



Cook Book



Recipes to get started with Glen Steam Cooker





Steam Cooker

Good eating is synonymous with good health. Food cooked with steam retains far higher level of nutrients, vitamins and minerals than by any other method. Steam cooking reduces Vitamin C in vegetables by 40% whereas boiling reduces it by 70%. Moreover no additional fat is required for cooking, this helps reduce cholesterol and blood pressure.

The new Glen Steam Cooker, makes healthy cooking most convenient. With it's three chambers you can easily cook multiple dishes. Most sleek design, compact storage, food grade plastic, online water addition and numerous other advanced features make it the best choice for modern healthy cooking.

Steam cooking retains all the essential nutrients & vitamins.



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Sweet & Sour

A Chinese cuisine inspired winter soup recipe, Sweet and Sour soup has vegetables which are simmered in a sweet and sour vegetable stock.

Ingredients

- 4-5 medium size tomatoes
- 1 small carrot
- 5-6 beans
- ¼ of cauliflower cut into small pieces
- 1 teaspoon vinegar
- 1 teaspoon soy sauce
- 1 teaspoon corn flour

Method

- Put 4 medium sized tomatoes in any bowl of the steamer.
- Place chopped vegetables like carrots, beans, flowers of cauliflower, broccoli in the other bowl.
- Once steamed, blend the tomatoes and put the vegetables in it.
- Add salt, black pepper, vinegar, Soya sauce and sugar.
- Mix 1 teaspoon of corn flour with water and pour the mixture slowly in the vegetables, boil for a minute on the gas.
- Serve hot.



Serves

Preparation
Time

Cooking



Corn Spinach

Corn Spinach Soup is one of the healthiest Indian soups. It is a low calorie soup recipe which has great nutritional value.

Ingredients

- 250 gms spinach
- 1/2 cup corn
- 1/2 spoon red chillies
- Salt to taste
- Butter to taste
- Water as required

Method

- Separate the leaves of Spinach from the stem.
- Wash them thoroughly, and put them in the steamer. Steam for 8-10min.
- Steam corn separately for 40-45min and then remove the kernels from the cob.
- Blend the steamed Spinach with water and remove to a bowl.
- Add steamed corn kernels and then add salt and red chillies to taste. Butter may be added to enhance the taste.
- Option: Add white sauce to the above (before blending with water) and bake it in an oven for 15 min or in a microwave for 1-2 min to make Baked Corn Spinach.



Serves



Preparation
Time



Cooking



Corn Spinach

Veg Noodles

Another great way to get the kids to eat vegetables is to serve them with noodles. Aji-no-moto gives the Chinese flavour and kids will love it.

Ingredients

- 1 pkt fresh noodles
- 1 carrot
- 1/2 cup peas
- 1/2 cup chopped broccoli
- 1/2 cup chopped onion
- 2 teaspoon olive oil
- Aji-no-moto
- Salt & black pepper to taste

Method

- Steam fresh noodles in the steamer for about 8-10min.
- Finely chop your favourite vegetables and steam for 10min.
- Mix both in a bowl, add salt and black pepper to taste with aji-no-moto and 2 teaspoon of olive oil.
- Option: Noodles can also be substituted with rice, which will need to be steamed for 20-25min.



Serves



Preparation
Time



Cooking



Instant Idli

This South Indian speciality has been called one of the healthiest breakfasts in the world! Here is an Instant version of the popular dish.

Ingredients

- 1 cup rawa
- 3 tablespoon curd
- 1 teaspoon Eno salt
- juice of ½ lemon
- A pinch of salt
- ½ teaspoon sugar

Method

- Mix 1 cup Rawa (suji) with 3 tablespoon of curd and a little water to get a consistency of pouring batter.
- Add a teaspoon of ENO salt.
- Mix well and pour into the Rice Bowl.
- Steam for about 20 min.
- Cut into cubes and serve with green/ coconut chutney.



