



RECIPES FOR JULY 2008

Steamed Lamb Roll

1lb. ground lamb meat
 ½ lb. Lean smoked ham, minced
 4 oz. bread crumbs
 2 eggs, for binding
 1 tsp. Parsley, chopped
 ½ tsp. Mixed herbs
 1 tsp. Worcestershire sauce
 ½ tsp. Pepper

- Mix all ingredients well. Shape into a roll.
- Preheat **Accu-Steam Steam 'N' Hold™** steamer on fast cook for 12 minutes.
- Place roll in 2 inch solid pan and steam in fast cook mode for 1 hour and 10 minutes.
- Great served cold with warm crusty bread.

Steamed Asian style Lamb

1 lb. Ground lamb
 2 stalks green onions
 1 slice fresh ginger
 1 tsp. Cornstarch
 1 tbspc. Soy sauce
 1 tbspc. Sherry
 ½ tsp. Salt
 ½ tsp. Sugar
 1 tsp. Peanut oil
 Chinese parsley to garnish

- Mince green onions and ginger finely.
- Mix cornstarch, soy sauce, sherry, salt and sugar well. Add all to ground lamb and mix well. Set aside.
- Preheat **Accu-Steam Steam 'N' Hold™** in fast cook mode for 12 minutes.
- In a 2 in solid pan arrange mixture in a ½ inch thick layer around the sides and bottom of pan. Sprinkle peanut oil over everything.
- Cook in steamer for 35 minutes. Chop parsley and garnish.
- Serve Hot.

Steamed Lamb Balls

1 lb. Ground lamb
 3 lg. Chinese dried mushrooms, soak for ½ hour
 2 tbspc. Finely chopped water chestnuts
 1 sm. Onion, finely chopped
 1 egg, lightly beaten
 ¼ tsp. Sugar
 Dash of pepper
 1 tbspc. Ginger wine
 1 tbspc. Reg. Soy sauce
 1 c. glutinous rice, drained



- Combine all ingredients well, except for rice.
- Shape meat mixture into meatballs, using about 1 tablespoon of mixture.
- Roll into drained rice to coat completely.
- Preheat **Accu-Steam Steam 'N' Hold™** for 12 minutes.
- Line a 2 inch perforated pan with lettuce leaves and place lamb balls into pan.
- Steam for 30 minutes.
- Serve with a sauce of 2 tablespoons soy sauce and 1 tablespoon vinegar.

AccuTemp Jambalaya

Serves 8 – Serve with Sauvignon Blanc and crusty bread.

2 TBL Butter
1 Pound Andouille sausage, in ¼ inch slices
1 large bell pepper, any color, large dice
1 large onion, large dice
3 ribs celery, large dice
1 small head of garlic, peeled and diced
Creole seasoning. To taste.
Salt and Pepper to taste.
2 Large tomatoes, cored, peeled, seeded and chopped
1 pound shrimp, peeled
½ pound fish fillets (Redfish, Bass, blue fish etc..)
2 bay leaves
3 cups long grain rice. Rinsed well
6 cups water
1 pint shucked oysters with liquor
2 bunched green onions, thinly sliced
Hot sauce to taste.



- Preheat **Accu-Steam Steam'N'Hold™** in fast cook mode for 15 minutes.
- In 4 inch solid hotel pan combine: butter, Andouille peppers, onions, tomatoes, celery and spices.
- Steam for 8-10 minutes.
- Add shrimp, fish, rice and water.
- Steam for 30 minutes or until rice is tender.
- Remove from steamer and add oyster with liquor.
- Fold into mixture and let stand 5 minutes. Garnish with Green onions and hot sauce to taste.

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