

AROMA®



instruction manual

AFS-140

Food Steamer

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AROMA®

To Enhance and Enrich Lives.

Here at Aroma we strive to make a difference—to design and distribute products that enhance and enrich people's lives.

Aroma offers an array of exceptional products to make cooking simple and satisfying. Discover other countertop appliances and cookware from our current product lineup to complement your kitchen.

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Published By:

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IMPORTANT SAFEGUARDS

Basic safety precautions should always be followed when using electrical appliances, including the following:

- Important: Read all instructions carefully before first use.**
- Do not touch hot surfaces. Use the handles or knobs.
- Use only on a level, dry and heat-resistant surface.
- To protect against fire, electric shock and injury to persons, do not immerse cord, plug or the appliance in water or any other liquid. See instructions for cleaning.
- Close supervision is necessary when the appliance is used by or near children.
- Unplug from outlet when not in use and before cleaning. Allow unit to cool before putting on or taking off parts and before cleaning the appliance.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Contact Aroma® customer service for examination, repair or adjustment.
- The use of accessory attachments not recommended by Aroma® Housewares may result in fire, electrical shock or injury.
- Do not use outdoors.
- Do not let cord touch hot surfaces or hang over the edge of a counter or table.
- Do not place on or near a hot gas or electric burner or in a heated oven.
- Do not use the appliance for other than its intended use.
- Extreme caution must be used when moving the appliance containing hot water.
- Do not touch, cover or obstruct the steam vent on the top of the lid as it is extremely hot and may cause scalding.
- Use only with a 120V AC power outlet.
- Always unplug from the plug gripping area. Never pull on the cord.
- The food steamer should be operated on a separate electrical circuit from other operating appliances. If the electrical circuit is overloaded with other appliances, the appliance may not operate properly.
- Use extreme caution when opening the lid during or after cooking. Hot steam will escape and may cause scalding.
- To disconnect, turn the timer control to OFF, then remove the plug from the wall outlet.
- Do not wrap or tie cord around appliance.
- Intended for countertop use only.
- To reduce the risk of electrical shock, cook only in the removable steam trays provided.

SAVE THESE INSTRUCTIONS



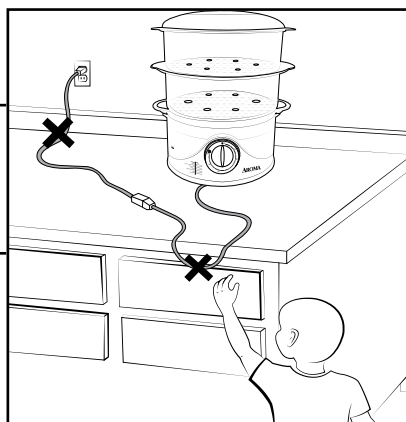
IMPORTANT SAFEGUARDS

Short Cord Instructions

1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer extension cords are available and may be used if care is exercised in their use.
3. If a longer extension cord is used:
 - a.) The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
 - b.) The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled by children or tripped over unintentionally.

DO NOT DRAPE CORD!

**KEEP AWAY
FROM CHILDREN!**



Polarized Plug

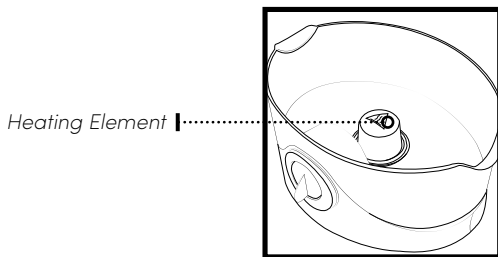
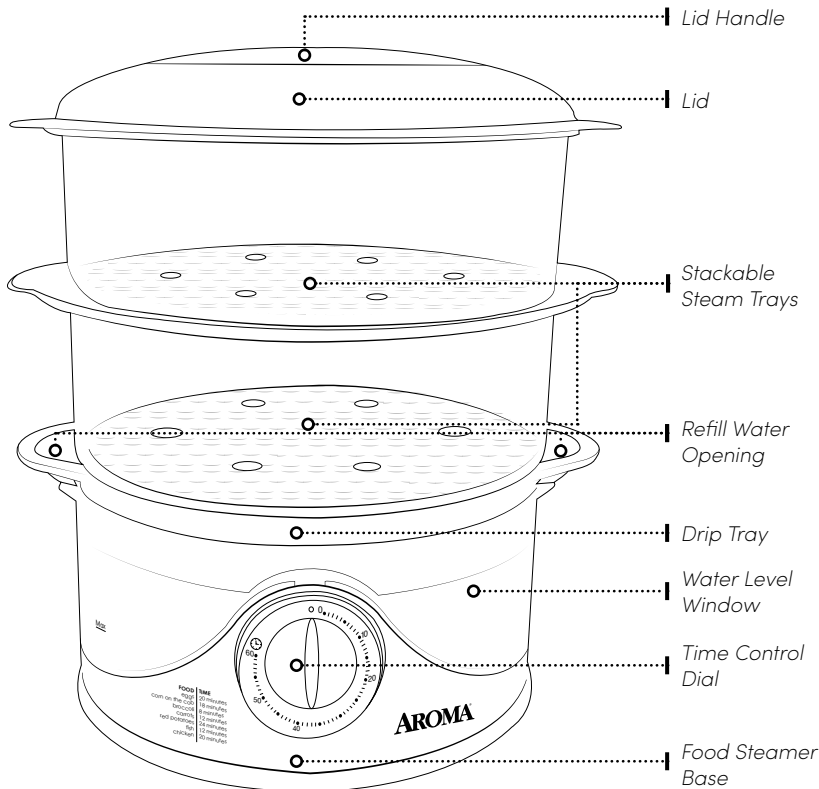
This appliance has a polarized plug (one blade is wider than the other); follow the instructions below:

To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or a similarly qualified person in order to avoid a hazard.

THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY.

Parts Identification



Food Steamer Base



Controls/Functions

Time Control Dial

Allows you to set steaming time for 1-60 minutes.

Dual Trays

Increase the amount of food you want to make by stacking the steam trays.

Single Trays

Use a single tray to steam the perfectly desired amount.

BEFORE FIRST USE

1. **Read all instructions and important safeguards.**
2. Remove all packaging materials and check that all items have been received in good condition.
3. Tear up all plastic bags and dispose of them properly as they can pose a risk to children.
4. Wash lid, steam tray bases, drip tray and heating element cover in warm, soapy water. Rinse and dry thoroughly.
5. Wipe food steamer base clean with a damp cloth.
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TO CLEAN

1. Wash plastic lid, steam tray bases, drip tray and heating element cover in warm, soapy water. These parts are also top rack dishwasher-safe.
2. Drain any remaining water from the water tank. Clean with warm, soapy water and a soft sponge.
3. Wipe the body of the food steamer clean with a soft, damp cloth. Dry all parts thoroughly.
4. For compact storing, place the heating element cover back into the water tank. Identify the slightly larger side of the steam tray wall and fit it over the food steamer base (only one side of the steam tray wall is designed to fit over the base). Then stack the drip tray, two steam tray bases and lid on top of the food steamer base.
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REMOVING MINERAL DEPOSITS

Hard water can leave mineral deposits that create scale build-up on the water tank and heating element. If mineral deposits occur, follow these steps.

1. Without the heating element cover in place, pour a mixture of 2 parts water and 1 part vinegar into the water tank to the **MAX** line on the water level window. The mixture should contain at least ½ cup vinegar.
 2. Plug the steamer in and set the time control dial for 20 minutes.
 3. Once time elapses, drain the water/vinegar mixture. Allow to cool completely. Scrub the water tank with warm, soapy water to remove any remaining residue.
 4. Dry the water tank thoroughly for next use.
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- 6.

Note:

- For replacement parts and service questions, please contact Aroma® customer service at 1-800-276-6286 or customerservice@aromaco.com
- Any other servicing should be performed by Aroma® Housewares.

Note:

- Using distilled water will help to prevent the buildup of mineral deposits.
- Hard water can leave mineral deposits that create scale build-up on the water tank and heating element.

To STEAM

1. With the heating element cover in place, fill the water tank with water. Water should be filled between the **MIN** and **MAX** lines shown in the water level window.
2. Place the drip tray securely into the base.
3. Place the food to be steamed on to one or both of the steam trays, depending on the amount being steamed.
4. Place the steam tray securely on top of the drip tray. If using both upper and lower steam trays, stack the second securely on top of the first.
5. Place the lid securely on the top steam tray.
6. Plug the food steamer into an available outlet.
7. Turn the time control dial to the needed steaming time.
8. The indicator light will illuminate and steaming will begin.
9. When the selected time has elapsed, the steamer will “ding” and stop steaming.
10. Using caution to avoid escaping steam, remove the lid by the handle.
11. Check food for doneness. If fully cooked, remove for serving.
12. Unplug the steamer when not in use. Allow to cool and follow instructions in **TO CLEAN** on page 6.
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Caution:

Do not steam food without the heating element cover in place. The heating element cover allows for your food steamer to quickly and efficiently create steam.

Note:

This steamer's unique design allows it to quickly begin steaming foods. Steaming will begin roughly 1 minute after the timer is set.

Helpful Hints:

For suggested steaming times, see the *Steaming Guide* on page 8. When steaming smaller food or foods with sauces, place in a heat-safe container before placing on steam tray base.

The dual steam tray bases are great for steaming two foods with different cooking times. Begin by steaming the food with the longer cook time on the lower steam tray base. Then add the upper steam tray base at the appropriate time for it to cook. Both foods should be ready to serve once the food steamer switches off.

