

MICROGOURMET



Tupperware[®]

Features *A unique product to steam in the microwave oven. Preserve the best aspects and flavours of your food while steaming!*

Fill water, place your food, stack, and steam.

Cover

- 2 Tabs permit safe handling while opening the Cover after steaming.
- Specific and unique design that shields the food from microwaves, allowing true steam cooking in the microwave oven.



Colander Tray

- Flat Colander Tray especially designed for stack steaming.
- For steaming delicate and soft foods.



Steamer Base

- Only perforated on the Steamer Base.
- Specific and unique design that shields the food from microwaves, allowing true steam cooking in the microwave oven.
- For steaming any type of food.



Water Tray

- 2 handles allowing safe handling of the 101° MicroGourmet.
- 1 minimum filling line indicating the exact amount of water to fill before steaming (400 ml).



Across the globe, more and more chefs are turning to steam cooking thanks to its efficiency and versatility.

Steaming remains the preferred method for fast, moist, healthy and flavourful cooking as steamed foods retain their nutrients, vitamins and minerals more than foods cooked by other methods.

Colours remain vibrant, texture stays firm, natural flavours are better preserved and herbs or condiments develop their aroma fully.

Steamed food can be reheated quickly and easily, without burning or damage.

Steaming is suitable for most food and a surprising variety of recipes.



Dimensions

- 26,3 cm diameter
- 13,7 cm height

Capacity

- Capacity Steamer Base (3) without Colander Tray (2) : 2.5 l
- Capacity Steamer Base (3) with Colander Tray (2) : 1.4 l
- Colander Tray only (3) : 0.6 l

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Guarantee

The MicroGourmet is covered by the Tupperware legal guarantee. It ensures the replacement of a product that presents manufacturing or material defect occurring under normal conditions of use.

Practical Guidelines

Read all instructions before using the 101° MicroGourmet

1. Cooking times are indicative. Adjustable to your taste. Do not exceed maximum quantities and do not steam for more than 30 min at a time
2. Prepare foods as recommended in the Steaming Guide.
3. The less the quantity of food in the Steamer Base (3), the quicker it cooks.
4. The smaller the size of ingredients, the quicker they cook.
5. Thicker foods take longer to cook.
6. When placing food in the Steamer Base (3) or Colander Tray (2), arrange so as to leave space between food to allow the steam to circulate.
7. Frozen ingredients are a good alternative to fresh produce. You can steam frozen food directly, without thawing first, by adjusting cooking time as per the cooking charts (pages 20 to 31).
8. Fill the Water Tray (4) with cold water up to the minimum filling line (400 ml).
9. Always fill the Water Tray (4) first, then stack the Steamer Base (3) and Colander Tray (2) and finally the Cover (1).
10. Before steaming, always confirm that each part of the 101° MicroGourmet is positioned correctly, especially the Cover (1).
11. Let stand at least 5 min. after cooking. Leave it closed until serving to keep the food warm. To stop the cooking process (recommended for green vegetables), pour out the remaining water from the Water Tray (4).
12. After steaming, be careful when pouring out the remaining hot water.
13. Always use a trivet under the product to protect your table from heat.

Stack Steaming

1. The Colander Tray (2) permits steaming of 2 foods at once, while keeping them completely separate.
2. When stacking, position larger amount of food in the Steamer Base (3) and smaller food amount in the Colander Tray (2).
3. When stacking, position hardest ingredients in the Steamer Base (3) and softer ones in the Colander Tray (2).
4. When stack steaming, always place meat or fish in the Colander Tray (2).
5. General proportion guidelines are: 400 g in the Colander Tray (2) and 600 g in the Steamer Base (3). Cooking time is 25 min., with 5 min. standing time, except for potatoes which need 10 min. standing time.

Cleaning

Each part of the 101° MicroGourmet is dishwasher safe.

Do not use abrasive scouring pads or abrasive cleaners to clean any part of the 101° MicroGourmet.

If washed by hand, always rinse it first with cold water.

Some staining may appear but this will not affect the performance of the product. It is recommended not to use staining spices such as curry to avoid discolouration.

Special care for Water Tray (4):

After a period of use, the inner surface may become coated with mineral deposits from water. To clean these deposits:

Bring 400 ml of white vinegar to a boil in a sauce pan, pour it into the Water Tray (4) and let it stand for 30 minutes. Do not cover with any other parts of the product. Do not heat in the microwave oven. Pour out the vinegar solution and use a non abrasive sponge or brush to scrub the Water Tray (4).

Precautions

1. Only suitable for the microwave oven.
2. Do not exceed 800 Watt.
3. Place the product 5 cm away from the walls and top of the microwave oven.
4. Do not cook more than 30 min. at a time. Let the 101° MicroGourmet and microwave oven cool off before re-using.
5. Never leave the product unattended while steaming.
6. Always ensure the Water Tray (4), the Steamer Base (3), the Cover (1) and the optional Colander Tray (2) are correctly assembled. Never use the Colander Tray (2) without the Steamer Base (3).
7. Do not overfill the Steamer Base (3) or the Colander Tray (2) in order to ensure the proper closure of the Cover (1).
8. Always pour cold water into the Water Tray (4) and ensure it never goes empty.
9. Never replace the water in the tray with wine, syrup, oil, juices, soup or fatty stock.
10. Always use oven mitts to handle the hot product and to remove the Cover (1). When removing the Cover (1), be careful to lift it slowly and away from you.
11. Always use a long handled plastic kitchen tool to separate, stir or serve foods.
12. Chards, mushrooms, spinach, mussels and frozen foods lose a large portion of water while steaming. Fill the Water Tray (4) with 350 ml water to avoid overflowing during steaming.
13. Do not steam eggs in their shell.
14. You cannot steam pasta or rice into the 101° MicroGourmet, as they must be submerged in water for cooking.

Fresh Vegetables

Freshness, size and quantity will affect steaming time and quality of results.

Use crisp and firm vegetables.

Select uniform sizes or cut pieces as evenly as possible.

Use amounts as recommended in the steaming charts.

Eggplant Purée

Steaming time: 30 min., 800 watt

Standing time: 5 min.

