

# Steaming Guide - DFW Series

COOKING GUIDE	MINUTES	COOKING GUIDE	MINUTES	COOKING GUIDE	MINUTES
<b>NOODLES AND RICE</b>		<b>MEAT</b>		<b>VEGETABLES</b>	
Macaroni, Small Elbow or Shell (2qt. cooked, 1pt. water, 2oz. oil)	5	Bratwurst, 6 (4oz. ea.)	10	Artichokes, 4 Whole (5oz. ea.)	20-22
Egg Noodles (2qt. cooked, 1pt. water, 2oz. oil)	6-7	Frankfurters, 10 (1.6oz. ea.)	3	Asparagus, Spears (1lb.)	11-14
Rice, Converted or Regular (1lb. with 1qt. hot water)	20	Frankfurters, 8 (2oz. ea.)	4	Asparagus, Spears, medium, Frozen (2 1/2lb.)	15-17
Rice, Brown (1lb. with 1 1/2qt. water)	45	Frankfurters, 6 (2.7oz. ea.)	5	Broccoli, Cuts (1 lb.)	12-14
Spaghetti (2qt. cooked, 1pt. water, 2oz. oil)	5	Ham Steak, 4 Cooked, Frozen (4oz. ea.)	4-5	Broccoli, Cuts, Frozen (1 1/4lb.)	13-14
Spaetzle (2qt. cooked, 1pt. water, 2oz. oil)	3-5	Hamburgers, 4 Cooked, Frozen (4oz. ea.)	7	Broccoli, Spears (1lb.)	15-20
<b>CEREALS</b>		Hamburgers, 4 Raw, Frozen (4oz. ea.)	10-11	Broccoli, Spears, Frozen (2lb.)	17-18
Farina, Quick (3/4 cup dry cereal with 1qt. hot water)	5	Ribs, 4 Cooked (5oz. ea.)	10	Brussel Sprouts, Frozen (1 3/4lb.)	13-14
Grits, Instant (1lb. dry cereal with 1 1/2qt. hot water)	3	Sausage, 16 Link, Cooked (1oz. ea.)	8-10	Cabbage, 6 3in. Wedge (oz. ea.)	15
Grits, Quick (1lb. dry cereal with 2qt. hot water)	10	<b>SEAFOOD</b>		Carrots, Sliced (1lb.)	12
Oatmeal (2qt. cooked, 1 cup water optional)	6	Alaskan King Crab Legs (1lb.)	4-5	Carrots, Whole Baby, Frozen (2lb.)	15-20
<b>BREADS</b>		Clams, 6 (to open)	shot of steam	Cauliflower, Whole (1lb.)	13-20
Bagels, 4 (3oz. ea.)	3	Red Snapper, 4 (6oz. ea. Fillets)	5-7	Cauliflower, Florettes, Frozen (2lb.)	14-18
Cloverleaf Rolls, 6 (1oz. ea.) shot of steam wait 20-30 seconds		Rock Lobster Tails, 5 (8oz. ea.)	8	Corn, Whole Kernel, Frozen (1 1/4lb.)	4
Dinner Rolls, 6 (1oz. ea.) shot of steam wait 20-30 seconds		Rock Lobster Tails, 5 Frozen (8oz. ea.)	16	Green Beans, Whole (1lb.)	15-17
Hamburger Buns, 4 (2 1/2oz. ea.) shot of steam wait 20-30 seconds		Rock Lobster Tails, 4 (10oz. ea.)	10	Green Beans, Whole, Frozen (1 1/2lb.)	13-14
Hot Dog Buns, 5 (2oz. ea.) shot of steam wait 20-30 seconds		Rock Lobster Tails, 4 Frozen (10oz. ea.)	20	Green Beans, Cut, Frozen (1 1/4lb.)	10
Hard Rolls, 4 (1 1/2oz. ea.)	2	Sea Scallops, 1lb.	5-8	Greens, Chopped, Frozen (1lb.)	40-45
Hoagie Buns, 3 (2oz. ea.)	2	Shrimp, Green Headless, 20 (1oz. ea.)	6	Lima Beans, Frozen (1 1/4lb.)	12-15
Italian Bread, 3 (2 1/2oz. ea.) shot of steam wait 20-30 seconds		Shrimp, Peeled, Deveined, 1lb.	5-6	Okra, Whole, Frozen (1lb.)	10-15
Kaiser Rolls, 4 (2 1/2oz. ea.)	1 1/2	Shrimp, Peeled, Deveined, Frozen 1lb.	8-9	Parsnips, Sliced (1lb.)	8-10
Onion Buns, 4 (2oz. ea.) shot of steam wait 20-30 seconds		Turbot Steaks, 3 (8oz. ea.)	5	Peas, Frozen (1 1/2lb.)	8
Tamale, 7 (3oz. ea.)	5	<b>POULTRY</b>		Potatoes, 8 Whole (3oz. ea.)	25
Tamale, 7 Frozen (3oz. ea.)	10	Chicken, 4 Quarter, (10oz. ea.)	23-25	Potatoes, Mashed (2qt.)	8
Tortilla, Corn shot of steam wait 20-30 seconds		Chicken, 2 Half (1 1/2lb. ea.)	25	Spinach, Chopped, Frozen (3lbs.)	25
Tortilla, Flour shot of steam wait 20-30 seconds		Chicken Supreme, 6 Frozen, Pillow Pack (4oz. ea.)	30	Squash, Acorn, 4 (8oz. pcs.)	15-20
		Chicken or Turkey Roll, 2lb. 5/8in. Cubes, IQF	7	Squash, Winter, Puree, Frozen (1 1/2lb.)	12-15
		Rock Cornish Game Hens, 2 Whole (26oz. ea.)	25	Squash, Zucchini, Sliced, Frozen (1 1/4lb.)	10
		Rock Cornish Game Hens, 4 Half (13oz. ea.)	15		
		<b>EGGS</b>			
		Soft Boiled, 8 (In Shell)	6		
		Hard Boiled, 8 (In Shell)	15		
		Poached, 8	3		
		Scrambled, 1qt.	5		