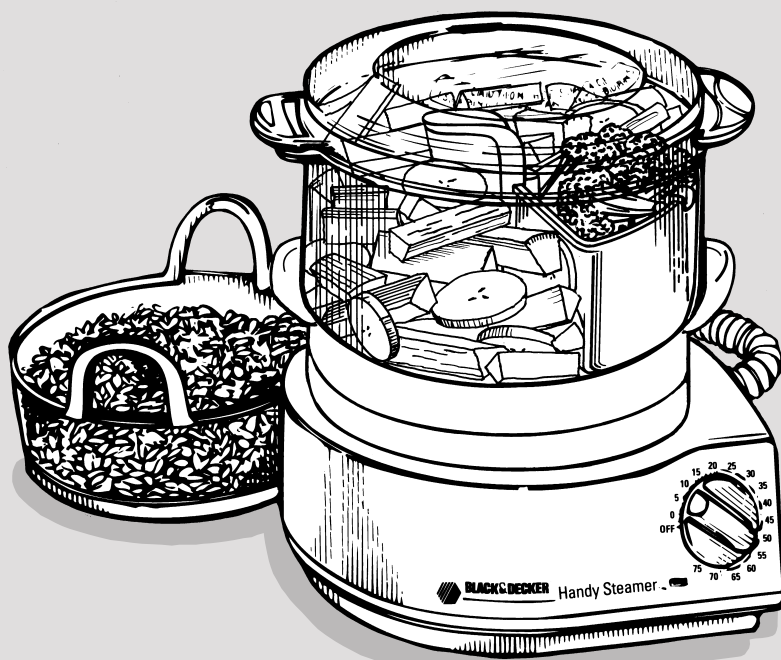




BLACK & DECKER®

SAVE THIS USE AND CARE BOOK

Handy Steamer Plus™ Food Steamer/Rice Cooker



800-231-9786

QUESTIONS? Please call us TOLL FREE

Monday - Friday 8:15 a.m. - 5:00 p.m. Eastern Time.

MODEL HS90

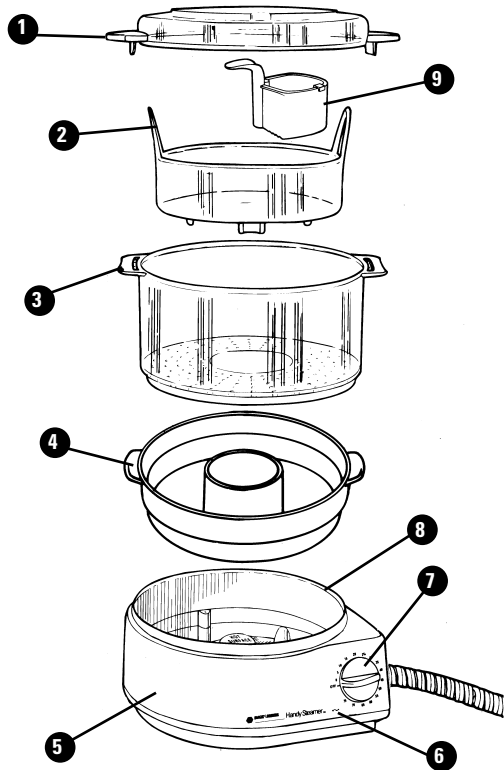
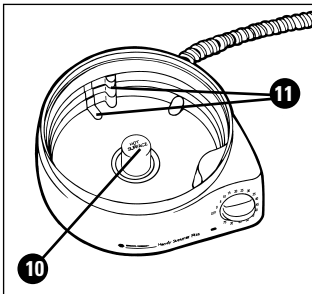
IMPORTANT SAFEGUARDS

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

- Read all instructions.
- Do not touch hot surfaces. Use potholders when removing cover or handling hot containers.
- To protect against electrical shock, do not immerse cord, plug or base unit in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use. Unplug before putting on or taking off parts, and allow to cool before cleaning.
- 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 an authorized service facility for examination, repair or adjustment.
- The use of accessory attachments not recommended by this appliance manufacturer may cause hazards.
- Do not use outdoors.
- Do not let cord hang over edge of table or counter, or touch hot surfaces.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot food, water, or other hot liquids.
- Do not use appliance for other than intended use.
- Lift and open cover carefully to avoid scalding, and allow water to drip into steamer.

SAVE THESE INSTRUCTIONS

1. Cover with tabs
2. Rice Bowl
3. Steaming Bowl with handle openings
4. Drip Tray
5. Base
6. Cooking Light
7. Timer
8. Steaming Guide (on back of unit)
9. Bowl Divider
10. Heater Element
11. Water Reservoir in Base with Lo, Med and Hi Fill Marks



POINTS TO REMEMBER

Do not place the unit directly under cabinets when operating as this product produces large amounts of steam. Avoid reaching over the Steamer when operating.

Always use hot pads during steaming to remove the Cover or any part of the unit to avoid steam burns.

Steaming times will vary depending on desired doneness and food quantity, size and arrangement. The cooking times in the Steaming Guide are suggested times. You may want to lengthen/shorten cooking times to suit your taste.

NOTE: If the desired cooking time is less than 15 minutes, first turn the Timer past 15 minutes and then turn to desired cooking time

Altitude affects the temperature at which water boils. Thus in higher altitudes longer cooking times may become necessary.

Some water will remain in the Water Reservoir after the Steamer has turned off; this is normal.

Do not use any Steamer parts in microwave or on any cooking/heated surface.

How To Use

COOKING IN THE STEAMING BOWL

(See Steaming Guide for suggested cooking times, techniques and water fill levels.)

CAUTION: To avoid steam burns and when checking foods while cooking, use long handled utensils/tongs. Always use potholders to remove Cover. When removing the Cover, be careful to lift Cover slowly.

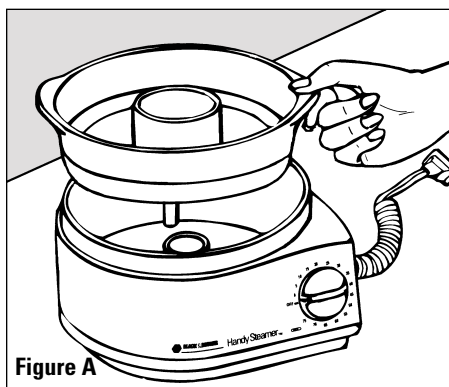


Figure A

Fill Water Reservoir with cold tap water to appropriate fill line. For added flavor, you may add lemon juice, chicken broth, white wine and herbs/spices to the water in the Reservoir. Do NOT use beer, red wine, oil, spice extracts (i.e., vanilla) or fruit juices in the Reservoir.

Hold the Drip Tray by the handle and place it into the Base. (Figure A)

NOTE: The Drip Tray is always used whenever the Rice Bowl is not used. It prevents fats/juices of some foods from dripping into the water and bubbling up into the Steaming Bowl. If you choose, save these juices for gravies, sauces, soup stock, etc.

Place the foods to be steamed into the Steaming Bowl. You may add seasonings, such as lemon slices, fresh dry herbs, seafood seasoning mix, etc. to the food.

