From AccuTemp’s kitchen to yours
MEAT

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Chicken with Brown Rice Pilaf
Chicken “n” Noodles or Dumplings
Chili Dogs
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SEAFOOD

Alaskan Steamed Salmon with Pecan Crunch Coating
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Frozen Crab Legs
Jambalaya
Lemon Pepper Poached Shrimp
Poached Fish
Poached Salmon with Irish Butter Sauce
Salmon Loaf
Tarragon Garlic Butter Shrimp with Asparagus

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Meat
Beer Braised Corned Beef with Red Potatoes & Carrots

**INGREDIENTS**
- 1 (3 lbs.) corned beef brisket
- 4 garlic cloves, smashed
- 2 large shallots, peeled and halved
- 2 tbsp. pickling spice
- 2 tsp. caraway seeds
- 2 (12 oz.) bottles of dark beer. May substitute with beef stock.
- ½ cup Irish whiskey
- 6 carrots, peeled and cut into 2 inch pieces
- 6 red potatoes, cut into 2 inch pieces
- 4 sprigs fresh dill

**METHOD**
Preheat steamer to cook mode.
Place corned beef in 4-inch solid pan with garlic, shallots, pickling spice, caraway seeds, beer and whiskey. Cover with a lid or foil. Braise for three hours. At the end of three hours add carrots, potatoes and dill. Cover again and cook for two hours. When finished remove, plate and serve immediately.

Burrito Casserole

**INGREDIENTS**

**Meat Mixture**
- 4½ – 5 lbs. hamburger fry and crumble with 2 medium onions, chopped
  - Add and then simmer
- 2 envelopes taco seasoning
- 2 cans bean dip
- 2 jars taco sauce (mild)
- Allow Mixture to cool.

**Cheese Sauce**
- 2 jars hot taco sauce
- Grated cheese (enough to make sauce thick)
- ½ cup ketchup
- 1 cup water

**METHOD**
Preheat steamer to cook mode. Lightly grease one 2-inch hotel pan. Mix all the above together and heat. Roll meat mixture and seasonings up in large flour tortillas (20 large). Place in hotel pan and cover with cheese sauce: cook covered for 50 minutes. Top with sliced black olives and chopped tomatoes.

Canadian Firefighter’s Meatloaf

**INGREDIENTS**
- 10 slices whole wheat bread
- 10 lbs. ground beef
- 5 green onions, chopped
- ½ cup and 2 tbsp. chopped onion
- 5 cups medium salsa
- ½ cup and 2 tbsp. whole grain Dijon mustard
- 1 tbsp. and 1 tsp. Worcestershire sauce
- ½ cup and 2 tbsp. minced garlic
- Salt and pepper to taste
- ¼ cup and barbecue sauce

**METHOD**
Preheat steamer to cook mode. Soak the bread in warm water in a bowl. Place the beef in a large bowl. Drain bread and add to beef along with green onion, salsa, Dijon mustard, Worcestershire sauce, garlic, salt and pepper. Mix by hand until well blended. Form into loaves and place in a greased 2-inch solid hotel pan. Steam for 1 hour. Drain off excess fat and top with barbecue sauce. Steam additional 15 minutes.
**Chicken with Brown Rice Pilaf**

**INGREDIENTS**
- 8 lbs. diced or sliced chicken (precooked)
- 2 qt. low sodium chicken broth
- 6 cups brown rice (can also substitute bulgur wheat or couscous)
- ¼ cup garlic, chopped
- ½ cup vegetable oil
- Salt and pepper to taste
- 10 cups fresh spinach, coarsely chopped
- 1 cup fresh basil leaves, torn

**METHOD**
In a 4-inch solid hotel pan, combine chicken, broth, garlic and vegetable oil and rice. Place in preheated steamer for 45 minutes or until rice is cooked. Remove from steamer and blend in fresh spinach and basil. Serve.

**SERVES 20**

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**Chicken ‘n’ Noodles or Dumplings**

**INGREDIENTS**
- 6 lbs. diced chicken meat (precooked)
- 3 carrots (sliced)
- 1 gallon chicken broth
- 3 pounds egg noodles
- 2 tbsp. garlic
- 1 stalk celery diced
- 1 red onion diced
- 2 qt. chicken gravy
- 2 tbsp. seasoning salt
- 2 tbsp. black pepper

**METHOD**
Preheat steamer to cook mode. In 2, 2-inch solid pans, add ½ gallon chicken broth to each. Divide spices and vegetables evenly between the pans. Stir well. Add chicken to pans, 3 pounds per pan. Place in steamer for 20 minutes. When buzzer sounds add noodles and cook an additional 15 minutes. Add chicken gravy and stir well. This item can be held until ready to serve. For a variation try adding dumplings instead of egg noodles.

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**Chili Dogs**

**INGREDIENTS**
- 24 hot dogs
- 3 cups chili
- 1½ cup shredded cheddar cheese
- ¾ cup onion, chopped
- 24 buns

**METHOD**
Split hot dogs down the center, being careful not to cut all the way through. Fill with chili. Sprinkle with cheese and onion. Place in 2-inch perforated pan. Steam for 15 minutes. Place the buns in a 4-inch solid pan and wait for hot dogs to get done. Leave steamer in hold mode and place buns in steamer for 5 minutes.

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**Corned Beef and Cabbage**

**INGREDIENTS**
- Corned beef brisket
- Cabbage
- Salt & pepper

**METHOD**
**Meat**
Preheat steamer to cook mode. Place corned beef brisket into solid 1-inch pan, and put in steamer. Do not cover. Set timer for 2 hours. When done, remove brisket and use juice for cabbage.

**Cabbage**
Core cabbage and cut into quarters or your preferred method. Place cabbage in 4-inch solid pan. Add juices from corned beef, salt and pepper, mix well. Place into preheated steamer. Set timer for 35 minutes. Corned Beef and Cabbage should be held at 165° to maintain quality and taste. It can be held for 8 to 10 hours at this setting, without compromising quality, texture or appearance.
**Cumin Chicken with Black Beans**

**SERVES 20**

**INGREDIENTS**
- 8 lbs. diced or sliced chicken (precooked)
- 1½ tbsp. cumin
- 1 tbsp. cayenne pepper
- ¼ cup vegetable oil
- 2 jalapenos, seeded and finely chopped
- 10 cups canned black beans, rinsed and drained
- 3 cups corn kernels
- 3 cups cherry tomato halves
- 1 cup scallions, thinly sliced
- ¼ cup coarsely chopped cilantro
- Salt and pepper to taste

**METHOD**
Place all ingredients in a solid 4-inch hotel pan except scallions and cilantro. Place in preheated steamer and cook for 40 minutes. Remove and mix in scallions and cilantro. Season to taste with salt and pepper.

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**Lemon Pepper Chicken**

**SERVES 20**

**INGREDIENTS**
- 6 oz. chicken breast (thawed or frozen)
- Lemon pepper seasoning

**METHOD**
Preheat steamer to cook mode.
Place chicken in a 2-inch perforated pan. Season with lemon pepper seasoning. Cook chicken for 10 minutes (thawed) or cook chicken for 15 minutes (frozen).

**Note**
Any dry seasoning or “rub” of your choice can be substituted.

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**Mustard–Soy Coated Chicken with Vegetables**

**SERVES 20**

**INGREDIENTS**
- 8 lbs. diced or sliced (precooked)
- 1¼ cup whole-grain mustard
- ¾ cup low-sodium soy sauce
- 3 lbs. small carrots, cut in half crosswise
- 2 red onions, cut into wedges
- 2 medium fennel bulbs, cut into small wedges (substitute hearts of celery)
- 12 sprigs of fresh thyme
- ½ cup vegetable oil

**METHOD**
Combine the mustard, soy sauce and black pepper, in a large bowl. Add the chicken and stir to coat evenly. Combine the carrots, fennel, onion, oil, salt and pepper in a 4-inch solid hotel pan. Place in steamer and cook for 15 minutes. Add the chicken to the pan with vegetables and steam for another 35 minutes. When serving place chicken over the top of vegetables on individual plates.

