

# cookworks

## 3 Bowl Steamer

Model No. 163203



## Care & Instruction Manual

For household and indoor use only

Please read these instructions before use and retain for future reference



## Electrical safety

- You should only plug the appliance into a 220V-240V AC, 50Hz supply. Connecting it to other power sources may damage the appliance and will invalidate the guarantee.
- Switch off and unplug when not in use and before cleaning the appliance.
- Keep the appliance and its cord out of reach of children less than 8 years.
- Do not allow children to use the appliance without supervision.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised.
- Keep cable, plug and outside of steamer dry and away from areas where it is likely to get splashed. Never immerse steamer base in water.
- Do not pull on the cable to disconnect from mains supply.
- Do not operate the appliance if damaged or after it malfunctions. In the event the supply cord is damaged, in order to avoid a hazard it must only be replaced by a qualified service engineer, with a suitably approved part.
- This appliance must be positioned so that the plug is accessible and the plug socket is within easy reach of the power cord.
- This appliance must be plugged in to an earthed socket outlet.

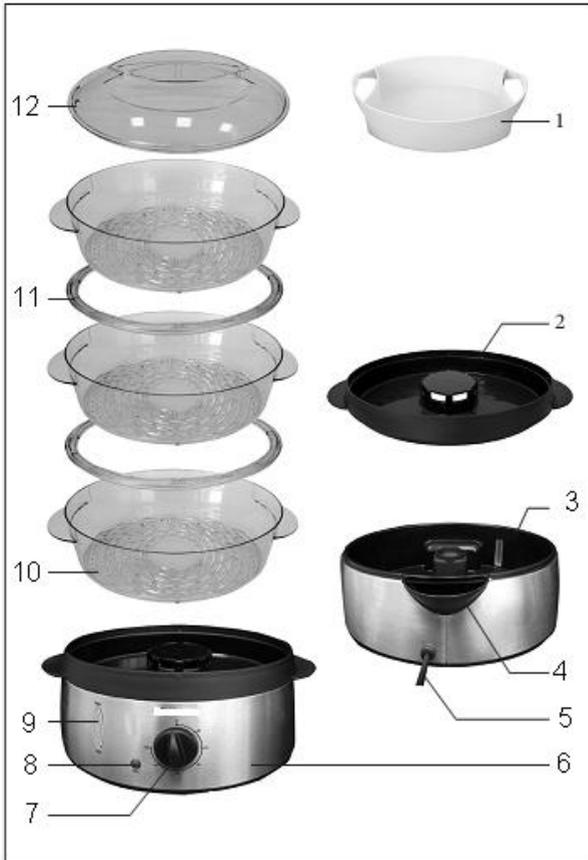
## Warning!

- This appliance is intended exclusively for use in domestic households. It is not suitable for commercial use.
- Do not cover and allow the steamer to cool fully before storing.
-  The surfaces of the steamer are liable to become hot during and immediately after use; wear oven gloves when handling the appliance and long handled utensils when checking the food. The heating element is subject to residual heat after use.
- Do not use the steamer near or under surfaces that are heat sensitive or those that may be damaged by steam.
- Do not fill above maximum level marked (1600ml).
- To prevent burns, remove cover slowly and with the underside of cover angled away from you to allow the steam to escape gradually. Do not reach over the appliance while it is generating steam.
- Only use with the parts provided and to heat water. This appliance can cause personal injury if misused.

## Food safety

- Thoroughly defrost frozen meat, poultry, fish and seafood in the refrigerator before cooking. Keep raw meat and poultry separate from cooked foods.
- Always wash hands after handling raw meat and poultry, before handling any ready to eat foods.
- Wipe and disinfect surfaces that have been in contact with raw meat and poultry.
- Use separate utensils for handling raw meat/poultry and cooked food or wash them thoroughly between use.
- To check whether meat, particularly poultry, is cooked, pierce the flesh with a skewer or fork; the juices should run clear. Ensure the product is piping hot throughout.
- Fish is cooked when it appears opaque and can be flaked easily.

## Parts



Steam Tube in fitted position



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| 1. Rice bowl   | 7. Timer          |
| 2. Drip tray (Note: fit steam tube to reservoir, <b>not</b> drip tray) | 8. Power lamp     |
| 3. Water reservoir   | 9. Water gauge    |
| 4. Water refill point  | 10. Steamer bowl  |
| 5. Power cord  | 11. Stacking ring |
| 6. Steamer base  | 12. Cover         |
|  | 13. Steam tube    |

