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AMSO35

COOKING GUIDE

CONTENTS

AMSO SPECIALTY STEAMER



Appetizers **6**

Breakfast **11**

Meats & Poultry **19**

Seafood **22**

Vegetables **27**

Sauces **39**

Rice & Pasta **41**

Dessert **44**



INTRODUCTION

Cook times on the following pages are approximation only.

It is important that recommended steam times not be exceeded without first checking the food. If food appears to require additional steaming, remove from the steamer, inspect, and if additional time is required, return to the steamer and resume steaming. Factors that will affect the steam time of a particular food item are: starting temperature, ingredients, natural moisture in food product, portion size, shape/density, container used and food volume. Read the AMSO owner's manual before operating the oven.

- For best results, steam for minimum time indicated. Inspect food and steam for additional time if needed.
- Stage cooking enables several different cooking cycles, or stages, to be used consecutively without repeated input from the user. Stage cooking can be used to defrost food initially and then cook it, and to improve cooking performance of a particular food. 11 different power levels control intensity of microwave.

Example: Poached Cod (8 loins)

- The first stage brings the poaching liquid to a slight boil and creates steam to heat fish.
- The second stage reduces the poaching liquid to a simmer and continues to cook the fish without overheating protein.

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	2:00	100
2	4:00	40

Be sure to stir and inspect food after each stage and at cycle completion when cooking dense product.

For seafood applications such as shrimp or lobster, where water, wine or fumet is desired, please insert drain shelf on the bottom of the pan before adding product.

Always open the amber pan cover AWAY from you to avoid steam contact.

Always wear waterproof mitts when taking hotel pans out of the AMSO. Heavy duty silicone mitts are recommended.

INTRODUCTION

DO NOT USE METAL PANS, METAL LIDS, METAL UTENSILS, ALUMINUM FOIL, OR ANY METAL VESSEL IN THE STEAMER.



Recommended Cooking Accessories:

- Plastic high-temperature amber pans are recommended
- Full-size 4" (10 cm) plastic amber high temperature food pan with lid (oven holds two pans)
- Full-size 6" (15 cm) plastic amber high temperature food pan w/ lid (oven holds one when inner shelf is removed)
- Drain shelves for seafood or applications where foods do not need to be submerged in water or other liquids
- Microwave safe plastic bags for individualized serving portions
- Microwave safe ceramic dishes
- Microwave safe glass dishes



COOKING TIPS

ALL PANS SHOULD BE COVERED TO EFFICIENTLY STEAM FOOD, UNLESS OTHERWISE NOTED.



Measurement abbreviations found in the cooking guide:

- lb: pound
- g: gram
- oz: ounce
- tbsp: tablespoon
- tsp: teaspoon
- pc: piece
- pcs: pieces
- N/A: not applicable
- ea: each

ABBREVIATION DEFINITIONS: %MW : Microwave Energy



APPETIZERS

BBQ CHICKEN (PRE-COOKED)

Quantity: 8 lbs. (3.6 kg)

Start Food Temperature: 35-40°F (3-6°C)

Accessory: Two 4" Full size Amber Pans w/ lids

STAGE	TIME	% MW
1	7:00	100
2	3:00	70



TOTAL COOK TIME:
10 MINUTES

NOTES: Place 4 lbs. (1.8 kg) chicken per pan. Make sure chicken legs and wings are covered liberally with sauce before heating.

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APPETIZERS

MEATBALLS (PRE-COOKED)

Quantity: 10 lbs. (4.5kg)

Start Food Temperature: 0-10°F (-17- -12°C)

Accessory: Two 4" Full size Amber Pans w/ lids

STAGE	TIME	% MW
1	9:00	100
2	3:00	50% Top Only Mode



TOTAL COOK TIME:
12:00

NOTES: Each meatball should be 1 oz., place 5 lbs. (2.3 kg) per pan. Make sure meatballs are covered liberally with sauce before heating.

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APPETIZERS

MUSHROOMS (FRESH)

Quantity: 4 lbs. (1.8 kg)

Start Food Temperature: 35-40°F (3-6°C)

Accessory: Two 4" Full size Amber Pans w/ lids

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	4:00	100



TOTAL COOK TIME:

4:00

NOTES: Place 2 lbs. (1 kg) per pan.



