

**Steam cooking : cooking a complete meal on one gas ring or electric hotplate / Stork Margarine Cookery Service.**

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### HINTS ON STEAMING FOOD IN A STEAMER OR SAUCEPAN

#### USING A THREE-TIER STEAMER

The water in the bottom saucepan under the steamers should come to within an inch of the top. It should be boiling before the food is placed on the tiers, and kept fast boiling all the time. Add additional boiling water to the saucepan from time to time, as some will evaporate.

The lid and all tiers should fit tightly to prevent steam escaping: pad with greaseproof paper to prevent this, if necessary.

For food to be well cooked all through the steam must circulate freely all around it. Because of their shape, pudding basins are ideal for steaming most types of food. Avoid using large flat dishes, and, when suitable, just wrap the food in greaseproof paper, twist the ends, and place in the correct tier of the steamer.

**ORDER OF FOOD:** Meat and fish dishes go in the bottom tier.  
Vegetables in the middle tier.  
Puddings and Fruit in the top tier.

**COOKING TIME:** Some food takes longer than others. Decide on your meal, study the table, and place the food on the different tiers according to the cooking time stated.

#### TWO-TIER STEAMER

If only two tiers are available, place vegetables around the meat on the bottom tier.

#### USING A LARGE OR 9" SAUCEPAN

Food is placed in tins or jars, or some vegetables can cook in the water. Use good clean jam or fruit tins or stone jam jars. Do not use glass jam jars, as they may crack during the long boiling. Make sure tin tops have smooth edges, to avoid cutting the hands. A 9" saucepan will hold four 1-lb. tins or jars, or three of the 2-lb. size.

The water should come only half-way up the jars or tins, and should be boiling before the cooking commences. Add additional boiling water to make up for evaporation. The lid to the saucepan must fit tightly to keep in all the steam.

#### COVERING BASINS, TINS OR JARS

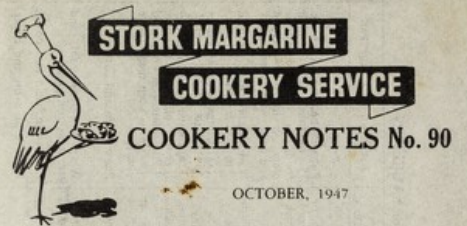
Food steamed in any of these utensils should be covered with one of the following:—

- (a) Greaseproof paper, plus pudding cloth if necessary.
- (b) A tin lid pressed down.

**NOTE:** Do not use tin lids which screw on tightly, as allowance must be made for expansion of the metal.

- (c) A saucer or plate.

**NOTE:** In the saucepan method, place a weight on saucers or plates to keep them in position, as the bubbling from the boiling water may topple them over.



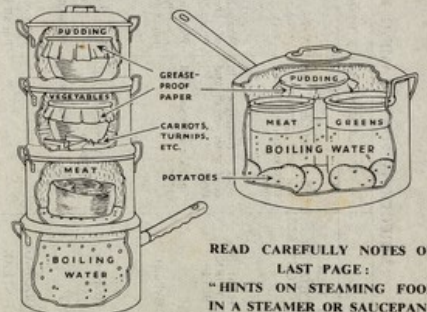
OCTOBER, 1947

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## STEAM COOKING

### COOKING A COMPLETE MEAL ON ONE GAS RING OR ELECTRIC HOTPLATE

During the colder weather, when fuel-saving is especially necessary, a complete meal for three to six people can be cooked on one gas burner or electric hotplate. The equipment required is either a three-tier steamer or a large saucepan with a tightly fitting lid, and preferably at least 9 inches in diameter.



READ CAREFULLY NOTES ON LAST PAGE: "HINTS ON STEAMING FOOD IN A STEAMER OR SAUCEPAN"

COOKERY NOTES are published by the STORK MARGARINE COOKERY SERVICE, Unilever House, London, E.C.4, to help solve your present-day cooking problems.



