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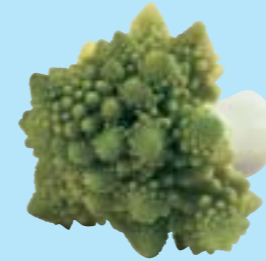
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Miele

steam oven cookbook



steam



oven
cookbook

COOKING WITH STEAM FOR HEALTHY LIVING

M.-Nr. 5950081

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Dear Connoisseur,

Acquiring a Miele steam oven marks the beginning of a wonderful friendship promising pleasure, good health and endless delicious culinary adventures.

In this book, which has been written to complement our steam ovens, you will discover just how easy it is to prepare food that tastes fantastic.

We hope you have fun trying out the recipes, as well as a great time tasting them!

The pick of the Miele recipe collection

We could not have found a better author for this book than the team from the Miele Test Kitchen. These enthusiastic experts have been experimenting with the steam oven from its inception, constantly challenging it with new creations, and using their experience to make the perfect product.

Anyone practising their hobby professionally – especially something as creative as cooking – does it out of passion, enthusiasm and an expectant thirst for knowledge. After years of experience and unabated devotion, the Home Economists in the Miele Test Kitchen have not only gained an unequalled knowledge of steam, but they have also developed numerous short cuts and tips for food preparation which they are keen to pass on. Please note that the cooking times

given in the recipes assume the use of the solid and perforated stainless steel containers supplied with the appliance. Other receptacles, as well as the type and quality of the food, can cause slight variations in cooking times. As with all new appliances, practice makes perfect, and you will soon know from experience the optimum cooking times for your favourite dishes.

Wishing you every success in your steaming.

Your Miele Home Economists



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Simple and effective

“Everyone eats and drinks, but only few savour the flavour...”
(Confucius, 551–479 BC).

Steaming is a process of cooking food in steam, a method steeped in tradition and dating back thousands of years. It is likely that before fire was discovered, prehistoric man cooked food over hot springs.

The roots of today's steam cooking can be found in China, where steaming has always been the main method of cooking. Even in pre-Christian times, double-skinned pans were used to keep the food being cooked separate from the water.



The principle of a steam cooker is simple but extremely effective. Instead of being immersed in water as in conventional cooking, food is placed in a container over boiling water. Hot steam rises and passes through perforations in the container base, accesses the food and transfers its heat from all sides. This allows several containers to be used in a steam cooker, one above the other.

As the food being cooked is not immersed in water, virtually all valuable vitamins and nutrients are retained. As a result, steaming preserves the natural and intensive flavour of the food and obviates the need for fat, salt and seasoning.

asian roots

Food processed in a steam cooker is a true delight. The intensive, unspoiled natural flavour is preserved and, as the food is not immersed in water, it does not become bland or overcooked. Instead it retains its texture, and vegetables can be cooked to perfection.

As specialists for first-class built-in appliances, we attach equal importance to perfect functioning and attractive design as well as to customer requirements for a gentle method of cooking. Our range of steam ovens is our contribution to ensure you can eat for pleasure, but at the same time enjoy a healthy diet.



A great boost to your culinary range

A steam oven is the perfect appliance to complement the hob and oven. As cooking times are virtually identical to those used for conventional cooking, there is no need for any change in cooking habits.

Whether preparing individual side dishes or a complete menu – there is virtually no limit to what can be cooked in a steam oven. And in addition to cooking food, it is also a true all-round talent ideally suited to defrosting, reheating, blanching and stewing food.

First-rate flavour

Dishes cooked in the steam oven provide a feast for the senses. Firstly there is the intensive, unadulterated flavour of the food, and then there is the fresh, natural colour, which arouses the senses and whets the appetite. And with individual temperature settings each dish is cooked under



optimum conditions, rewarding you with the perfect meal every time.





for that perfect taste

Putting health first

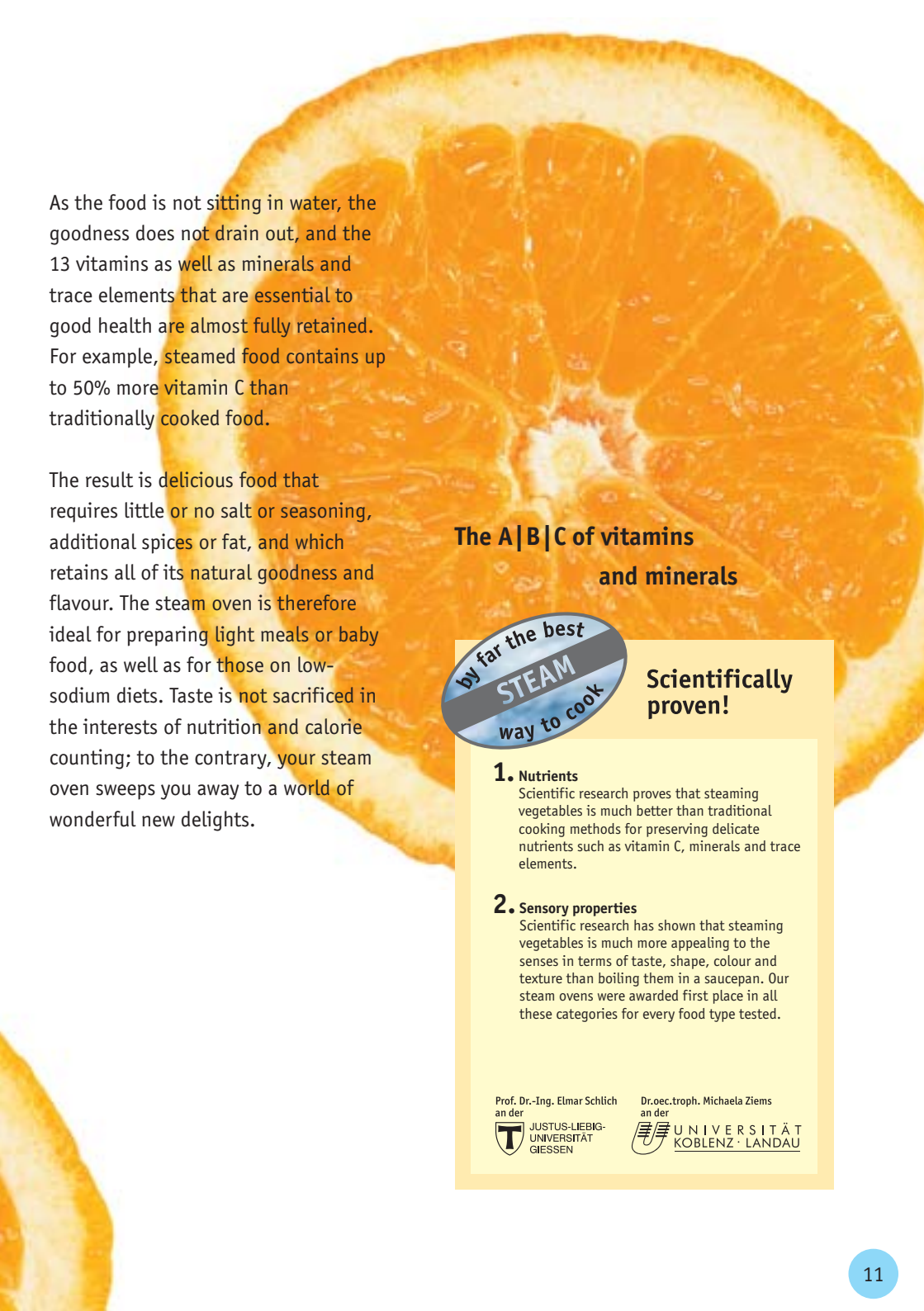
The steam oven makes a valuable contribution to healthy, tasty nutrition. As a manufacturer of top-class built-in kitchen appliances, we have a vested interest in your well-being and in sensible, careful food preparation, as well as in the perfect functioning and the design of the appliance.

The working principle of the steam oven is simple and effective. Unlike traditional steam ovens, a separate tank or water jug is filled with just the right quantity of water. An element heats the water, and the resultant steam is then injected into the oven cavity, gently surrounding the food

from all sides.

Rapid heat conduction and the consequent steaming process ensure exact, even cooking and, with equal steaming power on all three levels, guarantee time and energy savings compared with cooking on a hob or in an oven.





As the food is not sitting in water, the goodness does not drain out, and the 13 vitamins as well as minerals and trace elements that are essential to good health are almost fully retained. For example, steamed food contains up to 50% more vitamin C than traditionally cooked food.

The result is delicious food that requires little or no salt or seasoning, additional spices or fat, and which retains all of its natural goodness and flavour. The steam oven is therefore ideal for preparing light meals or baby food, as well as for those on low-sodium diets. Taste is not sacrificed in the interests of nutrition and calorie counting; to the contrary, your steam oven sweeps you away to a world of wonderful new delights.

The A|B|C of vitamins and minerals



**Scientifically
proven!**

1. Nutrients

Scientific research proves that steaming vegetables is much better than traditional cooking methods for preserving delicate nutrients such as vitamin C, minerals and trace elements.

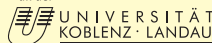
2. Sensory properties

Scientific research has shown that steaming vegetables is much more appealing to the senses in terms of taste, shape, colour and texture than boiling them in a saucepan. Our steam ovens were awarded first place in all these categories for every food type tested.

Prof. Dr.-Ing. Elmar Schlich
an der



Dr.oec.troph. Michaela Ziems
an der



Tips on using your steam oven



Because steam is able to transfer heat to food much faster than boiling water, you can cook, reheat and defrost food much faster in the steam oven than on the hob or in a conventional oven.

Miele offer a range of steam ovens that are either plumbed into the household water supply or that have an integrated water jug.

If your steam oven has a water jug please fill it with fresh mains water. Do not use bottled water in the steam oven as it contains minerals which may have a detrimental effect.

A variety of different foods can be cooked together in the steam oven cavity. Due to the sealing process of the injection system, there is no cross transference of flavours or smells.

To achieve the best results from your

steam oven always use unblemished, good quality vegetables and fruit. Because steaming enhances their natural flavours and aromas you can reduce the amount of seasoning you use in your cooking.

When cooking meat in the steam oven, always choose lean and tender cuts. Trim off any excess fat and cut across the grain for extra tenderness. Always defrost meat before cooking in the steam oven.

Foods can be placed on any shelf position within the steam oven as an even temperature is achieved throughout. However, to minimise the risk of cross-contamination, meat, fish and foods with a high liquid content should be placed near the bottom of the steam oven.

Cooking times will vary in the steam oven according to the density of the food. Try to ensure that foods are chopped and prepared to a similar size. Prepare vegetables that require an al dente texture larger than those for a softer result.

The majority of foods can be left uncovered in the steam oven. This allows the steam to surround the food and produce an even and efficient result. However, if condensing water could affect the texture or consistency of the food, then the dish should be covered. Foods can be covered with foil placed shiny side down. Alternatively, heat-resistant clingfilm can be used which should always be pierced before use.

1. With or without pressure

Steam ovens without pressure operate between 40–100°C, and steam ovens with pressure operate between 50–120°C.

When using temperatures of 101°C and above, you will be cooking with steam and pressure. This allows foods of a dense nature, e.g. root vegetables, casseroles, curries, pasta and rice, to be cooked more quickly. If used for more delicate foods, steam and pressure may ruin the texture; for example the structure of a piece of fish may be broken down.

When the highest steam and pressure temperature of 120°C is used, the cooking time is about half that of cooking at 100°C without pressure. Always check that the food is thoroughly cooked through before serving.

2. Recommended temperatures

The recommended temperatures given for the different steam functions (depending on model of steam oven) have been calculated to suit the character and nutritional values of each type of food. Heat-sensitive foods such as fish and crème caramel need lower temperatures than foods that are more heat-resistant. These temperatures can be adjusted within a certain range to suit individual wishes and tastes. Where two different temperature options are given in a recipe please select the one that is appropriate to your oven (see point 1 above).

Automatic steaming

3. The fully automatic steaming process makes it unnecessary for you to stand over and monitor the food. With steaming, food does not burn and will not boil over as long as you don't overfill your containers. Adjusting the temperature is also unnecessary. The appliance switches itself off automatically when steaming is complete.

4. **Cooking duration**

Steaming times have nothing to do with how much food you are cooking. One piece of broccoli will take the same time to cook as forty pieces. In fact, steaming times will depend on the density of the food; the denser or larger the item, the longer the cooking time. Once you have found a cooking time to suit your tastes, perfect results can be achieved every time. You don't even have to calculate the heating-up time. Steaming only begins when the selected temperature has been reached.

Cooking whole meals

5.

You can use up to three shelf levels in the steam oven at the same time. It doesn't matter if one layer is fish and the other is a delicately fragranced dessert; there will be no transference of flavours! Dishes can also be added at any time during steaming. By putting in the food with the longest cooking time first, a whole meal can be cooked in no time at all.

6. **Cleaning**

After steaming is complete, the appliance is quick and easy to clean as steaming also protects the oven cavity. Food does not burn or stick to containers or get onto the oven interior walls. Because the oven is continually kept moist, it is easy to wipe clean after cooking.

7. **Accessories**

With an extensive range of accessories, your steam oven will be ready for anything! Perforated and solid containers are available in different sizes. You can also use ceramic, Pyrex or stainless steel dishes, provided they are heat-proof; but you may need to adjust the steaming times for these.

The repertoire of a true all-rounder

Steaming is the healthiest and tastiest way of preparing food.

Most models in the Miele range offer a wide range of steam cooking functions to suit all types of food, as well as settings for reheating and defrosting.

You should choose the most appropriate programme for the type of food you are steaming. With the entry level steam oven you simply select the temperature and a time.

1. Steam cooking

“Cook Universal” with a recommended temperature of 100°C is suitable for a wide range of foods which can tolerate high temperatures, as well as for preparing soups and casseroles. The temperature can be adjusted within a range of 80–100°C.

“Cook Vegetables”, “Cook Fish” and “Cook Meat” are designed for steaming foods in these categories. The recommended temperature for vegetables and meat is 100°C with a lower limit of 90°C, whilst the suggested temperature for fish is 85°C with a range of between 70–95°C.

For steam ovens without food specific programmes simply select the appropriate temperature for the type of food you are steaming.

2. Defrost

Defrosting in a steam oven takes much less time than defrosting at room temperature. This function is suitable for all types of food. Use the default setting of 50°C or 60°C depending on the model, or set the temperature to 50°C and you can be certain that your food will be defrosted gently and carefully without starting to cook or lose its colour.

3. Reheating

Your steam oven is very effective for reheating previously cooked meals. Using a temperature of 100°C you can reheat a meal in anything from 2 to 8 minutes depending on its type and texture, regardless of how many dishes you are re-heating at once. Always cover the dish with pierced clingfilm or foil.

4. Blanching

Fruit and vegetables can be blanched at 100°C, and should take 1–2 minutes. Use “Cook Universal” if your steam oven has this function. After blanching, the food is ready for freezing.



5. Ready meals

Ready meals can be steamed at 100°C in your steam oven with much better results than in a microwave oven. Use “Cook Universal” if your steam oven has this function. Simply steam for twice the time stated on the packaging and remember to pierce the cellophane before steaming.



6. Juicing

All fruits are suitable for extracting juice, e.g. for drinks or to make jelly. The steam softens the cell walls of the fruit, causing them to burst, releasing the juice.

7. Sterilising

Baby bottles, jam jars etc can be sterilised in 15 minutes at 100°C. Use “Cook Universal” if your steam oven has this function.

You can't manage everything at once?

Your steam oven can!

An entire meal of rice, fish and vegetables, for example, can be cooked at the same time using all three shelves in your steam oven. The only requirement is that all the individual foods can be steamed at the same temperature. By constantly injecting fresh steam into the oven cavity there is no transference of aroma or flavours between the dishes being cooked.

Because cooking times of the individual foods may vary considerably, you will need to open the steam oven at different times to add a particular dish. Here is an example for a meal consisting of fish and broccoli served with rice:

- Select "Cook Universal" (depending on model) and set the temperature at 100°C
- Make a note of the cooking times for each dish:

Rice	20 minutes
Fish fillet	6 minutes
Broccoli	4 minutes

The total cooking time is that of the dish with the longest steaming time – in this case the rice, with 20 minutes.

Subtract the time for the food with the next longest cooking time from the total time, i.e. the fish:

20 minutes less 6 minutes =
14 minutes.

- Put the rice into the steam oven and steam for 14 minutes.
- Then subtract the time for the broccoli from the time required for the fish:
6 minutes less 4 minutes =
2 minutes
- Put the fish into the steam oven and steam together with the rice for 2 minutes.
- Then put in the broccoli and steam all three together for the last 4 minutes.

At the end of the cooking time you can remove all the dishes at the same time.





cooking with *steam*



Selecting the right temperature

General cooking	90 – 100°C
Vegetables	90 – 100°C
Root vegetables	100 – 120°C
Pasta, rice	100 – 120°C
Pulses	90 – 100°C
Casseroles, curries, soups	90 – 100°C
Meat	90 – 100°C
Fish	70 – 95°C
Steamed puddings	95 – 120°C
Gentle cooking	85 – 95°C
Reheating	80 – 100°C
Defrosting	50 – 100°C

See the individual recipes and the cooking charts at the back of this book for a more detailed guide.

Containers

Most foods can be placed in a perforated container, which allows the steam to surround the food from all sides. If cooking a casserole, curry, soup etc., then a solid container must be used.

The material of your cooking vessel can affect the cooking time. The ideal steam oven cooking container should be made from stainless steel, which allows heat to be transferred most effectively to the food. If, however, you use containers made from plastic or thick earthenware (which are both poor conductors of heat), then the cooking time needs to be increased to compensate. All recipes found in this cookery book have been developed using stainless steel cooking vessels.

If you have a plumbed in steam oven, please be aware that cooking times can also vary according to your water pressure.

The care and maintenance of your steam oven

Miele steam ovens are designed for domestic use only. They are not to be used for commercial use.

The steam oven should be wiped out after each cooking session using a mild solution of hot water and washing up liquid. Do not use abrasive cleaning agents or pan scourers.

Always leave the door ajar for at least an hour after wiping out the steam oven. This allows any moisture to evaporate, preventing the risk of bacterial growth.

If you have been cooking particularly fragrant foodstuffs and wish to freshen up your steam oven, place a lemon segment in a bowl and pour over boiling water. Steam for 1 minute at 100°C.

Your steam oven is a wet appliance. It will therefore need to be descaled from time to time. All of the steam ovens in the Miele range will prompt you when this needs to be carried out. Do not ignore the prompt messages. If they are ignored, the life expectancy of the steam oven could be reduced. Miele steam ovens lock if the descaling process is not carried out when requested.

Soups and starters



SMALL BUT SATISFYING

Tasty, imaginatively prepared, hearty and invigorating soups and starters make an appetising opening to every meal. These delicious and colourful recipes not only whet the appetite for the next course, but can be prepared as a light lunch or supper dish in their own right.

Cod on focaccia

Serves 4

Ingredients:

3 tbsp olive oil
Juice and zest of 2 limes
3 garlic cloves, crushed
1 tsp ground coriander
1/2 a fennel, finely diced
4 cod fillets, each 110 g (4 oz),
skinned and boned
2 large tomatoes, seeded,
skinned and diced
4 tbsp black olives

3 tbsp butter
1 tbsp olive oil
Focaccia bread, cut into 4 slices

Method:

1. In a solid container, prepare the marinade by combining the olive oil, lime juice and zest, garlic, coriander and fennel. Add the fish and coat with the marinade, cover and refrigerate for 1 hour.
2. Remove the cod from the dish, saving the marinade, and place in a perforated container. Steam for 4 minutes at 100°C.
3. Meanwhile, melt the butter in a frying pan. Fry the focaccia bread for 2 minutes on each side, taking care not to burn the butter. Drain on some kitchen paper towel.
4. Place the reserved marinade into a saucepan, and heat through until warm.
5. To serve, place the cod on top of the focaccia bread, scatter the olives and tomatoes over them, and drizzle a little marinade over each one.



Tip

If you cannot get focaccia bread, use good quality, crusty white bread instead.

Fresh tuna salad Niçoise

Serves 4

Ingredients:

200 g (7 oz) fresh tuna fillet
4 eggs
175 g (6 oz) asparagus
Large bag of mixed salad leaves
110 g (4 oz) cherry tomatoes,
halved
50 g (2 oz) tin anchovy fillets in
oil (reserve oil for dressing)

For the dressing:

5 tbsp olive oil
1 tbsp anchovy oil (taken from tin
of anchovies, above)
3 tbsp white wine vinegar
1 garlic clove, crushed
1 tsp Dijon or English mustard
 $\frac{1}{2}$ tsp sugar

Method:

1. Steam the tuna fillets at 100°C using a perforated tray for 6–8 minutes, depending on thickness. Flake and set aside.
2. Pierce the rounded end of the eggs with a pin. Place in a perforated container and steam for 8–10 minutes at 100°C. Cool under running water and remove the shells.
3. Steam the asparagus at 100°C in a perforated container for 3–4 minutes, then refresh under cold water.
4. To make the dressing, place all the ingredients in a screw-top jar, put the lid on and shake vigorously until well blended. Alternatively, whisk the ingredients together in a bowl.
5. Arrange the salad leaves in a bowl and scatter in the cherry tomatoes. Add the flaked fish and asparagus. Drizzle over the dressing to taste, then toss the ingredients to mix the salad.
6. Cut the eggs into quarters and arrange on top of the leaves. Lay the anchovy fillets in a criss-cross fashion over the eggs and serve with plenty of French crusty bread.

