

# FSTC STEAMERS

PROVIDE EASY, FAST, WAY TO PREPARE LARGE QUANTITIES OF FOOD...

## GREEN THUMB QUICK TIPS:

- Does your steamer spend much of the day "standing by?" Over the course of a year, an hour of standby time each day adds up to \$40-\$80 for a two compartment steamer.
- If you only use one compartment of your steamer, turn the other one off.
- No long preheats: turn it on when you need it, not hours before.



## STEAMERS 101:

Commercial steamers provide an easy, fast way to prepare large quantities of food. Steaming offers good nutrient retention, short cook times, and ease of preparation. For these reasons they are very prevalent in educational and health care institutions.

Steamers come in a variety of configurations, including countertop models, wall-mounted models and floor models mounted on a stand, pedestal or cabinet-style base. A steamer may consist of one to four stacked cavities.

Steam carries six times the energy of boiling water, and when it condenses on the surface of cold food, it delivers this latent energy to the product. With an emphasis on high volume cooking, manufacturers have begun to produce "convection" steamers with fans or jets to circulate steam in the compartment and shorten cook times. Because the pre-heat can be as long as 15 minutes, most operators fire the steamer up in the morning so that it is ready to cook on short notice. Depending on how the boiler, steamer cavity and control package are designed, this idling can use significant amounts of energy over the course of a day.

The simplest energy saving recommendation is to turn it off when you're not using it, and when you're finished cooking at the end of the day. If you turn your two compartment steamer on at seven in the morning and off at nine in the evening, you're spending between \$800 and \$2500 a year on energy. Since the steamer is idle most of the day, identifying a slow period when the steamer can be turned off will save you money.

*The FSTC has tested steamers and has reports available on several models. You can get a customized look at what appliance energy is costing you in your operation by contacting your PG&E Marketing Representative. If you want to look at actual performance figures from our laboratory trials or our Production Test Kitchen monitoring, check out the list of published Reports for a title that matches your interests, or browse through the Abstracts for a more detailed summary*