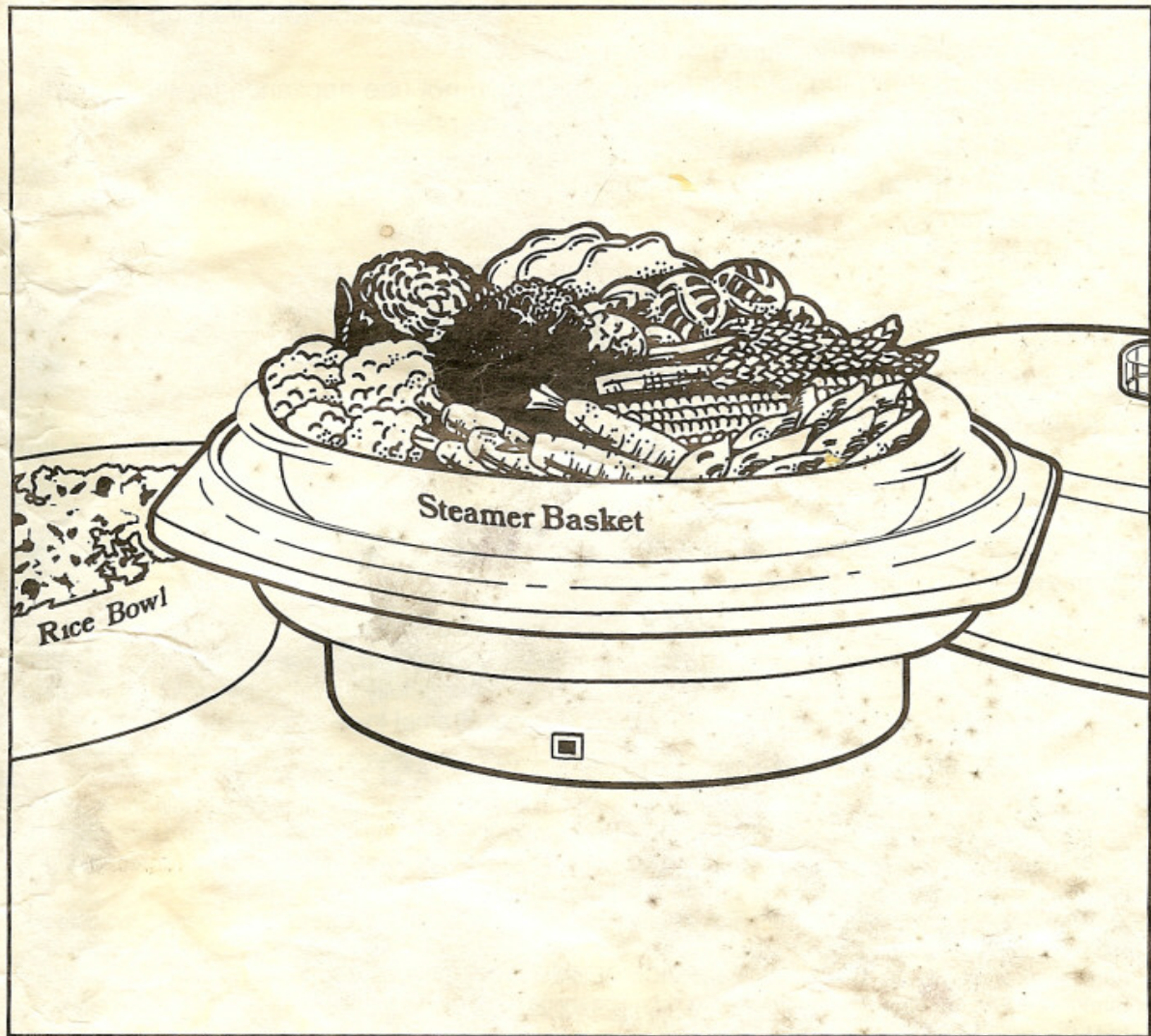


RIVAL®

Automatic Steamer and Rice Cooker



Model 4450


MADE IN THE USA

428-254

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use pot holders when removing cover or handling hot containers.
3. To protect against electrical shock, do not immerse cord, plug, or base unit in water or other liquid.
4. Close supervision is necessary when appliance is used by or near children.
5. Unplug from outlet when not in use. Unplug before putting on or taking off parts, and allow to cool before 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. Contact Rival's Customer Service Department (see warranty).
7. The use of accessory attachments not recommended by this appliance manufacturer may cause hazards.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot food, water, or other hot liquids.
12. To disconnect, remove plug from wall outlet.
13. Do not use appliance for other than intended use.
14. Lift and open cover carefully to avoid scalding, and allow water to drip into steamer.

SAVE THESE INSTRUCTIONS

A short power-supply cord is provided to reduce the hazards resulting from entanglement or tripping over a longer cord. An extension cord may be used with care; however, **the marked electrical rating should be at least as great as the electrical rating of the steamer.** The extension cord should not be allowed to drape over the counter or tabletop where it can be pulled on by children or tripped over.

• This appliance is for **HOUSEHOLD USE ONLY**. No user-serviceable parts inside. Refer servicing to qualified service personnel.

POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). As a safety feature 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 attempt to defeat this safety feature.

LIMITED ONE-YEAR WARRANTY

The Rival Company warrants this product to be free from defects in materials or workmanship for one (1) year from date of original purchase. If you have a claim under this warranty please follow these procedures:

1) Within the first 45 days from date of original purchase, defective product should be returned to original place of purchase for replacement (with proof-of-purchase).

2) Within the first 12 months from date of purchase Rival will repair or replace (at no charge) the defective product if it is delivered freight prepaid during that period to an authorized service station. To obtain warranty service contact our **CUSTOMER SERVICE DEPARTMENT** between 8:00 a.m. and 4:30 p.m. Central Standard Time, Monday through Friday (for prompt service have model number and sales receipt ready)

In U.S. and Canada call: 1-800-557-4825

In Mexico: Defective product should be returned to place of purchase.

