

Cooking Guide



Introduction

Stellar Steam is pleased to present the Stellar Steam Cooking Guide. This collection of application information, cook times, and recipes for Stellar Steamers will benefit all foodservice operations or service providers.

Since the following collections are working documents, periodic updates will include timely application suggestions for current menu trends or food safety challenges along with recipes.

The following cook times are approximate and have been compiled to assist you in utilizing your Stellar Steamer. Your actual cook times may vary due to normal differences in raw ingredient quality, portion size, production quantity, room temperature, and the condition of product and your steamer at time of preparation. Your personal taste and “desired” degree of doneness will also effect cook times and will require some operator judgment and recipe testing.

Note: Capella heating times will be affected when refilling manually.
Consult factory for more information.

Preheating		
Low Temp (Phase 1)	180°F	9.30 min.
Normal (Phase 2)	212°F	2.45 min.
High Temp (Phase 3)	230°F	10.20 min.



Proper Pan Use and Selection

1. For faster cook times, 2 1/2" deep perforated pans are recommended.
2. It is not necessary and we do not recommend covering most pans of product. When atmospheric steaming, a pan cover can increase the cooking time up to 400%. Items such as frozen casseroles, meat loaf, or sauces should be covered to avoid excess steam condensation. To cover use plastic wrap pressed down to rest on the surface of the product.
3. When cooking with only one pan, place it in the center of the cooker.
4. Use solid pans where appropriate: scrambled eggs, rice, beans, dehydrated foods, prepared casseroles, sauces, cake or other desserts (you can bake a cake in dry atmospheric steam), and when you want to prevent food from dripping on a lower pan.
5. When cooking proteins (meat, poultry or seafood) use a solid catch pan under the perforated pan. Accumulated juices can be used for soup stock, gravy or broth.
6. Protein foods can be cooked in perforated or solid pans. If you are batch-cooking protein foods use perforated pans and place a solid pan on the bottom rail. All the juices will then accumulate in this pan for later use and be kept out of the water reservoir.
7. When steaming pasta, shrimp, or ground meat, nesting a perforated pan in a solid pan works well. Simply lift out the perforated pan to drain.
8. Root vegetables should be steamed in a perforated pan. Always cook potatoes in perforated pans. This allows steam to circulate properly.
9. When possible, cook in two shallow pans instead of one deeper one - it cooks faster and you avoid bruising the product.

Tips and Tricks

1. Eggs can be hard cooked out of the shell and chopped to avoid peeling after cooking.
2. To skin tomatoes, oranges etc. more easily, steam for a short time, then chill in cold water.
3. Stale or frozen bread can be thawed or renewed in your steamer.
4. Pre-cook roasts, especially fat-encrusted roasts, in steam for 1/3 of their cooking time, then place in oven. Juices are sealed in, there is more flavor, more nutrients are retained and the roast shrinks less.
5. Cook whole poultry the same way, only cook it until it is nearly completed and allow just enough time in the oven to finish and brown.

Other Helpful Hints

1. Got a tough cleaning problem with a pot, pan, or utensil? Put it in your steamer to loosen burned on food; it makes washing much easier.
2. Allow adequate spacing between pans for even steam circulation. Your pan rails and the shape of the steamer walls are designed to maximize steam flow. Do not try to load more than the rack is designed for. Maximum capacity loads cook best with perforated pans.
3. Loosely packed pans will cook faster than pans that are tightly packed - steam cooks by contact, so good steam circulation speeds up cooking.
4. Never have the water high enough or a pan low enough to touch water. Allow enough space for steam circulation. Steam has 6 times more energy than boiling water - use the steam to cook.
5. If using 1/2 size or smaller pans on one level, with different products, load the faster cooking items last. This will make unloading easier.
6. In steam cooking, load size has little effect on the cooking time. for the highest efficiency cook with full loads.



U.S. Measurement Equivalents

3 teaspoons = 1 tablespoon
1/2 tablespoon = 1-1/2 teaspoons
1 tablespoon = 3 teaspoons
2 tablespoons = 1 fluid ounce
4 tablespoons = 1/4 cup
5-1/3 tablespoons = 1/3 cup
8 tablespoons = 1/2 cup
8 tablespoons = 4 fluid ounces
10-2/3 tablespoons = 2/3 cup
12 tablespoons = 3/4 cup
16 tablespoons = 1 cup
16 tablespoons = 8 fluid ounces
1/4 cup = 3 tablespoons
1/4 cup = 2 fluid ounces
1/3 cup = 5 tablespoons plus 1 teaspoon
1/2 cup = 8 tablespoons
1 cup = 16 tablespoons
1 cup = 8 fluid ounces
1 cup = 1/2 pint
2 cups = 1 pint
2 pints = 1 quart
4 quarts (liquid) = 1 gallon
8 quarts (dry) = 1 peck
1 kilogram = approximately 2 pounds
1 liter = approximately 4 cups or 1 quart



Vegetables	Fresh / Frozen	# and pan type	Cook time	Wt. / Ct.	Temp. Setting	Prep Tips:
Asparagus	Fresh	1 perf	5 min.	Full Pan	2	
Broccoli	Fresh	1 perf	4 min.	Full Pan	2	Florets
Broccoli	Fresh	1 perf	5-6 min.	Full Pan	2	Spears
Carrots	Fresh	1 perf	4 min.	Full Pan	2	Baby
Green Beans	Fresh	1 perf	5 min.	Full Pan	2	
Yellow Squash	Fresh	1 perf	3-4 min.	Full Pan	2	Slices
Red Potatoes	Fresh	1 perf	30 min.	Full Pan	3	Whole
Russet Potatoes	Fresh	1 perf	45-50 min.	Full Pan	3	
Butternut Squash	Fresh	1 perf	9-10 min.	Full Pan	3	Cubes
Corn on the Cob	Fresh	1 perf	8 min.	Full Pan	2	IQF
Corn on cob	Frozen	1 perf	14 min.	Full Pan	3	Slices
Zucchini	Fresh	1 perf	3-4 min.	Full Pan	2	IQF
Green Beans	Fresh	1 perf	7 min.	Full Pan	2	IQF
Baby Carrots	Fresh	1 perf	5 min.	Full Pan	3	IQF
Corn Nibbles	Frozen	1 perf	5 min.	Full Pan	3	IQF
Spinach	Frozen	1 perf	18-20 min.	3 lbs. Blocks	2	
Mixed Vegetables	Frozen	1 perf	10 min.	Full Pan	2	IQF



