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› Progressive Microwavable Fish and Veggie Steamer (Model GMMC-450) Instruction Manual

Progressive GMMC-450

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Model: GMMC-450

1. PRODUCT OVERVIEW

The Progressive Microwavable Fish and Veggie Steamer is designed for efficient and healthy cooking. This steamer allows for quick preparation of fish and vegetables using a microwave oven, making meal preparation convenient. It features a durable construction and an adjustable steam vent for optimal cooking results.



Image 1.1: The steamer shown with salmon, asparagus, and small potatoes, ready for microwave cooking.

Key Features:

- **Quick Steaming:** Designed for rapid steaming of fish and vegetables in a microwave.
- **Adjustable Steam Control:** Features a steam vent in the lid to regulate steam release during cooking.
- **1-Quart Capacity:** Suitable for individual or small-portion meals.
- **Non-Stick Surface:** Facilitates easy food release and cleaning.
- **Durable and Safe:** Constructed from high-heat polypropylene, BPA-free, microwave-safe, and dishwasher-safe.

2. SETUP

2.1 Unpacking and Initial Inspection

1. Carefully remove all components from the packaging.
2. Inspect the steamer for any signs of damage. If any damage is found, do not use the product and contact customer support.
3. Ensure all parts are present: the base, the perforated steaming tray, and the lid with the adjustable steam vent.

2.2 Initial Cleaning

Before first use, wash all parts of the steamer (base, tray, and lid) with warm, soapy water. Rinse thoroughly and dry completely. The steamer is also dishwasher safe for convenience.



Image 2.1: Side view of the steamer, showing its assembled components.

3. OPERATING INSTRUCTIONS

3.1 Preparing for Steaming

1. Add a small amount of water (approximately 1/4 to 1/2 cup, depending on cooking time) to the base of the steamer. Ensure the water level is below the steaming tray.
2. Place the perforated steaming tray into the base.

3. Arrange your food (fish, vegetables, etc.) on the steaming tray. Do not overfill the tray to allow for proper steam circulation.
4. Place the lid securely on top of the steamer.



Image 3.1: Close-up of the lid, highlighting the adjustable steam vent.

3.2 Microwave Steaming

1. Adjust the steam vent on the lid to the desired opening. A smaller opening retains more steam for faster cooking, while a larger opening allows more steam to escape.
2. Place the assembled steamer into your microwave oven.
3. Microwave on high power. Cooking times will vary based on the type and quantity of food, as well as your microwave's wattage.
 - **General Guideline for Vegetables:** 3-7 minutes.
 - **General Guideline for Fish Fillets:** 4-8 minutes.

Always ensure food is cooked to a safe internal temperature.

4. After cooking, carefully remove the steamer from the microwave using oven mitts, as it will be hot.
5. Allow the steamer to rest for 1-2 minutes before opening the lid to allow steam to dissipate. Open the lid away from your face to avoid steam burns.

3.3 Capacity

The steamer has a 1-quart (approximately 0.95 liters) capacity. This is ideal for single servings or small portions of food.

4. MAINTENANCE AND CARE

4.1 Cleaning

- The steamer is dishwasher safe. Place all components on the top rack of your dishwasher for best results.
- Alternatively, wash by hand with warm, soapy water and a soft sponge. Avoid abrasive cleaners or scouring pads that could damage the non-stick surface.
- Rinse thoroughly and dry completely before storing.

4.2 Storage

Store the steamer in a clean, dry place when not in use. The components can be nested for compact storage.

5. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Food not steaming properly or cooking too slowly.	Insufficient water in the base, steam vent too open, food overcrowded, microwave power too low, or insufficient cooking time.	Ensure adequate water in the base. Close the steam vent partially. Do not overcrowd the tray. Increase microwave power or cooking time as needed.
Food is dry or overcooked.	Too little water, steam vent too closed, or excessive cooking time.	Add more water to the base. Open the steam vent more. Reduce cooking time.
Lid does not fit securely.	Lid or base is warped, or food is obstructing the seal.	Ensure no food is preventing the lid from seating properly. If warping is suspected, contact customer support.

6. SPECIFICATIONS

Model Number	GMMC-450
Brand	Progressive
Material	High-Heat Polypropylene (BPA-Free)
Color	Green
Capacity	1 Quart (0.95 Liters)
Dimensions (L x W x H)	11 x 9.5 x 2.88 inches
Item Weight	0.75 Pounds
Care Instructions	Dishwasher Safe
Microwave Safe	Yes

7. WARRANTY AND SUPPORT

7.1 Warranty Information

If you experience any issues with your Progressive Microwavable Fish and Veggie Steamer within 30 days of receipt, please contact the manufacturer or retailer for assistance.

7.2 Customer Support

For further assistance, product inquiries, or to report any issues, please refer to the contact information provided by your retailer or visit the official Progressive International website.

You can visit the Progressive brand store for more information:[Progressive International Store](#)

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question