

# Steamed Up

## Welcome to Steamed Up.

It's a new year and in Australia, kids have started back at school. The festive season is largely over and we look forward to the year ahead. We didn't really eat at home last Christmas as we found ourselves travelling to family and friends. I feel excited about getting back into the kitchen after this brief hiatus.

### WHAT'S IN SEASON?

Fresh asparagus is our favourite in season vegetable. As a healthy breakfast, a light lunch or as an amazing accompaniment to your main meal, asparagus has it all.

Asparagus is low in salt and fat and high in water content. Add it to your next big salad. Or, steam along with fresh green beans, add some salad dressing or sprinkle Fetta over for a quick and tasty side dish.

Little known fact - why is white asparagus "white"? White and green asparagus are the same plant, it's just that white asparagus hasn't had any direct sunlight.



## Essential Kitchen Items

With all the media attention on kitchen gadgets, it's easy to be overwhelmed. So we thought we'd discuss what are the essential kitchen tools?

A simple metal whisk assists with eggs, sauces, brulee, dressings, in fact the list is endless. We love that it's also dishwasher safe.

A good pot is essential. It must have a solid base for even heat distribution. Copper is a great heat conductor so look for either a full copper (high end price tag) or part copper base pot.

A large spoon. Use the spoon for mixing, stirring and tasting.

A good utility knife, like a Chef's Knife. A strong steel blade and it must fit your hand so it's comfortable to use.



continued on page 2



**FRESH ASPARAGUS:** Healthy, bursting with vitamins and low in fat and sodium. Variety of uses includes steaming, marinating, barbequeing and grilling.



**WHAT DO YOU NEED:** 6-8 Stalks of Asparagus per person; 1 egg per person, salt and pepper, freshly grated parmesan to serve, bowl of cold water to help peel the steamed eggs.



**THE FINISHED DISH:** Simple, healthy and tasty asparagus and steamed eggs. To serve lay asparagus on a plate, put steamed and peeled egg through the ricer and grate fresh parmesan cheese over the top.

## HOW TO:



**Eggs:** Scrambled

**You will need for 4:**

**6 eggs**

**300ml cream**

**1 tbsp Butter**

**Mix in a bowl:** Eggs and Cream using a whisk to lightly blend

**Add:** Salt and pepper to taste

**In a frypan:** heat Butter and when melted pour in egg and cream mixture. Using a slotted spoon gently stir the egg mixture as it cooks. Do not overcook the eggs.

**Hot Tip:** If the scrambled eggs get watery, they are overcooked.

# How to prepare Asparagus



Asparagus does not need a lot of special preparation.

- For long spears hold an end of the asparagus ear in one hand and the end in your other and gently bring you hands together until the stalk snaps in 2. Discard the woody end.
- Cut off the wood end and using s paring knife, taper each of the asparagus spears from about 1cm above the end
- Using a peeler, clean each asparagus stalk from just below the ear to the end.
- To cook in the Combi Steam Oven place on the perforated tray and cook for 6 minutes on 80c Steam Function only

Top 3 Asparagus Uses:

In Risotto

With Grilled Lamb Fillets

In a Spinach Leaf salad

## NEXT:

**How to choose knives**

**Apple Tart Tatin**

**Poll Results**

## Poll Results

Favourite Egg Dish

Scrambled	38%
Poached	34%
Fried	16%
Egg Nogg	6%
Easter Eggs	4%