

# Steaming Guide - VS Series

This cooking guide will enable your chef to possibly expand your menu with just one piece of equipment, the Roundup Variety Steamer. The Roundup Variety Steamer produces a super heated dry steam. As the steam penetrates the food products, the product's temperature rises until the product had reached the temperature of the steam. Steam cooked foods actually look much brighter and fresher and lose less nutrients when steamed. The cooking guides below are approximations of the number of shots required to cook the food item, as compared to other styles of cooking. Your time may vary slightly based on any slight variance in the food product. When dialing the appropriate number of shots, please keep in mind that the steam injection is every ten seconds between shots. Once the dial is set and the operator pushes the button, you will receive your first shots, it will take approximately 55 seconds. Improve the quality of your food products and satisfy your customers by using the Roundup Variety Steamer.

PRODUCT DESCRIPTION	DIAL SETTING	TIME	PRODUCT DESCRIPTION	DIAL SETTING	TIME
<b>PRECOOKED ITEMS</b>			<b>FROZEN ITEMS</b>		
Spaghetti	3	25 Sec.	Mixed Vegetables	6	55 Sec.
Rice	3	25 Sec.	Spaghetti	6	55 Sec.
Egg Noodles	3	25 Sec.	Ravioli	12	1 Min. 55 Sec.
Macaroni	3	25 Sec.	Tortillini	12	1 Min. 55 Sec.
Ravioli	6	55 Sec.			
Tortillini	6	55 Sec.	<b>OTHER</b>		
Roast Beef, Sliced	2	15 Sec.	Poached Eggs	18	2 Min. 45 Sec.
Shrimp	4	35 Sec.	Bread Products	1-2	5-15 Sec.
Tortilla Shell	1	5 Sec.			
<b>FRESH ITEMS</b>					
Shrimp	8	1 Min. 15 Sec.			
Broccoli	10	1 Min. 35 Sec.			

Products starting temperature is from a refrigerated state unless otherwise stated.  
This is also based on a full 20 oz. basket or two individual 10 oz. baskets.



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