GoodCook 20146

GoodCook Everyday Microwave Food Steamer Instruction Manual

Model: 20146

Introduction

The GoodCook Everyday Microwave Food Steamer is designed to simplify the process of cooking fresh or frozen vegetables and fish in your microwave. This steamer helps preserve natural vitamins and nutrients, offering a quick and convenient way to prepare healthy meals. It features an adjustable steam release vent for optimal cooking and is made from durable, BPA-free plastic.

Setup

Unpacking and Initial Cleaning

1. Carefully remove all components from the packaging.
2. Wash the base, steaming tray, and lid with warm, soapy water before first use. Rinse thoroughly and dry.

Component Identification

- **Base Container:** The bottom oval-shaped container that holds water.
- **Steaming Tray:** The perforated tray that sits inside the base, elevating food above the water.
- **Lid:** The clear cover with an adjustable steam release vent.



Image: The three main components of the GoodCook Microwave Food Steamer: the white base, the green perforated steaming tray, and the clear lid with a green adjustable vent.

Operating Instructions

General Steaming Procedure

1. **Add Water:** Pour approximately 1/4 to 1/2 cup of water into the base container. The amount may vary based on the food quantity and desired steaming time.
2. **Place Food:** Position the perforated steaming tray into the base. Arrange your desired vegetables (e.g., broccoli, carrots, asparagus) or fish (e.g., salmon, tilapia) evenly on the steaming tray.
3. **Cover:** Place the lid securely on top of the base.
4. **Adjust Vent:** Slide the steam release vent on the lid to an open position to allow steam to escape during cooking. This prevents pressure buildup and ensures even steaming.
5. **Microwave:** Place the assembled steamer into your microwave oven. Cook on high power for the recommended time based on the food type and quantity. Cooking times will vary. For example, most vegetables may take 3-7 minutes, while fish might take 4-8 minutes.

6. **Check Doneness:** The clear lid allows you to monitor the cooking process. Carefully remove the steamer from the microwave using oven mitts, as it will be hot. Check if the food is cooked to your preference. If not, return to the microwave for additional short intervals.
7. **Serve:** Once cooked, carefully remove the lid, avoiding direct contact with steam. Serve your steamed food immediately.



Image: The GoodCook Microwave Food Steamer containing food, placed inside a microwave oven for cooking.



Image: A close-up view of the adjustable steam release vent located on the clear lid of the GoodCook Microwave Food Steamer.

Product Overview Video

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Video: A detailed product overview demonstrating the features and use of the GoodCook Microwave Food Steamer.

Maintenance and Care

Cleaning

- The GoodCook Microwave Food Steamer is dishwasher safe. Place all components on the top rack of your dishwasher for cleaning.
- Alternatively, wash by hand with warm, soapy water and a soft sponge. Rinse thoroughly and dry completely before storing.
- Avoid using abrasive cleaners or scouring pads, as these can scratch the plastic surface.

Storage

Store the steamer in a dry place when not in use. Its compact design (8" x 12" x 2.7") allows for efficient storage in cabinets or on shelves.

