



Katie says

Steaming is a good way to cook food.
The steam comes from boiling water.
It circles the food to cook it.

- The food never touches the water.
- Almost all types of food can be steamed, even bread, cakes, and pastries.
- Vegetables are steamed more often than other foods.

Steaming Vegetables

What You Can Use:

- A metal collander that fits into a saucepan with a lid
- A blancher with a lid
- A special vegetable steamer
- A steamer basket in a saucepan with a lid

How To Steam Vegetables:

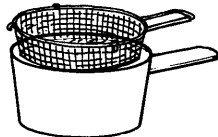
1.

Pour 1 or 2 inches of water in the pan.



2.

Put the basket into the pan.



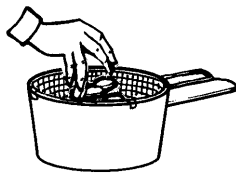
3.

Cut vegetables into small pieces.



4.

Put the vegetables in the basket.



5.

Cover the pan with a lid.



6.

Heat the water to boiling.
Add more water when it is needed.



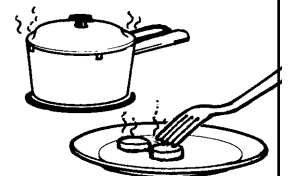
7.

Lift lid only if necessary.
Your steam will escape.



8.

Steam the vegetables until they are tender.



Time Needed To Cook Fresh Vegetables

Vegetable.....	Minutes
Lima Beans	25 to 35
Snap Beans (whole).....	20 to 35
Broccoli.....	15 to 20
Cabbage	
quartered	15
shredded	8 to 12
Carrots	
whole.....	20 to 25
sliced	15 to 25
Okra.....	20
Green Peas.....	10 to 20
Summer Squash	15 to 20
Spinach	5 to 12

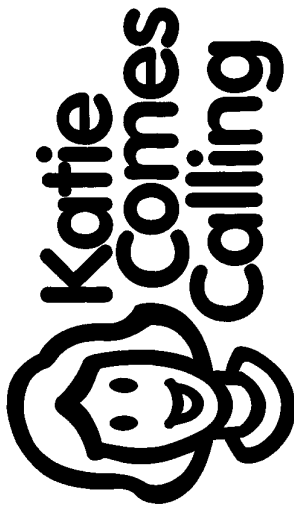
Increase the time needed to cook vegetables if they are bigger or older than normal.

Dear Friend,

Katie comes to you from your county Extension office.
We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Katie

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Steaming Foods

Steaming foods is a good way to cook.

- It saves vitamin C.
- It cuts out the use of fats.
- It cuts down on the use of salt.
- It saves cooking time.
- It saves energy.
- Foods do not have to be watched closely while cooking.



Evelyn F. Crayton

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Your County Extension Agent can tell you more about this and can help you in other ways too. Call or write: