

# Steam & Crisp Chart

Steaming & Crisping is a great way to get food that has a crispy exterior but is juicy inside. Before placing the food and accessory into the unit, ensure that you've added water to the bottom of the cooking pot. This is important to ensure that steam will be produced and get you those delicious results you desire.



Don't forget to add water or stock to create steam and cook your food.

**NOTE:** Steam will take approximately 8-12 minutes to build.

INGREDIENT	AMOUNT	PREPARATION	OIL <i>optional</i>	WATER	ACCESSORY	TEMP	COOK TIME	FLIP/SHAKE <i>optional</i>
<b>VEGETABLES</b>								
Acorn squash	1	Cut in half, placed face down	1 tbsp	½ cup	Cook & Crisp™ Basket	390°F	15 mins	10 mins
Beets	2½ lbs	Cut in 1-in pieces	1 tbsp	½ cup	Cook & Crisp Basket	400°F	30-35 mins	10 mins
Broccoli	1 head	Whole, remove stem	1 tbsp	½ cup	Cook & Crisp Basket	425°F	15-20 mins	
Brussels sprouts	2 lbs	Cut in half, trim ends	2 tbsp	½ cup	Cook & Crisp Basket	450°F	20-25 mins	15 mins
Carrots	2½ lbs	Cut in 1-in pieces	1 tbsp	½ cup	Cook & Crisp Basket	400°F	22-28 mins	10 mins
Cauliflower	1 head	Whole, remove stem	1 tbsp	½ cup	Cook & Crisp Basket	425°F	23-25 mins	
Parsnip	2½ lbs	Cut in 1-in pieces	1 tbsp	½ cup	Cook & Crisp Basket	400°F	30-35 mins	20 mins
	2 lbs	Cut in 1-inch wedges	1 tbsp	½ cup	Cook & Crisp Basket	450°F	25-30 mins	20 mins
	2 lbs	Hand-cut fries, soak 30 mins in cold water then pat dry	1 tbsp	½ cup	Cook & Crisp Basket	450°F	30-35 mins	25 mins
Potatoes, russet	4	Whole (medium) poked several times with a fork		1 cup	Cook & Crisp Basket	400°F	30-35 mins	
		Whole (large) poked several times with a fork		1 cup	Cook & Crisp Basket	400°F	40-48 mins	
	2½ lbs	Cut in 1-inch pieces	1 tbsp	½ cup	Cook & Crisp Basket	450°F	30-35 mins	20 mins
Spaghetti squash	1 small squash	Cut in half, remove seeds, puncture with fork about 10 times	1 tbsp	2 cups	Reversible rack, higher position	375°F	25-30 mins	
Sweet potatoes	2½ lbs	Cut in 1-in pieces	1 tbsp	½ cup	Cook & Crisp Basket	450°F	30-35 mins	10 mins
<b>FRESH BEEF</b>								
Roast beef	2-3 lbs	None	2 Tbsp	1 cup	Deluxe Reversible Rack, lower position	365°F	45 minutes for Medium Rare	
Tenderloin	2-3 lbs	None	2 Tbsp	1 cup	Deluxe Reversible Rack, lower position	365°F	25-30 minutes for Medium Rare	