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**Pork Ribs**

**SERVES 20**

**INGREDIENTS**
- 30 lbs. pork ribs (St. Louis, Baby Back, etc.)
- Your special seasoning
- AccuTemp’s Special Seasoning
  - 1 cup Lawry’s seasoned salt
  - 1 cup onion powder
  - ½ cup mesquite seasoning
  - 1 cup garlic powder
  - ½ cup black pepper

**METHOD**
Place ribs in 4-inch perforated pans. Stack ribs so they are standing up in pan. Do not over stuff, there should be room for air to flow between racks of ribs. Place ribs in preheated steamer. Cook for 2 hours. Ribs will be tender, but will stick to the bone more than above. These are perfect for grilling or charbroiling.
## Spanish Chicken and Rice

**Ingredients**
- 8 lbs. diced or sliced chicken (precooked)
- 2 large onions, sliced
- 2 large green bell peppers, sliced
- ¼ cup garlic, minced or chopped
- 6 cup low-sodium chicken broth
- 2 qt. can diced tomatoes, with juice
- 4 cup long – grain brown or white rice
- 3 cup frozen peas
- ½ cup flat leaf parsley, chopped
- 1 cup pimento stuffed Spanish olives, chopped (optional)

**Method**
Place all ingredients in a 4-inch solid hotel pan except parsley. Place pan into preheated steamer. Cook for 45 minutes or until rice is done, garnish with parsley and serve.

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## Stuffed Mexican Shells

**Ingredients**
- 16 oz. Jumbo pasta shells
- 1 small can black olives (sliced)
- 2 packages taco seasoning
- 8 oz. jar jalapenos
- 24 oz. salsa
- 16 oz. sour cream
- 3 lbs. Ground chuck
- 2 sliced Roma tomatoes
- 2 cups shredded cheddar cheese

**Method**
Preheat steamer to cook mode. Fill 2-inch full pan with water, and heat for 10 minutes. Remove pan and add shells. Cook al dente (about 15 minutes), at the same time as the shells, place ground chuck in perforated pan. Cook 15 minutes or until brown. Remove shells and ground chunks. Rinse the shells, and cool while preparing meat mixture. Add a small amount of water to the taco seasoning to moisten. Stir into the ground chuck, along with ½ cup of cheese. Stuff shells with meat mixture, put a layer of salsa in the bottom of a 2-inch full size pan, add the shells in a single layer. Add the remaining salsa on top of the shells. Cook about 15-20 minutes to melt cheese. Top with black olives, tomatoes, sour cream and jalapenos to taste.

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## Cooking Suggestions

**Precooked Meats**
Sausage, bacon, and other meats that are precooked can also be re-thermalized in the steamer. Cook meat in steamer until internal temperature reaches 165° (20–30 minutes) and hold at 180°.
Seafood
Alaskan Steamed Salmon with Pecan Crunch Coating

**INGREDIENTS**
- 3 tbsp. Dijon mustard
- 3 tbsp. butter, melted
- 5 tsp. honey
- ½ cup fresh bread crumbs
- ½ cup finely chopped pecans
- 3 tsp. chopped fresh parsley
- 6 (4–5 oz.) fillets salmon
- Salt and pepper to taste
- 6 lemon wedges

**METHOD**
Preheat steamer to cook mode.
In a small bowl, mix together the Dijon mustard, butter, and honey. In another bowl, mix together the bread crumbs, pecans and parsley. Season each salmon fillet with salt and pepper and place in a 2-inch perforated hotel pan. Brush salmon with mustard – honey mixture. Cover the top of each fillet with bread crumb mixture. Steam for 14-18 minutes and garnish with lemon.

Balsamic and Grapefruit Glazed Salmon

**INGREDIENTS**
- 1 cup of grapefruit juice, fresh
- 2 tbsp. balsamic vinegar
- 1 tbsp. teriyaki
- 2 tbsp. brown sugar
- 4 salmon fillets, 6 oz... each
- ½ tsp. salt
- ½ tsp. pepper
- Potatoes or vegetable of your choice

**Optional Marinade**
- 1 cup molasses
- 1 cup maple syrup
- ½ cup grapefruit juice
Mix all ingredients and marinade in refrigerator for 1–24 hrs.

**METHOD**
Combine first four ingredients in medium saucepan until reduced by half, approximately 15 minutes and hold over a warm heat. This will form the glaze for the salmon. Remove the fillet from "marinade and remove the skin. Season each fillet with ⅛ teaspoon of salt and pepper and then dip fillet into glaze and place in 2-inch solid pan. Steam for 6 minutes. Halfway through cooking add more glaze, leaving some glaze for end presentation. Serve fillets with vegetables or potatoes and drizzle glaze over salmon.

Frozen Snow Crab Legs

**METHOD**
Place 4 pounds of crab legs in 2-inch perforated pans. Steam for 6 minutes. Crab can be held for up to 3 hours.

Jambalaya

**SERVES 8**

**INGREDIENTS**
- 2 tbsp. butter
- 1 lb. andouille sausage, in ¼ inch slices
- 1 large bell pepper, any color, large dice
- 1 large onion, large dice
- 3 ribs celery, large dice
- 1 small head of garlic, peeled and diced
- Creole seasoning to taste
- Salt and pepper to taste
- 2 large tomatoes, cored, peeled, seeded and chopped
- 1 lb. shrimp, peeled
- ½ lb. fish fillets (Redfish, Bass, Blue Fish etc..)
- 2 bay leaves
- 3 cups long grain rice. Rinsed well
- 6 cups water
- 1 pint shucked oysters with liquor
- 2 bunched green onions, thinly sliced
- Hot sauce to taste
**Lemon Pepper Poached Shrimp**

**INGREDIENTS**
- Shrimp 18/20 count preferred (fresh or frozen)
- Lemon pepper seasoning

**METHOD**
Preheat steamer to cook mode. Place shrimp in a 2-inch perforated pan. Season shrimp with lemon pepper seasoning. Cook shrimp for 7 minutes (fresh) or 10 minutes (frozen).

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**Poached Fish**

**METHOD**
Preheat steamer to cook mode. Place seasoned fish in 2-inch perforated pan. Place in steamer. Set timer for 7 minutes. (This time represents a 6 oz. tuna steak, thinner cuts may require less time). When alarm sounds, your fish should be ready to serve.

**Notes**
If you are cooking large quantities and wish to hold your poached fish, lower temperatures are better. Holding fish at 155° is an ideal temperature. For a more flavorful poached fish. Brush fish with a butter alternate (whirl), then season fish and poach. This will help bring out the flavor of your spice blend when steamed. If cooking a la carte, leave steamer in hold mode. This will keep the water hot and speed cook times for a la carte orders.

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**Poached Salmon with Irish Butter Sauce**

**INGREDIENTS**
- Salmon
  - 10 (5 oz.) Filets (Can use whole salmon)
- Water
- Salt
- Irish Butter Sauce
  - 2 egg yolks
  - 1 tbsp. cold water
  - 4 oz. butter, diced
  - 1 tsp. lemon juice
  - Salt and pepper to taste

**METHOD**
Preheat steamer to cook mode. Mix water and salt solution. Use 1 tablespoon of salt for every liter of water. Put water and salt solution in 2-inch solid pan and heat in steamer for 7 minutes. Place salmon filets in solid pan. Do not cover salmon with water. Fill pan to barely cover the salmon. Use minimum amount of water to maximize flavor. Place fish in steamer for 8-10 minutes.

**Meanwhile**
In a 2-inch solid half pan, combine egg yolks, butter, lemon juice until melted. Whisk mixture and add salt and pepper to taste. After salmon is cooked, remove from simmering salted water, plate and cover with Irish butter sauce.

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**Jambalaya Cont.**

**METHOD**
Preheat steamer to cook mode. In 4-inch solid hotel pan combine butter, andouille, peppers, onions, tomatoes, celery and spices. Steam for 8-10 minutes. Add shrimp, fish, rice and water. Steam for 30 minutes or until rice is tender. Remove from steamer and add oyster with liquor. Fold into mixture and let stand 5 minutes. Garnish with green onions and hot sauce to taste.


**Salmon Loaf**

**INGREDIENTS**
1 (24 ¾ oz.) can pink salmon  
Soft bread crumbs (about 3 slices bread cut small)  
½ cup of minced onion  
½ cup of minced celery  
2 eggs or ½ cup of egg substitute  
2 tbsp. minced parsley  
1 tbsp. lemon juice  
¼ tsp. of salt  
¼ tsp. of dill  
Dash of pepper

**METHOD**
Drain salmon and combine all ingredients in mixing bowl with salmon. Place in well greased 8½ x 4½ x 2½ inch loaf pan. Refrigerate for approximately 1 hour. Set loaf pan on 2-inch perforated pan. Steam for 45 minutes.

