



FlavorChef™

Steam Fryer

Revolutionize your cooking and cut roasting time and energy with the FlavorChef™ Steam Fryer, the ultimate non electric food steamer for succulent, flavor infused meals every time!



User Manual

What is the FlavorChef™ Steam Fryer?

The FlavorChef™ Steam Fryer is an innovative, non electric food steamer that fuses steaming and roasting to give you succulent, flavorful chicken or turkey roasts, juicy meats, tender and succulent fish, vibrant vegetables, and even perfectly baked bread.

The Benefits of Adding Steam When Cooking Food in an Oven



Moisture retention: Steam helps to retain moisture in food, preventing it from drying out during the cooking process. This is particularly beneficial for lean proteins like fish or chicken, which can easily become dry when cooked in a dry environment.

Enhanced flavor: The steam generated in the oven can infuse the food with additional moisture and flavor. It helps to distribute the natural juices and aromatics throughout the dish, resulting in a more flavorful end result.

Even cooking: Steam promotes even heat distribution within the oven, which helps ensure that the food cooks evenly. This is especially useful when cooking delicate items like fish or vegetables, as it reduces the risk of overcooking certain parts while undercooking others.

Retained nutrients: Steaming preserves the nutrients in food more effectively than other cooking methods that require submerging food in water or using excessive heat. By using steam, the vitamins, minerals, and other beneficial compounds in the food are better retained.

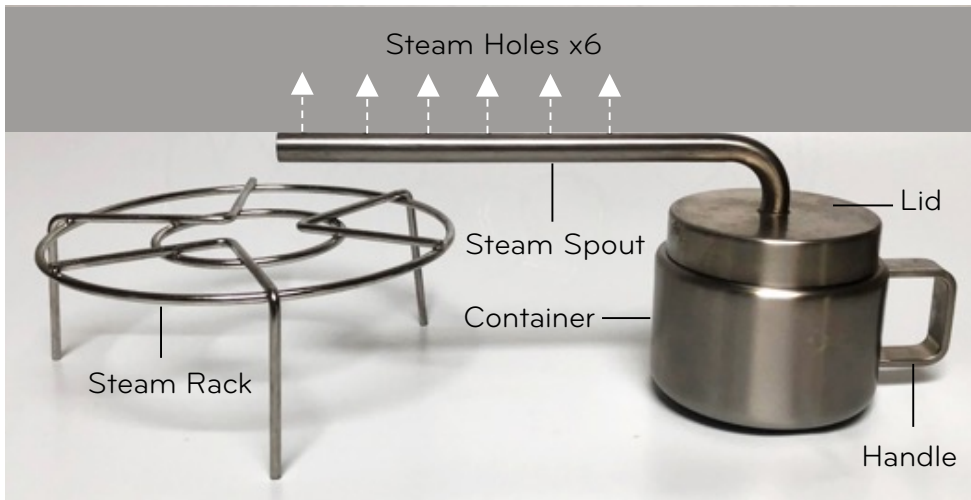
Healthier cooking option: Steaming with minimal added fats or oils is considered a healthier cooking method compared to frying or sautéing. It allows you to prepare nutritious meals with reduced calorie and fat content while maintaining the food's natural flavors and textures.

Versatility: Steam can be used for a wide range of foods, including vegetables, seafood, poultry, and grains. It's a versatile cooking technique that can be adapted to different ingredients and recipes.

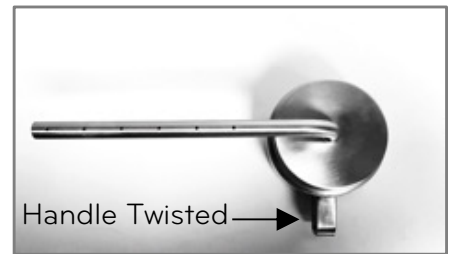
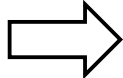
Overall, incorporating steam into your oven cooking can result in juicier, more flavorful dishes that retain their nutrients. It's a valuable technique to have in your culinary repertoire.

