

**PROGRESS**by



# **3-Tier Steamer**

**Instruction Manual**



Please retain instructions for future reference.

## **Safety Instructions**

When using electrical appliances, basic safety precautions should always be followed.

Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.

Children aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Children should be supervised to ensure that they do not play with the appliance.

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

This appliance is not a toy.

If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, cease using the product immediately to avoid potential injury.

This appliance contains no user serviceable parts, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.

Keep the appliance and its power supply cord out of the reach of children.

Keep the appliance out of the reach of children when it is switched on or cooling down.

Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.

Keep the power supply cord away from any parts of the appliance that may become hot during use.

Keep the appliance away from other heat emitting appliances.  
Do not immerse the appliance in water or any other liquid.  
Do not operate the appliance with wet hands.  
Do not leave the appliance unattended whilst connected to the mains power supply.  
Do not remove the appliance from the mains power supply by pulling the cord; switch it off and remove the plug by hand.  
Do not pull or carry the appliance by its power supply cord.  
Do not use the appliance if it has been dropped, if there are visible signs of damage or if it is leaking.  
Do not use the appliance for anything other than its intended use.  
Do not use any accessories other than those supplied.  
Do not use this appliance outdoors.  
Do not store the appliance in direct sunlight or in high humidity conditions.  
Do not move the appliance whilst it is in use.  
Do not use the appliance if the water level exceeds the max. fill mark.  
Do not use the appliance if the water level is less than the minimum fill mark.  
Do not put any liquid other than water into this appliance.  
Do not touch any sections of the appliance that may become hot or the heating components of the appliance, as this could cause injury.  
Do not use sharp or abrasive items with this appliance; use only heat-resistant plastic or wooden spatulas to avoid damaging the non-stick surface.  
Switch off the appliance and disconnect it from the mains power supply before changing or fitting accessories.  
Always unplug the appliance after use and before any cleaning or user maintenance.  
Always ensure that the appliance has cooled fully after use before performing any cleaning or maintenance or storing away.  
Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.  
Use of an extension cord with the appliance is not recommended.  
This appliance should not be operated by means of an external



timer or separate remote control system, other than that supplied with this appliance.

This appliance is intended for domestic use only. It should not be used for commercial purposes.

The heating element retains heat after use.

The outer surface of the appliance may get hot during operation.



**CAUTION:** Hot surface – do not touch the hot section or heating components of the appliance. Exercise caution if removing the lid during normal use, as it will get very hot and steam may be emitted.

Use heat-resistant oven gloves to avoid injury.

Take care not to pour water on the heating element.

**WARNING:** Keep the appliance away from flammable materials.

### **Boil-dry Switch-off**

The steamer is fitted with an automatic switch-off, built in to prevent it from boiling dry. Should there not be enough water in the reservoir, the boil-dry switch-off will automatically operate and the heating element will switch off. If this happens:

**STEP 1:** Switch off and unplug the steamer from the mains power supply.

**STEP 2:** Allow the steamer to cool for approx. 15 minutes.

**STEP 3:** Using heat-resistant oven gloves, carefully disassemble the steamer.

**STEP 4:** Refill the reservoir with boiling water; do not exceed the max. fill mark.

**STEP 5:** Reassemble the steamer and reset the timer. The boil-dry switch-off should reset and steaming can commence.

## Care and Maintenance

Always check that the steamer is unplugged from the mains power supply and has fully cooled before performing any cleaning or maintenance.

**STEP 1:** Wipe the steamer base unit with a soft, damp cloth and dry thoroughly.

**STEP 2:** Clean the accessories in warm, soapy water, then rinse and dry thoroughly.

Do not immerse the steamer base unit in water or any other liquid. Never use harsh or abrasive cleaning detergents or scourers to clean the steamer or its accessories, as this could cause damage.

**NOTE:** The steamer should be cleaned after each use.

## Removing Limescale

Limescale can develop over time and may affect the performance and lifespan of the steamer. It is recommended to use a commercial descaling agent to remove limescale regularly, at least once a month.

**STEP 1:** Add the descaling solution to the reservoir, following the manufacturer's instructions.

**STEP 2:** Plug in and switch on the steamer at the mains power supply and set the timer to 20 minutes or for the length of time specified on the descaling product.

