

# Cookbook

Cleveland Steam Jacketed Kettles



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**Cleveland**

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**INDICATOR SETTING/TEMPERATURE CHART**  
**CLEVELAND ELECTRIC OR GAS KETTLE**

<u>Indicator Setting</u>	<u>Product Temperature</u>	<u>Food</u>
Max	249°F (oil)	Candy (234° soft ball)
#7	212°F (water boils)	Vegetables & Sauces
#6	197°F	Soups & Sauces
#5	188°F	Custard
#4	171°F	Hold Products
#3	149°F	
#2	129°F	
#1	115°F	
MIN	103°F	Melt Chocolate

The solid state control on the kettle regulates the temperature within 2°F (+ or -) the temperature setting. Low temperature cooking is done on dial settings up to #5.

**Cooking Procedures:** Preheat the kettle for all products except milk and eggs.

**Rice, White Converted:** 2 cups water/1cup rice. 1 quart water/1 lb. rice.  
 #10 to boil water, add rice, bring back to a boil. Turn dial to #4, cover kettle, and cook for 20 minutes.

**Rice, Brown:** same proportions as above.  
 #10 to boil water, add rice, bring back to boil, turn to #6, cover, cook for 40 minutes.

**Pasta – Macaroni, Spaghetti:** #10 to boil, add pasta, return to boil, cover, turn to 4 ½ (to maintain surface movement) cook to al dente.

**Meat:** Brown on MAX, add liquid, and simmer on #6.

**Potatoes:** Fresh, red: diced for salad. Setting MAX to boil, turn to #6-7 after adding product: 2" potatoes take approximately 25 minutes; 3" potatoes take approximately 35 minutes. Larger than 3" potatoes take 40 min.

**Dehydrated, Potatoes:** 5 lb. Dehydrated yields approximately 20 pounds cooked.  
 Setting on MAX, water to cover. Bring to a boil; turn setting to #6 to simmer.

Simmer: 10 minutes for salad potatoes  
 12 minutes for au gratin or creamed potatoes

## TEMPERATURE / PRESSURE INFORMATION

### OVEN TEMPERATURE TERMINOLOGY:

Very Slow Oven	250°F – 275°F (120°C – 135°C)
Slow Oven	300°F – 325°F (150°C – 165°C)
Moderate Oven	350°F – 375°F (175°C – 190°C)
Hot Oven	400°F – 425°F (205°C – 220°C)
Very Hot Oven	450°F – 475°F (230°C – 245°C)
Extremely Hot Oven	500°F – 525°F (260°C – 275°C)

### BOILING TEMPERATURES OF WATER AT VARIOUS ALTITUDES:

Sea Level	212°F	(100°C)
2,000 ft. / 609 M	208.4°F	(98.4°C)
5,000 ft. / 1524 M	203.0°F	(95.0°C)
7,500 ft. / 2286 M	198.4°F	(92.4°C)
10,000 ft. / 3048 M	194.0°F	(90.0°C)

In general, water and other liquids evaporate faster and boil at lower temperatures in higher elevations.

### RELATIONSHIP OF STEAM PRESSURE / TEMPERATURE

<u>Pressure</u>	<u>Temp. of Steam</u>	<u>Pressure</u>	<u>Temp. of Steam</u>
0 lbs.	212°F (100°C)	30 lbs.	274°F (134.5°C)
2 lbs.	218°F (103.5°C)	35 lbs.	281°F (138.5°C)
4 lbs.	224°F (106.5°C)	40 lbs.	287°F (141.5°C)
6 lbs.	230°F (110°C)	45 lbs.	292°F (144.5°C)
8 lbs.	235°F (113°C)	50 lbs.	298°F (148°C)
10 lbs.	240°F (115.5°C)	55 lbs.	302°F (150°C)
15 lbs.	250°F (121°C)	75 lbs.	320°F (160°C)
20 lbs.	259°F (126°C)	100 lbs.	338°F (170°C)
25 lbs.	267°F (130.5°C)	120 lbs.	350°F (176.6°C)

