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How to cook rice in a black and decker flavor scenter steamer

I can hear the trolls now. "Why don't you teach us how to boil water next?" Or: "Oh lookie here at Flannel McFlannelson with the noob skills." Look, not everyone can study long and hard to become a self-proclaimed expert in all things food. Many people started out not knowing kitchen basics. That's why the Men's Health team made this video on how to cook rice. It's foundational. Follow these three tips and you'll enjoy your rice more. Rinse your rice. There's a ton of extra starch that if you rinse off, your rice will be fluffier. Who doesn't want fluffier rice? Cook your rice in something more flavorful like chicken stock instead of water. (We like Swanson Natural.) When you put your rice in the pot, stick your finger in it. This may sound weird, but pouring the chicken stock up to your first knuckle will ensure you have the exact amount you need. They may sound like a small step, but if you enjoy your rice more, you'll enjoy your meals more. And if you enjoy your meals more, you'll enjoy cooking more, and the wonderful spiral that is self-gratification is kick-started into limitless possibilities. Oh, what's that, Mr. Troll? This video doesn't show me using a pan? Well guess what. All these techniques work in a pan, too. Yes, you can cook rice in a pan. Use these techniques to make the shrimp paella, green tea-tuna sushi handrolls, and catfish burritos with pickled red onions and chipotle mayo in the new Men's Health cookbook *A Man, A Pan, A Plan*. It's great for beginners who need a push to start cooking. It's great for people who know their way around the kitchen, but could use a few new trusted recipes. It's even good for trolls, troll, because I know you need to be fed, too. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io *Tainar/Stock/Getty Images* Brown rice has a rich, nutty flavor that works well with stronger flavors that may overpower white rice. It's also higher in fiber and vitamins, making it the more nutritious choice, but it takes about twice as long to cook. A rice cooker eliminates the constant pot-checking necessary to ensure perfect results when cooking on a stove top. The Black and Decker Flavor Scenter Steamer allows you to add your favorite herbs to infuse the rice with flavor and aroma without smothering it in high-calorie sauces. Remove the various parts of the cooker from the base and set aside. You will only use the steamer bowl, rice bowl and lid to cook rice. Insert the steaming bowl, then insert the rice bowl. Add 1 cup of rice and 1 1/4 cups of water, or 1 1/2 cups of rice and 2 cups of water to the rice bowl. Stir in any desired seasonings. Replace the cover securely and set the timer for 50 to 52 minutes for 1 cup of rice, or 54 to 56 minutes for 1 1/2 cups of rice. The chime will sound and the cooker will turn itself off when the time is up. Imagen no disponible paraColor: Para verÀ la descargaÀ de este video Flash Player Page 1 CONSERVER CE GUIDE D'ENTRETIEN ET D'UTILISATION Flavor Scenter Steamer Food/Rice Cooker Vaporizadora/arrocerca Étuveuse (Français, à la page 20) U.S.A./CANADA 1-800-231-9786 MEXICO 9-1-800-50833 MODELS/MODELOS/MODELES HS1776/HS2000 SAVE THIS USE AND CARE BOOK (English, see page 2) (Español, consulte la página 10) © 2011. I Do not place on or near a hot gas or electric burner or in a microwave or heated oven, or directly under cabinets. I Extreme caution must be used when moving an appliance containing hot food, water, or other hot liquids. Avoid reaching over the steamer when operating. TAMPER-RESISTANT SCREW This appliance is equipped with a tamper-resistant screw to prevent removal of the outer cover. To reduce the risk of fire or electric shock, do not attempt to remove the outer cover. There are no user serviceable parts inside. Repair should be done only by authorized service personnel. NOTE: If the desired cooking time is