sealed package full of item(s) to be cooked is placed in the pan once the water is brought to boil. The package is left in the cooling water to allow the item(s) to cook.

[0015] In some embodiments, the channels are sloped generally downward from the perimeter of the pan inward toward the center of the pan. This aids in distribution of the liquid toward the center of the pan. In other embodiments, the channels are sloped generally downward from the center of the pan outward toward the perimeter, to distribute water/fluid toward the perimeter of the pan. In some embodiments, the interior bottom surface of the pan is generally convex (also called crown or panel). As the pan is heated the crown will result in the bottom flattening out and "hugging" the stovetop burner. In some such embodiments, the channels are sloped generally downward from the center of the pan outward toward the perimeter when the bottom is convex, and will lessen in slope as the bottom flattens. In some such embodiments, the slope will change from generally downward from center toward perimeter when the pan is cool and convex to generally downward from perimeter to center when the pan is heated and bottom is flat.

[0015a] In view of the above, according to a first aspect of the present invention, there is provided a cookware object comprising: a base including raised ridges and recessed channels designed to hold a liquid; and a lid that fits onto the base.

[0015b] Further, according to a second aspect of the present invention, there is provided a method of cooking comprising the steps of: placing an item to be cooked in a cookware object that includes ridges on top of which the item is positioned; adding a small amount of liquid to the cookware object, such that the liquid level is below the top of the ridges; placing a lid on the cookware object; and heating the cookware object to produce steam within the object.

[0016] The foregoing and other objects and methods are intended to be illustrative of the invention and are not meant in a limiting sense. Many possible embodiments of the invention may be made and will be readily evident upon a study of the following specification and accompanying drawings comprising a part thereof. Various features and subcombinations of invention may be employed without reference to other features and subcombinations. Other objects and advantages of this invention will become apparent from the following description taken in connection with the accompanying drawings, wherein is set forth by way of illustration and example, an embodiment of this invention and various features thereof.