

Food skills

Steaming

Steaming is a method of cooking food using steam that is formed from boiling water. The food sits on a rack or in a colander / sieve or steamer basket above the boiling water.

This method keeps all the vitamins in the food and they are not lost in the cooking liquid.

How to



Fill a large pot with enough water so it doesn't touch the steamer basket / colander or sieve. Bring to the boil.



Add the steamer basket / colander or sieve.



Add the vegetables to the steamer basket / colander or sieve and cover.



Steam until tender. Test by inserting a knife into the vegetables. They are cooked when it comes out easily.

Foods that can be steamed



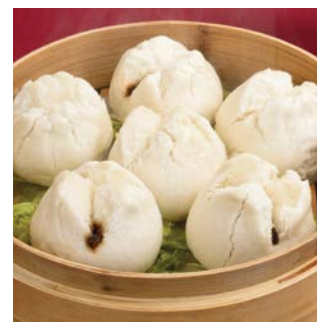
Fish



Mussels



Dumplings



Pork buns



Steamed vegetables

(serves 4)

Ingredients

1 medium kūmara, cut into 2-3 cm dice

(takes 10 minutes to cook)

½ cauliflower, cut into pieces

(takes 7 minutes to cook)

2 carrots, cut into 2-3 cm pieces

(take 5 minutes to cook)

1 head broccoli, cut into pieces

(takes 5 minutes to cook)

100g whole green beans

(take 3 minute cook)

2 courgettes, cut into 2-3 cm pieces

(take 3 minute cook)

Fresh herbs

Lemon juice

Pepper

Method



1 Fill a large pot with enough water so it doesn't touch the steamer. Bring to the boil.



3 Add the cauliflower, cover and steam for 2 minutes. Then add the broccoli and carrots, cover and steam for 2 minutes.



2 Add the steamer basket / colander or sieve. Add the kūmara, as it takes the longest to cook. Cover and steam for 3 minutes.



4 Lastly add the beans and courgettes, cover and steam for 3 minutes. Serve with fresh herbs, lemon juice and pepper.

For more recipe ideas and cooking tips visit heartfoundation.org.nz/recipes and vegetables.co.nz