



Gourmia

MODEL#GMC680

**11-IN-ONE DELUXE
MULTI COOKER + SOUS VIDE**





Welcome to *delicious & easy* meals from Gourmia!

With your purchase of the 11-in-One Deluxe Multi Cooker + Sous Vide, you are ready to enjoy the most delectable, mouth-watering foods ever! Why? Your Multi Cooker truly makes so many kinds of cooking absolutely simple, from tender beef roasts and steamed fish fillets to hearty slow cooked soups and stews, the 11-in-One Deluxe Multi Cooker + Sous Vide is essentially your all-in-one chef's assistant. Gourmet cooking is as easy as pressing a few buttons, with preset times and temperatures ready to sauté, bake, roast, steam, sous vide and stew all your favorite meals to perfection.

In addition to the versatile cooking methods, the sous vide feature adds a gourmet touch to your Deluxe Multi Cooker. The ancient art of sous vide is one of simplicity: a heated water bath cooks food to perfection using leisurely cook times and low cooking temperatures. The results? Perfectly tender, mouth-watering cuts of meat, crisp-tender vegetables that retain all their nutrients and ripe sweetness, fruit that offers natural sweetness from the tree and soups, sauces, combination meals and much, much more!

One of the best features of your 11-in-One Deluxe Multi Cooker + Sous Vide is the easy operating control panel that offers clear selections. The pages of this manual give you full and complete instructions for all the functions and features of your Deluxe Multi Cooker. Inside, you'll find helpful cooking guides, information on cooking methods and complete step-by-step instructions for assembling, operating, cleaning and maintaining your 11-in-One Deluxe Multi Cooker + Sous Vide. Please read all safety instructions and complete directions carefully for safe usage at all times.

Thank you for your purchase! We hope you will enjoy all the innovative products brought to you by our family at Gourmia.

© 2016 Gourmia
www.Gourmia.com
The Steelstone Group
Brooklyn, NY

All rights reserved. No portion of this manual may be reproduced by any means whatsoever without written permission from The Steelstone Group, except for the inclusion of quotations in a media review.

Although every precaution has been taken in the preparation of this manual, The Steelstone Group assumes no responsibility for errors or omissions. Nor is any liability assumed for damages resulting from the use of the information contained herein. Although every effort has been made to ensure that the information contained in this manual is complete and accurate, The Steelstone Group is not engaged in rendering professional advice or services to the individual consumer; further, The Steelstone Group shall not be held responsible for any loss or damage allegedly arising from any information or suggestion in this manual.

10 9 8 7 6 5 4 3 2 1

Printed in China



SAFETY FIRST p. 6

FEATURES & FUNCTIONS p. 9

PRE-PROGRAMMED CONTROL PANEL p. 13

BEFORE FIRST USE & ASSEMBLY p. 15

STEP-BY-STEP COOKING p. 17

Bake Mode p. 21

Sauté Mode p. 22

Roast Mode p. 23

Sous Vide Mode p. 24

Yogurt Mode p. 26

Manual Mode p. 27

Slow Cook Mode p. 28

Keep Warm Mode p. 29

Rice Mode p. 29

Stew Mode p. 30

Steam Mode p. 31

MAINTENANCE p. 33

GOURMIA IN YOUR KITCHEN! p. 34

WARRANTY & SERVICE p. 37

IMPORTANT SAFEGUARDS

When operating this electric appliance, basic safety instructions should always be followed. Refer to the following for these instructions.

1. **READ ALL SAFETY & USAGE INSTRUCTIONS BEFORE USING DELUXE MULTI COOKER + SOUS VIDE.**
2. **EXERCISE EXTREME CAUTION: AVOID ELECTRICAL SHOCK. DO NOT immerse cord, plugs or the 11-in-One Multi Cooker base or lid in water or other liquid.**
3. Do not touch the Multi Cooker Base, the Removable Cooking Pot, or the contents inside the Removable Cooking Pot while the Multi Cooker is working. Use potholders, oven mitts or tongs to remove food or food bags and avoid hot water spills.
4. Do not open the Multi Cooker Lid during cooking. Opening the Lid causes the cooking temperature to drop and also increases the cooking time as a result. Use pot holders if the Lid must be opened and stand well away from any escaping steam.
5. Do not place metal plates, trays or other metal objects in the Multi Cooker, as it may cause fire and/or short circuit damage.
6. UNPLUG the Multi Cooker from outlet when not in use or before cleaning. Allow the Multi Cooker to cool before cleaning. Do not let cord hang over edge of table or counter or touch hot surfaces.
7. Children should never use the Multi Cooker; close supervision is required when appliance is used near children.
8. Operate the Multi Cooker on a level surface well away from any hot gas or electrical burner, heat source, combustible spray cans or pressurized items. The Multi Cooker must be level for optimal performance.
9. Do not operate the Multi Cooker outdoors.
10. Never operate the Multi Cooker with a damaged cord or plug or one that has malfunctioned or been damaged in any way. Immediately contact Customer Service for analysis.
11. DO NOT add unauthorized accessory attachments. Such use may result in electric shock, injury or fire.

12. Use only factory cord supplied; NEVER add extension cords. When done using, press Start/Stop to turn OFF, then pull plug from outlet.
13. Do not use the Multi Cooker for any use other than intended. Do not use on a stovetop.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY



Electrical Polarized Plug: This Deluxe Multi Cooker has a polarized plug (one blade is wider than the other). To reduce the risk of electrical shock, the plug is intended to be used by inserting it into the electrical outlet only one way. If the plug does not fit securely into the outlet, turn the plug and re-insert. Do not modify this plug. If the plug does not fit the outlet securely, call a qualified electrician for assistance. DO NOT use this plug with extension cords of any kind.

WARNING: This product contains a chemical known to the State of California to cause cancer.

WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

FEATURES & FUNCTIONS

A. **Multi Cooker + Sous Vide Base:** The Multi Cooker Base is equipped with EasyLift Handles and houses the heating unit and Pre-programmed Control Panel. The Base holds the Removable Cooking Pot and the Tempered Glass Lid.

B. **Tempered Glass Lid:** An important feature of the Deluxe Multi Cooker + Sous Vide is the heat-resistant Tempered Glass Lid. Designed with a full viewing window, the Lid allows observation of the cooking process without opening the Lid. Opening the Lid while cooking is not recommended, as it reduces the oven temperature and causes a subsequent increase in cooking times.

To open the Lid after cooking, use the handle on top to lift the Lid up and away from your face. Care should be taken when opening the Lid, as the collected steam may be hot. Use pot holders, if needed, to open the Lid and stand well away from any escaping steam. Place the Lid on a water-resistant surface. Remove the hot food or hot food bags with tongs.

C. **Easy Lift Handles:** The engineered EasyLift Handles on the Deluxe Multi Cooker Base allow for the safe movement of the Base, particularly when cleaning or moving after use. The Deluxe Multi Cooker Base should only be moved while it is unplugged and cool to the touch. The EasyLift Handles allow the user to safely grasp both handles and remove food or liquids as needed.



D. **Removable Cooking Pot:** The die cast aluminum Removable Cooking Pot holds the Sous Vide Rack or the Steaming/Baking Rack. The Removable Cooking Pot has a wide wrap-around lip for easy lifting and movement and the interior is nonstick for easy clean-up.

When using the Deluxe Multi Cooker for sous vide cooking, the Sous Vide Rack should be placed first into the Removable Cooking Pot, water added, and then filled food bags should be positioned on the Sous Vide Rack. Food should always be placed in prepared bags for cooking and always placed on the Rack in the Removable Cooking Pot.

E. **Small Sous Vide Rack:** When using the Sous Vide Mode, a Rack must be used for circulation. The Small Sous Vide Rack holds smaller-sized filled food bags upright for optimal results. When using the Sous Vide Mode for larger cuts of meat or seafood, the filled food bags may be placed on the Steaming/Baking Rack (F) as an alternative.

F. **Baking/Steaming Rack:** This versatile Rack can be used in either the High or Low position for baking or, steaming. It can also be used when cooking larger cuts of meat or seafood using the Sous Vide Mode.





