

Healthy Choice®

Food Steamer



Model: FS100 | Batch: PR4764

HOUSEHOLD USE ONLY

Carefully read all instructions before use and save for future reference.

IMPORTANT SAFEGUARDS

PLEASE READ AND SAVE THIS INSTRUCTION MANUAL FOR FUTURE REFERENCE

When using the appliance, basic safety precautions should be followed, including:

1. Check that the power supply voltage corresponds to that shown on the appliance.
2. Do not place the appliance close to a heat source or inside a hot oven, as serious damage could result.
3. Never leave the appliance in operation unattended.
4. Do not use if either the appliance or the cord is damaged, or if the appliance has been dropped, shows visible damage, or does not work properly.
5. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent, or similarly qualified persons in order to avoid becoming a hazard.
6. Danger! Burns can be caused by touching the appliance's hot surface, hot water, hot steam, or food.
7. Never immerse the base of the appliance in water or any other liquid.
8. Do not move the appliance when it is full of liquid or hot food.
9. Do not touch the appliance when it is steaming and make sure you use oven gloves to remove the lid, rice bowl, and steamer baskets.
10. Always unplug the appliance immediately after use, when moving it, or prior to any cleaning and maintenance.
11. Providing they have been given supervision or instruction concerning the use of the appliance in a safe way and understand the hazards involved, this device can be used by children aged eight years and older, as well as adults with reduced physical, sensory, or mental capabilities.
12. Cleaning and maintenance should not be carried out by children, unless they are older than eight and supervised.

13. Children should not play with the appliance.

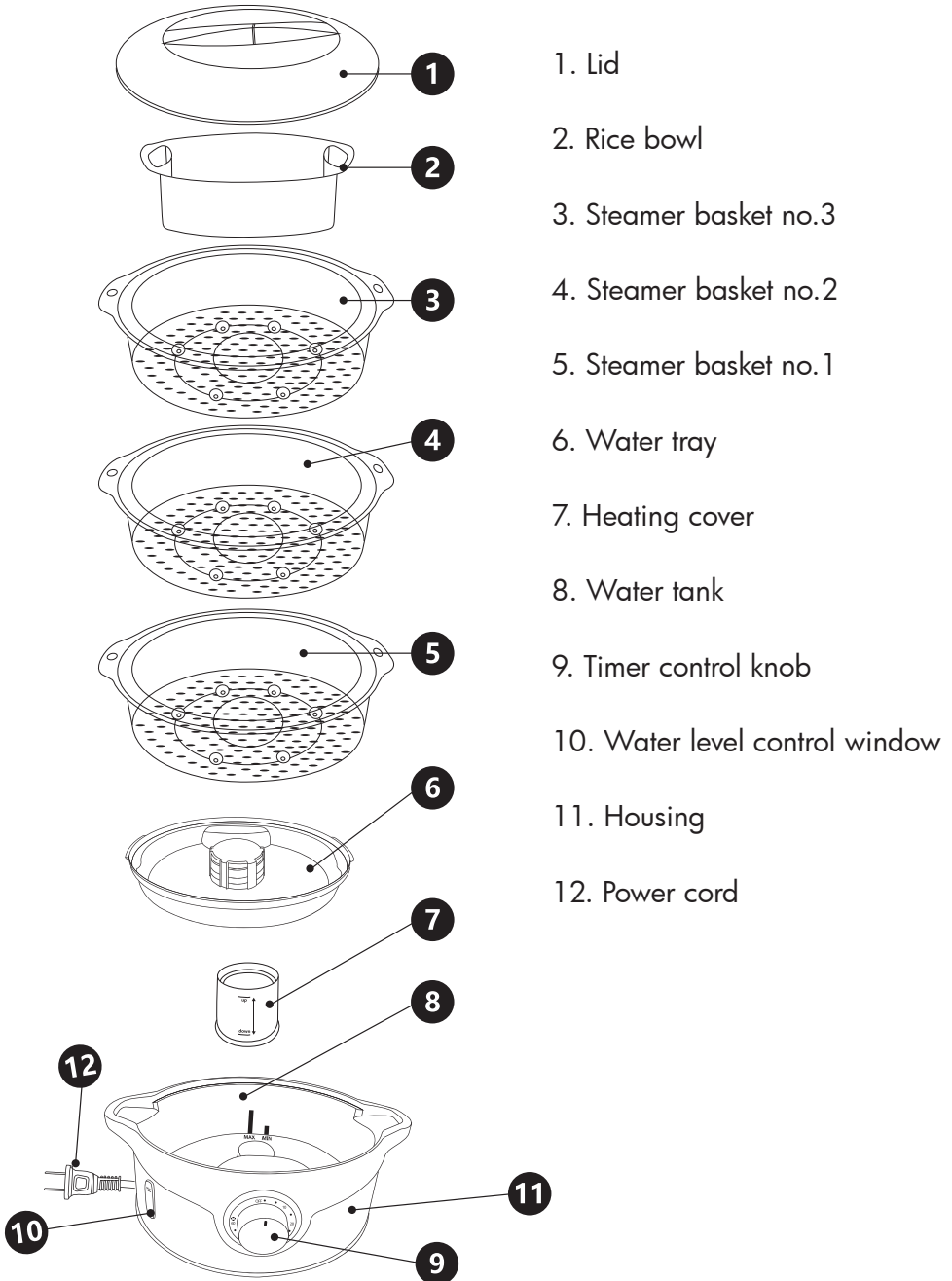
14. This appliance is intended for use in domestic and similar environments, such as:

- staff kitchen areas in shops, offices, and other working environments;
- farmhouses;
- by clients in hotels, motels, and other residential-type accommodations;
- bed and breakfast type accommodations.

Technical Parameters

Product Name	Food Steamer
Model No.	FS100
Rated Voltage	220V-240V~
Rated Frequency	50Hz/60Hz
Power	800W
Capacity	3 x 3L

PRODUCT OVERVIEW



BEFORE FIRST USE

Remove all packaging and labels. Using water and washing up liquid, wash all the removable parts and the inside of the water tank, rinse and dry.

INSTRUCTIONS FOR USE

1. Place the base unit on a stable surface then put the heating cover around the heating element (the larger side toward the bottom). (Fig. A)
2. Pour fresh water directly into the water tank until it reaches the maximum level. This product is equipped with dry-boil protection. This means that when the water runs out the power will be cut off automatically and the indicator light will turn off. (Fig.B)
3. Place the baskets on top of the water tray and put the lid on.
4. Plug in the device and set the times (see table of cooking times for recommended times); the indicator light will then come on and the steam cooking will begin.
5. Check the water level by observing the exterior water-level indicator - if necessary, add water from the sides of the water tray during cooking. (Fig.C)
6. When the cooking process is

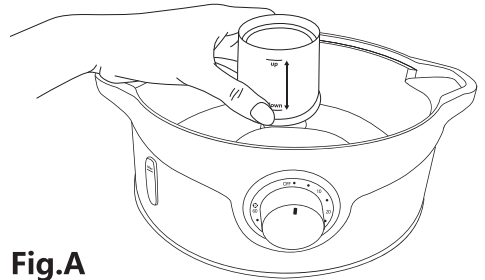


Fig.A

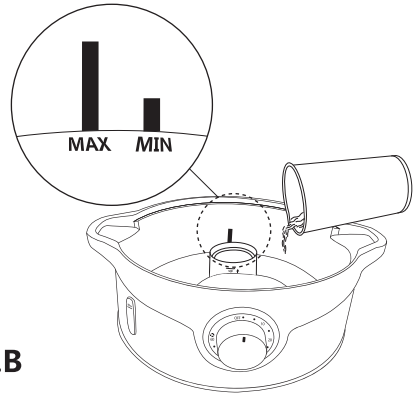
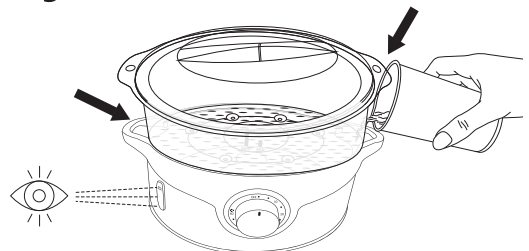


Fig.B

Fig.C



finished, the steamer switches off automatically and both the timer knob and the indicator light will turn off.

7. Remove the lid and place the basket(s) on a plate.
8. Unplug the appliance and allow it to cool completely before cleaning.

Caution:

- Avoid spillage on the plug.
- The heating element surface is subject to residual heat after use.