Or, you may write to Rival's Service Division, 217 East 16th St., Sedalia, MO 65301. Proof of purchase is required when requesting warranty service - **SAVE YOUR SALES RECEIPT**. This warranty is extended only to the original purchaser and does not apply to commercial use, unreasonable use, or to damage to the product (not resulting from defect or malfunction) while in the possession of the consumer. The Rival Company disclaims all responsibility for consequential, incidental, or commercial losses caused by the use of this product. Some states do not allow this exclusion or limitation of incidental or consequential losses, so the foregoing disclaimer may not apply to you. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state.

Know Your Steamer

High-Domed Cover

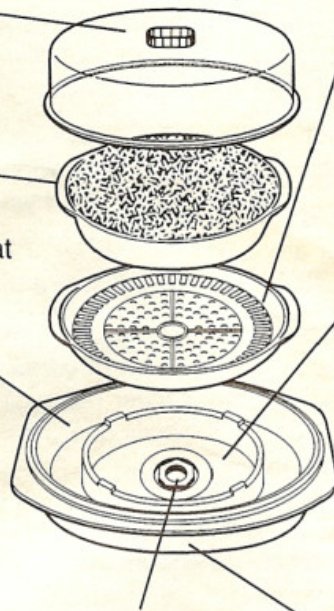
Provides a snug seal, yet allows ample food stacking to 3 1/2".

Rice Bowl

Deep container is used to cook rice (8-cup capacity) or other dishes that have a sauce or use liquid.

Outer Water Reservoir

Liquid draining from cooked food will collect here. Because this area is not heated, food particles and liquids can not scorch.



Heating Well

Steamer Basket

A shallow container with slots allows excess water to drain away. Use to steam vegetables, fish, shellfish or other dishes without a sauce. Oval shape accommodates hard-to-fit foods.

Inner Water Reservoir and Heating Well

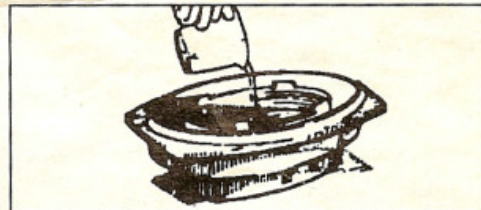
Water is heated and turns to steam which circulates around the food. The amount of water used determines the cooking time.

Indicator Light

Glows when unit is operating. Goes out to indicate food is done. If the unit has turned off and is still plugged in, the indicator light and the steamer may begin to cycle on and off. Unplug after cooking.

To Use

- 1 Pour specified amount of water into inner water reservoir, covering heating well. See charts and recipes for amount required.

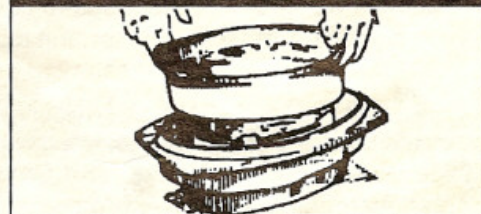


To Use Steamer Basket



- 2 Place vegetables, fish, or other foods without sauce or liquid, in basket.

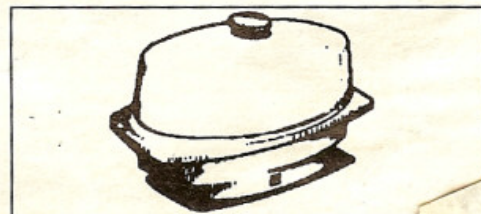
To Use Rice Bowl



- 2 Place rice, or other foods with sauce or liquid, in bowl.

NOTE: Steamer Basket and Rice Bowl can not be used at the same time.

- 3 Cover. Plug into 120V AC wall outlet. When water boils dry, food is done and light will go out. Unplug after food is cooked.



Important Points

- **Before using first time**, wash steamer (see below)
- **Slight odor or smoke** may be evident during initial use. This is normal with many heating appliances and will not recur. It does not effect safety of unit.
- **Polished or waxed surfaces:** Avoid placing unit on any surface or under any wall cabinet that can be marred by steam or water droplets.
- **Use clean water only** in inner water reservoir and heating well. Do not use wine, broth or other liquids. Do not add salt, pepper or other seasonings to water.
- **Caution:** The appliance and accumulated steam will be hot. Using hot pad, lift cover carefully to allow steam to escape safely. Hold cover over unit to let moisture drop into steamer. Use hot pads to lift basket or bowl.
- **Brush or wipe heating well with white household vinegar after each use. See below for complete cleaning information.**
- **Don't leave unattended** — cooking time is short.
- **A bit of water** may remain in the inner water reservoir even when heating well boils dry. This is normal.

Hints

- Cooking times are estimates and are affected by size and temperature of food, desired degree of doneness, and the temperature of water used for steaming. Water amounts may be adjusted.
- If steamer has shut off and food is not to desired doneness, add cold water to inner water reservoir, replace food and cover. Unit will turn back on shortly and resume steaming. Note: Steaming times may be slightly different when cold water is added to a hot unit. The temperature of the water and degree of food doneness will affect steaming time.
- Accumulated steam allows foods to continue cooking slightly even after unit has shut off. To avoid overcooking, remove food.
- Altitude affects the temperature at which water boils and thus the cooking time. It's especially true at high altitudes where longer cooking times are necessary.
- Rice bowl may be used to store food in refrigerator. Do not use rice bowl or basket in oven, microwave oven or on range top.
- Smaller foods steam faster than larger ones; a single layer cooks faster than several layers. Foods of uniform size will cook more evenly; arrange in center of basket. Try not to block steam vents.

To Clean

CAUTION: Unplug. Never immerse heating base in water.

