

## STEAMING



- Bring about 1-inch of water/seasoned liquid to a boil
- Line the steamer with lettuce, onion, herbs or citrus (without covering all the holes) to keep seafood from sticking
- Rinse seafood under COLD water to remove any ice glaze
- Add seafood to steamer and cover loosely
- Return liquid to a boil and steam 5 to 7 minutes
- Remove from heat just as soon as seafood is opaque throughout



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