

Panasonic®

SONIC STEAMER

Cookbook



Panasonic **ideas for life**

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How to get the most Steaming out of your new



Your new Panasonic steamer is unique in its ability to accommodate 2 full size 4" deep steam table pans with covers. - Panasonic recommends the use of high temperature "H" style pans and covers. There are several manufacturers (Cambro®, etc) that make pans of this type - Ask your dealer or go to our website at www.panasonic.com/cmo and look at the "Useful Links" area under the Chef Support tab.

A good "Rule Of Thumb" to follow to get you started is "ONE MINUTE PER POUND". - on "Hi" Power, this will bring most foods from refrigerated to 140° or so and rarely over steam. - You can always steam longer - but, once over steamed, you cannot "un-cook".

Following these few simple steps can enhance the quality of food you steam:

1. Always use the freshest, most wholesome ingredients - The old adage "garbage in, garbage out" is true with any cooking method.
2. Where applicable, steam on "Hi" power - steaming quickly saves energy, nutrients and food quality
3. "Slack" or defrost frozen foods before steaming - this will shorten cook times.
4. Follow USDA/FDA guidelines for serving safe food.
5. Rinse fresh vegetables well and leave some water "clinging" to them after rinsing to aid in the steaming process.
6. Frozen vegetables can be rinsed to help start the cooking process.
7. Canned vegetables can have most of the liquid they are packed in discarded - if desired, replace a flavored liquid such as stock, etc. (see "10.")
8. Steam foods covered - this
 - a. Keeps foods moist
 - b. Shorten cook times CONSIDERABLY
 - c. Evens the final temperature across the pan(s)
 - d. Keeps the inside of the oven CLEAN
9. When cooking 2 full pans of thick, dense foods (Lasagna, casseroles etc.) it may be necessary to rotate (top pan to the bottom and bottom pan to the top) mid-way through.
10. With seafood, add a little bit of liquid (water, white wine, stock or a combination) to provide a flavorful moist environment to steam.

There is a whole inventory of recipes that you can download or print for these and all our ovens - Visit our website at www.panasonic.com/cmo and check out the Chef Support area.

Appetizers

B.B.Q. CHICKEN

EQUIPMENT:

1. Sonic Steamer, (NE 3280 or NE2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. 2 full size or 1½ size 4" pans with covers
3. Serving Fork
4. Pastry Brush
5. French Knife

INGREDIENTS:

1. 8 Lbs. chicken legs and or wings for the Sonic Steamer
2. 2 ½ Lbs. chicken legs and or wings for the NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
3. Barbecue Sauce (½ cup per pound of chicken)

PROCEDURE:

1. Brush, or shake in the pan, the chicken to be cooked liberally with sauce.
2. Place chicken in appropriate pans, (4 Lbs. per full pan, 2 ½ Lbs. per ½ pan.)
3. Cover and place in oven.
4. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	12 min.	4 Lbs. (Per pan)
NE-2180	HI	15 min.	4 Lbs. (Per pan)
NE-21521/3	P10	6 min.	2½ Lbs.
NE-17521/3	P10	7 min.	2½ Lbs.
NE-12521/3	P10	9 min.	2½ Lbs.
NE-1056/64	HI	10 min.	2½ Lbs.

5. Remove from oven and let stand for 2 minutes.
6. Serve or refrigerate.

Note: For Chicken 1/8ths increase times 20% to accommodate the increased thickness of the meat if the weight remains the same.

Chef's Tip: Joints take the longest to cook so cut them to facilitate cooking.

B.B.Q. RIBS

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), 21521/3, 17521/3,12521/3 or 1056/64
2. 2 full size or 1 ½ size 4" pans with covers
3. Serving Fork
4. Pastry Brush
5. French Knife

INGREDIENTS:

1. 4 racks Pork ribs, approx. 10 Lbs. for the Sonic Steamer
2. 1 rack Pork ribs, approx. 2 ½ Lbs. for the NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
3. Barbecue Sauce (½ cup per rack of ribs)

PROCEDURE:

1. Brush each rack of ribs to be cooked liberally with sauce.
2. Place Ribs in appropriate pans, (1 per ½ pan, 2 per full pan.
3. Cover and place in oven.
4. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	18:00	2 Racks per pan
NE-2180	HI	25:00	2 Racks per pan
NE-3280	HI	13:00	1 Rack per pan
NE-2180	HI	16:00	1 Rack per pan
NE-3280	HI	8:00	1 Rack
NE-2180	HI	13:00	1 Rack
NE-21521/3	P10	10:00	1 Rack
NE-17521/3	P10	14:00	1 Rack
NE-12521/3	P10	16:00	1 Rack
NE-1056/64	HI	20:00	1 Rack

5. Remove from oven and let stand for 2 minutes.
6. Cut with the French Knife and serve or refrigerate.

Note: For Beef ribs increase time 10% to accommodate the increased thickness of the meat if the weight remains the same

Chef's tip: To facilitate portioning, stand ribs on end and work towards the cutting board.

CLAMS, STEAMERS

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. 2 full size or 1½ size 4" pans with covers and steaming racks
3. Serving spoon

INGREDIENTS:

1. 12 Lbs. Littlenecks or Steamers for the Sonic Steamer
2. 2½ Lbs. Littlenecks or Steamers for the NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
3. Dry Vermouth
4. Red and Green peppers {3/8" dice}
5. Chopped Italian parsley

PROCEDURE:

1. Soak the clams in plenty of cold running water to remove all the sand.
2. Place clams in appropriate pans on top of the Steaming racks,
(6 Lbs. per full pan, 2 ½ Lbs. per ½ pan.)
3. Add vermouth, {½ cup per ½ pan}
4. Cover and place in oven.
5. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	7 min.	6 Lbs. (Per pan)
NE-2180	HI	10 min.	6 Lbs. (Per pan)
NE-21521/3	P10	2½ min.	2½ Lbs.
NE-17521/3	P10	3 min.	2½ Lbs.
NE-12521/3	P10	4 min.	2½ Lbs.
NE-1056/64	HI	5 min.	2½ Lbs.

6. Remove from oven and garnish with equal amounts of the red and green pepper
7. Sprinkle with parsley and serve immediately.

Chef's Tip: After rinsing clams, discard any that have remained open, these are dead and are dangerous if eaten.

MUSSELS

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. 2 full size or 1½ size 4" pans with covers and steaming racks.
3. Serving spoon

INGREDIENTS:

1. 12 Lbs. Fresh Mussels for the Sonic Steamer
2. 2 ½ Lbs. Fresh Mussels for the NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
3. Dry Vermouth
4. Red and Green peppers {3/8" dice}
5. Chopped Italian parsley

PROCEDURE:

1. Soak the Mussels in plenty of cold running water to remove all the sand.
2. De-beard the Mussels
3. Place mussels in appropriate pans on top of the Steaming racks,
(6 Lbs. per full pan, 2½ Lbs. per ½ pan.)
4. Add vermouth, {½ cup per ½ pan}
5. Cover and place in oven.
6. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	7:00	6 Lbs. (Per pan)
NE-2180	HI	10:00	6 Lbs. (Per pan)
NE-21521/3	P10	2:30	2½ Lbs.
NE-17521/3	P10	3:00	2½ Lbs.
NE-12521/3	P10	4:00	2½ Lbs.
NE-1056/64	HI	5:00	2½ Lbs.

7. Remove from oven and garnish with equal amounts of the red and green pepper
8. Sprinkle with parsley and serve immediately.

Chef's Tip: After rinsing and de-bearding mussels, discard any that have remained open, these are dead and are dangerous if eaten.

MUSHROOMS

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. 2 full size or 1½ size 4" pans with covers and
3. Steaming racks.
4. Serving spoon

INGREDIENTS:

1. 4 Lbs. Fresh Mushrooms for the Sonic Steamer
2. 1 Lbs. Fresh Mushrooms for the NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
3. Stuffing, {mushroom trimmings, crabmeat, breadcrumbs etc.}

PROCEDURE:

1. Soak the Mushrooms in plenty of cold running water to remove all the sand.
2. Stuff the Mushrooms
3. Place mushrooms in appropriate pans on top of the steaming racks,
(2 Lbs.. per full pan, 1 Lbs. per ½ pan.)
4. Cover and place in oven.
5. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	4:00	2 Lbs. (Per pan)
NE-2180	HI	6:00	2 Lbs. (Per pan)
NE-21521/3	P10	1:30	1 Lb.
NE-17521/3	P10	1:50	1 Lb.
NE-12521/3	P10	3:00	1 Lb.
NE-1056/64	HI	3:45	1 Lb.

6. Remove from oven and serve immediately.

Chef's Tip: After rinsing, stuff mushrooms using a pastry bag.

SHRIMP

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. 1 full size or 1½ size 2" pans with covers and Steaming racks.
3. Serving spatula
4. Pastry Brush
5. Paring Knife

INGREDIENTS:

1. 3 Lbs. 21-25 count white or similar shrimp for the Sonic Steamer.
2. 1 Lbs. 21-25 count white or similar shrimp for the NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
3. Dry Vermouth
4. Chopped fresh garlic
5. Salt & White pepper to taste
6. Lemon Juice
7. Bay leaf
8. Chopped Italian parsley
9. Sweet butter

PROCEDURE:

1. Peel and de-vein the shrimp reserving the shells for Bisque or stock.
2. Brush the bottoms of the pans with butter
3. Add shrimp to pan
4. Season using ingredients above
5. Cover and place in oven.
6. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	1:30	1½ Lbs. (Per pan)
NE-2180	HI	2:00	1½ Lbs. (Per pan)
NE-21521/3	P10	2:00	1 Lb.
NE-17521/3	P10	3:00	1 Lb.
NE-12521/3	P10	4:00	1 Lb.
NE-1056/64	HI	5:00	1 Lb.

7. Remove from oven and serve immediately.

Note: See shrimp chart in "Fish & Shellfish" section.

Chef's Tip: If desired, omit the garlic and parsley from step 4 of the procedure, cool shrimp in fresh water and reserve for shrimp cocktail or shrimp salad.

SHRIMP

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3 NE-17521/3 NE-12521/3 or NE-1056/64
2. 1 full size or 1½ size 2" pans with covers and Steaming racks.
3. Serving spatula
4. Paring Knife
5. Pastry Brush

INGREDIENTS:

1. One 3 Lbs. 21-25 count white or similar shrimp for the Sonic Steamer
2. 1 Lbs. 21-25 count white or similar shrimp for the NE-21521/3 NE-17521/3 NE-12521/3 NE-1056/64
3. Dry Vermouth
4. Chopped fresh garlic
5. Salt & White pepper, lemon juice, to taste
6. Bay leaf
7. Chopped Italian parsley
8. Sweet butter

PROCEDURE:

1. Peel and de-vein the shrimp reserving the shells for Bisque or stock.
2. Brush the bottoms of the pans with butter
- 3 Add shrimp to the pan.
4. Season using ingredients above
5. Cover and place in oven.
6. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	3:30	3 Lbs. (Per ½pan)
NE-3280	HI	2:30	2 Lbs. (Per½ pan)
NE-2180	HI	4:30	3 Lbs. (Per ½pan)
NE-2180	HI	3:30	2 Lbs. (Per ½pan)
NE-21521/3	P10	2:00	1 Lbs.
NE-21521/3	P10	3:30	2 Lbs.
NE-21521/3	P10	4:00	3 Lbs.
NE-17521/3	P10	3:00	1 Lbs.
NE-17521/3	P10	4:00	2 Lbs.
NE-17521/3	P10	5:00	3 Lbs.
NE-12521/3	P10	4:00	1 Lbs.
NE-12521/3	P10	5:30	2 Lbs.
NE-12521/3	P10	7:30	3 Lbs.
NE-1056/64	HI	5:00	1 Lbs.

Chef's Tip: If desired, omit the garlic and parsley from step 4 of the procedure, cool shrimp in fresh water and reserve for shrimp cocktail or shrimp salad.

MEATBALLS

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. 2 full size or 1½ size 4" pans with covers
3. Serving spoon

INGREDIENTS:

1. 10 Lbs. prepared meatballs @ 1-1½ oz. Each for the Sonic Steamer.
2. 2 ½ Lbs. prepared meatballs for the NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
3. Tomato sauce or Swedish white sauce (½ cup per Lbs. of meatballs)

PROCEDURE:

1. Brush, or shake in the pan, the meatballs to be cooked liberally with sauce.
2. Place meatballs in appropriate pans, (5 Lbs. per full pan, 2½ Lbs. per ½ pan.)
3. Cover and place in oven.
4. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	9:00	5 Lbs. (Per pan)
NE-2180	HI	13:00	5 Lbs. (Per pan)
NE-21521/3	P10	3:45	2½ Lbs.
NE-17521/3	P10	4:30	2½ Lbs.
NE-12521/3	P10	5:45	2½ Lbs.
NE-1056/64	HI	7:00	2½ Lbs.

5. Remove from oven and let stand for 2 minutes.
6. Serve or refrigerate.

Note: For Thicker meatballs, increase times 20% to accommodate the increased thickness of the meat if the weight remains the same.

Chef's Tip: When preparing meatballs, an equal mix of beef, pork and veal make for the best consistency.

Breakfast

BACON

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. 1½ size 2½" pan with cover and rack.
3. Slotted serving spatula
4. Paper toweling

INGREDIENTS:

1. 1 Lb. of "Layer Pac" or Cryo-vac Bacon
2. 3 Lbs. of "Layer Pac" or Cryo-vac Bacon

PROCEDURE:

1. Arrange bacon in pan on Steaming rack.
2. Be sure that strips overlap by ¼", making sure that the fat portion lays over the lean portion this will minimize shrinkage.
3. Cover and place in microwave oven.
4. Times:

<i>MODEL</i>	<i>POWER</i>	<i>CRISPY TIME</i>	<i>COOKED TIME</i>	<i>AMOUNT</i>
NE-3280	HI	13:00	10:00	1½ Lbs. Per Pan
NE-2180	HI	16:30	14:00	1½ Lbs. Per Pan
NE-21521/3	P10	5:15	4:15	1 Lb. Per Pan
NE-17521/3	P10	7:00	6:00	1 Lb. Per Pan
NE-12521/3	P10	10:00	8:30	1 Lb. Per Pan
NE-1056/64	HI	11:45	10:15	1 Lb. Per Pan

5. Remove from bacon pan and transfer to paper toweling to drain.

Chefs' Tip: Place another Steaming rack on top of the bacon to hold it flat. This will make nicer looking finished portions.