Serves



Preparation Time



Cooking



Instant Idli

Mushroom Muttar

A Punjabi favourite, this combination is a sure winner at parties and wedding banquets too. The steaming process allows it to be made with minimum oil without affecting the taste in any way.

Ingredients

- 1 pkt Mushrooms
- 2 cups Fresh Peas
- 3 medium sized Tomatoes, blanched and pureed
- 2 medium sized Onions
- 1 teaspoon Ginger-garlic paste
- Salt
- Chillies
- Turmeric

Method

- Steam mushrooms and fresh peas together in the steamer.
- In a pan, gently heat oil and fry 2 finely chopped onions with the ginger-garlic paste.
- When the onions are golden brown, add the pureed tomatoes.
- Add salt, red chillies and turmeric and mix well till the oil leaves the sides of the pan.
- Add the steamed mushrooms and peas and mix well.
- Add a little water if required and simmer for 2-3 min.
- Serve hot.



Serves



Preparation Time



Cooking



Mushroom Muttar

Chicken in Garlic Sauce

Garlic has a natural affinity with chicken and this heavily-garlicky dish will be loved by those with a taste for the pungency of garlic. Others could half the amount of garlic given in the recipe.

Ingredients

- 1 Chicken (cut into 8 pieces)
- 1 pod Garlic (peeled & chopped)
- 30ml Tomato Ketchup
- 25ml Soya sauce
- 200ml Chicken stock
- 1 teaspoon Corn flour
- Salt & pepper to taste
- Aji-no-moto a pinch
- 8-10 pcs almonds
- Mint leaves
- Juliennes of ginger

Method

- Cut chicken into small pieces and steam in the steamer.
- Chop the garlic and sauté in a little oil.
- Add tomato ketchup, salt and pepper, soya sauce, aji-no-moto and the chicken stock.
- Bring to a boil and thicken with corn flour.
- Add the steamed chicken.
- Add the sauce, mix well.
- Garnish with almonds, mint leaves & strands of ginger.



Serves



Preparation Time



Cooking



Chicken in Garlic Sauce

Anardana Aloo

The special touch in this masala aloo recipe is the anardana or pomegranate seeds which have an incomparable, delicious sweet and sour taste.

Ingredients

- 5-6 medium sized Potatoes
- 2-3 Whole red chillies
- 1 teaspoon Mustard seeds
- 1 tablespoon Chana Dal
- 1 tablespoon Split Urad Dal
- 1 teaspoon Pomegranate seeds
- ½ teaspoon Red chilli powder
- ½ teaspoon Turmeric powder
- Salt as per taste
- 2 teaspoons Oil
- Coriander leaves & green chillies for garnishing

Method

- Steam the potatoes in the Glen steamer and when cool, peel and cut into bite sized pieces.
- Heat the oil in a non-stick pan and put in the mustard seeds and whole red chillies.
- When they start to splutter, add channa dal and urad dal and stir for a minute.
- Add about half cup water and when it reduces to half, add the potatoes.
- Add all the dry masalas and mix well.
- Remove from heat and garnish with green chillies and coriander leaves.
- Serve hot.



Serves



Preparation Time



Cooking



Egg Salad

A perennial favourite and a great way to get the health benefits of eggs. You may add boiled potatoes, walnuts, spring onions etc to this basic recipe.

Ingredients

- 6 Eggs
- 100 gm Lettuce Leaves
- 4-5 sticks of beans

For the Dressing:

- 1 tablespoon Olive Oil
- 2 tablespoons Vinegar
- ¼ teaspoon Mustard Powder
- Salt & Black Pepper to taste



Serves



Preparation
Time



Cooking

Method

- Mix the ingredients for the dressing well and keep aside.
- Steam the eggs for 20 min.
- Steam the beans for 10 min.
- When cool, peel and cut each egg into 8 pieces.
- Wash the lettuce leaves well and keep in chilled water.
- When ready to serve, chop the lettuce leaves and mix with the eggs and beans.
- Add the dressing and toss well. Serve cold.