Spicy garlic prawns

Serves 4

Ingredients:

1 tbsp olive oil
1 tsp ginger, grated
4 garlic cloves, crushed
Juice and zest of 1 lime
1 tsp ground turmeric
1 tsp ground coriander
1 tsp ground cumin
4 tbsp coconut milk
1 tbsp soy sauce
300 g (11 oz) uncooked king prawns, peeled
2 courgettes, cut into julienne strips
1 red chilli, finely chopped
1 carrot, cut into julienne strips
1 red pepper, cut into julienne strips
2 vine ripe tomatoes, seeded and diced
225 g (8 oz) fresh egg noodles
2 tbsp fresh coriander, chopped

Method:

1. Prepare the marinade by combining the olive oil, ginger, cloves, lime juice and zest, turmeric, coriander, cumin, coconut milk and soy sauce in a bowl. Add the prawns, coating thoroughly with the marinade, and cover. Leave to marinate in the refrigerator for at least 1 hour.
2. Put the noodles into a solid container and cover with boiling water. Place in the steamer. Put the vegetables into a solid container and cook along with the noodles for 3 minutes at 100°C.
3. Stir to separate the noodles. Add the prawns and the marinade to the vegetables and mix well. Return to the steam oven for a further 1 minute at 100°C.



Tip



Always use fresh **garlic!** To tell how fresh it is look at the cloves.

They should be nice and firm with a tight fitting skin. They will either be white in colour or have a purple tinge to them. Garlic should be stored somewhere cool and dry, but not in the refrigerator.

Succulent scallops in a saffron sauce

Serves 4

Ingredients:

20 fresh scallops
Juice and zest of 1 lime
1 garlic clove, crushed
1 tsp freshly grated ginger
150 ml ($\frac{1}{4}$ pint) double cream
4 tbsp dry white wine
4 tbsp fish stock
1 tbsp chives, finely chopped
A few strands of saffron

Method:

1. Place the scallops in a solid dish. In a separate bowl, mix together the lime juice and zest, garlic and ginger. Pour over the scallops. Leave to marinate for at least 1 hour.
2. Remove the scallops from the marinade and place in a perforated container. Steam at 95°C for 3 minutes.
3. Meanwhile, place the remaining ingredients into a saucepan. Simmer and reduce for 5–7 minutes. Place the scallops onto a warm serving plate, and spoon over the sauce.
4. Serve with steamed vegetables or rice.

Mushrooms stuffed with prawns

Serves 4

Ingredients:

- 4 steak or porcini mushrooms
- 1 garlic clove, crushed
- 40 g (1½ oz) pancetta, diced, fried
- 1 bunch fresh dill, finely chopped
- 1 bunch fresh chives, finely chopped
- 1 bunch fresh parsley, finely chopped
- 75 g (3 oz) fresh prawns
- 75 g (3 oz) crème fraîche
- Freshly ground black pepper
- 2 egg yolks

Method:

1. Wash the mushrooms and pat dry. Carefully remove the stalks. Finely dice the stalks and place into a mixing bowl. Stir in the remaining ingredients.
2. Fill each mushroom with a little of the mixture. Place into a perforated steam oven container. Cover and steam for 6–7 minutes at 100°C.
3. Serve with green salad and warm chunks of ciabatta bread.



Tip



Porcini mushrooms have a particularly delicate flavour and are in season during the summer months. Because of their rarity they can be difficult to find fresh, however, dried porcini is readily available from supermarkets. Cover dried mushrooms with boiling water and steam at 65°C for the time stated on the packet.



The ultimate warm Mediterranean salad

Serves 4

Ingredients:

- 2 boneless, skinless chicken breasts
- 2 tbsp fresh thyme leaves
- 2 tbsp extra virgin olive oil
- Juice of 1/2 lemon
- 1 garlic clove, crushed
- Salt and freshly ground black pepper
- 4 ripe slicing tomatoes
- 100 g (3 1/2 oz) garlic and coriander couscous
- 60 g (2 1/2 oz) pistachio nuts, roughly chopped
- 2 spring onions
- 1 tbsp chopped fresh parsley

Method:

1. Place the chicken breasts in a shallow dish. Bruise the thyme leaves in a pestle and mortar to release the flavour, then mix with the olive oil, lemon juice and garlic. Season with salt and pepper, cover and leave to marinate for at least four hours or overnight.
2. Drain and discard the marinade. Place the chicken breasts in a perforated container and steam at 100°C for 5–6 minutes, depending on thickness. Meanwhile, prepare the tomatoes by placing them stem side down on the chopping board and cutting a slice off the top of each (keep to use as a lid). Scoop out the seeds.
3. Cover the couscous with boiling water and allow to absorb the moisture. Finely dice the chicken breast, and mix with the pistachio nuts, spring onions, chopped parsley and couscous. Season well. Stuff the tomato halves with the mixture, pressing down well. Place the lids on the tomatoes and stand on a perforated tray. Steam at 100°C for 1–2 minutes. Remove the skins and serve with fresh salad leaves.

Vegetable fajitas

Serves 4

Ingredients:

1/2 onion, thinly sliced
4 baby sweet corn, quartered
2 celery sticks,
cut into julienne strips
1 courgette,
cut into julienne strips
8 mangetout, sliced
1 red pepper, thinly sliced
2 large vine ripe tomatoes,
de-seeded and diced
1 green chilli, de-seeded and
thinly sliced
1 garlic clove, crushed
2 tbsp tomato purée
150 ml (1/4 pint) vegetable stock
2 tbsp coriander, chopped
1 tsp ground coriander
8 flour tortillas
150 ml (1/4 pint) plain natural
yoghurt
Paprika

Method:

1. Place all of the vegetables into a solid container. In a separate bowl mix together the tomato purée, vegetable stock, coriander and ground coriander. Pour the mixture over the vegetables. Cover with foil and steam for 8 minutes at 100°C.
2. When there is 1 minute remaining, take the flour tortillas, wrap them in foil and place into the steam oven, with the vegetables, to heat through.
3. Make up the tortillas by dividing the mixture evenly between the wraps. Spoon a tablespoon of yoghurt on top of the vegetables and sprinkle with paprika. At the base, fold up a third of the tortilla and then fold over the sides.
Serve immediately.



Tip

Take care when handling chillis. Protect your hands with rubber gloves or hold the chillis under running water. Slit one side of the pod and then remove the seeds before slicing it up.

Cherry tomato and goats' cheese bites

Ingredients:

20 cherry tomatoes, large
100 g (3½ oz) goats' cheese
1 tsp dried oregano
Olive oil
Salt and pepper

Method:

1. Remove the top of the cherry tomatoes and scoop out the seeds. Set to one side.
2. Cut the goats' cheese into very small pieces and place into a mixing bowl. Drizzle over a little olive oil and stir in the dried oregano, salt and pepper.
3. Spoon the mixture into the tomatoes. Place on a perforated container and steam for 1 minute at 100°C.
4. Allow to cool slightly before serving.



Tip



Any seasonal tomatoes can be used instead of cherry tomatoes.

Tomatoes are one of Europe's favourite "vegetables". They are very healthy, containing large quantities of carotene and vitamin C, and negligible amounts of protein and fat. With only 17 kcal per 100 g, they are not only great for a healthy diet, but they also help to combat tiredness, relieve stress and maintain healthy skin and hair.



Smoked bacon and spinach timbales

Serves 6

Ingredients:

10 g (1/2 oz) butter
1/2 red onion, finely chopped
1 rasher smoked bacon,
finely chopped
225 g (8 oz) chopped spinach
(fresh or defrosted)
150 ml (1/4 pint) single cream
2 eggs, beaten
50 g (2 oz) Parmesan
25 g (1 oz) mature cheddar,
grated
1 tbsp chopped coriander
25 g (1 oz) fresh wholemeal
breadcrumbs
1/2 tsp grated nutmeg
Salt and freshly ground black
pepper

Method:

1. Place the butter, onion and bacon in a solid container and steam at 100°C for 2 minutes. Add the spinach and cook for a further 2 minutes.
2. Stir in the remaining ingredients. Spoon the mixture into 6 buttered ramekin dishes. Cover with foil, place on the solid shelf and steam at 100°C for 28 minutes until set.
3. Turn out onto a warmed serving plate and garnish with cherry tomatoes, or serve with a tomato coulis.



Tip

Variations on the above recipe:

1. Line the ramekin dishes with Parma ham before filling with the mixture.
2. Place cherry tomato halves (cut side down) in the bottom of ramekin dishes before filling with the mixture.

Marinated breast of duck with a fig and coriander salad

Serves 4

Ingredients:

For the marinated duck:

- 4 duck breasts (each 120 g, boned and skinned)
- 1 small onion
- 2 cloves of garlic
- 1 tsp curing salt (available from a good butcher)
- 1 tbsp coriander seed
- 1 tsp brown sugar
- 1 tsp mustard seeds
- 1 bay leaf
- 3 juniper berries
- 100 ml maple syrup
- 1 tbsp olive oil

For the salad:

- 6 ripe figs
 - 1 bunch coriander
 - 150 g mixed salad leaves
 - 2 tbsp cider vinegar
- 4 slices of white bread, butter

Method:

1. Wash and pat dry the duck breasts. Peel the onion and garlic cloves, and process in a food processor with the salt, coriander, sugar, mustard seeds, bay leaf, juniper berries, 80 ml maple syrup and 200 ml water. Marinate the duck breasts in this mixture for 3 hours.
2. Remove the meat from the marinade and pat dry. Then wrap it in foil, place in a perforated container, and steam for 7 minutes at 90°C.
3. To prepare the salad, wash and quarter the figs. Wash and shake dry the coriander leaves and salad. Chop the coriander coarsely. Mix together the rest of the maple syrup with the cider vinegar, and toss into the figs and coriander.
4. Lightly toast the bread, and spread with butter.
5. Arrange the salad on the toast, and top with the finely sliced duck breasts.



Tip

Curing salt is used in the process of sausage-making and for preserving meat.

You could use a coarse grained sea salt instead.

Chicken liver and pork pâté

Serves 8–10

Ingredients:

225 g (8 oz) unsmoked, rindless
streaky bacon
275 ml (1/2 pint) milk
2 bay leaves
1/2 tsp peppercorns
2 cloves
25 g (1 oz) butter
25 g (1 oz) plain flour
450 g (1 lb) streaky pork rings
(de-rinded), or belly pork
450 g (1 lb) chicken liver
2 garlic cloves, crushed
1 small onion, chopped
2 tbsp medium dry sherry
Salt and pepper

Method:

1. Using the back of a knife, stretch the bacon and use to line a 1.4 litre (2 1/2 pint) loaf tin or terrine.
2. Pour the milk into a saucepan and add the bay leaves, peppercorns and cloves. Slowly bring to the boil.
3. Remove from the heat, cover and place to one side for 15 minutes. Strain the milk, and discard the flavouring ingredients.
4. In another pan melt the butter, remove from the heat and beat in the flour. Gradually add the milk. Return to the heat and bring to the boil, stirring constantly until a smooth, thick sauce is formed. Season, and leave to cool.
5. Finely process the pork and liver in a food processor. Add the garlic, onion, sherry and the cooled sauce, and season generously. Blend until all of the ingredients are mixed together.
6. Transfer into the prepared tin. Fold any overlapping bacon over the meat and cover with foil. Stand in a perforated container and cook for 1 hour 10 minutes at 120°C or for 2 hours at 100°C.
7. Leave to cool for 1 hour with a heavy weight on top. For best results chill overnight.

King prawn kebabs with cucumber and cress salad

Serves 4

Ingredients:

For the kebabs:

8 king prawns, shelled,
de-veined and ready to use
1 piece of lemon grass
Salt
1 fresh cucumber
2 punnets cress

For the dressing:

50 g preserved ginger
1 tbsp honey
Juice of 1 lime
4 tbsp grape seed oil
200 ml sour cream
Salt and freshly ground
black pepper
1 chilli

Method:

1. Wash the prawns and pat them dry. Wash the lemon grass and cut into quarters lengthways, then cut each piece in half across the length. Spear a giant prawn on each sprig of lemon grass. Sprinkle with a little salt, and steam in a perforated container for 3 minutes at 90°C.
2. Peel the cucumber, and slice finely lengthways. Cut the cress and combine with the cucumber.
3. For the dressing, blend the ginger with a little of the syrup, the honey, lime juice, oil and sour cream using a hand-held blender. Season to taste with salt and pepper.
4. Deseed the chilli, wash and cut into fine strips.
5. Place the salad on plates, arrange 2 kebabs on top of each and drizzle with the dressing. Garnish with the chilli strips.



Tip

Daikon radish is a white radish from Japan. Sprouting the seeds makes a very decorative cress which can be used in the same way as the more familiar garden cress.

Salmon pâté

Ingredients:

1 small onion, finely chopped
10 g (1/2 oz) butter
700 g (1 1/2 lb) salmon fillets
100 g (3 1/2 oz) white bread
1 egg
Seasoning
Juice of 1 lemon
Nutmeg
275 ml (1/2 pint) double cream
Chopped dill

Method:

1. Place the chopped onion and the butter into a solid container, and cook at 100°C for 3 minutes.
2. Wash and dry the salmon, and remove the skin using a sharp knife. Chop two thirds of the salmon and the white bread into small pieces, and mix with the onions.
3. Add the beaten egg, seasoning, lemon juice, nutmeg and cream, and stir.
4. Liquidise the mixture in a blender until smooth and creamy. Stir in the chopped dill.
5. Place half the mixture into a greased 1 lb loaf tin, ensuring there are no air bubbles. Place the remaining uncut salmon on top, then cover with the remaining mixture. Cover with foil and cook for 56–60 minutes at 80°C.



Tip

For a different flavour, substitute some of the salmon with smoked salmon.

The mixture can also be cooked in individual ramekins for 20–25 minutes at 80°C.



Pork dim sum

Serves 4

Ingredients:

225 g (8 oz) plain flour
1 egg
2 tsp cold water

For the filling:

175 g (6 oz) minced pork
75 g (3 oz) button mushrooms,
finely chopped
3 spring onions, finely chopped
1/2 carrot, finely chopped
2 tbsp light soy sauce
1 tsp fresh ginger
1 tsp garlic, crushed
1 tsp fresh coriander, chopped
1 tsp light sesame oil

For the dip:

2 tbsp dark soy sauce
1 medium green chilli, chopped
2 tsp brown sugar
1 tbsp sherry

Method:

1. Sift the flour into a mixing bowl, add the egg and the water. Mix to a dough.
2. Divide the dough into 28 pieces and roll them out to 7.5 cm (3 inch) circles.
3. Combine all the filling ingredients and mix together in a bowl. Spoon a little mixture into the centre of each circle. Brush round the edges with water and pinch the top together to form a small dumpling shape.
4. Place the dim sums into a perforated container. Steam at 100°C for 8 minutes.



Tip



Always use fresh **garlic!** To tell how fresh it is look at the cloves.

They should be nice and firm with a tight fitting skin. They will either be white in colour or have a purple tinge to them. Garlic should be stored somewhere cool and dry, but not in the refrigerator.

Scallop salad with lime mayonnaise

Serves 4

Ingredients:

For the mayonnaise:

100 g mayonnaise
Juice of 1 lime
60 g natural yoghurt

For the dressing:

100 g fresh Parmesan
(not grated)
50 g cream
4–5 tbsp olive oil
2 tbsp white wine vinegar
Salt and freshly ground black
pepper

For the salad:

12 scallops (cleaned)
Salt and freshly ground
black pepper
1 bunch of basil
Mixed salad leaves
(e.g. rocket, radicchio)

Method:

1. Retain a little lime juice for the scallops, and thoroughly blend the rest with the mayonnaise. Stir in the yoghurt.
2. Dice the Parmesan finely, and blend with the cream, olive oil, white wine vinegar, salt and pepper.
3. Wash the scallops and pat them dry. Season with salt, pepper and a sprinkling of lime juice. Steam in a greased perforated container for 3 minutes at 90°C.
4. Wash the basil and salad leaves, and shake dry. Strip the basil leaves from the stalks, and roughly break up the salad leaves. Toss the basil and salad leaves together and drizzle with the dressing.
5. Arrange the salad on plates with the scallops on top, and serve with the mayonnaise.



Tip

Scallops, found off the Atlantic coasts of Europe and America, are considered to be a great delicacy. The German for scallop, Jakobsmuschel, means “St James’s muscle”, and is so called because the shell is the traditional emblem of Saint James. Pilgrims to his shrine at Santiago de Compostela in Spain often wore a scallop shell symbol on their clothes.

Poached egg with Parma ham on fried bread

Serves 4

Ingredients:

8 fresh asparagus spears
A small bunch fresh thyme
4 thick slices white bread
2 tbsp butter
160 ml white wine vinegar
4 eggs
4 slices Parma ham

Method:

1. Peel the asparagus stalks, and discard the ends. Wash, and cut in half diagonally. Steam in a perforated container for 3 minutes at 100°C.
2. Wash the thyme. Heat the butter, and fry the bread with the thyme until crisp. Place the asparagus in the pan to keep warm. Discard the thyme before serving.
3. Pour the vinegar into a container that is at least 4 cm deep. Add 1 litre boiling water. Crack the eggs one at a time into a cup, and carefully slide into the vinegar water, leaving space between them if possible. Steam for 5 minutes at 100°C.
4. Remove the eggs from the water, and place briefly in cold water.
5. To serve, arrange the asparagus on the toast, and top with a poached egg and a slice of Parma ham.



Tip

As an alternative, herby focaccia bread can be used instead of fried bread. Top with shavings of Parmesan, and grill.

Teriyaki Prawn and salmon kebabs

Serves 4

Ingredients:

- 4 tbsp dark soy sauce
- 2 tbsp sesame oil
- 1 tbsp sweet sherry
- 1 tbsp caster sugar
- 1 cm (1/2 inch) piece root ginger,
peeled and grated
- 2 garlic cloves, peeled and
crushed
- 20 raw tiger prawns, peeled and
de-veined
- 4 salmon fillets, each about 5 cm
(2 inches) wide

Method:

1. Mix together the soy sauce, sesame oil, sweet sherry, caster sugar, ginger and garlic in a shallow dish. Stir well to ensure the sugar is dissolved.
2. Add the tiger prawns to the marinade. Cut each of the salmon fillets into 6 equal pieces to give 24 cubes and add them to the marinade. Stir to coat the prawns and salmon with the marinade. Leave to marinate for a minimum of 1 hour.
3. Thread the prawns and cubes of salmon alternately on to 8 wooden skewers. Discard the excess marinade. Place the skewers on a perforated tray and steam in the oven for 3 minutes at 95°C.

Tomato and red pepper soup with herb dumplings

Serves 4–6

Ingredients:

3 large red peppers
500 g (1¼ lb) plum tomatoes
1 carrot, chopped
1 potato, peeled and cubed
2 tbsp sundried tomato purée
570 ml (1 pint) vegetable or
chicken stock
Salt and pepper

For the dumplings:

100 g (3½ oz) soft goats' cheese
50 g (2 oz) fresh breadcrumbs
1 tbsp each finely chopped fresh
parsley and basil
1 large egg, beaten

Method:

1. Halve and de-seed the peppers, place on a perforated tray and steam at 100°C for 4 minutes. Place in a sealed plastic bag and leave to sweat until the skins can be removed easily. Roughly chop.
2. Steam the tomatoes whole on a perforated tray for 1 minute at 100°C. Remove their skins and chop roughly. Then place the carrot, potato and chopped peppers in a perforated container and steam for 7 minutes at 100°C.
3. Add the stock together with the chopped tomatoes and their juices and the tomato purée and steam for a further 3 minutes at 100°C.
4. Meanwhile, make the dumplings. Put the goats' cheese in a bowl and mash it well with a fork. Mix in the breadcrumbs and herbs, and season with salt and pepper. Mix the beaten egg into the cheese mixture. Mould teaspoons of the mixture into little dumplings, continuing until all the mixture is used up.
5. When ready, liquidise the soup and return to the container. Add the dumplings to the soup, then steam at 100°C for 3–4 minutes until firm.
6. Season to taste and serve immediately, allowing 3–4 dumplings per person.



Tip



Peppers are popular both fresh and as paprika for flavouring food. Green peppers taste slightly bitter, whilst the yellow, orange and red varieties are much sweeter.



Cream of watercress soup

Serves 4–6

Ingredients:

- 3 large leeks (white parts only),
washed and chopped
- 2 large bunches of watercress,
roughly chopped
- 850 ml (1½ pints) vegetable
stock
- 150 ml (¼ pint) double cream
- Salt and pepper

Method:

1. Place the vegetables into a solid steam oven container and cook at 120°C for 4 minutes or 100°C for 8 minutes.
2. Add the stock to the vegetables and mix well. Cook at 120°C for a further 5 minutes or 100°C for 10 minutes, or until the leeks are soft.
3. Liquidise until smooth, stir in the cream and season to taste.
4. To reheat the soup, cover the container and cook at 100°C for about 8 minutes.

Potato and parsley soup

Serves 4–6

Ingredients:

25 g (1 oz) butter
2 streaky bacon rashers, rind removed, chopped
450 g (1 lb) potatoes in 1 cm cubes
8 shallots, roughly chopped
850 ml (1½ pints) chicken stock
275 ml (½ pint) fresh milk
Seasoning
1 tbsp chopped fresh parsley
150 ml (¼ pint) fresh single cream

Method:

1. Place the butter, bacon, potatoes and shallots into a solid medium-sized container. Cover with foil and cook for 3 minutes at 120°C or 6 minutes at 100°C.
2. Add the stock, milk and seasoning, stir well and cook for 5 minutes at 120°C or 10 minutes at 100°C.
3. Liquidise until smooth. Add the cream and chopped parsley, and reheat at 100°C for 5 minutes.



Tip



Potatoes contain an easily digestible form of carbohydrate which is invaluable for good health. The plant protein in potatoes is also highly beneficial, as are the vitamins and minerals found both just beneath the skin as well as inside them. All good reasons for making them an integral part of your diet!

