

# Getting Started

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Read this manual in its entirety before attempting to use your Multipot to ensure that you are using this product in a safe manner, the way it is intended to be used.

1. Before initial use, hand wash Multipot and Lid in warm soapy water. The Multipot and Lid are top-rack dishwasher safe.
2. Your Multipot is microwave and conventional oven safe to 400°F. The Lid is for microwave use only. **The Lid is not safe for oven use.**
3. Use the same precautions with the Multipot as you would around other kitchen products that produce steam or boiling water. Use care when removing food from the microwave in your Multipot.
4. Use oven mitts or hot pads when removing your Multipot from the microwave with hot food, as well as when draining liquid from your Multipot.
5. The cooking times for various foods in your Multipot may vary from what is listed in the cooking instructions provided in this manual. Microwaves vary in power, so some will cook faster or slower than others. Use our recipes below as a general guideline for cooking times, but adjust the time and power settings up or down depending on what you observe during cooking.
6. The Lid on your Multipot is meant to prevent splatters while food is cooking, as well as to help drain foods once they are done cooking. Turn Lid handle-side down and place over Multipot to drain excess liquid from the Multipot (such as after boiling pasta), align one tab of the Lid with the handle on the Multipot. Grasping the Multipot handle in one hand, press the tab down toward the handle with your thumb firmly, and use your other hand to push downward on the tab opposite the handle while draining the liquid away from your body. This will keep the Lid on the Multipot while ensuring safe draining without burns. As with all hot liquids, use caution and common sense to prevent burns.
7. Never attempt to boil a large portion of food in your Multipot. Multipot should not be filled more than ½ full when boiling liquids, or full when re-heating already cooked food or sauce. Your Multipot will boil over if excessive portions are cooked, so we recommend that you follow our simple 1 to 2 person portion recipes included in this booklet for rice, pasta, oatmeal and vegetables.
8. Some dark colored foods, such as tomato sauce, tomato soup, chili or barbeque sauce may stain the inside of your Multipot. This will not harm the functionality of your pan, and can sometimes be removed using scouring powder or a stronger dish detergent.



## KITCHEN *Living*

### microwave multipot INSTRUCTIONS & RECIPES

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#### AFTER SALES SUPPORT



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## Cooking Rice

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SERVING SIZE	WATER	RICE	DIRECTIONS
Small Serving  (1 generous or 2 medium helpings)	1 Cup	½ Cup White Rice	Add water and rice to Multipot, and a dash of salt. Place lid on Multipot with handle facing upward. Microwave 3 minutes on High (regular) power, then 10 minutes on 30% power. (This is crucial for preventing a boil over.) Remove from microwave with care—oven mitts are recommended. Let rice stand for 3 to 5 minutes, then fluff with a fork and serve.
Large Serving  (2 generous or 4 medium helpings)	1½ Cups	¾ Cup White Rice	Add water and rice to Multipot, and a dash of salt. Place lid on Multipot with handle facing upward. Microwave 4 minutes on High (regular) power, then 12 minutes on 30% power. (This is crucial for preventing a boil over.) Remove from microwave with care—oven mitts are recommended. Let rice stand for 3 minutes, then fluff with a fork and serve.

### serving suggestions:

Add 1 tsp. butter or margarine per serving if desired. Alternately, adding chopped fresh herbs such as cilantro or basil after cooking rice adds visual appeal and flavor. ¼ cup of chopped white onion added to your rice before cooking adds a subtle taste. Try substituting chicken broth or vegetable broth instead of water for extra flavorful rice. To incorporate vegetables, add ¼ cup of fresh or frozen peas, corn, or carrots to your rice as it cooks. Squeezing a fresh lime or lemon can be a zesty twist on classic rice, too.

