

Steaming: Fast, Tasty, Fat-Free Cooking

(NAPSA)—Steaming, one of the oldest and healthiest methods of cooking, is enjoying a revival these days. The ultimate in fat-free cooking, steaming is especially popular among weight- and health-conscious Americans and with people who love perfectly prepared fish and fresh vegetables.

When steamed properly, vegetables preserve almost all of their vitamins and minerals, key nutrients that are otherwise lost by boiling, grilling or roasting. A gentle cooking method, steaming does wonders for delicate foods such as fish, shellfish and for rice made in the classic Asian way.

There are several methods for steaming, but the electric steamer provides the most convenience and greatest control, so foods don't end up overcooked and robbed of their taste and flavor.

One easy-to-use electric steamer is the T-Fal Steam Cuisine 700, an oval-shaped, two-tiered stackable unit that features 3-qt. and 4-qt. bowls, for steaming two dishes at once, plus a 1-qt. rice bowl for cooking up to 4 cups of rice.

Fast and precise, it produces instant steam that circulates through vents from one tier to the next. Equipped with a 60-minute signal timer and safety auto-shutoff, dishes are delivered just the way you like them.



Photo: Lou Manna

Steaming with the T-Fal Steam Cuisine 700 produces healthy, delicious dishes.

Here are two tasty, easy-to-do recipes adapted from T-Fal's Steam Cuisine recipe book packed with the unit. Sample for yourself how tasty and healthy steamed dishes can be.

Asparagus Tips & Eggs Serves 4

1 pound of asparagus tips
2 eggs
2 tablespoons olive oil
1 tablespoon balsamic vinegar
Salt and pepper to taste
Lemon twist for garnish
Parsley sprig for garnish

1. Hard boil the eggs for 18 minutes, cool and peel. Meanwhile, place asparagus tips in

one tier of a T-Fal Steam Cuisine 700 and steam for 15 minutes.

2. Prepare a vinaigrette with the olive oil and balsamic vinegar. Chop the boiled eggs and add to the vinaigrette.

3. Arrange steamed asparagus on a serving platter. Pour vinaigrette over asparagus and garnish with lemon twist and parsley sprig and serve.

Salmon Steak With Fennel Serves 2

2 salmon steaks, ½ pound each
3 teaspoons fennel seeds
2 ounces butter
Juice of ½ lemon
Salt and pepper to taste

1. Season salmon steaks with salt and pepper and place in one tier of a T-Fal Steam Cuisine 700. Steam 8 minutes.

2. Meanwhile, melt butter and add lemon juice. Remove skin from steamed salmon and arrange on a serving platter, top with the lemon butter sauce and serve immediately.

For more steaming recipes, visit T-Fal at www.t-fal.com. For availability, call 1-800-395-8325.