

PROGRESS®
Est. 1931

INTELLIGENT STEAM

Instruction Manual

SAFETY INSTRUCTIONS

Examine the condition of the product before use. If there is any evidence of damage, do not use. If the lid is damaged and the metal is exposed; do not place in a microwave.

If the microwave has a rotating plate, place the product in the centre to enable it to rotate freely.

The product should not touch the top or sides of the microwave. Check that the product is securely stacked before cooking or moving.

Never use the product in a microwave for longer than 30 minutes. Never leave the product unattended during cooking.

Do not use the product if the water tray is empty.

Do not place the product over a source of direct heat.

Always use heat-resistant oven gloves when handling the product as it may become hot during cooking.

Always move the product by securely holding the base of the unit. Exercise caution when removing the lid, as steam will be emitted which could cause injury.

Caution: Hot surface – do not touch any sections or surfaces of the product that may become hot during use.

BEFORE FIRST USE

Hand-wash all parts carefully in warm, soapy water. Rinse and dry thoroughly.

DESCRIPTION OF PARTS



USING THE INTELLIGENT STEAM IN A MICROWAVE

STEP 1: Fill the water tray with water up to the lower rim; there should always be at least 400 ml water in the water tray. Check on the water tray throughout cooking so that it never boils dry.

STEP 2: Place the large steaming bowl onto the water tray.

STEP 3: The large steaming bowl is ideal for steaming vegetables. Chop them down to size and place them into the large steaming bowl. If the small steaming bowl is not required, fix the lid into place on top of the large steaming bowl.

STEP 4: The small steaming bowl is perfect for steaming meat and fish. Place the ingredients into the small steaming bowl and secure this on top of the large steaming bowl.

STEP 5: Once the steaming bowls are stacked and the lid is secure, cook for the required time in a microwave.

Note: For optimum results, check food periodically during cooking.

COOKING TIMES

The following microwave cooking times are provided as a guide only. Times may vary according to microwave settings and cooking preferences.

Vegetables

Ingredient	Approx. Cooking Time (900 W)
Broccoli (chopped)	13 mins
Carrots (chopped)	7 mins
New potatoes	17 mins

Meat and Fish

Ingredient	Approx. Cooking Time (900 W)
Chicken (whole, breast)	12 mins
Chicken (chopped)	7 mins
Salmon (whole, fillet)	14 mins (increase to 15 mins if stacking)

USING THE INTELLIGENT STEAM ON A HOB

STEP 1: Select a saucepan that is large enough for the Intelligent Steam to fit comfortably onto the rim; either an 18 cm or 20 cm saucepan is ideal.

STEP 2: Add enough water to the saucepan, making sure that it will not boil dry during cooking and that the base of the large steaming bowl will not be in direct contact with the water.

STEP 3: The large steaming bowl is ideal for steaming vegetables. Chop them down to size and place them into the large steaming bowl. If the small steaming bowl is not required, fix the lid into place on top of the large steaming bowl.

STEP 4: The small steaming bowl is perfect for steaming meat and fish. Place the ingredients into the small steaming bowl and secure this on top of the large steaming bowl. The large steaming bowl must be in place whether using it to steam foods or not.

STEP 5: Once the steaming bowls are stacked and the lid is secure, place onto the rim of the saucepan and cook for the desired time.

CLEANING THE INTELLIGENT STEAM

Allow all parts to fully cool before performing any cleaning or maintenance.

The Intelligent Steam is dishwasher suitable.

If hand-washing, clean in warm, soapy water, then rinse and dry thoroughly immediately after use.

Never use harsh or abrasive cleaning detergents or scourers to clean the Intelligent Steam or its accessories, as this could cause damage.

Certain foods such as carrot may stain the plastic. This has no effect on the functionality of the Intelligent Steam.

To remove stains, use a soft cloth to rub a small amount of vegetable oil into the affected area.

Note: The Intelligent Steam should be cleaned after each use.

STORAGE

Do not store wet; store in a clean, dry place.

Do not store in direct sunlight as this will cause fading and degradation of the plastic.

To prevent damage to any of the parts, store the Intelligent Steam as a stacked unit.

Please retain this information for future reference.

If this product proves unsatisfactory or if you have any further queries, please contact your retailer.



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