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› Rangemate Pro Microwave Cooking Utensil (Black) Instruction Manual

Rangemate RGM-10

Rangemate Pro Microwave Cooking Utensil (Black) Instruction Manual

OVERVIEW

The Rangemate Pro is a revolutionary microwave cooking utensil designed to transform your microwave into a versatile cooking appliance. Utilizing patented heating technology, it allows you to achieve grilled, stir-fried, steamed, and boiled dishes with authentic results, all without using an open flame. Its non-stick coating ensures easy cleaning, making daily cooking simple and efficient. This manual will guide you through the setup, operation, and maintenance of your Rangemate Pro.

KEY FEATURES

8-in-1 Multi-functional Cooking

The Rangemate Pro offers eight distinct cooking methods, making it a highly versatile tool for your kitchen:

- **Grilling:** Achieve crispy, browned surfaces similar to a frying pan.
- **Stir-frying:** Quickly cook vegetables and meats.
- **Boiling:** Prepare pasta, soups, and other boiled dishes.
- **Steaming:** Cook vegetables and seafood gently.
- **Simmering:** Ideal for stews and braised dishes.
- **Reheating:** Warm up leftovers with improved texture.
- **Arranging:** Use for various creative recipes.
- **One-pot meals:** Convenient for single-serving dishes.

It can replace silicone steamers and soup makers, offering a compact and efficient solution for diverse culinary needs.



This image illustrates the eight versatile cooking functions of the Rangemate Pro: grilling, stir-frying, cooking, steaming, boiling, simmering, reheating, and arranging, highlighting its multi-functional design.

Patented Heating Technology for Authentic Results

The Rangemate Pro incorporates a patented heating element within its body that reacts to microwave energy, generating heat. This technology allows the plate to reach temperatures exceeding 300°C in a short period. This high heat produces a fragrant, browned finish, similar to cooking on a frying pan or grill, even for dishes like grilled fish. It preserves nutrients and flavor, offering a professional-grade finish.

電子レンジ調理で 焼き目がつくメカニズム



特許取得^{*}の特殊構造

本体内部の蓄熱ヒートコアがマイクロ波に反応し、発熱。
プレートを300℃以上の高温にすることで、
まるでフライパン調理のような、
香ばしい焼き目がつきます。

* 特許第特許第 5344638 号

This diagram explains the patented heating mechanism: a special heat storage core inside the unit reacts to microwaves, generating heat and allowing the plate to reach over 300°C for authentic grilling results.

Effortless Cleaning with Fluororesin Coating

The cooking surface features a fluororesin coating, which is highly non-stick and makes food less likely to burn or stick. After cooking, residues can be easily washed off, and the entire unit is washable. This eliminates the hassle of cleaning traditional fish grills or complicated cookware, simplifying your daily kitchen routine.

Point

毎日使ってほしいから お手入れ簡単な フッ素樹脂コーティング加工



焦げつきにくく汚れが落ちやすい
フッ素コーティング加工のプレートを使用。
調理した後の汚れもラクに落ち、
本体の丸洗いができるので、お手入れ簡単。

These images demonstrate the easy cleaning of the Rangemate Pro. The 'before' image shows food residue, while the 'after' image shows the clean, non-stick surface after a simple wash.

Safe and Convenient Microwave Cooking

The Rangemate Pro allows for safe cooking without the need for an open flame, making it ideal for seniors, households with small children, cooking beginners, and those living alone. It eliminates the need for conventional ovens or convection ovens, providing a simple way to enjoy authentic cooking using just your microwave.

SETUP

Unpacking

Carefully remove all components from the packaging. Ensure all parts are present: the main body and the lid. Dispose of packaging materials responsibly.

First Use

Before initial use, wash the main body and lid thoroughly with mild dish soap and warm water. Rinse completely and dry with a soft cloth. Do not use abrasive cleaners or scouring pads, as this may damage the non-stick coating.

Microwave Compatibility

Ensure your microwave oven is compatible with the Rangemate Pro. This product is designed for use in standard microwave ovens. Do not use in convection ovens, toaster ovens, or on stovetops. The internal dimensions of your microwave should be sufficient to accommodate the Rangemate Pro (Product dimensions: 22.5 x 25.8 x 6.6 cm).

OPERATING INSTRUCTIONS

The Rangemate Pro is designed for simple operation. Always ensure the lid is properly placed on the main body before microwaving.