- **Rice Bowl, Steamer Basket and Cover:** As some foods may stain, we recommend cleaning the rice bowl and steamer basket with vegetable oil. Coat the bowl and basket with vegetable oil and wipe clean. Then wash the bowl, basket and cover in hot, soapy water, rinse and dry. Or wash on top rack of dishwasher. Prolonged dishwasher use may fade printing. Do not use abrasive cleansers.
- **Heating Base:** Scrub heating well with white household vinegar after each use. This will prevent calcium or other mineral deposits from collecting. If mineral deposits are allowed to accumulate, a "tea kettle whistle" will result and, in extreme cases, unit could turn off before food is cooked.
- If a heavy mineral deposit has collected, pour 2 tablespoons of liquid Dip-It 2® into the heating well. Allow to stand about 15 minutes. Brush and rinse thoroughly.
- Wash both reservoirs with soapy water, rinse and dry. A small brush is handy when washing base.

Guide to Steaming Times

The amount of water poured into the inner water reservoir determines the steaming time. This chart provides an estimate of the steaming times according to various amounts of water. It's a handy guide when adapting your own recipes to the steamer.

Reminder

The Rival Steamer is automatic. Timing begins when the unit is plugged in. When adapting recipes, timing should not be compared to other methods of steaming where timing begins after the water has come to a boil.

Water in Reservoir	Approximate Time*
1/4 cup ^(minimum fill)	6-7 min.
1/2 cup	10-12 min.
3/4 cup	16-17 min.
1 cup	19-22 min.
1 1/4 cups	24-26 min.
1 1/2 cups	26-30 min.
2 cups	38-39 min.
2 1/2 cups	43-44 min.
3 cups ^(maximum fill)	45-50 min.

* Times are based on adding cold water to a cold unit. If water is added to a hot unit, times will be slightly different.

Questions and Answers

Q Why should only water be used in the inner water reservoir?

A Water in the inner reservoir flows into the heating well. Any liquid other than clean water will cause burning of residues and may clog heating well.

Q Do I need to cover the rice bowl when steaming rice or other dishes?

A No, not unless specifically indicated in the recipe. For example, breads or puddings may need to be covered with aluminum foil before adding the steamer cover.

Q When steaming rice, why do I put water in both the reservoir and the rice bowl?

A Testing has shown that this method makes fluffy, tender rice in the least amount of time.

Q What if the food isn't as done as I prefer when the steamer shuts off?

A This may occur due to variations in the size and freshness of food, temperature of the food and water, and even altitude.

To steam longer, carefully lift steamer basket or rice bowl and pour water into the inner reservoir. Replace food, cover and continue to steam. (1/4 cup water adds 4 to 5 minutes.) This method also is useful if you need to stir the dish or add additional ingredients.

Vegetables

Hints

- Use steamer basket for fresh or frozen vegetables.
Exception: If a sauce or liquid is to be kept on the vegetables, use rice bowl. See examples on page 20.
- Thoroughly clean the vegetables. Cut off stem; peel if desired. Cut or chop. Smaller pieces steam faster than larger ones.
- Vegetables retain more flavor and nutrients if steamed just until tender, but still slightly firm.
- Quality, freshness and size may affect timing. Adjust water volumes and cooking times as desired.

- Season the vegetables after steaming.
- If preparing more vegetables (fresh or frozen) than quantity listed, increase water amount by $\frac{1}{4}$ cup to extend cooking time.

Frozen Vegetables

- Frozen vegetables should not be thawed before steaming.
- Temperature of frozen food will affect cooking time. Adjust water volume and cooking time as desired.

Frozen

Unless otherwise noted, times given are based on 1 package (16 ounces) frozen vegetables

Variety	Cups of Water	Approx. Time in Minutes
Artichoke Hearts	1	19-22
Asparagus		
Cut	1	19-22
Spears	1	19-22
Beans		
Green or Wax, Cut	1 $\frac{1}{4}$	24-26
Lima	1 $\frac{1}{4}$	24-26
Broccoli		
Cut	1	19-22
Spears	1	19-22
Brussels Sprouts	1	19-22
Carrots, Sliced (24 oz. pkg.)	1 $\frac{1}{4}$	24-26
Cauliflower	1	19-22
Corn		
Cut	$\frac{1}{2}$	10-12
On Cob	1 $\frac{1}{4}$	24-26
Mixed Vegetables	1	19-22
Peas	$\frac{3}{4}$	16-17
Spinach	1	19-22
Squash	1	19-22

Fresh Vegetables

Variety	Quantity	Cups of Water	Approx. Time in Minutes
Artichokes	4 whole, tops trimmed	2½	43-44
Asparagus Spears	1 pound	¾	16-17
Beans Green or Wax Cut	1 lb.	1	19-22
Whole		1¼	24-26
Beets	1 lb., whole, with 1-inch tops	1¾	36-37
Broccoli Spears	1 lb.	1¼	24-26
Brussels Sprouts	¾ lb.	1¼	24-26
Cabbage	1 medium head, cut into 6 wedges	1¾	36-37
Carrots	1 lb., thinly sliced	1	19-22
Cauliflower Whole	1 small head, approx. 1 lb.	1¼	24-26
Flowerettes		1	19-22
Celery	1 bunch, thinly sliced	1	19-22
Corn Cut	¾ lb.	½	10-12
On Cob	3-5 ears	¾	16-17
Greens	½ lb.	½	10-12
Kohirabi	2 medium, sliced	1½	26-30
Mushrooms	1 lb.	⅓	8-9
Okra	1 lb., sliced ½ inch	½	10-12
Onions	½ lb., thinly sliced	⅔	14-16
Parsnips	1 lb., thinly sliced	½	10-12
Peas	1 lb., shelled	¾	16-17
Peppers	4 whole (not stuffed)	¾	16-17
Potatoes New	1½ to 2 lbs.	1¾	36-37
Red or White	3 to 6 whole, small	2½	43-44
Sweet	3 to 6 whole, small	2½	43-44
Rutabaga	1 medium, diced	1½	26-30
Squash Summer Zucchini, Yellow	Sliced	⅔	14-16
Winter Acorn Butternut	Halved	1¼	24-26
Turnips	1 lb., peeled, thinly sliced	1	19-22

Rice, Grains and Cereals

Rice

- Step 1: Put **both** rice and water in **rice bowl**.
- Step 2: Pour specified amount of water in inner water reservoir (see chart).
- Step 3: Cover and steam.

