

# Cuisinart®

## Recipe Booklet

Instruction Booklet on reverse side



# COOKFRESH™ DIGITAL GLASS STEAMER

The CookFresh™ Digital Glass Steamer is an indispensable tool for day-to-day healthier cooking – enjoy the benefits of steam cooking by retaining more of your food's natural vitamins, minerals and enzymes simply and effectively with this steamer.

By cooking your favourite fresh produce with steam you lock in their flavours and nutrients with hot vapour trapped in an enclosed area surrounding the food. Opposed to simmering in water and the nutrients leaching out, or baking and roasting with extra oil, butter and fat adding to your calorie intake. Steaming assists in softening the fibres of vegetables and fruits, making them more easily digestible, so your body can absorb all that healthy goodness better. This also means your fish, vegetables, or fruits will be juicy and tender and not soggy (as long as you don't overdo it!).

With the CookFresh™ Digital Glass Steamer it has a powerful steam system that delivers full steam from the top down ensuring rapid heating resulting in no preheating. The 5-litre glass cooking dish is large enough for family-size portions of a whole fish and vegetables, and better yet, it can be served in the dish, straight to the table. Healthy cooking will always be trending and this glass steamer from Cuisinart will make it your go-to for quick and easy but also delicious and nutritious meals.

## QUICK TIPS GUIDES

### SEAFOOD

Food	Qty.	Preparation	Time (minutes)
Clams	12	Scrubbed	6-8
Crab legs, fresh	500g	Rinsed	8
Fish fillet, thick, e.g., salmon	350g	Rinsed	15
Fish fillet, thin, e.g., flounder/sole	250g	Rinsed	6-8
Fish, whole	900g	Cleaned & rinsed	20
Fish, whole	450g-700g	Cleaned & rinsed	15
Mussels	900g	Scrubbed & debearded	6-8
Prawn	500g	Peeled & deveined	6
Prawn, frozen	500g	N/A	10

### VEGETABLES

Times indicated are based upon use of fresh vegetables.

Food	Qty.	Preparation	Time (minutes)
Artichokes, globe, large	300g each	Trimmed (see page 9 for preparation tips)	35-45
Asparagus, medium stalk	500g	Trimmed	7-8
Green beans	500g	Trimmed	7-8
Green beans, frozen	500g	N/A	6
Beetroot, medium	1 bunch, approx. 350g-400g total	Trimmed & scrubbed	25-30

Broccoli	500g	Cut into 3-5cm pieces	7
Broccoli, frozen	350g	N/A	6
Broccolini	1 bunch, approx. 200g	Trimmed	8
Broccoli rabe	1 bunch, approx. 300g	Trimmed	8
Brussels sprouts	500g	Trimmed	14
Cabbage, individual leaves	1 small head, approx. 500g	Rinsed	5
Cabbage, small head, whole	500g	Rinsed	15
Carrots	500g	Cut lengthwise into 8 cm pieces & quartered	8-9
Carrots, baby	500g	N/A	9-10
Cauliflower	700g	Cut into 5cm florets	10
Corn on the cob	4 ears	Husked	8
Fennel	1 medium bulb, 350g	Cut into wedges	10
Frozen mixed vegetables	500g	N/A	7
Kale	1 bunch, approx. 200g	Trimmed	6-8
Parsnips	1 bunch, approx. 500g	Cut lengthwise into 8 cm pieces & quartered	8-10
Potatoes, red	700g	Cut into 3-5cm cubes	20
Potatoes, red, medium	1.3kg	Scrubbed & left whole	40
Green peas, fresh	200g	Shelled	5
Spinach, baby or whole leaf	150g	Rinsed	3-4
Spinach, frozen	300g	N/A	14
butternut	700g, about 4 cups	Cut into large cubes	15-20
Sugar snap peas	350g	Trimmed	6-8
Snow peas	350g	Trimmed	6
Turnips	450g	Peeled & cut into wedges	20
Zucchini	350g	Cut into 2cm rounds	5

## GRAINS

Food	Qty.	Preparation	Time
Bulgur	2 cups Bulgur: 3 cups water; yields 6.5 cups cooked	Placed into ovenproof vessel, tightly covered with lid or foil & placed on steaming tray	25 & 5min rest
Couscous	2 cups couscous: 2 cups water; yields 6 cups cooked	Placed into ovenproof vessel, tightly covered with lid or foil & placed on steaming tray	15 & 5min rest

Oats, rolled	1 cup oats: 1½ cups water	Placed into ovenproof vessel, tightly covered with lid or foil & placed on steaming tray	25 & 5min rest
Oats, steel cut	1 cup oats: 2 cups water	Placed into ovenproof vessel, tightly covered with lid or foil & placed on steaming tray	45 & 5min rest
Rice, brown	2 cups rice: 2½ cups water; yields 6 cups cooked	Placed into ovenproof vessel, tightly covered with lid or foil & placed on steaming tray	45 & 5min rest outside of steamer
Rice, white	2 cups rice: 2½ cups water; yields 6 cups cooked	Placed into ovenproof vessel, tightly covered with lid or foil & placed on steaming tray	45 & 5min rest outside of steamer
Quinoa	2 cups quinoa: 2 cups water; yields 6 cups cooked	Placed into ovenproof vessel, tightly covered with lid or foil & placed on steaming tray	25 & 5min rest

## BEANS

Food	Qty.	Preparation	Function	Time
Beans, black	1 cup dry & soaked: 2 cups water; yields approx. 3 cups cooked	Placed into ovenproof vessel, tightly covered with lid or foil & placed on steaming tray	Manual	50-55
Beans, garbanzo	1 cup dry & soaked: 3 cups water; yields approx. 3 cups	Placed into ovenproof vessel, tightly covered with lid or foil & placed on steaming tray	Manual	55-60
Beans, white	1 cup dry & soaked: 2 cups water; yields approx. 3 cups cooked	Placed into ovenproof vessel, tightly covered with lid or foil & placed on steaming tray	Manual	45-50
Lentils, brown	1 cup lentils: 3 cups of water; yields approx. 3 cups cooked	Placed into ovenproof vessel, tightly covered with lid or foil & placed on steaming tray	Manual	45

## EGGS & CUSTARD

Food	Qty.	Preparation	Function	Time
Eggs, soft to medium-soft boiled	up to 12	N/A	Manual	8 + shocked in an ice bath
Eggs, hard boiled	up to 12	N/A	Manual	14 + shocked in an ice bath

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# BITE-SIZE

## Pork Pearl Balls with Dipping Sauce

We think this is a pearler of a pork pearl ball recipe.

Makes 20 balls

<b>1 cup</b>	<b>medium-grain rice</b>
<b>400g</b>	<b>pork mince</b>
<b>6</b>	<b>shallots, trimmed &amp; finely chopped</b>
<b>¼ cup</b>	<b>water chestnuts (canned), drained &amp; finely chopped</b>
<b>2tbsp</b>	<b>fresh coriander leaves, chopped</b>
<b>1tbsp</b>	<b>fresh ginger, finely grated</b>
<b>1tbsp</b>	<b>dark soy sauce</b>

### Dipping Sauce:

<b>¼ cup</b>	<b>sweet chilli sauce</b>
<b>¼ cup</b>	<b>water</b>
<b>¼ cup</b>	<b>sugar</b>
<b>1tsp</b>	<b>fresh ginger, finely grated</b>
<b>1tbsp</b>	<b>fresh coriander leaves, chopped</b>

1. Place the rice in a large bowl and pour in enough cold water to cover. Set aside for 1 hour to soak.
2. Line a baking tray with paper towel. Drain the rice and spread out over the lined tray. Place the mince, shallots, water chestnuts, coriander leaves, ginger and soy in a large bowl, mix well. Shape level tablespoons of the pork mixture into balls. Gently roll the balls in the rice until well coated.
3. Lightly coat the tray with nonstick cooking spray. Arrange the pork balls in the steamer tray. Secure lid. Select Manual, set timer for 25 minutes and press Start.
4. To make the dipping sauce: Place the chilli sauce, water, sugar and ginger in a small pan, stir over a medium heat until the sugar dissolves. Reduce heat and simmer for 3 minutes. Cool slightly and stir in coriander. Serve the pork balls with the dipping sauce.

## Chicken & Ginger Dumplings

Ginger is the star in this lighter alternative to the traditional pork dumpling.