2/3 portions

- 2 eggplants, peeled and diced
- 1 tbsp (15 ml) olive oil
- 2 crushed garlic cloves
- 1 pinch of dried thyme
- salt & pepper
- 1 small onion, chopped
- 2 tbsp (30 ml) tomato purée
- 2 tbsp (30 ml) fresh chopped coriander
- 1 tsp (5 ml) caraway seeds

Peel, and dice 2 eggplants with the **Time Savers Slice & Dice**.

Place in Steamer Base (3) and sprinkle with olive oil, crushed garlic, thyme, salt and pepper.

Fill Water Tray (4) with 400 ml water, cover and steam 30 min.

Let stand 5 min.

Place in the **Time Savers Quick Chef** and add the chopped onion, tomato purée, coriander and caraway seeds.

Serve chilled with Mexican Chips or tortillas.

Frozen Vegetables

Do not thaw before steaming.

Do not rinse before steaming.

Some are a solid block when removed from the freezer. It's best to separate frozen pieces by hand before placing them into the Steamer Base (3).

Stuffed Tomatoes

Steaming time: 20 min. & 15 min., 800 watt

Standing time: 10 min. & 10 min.

4 portions

- 4 large tomatoes
- 500 g minced meat (pork or beef)
- 2 garlic cloves, crushed
- 1 egg yolk
- 2 dry biscuits (milk toast), crushed
- 50 ml milk
- salt & pepper

Wash tomatoes, cut off the top and remove the pulp.

In a separate bowl, mix the remaining ingredients to make the stuffing.

Fill the tomatoes with stuffing mixture

Replace the top on each tomato and place into the Steamer Base (3).

Fill the Water Tray (4) with 400 ml water, cover and steam 20 min.

Let stand 10 min. before steaming again for 15 min.

Let stand 10 min.

Serve with rice.

*Tip: Use the water in which stuffed tomatoes have been steamed to cook the rice in the **Microwave Rice Maker**. Adjust with water if necessary. Ensure the Steamer Base (3) is filled to keep tomatoes from tipping over.*





Stuffed cabbage leaves & zucchini

Steaming time: 25 min., 800 watt
 Standing time: 5 min.
 4 portions

- 4 cabbage leaves
- 500 g sliced zucchini
- 400 ml low fat stock
- 100 g bread crumbs
- 60 g chopped cashew nuts
- 1 red pepper, de seeded and chopped
- 1 tbsp (15 ml) curry
- 1 tsp (5 ml) salt
- 1 pinch pepper
- 1 egg, beaten
- 3 tbsp (45 ml) oil

Cut out "V" shape the bottom of 4 cabbage leaf stalks.
 Pour hot water over them until limp.
 Drain and pat dry.
 Mix bread crumbs, cashew nuts, curry, salt, pepper, egg, and oil to make the stuffing.
 Place a bit of stuffing on each cabbage leaf and fold the sides over the filling.
 Roll up carefully into parcels and arrange in Colander Tray (2).
 Place 500 g sliced zucchinis in Steamer Base (3).
 Fill Water Tray (4) with 400 ml low fat stock, stack, cover and steam 25 min.
 Let stand 5 min. and serve.



Steamed Fava Beans & chorizo

Steaming time: 13 min., 800 watt
 Standing time: 5 min.
 4 portions

- 300 g fava beans, shelled
- 100 g spicy chorizo sausage, thinly sliced
- 2 tsp (10 ml) fresh, chopped coriander

Place 300 g shelled fava beans in Steamer Base (3).
 Fill Water Tray (4), cover and steam.
 Let stand 5 min. before opening.
 While beans are standing, lightly dry-fry chorizo & coriander.
 Serve immediately.

Helpful hints...

- To fight odours, place a slice of bread on top of brussels sprouts, cabbage, cauliflower or broccoli before cooking.
- Season vegetables after steaming, when they are tender.
- To make a soup preserving all of the nutrients, steam the vegetables. After steaming, mix vegetables with the steaming water from the tray, season and serve.



Ratatouille

Steaming time: 20 min. & 15 min., 800 watt
 Standing time: 10 min. & 10 min.
 4 portions

- 4 small tomatoes (500 g)
- 1 onion
- 2 garlic cloves
- 1 red bell pepper
- 1 small eggplant (250 g)
- 1 zucchini (200 g)
- 1 tsp (5 ml) salt
- 2 tbsp (30 ml) olive oil
- 1 tbsp (15 ml) thyme

Peel and drain potatoes.
 Cut out the stem cores and cube with the **T.S. Slice & Dice**.
 Peel and chop onion with the **T.S. Happy Chopper**
 Peel and crush garlic cloves.
 Wash pepper, remove cap and seeds and cut in small strips.
 Slice eggplant and dice zucchini.
 Combine all ingredients, add salt, olive oil, and thyme.
 Place in Steamer Base (3). Fill Water Tray (4) with 400 ml water, cover and steam 20 min.
 Let stand 10 min. before steaming again 15 min.
 Let stand 10 min. before serving.



Endives (Chicory) in Béchamel Sauce

Steaming time: 24 min., 800 watt
 Standing time: 5 min.
 Baking: 20 min, Th 6 or 180°C
 4 portions

- 8 small chicory roots (approx. 1 kg)
- 8 slices of cooked ham
- 60 g butter
- 70 g flour (140 ml)
- 1 l milk
- 1 egg yolk
- 50 g grated cheese (ementhal)
- 1 pinch ground nutmeg
- Salt & Pepper

Slice off the end of the chicory roots.
 Rinse quickly, and dry to avoid bitterness.
 Cut in half and place in Steamer Base (3).
 Fill Water Tray (4) to the minimum filling line (400 ml), cover and steam 24 min.
 Let stand 5 min. before opening.
 Allow to cool, wrap each half with ½ slice of ham.
 Place side by side in the **Ultra Pro 2 I**.
 Cover with a Béchamel sauce and bake.
Béchamel Sauce:
 In a medium casserole, heat butter until melted.
 Add 70 g flour and stir until smooth.
 Cook at medium heat until the mixture turns a light golden colour, about 6-7 min.
 Meanwhile, heat 1 l milk in a separate pan until just about to boil.
 Pour the hot milk in slowly to the butter mixture, stirring constantly to avoid lumps.
 Bring a boil and remove from the heat source.
 Stir in egg yolk, 50 g grated cheese, ground nutmeg salt & pepper.