- There are many types of rice. Follow specific directions for the variety used.
- For firmer rice, slightly decrease water in both rice bowl and inner water reservoir; for softer rice, slightly increase water in both areas.
- Rice may be seasoned with salt, pepper or butter before or after cooking.

- To vary the flavor of the rice, use other liquids in place of water in rice bowl. Use the same amount of liquid as water indicated in chart. Suggestions include broth, consomme or wine. Remember: Use only clean water in the inner water reservoir.

- Add chopped onions, minced parsley, almonds or sliced mushrooms to rice in rice bowl. It flavors as it cooks.

Grains and Cereals

- To prepare other grains such as wheat or oatmeal, pour water into rice bowl. Cover and steam to heat water. Add grain to hot water and steam again. Follow water volumes and steaming times indicated in chart.

Don't Forget Rice for Breakfast

Hot cooked rice...with butter or margarine, cream and sugar. For an added touch of flavor, sprinkle a small amount of cinnamon on top.

Rice with fruit...makes a delightful change for breakfast or a mid-morning snack. Top hot cooked rice with cream, sugar and slices of fresh, canned or frozen fruit.



Rice Pilaf (Serves 4)

- | | |
|--|---|
| 1 cup raw converted rice | 2 tablespoons butter or margarine |
| 2 tablespoons minced onion | 1 can (3 ounces) sliced mushrooms, drained |
| 1/4 cup minced parsley (or 1 tablespoon dry parsley flakes) | 1/2 teaspoon salt |
| | 1 1/4 cups chicken broth |

- Combine all ingredients in rice bowl. Cover and steam. **Water:** 1 3/4 cups
Time: 36-37 min.

Rice, Grains and Cereals

Rice

Variety	Cups of Rice	Cups of Water	WATER RESERVOIR (Cups of Water)	Approx. Time in Minutes
Long Grain	1	1	1½	26-30
	2	2	2	38-39
	3	3	2½	43-44
Converted	1	1¼	1¾	36-37
	2	2½	2	38-39
	3	3½	2¼	40-42
Brown, Parboiled	1	1½	3	45-50
Brown, Regular	½	1	3	45-50
Wild Rice	½	1	3	45-50
	1	2	3	45-50
Packaged Rice Mixes	Mix	¾ cup less than package calls for	Enough to double The cooking time stated on package (See Steaming Time Guide, page 7.)	
Quick Cooking	1½	1	½	10-12

Other Grains

Oatmeal, Regular Step 1: Pour 1 cup water into rice bowl. Add water to reservoir and steam to heat water in rice bowl. Step 2: Add ¾ cup oats and ¼ teaspoon salt to hot water in rice bowl. Add water to reservoir and steam until oats are done.	½	10-12
	⅔	14-16
Wheat, Cracked Step 1: Pour 2 cups water into rice bowl. Add water to reservoir and steam to heat water in rice bowl. Step 2: Add 1 cup cracked wheat cereal. Add water to reservoir and steam until wheat is done.	1	19-22
	1½	26-30

Fish and Seafood

Hints

- Place fish in the steamer basket. If fish or seafood is to be poached or cooked in sauce, use rice bowl.
- Season fish as desired. Add lemon wedges and herbs before steaming. Add butter or margarine after steaming.
- Fish is done when it flakes easily with a fork and is opaque in color.
- Frozen fish may be steamed without defrosting, except for fillets which need to be defrosted and separated before steaming. Extend steaming time when preparing frozen fish.
- "Boiled" Shrimp: Place 1 pound medium shrimp in shells in steamer basket. Sprinkle with 1 tablespoon shrimp or crab boiling spices. Steam using $\frac{1}{2}$ cup water (10 to 12 minutes.).
- Seasoned Fish: Place fish (whole, dressed, fillet or steak) in rice bowl. Drizzle with melted butter, lemon juice, white wine or other liquid. Season as desired. Steam using $\frac{1}{2}$ cup water for whole, dressed or fillets (10-12 minutes), or 1 cup water for steaks (19-22 minutes).
- Hot Deviled Butter (excellent dipping sauce to serve with steamed lobster, crab or shrimp). Combine in saucepan: $\frac{1}{2}$ cups butter or margarine, 2 tablespoons chili sauce, 2 teaspoons Worcestershire sauce, 2 tablespoons prepared mustard, 2 drops Tabasco sauce, 1 tablespoon lemon juice, and 1 teaspoon dry parsley flakes. Heat until melted, stirring to blend well.

Poaching

Prepare either of the following seasoned liquids. Add fish to the hot liquid in rice bowl. Cover and poach according to chart.

Fish	Thick-ness	Cups of Water	Approx. Time in Minutes
Fillet	$\frac{1}{4}$ "	$\frac{1}{4}$	6-7
	$\frac{1}{2}$ "	$\frac{1}{2}$	10-12
Steak	1"	$\frac{3}{4}$	16-17

Quick Poaching Liquid

- 1 cup water**
- 2 whole peppercorns**
- $\frac{1}{2}$ **bay leaf**
- 1 teaspoon lemon juice**

Combine all ingredients in rice bowl.

Cover and steam.

Water: $\frac{1}{2}$ cup **Time:** 10-12 min.

- Do not strain; add fish to hot

Court Bouillon

- $\frac{1}{4}$ **onion, sliced**
- $\frac{1}{2}$ **carrot, sliced**
- 1 small green onion, sliced**
- $\frac{1}{2}$ **stalk celery, sliced**
- 1 teaspoon fresh minced parsley**
- $\frac{1}{2}$ **teaspoon thyme leaves**
- $\frac{1}{2}$ **teaspoon dill weed**
- $\frac{1}{2}$ **bay leaf**
- 1 cup water**
- $\frac{1}{2}$ **cup white wine**
- 1 peppercorn**

- Combine all ingredients except wine and peppercorn in rice bowl. Cover and steam. Add wine and peppercorn midway through cooking. **Water:** $1\frac{1}{2}$ cups **Time:** 26-30 min.
- Strain and return liquid to rice bowl. Add fish to hot liquid.

