Chinese Style Steamed Eggplant

**Ingredients**

* 1 large fresh eggplant
* 1 tsp oyster sauce
* 2 tsp fried garlic
* 1 tbsp toasted sesame oil
* 1 tbsp soy sauce
* 2 tsp fish sauce
* 1 tsp brown sugar
* 1 tsp hot chili sauce
* a handful fresh chives chopped

**Instructions**

1. 1) Rinse the eggplant and pat it dry with some kitchen paper. Remove the green leaves also. Then chop the eggplant in half and slice both pieces up into thick sticks.
2. 2) Next step depends on how you steam your dishes in your kitchen. Because I have a steam oven I placed the sliced eggplant in a steam basket and then steamed it for about 20 minutes until soft. Same for a steamer or steam baskets.

[](https://www.mediavine.com/)

1. 3) You can also create one using a pasta pan. Pour a bit of water in the pan and place the pasta basket in it. Make sure that the water doesn’t reach the basket. Then place the sliced eggplant in it and cover the pan.
2. 4) Place the eggplant over medium heat and boil the water for about 20 minutes until the eggplant is soft. Check regularly if you need to add extra water. The eggplant should be very soft in the end.

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1. 5) In the meantime combine the sesame oil, dark soy sauce, fish sauce, oyster sauce, brown sugar and chili sauce in a cup and stir well.
2. 6) Once the eggplant is steamed, then remove the pan from the heat and transfer the cooked eggplant to a serving dish. Drizzle with the soy sauce marinade. Sprinkle with the freely chopped chives and the fried garlic. Serve hot.

Garlic Butter Steamed Clams

**INGREDIENTS**

* 5 tablespoons Finlandia Unsalted Butter, divided
* 1 tablespoon fresh minced garlic
* 1 cup white wine
* 1 tablespoon lemon juice
* 3 dozen little neck clams, rinsed and scrubbed
* 1/3 cup chopped fresh Italian parsley
* Wedges from 1 lemon for garnish, if desired

**INSTRUCTIONS**

1. In a large skillet (that has a lid), melt 2-1/2 tablespoons of the butter over medium heat. Add garlic and cook, stirring constantly, until fragrant (about 30 seconds).
2. Add wine and lemon juice. Bring to a boil.
3. Add clams and remaining butter. Cover and steam until clams have opened (about 7-8 minutes). Occasionally shake skillet while steaming.
4. Discard any clams that do not open. Sprinkle evenly with parsley and garnish with lemon wedges, if desired. Serve with a french baguette or over a bed of cooked pasta.

Healthy Steamed Tofu With Ground Meat

**Ingredients**

* 1 pack [soft tofu](https://www.amazon.com/Mori-Nu-Soft-Tofu-Silken-12/dp/B000VK10GW/ref=sr_1_1_a_f_it?ie=UTF8&qid=1525474403&sr=8-1&ppw=fresh&keywords=silken+tofu) (12 oz)
* ¼ pound ground pork
* **For marinating the meat:**
* 1 tablespoon [soy sauce](https://www.amazon.com/Kikkoman-Soy-Sauce-10-Fl/dp/B000QCJ7UQ/ref=sr_1_6_s_f_it?ie=UTF8&qid=1525475384&sr=1-6&ppw=fresh&keywords=soy+sauce)
* 1 tablespoon [sesame oil](https://www.amazon.com/Kadoya-100-Pure-Sesame-Pack/dp/B01GIP7YQ8/ref=sr_1_6_a_it?ie=UTF8&qid=1525475416&sr=8-6&keywords=sesame+oil)
* 1 tablespoon [cooking wine](https://www.amazon.com/Rice-Cooking-Wine-Red-Shaohsing/dp/B00L63VQBM/ref=sr_1_7_a_it?ie=UTF8&qid=1525475452&sr=8-7&keywords=cooking+wine)
* 1 tablespoon [oyster sauce](https://www.amazon.com/Thai-Oyster-Sauce-Maekrua-Brand/dp/B000EICLI2/ref=sr_1_4_s_it?s=grocery&ie=UTF8&qid=1525475537&sr=1-4&keywords=oyster+sauce)
* half teaspoon [potato starch](https://www.amazon.com/JFC-Katakuriko-Potato-Starch-Ounce/dp/B004KA63IO/ref=sr_1_8_s_it?s=grocery&ie=UTF8&qid=1525475573&sr=1-8&keywords=starch)
* half teaspoon [ginger powder](https://www.amazon.com/365-Everyday-Value-Ginger-Ground/dp/B074V3VP5T/ref=sr_1_1_f_f_it?s=amazonfresh&ie=UTF8&qid=1525475338&sr=1-1&fpw=fresh&keywords=ginger+powder)
* **Garnish:**
* 1 stalk green onion, chopped
* **Sauce and topping (optional):**
* [soy sauce](https://www.amazon.com/Kikkoman-Soy-Sauce-10-Fl/dp/B000QCJ7UQ/ref=sr_1_6_s_f_it?ie=UTF8&qid=1525475090&sr=1-6&ppw=fresh&keywords=soy+sauce) to taste
* [chili garlic sauce](https://www.amazon.com/Huy-Fong-Chili-Garlic-Sauce/dp/B0016L34GO) to taste