Roman Lamb with New Vegetables

Steaming time: 25 min., 800 Watt
 Standing time: 15 min. & 5 min.
 2 portions

- 2 lamb filets (400 g)
- 300 g new carrots, peeled and diced
- 200 g green peas
- 200 g potatoes, peeled and diced
- 2 dry biscuits (milk toast – do not use bread crumbs)
- 4 sprigs of parsley, chopped
- 4 garlic's cloves, crushed
- 1 tbsp (15 ml) olive oil
- Cayenne pepper
- 1 tsp (5 ml) fresh tarragon, chopped

In a bowl, crush the dry biscuits finely.

Add chopped parsley, tarragon, garlic, Cayenne pepper, olive oil and mix.

Cover the lamb filets with the mixture, place into Colander Tray (2) and let it stand 15 min.

Place carrots, green peas and potatoes in Steamer Base (3).

Fill Water Tray (4) with 400 ml water, stack, cover and steam 25 min.

Let stand 5 min. and serve.

For a savoury and tasty result, season meat before steaming.

Select pieces with similar size and weight for even steaming.

Steam in small quantities or in amount as specified.

Try not to overlap while steaming.

Avoid bones.

To reduce splitting and bursting, pierce sausage before steaming.

Asian Meatballs

Steaming time: 25 min., 800 Watt
 Standing time: 5 min.
 3/4 portions

- 350 g ground pork
- 60 g rice, cooked
- 1 stalk green onion, minced
- 1 tbsp (15 ml) ginger powder
- 1 carrot, peeled and chopped
- 2 tbsp (30 ml) soy sauce
- 4 tbsp (60 ml) cornstarch
- 1 egg white
- pinch of sugar
- salt and pepper

In the **Bake to Basics Mixing Bowl 3.5 l**, combine all ingredients.

Form 12 to 14 meatballs.

Place in Steamer Base (3), fill Water Tray (4) with 400 ml water, cover and steam 25 min.

Let stand 5 min. and serve.





Paprika Turkey Filets with Leeks

Steaming time: 25 min., 800 Watt
Standing time: 5 min.
2 portions

2 boneless, skinless turkey filets (400 g)
600 g leeks, sliced
1 egg yolk
4 tbsp (60 ml) bread crumbs
2 tbsp (30 ml) grated parmesan cheese
1 tbsp (15 ml) paprika powder
1 tsp (5 ml) salt
30 ml cream

Beat egg yolk with 30 ml water.

In the **Bake to Basics Mixing Bowl 3.5 l** mix bread crumbs, parmesan cheese, paprika and salt.

Dip turkey filets into egg preparation, then into bread crumbs mixture.

Filets should be evenly covered.

Arrange in Colander Tray (2).

Place 600 g sliced leeks in Steamer Base (3).

Fill Water Tray (4) with 400 ml water, stack, cover and steam 25 min.

Let stand 5 min.

Add 30 ml cream into leeks before serving.



Seasoned Meatballs with beans

Steaming time: 30 min., 800 Watt
Standing time: 5 min.
2/3 portions

230 g ground beef
2 tbsp (30 ml) dried parsley
2 tbsp (30 ml) curry
1 tsp (5 ml) dried garlic
1 tsp (5 ml) salt
1 egg,
2 tbsp (30 ml) oil
50 g grated cheese (ementhal)
50 g onion, finely chopped
50 ml bread crumbs
600 g snap peas

In the **Bake to Basics Mixing Bowl 3.5 l** mix, combine the ground beef with the herbs, egg, cheese and onion.

Make 24 meatballs, roll in bread crumbs, and place into the Colander Tray (2).

Wash and remove heads from the French beans.

Cut in 2 and place in Steamer Base (3). Fill Water Tray (4) with 400 ml water, cover and steam 30 min.

Let stand 5 min. and serve.



Chinese Chicken Breasts

Steaming time: 18 min., 800 Watt
Standing time: 5 min.
4 portions

400 g breast chicken filets, evenly sliced
250 g soy bean sprouts
2 tbsp (30 ml) vegetable oil
1 onion, finely chopped
2 garlic cloves, crushed
3 tbsp (45 ml) soy sauce
2 tbsp (30 ml) sesame oil

Place chicken filets in Colander Tray (2).

Wash soy bean sprouts and place in Steamer Base (3).

Fill Water Tray (4) with 400 ml water, stack, cover and steam 18 min.

Let stand 5 min.

For sauce:

Heat vegetable oil in the **Chef Series Culinary Collection Junior Wok** and cook chopped onion until tender.

Add the garlic and cook about 1 min.

Stir in the soy sauce and in sesame oil.

Remove from heat. Spoon over the chicken and serve.



Chicken Breasts with Broccoli

Steaming time: 25 min., 800 Watt
Standing time: 15 min. & 5 min.
2 portions

2 chicken breasts (400 g)
25 g fresh basil leaves, chopped
4 sprigs parsley, chopped
1 onion, chopped
600 g broccoli florets (1 head)

Mix chopped basil leaves, parsley and onion.

Top chicken breasts with the mixture, arrange in Colander Tray (2) and let it rest about 15 min.

Separate broccoli florets, rinse and place in Steamer Base (3).

Fill Water Tray (4) with 400 ml water, stack, cover and steam 25 min.

Let stand 5 min. and serve.

Helpful hint...

- 400 g meat make 2 portions.
- Always marinate before steaming.
- For added flavour, add a small amount of white wine, lemon juice, herbs, or spices to the water in the Water Tray (4). Or replace water with low fat stock.



Savoury Salmon

Steaming time: 25 min., 800 Watt
 Standing time: 5 min.
 2/3 portions

400 g salmon filets
 3 carrots (600 g), grated
 1 large onion (100 g), finely chopped
 10 sprigs of tarragon
 4 tsp (20 ml) whole cream
 Salt & Pepper

Skin the salmon filets and cut into 5 cm slices.

Place grated carrots and chopped onions in Steamer Base (3).

Arrange salmon filets into Colander Tray (2) like a flower.

Coat salmon with sprigs of tarragon.

Fill Water Tray (4) with 400 ml water, stack cover and steam 25 min.

Let stand for 5 min.

