

Panasonic

Cook Book for Sonic Steamer

 SONIC
STEAMER



NE-3280 / NE-2180

01 Par Boiled Rice & Long Grain Rice



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- Full size 4" hotel pan with cover
- Serving spoons

INGREDIENTS

- Par boiled rice _____ 5 Lbs.
- Butter or margarine
- Water or well-seasoned stock for Sonic Steamer _____ 7 quarts'
- Salt and pepper (if using water) _____ To taste

PROCEDURE

- 1 Combine all ingredients in the pans.
- 2 Stir well.
- 3 Cover and place in the Sonic Steamer.
- 4 Press POWER to set power level, using dial set time for [Stage 1] in the chart below then press START

MODEL	POWER	TIME
NE-3280	MED	10 min.
NE-2180	MED	12 min.

- 5 Remove from Sonic Steamer, stir and place back for additional mins in [Stage 2].

MODEL	POWER	TIME
NE-3280	HI	13 min.
NE-2180	HI	15 min.

- 6 Hold for service or serve immediately.

02 Uncooked Pasta



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- One full size high temp plastic 2" hotel pans with covers
- Slotted serving spoon
- Colander

INGREDIENTS

- Pasta _____ 1-4 Lbs.
- Water
- Salt _____ To taste

PROCEDURE

- 1 Fill pan to be used with $\frac{1}{2}$ - gallon of room temperature water for each lb. of pasta.
- 2 Salt the water well, to add flavor.
- 3 Add pasta to pan and stir leave uncovered.
- 4 Press POWER to set power level, using dial set time for [Stage 1] in the chart below then press START.

MODEL	POWER	TIME
NE-3280	HI	15 min.
NE-2180	HI	15 min.

- 5 Remove from Sonic Steamer, stir and place back for additional mins in [Stage 2].

MODEL	POWER	TIME
NE-3280	HI	10 min.
NE-2180	HI	15 min.

- 6 Cook at reduced temperature until desired level of doneness is reached.
- 7 Remove from water and serve.

03 Cooked Pasta



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- Two Full size 4" hotel pans with covers
- High heat drain tray

INGREDIENTS

- Cooked Pasta refrigerated
{3 Lbs. dry} _____ 9½ Lbs.
- Salt and pepper _____ To taste
if desired
- Butter or margarine _____ To taste
if desired

PROCEDURE

- 1 Remove pan{s} of cooked pasta from the refrigerator.
- 2 Season with Salt, Pepper and Butter or Margarine if desired.
- 3 Cover and place in the Sonic Steamer.
- 4 Press POWER to set power level, using dial set time for [Stage 1] in the chart below then press START.
- 5 After stage 1, set [Stage 2] in the chart below then press START.
- 6 Add appropriate sauce and serve as needed.

MODEL	POWER	TIME	AMOUNT
NE-3280	MED	2 min.	4¾ Lbs. Per Pan
NE-2180	MED	3 min.	4¾ Lbs. Per Pan

MODEL	POWER	TIME	AMOUNT
NE-3280	HI	3 min. 30 sec.	4¾ Lbs. Per Pan
NE-2180	HI	5 min.	4¾ Lbs. Per Pan

04 Quinoa



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- One high temp plastic 2" hotel pan uncovered

INGREDIENTS

- Quinoa _____ 8 cups
- Water _____ 16 cups
- Salt _____ To taste

PROCEDURE

- 1 Combine quinoa and water in the pan.
- 2 Place pan in Sonic Steamer.
- 3 Press POWER to set power level, using dial set time for [Stage 1] in the chart below then press START.

MODEL	POWER	TIME
NE-3280	HI	15 min.
NE-2180	HI	15 min.

- 4 When time is done, remove pan from Sonic Steamer, stir and cover.

- 5 Place pan back inside the Sonic Steamer, and then set [Stage 2] in the chart below then press START.

MODEL	POWER	TIME
NE-3280	MED	10 min.
NE-2180	MED	15 min.

- 6 Remove from Sonic Steamer.
- 7 Stir and hold for service or serve immediately.

05 BBQ Ribs



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- One full size high temp plastic 4" hotel pan with cover

INGREDIENTS

- Slab (refrigerated 38°F) _____ 4 Lbs.
- Salt and pepper _____ To taste
- BBQ sauce of choice

PROCEDURE

- 1 Season meat with salt and pepper.
- 2 Place slab in pan and cover.
- 3 Place pan in Sonic Steamer.
- 4 Press POWER to set power level, using dial set time then press START.

