

MULTIPURPOSE STEAMER

Remove tray; place food in steamer.

GRAINS AND VEGETABLES

INGREDIENT	QUANTITY	COOKING DIRECTIONS	COOK TIME	MAKES
Macaroni pasta	2 cups	Add 4 cups hot water. Cover; microwave on high. Strain.	7-8 min	3½ cups
Bowtie pasta	2 cups	Add 4 cups hot water. Cover; microwave on high. Strain.	12 min	2 cups
Penne pasta	2 cups	Add 4 cups hot water. Cover; microwave on high. Strain.	12 min	3 cups
White rice	1 cup	Add 2 cups water. Top with tray; microwave uncovered, on high.	16-18 min	3 cups
Quinoa	1 cup	Add 2 cups water. Cover; microwave on high.	12 min	2½ cups
Broccoli florets	4 cups	Cover; microwave on high.	4 min	2 cups
Cauliflower florets	4 cups	Cover; microwave on high.	5 min	3 cups
Baby carrots	4 cups	Cover; microwave on high, stirring half way.	8 min	4 cups
Baby potatoes	1½ lbs (675 g), about 18	Cover; microwave on high, stirring half way.	8-9 min	4-5 cups
Frozen mixed vegetables	4 cups	Cover; microwave on high, stirring half way.	6 min	3½ cups

SEAFOOD AND POULTRY

INGREDIENT	QUANTITY	COOKING DIRECTIONS	COOK TIME	SERVES
Salmon fillets (about 1" thick)	4 fillets, 1 lb (450 g)	Cover; microwave on high.	2 min, rest 1 min, then uncover.	4 servings
White fish fillets: pollock, cod, halibut, or sole. If using frozen, defrost before cooking.	4 fillets, 1 lb (450 g)	Place half the fillets in bottom of steamer. Place tray over top; add remaining fillets. Cover; microwave on high.	3 min, rest 1 min, then uncover.	4 servings
Boneless, skinless chicken breasts (about 2 large breasts)	2 breasts, 1 lb (450 g)	Place chicken in steamer. Cover; microwave on high.	7 min, rest 2 min, then uncover.	4 servings

TIP: Season food with 1-2 tbsp of your favourite Epicure blend before cooking.