Cream of carrot soup

Serves 4

Ingredients:

450 g (1 lb) carrots,
grated
50 g (2 oz) onions, finely
chopped
40 g (1½ oz) butter
1 garlic clove, crushed
750 ml (1¼ pint) vegetable
stock
1 tsp paprika
150 ml (¼ pint) sour cream
Salt and pepper, freshly ground
Worcestershire sauce
1 tbsp parsley, chopped

Method:

1. Place the carrots, onions, butter, garlic, stock and paprika into a solid container and cook for 6–8 minutes at 120°C or 12–15 minutes at 100°C.
2. Allow to cool slightly, and then liquidise the soup in a food processor or blender.
3. Season well with salt, pepper and Worcestershire sauce, and stir in the sour cream. Pour the soup back into a solid steam oven container and cook for a further 5 minutes at 100°C.
4. Decorate with chopped parsley, and serve.



Tip



Carrots help you see in the dark! However, carotene is only soluble in fat, so to reap the benefit you need to add a little oil to raw carrots or butter to cooked carrots. You can exploit this tip to clean plastic utensils which have become stained with carrot juice by simply rubbing a drop of oil over the stains!



Curried bean and vegetable soup

Serves 4–6

Ingredients:

- 1 chicken breast, cut into cubes
- 1 carrot, finely chopped
- 1 potato, finely chopped
- 1 x 220 g (8 oz) can red kidney beans, drained
- 1 x 220 g (8 oz) can black-eyed beans, drained
- 2 tsp curry powder
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 50 g (2 oz) red peppers, finely chopped
- 1 celery stick, chopped
- 1 x 400 g (14 oz) can chopped tomatoes
- 850 ml (1½ pints) vegetable stock

Method:

1. Place the chicken into a perforated container and cook at 120°C for 3 minutes or at 100°C for 6 minutes. Cool slightly and then shred the chicken by gently tearing the cubes.
2. Place the carrot and potato into a deep solid container, and cook at 120°C for 2 minutes or at 100°C for 4 minutes.
3. Add the remaining ingredients, mix thoroughly and continue cooking at 120°C for 30 minutes or at 100°C for 1 hour.



Tip

For a vegetarian alternative omit the chicken.

Sweet potato and lentil soup

Serves 4–6

Ingredients:

1 large onion, chopped
2 medium sweet potatoes, cubed
2 celery sticks, chopped
1 leek (white part only),
chopped
1 large garlic clove, chopped
25 g (1 oz) butter
150 g (5 oz) red split lentils
125 g (4½ oz) streaky bacon,
chopped
150 ml (¼ pint) dry white wine
1 bay leaf
1 litre (1¾ pints) chicken stock
Salt and pepper
2 tbsp lemon juice (optional)

To garnish:

2 tbsp finely chopped fresh
parsley

Method:

1. In a medium or large solid container, steam the vegetables at 100°C in the garlic and butter for 2–3 minutes. Stir in the lentils.
2. Meanwhile fry the bacon for 5 minutes, without browning. Then pour the wine onto the bacon. Let it bubble up and then add to the vegetables in the steam oven container, along with the bay leaf and stock. Cook at 120°C for 25 minutes or 100°C for 50 minutes.
3. When cooked, remove the bay leaf and liquidise the soup in a food processor or blender. Return it to the container and give the soup a thorough stir. Cook for a further 5 minutes at 120°C or 10 minutes at 100°C.
4. Season to taste, adding a little lemon juice if liked. Garnish with parsley and serve with plenty of crusty bread.

French onion soup

Serves 4

Ingredients:

2 large onions, sliced
25 g (1 oz) butter
850 ml (1½ pints) beef stock
Parsley, finely chopped

Method:

1. Place the sliced onions in the solid container and dot with butter. Cook at 120°C for 6 minutes or 100°C for 12 minutes.
2. Meanwhile, heat the beef stock and season to taste. Add the stock to the onions and cook at 100°C for a further 3 minutes.
3. Sprinkle the parsley onto the soup and serve.



Tip

To make a more substantial dish, add slices of French bread topped with toasted cheese.

Thai hot and sour prawn soup

Serves 4–6

Ingredients:

500 g (1¼ lb) raw, unpeeled,
large prawns
1.5 litres (2½ pints) fish stock
4 lemon grass stalks
2 garlic cloves, peeled and finely
chopped
6 Kaffir lime leaves
2 tbsp Thai fish sauce
100 g (3½ oz) button
mushrooms, sliced
6 spring onions, sliced finely
2–4 small red chillies, de-seeded
and sliced finely
2 tbsp fresh lime juice
2 tbsp fresh coriander, chopped
Salt

Method:

1. Peel the prawns and place their shells and heads, if they have them, in a container with the fish stock. Steam the stock for 7 minutes at 100°C, and then strain the stock into a container large enough to hold all the soup.
2. Remove the dry outer leaves of the lemon grass, and cut the stalks into 2.5 cm (1") pieces. Bash them with a rolling pin to release their flavour.
3. Add the lemon grass, garlic, Kaffir lime leaves, Thai fish sauce and a generous pinch of salt to the strained stock, and steam for 10 minutes at 100°C. Add the mushrooms, spring onions and chillies, and steam for a further 3 minutes at 100°C.
4. Meanwhile, using a small, sharp knife, make a shallow cut along the back of each prawn and remove the dark visceral vein.
5. Add the prawns and lime juice to the container, and re-heat the soup for 1–2 minutes at 100°C until the prawns turn pink. Season with salt and more lime juice if required.
6. Remove the Kaffir lime leaves and lemon grass. Stir in the chopped fresh coriander and serve.

Bouillabaisse

Serves 4

Ingredients:

- 700 g (1½ lb) fish (selection of mackerel, cod, sole, halibut, haddock, eel, etc)
- 450 g (1 lb) live mussels (or 1 small tin)
- 8–12 langoustines
- 1 garlic clove, crushed
- 2 onions, finely chopped
- 2 red peppers, thinly sliced
- 125 g (4½ oz) celery, sliced
- 1 carrot, diced
- 1 leek, sliced
- 4 tomatoes
- 1 fish or vegetable stock cube
- Pinch of saffron
- Wine or lemon juice to taste
- Salt and pepper

Method:

1. Clean and cut the fish into bite-sized pieces, and place in a solid container.
2. Wash and scrub the live mussels and remove the beards, or drain the mussels from the tin and rinse. Add to the container along with the langoustines, onion, garlic, peppers, celery, carrots and leeks.
3. Skin and quarter the tomatoes and add to the fish.
4. Dissolve the stock cube in hot water and pour enough into the container to cover the ingredients. Stir in the saffron and wine or lemon juice to taste. Season with salt and pepper. Cook at 100°C for 18–20 minutes.
5. Serve with French bread.



Chicken stock

Makes approx 2 litres (3½ pints)

Ingredients:

1 cooked chicken carcass,
winglets, bones, giblets and any
skin, meat and jelly
1 onion, chopped
Green part of 4 leeks, chopped
2 carrots, chopped
1 stick of celery
1 garlic clove, crushed
1 sachet bouquet garni
6 peppercorns
A generous pinch of salt
About 2 litres (3½ pints) of cold
water

Method:

1. Put all the ingredients into a large solid container and cover with water.
2. Cook at 120°C for 1 hour or 100°C for 2 hours. Remember to wipe out the base of the steam oven half way through the cooking cycle.
3. Strain the stock into a bowl, let it cool and then refrigerate it. Remove the layer of fat that forms on the surface before using the stock.
4. The stock can be frozen in smaller containers, then defrosted as required.



Tip

Homemade chicken stock is an excellent base for making soup with. It is also excellent as a drink to help combat colds in winter, especially when made with organic free-range chicken.

Fish stock

Makes approx 1.5 litres (2½ pints)

Ingredients:

500–700 g (1¼–1½ lb) bones,
heads, tails and trimmings from
non-oily fish
1 onion or leek, finely chopped
1 carrot, chopped
1 sachet bouquet garni
4 peppercorns
A pinch of salt
About 1.5 litres (2½ pints) cold
water

Method:

1. Rinse the bones, etc., under cold running water, carefully removing gills, blood and viscera. Chop the bones into 5 cm (2") pieces.
2. Place all the ingredients into a large solid container with the water.
3. Cook at 120°C for 15–20 minutes or at 100°C for 30–40 minutes. Strain, and refrigerate or freeze until required.

Side dishes



TASTY ACCOMPANIMENTS

Potatoes, rice, vegetables and breads – to complement your main course and to satisfy all appetites. With examples from different corners of the globe, you will find the ideal side dish to accompany your meat, fish or vegetarian course here.

By steaming your vegetables you will not lose any of the nutritional benefits which are destroyed when boiling, and they will also retain their texture and shape better. Steaming rice with exactly the right amount of water eradicates starchiness, and ensures perfect results every time.

Asian rice salad

Serves 4–6

Ingredients:

- $\frac{1}{2}$ bunch coriander
- 1 bunch mint
- 2 garlic cloves, chopped
- 5 cm (2 inch) root ginger
- 3 tbsp soy sauce
- 3 tbsp clear honey
- 3 tbsp olive oil
- 300 g (11 oz) Thai fragrant rice
- 2 courgettes, finely diced
- 1 bunch spring onions

Method:

1. Place the coriander, mint, garlic, ginger, soy sauce and honey into a food processor and blend until all of the ingredients are finely chopped. Stir in the olive oil. Chill in the refrigerator.
2. Place the rice in a solid container, then pour in sufficient boiling water to cover the rice by 1 cm. Cover, and cook the rice at 120°C for 4 minutes or 100°C for 8 minutes. Drain and place into a large bowl.
3. Stir the finely chopped courgettes and spring onions into the rice and add the Asian dressing. Serve as a meal accompaniment to a traditional Asian dish.

Spinach and leek pilaff

Serves 4–6

Ingredients:

- 3 large leeks, thinly sliced
- 1 onion, finely chopped
- 250 g (9 oz) fresh spinach
- Juice of 1½ lemons
- 300 g (11 oz) wild grain and basmati rice, mixed
- 1 vegetable stock cube
- 110 g (4 oz) Feta cheese
- Salt and black pepper

Method:

1. Place the leeks and onion into a solid container. Do not cover. Steam at 100°C for 3 minutes.
2. Place the spinach into a deep perforated container. Steam with the onions and leeks for a further 1 minute at 100°C.
3. Stir the lemon juice into the leek and onion mixture.
4. Place the rice in a solid container, then pour in sufficient boiling water to cover the rice by 1 cm. Crumble the stock cube into the mixture. Cover, and cook at 120°C for 10 minutes or 100°C for 20 minutes or until tender. Drain off any remaining water.
6. Combine the leeks, onions, spinach and rice. Stir in most of the Feta cheese, reserving a little to use for garnish.



Tip



If you cannot get fresh **spinach** use frozen instead. 100 g of frozen spinach will provide 40–50% of your daily vitamin C requirements. Vitamin C combats free-radicals and strengthens our immune system.

Risotto

Serves 4

Ingredients:

1 onion
Knob of butter
150 g (5 oz) frozen peas
250 g (9 oz) long grain rice
250 ml (8 fl oz) vegetable stock

Variation – Risotto with mushrooms

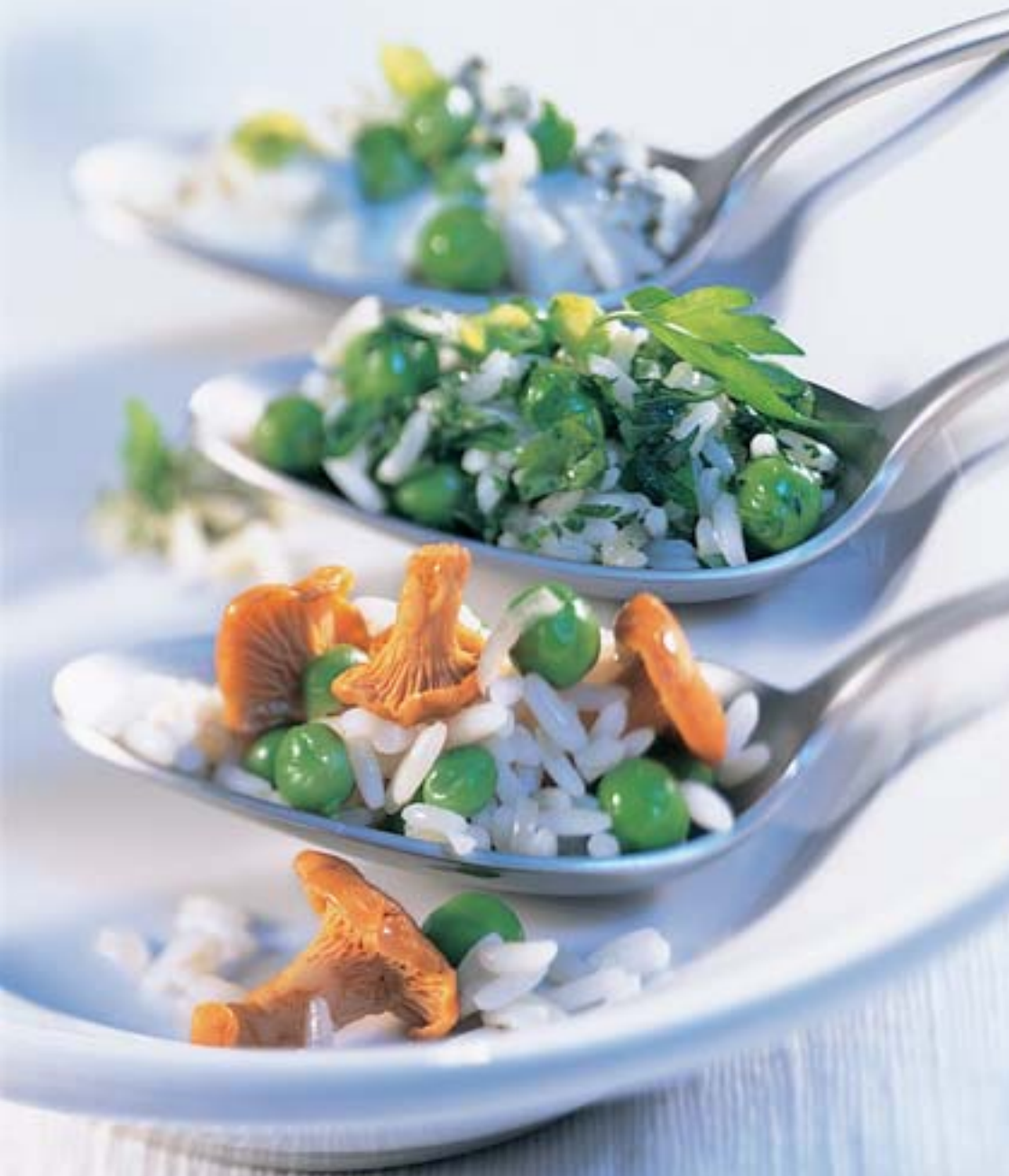
250 g (9 oz) risotto rice
250 ml (8 fl oz) vegetable stock
75 g (3 oz) frozen peas
190 g (6 1/2 oz) chanterelle mushrooms
50 g (2 oz) grated hard cheese

Method:

1. Finely chop the onion, place in a solid covered container with the butter, and steam for 4 minutes at 100°C.
2. Add the peas, rice and vegetable stock, and steam for a further 20 minutes at 100°C.

Variation – Risotto with mushrooms

1. Place the peas and mushrooms with the rice and vegetable stock a solid covered container, and steam for 20 minutes at 100°C.
2. Once cooked, stir the grated cheese into the rice mixture and serve.



Tabbouleh salad

Serves 4 as an accompaniment, or 2–3 as a main dish

Ingredients:

- 100 g (3½ oz) bulghur wheat
- 1 yellow pepper, quartered
- 2 tomatoes
- ½–1 small red onion, finely chopped
- 4 large sprigs fresh mint, finely chopped
- 2 tbsp each of extra virgin olive oil and lemon juice
- 275 g (10 oz) jar antipasto artichokes in oil, drained and roughly chopped

Method:

1. Place the bulghur wheat in a solid container, cover with 570 ml (1 pint) of boiling water and steam at 100°C for 8–10 minutes until the water has been absorbed.
2. In a perforated tray, steam the peppers at 100°C for 4 minutes, then place in a sealed plastic bag and allow to sweat until the skins can be peeled off. Remove the skins and roughly chop.
3. When you are ready to assemble the salad, simply add all the ingredients to the cooked bulghur wheat, mix well and season to taste.

This dish makes an excellent accompaniment to kebabs or barbecued meats, or can be served as a light salad or starter on its own.



Tip

If you prefer to skin the tomatoes, simply steam them at 100°C in a perforated tray for 1 minute, then remove the skins.

Warm chickpea and herb salad

Serves 4

Ingredients:

400 g (14 oz) dried chickpeas,
soaked overnight
1 cinnamon stick
150 g (5 oz) small baby new
potatoes, scrubbed clean
Salt and freshly ground pepper
Large bunch mint,
finely chopped
1/2 bunch fresh flat-leaf parsley,
roughly chopped

For the vinaigrette:

1 tsp whole grain mustard
4 tbsp lemon juice
6 tbsp extra-virgin olive oil
1 clove garlic, crushed

Method:

1. In a solid container, cover the chickpeas with boiling water, add the cinnamon stick and cook under pressure at 120°C for 10–15 minutes or 100°C for 20 minutes. Drain, discard the cinnamon, season and keep warm.
2. Cook the potatoes in a perforated container at 120°C for 7–10 minutes or 100°C for 14–20 minutes, depending on size.
3. Mix together all the ingredients for the vinaigrette.
4. Transfer the chickpeas and potatoes to a serving dish, then scatter over the mint and parsley leaves. Add the vinaigrette and toss to coat. Adjust the seasoning and serve while warm.

Bombay potato masala

Serves 4

Ingredients:

- 1 kg (2¼ lb) baking potatoes,
cubed
- 25 g (1 oz) butter
- 1 onion, finely sliced
- 3 garlic cloves, crushed
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 2 tsps garam masala
- ½ tsp chilli powder
- ¼ tsp ground turmeric
- 350 g (12 oz) chopped
tomatoes, drained

Method:

1. Place the potato cubes in a perforated steam oven container and steam at 120°C for 3–4 minutes or 100°C for 7–8 minutes.
2. Meanwhile, place the mustard and cumin seeds onto a baking tray, and roast in a hot oven until they pop.
3. In a solid container combine the potatoes with all the remaining ingredients. Cover with foil, and steam for a further 10 minutes at 120°C or 20 minutes at 100°C. Serve immediately.

Cajun-style mashed potato

Serves 4

Ingredients:

- 4 medium sized old potatoes,
peeled and quartered
- 50 g (2 oz) butter
- 75 ml (3 fl oz) milk
- 1 tsp sugar
- 150 g (5 oz) red pepper,
chopped
- 2–3 tsp Cajun blend spice mix
- 1 tsp fresh thyme,
finely chopped

Method:

1. Steam the potatoes in a perforated container at 120°C for 8–10 minutes or at 100°C for 15–20 minutes, until tender.
2. Steam the red pepper in a perforated container at 100°C for 2 minutes.
3. Mash the potato well. Add the butter, milk and sugar, then the red pepper, spice mix and thyme, and mix thoroughly.



Tip

You can make your own **Cajun spice mix** by blending equal quantities of garlic and onion powder, white and black pepper, dried thyme and cayenne pepper. Finally add some dried oregano to taste.

Broccoli and romanesco salad

Serves 4

Ingredients:

250 g (9 oz) romanesco
250 g (9 oz) broccoli
3 dsp vinegar
2 dsp olive oil
2 tsp mustard
A small carton of cream or sour
cream
Salt and pepper
A pinch of sugar
Fresh chopped herbs to garnish

Method:

1. Chop the romanesco into florets, and steam for 2 minutes at 100°C.
2. Chop the broccoli into florets, and add to the romanesco. Steam for a further 4–6 minutes at 100°C.
3. Mix the remaining ingredients together to make the sauce. Add the chopped herbs, and drizzle over the warm vegetables. Serve immediately.



Tip

Romanesco is a green variety of cauliflower, and is rich in vitamin C, minerals and plant protein.

For a low-calorie sauce, use crème fraîche instead of cream.



Thai-style mashed potato

Serves 4

Ingredients:

4 medium sized old potatoes,
peeled and quartered
50 g (2 oz) butter
60 g (2½ oz) coconut cream

Thai seasoning:

1 tsp sugar
1 tbsp vegetable oil
1 onion, finely diced
1 garlic clove, crushed
2 red birds eye chillies,
finely chopped
2.5 cm (1 inch) ginger,
finely chopped
1 tbsp fresh coriander,
finely chopped

Method:

1. Steam the potatoes in a perforated container at 120°C for 8–10 minutes or at 100°C for 15–20 minutes, until tender.
2. Meanwhile, prepare the Thai seasoning. Place all of the remaining ingredients into a solid container. Cover with foil and steam for 5 minutes at 100°C.
3. Add the butter, coconut cream, butter and Thai seasoning to the potatoes. Serve warm.



Tip

This recipe has quite a “kick” to it, so serve with something plain like steamed fish or grilled meat.

Italian-style mashed potato

Serves 4

Ingredients:

4 medium baking potatoes,
peeled and quartered
50 g (2 oz) butter
75 ml (3 fl oz) semi-skimmed
milk
1 tsp sugar
25 g (1 oz) Parmesan cheese,
grated
50 g (2 oz) pitted black olives,
finely chopped
1 tbsp fresh basil,
finely chopped
Salt and pepper, freshly
ground

Method:

1. Place the baking potatoes into a solid steam oven container. Steam at 120°C for 5 minutes or at 100°C for 10 minutes.
2. Mash the potatoes, adding in the butter, milk and sugar.
3. Stir in the cheese, olives and basil. Season to taste with salt and freshly ground black pepper.