THE PRE-PROGRAMMED CONTROL PANEL The Control Panel houses the “brains” of the 11-in-One Deluxe Multi Cooker + Sous Vide. The panel features the LCD Display that shows Temperature and Time and it includes the Modes that have been pre-programmed with optimal times and temperatures for each style of cooking in that Mode. The Manual Setting and Keep Warm function are also included on the Control Panel.

- A. Power Button – Press to turn the Multi Cooker On and Off.
- B. Menu Button – Press to view the cooking functions on the LCD Display.
- C. Timer/Temp Button - Press to set the time and temperature to either increase/decrease time and temperature on pre-programmed Modes, or to set a custom Manual Cook time/temperature.
- D. + Button – Press to increase time and/or temperature.
- E. – Button – Press to decrease time and/or temperature.
- F. Start/Stop Button – Press to start and/or stop the cooking function.

:: G – O: Press to select pre-programmed Mode of your choice ::

- G. Bake Button
- H. Sauté Button
- I. Roast Button
- J. Steam Button
- K. Stew Button
- L. Rice Button
- M. Sous Vide Button
- N. Yogurt Button
- O. Manual Button – Press to select your custom Cooking time and temperature.
- P. Slow Cook Button
- Q. Keep Warm Button – Press to select time for Keep Warm feature.



BEFORE FIRST USE & ASSEMBLY

1. Before using the Deluxe Multi Cooker for the first time, wipe the interior and exterior of the Base, the Removable Cooking Pot, and Tempered Glass Lid with a damp cloth and mild soap. Dry with a soft towel.
2. Place the Removable Cooking Pot into the Deluxe Multi Cooker Base. If steaming or cooking sous vide, place the appropriate Rack in the Cooking Pot.
3. Add ingredients to the Removable Cooking Pot.
4. Place the Tempered Glass Lid on the Removable Cooking Pot. Do not add aluminum foil or close or obstruct the small vent on top of the Lid.
5. Plug the Deluxe Multi Cooker cord into the wall outlet.
6. Press the Power Button to turn On.



STEP-BY-STEP COOKING

Inside your **Deluxe Multi Cooker**, there are 10 Cooking Modes, including a Manual Mode and the Keep Warm feature. There are also options to increase or decrease cooking times and temperatures and even, if desired, change Cooking Modes during the cooking process!

The **10 Cooking Modes** in your Deluxe Multi Cooker are only the starting place to create delicious and amazing dishes. With various times and temperatures already preset by the factory, you can either use the Cooking Modes in a simple 1-2-3 Step process, or you can start with a Cooking Mode and add or subtract times and temperatures to include additional cooking choices from there. Note that, for some Modes, temperatures and/or times have been preset and cannot be changed.

The following Cooking Modes and Methods can all be utilized in the Deluxe Multi Cooker and we encourage you to try different dishes and classic favorites here, as well. The sky is the limit with your Deluxe Multi Cooker!

I. COOK WITH PRE-PROGRAMMED COOKING MODE

II. COOK WITH PRE-PROGRAMMED COOKING MODE & INCREASE/ DECREASE TIME OR TEMPERATURE.

III. CHANGE COOKING MODE DURING THE COOKING PROCESS.

I. COOK WITH PRE-PROGRAMMED COOKING MODE

- * Press Menu Button until LCD Display indicates desired Cooking Mode.
- * The arrow pointing to the Cooking Mode will flash for 8 seconds.
- * At the same time, the LCD Display will indicate the pre-programmed Time and Temperature for the Cooking Mode selected. The preset temperatures for Slow Cook, Keep Warm, Rice, Yogurt, Stew or Steam cannot be changed.
- * At the end of the 8-second cycle, the pre-programmed Cooking Time and Temperature will automatically start and the Timer will indicate the countdown.
- * When the Display Timer reaches the reading, "0:00" the Deluxe Multi Cooker will automatically turn Off.

