

Heavy-Duty Commercial Steamer Microwave Oven

3500w, 2200w

COOK BOOK





*To simplify cooking
and ensure consistent
results, each unit
comes with the ability
to program up to 100
menu items with
user-friendly controls*



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SIMPLIFY COOKING

Proudly made in America, our powerful 2,200W and 3,500W Solwave Ameri-Series commercial steamer microwave ovens are packed with features for high-volume performance. To simplify cooking and ensure consistent results, each unit comes with the ability to program up to 100 menu items with user-friendly controls. Here, we've compiled some of our favorite recipes for you to get started. Keep in mind that the following recipes are only a starting point, as there's a great deal of variance with foods. Take time in the beginning to perfect your recipes, then program them into the microwave for foolproof results, every time.

From perfectly cooked asparagus to delicately steamed buns and seafood, our microwave ovens cook your dishes perfectly all without expensive water lines and drains. Ideal for schools, healthcare facilities, buffets, cafeterias, stadiums, supermarkets, fast casual restaurants, or anywhere that needs to get the most out of their kitchen, these steamers boast 2,200W or 3,500W of power (depending on model) that can generate fresh steam in an instant, allowing you to take food from the freezer to the table in minutes!

Each model requires a 208/240V electrical connection and comes with an automatic voltage sensor to assist in easy and safe installation.

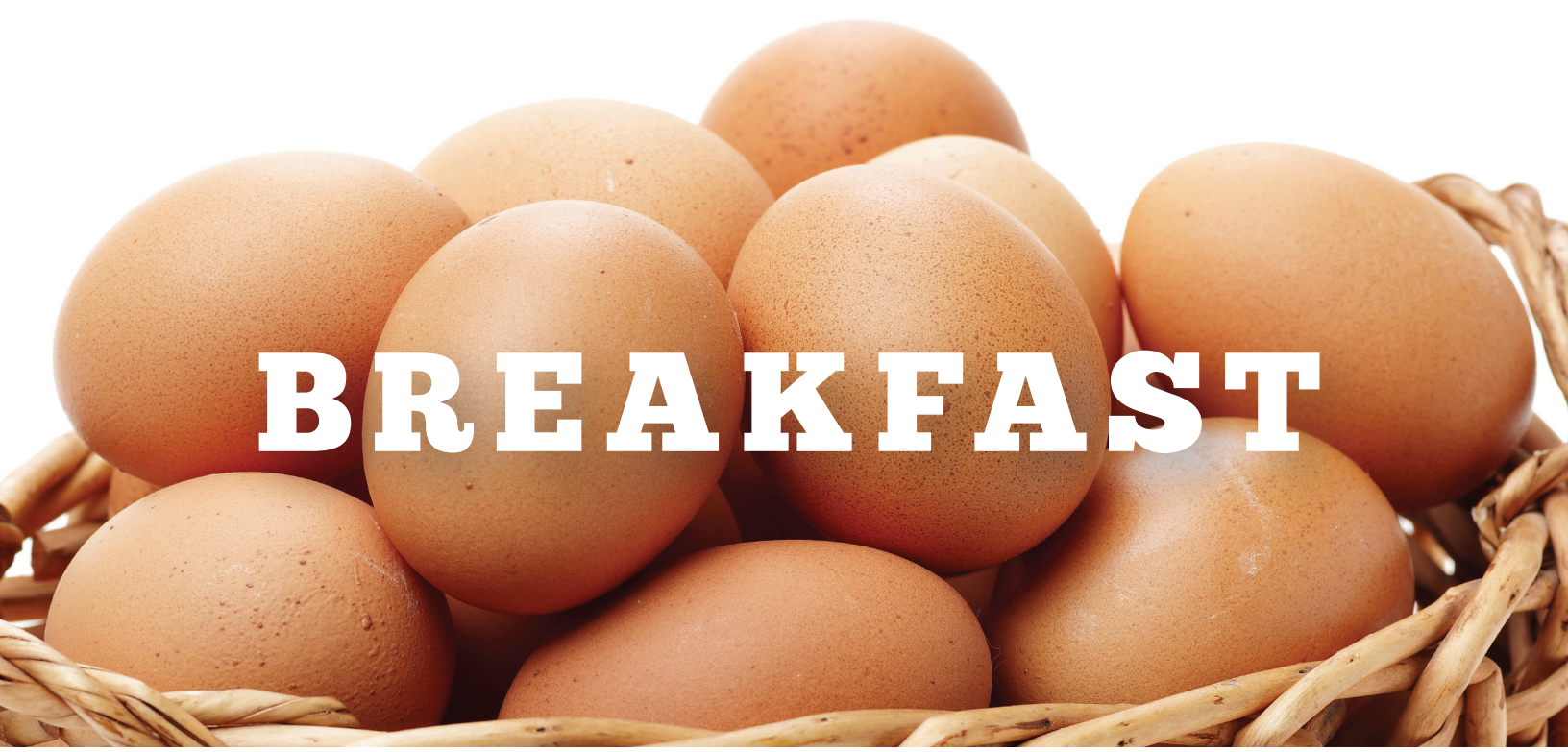
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SOLWAVE
AMERI-SERIES



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A close-up photograph of a woven wicker basket filled with several brown, speckled eggs. The eggs are piled together, with some showing more detail than others. The basket's rim is visible at the bottom and sides.

BREAKFAST

EASY TO CLEAN *This unit features a stainless steel exterior and interior with a removable ceramic shelf that is sealed and recessed to reduce plate-to-shelf edge impact and keep spills contained.*

BACON

EQUIPMENT

- Solwave Ameri-Series heavy-duty commercial steamer microwave oven
- 2 full size 2 ½" deep high heat plastic food pans with covers and high heat plastic drain trays

INGREDIENTS

- 3 lb. sliced bacon

PROCEDURE

1. Arrange bacon in pans on high heat plastic drain trays (1 ½ lb. per pan).
Be sure that strips overlap by ¼", making sure that the fat portion lays over the lean portion; this will minimize shrinking.
2. Place another high heat plastic drain tray on top of the bacon to hold it flat during cooking.
3. Cover the pans and place in oven.
4. Cook for:

Model 3500w	10 minutes
Model 2200w	14 minutes

5. Remove bacon from pan and transfer to paper towels to drain.

Cook flavorful bacon to eat on its own aside eggs and toast, or to crumble and use atop garden-fresh salads, in a hot bacon dressing, or in your signature BLT sandwich.



SCRAMBLED EGGS

EQUIPMENT

- Solwave Ameri-Series heavy-duty commercial steamer microwave oven
- 2 full size 4" deep high heat plastic food pans with covers

INGREDIENTS

- 4 dozen large fresh eggs, broken into a large mixing bowl OR 10 cups of liquid eggs
- Salt and white pepper to taste
- Butter, margarine, or food release spray

PROCEDURE

1. Add salt and pepper to the eggs to taste.
2. Whisk thoroughly.
3. Brush or spray the bottom of the pans with the butter, margarine, or food release spray.
4. Pour the egg mixture into the pans, evenly.
5. Cover and place in oven.
6. Cook for:

Model 3500w	5 minutes
Model 2200w	6 minutes

- A. If desired, stir only once during the cooking process and then cut the solid sheet of cooked eggs for sandwiches, biscuits, or bagels.
 - B. Alternatively, stir and break up the eggs once each minute to form traditional scrambled eggs.
7. Transfer to steam table or serve.

Quickly and easily prepare bulk scrambled eggs in your Solwave Ameri-Series heavy-duty commercial steamer microwave oven! They're great for serving on their own, or adding to hearty breakfast sandwiches, biscuits, or bagels.



SAUSAGE, LINKS

EQUIPMENT

- Solwave Ameri-Series heavy-duty commercial steamer microwave oven
- 2 full size 4" deep high heat plastic food pans with covers

INGREDIENTS

- 4 lb. link sausage, frozen*

**To cut the cook times in half, thaw the links in the refrigerator prior to cooking.*

PROCEDURE

1. Arrange the frozen links in the pans (2 lb. per pan).
2. Cover and place in oven.
3. Cook for:

Model 3500w	8 min 30 sec
Model 2200w	7 min 30 sec

4. Transfer to steam table or serve.

Make juicy sausage links for breakfast! These links are easy to make, yet full of flavor. Stick with a traditional breakfast sausage, or experiment with a spicy jalapeno one.



SAUSAGE, PATTIES

EQUIPMENT

- Solwave Ameri-Series heavy-duty commercial steamer microwave oven
- 2 full size 4" deep high heat plastic food pans with covers

INGREDIENTS

- 4 lb. patty sausage, frozen*

**To cut the cook times in half, thaw the patties in the refrigerator prior to cooking.*

PROCEDURE

1. Arrange the frozen patties in the pans (2 lb. per pan).
2. Cover and place in oven.
3. Cook for:

Model 3500w	6 min 30 sec
Model 2200w	8 minutes

4. Transfer to steam table or serve.

Sausage patties are a restaurant staple! Serve them alongside fluffy pancakes or waffles, eggs and toast, or a breakfast burrito. They're an essential addition to breakfast sandwiches, biscuits, and bagels, too!





VEGETABLES

SAVE TIME Need to cook multiple batches of the same item?
The X2 keypad automatically adjusts cook times so that you can cook multiple batches of foods like roasted vegetables or chicken and have each pan come out looking and tasting exactly the same without any additional programming.

ASPARAGUS, FRESH

EQUIPMENT

- Solwave Ameri-Series heavy-duty commercial steamer microwave oven
- 2 full size 4" deep high heat lastic food pan with covers and high heat plastic drain trays

INGREDIENTS

- 6 lb. fresh asparagus spears
- Salt and pepper to taste
- Butter or margarine to taste

PROCEDURE

1. Trim fresh asparagus, discarding woody stems, then rinse.
2. Arrange 3 lb. of fresh asparagus in each pan on top of high heat plastic drain tray.
3. Season with salt and pepper and butter or margarine, if desired.
4. Cover and place in oven.
5. Cook for:

Model 3500w	5 min 30 sec
Model 2200w	7 min 15 sec

6. Shock with cold water or serve.

Make tender green spears that pop with flavor. The fibrous vegetable cooks up in minutes for a healthy side dish.



BROCCOLI, FRESH

EQUIPMENT

- Solwave Ameri-Series heavy-duty commercial steamer microwave oven
- 2 full size 4" deep high heat plastic food pan with covers and high heat plastic drain trays

INGREDIENTS

- 6 lb. fresh broccoli spears or florets
- Salt and pepper to taste
- Butter or margarine to taste

PROCEDURE

1. Prepare broccoli spears or florets as usual.
2. Arrange 3 lb. of fresh broccoli in each pan on top of high heat plastic drain tray.
3. Season with salt and pepper and butter or margarine, if desired.
4. Cover and place in oven.
5. Cook for:

Model 3500w	6 minutes
Model 2200w	8 min 30 sec

6. Shock with cold water or serve.

Enjoy this broccoli on its own to add fresh flavor to every plate. Or, transform into a hearty side with the addition of your own creamy parmesan sauce!



BROCCOLI, FROZEN

EQUIPMENT

- Solwave Ameri-Series heavy-duty commercial steamer microwave oven
- 2 full size 4" deep high heat plastic food pan with covers and high heat plastic drain trays

INGREDIENTS

- 8 lb. frozen broccoli spears or florets
- Salt and pepper to taste
- Butter or margarine to taste

PROCEDURE

1. Arrange 4 lb. of frozen broccoli in each pan on top of high heat plastic drain tray.
2. Season with salt and pepper and butter or margarine, if desired.
3. Cover and place in oven.
4. Cook for:

Model 3500w	10 minutes
Model 2200w	14 minutes

Steamed broccoli is perfect for serving on its own or mixed with cauliflower and coated with a decadent cheese sauce for a hearty side.



CORN, FROZEN

EQUIPMENT

- Solwave Ameri-Series heavy-duty commercial steamer microwave oven
- 2 full size 4" deep high heat plastic food pan with covers

INGREDIENTS

- 6 lb. frozen whole kernel corn
- Salt and pepper to taste
- Butter or margarine to taste

PROCEDURE

1. Arrange 3 lb. of frozen corn in each pan.
2. Season with salt and pepper and butter or margarine, if desired.
3. Cover and place in oven.
4. Cook for:

Model 3500w	8 minutes
Model 2200w	12 minutes

A versatile side dish, niblet corn is perfect for serving on its own or mixed with other steamed vegetables for a colorful vegetable medley.



