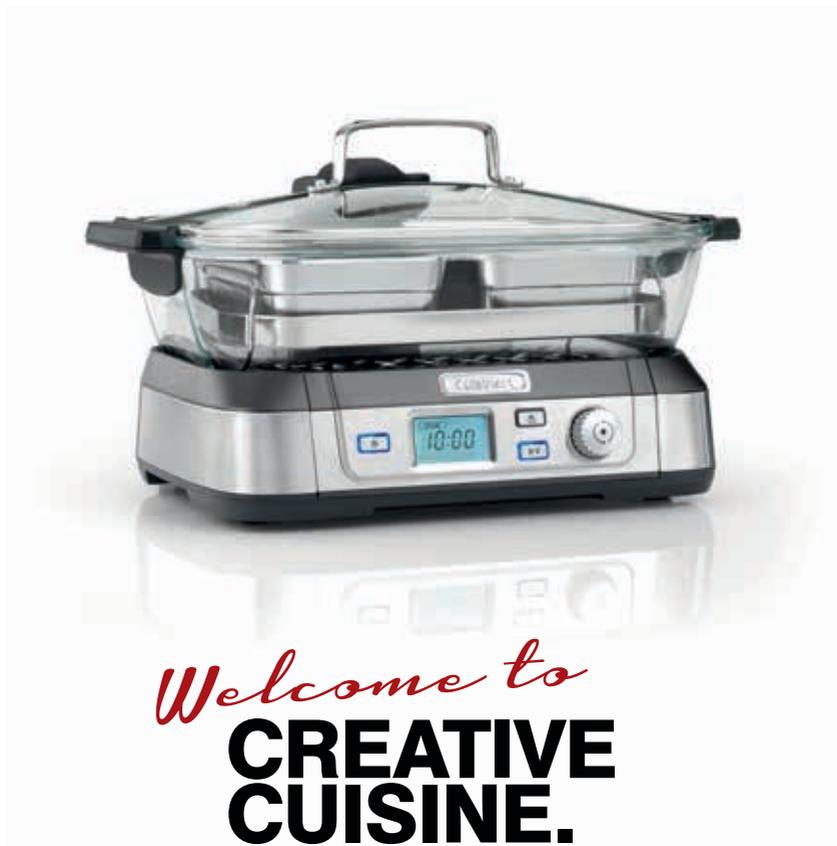


# COOKFRESH PROFESSIONAL GLASS STEAMER

*Recipe Ideas*



**Cuisinart®**



## Welcome to **CREATIVE CUISINE.**

Not only is steaming a quick and easy way to cook, it helps ingredients to maintain moisture, texture and colour, making it a healthier alternative to other cooking methods.

We have designed a few recipes to help you get started with your Cookfresh Professional Glass Steamer.

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# MEDITERRANEAN MUSSELS WITH BLACK OLIVES

## INGREDIENTS

(Serves 4)

### PRESERVED LEMON

- 1 lemon
- 100g sugar
- 100g table salt

### MUSSELS

- 1 kg fresh mussels, rinsed well and de-bearded
- 1 red bell pepper, sliced into strips
- 1 red onion, peeled and sliced into strips
- 100g kalamata olives, sliced
- ½ bunch flat leaf parsley, roughly picked
- 8 unpeeled garlic cloves

## METHOD

### PRESERVED LEMON

1. Slice the lemon very thinly.
2. Mix with the sugar and salt and leave in an airtight container overnight.

### MUSSELS

3. Place the washed mussels onto the steaming tray in the glass dish, discarding any mussels that are broken or open.
4. Scatter the sliced pepper, red onion, sliced olives and garlic cloves on top of the mussels.
5. Set the timer for 8 minutes and press start.
6. Rinse the preserved lemon.
7. When all the mussels have opened sprinkle the parsley and preserved lemon on the top and serve.
8. Discard any mussels that have not opened.

