

# How to *Simplify Steaming* in the Amana® Steamer Oven



The Amana® Steamer Oven is unique in its ability to accommodate two full size, 4" deep, high heat amber pans with lids. ACP recommends the use of high heat Carlisle pans and lids to achieve the best cooking results.



A good rule of thumb to follow is ***"one minute per pound"*** on 100% microwave for the AMSO35 (1½ minutes per pound for the AMSO22). This will bring most foods from refrigerated temperature to a minimum 140°F.

## Tips to *Simplify Steaming* and Enhance the Quality of Food Items:

1. Heating or cooking in covered high heat containers ensures:
  - Faster cook times
  - Retention of steam
  - Even cooking results
  - Prevention of food splatters
2. When possible, defrost and rinse frozen food items before steaming to shorten cook times
3. Refrigerated items stored at 40°F should be covered while heated
  - \* Breads, pastries or items with breaded coating should be heated *uncovered* to avoid softening
4. Room temperature items require less time to heat than refrigerated items
5. Internal food temperatures continue to slightly rise after a steaming cycle due to the presence of steam
6. Food items that are high in fat, sugar, salt or moisture attract microwave energy and require shorter cook times
7. Food items that are high in protein or fiber absorb microwave energy slowly and require longer cook times
8. As the mass of food items increases, so will the necessary cook time
  - When heating two full pans of thick, dense food items (lasagna, casserole, etc.), it may be necessary to rotate the pans half-way through the steaming process



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