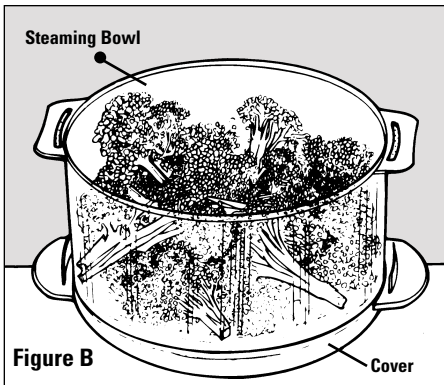
Place the Cover on the Steaming Bowl. Make sure the handles line up over each other and the tabs fit properly into the openings.

Put the Steaming Bowl onto the Base.

Plug the cord into an electrical outlet.

Set the Timer for the desired cooking time. When the time is up, a bell will ring, the Cooking Light will stop glowing and the unit will automatically shut off.

NOTE: If the desired cooking time is less than 15 minutes, first turn the Timer past 15 minutes and then turn to desired cooking time.



The Cover can be turned over with the top facing downward and used as a trivet/base for resting the Steaming Bowl. (Figure B) When cooking has been completed, unplug cord. Promptly remove Steaming Bowl from Base and place on inverted Cover.

Carefully remove the Drip Tray by the handles. Contents will be hot.

COOKING RICE

(See Steaming Guide for suggested cooking times, techniques and water fill levels.)

NOTE: Drip Tray is not used with Rice Bowl.

Fill Water Reservoir with cold tap water to appropriate fill line. Do not use wine, broth or other liquids.

Put Steaming Bowl onto the Base.

Add rice and water to Rice Bowl.

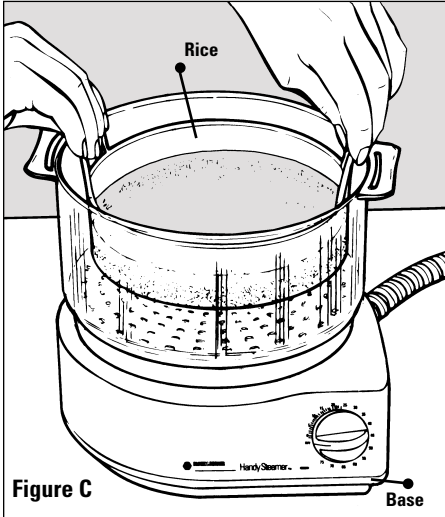


Figure C

Place Rice Bowl with rice and water into the Steaming Bowl. (Figure C)

Place the Cover on the Steaming Bowl. Make sure the handles line up over each other and the tabs fit properly into the openings. Plug the unit into a standard electrical outlet.

Set the Timer for the desired cooking time. When the time is up, a bell will ring, the Cooking Light will stop glowing and the unit will automatically shut off.

When cooking has been completed, carefully remove Steaming Bowl from Base. Unplug cord. Remove the Cover carefully to prevent water on it from dripping into the rice.

Using potholders, carefully lift the Rice Bowl by its handles.

NOTE: The Rice Bowl can also be used for cooking vegetables with sauces, poaching chicken or fish in liquids, reheating foods like casseroles or foods with sauces.

BOWL DIVIDER FEATURE

The Bowl Divider allows you the option of steaming 2 foods at once and keeping them totally separate. The Bowl Divider can be opened to cover half the Steaming Bowl (for cooking 2 to 3 servings) (Figure D) or reduced to cover only a fourth of the Bowl (for 1 or 2 servings).

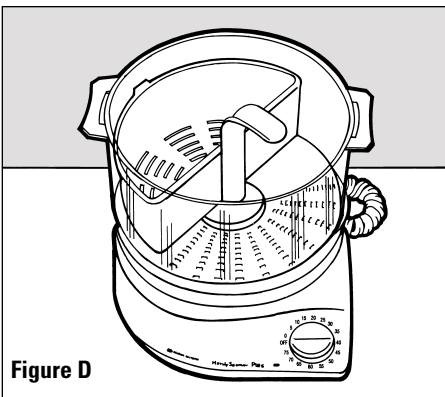


Figure D

Few foods steam in the same amount of time so it will be necessary to plan the steaming time for each food. You can add a second food after the first one has steamed for a while; you can also remove the Bowl Divider before food in the Steaming Bowl is done. Here are some basic guidelines for using the Bowl Divider feature.

GUIDELINES:

Always place the Bowl Divider in the Steaming Bowl prior to the start of steaming (even if empty and food is to be added later.)

If steaming foods with different water levels, always use the higher water level of the 2 foods. Refer to Steaming Guide for water levels to use for each food.

Prepare foods as recommended in the Steaming Guide, but generally quantities should be reduced to:

3 cups or less in Steaming Bowl

2 cups or less in Bowl Divider - largest position

1 1/4 cups or less in Bowl Divider - smallest position

Position larger amount of food in the Steaming Bowl. Reserve smaller food amount for Bowl Divider.

Foods can be started at the same time, or 1 food started in the Steaming Bowl, or Bowl Divider, and the second one added 5 or 10 minutes later.

Stir vegetables every 10-15 minutes; after 7-8 minutes for vegetables that cook in 15 minutes or less. This promotes more even cooking.

Check doneness of vegetables often. Generally they will take a little longer than when the Bowl Divider is not used, but not always. Time will depend upon the amount and size of the food pieces.

If food in the Bowl Divider is done first, remove Bowl Divider - using potholder to grip hot handle - and continue cooking other food.

SUGGESTED FOOD COMBINATIONS

Carrots and Red Potatoes

Medium water level

1 1/2 cups carrots (1/8" thick slices)

4 potatoes, quartered

Place carrots in Bowl Divider, fully opened. Potatoes in Bowl. Start together. Set Timer for 30 minutes. Stir both after 15 minutes. Check doneness at 25 minutes.

Yield: 2-3 servings of both in 28-31 minutes.

Snow Peas and Yellow Squash

Low water level

1/4 lb. snow peas (about 1 1/4 cups)

2 cups squash (1/4" thick slices)

Place snow peas in Bowl Divider, fully opened. Squash in Bowl. Start together. Set Timer for 19 minutes. Stir after 7 minutes. Check snow peas after 14 minutes; remove Divider when done. Cook squash until crisp and tender.

Yield: 2-3 servings of both in 14-19 minutes.

Cauliflower and Zucchini

Medium water level

1 1/4 cups cauliflowerets

3 cups zucchini (1/4" slices)

Reduce Bowl Divider to one-fourth size and set Timer for 20 minutes. Add cauliflowerets and steam 10 minutes. Add zucchini; stir after 5 minutes; cook 3 minutes more. Check doneness of both after 18 minutes.

Yield: 2-3 servings of both in 18-20 minutes.

Boneless Chicken Fillets and Cut Green Beans

Medium water level

1/2 lb. cut green beans (1 1/2 cups)

2 chicken fillets (each 1/4 lb., 3/4" thick)

Open Bowl Divider fully and fill with green beans. Place chicken fillets in Bowl. Start together. Set Timer for 30 minutes. Stir beans after 15 minutes. Check doneness at 27 minutes.

