

1 YEAR LIMITED WARRANTY

Course Housewares, LLC warrants this Cook's Companion® Microwavable Cookware product to be free from manufacturer defect for up to 1 year from the original date of purchase. If a defect is found to exist, Course Housewares will, at its option, either repair or replace the product or the defective component, including labor. Replacement will be made with a new or rebuilt product or components. This warranty does NOT cover (a) ordinary wear and tear (such as scratches, chips or stains), (b) impact damage or breakage, (c) heat discoloration, minor imperfections and slight color variations in the metals or silicone, which are a normal part of the craftsmanship, (d) extreme temperature or resulting damage to the Microwavable Cookware, (e) improper cleaning methods causing scratches, stains, or mold, or (f) accessories, even if sold with the Microwavable Cookware, (g) any unit that has been tampered with, (h) damages incurred through improper use and care and (i) faulty packaging by you or mishandling by any common carrier. Failure to follow the accompanying Care and Use instructions or commercial use will void this warranty.

Course Housewares' sole obligation and your exclusive remedy under this warranty is limited to repair or replacement, at its option, of the defective Microwavable Cookware. You will be responsible for any shipping and handling fees. Products returned to us that are not found to be defective in material or workmanship will be returned to you. If your particular product is found defective but is no longer available and cannot be repaired, a comparable product, at our discretion, will be sent as a replacement. This warranty extends only to the product's original purchaser, US residents only and does not cover damage caused by improper use or accidental damage. This warranty covers the Microwavable Cookware only.

COURSE HOUSEWARES, LLC MAKES NO OTHER WARRANTIES, EITHER EXPRESSED OR IMPLIED, REGARDING THE PRODUCT OR RELATING TO ITS QUALITY. PERFORMANCE, MERCHANTABILITY, OR FITNESS FOR A PARTICULAR PURPOSE, COURSE HOUSEWARES, LLC SHALL NOT BE LIABLE FOR INDIRECT, CONSEQUENTIAL OR SPECIAL DAMAGES WHETHER A CLAIM IS BASED ON CONTRACT, TORT, WARRANTY OR OTHERWISE, IN NO EVENT WILL LIABILITY EXCEED THE ORIGINAL PURCHASE PRICE OF THE PRODUCT. THE DURATION OF ANY IMPLIED WARRANTY WHATSOEVER, INCLUDING BUT NOT LIMITED TO THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, SHALL BE LIMITED TO THE DURATION OF THE EXPRESS WARRANTY PROVIDED HEREIN. COURSE HOUSEWARES SHALL NOT BE LIABLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES WHATSOEVER.

Some states do not allow limitations on how long an implied warranty lasts or the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may have other legal rights, which vary from State to State.

To Process a claim:

Do not return the product to the retailer from which it was purchased. Your retailer has no liability for this warranty. Please contact the Course Housewares customer service department for assistance and to ensure the fastest possible resolution to the problem. Please have your purchase information available to speed this process.

OR

Send your name, physical address, phone number, original purchase receipt and the safely packaged item prepaid to:

Course Housewares, LLC

1715 Lake Drive West

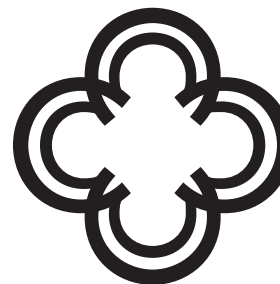
Chanhassen, MN 55317

(866) 325-1659

Return shipping and handling charges may apply.