# QUINOA & SWEET POTATO SALAD

## INGREDIENTS (2 or 4 as side dish)

- 120g mixed white, red & black quinoa seeds
- 150ml water
- 200g peeled & cubed sweet potato
- ½ tsp cumin seeds
- 70g small broccoli florets
- 10 cherry tomatoes, halved
- Leaves from 4 sprigs of thyme
- Salt & freshly ground pepper

### DRESSING

- 2 tbsp olive oil
- Juice of 2 lemons
- 1 tsp maple syrup
- Salt & freshly ground pepper

## METHOD

1. Place the quinoa and water into the steaming container, sealing with the plastic lid. Set the timer for 25 minutes, secure the glass lid and press start.
2. Place the cubed sweet potato scattered with the cumin seeds into the steaming colander and with 10 minutes remaining on the timer, place onto the tray next to the quinoa. Secure the glass lid and continue to steam.
3. With 5 minutes remaining on the timer scatter the broccoli over the steaming sweet potato.
4. Whilst the ingredients are steaming whisk the dressing ingredients together.
5. In a bowl, toss all the steamed ingredients together along with the cherry tomatoes and thyme leaves. Season with salt and freshly ground pepper to taste.
6. Drizzle the quinoa salad with the dressing and serve.



# ASIAN CHICKEN PARCELS

## INGREDIENTS (Makes approx 8)

- 8 large savoy cabbage leaves
- 175ml water
- 150g basmati rice, washed
- 50g cashew nuts
- 2 garlic cloves, peeled & roughly chopped
- 1 small fresh red chilli, roughly chopped
- 2cm piece fresh ginger, peeled & roughly chopped
- ½ tbsp thai fish sauce
- Juice of 1 lime
- ½ tbsp sesame oil
- 250g uncooked chicken breast, chopped into large chunks
- 4 spring onions, roughly chopped
- 10g coriander leaves, roughly chopped

### You will also need:

- A food processor

## METHOD

1. Add the cabbage leaves to the steaming tray, place inside the glass dish and secure the lid. Set the timer for 2 minutes and press start. When finished, remove the cabbage leaves and reserve for later.
2. Place the rice into the steaming container along with the water and seal with the plastic lid. Place onto the steaming tray and secure the glass lid. Set the timer for 25 minutes and press start.
3. While the rice is cooking, add the cashew nuts to a food processor and pulse for several seconds until roughly chopped. Transfer into a bowl and reserve for later.
4. Add the garlic, red chilli, ginger, thai fish sauce, lime juice and sesame oil into the food processor and pulse until everything is well combined and finely chopped.
5. Add the chicken to the spice mixture in the food processor and process until minced.
6. Place the minced chicken mixture into the bowl containing the cashew nuts along with the coriander and spring onions. Combine all the ingredients together.
7. Place the cabbage leaves on a clean board and portion the minced chicken mixture into the centre of each of the cabbage leaves, allowing room for the leaves to be folded in and rolled. Use a skewer to hold the rolled parcels together.
8. With 10 minutes remaining on the timer, place the prepared parcels onto the tray beside the steaming rice (you may need to stack the parcels on top of each other).
9. At the end of the cooking time remove the cabbage parcels and steamed rice. Ensure the chicken parcels are cooked through and the chicken juices are clear.
10. Serve with your favourite dipping sauces such as hoisin, soy sauce or sweet chilli sauce.

# BEEF MEATBALLS WITH LINGUINE

## INGREDIENTS (Serves 4)

- 100g stale bread, soaked in water
- 250g minced beef
- 2 tbsp olive oil
- 30g finely grated parmesan
- ½ red chilli, finely chopped
- 1 clove garlic, finely chopped
- 1 tbsp finely chopped parsley
- Salt and freshly ground pepper

### TO SERVE

- 400g linguine
- 1 tbsp chopped parsley
- Olive oil
- 20g grated parmesan, plus some extra for serving

## METHOD

1. Take the soaked stale bread and squeeze out any excess water.
2. In a suitable bowl combine the soaked bread, minced beef, olive oil, parmesan, chilli, garlic, parsley and seasoning.
3. Using clean hands that are slightly wet, shape the mixture into balls, with each one roughly the size of a cherry tomato.
4. Drizzle a little olive oil into the base of the glass steaming dish, then add the meatballs to the glass dish and secure the lid.
5. Set the timer to 30 minutes and press start.
6. Prepare the linguine according to the manufacturer's instructions. Once cooked, drain the pasta and add a small amount of olive oil, then keep warm in the pan.
7. Drain the meatballs, whilst still keeping them in the steaming dish.
8. Add the chopped parsley and parmesan to the linguine, followed by the meatballs.
9. Gently mix the meatballs through the linguine and add seasoning to taste.
10. Serve with a handful of parmesan.



