

Steaming

Written by W.J.Pais

HTML clipboard

[Steaming is a method of cooking](#) . The heat is generated by steam. The equipment used for this purpose is the pressure cooker, or the old fashioned "Tondor", which is a broad vessel, capable of holding water, and a contraption to hold a tray midway, above the steaming water. Sufficient space above the tray, and a tight fitting lid. These used to be made of copper, but now a days these are made of aluminum .

The water in the pressure cooker, or the Tondor, should be boiled. Experience also is a helpful guide, in the timing of the cooking.