Yield: 2 servings of both in 27-30 minutes

Care Guide

CAUTION: Allow steamer to cool before washing. Turn timer to off. Unplug cord from outlet.

CLEANING

Bowls, Cover and Drip Tray: Immerse in HOT, SUDSY WATER. Rinse thoroughly. Dry all parts.

May be washed in a dishwasher.

Water Reservoir: (Interior of Base) Pour HOT, SUDSY WATER into Water Reservoir. Use a non-abrasive plastic brush or mesh scouring pad to clean the interior. Do not use abrasive scouring pads or abrasive cleaners to clean any part of the Steamer.

Thoroughly rinse with clean, hot water to remove all traces of detergent.

Special Care For Heater Element: After a period of use, the Heater surface may become coated from mineral deposits left by water. Severe build-up should be treated by heating vinegar in the Water Reservoir. Do not use household bleach. When cleaning, follow this procedure:

Do not cover Base with any Steamer parts while cleaning.

Pour vinegar (1 quart) into the Base to the "Hi" fill line.

Plug unit into electrical outlet and turn Timer ON for approximately 20 minutes.

Do not allow solution to boil over or spill onto exterior surfaces.

When bell sounds and Cooking Light stops glowing, unplug cord from outlet. Pour out vinegar solution and using a non-abrasive plastic brush, scrub the Heater Element.

Rinse only interior surfaces with fresh water.

Exterior of Base: Wipe Base and cord with a damp cloth, then dry thoroughly. Never immerse Base in liquid or place in dishwasher.

To maintain appearance of the exterior, avoid the use of abrasive pads, brushes or cleansers.

STEAMING GUIDE

NOTE: Steaming times will vary depending on desired doneness and quantity used. The cooking times in the Steaming Guide are suggested times. You may want to lengthen/shorten cooking times to suit your taste. The times suggested in the Steaming Guide are total cooking times, starting when the Timer is turned ON.

While the majority of foods cook in much less than 75 minutes, longer cooking times may require adding additional water to the Water Reservoir. Remember to reset the Timer. Also, when using the "Lo" fill line and if the unit shuts off just short of your desired doneness, just add 1/2 cup water and reset the Timer. Watch food to avoid overcooking.

CAUTION: To avoid steam burns and when checking foods while cooking, use long handled utensils/tongs. Always use potholders to remove Cover. When removing the Cover, be careful to lift Cover slowly.

When a Foil Cover is Used Over the Rice Bowl

Some foods that are steamed in the Rice Bowl need an aluminum foil cover to prevent excess moisture from getting into the food.

Foods that need a foil cover are specified in the Steaming Guide.

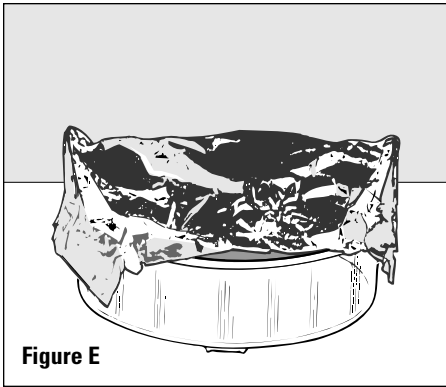


Figure E

To cover Rice Bowl, use about a 7" width of foil. Place the length over Bowl and across the handles; press length down and against outside of handles. Extend width of foil just beyond opposite sides of Bowl; leave a little space between foil and edge of Bowl. (Figure E)

To move Bowl, grip top of foil-covered handles and carefully lift Rice Bowl.

NOTE: The water levels in the Base of the Steamer are as follows:

Lo level = 1 1/2 cups or 12 ounces

Medium level = 2 1/2 cups or 20 ounces

High level = 4 cups or 32 ounces

FRESH VEGETABLES

Weight, as specified for some vegetables in the Guide, is the purchased weight of the food before it is trimmed, peeled, or cleaned.

Freshness, size/uniformity, and quantity will affect steaming time and quality of results. Use crisp, firm vegetables.

Select uniform foods or cut pieces as evenly as possible.

Use amounts as recommended in the Steaming Guide.

Stirring is recommended when steaming some foods. Use a long handled spoon to stir.

Steam foods until just crisp, tender for best flavor and food value.

Season vegetables after steaming.

Fresh Vegetables	Weight/Or Number Pieces	Use Rice Bowl	Use Drip Tray	Water Fill Line In Base	Approx. Time (Minutes)	Tips
Artichokes, whole	5-6 medium	No	Yes	Hi	38-40	<ul style="list-style-type: none"> ■ Trim top, tips and bottom so each sits flat. ■ Pull open slightly and soak in water (10 mins.) to clean. ■ Use tongs to remove from Steaming Bowl.

Fresh Vegetables	Weight/Or Number Pieces	Use Rice Bowl	Use Drip Tray	Water Fill Line In Base	Approx. Time (Minutes)	Tips
Asparagus, Spears	1 lb. (about 3/8" - 1/2" in diameter)	No	Yes	Lo	13-15	<ul style="list-style-type: none"> ■ Cut off and discard tough portion of spears. ■ Up to 8" lengths will fit in center of Steaming Bowl. ■ Trim to 8" lengths. ■ For over 1/2 pound, place half of spears in single layer; crisscross remaining in second layer. ■ Use tongs to remove from Steaming Bowl. ■ For thinner spears, reduce cooking time.
	1 1/2 lbs. (3/8" - 1/2" in diameter)	No	Yes	Lo	16-18	
Beans, Green/Wax Cut or Whole	1 lb.	No	Yes	Med	24-28	<ul style="list-style-type: none"> ■ Stir after 15 mins. ■ Yield 4 cups.
	1 1/2 lbs.	No	Yes	Med	29-32	<ul style="list-style-type: none"> ■ Stir after 15 and 25 mins. ■ Yield about 5-1/2 cups.
Broccoli, Spears	1 lb.	No	Yes	Lo	16-18	<ul style="list-style-type: none"> ■ Trim to 4" lengths from top of head to stem. Stems should be about 1/4" - 3/8" in diameter. ■ Arrange over Steaming Bowl surface. ■ Yield about 4 1/2 cups.
	1 1/2 lbs.	No	Yes	Med	19-21	<ul style="list-style-type: none"> ■ Trim to 4" lengths from top of head. ■ Stems should be 1/4" - 3/8" in diameter. ■ Layer loosely. ■ Yield about 6 cups.
Brussels Sprouts	1 lb.	No	Yes	Med	24-26	<ul style="list-style-type: none"> ■ Trim leaves/stem, as necessary. ■ Cut a 1/4" deep cross into stem end; wash; drain. ■ Place smallest sprouts in second layer. ■ Stir after about 15 mins. ■ Yield about 3 cups.
	1 1/2 lbs.	No	Yes	Med	26-29	<ul style="list-style-type: none"> ■ Yield about 4 1/2 cups.
Cabbage	3/4 - 1 lb. (about 1/2 small head)	No	Yes	Med	20-23	<ul style="list-style-type: none"> ■ Trim outer leaves/base. ■ Cut into 4 equal wedges, maintaining a section of core with each wedge. ■ Place wedges on side and over steam holes around Bowl. ■ Remove with tongs.
Carrots	1 lb.	No	Yes	Lo	16-18	<ul style="list-style-type: none"> ■ Peel; slice thinly (about 1/8" thick). ■ Spread over Steaming Bowl surface. ■ Stir after 10 mins. ■ Yield about 2 2/3 cups.
	2 lbs.	No	Yes	Med	21-23	<ul style="list-style-type: none"> ■ Stir after 13 and 18 mins. ■ Yield about 5 cups.

