

The Smart Steamer Lid

Welcome

The instructions on how to cook foods from rice, meat and vegetables

The Smart Steamer Lid is an innovative and intelligently patented designed cooking aid, developed with over 10 yrs of research that will allow the user to develop an instinct for cooking most food without the fear of failure anymore.

The Smart Steamer lid is a revolutionary cooking aid, in many ways this works with you, your saucepan and cooker, allowing you to take complete control over your cooking results.

Benefits are:

- **TIME:** Saves time in the kitchen by using much less water, resulting in a faster cooking time
- **MONEY:** Up to 50% less power used to cook food, this will mean that the energy used is massively reduced, saving you money
- **EFFORT:** Managing multiple pots, easier as cooking times become predictable
- **STRESS:** Removes the fear of failure since predictive cooking results are now here
- **CLIMATE:** Since less carbon output by cooking on lower power with faster cooking times and saves at least 50% less energy through the cooking cycle
- **TASTY:** **The Smart Steamer Lid** will deliver much tastier food through total even cooking from its patented design
- **SAFETY:** Without steam bellowing out will truly help reduce the risk of burning
- **LIGHTER:** by using much less water will make your saucepan easier to handle when straining the liquid
- **CLEANING:** since there will be no burning and sticking at the bottom of the pan due to lower cooking power, cleaning will be a breeze.

Some of the benefits as listed above making **The Smart Steamer Lid** a true investment.

Cooking instructions - How to cook most food on a hob

Visit – www.thesmartsteamerlid.com

And watch **Paul Martin from BBC TV flog it!** Instructional video's which demonstrates how to cook most foods and get more than you bargained for.

To cook most food

Episode 1: The Smart Steamer Lid - Paul's kitchen

This video shows you how to use **The Smart Steamer Lid** to cook various foods using a small amount of water to cook - Meats & Vegetables

To cook perfect fluffy rice

Episode 2: The Smart Steamer Lid - Paul's kitchen

This video shows you how to cook amazingly perfect fluffy rice every time.

Even if you can already cook well this is video is still worth watching to enhance what you may already know, including the professional

Always refer to the video for a visual of how and to check to see if you are using **The Smart Steamer Lid** correctly

The only tip you need to cook perfect fluffy rice is: **Never remove the lid until rice is ready to serve after simmer.** This releases any pressure built up within the lid that was trapped in its design.

Do not bring the rice to boil too fast, it will be better to be a bit slower and guarantee right first time this is actually one of the secrets

Cooking Instructions: **The Smart Steamer Lid 20cm**

Using small cooking ring

Any white or brown rice from Basmati to Arborio using the 20cm lid and saucepan and small cooker ring

2 servings of rice @ 75g per servings 75g (total 150g) - use 250 ml water

4 servings of rice @ 75g per servings (total 300g) - use 500 ml water 1/2 litre

6 servings of rice @ 75g per servings (total 450g) - use 750 ml water

8 servings of rice @ 75g per servings (total 600g) - use 1000 ml or 1 litre

For the small pan you will quickly learn the maximum quantity that the pan will hold before you need to think about moving up a size

Time to boil for 8 people takes about 9 and 1/2 min's for fluffy rice and a 12 min simmer

Serving quantities 6, 4 and 2 will take less time to come to boil than 8 and you will notice over time that once heat is turned down all quantities take 10-12 min's because the quality of the rice and cooker power differs also.

Use a measuring jug for the correct amount of water, When you have used the lid for the first time you see why it is important to get measurements right. You will appreciate the result.

1. Wash and rinse rice in cold water until can just see the rice through the water.

2. Drain rice then pour into a 20cm pan and add the measured cold water to the rice as instructions shown above (add salt now if wish to).

3 Place the **Smart Steamer Lid** on the saucepan and a pan lid on top of the **smart steamer lid**.

4 Place the pan onto a large ring first as each cooker power output different. Turn up to power setting No.5 so the rice mixture doesn't boil too fast.

5. When you see steam emerging around the pan lid, (remember how long it takes) then turn down to a 1 or really low on gas and allow to simmer for 10 -12 min's then just turn off power but do not remove.

Once turned off you will notice the lid depress (go down in the pan) the vacuum is what helps make it fluffy and the rest of the steam will be absorbed by the rice also. **Smart**

6. Remove the pan lid and next **The Smart Steamer Lid** pulling towards you allowing the steam to go away from you (safety).

7. Rice now ready to serve. If rice is slightly dry then the power was too high and if you cannot reduce the power then add a small amount more water at the start.

What you should have is amazing fluffy rice and if you like it slightly drier then do not add as much water next time. It is just a matter of working with you cooker.

Cooking Instructions: **The Smart Steamer Lid 24cm**

Using large cooking ring

4 servings of rice @ 75g per servings (total 300g) - use 500 ml water 1/2 litre

6 servings of rice @ 75g per servings (total 450g) - use 750 ml water

8 servings of rice @ 75g per servings (total 600g) - use 1000 ml or 1 litre

10 servings of rice @ 75g per servings (total 750g) - use 1250ml or 1.25 litres

12 servings of rice @ 75g per servings (total 900g) - use 1500ml or 1.5 litres

16 servings of rice @ 75g per servings (total 1200g or 1.2kg) - use 2000ml or 2 litres

20 servings of rice @ 75g per servings (total 1500g or 1.5kg) - use 2500ml or 2.5 litres

24 servings of rice @ 75g per servings (total 1800g or 1.8kg) - use 3000 ml or 3 litres

1. Wash and rinse rice in cold water until can just see the rice through the water
2. Drain rice then pour into a 24cm pan and add the measured cold water to rice as shown above
3. Place the **Smart Steamer Lid** on the saucepan and then a pan lid on top of the **Smart Steamer Lid**.
4. Place the pan onto a large ring Turn on to 6 (large pan will need large ring all times)
5. When you see steam around the lid remember how long it takes then turn down to a 2 and allow to simmer for 10 -12 min's

Once power is turned off you will notice the lid depress (go down or in) this designed to create a vacuum and absorb the rest of steam in pan and helps make it fluffy and **Smart**

6. Remove the pan lid and the smart steamer lid pulling towards you allowing the steam to go away from you (safety)

7. Rice now ready to serve

Time to boil until you see the steam for 24 people takes about 18mins min's for fluffy rice and once heat is turned down and 12 min's to simmer. Total cook time will be 30 min's

For servings of 20, 16 and 12 will take less time to boil and you will notice over time that once heat is turned down all quantities take 10-12 min's because the quality of the rice and cooker power differs