MODEL	POWER	TIME
NE-3280	HI	18 min.
NE-2180	HI	25 min.

- 5 Remove and mix with BQQ sauce of choice.

06 Meatballs (Frozen)



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- One full size high temp plastic 4" hotel pan with cover

PROCEDURE

- 1 Place meatballs in pan and cover.
- 2 Place pan in Sonic Steamer.
- 3 Press POWER to set power level, using dial set time for [Stage 1] in the chart below then press START.

MODEL	POWER	TIME
NE-3280	HI	10 min.
NE-2180	HI	14 min.

- 4 When done, stir the meatballs and place back into the Sonic Steamer.

INGREDIENTS

- Meatballs (3 oz each) _____ 5 Lbs.

- 5 Cook for additional mins in [Stage 2].

MODEL	POWER	TIME
NE-3280	MED	3 min.
NE-2180	MED	4 min.

- 6 Remove and serve.

07 Meatballs (in Sauce)



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- One full size high temp plastic 4" hotel pan with cover

INGREDIENTS

- Meatballs (refrigerated 38°F) _____ 5 Lbs.
- #10 Can Tomato sauce _____ 1
- Seasonings _____ To taste

PROCEDURE

- 1 Place meatballs in pan and add tomato sauce and seasoning.
- 2 Place pan in Sonic Steamer.
- 3 Press POWER to set power level, using dial set time in the chart. Press START.

MODEL	POWER	TIME
NE-3280	HI	9 min.
NE-2180	HI	13 min.

- 4 Remove and serve.

08 Fresh Bone in Chicken Breast and Thighs



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- One full size high temp plastic 4" hotel pan with cover

INGREDIENTS

- Chicken breasts and thighs (bone in, refrigerated 38°F) _____ 6 Lbs.
- Seasonings

PROCEDURE

- 1 Season chicken as desired.
- 2 Place chicken in pan and cover.
- 3 Place pan in Sonic Steamer.
- 4 Press POWER to set power level, use the dial and set time in the chart. Press START.

MODEL	POWER	TIME
NE-3280	HI	10 min.
NE-2180	HI	13 min.

Note: When time is up, verify chicken is cooked by using a thermometer. Chicken should reach a minimum internal temperature of 165°F/75°C in the thickest portion. Add more time if necessary.

- 5 Remove and serve.

09

Ground Beef, Ground Turkey, Ground Chicken & Plant Based Protein

For Multiple Uses
(Bolognese, Taco & Sloppy Joes etc.)



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- One full size high temp plastic 4" hotel pan with cover

INGREDIENTS

- Plant based Protein (refrigerated 38°F) _____ 5 Lbs.

PROCEDURE

- 1 Place Plant based Protein in pan and cover.
- 2 Place pan in Sonic Steamer.
- 3 Press POWER once, using dial and set time in the chart below. Press START.

MODEL	POWER	TIME
NE-3280	HI	4 min.
NE-2180	HI	5 min.

- 4 Remove and break up protein.

10 HOT DOGS: Water Method



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- Two full size or 1½ size 4" pans with covers
- Serving tongs

INGREDIENTS

- Hot dogs (refrigerated 38°F) _____ 8 doz.
- Water or well-seasoned stock or beer for the Sonic Steamer _____ 8 qt.
- Salt and pepper (if using water) _____ To taste

PROCEDURE

- 1 Combine all ingredients in the pans.
- 2 Stir well.
- 3 Cover and place in Sonic Steamer, press START to set power level and use dial to set time [Stage 1] in the chart below. Press START.

MODEL	POWER	TIME
NE-3280	HI	8 min.
NE-2180	HI	10 min.

- 4 Cook for additional mins in [Stage 2].

MODEL	POWER	TIME
NE-3280	MED	4 min.
NE-2180	MED	4 min.

- 5 Hold for service or serve immediately.
- 6 Cooking times will vary depending on size of hot dogs .

11

Fresh Kale, Spinach and Other Leafy Vegetables



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- One full size high temp plastic 4" hotel pan with cover

INGREDIENTS

- Fresh kale or other leafy vegetable _____ 3 Lbs.

PROCEDURE

- 1 Place leafy vegetables in pan and cover.
- 2 Place pan in Sonic Steamer.
- 3 Press POWER once, using dial set time in the chart. Press START.

