

Progressive®



Microwave Rice and Pasta Cooker

Cooking Rice

1. Rinse all rice. Calrose rice should be rinsed until water runs clear.
2. Put measured amounts of water and rice into cooker.
3. Insert inner lid and snap outer lid into place with locking clamps.
4. Microwave for recommended time. See guide below.
5. Let stand for 5 minutes before serving.

Tips

- Cooking times and rice to water proportions vary with microwave wattage and type of rice used. For microwaves 1000 watts and above cook rice at 70% power level. The proportions and times above are to be used as a guide only. Consult your microwave guide and rice package for the best results.
- Do not cook instant rice, pure wild rice or boxed rice dishes with seasoning packets in this rice cooker.

Helpful Hints

- Use stock or broth instead of water for added flavor.
- Margarine or butter may also be added in the same amounts used in recipes for the stove top.

Guide for White Rice

RICE	SALT (Optional)	WATER	COOKING TIME*	YIELD
3/4 cup	1/8 tsp	1 1/3 cups	11 to 12 min.	1 cup
1 1/2 cups	1/4 tsp	2 1/2 cups	13 to 15 min.	2 cups
2 1/3 cups	1/2 tsp	3 1/2 cups	15 to 18 min.	4 cups
3 cups	1/2 tsp	4 1/4 cups	18 to 20 min.	6 cups
3 3/4 cups	1/2 tsp	5 cups	20 to 22 min.	8 cups

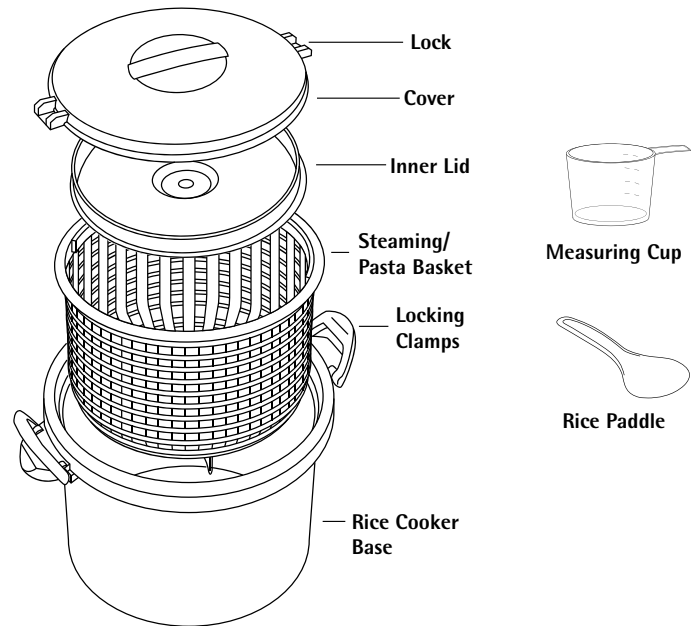
Guide for Brown and Rice Blends

TYPE OF RICE	RICE	WATER	COOKING TIME*	YIELD
Whole Grain (glutinous) Brown Rice	1 beaker	1 1/2 beakers	10 minutes	1 1/2 cups
Long Grain Brown Rice	1 beaker	3 1/2 beakers	24 minutes	2 cups

*Cooking times are for HIGH power, unless otherwise indicated.

Cleaning

- Wash thoroughly before use by hand or in the top rack of the dishwasher. Do not use steel or abrasive materials when cleaning. Microwave, freezer and top rack dishwasher safe.



Cooking Pasta

1. Insert Steaming/Pasta Basket.
2. Add desired amount of dry pasta into basket and insert into Cooker.
3. Add approximately 6-8 cups of hot water for every 12 oz of dry pasta. Water should completely cover the dry pasta.
4. Microwave for suggested time on pasta package.
5. Lift basket to drain.

Tips

- For best results cook pasta as directed on the package.
- For spaghetti, linguini and other long noodles, break noodles to fit inside cooker.
- It is not necessary to add oil to the water.
- Do not fill cooker more than 3/4 full.

Steaming Vegetables

1. Add 1/4 to 1/2 cups of water into Cooker.
2. Place desired vegetables into the Steaming/Pasta Basket and insert into the Cooker.
3. Cook and let stand in microwave for recommended amount of time, see guide below.