EGGS, HARD/SOFT BOILED

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. 2 Full size 4" hotel pans(for Sonic Steamer)with cover(s).
(or 1 ½ size 4" pan for the NE-21521/3, NE-17521/3, NE-12521/3)
3. Slotted serving spoon

INGREDIENTS:

1. 1 dozen Grade "A" Large fresh eggs
2. Water
3. Salt to taste
4. White wine vinegar {optional}

PROCEDURE:

1. Fill pan to be used with 2 ½ " of water.
2. Add 1 Tbs. vinegar to each ½ pan if desired.
3. Add salt to water if desired.
4. Bring water to a boil in the microwave oven.
5. Slip the eggs gently into the now simmering liquid (Sonic Steamer 1 doz.).
(Pro I, or NE-1056/64, ½ doz. per pan)
6. Cover and replace in microwave oven.
7. Times: HARD/SOFT

<i>MODEL</i>	<i>TIME</i>	<i>HARD TIME</i>	<i>SOFT TIME</i>	<i>AMOUNT</i>
NE-3280	MED.	9:00	3:30	1 Dozen Per Pan
NE-2180	MED.	9:00	3:30	1 Dozen Per Pan
NE-21521/3	P5	9:00	3:30	½ Dozen Per Pan
NE-17521/3	P5	9:00	3:30	½ Dozen Per Pan
NE-12521/3	P5	9:00	3:30	½ Dozen Per Pan
NE-1056/64	MED.	9:00	3:30	½ Dozen Per Pan

8. Shock with cold water or serve as needed.

Chefs Tip: The fresher the egg, the easier it is to peel. Press them on to a hard surface and roll.

BREAKFAST BURRITO

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. 2 full size 4" pans with covers
3. Spatula
4. Mixing bowl
5. Wire whip
6. China-cap (optional)

INGREDIENTS:

1. 4 dozen large fresh eggs
2. Butter, margarine or food release spray
3. Salt and white pepper to taste
4. Light cream
5. Soft flour tortillas
6. Jack or Cheddar cheese
7. Salsa

PROCEDURE:

1. Break required amount of eggs into mixing bowl. Add salt and pepper and cream if desired.
2. Whip till whites and yolks are homogeneous.
3. Brush or spray the bottom and sides of the pans lightly with butter, margarine or food release spray.
4. Pour the egg mixture in pans, cover and place in oven.
5. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	3:45*	4 doz.
NE-2180	HI	5:00*	4 doz.
NE-12521/3	P10	2:00*	1 doz.
NE-17521/3	P10	2:30*	1 doz.
NE-21521/3	P10	3:00*	1 doz.
NE-1056/64	HI	3:30*	1 doz.

6. Stir and break up the eggs once each minute to form scrambled
7. Transfer to steam table and use as needed.
8. When done, pour in ½ jar of salsa per dozen eggs {6 oz}
9. Warm soft flour tortillas in the oven {2 seconds per tortilla}.
10. Fill tortillas with 2 heaping tablespoons of egg mixture.
11. Top with shredded cheese and roll to form BREAKFAST BURRITO.

Chefs' Tip: Pass eggs through a china-cap strainer to expedite the mixing process and remove any unwanted shells.

GRITS

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two 4" hotel pans with cover or 1/2 size 4" pans with cover.
3. Serving spoons

INGREDIENTS:

1. 6 Lbs. Grits (for Sonic Steamer)
(or, 1½ Lbs. Grits for NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64)
2. Butter or margarine
3. 12 qt. Hot tap water 120° (for Sonic Steamer, or 4 qt. for Pro I).
4. Salt and pepper to taste.

PROCEDURE:

1. Combine all ingredients in the pans.
2. Stir well.
3. Cover and place in the microwave oven.
4. Times:

<i>MODEL</i>	<i>TIME</i>	<i>POWER</i>	<i>TIME</i>	<i>POWER</i>	<i>AMOUNT</i>
NE-3280	14:00**	HI	15:00	MED	3 Lbs. Per Pan
NE-2180	18:00**	HI	15:00	MED	3 Lbs. Per Pan
NE-21521/3	4:20**	P10	15:00	P5	1½ Lbs. Per Pan
NE-17521/3	5:30**	P10	15:00	P5	1½ Lbs. Per Pan
NE-12521/3	8:30**	P10	15:00	P5	1½ Lbs. Per Pan
NE-1056/64	9:40**	MED	15:00	MED	1½ Lbs. Per Pan

** Note: Cook on HI only until water begins to boil. Reduce to simmer (lower power) for 15:00.

5. Stir occasionally during cooking.

Chefs tip: The more the product is stirred during the cooking process the smoother the final consistency will be.

SAUSAGE, LINKS

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size (Sonic Steamer) or ½ size (PRO I) 4" hotel pan(s) with cover(s).
3. Spatula

INGREDIENTS:

1. 4 Lbs. or 1 Lb. link sausage, frozen.

PROCEDURE:

1. Arrange the frozen links in the bottom of the appropriate pan and cover.
2. Place in oven.
3. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	5:30	2 Lbs. per pan
NE-2180	HI	7:30	2 Lbs. per pan
NE-21521/3	P10	2:30	1 Lb.
NE-17521/3	P10	3:00	1 Lb.
NE-12521/3	P10	4:15	1 Lb.
NE-1056/64	HI	4:45	1 Lb.

4. Transfer to steam table and or serve as needed.

Chefs Tip: To shorten cook time, allow to thaw in the refrigerator in the pans and cut the cook times by ½.

EGGS, POACHED

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover for NE-21521/3, NE-17521/3, NE-12521/3, NE-1056/64).
3. Slotted serving spoon
4. Mixing bowl

INGREDIENTS:

1. ½ or 2 dozen fresh eggs
2. Water
3. Salt to taste
4. White wine vinegar 3 Tbs. per ½ gal water.

PROCEDURE:

1. Fill pans to be used with 1½" of water.
2. Add vinegar to pan.
3. Add salt to pan.
4. Bring water to a boil in the oven.
5. Break eggs into bowl then slip them into the simmering liquid.
6. Cover and place in oven.
7. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	MED.	3:00	1 Doz. Per pan.
NE-2180	MED.	3:00	1 Doz. Per pan.
NE-21521/3	P5	3:00	½ Doz.
NE-17521/3	P5	3:00	½ Doz.
NE-12521/3	P5	3:00	½ Doz.
NE-1056/64	MED.	3:00	½ Doz.

8. Remove eggs from water as needed.

Chefs Tip: Acid is placed into the poaching solution to help the eggs stay together.

SCRAMBLED EGGS

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover for NE-21521/3, NE-17521/3, NE-12521/3, NE-1056/64).
3. Spatula
4. Mixing bowl
5. Wire whip
6. China-cap (optional)

INGREDIENTS:

1. 4 dozen large fresh eggs for the Sonic Steamer
(or 1 doz. for NE-21521/3 NE-17521/3, NE-12521/3, NE-1056/64)
2. Butter, margarine or food release spray
3. Salt and white pepper to taste
4. Light cream

PROCEDURE:

1. Break required amount of eggs into mixing bowl. Add salt and pepper and cream if desired.
2. Whip till whites and yolks are homogeneous.
3. Brush or spray the bottom and sides of the pans lightly with butter, margarine or food release spray.
4. Pour the egg mixture in pans, cover and place in oven.
5. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	4:00*	4 doz.
NE-2180	HI	5:00*	4 doz.
NE-21521/3	P10	2:00*	1 doz.
NE-17521/3	P10	2:30*	1 doz.
NE-12521/3	P10	3:00*	1 doz.
NE-1056/64	HI	3:30*	1 doz.

6. If desired - stir only once during the cooking process and then cut the solid sheet of cooked eggs for sandwiches, biscuits or bagels.
- 6a. Stir and break up the eggs once each minute to form scrambled.
7. Transfer to steam table and use as needed.

Chefs' Tip: Pass eggs through a china-cap strainer to expedite the mixing process and remove any unwanted shells.

SAUSAGE, PATTIES

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover for NE-21521/3, NE-17521/3, NE-12521/3, NE-1056/64).
3. Spatula

INGREDIENTS:

1. 4 Lbs.patty sausage, frozen (for Sonic Steamer).
(or 1 Lb. For the NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64)

PROCEDURE:

1. Arrange the frozen patties in the bottom of the appropriate pan and cover.
2. Place in oven.
3. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	5:30	2 Lbs. per pan
NE-2180	HI	7:00	2 Lbs. per pan
NE-21521/3	P10	2:30	1 Lb.
NE-17521/3	P10	3:00	1 Lb.
NE-12521/3	P10	4:15	1 Lb.
NE-1056/64	HI	4:45	1 Lb.

4. Transfer to steam table and or serve as needed.

Chefs Tip: If there are many broken pieces, or left overs, they can be used to make biscuits and gravy.

OATMEAL

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two 4" hotel pans with cover or ½ size 4" pans with cover.
3. Serving spoons

INGREDIENTS:

1. 4 ea. 18 oz. box of Quaker Oats (for Sonic Steamer,
(One 18 oz. box for Pro I.)
2. Butter or Margarine
3. 8 quarts of warm tap water
4. Salt to taste.

PROCEDURE:

1. Combine all ingredients
2. Stir well.
3. Equally divide mixture between pans.
4. Cover and place in the microwave oven.
5. Times:

<i>MODEL</i>	<i>TIME</i>	<i>POWER</i>	<i>TIME</i>	<i>POWER</i>	<i>AMOUNT</i>
NE-3280	9:00**	HI	5:00	MED	10 Lbs. Per Pan
NE-2180	13:00**	HI	5:00	MED	10 Lbs. Per Pan
NE-21521/3	5:15**	P10	5:00	P5	5 Lbs. Per Pan
NE-17521/3	7:30**	P10	5:00	P5	5 Lbs. Per Pan
NE-12521/3	10:00**	P10	5:00	P5	5 Lbs. Per Pan
NE-1056/64	11:45**		5:00	MED	5 Lbs. Per Pan

** Note: Cook on HI only until water begins to boil. Then reduce to simmer, low power for 5:00.

5. Stir occasionally during cooking.
6. Hold for service or serve immediately.

Chefs tip: The more the product is stirred during the cooking process the smoother (“creamier”) the final consistency will be.

Vegetables

CANNED

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover for NE-21521/3, NE-17521/3, NE-12521/3, NE-1056/64).
3. Serving spoons

INGREDIENTS:

1. 4 ea. # 10 cans of vegetables for the 3280 or 2180.
2. 1 ea. # 10 can of vegetables for the NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
3. Salt and Pepper to taste
4. Butter or Margarine to taste

PROCEDURE:

1. Open cans and drain liquid from vegetables.
2. Transfer vegetables to pans the equivalent of 1# 10 can
3. To each ½ pan
4. Season with salt, pepper and butter or margarine if desired.
5. Cover and replace in the microwave oven.
6. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	18:00	12 Lbs. (Per pan)
NE-2180	HI	22:00	12 Lbs. (Per pan)
NE-21521/3	P10	05:00	6 Lbs.
NE-17521/3	P10	07:00	6 Lbs.
NE-12521/3	P10	10:00	6 Lbs.
NE-1056/64	HI	11:00	6 Lbs.

7. Transfer to steam table or serve immediately

Chef's Tip: Stir the vegetables halfway through the cooking process or, in the case of the Sonic Steamer, rotate the pans from top to bottom and vice-versa.

ASPARAGUS, FROZEN

EQUIPMENT:

1. Sonic Steamer, NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover and steaming rack for NE-21521/3, NE-17521/3, NE-12521/3, NE-1056/64).
3. Serving Tongs

INGREDIENTS:

1. 6 Lbs. frozen asparagus for the 3280/2180 or,
2. 2½ Lbs. frozen asparagus for the NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
3. Salt and Pepper to taste
4. Butter or Margarine to taste

PROCEDURE:

1. Open boxes of frozen asparagus.
2. Arrange in pans on top of Steaming rack.
3. For the Sonic Steamer, allow 3 Lbs. per pan,
for the NE-21521/3, NE-17521/3, NE-12521/3 or the NE-1056/64, allow 2½ Lbs. per pan.
4. Season with Salt, Pepper and Butter or Margarine if desired.
5. Cover and replace in the microwave oven.
6. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	08:00	3 Lbs. (Per pan)
NE-2180	HI	12:00	3 Lbs. (Per pan)
NE-21521/3	P10	06:15	2½ Lbs.
NE-17521/3	P10	07:30	2½ Lbs.
NE-12521/3	P10	09:30	2½ Lbs.
NE-1056/64	HI	11:15	2½ Lbs.

7. Serve as needed.

Chef's Tip: Asparagus, like most frozen foods have been blanched before freezing so heat only to serving temperature and to finish the cooking process.

GREEN BEANS, FROZEN

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3 1056/64).
3. Serving Tongs

INGREDIENTS:

1. 6 Lbs. frozen green beans for the Sonic Steamer.
2. 2½ Lbs. frozen green beans for the 21521/3, 17521/3, 12521/3, or the 1056/64
3. Salt and Pepper to taste
4. Butter or Margarine to taste

PROCEDURE:

1. Open boxes of frozen green beans.
2. Arrange in pans on top of Steaming rack.
3. For the Sonic Steamer, allow 3 Lbs. per pan, for the Pro I, allow 2½ Lbs. per pan.
4. Season with Salt, Pepper and Butter or Margarine if desired.
5. Cover and replace in the microwave oven.
6. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	08:00	3 Lbs. (Per pan)
NE-2180	HI	12:00	3 Lbs. (Per pan)
NE-21521/3	P10	06:15	2½ Lbs.
NE-17521/3	P10	07:30	2½ Lbs.
NE-12521/3	P10	09:30	2½ Lbs.
NE-1056/64	HI	11:15	2½ Lbs.

7. Serve as needed.

Chef's tip: Green beans, like most frozen foods have been blanched before freezing so heat only to serving temperature and to finish the cooking process.

CORN, FROZEN

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or 1/2 size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3, 1056/64).
3. Serving Tongs

INGREDIENTS:

1. 6 Lbs. frozen nibblet corn for the Sonic Steamer.
2. 2 1/2 Lbs. frozen nibblet corn for the NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
3. Salt and Pepper to taste
4. Butter or Margarine to taste

PROCEDURE:

1. Open boxes of frozen nibblet corn.
2. Arrange in pans on top of Steaming rack.
3. For the Sonic Steamer, allow 3 Lbs. per pan, for the Pro I allow 2 1/2 Lbs. per pan.
4. Season with salt, pepper and butter or margarine if desired.
5. Cover and replace in the microwave oven.
6. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	08:00	3 Lbs. (Per pan)
NE-2180	HI	12:00	3 Lbs. (Per pan)
NE-21521/3	P10	06:15	2 1/2 Lbs.
NE-17521/3	P10	07:30	2 1/2 Lbs.
NE-12521/3	P10	09:30	2 1/2 Lbs.
NE-1056/64	HI	11:15	2 1/2 Lbs.