# ROLLED LEMON SOLE STUFFED WITH COURGETTE

## INGREDIENTS

(Serves 4)

- 4 skinless lemon sole fillets, (approximately 900g)
- 100g courgette, coarsely grated
- 2 anchovy fillets, finely chopped
- 1 tbsp parsley, finely chopped
- 1 tbsp sherry vinegar
- 1 tbsp olive oil
- ½ red chilli, finely chopped
- ½ tsp caster sugar
- Salt & freshly ground pepper
- Paprika
- 4 slices of lemon
- 150g spinach, washed
- 4 sprigs of dill

### You will also need:

- 4 skewers

## METHOD

1. In a small bowl combine the courgette, anchovies, parsley, sherry vinegar, olive oil, red chilli, sugar and salt and pepper.
2. Spread the courgette mixture onto the sole fillets and roll tightly, securing with skewers.
3. Place the rolled fillets to one end of the steaming tray, leaving room for the steaming container.
4. Sprinkle the sole with paprika and place a slice of lemon on top of each roll.
5. Set the timer for 10 minutes, secure the glass lid and press start.
6. Place the washed spinach into the steaming colander and with 4 minutes remaining, place onto the tray beside the rolled fillets.
7. At the end of the steaming time allow to rest for 1 minute.
8. To serve, portion the spinach between 4 plates, topped with a rolled sole and garnish with a sprig of dill.



# SPICE RUBBED SEA BASS WITH FRESH GREEN VEGETABLES & COCONUT EMULSION

## INGREDIENTS

(Serves 2)

## METHOD

- 2 Sea Bass fillets
- 1 stick lemon grass, cut into 3 pieces and crushed

### SPICED RUB

- 2 tsp pink peppercorns, ground
- 1 tsp Sichuan pepper, ground
- ½ tsp coriander, ground
- 2cm piece ginger, finely chopped
- ½ a chilli, finely chopped
- 1 tsp Fleur de sel (good quality sea salt flakes), crushed

### VEGETABLES

- 2 small pak choi, separated into individual stems
- 8 small asparagus spears, woody ends removed
- 50g mangetout, trimmed
- 50g sugar snap peas, trimmed
- 2 red spring onions, trimmed & sliced into quarters lengthways

### COCONUT EMULSION

- 160ml coconut milk
- Juice of 2 limes
- 1 tbsp Malibu (optional)
- ½ tsp palm sugar
- Sea salt, to taste

### TO SERVE

- 2 tbsp coriander, chopped

1. In a small bowl mix all the spiced rub ingredients together. Generously rub over the sea bass fillets and set aside.
2. In one end of the steaming tray place the crushed lemon grass. Place the spice rubbed sea bass on top of the lemon grass.
3. At the other end of the steaming tray layer the vegetables beside the sea bass fillets.
4. Set the timer for 5 minutes and press start.

### COCONUT EMULSION

5. In a suitable bowl mix all the coconut emulsion ingredients and season to taste.

### TO SERVE

6. Arrange the steamed vegetables between 2 deep plates.
7. Generously dress with the coconut emulsion.
8. Place the sea bass fillets on top of each serving (discarding the lemon grass).
9. Sprinkle with the chopped coriander.

# GIANT COUSCOUS WARM SALAD

## INGREDIENTS (2 or 4 as a side dish)

- 150g giant couscous, washed
- 250ml water
- 2 tsp harissa
- 1 tbsp olive oil
- 65g swiss chard leaves, roughly chopped
- 65g trimmed green beans, roughly chopped
- Sea salt and pepper

### DRESSING

- Juice of a ¼ lemon
- 100ml plain yoghurt
- 20ml milk
- Salt and freshly ground pepper

### TO SERVE

- 75g feta cheese, cubed
- 10g mint leaves, chopped
- 10g flat leaf parsley, chopped
- 50g pomegranate seeds
- ½ avocado, sliced
- 1 tsp sumac

## METHOD

1. Place the giant couscous and water into the steaming container. Stir in the harissa, olive oil and season with salt and pepper. Seal the steaming container with the plastic lid and place on the steaming tray. Set the timer for 15 minutes, secure the glass lid and press start.
2. Place the swiss chard and green beans into the steaming colander and with 5 minutes remaining on the timer, place onto the tray next to the couscous. Secure the glass lid and continue to steam for the remaining time.
3. Whilst the ingredients are cooking, combine the dressing ingredients together.
4. To serve, stir the steamed ingredients together and scatter the feta, mint, parsley, pomegranate and avocado over the top.
5. Drizzle with the yogurt dressing and finish with a sprinkling of sumac.