Fish and Seafood

Variety	Quantity	Cups of Water	Approx. Time in Minutes	Suggestions
Clams Cherrystone or Small Littlenecks (Steamers)	1 pound, fresh in the shell	1/2	10-12	Steam just until open.
Crab King Crab Claws (Cooked meat in the shell)	1/2 pound	1	19-22	Steam just until hot.
Soft-shell	8 to 12	1/3	8-9	Steam just until red
Fish Whole	1/2 to 3/4 lb.	1/2	10-12	Cook until fish flakes easily with fork.
Dressed	1/2 to 3/4 pound	1/2	10-12	
Fillet	1 lb.	1/2	10-12	
Steak	1-inch thick	1	19-22	
Lobster Whole, Live	1 to 1 1/4 lb.	1	19-22	Steam just until red.
Split	1 to 1 1/4 lbs.	1	19-22	
Tails	2 to 4	3/4	16-17	
Mussels	1 lb., fresh in the shell	3/4	16-17	Steam just until open.
Oysters	3 pounds, fresh in the shell	1 1/4	24-26	Steam just until open.
Scallops Bay	1 lb., shucked	3/4	16-17	Steam just until hot and tender
Sea	1 lb., shucked	1	19-22	
Shrimp Medium	1 lb. in the shell	1/2	10-12	Steam just until pink.
Large or Jumbo	1 lb. in the shell	3/4	16-17	

Eggs

- Using steamer basket, eggs may be cooked in the shell or cracked into cups.
- Using rice bowl, eggs may be scrambled.

Style	Quantity	Cups of Water	Approx. Time in Minutes
In the shell: Soft-Cooked	1-12	1/2	10-12
Hard-Cooked	1-12	1	19-22
"Eggs-in-a-Cup": Crack raw egg into individual-size heat proof custard cup. Season with salt, pepper and butter or margarine, if desired.			
Soft-Cooked	1-4	1/2	10-12
Hard-Cooked	1-4	1	19-22
Poached:			
Step 1: Pour 2 cups water in rice bowl. Add water to reservoir and steam to heat water in rice bowl.		1/2	10-12
Step 2: Crack egg in small bowl, slide into hot water in rice bowl (holds up to 4). Add water to reservoir and steam until poached.		1/2	10-12
Scrambled: Beat together 6 eggs and 2 tablespoons milk in rice bowl. Season with salt and pepper. Stir eggs halfway through cooking.		1	19-22

Miscellaneous

Use steamer basket unless otherwise noted.

Custard: Prepare according to favorite recipe. Pour into 4 (6-ounce) custard cups and cover each with aluminum foil.	1 1/2	26-30
Dried Fruit: Arrange in single layer.	1/2	10-12
Fresh Whole Fruit: 4 medium apples or pears.	1	19-22
Chicken Pieces (2 to 4)	1 1/2	26-30
Hot Dogs and Fully Cooked Sausage: If desired, add buns during last 1-2 minutes of steaming.		
Hot Dogs	1/2	10-12
Knockwurst, Bratwurst	1	19-22
REHEATING		
Dinner Rolls, Buns: Do not wrap or cover.	1/4	6-7
Refrigerated Casseroles and Leftovers: 6-10 ounce individual casseroles: Cover casseroles. Place on steamer basket	1 3/4	36-37
1-1 1/2 Quarts: In rice bowl, Cover with aluminum foil.	3	45-50
Sweet Rolls, Doughnuts: Frozen, not thawed.	1/2	10-12

Guide to Recipes

The recipes in this book are just a sampling of the wide variety of foods that you can prepare.

When preparing the recipe, be sure to use the steamer basket or rice bowl as directed. The water required in the inner water reservoir and approximate cooking time is listed under each recipe.

Multi-step recipes indicate two or more volumes of water and two or more steaming times. This method allows for the stirring of food, addition of ingredients, or when required total steaming time exceeds maximum capacity of the steamer.

For multi-step recipes, steam the first time using initial amount of water indicated. When cooking ends, follow other directions, if any (the addition of ingredients, stirring, etc.). A second amount of water is then added to the inner water reservoir, and steaming resumes.

Chicken and Rice

(Serves 3)

- 3 chicken breast halves**
 - 1/2 cup white wine**
 - 1 1/4 cups water**
 - 1 cup raw converted rice**
 - 1/4 cup chopped green onion**
 - 1 tablespoon instant chicken bouillon granules**
 - 1/2 teaspoon pepper**
 - 1/2 cup roasted peanuts**
 - 3 teaspoons soy sauce**
- Place chicken in steamer basket. Cover and steam. **Water:** 1 1/2 cups **Time:** 26-30 min.
 - Remove chicken from the bone and cut into bite-size pieces. In rice bowl, combine chicken with remaining ingredients except peanuts and soy sauce. Cover and steam. **Water:** 2 cups **Time:** 38-39 min.
 - Add peanuts and soy sauce. Cover and steam. **Water:** 1/4 cup **Time:** 6-7 min.

Polish Sausage Supper

(Serves 4)

- 2 potatoes, peeled and cut into 1/2-inch pieces**
 - 1 pound smoked sausage**
 - 1 can (16 ounces) sauerkraut**
 - 1/2 teaspoon salt**
 - 1/4 teaspoon pepper**
 - 1 teaspoon sugar**
 - 1/2 teaspoon caraway seed**
- Place potatoes in steamer basket. Cover and steam. **Water:** 1/2 cup **Time:** 10-12 min.
 - Slice sausage into 1/2-inch pieces. Place sausage in rice bowl. Top with steamed potatoes. Cover with sauerkraut and sprinkle seasonings on top. Cover and steam. **Water:** 2 cups **Time:** 38-39 min.

