



RECIPES FOR SEPTEMBER 2008

Steamed Clams Bordelaise

4 lbs. Clams (Co hog, littlenecks. Etc...)
 ½ cup Scallions, Chopped
 2 to 3 Garlic Cloves, Chopped
 1 Stick or ½ c. butter
 2 cup dry white wine
 Salt and Pepper to taste
 2 tbsp. Chopped parsley

Preheat Steam'N'Hold™ to 212° in fast cook mode. Scrub the clams under running cold water. In a solid 4 inch half pan add butter, chopped garlic and scallions. Steam for 3 minutes. Add white wine and salt and pepper to taste. Steam for 5 minutes. Add clams. Cook for 5 – 7 minutes or until the shells are open. Stir in Parsley and serve the clams and broth in soup bowls. Serve with crusty bread. 1 lb. of clams per serving.

Stuffed Steamed Peppers In Mustard Sauce

6 sm. Green or red peppers, cut tops off and remove seeds

Stuffing:

1 ½ cups cooked brown rice
 1 shallot, finely chopped
 1 tbsp. Finely chopped fresh ginger
 2 cloves garlic, finely chopped
 Freshly ground pepper
 6 tbsp. Vegetable stock
 3 ½ cups bean sprouts

Mustard Sauce:

1 tbsp. Low – salt soy sauce
 1tbsp. Vinegar
 2 tsp. Dijon mustard
 3 tbsp. Vegetable stock

Pre-heat Steam'N'Hold™ in Fast Cook mode. Mix stuffing ingredients together, except bean sprouts in a 2 ½" half size solid pan. Allow mixture to stand for 10 minutes. Steam mixture for 5 minutes. Remove mixture and fold in bean sprouts. Allow to cool. Stuff the peppers with mixture. Place peppers in a solid 2 ½" pan. Steam in Fast Cook mode for 10 minutes. Remove peppers and mix mustard ingredients with the liquid in the pan. Pour over stuffed peppers and serve.

Italian Steamed Artichokes

8 fresh Artichokes
 1 tbs. Vegetable seasoning (Mrs. Dash)
 3 tbs. Lemon Juice
 2 tbs. Balsamic vinegar
 ½ tsp. Salt
 ¼ cup Italian Dressing

¼ cup Olive Oil

Preheat Steam`N`Hold™ Steamer in Fast Cook.

Trim off the tops of artichokes, cut off stem and clean. Place artichokes in solid 2 ½" solid pan. Mix ingredients and pour over artichokes. Steam artichokes for 45 minutes or until leaves pull out easily. Be sure to baste the artichokes every 10 to 15 minutes. Serve warm.

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