



FOOD STEAMER

MODEL: PRS200



User Guide

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BEFORE THE FIRST USE

Remove the appliance and all accessories from the packaging. Peel off any adhesive labels. Wash the lid, rice bowl, steamer bowls and drip tray in warm, soapy water before first use. Rinse and dry thoroughly. Wipe the inside of the base with a damp cloth.

USE

1. Place the appliance on a stable, level surface away from walls and overhanging cupboards.
2. Pour in cold water up to the maximum mark (Fig.2).

WARNING: do not add any salt, pepper, seasonings, herbs, wine, stock or any liquid other than tap water to the base.

3. Place drip tray in base and be sure it sits flat.
4. Using the rice bowl
 - a) Place a steamer bowl on the base.
 - b) Place 1 volume of rice and 1.5 volume of water in the rice container (220 grams rice max, 200ml water).
 - c) Place the rice bowl in the steamer bowl (Fig.3).

5. Cover the steamer bowl with the lid.
6. Plug into electricity supply. Do not operate the appliance without the steaming bowl and lid in place.

WARNING: make sure that the appliance is correctly assembled before using. Never use bowls and parts other than those specially designed for use with the appliance.

7. Set timer for the recommended time. The power and cook lights illuminate. After about 3-4 minutes steaming will begin. Condensation during steaming is normal (Fig.4).

NOTE: The timer operates regardless of whether the Food steamer is plugged into the electrical outlet or not. Be sure the power & cooking lights come on when setting the timer.

8. The cook indicator light cycles on and off during cooking.

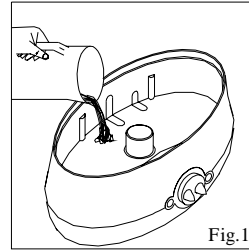


Fig.1

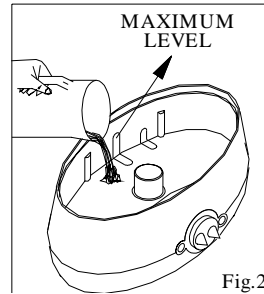


Fig.2

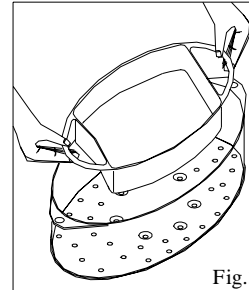


Fig.3

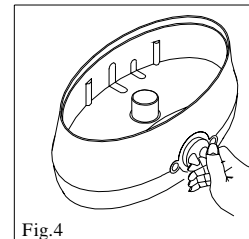


Fig.4

WARNING: during use do not touch the base, bowls or lid as they get very hot.

9. When steaming is complete, the timer will give a single ring and the cook indicator light will go out. The appliance switches off automatically.

WARNING: to prevent burns, always use oven gloves or a cloth when removing the lid or steaming bowls as hot steam will escape. Remove the lid slowly with the inside of lid pointing away from you and let the steam escape gradually. Hold lid over unit to allow the condensation to drain into the steamer. Do not reach into the unit while steaming. If you need to check on cooking progress or to stir, use a long handled utensil.

10. In order to prevent foods from being overcooked, remove the steamer bowl immediately, using a cloth and place it on a plate or on the reversed lid. If you have used the rice container, remove this carefully, holding it by the sides and if necessary using a kitchen utensil long enough for this.

