

KITCHEN

DELUXE

Healthy Delicious Recipes



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The Basics of Steaming

Before plunging into the delicious steaming recipes, let's have a clear understanding of what exactly steaming is. We are very familiar with cooking in an oven, on the stovetop over a direct flame and even grilling. However, steaming is different. It is a particular style of cooking where the food is



cooked by the steam generated from boiling hot water. The heat from the steam is uniform and very gentle which ensures thorough cooking of the food. The heat diffuses throughout the foods enabling them to cook in their own juices thereby enhancing the flavors. This cooking technique ensures that the food being cooked retains its shape, flavor, texture and color.

Cooking in direct contact with water, a dish can often turn soggy but with steaming you do not have that issue. While steaming is a renowned cooking technique for preserving perfect flavors, it is also widely known as the healthiest form of cooking. When cooking in the oven or on the stove top, we often use cooking oils, butter or other forms of fat. However, with steaming we require the least amount of preparation and added fats. Hence, steamed recipes are a great source of low calorie but high nutrition food. You can always include some steamed vegetables as a part of your healthy eating habit. And the best part? It's incredibly quick and easy to prepare.

If you are new to the concept of steaming, don't worry. You can't possibly go wrong with steaming your food. It is by far one of the easiest and most convenient ways of cooking food. In the next few pages you will gain an insight on why steaming is by far the best cooking method and how you can steam your vegetables perfectly. Following this you will also find an array of healthy and delicious recipes to get you started on your steaming journey!

Why You Should Steam Your Food

Steaming food has countless benefits. First off, steaming is much healthier compared to deep frying. Steaming means you will add little to no fat in the cooking process. Thus, you can greatly minimize your daily fat intake.



Another advantage of steaming is that it can greatly enhance the amount of vitamin A in some vegetables, especially leafy greens. Researchers have found that the vitamin A content in leafy greens is significantly increased when prepared through steaming instead of deep frying or cooking over direct flame.

Contrary to other cooking methods where the nutrients and vitamins of the vegetables are lost, steaming ensures that their nutrients stay intact. When boiling vegetables, the nutrients are lost in the water. Unless you plan to drink the broth, you will not get many nutrients, minerals or vitamins from the vegetables.

Steaming also comes handy when wanting to prepare moist fresh food. Your food will not turn mushy and you can be sure that your steamed vegetables will look vibrant and colorful even after cooking. Plus, it is one of the fastest and hassle-free ways to cook.

While frying or other cooking methods can make it harder for you to digest fiber, steaming softens the fiber and makes it easier for your body to do so.

Steaming is a versatile method of cooking enabling you to cook anything from vegetables to pasta, seafood's, meat, poultry and even desserts! Truly, the world is your horizon when it comes to steaming.

Steaming with a Vegetable Steamer

Steaming your choice of vegetables or meats can be done in many ways with a steamer. While some prefer to use the plain old bamboo steamer, others may prefer to use the new range of steamers that are available today in the market. You can choose from electric powered steamers to simple and easy to use steamer basket. It is by far the simplest and cheapest tool that you can conveniently use to steam any kind of food.



So, how do you use a steamer? Simple: All you will need is the Kitchen Deluxe steamer and a saucepan or pot (preferably one that has a lid, if not, foil paper will do the job perfectly).

In order to steam, pour one to one and a half inches of cold water into the saucepan (or enough water to cover the feet of the steamer without touching the actual basket itself) and bring to the boil. Then insert your steamer containing your chosen ingredients into the pan. Cover your pan with the lid or foil paper and cook according to your recipe.



Now that you know all about steaming and the benefits, it is time to move on to the delicious recipes that you can easily make at home. Don't forget to keep on reading till the very end for some smart tips and tricks to getting perfectly steamed dishes every single time.

Honey and sesame steamed vegetables

Ingredients

- 1 cup broccoli (florets only)
- ¼ cup honey
- 3 garlic cloves (crushed)
- 1 zucchini (chopped)
- 1 bok choy
- 2 small baby corn
- 1 tbsp. sesame seeds (roasted)
- 1 tbsp. soy sauce
- 8 baby carrots (peeled and cut lengthwise)
- Salt and pepper to taste



Method

1. Fill a saucepan with up to 1 inch of water and bring to a boil.
2. Place the Kitchen Deluxe steamer loaded with all the chopped vegetables and steam for 5 minutes on high medium flame.
3. Meanwhile, in a clean bowl combine the honey, roasted sesame seeds, crushed garlic, salt, soy sauce and pepper together. Stir the mixture with a spoon and set aside.
4. Turn off the heat and remove the steamer carefully from the pan.
5. Spoon out the vegetables onto a serving dish with a silicone or plastic serving spoon.
6. Pour the sauce over the top of the vegetables. Serve warm and enjoy!

