

3.3 Cooking Pasta (Fig. D):

To cook pasta, use the **Base**, **Shielded Colander** (optional for draining and serving) and the **Shielded Cover** (optional for serving).

- Place pasta in the Base, respecting the maximum quantity, indicated by the indentation in the Base (amount must not exceed 500g of pasta). Pour water to the "MAX" line (see Fig. D1) located under the Cooking pasta logo (☺), regardless of the amount of pasta cooked.
- You may add salt to the water to enhance the flavor of the pasta.
- Cook pasta **without** covering the Base; microwave at a maximum of 900 watts (see Fig. D2) for 30 minutes maximum.
- Never add oil, butter or any other fat to the water as it would damage your product.
- The microwave cooking time at 900W is twice as long as the cooking time indicated on the pasta package:

Microwave Cooking Time = Package Cooking Time x 2

- For example, if your pasta package recommends a cooking time of 8 minutes, you would cook the pasta in the Base for 16 minutes.
- You may need to adjust the microwave cooking time to a few minutes less or more, depending on your personal taste, your microwave setting or the type of pasta that you are preparing. Never exceed 30 minutes of cooking time. (see Fig. G)
- Remove the Base carefully from your microwave oven by safely holding its handles with both hands and using oven gloves. Use the Shielded Colander for draining (see Fig. D3) in the sink.
- Once the water has been drained, place the Shielded Colander filled with pasta in the Base and cover it with the Shielded Cover to keep the pasta warm before serving.
- For best results when Cooking pasta:
 - Always check that there is enough water in the Base before microwaving.
 - Do not cover while cooking in the microwave oven as it would cause water to overflow.
- For best results, it is recommended not to stir the pasta during the cooking process. Should the pasta stick together after cooking, drain it and rinse it with hot tap water right away.
- We do not recommend cooking pasta with cooking times of less than 6 minutes or more than 14 minutes, or fresh and instant pasta. Their taste and texture may not meet your expectations.
- We do not recommend cooking the following types of dry pasta in the product: tagliatelle nests, vermicelli, cannelloni, gnocchi, very small sized pasta and gluten free pasta. These types of pasta may cause an overflow or stick together.

4. For your satisfaction and safety, follow these precautions:

- Make sure to wash your product before first use.
- Use the cooking guidelines as stated in this leaflet.
- The product is for microwave oven use only; do not use on the stove top, in a conventional oven or under a grill. Never use automatic programs of your microwave oven as they might turn on the grill function and damage your product.
- Always refer to the instruction booklet of your microwave oven's manufacturer for appropriate product usage. If you have a turntable plate, make sure that the product fits on it AND that the turntable plate effectively turns.
- To avoid boil-over, do not overfill the Base. Always respect the "MAX" line corresponding to the type of food you are preparing.
- Never exceed a total cooking time of 30 minutes at a power level of 900 watts maximum (Fig. G).
- The product is safe for temperatures from 0°C to 120°C. Do not use in the freezer and do not exceed 120°C.
- Never cook food without water in the Base; it may cause permanent damage to the product. This is not covered by the Tupperware warranty.
- Do not add any fat, oil, or sugar to the water nor use liquids with fat such as milk, soups or non-fat-free stock since they might cause staining or white spots. This is not covered by the Tupperware Warranty.
- To avoid staining, we do not recommend adding saffron, curry, or other colouring spices to the water or reheating tomato or curry-based foods. Staining will not affect the performance of the products and is not covered by the Tupperware warranty.
- Contents and product will be hot after cooking. Remove the Base carefully from your microwave oven by safely holding its handles. Always use oven gloves when removing the product from the microwave.
- Always open the Shielded Cover, the Grain Cover and the Grain Insert away from you so that the hot steam is directed away from you and doesn't burn you.
- Do not use the water left in the Base after steaming for preparing pasta, rice or grains.
- Always clean your base in-between preparations.
- Do not use abrasive, sharp or metallic tools.
- Always rinse the product in cold water immediately after use to help prevent strong food smells or stains.
- All components are dishwasher safe.

5. Tupperware Quality Warranty

The **Tupperware® Smart Multi-Cooker** is manufactured with great care and precision from the finest quality materials, approved for use in contact with food. **Smart Multi-Cooker** has a 10 year **guarantee**, which ensures a replacement if a product presents any manufacturing or material defect in normal domestic use.

If roughly handled or dropped, the product could chip or break.

