



Steamed Corn on the Cob with Chipotle Butter



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Steamed Corn on the Cob with Chipotle Butter



 Prep 15 minutes / Cook 5 minutes

 Serves 6

- 6 (1kg) corn on the cob, trimmed**
- ¼ cup (25g) Parmesan cheese, finely grated, to garnish**
- ¼ cup coriander, to garnish**
- 1 or 2 limes, cut into wedges**

Chipotle Butter (makes ½ cup/120g)

- 85g unsalted butter, softened**
- 1 tablespoon chopped chipotle peppers in adobo sauce***
- ½ teaspoon lime zest, finely grated**
- 2 teaspoons lime juice**
- 1 garlic clove, crushed**
- ½ teaspoon sea salt**

Method

1. For the Chipotle Butter, add ingredients to a small food processor bowl and process until evenly combined and smooth. Transfer to a serving bowl and set aside.
2. Place corn on the steaming tray and cover with the stainless steel steaming lid.
3. Fill water tank up to the MAX fill line with cold tap water. Press the STEAM button to select HIGH. Press the arrow up to select 5 minutes. Press START.
4. Immediately after steaming is complete remove corn and slather with chipotle butter. Sprinkle with cheese and coriander. Serve with lime wedges on the side.
5. Serve alongside BBQ chicken or steak.

Tip:

Chipotle Butter can be made in advance and refrigerated for up to 7 days. Just allow it to soften at room temperature for about an hour before serving.

Chipotle Butter can also be served with potatoes, vegetables, fish or chicken.

*Canned chipotles in adobo sauce are available in the International food section of many supermarkets.



Steamed Mapo Tofu



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Steamed Mapo Tofu

 Prep 30 minutes / Cook 25 minutes

 Serves 4



8oz (225g) firm tofu
1 cup (200g) white long grain rice

For the sauce

1 tablespoon vegetable oil
1 teaspoon whole Sichuan peppercorns
8 ounces (225g) pork mince
1 shallot, finely chopped
2 garlic cloves, crushed
1.5 inch (3cm) piece ginger, finely chopped

1 tablespoon Chinese cooking wine (Shao Xing)
2 tablespoons chilli bean paste (Toban Djan)
1 teaspoon chopped pickled chillies, or Sambal Oelek
1 ¼ cups (300ml) salt-reduced chicken stock
1 teaspoon white sugar
1 teaspoon Chinese black vinegar (or malt vinegar)
1 teaspoon cornflour
2 green onions, finely sliced on the diagonal

Method

1. Invert the tofu carefully into a shallow bowl (make sure the bowl fits into the steaming basket). Place bowl into steaming basket. Wash rice and put into a bowl with 1 ¼ cups (300ml) water (make sure the bowl fits into the steaming basket) and place into the other steaming basket. Place baskets onto steaming tray and cover with the glass steaming lids.
2. Fill water tank up to MAX fill line with cold tap water. Press the SPLIT ZONE button then SYNC FINISH. Press the STEAM button to select LOW for the tofu. Press the arrow up to select 15 minutes. Press the other STEAM button to select HIGH for the rice. Press the arrow up to select 25 minutes. Press START.
3. Meanwhile, heat the oil in a deep non-stick frying pan on medium-low heat. Add peppercorns and fry for 1-2 minutes until fragrant. Discard the peppercorns but keep the infused oil in the pan.
4. Heat infused oil to medium-high and add the pork mince. Fry for 4-5 minutes, breaking up the mince with a wooden spoon, until evenly browned. Add the shallot, garlic and ginger and fry for 2 minutes, or until fragrant. Stir through the cooking wine, chili bean paste, pickled chili and cook for 2 minutes until the oil turns red and the mixture is aromatic. Add the chicken stock and bring to the boil. Add sugar and vinegar. Reduce the heat and simmer for 3-5 minutes until the sauce thickens slightly.
5. Combine cornflour with 1 tablespoon water and mix into the sauce. Cook for a further 1 minute until thickened and glossy.
6. Once tofu has finished steaming carefully spoon out any water that may have collected in the bowl. Spoon sauce over the tofu and garnish with spring onion.
7. Serve with the steamed rice and some steamed Asian greens.



