

# CONVECTION STEAMER TIMER SETTINGS

Project \_\_\_\_\_  
 Item \_\_\_\_\_  
 Quantity \_\_\_\_\_  
 FCSI Section 11400 \_\_\_\_\_  
 Approved \_\_\_\_\_  
 Date \_\_\_\_\_

Timer settings are approximate due to the differences in food quality, age, shape and the degree of doneness desired. It is not necessary to add water. Perforated pans are recommended. Starred items (\*) must be cooked in solid pans or containers. Items marked with two stars (\*\*) require handling in two steps. First, steam for approximately 1/2 the time shown, remove from steamer, separate thawed portion, or stir, and return to the steamer for the time remaining. The compensating feature of the timer allows the cooking compartment to reach cooking temperature before the preset time starts to count up,

VEGETABLES:	(IN MINUTES)	
	Fresh	Frozen
Artichoke	.....12	
Asparagus spears	.....4	.....6
Beans	green 2" cut	.....5
	french cut	.....5**
	whole	.....4
Broccoli	spears	.....2-3
	flowerettes	.....1-2
	chopped	.....6-8
	sprouts	.....4
Brussels	.....4-5	.....4
	Cabbage	.....4
Cabbage	12-16 wedges/head	.....4
	whole (to remove leaves for cabbage rolls)	.....2
Carrots	baby whole	.....10
	sliced, crinkle cut	.....7-8
	diced	.....2
Cauliflower	flowerettes	.....4-5
	whole	.....10
Celery	diagonal cut 1 1/2"	.....3
	diced	.....2
	minced	.....1
Corn	yellow whole kernel	.....2
	on cob, cobbettes	.....6
Eggplant	sliced, diced	.....1
Mixed Vegetables	.....3-4	
Mushrooms	whole (1 1/2" dia.)	.....3
	sliced	.....1
Onions	diced, sliced	.....2-3
	whole	.....4
Peas	green	.....2
Potatoes	whole 8 oz.	.....30-35
	peeled, quartered, fresh	.....12-19
	peeled, diced	.....8-10
Potatoes	sweet, whole	.....30-35
Spinach leaf	.....2	.....21**
	chopped	.....21**
Squash	acorn, halves	.....15
	butternut, quartered	.....7
	whipped*	.....20**
	spaghetti squash, halves	.....15-18
Tomatoes	whole, sliced*	.....1
Turnips	whole	.....20-25
Zucchini	sliced	.....2-4

**SEAFOODS:** Steam all seafoods on a perforated pan with catch pan.

		(IN MINUTES)	
Fresh	Frozen		
Clams in shell	.....3-5		
Cod fillets	5 oz. portions	.....3	.....4
Crab Legs	king	.....4-6	
Snow crab	.....2-4		
Crab	live, 4 oz.	.....4	
	3/4 to 1 lb.	.....12	
Halibut	6-8 oz portions	.....4-6	.....6-8
Lobster	whole, 1 lb.	.....7-9	
Lobster tails	8 oz.	.....8-10	
	defrosted, butterflied	.....4-6	
Mussels in shell	2		
Oysters in shell	2-4		
Red Snapper	8 oz.	.....4-5	.....4-5
Salmon	steak 8 oz.	.....6	.....7
Shrimp	10 ct. per lb. IQF	.....3	.....4-6
	5 lb. block, peeled and deveined 30 ct.	.....6-8**	
	5 lb. block, green, 26-30 ct. (nested pan)	.....10**	
<b>EGGS (Medium Sized):</b>			
Hard cooked	for egg salad and potato salad	.....10-12	
	Soft cooked	.....3	
Coddled	.....6		
Poached	in a cup	.....2-3	
Scrambled*	.....6-7**		
<b>FRUITS: Blanch for Peeling:</b>			
Fresh:	Avocado	.....1	
	Apple, cored	.....1	
	Grapefruit	.....1	
	Orange	.....1	
	Apricot	.....1	
	Pineapple, whole	.....2	
	Dried*: (Add water to re-hydrate)		
Apple	.....10		
Apricot	.....10		
Peach	.....10		
Pear	.....10		
Prune	.....10		

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(continued)

**MEATS & POULTRY:**

Steam meats and poultry in nested pans, as juices can be used for gravy, sauces, beef stock and soups. The size of portion, thickness of cut, grade, should be considered when selecting a timer setting for doneness.

