

Breville

Avance[®]

HealthSmart[®] Steamer

Instructions

BFS600



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Congratulations

on the purchase of your new Breville Avance® HealthSmart® Steamer

Breville recommends safety first

We at Breville are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer foremost in mind. In addition, we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions:

IMPORTANT SAFEGUARDS FOR YOUR BREVILLE HEALTH SMART FOOD STEAMER

- Carefully read all instructions before operating the appliance and retain for future reference.
- Remove any packaging material and promotional labels before using the food steamer for the first time.
- To eliminate a potential choking hazard for young children, remove and safely discard the protective cover fitted over the pins of the power plug when unpacking appliance for the first time.
- Do not place the food steamer near the edge of a table, counter or bench top during operation. Ensure that the surface is level, clean and free of water.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- Do not place any part of the food steamer in a gas, electric or microwave oven or on a hot gas or electric burner.
- Keep food steamer clear of walls, curtains and other heat or steam sensitive materials. Minimum 200mm distance.
- Do not use food steamer on metal surfaces, for example, a sink drain board.
- Always ensure the food steamer is properly assembled before use. Follow the instructions provided in this book.
- The appliance is not intended to be operated by means of an external timer or separate remote control system.
- Do not put any food or liquid other than water into the water reservoir in the steamer base. Only the steam baskets and rice/sauce cooking bowl are designed to cook food.
- Do not leave the appliance unattended when in use.
- Do not move the food steamer during operation.
- Do not touch hot surfaces. Use the handles to remove the lid, steamer baskets and rice/sauce cooking bowl. Take care to avoid any steam escaping from the steam outlet holes on the steamer lid. Use dry oven mitts to protect hands.
- Always lift the lid away from you, when removing from steamer basket, to avoid steam escaping from under the lid. Carefully lift and remove the steamer baskets and rice/sauce cooking bowl by the handles to avoid scalding from escaping steam. Use dry oven mitts to protect hands.
- Always ensure the food steamer is switched off at the power outlet and the power plug is removed from the power outlet before attempting to move the appliance, when the appliance is not in use and before cleaning or storing. Allow the steamer base and removable drip tray to cool before disassembling for cleaning and discarding liquid.
- Do not use harsh abrasives or caustic cleaners when cleaning this appliance.
- Keep the appliance clean. Follow the care and cleaning instructions provided in this book (Page 12).

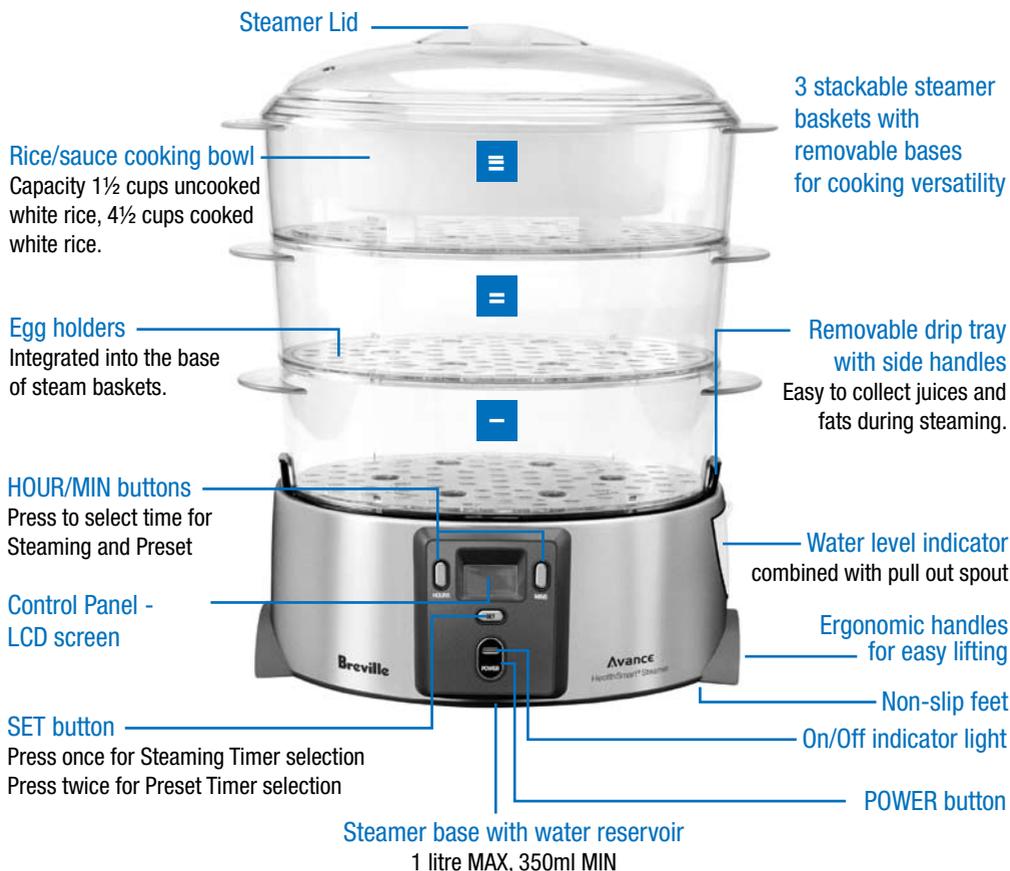
Important safeguards for all electrical appliances

- Fully unwind the cord before use.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted
- To protect against electric shock, do not immerse the power cord, power plug or food steamer base in water or any other liquid.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- This appliance is intended for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
- It is recommended to regularly inspect the appliance. Do not use the appliance if power supply cord, plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.



DO NOT OPERATE THE FOOD STEAMER ON AN INCLINED SURFACE. DO NOT MOVE THE FOOD STEAMER WHILE IT IS OPERATING.

Know your Breville Avance® HealthSmart® Steamer



Features not shown:

Removable filter plug

Basket Divider

separates food in the basket.

Steamer baskets are marked **-**, **=**, **≡** on handles for easy stacking

Steamer baskets have removable bases

Operating your Breville Avance® HealthSmart® Steamer

BEFORE FIRST USE

Remove any packaging material and promotional labels from the food steamer.