Steamed Chocolate Fudge Pudding



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Steamed Chocolate Fudge Pudding

 Prep 30 minutes / Cook 8 minutes

 Serves 6



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- ½ cup (110g) caster sugar*
- 2 tablespoons plain-flour*
- 1 tablespoon Dutch cocoa powder*
- 1 teaspoon instant espresso*
- 3 ounces (85g) dark chocolate, chopped*
- 2 ounces (55g) unsalted butter, cubed*
- ¾ cup (180ml) full-fat milk*
- 1 teaspoon vanilla extract*
- 2 eggs (60g each), separated*

To serve

- Vanilla ice-cream, optional*
- Fresh berries, optional*
- Icing sugar, to garnish*

Method

1. *Combine sugar, flour, cocoa and espresso in a large bowl.*
2. *Melt chocolate and butter in a medium size heat-proof bowl set over a pan of barely simmering water. Remove saucepan from heat; stir in milk and vanilla. Whisk chocolate mixture into flour mixture until well combined. Add egg yolks and stir until smooth.*
3. *Whisk egg whites until medium peaks form. Gently fold egg whites through chocolate mixture.*
4. *Place the six (7oz/210ml) ramekins on the steamer tray and fill each evenly with batter. Cover steamer with the stainless steel steaming lid.*
5. *Fill water tank up to the MAX fill line with cold tap water. Press the STEAM button to select HIGH. Press the arrow up to select 8 minutes. Press START.*
6. *Serve puddings immediately, still warm, with vanilla ice-cream, fresh berries and icing sugar (if desired).*

Note:

You will need 6x 7oz/210ml round heatproof ramekins for this recipe.



Steamed Steel-Cut Oats with Berries, Nuts and Maple Syrup



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Steamed Steel-Cut Oats with Berries, Nuts and Maple Syrup



 Prep 10 minutes / Cook 30 minutes + 5 minutes of resting

 Serves 2-3

1 cup (150g) steel-cut oats
½ teaspoon sea salt
1 tablespoon butter
2/3 cup (170 ml) milk, heated
1 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg
2 to 3 tablespoons maple syrup
1 punnet (125g) blueberries
¼ cup (30g) cranberries or dried cherries
¼ cup (20g) chopped pecans

Method

1. Place oats, 1 ¼ cups (300 ml) water and salt in a medium heatproof bowl, stirring to just combine. Place bowl on steaming tray and cover with the stainless steel steaming lid.
2. Fill water tank up to the Max fill line with cold tap water. Press the STEAM button to select HIGH. Press the arrow up to select 30 minutes. Press START.
3. Immediately after steaming is complete, remove stainless steel steaming lid and cover bowl with a plate. Allow steel-cut oats to rest for 5 minutes. During this time, excess moisture will be absorbed and oats will finish cooking.
4. Stir through butter, milk, spices and maple syrup. Serve garnished with fruit, nuts and a drizzle of maple syrup. Serve immediately.

Tip:

Steamed steel-cut oats can be made in advance and refrigerated. Just reheat with a little milk or water and top with garnishes for a quick and healthy breakfast.

Note:

Rolled (old fashioned) oats are a faster alternative to steel-cut oats. See recipe below.

Steamed Rolled (Old Fashioned) Oats

 Prep 10 minutes / Cook 10 minutes + 5 minutes of resting

 Serves 2-3

1 cup (110g) rolled (old fashioned) oats
½ teaspoon sea salt

Method

1. Add oats, 1 cup (250ml) water and salt to a medium bowl, stirring briefly to just combine.
2. Place bowl on the steaming tray and cover with the stainless steel steaming lid.
3. Fill water tank up to the Max fill line with cold tap water. Press the STEAM button to select HIGH. Press the arrow up to select 10 minutes. Press START.
4. Immediately after steaming is complete, remove stainless steel steaming lid and cover bowl with a plate. Allow oatmeal to rest for 5 minutes.
5. Finish porridge as per step 4 in recipe above.



Steamed Pork and Shiitake Mushroom Dumplings



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Steamed Pork and Shiitake Mushroom Dumplings



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 Prep 30 minutes / Cook 45 minutes (steaming in batches)

 Makes 30 approx.