less than 15 minutes, first turn the Timer past 15 and then turn it back to the desired cooking time. 6. When cooking in the Rice Bowl, add rice, herbs, seasonings and water directly to the Bowl and fill the Water Reservoir to the appropriate line. I Exterior of Base: Wipe Base and cord with a damp cloth, then dry thoroughly. Never immerse Base in liquid or place in dishwasher. NOTE: Do not use bleach, abrasive pads or abrasive cleaners to clean any part of the Steamer. Page 6 Weight/ or Fresh Number Vegetables Pieces Carrots 1 lb. (0.45 kg) Cauliflower Medium - whole head size (about 7 lbs (1,1 kg) untrimmed) - Flowerets One-half large size head (about 7 cups) (1680 ml) Corn on Cob Up to 5 ears, 8" ... Page 7 FROZEN VEGETABLES Times given are for amount specified. DO NOT THAW before steaming. Weight/ or Frozen Number Vegetables Pieces Asparagus, 2 pkgs. - Spears (9-10 ozs. each) (280 g) Beans, 1 bag - Green/wax (16 ozs.) cut or whole (455 g) Broccoli 1 bag - ... Page 8 Type of Weight/ or Seafood, Number Fish Pieces Shrimp Large (Fresh, or 1 lb. (0.45 kg) frozen and in shell) thawed) Large (1/ (0.68 kg) in shell) Fish Fillets /lb. (0.44 kg) (Fresh, or /" to /" frozen and (6 - 13 mm) thawed) Page 9 RICE Accurately measure the rice and water and combine in the Rice Bowl. Stir rice at minimum time specified for each type. For flavored rice, substitute beef or chicken broth, or bouillon for the specified amount of water. Add salt, pepper, seasonings, butter or margarine. Page 10 Need Help? SERVICE OR REPAIR Service, if necessary, must be performed by a Black & Decker Company-Owned or Authorized Household Appliance Service Center. The Service Center nearest you can be found in the yellow pages of your phone book under "Appliances - Small - Repairing," or by calling the appropriate toll-free number on the cover of this book. No opere ningún aparato si el cable y/o el enchufe han sido dañados. Si el aparato no funciona o ha sufrido algún daño, devuélvalo a un centro de servicio autorizado para que lo examinen, reparen o ajusten. El uso de accesorios no recomendados por el fabricante del aparato puede causar lesiones personales. Como usar PARA COCINAR EN EL RECIPIENTE VAPORIZADOR (Consulte la guía para vaporizar, le dará consejos para la cantidad de tiempo, técnica y nivel de agua.) 1. Llene el depósito con agua fría al nivel apropiado "LO" (bajo) o "MAX FILL" (llenado máximo), consulte las figuras. NOTA: Use el colector cuando no use la arrocerca. Esto previene que la grasa y los jugos goteen dentro del agua formando burbujas en el vaporizador. Si lo desea, puede conservar estos jugos para preparar salsas o para agregarlos a las sopas. CONSEJOS PARA EL INFUSOR DE SABORES Agregue hierbas frescas o secas al infusor para acentuar el sabor de sus comidas saludables. Page 14 Guía para vaporizar NOTA: El tiempo para vaporizar puede variar de acuerdo con su gusto y con las cantidades. La cantidad de tiempo sugerida a continuación ha sido basada desde el momento que se ajusta el control de tiempo a la posición para comenzar (ON). VEGETALES FRESCOS El peso que se ha especificado en la guía, es el de los vegetales antes de haber sido lavados, pelados o cortados. Page 15 Vegetales Peso/cantidad Nivel del agua frescos Zanahorias 1 lb. (0.45 kg) Coliflor Mediana de-completa 2 1/2 lbs. (1,1 kg) Flor Mediana cabeza grande(7 tazas) (1680 ml) Mazorcas Hasta 5 de 8" de maíz (203 mm) Papas 1 lb. (0.45 kg) -Por 4 medianas mitad... Page 16 VEGETALES CONGELADOS La cantidad de tiempo sugerida es para los paquetes o las bolsas especificadas. NO DESCONGELE antes de preparar al vapor. Vegetales Peso/cantidad congelados Espárragos 2 paquetes (9-10 onz. cada uno) (280 g) Habichuelas 1 bolsa - verdes (16 onz.) enteras/ (455 g) partidos... Page 17 Tipo de Peso/cantidad mariscos o pescado Cangrejo tipo Hasta 2 lbs. King (0.9 kg) patas/tenazas cocinadas o descongeladas Escalopes 1 lb. sin concha (frescos) (0.45 kg) agua fresca agua salada 1 lb. (0.45 