

Please read the care and use instructions carefully before using your cookware. We recommend that this instruction leaflet is retained for future reference as it also includes details of how to contact Microwise should you require further assistance.

### **RICE IN THE MULTI-STEAMER**

The unique design of the Multi-Steamer combines boiling and steaming to ensure that rice is cooked to perfection. By combining the two methods, the risk of soggy or dry rice is eliminated. The Multi-Steamer retains a reservoir of water below the steaming basket to ensure the rice is always moist. When the rice has absorbed the necessary amount of water, steam passes through until the cooking is completed. Most of the starch on the rice drains automatically into the base of the Multi-Steamer but rinsing with boiling water after cooking is always recommended.

The cooking times which follow are for guidance – if you have any doubt refer also to the microwave instructions on the rice packaging.

- Always: – at the start of cooking the rice must be covered with water. For small quantities the amount of water recommended for normal cooking must be increased to take account of the water required below the basket.
- do not add too much water initially or you will lose the benefit of steaming.
  - always stir halfway through the cooking time and ensure that there is still some water above the base of the basket – add a little if necessary.
  - allow 2 minutes standing time after cooking is completed, then rinse with boiling water.

### **INSTRUCTIONS**

- (1) Put rice in basket and position in Multi-Steamer base.
- (2) Add boiling water, cover with lid and cook on full power.
- (3) Stir halfway through cooking time and add a little water if necessary.
- (4) Allow 2 minutes standing time, rinse with boiling water and serve.

<b>Type of rice</b>	<b>125g (4oz)</b>	<b>250g (8 oz)</b>	<b>Cooking time</b>
<b>Easy cook and Basmati</b>	600ml (1 pint) boiling water	900ml (1½ pints) boiling water	11 minutes Stir after 5 minutes
<b>Long grain</b>	700ml (1¼ pints) boiling water	1000ml (1¾ pints) boiling water	12 minutes Stir after 6 minutes
<b>Brown</b>	700ml (1¼ pints) boiling water	1000ml (1¾ pints) boiling water	16 minutes Stir after 8 and 12 mins

\* These times are for 650 watt microwave ovens. Times will vary according to the power of your microwave oven so we recommend experimenting to find the best times. If cold water is used instead of boiling water, the total cooking time will increase by 5 minutes and stirring should take place both after a third and two thirds of cooking time has elapsed.

### **NOODLES IN THE MULTI-STEAMER**

Noodles are the base for many popular oriental dishes and are very easy to cook in the Multi-Steamer. Place dry noodles in the Multi-Steamer basket, cover with boiling water and cook on full power for 2 minutes. Allow a further 2 minutes standing time before draining.

## **VEGETABLES IN THE MULTI-STEAMER**

Cooking vegetables in the Multi-Steamer combines the nutritional benefits of steaming and microwaving. Vitamins and flavour are retained as the microwaves cook the vegetables and the steam ensures they do not dry out.

### **GREEN VEGETABLES**

Put a small amount of water below the steamer basket (4-5 tablespoons). Place vegetables in basket, cover with lid and cook on full power.

The cooking times depend very much on the power of your microwave oven and the way you like your vegetables. Please refer to your cook book for indications of times for different vegetables or experiment. Most green vegetables will cook in 3-5 minutes. When experimenting it is best to increase timings by 30 seconds each time to prevent over-cooking.

### **OTHER VEGETABLES (potatoes, carrots, parsnips, swedes, turnips)**

These vegetables tend to require significantly longer cooking times and we recommend the following method. Cut the vegetables into similar sized pieces and place in steamer basket. Add water until base of basket is just covered and cook on full power. Turn vegetables after half of the cooking time has elapsed.

## **CARE AND USE INSTRUCTIONS**

Before using your Microwise cookware wash thoroughly. Microwise cookware can be washed safely by hand in hot soapy water or in a dishwasher (top rack). Certain foods with strong colourants, e.g. tomatoes, carrots, baked beans etc. may stain your cookware. Any slight discolouration that remains after prolonged use will in no way affect its performance. When cleaning do not use steel or abrasive scouring materials. Do not use with a browning element or browning dish. Do not use in a conventional oven or in a combination oven on convection mode, on hot plates or under a grill. Do not use in a microwave without food. Avoid products with a high sugar content – e.g. syrup and treacle. Do not use with Micro Crisp Browning Paper.

## **GUARANTEE**

Microwise Cookware guarantee this product to be free from manufacturing and material defects when used according to instructions for a period of 12 months from date of purchase. Obligations under this guarantee shall be limited to the replacement of any cookware which proves to be defective when used in accordance with the instructions. Claims shall be made by sending the defective product to us stating place and date of purchase, and a free replacement will be sent. This guarantee covers faulty material and not misuse. This guarantee is in addition to the rights which the purchaser may enjoy at common law or pursuant to statute.

## **MICROWISE COOKWARE MAKES A DIFFERENCE!**

Microwise products are designed to ensure great taste and maximise the health benefits when cooking in a microwave. In many of our products microwaving and steaming is combined to stop vitamins from boiling away. In other products fat is either not required or the excess is allowed to drain away thereby reducing the fat content of your diet. Microwise use a special plastic which is non-stick and virtually transparent to microwaves. This ensures faster and more thorough cooking than other materials. Our cookware is lighter, easier to use and stays much cooler than glass or ceramic dishes.

## **IMPROVE YOUR MICROWAVE COOKING WITH OUR HELP**

The Microwise Guide to Microwave Cookware is a 32 page guide full of helpful hints, expert comments and details of our products which will improve your microwave cooking. To receive a free copy please write or telephone our customer helpline on (01869) 244884.

**Microwise Cookware Limited** Units 1 & 2, Murdock Road, Bicester, Oxfordshire, OX26 4PP.