**DIRECTIONS FOR STEAMING BY THREE-TIER STEAMER OR SAUCEPAN**

FOOD	PREPARATIONS	STEAMING IN A STEAMER	STEAMING TIME FOR STEAMER OR SAUCEPAN	STEAMING IN A SAUCEPAN
<b>BOTTOM TIER</b>				
FISH FILLETS OR CUTLETS	Wash and dry, add salt and pepper, a little vinegar or lemon juice.	Wrap in greased greaseproof paper.	20/25 mins. per lb. or part of a lb. according to size and thickness.	Put wrapped fish on a plate, 25 minutes before other foods are cooked, place plate on top of saucepan and cover with saucepan lid.
BACON, HAM or PICKLED PORK SALTED BEEF	Soak overnight in cold water, wash and dry.	Wrap in a double thickness of greaseproof paper to retain juices.	25-30 mins. per lb. and 25 mins. over.	All meats can be steamed in a saucepan:— (A) Chops or small pieces in a 2-lb. tin and covered. (B) Joints: Wrap in greaseproof, place on a plate. Put plate on upturned basin to keep meat above water.
CHOPS JOINTS RABBIT (Whole)	Sprinkle with salt and pepper.	Wrap in double thickness of greaseproof paper to retain juices for making gravy.	Chops: 40-50 mins. Joints: 20-25 mins. per lb. and 25 mins. over. Rabbit: 2 hours or till tender.	
RABBIT (Jointed)	Slice 1 onion, add salt and pepper.	Put all in a basin, add $\frac{1}{4}$ gill water, and cover.	2 hours or till tender.	
CHICKENS	Wash well and dry.	Wrap in greaseproof.	Young: 2-2 $\frac{1}{2}$ hours. Boiling: 3-4 hours.	Place in tin and cover. Wrap in greaseproof, and steam as for joints.
MEAT PUDDINGS	—	Prepare in basin and cover.	3 $\frac{1}{2}$ -4 hours.	Prepare in basin and cover.
STEWING STEAK STEWS	—	Put all ingredients in a basin and cover.	2 $\frac{1}{2}$ -3 hours.	Prepare in a tin and cover.
<b>MIDDLE TIER</b>				
BEETROOTS	Wash, but do not peel.	Wrap in greaseproof paper.	Steaming: 2-2 $\frac{1}{2}$ hours. Boiling: 2-2 $\frac{1}{2}$ hours.	Steaming Vegetables in a Saucepan: Place in a tin or jar, add salt, and cover vegetables with hot water when stated under column "Steaming in a Steamer."  Boiling Vegetables in a Steamer or Saucepan: Most vegetables can be boiled in the usual way in the boiling water in the saucepan under the steamers, or in the large saucepan. Add salt, but do not add mint for peas and new potatoes. Do not boil leeks or onions in the water, or any other strong-flavoured vegetables.
BROAD BEANS	Shell and wash.	Salt and wrap in greaseproof; or place in a basin, add salt, and pour over enough hot water to cover vegetables, adding mint to peas. Cover basin.	Steaming: $\frac{1}{2}$ -1 hour. Boiling: 20-25 mins.	
CABBAGE (all kinds) SPINACH	Wash, shred or break into small pieces.		Steaming: 45-55 mins. Boiling: 20-25 mins.	
PEAS	Shell.	Steaming: $\frac{1}{2}$ -1 hour. Boiling: 15-20 mins.		
CAULIFLOWER	Wash and cut into four.	Sprinkle with salt, and wrap in greaseproof.	Steaming: 45-55 mins. Boiling: 20 mins.	
CELERY ARTICHOKEs	Wash well.	Whole: Salt and wrap in greaseproof. Sections: Place in basin, add a little hot water, salt, and cover.	Steaming: 40-60 mins. Boiling: 25-30 mins.	
CARROTS PARSNIPS SWEDES TURNIPS	Cut in rings, or four portions lengthwise. Young carrots can be left whole.	Place in basin, salt, and cover basin; or salt and wrap in greaseproof.	Steaming: 1-1 $\frac{1}{2}$ hours. Boiling: 25-30 mins.	
FRENCH OR RUNNER BEANS	Slice.	Place in basin, salt, and cover basin; or salt and wrap in greaseproof.	Steaming: 40-45 mins. Boiling: 15-20 mins.	
MARROW	Cut prepared marrow in sections.	Place in basin, salt, and cover basin; or salt and wrap in greaseproof.	Steaming: 20-25 mins. Boiling: 15-20 mins.	
POTATOES (Old)	Use potatoes of the same size, cutting up big ones.	For best results, scrub and steam with the skin on; or peel, sprinkle with salt and wrap in greaseproof; or just place in steamer.	Steaming: 40-60 mins. Boiling: 20-25 mins.	
POTATOES (New)	As above.	As above, adding mint when wrapped in greaseproof.	Steaming: 30-40 mins. Boiling: 15-20 mins.	
ONIONS LEEKS	Peel.	Whole: Salt and wrap in greaseproof. Slices: Place in basin, salt, and cover basin.	Steaming: 1-1 $\frac{1}{2}$ hours.	Place in tin or jar, add salt, and cover.
<b>TOP TIER</b>				
MILK PUDDINGS: Macaroni Oatmeal Semolina, etc.	Prepare according to your recipe.	Place in basin, cover with greaseproof.	Half as long again as time for a baked milk pudding.	All puddings which can be made in a tin or jar can be steamed in a saucepan, with other tins containing meat and vegetables, or the vegetables (except onions and leeks) can be cooked loose in the boiling water.  Cover tins and steam for time stated. Puddings which need a pudding basin can be steamed for the time stated, but if the pudding is large there will be little room left for other foods.
STEAMED SPONGE PUDDINGS STEAMED PUDDINGS STEAMED FRUIT PUDDINGS WITH PASTRY LINING AND TOP ROLY-POLY	Prepare according to your recipe.	Place in a basin and cover with greaseproof.	2 hours.	
FRESH FRUIT	Prepare fruit, add 3 tablespoonsful water and 3 tablespoonsful sugar per lb. fruit.	Place in a basin and cover with greaseproof paper.	20-30 mins. Stewing Pears: 40-45 mins.	
DRIED FRUITS	Soak in cold water overnight. Add sugar to taste.	Put in basin, cover fruit with some of the soaking water, and cover basin.	Apricots } 1-1 $\frac{1}{2}$ hours. Apple Rings } Peaches } Figs: 1 hour. Prunes: $\frac{1}{2}$ hour.	