

COMBO II STEAMER



Model: VS-30

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IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical hazards, do not immerse cord, plugs, or the appliance in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Return appliance to Salton for examination, repair or adjustment. See Warranty.
7. The use of accessories or attachments not recommended by Salton may cause hazards.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot liquids.
12. Prior to connecting or disconnecting plug from wall outlet, turn any control to "off".
13. This appliance is for Household Use Only. Do not use appliance for other than its intended use.
14. Do not leave unit unattended while in use.
15. CAUTION: This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires or other damage to persons or property.
16. This appliance generates steam – do not operate uncovered.
17. Use oven mitts or potholders when removing Cover during operation.
18. Always open the Cover away from your face to avoid escaping steam.

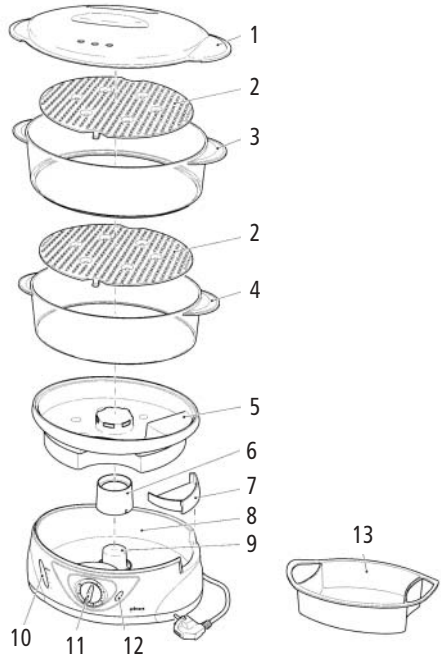
SAVE THESE INSTRUCTIONS
HOUSEHOLD USE ONLY

POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

DESCRIPTION OF PARTS

1. Cover
2. Steaming Bowl Partitions (2)
3. Large Steaming Bowl
4. Small Steaming Bowl
5. Drip Tray
6. Instant Steam Ring
7. Water Refill Drawer
8. Base/Water Reservoir
9. Heating Element
10. Water Level Window
11. Timer
12. Indicator Light
13. Rice Bowl



BEFORE FIRST USE

Wash the Cover, Steaming Bowls, Rice Bowl, Partitions, Removable Ring and Drip Tray in soapy water. Rinse and dry. Wipe the Base with a damp cloth. Never immerse the Base in water or any other liquid.

HOW TO USE

1. Place Steamer on a level surface close to a 120 volt A.C. outlet. Do not place under wall cabinets.
2. Fill the Water Reservoir with the maximum amount of cold water. Any excess water can be emptied out at the end of the steaming cycle. If more than 60 minutes is required for steaming and water is not visible through the Water Level Window you can add water by opening the Water Refill Drawer during the steaming cycle and pour in enough water to reach up to the maximum mark on the window.

NOTE: The maximum amount of water is 1.4 litres. This is enough water for approximately, 75 – 80 minutes of steaming.

IMPORTANT: Do not add salt, pepper, seasonings, etc. or liquids other than water to the Base.

3. Place the Instant Steam Ring over the Heating Element so that the notch is at the bottom.
4. Place the Drip Tray on top of the Base.
5. Place the Steaming Bowl(s) on the Drip Tray. The Steaming Bowls can be used in three different ways:

Single level (one bowl): Place food in either the Small or Large Steaming Bowl. Place on the Drip Tray. Cover.

Single level (both bowls) If steaming larger items (eg. Corn on the cob), place the Small Steaming Bowl on the Drip Tray. Remove the Partition from the Large Steaming Bowl and place Bowl on top of the Small Steaming Bowl. Place food in Bowl. Cover.

Multiple level: Place the items that need the longest steaming time in the Small Steaming Bowl and place on the Drip Tray. Place the Large Steaming Bowl on top of the smaller bowl. Place food in Large Steaming Bowl. Cover.

NOTE: To remove the Partition, place the Steaming Bowl upside down on a flat surface. Push the side (right or left of the Partition tab) of the Steaming Bowl out slightly and the Partition will fall out.

