

Cuisinart[®]

MICROWAVE STEAMER

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Instruction and Recipe Booklet

CTG-00-MST

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

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IMPORTANT SAFEGUARDS

SAVE AND READ THESE INSTRUCTIONS

Basic safety precautions should always be taken, including the following:

- 1. READ ALL INSTRUCTIONS, including these important safeguards and the care and use instructions in this manual.**
2. Do not use this steamer for other than its intended use.
3. Do not use if the steamer has been damaged in any manner.
4. Allow steamer to cool down before handling or moving. Use oven mitts to remove from microwave, and to remove lid and open/close vent.
5. Do not touch hot surfaces. Always use handles.
6. Do not use this case on the stovetop, under the broiler, or in the freezer.
7. Extreme caution must be used when opening the case as hot steam will escape. Always use oven mitts.
8. Close supervision is necessary when this steamer is used near children.
9. Keep out of reach of children; this steamer should not be used by children or individuals with certain disabilities.
10. Do not clean using any abrasive materials. Steamer is top rack dishwasher safe.

FOR HOUSEHOLD USE ONLY

HELPFUL HINTS

- **Steaming Time:** Times listed in the Steaming Guide and Recipes are to be used as a guide only. Times will vary, depending on the quantity and freshness of food, size of pieces, spacing and placement of food on the steaming tray, microwave power*, and personal preference.
- Smaller and/or thinner pieces of food will cook more quickly.
- Steaming times may vary in higher altitudes.
- If food is underdone for your taste, reheat in microwave at 30-second increments.
- As you get to know your steamer, adjust time to get the exact results you want: Less time produces crisp-tender vegetables, more time results in softer textures.
- Cut food into consistently-sized pieces to ensure even cooking.
- When using a recipe, follow quantities as closely as possible for best results.
- Do not overfill steamer; distribute food evenly in one layer when possible.
- Poultry and thick cuts of fish should be completely thawed before steaming.
- Use oven mitts to remove steamer from microwave. Transfer to a flat surface.
- Use caution when opening steamer. Steam is very hot and can burn skin. Let opened case sit for 1 minute; keep in mind that food will continue cooking as it cools.
- Always use tongs to remove food from the steamer.
- Food can be seasoned to taste with a touch of salt, spices and/or citrus after it is removed from the microwave.
- **Ready-to-Eat Cues:** Vegetables and fruits can be pierced with the tip of a knife or tines of a fork to test for doneness. For meats, poultry and fish, use a thermometer to check internal temperature. Recommended temperature for chicken breast is 165°F, and for fish is 145°F.

- Steaming is ideal for baby food. Steam food until very tender, then process in blender or food processor, adding breast milk or filtered water, one tablespoon at a time, to reach desired consistency.

Approximate Food Capacity:

-Up to 4.5 cups vegetables

-Up to 1.5 lbs chicken

-Up to 1 lb fish

*All microwaves are different. The suggested times are based on an 800W microwave.

STEAMING GUIDE	
Food and Suggested Amount	Microwave Wattage, Water Amount and Suggested Time
1 Artichoke, trimmed and quartered	800W, 2 tablespoons, 6 minutes 30 seconds
½ bunch Asparagus	800W, 2 tablespoons, 3 minutes
1½ cups Baby Carrots	800W, 2 tablespoons, 4 minutes 30 seconds
2 cups Broccoli Florets	800W, 2 tablespoons, 3 minutes 30 seconds
2 cups Brussels Sprouts, halved	800W, 2 tablespoons, 4 minutes
2 cups Butternut Squash cut into 1-inch cubes	800W, 2 tablespoons, 6 minutes
3 ears of Corn, husked	800W, 2 tablespoons, 5 minutes
2 cups Green Beans, trimmed	800W, 2 tablespoons, 4 minutes 30 seconds
3 cups Potatoes, cut into 1-inch pieces	800W, 2 tablespoons, 6 minutes
2 cups Zucchini (1 medium), cut into 1-inch half moons	800W, 2 tablespoons, 3 minutes
Fish fillet, thin, e.g., flounder	800W, 2 tablespoons, 2 minutes
Fish fillet, thick, e.g., salmon	800W, 2 tablespoons, 3 minutes
2 Chicken breasts, thin	800W, 2 tablespoons, 3 minutes 30 seconds
2 Chicken breasts, thick	800W, 2 tablespoons, 5 minutes

RECIPES

Fish Tacos with Quick Pickled Onions

These tacos are great for dinner parties—the prep is simple, flavors are bright and presentation is beautiful.