## Steaming Vegetables

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SERVING SIZE	LIQUID	VEGETABLES	DIRECTIONS
1 Serving	¼ Cup	1 Cup	Add liquid and vegetables to Multipot. Cover with lid and cook on High (regular) 1 to 3 minutes, depending on desired doneness. Carefully drain remaining liquid and serve.
2 Servings	½ Cup	2 Cups	Add liquid and vegetables to Multipot. Cover with lid and cook on High (regular) 2 to 4 minutes, depending on desired doneness. Carefully drain remaining liquid and serve.

### serving suggestions:

Steaming is a healthy way to cook fresh vegetables while retaining many of their nutrients, and it's easy to do in your Multipot. To add extra flavor to your vegetables after steaming, try sprinkling soy sauce, rice vinegar, or balsamic vinegar, or squeeze a fresh lemon over them.

Instead of steaming with water, use chicken or beef broth, white wine, or a mixture of orange juice and water for a sweet fruity flavor.

Be creative when steaming vegetables. Some vegetables that taste delicious steamed are corn, peas, green beans, asparagus, broccoli, carrots, bell peppers in any color, and cauliflower.

## Cooking Oatmeal

SERVING SIZE	WATER	OATS	DIRECTIONS
1 Serving	¾ Cup	¾ Cup	Add water and oats to Multipot. Place lid on Multipot with handle facing upwards. Microwave 4 minutes on High (regular) power. Use caution when removing Multipot from microwave, as contents will be very hot. Serve.
2 Servings	1¼ Cups	1¼ Cups	Add water and oats to Multipot. Place lid on Multipot with handle facing upwards. Microwave 5 minutes on High (regular) power. Use caution when removing Multipot from microwave, as contents will be very hot. Serve.

### serving suggestions:

Add dried cranberries, dried cherries, raisins, nuts, brown sugar, cinnamon, milk, or fresh berries once oatmeal is finished cooking for a delicious and filling breakfast.

## Boiling Pasta

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SERVING SIZE	WATER	PASTA	DIRECTIONS
Single Serving  (1 person)	1½ Cups	½ Cup Dry Pasta  (Macaroni, penne, spaghetti, etc.)	Add water and pasta to Multipot and place lid on with handle facing upward. Microwave on High (regular) power 3 minutes. Remove Multipot from microwave and use a heat-safe utensil to stir pasta. Put lid back onto Multipot and return to microwave for 4 minutes at 40% power. (This is crucial for preventing a boil over.) Remove Multipot from microwave using care—oven mitts are recommended. Let stand 1 minute for Al Dente pasta (slightly firm) or 2 minutes for soft pasta. Drain and serve.
Double Serving  (2 person)	1¾ Cups	1 Cup Dry Pasta	Add water and pasta to Multipot and place lid on with handle facing upward. Microwave on High (regular) power 4 minutes. Remove Multipot from microwave and use a heat-safe utensil to stir pasta. Put lid back onto Multipot and return to microwave for 4 minutes at 40% power. (This is crucial for preventing a boil over.) Remove Multipot from microwave using care—oven mitts are recommended. Let stand 1 minute for Al Dente pasta (slightly firm) or 2 minutes for soft pasta. Drain and serve.

### serving suggestions:

Pasta is easiest to serve when a few teaspoons of olive oil or butter are added, which keeps it from sticking together. A simple jar of spaghetti sauce, alfredo sauce or pesto sauce can be added to your pasta after it has been cooked and drained for a quick and filling meal. For an elegant and easy sauce, combine 1 Tbsp. butter, 1 clove of garlic (minced) and 1 Tbsp. white wine into your pot of cooked/drained pasta, and microwave for an additional 30 seconds. For homemade macaroni and cheese for 2 people, add 1 Tbsp. butter, 1 Tbsp. milk, and ½ cup of shredded cheddar or Monterey Jack cheese to the Double Serving recipe of cooked/drained pasta (above). Microwave on high 1 minute, then stir and serve.

You may find that certain thicker styles of pasta (such as Penne) may need additional cooking time. Adjust your microwave cooking time at 40% power up or down to accommodate what is being cooked.