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APPETIZERS

CLAMS (FRESH)

Quantity: 12 lbs. (5.4 kg)

Start Food Temperature: 35-40°F (3-6°C)

Accessory: Two 4" full-size Amber Pans w/ lids,
drain shelf

STAGE	TIME	% MW
1	6:50	100



TOTAL COOK TIME:

6:50

NOTES: Place 6 lbs. (2.7 kg) per pan on steam tray. Cover and place in AMSO at the above settings.

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APPETIZERS

MUSSELS (FRESH)

Quantity: 2 lbs. (1 kg))

Start Food Temperature: 35-40°F (3-6°C)

Accessory: One 4" full-size Amber Pan w/ lid,
drain shelf

STAGE	TIME	% MW
1	2:15	100



TOTAL COOK TIME:

2:15

NOTES: Cover and place in AMSO at the above settings. After cook cycle, dispose of any un-opened shells.



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BREAKFAST

SAUSAGE PATTIES or LINKS (FROZEN)

Quantity: 4 lbs. (1.8 kg)

Start Food Temperature: 0-10°F (-17- -12°C)

Accessory: Two 4" full-size Amber Pans w/ lids

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	5:00	100



TOTAL COOK TIME:

5:00

NOTES: Place 2 lbs. (1 kg) per pan. Cover with lid.



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BREAKFAST

BREAKFAST BURRITO

Quantity: 4 dozen eggs

Start Food Temperature: 35-40°F (3-6°C)

Accessory: One 4" full-size Amber Pan w/ lid

STAGE	TIME	% MW
1	5:00	100



TOTAL COOK TIME:

5:00



INGREDIENTS:

- 4 dozen large eggs
- Butter or food release spray
- Salt & pepper to taste
- Light cream
- Soft flour tortillas
- Jack or cheddar cheese
- Salsa

METHOD:

1. Break eggs into mixing bowl.
2. Add salt, pepper, and cream if desired.
3. Whip until whites and yolks are homogeneous.
4. Spray food release spray on bottom and sides of the pan.
5. Pour egg mixture in pan, cover and place in oven.

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BREAKFAST

GRITS

Quantity: 6 lbs. (2.7 kg)

Start Food Temperature: 65-75°F (18-24°C)

Accessory: Two 4" full-size Amber Pans w/ lids

STAGE	TIME	% MW
1	12:00	100
2	15:00	30



TOTAL COOK TIME:
27:00

NOTES: Add 12 quarts of hot tap water to grits. Cook only on first stage (100% microwave) until water begins to boil. Reduce to simmer (30% microwave) for 15:00.



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BREAKFAST

EGGS, SCRAMBLED

Quantity: 4 dozen eggs

Start Food Temperature: 35-40°F (3-6°C)

Accessory: One 4" full-size Amber Pan w/ lid

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	5:00	100



TOTAL COOK TIME:

5:00



INGREDIENTS:

- 4 dozen large eggs
- Butter or food release spray
- Salt & pepper to taste
- Light cream

METHOD:

1. Break eggs into mixing bowl.
2. Add salt, pepper, and cream if desired.
3. Whip until whites and yolks are homogeneous.
4. Spray food release spray on bottom and sides of the pan.
5. Pour egg mixture in pan, cover and place in oven.
6. Stir once every minute to form scrambled eggs.

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BREAKFAST

EGGS, POACHED

Quantity: 1 dozen/pan

Start Food Temperature: 35-40°F (3-6°C)

Accessory: Two 4" full-size Amber Pans w/ lids

STAGE	TIME	% MW
1	4:30	50



TOTAL COOK TIME:

4:30



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INGREDIENTS:

- 2 dozen large eggs
- Water
- Salt
- 3 tbsp. white wine vinegar per 1/2 gallon water

METHOD:

1. Fill pan with 1.5" of water**
2. Add vinegar, salt.
3. Bring water to a boil.
4. Break eggs into bowl and slip into simmering liquid.
5. Cover and place in the oven at settings provided.
6. Remove eggs from water as needed.

**It is recommended to use smaller ½ size 4" tall pans with lids to reduce risk of contact with steam.

BREAKFAST

EGGS, HARD BOILED

Quantity: 1 dozen/pan

Start Food Temperature: 35-40°F (3-6°C)

Accessory: Two 4" full-size Amber Pans w/ lids

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	11:00	30



TOTAL COOK TIME:

11:00



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INGREDIENTS:

- 2 dozen large eggs
- Water
- Salt
- 2 tbsp. white wine vinegar

METHOD:

1. Fill pan with 2½ inches of water.**
2. Add 1 tbsp. vinegar to each pan, add salt if desired.
3. Bring water to a boil.
4. Add eggs gently to simmering liquid.
5. Cover and place in the oven at settings provided.