Tip: Serve as a delicious accompaniment to any Asian inspired poultry or seafood dish.

Parmesan and olive oil steamed broccoli side dish

Ingredients

- 1 cup broccoli (florets only)
- $\frac{3}{4}$ cup parmesan cheese (grated)
- 3 tbsp. olive oil (extra virgin)
- Salt and pepper to taste

Method

1. Wash the broccoli florets and cut lengthwise making sure they are wide enough to not get over cooked.
2. Fill pot with up to 1 inch of water. Load the Kitchen Deluxe vegetable steamer with the broccoli florets and place into pot and cover with lid. Let it cook for 5 to 6 minutes.
3. Whilst the broccoli is cooking, prepare your parmesan.
4. Remove the broccoli from the steamer and toss together with olive oil, salt and pepper.
5. Sprinkle the broccoli with the parmesan cheese whilst it is still hot to allow it to melt.
6. Serve hot and enjoy!

Tip: Add an extra kick by sprinkling over some crushed chili flakes and a squeeze of fresh lemon juice.



Steamed baby carrots

Ingredients

- 10 - 15 baby carrots
- 1 tsp. olive oil (extra virgin)
- 1 tsp. lemon juice (freshly squeezed)
- 1 tsp. Dijon mustard
- 1 ½ tsp. honey
- 1 tbsp. chopped parsley



Method

1. Fill your saucepan with one to one and a half inches of water and bring to a boil.
2. Place the baby carrots in to your Kitchen Deluxe steamer and insert in to the pot with the lid on.
3. Steam the carrots for 7 to 8 minutes or until just tender.
4. In a clean, medium sized bowl, mix together the olive oil, lemon juice, Dijon mustard and honey.
5. Remove carrots from the steamer and add to your bowl.
6. Stir gently to coat carrots generously in dressing.
7. Garnish with the chopped parsley.
8. Serve warm with the remaining sauce.

Steamed vegetables in a butter sauce

Ingredients

- 1 cup turnip (chopped)
- ½ carrot (chopped)
- 2 cup rutabagas (chopped)
- 1 cup broccoli (florets only)
- 1 cup brussel sprouts
- 2 tbsp. chicken broth base (instant or homemade)
- 3 tsp. butter
- 3 cups water
- 2 tbsp. seasoning mix (oregano, basil or cilantro)
- Salt and pepper to taste



Method

1. Fill your saucepan with up to 1 inch of water, add the chicken broth base. If you want to use a homemade chicken broth, then directly fill your pot with chicken broth.
2. Peel the rutabagas and turnip and chop into bite sized pieces.
3. Place turnips and rutabagas in the bottom of the Kitchen Deluxe steamer. Then place the carrots, broccoli and Brussels sprout on top (these take a shorter amount of time than the turnips and rutabagas to cook).
4. Fill saucepan with up to 1 inch of water. Place the loaded steamer in to your saucepan, sprinkle your preferred seasoning mix on top of the vegetables and place the butter in the center. Cover the pan with the lid and let the vegetables steam for 20 minutes.
5. Season the vegetables with salt and pepper. (If you want, you can also reduce your chicken broth to a thickened creamy consistency and pour over the vegetables before serving.

Steamed Asparagus

Ingredients

- 1 lb. asparagus
- 6 fresh mint leaves (chopped)
- 1 pinch of saffron strands
- ½ cup Greek yogurt
- 3 garlic cloves (crushed)
- Salt and pepper to taste



Method

1. Take the asparagus, wash it thoroughly and trim its ends.
2. Pour up to 1 inch of water into a pan and bring it to a boil.
3. Next, place the Kitchen Deluxe steamer loaded with the asparagus in to the pan and cook for 10 minutes.
4. To prepare the sauce, take another pan and combine the yogurt, saffron, crushed garlic cloves, and mint leaves together. Stir all the ingredients into a mixture over low flame until pleasantly warm.
5. Remove the asparagus when done and serve with the warm sauce. Sprinkle it with salt and pepper before serving.



