

# Cooking Guidelines

\* PAN SIZES: A—12"x20"x2-1/2" B—12"x20"x4" C—12"x20"x1"

ITEM	WEIGHT PER PAN	PAN SIZE*	NUMBER OF PANS	COOKING TIME	NOTES	RECOMMENDED COOKING TEMP.
<b>Apples</b> -Fresh Halves	5 lbs.	A Perforated	1-4 5-6	15 minutes 20 minutes	Garnish with butter, cinnamon and sugar	Fast Cook 212°
<b>Asparagus</b> -Frozen spears	3.5 lbs.	A Perforated	1-4 5-6	15 minutes 20 minutes		185°
<b>Asparagus</b> -Thawed	5 lbs.	A Perforated	1-4 5-6	10 minutes 15 minutes		185°
<b>Beans</b> -Green or Wax, Fresh	6 lbs.	A Perforated	1-3 4-6	12 minutes 15 minutes		Fast Cook 212°
<b>Beans</b> -Pinto	4 lbs./1 gal. water	B Solid	1-4	8-10 hours	Cook overnight and hold @ 165°	190°
<b>Beets</b> -2" diameter	7-1/2 lbs.	A Perforated	1-3 4-6	12 minutes 15 minutes		Fast Cook 212°
<b>Beef</b> -Prime Rib	12-15 lbs.	A Perforated	1-3	3-1/2 hours	Cook to internal temperature of 155°	165°
<b>Beef Roast</b> -Inside Round	25-30 lbs.	B Solid	1-4	4 hours		165° - 175°
<b>Broccoli</b> -Fresh 1/2-3/4" stalk	6 lbs.	A Perforated	1-3 4-6	10 minutes 12 minutes		185°
<b>Broccoli</b> -Frozen IQF	5 lbs.	A Perforated	1-3 4-6	12 minutes 15 minutes		Fast Cook 212°
<b>Cabbage</b> -Green, Wedges	4 lbs.	A Perforated	1-4 5-6	15 minutes 20 minutes		Fast Cook 212°
<b>Cabbage</b> -Red, Sliced	4 lbs.	A Perforated	1-4 5-6	15 minutes 20 minutes		Fast Cook 212°
<b>Cabbage</b> -Cored 1/4-1/6 of head	5 lbs.	A Perforated	1-3 4-6	15 minutes 20 minutes		Fast Cook 212°
<b>California Blend</b> -Frozen Vegetables	6 lbs.	A Perforated	1-4 5-6	15 minutes 20 minutes		Fast Cook 212°
<b>Carrots</b> -Fresh 1/4 bias cut	5 lbs.	A Perforated	1-4 5-6	15 minutes 20 minutes		Fast Cook 212°
<b>Carrots</b> -Frozen, Whole Baby	5 lbs.	A Perforated	1-3 4-6	15 minutes 20 minutes		Fast Cook 212°
<b>Cauliflower</b> -Fresh, Whole	3 lbs.	A Perforated	1-3 4-6	10 minutes 15 minutes		Fast Cook 212°
<b>Cauliflower</b> -Frozen Florets	5 lbs.	A Perforated	1-3 4-6	15 minutes 20 minutes		Fast Cook 212°
<b>Chicken</b> -Boneless Breasts	3 lbs.	A Perforated	1-5	20 minutes	Use solid drip pan in bottom position	185°
<b>Chicken</b> -Cut-up	8 lbs.	A Perforated	1-4 5	25-30 mins.	Use solid drip pan in bottom position	185°
<b>Chicken</b> -Whole	two @ 2 lbs.	A Perforated	1-4	40 minutes	Use solid drip pan in bottom position	185°
<b>Corn</b> -Fresh 6" ears	1 dozen	A Perforated	1-3 4-6	25-35 mins. 30-35 mins.		Fast Cook 212°
<b>Corn</b> -Frozen ears - 3"	5 lbs.	A Perforated	1-4 5-6	30 minutes 40 minutes		Fast Cook 212°
<b>Corn</b> -Kernel Frozen	5 lbs.	A Perforated	1-3 4-6	18-24 mins. 25-30 mins.		Fast Cook 212°
<b>Crab</b> -Alaskan King Crab Legs	all weights	A Perforated	1-6	12 minutes	Start with only 2 gal. water in SNH as crab legs will "weep"	Fast Cook 212°
<b>Crab</b> -Frozen Snow Crab Legs	all weights	A Perforated	1-6	12 minutes	Start with only 2 gal. water in SNH as crab legs will "weep"	Fast Cook 212°
<b>Egg Noodles</b>	3 lbs.	B Solid	1-4	Cook 5 mins. Hold 5 mins.	Preheat water to 212°, Drain after 5 minute hold period	Fast Cook 212°
<b>Eggs</b> -Hard Boiled	3 lbs.	A Perforated	1-4 5-6	15 minutes 17 minutes	Immerse in cold water immediately after cooking	Fast Cook 212°
<b>Eggs</b> -Scrambled, Liquid	6 quarts	A Solid	1-3 4-6	35 minutes 45 minutes	If shorter cook times are needed use Fast Cook (212°)	180°
<b>Eggs</b> -Scrambled, Liquid, Fast Cook (212°)	6 quarts	A Solid	1-3 4-6	15 minutes 20 minutes		Fast Cook 212°

