

# GUIDELINES FOR PRESSURELESS STEAMERS

Pressureless steamers are used primarily to cook vegetables, seafood, rice and pasta. Cooking with steam preserves nutrients, color and texture in foods. Steaming prevents foods from being dried out, burned or scorched. Steamers are ideal for steaming more than one type of food at the same time without flavor transfer. Foods may be steamed and served in the same pan if steam table pans are used for preparation.

Steam temperature is preset at 212° F. The cooking time will vary depending on the type of food, pan size and the number of pans in the steamer. The cooking time should include the time it requires to heat the food to cook temperature, as well as steaming. Be sure to record the most successful steaming times on the recipe card for future reference. Refer to cooking guide at bottom of guideline card for recommended cook times for individual food items

## GENERAL OPERATION NOTES:

1. **READ MANUFACTURER OPERATING MANUAL:** Operating instructions may differ depending on the manufacturer and model of the pressureless steamer. Consult the manufacturer's operating manual for instructions on the particular make/model of steamer.
2. **RACKS:** Position racks for the number of pans and product to be cooked.
3. **WATER SUPPLY:** Turn the drain valve to the closed position. Fill steamer reservoir with 2 ½ to 3 gallons of tap water or up to the "maximum water line". Water usage will depend upon length of cook time and cook mode. Water levels should be checked periodically to avoid running out. Low water levels are signaled with an audible sound and/or automatic unit shut off.
4. **SELECT COOKING MODE AND TEMPERATURE:** Turn steamer on; SELECT the cooking mode. To cook in the steam mode, set thermostat to 212°F. The thermostat light will come on indicating temperature is below set point.
5. **PREHEAT:** Heat steamer until thermostat light goes out indicating that the unit has reached 212°F or the selected temperature.
6. **PAN SIZE:** The depth and type of pan used will influence cooking time. The use of **2½"x 20"x12" perforated pans** is recommended for even steam circulation. Pans with higher sides may be used but will increase cooking times. Foods may be steamed in solid pans if cooking liquid is to be retained. **DO NOT COVER FOOD WITH PAN LIDS OR FOIL.**
7. **LOAD SIZE:** The amount of food, size and shape will influence cooking time. Foods cut into smaller pieces will cook more quickly. Frozen foods may be tempered to decrease cooking time. Pans should be filled no more than 2/3 full to ensure even cooking
8. **CEANING AND MAINTENANCE:** Refer to the manufacturer's operating manual for daily and periodic cleaning instructions.

**NOTE:** To prolong the life of steamer door gasket, leave the compartment door slightly ajar by latching the door handle in the second position when the unit is not in use.

## PRESSURELESS STEAMER COOKING GUIDELINES

ITEM	RECOMMENDED PAN TYPE	APPROXIMATE COOKING TIME (MINUTES)	NOTES
<b>VEGETABLES, FROZEN</b>			
Brussels Sprouts	2 ½" perforated	12-15	5 lbs per pan
Beans, green	2 ½" perforated	12-15	4 lbs per pan
Carrots, sliced	2 ½" perforated	12-15	5 lbs per pan
Cauliflower	2 ½" perforated	12-15	5 lbs per pan
Corn, kernel	2 ½" perforated	12-15	5 lbs per pan
Peas	2 ½" perforated	12-15	5 lbs per pan
Peas & carrots	2 ½" perforated	12-15	5 lbs per pan
Broccoli, spears, IQF	2 ½" perforated	12-15	4 lbs per pan
Broccoli, block	2 ½" perforated	15-20	4 lbs per pan
<b>VEGETABLES, FRESH</b>			
Potatoes, whole, medium	2 ½" perforated	55-60	10 lbs per pan
Squash, summer, sliced	2 ½" perforated	8-12	5 lbs per pan
Turnip, diced	2 ½" perforated	25-30	5 lbs per pan
<b>EGGS</b>			
Hard Cooked, in shell	2 ½" perforated	12-15	24 eggs per pan
<b>PASTA &amp; RICE</b>			
Elbow macaroni	2 ½" solid	15-20	2 lbs pasta per pan; cover with warm water
Spaghetti	2 ½" solid	15-20	2 lbs pasta per pan; cover with warm water
Rice, converted	2 ½" solid	30-35	2 qt rice per pan; cover with 2 ½ qt warm water
<b>FISH AND SHELLFISH</b>			
Filets, frozen	2 ½" perforated	10-12	single layer
Crab Legs, frozen	2 ½" perforated	10-15	single layer
Lobster tails, tempered	2 ½" perforated	18-20	single layer
Shrimp, frozen	2 ½" perforated	3-5	5 lbs per pan
Hot Dogs, frozen	2 ½" perforated	15-20	single layer