II. COOK WITH PRE-PROGRAMMED COOKING MODE & INCREASE/DECREASE TIME OR TEMPERATURE

The cooking Time and/or Temperature can be adjusted either before the start of cooking or during the cooking process:

- a) Press the Timer/Temp Button once. The temperature will flash on the Display. Press the + Button to increase the temperature or the – Button to decrease the temperature.
- b) Press the Timer/Temp Button once again. The Time will flash on the Display. Press the + Button to increase the Time or the – Button to decrease the Time.
- c) When the LCD Display stops flashing, the Deluxe Multi Cooker will begin the cooking process with the adjusted time and temperature.

NOTE: The preset temperatures for Slow Cook, Keep Warm, Yogurt, Rice, Stew and Steam Modes cannot be changed.

III. CHANGE COOKING MODE DURING THE COOKING PROCESS

- * Press the Start/Stop Button
- * Press Menu Button repeatedly until the desired Cooking Mode is displayed.
- * The new Cooking Mode will automatically begin in 8 seconds with the pre-programmed Time and Temperature.
- * Adjust time and temperature as desired (see Option 2).

TIP: The Start/Stop Button may be pressed at any time during any cooking process, either pre-programmed or manually set, to stop the cooking process and turn Off the Multi Cooker.





BAKE MODE

Preset Temp	Preset Time	Optional Temp Range	Optional Time Range
320°F	2 hrs	230 - 420°F	30 min – 4 hrs

With the versatile nature of the Deluxe Multi Cooker, you can easily and effortlessly bake in your Cooker. Here are some handy hints for baking:

- Use the Bake Mode to cook foods at 320°F for 2 hours or increase the time and temperature as desired.
- ALWAYS use the Removable Cooking Pot for baking. Place prepared ingredients in the Removable Cooking Pot and watch carefully during baking to avoid burning.
- Steamed desserts turn out beautifully in the Deluxe Multi Cooker. Place the Steaming/Baking Rack in the bottom of the Removable Cooking Pot (or use a stainless steel rack of your choice). Pour at least 3 cups water into the Pot to ensure the Pot does not become dry during baking. Place a heat-proof dish with your prepared ingredients onto the rack. Place the Lid on top and steam per your recipe. Watch to ensure the Pot has enough water to operate correctly and, if needed, carefully add water.
- Baked foods in the Deluxe Multi Cooker will cook faster than normal; watch carefully to avoid burning.
- The heating element is close to the bottom of the Removable Cooking Pot. If baking a heavy-density food, such as cheesecake, use lower temperatures to ensure the bottom does not burn before the top of the baked food is cooked.

SAUTÉ MODE

Preset Temp	Preset Time	Optional Temp Range	Optional Time Range
390°F	10 min	375 - 425°F	5 min – 2 hrs

The sauté method of cooking is one where foods are cooked quickly with continual stirring. When cooks sauté, they are typically mixing and softening aromatics such as onions, garlic, carrots and herbs via quick, high heat. Although it may be tempting to skip this step and merely toss ingredients together, this part of your meal brings out all the delicious flavors of your foods. The following hints and tips will help make your sautés wonderfully flavorful and cooked to perfection:

- Pour 1-2 tablespoons oil into the Removable Cooking Pot before adding foods. Add uniformly chopped onions, garlic, celery, carrots, herbs and other ingredients as desired.
- Use a long-handled wooden or heat-proof spoon or spatula to consistently turn and move the food around in the heated Pot. The foods can easily burn, so remember to turn them.
- Select tender cuts of meat and cut or slice them very thinly and uniformly for best results.
- Add sauces, wine, soy sauce or small amounts of broth as needed. Do not add large amounts of liquid all at once; pour slowly to avoid splattering.

ROAST MODE

Preset Temp	Preset Time	Optional Temp Range	Optional Time Range
355°F	1 hr	300 - 425°F	30 min – 3 hrs

The most tender and delicious large cuts of meat can be easily prepared using your Deluxe Multi Cooker. Beef cuts such as chuck roasts and round tip roasts are economical, yet hearty and satisfying when cooked to perfection in the Roast Mode. Try a whole prepared chicken, stuffed with herbs and orange slices, a pork shoulder roast with garlic slices or a bone-in ham slathered with honey... no matter what cut you choose, your Roast Mode will make it super easy. The following hints and tips will help along the way:

- Always use an instant-read meat thermometer to ensure your meat has cooked to the proper temperature.
- Make sure before cooking that your cut of meat fits the Removable Cooking Pot with the Lid securely in place. Place a bed of sliced onions on the bottom of the Pot, resting the roast on top, for superior flavor. Or create a bed of quartered potatoes or sliced lemons for poultry. The options are endless and the meat will be juicy and tender when ready to eat.
- Pour 1-2 tablespoons canola oil in the Removable Cooking Pot. Cover with cleaned and quartered carrots, onions, potatoes or turnips and place meat on top of the vegetables. Add 2-3 cups broth and roast your one-dish dinner until hot and deliciously hearty.
- When done cooking, move the roast to a cutting board and wrap or tent with aluminum foil to rest for 10 minutes. This will allow the meat juices to settle. Slice and serve after resting.
- If you'd like to make gravy, use the Sauté Mode to quickly heat the liquid in the Removable Cooking Pot after removing the roast. Stir and add ½ cup water mixed with 1-2 tablespoons cornstarch or flour to thicken the gravy. Add seasonings to flavor and continue stirring and heating for 5 minutes.

SOUS VIDE MODE

Preset Temp	Preset Time	Optional Temp Range	Optional Time Range
130°F	8 hrs	115 - 205°F	30min-72 hrs

The art of sous vide cooking is truly an art! It is simple in nature, yet this cooking method is often used by gourmet chefs to prepare the most complex, rich entrées and vegetables. Because the foods are cooked at low temperatures for longer times, the texture and flavors are authentically and naturally good-for-you and flavorful. Beef, poultry, fish and pork are fork-tender when done, with rich and inviting textures. Vegetables retain all their nutrients when cooked sous vide, so many of the natural sugars are retained, offering delightfully sweet and nutritious side dishes. In fact, everything about sous vide says, “naturally good-for you!”

- Be sure to refer to the Cooking Guide in your Recipe Book for full sous vide cooking information.
- The thickness of meat, poultry and fish will determine the length of cooking time. Use an instant-read thermometer after removing from the cooking bag to guarantee that a safe-food temperature is indicated.
- Food safety in handling and cooking is always a priority. When unsure of doneness, add 30 minutes to the cook time to pasteurize eggs and/or poultry.
- Searing after cooking gives foods a crispy texture and an appealing visual picture. When meat is done, toss butter into a smoking-hot skillet and quickly sear the cooked meat for 30 seconds on each side. This gives the meat a caramel color and an appetizing outer appearance.
- Some tough cuts of beef and pork can be cooked sous vide to tender perfection in 4 to 24 hours. Sear quickly when done and serve with root vegetables.
- Vegetables will cook faster if they are thinly sliced or cut in small pieces; or if left whole, they will take more time to become tender. Either way, the natural sweetness and full nutrient value adds to the delight in sous vide vegetables.

- Fruit can be cooked sous vide to make toppings, purees, syrups and such. Cook for 2-2½ hours at 160°F and let cool in the bag before using.
- To prep meat, poultry and fish before cooking, add seasonings or rubs before bagging. Vacuum seal or use the Water Displacement Method to remove the water from the bag before cooking (see following).
- To avoid the cooked protein that surfaces in sous vide chicken and fish, called “albumin,” brine the chicken or fish for one hour in lightly salted water, drain and pat dry.
- ALWAYS use a BPA-free vacuum-sealed bag when cooking foods more than 8 hours.
- Use a vacuum-sealed bag or use the “Water Displacement Method” for foods cooked fewer than 8 hours.

Water Displacement Method

1. Fill a large plastic container with cool water.
2. Prep your food to be cooked and place food in a BPA-free plastic freezer bag. Do not seal.
3. Slowly immerse the food-filled bag into the water. This will force the air out as the bag is immersed.
4. Continue immersing the bag until just before the water reaches the top of the bag.
5. With the bag in the water, close or zip to seal, forcing out all remaining air as much as possible.

YOGURT MODE

Preset Temp	Preset Time	Optional Temp Range	Optional Time Range
non-adjustable	8 hrs	non-adjustable	4 hrs – 12 hrs

Homemade yogurt is a tart and tangy treat that is incredibly easy to make in the Deluxe Multi Cooker. Use this Cooking Mode for a minimum of 8 hours and up to 12 hours to make thick, creamy and rich homemade yogurt.