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<b>Fish-Fillets</b>	3 lbs.	A Solid	1-4 5-6	5-7 minutes		Fast Cook 212°
<b>Frankfurters-10/1 lbs. Thawed</b>	7 lbs.	A Perforated	1-4 5-6	15 minutes 20 minutes		190°
<b>Hamburgers-Fresh 80/20 1/4 lb. each</b>	30 oz.	C Perforated	1-6 7	20 minutes 30 minutes	Lay out flat on pan-use solid drip pan in bottom position	190°
<b>Hamburgers-3 oz. Pre-cooked Frozen</b>	5 lbs.	A Solid	1-3 4-6	25 minutes 30 minutes		190°
<b>Hamburgers-3 oz. Pre-cooked, Frozen, Thawed</b>	5 lbs.	A Solid	1-3 4-6	15 minutes 20 minutes		190°
<b>Hot Dogs-Frozen</b>	5 lbs.	A Perforated	1-3 4-6	15 minutes 20 minutes		Fast Cook 212°
<b>Lobster-Live</b>	all weights	A Perforated	1-6	9-10 minutes		Fast Cook 212°
<b>Lobster Tail-Fresh</b>	all weights	A Perforated	1-6	11-13 minutes		Fast Cook 212°
<b>Meatballs-1/2 oz. Pre-cooked, Frozen</b>	8 lbs.	A Perforated	1-3 4-6	15 minutes 20 minutes		Fast Cook 212°
<b>Mixed Vegetables-Frozen</b>	5 lbs.	A Perforated	1-4 5-6	30 minutes 40 minutes	If shorter cook times are needed use Fast Cook (212°)	180°
<b>Mixed Vegetables-Frozen, Fast Cook (212°)</b>	5 lbs.	A Perforated	1-4 5-6	15 minutes 25 minutes		Fast Cook 212°
<b>Onions-2" diameter</b>	6 lbs.	A Perforated	1-3 4-6	20 minutes 30 minutes		Fast Cook 212°
<b>Pasta-Angel Hair</b>	5 lbs.	A Solid	1-3 4-6	7 minutes		Fast Cook 212°
<b>Pasta-Elbow Macaroni</b>	6 lbs.	B Solid	1-3 4-6	10 minutes		Fast Cook 212°
<b>Pasta-Linguini</b>	5-6 lbs.	B Solid	1-3 4-6	7 minutes	Preheat water to 212°, Drain off to hold	Fast Cook 212°
<b>Pasta-Spaghetti</b>	5-6 lbs.	B Solid	1-3 4	8 minutes	Preheat water to 212°, Drain off to hold	Fast Cook 212°
<b>Peas-Fresh Shelled</b>	2 lbs.	A Perforated	1-3 4	12 minutes	Preheat water to 212°, Drain off to hold	Fast Cook 212°
<b>Peas-Frozen</b>	7 lbs.	A Perforated	1-3 4	8-12 minutes	Preheat water to 212°, Drain off to hold	Fast Cook 212°
<b>Pork Chops-Loin, 4 oz.</b>	6 lbs.	A Solid	1-3 4-6	20 minutes 35 minutes		185°
<b>Pork Roast-Loin</b>	10-12 lbs.	B Solid	1-4	3 hours	Cook to internal temperature of 155°	170° - 180°
<b>Potatoes-1/4 cut</b>	5 lbs.	A Perforated	1-3 4-6	35 minutes		Fast Cook 212°
<b>Potatoes-Whole, Baked</b>	5 lbs.	A Perforated	1-4 5-6	30 minutes 40 minutes		Fast Cook 212°
<b>Rice</b>	5 lbs.	A Solid	1-3 4-6	35 minutes		Fast Cook 212°
<b>Shrimp-16-20 Thawed</b>	10 lbs.	A Perforated	1-3 4-6	9 minutes 15 minutes	Stir at halfway point and sprinkle seasoning on top	Fast Cook 212°
<b>Squash-Yellow, Fresh/Frozen, Sliced</b>	30 lbs.	B Perforated	1-3 4	12 minutes		Fast Cook 212°
<b>Turkey Roast-Thawed, Foil-Wrapped</b>	10-11 lbs.	A Solid	1-4	2-1/2 hours	Cook to internal temperature of 165°	185°
<b>Turkey-Thawed, Unstuffed</b>	16-18 lbs.	A Solid	1-2	3 hours	Cook to internal temperature of 170°	185°
<b>Zucchini-Fresh/Frozen, Sliced</b>	15 lbs.	A Perforated	1-6	9 minutes		Fast Cook 212°

NOTE: Most meat items cook at lower temperatures in the SNH will have vastly improved quality and yield over convection oven or conventional steamer. The times and temperatures stated here are for general guidance and adjustments in cooking time may be necessary depending on temperature, food quality, size and shape, freshness, load size, etc. There is very little chance of overcooking with low temperature steam if the correct temperature has been selected. This makes it possible to cook and hold food at the same time.

## HINTS & GUIDELINES