Stuffed Green Peppers

(Serves 4)

- 1 pound ground chuck**
 - 1 small onion, chopped**
 - 1 can (8 ounces) tomato sauce**
 - 1 cup cooked rice**
 - 1 teaspoon prepared horseradish**
 - Dash of hot pepper sauce**
 - 1/2 cup (2 ounces) shredded American cheese**
 - 4 green peppers, seeded with tops removed**
 - 3 tablespoons catsup**
- Brown ground chuck and onion in skillet; drain. In mixing bowl, combine ground chuck mixture with remaining ingredients except green peppers and catsup.
 - Stuff green peppers with meat mixture; top with catsup. Place in steamer basket. Cover and steam. **Water:** 1 1/2 cups **Time:** 26-30 min.

Fish and Seafood

Parmesan Scallops (Serves 4)

- 1/4 cup butter or margarine, melted
- 1 teaspoon cornstarch
- 1 1/2 pounds shucked sea scallops, cut in 2 or 3 slices
- 3 green onions, finely chopped
- 2 tablespoons fresh minced parsley or 2 teaspoons dried parsley flakes
- 1/4 cup white wine
- 2 tablespoons grated Parmesan cheese

- Combine melted butter and cornstarch in rice bowl. Stir to blend well. Add remaining ingredients except cheese. Cover rice bowl with aluminum foil. Cover and steam. **Water:** 1 cup **Time:** 19-22 min.
- Uncover and stir well. Sprinkle with cheese. Recover with foil. Cover and steam. **Water:** 1/2 cup **Time:** 10-12 min.

Trout With Herb Stuffing (Serves 2-3)

- 2 to 3 pan-dressed trout, fresh or thawed
- 1/2 teaspoon salt
- 2 cups herb stuffing
- 1/3 cup butter or margarine, melted
- 1/2 cup sliced fresh mushrooms
- 1/3 cup sliced green onion
- 1 tablespoon chopped parsley
- 1 tablespoon chopped pimento
- 2 teaspoons lemon juice
- 1/4 teaspoon margarine

- Wash and dry trout. In mixing bowl, combine remaining ingredients. Stuff fish and place in steamer basket. Cover and steam. **Water:** 1 1/2 cups **Time:** 26-30 min.

Salmon With Wine Sauce (Serves 4)

- 4 salmon steaks, 1-inch thick
- 2 tablespoons melted butter or margarine
- 2 tablespoons white wine
- 1 tablespoon fresh minced parsley
- 1 small clove garlic, minced
- 1/2 teaspoon salt

- Arrange steaks in rice bowl. Combine all remaining ingredients and pour over fish. Cover and steam. **Water:** 1 cup **Time:** 19-22 min.

Spanish Paella (Serves 4-6)

- 1 pound chicken pieces
- 1/4 cup flour, seasoned with salt and pepper
- 1/4 cup olive or salad oil
- 2 carrots, peeled and sliced into 1/2-inch pieces
- 1/2 cup chopped onion
- 1 stalk celery, with leaves
- 1 cup chicken broth
- 1 clove garlic, minced
- 2 tablespoons chopped pimento
- 1/4 teaspoon ground oregano
- 1/4 teaspoon ground saffron
- 1/2 cup raw converted rice
- 1 package (9 ounces) frozen artichokes
- 8 ounces fresh or frozen shelled shrimp
- 6 small clams in shells, washed

- Coat chicken with flour. In skillet, brown chicken in hot oil for 20 minutes. In rice bowl, combine remaining ingredients except artichokes, shrimp and clams. Place chicken pieces on top. Cover and steam. **Water:** 2 3/4 cups **Time:** 44-45 min.
- Add artichokes, shrimp and clams. Cover and steam. **Water:** 2/3 cup **Time:** 14-16 min.

Chinese Pepper Steak

(Serves 4)

- 1 pound sirloin, sliced into thin strips
- 1 tablespoon sugar
- 1 tablespoon sherry
- 1 tablespoon soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon oil
- 1/2 teaspoon salt
- 2 teaspoons cornstarch
- 1/4 cup chopped onion
- 1/3 cup sliced celery
- 1 red or green pepper, seeded and sliced into thin strips
- 1 tomato, diced

- Combine all ingredients except tomato in rice bowl. Cover and steam. **Water:** 2/3 cup **Time:** 14-16 min.
- Add diced tomato and stir. Cover; steam. **Water:** 1 cup **Time:** 19-22 min.

Enchilada Casserole

(Serves 4)

- 1 can (14 1/2 ounces) whole tomatoes
- 1 small onion, cut into pieces
- 1 clove garlic, minced
- 1/2 teaspoon ground red pepper
- 1/2 teaspoon salt
- 1 can (6 ounces) tomato paste
- 1 pound ground beef, browned
- 2 cups (8 ounces) shredded Cheddar cheese
- 10 corn tortillas

- To prepare sauce, blend tomatoes and liquid with onion and garlic in a blender or food processor. Pour into medium-sized saucepan. Add red pepper, salt and tomato paste. Heat to a boil; then simmer for 5 to 10 minutes. In mixing bowl, combine browned ground beef, half of the

cheese and half of the prepared sauce.

- Dip tortilla in sauce and place 1 to 2 tablespoons of beef filling in the center. Roll up and place in rice bowl. Repeat for remaining tortillas.
- Pour remaining sauce over enchiladas and top with remaining cheese. Cover and steam. **Water:** 3/4 cup **Time:** 16-17 min.

Jambalaya

(Serves 4)

- 1/2 pound smoked sausage
- 1/2 cup chopped green pepper
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 tablespoon flour
- 1 can (14 1/2 ounces) whole tomatoes
- 1 cup water
- 2 teaspoons dried parsley
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon whole thyme
- 1/8 teaspoon ground red pepper
- 1 cup raw converted rice
- 8 ounces shrimp, peeled and deveined

- Place sausage, green pepper, onion and garlic in rice bowl. Cover and steam. **Water:** 1/2 cup **Time:** 10-12 min.
- Stir flour into sausage mixture. Blend well. Add remaining ingredients except shrimp. Cover and steam. **Water:** 2 1/2 cups **Time:** 43-44 min.
- Add shrimp. Cover and steam. **Water:** 1/2 cup **Time:** 10-12 min.