Makes 48 dumplings

<b>350g</b>	<b>minced chicken or turkey</b>
<b>3tbsp</b>	<b>fresh ginger, chopped (approx. 5 cm piece)</b>
<b>2tbsp</b>	<b>spring onion, chopped</b>
<b>1tbsp</b>	<b>fresh coriander, chopped</b>
<b>1tbsp</b>	<b>soy sauce (reduced sodium)</b>
<b>2tsp</b>	<b>sesame oil</b>
<b>½tsp</b>	<b>rice vinegar</b>
	<b>Water (for sealing dumplings)</b>
	<b>Cornflour (for sealing dumplings)</b>
<b>48</b>	<b>wonton squares</b>
	<b>Nonstick cooking spray</b>

1. In a medium mixing bowl, combine the chicken, ginger, onion, coriander, soy sauce, sesame oil and vinegar. Mix well with hands or a spoon.
2. Prepare a large, clean and flat work surface equipped with two small bowls, one with water and the other with cornflour and a pastry brush.
3. Sprinkle the work surface with cornflour and arrange wonton wrappers in rows on the work surface (starting with 2 rows of 3). Put 1 teaspoon of filling in the center of each wrapper. Brush the edges of each wrapper with water and then fold the wrapper in half, sealing in the filling and also sealing together the damp edges. Pull the edges on the long side of the triangle together and seal. Continue with remaining filling and wrappers. Toss the dumplings very lightly with cornflour as they sit.
4. Lightly coat the tray with nonstick cooking spray. Arrange half of the dumplings on the tray inside the steamer. Secure lid.
5. Select Manual, set timer for 10 minutes and press Start. Once timer expires, remove and repeat with the second batch of dumplings.
6. Serve dumplings with a soy sauce.

# Greek Stuffed Cabbage Leaves

These Greek-style cabbage leaves stay perfectly intact when cooked in the steamer. Plus, no need to fuss over how much liquid to add to the cooking pot.

Makes about 18 stuffed cabbage leaves

- 1** small head cabbage, approx. 500g, trimmed to fit inside the glass dish
- 2tbsp** olive oil, divided
- 1** small bunch spring onions, trimmed & thinly sliced (approx. 5 spring onions)
- 1 cup** rice, uncooked
- ½ cup** water
- 1¼tsp** salt, divided
- ¼tsp** pepper, divided
- ½ cup** fresh dill, chopped, plus more for garnish
- 250g** minced lamb (or any other minced meat of your choice)
- 2tbsp** lemon juice

1. Put cabbage head into the steamer. Secure lid. Select Vegetable, set timer for 10 minutes and press Start. Once timer expires, remove cabbage from steamer and set aside to slightly cool.
2. While cabbage is steaming, put 1 tablespoon of the olive oil into a medium-sized frypan. Heat over medium-high heat. Once the oil is hot, add the spring onions and cook until softened, about 2 minutes. Add rice and cook until transparent, about 2 to 3 minutes. Add ½ cup water, ½ teaspoon of the salt and a pinch of the pepper; stir until the rice has completely absorbed the water, about 4 to 5 minutes. Remove rice mixture from heat and transfer to a medium-sized bowl.
3. Add dill, ground lamb, lemon juice, remaining olive oil, salt and pepper to the bowl with the rice mixture. Stir to evenly combine.
4. Stuff the cabbage leaves by first removing one cabbage leaf from the cabbage head. Put it on a clean surface with the ribs facing up. Use a paring knife to remove the leaf's core by cutting an upside down "V" into the bottom of the leaf.
5. Put 2 tablespoons of the rice and meat mixture into the center of the leaf. Gently fold up the bottom of the leaf so that it covers half of the mixture. Fold the right part of the leaf inward

and over the mixture; repeat with the left side of the leaf. Using your thumb, roll the leaf with the rice and meat mixture upward so that the leaf seals and the seam faces down. Transfer to the tray inside the steamer. Repeat with the remaining leaves and mixture. Secure lid.

6. Select Manual, set timer for 1 hour and press Start.
7. Once timer expires, remove the tray with the stuffed cabbage leaves from the steamer and set aside. Pour 1 cup of the hot cooking liquid from the bottom of the cooking pot into a measuring cup. Discard the rest. Return the steamer tray with the stuffed cabbage leaves to the glass cooking pot. Select Keep Warm and press Start.

# Devilled Eggs

These eggs may be devilled but they have a soft heart of gold.

Makes 24 servings

- 12** large eggs
- ½ cup** mayonnaise
- 1½tsp** Dijon-style mustard
- 1½tsp** lemon juice
- 1tsp** Worcestershire sauce
- 2tbsp** capers, drained
- ¾tsp** salt
- ¼tsp** freshly ground pepper
- Paprika** for garnish

1. Put eggs onto the tray inside the steamer. Secure lid.
2. Select Manual, set timer to 14 minutes and press Start. Once timer expires, immediately transfer eggs to a large bowl filled with ice water to stop the cooking process.
3. Once eggs are cool, peel and carefully slice in half lengthwise.
4. Remove yolks and put into the work bowl of a Cuisinart® Food Processor fitted with the metal chopping blade. Process until smooth.
5. Pulse in the remaining ingredients and process again until smooth. Taste and adjust seasoning as desired.
6. Spoon or pipe the yolk filling into the center of each egg white. Sprinkle with paprika before serving.

