Russell Hobbs

3 tier steamer

instructions and guarantee
Read these instructions before use and keep them safe. If you pass the steamer on, pass on the instructions too. Remove all packaging, but keep it till you’re satisfied the steamer is working.

**important safeguards**

Take basic safety precautions, including:

1. Don’t put the cable, plug, or steamer in water or any other liquid. Don’t use it in a bathroom, near water, or outdoors.
2. The steamer should only be used by or under the direct supervision of a responsible adult.
3. Don’t put frozen meat or poultry in the steamer — defrost fully before use.
4. Don’t fill the reservoir above the top of the Max mark. If you overfill, it may spit boiling water and you may damage the steamer.
5. Fill the reservoir with fresh cold water — don’t put anything in the water.
6. Don’t touch the hot surfaces of the steamer, lid, baskets, rice bowl, or diffuser.
7. Use oven gloves or a cloth when lifting the lid, baskets, diffuser, or rice bowl, and lift them only by the handles.
8. Don’t reach over the top of the steamer. Steam will escape from the vents, the baskets, and the steamer.
9. Keep hands, arms, face, etc. clear of the escaping steam when lifting the lid, baskets, diffuser, or rice bowl.
10. Sit the steamer on a stable, level, heat-resistant surface, near a power socket, and out of reach of children.
11. Route the cable so that it doesn’t overhang and can’t be tripped over or caught accidentally.
12. Don’t use the steamer near or below curtains, shelves, or cupboards, as the escaping steam may damage them.
13. Don’t line the baskets with paper, foil, etc. — you’ll block the steam holes.
14. Don’t cover the steamer during use.
15. Keep the steamer and the cable away from hotplates, hobs and burners.
16. Unplug the steamer when not in use, before moving and before cleaning. Let it cool down fully before cleaning and storing away.
17. Don’t use accessories or attachments other than those we supply.
18. Don’t use the steamer for any purpose other than those described in these instructions.
19. Don’t use the steamer if it’s damaged or malfunctions. If the cable or plug is damaged, the steamer must be returned in order to avoid hazard.

**household use only**
preparation
1. Put the steamer on a stable, level, heat-resistant surface, near a power socket, and out of reach of children.
2. Steam will escape, so don’t put it near curtains, under shelves or cupboards, or near anything that might be damaged by the escaping steam.
3. Have dinner plates or a tray handy to put the baskets on afterwards, as they’ll drip. This would be a good time to set out serving spoons, tongs, etc. for emptying the baskets. Don’t forget the oven gloves.
4. Check that the filter is in place inside the steamer.

fit the diffuser
5. Sit the diffuser on top of the steamer. It has a flat side and a round side. The flat side fits over the corresponding flat bit inside the steamer.
6. The diffuser directs the steam through the steam holes in the bottom basket. It also prevents the heater and steamer being overwhelmed by juices from the cooking foods.

water fill
7. Firstly, prior to fitting the basket(s), fill the water directly into the water reservoir to the first line in the bottom of the reservoir. The water level should reach the MAX line marked on the indicator on the side of the steamer. This will allow for 60 minutes of steaming, which is enough time for steaming most foods.
8. Should the need arise to top-up the reservoir before the steam cycle is completed, use a thumb to pull the top of the filler out till it clicks into place - it opens about a centimetre.
9. Pour water into the filler up to the MAX mark. This will allow for extra steaming without disrupting the steaming cycle.
NOTE: It takes a few minutes for the water to trickle into the water reservoir, so this process will need to be repeated a number of times in order to increase the water level.
10. Push the top of the filler back into place on the side of the steamer.
11. Don’t add anything to the water. Add seasoning, marinades, etc. to the food, NOT the water. They won’t circulate, they’ll concentrate in the steamer, possibly damaging the internal surfaces and the element.

assemble the basket(s)
The basket handles are marked with one (Bottom), two (Middle) or three (Top) markings.
12. Put the diffuser on top of the reservoir, then for:
   1 basket  sit the bottom basket on top of the diffuser
   2 baskets  put the middle basket on top of the bottom one
   3 baskets  put the top basket on top of the middle one

steam room
13. To allow the steam to circulate
   a) pack food loosely in the baskets
   b) whenever possible, use single layers of food
   c) leave spaces between the pieces
   d) when layering food in a basket, leave spaces between the pieces in each layer to let the steam circulate through the layers

uniformity
14. For uniform cooking
   a) try to cut all pieces of food in a basket to roughly the same size
   b) put larger pieces, or food with long cooking times, nearest the reservoir
   c) put smaller pieces, or food with short cooking times, furthest from it
overcooking
15. Don’t worry too much about overcooking — steaming is a relatively gentle cooking method and a few minutes extra generally won’t matter.
16. Don’t overcook fish — it’ll chew like rubber and taste like cardboard.