Wash the lid, steamer baskets, rice/sauce cooking bowl, drip tray, steam diffuser and filter plug in warm soapy water, rinse and dry thoroughly, also wipe the inside of the water reservoir, before using the food steamer for the first time.

 **DO NOT IMMERSE THE POWER CORD OR STEAMER BASE IN WATER OR ANY OTHER LIQUID.**

OPERATION OF YOUR HEALTHSMART® FOOD STEAMER

Step 1

Remove the lid, steamer baskets and drip tray from the steamer base and ensure the filter plug is correctly positioned in the water reservoir.

Step 2

Pour sufficient clean, tap water, up to 1 litre, into the water reservoir of the steamer base and ensure the maximum MAX level on the water window is not exceeded. Also ensure the water level does not fall below the minimum MIN level during operation.

If cooking for long periods of time, allow the water to reach the MIN level, then add extra water to align with the TOP-UP level on the water window. This may need to be repeated when steaming for extended periods of time. Do not refill past the TOP-UP line when the food steamer is in operation. The extra water can be poured into the water reservoir through the pull-out water spout on the right-hand side of the steamer base. For easy access, ensure the water spout is in the pull-out position during steaming.



Step 3

Correctly position the drip tray into place on top of the steamer base by ensuring the indent (on one long side of the drip tray) fits over control panel mechanism in water reservoir.

Step 4

Steamer baskets are numbered –, =, ≡ on the steamer basket handle for easy stacking. Prepare the food steamer and food as follows:

One layer cooking:

- Insert steamer basket (–) into position on top of the drip tray
- Place the food into steamer basket (–)
- Cover with lid.

Two layer cooking:

- Insert steamer basket (–) into position on top of the drip tray
- Place the food into steamer basket (–)
- Insert steamer basket (=) into position on top of steamer basket (–)
- Place second layer of food into steamer basket (=)
- Cover with lid

Ensure the steamer baskets, drip tray and lid are correctly assembled before steaming commences

Note

Operating your Breville Avance® HealthSmart® Steamer continued

Three layer cooking:

- Insert steamer basket (–) into position on top of the drip tray
- Place the food into steamer basket (–)
- Insert steamer basket (=) into position on top of steamer basket (–)
- Place second layer of food into steamer basket (=)
- Insert steamer basket (≡) into position on top of steamer basket (=)
- Place third layer of food steamer basket (≡)
- Cover with lid

Always use the drip tray when steaming.

Note

Step 5

Insert power plug into a 230/240v power outlet and switch on.

Steaming Function

To select a Steaming function, press set once. The steamer is already preset to steam for 20 minutes:

To begin steaming:

1. Press POWER button on control panel and LCD screen will show the time as 00:00.
2. Press SET button once on control panel and LCD screen time changes to 00:20 with STEAMER flashing in top right hand corner.
3. After approx 10 seconds, the word STEAMER stops flashing, the timer colon starts flashing and the red light above power button illuminates, hence heating commences and the time starts counting down in 1 minute increments. Steaming commences within 30 seconds and will continue for 20 minutes.

To adjust steaming time

1. Press POWER button on control panel and LCD screen will show the time as 00:00.
2. Press SET button once on control panel and LCD screen time changes to 00:20 with STEAMER flashing in top right hand corner.
3. Immediately press the HOURS or MIN button and continue pressing until the required time is reached. Steaming can be set from 1 minute to 1 hour and 59 minutes.
4. After approx 10 seconds, the word STEAMER stops flashing, the timer colon starts flashing and the red light above power button illuminates, hence heating commences and the time starts counting down in 1 minute increments. Steaming commences within 30 seconds and will continue for 20 minutes.

If a lesser time than 20 min is desired, continue pressing the MIN button until the timer reverts to 00:00 then continue until desired time is reached.

Note

Keep Warm Setting

At the end of steaming, five beeps will sound and the time on the LCD screen shows 00:00 with KEEP WARM written underneath. The time on the LCD screen will then start to count up in 1-minute increments (for up to 1 hour). The food steamer will cycle on and off during this time to maintain an even temperature. However, it is not recommended to use Keep Warm for extended periods of time as food will deteriorate.

Preset Timer

To select the Preset Timer function together with a Steaming function as described, press the SET button on the control panel twice and the LCD screen time will change to 00:00 with TIMER flashing in top left-hand corner. Immediately press the HOURS and/or MIN button and continue pressing until the required time is reached. The preset time can be set from 1 minute to 12 hours and 59 minutes.

Operating your Breville Avance® HealthSmart® Steamer continued

Instant Steam

The instant steam function enables steam to be produced within 30 seconds.

Step 1

Press the POWER button at any time to stop the STEAMER, KEEP WARM or PRESET TIMER functions.

Step 2

Allow steamer a few seconds to stop producing steam, then dismantle the steamer baskets to remove the cooked food, taking care as lid, steamer baskets, rice/sauce cooking bowl, steam and water condensation will be very hot. Allow the steamer base and drip tray to cool before dismantling and discarding liquid.



ALWAYS TAKE CARE WHEN LIFTING THE LID, STEAMER BASKETS AND RICE/SAUCE COOKING BOWL AND DRIP TRAY AS THE STEAM AND WATER CONDENSATION CAN CAUSE SCALDING. USE DRY OVEN MITTS TO PROTECT HANDS. ALWAYS ALLOW THE STEAMER BASE AND DRIP TRAY TO COOL BEFORE DISMANTLING AND DISCARDING LIQUID.



DO NOT STEAM LARGER PIECES OF MEAT OR FISH, ESPECIALLY FOODS WITH HIGH FAT CONTENT AS THIS MAY CAUSE THE DRIP TRAY TO OVERFLOW.

Step 3

Switch off at the power outlet and unplug the power cord from the power outlet. Allow the Avance® HealthSmart® Steamer to cool before dismantling and cleaning.

Denser foods or foods that take longer to cook should be placed in the lower steamer basket as this gets a higher concentration of steam. However, foods such as meat or chicken should be placed in the lower steamer basket to avoid juices dripping onto foods below. Place lighter foods, such as leafy vegetables, in the upper steaming basket.