COOKING EGGS IN YOUR STEAMER

Each steaming basket has six egg holders in its base. To cook eggs, simply place one egg into each holder positioned so that the smaller end points down. (Fig.D)

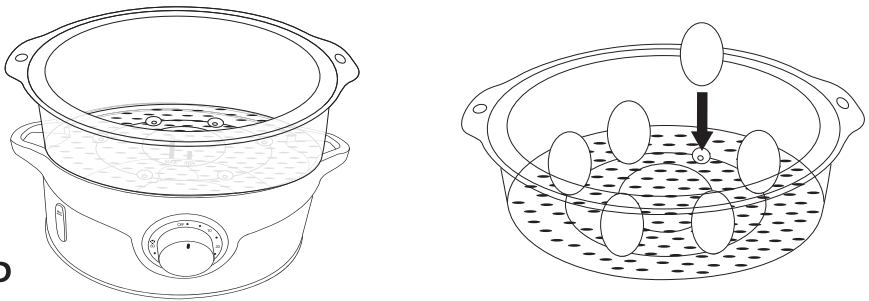


Fig.D

COOKING RICE IN YOUR STEAMER

A specially designed rice bowl is included, allowing you to cook rice in your food steamer.

- Do not fill up more than half of the rice bowl.
- Add water to the rice bowl, the recommended ratio of water to food is 3 to 1 (the rice will absorb some of the water).
- Place the rice bowl in the upper steam bowl. When you place rice

beneath other food items, the juices of those foods will change the taste of the rice and extra moisture can cause the rice to stick.

- Steaming the rice takes about 15-20 minutes depending on the type, amount, and personal preference.
- Taste a sample after 15 minutes and cook for longer if necessary.

COOKING TIME TIPS

The times provided are applicable for one single food layer. Extend the time if you have two or three more layers as the steam needs to heat more food.

1. Cooking times should only be used as guidelines.
2. Check if the food items are sufficiently cooked before serving them. If in doubt, steam for longer.
3. Steam meat, poultry, and similar products (minced meat, hamburgers, etc.) until the juices have all run out and become colourless. Steam fish until completely opaque.
4. Steam leafy vegetables for as short a time as possible to keep them green and crispy.

Food item (fresh)	Quantity	Time (min)
Asparagus	400g	11 - 13
Green beans	400g	15 - 20
Broccoli	400g	11 - 13
Brussels sprouts	400g	15
Cabbage (quarters)	1	15
Carrots (sliced)	400g	17 - 19
Cauliflower	1	15 - 17
Corn cob	4	17 - 21

Zucchini (sliced)	400g	11 - 13
Garden peas	400g	11 - 13
Capsicum (strips)	1	8 - 10
Potatoes (quarters)	900g	21 - 23
Spinach (fresh)	200g	6 - 8
Mushrooms	200g	10 - 13
Chicken (boneless)	400g	20 - 30
Fish fillets (thin)	200g	10
Fish fillets (thick)	200g	12 - 17
Prawns (fresh)	400g	6 - 8
Moreton Bay bug	2	20 - 22

CLEANING AND STORAGE

It is advised to clean your food steamer and all of the used accessories after each use. Ensure that the steamer is unplugged before cleaning.

1. Always empty the water tank and drip tray after each use.
2. Do not use harsh or abrasive cleansers on any part of the food steamer. To clean the base of the steamer, rinse the water tank with clean, warm water and wipe the exterior with a clean, damp cloth.
3. All other removable parts can be cleaned in the dishwasher.
4. Never immerse any part of the steamer base, cord, or plug in water or other liquid.
5. Stack the baskets on top of each other by placing No. 1 into No. 2, then together into No. 3. Place the rice bowl into the No. 1 Steamer Baskets. Finally, place the baskets onto the drip tray and fix the lid on top.
6. Your steamer is now ready for storage in a clean, dry place and in its upright position.

Note: The baskets and rice bowl may develop stains when steaming ingredients like carrots, tomatoes, turmeric etc. Please be aware that this staining is purely cosmetic and will not affect the functionality of the food steamer in any way.

Stain Removal Tip: If staining occurs, you can remove it by creating a paste using bi-carb soda and water, gently scrubbing the affected areas with the paste, and soaking in hot water with bi-carb soda for effective stain removal.

DESCALING YOUR FOOD STEAMER

Depending on the hardness of your water supply and how often you use the steamer, we recommend descaling it every 3 months/eight uses to minimize lime-scale build-up.

1. Prepare descaling solution: mix equal parts vinegar and water and pour into the water tank up to MAX level. Leave for an hour.
2. Fit the water tray, one steaming basket and the lid.
3. Steam for 25 minutes.
4. Unplug the unit and allow it to cool completely.
5. Pour out the descaling solution.
6. Repeat steaming using water only.
7. Wash all removable parts in warm soapy water or on the top rack of the dishwasher.

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