nb Juices from the upper basket(s) will drip into the basket(s) below. Don’t put delicate flavours below strong ones, or vegetables below greasy foods.

fit the lid
17. Put the lid on top of the topmost basket.
18. Don’t try to steam without the lid in place. The food won’t cook, the water won’t last, and you’ll fill the kitchen with steam.

whole chicken? — no problem!
19. To steam a bulky item, like a whole chicken, at point 10 on page 4:
   a) sit the chicken in the bottom basket
   b) look at the base inside the second basket
   c) press the retaining clips in towards the centre of the base
   d) lift the base out
   e) fit the second basket on top of the first
   f) fit the lid to the second basket

nb Don’t remove the base from the bottom basket. Putting food in the diffuser is a definite no-no!

steaming
20. Plug the steamer into the power socket, and switch the socket on, if it’s switchable.
21. Press the on/off button — everything will now be followed by a beep.
22. The display will show 00:00
23. Press the start button
24. The display will change to 00:20, and STEAMER will flash on the top left.
25. This is the default steaming time of 20 minutes.
26. If you want to steam for 20 minutes, just leave it. After 6 seconds, the steaming light will come on, and cooking will start.
27. If you want to set another time, use the minutes (min) button to increase the time up to 59 minutes — after that, it reverts to 00:00.
28. If you really want to set a time less than 20 minutes, you can do this from here, but you shouldn’t — 20 minutes should be the minimum.
29. If you want to steam for an hour, simply press the hour (h) button, the display will change to 1:00.
30. When the display shown the time you want, leave it. After 6 seconds, the steaming light will come on, and cooking will start.
31. If you want to change anything after the 6 seconds, you’ll have to press the on/off button and start again.
32. The timer will count down to 00:00, beep 5 times, then it’ll start to count up again, and show KEEP WARM at the bottom of the display.

nb If you’re not going to empty it right away, check the water level, and top up if necessary.
keep warm time
If your plans change, and you don’t need the food right away, just leave the food in the steamer. The keep warm feature will switch the element on and off, just to keep it ticking over. It’ll do this for an hour, before switching off. The keep warm feature is vary gentle, and shouldn’t overcook other then the most delicate of foods.

emptying
33. Press the on/off switch, and unplug the steamer from the power socket (switch the socket off first, if it’s switchable).
34. Everything will be hot — use oven gloves or a cloth — use the handles.
35. Steam will escape from the baskets — keep hands, face, etc. away from the area above the steamer. Don’t lean over it.
36. When lifting the lid, angle it to direct steam away from your body.
37. Lay the lid on a plate or tray.
38. Lift off the baskets and set them down on plates or a tray before serving.
39. Take care when removing the diffuser — apart from being very hot, the juices are likely to stain if spilt.
40. Any water remaining in the steamer should be left to cool, then poured from the side of the steamer, to avoid getting the controls wet.

boiling dry
41. Don’t worry — we thought of this and fitted a thermostat.
42. It’s still not a good idea, as you lose control of the cooking process, but it needn’t be a disaster (more of an “Oops — I hope no-one’s looking”).
43. In the event of a boil-dry occurring (that sounds much better than “if you forget and let it boil dry”, doesn’t it) the thermostat will cut off power to the element, the steaming light will flash, and the beeper will sound a continuous note.
44. Press the on/off switch, let the steamer cool for a few minutes, then top up with water and start again.
45. When calculating the time needed, allow for the whole of the time already spent steaming, and part of the time between running dry and restarting, as the cooking process won’t have stopped immediately it ran dry.
46. If you watch the cooking process, there’s no reason why the rescue operation shouldn’t be 100% successful.
47. If it isn’t 100% successful, then a piquant sauce should do the trick.
48. Try something with lemon or lime in it first.
49. If all else fails, ginger, garlic, or chilli will hide absolutely anything.

