



by **TAYLOR**®

3 Tier Food Steamer & Rice Cooker Instruction Manual



Item # AS1510BL
700W 60Hz ~ 120V

Thank you for your purchase of The Biggest Loser™ 3 Tier Food 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 or cleaning.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. Return 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 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 food or water or other hot liquid.
14. 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. Do not allow this appliance to touch curtains, wall coverings, clothing, dishtowels or other flammable materials during use.
18. Only use the containers that are supplied in this unit for cooking. Do not cook food in the water tank.
19. Do not leave the appliance unattended during use.
20. Do not operate uncovered, as this appliance generates steam and could cause injury.
21. Do not use this appliance for other than its intended use.
22. Do not use an electrical extension cord with this appliance.

SAVE THESE INSTRUCTIONS

SPECIAL INSTRUCTIONS

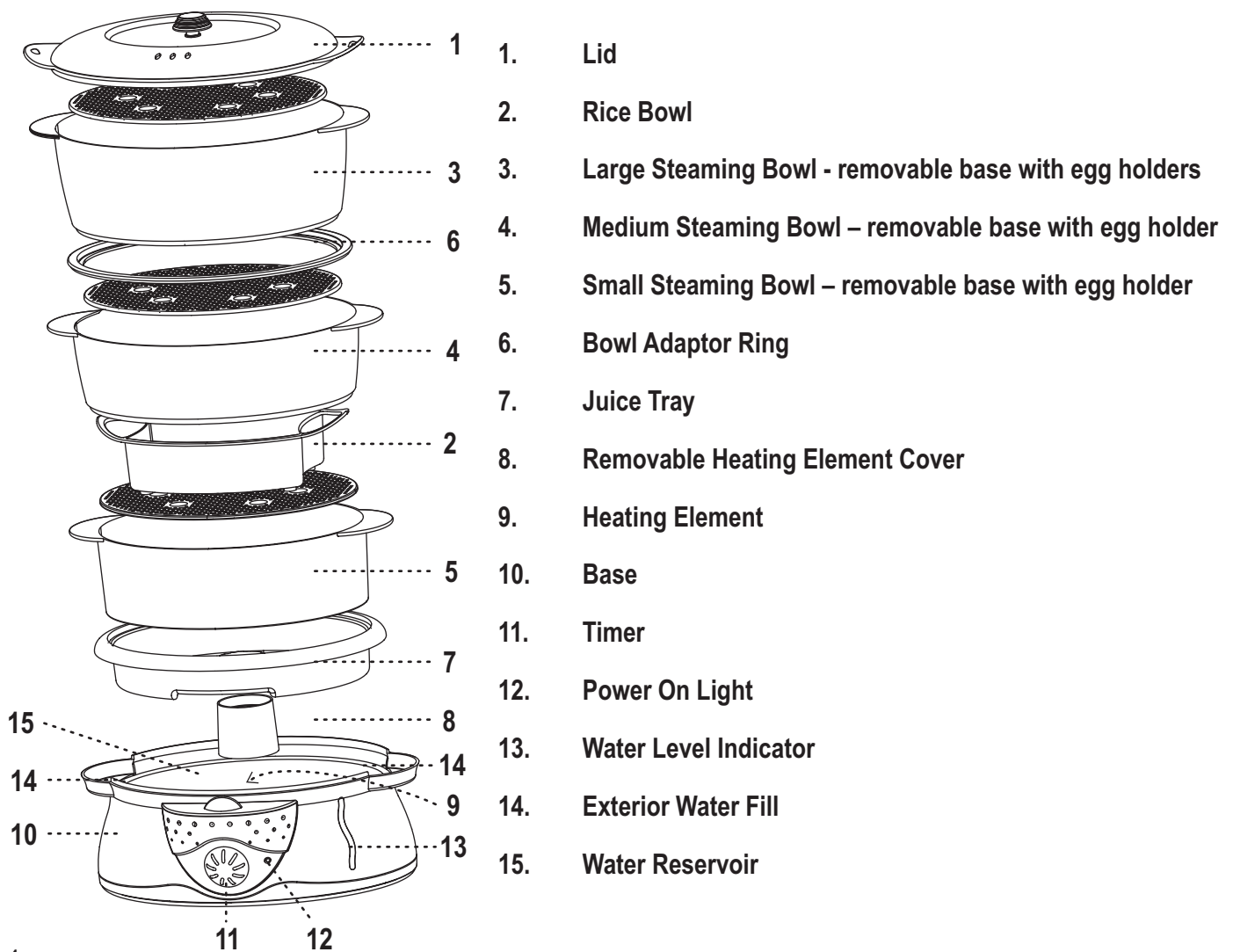
This appliance is for **HOUSEHOLD USE ONLY**.