MODEL	POWER	TIME
NE-3280	HI	3 min.
NE-2180	HI	4 min.

- 4 Remove and serve.

12 Winter Squash (Butternut, Acorn)



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- One full size high temp plastic 4" hotel pan with cover

PROCEDURE

- 1 Peel and cut squash into 2" pieces.
- 2 Place Squash in 4" high temp plastic hotel pan and cover.
- 3 Place pan in Sonic Steamer.
- 4 Press POWER once, turn the dial and set time in the chart. Press START.

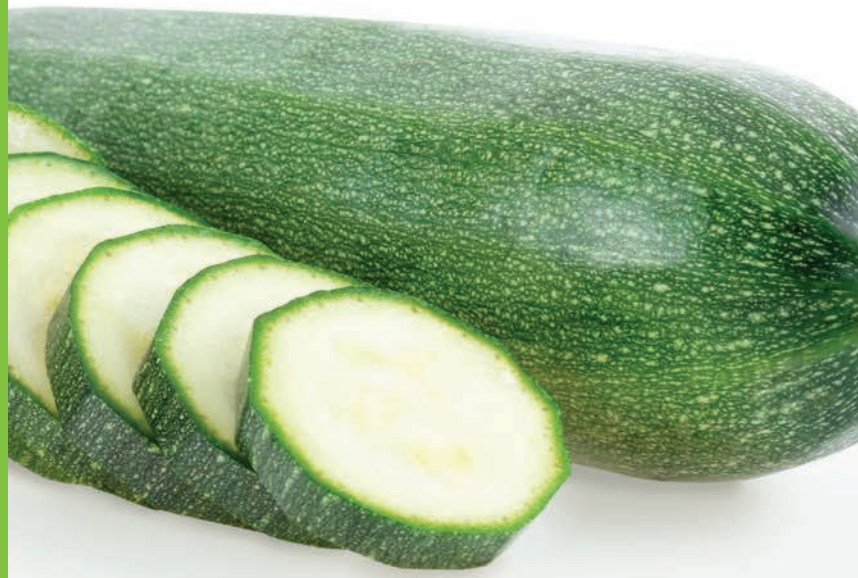
MODEL	POWER	TIME
NE-3280	HI	6 min.
NE-2180	HI	8 min.

INGREDIENTS

- Winter Squash _____ 8 cups

13

Zucchini & Summer Squash



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- One full size high temp plastic 4" hotel pan with cover

INGREDIENTS

- Cut Zucchini or Summer Squash _____ 4 Lbs.

PROCEDURE

- 1 Place Zucchini or Summer Squash in pan and cover.
- 2 Place pan in Sonic Steamer.
- 3 Press POWER once, turn the dial and set time in the chart. Press START.

MODEL	POWER	TIME
NE-3280	HI	4 min.
NE-2180	HI	5 min.

- 4 Remove, season as desired and serve.

14 Russet Potatoes (50 Count)



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- Two Full size 4" hotel pans with covers and steaming racks
- Steaming racks

INGREDIENTS

- Potatoes

PROCEDURE

- 1 Rinse potatoes in water.
- 2 Using fork poke holes in each potato.
- 3 Arrange potatoes in pan on Steaming rack(s).
- 4 Cover and place in Sonic Steamer.
- 5 Press POWER once, turn the dial and set time in the chart below. Press START.

MODEL	POWER	TIME	AMOUNT
NE-3280	HI	24 min.	16 ea.
		10 min.	8 ea.
		8 min. 30 sec.	5 ea.
NE-2180	HI	28 min.	16 ea.
		14 min.	8 ea.
		12 min.	5 ea.

15 Russet Potatoes (70-80 Count)



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- Two Full size 4" hotel pans with covers and steaming racks
- Steaming racks

INGREDIENTS

- Potatoes

PROCEDURE

- 1 Rinse potatoes in water.
- 2 Using fork poke holes in each potato.
- 3 Arrange potatoes in pan on Steaming rack(s).
- 4 Cover and place in Sonic Steamer.
- 5 Press POWER once, turn the dial and set time in the chart below. Press START.

MODEL	POWER	TIME	AMOUNT
NE-3280	HI	28 min.	32 ea.
		22 min.	24 ea.
		9 min. 30 sec.	8 ea.
NE-2180	HI	35 min.	32 ea.
		30 min.	24 ea.
		16 min.	8 ea.