the rice bowl
When cooking rice, add water to the rice bowl in addition to the water in the reservoir. The volume of water added to the rice bowl should be roughly one and a quarter times the volume of the rice.
Put the rice bowl in the topmost basket. Juices from other foods will alter the flavour of the rice, and the additional liquid may make the rice mushy.
the separator
This is designed to fit across the centre of the smallest basket, although you can use it in any of the baskets, if you want to, to keep different foods apart.

timing
The times given in the cooking guide on page 9 are for a single layer of food in the bottom basket, used on its own.
You’ll need to extend these times
a) if two or three baskets are used, as the same amount of steam is having to heat a greater volume of food
b) if a particular food is cooked in the second or third basket. Generally speaking, the further the food is from the element, the longer it’ll take to cook
c) if food is layered within a basket
You’ll need to experiment to find the times and positions which suit your favourite foods and food combinations.
Fish is cooked when it appears opaque and can be flaked easily.
Cook meat until the juices run clear.
Leaf vegetables should be cooked as little as possible, to keep them green and crisp. Plunging into iced water will stop the cooking process (plunging the veg, that is).

over 60 minutes?
If you intend to steam for more than 60 minutes
a) keep an eye on the water level and/or the timer, top up the steamer with water at about the half way mark, and reset the timer
or b) set the timer for half the steaming time, then the beeping will alert you to top up the steamer — don’t forget to reset the timer

topping up
See points 8 to 11 on page 4 - when you’re topping up, make sure you don’t accidentally press the buttons and upset the timing.
Remember it will take some time for the water to empty from the filler to the reservoir, as such you may need to top up a few times to increase the water level.

care and maintenance
Unplug the steamer from the power socket and let it cool down fully.

cleaning
Wash the lid, rice bowl, baskets, separator, filter, and diffuser in warm, soapy water, then rinse thoroughly and dry.
We don’t recommend using a dishwasher, as this may affect the surface finish of the baskets, etc.
Wipe the steamer, inside and out, with a clean damp cloth. Stubborn stains may be removed with a little washing-up liquid, but make sure you remove all trace of it before using the steamer.
Don’t put the steamer in water or any other liquid.
Don’t use harsh or abrasive cleaning agents or solvents.
descaling
In time, scale deposits may build up on the interior surfaces of the steamer and element. These deposits will impair the efficiency of the steamer, and may shorten its working life.
To descale the steamer and element, fill the steamer with 600ml (1pt) white vinegar, plug it into the power socket, and set the timer to 20 minutes. Ensure the kitchen is well ventilated while doing this, as heating the vinegar will give off an unpleasant smell.
Don’t fit the filter, diffuser, baskets, rice bowl, or lid. After the 20 minutes is up, leave it to cool completely, then pour out the vinegar and rinse the steamer several times with cold water, to remove all trace of the vinegar.
Pour from the end of the steamer, to prevent liquid getting to the controls. Dry the steamer thoroughly.
Don’t use any liquid other than white vinegar, and don’t use a proprietary descaler.

stacking and storing
The baskets have been designed to stack, to occupy less storage space than conventional steamers.
Reverse the order of the baskets. Put the middle basket inside the largest one, then put the smallest basket inside the middle one. Now put the rice bowl inside the smallest basket, turn the separator on its side and lay it on the rice bowl, then put the lid on top of the lot.
cooking times

These cooking times are given as a guide only. Check that food is properly cooked before serving. If in doubt, cook it a bit more.
Fish is cooked when it appears opaque and can be flaked easily. Cook meat till the juices run clear.