# WARM VEGETABLE SALAD SERVED WITH SOFT EGGS

## INGREDIENTS (Serves 4)

- 24 asparagus spears, washed and woody stems removed
- 180g purple sprouting broccoli, washed and woody stems removed
- 1 fresh sprig of rosemary, finely chopped
- 2 tbsp olive oil
- Pinch of sea salt
- 4 eggs

### TO SERVE

- Juice of ½ a lemon
- Freshly cracked pepper

## METHOD

1. In a bowl, toss all the ingredients together except for the eggs, and combine.
2. Place the tossed vegetables onto the steaming tray, with the eggs nestled between the vegetables.
3. Set the timer for 6 minutes and press start.
4. At the end of the cooking time, plunge the eggs into cold water to keep them soft.
5. To serve, divide the vegetables between 4 plates. Carefully peel the eggs and place one on each plate.
6. Finish with a squeeze of lemon juice and freshly cracked pepper.

# CHICKEN WITH LEMON & THYME

## INGREDIENTS (Serves 2)

- 1 lemon, sliced into 8
- 4 sprigs of thyme
- 2 chicken breasts, sliced diagonally in half
- 2 cloves of garlic
- Salt & freshly ground pepper
- 100g tender stem broccoli, trimmed
- 1 small courgette (120g), thickly sliced

### YOGHURT DRESSING

- 125ml yoghurt
- ½ tsp honey
- 1 tsp dijon mustard
- Salt & freshly ground pepper

## METHOD

1. On one side of the steaming tray lay half the lemon slices and scatter half the thyme leaves over the lemon. Cover the sliced lemon with the chicken breasts and season with salt and pepper. Top the chicken with the garlic cloves, remaining thyme and lemon. Ensure you have left enough room for the steaming colander.
2. Set the timer for 20 minutes, secure the glass lid and press start.
3. Place the prepared broccoli and courgette into the steaming colander and with 6 minutes remaining, place into the steamer beside the chicken breasts.
4. Prepare the yoghurt dressing by combining all the dressing ingredients. Crush the steamed garlic cloves into the dressing.
5. Serve the chicken and vegetables with a generous drizzle of the yoghurt dressing.



# SALMON FILLETS WITH ASPARAGUS & NEW POTATOES

## INGREDIENTS

(Serves 2)

- 250g baby new potatoes, washed
- 6 cloves of garlic, skinned
- 2 salmon fillets (approximately 120g each)
- ½ tbsp olive oil
- 8 asparagus spears, washed
- 25g butter
- Salt & freshly ground pepper

## TO SERVE

- 40g rocket leaves
- 6 cherry tomatoes, halved
- 1 tbsp dill, chopped
- 2 lemon wedges

## METHOD

1. Place the new potatoes and garlic cloves into the steaming colander, then place on the steaming tray.
2. Coat the base of the steaming container with the olive oil and add the salmon. Season and seal with the plastic lid.
3. Secure the glass lid, set the timer to 20 minutes and press start.
4. With 6 minutes remaining add the asparagus to the steaming colander on top of the new potatoes.
5. Once the steamer has finished, toss the new potatoes and asparagus into a bowl with the butter, allowing the butter to melt and coat the ingredients. Season with salt and freshly ground pepper.
6. Serve the salmon and vegetables with the rocket leaves and cherry tomatoes. Scatter with dill and a wedge of lemon to the side.

# SPINACH & GINGER DUMPLINGS

## INGREDIENTS (Makes 24 dumplings)

- 240g spinach
- 227g canned water chestnuts, drained and finely chopped (140g drained)
- 4 spring onions, finely chopped
- 4cm piece of fresh ginger, finely grated
- 1 tbsp tamari or soy sauce
- 1 egg, lightly beaten
- 24 dumpling wrappers
  
- Groundnut oil for oiling tray

## METHOD

1. Place the spinach in a colander and pour over boiling water. Refresh under cold running water and drain. When cool enough to handle, squeeze excess water from the spinach and chop finely.
2. Combine the spinach, water chestnuts, spring onions, ginger, tamari and the beaten egg into a bowl.
3. Lay out the dumpling wrappers and place 2 teaspoons of the mixture in the centre of each wrapper. Brush the edges of the dumpling wrappers with water. Bring the sides up to join in the centre, rather like a pasty. Pleat the edge to seal.
5. Split the dumplings into two batches. Lightly grease the steaming tray with the groundnut oil and steam the first batch for 10 minutes.
6. Re-set the timer to 10 minutes and steam the second batch of dumplings. Serve with your favourite dipping sauce.