**It is recommended to use smaller ½ size 4" tall pans with lids to reduce risk of contact with steam.

BREAKFAST

EGGS, SOFT BOILED

Quantity: 1 dozen/pan

Start Food Temperature: 35-40°F (3-6°C)

Accessory: Two 4" full-size Amber Pans w/ lids

STAGE	TIME	% MW
1	4:00	30



TOTAL COOK TIME:

4:00



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INGREDIENTS:

- 2 dozen large eggs
- Water
- Salt
- 2 tbsp. white wine vinegar

METHOD:

1. Fill pan with 2½ inches of water.**
2. Add 1 tbsp. vinegar to each pan., add salt if desired.
3. Bring water to a boil.
4. Add eggs gently to simmering liquid.
5. Cover and place in the oven at settings provided.

**It is recommended to use smaller ½ size 4" tall pans with lids to reduce risk of contact with steam.

BREAKFAST

OATMEAL

Quantity: 5 lbs. (2.3 kg) dry oatmeal
Start Food Temperature: 65-75°F (18-24°C)
Accessory: Two 4" full-size Amber Pans w/ lids

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	4:00	100



TOTAL COOK TIME:
4:00

NOTES: Measure 2.5 lbs. (1.1 kg) dry oatmeal per pan with 5 quarts of hot tap water into each pan.



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MEAT & POULTRY

BBQ RIBS (PRE-COOKED)

Quantity: 2 racks/pan
Start Food Temperature: 35-40°F (3-6°C)
Accessory: Two 4" Full size Amber Pans w/ lids

STAGE	TIME	% MW
1	7:00	100
2	1:30	70



TOTAL COOK TIME:
8:30

NOTES: 4 racks of pork ribs equals approximately 9 lbs. (4 kg) total.
Make sure ribs are covered liberally with sauce before heating.



MEAT & POULTRY

HOT DOGS

Quantity: 8 dozen
Start Food Temperature: 35-40°F (3-6°C)
Accessory: Two 4" full-size Amber Pans w/ lids

STAGE	TIME	% MW
1	7:00	100
2	7:20	40



TOTAL COOK TIME:
14:20

NOTES: Add 4 quarts of water or seasoned stock to each pan. Cook on 100% in the first stage until liquid begins to boil. Add 4 dozen hot dogs to each pan and continue cooking at 40%.



MEAT & POULTRY

HAMBURGERS (PRE-COOKED, FROZEN)

Quantity: 24 (4 oz ea.)
Start Food Temperature: 0-10°F (-17- -12°C)
Accessory: Two 4" Full size Amber Pans w/ lids,
drain shelf

STAGE	TIME	% MW
1	2:30	100
2	2:30	40
3	2:00	50% Top Only Mode



TOTAL COOK TIME:
7:00

NOTES: Place 12 hamburgers per pan.
Arrange on drain shelf so that
they slightly overlap.



SEAFOOD

BAY SCALLOPS (FRESH)

Quantity: 12 lbs. (5.4 kg)

Start Food Temperature: 35-40°F (3-6°C)

Accessory: Two 4" full-size Amber Pans w/ lids,
drain shelf

STAGE	TIME	% MW
1	6:50	100



TOTAL COOK TIME:
6:50

NOTES: Place 6 lbs. (2.7 kg) per pan on
drain shelf. Cover and place in
AMSO at the above settings.



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SEAFOOD

LOBSTER (FRESH)

Quantity: 6 tails (5 oz. ea)

Start Food Temperature: 35-40°F (3-6°C)

Accessory: One 4" full-size Amber Pans w/ lids, drain shelf

STAGE	TIME	% MW
1	1:30	100



TOTAL COOK TIME:

1:30

NOTES: White wine and other aromatics can also be added to the pan before steaming - we suggest using the drain shelf in this application.



1. Cut top of lobster tail to tail end with shears.
2. Flip over and cut bottom of tail to end.
3. Take lobster meat out with gloved hands.
4. Set lobster meat on top of empty shell.
5. Set lobster on top of steam tray
6. Add ½ cup (2 oz.) of water to corner of pan.
7. Cover and place in AMSO
8. After cycle ends, let sit for 1 minute to finish cook cycle.
9. Check internal temperature to be at least 145°F (63°C).

