



Tupperware® SmartSteamer

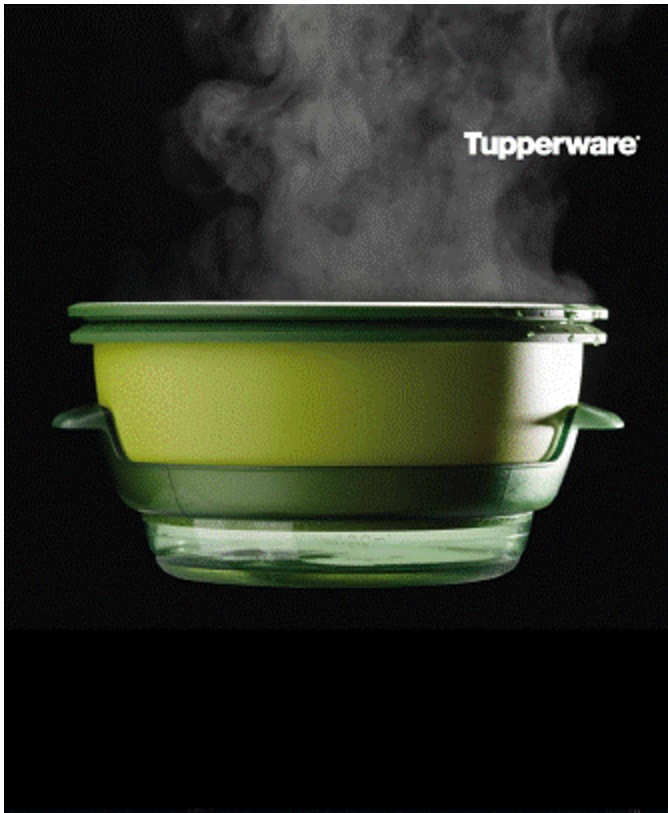
“Hot & Steamy”

GENERAL INFORMATION

- **Product Name:** Tupperware® SmartSteamer
- **Category:** Microwave
- **Guarantee:** Limited Lifetime Warranty
- **Competition:** None
- **Color:** Basil, Moss & Guacamole
- **Positioning:** “Hot & Steamy” Tupperware® SmartSteamer.
 - New, innovative solution for easy, fast, tasty and healthy steaming in the microwave.
 - Sustainable alternative to traditional steamers.



KEY MESSAGES



- **Easy to use**
- **Breakthrough innovation** in microwave-steaming technology.
- **Steams everything** from vegetables, to tofu and fish.
- Eat **healthy, tasty** food.
- **Save money** on energy versus traditional stove steaming.
- **Sustainable** for the environment (save energy and lasts a lifetime).

PARTS FEATURES & BENEFITS

1



Cover

Two tabs allow for safe handling of the cover after steaming.
Unique design shields the food from microwaves, for true steam cooking.

2



Colander

Designed specifically for stack-steaming and particularly delicate and soft foods.

3



Steamer Base

Base is perforated to allow steaming process.
Specific & unique design shields the food from microwaves, for true steam cooking.
Idea for steaming any type of food.

4

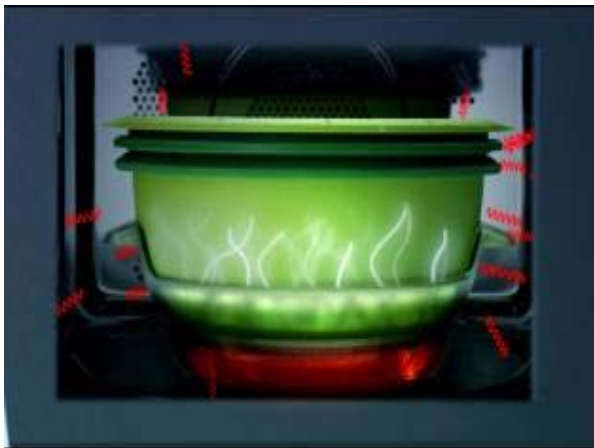


Water Tray

Two handles allow for safe handling after steaming.
Minimum filling line indicates the exact amount of water to pour in the Water Tray before steaming (1 ³/₄ cup/ 400 mL).

HOW IT WORKS

- The Steamer Base and the Cover feature an inner shield not permeable to microwaves. Microwaves bounce back to be directed to the water in the Water Tray.
- The water in the Water Tray turns to steam which goes through the bottom of the Steamer Base.
- The steam then cooks the food placed in the Steamer Base and the optional Colander.