6. Plug unit into wall outlet.

7. Set Timer for recommended amount of time.
NOTE: (a) The Timer will work even if the unit is not plugged in. Ensure that the Indicator Light is on once Timer is operating. (b) If the desired cooking time is less than 10 minutes, turn the Timer past the 10 minute mark then turn it back to the desired time.
8. When time has expired the Timer will ring once and the Steamer will shut off automatically. To avoid overcooking, remove Steamer Bowl(s) immediately using a potholder or oven mitts.
9. Unplug unit and allow to cool completely before cleaning.

HELPFUL HINTS

1. Steam cooking times will vary depending on the size and amount of food being cooked and the desired degree of doneness. Use the Steaming Charts as a guide but experiment with this healthy method of cooking by varying the cooking times. This will help you to obtain the best results to suit your taste.
2. Smaller pieces of food steam cook faster than larger pieces; a single layer steams faster than several layers and foods of uniform size will steam more evenly.
3. Foods with longer steaming times should be placed on the lower level in the small Steaming Basket. Once these foods are partially cooked, remove the Cover and add the Large Steaming Bowl.
4. Arrange food with spaces between pieces to allow for maximum steam flow.
5. When steaming large quantities of food, stir halfway through cooking.
6. Juices from meat or poultry should not drip onto other foods. Never place meat or poultry in the upper Steaming Bowl above other foods.
7. Do not steam frozen meat, poultry or seafood.

How to Use the Rice Bowl

1. Fill the Base with the maximum amount of water.
2. Place the Drip Tray then the Steamer Bowl on the Base.
3. Add rice, water, broth and spices to Rice Bowl. See the Rice Steaming Guide on page 8 for quantities of rice and water or check package directions.
4. Place the Rice Bowl inside the Steamer Bowl. Cover.
5. Plug into the wall outlet and set the Timer.

VEGETABLE STEAMING GUIDE

1. Wash vegetables thoroughly. Cut off stems; trim; peel and slice if necessary.
2. Steaming chart below should be used only as a guide. Doneness will depend upon size of pieces, temperature of water, personal preference, etc.
3. If pieces are different sizes, place larger pieces on the bottom.

| Vegetable | Weight lb. (kgs.) | Steaming Time (minutes) |
|------------------------|--------------------------|--------------------------------|
| Artichokes, whole | 4 | 30 – 32 |
| Asparagus, spears | 1 lb. (450 g) | 12 – 14 |
| Beans, green or wax | 1/2 lb. (225 g) | 12 – 14 |
| Beets, cut | 1 lb. (450 g) | 25 – 28 |
| Broccoli, florets | 1 lb. (450 g) | 20 – 22 |
| Brussel Sprouts, whole | 1 lb. (450 g) | 24 – 26 |
| Cabbage, sliced | 1 lb. (450 g) | 16 – 18 |
| Celery, sliced | 1/2 lb. (225 g) | 14 – 16 |
| Carrots, sliced | 1 lb. (450 g) | 18 – 20 |
| Cauliflower, florets | 1 lb. (450 g) | 20 – 22 |
| Corn on the Cob | 3-1/2 lbs (1.5 kgs.) | 14 – 16 |
| Eggplant, chunks | 1 lb. (450 g) | 16 – 18 |
| Mushrooms, button | 1 lb. (450 g) | 10 – 12 |
| Okra | 1 lb. (450 g) | 18 – 20 |

| Vegetable (Cont'd) | Weight lb. (kgs.) | Steaming Time (minutes) |
|---------------------------|--------------------------|--------------------------------|
| Onions, sliced | 1/2 lb. (225 g) | 12 – 14 |
| Parsnips, sliced | 1/2 lb. (225 g) | 8 – 10 |
| Peas, shelled | 1 lb. (450 g) | 12 – 13 |
| Potatoes, small, whole | 1 lb. (450 g) | 30 – 32 |
| Rutabaga, small dice | 1 lb. (450 g) | 28 – 30 |
| Spinach Squash, Acorn/ | 1/2 lb. (225 g) | 14 – 16 |
| Butternut, sliced | 1 lb. (450 g) | 22 – 24 |
| Turnips | 1 lb. (450 g) | 20 – 22 |
| Frozen Vegetables | 1 lb. (450 g) | 18 – 20 |