VEGETABLE	AMOUNT	COOKING TIME*	TIME TO LET STAND
Asparagus	1 lb	7 to 12 min.	3 min.
Beans (Green or Waxed)	1 lb	11 to 16 minutes	1 min.
Broccoli	1 lb	8 to 12 min.	2 to 3 min.
Brussel Sprouts	1 lb	6 to 9 min.	3 min.
Carrots	1 lb	7 to 12 min.	3 min.
Cauliflower (Florets)	1 medium head	7 to 13 min.	3 min.
Squash	2 lbs	7 to 11 min.	3 min.
Corn (Kernels)	2 to 3 cups	5 to 9 min.	1 min.
Peas (Frozen)	2 cups shelled	5 to 7 min.	1 min.

*All times are approximate. Check vegetables at the end of minimum time given to avoid overcooking.

CAUTION: Steam can burn. Use care when removing lid.

Pasta and Vegetable Salad with White Balsamic Dressing

8 cups of water
8 ounces of dried mini fusilli pasta
2 teaspoons salt
3 cups of assorted vegetables (broccoli, sugar snap peas, red bell peppers and carrots) cut into bite sized pieces
¼ cup of green onion, thinly sliced

Dressing

¼ cup non-fat Greek style yogurt
3 tablespoons of light mayonnaise
1½ tablespoon of white balsamic vinegar
½ teaspoon of salt
1 small clove of garlic, pressed (¼ teaspoon)

Place water, pasta and salt in bottom of the Rice and Pasta Cooker with the Steaming/Pasta basket in place. Snap the cover into place with locking clamps. Microwave on high for 16 - 18 minutes or until the pasta is al dente.

Meanwhile, combine the ingredients for the dressing. Whisk and set aside.

When the pasta is done cooking, remove cover and add the chopped vegetables to the hot pasta and cooking water. Cover and allow to stand for 30 seconds. Lift basket out of the Cooker and place immediately in a bowl of ice water to chill the pasta and vegetables. Drain well. Add dressing. Stir to coat. Serve immediately or refrigerate.

Makes 6 to 8 servings.

Mexican Black Beans and Rice

2½ cups of water
1½ cups of long grain white rice, rinsed
¼ teaspoon salt
1 can (15 oz.) black beans, rinsed and drained
2 plum tomatoes, diced (about 1¼ cups)
¼ cup chopped fresh cilantro
2 tablespoons of fresh lime juice
1 tablespoon of vegetable oil
1 teaspoon of chili powder
½ teaspoon of salt
¼ cup of shredded Mexican blend cheese (optional)

Place water, rice and salt in bottom of the Rice and Pasta Cooker. Insert inner lid and snap the cover into place with locking clamps. Microwave rice on high for 13 - 15 minutes or until all the water is absorbed. Allow rice to stand covered for 5 minutes.

Meanwhile, combine all other ingredients except the cheese. Blend well. Fluff the rice with a fork and add the bean mixture. Toss gently to combine. Spoon into a serving dish and top with cheese if desired.

Makes 6 to 8 servings.

Steamed New Potatoes in Sage Butter Sauce

1½ pounds of new red potatoes (about 4 cups)
¼ cup of water
½ cup of chopped onion
¾ teaspoon of salt
1 teaspoon of Dijon mustard
2 tablespoons of chopped fresh sage leaves
¾ ground black pepper
4 tablespoons of butter at room temperature cut up into small pieces

With a vegetable peeler, peel a strip of skin from the potatoes around the middle making a band. If some potatoes are large, cut them to the same size. Place water and chopped onion in bottom of the Rice and Pasta Cooker. Insert the basket. Add the potatoes. Sprinkle salt evenly over potatoes. Snap the cover into place with locking clamps.

Microwave potatoes on high for 11 - 13 minutes or until tender. Lift basket with potatoes out of the Cooker; set aside. Add mustard, sage and black pepper to the remaining water and onion mixture in the bottom of the cooker. Add potatoes to the sauce mixture along with butter. Stir until the butter is melted and the potatoes are coated in the sauce. Serve immediately.

Makes 6 to 8 servings.