

PRESSURE STEAMER INTRODUCTION

Project _____
Item _____
Quantity _____
FCSI Section 11400 _____
Approved _____
Date _____

Cleveland Pressure Steamers are available with two or three compartments in Gas-fired Electric, or Steam Coil models and up to four compartments in Direct Steam models using existing building steam. For Impure building steam, we recommend a Steam Coil model.

CAPACITY

Pressure Steamers have between 30% to 40% more pan capacity than conventional steamers without requiring more floor space.

Capacity *per* compartment for:

- eight, 12" x 20" x 2 1/2" Cafeteria Pans or
- six, 12" x 20" x 4" Cafeteria Pans or
- four, 12" x 20" x 6" Cafeteria Pans or
- four, 18" x 26" Bun Pans

RATINGS

GAS FIRED

200,000 BTU
300,000 BTU

ELECTRIC

24KW
36KW
48KW
208V, 220V, 240V,
440V, 480V/3 Phase

STEAM COIL

Minimum psi 30 lbs.
*Maximum psi 50 lbs.

DIRECT STEAM

Minimum psi 12 lbs.
*Maximum psi 50 lbs.

* This value represents steam requirement at unit.

APPLICATIONS

For use in restaurants, hotels, schools, hospitals, nursing homes, industrial cafeterias and penal institutes serving 500 to 1000 meals per hour. Production will vary greatly upon the depth, size and type pan (perforated or solid) used.

To calculate the number of servings needed to accommodate professional personnel, service personnel and patients, in hospitals and nursing homes, multiply the number of occupied bed by 2 to 3.

PRESSURE STEAM COOKING INTRODUCTION

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INTRODUCTION

Steam cooking is an excellent way to prepare countless foods. With large or small quantities you will find steam cooking to be efficient, economical, fast and convenient. Foods can never burn – pans will never boil over – there is no heavy lifting of water pots – no scouring of containers – no waiting for boiling to start.

MEAT

Steam provides an even, intense and penetrating heat which, because of its nature, cooks meat with minimal shrinkage. The meat is tender, moist and flavorful. Stews, pot roasts, hams and corned beef are excellent when steam cooked.

Chickens, turkeys and other poultry items are steamed with little shrinkage. The meat is tender and juicy. The birds may be steamed whole, cut in half, or in pieces. Chicken pieces may be partially steam cooked and then finished in the skillet or fryer. The result is flavor and succulence.

Steam tenderizes stewing fowl. It produces excellent meat for sandwiches and salads, both moist and savory, and is easily sliced.

VEGETABLE STEAMING

Vegetables should be crisp and fresh before cooking. They should be cooked al dente. This prevents over cooking, the most prevalent mistake in pressure steam cooking. The natural characteristic flavors are present when vegetables are cooked in this manner.

Cut vegetables to the same size pieces to assure uniform results. Vegetables should be washed before cooking. Removing tough stems and skins will shorten cooking times and improve results. Vegetables may be lightly seasoned before or after steaming. In general, use perforated pans for fastest results.

Frozen vegetables, in general, should be defrosted before pressure cooking. Three vegetables can be pressure steamed from the frozen stage: carrots, peas and whole kernel corn.

Volume cooking of potatoes and other tuberous vegetables is an excellent application. 100 pounds of potatoes per compartment can be cooked in 40 minutes. Other tuberous vegetables include: sweet potatoes, carrots, beets, onions, kohlrabi, turnips and parsnips. Winter squash and cabbage can also be cooked in volume.

DESSERTS

Many kinds of corn starch pudding and custard desserts are prepared by steaming. Any dish cooked in the double boiler may be successfully steamed. The steamer is ideal for heating or scalding milk since the danger of scorching or burning is absent.

Fruit desserts such as steamed "baked" apples are another suggestion. Core the apple and arrange on a shallow pan. Fill the cored space with cinnamon and sugar, then steam. If desired, the apples may be finished by browning under the broiler. Applesauce is another steam application, as are stewed pears or peaches. Dried fruits, properly marinated, turn out beautifully.

Under this heading comes a host of dishes not otherwise classified.

Cereals, eggs, noodles, spaghetti, rice, macaroni, and dumplings, with variations of each, are just a few.

Cooked, frozen convenience foods such as beef stroganoff, pot roast and noodles, chicken fricassee and rice, stuffed cabbage rolls, need only be brought up to serving temperature and then transferred from the pack directly onto the serving plate. The time required to heat these convenience foods is 5-10 minutes for the individual portion pack and 20-35 minutes for the 5 pound multi-serving pack. The cover of the packs should be perforated with a sharp fork to let the steam escape.

The disposable aluminum foil pans should be placed on a perforated stainless steel pan for support when steaming or carrying the hot product. Cover the pan with a stainless lid if a cover is not provided. Do not use plastic wrap or aluminum foil as cover in the pressure steamer.