Note

Avoid unnecessary removal of the lid and steamer baskets during cooking, as steam surrounding the food will escape.

Note

Operating your Breville Avance® HealthSmart® Steamer continued

Steamer Baskets

The Avance® HealthSmart® Steamer comes with three steamer baskets that can be stacked on top of each other (See Figure 1), or used with two baskets or with just one basket. (See Figure 2).

FIG.1



FIG.2



When using the three steamer baskets at the same time, the smaller basket has symbols (≡) marked on handles and must be placed on the bottom. The steamer basket with the symbols marked (=) on the handles is to be placed in the middle and the larger steamer basket with the symbols marked (≡) marked on the handles is to be placed on the top.

The three steamer baskets have removable bases.

The three steamer baskets can be used as egg cooking trays. The base of each steamer basket has six indents for standing eggs upright for cooking. Eggs should be pierced once through shell before cooking.

Rice/Sauce Cooking Bowl

Use the rice/ sauce cooking bowl to cook rice or sauces by following the steaming charts and recipes provided in this book. The rice/sauce cooking bowl should be inserted into the Fig.3 steaming basket then covered with the lid.

Do not insert the rice/sauce cooking bowl into a lower steamer basket (when stacking two or three steamer baskets) as this partially blocks the effective movement of steam around the steamer baskets.

FIG.3



TIPS FOR USING YOUR AVANCE® HEALTHSMART® STEAMER

For good results, follow these suggestions:

- Cooking times provided in this instruction book are a guide only. Specific foods may require varied steaming times depending on size, quality and temperature of food.
- Avoid unnecessary removal of the lid and steamer baskets during cooking, as steam surrounding the food will escape.
- Food should be evenly spread in all three steamer baskets. A single layer of food steams fast than multi layers.
- Steaming time for food in the upper basket is slightly longer, so allow an extra few minutes.
- If foods with varying cooking times are to be steamed, place the food requiring the longest cooking time in the lower basket. When that food has partially cooked, carefully remove the lid using a dry oven mitt or cloth and add the upper steaming baskets. Replace lid and continue steaming until all layers are cooked.
- For food requiring longer cooking times, refill the water reservoir to the top up line to ensure it does not fall below the MIN marking. The reservoir can be refilled by pouring water through the easy-to-fill spout to the top up line.
- Foods such as meat or chicken should be placed in the lower steamer basket to avoid juices dripping onto foods below.
- Do not steam larger pieces of meat or fish, especially foods with high fat content, as this may cause the drip tray to overflow.
- Remove food once the steaming time has elapsed, otherwise food will continue to cook in the accumulated steam of the food steamer.

Care and Cleaning

CLEANING

Step 1

Always switch the power off at the power outlet and unplug the power cord of the food steamer and allow the steamer base and drip tray to cool down before disassembling and cleaning.

Step 2

Disassemble the removable bases from steamer baskets. Wash the lid, steamer baskets, bases and rice/sauce cooking bowl in warm soapy water, rinse and dry thoroughly.

Step 3

When completely cool, carefully discard the remaining liquid in the drip tray and water reservoir. Remove the filter plug then wash the drip tray and filter plug in warm soapy water, rinse and dry thoroughly. Wipe the interior of the water reservoir with a damp cloth then dry thoroughly. Reassemble the filter plug in the water reservoir.

Step 4

Do not wash any part of the food steamer, including steamer baskets, rice/sauce cooking bowl or drip tray, in a dishwasher.

Do not use abrasive cleaners, steel wool or scouring pads as these can damage the surface.

Clean the food steamer after each use.

To clean the exterior

The steamer base can be wiped over with a damp cloth then dried thoroughly.

Do not use abrasive cleaners, steel wool or scouring pads as these can damage the surface of the food steamer.



DO NOT IMMERSE STEAMER BASE, POWER CORD OR POWER PLUG IN WATER OR ANY OTHER LIQUID AS THIS MAY CAUSE ELECTROCUTION.



TO PREVENT DAMAGE TO THE APPLIANCE DO NOT USE ALKALINE CLEANING AGENTS WHEN CLEANING, USE A SOFT CLOTH AND A MILD DETERGENT.

Removal of mineral deposits

Mineral deposits may accumulate in the steamer base and attachments. It is recommended to de-scale regularly to prolong the life of your food steamer.

Prepare a de-scaling solution by mixing 2 cups of water and 1 tablespoon of lemon juice or white vinegar.

Pour the de-scaling solution into the water reservoir, insert the drip tray then a steamer basket with lid on top. Turn the timer dial to approximately 15 minutes and allow steam to circulate. Allow the food steamer and liquid to cool before dismantling for cleaning. If excess scale build-up still remains, repeat the process.

STORAGE

Ensure the Health Smart Food Steamer is switched off at the power outlet, power plug removed from the power outlet and all parts cleaned, dried and assembled before storing.

Ensure the steam diffuser and filter plug have been re-inserted into the water reservoir then insert the drip tray onto the steamer base. When stacking baskets, (≡) should be on the bottom, followed by the basket marked (=) and then (-). Insert the rice/sauce cooking bowl and cover with lid.

Wrap the power cord around the steamer base and stand the appliance upright. Do not store anything on top.

Steaming Guides

Steaming Guides

All recipes assume that the proceeding assembly instructions have been followed.

VEGETABLES

Follow these suggestions for steaming vegetables:

1. Wash the vegetables thoroughly. Cut off stems, trim, chop and peel if required.
2. Smaller, even-sized pieces of vegetables will steam faster than larger pieces. When steaming different size vegetables at the same time, place the largest and firmest in the lower steamer, basket and the other lighter or leafy vegetables in the top steamer baskets.
3. Steaming time will decrease slightly, if steaming smaller portions.
4. If steaming vegetables that have been frozen, always separate and stir once during steaming.
5. Estimated steaming times are listed in chart below, however freshness, quality and size of the food as well as personal preference will effect how quickly ingredients will take to steam. Adjust cooking times as desired.