## To use

1. Clean thoroughly before use.
2. Place the steamer base on a stable, flat, heat resistant surface and away from surfaces that may be damaged by steam.
3. Pour cold water into the reservoir of the steamer base and fill to the required level. Do not fill past the maximum (MAX) or below the minimum (MIN) level. Do not overfill or add seasonings or stock.
4. Place the steam tube (with its widest rim at bottom) over the heating element (centre of water reservoir), ensuring that the 3 holes in the rim of the steam tube fit onto the corresponding studs on the water reservoir (see picture on page 4 and label on steam tube).
5. Place the drip tray onto the base and ensure that it fits flush with the edge of the base.
6. Place a steamer bowl onto the drip tray and place the food to be cooked into the bowl. If using more than one steamer bowl, fit a stacking ring to the top of the bowl before fitting the next bowl.
7. Once all the required bowls and food has been added, fit the cover.
8. Fully unwind the cable, plug in and switch on. For your safety do not allow the cable to dangle over the edge of units.
9. Set the timer for the desired steaming time, the power lamp will illuminate and after a short while steaming will begin and condensation will start to form.
10. When steaming is complete, the timer will give a single “ring” and the steamer switches off automatically.
11. Should it be necessary to top up the water whilst the steamer is in operation, add water to the reservoir via the refill point in the base.
12. Remove the food promptly to prevent over cooking taking care to observe the safety advice above.

## Notes:

- Before using for the first time, fill to the MAX level with clean water, fit the cover and allow the steamer to work for a few minutes. Turn off the steamer and discard the hot water. Wash the loose parts (steamer bowls, drip tray, stacking rings steam tube and cover) in hot water with a little washing up liquid. Rinse and dry thoroughly. Alternatively these parts may be washed in a dishwasher.
- The timer will operate regardless of whether the steamer is plugged in. Always check that the power lamp is illuminated.
- When the reservoir is empty (and reaches a specific temperature) the steamer will automatically cut off and the power light will extinguish. In this case, switch off the steamer at the plug, allow it to cool (minimum 4 minutes) add water to the reservoir via the refill point and resume the cooking process

## General cooking advice

- A single layer of food steams faster than several layers.
- Position foods that require longer cooking in the lower steamer bowl and those that require the shortest cooking time in the upper bowl.
- If using more than one steamer bowl, ensure greasy foods or those with strong flavours are placed in the lower bowls to minimise transfer of taste.
- For best results do not cook meat or poultry thicker than 2.5cm (1”).
- If steaming meat & poultry, position the meat in the lowest bowl so that the juices from raw or partially cooked meat cannot drip onto other foods.
- The cooking time will vary according to the shape, thickness and composition of the food.
- Smaller pieces will cook quicker than larger pieces. For best results, ensure pieces of food are similar in size. If pieces vary in size then layering is required. Place smaller pieces on top.
- The cooking time is longer for a larger quantity of food than a smaller quantity, for example 1kg of cauliflower florets will need longer to steam than 0.5kg.
- If steaming food with a bone the steaming time will need to be extended.

- Arrange the food with spaces between pieces to allow for maximum steam flow.
- When steaming larger quantities of food, remove cover about halfway through the steaming time and stir using a long handled utensil and wear oven gloves.
- When steaming foods with different cooking times, place the food with the longest cooking time in the lowest bowl. When the remaining steaming time reaches the cooking time of next food, carefully remove the cover (following safety instructions) and place the second steamer bowl on top and replace the cover.
- Food should be removed from the bowls as soon as the cooking time has elapsed. If left in the bowls the food will continue to cook.
- Save the liquid in drip tray to use in soups, sauces and gravies. Do not use fatty stock from steamed meat and poultry if you are on a low fat diet or calorie counting.
- After cooking, the steamer bowls should be placed on a plate, as hot water condensed from the steam will drip from the steam holes in the baskets.

### Steaming charts

- All the times stated in the Steaming Chart are based on the use of cold water, but to slightly reduce the steaming time you may begin using warm (but not boiling) water.
- All the times stated in the Steaming Charts are based on single layers of **fresh** food cooked in the lower bowl without the upper bowls fitted. If using more than one steamer bowl fitted then the cooking times will need to be extended. For example broccoli cooked on the top layer may take up to 4 minutes longer than when cooked in a single layer / bowl.
- Check progress of cooking at intervals towards the end of the set time.

