



by **TAYLOR**®

Steamer and Rice Cooker Instruction Manual



Item # AS-1550-BL
120V ~ 60Hz 400W

Thank you for your purchase of The Biggest Loser™ Steamer & Rice Cooker. Please READ this instruction manual carefully before use.

SAVE THESE INSTRUCTIONS

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IMPORTANT SAFEGUARDS

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

1. READ ALL INSTRUCTIONS COMPLETELY BEFORE USING.
2. Do not touch hot surfaces. Use potholders when removing cover or handling hot containers to avoid steam burns. Always use handles.
3. To protect against electrical shock do not immerse cord, plugs or this appliance in water or any other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use, before putting on or taking off any parts and before cleaning. Allow to cool completely before touching.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been dropped or damaged in any manner. Return the appliance to Taylor® (see warranty) for examination, repair or adjustment.
7. Do not use attachments that are not supplied for this appliance from Taylor®. The use of accessory attachments not recommended by Taylor® may cause fire, electric shock, injuries or permanently damage this product.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not operate the appliance while empty or without water in the reservoir.
11. To protect against burns caused by accidental spillage of hot liquid, place the unit on a level and firm surface away from traffic areas where bumping could upset it. Do not place on a soft surface (such as carpeting).
12. Do not place on or near a hot gas or electric burner, or in a heated oven.
13. Extreme caution must be used when moving an appliance containing hot liquid.
14. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to “off”, then remove the plug from the wall outlet by grasping the plug and pulling. Never unplug the appliance by pulling on the cord.
15. Lift and open cover carefully to avoid scalding and allow water to drip into steamer.
16. Use long handled utensils and oven gloves to avoid steam burns on hands and arms when removing lid, food or rice bowl.
17. When using this appliance, provide adequate air space above and on all sides for air circulation.
18. Do not allow this appliance to touch curtains, wall coverings, clothing, dishtowels or other flammable materials during use.
19. Only use the containers that are supplied in this unit for cooking. Do not cook food in the water tank.
20. Do not leave the appliance unattended during use.
21. Do not operate uncovered, as this appliance generates steam and could cause injury.
22. Do not use this appliance for other than its intended use.

SAVE THESE INSTRUCTIONS

SPECIAL INSTRUCTIONS

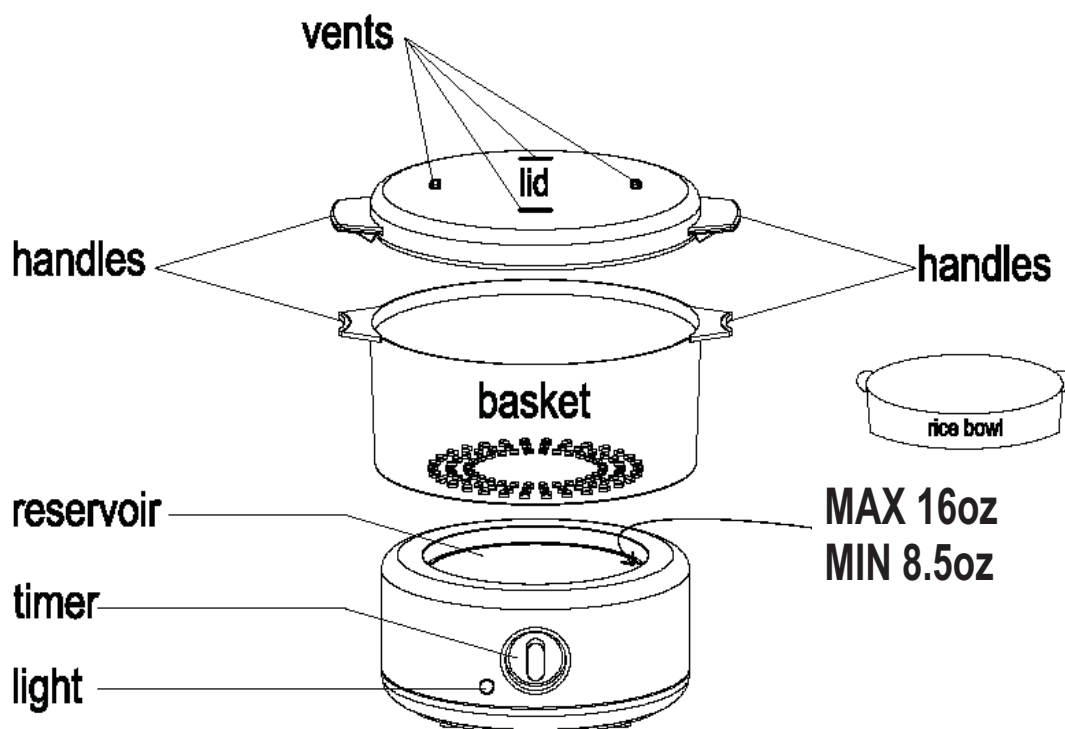
This appliance is for HOUSEHOLD USE ONLY.