<table>
<thead>
<tr>
<th>Food</th>
<th>Quantity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vegetables</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>artichokes, fresh</td>
<td>2-3 medium sized</td>
<td>40-45 minutes</td>
</tr>
<tr>
<td>asparagus</td>
<td>400g (1lb)</td>
<td>15 minutes</td>
</tr>
<tr>
<td>beans, green</td>
<td>400g (1lb)</td>
<td>18-20 minutes</td>
</tr>
<tr>
<td>broccoli</td>
<td>400g (1lb)</td>
<td>15 minutes</td>
</tr>
<tr>
<td>brussels sprouts</td>
<td>400g (1lb)</td>
<td>15-18 minutes</td>
</tr>
<tr>
<td>cabbage</td>
<td>1 head, cored and cut into eighths</td>
<td>20 minutes</td>
</tr>
<tr>
<td>carrots, sliced</td>
<td>400g (1lb)</td>
<td>15 minutes</td>
</tr>
<tr>
<td>cauliflower</td>
<td>1 head, cored</td>
<td>15 minutes</td>
</tr>
<tr>
<td>corn on the cob, fresh</td>
<td></td>
<td></td>
</tr>
<tr>
<td>courgettes, sliced</td>
<td>400g (1lb)</td>
<td>10 minutes</td>
</tr>
<tr>
<td>mushrooms, fresh</td>
<td>200g (½ lb)</td>
<td>10-13 minutes</td>
</tr>
<tr>
<td>peas, green, shelled</td>
<td>400g (1lb)</td>
<td>12-15 minutes</td>
</tr>
<tr>
<td>peppers, deseeded &amp; sliced</td>
<td>1 whole pepper</td>
<td>10 minutes</td>
</tr>
<tr>
<td>potatoes, white, all purpose, peeled &amp; chopped</td>
<td>900g (2lb)</td>
<td>20 minutes</td>
</tr>
<tr>
<td>potatoes, new, whole</td>
<td>10-12</td>
<td>20-25 minutes</td>
</tr>
<tr>
<td>spinach, fresh</td>
<td>200g (½ lb)</td>
<td>10 minutes</td>
</tr>
<tr>
<td><strong>Meat and Poultry</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>chicken breasts (boneless fillets)</td>
<td>400g (1lb)</td>
<td>20-30 minutes</td>
</tr>
<tr>
<td>frankfurter sausages (prick before cooking)</td>
<td>400g (1lb)</td>
<td>15 minutes</td>
</tr>
<tr>
<td><strong>Fish and Seafood</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>mussels, fresh</td>
<td>400g (1lb)</td>
<td>10-15 minutes</td>
</tr>
<tr>
<td>Don’t use mussels that are open prior to cooking. Steam until the shells open fully, and discard any that aren’t open after cooking.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>prawns, fresh</td>
<td>400g (1lb)</td>
<td>6-8 minutes</td>
</tr>
<tr>
<td>lobster tail, frozen</td>
<td>2 pieces</td>
<td>20-22 minutes</td>
</tr>
<tr>
<td>fish fillets, fresh, 6-13mm (¼-½”)</td>
<td>200g (½lb)</td>
<td>10 minutes</td>
</tr>
<tr>
<td>thick, plaice, mackerel, trout etc.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>fish steaks, fresh, 19-25mm (¾-1”)</td>
<td>200g (½lb)</td>
<td>12-17 minutes</td>
</tr>
</tbody>
</table>
recipes

chicken with creamy wholegrain mustard sauce and herby new potatoes

chicken fillets 4, skinless
butter 25g
garlic 1 clove, crushed
shallots 2, finely chopped
wholegrain mustard 2 tbsp
french mustard 1 tsp
dry white wine 125ml
water 3 tbsp
honey 1 tsp
dried thyme 1 tsp
single cream 3 tbsp
new potatoes 10-12
olive oil 1 tbsp
fresh herbs 1 bunch, roughly chopped (basil, parsley, tarragon etc.)
salt and pepper

Put the potatoes, olive oil and fresh herbs in a large bowl, and mix till the potatoes are coated. Put the potatoes into the bottom basket, put the chicken fillets into the second basket (above the potatoes), and put the lid on. Steam for about 25 minutes, till cooked through.

Meanwhile, melt the butter in a saucepan and fry the shallots along with the garlic. Stir in the mustards, wine, honey, water and thyme. Cook over a medium heat for about 5 minutes till reduced slightly. Remove from the heat and stir in the cream. Season to taste. Serve the sauce over the chicken and potatoes.

chicken in lemon and ginger marinade

chicken fillets 4, skinless
fresh pasta 1 bag (don’t use dried pasta — it’s got to be fresh)
butter small knob
salt and black pepper

marinade

fresh ginger 1 small piece, finely chopped
fresh garlic 1 clove, finely sliced
lemon juice and zest of half
dry sherry 1 tbsp
oyster sauce 1 tbsp
light soy sauce 1 tbsp
light brown sugar 1 tsp