Smart Multi-Cooker





A

3.2 Cooking Rice and Other Grains (Fig. C):

To cook rice and other grains, use the **Base**, **Grain Insert** and **Grain Cover**.

- Rinse grains before cooking, unless otherwise stated on the package.
- Place grains and water in the Base. To prevent boil-over, do not exceed the quantities indicated in the "3.2.1 Cooking Rice and Other Grains Chart" chart. Respect the maximum amount of grains and water as indicated by the "MAX" line located under the Grain Cooking logo (☺) on the inside wall of the Base (see Fig. C1).
- Never add oil, butter, or any other fat to water as it would damage the product.
- Refer to the drawing on the Grain Insert for correct assembly. Make sure to place the Grain Insert on the Base with the 2 small handles side up (see Fig. C2). • Before closing the Grain Cover, make sure its handles are perfectly aligned with the handles of the Base (See Fig. C2 + Fig. E). Push the Grain Cover downwards to close.
- Microwave according to the times suggested in the "3.2.1 Cooking Rice and Other Grains chart" at 900 watts maximum and for 30 minutes maximum (see Fig. C3 + Fig. G). Timing and water level should be adjusted according to the grain type, microwave power level settings and the desired texture.

- Let stand 5 minutes after cooking before serving.
- Remove the product carefully from your microwave oven by safely holding its handles with both hands and using oven gloves. To open the container, push down the handles of the Grain Cover while holding both handles of the Base. Always push down on one side first, then on the other side (see Fig. F).
- Fluff the grains after cooking and standing time with a non-scratch utensil.
- For best results when cooking rice and other grains:
 - Use tap water.
 - If you wish to add salt before cooking, add 2 to 4 minutes to the cooking time per teaspoon of salt, when the base is filled with 250g of rice.
 - Make sure that the grains are completely submerged in water before cooking.
 - The product is not suitable for preparing paella rice, dessert rice or semolina.
 - For grains with high starch content, we recommend cooking smaller quantities. Never prepare less than 50g.