Fresh Vegetables	Weight/Or Number Pieces	Use Rice Bowl	Use Drip Tray	Water Fill Line In Base	Approx. Time (Minutes)	Tips
Cauliflower Whole Head	Medium size (about 2 1/2 lbs. untrimmed)	No	Yes	Med	26-29	<ul style="list-style-type: none"> ■ Trim; remove core. ■ Center in Steaming Bowl. ■ Insert 2 forks to lift from Steaming Bowl after steaming.
Flowerets	1 head (1 1/4 - 1 1/2 lbs. untrimmed - med.)	No	Yes	Med	23-25	<ul style="list-style-type: none"> ■ Cut flowerets to about 2" diameter. ■ Layer loosely. ■ Stir after 15 mins. ■ Yield about 4 1/2 cups.
Corn on Cob	Up to 8 pieces (2 3/4" - 3 1/2" in length)	No	Yes	Med	29-33	<ul style="list-style-type: none"> ■ Cut or break whole ears into pieces. ■ Arrange vertically (stand on end) around sides of Steaming Bowl. ■ Remove with tongs.
Snow/Chinese Pods	1/2 lbs.	No	Yes	Lo	10-11	<ul style="list-style-type: none"> ■ Break off ends; remove strings and wash. ■ Spread over Steaming Bowl surface. ■ Stir after 7 mins. ■ Yield about 2 cups.
Peppers, Whole Sweet Green or Red (to partially cook, then stuff)	4 - 5 medium	No	Yes	Lo	10-12	<ul style="list-style-type: none"> ■ Cut across width of pepper at stem end; carefully remove seeds and membranes. Wash. ■ Arrange in Steaming Bowl with open side down. ■ After steaming, peppers can be cooled quickly using cold water; carry Steaming Bowl with peppers to sink and run cold water over them. ■ Fill peppers with a precooked filling and bake in oven as recipe directs.
Potatoes, Whole Red	1 lb.- 4-6 small (2" - 2 1/2" in width)	No	Yes	Med	35-39	<ul style="list-style-type: none"> ■ Scrub/wash potatoes; do not peel or cut. ■ Arrange along sides of Steaming Bowl. ■ Remove with tongs.
	2 lbs.- 7-9 small (2" - 2 1/2" in width)	No	Yes	Hi	41-45	<ul style="list-style-type: none"> ■ Prepare as previously described. ■ Place potato halves in second layer above steam holes in Bowl. ■ Stir after 20 mins. ■ Remove with tongs.

Fresh Vegetables	Weight/Or Number Pieces	Use Rice Bowl	Use Drip Tray	Water Fill Line In Base	Approx. Time (Minutes)	Tips
Spinach	1 lb.	No	Yes	Lo	13-15	<ul style="list-style-type: none"> ■ Remove stems; wash, then drain leaves for 1-2 mins. ■ Pack into Steaming Bowl, Bowl will be heaping full. ■ Stir after 7 and 10 mins; use a long-handled fork to bring wilted leaves from bottom of Bowl. ■ Yield about 2 cups.
Squash Summer (Yellow) and Zucchini	1 lb. medium size	No	Yes	Lo	14-16	<ul style="list-style-type: none"> ■ Trim; wash. ■ Cut into 1/4" slices. ■ Stir after 9 mins. ■ Yield about 3 cups.

FROZEN VEGETABLES

Times given are for the contents of one or two boxes or bag of the size specified for the frozen vegetable. Foods listed are not packaged in butter or a sauce; most are placed directly into the Steaming Bowl. Do not thaw before steaming.

Frozen vegetables may be very icy; some are a solid block when removed from the package. When possible, break-up/separate frozen pieces before adding them to Steaming Bowl. These foods should be separated/stirred after 10 - 12 mins., or at the time suggested in the Steaming Guide.

Use a long handled fork or spoon to separate or stir foods.

Mashed, frozen vegetables, like winter squash, are placed in the Rice Bowl, then the Steaming Bowl and should be covered with a piece of aluminum foil during steaming. See instructions for using a foil cover.

Season vegetables after steaming.

Frozen Vegetables	Pkg. Weight/ Or Number Pieces	Use Rice Bowl	Use Drip Tray	Water Fill Line In Base	Approx. Time (Minutes)	Tips
Asparagus Cut	2 pkgs. 9-10 ounces	No	Yes	Med	21-23	■ Separate/stir after 15 mins.
Spears	2 pkgs. 9-10 ounces	No	Yes	Med	18-20	■ Separate/rotate after 12 and 17 minutes.
Beans Green/Wax, cut or whole	2 pkgs. 8-9 ounces	No	Yes	Med	22-25	■ Stir after 15 and 20 mins.
Lima, Baby	2 pkgs. 9-10 ounces	No	Yes	Med	22-25	■ Stir after 15 and 20 mins.

Frozen Vegetables	Pkg. Weight/ Or Number Pieces	Use Rice Bowl	Use Drip Tray	Water Fill Line In Base	Approx. Time (Minutes)	Tips
Broccoli Chopped	2 pkgs. (9-10 ounces)	No	Yes	Med	29-31	■ Separate with long-handled fork after 15 mins; stir after 15 and 20 mins.
Spears	1 pkg. (16 ounces)	No	Yes	Med	22-25	■ Separate pieces as possible; layer loosely.
Brussels Sprouts	2 pkgs. (9-10 ounces)	No	Yes	Med	26-28	■ Separate pieces as possible. ■ Stir gently after 15, 20 and 24 mins.
Carrots Baby, Whole	2 pkgs. (9-10 ounces)	No	Yes	Med	26-28	■ Stir gently after 15 and 20 mins.
Cauliflower	2 pkgs. (9-10 ounces)	No	Yes	Med	26-29	■ Stir after 15 and 20 mins. ■ When serving, sprinkle with ginger or dry mustard, if desired.
Corn Cut	2 pkgs. (9-10 ounces)	No	Yes	Med	22-25	■ Stir after 15 and 20 mins. ■ Flavor with butter or margarine, if desired.
On Cob	Up to 9 half ears (about 2 3/4" in length)	No	Yes	Med	36-38	■ Arrange vertically (standing on end) with one ear in center of Steaming Bowl. ■ Remove with tongs.
Mixed Vegetables	1 pkg. (16 ounces)	No	Yes	Med	21-23	■ Stir after 15 and 20 mins.
Peas Green	1 pkg. (9-10 ounces)	No	Yes	Lo	15-17	■ Stir after 10 mins.
Snow/Chinese Pea Pods	1 pkg. (6 ounces)	No	Yes	Lo	12-13	■ Separate after 8 mins; stir after 10 mins.
Sugar Snap	1 pkg. (8-9 ounces)	No	Yes	Med	18-20	■ Stir after 10-15 mins.
Spinach Cut Leaf	1 pkg. (16 ounces)	No	Yes	Med	25-27	■ Separate/stir after 15-20 mins.
Squash Winter, Mashed	2 pkgs. (12 ounces)	Yes	No	Hi	47-52	■ Place frozen block in Rice Bowl; it will not lay flat. Cover Rice Bowl with foil. ■ After 30 mins., remove Steaming Bowl from Base. Lift foil from Rice Bowl; be careful of steam. ■ Separate/stir mixture. Replace foil; replace Steaming Bowl on Base to continue steaming.