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SEAFOOD

CRAB LEGS (FRESH)

Quantity: 5 lbs. (2.3 kg) crab clusters

Start Food Temperature: 35-40°F (3-6°C)

Accessory: Two 4" full-size Amber Pans w/ lids,
drain shelf

STAGE	TIME	% MW
1	5:00	100



TOTAL COOK TIME:

5:00

NOTES: Divide even amount of clusters between two pans. Cover and heat at the above cook settings.

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SEAFOOD

POACHED COD

Quantity: 8 ea. (3-4 oz. ea.)

Start Food Temperature: 35-40°F (3-6°C)

Accessory: One 4" full-size Amber Pan w/ lid, drain shelf

STAGE	TIME	% MW
1	2:00	100
2	4:00	40



TOTAL COOK TIME:

6:00

NOTES: Pour enough poaching liquid to touch bottom of drain shelf. Lay cod loins on top of drain shelf. Cover and place in oven at the above settings.

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SEAFOOD

POACHED SALMON

Quantity: 10 ea. (8 oz. ea.)

Start Food Temperature: 35-40°F (3-6°C)

Accessory: One 4" full-size Amber Pan w/ lid, drain shelf

STAGE	TIME	% MW
1	2:15	100
2	6:50	40



TOTAL COOK TIME:
9:05

NOTES: Pour enough poaching liquid to touch bottom of drain shelf. Lay steaks or fillets on top of drain shelf. Cover and place in oven at the above settings.

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VEGETABLES

ARTICHOKES

Quantity: 2 ea. (8 oz. ea.)

Start Food Temperature: 35-40°F (3-6°C)

Accessory: One 4" full-size Amber Pan w/ lid, drain shelf

STAGE	TIME	% MW
1	1:20	100



TOTAL COOK TIME:

1:20

NOTES: For six artichokes, use two pans and the below cook time:

STAGE	TIME	% MW
1	2:15	100

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VEGETABLES

ASPARAGUS (FRESH)

Quantity: 6 lbs.

Start Food Temperature: 35-40°F (3-6°C)

Accessory: Two 4" full-size Amber Pans w/ lids, steam tray

STAGE	TIME	% MW
1	3:50	100



TOTAL COOK TIME:

3:50

ASPARAGUS (FROZEN)

STAGE	TIME	% MW
1	7:20	100

NOTES: Place 3 lbs. per pan

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VEGETABLES

BROCOLI FLORETS (FRESH)

Quantity: 3 lbs.

Start Food Temperature: 35-40°F (3-6°C)

Accessory: One 4" full-size Amber Pan w/ lid

STAGE	TIME	% MW
1	3:00	100



TOTAL COOK TIME:

3:00

BROCOLI FLORETS (FROZEN) 8 LBS.

STAGE	TIME	% MW
1	10:00	100

NOTES: Place 4 lbs. (frozen), per 4" full-size Amber Pan with lid.

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VEGETABLES

BRUSSEL SPROUTS (FRESH)

Quantity: 6 lbs. (2.7 kg)

Start Food Temperature: 35-40°F (3-6°C)

Accessory: Two 4" full-size Amber Pans w/ lids

STAGE	TIME	% MW
1	4:30	100



TOTAL COOK TIME:

4:30

NOTES: Place 3 lbs. (1.4 kg) per pan.



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CARROTS (FRESH)

Quantity: 6 lbs. (2.7 kg)

Start Food Temperature: 35-40°F (3-6°C)

Accessory: Two 4" full-size Amber Pans w/ lids

STAGE	TIME	% MW
1	5:30	100



TOTAL COOK TIME:

5:30

NOTES: Place 3 lbs. (1.4 kg) per pan.

