

Steaming Guide	
Product Description	Cook Time
Macaroni	5 minutes
Spaghetti	5 minutes
Rice	20 minutes
Oatmeal	6 minutes
Bagels	3 minutes
Rolls	single shot of steam
Buns	single shot of steam
Tortilla	single shot of steam
Bratwurst	10 minutes
Hamburgers	10 minutes
Ribs	10 minutes
Sausage	8-10 minutes
Crab Legs	4-5 minutes
Clams	single shot of steam
Lobster Tails	16 minutes
Scallops	5-8 minutes
Shrimp	5-6 minutes
Chicken	23-25 minutes
Scrambled Eggs	5 minutes
Asparagus	11-14 minutes
Broccoli	12-14 minutes
Carrots	12 minutes
Corn	4 minutes
Green Beans	10 minutes
Peas	8 minutes
Mashed Potatoes	8 minutes