SEAFOOD AND FISH

Steaming times provided are for fresh, or frozen and thawed, seafood and fish. Clean and prepare fresh seafood and fish, as appropriate, before steaming.

Most seafood and fish cook quickly. Steam in small quantities, or in amounts as specified.

Clams tend to open at different times during steaming. To avoid overcooking, watch the shells. Tap the exterior of Cover to improve visibility as steam forms on inside of Steaming Bowl. Use tongs to remove shells when opened; be careful as the steam is hot. Replace Cover after opened shells are removed.

Serve steamed seafood or fish with plain or seasoned butter or margarine, fresh lemon, and/or favorite sauces.

Fish fillets may be steamed in the Rice Bowl. See the procedure provided for poached fillets. Experiment with your favorite fish fillets and/or seasonings by following the proportions and procedures given in the recipe. Adjust steaming times, as necessary.

Type Of Seafood/Fish	Amount	Use Rice Bowl	Use Drip Tray	Water Fill Line In Base	Approx. Time (Minutes)	Tips
Clams Littlenecks/Cherrystones (fresh) Steamers/Longnecks (fresh)	1 dozen in shell (up to 2" across)	No	Yes	Lo	11-16	<ul style="list-style-type: none"> ■ Clean, soak shells. ■ Stagger shells that are layered. ■ Cook until shells are well opened. ■ Larger clams need maximum time. ■ Use tongs to remove. ■ To steam larger Littlenecks or Cherrystones (up to 2 3/4" across), use "Med" water level; steam 1 dozen at a time; stir after 15 mins. ■ Steam until shells are opened.
	1 dozen in shell (up to 2 3/4" across)	No	Yes	Lo	9-16	
	2 dozen in shell (up to 2 3/4" across)	No	Yes	Lo	9-18	
Scallops (fresh) Bay Sea	1 lb., shucked	No	Yes	Lo	12-14	<ul style="list-style-type: none"> ■ Arrange in single layer; larger quantity must be layered. ■ Larger scallops and/or larger amount may take maximum time. ■ Stir at 7 minutes; again at 10 minutes if not done. Use a long handled spoon. ■ Steam until opaque.
	1 lb., shucked (up to 3/4" thick)	No	Yes	Lo	12-15	
Shrimp (Fresh, or frozen and thawed)	Large 1 lb. in shell	No	Yes	Lo	13-15	<ul style="list-style-type: none"> ■ Stagger shrimp that are layered. ■ Stir with long handled spoon after 8 minutes and 11 minutes. ■ Steam until shells are reddish and flesh is opaque.
	1 1/2 lbs. in shell	No	Yes	Med	18-20	

Type Of Seafood/Fish	Amount	Use Rice Bowl	Use Drip Tray	Water Fill Line In Base	Approx. Time (Minutes)	Tips
Fish Fillets (Fresh, or frozen and thawed) Sole Flounder Other favorite fillets	1/2 lb. (1/4" - 1/2" thick)	No	Yes	Lo	10-14	<ul style="list-style-type: none"> ■ Spray bottom of Steaming Bowl with non-stick cooking spray before adding fillets for easier removal of fish and for easier cleaning. ■ Place largest pieces in single layer; stagger any smaller pieces on top. ■ Steam until opaque and flesh flakes easily. ■ Gently remove with spatula.
Poached Sole Dijon* *Your favorite fish fillets can be substituted for sole.	1 - 1 1/4 lbs. fillets (4-6 fillets of similar size each about 9" L: x 2 1/2" W)	Yes	No	Med	23-38	<ul style="list-style-type: none"> ■ Combine 3 tbs.. lemon juice, 2 tbs.. melted butter or margarine, 1 small chopped onion, 4 sprigs chopped parsley, 1 chopped clove garlic and 1 teaspoon Dijon mustard. Wash and dry fillets. Spread onion mixture evenly down meaty side of fillets. Roll up and position in Rice Bowl in single layer with end side down. Cover Bowl with foil. Serve with rice, spooning seasoned fish juices over rice. Steam until opaque and flesh flakes easily. ■ Makes 2-4 servings.
Steaks (Fresh, or frozen and thawed)	1-1 1/2 lbs.					For all fish steaks — <ul style="list-style-type: none"> ■ Spray bottom of Steaming Bowl with non-stick cooking spray before adding steaks for easier removal of fish/for easier cleaning. ■ Arrange in single layer in Steaming Bowl. ■ Steam until opaque and flesh flakes easily; check next to any bone for doneness, or in thickest area. ■ If steam stops before Timer rings, add 1/2 cup water to Base and watch closely to avoid overcooking. ■ Carefully remove from Steaming Bowl using a spatula. ■ Experiment with others, or your favorite. Follow basic procedure for fish steaks. ■ Watch to prevent overcooking.
Halibut	1-2 steaks (3/4" - 1" thick)	No	Yes	Med	23-25	
Salmon	3-4 steaks (3/4" - 1" thick)	No	Yes	Med	24-30	
Swordfish	1-2 steaks (3/4" - 1" thick)	No	Yes	Med	22-29	
Tuna	1-2 steaks (3/4" - 1" thick)	No	Yes	Med	22-26	

CHICKEN, FRANKFURTERS

To steam chicken pieces:

Select pieces of similar size and weight for even cooking.

Trim off fat; removal of skin is recommended.

Arrange in single layer; see Tips in Steaming Guide.

Steam until well done - when juices run clear. Check for doneness next to any bone and in thickest area.

To steam frankfurters:

Pierce whole franks with a fork (several times along the length) to reduce splitting while steaming.