FISH AND SEAFOOD STEAMING GUIDE

1. Clean fish or seafood before steaming.
2. Fish fillets or steaks can be steamed in the Rice Bowl with seasoned butter, lemon or other favourite sauces.
3. Clams, oysters and mussels may open at different times. Check the shells to avoid overcooking.

| Fish and Seafood | Weight lb. (kgs.) | Steaming Time (minutes) |
|---------------------------------|--------------------------|--------------------------------|
| Fillets, frozen | 1/2 lb. (225 g) | 10 – 12 |
| fresh | 1/2 lb. (225 g) | 6 – 8 |
| Fish steaks, cod, salmon, tuna | 1 lb. (450 g) | 12 – 14 |
| Clams, in shell | 1 lb. (450 g) | 10 – 12 |
| Crab, King Crab, legs and claws | 1/2 lb. (225 g) | 20 – 22 |
| Soft Shell | 8 – 12 pcs. | 20 – 22 |
| Lobster, tails | 2 – 4 | 16 – 18 |
| whole | 1-1/4 lb (565 g) | 18 – 20 |
| Mussels, in shell | 1 lb. (450 g) | 14 – 16 |
| Oysters, in shell | 3 lbs. (1.3 kgs) | 18 - 20 |

| Fish and Seafood (Cont'd) | Weight lb. (kgs.) | Steaming Time (minutes) |
|----------------------------------|--------------------------|--------------------------------|
| Scallops, Bay – shucked | 1 lb. (450 g) | 14 – 16 |
| Sea – shucked | 3 lbs. (1.3 kgs) | 18 – 20 |
| Shrimp, medium in shell | 1 lb. (450 g) | 10 – 12 |
| large in shell | 1 lb. (450 g) | 18 – 20 |

RICE STEAMING GUIDE

1. There are many types of rice. Follow specific package directions for quantities of water and rice. Use the chart below as a guide.
2. For a softer rice increase the amount of water. For a firmer rice decrease water.
3. Check doneness and consistency of rice at the minimum time specified for each type, stirring at the same time. NOTE: Use oven mitts when removing cover and stirring rice.
4. When checking doneness of rice, be sure that the condensation from the Cover does not fall into the Rice Bowl

| Variety of Rice | Combined in Rice Bowl | | Steaming Time (minutes) |
|------------------------|------------------------------|-------------------|--------------------------------|
| | Rice | Water | |
| Brown, regular | 1/2 cup (125 ml) | 1 cup (250 ml) | 37 - 39 |
| parboiled | 1 cup (250 ml) | 1-1/2 cups(375ml) | 43 - 45 |
| White, regular | 1 cup (250 ml) | 1-1/2 cups(375ml) | 45 – 50 |
| long grain | 1 cup (250 ml) | 1-2/3 cups(420ml) | 50 - 55 |

MEAT AND POULTRY STEAMING GUIDE

1. Sausage must be completed cooked before steaming.
2. Trim off fat from meat and poultry.
3. Spray partitions with a vegetable cooking spray before steaming.
4. Thickest part of meat or poultry should be placed to the outside of the Steaming Bowl.

| Meat / Poultry | Weight lb. (kgs.) | Steaming Time (minutes) |
|-------------------------------|--------------------------|--------------------------------|
| Beef, sirloin 1/2 " slices | 1/2 lb. (225 g) | 10 – 12 |
| hamburger | 1 lb. (450 g) | 16 – 18 |
| meatballs | 1 lb. (450 g) | 22 – 24 |
| Chicken, 4 breasts – boneless | 1 lb. (450 g) | 12 – 15 |
| drumsticks | 1 lb. (450 g) | 24 - 26 |
| Lamb, cubes | 1 lb. (450 g) | 26 – 28 |
| Pork, chops 1/2" thick | 1 lb. (450 g) | 12 - 14 |
| cubes | 1 lb. (450 g) | 24 – 26 |
| Sausages, precooked | 1 lb. (450 g) | 14 – 18 |
| frankfurters | 1 lb. (450 g) | 14 – 18 |

| Eggs | Number of Eggs | Steaming Time (minutes) |
|---------------------------------|-----------------------|--------------------------------|
| In the shell (directions below) | | |
| soft cooked | 1 – 12 | 10 - 12 |
| hard cooked | 1 – 12 | 15 - 17 |
| In a Cup (directions below) | | |
| soft cooked | 1 – 4 | 9 – 11 |
| hard cooked | 1 – 4 | 12 - 14 |
| Scrambled (directions below) | 6 | 20 – 22 |