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<b>POULTRY</b>								
Whole chicken	5-7 lbs	Trussed	Brushed with oil	1 cup	Cook and Crisp™ Basket	365°F	60-80 mins	
Turkey drumsticks	2 lbs	None	Brushed with oil	1 cup	Cook and Crisp Basket	400°F	32-38 mins	
Turkey breast	1 (3-5 lbs)	None	Brushed with oil	1 cup	Cook and Crisp Basket	365°F	45-55 mins	
Chicken breasts (boneless)	4 breasts, 6-8 oz each	Brush with oil	2 tbsp	½ cup	Deluxe Reversible Rack, higher position	385°F	15-20 mins	
Chicken breasts (bone in, skin on)	4 breasts, ¾-1 ½ lbs each	Brush with oil	2 tbsp	½ cup	Deluxe Reversible Rack, higher position	375°F	20-25 mins	
Chicken thighs (bone in)	4 thighs, 6-10 oz each	Brush with oil	2 tbsp	½ cup	Deluxe Reversible Rack, higher position	400°F	20-25 mins	
Chicken thighs (boneless)	6 thighs, 4-8 oz each	Brush with oil	2 tbsp	½ cup	Deluxe Reversible Rack, higher position	375°F	15-18 mins	
Chicken drumsticks	2 lbs	Brush with oil	2 tbsp	½ cup	Cook & Crisp Basket	425°F	20-25 mins	15 mins
Hand-breaded chicken breasts	4 breasts, 6 oz each			½ cup	Deluxe Reversible Rack, higher position	385°F	18-20 mins	
Chicken wings	1 lb (approx. 21 pieces)			½ cup	Cook & Crisp Basket	450°F	20-25 mins	
<b>PORK</b>								
Fresh pork tenderloins	2 (1 lb each)	None	2 Tbsp	1 cup	Deluxe Reversible Rack, lower position	375°F	25-30 mins	
Pork loin	1 (2 lbs)	None	2 Tbsp	1 cup	Deluxe Reversible Rack, lower position	365°F	35-40 mins	
Spiral ham, bone in	1 (3 lbs)	None	2 Tbsp	1 cup	Deluxe Reversible Rack, lower position	325°F	45-50 mins	
Pork chops, boneless	4 chops, 6-8 oz each		2 tbsp	½ cup	Cook & Crisp Basket	385°F	20-25 mins	
Pork chops (bone in, thick cut)	2 chops, 10-12 oz each		2 tbsp	½ cup	Cook & Crisp Basket	375°F	25-30 mins	
<b>FISH</b>								
Cod	4 fillets, 6 oz each		1 tbsp	½ cup	Deluxe Reversible Rack, higher position	450°F	9-12 mins	
Salmon	4 fillets, 6 oz each		1 tbsp	¼ cup	Deluxe Reversible Rack, higher position	450°F	7-10 mins	
Scallops	1 lb (approx. 21 pieces)		1 tbsp	¼ cup	Deluxe Reversible Rack, higher position	400°F	4-6 mins	

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<b>FROZEN BEEF</b>								
Frozen NY Strip Steak	2 steaks, 10-14 oz each	2 tbsp canola oil, salt, pepper		¾ cup	Deluxe Reversible Rack, lower position	400°F	22-28 mins	20 mins
Frozen pork chops, boneless	4, 6-8 oz each		2 tbsp	½ cup	Deluxe Reversible Rack, higher position	375°F	15-20 mins	
<b>FROZEN FISH</b>								
Frozen Salmon	4 fillets, 6 oz each		2 tbsp	½ cup	Deluxe Reversible Rack, higher position	450°F	11-15 mins	
Frozen Shrimp	18 shrimp, 1 lb		2 tbsp	½ cup	Cook & Crisp Basket	450°F	2-5 mins	
Frozen Cod	4 fillets, 6 oz each		2 tbsp	½ cup	Deluxe Reversible Rack, higher position	450°F	10-15 mins	
Frozen Lobster tails	4		2 tbsp	½ cup	Deluxe Reversible Rack, higher position	450°F	5-7 mins	
<b>FROZEN PORK</b>								
Frozen pork tenderloins	2 (1 lb each)	None	2 Tbsp	1 ½ cups	Deluxe Reversible Rack, lower position	365°F	30-35 mins	
Pork loin	1 (2 lbs)	None	2 Tbsp	None	Deluxe Reversible Rack, lower position	360°F	37-40 mins	
Frozen pork chops, boneless	4, 6-8 oz each		2 tbsp	½ cup	Deluxe Reversible Rack, higher position	375°F	15-20 mins	
Frozen Pork Chops, bone-in, thick cut	2, 10-12 oz each		2 tbsp	¾ cup	Deluxe Reversible Rack, higher position	365°F	23-28 mins	
Frozen Italian sausages	6 uncooked		2 tbsp	½ cup	Deluxe Reversible Rack, higher position	375°F	10-12 mins	
<b>FROZEN PREPARED FOODS</b>								
Dumplings/Pot stickers	16 oz bag		2 tbsp	½ cup	Cook & Crisp Basket	400°F	12-16 mins	8 mins
Ravioli	25 oz bag		2 tbsp	½ cup	Cook & Crisp Basket	385°F	12-16 mins	
Eggrolls	10 oz pkg			½ cup	Cook & Crisp Basket	400°F	15-20 mins	



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