11. After use, unplug the appliance and allow it to cool completely before putting it away.

USEFUL HINTS AND TIPS

- Steaming times stated in the charts are only a guide. Times may vary depending on the size of food pieces, spacing of the food in the steamer trays, freshness of food and personal preference. As you become familiar with the steamer, adjust cooking times.
- A single layer of food steams faster than several layers. Therefore, the cooking time for a larger quantity of food will be increased, for example 2lb of cauliflower florets will need longer to steam than 1 lb.
- For best results, be sure pieces of food are similar in size. If pieces vary in size and layering is required. Place smaller pieces on top.
- Do not crowd food in the steaming tray or rice bowl. Arrange the food with spaces between pieces to allow for maximum steam flow.
- When steaming large quantities of food, remove lid about halfway through the steaming time and stir using a long handled utensil, protecting your hands from the steam with oven gloves.
- **Never steam meat, poultry or seafood from frozen. Always thaw completely first.**
- All the times stated in the *Steaming Charts* and *Recipes* are based on the use of cold water, but to slightly reduce the steaming time you may begin using warm (but not boiling) water.
- The rice bowl is an ideal container for steaming other foods such as fruit, vegetables, vegetable pates, puddings, etc.

USING SEVERAL TRAYS

- Always place the largest pieces or food with the longest cooking time in the lower basket.
- You may place a different food in the upper and lower basket, but as condensation will drip from the upper basket be sure the flavours compliment each other.
- If steaming meat or poultry and vegetables, always place the meat or poultry in the lower bowl so that juices from raw or partially cooked meat cannot drip onto other foods.
- Steaming times for food in the upper trays are usually slightly longer so allow an extra 5 minutes.
- If foods with different cooking times are being steamed, start the food with the longest cooking time in the lower tray. Then when the remaining steaming time reaches that of food with the shortest cooking time, carefully remove the lid with oven gloves and place the next tray containing the food to be cooked on top. Cover with the lid and continue steaming.

CLEANING YOUR STEAMER

- NEVER IMMERSE THE BASE, CORD OR PLUG IN WATER.
- Unplug at the wall socket and leave the appliance to cool completely before cleaning.
- Do not clean any part of the unit with abrasive cleaners e.g. scouring powders, scouring pads, wire wool, washing soda, or bleach.
- Do not clean clear plastic bowls and baskets with the abrasive pad of a cleaning sponge.
- We recommend washing the lid, rice bowl, baskets and drip tray in hot water and washing-up liquid. Rinse and dry thoroughly. The transparent plastic parts may dull with time if they are regularly washed in a dishwasher.
- Empty the water basin and change the water after each use.
- Do not immerse the base in water. Fill the water basin with warm, soapy water and wipe with a cloth. Rinse thoroughly. Descale the interior after every 7 to 10 uses (see directions below).
- Wipe the base with a damp cloth.

DESCALING THE WATER BASIN

After 7 to 10 uses in hard water areas, scale deposits may build up on the heating element. This is a normal process and the build-up will depend on the degree of water hardness in your area. It is essential the appliance be descaled regularly to maintain steam production and extend the life of the unit.

1.Fill the water container and the heating element compartment with white vinegar or vinegar

water up to the maximum mark.

2.Plug in at wall socket. Drip tray, baskets, lid and rice bowl are not used during this procedure.

3.Set timer for 20-25 minutes. Warning: if vinegar begins to boil over the edge of base, unplug and switch off timer. Reduce the quantity of vinegar slightly.

4.When timer rings, unplug from the wall socket and allow to cool completely before pouring

out the vinegar.

5.Rinse the water basin several times with cold water.

WARNINGS FOR YOUR SAFETY

For your safety please read and follow the warnings below:

- Read all the instructions carefully before using the appliance.
- Burns can occur from touching hot parts, hot water, steam or food.
 - Position appliance away from walls and cabinets to prevent damage from steam.
 - To prevent burns, remove lid slowly with the inside of lid pointing away from you and let steam escape gradually.
 - Use oven gloves or a cloth when removing lid rice bowl and steam trays.
 - Do not reach over appliance while it is generating steam.
 - When checking food, use a long handled spoon or tongs.
- Always use sufficient water for the steaming time.
- **Keep the appliance out of the reach of children when in use.**
- Never immerse the appliance, cord or plug in water or any other liquid.
- Use the appliance on a stable, level work surface away from water.
- Do not unplug the appliance by pulling on the supply cord.
- Do not place the appliance or any part of the unit near a heat source or in an oven.
- Do not allow the cord to hang over the edge of the work surface, as it could be accidentally pulled.
- Do not use the appliance:
 - If the appliance or cord is damaged.
- Do not line the water basin with aluminium foil.
- Do not use outdoors.