30 Gow Gee (or Wonton) wrappers

Coriander, to garnish, optional

Filling

1 pound (450g) ground pork

5 ounces (150g) fresh shiitake mushrooms, finely chopped

½ cup (50g) Chinese cabbage, finely shredded

1 green onion, finely chopped, plus extra, sliced, to garnish

1 teaspoon sesame oil

1 tablespoon soy sauce

1.5 inch (3cm) piece ginger, finely chopped

2 garlic cloves, crushed

½ cup chives, chopped

Dipping sauce

1 tablespoon rice vinegar

1/3 cup (80ml) soy sauce

Method

1. Thoroughly combine filling ingredients in a bowl. Lay a wrapper in the open palm of one hand and place 1 level tablespoon of the filling in the centre. (Keep remaining wrappers under a damp cloth or wrap in cling film to prevent drying out). Brush edges of wrappers with water and fold wrapper over to enclose filling and form a crescent shape. Press edges together to seal. Continue until all filling is used.
2. Cut out 30x8cm small squares of baking paper and put dumplings on top. Arrange dumplings in batches (sitting on the paper) evenly over the tray leaving enough space so they don't touch. Cover with the stainless steel steaming lid.
3. Fill water tank up to the MAX fill line with cold tap water. Press the STEAM button to select HIGH. Press the arrow up to select 12 minutes. Press START.
4. Meanwhile stir together sauce ingredients and set aside. Serve dumplings immediately with dipping sauce and fresh chilli. Garnish with sliced green onion and coriander (if desired).

Note:

Bamboo baskets with lids may be used for steaming the dumplings. Place dumplings on a small square of baking paper before placing into the basket. Close with the lid before steaming. Place bamboo baskets on either side of the steaming tray. Follow instructions from step 3.

As a variation fold wrapper up the sides of the filling and press together so it sticks to the filling. Proceed as per steps 2-4.



Asian-Style Steamed Whole Snapper



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Asian-Style Steamed Whole Snapper

 Prep 20 minutes / 15 minutes + 5 minutes resting time

 Serves 2-3



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Oil spray

1½ to 2 pounds (0.75 to 1 kg) whole red snapper, gutted and scaled

1¼ inch (3 cm) piece fresh ginger, cut into julienne

1 medium red chilli, deseeded, finely sliced

2 limes, zested and halved

3 tablespoons light soy sauce

1 tablespoon Chinese cooking wine (Shao Xing)

1 teaspoon caster sugar

1 teaspoon sesame oil

1 green onion, cut into julienne

½ cup coriander

¼ cup fried shallots (optional)

Method

1. Lightly grease the steamer tray. Score fish in a criss-cross pattern (pineapple score) on both sides. Place fish on the tray and fill with half of the ginger, chilli and lime zest. Scatter the remainder on top of the fish. Cover with the stainless steel steaming lid.
2. Fill water tank up to MAX fill line with cold tap water. Press the STEAM button to select LOW. Press the arrow up to select 15 minutes. Press START.
3. After steaming is complete, allow fish to rest under the lid for an additional 5 minutes before removing. If fish is not fully cooked, steam fish for 2-3 more minutes, or until cooked to your liking.
4. Meanwhile, combine soy sauce, cooking wine, sugar and sesame oil in a small sauce pan and heat on medium-low heat, stirring occasionally, until sugar has dissolved. Set aside to cool slightly, then stir through green onion.
5. Carefully slide fish onto a platter and spoon over sauce. Scatter with coriander and fried shallots (if using). Squeeze over the lime and serve immediately.

Tip:

Serve with steamed rice and steamed Gai lan (Chinese broccoli) for a delicious meal.



Steamed Crème Caramel



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Steamed Crème Caramel

 Prep 20 minutes / Cook 22 minutes

 Serves 4



Caramel

½ cup (110g) sugar

Crème

2 eggs (60g each)

1 egg yolk (from a 60g egg)