**Tarragon Garlic Butter Shrimp with Asparagus**

**INGREDIENTS**
3 lbs. unsalted butter  
4 lbs. fresh asparagus  
2 lemons  
2 tbsp. fresh tarragon  
4 tbsp. fresh parsley  
½ cup white wine  
9–12 garlic cloves  
4 lbs. (36–40 count) shrimp (130 pieces of shrimp)

**METHOD**
Use a 2-inch plastic hotel pan. Place butter, minced garlic, chopped fresh tarragon, chopped fresh parsley, juice from the lemons, and white wine into pan. Simmer in steamer for 15 minutes. Cut the asparagus into 1” pieces and add to the butter mixture (Cut 1” from the bottom and discard). Cook for 10 minutes. Cook the shrimp for 15 minutes, in a 2-inch perforated pan and drain the liquid from the cooked shrimp. Add drained shrimp to the butter mixture and hold until serving. Serve over a bed of pasta.

**Note**
Basil or your favorite herb can be substituted for tarragon.

**TIPS TO SPEED UP YOUR COOK TIMES**

Use perforated pans whenever possible - the steam has access all around.

Shallow pans cook faster than deep pans - even if they have the same amount of product. Two 2-inch pans will cook faster than one 4-inch pan.

Large batches should be broken up. Instead of 10 pounds in a 4-inch pan, use two, 2-inch pans.

When cooking frozen foods make sure you break it up. If this is not possible, run them under water - it will help to break them apart.
Sides
Baked Potatoes

**INGREDIENTS**
- 60 baking size potatoes

**METHOD**
Preheat steamer to cook mode. Place potatoes in two 4-inch perforated pans. Cook for 50 minutes. You can wrap the potatoes in aluminum foil, and cook for 60 minutes.

Chinese Steamed Egg

**INGREDIENTS**
- 1 lb. ground pork
- 1 cup chopped scallions
- 1 egg per person

**Optional**
- Peas and bean sprouts

**METHOD**
Preheat steamer to cook mode. Mix in eggs and scallions and optional bean sprouts and/or peas. Salt, pepper and garlic powder to taste. Form pork in to a single serving loaf and place into a shallow perforated pan. Steam in until pork is cooked. No pink spots are wanted. The egg will turn yellow. For a quick supper serve over rice.

Cornbread with Cheese

**INGREDIENTS**
- 11⅛ oz. yellow cornmeal
- 2½ cup whole milk
- ½ cup butter or margarine
- ½ cup cheddar cheese (shredded for garnish)
- 1½ cup cheddar cheese (shredded)
- ½ cup butter or margarine (spread on top)
- 11⅛ oz. all purpose flour
- 5 eggs
- ¾ oz. salt
- 1½ oz. baking powder
- 3½ oz. granulated sugar

**METHOD**
Preheat steamer to cook mode. Put cornmeal, flour, salt, sugar and baking powder in a bowl. Add eggs and all of the milk. Add cheese. Mix lightly with a wire whip. Spray 2-inch pan with non-stick spray. Put cornbread mixture into the pan. Cook uncovered in steamer for 25 minutes or until knife inserted in the middle comes out clean. Before serving, spread top with butter and sprinkle with cheese for garnish.

Cornbread with Sausage, Egg and Cheese

**INGREDIENTS**
- 4 packages of cornbread mix (Betty Crocker)
- 2 lbs. sausage
- 16 oz. shredded cheddar cheese
- 18 eggs

**METHOD**
Mix 2 packages of cornbread mix and pour into greased 4-inch pan. Spread 8 oz. of cheese on top of the cornbread mix. Place eggs not used for cornbread mix into a bowl and break the yokes. Crumble sausage and mix into bowl of eggs. Pour egg and sausage mixture into pan on top of cornbread batter and cheese. Mix 2 more packages of cornbread mix and pour onto egg and sausage mixture. Place into steamer for 25 minutes. Remove pan and place 8 oz... of shredded cheese as a thin layer on top right away so the cheese will melt. If needed, place back into steamer for 2 minutes to melt the cheese. No need to turn steamer back on—there is plenty of heat still in there. You can place pan back in steamer in hold mode until ready to serve.
Eggs Sardou: Eggs with Cream, Spinach and Country Ham

**INGREDIENTS**
- ½ cup thinly sliced country ham, finely chopped
- ¾ cup heavy cream
- 1 tbsp. finely chopped onion
- 1 tbsp. unsalted butter, divided
- ¾ tsp. finely chopped garlic
- 10 oz. fresh spinach, coarsely chopped
- 8 large eggs
- 8 (6 oz.) ramekin bowls

**METHOD**
Preheat steamer to cook mode. In a 2-inch solid half pan add cream, ham, onion and garlic. Cook for 10 minutes. Remove from steamer and add spinach. Strain spinach and ham and reserve the cream mixture. Push excess liquid off of spinach. In 8 ramekins divide equal portions of spinach and ham into each ramekin. Crack eggs into each ramekin and season lightly with salt and pepper. Spoon 1 teaspoon cream over each egg. Cut butter into 8 small pieces and dot each egg with butter. Place ramekins into a 2-inch perforated hotel pan and steam for 15-18 minutes. Whites should be firm and yolk runny.

Hard Boiled Eggs

**METHOD**
Preheat steamer to cook mode. Place eggs in a 2-inch perforated pan and cook for 15 minutes. As soon as timer sounds, pull out pan and run cold water over eggs. Eggs will be done to perfection with no greying of egg yolks.

Huevos Rancheros

**INGREDIENTS**
- 64 oz. jar salsa
- 6" tortilla chips
- 15 slices of cheese (135 count)
- 30 eggs

**METHOD**
Spray a full size 2-inch hotel pan with pan release. Put 1-16 oz. ladle of salsa in the bottom of the pan. Lay a double layer of tortilla chips (18–20) on top of the salsa. Put another 16 oz. ladle of salsa on the chips. Place another layer of tortilla chips (18–20) on top of the salsa. Next, layer cheese (Either singles or shredded) on top. Cover with 1½ – 2 more ladles of salsa. Break 25–30 eggs on top (these can be left solid to “poach” or can be “scrambled” according to taste). Cover with plastic wrap and steam for 20–25 minutes until the eggs set. Remove cover and sprinkle or layer with more cheese. Place in steamer until cheese melts, about 2 minutes. (Alternatively place in oven or under a grill to brown the cheese topping.)

Macaroni and Cheese

**INGREDIENTS**
- 42 oz. Cheddar cheese soup
- 2 cups milk (may use skim)
- 32 oz. uncooked macaroni
- 5 oz. French fried onions (optional)
- 2 tbsp. vegetable oil

**METHOD**
Fill 2-inch solid pan ½ full of water. Meanwhile, combine soup, milk and cheese in 2-inch half pan. Place in steamer. Remove pan of water from steamer, place oil in water and macaroni in 2-inch perforated pan. Place perforated pan out of solid pan to drain macaroni, dump water out of solid pan and place macaroni into the 2-inch solid pan. Pour cheese mixture over macaroni and place into steamer. Steam for 5–10 minutes. Sprinkle onions over macaroni and cheese before, if desired. May be held, do not place onions on until ready to serve.
**Mama Pennington's Sweet ‘N’ Sour Steamed Red Cabbage**

**INGREDIENTS**
- 1 medium size head red cabbage, cut in ¼ - inch strips about 2 inches long
- ¼ cup red wine vinegar
- 1 onion, diced
- ¼ cup white vinegar
- 3 tbsp. corn oil
- 1 cooking apple, diced and peeled

**METHOD**
Preheat steamer to cook mode. Combine all ingredients, except sugar, in 2-inch solid hotel pan and steam for 45 minutes. Remove and add sugar and season to taste. Good served with roast duck, turkey or chicken.

**Mashed Potatoes**

**INGREDIENTS**
- 4 packages excel potato pearls

**METHOD**
In 2, 4-inch solid pans, add 2 packages of excel potato pearls. Before you add the potato pearls, you will need to preheat the water. Add water to each pan per instructions on package. Preheat this water for 10 minutes in steamer. Remove pans and add potato pearls. Stir well. Place back into steamer and set timer for 10 minutes. Remove and fluff with a spoon.

