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Liberate Your Wok with Helen Chen's Steaming Ring

Leading Asian culinary expert, cookbook author, and developer of Helen's Asian Kitchen® Steaming Ring helps liberate your wok. Steaming has gained in popularity in the Western kitchen for its simplicity, health benefits and efficiency. Next to stir-frying, steaming is an important and widely used cooking technique in the Asian kitchen.

"Most kitchens in Asia do not have ovens, therefore baking or roasting are not commonly used cooking techniques. Instead, soups, dumplings, meat and fish dishes, cakes, breads, and other desserts are steamed," notes Chen.

THE STEAMING RING

Boiling water in a seasoned wok or a non-stick wok is actually detrimental to the pan. The water will strip the seasoning from a carbon wok and may weaken any type of nonstick finish because nonstick coatings are developed for cooking with oil, not for boiling water. In addition, woks can't hold enough water so the cook is always replenishing with more boiling water. And the outer edge of the bamboo steamer often scorches or burns as it is pressed against the hot sides of a wok.

The Steaming Ring (which looks like a flat, aluminum donut) sits on top of an uncovered large saucepan or stock pot. The bamboo steamer is then placed on the ring and voila, you're steaming without any of the problems or pitfalls that come from using a bamboo steamer in a wok. The Steaming Rings are available in 2 sizes to use with either the 10" or 12" bamboo Steamer. I love this accessory and use it all the time.

"With the onset of warm weather, steaming is a perfect way to keep the kitchen cool and serve delicious, healthy low-fat meals. Steaming doesn't even need any oils or fats, cooks gently and efficiently and retains vitamins and minerals.

So, enjoy the summer and all it's delicious and healthy bounty."

— Helen Chen

To learn more about Helen's Steaming Solutions, visit http://www.helensasiankitchen.com/the_steamring_solution.html

Chen's goal is to make Asian cooking more accessible as well as making healthier dishes using heart-healthy cooking oils and ingredients to keep the taste authentic and pure. Chen's inspiration for new recipes and products comes from her frequent visits to the Far East.

Look for Chen's forthcoming cookbooks *Helen's Asian Kitchen®: Easy Chinese Stir-Fries* and *Helen's Asian Kitchen®: Easy Asian Noodles* due for release in the spring and fall of 2009. Chen focuses on healthful, quick-and-easy Asian recipes catering to the home chef.

Helen's Asian Kitchen® is part of the HIC family of fine brands.

* Not Affiliated with Joyce Chen Products