Simple steamed salmon and avocado

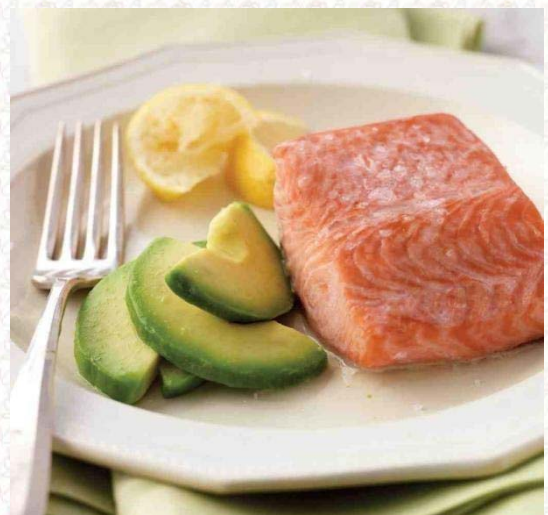
Ingredients

- 4 salmon fillets
- 1 Hass avocado (ripe)
- 2 lemons
- Sea salt



Method

1. Wash and cut one of the lemons in to thin round slices. Cut the other lemon into wedges.
2. Season the salmon fillets with sea salt and any other herb of your choice if you prefer.
3. Place the thinly sliced lemons in to the Kitchen Deluxe steamer and place the seasoned fish fillets over them.
4. Add up to 1 inch of water to your pan, place the loaded steamer in to the pot. Put on the lid and let the fish cook thoroughly for 7 minutes.
5. Cut the avocado and serve its slices with the steamed fish. Sprinkle on the sea salt and enjoy.



Asian steamed shrimp

Ingredients

- 24 shrimps (large)
- 6 large Bok Choy
- 1 green scallion (thinly sliced)
- 2 tbsp. soy sauce
- ½ tsp. sugar
- 1tsp. grated lemon zest

Method

1. In a small bowl whisk together the sugar, rice, and soy sauce. Set the mixture aside.
2. Wash the Bok Choy leaves and place them at the bottom of the steamer.
3. Next, place the shrimps on top of the leaves and cover with another layer of Bok Choy. Repeat this process until all the shrimps are placed in the Kitchen Deluxe steamer.
4. Put the loaded steamer into a pot containing up to 1 inch of water and let it steam for 10 minutes.
5. Once done, transfer the steamed shrimps on a plate, pour the sauce mixture over the steamed shrimps and serve with a garnish of freshly chopped green scallions and a sprinkle of zest.

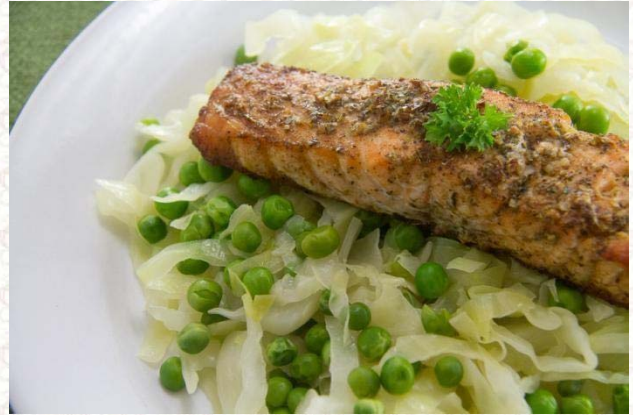


Tip: This dish is delicious served on top of steamed white rice or it can be eaten as is.

Steamed salmon and peas

Ingredients

- 1 salmon fillet
- ½ cup peas
- 2 lettuce leaves (large)
- 1 green cabbage leaf (small)
- ½ cup yogurt
- 1 cup chicken or vegetable stock
- 2 sprigs dill
- ½ tbsp. unsalted butter
- 1 tsp. lemon juice (freshly squeezed)
- Coarse salt and pepper



Method

1. Add up to 1 inch of your chicken or vegetable stock to a pot.
2. Meanwhile, place one lettuce leaf on the Kitchen Deluxe steamer and spread 1 sprig of dill.
3. Take the salmon in a bowl and coat it generously with salt and pepper.
4. Place the salmon on top of the lettuce on steamer and top it off with remaining dill sprig.
5. Place the small green cabbage leaf on the top of the fish and add the peas, and butter. Sprinkle salt all over.
6. Place the loaded steamer into the pot of stock. Secure tightly with the lid and let it steam for 9 minutes.
7. While your fish is steaming, take a bowl, whisk in yogurt, lemon juice and salt.
8. Lastly, dish up the steamed salmon and peas with cabbage and serve with the yogurt sauce.

