

WEST BEND

ELECTRIC STEAMER/RICE COOKER

Care and Use Instructions

TO PREVENT PERSONAL INJURY OR PROPERTY DAMAGE, READ AND FOLLOW THE INSTRUCTIONS AND/OR WARNINGS IN THIS CARE AND USE INSTRUCTION MANUAL.

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

- ?? Read all instructions
- ?? Do not touch hot surfaces. Use potholders when removing cover or handling hot containers.
- ?? To protect against electric shock, do not immerse base, its cord or plug in water or other liquid.
- ?? Close supervision is necessary when any appliance is used by or near children.
- ?? Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
- ?? Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner.
- ?? The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- ?? Do not use outdoors.
- ?? Do not let cord hang over edge of table or counter, or touch hot surfaces.
- ?? Do not place on or near a hot gas or electric burner, or in a heated oven.
- ?? Extreme caution must be used when moving an appliance containing hot food, water or other hot liquids.
- ?? Always have timer set at OFF position, then plug cord into wall outlet. To disconnect set timer to OFF position, then remove plug from wall outlet.
- ?? Do not use appliance for other than intended use.

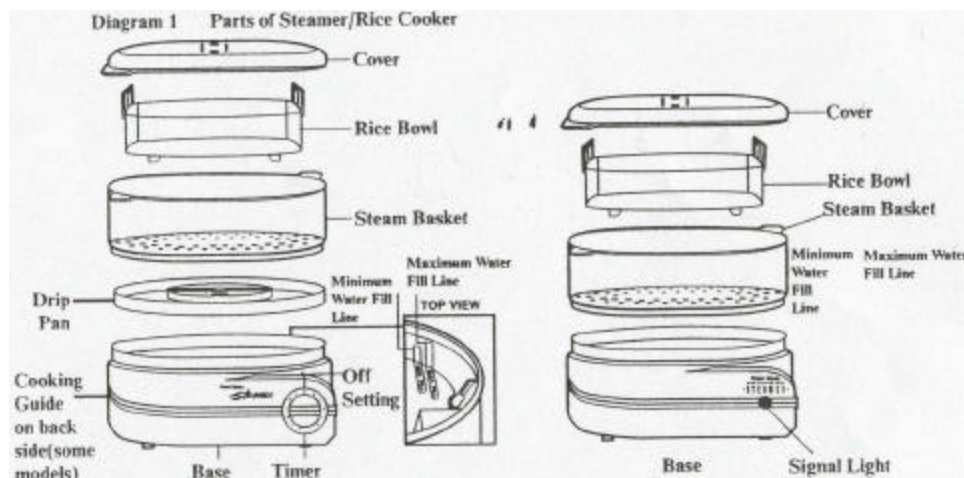
SAVE THESE INSTRUCTIONS

Your food steamer/rice cooker needs no special care other than cleaning. For Household Use Only.

SPECIAL NOTE: this booklet contains instructions for use of two different Steamer/Rice Cookers. One model features a timer and includes a drip pan the second model features a signal light and does not include a drip pan. Be sure to follow the correct care and use instructions for the particular model Steamer/Rice Cooker you have.

Electrical Cord and Plug Information

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit into a polarized outlet only one way. If the plug doesn't fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature. **CAUTION:** your food steamer/rice cooker has a longer cord for convenience. To reduce the risk of personal injury or property damage, do not allow cord to drape or hang over the edge of countertop or tabletop where it can be pulled on by children or tripped over accidentally. Do not allow children to be near or use this appliance without close adult supervision.