16 Fresh Green Beans (and Other Fresh Beans)



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- Two Full size high temp plastic 4" hotel pans with covers

INGREDIENTS

- Green beans _____ 6 Lbs.

PROCEDURE

- 1 Place green beans in pan and cover.
- 2 Place pan in Sonic Steamer.
- 3 Press POWER once, turn the dial and set time in the chart below. Press START.

MODEL	POWER	TIME	AMOUNT
NE-3280	HI	6 min.	6 Lbs. (per pan)
NE-2180	HI	9 min.	6 Lbs. (per pan)

- 4 Remove and serve.

17

Fresh Corn on Cob



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- One full size high temp plastic 4" hotel pan with cover

INGREDIENTS

- Fresh corn on cob _____ 3 Lbs.

PROCEDURE

- 1 Place fresh corn in pan and cover.
- 2 Place pan in Sonic Steamer.
- 3 Press POWER once, using dial and set time in the chart below. Press START.

MODEL	POWER	TIME
NE-3280	HI	3 min.
NE-2180	HI	4 min.

- 4 Remove and serve.

18

Fresh Broccoli, Cauliflower, and Brussel Sprouts



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- One full size high temp plastic 4" hotel pan with cover

INGREDIENTS

- Fresh broccoli florets/
cauliflower/brussels sprouts _____ 4 Lbs.

PROCEDURE

- 1 Place broccoli in pan and cover.
- 2 Place pan in Sonic Steamer.
- 3 Press POWER once, turn the dial and set time in the chart below. Press START.

MODEL	POWER	TIME
NE-3280	HI	4 min.
NE-2180	HI	5 min.

- 4 Remove and serve.

19 Canned Vegetables



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- Two full size 4" hotel pans with covers
- Serving spoons

INGREDIENTS

- # 10 cans of vegetables
for the 3280 or 2180 _____ 4 ea.
- Salt and Pepper _____ To taste
- Butter or Margarine _____ To taste

PROCEDURE

- 1 Open cans and drain liquid from vegetables.
- 2 Transfer 2 #10 cans to each 4" hotel pan.
- 3 Season with salt, pepper and butter or margarine if desired.
- 4 Cover and replace in the Sonic Steamer.

- 5 Press POWER once, turn the dial and set time in the chart below. Press START.

MODEL	POWER	TIME	AMOUNT
NE-3280	HI	18 min.	12 Lbs. (per pan)
NE-2180	HI	22 min.	12 Lbs. (per pan)

- 6 Transfer to steam table or serve immediately.

20 Carrots Fresh



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- One full size high heat plastic 4" hotel pan with cover
- Serving tongs

INGREDIENTS

- Fresh carrots _____ 10 Lbs.
- Salt and pepper _____ To taste
- Butter or margarine _____ To taste

PROCEDURE

- 1 Trim, peel, and slice fresh carrots.
- 2 Rinse carrots under cold water.
- 3 Arrange in pan (allow 5 lbs per pan).
- 4 Season with salt, pepper, butter or margarine if desired.
- 5 Cover and place in the Sonic Steamer.

- 6 Press POWER once, turn the dial and set time in the chart below. Press START.

MODEL	POWER	TIME
NE-3280	HI	11 min.
NE-2180	HI	15 min.

- 7 Halfway through cooking, rotate carrots from the bottom to the top and vice-versa.

21 Bacon



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- One full size high temp plastic 4" hotel pan with cover

INGREDIENTS

- Bacon (approximately 18-22, refrigerated 38°F) _____ 1 Lb.

PROCEDURE

- 1 Place bacon in pan and cover.
- 2 Place pan in Sonic Steamer.
- 3 Press POWER once, turn the dial and set time in the chart below. Press START.

MODEL	POWER	TIME
NE-3280	HI	5 min.
NE-2180	HI	7 min.

- 4 Remove and serve.

Note: For crispy texture add 1 minute.

22 Frittata



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- One full size high temp plastic 4" hotel pan with cover

INGREDIENTS

- Eggs (refrigerated 38°F) _____ 3.5 dozen
- Steamed kale _____ 4 cups
- Steamed broccoli _____ 4 cups
- Shredded Cheese _____ 2 cups
- Salt and pepper _____ To taste
- Pan spray _____ As desired

PROCEDURE

- 1 Mix eggs, kale, broccoli, and chosen seasoning.
- 2 Use pan coating spray prior to adding egg mix.
- 3 Place pan in Sonic Steamer.
- 4 Press POWER once, turn the dial and set time in the chart below. Press START.