Tip: For extra flavor, when coating the salmon in seasoning sprinkle over some dried herbs.

Steamed salmon with savoy cabbage

Ingredients

- 6 salmon fillets
- 8 ounces of rice noodles
- 2 scallions
- 2 cloves garlic (sliced)
- 2 savoy cabbage
- ½ cup chicken stock
- ¼ cup honey
- ¼ cup vinegar
- 1 tsp. ginger (grated)
- 2 tbsp. soy sauce
- 2 tsp. sesame oil
- Coarse salt and pepper



Method

1. Bring a pot water to a boil.
2. Peel six big leaves from the cabbage carefully, trying not to create any holes and set aside. Shred the remaining cabbage.
3. Place the six cabbage leaves in to the hot water and let it blanch for a minute or two. Immediately, transfer the blanched leaves in a bowl filled with cold water to stop the leaves from getting too soft.
4. When the leaves cool down, drain the leaves and set aside.
5. Next mix together the soy sauce, honey, ginger, garlic, vinegar, chicken stock, and sesame oil.
6. Take the rice noodles and cook per package instruction. When done, mix with the sauce and set aside.
7. Season the salmon fillets with salt and pepper.

8. Place the blanched cabbage leaves on to the Kitchen Deluxe steamer and put the seasoned salmon fillets on top of each leaf and top it with shredded cabbage.
9. Now, roll the leaf up with salmon inside it in burrito style and place the rolls on the steamer securely.
10. If you have more shredded cabbage, then place it on top of the rolls and place your loaded steamer in to a pot of up to 1 inch of water and allow to boil.
11. Place the lid on to your pan and let the fillets cook for 15 minutes.
12. Once done, serve the cabbage salmon rolls over the cooked rice noodles topped with steamed shredded cabbage and chopped scallions.

Tip: Season the end dish with a little more soy sauce for an extra boost of flavor.

Steamed prawn wontons

Ingredients

- 85g prawns (peeled and chopped)
- 5 water chestnuts (chopped)
- 1 pack wonton wrappers
- 2 scallions (chopped)
- 2 garlic cloves (minced)
- 4 tsp. root ginger (grated)
- 2 tbsp. oyster sauce
- 2 tbsp. soy sauce
- 1 tsp. sesame oil
- 3 Lettuce leaves (large)



Method

1. Combine the chopped prawns, 2 tsp. of ginger, garlic, scallions, oyster sauce, oil, and chopped water chestnuts.
2. Peel a wonton wrapper and brush it with cold water. Then, put the prawn mixture in the wrapper and fold it into a pouch.
3. Squeeze the top part of the pouch to seal the wontons securely. (Make sure not to put more than 1 tsp. of prawn mixture as it can overflow the wonton wrappers and tear them)
4. Create as many wontons as you can with the mixture. (These can be made in advance and stored in the freezer to use later)
5. Create your dipping sauce by whisking 2 tbsp. of soy sauce and 2 tsp. of grated ginger root. Set aside the sauce.
6. Lay down the lettuce leaves on to your steamer and place the wontons over them, making sure the wontons do not touch each other. Transfer loaded steamer into a

pot filled with up to 1 inch of water. Place the lid securely and let it steam for 5 minutes.

7. When done, remove from steamer and serve warm with dipping sauce.

Tip: Garnish the finished dish with sprinkle of some chopped scallions to add a vibrant pop of color.