Egg Salad

Vegetable Salad

A delicious dressing that adds a creaminess and luxurious taste to vegetables. Add beetroots and other ingredients like cabbage and cucumber for a change.

Ingredients

- 2 Potatoes
- 1 Cauliflower (cut into small pieces)
- 2 Carrots (cut into small pieces)
- 1 cup Peas
- 1 Cucumber (cut into small pieces)
- 2 Tomatoes

For Dressing

- 1 cup Thick hung Curd
- 2 tablespoons Fresh Cream
- 1 teaspoon powdered sugar
- Salt to taste

Method

- Steam the whole potatoes and when cool, peel and chop.
- Steam the chopped vegetables with the peas.
- Mix all the vegetables and keep in a serving bowl.
- In another bowl, mix all dressing ingredients well.
- Add the dressing to the vegetables carefully, mix gently and garnish with coriander leaves.



Serves

Preparation
Time

Cooking



Broccoli & Corn Rice

Transform your left over rice into a fancy looking, colourful dish! A perfect lunch box item for kids and in fact elders too, this is too tasty that you'll find yourself making it with fresh rice too!

Ingredients

- 1 cup Rice, soaked for 30 min
- 1 Broccoli, separated into florets
- Corn on the cob, boiled and kernels separated
- ¼ teaspoon Cumin seeds
- 2 tablespoons Refined oil
- Salt to taste

Method

- Steam the corn and broccoli.
- Steam the rice separately.
- In a pan, heat the oil and splutter cumin seeds.
- Add rice along with the corn & broccoli florets.
- Add salt and mix well.



Serves

Preparation
Time

Cooking



Broccoli & Corn Rice

Gobi Masala

Forget the greasy and oily Gobi Masala that is a staple at restaurants. This is a light, steamed version of the famous Punjabi dish that is tastier and lighter to digest.

Ingredients

- 1 big sized Cauliflower, florets separated
- 2-3 Tomatoes
- 1 medium sized onion
- Ginger Garlic Paste
- Salt to taste
- Red Chilli Powder to taste
- 1/6 teaspoon Turmeric powder
- Spring onion and Coriander leaves, for garnishing



Serves



Preparation Time



Cooking

Method

- Steam cauliflower and tomatoes separately in the steamer for about 15-20min.
- In a non-stick pan, warm oil and put the chopped onion in it.
- Cook till golden brown and add the ginger-garlic paste.
- Blend the tomatoes to make a puree and add to the onions in the pan and mix well.
- Add salt, chilli powder and turmeric powder.
- Add cauliflower and mix well.
- Simmer for 2-4 min.
- Transfer to a serving dish and garnish with chopped spring onion.
- Serve hot.



Egg and Pea Curry

Steaming eggs instead of boiling them is becoming popular these days. The taste is the same, but egg shells don't risk cracking and they are easier to peel. This is the classic egg curry, with the addition of green peas.

Ingredients

- 6 Eggs
- 1 cup peas
- 2 small sized Onions, finely chopped
- 4 Tomatoes
- Salt
- Chilli powder, to taste
- 1/6 teaspoon Turmeric
- 3 tablespoons Oil
- Coriander leaves and chillies for garnishing



Serves



Preparation Time



Cooking

Method

- Steam eggs, peas and tomatoes separately.
- In a pan, put oil and add chopped onions.
- Cook till golden brown.
- Puree the tomatoes and add to the onions.
- Simmer till thick.
- Add peas, salt, chilli powder and turmeric along with ½ cup water.
- Bring to a boil and then simmer for 5 min.
- Add shelled eggs cut into 2 pieces.
- Check seasoning.
- Garnish with chopped coriander leaves and green chillies.
- Serve hot.



Egg and Pea Curry

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