How to use your FlavorChef™ Steam Fryer to Steam Cook

The FlavorChef™ Steam Fryer consists of (see below): A container to hold liquids/herbs/spices, a lid with a steam spout and steam holes, and a Steam Rack for holding and lifting foods to align with the steam spout. When placed into the oven, the oven temperature heats up the water in the FlavorChef™ Steam Fryer container to generate steam for cooking.



Handle straight
or twisted
to save space



1. Preheat the oven to 180°C (356°F).
2. Prepare the food to be cooked and steamed such as cutting it to size or basting it in olive oil and rubbing in salt.
3. Grip the lid and lift it off the container.
4. Add a teaspoon of salt into the FlavorChef™ Steam Fryer container (to increase the boiling temperature of the water).
5. Optional: Add a tablespoon of herbs/spices into the container.
6. Once the oven reaches 180°C (356°F), boil water and pour 250ml into the container. This will speed up the steaming process.
7. Seal the container by pressing the lid on.
8. Select a roasting dish to hold the food, the Steam Rack, and the FlavorChef™ Steam Fryer.
9. Place the Steam Rack into and to one side of the roasting dish.
Note: Some foods, such as vegetables and potatoes can be steamed without the Steam Rack (see Methods C & D below).
10. Place the food on the Steam Rack or into the roasting dish.
Note: The steaming methods (see below) applicable to the food you intend steaming and cooking determines where you place the FlavorChef™ Steam Fryer and where to point the steam spout to direct the steam generated. For example, in the case of steaming and cooking a chicken, the FlavorChef™ Steam Fryer is placed inside the roasting dish next to the food rack with the spout inserted into the rear of the chicken.

How to use your FlavorChef™ Steam Fryer to Steam Cook

(cont'd)

11. Place the roasting dish, the food, the Steam Rack (where relevant) and the FlavorChef™ Steam Fryer in the oven and close the oven door.

Note: The oven temperature will heat up the water in the container to generate steam. With the aid of the steam spout, steam can be directed into or onto the foods being cooked to increase the oven moisture.

12. Cooking and steaming times and temperatures depend on the type of food you are cooking (check your food recipe). For example, in the case of a chicken:

Cooking temperature: Cook the chicken at an oven temperature of 180°C (356°F).

Cooking time: Using a timer, apply the following "rule of thumb" to determine cooking time when using the FlavorChef™ Steam Fryer: It takes about 38 minutes to cook 1kg (2.2lb) of chicken (or turkey). For example, a chicken weighing 1.2 kg (2.6lb) will take 45 minutes to be properly cooked.

13. Upon completion of the cooking time, use oven gloves and remove the roasting dish from the oven.
14. Using oven gloves and a fork, remove the spout from the chicken.
15. Check that the steamed and cooked food is done before serving it.

WARNING

The handle and surface of the FlavorChef™ Steam Fryer gets very hot inside the oven. Do not touch it without using oven gloves.

Add Flavor to your Cooking

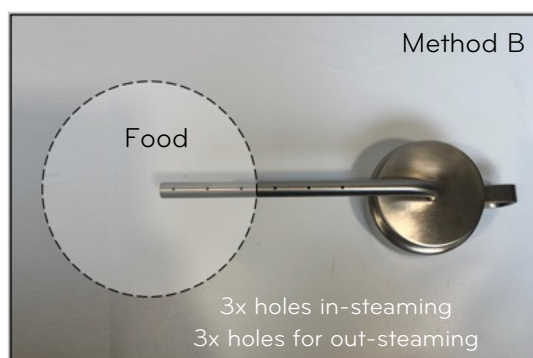
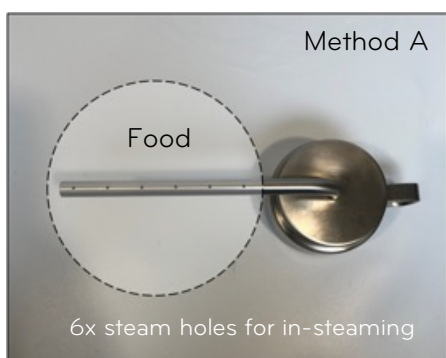
By adding herbs and/or spices to the water in the FlavorChef™ Steam Fryer container you can ensure succulent, flavor-infused food every time! Below are a few suggestions to start you off.