SMARTSTEAMER FEATURES & BENEFITS

- Very **easy to use**: fill water, place food, stack, steam – for extraordinary & gourmet results.
- **Truly steams** all types of food in the microwave oven.
- **Steams from fresh or frozen** vegetables & fruits without altering the look or texture.
- Ideal to **soften skin** of fruit or vegetables before peeling.
- Colander is suitable for **servicing** on the table when placed on reversed Cover.
- **Keeps food warm** – leave hot water in Water Tray, or pour warm water to avoid prolongation of cooking process (best for green vegetables) – keeps food warm for up to 30 minutes.
- Colander allows **stack-steaming** and preparing an entire meal all at once.
- **Flavor your dishes** by adding spices, herbs, to the water in the Water Tray. DO NOT add or substitute water with low fat stock, essential oil or wine.
- **Saves space** compared to electric steamers.
- **Safe** to manipulate and carry.
- **Easy to clean**; dishwasher safe.

BENEFITS OF STEAMING FOOD

Steaming as a method of cooking is thought to pre-date the discovery of fire, when foods were steamed over hot springs or stones. Asian cooking has always used steaming as a main cooking method, both for health reasons and because ovens are rare.

Efficient Cooking

- Vegetables cook faster.
- No need to use oil as you need to when roasting vegetables.
- Easier washing up as no saucepan is required.

Wellness Cooking

- Steaming allows cooking any type of food and is a well-known method for fat-free cooking. It also retains nutrients, fatty acids, minerals and vitamins.
- Steaming does not mean bland cooking. The colors are more vibrant, the texture stays firm, the natural flavors are better preserved and the herbs or condiments can develop their aroma fully. Add herbs or spices to the water to add a specific taste. You can also accompany your meals with sauces for a richer taste.
- Steaming is perfect for the whole family – and a great way to introduce vegetables to children who will appreciate the festival of authentic colors and tastes on their plate.

FIELD TESTING COMMENTS

Benefits put forward by consumers who have had the opportunity to test the SmartSteamer:

- *Great idea!*
- *Homogeneous cooking.*
- *(Re-)experience the true taste of food.*
- *Food keeps original colour, texture.*
- *Can have vegetables al dente.*
- *Perfect for specific diets: i.e. no salt, low fat.*
- *Not much clean up.*
- *Takes little space.*
- *Easy to manipulate even with hot water, feels safe, easy to carry.*

FIELD TESTING COMMENTS

“My favorite Tupperware® product so far!”

“You can discover the real taste of food”

“I can no longer live without the product!”

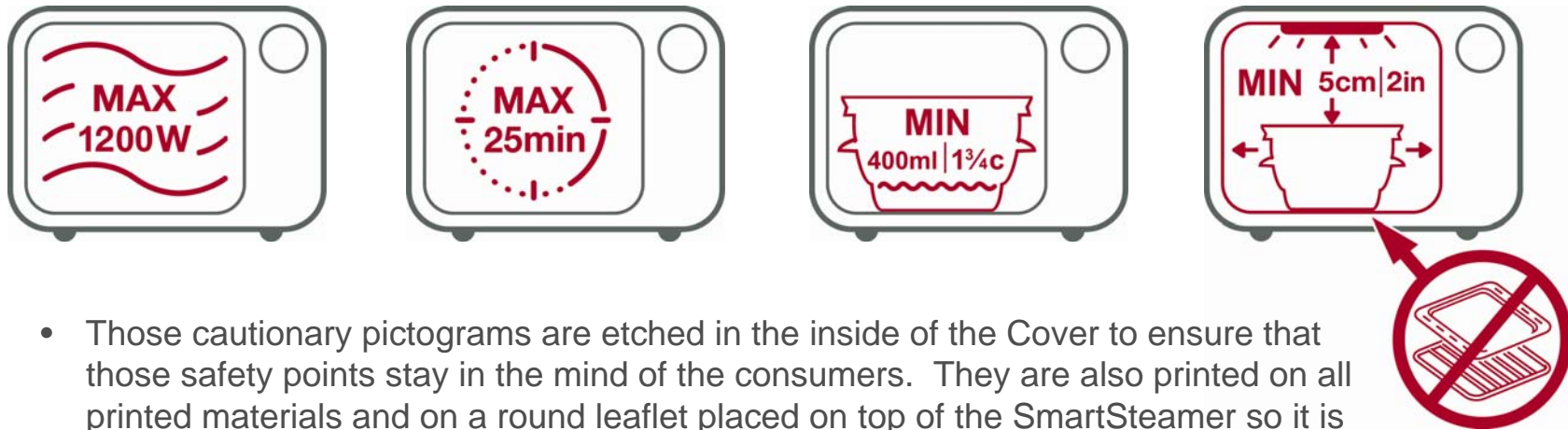
“Foods have more savor and taste – a discovery for children!”

“Super easy to use, even for people who don’t know how to cook in the microwave.

“My children even enjoyed eating the vegetables!”