MODEL	POWER	TIME
NE-3280	HI	6 min.
NE-2180	HI	8 min.

- 5 Remove and serve.

23 Oatmeal



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- One high temp plastic 2" hotel pan uncovered

INGREDIENTS

- Old fashion oats _____ 8 cups
- Water _____ 16 cups
- Salt _____ To taste

PROCEDURE

- 1 Combine oats and water in the pan.
- 2 Place pan in Sonic Steamer.
- 3 Press POWER once, turn the dial and set time in the chart below. Press START.

MODEL	POWER	TIME
NE-3280	HI	13 min.
NE-2180	HI	15 min.

- 4 Remove from Sonic Steamer.
- 5 Stir and hold for service or serve immediately.

24 Sausage Patties



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- Two Full size 4" hotel pans with covers
- Spatula

INGREDIENTS

- Patty sausage, frozen _____ 4 Lbs.

PROCEDURE

- 1 Arrange the frozen patties in the bottom of the appropriate pan and cover.
- 2 Place in oven.
- 3 Press POWER once, turn the dial and set time in the chart below. Press START.

MODEL	POWER	TIME	AMOUNT
NE-3280	HI	5 min. 30 sec.	2 Lbs. per pan
NE-2180	HI	7 min.	2 Lbs. per pan

- 4 Transfer to steam table and or serve as needed.

25 Scrambled Eggs



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- Two Full size 4" hotel pans with covers
- Spatula
- Mixing bowl
- Wire whip
- China-cap (optional)

INGREDIENTS

- Large fresh eggs for the Sonic Steamer (refrigerated 38°F) _____ 4 dozen
- Butter, margarine or food release spray _____ To taste
- Salt and white pepper
- Light cream

PROCEDURE

- 1 Break required amount of eggs into mixing bowl. Add salt and pepper and cream if desired.
- 2 Whip till whites and yolks are homogeneous.
- 3 Brush or spray the bottom and sides of the pans lightly with butter, margarine or food release spray.
- 4 Pour the egg mixture in pans, cover and place in oven.

- 5 Press POWER once, turn the dial and set time in the chart below. Press START.

MODEL	POWER	TIME	AMOUNT
NE-3280	HI	4 min.	4 doz.
NE-2180	HI	5 min.	4 doz.

- 6 Stir and break up the eggs once each minute to form scrambled.
If desired - stir only once during the cooking process and then cut the solid sheet of cooked eggs for sandwiches, biscuits or bagels.
- 7 Transfer to steam table and use as needed.

26 Cake



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- One high temp plastic 2" hotel pan uncovered

INGREDIENTS

- Cake mix (15oz each) _____ 2 boxes
- Ingredients required in the box (eggs, butter, etc.)

PROCEDURE

- 1 Prepare cake batter following box instructions.
- 2 Place batter in the pan, and then place pan in Sonic Steamer.
- 3 Press POWER twice, using the dial and set time in the chart below. Press START.

MODEL	POWER	TIME
NE-3280	HI	8 min.
NE-2180	HI	9 min.

- 4 Remove from Sonic Steamer.
- 5 Let it cool for approximately 20 mins.

27

Whole Lobster (Fresh)



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- 1 full size or 1½ size 4" pans with covers

PROCEDURE

- 1 Place Lobsters in appropriate pan and cover
- 2 Place pan in Sonic Steamer.
- 3 Press POWER to set HIGH, using dial set time then press START.

Lobster Weight-Range (Lbs.)	NE-3280									
	Amount (Each, FRESH)									
	1	2	3	4	5	6	7	8	9	10
1.00 - 1.24	N/A	2:10	4:00	5:30	6:30	7:30	8:30	9:30	11:00	13:00
1.25 - 1.49	N/A	4:00	5:30	6:30	7:30	8:00	9:00	11:00	13:00	14:00
1.50 - 1.74	2:30	4:30	6:00	7:00	8:00	9:00	11:00	13:00	14:00	15:00
1.75 - 1.99	3:00	5:00	6:30	7:30	9:00	10:00	N/A	N/A	N/A	N/A
2.00 - 2.24	3:30	5:30	7:30	8:30	9:30	11:00	N/A	N/A	N/A	N/A
2.25 - 2.49	4:00	6:00	8:00	9:00	10:00	12:00	N/A	N/A	N/A	N/A
2.50 - 2.99	4:30	7:30	9:00	10:00	11:00	13:00	N/A	N/A	N/A	N/A
3.00 - 3.99	5:30	8:30	10:00	11:00	12:00	14:00	N/A	N/A	N/A	N/A
4.00 - 5.00	6:00	9:00	11:00	12:00	14:00	17:00*	N/A	N/A	N/A	N/A