**Pasta**

**INGREDIENTS**
- 5 gallons water
- 1 cup olive oil
- Pasta (your choice)
- Pasta sauce (your choice)

**METHOD**
In 2–4 perforated pans separate pasta evenly. When the water is preheated, add pasta to the water and place the sauce into the steamer. Set timer for 25 minutes. (For thinner pastas such as angel hair, reduce time to 15 minutes.) When timer sounds pasta will be “al dente”. Drain pasta by pulling perforated pan out of the solid pan and place each pan of pasta into a 4-inch solid pan. Add ½ of the prepared sauce to each pan of pasta, and you can return pans to the steamer and hold until ready to serve. Pasta and sauce can be held separately if you prefer.

**Poached Eggs**

**INGREDIENTS**
- Eggs
- Monkey dishes

**METHOD**
Preheat steamer to cook mode. Break eggs into monkey dishes, place dishes onto 2-inch full size perforated pan. Place pans in steamer. Set timer for 7 minutes. When done cooking, these can be held in the steamer.

**Alternative**
If you do not use monkey dishes, muffin pans can be substituted.

**À la carte**
You can use the same method for a la carte cooking. We recommend that you leave the steamer in hold mode if you are going to do a la carte cooking. This will keep the water hot and speed up the cooking process.
## Brown Rice

**Ingredients**
- 5 lbs. brown rice
- 3 qts. Water
- Salt to taste

**Method**
Preheat steamer. In a solid 2-inch hotel pan, combine brown rice and water. Place in steamer for 20 minutes. Remove from steamer, and cover tightly. Let stand for 20 minutes. Fluff rice and serve. Rice will have a slight "bite" to it. For a more "sticky" consistency, add an extra quart of water and steam for 25 minutes.

## Confetti Rice

**Ingredients**
- 12 cups white rice
- 1 gallon chicken stock
- 1 large white onion cut into small dice
- 2 tbsp. Salt
- 2 cups chopped tomatoes
- 2 cups drained black beans
- 2 cups corn
- 1 cup chopped green pepper
- 1 cup chopped red peppers
- 1 cup chopped green onion

**Method**
Preheat steamer to cook mode. Rinsing rice well under cool running water will help rice from being sticky. Combine rice, stock, onion and salt. Cook in steamer for 30 minutes. Set timer. When finished, stir in remaining ingredients. Garnish with parsley and cilantro.

## Mexican Rice

**Ingredients**
- 12 cups white rice
- 10 cups of cold water
- 4 cups stewed tomatoes in juice
- 4 cups crushed tomatoes in juice
- 1 large onion cut into small dice
- 2 tbsp. cumin
- 1 tbsp. garlic powder

**Method**
Preheat steamer to cook mode. Rinsing rice well under cool running water will help keep rice from being sticky. Combine rice, water and ingredients in a 2-inch full size pan. Cook in steamer for 35 minutes. When finished fluff with fork.

## Spanish Rice

**Ingredients**
- 12 cups white rice
- 1 gallon chicken or vegetable stock
- 1 large white onion cut into small dice
- 2 tbsp. ground thyme
- 1 tbsp. ground turmeric
- 1 cup fine shredded carrot

**Method**
Preheat steamer to cook mode. Rinsing rice well under cool running water will help keep rice from being sticky. Combine rice, stock and ingredients in a 2-inch full size pan. Cook in steamer for 35 minutes. When finished fluff with a fork.

## White Rice

**Ingredients**
- 12 cups rice
- 1 gallon water

**Method**
Preheat steamer to cook mode. Rinsing rice well under cool running water will help keep rice from being sticky. Combine rice and water in 2-inch full size pan. Cook in steamer for 35 minutes. When finished fluff with fork.
**Scrambled Eggs**

**INGREDIENTS**
- 6 thawed scrambled egg blend (64 oz. carton)
- 18 oz. whirl (or butter alternative)
- Salt and pepper to taste
- 6 2-inch solid pans

**METHOD**
Place 3 oz. of Whirl into pans. This should be worked around pan to ensure good coating. Place thawed egg product into pans (1 carton per pan). Place pans into preheated steamer. Set timer for 15 minutes. At this point product is done. It can be removed and served or simply leave in hold mode until ready to serve. Product will not stick to the pan and the Whirl gives it a nice butter flavor. Try using a wire whip to stir the eggs with after cooking. This breaks up the product nicely and gives it the appearance of being cooked on a griddle.

**RECIPE VARIATIONS**
Experiment by adding different ingredients to your eggs. Each addition is per pan.

- **Veggie Scramble #1**
  Add 4 oz. each of red onion, green pepper, and red pepper.

- **Veggie Scramble #2**
  Add 6 oz. each of chopped spinach, sliced mushrooms and diced tomatoes.

- **Mexican Scramble**
  Add 8 oz. salsa and shredded Colby jack cheese.

- **Meat Lovers Scramble**
  Add 6 oz. each of crumbled sausage, bacon pieces, and diced ham.

- **Italian 3 Cheese Scramble**
  Add ½ cup Italian seasoning, 1 cup mozzarella, ½ cup Parmesan, ½ cup cheddar and top with diced tomatoes.

**COOKING SUGGESTIONS**

*Scrambled eggs*
Cover the bottom of a solid pan with plastic wrap before filling with eggs and cook for approximately 25-30 minutes or until well done (DO NOT STIR). Then simply invert the pan into another solid pan, remove plastic - eggs will not stick to either pan this way.

*Frozen Pancakes*
Pancakes will do wonderfully re-thermalized in the steamer - simply layer them in a perforated pan and heat for 6-10 minutes until internal temperature reaches 150°. They will be perfectly moist.
Vegetables
**Asparagus**

**Ingredients**
- 5 lbs. asparagus spears
- ½ lb. melted butter
- Seasoning to taste (¼ tbsp. seasoned salt, ¼ tbsp. black pepper)

**Method**
Place asparagus into a 2-inch perforated full pan. Place into preheated steamer. Set timer for 8 minutes. When done toss in butter and seasoning mixture. For added kick try tossing in Italian vinaigrette, or a blend of Cajun spices with olive oil.

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**Broccoli**

**Ingredients**
- 9 lbs. fresh broccoli

**Method**
Cut into individual servings and place in a 4-inch perforated pan. Place in preheated steamer for 10 minutes.

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**Broccoli Casserole**

**Ingredients**
- 40 oz. frozen broccoli
- 15 oz. water chestnuts, sliced
- 2 cups low-fat processed cheese
- 1 cup evaporated skim milk

**Method**
Dice cheese. Stir all ingredients into 2-inch solid hotel pan. Cover, steam for 35 minutes. When covered, this can be held in steamer.

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**Collard Greens**

**Ingredients**
- 2 or 3 bunches of collard greens
- ½ cup of cider vinegar
- Salt and pepper to taste
- Cayenne pepper to taste
- 1 lb. bacon
- ½ onion

**Note**
You can use whatever spice combination you wish, this is just a starting point.

**Method**
Preheat steamer to cook mode. Fry bacon, dice onion and put bacon (with grease), onion, and 1” of water into a 4-inch solid pan. Pour in vinegar, and sprinkle with spices. Put into preheated steamer for 15 minutes. Meanwhile cut off the stalk end of the greens. Fold each leaf in half at center vein. Fold again once or twice and crosscut in half. Take pan out of steamer and place greens into pan. Cook for 1 hour and 45 minutes. Remove and sprinkle with more spices and serve.

---

**Corn Casserole**

**Ingredients**
- 1 (16 oz.) can creamed corn
- 2 (16 oz.) cans whole kernel corn (drained)
- 1 stick margarine (melted)
- 1 small (4 oz.) carton sour cream
- 2 eggs (beaten)
- 1½ boxes Jiffy Mix cornbread/muffin mix

**Method**
Preheat steamer to cook mode. Spray a 2-inch half pan with cooking spray. Mix all ingredients and pour into pan. Cook for 45 minutes or until well set. This recipe is easily doubled.
**Creamed Corn**

**INGREDIENTS**
- 48 oz. creamed corn
- 2½ tbsp. margarine
- 4 tbsp. flour

**METHOD**
Mix all ingredients together, place in 2-inch full pan. Steam for 25 minutes. When covered, this can be held in steamer.

