

How to get the most Steaming out of your new **Panasonic**
“**SONIC STEAMER**”

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 for the NE-3280 (1 ½ min per Lb. for the NE-2180), 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.
 - a. If you find that products are not cooked through using “Hi” power, cook on “Hi” for the 1st ½ of your original cook time then “Med” for twice the remaining cook time.
Example – 4 minutes on “Hi” produces a product that is over cooked on the outside and still cold in the middle? Cook on “Hi” for 2 minutes then “Med” for 4 minutes. By reducing the cooking power and increasing the time for the 2nd, you will more evenly (and gently) cook or steam your product.
3. If possible, “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 (then drained) to help start the cooking process.
7. Canned vegetables can have most of the liquid they are packed in discarded – if desired, replace with a flavored liquid such as stock, etc. (see “10.”)
8. Use Cambro[®] “H” or similar pans.
9. Steam foods in as small a pan as possible.
10. Keep the pan(s) covered with solid covers – 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**
11. 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 the steaming process.
12. 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 and Rice Cookers – Visit our website at www.Panasonic.com/cmo and check out the Chef Support area.