



K-12 SCHOOL STEAMER RECIPE BOOK

Recipes

MEAT

| | |
|-------------------------------------|----|
| Burrito Casserole | 4 |
| Chicken 'N' Noodles or Dumplings | 5 |
| Chili Dogs | 6 |
| Juevos Rancheros | 7 |
| Lemon Pepper Chicken | 8 |
| Meat Loaf | 9 |
| Pulled Pork BBQ | 10 |
| Scrambled Eggs | 11 |
| Stuffed Mexican Shells | 12 |
| Taos Turkey Tacos | 13 |

SIDES

| | |
|---|----|
| Baked Potatoes | 14 |
| Cornbread Dressing | 15 |
| Cornbread with Sausage, Egg and Cheese | 16 |
| Hard Boiled Eggs | 17 |
| Macaroni and Cheese | 18 |
| Mashed Potatoes | 19 |
| Pasta | 20 |
| Rice: Brown | 21 |
| Mexican | 22 |
| Pilaf | 23 |

Recipes

VEGETABLES

| | |
|----------------|----|
| Broccoli | 24 |
| Creamed Corn | 25 |
| Glazed Carrots | 26 |
| Pinto Beans | 27 |

PASTA SALAD

| | |
|---------------------------------|----|
| Italian Whole Grain Pasta Salad | 28 |
| Mexican Whole Grain Pasta Salad | 29 |

DESSERTS

| | |
|----------------------------|----|
| Blueberry Cobbler | 30 |
| Pineapple Upside Down Cake | 31 |

Burrito Casserole

Meat Mixture

4½ to 5 lb hamburger fry and crumble with 2 medium onions (chopped)

Add and then simmer

2 envelopes taco seasoning

2 cans bean dip

2 jars taco sauce (mild)

Preheat steamer to cook mode. Lightly grease one 2-inch hotel pan. Allow mixture to cool.

Cheese Sauce

2 jars hot taco sauce

grated cheese (enough to make sauce thick)

½ cup ketchup

1 cup water

Mix all the above together and heat. Roll meat mixture and seasonings up in large flour tortillas (20 large). Place in hotel pan and cover with cheese sauce: cook covered for 50 minutes. Top with sliced black olives and chopped tomatoes.

Chicken 'n' Noodles or Dumplings

- 6 lb diced chicken meat (precooked)
- 3 carrots (sliced)
- 1 gallon chicken broth
- 3 lb egg noodles
- 2 tbsp garlic
- 1 stalk celery diced
- 1 red onion diced
- 2 qt chicken gravy
- 2 tbsp seasoning salt
- 2 tbsp black pepper

Preheat steamer to cook mode. In 2, 2-inch solid pans, add-½ gallon chicken broth to each. Divide spices and vegetables evenly between the pans. Stir well. Add chicken to pans, 3 pounds per pan. Place in steamer for 20 minutes. When buzzer sounds add noodles and cook an additional 15 minutes. Add chicken gravy and stir well. This item can be held until ready to serve. For a variation try adding dumplings instead of egg noodles.

Chili Dogs

24 hot dogs

3 cup chili

1½ cup shredded cheddar cheese

¾ cup onion, chopped

24 buns

Split hot dogs down the center, being careful not to cut all the way through. Fill with chili. Sprinkle with cheese and onion. Place in 2-inch perforated pan. Steam for 15 minutes. Place the buns in a 4-inch solid pan and wait for hot dogs to get done. Leave steamer in hold mode and place buns in steamer for 5 minutes.

Huevos Rancheros

64 oz jar salsa
6 lb tortilla chips
15 slices of cheese (135 count)
30 eggs

Spray a full size 2-inch hotel pan with pan release. Put 1, 16oz ladle of salsa in the bottom of the pan. Lay a double layer of tortilla chips (18–20) on top of the salsa. Put another 16oz ladle of salsa on the chips. Place another layer of tortilla chips (18–20) on top of the salsa. Next, layer cheese (Either singles or shredded) on top. Cover with 1½ – 2 more ladles of salsa. Break 25–30 eggs on top (these can be left solid to “poach” or can be “scrambled” according to taste).