**Instructions**

1. Marinate the ground pork with the mixture of soy sauce, sesame oil, cooking wine, oyster sauce, potato starch and ginger powder for 10 minutes.
2. Carefully remove the tofu from the package and place it in a shallow bowl.
3. Slice the tofu width-wise into half-inch thick slices.
4. Spread the marinated ground pork onto the tofu and transfer the shallow bowl into a steamer.
5. Bring the water to a boil over high heat.
6. When the steam starting to emerge, carefully transfer the steamer into the pot, cover and reduce the heat to medium.
7. Steam the tofu for 10-15 minutes or until fully cooked.
8. Carefully remove the cover of the steamer (watch out for the steam) and sprinkle freshly chopped green onion on top to serve.
9. Enjoy while hot.

Soft Fluffy Steamed Custard Buns

### INGREDIENTS

#### Dough:

* ▢300 gr [all-purpose flour](https://amzn.to/2ISNBKN)- 2 cups + 2 1/2 Tbsp, unsifted, plus more for dusting as needed. see notes 1
* ▢60 gr [Wheat starch](https://amzn.to/2Zw3L4g)- 1/2 cup, unsifted, or use cornstarch or potato starch (not potato flour)
* ▢4 gr [instant yeast](https://amzn.to/2iIkldu)- about 1 1/4 tsp
* ▢60 gr sugar - 5 Tbsp
* ▢1 Tbsp [cooking oil](https://amzn.to/2Ks6ULW)
* ▢200 ml milk - about 13 Tbsp

#### Custard filling:

* ▢2 large eggs
* ▢100 ml milk - 7 Tbsp
* ▢50 gr sugar - 4 Tbsp
* ▢40 gr butter - 3 Tbsp, unsalted
* ▢1/8 tsp salt
* ▢30 gr [all-purpose flour](https://amzn.to/2ISNBKN) - 3 Tbsp + 2 tsp
* ▢30 gr powdered milk - 3 Tbsp + 2 tsp

### INSTRUCTIONS

#### Preparing the custard (can be done the day before):

* Whisk eggs, milk, sugar, and salt together in a saucepan. Sift in flour and milk powder. Stir to combine everything
* Put on the stove over low heat. Add butter. Keep stirring until the mixture gradually get thicken to a custard consistency
* Let it cools down completely and cover and chill in the refrigerator for 30 minutes or overnight if not using on the same day
* When ready to use, divide into 12 equal portions and roll into round balls. Keep them covered in the refrigerator while you prepare the dough

#### Make the dough with a stand mixer:

* Place the flour, instant yeast, sugar, and cooking oil in a mixing bowl. If you are using a stand mixer, use a dough hook attachment. Gradually add in liquid. If the dough still a bit dry, add a bit of water or milk. Add more teaspoon by teaspoon until the dough comes together and continue to knead for 5 minutes

#### Make the dough by hands:

* If you are kneading by hands, mix everything until you get a rough dough (it's not going to be smooth yet). Cover and rest it for 15 minutes. Then go back and knead it. You'll be surprised by how easier it is to knead it now. Knead until the dough is smooth and pliable, about 10-15 minutes. Add liquid as needed. At any point during kneading, you can always stop and rest the dough if you find it hard to knead. This is to relax the gluten. Then go back to knead again and you'll be surprised by the difference it makes by just resting the dough before kneading again. It's easier for you too

#### Rest the dough:

* Cover and rest the dough for 15 minutes. This is not to proof the dough. It shouldn't double in size. This is to relax the gluten for easier shaping and rolling the dough

#### Wrapping:

* Place the dough on a lightly floured surface. Divide equally into 12 pieces. Work with one piece at a time and cover the rest to prevent drying. Flatten the dough with your palm and use a small rolling pin to roll into a circle about 5-6 inches in diameter and the middle is slightly thicker. Don't roll the dough out too thin too
* Place the custard filling ball on the center of the wrapper and gather all the sides to the middle and pinch to seal. Place it on a parchment paper seam side down. Continue with the rest and place the bao on a large tray cover with a large clean towel

#### Proofing:

* Let the dough rise at room temperature or at a warm place.  If it's winter where you are, you can use your oven "bread proof" function to let them proof in there, or simply turn on your oven to the lowest temperature and then turn off and after 15 minutes, place the shaped buns in there to let them proof. They won't necessarily double in size, but at least puff up to about 50% of the original size. This may take about 30 mins to 1 hour at a warm temperature. Don't go by the time however. The buns will feel lighter and when you push it gently with your finger, it will spring back slowly. These buns are ready to be steamed