# VEGETABLES

## Baby Bok Choy Filled with Mushrooms

Delicious as a side, or serve as a main with rice - this nutrient-dense juicy bok choy stuffed with earthy mushrooms, is a Chinese classic that the whole family will love.

Makes 6 Steaming time 5-6 minutes

6	<b>Chinese dried mushrooms</b>
6	<b>baby bok choy</b>
2tbsp	<b>peanut oil</b>
150g	<b>oyster mushrooms, finely chopped</b>
100g	<b>shitake mushrooms, finely chopped</b>
250g	<b>button mushrooms, finely chopped</b>
2	<b>garlic cloves, crushed</b>
2tsp	<b>fresh ginger, grated</b>
2tbsp	<b>soy sauce</b>
1tbsp	<b>oyster sauce</b>
1tsp	<b>sesame oil</b>

### String for tying the bok choy

1. Put the dried mushrooms in a small bowl and cover with boiling water. Set aside to stand for 20 minutes, drain. Discard the mushroom stems and chop the caps finely.
2. Heat half the peanut oil in a large frying pan, add all the mushrooms, garlic and ginger, stir over a medium heat until mushrooms are soft and almost all the liquid has evaporated. Add the soy and oyster sauce, bring to the boil. Remove from the heat, set aside to cool for 5 minutes.
3. Cut each bok choy, lengthwise, about three-quarters of the way through, taking care not to cut right through. Open each bok choy gently, to form a v-shape.
4. Divide the mushroom mixture among the bok choy. To secure the mixture, use string to tie each bok choy about 7cm from the ends of the leaves.
5. Arrange the bok choy onto the tray inside the steamer. Secure lid. Select Vegetable, set the timer to 5 or until the bok choy are tender minutes and press Start. Drizzle with the combined peanut oil and sesame oil before serving

## Mandarin & Honey-Glazed Carrots

Savoury & sweet, & a simply delicious side dish.

Makes 4 side servings

500g	<b>Rainbow carrots (orange, purple &amp;/ or yellow)</b>
2	<b>medium mandarins</b>
2tbsp	<b>honey</b>
	<b>Extra virgin olive oil</b>
	<b>Pinch of salt &amp; pepper</b>

1. Pull the mandarins in half, peel the carrots and cut them in half, length ways.
2. Lay the mandarins and carrots in the steaming tray, select steam, set the timer to 8 minutes and press start.
3. Steam until soft but still with some firmness, drizzle the carrots with honey and extra virgin olive oil.
4. Squeeze the mandarins over the carrots, add a pinch of salt and pepper and mix before serving.



## Steamed Artichokes

Artichokes are a sure sign of spring. Simply steamed, they are delicious with a creamy herb mayo for dipping.

Makes 4 servings

### **4 large globe artichokes**

1. Trim artichokes to fit the steamer by first cutting off the stems so the artichokes can sit upright on the tray. Then trim 3-5cm off the top of the artichoke so the lid can be secured. Remove rough outer leaves and snip any remaining sharp tips with scissors.
2. Once all the artichokes are trimmed, put them on the tray inside the steamer. Secure lid. Select Vegetable, adjust timer to 40 minutes and press Start. Once time expires, test one artichoke leaf to confirm it is tender. For extra-large artichokes, an extra 5 minutes might be necessary.
3. Serve artichokes immediately with melted butter or the following dips: Bagna Cauda and Creamy Herb Mayo. Once all leaves have been removed, scrape the fuzzy choke and discard to eat the heart.

## Dilly Potato Salad

Olive oil replaces mayonnaise to lighten up this requisite picnic dish.

Makes 5 cups

- |              |   |
|--------------|---|
| <b>1kg</b>   | <b>small red potatoes, cut into eighths</b> |
| <b>½ cup</b> | <b>fresh dill packed, chopped</b>           |
| <b>1</b>     | <b>spring onion, chopped (about ½ cup)</b>  |
| <b>2tbsp</b> | <b>white wine vinegar</b>                   |
| <b>⅓ cup</b> | <b>extra virgin olive oil</b>               |
| <b>½tsp</b>  | <b>Dijon-style mustard</b>                  |
| <b>2tsp</b>  | <b>flaked salt</b>                          |
| <b>½tsp</b>  | <b>freshly ground black pepper</b>          |

1. Put potatoes onto the tray inside the steamer. Secure lid. Select Vegetable, set the timer to 15 minutes and press Start.
2. Once timer expires, test potatoes to confirm they are cooked through. Toss in a medium stainless bowl with the remaining ingredients.
3. Taste and adjust seasoning as desired.