VEGETABLE TYPE	WEIGHT/MEASUREMENT	TIME TO COOK APPROXIMATELY
Asparagus spears	2 bunches	10 –12 minutes
Artichokes whole	3	25-30 minutes
Beans, cut or whole	250g – 500g	10 minutes
Beetroot, cleaned, trimmed	1 bunch (approx 4)	30-35 minutes
Broccoli, florets	500g	10 minutes
Bok Choy	350g	5 minutes
Brussels Sprouts	500g	12-14 minutes
Cabbage, cut into wedges	500g	10 minutes
Capsicums, trimmed, sliced	3 or 4	8-9 minutes
Carrots, sliced	500g	12-14 minutes
Cauliflower, florets	500g	10-12 minutes
Celery, thickly sliced	250g-500g	9-10 minutes
Choko, peeled, cut into wedges	2-3	12-14 minutes
Corn, whole	3	9-10 minutes
Eggplant, thickly sliced	500g	10-12 minutes
Mushrooms, whole button	500g	7-8 minutes
Onions, peeled, sliced	250g -500g	10 - 11 minutes
Parsnips, sliced	500g	8-10 minutes
Peas, shelled	500g (250g shelled)	4-5 minutes

Steaming Guides continued

Potatoes, peeled, quartered	1kg	20-25 minutes
Potatoes, whole chats	1kg	30-35 minutes
Pumpkin, peeled chunks	500g	22-25 minutes
Snow Peas	250g	4-5 minutes
Spinach, English	250g	5-6 minutes
Spinach (Silver beet)	250g	7-8 minutes
Squash, whole baby	500g	10-12 minutes
Sweet Potatoes, 1.5cm slices	500g	12-15 minutes
Turnips/Swedese, quartered	500g	20-25 minutes
Zucchini, thickly sliced	500g	5-6 minutes
All frozen vegetables	500g	7-9 minutes

RICE, GRAINS AND CEREALS

To cook rice in the Avance® HealthSmart® Steamer, follow these simple suggestions:

1. Wash rice in a fine sieve under cold running water until rice water runs clear. Drain well.
2. Place measured rice and water quantities into the rice/sauce cooking bowl.
3. Place the rice/sauce cooking bowl into a steamer basket.
4. Cover with the lid and set the steamer to the required steaming time.
5. To produce firmer rice, slightly decrease the water specified in the rice cooking chart.
6. For softer rice slightly increase water quantity and cook a little longer
7. Rice may be seasoned with salt, pepper or butter after steaming.

VARIETY	CUPS OF RICE	CUPS OF WATER	APPROX COOKING TIME
Brown: medium grain	½ cup	1 cup	55-60 minutes
Brown: long grain	1 cup	2 cups	60 minutes
Wild Rice	½ cup	1 cup	55-60 minutes
White: long grain, Basmati, Jasmine	1 cup	1¼cups	25 minutes
White: medium grain	1 cup	1¼ cups	25-30 minutes

Steaming Guides continued

RICE, GRAINS AND CEREALS

To cook grains and cereals in the Avance® HealthSmart® Steamer, follow these simple suggestions:

1. Place measured grains or cereal plus water, as shown in the chart below, into the rice/sauce cooking bowl.
2. Place the rice/sauce cooking bowl into a steamer basket.
3. Cover with lid and set the steamer to the required steaming time.
4. For softer grains or cereals slightly increase water quantity and cook a little longer.

VARIETY	METHOD	APPROX COOKING TIME
Oats	1 cup rolled oats with 2 cups water into rice/sauce cooking bowl	15 minutes
Cracked Wheat	1 cup cracked wheat with 1 ½ cups of water. Place into rice/sauce cooking bowl	12 minutes

When steaming for a longer time ensure the water reservoir is filled to the maximum MAX level on the water window before operation commences. During the longer cooking time ensure the water does not fall below the minimum MIN level. However, do not refill to the MAX level during operation. Allow the water to reach the MIN level then add extra water to align with the TOP-UP level on the water window. (This may need to be repeated when steaming for extended periods of time). Do not refill past the TOP-UP line when the food steamer is in operation.

Note

FISH AND SEAFOOD

Follow these suggestions for steaming fish and seafood:

1. Steaming guidelines in the chart below are for fresh and fully thawed seafood.
2. Frozen seafood should be completely thawed before steaming.
3. Always clean and prepare fresh seafood and fish before steaming.
4. Most seafood cooks very quickly. Steam in small portions or in amounts as specified in chart below.
5. Fish fillets can be steamed in steamer baskets, however to retain juices cook fish in rice /sauce cooking bowl but cooking times will be longer.
6. Adjust steaming times according to various textures and sizes.

VARIETY	WEIGHT/SIZE	APPROX COOKING TIME
Crab, whole	350g	12-15 minutes
Fish, whole	400g	10-12 minutes
Fish Fillets	250g	6-8 minutes
Cutlets	500g	7-8 minutes
Mussels	500g	5-6 minutes

Steaming Guides continued

Octopus, baby	500g	10 minutes
Oysters on shell	6	5 minutes
Prawns, shelled	300g	5 minutes
Scallops on shell	6	4-5 minutes
Vongole, pippies	500g	5-6 minutes

MEAT & POULTRY

Follow these suggestions for cooking meat and poultry:

1. Steaming guidelines in the chart below are for fresh and fully thawed meat and poultry.
2. Frozen meat and poultry should be completely thawed before steaming.
3. Always clean and prepare fresh meat and poultry before steaming. It is recommended to remove any fat and skin from the poultry and fat and gristle from meat before steaming.
4. Arrange the smaller pieces of meat or poultry in a single layer.
5. Steam until the meat or poultry is well done. Check by piercing the thickest part of the poultry or roast with a meat thermometer or with a knife or skewer to check that the centre is cooked and juices run clear.

VARIETY	WEIGHT/SIZE	APPROX COOKING TIME
Chicken, pieces (skin removed)	500g	35 minutes
Chicken, breast fillets (skin removed)	500g	20-25 minutes
Hot dogs	500g	6-7 minutes
Sausages, thin	500g	12 minutes

When steaming for a longer time, ensure the water reservoir is filled to the maximum MAX level on the water window before operation commences. During the longer cooking time ensure the water does not fall below the minimum MIN level. However, do not refill to the MAX level during operation. Allow the water to reach the MIN level then add water to align with the TOP-UP level on the water window. Do not refill past the TOP-UP line when the food steamer is in operation. Excess cooking juices will collect in the drip tray and should be discarded once cooled.