**CLEVELAND KETTLE**  
**Cereals, Pasta, Rice**

<b>Item</b>	<b>No of Cooked Servings</b>	<b>Dry Product Weight pounds (kg)</b>	<b>Water gallon (L)</b>	<b>Salt oz/c (g)</b>	<b>Cooking Time in Minutes</b>
<b><u>CEREAL</u></b>					
Farina	100/5 oz (142 g)	4 (1.82 kg)	4 (15.2 L)	2 oz / ½ c (57 g)	10
Hominy Grits	100/6 oz (170 g)	5 (2.27 kg)	4 (15.2 L)	2 oz / ½ c (57 g)	20
Ralston Wheatena	100/4 oz (113 g)	4 (1.82 kg)	3 (11.4 L)	2 oz / ½ c (57 g)	30
Pettijohns	100/5 oz (142 g)	6 (2.72 kg)	4 (15.2 L)	2 oz / ½ c (57 g)	20
Rolled Oats	100/5 oz (142 g)	5 (2.27 kg)	4 (15.2 L)	2 oz / ½ c (57g)	20
<b><u>PASTA</u></b>					
Elbow	50/4 oz (113 g)	5 (2.27 kg)	5 (19 L)	2 oz / ½ c (57 g)	5
Macaroni	50/5 oz (142 g)	4 (1.82 kg)	4 (15.2 L)	2 oz / ½ c (57 g)	10-15
Spaghetti	50/5 oz (142 g)	4 (1.82 kg)	4 (15.2 L)	2 oz / ½ c (57 g)	10-15
<b><u>RICE</u></b>					
Converted	50/3 oz (85 g)	3 (1.36 kg)	3 ¾ qt. (3.6 L)	1 oz / 2 T (28 g)	20
Long Grain Brown	50/3 oz (85 g)	3 (1.36 kg)	3 ¾ qt. (3.6 L)	1 oz / 2 T	35-40

**CEREAL AND PASTA**

Measure water into kettle. Turn on power switch. Turn control to MAX to bring water to a boil. Add salt. Turn control to #6, add cereal or pasta very slowly, Stir to control foaming and sticking. Cook on #6 for the time indicated. The surface should have a gentle roll. Stir 2-3 times during cooking. DO NOT OVERSTIR.

**RICE**

Measure water into kettle. Turn on power switch, turn control to MAX. Bring water to boil. Add salt. Add rice slowly, stir to control foaming and break up lumps. When water is back to a boil, turn switch to #4. Cover kettle, cook for 20 minutes, without

**HOW MANY! HOW MUCH!**

**Portions for 50**

<b><u>Standardized recipes:</u></b>	<b><u>Yield</u></b>		<b><u>Factor</u></b>		
Each ingredient must be multiplied by a known factor	4	X	12	=	48
	6	X	8.33	=	49.9
	8	X	6.25	=	50
	12	X	4.17	=	50.1

**Measurement Equivalents:**

1 tsp. = 5 ml  
 3 tsp. = 1 tbs. = 16 ml  
 2 tbs. = 1 oz = 32 ml  
 16 tbs. = 8 oz = 1 cup = 240 ml  
 4 cup = 32 oz = 1 qt = 941 ml  
 1 qt = 2 pt = .95 Liter  
 16 cups = 128 oz = 4 qt = 1 gallon = 3.8 L

**Liquid Volume Measure for Kettles and/or Skillets:**

<b>Gallons</b>	<b>Quarts</b>	<b>Liters</b>	<b>1 oz 30 ml</b>	<b>2 oz 60 ml</b>	<b>3 oz 90 ml</b>	<b>4 oz 120 ml</b>	<b>6 oz 180 ml</b>	<b>8 oz 240 ml</b>
5	20	19	640	320	213	160	106	80
10	40	38	1280	640	426	320	213	160
20	80	76	2560	1280	853	640	426	320
25	100	95	3200	1600	1066	800	533	400
30	120	114	3840	1920	1280	960	640	480
40	160	152	5120	2560	1706	1280	853	640
60	240	228	7680	3840	2560	1920	1280	930
80	320	304	10240	5120	3413	2560	1706	1280
100	400	380	12800	6400	4266	3200	2133	1600

## **Beef Stew**

<u>Ingredients</u>	<u>Quantity</u>
Oil	1 cup
Stew Meat	10 lb.
Parsnips, diced	6 ea.
Celery, diced	1 bunch
Onion; chopped	4 ea.
Carrot, diced	4 ea.
Crushed Tomatoes; undrained	1 #10 can
Beef Stock	1 gallon
Thyme	2 tbs.
Garlic, minced	1 bulb
Red Wine	2 cup
Rosemary	2 tbs.
Frozen Peas	2 lbs.
Salt & Pepper	to taste

### Procedure

Heat oil over medium high heat. Add the stew meat to the oil and cook, turning until browned. Deglaze with the red wine. Add all the vegetables to the Kettle; sauté 5 minutes or until the vegetables are tender. Add tomatoes, stock and herbs. Bring to a boil. Reduce heat cover and simmer until meat is tender, about 30 minutes. Add peas, salt and pepper. Cook until heated through. Thicken with cornstarch or roux. Serve over rice or noodles.