Mix the marinade ingredients in a bowl. Add the chicken, coat well, then cover the bowl and refrigerate for at least 30 minutes. Wrap the chicken fillets into individual foil parcels and put in the bottom basket. Put the fresh pasta (raw) in the second basket. Put the lid on and cook for 20 - 25 minutes. Toss the cooked pasta in a little butter and black pepper. Serve the chicken on top of the pasta.
chicken stuffed with creamy pesto

- chicken fillets: 4, skinless
- fresh basil: 1 packet or large bunch
- fresh Parmesan: 50g
- cream cheese: 100g, softened
- olive oil: 1 tsp
- fresh garlic: 2 cloves
- pine nuts: 50g
- salt and pepper

Process the basil, garlic, pine nuts, Parmesan and olive oil till fairly smooth. Stir into the cream cheese and season. Slit the chicken breast to make pockets and fill with the creamy pesto filling. Secure with cocktail sticks, wrap into foil parcels, and steam for 30 - 35 minutes. Spoon "escaped" sauce over the fillets.

steamed cod in lime and black pepper, with garlic and herb vegetable parcel

- cod fillets: 4 (or use 1 cod loin)
- fresh lime: zest and juice of 1
- five spice seasoning: 1/2 tsp
- olive oil: 1/2 tbsp
- sea salt and black pepper

 **herby garlic vegetable parcel**

- courgette: 1, small, cut into chunks
- red onion: 1, sliced
- baby corn: 4 - 6, sliced lengthways
- green beans: handful, trimmed
- new potatoes: 3 - 4, sliced thinly
- asparagus: 3, sliced
- fresh garlic cloves: 2 - 3, sliced thinly
- black pepper

Mix the vegetables and garlic in a bowl, and season with black pepper. Pour on to a large piece of kitchen foil, fold into a parcel, and seal well. Put the fish, seasonings, and oil in a bowl, and coat well. Put the vegetable parcel in the bottom basket, the fish in the basket above, and steam for about 15 minutes.

salmon loaf

- tinned salmon: 1 large (400g) can, though you can use fresh salmon
- eggs: 2, medium size lightly whisked
- milk: 150ml
- spring onions: 1 bunch, finely chopped
- lemon juice: 1 tsp
- worcester sauce: 1 tsp
- dry mustard powder: 1/2 tsp
- mayonnaise: 1 tbsp
- bread crumbs: using 2 slices of wholemeal bread

Simply combine all the ingredients in a large bowl, then press into a dish. Cover with foil and steam for 20 - 25 minutes. Serve warm or cold.
whole fish cooked in white wine and Thai marinade

- whole fish (e.g. trout)  2, about 140g each, or fillets
- dry white wine  2 tbsp
- fresh ginger  1 small piece, chopped finely
- fresh garlic clove  1, chopped finely
- fresh lime  juice and zest from 1/2
- soy sauce  2 tbsp
- fresh red chilli  1, chopped finely
- spring onions  1 small bunch, chopped
- lemon grass  1 stick, finely chopped
- fresh coriander  1 small bunch, roughly chopped

Mix all of the marinade ingredients in a large bowl and place the fish in. Cover the fish with the marinade to coat and stand in the fridge for 20 minutes before cooking. Steam in the bottom basket for about 15 minutes till the fish is cooked through fully.

salmon steaks with basil sauce and vegetable medley

- salmon steaks  4
- basil sauce
  - fresh basil leaves  large bunch, roughly chopped
  - lemon juice  2 tbsp
  - olive oil  1 tbsp
  - garlic  1, clove crushed
  - parmesan  25g, grated
  - pine nuts
  - crème fraiche  2 tbsp
  - salt and pepper

- vegetable medley
  - red pepper  1/2, cut into strips
  - yellow pepper  1/2, cut into strips
  - mushrooms  4 - 6 sliced
  - baby corn  4 - 6, sliced lengthways
  - mangetout  small handful
  - asparagus tips  6
  - salt and pepper
  - dry white wine
  - dried mixed herbs  1 tsp

Put the vegetables on a large piece of foil and add white wine, dried herbs and seasoning. Fold the foil round the vegetables to make a parcel, and put it in the bottom basket. Put the salmon in the second basket (above the veg) and cook for 12 - 15 minutes. Meanwhile, process the sauce ingredients, warm them gently in a saucepan, then serve over the salmon and vegetables.
chinese meatballs (makes 10-12)
minced beef or pork 500g
sesame seeds 100g
water 2 tbsp
rice wine 1'/2 tbsp
cornstarch 1 tbsp
soy Sauce 1 tsp
spring onions 1 bunch, finely chopped
dried coriander 1 tsp
paprika 1 tsp
chinese mixed spice 2 tsp
salt and pepper