3.2.1 Cooking Rice and Other Grains Chart :

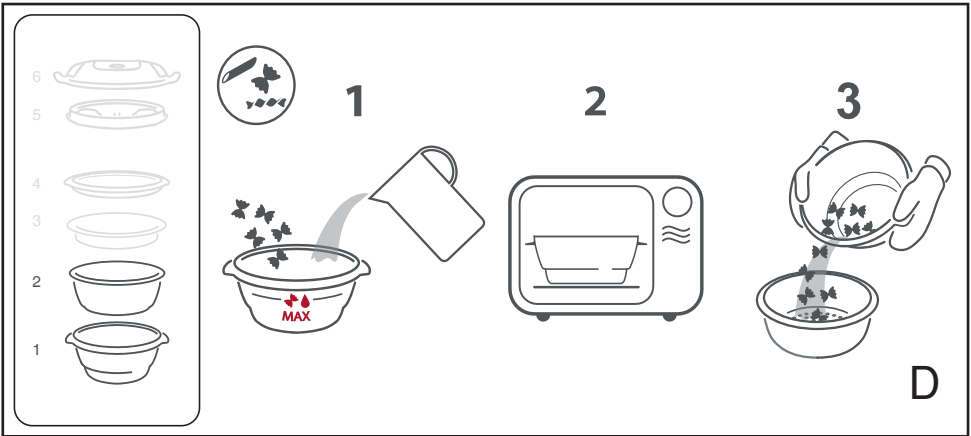
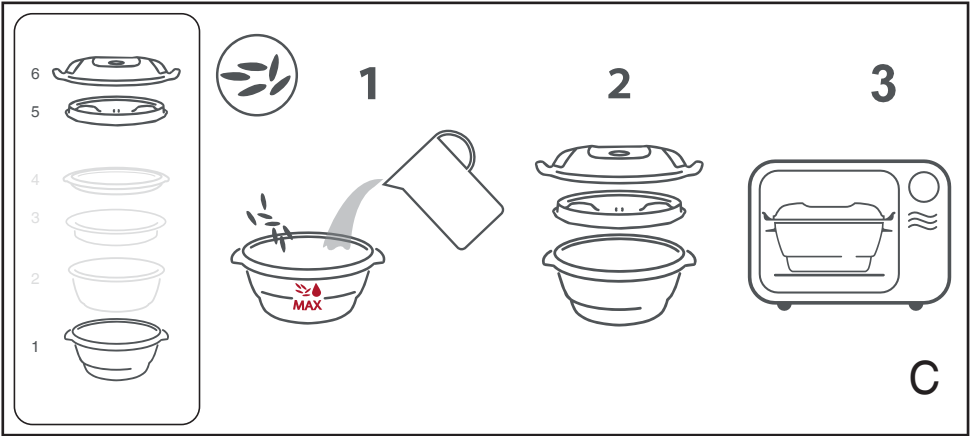
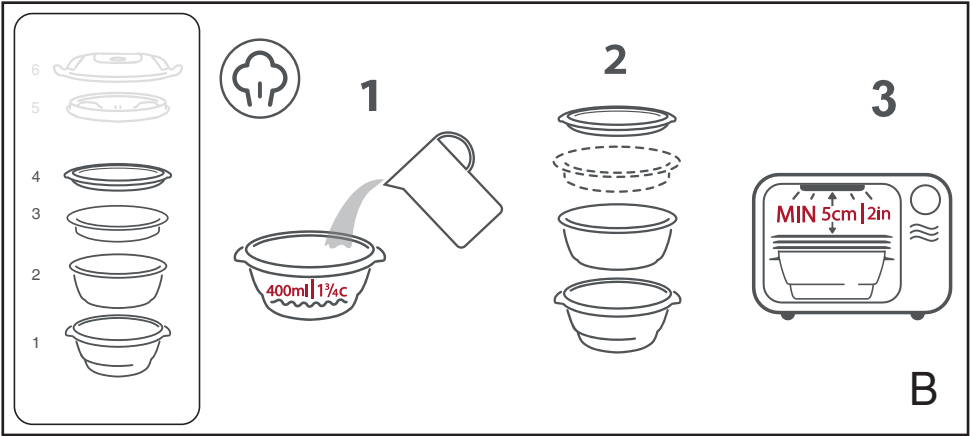
	Cooking time on packaging (minutes)	Grain Quantity (g)	Water (ml)	Microwave cooking time at 900W (minutes)	Standing Time (minutes)
Rice	10 -15	125	300-400	Add a maximum of 5 minutes to the cooking time mentioned on the rice packaging.	5
		250	500-600		
		375	500-900		
		500	800-1100		
	16 - 20	125	400-500	Add a maximum of 10 minutes to the cooking time mentioned on the rice packaging.	5
		250	600-700		
		375	800-900		
		500	1000-1100		
Couscous	4	125	200	2.5	5*
		250	400	3	
		375	550	3.5	
		500	700	4	
Polenta	8	125	550	12	5
		250	900		
		375	1300		
Bulgour	10	125	400	10	5
		250	600-650		
		375	750-850		
		500	1000		
Pre-cooked wheat (Ebly)	10	125	300	10	5
		250	450		
		375	650-700		
		500	800		
Quinoa	15	125	400	15	5
		250	600	16	
		375	800	17	
		500	950-1100	19	