#### Steaming:

* Bring the water in a steamer to a boil. Wrap the lid with a cloth. This will prevent water dripping from the lid and create burn spots
* **LOWER THE HEAT TO MEDIUM**. Place the buns in there, leaving about 1-inch space in between. Cover with a lid but leaving it about 1/4-inch gap for some steam to escape. Steam on medium heat for 10 minutes
* Once the buns are done steaming, turn off the heat and wait for 5 minutes before opening the lid so the buns will not collapse or wrinkle due to sudden change in temperature.

#### Cooling:

* Remove from the steamer and put on a cooling rack for them to cool down. This will prevent the steamed buns from getting wet and soggy at the bottom

#### Storing:

* Once the steamed buns have cooled down completely, place them on a baking sheet and put them in a freezer for about 1 hour. They won't be frozen yet, but firm enough. Transfer to a freezer bag and they won't stick to each other anymore. They can be kept in the freezer for up to 1 month for the best result. You can thaw them overnight in the fridge and then steam them for 5 minutes to reheat or steam them from frozen for 10 minutes or until heated through

Steamed cabbage rolls

### INGREDIENTS

#### For the wrappers

* ▢8 savoy cabbage leaves, see note 1
* ▢1 long carrot, optional

#### For the filling

* ▢4 dried shiitake mushrooms, rehydrated in water
* ▢200 g minced pork/beef/chicken, 7oz
* ▢1 stalk scallions, finely chopped
* ▢2 tsp [light soy sauce](https://redhousespice.com/soy-sauce)
* ▢1 pinch Chines five-spice powder
* ▢1 pinch sugar
* ▢1 dash sesame oil

#### For the sauce

* ▢3 tbsp mushroom water, see note 2
* ▢1 tbsp oyster sauce
* ▢½ tsp cornstarch

### INSTRUCTIONS

#### Prepare the wrappers

* Blanch cabbage leaves in boiling water until they begin to wilt (it should take no more than 20 seconds). Drain and set aside.
* Use a vegetable peeler to peel off 8 narrow strips of carrots. Blanch for a few seconds then drain (carrot is purely for an aesthetic reason so it’s optional).

#### Mix the filling

* Squeeze out excess water in shiitakes mushrooms (keep the water in which the mushrooms are soaked for later use). Chop them into tiny pieces.
* Put mushrooms, minced meat and all the seasonings into a bowl. Mix well.

#### Assemble the rolls

* Place ⅛ of the filling in the middle of a cabbage leaf. Wrap it into a cylinder shape.
* Tie the roll with a strip of carrot (please refer to my tutorial video below). Repeat to finish the rest.

#### Steam the rolls

* Place the rolls into a serving plate then put into a steamer. Steam for 10 minutes.
* If you don’t have a steamer, see note 3 for an alternative solution which is also demonstrated in my tutorial video below.

#### Make the sauce

* While waiting for the rolled to cook, mix 3 tablespoons of the mushroom water with oyster sauce and cornstarch. Stir well.
* Heat up the sauce over high heat. Remove as soon as it thickens. Pour it over the rolls. Serve warm.

#### Make in advance

* You may keep raw, wrapped cabbage rolls in the fridge for up to 24 hours. Extend the steaming time to 12 minutes if just taken out from the fridge.

Steamed Cod Fish

**Ingredients**

* a serving of cod fillet
* a touch of salt
* 2 tablespoons [cooking wine](https://www.amazon.com/Michiu-Rice-Cooking-Wine-750ml/dp/B0086XT6Z8/ref=sr_1_8_a_it?ie=UTF8&qid=1478229683&sr=8-8&keywords=cooking+wine)
* a handful of thinly sliced ginger strips
* 1 small hot chili pepper, sliced (optional)
* a handful of shredded scallion
* 1 tablespoon [seasoned soy sauce for seafood](https://www.amazon.com/Lee-Kum-Seasoned-Sauce-Seafood/dp/B0000DJYWR/ref=sr_1_1_a_it?ie=UTF8&qid=1478230715&sr=8-1&keywords=seasoned+soy+sauce+for+seafood)
* 2 tablespoons oil

**Instructions**

1. Marinate the cod fillet with salt and cooking wine for 10 minutes.
2. Top the cod fillet with ginger and chili pepper.
3. After the water starts to boil, continue to steam for 5 minutes.
4. Remove from steamer, dress with seasoned soy sauce for seafood, and place the scallion to top.
5. Heat oil in a cast iron pan until reaching smoke point, carefully pour the hot oil onto the fish.
6. Serve and enjoy while hot!