1 teaspoon vanilla extract

¼ cup caster sugar

¾ cup (180ml) full-fat milk

¾ cup (180ml) pouring cream

To serve

1 punnet blueberries, optional

Method

- To make the caramel, put the sugar and 2 tablespoons water in a small saucepan. Heat on medium-low heat swirling the pan from time to time until the sugar has dissolved. Increase temperature to medium-high and cook until the sugar turns to an amber color (approx 8-10min), swirling the pan occasionally. Do not stir.*
- Working quickly, divide caramel into the four (7oz/210ml) ramekins tilting to spread the caramel evenly over the base and set aside. (Be careful during this step. Caramelized sugar is very hot).*
- Meanwhile, for the creme, whisk the eggs, egg yolk, vanilla and sugar together in a bowl until smooth and combined. Add milk and cream and stir through. Pour mixture through a fine sieve into a large measuring jug. Discard solids in sieve.*
- Divide mixture evenly on top of the caramel, leaving about a 1cm border at the top. Cover each ramekin with aluminium foil and press down around the edges to seal. Place ramekins onto the steaming tray and cover with the stainless steel steaming lid.*
- Fill water tank up to the MAX Fill line with cold tap water. Press the STEAM button to select LOW. Press the arrow up to select 22 minutes. Press START.*
- Immediately after steaming is complete, remove stainless steel steaming lid (The crème will still be wobbly in the centre but will set once cooled completely).*
- Cool in the refrigerator for at least 6 hours or overnight.*
- To serve, take off the aluminium foil. To turn out the creme caramel, run a small knife around the inside sides of each ramekin. Place a dessert plate on top and invert. When the caramel sauce starts to run out onto the plate, carefully remove ramekin. Serve with berries (if desired).*

Note:

You will need 4x 7oz/210ml round heatproof ramekins for this recipe.



Steamed Chicken Salad with Nam Jim Dressing



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Steamed Chicken Salad with Nam Jim Dressing

 Prep 30 minutes / Cook 13 minutes

 Serves 4



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Oil spray

3 skinless chicken breasts about 8 ounces (230g) each

½ Napa cabbage (1¼ pound/600 g), finely shredded

2 carrots, cut into julienne

2 Lebanese cucumber, deseeded and finely sliced

1 small red onion, finely sliced

4 green onions, thinly sliced

1 cup mint

½ cup cilantro leaves, roughly chopped

1 cup (140g) salted roasted peanuts, roughly chopped

Nam Jim dressing

2 small red (bird's eye) chillies, roughly chopped

2 garlic cloves, roughly chopped

1 ½ inch (3 cm) piece ginger, roughly chopped

⅓ cup (80ml) lime juice (approx. juice of 4 limes)

2 tablespoons peanut oil

¼ cup (60ml) fish sauce (Nam pla or Nuoc nam)

2 tablespoons grated palm sugar or brown sugar

½ cup coriander

Method

1. Place dressing ingredients in a small food processor and blend to a runny paste. Set aside.
2. Lightly grease steaming tray with oil. Place chicken breasts on steaming tray and cover with the stainless steel steaming lid.
3. Fill water tank up to the MAX fill line with cold tap water. Press the STEAM button to select LOW. Press the arrow up to select 13 min. Press START.
4. Remove breast from the steaming tray and allow to rest until cool enough to handle.
5. Meanwhile combine remaining salad ingredients in a large bowl. Shred chicken and add to the salad. Toss with the dressing and serve immediately.

Note:

To know the chicken is thoroughly cooked cut into the meat and check that the color of the meat is no longer pink. Otherwise use a food thermometer, the food safe temperature for chicken is 75C.



