

ROUND STEAMER

The **Round Steamer** is an all-purpose pan. Use it to roast a whole chicken, make soups and stews, or cook grains. It holds up to 14¾ cups (3.5 L) of liquid.

GRAINS AND VEGETABLES

INGREDIENT	QUANTITY	COOKING DIRECTIONS	COOK TIME	MAKES
White rice	1 cup	Add 2 cups water. Microwave, uncovered, on high.	15 min	3 cups
Quinoa	1 cup	Add 2 cups water. Microwave, uncovered, on high.	15 min	3 cups
Small pasta, such as macaroni or penne	2 cups	Add 4 cups hot water. Cover; microwave on high. Strain.	10–12 min	3–4 cups
Baby potatoes Try: Creamy Potato Salad Dressing (seasonal)	1½ lbs (675 g), about 18	Cover; microwave on high, stirring halfway.	8–9 min	4–5 cups
Broccoli florets	4 cups	Cover; microwave on high.	3 min	3 cups
Cauliflower florets	4 cups	Cover; microwave on high.	4 min	3 cups
Frozen mixed vegetables	4 cups	Cover; microwave on high, stirring halfway.	5–6 min	3½ cups

TIP: Season food with 1–2 tbsp of your favourite Epicure blend before cooking.

SEAFOOD & MEAT

INGREDIENT	QUANTITY	COOKING DIRECTIONS	COOK TIME	MAKES
White fish fillets such as cod or pollock. If frozen, defrost before cooking.	4 fillets, 1 lb (450 g)	Cover; microwave on high. Drain excess liquid.	3 min, rest 1 min, then uncover.	4 servings
Boneless, skinless chicken breasts	2 large breasts, 1 lb (450 g)	Cover; microwave on high.	5–6 min, rest 2 min, then uncover.	4 servings
Whole Chicken Try: Rotisserie Chicken	3 lbs (1.36 kg)	Cover; microwave on high.	20 min	8 servings
Ground meat such as beef or pork Try: Crispy & Crunchy Lettuce Wraps	1 lb (450 g)	Cover; microwave on high. Drain excess liquid.	5–6 min	4 servings
Meatballs Try: Tuscan Chicken Meatballs	16 meatballs	Cover; microwave on high. Drain excess liquid.	4 min, rest 1 min, then uncover.	4 servings

FYI! These products pair perfectly with the Round Steamer:

