

PRESS RELEASE

Steam your way to a healthier and slimmer you!

With summer fast approaching, more and more people are looking for healthy ways to slim down and improve their health. Mercia de Jager from leading kitchen appliance manufacturer, Miele, offers an overview on how steam cooking can help you reduce your calorie intake and boost the nutritional value of the food you cook.

22 August 2016, Johannesburg: Losing weight is not just about what and how much you eat, but it also has a lot to do with how you cook your food. So says Mercia de Jager from leading kitchen appliance manufacturer, Miele: "The way you prepare your meals can have a big impact on its calorific content, as well as its nutritional value. Steaming remains one of the easiest, cleanest, tastiest and healthy all-purpose cooking methods, and with Miele's range of steam or combination-steam ovens, steaming has never been easier." Here are her reasons why steaming can be a healthy switch to your diet:

Preserve the natural goodness: Steaming preserves the fibre, colour and flavour of vegetables, as well as the antioxidants, B and C vitamins, thiamine, niacin, biotin, and the minerals, metallic elements, phosphoric, potassium and zinc. Says Mercia, "Since steamed food doesn't come into direct contact with boiling water, like it does when boiling or blanching, no important nutrients are lost during the cooking process. Steaming also maintains food's natural crispness, freshness, colour and its natural taste – so it actually tastes and looks much better than boiled or blanched food."

Minimise fat intake: No oils are required in steam cooking, which makes it a considerably healthier way of cooking when compared to grilling, baking, roasting or frying. Mercia explains: "The absence of oil automatically reduces the fat content in the food you are preparing. Steaming cooks your food thoroughly without the need of any additional fat, butter or oil – allowing the true, clean taste of the food to shine through. Herbal seasoning or citrus juices can be used to really bring out the flavours of steamed food, without adding any unwanted fat, sodium or calories to the meal. If you really want to add some oil, then your best bet would be to drizzle a little bit of cold-pressed, virgin olive oil over the food once it has been steamed – this ensures that the oil is not broken down during the cooking process, and retains all its healthy goodness."

No cooking disasters: Unlike frying, boiling, baking or roasting – when you are steaming, you can easily ensure that your food is not overcooked or burnt. Says Mercia: "Steaming is actually a much quicker and easier way of cooking when you compare it to other cooking methods. Also, Miele's technologically advanced steam and combination steam ovens offer a wide range of automatic programmes that you can choose from – ensuring that there is very little chance of you overcooking or undercooking your food. Simply select the relevant programme, insert the food, and press start, and the oven does all the rest for you, ensuring delicious, perfectly prepared meals every time!"

Quick and easy: You can cook all types of food in a steam oven – from meat, to poultry, fish, vegetables, and even an array of deserts. Mercia notes: “With Miele’s range of combination steam ovens, you can even prepare delicious breads and other baked goods like a professional. Also, with steaming, there is no crossover of flavours, so you can stack different layers of food one on top of the other – allowing you to prepare an entire meal at once, saving you time, energy and money.” She explains that steaming makes cleaning up afterwards an absolute synch, as there is no oil, no smoke, and no mess.

Perfect for sous-vide cooking: Sous-vide cooking, French for ‘vacuum’, is the term given to a method of food preparation in which vacuum-packed food in plastic bags is cooked at low, steadily maintained temperatures over an extended period of time. Sous-vide is ideal for meat and fish as this method allows herbs, seasoning and marinades to develop their full aroma without the flavour evaporating; the effect of marinating is even considerably enhanced. Low levels of moisture loss mean that meat and fish does not lose substance. The results are particularly tender, leaving a uniform texture. For this preparation method, a vacuum-sealing drawer and a steam oven from Miele join together to form a formidable team.

Says Mercia: “We all know that the easiest way of eating healthy is to ensure that the food you need to prepare is simple and tasty. Sous vide cooking is a very convenient way of prepping tasty, healthy meals in advance – ensuring that all the effort is taken out of thinking about what you need to cook every night. All Miele steam ovens lend themselves to sous-vide cooking as all units cover a temperature range from 45°C to 90°C and maintain selected temperatures precisely. In fact, most Miele steam ovens launched since the beginning of 2015 even have their own sous-vide operating mode, allowing slow cooking times of up to 10 hours.”

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Released on behalf of Miele (www.miele.co.za) by The Line (www.theline.co.za).