Cover with saran wrap and steam for 20–25 minutes until the eggs set. Remove cover and sprinkle or layer with more cheese. Place in steamer until cheese melts, about 2 minutes. (Alternatively place in oven or under a grill to brown the cheese topping.)

Lemon Pepper Chicken

6 oz chicken breast (thawed or frozen)
lemon pepper seasoning

Preheat steamer to cook mode. Place chicken in a 2-inch perforated pan. Season with lemon pepper seasoning. Cook chicken for 10 minutes (thawed) or cook chicken for 15 minutes (frozen).

***Note...**Any dry seasoning or “rub” of your choice can be substituted.

Meat Loaf

100 portions

10 lb hamburger
3¾ cup breadcrumbs
6 cup ketchup
9 eggs
½ cup dried onions
3 tbsp dried oregano
salt and pepper to taste

Preheat steamer to cook mode.

Combine all ingredients in large mixing bowl. Reserve 2 cups ketchup. Shape mixture into 4 loaves. Place in 2-inch perforated pans and spread remaining ketchup evenly over the top of loaves. Steam for 1 hour or until done. Rest for 10 minutes.

Pulled Pork BBQ

60 portions

10-12 lb pork roast/ butt

Preheat heat steamer to cook mode.

Place pork butt or roast in a 2-inch perforated pan. Season with your blend spice rub. Once preheated, place pork into steamer.

Cook pork for approximately 3 hours until internal temperature is 165 degrees.

This recipe will yield tender and juicy pork cooked to perfection, with very little yield loss. Once pork is done place into a 2-inch solid pan, cover and cool. Once pork is cool it can be pulled or shredded, to make the base for pulled pork BBQ. Add your favorite BBQ sauce, cover and retherm in steamer for 25 – 35 minutes.

Southern Style Spice Rub

1 cup Lawry's seasoned salt

½ cup onion powder

½ cup garlic powder

¼ cup chili powder

¼ cup fine sugar

Scrambled Eggs

6 cartons thawed scrambled egg blend (64oz carton)
18 oz whirl (or butter alternative)
salt and pepper to taste
6 2-inch solid pans

Place 3oz of Whirl into pans. This should be worked around pan to ensure good coating. Place thawed egg product into pans (1 carton per pan). Place pans into preheated steamer. Set timer for 15 minutes. At this point product is done. It can be removed and served or simply leave in hold mode until ready to serve. Product will not stick to the pan and the Whirl gives it a nice butter flavor. Try using a wire whip to stir the eggs with after cooking. This breaks up the product nicely and gives it the appearance of being cooked on a griddle.

Recipe Variations:

- Experiment by adding different ingredients to your eggs. Each addition is per pan.
- Veggie Scramble #1: Add 4oz each of red onion, green pepper, and red pepper.
- Veggie Scramble #2: Add 6oz each of chopped spinach, sliced mushrooms and diced tomatoes.
- Mexican Scramble: Add 8oz salsa and shredded Colby jack cheese.
- Meat Lovers Scramble: Add 6oz each of crumbled sausage, bacon pieces, and diced ham.
- Italian 3 Cheese Scramble: Add ½ cup Italian seasoning, 1 cup mozzarella, ½ cup parmesan, ½ cup cheddar and top with diced tomatoes.