General Use

1. Place your ingredients directly onto the cooking plate inside the Rangemate Pro.
2. Cover with the lid.
3. Place the covered Rangemate Pro into your microwave oven.
4. Set the microwave power and cooking time according to your recipe or the guidelines below.
5. After cooking, carefully remove the Rangemate Pro from the microwave using oven mitts, as it will be hot.
6. Serve directly from the utensil or transfer food to a plate. The Rangemate Pro's heat retention keeps food warm.

Cooking Examples

Grilled Fish (e.g., Mackerel)

For a typical piece of grilled mackerel, place it on the plate, cover, and microwave for approximately 4 minutes at 600W. Adjust time based on fish thickness and microwave power. The patented technology will create a crispy skin and juicy interior.

電子レンジで
直火のような焼き目調理

焼き塩さばが
たった
4分で
おいしく焼ける

※600Wで加熱した場合

皮パリッ!
中ジューシー

焼き塩さばであれば、たったの4分で
グリルで焼いたような香ばしい焼き目がつき、
ふっくら美味しく焼きあがります。

This image shows two pieces of grilled mackerel cooked in the Rangemate Pro, demonstrating the crispy, browned finish achievable in just 4 minutes.

Other Dishes

Refer to the included recipe book for specific instructions and cooking times for various dishes, including pasta, stir-fries, and more. The Rangemate Pro's design prevents direct microwave exposure to food, ensuring even cooking and preventing oil splatter.

電子レンジ調理で 焼き目がつくメカニズム



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This image highlights how the lid of the Rangemate Pro prevents oil splatter and minimizes odor leakage during microwave cooking, keeping your microwave clean.

MAINTENANCE AND CARE

Cleaning

The Rangemate Pro is designed for easy cleaning. After each use:

- Allow the unit to cool down completely before cleaning.
- Wash the main body and lid by hand using mild dish soap and a soft sponge.
- The fluororesin coating is non-stick, so food residues should wipe away easily.
- Do not use abrasive sponges, metal scrubbers, or harsh chemical cleaners, as these can damage the non-stick coating and ceramic lid.
- Rinse thoroughly with warm water and dry completely before storing.
- The product is not dishwasher safe.

Storage

Store the clean and dry Rangemate Pro in a cool, dry place. Ensure the lid is placed securely on the main body to protect the cooking surface.

TROUBLESHOOTING

If you encounter any issues while using your Rangemate Pro, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Food is not cooking evenly or browning sufficiently.	Incorrect microwave power setting or cooking time. Food quantity too large.	Adjust microwave power and cooking time. Ensure food is spread evenly and not overcrowded. Refer to the recipe book for guidance.

Problem	Possible Cause	Solution
Lid appears warped after use.	High heat exposure during cooking. (Note: Some users have reported this, but it typically does not affect functionality significantly if minor.)	Ensure the lid is placed correctly. While minor warping may occur over time due to high temperatures, it should not impede cooking performance. If severe, contact customer support.
Food sticks to the cooking surface.	Non-stick coating may be damaged or food was cooked without sufficient oil/liquid (if required by recipe).	Ensure the non-stick coating is not scratched. Use a small amount of cooking oil if the recipe suggests it. Avoid using metal utensils.
Unpleasant odor remains after cleaning.	Strong food odors (e.g., fish) can sometimes linger.	Wash thoroughly with soap and water. For persistent odors, try soaking with a mixture of water and baking soda or lemon juice for a short period, then rinse well.

PRODUCT SPECIFICATIONS

Feature	Detail
Model Number	RGM-10
Brand	Rangemate
Color	Black
Materials	SPS (Syndiotactic Polystyrene), Alumina fiber, Aluminum plated steel plate (inner surface fluororesin coated), Silicone, Ceramic
Product Dimensions (LxWxH)	22.5 x 25.8 x 6.6 cm
Shape	Round
Capacity	530 ml
Non-stick Finish	Yes
Dishwasher Safe	No (Hand wash only)
Oven Safe	No
Country of Origin	Korea

WARRANTY AND SUPPORT

For any questions regarding your Rangemate Pro Microwave Cooking Utensil, please refer to the contact information provided at the point of purchase. Keep your purchase receipt as proof of purchase for any warranty claims.

For additional information and recipes, you may visit the official Rangemate store online: [Rangemate Official Store](#).