Place salmon on the bed of vegetables, coat with whole cream, season with salt and pepper and serve.

Most seafood and fish cook quickly.

Steam in small quantities or in amounts as specified.

Steam fish in Colander Tray (2).

Avoid overlapping while steaming.

Roll filets when possible.

To avoid sticking, place a leaf of spinach or lettuce under the fish before steaming.

For shellfish use the **Kitchen Preparation Tools Tongs** when opening, as the steam is hot.

After steaming, check before standing to avoid overcooking.

To add flavour and diminish odours, put herbs and spices into the water before steaming.

Mustard-glazed filets

Steaming time: 10 min., 800 Watt
 Standing time: 5 min.
 4 portions

4 filets (500 g) of fish of your choice (ex. Cod filets)
 1 small onion (50 g), chopped
 1 garlic clove, crushed
 4 sprigs of parsley chopped,
 2 tbsp (30 ml) lemon juice
 1 tbsp (15 ml) strong mustard

Chop onion and parsley in the **T.S. Happy Chopper**

Combine with crushed garlic.

Add lemon juice and mustard.

With the spoon of the **King's Sceptre**, spread evenly on one side of fish filets.

Roll up and position in Colander Tray (2), fill Water Tray (4) with 400 ml water, cover and steam 10 min.

Let stand 5 min. before opening.

Serve with rice cooked in the **Microwave Rice Maker** with the liquid which has steamed the fish. Add water if necessary.





Vanilla & caramel creams

Steaming time: 11 min., 600 Watt
8 CrystalWave Ramekins

400 ml milk
3 eggs
75 g sugar
2 ml vanilla
40 ml cold liquid caramel

Heat milk 2 min. 30 seconds in the **MicroPlus Pitcher 1 I**.

In the **Mix-n-Store 2 I**, beat eggs, sugar and vanilla with the **Kitchen Preparation Tools Whisk**. Little by little add in hot milk while continuing to stir. Skim foam from surface.

Pour 5 ml of cold liquid caramel into the base of each **CrystalWave Ramekins**, then pour in the mixture.

Fill **Water Tray (4)** with 400 ml of cold water. Place the **CrystalWave Ramekins** in **Steamer Base (3)**.

Cover and steam for 11 min. Immediately remove **Cover (1)** and **Water Tray (4)** to stop the steaming process.

Allow to cool for 15 min. before sealing and placing in the refrigerator to chill. Leave in the **CrystalWave Ramekins** and unmould when ready to serve.

Add a flourish of liquid caramel on top when serving.

Ideal for steaming creams and smooth cakes.

For desserts steamed in the **CrystalWave Ramekins**, set the microwave power to 600 Watt for even cooking.

When a dessert is steamed in the **CrystalWave Ramekins**, do not let stand after cooking. Remove **Water Tray (4)** and **Cover (1)** and allow to cool before unmoulding.

Never seal the **CrystalWave Ramekins** during the steaming process. They are only used for fridge storage after the dessert is completely cool.

Smooth Chocolate cakes

Steaming time: 15 min., 600 Watt
8 CrystalWave Ramekins

150 g dark chocolate, broken into chips
100 g butter
100 ml (100 g) sugar
4 eggs
2 tbsp (30 ml) flour
8 squares of dark chocolate

In the **MicroPlus Pitcher 1 I**, combine dark chocolate and butter. Melt in the microwave oven for 1 min. 30 seconds, at 800 Watt.

Add in the sugar, eggs and finally flour. Mix with the **Kitchen Preparation Tools Silicone Spatula** until smooth.

Fill each **CrystalWave Ramekins** with the chocolate mixture, adding in 1 square of chocolate in the middle of each container.

Fill **Water Tray (4)** with 400 ml of cold water. Place the **CrystalWave Ramekins** in **Steamer Base (3)** and place it on **Water Tray (4)**.







Cover and steam for 15 min. at 600 Watt in the microwave oven. Immediately remove **Cover (1)** and **Water Tray (4)** to stop the steaming process.

Allow to cool for 15 min. before unmoulding.
Serve with custard cream or a scoop of ice cream



Fresh Vegetables

- Fill the Water Tray (4) with 400 ml water.
- Steaming times have been calculated at 800 Watt and a standing time of 5 min.
- At 600 Watt use below steaming time guideline and let stand 10 min. instead of 5 min.







FOOD	Preparation	Unprepared quantity	Level Water Tray	Steaming Time	Portions	Comments
	Remove the feet and cut the head of the leaves.	2 (400 g max. each)	400 ml	28 min.	2	Let cool before eating. Serve with mayonnaise or herb sauce.
	Cut Artichokes in half before steaming to obtain more of the steamed taste throughout the Artichoke petals. Place 3 ½ artichokes on each level.	3 (400 g)	400 ml	15 min.	2	Before steaming brush artichokes halves with olive oil to soften them.
	Remove the feet and peel with the Universal Peeler .	1 bunch of asparagus (± 500 g)	400 ml	16 min.	2/3	Can be served as a vegetable to accompany fish or serve cold as a starter with a balsamic dressing.
	Remove the feet and peel with the Universal Peeler .	1 kg (700 g before steaming)	400 ml	18 min.	3/4	Serve warm with melted butter.
	2 eggplants peeled and diced. Sprinkle with 1 tbsp (15 ml) olive oil, 2 crushed garlic cloves, thyme, salt and pepper	600 g	400 ml	30 min. 5 min.	2/3	Serve purée with Mexican Chips or tortillas. (see recipe page 6)
	Wash and remove heads	800 g Max 400 g	400 ml 400 ml	25 min. 16 min.	4 2	Green beans continue to cook after steaming. Plunge them into ice water immediately to stop them cooking further and to retain their colour. The fewer beans in Steamer Base (3), the quicker they cook and the better they taste.

Freshness, size and quantity will affect steaming time and quality of results.

Use crisp and firm vegetables ≈ Select uniform sizes or cut pieces as evenly as possible ≈ Use amounts as recommended in the steaming charts.

Fresh Vegetables

- Fill the Water Tray (4) with 400 ml water.
- Steaming times have been calculated at 800 Watt and a standing time of 5 min.
- At 600 Watt use below steaming time guideline and let stand 10 min. instead of 5 min.