- This appliance has a three prong grounded plug. To reduce the risk of electrical shock, this plug will fit in a grounded outlet only one way. If the plug does not fit fully in the outlet, contact a qualified electrician. Do not modify the plug in any way.
- Make sure the voltage in your outlet is the same as the voltage indicated on the appliance. This appliance is for 120 -Volt AC electrical outlet only.
- The length of the cord used on this appliance was selected to reduce the hazards of becoming tangled in or tripping over a long cord. For safety, it is not recommended to use an electrical extension cord with this appliance.
- Do not immerse base of unit, plug or cord in water or other liquids.
- Use with a wall receptacle only.
- Do not attempt to service this unit yourself.

INTRODUCTION

Now you can learn how to prepare and enjoy great tasting, healthy meals in minutes using your The Biggest Loser™ Steamer & Rice Cooker by Taylor®. You will learn how to make the delicious and easy Biggest Loser recipes that cut out calories, but leave in all the taste. The steamer and recipes are great tools to get you on track. There are over 125 more healthy and delicious recipes that you can find in the Biggest Loser Cookbook. When you start eating right, you may feel better, have more energy and feel empowered. For more information on NBC's The Biggest Loser, or to join The Biggest Loser Club, please visit the official Biggest Loser web site at www.nbc.com/The_Biggest_Loser.com or www.biggestloserclub.com

DESCRIPTIVE DIAGRAM



USING YOUR FOOD STEAMER & RICE COOKER

Before first use

- Make sure the voltage in your outlet is the same as the voltage indicated on the appliance. This appliance is for 120 -Volt AC electrical outlet only.
- Remove any bags, labels or stickers from the appliance.
- Clean the reservoir with a damp soft cloth.
- Wash all of the removable parts using a sponge, warm water and mild dish detergent. Rinse and dry carefully.
- NOTE: do not immerse the base unit in water when cleaning.

How to use your Steamer & Rice Cooker

- Place the unit on a flat, sturdy surface with adequate clearance (i.e., do not place under wall cabinets or on carpeting or other soft surfaces). The steamer and components are not for use in convection or conventional ovens, microwaves, or on a stovetop.
- Fill the water reservoir with clean, cold water only. Pour the water directly into the water tank only up to the maximum fill. Do not overfill. NOTE: do not use seasoning or any other liquid in the water tank. Use of liquids such as beer, red wine, oil and juice can corrode the unit and cause damage.
- Use fresh cold water with each use and check that the water is up to, but not past the maximum fill level. Best results can be achieved by filling to the Max level for food requiring 13 to 60 minutes of steam cooking and by filling to the Min level for food requiring less than 13 minutes of steam cooking. Refer to the steaming chart or your recipe for recommended steaming times.
- If cooking continuously and the water drops below the MIN level, add water by carefully removing the steamer basket. Use protective oven mitts when handling the steamer basket and be careful of the surge of steam that will result when the basket is lifted to refill the reservoir. If during cooking, there is no more water in the water tank, the appliance stops cooking as a safety measure.
- Do not let the water go below the “Min” level in the reservoir.
- Place the steaming basket on the reservoir.
- Clean and prepare your food.
- Place vegetables, seafood or other food without sauce or liquid into the steaming bowl. Arrange food in the center of the bowl. Avoid blocking steam vents.
- Place the lid on the steaming bowl.
- Plug the appliance in. Do not operate the appliance without the steaming basket and lid in place.
- Set the timer for the recommended cooking times (see table of recommended cooking times included later in this manual). The red indicator light will light up. The length of steaming time is subject to your own personal tastes: depending if you prefer crunchy (shorter steaming time) or softer, more well-done (longer steaming time) foods.
- The on/off light comes on and in less than a minute steaming begins. Condensation during steaming is normal.
- To stop the appliance ahead of set time, turn the timer to the zero position.

NOTE: *The timer will operate regardless of whether the unit is plugged into the electrical outlet. Be sure the indicator light is on when setting the timer.*

- When steaming is complete, the timer will turn the steamer OFF automatically.
- When finished using the appliance, unplug from the outlet and leave to cool completely before removing any parts.
- Do not use the steamer without water.