- | | |
|--|---|
| <ul style="list-style-type: none">• Lemon Juice and whole Garlic• Beer and Orange Juice• Soy Sauce and Lime Juice• Lime Skin and Juice with Fresh Coriander• Sherry and Worcestershire Sauce | <ul style="list-style-type: none">• Lemon and Oregano• Rosemary and Mint• Paprika and Pineapple pieces• Ginger and Sprite• Lemongrass and Chilies |
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4 Methods to Steam & Cook Food

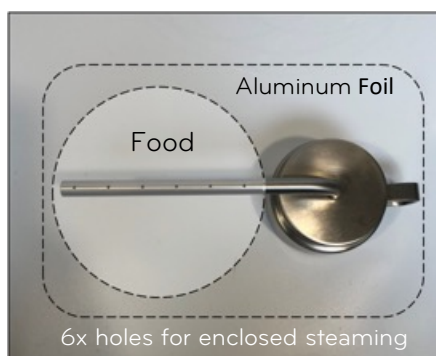
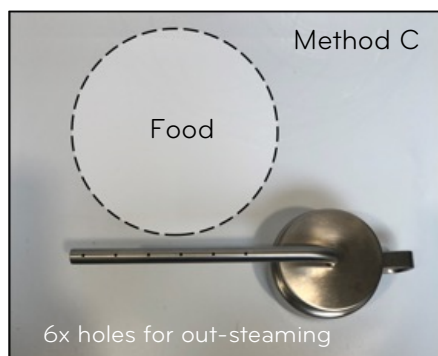
Depending on the type of food you want to steam, there are 4 methods you can use.

Method A (in-steaming): With this method, the spout of the FlavorChef™ Steam Fryer is inserted in an opening or cavity in the food, such as the inside of a chicken, turkey or an insertion made into meat. Insert the entire spout (all 6 steam holes) inside the food being steamed. Use this option, for example, when steaming a chicken, a turkey, meat, and fish. This allows for the in-steaming (from the inside out) of food, while the heat from the oven cooks the food from the outside in. In the case of cooking chicken or turkey, the FlavorChef™ Steam Fryer container filled with herbs and/or spices will generate flavor-infused steam, cooking from the inside out, while the heat from the oven cooks the chicken to a crispy perfection on the outside.



Method B (in and out-steaming): With this method, only part of the spout of the FlavorChef™ (for example, 3 steam holes) are inserted into the food being cooked, whilst the remaining steam holes release steam in the oven to increase the moisture level, allowing for outside-in cooking and steaming. Use this method, for example, when steaming a chicken, turkey, meat, and fish.

Method C (out-steaming): With this method, the spout of the FlavorChef™ is not inserted into the food and placed in the oven alongside the food, allowing all 6 steam holes to release steam in the oven to increase the moisture level, allowing for outside-in cooking and steaming. This method can be used when cooking and steaming a chicken, a turkey, meat, fish, vegetables, and baking bread.



Method D (enclosed steaming): With this method, the food to be steamed and the FlavorChef™ Steam Fryer are all covered and sealed in an aluminum foil enclosure. The steam released from the steam holes of the FlavorChef™ Steam Fryer is trapped inside the enclosure and applied to steam and cook food such as vegetable, potatoes, and fish.

Steaming & Cooking Different Foods

Below are instructions of how to use your FlavorChef™ Steam Fryer for steaming & cooking different types of foods.