FOOD	Preparation	Unprepared quantity	Level Water Tray	Steaming Time	Portions	Comments
	Cut the broccoli into serving portions (crosswise into three pieces). Place in Steamer Base (3).	500 g	400 ml	15 min.	2/3	<ul style="list-style-type: none"> • For uniform cooking, the flower stems should be about the same diameter as the quartered or halved stalk pieces. • Serve with olive oil or butter, fresh herbs, garlic, green onion, salt & pepper.
	2/3 Remove the outer layer of leaves and feet.	1 kg 500 g	400 ml 400 ml	20 min. 15 min.	4 2	<ul style="list-style-type: none"> • Just before serving, sprinkle with fresh dill. • Ideal with chicken breast.
	600 g fava beans (in pods) or 300 g shelled fava beans	300 g	400 ml	13 min.	2	When fresh, remove the beans from the pods.
	Clean well by removing the outer layer of leaves. Cut the head into quarters and then rinse under cold running water. Cut the stem off of each quarter. Slice with the Bake to Basics Slicer System .	600 g	400 ml	18 min.	2/3	<ul style="list-style-type: none"> • Red cabbage can be mixed with apples for a softer result. • Green cabbage can be braised for few minutes after steaming or just added to a vegetable salad.
	Rinse, peel and slice. Use the Bake to Basics Slicer System large grid .	1kg before peeling. (800 g before steaming)	400 ml	23 min.	4	Serve with cream.
	Rinse, peel as needed	700 g	400 ml	17 min.	3/4	<ul style="list-style-type: none"> • Carrots should be fork tender and retain colour and flavour. • Serve with grated parmesan






Steaming time - Vegetables

Freshness, size and quantity will affect steaming time and quality of results.

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Fresh Vegetables

- Fill the Water Tray (4) with 400 ml water.
- Steaming times have been calculated at 800 Watt and a standing time of 5 min.
- At 600 Watt use below steaming time guideline and let stand 10 min. instead of 5 min.








FOOD	Preparation	Unprepared quantity	Level Water Tray	Steaming Time	Portions	Comments
 Carrots – diced	Place diced (3 cm length) carrots in Steamer Base (3)	800 g	400 ml	16 min.	4	Optionally add a sliced onion before steaming.
 Cauliflower	Cut cauliflower into florets. Place in Steamer Base (3).	900 g max	400 ml	20 min.	4	<ul style="list-style-type: none"> • Steaming is particularly good for cauliflower florets. • Season with freshly ground black pepper, and sprinkle with melted butter and chopped chives or parsley.
 Cauliflower – Whole	Remove green leaves foot. Rinse and drain. Place in Steamer Base (3), head on the top.	600 g	400 ml	25 min.	2/3	<ul style="list-style-type: none"> • Herbs and spices can be put into the water before steaming to enhance flavour and diminish cooking odours. • Serve with a béchamel sauce (see recipe page 9). • Let stand 10 min.
 Celeriac – Diced	Using a Chef knife , top and tail the celeriac, then use the Universal Peeler to remove skin. Cut into quarters and cut in cubes or slices	400 g	400 ml	23 min.	2/3	<ul style="list-style-type: none"> • Choose a firm root that feels heavy. • Optionally, add potatoes to make a puree, or simply add to a mixed vegetable salad with tarragon, olive oil and cheese.
 Celery stalks	Rinse under cold running water. Cut off leaves, pull off strings by scraping and cut sticks around 1.5 cm length.	400 g	400 ml	15 min.	2/3	Make a white sauce, using half milk and half water in which celery was cooked. (see recipe page 9)

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Fresh Vegetables

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- Steaming times have been calculated at 800 Watt and a standing time of 5 min.
- At 600 Watt use below steaming time guideline and let stand 10 min. instead of 5 min.






FOOD	Preparation	Unprepared quantity	Level Water Tray	Steaming Time	Portions	Comments
 Chard	Rinse thoroughly until clean and chop into small pieces. Fill Water Tray (4) with only 350 ml of water.	400 g	350 ml	10 min.	2/3	<ul style="list-style-type: none"> • Whole chard leaves can be used just as you would use spinach. • Or use as a wrap for fresh vegetable spring rolls. • Can also be used in gratins.
 Endives (Chicory) plain	Slice off the end of the root and cut in half	8 small (900 g)	400 ml	24 min.	4	After steaming, you can bake chicory (endives) in béchamel sauce (see recipe page 9).
 Endives (Chicory) sliced	Slice evenly and place in Steamer Base (3)	3 (600 g)	400 ml	14 min.	2/3	<ul style="list-style-type: none"> • Steam with scallops and orange to avoid bitterness. • Serve with cream.
 Fennel bulb	Dice with the Time Savers Slice & Dice small grid . Don't forget to remove the hard core in the centre.	800 g	400 ml	15 min.	4	Excellent complement to scallops and salmon.
 Leek stalks (white parts only)	Rinse thoroughly until clean. Keep the green to make a soup.	700 g	400 ml	25 min.	4	Ideal cold with a vinaigrette dressing sauce.
 Slow simmered leeks (whole)	Cut the leeks lengthwise, rinse thoroughly and slice.	800 g	400 ml	20 min.	4	After steaming, make a gratin or a pie.
 White button Mushrooms	No need to peel, just remove the stem end, wash and slice. Place in Steamer Base (3). Fill water Tray (4) with only 350 ml of water.	500 g	350 ml	12 min.	4	<ul style="list-style-type: none"> • Place whole sprigs of thyme and rosemary and a garlic clove into the water to add flavour. • Serve over meat or fish.

Freshness, size and quantity will affect steaming time and quality of results.

Use crisp and firm vegetables ≈ Select uniform sizes or cut pieces as evenly as possible ≈ Use amounts as recommended in the steaming charts.

Fresh Vegetables

- Fill the Water Tray (4) with 400 ml water.
- Steaming times have been calculated at 800 Watt and a standing time of 5 min.
- At 600 Watt use below steaming time guideline and let stand 10 min. instead of 5 min.







