

AROMA®



instruction manual

AFS-188

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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Be notified of:

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IMPORTANT SAFEGUARDS

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

1. **Important: Read all instructions carefully before first use.**
2. Do not touch hot surfaces. Use the handles or knobs.
3. Use only on a level, dry and heat-resistant surface.
4. To protect against fire, electric shock and injury to persons, do not immerse the power cord, plug or appliance in water or any other liquid. See instructions for cleaning.
5. Close supervision is necessary when the appliance is used by or near children.
6. Unplug from the wall outlet when not in use and before cleaning. Allow the unit to completely cool before putting on or removing parts and before cleaning the appliance.
7. Do not operate any appliance with a damaged power cord or plug or after the appliance malfunctions or has been damaged in any manner. Contact Aroma® customer service for examination, repair or adjustment.
8. The use of accessory attachments not recommended by Aroma® Housewares may result in fire, electrical shock or injury.
9. Do not use outdoors.
10. Do not let the power cord touch hot surfaces or hang over the edge of a counter or table.
11. Do not place on or near a hot gas or electric burner or in a heated oven.
12. Do not use the appliance for anything other than its intended use.
13. Extreme caution must be used when moving the appliance containing hot water or food.
14. Do not touch, cover or obstruct the steam vent on the top of the lid as it is extremely hot and may cause scalding.
15. Use only with a 120V AC power outlet.
16. Always unplug from the plug gripping area. Never pull on the power cord.
17. 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.
18. Use extreme caution when opening the lid during or after cooking. Hot steam will escape and may cause scalding.
19. To disconnect, turn the time control dial to OFF, then remove the plug from the wall outlet.
20. Do not wrap or tie the power cord around the appliance.
21. Intended for countertop use only.
22. To reduce the risk of electrical shock, cook only in the removable steam tray bases provided.

SAVE THESE INSTRUCTIONS



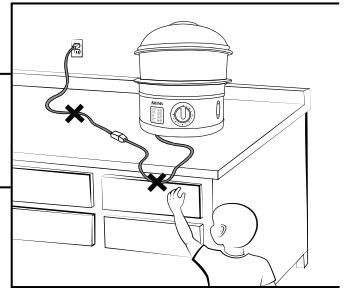
IMPORTANT SAFEGUARDS

Short Cord Instructions

1. A short power supply cord is provided to reduce the risk 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 detachable power-supply cord or 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 extension cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

DO NOT DRAPE CORD!

**KEEP AWAY
FROM CHILDREN!**



Polarized Plug

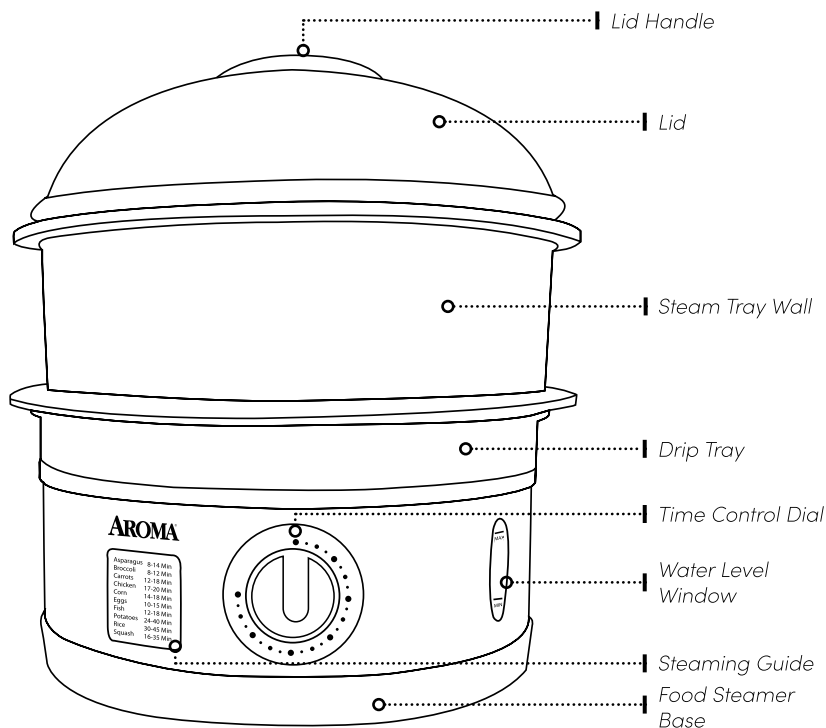
This appliance has a polarized plug (one blade is wider than the other); follow the instructions below:

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.

