

Helps retain  
all the healthy  
goodness.



# free

cook 'n' steam set!  
with your order

What's the point of taking vitamin supplements when a simple change in the way we cook our food could help us get all we need in the food we eat? When eaten in the middle of a meal, vitamins are absorbed more readily into our bodies. Steaming food instead of boiling it, helps retain these vitamins meaning suppliments should be a thing of the past.



Healthy eating has never been so easy...



Steam... Vegetables



Steam... Fish



Steam... Meat

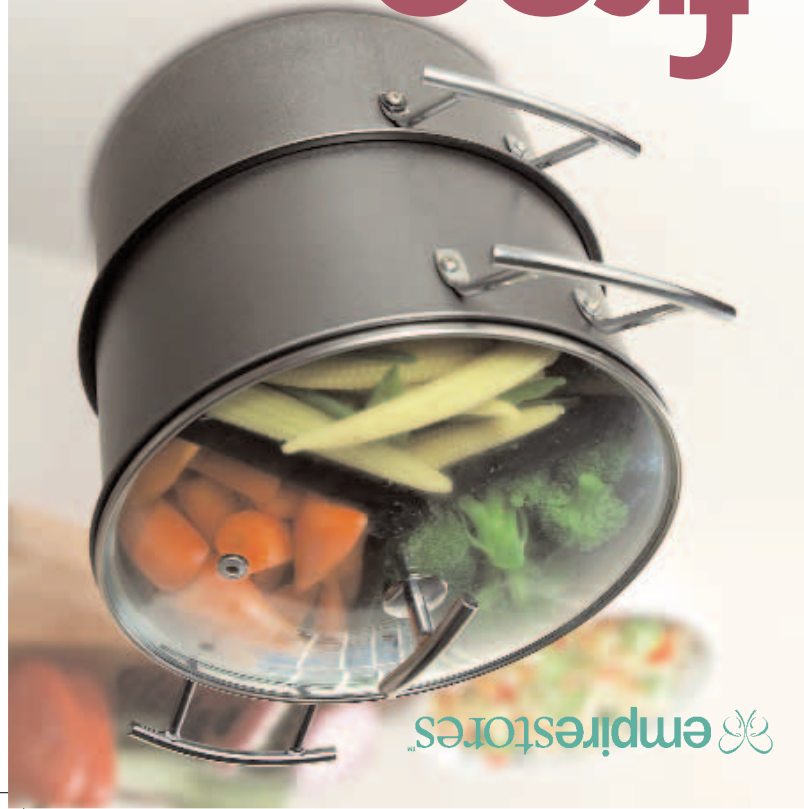


Steam... Noodles

c100  
m80  
y20  
m100  
y100  
k15  
c20  
m100  
y100  
m65  
y25  
k35  
c55  
y35  
k14

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[FOR ADDRESSEE ONLY]

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- 1. COMPLIES WITH APPLICABLE BRITISH SAFETY STANDARDS
- 2. **empirestores**
- 3. GIFT BUYING DEPARTMENT

THE ITEM HAS BEEN QUALITY CHECKED AND APPROVED BY:

**B. Phillips**  
CHECKED & APPROVED

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for pasta.

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# free

## cook 'n' steam set!

with your order

Contrary to popular opinion, steaming does not mean bland food; in fact flavours, smells, colours and textures of all ingredients (meat, fish, vegetables, fruits...) are more intact when steam cooked rather than fried or boiled in water and because the heat of the steam is gentle it does not seal, but slowly diffuses throughout the food. Meat for example, stays particularly tender and tasty when steamed. It is the ideal way to cook fish, which does not 'come apart' as that sometimes happens when poached.

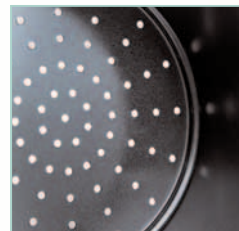
This stylish and practical gift is yours free when you place your next order from your **empirestores** Catalogue.



Stylish and practical design that makes it easy to use, clean and it looks great.



Removable divider means you can separate up to 3 items or simply remove for larger items.



The steaming section is easily cleaned and allows your food to be cooked healthily.

### Steamed Pork Balls and Spring Onions



These are very tasty, you can substitute minced chicken or turkey for the pork and use any sauce you want. Make them as big or small as you want. Time does not take into account the 1 hour in the fridge.

**Ingredients :** 750g ground pork  
3 spring onions, finely sliced  
2 sliced whole wheat bread, crumbled  
2 tablespoons soy sauce  
2 tablespoons sweet chilli sauce  
1 teaspoon lemon pepper  
1 lemon, juice and zest of

1. Place in a large bowl, the pork, spring onions and breadcrumbs.
2. In another smaller bowl add the remaining ingredients and mix them well then add them to the pork and mix really well. Refrigerate for 1 hour.
3. Shape into 20 even sized balls and steam for around 15 minutes.
4. If you want to make them fancy you can tie strips of the green from the spring onions around the balls. Make sure the food is piping hot before serving. Serve with rice!



**THE HEALTHY BENEFITS OF STEAM COOKING....**  
Vegetables, fish, rice, pasta and sometimes fruits... We often boil or fry them. It's a shame! Once in boiling water or in contact with the air, fragile vitamin C is dissolved. In a steam cooker, steam cooks food rapidly and away from the air. Brown rice, for example, should be cooked in a steamer, the only method that guarantees its valuable vitamin B1 input.

Sizes  
Pans 10cm height x 20.5 diameter  
Overall size  
24cm height x 20.5 diameter  
Capacity XXX Litres

- Full Steamer and non-stick pan in one! ✓
- Ideal for healthy cooking and easy cleaning. ✓
- Glass lid allows easy viewing whilst cooking. ✓
- Pan ensures fast even heat. ✓
- Stackable for easy storage. ✓

Plus use the non stick base pan separately for..



Braising...



Sautéing...



Stewing...



and Sauces

c100  
m80  
y20  
m100  
y100  
k15  
c20  
m100  
y100  
m65  
y25  
k35  
c55  
y35  
k14