SAFETY & CAUTION

- Cooking in a microwave oven requires special precaution: make sure to read and respect the caution points in the leaflet and demoguides.



- Those cautionary pictograms are etched in the inside of the Cover to ensure that those safety points stay in the mind of the consumers. They are also printed on all printed materials and on a round leaflet placed on top of the SmartSteamer so it is the first thing consumers see when they receive the product.

Tupperware®

SmartSteamer
Vaporera Inteligente
Intelli-Vap

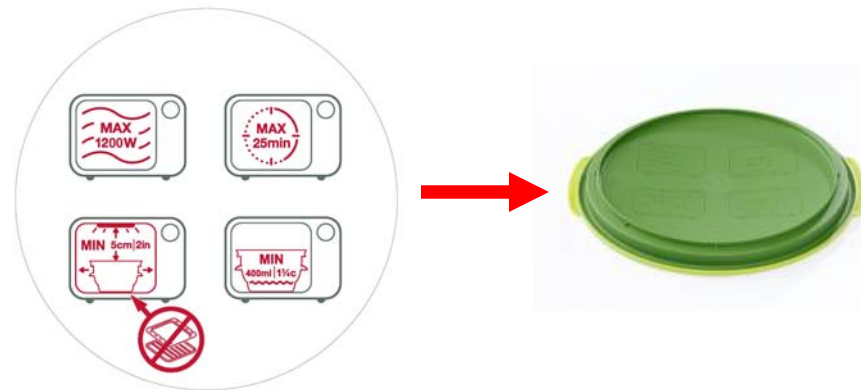
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SAFETY & CAUTION

- Fill the Water Tray to the 1¾-cup/400 mL fill line!
 - Ensure all parts are assembled correctly to obtain optimal results.
 - Set the microwave power on high (Max. 1,200 watts).
 - Do not steam for more than 25 minutes.
 - Let stand for 5 minutes after steaming.
- The SmartSteamer is suitable for use only in the microwave. Do not use in the conventional oven and make sure to set multi-function ovens to “microwave only”.
 - Always ensure the Water Tray (4), Steamer Base (3) and Cover (1) and optional Colander (2) are correctly assembled. Never use the Colander (2) without the Steamer Base (3).
 - Always pour cold water into the Water Tray (4) and ensure it never goes empty. Make sure to fill to the 1¾-cup/400 mL fill line.
 - For subtle flavor, you can add spices or herbs to the water but never replace the water with wine, syrup, oil, juice, soup or fatty stock.



SAFETY & CAUTION

- Place the product **at least 2”/5 cm away** from the **walls & top of the microwave**.
- **Do not exceed 1,200 Watts**. If you are not sure of the power of the microwave you are using, refer to your owner’s manual or follow this simple test. In your microwave using 100% power, boil one cup (8 oz./ 250 mL) of room temperature water (approximately 75° F/24° C).
 - If your microwave oven is 900 watts or less, the water will boil in more than 2 minutes.
 - If your microwave oven is 900-1,200 watts, the water will boil in 1:35 to 2 minutes.
 - If your microwave oven is over 1,200 watts, the water will boil in less than 1:35 minutes. If that is the case, **DO NOT** use the SmartSteamer!
- **Do not cook for more than 25 min at a time**. Let the product and the microwave oven cool down before re-using.
- Do not overfill the Steamer Base (3) or the Colander (2) and **ensure the Cover (1) is closed properly**.
- **Never** leave the product **unattended** while cooking.
- Product and content will be hot after steaming. **Always use oven gloves** and **lift** the product by the **handles** of the Water Tray (4). **Always remove the cover away from yourself** using the two integrated handles.
- Be careful when pouring out the remaining hot water from the Water Tray (4).
- **Always use a trivet** under the product to **protect your table**.
- Use **only plastic tools** to avoid scratching.

CLEANING THE SMARTSTEAMER

HOW TO CLEAN YOU TUPPERWARE® SMARTSTEAMER:

- Clean the product thoroughly after each use in the dishwasher or with a non-abrasive sponge.
- Some staining may appear but this will not affect the performance of the product. It is recommended not to use staining spices such as curry to avoid discolouration.
- To remove the mineral deposit that can be left from water in the Water Tray (4), boil white vinegar in a pan and pour in the tray (4), let stand for 30 min, pour out and scrub with a non abrasive sponge or brush.

STEAMING GUIDELINES

The SmartSteamer insert features a **table with steaming times** for most types of vegetables, fruit, fish and meats. Steaming times are indicative and al dente. You can adjust to suit your taste better.

Steaming Cooking Guidelines

Timings are indicative and al dente. You can adjust to suit your taste better.