Makes 6 tacos

- ½ cup water**
- ¼ cup champagne vinegar**
- 1 tablespoon granulated sugar**
- ¼ to ½ teaspoon kosher salt, divided**
- ½ small red onion, thinly sliced**
- ½ pound white, flaky fish, such as cod or mahi mahi**
- 6 hard taco shells**
- ⅛ teaspoon chili powder**
- ½ avocado, pitted and thinly sliced**
- 2 tablespoons cilantro, chopped**
- ½ lime**

1. Put water, champagne vinegar, sugar and a pinch of the salt into a medium, microwave-safe bowl. Microwave until very hot, 2 minutes.*
2. Carefully remove bowl from microwave and add onion. Stir until onion slices are fully submerged by the water and vinegar mixture. Cool slightly and refrigerate for at least 30 minutes to pickle.
3. When ready to serve, put 2 tablespoons water into the bottom of the steamer. Insert the tray. Put the fish fillets onto the tray. Close the steamer and microwave for 3 minutes.*
4. Remove steamer from microwave, carefully open and let sit in the open position for 1 minute. Sprinkle fish with ¼ teaspoon of the salt.
5. Divide fish and avocado evenly among each taco shell. Sprinkle each with a pinch of the remaining salt and chili powder. Top with the drained pickled onions, cilantro and a squeeze of lime. Taste and adjust seasoning as desired.

*Suggested time is based on an 800-watt microwave.

Nutritional information per serving (1 taco):

*Calories 123 (36% from fat) • carb. 12g • pro. 8g • fat 5g • sat. fat 5g
chol. 16mg • sod. 298mg • calc. 35mg • fiber 2g*

Asian Chicken Salad

Vietnamese flavors are the inspiration for this fresh and flavorful chicken salad.

Makes 4 cups

- 1** **tablespoon fresh lime juice**
- 1 to 2** **teaspoons siracha sauce**
- ¼** **teaspoon fish sauce**
- 3** **tablespoons vegetable oil**
- 2** **thick, skinless, boneless chicken breasts**
- ½** **cup julienne-cut carrot (about 1 medium)**
- 1** **cup julienne-cut red cabbage (about 1 small wedge from a medium head)**
- ¼** **cup fresh mint leaves, chopped**
- ¼** **cup fresh cilantro leaves, chopped**

1. Put the lime juice, siracha, fish sauce and oil into a large mixing bowl and stir. Reserve.
2. Put 2 tablespoons water into the bottom of the steamer. Insert the tray. Put the chicken breasts onto the tray. Close the steamer and microwave for 5 minutes.*
3. Remove steamer from microwave, carefully open and let sit in the open position for 1 minute. Chicken should reach an internal temperature of 165°F.
4. When cool to the touch, cut chicken into small cubes. Add the small cubes to the large mixing bowl with the reserved lime juice mixture. Add the carrots, cabbage, mint and cilantro. Toss to thoroughly combine. Taste and adjust seasoning as desired.

*Suggested time is based on an 800-watt microwave.

Nutritional information per serving (based on 1 cup):

*Calories 224 (51% from fat) • carb. 6g • pro. 22g • fat 13g • sat. fat 2g
chol. 54mg • sod. 117mg • calc. 91mg • fiber 2g*

Spring Vegetables with Shrimp

If desired, omit the shrimp to make a simple side dish.

Makes 2 to 3 servings

- 1** cup snow peas
- 10** asparagus spears, cut on the bias into 3-inch pieces
- 1** small carrot, cut into 3-inch pieces, ¼-inch thick
- ½** cup frozen peas
- 1** cup large frozen shrimp
- Fresh lemon juice
- Chopped parsley
- Salt and pepper

1. Put 2 tablespoons water into the bottom of the steamer. Insert the tray. Put the vegetables and shrimp onto the tray. Close the steamer and microwave for 7 minutes.*
2. Remove steamer from microwave and let sit in the closed position for 1 minute.
3. Carefully open the steamer. When cool to the touch, remove the tray and transfer vegetables and shrimp to a bowl. Strain excess water if necessary.
4. Toss with lemon juice, parsley, salt and pepper. Taste and adjust seasoning as necessary.

*Suggested time is based on an 800-watt microwave.

Nutritional information per serving (based on 2 servings):

*Calories 146 (8% from fat) • carb. 8g • pro. 17g • fat 11g • sat. fat 0g
chol. 85mg • sod. 145mg • calc. 98mg • fiber 6g*

Steamed Beet Salad with Roasted Walnuts and Ricotta Salata

The saltiness of the cheese combines nicely with the sweetness of the beets and walnuts in this eye-catching salad, plus steaming makes peeling whole beets a breeze.

