

K-12

SCHOOL  
EVOLUTION  
**RECIPE  
BOOK**



**EVOLUTION**  
BOILER-FREE STEAMER

**AccuTemp**

accutemp.net  
(800) 210-5907



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## TIPS FOR COOKING WITH STEAM

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Steam transfers its heat by touching the cold areas and then condensing to water, so the easier it is for the steam to access the product - the faster the product will cook.

You can cook and hold at the same time by pressing the cook/hold button. Once a product has reached the temperature - it will then hold and not continue to cook. This happens because the steam will not condense on anything that is the same temperature. Any product not up to temperature will continue to cook. Once the timer goes off it automatically will hold with 100% humidity.

There is only one way to have flavor transfer, and that is if product is dripping on another product - i.e. meat product in a perforated pan above another product. For best results and no flavor transfer have your meats in the lowest rack possible and your vegetables up high.

Large batches should be broken up. Instead of 10 pounds in a 4-inch pan, use two, 2-inch pans. When cooking frozen foods make sure you break it up. If this is not possible, run them under water - it will help to break them apart.

Remember when you cook with solid pans you will use more water. When cooking with both solid and perforated pans at the same time - place the perforated pans below the solid pans. Use perforated pans whenever possible - the steam has access all around. Shallow pans cook faster than deep pans - even if they have the same amount of product. Two 2-inch pans will cook faster than one 4-inch pan. Pans should be uncovered unless specified within the recipe.

*Try something different! You are always welcome to call or email our chefs if you have a question about the steamer or how to best cook an item. Email [chefs@accutemp.net](mailto:chefs@accutemp.net) or call **800-210-5907** or the number on the front of the steamer.*

# COOKING SUGGESTIONS

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## ***Precooked Meats***

Sausage, bacon, and other meats that are precooked can also be re-thermalized in the steamer. Cook meat in steamer until internal temperature reaches 165° (20–30 minutes) and hold at 180°.

## ***Batch Cooking***

If you are cooking in batches (food in – food out) you can leave the steamer in the continuous cook mode and ON in between batches. This will eliminate any need for recovery time when a new batch goes in the steamer.

## ***Frozen vegetables***

Use perforated pans whenever possible. Place the vegetables in a solid pan and add water to about half the depth of the pan. Use of deeper pans will increase the time needed to cook vegetables (smaller pans take less time)

## ***Scrambled eggs***

Cover the bottom of a solid pan with plastic wrap before filling with eggs and cook for approximately 25-30 minutes or until well done (**DO NOT STIR**). Then simply invert the pan into another solid pan, remove plastic - eggs will not stick to either pan this way.

## ***Frozen Pancakes***

Pancakes will do wonderfully re-thermalized in the steamer - simply layer them in a perforated pan and heat for 6-10 minutes until internal temperature reaches 150°. They will be perfectly moist.

# *Burrito Casserole*

## **MEAT MIXTURE**

- 4½ – 5 lbs. hamburger fry and crumble with 2 medium onions (chopped)
- Add and then simmer
- 2 envelopes taco seasoning
- 2 cans bean dip
- 2 jars taco sauce (mild)

Preheat steamer to cook mode. Lightly grease one 2-inch hotel pan. Allow mixture to cool.

## **CHEESE SAUCE**

- 2 jars hot taco sauce
- Grated cheese (enough to make sauce thick)
- ½ cup ketchup
- 1 cup water

Mix all the above together and heat. Roll meat mixture and seasonings up in large flour tortillas (20 large). Place in hotel pan and cover with cheese sauce: cook covered for 50 minutes. Top with sliced black olives and chopped tomatoes.