NOTE: *Cooking times are estimates and depend on the quantity, size, desired degree of cooking and temperature of the food. Consider all of the cooking times given in the guide as suggested times when using the steamer. Use a Taylor Thermometer to check internal food temperature for doneness.*

Using the Rice Bowl

- Place rice with the required amount of water, or other foods with sauce or liquid in the rice bowl. Place the rice bowl in the steaming basket and cover with the lid.
- Plug the appliance in.
- Set the timer for the recommended cooking time.
- When food is fully cooked to your taste, unplug the unit.
- After cooking, for best results, allow the rice to stand for 5 to 10 minutes with the lid on. Carefully open the lid, taking care to avoid escaping steam.
- Use a long handled utensil or rice paddle to mix the rice and allow steam to escape.

Using the Timer

- The maximum controlled time is 60 minutes. If you need to cook food longer than 60 minutes, you will need to check the water level, add water if needed and reset the timer.
- If setting the timer for less than 15 minutes, be sure to turn the knob PAST 15 minutes than back to your desired lower time.
- When the set time expires, the timer will ring and the steamer will turn off.

Removing food from the steaming bowls

- Lift the lid by the handle, making sure to avoid escaping steam to prevent burning your hands and arms.
- Allow water collected in the lid to drip back into the steaming bowl.
- Remove steam basket using the handles and oven mitts.
- Remove and serve food using long handled utensils to avoid injury.
- NOTE: Use oven gloves or pot holders when handling steaming bowl, reservoir, lid, etc.

TABLES OF COOKING TIMES

Vegetables

- Steam leafy green vegetables for the shortest possible time as they lose color easily.
- Salt and season vegetables after steaming for best results.
- Frozen vegetables should not be thawed before steaming. Cooking time may vary from chart below.
- Clean the vegetables thoroughly. Cut off stems; trim, peel or chop if necessary. Smaller pieces will steam faster than larger pieces. For softer vegetable texture, increase steaming time; for firmer texture, decrease steaming time according to taste.
- Quantity, quality, freshness, size and consistent temperature of frozen food may affect steam timing. Adjust water amount and cooking time as desired.
- Some frozen vegetables will produce better results if placed in the rice bowl during steaming. Frozen vegetables should be separated or stirred after 10-12 minutes. Use a long-handled fork or spoon to separate or stir to avoid steam burns on hands and arms.

VEGETABLE	QUANTITY	WATER FILL	STEAMING TIME
Asparagus	15.8 oz.	Min	12 – 15 min
Beans	8 oz.	Min	12 – 15 min
Broccoli	8 oz.	Min	08 – 11 min
Brussel Sprouts	8 oz.	Max	15 – 20 min
Cabbage	8 oz.	Min	10 – 13 min
Carrots – sliced thin	8 oz.	Min	10 – 12 min
Cauliflower	8 oz.	Min	13 – 16 min
Corn	3 ears	Max	20 – 23 min
Egg Hard-boiled	6	Max	15 – 25 min
Eggplant	8 oz.	Max	16 – 18 min
Mushrooms - quartered	8 oz.	Max	14 – 20 min
Peas	10 oz.	Max	15 – 17 min
Peppers – not stuffed	2 med.	Min	12 – 15 min
Potatoes – sliced	8 oz.	Min	10 – 12 min
Spinach –toss halfway through cooking	8 oz.	Min	14 – 16 min
Squash			
• Summer and Zucchini – sliced thin	8 oz.	Min	12 – 15 min
• Acorn and Butternut – sliced thin	8 oz.	Max	22 – 26 min

Meat & Poultry

- Steaming has the advantage of allowing all the fat to drip away during cooking. Due to the gentle heat only choose tender, lean cuts of meat and trim off all fat. Steam in steam basket for best results.
- Use fresh herbs while steaming to add flavor.
- Prepare meat by trimming and removing bones. Smaller pieces will steam faster than larger pieces. For more well-done results, increase steaming time; for less well-done results, decrease steaming time according to taste. Check internal meat or poultry temperature for doneness with a Taylor thermometer.
- Quantity and consistent size of pieces may affect steam timing. Adjust water amount and cooking time as desired.

FOOD	TYPE	QUANTITY	WATER FILL	STEAMING TIME
Beef	½ inch slices of rump, sirloin or fillet steak.	½ lb	Min	8 – 10 min
Chicken	Boneless breast	4 pieces 4 oz each	Max	12 – 15 min
	Drumsticks	4 pieces	Max	20 – 25 min
Lamb	Chops with or without bones	4 chops (¾ inch thick)	Max	10 – 15 min
	Loin cut into pieces	1 lb	Max	10 – 15 min
Pork	Tenderloin, fillet, loin steaks or loin chops	1 lb or 4 pieces (½ inch thick)	Min	5 – 10 min

Fish & Seafood

- Fish is done cooking when it is opaque and flakes easily with a fork.
- Frozen fish may be steamed without defrosting if separated before steaming and the cooking time is extended.
- Add lemon wedges and herbs to the bowl or basket while steaming to enhance the flavor.
- Steaming times listed in the chart below are approximate. Most fish and seafood cook very quickly.
- Steam in small portions or in amounts specified.
- Clams, Mussels, and Oysters may open at different times; check the shells to avoid overcooking.
- Adjust steaming times accordingly.