GENERAL COOKING TIPS:

- ?? Steaming/cooking times will vary depending on desired doneness, size and quantity of food being cooked. To prevent overcooking, set timer for the minimum time given in chart. Rest timer if necessary to complete cooking. For model with signal light, set a separate time to prevent overcooking.
- ?? To prevent possible damage to cabinets from the steam emitted from appliance, do not place appliance directly under cabinets.
- ?? To prevent steam burns, always use potholders when removing cover and bowls from appliance. Use long-handled utensils when checking for doneness of food and avoid reaching over appliance when cooking.
- ?? Altitude affects the temperature at which water boils. Longer cooking times may be required at higher altitudes.
- ?? Do not place any part of appliance in a microwave, conventional oven or on any cooking or heating surface.
- ?? If you wish to stop cooking process before time expires on timer, simply turn timer to OFF position and unplug cord from outlet. For model with signal light, unplug cord from outlet to stop cooking process.
- ?? If setting timer for less than 15 minutes, you *must* first set timer to the 15-minute mark, and then turn back to the desired minutes. This must be done to activate the timer and turn appliance on when cooking for less than 15 minutes.
- ?? Always make sure there is sufficient water in the base for steaming or cooking. Do not allow base to boil dry. Add water to base if necessary.
- ?? After steaming or cooking, invert cover and use as a trivet for steam basket or rice bowl.
- ?? Two water-level markings are featured on inside of base-identified as MIN and MAX. The MIN line represents 2 cups (16 oz.) of water and the MAX line represents 4 cups (32 oz.). Normally, the MIN amount of water is needed for up to 30 minutes of cooking. Fill with water to MAX line for longer cooking times, 30 to 60 minutes. Maximum time that can be set on timer is 60 minutes. To hasten cooking, use hot tap water rather than cold.

CLEAN BEFORE USING THE FIRST TIME

1. Wash steam basket, rice bowl, cover and drip pan in hot soapy water, with a dishcloth, rinse and dry. These parts can also be cleaned in an automatic dishwasher, TOP RACK ONLY.
2. Wipe out inside of base with a damp soapy cloth, wipe clean with a damp cloth and dry. Wipe outside of base with a damp cloth if necessary. **CAUTION:** To reduce the risk of electric shock, do not immerse base, its cord or plug in water or other liquid.

Your food steamer/rice cooker is now ready to use.

?? **HOW TO STEAM FOODS** – See Diagram 2 For Parts Used to steam
For model that includes drip pan and timer.

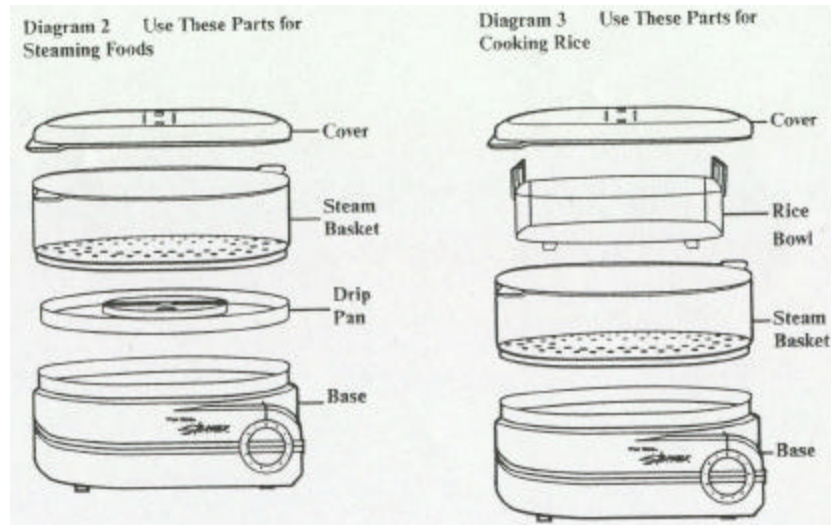
1. Place base on dry, level, heat-resistant surface away from any edge. Pour water into base to the appropriate fill line (MIN or MAX) for food being cooked, see chart pages 6-10. Only water can be used in base. Do not add salt, seasonings or any other liquids to base. Position drip pan in base making sure it is level.
2. Place food to be steamed in steam basket and place basket into base over drip pan.
3. Cover steamer and plug cord into 120 volt AC electric outlet ONLY. Set timer for recommended cooking time given in chart.
4. When time is up, timer will ring and steamer will automatically turn off. Remove cover with potholders, being careful of escaping steam. Check doneness of food and remove if done. If not done, cover and reset timer for a few additional minutes. Remember: When setting timer for less than 15 minutes, you must turn time to 15 minute mark and then back to the number of minutes you wish to time. This must be done to activate timer and turn appliance on. After cooking, steam basket can be set into inverted cover if desired. Season foods after steaming.
5. Unplug cord from outlet and allow appliance to cool completely before removing drip pan, cleaning or removing water from base.

