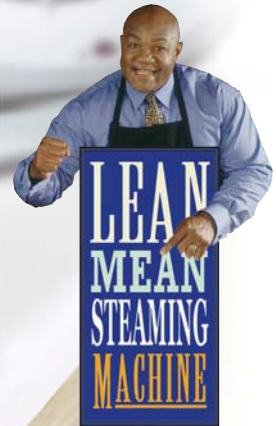


GEORGE FOREMAN®

healthPower 



Food Steamer Recipe Book



Recipes created by epicurist Ann Creber



The **GEORGE FOREMAN** food steamer is a perfect companion to your **GEORGE FOREMAN** grill. With our steamer you will be able to prepare healthy and delicious meals to compliment your **Knock Out the Fat**[®] George grill and enjoy the road to a healthier lifestyle.

In this book, Ann Creber, has created a collection of the delicious meals you can create using your **GEORGE FOREMAN** Food Steamer. Enjoy a delicious healthy no fuss meal every day with the **GEORGE FOREMAN** 3 Tier Food Steamer.

Salton (Aust) Pty Ltd
Milton Dickins
Chairman



www.salton.com.au

Salton (Aust) Pty. Ltd. PO Box 683, Mordialloc Vic 3195 Australia
Ph (03) 8586 0100 Fax (03) 9590 9299 Freecall 1800 427 824
Salton NZ Ltd - Freecall 0508 629 777

Copyright 2006 Salton (Aust.) Pty Ltd

Recipes are to be used in conjunction with the George Foreman 3 Tier Steamer. All rights reserved. No part of this publication may be reproduced, stored in a mechanical, photocopying, recording or otherwise without prior permission of the copyright owner. Printed and designed in Australia

INTRODUCTION



For centuries Asian cooks have appreciated the virtues of meals cooked by steaming. Not only is the highest possible nutritional value retained, but vegetable colours, textures and flavours are intensified and meat and fish is tender and succulent.

In fact, it is sometimes claimed that the secret of longevity in many Asian countries can be credited to this traditional method of cooking foods. So, with George's concern for healthy eating, it was probably inevitable that he would create his very own steamer... the Lean Mean Steaming Machine is here! In this little recipe booklet we give you just

a few suggestions as to how to gain maximum nutrition, flavour and convenience from using your steamer every day.

As you will see, it can cook a simple meal superbly - such as the asparagus recipe - or a complete family dinner when you use all three steamer compartments. This is possible with meals such as the savoury silver wrapped fish, and even a picnic is catered for with pesto-filled chicken fillets and prawn and rice salad.

As with all George Foreman appliances, the steamer is easy to use and to clean and fits into any kitchen and every life style. Excellent for vegetarians, for serious cooks, and even for those who want to eat well but just don't seem to have the time. With the wide selection of frozen vegetables available in supermarkets, fish fillets and chicken portions, it takes no time or effort to prepare a delicious meal for one person or a family. It is a good idea to cook extra rice and to tuck it away in the refrigerator to have on hand over a couple of days to use in a variety of ways.

Storage is no problem as George has cunningly designed the three compartments to fit neatly inside one another and each is numbered to make assembly easy. He thinks of everything!!!!

Once you start to use your Steamer you'll find your own creativity and culinary skills will provide all kinds of ideas to make life, easier, healthier and much more tasteful!

Thank you, George - another winner!

Ann Greber
epicurist



Suggested Steaming Times

for Delicious and Nutritious Meals



It is important to remember that this is just a general guide. Tastes vary and where some people love their vegetables still squeaky-crunchy, others like them cooked to real tenderness. The age of certain vegetables affects cooking times, of course, e.g. young juicy carrots cook faster than more dense large carrot slices. With its three tiers, the Steamer can handle all preferences.

For frozen vegetables, follow the instructions on the package.