**STEP 3:** Once the 20 minutes are up, allow the solution to fully cool before emptying the reservoir and rinsing several times. Dry thoroughly.

**WARNING:** Do not leave the steamer unattended whilst removing limescale.



## Description of Parts



- |                             |                          |
|-----------------------------|--------------------------|
| 1. 3-Tier Steamer base unit | 6. Rice bowl             |
| 2. Lid                      | 7. Mount(s)              |
| 3. Vents                    | 8. Reservoir             |
| 4. Handle(s)                | 9. Power indicator light |
| 5. Steam basket(s)          | 10. Timer control dial   |

## Instructions for Use

### Before First Use

**STEP 1:** Before connecting to the mains power supply, wipe the steamer base unit with a soft, damp cloth and dry thoroughly.

**STEP 2:** Clean the accessories in warm, soapy water, then rinse and dry thoroughly.

Do not immerse the steamer base unit in water or any other liquid.

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

**STEP 3:** Place the steamer base unit onto a stable, heat-resistant surface, at a height that is comfortable for the user.

**NOTE:** When using the steamer for the first time, a slight smoke or odour may be emitted. This is normal and will soon subside. Allow for sufficient ventilation around the steamer.

### Using the 3-Tier Steamer

**STEP 1:** Fill the reservoir with approx. 400 ml of boiling water; do not exceed the max. fill mark. This will be enough water to provide approx. 60 minutes of steaming, which is sufficient for most foods. Different types of food require different cooking times; consult the recipe or food packaging and make sure that the food is cooked thoroughly before serving.

**STEP 2:** Position one of the steam baskets onto the steamer base unit.

**STEP 3:** Place the ingredients to be steamed into the first steam basket.

**STEP 4:** If more than one tier is required, place a mount over the first steam basket and then fit the second steam basket on top.

**STEP 5:** Repeat steps 3–4 for the third tier, if required.

**STEP 6:** Fit the lid and secure into place.

**STEP 7:** Plug in and switch on the steamer at the mains power supply.

**STEP 8:** Select the required cooking time by rotating the timer control dial in a clockwise direction. The power indicator light will illuminate to signal that the steamer is heating up.

**STEP 9:** Once cooking is complete and the set time has elapsed, the steamer will automatically turn off. It is important to check immediately that the food has been cooked thoroughly, if it has not, reset the timer and cook as required. If the food is cooked before the timer has fully counted down, rotate the timer control dial in anticlockwise direction to '0'.

**STEP 10:** Switch off and unplug the steamer from the mains power supply.

**STEP 11:** Carefully remove the lid using heat-resistant oven gloves.

**STEP 12:** Empty the contents into a bowl or onto a plate, using a pair of heat-resistant tongs (not included). If more than one tier has been used, use heat-resistant oven gloves to carefully remove the steam basket and mount to gain access to the next layer of food.

**NOTE:** Filling the reservoir to the max. fill mark will help to prevent it from boiling dry.

Always add boiling water to the reservoir before starting to cook; water can be boiled in the reservoir if required but this is not recommended.

The timer may occasionally whir, even after it has counted down. This is normal; the steamer and its heating element will have turned off.

**CAUTION:** Exercise caution when removing the lid, steam baskets and mounts, as they will get very hot during use and steam may be emitted. Use heat-resistant oven gloves to avoid injury.



**WARNING:** Do not add anything to the water. Any seasonings or marinades should be added directly to the food, otherwise they will collect in the reservoir and could cause damage.

Nominal voltage is still present even when the thermostat is turned to the off position, to permanently switch off the steamer, disconnect it from the mains power supply.

### Steaming for Longer than 60 Minutes

When steaming for longer than 60 minutes, it is important to keep an eye on the water level in the reservoir. If the water level falls below halfway:

**STEP 1:** Rotate the timer control dial to '0', noting down the cooking time that has already elapsed.

**STEP 2:** Using heat-resistant oven gloves, remove the lid, steam baskets and mounts, until the reservoir can be accessed.