Low Calorie

Stuffed Cabbage Rolls

(Serves 4)

- 8 leaves from 1 small head cabbage
- 1 pound lean ground beef
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped green pepper
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon garlic salt
- Dash Tabasco sauce
- 1/8 teaspoon dry mustard
- 1 teaspoon prepared horseradish
- 1 cup tomato juice
- 1 teaspoon Italian seasoning

- Core cabbage and place in steamer basket. Steam just until outer leaves are wilted and separate easily. **Water:** 1/2 cup **Time:** 10-12 min.
- Brown ground beef and drain well. Add onion, green pepper, Worcestershire sauce, salt, Tabasco sauce, dry mustard and horseradish. Stir to blend well. Place a rounded tablespoon of filling on each leaf and roll. Stack in rice bowl.
- Blend tomato juice and Italian seasoning. Pour over cabbage rolls. Cover rice bowl with aluminum foil. Cover and steam. **Water:** 1 1/4 cups **Time:** 24-26 min.

Seasoned Mushrooms

(Serves 2)

- 10 to 12 whole mushrooms
 - 1/2 teaspoon Italian seasoning
- Wash mushrooms. Place in rice bowl. Sprinkle with Italian seasoning. Cover and steam. **Water:** 1/3 cup **Time:** 8-9 min.

Carrot Medley

(Serves 8)

- 4 cups thinly sliced and pared carrots
- 1 small onion, thinly sliced and separated into rings
- Dash of salt
- 2 teaspoons dried parsley flakes
- 1 teaspoon sugar
- Dash of salt
- 1 teaspoon instant chicken bouillon granules

- Combine all ingredients in rice bowl. Cover and steam. **Water:** 1 1/2 cups **Time:** 26-30 min.

Smothered Sole

(Serves 4)

- 1 pound sole fillets
- 1/2 cup finely chopped green onion
- 1/4 cup finely chopped green pepper
- 1 cup sliced mushrooms
- 1 small tomato, chopped
- 1/4 teaspoon dill weed

- Arrange fish fillets in single layer in steamer basket. In order listed, top with all remaining ingredients. Cover and steam. **Water:** 1/2 cup **Time:** 10-12 min.

Snappy Salad Idea

Steam bite-size pieces of cauliflower, broccoli, carrots or green beans just until crisp-tender. Toss with low-calorie Italian salad dressing...refrigerate several hours...enjoy with a clear conscience!

Corn Combo

(Serves 4)

- 1/3 cup chopped celery
- 1/3 cup chopped green pepper
- 1 package (10 ounces) frozen whole kernel corn, defrosted
- 1 can (8 ounces) tomato sauce
- 1 can (4 ounces) mushroom stems and pieces, drained
- 1 tomato, peeled and chopped
- 2 teaspoons brown sugar
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic salt
- Dash black pepper
- Dash of liquid hot pepper sauce
- 1 tablespoon catsup

- In rice bowl, combine celery and green pepper. Cover and steam. **Water:** 1/2 cup **Time:** 10-12 min.
- Stir in all remaining ingredients. Cover and steam until heated through. **Water:** 1 1/4 cups **Time:** 24-26 min.

Creamy Lite Potatoes

(Serves 3)

- 6 whole new potatoes
- 1/2 cup plain non-fat yogurt
- 1/2 teaspoon seasoned salt
- 1 teaspoon dill weed

- Scrub potatoes and arrange in steamer basket. Cover and steam. **Water:** 1 3/4 cups **Time:** 36-37 min.
- Meanwhile, in serving bowl, combine yogurt and seasonings. Fold hot potatoes into sauce.

Almond Brussels Sprouts

(Serves 3-4)

- 1 package (10 ounces) frozen brussels sprouts
- 1 tablespoon butter or margarine
- 1/4 cup slivered almonds
- 1/2 teaspoon instant chicken bouillon

- Place brussels sprouts in steamer basket. Cover and steam. **Water:** 1 cup **Time:** 19-22 min.
- Place brussels sprouts in rice bowl with remaining ingredients. Cover and steam. **Water:** 1/4 cup **Time:** 6-7 min.

Italian Extravaganza

(Serves 4-6)

- 1/2 bunch broccoli, cut in flowerettes
- 1/2 head cauliflower, cut in flowerettes
- 1 zucchini, sliced 1/2-inch thick
- 8 ounces mushrooms
- 1 cup cherry tomatoes
- 1/2 teaspoon garlic salt
- 2 to 3 tablespoons grated Parmesan cheese

- Arrange vegetables except tomatoes in steamer basket. Cover and steam. **Water:** 3/4 cup **Time:** 16-17 min.
- Add cherry tomatoes. Sprinkle all with salt and cheese. Cover and steam. **Water:** 1/4 cup **Time:** 6-7 min.

Company Rice (Serves 3)

- 1 can (10 1/2 ounces) beef consomme
- 1 can (4 ounces) sliced mushrooms
- 2 tablespoons butter or margarine, cut into pieces
- 1/2 cup raw long-grain rice
- 1/3 cup chopped onion
- Combine all ingredients in rice bowl. Cover and steam. **Water:** 3 cups **Time:** 45-50 min.

Baked Ambrosia

(Serves 4)

- 2 large oranges
- 1 can (8 ounces) pineapple chunks, drained
- 2 tablespoons coconut
- 1 1/2 tablespoons brown sugar
- 1 tablespoon honey
- 1/8 teaspoon almond extract
- 2 tablespoons almonds (whole or slivered)
- 4 maraschino cherries

- Cut oranges in half crosswise. Free fruit from shell carefully with a grapefruit knife. Separate orange sections.
- Toss together orange sections, pineapple, coconut, brown sugar, honey, almond extract and almonds in mixing bowl. Mound into shells. Top each with a cherry. Place shells in steamer basket. Cover and steam. **Water:** 1/2 cup **Time:** 10-12 min.