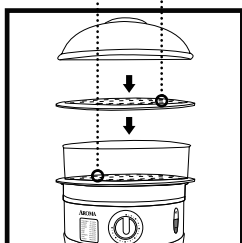
If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or a similarly qualified person in order to avoid a hazard.

THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY.

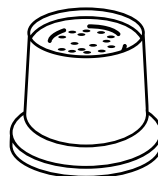
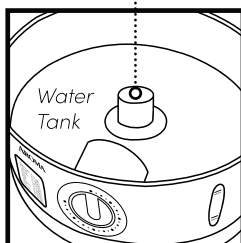
Parts Identification



Steam Tray Bases



Heating Element



Heating Element Cover

Controls/Functions

Time Control Dial

Adjusts the steaming time from 1-60 minutes.

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 the lid, steam tray bases, steam tray wall, drip tray and heating element cover in warm, soapy water. Rinse and dry thoroughly.
5. Wipe the food steamer base clean with a damp cloth.
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TO CLEAN

1. Remove the lid, steam tray bases, steam tray wall, drip tray and heating element cover once the steamer has completely cooled.
2. Hand wash the lid and all accessories using warm, soapy water or place on the top rack of the dishwasher.
3. Drain any remaining water from the water tank then hand wash, being careful not to submerge the tank or base in water.
4. Wipe the food steamer base clean with a damp cloth.
5. Thoroughly dry the food steamer's body and all accessories, then reassemble for next use.
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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. Remove the heating element cover from the food steamer base and pour a mixture of 2 parts water and 1 part vinegar into the water tank to the MAX line. The mixture should contain at least a ½ cup of vinegar.
2. Plug the power cord into an available 120V AC wall outlet and set the time control dial to 20 minutes.



Caution:

Never submerge the food steamer base in water when cleaning the water tank. Simply wipe out the water tank with a warm, soapy sponge and rinse clean.

Note:

- Any other servicing should be performed by Aroma® Housewares.
- To reassemble for compact storage, replace the heating element cover 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.**
- Not satisfied with your Aroma® purchase? Our product experts can help! **Before returning, please contact Customer Service at 1-800-276-6286** for product support, helpful tips and more!
- Using purified water will help to prevent the buildup of mineral deposits.

REMOVING MINERAL DEPOSITS (CONT.)

3. Once the time has elapsed, drain the water/vinegar mixture and allow the unit to cool completely.
4. Once the unit has cooled, scrub the water tank with warm, soapy water to remove any remaining residue, then rinse and dry thoroughly.
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TO STEAM

1. With the heating element cover in place, fill the water tank with water in between the MIN and MAX lines on the water level window.
2. Place the drip tray securely on top of the base.
3. Place desired food into one or both of the steam tray bases, depending on the amount being steamed.
4. Place the steam tray base and steam tray wall securely on top of the drip tray. If using both steam tray bases, stack the second steam tray base securely on top of the steam tray wall.
5. Place the lid on top of the steam tray wall if using one steam tray base or on the top of the second steam tray base if steaming with two tiers.
6. Plug the power cord into an available 120V AC outlet.
7. Turn the time control dial to the desired steaming time. The indicator light will illuminate as the steamer begins heating.
8. Once the time has elapsed, the steamer will ding and automatically shut off.
9. Using caution to avoid escaping steam, remove the lid by the handle and check food for doneness. If fully cooked, remove for serving.
10. When finished, unplug the power cord, allow the unit 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 the food steamer to quickly and efficiently create steam.

Note:

Due to this steamer's unique design, steaming will begin quickly (about 1 minute) after the timer is set.

Helpful Hints:

For suggested steaming times, see the "Meat & Vegetable Steaming Tables" on page 8. When steaming smaller food or foods with sauces, place in a heat-safe container before placing inside the 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.

Meat & Vegetable

Steaming Tables

Meat	Steaming Time	Safe Internal Temperature
Fish	12-18 Minutes	140°F
Crab Legs	14-20 Minutes	145°F
Chicken	17-20 Minutes	165°F
Pork	18-24 Minutes	160°F
Beef	Medium = 18 Minutes Medium-Well = 21 Minutes Well-Done = 26 Minutes	160°F

Vegetable	Steaming Time
Eggs	10-15 Minutes
Asparagus	8-14 Minutes
Broccoli	8-12 Minutes
Cabbage	12-18 Minutes
Carrots	12-18 Minutes
Cauliflower	12-18 Minutes
Corn on the Cob	14-18 Minutes
Green Beans	14-20 Minutes
Rice	30-45 Minutes
Peas	8-12 Minutes
Potatoes	24-40 Minutes
Spinach	8-12 Minutes
Squash	16-30 Minutes
Zucchini	12-18 Minutes

Note:

- 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.
- These steaming charts are for reference only, cooking times are approximate. Altitude, humidity and external temperature will affect cooking time.

RECIPES

Steamed Lobster

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

Rinse the lobster tails briefly under cold water to remove any grit or shell fragments, then run a wooden skewer through each tail to prevent curling during steaming. Fill the water tank with water at least halfway between the MIN and MAX lines. Place the lobster tails into the steam tray base, place the steam tray base and steam tray wall securely on top of the drip tray then set the lid on top. Set the time control dial to 12 minutes (or, 1½ minutes per ounce). Once the time has elapsed, check the lobsters for doneness. If cooked, carefully remove them from the steamer and pull out the wooden skewers. Serve the tails with melted butter and lemon slices.

SERVES 4.
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Vegetables Your Way

- 1 large bag of mixed vegetables
- salt and pepper, to taste
- salad dressing (optional)

Fill the water tank halfway between the MIN and MAX lines. Pour the vegetable mix into the steam tray base, place the steam tray base and steam tray wall securely on top of the drip tray then set the lid on top. Set the time control dial for 20 minutes. Once the time has elapsed, check vegetables for doneness. If cooked, remove and serve. For added flavor, sprinkle with salt and pepper or drizzle with salad dressing of your choice.

SERVES 4.
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RECIPES

Italian Chicken with Parmesan Potatoes

4	chicken breasts, boneless and skinless
2/3 cup	Italian dressing
1/2 lb.	baby red potatoes, scrubbed and quartered
1 tbsp.	olive oil
1/2 cup	Parmesan cheese, grated

Combine the chicken breasts and salad dressing in a small bowl and set aside to marinate for 15 minutes. In the meantime, prepare the potatoes and fill the water tank halfway between the MIN and MAX lines. Add the potatoes into one steam tray base, place the steam tray base and steam tray wall securely on top of the drip tray then set the lid on top. Set the time control dial to 35 minutes and allow the potatoes to cook. Once fully marinated, place the chicken into the second steam tray base, carefully remove the lid from the steamer, and place the second steam tray base on top of the steam tray wall. Replace the lid and allow the cooking cycle to complete. Once the time has elapsed, carefully remove the lid and check food for doneness. If cooked, remove the food from the steamer, toss the potatoes in olive oil and parmesan and enjoy.

SERVES 4.

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For additional recipes, visit us at
www.AromaCo.com

LIMITED WARRANTY

Aroma Housewares Company warrants its products against defects in material and workmanship for one year from the 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. Proof of the date of purchase, such as the original dated sales receipt, will be required with any request for warranty repair or replacement. All liability is limited to the amount of the purchase price.

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, fire, lightning, earthquake, other natural calamities, war. The warranty excludes accessories and replacement parts. This warranty is void if the product is used for other than single-family household use or subjected to any voltage and waveform other than as specified on the rating label (e.g., 120V ~ 60Hz).

Aroma's sole obligation under the warranty shall be to replace the defective product with a working one or a similar model of equivalent value, if the same model is not available, in the occurrence of any failure or defect covered under the warranty during the warranty period. Refurbished items or items not purchased through an authorized retailer are not eligible for warranty claims. Transportation charges on parts, or products in whole, submitted for repair or replacement, under this warranty, must be borne by the purchaser.

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

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 | CustomerService@AromaCo.com
M-F, 8:30am-4:30pm, Pacific Time

www.AromaCo.com

Aroma Housewares Company
6469 Flanders Drive, San Diego, CA 92121, U.S.A.
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Note:

- Proof of purchase is required for all warranty claims.
- Failure to register your product will not diminish your warranty rights.



To Enhance and Enrich Lives.



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