Tip

Alternatively, omit the fresh basil and replace with green pesto.

Leek and thyme mashed potato

Serves 4

Ingredients:

4 medium baking potatoes,
peeled and quartered
50 g (2 oz) butter
75 ml (3 fl oz) semi-skimmed
milk
1 tsp sugar
1 leek, halved lengthways and
finely sliced
1 garlic clove, crushed
1 tbsp fresh thyme,
finely chopped
2 tbsp medium white wine
Salt and pepper, freshly ground

Method:

1. Place the potatoes into a perforated container. Steam at 120°C for 5 minutes or at 100°C for 10 minutes.
2. Mash the potatoes, adding in the butter, milk and sugar.
3. Meanwhile, place the leeks and thyme into a solid steam oven container. Cover with foil and steam for 8–10 minutes at 100°C. Stir in the wine and season to taste.
4. Mix the leek mixture into the potatoes, and serve.

New Potatoes with Salsa Verde

Serves 6

Ingredients:

1 kg baby new potatoes
20 g flat leaf parsley
20 g fresh basil
1 tbsp lemon juice
1/2 tsp Dijon mustard
1 tbsp capers, drained
3 baby gherkins
1 clove garlic, peeled
75 ml extra virgin olive oil
Freshly ground black pepper

Method:

1. Place the new potatoes in a shallow perforated container and steam using 100°C for 18–20 minutes.
2. Meanwhile, place the parsley, basil, lemon juice, Dijon mustard, capers, gherkins and garlic clove in a food processor and whiz until finely chopped, taking care not to allow it to become a purée. Stir in the extra virgin olive oil and season with freshly ground black pepper if necessary.
3. Place the dressing into a shallow solid steam container, cover and steam at 100°C for 1 minute. When the potatoes are cooked, place them in a serving dish and pour over the dressing. Stir gently to coat the potatoes with the dressing and serve immediately.

Ratatouille with meatballs

Serves 4

Ingredients:

250 g (9 oz) minced pork or beef
1 red pepper
1 yellow pepper
1 aubergine
1 courgette
250 g (9 oz) beef tomatoes
1 onion
2 garlic gloves
Salt and pepper
Tabasco sauce
1 tsp herbes de Provence
100 ml (6 tbsp) tomato ketchup
2 dsp tomato purée

Method:

1. Form the mince into small meatballs. Finely chop the peppers, aubergine, courgette, tomatoes, onion and garlic.
2. Arrange the meatballs in a solid container and scatter the vegetables over the top. Season with salt, pepper, Tabasco and herbs. Stir in the ketchup and tomato purée, and steam for 16–18 minutes at 100 °C.
3. Add more seasoning to taste, if liked.
4. Serve as an accompaniment to rice, which may be cooked in the steam oven at the same time (see cooking charts at the back of the book for cooking times).





Fragrant coconut rice

Serves 4

Ingredients:

225 g (8 oz) long grain rice
2 tsp Pilau rice seasoning
1 tbsp fresh coriander, chopped
2 cloves
Zest of 1 lemon
570 ml (1 pint) chicken or
vegetable stock
25 g (1 oz) creamed coconut,
chopped

Method:

1. Place the rice in a solid container or ovenproof dish. Mix in the Pilau rice seasoning, coriander, cloves and lemon zest.
2. Add the hot stock, cover with foil and cook at 120°C for 10 minutes or 100°C for 20 minutes.
3. Stir in the creamed coconut, then cook for a further 2 minutes at 100°C, or until the rice is tender and most of the stock has been absorbed. Drain off any excess stock, and transfer to a serving dish.

Pepper and chive potato salad

Serves 4

Ingredients:

100 g (3½ oz) vegetable spread
150 g (5 oz) low fat quark
50 g (2 oz) low fat natural
yoghurt
1 red pepper, finely diced
1 yellow pepper, finely diced
1 shallot, finely chopped
Freshly ground black pepper
1 bunch chives
2 dsps mustard
Salt and pepper
700 g (1½ lb) new potatoes

Method:

1. Wash and scrub the potatoes. Place in a perforated container and steam at 120°C for 8 minutes or at 100°C for 20 minutes.
2. Meanwhile, combine the remaining ingredients and season to taste.
3. When the potatoes are cooked, leave to cool slightly. Carefully fold in the mayonnaise and serve topped with chopped chives to garnish.



Tip



Potatoes contain an easily digestible form of carbohydrate which is invaluable for good health. The plant protein in potatoes is also highly beneficial, as are the vitamins and minerals found both just beneath the skin as well as inside them. All good reasons for making them an integral part of your diet!

Medley of vegetables with a hot vinaigrette dressing

Serves 4

Ingredients:

Selection of seasonal vegetables, e.g.
Aubergines
Red and yellow peppers
Courgettes
Mushrooms
OR
Sugar snap peas
Mangetout
Baby corn
Fresh shelled peas

For the dressing:

3 tbsp white wine vinegar
3 tbsp chilli and basil oil
(see recipe in
"Other Suggestions")
3 tbsp olive oil
1 tsp Dijon mustard
2 tbsps fresh mixed herbs,
finely chopped
Salt and pepper, freshly ground

Method:

1. Place the mixed vegetables into a perforated steam container. Steam for 3 minutes at 100°C.
2. Meanwhile, mix together the ingredients for the dressing. Place in a solid container, cover with foil, and steam for 1 minute.



Tip

White mushrooms, first introduced from France, have become the most commonly available and popular fungi today. They are low in calories and rich in vegetable protein, vitamin B1 and minerals. They have a short shelf life and should be used within a day or so of purchase.



Pasta, rice and pulses



FILLING DISHES FROM AROUND THE WORLD

Pasta, rice and pulses are fundamental to the cuisines of many cultures around the world, and so we bring you some traditional and new recipes to try in your steam oven using these popular foods. With Italian risottos and pasta dishes, Indian dhal and biryani, as well as a Moroccan stew and Chinese noodles, there is something for every taste, including several vegetarian dishes.

Creamy tuna pasta

Serves 4

Ingredients:

450 g (1 lb) dried fusilli pasta or similar
1 yellow or red pepper, de-seeded and quartered
Salt and freshly ground black pepper
275–375 ml (10–14 fl oz) crème fraîche
2–3 tbsp green pesto
200 g (7 oz) can tuna fish, drained
1 spring onion, finely chopped
Basil leaves for garnish

Method:

1. In a solid container, cover the pasta with boiling water and cook at 120°C for about 6–8 minutes or 12–14 minutes at 100°C until just tender (al dente).
2. Cook the pepper in a perforated container at 120°C for 5–6 minutes or at 100°C for 10–12 minutes, then chop roughly.
3. Drain the cooked pasta thoroughly and return it to the dish. Season well and mix in the crème fraîche, pesto, tuna, pepper and spring onion. Steam for 1 minute only at 100°C.
4. Scatter over a few basil leaves and serve.



Tip

Alternatively, red pesto may be used.

Four cheese pasta

Serves 4

Ingredients:

25 g (1 oz) salted butter
6 shallots, finely chopped
1 clove of garlic, crushed
1 red pepper, diced
1 green pepper, diced
250 g (9 oz) chestnut mushrooms, sliced
10 cherry tomatoes, quartered
200 ml (7 fl oz) fromage frais
2 tbsp crème fraîche
4 tbsp red or green pesto
250 g (9 oz) fresh pasta twists
Salt and pepper
2 tbsp basil, chopped
100 g (3½ oz) Mozzarella, grated
50 g (2 oz) Parmesan, grated
50 g (2 oz) Stilton, crumbled

Method:

1. Place the butter, shallots, garlic, peppers and mushrooms in a solid container. Cover with foil and steam at 100°C for 3 minutes. Remove from the oven and stir in the tomatoes, fromage frais, crème fraîche and pesto. Season with salt and pepper. Cover with tin foil and place to one side.
2. Place the pasta in a solid container and add enough boiling water to cover. Season with salt and cover with tin foil.
3. Place both containers in the oven and steam for 5 minutes at 100°C. In the meantime preheat the grill to 250°C. Drain the pasta and mix with the sauce. Stir in the chopped basil, then pour into an ovenproof dish for grilling. Mix the remaining cheeses together in a bowl and sprinkle evenly over the top of the pasta. Place under the grill until the cheese has melted and is golden brown.
4. Serve with salad and garlic bread.



Tip

Pasta is available either dried or fresh.

Dried pasta comes from Southern Italy, and is made from hard durum wheat and water, and then dried.

Fresh pasta has egg added to the mixture, and as its name implies is used fresh. It comes from Northern Italy.

Tagliatelle verde with a Gorgonzola sauce

Serves 4

Ingredients

450 g (1 lb) tagliatelle verde
Boiling water
Salt
1 dsp olive oil
200 g (7 oz) Gorgonzola cheese
250 ml (8 fl oz) double cream
125 ml (4 fl oz) semi-skimmed
milk
2 dsp cornflour
Freshly ground salt and pepper
Nutmeg

Method

1. Divide the pasta between two solid containers, and pour over the boiling water. Make sure that the pasta is covered by at least 1 cm water. Add the salt and the oil, and steam for approximately 6–8 minutes at 120°C or 12–15 minutes at 100°C.
2. Place the Gorgonzola, cream and milk into a solid steam oven container. Cover with foil and steam for 2 minutes at 100°C.
3. Take a small quantity of the cream mixture and mix with the cornflour. Pour back into the sauce, season well and return to the steam oven for a further minute.
4. Pour the sauce over the pasta and stir well. Sprinkle with toasted pine nuts.



Tip

Tagliatelle are long flat noodles. Depending on the region, they are also known as tagliatellini, tagliatini, taglierini, tagliolini and taglioni!



Tagliatelle verde with a basil sauce

Serves 4

Ingredients:

500 g (1¹/₄ lb) tagliatelle verde
Boiling water
1 dsp olive oil
200 ml (7 fl oz) crème fraîche
2 tbsp lemon juice
1 bunch basil, finely chopped
Salt for seasoning

Method:

1. Divide the pasta between two solid containers, and pour over sufficient boiling water to cover the pasta by at least 1 cm.
2. Add the salt and the oil, and steam for approximately 6–8 minutes at 120°C or 12–15 minutes at 100°C.
3. Meanwhile, mix the remaining ingredients together. When the pasta is cooked, stir in the sauce and serve immediately.

Creamy mushroom tagliatelle

Serves 4–6

Ingredients:

200 g (7 oz) dried tagliatelle,
plain and verde mixed
1 garlic clove, crushed
225 g (8 oz) mushrooms, thinly
sliced
150 g (5 oz) Stilton cheese,
crumbled
4 tbsp double cream
4 tbsp crème fraîche
Salt and pepper
100 g (3½ oz) Mozzarella cheese

Method:

1. Place the pasta in a solid container and cover with boiling water. Place the mushrooms and garlic in a separate solid container. Steam for 3 minutes at 100°C.
2. Stir the pasta well to separate the ribbons of tagliatelle. Remove the mushrooms from the oven and drain off the excess water.
3. Add the Stilton, cream, crème fraîche and seasoning to the mushrooms, and cover. Cook both for a further 5 minutes at 100°C.
4. Remove the pasta, drain and season with freshly ground black pepper. Stir the sauce well, then pre-heat the grill to 220°C.
5. Mix the pasta and sauce together, then transfer into an ovenproof dish. Sprinkle with the Mozzarella and place under the hot grill until the cheese has melted and browned.



Tip



Mushrooms are available in a wide variety of types from the common white mushrooms to an excellent range of exotic and wild ones. Experiment with different ones to create truly delicious meals!

Italian pasta with a warm vinaigrette dressing

Serves 4

Ingredients:

250 g (9 oz) fresh tagliatelle
225 g (8 oz) broccoli florets
100 g (3½ oz) smoked back
bacon, chopped
1 tbsp garlic flakes or 1 crushed
clove of garlic
25 g (1 oz) pine nuts
190 g (6½ oz) jar olive and
tomato pesto
2 tbsp white wine vinegar
2 tsp clear honey
Black pepper, freshly ground
¼ tsp freshly grated nutmeg
Parmesan cheese,
grated to serve

Method:

1. Place the pasta in a solid container, cover with boiling water and cook for approx. 6–8 minutes at 120°C or 12–15 minutes at 100°C. Drain and keep warm.
2. Steam the broccoli at 100°C for 2–3 minutes.
3. Meanwhile heat the oil in a large non-stick frying pan and fry the bacon until golden. Add the garlic, pine nuts and broccoli, and stir-fry for 2–3 minutes.
4. Add to the warm pasta along with the honey, white wine vinegar and 2–3 tablespoons of olive and tomato pesto. Season with black pepper and a little grated nutmeg.
5. Serve immediately with plenty of freshly grated Parmesan.



Pasta parcels with chicken and prosciutto

Serves 4

Ingredients:

- 60 g (2¹/₂ oz) Parmesan cheese,
grated
- 450 g (1 lb) cooked shredded
chicken
- 20 g (3/4 oz) pack of fresh basil
leaves
- 8 sheets of fresh lasagne
- 2 x 75 g (3 oz) packs prosciutto
ham
- 2 cloves garlic, crushed
- 110 g (4 oz) sliced button
mushrooms
- 1 x 500 g (1¹/₄ lb) jar passata
- 125 ml (4 fl oz) single cream
(optional)
- 110 g (4 oz) Mozzarella cheese,
grated (optional)
- 1 tbsp chopped parsley or basil to
garnish

Method:

1. Place 2 tsp each of cheese and chicken on a pasta sheet, leaving a 2 cm edge all round, and lay a basil leaf on top. Roll up tightly, then wrap a slice of prosciutto ham around the outside. Repeat this with the remaining pasta sheets. Lay the pasta rolls side by side in a solid container.
2. Place the garlic, mushrooms and passata in a jug, and stir. Pour this over the pasta rolls.
3. Steam for 15 minutes at 100°C. Add some chopped parsley or basil and, if liked, stir in a couple of tablespoons of single cream to give a marbled effect.
4. Top with Mozzarella cheese and brown under a pre-heated grill (optional).

Wild mushroom and Parmesan risotto

Serves 4–6

Ingredients:

1 onion, finely chopped
25 g (1 oz) butter
Juice and peel of ½ a lemon
350 g (12 oz) Arborio (risotto)
rice
4 tbsp dry white wine
570 ml (1 pt) vegetable stock
Salt and pepper
225 g (8 oz) wild mushrooms,
sliced
110 g (4 oz) freshly grated
Parmesan

Method:

1. Place the onion and butter into a solid container. Cover with foil and cook at 120°C for 4 minutes or 100°C for 8 minutes. Meanwhile, pare the skin from the lemon half and squeeze the juice.
2. Add the rice, wine, stock, lemon peel and 2 tbsp lemon juice to the onions. Cover and cook at 120°C for 10 minutes or 100°C for 20 minutes.
3. Stir well, add the wild mushrooms and cook for a further 10 minutes at 120°C or 20 minutes at 100°C, or until the rice is tender and the liquid has been absorbed.
4. Remove the lemon peel. To serve, sprinkle with Parmesan cheese.



Tip

If using dried wild mushrooms, cover with boiling water and steam at 65°C for the time stated on the packaging before using them.

Tasty vegetable dhal

Serves 2–4

Ingredients:

- 200 g (7 oz) split red lentils
- 1 tsp minced fresh ginger
- 1/2 tsp turmeric
- 1 tsp cumin seeds, crushed
- 1 tsp coriander seeds, crushed
- A pinch of chilli powder
- 570 ml (1 pint) boiling water
- 1 small onion, halved and sliced
- 1 medium carrot, finely sliced
- 1 garlic clove, crushed
- 100 g (3 1/2 oz) or 1/2 small butternut squash, cubed
- Juice of 1/2 a lemon
- 50 g (2 oz) creamed coconut, roughly chopped

Method:

1. Put the lentils, ginger, turmeric, cumin seeds, coriander seeds and chilli powder into a solid container together with the vegetables, and pour on the boiling water.
2. Cover with foil, and steam at 120°C for 4 minutes, or for 8 minutes at 100°C.
3. Stir, then cook for a further 4 minutes at 120°C or for 8 minutes at 100°C.
4. Stir in the lemon juice and coconut, and serve with Fragrant coconut rice (see recipe on p. 76).

Butterbean biriani

Serves 4

Ingredients:

2 tbsp olive oil
1 tsp cumin seeds
1 tsp mustard seeds
1 tsp ground coriander
1/4 tsp hot chilli powder
1 tsp garam masala
1 tsp turmeric
225 g (8 oz) brown basmati rice
450 ml (3/4 pint) hot vegetable stock
400 g (14 oz) tin chopped tomatoes
1 aubergine, diced
1 red pepper, sliced into strips
1 tbsp dark soy sauce
400 g (14 oz) can butter beans, drained
50 g (2 oz) creamed coconut shavings

Method:

1. Crush the cumin and mustard seeds in a pestle and mortar. Mix in the other spices and add the olive oil.
2. Place the rice in a solid steam oven container, mix in the spices and cover with the hot vegetable stock. Add the can of tomatoes, soy sauce, aubergine and red pepper. Mix well, cover with a steam container lid or with foil and then steam for 10 minutes at 120°C or 20 minutes at 100°C until the rice is practically cooked.
3. Stir the butter beans into the rice. You may need to add a little more stock at this stage. Cook for a further 5 minutes at 120°C or 10 minutes at 100°C.
4. Stir in the creamed coconut until melted. Serve with some naan bread and mango chutney.



Tip

You can use a proprietary biriani curry paste instead of the cumin seeds, mustard seeds, coriander, chilli powder and garam masala.

Nutty peppers

Serves 4

Ingredients:

125 g (4½ oz) long grain brown rice
4 large red or green peppers
25 g (1 oz) hazelnuts
25 g (1 oz) flaked almonds
225 g (8 oz) tomatoes, chopped
75 g (3 oz) Cheddar cheese, grated
40 g (1½ oz) Parmesan cheese, grated
25 g (1 oz) sultanas
1 tsp mustard
½ tsp dried basil
½ tsp dried oregano
1 tsp turmeric
Salt and pepper

Method

1. Place the rice in a solid container and cover with approximately 900 ml (1½ pints) boiling water. Steam for 12 minutes at 120°C or 20 minutes at 100°C.
2. Meanwhile, prepare the peppers by removing the tops and cutting out the stalk (reserve to use as a lid). Scoop out the seeds.
3. Place the nuts on a sheet of foil and brown under a hot grill, turning frequently. Remove from the grill and roughly chop.
4. Combine the tomatoes with the drained rice, nuts, cheeses, sultanas, mustard, herbs, turmeric and seasoning in a large bowl. Stuff the peppers with the rice mixture, pressing down well. Place the lids on the peppers and stand on a perforated tray.
5. Cook the peppers at 120°C for 5 minutes or at 100°C for 10 minutes.



Tip



Use green peppers for a slightly bitter taste, and red or yellow peppers for a sweeter flavour.



Moroccan hotpot

Serves 6

Ingredients:

- 1 onion, roughly chopped
- 2 garlic cloves, crushed
- 2.5 cm (1 inch) fresh ginger, grated
- 25 g (1 oz) butter
- 2 tbsp harissa spice paste
- 25 g (1 oz) plain flour
- 750 ml (1 1/4 pint) vegetable stock
- 4 salad tomatoes, skinned
- 1.3 kg (3 lb) butternut squash, deseeded and cut into chunks
- 410 g (14 oz) can chickpeas
- 250 g (9 oz) spinach
- Juice of 1 lime

Method:

1. Place the onion, garlic, ginger and butter into a solid steam oven container. Cover with foil and steam for 2 minutes at 100°C.
2. Meanwhile, add the Harissa paste, flour and stock to the onion, garlic and ginger mix.
3. Add the squash and chickpeas and cover with foil. Steam at 100°C for 20–25 minutes, until the squash is tender. Whilst this is cooking, skin and roughly chop the tomatoes.
4. Add the tomatoes, spinach and lime juice, and cook for a further 1–2 minutes to wilt the spinach.
5. Serve with crusty bread or couscous.



Tip

To skin the tomatoes, place in a perforated container and steam at 100°C for 1 minute. The skins will then come away easily.

Tri-colour chicken lasagne

Serves 4

Ingredients:

Tomato layer

8 large plum tomatoes
A handful of fresh basil leaves,
torn into pieces
1/2 tsp sugar

Meat layer

1 medium onion, finely chopped
2 cloves garlic, finely chopped
3 boneless, skinless chicken
breasts, cut into small cubes
1 yellow pepper, de-seeded and
diced
Knob of butter

Spinach and cheese layer

110 g (4 oz) button mushrooms,
sliced
150 g (5 oz) Feta cheese,
crumbled
200 g (7 oz) frozen spinach,
defrosted and chopped
6 large sheets fresh lasagne
110 g (4 oz) grated Mozzarella
cheese

Method:

1. In a perforated container, steam the tomatoes at 100°C for 1 minute. Remove the skins and chop roughly. Place in a bowl, mix in the basil and sugar, and set aside.
2. Place the chicken, onion, garlic and pepper in a solid container with a small knob of butter. Cover, and steam at 100°C for 3 minutes. Remove from the oven and stir to make sure the chicken pieces are separated. Drain off any excess moisture.
3. Place 3 sheets of fresh pasta in a layer covering the meat. You may need to trim the edges slightly to fit the tin.
4. Scatter the mushrooms, feta cheese and spinach evenly over the pasta, then cover with 3 more sheets of pasta as before. Top with a layer of tomato mixture. Cover and cook in the steam oven at 100°C for 15 minutes.
5. To finish the lasagne, sprinkle with a layer of mozzarella cheese and brown under a pre-heated grill.