MADE IN CHINA

MODEL: MBL101/ B410785



COOK'S COMPANION®

Microwavable Bowl

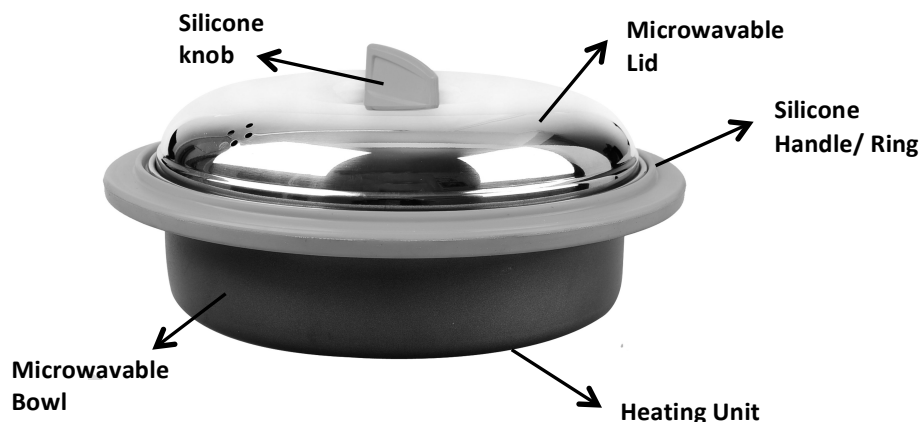




PLEASE READ BEFORE USE AND SAVE THESE INSTRUCTIONS

Thank you for purchasing Cook's Companion® Microwavable Bowl. The Microwavable Bowl will perform best when used as intended. To ensure the best performance of your Microwavable Bowl, please consistently follow these instructions.

Your Cook's Companion® Microwavable Bowl



WARNINGS:

- CAUTION- Hot Surface: The Microwavable Bowl and Lid will become extremely hot when using. Always use oven mitts or a dry towel when handling, and be very careful when removing the lid to the Microwavable Bowl.
- If the Microwavable Bowl or Lid begins sparking, arcing, or any other malfunction occurs while using, immediately unplug the microwave and discontinue use of the cookware. Never place the lid in the microwave on its own or with other kitchenware.
- Never leave children unsupervised with the Microwavable Bowl and Lid.
- The Microwavable Bowl and Lid should not be used with any other cooking accessory or appliance and is intended only for microwave use.
- Always wait until the Microwavable Cookware is completely cooled before cleaning or storing.

GETTING STARTED:

- Before using, remove any labels/packaging and wash and dry all components according to the Care & Use instructions.

CARE & USE

- While Cook's Companion® Microwavable Bowl and Lid are dishwasher safe, hand washing with a soft sponge or dishcloth is recommended and will prolong the Microwavable Bowl and Lid's beauty. Do not use abrasive or harsh cleaners, as these may damage the finish.
- Make sure all components are completely dry before using in the microwave or storing.
- Never cut directly on the bowl or lid or scratch the surface.
- Never use metal utensils as this can damage the bowl and lid. It is recommended to use tools made of nylon, plastic, wood, silicone, or melamine when needed.
- Your Microwavable Bowl and Lid should not be used with or in any other kitchen appliance except for the Microwave. Never place the microwavable cookware on the stove or in the oven.
- Never place the lid of the microwavable bowl in the microwave on its own or with any other kitchenware besides the Microwavable Bowl that is included.
- Your Microwavable Bowl can only be used in the microwave at 900 Watts or less. Adjust the settings on your microwave oven as needed.
- Always follow the safety guidelines and instructions in your microwave's instruction manual.
- For best results when using the Microwavable Bowl, turn your food over at least one time during the half way point of the necessary cooking time. Use caution when turning food, as the bowl and lid will be extremely hot.
- Your microwavable cookware should be preheated when cooking meats. The maximum preheating time without food or liquids in the cookware is 2 minutes. Preheating your microwavable cookware longer than 2 minutes can cause damage and will void your warranty.
- When cooking with liquids, it is recommended that you leave at least 1 inch from the top of the cookware, in order to prevent the liquids from boiling over.
- Your microwavable bowl can be used to cook and reheat foods. The chart in the "Cooking Tips" section is meant as a guideline for how long to cook raw or uncooked food. You will need to adjust the times according to wattage, food type, level of doneness, and weight of the food. It is always recommended to follow the food safety temperatures to avoid any food borne illnesses.