FOOD	Preparation	Unprepared quantity	Level Water Tray	Steaming Time	Portions	Comments
	Peel and slice. Place in Steamer Base (3).	1 kg	400 ml	20 min.	4	Ideal to accompany rice, to use in soups and stews, scrambled eggs or for pizzas. Let stand 10 min. after steaming. Steaming onions renders their flavour sweet. <ul style="list-style-type: none"> • For better flavour, steam with lettuce and green onions. • Optionally cook asparagus tips in Colander Tray (2). • Or fill Water Tray (4) with low fat stock instead of water.
	Remove seeds and rinse thoroughly. Place in Steamer Base (3).	500 g (1 kg before shelling)	400 ml	15 min.	4	Ideal for East Asian cuisine. <ul style="list-style-type: none"> • Allow to cool before peeling. • When peeled after steaming, they stay firm. • If used in a salad, allow to cool without Cover (1). • If used for pizza, pie, or salsa, allow to cool with Cover (1). • Mix with sweet potatoes for a nice side dish.
	Only wash and drain before cooking. No need to remove strings.	600 g	400 ml	12 min.	2/3	
	Cut peppers in half; remove caps and seeds and rinse. Slice after steaming as peeling will be easier.	600 g (3)	400 ml	15 min.	2/3	
	Peel, wash and drain. Chop in equal pieces and place in Steamer Base (3).	8 potatoes (1 kg before peeling 800 g before steaming) 4 potatoes (400 g before steaming)	400 ml 400 ml	22 min. 18 min.	4 2	<ul style="list-style-type: none"> • Ideal for potato salad. • To make mashed potatoes after steaming, use part of steaming water.

Freshness, size and quantity will affect steaming time and quality of results.

Use crisp and firm vegetables ≈ Select uniform sizes or cut pieces as evenly as possible ≈ Use amounts as recommended in the steaming charts.

Fresh Vegetables

- Fill the Water Tray (4) with 400 ml water.
- Steaming times have been calculated at 800 Watt and a standing time of 5 min.
- At 600 Watt use below steaming time guideline and let stand 10 min. instead of 5 min.







FOOD	Preparation	Unprepared quantity	Level Water Tray	Steaming Time	Portions	Comments
	Peel wash and cube potatoes with the T.S. Slice & Dice small grid . Add 1 diced onion, 1 tsp (5 ml) salt, 2 tsp (10 ml) oil and combine.	800 g small size	400 ml	22 min.	4	<ul style="list-style-type: none"> • For serving, garnish with fresh parsley. • Ideal with fish filets. • Fill Water Tray (4) with low fat stock for a better flavour.
	Peel, wash and slice potatoes with the Bake to Basics Slicer System , peel and slice 1 onion. In Steamer Base (3), layer potatoes and onion, salt and pepper.	800 g small size	400 ml	20 min.	4	<ul style="list-style-type: none"> • Place 2 sprigs of thyme in Water Tray (4), fill with water and steam. • For serving, spoon over cream. • Ideal with chicken breast.
	Wash potatoes and pierce holes potatoes several times with a fork.	4 (800 g)	400 ml	22 min.	4	After steaming, make baked potatoes.
	For best results, use small whole potatoes. Peel and wash potatoes.	4 (800 g)	400 ml	22 min.	4	<ul style="list-style-type: none"> • Excellent with lamb filet. • Or after steaming, spoon over pesto.
	Wash soybean sprouts (take out the thin tail part if preferred). Drain well.	250 g	400 ml	15 min.	2	<ul style="list-style-type: none"> • Excellent in dips, salads and even on sandwiches. • Try a quick Chinese Soybean salad.
	Rinse thoroughly until clean. Remove stems by folding each leave in half and pulling stem toward top of leaf. Place in Steamer Base (3) and press.	500 g max	350 ml	8 min.	2/3	<ul style="list-style-type: none"> • For best results, use small, fresh spinach leaves. • After steaming, allow to cool.

Freshness, size and quantity will affect steaming time and quality of results.

Use crisp and firm vegetables ≈ Select uniform sizes or cut pieces as evenly as possible ≈ Use amounts as recommended in the steaming charts.

Fresh Vegetables

- Fill the Water Tray (4) with 400 ml water.
- Steaming times have been calculated at 800 Watt and a standing time of 5 min.
- At 600 Watt use below steaming time guideline and let stand 10 min. instead of 5 min.














FOOD	Preparation	Unprepared quantity	Level Water Tray	Steaming Time	Portions	Comments
 Turnips	Wash, peel, then dice in small cubes with the T.S. Slice & Dice small grid .	700 g (1 kg before peeling)	400 ml	15 min.	4	<ul style="list-style-type: none"> • For best results, use small, early turnips. • Replace the water for steaming by low fat stock. • Serve garnished with parsley or chopped chives. • Turnips, particularly early turnips are ideal served in a sauce.
 Sweet potatoes	Wash and place them in Steamer Base (3). If too big to fit inside, cut in half.	600 g	400 ml	25 min.	2/3	<ul style="list-style-type: none"> • Sweet potatoes are easier to peel after they have been cooked and are cool enough to handle. • Excellent when mixed with chard and served with butter.
 Tomatoes for peeling	Place 6 medium size tomatoes in Steamer Base (3).	1 kg	400 ml	6 min.	4	<ul style="list-style-type: none"> • Remove the Cover (1) and Water Tray (4), allow to cool before peeling. • No standing time.
 Mixed diced vegetables	300 g shelled garden peas 200 g sticks carrots 100 g peeled new potatoes	600 g	400 ml	20 min.	2/3	Excellent with veal or chicken.
 Zucchini - Sliced	Wash and slice with the Bake to Basics Slicer System . Add 2 crushed garlic cloves, 1 tsp (5 ml) cumin and mix.	600 g	400 ml	15 min.	2/3	<ul style="list-style-type: none"> • Splash with lemon juice after steaming. • Coat with grated cheese just before serving.
 Zucchini - Diced	Cut in 5 cm chunks.	500 g	400 ml	18 min.	2/3	After steaming, bake the zucchinis in a tomato sauce.

Freshness, size and quantity will affect steaming time and quality of results.

Use crisp and firm vegetables ≈ Select uniform sizes or cut pieces as evenly as possible ≈ Use amounts as recommended in the steaming charts.

Frozen Vegetables

- Fill the Water Tray (4) with 350 ml water.
- Steaming times have been calculated at 800 Watt and a standing time of 5 min.
- At 600 Watt use below steaming time guideline and let stand 10 min. instead of 5 min.