**Français Blend**

**INGREDIENTS**
- 2 lbs. green beans
- 2 lbs. baby carrots
- 4 tbsp. butter or margarine
- Lawry’s seasoning salt
- Black pepper to taste
- Garlic powder to taste
- 8 oz. almond slivers

**METHOD**
Preheat steamer to cook mode. Clean french cut green beans and baby carrots. Place in a 2-inch perforated pan. Cook until vegetables are at desired tenderness (12-15 minutes). Transfer to a 2-inch solid pan and add butter or margarine. Season vegetables with a blend of Lawry’s seasoning salt, black pepper and garlic powder. Add almond slivers. Stir well and serve.

**Glazed Carrots**

**INGREDIENTS**
- 20 lbs. fresh short cut carrots
- 3 lbs. brown sugar
- 3 lbs. butter or margarine

**METHOD**
Divide carrots between 2, 4-inch perforated Pans. Place into preheated steamer. Place butter and sugar into a 2-inch solid pan. Place into preheated steamer. Set timer for 15 minutes. Check for desired consistency. Carrots should be cooked, yet have a firm bite. Depending upon the sizing of the carrots you may need to cook for an additional 5 minutes. Remove carrots and butter mix from steamer and place carrots into a 4-inch solid pan. Stir butter and brown sugar mixture. Add mixture to carrots and stir well, coating carrots. Carrots are now done. Place cover on pan and hold in steam table.

**Pinto Beans**

**INGREDIENTS**
- 20 lbs. pinto beans
- Your seasoning
- Whichever base you use to thicken the broth (beef, pork, ham)

**METHOD**
Quick soak beans for 1 hour. Rinse and place beans into 4, 4-inch full size steam table pans. Cover with broth or water and your seasoning blend. (In seasoning, salt tends to toughen the hull of the bean. It is best to season with salt to taste after cooked.) Place pans of beans into a preheated steamer. Cook for 3 hours. When buzzer sounds you will have perfectly cooked pinto beans ready for whatever recipe you choose to use them for.
**Szechwan Blend**

**INGREDIENTS**
- 2 red peppers julienned
- 2 yellow peppers julienned
- 4 yellow squash ½ moon cut
- ½ lb. mushrooms sliced and straw
- 2 green peppers julienned
- 1 red onion julienned
- 4 zucchini ½ moon cut
- ¼ lb. bamboo shoots sliced

**METHOD**
Blend all vegetables together in a 2-inch solid pan. Place into preheated steamer. Set timer for 10 minutes. When timer sounds, pull vegetable blend from steamer and add your Szechwan sauce or your favorite Asian sauce.

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**Winter Blend**

**INGREDIENTS**
- 4 lbs. yellow squash julienned
- 2 lbs. carrots julienned
- 4 lbs. zucchini julienned

**METHOD**
Place vegetables in 2-inch perforated pan. Place into preheated steamer. Set timer for 8-10 minutes. When done, vegetables can be tossed with your own blend of oil and seasonings or butter and seasoning. This is also great tossed in with a simple lemon-butter garlic sauce and fettuccine pasta. Try adding chicken for a nice main course entrée.

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**COOKING SUGGESTIONS**

**Frozen vegetables**
Use perforated pans whenever possible. Place the vegetables in a solid pan and add water to about half the depth of the pan. Use of deeper pans will increase the time needed to cook vegetables (smaller pans take less time)

**Batch Cooking**
If you are cooking in batches (food in – food out) you can leave the steamer in the continuous cook mode and ON in between batches. This will eliminate any need for recovery time when a new batch goes in the steamer.
Salad
**Basic Pasta**

**METHOD**
Preheat 4-inch pan of water in steamer. Once water is heated, add pasta to water. (1 pound per ½ gallon water.) Stir well. Set timer as needed: spaghetti, fettuccine, rotini, bow tie–7 minutes, angel hair–4 minutes. In general, the thinner the pasta the less time you cook it. Once cooking cycle is done, remove pasta, drain and rinse with cold water. This will stop the cooking process. Once pasta is cooked, it is ready to be tossed with your other ingredients. You can also toss lightly in vegetable oil or olive oil and hold the pasta in the cooler until needed.

---

**Asian Pasta Salad**

**INGREDIENTS**
- 2 lbs. bow tie pasta
- 2 cups water chestnuts
- 2 cups broccoli florets
- 1 cup diced green onion
- 1 cup sugar
- 4 cups chow mien noodles
- 2 cups teriyaki marinade and glaze
- 2 cups bamboo shoots
- 1 cup diced red onion
- 1 diced red pepper
- 8 oz. diced chicken (precooked)

**METHOD**
Combine all ingredients with the exception of the chow mien noodles. Toss well and chill for 2 yours before serving. Add chow mien noodles as a garnish before serving to the top of the pasta salad. For a lighter salad, omit chicken.

**Note**
Please see basic pasta recipe at top of page.

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**BBQ Pasta Salad**

**INGREDIENTS**
- 2 lbs. bow tie pasta
- 1½ cup BBQ sauce (your special sauce)
- 2 cups shredded cheddar cheese
- 2 cups whole kernel corn (canned)
- 1½ cup ranch dressing
- 3 cups chopped green onion
- 1½ cup bacon bits (real)
- 1½ cup diced red onion

**METHOD**
Toss all ingredients together, chill for 2 hours and serve. This is a great side dish for BBQ ribs, chicken, or burgers. Also mix the ranch and your BBQ together for your own signature house dressing. This pasta salad can be tossed with Iceberg lettuce and topped with a grilled or char broiled chicken breast for a great looking and signature tasting salad.

**Note**
Please see basic pasta recipe at top of page.

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**Italian Pasta Salad**

**INGREDIENTS**
- 2 lbs. rotini pasta
- 6 oz. diced mild banana peppers
- 1 green pepper diced
- 4 oz. pepperoni diced or sliced
- 6 oz. mozzarella cheese shredded
- 4 oz. diced black olives (green can be substituted)
- 2½ cup Italian dressing
- 1 red pepper diced

**METHOD**
Toss all ingredients and chill 2 hours before serving.

**Note**
Please see basic pasta recipe at top of page.
**Macaroni Salad**

**INGREDIENTS**
- 2 lbs. elbow macaroni
- 2 cups sweet pickle relish
- 1 cup diced onion
- ½ cup yellow mustard
- 2 cups mayonnaise
- 4 cups diced hard boiled eggs
- 1 cup diced green pepper
- Salt and pepper to taste

**METHOD**
Toss all ingredients and chill 2 hours before serving. Experiment with a signature salad by adding cheeses, olives, honey mustard instead of yellow mustard. Other additions could be peas or broccoli and cheese cubes for your own signature salad.

**Note**
Please see pasta recipe on page 24.

**Mexican Pasta Salad**

**INGREDIENTS**
- 2 lbs. bow tie pasta
- 8 oz. Colby jack cheese
- ½ lb. ground beef taco meat (chicken can be substituted)
- ½ cup diced green onion
- 2 tbsp. ground cumin
- 2 cups salsa (your choice)
- ½ cup diced jalapenos
- ½ cup green peppers
- 1 cup diced fresh cilantro

**METHOD**
Toss all ingredients and chill 2 hours before serving.

**Note**
Please see pasta recipe on page 24.

**THINGS TO REMEMBER**

You can cook and hold at the same time by pressing the cook/hold button. Once a product has reached the temperature - it will then hold and not continue to cook. This happens because the steam will not condense on anything that is the same temperature. Any product not up to temperature will continue to cook. Once the timer goes off it automatically will hold with 100% humidity.

There is only one way to have flavor transfer, and that is if product is dripping on another product - i.e. meat product in a perforated pan above another product. For best results and no flavor transfer have your meats in the lowest rack possible and your vegetables up high.

Remember when you cook with solid pans you will use more water. When cooking with both solid and perforated pans at the same time - place the perforated pans below the solid pans. Pans should be uncovered unless specified within the recipe.
Soup
**Andouille and Sweet Potato Soup**

**INGREDIENTS**
- 3½ lbs. yams
- 1 lb. andouille sausage
- ¾ cup celery
- ⅛ cup onion
- ½ gallon chicken stock
- ¼ cup molasses
- Salt and white pepper to taste

**METHOD**
Preheat steamer to cook mode. Dice the yams, sausage, onion and celery. Place vegetables and sausage into a 4-inch solid half hotel pan. Add chicken stock to pan and cook in steamer for 25 minutes. Add molasses and salt and pepper. Cook for another 25 minutes. Puree the soup in the blender. Adjust seasonings and serve.

