

# STEAMING

## COOKING OVER HOT WATER



### Key Points

- Steaming is done at a higher temperature, above 212°F (100°C), making it the quickest wet cooking method.
- Steaming doesn't require food to be submerged in liquid. Which means more nutrients are retained while cooking.
- Steaming can be done with a commercial steamer or on a stovetop with a variety of kitchen gadgets, such as a steam rack or pot insert. With a commercial steamer, use perforated pans so steam can easily penetrate.

### Proper Technique



#### 1 Complete proper mise en place.

- Preheat steamer (pressure or pressure-less) before prepping food.



#### 2 Add food in a single layer to rack or perforated tray or pan.



#### 3 Steam to correct doneness (easily pierced by a fork).

- If steaming process has been used to partially cook (e.g., blanch), shock\* food for further preparation later or else move onto final cooking process.

\* spreading out on a sheet pan and allowing the food to cool in a cooler is best.



#### 4 Prepare and serve immediately.

### Applications



Par cook russet potatoes for baked potatoes by steaming them then place them in a 400° F oven, to crisp up the outside.



Steam diced or cubed yellow and red potatoes for home fries. This cooks them all evenly and can be done the day before. Then simply sauté or fry the potatoes to crisp up the outside.



Steam whole red potatoes and toss with butter, salt and parsley for a delicious pairing with grilled fish and seafood.



Steam white potatoes whole to par cook them before shredding on a box grater for amazingly simple and consistent hash browns.

### Recommended/Average Steaming Times:

Note: Commercial steamers should be vented first before fully opening to allow the heat to safely escape.



#### Pressurized

15 psi - 5 minutes for small potatoes and 10-15 minutes for large potatoes (2" +)



#### Non-pressurized

0-15 minutes for small potatoes and 30-35 minutes for large potatoes (2" +)