- Chicken and turkey
- Vegetables and potatoes
- Fish
- Meat
- Bread

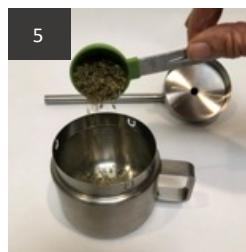
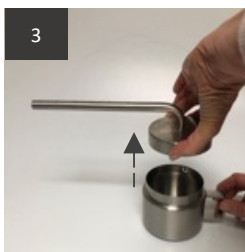
Note: There are many other steaming and cooking applications for your FlavorChef™ Steam Fryer. The ones in this User Manual are just some examples to get you started and comfortable with using your FlavorChef™ Steam Fryer. Feel free to use it on any recipe you feel can be enhanced with adding steam to the cooking process.

Steaming & Cooking a Chicken or Turkey (Method A)

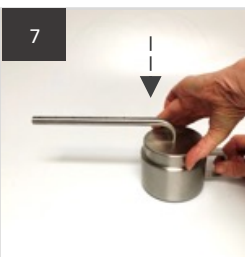
1. Preheat the oven to 180°C (356°F).



2. Baste skin of chicken with olive oil and salt.



3. Grip the lid and lift it off the container.
4. Add a teaspoon of salt into the FlavorChef™ Steam Fryer.
5. Optional: Add a tablespoon of herbs/spices into the FlavorChef™ Steam Fryer (see "Add flavoring to your cooking" below).
6. Once the oven reaches 180°C (356°F), boil water and pour 250ml into the container.

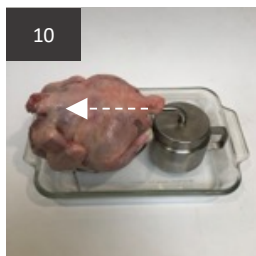
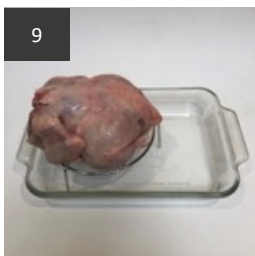


7. Seal the container with the lid.

Steaming & Cooking a Chicken or Turkey (Method A)

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8. Place the Steam Rack to the side of the roasting dish.

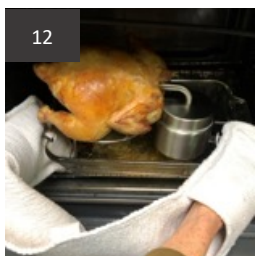


9. Place the chicken on the Steam Rack.
10. Insert the spout into the rear of the chicken and position it inside the roasting dish next to the food rack. If needed, twist the handle to fit inside the roasting dish.
11. Place the roasting dish and chicken, and the FlavorChef™ Steamer Fryer in the lower part of the oven and close the oven door.

Cooking temperature: Cook the chicken at an oven temperature of 180°C (356°F).

Cooking time: Using a timer, apply the following "rule of thumb" to determine cooking time when using the FlavorChef™ Steam Fryer: It takes about 38 minutes to cook 1kg (2.2lb) of chicken (or turkey). For example, a chicken weighing 1.2 kg (2.6lb) will take 45 minutes to be properly cooked.

12. After 40 - 45 minutes, use oven gloves and remove the roasting dish from the oven.



13. Using oven gloves and a fork, remove the spout from the chicken.

WARNING

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14. Check that the chicken is done and fully cooked (see instructions below), then let it rest for 5 minutes before carving it.

Checking for “Doneness” of the Chicken (or Turkey)

To check if the chicken (or turkey) is thoroughly cooked and safe to eat, the methods below are recommended.

Food Thermometer:

Use a food thermometer to determine the internal temperature and doneness of the chicken immediately after removing it from the oven. This is the most effective method to check the “doneness” of the chicken. Take a temperature reading by inserting and pushing the thermometer needle 5cm into the thickest part of the chicken breast for 30 seconds, without touching bone.