7. Serve as needed.

Chefs tip: Nibblet corn, like most frozen foods have been blanched before freezing so we heat only to serving temperature and to finish the cooking process.

FROZEN CORN COB-ETTES

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3 1056/64).
3. Serving Tongs

INGREDIENTS:

1. 6 Lbs. Frozen Corn Cob-ettes for the full size pan{s}.
2. 2 Lbs. Frozen Corn Cob-ettes for ½ size pan.
3. Salt and pepper to taste
4. Butter or margarine to taste

PROCEDURE:

1. Trim frozen Corn Cob-ettes of any dark or spoiled ends to enhance appearance
2. Arrange in pans on top of steaming rack.
3. Allow 2-3 Lbs. per pan.
4. Season with salt, pepper and butter or margarine if desired.
5. Cover and place in the microwave oven.
6. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME BLANCH</i>	<i>AMOUNT</i>
NE-3280	HI	03:30	2 Lbs.
NE-2180	HI	04:30	2 Lbs.
NE-3280	HI	08:00	3 Lbs. (Per pan)
NE-2180	HI	12:00	3 Lbs. (Per pan)
NE-21521/3	P10	06:15	2½ Lbs.
NE-17521/3	P10	07:30	2½ Lbs.
NE-12521/3	P10	09:30	2½ Lbs.
NE-1056/64	HI	11:15	2½ Lbs.

7. Shock with cold water or serve as needed.

NOTE - An alternate "wet" method would be to cover the cob-ettes with 190° "bunn" water and heat on MED or P5 for 10 min.

Chefs tip: Corn like most frozen foods have been blanched before freezing so we heat only to serving temperature and to finish the cooking process.

CAULIFLOWER, FROZEN

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3 1056/64).
3. Serving tongs

INGREDIENTS:

1. 6 Lbs. frozen cauliflower for the Sonic Steamer.
2. 2½ Lbs. frozen cauliflower for the NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
3. Salt and pepper to taste
4. Butter or margarine to taste

PROCEDURE:

1. Open boxes of frozen cauliflower.
2. Arrange in pans on top of steaming rack.
3. Allow 3 Lbs. per full-pan, or 2½ Lbs. per ½-pan.
4. Season with salt, pepper and butter or margarine if desired.
5. Cover and replace in the microwave oven.
6. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	08:00	3 Lbs. (Per pan)
NE-2180	HI	12:00	3 Lbs. (Per pan)
NE-21521/3	P10	06:00	2½ Lbs.
NE-17521/3	P10	07:30	2½ Lbs.
NE-12521/3	P10	09:30	2½ Lbs.
NE-1056/64	HI	11:00	2½ Lbs.

7. Serve as needed.

Chef's Tip: Cauliflower like most frozen foods has been blanched before freezing so we heat only to serving temperature and to finish the cooking process.

CARROTS, FROZEN

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3, 1056/64).
3. Serving spoon

INGREDIENTS:

1. Sonic Steamer NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size (Sonic Steamer) or ½ size (PRO I) 4" hotel pan(s) with cover(s).
3. Salt and Pepper to taste
4. Butter or Margarine to taste

PROCEDURE:

1. Open boxes of frozen carrots.
2. Arrange in pans on top of Steaming rack.
3. Allow 2-3 Lbs. per pan.
4. Season with salt, pepper and butter or margarine if desired.
5. Cover and replace in the microwave oven.
6. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	08:00	3 Lbs. (Per pan)
NE-2180	HI	12:00	3 Lbs. (Per pan)
NE-21521/3	P10	06:15	2½ Lbs.
NE-17521/3	P10	07:30	2½ Lbs.
NE-12521/3	P10	09:30	2½ Lbs.
NE-1056/64	HI	11:15	2½ Lbs.

7. Serve as needed.

Chef's tip: Carrots, like most frozen foods have been blanched before freezing so we heat only to serving temperature and to finish the cooking process.

ARTICHOKES, FRESH

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or 1/2 size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3, 1056/64).
3. Serving Tongs

INGREDIENTS:

1. Up to 24 fresh Artichokes for the Sonic Steamer.
2. Up to 6 fresh Artichokes for the Pro I
3. Salt and pepper to taste
4. Butter or margarine to taste
5. Bread crumbs
6. White wine

PROCEDURE:

1. Trim fresh Artichoke tops and bottoms.
2. Rinse fresh Artichokes under cold water.
3. Season tops with ingredients 3-6 from above.
4. Arrange in pans on top of Steaming rack.
5. For the Sonic Steamer allow up to 12 per pan, for the Pro I Allow 6.
6. Cover and place in the microwave oven.
7. Times: TO COOK

<i>MODEL</i>		<i>AMOUNT / TIME</i>					
		<i>1 each</i>	<i>2 each</i>	<i>4 each</i>	<i>6 each</i>	<i>12 each</i>	<i>24 each</i>
NE-3280	HI	1:00	1:30	1:45	2:30	5:00	8:00
NE-2180	HI	1:40	2:00	2:30	3:30	6:00	12:00
NE-21521/3	P10	2:10	2:45	3:30	4:30	N/A	N/A
NE-17521/3	P10	2:30	3:10	4:00	5:30	N/A	N/A
NE-12521/3	P10	2:25	3:35	5:00	7:00	N/A	N/A
NE-1056/64	HI	3:00	5:00	6:00	8:30	N/A	N/A

8. Serve as needed.

Chefs tip: Once the vegetables are removed from the oven they should be allowed to stand with the lid closed to finish steaming.

SPINACH, FRESH

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3 1056/64).
3. Serving Tongs

INGREDIENTS:

1. 3 Lbs. fresh spinach for the Sonic Steamer
2. 1 Lb. fresh Spinach for the 21521/3, 17521/3, 12521/3
3. Salt and Pepper to taste
4. Butter or Margarine to taste

PROCEDURE:

1. Trim fresh spinach of stems.
2. Rinse fresh spinach under plenty of cold water.
3. Arrange in pans on top of Steaming rack.
4. For the Sonic Steamer, allow 1½ Lbs. per pan, for the Pro I allow 1Lb. per pan.
5. Season with salt, pepper and butter or margarine if desired.
6. Cover and replace in the microwave oven.
7. Times:

<i>MODEL</i>	<i>POWER</i>	<i>Cook/ Blanch</i>		<i>AMOUNT</i>
NE-3280	HI	2:30	2:00	1½ Lbs. (Per pan)
NE-2180	HI	4:00	3:15	1½ Lbs. (Per pan)
NE-21521/3	P10	1:00	0:45	1 Lb.
NE-17521/3	P10	1:30	1:00	1 Lb.
NE-12521/3	P10	2:20	2:00	1 Lb.
NE-1056/64	HI	2:50	2:15	1 Lb.

8. Shock with cold water or serve as needed.

Chefs tip: Rinse in tall pot or clean sink filled with water, pull the spinach from the water, leaving the sand and grit behind. Repeat this step until the water remaining is without sand.

MUSHROOMS

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or 1/2 size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3 1056/64).
3. Serving Tongs

INGREDIENTS:

1. 4 Lbs. Fresh Mushrooms for Sonic Steamer.
2. 1 Lb. Fresh Mushrooms for Pro I
3. Stuffing, {mushroom trimmings, crabmeat, breadcrumbs etc.}

PROCEDURE:

1. Soak the Mushrooms in plenty of cold running water to remove all the sand.
2. Stuff the Mushrooms
3. Place mushrooms on top of the Steaming racks,
(For the Sonic Steamer, allow 2 Lbs. per pan, for the Pro I allow 1 Lb. per pan.)
4. Cover and place in oven.
5. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	4:30	2 Lbs. (Per pan)
NE-2180	HI	6:00	2 Lbs. (Per pan)
NE-21521/3	P10	1:30	1 Lb.
NE-17521/3	P10	1:50	1 Lb.
NE-12521/3	P10	3:00	1 Lb.
NE-1056/64	HI	3:45	1 Lb.

6. Remove from oven and serve immediately.

Chefs Tip: After rinsing, stuff mushrooms with a pastry bag fitted with a star tip to heighten their appearance.

GREEN BEANS, FRESH

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3 1056/64).
3. Serving Tongs

INGREDIENTS:

1. 6 Lbs. fresh Green Beans for the Sonic Steamer
2. 2½ Lbs. fresh Green Beans for the Pro I
3. Salt and Pepper to taste
4. Butter or Margarine to taste

PROCEDURE:

1. Trim fresh Green Beans.
2. Rinse fresh Green Beans under cold water.
3. Arrange in pans on top of Steaming rack.
4. For the Sonic Steamer, allow 3 Lbs. per pan, for the Pro I allow 2½ Lbs. per pan.
5. Season with salt, pepper and butter or margarine if desired.
6. Cover and replace in the microwave oven.
7. Times:

<i>MODEL</i>	<i>POWER</i>	<i>Cook / Blanch</i>	<i>AMOUNT</i>
NE-3280	HI	8:00 6:00	3 Lbs. (Per pan)
NE-2180	HI	10:00 9:00	3 Lbs. (Per pan)
NE-21521/3	P10	5:45 4:45	2½ Lbs.
NE-17521/3	P10	7:15 6:00	2½ Lbs.
NE-12521/3	P10	8:30 7:00	2½ Lbs.
NE-1056/64	HI	10:00 8:15	2½ Lbs.

8. Shock with cold water or serve as needed.

Chefs tip: Select smaller beans, the larger they are, the tougher they will be, also avoid those beans that are lumpy (each pea bulging in the pod) they are generally fibrous.

CORN, FRESH

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3 1056/64).
3. Serving Tongs

INGREDIENTS:

1. 6 Lbs. fresh Corn per full pan.
2. 2½ Lbs. fresh Corn for ½ size pan.
3. Salt and Pepper to taste
4. Butter or Margarine to taste

PROCEDURE:

1. Separate and trim fresh Corn.
2. Rinse fresh Corn under cold water.
3. Arrange in pans on top of Steaming rack.
4. For the Sonic Steamer, allow 3 Lbs. per pan, for the Pro I allow 2½ Lbs. per pan.
5. Season with salt, pepper and butter or margarine if desired.
6. Cover and replace in the microwave oven.
7. Times:

<i>MODEL</i>	<i>POWER</i>	<i>Cook/ Blanch</i>		<i>AMOUNT</i>
NE-3280	HI	6:00	5:00	3 Lbs. (Per pan)
NE-2180	HI	8:00	7:00	3 Lbs. (Per pan)
NE-21521/3	P10	5:15	4:45	2½ Lbs.
NE-17521/3	P10	6:30	5:45	2½ Lbs.
NE-12521/3	P10	8:30	7:00	2½ Lbs.
NE-1056/64	HI	9:45	8:00	2½ Lbs.

8. Shock with cold water or serve as needed.

Chef's tip: Eat corn as close to the time it was picked/ purchased for ideal flavor.

CHINESE STYLE VEGETABLES

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or 1/2 size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3 1056/64).
3. Serving Tongs
4. Measuring vessels
5. Scale or balance

INGREDIENTS:

1. 32 oz. hot tap water {120°F.}
2. 2 Lbs. refrigerated cut mixed vegetables
3. 2 oz. corn or potato starch
4. 12 oz. cool tap water
5. 2 oz. powdered chicken base

PROCEDURE:

1. Weigh and scale all ingredients.
2. Place 32 oz. hot tap water in the 1/2 size pan and cover.
3. Heat on high until water begins to boil
4. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	2:00	1 qt.
NE-2180	HI	3:30	1 qt.
NE-21521/3	P10	3:30	1 qt.
NE-17521/3	P10	6:00	1 qt.
NE-12521/3	P10	7:00	1 qt.
NE-1056/64	HI	7:30	1 qt.

5. Remove from oven and stir in vegetables.

Chef's tip: The remainder of the recipe is on the next page. Chinese style vegetables: Cont'...

6. Return to oven covered and heat until mixture returns to the boil.

7. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	3:00	4 Lbs.
NE-2180	HI	4:00	4 Lbs.
NE-21521/3	P10	4:00	4 Lbs.
NE-17521/3	P10	4:45	4 Lbs.
NE-12521/3	P10	7:00	4 Lbs.
NE-1056/64	HI	7:30	4 Lbs.

8. While heating prepare starch slurry with the water.

9. Remove from oven, add slurry and chicken base to veggies and stir.

10. Transfer to holding area.

Chefs Tip: Vary the amount of starch to adjust the consistency of the sauce.

CARROTS, FRESH

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or 1/2 size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3 1056/64).
3. Serving Tongs

INGREDIENTS:

1. 10 Lbs. fresh Carrots for the Sonic Steamer
2. 2½ Lbs. fresh Carrots for the Pro I
3. Salt and Pepper to taste
4. Butter or Margarine to taste

PROCEDURE:

1. Trim peel and slice fresh Carrots.
2. Rinse fresh Carrots under cold water.
3. Arrange in pans on top of Steaming rack.
4. For the Sonic Steamer, allow 3 Lbs. per pan, for the Pro I allow 2½ Lbs. per pan.
5. Season with salt, pepper and butter or margarine if desired.
6. Cover and replace in the microwave oven.
7. Times:

<i>MODEL</i>	<i>POWER</i>	<i>Cook/ Blanch</i>		<i>AMOUNT</i>
NE-3280	HI	6:00	5:00	3 Lbs. (Per pan)
NE-2180	HI	9:00	8:00	3 Lbs. (Per pan)
NE-21521/3	P10	4:30	3:30	2½ Lbs.
NE-17521/3	P10	6:00	4:30	2½ Lbs.
NE-12521/3	P10	8:00	6:30	2½ Lbs.
NE-1056/64	HI	9:30	7:30	2½ Lbs.

For larger quantities:

<i>MODEL</i>	<i>POWER</i>	<i>Cook/ Blanch</i>		<i>AMOUNT</i>
NE-3280	HI	11:00	7:30	5 Lbs. (Per pan)
NE-2180	HI	15:00	10:00	5 Lbs. (Per pan)

About half way through, rotate top to bottom, and vice-versa.

8. Shock with cold water or serve as needed.

Chefs tip: The red-orange color in carrots (carotinoids) is fat soluble so a nice yellow glaze can be made by adding the margarine or butter, orange juice and some sugar.