**STEP 3:** Top-up the reservoir with boiling water to the max. fill mark.

**STEP 4:** Carefully reassemble the steamer.

**STEP 5:** Reset the timer to the remaining cooking time.

### Cooking Guide

The distance between food and the reservoir at the base of the steamer will affect the length of cooking time required. It is recommended to use the bottom tier for foods that cook for longer, such as meat and poultry. The middle tier is best suited to vegetables and seafood. The top tier is for foods that can cook sufficiently with less steam like rice or peas. We recommend experimenting with cooking times and positioning to find the right balance. The following is a guideline for cooking certain types of ingredients in a single layer in the bottom steam basket of the steamer.

This is a guideline only and cooking should always be monitored.

Extend the cooking times if:

- a) 2–3 steam baskets are used, as the steam will have more ingredients to cook
- b) Ingredients are layered within the same steam basket



Food	Amount	Approx. Cooking Time
<b>Meat and Poultry</b>		
Chicken breasts (boneless)	400 g	20–30 mins
Frankfurter sausages	400 g	15 mins
<b>Fish and Seafood</b>		
Fish fillets (fresh)	200 g	10 mins
Fish steaks (fresh)	200 g	12–17 mins
Prawns (fresh)	400 g	6–8 mins
Lobster tail (frozen)	2 pieces	20–22 mins
Mussels (fresh)	400 g	10–15 mins
<b>Vegetables</b>		
Artichokes (fresh)	2–3 medium	40–45 mins
Asparagus	400 g	15 mins
Broccoli	400 g	15 mins
Brussel sprouts	400 g	15–18 mins
Cabbage	1 head, cut up	20 mins
Carrots	400 g, sliced	15 mins
Cauliflower	1 head, cored	15 mins
Corn on the cob (fresh)	1	15 mins
Courgettes	400 g, sliced	10 mins
Green beans	400 g	18–20 mins
Green peas	400 g, shelled	12–15 mins
Mushrooms (fresh)	200 g	10–13 mins
New potatoes	10–12, whole	20–25 mins
Peppers	1, deseeded and sliced	10 mins
Potatoes	900 g, peeled and chopped	20 mins
Spinach (fresh)	200 g	10 mins



**NOTE:** Always check that food is piping hot and cooked thoroughly before serving.

Frozen vegetables will take longer to steam; consult the food packaging instructions for best results.

Do not overfill the steamer tiers as this will affect the distribution of steam and result in undercooked foods.

### Cooking Rice

**STEP 1:** When cooking rice, fill the rice bowl no more than half full with uncooked rice.

**STEP 2:** Add water to the rice bowl; use slightly more water than rice, as the rice will absorb the water.

**STEP 3:** Place the rice bowl on the top tier of the steamer; do not use the bottom tier for rice as the juices from other foods may alter the flavour.

**STEP 4:** The rice should take approx. 25–30 minutes to cook, depending upon the type of rice and the amount of rice used. Check the rice after 20 minutes and continue to cook until ready to eat.

### Hints and Tips

1. Chop ingredients so that they are roughly the same size.
2. If steaming larger ingredients, place them into the lower steam basket, closest to the reservoir.
3. To allow room for steam to circulate, pack ingredients loosely in the steam baskets, using single layers where possible and leaving space between the ingredients.
4. It is advised to have a plate or tray to hand when disassembling the steamer after use, as the steam baskets and lid will drip.

### Storage

The steamer must be cool, clean and dry before storing in a cool, dry place.

Never wrap the cord tightly around the steamer; wrap it loosely to avoid causing damage.

### Specifications

Product code: EK5254WW

Input: 220–240 V ~ 50/60 Hz

Output: 400–500 W

Notes:

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## Recipes

Any recipe images used in this instruction manual are intended for illustrative purposes only.



## Simple Egg Fried Rice

8

PersonalPoints™ value per serving

**Serves 4**

### Ingredients

200 g long grain white rice  
100 g high-quality  
ham, chopped  
80 g peas, fresh or thawed  
4 eggs, lightly beaten  
4 spring onions,  
diagonally sliced  
2 carrots, grated  
2 tbsp soy sauce  
1 tsp sunflower oil

### Method

Fill the steamer with boiling water.

Add the rice, peas, spring onions and carrots to the rice bowl and place in the bottom compartment of the steamer. Cover and set the steamer to 'high' for 15 minutes.

