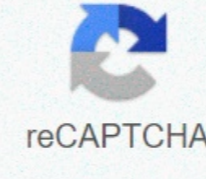




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Old tupperware microwave steamer instructions

Thanks to Tupperware® SmartSteamer Steam Cooking vegetables retains optimal texture and nutritional content. Steaming is a great solution for health conscious people. Tasty dishes can be created without adding oils and other fats simply by cooking the food. Steaming preserves more vitamins and minerals of your food as opposed to cooking when they are lost in cooking fluids. Steaming is an excellent way to preserve the true taste and quality of your ingredients. Do you really want to appreciate the nice, fresh cut fish that you have just purchased? Try steaming to appreciate the quality and tastes. Do you have any leftover pasta noodles? Using this moist heating method is a great way to warm up noodles without being dry or rubbery. If you smoke fish with a thin tapered end, gently fold the thin end to even out the thickness of the fillet. This equals the cooking time for both ends of the fillet. Create fillings for your steamed fish or chicken by wrapping cheese, herbs or ground vegetables in thin fish filets or chicken chops and securing them with tooth pickles. Since steam cooking retains more nutrients, this is an excellent way to cook baby food. To make it extra easy, simply cook vegetables and fruits around the al dente stage and they will mix easily. When using tupperware® SmartSteamer, keep your food roughly the same size on each layer. This will help you get evenly cooked results - when one broccoli is made, the others will be ready. Do not overfly your Tupperware® SmartSteamer. There should be plenty of room for couples to circulate around the food. Do not forget that until the water in the water tank starts to boil, the food inside is not exposed to heat. When making your own recipes, keep in mind that the first few minutes in the microwave heat the water and have minimal effect on the food until the water starts to boil. If you have removed the SmartSteamer from the microwave and your food is not quite perfectly cooked, try letting the SmartSteamer covered on the counter gently finish cooking the food with residual steam. Gently enhance the aromatic substances from steam by adding fragrant herbs or citrus to the water in the SmartSteamer water tank. Quick Pepper Poppers recipe video More SmartSteamer recipes © 1996-2015, Amazon.com, Inc. or its affiliates Introducing Tupperware® SmartSteamer Steam Cooking vegetables retains their optimal texture and nutritional content. Steaming is a great solution for health conscious people. Tasty dishes can be created without adding oils and other fats simply by cooking the food. Steaming preserves more vitamins and minerals of your food as opposed to cooking when they are lost in cooking fluids. Steaming is an excellent way to preserve the true taste and quality of your ingredients. Want to really appreciate a nice, fresh cut you just purchased? Try steaming to appreciate the quality and tastes. Do you have any leftover pasta noodles? Using this moist heating method is a great way to warm up noodles without being dry or rubbery. If you smoke fish with a thin tapered end, gently fold the thin end to even out the thickness of the fillet. This equals the cooking time for both ends of the fillet. Create fillings for your steamed fish or chicken by wrapping cheese, herbs or ground vegetables in thin fish filets or chicken chops and securing them with tooth pickles. Since steam cooking retains more nutrients, this is an excellent way to cook baby food. To make it extra easy, simply cook vegetables and fruits around the al dente stage and they will mix easily. When using tupperware® SmartSteamer, keep your food roughly the same size on each layer. This will help you get evenly cooked results - when one broccoli is made, the others will be ready. Do not overfly your Tupperware® SmartSteamer. There should be plenty of room for couples to circulate around the food. Do not forget that until the water in the water tank starts to boil, the food inside is not exposed to heat. When making your own recipes, keep in mind that the first few minutes in the microwave heat the water and have minimal effect on the food until the water starts to boil. If you have removed the SmartSteamer from the microwave and your food is not quite perfectly cooked, try letting the SmartSteamer covered on the counter gently finish cooking the food with residual steam. Gently enhance the aromatic substances from steam by adding fragrant herbs or citrus to the water in the SmartSteamer water tank. Quick Pepper Poppers recipe video More SmartSteamer Recipes

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