Note

OTHER FOODS

Follow these suggestions for cooking variety foods:

1. Steaming guidelines in the chart below are for pre-packaged variety foods
2. Always remove variety foods from packaging and arrange in a single layer in a steamer basket.
3. Steam variety foods for recommended times in chart below, as recommended on the packaging or until well cooked.

When heating softer style tofu, use the rice/sauce cooking bowl

Note

VARIETY	WEIGHT/SIZE PIECES	APPROX COOKING TIME
Asian Dumplings/Gow Gees, frozen	250-500g	18-20 minutes
Asian Pork Buns, frozen	4	20 minutes
Mini Dim Sims, frozen	250g	18-20 minutes
Tofu, whole piece, very firm	300g	8-10 minutes

Steaming Guides

EGGS

The following are some handy guidelines when cooking eggs. The steamer is ideal for poaching, scrambling and cooking eggs in the shell.

For cooking eggs in the shell:

1. Eggs must be pierced with a clean pin or fine skewer through the top or base of the egg shell before cooking.
2. Place eggs into egg indents in steamer baskets, pierced side up.
3. Cover with lid.
4. Set the timer to preferred cooking time.

For poached eggs:

1. Place a tablespoon of water into individual-sized heatproof dishes, cups or ramekins (small enough for 1 egg) then crack an egg into each. Insert 4 prepared ramekins into each steamer basket, then cover with lid.
2. Set the timer to preferred cooking time and monitor firmness of poached eggs during steaming.

For scrambled eggs:

1. Prepare eggs, milk and seasonings for scrambled eggs by lightly beating in the rice/sauce cooking bowl. Place rice/sauce cooking bowl into steamer basket and cover with lid.
2. Set the timer to preferred cooking time. Remove lid during steaming time and stir the eggs.

TYPE	QUANTITY	APPROX COOKING TIME
Steamed in shell, Soft Medium Hard	1-8 (x 60g)	8-9 minutes 11-12 minutes 15-16 minutes
Poached Soft Medium Hard	4 (x 60g)	5-6 minutes 7-8 minutes 10-12 minutes
Scrambled	6 (x 60g) eggs with $\frac{1}{3}$ cup milk or cream and seasoning	9-10 minutes

Larger eggs will require slightly longer cooking times.

Note



DO NOT BOIL EGGS IN THE WATER RESERVOIR.

Recipes



Recipes

Bok choy with chilli and ginger sauce

Serves 2 to 4

1 bunch bok choy or Chinese broccoli

Sauce:

1 tablespoon peanut oil

3 cloves garlic, peeled and finely chopped

2 teaspoons finely chopped fresh ginger

1 small red chilli, finely chopped

2 tablespoons Chinese cooking wine (Shao hsing)

2 tablespoons oyster sauce

1 teaspoon sesame oil, for serving

1. Wash bok choy well and separate leaves. If using Chinese broccoli slice into 5cm lengths.
2. Fill water reservoir to MAX level, insert the drip tray then place steamer basket (–) on top.
3. Place bok choy into steamer basket, and cover with lid.
4. Set steaming timer to 5 minutes. Adjust for shorter or longer cooking time as required.
5. While bok choy is cooking, heat a wok or frying pan, add oil then garlic, ginger and chilli, stir fry for 1 minute or until garlic is just beginning to turn golden in colour.
6. Add wine and simmer 20 seconds. Stir in oyster sauce, bring to boil and remove from heat.
7. Remove bok choy when cooked and place onto a serving plate, drizzle with sesame oil and ginger and chilli sauce. Serve hot.

Spring vegetables with lemon dressing

Serves 4 to 6

3 carrots, peeled and thinly sliced

250g cauliflower florets

2 cobs corn, husks removed

250g broccoli florets

1 bunch asparagus, trimmed

100g snow peas, topped and tailed

Dressing:

1 tablespoon lemon juice

2 teaspoons Dijon mustard

1 teaspoon honey

2 tablespoons light olive oil

Salt and pepper, optional

1. Fill water reservoir to MAX level, insert the drip tray then place steamer basket (–) on top.
2. Place carrots and cauliflower into steamer basket and cover with lid.
3. Set steaming timer 4 minutes. Steam until partially cooked.
4. Place corn into steamer basket (=), remove lid and place on top of steamer basket (–) on steamer cover with lid. Set steaming timer to 3 minutes. Steam until partially cooked
5. Place broccoli, asparagus and snow peas into steamer basket (≡), remove lid and place on top of steamer basket (=) on steamer. Cover with lid.
6. Set steaming timer to 7 minutes (14 minutes total steaming time). Adjust for shorter or longer cooking time as required.
7. Combine dressing ingredients together in a clean, screw top jar and shake well.
8. Remove vegetables when cooked and place into a serving bowl. Pour dressing over vegetables and toss to coat. Serve immediately.

Potato salad with creamy pesto dressing

Serves 4 to 6

1kg Desiree potatoes, peeled, halved and cut into 1cm slices
2 tablespoons white wine vinegar
250g small button mushrooms
50g pine nuts, toasted
150g pancetta, chopped and fried

Creamy Pesto Dressing:

1 cup sour cream
1/3 cup prepared pesto
Salt and pepper, optional

1. Fill water reservoir to MAX level and insert the drip tray.
2. Divide potatoes equally into steamer baskets (–) and (=). Place steamer baskets onto steamer and cover with lid.
3. Set steaming timer to 15–17 minutes or until potatoes are just cooked. Adjust for shorter or longer cooking time as required.
4. Remove potatoes when cooked, place into a serving bowl and sprinkle with the vinegar. Allow to cool.
5. Place mushrooms into steamer basket, place onto steamer and cover with lid.
6. Set steaming timer to 4 minutes. Adjust for shorter or longer cooking time as required.
7. Remove mushrooms when cooked, drain well. Add mushrooms, pine nuts and pancetta to potatoes.
8. Combine dressing ingredients and mix in a small bowl. Add dressing to potato salad, toss lightly to coat. Serve warm or chilled.

