

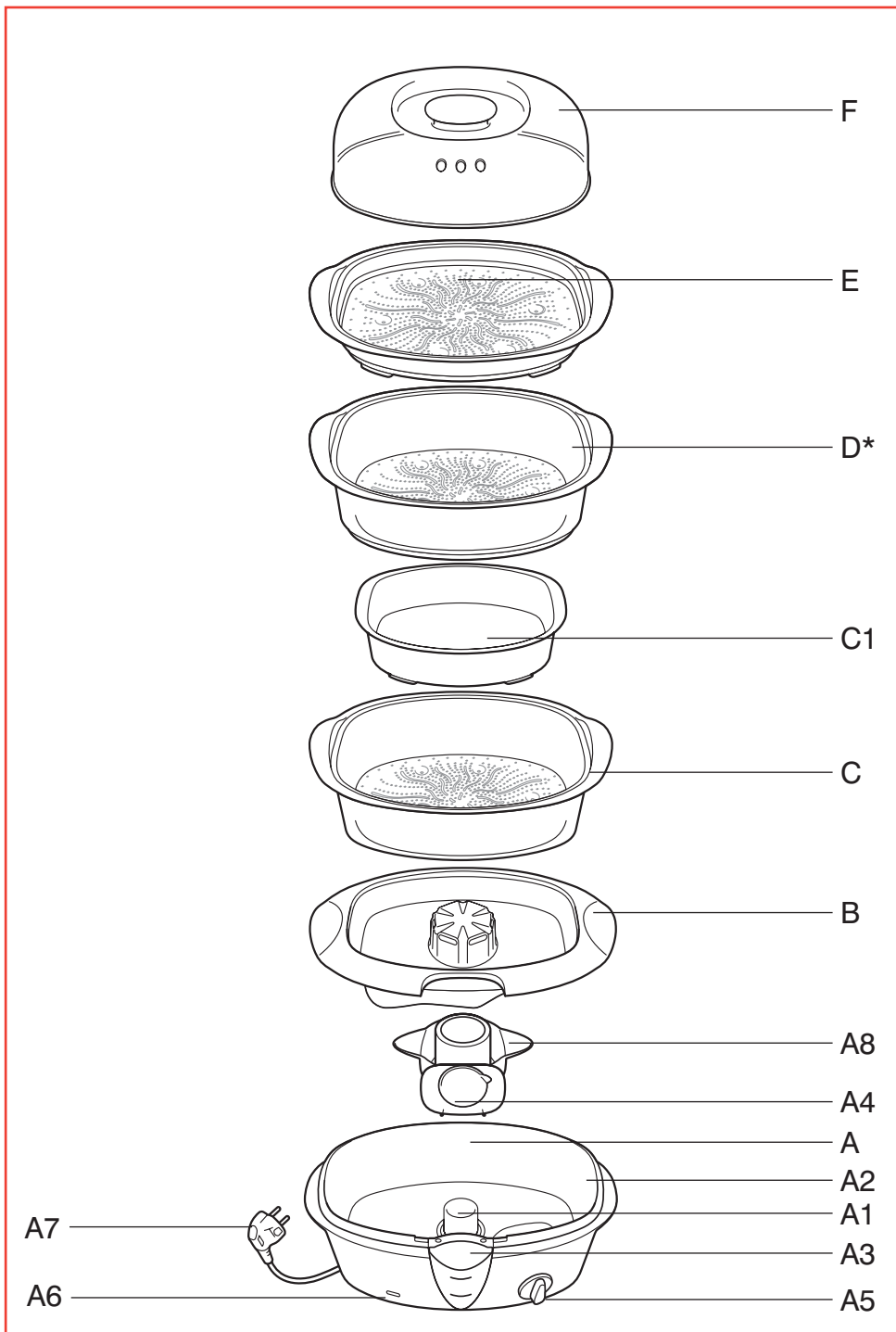
February 2003
Réf. : 5067029

Conception et réalisation : ADHOC'S - 3734

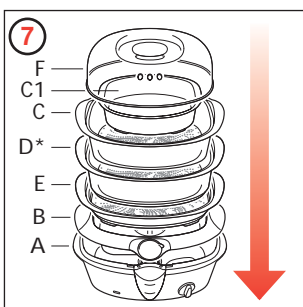
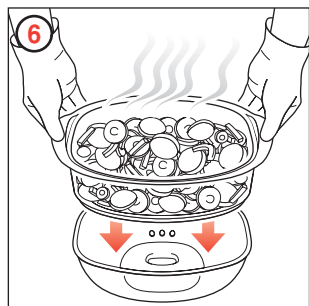
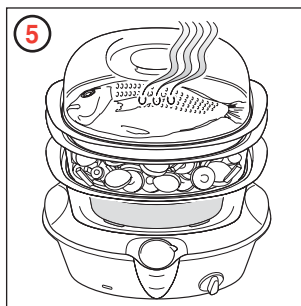
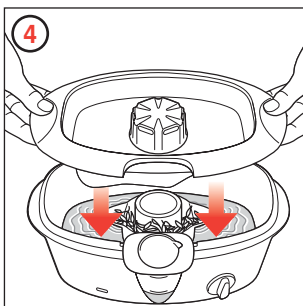
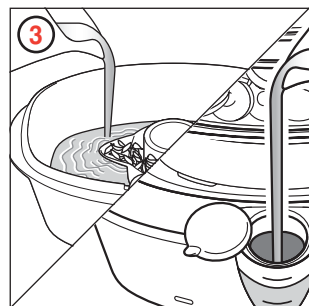
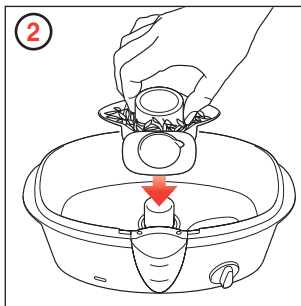
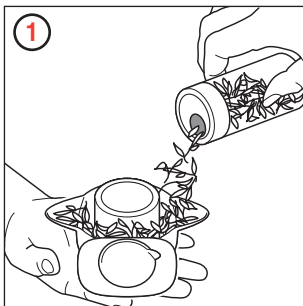
Moulinex



www.moulinex.com



*depending on model



ENGLISH

Thank you for choosing an appliance from the **Moulinex** range.
Your steamer enables you to cook without fat and at the same time to conserve the trace elements and vitamins in the food.

Description

A Base

- A1 Heating element
- A2 Water tank with max level indicator
- A3 Water fill inlet max level indicator
- A4 Cap
- A5 Timer
- A6 Operating indicator light
- A7 Power cord

A8 Aroma diffuser/ integrated turbo ring

B Juice collector

C Lower basket 1

C1 Rice Bowl

D Upper basket 2 (depending on model)

E Fish tray

F Lid

Safety instructions

1) Electrical connection

- Check that the specifications of your appliance are compatible with those of your electrical system.
- It is vital that your appliance is plugged into an earthed socket and complies with the electrical standards in force in your country.

Any connection error will invalidate the guarantee.

2) Installation

- Always place your steamer on a stable, flat, heat-resistant surface well away from walls or cupboards.
- Keep it away from:
 - . Any inflammable gas, object or liquid,
 - . Any source of heat (oven, microwave, hotplate),
 - . Any water splashes.

3) Recommendations

- **Read the instructions for use carefully before using your appliance for the first time and retain them for future use: any use which does not conform to these instructions will absolve Moulinex from any liability.**
- **Never leave the appliance within reach of children without supervision. The use of this appliance by young children or severely disabled persons must be supervised at all times.**
- Your appliance is intended solely for domestic use only. Any commercial use, inappropriate use or failure to comply with the instructions, the manufacturer accepts no responsibility and the guarantee will not apply.