FOOD	TYPE	QUANTITY	WATER LEVEL	STEAMING TIME
Fish, Fillets	Sole	½ lb	Min	9 – 13 min
	Cod, Haddock, Trout	½ lb	Min	5 – 10 min
Fish, ¾ inch thick steaks	Cod, Salmon	4 steaks	Max	15 – 18 min
Clams	Fresh Layer shells for maximum steam flow. Steaming is done when shells are completely open.	1 lb	Max	10 – 20 min
Lobster, Tails	Fresh Meat will be opaque when done. Cook longer if necessary.	1 or 2 tails	Max	16 – 19 min
Mussels	Fresh Steaming is done when shells completely open.	1 lb	Min	6 – 12 min
Oysters	Fresh Steaming is done when shells completely open.	6	Max	10 – 16 min
Scallops	Fresh Stir halfway through steam time. Meat opaque and flaky when done.	½ lb	Min	10 – 13 min
Shrimps	Fresh Meat will be opaque when done. Cook longer if necessary.	½ lb	Max	10 – 15 min

USDA RECOMMENDED MINIMUM INTERNAL COOKING TEMPERATURES

Note: These are the recommended internal temperatures of the FOOD.

Minimum Internal Cooking Temperatures as Recommended by the USDA*

IMPORTANT! These are the minimum INTERNAL temperatures that food must reach to be considered safe to eat, no matter how you prepare them. We recommend the following guide lines but personal taste temperatures may be different from the below:

Fresh ground beef, veal, pork 160°F / 72°C

Beef, veal, Lamb - roast, steaks, chops

*Rare 140°F / 60°C

Medium Rare 145°F / 63°C

Medium..... 160°F / 72°C

Well Done 170°F / 77°C

Fresh Pork - roast, steaks, chops

Medium..... 160°F / 72°C

Well Done 170°F / 77°C

Ham

Fresh (Raw)..... 160°F / 72°C

Precooked (to reheat)..... 140°F / 60°C

Poultry

Ground Chicken, Turkey 165°F / 74°C

Whole Chicken, Turkey 165°F / 74°C

Breast, Roasts 165°F / 74°C

Thighs and wings 165°F / 74°C

Fish - cook until opaque and flakes easily with fork.. 145°F / 63°C

Stuffing - cooked alone or in bird 165°F / 74°C

Egg dishes 160°F / 72°C

Leftovers, Casseroles 165°F / 74°C

*The USDA does NOT recommend RARE 140°F as a safe eating temperature.

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Cooking Rice

Different types of rice require different cooking directions. Please follow specific directions for the variety used.

- Measure rice and water then COMBINE them in the rice bowl. Place the rice bowl into the steam basket for steaming.
- Fill water reservoir with water to the specified amount. Use only clean water.
- Cover and steam.
- For softer rice, increase by 1 to 2 Tablespoons the amount of water mixed in with the rice. For firmer rice, decrease the amount of water mixed with rice by 1 to 2 Tablespoons.
- Check doneness and consistency of rice at the minimum time specified, stirring at the same time. When checking rice, be careful not to put hands and arms in the path of escaping steam. Use oven mitts and the handles on the bowls.
- Rice may be seasoned after steaming.

Variety of Rice	Combined in Rice Bowl		Approximate Time (Minutes)
	Rice Amount	Water Amount	
Brown •Regular •Parboiled	½ cup 1 cup	1 cup 1 ½ cups	42-45 45-50
Long Grain and Wild Rice Mix •Regular (6 oz. package) •Quick Cooking (6 ½ oz. package)	Mix Mix	1 1/2 cups 1 ¾ cups	50-55 18-20
Instant	1 cup	1-1/2 cups	15-18
White •Regular •Long Grain	1 cup 1 cup	1 ½ cups 1 2/3 cups	45-50 50-55

Eggs

Variety of Egg	Amount	Approximate Time (Minutes)
In the Shell (place in steam basket) • Soft-Cooked • Hard-Cooked	6 6	8 12
Poached • Step #1: Pour 2 cups of water in the rice bowl. Place rice bowl into steam basket. Heat water to steam • Step #2: Crack egg in small bowl, slide into hot water in rice bowl. Steam until poached.	2 to 3	7-8
Scrambled • Step #1: Beat 6 eggs together with 2 Tbsp milk in the rice bowl. Place rice bowl into steam basket. Begin steaming. • Step #2: Stir eggs halfway through cooking time.	6	7-8

CLEANING AND MAINTAINENCE

After each use and before cleaning, unplug the appliance from outlet and allow the steamer to cool. Do not attempt to clean the unit while still hot.

