



Fresh Vegetable Steaming Guide

TIME	3-5 MINUTES	5-8 MINUTES	8-10 MINUTES	10-20 MINUTES
ASPARAGUS				
BEETS (whole)				
BELL PEPPERS				
BROCCOLI FLORETS				
CABBAGE WEDGES				
CARROTS (sliced)				
CAULIFLOWER FLORETS				
CORN ON THE COB				
GREEN BEANS				
KALE				
ONIONS (sliced)				
SPINACH				
SQUASH				
SUGAR SNAP PEAS				
SWEET POTATOES (large diced)				
SWISS CHARD				
ZUCCHINI				



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1	Collect all equipment and food product.
2	Prepare vegetables as required in recipe.
3	Arrange vegetables in a 200 perforated full hotel pan in an even, shallow layer.
4	Insert pan in steamer and close the door.
5	Remove from steamer.