Makes about 6 cups

- 1 bunch red or yellow medium beets (about 1 pound), scrubbed and trimmed**
- 2 cups baby arugula**
- ½ cup toasted walnuts, roughly chopped**
- 2 ounces ricotta salata, crumbled**
- 3 to 4 tablespoons Champagne Vinaigrette**

1. Put 2 tablespoons water into the bottom of the steamer. Insert the tray. Put the beets onto the tray. Close the steamer and microwave for about 12 minutes (time may vary depending on the size of the beets).
2. Remove steamer from microwave, carefully open and let sit in the open position for 1 minute.
3. Peel the beets with a paring knife; the skin should easily pull away from the flesh of the beet. Once peeled, cut the beets into small wedges.
4. Place wedges into a mixing bowl and toss with the remaining ingredients.
5. Taste and adjust seasoning as desired.

*Suggested time is based on an 800-watt microwave.

Nutritional information per serving (based on 6 servings):

*Calories 161 (68% from fat) • Carb. 10g • Pro. 4g • Fat 13g • Sat. fat 2g
Chol. 4mg • Sod. 99mg • Calc. 62mg • Fiber 3g*

Champagne Vinaigrette

This all-purpose dressing is incredibly versatile as a salad topper, marinade or finishing drizzle for roasted vegetables.

Makes about 1 scant cup

2½	tablespoons champagne vinegar	¼	teaspoon kosher or sea salt
1	teaspoon Dijon-style mustard	¼	teaspoon freshly ground black pepper
1	small shallot	¾	cup extra virgin olive oil

1. Put the vinegar, mustard, shallot, salt and pepper and shallot into a Cuisinart® blender jar. Blend on Low until processed. Slowly add the oil through the opening while running on Low (hold the cap or even a dishtowel in place over opening to prevent any splattering).
2. Let mixture blend an additional 20 seconds after all has been added.
3. Taste and adjust seasoning as desired.

Nutritional information per serving (1 tablespoon):

*Calories 91 (96% from fat) • Carb. 0g • Pro. 0g • Fat 11g • Sat. fat 2g
Chol. 0mg • Sod. 45mg • Calc. 0mg • Fiber 0g*

Herbed New Potatoes

Super simple, yet tasty side dish. The flavors sing spring.

Makes about 4 to 6 servings

1	pound baby potatoes	2	green onions, thinly sliced
2	tablespoons extra virgin olive oil	1	garlic clove, crushed
¼	cup fresh parsley, finely chopped	½	teaspoon kosher salt
¼	cup fresh mint, finely chopped	¼	teaspoon freshly ground pepper

1. With the tines of a fork, pierce each potato at least once before steaming.
2. Put 2 tablespoons water into the bottom of the steamer. Insert the tray. Put the potatoes onto the tray. Close the steamer and microwave for 8 to 9 minutes.
3. Remove steamer from microwave, carefully open and let sit in the open position for 1 minute.
4. Once cooked through, place potatoes into a mixing bowl and toss with the remaining ingredients.
5. Taste and adjust seasoning accordingly before serving.

*Suggested time is based on an 800-watt microwave.

Nutritional information per serving (based on 6 servings):

*Calories 125 (34% from fat) • Carb. 19g • Pro. 2g • Fat 5g • Sat. fat 1g
Chol. 0mg • Sod. 417mg • Calc. 27mg • Fiber 2g*

WARRANTY

LIFETIME WARRANTY (U.S. and Canada ONLY)

Cuisinart® Tools & Gadgets are warranted to be free of defects in material and workmanship under normal home use from the date of original purchase throughout the original purchaser's lifetime.

HASSLE-FREE REPLACEMENT WARRANTY

Your ultimate satisfaction in Cuisinart products is our goal, so if your Cuisinart® Tool or Gadget should fail within the generous warranty period, we will repair it or, if necessary, replace it at no cost to you. To obtain a return shipping label, email us at www.cuisinart.com/customer-care/product-return. Or call our toll-free customer service department at 1-800-726-0190 to speak with a representative. This warranty excludes damage caused by accident, misuse or abuse, including damage caused by overheating, and it does not apply to scratches, stains, discoloration or other damage to external or internal surfaces that does not impair the functional utility of the tool/gadget. This warranty also expressly excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the foregoing limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (a) to the store where it was purchased or (b) to another retail store which sells Cuisinart® products of the same type. The retail store shall then, according to its preference, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If the above two options do not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility, if service or repair can be economically accomplished. Cuisinart, and not the consumer, will be responsible for the reasonable cost of such service, repair, replacement or refund for nonconforming products under warranty.

California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair, or if necessary, replacement, by calling our Consumer Service Center toll-free at 1-800-726-0190. To obtain a return shipping label, email us at www.cuisinart.com/customer-care/product-return. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

Cuisinart®



Cuisinart offers an extensive assortment of top quality products to make life in the kitchen easier than ever. Try some of our other countertop appliances and cookware, and Savor the Good Life®.

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