

STEAMTUNER: THE PERFECT MOISTURE LEVEL OF STEAM

Meat, Fish, Crustaceans, Vegetables, Crème Caramel... all food-stuffs have a different structure, therefore the steam used to cook them must have a **specific moisture level**.

Thanks to **STEAMTUNER** the steam can now be customized so that cooking is more effective with a suitable visual and gustative result.

STEAMTUNER acts on the **hydration of the steam without modifying the amount**. In fact, from the “*very dry*” to “*vey wet*” adjustment, the steam inside the cooking chamber is always saturated.

Which steam to use? It is known that moisture conducts heat quicker with respect to dry air; therefore the higher the hydration level in the steam, the greater the penetration of the heat into the food product. Steam tending towards dry must therefore be selected when you want to cook the food delicately without providing too much moisture in order to prevent the disintegration of the fibres such as for cooking pastries and fish.

If vegetables are to be cooked, especially green vegetables, it is important to prevent the loss of chlorophyll due to the dispersion of magnesium it contains. In this specific case it is therefore important to ensure that the cooking time is as short as possible by increasing the temperature. To prevent the vegetables drying out, which must maintain a high level of internal moisture, the natural loss of steam, which occurs above 100°C, must be counteracted by adjusting the steam via **STEAMTUNER**, to very wet.

CONFECTIONERY:



generally steaming confectionery requires a very dry adjustment in order to prevent excessive moisture levels and a consequential unpleasant result.

120°C



FISH:



fish has a very delicate structure; therefore to prevent the deterioration of the fibres and consequent loss of nutrients and mineral salts, the steam must not be wet but also not excessively dry.

55°/85°C



Crustaceans:



crustaceans must be cooked quickly, but to prevent excessive toughness the cooking temperature must not be excessively high. Steam with quite a high moisture level is recommended.

70°/85°C



Vegetables
Green:



cooking must be quick without drying the vegetables. Steam with high moisture level must therefore be used associated with a high cooking temperature.

120°C



Tubers:



Tubers generally have particularly dense fibres and therefore require steam with a high moisture level for cooking.

120°C



Chicken:



steam with medium moisture level is required for this foodstuff.

85°C



Meat
Red:



steam with a slightly higher moisture level is recommended for meat.

85°C