Tip

For a browner finish to the meat, fry the onion, chicken, garlic and pepper on the hob for 3 minutes first.

Fish

FISHING FOR COMPLIMENTS



Fish benefits both the body and soul. Salt-water fish is rich in iodine, vitamins, protein, and omega 3 fatty acids, which boost physical fitness, concentration levels, powers of observation and general well-being. A low-calorie, versatile food, fish enjoys great popularity in many quarters, and we should all eat it twice a week as an aid to a healthy diet.

Sole in a champagne sauce

Serves 4

Ingredients:

450 g (1 lb) lemon sole fillets
Juice of 1 lemon
Salt and pepper

For the sauce:

10 g ($\frac{1}{2}$ oz) butter
1 shallot, finely diced
200 ml (7 fl oz) champagne
275 ml ($\frac{1}{2}$ pint) sour cream
Salt and pepper
A squeeze of lemon juice
20 g ($\frac{3}{4}$ oz) butter

Method:

1. Clean the fish, drizzle with lemon juice and season with salt and pepper. Place in a perforated steam container and steam for 4 minutes at 85°C.
2. Meanwhile, melt the butter in a pan. Gently fry the shallot until translucent in colour. Add the champagne and reduce by half. Pass the mixture through a sieve.
3. Stir in the cream and lemon juice and then season with salt and pepper. Add the butter and beat until smooth. Stir in the prawns and cook for a few minutes.
4. Serve the fish hot together with the sauce on a bed of seasonal steamed vegetables.



Cod loin with salsa verde and steamed vegetables

Serves 4

Ingredients:

2–3 shallots
½ yellow pepper and ½ red pepper, de-seeded and cut into 8 pieces
1 courgette, thickly sliced
2 cloves garlic
2–3 sprigs fresh rosemary
Drizzle of olive oil
500 g (1¼ lb) cod loin, cut into 4 equal portions
Freshly ground black pepper

For the salsa verde:

100 g (3½ oz) fresh spinach
10 g (½ oz) fresh basil
10 g (½ oz) fresh thyme
1 dsp capers
1 tbsp lemon juice
1 clove garlic
1 tbsp spoon extra virgin olive oil
Salt and freshly ground black pepper

Method:

1. Add the sprigs of rosemary to the vegetables and drizzle with olive oil. Season the cod with black pepper. Steam the vegetables for 4–5 minutes and the cod for 3–4 minutes at 100°C.
2. To make the salsa, place all the ingredients except the lemon juice, oil and seasoning in a blender or food processor and blend to a rough consistency. Gradually pour in the lemon juice and olive oil while blending, and season to taste.
3. To serve, arrange the steamed vegetables on a plate, lay the cod on top and finish with a spoonful of salsa verde.



Tip

For some extra “kick” try using the Chilli and basil oil from page 181.

Steamed sea bass

Serves 4-6

Ingredients:

- 1 medium sized sea bass, approx. 800 g (1³/₄ lb) in weight
- 2 sticks of lemon grass
- A sprig of fresh coriander
- 2 slices of fresh ginger, peeled
- 4 spring onions
- 50 g (2 oz) carrots
- 3 tbsp sherry
- 2 tbsp soy sauce
- 1 tsp sugar
- 1 tsp fish sauce
- 1/2 tsp Chinese five spice powder

Method:

1. Scale and clean the fish if this has not already been done. Remove the tough outer leaves from the lemon grass and then bruise with a rolling pin to release the flavour.
2. Dry the fish well, then fill the cavity with the 2 sticks of lemon grass and the coriander.
3. Slash the fish diagonally at intervals of about 1 cm (1/2 inch) to allow the flavours to penetrate and then place it into a solid container.
4. Thinly shred the ginger, spring onions and carrots, and put them on top of the fish. Mix the sherry, soy sauce, sugar and salt in a jug and pour over the top.
5. Place in the steam oven and cook under pressure at 120°C for 5-7 minutes or 100°C for 10-12 minutes.



Tip

Ginger and **lemon grass** are commonly used to add a distinctive flavour to Thai and other oriental dishes. Both are readily available from supermarkets.

Thai-style fish curry with Thai fragrant rice

Serves 4

Ingredients:

1 onion, thinly sliced
2 tbsp cornflour
400 g (14 oz) can coconut milk
2 tomatoes, roughly diced
10 g (1/2 oz) pack fresh coriander leaves, roughly chopped (reserve some for garnish)
1 tbsp Thai red or green curry paste
1/2 – 1 tbsp Thai fish sauce
Juice of 1/2 a lemon
500 g (1 1/4 lb) boneless, skinless white fish, cubed
200 g (7 oz) Thai fragrant rice

Method:

1. Steam the onion for 3 minutes at 100°C.
2. Meanwhile, make up the cornflour paste with 2 tbsp taken from the coconut milk.
3. Add the tomato, coriander according to taste, the rest of the coconut milk, cornflour paste, curry paste, fish sauce and lemon juice to the onion. Steam for 2 minutes at 100°C.
4. Add the fish to the mixture and steam for a further 5 minutes.
5. The rice can also be cooked simultaneously in the steam oven. Allow 50 g (2 oz) of Thai fragrant rice per person and place in a solid container. Pour over boiling water until it is 1 cm (1/2 inch) above the rice. Cook for 8 minutes at 100°C.
6. When cooked, season the fish to taste and serve with the steamed Thai rice. Garnish with some fresh coriander leaves.



Tip

Curry paste is readily available from supermarkets. Red curry paste is generally very hot!



Buttery kedgerie

Serves 4

Ingredients:

200 g (7 oz) long grain rice
3 eggs
110 g (4 oz) butter
1 onion, chopped
2 tsp madras curry powder
350 g (12 oz) un-dyed smoked
haddock fillet, skinned
3 tbsp fresh parsley, chopped
Juice of one lemon
Freshly ground black pepper

Method:

1. Place the rice in a solid steam oven container. Cover with boiling water and cook for 4 minutes at 120°C or 8 minutes at 100°C.
2. Pierce the rounded end of each egg and place on top of the rice. Place the onion, curry powder and half the butter into a separate solid container, and cover with foil or a lid.
3. Cook the rice, eggs and onion together in the steam oven for a further 4 minutes at 120°C or 8 minutes at 100°C.
4. Remove the eggs and plunge into cold water. When cool enough, remove the shells, and cut each egg into quarters.
5. Place the fish in a perforated container and steam for 3–4 minutes at 100°C.
6. Meanwhile drain the rice and return to its container. Add the onion mixture to the rice, stirring well.
7. When the fish is cooked, flake and fold into the rice, together with the parsley, lemon juice, remaining butter and pepper.
8. Warm through in the steam oven at 100°C for 1 minute. Garnish with the hard-boiled egg and, if desired, a little parsley.

Smoked haddock Benedict

Serves 4 as a starter, or 2 as a lunch or supper dish

Ingredients:

2 medium tomatoes
450-625 g (1 lb - 1 lb 6 oz)
un-dyed smoked haddock fillets
Salt and freshly ground black
pepper
4 large eggs
2 English muffins, split in half

For the hollandaise:

2 large egg yolks
1½ tsp lemon juice
175 g (6 oz) unsalted butter,
melted and hot
1 tbsp chopped fresh dill
Salt and freshly ground black
pepper

Method:

1. Put a kettle full of water on to boil ready for poaching the eggs.
2. Skin the tomatoes by placing in a perforated container. Blanch at 100°C for 1 minute, after which time the skins should peel off easily. De-seed and cut into medium sized dice.
3. Preheat your main oven grill to 220°C.
4. Next, place the haddock in a perforated container, season with salt and pepper and cook at 75°C for 5 minutes. When cooked, remove and flake into chunky pieces, cover and keep warm.
5. Make the hollandaise sauce by whizzing the egg yolks and lemon juice in a food processor or blender for 1 minute. With the motor running, start to pour the melted butter into the eggs, at first drop by drop, then in a trickle, then in a thin stream as if you were making mayonnaise, excluding the last milky-white residue from the butter. Transfer to a large jug, season with salt and pepper and stir in the dill and tomato.
6. To poach the eggs in the steam oven, fill a shallow dish or a solid container with boiling water, and carefully crack the eggs directly into the water. Adding a few drops of vinegar to the water helps to stabilise the eggs. Place in a perforated container and cook at 100°C for 2-3 minutes. The whites should be set and the yolks slightly soft.
7. Whilst the eggs are cooking, toast the cut sides of the muffins. When the eggs are ready, remove from the water with a slotted spoon, draining well.
8. To assemble the dish, place half a muffin on a serving plate, top with some chunks of haddock followed by a poached egg, then spoon over some of the hollandaise sauce.

Monkfish in a mushroom sauce

Serves 4

Ingredients:

25 g (1 oz) mixed dried mushrooms, soaked in water overnight
110 g (4 oz) shallots, finely diced
20 g (3/4 oz) butter
4 monkfish fillets, skinned, each approx. 150 g (5 oz)
Juice of 1 lemon
150 ml (1/4 pint) vegetable stock
2 tbsp white wine
150 ml (1/4 pint) sour cream
4 tbsp double cream
Salt and pepper

Method:

1. Drain and chop the mushrooms into small pieces. Place to one side.
2. Place the shallots and butter into a solid container, cover with foil and steam for 4 minutes at 100°C. Add the mushrooms and allow to stand for 2 minutes.
3. Place the monkfish into a solid container. Drizzle with lemon juice and pour over the stock and white wine. Steam for 8–10 minutes at 90°C.
4. Stir the shallots, sour cream and cream into the fish stock.
5. To serve, pour over the fish stock. Serve with wild rice and broccoli.



Tip

You can use lemon sole fillets instead of monkfish.

Indonesian prawn curry

Serves 4

Ingredients:

Curry paste

- 1½ tsp dried chilli flakes
- 4 stems of fresh lemon grass,
finely chopped
- 1 tsp ground ginger
- 1 large onion, finely chopped
- ¼ tsp shrimp paste
- Grated zest and juice of 1 lime
- ½ tsp paprika
- 1 pinch turmeric

- 2 cans coconut milk
- 110 (4 oz) creamed coconut
- 1½ tsp sugar
- 3 tsp fish sauce
- 450 g (1 lb) prawns
- 2 tbsp fresh coriander, finely
chopped
- 2 spring onions, chopped
- 2 tbsp cornflour, mixed with a
little water

Method:

1. Place all of the curry paste ingredients in a food processor. Process until a fine consistency is achieved. Transfer the curry paste into a solid container and then add the coconut milk. Cover with foil and steam for 3 minutes at 100°C.
2. Stir in the creamed coconut, fish sauce and cornflour. Steam for a further minute.
3. Remove from the steam oven and pass the mixture through a sieve. Return to a solid container. Add the remaining ingredients to the coconut milk, cover, and steam at 95°C for 4–6 minutes.
4. Scatter the spring onions on the top to garnish and serve with some Thai fragrant rice (see p. 104) or Fragrant coconut rice (p. 76).

Moules marinières

Serves 3-4

Ingredients:

900 g (2 lb) live mussels,
washed, scrubbed and
'beards' removed
275 ml (1/2 pint) dry white wine
570 ml (1 pint) fish stock
1 bunch of spring onions
2 bay leaves
1 tsp peppercorns
1-2 cloves of garlic, minced
(optional)
2 dsp finely chopped leek
5 tbsp double cream
Large knob of butter
A squeeze of lemon juice
2 dsp chopped parsley

Method:

1. Place the mussels in a solid container. Add to them the wine, fish stock and the washed and finely chopped spring onions, followed by the bay leaves, peppercorns, garlic and the chopped leek.
2. Place the container into the oven and steam at 95°C for 12–15 minutes. (Any mussels that have not opened during cooking must be discarded.)
3. At the end of the cooking time drain the liquid from the mussels into a saucepan. Keep the mussels warm whilst making the sauce. Bring the liquid to the boil and reduce by approximately a third. Add 85 ml (3 fl oz) of double cream and a large knob of butter.
4. Place the mussels in a suitable serving dish, pour over the sauce, add a squeeze of lemon juice and garnish with chopped parsley.
5. Serve with brown bread and butter or a crusty French stick and a bottle of chilled white wine.



Tip

There are several varieties of mussels. Make sure they are fresh when you buy them. The shells should be firmly closed, have a good strong colour and smell of sea water!



Trout stuffed with citrus bulghur wheat

Serves 4

Ingredients:

- 4 whole trout (approx 225 g or 8 oz each), cleaned
- 100 g (3½ oz) bulghur wheat
- 25 g (1 oz) butter
- 1 tbsp olive oil
- 2 rashers smoked bacon, finely chopped
- 1 leek, finely chopped
- 50 g (2 oz) mushrooms, finely diced
- 1 orange or grapefruit, peeled, segmented and chopped
- 25 g (1 oz) pine nuts
- 2 tbsp fresh coriander, finely chopped

Method:

1. Place the bulghur wheat into a solid container and cover with 1 cm of boiling water. Steam for 10 minutes at 100°C until cooked. Stir in the butter and season with salt and pepper.
2. Meanwhile heat the olive oil and butter in a frying pan and fry the bacon and leek for 5 minutes. Add the mushrooms and sauté for a further 2 minutes. Add the bacon, leeks, mushrooms, orange or grapefruit, pine nuts and coriander to the bulghur wheat.
3. Divide the mixture into four, and stuff the cavity of each trout. Place the trout into perforated containers. Season with salt and pepper and steam at 95°C for 5 minutes.
4. Serve with lemon or garlic mayonnaise.



Tip

Bulghur wheat is a pre-cooked cracked wheat with high levels of protein and vitamin B.

Rice can be used as an alternative to bulghur wheat.

Salmon and wild mushroom kebabs

Serves 4–6

Ingredients:

1 kg (2¹/₄ lb) salmon fillets,
skinned & cubed
8 wild mushrooms, washed &
halved
1 yellow pepper
Salt and pepper
Juice and zest of 1 lime
1 garlic clove, crushed
1 tbsp white wine vinegar
2 tbsp olive oil
1 tsp Dijon mustard
1 tbsp fresh dill, finely chopped
150 ml (1/4 pint) fish stock
Lime wedges, for garnish

Method:

1. Place the salmon, mushrooms and peppers into a shallow dish. Season well with salt and pepper.
2. Mix the lime juice, zest, garlic, vinegar, olive oil, mustard and dill together. Pour over the fish and vegetables. Cover the dish with clingfilm and leave to marinate for at least 2 hours.
3. Take the marinated fish and vegetables and thread onto some pre-soaked kebab skewers. Place into a perforated steam oven container and steam at 95°C for 4 minutes.
4. Meanwhile, pour the remaining marinade into a saucepan and add the stock. Simmer on the hob for at least 5 minutes, until it has been reduced by half.
5. When the kebabs are cooked, arrange them on a serving dish and drizzle with the sauce. Garnish with fresh lime wedges.



Tip

If you cannot get fresh wild mushrooms you can use dried ones. Cover them with boiling water and steam at 65°C for the time stated on the packet before using them as described in the recipe.

Scrambled eggs with prawns

Serves 4

Ingredients:

8 eggs, medium
75 ml (3 fl oz) semi-skimmed
milk
Salt and pepper, freshly ground
110 g (4 oz) prawns, cooked and
peeled
A knob of butter

Method:

1. Beat all of the ingredients together, excluding the butter, in a large mixing bowl.
2. Grease a solid steam oven container with the butter and pour in the egg mixture. Cover with foil and steam for 12 minutes at 100°C.
3. Stir 2–3 times with a fork during cooking.



Tip

Serve with buttered toast or with chunks of fresh French stick.

Instead of prawns, you could use 110 g (4 oz) of finely diced ham, bacon or peppers.



Moroccan-style salmon

Serves 6

Ingredients:

6 salmon fillets, skinned & boned
2 tbsp sesame oil
2 cloves garlic, crushed
1 dsp ground cumin
1 dsp ground ginger
Zest and juice of 1/2 lemon

Method:

1. Place the salmon fillets onto a deep dinner plate.
2. Mix the remaining ingredients together in a separate bowl, and pour the marinade over the fish. Cover, and place in the refrigerator for 24 hours.
3. Drain off the marinade, and place the fish in a perforated container. Steam at 95°C for 4 minutes.
4. Serve with salad and buttered new potatoes

Fiery crab-filled courgettes

Serves 4

Ingredients:

4 large courgettes
1 yellow pepper, de-seeded and
finely diced
2 celery sticks, finely cubed
1 tbsp capers
1 tbsp black olives, chopped
450 g (1 lb) fresh crab meat
4 tbsp mayonnaise
Zest and juice of 1 lime
Few drops of chilli sauce
Salt and freshly ground black
pepper
Pinch of cayenne pepper
50 g (2 oz) Mozzarella, grated

Method:

1. Remove the ends of the courgettes. Cut in half lengthways and remove the seeds with a teaspoon. Place on a perforated container and steam for 2 minutes at 100°C.
2. Meanwhile in a mixing bowl, combine the remaining ingredients except the Mozzarella. Spoon the mixture into the courgettes and steam for a further 3 minutes.
3. To complete the dish, sprinkle the courgettes with the mozzarella and place under a pre-heated grill until golden brown.



Tip

Courgettes or zucchini are a member of the squash family. They come in various shapes, and are available in a variety of colours from green to yellow. Small courgettes are more tender and aromatic than larger ones, and are best used before they reach 20 cm in length! They are highly versatile, and can be steamed, fried, grilled or baked.

Cod à l'orange with polenta

Serves 4

Ingredients:

4 unwaxed oranges
1 bunch basil
4 tbsp olive oil
Salt and freshly ground black pepper
600 g cod fillets
2 tbsp sugar
1 tbsp soft butter
2 bunches spring onions
80 g polenta (quick cook)
350 ml milk
1 tbsp butter
Freshly grated nutmeg
50 g grated Parmesan

Method:

1. Wash the oranges. Finely grate the zest of 2 of the oranges, and squeeze the juice from all of the oranges. Wash the basil, and strip the leaves from the stalks.
2. Purée the orange zest, basil and olive oil with a hand-held blender to a fine paste. Season with salt and pepper. Wash and pat dry the fish, and smear with the paste. Wrap securely in foil or heat-resistant cling film and twist the ends like a sweet.
3. Heat the orange juice with the sugar to dissolve it. Remove from the heat, and stir the butter into the warm syrup. Wash and trim the spring onions, cut in half lengthways and chop into 6 cm pieces.
4. Place the polenta, milk, butter, salt and nutmeg into a solid container, and cook for 14 minutes at 100°C, stirring frequently.
5. After 6 minutes, place the wrapped fish in a perforated container in the steam oven under the polenta. Add the spring onions to the fish for the last 3 minutes of cooking. Stir the parmesan into the polenta, and if necessary add a little milk. The consistency should be creamy.
6. Spoon some of the polenta onto the middle of each plate, and place some spring onions on top. Unwrap the fish, cut it into 4 pieces and arrange on the spring onions. Drizzle with orange syrup.



Tip

Wrapping the cod tightly in foil or cling film helps intensify the flavours of the orange and basil within the fish.

Salmon trout and pesto rolls

Serves 4

Ingredients:

For the pesto:

Small bunch lovage
1 bunch parsley
100 g pine nuts
50 g Parmesan, freshly grated
100 ml sunflower oil
Salt

For the fish:

4 small salmon fillets (each approx. 150 g, skinned)
Freshly ground black pepper

For the vegetables:

200 g cherry tomatoes
6 small pattypan squashes
(or 200 g pumpkin)
2 bunches spring onions
100 g mange tout
Salt and freshly ground
black pepper
3 sprigs thyme
2 tbsps butter

Method:

1. Wash the lovage and parsley, and strip the leaves from the stalks. Sauté the pine nuts in a heated pan without using oil until golden. Mix together the lovage, parsley, Parmesan, oil, pine nuts and a pinch of salt to make the pesto.
2. Wash and pat dry the fish fillets. Season with pepper. Spread a little of the pesto over each fillet, roll up and secure with a cocktail stick.
3. Wash and halve the cherry tomatoes and pattypan squashes. Wash and trim the spring onions, and cut into 4 cm lengths. Wash the mange tout and place with the tomatoes, pattypan squashes and spring onions in a perforated container, and season with salt and pepper.
4. Steam for 6 minutes at 100°C. Then place the fish in a perforated container, and steam for 10 minutes at 85°C.
5. Wash the thyme. Heat the butter, and fry the thyme until the butter froths. Then toss in the vegetables, and remove the thyme.
6. Arrange a fish roulade on top of some vegetables, drizzle with pesto and serve with lemon wedges.



Tip



Pattypan squashes, which are also known as summer crookneck or custard marrow, are members of the pumpkin family,

Cod in a mustard sauce

Serves 4

Ingredients:

500 g (1¹/₄ lb) cod fillet
Juice of 1 lemon
Salt and pepper
3 egg yolks
3 dsp fish stock
2 tbsp double cream
1 tsp mustard
2 dsp grainy mustard
A little sugar
3 dsp white wine

Method:

1. Season the cod fillets with the lemon juice, salt and pepper. Place the fillets in a perforated container and steam for 4–5 minutes at 100°C.
2. Meanwhile, make the sauce. Place the egg yolks and fish stock in a bowl over a pan of simmering water, and beat until frothy. Whisk in the cream, mustard, sugar and white wine, and season with salt and pepper.
3. Serve with freshly steamed new potatoes and seasonal vegetables.