- CAUTION: NEVER IMMERSE THE BASE UNIT, CORD OR PLUG IN WATER OR OTHER LIQUID.
- Once cooled, empty the reservoir.
- Wash lid, steaming bowl, rice bowl and lid in hot, soapy water. Rinse and dry all parts. These parts are not dishwasher safe.
- Wipe reservoir base inside and out with damp sponge and dry completely. If there is any food debris in the tank area, you may use a sponge with hot, soapy water, and then rinse with a clean sponge. Do not immerse tank in water. Dry completely. The reservoir is not dishwasher safe.
- Do not use abrasive cleaners, metal scouring pads or bleach.

Removing mineral scale build-up from the appliance

In hard water areas, mineral scale may build up on the heating element. If scale is allowed to accumulate, the steam function could turn off before the food is fully cooked.

After 2 to 3 months of use:

- Fill the water reservoir to the max level with approximately 3 cups of clear vinegar (not brown vinegar).
- Assemble with the steamer bowl and lid in place during this procedure.
- Insert the plug into outlet and set the timer to 20 to 25 minutes and begin steaming.
- Do not allow the vinegar solution to overflow or boil over. If the vinegar begins to boil over, unplug the unit, turn off the timer and reduce the quantity of vinegar slightly. Use caution with hot liquids.
- When the timer rings after 20 to 25 minutes, unplug the unit, allow to cool, pour vinegar solution out and use clean cold water several times to rinse and clean the surface of the heating element.
- Dry thoroughly.
- Do not use abrasive cleaners, metal scouring pads or bleach.
- **IMPORTANT: DO NOT USE ANY OTHER MINERAL-SCALE REMOVAL PRODUCTS.**

DO'S AND DON'TS

- Don't place frozen meat in the steamer; always defrost first.
- Don't over fill the max mark in the reservoir or you may cause damage to the element.
- Don't use foil or paper to line the basket as you will block the steam holes.
- Do provide adequate air space above and on all sides for air circulation. Be sure not to place the unit under a cabinet or near electrical sockets.
- Do provide close supervision if used near children. Be sure to keep the unit away from their reach to avoid accidental burns or injury.
- Do use oven mitts or gloves when handling the hot appliance or removing lid to prevent steam from reaching hands and arms.
- Do let the unit cool off before cleaning.
- Do experiment with different foods to find the right combination of flavor and texture!

TROUBLESHOOTING

- **The Food Steamer & Rice Cooker will not operate.**
 - Has a household fuse blown, or has a circuit breaker tripped?
 - Is the power supply cord properly seated in the unit and the outlet?
 - Has the cord been damaged in some way? If so, **DO NOT USE THE FOOD STEAMER.**
 - Contact Customer Service for replacement information.
 - Has the auto-shut off feature activated?
- **The Food Steamer & Rice Cooker will not heat properly.**
 - Is the bowl securely positioned in the base? If not, turn off the unit, allow the unit to cool and reposition the bowl into the unit base?
 - Has the Food Steamer & Rice Cooker been overloaded? Attempting to steam large quantities or large pieces of food may result in undercooked food.
- **There is excessive moisture in the Food Steamer & Rice Cooker.**
 - Is there anything blocking the vents on the lid?
 - Is the lid not seat properly?
 - Is there food blocking the ability of the lid to seal?
- **Steaming results are not what I expected.**
 - Is the correct time setting in use?

Note: individual preferences vary; you may need to experiment with steaming times to achieve your desired results.

WARRANTY INFORMATION

Taylor® warrants this product to be free from defects in material or workmanship for one (1) year for the original purchaser from date of retail purchase. It does not cover damages or wear resulting from accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair. If service is required, do not return to retailer. Should this product require service (or replacement at our option), please contact Taylor Customer Service at:

1-800-289-0944

There are no expressed warranties except as listed above. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

If you need replacement parts

·Use only Taylor specified parts. These specified parts will fit right and work right because they are made with the same precision used to build every new Taylor appliance.

Keep this book and your sales slip together for future reference. You must provide proof of purchase for warranty purposes.

For additional product information, or warranty information in Canada or elsewhere outside the USA, please contact us through www.taylorusa.com

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