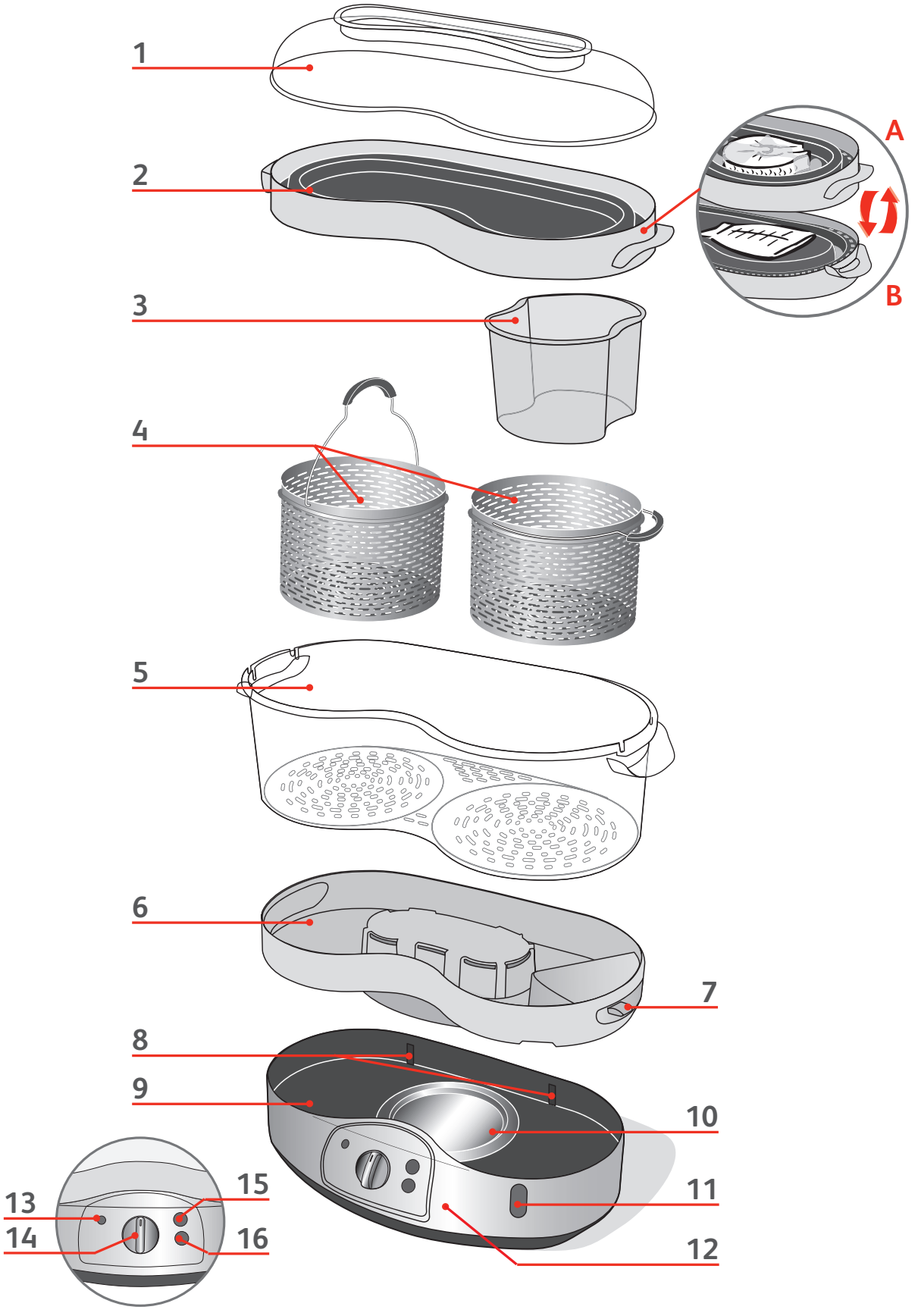
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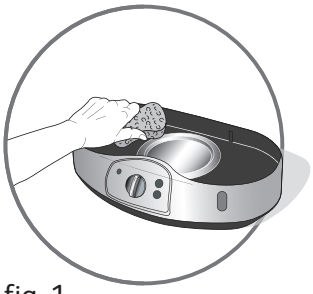
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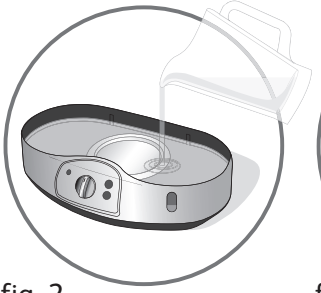
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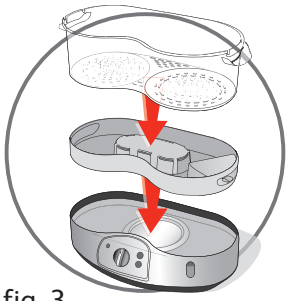