Sword fish with olives, capers and tomatoes

Serves 4

Ingredients:

4 sword fish steaks, skinned (150 g each, approx. 1.5 cm thick)
200 ml olive oil
200 g cherry tomatoes
50 g sun-dried tomatoes
A bunch of fresh basil
100 g Greek kalamata olives (pitted)
50 g capers
Zest of 2 unwaxed lemons
Coarse sea salt
Freshly ground black pepper
150 g Parmesan
Rosemary focaccia

Method:

1. Wash and dry the sword fish, and place in a solid container. Drizzle with olive oil.
2. Wash and dry the cherry tomatoes. Dice the sun-dried tomatoes. Wash the basil, and strip the leaves from the stalks. Scatter the cherry tomatoes, sun-dried tomatoes, basil, olives, capers and lemon zest over the fish. Season with salt and pepper, cover with foil and steam for 16–18 minutes at 90°C.
3. Grate the Parmesan finely, and arrange spoonfuls in little mounds in a greased pan. Place over a low heat until the Parmesan turns golden, then plunge the base of the pan into cold water. The Parmesan “crisps” will now lift from the pan. Shape them whilst warm if desired (see Tip below).
4. Toast slices of focaccia bread. Arrange the fish and vegetables on serving plates, drizzle with a little olive oil, and serve with the toast and Parmesan crisps.



Tip

Press the Parmesan circles whilst still warm into the bottom of a cup or bowl, or into a patty tin, and leave to cool. Use as a base for canapé fillings.

Hot king prawn salad

Serves 4

Ingredients:

- 2 celery sticks, cut into julienne strips
- 1 red onion, halved and finely sliced
- 4 baby corn, quartered lengthways
- 1 carrot, peeled and cut into julienne strips
- 50 g (2 oz) mangetout, finely sliced
- 350 g (12 oz) king prawns

Dressing

- 2 tbsp olive oil
- 1 tbsp lime juice
- 1 tsp white wine vinegar
- 1 tsp Dijon mustard
- 2 garlic cloves, peeled and crushed
- 1 tbsp dill, chopped

Method:

1. Place the vegetables onto a perforated container and steam for 1 min at 100°C.
2. Meanwhile, place the dressing ingredients into a solid container and cover with clingfilm (pierce to allow steam to escape).
3. Add the prawns to the vegetables and cook for a further minute along with the dressing at 90°C.



Tip

1. Replace the king prawns with 2 x 450 g (1 lb) cooked lobsters.
2. To add some sweetness to the dish, try adding 1 tbsp honey to the dressing.

Marinated salmon steaks

Serves 4

Ingredients:

4 salmon fillets
4 tbsp olive oil
3 spring onions
20 g ($\frac{3}{4}$ oz) fresh dill, finely chopped
20 g ($\frac{3}{4}$ oz) fresh flat leaf parsley
2 tbsp white wine vinegar
Zest and juice of 1 lime
Salt and black pepper

Method:

1. Place the salmon fillets in a shallow oven dish.
2. Prepare the marinade by combining the remaining ingredients. Pour over the salmon fillets and leave to marinate for 24 hrs.
3. Discard the marinade and place the salmon fillets in a perforated steam container. Steam at 95°C for 5 minutes.
4. Serve with freshly steamed vegetables or salad.



Tip

The word “marinade” comes from the latin “mare”, meaning “sea”.

Originally only fish was marinated, either whole or in fine slivers.

Nowadays it is just as popular to marinate meat and vegetables.



Stuffed fillet of sole

Serves 4

Ingredients:

4 lemon sole fillets
Juice of 1/2 lemon
8 thin slices of smoked salmon
Seasoning

Method:

1. Remove the skin from the sole fillets then slice them in half, lengthways. Sprinkle with lemon juice and place a slice of smoked salmon on top. Roll up and secure with a cocktail stick.
2. Place on a perforated container and cook at 100°C for 8–10 minutes.
3. Serve with a hollandaise sauce (see recipe on p. 107)



Tip



For a slightly different flavour, sprinkle the fish with chopped **dill** before rolling it.

Unlike many herbs which made their way into the kitchen from medicinal origins, dill has always only been used for cooking. Because of its unique and distinctive flavour, it is best used alone or with salt, pepper, onions and parsley. It shouldn't be combined with other pungent herbs or spices.



Meat and poultry



TENDER AND TASTY

Meat dishes from Imperial and Miele steam ovens are particularly tender, succulent and delicate, as well as unfailingly successful. The nutrients are preserved, and the juices created during cooking can be made into a tasty sauce to accompany the meat. If you want to brown the meat, start the dish off on the hob, then complete the cooking process in the steam oven.

Caribbean chicken

Serves 4

Ingredients:

4 chicken breast fillets
Juice and zest of 1 lime
1 tbsp olive oil
1 red onion, finely chopped
4 garlic cloves, crushed
2.5 cm (1 inch) fresh ginger,
finely chopped
1 medium red chilli, finely
chopped
2 beef tomatoes, finely diced
225 g (8 oz) sweet potato,
peeled and cubed
1 courgette, finely chopped
450 ml ($\frac{3}{4}$ pint) chicken stock
1 cinnamon stick
225 g (8 oz) rice
25 g (1 oz) butter
2 tbsp light brown sugar
1 small pineapple, peeled and
cubed
Fresh parsley, finely chopped for
garnish

Method:

1. Place the chicken breasts into a solid container. Pour on the lime juice and zest, turning the meat to ensure that it is evenly coated.
2. Heat the oil in a large frying pan. Fry the chicken for 3–4 minutes. Add the red onion, garlic, ginger and chilli. Fry for a further 2 minutes.
3. Transfer to a solid container. Add the tomatoes, sweet potato, courgette and chicken stock. Cover the container with foil. Place the rice into a separate solid container and cover with boiling water, ensuring that the rice is completely covered. Steam at 120°C for 10–12 minutes or at 100°C for 18–20 minutes.
4. Meanwhile, prepare the pineapple. Melt the butter in a frying pan. Add the brown sugar and allow to caramelise. Stir in the pineapple. Cook for 5–6 minutes, turning constantly to ensure that the pineapple is coated in the syrup.
5. To serve, spoon the rice onto a large plate and top with the chicken. To garnish, scatter the pineapple and parsley over the chicken.

Jambalaya

Serves 4

Ingredients:

50 g (2 oz) butter
1 yellow pepper, diced
1 red pepper, diced
1 red onion, quartered and thinly sliced
2 celery sticks, cubed
3 garlic cloves, crushed
1 red chilli, finely chopped
3 beef tomatoes, de-seeded and finely chopped
1 tbsp tomato purée
Few drops of Tabasco sauce
100 g (3 1/2 oz) mixed wild and basmati rice
Salt and freshly ground black pepper
750 ml vegetable stock
450 g (1 lb) king prawns, peeled, de-veined and cooked
225 g (8 oz) smoked sausage
75 g (3 oz) peas

Method:

1. Place the butter into a solid container. Cover with foil and steam at 100°C for 1 minute. Then add the peppers, onion, celery, garlic and chilli.
2. Place the rice into another solid steam oven container and cover with boiling water. Steam both for 2 minutes at 100°C.
3. Stir the tomatoes, tomato puree, Tabasco sauce and chicken stock into the peppers. Season with salt and pepper. Steam with the rice for a further 8 minutes at 100°C.
4. Stir in the prawns, sausage, peas and rice and steam for a further 5–7 minutes until the dish is completely heated through.



Tip

Serve as a main course or as a snack or side dish.

Chicken korma

Serves 4

Ingredients:

- 1 medium onion, finely chopped
- 1 large eating apple, finely chopped
- 25 g (1 oz) butter
- 1 tbsp mild curry powder
- 1 tbsp plain flour
- 1 tbsp mango chutney
- 25 g (1 oz) sultanas
- 1 tbsp creamed coconut
- 1 tbsp tomato purée
- 1 banana, mashed
- 275 ml ($\frac{1}{2}$ pint) chicken stock
- 4 boneless chicken breasts

Method:

1. Place the butter, onion and apple into a solid container and cook at 120°C for 5 minutes or 100°C for 10 minutes.
2. Add the curry powder, plain flour, mango chutney, sultanas, creamed coconut, tomato purée, mashed banana and chicken stock. Stir thoroughly.
3. Cut the chicken breasts into 2.5 cm (1 inch) cubes and mix into the other ingredients.
4. Cover the dish with a lid or with foil. Cook at 120°C for a further 10 minutes or 100°C for 20 minutes, until the chicken is cooked.
5. Serve with basmati rice, naan bread and a little mango chutney.



Tip

Instead of the curry powder, use korma curry paste which is readily available from supermarkets.

Lamb passanda

Serves 4

Ingredients:

1 tsp cumin seeds
4 cardamom pods
6 whole black peppercorns
2.5 cm (1 inch) cinnamon stick
2 tsp garam masala
1 tsp crushed garlic
1 tsp grated ginger
1 tsp chilli powder
1 tsp salt
4 tbsp Greek-style yogurt
1 tbsp cornflour mixed with a little water
Juice of 1 lemon
700 g (1½ lb) lamb, cubed
25 g (1 oz) butter
2 medium onions, diced
1–2 fresh green chillies, chopped
2 tbsp chopped fresh coriander
125 ml (4 fl oz) single cream
1 tbsp ground almonds

Method:

1. Using a pestle and mortar, crush the cumin seeds, cardamom pods, peppercorns and cinnamon stick. Then add the garam masala, garlic, ginger, chilli powder, salt, ground almonds, corn flour, yoghurt and lemon juice and mix to a paste.
2. Place the lamb pieces into a mixing bowl, add the paste, mix well and leave to marinate for about 2 hours.
3. Melt the butter in a solid container for 3 minutes at 100°C. Add the onions and cook at 120°C for 10 minutes or 100°C for 20 minutes.
4. Pour in the lamb mixture and stir until it is well blended with the onions. Cook for 15 minutes at 120°C or 30 minutes at 100°C. Add the green chillies and fresh coriander, and pour in the cream. Steam for 3 minutes at 120°C or 6 minutes at 100°C.
5. Serve with rice and garnish with a little freshly chopped coriander.

Chicken kebabs with a balsamic sauce

Serves 4

Ingredients:

4 chicken breasts
1 red pepper
1 green pepper

For the sauce:

3 dsp sugar
1 dsp butter
4 dsp chicken stock (instant)
4 dsp chilli sauce
2 dsp balsamic vinegar
1 dsp sesame seeds

Method:

1. Rinse the chicken under running water, and pat dry. Cut each breast into approx. 3 x 3 cm chunks
2. Wash the peppers and slice the tops off them. Remove the seeds and membranes. Chop into 3 x 3 cm chunks.
3. Spear the meat and peppers alternately onto 4 kebab skewers. Place the kebabs into an oiled perforated container, and steam for 7–10 minutes at 100°C.
4. Caramelize the sugar in a pan. Remove from the heat, and mix in the butter and chicken stock. Replace the pan on the hob, and bring to the boil. Simmer gently for 2–3 minutes, stirring all the time. Stir in the chilli sauce, balsamic vinegar and sesame seeds, and season with salt.



Tip

Balsamic vinegar has a low acidity level, which makes it ideal for use in salad dressings and sauces as well as in marinades for meat, fish and vegetables.

Made from fermented grape must, it is dark brown in colour and has a sweet and mellow aroma. The most famous balsamic vinegar comes from Modena in Italy, where it has been made for over 250 years.



Chicken breasts in a tarragon cream sauce

Serves 4

Ingredients:

150 g (5 oz) chopped carrots
150 g (5 oz) onions
150 g (5 oz) celery
4 chicken breasts
150 ml ($\frac{1}{4}$ pint) dry white wine
150 ml ($\frac{1}{4}$ pint) chicken stock
2 tbsp tarragon
150 ml ($\frac{1}{4}$ pint) double cream
Salt and freshly ground black pepper

Method:

1. Place the chicken and 1 tbsp of tarragon into a solid container on top of the chopped vegetables. Pour on the wine and chicken stock. Steam at 120°C for 6 minutes or 100°C for 12 minutes.
2. Drain the liquid into a saucepan and reduce by half on the hob, stirring all the time. Slowly add the cream and remaining tarragon, and simmer over a low heat, continuing to stir. Season to taste with salt and pepper.
3. When the sauce is ready, place the chicken in a perforated container and cook at 120°C for a further 2 minutes or 100°C for 4 minutes until it is thoroughly heated through.
4. To serve, pour the cream sauce over the chicken and arrange with a selection of vegetables.

Stuffed chicken breasts

Serves 4

Ingredients:

4 chicken breasts

For the stuffing:

4 tbsp wholemeal breadcrumbs

2 tbsp pecans, chopped

1 bunch spring onions, finely chopped

2 garlic cloves, crushed

1 red pepper, finely diced

1 tbsp lemon juice

Zest of 1 lemon

Knob of butter

For the sauce:

A knob of butter

1 tbsp plain flour

150 ml (1/4 pint) semi-skimmed milk

6 tbsp dry white wine

60 g (2 1/2 oz) Dolcelatte, crumbled

25 g (1 oz) pecan nuts, finely chopped

2 tbsp fresh watercress, chopped

4 tbsp plain natural yoghurt

Method:

1. Make a slit down the side of the chicken breast to form a pocket for the stuffing.
2. Combine the stuffing ingredients and fill the pockets. Place the chicken breasts in a perforated container (place it at the bottom of the steam oven, so that the juices do not contaminate any other foods). Cook at 95°C for 8–10 minutes.
3. Meanwhile, prepare the sauce. Melt the butter in a saucepan and stir in the flour. Gradually stir in the milk and the wine. Keep stirring until the sauce thickens. Add the remaining sauce ingredients. Season to taste.
4. When the chicken is completely cooked through, drizzle the sauce over the top and serve with steamed potatoes and a fresh watercress salad.



Tip

To vary the flavour of the dish, try a variety of blue cheeses.

Turkey escalopes Italian style

Serves 4

Ingredients:

4 turkey escalopes,
approx 150 g (5 oz) each
4 dsp Marsala
2 onions, finely chopped
2 garlic cloves, finely chopped
4 tomatoes, skinned and
chopped
Basil, to taste
Oregano, to taste
200 g (7 oz) Mozzarella cheese,
sliced
Salt and freshly ground black
pepper

Method:

1. Rinse the turkey escalopes and pat dry. Season with salt and pepper. Place in a solid container with the Marsala.
2. Spread the onions and garlic over the meat. Add the chopped tomatoes and season with salt, pepper, basil and oregano. Finally layer the Mozzarella over the escalopes.
3. Cook at 100°C for 12–18 minutes.
4. Serve with tagliatelle verde and salad.



Tip

To skin the tomatoes, place in a perforated container and steam at 100°C for 1 minute. The skins will then come away easily.

Lamb with sun-dried tomatoes and basil

Serves 4–6

Ingredients:

Olive oil
2 cloves garlic, crushed
900 g (2 lb) diced lamb
110 g (4 oz) sun-dried tomatoes
in oil, drained
1 tbsp dried parsley
25 g (1 oz) basil
275 ml (1/2 pint) vegetable stock,
using 1/2 a cube
3 tbsp flour, to thicken
Salt and freshly ground black
pepper

Method:

1. Heat the oil in a large frying pan. Gently fry 1 clove of garlic with the lamb for approximately 5 minutes, until cooked.
2. Place the sundried tomatoes with the 2nd clove of garlic, parsley, basil and vegetable stock into a blender. Blend into a coarse sauce. Transfer into the frying pan and use the flour to thicken.
3. Put the lamb into a solid container and cover with foil. Cook at 120°C for 20 minutes or at 100°C for 40 minutes. This will allow the lamb to tenderise and the flavours to infuse.



Tip

For some extra “kick” try using the Chilli and basil oil from page 181.

Lamb casserole

Serves 4

Ingredients:

500 g (1¼ lb) lamb
2 dsp sunflower oil
1 onion, chopped
500 ml (17 fl oz) vegetable stock
A sprig of rosemary
200 g (7 oz) runner beans
3 carrots
400 g (14 oz) potatoes
2 spring onions
Salt and pepper

Method:

1. Dice the lamb, and brown with the onion in the sunflower oil on the hob. Pour over the stock.
2. Transfer to a solid container. Chop the beans, carrots and potatoes, and add to the meat. Wash the rosemary and scatter over the meat and vegetables. Steam for 15 minutes at 100°C.
3. Season with salt and pepper. Finely slice the spring onions and scatter over just before serving.



Tip

Beef, pork, meatballs or sausages can be used instead of lamb.



Chilli con carne

Serves 4

Ingredients:

500 g (1¹/₄ lb) minced chicken or beef
1 onion, chopped
1 x 400 g (14 oz) can chopped plum tomatoes, drained
1 x 400 g (14 oz) can red kidney beans, drained
4 tbsp tomato purée
2 tsp chilli powder
1 x 320 g (11 oz) can baked beans
1 garlic clove, crushed
110 g (4 oz) mushrooms
1/2 red pepper, de-seeded and diced
1 tbsp Worcestershire sauce
1/2 tsp cumin seeds
2 tsp hot pepper sauce
1 chicken or beef stock cube
Large pinch of dried basil
Seasoning

Method:

1. Place all of the ingredients into a deep solid container and mix thoroughly. Cover with foil and cook for 10 minutes at 120°C or 20 minutes at 100°C. Remove and stir well, then cook for a further 20 minutes at 120°C or 40 minutes at 100°C.
2. Serve hot with long grain rice.

To cook the rice: Place the rice in a solid container and cover with plenty of boiling water. Steam for 5–6 minutes at 120°C or for 15 minutes at 100°C, and then drain well.



Tip

Vegetarian alternative

Substitute minced Quorn for the meat, and use a vegetable stock cube.

Spicy meatballs in a tomato sauce

Serves 4

Ingredients:

For the tomato sauce:

- 700 g (1½ lb) ripe plum tomatoes
- 1 medium onion
- 10 g (½ oz) butter
- 1 tbsp tomato purée
- 1 tbsp sun dried tomato purée
- 1 tsp dried oregano
- 1 tbsp clear honey
- 8-12 fresh basil leaves, torn

For the meatballs:

- 450 g (1 lb) fresh lean minced chicken, turkey or beef
- 125 g (4½ oz) fresh white breadcrumbs
- 1 tsp chilli powder or paprika
- 2 eggs, lightly beaten
- 2 tbsp chopped fresh parsley
- 2 tbsp chopped fresh basil
- Salt and freshly ground black pepper

Method:

1. To remove the skins from the tomatoes, steam them at 100°C for 1 minute. The skins will then come away easily. Then chop them coarsely.
2. Chop the onion and place it in a solid container. Dot the butter around the onion, then cover and cook at 120°C for 5 minutes or 100°C for 10 minutes, or until soft.
3. Add all the other ingredients to the onions, and cook for a further 10 minutes at 120°C or 20 minutes at 100°C. Once the sauce has cooked, liquidise it until it is smooth, then strain it through a sieve to remove the tomato pips. Season to taste.
4. Whilst the sauce is cooking, make the meatballs by combining all the meatball ingredients together. If the mixture is too moist, add some more breadcrumbs. Lightly rub a little flour over the palms of your hands, and take tablespoons of the mixture and roll them into balls. This quantity should yield approximately 10 meatballs.
5. Place the meatballs in the tomato sauce and cook at 100°C for 4 minutes. Garnish with fresh basil leaves.

Beef and celery with sun dried tomatoes

Serves 8

Ingredients:

1 tbsp vegetable oil
900 g (2 lb) lean beef steak,
cubed
2 cloves garlic, crushed
2 tbsp wholemeal flour
Salt and freshly ground black
pepper
1 tsp dried basil
(or handful of fresh)
250 ml (8 fl oz) red wine
4 tbsp tomato purée
250 ml (8 fl oz) stock
1 medium sized onion, sliced
1 red pepper, cut into strips
Head of celery, washed, trimmed
and chopped diagonally
8 sun-dried tomatoes, chopped
coarsely
1–2 tbsp redcurrant jelly

Method:

1. Measure the oil into a large pan. Brown the beef, add the garlic, and cook for a further 2–3 minutes, stirring well but taking care not to brown the garlic.
2. Add the flour and seasoning, stir well and add the basil, wine, tomato purée and finally the stock. Bring to the boil.
3. Add the onion, red pepper, sun-dried tomatoes and celery, and stir in the redcurrant jelly.
4. Pour into a deep solid container, cover with foil and cook for 1 hour at 120°C or 2 hours at 100°C.

Fillet of beef with pesto and ratatouille

Serves 4

Ingredients:

For the pesto:

2 bunches basil
50 g Parmesan, grated
1 garlic clove, crushed
80 g pine nuts
100 ml olive oil
Coarse sea salt

For the meat:

700 g beef fillet
Salt and freshly ground
black pepper
2 tbsp oil

For the ratatouille:

1 onion
1 garlic clove, crushed
1 small aubergine
1 red and 1 yellow pepper
2 small courgettes
1 small bunch of oregano
300 g passata
Salt and freshly ground black
pepper

Method:

1. To make the pesto, wash the basil and strip the leaves from the stalks. Place the basil, olive oil, Parmesan, pine nuts, garlic and a pinch of sea salt in a food processor, and whiz to a paste.
2. Using a sharp knife, cut through the middle of the meat along its length until you are about 1.5 cm away from the end. Open out the meat and flatten the uncut section with a mallet until the meat is a uniform thickness. Spread the pesto over the meat, and then roll it up, securing it with kitchen string in 3 or 4 places. Season with salt and pepper.
3. Brown the rolled meat on all sides in hot oil, then wrap in foil, and steam in a perforated container for 35 minutes at 85°C. Rest the meat for 5 minutes before carving.
4. Peel the onion, garlic and aubergine. Deseed the peppers. Cut the vegetables into bite-sized pieces. Wash the oregano and chop finely.
5. Place the vegetables, garlic, passata and oregano in a solid container, and mix well. Season with salt and pepper, and cook with the meat at 85°C for the last 25–30 minutes of the cooking time.
6. Slice the meat, and serve with the vegetables. Garnish with fresh basil leaves if you wish.



Tip

Small potatoes roasted in their skins go beautifully with beef. Ratte potatoes, which have a firm texture and nutty flavour, are especially good for this.

