

The

EVOLUTION STEAMER RECIPE BOOK



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EVOLUTION™ **AccuTemp**®
BOILER-FREE STEAMER
INNOVATIVE COOKING EQUIPMENT SOLUTIONS

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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

SERVES 20

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)
- 1/4 cup garlic, chopped
- 1/2 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.

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 1/2 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.

Chili Dogs

INGREDIENTS

- 24 hot dogs
- 3 cups chili
- 1 1/2 cup shredded cheddar cheese
- 3/4 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.

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.

Lemon Pepper Chicken

INGREDIENTS

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

Note

Any dry seasoning or "rub" of your choice can be substituted.

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).

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
- ⅓ 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.

Pork Ribs

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

SERVES 20

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.

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.

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 $\frac{1}{16}$ 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 $\frac{1}{4}$ 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

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.

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).

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.

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.

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

1 1/8 oz. yellow cornmeal
2 1/2 cup whole milk
1/3 cup butter or margarine
1/2 cup cheddar cheese (shredded for garnish)
1 1/2 cup cheddar cheese (shredded)
1/3 cup butter or margarine (spread on top)
1 1/8 oz. all purpose flour
5 eggs
5/8 oz. salt
1 1/2 oz. baking powder
3 1/2 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

Preheat steamer to cook mode. Place thawed sausage spread out in 2-inch perforated pan, then place perforated pan into 4-inch solid pan. Place pans in steamer for 20 minutes to brown sausage.

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 yolks. 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 $\frac{2}{3}$ 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 $\frac{1}{4}$ - inch strips about 2 inches long
 $\frac{1}{4}$ cup red wine vinegar
1 onion, diced
 $\frac{1}{4}$ 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)

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 $\frac{1}{2}$ 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.

METHOD

In 2, 4-inch solid full pans, add $2\frac{1}{2}$ gallons water to each pan. Add $\frac{1}{2}$ cup olive oil to each pan. Place pans in steamer and preheat. In a 4-inch solid pan add your choice of pasta sauce.

Poached Eggs

Great for eggs Benedict.

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 à la carte cooking. We recommend that you leave the steamer in hold mode if you are going to do à la carte cooking. This will keep the water hot and speed up the cooking process.

Brown Rice

65-70 SERVINGS

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.

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.

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.

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.

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.

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 $\frac{1}{2}$ 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 hours 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.

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.

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

- 1 red onion diced
- 4 oz. salami diced or sliced
- 3 oz. Parmesan cheese shredded

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
 ¾ cup onion
 ½ gallon chicken stock
 ½ 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
 For garnish and flavorings: To be served on side of soup.
 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

SERVES 20

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 F.J.*

MAKES (3) 4-INCH PANS

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 ½ 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 1½ 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

Chicken and Pasta Soup

SERVES 20

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
- ¾ 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.

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

20–34 SERVINGS

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
 1¾ cup packed brown sugar
 1¾ cup flaked coconut
 1¾ cup finely chopped pecans
 3⅓ cups sugar
 5 cups flour
 1½ cup unsweetened cocoa
 2 tbsp. and ½ tsp. baking powder
 2½ tsp. salt
 2½ cups milk
 1½ cup shortening
 10 eggs
 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

Frisch 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 ⅔ 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.