CABBAGE, FRESH

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or 1/2 size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3 1056/64).
3. Serving Tongs

INGREDIENTS:

1. 4 Lbs. fresh Cabbage for the full size pan(s).
2. 2 Lbs. fresh Cabbage for 1/2 size pan.
3. Salt and Pepper to taste
4. Butter or Margarine to taste

PROCEDURE:

1. Trim fresh Cabbage of outer leaves.
2. Peel lower half of fresh Cabbage and remove "woody" core.
3. Slice into 16 thin wedges per head and rinse Cabbage under cold water.
4. Arrange in pans on top of Steaming rack.
5. Allow 2 Lbs. per pan.
6. Season with salt, pepper and butter or margarine if desired.
7. Cover and place in the microwave oven.
8. Times:

<i>MODEL</i>	<i>POWER</i>	<i>Cook / Blanch</i>		<i>AMOUNT</i>
NE-3280	HI	6:00	5:00	2 Lbs. (Per pan)
NE-2180	HI	9:00	7:00	2 Lbs. (Per pan)
NE-21521/3	P10	4:30	6:30	2 Lbs.
NE-17521/3	P10	6:00	4:30	2 Lbs.
NE-12521/3	P10	8:30	5:30	2 Lbs.
NE-1056/64	HI	9:30	6:30	2 Lbs.

- 9 Shock with cold water or serve as needed.

Chefs tip: When preparing cabbage, it is best to omit salt until just before service. This reduces the loss of water, giving you more yield. Also, use the outer leaves to cover the top. This helps in steaming.

BRUSSELS SPROUTS, FRESH

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3, 1056/64).
3. Serving Tongs

INGREDIENTS:

1. 6 Lbs. fresh Brussels sprouts for The Sonic Steamer
2. 2½ Lbs. fresh Brussels sprouts for the Pro I.
3. Salt and Pepper to taste
4. Butter or Margarine to taste

PROCEDURE:

1. Trim fresh Brussels sprouts.
2. With a paring knife, cut an "X" in the stem end of the vegetable.
(this is to facilitate cooking of the dense core.)
3. Rinse fresh Brussels sprouts under cold water.
4. Arrange in pans on top of Steaming rack.
5. For the Sonic Steamer, allow 3 Lbs. per pan, for the Pro I allow 2½ Lbs. per pan.
6. Season with salt, pepper and butter or margarine if desired.
7. Cover and replace in the microwave oven.
8. Times:

<i>MODEL</i>	<i>POWER</i>	<i>Cook / Blanch</i>		<i>AMOUNT</i>
NE-3280	HI	5:00	4:00	3 Lbs. (Per pan)
NE-2180	HI	7:00	6:00	3 Lbs. (Per pan)
NE-21521/3	P10	3:30	2:30	2½ Lbs.
NE-17521/3	P10	5:15	3:00	2½ Lbs.
NE-12521/3	P10	6:30	5:00	2½ Lbs.
NE-1056/64	HI	7:15	5:30	2½ Lbs.

- 9 Shock with cold water or serve as needed.

Chefs tip: Adding a bit of baking soda in the rinse water will help maintain a brilliant green color.

BROCCOLI, FRESH

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or 1/2 size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3, 1056/64).
3. Serving Tongs

INGREDIENTS:

1. 6 Lbs. fresh Broccoli spears or fleurettes for the Sonic Steamer
2. 1/2 Lbs. fresh Broccoli spears or fleurettes for the Pro I
3. Salt and Pepper to taste
4. Butter or Margarine to taste

PROCEDURE:

1. Trim fresh Broccoli to 5"-6" in length.
2. Trim lower half of fresh Broccoli to remove any leaves.
3. Rinse fresh Broccoli under cold water.
4. Arrange in pans on top of Steaming rack.
5. For the Sonic Steamer, allow 3 Lbs. per pan, for the Pro I allow 2 1/2 Lbs. per pan.
6. Season with salt, pepper and butter or margarine if desired.
7. Cover and replace in the microwave oven.
8. Times:

<i>MODEL</i>	<i>POWER</i>	<i>Cook / Blanch</i>		<i>AMOUNT</i>
NE-3280	HI	4:30	3:45	3 Lbs. (Per pan)
NE-2180	HI	7:00	6:00	3 Lbs. (Per pan)
NE-21521/3	P10	3:30	2:30	2 1/2 Lbs.
NE-17521/3	P10	4:15	3:00	2 1/2 Lbs.
NE-12521/3	P10	6:15	5:00	2 1/2 Lbs.
NE-1056/64	HI	7:15	5:30	2 1/2 Lbs.

9. Shock with cold water or serve as needed.

Chef's Tip: Arrange the fleurettes "up" and oriented in one direction for best eye appeal.

ASPARAGUS, FRESH

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3, 1056/64).
3. Serving Tongs

INGREDIENTS:

1. 6 Lbs. fresh asparagus spears for the Sonic Steamer
2. 2½ Lbs. fresh asparagus spears for the Pro I
3. Salt and Pepper to taste
4. Butter or Margarine to taste

PROCEDURE:

1. Trim fresh asparagus to 5"-6" in length.
2. Peel lower half of fresh asparagus to remove "woody" exterior.
3. Rinse fresh asparagus under cold water.
4. Arrange in pans on top of Steaming rack.
5. For the Sonic Steamer, allow 3 Lbs. per pan, for the Pro I allow 2½ Lbs. per pan.
6. Season with salt, pepper and butter or margarine if desired.
7. Cover and replace in the microwave oven.
8. Times:

<i>MODEL</i>	<i>POWER</i>	<i>Cook / Blanch</i>		<i>AMOUNT</i>
NE-3280	HI	4:15	3:15	3 Lbs. (Per pan)
NE-2180	HI	6:00	5:00	3 Lbs. (Per pan)
NE-21521/3	P10	3:30	2:15	2½ Lbs.
NE-17521/3	P10	3:45	3:00	2½ Lbs.
NE-12521/3	P10	5:00	4:00	2½ Lbs.
NE-1056/64	HI	6:00	4:45	2½ Lbs.

9. Shock with cold water or serve as needed.

Chefs tip: Asparagus are best in the spring time. Peel the shafts to remove "woody" or tough outside material and to make them mouth-wateringly tender.

SPRING VEGETABLE MEDLEY, FRESH

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3 1056/64).
3. Serving Tongs

INGREDIENTS:

1. 6 Lbs. fresh garden vegetables for the Sonic Steamer
2. 2½ Lbs. fresh garden vegetables for the Pro I
3. Salt and Pepper to taste
4. Butter or Margarine to taste

PROCEDURE:

1. Rinse fresh vegetables under cold water.
2. Trim away any damaged or bruised spots
3. Cut the vegetables into uniform sizes.
4. Arrange in pans on top of Steaming rack.
5. For the Sonic Steamer, allow 3 Lbs. per pan, for the Pro I allow 2½ Lbs. per pan.
6. Season with salt, pepper and butter or margarine if desired.
7. Cover and replace in the microwave oven.
8. Times:

<i>MODEL</i>	<i>POWER</i>	<i>Cook / Blanch</i>		<i>AMOUNT</i>
NE-3280	HI	4:30	3:30	3 Lbs. (Per pan)
NE-2180	HI	7:00	6:00	3 Lbs. (Per pan)
NE-21521/3	P10	3:30	2:30	2½ Lbs.
NE-17521/3	P10	4:15	3:00	2½ Lbs.
NE-12521/3	P10	6:15	5:00	2½ Lbs.
NE-1056/64	HI	7:15	6:00	2½ Lbs.

9. Shock with cold water or serve as needed.

Chefs tip: The trim of vegetables is often thrown out. You can use this for stocks or soups.

CAULIFLOWER, FRESH

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3, 1056/64).
3. Serving Tongs

INGREDIENTS:

1. 6 Lbs. fresh Cauliflower for the Sonic Steamer
2. 2½ Lbs. fresh Cauliflower for the Pro I
3. Salt and Pepper to taste
4. Butter or Margarine to taste

PROCEDURE:

1. Separate and trim fresh Cauliflower.
2. Rinse fresh Cauliflower under cold water.
3. Arrange in pans on top of Steaming rack.
4. For the Sonic Steamer, allow 3 Lbs. per pan, for the Pro I allow 2½ Lbs. per pan.
5. Season with salt, pepper and butter or margarine if desired.
6. Cover and replace in the microwave oven.
7. Times:

<i>MODEL</i>	<i>POWER</i>	<i>Cook / Blanch</i>	<i>AMOUNT</i>
NE-3280	HI	7:00 5:30	3 Lbs. (Per pan)
NE-2180	HI	9:00 8:00	3 Lbs. (Per pan)
NE-21521/3	P10	5:30 4:00	2½ Lbs.
NE-17521/3	P10	6:30 5:00	2½ Lbs.
NE-12521/3	P10	9:00 7:00	2½ Lbs.
NE-1056/64	HI	10:30 8:00	2½ Lbs.

8. Shock with cold water or serve as needed.

Chef's tip: To maintain the white color of cauliflower, you can cook it in a blanc, or in an acidic medium, i.e.. Lemon juice. It is also wise not to cook a whole head of cauliflower. The stem will take longer to cook than the flowers -so trim.

Grains, Rice, Pasta

GRITS

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two 4" hotel pans with cover or ½ size 4" pans with cover.
3. Serving spoons

INGREDIENTS:

1. ½ Lb. Grits (for Sonic Steamer or 1½ Lbs. Grits for Pro I)
2. Butter or Margarine
3. 12 qt. Hot tap water120° (for Sonic Steamer or 4 qt. for Pro I).
4. Salt and pepper to taste.

PROCEDURE:

1. Combine all ingredients in the pans.
2. Stir well.
3. Cover and place in the microwave oven.
4. Times:

<i>MODEL</i>	<i>TIME</i>	<i>POWER</i>	<i>TIME</i>	<i>POWER</i>	<i>AMOUNT</i>
NE-3280	15:00**	HI	15:00	MED	2½ Lbs. Per Pan
NE-2180	20:00**	HI	15:00	MED	2½ Lbs. Per Pan
NE-21521/3	4:20**	P10	15:00	P5	1½ Lbs. Per Pan
NE-17521/3	5:30**	P10	15:00	P5	1½ Lbs. Per Pan
NE-12521/3	8:30**	P10	15:00	P5	1½ Lbs. Per Pan
NE-1056/64	9:40**	HI	15:00	MED	1½ Lbs. Per Pan

5. Stir occasionally during cooking.

** Note: Cook on P10 only until water begins to boil. Reduce to simmer (P5) for 15:00.

Chefs tip: The more the product is stirred during the cooking process the smoother or “creamier” the final consistency will be.

CONVERTED RICE: LARGE VOLUME

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Full size (Sonic Steamer) or ½ size (PRO I) 4" hotel pan(s) with cover(s).
3. Serving spoons

INGREDIENTS:

1. 7 Lbs. Converted Rice for the Sonic Steamer.
2. 3 Lbs. Converted Rice for the NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
3. Butter or Margarine
4. 7 quarts of HOT (120°F) water or well seasoned stock for Sonic Steamer
5. 3 quarts of HOT (120°F) water or well seasoned stock for Pro I
6. Salt and pepper to taste if using water

PROCEDURE:

1. Combine all ingredients in the pans.
2. Stir well.
3. Cover and place in the microwave oven.
4. Times:

	<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
For double quantity, allow double time on HI to allow water to boil.	NE-3280	HI	12:00	MED	20:00	21 Lbs. (Per pan)
	NE-2180	HI	14:00	MED	20:00	21 Lbs. (Per pan)
	NE-21521/3	HI	6:00	P5	20:00	9 Lbs.
	NE-17521/3	HI	7:30	P5	20:00	9 Lbs.
	NE-12521/3	HI	9:30	P5	20:00	9 Lbs.
	NE-1056/64	HI	11:30	MED	20:00	9 Lbs.

5. Hold for service or serve immediately.

* Note: Cook on HI/P10 only until water begins to boil the reduce to simmer on the lower power for 20:00.

* ALSO: If using WARM water or chicken stock, reduce the time on HI/P10 accordingly.

*Chefs tip: Rice should be seasoned **before** cooking to enhance flavor I.E.: Cajun seasoning Etc.*

OATMEAL

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two 4" hotel pans with cover or 1/2 size 4" pans with cover.
3. Serving spoons

INGREDIENTS:

1. Four ea. 18 oz. box of Quaker Oats (for Sonic Steamer),
(One 18 oz. box for Pro I.)
2. Butter or Margarine
3. 8 quarts of warm tap water
4. Salt to taste.

PROCEDURE:

1. Combine all ingredients
2. Stir well.
3. Equally divide mixture between pans.
4. Cover and place in the microwave oven.
5. Times:

<i>MODEL</i>	<i>TIME</i>	<i>POWER</i>	<i>TIME</i>	<i>POWER</i>	<i>AMOUNT</i>
NE-3280	9:00**	HI	5:00	MED	10 Lbs. Per Pan
NE-2180	13:00**	HI	5:00	MED	10 Lbs. Per Pan
NE-21521/3	5:15**	P10	5:00	P5	5 Lbs. Per Pan
NE-17521/3	7:30**	P10	5:00	P5	5 Lbs. Per Pan
NE-12521/3	10:00**	P10	5:00	P5	5 Lbs. Per Pan
NE-1056/64	11:45**	HI	5:00	MED	5 Lbs. Per Pan

** Note: Cook on HI/P10 only until water begins to boil. Then reduce to simmer, MED/P5 power for 5:00.

5. Stir occasionally during cooking.
6. Hold for service or serve immediately.

Chefs tip: The more the product is stirred during the cooking process the smoother or "creamier" the final consistency will be.

RED BLISS POTATOES, FRESH A

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or 1/2 size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3, 1056/64).
3. Steaming racks

INGREDIENTS:

1. 10 Lbs. fresh Red Bliss Potatoes Size "A" for Sonic Steamer
2. 5 Lbs. fresh Red Bliss Potatoes Size "A" for Pro I
3. Salt and Pepper to taste if desired
4. Butter or Margarine to taste if desired

PROCEDURE:

1. Placed the washed Red Bliss Potatoes in a container and add enough water to just cover the bottom
2. Arrange in pans.
3. For each pan fill with 5 Lbs.
4. Season with salt, pepper and butter or margarine if desired.
5. Cover and place in the microwave oven.
6. Times: TO COOK

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	10:00	5 Lbs.(per pan)
NE-2180	HI	15:00	5 Lbs. (per pan)
NE-21521/3	P10	08:50	5 Lbs.
NE-17521/3	P10	11:00	5 Lbs.
NE-12521/3	P10	13:45	5 Lbs.
NE-1056/64	HI	15:20	5 Lbs.