Steamed chicken with lemongrass and ginger

Ingredients

- 2 chicken breasts
- 1 cup of broccoli (florets only)
- 2 lemongrass stalks
- 1 tsp. ginger root (grated)
- ½ tsp. cornflower
- 1 clove garlic (sliced)
- Handful almonds (toasted)
- 2 pinches of black pepper
- salt



Method

1. Place the chicken breasts in a bowl and coat with the ginger, garlic, lemongrass, salt, and pepper. Leave aside and let the chicken marinate for 20 minutes.
2. Fill a pot with up to 1 inch of water and lay the marinated chicken onto your Kitchen Deluxe Steamer and insert it into the pan, place the lid on to your pan and bring to a boil.
3. Let the chicken steam for 15 minutes. When 15 minutes are over, take off the lid, and put the diced broccoli on top of the chicken and let it steam with the lid on for another 3 minutes.
4. Once done, set aside the chicken and broccoli. You will find that the water in the pot has all the chicken seasoning flavors after steaming. So, take this liquid and reduce it, add cornflower to thicken it further.
5. Serve the steamed chicken and broccoli dressed with the thickened sauce and a sprinkle of toasted almonds.

Steamed chicken breast

Ingredients

- 4 chicken breasts
- 1 ½ tbsp. lime juice
- 3 shallots (chopped thinly)
- 1 tbsp. sesame seeds (toasted)
- 4 tbsp. fish sauce
- 4 tbsp. oyster sauce
- 1 tsp. sesame oil
- 1 tbsp. grated ginger
- 1 tbsp. chopped scallions



Method

1. Pour up to 1 inch of water in a pan. To the water add one of the chopped shallots.
2. In a large bowl combine the fish sauce, ginger, the remaining shallots, lime juice, sesame oil and oyster sauce.
3. Next, take the chicken breasts and place it into the bowl, generously coating it in the marinade mixture. Set aside for 30 minutes.
4. After marinating, transfer the chicken and the remaining marinade onto the Kitchen Deluxe steamer in to the pan. Let it steam over the pot of boiling water and shallots for 10 minutes. Place the lid over the pan.
5. Once cooked, remove the chicken from the steamer and serve with the toasted sesame seeds and chopped scallions sprinkled on top.

Tip: You can also slice the chicken breasts and pour the cooking juices on top before serving.

Steamed beef slices

Ingredients

- 1 lb. Lean beef
- 3 lettuce leaves (large)
- 2 scallions
- 1 tbsp. grated ginger
- 1 tsp. chili sauce or ½ tsp. paprika
- 1 tbsp. cooking
- 1 tbsp. soy sauce
- Rice flour
- 2 tbsp. sesame oil
- Salt to taste



Method

1. Wash the beef thoroughly and then cut it into thin slices.
2. Chop the scallions and combine with the grated ginger, soy sauce and oil in a bowl.
3. To the bowl add the beef, stir and coat evenly. Leave aside to marinate for 15 minutes.
4. Remove the beef and toss the slices in the rice flour, coating them thinly.
5. Place the lettuce leaves on to the Kitchen Deluxe steamer, and lay the beef slices over them.
6. Add up to 1 inch of water to a pot and place in the loaded steamer.
7. Allow the beef slices to steam for 10 minutes (or more, depending on how tender you like it).
8. Serve warm with chopped scallions and soy sauce.

Tibetan beef wontons

Ingredients

- 1 lb. lean beef (finely chopped)
- ½ cup onion (minced)
- 3 lettuce leaves (large)
- ½ cup cilantro stems (minced)
- 3 tbsp. grated ginger
- 2 tsp grated garlic
- 2 tbsp. canola oil
- 2 tbsp. water
- 1 pack wonton wrappers
- Salt to taste



Method

1. Take a bowl and mix together the chopped beef, cilantro, onion, oil, garlic, salt and water. Combine thoroughly until well mixed.
2. Set aside the marinated beef for 30 minutes to 2 hours for the flavors to intensify.
3. Place the wonton wrappers on a flat surface, put 1 tsp. of marinated beef in it and fold the wontons. Secure the ends tightly by squeezing the top parts together.
4. Add up to 1 inch of water into a pan.
5. Place the lettuce leaves over the Kitchen Deluxe steamer, and place the wontons on top making sure they don't touch each other.
6. Insert the loaded steamer in to the pan and place a lid on top. Leave to steam for 10 minutes.
7. When done, serve warm with a sauce of your choice.

Tip: If you do not have any lettuce leaves to hand, placing a piece of baking parchment onto the steamer under the wontons also works well and prevents them from sticking.