# GRAINS

## Barley, Leek, Capsicum & Mushroom Pilaf

This recipe is robust in flavours & low in fat too!

Serves 4

<b>1 cup</b>	<b>pearl barley</b>
<b>2 cups</b>	<b>chicken stock</b>
<b>1tbsp</b>	<b>olive oil</b>
<b>1</b>	<b>leek, sliced</b>
<b>1</b>	<b>garlic clove, crushed</b>
<b>1</b>	<b>small red capsicum, chopped coarsely</b>
<b>6</b>	<b>button mushrooms, sliced</b>
<b>½tsp</b>	<b>dried marjoram</b>
<b>½tsp</b>	<b>dried oregano</b>
<b>¼tsp</b>	<b>dried thyme</b>

1. Rinse the barley under cold running water until the water runs clear. Place the barley and chicken stock Placed into ovenproof vessel, tightly covered with lid or foil and placed on steaming tray.
2. Heat oil in a frying pan, cook the leek and garlic over medium heat for 2 minutes. Add the capsicum and mushrooms, cook for 2-3 minutes or until the leek is soft and golden. Transfer to the barley mixture, stir in the marjoram, oregano and thyme.
3. Place on tray inside the steamer. Secure lid. Select Manual, set timer for 45 minutes and press Start. Once timer expires, allow pilaf to rest in steamer for an additional 5 minutes.

## White Bean Salad

Simple & quick, yet full of flavour, colour & texture.

Makes about 3 cups

<b>2 cups</b>	<b>steamed white beans*</b>
<b>½</b>	<b>small red onion, finely chopped (about ⅓ cup)</b>
<b>½</b>	<b>medium red capsicum, finely chopped (about 2/3 cup)</b>
<b>½ cup</b>	<b>fresh parsley leaves, chopped</b>
<b>1tbsp</b>	<b>extra virgin olive oil</b>
<b>2tsp</b>	<b>lemon juice</b>
<b>½tsp</b>	<b>salt</b>
<b>1- 2</b>	<b>pinches crushed red pepper (optional)</b>
<b>2tbsp</b>	<b>goat cheese, crumbled</b>
	<b>Pinch freshly ground black pepper</b>

**\*See steaming guide**

1. Put all of the ingredients, except for the goat cheese, into a medium mixing bowl. Toss to fully combine. Sprinkle with the goat cheese and gently stir to combine.
2. Taste and adjust seasoning as desired.

## Quinoa & Tabbouleh Salad

The bright flavors of lemon & herbs pair nicely with the nuttiness of the quinoa.

Makes 6 cups

<b>4 cups</b>	<b>steamed quinoa*</b>
<b>½cup</b>	<b>packed fresh parsley leaves, chopped</b>
<b>½cup</b>	<b>packed fresh mint leaves, chopped</b>
<b>2 cups</b>	<b>cherry tomatoes, halved</b>
<b>1½ cups</b>	<b>cucumber, cut into 1cm dice</b>
<b>1½tsp</b>	<b>salt</b>
<b>½tsp</b>	<b>freshly ground pepper</b>
<b>3tbsp</b>	<b>lemon juice</b>
<b>4tbsp</b>	<b>extra virgin olive oil</b>

### \*See steaming guide

1. Combine the quinoa, parsley, mint, cherry tomatoes, cucumber, salt, pepper, lemon juice and olive oil all together in a large bowl so ingredients are thoroughly combined.
2. Taste and adjust seasoning as desired.

## Maple Cinnamon Oatmeal

In less than an hour, you'll have a healthy breakfast prepared for the rest of the week.

Makes 4 cups

<b>1 cup</b>	<b>steel-cut oats</b>
<b>⅓ cup</b>	<b>raisins or any other dried fruit (chopped into small, bite-size pieces)</b>
<b>1</b>	<b>cinnamon stick</b>
<b>1tbsp</b>	<b>pure maple syrup</b>
<b>1-2</b>	<b>pinches salt</b>
<b>2 cups</b>	<b>water</b>
	<b>Pinch ground nutmeg</b>

1. Put all of the ingredients into a 22 x 7cm cm loaf pan. Cover with foil and place on tray inside the steamer. Secure lid.
2. Select Manual, set timer for 45 minutes and press Start. Once timer expires, allow oats to rest in steamer for an additional 5 minutes.
3. Carefully remove steamer lid and foil from the pan. Remove cinnamon stick, stir and serve immediately.