Potato salad with mint and dill dressing

Serves 4 to 6

1 kg Desiree potatoes, peeled, halved and cut into 1cm slices
2 tablespoons white wine vinegar
2 cobs corn, husks removed
1 cup thinly sliced green shallots

Mint and Dill Dressing:

1/2 cup light sour cream
1/2 cup whole egg mayonnaise
1/2 cup mint leaves
1/2 cup chopped dill
2 teaspoons finely grated lemon rind
Salt and pepper, optional

1. Fill water reservoir to MAX level and insert the drip tray.
2. Divide potatoes equally into steamer baskets (–) and (=). Place steamer baskets onto steamer and cover with lid.
3. Set steaming timer to 15–17 minutes or until potatoes are just cooked. Adjust for shorter or longer cooking time as required.
4. Remove potatoes when cooked, place into a serving bowl and sprinkle with the vinegar. Allow to cool.
5. Place corn into steamer basket, place onto steamer and cover with lid.
6. Set steaming timer to 7 minutes. Adjust for shorter or longer cooking time as required.
7. Remove corn when cooked, drain well and cool slightly. Cut corn kernels from the cobs and add to potatoes with shallots.
8. Combine dressing ingredients and mix in a small bowl. Add to potato salad, mix lightly and serve warm or chilled.

Rice and spinach salad

Serves 6

- 1 cup brown rice
- ½ cup wild rice
- 2½ cups/625ml water
- 1 small red onion, peeled and finely chopped
- 125g roasted red capsicum, diced
- ¼ cup currants
- ½ cup chopped continental parsley
- 40g baby spinach leaves, washed and dried
- 50g toasted pine nuts
- 125g feta cheese, crumbled, for serving

Dressing:

- ⅓ cup olive oil
- 2 tablespoons balsamic vinegar
- 2 teaspoons whole grain mustard
- 2 cloves garlic, peeled and finely chopped
- Salt and pepper, optional

1. Fill water reservoir to MAX level, insert the drip tray then place steamer basket (→) on top.
2. Place brown rice, wild rice and water into the rice/sauce cooking bowl and stir. Insert into steamer basket and cover with lid.
3. Set steaming timer to 55 - 60 minutes or until both rices are almost cooked, but still a little firm. Remove rice from steamer and stand covered for 5 minutes. Rinse rice under cold running water, drain well.
4. Place cooled rice into a large serving bowl with onion, capsicum, currants, parsley, spinach leaves and pine nuts. Toss to combine.
5. Combine dressing ingredients in a clean, screw top jar and shake well.
6. Drizzle dressing over rice mixture and top with crumbled feta. Serve immediately.

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Note

Moroccan style chicken with spiced lentils

Serves 4

500g chicken breast fillets

2 tablespoons olive oil

1 teaspoon mild paprika

1 teaspoon finely chopped red chilli

1 teaspoon sea salt, optional

1 cup green lentils

1½ cups/375ml water

1 lemon, sliced and deseeded

1 cup chopped parsley

½ cup chopped mint leaves

2 tomatoes, finely diced

3 shallots, finely chopped

Dressing:

2 tablespoons olive oil

2 tablespoons lemon juice

2 cloves garlic, peeled and finely chopped

1 teaspoon mild paprika

½ teaspoon ground cumin

1 teaspoon honey

Salt and freshly ground pepper, optional

1. Place chicken fillets into a bowl. Add oil, paprika, chilli and sea salt, mix well. Cover with plastic wrap and refrigerate until ready to cook.
2. Fill water reservoir to MAX level, insert the drip tray then place steamer (-) basket on top
3. Wash lentils and drain well. Place lentils and water into the rice /sauce cooking bowl and stir. Insert into steamer basket, cover with lid.
4. Set steaming timer to 45-50 minutes or until lentils are cooked but still slightly firm. Adjust for shorter or longer cooking time as required.
5. Remove lentils from steamer, drain, set aside and keep warm.
6. Place chicken into steamer basket (-), place onto steamer base, arrange slices of lemon over chicken and cover with lid.
7. Set steaming timer to 20 -25 minutes. Adjust for shorter or longer cooking time as required.
8. Remove chicken when cooked, set aside and keep warm.
9. Combine dressing ingredients together in a clean, screw top jar and shake well.
10. Combine lentils, parsley, mint, tomatoes and shallots. Add dressing, mix lightly and spoon onto serving plates.
11. Slice chicken, place over lentils and serve.

BBQ pork with garlic soy rice

Serves 4

- ½ cup dried sliced shitake mushrooms
- 2 cups/500ml boiling water
- 1 cup medium grain rice
- 2 cups/500ml water
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 1 tablespoon peanut oil
- 2 teaspoons finely chopped ginger
- 3 teaspoons finely chopped garlic
- 300g Chinese style cooked barbecued pork, thinly sliced
- ½ cup thinly sliced green shallots
- ¼ cup Char Siu sauce
- 2 tablespoons water

1. Soak mushrooms in the boiling water for 30 minutes. Drain mushrooms and reserve ½ cup of liquid. Slice mushrooms, set aside.
2. Fill water reservoir to MAX level, insert the drip tray then place steamer basket (–) on top.
3. Wash rice and drain well. Place rice, water, soy sauce and sesame oil into rice/sauce cooking bowl and stir. Insert into steamer basket, cover with lid.
4. Set steaming timer to 25 - 30 minutes. Adjust for shorter or longer cooking time as required.
5. Meanwhile heat peanut oil in a frying pan, add ginger and garlic, fry 1–2 minutes or until garlic begins to turn golden. Remove from heat.

6. When rice is cooked, carefully remove lid and stir ginger and garlic mixture, together with pork, shallots and mushrooms into rice, mix well. Cover with lid.
7. Set steaming timer to 5-10 minutes or until rice is cooked and ingredients are heated through Adjust for shorter or longer cooking time as required.
8. Heat Char Siu sauce and water in a small saucepan, bring to the boil
9. Serve BBQ Pork with Garlic Soy Rice drizzled with hot Char Siu sauce.

