

Steam/Sautéed Vegetables

Steam/Sautéing is a quick and simple method for cooking vegetables. The method is just as the name sounds. First you “wet cook” (steam), then “dry cook” (sauté). Follow this simple master recipe.

The Master Recipe

Ingredients

- 1/3 cup water
- 1 tablespoon fat (extra-virgin olive oil, vegetable oil, or butter)
- 1 pound prepared vegetables
- ½ teaspoon salt

Directions

Steam

- Bring water, fat, salt and vegetables to a boil over medium-high heat in Dutch oven or a large deep skillet.
- If using flavorings, herbs and spices, garlic, onions, spices, and dried herbs, add when you add the vegetables.
- Cover and steam until vegetables are brightly colored and just tender (about 5-10 minutes, depending on size of the vegetables.)

Sauté

- Remove lid and continue to cook until liquid evaporates (about 1-2 minutes).
- If using fresh herbs and other flavorings such as citrus zests, soy sauce, and Dijon mustard, add when the vegetables starts to sauté.
- Sauté to intensify flavors, 1 to 2 minutes longer. Adjust seasonings, including pepper, to taste.



OPTIONAL AROMATICS

- Spices, dried/fresh herbs, and/or flavorings
- ½ small onion, sliced thin or 2 medium garlic cloves, minced
- Ground black pepper



Flavorful Variations Using the Master Recipe

(all recipes assume 1 pound of prepared vegetables)

Steamed/Sautéed Asparagus with Lemon and Parsley

Wash and snap tough ends from asparagus. Follow directions using Master Recipe. When you start to Sauté, add 1 tablespoon minced fresh parsley, ½ teaspoon fine-grated lemon zest and 1 tablespoon lemon juice.

Steamed/Sautéed Green Beans with Butter and Tarragon

Wash and remove strings from green beans. Follow directions using Master Recipe. Use butter as the fat in the steaming step. Add 1½ teaspoons minced fresh tarragon once the beans start to sauté.

Steamed/Sautéed Cabbage with Butter and Caraway

Core and shred cabbage. Follow directions using Master Recipe. Add 2 cloves of minced garlic and ½ teaspoon caraway with the cabbage.

Steamed/Sautéed Carrots with Cumin

Peel and cut carrots in ½ inch coins. Follow directions using Master Recipe. Add ½ teaspoon cumin with the carrots and ½ teaspoon caraway seed once carrots start to sauté.

Steamed/Sautéed Sugar Snap Peas with Chives

Follow directions using Master Recipe. Wash and trim snap peas. Add 1 tablespoon snipped chives once the snap peas start to sauté.

Steamed/Sautéed Snow Peas with Lemon and Mint

Wash and remove strings from snow peas. Follow directions using Master Recipe. Add ½ teaspoon finely-grated lemon zest and 1 tablespoon minced fresh mint leaves once the snow peas start to sauté.

Steamed/Sautéed Carrots with Nutmeg and Butter

Peel and cut carrots in ½ inch coins. Follow directions using Master Recipe. Add ¼ teaspoon grated nutmeg* with the carrots.

*Nutmeg has a delicate, spicy flavor that starts to dissipate shortly after being ground. You get a lot more flavor from a smaller amount of fresh than pre-ground. *There is no exact standard of conversion between fresh and pre-ground* but you might only need 1/4 teaspoon of freshly ground nutmeg where you might need a whole teaspoon of pre-ground.

Steamed/Sautéed Green Beans with onions and Thyme

Wash and remove strings from green beans. Follow directions using Master Recipe. Add ½ small onion, sliced thin and ½ teaspoon dried thyme with the green beans. (If using fresh thyme, use 1½ teaspoons and add when start to sauté.)

Steamed/Sautéed Butternut Squash with Ginger and Parsley

Peel and cut butternut squash into 1-inch cubes. Follow directions using Master Recipe. Add 2 medium minced garlic cloves and ½ teaspoon ginger with the squash. Stir in 1 tablespoon minced parsley leaves once the parsley starts to sauté.

Steamed/Sautéed Turnips with Black Pepper

Peel and cut turnips into 1-inch cubes. Follow directions using Master Recipe. Add 2 minced cloves garlic and ¼ teaspoon black pepper with turnips (adjust amount of black pepper, if desired).



Cooking With Herbs

One-third dried herbs is equal to one part fresh herbs.

So, if your recipe calls for a tablespoon of fresh basil you would substitute by using one-third the amount of dried basil (1 teaspoon).

When working with dried herbs, add them in the beginning of the cooking process. This gives them the chance to release all their flavors and open up!

When working with fresh herbs, you want to add them towards the end of the cooking process. This will ensure they don't turn brown and lose their bright, fresh, flavor!

Be aware that herbs change flavor when dried. This is due principally to the evaporation of the essential oils when the herb dries, altering the flavor quite markedly. Nevertheless, this alteration can be ideal given the right cooking medium, amount used and properly matching the ingredients.



Adapted from *How to Cook Without a Book* by Pam Anderson.
Betty Greer, PhD, RD, Professor/Extension Specialist