STEAMING CHARTS AND RECIPES

- The steaming times stated in the charts are only a guide. Times may vary depending on the size of food pieces, spacing of the food in the steamer tray, freshness of food and personal preference. As you become familiar with the steamer, adjust cooking times.
- Steaming times are for the quantity stated in the chart or recipe. For larger or smaller quantities, adjust the time accordingly.
- The steaming times are all based on food cooked in the lower basket, unless specifically stated otherwise. Food cooked in the upper basket may take slightly longer to cook.
- All times stated in the charts and recipes are based on the use of cold water.

ADDING MORE WATER DURING COOKING

- For recipes with long cooking times, reset the timer and top up with more water. When refilling, always switch off the appliance first and empty the drip tray carefully as the liquid may be hot. Add sufficient warm water (but not boiling water) for the remaining steaming time.

VEGETABLES

- Cut off thick stems from cauliflower, broccoli and cabbage.
- Steam leafy, green vegetables for the shortest possible time as they lose colour easily.
- Salt and season vegetables after steaming for best results.
- Frozen vegetables should not be thawed before steaming.

FOOD	TYPE	QUANTITY	STEAM TIMES	SPECIAL NOTES
ARTICHOKES	Fresh	3 Med.	45-50 min	Cut off base.
ASPARAGUS	Fresh Frozen	400g 400g	13-15min 16-18min	Lie flat in basket Criss cross 2nd layer to allow steam flow.
BABY SWEETCORN	Fresh	230g	30-35min	Stir halfway through Steam time
BEANS, green	Fresh, whole Frozen	400g 400g	38-40min 25-28min	Stir halfway through Steam time.
BEANS, runner	Fresh, slices	400g	45-50min	Stir halfway through steam time.
BROCCOLI	Fresh, florets Frozen	400g 400g	16-18min 15-18min	Remove stalk. Stir halfway. Through steam time.
CABBAGE	Fresh, sliced	400g	35-40min	Stir halfway through steam time.
CARROTS	Fresh, 1/4 in slices	400g	20-22min	Stir always through steam time.
CAULIFLOWER	Fresh, florets Frozen	400g 400g	16-18min 18-20min	Stir halfway through steam time.
COURGETTES	Fresh, 1/4in slices	400g	15-18min	Stir halfway through steam time.
MUSHROOMS, button	Fresh	200g	12-15min	Stir halfway through steam time. Use stock for gravy, sauce or stock
PEAS	Frozen	400g	15-18min	Stir halfway through steam time.
POTATOES, new	Fresh, very small	400g	20-22min	Turn each potato over Halfway through cooking.

SPINACH	Fresh Frozen	250g 400g	8-10min 18-20min	
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RICE/GRAINS

- If you prefer stickier rice, remove the drip tray.
- Use the rice bowl and add the required quantity of liquid together with the rice.

FOOD	TYPE	QUANTITY RICE OR GRAIN	WATER LEVEL	STEAM TIME	SPECIAL NOTES
RICE	White easy cook	200g 400g	1 cup/ 300ml 2cups/ 600ml	20 min 30 min	Serves 2 Serves 4
	Brown	200g	1 cup/ 300ml	35min	Serves 3
RICE PUDDING	Pudding rice	100g rice +30g caster sugar	1 pt / 0,5L warm milk	75 min	Reset timer after 60 mins and add more water to Max level.

FISH AND SEAFOOD

- Fish is cooked when it is opaque and flakes easily with a fork.
- Frozen fish may be steamed without defrosting if separated before steaming and the cooking time is extended.
- Add lemon wedges and herbs while steaming to improve flavour.