Char Siu sauce (Chinese Barbecue Sauce) is available at Asian food stores and some supermarkets

Note

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Note

Scallops with herb lime butter

Serves 2

8 scallops, on half shell
1 tablespoon finely chopped dill
1 tablespoon finely chopped parsley
1 tablespoon finely chopped green shallots
Salt and freshly ground pepper, optional
30g butter
2 slices lime, cut into quarters

1. Clean scallops and return to half shell.
2. Mix together dill, parsley and green shallots, sprinkle over scallops, season to taste.
3. Place a dot of butter and lime quarter onto the scallops.
4. Fill water reservoir to MAX level and insert the drip tray.
5. Divide prepared scallops equally into steamer baskets (–) and (=). Place steamer baskets onto steamer and cover with lid.
6. Set steaming timer 4 minutes or until scallops are cooked. Do not overcook as scallops will toughen.
7. Remove scallops when cooked and serve immediately.

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Note

Marinated salmon with coconut rice

Serves 2

¼ cup soy sauce
¼ cup mirin
1-2 tablespoons finely chopped ginger
1 teaspoon brown sugar
2 Atlantic salmon cutlets

Coconut Rice:

1 cup jasmine rice
1 cup/250ml coconut milk
¾ cup/190ml water
1 teaspoon sea salt

Fresh coriander leaves, for serving
Finely sliced red chilli, for serving
Lime wedges, for serving

1. Place soy sauce, mirin, ginger and brown sugar into a shallow container. Add salmon and coat well with soy sauce mixture. Cover and refrigerate 1-2 hours.
2. Fill water reservoir to MAX level, insert the drip tray then place steamer basket (–) on top.
3. Wash rice and drain well. Place rice, coconut milk, water and salt into the rice/sauce cooking bowl and stir. Insert into the steamer basket, cover with lid.
4. Set steaming timer to 35-40 minutes or until rice is cooked and liquid is absorbed. Adjust for shorter or longer cooking time as required.
5. Remove rice/sauce cooking bowl from steamer when rice is cooked, set aside and keep warm until ready to serve.
6. Remove salmon from marinade, place into steamer basket (–) and cover with lid.
7. Set steaming timer to 10–12 minutes. Adjust for shorter or longer cooking time as required.
8. Remove salmon when cooked, place onto serving plates.

Serve salmon with coconut rice, fresh coriander leaves, sliced chilli and wedges of lime.

Whole snapper with salsa verde

Serves 2

500g whole snapper, cleaned and scaled
1 lemon, quartered

Salsa Verde:

2 tablespoons finely chopped green shallots
2 tablespoons finely chopped parsley
1 tablespoon chopped capers
2 teaspoons finely grated lemon rind
2 tablespoons lemon juice
2 tablespoon light olive oil
Salt and freshly ground pepper, optional

1. Fill water reservoir to MAX level, insert the drip tray then place steamer basket (–) on top.
2. Place lemon quarters inside fish. Place fish into steamer basket and cover with lid.
3. Set steaming timer to 14 minutes. Adjust for shorter or longer cooking time as required.
4. For the Salsa Verde, combine all ingredients in a small bowl, mix well.
5. Remove the fish when cooked and place onto a serving platter.

Serve fish immediately, drizzled with Salsa Verde.

Laksa with rice noodles and tofu

Serves 2 – 4

¼ cup prepared laksa paste
2 cups/500ml coconut milk
½ cup/125ml water
1 tablespoon fish sauce
2 teaspoons brown sugar
200g firm tofu, cubed
100g dried rice noodles
1 cup fresh bean shoots, for serving
½ cup fresh mint leaves, for serving
½ cup fresh coriander leaves, for serving

1. Fill water reservoir to MAX level, insert the drip tray then place steamer basket (–) on top.
2. Place laksa paste, coconut milk, water, fish sauce and brown sugar into rice /sauce cooking bowl and stir.
3. Carefully insert the rice/sauce cooking bowl into the steamer basket, cover with lid.
4. Set steaming timer to 15 minutes or until liquid is hot. Add tofu pieces, cover with lid, Set steaming timer to 12 minutes or until tofu is heated through.
5. Meanwhile, place rice noodles into a heatproof bowl and pour in sufficient boiling water to cover the noodles, stand 5 minutes, and drain well.
6. Divide noodles into 2–4 bowls. Remove laksa and tofu from steamer and spoon over noodles.

Serve hot laksa, topped with bean shoots, mint and coriander.

Greek style meatballs with tomato sauce

Makes approx 32

Tomato Sauce:

2 tablespoons olive oil

1 large onion, peeled and finely chopped

½ green capsicum, finely chopped

5 cloves garlic, peeled and finely chopped

2 x 400g cans peeled, diced tomatoes

2 teaspoons brown sugar, firmly packed

1 teaspoon sea salt, optional

Meatballs:

3 slices white bread, crusts removed

1 cup/250ml milk

500g lean minced lamb

1 medium onion, peeled and finely chopped

2 cloves garlic, peeled and finely chopped

2 teaspoons dried oregano leaves

¼ cup chopped parsley

1 tablespoon lemon juice

1 teaspoon sea salt

Freshly ground black pepper, optional

1. For the tomato sauce, heat oil in a saucepan, add onion, capsicum and garlic, sauté gently for 12-15 minutes or until onion is soft. Add tomatoes, sugar and salt, cover with a lid, bring to the boil, lower heat and simmer for 30 minutes, stirring occasionally.
2. For the meatballs, place bread and milk together in a bowl and soak until bread is very soft and milk has been absorbed, about 20 minutes.
3. Remove bread from milk, place into a colander and press bread until most of the liquid is removed. Discard liquid and place bread into a large bowl.
4. Add remaining meatball ingredients to bread, mix well. Roll into balls, about 3–4cm in diameter.

5. Fill water reservoir to MAX level and insert the drip tray.
6. Divide meatballs equally into steamer baskets (–) and (=). Place steamer baskets onto steamer and cover with lid.
7. Set steaming timer to 15 minutes. Adjust for shorter or longer cooking time as required.
8. Remove meatballs when cooked and serve hot, drizzled with tomato sauce.