?? **HOW TO COOK RICE** – See Diagram 3 For Parts Used To Cook Rice *For model that includes drip pan and timer.*

1. Place base on dry, level, heat-resistant surface away from any edge. Pour water into base to the appropriate fill line (MIN or MAX). See Rice Cooking chart page 11. Only water can be used in base. Do not add salt, seasonings or any other liquids to base. Place steam basket into base. (NOTE: Drip Pan Is NOT Used When Cooking Rice).
2. Add recommended amounts of rice and water to rice bowl, see chart on page 11. Place rice bowl into steam basket, making sure rice bowl is centered in bottom of steam basket.
3. Cover cooker and plug cord into 120 volt AC electric outlet ONLY.
Set timer for recommended cooking time given in chart.
4. When time is up, timer will ring and cooker will automatically turn off. Remove cover with potholders being careful of escaping steam. Check doneness of rice. Remember: When setting timer for less than 15 minutes, you must first turn timer to 15 minute mark and then back to the number of minutes you wish to time. This must be done to activate timer and turn appliance on.

Continue cooking until water is absorbed by rice. When done, remove rice bowl with pot holders and transfer to separate serving dish. Rice bowl can be set into inverted cover if desired.

5. Unplug cord from outlet after cooking and allow appliance to cool before cleaning or removing water from base.



?? **HOW TO STEAM FOODS** – See Diagram 4 for Parts Used to Steam *For model that has a signal light.*

1. Place base on dry, level, heat-resistant surface away from any edge. Pour water into base to the appropriate fill line (MIN or MAX) for food being cooked, see chart pages 6-10. Only water can be used in base. Do not add salt, seasonings or any other liquids to base.
2. Place food to be steamed in stem basket and place basket into base.
3. Cover steamer and plug cord into 120 volt AC electric outlet ONLY. Signal light will glow when base is plugged in. Set timer for recommended cooking time given in chart.
4. When time is up, unplug from outlet. Remove cover with potholders, being careful of escaping steam. Check doneness of food and remove if done. If not done, cover, plug cord into electrical outlet and set timer for a few additional minutes. Unplug from outlet when cooking is complete. After cooking, steam basket can be set into inverted cover if desired. Season foods after steaming.
5. Allow appliance to cool completely before cleaning or removing drip pan from base.

?? **HOW TO COOK RICE** – See Diagram 5 for Parts Used To Cook Rice
For model that has a signal light.

1. Place base on dry, level, heat-resistant surface away from any edge. Pour water into base to the appropriate fill line (MIN or MAX). See Rice Cooking chart Page 11. Only water can be used in base. Do not add salt, seasonings or any liquid to base. Place steam basket into base.
2. Add recommended amounts of rice and water to rice bowl, see chart on page 11. Place rice bowl into steam basket, making sure rice bowl is centered in bottom of steam basket.
3. Cover cooker and plug cord into 120 volt AC electric outlet ONLY. Signal light will glow when base is plugged in. Set a separate timer for minimum cooking time given in chart.
4. When time is up, unplug cord from outlet. Remove cover with potholders being careful of escaping steam. Check doneness of rice. If water is not completely absorbed by rice, cover, plug cord into electrical outlet and set timer for a few additional minutes. Continue cooking until water is absorbed by rice. When done, unplug cord from outlet, remove rice bowl with potholders and transfer to separate serving dish. Rice bowl can be set into inverted cover if desired.
5. Allow appliance to cool before cleaning or removing water from base.

CARE AND CLEANING:

?? **Clean After Every Use**

Unplug and allow to cool before cleaning. Follow “Clean Before Using The First Time” instructions on page 3.

