



Timer settings are approximate due to the differences in density, shape and the degree of “doneness” desired. Meats, eggs and frozen entrees should be heated to an internal temperature of 160–170°F. Use of 2½" deep steamtable pans is recommended. Perforated pans used where appropriate may decrease cooking times.

Meats/Seafood/Poultry	Minutes	
	Fresh	Frozen
Beef steaks, grill to rare then steam to medium/well done	6–8	–
Chicken pieces, 8lb/pan	30–40	50–60
Chicken pieces, breaded, steam then deep fry to brown as needed	20–25	
Clams, in shell	3–5	
Corned beef, brisket, 6–8lb	2 hrs	–
Fish fillets, 5lb/pan	8–10	12–15
Fish fillets/steaks, 6–8oz	6–10	12–18
Ground beef/turkey, 8lb/pan	35–40	60–70
Ham, boneless, fully-cooked, 10lb average	55–60	–
Hamburger patties, 4oz ea., 6lb/pan	–	14–16
Hot dogs, 8lb/pan	10–12	14–18
Lobster, whole live, 1–2lb	8–10	
Lobster tail, frozen	–	5–7
Meatballs, 1" diameter, 6lb/pan	16–20	20–25
Meatloaf, 4lb loaf	40–45	90
Mussels, in shell	4–6	–
Pork roast, boneless rolled, 4" diameter	45–50	–
Prime rib roast, steam then broil to brown, internal temp 140°F	60–75	–
Ribs, beef or pork, 8lb/pan	55–60	–
Shrimp, peeled or unpeeled	2–3	3–5
Smoked sausage dinner links, 8–10lb/pan	30–35	40–45
Turkey breast, 6–8lb ea., 2/pan	6–8*	8–10*

* minutes per pound.

Meats/Seafood/Poultry	Minutes	
	Fresh	Frozen
Turkey, 14–16lb average, whole	6–8*	8–10*
Veggie burgers, 4oz ea., 6lb/pan	–	10–14

Breakfast Items	Fresh	Frozen
Eggs, hard cooked in shell, 3-4 dozen/pan	12–14	–
Eggs, poached in muffin pans	4–5	–
Eggs, scrambled, 4 dozen/5lb carton/pan	10–12*	–
Pancakes, frozen pre-cooked, single layer	–	3–4
Sausage links/patties, 5lb/pan	8–10	10–15

* stir halfway through cooking time.

Vegetables	Fresh	Frozen
Broccoli, spears/florets, 6lb/pan	3–4	5–8
Cabbage, wedges, 6lb/pan	8–10	–
Carrots, sliced or whole baby, 6lb/pan	5–8	5–8
Cauliflower, florets, 6lb/pan	6–8	10–12
Corn on the cob, 8lb/pan	7–9	8–10
Corn, whole kernel, 8lb/pan	–	5–7
Green beans, cut, 6lb/pan	6–8	6–8
Greens, fresh, 1lb/pan	10–15	
Mixed vegetables, 6lb/pan	–	6–8
Onions, sliced, diced, 6lb/pan	4–5	4–5
Peas, 8lb/pan	–	4–6
Peas and carrots, 8lb/pan	–	4–6



Vegetables	Minutes	
	Fresh	Frozen
Potatoes, whole, 8lb/pan	35-40	-
Potatoes, peeled, quartered or diced, 8lb/pan	18-20	-
Spinach, or greens, block frozen, 6lb/pan	-	15-20
Spinach, fresh, 1lb/pan	2-4	-
Sweet potatoes, whole, 8lb/pan	30-35	-
Winter squash, halved, 8lb/pan	25-30	-
Zucchini/summer squash, sliced, 6lb/pan	3-5	4-6

Frozen prepared entrees/side dishes/soups	Frozen
Most single pans of the following foods weigh 4-6lbs. Keep frozen entrees covered.	
Lasagna	60-65
Macaroni and Cheese	35-40
Tuna Noodle Casserole	30-35
Potatoes Au Gratin/Scalloped Potatoes	40-45
Bean with ham soup, 8lb bag	60-65
Chicken noodle soup, 8lb bag	45-50
Chili con Carne w/Beans, 6lb pan	50-55
Clam chowder, 4lb bag	45-50
Vegetable soup, 4lb bag	30-35

Canned sauces/gravies/soups	Minutes
Beef, chicken or turkey gravy, 8lb/pan	12-15
Cheese sauce, 8lb/pan	10-12
Tomato/spaghetti sauce, 6-8lb/pan	12-15
Vegetable/chicken noodle/tomato soup, 8lb/pan	12-18

Canned vegetables	Minutes
Carrots, corn, green beans, mixed vegetables, 6-8lb/pan	6-8

Rice/Beans/Pasta	Minutes
Rice, long grain, 4 cups water/lb, 3lbs/pan	18-20
Lentils, barley, bulgar, millet, 4 cups water/lb, 3lbs/pan	35-50
Dried beans, pre-soaked, 1lb beans + 1 1/4 qts water	45-55
Dried beans, unsoaked, 1lb beans + 1 1/2 qts water	2 1/2 hrs
Refried beans, canned, 7lb/pan	45-50
Egg noodles, 3lb/pan covered with cold water*	8-12
Lasagna noodles, 3lb/pan covered with cold water*	10-14
Macaroni, 3lb/pan, covered with cold water*	10-14
Spaghetti, 3lb/pan, covered with cold water*	10-12

* Stir halfway through cooking time. After cooking, remove pan from steamer very carefully—water will be very hot.

Cakes/Muffins	Minutes
Cake, 5lb cake mix plus water, 12"x20" pan	25-30
Muffins, from commercial mix or recipe	10-12

