

GUIDELINES FOR STEAMING SHELLFISH

YIELD: 100 Portions			EACH PORTION: See Note 5	
PAN SIZE: 12 by 20 by 2 ¹ / ₂ -inch Steam Table Pan (Perforated) 12 by 20 by 4-inch Steam Table Pan (Solid)				
INGREDIENTS	WEIGHTS	MEASURES		METHOD
SHELLFISH Select 1:				
Crab legs, Alaskan King, frozen OR	50 lb. . .	100 legs	1. Place shellfish in perforated pans. Place perforated pans inside solid pans. 2. Steam according to following guidelines for type of shellfish selected. 3. DO NOT OVERCOOK. 4. Serve crab legs, spiny lobster tails and whole lobsters immediately. For shrimp; cool, peel, use as directed in specific recipe.
Lobster, whole, precooked, frozen OR	100 lb. .	100 lobsters	
Lobster, whole, live OR	100 lb. .	100 lobsters	
Shrimp, unpeeled, raw, frozen OR	25 lb. . .	500 to 800 shrimp	
Spiny lobster tails, frozen	50 lb. . .	100 lobster tails	

REVISION

(OVER)

GUIDELINES FOR TIMING

Type SHELLFISH	Quantity Per Pan (Approx.)	Number of Pans	Type of Steamer	Number of Minutes (Approx.)
Crab legs, Alaskan King, frozen	3 to 4 lb (7-8 legs)	15	5 lb PSI	6 to 8
			15 lb PSI . . .	4 to 5
Lobster, whole, precooked, frozen	5-6 lb (5-6 lobsters)	20	5 lb PSI	8 to 10
			15 lb PSI . . .	6 to 8
Lobster, whole, live	5-6 lb (5-6 lobsters)	20	5 lb PSI	6 to 8
			15 lb PSI . . .	4 to 6
Shrimp, unpeeled, raw, frozen	8 lb	3	5 lb PSI	14 to 16
			15 lb PSI . . .	10 to 12
Spiny lobster tails, frozen	5 to 6 lb (10 to 12 tails)	10	5 lb PSI	12 to 15
			15 lb PSI . . .	10 to 12

- NOTE:
1. Use perforated pan inside solid pan to facilitate draining.
 2. Over cooking will cause shellfish to be tough, rubbery and dry.
 3. To test for live lobster, pick up; if tail is stretched out flat, it will snap back. To prepare for serving, see Recipe No. L-127, Note 2.
 4. See Guidelines for Steam Cookers, Recipe No. A-21.
 5. EACH PORTION: 1 Crab Leg (5¹/₂ Ounces) or 1 to 2 Spiny Lobster Tail (4 Ounces) or 1 Lobster (11 to 13 Ounces) or 5 to 8 shrimp (11¹/₂ to 2¹/₂ Ounces).