

CREATE

MOIST COOKING

What method do I use?

Poach 160°F-180°F Bubbles form on the bottom of the pan but don't break the surface. Great for cooking delicate food items such as eggs or fish.

Simmer 185°F-205°F- Bubbles form and gently rise to the surface of the pan. Great for cooking soups, stocks, and starchy items such as potatoes and pasta.

Broil 212°F- Bubbles rapidly break the water surface. Good to use for pasta. Avoiding boiling meat, fish, eggs or any delicate food.

Steam over 212°F- Food is cooked with steam that rises from boiling water. Great for cooking delicate foods such as seafood or vegetables.

Nothing says comfort like a simmering pot of soup!

Corn Chowder

- 1 quart water
- 4 cups peeled, cubed potatoes
- 1 small onion, chopped
- 1 cup peeled, cut carrots
- 1 cup chopped celery
- 1 can evaporated skim milk
- 1 cup frozen corn, thawed
- 1 can creamed corn

Bring water to boil in large pot. Add potatoes, onion, carrots and celery. Bring to boil and reduce heat to a slow simmer until vegetables are soft (15 -20 minutes). Mash half of mixture with potato masher. Add evaporated milk, frozen corn and creamed corn. Simmer on low until heated through and serve.

Yield: 8-12 servings

Note: Take care not to let soup boil after adding milk to keep it from curdling.

Steaming veggies is easy-peasy lemon- squeazy!

Steamed Fresh Peas

- 4 cups fresh shelled peas*
- 1 teaspoon olive oil
- Zest of one lemon
- ¼ cup toasted, chopped almonds (optional)

Rinse shelled peas. Bring an inch of water to a boil in a saucepan with a steamer**. Add the peas to the steamer and cover; reduce heat to medium and let cook for 2-4 minutes or until peas are bright green. Be careful not to overcook them. Remove from heat, place in serving dish. Whisk lemon zest into olive oil and drizzle over peas. Toss with toasted almonds if desired.

Yield: 4-6 servings

*A bag of frozen peas may be substituted for fresh; also try asparagus, broccoli, green beans, etc.

** Note: If you don't have a steamer, you can place the peas directly into the boiling water.