**Asian Beef and Rice-Noodle Soup**

**INGREDIENTS**
- 2 large onions, sliced thin
- 4 (1-inch) pieces peeled ginger, smashed
- 2 bunches scallions, white parts smashed and greens chopped
- 2 (4-inch-long) fresh red or green chili, stemmed and halved lengthwise
- 1 gallon cold water
- ½ cup soy sauce
- 8 whole star anise
- 2 cinnamon sticks
- Mint sprigs
- Thinly sliced seeded cucumbers
- Sriracha and Hoisin sauces
- Bean sprouts
- Lime wedges
- 1 lb. dried flat Asian noodles

**METHOD**
Preheat steamer to cook mode. In solid third pan bring 3 quarts water to temperature. Recipe is perfect with any cooked meat. Like prime rib ends, pork ribs, rotisserie chicken etc. Pick and set aside desired meat for the soup. Combine first 7 ingredients in water and steam for 35 minutes. Remove hot water from steamer and let noodles sit in hot water for 8–10 minutes or until done. Remove broth from steamer. Divide noodles into 6 bowls and ladle stock into each bowl. Serve with garnishments on side.

**Bean and Chicken Sausage Stew**

**INGREDIENTS**
- 8 lbs. diced or sliced chicken (precooked)
- 2 lbs. cooked sausage (crumbles or chopped links)
- ¼ cup garlic, chopped
- 4 cups cannellini beans (any white bean would work)
- 3 cups canned diced or crushed tomatoes, drained
- 8 cups kale leaves, torn
- ¼ cup vegetable oil
- Salt and pepper to taste

**METHOD**
Place all ingredients except kale in a 4-inch solid hotel pan. Place pan into preheated steamer. Cook for 35 minutes. Remove from steamer and blend in kale. Season and serve.
Chili, Cliff’s I.T.*

**INGREDIENTS**
- 12 lbs. hamburger, fresh
- 1 #10 can stewed tomatoes
- 1 #10 can crushed tomatoes
- 1 gallon tomato juice (as a thinner)
- 3 green peppers, diced
- 3 cups medium chili powder
- ½ cup garlic powder
- ½ cup cumin
- 3 lbs. sausage (fresh), hamburger can be substituted
- 1 #10 can diced tomatoes
- 1 #10 can kidney beans
- 3 large vidalia onions, diced
- Sliced jalapenos, to taste
- 4 tbsp. salt
- 4 tbsp. celery seed

**METHOD**
Preheat steamer to cook mode. Separate meat(s) into 3, 4-inch full size solid pans, making sure to break up meat. Cook pans for 1/2 hour in steamer. Drain all necessary grease. To make meat more crumbly, simply use a mixer to break it up. Divide remaining ingredients (except tomato juice) into the 3 pans. Stir all ingredients together. Add tomato juice till you are about 1 1/2 inch from the top of the pan. Stir again. Place steamer into and cook overnight for best results. Can be cooked in 3 hours as well.

This chili recipe is a time-tested recipe from our friendly IT Guy (Cliff Lapp) here at AccuTemp. We enjoy this chili once a year (usually in the fall) when Cliff makes a few batches for everyone. I’m sure you will enjoy it as much as we do! Thanks to Cliff for sharing this recipe with us as well as you, our valued customers! —Chef John

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Chicken and Pasta Soup

**INGREDIENTS**
- 8 lbs. diced or sliced chicken (precooked)
- 2 lbs. carrots, cut into 1 inch pieces
- 2 lbs. stalks celery, cut into ½ inch pieces
- 3 medium onions, sliced
- ¼ cup garlic, chopped
- 5 bay leaves
- Salt and pepper to taste
- 3 cups small pasta, like alphabet, acini de peppe or hand broken spaghetti
- ¼ cup flat leaf parsley, chopped
- ¾ gallon water.

**METHOD**
Place all ingredients, except parsley and pasta in a 4-inch solid hotel pan. Preheat steamer to cook mode. Steam for 15 minutes. Add pasta and continue steaming for additional 15 minutes. Remove from steamer and blend in parsley. Season to taste with salt and pepper.

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Fall Squash Soup

**INGREDIENTS**
- 2 lbs. butternut squash
- 2 lbs. acorn squash
- 1 lb. pumpkin
- 1 clove garlic
- 1 medium onion
- 1 tbsp. ground clove
- 1 tbsp. ground nutmeg
- 1 gallon low sodium chicken stock
- 1 cup light cream
- Salt and pepper to taste

**METHOD**
Preheat steamer to cook mode. Remove skin and seeds from squash. Cut squash into 2-3 inch pieces. Place cut squash, pumpkin, onion, garlic and chicken stock into a clean 4-inch solid hotel pan. Steam for 50 minutes. Remove from Steamer. Careful very hot. Add mixture to blender and blend. Only use small amounts in blender at a time. Be careful about hot liquids splashing out of blender. You can also adjust consistency of soup to your preference by amount of time you blend liquids. Add spices and cream and blend well. Garnish with tablespoon of sour cream.
Desserts
Blueberry Cobbler

**INGREDIENTS**
- ½ cup butter, softened
- 1½ cup sugar
- 2 eggs
- 2 tsp. vanilla
- 8 tsp. cornstarch
- 2 cups flour
- 2 tsp. baking soda
- 3 tsp. baking powder
- 2 cans blueberry pie filling

**METHOD**
In mixing bowl combine all ingredients except blueberry pie filling. Place pie filling in bottom of greased and floured 4-inch half pan. Cover with prepared batter. Cover pan with aluminum foil and seal tightly. Place in steamer for 90 minutes, remove from steamer and test with toothpick for consistency. Variation: For peach cobbler, substitute 2 large cans of sliced peaches in syrup, combined with 3 tablespoons of flour for the blueberry pie filling.

Boston Brown Bread

**Traditional Steamed Bread**

**INGREDIENTS**
- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- 2 cups cornmeal
- 1 cup of raisins
- 1½ tsp. baking soda
- 1 tsp. salt
- 2 cups buttermilk
- ¾ cup dark molasses
- 2 tsp. oil or melted butter

**METHOD**
Mix all ingredients together, and place mixture into grease loaf pan or 1 pound coffee can. Cover pan or can tightly with aluminum foil. Place pan or can onto 1-inch or 2-inch perforated pan. Steam for 1 and a half hours. Remove from steamer and check consistency with a toothpick.

Bread Pudding

**INGREDIENTS**
- 7 cups of day old bread or muffins
- 1½ cup sugar
- 2 tsp. cinnamon
- 1 cup of raisins, nuts, dried cranberries, trail mix
- ½ cup butter
- ½ gallon scalded milk
- 8 eggs
- 1 tsp. vanilla
- Whipped cream (optional)

**METHOD**
Break up day old bread or muffins and place in 2-inch deep hotel pan. Mix sugar and cinnamon and sprinkle over bread in pan. Add raisins (or mixture of choice from list above). Pour milk into a saucepan and add butter, cook butter and milk until scalded. Slightly beat eggs and mix in vanilla. Add a little of the warm milk to eggs; just a little at a time or the eggs will start to cook. Pour over bread. Steam for 30–35 minutes or until knife comes out clean. Serve warm or cold with a dollop of whipped cream.

**TIPS FOR COOKING WITH STEAM**

Steam transfers its heat by touching the cold areas and then condensing to water, so the easier it is for the steam to access the product - the faster the product will cook.
## Chocolate Cheesecake

**INGREDIENTS**

**Crust**
- 2 cups cookie crumbs
- ½ cup melted butter
Combine and press into 10-inch spring form pan that's been greased and press 1-inch up the side.

**Filling**
- 5 (8 oz.) packages cream cheese, softened
- 1½ cup sugar
- 3 tbsp. flour
- 3 tbsp. cocoa
- ½ tub chocolate frosting - reserve ½ for topping the cheesecake
- 5 whole eggs
- 2 egg yolks

**METHOD**

Preheat steamer to cook mode.
Cream sugar, flour and cocoa together; add eggs one at a time and frosting mix until creamy. Make sure to scrape down sides and bottom. Pour into spring form pan. Place cake in a shallow solid pan and do not cover. Place in steamer for 1 hour or until cake is set. Let cool before inverting. Put onto serving plate, then refrigerate. Top with remaining icing and serve.