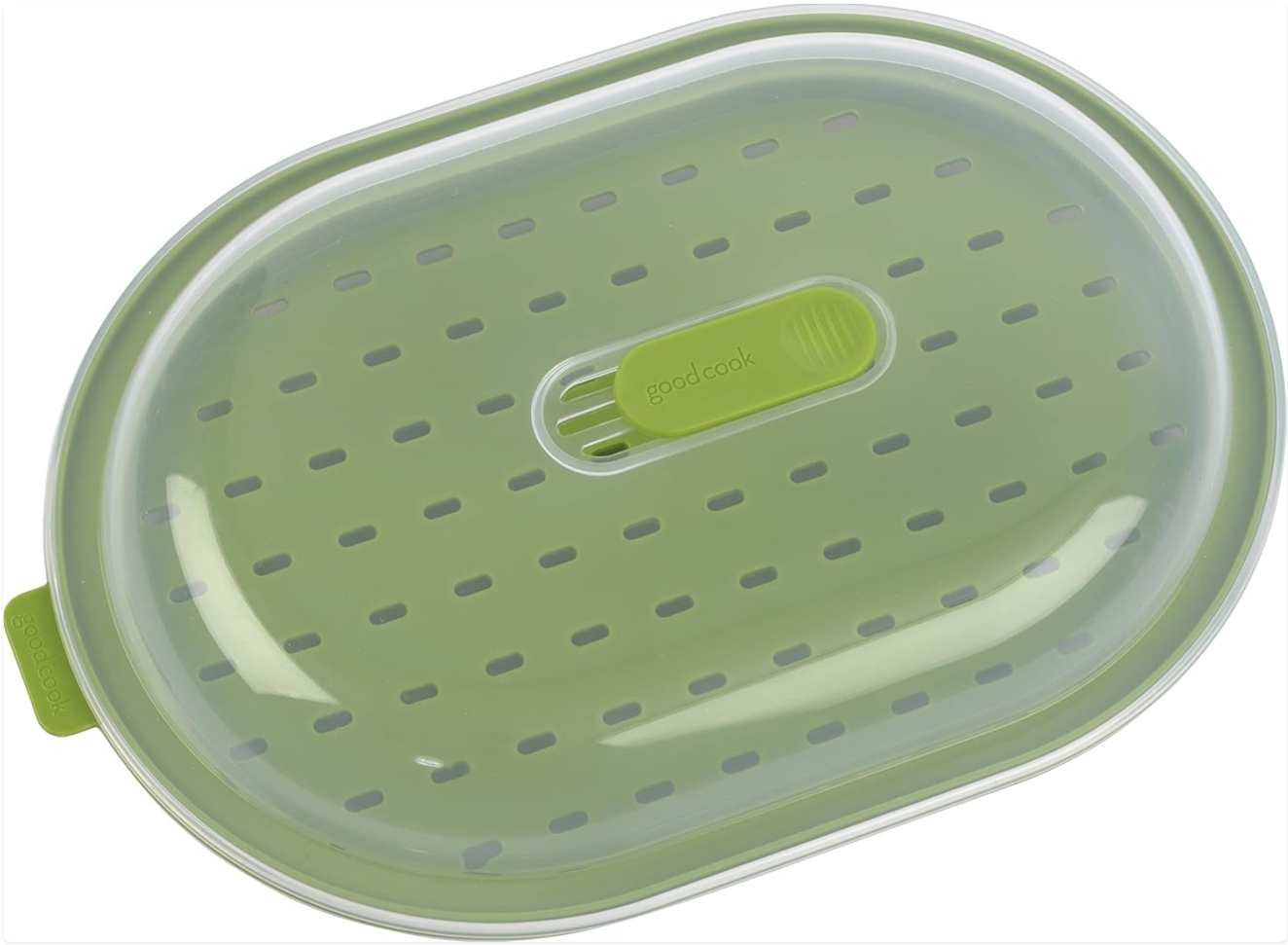


Image: An overhead view of the GoodCook Microwave Food Steamer, showing the green steaming tray and clear lid with the adjustable vent.

Troubleshooting

Problem	Possible Cause	Solution
Food not steaming properly or unevenly cooked.	Insufficient water; steam vent closed; food overcrowded; incorrect cooking time/power.	Ensure adequate water in the base. Verify the steam vent is open. Arrange food in a single layer if possible. Adjust microwave cooking time or power as needed.
Lid appears to be sealed or difficult to remove after cooking.	Steam vent was closed during cooking, creating a vacuum.	Always ensure the steam release vent is open during microwave operation. If sealed, allow to cool slightly before attempting to open, or gently pry open a corner.
Plastic appears discolored or stained.	Contact with certain foods (e.g., tomato sauce, turmeric) or prolonged exposure to high heat.	This is typically cosmetic and does not affect performance. For stubborn stains, try a baking soda paste. Avoid cooking highly pigmented foods for extended periods.

Specifications

- **Model Number:** 20146
- **Material:** Plastic

- **Color:** Green
- **Item Dimensions (L x W x H):** 12 x 8 x 2.7 inches
- **Item Weight:** 0.7 Pounds
- **Capacity:** 14 ounces
- **Shape:** Rectangular (Oval)
- **Lid Material:** Plastic
- **Dishwasher Safe:** Yes
- **Oven Safe:** No
- **Included Components:** Steamer (Base, Steaming Tray, Lid)

Warranty and Support

GoodCook products are designed for quality and durability. For specific warranty information or customer support, please refer to the packaging or visit the official GoodCook website. If you encounter any issues not covered in this manual, please contact GoodCook customer service for assistance.

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