## *Chicken 'n' Noodles or Dumplings*

6 lbs. diced chicken meat (precooked)  
3 carrots (sliced)  
1 gallon chicken broth  
3 lbs. egg noodles  
2 tbsp. garlic  
1 stalk celery diced  
1 red onion diced  
2 qt. chicken gravy  
2 tbsp. seasoning salt  
2 tbsp. black pepper

Preheat steamer to cook mode. In 2, 2-inch solid pans, add ½ gallon chicken broth to each. Divide spices and vegetables evenly between the pans. Stir well. Add chicken to pans, 3 pounds per pan. Place in steamer for 20 minutes. When buzzer sounds add noodles and cook an additional 15 minutes. Add chicken gravy and stir well. This item can be held until ready to serve. For a variation try adding dumplings instead of egg noodles.

## Chili Dogs

24 hot dogs  
3 cups chili  
1½ cup shredded cheddar cheese  
¾ cup onion, chopped  
24 buns

Split hot dogs down the center, being careful not to cut all the way through. Fill with chili. Sprinkle with cheese and onion. Place in 2-inch perforated pan. Steam for 15 minutes. Place the buns in a 4-inch solid pan and wait for hot dogs to get done. Leave steamer in hold mode and place buns in steamer for 5 minutes.



## *Huevos Rancheros*

64 oz. jar salsa  
6 lbs. tortilla chips  
15 slices of cheese (135 count)  
30 eggs

Spray a full size 2-inch hotel pan with pan release. Put 1, 16 oz. ladle of salsa in the bottom of the pan. Lay a double layer of tortilla chips (18–20) on top of the salsa. Put another 16 oz. ladle of salsa on the chips. Place another layer of tortilla chips (18–20) on top of the salsa. Next, layer cheese (Either singles or shredded) on top. Cover with 1½ – 2 more ladles of salsa. Break 25–30 eggs on top (these can be left solid to “poach” or can be “scrambled” according to taste).

Cover with saran wrap and steam for 20–25 minutes until the eggs set. Remove cover and sprinkle or layer with more cheese. Place in steamer until cheese melts, about 2 minutes. (Alternatively place in oven or under a grill to brown the cheese topping.)

## Lemon Pepper Chicken

6 oz. chicken breast (thawed or frozen)  
Lemon pepper seasoning

Preheat steamer to cook mode. Place chicken in a 2-inch perforated pan. Season with lemon pepper seasoning. Cook chicken for 10 minutes (thawed) or cook chicken for 15 minutes (frozen).

**Note:** Any dry seasoning or "rub" of your choice can be substituted.

# Meat Loaf

## 100 PORTIONS

10 lbs. hamburger  
3¾ cups bread crumbs  
6 cups ketchup  
9 eggs  
½ cup dried onions  
3 tbsp. dried oregano  
Salt and pepper to taste

Preheat steamer to cook mode.

Combine all ingredients in large mixing bowl. Reserve 2 cups ketchup. Shape mixture into 4 loaves. Place in 2-inch perforated pans and spread remaining ketchup evenly over the top of loaves. Steam for 1 hour or until done. Rest for 10 minutes.

## *Pulled Pork BBQ*

### **60 PORTIONS**

10 – 12 lbs. pork roast/butt

Preheat heat steamer to cook mode.

Place pork butt or roast in a 2-inch perforated pan. Season with your blend spice rub. Once preheated, place pork into steamer.

Cook pork for approximately 3 hours until internal temperature is 165 degrees.

This recipe will yield tender and juicy pork cooked to perfection, with very little yield loss. Once pork is done place into a 2-inch solid pan, cover and cool. Once pork is cool it can be pulled or shredded, to make the base for pulled pork BBQ. Add your favorite BBQ sauce, cover and retherm in steamer for 25 – 35 minutes.

### **SOUTHERN STYLE SPICE RUB**

1 cup Lawry's seasoned salt

½ cup onion powder

½ cup garlic powder

¼ cup chili powder

¼ cup fine sugar

## Scrambled Eggs

6 cartons thawed scrambled egg blend (64 oz. carton)  
18 oz. whirl (or butter alternative)  
Salt and pepper to taste  
6 2-inch solid pans

Place 3 oz. of Whirl into pans. This should be worked around pan to ensure good coating. Place thawed egg product into pans (1 carton per pan). Place pans into preheated steamer. Set timer for 15 minutes. At this point product is done. It can be removed and served or simply leave in hold mode until ready to serve. Product will not stick to the pan and the Whirl gives it a nice butter flavor. Try using a wire whip to stir the eggs with after cooking. This breaks up the product nicely and gives it the appearance of being cooked on a griddle.