?? **Special Cleaning Instructions To Remove Mineral Deposit**

After frequent use (15-20 uses), white mineral deposits and food stains will form on the inside of base, which is normal. Follow these instructions to remove. It is important to remove mineral deposits as these can cause pitting of the metal heating unit.

1. Pour 1 cup of white distilled vinegar and 2 cups of tap water into base. Plug cord into outlet and set timer on base or set separate timer for 20 minutes. NOTE: No other parts of appliance are needed when cleaning base.

2. When time is up, unplug cord from outlet and allow base to cool. Pour liquid out of base and wipe inside with a damp soapy cloth, wipe clean with a damp cloth and dry. DO NOT use abrasive scouring pads, cleansers or household bleach to clean inside of base.

FRESH VEGETABLE STEAMING CHART

- ?? Weight specified in chart is purchased weight of the food.
 ?? Select uniform foods or cut pieces uniformly for best results.
 ?? Season vegetables after steaming.

Fresh Vegetables	Weight or Number of Pieces	Use Rice Bowl	Use Drip Pan*	Water Level in Base	Cooking Times (Minutes)	Tips
Asparagus, spears	1/2-1 lb	No	Yes	MIN	15-20	Place spears evenly in steam basket.
Beans, green/wax	1/2-lb 1 lb	No No	Yes Yes	MIN MIN	20-25 25-30	Arrange evenly in steam basket. Stir halfway through cooking time.
Broccoli, spears	1/2-lb 1 lb	No No	Yes Yes	MIN MIN	18-20 20-25	Arrange evenly in steam basket.
Brussels sprouts	1 lb	No	Yes	MIN	20-25	Trim stem, remove loose outer leaves. Place larger sprouts to outer edge of steam basket
Cabbage	1-1/2 lbs (1/2 of large head)	No	Yes	MIN	20-25	Trim stem, remove outer leaves, cut in 1/4-inch slices. Place in single layer in steam basket
Carrots, sliced	1/2-lb 1 lb	No No	Yes Yes	MIN MIN	15-20 25-30	Cut into 1/4-inch slices
Cauliflower, whole head	2 lbs	No	Yes	MIN	25-30	Trim, place in center of steam basket.
One-half head	1 lb	No	Yes	MIN	18-20	Broken into flowerettes.
Corn on cob	up to 6 ears	No	Yes	MIN	25-30	Break ears into 3-inch lengths, arrange vertically in steam basket.
Parsnips	1 lb	No	Yes	MIN	19-21	Peel, cut into 1/2-inch cubes or strips.
Peas	1-1/2 lbs in pod	No	Yes	MIN	15-20	Shell peas. Wash. Stir peas halfway through cooking time.
Peppers, green or red	5 medium (1-1/4 lbs)	No	Yes	MIN	13-15	Cut top off, remove membrane and seeds. Place open side down in steam basket.
Potatoes	1 lb 2 lbs	No No	Yes Yes	MIN MIN	20-25 30-35	Cut in quarters. Cut in 1-inch pieces.
Spinach	1 lb	No	Yes	MIN	12-15	Remove stems, place loosely in steam basket.
Squash, summer yellow and zucchini	1/2-lb 1 lb	No No	Yes Yes	MIN MIN	12-15 15-17	Trim. Wash and cut into 1/4-inch slices.

* If included

CHICKEN, FRANKFURTERS, SAUSAGES STEAMING CHART

?? When steaming chicken, trim off fat and remove skin. Arrange in single layer with larger pieces toward outer edge of steam basket. Steam until well done and juices run clear.

?? To steam pre-cooked frankfurters and sausages, pierce skin with fork several times to prevent splitting.

Chicken, Frankfurters Sausage	Weight or Number of Pieces	Use Rice Bowl	Use Drip Pan*	Water Level in Base	Cooking Times (Minutes)	Tips
Chicken, breast boneless	1 lb	No	Yes	MAX	35-40	Steam until well done and juices run clear.
Breast, split (with bone)	2 pieces (1-1/4 lbs)	No	Yes	MAX	40-45	Place flesh side down, with thickest part toward outer edge.
Drumsticks and thighs (with bone)	1 lb	No	Yes	MAX	35-40	Place thickest part toward outer edge.
Frankfurters	1 lb	No	Yes	MIN	17-19	Place in single layer, Pierce skin before steaming.
Sausage, fully cooked	1 lb	No	Yes	MIN	20-22	Place in single layer. Pierce skin before steaming.