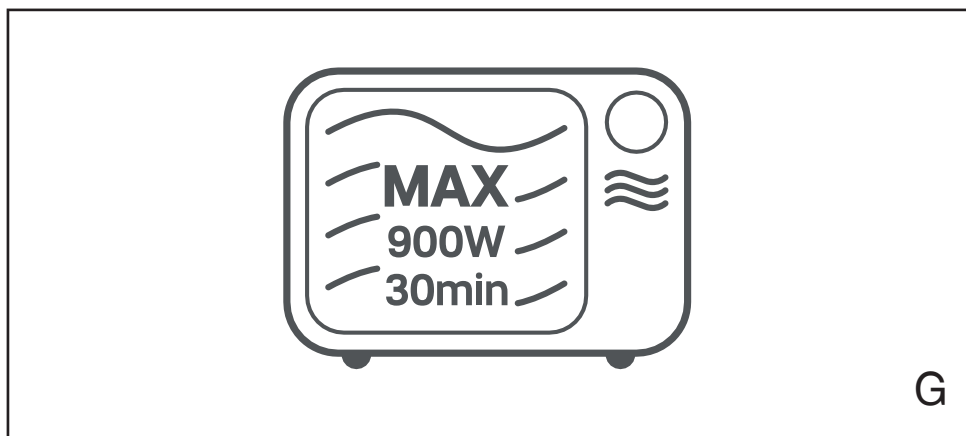
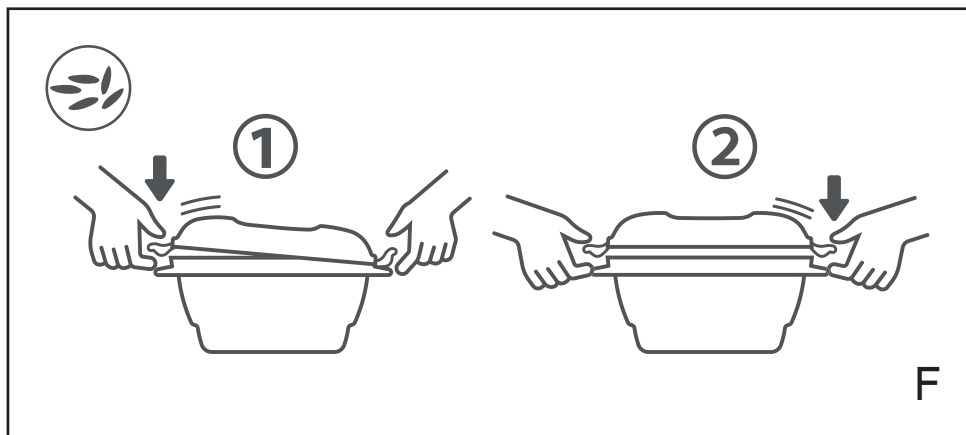
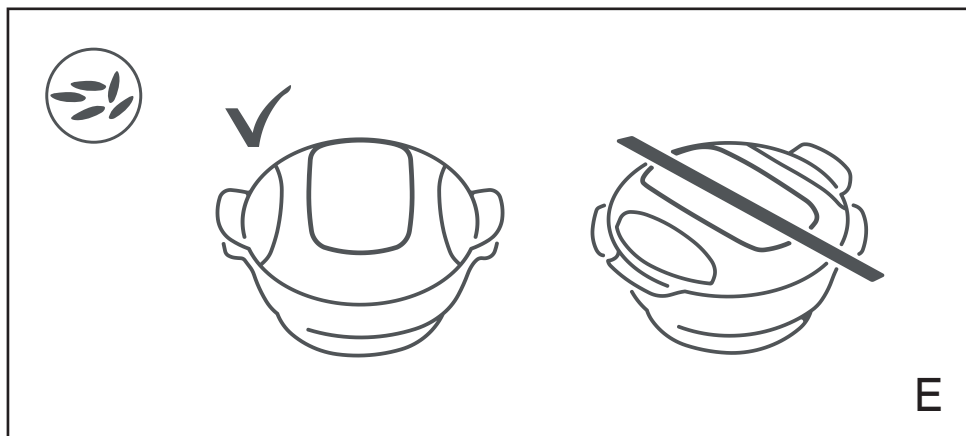
Adjust microwave cooking time by a few minutes according to personal taste, microwave settings and grain type. After cooking, allow a standing time of 5 min. Pay attention not to exceed the max cooking time in the microwave of 30 min.

*For couscous stir before the 5 min. standing time.