**Yield: 50 / 5 oz. servings**

## Chunky Vegetarian Chili

<u>Ingredients</u>	<u>Quantity</u>
Green pepper; chopped	2 # md.
Onion; chopped	2 # md.
Garlic bulb; minced	1 ea.
Diced tomatoes -- undrained	1 #10 can
Kidney beans -- drained and rinsed	1 #10 can
Pinto beans -- drained and rinsed	1 #10 can
Whole-kernel corn – drained	1 #10 can
Water	1 gal
Rice (uncooked)	4 cups
Chili powder	1 cup
Ground cumin	4 tbls.
Sour cream (optional)	

### Procedure

Sauté green pepper, onion and garlic in oil over medium-high heat for 5 minutes or until tender. Add tomatoes, kidney beans, pinto beans, corn, water, rice, chili powder and cumin; stir well. Bring to a boil. Reduce heat; cover and simmer 30 minutes, stirring occasionally. Add more water if needed to reach desired consistency. To serve, top with sour cream.

**Yield: 6 gals**



## Corn Chowder

<u>Ingredients</u>	<u>Quantity</u>
Oil	¼ cup
Onion, Diced	5 large
Celery, Diced	1 bunch
Potatoes, Peeled and Diced	8 med.
Chicken Stock	1 gallon
Salt and Pepper	to taste
Corn; Creamed or Regular	1 #10 can
Milk	2 gallons

### Procedure

Sauté onion and celery in oil until soft. Add the potatoes, water, salt and pepper (to taste) and cook, covered, until the potatoes are cooked (easily pierced with a fork). Add the corn and the milk and heat thoroughly. Thicken with cornstarch or roux if desired.

**Yield: 50 / 5 oz. servings**

## Chicken & Peanut Stir-Fry

<u>Ingredients</u>	<u>Quantity</u>
Vegetable Oil	1 cup
Chicken Breasts (Boneless/Skinless)	5 lbs.
Garlic, minced	1 bulb
Ginger, fresh, minced	3 tbsl.
Carrots, julienne	5 large
Green Pepper, julienne	8 med.
Red Pepper, julienne	8 med.
Celery, sliced on bias	1 bunch
Red Onion, julienne	4 large
Mushrooms, thin sliced	2 lbs.
Broccoli Flowerets	2 heads
Cauliflower Flowerets	2 heads
Snow Peas, strings removed	2 lbs.
Bok Choy, sliced on bias	1 bunch
Bean Sprouts	3 pints_
Soy Sauce	1 pint
Peanuts	3 cups
Green Onions; sliced	1 bunch_

### Procedure

Cut chicken into medium sized julienne pieces, set aside. Add oil to Kettle and sauté chicken over medium high heat until browned on all sides. Add all the vegetables except sprouts and green onions. Cover and sauté chicken until it is fully cooked and vegetables are tender. Add bean sprouts, peanuts, green onions and soy sauce and cook till warned through. Serve over hot cooked rice.

**Yield: 25 / 8 oz. servings**

## Hearty Minestrone

<u>Ingredients</u>	<u>Quantity</u>
Lean Ground Beef	10 lb.
Onion, chopped	5 large
Garlic, minced	1 bulb
Canned Diced Tomatoes, undrained	1 #10 can
Kidney Beans, undrained	1 #10 can
Celery, sliced	2 bunch
White Cabbage, shredded	1 head
Zucchini, sliced on bias	6 ea.
Elbow Macaroni, uncooked	5 cups
Water	1 gal
Red Wine	2 ½ cups
Salt	2 ½ tbs.
Italian Seasonings	2 ½ tbs.
Grated Parmesan Cheese (optional)	

### Procedure

Sauté the meat, onion, and garlic in the Kettle until the meat is brown. Drain off the excess fat. Stir in the undrained tomatoes, undrained kidney beans, and all remaining ingredients except the cheese. Heat to boiling. Then reduce heat and simmer, covered, until the macaroni and vegetables are tender, about 10 minutes, stirring occasionally. Serve hot with the Parmesan cheese garnish.

**Yield: 50 / 5 oz. servings**

**NOTES**

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