VEGETABLES

ASPARAGUS (Thick spears) 7-9 minutes
(Thin spears) 5-8 minutes

BEETROOT (medium size) 30-40 minutes
(baby size) 20-30 minutes

BEANS (String, sliced) 15-20 minutes
(Climber, sliced) 18-22 minutes

BROCCOLI (Florets) 12-18 minutes

CAULIFLOWER (Florets) 12-18 minutes

CARROTS (Sliced) 15-20 minutes
(Baby) 10-15 minutes

CORN (Whole) 18-22 minutes
(Baby) 8-10 minutes

GREENS (Such as bok choy, silver beet,
spinach etc.) 8-12 minutes

PARSNIPS (Sliced) 15-20 minutes

POTATOES (Quartered) 25-30* minutes

PUMPKIN (SM. pieces) 20-25 minutes

SNOW PEAS 5-7 minutes

SWEET POTATOES (Sliced) 15-20 minutes

OTHER FOODS

COUS COUS** 10-12 minutes

CHICKEN FILLET* (In foil) 20-25 min.

EGGS (Hard boiled) 15-20 minutes
(Soft boiled) 5-7 minutes

FISH* (In foil) 15-20 minutes

SALMON CUTLET* 15-20 minutes

RICE (WHITE)** 20-25 minutes

*Depends on thickness of fillets.

**Cooked in tray with the addition of boiled water.



Visit www.salton.com.au for more delicious recipe ideas and join the Nutritionist Club!

Nutritionist

FILLET STEAK WITH TOMATO CONCASSE

Serves 6

*This meal is a quick and healthy version of meat and 3 vegetables! Combine your steamer with a **GEORGE FOREMAN** grill to create this dish.*

ingredients

6 Fillet Steaks, lightly floured	1/4 teaspoon thyme
Tomato Concasse	grated zest of half an orange
2 large onions, finely chopped	pinch of saffron (optional)
2 TB olive oil	1 clove garlic, crushed
450gm tin of tomatoes (chopped)	salt and pepper to taste
1 Bayleaf	Assorted mixed vegetables

Make up the Tomato Concasse. Heat oil in a pan, cook onions until translucent. Add tomatoes to pan with remaining ingredients. Simmer, stirring occasionally until thick and rich.

Preheat George Foreman Grill. Trim fillets of any sinews. Note: uncooked meat may be rubbed generously with a cut garlic clove, if desired. Place onto heated grill. Cook for about 5 minutes or to prepared degree of rareness.

While cooking steaks, place vegetables into the steamer trays, and steam for 7-12 minutes - to desired taste.

Serve the steaks with Tomato Concasse, and steamed vegetables.



SAVOURY SILVER-WRAPPED FISH

Serves 2

Fish may be served from the foil parcel or turned onto a plate.

ingredients

cooked white rice
(see other recipes)
2 white fish fillets
butter
lemon slices
seasoned pepper

chopped dill or fennel
red capsicum strips
lemon wedges

Butter two squares of foil, place 3/4 cup of cooked rice on the base of each, arrange the fish fillet on top. Place several dabs of butter on each, top with 2 lemon slices, seasoned pepper, chopped herb and red capsicum strips. Fold up to form a parcel, gather in top edges to seal.

Set the timer for 30 minutes, place into the base of steamer dish and cook until flesh of fish is opaque. The parcel may be served on the plate or turned onto serving plates, accompanied with the lemon wedges and green salad.

NOTE: If desired, vegetables may be cooked in stacked steamer dishes. See previous recipes for vegetable cooking.





LITTLE PORKY PARCELS IN LETTUCE LEAVES

Serves 4 as an appetiser

These are also a great choice to serve as a Yum Cha dish.

ingredients

- | | |
|--------------------------------------|--|
| 375gms lean minced pork | 1 teaspoon grated ginger |
| 1 clove garlic, crushed | black pepper |
| 2 spring onions, very finely chopped | 2 teaspoons sesame seed oil (optional) |
| 2 TB finely chopped parsley OR | iceberg lettuce leaves |
| 1 TB finely chopped fresh coriander | Asian dipping sauce of choice |
| generous pinch of Chinese 5-Spices | (Sweet Chilli, Chilli & Lime etc.) |

Place pork into a bowl, mix in all ingredients except lettuce leaves.

Tear off lettuce leaves, wash and dry, discard coarse stem. Form the pork into small elongated patties and place one in each lettuce leaf. Wrap the lettuce leaf to form a parcel and secure with a toothpick.

Arrange in the base of a steamer dish, set the Timer for 12 minutes and cook the parcels. Remove with tongs, discard toothpicks, arrange food on a serving plate and serve with dipping sauce.