- This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electrical shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.
- 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 wall receptacle only.
- Do not attempt to service this unit yourself.
- To avoid a circuit overload, do not operate another high wattage appliance on the same circuit.

INTRODUCTION

Now you can learn how to prepare and enjoy great tasting, healthy meals in minutes using your The Biggest Loser™ 3 Tier 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

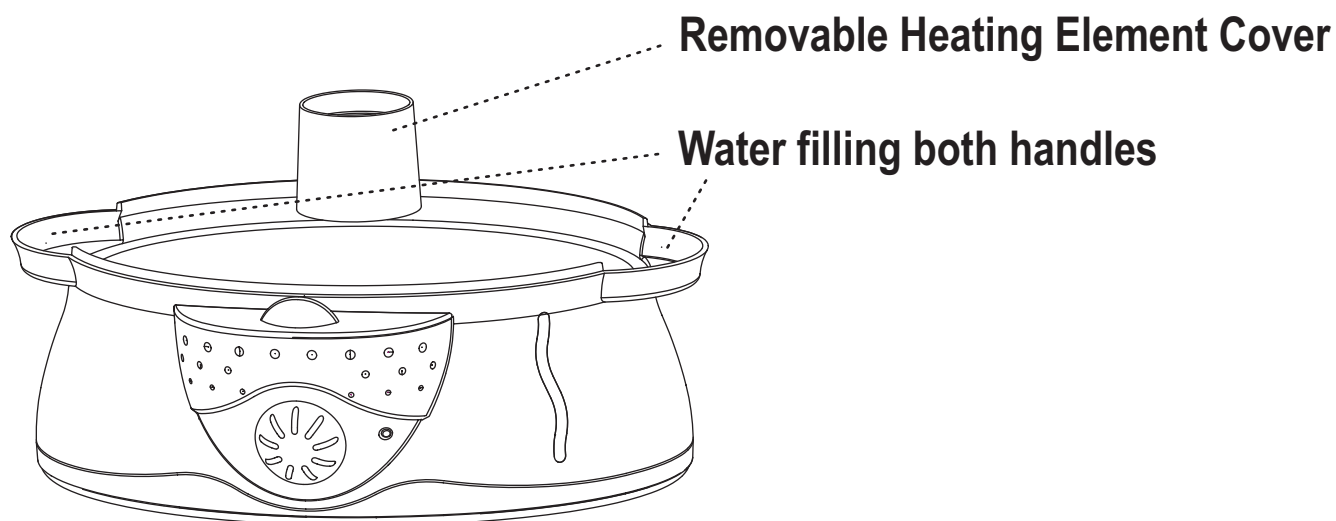
DESCRIPTIVE DIAGRAM



USING YOUR 3 TIER 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. *(but never remove the rating label and caution label)*
- Clean the water reservoir/base with a damp soft cloth.
- Wash all of the removable parts using a sponge, warm water and mild dish detergent. Rinse and dry carefully.
- When re-assembling, be sure to put the Steam Heating Element Cover over the heating element for proper operation. Note there is a small cut on the heating element cover that should be placed face down for proper fit.
- 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.
- Place the heating element cover in its proper position over the heating element.
- 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.
- When adding water while cooking, you do not need to remove steaming bowls; simply use the exterior water fill areas on either side of the base.
- Place the juice collector on the tank firmly in place.
- Use fresh cold water with each use and check that the water is up to, but not past the maximum fill level.
- While food is cooking, you can check the water level indicator window and carefully add additional water using the water inlet without moving any of the steaming bowls.
- Do not let the water go below the “Min” level in the water level indicator window.
- If setting the timer for less than 15 minutes, be sure to turn the knob PAST 15 minutes then back to your desired lower time.

COOKING

TO USE ONE STEAMING BOWL

- Place the Large or Small steaming bowl on the juice tray.
- 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. Do not completely cover all holes in the base of the steaming bowl with food to avoid blocking steam vents. If necessary, use a second bowl to allow for adequate steaming.
- Both steaming bowls can be used for eggs. There are 6 positions in the bottom of each steaming bowl.
- Place the lid on the steaming bowl.
- Plug the appliance in.
- Set the timer for the recommended cooking times (see table of recommended cooking times included later in this manual). 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 about 35 seconds steaming begins.
- To stop the appliance ahead of set time, turn the timer to the zero position.

