

COOK IT YOURSELF RECIPES

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OUR CONCEPT

In a world often characterized by quick fixes, our bamboo steamer recipes invites you to rekindle the timeless tradition of crafting meals with your own hands. We extol the art of constructing flavors from scratch, advocating for the unmatched contentment found in the act of culinary creation.

Discover the allure of steaming, a practice that elevates ingredients without drowning them in excess. Join us in celebrating the joy of home cooking, where each dish is a testament to passion, patience, and the allure of cooking for oneself.

Clean & tasty



Steamed Dim Sum Dumplings

INGREDIENTS

1/2	Ground Pork
8-10	Medium-sized Shrimp
1	Stalk scallion
3 dashes	White pepper
1/2 teaspoon	Salt
1/2 teaspoon	Soy sauce
1/4 teaspoon	Sesame oil
1 inch	Ginger
1 pack	Dumpling wrappers

DIRECTION

Combine the ground pork, shrimp, chopped scallions, ginger, and all the seasonings together. Mix well and set aside.

To make dumplings, place a small spoonful of the filling in the center of a wrapper. Dab a little water with your finger and circle around the edge of the skin, and then fold and pleat the dumpling accordingly. Repeat the same for the rest.

Arrange the dumplings in a bamboo steamer (lined with parchment paper at the bottom) and steam for 8-10 minutes. Serve immediately with black vinegar dipping sauce.

SERVING

6

TIME

30
mins

LEVEL

easy



Steamed Fish with Ginger and Scallions

INGREDIENTS

1	Whole fish such as bass or snapper	2 tablespoons	Shaoxing wine or dry marsala wine
6	Onions	2 tablespoons	Vegetable oil
½ cup	Fresh Ginger	1 to 2 teaspoons	Salt
3 tablespoons	Soy sauce	1 pack	Cilantro (optional)

DIRECTION

Set up your steamer over high heat.

Score the fish, gently making three to four cuts along the body of the fish on both sides, starting from the dorsal fin to the belly. The cuts should be deep enough that you can stuff them with some ginger and onions. Sprinkle the salt in the slits on both sides to help flavor the fish. Gently place half of the onions and ¼ cup of the ginger into the slits.

In a small pot over medium-high heat, combine the soy sauce, wine, oil, and the remaining onions and ¼ cup ginger. Heat to a boil and then reduce the heat to low. Keep the sauce over low heat while the fish steams.

Place the fish in a steam-proof dish, such as a pie plate, that fits in your steamer. The dish should be deep enough to let the sauce pool at the bottom. Steam the fish for 10 to 15 minutes, depending on the size of the fish. To check for doneness, turn off the heat. Carefully lift the lid of the steamer. Using the tip of a sharp knife, gently probe the flesh at the meatiest part of the fish. If it is opaque and flakes, then the fish is done steaming. If it looks underdone, then close the lid and steam over high heat for up to 5 minutes more.

Remove the dish from the steamer and drizzle the soy sauce mixture over the fish. Garnish with cilantro. Serve with rice as a part of a meal.



SERVING

4

TIME

25
mins

LEVEL

easy



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Steamed Vegetable Medley



INGREDIENTS

A sampling of seasonal vegetables
flaky sea salt
Good olive oil, a few drops of toasted
sesame oil, or shallot oil
Ponzu sauce / soy sauce

DIRECTION

Wash your vegetables well, and cut them into bite-sized pieces. I tend to leave peels on, but it is a personal preference. Arrange them, in a single layer, in steamer trays according to needed cooking time. For example:

Bottom tray: equal-sized chunks of slower-cooking vegetables. For example: sweet potato, potato, winter squash, beets. These usually cook through in about ten minutes. Middle-tray: equal sized pieces of broccoli, cauliflower. Top-tray/last minute: asparagus, fava beans (inner pods), snap peas.

ring an inch of water to a simmer in a skillet large enough to accommodate the diameter of your steamer. Alternately, you can use a wok. The water should not be so high that it makes contact with the vegetables when the steamer is placed in the skillet - do a quick test if you're unsure, and remove some water if needed.