In Sonic Steamer, you can double quantity, but compensate for load size by increasing the time by almost double.

7. Shock with cold water or serve as needed.

Chef's tip: Finish in a conventional oven @ 450 for 5 min. to obtain a "roasted" crispy skin.

RED BLISS POTATOES, FRESH "B"

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3 1056/64).
3. Steaming racks

INGREDIENTS:

1. 10 Lbs. fresh Red Bliss Potatoes Size "B" for Sonic Steamer
2. 5 Lbs. fresh Red Bliss Potatoes Size "B" for Pro I
3. Salt and Pepper to taste if desired
4. Butter or Margarine to taste if desired

PROCEDURE:

1. Place the washed Red Bliss Potatoes in a container with enough water to just cover the bottom of the pan
2. Arrange in pans.
3. For each pan fill with 5 Lbs.
4. Season with salt, pepper and butter or margarine if desired.
5. Cover and place in the microwave oven.
6. Times: TO COOK

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	9:00	5 Lbs. (per pan)
NE-2180	HI	14:00	5 Lbs. (per pan)
NE-21521/3	P10	10:00	5 Lbs.
NE-17521/3	P10	12:30	5 Lbs.
NE-12521/3	P10	16:00	5 Lbs.
NE-1056/64	HI	18:30	5 Lbs.

In the Sonic Steamer, you can double quantity, but compensate for load size by increasing the time by almost double.

7. Shock with cold water or serve as needed.

Chef's tip: Finish in a conventional oven @ 475° F for 5 min. to obtain a "roasted" crispy skin.

RED BLISS POTATOES, FRESH "C"

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or 1/2 size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 2521/3 1056/64).
3. Steaming racks

INGREDIENTS:

1. 10 Lbs. fresh Red Bliss Potatoes Size "C" for Sonic Steamer
2. 5 Lbs. fresh Red Bliss Potatoes Size "C" for Pro I
3. Salt and Pepper to taste if desired
4. Butter or Margarine to taste if desired

PROCEDURE:

1. Place the washed Red Bliss Potatoes in a container with enough water to just cover the bottom of the pan
2. Arrange in pans.
3. For each pan fill with 5 Lbs.
4. Season with salt, pepper and butter or margarine if desired.
5. Cover and place in the microwave oven.
6. Times: TO COOK

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	08:30	5 Lbs. (per pan)
NE-2180	HI	13:00	5 Lbs. (per pan)
NE-21521/3	P10	11:15	5 Lbs.
NE-17521/3	P10	13:30	5 Lbs.
NE-12521/3	P10	18:00	5 Lbs.
NE-1056/64	HI	20:40	5 Lbs.

In the Sonic Steamer, you can double quantity, but compensate for load size by increasing the time by almost double.

7. Shock with cold water or serve as needed.

Chef's Tip: Finish in a conventional oven @ 450° F for 5 min. to obtain a "roasted" crispy skin.

RUSSET POTATOES (50 COUNT)

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3, 1056/64).
3. Steaming racks

INGREDIENTS:

1. Potatoes

PROCEDURE:

1. Rinse potatoes in water.
2. Arrange potatoes in pan on Steaming rack(s).
3. Cover and place in the microwave oven.
4. Times:

MODEL	POWER	AMOUNT/TIME				
		16 ea.	8ea.	5ea.	1ea.	½ ea.
NE-3280	HI	24:00	10:00	8:30	2:00	1:30
NE-2180	HI	28:00	14:00	12:00	3:30	2:30

MODEL	POWER	AMOUNT / TIME					
		6 ea.	5 ea.	4 ea.	3 ea.	2 ea.	1 ea.
NE-21521/3	P10	9:30	9:00	7:00	5:30	3:30	3:00
NE-17521/3	P10	10:30	10:00	8:00	7:00	4:15	3:30
NE-12521/3	P10	14:30	12:00	10:00	8:00	6:30	4:45
NE-1056/64	HI	N/A	N/A	10:00	9:00	8:15	5:15

5. Cool on sheet pan in open area to allow steam to evaporate.

Chefs tip: Reduce times by 20% and finish cooking for 7-10 minutes in a pre-heated 400° conventional oven to obtain a baked crispy skin if desired.

RUSSET POTATOES (70-80 COUNT)

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3, 1056/64).
3. Steaming racks

INGREDIENTS:

1. Potatoes

PROCEDURE:

1. Rinse potatoes in water.
2. Arrange potatoes in pan on Steaming rack(s).
3. Cover and place in the microwave oven.
4. Times:

<i>MODEL</i>	<i>POWER</i>	<i>AMOUNT / TIME</i>				
		<i>32 ea.</i>	<i>24 ea.</i>	<i>8 ea.</i>	<i>2 ea.</i>	<i>1 ea.</i>
NE-3280	HI	28:00	22:00	9:30	2:45	1:30
NE-2180	HI	35:00	30:00	16:00	3:30	2:30

<i>MODEL</i>	<i>POWER</i>	<i>AMOUNT / TIME</i>					
		<i>6 ea.</i>	<i>5 ea.</i>	<i>4 ea.</i>	<i>3 ea.</i>	<i>2 ea.</i>	<i>1 ea.</i>
NE-21521/3	P10	7:45	6:15	4:45	3:30	3:00	2:45
NE-17521/3	P10	9:30	8:00	6:00	4:15	3:30	3:00
NE-12521/3	P10	14:30	12:00	8:30	6:00	4:15	3:45
NE-1056/64	HI	16:30	13:25	10:00	7:00	4:45	4:15

5. Cool on sheet pan in open area to allow steam to evaporate.

Chefs tip: reduce times by 20% and finish cooking for 7-10 minutes in A pre-heated 400° conventional oven to obtain a baked crispy skin if desired.

RUSSET POTATOES (100 COUNT)

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3, 1056/64).
3. Steaming racks

INGREDIENTS:

1. Potatoes

PROCEDURE:

1. Rinse potatoes in water.
2. Arrange potatoes in pan on Steaming rack(s).
3. Cover and place in the microwave oven.
4. Times:

MODEL	POWER	AMOUNT/TIME				
		16 ea.	8ea.	5ea.	1ea.	½ ea.
NE-3280	HI	22:00	10:00	7:30	1:45	1:30
NE-2180	HI	28:00	13:00	11:00	2:45	2:30

MODEL	POWER	AMOUNT / TIME					
		6 ea.	5 ea.	4 ea.	3 ea.	2 ea.	1 ea.
NE-21521/3	P10	7:30	6:00	4:30	3:15	2:45	2:30
NE-17521/3	P10	9:15	7:15	5:50	4:00	3:30	3:00
NE-12521/3	P10	13:00	10:30	8:30	6:00	4:15	3:45
NE-1056/64	HI	14:45	12:00	9:45	6:45	6:00	4:15

5. Cool on sheet pan in open area to allow steam to evaporate.

Chefs tip: To make Gnocchi, peel potatoes and put through a ricer. Add ¼ the weight of potatoes in flour to riced potatoes and form dough by adding one egg yolk per pound of total dough. Adjust with S&P. (additional flour may be needed for desired consistency.)

UNCOOKED PASTA

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover for 21521/3,17521/3,12521/3, 1056/64).
3. Slotted serving spoon
4. Colander

INGREDIENTS:

1. 1-4 Lbs. Pasta
2. Water
3. Salt to taste

PROCEDURE:

1. Fill pans to be used with 1 gallon boiling water to each Lb. of pasta.
2. Salt water well, to add flavor.
3. Add pasta to pan and stir leave uncovered.
4. Bring water back to a boil on HI/P10, then reduce heat.
(Pro I @ P3., Sonic Steamer @ MED)
5. Stir pasta frequently so it does not stick together.
6. Times: Cook @ reduced temperature until desired level of doneness is reached
7. Remove from water, serve immediately, or shock and reserve for future use.

Chef's Tip: Whether cooking pasta conventionally or with a microwave, for every pound of pasta, use 1 gallon of water.

COOKED PASTA

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or 1/2 size 4" hotel pan with cover and steaming rack for 21521/3,17521/3,12521/3, 1056/64).
3. Steaming racks

INGREDIENTS:

1. 9½ Lbs. Cooked Pasta refrigerated {3 Lbs. dry}.
2. 4¾ Lbs. Cooked Pasta refrigerated {1½ Lbs. dry}
3. Salt and Pepper to taste if desired.
4. Butter or Margarine to taste if desired

PROCEDURE:

1. Remove pan{s} of cooked pasta from the refrigerator
2. Season with Salt, Pepper and Butter or Margarine if desired.
3. Cover and place in the microwave oven.
4. Times: TO REHEAT

<i>MODEL</i>	<i>TIME</i>	<i>POWER</i>	<i>TIME</i>	<i>POWER</i>	<i>AMOUNT</i>
NE-3280	3:30	HI	2:00	MED	4¾ Lbs. Per Pan
NE-2180	5:00	HI	3:00	MED	4¾ Lbs. Per Pan
NE-21521/3	3:30	P10	2:00	P5	4¾ Lbs.
NE-17521/3	4:00	P10	2:00	P5	4¾ Lbs.
NE-12521/3	6:30	P10	3:30	P5	4¾ Lbs.
NE-1056/64	8:00	HI	3:00	MED	4¾ Lbs.

5. Add appropriate sauce and serve as needed.

Chef's tip: If pasta is going to be reheated several times or is going to be held on the steam table for an extended period, undercook the pasta initially so that it is Al Dente {Meaning literally "to the teeth"}

CANNED BAKED BEANS

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3, 1056/64).
3. Serving spoons

INGREDIENTS:

1. 4 #10 cans Baked beans for the Sonic Steamer
2. 1 #10 can Baked beans for the Pro I
3. Crumbled cooked bacon and/or mustard and/or vinegar to taste.

PROCEDURE:

1. Combine beans in the pans with the other ingredients if desired.
2. Stir well.
3. Cover and place in the microwave oven.
4. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	18:00	24 Lbs.
NE-2180	HI	20:00	24 Lbs.
NE-3280	HI	10:00	12 Lbs.
NE-2180	HI	11:00	12 Lbs.
NE-21521/3	P10	7:00	6 Lbs.
NE-17521/3	P10	7:30	6 Lbs.
NE-12521/3	P10	9:30	6 Lbs.
NE-1056/64	HI	10:30	6 Lbs.

5. Hold for service or serve immediately.

Chef's tip: Use Bacon and or mustard and or vinegar to taste.

JULIE'S JUMPIN' JACK CORNBREAD

EQUIPMENT:

1. Sonic Steamer
2. 1½ Cambro H-pan or equivalent, for the Sonic Steamer
3. Wire Whip
4. Stainless Steel Bowl

INGREDIENTS:

1. ½ Cup vegetable shortening
2. Quick Release Spray
3. 2 Cups yellow cornmeal
4. ¼ cup of melted butter
5. 2 Cups All Purpose flour
6. 2 Tbs. Sugar
7. 2 Tbs. Baking Powder
8. 1 tsp. Salt
9. 2 Cups Milk
10. 2 Eggs, well beaten

PROCEDURE:

1. With the wire whip, incorporate all ingredients thoroughly
2. Spray pan with quick release spray
3. Pour ingredients into pan
4. Cook for 6 minutes on MED
5. Pour melted butter on top of the bread to baste
6. Cook for an additional 2 minutes on MED and the top shelf
7. Let stand for 5 minutes before cutting.

Chef's Tip: Add some Chopped jalapeno peppers, Sharp Cheddar cheese and Kernels of Corn.

Fish & Shellfish

CLAMS, STEAMERS

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or 1/2 size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3 1056/64).
3. Serving spoon

INGREDIENTS:

1. 12 Lbs. Littlenecks or Steamers for the Sonic Steamer
2. 2½ Lbs. Littlenecks or Steamers for the NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
3. Dry Vermouth
4. Red and green peppers {3/8" dice}
5. Chopped Italian parsley

PROCEDURE:

1. Soak the clams in plenty of cold running water to remove all the sand.
Discard any clams that are open.
2. Place clams in appropriate pans on top of the Steaming racks,
(6 Lbs. per full pan, 2½Lbs. per ½ pan.)
3. Add vermouth, {½ cup per ½ pan}
4. Cover and place in oven.
5. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	7:30	6 Lbs. (Per pan)
NE-2180	HI	10:00	6 Lbs. (Per pan)
NE-21521/3	P10	2:30	2½ Lbs.
NE-17521/3	P10	3:00	2½ Lbs.
NE-12521/3	P10	4:00	2½ Lbs.
NE-1056/64	HI	4:30	2½ Lbs.

6. Remove from oven and garnish with equal amounts of the red and green pepper
7. Sprinkle with parsley and serve immediately.

Chef's Tip: Discard clams that have not opened, they are dead and are dangerous if eaten.

CRAB LEGS

EQUIPMENT:

1. Sonic Steamer, NE-21521/3, NE-17521/3, NE-12521/3 or 1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or 1/2 size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3, 1056/64).
3. Serving Tongs

INGREDIENTS:

1. 5 Lbs. Fresh Crab Leg Clusters (for the 3280/2180)
2. 1 Lbs. Fresh Crab Leg Clusters (for the 21521/3, 17521/3, 12521/3 or 1056/64)
3. Dry Vermouth OPTIONAL
4. Red and green peppers {3/8" dice} OPTIONAL
5. Chopped Italian parsley OPTIONAL

PROCEDURE:

1. Defrost Crab Legs if frozen.
2. Separate bundles of Crab Legs and Weigh
3. Place Crab legs in appropriate pans on top of the Steaming racks,
(2½ Lbs.. per full pan, 1 Lbs. per ½ pan.)
4. Add vermouth, {1/8 cup per ½pan if desired}
5. Cover and place in oven.
6. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	5:30	10 clusters (5 per pan)
NE-2180	HI	8:30	10 clusters (5 per pan)
NE-21521/3	P10	1:00	1 Lb.
NE-17521/3	P10	1:30	1 Lb.
NE-12521/3	P10	2:00	1 Lb.
NE-1056/64	HI	2:30	1 Lb.

7. Remove from oven and garnish with equal amounts of the red and green pepper and sprinkle with parsley if desired for color
8. Serve or chill immediately.

Chef's tip: Cut the legs along the white to ease eating for your customers.

LOBSTER

EQUIPMENT:

1. Sonic Steamer, NE-21521/3, NE-17521/3, NE-12521/3 or NE1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3, or 1056/64).
3. Cutting board.
4. Serving tongs
5. French Knife.