FOR DOUBLE TIER STEAMING

- Use the Large and Medium steaming bowls.
- Place the largest piece of food with the longest cooking time in the Medium steaming bowl then place it on the juice tray on top of the base.
- Place the bowl adaptor ring on top of the Medium bowl, then place the Large steaming bowl on top of the adaptor ring.
- Place vegetables, seafood or other food without sauce or liquid into the steaming bowl. Arrange food in the center of the bowl. Do not completely cover all holes in the base of the steaming bowl with food to avoid blocking steam vents. If necessary, use a third bowl to allow for adequate steaming.
- Place the lid on the Large steaming bowl.
- Plug the appliance in.
- Set the timer for the recommended cooking times (see table of recommended cooking times included). 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 about 35 seconds steaming begins.
- The removable base on the upper bowl can be taken off when steaming a large item to increase the capacity of the steaming bowls when stacked.
- NOTE: Cooking times are estimates and depend on the quantity, size, required degree of cooking and temperature of the food. Consider all of the cooking times given in the guide as suggested times when using the double tier steaming function. Use a Taylor Thermometer to check internal food temperature for doneness.
- If you choose to use the Large and Small steaming bowls for Double Tier Steaming, place the Small bowl on the bottom, use the Bowl Adaptor Ring and place the Large bowl on top. Follow directions as stated above.

FOR THREE TIER STEAMING

- Place the largest piece of food with the longest cooking time in the Small bowl then place on top of the juice tray and base.
- Place the Medium bowl on the Small bowl, then place the Bowl Adaptor Ring between the Medium and the Large bowl.
- Finally, place the Large bowl with lid on the Bowl Adaptor Ring.
- Place vegetables, seafood or other food without sauce or liquid into the steaming bowl. Arrange food in the center of the bowl. Do not completely cover all holes in the base of the steaming bowl with food to avoid blocking steam vents and allow adequate steaming.
- Plug the appliance in.
- Set the timer for the recommended cooking times (see table of recommended cooking times included). 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 about 35 seconds steaming begins.
- The removable base on the upper bowl can be taken off when steaming a large item to increase the capacity of the steaming bowls when stacked.
- NOTE: Cooking times are estimates and depend on the quantity, size, required degree of cooking and temperature of the food. Consider all of the cooking times given in the guide as suggested times when using the three tier steaming function. Use a Taylor Thermometer to check internal food temperature for doneness.

USING REMOVABLE STEAM BOWL BASES – EGG HOLDERS

- Each steam bowl is fitted with a removable base grid which when removed increases the volume of cooking area and can be used to cook large food items.
- The removable base grids snap back into place easily when you are finished cooking.
- When snapped into position, they may be used for cooking eggs.

USING THE RICE BOWL

- Place rice or other foods with sauce or liquid in the rice bowl. Place the rice bowl in the lowest steaming bowl and cover.
- 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.
- It is recommended to cook with the rice bowl as a single tier for best steaming results.
- NOTE: If cooking continuously and the water drops below the MIN level, add water using the exterior water fill slots. If during cooking, there is no more water in the water tank, the appliance stops cooking as a safety measure.

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 then back to your desired lower time.
- When the set time expires, the timer will ring, the steamer will turn off and the power indicator light will turn off.

REMOVING FOOD FROM THE STEAMING BOWLS

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

TABLES OF COOKING TIMES

COOKING RICE

Different types of rice require different cooking directions. Please follow specific directions for the variety used. Times listed below are guidelines. Your individual results may vary depending on food quantity and size. Adjust cooking times to meet your desired results.

- Measure rice and water then COMBINE them in the rice bowl.
- Fill water tank with water to specified amount. Use only clean water in the water tank.
- 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 rice at the same time. When checking rice, be careful not to allow hands and arms in the path of escaping steam. Use oven mitts and use the unit's handles.
- 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 (6½ 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

COOKING SEAFOOD

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.

Variety of Seafood	Type	Amount	Approximate Time (Minutes)
Clams in Shell • Littlenecks/Cherrystones	Fresh	1 pound	12-14
Crab • King Crab, legs/claws • Soft Shell	Fresh	½ pound 8 – 12 pieces	20-22 10-12
Lobster • Tails • Split	Fresh	2-4 1 – 1-1/4 pounds	16-18 18-20
Mussels in Shell	Fresh	1 pound	14-16
Oysters in Shell	Fresh	3 pounds	18-20
Scallops • Bay (shucked) • Sea (shucked)	Fresh	1 pound 1 pound	14-16 18-20
Shrimp • Medium in shell • Large/Jumbo in shell	Fresh	1 pound 1 pound	12-14 16-18
Fillet of Fish • Thin • Thin • Thick or steak-like	Fresh Frozen Fresh	1 pound 1 pound 14 oz.	10 18 15
Whole Fish	Fresh	½ to ¾ pound	18-25

COOKING EGGS

Variety of Egg	Amount	Approximate Time (Minutes)
In the Shell • Soft-Cooked • Hard-Cooked	6 6	8 12
Poached • Step #1: Pour 2 cups water in the rice bowl. Steam to heat water. • Step #2: Crack egg in small bowl, slide into hot water in the 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. Begin steaming. • Step #2: Stir eggs halfway through cooking time.	6	7-8

COOKING FRUIT

Variety of Fruit	Amount	Approximate Time (Minutes)
Apples – Quartered	4	10-12
Pears – Halved	5	18-20

COOKING VEGETABLES

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.
- Frozen vegetables should not be thawed before steaming.
- 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.