The goal here is to have your vegetables perfectly cooked and ready to serve just before you sit down. And, ideally, all of the vegetables finish cooking at the same time. Here's how you do it..

Roughly ten minutes before you're ready to serve, place the slow-cooking, bottom tray vegetables over the simmering water, covered. Let them steam there until they're about 2/3 cooked, about 6-7 minutes. Test, and cut into any root vegetables toward the end to make sure they're going to be cooked through.

The mid tray only needs 3-4 minutes, so add that next, moving the lid up a level. And the top tray vegetables, like snap peas and asparagus, just need a kiss of steam to brighten, barely a minute. Add that last. Or if you only have two baskets, add these to the broccoli/cauliflower basket to finish. You'll have to make slight adjustments based on the sizes of your vegetables, but this is the general idea. Cook them until they're bright, just tender, and taste good to you.

I like to quickly arrange the steamed vegetables, nested, in one basket to serve along with a drizzle of good oil - toasted sesame, shallot, olive oil, herb, etc. With a sprinkle of flaky sea salt. Or a nice drizzle of ponzu.

SERVING

4

TIME

10
mins

LEVEL

easy

Steamed Sticky Rice with Chicken

SERVING
4

TIME
50
mins

LEVEL
medium

DIRECTION

Mix diced chicken with oyster sauce, soy sauce, and sesame oil. Marinate for 15 minutes.

Cut the mushrooms and sausage slices

Layer soaked glutinous rice, marinated chicken, sausage slices, and mushrooms in a dish.

Place the dish in the bamboo steamer and steam for about 25-30 minutes until the rice is tender.

Carefully remove the dish and let it cool slightly before serving.

INGREDIENTS

600g

½

2 bowls

2

1/4 cup

1 teaspoon

1 tablespoon

1 teaspoon

Chicken

Onion

Sticky rice

Chinese sausages

Dried shiitake

mushrooms

Saffron flour

Soy sauce

Sesae oil



Steamed Chocolate Lava Cakes

INGREDIENTS

2 oz	Semi-sweet chocolate chips	3 oz	Flour
2 oz	Heavy whipping cream	1½ oz	Unsweetened cocoa powder
		¾ tsp	espresso powder
6 oz	Sugar	½ tsp	baking soda
3½ oz	Vegetable oil	¼ tsp	salt
3 oz	Plain greek yogurt	14 oz	water
1	Egg		Fresh raspberries and
1	Egg yolk		whipped cream to serve
¾ tsp	Vanilla extract		

DIRECTION

Ganache

Place chocolate chips into mixing bowl and chop. Scrape down sides of mixing bowl with spatula and heat 2 min.

Add whipping cream and heat 2 min. Scrape down sides of mixing bowl with spatula and mix. Transfer to a bowl and refrigerate until set (approx. 1 hr.).

Scoop reserved ganache into 6 balls (approx. 1 tbsp/0.5 oz) and refrigerate to keep firm, or until needed.

Cake

Grease 6 ramekins (4 oz) and set aside.

Place sugar, oil, yogurt, egg, egg yolk, and vanilla into mixing bowl and mix.

Add flour, cocoa powder, espresso powder, baking soda and salt and mix. Scrape down sides of mixing bowl with spatula and mix a further. Divide batter evenly between prepared ramekins. Gently push 1 chilled ganache ball into each ramekin, just until fully covered by cake batter, place into Varoma dish and set aside. Clean mixing bowl.

Place water into mixing bowl. Place Varoma dish with filled ramekins into position, secure lid and steam 30 min. Garnish with raspberries, sprinkle with confectioners sugar and serve warm.

<i>SERVING</i>	<i>PREPERATION</i>	<i>TIME</i>	<i>LEVEL</i>
6	20 mins	180 mins	easy





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