CLAIMS

What is claimed is:

1. A cookware object comprising:

a base, said base including raised ridges and recessed channels designed to hold a liquid; and

a lid that fits onto said base,

wherein said channels are sloped generally downward from the perimeter of the base inward toward the center of the base.

2. The cookware object as claimed in claim 1 wherein a diameter of the cookware object, a displacement of the ridges and a height of the ridges are designed to allow for the introduction of sufficient fluid into the object to promote steam while cooking, while at the same time separating the item being cooked from the liquid by holding the item on top of the ridges.

3. The cookware object as claimed in claim 2 wherein the cookware object is designed to hold 250 ML of ~~water~~ liquid at room temperature.

4. The cookware object as claimed in claim 1 wherein said lid includes recesses generally coinciding with said ridges of said base.

5. The cookware object as claimed in claim 1 further including a fill indicator on said base to show a maximum level to which liquid should be added to said base.

~~6. The cookware object as claimed in claim 1 wherein said channels are sloped generally downward from the perimeter of the base inward toward the center of the base.~~

~~7.~~6. ~~The~~ A cookware object ~~as claimed in claim 1~~ comprising:

a base, said base including raised ridges and recessed channels designed to hold a liquid;

and

a lid that fits onto said base,

wherein said channels are sloped generally downward from the center of the base outward toward the perimeter of the base.

~~8.~~7. ~~The~~ A cookware object ~~as claimed in claim 1~~ comprising:

a base, said base including raised ridges and recessed channels designed to hold a liquid;

and

a lid that fits onto said base,

wherein a bottom of said base is generally convex.

~~9.~~8. The cookware object as claimed in claim ~~8~~7 wherein said channels are sloped generally downward from a center of said base outward toward a perimeter when said bottom is convex, and wherein said slop lessens as said bottom flattens during heating of said object.

~~10.~~9. The cookware object as claimed in claim 1 wherein said lid includes a vapor seal.

~~11.~~10. The cookware object as claimed in claim ~~10~~9 wherein said vapor seal includes a shoulder of said base.

~~12.~~11. A method of cooking comprising the steps of:

placing an item to be cooked in a cookware object, said cookware object comprising a base that includes ridges on top of which the item is positioned;

adding a small amount of liquid to the cookware object, such that said liquid level is below said top of said ridges;

placing a lid on said cookware object; ~~and~~

heating said cookware object to produce steam within said object; and

biasing the liquid during said heating step such that the liquid is distributed towards a center of the base.

~~13.~~12. The method as claimed in claim ~~12~~ 11 wherein the amount of ~~water~~ liquid is 250 ml or less.

~~14.~~13. The method as claimed in claim ~~13~~ 12 wherein the amount of ~~water~~ liquid is generally a spoonful.

~~15.~~14. The method as claimed in claim ~~12~~ 11 wherein said lid includes a vapor seal.

~~16.~~15. The method as claimed in claim ~~15~~ 14 wherein said vapor seal includes a shoulder of the base.

16. A method of cooking comprising the steps of:

placing an item to be cooked in a cookware object, said cookware object comprising a base that includes ridges on top of which the item is positioned;

adding a small amount of liquid to the cookware object, such that said liquid level is below said top of said ridges;

placing a lid on said cookware object;

heating said cookware object to produce steam within said object; and

biasing the liquid during said heating step such that the liquid is distributed towards a perimeter of the base.

17. The method as claimed in claim 16 wherein the amount of liquid is 250ml or less.

18. The method as claimed in claim 17 wherein the amount of liquid is generally a spoonful.

19. The method as claimed in claim 16 wherein said lid includes a vapor seal.

20. The method as claimed in claim 19 wherein said vapor seal includes a shoulder of the base.