# SEAFOOD

## Skewered King Prawns with Garlic & Herb Butter

A fresh & light meal that can be enjoyed all year round. Accompany it with steamed rice or just a light salad.

Makes 12 - Steaming time 6-8 minutes

**12** large uncooked king prawns  
**6** shallots, trimmed  
**2tbsp** lemon juice

### Garlic & Herb Butter:

**60g** butter, softened  
**1** garlic clove, crushed  
**1tbsp** garlic chives, snipped  
**1tsp** lemon rind, finely grated  
**1tsp** fresh lemon, finely chopped thyme

1. Shell and devein the prawns, leaving the tails intact. Cut the shallots into 5cm lengths. Brush the prawns with lemon juice. Thread one prawn and two shallots onto each of 12 bamboo skewers, placing a shallot either side of each prawn. Trim the exposed length of the skewer.
2. Arrange the prawns on tray. Secure lid. Select Seafood, set timer to 8 minutes and press Start
3. To make the Garlic and Herb Butter. Combine the butter, garlic, chives, lemon rind and thyme. Serve the prawns hot, smeared with the garlic and herb butter.

## Potato, Salmon & Asparagus with Lemon Mayonnaise

The perfect protein with heart-healthy Omega-3s that your family will absolutely love.

Serves 2

**4** large new potatoes, thickly sliced  
**4** large potatoes, thickly sliced  
**400g** Atlantic salmon fillets  
**2tbsp** fresh lemon juice &  $\frac{1}{2}$ tbsp extra  
**350g** asparagus, trimmed  
 $\frac{1}{4}$  cup mayonnaise  
**1tsp** wholegrain mustard  
**Olive oil for brushing**  
**Freshly ground black pepper**

1. Brush the potatoes with oil. Arrange in the tray. Brush each salmon fillet with lemon juice, sprinkle with pepper and arrange side by side in the tray.
2. Select Seafood, set timer to 10 to 12 minutes depending on the thickness of the fillets and press Start.
3. Remove the potatoes and salmon. Cover to keep warm and set aside. Arrange the asparagus in single layers on tray. Secure lid. Select Vegetable, adjust timer to 6 minutes and press Start.
4. Place the mayonnaise, lemon juice and mustard in a small jug. Whisk to combine. Serve the potatoes, salmon and asparagus in a stack in that order, drizzled with dressing.

## Cantonese-Style Steamed Barramundi

This sweet & spicy play on the traditional style uses individual fillets for easy preparation.

Makes 2 servings

<b>2tsp</b>	<b>white sugar</b>
<b>¼ cup</b>	<b>mirin, divided plus 2tsp</b>
<b>1</b>	<b>large garlic clove, finely chopped</b>
<b>13 cm</b>	<b>piece of fresh ginger, peeled &amp; finely chopped</b>
<b>1</b>	<b>spring onion, thinly sliced</b>
<b>1</b>	<b>red chilli, thinly sliced</b>
<b>1</b>	<b>baby bok choy, rinsed, cleaned &amp; quartered</b>
<b>2</b>	<b>barramundi fillets, approx. 200g each</b>
<b>¼ cup</b>	<b>grapeseed oil</b>
<b>2tsp</b>	<b>soy sauce, reduced sodium</b>
<b>1tsp</b>	<b>sesame oil</b>
	<b>Lime wedges, coriander (for garnish)</b>

1. In a small bowl, stir together sugar, ¼ cup of mirin, garlic, ginger, onion and pepper. Set aside.
2. Put the bok choy onto the tray inside the steamer. Secure lid. Select Vegetable, set timer to 8 minutes and press Start. When timer expires, divide bok choy evenly between two serving plates.
3. Rinse the Barramundi fillets and place onto the tray inside the steamer. Drizzle each with a teaspoon of the remaining mirin and replace lid. Select Seafood, set timer to 10 to 12 minutes depending on the thickness of the fillets and press Start. While the fish is cooking, put the grapeseed oil into a small saucepan and place over medium-high heat. Once oil is hot, add the reserved mirin mixture and stir over heat until boiling.
4. When timer expires, remove Barramundi and place each fillet over the bed of bok choy on prepared serving plates. Drizzle each with 1 teaspoon of soy sauce and ½ teaspoon sesame oil. Spoon the chili-ginger sauce evenly over the fish on each plate.
5. Serve immediately. If desired, garnish with coriander and a squeeze of lime.