### **RECIPE VARIATIONS:**

- Experiment by adding different ingredients to your eggs. Each addition is per pan.
- Veggie Scramble #1: Add 4 oz. each of red onion, green pepper, and red pepper.
- Veggie Scramble #2: Add 6 oz. each of chopped spinach, sliced mushrooms and diced tomatoes.
- Mexican Scramble: Add 8 oz. salsa and shredded Colby jack cheese.
- Meat Lovers Scramble: Add 6 oz. each of crumbled sausage, bacon pieces, and diced ham.
- Italian 3 Cheese Scramble: Add ½ cup Italian seasoning, 1 cup mozzarella, ½ cup Parmesan, ½ cup cheddar and top with diced tomatoes.

## Stuffed Mexican Shells

- 16 oz. jumbo pasta shells
- 1 small can black olives (sliced)
- 2 packages taco seasoning
- 8 oz. jar jalapenos
- 24 oz. salsa
- 16 oz. sour cream
- 3 lbs. ground chuck
- 2 sliced Roma tomatoes
- 2 cups shredded cheddar cheese

Preheat steamer to cook mode. Fill 2-inch full pan with water, and heat for 10 minutes. Remove pan and add shells. Cook al dente (about 15 minutes), at the same time as the shells, place ground chuck in perforated pan. Cook 15 minutes or until brown. Remove shells and ground chuck. Rinse the shells, and cool while preparing meat mixture. Add a small amount of water to the taco seasoning to moisten. Stir into the ground chuck, along with ½ cup of cheese. Stuff shells with meat mixture, put a layer of salsa in the bottom of a 2-inch full size pan, add the shells in a single layer. Add the remaining salsa on top of the shells. Cook about 15-20 minutes to melt cheese. Top with black olives, tomatoes, sour cream and jalapenos to taste.

## *Taco Turkey Tacos*

### **80 PORTIONS**

- 10 lbs. turkey roll (pulled apart or shredded in mixer bowl with paddle attachment)
- 80 taco shells or flour tortillas
- 10 oz. of taco seasoning mix
- 2 tbsp. chili-garlic paste
- 1 large onion chopped

Preheat steamer to cook mode.

In a 4-inch full size hotel pan combine turkey, seasonings and onion. Steam for 25 minutes or until internal temperature is 165°.

Place hard shells in hotel pan and cover with foil or lid. Steam for 12 minutes or until shells are hot.

Spoon 2 oz. of turkey mixture into shells and garnish with lettuce, tomato and cheese.

## *Baked Potatoes*

60 baking size potatoes

Preheat steamer to cook mode. Place potatoes in two 4-inch perforated pans. Cook for 50 minutes. You can wrap the potatoes in aluminum foil, and cook for 60 minutes.



## *Corn Bread Dressing*

### **35 PORTIONS**

- 12 cups crumbled corn bread
- 8 oz. melted butter
- 4 eggs, lightly beaten
- 4 cups chicken, diced, optional
- 2 heaping tbsp. dried sage, crumbled
- 3 tsp. dried leaf thyme, crumbled
- 2 tsp. dried marjoram, crumbled
- 1 tsp. dried rosemary, chopped
- 1 tsp. freshly ground black pepper
- 6 cups soft bread crumbs
- 4 cups onion, chopped
- 4 cups finely chopped celery
- 6 cups chicken broth
- 2 tsp. salt

Preheat steamer to cook mode.

Combine all ingredients into 4-inch deep full size solid pan. Place into preheated steamer set timer for 30 minutes. After cooking stir well and serve.