Chicken, Frankfurters	Weight/Or Number Pieces	Use Rice Bowl	Use Drip Tray	Water Fill Line In Base	Approx. Time (Minutes)	Tips
Chicken Breast, boneless fillets	1 lb. (4 pieces; 3/4" - 1" at thickest part)	No	Yes	Med	22-25	<ul style="list-style-type: none"> ■ Place in single layer; stagger smallest piece on top, if necessary. ■ Great for chicken salad or soup.
	1 1/4 - 1/2 lbs. (4 large pieces)	No	Yes	Med.	25-28	<ul style="list-style-type: none"> ■ Position as previous. Place any small pieces, as may be cut from larger pieces, in center of Bowl.
Breast, split with bone	1 - 1 1/4 lbs. (2 pieces)	No	Yes	Hi	30-34	<ul style="list-style-type: none"> ■ Place flesh side down with thickest part toward sides of Steaming Bowl.
	1 3/4 - 2 lbs. (4 pieces)	No	Yes	Hi	37-41	
Poached Chicken Breast - boneless, skinless fillets	1 - 1 1/4 lbs. (4 pieces; 3/4" - 1" at thickest part)	Yes	No	Med	32-35	<ul style="list-style-type: none"> ■ Combine ingredients for Poaching Liquid (see below) in Rice Bowl. ■ Place chicken pieces in liquid with thickest part toward sides of Rice Bowl; bone side up for pieces with bone. ■ Serve poaching liquid with cooked chicken, or refrigerate for soup stock, gravy or sauces.
<p>Poaching Liquid for Chicken 1 cup water 1 1/2 teaspoon instant chicken flavored bouillon granules 1/2 teaspoon dried minced onion 1/2 teaspoon dried basil, savory, marjoram or thyme 1/8 teaspoon black pepper Salt to taste Combine ingredients in Rice Bowl.</p>						

Chicken, Frankfurters	Weight/Or Number Pieces	Use Rice Bowl	Use Drip Tray	Water Fill Line In Base	Approx. Time (Minutes)	Tips
Frankfurters Up to 7" long	About 7/8" in diameter, uncooked	No	Yes	Lo	15-17	<ul style="list-style-type: none"> ■ Crisscross and stagger franks in layers. For 2 lbs., make 3 layers. ■ For 1 lb. franks, rolls can be heated toward the end of the steaming period. Using tongs, place up to 4 rolls at a time on top of franks for 30-45 secs. Shake water from Cover before replacing over rolls. ■ For 2 lbs. franks, heat rolls by another method, such as in the oven. ■ To steam larger diameter franks, use a "Lo" water level, steam 1 lb. at a time for 17-19 mins.
	2 lbs. (16-20)	No	Yes	Lo	17-19	

RICE

There are many different kinds of rice. The more common ones, listed in the Steaming Guide, vary in the amount of water that is combined with rice in the Rice Bowl, and in the cooking time. Follow amounts of water and rice in Steaming Guide (not on the package) for each kind of rice. Wild rice, other than in a package mix with whole rice, does not cook effectively using steam.

Accurately measure the rice and water that are combined in the Rice Bowl. Measure water using a liquid measuring cup. Level rice in a dry measuring cup. (Fig. F) Stir rice and water. Place Rice Bowl into Steaming Bowl for steaming.

Consistency of rice can be varied, if desired. For drier/firmer rice, decrease specified amount of water that is combined with the rice by 1 - 2 tablespoons. For softer rice, increase water mixed with rice by the same amount.

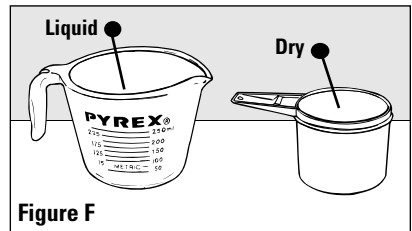


Figure F

Check doneness and consistency of rice at minimum time specified for each type; stir rice at this time.

After checking/stirring rice, shake Cover before replacing it on Steaming Bowl. This will prevent water in Cover from dripping into Rice Bowl which would reduce the quality and flavor of the steamed rice.

Season rice after steaming. Add salt, pepper, butter or margarine. Toss with sauteed chopped onions or mushrooms; with toasted nuts or chopped parsley.

For flavored rice, substitute the specified amount of water that is combined with rice in the Rice Bowl with beef or chicken broth, consomme or bouillon.

For a tasty change from plain rice, refer to recipe for Parmesan Rice with Spinach.

At completion of steaming, carefully remove Rice Bowl from Steaming Bowl; handles will be hot and wet. If transferring rice to another serving bowl, wipe moisture from outside of Rice Bowl to prevent water from dripping into serving bowl.

Type of Rice	Combine in Rice Bowl		Use Drip Tray	Water Fill Line In Base	Approx. Time (Minutes)	Tips	
	Amount Rice	Amount Cold Water					
Brown Regular, Long or Short Grain	1 cup	1 1/4 cups	No	Hi	50-52	■ Makes about 3 1/2 cups.	
	1 1/2 cups	2 cups	No	Hi	54-56	■ Makes about 4 1/2 cups.	
	2 1/2 cups	3 cups	No	Hi	60-62	■ Makes about 7 1/2 cups.	
White Regular, Extra Long, Long and Medium Grain	1 cup	1 1/2 cups	No	Med	35-36	■ Makes about 3 1/2 cups.	
	1 1/2 cups	2 cups	No	Hi	38-39	■ Makes about 4 1/2 cups.	
	2 1/2 cups	3 cups	No	Hi	48-50	■ Makes about 8 - 8 1/2 cups.	
Regular, Parboiled, Long Grain	1 cup	1 2/3 cups	No	Hi	50-52	■ Makes about 3 1/2 cups.	
	1 1/2 cups	2 cups	No	Hi	53-55	■ Makes about 5 cups.	
	2 1/2 cups	3 cups	No	Hi	61-63	■ Makes about 8 cups.	
Long Grain and Wild Rice Mix Regular (6 oz. pkg.)	Mix	1 2/3 cups	No	Hi	57-59	■ Add 1 tablespoon butter or margarine to mix and water in Rice Bowl before steaming. ■ After steaming, stir and let stand 3-5 minutes. ■ Makes about 3 1/2 cups.	
	(Two 6 oz. pkgs.)	Mix	3 cups	No	Hi	67-68	■ Makes about 6 1/2 cups.
	Fast cooking (6 1/4 oz. pkg.)	Mix	1 1/2 cups	No	Lo	22-24	■ Makes about 3 cups.
	(Two 5.2 oz. or 6.25 oz. pkgs.)	Mix	3 1/3 cups	No	Med	36-38	■ Makes about 6 cups.
Fast Cooking Rice	After steaming, add any seasoning, if desired; stir, cover and let stand 3-5 minutes.						
Brown Rice UNCLE BEN'S® Brand*	2 cups	2 cups	No	Lo	24-25	■ Makes about 4 1/2 cups.	
MINUTE® Brand**	2 cups	1 2/3 cups	No	Lo	22-24	■ Makes about 3 1/2 cups.	
White Rice UNCLE BEN'S® Converted Brand*	2 cups	1 3/4 cups	No	Lo	20-21	■ Makes about 4 cups.	

*Registered trademark of Uncle Ben's Inc.

** Registered trademark of Kraft General Foods Inc.

Type of Rice	Combine in Rice Bowl Amount Rice	Amount Cold Water	Use Drip Tray	Water Fill Line In Base	Approx. Time (Minutes)	Tips
White (cont.) MINUTE® Brand Original	2 cups	1 2/3 cups	No	Lo	18-29	■ Makes about 4 cups
MINUTE® Brand Premium Long Grain	2 cups	1 2/3 cups	No	Lo	19-21	■ Makes about 3 1/2 cups

REHEATING

When reheating breads, a foil cover is not needed.