Steamed Bao Buns with Pork Belly and Cucumber Pickle



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Steamed Pork Belly

 Prep 40 minutes + 5 hours chilling / Cook 2 hours and 20 minutes

 Serves 30 as a filling for the bao buns



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2 pounds (1kg) pork belly

For the sauce

1 inch (2cm) piece ginger, grated

2 garlic cloves, crushed

1 medium red chilli, finely chopped

2 tablespoons lemon juice

**½ cup (125ml) Chinese cooking wine
(Shao Xing)**

¼ cup (50 ml) soy sauce

½ cup (125 ml) Char Siu sauce

1 teaspoon brown sugar

1 teaspoon five spice powder

Cucumber pickle

**2 Lebanese cucumbers, deseeded,
thinly sliced on the diagonal**

1 medium red chilli, finely chopped

2 green onions, thinly sliced

1 garlic clove, crushed

2 tablespoons mirin

2 tablespoons rice wine vinegar

2/3 cup mint, roughly torn

To serve

Hoisin sauce, optional

Sriracha (chilli sauce), optional

Method

1. Score pork belly skin with a sharp knife making sure not to cut through the flesh. Wrap pork belly neatly and tightly in two layers of aluminium foil. Place pork belly on top of the large steaming tray and cover with the stainless steel steaming lid.
2. Fill water tank up to the MAX fill line with cold tap water. Press the STEAM button to select HIGH. Press arrow up to select 45 minutes. Press START.
3. When finished with the first steam cycle, carefully empty drip tray. Flip pork belly over and place back on the steaming tray and proceed on steaming for another 45 minutes and then another 30 minutes to a total of 2 hours. Emptying the drip tray and filling up the water tank as needed.
4. After 2 hours of steaming cool pork belly, still wrapped, in the refrigerator for 5 hours or overnight.
5. Unwrap pork belly. Cut cross ways into 1 cm thick slices. Halve slices so they fit into the small bao buns (if using as a filling).
6. Heat a deep non-stick frying pan on medium heat. Fry pork slices in batches on both sides until brown and crisp.
7. Take pork out of pan and set aside. Keep 1 tablespoon of the rendered fat in the frying pan and discard the rest.
8. Fry ginger, garlic and chilli in the fat on medium heat for 2 minutes, or until fragrant.
9. Stir together lemon juice, cooking wine, soy sauce, Char siu, sugar and five spice powder. Add to the frying pan and simmer, stirring occasionally, on medium-low heat for 2-3 minutes until smooth. Add pork belly back in and simmer on low heat for another 5-7 minutes, until the sauce is thick and sticky. Turn meat so it is well coated with the sauce. Keep warm.

Serving Suggestion

1. Mix together Cucumber Pickle ingredients except mint, and set aside.
2. Steam bao buns (see Steamed Bao Buns recipe). Open each bun and add one slice of sticky pork belly, a bit of the sauce and top with a bit of the cucumber pickle. Sprinkle with mint. Repeat with remaining buns and filling. Serve with Sriracha and hoisin sauce on the side, if desired.

Tip:

Start steaming the pork belly the day before if making the whole recipe for the bao buns as it needs to be chilled for at least 5 hours or overnight.

Steamed Bao Buns

 Prep 30 minutes + 1.5 hours rising time for the dough /
Cook 50 minutes (steaming in batches)

 Makes approx. 30



1 tablespoon plus 1 teaspoon instant dried yeast
4 ¼ cups (640g) bread flour, sifted
1/3 cup (65g) caster sugar
1 tablespoon salt
½ teaspoon baking powder
½ teaspoon baking soda (bi-carb soda)
1/3 cup vegetable oil, plus a little extra

Method

1. Stir together the yeast and 1 ½ cups (375ml) tepid warm water in the bowl of a stand mixer fitted with a dough hook. Add the flour, sugar, salt, baking powder, baking soda and oil and mix on low speed for 8 to 10 minutes until the dough comes together and is smooth. Remove dough and lightly knead into a ball. Place dough into a lightly greased bowl. Cover the bowl with a dry kitchen towel and put in a warm and draft-free place until the dough has doubled in size (about 1 hour).
2. Punch the dough down and turn it out onto a lightly floured work surface. Gently roll out the dough to 1 cm thickness.
3. Using a round cookie cutter of 7 cm in diameter cut 30 circles. Brush one side of the circle with vegetable oil then fold over and lightly press together. Re-roll leftover dough to cut out more circles if required.
4. Place on a baking tray lined with baking paper. Cover with a clean tea towel and set aside in a warm, draft free place for 30 minutes, or until slightly risen. Meanwhile cut out 30x 8cm squares of baking paper. Place one bun on a paper square each.
5. To steam the buns, working in batches of 8, place buns (sitting on the paper) on top of the large steaming tray and cover with the stainless steel steaming lid.
6. Fill water tank up to the MAX fill line with cold tap water. Press the STEAM button to select HIGH. Press the arrow up to select 12 minutes. Press START.
7. You can use the buns immediately and fill with the sticky pork belly and cucumber pickle (see pork belly recipe) or allow them to cool completely.

Tip:

To reheat buns from room temp: Steam on on HIGH for 5 minutes.

To store cold buns, put them in freezer bags or containers and freeze for up to 2 months. Reheat frozen buns in the steamer on LOW for 10 minutes, until puffy, soft, and warmed through.