Lobster Weight-Range (Lbs.)	NE-2180									
	Amount (Each, FRESH)									
	1	2	3	4	5	6	7	8	9	10
1.00 - 1.24	N/A	2:50	5:10	7:00	8:00	9:00	11:05	12:20	14:20	16:55*
1.25 - 1.49	N/A	5:00	6:30	7:30	9:00	10:00	11:40	14:20	16:55*	18:10*
1.50 - 1.74	3:30	5:30	7:30	8:30	9:30	11:00	14:20	16:55*	18:10*	19:30*
1.75 - 1.99	4:00	6:00	8:00	9:00	10:00	12:00	N/A	N/A	N/A	N/A
2.00 - 2.24	4:30	7:30	9:00	10:00	11:00	13:00	N/A	N/A	N/A	N/A
2.25 - 2.49	5:30	8:30	10:00	11:00	12:00	14:00	N/A	N/A	N/A	N/A
2.50 - 2.99	6:00	9:00	11:00	12:00	14:00	17:00*	N/A	N/A	N/A	N/A
3.00 - 3.99	6:30	10:00	12:00	14:00	16:00*	19:00*	N/A	N/A	N/A	N/A
4.00 - 5.00	7:00	11:00	13:00	16:00*	18:00*	21:00*	N/A	N/A	N/A	N/A

NOTE: For times above that are greater than 15:00 - press "Power" again and dial up the remaining time (15:00+4:00=19:00)

28

Lobster Tails (Refrigerated)



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- 1 full size or 1½ size 4" pans with covers

PROCEDURE

- 1 Place Lobsters in appropriate pan and cover
- 2 Place pan in Sonic Steamer.
- 3 Press POWER to set HIGH, using dial set time then press START.

Lobster Tails Weight-Range [Oz.]	NE-3280					
	Amount (Each, REFRIGERATED)					
	1	2	3	4	5	6
2.50 - 2.99	0:34	0:40	0:55	1:10	1:40	2:20
3.00 - 3.49	0:36	0:46	1:00	1:30	1:50	2:40
3.50 - 3.99	0:40	0:55	1:10	1:40	2:20	2:45
4.00 - 4.49	0:46	1:00	1:30	1:50	2:40	3:00
4.50 - 4.99	0:50	1:20	1:45	2:30	2:50	3:10
5.00 - 5.99	1:10	1:40	2:15	2:55	3:15	3:45
5.50 - 5.99	1:30	1:50	2:40	3:00	3:30	4:00
6.00 - 6.99	1:45	2:30	3:00	3:30	4:00	4:15
7.00 - 8.00	2:00	3:00	3:30	4:00	4:15	4:30
16.00 - 20.00	3:00	4:00	4:45	5:45	6:30	7:30

Lobster Tails Weight-Range [Oz.]	NE-2180					
	Amount (Each, REFRIGERATED)					
	1	2	3	4	5	6
2.50 - 2.99	0:44	0:52	1:10	1:30	2:10	3:00
3.00 - 3.49	0:46	1:00	1:20	1:55	2:25	3:30
3.50 - 3.99	0:52	1:10	1:30	2:10	3:00	3:35
4.00 - 4.49	1:00	1:18	1:55	2:25	3:30	3:55
4.50 - 4.99	1:05	1:45	2:15	3:15	3:40	4:05
5.00 - 5.99	1:30	2:10	2:55	3:45	4:15	4:50
5.50 - 5.99	2:00	2:25	3:30	3:55	4:35	5:10
6.00 - 6.99	2:15	3:15	3:55	4:35	5:10	5:30
7.00 - 8.00	2:35	3:55	4:35	5:10	5:30	5:50
16.00 - 20.00	3:55	5:10	6:10	7:30	8:25	9:45

29 Shrimp



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- 1 full size or 1½ size 2" pans with covers and Steaming racks

PROCEDURE

- 1 Brush the bottoms of the pans with butter
- 2 Add shrimp to the pan and season with salt, pepper, lemon juice or garlic if desired
- 3 Cover and place in Sonic Steamer.
- 4 Press POWER to set HIGH, using dial set time then press START.

