Orka Steamer Recipes

**Asparagus**
Serves 4-6

- 1 lb. asparagus
- ½ cup white wine or water
- 1 Tbsp. lemon juice
- Salt, pepper, garlic powder
- 1 Tbsp. butter (optional)

- Clean the asparagus and snap off, or cut off, the bottom of the stems
- Put the wine or water and the lemon juice in the bottom of the steamer
- Place the steamer tray on top of the liquid, and place the asparagus on top
- Season with salt, pepper and garlic powder to taste
- Cover and microwave for 4 minutes

**Corn on the Cob**
Serves 5

- 5 small corn ears shucked
- 2 Tbsp. butter
- ½ cup water
- Salt, pepper to taste
- 1 Tbsp fresh parsley, chopped

- Place the water and 1 Tbsp. butter on the bottom of the steamer
- Place tray on top of the water
- Spread the rest of the butter on the corn
- Put the corn on the tray, and season with the salt, pepper, and parsley
- Cover and microwave for 6 minutes

**Broccoli**
Serves 4

- 4 cups broccoli florets
- 1 Tbsp. water
- 2 Tbsp. Butter
- Salt and pepper to taste

- Place the broccoli in the steamer without the tray
- Put in the water
- Cut the butter into pieces and arrange on top of broccoli
- Add salt and pepper
- Cover with lid and microwave for 6 minutes
**Teriyaki Chicken and Vegetables**

*Serves 2*

- 2 Boneless skinless chicken breasts
- 1 small onion
- 1 red pepper
- 1 cup broccoli florets
- 2 Tbsp. olive oil
- 1 ½ Tbsp. soy sauce
- ¼ cup orange juice
- ½ cup chicken broth
- ⅛ tsp. salt
- 1/8 tsp. pepper

- Cut the chicken into strips
- In a plastic bag with seal, mix oil, soy sauce, orange juice, salt and pepper, then add the chicken and marinate for about 15 minutes while you cut up the other vegetables.
- Cut the onion and pepper into strips
- Put the broth on the bottom of the steamer
- Put the tray on top of the broth
- Remove chicken from marinade and place on top of the tray; add the peppers, onions and broccoli, toss lightly with the chicken
- Cover with lid and microwave for 8 minutes

**Breakfast Frittata**

*Serves 6*

- 12 extra-large eggs
- 8 oz. diced ham
- ½ cup diced onion
- 1 cup shredded cheddar cheese
- ½ tsp. salt
- ¼ tsp. pepper
- ⅛ cup milk

- Whisk eggs and milk
- Add ham, onions, cheese, salt and pepper
- Pour in steamer without the tray
- Cover with lid and microwave for 10 minutes
**Hot Dogs**

**Serves 8**

8 hot dogs  
14 oz. can of sauerkraut  
8 hot dog buns

- Put the sauerkraut on bottom of the steamer without the tray  
- Evenly place hot dogs on top of the sauerkraut  
- Cover with and cook in the microwave for 4 minutes serve on rolls.

**Macaroni & Cheese**

**Serves 8**

1 16oz pkg elbow noodles cooked according to package directions  
1 10 3/4 can cheddar cheese condensed soup  
½ cup milk  
1 tsp. salt  
¼ tsp. pepper  
¼ tsp. onion powder  
1 cup plus ¼ cup shredded cheddar cheese  
Grated parmesan cheese (optional)

- In a large bowl mix pasta, cheddar soup, milk, salt, pepper, onion powder, and 1 cup of the shredded cheese and pour into steamer (without tray)  
- Sprinkle remaining shredded cheese on top  
- Cover and cook in the microwave for 5 min  
- Sprinkle with parmesan and serve
**Chicken and Dumplings**  
**Serves 5-6**

3 skinless, boneless, chicken breasts  
½ cup chicken broth  
Salt and pepper  
1 10 ¾ oz. can condensed cream of chicken soup  
1 16 oz. package frozen mixed vegetables  
½ cup milk  
1 cup all-purpose baking powder  
½ cup milk  
½ tbsp. dried basil

- Cut the chicken in cubes  
- Put the broth on the bottom of the steamer  
- Place tray on top of the broth  
- Put the chicken and frozen vegetables on top of the tray, season with salt and pepper  
- Cover with lid and cook in microwave for 5 min  
- Remove chicken and vegetables into large bowl, take out the tray and discard the broth  
- Add soup and milk to chicken then pour back into the steamer  
- In a separate bowl combine the baking mix and milk, stir until blended then drop by spoonful’s on top of the chicken mixture, sprinkle the dumplings with the basil  
- Cover with lid and microwave for 6 minutes