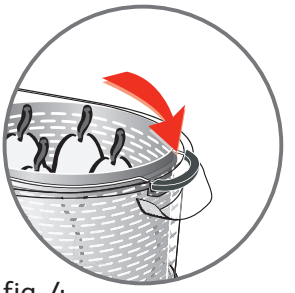
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fig. 1


fig. 2


fig. 3


fig. 4

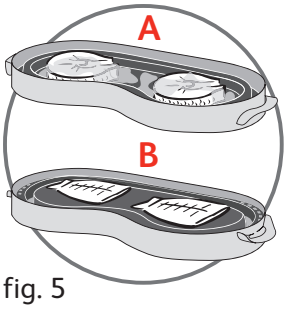
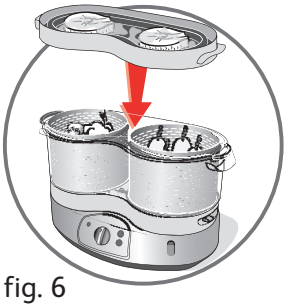


fig. 5


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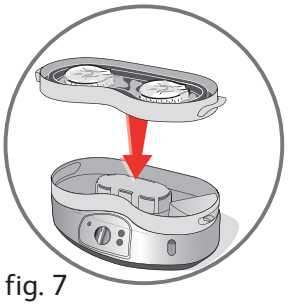
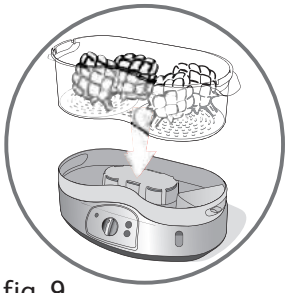
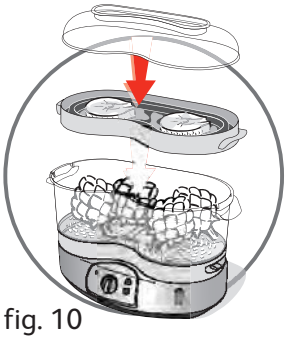
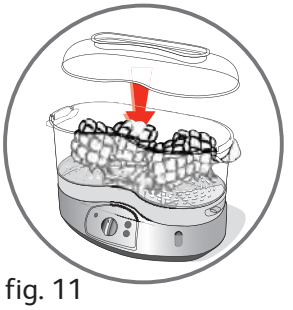
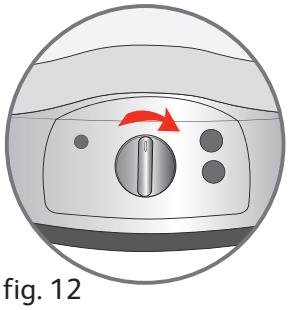

fig. 7


fig. 8


fig. 9


fig. 10


fig. 11


fig. 12

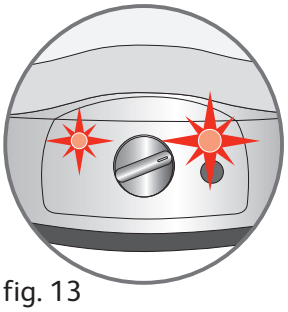
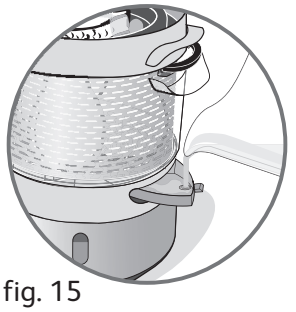

