

Commercial Convection Steam Cooker Training and Safety



Description: Commercial steamers are used to prepare all manner of food items, most notably steamed vegetables and seafood. Since steam is water in its gas form, rather than drying out cooking foods, the foods retain their moisture, color and nutrients. This does not because the steam adds moisture to the food (and potentially make it soggy). Rather, since the cabinet air is so high in humidity, the heat does not draw moisture out of the food. The food simply maintains its own moisture content while cooking; nothing is added or subtracted.

Do:

- Always insure steamer timer is **OFF** before opening steamer door
- Place pan (if covered use plastic wrap and foil) in steamer and close door, make sure door latch firmly holds door closed
- Turn timer on, plus 5-10 minutes for pre-heating
- When timer goes off, stand behind the steamer door and open it **slowly** to allow steam to escape. **Steam is hot!!!!** *more so than boiling water*
- Pull pan slowly out of steamer at an angle away from you as there could be HOT water gathered on top of the pan
- At closing time, turn power OFF by setting timer to 0
- Always wear vinyl or latex gloves and DRY oven mitts or grill pads when handling hot items
- Steamer and its parts are HOT. Use care when operating or cleaning the steamer

Don't:

- Don't attempt to open the steamer during cooking cycle or before the buzzer sounds
- Don't stand directly in front of the steamer when opening the door
- Don't grab anything from the steamer without using oven mitts or grill pads
- Don't remove items from the steamer quickly due to burn hazards from spills