

DAY TRUE



KITCHEN APPLIANCES

What are the benefits of cooking with steam?

## Discover the benefits of cooking with steam and why you should consider including one in your kitchen.

Steam ovens have been growing in popularity in modern kitchens, offering a range of benefits for many home cooks and professional chefs.

### Health and Nutrition

When cooking with steam, you are preserving more nutrients, vitamins and minerals in your food in comparison to more traditional cooking methods. When you steam your food, such as meat or vegetables, it is exposed to lower temperatures than boiling or frying – retaining the food's natural goodness and flavour.

#### *Are you health conscious?*

Steam cooking requires little to no added fat, resulting in lower calories and lower fat content in your meals.

### Better tasting food

Food which is cooked using steam are more flavoursome, as their juices and aromas stay in the cooking environment - they do not escape.

Being a gentle cooking method, they are great for more delicate foods as their lower temperature reduces the chance of it being overcooked. Fish stay tender and moist, and vegetables remain crisp and vibrant. They are great for retaining moisture and preserving natural textures.

### Re-heating food

Steam ovens are great for re-heating food as they lock-in moisture, preventing the food from becoming dry and tough. With steam, leftovers will be just as good the next day.

### Faster cooking times & energy efficiency

Steam ovens do not require pre-heating, making them more energy-efficient in comparison to traditional ovens. Steam also transfers heat efficiently and evenly, being a faster way of cooking whilst ensuring consistent cooking throughout.

Cooking with steam offers a variety of benefits, being a great appliance for those who are more health conscious, as well as for those with busier lifestyles.

For more help and advice, get in touch. We would love to share our expertise.