GREEN BEANS, FROZEN

EQUIPMENT

- Solwave Ameri-Series heavy-duty commercial steamer microwave oven
- 2 full size 4" deep high heat plastic food pan with covers and high heat plastic drain trays

INGREDIENTS

- 5 lb. fresh green beans
- Salt and pepper to taste
- Butter or margarine to taste

PROCEDURE

1. Trim fresh green beans and rinse under cold water.
2. Arrange 2½ lb. of green beans in each pan on top of high heat plastic drain tray.
3. Season with salt and pepper and butter or margarine, if desired.
4. Cover and place in oven.
5. Cook for:

Model 3500w	8 minutes
Model 2200w	10 minutes

6. Shock with cold water or serve.

Fresh green beans are transformed with the addition of flavorful salt and pepper, then tossed in creamy butter or margarine.



POTATOES, LARGE RUSSET

EQUIPMENT

- Solwave Ameri-Series heavy-duty commercial steamer microwave oven
- 2 full size 4" deep high heat plastic food pan with covers and high heat plastic drain trays

INGREDIENTS

- 16 large russet potatoes

PROCEDURE

1. Arrange the washed potatoes in the pans (8 potatoes per pan) on top of the high heat plastic drain trays.
2. Cover and place in oven.
3. Cook for:

Model 3500w	24 minutes
Model 2200w	28 minutes

A versatile side dish, russet potatoes are perfect for serving alongside a savory steak or pork chop, tender chicken breast, or a fresh fish fillet.



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FISH & SHELLFISH

CONSISTENT This unit features up to 100 programmable menu items to simplify cooking and ensure consistent results. Increased practicality is available with USB port compatibility for standard flash drives that updates programming in seconds.

CRAAB LEGS

EQUIPMENT

- Solwave Ameri-Series heavy-duty commercial steamer microwave oven
- 2 full size 4" deep high heat lastic food pans with covers and high heat plastic drain trays

INGREDIENTS

- 5 lb. fresh crab leg clusters
- 1/2 cup dry vermouth

PROCEDURE

1. Defrost crab legs, if frozen.
2. Place the crab legs in the pans (2½ lb. per pan) on top of the high heat plastic drain trays.
3. Add vermouth (1/4 cup per pan).
4. Cover and place in oven.
5. Cook for:

Model 3500w	5 min 30 sec
Model 2200w	8 min 30 sec

6. Remove from oven and serve with drawn butter and lemon wedges.

Upgrade your seafood selection with these easy-to-make crab legs! They're perfect for serving on your buffet or alongside a juicy steak and hearty baked potato.



LITTLENECK CLAMS

EQUIPMENT

- Solwave Ameri-Series heavy-duty commercial steamer microwave oven
- 2 full size 4" deep high heat plastic food pans with covers and high heat plastic drain trays

INGREDIENTS

- 10 lb. littleneck clams
- 2 cups dry vermouth

Use these clams as a tantalizing appetizer to start off a meal, or fill the plate and serve as an entree for your seafood-loving guests!

PROCEDURE

1. Soak the clams in plenty of cold running water to remove all the sand.
2. Place the clams in the pans (5 lb. per pan) on top of the high heat plastic drain trays.
3. Add vermouth (1 cup per pan).
4. Cover and place in oven.
5. Cook for:

Model 3500w	6 minutes
Model 2200w	8 min 30 sec

6. Remove from oven and serve with drawn butter and lemon wedges.

Pro Tip: After rinsing the clams, discard any that have remained open; these are dead and are dangerous if eaten.



MUSSELS

EQUIPMENT

- Solwave Ameri-Series heavy-duty commercial steamer microwave oven
- 2 full size 4" deep high heat plastic food pan with covers and high heat plastic drain trays

INGREDIENTS

- 12 lb. fresh mussels, rinsed and debearded
- 2 cups dry vermouth

PROCEDURE

1. Place the mussels in the pans (6 lb. per pan) on top of the high heat plastic rain trays.
2. Add vermouth (1 cup per pan).
3. Cover and place in oven.
4. Cook for:

Model 3500w	7 min 30 sec
Model 2200w	10 minutes

5. Remove from oven and serve with drawn butter and lemon wedges.

Mussels have a very mild "ocean" flavor with a faintly sweet, mushroom-like undertone. They're an excellent addition to many dishes, and they will take on the character of the other ingredients they're combined with.