INGREDIENTS:

1. Lobsters (for the 3280/2180) - SEE CHARTS
2. 1 ea. 1¼ Lb. "Chick" Lobster (for the 21521/3, 17521/3, 12521/3 or 1056/64)
3. Drawn Butter

PROCEDURE:

1. Wash the Lobster under cold running water.
2. Secure a bamboo skewer along the bottom of the tail to keep it straight during cooking.
3. Place in pans on Steaming racks and cover.
4. Set power to "HI"
5. Times:

NE-3280

<i>Weight Range{Lbs.}</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>
1.00-1.24	1:55	3:40	5:00	5:30	6:30	7:30	8:00	8:30	10:00	11:30
1.25-1.49	2:10	4:00	5:30	6:30	7:30	8:00	8:30	10:00	11:30	13:00
1.50-1.74	2:30	4:30	6:00	7:00	8:00	9:00	10:00	11:30	13:00	14:00
1.75-1.99	3:00	5:00	6:30	7:30	9:00	10:00	N/A	N/A	N/A	N/A
2.00-2.24	3:30	5:30	7:30	8:30	9:30	11:00	N/A	N/A	N/A	N/A
2.25-2.49	4:00	6:00	8:00	9:00	10:00	12:00	N/A	N/A	N/A	N/A
2.50-2.99	4:30	7:30	9:00	10:00	11:00	13:00	N/A	N/A	N/A	N/A
3.00-3.99	5:30	8:30	10:00	11:00	12:00	14:00	N/A	N/A	N/A	N/A
4.00-5.00	6:00	9:00	11:00	12:00	14:00	17:00*	N/A	N/A	N/A	N/A

NE-2180

<i>Weight Range{Lbs.}</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>
1.00-1.24	2:30	4:15	5:45	7:00	8:00	9:00	10:00	11:30	13:00	14:00
1.25-1.49	3:00	5:00	6:30	7:30	9:00	10:00	11:30	13:00	14:00	15:00
1.50-1.74	3:30	5:30	7:30	8:30	9:30	11:00	12:00	14:00	15:00	16:00
1.75-1.99	4:00	6:00	8:00	9:00	10:00	12:00	N/A	N/A	N/A	N/A
2.00-2.24	4:30	7:30	9:00	10:00	11:00	13:00	N/A	N/A	N/A	N/A
2.25-2.49	5:30	8:30	10:00	11:00	12:00	14:00	N/A	N/A	N/A	N/A
2.50-2.99	6:00	9:00	11:00	12:00	14:00	17:00*	N/A	N/A	N/A	N/A
3.00-3.99	6:30	10:00	12:00	14:00	16:00*	19:00*	N/A	N/A	N/A	N/A
4.00-5.00	7:00	11:00	13:00	16:00*	18:00*	21:00*	N/A	N/A	N/A	N/A

NOTE: For times above that are greater than 15:00 - press "Power" again and dial up the remaining time (15:00+4:00=19:00)

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>
NE-21521/3	P10	2:35
NE-17521/3	P10	2:55
NE-12521/3	P10	3:30
NE-1056/64	HI	4:00

6. Remove from oven and serve immediately, split or whole, with drawn butter.

Chef's Tip: If you have some regard for the lobster and wish to kill it before you cook it, follow the directions below for a swift painless method.

1. Turn lobster on its back.
2. Insert your French-knife at the gathering of small appendages by the mouth.
3. Push the tip of knife through the lobsters head. Any movement from our little friend makes from this point on is strictly reflexive.

SHRIMP

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or 1/2 size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3, 1056/64).
3. Serving spatula
4. Paring Knife
5. Pastry Brush

INGREDIENTS:

1. One 3 Lbs. 21-25 count white or similar shrimp for the Sonic Steamer
2. 1 Lb. 21-25 count white or similar shrimp for the 3280, 2180, NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
3. Dry Vermouth
4. Chopped fresh garlic
5. Salt & White pepper , lemon juice, to taste
6. Bay leaf
7. Chopped Italian parsley
8. Sweet butter

PROCEDURE:

1. Peel and de-vein the shrimp reserving the shells for Bisque or stock.
2. Brush the bottoms of the pans with butter
3. Add shrimp to the pan.
4. Season using ingredients above
5. Cover and place in oven.
6. Times:

SHRIMP <i>Weight Range{Lbs.}</i>	<i>Size {In Count Per Lb.}</i>					
	NE-3280/NE-2180					
	<i>U-10/12</i>	<i>U-15</i>	<i>16-20</i>	<i>21-25</i>	<i>26-30</i>	<i>31 +</i>
0.50-0.74	0:56/1:20	0:50/1:10	0:46/1:00	0:40/0:56	0:36/0:50	0:32/0:48
0.75-0.99	1:10/1:40	1:00/1:30	0:56/1:20	0:50/1:10	0:46/1:00	0:40/0:56
1.00-1.24	1:30/2:00	1:20/1:50	1:10/1:40	1:00/1:30	0:56/1:20	0:50/1:10
1.25-1.49	1:50/2:30	1:40/2:15	1:30/2:00	1:20/1:50	1:10/1:40	1:00/1:30
1.50-1.74	2:10/2:55	2:00/2:40	1:50/2:30	1:40/2:15	1:30/2:00	1:20/1:50
1.75-1.99	2:30/3:15	2:20/3:00	2:10/2:50	2:00/2:40	1:50/2:30	1:40/2:15
2.00-2.50	2:50/3:45	2:40/3:30	2:30/3:15	2:20/3:00	2:10/2:50	2:00/2:40
2.51-3.00	3:15/4:00	3:00/3:45	2:50/3:30	2:40/3:15	2:30/3:00	2:10/2:55
4.00	3:30/4:15	3:15/4:00	3:15/3:45	3:00/3:30	3:00/3:15	2:50/3:00
5.00	4:30/5:30	4:15/5:00	4:15/4:45	4:00/4:30	4:00/4:15	3:45/4:00

TIMES (continuation):

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-21521/3	P10	2:00	1 Lb.
NE-21521/3	P10	3:30	2 Lbs.
NE-21521/3	P10	4:00	3 Lbs.
NE-17521/3	P10	3:00	1 Lb.
NE-17521/3	P10	4:00	2 Lbs.
NE-17521/3	P10	5:00	3 Lbs.
NE-12521/3	P10	4:00	1 Lb.
NE-12521/3	P10	5:30	2 Lbs.
NE-12521/3	P10	7:30	3 Lbs.
NE-1056/64	HI	5:00	1 Lb.

Chef's Tip: If desired, omit the garlic and parsley from step 4 of the procedure, cool shrimp in fresh water and reserve for shrimp cocktail or shrimp salad.

MUSSELS

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two full size or 1½ size 4" pans with covers and steaming racks.
3. Serving spoon

INGREDIENTS:

1. 12 Lbs. Fresh Mussels for the Sonic Steamer
2. 2½ Lbs. Fresh Mussels for the NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
3. Dry Vermouth
4. Red and Green peppers {3/8" dice}
5. Chopped Italian parsley

PROCEDURE:

1. Soak the Mussels in plenty of cold running water to remove all the sand.
2. De-beard the Mussels
3. Place mussels in appropriate pans on top of the Steaming racks,
(6 Lbs. per full pan, 2½ Lbs. per ½ pan.)
4. Add vermouth, {½ cup per ½ pan}
5. Cover and place in oven.
6. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	7:30	6 Lbs. (Per pan)
NE-2180	HI	10:00	6 Lbs. (Per pan)
NE-21521/3	P10	2:30	2½ Lbs.
NE-17521/3	P10	3:00	2½ Lbs.
NE-12521/3	P10	4:00	2½ Lbs.
NE-1056/64	HI	5:00	2½ Lbs.

7. Remove from oven and garnish with equal amounts of the red and green pepper
8. Sprinkle with parsley and serve immediately.

Chef's Tip: After rinsing and de-bearding mussels, discard any that have remained open, these are dead and are dangerous if eaten.

SCALLOPS, BAY

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two full size or 1½ size 4" pans with covers and
3. Steaming racks.
4. Serving spoon

INGREDIENTS:

1. 12 Lbs. Scallops for the Sonic Steamer
2. 2½ Lbs. Scallops for the 3280, 2180, NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
3. Dry Vermouth
4. Red and Green peppers {3/8" dice}
5. Chopped Italian parsley

PROCEDURE:

1. Soak the Scallops in plenty of cold running water to remove all the sand.
2. Place Scallops in appropriate pans on top of the Steaming racks,
(6 Lbs. per full pan, 2½Lbs. per ½ pan.)
3. Add vermouth, {½ cup per ½ pan}
4. Cover and place in oven.
5. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	7:30	6 Lbs. (Per pan)
NE-2180	HI	10:00	6 Lbs. (Per pan)
NE-21521/3	P10	2:30	2½ Lbs.
NE-17521/3	P10	3:30	2½ Lbs.
NE-12521/3	P10	4:15	2½ Lbs.
NE-1056/64	HI	5:00	2½ Lbs.

6. Remove from oven and garnish with equal amounts of the red and green pepper
7. Sprinkle with parsley and serve immediately.

Chef's Tip: It is important not to over cook Scallops (or any seafood for that matter) remember that you can always cook more but never take it back if over cooked.

SHALLOW POACHING OR STEAMING FISH

EQUIPMENT:

1. Sonic Steamer, NE-21521/3, NE-17521/3, NE-12521/3 or 1056/64
2. One full size or 1½ size 4" pans with covers
3. Serving spatula
4. Fork
5. Pastry Brush

INGREDIENTS:

1. 10 each, 8 oz. steaks or fillets of any firm flesh round fish
I.E. Salmon, Halibut, Trout etc., for the 3280/2180.
2. 4 each, 8 oz. steaks or fillets of any firm flesh round fish
I.E. Salmon, Halibut, Trout etc., for the 21521/3, 17521/3, 12521/3 or 1056/64.
3. Enough fish stock, court bouillon or other poaching liquid to cover the bottom of the pan used (¼ -½ inches)
4. ½ the quantity of water may be omitted and replaced wine for added flavor.

PROCEDURE:

1. Prepare fillets or steaks and refrigerate until ready
2. Brush the bottoms of the pans with butter (OPTIONAL)
3. Fill the appropriate pan with the poaching liquid
4. Gently slide fish into the liquid.
5. Replace cover and return to the oven
6. Times:

MODEL	TIME	POWER	TIME	POWER	AMOUNT
NE-3280	2:30	HI	7:30	MED	10 pieces (5 per pan)
NE-2180	3:30	HI	10:00	MED	10 pieces (5 per pan)
NE-21521/3	3:30	P10	5:00-7:00	P5	4 pieces
NE-17521/3	5:30	P10	5:00-7:00*	P5	4 pieces
NE-12521/3	6:30	P10	6:00-8:00*	P5	4 pieces
NE-1056/64	7:20	HI	6:00-8:00	MED	4 pieces

*Depending on the thickness of the steak.

Note: A good rule of thumb:

NE-3280 :30 HI, 1:30 MED. per Lbs.

NE-2180 :45 HI, 2:00 MED. per Lbs.

7. Remove fish from liquid and, if steaks, dress for service.

Chef's Tip: To dress steaks for service, roll skin across the back while caught on the tine of a fork. For the bones, stick tine of the fork in the center of the vertebrae and twist pull toward the belly cavity.

SCALLOPS, IN SHELL

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or 1/2 size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3, 1056/64).
4. Serving spoon

INGREDIENTS:

1. 12 Lbs. Scallops for the Sonic Steamer
2. 2½ Lbs. Scallops for the NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
3. Dry Vermouth
4. Red and Green peppers {3/8" dice}
5. Chopped Italian parsley
6. Salt & Pepper to taste.

PROCEDURE:

1. Soak the Scallops in plenty of cold running water to remove all the sand.
2. Place Scallops in appropriate pans on top of the Steaming racks,
(6 Lbs. per full pan, 2½Lbs. per ½ pan.)
3. Add vermouth, {½ cup per ½ pan}
4. Cover and place in oven.
5. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	06:30	6 Lbs. (Per pan)
NE-2180	HI	09:30	6 Lbs. (Per pan)
NE-21521/3	P10	02:15	2½ Lbs.
NE-17521/3	P10	02:45	2½ Lbs.
NE-12521/3	P10	03:45	2½ Lbs.
NE-1056/64	HI	04:10	2½ Lbs.

6. Remove from oven and garnish with equal amounts of the red and green pepper
7. Sprinkle with parsley and serve immediately.

Chef's Tip: Scallop roe is very delicious, do not discard. Use to finish a sauce or to garnish.

Meat & Poultry

B.B.Q. CHICKEN

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two full size or 1½ size 4" pans with covers
3. Serving Fork
4. Pastry Brush
5. French Knife

INGREDIENTS:

1. 8 Lbs. chicken legs and or wings for the Sonic Steamer
2. 2½ Lbs. chicken legs and or wings for the NE-21521/3, 17521/3, 12521/3 or 1056/64
3. Barbecue Sauce (½ cup per pound of chicken)

PROCEDURE:

1. Brush, or shake in the pan, the chicken to be cooked liberally with sauce.
2. Place chicken in appropriate pans, (4 Lbs. per full pan, 2½ Lbs. per ½ pan.)
3. Cover and place in oven.
4. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	12 min.	4 Lbs. (Per pan)
NE-2180	HI	16 min.	4 Lbs. (Per pan)
NE-21521/3	P10	6 min.	2½ Lbs.
NE-17521/3	P10	7 min.	2½ Lbs.
NE-12521/3	P10	9 min.	2½ Lbs.
NE-1056/64	HI	10 min.	2½ Lbs.

Note: For Chicken 1/8ths increase times 20% to accommodate the increased thickness of the meat if the weight remains the same.

5. Remove from oven and let stand for 2 minutes.
6. Serve or refrigerate.

Chef's Tip: Joints take the longest to cook so cut them to facilitate cooking.

B.B.Q. RIBS

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two full size or 1½ size 4" pans with covers
3. Serving Fork
4. Pastry Brush
5. French Knife

INGREDIENTS:

1. 4 racks Pork ribs, approx. 10 Lbs. for the Sonic Steamer
2. 1 rack Pork ribs, approx. 2½ Lbs. for the NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
3. Barbecue Sauce (½ cup per rack of ribs)

PROCEDURE:

1. Brush each rack of ribs to be cooked liberally with sauce.
2. Place Ribs in appropriate pans, 1 per ½ pan, 2 per full pan.
3. Cover and place in oven.
4. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	20:00	2 Racks
NE-2180	HI	27:00	2 Racks
NE-3280	HI	14:00	1 Rack
NE-2180	HI	18:00	1 Rack
NE-3280	HI	9:00	1 Rack
NE-2180	HI	14:00	1 Rack
NE-21521/3	P10	10:00	1 Rack
NE-17521/3	P10	14:00	1 Rack
NE-12521/3	P10	16:00	1 Rack
NE-1056/64	HI	20:00	1 Rack

5. Remove from oven and let stand for 2 minutes.
6. Cut with the French Knife and serve or refrigerate.

Note: For Beef ribs increase time 10% to accommodate the increased thickness of the meat if the weight remains the same

Chef's Tip: Stand ribs on the spine end and separate down along the same edge of each rib for uniform portions.