Steamed Salmon Tacos with Spicy Green Sauce



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Steamed Salmon Tacos with Spicy Green Sauce

 Prep 30 minutes / Cook 7 minutes

 Serves 4



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16 cm corn or flour tortillas

Oil, to grease

2x 200-230g skinless salmon fillet

Sea salt

Freshly ground black pepper

Garnishes (optional)

1 cup (30g) red cabbage, finely shredded

1/3 cup coriander, chopped

1/3 cup green onions, thinly sliced

1 avocado, sliced

1-2 limes, cut into wedges

Spicy Green Sauce (makes: 1½ cups/ 375g)

2 cups coriander, large stem ends trimmed, roughly chopped

2 garlic cloves, roughly chopped

4 green onions, roughly chopped

1 lime, zested and juiced

1 Jalapeno chilli, deseeded, chopped

1 teaspoon ground cumin

1 teaspoon sugar

¼ cup (35g) toasted pepitas (pumpkin seeds)

¼ cup (60 ml) olive oil

Method

1. For the Spicy Green Sauce, place coriander, garlic, green onions, lime zest and juice, chilli, cumin, sugar and pepitas in the bowl of a food processor. Process until fairly smooth. With processor running, drizzle olive oil in a thin stream, and process until fully combined. Mixture will be a little thick. To thin it out add 3 to 4 tablespoons of water, pulsing until combined. Season. Transfer sauce to a serving bowl and set aside.
2. Stack tortillas in a piece of aluminium foil and seal tightly. Place tortilla packet in a steaming basket and cover with the glass steaming lid. Place on the steaming tray.
3. Brush a piece of baking paper with olive oil and place in the other steaming basket. Place salmon on the paper and cover steaming basket with the glass steaming lid. Place on the steaming tray.
4. Fill water tank up to the MAX fill line with cold tap water. Press SPLIT ZONE then SYNC FINISH. Press the STEAM button to select HIGH for the tortilla. Press the arrow up to select 4 minutes. Press the STEAM button to select LOW for the salmon. Press the arrow up to select 7 minutes. Press START.
5. After steaming is finished transfer salmon to a serving dish and break up into bite-size chunks.
6. Top tortilla with some salmon pieces. Layer with Spicy Green Sauce and desired garnishes. Repeat with remaining tortillas and filling.

Tip:

Prawn tacos are also a delicious option. Steam 450g peeled medium prawns on LOW for 4-5 minutes.



Steamed Trout, Potatoes and Asparagus with Lemon-Shallot Vinaigrette



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Steamed Trout, Potatoes and Asparagus with Lemon-Eshallot Vinaigrette

 Prep 20 minutes / Cook 40 minutes

 Serves 2



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Oil, to grease

1 whole trout, (700g), filleted (skin on)

350g Kipfler potatoes, halved lengthways

1 bunch (450g) asparagus, woody ends trimmed

3 tablespoons flat-leaf parsley

2 tablespoons dill

Lemon-Eshallot Vinaigrette

½ small eshallot, finely chopped

1 large garlic clove, finely crushed

1 lemon, zested and juiced

1 teaspoon caster sugar

Sea salt

100ml extra virgin olive oil

Freshly ground black pepper

Method

1. For the Lemon-Eshallot Vinaigrette, combine eshallot, garlic, lemon zest and juice and sugar in a medium bowl and whisk until sugar has dissolved. While whisking, slowly drizzle in olive oil until emulsified. Season with salt and pepper. Set vinaigrette aside.
2. Set an oven to 80C to keep warm. Place potatoes in a steaming basket, cover with the glass steaming lid and place on one side of the steaming tray. Press the SPLIT ZONE button. Press the STEAM button to select HIGH for the potatoes. Press the arrow up to select 25 minutes. Press START.
3. Transfer potatoes to a medium heat-proof bowl, season lightly with salt, cover, and place in the preheated oven to keep warm.
4. Lightly grease the steaming tray with oil. Place trout on the steaming tray and cover with the stainless steel steaming lid.
5. Fill water tank up to the MAX fill line with cold tap water. Press the STEAM button to select LOW. Press the arrow up to select 9 minutes. Press START. Meanwhile place trimmed asparagus in one steaming basket and cover with the glass steaming lid. Set aside.
6. When steaming is complete, carefully slide the fish onto a serving platter and cover with aluminium foil to keep warm.
7. Quickly place asparagus in steaming basket on the steaming tray. Press the SPLIT ZONE button. Press the STEAM button to select HIGH for the asparagus. Press the arrow up to select 3 minutes. Press START.
8. Add potatoes and asparagus to the fish on the platter. Briefly whisk the vinaigrette, and pour over the fish, potatoes and asparagus. Garnish with parsley and dill and serve immediately.