

The Steamwave Challenge, Recipe 1

Cantonese steamed chicken

Ingredients

50g dried mushrooms, soaked in warm water for 30 minutes

4 skinless chicken breasts

20ml light soy sauce

15ml chinese rice wine or dry sherry

1 teaspoon sugar

1 teaspoon sesame oil

1 tsp grated ginger

1 spring onion, sliced

Method

Mix the soy, chinese rice wine, sugar, sesame, ginger and 2 table-spoons of the mushroom stock.

Evenly slice the chicken and marinade with the onions for 15 minutes.

Evenly spread out the chicken on the steamer tray and steam on high setting for 15-18 minutes and serve with rice or noodles.



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The Steamwave Challenge, Recipe 2

Steamed salmon with asparagus, dill and white wine

Ingredients

2 salmon supremes
1 small bunch asparagus
a pinch of dill
½ glass white wine
25g butter, softened
½ lemon, zested
salt and pepper

Method

Brush the soft butter over a sheet of foil and place on the salmon.

Form a parcel from the foil and add the remaining ingredients.

Steam on high setting for 20 minutes and serve with new potatoes or green salad.



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The Steamwave Challenge, Recipe 3

Steamed chicken with lemongrass and ginger

Ingredients

- 1 stalk lemongrass
- 1 clove garlic, finely sliced
- 1 tsp ginger, grated
- 1 pinch black pepper
- 2 skinless and boneless chicken breasts
- 250g broccoli florets
- 1 handful toasted almonds

Method

Bruise the lemongrass and mix in a bowl with the pepper, ginger and garlic. Rub over the chicken breasts and marinate for 20 minutes in the refrigerator.

Transfer the chicken to the steamer tray and steam chicken on high setting for 20 minutes then add the broccoli and steam for a further 5 to 8 minutes.

Serve with rice and almonds scattered over dish.



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The Steamwave Challenge, Recipe 4

Butternut squash, coriander and red onion salad

Ingredients

900g butternut squash, peeled and cut into 4 cm pieces

1 large red onion, thinly sliced

3 tbsp extra virgin olive oil

1 ½ tbsp red wine vinegar

a pinch of fresh coriander

salt and black pepper

Method

Steam the butternut squash for 12 to 14 minutes until tender.

Meanwhile, marinate the onion in a large serving bowl with the olive oil, vinegar and a little salt and pepper. As soon as the butternut squash is cooked, toss it gently into the dressing, then leave the salad to cool.

Once the salad reaches room temperature, gently toss in the coriander and serve.



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The Steamwave Challenge, Recipe 5

Steamed jam pudding

Ingredients

100g unsalted butter
125g caster sugar
2 whole eggs
1 egg yolk
30g milk
200g soft flour – sieved with
4g baking powder
100g strawberry jam

Method

Cream together butter and sugar until light and fluffy. Add eggs gradually. If starting to split add a little flour. Add rest of flour and mix in milk gently. Take care not to overwork.

Take four dariole moulds that have been well greased. Put a spoonful of jam in the bottom, then divide the sponge on top by piping from a disposable piping bag. Cover securely with a piece of silicone paper and then foil. Steam on high setting for 50 minutes to 1 hour.

Cool slightly and turn out. Serve with vanilla custard or pouring cream.



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