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Note

Prawn and rice balls

Makes approx. 32

½ cup long grain white rice

1¼ cups/312ml water

15g sliced dried Chinese mushrooms

250g pork mince

175g green prawn meat, finely chopped or minced

½ bunch coriander leaves, finely chopped

¾ cup finely chopped green shallots

½ cup sliced bamboo shoots, finely chopped

1 tablespoon finely chopped fresh ginger

2 tablespoons fish sauce

1 x 60g egg, lightly beaten

Soy sauce or sweet chilli sauce, for serving

1. Fill water reservoir to MAX level, insert the drip tray then place steamer basket on top
2. Wash rice and drain well. Place rice and water into rice/sauce cooking bowl and stir. Insert into steamer basket (–), cover with lid.
3. Set steaming timer to 25 - 30 minutes or until rice is cooked. Remove from steamer, drain and allow to cool.
4. Soak mushrooms in boiling water for 30 minutes. Drain well and chop finely.
5. Place mushrooms in a bowl with pork mince, prawn meat, coriander leaves, shallots, bamboo shoots, ginger, fish sauce and egg, mix well.
6. Roll mixture into balls, about 3 cm in diameter, then roll in cooked rice until well coated.
7. Divide prepared rice balls equally in single layers into steamer baskets (–) and (=) . Place onto steamer and cover with lid.
8. Set steaming timer to 12 minutes. Adjust for shorter or longer cooking time as required.
9. Remove prawn and rice balls when cooked and place onto a serving platter.

Serve with a small bowl of soy sauce or sweet chilli sauce for dipping.

Desserts

Berry lemon puddings

Serves 6

Softened butter, for greasing
White sugar, for coating
125g butter, softened
⅓ cup castor sugar
Finely grated rind of 1 lemon
3 x 60g eggs
1½ cups/225g self-raising flour
¼ cup/60ml milk
125g frozen mixed berries
¼ cup caster sugar, extra

1. Grease 6 small (1 cup) heatproof pudding basins with softened butter, sprinkle a little sugar into each basin and shake gently to evenly coat the insides. Set aside.
2. Cut a piece of baking paper to fit the top shape of each basin. Cut a piece of foil to fit the top shape of each basin and extend 3cm over the edges. Set aside.
3. Cream butter, sugar and lemon rind until light and creamy. Add eggs one at a time beating well after each addition.
4. Add flour and milk alternately and mix to a smooth batter. Set aside.
5. Combine berries and extra caster sugar and divide equally into prepared basins
6. Spoon sufficient batter into each pudding basin until three quarters full. Cover each basin with a piece of baking paper, then with a piece of foil. Gather the edge of the foil and press towards the outer edge of the basin to form a seal.
7. Fill water reservoir to MAX level and insert the drip tray.
8. Divide pudding basins equally into steamer baskets (–) and (=). Place steamer baskets onto steamer and cover with lid.
9. Set steaming timer to 40 minutes. Adjust for shorter or longer cooking time as required.
10. Carefully remove puddings when cooked.

Serve puddings in basins or turned out onto serving plates and accompanied with custard or ice cream.

Vanilla risotto

Serves 4

1 cup Arborio rice
2½ cups/625ml milk
¼ cup sugar
1 teaspoon vanilla extract
½ cup/125ml cream

1. Fill water reservoir to MAX level, insert the drip container and place steamer basket (–) on top.
2. Place rice, milk and sugar into rice/sauce cooking bowl. Carefully insert rice/sauce cooking bowl into steamer basket. Cover with lid.
3. Set steaming timer to 60 minutes or until rice is cooked and liquid is absorbed. Adjust for shorter or longer cooking time as required.
4. Remove lid and add vanilla extract and cream, stirring gently until incorporated. Cover with lid and steam a further 5-8 minutes or until thick and creamy.

Serve hot with poached or fresh fruit.

Date and walnut puddings with caramel sauce

Serves 6

125g pitted dates, chopped

1 teaspoon bicarbonate of soda

75g butter, cubed

1¼ cups/312ml boiling water

Softened butter, for greasing

White sugar, for coating

¾ cup brown sugar, firmly packed

2 x 60g eggs, lightly beaten

1 teaspoon vanilla essence

1 cup/150g self-raising flour

½ cup roughly chopped walnuts

Caramel Sauce:

45g butter, cubed and softened

1 cup brown sugar, firmly packed

½ cup/125ml cream

1. Place dates, bicarbonate of soda and butter into a heatproof bowl and pour boiling water over. Allow to stand for 20 -30 minutes, stirring occasionally.
2. Meanwhile, grease 6 small (1-cup) heatproof pudding basins with butter, sprinkle a little sugar into each basin and shake gently to evenly coat the insides. Set aside.
3. Cut a piece of baking paper to fit the top shape of each basin. Cut a piece of foil to fit the top shape of each basin and extend 3cm over the edges. Set aside.
4. Add brown sugar to date mixture, mix well. Add beaten eggs and vanilla, mix well. Add flour and walnuts, stirring until all ingredients are well combined.
5. Spoon sufficient mixture into each pudding basin until three quarters full. Cover each basin with a piece of baking paper, then with a piece of foil. Gather the edge of the foil and press towards the outer edge of the basin to form a seal.
6. Fill water reservoir to MAX level and insert the drip tray.
7. Divide pudding basins equally into steamer baskets (-) and (=). Place steamer baskets onto steamer and cover with lid.
8. Set steaming timer to 25 minutes. Adjust for shorter or longer cooking time as required.
9. Meanwhile, place caramel sauce ingredients into rice/sauce cooking bowl and stir.
10. When cooking time for puddings has elapsed, carefully remove lid and insert steamer basket (≡) onto steamer basket (=). Insert rice/sauce cooking bowl into steamer basket (≡) and cover with lid.
11. Set steaming timer to 15–20 minutes. Remove lid and stir sauce during cooking. Adjust for shorter or longer cooking time as required for puddings to be cooked and sauce melted and smooth. Carefully remove the rice/sauce cooking bowl and puddings when cooked.

Serve puddings in basins or turned out onto serving plates and drizzled with caramel sauce

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