Steaming Guide

Food	Steaming Time
Eggs	20-25 Minutes
Corn on the Cob	18-22 Minutes
Broccoli	8-12 Minutes
Carrots	12-18 Minutes
Red Potatoes	24-35 Minutes
Asparagus	8-14 Minutes
Cabbage	12-18 Minutes
Carrots	12-18 Minutes
Cauliflower	12-18 Minutes
Green Beans	14-20 Minutes
Peas	8-12 Minutes
Potatoes	24-40 Minutes
Rice	30-45 Minutes
Spinach	8-12 Minutes
Squash	16-30 Minutes
Zucchini	12-18 Minutes

Meat	Steaming Time	Safe Internal Temperature
Fish	12-18 Minutes	140°F
Chicken	20-30 Minutes	165°F
Beef	18-26 Minutes	160°F
Pork	18-24 Minutes	160°F
Crab Legs	14-20 Minutes	145°F

* Water should be filled between the **MIN** and **MAX** lines.

Helpful Hints:

Since most vegetables only absorb a small amount of water, there is no need to increase the amount of water with a larger serving of vegetables.

Steaming times may vary depending upon the cut of meat being used.

To ensure meat tastes its best, and to prevent possible illness, check that meat is completely cooked prior to serving. If it is not, repeat the steaming process until the meat is adequately cooked.

Note:

- Altitude, humidity and outside temperature will affect cooking times.
- These steaming charts are for reference only. Actual cooking times may vary.

RECIPES

Steamed Lobster

- 4 lobster tails
- 1 lemon, cut into wedges
- 4 wooden skewers
- melted butter, to taste

Run a wooden skewer through each lobster tail. This will prevent the tails from curling during steaming. Add water to the water tank of the food steamer, to at least the halfway point. Place the four lobster tails into the steam tray. Close the lid. Set time control dial for 12 minutes (a general guide is to steam lobster tails for 1½ minutes per ounce).

When the food steamer dings, check lobsters for doneness. If cooked, remove and serve with melted butter and a lemon wedge. Be sure to let your guests know about the skewers in each as well.

SERVES 4.
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Veritable Vegetable Medley

- 1 large bag vegetable mix (carrots, broccoli, cauliflower suggested)

This is an easy way to have a deliciously healthy side dish. Add water to the water tank of the food steamer, to at least the halfway point. Add the vegetables to the steam tray. Close the lid. Set time control dial for 20 minutes. When the food steamer dings, check vegetables for doneness. If cooked, remove and serve. For added flavor, try serving vegetables with ranch or Italian salad dressing.

SERVES 4.
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RECIPES (CONT.)

Aroma's Favorite Italian Chicken with Parmesan and Olive Oil Potatoes

4	boneless, skinless chicken breasts
$\frac{2}{3}$	cup italian dressing
1-2 lbs	baby red potatoes, scrubbed and quartered
1 tbsp	olive oil
$\frac{1}{2}$ cup	grated Parmesan cheese

Combine chicken breasts and dressing and allow to marinate for 15-20 minutes. Scrub and quarter potatoes. Add water to the water tank of the food steamer, to at least the halfway point. Place one steam tray onto the base. Add potatoes to the steam tray and cover with lid. Set the time control dial for 25 minutes. Remove chicken from marinade and place on second steam tray. Remove the lid, using caution to avoid escaping steam, and add the tray to the steaming base. Replace the lid and allow food steamer to continue cooking for the remainder of the set time. Once the food steamer dings, check food for doneness. If cooked, remove, toss potatoes in olive oil and parmesan and enjoy.

SERVES 4.
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LIMITED WARRANTY

Aroma Housewares Company warrants its products against defects in material and workmanship for one year from provable date of purchase in the United States.

Within this warranty period, Aroma Housewares Company will repair or replace, at its discretion, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$20.00 for shipping and handling charges payable to Aroma Housewares Company. Before returning an item, please call the toll free number below for a return authorization number. Allow 2-4 weeks for return shipping.

This warranty does not apply if the warranty period expired; the product has been modified by any unauthorized service center or personnel; the defect was subject to abuse, improper use not conforming to product manual instructions, or environmental conditions more severe than those specified in the manual and specification, neglect of the owner or improper installation; the defect was subject to Force Majeure such as flood, lightning, earthquake, other natural calamities, war, vandalism, theft, brownouts or sags (damage due to low voltage disturbances).

This warranty gives you specific legal rights, which may vary from state to state, and does not cover areas outside of the United States.

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SERVICE & SUPPORT

In the event of a warranty claim, or if service is required for this product, please contact Aroma® customer service toll-free at:

1-800-276-6286

M-F, 8:30am-4:30pm, Pacific Time

Or we can be reached online at:

CustomerService@AromaCo.com

For your records, we recommend stapling your sales receipt to this page along with a written record of the following:

· Date of Purchase:

· Place of Purchase:

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1-800-276-6286 | www.AromaCo.com

M-F, 8:30am – 4:30pm, Pacific Time

Note:

· Proof of purchase is required for all warranty claims.



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