For leftovers, reheating times are based on foods at refrigerator temperatures.

When reheating leftovers in the Rice Bowl, always arrange/spread leftovers evenly in Rice Bowl and be sure to use a foil cover. See instructions for using a foil cover. (Figure E, page 11)

Foods To Be Reheated	Weight/Or Number Pieces	Use Rice Bowl	Use Drip Tray	Water Fill Line In Base	Approx. Time (Minutes)	Tips
Breads						For all breads - ■ Heat water in Base for 7 minutes with empty Steaming Bowl and Cover in place. ■ Remove Steaming Bowl Place breads around Bowl, leaving a little space along sides; stagger second layer. ■ Shake moisture from Cover before replacing it. ■ Steam bread for time recommended. Blot any excess moisture using paper towel after steaming.
Brown and Serve Type Rolls	8-10	No	Yes	Lo	10 mins. (divided)	■ Heat water in Base for 7 mins. Remove Steaming Bowl/Cover. ■ Place rolls in Steaming Bowl, staggering rolls in second layer. ■ Heat 3 mins.
Sour Dough Rolls,	6-8 rolls	No	Yes	Lo	12 mins. (divided)	■ Heat water in Base for 5 mins. Remove Steaming Bowl/Cover. ■ Heat 5 mins.

*Registered trademark of Uncle Ben's Inc.

Foods To Be Reheated	Weight/Or Number Pieces	Use Rice Bowl	Use Drip Tray	Water Fill Line In Base	Approx. Time (Minutes)	Tips
Muffins (At refrigerator temperature)	Up to 6 (Medium size; in paper baking cups)	No	Yes	Lo	17 mins. (Divided)	<ul style="list-style-type: none"> ■ Place muffins in single layer only. ■ Steam for 10 mins. ■ For room temperature muffins, or without paper baking cups, steam for 5-7 mins.

LEFTOVERS (REFRIGERATED)

Leftovers are easily reheated in the Steamer. The following are some examples. Experiment with your own leftovers.

Leftovers To Be Reheated	Weight/Or Number Pieces	Use Rice Bowl	Use Drip Tray	Water Fill Line In Base	Approx. Time (Minutes)	Tips
Beef Stew, Chili	2 cups	Yes	No	Med	23-26	<ul style="list-style-type: none"> ■ Remember to always cover Rice Bowl with foil when reheating leftovers. See instructions for using a foil cover, page 10-11). ■ Spread leftovers evenly in Rice Bowl. ■ If food is not quite hot enough when unit shuts off, reset time for 3-5 mins. and continue steaming. To continue steaming when using Lo water level, remove Steaming Bowl and add 3/4 cup tap water to Water Reservoir. Replace Steaming Bowl/Cover and reset Timer for 3-5 mins. Continue steaming and check after 2-4 additional minutes.
Macaroni and Cheese, Pasta with Sauce	2 cups	Yes	No	Med	27-31	
Mashed Potatoes, Rice (white)	2 cups	Yes	No	Lo	20-22	
Vegetables Green beans, carrots, green peas	2 cups	Yes	No	Lo	19-21	

Other Foods	Weight/Or Number Pieces	Use Rice Bowl	Use Drip Tray	Water Fill Line In Base	Approx. Time (Minutes)	Tips
Eggs, Large size Hard Cooked	Up to 12	No	Yes	Med	30	<ul style="list-style-type: none"> ■ Use eggs at room temperature to prevent cracking during steaming. ■ Place eggs over, or close to, steam holes. ■ If eggs are cold, increase steaming time by 5 mins.

Other Foods	Weight/Or Number Pieces	Use Rice Bowl	Use Drip Tray	Water Fill Line In Base	Approx. Time (Minutes)	Tips
Oatmeal Regular, Old Fashioned	2/3 cups oats 1 cup hot tap water	Yes	No	Lo	10 mins. (divided)	<ul style="list-style-type: none"> ■ Heat water (to Lo fill line) in Base with Steaming Bowl and Cover in place for 5 mins. ■ Stir oats and hot water together in Rice Bowl; place Rice Bowl in Steaming Bowl. ■ Shake moisture from Cover before replacing. ■ Reset Timer for 5 mins. ■ For 2/3 cups oats, reset Timer to steam 5 mins.; For 1 1/3 cups oats, reset timer to steam 8 mins. ■ Remove Steaming Bowl, stir oatmeal and let stand covered for one minute. ■ Remove Rice Bowl. ■ Stir mixture; serve. ■ Makes 2 (1/2 cup) servings using 2/3 cups oats; 4 (1/2 cup) servings using 1 1/3 cups oats.
Oatmeal Regular, Old Fashioned	1 1/3 cups oats; 2 cups hot tap water	Yes	No	Lo	13 mins. (divided)	

PARMESAN RICE WITH SPINACH



Change rice into a colorful and flavorful side dish by adding spinach and nutmeg. Using the Handy Steamer Plus™ to cook rice prevents the nuisance of a saucepan boiling over or having to scrub a pan with scorched, crusty rice.

1 cup regular long or extra long grain white rice
1/4 teaspoon ground nutmeg
2 cups packed spinach, untrimmed
1 small onion, finely chopped
1 1/2 cups chicken broth
1/4 cup grated Parmesan cheese (optional)

TO PREPARE:

1. Add rice and nutmeg to Rice Bowl; stir well.
2. Trim and wash spinach; pat dry.
3. Finely chop spinach; add spinach, onion and chicken broth to Rice Bowl. Stir to blend.
4. Fill Steamer Base with water to "Hi" fill line. Position Steaming Bowl, Rice Bowl and Cover. Steam for 45-47 minutes or until rice is tender. Remove Cover after 25 minutes and stir mixture with a long handled spoon. Shake water off inside of Cover before replacing it on Steaming Bowl.
5. Gently stir Parmesan cheese into rice just before serving, if desired.

MAKES 6 (1/2 CUP) SERVINGS

POACHED CHICKEN BREASTS WITH FRESH SALSA



This Fresh Salsa is a pleasant surprise and very different from the more common variety of red salsas. It's a perfect complement to the plump juicy chicken breasts.

FOR POACHED CHICKEN:

1 cup dry white wine or chicken broth
1/2 teaspoon thyme
1/4 teaspoon salt
1/8 teaspoon black pepper
4 boneless, skinless chicken breast cutlets, about 1 lb.