Stuffed Mexican Shells

- 16 oz jumbo pasta shells
- 1 small can black olives (sliced)
- 2 packages taco seasoning
- 8 oz jar jalapenos
- 24 oz salsa
- 16 oz sour cream
- 3 lb ground chuck
- 2 sliced Roma tomatoes
- 2 cup shredded cheddar cheese

Preheat steamer to cook mode. Fill 2-inch full pan with water, and heat for 10 minutes. Remove pan and add shells. Cook al dente (about 15 minutes), at the same time as the shells, place ground chuck in perforated pan. Cook 15 minutes or until brown. Remove shells and ground chuck. Rinse the shells, and cool while preparing meat mixture. Add a small amount of water to the taco seasoning to moisten. Stir into the ground chuck, along with $\frac{1}{2}$ cup of cheese. Stuff shells with meat mixture, put a layer of salsa in the bottom of a 2-inch full size pan, add the shells in a single layer. Add the remaining salsa on top of the shells. Cook about 15-20 minutes to melt cheese. Top with black olives, tomatoes, sour cream and jalapenos to taste.

Taos Turkey Tacos

Makes 80 portions

- 10 lb turkey roll (pulled apart or shredded in mixer bowl with paddle attachment)
- 80 taco shells or flour tortillas
- 10 oz of taco seasoning mix
- 2 tbsp chili-garlic paste
- 1 large onion chopped

Preheat steamer to cook mode.

In a 4-inch full size hotel pan combine turkey, seasonings and onion. Steam for 25 minutes or until internal temperature is 165°.

Place hard shells in hotel pan and cover with foil or lid. Steam for 12 minutes or until shells are hot.

Spoon 2 oz of turkey mixture into shells and garnish with lettuce, tomato and cheese.

Baked Potatoes

60 baking size potatoes

Preheat steamer to cook mode. Place potatoes in two 4-inch perforated pans. Cook for 50 minutes. You can wrap the potatoes in aluminum foil, and cook for 60 minutes.

Corn Bread Dressing

35 portions

- 12 cup crumbled cornbread
- 8 oz melted butter
- 4 eggs, lightly beaten
- 4 cup chicken, diced, optional
- 2 heaping tbsp dried sage, crumbled
- 3 tsp dried leaf thyme, crumbled
- 2 tsp dried marjoram, crumbled
- 1 tsp dried rosemary, chopped
- 1 tsp freshly ground black pepper
- 6 cup soft bread crumbs
- 4 cup onion, chopped
- 4 cup finely chopped celery
- 6 cup chicken broth
- 2 tsp salt

Preheat steamer to cook mode.

Combine all ingredients into 4-inch deep full size solid pan. Place into preheated steamer set timer for 30 minutes. After cooking stir well and serve.

Cornbread with Sausage, Egg and Cheese

4 packages of cornbread mix (Betty Crocker)
2 lb sausage
16 oz shredded cheddar cheese
18 eggs

Preheat steamer to cook mode. Place thawed sausage spread out in 2-inch perforated pan, then place perforated pan into 4-inch solid pan. Place pans in steamer for 20 minutes to brown sausage.

Mix 2 packages of cornbread mix and pour into greased 4-inch pan. Spread 8oz of cheese on top of the cornbread mix. Place eggs, not used for cornbread mix, into a bowl and break the yolks. Crumble sausage and mix into bowl of eggs. Pour egg and sausage mixture into pan on top of cornbread batter and cheese. Mix 2 more packages of cornbread mix and pour onto egg and sausage mixture. Place into steamer for 25 minutes. Remove pan and place 8oz of shredded cheese as a thin layer on top right away so the cheese will melt. If needed, place back into steamer for 2 minutes to melt the cheese. No need to turn steamer back on—there is plenty of heat still in there. You can place pan back in steamer on hold until ready to serve.

Hard Boiled Eggs

Preheat steamer to cook mode. Place eggs in a 2-inch perforated pan and cook for 15 minutes. As soon as timer sounds, pull out pan and run cold water over eggs. Eggs will be done to perfection with no greying of egg yolks.

