



## Steamer Skillet Quick Start Guide

Congratulations on your purchase of the VitaChef® *Steamer Skillet*!

To help you get started using VitaChef® *Steamer Skillet* quickly and worry-free, follow these 3 easy steps:

### 1. **Unpack, Clean and Assemble:**

Follow instructions on pages 4 – 8 of the VitaChef® *Steamer Skillet* Owners Manual.

### 2. **Safety and Basic Use:**

VitaChef® *Steamer Skillet* is a high flow steamer and therefore certain basic precautions are necessary in its use. Please read through the Important Safeguards on pages 1, 2 and 3 of the VitaChef® *Steamer Skillet* Owners Manual. Please also review ‘How to Use’ on page 6 of your Owners Manual for important tips and precautions on using your VitaChef® *Steamer Skillet*.

### 3. **Steam Something!**

We suggest using your VitaChef® *Steamer Skillet* for the first time with one-step chicken, shrimp, vegetables, sliders, or fish options that will allow you to quickly get used to your VitaChef® *Steamer Skillet* and how it works. Once you start cooking and realize how easy the VitaChef® *Steamer Skillet* is to use, you’ll feel very comfortable using VitaChef® *Steamer Skillet* for everything!

You might even want to try a few small portions of several, just to see how well VitaChef® *Steamer Skillet* performs on a variety of foods! Use the quick guide below, season each to taste before steaming. Use a temperature probe through the port in the lid to check **internal food temperature** where noted.

Boneless Chicken Breast	10 - 12	165°	¾" thick	Adjust time for thickness
Shrimp	5 - 7	135°	1 lb.	
Turkey Sliders	8 - 12	165°	4 oz.	
Hamburger Sliders	7 - 9	155°	4 oz.	
Fresh Broccoli	5 - 6		1 lb.	
Fresh Asparagus	5 - 6		1 lb.	
Fresh Green Beans	6 - 7		1 lb.	
Salmon filets	8 - 10	135°	1" thick	Adjust time for thickness
Tuna filets	8 - 10	135°	1" thick	Adjust time for thickness
Mussels	8 - 10	Open	2 lbs.	Discard unopened
Frozen Snow Crab	15 - 18	165°	3 lbs.	
Clams	10 - 12	Open	2 lbs.	Discard unopened
Pork chops	7 - 10	165°	¾" thick	Adjust time for thickness
Tilapia	5 - 7	135°	½" thick	Adjust time for thickness
Catfish	5 - 7	135°	½" thick	Adjust time for thickness
Sliced Zucchini	3 - 5		1 lb.	
Sliced Yellow Squash	3 - 5		1 lb.	
Chinese Dumplings	3 - 5	165°	1 oz. ea.	
Cauliflower	7 - 9		1 lb.	
Whole Lobster	18 - 20	165°	1 ¼ lb.	
Lobster Tail	10 -12	165°	6 oz.	

**NOTE: Temperatures shown are Internal Food Temperatures**

## Start Cooking:

- 1) Pour water to fill line in skillet. (Tap water is fine!)
- 2) Place reversible steamer plate, extension ring if needed and lid on the unit. Attach the heat controller to the unit and plug in. **Set temperature to 400.** It takes about 7 - 8 minutes for the unit to be ready for steaming.
- 3) Remove the lid (be careful! It will be HOT!), place food on the steamer plate, replace the lid and steam per the time listed in the table above. You might want to try one at a time the first time through to get used to how quickly VitaChef® works.
- 4) Watch the food through the lid to see how it is progressing. Use a temperature probe through the access port in the lid to check internal temperature. You may remove the lid to check the food, but be very careful as the lid, the condensation, the unit and the steam inside will be HOT.
- 5) Remove food immediately upon completion to avoid overcooking. If you find the food is not heated thoroughly, simply place back in the unit for an additional 1 to 2 minutes of steaming.
- 6) Steam the next item following steps 1 - 5 above, while you enjoy the food just completed!
- 7) Periodically check the water level in the skillet by always using the **long** handle of the Reversible Steamer Plate to slightly tilt it up, being very careful because the unit and steam will be HOT. Add water as needed and do not exceed the fill line.

## Clean up:

When finished cooking, turn off the heat controller, unplug it from the outlet, and disconnect it from the VitaChef® *Steamer Skillet*. Allow the unit to cool prior to cleaning and storage.

When sufficiently cooled, clean the unit with warm soapy water and non-abrasive brush or cleaning pad per instructions in the VitaChef® *Steamer Skillet* Owners Manual on pages 7 & 8.

## Explore and Experiment!

Now that you've had your first VitaChef® *Steamer Skillet* steaming experience, you're ready to start exploring!

Visit our website at [www.vitachef.com](http://www.vitachef.com) to see our large and growing library of recipes and tips for cooking anything you can imagine. Don't find what you're looking for? Let us know through the website and one of our chefs will get back to you with a recipe or suggestion or answers to your questions.

VitaChef® *Steamer Skillet* will quickly become the most valuable appliance in your kitchen. In addition to being the best home steamer on the market, it is also the best skillet and easy to use smoker and oven.

**Welcome to the family!**



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