VEGETABLES

CABBAGE

Quantity: 4 lbs. (1.8 kg)

Start Food Temperature: 35-40°F (3-6°C)

Accessory: Two 4" full-size Amber Pans w/ lids

NOTES: Place 2 lbs. (1 kg) per pan

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	5:30	100



TOTAL COOK TIME:
5:30



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CANNED VEGETABLES

Quantity: 24 lbs. (11 kg)

Start Food Temperature: 65-75°F (18-24°C)

Accessory: Two 4" full-size Amber Pans w/ lids

NOTES: Place 12 lbs. (5.4 kg) per pan

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	16:20	100



TOTAL COOK TIME:
16:20

VEGETABLES

CAULIFLOWER (FRESH)

Quantity: 6 lbs. (2.7 kg)

Start Food Temperature: 35-40°F (3-6°C)

Accessory: Two 4" full-size Amber Pans w/ lids

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	6:20	100



TOTAL COOK TIME:
6:20

CALIFLOWER (FROZEN)

Quantity: 6 lbs. (2.7 kg)

Start Food Temperature: 0-10°F (-17- -12°C)

Accessory: Two 4" full-size Amber Pans w/ lids

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	7:20	100



TOTAL COOK TIME:
7:20

NOTES: Place 3 lbs. (1.4 kg) per pan.



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VEGETABLES

CORN (FRESH) NIBLETS

Quantity: 6 lbs. (2.7 kg)

Start Food Temperature: 35-40°F (3-6°C)

Accessory: Two 4" full-size Amber Pans w/ lids

STAGE	TIME	% MW
1	5:30	100



TOTAL COOK TIME:

5:30

CORN (FROZEN) NIBLETS

Quantity: 6 lbs. (2.7 kg)

Start Food Temperature: 0-10°F (-17- -12°C)

Accessory: Two 4" full-size Amber Pans w/ lids

STAGE	TIME	% MW
1	7:20	100



TOTAL COOK TIME:

7:20

NOTES: Place 3 lbs. (1.4 kg) per pan.



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VEGETABLES

GREEN BEANS (FRESH)

Quantity: 6 lbs. (2.7 kg)

Start Food Temperature: 35-40°F (3-6°C)

Accessory: Two 4" full-size Amber Pans w/ lids

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	6:20	100



TOTAL COOK TIME:
6:20

GREEN BEANS (FROZEN)

Quantity: 6 lbs. (2.7 kg)

Start Food Temperature: 0-10°F (-17- -12°C)

Accessory: Two 4" full-size Amber Pans w/ lids

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	7:20	100



TOTAL COOK TIME:
7:20

NOTES: Place 3 lbs. (1.4 kg) per pan.



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VEGETABLES

CORN COBBETTES

Quantity: 4 lbs. (1.8 kg)

Start Food Temperature: 35-40°F (3-6°C)

Accessory: Two 4" full-size Amber Pans w/ lids

STAGE	TIME	% MW
1	3:30	100



TOTAL COOK TIME:

3:30

NOTES: Place 2 lbs. (1 kg) per pan. All pans should be covered to efficiently steam food.

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VEGETABLES

POTATOES, RUSSET

Quantity: 24

Start Food Temperature: 65-75°F (18-24°C)

Accessory: Two 4" full-size Amber Pans w/ lids

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	20:00	100



TOTAL COOK TIME:

20:00

NOTES: Place 12 potatoes per pan. All pans should be covered to efficiently steam food.

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VEGETABLES

POTATOES, BABY REDS (SIZE B)

Quantity: 10 lbs. (4.5 kg)

Start Food Temperature: 65-75°F (18-24°C)

Accessory: Two 4" full-size Amber Pans w/ lids

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	11:50	100



TOTAL COOK TIME:

11:50

NOTES: Place 5 lbs. (2.3 kg) per pan. All pans should be covered to efficiently steam food.

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VEGETABLES

MIXED VEGETABLES, CALIFORNIA MEDLEY (FROZEN)

Quantity: 8 lbs. (3.6 kg)

Start Food Temperature: 0-10°F (-17- -12°C)

Accessory: Two 4" full-size Amber Pans w/ lids

STAGE	TIME	% MW
1	10:00	100



TOTAL COOK TIME:

10:00

NOTES: Place 4 lbs. vegetables per pan



SPINACH (FRESH)

Quantity: 3 lbs. (1.4 kg)

Start Food Temperature: 35-40°F (3-6°C)

Accessory: Two 4" full-size Amber Pans w/ lids

STAGE	TIME	% MW
1	2:15	100



TOTAL COOK TIME:

2:15

NOTES: Place 1.5 lbs. (0.7 kg) per pan



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SAUCES

ALFREDO SAUCE - LAND O' LAKES

Quantity: 8 lbs. (3.6 kg)

Start Food Temperature: 65-75°F (18-24°C)

Accessory: One 4" full-size Amber Pan w/ lid

STAGE	TIME	% MW
1	4:30	100



TOTAL COOK TIME:

4:30



TOMATO SAUCE

Quantity: 4 quarts

Start Food Temperature: 65-75°F (18-24°C)

Accessory: Two 4" full-size Amber Pans w/ lids

STAGE	TIME	% MW
1	7:45	100



TOTAL COOK TIME:

7:45

NOTES: Measure 2 quarts per pan.