GROUND SIRLOIN/CHUCK:

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two full size or 1½ size 4" pans with covers
3. Serving tongs.

INGREDIENTS:

1. 20 Lbs. Ground Sirloin/chuck for the Sonic Steamer
2. 5 Lbs. Ground Sirloin/chuck for the Pro I

PROCEDURE:

1. Press Ground Sirloin/chuck in the pan(s) so that it is even and level.
2. Cover and place in the microwave oven.
3. Times:

MODEL	POWER	TIME	AMT.
NE-3280	HI	20 min.	20 Lbs.
NE-2180	HI	28 min.	20 Lbs.

Rotate top and bottom, when half of the cooking time has elapsed. Return to oven and finish with allotted time.

AMOUNT / TIME						
MODEL		1 Lbs.	2 Lbs.	3 Lbs.	4 Lbs.	5 Lbs.
NE-21521/3	P10	1:10	2:10	3:00	4:00	5:00
NE-17521/3	P10	1:30	2:40	3:30	5:00	6:10
NE-12521/3	P10	2:00	3:45	5:30	7:15	9:00
NE-1056/64	HI	2:30	4:45	6:00	8:15	10:10

4. Hold for service or serve immediately.

Chefs tip: To prepare an excellent Chili or Taco filling, drain off the excess fat. Then, for every 10 Lbs. of cooked meat, add the following and chop into the cooked meat:

3 T. Light Chili Powder	3 T. Chopped Garlic
2 T. Cilantro Leaves	3 T. cumin
1 T. Salt	1 Can (16 oz.) Chopped Tomatoes

* We'd like to thank Susan Wood of Hoover/Spain Schools (AL) for this recipe.

PRE-COOKED FROZEN HAMBURGERS

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or 1/2 size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3 or 1056/64).
3. Serving tongs.

INGREDIENTS:

1. 24 precooked frozen hamburgers @ 3.6 oz. for the Sonic Steamer
2. 1-6 precooked frozen hamburgers @ 3.6 oz. for the Pro I

PROCEDURE:

1. Arrange precooked frozen hamburgers on Steaming racks in the pans so that they slightly overlap.
2. Cover and place in the microwave oven.
3. Times:

MODEL	POWER	HI	MED.	AMT.
NE-3280	HI	6:00	5:00	24 each
NE-2180	HI	9:00	11:00	24 each

Rotate top and bottom, when first stage of cooking time has been completed. Return to oven and finish at MED power using allotted time.

MODEL		AMOUNT / TIME					
		1 each	2 each	3 each	4 each	5 each	6 each
NE-21521/3	P10	0:50	1:10	1:35	2:00	2:45	3:00
NE-17521/3	P10	1:10	1:40	2:15	2:45	3:25	4:00
NE-12521/3	P10	1:45	2:05	3:00	4:00	5:00	6:00
NE-1056/64	HI	2:30	3:00	4:00	5:00	6:00	7:00

6. Hold for service or serve immediately.

Chefs tip: Leave cooked hamburgers covered for a minute or two for the internal temperature to equilibrate to approximately 165°F. While waiting the rolls may be warmed in the Sonic Steamer or microwave also.

MEATBALLS

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two Full size 4" hotel pans with covers and steaming racks (for the Sonic Steamer)
(or 1/2 size 4" hotel pan with cover and steaming rack for 21521/3, 17521/3, 12521/3 1056/64).
3. Serving spoon

INGREDIENTS:

1. 10 Lbs. prepared meatballs @ 1-1½ oz. Each for the Sonic Steamer.
2. 2½ Lbs. prepared meatballs for the NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
3. Tomato sauce or Swedish white sauce (½ cup per Lb. of meatballs)

PROCEDURE:

1. Brush, or shake in the pan, the meatballs to be cooked liberally with sauce.
2. Place meatballs in appropriate pans, (5 Lbs. per full pan, 2½ Lbs. per ½ pan.)
3. Cover and place in oven.
4. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	9:00	5 Lbs. (Per pan)
NE-2180	HI	13:00	5 Lbs. (Per pan)
NE-21521/3	P10	3:45	2½ Lbs.
NE-17521/3	P10	4:30	2½ Lbs.
NE-12521/3	P10	5:45	2½ Lbs.
NE-1056/64	HI	7:00	2½ Lbs.

5. Remove from oven and let stand for 2 minutes.
6. Serve or refrigerate.

Note: For Thicker meatballs, increase times 20% to accommodate the increased thickness of the meat if the weight remains the same.

Chef's Tip: When preparing meatballs, an equal mix of beef, pork and veal make for a more complex taste and better consistency.

HOT DOGS: WATER METHOD

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two full size or 1½ size 4" pans with covers
3. Serving tongs.

INGREDIENTS:

1. 8 doz. Hot Dogs, and 8 qt. water or well seasoned stock or beer for the Sonic Steamer
2. 2 doz. Hot Dogs and 2 qt. water or well seasoned stock or beer for the Pro I
3. Bay leaves, juniper berries to taste if desired.
4. Salt and pepper to taste if using water

PROCEDURE:

1. Combine all ingredients except Hot Dogs in the pans.
2. Stir well.
3. Cover and place in the microwave oven.
4. Bring liquid to a boil on HI (see chart)
- 4a. Add the dogs to the now simmering liquid and cook on MED
5. Times:

<i>MODEL</i>	<i>TIME</i>	<i>POWER</i>	<i>TIME</i>	<i>POWER</i>	<i>AMOUNT</i>
NE-3280	8:00	HI	8:00	MED	8 doz.
NE-2180	10:30	HI	8:00	MED	8 doz.
NE-21521/3	4:00	P10	8:00	P10	2 doz.
NE-17521/3	5:00	P10	8:00	P10	2 doz.
NE-12521/3	7:30	P10	8:00	P10	2 doz.
NE-1056/64	8:30	HI	8:00	MED	2 doz.

6. Hold for service or serve immediately.

* Note: Cook on HI only until liquid begins to boil, add hot dogs and continue cooking on MED/P5 power for 8 minutes

Call write or "E" the Test Kitchen for the best method for this when vol is needed.

Chefs tip: When using water or chicken stock, replace a cup or so of liquid from each ½ pan with a bottle of beer for a true "NY Dirty Water Dog" and extra flavor.

Sauces

BARBECUE SAUCE

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. ½ size 4" pan(s) with cover.
3. Serving spoons or Ladle

INGREDIENTS:

1. 2 qt. Barbecue sauce per pan

PROCEDURE:

1. Remove the Barbecue sauce to be reheated from the refrigerator and transfer to the Microwave safe pans.
2. Cover and place in oven.
3. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	8:30	4 qt.
NE-2180	HI	11:00	4 qt.
NE-21521/3	P10	6:30	2 qt.
NE-17521/3	P10	8:00	2 qt.
NE-12521/3	P10	10:45	2 qt.
NE-1056/64	HI	12:30	2 qt.

4. Remove from oven, stir and check serving temperature.
5. Serve or refrigerate if desired.

Chefs Tip: Barbecue sauce, because of its acidity will hold longer and be less prone to food born pathogens than cream or egg based sauces. However, the general rules of food sanitation and food holding safety still apply.

MEATLESS TOMATO SAUCE

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. ½ size 4" pan(s) with cover.
3. Serving spoons or Ladle

INGREDIENTS:

1. 2 qt. Meatless Tomato sauce per pan

PROCEDURE:

1. Remove the Meatless Tomato sauce to be reheated from the refrigerator and transfer to the microwave safe pans.
2. Cover and place in oven.
3. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	8:30	4 qt.
NE-2180	HI	11:00	4 qt.
NE-21521/3	P10	6:30	2 qt.
NE-17521/3	P10	8:00	2 qt.
NE-12521/3	P10	10:45	2 qt.
NE-1056/64	HI	12:30	2 qt.

4. Remove from oven, stir and check serving temperature.
5. Serve or refrigerate if desired.

Chefs Tip: Meatless Tomato sauce, because of its acidity will hold longer and be less prone to food born pathogens than cream or egg based sauces. However, the general rules of food sanitation and food holding safety still apply.

EASY ALFREDO

EQUIPMENT:

1. Sonic Steamer
2. One 4½" Cambro H-pan or equivalent, for the Sonic Steamer
3. Rubber Spatula
4. French Knife
5. Cutting Board

INGREDIENTS:

1. Small Onion
2. Large Clove Of garlic (to Taste)
3. White pepper
4. Cayenne Pepper
5. Salt (tt)
6. 2ea. Tbs. Olive Oil
7. 1 Qt. Heavy Cream.
8. 1-1½ cu. Grated Parmesan cheese

PROCEDURE:

1. Mince Garlic and Onion and put into Cambro H-pan
2. Add Olive Oil and spices, mix well, then heat on MED for 1:30.
3. Stir well, add cream and salt, cook HI for 2:00 HI
4. Remove cover, cook for 5:00 on HI.
5. Add cheese and cook :30 HI.

TO SERVE:

1. Heat pasta 6 oz. portion (covered) :30 sec HI with 3-4 oz Sauce, [9 oz :40 sec (covered) with a 5-6 oz. ladle of sauce.]
2. Toss with fresh herbs (chives and or oregano, parsley) and plate

Chef's Tip: Use a touch of nutmeg and or a dash of Tabasco.

Dessert

PECAN BOURBON BON BONS

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Glass bowl
3. Serving spoons or wire whip

INGREDIENTS:

1. 9 oz chocolate
2. ½ cup H. cream
3. ½ cup bourbon
4. 1 tablespoon 10 x
5. 6 oz. pecans crushed
6. Pinch of salt

PROCEDURE:

1. In a glass mixing bowl, heat heavy cream for 1 min.. on HI/P10
2. Put in shaved chocolate and continue to heat in 30 intervals on MED/P5
3. Stir until smooth (it is a good Idea to be patient with chocolate, Let it melt at the lowest point possible, between 100-120 degrees.
4. Let mixture cool when cold, add the bourbon nuts and sugar, stir till incorporated
5. Let mixture stand in cool place and it will "set up" when the mixture is firm enough to handle, then shape as desired
6. To serve, roll in powdered chocolate or finely chopped nuts or chocolate shavings.

Chef' Tip: If making "balls" wear rubber gloves. The nuts and liquor can be changed for different styles and flavors of balls.

PEANUT BRITTLE

EQUIPMENT:

1. Sonic Steamer
2. One full size 4" Cambro H-pan with cover
3. Candy Thermometer
4. Sheet Pan
5. High Temp Spatula

INGREDIENTS:

1. 2 cu. Sugar
2. 1 cu. Corn Syrup
3. ¼ cu water
4. 1½ cu. Salted Peanuts
5. 3 Tbsp. Butter
6. 1 tsp. Vanilla
7. 2 tsp Baking Soda
8. Quick Release Spray

PROCEDURE:

1. Combine corn syrup, water and sugar in H-pan.
2. Place covered pan into Sonic Steamer for 1 min. HI.
3. Remove from oven and stir well with spatula, (Test temp with thermometer).
4. Repeat step 2 & 3 washing the utensils after each step.
5. Repeat step 2 & 3 washing the utensils after each step.
6. Make sure the temperature is 285 degrees F, then add Peanuts and Butter and stir.
7. Repeat steps 2 & 3 rinsing the utensils after each step
8. Prepare sheet pan and work space.
9. Remove the brittle from the oven the temperature should be 295 degrees F.
10. Stir in the baking soda and vanilla, when incorporated pour onto sheet pan.
11. Spread thin, and then when cool enough continue to thin by "pulling".
12. When cool crack into bite sized pieces.

Chef's Tip: Other nuts may be substituted. Be careful, these are very hot temperatures! Sugar burns heal slowly. Be sure to use HIGH TEMPERATURE PANS ("H" or similar).

PEARS, POACHED

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64).
2. Two Full size 4" hotel pans with covers (for the Sonic Steamer)
(or ½ size 4" hotel pan with cover for 21521/3, 17521/3, 12521/3, 1056/64).
3. Slotted serving spoon
4. Melon baller
5. French Knife

INGREDIENTS:

1. ½ or 2 dozen fresh pears
2. Poaching liquid see Chef's Tip

PROCEDURE:

1. Wash pears then split in half.
2. With melon baller, remove core
3. Fill pans to be used with pears, then cover pears with poaching liquid.
4. Heat until pears start to soften.

<i>MODEL</i>	<i>TIME</i>	<i>POWER</i>	<i>TIME</i>	<i>POWER</i>	<i>AMOUNT</i>
NE-3280	2:30	HI	7:30	MED	1 Doz. Per pan.
NE-2180	3:30	HI	10:00	MED	1 Doz. Per pan.
NE-21521/3	3:30	P10	5:00-7:00	P5	½ Doz.
NE-17521/3	5:30	P10	5:00-7:00	P5	½ Doz.
NE-12521/3	6:30	P10	6:00-8:00	P5	½ Doz.
NE-1056/64	7:20	HI	6:00-8:00	MED	½ Doz.

Note: Due to varying degrees of ripeness, the times above are general guidelines. Pears should be cooled in Liquid unless they have been cooked too long initially there is a slight carry over cooking that takes place, in the event that this happens cool separately, then recombine when cooled.

5. Store pears in Liquid for at least 24 hrs. in refrigerator.
6. Heat pears before serving.

Chef's Tip: Any poaching medium will do, for example spiced cabernet, this helps the pears go with red meats. And for an added touch, grill the pear to enhance flavor and eye appeal. To make the poaching medium, use a full bodied Cab, Cinnamon Stick, Red Crushed Pepper, Clove, Cumin, Salt, Sugar, Shallot and Allspice.

Appendix

GENERAL DEFROSTING

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. Two full size or 1 ½ size 4" pans with covers
3. Steaming racks.

INGREDIENTS:

1. ANY AMOUNT FROZEN PRODUCTS (Starting Temperature 0°F)

PROCEDURE:

1. Place product in appropriate pans on top of the steaming racks.
2. Cover and place in oven.
3. Times:

MODEL	POWER	TIME	AMOUNT
NE-3280*	HI	00:01.0	Seconds Per Oz.
	LOW	00:10.0	Seconds Per Oz.
NE-2180*	HI	00:01.0	Seconds Per Oz.
	LOW	00:10.0	Seconds Per Oz.
NE-21521/3	P3	00:15.0	Seconds Per Oz.
NE-17521/3	P3	00:15.0	Seconds Per Oz.
NE-12521/3	P3	00:15.0	Seconds Per Oz.
NE-1056/64	MED	00:10.0	Seconds Per Oz.