HOW TO USE YOUR MICROWAVABLE BOWL

- To begin using your Cook's Companion® Microwavable Bowl, prep all of your food and ensure your microwave is set to 900W or less.
- If you are cooking with Chicken, Steak, or any other protein, it is recommended that you preheat your cookware. Do not preheat for longer than 2 minutes.
- Never place the lid of the microwavable bowl in the microwave on its own or with any other kitchenware besides the Microwavable Bowl that is included.
- Once all of your food has been prepped and you are ready to begin cooking, place the food that will take the longest to cook in the Microwavable Bowl first. Then add in the other food according to the cooking time needed. For example, if you are making fish and raw vegetables, you will want to cook the vegetables until there are about 5 minutes left and then add in the fish.
- Many of the dishes that you cook, especially when using different variations of proteins, will need some trial and error to determine the best wattage and cooking time.
- Once all ingredients have been placed inside the microwavable bowl, simply place the Stainless Steel Lid onto the bowl and cook for the suggested amount of time.
- The Microwavable Lid should be resting on the silicone ring/handle. If it is not resting on the silicone do not place it in the microwave.
- Be very careful when removing the lid, as the steam will be very hot and may cause burns or other injuries.
- The Microwavable Bowl should not be left unattended when cooking and should be out of reach of children and pets.

COOKING TIPS

- When cooking soups, leave at least a 1” space between the top of the bowl and the soup to allow simmering and prevent over-boiling.
- Pieces of food cut up into small pieces will cook faster, so some trial and error may be needed.
- When cooking with pasta, first boil 3 cups of water (if cooking 1 cup of pasta) in the microwavable bowl for about 10 minutes, and then add in the pasta for another 10 minutes.
- Vegetables typically take longer to cook. It is recommended to cook the vegetables first, depending on the type of vegetable and what other foods will be cooked.
- We recommend cooking with some sort of liquid (i.e. gravy, sauce, stock, etc.) to help retain moisture.
- For best results, it is highly recommended to turn your food over at least once during the cooking time.

Microwavable Cookware Guidelines			
Food Type	Weight	Minutes	Wattage
Rice	1 cup	10-15	900W
Fish	6oz.	3-5	900W
Chicken	12oz.	10-12	900W
Steak	8oz.	7-15	900W
Raw Vegetables	3 cups (diced)	10-15	900W
Pasta	8oz.	10-12	900W
Potatoes	1 Whole Russet Potato	5-7	900W

HOW TO CLEAN YOUR MICROWAVABLE BOWL

- All pieces of the Microwavable Bowl are dishwasher safe and it is okay to place the entire piece into the dishwasher without removing any parts.
- If Deep cleaning the Microwavable Bowl is necessary, the silicone ring is removable. To do so, simply pull the silicone ring off of the microwavable bowl and clean with warm soapy water.
- Before reassembling ensure all parts are completely dry. If the items are not completely dry before reassembling mold can occur and will not be covered by warranty.
- To reassemble the silicone ring, simply slide the edge of the bowl into the inside edge of the silicone ring and stretch the ring around the microwavable bowl until completely attached.

SHRIMP LINGUINE

COOKING TIME: 20 minutes

INGREDIENTS

- 1 Cup Linguine Pasta Noodles
- 3 Cups of water
- 6 Jumbo Shrimp (deveined and defrosted)
- ½ of a Fresh Lemon
- 1tbsp. Italian Seasoning
- 2tbsp. Extra-Virgin Olive Oil
- Salt and Pepper To Taste

DIRECTIONS

- First, bring water to boil by microwaving at 900W for 10 minutes in the Microwavable bowl.
- Add pasta and microwave for 4 minutes.
- Add the shrimp; continue cooking for another 6 minutes.
- Once the noodles and shrimp are fully cooked, drain the water.
- Add lemon juice from ½ of a fresh lemon, olive oil, Italian seasoning, and salt and pepper to taste.
- Lightly toss and enjoy!



FLOURLESS PEANUT BUTTER CAKE

COOKING TIME: 2 Minutes 30 Seconds

INGREDIENTS

- 6tbsp. Peanut Butter
- 2tbsp. + 2 tsp. Sugar
- 2 Large Eggs

DIRECTIONS

- Whisk all ingredients together in a separate bowl until fully combined.
- Place the mixture into your Microwavable Bowl and cook for 2 minutes and 30 seconds with the lid on.
- Let cool for 3-4 minutes.
- Try halving mini peanut butter candies and using as the garnish!