- Unplug the appliance as soon as you have finished using it and when you are cleaning it.
- Never use your appliance if it is not working correctly or if it has been damaged. If this happens, contact an approved Moulinex service centre (see list in the "Moulinex service" booklet).
- Any intervention other than cleaning and normal maintenance by the customer must be carried out by an approved Moulinex service centre.
- Never place the appliance, the power cord or the plug in water or in any other liquid.
- Do not allow the power cord to hang down within reach of children.
- The power cord must never be close to or in contact with the hot parts of your appliance, close to a source of heat or resting on a sharp edge.
- If the power cord or the plug are damaged, do not use your appliance. To avoid any risk of danger, these must be replaced by an approved Moulinex service centre.
- For your own safety, you should use only the Moulinex accessories and spare parts which are suitable for your appliance.
- Never run your appliance without water in the tank.
- Never move your appliance while it is working.
- Before moving the appliance:
 - . Unplug it,
 - . Allow it to cool,
 - . Empty the juice collector.
- Never immerse the base (**A**) in water.

- **Warning:** during use, the steam produced can cause scalding:
 - . Handle all parts with an oven glove or a cloth,
 - . Be careful when lifting the lid,
 - . Always use a cooking utensil to handle the food in the steamer.

Environment protection

- Your appliance has been designed to work for many years. However, when you finally decide to replace your old product, remember to think of what you can do to help to protect the environment by disposing of it at your local waste disposal centre.

Before using your appliance for the first time

- Wash the baskets and the other accessories in soapy water, rinse and dry carefully.
- Wipe the inside of the water tank with a damp sponge.

Warning: Never put the base of your appliance in water.

Using your steamer

PREPARATION

- ① - Put any herbs, essences and seasonings in the double inner side of the Aroma diffuser (A8). Fill with water or another liquid (see recipes) up to the "max" level written inside the diffuser.
- ② - Clip the Aroma diffuser in place.
- ③ - Fill the water tank through the water fill inlet using cold water (A3) after opening the cap (A4), or pour the cold water directly into the water tank (A2).
 - Never exceed the "max" level (A2).
 - **Never add herbs, spices, aroma or seasonings to this water.**
- ④ - Put the cooking juice collector (B) in place on the base (A).
- ⑤ **USING THE DIFFERENT ACCESSORIES**
Your steamer can be used with 1 or 2 baskets (depending on model).

. Lower basket 1 (C):

- Place the food in the basket.
- Place the basket on the cooking juice collector.

. Upper basket 2 (D) (depending on model):

- Put the food in the basket.
- Place basket 2 on the top of basket 1.

Note: if the cooking times differ between the foods in each of the basket, begin cooking the food which requires longest time of cooking in basket 1 then add basket 2 during cooking to complete the cooking cycle.

. Rice bowl (C1):

- Put the rice and water into the rice bowl (1 measure of rice per 2 measures of water).
- Place the rice bowl in the basket.
- Place the basket on the juice collector.

. Fish tray (E):

- Lay the fish on the tray.
- Put it either directly on the juice collector (B) or on the on the top of the basket 1 or basket 2 (depending on model).
- Then place the basket with fish tray on the juice collector.

OPERATION

- Put the lid (F) on the last basket or on the fish tray (E).
- Make sure that the steam holes on the lid are positioned facing away from you.
- Plug in the appliance and then adjust the timer (A5) to the cooking time desired (see cooking charts).
- The indicator light (A6) will come on, and the cooking begins.
- Once the cooking time is up, the timer (A5) rings and the indicator light (A6) goes out. The appliance stops automatically.
- Remove the lid (F) with care and use oven gloves to handle it.
- ⑥ - The upturned lid on the worktop allows you to put down the basket to drain the foods.

TIPS

- During cooking, make sure there is always some water in the water tank (A2). The water level can be topped up at any time using the filler inlet (A3) without having to handle the cooking baskets.
- If you do two lots of cooking in succession, empty the juice collector (B) and adjust the water level if necessary.

- You can retain the cooking juices to prepare your sauces **(B)**.

Cleaning

- After every use, unplug the appliance and allow it to cool.
- Empty the juice collector, the Aroma diffuser and the water tank.
- Clean the accessories (cooking baskets Aroma diffuser, juice collector, fish tray, rice bowl) in the dishwasher.
- For the water tank, clean it with a sponge and rinse.
- Never put the base **(A)** in water or under running water.
- Do not use a metallic scourer or scouring powder or any abrasive product.

TIPS

- Over time the strong coloured natural juices from food such as carrots and beetroot may stain the juice collector and water tank this is normal. Straight after cooking, clean by soaking, in mild bleach (not abrasive) or wipe over with some vegetable oil using paper towel.