Directions for:

1. Eggs in the shell:
 - Place eggs in the indentations in the Removable Partitions of the Small, Large or both Steaming Bowls.
 - Follow directions in the How to Use section #1 – 9
2. Eggs in a cup:
 - Crack raw egg into a custard cup which has been sprayed with a non-stick vegetable spray.

- Season with salt, pepper, butter or margarine, if desired.
 - Place cups in Steamer Bowl.
 - Follow directions in the How to Use section #1 – 9.
3. Scrambled Eggs:
- In Rice Bowl, beat 6 eggs together with 2 tablespoons (30 ml) milk.
 - Season with salt and pepper, if desired.
 - Follow directions in the How to Use section #1 – 9.
 - Stir eggs halfway through cooking. NOTE: Always use oven mitts when opening the Steamer during operation.

CARE AND CLEANING

1. Unplug unit from outlet and allow unit to cool completely before cleaning. Make sure that the Drip Tray and Base are cool as these are the parts closest to the Heating Element.
2. Empty the Drip Tray and Water Reservoir.
3. Wash the Cover, Steaming Bowls and Partitions, Drip Tray and Rice Bowl in warm soapy water or on the top rack of the dishwasher.
4. Wash with a soft cloth and mild dish washing liquid. Rinse with clear water. NEVER IMMERSER THE BASE IN WATER OR ANY OTHER LIQUID. NEVER USE ABRASIVE CLEANSERS.
5. For compact storage, place the Rice Bowl inside the small Steaming Bowl then inside the large Steaming Bowl with the Cover on the top.

Descaling

1. Pour 3 cups of clear vinegar into the Water Reservoir. Fill up to the maximum fill mark on the Water Level Window with water. Do not use the Instant Steam Ring, Drip Tray, Steaming Bowls or Cover.
2. Plug in and set Timer for 20 minutes.
3. When Timer rings, unplug unit from outlet and allow to cool completely.
4. Empty the Water Reservoir.
5. Rinse with cool water several times. Wipe with a damp cloth. Dry. NEVER IMMERSER THE BASE IN WATER OR ANY OTHER LIQUID.

RECIPES

ORIENTAL CHICKEN AND VEGETABLES

3/4 lb. (340 g) boneless, skinless chicken breasts, cut into 1-inch pieces

1/3 cup (85 ml) sweet-and-sour sauce

3 green onions, cut into 1-inch (2.5 cm) pieces

1 medium green pepper, cut into 1-inch (2.5 cm) pieces

4 oz. (112 g) fresh Chinese pea pods

2 cups (500 ml) bean sprouts

1/4 cup (60 ml) sweet-and-sour sauce

2 tbsp. (30 ml) sesame seeds, toasted*

Stir chicken and 1/3 cup (85 ml) sweet-and-sour sauce in a bowl until evenly mixed. Cover and refrigerate 30 minutes.

Drain chicken; arrange in single layer in Steaming Bowl. Top with onions, pepper and pea pods. Cover and steam 14 minutes or until chicken is no longer pink in center.

In a serving bowl, toss chicken mixture, bean sprouts and 1/4 cup (60 ml) sweet-and-sour sauce, until evenly coated. Sprinkle with sesame seeds.

Makes 4 servings

*To toast sesame seeds, heat in ungreased skillet over medium heat about 2 minutes. Stir occasionally, until golden brown.