Steak and kidney pudding

Serves 4–6

Ingredients:

450 g (1 lb) braising steak, cubed
4 lambs' kidneys, chopped
1 onion, finely chopped
275 ml (1/2 pint) oatmeal stout
75 g (3 oz) potato, cubed
1 bay leaf
1 bouquet garni
1 garlic clove, crushed
Salt and pepper, freshly ground
1 dsp tomato purée
75 g (3 oz) button mushrooms,
sliced
25 g (1 oz) butter
25 g (1 oz) plain flour

Suet pastry:

225 g (8 oz) self-raising flour,
sifted
110 g (4 oz) shredded suet
150 ml (1/4 pint) cold water

Method:

1. To make the filling, place the steak, kidneys, onion, oatmeal stout, potato, bay leaf, bouquet garni, garlic, salt and pepper into a deep solid container. Steam for 45 minutes at 110°C or 70 minutes at 100°C.
2. When the meat is cooked, transfer the liquid into a saucepan and bring to the boil. Beat the flour and butter into the liquid until a smooth paste is formed. Stir briskly until the sauce has thickened, then add the tomato purée and mushrooms. Before returning the sauce to the meat, coat the meat with the butter and flour.
3. To make the suet pastry, mix the flour, suet and enough water to form a soft dough. Knead lightly and roll out onto a floured surface (do not roll too thinly, or the pudding will collapse). Use to line a lightly greased 1 1/2 pint pudding basin. Using a sharp knife, trim the excess pastry from the top of the basin. Fill with the meat mixture and use the remaining pastry to make a lid for the pudding, sealing the edges with cold water.
4. Cover the pudding with foil and cook at 100°C for 10 minutes and then at 120°C for 40 minutes or at 100°C for 80 minutes.

Cured spare ribs on a bed of creamed cabbage

Serves 4–6

Ingredients:

For the ribs:

- 1 onion
- 100 g smoked bacon
- 1 apple
- 1 tbsp oil
- 800 g sauerkraut
- 1 bay leaf
- 150 ml single cream
- 150 ml double cream
- 1 tbsp honey
- 1 tsp ground pepper
- 3.2 kg cured spare ribs (from a good butcher)

For the breadcrumb garnish:

- 1/2 a bunch of marjoram
- 100 g butter
- Zest of 1 unwaxed lemon
- 4–5 tbsp breadcrumbs

Method:

1. Peel and finely dice the onion. Finely dice the bacon. Peel, core and grate the apples.
2. Sauté the bacon in oil in a pan. Add the onions, and continue to fry. Stir in the sauerkraut, bay leaf, single and double cream, and the grated apple, and spread the mixture into 2 solid containers.
3. Mix the honey with some water and the pepper. Separate the ribs, and coat each one with some of the honey mixture. Arrange the ribs on top of the cabbage, and cook for 20–25 minutes at 100°C.
4. Wash the marjoram, strip the leaves from the stalks and chop. Melt the butter in a pan until it foams, and sauté the lemon zest, breadcrumbs and marjoram until light brown.
5. Place some cabbage on each serving plate, and arrange the ribs on top. Scatter the marjoram breadcrumbs over. Serve with boiled potatoes if you wish.



Tip

Sauerkraut is made from very finely sliced white cabbage which is fermented in salt. This produces lactic acid, which make the cabbage very easy to digest. Sauerkraut is low in calories and high in fibre.

Beef casserole with horseradish sauce

Serves 4

Ingredients:

200 g (7 oz) carrots
200 g (7 oz) celery hearts
50 g (2 oz) diced parsnips
800 g (1 ¾ lb) beef
Salt, pepper and peppercorns
2 bay leaves
250 g (9 oz) new potatoes
250 g (9 oz) bunch of carrots
250 g (9 oz) kohlrabi or turnip
1 stock cube
6 dsp of the cooking liquid

For the sauce:

2 cooking apples
275 ml (½ pt) sour cream
1 bunch chives, finely chopped
1 dsp horseradish, freshly grated

Method:

1. Dice the carrots, celery and parsnips, and place with the beef, salt, peppercorns and bay leaves in a solid container. Steam for 60 minutes at 100°C.
2. Meanwhile, scrub the new potatoes, peel the carrots and kohlrabi/turnip, and chop into bite-sized pieces.
3. Spoon 6 dsp of the liquid from the meat container into a second solid container. Add the vegetables and stock cube, and steam alongside the meat for a further 15 minutes at 100°C.
4. Peel the apples and grate coarsely. Mix into the sour cream. Add the chives and grated horseradish to the cream, and season with salt and pepper to taste.
5. Carve the meat thinly across the grain, and serve with the vegetables.





Fillet of pork in a barbecue sauce with pear ragout

Serves 4

Ingredients:

For the meat:

- 1 white onion, diced
- 1 garlic clove, crushed
- 4 tbsp oil
- 50 ml orange juice
- 350 g ketchup
- 150 g syrup
- 1 stick of cinnamon
- 2 star anise
- 1 tsp mustard powder
- 1 tsp Tabasco sauce
- 20 ml Worcestershire sauce
- 1/2 tsp cayenne pepper
- 1.2 kg pork fillet
- Salt and freshly ground black pepper

For the ragout:

- 300 g green beans
- 4 pears
- 1 tsp sugar
- 1 tbsp butter
- 1 tsp crushed black pepper

Method:

1. Sauté the onion and garlic in 2 tbsp oil, and stir in the orange juice, ketchup and syrup. Add the cinnamon, star anise, mustard powder, Tabasco, Worcestershire sauce and cayenne pepper, and bring slowly to the boil. Remove from the heat, and let the sauce steep for 30 minutes before removing the star anise and the cinnamon stick. Purée the sauce and set to one side.
2. Cut the pork into 4 equal pieces. Season with salt and pepper, and fry in the oil on both sides to seal. Transfer to a solid container, and pour over the barbecue sauce. Cook for 18–20 minutes at 90°C.
3. For the ragout, trim, wash and chop the beans into 4 cm lengths. Cook in a perforated container along with the meat for 5 minutes at 90°C. Remove the beans from the steam oven, and briefly plunge into ice-cold water.
4. Wash and core the pears, and cut into eighths. Melt the sugar in a pan, add the butter and pepper, and sauté the pears and beans for 4 minutes.
5. Place some pear ragout on each serving plate. Cut the meat in half diagonally, and arrange on top of the ragout. Pour some of the sauce over the top.



Tip

Roasted new potatoes with rosemary go very well with this dish. Wash the potatoes and cut in half. Roast in olive oil with sea salt, pepper and some crushed garlic in the oven for 30 minutes at 200°C. Scatter with some rosemary.

Glazed gammon

Serves 4

Ingredients:

1500 g (3 lb) gammon joint
2 tbsp pineapple juice
2 tbsp honey
1 tsp fresh ginger, grated

Method:

1. Steam the gammon for 80 minutes at 100°C.
2. Mix the pineapple juice, honey and ginger together, pour over the meat, and place in the oven. Cook for 20 minutes at 180°C using Fan Plus, basting occasionally.

Goulash with bohemian dumplings

Serves 4

Ingredients:

For the dumplings:

2 white rolls
1/4 litre milk
20 g fresh yeast
Sugar
Salt
1 egg
500 g flour

For the goulash:

600 g shoulder of beef off
the bone
Salt and freshly ground
black pepper
300 g onions
200 g small cocktail onions
6 tbsp oil
2 tbsp Spanish paprika
1 tsp hot paprika
1 tsp whole caraway seeds
2 tbsp tomato purée
300 ml red wine
200 ml vegetable stock
1 bunch marjoram
200 g crème fraîche
1 tsp ground caraway



Tip



For a thicker goulash, mix some flour into some crème fraîche, and stir carefully into the goulash. Cook the goulash for a further 10 minutes to cook the flour.

Method:

1. To make the dumplings, dice the bread rolls. Warm the milk, and soak the bread in it. Stir the yeast, a pinch of sugar, 1 tsp salt and the egg into the warm milk. Sieve the flour into a large bowl, pour in the milk mixture, and knead to a smooth dough. Halve the dough, and form 2 loaves. Cover with a tea-towel, and leave in a warm place for 40 minutes to rise.
2. Cut the beef into 2.5 cm pieces, and season with salt and pepper. Peel and finely dice the onions. Peel the cocktail onions, and leave whole. Brown the meat in 2 lots in 4 tbsp hot oil. Then sauté both types of onion in the remaining oil until light brown. Add the meat, paprika, caraway and tomato purée, and stir in the wine and vegetable stock.
3. Wash the marjoram, and add half of it to the meat. Transfer the meat to a solid container, cover with foil or heat-resistant cling film, and cook for 1 hour 20 minutes at 100°C.
4. 16 minutes before the end of the cooking time, place the dumplings in a perforated container lined with greased baking paper in the steam oven and steam with the meat. When cooked, slice with kitchen string. Season the crème fraîche with ground caraway and salt. Strip the rest of the marjoram leaves from the stalks.
5. Serve the goulash and sliced dumplings garnished with a spoonful of caraway crème fraîche and scatter with some fresh marjoram leaves.

Breast of corn-fed chicken with apples and ginger butter

Serves 4

Ingredients:

2 sharp apples
(e.g. Granny Smiths)
Small bunch thyme
20 ml white wine vinegar
2 tbsp honey
3–4 spring onions
4 corn-fed chicken breasts (each
approx. 150 g, skinned)
Salt and freshly ground
black pepper
2 tbsp oil
50 g preserved ginger
1 tsp pink pepper
3 tbsp soft butter
A bunch of Thai basil

Method:

1. Peel, core and slice the apples. Wash the thyme, and strip the leaves off the stalks. Bring the vinegar, honey, thyme and 80 ml of water to the boil, and set to one side to allow the flavours to intensify. Wash and trim the spring onions into 4–5 cm long pieces. Place the sliced apple, spring onions and liquid in a solid container; sweeten with a little sugar if liked.
2. Wash the chicken breasts, pat dry and season with salt and pepper. Fry in a little oil to seal, then wrap in foil, and cook in a solid container for 9 minutes at 90°C. Steam the vegetables underneath the chicken for 7 minutes at 90°C.
3. Drain the ginger and chop finely. Crush the pink pepper. Mix the ginger into the butter, and season with a little salt and the pink pepper. Wash the basil, and strip the leaves off the stalks.
4. Cut open the chicken breasts. Arrange the vegetables on the serving plates, and place a chicken breast on top of each. Dot with some butter and garnish with basil leaves.



Tip

Pink pepper is not a member of the pepper family, but comes from a South American tree. It has a mild, sweet, delicate flavour.

Moroccan chicken hotpot

Serves 4

Ingredients:

- 1 onion, roughly chopped
- 2 garlic cloves, crushed
- 2.5 cm (1 inch) fresh ginger, grated
- 25 g (1 oz) butter
- 2 tbsp harissa spice paste
- 25 g (1 oz) plain flour
- 750 ml (1¹/₄ pint) vegetable stock
- 4 salad tomatoes, skinned
- 1 x 410 g (14 oz) can of chickpeas
- 1 kg (2¹/₄ lb) butternut squash, deseeded & cut into chunks
- 500 g (1¹/₄ lb) chicken breasts, chopped
- 250 g (9 oz) spinach
- Juice of 1 lime

Method:

1. Melt the butter in a frying pan on the hob, and fry the onion, garlic and ginger for 5 minutes, until the onions are translucent. Add the chicken pieces and fry for a further 5–7 minutes. Transfer to a solid dish.
2. Blend together the harissa paste, flour and stock, and pour over the onion and chicken mixture.
3. Add the squash and cover with foil. Steam at 100°C for 20–25 minutes, until the squash is tender. Meanwhile, skin and roughly chop the tomatoes.
4. Add the chick peas, tomatoes, spinach and lime juice, and cook for a further 1–2 minutes to wilt the spinach.
5. Serve with crusty bread or couscous.



Tip

To skin the tomatoes, place in a perforated container and steam at 100°C for 1 minute. The skins will then come away easily.



Desserts



SWEET TEMPTATIONS

What would a meal be without a sumptuous finale? Regardless of whether a healthy fruit dessert is offered, or one with an alcoholic zing or something that is creamy and sweet, the dessert is a treat that can be full of surprises. The more creatively it is assembled and decorated, the more enthusiastically will its arrival be greeted. Allow yourself a little time to add those finishing touches to impress your guests.

Caribbean nimbus

Serves 8

Ingredients:

6 egg whites
Pinch of salt
2 tsp lime juice
250 g (9 oz) caster sugar
250 g (9 oz) prepared tropical fruit e.g. pineapple, star fruit, lychees, mango etc
8 sprigs of mint to garnish

Caramel sauce:

200 g (7 oz) sugar
100 ml (3½ fl oz) water
3½ tbsp lime juice
50 g (2 oz) fresh coconut, grated
100 ml (3½ fl oz) coconut cream
3-6 tbsp dark rum

Method:

1. Whisk the egg whites with a pinch of salt to a light meringue (the mixture should stand in soft peaks). Whisk in the lime juice, then slowly add the sugar a little at a time and continue whisking until the meringue is firm and shiny.
2. Lightly butter eight x 150 g (6 oz) ramekins or dariole moulds. Fill to two-thirds with meringue, cover tightly with cling film and steam at 100°C for 10–15 minutes. The meringue must be cooked immediately after mixing.
3. Whilst the meringue is cooking, bring the sugar and water to the boil in a heavy-based pan. Cook to a light caramel, remove from the heat and carefully add the lime juice to cool the syrup. Stir in the coconut, coconut cream and rum.
4. To serve hot, remove the meringues from the steam oven, discard the clingfilm and turn out onto plates. Decorate with the fresh tropical fruit and pour on a little sauce. Garnish with a sprig of mint.



Tip

Baby bananas, carambola or star fruit, mango, cape gooseberries and lychees can all be used to decorate.



Chocolate and cherry steam puddings

Serves 6

Ingredients:

50 g (2 oz) good quality plain chocolate, broken into pieces
1 tsp instant coffee powder mixed with 1 tsp hot water
1 tbsp milk
125 g (4½ oz) butter
125 g (4½ oz) caster sugar
2 eggs
1 tbsp cocoa powder
125 g (4½ oz) self-raising flour
Pinch of salt
50–100 g (2–3½ oz) cherries, quartered, stoned and marinated in crème de cassis

Method:

1. Butter 6 ramekin dishes and dust with a sprinkling of sugar.
2. Place the chocolate, coffee and milk in a solid container and cover with foil. Heat for 1 minute at 100°C. Remove the foil and stir until all the chocolate has melted.
3. In a separate bowl, cream the butter and sugar together until pale and fluffy. Beat in the eggs, one at a time. Sieve the cocoa powder, the flour and the salt, then gently fold in along with the melted chocolate sauce.
4. Place a tablespoonful of marinated cherries into the bottom of each ramekin and top with the chocolate mixture. Cover the ramekins with cling film, pierce the film with a fork or cocktail stick, then stand the puddings in a perforated steam oven tray.
5. Steam at 110°C for 30 minutes or 100°C for 40 minutes.
6. Turn out onto a serving dish and serve warm with cream or crème fraîche.



Tip

For decoration, melt together 150 g dark chocolate and 50 g white chocolate. Spoon a pool of this onto each individual serving plate, and turn out the steamed pudding on top. Garnish with cape gooseberries.

Steamed lemon pudding with a citrus sauce

Serves 4

Ingredients:

110 g (4 oz) self-raising flour
110 g (4 oz) caster sugar
110 g (4 oz) butter and a little
extra for greasing
2 eggs
Zest of 2 lemons

Citrus sauce:

Juice of 1 lemon
Juice of 1/2 orange
3 tbsp caster sugar
2 tsp cornflour

Method:

1. Place the pudding ingredients into a food processor and blend to a smooth consistency. Pour the mixture into 4 greased, ramekin dishes, leaving adequate space for them to rise. Cover with a piece of pleated foil, and steam at 100°C for 25 minutes.
2. Meanwhile prepare the citrus sauce. Mix together the lemon juice, orange juice and caster sugar in a solid container, and steam at 100°C for 5 minutes. Mix the cornflour with a little water and whisk into the lemon mixture.
3. Turn the puddings out onto a serving dish and drizzle the citrus sauce over the top.

Steamed chocolate brownie

Makes 6 puddings

Ingredients:

110 g (4 oz) dark chocolate, 70%
cocoa solids
5 eggs, separated
75 g (3 oz) butter
75 g (3 oz) vanilla sugar
75 g (3 oz) plain flour
75 g (3 oz) walnuts, finely
chopped
75 g (3 oz) breadcrumbs
Butter, for greasing
Icing sugar

Method:

1. Put the chocolate into a solid container. Cover with foil and steam for 1 minute at 100°C.
2. Meanwhile, cream the butter and vanilla sugar till pale and creamy. Add the egg yolks and beat again. Fold in the walnuts, flour, breadcrumbs and melted chocolate.
3. Beat the egg whites into stiff peaks, and fold into the mixture.
4. Grease 6 ramekin dishes and dust with a layer of icing sugar. Divide the mixture equally between the dishes, cover with a piece of pleated foil and place into the steam oven. Steam for 20–25 minutes at 100°C.
5. For the decoration, melt 150 g (5 oz) dark chocolate with 50 g (2 oz) white chocolate. Place the chocolate in a solid container, cover and steam for 1 minute at 100°C. Pour a little onto each serving plate, and place the puddings on top. Decorate with seasonal fresh berries.



Tip



To make your own **vanilla sugar** split a vanilla pod lengthwise and then cut each half into quarters. Place in a sealed jar with 500 g / 1 lb of caster sugar and leave for 3–4 days before using to allow the flavours to blend. The pulp can be scraped out of the pods for an even more intensive flavour.



Luxury spotted dick

Serves 6

Ingredients:

225 g (8 oz) fresh white
breadcrumbs
75 g (3 oz) self-raising flour
Pinch of salt
75 g (3 oz) shredded suet
50 g (2 oz) caster sugar
150 g (5 oz) mixed fruit
Finely grated rind of $\frac{1}{2}$ a lemon
5–6 tbsp milk
Butter for greasing
Caster sugar to dust the
ramekins
Lemon slices for decorating

Method:

1. Butter 6 ramekin dishes, and dust with a sprinkling of sugar.
2. Place the dry ingredients into a bowl and mix well. Add enough milk to bind together, folding in with a metal spoon to form a stiff consistency.
3. Divide the mixture between the ramekin dishes. Cover with pleated foil, then place the puddings on the solid shelf.
4. Steam at 100°C for 25–30 minutes or until a skewer inserted into the centre of the sponge comes out clean.
5. Turn out onto a serving dish and decorate with lemon slices. Serve immediately with warm custard.



Tip

Use 50 g of vanilla sugar as shown on page 162 instead of the caster sugar if wished.

Sticky banoffee puddings

Serves 4

Ingredients:

Sponge:

2 eggs, beaten
110 g (4 oz) self-raising flour
110 g (4 oz) butter
110 g (4 oz) caster sugar
1 small banana, mashed

Caramel sauce:

75 g (3 oz) light brown sugar
3 tbsp single cream
50 g (2 oz) butter
25 g (1 oz) sultanas

Method:

1. To make the caramel sauce, place the brown sugar, cream and butter into a heatproof bowl. Cover with cling film and place on the solid shelf in the steam oven. Pierce the clingfilm and cook for 5 minutes at 100°C, stirring after the first minute. Remove from the steam oven, stir thoroughly then leave to cool and thicken.
2. Next make the sponge by mixing the butter and sugar together in a large bowl until light and fluffy. Beat in the eggs, then gradually fold in the flour. Fold in the banana.
3. Stir the sultanas into the cooled caramel and divide between 4 lightly greased individual ramekin dishes. Carefully spoon the sponge mixture onto the caramel and level the surface using a large metal spoon.
4. Cover the ramekins with foil then stand the puddings in a perforated container. Cook at 100°C for 25 minutes.
5. Allow to cool for 5 minutes before turning out onto a serving plate.

Classic crème brûlée

Serves 6

Ingredients:

570 ml (1 pint) double cream
6 egg yolks
125 g (4½ oz) caster sugar
A few drops of vanilla essence
Golden caster sugar

Method:

1. Pour the double cream and a few drops of vanilla essence into a saucepan. Gently bring the cream to a simmer, stirring constantly. Remove from the heat.
2. Meanwhile, in a separate bowl whisk the eggs and sugar together until the mixture becomes slightly pale in colour.
3. Gradually add the egg mixture to the cream, whisking continuously to avoid any lumps forming and pour into six lightly greased ramekin dishes.
4. Place the ramekins on a wire rack shelf position 5. Bake in the oven for 30 minutes at 90°C until set. Allow to cool, and then refrigerate.
5. Sprinkle the top with a thin layer of golden caster sugar. Use a blow torch or pre-heat the grill to 200°C, and grill for 2–4 minutes until the top is caramelised. Serve immediately.



Tip

Alternatives

Layer the bottom of the ramekins with fresh raspberries and bake as before.

Add 4 tbsp of Miele espresso (2 tsp coffee powder) to the cream and bake as before.



Syrup sponge pudding

Serves 4–6

Ingredients:

110 g (4 oz) margarine or butter
110 g (4 oz) caster sugar
2 eggs
110 g (4 oz) self-raising flour
 $\frac{1}{2}$ tsp baking powder
2 tbsp golden syrup

Method:

1. Grease a 1 litre (1½ pint) pudding basin.
2. Cream the margarine or butter with the sugar until pale and fluffy. Beat in the eggs, one at a time. Sift the flour and baking powder together and gently fold into the mixture. (Alternatively place all the ingredients in a food processor and blend until smooth).
3. Place the syrup in the base of the pudding basin and spoon the sponge mixture on top, levelling the surface.
4. Cover the pudding basin with pleated foil and cook at 100°C for 45–50 minutes or until a skewer inserted into the centre of the sponge comes out clean.
5. Turn out onto a serving dish and serve with fresh custard sauce.