fig. 13


fig. 14


fig. 15

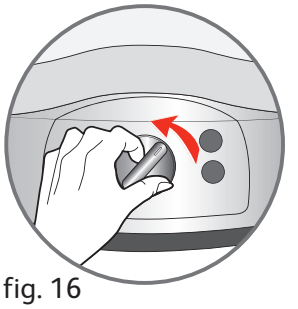
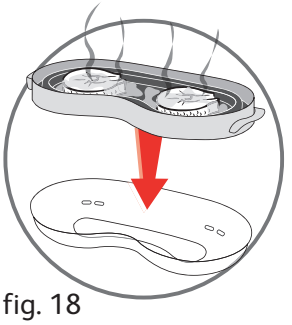

fig. 16



fig. 17


fig. 18

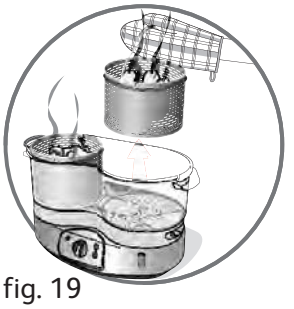

fig. 19


fig. 20

Important recommendations

Read and follow the instructions for use. Keep them for future use..

Safety instructions

- This appliance complies with the safety regulations and directives in effect at the time of manufacture.
- Check that the power supply voltage corresponds to that shown on the appliance (alternating current).
- Given the diverse standards in effect, if the appliance is used in a country other than that in which it is purchased, have it checked by an approved service centre.
- This appliance is designed for domestic use only. In case of professional use, inappropriate use or failure to comply with the instructions, the manufacturer accepts no responsibility and the guarantee does not apply.

Connecting to the power supply

- Do not use the appliance if the appliance or the cord is damaged, if the appliance has fallen or shows visible damage or does not work properly. In the event of the above, the appliance must be sent to an approved Service Centre. Do not take the appliance apart yourself.
- Always plug the appliance into an earthed socket.
- Do not use an extension lead. If you accept liability for doing so, only use an extension lead which is in good condition, has an earthed plug and is suited to the power of the appliance.
- If the power supply cord is damaged, it must be replaced by the manufacturer, an authorised service centre or a similarly qualified person in order to avoid any danger.
- Do not leave the cord hanging.
- Do not unplug the appliance by pulling on the cord.
- Always plug the appliance into an earthed socket.
- Always unplug the appliance immediately after use ; when moving it ; prior to any cleaning or maintenance.

Using

- Use a flat and stable, heat resistant work surface, away from any water splashes.
- Never leave the appliance in operation unattended. Keep away from children.
- Burns can occur by touching the hot surface of the appliance, the hot water, the steam or the food.
- Do not touch the appliance while it is producing steam and use a cloth or oven glove to remove the lid, rice bowl and steam bowl.
- Do not move the appliance when it is full of liquids or hot food.
- Do not place the appliance near a heat source or in a hot oven, as serious damage could result.
- Never immerse the appliance in water!
- Do not place the appliance near a wall or a cupboard - the steam produced by the appliance can cause damage.

HELPLINE

If you have any product problems or queries, please contact our Customer Relations Team first for expert help and advice:

0845 602 1454 - UK (01) 6774176 / (01) 4751947 - Ireland
or consult our website: www.tefal.co.uk

Benefits of steam cooking

Welcome to the world of Tefal steam cooking!

Healthier, more nutritious dishes may easily be prepared by steaming and the results are colourful and naturally flavoursome. The true versatility and benefits of steaming can now be explored.

Your Tefal steamer is suitable for most foods and a surprising variety of recipes.

BALANCED NUTRITION

The VitaCuisine steamer allows you to prepare a tasty and well balanced meal in one easy step. Thanks to the individual baskets and cooking tray, vegetables, rice, fish, meat, fruits and desserts can be cooked simultaneously.

PRESERVING VITAMINS

The steamer's gentle yet quick cooking system retains more vitamins and micronutrients.

LESS FAT

Steam cooking is ideal for fish, chicken and lean meat. The specific cooking tray helps retain the essential fat, Omega 3. in oil-rich fish like salmon, sardines, mackerel, trout, herring, and fresh tuna.

MORE FRUITS AND VEGETABLES

The steaming process is easy and efficient. Steaming can help to increase your daily consumption of fruit and vegetables.