kg) sin concha (1" (25 mm) de gruesos) Camarones Grandes (frescos o... Page 18 POLLO, SALCHICHAS Pollo Peso/cantidad Salchichas Pollo (elimine la grasa y quite la piel) -Filete de pechuga 4 porciones sin hueso (1-1 1/4 lbs.) (0.45-0.55 kg) -Filete con hueso 2 porciones (1-1 1/4 lbs.) (0.45-0.55 kg) 4 porciones (1 3/4 a 2 lbs.) (0.7-0.9 kg) Salchichas 1 lb. Page 19 OTROS ALIMENTOS Otros Peso/ o Alimentos cantidad de pedazos Huevos Hasta 12 Grandes - Cocidos Manzanas 5 medianas - Sus favoritos (apr. 2 lbs.) (0.9 kg) Peras 4 medianas (apr. 2 lbs.) (0.9 kg) Ciruelas 1 paquete 1 1/2 lbs. (0.68 kg) NECESITA AYUDA? Si necesita ayuda, acuda a un centro de servicio autorizado o propio de Black &... Page 20 IMPORTANTES MESURES DE SÉCURITÉ Lorsqu'on utilise un appareil électrique, il faut toujours respecter certaines règles de sécurité fondamentales, notamment les suivantes. I Lire toutes les directives. I Éviter de toucher aux surfaces chaudes. Prendre l'appareil par les poignées ou les boutons. Page 21 CORDON La longueur du cordon de l'appareil a été choisie afin d'éviter les risques que présente un long cordon. Tout cordon de rallonge à fiche polarisée d'au moins 10 A, 120 V, certifié par l'organisme américain Underwriters Laboratories ou homologué par la CSA peut servir au besoin. Page 22 relever le goût des aliments (B). (Consulter la rubrique relative aux conseils pratiques.) On peut également se servir de la lèchefrite sans ajouter des herbes dans la rehausseuse de saveurs. 4. Placer l'aliment voulu dans le bol de cuisson et couvrir celui-ci en s'assurant que les poignées sont bien alignées les unes sur les autres et que les pattes d'attache sont bien insérées dans les ouvertures... cuillères à thé) d'herbes ou d'épices séchées. Lorsqu'on utilise des herbes fraîches, hacher les feuilles et en tripler la quantité. I Afin d'empêcher le passage d'herbes fines ou d'épices moulues par le tamis de la rehausseuse de saveurs, rincer ou mouiller celui-ci avant d'ajouter les assaisonnements. Page 24 LÉGUMES FRAIS Le poids indiqué dans le guide de cuisson correspond à celui des aliments avant de les nettoyer, de les couper ou de les épilucher. Les couper en morceaux uniformes. Cuire les aliments jusqu'à ce qu'ils soient tendres mais encore croquants afin d'en optimiser le goût et la valeur nutritive. Page 25 Poids ou Légumes nombre de frais morceaux Chou-fleur, Moyen (environ entier 1,1 kg (2 1/2 lb) non coupé Chou-fleur, Moitié d'un gros fleurs chou-fleur (environ 825 ml (7 lb) Mais en épi Maximum de 5, 203 mm (8 po) Pommes 0,45 kg (1 lb) de terre, environ 4... Page 26 LÉGUMES CONGELÉS Le temps indiqué correspond à celui nécessaire pour la cuisson du contenu des paquets indiqués. NE PAS LES DÉCONGELER avant de les faire cuire. Poids ou Légumes nombre de congelés morceaux Asperges, 2 paquets de coupées 280 g (10 oz) chacun Haricots, Un sac (455 g... Page 27 Type de poisson - Poids ou fruits de nombre de morceaux Crabe, Maximum de pattes et 0,9 kg (2 lb) pinces (cuites, congelées et dégelées) Coquilles 0,45 kg (1 lb) St-Jacques écalées (fraîches) Pétoncles 0,45 kg (1 lb) (frais) écalés Max. Page 28 Type de poisson - Poids ou fruits de nombre de morceaux Thon De 20 à 25 mm (3/4 - 1 po) d'épaisseur POULET ET SAUCISSES Poids ou Poulet et nombre de saucisses morceaux Poulet, peau et gras enlevés De 0,45 à... Page 29 Type Quantité de riz de riz Brun, 1 tasse régulier, à grains 1 1/2 tasse longs ou courts 2 tasses Blanc - Régulier, 1 tasse grain extralong, 1 1/2 tasse long et moyen 2 tasses - Régulier, 1 tasse grain long, 1 1/2 tasse à... Page 30 Besoin d'aide? SERVICE OU RÉPARATION Confier l'entretien du produit, le cas échéant, à un centre de service Black & Decker ou un atelier d'entretien autorisé. On peut trouver dans les Pages Jaunes, sous la rubrique «Appareils électroménagers - Petits - Réparations», l'adresse du centre de service de la région. Page 31 Notes/Notas/Notes

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