- Place the Removable Cooking Pot into the Base. Fill up to halfway with water, depending on how many jars of yogurt you will be cooking. Place the filled and lidded jars of yogurt into the water bath in the Removable Cooking Pot and set the Yogurt Mode for cooking.
- Follow your recipe directions carefully to ensure complete success. Remove jars when done and cool, then refrigerate until using.



MANUAL MODE

Preset Temp	Preset Time	Optional Temp Range	Optional Time Range
210°F	30 min	175 - 425°F	5 min – 12 hrs

Cooking in the Manual Mode offers a wide range of temperatures and times from which to choose. With both very low and high temperatures and times of 5 minutes to 12 hours, you can select just about any combination for your favorite recipes.

- Because the Deluxe Multi Cooker is smaller than typical ovens, be sure to check foods early in the cooking process to ensure foods do not over-cook.
- ALWAYS use the Removable Cooking Pot when using any Mode. Add a small amount of oil or butter if heating and mixing vegetables.
- The Manual Mode is place where you can explore and create new recipes or refine classics and family favorites. Enjoy your energy savings using the economical Deluxe Multi Cooker!

SLOW COOK MODE

Preset Temp	Preset Time	Optional Temp Range	Optional Time Range
212°F	6 hrs	non-adjustable	4 hrs – 12 hrs

Slow cooked meals are the favorite of every busy cook. Although many people already have favorite recipes, some easy hints and tips follow:

- ALWAYS use the Removable Cooking Pot for all Cooking Modes.
- Slow cooked foods don't need much liquid, but there should be at least ½ cup in the Removable Cooking Pot to start.
- Foods will cook over a long period of time and excess moisture will self-create liquid, however check occasionally during the cooking period to ensure the contents of the Pot do not become dry. If so, carefully open the Glass Tempered Lid and add a small amount of liquid.
- Fill the Removable Cooking Pot at least halfway with food for best slow-cooking results.
- Cut all ingredients into uniform sizes for best results.
- Use cuts of meat with a high fat content to help break down the connective tissue of meat and make it tender. Select pot roasts, chuck steak or roast, cross-rib roasts or meaty chops or ribs.
- Seafood and shellfish should not be added to a slow-cooked dish until the last 1-1½ hours of cooking. Refer to your recipe for directions.
- Do not place frozen, unthawed meat or seafood into the Removable Cooking Pot for slow-cooking.
- Carefully check safety information regarding cooking meats and the Keep Warm feature. It is unhealthful and potentially dangerous to allow cooked foods to stand at a low temperature for long periods of time. Refer to www.foodsafety.gov for full details regarding food safety.

KEEP WARM MODE

Preset Temp	Preset Time	Optional Temp Range	Optional Time Range
155°F	2 hrs	non-adjustable	1 hr – 4 hrs

The Keep Warm Mode is a great way to “heat and hold” foods until everyone is ready to eat. The Deluxe Multi Cooker offers this convenience for up to 4 hours.

Refer to the safety information at: www.foodsafety.gov for full details regarding the process of safely keeping food warm.

RICE MODE

Preset Temp	Preset Time	Optional Temp Range	Optional Time Range
212°F	non-adjustable	non-adjustable	non-adjustable

Your Deluxe Multi Cooker will prepare rice perfectly! Because there are many types of rice, refer to your package instructions for exact measurements of rice-to-liquid for best results. Try inventive and fun rice dishes – risotto, jambalaya, Cajun shrimp and rice, rice pudding, and other favorites.

- ALWAYS use the Removable Cooking Pot when making rice. Do not pre-soak rice, but rinse it in water, if desired. Add salt, if desired.
- To make fluffy long grain white rice perfectly, use a 3:1 ratio, as in 3 cups water to 1 cup rice. Add 1 tablespoon butter to the rice before cooking to help keep rice from sticking and to add a depth of rich flavor.
- Add the Keep Warm Mode for up to 4 hours, if desired. Rice will hold safely for this length of time at a low warm temperature.

