



Instructions for the correct use and maintenance of Tama Plastic Industry's microwave cooking pots

- An essential requirement for the correct use of microwave cooking pots is to ensure that, throughout the heating process, there is water and/or "wet food" in the pots. If the water has completely evaporated, **you should immediately cease** the heating process in the microwave pots.
- The steam valve should be left open during the cooking process.
- Microwave cooking pots **should not be used to make popcorn**
- Microwave cooking pots should not be used in grill and/or cooking ovens
- Heating and/or cooking certain types of food products may cause stains on the pots and/or alter their color.

- Instructions for cooking potatoes in microwave pots:

Place whole or cubed potatoes in the pot. Add 2 cm of water to the pot and cook covered at medium temperature.

- Instructions for cooking pasta in microwave pots:

Add 1 cm. of water over the desired amount of pasta and cook covered 15-18 minutes at medium temperature.

- Instructions for cooking rice in microwave pots:

Place the rice and water in the pot, at a 1:2.5 ratio, and cook covered approx. 15 minutes at medium temperature. If the rice is still wet, cook uncovered for another 2 minutes. *Spices should be added to the rice before the water.

- Instructions for cooking steamed vegetables:

Cook the vegetables in the pot for approx. 5 minutes without water! Margarine or butter in various flavors can be added.