## Cinnamon Rolls

**INGREDIENTS**

- 6 lbs. frozen bread dough
- 1 cup sugar
- ½ cup cinnamon

**METHOD**

Thaw bread overnight in refrigerator. Allow bread to rise for an hour in a warm place, or according to package directions.

Punch down to form rectangle. Mix sugar and cinnamon and sprinkle over dough. Roll up until cinnamon roll resembles a long cylinder. Cut the ends off roll, and continue to cut 2-inch slices. Place slices in 2-inch solid pan and cover tightly with aluminum foil and place pan lid over top. Steam for 1½ hours. Take pan out of steamer and cover with pre-made glaze or icing of choice.

## Coconut Cream Pie

**INGREDIENTS**

- 1 cup all-purpose flour
- 1½ cup sugar
- ½ tsp. salt
- 6 egg yolks
- ½ cup butter (stick)
- 2 cups coconut (shredded, semi-sweet)
- 2 9" pre-baked pie crusts
- ¼ tsp. vanilla extract
- 2 cups whipped topping
- ½ cup toasted coconut flakes (garnish)

**METHOD**

Preheat steamer to cook mode. Mix together flour, sugar and salt in a medium bowl. Then add enough milk to make a thin paste or batter. Add the egg yolks to the batter. Add rest of milk, mix well and place mixture into 2-inch pan. Cook mixture in steamer for 30 minutes or until mixture is thick. Take mixture out of steamer and add vanilla, butter and coconut. Return pan to steamer and cook for another two minutes or until butter is melted. Take pan from steamer and mix gently. Pour mixture into pre-baked pie crusts and chill for 1 hour. Garnish pies with whipped topping and toasted coconut flakes.

## Creme Brulee

**INGREDIENTS**

- 7.5 oz. sugar
- 13 egg yolks
- 3 qts. heavy cream
- 3 tbsp. vanilla extract

**METHOD**

Mix together sugar and egg yolks for about 5 minutes, until thick. Then blend in cream and vanilla, mixing thoroughly. Chill for 24 hours.
Get creme brulee porcelain dishes or ramikens and spray each with oil. Pour in batter and steam for 30 minutes. Chill for at least 2 hours. Brown top of brulee with blowtorch before serving.
German Chocolate Cake

**INGREDIENTS**
- 1½ cup butter or margarine
- 1½ cup packed brown sugar
- 1½ cup flaked coconut
- 1½ cup finely chopped pecans
- 3½ cups sugar
- 5 cups flour
- 1½ cup unsweetened cocoa
- 2 tbsp. and ½ tsp. baking powder
- 2½ tsp. salt
- 2½ tsp. vanilla

**METHOD**
Preheat steamer to cook mode. Place butter in 2-inch or 4-inch hotel pan and steam about 1 minute. Stir in brown sugar, coconut and pecans and spread evenly. Combine remaining ingredients in a large mixing bowl. Beat with electric mixer on low speed until moistened. Beat 2 minutes at medium speed, scraping bowl occasionally. Pour batter over butter mixture in pan. Place cake in steamer until toothpick inserted in center comes out clean.

Time will vary according to size of pan used:
- 4-inch pan – 55-60 minutes
- 2-inch pan – 50-55 minutes

Irish Raisin Cake

**INGREDIENTS**
- 2½ cup buttermilk
- 2 cups sugar
- 5 cups flour
- 2 sticks butter
- 5 eggs
- 1 tsp. cinnamon
- 1 tsp. nutmeg
- 1 tsp. allspice
- 2 tsp. baking soda
- Dash of salt
- 1 lb. golden raisins
- 1 lb. brown raisins
- ½ cup Irish whiskey (optional)

**METHOD**
Preheat steamer to cook mode. Grease a 2-inch solid pan. Cream sugar and butter in large bowl. Add in eggs, one at a time. Add seasonings. Mix baking soda into the buttermilk. Add buttermilk, raisins and flour into mix. Bake in steamer for 1 hour 15 minutes. Cake is finished when knife inserted into middle comes out clean. Optional: pour ½ cup Irish whiskey over cake immediately after removing from steamer.

Me-Maws Steamed Brown Bread

**PART 1**
- 1½ cup raisins in 1 cup boiling water.
- Put in a bowl and let set.
- Preheat steamer.

**PART 2**
- 1 cup flour
- 1 cup corn meal
- 1 cup graham or rye flour
- 1 tsp. soda
- 1 tsp. salt

**PART 3**
Add:
- 2 cups sour milk
  or 2 cups water
  or 1 cup water, 1 cup sweet milk

**METHOD**
Put mixture in 3 greased coffee cans. Cover with foil. Place on perforated hotel pans and steam for 3 hours. Remove, cool and refrigerate.

Place each bun, sealed side down, on a 3-inch square of waxed paper. Cover and let rise in a warm place until puffy and light. Set in a steamer in perforated pan on square of wax paper. Steam for 12-15 minutes. If using frozen, steam for 25 minutes. Serve hot.
**Pineapple Upside Down Cake**

**INGREDIENTS**
- 2 boxes of yellow cake mix, any brand
- Add all ingredients listed on cake box
- 2–16 oz. cans of pineapple rings
- ½ cup of butter
- 1 box of light brown sugar (approx. 2 cup)
- 1 large jar of maraschino cherries

**METHOD**
Preheat steamer to cook mode. In 2-inch hotel pan place 1 stick of butter and place in steamer until butter is melted. Mix cake mix according to directions in a large mixing bowl and set aside. Retrieve pan from steamer and add brown sugar to butter and mix together until thick syrup is formed, add more butter or brown sugar if necessary. Lay pineapple rings in brown sugar mixture and place one maraschino cherry in the center of each pineapple ring. Pour prepared cake mix over top of the pineapples and cherries. Cook in steamer for as long as the box advises (usually 30–45 minutes). Check towards the end of advised cooking time with toothpick. When toothpick comes out clean the cake is done. Turn cake quickly out onto a 1-inch hotel pan, and serve when cool to touch.

**Note**
If using a 5 lb. box of Gordon’s or Sysco’s cake mix, add 5 eggs and ½ cup of oil and reduce water by two-thirds. Cook about 50–55 minutes in a 4-inch full size steam table pan.

**Steamed Christmas Flan**

**SERVES 10**

**INGREDIENTS**
- 10 egg yolks
- 1 (14 oz.) can sweetened condensed milk
- 1 (12 oz.) can evaporated milk
- 3 tbsp. margarine
- 3 tbsp. brown sugar plus 2 tablespoons for pie pan coverage.

**METHOD**
Preheat Steamer to cook mode. Melt 3 tbsp. brown sugar with margarine in steamer warm until brown sugar dissolves completely. Spread remaining brown sugar in pie pan and set aside. Whisk together the yolks, condensed milk, and evaporated milk; set aside. Cover pie pan with foil. Place covered pie pan in a perforated pan and place in steamer for 60 minutes, until flan has set. Remove flan from steamer and let cool 30 minutes. Serve cool or hot.

**THINGS TO REMEMBER**

If you have some calcium buildup in your steamer, run a cleaning cycle with vinegar. This will clean up most deposits. Remember the better you wipe out the unit after using it, the fewer problems you will have. All that buildup comes from minerals in the water that are allowed to dry.