Candied Steamed Apples

(Serves 6)

- 8 medium cooking apples, peeled, cored and chopped
- 1/4 cup red hot candies
- 1/3 cup brown sugar
- Dash nutmeg

- Place apples in rice bowl. Cover; steam. **Water:** 1 cup **Time:** 19-22 min.
- Stir in red hots, brown sugar and nutmeg. Cover; steam. **Water:** 2/3 cup **Time:** 14-16 min.

Sunshine Fruit Compote

(Serves 6-8)

- 1 package (6 ounces) dry mixed fruit
- 1 package (6 ounces) dry apricots
- 1 can (16 ounces) peaches in heavy syrup, drained
- 1/3 cup orange juice
- 2 tablespoons honey

- Combine all ingredients in rice bowl. Cover and steam. **Water:** 1 cup **Time:** 19-22 min.

Mapled Bananas

(Serves 4)

- 2 tablespoons butter or margarine
- 3 tablespoons maple-flavored pancake syrup
- 5 bananas, peeled and sliced into 1/2-inch pieces
- 1 tablespoon lemon juice

- Place butter in rice bowl. Cover; steam. **Water:** 1/4 cup **Time:** 6-7 min.
- Stir in syrup. Add bananas. Stir to coat bananas with syrup mixture. Cover and steam. **Water:** 1/2 cup **Time:** 10-12 min. Sprinkle with lemon juice. Serve warm.

Cranberry Sauce

- 1 pound cranberries
- 2 cups sugar
- 1/2 cup water

- Combine all ingredients in rice bowl. Cover and steam. **Water:** 1 1/2 cups **Time:** 26-30 min.

Breads and Puddings

Banana Bread

(Makes 1 loaf)

- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{3}$ cup brown sugar
- $\frac{1}{3}$ cup butter or margarine,
softened
- 3 tablespoons milk
- 1 egg
- 1 $\frac{1}{2}$ teaspoons lemon juice
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup chopped nuts
- $\frac{1}{2}$ cup mashed bananas

- Combine all ingredients except bananas in mixing bowl. Beat at medium speed for 2 minutes. Stir in bananas. Pour batter into greased and floured rice bowl. Cover rice bowl with aluminum foil. Cover and steam. **Water:** 3 cups **Time:** 45-50 min.
- Pick inserted in center should come out clean. If not done, add water and continue to steam. **Water:** 1 cup **Time:** 17-21 min.

Boston Brown Bread

(Makes 1 loaf)

- $\frac{3}{4}$ cup flour
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup yellow cornmeal
- $\frac{1}{2}$ cup whole wheat flour
- $\frac{1}{2}$ cup molasses
- 1 cup buttermilk
- $\frac{1}{2}$ cup raisins

- Combine flour, baking powder, soda, salt, cornmeal and whole wheat flour. Add remaining ingredients and beat well. Pour batter into greased and floured rice bowl. Cover rice bowl with aluminum foil. Cover and steam. **Water:** 3 cups **Time:** 45-50 min.
- Pick inserted in center should come out clean. If not done, add water and continue to steam. **Water:** 1 cup **Time:** 19-22 min.

Breads and Puddings

Steamed Pumpkin Pudding

(Makes 1 loaf)

- 1/4 cup butter or margarine**
- 2/3 cup brown sugar**
- 3 tablespoons sugar**
- 2 eggs**
- 1 cup plus 2 tablespoons flour**
- 1/4 teaspoon salt**
- 1/2 teaspoon baking soda**
- 1/4 teaspoon cinnamon**
- 1/4 teaspoon ground ginger**
- 1/4 teaspoon nutmeg**
- 2/3 cup canned pumpkin**
- 1/3 cup sour milk (or 1 teaspoon vinegar plus milk to measure 1/3 cup)**
- 1/4 cup chopped walnuts**

- Cream butter and sugars. Beat in eggs. Stir together flour, salt, soda and spices. Mix together pumpkin and sour milk. Add dry ingredients to creamed mixture, alternately with pumpkin mixture. Mix well after each addition. Stir in nuts. Pour into greased rice bowl. Cover rice bowl with aluminum foil. Cover and steam. **Water:** 3 cups **Time:** 45-50 min.
- Pick inserted in center should come out clean. If not done, add water and continue to steam. **Water:** 1 cup **Time:** 19-22 min.

Pineapple Tapioca Pudding

(Serves 4-6)

- 1 egg**
- 2 cups milk**
- 3 tablespoons quick-cooking tapioca**
- 5 tablespoons sugar**
- 1/4 teaspoon salt**
- 1 teaspoon vanilla**
- 1 can (8 ounces) crushed pineapple, thoroughly drained**

- In medium bowl, blend egg, milk, tapioca, sugar and salt. Let stand 5 minutes. Pour into rice bowl. Cover and steam, stirring every 5 to 10 minutes. **Water:** 1 1/2 cups **Time:** 26-30 min.
- Stir vanilla and pineapple into steamed mixture. Let stand 10 to 15 minutes. Serve warm or cold.

Caramel Apple Bread Pudding

(Serves 6)

- 3 cups bread cubes**
- 3 cups peeled, sliced apples**
- 4 eggs, beaten**
- 1 1/2 cups milk**
- 3 tablespoons sugar**
- 1/2 teaspoon vanilla**
- Dash salt**
- 1/4 teaspoon cinnamon**
- 1/3 cup caramel topping**
- Nutmeg**

- Place bread cubes in buttered rice bowl. Top with apples. Beat together eggs, milk, sugar, vanilla, salt and cinnamon. Pour over apples. Drizzle with caramel. Sprinkle with nutmeg. Cover rice bowl with foil. Cover and steam. **Water:** 3 cups **Time:** 45-50 min.
- Knife inserted into center of custard should come out clean. If not done, add more water and continue to steam. **Water:** 1 cup **Time:** 19-22 min.