

# Toyomi<sup>®</sup> Recipe Book レシピ本

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STEAMER RECIPES

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vol.06



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# Steamed Shrimp With Glass Noodles

ガラスの麺入りの蒸されたエビ



うまい!

## INGREDIENTS:

|                         |                        |
|-------------------------|------------------------|
| 100g vermicelli noodles | 2 tbsp light soy sauce |
| 10 prawns               | 1 tbsp Shaoxing wine   |
| 1 tbsp cooking oil      | 1 tbsp water           |
| 2 tbsp minced garlic    | 1/2 tsp sugar and salt |
| Cilantro                | 1 tsp white pepper     |

## PREPARATIONS:

1. Soak vermicelli noodles in warm water for 5 minutes (or in cold water for 10 minutes) until they become soft.
2. Clean and remove the veins from the prawns.
3. Drain the vermicelli, place it on a plate, and arrange the prawns on top.
4. Sauté garlic until fragrant, transfer to a bowl, and mix with soy sauce, rice wine, water, white pepper, sugar, and salt.
5. Drizzle the sauce over the prawns, place the plate in a steamer with boiling water, and steam over low heat for 5 minutes.

# Chili Garlic Lime Steamed Fish

チリ・ニンニク・ライムは、魚を蒸しました



うまい!

## INGREDIENTS:

|                               |                   |
|-------------------------------|-------------------|
| 1 tilapia or flounder filet   | 2 cloves garlic   |
| 1 cup chicken or fish stock   | 2 tbsp chilies    |
| 2 tbsp soy sauce              | 8 tbsp lime juice |
| cilantro and lime for garnish |                   |

## PREPARATIONS:

1. Ensure the fish is cleaned, scaled, and gutted. Make three diagonal incisions on each side.
2. Finely chop the garlic and chili, then place them in a bowl.
3. Mix chicken stock, soy sauce, and lime juice in the bowl until well combined.
4. Place the fish on a plate and drizzle the sauce over it, placing the majority of the garlic and chili on top.
5. Steam for 12 minutes or until the fish turns opaque.
6. Garnish it with lime and cilantro to enjoy!

# Steamed Bun Dough (Man Tou)

饅頭生地



うまい!

## INGREDIENTS:

4 cups all purpose flour    2 tsp sugar  
2 tsp instant yeast        2 tsp baking powder  
1 1/4 cup lukewarm water

## PREPARATIONS:

1. Combine all dry ingredients in a large bowl. Gradually add water and knead until a smooth dough forms.
2. Cover the dough with a cloth and allow it to rise for approximately 2 hours. Shape the dough into a log, then cut it into desired equal portions.
3. Place the dough pieces on the steamer rack, either using a cheesecloth or greasing them with oil.
4. Steam the buns over medium-high heat for 20 minutes and enjoy!

## TIPS:

For reheating, steam the buns for approximately 5 minutes. Avoid using the microwave as it may cause them to dry out.

# Three Colored Steamed Eggs

3つの色のついた蒸された卵



うまい!

Photo Credit: thewoksoflife

## INGREDIENTS:

### EGG INGREDIENTS:

5 chicken eggs                    1/2 tbsp fish sauce  
2 salted duck eggs                500ml warm water  
2 century eggs  
1/2 tsp chicken bouillon powder

### SAUCE INGREDIENTS:

1 1/2 tsp light soy sauce    1 tbsp water  
1/2 tbsp sesame oil            spring onions

## PREPARATIONS:

1. Peel and chop the century and salted duck eggs into smaller pieces.
2. Mix together the egg, fish sauce, chicken bouillon powder, and warm water until well combined.
3. Strain the egg mixture through a sieve into a bowl or plate suitable for steaming, and then garnish with chopped century and salted duck eggs on top.
4. Wrap the dish with cling film and steam for 10 minutes.
5. Combine soy sauce, sesame oil, and water in a mixing bowl. Remove cling film and pour the sauce on top.
6. Garnish with spring onions and enjoy!

# Steamed Tofu With Soy Sauce

醤油を添えた蒸された豆腐



うまい!

## INGREDIENTS:

### Silken Tofu:

1 block silken tofu

### Tofu Sauce:

2 tbsp soy sauce

1 tbsp sugar

2 tbsp black vinegar

1/2 tbsp chili oil (optional)

1 tbsp sesame oil

2-3 cloves garlic (optional)

1 tbsp oyster sauce

### For Garnish:

Chopped spring onions

## PREPARATIONS:

1. Remove any excess water from the tofu package and cut the tofu into 1-inch thick slices, or your preferred size.
2. Set the tofu on a plate suitable for steaming and steam for 8-10 minutes.
3. Combine soy sauce, black vinegar, sesame oil, oyster sauce, and sugar, mixing until well combined.
4. Remove tofu from the steamer and drain any excess water from it.
5. Pour the sauce over the tofu and garnish it with spring onions.
6. Savor it alone or serve it alongside rice or congee/porridge.

# Steamed Salmon With Vegetables

野菜入りの蒸されたサケ



うまい!

## INGREDIENTS:

600g salmon

2 carrots

300g broccoli and cauliflower

salt

freshly ground peppers

200g vegetable broth

2 tbsp lemon juice

rosemary

## PREPARATIONS:

1. Peel and wash the carrots along with the broccoli and cauliflower.
2. Cut the carrots, broccoli and cauliflower into bite-sized pieces.
3. Mix vegetables and broth in a saucepan, bringing it to a boil. Afterwards, transfer them to a plate suitable for steaming.
4. Combine salmon and vegetables, then season it with salt and pepper.
5. Steam the salmon and vegetables for 10 minutes, then top with rosemary and enjoy!



# Steamed Snow Fish With Soy Sauce

醤油を添えた蒸された雪魚



うまい!

## INGREDIENTS:

1 thick fresh cod fish

2 slices of ginger

1 tsp white pepper

## SAUCE:

1 tbsp light soy sauce

1 tsp rock sugar (or castor sugar)

1 tbsp water

1 tbsp Shaoxing Wine (cooking rice wine)

## GARNISH:

1 spring onion 1 tbsp cooking oil

## PREPARATIONS:

1. Clean the fish and pat dry with a towel. Place ginger in the center of the steaming plate and set the fish on top of the ginger.

2. Steam the fish for 7-10 minutes.

3. Dissolve rock sugar in a pot, then combine light soy sauce, water, and Shaoxing wine in the mixture.

4. Remove the fish from the steamer when cooked and discard any excess liquid on the dish.

5. Add white pepper and pour the sauce over the fish.

6. Garnish it with spring onion and enjoy!

# Steamed Pork Buns (Bao Zi)

蒸されたポーク・パン



うまい!

## INGREDIENTS:

### DOUGH:

|                     |                     |
|---------------------|---------------------|
| 125ml warm water    | 70g white sugar     |
| 300g plain flour    | 155g corn starch    |
| 65ml vegetable oil  | 2 tsp baking powder |
| 5g active dry yeast |                     |

### PORK FILLING:

|                                 |                             |
|---------------------------------|-----------------------------|
| 1 tbsp vegetable oil            | 1/3 cup chopped white onion |
| 1 tbsp sugar                    | 1 1/2 soy sauce             |
| 1 1/2 oyster sauce              | 1 tbsp sesame oil           |
| 1 1/2 cup Chinese Barbecue Pork |                             |

## PREPARATIONS:

1. In a large bowl or mixer, dissolve yeast and sugar in warm water. Allow 10-15 minutes for the yeast to activate and foam.
2. Gradually incorporate flour, 1/2 cup at a time, kneading for approximately 15 minutes. Adjust the final 1/2 cup of flour as needed; the dough should be soft and non-sticky. Cover it with a damp kitchen towel and let it poof for one hour.
3. In a saucepan over medium heat, sauté white onions in heated oil. Add sugar, soy sauce, oyster sauce, sesame oil, and water; mix thoroughly. Gradually incorporate the cornflour mixture while stirring until smooth. Add pork and cook until the sauce thickens.
4. Divide the dough into 12 pieces. Roll each piece into an 11cm diameter, ensuring thinner edges. Hold the dough in your hand and place 2 tbsp of filling in the center. Create 8 pleats around the edges, then seal the bun.
5. Steam them for 12 minutes and enjoy!

# Steamed Eggs with Crispy Pork

サクサクしたポーク入りの蒸された卵



うまい!

## INGREDIENTS:

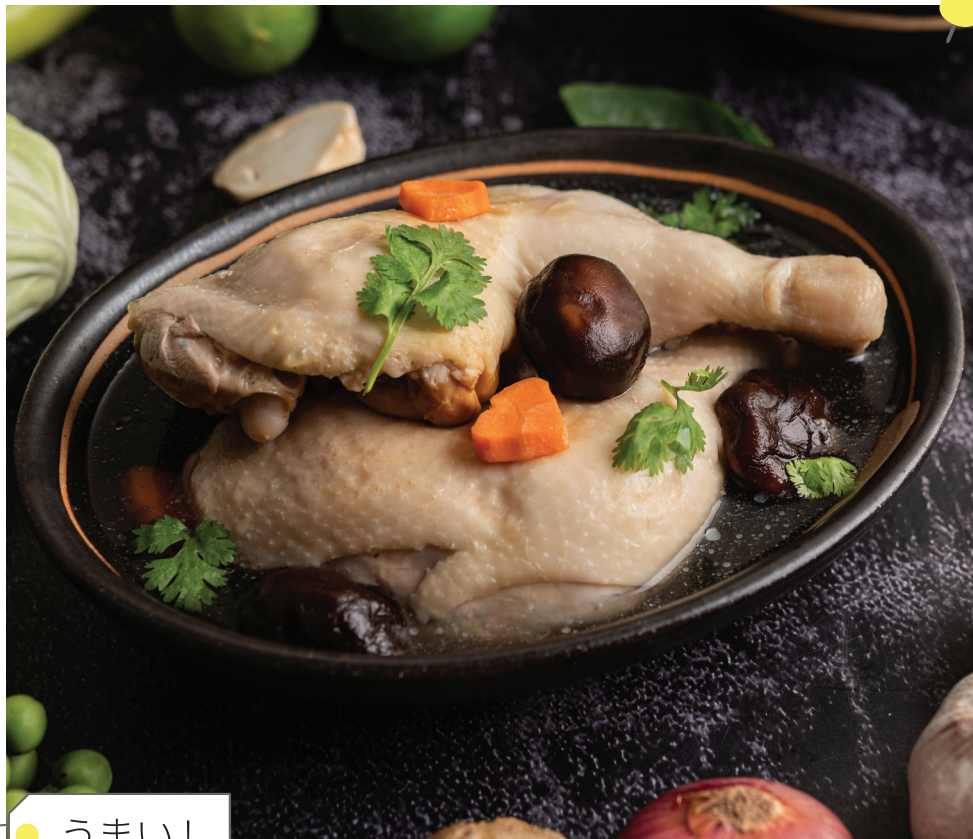
|                     |                             |
|---------------------|-----------------------------|
| 110g ground pork    | 1 1/2 tsp Shaoxing wine     |
| 1 1/2 tsp soy sauce | 1/2 teaspoon dark soy sauce |
| 1 tbsp water        | 1 tbsp ginger               |
| 1/4 tsp sugar       | 1/2 teaspoon cornstarch     |
| 3 eggs              | water (1:1 ratio as eggs)   |
| salt                | 1 tsp sesame oil            |
| 1 scallion          | 1 tbsp vegetable oil        |

## PREPARATIONS:

1. Marinate the ground meat with Shaoxing wine, soy sauce, dark soy sauce and ginger for 15-20 minutes while you prepare the egg mixture.
2. Crack three eggs into a liquid measuring cup, take note of the volume, and then transfer them to a large bowl. Add salt and beat the eggs.
3. Measure an equal volume of water and add sesame oil to the bowl. Whisk everything together to ensure thorough mixing.
4. Strain the egg mixture into a steaming bowl and steam over low heat for 7 minutes.
5. Fry the marinated meat in 1 tablespoon of oil until crispy, then add chopped scallions.
6. Top the cooked steamed eggs with the meat and enjoy!

# Steamed Chicken With Mushrooms

マッシュルームと蒸されたチキン



うまい!

## INGREDIENTS:

|                       |                       |
|-----------------------|-----------------------|
| 2 chicken leg         | Coriander for garnish |
| 4 slices ginger       | 6 shiitake mushrooms  |
| 1/4 cup onion         | 200g carrots          |
| 1/2 tsp minced garlic | 1/2 tsp soy sauce     |
| 1/2 tsp rice wine     | 150g butter           |
| 1/2 tsp sesame oil    | 1/2 tsp soy sauce     |

## PREPARATIONS:

1. Rinse the chicken and dry it with a towel. Cut carrots, ginger, and onion into bite-sized pieces.
2. Place ginger, onion, and garlic in a steamable bowl, then position the chicken leg on top. Rub sesame oil on the chicken skin and scatter mushrooms and carrots around it.
3. Drizzle soy sauce and rice wine over the chicken, and place butter on top.
4. Steam on high heat for 30 minutes.
5. Ladle the soup over the chicken, garnish with coriander, and enjoy!

# Steamed Carrot Rice Cake

蒸気をあてられたニンジン餅



うまい!

Photo Credit: thewoksoffite

## INGREDIENTS:

|                       |                       |
|-----------------------|-----------------------|
| 4 tbsp vegetable oil  | 1 1/2 rice flour      |
| 140g lean ground pork | 1 1/2 tbsp cornstarch |
| 1 tbsp ginger         | 1 1/2 tsp salt        |
| 340g carrots          | 1/2 tsp white pepper  |
| 1 tbsp Shaoxing wine  | 1 tsp sesame oil      |
| 2 1/2 cups water      | 5 scallions           |

## PREPARATIONS:

1. In a wok, heat 2 tbsp vegetable oil, sear ground pork for 30 seconds, then add grated ginger and mix.
2. Stir in grated carrots, add 1 tbsp Shaoxing wine, and stir-fry for another 30 seconds. Pour in 2 cups warm water and let it simmer.
3. Season with salt, white pepper, and sesame oil. Simmer for 3 minutes, stirring occasionally, then add chopped scallions.
4. Transfer pork, carrots, and scallions to a bowl, leaving liquid behind. Save the remaining liquid in a measuring cup.
5. Combine rice flour and cornstarch with the carrot mixture. Mix in the remaining liquid until well combined.
6. Coat all sides of a steamable pan with vegetable oil, pour in the batter, cover, and steam for 60 minutes.
7. Allow the carrot cake to rest for 30 minutes and enjoy!

# Steamed Custard (Chawanmushi)

蒸されたカスタード(茶碗蒸し)



うまい!

## INGREDIENTS:

|                               |               |
|-------------------------------|---------------|
| 2 dried shiitake mushrooms    | 4 shrimp      |
| 1/2 chicken thigh             | 4 ginkgo nuts |
| 4 sprigs mitsuba or scallions | 3 tbsp water  |
| 4 slices kamaboko (fish cake) |               |

## For Custard:

1 large egg  
1/2 tsp mirin  
1/2 tsp light soy sauce  
1/4 tsp kosher salt  
1/2 cup dashi

## PREPARATIONS:

1. In a small bowl, soak shiitake mushrooms in 3 tbsp water for 15 minutes. Once softened, squeeze out water and thinly slice. (You can use the soaked water as part of your dashi.)
2. Divide chicken thigh, shiitake mushrooms, ginkgo nuts, shimeji mushrooms, and kamaboko into individual cups, placing colorful ingredients on top.
3. In a medium bowl, whisk one large egg, and mix it well with mirin, soy sauce, kosher salt, and dashi.
4. Strain the mixture through a fine-mesh sieve into a separate bowl to achieve a silky texture.
5. Pour the egg custard mixture into cups, leaving some ingredients exposed. Remove air bubbles with a spoon or bamboo skewer. Cover with chawanmushi lids or tightly with foil.
6. Boil water in the steamer, reduce to low heat, and steam for 25-30 minutes. Check doneness by inserting a skewer in the center. Serve and enjoy!

# Steamed Scallops With Vermicelli

バーミチェリ入りの蒸されたホタテガイ



うまい!

## INGREDIENTS:

|                         |                         |
|-------------------------|-------------------------|
| 6 half-shelled scallops | 3/4 tsp light soy sauce |
| 15 grams vermicelli     | 1 tsp Shaoxing wine     |
| 2 tbsp cooking oil      | White pepper            |
| 3 slices ginger         | 1 tbsp spring onions    |
| 4 cloves garlic         | 1/2 red chilli          |

## PREPARATIONS:

1. Take the scallop meat out of the shell and rinse it thoroughly. Place the scallop meat back to the shell.
2. Soak the vermicelli in hot water for a few minutes, then arrange the softened vermicelli in the center of a scallop shell. Place the scallop meat on top of the vermicelli.
3. Sauté ginger, garlic, and onions until fragrant. Add soy sauce, Shaoxing wine, and white pepper. Stir and mix well.
4. Pour the mixture over the scallops and steam on high heat for 4 minutes or until the scallops are opaque.
5. Garnish it with sliced chilli and enjoy!

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