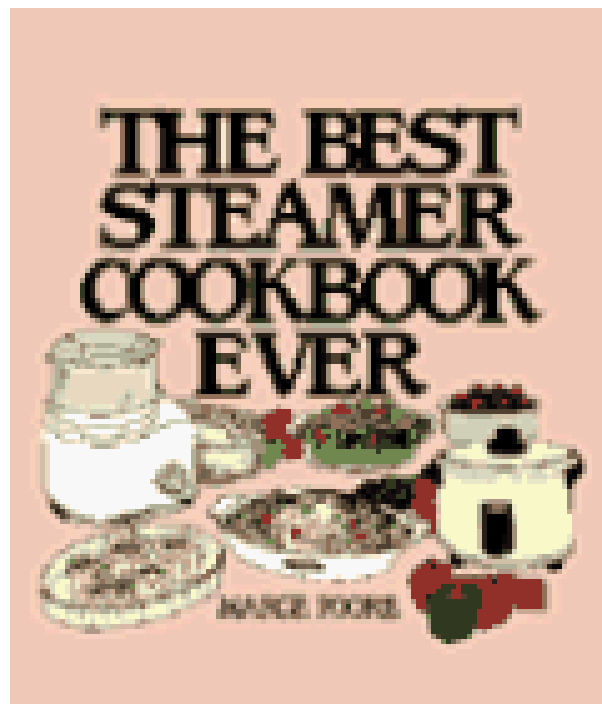
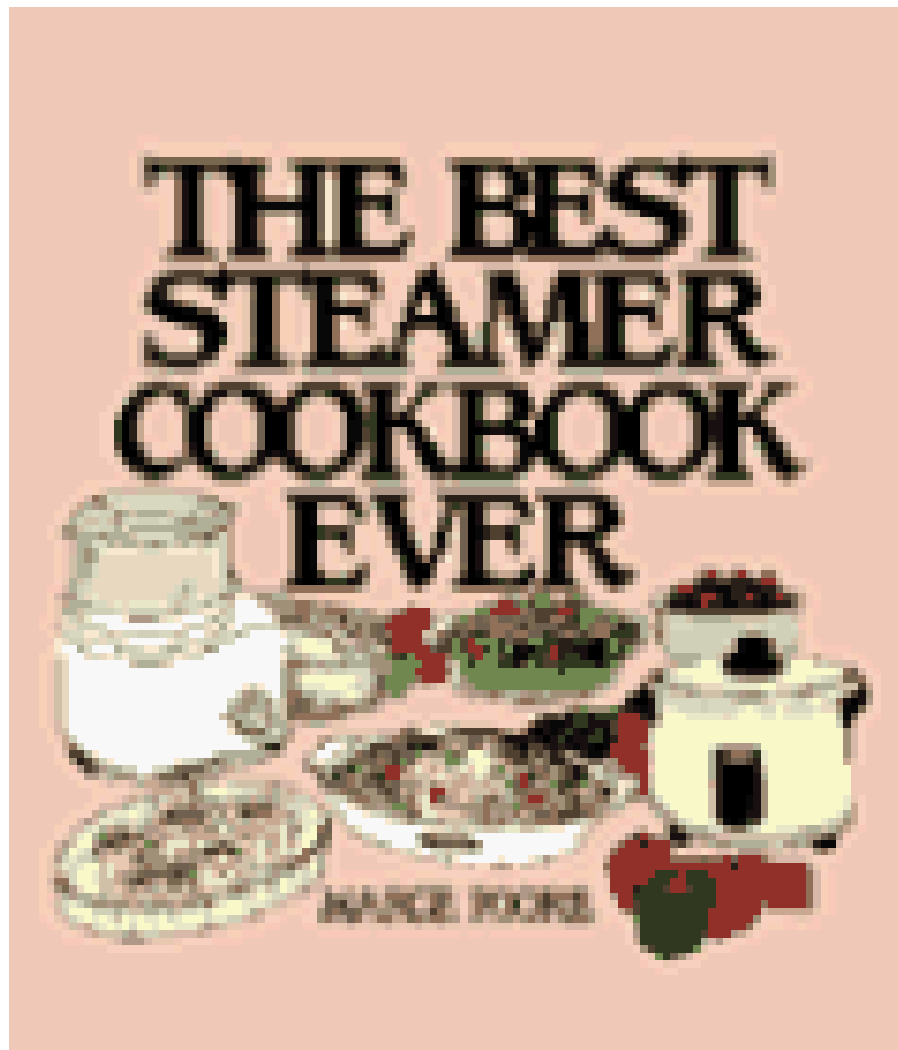


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From the Publisher

The electric rice cooker/food steamer offers one of the easiest, least fussy ways to reduce fat and calories in your diet. That's because steam cooks food simply, sealing in flavor and juices, without any need for added butter or oil. And it works best with naturally lean foods, such as chicken, seafood and, of course, vegetables. In addition, the simplicity of the machine and its cooking technique mean little preparation and only one pot to clean.

You'll revel in the many light and delicious, easy-to-prepare recipes this handy volume offers. There are recipes for such main courses as Sicilian Chicken with Sun-Dried Tomatoes, Golden Raisins and Capers; Spicy Chicken with Cilantro and Mushrooms; and Salmon Steak Teriyaki, as well as others for snacks, starters and even steamed desserts. One of the book's highlights is its creative ideas for vegetables. Recipes like Mediterranean Lentil Salad, Barley with Cannellini Beans and Beets with Spinach, Blue Cheese and Walnuts make meatless dining a pleasure.

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A new collection of recipes that take advantage of the cooking benefits of the steamer presents a wide array of appetizer, salad, main course, rice and grain, vegetable, and dessert dishes. 50,000 first printing.

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- Binding: Spiral-bound
- 224 pages

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Most helpful customer reviews

25 of 27 people found the following review helpful.

Love this book!

By Jennifer M.

I got this book for Christmas, and less than a month later I've already made 3 of the recipes and enjoyed them all very much. It didn't occur to me until I read this book that you could make desserts in the steamer as well as entrees, and those have turned out great as well. If you can find a copy of this book, by all means, buy it. The recipes are simple, easy and delicious.

7 of 20 people found the following review helpful.

Pure unadulterated steam

By Travis Bickle

An absolute joy. Just when I thought I was the only one left who enjoyed a good steamer, along comes a book like this to remind me that there are plenty of others like me. As a cook in the service, I was a

veteran on many a "steamer mission." I was tickled pink (even steamed if you will) to see such a collection devoted to steamers. I would have given it five stars, except that it lacked what I would have considered a requisite discussion of the regional steamers such as the Pennsylvania Steamer or the Mississippi Hotshot. A discussion on the merits of a few well placed peanuts might have been appreciated. Marge's omission of any discussion of corn was certainly agreeable. We all know corn went out back in 87.

5 of 8 people found the following review helpful.

There are better ones and on Amazon

By roegmann

I bought this book with "Cooking with Steam" and "Cuisine ala Vapeur". This book is the weakest of the three for me. Most of the recipes used food I cannot eat. I have gastrointestinal issues that force me to steam my food and eat a low residue, low carb, fish and fowl only diet. The recipes in this book tend to be high residue or spicy or high carbs. All of which I cannot eat. So, this book has only 6 recipes I've earmarked. There are more I could use, but they are in the "Cooking with Steam" book, which by the way, has more recipes that are friendly to my stomach.

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