Mix the ingredients in a bowl and season well. Shape into balls, put on a plate, and cover. Refrigerate for about 20 minutes, to help keep their shape, then put the meatballs in the bottom basket and cook for 25 - 30 minutes.

winter vegetable layers
broccoli 2 - 3 florets, cut into small pieces
carrot 1, sliced
onion 1, small, sliced
mushrooms 3 - 4, sliced
potatoes 3, small, sliced or cubed
celery 1 stick, sliced
vegetable stock 200ml
dried mixed herbs 1 tsp
fresh mozzarella 75g, sliced
black pepper
Layer the vegetables in a dish, and season with black pepper. Pour over the stock and top with mozzarella. Cover with foil and steam for 25 - 30 minutes.

italian style asparagus with balsamic dressing
fresh asparagus 500g, trimmed
pine nuts 50g
parmesan cheese 25g, grated
salt and pepper
dressing
balsamic vinegar 2 tbsp
fresh garlic 1 clove, crushed
vine tomatoes 3 - 4, roughly chopped
olive oil 3 - 4 tbsp
fresh basil large bunch, roughly chopped

Steam the asparagus in the bottom basket for about 10 minutes or till it’s cooked the way you like it. Meanwhile mix the dressing ingredients. Lay the asparagus on a warm plate, pour over the dressing and sprinkle with nuts and Parmesan. Season to taste and serve immediately.
three pepper and mushroom tortilla
   red pepper    1/6, cut into slices
   green pepper 1/6, cut into slices
   yellow pepper 1/6, cut into slices
   mushrooms    few, sliced
   potatoes      4, small sliced and pre-cooked
   mixed dried herbs 2 tsp
   eggs          3, medium, lightly whisked
   milk          200ml
   single cream  50ml
   salt and pepper
Layer the potatoes, mushrooms and peppers in a dish all have been used. Mix the milk, cream, eggs and herbs, season, and pour over the dish. Cover with foil and steam for 20 - 25 minutes, till the egg sets.

carrot and Stilton soufflés
   carrots       300g (about 3 carrots, cut into small cubes)
   spring onions small bunch, finely chopped
   blue Stilton  100g, crumbled
   crème Fraiche 200g
   eggs          3, lightly whisked
   dried coriander 1 tsp
   mixed dried herbs 1 tsp
   nutmeg        pinch
   salt and black pepper
Steam or boil the carrots for 10 minutes or so till softened. Drain well and set aside to cool. Mix the crème fraiche, eggs, cheese, spring onions and seasonings in a bowl. Process the carrots till smooth, add to the mixture, and mix well. Spoon the mixture into 4 buttered ramekins and cover with foil. Allow a little ‘tent’ space at the top of the foil, as the mixture will rise and puff up slightly. Steam in the bottom basket for about 20 minutes.

fennel with garlic, parsley and Parmesan
   fennel bulbs  3, trimmed and sliced
   fresh flat leaf parsley 1 packet, roughly chopped
   fresh garlic  1 clove, finely chopped
   parmesan      100g, grated
   olive oil     1 tbsp
   pine nuts     50g, roughly chopped
Put the fennel in the bottom steaming basket and steam for 15 - 20 minutes or till it’s cooked the way you like it. Serve immediately on a warm plate, drizzled with olive oil and sprinkled with parsley, garlic, Parmesan and pine nuts.
cheesy stuffed tomatoes with spinach and brown rice

- beef tomatoes 4
- cheddar cheese 50g, grated
- fresh Parmesan 25g, grated
- cooked brown rice 75g (uncooked weight)
- spinach (cooked) 250g frozen weight or 1 large packet
- french mustard 1/2 tsp
- sour cream 1 tbsp
- ground cumin 1 tsp
- salt and pepper

Cut the tomatoes across, scoop out and roughly chop the insides. Combine the chopped tomato with the other ingredients, and stuff the tomatoes. Wrap each tomato in foil, put them in the steamer, and cook for 10 minutes.