Eggs	Quantity	Steaming Time (minutes)	Comment
Medium eggs	6	5 – 6 (soft boiled) 10–12 (medium boiled) 16-26(hard boiled)	Turn half way through cooking

<b>Vegetables</b>	<b>Quantity</b>	<b>Steaming Time (minutes)</b>	<b>Comment</b>
Asparagus	200g	3-5	Cross over the asparagus stalks to let steam through
Beans – dwarf (whole)	100g	6-7	Stir half way through cooking
Broccoli (florets)	100g	11-15	Trim the stalks
Cabbage (sliced)	225g	14-18	Stir half way through cooking
Carrots (sliced)	300g	12-20	Stir half way through cooking
Cauliflower (florets)	100g	19-22	Stir half way through cooking
Courgettes (sliced)	350g	7-10	Stir half way through cooking
Mushrooms (button)	300g	11-15	Stir half way through cooking
Peas (frozen)	150g	7-10	Stir half way through cooking
Potatoes - medium (whole)	500g	30-35	Turn half way through cooking
Spinach	275g	11-14	Stir half way through cooking
Sweetcorn (on cob)	2 cobs (575g total)	12-14	Turn half way through cooking

<b>Fish &amp; shellfish</b>	<b>Quantity</b>	<b>Steaming Time (minutes)</b>	<b>Comment</b>
Fish fillets (e.g. plaice, sole)	225g	15-20	Fish is cooked when easily flaked with a fork
Fish steaks or thick fillets (e.g. cod, salmon, tuna)	425g	18-22	Fish is cooked when easily flaked with a fork
Mussels	400g	15-20	Steaming is complete when shells are open. Discard mussels with unopened shells

<b>Meat</b>	<b>Quantity</b>	<b>Steaming Time (minutes)</b>	<b>Comment</b>
Chicken (breast)	2 pieces (350g)	25-35	Trim off all fat
Beef (slices)	350g (2cm thick)	15-25	Trim off all fat
Pork (chops)	250g (2.5cm thick)	25-45	Trim off all fat
Pork (loin)	400g	25-40	Trim off all fat
Lamb (chops)	425g (2.5cm thick)	25-45	Trim off all fat
Lamb (loin)	400g	25-40	Trim off all fat
Sausage (precooked)	300g	21-27	Pierce before cooking

<b>Rice</b>	<b>Quantity</b>	<b>Steaming Time (minutes)</b>	<b>Comment</b>
White rice (in rice bowl)	1 cup rice ½ cup water	35-50	Serves 3 - 4 Put rice and water in the rice bowl and place the rice bowl into a lidded steamer basket.
Brown rice (in rice bowl)	1 cup rice ½ cup water	55-70	

## Cleaning

To maximize the efficiency of the steamer, clean after each use and descale regularly.

1. Switch off and unplug the steamer and allow it to cool completely
2. Remove all loose parts (steamer bowls, rice bowl, drip tray, stacking rings, steam tube and cover) and wash these parts in hot water with a little washing up liquid. Rinse and dry thoroughly. Alternatively these parts may be washed in a dishwasher.
3. Empty any residual water from the base and wipe the internal and external surfaces of the steamer base with a soft damp cloth soaked in soapy water. Rinse and dry surfaces with a soft dry cloth. Do not use detergent or abrasives as these may scratch the surface. Never immerse the steamer base in water.
4. Descale with a proprietary descaler suitable for steamers and use in accordance with the instructions on the pack. Alternatively add the juice of one lemon to the water reservoir and top up with clean water to the MAX fill mark. Fit the drip tray, one lower bowl and lid onto the steamer base. Plug into the mains supply and set the timer for 20 minutes. Allow the steamer to stand for 15 minutes before repeating this last step a further time.
5. After descaling, fill steamer to the MAX level, bring to the boil and then discard water.

## Technical specification

Rated voltage	220-240V AC 50Hz
Power consumption	1000W
Class rating	I (Earthed)
BS 1362 fuse	13A
Capacity	9.9 litre



## Plug / Wiring advice

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

BLUE = NEUTRAL

BROWN = LIVE

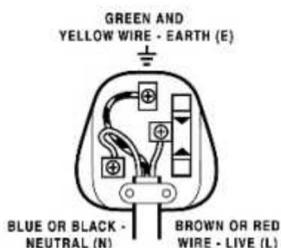
GREEN + YELLOW = EARTH

### Non-rewireable plug

This appliance may be fitted with a “non-rewireable” plug. If you need to change the fuse in a “non-rewireable” plug, the fuse cover must be refitted. If the fuse cover is lost or damaged, the appliance must not be used.

### Rewireable plug

The colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in a rewireable plug. **Rewireable plugs should only be replaced by a suitably competent person. If in doubt, consult a qualified electrician.**



The BLUE wire must be connected to the terminal marked with the letter N

The BROWN wire must be connected to the terminal marked with the letter L

The GREEN & YELLOW wire must be connecting to the terminal marked with the letter E or the earth symbol .

## Recycling electrical products



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

If you encounter any problems with this product please call our customer care team on 0345 640 30 30

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## PRODUCT GUARANTEE

This product is guaranteed against manufacturing defects for a period of



Year

This product is guaranteed for twelve months from the date of original purchase.

Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual. A replacement copy of this instruction manual can be obtained from [www.argos-support.co.uk](http://www.argos-support.co.uk)
- It must be used solely for domestic purpose.
- The guarantee will be rendered invalid if the product is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal rights.

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