FOR FRESH SALSA:

1 medium tomato, chopped
1 small avocado, chopped
1/2 cup fresh cilantro (leaves only), finely chopped
1/4 cup finely chopped walnuts
1-2 jalapeño peppers, seeded and minced
1 small onion, minced
2 tablespoons lemon juice
1/4 teaspoon salt
1/4 cup poaching liquid from Rice Bowl after cooking chicken (or 2 tablespoons each of poaching liquid and olive oil)

TO PREPARE:

1. Fill Steamer Base with water to "Hi" fill line. Position Steaming Bowl.
2. Combine wine or chicken broth, thyme, salt, and black pepper in Rice Bowl. Stir to blend seasonings. Add chicken breast cutlets, with thickest pieces toward sides of Rice Bowl. Position Cover and steam for 34-37 minutes, or until done.
3. While chicken is cooking, combine tomato, avocado, cilantro, walnuts, jalapeño peppers, onion, lemon juice and salt; mix well.
4. Transfer chicken cutlets to a bed of rice, if desired. Stir 1/4 cup poaching liquid from Rice Bowl (or poaching liquid and olive oil) into salsa. Top cutlets with fresh Salsa and serve immediately. Pass remaining poaching liquid, if desired.

MAKES 4 SERVINGS (1 cutlet, about 1/2 cup salsa each)

SPICY STEAMED SHRIMP



Peel 'n eat shrimp may be somewhat messy, but they're an irresistible treat. Using the Handy Steamer Plus™ lets the steam cook the shrimp while adding flavor from the spicy seasoning, lemon and vegetables. Serve with a favorite sauce and plenty of napkins.

*1 lb. fresh large shrimp
(30-35 per lb.), in shell
1-2 tablespoons seafood seasoning mix
1 lemon, cut into 6 slices
1 medium onion, cut into 6 pieces
1 medium carrot, cut into 6 pieces
1 medium stalk celery, cut into 6 pieces*

TO PREPARE:

1. Fill Steamer Base with water to "Lo" fill line. Position Drip Tray, then Steaming Bowl.
2. Rinse shrimp; add to Steaming Bowl. Sprinkle seafood seasoning mix over shrimp and stir to coat. Spread shrimp evenly in Bowl.
3. Place lemon slices and vegetable pieces on top of shrimp.
4. Position Cover. Steam until shells are reddish and flesh is opaque, from 14 to 17 minutes. After 8 minutes, stir mixture with a long-handled spoon; stir 1 or 2 more times to ensure even steaming.
5. Serve with a favorite cocktail sauce, or a mixture of lemon juice and melted butter or margarine, with a dash of hot sauce.

MAKES 4 SERVINGS (ABOUT 8 SHRIMP EACH)

CAESAR BROCCOLI



A tangy, flavorful taste is created as blue cheese melts on hot broccoli and the two are tossed together with the vinaigrette sauce.

*1 lb. broccoli spears
2 tablespoons olive or vegetable oil
1 tablespoon red wine vinegar
1 large clove garlic, peeled and minced
1 teaspoon Worcestershire sauce
1/4 cup crumbled blue cheese
Salt and pepper
1/4 - 1/2 cup seasoned croutons (optional)*

TO PREPARE:

1. Fill Steamer Base with water to "Lo" fill line. Position Drip Tray.
2. Trim broccoli to 4" lengths from top of head to stem. Stems should be no larger than 1/4" - 3/8" in diameter. Layer loosely in Steaming Bowl.
3. Position Cover and steam for 16-19 minutes or to desired tenderness.
4. While broccoli is steaming, prepare vinaigrette sauce combining oil, vinegar, garlic and Worcestershire sauce; whisk together to blend ingredients.
5. Transfer steamed broccoli to salad bowl; pour sauce over top. Add blue cheese, then salt and pepper to taste; toss. Sprinkle with croutons just before serving.

MAKES 5 (3/4 CUP) SERVINGS

APPLE BREAD PUDDING

Bread puddings are quintessential, old-fashioned comfort food. This one is made extra tasty by the addition of sliced apple, raisins and walnuts.

2 red cooking apples
2 tablespoons softened butter or margarine
6 slices day-old bread (sandwich slice size; firm or soft type)

2-3 tablespoons raisins
1/4 cup chopped walnuts
3 eggs
2/3 cup sugar
1 1/2 cups light cream
1 cup sweet apple cider
1 1/2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg

TO PREPARE:

Wash and core apples; peel if desired. Slice apples crosswise into 1/4" rounds; cut each round in half.

Spread butter or margarine evenly over one side of each bread slice. Cut each slice diagonally into 4 pieces. Position 8 bread quarters in bottom of Rice Bowl. Arrange one-third of the apple pieces on bread. Repeat with two more layers. Prior to final apple layer, sprinkle raisins and walnuts over surface. Then arrange remaining apple pieces (7-8) in a decorative pinwheel pattern. Place any remaining apple pieces along the sides of Rice Bowl.

In a small bowl, beat together eggs and sugar. Add cream and apple cider; whisk to blend. Stir in cinnamon and nutmeg. Immediately pour over top of bread mixture. Cover Rice Bowl with an 8 1/2" width of aluminum foil.*

Fill Steamer Base with water to "Hi" fill line. Position Steaming Bowl, Rice Bowl with foil, and Cover. Steam the pudding for 73 minutes, or until a knife inserted into center comes out clean. Allow to stand for 5-10 minutes before serving. Serve warm or at room temperature. Garnish with vanilla ice cream or a whipped topping, if desired.

MAKES 8 (3/4 CUP) SERVINGS

** Foil is necessary to prevent water condensation from dripping into pudding.
(See instructions for using a foil cover, Pages 10-11).*

ELECTRICAL CORD AND PLUG

The cord length of this appliance was selected to reduce safety hazards that may occur with a longer cord. If more cord length is needed, an extension cord may be used. It should be rated not less than 10 amperes, 120 volts, and should have Underwriters Laboratories listing. A properly rated extension cord may be purchased from a Black & Decker (U.S.) Inc., Household Appliance Company-Owned or Authorized Service Center. When using a longer cord, be sure that it does not drape over a working area or dangle where it could be pulled on or tripped over.

POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit into 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 attempt to defeat this safety feature.

Need Help?

SERVICE OR REPAIR

Service, if necessary, must be performed by a Black & Decker (U.S.) Inc., Household Appliance Company-Owned or Authorized Service Center. The Service Center nearest you can be found in the yellow pages of your phone book under "Electric Appliances - Small - Repairing."

If mailing or shipping your Handy Steamer Plus™ Food Steamer/Rice Cooker, pack it carefully in a sturdy carton with enough material to prevent damage. The original carton is not suitable for mailing. Include a note describing the problem to our Service Center and be sure to give your return address. We also suggest that you insure the package for your protection.

Consumer-replaceable parts and accessories are also available at Black & Decker (U.S.) Inc., Household Appliance Company-Owned or Authorized Service Centers.

TWO-YEAR WARRANTY

Black & Decker (U.S.) Inc. warrants this product against any defects that are due to faulty material or workmanship for a two-year period after the original date of consumer purchase or receipt as a gift. This warranty does not include damage to the product resulting from accident or misuse.

If the product should become defective within the warranty period, we will repair it or elect to replace it free of charge. We will return your product, transportation charges prepaid, provided it is delivered prepaid to any Black & Decker (U.S.) Inc., Household Appliance Company-Owned or Authorized Service Center.

This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

Answers to any questions regarding warranty service/locations may be obtained by writing:

Consumer Assistance and Information
Black & Decker (U.S.) Inc.
6 Armstrong Road
Shelton, CT 06484-4797





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