* If included

FROZEN VEGETABLE STEAMING CHART

?? Place vegetables into steamer basket. Do not thaw before steaming.

?? If vegetables are very icy, stir halfway through cooking time using a long-handled spoon or fork.

?? Frozen vegetables in a sauce or mashed vegetables (squash) MUST BE PUT IN RICE BOWL TO RETAIN SAUCE/LIQUID. Add vegetable to rice bowl, cover bowl with aluminum foil and place into steamer basket. Cover steamer basket.

?? Season vegetables after steaming.

Frozen Vegetables	Package Weight	Use Rice Bowl	Use Drip Pan*	Water Level in Base	Cooking Times (Minutes)	Tips
Asparagus, spears	8 ounces	No	Yes	MIN	14-16	Arrange evenly in steam basket.
Beans, green/wax cut or whole; lima	10 ounces 16 ounces	No No	Yes Yes	MIN MIN	15-17 20-22	Stir halfway through cooking time.
Broccoli chopped	10 ounces	No	Yes	MIN	20-22	Separate and stir halfway through cooking time
Spears	10 ounces 16 ounces	No No	Yes Yes	MIN MIN	17-19 20-22	Arrange evenly in steam basket.
Brussels sprouts	10 ounces 16 ounces	No No	Yes Yes	MIN MIN	17-19 20-22	Arrange evenly in steam basket.
Carrot, sliced	10 ounces 16 ounces	No No	Yes Yes	MIN MIN	13-15 17-19	Arrange evenly in steam basket.
Whole, baby	10 ounces	No	Yes	MIN	18-20	
Cauliflower	8 ounces 16 ounces	No No	Yes Yes	MIN MIN	16-18 20-22	Arrange evenly in steam basket.
Corn, cut	10 ounces 20 ounces	No No	Yes Yes	MIN MIN	12-14 17-19	Arrange evenly; stir halfway through cooking time.
Mixed Vegetables	10 ounces 16 ounces	No No	Yes Yes	MIN MIN	15-17 19-22	Arrange evenly; stir halfway through cooking time.
In sauce	10 ounces	Yes	No	MIN	25-30	Cover rice bowl with aluminum foil.

Peas, green	10 ounces 16 ounces	No No	Yes Yes	MIN MIN	12-14 17-19	Arrange evenly; stir halfway through cooking time.
Spinach	10 ounces	Yes	No	MIN	25-30	Cover rice bowl with aluminum foil. Stir after 20 minutes.
Squash, winter. mashed	12 ounces	Yes	No	MAX	45-50	Cover rice bowl with aluminum foil. Stir after 30 minutes.

* If included

SEAFOOD AND FISH STEAMING CHART

??Always rinse seafood and fish with water before cooking to prevent possible foaming or boil over of water in base.

??Seafood and fish should be placed in single layer with larger pieces toward outer edge of steam basket.

??Season seafood or fish after steaming

??Fish fillets may be steamed in rice bowl. Follow procedure for poaching fillets.