cinnamon and raisin oatmeal

- rolled oats 175g
- light brown sugar 2 tbsp
- raisins 50g
- ground cinnamon 1 tsp
- water or milk 300ml (or half water, half milk)

Mix the ingredients in a dish or the rice bowl, and steam for 10 - 15 minutes.

peach and raspberry cobbler

- tinned peaches 1 x 400g tin
- raspberries 1 small punnet (fresh or frozen)
- light brown sugar 2 tbsp
- rolled oats 75g
- ground nutmeg 1/2 tsp
- vanilla extract 1/2 tsp

Put the fruits into a bowl and mix with the vanilla extract. In a separate bowl, mix the oats, sugar and nutmeg. Spoon the oat mixture over the fruit and press down slightly. Steam for 35 minutes.

carrot, orange and walnut pudding

- butter, softened 75g
- caster sugar 100g
- eggs 2, medium, lightly beaten
- apricot jam 1 tbsp
- orange juice and zest of 1
- orange essence 1/2 tsp
- carrots 2 medium size, grated
- walnuts 100g, roughly chopped
- self raising flour 100g

Cream the butter and sugar till fluffy. Add the jam, orange and essence. Mix well. Fold in a little flour, add some egg, and mix well. Repeat till they’re finished. Stir in the carrots and walnuts. Pour into a dish, cover with foil, and steam for 45 minutes, till a knife inserted into the pudding comes out clean.
chocolate cake
  butter  50g
  light vegetable oil  2 tbsp
  golden syrup  2 tbsp
  milk  50ml
  eggs  2, whisked
  caster sugar  125g
  cooking chocolate  100g (melted)
  vanilla extract  2 tsp
  self raising flour  125g
  cocoa powder  35g
  boiling water  100ml
Dissolve the cocoa powder in the boiling water and set aside to cool.
Meanwhile cream the butter and sugar, add half of the eggs then half of the flour. Repeat till they're finished. Add the other ingredients and mix well.
Spoon into a dish, cover with foil and steam for 45 minutes.

sticky toffee pudding
  walnuts  100g, chopped
  butter  75g
  soft brown sugar  100g
  single cream  60ml
  lemon juice  2 tbsp
  eggs  2, beaten
  self raising flour  100g
Cream the butter and sugar. Stir in the cream. Add a little egg, then some flour, and repeat till they're finished. Add the lemon juice and walnuts and mix well. Spoon into a dish, cover with foil, and steam for 40 - 45 minutes.

fruit kebabs with lemon and ginger glaze
  wooden skewers  4 - 6
  pineapple  1/2, small, cubed
  bananas  2 thickly sliced
  kiwi fruit  2, cubed
  orange  1, peeled and cubed
  glaze
  lemons  juice of 2 and zest of 1
  honey  1 tbsp
  lemon liqueur  1 tbsp
  cornflour  2 tsp
  fresh ginger  small piece, grated or finely sliced
Thread the fruit on the skewers, alternating the fruit. Combine the glaze ingredients in a saucepan and cook on a medium heat for 2 - 3 minutes, till it thickens. Brush the kebabs with the glaze and fold loosely in foil. Put in the steamer and cook for 5 minutes.
steamed chocolate custard

- milk: 150ml
- single cream: 150ml
- eggs: 2, medium
- dark chocolate: 75g, roughly chopped or broken
- caster sugar: 75g
- vanilla extract: 1 tsp
- salt: pinch

Heat the cream and milk in a pan, but don’t let them boil. Remove from the heat and stir in the chocolate and half the sugar, stirring well to dissolve. Whisk the eggs with the salt, vanilla extract and remaining sugar. Let the milk mixture cool slightly before pouring in the eggs and sugar. Pour into a dish, cover loosely with foil and steam for 20 minutes, till set.

spicy fruit sponge

- milk: 60ml
- vegetable oil: 2 tbsp
- banana: 1, ripe, medium sized, mashed
- brown sugar: 100g
- egg: 1, medium
- ground cinnamon: 1/2 tsp
- ground ginger: 1/2 tsp
- ground nutmeg: 1/2 tsp
- self raising flour: 125g
- mixed dried fruit: 100g

Mix the flour, sugar and spices in a bowl. Mash the banana in a separate bowl, and add the egg, milk and oil. Add the wet ingredients to the dry. Mix well. Add the dried fruit and mix well. Spoon the mixture into a dish and cover loosely with foil. Steam for 45 minutes.