Place the peas, carrots and spring onions in the second tier of the steamer and steam for 5 minutes.

Meanwhile, heat a non-stick wok over a medium-high heat. Add the oil and heat for 20 seconds. Remove the rice and vegetables from the steamer and add to the sides of the wok. Pour the egg into the centre. Cook, without stirring, for 1 minute, or until the egg is beginning to set underneath. Using a spatula, draw in the sides of the egg, allowing any uncooked egg to run underneath. When the egg is almost set, stir-fry with the rice and veg mixture until everything is well combined.

Add the ham and drizzle over the soy sauce, continuing to stir-fry until everything is heated through. Serve immediately.

### Tip

Add 100 g of small, peeled, cooked prawns along with the ham.





## Salmon Teriyaki Bowl

**8**

**PersonalPoints™ value per serving**

**Serves 4**

### Ingredients

500 g brown rice  
 450 g salmon, chopped into large chunks  
 400 g pak choi  
 200 g Tenderstem® broccoli  
 4 calorie-controlled cooking sprays  
 2 garlic cloves, finely sliced  
 1 chilli, green or red, finely sliced  
 2 inch slices of fresh ginger, peeled, half grated and half julienned  
 2 tbsp teriyaki sauce  
 2 tbsp soy sauce  
 1 tbsp sesame seeds  
 1 tsp sesame oil  
 Handful of fresh coriander

### Method

Fill the steamer with boiling water.

Put the salmon in a shallow dish with the teriyaki marinade, grated ginger and half of the garlic. Cover and leave to marinate in the fridge for at least 30 minutes.

Add the rice to the rice bowl and place in the bottom compartment of the steamer. Cover and set the steamer to 'high' for 15 minutes.

Meanwhile, place the salmon on the second tier of the steamer with the pak choi, julienned ginger, remaining garlic, chilli and broccoli. Cover and steam for approx. 8 minutes or until the salmon is cooked through.

Divide the rice evenly between bowls and top with the vegetables and salmon.

Garnish with sesame seeds and coriander.



## Spicy Prawn and Butternut Squash Rice with Basil

2

PersonalPoints™ value per serving

### Serves 4

#### Ingredients

450 g butternut squash,  
cut into thin wedges  
200 g king prawns  
200 g mangetout  
60 g fresh basil  
20 g fresh ginger,  
finely chopped  
2 garlic cloves, finely chopped  
2 spring onions, finely sliced  
1 chilli, green or red  
2 tbsp light soy sauce  
1 tbsp vegetable oil  
1 tbsp oyster sauce



#### Method

Fill the steamer with boiling water.

Place the chopped butternut squash into the bottom layer of the steamer and set to 'high'. Steam for approx. 45 minutes or until soft all the way through.

Meanwhile, in a medium bowl mix the soy sauce, chilli, garlic, oyster sauce, ginger and spring onions. Add the prawns and mangetout, mix and leave to marinate.

Place the prawn mixture in the second tier of the steamer and steam for 5 minutes.

Combine the prawns and butternut squash.

Stir through the basil and serve.

#### Notes

Serve with 60 g brown rice per person. Remember to adjust the Points™ value accordingly.



## Steamed Spring Vegetables

2

PersonalPoints™ value per serving

**Serves 6**

### Ingredients

100 g petit pois peas	2 courgettes, trimmed and	1 tbsp red wine vinegar
100 g broad beans	peeled into thin ribbons	1 tbsp lemon juice
50 g pea shoots	1½ tbsp olive oil	1 tsp honey

### Method

Fill the steamer with boiling water.

For the dressing, whisk together the red wine vinegar, lemon juice and honey in a bowl.

Gradually add the oil, whisking continuously, until combined. Season to taste, then set aside.

Steam the courgettes, petit pois and broad beans for 2–3 minutes, until cooked but still crunchy.

Remove the broad beans from their skins and add to a large bowl along with the courgettes and petit pois.

Pour over the dressing, toss everything together and transfer to a large plate or serving platter. Scatter over the pea shoots, season to taste and serve.