## Easy Mussels

In just minutes, you'll have the taste of the sea right on your benchtop.

Makes 4 to 6 servings

<b>1</b>	<b>garlic clove, thinly sliced</b>
<b>1</b>	<b>shallot, thinly sliced</b>
<b>¼ cup</b>	<b>dry white wine</b>
<b>1tbsp</b>	<b>unsalted butter</b>
<b>1</b>	<b>sprig fresh thyme</b>
<b>900g</b>	<b>fresh mussels, rinsed well &amp; debearded</b>

1. Put the garlic, shallot, wine, butter, thyme and mussels directly into the steamer without the tray. Secure lid. Select Seafood, set timer to 9 minutes and press Start.
2. Once all the mussels have opened and the timer expires, serve in shallow bowls with plenty of crusty bread on the side. Discard any mussels that have not opened.

# DESSERT

## Mocha Pots de Crème

The gentle heat of the steamer makes cooking custards foolproof!

Makes 4 servings

<b>1 cup</b>	<b>thickened cream</b>
<b>1 cup</b>	<b>full-fat milk</b>
<b>120g</b>	<b>dark chocolate, roughly chopped</b>
<b>1tbsp</b>	<b>instant coffee</b>
<b>4</b>	<b>large egg yolks</b>
<b>1/3 cup</b>	<b>sugar</b>
<b>1tbsp</b>	<b>vanilla essence</b>

1. Put the cream and milk in a small saucepan set over medium heat until hot and bubbly around the edges.
2. Put the chopped chocolate and coffee into a medium stainless steel bowl. Pour the hot cream mixture over the chocolate and let sit for 1 to 2 minutes. Stir together until chocolate is completely melted. Set aside.
3. Put the yolks, sugar and vanilla extract into a bowl and whisk together until yolks are pale yellow and thick.
4. While whisking the egg mixture continuously, slowly pour in the chocolate mixture until fully incorporated.
5. Strain the custard base through a fine mesh strainer. Scoop off any foam and discard. Divide evenly among four, small ramekins. Cover each one with foil and arrange the ramekins on the steaming tray in the steamer and replace the lid. Select Manual, set timer for 25 minutes and press Start.
6. Once timer expires, allow the custards to remain in the steamer for 1 additional minute. Transfer the custards to a tray - they will be jiggly in the center. Allow to cool to room temperature. Refrigerate for at least 3 hours to chill, or up to 2 days.

## Raspberry & Chocolate Chip Bread Pudding

A great make-ahead dessert from fridge to table in less than an hour.

Makes 8 servings

<b>6 cups</b>	<b>brioche cubes, approx 250g loaf, cut into 3cm pieces</b>
<b>½ cup</b>	<b>chocolate chips</b>
<b>1 cup</b>	<b>fresh raspberries</b>
<b>2</b>	<b>large eggs</b>
<b>¼ cup</b>	<b>white sugar</b>
<b>¾ cup</b>	<b>full-fat milk</b>
<b>¾ cup</b>	<b>thickened cream</b>
<b>1tsp</b>	<b>vanilla essence</b>
	<b>Nonstick cooking spray</b>

1. Put the bread cubes, chocolate chips and raspberries into a large bowl.
2. Put the eggs and sugar into a mixing bowl and whisk until light and frothy. Add the milk, heavy cream and vanilla and continue to whisk until well combined. Pour liquid mixture over the bread, chocolate chips and raspberries. Gently stir to fully coat. Cover with plastic and allow to rest in the refrigerator for a minimum of 3 hours and up to overnight.
3. Lightly coat a 22 x 12cm loaf pan with nonstick cooking spray. Transfer the soaked bread mixture to the pan. Cover with aluminum foil that has also been sprayed with nonstick cooking spray. Put the pan onto the tray inside the steamer. Secure lid.
4. Select Manual, set timer to 1 hour and press Start. Bread pudding is done when it is nicely puffed and the internal temperature registers 70°C. Serve immediately with freshly whipped cream.

## Pears in Cranberry Sauce

Indulge your sweet tooth with this low-fat fruit dessert.