LEMON SHRIMP

1/4 cup (60 ml) soy sauce

1/4 cup (60 ml) lemon juice

2 tbsp. (30 ml) sugar

2 tbsp. (30 ml) dry white wine

1/4 tsp. (1.5 ml) ground ginger

1 1/2 lbs. (675 g) raw medium shrimps, peeled and deveined

1/2 cup (125 ml) water

2 tsp. (10 ml) cornstarch

2 tsp. (10 ml) water

Mix soy sauce, lemon juice, sugar, wine and ginger in a bowl. Add shrimps. Cover bowl and refrigerate at least 30 minutes.

Drain shrimps, reserving 1/2 cup (125 ml) marinade. Arrange shrimps in single layer in Steaming Bowl. Cover and steam 12 to 15 minutes or until shrimps are pink.

Mix reserved marinade and 1/2 cup (125 ml) water in 1-quart (1 litre) saucepan. Mix cornstarch in 2 tsp. (10 ml) water; stir into marinade mixture. Heat to boiling over medium heat, stirring constantly, and boil for 1 minute. Serve with shrimps and, if desired, hot cooked rice. Garnish with green onion tops if desired.

Makes 4 servings

SALMON STEAKS WITH DILL

4 Salmon steaks 4 – 5 oz. (110 – 140 g) each

1 tbsp. (15 ml) fresh dill

Salt and pepper

Lemon wedges

Season salmon steak with salt and pepper. Sprinkle with dill. Place in the steaming bowl, cover. Steam for approximately 15 minutes. Serve with lemon wedge.

Makes 4 servings

STEAMED FISH

1 – 10 oz. package frozen flounder fillets
4, medium size mushrooms, sliced
4, green onions cut in 1" (2.5 cm) pieces
1 stalk celery, sliced
1/2 tsp. (5 ml) ground ginger
1 tbsp. (15 ml) white wine
1 tsp. (5 ml) soya sauce
1 tsp. (5 ml) Worcestershire sauce
Dash hot pepper sauce

Place fillets in a heatproof plate that fits inside the steamer bowl. Sprinkle mushrooms, onions and celery over fish. Combine, ginger, wine, soy sauce, Worcestershire sauce and hot pepper sauce in a small bowl. Spoon over fish. Place plate inside steamer bowl and steam for 20 minutes.

Makes 2 servings

RICE PILAF

1/4 green pepper, diced
1/4 red pepper, diced
1/4 yellow pepper, diced
1 tsp. (5 ml) vegetable oil
2 green onions, sliced
1 cup long grain rice
1-2/3 cups (420 ml) chicken broth

Sauté peppers and onions in a skillet for 1-2 minutes. Combine rice, chicken broth and pepper and onion mixture in the rice bowl. Place inside the steaming bowl and steam for 50 – 55 minutes.

Makes 4 servings

A short supply cord is provided to reduce the hazards of becoming entangled in or tripping over a long cord. Extension cords may be used if care is exercised in their use. If an extension cord is used, the marked electrical rating of the detachable power-supply cord or extension cord should be at least as great as the electrical rating of the appliance. If the appliance is of the grounded type, the extension cord should be a grounded 3-wire cord. The extension cord should be arranged so that it will not drape over the counter top or table top, where it can be pulled on by children or tripped over.

LIMITED WARRANTY

Salton Canada warrants that this appliance shall be free from defects in material and workmanship for a period of one year from the date of purchase. During this 'in-warranty' period, defective products will be repaired or replaced at the discretion of the retailer and/or Salton Canada. A defective product should be returned to the original place of purchase within the retailer's stipulated return/exchange period*. If you do not wish or are unable to have a defective product replaced under warranty by the retailer, Salton Canada will repair or replace the defective product without charge. You may contact us for assistance by mail, e-mail, fax or telephone as listed below.

This warranty covers normal domestic usage and does not cover damage which occurs in shipment or failure which results from alteration, accident, misuse, abuse, glass breakage, neglect, commercial use or improper maintenance.

To ensure prompt 'in-warranty' service be sure you have an original proof of purchase. You may be asked to return the product to us along with a description of the defect and your address, zip/postal code.

For repairs not covered by the warranty, please contact us for assistance.

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* Return/exchange policies at each retailer vary and may differ from the Salton Canada 1 year limited warranty period.