Variety of Vegetable	Type	Amount	Approximate Time (Minutes)
Artichokes, whole	Fresh	4 whole, tops trimmed	30-40
Asparagus, spears	Fresh	1 pound	10-17
Beans •Green or Wax •Cut or whole	Fresh Fresh	½ pound 1 pound	10-15 12-18
Beets	Fresh	1 pound, cut	25-30
Broccoli, spears	Fresh	1 pound	10-18
Brussel Sprouts	Fresh	1 pound	15-20
Cabbage	Fresh	1 pound, sliced	16-22
Celery	Fresh	½ pound, thinly sliced	14-22
Carrots	Fresh	1 pound, thinly sliced	10-15
Cauliflower, whole	Fresh	1 pound	10-15
Corn on the Cob	Fresh	3 to 5 medium ears	25-35
Eggplant	Fresh	1 pound	16-18
Mushrooms	Fresh	1 pound, small whole or cut into quarters	14-20
Okra	Fresh	1 pound	18-22
Onions	Fresh	½ pound, thinly sliced	12-16
Parsnips	Fresh	½ pound	10-16
Peas	Fresh	1 pound, shelled	13-18
Peppers, whole	Fresh	Up to 4 Medium, NOT STUFFED	12-15
Potatoes, Whole-Red	Fresh	1 pound, about 6 small	35-45
Rutabaga	Fresh	1 medium, diced	28-32
Spinach – toss halfway through cooking	Fresh	½ pound	14-16
Squash •Summer Yellow and Zucchini •Winter Acorn and Butternut	Fresh Fresh	1 pound, sliced 1 pound	12-15 22-26
Turnips	Fresh	1 pound, sliced	20-24
All Frozen Vegetables	Frozen	10 ounces	28-45

COOKING MEAT OR POULTRY

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.

Variety of Meat or Poultry	Type	Amount	Approximate Time (Minutes)
Beef •Chuck •Hamburger •Meatballs	Fresh	1 pound	28-32
	Fresh	1 pound	18-24
	Fresh	1 pound	22-26
Chicken •Breast-boneless whole •Drumsticks	Fresh	1 pound	17-20
	Fresh	4	34-38
Turkey	Fresh	1 ¼ pounds	22-26
Lamb – cubes	Fresh	1 pound	24-30
Pork – fillet	Fresh	1 1/3 pounds	37-40
Hot Dogs	Fresh	1 pound	10-18
Pre-cooked Sausage	Pre-cooked	1 pound	10-16

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.*

CLEANING AND MAINTENANCE

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 IMMERSER THE BASE UNIT, CORD OR PLUG IN WATER OR OTHER LIQUID**
- Once cooled, empty the juice collector and the water tank. If there is a small amount of water remaining inside the tank, you can just turn the unit upside down carefully and the water will come out of the water inlet.
- Wash lid, steaming bowls, rice bowl, bowl adaptor ring and juice tray in hot, soapy water. Rinse and dry all parts. These parts are also top rack only, dishwasher safe.
- Wipe tank with a clean 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.
- Do not use abrasive cleaners.

REMOVING MINERAL SCALE BUILD-UP: 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 7 to 10 uses:

- Remove all parts from the heating element, (bowls, lid, juice collector, steam heating element cover).
- Pour 3 cups of clear vinegar into the water reservoir then fill with water up to the max fill level. **DO NOT** use the steam element cover, lid, bowls or juice collector during this process.
- Heat uncovered.
- Insert the plug into outlet and set the timer to 20 minutes.
- Do not allow the vinegar solution to overflow.
- When the timer rings after 20 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.
- Do not use any other mineral scale-removing products.
- Any other servicing should be performed by an authorized service representative.

STORAGE

- Place the Rice bowl inside the Small steaming bowl.
- Place the Small steaming bowl inside the Medium steaming bowl.
- Place the Medium steaming bowl inside the Large steaming bowl and place the lid on top of all three bowls.

TROUBLESHOOTING

The Steamer 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?
- Is there another high wattage appliance on the same circuit? If so, move to another circuit.

The Steamer will not heat properly.

- Are the bowls securely positioned in the base? If not, turn off the unit, allow the unit to cool and reposition the bowls into the unit base.
- Has the Steamer been overloaded? Attempting to steam large quantities or large pieces of food may result in undercooked food.

There is excessive moisture in the Steamer.

- Is there anything blocking the vents on the lid?

The lid will 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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