* see Chefs Tip

For Example: For defrosting a 5 Lb. block of shrimp in a NE-3280

Stage 1 HI - 0:01.0 Seconds Per Oz =

$$0:01.0 \times 80 \text{ oz.} = 80 \text{ Seconds} \div 60 \text{ Sec. per MIN.} = \boxed{1:20 \text{ on HI}}$$

Stage 2 LOW - 0:10.0 Seconds Per Oz =

$$0:10.0 \times 80 \text{ oz.} = 800 \text{ Seconds} \div 60 \text{ Sec. per MIN.} = \boxed{13:00 \text{ on LOW}}$$

Stage 3 Refrigerate or Cook immediately.

Chefs Tip:** These times are for reference only and constitute a fair starting point. In the Sonic Steamer, one could use the 1st stage only (Low Power) for :12 - :15 per oz. and omit Stages 2&3. Caution must be used to prevent cooking of the product. **MONITOR CLOSELY

TROUBLE SHOOTING

Below are two quick ways to see whether your microwave is performing at its peak of performance.

TEST 1

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. ½ size 4" pan with cover.
3. Instant read thermometer

INGREDIENTS:

1.1qt water

PROCEDURE 1:

1. Place water that is room temperature (70 F) into pan.
2. Cover and place in oven.
3. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	2:20	1 qt.
NE-2180	HI	4:00	1 qt.
NE-21521/3	P10	3:30	1 qt.
NE-17521/3	P10	5:50	1 qt.
NE-12521/3	P10	6:50	1 qt.
NE-1056/64	HI	7:20	1 qt.

4. Water should reach boiling temperature in time specified above.

Chef's tip: If you do not have a ½ size pan with cover, try Test 2. On the following page.

TEST 2

EQUIPMENT:

1. Sonic Steamer (NE-3280 or NE-2180), NE-21521/3, NE-17521/3, NE-12521/3 or NE-1056/64
2. 1 Glass 1 cup Pyrex measure
3. Instant read thermometer

INGREDIENTS:

1. 1 Cup (8oz) 70°F water.

PROCEDURE :

1. Place water that is room temperature (70 F) into pan.
2. Cover and place in oven.
3. Times:

<i>MODEL</i>	<i>POWER</i>	<i>TIME</i>	<i>AMOUNT</i>
NE-3280	HI	0:46	1 cup
NE-2180	HI	1:20	1 cup
NE-21521/3	P10	0:55	1 cup
NE-17521/3	P10	1:20	1 cup
NE-12521/3	P10	1:35	1 cup
NE-1056/64	HI	2:15	1 cup

4. Water should reach boiling temperature in time specified above.

Chef' Tip: If water does not reach boil. Remove filters located on the bottom of the unit, clean, replace and conduct test again.

IF YOU ARE STILL EXPERIENCING PROBLEMS CONTACT THE CHEF:

Authorized Service Network: 1-888-350-9590; Say "Commercial Microwave" then give Zip code

OFFICE: 201-348-7305

EMAIL. KEN.MEGARR@US.PANASONIC.COM

FACSIMILE: 201-348-5343

WEBSITE: www.panasonic.com/cmo

COOK TIMES FOR DELI DEPARTMENTS

PANASONIC MODELS

			NE-3280	NE-2180	NE-21521/3	NE-17521/3	NE-12521/3
VEGETABLES FRESH/FROZ.	ASPARAGUS	TIME	4:00 / 8:30	6:00 / 12:00	6:30 / 13:00	4:15 / 7:30	6:15 / 9:30
		VOLUME	6 lbs.	6 lbs.	6 lbs.	3 lbs.	3 lbs.
	BEETS	TIME	14:00	0.75	20:00 /	10:00 /	13:00 /
		VOLUME	6 lbs.	6 lbs.	6 lbs.	2.5 lbs.	2.5 lbs.
	BROCCOLI	TIME	4:30 / 8:30	7:00 / 12:00	7:30 / 13:00	4:15 / 7:30	6:15 / 9:30
		VOLUME	6 lbs.	6 lbs.	6 lbs.	1.5 lbs.	1.5 lbs.
	BRUSSELS SPRTS.	TIME	6:30 / 9:00	9:00 / 13:00	10:00 / 14:00	3:00 / 4:45	5:00 / 7:00
		VOLUME	6 lbs.	6 lbs.	6 lbs.	2.5 lbs.	2.5 lbs.
	CARROTS	TIME	6:30 / 9:30	9:00 / 13:00	10:00/ 14:00	6:00 / 10:00	8:00 / 13:00
		VOLUME	6 lbs.	6 lbs.	6 lbs.	2.5 lbs.	2.5 lbs.
	CAULIFLOWER	TIME	7:00 / 8:30	9:00/ 12:00	10:00/ 13:00	6:30 / 8:30	9:00 / 11:30
		VOLUME	5 lbs.	5 lbs.	5 lbs.	2.5 lbs.	2.5 lbs.
CORN(NIBLETS)	TIME	6:00 / 8:00	8:00 / 10:00	9:00 / 11:00	4:00 / 6:00	6:00 / 8:00	
	VOLUME	6 lbs.	6 lbs.	6 lbs.	2.5 lbs.	2.5 lbs.	
GREEN BEANS/PEAS	TIME	8:00 /9:30	10:00/ 12:00	11:00/ 13:00	7:15 / 9:00	8:00/ 12:00	
	VOLUME	6 lbs.	6 lbs.	6 lbs.	2.5 lbs.	2.5 lbs.	
ZUCCHINI	TIME	4:30 / 8:30	7:00 / 12:00	7:30 / 13:00	4:15 / 7:30	6:15 / 9:30	
	VOLUME	6 lbs.	6 lbs.	6 lbs.	3 lbs.	3 lbs.	
PREPARED FOODS	RIBS (BEEF & PORK)	TIME	14:00	17:00	19:00	7:00	9:00
		VOLUME	12 lbs.	12 lbs.	12 lbs.	4 lbs.	4 lbs.
	MEAT BALLS W/SAUCE	TIME	19:00	22:00	25:00	9:00	11:00
		VOLUME	18 lbs.	18 lbs.	18 lbs.	4.5 lbs.	4.5 lbs.
	MOST CASSEROLES *	TIME	19:00	22:00	25:00	9:00	11:00
		VOLUME	18 lbs.	18 lbs.	18 lbs.	6 lbs.	6 lbs.
	STUFFED PEPPERS *	TIME	19:00	22:00	25:00	9:00	11:00
		VOLUME	18 lbs.	18 lbs.	18 lbs.	4.5 lbs.	4.5 lbs.
	CHILI *	TIME	19:00	22:00	25:00	9:00	11:00
		VOLUME	18 lbs.	18 lbs.	18 lbs.	4.5 lbs.	4.5 lbs.
	BAKED BEANS	TIME	14:00	18:00	20:00	7:00	9:00
		VOLUME	18 lbs.	18 lbs.	18 lbs.	6.6 lbs.	6.6 lbs.
SAUCES, TOMATO BASED	TIME	14:00	18:00	20:00	7:00	9:00	
	VOLUME	18 lbs.	18 lbs.	18 lbs.	6.6 lbs.	6.6 lbs.	
SAUCES, CREAM BASED	TIME	12:00	17:00	18:00	5:00	7:30	
	VOLUME	18 lbs.	18 lbs.	18 lbs.	6.6 lbs.	6.6 lbs.	
CHEESE (NACHO ETC.)	TIME	12:00	17:00	18:00	5:00	7:30	
	VOLUME	18 lbs.	18 lbs.	18 lbs.	6.6 lbs.	6.6 lbs.	
STARCH	MASHED POTATOES	TIME	23:00	27:00	30:00	10:00	13:00
		VOLUME	32 lbs.	32 lbs.	32 lbs.	8 lbs.	8 lbs.
	YAM/SQUASH(PUREED)	TIME	23:00	27:00	30:00	10:00	13:00
		VOLUME	32 lbs.	32 lbs.	32 lbs.	8 lbs.	8 lbs.
	STUFFING	TIME	23:00	27:00	30:00	10:00	13:00
		VOLUME	28 lbs.	28 lbs.	28 lbs.	7 lbs.	7 lbs.
	RICE(FINISHED) *	TIME	22:00	25:00	27:00	24:00	27:00
		VOLUME	9 lbs.	9 lbs.	9 lbs.	4.5 lbs.	4.5 lbs.
	MEXICAN RICE (TOMATO, VEG.,ETC)	TIME	40:00	45:00	50:00	28:00	32:00
		VOLUME	32 lbs.	32 lbs.	32 lbs.	8 lbs.	8 lbs.
	NEW POTATO	TIME	23:00	25:00	30:00	10:00	13:00
		VOLUME	30 lbs.	30 lbs.	30 lbs.	6 lbs.	6 lbs.
IDAHO POTATO (HALVED)	TIME	23:00	30:00	33:00	12:00	15:00	
	VOLUME	30 lbs.	30 lbs.	30 lbs.	6 lbs.	6 lbs.	

NOTE:

1. WEIGHTS FOR THE NE-3280/2180 ARE TO BE SPLIT BETWEEN 2 FULL SIZE PANS
EXAMPLE: 12 LBS. OF RIBS; 6 Lbs. PER PAN.
2. ALL ITEMS ARE FRESH OR REFRIGERATED.
3. (*) DENOTES NEED FOR STAGE COOKING.
4. TIMES CAN VARY DEPENDING UPON CONDITION.

COOK TIMES FOR SEAFOOD DEPARTMENTS:

		NE-3280/NE-2180					
		Amount {Each, Live}					
LOBSTER	Weight Range(Lbs.)	1	2	3	4	5	6
	1.00-1.24	:50 HI, 1:10 MED/2:30	2:10/2:50	4:00/4:15	5:30/7:00	6:30/8:00	7:30/9:00
	1.25-1.49		2:10/2:50	4:00/4:15	5:30/7:00	6:30/8:00	7:30/9:00
	1.50-1.74		2:30/3:15	4:30/6:00	6:00/7:30	7:00/8:30	8:00/9:30
	1.75-1.99		3:00/3:45	5:00/6:00	6:30/8:00	7:30/9:00	9:00/11:00
	2.00-2.24		3:30/4:30	5:30/7:00	7:30/9:00	8:30/10:00	9:30/11:30
	2.25-2.49		4:00/5:30	6:00/7:30	8:00/9:30	9:00/11:00	10:00/12:00
	2.50-2.99		4:30/6:00	7:30/9:00	9:00/11:00	10:00/12:00	11:00/13:00
	3.00-3.99		5:30/7:00	8:30/10:00	10:00/12:00	11:00/13:00	12:00/14:00
	4.00-5.00		6:00/7:30	9:00/11:00	11:00/13:00	12:00/14:00	14:00/16:00*

*** Indicates two stage cooking.

		SHRIMP					
		Size {In Count Per Lb.}					
SHRIMP	Weight Range(Lbs.)	U-10/12	U-15	16-20	21-25	26-30	31 +
	0.50-0.74	:56/1:20	:50/1:10	:46/1:00	:40/:56	:36/:50	:32/:48
	0.75-0.99	1:10/1:40	1:00/1:30	:56/1:20	:50/1:10	:46/1:00	:40/:56
	1.00-1.24	1:30/2:00	1:20/1:50	1:10/1:40	1:00/1:30	:56/1:20	:50/1:10
	1.25-1.49	1:50/2:30	1:40/2:15	1:30/2:00	1:20/1:50	1:10/1:40	1:00/1:30
	1.50-1.74	2:10/2:55	2:00/2:40	1:50/2:30	1:40/2:15	1:30/2:00	1:20/1:50
	1.75-1.99	2:30/3:15	2:20/3:00	2:10/2:50	2:00/2:40	1:50/2:30	1:40/2:15
	2.00-2.50	2:50/3:45	2:40/3:30	2:30/3:15	2:20/3:00	2:10/2:50	2:00/2:40
	2.51-3.00	3:15/4:00	3:00/3:45	2:50/3:30	2:40/3:15	2:30/3:00	2:10/2:55
	4.00	3:30/4:15	3:15/4:00	3:15/3:45	3:00/3:30	3:00/3:15	2:50/3:00
	5.00	4:30/5:30	4:15/5:00	4:15/4:45	4:00/4:30	4:00/4:15	3:45/4:00

CRAB LEGS:

Weight Range(Lbs.)	Time
0.50-0.74	0:52/1:15
0.75-0.99	0:56/1:30
1.00-1.24	1:10/1:50
1.25-1.49	1:30/2:10
1.50-1.74	1:50/2:30
1.75-1.99	2:10/2:50
2.00-2.50	2:30/3:15
2.51-3.00	2:50/4:15
4.00	3:15/4:00

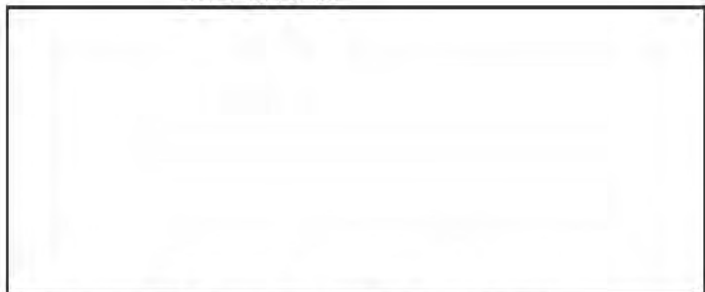
FISH: Filets & Steaks

1. Bring ½" of water or fish fumet/stock to a boil, on "HI" power, in a covered pan.
2. Place filets/steaks in the now simmering liquid.
3. Cover and return pan to the oven.
4. For every 8 oz. of fish, heat on "MED" power for :30/ :40 seconds.

CLAMS/MUSSELS/STEAMERS:

Weight Range(Lbs.)	Time
1.00-1.24	1:40/2:15
1.25-1.49	1:50/2:25
1.50-1.74	2:00/2:40
1.75-1.99	2:10/2:50
2.00-2.24	2:25/3:00
2.25-2.49	2:40/3:45
2.50-2.99	2:50/4:15
3.00-3.99	3:00/4:30
4.00-5.00	3:45/5:00

SPECIALS



Note: All cooking to be done on "HI" power - unless otherwise indicated.