STEAMED ASPARAGUS WITH EGG MAYONNAISE

Serves 4

Asparagus becomes a gourmet dish served this way!

ingredients

4 eggs
20 asparagus spears, trimmed
3/4 cup mayonnaise
seasoned pepper
good squeeze of lemon juice
chopped fresh herbs

Place unshelled eggs in the base of steamer dish, set steamer for 20 - 25 minutes. Remove after that time, crack all over and place into cold water. When they are cool, peel and chop eggs and set aside.

Trim asparagus spears and arrange in the base of steamer. Set Steamer for 7 minutes (a little less time if you like your asparagus really crisp!).

Mix the chopped egg into the mayonnaise, add pepper, and lemon juice.

Arrange the warm asparagus spears on four serving plates, spoon the mayonnaise in a thick ribbon over each. Sprinkle chopped herbs on top and serve at once.





WARM POTATO & SMOKED TROUT SALAD

Serves 4

A summer favourite for family or entertaining, this is a lovely dish for a buffet.

ingredients

about 375gms Desiree potatoes,
quartered
1 large or 2 small smoked trout
1/2 cup French dressing
1/3 cup mayonnaise
3 chopped spring onions

2 TB chopped flat parsley
seasoned pepper
little sea salt

Place the prepared potatoes in the base of Steamer dish. Set the timer for 25 minutes, test after that time. Set aside until cool enough to handle, then cut into large cubes. Transfer to a bowl.

Carefully remove the flesh from the trout, making sure all small bones have been removed. Flake fish or cut into small pieces. Place into the bowl with the potatoes. Add spring onions, parsley, salt and pepper.

Mix together dressing and mayonnaise, pour over the potato mixture and gently but thoroughly stir together. Serve at room temperature.

PRAWN AND RICE MEDLEY

Serves 4

This can be served as a light but satisfying lunch, or as a substantial first course.

ingredients

1 1/2 cups long-grain rice
2 1/2 - 3 cups cold water
salt

375gms king prawns, uncooked
3 spring onions, chopped
1/2 red capsicum, finely chopped

grated zest of 1 lemon
1/3 cup chopped Italian parsley

GARNISH:
chopped chives
lemon slices

Place the rice into the plastic rice cooker dish, stir in boiling water, add salt and place into steamer dish. Set Steamer for 20 - 25 minutes, stir rice occasionally during cooking time to ensure even heat distribution. Check after 20 minutes to see if rice is sufficiently cooked. (If necessary, add a little more boiling water and continue cooking.)

Peel and devein prawns, place into Steamer dish and cook for 5 - 7 minutes or until flesh is opaque.

At the completion of rice cooking time and during "holding time", stir in remaining ingredients, including roughly chopped prawns.

Spoon onto warmed plates or bowls, garnish with chives and lemon slices and serve with soy or preferred Asian sauce.





CHICKEN FILLETS WITH PESTO

Serves 4

Delicious served hot or cold and perfect for a picnic hamper.

ingredients

- 4 medium sized chicken fillets,
skin and fat removed
- 4 - 6 tablespoons home-made or
commercial pesto
- sun-dried tomato mayonnaise

Using a rolling pin, flatten the thick end of the chicken fillets. Slice the fillet horizontally, without cutting right through. Open the fillet, spread with the pesto and “close” both sides together. (May be fastened with toothpicks, but do remember to remove them before serving!)

Arrange the fillets in the base of Steamer dish and cook for approximately 20 minutes or until juices run clear when the fillet is pierced with a satay stick.

Remove from steamer, cool slightly, remove toothpicks, then cut into diagonal slices. Spoon juices collected in the juice tray over the chicken.

Snow peas or trimmed asparagus may be cooked in one of the other steamer dishes to accompany the chicken. For snow peas allow 4 - 5 minutes and for asparagus 5 - 7 minutes.

To serve cold, remove the toothpicks, slice fillet diagonally and serve with a mayonnaise into which finely chopped sun-dried tomatoes, finely shredded basil and a little more of the pesto have been stirred. For a really low kilojoule dish, reserve the juice from the juice tray and chill until jellied. Sprinkle on a little chopped basil and seasoned pepper and spoon over the chicken instead of the mayonnaise.