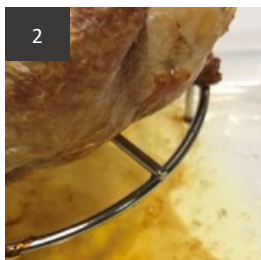
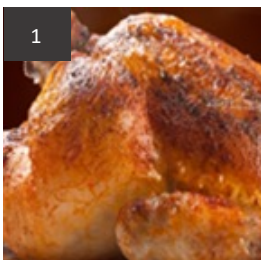


According to the United States Department of Agriculture (USDA), a whole chicken is considered done when its core internal temperature reaches 74°C (165°F). At this temperature, the chicken will be fully cooked and safe to eat. If the chicken is above this temperature, it may be overcooked. If it's under, put it back in the oven until it reaches 74 °C (165 °F).

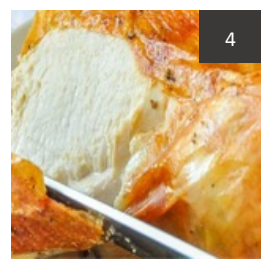
Visual and Tactile Cues:

After resting the cooked chicken for 5 minutes, the following visual cues can be used to assess its doneness:

1. Observing the chicken's skin color and crispness. The chicken skin must be golden brown and crisp.



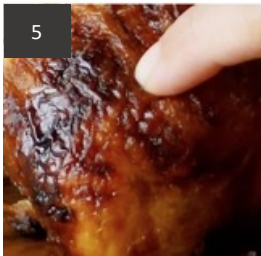
2. Observing the color and clarity of the juices running from the chicken. The juices running from the chicken must be clear, not pink or red.
3. Observing the juices running from the chicken after inserting a skewer into the innermost part of the thigh and wing, and the thickest part of the breast. The juices must be clear, not pink or red.



Checking for “Doneness” of the Chicken (or Turkey)

(cont'd)

4. Observing the color of the meat by cutting the thickest part of chicken in half. The color of the meat must be solid white (light), not pink or red.
5. Feeling the texture of the meat by gently pressing and squeezing it with a finger or a fork. The texture must be firm yet tender, not “rubbery and stretchy”.



6. Checking if the “meat falls off the bone” by feeling the resistance when gently tugging on the chicken leg and wing. When gently tugging the chicken leg and wing, it must begin loosening and separating with little resistance from the bone, i.e., it is falling off the bone.

Steaming & Cooking Vegetables and Potatoes (Methods C & D)



1. Preheat your oven: Set the oven to a temperature of around 180°C (356°F) to preheat while you prepare the vegetables and potatoes.
2. Prepare the vegetables and potatoes: Wash and peel the vegetables (if necessary) and cut them into even-sized pieces. Similarly, wash and peel the potatoes and cut them into chunks or wedges.
3. Arrange the vegetables and potatoes: Place the vegetables and potatoes in a single layer on a baking sheet or in a roasting dish. Make sure they are spread out evenly to ensure even cooking.
4. Add a teaspoon of salt to the container and fill with 250ml of boiling water.

Steaming & Cooking Vegetables and Potatoes (Methods C & D)

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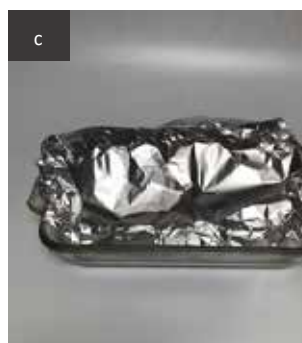
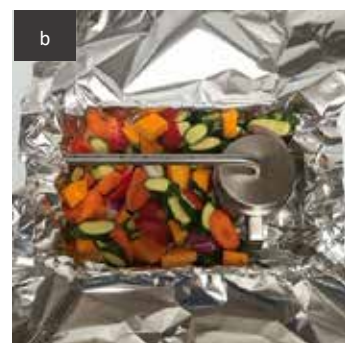
5. There are two options to steam and cook your vegetable and/or potatoes:

Out Steaming (see Method C)



- a) Select a roasting dish to accommodate the vegetables and/or potatoes you intend steaming and cooking.
- b) Place the vegetables and the FlavorChef™ Steam Fryer into the roasting dish. Do not cover the vegetables and FlavorChef™ Steam Fryer with aluminum foil.