STEW MODE

Preset Temp	Preset Time	Optional Temp Range	Optional Time Range
188°F	2 hrs	non-adjustable	2 hrs – 4 hrs

Stew practically cooks itself inside your Deluxe Multi Cooker! Use the Stew Mode to set the time and walk away until it's done. Here are some handy tips for usage:

- ALWAYS use the Removable Cooking Pot. Select cuts of meat such as chuck roast and chuck steak that will become tender within the cooking time. Meat should be no more than 2-inches thick and cut into 1-inch cubes.
- Add frozen, thawed mixed vegetables for a quick addition to stew. Spread the vegetables around the meat pieces.
- Try easy classic recipes such as Coq au Vin, a superbly simple dish of stewed chicken thighs with mushrooms and a wine sauce. The Stew Mode will cook everything perfectly. Serve over rice or pasta for an incredible one-dish dinner.

STEAM MODE

Preset Temp	Preset Time	Optional Temp Range	Optional Time Range
212°F	30 min	non-adjustable	20 min – 90 min

Steaming is a very healthful and nutritionally sound cooking method. It helps retain many vitamins and minerals that can be lost through other methods. Steaming offers very tender results and, as such, is perfectly suited to seafood, vegetables and other foods that break down quickly with moist heat. The following hints and tips will help you create quick and easy steamed success with your Deluxe Multi Cooker:

- ALWAYS use the Baking/Steaming Rack inside the Removable Cooking Pot for steaming. DO NOT steam without the Removable Cooking Pot as electrical shock can occur if the heating element is exposed to moisture or liquid.
- Place the Rack inside the Removable Cooking Pot, then place food directly on the rack or inside a heatproof plate or dish on top of the rack. Make sure the Tempered Glass Lid can close completely before starting the Steam Mode.
- Place at least 2-inches water in the Removable Cooking Pot to allow the Cooker to steam efficiently. If steaming for more than 30 minutes, fill the water until it reaches the top of the Rack or bottom of the cooking dish. Check frequently to ensure the Pot has water and add water, if needed.



MAINTENANCE

- ALWAYS allow the Deluxe Multi Cooker to cool completely before cleaning.
- Unplug the Deluxe Multi Cooker before cleaning.
- After each use, clean and dry the Deluxe Multi Cooker. Use a damp cloth to clean the Cooker Base and Tempered Glass Lid. DO NOT immerse the Base in water. Use non-abrasive soap only.
- After each use, the Removable Cooking Pot may be placed in the dishwasher or washed by hand with the other parts.

GOURMIA IN YOUR KITCHEN!

Did you know? Although Gourmia is the new kid on the block, we've already established ourselves as one of the leading manufacturers of creative and innovative kitchen products.

Check out these new kitchen appliances and check our website often for new product release information @ www.gourmia.com

Why not **Add** these Best-selling
Gourmia Appliances to your Kitchen!



Gourmia 8 Quart Smart Pot
Electric Pressure Cooker
GCP800

Gourmia 9 Quart Sous Vide
Water Oven Cooker
GSV550



Gourmia 2.2 Quart Automatic
Ice Cream, Gelato, Sorbet
& Frozen Yogurt Maker

GS1400



Gourmia Wide Mouth Fruit
and Vegetable Juice Extractor

GJ750

Gourmia Stainless Steel
Deep Fryer with
3 Frying Baskets

GDF500





WARRANTY & SERVICE

This Limited Warranty is for one full year from the date of purchase. It is applicable to the original purchaser only and is not transferable to a third party user. Repair or replacement of defective parts is solely at the seller's discretion. In the event that repair isn't possible, the seller will replace the product/part. If product repair/replacement won't suffice, the seller has the option of refunding the cash value of the product or component returned.

Product defects not covered under the Warranty provisions include normal wear and damage incurred from use or accidental negligence, misuse of instruction specifications or repair by unauthorized parties. The manufacturing company is not liable for any incidental or consequential damages incurred by such circumstances.

For Customer Service or Questions, Please call: 888-552-0033

Gourmia
www.gourmia.com



Gourmia[®]

www.gourmia.com