

SteamChef™ Suggested Timer Setting Guidelines

SureCook Controls with the Compensating Thermostat

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. 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 steamer for the time remaining. The compensating feature of the timer allows the cooking compartment to reach temperature before the preset time starts to count down.

Vegetables:

		(IN MINUTES)	
		Fresh	Frozen
Artichoke		12	
Asparagus	spears	4	6
Beans	green 2" cut	6	5
	french cut	4	5**
	whole	6	4
Broccoli	spears	3	2-3
	flowerettes	2-3	1-2
	chopped		6-8
Brussels	sprouts	4-5	4
Cabbage	12-16 wedges/head	4	
	whole (to remove leaves for cabbage rolls)	2	
Carrots	baby whole	10	6
	sliced, crinkle cut	7-8	3
	diced		2
Cauliflower	flowerettes	4-5	3-4
	whole	10	
Celery	diagonal cut 1 1/2"	3	
	diced	2	1
	minced	1	
Corn	yellow whole kernel		2
	on cob, cobbettes	6	12**
Eggplant	sliced, diced	1	
Mixed Vegetables		3-4	
Mushrooms	whole (1 1/2" dia.)	3	
	sliced	1	
Onions	diced, sliced	2-3	1
	whole	4	2
Peas	green		2
Potatoes	whole 8 oz.	30-35	
	peeled, quartered, fresh,	12-19	
	peeled, diced	8-10	
Sweet Potatoes	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	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**	
EGGS: (Medium Sized)			
Hard cooked	for egg salad and potato salad	10-12	
Soft cooked		3	
Coddled		6	
Poached	in a cup	2-3	
Scrambled*		6-7**	
FRUITS: (Blanch for Peeling)			
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	