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SAUCES

NACHO CHEESE

Quantity: 2-#10 cans, 256 oz.

Start Food Temperature: 65-75°F (18-24°C)

Accessory: Two 4" full-size Amber Pans w/ lids

STAGE	TIME	% MW
1	4:30	100



TOTAL COOK TIME:

4:30

NOTES: Measure 1-#10 can contents
(128 oz.) per pan.

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RICE & PASTA

PASTA, DRY/UNCOOKED

Quantity: 2 lbs. (1 kg) uncooked pasta

Start Food Temperature: 65-75°F (18-24°C)

Accessory: Two 4" full-size Amber Pans w/ lids

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	10:00	100



TOTAL COOK TIME:

10:00

NOTES: Add 4 quarts of hot tap water and 1lb. dry pasta to each pan, and salt to taste. Heat for 10-12 minutes, no lid, depending on desired texture. Stir constantly during cycle to prevent sticking.

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RICE & PASTA

RICE, LONG GRAIN (PAR BOILED), 3 LBS.

Quantity: 3 lbs. (1.4 kg) dry raw rice

Start Food Temperature: 65-75°F (18-24°C)

Accessory: One 4" full-size Amber Pan w/ lid

STAGE	TIME	% MW
1	5:00	100
2	18:00	30



TOTAL COOK TIME:

23:00

NOTES: Add 3 quarts of hot tap water to rice. Cover, and place in oven at the above cook settings. Stir after cook cycle to release excess moisture.



RICE, LONG GRAIN (PAR BOILED), 7 LBS.

Quantity: 7 lbs. (3.2 kg) dry raw rice

Start Food Temperature: 65-75°F (18-24°C)

Accessory: One 6" full-size Amber Pan w/ lid

STAGE	TIME	% MW
1	10:00	100
2	23:00	30



TOTAL COOK TIME:

33:00

NOTES: Add 7 quarts of hot tap water to rice. Cover, and place in oven at the above cook settings. Stir after cook cycle to release excess moisture.

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RICE & PASTA

BAKED BEANS, CANNED

Quantity: 1-#10 can, 128 oz.

Start Food Temperature: 65-75°F (18-24°C)

Accessory: One 4" full-size Amber Pan w/ lid

STAGE	TIME	% MW
1	4:30	100



TOTAL COOK TIME:

4:30

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DESSERTS

POACHED PEARS

Quantity: 8 pears

Start Food Temperature: 65-75°F (18-24°C)

Accessory: One 4" full-size Amber Pan w/ lid

STAGE	TIME	% MW
1	2:30	60
2	6:30	50



TOTAL COOK TIME:

9:00



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INGREDIENTS:

- 8 Fresh Bartlett or Anjou pears, peeled and cored
- 4 cups (32 oz.) sweet white wine
- 2 cups (400 g) sugar
- 6 slices fresh ginger
- 4 wide strips of lemon zest
- 4 cinnamon sticks
- 1 tsp. (4 g) Chinese 5 spice
- ½ cup (170 g) honey or agave syrup

METHOD:

1. Place the white wine, sugar, ginger, lemon zest, Chinese 5 spice, and cinnamon sticks into a 4-quart saucepan over medium-high heat and bring to a boil. Turn heat down and simmer 5 minutes.
2. Core the pears from the bottom, to keep stem intact. Place in half hotel pan; pour sweetened, spiced liquid over pears and cover.
3. Place in AMSO at the settings provided.
4. Remove pears and serve hot, with ice cream or as a cold fruit and cheese dessert plate.

OUR COMMITMENT



Through continuous improvement, our goal is to always deliver products that exceed customer expectations in performance, quality, innovation, and service.

With the Amana Commercial legacy, your operation can be assured it is using Best-in-Class technology, that we have proudly brought to the foodservice industry for over 25 years.

Our heritage and commitment to excellence ensures your investment delivers the customer experience and operational efficiency you need to meet your goals.

Let us show you how we cook.



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