

# Corn on the Cob

*Unit: 4 Qt. and steamer insert or  
8 Qt. and 5 Qt. steamer insert*

2 - 8 Fresh Corn Cobs with husks

Pour 1.5 inches of water in the bottom of the unit that the steamer insert fits into and turn it on medium-high heat. Shuck the corn and place into the steamer insert and cover it. Insert the steamer into the unit below.

Rotate the valve under the knob to open and place the lid on the unit. When the valve activates, rotate it closed and reduce to low heat for 5 minutes or until it is done to your liking.



HEALTH QUEST