

# The Easy and Scrumptious Steamer Recipes to Help You Cook Healthier and Tastier Meals



In today's fast-paced world, it can be difficult to find the time to cook healthy and nutritious meals. That's where the steamer comes in. A steamer is a kitchen appliance that uses steam to cook food. Steaming is a gentle

cooking method that preserves the nutrients and flavor of food. It's also a great way to cook low-fat, low-calorie meals.



## Making Steamed Food: The Easy And Scrumptious Steamer Recipes To Help: Steamer Drink Recipes

by David Notley

★★★★☆ 4.3 out of 5

Language : English

File size : 7279 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 138 pages

Lending : Enabled



This book contains 100 easy and scrumptious steamer recipes, written by professional chef and cookbook author, Julia Child. These recipes are perfect for busy people who want to eat healthy, delicious meals. They're also great for people who are new to steaming.

### What's Inside the Book?

The book is divided into the following chapters:

- **Appetizers**
- **Soups and Stews**
- **Vegetables**
- **Meat and Poultry**

- **Seafood**
- **Desserts**

Each chapter contains a variety of recipes, from simple to complex. There are recipes for everyone, regardless of their skill level.

## **Benefits of Steaming**

There are many benefits to steaming food. Some of the benefits include:

- **Preserves nutrients.** Steaming is a gentle cooking method that doesn't destroy the nutrients in food. In fact, studies have shown that steaming can actually increase the nutrient content of some foods.
- **Enhances flavor.** Steaming helps to bring out the natural flavors of food. This is because the steam helps to break down the tough fibers in food, making it more tender and flavorful.
- **Low-fat and low-calorie.** Steaming is a great way to cook low-fat, low-calorie meals. This is because no oil or butter is needed to cook the food.
- **Easy to use.** Steamers are easy to use. Simply fill the steamer with water, add your food, and turn it on. The steamer will do the rest of the work.

## **How to Use a Steamer**

Using a steamer is easy. Here are the steps:

1. **Fill the steamer with water.** Fill the steamer with water to the fill line.
2. **Add your food.** Place your food in the steamer basket.

3. **Turn on the steamer.** Turn on the steamer and set the timer.
4. **Cook your food.** The cooking time will vary depending on the type of food you're cooking.
5. **Serve your food.** Once your food is cooked, remove it from the steamer and serve.

## **Recipes from the Book**

Here are a few recipes from the book:

### **Steamed Asparagus**

Ingredients:

- 1 pound asparagus, trimmed
- 1/4 cup water
- Salt and pepper to taste

Instructions:

1. Place the asparagus in the steamer basket.
2. Add the water to the steamer.
3. Season the asparagus with salt and pepper.
4. Turn on the steamer and set the timer for 5 minutes.
5. Cook the asparagus until it is tender.
6. Serve the asparagus immediately.

### **Steamed Salmon**

## Ingredients:

- 1 pound salmon fillet, skinless and boneless
- 1/4 cup water
- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- Salt and pepper to taste

## Instructions:

1. Place the salmon fillet in the steamer basket.
2. Add the water to the steamer.
3. Drizzle the salmon with lemon juice and olive oil.
4. Season the salmon with salt and pepper.
5. Turn on the steamer and set the timer for 10 minutes.
6. Cook the salmon until it is cooked through.
7. Serve the salmon immediately.

## **Steamed Brown Rice**

### Ingredients:

- 1 cup brown rice
- 2 cups water
- Salt to taste

## Instructions:

1. Place the brown rice in the steamer basket.
2. Add the water to the steamer.
3. Season the rice with salt.
4. Turn on the steamer and set the timer for 30 minutes.
5. Cook the rice until it is tender.
6. Serve the rice immediately.

The Easy and Scrumptious Steamer Recipes to Help You Cook Healthier and Tastier Meals is the perfect cookbook for busy people who want to eat healthy, delicious meals. The recipes are easy to follow and the results are amazing. So what are you waiting for? Free Download your copy today!



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