Try something different! You are always welcome to call or email our chefs if you have a question about the steamer or how to best cook an item. Email chefs@accutemp.net or call 800-210-5907 or the number on the front of the steamer.
<table>
<thead>
<tr>
<th>ITEM</th>
<th>WEIGHT PER PAN</th>
<th>PAN SIZE</th>
<th>NUMBER OF PANS</th>
<th>COOKING TIME (minutes)</th>
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<tr>
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<td>5 lbs.</td>
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<td>1-4</td>
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<tr>
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<td>5</td>
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<td>5-6</td>
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<td>Beans - Green or Wax, Fresh</td>
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<td></td>
<td></td>
<td>5-6</td>
<td>30</td>
</tr>
<tr>
<td>Cabbage - Red, Sliced</td>
<td>4 lbs.</td>
<td>A Perforated</td>
<td>1-4</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5-6</td>
<td>20</td>
</tr>
<tr>
<td>Cabbage - Whole, Cored</td>
<td>8 lbs.</td>
<td>A Perforated</td>
<td>1-4</td>
<td>30-35</td>
</tr>
<tr>
<td>California Blend - Frozen Vegetables</td>
<td>6 lbs.</td>
<td>A Perforated</td>
<td>1-4</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5-6</td>
<td>25</td>
</tr>
<tr>
<td>Carrots - Fresh 1/4” Bias Cut</td>
<td>5 lbs.</td>
<td>A Perforated</td>
<td>1-4</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5-6</td>
<td>25</td>
</tr>
<tr>
<td>Carrots - Frozen, Whole Unit</td>
<td>5 lbs.</td>
<td>A Perforated</td>
<td>1-3</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4-6</td>
<td>25</td>
</tr>
<tr>
<td>Cauliflower - Fresh, Whole</td>
<td>3 lbs.</td>
<td>A Perforated</td>
<td>1-3</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4-6</td>
<td>15</td>
</tr>
<tr>
<td>Cauliflower - Frozen Florets</td>
<td>6 lbs.</td>
<td>A Perforated</td>
<td>1-4</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5-6</td>
<td>15</td>
</tr>
<tr>
<td>Corn - Fresh 6” Ears</td>
<td>1 dozen</td>
<td>A Perforated</td>
<td>1-3</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4-6</td>
<td>15</td>
</tr>
<tr>
<td>Corn - Frozen 3” Ears</td>
<td>5 lbs.</td>
<td>A Perforated</td>
<td>1-4</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5-6</td>
<td>25</td>
</tr>
<tr>
<td>Corn - Frozen Kernels</td>
<td>5 lbs.</td>
<td>A Perforated</td>
<td>1-3</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4-6</td>
<td>25</td>
</tr>
<tr>
<td>Crab - Alaskan King Crab Legs</td>
<td>All Weights</td>
<td>A Perforated</td>
<td>1-6</td>
<td>8</td>
</tr>
<tr>
<td>Crab - Frozen Snow Crab Legs</td>
<td>All Weights</td>
<td>A Perforated</td>
<td>1-6</td>
<td>8</td>
</tr>
<tr>
<td>Egg Noodles</td>
<td>3 lbs.</td>
<td>B Solid</td>
<td>1-4</td>
<td>8</td>
</tr>
<tr>
<td>Eggs - Hard Boiled</td>
<td>3 lbs.</td>
<td>A Perforated</td>
<td>1-6</td>
<td>15</td>
</tr>
<tr>
<td>Eggs - Thawed, Scrambled, Liquid</td>
<td>6 Quarts</td>
<td>B Solid</td>
<td>1-6</td>
<td>25</td>
</tr>
<tr>
<td>Lobster - Live</td>
<td>All Weights</td>
<td>A Perforated</td>
<td>1-6</td>
<td>9</td>
</tr>
<tr>
<td>Lobster Tail - Fresh</td>
<td>All Weights</td>
<td>A Perforated</td>
<td>1-6</td>
<td>7</td>
</tr>
<tr>
<td>ITEM</td>
<td>WEIGHT PER PAN</td>
<td>PAN SIZE</td>
<td>NUMBER OF PANS</td>
<td>COOKING TIME (minutes)</td>
</tr>
<tr>
<td>------------------------------</td>
<td>----------------</td>
<td>-------------</td>
<td>----------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>Mixed Vegetables - Frozen</td>
<td>5 lbs.</td>
<td>A Perforated</td>
<td>1-4</td>
<td>15</td>
</tr>
<tr>
<td>Pasta - Elbow Macaroni</td>
<td>2 lbs.</td>
<td>B Solid</td>
<td>1-4</td>
<td>7</td>
</tr>
<tr>
<td>Pasta - Linguini</td>
<td>2 lbs.</td>
<td>B Solid</td>
<td>1-4</td>
<td>7</td>
</tr>
<tr>
<td>Pasta - Spaghetti</td>
<td>2 lbs.</td>
<td>B Solid</td>
<td>1-4</td>
<td>7</td>
</tr>
<tr>
<td>Peas - Fresh, Shelled</td>
<td>5 lbs.</td>
<td>A Perforated</td>
<td>1-3</td>
<td>10</td>
</tr>
<tr>
<td>Peas - Frozen</td>
<td>5 lbs.</td>
<td>A Perforated</td>
<td>1-4</td>
<td>15</td>
</tr>
<tr>
<td>Potatoes - 1/4” cut</td>
<td>10 lbs.</td>
<td>A Perforated</td>
<td>1-3</td>
<td>15</td>
</tr>
<tr>
<td>Potatoes - Whole, Baked</td>
<td>30 lbs.</td>
<td>B Perforated</td>
<td>1-3</td>
<td>25</td>
</tr>
<tr>
<td>Rice</td>
<td>5 lbs.</td>
<td>B Solid</td>
<td>4</td>
<td>25-35</td>
</tr>
<tr>
<td>Shrimp - Thawed (16-20 count)</td>
<td>15 lbs.</td>
<td>A Perforated</td>
<td>1-4</td>
<td>5</td>
</tr>
<tr>
<td>Snow Peas - Fresh</td>
<td>3 lbs.</td>
<td>A Perforated</td>
<td>1-4</td>
<td>10</td>
</tr>
<tr>
<td>Squash - Yellow, Fresh Sliced</td>
<td>6 lbs.</td>
<td>A Perforated</td>
<td>1-3</td>
<td>8</td>
</tr>
<tr>
<td>Zucchini - Fresh Sliced</td>
<td>6 lbs.</td>
<td>A Perforated</td>
<td>1-4</td>
<td>8</td>
</tr>
<tr>
<td>Chicken - Fresh, Boneless Breast (4 oz.)</td>
<td>3 lbs.</td>
<td>A Perforated</td>
<td>1-5</td>
<td>8</td>
</tr>
<tr>
<td>Chicken - Frozen, Boneless Breast (4 oz.)</td>
<td>3 lbs.</td>
<td>A Perforated</td>
<td>1-5</td>
<td>20</td>
</tr>
<tr>
<td>Chicken - Frozen, cut up</td>
<td>8 lbs.</td>
<td>A Perforated</td>
<td>1-4</td>
<td>20</td>
</tr>
<tr>
<td>Chicken - Fresh, Whole</td>
<td>2 @ 2 lbs.</td>
<td>A Perforated</td>
<td>1-4</td>
<td>25</td>
</tr>
<tr>
<td>Frankfurters - Thawed - 10/1 lb.</td>
<td>7 lbs.</td>
<td>A Perforated</td>
<td>1-4</td>
<td>8</td>
</tr>
<tr>
<td>Hamburgers - Fresh, 80/20, 1/4 lb. Patties</td>
<td>30 oz.</td>
<td>C Perforated</td>
<td>1-6</td>
<td>12</td>
</tr>
<tr>
<td>Hamburgers - Frozen, Soy Meat</td>
<td>5 lbs.</td>
<td>A Solid</td>
<td>1-3</td>
<td>20</td>
</tr>
<tr>
<td>Hamburgers - Frozen, Precooked (4 oz.)</td>
<td>5 lbs.</td>
<td>A Solid</td>
<td>1-3</td>
<td>12</td>
</tr>
<tr>
<td>Hot Dogs - Frozen</td>
<td>5 lbs.</td>
<td>A Perforated</td>
<td>1-3</td>
<td>15</td>
</tr>
<tr>
<td>Meatballs - Frozen, Precooked (1/2 oz.)</td>
<td>8 lbs.</td>
<td>A Perforated</td>
<td>1-3</td>
<td>15</td>
</tr>
<tr>
<td>Pork Chops - Fresh, Loin (4 oz.)</td>
<td>6 lbs.</td>
<td>A Solid</td>
<td>1-3</td>
<td>12</td>
</tr>
</tbody>
</table>

Cook Time will vary depending upon kW output of the heater
A = 2” Full size pan B = 4” Full size pan C = 6” Half size pan
AccuTemp has three Corporate Chefs on staff to answer any questions you may have in reference to cooking with your AccuTemp equipment. Feel free to email any questions to chefs@accutemp.net.

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