## *Corn bread with Sausage, Egg and Cheese*

4 packages of corn bread mix (Betty Crocker)  
2 lbs. sausage  
16 oz. shredded cheddar cheese  
18 eggs

Preheat steamer to cook mode. Place thawed sausage spread out in 2-inch perforated pan, then place perforated pan into 4-inch solid pan. Place pans in steamer for 20 minutes to brown sausage.

Mix 2 packages of corn bread mix and pour into greased 4-inch pan. Spread 8 oz. of cheese on top of the corn bread mix. Place eggs, not used for corn bread mix, into a bowl and break the yolks. Crumble sausage and mix into bowl of eggs. Pour egg and sausage mixture into pan on top of corn bread batter and cheese. Mix 2 more packages of corn bread mix and pour onto egg and sausage mixture. Place into steamer for 25 minutes. Remove pan and place 8 oz. of shredded cheese as a thin layer on top right away so the cheese will melt. If needed, place back into steamer for 2 minutes to melt the cheese. No need to turn steamer back on—there is plenty of heat still in there. You can place pan back in steamer on hold until ready to serve.

## *Hard Boiled Eggs*

Preheat steamer to cook mode. Place eggs in a 2-inch perforated pan and cook for 15 minutes. As soon as timer sounds, pull out pan and run cold water over eggs. Eggs will be done to perfection with no greying of egg yolks.

## *Macaroni and Cheese*

42 oz. cheddar cheese soup  
2 cups milk (may use skim)  
32 oz. uncooked whole grain macaroni  
5 oz. French fried onions (optional)  
2 tbsp. vegetable oil

Preheat steamer to cook mode.

Fill 2-inch solid pan  $\frac{2}{3}$  full of water. Meanwhile, combine soup, milk and cheese in 2-inch half pan. Place in steamer. Remove pan of water from steamer, place oil in water and macaroni in 2-inch perforated pan. Place perforated pan out of solid pan to drain macaroni, dump water out of solid pan and place macaroni into the 2-inch solid pan. Pour cheese mixture over macaroni and place into steamer. Steam for 7–12 minutes. Sprinkle onions over macaroni and cheese before, if desired. May be held, do not place onions on until ready to serve.

## *Mashed Potatoes*

4 packages excel potato pearls

Preheat steamer to cook mode.

In 2, 4-inch solid pans, add 2 packages of excel potato pearls. Before you add the potato pearls, you will need to preheat the water. Add water to each pan per instructions on package. Preheat this water for 10 minutes in steamer. Remove pans and add potato pearls. Stir well. Place back into steamer and set timer for 10 minutes. Remove and fluff with a spoon.

# Pasta

5 gallons water  
1 cup olive oil  
Whole grain pasta (your choice)  
Pasta sauce (your choice)

Preheat steamer to cook mode.

In 2, 4-inch solid full pans, add 2½ gallons water to each pan. Add ½ cup olive oil to each pan. Place pans in steamer and preheat. In a 4-inch solid pan add your choice of pasta sauce. In 2, 4-inch perforated pans separate pasta evenly. When the water is preheated, add pasta to the water and place the sauce into the steamer. Set timer for 25-28 minutes. (For thinner pastas such as angel hair, reduce time to 15-18 minutes.) When timer sounds pasta will be “al dente”. Drain pasta by pulling perforated pan out of the solid pan and place each pan of pasta into a 4-inch solid pan. Add ½ of the prepared sauce to each pan of pasta, and you can return pans to the steamer and hold until ready to serve.

Pasta and sauce can be held separately if you prefer.

# *Brown Rice*

## **65-70 SERVINGS**

Preheat steamer to cook mode.

5 lbs. brown rice

3 qts. water

Salt to taste

In a solid 2-inch hotel pan, combine brown rice and water. Place in steamer for 20 minutes. Remove from steamer, and cover tightly. Let stand for 20 minutes. Fluff rice and serve. Rice will have a slight "bite" to it. For a more "sticky" consistency, add an extra quart of water and steam for 25 minutes.

## *Mexican Rice*

Rinsing rice well under cool running water will help keep rice from being sticky.