Shrimp Weight-Range (Lbs.)	NE-3280					
	Size (In count per lb.)					
	U-10/12	U-15	16-20	21-25	26-30	31+
0.50 - 0.74	0:56	0:50	0:46	0:40	0:36	0:32
0.75 - 0.99	1:10	1:00	0:56	0:50	0:46	0:40
1.00 - 1.24	1:30	1:20	1:10	1:00	0:56	0:50
1.25 - 1.49	1:50	1:40	1:30	1:20	1:10	1:00
1.50 - 1.74	2:10	2:00	1:50	1:40	1:30	1:20
1.75 - 1.99	2:30	2:20	2:10	2:00	1:50	1:40
2.00 - 2.50	2:50	2:40	2:30	2:20	2:10	2:00
2.51 - 3.00	3:15	3:00	2:50	2:40	2:30	2:10
4.00	3:30	3:15	3:15	3:00	3:00	2:50
5.00	4:30	4:15	4:15	4:00	4:00	3:45

Shrimp Weight-Range (Lbs.)	NE-2180					
	Size (In count per lb.)					
	U-10/12	U-15	16-20	21-25	26-30	31+
0.50 - 0.74	1:10	1:05	1:00	0:50	0:45	0:40
0.75 - 0.99	1:30	1:20	1:12	1:05	1:00	0:50
1.00 - 1.24	1:55	1:45	1:30	1:20	1:10	1:05
1.25 - 1.49	2:25	2:10	1:55	1:45	1:30	1:20
1.50 - 1.74	2:50	3:35	2:25	2:10	1:55	1:45
1.75 - 1.99	3:15	3:00	2:50	2:35	2:25	2:10
2.00 - 2.50	3:40	3:30	3:15	3:00	2:50	2:35
2.51 - 3.00	4:15	3:55	3:40	3:30	3:15	2:50
4.00	4:35	4:15	4:15	3:55	3:55	3:40
5.00	5:50	5:30	5:30	5:10	5:10	4:50

30 Shellfish (Clams/Mussels/Steamers)



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- 2 full size or 1½ size 4" pans with covers and steaming racks
- Serving spoon

INGREDIENTS

- Littlenecks or Steamers _____ 12 Lbs
- White Wine/Beer (use your favorite) _ 1 Cup
- Chopped Fresh Italian parsley

PROCEDURE

- 1 Soak the clams in plenty of cold running water to remove all the sand.
- 2 Place clams in appropriate pans on top of the Steaming racks (6 Lbs. per full pan, 2 ½ Lbs. per ½ pan.)
- 3 Add Wine/Beer
- 4 Cover and place in Sonic Steamer.
- 5 Press POWER to set HIGH, using dial set time then press START.

Clams / Mussels / Steamers		
Weight-Range (Lbs.)	Time	
	NE-3280	NE-2180
1.00 - 1.24	1:40	2:10
1.25 - 1.49	1:50	2:25
1.50 - 1.74	2:00	2:35
1.75 - 1.99	2:10	2:50
2.00 - 2.24	2:25	3:10
2.25 - 2.49	2:40	3:30
2.50 - 2.99	2:50	3:40
3.00 - 3.99	3:00	3:55
4.00 - 5.00	3:45	4:50

31 Crab Legs



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- 1 full size or 1½ size 4" pans with covers

PROCEDURE

- 1 Place Crab legs in appropriate pan and cover
- 2 Place pan in Sonic Steamer
- 3 Press POWER to set HIGH, using dial set time then press START.

Crab Legs		
Weight-Range (Lbs.)	Time	
	NE-3280	NE-2180
0.50 - 0.74	0:52	1:05
0.75 - 0.99	0:56	1:10
1.00 - 1.24	1:10	1:30
1.25 - 1.49	1:30	2:00
1.50 - 1.74	1:50	2:25
1.75 - 1.99	2:10	2:50
2.00 - 2.50	2:30	3:15
2.51 - 3.00	2:50	3:40
4.00	3:15	4:15