## Salmon with Salsa Verde

6

PersonalPoints™ value per serving

### Serves 4

#### Ingredients

600 g broccoli	20 ml lemon juice	Handful fresh basil
600 g new potatoes	2 tbsp olive oil	Handful fresh mint
4 115 g salmon fillets	1 tbsp red wine vinegar	Handful fresh parsley
4 small, pickled gherkins	1 tsp capers	
1 garlic clove	1 tsp Dijon mustard	

#### Method

Fill the steamer with boiling water.

For the salsa verde, blitz together the garlic, capers, gherkins, fresh herbs, mustard, red wine vinegar and lemon juice in a food processor. Season to taste.

Top the salmon fillets with the salsa verde and steam for 15 minutes. For the remaining 10 minutes, add the new potatoes and broccoli to the steamer.

Serve immediately.



## Connection To The Mains

Please check that the voltage indicated on the product corresponds with your supply voltage.

### Important

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

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

**Blue Neutral (N)**

**Brown Live (L)**

**FOR UK USE ONLY** – Plug fitting details  
(where applicable).

The wire coloured **BLUE** is the **NEUTRAL** and must be connected to the terminal marked N or coloured **BLACK**.

The wire coloured **BROWN** is the **LIVE** wire and must be connected to the terminal marked L or coloured **RED**.

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal ( $\perp$ ).

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

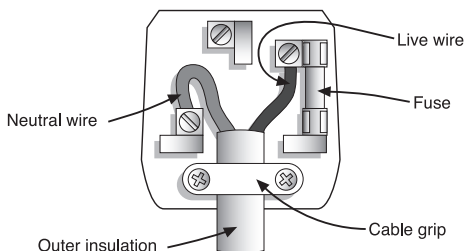
If in doubt, consult a qualified electrician who will be pleased to do this for you.

### Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use an ASTA approved one (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug, **DISCONNECT IT FROM THE MAINS**, then cut it off the mains lead and immediately dispose of it safely. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.



**UP Global Sourcing UK Ltd.,  
UK. Manchester OL9 0DD.  
Germany. 51149 Köln.**

If this product does not reach you in an acceptable condition please contact our WW Customer Services Department via web chat at **[www.progresscookshop.com](http://www.progresscookshop.com)**.

Please have your delivery note to hand as details from it will be required.

If you wish to return this product, please return it to the retailer from where it was purchased with your receipt (subject to their terms and conditions).

### **Guarantee**

All products purchased as new carry a manufacturer's guarantee; the time period of the guarantee will vary dependent upon the product. Where reasonable proof of purchase can be provided, Progress will provide a standard 12 month guarantee with the retailer from the date of purchase. This is only applicable when products have been used as instructed for their intended, domestic use. Any misuse or dismantling of products will invalidate any guarantee.

Under the guarantee, we undertake to repair or replace free of any charge any parts found to be defective. In the event that we cannot provide an exact replacement, a similar product will be offered or the cost refunded. Any damages from daily wear and tear are not covered by this guarantee, nor are consumables such as plugs, fuses etc.

Please note that the above terms and conditions may be updated from time to time and we therefore recommend that you check these each time you revisit the website.

Nothing in this guarantee or in the instructions relating to this product excludes, restricts or otherwise affects your statutory rights.

### **Disposal of Waste Batteries and Electrical and Electronic Equipment**



This symbol on the product, its batteries or its packaging means that this product and any batteries it contains must not be disposed of with household waste. Instead, it is the user's responsibility to hand this over to an applicable collection point for the recycling of batteries and electrical and electronic equipment. This separate collection and recycling will help to conserve natural resources and prevent potential negative consequences for human health and the environment due to the possible presence of hazardous substances in batteries and electrical and electronic equipment, which could be caused by inappropriate disposal. Some retailers provide take-back services which allow the user to return exhausted equipment for appropriate disposal. **It is the user's responsibility to delete any data on electrical and electronic equipment prior to disposal.** For more information about where to drop batteries, electrical and electronic waste off, please contact the local city/municipality office, household waste disposal service, or the retailer.

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## 3 YEAR GUARANTEE\*

\*To be eligible for the extended guarantee, go to [guarantee.upgs.com/progress](https://guarantee.upgs.com/progress) and register your product within 30 days of purchase.

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CD240522/MD241122/V2