**Shrimp with Rice**  
**Serves 2**

About a half of a pound of shrimp peeled and deveined  
1 cup minute rice  
¼ cup water  
¼ cup chicken broth  
Salt and pepper

- Put rice on the bottom of the steamer, without tray and water and broth and stir to coat rice  
- Place shrimp on top of the rice  
- Season with salt and pepper  
- Cover with lid and microwave for 5 min, let stand for 5 more minutes before you open the cover  
- Stir and serve
**Steamed Clams**

Serves 2

- ¼ cup white wine
- 1 tbsp. olive oil
- ¼ tsp. red pepper flakes
- ½ tbsp. lemon juice
- ⅛ tsp. minced garlic
- Salt and pepper to taste

- In the bottom of steamer mix the wine, oil, red pepper, lemon juice, garlic, salt and pepper
- Place tray on top
- Place 12 clams on top of the tray
- Cover with lid and cook in the microwave for 6 minutes
- Place clams on dish and pour liquid over them to serve

**Salmon**

Serves 4

4 salmon filets
- ¼ cup water
- ¼ cup white wine
- ½ tbsp. lemon juice
- ⅛ tsp. dried thyme
- ¼ cup yellow peppers
- ¼ cup red peppers
- Lemon slices from 1 lemon
- Fresh dill
- Salt and pepper to taste

- In bottom of steamer mix the water, wine, lemon juice and thyme
- Place the tray on top of liquid
- Place the salmon fillets on top of tray
- Season with salt and pepper
- Place the peppers around the salmon
- Place the dill and lemon slices on top of the salmon
- Cover and cook in the microwave for 6 minutes
**Cornbread**  
**Serves 8**

2 8.5 oz. corn muffin mix  
2 eggs slightly beaten  
2/3 cup milk

- Preheat oven to 400  
- Blend ingredients, ok for batter to be slightly lumpy  
- Let rest for 4 minutes  
- Stir and pour into steamer without the tray  
- Bake in the oven for 15-20 min until top is golden brown  
- Let cool before removing from pan

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**Baked Penne**  
**Serves 8**

6 cups cooked penne noodles  
15 oz. ricotta cheese  
8 oz. shredded mozzarella  
1 egg beaten  
1 24 oz. jar of pasta sauce  
3 tbsp. grated parmesan cheese  
½ tsp. Salt  
¼ tsp. pepper  
2 tbsp. chopped fresh basil

- Preheat oven to 375  
- In large bowl mix the noodles, ricotta cheese, 1 ½ cups mozzarella cheese, egg, 1 ½ cup pasta sauce, 2 tbsp. parmesan cheese, salt, pepper and basil  
- Pour into the steamer without the tray  
- Top with the remaining pasta sauce, ¼ cup mozzarella cheese, and 1 tbsp. parmesan cheese  
- Cover with lid and bake in the oven for 25 minutes, uncover and bake for 10 more minutes  
- Let stand for 10 min before serving
Peach Cobbler
Serves 6

6 peaches, peeled pitted and sliced into thin wedges
¼ cup white sugar
¼ cup brown sugar
1 tsp. lemon juice
2 tsp. corn starch

Topping
1 cup flour
¼ cup old fashioned quick cook oats
¼ cup white sugar
¼ cup brown sugar
1 tsp. baking powder
½ tsp. salt
6 tbsp. unsalted butter, chilled and cut into small pieces
3 tbsp. boiling water
½ tsp. brown sugar and ½ tsp. cinnamon mixed together

- Preheat oven to 425
- In a bowl combine peaches, ¼ cup of the white and brown sugar, lemon juice, and corn starch
- Toss to coat evenly and pour into steamer. Do not use tray
- Bake for 10 min
- Meanwhile in a large bowl combine flour, ¼ cup of the white and brown sugar, oats, baking powder, and salt
- Blend in butter with fingers or a pastry blender until it resembles a coarse meal.
- Sir in boiling water just until combined
- Remove peaches from oven, after ten minutes, and drop spoonful’s of topping over them
- Sprinkle the cinnamon brown sugar mixture over the entire cobbler
- Bake about 30 min until top is golden brown