Maintenance

DESCALING

Descaling varies depending on the hardness of the water in your region. On average, we recommend that you descale your appliance every 7 - 10 uses in order to maintain an effective flow of steam and to prolong the lifetime of your appliance.

- Position the Aroma diffuser **(A8)** over the element in the water tank **(A1)**.
- Fill the water tank **(A2)** with a third white vinegar and two thirds cold water up to the maximum level.
- Do not heat up (to avoid any descaling odour).
- Leave overnight to descale.
- Rinse out the water tank with the warm water several times.

STORAGE:

- ⑦ - Store the appliance according to the diagram.

What to do if your appliance does not work?

- Check the electrical connection **(A7)** and the timer **(A5)** position.
If you have any product problems or queries, please contact our customer Relations Team for expert help and advice.

HELPLINE:

0845 602 1454 - UK
(01) 4751947 - Ireland
www.moulinex.co.uk

Guide to cooking

These cooking times are only a guide and should be adjusted according to your own taste, the types of food and their quantity.

Food	Amount	Times (min)
Fish		
Thin fillets of fish (cod, plaice, sole, salmon, haddock...):		
- Fresh	450 g	8-10 mins
- Frozen	450 g	11-16 mins
Thick fillets or steaks (cod, plaice, sole, salmon haddock):		
- Fresh	450 g	16-21 mins
Whole fish (trout, salmon trout...)	600 g	27-32 mins
Sea food		
Mussels	1 kg	16-21 mins
Prawns (raw)	200 g	3-7 mins
Scallops	100 g	6-10 mins
Meat		
Pork fillets	700 g	13-16 mins
Sausages		
- knackwurst	10	8-12 mins
- Frankfurter	10	11-13 mins
Lamb steaks	500 g	11-16 mins

Poultry		
Chicken breast (bonless)		
- Strips	500 g	13-16 mins
- whole	450 g	16-21 mins
Chicken drumsticks or thigh joints	4	32-37 mins
Turkey steaks and escalope	600 g	21-26 mins
Vegetables		
Artichokes (globe)	3 average	32-37 mins
Asparagus	600 g	16-21 mins
Fresh Broccoli	400 g	21-26 mins
Frozen Broccoli	400 g	20-25 mins
Celeriac	350 g	21-26 mins
Mushrooms	500 g	11-16 mins
Cauliflower florets	1 average	27-32 mins
Cabbage (red or green)	600 g	16-19 mins
Courgettes	600 g	13-16 mins
Fresh spinach	300 g	11-13 mins
Frozen spinach	300 g	16-21 mins
Fresh fine whole green beans	500 g	21-26 mins
Frozen fine whole green beans	500 g	16-21 mins
Mange tout	500 g	12-15 mins
Fresh or frozen peas	400 g	21-26 mins
Leeks (sliced)	500 g	8-12 mins
Leeks (baby whole)	500 g	16-21 mins
Carrots	500 g	11-16 mins
Peppers	300 g	11-16 mins
Potatoes (new)	600 g	43-48 mins
Potatoes (old)	600 g	27 mins
Onions (small whole)	400 g	11-16 mins
Onions sliced	400 g	11-16 mins
Rice/Grains/Pasta		
White rice american long grain	150 g	27-32 mins
Basmati rice	150 g	27-32 mins
Easy cook white rice	150 g	21-24 mins
Brown rice	150 g	43-48 mins
Coucouis	200 g	11 mins
Pasta (spaghetti)	200 g	21-26 mins
Bulgar wheat	150 g	16 mins
Other foods		
Hard boiled eggs	6	16 mins
Poached eggs in ramekins (firm set)	6	13-16 mins
Poached eggs in ramekins (soft set)	6	8-10 mins

Fruits		
Apples (quartered sliced)	4	16 mins
Apple (whole)	450 g	16-21 mins
Bananas	4	11-16 mins
Apricots	4	11-16 mins
Peaches or Nectarines	4	11-16 mins
Pears	4	21-26 mins
Rhubarb	400 g	21-26 mins