FOOD	TYPE	QUANTITY	STEAM TIME	SPECIAL NOTES
FISH, fillets	Frozen Fresh	250g 250g	10-12min 6-8 min	
FISH, ¾" thick steaks	Cod, salmon Tuna	250/400g 250/400g	10-12min 12-15min	
CLAMS	Fresh	400g	See notes	Layer shells for maximum Steam flow. Steaming is done when shells are Completely open.
LOBSTER, tails	Fresh	2 tails	20-22min	Meat will be opaque when Done. Cook longer if necessary.
MUSSELS	Fresh	400g	8-10min	Steaming is done when shells completely open.
OYSTERS	Fresh	6	16-10min	Steaming is done when shells completely open

SCALLOPS	Fresh	400g	8-10min	Stir halfway through steam time, Meat opaque and flaky when done.
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MEAT AND POULTRY

- Steaming has the advantage of allowing all the fat to drip away during cooking. Due to the gentle heat only choose tender lean cuts of meat and trim off all fat. Meat suitable for grilling is ideal for steaming.
- Serve steamed meat and poultry with flavoursome sauces or marinade before steaming.
- Thoroughly cook all food before serving. Pierce with a knife or skewer to check that the centre is cooked and juices run clear.
- Sausages must be completely cooked before steaming.
- Use fresh herbs while steaming to add flavour.

FOOD	TYPE	QUANTITY	STEAM TIME	SPECIAL NOTES
BEEF	In slices of rump, sirloin or fillet steak	250g	8-10min	Trim off all fat. Steamed beef has a firm texture.
CHICKEN	Boneless breast	4 pieces	12-15min	Remove skin before cooking. Layer for maximum steam flow.
	Drumsticks	4 pieces	20-25min	After steaming brown skin under grill, if desired.
LAMB	Chops with or without bone	4 chops (in thick)	10-15min	Trim off all fat.
	Loin cut into pieces	400g	10-15min	Trim off all fat.
PORK	Tenderloin, fillet, loin steaks or loin chops	400g or 4 pieces (in thick)	5-10min	Trim off all fat.
SAUSAGES (pre-cooked)	Frankfurters Knockwurst	400g 400g	15min 10min	Pierce skins before steaming.



~~~~~*Warranty*~~~~~

This product is guaranteed for 12 months from the date of purchase when the appliance is used solely for domestic purposes. For commercial use the product is guaranteed for 90 days from the date of purchase. The guarantee is valid against mechanical or electrical defects if the product is used in accordance with the instructions and provided that it is not connected to an unsuitable electricity supply or dismantled, interfered with or damaged in any way.

**IMPORTANT, PLEASE RETAIN THIS WARRANTY**

**Under this guarantee any parts found to be defective will be repaired or replaced free of charge.**

**Please ask your retailer to either stamp this warranty or simply attach your store receipt. Keep this warranty somewhere safe. DO NOT SEND TO PRIMA.**

**This guarantee in no way affects your rights under statutory law.**

**NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

\_\_\_\_\_

**PURCHASED FROM** \_\_\_\_\_

DATE OF PURCHASE \_\_\_\_\_ MODEL \_\_\_\_\_

## **CONNECTION TO THE MAINS SUPPLY**

The wires in the mains lead are coloured in accordance with the following code:

- |                     |   |                    |
|---------------------|---|--------------------|
| <b>BROWN</b>        | - | <b>LIVE (L)</b>    |
| <b>BLUE</b>         | - | <b>NEUTRAL (N)</b> |
| <b>GREEN/YELLOW</b> | - | <b>EARTH (E)</b>   |

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

- The BLUE wire is the NEUTRAL and must be connected to the terminal which is marked with the letter N or coloured BLACK
- The BROWN wire is the LIVE and must be connected to the terminal, which is marked with the letter L or coloured RED.
- The wire which is coloured GREEN/YELLOW must be connected to the terminal which is marked E or coloured GREEN or GREEN/YELLOW.

Always ensure that the cord grip is positioned and securely fastened.

**WARNING: THIS APPLIANCE MUST BE EARTHED.**