3.1.1 Steaming Cooking Guidelines Chart

	Ingredient Shielded Colander	Ingredient Shallow Colander	Preparation	Quantity Shielded Colander	Quantity Shallow Colander	Cooking Time at 900 W (min)
VEGETABLES	Asparagus		Cut hard part of spear and peel	500g	NA	16
	Broccoli		Cut hard part of spear in small parts	600 g fresh 600 g frozen	NA	17 20
		Fish or meat	Separate Broccoli florets	400 g fresh	400 g	19
	Brussels Sprouts		Clean and rinse thoroughly	1 kg	N	18
	Carrots		Sliced	1 kg fresh 600 g frozen	NA	22 22
			Whole – peel if needed with the Universal Peeler	1 kg fresh	NA	22
		Fish or meat	Sliced	600 g fresh	400 g	18
	Cauliflower		Separate into florets, cross the stem with a knife for an even result	800 g fresh 600 g frozen	NA	20 25
	Eggplant		Peeled and cubed	700 g	NA	30
	Endives		Remove core and outside leaves. Cut large endives lengthwise	1 kg	NA	18
VEGETABLES	Green Beans		Trim ends, wash and drain	800 g fresh 800 g frozen	NA	19 28
		Fish or meat	Trim ends, wash and drain	500 g fresh	400 g	18
	Fennel Bulb		Remove core. Thinly slice	800 g	NA	18
		Fish	Remove core. Thinly slice	500 g	400 g	17
	Leek		Cut in 2, wash and drain well	700 g (white part only)	NA	18
	Mushroom (White Button)		Rub dirt off while washing, then slice	500 g fresh	NA	12
	Onions		Peel and thinly slice	1 kg	NA	18
	Bell Peppers		Cut top and remove seeds. Cut in halves, rinse and drain. Place on sides	600 g	NA	15
		Meat	Cut top and remove seeds. Rinse and drain. Place on side.	400 g	400 g	16
	Peas with carrots and potatoes	Meat	Peel and dice carrots and potatoes with the Chef Press Dicer 15mm	300 g peas, 200g carrots and 100 g potato	400 g	20
VEGETABLES	Potatoes		Whole – peeled or not, washed	800 g	NA	22
			Sliced	800 g	NA	20
			Chopped in pieces	1 kg	NA	23
		Meat	Chopped in pieces	800 g	400 g	20
	Pumpkin		Chopped in pieces	1 kg	NA	17
	Red Cabbage		Sliced with Mandochef	600 g	NA	26
	Spinach		Rinse the fresh leaves well, remove stems. Push slightly down if necessary to fit in correctly.	500 g	NA	12
	Stuffed Tomatoes		Slice top off tomatoes, scoop out the seeds and pulp, and stuff with minced meat	4 large tomatoes, 500 g minced meat	NA	27
	Zucchini		Wash, drain and slice	800 g	NA	13
		Fish or meat		500 g	400 g	13
FRUITS	Apples		Remove core	4 pieces, ±700 g	NA	11
	Pears		Remove core then peel	5 pieces, ±1 kg	NA	22
POULTRY & MEAT	Chicken fillet		Cut in small parts and place in colander. Add mixture of 1 onion, parsley and tarragon mixed	500-600 g	NA	16
	Lamb Fillet		Season or marinate and leave space in between	400-500 g	NA	20
	Sausage			500 g	NA	20
FISH & SEAFOOD	Mussels		Clean and rinse thoroughly	1 kg	NA	15
	Salmon		Cut the salmon in equal sized pieces and leave space between each	400-500 g	NA	11
	Shrimps		Season	600 g	NA	14





Thank you for selecting the Tupperware® **Smart Multi-Cooker** product. This unique, compact and multipurpose microwave cooking solution allows you to steam food, as well as cook pasta, rice and other grains. This multipurpose cooker not only takes little space to store but also provides you with three products in one. Enjoy delicious, healthy and nutritious meals with your family which are quick and easy to prepare!

Cooking and measuring instructions are engraved on the inside of the Base (Fig. A1), the Shielded Cover (Fig. A4), the Grain Insert (Fig. A5) and the Grain Cover (Fig. A6).

Max. 900 W Min. 0 °C
Max. 30 min. Max. 120 °C



Tupperware®

Preserving your future

Use a low temperature programme on your dishwasher to save energy and protect the environment.

1. Key features and benefits:

The Tupperware® Smart Multi-Cooker was invented to answer a growing demand for easy, fast and compact cooking solutions.

This smart product combines various technologies and materials, which create optimal cooking and steaming results in the microwave oven:

- **Stack steaming** (for cooking guidelines see section "3.1 Steaming"): steam various fresh or frozen ingredients, such as vegetables, fruits, fish and poultry. The product allows true steaming by preventing microwaves from penetrating the Shielded Colander stacked on the Base. Microwaves only heat the water in the Base (Fig. A1), producing steam that perfectly cooks the food placed in the Shielded Colander. The product is ideal to steam two types of food at the same time: stack the Shallow Colander (Fig. A3) on top of the Shielded Colander (Fig. A2) and place the Shielded Cover on the Shallow Colander.
- **Cooking rice and other grains** (for cooking guidelines see section "3.2 Cooking Rice and Other Grains"): cook your rice and other grains to perfection. The unique combination of a Grain Insert (Fig. A5) and a Grain Cover (Fig. A6) ensures that any natural foam overflow is collected inside the top cover's recess and drained back into the Base through the Grain Insert.
- **Cooking short pasta** (for cooking guidelines see section "3.3 Cooking Pasta"): the product allows you to easily and quickly cook various sorts of short pasta.