Enclosed Steaming (see Method D)



- a) Line a roasting dish with aluminum foil.
- b) Place the vegetables and the FlavorChef™ Steam Fryer into the roasting dish.
- c) Make an enclosure with aluminum foil to cover and seal the vegetable and the FlavorChef™ Steam Fryer. Check that it is well-sealed to prevent the steam from escaping to ensure even cooking of the vegetables and potatoes.

Important: When sealing the vegetables and FlavorChef™ Steam Fryer, create a dome (an opening) with the aluminum foil above the steam holes to ensure that the steam can freely escape.

6. Place the container with vegetables and the FlavorChef™ Steam Fryer into the pre-heated oven.
7. Steam the vegetables and potatoes for approximately 20-30 minutes or until they are tender. Cooking times may vary depending on the size and type of vegetables and potatoes, so check them periodically.
8. Season and serve: Once the vegetables and potatoes are cooked, remove them from the oven. Season them with salt, pepper, herbs, or any other desired seasonings. Serve them hot as a side dish or incorporate them into other recipes.

WARNING

The handle and surface of the FlavorChef™ Steam Fryer gets very hot inside the oven. Do not touch it without using oven gloves.

Note: Remember, the cooking times mentioned above are approximate and may vary based on the specific vegetables and potatoes you are using. It's always a good idea to check for doneness by piercing them with a fork to ensure they are cooked to your desired level of tenderness.

Steaming & Cooking Fish (Methods C & D)



Steaming fish in an oven is a great way to cook it, as it helps retain the moisture and flavors. Here's a step-by-step guide on how to proceed.

1. Preheat the oven: Start by preheating your oven to around 180°C (356°F) or the temperature recommended in your recipe.
2. Prepare the fish: Clean and pat dry the fish fillets or whole fish you'll be steaming. Season them with salt, pepper, herbs, or spices according to your taste preferences. You can also add some lemon slices or other aromatics for extra flavor.
3. Select a roasting dish that is large enough to hold the fish, the FlavorChef™ Steam Fryer and the Steam Rack.
4. Add a teaspoon of salt to the FlavorChef™ Steam Fryer container and pour in 250ml of boiling water.
5. To steam and cook the fish, there are two options:

Method C: Place the fish, the Steam Rack, and the FlavorChef™ Steam Fryer in a roasting pan.



Method D: Place the fish the Steam Rack and the FlavorChef™ Steam Fryer in a roasting pan and tightly cover all of it with aluminum foil. Ensure that there is a gap above the steam spout to allow the steam to escape.

Steaming & Cooking Fish (Methods C & D)

(cont'd)

6. Place the container with fish, Steam Rack, the FlavorChef™ Steam Fryer into a pre-heated oven at a temperature of 180°C (356°F).
7. Bake and let the fish steam for about 10 - 15 minutes, depending on the thickness of the fillets or the size of the whole fish. The fish is cooked when it flakes easily with a fork and is opaque.
8. Check for doneness: Carefully remove the dish from the oven and uncover it throughout. Use a fork to test the thickest part of the fish to ensure it's cooked to your desired level of doneness. If needed, return the dish to the oven for a few more minutes.
9. Serve and enjoy: Once the fish is cooked, serve it immediately. You can garnish it with fresh herbs, a squeeze of lemon juice, or your favorite sauce.

WARNING

Always exercise caution when removing the cover from the baking dish, as the steam released can be hot.

Note: Cooking times may vary depending on the size and thickness of the fish, so keep an eye on it to prevent overcooking.

WARNING

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Steaming & Cooking Meat



1. Preheat the oven to 180°C (356°F).
2. Select a roasting dish to hold the Steam Rack, meat and FlavorChef™ Steam Fryer and place the meat on the Steam Rack. Align the spout of the FlavorChef™ Steam Fryer with the center of the meat (see X on picture below).