POULTRY:	Fresh	Frozen
Turkey whole	6-8 min./lb.	6-8 min./lb.
Chicken 5-8 oz. breaded pieces	18-20mins./lb.	
halves, 1 1/4- 1/1/2		
lbs. per half	20-24 min./lb.	20-24 min./lb.

PORK, SAUSAGE, HOT DOGS:	Fresh	Frozen
Pork chop, 4 count/lb.	10 min.	
Italian Sausage 4 oz. portion	10 min.	
Ribs 3 lb.and down	20-26 min.	
Hot Dogs 8 count/lb.	2 min.	

BEEF:	Fresh	Frozen
Cubes 1 1/2"	6-7 min./lb.	6 min./lb.
Ground chuck for chili	4 min./lb.	4-6 min./lb.
Pot roast choice	8-12 min./lb.	
Rump Roast choice		
boned, rolled, tied	12 min./lb.	
Meat Loaf 4 lb. loaf	5 min./lb.	
Liver baby beef, 8oz. slice	2-4 min.	2-4 min.
Corned Beef 6-8 lb. cut,		
add 1/2" water to pan	20-23 min./lb.	

**STEAKS:**

Using a 3/4" to 1" steak, the steaming time listed below produces a "rare" steak. a "Well Done" steak is first steamed to the "Rare" stage, then broiled or grilled for 1 1/2 minutes on each side. This "Well Done" steak shrinks less, is more tender and juicy, and, when served, is the same size as the "Rare" steak.

Sirloin, patties, chopped,	
8 oz.	4 min.
Ribeye, 8 oz.	4 min.
Top butt steak, 6 oz.	4 min.
8 oz.	6 min.
Filet Mignon, butterflied -	
4 oz.	3 min.
6 oz.	3-4 min.
8 oz.	4 min.
10 oz.	5 min.
16 oz. (Chateaubriand)	8 min.
Strip steak, 10 oz.	5 min.
12 oz.	7 min.
T-Bone, 12 oz.	5 min.
16 oz.	8 min.
18 oz.	8 min.
22 oz.	10 min.

**PREPARED ENTREES:**

	Fresh	Frozen
Full size Pans		
Cabbage rolls stuffed*	25 min.	20 min.
cover with tomato sauce and serve		
Casserole dishes*		
Beef Stew	20-25 min.	25-30 min.
Stroganoff	20-25 min.	25-30 min.
Lasagna*, freshly prepared	20-25 min.	25-30 min.
reheat each serving 4"	6-8 min.	12 min.

**DEHYDRATED FOODS:**

Potatoes*:	2 1/2 # random sliced	12 min.
	plus 5 cups cold water/lb.	

**RICE & BEANS:**

Rice*	Long grain	17 min.
	4 cups cold water/lb.	
Beans*	pre-soaked overnight	
	1 lb. beans + 1 1/4 qts. water	45 min.
Beans*	un-soaked	
	1 lb. beans + 1 1/2 qts. water	2 1/2 hours
Refried Beans*, 2 #10 cans		15-17 min.

**PASTA:**

Steam in nested pans. Place pasta on 2 1/2" perforated pan used as a liner in a solid 2 1/2" pan. Cover pasta with cold water.

Egg noodles, 1 1/2" wide	4-6 min.**
Lasagna noodles	10-12 min.**
Macaroni, shells, elbow	10-12 min.**
Rigatoni	10 min.**
Spaghetti, Vermicelli	8 min.**
Spaghetti, regular	10 min.**