# CHILLI PRAWNS & RICE

## INGREDIENTS (Serves 2)

- 150g jasmine rice, washed
- 175ml water
- 200g raw prawns, washed & de-veined
- 1 tbsp tamari or soy sauce
- Zest & juice of ½ lime
- ½ small red chilli, de-seeded & finely sliced
- 1 clove garlic, finely sliced
- 1 cm piece of ginger, finely sliced
- 1 tbsp groundnut oil
- 150g sugar snap peas
- 2 spring onions, chopped
- 1 tbsp coriander leaves, chopped
- 2 tsp sesame seeds

## METHOD

1. Place the jasmine rice and water into the steaming container and seal with the plastic lid. Place onto the steaming tray inside the glass dish, and securely fit the glass lid.
2. Set the timer to 25 minutes and press start.
3. In a bowl, combine the prawns, tamari, lime juice, red chilli, garlic, ginger and groundnut oil. Leave to marinade for 10 minutes.
4. Place the sugar snap peas and marinated prawns into the steaming colander.
5. With 5 minutes remaining on the timer place the steaming colander into the steamer beside the container of rice. Secure the glass lid and continue to steam for the remaining time.
6. Once cooking has finished, serve the steamed ingredients with a scattering of spring onions, coriander and sesame seeds.

# RASPBERRY JAM PUDDINGS

## INGREDIENTS (Makes 4-6 puddings)

- 150g raspberry jam
- 120g unsalted butter, softened, plus extra for greasing
- 120g golden caster sugar
- 120g self-raising flour
- 2 medium free range eggs
- ½ tsp baking powder
- Pinch of salt

## METHOD

1. Grease 4 to 6 individual pudding moulds.
2. Place 2 tsp's of raspberry jam in the bottom of each mould.
3. Whisk together the remaining pudding ingredients in a bowl until light and fluffy. Carefully spoon the pudding mixture into the individual moulds.
4. To cover the moulds you need to cut 4 to 6 squares of both greaseproof paper and aluminium foil large enough to fit over the moulds whilst allowing some room for expansion.
5. Grease the underside of the greaseproof squares and lay the foil on top.
6. Fold a pleat in the middle and place on the puddings. Tie a piece of string around each mould to secure the top, sealing in the pudding.
7. Place the puddings onto the steaming tray and into the glass dish, securing the glass lid. Set the timer for 30 minutes and press start.
8. Once the time is up carefully remove the puddings, take off the wrapping and discard.
9. Turn the puddings out onto individual serving plates and serve.



# CHOCOLATE PUDDINGS

INGREDIENTS (Makes 4-6 puddings)

- 100g unsalted butter, softened, plus extra for greasing
- 100g golden caster sugar
- 2 medium free range eggs
- 100g self raising flour
- 1 tbsp cocoa powder
- 100g dark cooking chocolate
- 1 tbsp milk

## CHOCOLATE SAUCE

- 100g dark cooking chocolate, broken into pieces
- 25g unsalted butter
- 30ml golden syrup

## TO SERVE

- Double cream, whipped
- A few mint leaves

METHOD

1. Grease 4 to 6 individual pudding moulds.
2. To make the filling, break the chocolate into the bowl over a pan of gently simmering water and melt slowly, stirring occasionally. Remove from heat and set aside.
3. Whisk the butter and sugar together until pale and creamy.
4. Gradually beat in the eggs.
5. Sift in the flour and cocoa powder and fold into the mixture with the melted chocolate and milk.
6. Carefully spoon the pudding mixture into the individual moulds whilst allowing some room for expansion.
7. To cover the moulds you need to cut 4 to 6 squares of both greaseproof paper and aluminium foil large enough to fit over the moulds, again leave some room for expansion. Grease the underside of the greaseproof squares and lay the foil on top. Fold a pleat in the middle and place on the puddings. Tie a piece of string around each mould to secure the top, sealing in the pudding.
8. Place the puddings onto the steaming tray and into the glass dish, securing the glass lid. Set the timer for 30 minutes and press start.
9. To make the chocolate sauce place all the ingredients into a heatproof bowl and set over a pan of gently simmering water. Stir occasionally until melted. Remove from the heat and stir until smooth.
10. Once the time is up carefully remove the puddings, take off the wrapping and discard.
11. Turn the puddings out onto individual serving plates and serve with the chocolate sauce, topped with lightly whipped double cream and a mint leaf.



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