

Tupperware SmartSteamer

- **Fail-safe, easy to use**
- **Breakthrough innovation** in microwave steaming technology.
- **Steams everything** from vegetables, to tofu and fish.
- Eat **healthy, tasty** food.
- **Save money** on energy versus traditional stove steaming.
- **Sustainable** for the environment (save energy and lasts a lifetime).

**Unique product is made with encapsulated metal, so it blocks the microwaves that normally cook foods, and directs them to the Water Tray--creating steamed delicious, nutritious meals in minutes.

Cover

Two tabs allow for safe handling of the cover after steaming.

Specific & unique design shields the food from microwaves, for authentic steam cooking.

Colander

Designed specifically for stack-steaming, in particular delicate and soft foods.

Steamer Base

Base is perforated to allow steaming process. Specific & unique design shields the food from microwaves, for authentic steam cooking. Ideal for steaming any type of food.

Water Tray

Two handles allow for safe handling after steaming. Minimum filling line indicates the exact amount of water to pour in the Water Tray before steaming (1 3/4 cup/ 400 mL).

SMARTSTEAMER FEATURES & BENEFITS

- Very easy to use: fill water, place food, stack, steam – for extraordinary & gourmet results.
- Truly steams all types of food in the microwave oven.
- Steams from fresh or frozen vegetables & fruits without altering the look or texture.
- Ideal to soften skin before peeling.
- Colander is suitable for serving on the table when placed on reversed Cover.
- Keeps food warm for up to 30 min when you leave hot water in Water Tray. Note: To avoid continued cooking (advisable with green



vegetables) empty Water Tray when cooking is finished.

- Colander allows stack-steaming and preparing an entire meal all at once.
- Flavor your dishes by adding spices, herbs, to the water in the Water Tray. **DO NOT** add or substitute water with low fat stock, essential oil or wine.
- Saves space compared to electric steamers.
- Safe to move and carry.
- Easy to clean; dishwasher safe.



BENEFITS OF STEAMING FOOD

Steaming as a method of cooking is thought to pre-date the discovery of fire, when foods were steamed over hot springs or stones. Asian cooking has always used steaming as a main cooking method, both for health reasons and because ovens are rare.

Efficient Cooking

- Vegetables cook faster.
- No need to use oil as you would have to if you roasted vegetables.
- Easier washing up as no saucepan is required.

Wellness Cooking

• Steaming allows cooking any type of food and is a well-known method for fat-free cooking. It also retains nutrients, fatty acids minerals and vitamins.

• Steaming does not mean bland cooking. The colors are more vibrant, the texture stays firm, the natural flavors are better preserved and the herbs or condiments can develop their aroma fully.

Add herbs or spices to the water to add a specific taste. You can also accompany your meals with sauces for a richer taste.

• Steaming is perfect for the whole family – and a great way to introduce vegetables to children who will appreciate the festival of authentic colors and tastes on their plate.

Instructions:

- Fill the Water Tray to the 1 3/4 cup/400 mL fill line!
- Ensure all parts are assembled correctly to obtain optimal results.
- Set the microwave power on high (Max. 1,200 watts).
- Do not steam for more than 25 minutes.
- Let stand for 5 minutes after steaming.

- Always ensure the Water Tray, Steamer Base and Cover and optional Colander are correctly assembled. Never use the Colander without the Steamer Base.
- Always pour cold water into the Water Tray and ensure it never goes empty.
- For subtle flavor, you can add spices or herbs to the water but NEVER replace the water with wine, syrup, oil, juice, soup or fatty stock.

Steaming Guidelines:

Steaming food in the SmartSteamer is easy. For optimal results, follow these guidelines:

- Choose ingredients that can be steamed, preferably of the season as they will contain more vitamins if freshly picked.
- Frozen ingredients are a good alternative to fresh produce as they have high nutritional qualities.
You can steam straight from frozen by adjusting cooking time (avoid thick sections).
- Ensure there is some space in between foods to allow the steam to circulate.
- Thicker foods may take longer to steam. For best results ensure all pieces are of similar size.
- Trim the thick stems off cabbage, cauliflower and broccoli.
- Marinating fish or meat prior to steaming or adding toppings such as condiments, seasoning or sauces will significantly enhance their appearance and flavour.
- Place a leaf of lettuce under the fish for easier cleaning of the tray.
- Let stand for at least 5 minutes after cooking. Leave the Tupperware® SmartSteamer closed until serving to keep the food warm. If you wish to stop the steaming process - recommended for green vegetables - pour out the remaining hot water.
- Whenever you stop the microwave to verify the cooking, check the water level in the Water Tray to ensure it is still at the 1 3/4 cup/400 mL line and add 1 minute of cooking time to allow the water to steam again.
- Eggs in the shell, rice, pasta, pastry or crispy foods are not suitable for steaming in the Tupperware® SmartSteamer.

**Recipes are included with your SmartSteamer purchase!