Serves 4

<b>4</b>	<b>medium pears, peeled with stalks intact</b>
<b>2tbsp</b>	<b>lemon juice</b>
<b>300ml</b>	<b>cranberry juice</b>
<b>2tsp</b>	<b>vanilla essence</b>
<b>2tbsp</b>	<b>Cointreau liqueur</b>

1. Arrange the pears into an ovenproof vessel, tightly covered with lid or foil and placed on steaming tray.
2. Brush the pears with lemon juice. Add the cranberry juice and vanilla.
3. Place tray inside the steamer. Secure lid. Select Manual, set timer for 25 minutes and press Start.
4. Transfer the pears to a serving dish, cover to keep warm. Transfer the cranberry liquid to a small pan. Boil, Uncovered, for 10-15 minutes or until the mixture reduces by half. Stir in the liqueur. Serve with the pears.

## Steamed Choc Pudding

This light & fluffy, warm & soft, chocolate pudding is the ultimate winter's dessert.

Makes 4-6 individual pudding moulds.

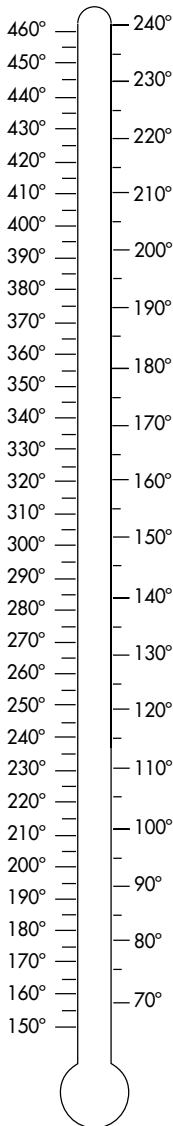
<b>100g</b>	<b>unsalted butter (plus extra for greasing)</b>
<b>100g</b>	<b>golden caster sugar</b>
<b>100g</b>	<b>self-raising flour</b>
<b>2</b>	<b>medium eggs</b>
<b>1tbsp</b>	<b>cocoa powder</b>
<b>200g</b>	<b>dark cooking chocolate, roughly chopped (divided in 2)</b>
<b>1tbsp</b>	<b>milk chocolate sauce</b>
<b>25</b>	<b>unsalted butter</b>
<b>30ml</b>	<b>golden syrup Sit this on the next line Mint leaves (to garnish)</b>

1. Grease 4 to 6 individual pudding moulds.
2. Break 100g chocolate into a 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. Gradually beat in the eggs.
4. Sift in the flour and cocoa powder and fold into the mixture with the melted chocolate and milk. Carefully spoon the pudding mixture into the individual moulds whilst allowing some room for expansion.
5. Cover the moulds with both baking paper and aluminium foil large enough to fit over the moulds (again, leave some room for expansion). Grease the underside of the baking paper 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.
6. 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.
7. Five minutes before timer is up make the chocolate sauce. Place the balance of 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.
8. Once the time is up carefully remove the puddings, take off the wrapping and discard. Turn the puddings out onto individual serving plates and serve with the chocolate sauce, topped with lightly whipped cream and a mint leaf.

# WEIGHTS, MEASURES & CONVERSIONS

## Temperature °F / °C

Fahrenheit      Celsius



$$^{\circ}\text{F} = \frac{9 \times ^{\circ}\text{C}}{5} + 32$$

$$^{\circ}\text{C} = \frac{5(^{\circ}\text{F} - 32)}{9}$$

## Metric cup & spoon sizes

cup	metric
¼ cup	60ml
⅓ cup	80ml
½ cup	125ml
1 cup	250ml
spoon	metric
¼ teaspoon	1.25ml
½ teaspoon	2.5ml
1 teaspoon	5ml
2 teaspoon	10ml
1 tablespoon (equal to 4 teaspoons)	20ml

## Liquids

Metric	cup	imperial
30 ml		1 fl oz
60 ml	¼ cup	2 fl oz
80 ml		3 ½ fl oz
100ml	⅓ cup	2 ¾ fl oz
125ml	½ cup	4 fl oz
150ml		5 fl oz
180ml	¾ cup	6 fl oz
200ml		7 fl oz
250ml	1 cup	8 ¾ fl oz
310ml	1 ¼ cups	10 ½ fl oz
375ml	1 ½ cups	13 fl oz
430ml	1 ¾ cups	15 fl oz
475ml		16 fl oz
500ml	2 cups	17 fl oz
625ml	2 ½ cups	21 ½ fl oz
750ml	3 cups	26 fl oz
1L	4 cups	35 fl oz
1.25L	5 cups	44 fl oz
1.5L	6 cups	52 fl oz
2L	8 cups	70 fl oz
2.5L	10 cups	88 fl oz