Steamed beef cabbage rolls

Ingredients

- 1 lb. beef
- 1 pack beef seasoning
- 2 carrots
- 2 parsnips
- 2 russet potatoes
- 1 head of savoy cabbage
- 2 tbsp. butter
- Salt to taste



Method

1. Shred the beef in to thin slices and season with a beef seasoning of your choice and set it aside.
2. Chop the potatoes, turnips and carrots uniformly into bite sized pieces.
3. Take a bowl, mix in the chopped vegetables with the butter and salt.
4. Next, take one large cabbage leaf making sure not to make any tears in it. Place the seasoned beef and the vegetable mixture into the leaf. Secure everything by rolling it like a burrito.
5. Add up to 1 inch of water to a pot. Add the cabbage rolls on to your Kitchen Deluxe steamer and transfer it in to the pot of water. Secure with a lid and let it steam for 10 to 15 minutes depending on how well cooked you want the meat.

Tip: Accompany this dish with a side serving of steamed mash.

Tips on enhancing the flavors of steamed vegetables

Steaming often gets a bad reputation for being bland in taste. The problem is not in steaming itself, but the way a dish is steamed. Many of us are not used to steam cooking and hence we lack the knowledge on how to cook perfectly steamed mouth watering dishes. In this section, you will get an insight on how you can kick up the taste of your steamed ingredients without compromising that extra zing of the dish.

Tips on getting the best flavors out of your chosen ingredients

- **Herbs:** Whenever you feel like you want to spice things up a bit with your vegetables, simply add fresh cilantro, parsley or thyme over your steaming vegetables. Chili flakes also work well too.
- **Leafy greens:** In a separate pan, sauté some chopped garlic in olive oil. Once your greens have been steamed simply toss them around in the oil coating them evenly. Your tongue will readily feel the difference. This also works well with potatoes.
- **Vinegar:** When cooking naturally sweet vegetables such as carrots or sweet potatoes, you can use vinegar. Vinegar is known to bring out the sweetness of vegetables. Lightly drizzle some vinegar over the vegetables of your choice and then steam.
- **Sesame Oil:** Sesame oil pairs well with vegetables like Bok choy or gai lan. Simply, heat the sesame oil with garlic (and) or ginger and then toss in the vegetables.
- **Ginger root:** Another amazing way to shake things up is by adding ginger root to the boiling water in your pot. The aroma that it will release will infuse into your steamed ingredients.
- **Lemon:** When cooking broccoli, green beans or summer squash, you can use lemons to add to the flavors of the dish. Simply, put lemon juice in the boiling water or squeeze the juice right on top. Some also prefer to sprinkle the vegetables with lemon zest while steaming, giving it a pleasant taste and aroma to the dish.

- **Soy sauce and Oyster sauce:** These two sauces go hand in hand with steaming. You may add the sauce directly to the water during steaming or simply serve the steamed vegetables with the sauce on top. Both ways, you will end up with a delicious dish.
- **Olive oil:** Chefs love to use is olive oil as it is versatile and will kick up your dish easily. To use, lightly coat the vegetables in olive oil, salt and pepper and then steam. This technique will surely do wonders to your ingredients.
- **Infusing:** When steaming fish or chicken set down a layer of sliced lemons or herbs under your chosen ingredients. As the steam rises from under the steamer basket all the flavors will infuse up in to your meats. This can also work well with vegetables too.



Tips on steaming perfectly

Steaming gets a bad reputation because of its cooking technique. It is easy to overcook the vegetables so that they turn soggy and mushy.

Here are a few pointers that you can follow enabling you to steam perfectly every single time.

- **Uniformity:** Cut the vegetables uniformly. If you are going to cut one vegetable into big, lumpy pieces and the other into smaller pieces then they will not cook at the same time. While one will get over cooked, the other might not get soft at all.
- **Density:** Some vegetables cook faster than others. Vegetables like broccoli and spinach will cook faster compared to denser vegetables such as rutabagas or turnips. Giving the denser vegetables a head start in the cooking process will ensure that all the vegetables are cooked to perfection and will finish cooking at the same time. However, if you do decide to put all the vegetables in to the steamer together, place the denser vegetables at the bottom of the steamer and the lighter vegetables on top.
- **Timer:** All vegetables and meats have different cooking times, so setting a timer will no doubt ensure that you will have perfectly cooked ingredients every single time without over cooking.
- **Water level:** If you are steaming for long periods of time the water in your pot will eventually dry out and, the entire cooking process will stop. This is a basic instruction but it should not be taken lightly.