Cooking Times

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

ITEM	WEIGHT PER PAN	PAN SIZE	NUMBER OF PANS	COOKING TIME (minutes)
Apples - Fresh Halves	5 lbs.	A Perforated	1-4	15
			5-6	20
Asparagus - Frozen Spears	3.5 lbs.	A Perforated	1-4	15
			5-6	20
Asparagus - Fresh	5 lbs.	A Perforated	1-4	5
			5-6	10
Beans - Green or Wax, Fresh	5 lbs.	A Perforated	1-3	10-15
			4-6	15-20
Boil-In-A-Bag Products - Frozen	6 lbs.	A Perforated	1-4	60
Boil-In-A-Bag Products - Thawed	6 lbs.	A Perforated	1-4	45
Broccoli - Fresh 1/2-3/4" Stalks	6 lbs.	A Perforated	1-3	10
			4-6	12
Broccoli - IQF Frozen Florets	6 lbs.	A Perforated	1-4	15
			5-6	20
Cabbage - Green, Wedges	4 lbs.	A Perforated	1-4	20
			5-6	30
Cabbage - Red, Sliced	4 lbs.	A Perforated	1-4	20
			5-6	20
Cabbage - Whole, Cored	8 lbs.	A Perforated	1-4	30-35
California Blend - Frozen Vegetables	6 lbs.	A Perforated	1-4	15
			5-6	25
Carrots - Fresh 1/4" Bias Cut	5 lbs.	A Perforated	1-4	15
			5-6	25
Carrots - Frozen, Whole Unit	5 lbs.	A Perforated	1-3	15
			4-6	25
Cauliflower - Fresh, Whole	3 lbs.	A Perforated	1-3	10
			4-6	15
Cauliflower - Frozen Florets	6 lbs.	A Perforated	1-4	10
			5-6	15
Corn - Fresh 6" Ears	1 dozen	A Perforated	1-3	10
			4-6	15
Corn - Frozen 3" Ears	5 lbs.	A Perforated	1-4	20
			5-6	25
Corn - Frozen Kernels	5 lbs.	A Perforated	1-3	20
			4-6	25
Crab - Alaskan King Crab Legs	All Weights	A Perforated	1-6	8
Crab - Frozen Snow Crab Legs	All Weights	A Perforated	1-6	8
Egg Noodles	3 lbs.	B Solid	1-4	8
Eggs - Hard Boiled	3 lbs.	A Perforated	1-6	15
Eggs - Thawed, Scrambled, Liquid	6 Quarts	B Solid	1-6	25
Lobster - Live	All Weights	A Perforated	1-6	9
Lobster Tail - Fresh	All Weights	A Perforated	1-6	7

Cooking Times

*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*

ITEM	WEIGHT PER PAN	PAN SIZE	NUMBER OF PANS	COOKING TIME (minutes)
Mixed Vegetables - Frozen	5 lbs.	A Perforated	1-4	15
			5-6	25
Pasta - Elbow Macaroni	2 lbs.	B Solid	1-4	7
Pasta - Linguini	2 lbs.	B Solid	1-4	7
Pasta - Spaghetti	2 lbs.	B Solid	1-4	7
Peas - Fresh, Shelled	5 lbs.	A Perforated	1-3	10
			4-6	15
Peas - Frozen	5 lbs.	A Perforated	1-4	15
			5-6	25
Potatoes - 1/4" cut	10 lbs.	A Perforated	1-3	15
			4-6	25
Potatoes - Whole, Baked	30 lbs.	B Perforated	1-3	25
			4	35
Rice	5 lbs.	B Solid	4	25-35
Shrimp - Thawed (16-20 count)	15 lbs.	A Perforated	1-4	5
			5-6	10
Snow Peas - Fresh	3 lbs.	A Perforated	1-4	10
			5-6	15
Squash - Yellow, Fresh Sliced	6 lbs.	A Perforated	1-3	8
			4-6	12
Zucchini - Fresh Sliced	6 lbs.	A Perforated	1-4	8
			5-6	12
Chicken - Fresh, Boneless Breast (4 oz.)	3 lbs.	A Perforated	1-5	8
Chicken - Frozen, Boneless Breast (4 oz.)	3 lbs.	A Perforated	1-5	20
Chicken - Frozen, cut up	8 lbs.	A Perforated	1-4	20
			5-6	35
Chicken - Fresh, Whole	2 @ 2 lbs.	A Perforated	1-4	25
Frankfurters - Thawed - 10/1 lb.	7 lbs.	A Perforated	1-4	8
			5-6	15
Hamburgers - Fresh, 80/20, 1/4 lb. Patties	30 oz.	C Perforated	1-6	12
			7	25
Hamburgers - Frozen, Soy Meat	5 lbs.	A Solid	1-3	20
			4-6	30
Hamburgers - Frozen, Precooked (4 oz.)	5 lbs.	A Solid	1-3	12
			4-6	25
Hot Dogs - Frozen	5 lbs.	A Perforated	1-3	15
			4-6	20
Meatballs - Frozen, Precooked (1/2 oz.)	8 lbs.	A Perforated	1-3	15
			4-6	20
Pork Chops - Fresh, Loin (4 oz.)	6 lbs.	A Solid	1-3	12
			4-6	22

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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