Now you are ready to create a delicious and well-balanced meal in one.

Get steaming!

Description

1. Lid
2. Reversible cooking plate *
   - **a.** side for cooking with sauce or juice
   - **b.** side for steam cooking
3. Rice bowl*
4. Steam baskets
5. Maxi capacity bowl
6. Juice collector
7. Exterior water refill inlet during cooking
8. Interior maximum water level
9. Water tank
10. Heating element
11. Exterior water level gauge
12. Power base
13. On / off light
14. 60-minute timer
15. Vitamin + touchpad
16. Keep warm touchpad*

* depending on model

Using your Vitacuisine

Before first use

- Clean the water tank with a damp soft cloth - fig.1.
- Wash all the removable parts using a sponge, warm water and washing up liquid, rinse and dry carefully.

Do not immerse the water tank in water when cleaning.

Filling the water tank

Do not use seasoning or any other liquid other than water in the water tank.
Check that there is water in the water tank before using the appliance.

- Pour the water directly into the water tank, up to the maximum level - fig.2.
- Place the juice collector on the tank until firmly in place.
- Place the maxi capacity bowl on the juice collector - fig.3.
- Use fresh cold water with each use and check the water is up to the maximum level.

Positioning the steam basket(s)

- Place the food in the basket(s).
- Place the basket(s) in the maxi capacity bowl and fold the handle(s) in the notches - fig.4.
- Put the lid on.

So as not to scald yourself with the steam from the lid, preferably place the steam holes towards the back.

Positioning the reversible cooking plate*

The cooking plate (using side A only) can be used without the maxi capacity bowl. Place it directly on the juice collector - fig.7.

- Use face A of the cooking plate for meals with sauce or food that releases a lot of cooking juices, and face B for cooking without sauce or cooking juices - fig.5.
- Place the cooking plate on the maxi capacity bowl - fig.6.
- Put the lid on.

To cook rice

You can cook rice.

- Put the rice and the water in the rice bowl (see the table of cooking times). - fig.8.
- Place the rice bowl in a steam basket or in the maxi capacity bowl.

Cooking without baskets

For a maxi capacity, you can cook without the baskets.

- Remove the baskets.
- Place food in the maxi capacity bowl.
- Put the maxi capacity bowl on the juice collector - fig.9.
- Put on either the cooking plate and the lid - fig.10 or just the lid - fig.11.

* depending on model

Cooking

Choose the cooking time

- Plug the appliance in.
- Set the timer for the recommended cooking times (see table of cooking times) - fig.12.
- The on / off light and the VITAMIN+ touchpad light comes on and the steam cooking begins.

Do not touch the appliance or foods during cooking as they will be hot.

Using the VITAMIN + touchpad

You can manually stop the VITAMIN+ program if you press on the illuminated touchpad. Use oven gloves when handling the baskets during cooking time.

- Exclusive: your appliance is fitted with a "VITAMIN+" touchpad which reduces cooking time for a better vitamin retention.
- At the start of cooking, the light comes on automatically - fig.13. This allows a faster start to cooking, thanks to a bigger steam output.
- The VITAMIN+ touchpad light goes out automatically as soon as the quantity of steam is sufficient for cooking.
- If you open the lid (e.g.: if adding more food) you can press the VITAMIN + touchpad again to quickly return the steamer to the ideal temperature - fig.14.

During cooking

- Check the water level during cooking using the external water level indicator.
- If necessary, slowly add more cold water through the exterior water inlet - fig.15.
- To stop the appliance ahead of time, turn the timer to the 0 position - fig.16.

When there is no more water in the water tank the appliance stops cooking.

Keep Warm*

Check that there is always water in the water tank during keep warm.

- At the end of cooking, a signal sounds: food is ready.
- The keep warm function starts automatically - fig.17.
- The appliance keeps food warm for up to 60 minutes.
- Press the keep warm touchpad to stop the appliance.

Removing food from the steam baskets

- Lift the lid by the handle.
- Put the cooking plate on the turned over lid - fig.18.
- Remove the steam baskets using the handles - fig.19.
- Serve the food - fig.20.

Use oven gloves when handling the baskets.

* depending on model

Table of cooking times

Cooking times are approximate and may vary depending on the size of the food, the space between the food, the amount of food, individual preferences, and the mains voltage.