Macaroni and Cheese

42 oz cheddar cheese soup
2 cup milk (may use skim)
32 oz uncooked whole grain macaroni
5 oz French fried onions (optional)
2 tbsp vegetable oil

Fill 2-inch solid pan $\frac{2}{3}$ full of water. Meanwhile, combine soup, milk and cheese in 2-inch half pan. Place in steamer. Remove pan of water from steamer, place oil in water and macaroni in 2-inch perforated pan. Place perforated pan out of solid pan to drain macaroni, dump water out of solid pan and place macaroni into the 2-inch solid pan. Pour cheese mixture over macaroni and place into steamer. Steam for 7–12 minutes. Sprinkle onions over macaroni and cheese before, if desired. May be held, do not place onions on until ready to serve.

Mashed Potatoes

4 packages excel potato pearls

Preheat steamer to cook mode.

In 2, 4-inch solid pans, add 2 packages of excel potato pearls. Before you add the potato pearls, you will need to preheat the water. Add water to each pan per instructions on package. Preheat this water for 10 minutes in steamer. Remove pans and add potato pearls. Stir well. Place back into steamer and set timer for 10 minutes. Remove and fluff with a spoon.

Pasta

5 gallons water
1 cup olive oil
whole grain pasta (your choice)
pasta sauce (your choice)

Preheat steamer to cook mode.

In 2, 4-inch solid full pans, add 2½ gallons water to each pan. Add ½ cup olive oil to each pan. Place pans in steamer and preheat. In a 4-inch solid pan add your choice of pasta sauce. In 2, 4-inch perforated pans separate pasta evenly. When the water is preheated, add pasta to the water and place the sauce into the steamer. Set timer for 25-28 minutes. (For thinner pastas such as angel hair, reduce time to 15-18 minutes.) When timer sounds pasta will be “al dente”. Drain pasta by pulling perforated pan out of the solid pan and place each pan of pasta into a 4-inch solid pan. Add ½ of the prepared sauce to each pan of pasta, and you can return pans to the steamer and hold until ready to serve.

Pasta and sauce can be held separately if you prefer.

Brown Rice

This brown rice recipe will make 65-70 servings.

Preheat steamer to cook mode.

5 lb brown rice

3 qts Water

salt to taste.

In a solid 2-inch hotel pan, combine brown rice and water. Place in steamer for 20 minutes. Remove from steamer, and cover tightly. Let stand for 20 minutes. Fluff rice and serve. Rice will have a slight “bite” to it. For a more “sticky” consistency, add an extra quart of water and steam for 25 minutes.

Mexican Rice

Rinsing rice well under cool running water will help keep rice from being sticky.

12 cup brown rice

10 cup of cold water

4 cup stewed tomatoes in juice

4 cup crushed tomatoes in juice

1 large onion cut into small dice

2 tbsp cumin

1 tbsp garlic powder

Preheat steamer to cook mode. Combine rice, water and ingredients in a 2-inch full size pan. Cook in steamer for 35 minutes. When finished fluff with fork.

Rice Pilaf

Rinsing rice well under cool running water will help keep rice from being sticky.

12 cup brown rice

1 gallon chicken stock

1 large onion cut into small dice

4 dry Bay leaves

½ cup finely shredded carrot

Preheat steamer to cook mode. Combine rice, stock and ingredients in a 2-inch full size pan. Cook in steamer for 35 minutes. When finished fluff with fork.

Broccoli

9 lb fresh broccoli

Cut into individual servings and place in 3, 4-inch perforated pan. Place in preheated steamer for 10 minutes.

Note: Most vegetables can be steamed in 10-12 minutes (fresh), or 15-20 minutes (frozen), depending on the texture and doneness you desire.

Creamed Corn

48 oz creamed corn
2½ tbsp margarine
4 tbsp flour

Mix all ingredients together, place in 2-inch full pan. Steam for 25 minutes. When covered, this can be held in steamer for hours.