Tip

Add a few candied cherries, raisins or mixed fruit for a different flavour.

Golden syrup dumplings

Serves 4

Ingredients:

190 g (6½ oz) self-raising flour
25 g (1 oz) butter
75 ml (3 fl oz) golden syrup
75 ml (3 fl oz) semi-skimmed
milk

Sauce:

25 g (1 oz) butter
150 g (5 oz) brown sugar
125 ml (4 fl oz) golden syrup
275 ml (½ pint) water

Method:

1. Prepare the sauce by placing all of the ingredients into a solid container. Cover with foil and steam for 2 minutes at 100°C.
2. Meanwhile, sift the flour into a bowl and then rub in the butter. Stir in the golden syrup and milk.
3. Remove the sauce from the steam oven. Using a teaspoon, form the dumplings and drop into the sauce.
4. Re-cover the container and steam for 25 minutes at 100°C until the dumplings are puffed and golden.

Luxury rice pudding

Serves 4–6

Ingredients:

175 g (6 oz) pudding rice
110 g (4 oz) caster sugar
570 ml (1 pint) milk
450 ml ($\frac{3}{4}$ pint) single cream
 $\frac{1}{2}$ tsp vanilla extract (optional)
Grated nutmeg and sugar to serve

Method:

1. Sprinkle the rice and sugar into a solid container. Add the milk and cream and stir well. Cover with pleated foil and cook at 100°C for 1 hour 45 minutes, stirring at 20 minute intervals. For a thinner consistency, stir in a little more cream at this stage.
2. Before serving, sprinkle with sugar and nutmeg. Place under a hot grill for a few minutes until the surface is golden brown.
3. Serve with a spoonful of red fruit compote (see recipe on p. 172).



Tip

As an alternative, cook the rice pudding in individual greased ramekins and allow to cool. When cold turn out onto a serving plate.

Baked apples

Serves 4

Ingredients:

- 4 medium cooking apples
- 1 dsp raisins
- 2 tsps Amaretto liqueur
- 110 g (4 oz) marzipan
- 1 dsp chopped almonds
- Pinch cinnamon

Method:

1. Wash and core the apples. Soak the raisins in the Amaretto liqueur.
2. Combine the marzipan, almonds and cinnamon together with the soaked raisins. Fill the cored apples with the mixture. Do not be tempted to over-fill the apples. Score around the middle of each apple.
3. Place in a solid container. Steam at 100°C for 8–12 minutes



Tip



Apples are Europe's most popular fruit, and rank 3rd in the popularity charts worldwide – after citrus fruit and bananas. Apples are low in calories with only 50 kcal per 100 g, and contain plenty of fibre, pectin and vitamin C. "An apple a day keeps the doctor away!"

Red fruit compote

Serves 4

Ingredients:

450 g (1 lb) mixed red berries
(e.g. redcurrants, blackcurrants,
raspberries, strawberries,
blackberries, cherries)
Juice of $\frac{1}{2}$ lemon
3–4 tbsp crème de cassis
50 g (2 oz) caster sugar
1 cinnamon stick
4 cloves
A little arrowroot to thicken

Method:

1. Wash and prepare the fruit. Place in a solid container and stir in the lemon juice, crème de cassis, sugar and spices. Cover with foil and cook for 12–15 minutes at 100°C. Remove the cinnamon stick and cloves.
2. Thicken with arrowroot if required.
3. Serve hot or cold, with ice cream or as an accompaniment to meringues, steamed sponge pudding or luxury rice pudding (see recipe on p. 170).



Tip

As an alternative, a green fruit compote can be made using fruits such as gooseberries, kiwi and greengages. Use apple brandy sweetened with extra caster sugar instead of the crème de cassis.



Kiwi fruit water ice

Serves 4

Ingredients:

8 medium kiwi fruit, peeled and
roughly chopped
225 g (8 oz) caster sugar
570 ml (1 pint) water
275 ml (1/2 pint) dry white wine

Method:

1. Place the kiwi fruit into a food processor and blend until smooth. Push through a sieve to remove the seeds.
2. Place the sugar and 275 ml (1/2 pint) of the water into a solid container. Cover with foil, and steam at 100°C for 10 minutes. Stir in the remaining water, wine and kiwi fruit and steam for a further 5 minutes.
3. Leave the mixture covered with foil, and allow to cool. Place in the freezer, and leave until the mixture begins to freeze around the edges. Remove from the freezer, mix with a fork and refreeze.



Tip

Serve as a refresher between courses,
or alternatively as a dessert.

Christmas pudding

Serves 8

Ingredients:

175 g (6 oz) plain flour
1 tsp mixed spice
1/2 tsp cinnamon
1/2 tsp ground nutmeg
110 g (4 oz) breadcrumbs
110 g (4 oz) vegetable suet
110 (4 oz) demerara sugar
25 g (1 oz) flaked almonds
175 g (6 oz) sultanas
175 g (6 oz) raisins
175 g (6 oz) currants
50 g (2 oz) glacé cherries
1 apple, grated
Grated rind of 1 lemon
Grated rind of 1 orange
2 tbsp brandy
2 eggs, beaten
1 tsp treacle
125 ml (4 fl oz) cider

Method:

1. Sift the flour and spices into a large bowl. Stir in the breadcrumbs, suet, sugar and nuts. Add the fruit.
2. Make a well in the centre and pour in the brandy, beaten eggs and treacle. Combine thoroughly.
3. Gradually add the cider, mixing until a smooth dropping consistency is obtained. Cover the bowl and leave to stand overnight.
4. The following day, lightly butter a 1.2 litre (2 pint) pudding basin and fill with the mixture, packing it down firmly. Cover the basin with pleated foil, and cook for 4 hours at 120°C or for 6–8 hours at 100°C. (As there is a maximum cooking time that can be set on each appliance, you will have to reset the time once more during the cooking process).

To heat on Christmas Day, steam for 20–30 minutes at 100°C.

Other
suggestions

SOME SURPRISES IN STORE!



The Miele steam ovens are not only perfect for preparing whole menus, but are ideal for performing tasks that perhaps don't spring immediately to mind – such as steeping oil in different flavours, or for cooking your own puréed baby foods which can then be frozen in small batches until needed.

Baby's carrot purée

Ingredients:

3 carrots, medium

Method:

1. Peel and chop the carrots into 1 cm ($\frac{1}{2}$ inch) cubes, and place them in a solid container. Cover with foil and steam for 8–10 minutes at 100°C.
2. Mash with a fork or blend until smooth.
3. Serve immediately, or freeze into ice cube containers.

Rainbow mash

Ingredients:

1 sweet potato
1 baking potato
1 carrot

Method:

1. Peel and chop the vegetables into 1 cm ($\frac{1}{2}$ inch) cubes, and place them in a solid container. Cover with foil and steam for 8–10 minutes at 100°C.
2. Mash with a fork or blend until smooth.
3. Serve immediately, or freeze into ice cube containers.

Sweet potato purée

Ingredients:

2 sweet potatoes, medium

Method:

1. Peel and scrub the sweet potatoes. Dice into 5 cm (2 inch) cubes. Place into a solid container. Cover with foil and steam at 100°C for 6–8 minutes.
2. Mash with a fork or blend until smooth.
3. Serve immediately, or freeze into ice cube containers.

Puréed pears

Ingredients:

3 ripe pears, medium

Method:

1. Peel and slice the pears thinly. Place into a solid container and cover with foil.
2. Steam at 100°C for 4–6 minutes. Mash with a fork or purée until smooth.
3. Serve immediately, or freeze into ice cube containers.

Baby's apple delight

Ingredients:

6 medium dessert apples
1–2 tbsp water

Method:

1. Peel and slice the apples. Place into a solid container and add the water. Cover with foil and steam at 100°C for 4–6 minutes.
2. Mash with a fork or blend until smooth.
3. Serve immediately, or freeze into ice cube containers.



Ginger and mint lemonade

Ingredients:

570 ml (1 pint) water
275 g (10 oz) caster sugar
10 cm (4 inch) piece root ginger
Bunch of mint, finely chopped
200 ml (7 fl oz) lemon juice
1 litre (1³/₄ pint) sparkling white wine

Method:

1. Place the water, sugar, ginger and mint into a solid steam oven container. Cover with foil and steam at 100°C for 15–20 minutes.
2. Place in the fridge until chilled. Strain through a sieve and add the lemon juice and wine.
3. Serve garnished with a sprig of mint.

Cherry wine punch

Ingredients:

110 g (4 oz) caster sugar
150 ml (1/4 pint) water
250 g (9 oz) black cherries,
pitted
2 tbsp lemon juice
275 ml (1/2 pint) white wine
275 ml (1/2 pint) red wine
1 apple, peeled and sliced
1 orange, sliced
570 ml (1 pint) soda water

Method:

1. Place the sugar, water and cherries into a solid container. Steam at 100°C for 2 minutes, or until the sugar has dissolved.
2. Stir well and add the lemon juice. Place the punch into the food processor or blender and whiz until smooth.
3. Finally add the wine and place in the refrigerator to chill.
4. Just before serving, add the fruit and soda water.
5. Add a splash of cherry brandy for extra flavour.



Tip

Mulled wine and hot punches can be steamed for 5 minutes at 100°C. This is the perfect way to bring out all the fragrant flavours and aromas.

Chilli and basil oil

Ingredients:

450 ml ($\frac{3}{4}$ pint) olive oil
1 bunch fresh basil leaves
3 birds-eye chillies, chopped
Salt and pepper, freshly ground

Method:

1. Place 275 ml ($\frac{1}{2}$ pint) of the olive oil into a solid steam oven container. Cover with foil and steam for 5 minutes at 100°C. Add the basil and the chillies, and return to the steam oven for a further 2 minutes.
2. Add the remaining oil and allow to cool completely. Pass through a fine sieve and, using a funnel, pour into a sterilised bottle.



Tip

The oil can be stored for up to six months. This basic method can be adapted for different flavoured oils.

Skinning tomatoes, peaches and peppers

Tomatoes and peaches

1. Place in a perforated container and steam for 1 minute at 100°C. Allow to cool, then simply peel off the skin.

Peppers

1. De-seed and quarter the peppers.
2. Place in a perforated container and steam for 4–6 minutes at 100°C.
3. Place in a sealed plastic bag for a few minutes to sweat. The skins can then be removed.

NB: Because yellow peppers have a finer skin, they may take a little longer.



Eggs

Boiled

1. Pierce the rounded end of the egg with a pin, and place in a perforated container.
2. Steam for 5–7 minutes for a soft-boiled egg or 8–10 minutes for a hard-boiled egg.

Poached

3. Fill a shallow steam oven container with boiling water, and carefully crack the eggs directly into the water. Adding a few drops of vinegar to the water helps to stabilise the eggs.
4. Steam for 2–3 minutes at 100°C.
5. For a more uniform result, drop the egg into a greased mould.

Scrambled

1. Place the scrambled egg mixture into a greased steam oven container, and cover with foil.
2. For an 8 egg mixture, steam at 100°C for 12 minutes. The eggs should be fluffed up with a fork at least twice during the cooking process. Remember to press Start after opening the steam oven door.



Chocolate sauce

Method:

1. Break 100 g of white or dark chocolate into a heat-resistant bowl, e.g. a Pyrex bowl, and add 125 ml of double cream.
2. Cover and steam for 4-6 minutes at 90°C.
3. Leave to cool, stirring it from time to time.
4. Serve with puddings, fruit and ice cream.

Melting chocolate

Method:

1. Break the chocolate into a heat-resistant bowl, e.g. a Pyrex bowl.
2. Cover with heat-resistant clingfilm or foil.
3. Steam for 1 minute at 100°C.



Steamed face cloths

Face cloths for Indian meals can be steamed in the oven.

1. Place laundered damp face flannels in a perforated container and steam at 100°C for 2–3 minutes.
2. Allow to cool before offering them to your guests. For safety, use serving tongs.

Sterilising

Baby bottles

1. Dismantle and wash the bottles by hand, and then rinse them out with fresh water.
2. Stand them upside down in a perforated steam oven container, and place the teats and lids in another perforated container.
3. Steam for at least 15 minutes at 100°C.
4. After steaming, leave to dry thoroughly before reassembling them.

Muslins

1. For babies with severe skin allergies, the steam oven can be used to ensure that all traces of bacteria are removed from face cloths and muslins.
2. After laundering place the clean damp muslins in a perforated container and steam for 15 minutes at 100°C.

Jam jars

1. Place lids and jars upside down in a perforated steam oven container.
2. Steam for 15 minutes at 100°C.

Other items

Items such as tweezers, scissors and toothbrushes can be sterilised in a similar manner.

Cooking charts

Vegetables

Vegetables	Temperature in °C	Time in minutes (al dente)	Time in minutes (well done)	Container
Asparagus	100	3-5	6-8	Perforated
Beans (French)	100	3	4-5	Perforated
Beans (runner, sliced)	100	2-3	4-5	Perforated
Beetroot (whole)	100 / 120	-	20-30 / 10-15	Solid
Broad beans	100	-	5-7	Perforated
Broccoli	100	4	5-7	Perforated
Brussels sprouts	100 / 120	4-6 / 2-3	8-10 / 4-5	Perforated
Cabbage (shredded)	100	4-6	8-10	Perforated
Carrots (stick)	100	1-2	3-4	Perforated
Baby carrots (whole)	100	3-5	6-9	Perforated
Cauliflower (florets)	100	2-3	5-7	Perforated
Courgettes (sliced)	100	2	3	Perforated
Fennel (quartered)	100 / 120	6-8 / 3-4	10-14 / 5-7	Perforated
Leeks (whole)	100	-	3-5	Perforated
Leeks (sliced)	100	-	2-3	Perforated
Mangetout	100	2	4	Perforated
Mushrooms (whole)	100	-	3-4	Perforated
Onions (sliced to soften)	100	-	5-6	Perforated
Parsnips (halved)	100 / 120	2-4 / 1-2	6-8 / 3-4	Perforated
Baby Parsnips (whole)	100 / 120	4 / 2	6-8 / 3-4	Perforated
Peas (fresh)	100	2	4	Perforated
Peas (frozen)	100	2	3-4	Perforated
Peppers (strips)	100	2-3	4-5	Perforated
Potatoes (halved)	100 / 120	5-6	14-20 / 7-10	Perforated
Potatoes (quartered)	100 / 120	3-4	10-12 / 5-6	Perforated
Potatoes, new (baby whole)	100 / 120	-	14-18 / 7-9	Perforated
Spinach (fresh)	100	-	3-4	Perforated
Spinach (frozen)	100	-	2	Perforated
Swede (diced)	100 / 120	1	4-6 / 2-3	Perforated
Sweetcorn (kernels, frozen)	100	2	3-4	Perforated
Sweetcorn (whole cob)	100 / 120	8-10	20-24 / 10-12	Perforated
Sweetcorn (baby, whole)	100 / 120	2	6-8 / 3-4	Perforated
Sweet potato	100 / 120	1	4-6 / 2-3	Perforated
Sugar snap peas	100	2-3	4-5	Perforated
Tomatoes (to skin)	100	1	-	Perforated
Tomatoes	100	-	2	Perforated

Fruit

Type of fruit	Temperature in °C	Time in minutes (al dente)	Time in minutes (well done)	Container
Cooking apples (sliced)	100	-	1–2	Solid
Apples (sauce)	100	-	4–6	Solid
Blackberries	85	-	1–2	Solid
Blackcurrants / redcurrants	75	-	1	Solid
Blueberries	75	-	1–2	Solid
Gooseberries	75	3	4–5	Solid
Papaya (halved)	100	3	-	Solid
Peaches (halved)	100	-	4–6	Perforated or solid
Pears (halved)	100	2	4–5	Perforated or solid
Pineapple rings	90	2	4	Perforated or solid
Plums (halved)	100	2	4	Solid
Rhubarb (sliced)	100	2	4	Solid

Juicing

All fruits are suitable for extracting juice, e.g. for drinks or to make jelly. The steam softens the cell walls of the fruit, causing them to burst, releasing the juice.

Place the fruit in a perforated container above a solid container to collect the juice.

Food	Time in minutes at 120°C	Time in minutes at 100°C
Soft fruit, e.g. berries	20–35	40– 75
Medium hard fruit, e.g. apples	30–45	60– 90
Hard fruit, e.g. quinces and rhubarb	40–50	80–100
Vegetables	30–45	60– 90

Pre-cooking meat for the barbecue

Chicken drumsticks and other cuts of meat can be pre-cooked before being placed on the barbecue. A moist result is still achieved, but with the reassurance that the food is cooked through. Place the meat in a solid container and cover. Steam as follows:

Meat/poultry	Temperature in °C	Weight in g	Thickness in cm	Time in minutes
Lamb chops	100	150	3	15–18
Pork steaks	100	150	1.5	10–15
Pork kebabs	100	-	1 inch cubes	5–7
Spare ribs	100	-	2.5 cm	5–10
Chicken fillet	100	175	1–2	10–12
Chicken breast on the bone	100	175	2	10–15
Chicken drumsticks	100 / 120	100	3	16–20 / 8–10
Chicken thighs	100 / 120	150	3	20–24 / 10–12
Chicken wings	100 / 120	100	-	16–20 / 8–10

Always check to make sure the meat is thoroughly cooked before serving it.

Fish

Place fish in a pre-greased perforated or solid container.

Type of fish	Temperature in °C	Time in minutes	Container
Cod steaks	100	5–6	Perforated
Cod loin	100	3–4	Perforated
Haddock fillets	100	3–4	Perforated
Prawns (raw tiger)	100	1–2	Perforated
Salmon (fillets)	100	6–8	Perforated
Scallops	100	2–3	Perforated or solid
Seabass	100 / 120	10–14 / 5–7	Perforated or solid
Sole (fillets)	85	4–6	Perforated
Trout (fillets)	90	3–6	Perforated
Trout (whole)	90	7–9	Solid
Tuna steak	100	6–8	Perforated

Dried beans, pulses, pasta and rice

These should be placed in a solid container and covered with boiling water before steaming. As a rough guide, when cooking packet foods follow the suggested cooking times if cooking at 100°C. If cooking under pressure at 120°C, then halve the time.

	Time in minutes at 120 °C	Time in minutes at 100 °C
Dried beans and pulses		
Red kidney beans (pre-soaked)	25–30	60–65
Chick peas	25–30	50–60
Millet	18–20	9–10
Pearl barley	30–40	60–80
Buckwheat	10–12	20–24
Medium weight continental lentils (unsoaked)	10–15	20–30
Red split lentils (un-soaked)	5–8	10–15
Yellow split lentils (pre-soaked)	20	40
Pasta		
Tagliettelle (dried)	6–8	12–16
Spaghetti (dried)	-	3
Wholewheat pasta (dried)	6–8	12–15
Pasta shapes (dried)	6–8	12–15
Fresh pasta	-	3–5
Rice		
White basmati	4	8–10
Brown basmati	8–10	15–20
Long grain	5–6	10–12
Brown	6–8	12–16
Wild	25–30	50–60
Thai fragrant / Jasmine	5–6	10–12
Risotto / Arborio	8–10	16–20
Mixed basmati and wild rice	10	20

Conversion Chart

The following conversions were used in this cookbook for calculating Imperial measurements. They are not scientific calculations and should be used for guidance only!

Metric ml / litres	Imperial fl. oz. / pints
2.5 ml	1/2 tsp
5 ml	1 tsp
10 ml	1 dsp
15 ml	1 tbsp
30 ml	2 tbsp
45 ml	3 tbsp
60 ml	4 tbsp
75 ml	3 fl oz / 5 tbsp
100 ml	3 1/2 fl oz / 6 tbsp
125 ml	4 fl oz
150 ml	5 fl oz / 1/4 pint
200 ml	7 fl oz
250 ml	8 fl oz
275 ml	10 fl oz / 1/2 pint
375 ml	14 fl oz
450 ml	3/4 pint
500 ml	17 fl oz
570 ml	1 pint
750 ml	1 1/4 pints
850 ml	1 1/2 pints
1 litre	1 3/4 pints
1.5 litres	2 1/2 pints
2 litres	3 1/2 pints

Metric grams	Imperial ounces (oz)
10	1/2
20	3/4
25	1
40	1 1/2
50	2
60	2 1/2
75	3
100	3 1/2
110	4
125	4 1/2
150	5
175	6
190	6 1/2
200	7
225	8
250	9
275	10
300	11
350	12
400	14
450	1 lb
500	1 1/4 lbs
700	1 1/2 lbs
800	1 3/4 lbs
900	2 lbs
1 kg	2 1/4 lbs

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The A – Z of steam cookery

- A** – apples (baked)
- B** – barbeque meats (pre-cooking), bottling, boiling beetroot, blanching
- C** – casseroles, curries, melting chocolate, Christmas pudding, crème brûlée
- D** – defrosting, duck
- E** – eggs (boiled, poached, scrambled)
- F** – fish, fruit compote, face cloths
- G** – giblets (for making stock)
- H** – ham (boiling), hot chocolate
- I** – flavoured ice, infusions of oils and vinegars
- J** – juice extraction
- K** – kebabs, kedgerree, kidney beans
- L** – lasagne, lentils, lobster
- M** – mulled wine, mashed potatoes, mussels
- N** – noodles
- O** – offal
- P** – pasta, pulses, porridge, poaching, punch
- Q** – quails eggs
- R** – rice, risotto, reheating
- S** – sterilising, soups, skinning tomatoes and peppers
- T** – trout
- U** – unlimited uses
- V** – vegetables, vine leaves
- W** – wontons, wine to drinking temperature
- Y** – yoghurt making
- Z** – zeal to cook with your steam oven



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