2. Product parts description (Fig. A):

The product consists of:

- A **Base** (1): with a full capacity of 3L, it is used to steam or cook pasta, rice and other grains.
- A **Shielded Colander** (2): used to steam ingredients, such as vegetables, fruits, fish, and poultry, it blocks microwaves, making sure that only steam cooks your food. It can also be used to drain pasta, which can then be kept warm in the covered, emptied Base.
- A **Shallow Colander** (3): designed to hold delicate and soft foods while stack steaming.
- A **Shielded Cover** (4): it blocks microwaves and holds steam inside the Shielded Colander, for optimal cooking.
- A **Grain Insert** (5): used to cook rice and other grains, it reduces the volume of foam created during the cooking process.
- A **Grain Cover** (6): used for cooking rice and other grains, it prevents overflowing of liquid and food in the microwave.

3. Cooking guidelines:

3.1 Steaming (Fig. B):

To steam, use the **Base**, the **Shielded Colander**, the **Shallow Colander** (only when stack steaming), and the **Shielded Cover**.

- Fill the Base with cold tap water until you reach the 400 ml | 1¾c filling line located under the steaming logo (☼) (See Fig. B1).
- Do not replace water with syrup, oil, non-fat-free stock or any other liquid with sugar, fat or alcohol contents (except for white wine, where you can replace a maximum of 100ml of water with white wine).

- Do not replace water with syrup, oil, non-fat-free stock or any other liquid with sugar, fat or alcohol contents (except for white wine, where you can replace a maximum of 100ml of water with white wine).

CAUTION: Always pour the right amount of water into the Base and make sure it is never empty. Not doing so may cause the Base to melt. Overfilling may cause food to be immersed in liquid and not steam properly.

- Always make sure to properly assemble the Base, Shielded Colander, Shallow Colander (optional; for stack steaming) and Shielded Cover (See Fig B2).
- Never use the Shallow Colander without the Shielded Colander and the Shielded Cover.
- Place the food you wish to steam in the Shielded Colander and Shallow Colander (if you wish to stack steam).
- When stack steaming, place ingredients requiring a longer cooking time in the Shielded Colander (bottom colander) and the more delicate ones, such as fish or meat in the Shallow Colander (upper colander).
- Do not overfill the Shielded Colander or the Shallow Colander; make sure that the colanders are properly stacked (the rims are perfectly aligned vertically and there is no part that looks slanted), and that the Shielded Cover is fully covering the colander.
- Always microwave at 900 watts maximum for no more than 30 minutes at a time (Fig. G). Remove the product carefully from your microwave oven by safely holding its handles with both hands and using oven gloves. Let the product and the microwave oven cool down and refill the Base to 400 ml | 1¾c with clean water before re-using. Not doing so may cause the Base or other parts to melt, or your microwave oven to be damaged.
- If you stop the microwave to check the cooking process, make sure that the water level in the Base is still at the 400 ml | 1¾c filling line. Add 1 extra minute to the remaining cooking time to allow water to steam again.
- **CAUTION:** Always place the product at least 5 cm | 2" away from the glass/ceramic protection around the top energizer (location where the microwaves enter the oven) of your microwave oven (See Fig B3). If your microwave oven's energizer is located on the side only, you do not need to respect the 5 cm | 2" distance, either from the top, or the sides; except if the side energizer is covered by a glass/ceramic protection. If you have a microwave oven with a turning plate, always place the product in the center of the turning plate and make sure that the plate is rotating. Not doing so may cause the top of the cover to melt. If you have a microwave oven with a tray or a shelf, remove those from the oven and place the Smart Multi-Cooker directly on the bottom level of your microwave oven.
- Allow for a standing time of 5 minutes after cooking. Leave the product closed until it is time to serve the food – it will keep it warm.
- If you wish to stop the steaming process once the microwave cooking time is over (recommended for green vegetables), remove the colanders from the Base, pour out the remaining hot water from the Base and place the Base back under the Shielded Colander.
- For best results when Steaming:
 - Choose quality ingredients, preferably in season as they contain more vitamins if freshly picked.
 - Frozen ingredients are a good alternative to fresh produce as they have high nutritional value.
 - Make sure to leave enough space between pieces of food to allow steam to circulate around and maximize the steaming process.
 - Thicker foods may take longer to steam. Best results are obtained when steaming pieces of food of similar size.
 - Remove thick stems from cabbage, cauliflower and broccoli.
 - Marinating fish or meat prior to steaming or adding toppings such as condiments, seasoning or sauces will significantly enhance their appearance and flavour.
 - When steaming fish, we recommend placing a lettuce leaf under the fish for easier cleaning.
 - When steaming white fish fillets, we recommend basting the fillets with a very small amount of oil (≈1ml/ 0.2 teaspoon). It will enhance the taste of the food and prevent possible overflowing of liquid.