Glazed Carrots

20 lb fresh short cut carrots
3 lb brown sugar
3 lb butter or margarine

Divide carrots between 2, 4-inch perforated pans. Place into preheated steamer. Place butter and sugar into a 2-inch solid pan. Place into preheated steamer. Set timer for 15 minutes. Check for desired consistency. Carrots should be cooked, yet have a firm bite. Depending upon the sizing of the carrots you may need to cook for an additional 5 minutes. Remove carrots and butter mix from steamer and place carrots into a 4-inch solid pan. Stir butter and brown sugar mixture, add mixture to carrots and stir well. Carrots are now done. Place cover on pan and hold in steam table.

Pinto Beans

20 lb pinto beans
your seasoning
base to thicken the broth (beef, pork, ham)

Quick soak beans for 1 hour. Rinse and place beans into 4, 4-inch full size hotel pans. Cover with broth or water and your seasoning blend. (In seasoning, salt tends to toughen the hull of the bean. It is best to season with salt to taste after cooked.) Place pans of beans into preheated steamer. Cook for 3 hours. You will have perfectly cooked pinto beans ready for whatever recipe you choose to use them.

Italian Pasta Salad

- 2 lb whole grain rotini pasta
- 6 oz diced mild banana peppers
- 1 green pepper diced
- 4 oz pepperoni diced or sliced
- 6 oz mozzarella cheese shredded
- 4 oz diced black olives (green can be substituted)
- 2½ cup Italian dressing
- 1 red pepper diced
- 1 red onion diced
- 4 oz salami diced or sliced
- 3 oz parmesan cheese shredded

Toss all ingredients and chill 2 hours before serving.

*PLEASE REFER TO PASTA RECIPE ON PAGE 20.

Mexican Pasta Salad

- 2 lb whole grain bow tie pasta
- 8 oz Colby jack cheese
- ½ lb ground beef taco meat (chicken can be substituted)
- ½ cup diced green onion
- 2 tbsp ground cumin
- 2 cup salsa (your choice)
- ½ cup diced jalapenos
- ½ cup green peppers
- 1 cup diced fresh cilantro

Toss All ingredients and chill 2 hours before serving.

*PLEASE REFER TO PASTA RECIPE ON PAGE 20.

Blueberry Cobbler

- ½ cup butter, softened
- 1½ cup sugar
- 2 eggs
- 2 tsp vanilla
- 8 tsp cornstarch
- 2 cup flour
- 2 tsp baking soda
- 3 tsp baking powder
- 2 cans blueberry pie filling

In mixing bowl combine all ingredients except blueberry pie filling. Place pie filling in bottom of greased and floured 4-inch half pan. Cover with prepared batter. Cover pan with aluminum foil and seal tightly. Place in steamer for 90 minutes, remove from steamer and test with toothpick for consistency.

Variation: For peach cobbler, substitute 2 large cans of sliced peaches in syrup, combined with 3 tablespoons of flour for the blueberry pie filling.

Pineapple Upside Down Cake

- 2 boxes of yellow cake mix, any brand
- Add all ingredients listed on cake box
- 2–16oz cans of pineapple rings
- ½ cup of butter
- 1 box of light brown sugar (approx. 2 cup)
- 1 large jar of maraschino cherries

Preheat steamer to cook mode. In 2-inch hotel pan place 1 stick of butter and place in steamer until butter is melted. Mix cake mix according to directions in a large mixing bowl and set aside. Retrieve pan from steamer and add brown sugar to butter and mix together until thick syrup is formed, add more butter or brown sugar if necessary. Lay pineapple rings in brown sugar mixture and place one maraschino cherry in the center of each pineapple ring. Pour prepared cake mix over top of the pineapples and cherries. Cook in steamer for as long as the box advises (usually 30–45 minutes). Check towards the end of advised cooking time with toothpick. When toothpick comes out clean the cake is done.

Turn cake quickly out onto a 1-inch hotel pan, and serve when cool to touch.

*If using a 5lb box of Gordon's or Sysco's cake mix, add 5 eggs and $\frac{2}{3}$ cup of oil and reduce water by two-thirds. Cook about 50–55 minutes in a 4-inch full size steam table pan.



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