- 12 cups brown rice
- 10 cups of cold water
- 4 cups stewed tomatoes in juice
- 4 cups crushed tomatoes in juice
- 1 large onion cut into small dice
- 2 tbsp. cumin
- 1 tbsp. garlic powder

Preheat steamer to cook mode. Combine rice, water and ingredients in a 2-inch full size pan. Cook in steamer for 35 minutes. When finished fluff with fork.



## *Rice Pilaf*

Rinsing rice well under cool running water will help keep rice from being sticky.

- 12 cups brown rice
- 1 gallon chicken stock
- 1 large onion cut into small dice
- 4 dry Bay leaves
- ½ cup finely shredded carrot

Preheat steamer to cook mode. Combine rice, stock and ingredients in a 2-inch full size pan. Cook in steamer for 35 minutes. When finished fluff with fork.

# Broccoli

9 lbs. fresh broccoli

Cut into individual servings and place in 3, 4-inch perforated pan. Place in preheated steamer for 10 minutes.

**Note:** Most vegetables can be steamed in 10-12 minutes (fresh), or 15-20 minutes (frozen), depending on the texture and doneness you desire.

## *Creamed Corn*

48 oz. creamed corn  
2½ tbsp. margarine  
4 tbsp. flour

Preheat steamer to cook mode.

Mix all ingredients together, place in 2-inch full pan. Steam for 25 minutes. When covered, this can be held in steamer for hours.

## *Glazed Carrots*

20 lbs. fresh short cut carrots  
3 lbs. brown sugar  
3 lbs. butter or margarine

Preheat steamer to cook mode.

Divide carrots between 2, 4-inch perforated pans. Place into preheated steamer. Place butter and sugar into a 2-inch solid pan. Place into preheated steamer. Set timer for 15 minutes. Check for desired consistency. Carrots should be cooked, yet have a firm bite. Depending upon the sizing of the carrots you may need to cook for an additional 5 minutes. Remove carrots and butter mix from steamer and place carrots into a 4-inch solid pan. Stir butter and brown sugar mixture, add mixture to carrots and stir well. Carrots are now done.

Place cover on pan and hold in steam table.

# *Pinto Beans*

20 lbs. pinto beans

Your seasoning

Base to thicken the broth (beef, pork, ham)

Quick soak beans for 1 hour. Rinse and place beans into 4, 4-inch full size hotel pans. Cover with broth or water and your seasoning blend. (In seasoning, salt tends to toughen the hull of the bean. It is best to season with salt to taste after cooked.) Place pans of beans into preheated steamer. Cook for 3 hours. You will have perfectly cooked pinto beans ready for whatever recipe you choose to use them.

## *Italian Pasta Salad*

- 2 lbs. whole grain rotini pasta
- 6 oz. diced mild banana peppers
- 1 green pepper diced
- 4 oz. pepperoni diced or sliced
- 6 oz. mozzarella cheese shredded
- 4 oz. diced black olives (green can be substituted)
- 2½ cup Italian dressing
- 1 red pepper diced
- 1 red onion diced
- 4 oz. salami diced or sliced
- 3 oz. Parmesan cheese shredded

Toss all ingredients and chill 2 hours before serving.

**Note:** Please refer to pasta recipe on page 20.

## *Mexican Pasta Salad*

2 lbs. whole grain bow tie pasta  
8 oz. Colby jack cheese  
½ lb. ground beef taco meat (chicken can be substituted)  
½ cup diced green onion  
2 tbsp. ground cumin  
2 cups salsa (your choice)  
½ cup diced jalapenos  
½ cup green peppers  
1 cup diced fresh cilantro

Toss All ingredients and chill 2 hours before serving.

**Note:** Please refer to pasta recipe on page 20.



# **EVOLUTION™**

BOILER-FREE STEAMER

You've got questions  
**We've got answers**

AccuTemp has two Corporate Chefs on staff to answer any questions you may have in reference to cooking with your AccuTemp equipment. Feel free to email Chef John or Chef Kenny at [chefs@accutemp.net](mailto:chefs@accutemp.net).



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