

Cooking advantage Steam Cooker **Truly Health is Wealth !**

A saying which is far more meaningful today, with new and new diseases and expensive medical care which we can hardly afford. The need of the hour is to control the intake of foods with fat and eat more nutritious food.

You know, now it is possible to cook food retaining maximum vitamins and without adding any oil. Yes ! with the new Glen Steam Cooker.

Glen is a company which believes in healthy living & making the cooking experience a true pleasure for the Indian woman.

Glen Steam Cooker has three compartments for multilevel cooking. It has the most modern design and is made with food grade plastics. Cheaper Steamers are made from ordinary plastic which reacts with the food making it poisonous.

Steaming, a cooking method used before the discovery of fire, when foods were cooked over hot springs, is now being adopted world over for health reasons. Healthier, more nutritious dishes may be easily prepared by steaming; the results are colorful and flavorful, with fresh textures.

Steaming has great advantages over other cooking methods. A far higher level of nutrients, vitamins and minerals are retained than by other cooking methods. Steam cooking retains 60% more Vitamin C in vegetables than boiling. Moreover as additional fat is not required for cooking it's also healthier and lower in fat.

From the medical point of view, not only will your waist thank you, but also your heart will. The low fat content of foods cooked this way can go a long way to prevent problems associated with today's diet. Your hair, skin and nails are likely to improve in the process (as a result of the higher level of vitamins), your immune system will become stronger and your overall energy will increase. For people over 40, steam cooking is the perfect way to prevent heart disease, high cholesterol and even ulcers. For children, whose oil addiction is not formed yet, is a great way to avoid junk food and keep their weight in check.

Aside from the health advantages, steam cooking is also a great option if you don't have the time or the energy to cook by other methods. Since little effort is involved in the actual cooking process, steaming your food can be done while you're busy preparing something else, setting the table or even watching TV.

Which Foods to Cook in a Steam cooker

Steamed vegetables keep most of their flavonoids and vitamin content, so other than eating them raw, steaming vegetables is the next best way of cooking them.

Fish is also excellent when cooked in a food steamer because it retains all of its flavors and nutrient content such as the essential Omega-3 fatty-acids found in all seafood and fish doesn't fall apart during the cooking process.

Stir-frying, boiling, grilling, and other high temperature heating methods destroy many important nutrients. If you want to maintain the nutrients and rich flavors of fresh foods, then steaming food is the key!

You can use your food steamer to steam fish, chicken, vegetables, dumplings, rice or boil eggs, make dhoklas, idlis, soups and much much more and reap the health benefits of fat-free cooking that produces crisp and delicious results.