moist lemon sponge

- caster sugar: 100g
- butter: 75g
- lemon: 1, juice and zest of
- eggs: 2, medium
- milk: 100ml
- lemon curd: 3 tbsp
- vanilla extract: 2 tsp
- self raising flour: 100g

In a large bowl, beat the sugar and butter till light and fluffy. Add the lemon juice, zest, vanilla extract and lemon curd and mix well. In a jug, add the eggs to the milk and beat lightly. Set aside. Fold some of the flour into the creamed butter, then a little of the egg mixture. Repeat till they’re finished. Spoon into a dish, cover with foil, and steam for 45 minutes.
apples stuffed with mincemeat and marzipan

- cooking apples: 2 large
- marzipan: 25g, roughly chopped
- mincemeat: 2 tbsp
- pecan nuts: 50g, roughly chopped
- butter: 1 tsp, melted
- orange: juice of 1

Core the apples and cut off the bases, so they can sit upright. Mix the other ingredients in a bowl. Stuff the mixture into the holes in the apples. Wrap in foil, and steam for 10 - 15 minutes. Serve hot, with cream or ice cream.

notes
changing the fitted/molded plug
Should the need arise to change the fitted/molded plug, follow these instructions:

mains (AC) operation

This unit is designed to operate on 230V-240V current only. Connecting to other power sources may damage the unit.

connect three-pin plug as follows:
The wires in this mains lead are coloured in accordance with the following code: Green/Yellow = Earth Blue = Neutral Brown = Live

serivce
There are no user serviceable parts in this appliance. If the appliance is not operating correctly, please check that:
1. You have followed the instructions correctly.
2. Is the plug or cord damaged in any way?
3. Are the mains power supply On.
If the appliance still does not work:
In the first instance, consult your retailer for possible repair or replacement. If your retailer fails to solve your problem and you need to return the appliance, make sure that:
1. The unit is packed carefully back into its original packaging.
2. Proof of purchase is attached.
3. Give the reason why you are returning it.

If the supply cord is damaged, it must be replaced by the manufacturer or its service agents in order to avoid a hazard. If service becomes necessary within the warranty period the appliance should be returned to an approved Amalgamated Appliances (Pty) Ltd service centre. Servicing outside the warranty period is still available, however it will be chargeable.
WARRANTY

Amalgamated Appliances (Pty) Limited ("the Supplier") warrants to the original purchaser of this product ("the Customer") that this product will be free of defects in material and workmanship which under normal, personal, family or household purpose manifest themselves within a period of 365 days from the date of purchase or in respect of commercial or professional purposes, manifest themselves within a period of 90 days from the date of purchase. Any claim in terms of the warranty must be supported by a proof of purchase. If such proof is not available, then notwithstanding anything to the contrary herein, the Supplier’s normal charge for service and/or spares will be payable by the Customer upon collection of the repaired product. If a claim is made in terms of the aforesaid warranty within the first 7 days from the date of purchase, the faulty product will be exchanged (provided that the product is in its original packaging with all accessories). Failing return of the product within 7 days, the Supplier’s liability shall be limited on return to the Supplier of the product or parts thereof, to the replacement or repair (in the sole discretion of the Supplier, or its duly authorised service dealer) of the product to eliminate any defect in workmanship or materials found to be due exclusively to any acts or omissions on the parts of the Suppliers, of which defects the Supplier shall have been notified in writing by the Customer within the aforesaid warranty period. The warranty provided herein and the obligations of the Supplier as aforesaid are in lieu of, and the Customer waives, all other warranties, guarantees, conditions or liabilities, express or implied, arising by law or otherwise, including without limitation, any obligation of the Supplier in respect of any injury, loss or damage (direct, indirect or consequential) arising out of the use of, or inability to use, this product and whether or not occasioned by the Supplier’s negligence (gross or otherwise) or any act or omission on its part. The warranty does not include and will not be construed to cover products damaged as a result of disaster, misuse, abuse or any non-authorised modification of the product. The warranty does not include replacement of light bulbs, heater bars, paper bags or any glass, plastic bowl or jug or other expendables. During the warranty period the product should be taken to a service centre of the Supplier or one of its duly authorised service agents. The Supplier neither assumes nor authorises any other person to assume for it, any additional liability in connection with the sale or servicing of its products.

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2016

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