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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.