3. Insert a sharp knife into the meat (using the X as the point of insertion) and cut a slot into the meat.
4. Push the knife in deep enough to accommodate the length of the spout (about 10cm to 12cm). "Wiggle" the knife from left to right to ensure a passage for the spout.
5. Add a teaspoon of salt to container and, if you wish, add herbs and/spices.
6. Fill the container with 250ml of boiling water. You can also add "Worcestershire Sauce" to the water to add flavor to the meat.
7. Rub the meat in with herbs and salt to add flavor.
8. Insert the spout into the cut passage of the meat.

Steaming & Cooking Meat

(cont'd)

9. Place the roasting dish with Steam Rack, meat and the FlavorChef™ Steam Fryer into the pre-heated oven. As a rough guide, plan for about 20 minutes per 1 pound (450 grams) of meat.
10. Check for doneness: After the recommended cooking time, use a meat thermometer to check the internal temperature of the meat. The safe internal temperatures vary for different types of meat, so make sure it reaches the appropriate temperature to ensure it's fully cooked and safe to eat.
11. Rest and serve: Once the meat reaches the desired doneness, remove it from the oven. Remove the spout from the meat and let it rest for a 5 minutes before slicing or serving. Resting allows the meat to retain its juices and become more tender.

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Baking Bread with the Aid of Steam



Baking bread with the aid of steam helps keep the surface of the dough moist and elastic while baking, allowing it to rise fully to its maximum volume and improving the overall texture of the loaf. Here's a general guide on how to bake bread in an oven with steam.

1. Prepare your dough: Follow your favorite bread recipe and prepare the dough according to the instructions. Let it rise until it has doubled in size.
2. Place a baking sheet or a preheated baking stone on the middle rack of your oven.
3. Preheat the oven to the desired temperature for baking your bread. Most bread recipes recommend temperatures between 400°F (200°C) and 450°F (230°C).
4. Shape and slash the dough.

Baking Bread with the Aid of Steam

(cont'd)



5. You can shape the baking dough into a loaf or any desired shape. If you want to control where the bread expands, make shallow slashes on the surface using a sharp knife or a razor blade.
6. Once your oven is preheated, carefully transfer the risen dough onto the baking sheet or the preheated baking stone.
7. You'll need to create steam to add moisture during the initial stages of baking. Open the container lid, add a teaspoon of salt, and pour in 250ml of boiling water into the container, and place into the oven. Place the FlavorChef™ Steam Fryer in the oven alongside the dough.

⚠ WARNING

Be careful to avoid burning yourself with the steam and the heat of the oven.

8. Bake the bread: Close the oven door and let the bread bake for the initial 10 to 15 minutes. The steam created by the FlavorChef™ Steam Fryer will help develop a crusty exterior. After this initial stage, reduce the oven temperature by about 25°F (15°C) to allow the bread to continue baking without becoming too dark.
9. After the initial baking time, open the oven door and remove the FlavorChef™ Steam Fryer.

⚠ WARNING

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10. Ventilate the oven by releasing any built up steam. This will help prevent the bread from becoming soggy. Close the oven door and continue baking until the bread is golden brown and sounds hollow when tapped on the bottom. The total baking time will depend on the size and type of bread you are making.
11. Cool the bread: Once the bread is baked, remove it from the oven and transfer it to a wire rack to cool completely. Allow it to cool for at least 30 minutes before slicing to allow the crumb to set properly.

By incorporating steam into the baking process, you should achieve a bread with a crisp crust and a soft, airy interior. Enjoy your freshly baked bread!

Cleaning & Maintenance

- The FlavorChef™ Steam Fryer is dishwasher proof.
- Before using your FlavorChef™ Steam Fryer for the first time, wash it thoroughly with hot, soapy water.
- Clean the FlavorChef™ Steam Fryer after every use. Use hot water, some dishwashing detergent, and a non-abrasive sponge. Make sure that steam openings on the spout are not blocked. You can use a degreasing liquid to remove any remaining dirt.



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