POACHED FISH

EQUIPMENT

- Solwave Ameri-Series heavy-duty commercial steamer microwave oven
- 1 full size 4" deep high heat plastic food pan with cover

INGREDIENTS

- (10) 8 oz. steaks or fillets of any firm flesh round fish
- Butter
- Enough fish stock, white wine, or other poaching liquid to cover the bottom of the pan (1/4 -1/2 inches)

PROCEDURE

1. Prepare steaks or fillets and refrigerate until ready.
2. Brush the bottom of the pan with butter.
3. Fill the pan with the poaching liquid.
4. Gently slide the fish into the liquid.
5. Cover and place in oven.
6. Cook for:

Model 3500w	7 min 30 sec
Model 2200w	10 minutes

7. Remove from oven.
8. Remove fish from liquid and serve immediately.

Poaching is a good technique for cooking lean fish like tilapia, cod, sole, haddock, snapper, or halibut, as well as fatty fish like salmon or trout.



SHRIMP

EQUIPMENT

- Solwave Ameri-Series heavy-duty commercial steamer microwave oven
- 1 full size 2" deep high heat plastic food pan with cover and high heat plastic drain tray

INGREDIENTS

- Sweet butter
- 4 lb. 21-25 count shrimp, peeled and deveined
- Salt and white pepper to taste
- Lemon juice to taste
- Bay leaf

PROCEDURE

1. Brush the bottom of the pan with butter.
2. Add shrimp to the pan.
3. Season with salt and white pepper, lemon juice, and bay leaf.
4. Cover and place in oven.
5. Cook for:

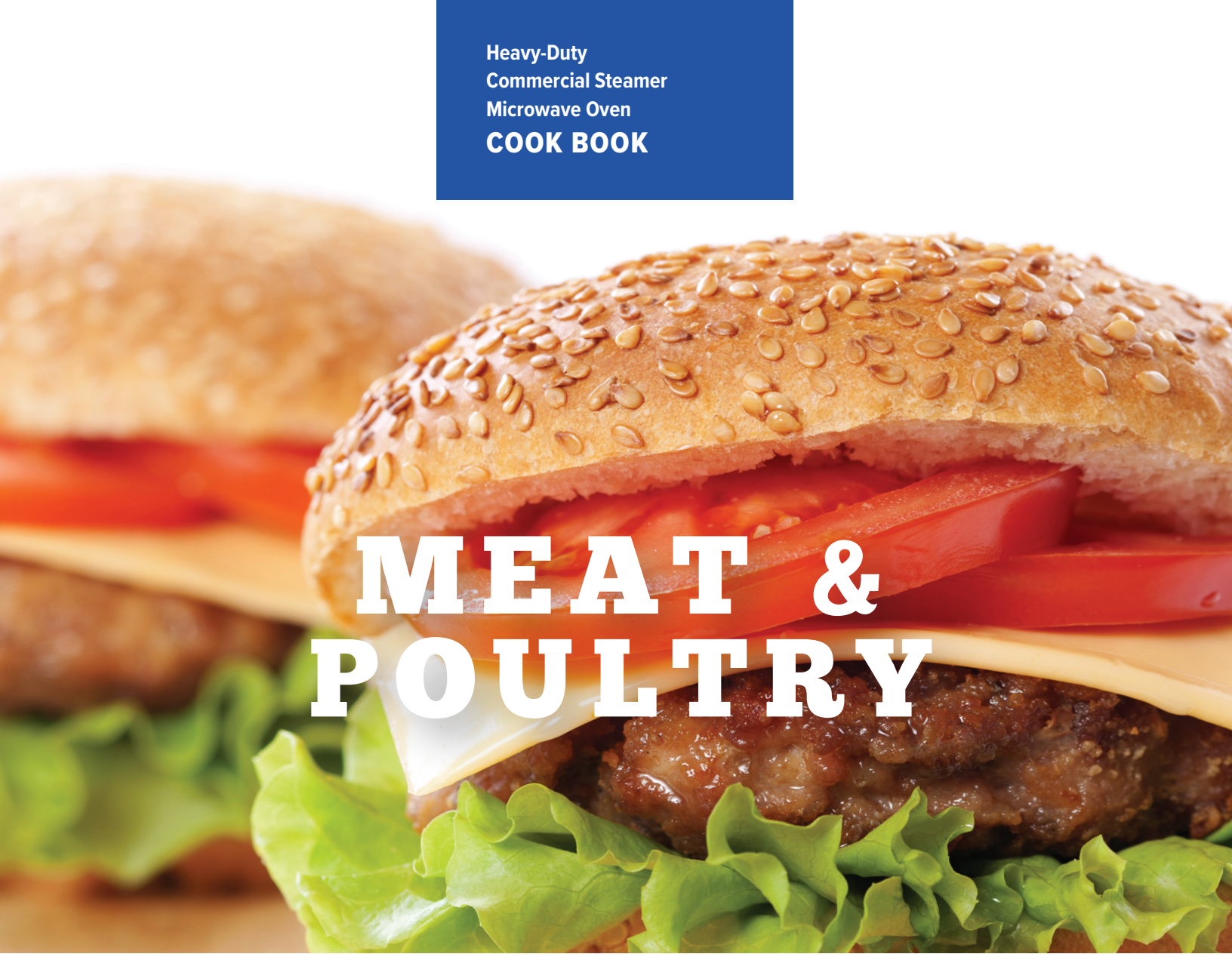
Model 3500w	7 minutes
Model 2200w	7 min 30 sec

6. Remove from oven, remove bay leaf, and serve immediately.

Shrimp are perfect for serving on their own as part of a flavorful shrimp cocktail, or aside a tender, juicy steak. Toss them into your signature stir fry, too!



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MEAT & POULTRY

SPACIOUS The 1.6 cu.ft. cavity comes with an interior shelf that accommodates two standard 4" deep full-size pans. This unit is also stackable, so you can add multiple units without sacrificing valuable countertop space.

BARBECUE CHICKEN

EQUIPMENT

- Solwave Ameri-Series heavy-duty commercial steamer microwave oven
- 2 full size 4" deep high heat plastic food pans with covers

INGREDIENTS

- 8 lb. chicken legs, thighs, or wings
- 4 cups barbecue sauce

Whether sweet or spicy, this barbecue chicken recipe puts your sauce at center stage, infusing flavor into your tender, juicy chicken.

PROCEDURE

1. Brush the chicken liberally with sauce.
2. Place the chicken in the pans (4 lb. per pan).
3. Cover and place in oven.
4. Cook for:

Model 3500w	12 minutes
Model 2200w	16 minutes

(add 3 minutes (3500w) or 4 minutes (2200w) for bone in chicken thighs)

5. Check the internal temperature of the chicken to see if it's reached 165 degrees Fahrenheit.
6. When the chicken has reached the proper internal temperature, remove from the oven and let stand for 2 minutes.
7. Serve or refrigerate.



FROZEN MEATBALLS

EQUIPMENT

- Solwave Ameri-Series heavy-duty commercial steamer microwave oven
- 2 full size 4" deep high heat plastic food pans with covers

INGREDIENTS

- 10 lb. medium prepared meatballs, frozen

PROCEDURE

1. Place the meatballs in the pans (5 lb. per pan).
2. Cover and place in oven.
3. Cook for:

Model 3500w	18 minutes
Model 2200w	22 minutes

4. Check the internal temperature of the meatballs to see if they've reached 165 degrees Fahrenheit.
5. When the meatballs have reached the proper internal temperature, remove from the oven and let stand for 2 minutes.
6. Serve or refrigerate.

Whether tossed in red or white sauce, meatballs are a flavorful addition to any menu. Use them as an appetizer on their own, or add to a bun for a hearty meatball sub.



PRE-COOKED FROZEN HAMBURGERS

EQUIPMENT

- Solwave Ameri-Series heavy-duty commercial steamer microwave oven
- 2 full size 4" deep high heat plastic food pans with covers and high heat plastic drain trays

INGREDIENTS

- 24 pre-cooked frozen hamburgers at 3.6 oz. each

When preparing foods in bulk, pre-cooked frozen hamburgers offer the convenience you need with the quality you deserve. They're a fan-favorite at restaurants and catered events alike with a tender, juicy consistency and iconic savory flavor.

PROCEDURE

1. Arrange the pre-cooked hamburgers on the high heat plastic drain trays in the pans so that they slightly overlap (12 burgers per pan).
2. Cover and place in oven.
3. Cook on high.

Model 3500w	6 minutes
Model 2200w	9 minutes

4. Rotate the top and bottom pans.
5. Return to the oven and cook on medium power.

Model 3500w	5 minutes
Model 2200w	11 minutes

6. Check the internal temperature of the hamburgers to see if they've reached 165 degrees Fahrenheit.
7. When the hamburgers have reached the proper internal temperature, remove from the oven and hold for service or serve immediately.