- Fill the Water Tray (4) to the 1½-cup/400 mL minimum filling line.
- Ensure all parts are assembled and stacked correctly to obtain optimal results.
- Set the microwave power at maximum 1,200 Watts.
- Let stand for 5 minutes after steaming. When steaming at 900 Watts, extend standing time to 10 minutes for similar results.

Food Tested	Quantity of Food	Steaming Time	
		1,200 W	900 W
Acorn Squash	16 oz/450 g	10 min	10 min
Apples	16 oz/450 g	6 min	6 min
Artichokes, baby	8 oz/225 g	5 min	5 min
Asparagus, thick	8 oz/225 g	7 min	8 min
Asparagus, thin	8 oz/225 g	5 min	6 min
Bay Scallops	16 oz/450 g	6 min	6 min
Broccoli (Colander) and Yukon Gold Potatoes (Steamer Base)	16 oz/450 g	14 min	17 min
Broccoli	12 oz/340 g	12 min	14 min
Broccoli (Colander), small red potatoes (Steamer Base)	16 oz/450 g	12 min	15 min
Brussel Sprouts	16 oz/450 g	12 min	12 min
Butternut Squash	16 oz/450 g	10 min	10 min
Cabbage, sliced	8 oz/225 g	6 min	6 min
Carrots, whole baby	16 oz/450 g	15 min	15 min
Cauliflower florets	12 oz/340 g	12 min	12 min
Chicken breast, chunks	16 oz/450 g	10 min	10 min
Edamame	8 oz/225 g	5 min	7 min
Eggplant, peeled and diced medium size	12 oz/340 g	8 min	10 min
Fish, frozen fillets	12 oz/340 g	9 min	9 min

Food Tested	Quantity of Food	Steaming Time	
		1,200 W	900 W
Fresh corn, 2 ears	2 ears	6 min	8 min
Green Beans	12 oz/340 g	10 min	14 min
Mushrooms	8 oz/225 g	5 min	5 min
Mahi Mahi two (6 oz/170 g fillets) parchment (Steamer Base), broccoli (Colander)	12 oz/340 g	10-12 min	12 min
Onion (rings)	6 oz/170 g	5 min	5 min
Pearl onions	8 oz/225 g	8 min	8 min
Potato, carrots, peas	16 oz/450 g	6 min	7 min
Potatoes, small yellow, Idaho	16 oz/450 g	16 min	20 min
Shrimp (Steamer Base), broccoli and carrots (Colander)	16 oz/450 g	11 min	12 min
Spaghetti Squash, cut in half	16 oz/450 g	22 min	22 min
Spinach	9 oz/255 g	7 min	9 min
Sugar Snap Peas	8 oz/225 g	5 min	6 min
Sweet Potatoes, cubed	12 oz/340 g	10 min	11 min
Tomatoes, whole	16 oz/450 g	7 min	7 min
Yellow Squash	12 oz/340 g	8 min	9 min
Zucchini	12 oz/340 g	9 min	10 min

Peeling of fruits or vegetables such as peaches or tomatoes will be easier after steaming for about 6 minutes (no standing time) and plunging briefly into cold water.

Stack-steaming:

You can make a whole meal in your Tupperware® SmartSteamer. For example, place the fish or poultry in the Steamer Base and the vegetables in the Colander. Please always refer to the cooking guidelines in the product insert for steaming times of foods alone or combined.

- The Colander allows steaming of two different food at once, while keeping them completely separate.
- When stacking, position the larger amount of food in the Steamer Base and smaller of amount food in the Colander.
- When stacking, place hardest ingredients in the Steamer Base and softer or more delicate ones in the Colander.
- When stack-steaming, place meat or fish in the Steamer base.

STEAMING GUIDELINES

Steaming food in the SmartSteamer is easy. For optimal results, follow these guidelines:

- Choose ingredients that can be steamed, preferably of the season as they will contain more vitamins if freshly picked.
- Frozen ingredients are a good alternative to fresh produce as they have high nutritional qualities. You can steam straight from frozen by adjusting cooking time (avoid thick sections).
- Ensure there is some **space in between foods** to allow the steam to circulate.
- **Thicker** foods may take **longer** to steam. For best results ensure all pieces are of similar size.
- **Trim** the **thick stems** off 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.
- Place a **leaf of lettuce under** the **fish** for easier tray clean up.
- Let stand for at least 5 minutes after cooking. Leave the Tupperware® SmartSteamer closed until serving to keep the food warm. If you wish to stop the steaming process—recommended for green vegetables—pour out the remaining hot water.
- **Whenever** you stop the microwave to **verify** the **cooking**, **check** the **water level** in the Water Tray (4) to ensure it is still at the 1¾-cup/400 mL line and add 1 minute of cooking time to allow the water to steam again.
- **Eggs in the shell, rice, pasta, pastry or crispy foods** are **not suitable** for steaming in the Tupperware® SmartSteamer.