FOOD	Preparation	Amount (in grams)	Level Water Tray	Steaming Time	Portions	Comments
 Artichoke hearts	For enhanced flavour, substitute vegetable or low fat chicken stock for water.	400 g	350 ml	15 min.	2/3	Ideal to serve with white fish or lamb.
 French beans	Place in Steamer Base (3).	500 g	350 ml	16 min.	2/3	
 Broccoli	Place in Steamer Base (3).	500 g	350 ml	13 min.	2/3	Steaming avoids overcooking, crumbling, loss of colour, flavour, and nutrients.
 Fava beans		300 g	350 ml	15 min.	2/3	Prepare and serve fresh.
 Carrots	Place sliced carrots in Steamer Base (3).	500 g	350 ml	17 min.	2/3	Ideal to make a puree.
 Cauliflower		500 g	350 ml	12 min.	2/3	Steam with fish and serve with a sauce.
 Leek sliced	Place in Steamer Base (3).	500 g	350 ml	20 min.	2/3	For extra healthy leeks, mix with diced fennel bulb and garnish with fresh lemon juice and thyme.
 White button mushrooms sliced		800 g	350 ml	15 min.	2/3	Ideal with pasta, pizza, or for soups.
 Onions, sliced	Place in Steamer Base (3).	500 g	350 ml	15 min.	2/3	Ideal with salmon.
 Garden peas	Place peas in Colander Tray (2) . Place 600 g peeled potatoes in Steamer Base (3).	300 g	350 ml	20 min.	2/3	Add butter, salt and chives to taste.
 Spinach leaves	Place directly in Steamer Base (3).	300 g	350 ml	15 min.	2/3	Serve with cream and grated cheese.
 Mixed diced vegetables	Place in Steamer Base (3).	500 g	350 ml	15 min.	2/3	In case of whole frozen baby carrots add 5 min. steaming time.
 Zucchini sliced	Slice.	500 g	350 ml	18 min.	2/3	After steaming accompany as usual.

Do no thaw or rinse before steaming

Some are a solid block when removed from the freezer. Its best to separate frozen pieces by hand before placing them into the Steamer Base (3).

Poultry

- Fill the Water Tray (4) with 400 ml water.
- Steam meat in the Colander Tray (2) section
- Steaming times have been calculated at 800 Watt and a standing time of 5 min.

FOOD	Preparation	Amount (in grams)	Level Water Tray	Steaming Time	Portion	Comments
Chicken breast	Cover the chicken breast with a seasoning mixture and let it stand 15 min. before steaming.	400 g	400 ml	18 min.	2	Excellent for chicken salad, for sandwiches or to accompany any steamed vegetable. Ideal for wok cooking after steaming.
Duck filets	Cut in small parts. Remove excess of fat if needed and sprinkle with 1 Tbsp (15 ml) honey and 1 Tbsp (15 ml) chopped fresh tarragon.	400 g	400 ml	18 min.	2	Duck is medium cooked. Serve with potatoes and turnips.
Turkey filets	Evenly rub 1 tsp of salt into the meat. Let stand 15 min. then rinse turkey and place in Colander Tray (2).	400 g	400 ml	18 min.	2	Ideal for wok cooking after steaming.

Size and quantity will affect steaming time and quality of results.

For better flavour, season meat before steaming ≈ Select pieces with similar size and weight for even steaming
Try not to overlap while steaming ≈ Avoid bones

Meat

- Fill the Water Tray (4) with 400 ml water.
- Steam meat in the Colander Tray (2) section
- Steaming times have been calculated at 800 Watt and a standing time of 5 min.

Steaming time -Poultry & Meat

FOOD	Preparation	Amount (in grams)	Level Water Tray	Steaming Time	Portion	Comments
Frankfurter Sausage	To reduce splitting and bursting, pierce sausage before steaming. Place in Colander Tray (2).	5 (approx. 200 g)	400 ml	5 min.	2	This type of sausage is precooked. Steaming will be fast therefore it is best to steam them alone to ensure that the skins do not burst.
Ground Beef (meat balls)	Combine with spices, condiments, bread crumbs, oil and egg yolk for smooth result. Form 24 small meatballs. Place in Colander Tray (2).	400 g	400 ml	30 min	2	A children's favourite. (see recipe page 14).
Ground Pork	Combine with spices, condiments and chopped vegetables for smooth result. Form 12 to 14 medium meatballs. Place in Colander Tray (2).	400 g	400 ml	25 min	2	Serve with tomatoes sauce or in Asian Style (see recipe page 12).
Sausage	Choose sausages made with 100% meat. Those with cereal filler are not appropriate for steaming. To reduce splitting and bursting, pierce sausage before steaming.	4 (between 70 and 100 g each depending on the type)	400 ml	10 min.	2	Once the sausage is cooked, it will keep warm in the covered 101° MicroGourmet for at least 30 minutes. Slice and integrate into a salad with potatoes.
Lamb filets	Cover meat with a seasoning mixture and let it stand 15 min. before steaming.	400 g	400 ml	20 min.	2	See recipe page 10.

Size and quantity will affect steaming time and quality of results.

For better flavour, season meat before steaming ≈ Select pieces with similar size and weight for even steaming
Try not to overlap while steaming ≈ Avoid bones

Fish & Seafood

- Fill the Water Tray (4), with 400 ml water
- Steaming times have been calculated at 800 Watt and a standing time of 5 min.
- At 600 Watt use below steaming time guideline and let stand 10 min. instead of 5 min.
- To keep food hot remove remaining water only after standing time.

FOOD	Preparation	Amount (in grams)	Level Water Tray	Steaming Time	Portions	Comments
Fresh Filets	Use similar size filets. Any type of fish filets is appropriate. Roll up and position on one layer.	500 g (4 to 6 filets)	400 ml	10 min.	2/3	<ul style="list-style-type: none"> • Always place the fish filets in Colander Tray (2). • Topping the fish with herbs and spices before steaming will enhance the flavour.
Frozen filets	Place 2 in Steamer Base (3) and 2 in Colander Tray (2). For easy cleaning and to avoid sticking place a lettuce leaf between the bottom of the dish and the fish.	500 g (4 to 6 filets)	400 ml	14 min.	2/3	<ul style="list-style-type: none"> • Always place the fish filets in Colander Tray (2). • After steaming, fish filets must be opaque and flaky. • Use a spatula to remove them.
Fish Steaks or Fish sticks	Halibut	1 to 2 (500 g)	400 ml	15 min.	2/3	<ul style="list-style-type: none"> • Always place the fish filets in Colander Tray (2). • To avoid sticking, place a lettuce leaf between the dish and the fish. • Topping the fish with herbs and spices before steaming will enhance the flavour. • After steaming, check it before letting it stand to avoid overcooking. • Herbs, spices and condiments can be put into the water before steaming. It will enhance flavour and will attenuate cooking odours.
	Salmon	3 (500 g)	400 ml	16 min.		
	Swordfish	1 (500 g)	400 ml	14 min.		
	Tuna	1 (500 g)	400 ml	14 min.		
Mussels	Frozen Fish	1 to 2 (500 g) depending on size	400 ml	16 min.	2	<ul style="list-style-type: none"> • Fill Water Tray (4) with 100 ml white wine and 250 ml water. • Steam and make a sauce with the steaming juice by adding 30 g cream, 2 tsp chopped parsley and 1 shallot.
		Rinse thoroughly several times before cooking to remove the sand and sediment. Remove barnacles and tug off the "beard".	Max 1 kg	350 ml	15 min.	

Size and quantity will affect steaming time and quality of results.

For steaming frozen fish or fresh rolled fish filets place a lettuce leaf between the Colander Tray (2) and the fish to avoiding sticking and aid in cleaning

Fish & Seafood

- Fill the Water Tray (4), with 400 ml water
- Steaming times have been calculated at 800 Watt and a standing time of 5 min.
- At 600 Watt use below steaming time guideline and let stand 10 min. instead of 5 min.
- To keep food hot remove remaining water only after standing time.






FOOD	Preparation	Amount (in grams)	Level Water Tray	Steaming Time	Portions	Comments
Oysters	Place 3 large oysters in Steamer Base (3) and 3 in Colander Tray (2). After the first steaming time remove the top shell and add 1 tsp (5 ml) garlic and 1 tsp (5 ml) parsley butter in each. Steam again 3 min.	600 g	400 ml	8 min. Steaming 5 min. Standing 3 min. Steaming 5 min. Standing	2	<ul style="list-style-type: none"> • Clams can be substituted for oysters. • Always use Tongs to handle them because shells are extremely hot.
Shrimp	Season shrimp with salt, pepper, and garlic powder; Combine 1 chopped fine onion and 2 ribs of celery. Place in Colander Tray (2).	500 g	400 ml	15 min.	2/3	Serve with green salad.
Scallops	Rinse and dry the scallops. Place in Colander Tray (2). Chop 2 shallots and 2 garlic cloves. Combine with 1 tbsp (15 ml) white wine and 1 tbsp (15 ml) orange juice. Spread mixture evenly.	800 g	400 ml	12 min.	4	<ul style="list-style-type: none"> • After steaming, remove scallops with Kitchen Preparation Tool Tongs. • In a casserole, reduce liquid by half and add 1 tsp cream and black pepper. • Top the scallops and serve.

Size and quantity will affect steaming time and quality of results.

For steaming frozen fish or fresh rolled fish filets place a lettuce leaf between the Colander Tray (2) and the fish to avoiding sticking and aid in cleaning

Fruit

- Fill the Water Tray (4), with 400 ml water
- Steaming times have been calculated at 800Watt and a standing time of 5 min.
- At 600 Watt use below steaming time guideline and let stand 10 min. instead of 5 min.

FOOD	Preparation	Unprepared quantity	Level Water Tray	Steaming Time	Portions	Comments
	Wash and remove core	4 (600 g)	400 ml	15 min.	4	After steaming, serve with cream, home made liquid caramel or raspberry jelly.
	Wash, peel, remove core and cut in quarters	5 (1 kg)	400 ml	15 min.	4	After steaming, place in a bowl and mash with the Potato Masher. Add 40 g sugar.
	Wash, cut in 2, remove pits.	500 g	400 ml	15 min.	2/3	After steaming, remove the skin, mix the pulp with 50 ml apple juice. Ideal for baby food, aged 6-8 months.
	Gently rinse in running water, pat dry with a paper towel and trim off the stem (including the hard part).	800 g	400 ml	15 min.		After steaming, top with liquid honey or maple syrup.
	Gently rinse in running water and place in Steamer Base (3).	1 kg max	400 ml	15 min.	4	After steaming, peel and slice, serve with whipped cream and grilled almonds flakes.



It is not recommended to steam cherries, berries, or bananas.

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Fruit

- Fill the Water Tray (4), with 400 ml water
- Steaming times have been calculated at 800Watt and a standing time of 5 min.
- At 600 Watt use below steaming time guideline and let stand 10 min. instead of 5 min.

FOOD	Preparation	Unprepared quantity	Level Water Tray	Steaming Time	Portions	Comments
	Gently rinse in running water and place in Steamer Base (3).	1 kg max	400 ml	6 min.	4	<ul style="list-style-type: none"> • After steaming, immediately plunge into cold water to stop the cooking process. • The skin should easily slip off. • Do not let them soak in the water.
	Wash, peel and remove the core. Best with small, round pears.	5 (1.2 kg)	400 ml	20 min.	4	After steaming, sprinkle with cinnamon or serve pears warm with chocolate topping.
	Wash, cut in half, remove stones, add 1 vanilla pod and 50 g sugar, mix.	500 g	400 ml	15 min.	4/5	<ul style="list-style-type: none"> • Before steaming, place 1 cinnamon stick with water into the Water Tray (4). • After steaming, place plums in the Quick Chef and puree them. • Set the puree aside until well cooled. Serve with yogurt.
	Wash and trim the stems. CAUTION : remove all of the leaves as they are poisonous. Pull off strings by scraping and cut sticks around 1.5 cm lengths. Add 50 g sugar and combine.	400 g	400 ml	25 min.	2/3	<ul style="list-style-type: none"> • The pink and white parts at the base of the stem are flavourful, and create a pink colour when cooked. • Steaming rhubarb is ideal to prepare pie, tart, sauce and topping.

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