Use oven gloves when handling the baskets during the cooking time.

Meat – Poultry

Food	Type	Amount	Cooking Time	Recommendations
Chicken breast (boneless)	Strips	500 g	15 min	
	Whole	450 g	17 min	
Chicken drumsticks	Fresh	4	36 min	
Turkey escalope	Fresh	600 g	24 min	
Pork fillet	Fresh	700 g	38 min	1 cm thick
Lamb steak	Fresh	500 g	14 min	
Sausages	Fresh	10	6 - 8 min	

Fish - shellfish

Food	Type	Amount	Cooking Time	Recommendations
Thin fillet of fish	Fresh	450 g	10 min	
	Frozen	450 g	18 min	
Thick fillets or steaks	Fresh	400 g	15 min	
Whole fish	Fresh	600 g	25 min	
Mussels	Fresh	1 kg	15 - 20 min	
Prawns	Fresh	200 g	5 min	
Scallops	Fresh	100 g	5 min	

Vegetables

Food	Type	Amount	Cooking Time	Recommendations
Artichoke	Fresh	3	43 min	
Asparagus	Fresh	600 g	17 min	
Broccoli	Fresh	400 g	18 min	Cut into florets
	Frozen	400 g	12 min	
Celeriac	Fresh	350 g	22 min	In cubes or slices
Mushrooms	Fresh	500 g	12 min	Small whole or cut in quarters
Cauliflower	Fresh	1 moyen	19 min	Cut into florets
Cabbage (red - green)	Fresh	600 g	22 min	Sliced
Courgette	Fresh	600 g	12 min	
Spinach	Fresh	300 g	13 min	Toss halfway through cooking
	Frozen	300 g	15 min	
Fine green beans	Fresh	500 g	30 min	
	Frozen	500 g	25 min	
Carrots	Fresh	500 g	15 min	Thinly sliced
Corn on the cob	Fresh	500 g	40 min	
Beans	Fresh	500 g	15 min	
Leeks	Fresh	500 g	30 min	Thinly sliced
Sweet peppers	Fresh	300 g	15 min	
Peas	Fresh	400 g	20 min	
	Frozen	400 g	20 min	
New potatoes (whole)	Fresh	600 g	40 – 45 min	
Potatoes	Fresh	600 g	20 min	Sliced or cubed

Rice - Pasta - Cereals

Food	Amount	Water quantity	Cooking Time	Recommendations
White Rice American Long Grain	150 g	300 ml	30 - 35 min	
White Basmati Rice	150 g	300 ml	30 - 35 min	
Easy cook white rice	150 g	300 ml	28 - 33 min	
Wholemeal rice	150 g	300 ml	33 - 38 min	
Couscous	200 g	350 ml	23 min	Soak for 5 min in boiling water before cooking.
Pasta (spaghetti)	200 g	400 ml	20 – 25 min	Use boiling water & stir halfway through cooking

Fruits

Food	Type	Amount	Cooking Time	Recommendations
Bananas	Fresh	3	10 min	Whole
Apples	Fresh	4	12 min	Quartered
Pears	Fresh	5	20 min	Whole or halved

Other food

Food	Type	Amount	Cooking Time	Recommendations
Eggs	Hard-boiled	6	12 min	
	Soft-boiled	6	8 min	

Cleaning and maintenance

Cleaning the appliance

Do not immerse the water tank / power base in water.
Do not use abrasive cleaning products.

- After each use, unplug the appliance.
- Leave it to cool completely before cleaning.
- Check that the appliance has completely cooled down before emtying the juice collector and the water tank. Wipe the water tank with a damp cloth.
- Wash all the removable parts using a sponge, warm water and washing up liquid,, rinse and dry carefully.

Removing scale build-up from the appliance

- For best results, descale the appliance after approximately 8 uses..
- Take out the juice collector.
- Fill the hollow of the heating element with 3 tablespoons of white vinegar.
- Leave overnight to descale.
- Rinse out the inside of the water tank with warm water several times.

Always descale your appliance when cold to avoid any decaling odour.
Do not use other scale-removing products.

Environment protection first !



ⓘ Your appliance contains valuable materials which can be recovered or recycled.
➲ Leave it at a local civic waste collection point.

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