



## **Steam Cuisine: Over 100 quick, healthy & delicious recipes for your steamer**

*Marina Filippelli*

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Steaming is one of the healthiest, simplest and most versatile cooking methods around: not only does it retain the nutritional qualities of ingredients more than any other technique, it doesn't require any fat. So if you're trying to improve your diet or simply want your food to be as tasty as it can be, it's the perfect option.

But steamed food doesn't mean dull food - you can make delicious dim sum, couscous and puddings, as well as spicy meat dishes, perfect rice and mouth-watering fish dishes in minutes. All you need is a pan of water and a rack! Around the world, steaming has long been a popular cooking method, and *Steam Cuisine* includes exciting recipes from China and South-East Asia such as Prawn and pork won ton, Scallop and coriander dim sum and Duck rolls with spring onion.

There's also inspiration from the Middle East and North Africa, with the likes of Whole quail with a pomegranate marinade and Seven vegetable couscous. In the Mediterranean wonderful ingredients are commonly wrapped in a paper envelope to be steam-baked and opened at the table, such as Mussels, monkfish and clams in a saffron broth and Lemony chicken parcels with garlic, chard and chilli. While in Britain, the sweetest, most indulgent puddings are steamed - and here are some healthy takes on classics like Sticky pecan toffee pudding and Chocolate puddings.

With over 100 tried-and-tested, easy-to-follow recipes and full-colour photographs throughout, *Steam Cuisine* will open up a fresh way of cooking and a new world of taste.

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