Type of Seafood or Fish	Amount	Use Rice Bowl	Use Drip Pan*	Water Level in Base	Cooking Times (Minutes)	Tips
Clams, fresh, in shell	1/2-lb 1 lb	No No	Yes Yes	MIN MIN	15-17 17-20	Clean, soak shells. Cook until shells are opened.
Crab, legs, claws cooked, frozen thawed and rinsed	1 lb (6 pieces)	No	Yes	MIN	20-25	Steam until hot, remove with tongs
Lobster, tails uncooked, frozen, thawed and rinsed	1-2 (1/2 -1lb)	No	Yes	MIN	23-25	Remove underside of shell with kitchen shears; Crack upper shell with mallet to reduce curling. Place in steam basket, shell side down. Steam until flesh is opaque; shell will be reddish.
Scallops, frozen, thawed and rinsed	1 lb	No	Yes	MIN	15-18	Thaw and rinse scallops. Arrange in single layer in steam basket. Steam until opaque. Some foaming may occur during steaming.
Shrimp, medium in shell, rinsed	1 lb	No	Yes	MIN	15-20	Steam until flesh is opaque and shell is reddish.
Fillets, fresh or frozen, thawed and rinsed	1 lb	No	Yes	MIN	15-20	Arrange in single layer. Steam until fish flakes easily.
Poached fillets	1/2-1lb (1/3 inch thick fillets)	Yes	No	MIN	19-21	Place fillets in rice bowl, drizzle with 1 tablespoon melted butter and 1 teaspoon lemon juice. Cover rice bowl with aluminum foil.
Steaks, fresh or frozen, thawed and rinsed.	1 lb (1/4 -to 1 inch thick)	No	Yes	MIN	20-25	Arrange in single layer in steam basket. Steam until opaque and fish flakes easily

* If included

RICE COOKING CHART

??When steaming rice, follow the rice chart for amounts of water and rice to use. Do not follow directions on package.

??Place rice and water into rice bowl, stir. **Water must be added to rice bowl in order to cook rice.** Position rice bowl into steaming basket for steaming. Drip pan is not used when steaming rice.

??Check doneness of rice at minimum time specified. Stir rice. If additional steaming is required, remove moisture from cover before replacing on steam basket.

??For flavored rice, beef or chicken bouillon/broth may be substituted for the amount of water in the rice bowl.

??When rice is done, carefully remove rice bowl using potholders, as the handles on the rice bowl will be hot and wet.

Type of Rice	Combine in Rice Bowl		Use Drip Pan*	Water Level in Base	Cooking Times (Minutes)	Tips
	Amt. Rice	Amt. Water				
Brown (regular, long or short grain) Instant	1/2 cup	1 cup	No	MAX	57-60	Yield 1-1/2 cups
	1 cup	1-2/3 cup	No	MAX	57-60	Yield 3 cups
	2 cups	3 cups	No	MAX	57-60	Yield 6-1/2 cups
	1/2 cup	1/2 cup	No	MIN	18-20	Yield 1 cup
	1 cup	1/4 cup	No	MIN	18-20	Yield 2-1/4 cups
	2 cups	1-1/2 cups	No	MIN	18-20	Yield 3-1/4 cups
White (regular extra long, long, medium grain) White, parboiled (regular or long grain)	1/2 cup	1 cup	No	MIN	27-30	Yield 1-1/4 cups
	1 cup	1-2/3 cups	No	MAX	37-40	Yield 3-1/4 cups
	2 cups	2-1/2 cups	No	MAX	42-45	Yield 6-1/4 cups
	1/2 cup	1 cup	No	MAX	42-45	Yield 1-1/4 cups
	1 cup	1-2/3 cups	No	MAX	42-45	Yield 3-1/4 cups
	2 cups	3 cups	No	MAX	52-55	Yield 6-1/2 cups
	1/2 cup	1/2 cup	No	MIN	15-18	Yield 1 cup
	1 cup	1/4 cup	No	MIN	15-18	Yield 1-1/4 cups
	2 cups	1-1/4 cups	No	MIN	18-20	Yield 3-1/2 cups
Packaged Rice Mixes – Regular	mix	1/2 cup less than package recommends	No	MAX	47-50	Let stand 3-5 minutes after steaming
Fast cooking	mix	1/2 cup less than package recommends	No	MIN	22-25	Let stand 3-5 minutes after steaming
Rice Pilaf	1-1/2 cups	1 10-1/2 oz. can chicken broth and 1/2 cup water	No	MAX	40-45	In rice bowl, combine rice, broth, water, 10 mushrooms sliced, 3 green onions chopped, 1/2 tsp. salt, steam until rice is tender. Yield 4-1/2 cups

* If included