

Panasonic®



YOUR DIRECT LINE TO THE CHEF

VOLUME THREE

www.panasonic.com/cmo

NUMBER THREE

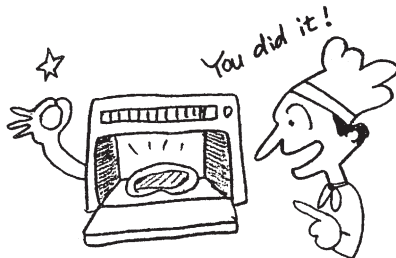
SCHOOL FOOD SERVICE INDUSTRY

Panasonic is continuing its efforts in assisting in the preparation of the best meals possible for your breakfast and luncheons programs. Panasonic has added two Certified Chefs to our Commercial Food Service Staff.

Panasonic Foodservice R&D has worked independently with Cornell University for several months on the effects of Sonic Steaming different food products. **"We feel, as you do, that the last child in line should receive the same portions and quality of hot food that the first child in line receives."** We recognize that the food these children receive in school are, in many cases, the most balanced and nutritious meals they receive during the course of the day.

With this in mind, the following are excerpts from the magazine article written by Lisa Rathke in, "Eating Well". This article was written after nearly 10 years of research by Dr. Gertrude Armbruster of Cornell University. Dr. Armbruster, the Head of the Department of Nutritional Science, has found that **when foods are prepared in a microwave oven, they retain more nutrients** foods that are boiled, baked grilled, or even steamed using conventional methods.

In nearly 10 years of research, Dr. Armbruster found that most foods that were microwaved, statistically retain more of their vitamin and mineral content. The same vegetables retain only 40 to 60 percent when boiled. Dr. Armbruster has also found that microwaved meats contain higher levels of protein than baked, broiled or grilled meats.



Equipment for the Food Service Professional

SONIC STEAMER



NE-3280



NE-2180

Pro I



NE-1257

Pro



NE-1056



NE-1757



NE-1051



NE-2157



NE-1021

Visit our "VIRTUAL TEST KITCHEN" at: www.panasonic.com/cmo

EQUIPMENT UPDATE

EXTRA! EXTRA! EXTRA!

More Schools Are Turning To Panasonic Sonic Steamers

Panasonic introduces 8 new Microwave Ovens for the New Millennium. Two of these new ovens can accommodate 2 full size 4" pans.

The eating habits of the American public are changing. Americans are now looking for food that is low in cholesterol and saturated fats and are high in essential vitamins and minerals. Panasonic is addressing the Food Service Industries need for more nutritious food. With this in mind, Panasonic has created a staff of trained Food Service Professionals, including Food Technologist, Kenneth P. Megarr and Research Development Chef Ian Restaino.

Working in conjunction with several universities, including Cornell School of Nutritional Sciences, studies show that food cooked in the Panasonic Microwave retains up to 7 TIMES MORE ESSENTIAL NUTRIENTS than virtually any other method of cooking, including steaming!

"COULDN'T LIVE WITHOUT IT..."

**says Lisa McMammack of Green Castle In.
Serves 600 students without range top.
"For the past 10 years I have come to rely heavily on this piece of equipment. During that time I had the range removed. The Sonic Steamer has more that made up the difference."**

I will be re-equipping several more schools in the coming months and you can bet I'll be putting in Sonic Steamers.

HOW DO THE PANASONIC SONIC STEAMERS OUTPERFORM CONVENTIONAL STEAMERS?

- The Panasonic cooks foods using their natural moisture.
- No water line, drain line or excess heat in kitchen
- Operating costs can be lower because the Panasonic oven only uses electricity when it is cooking.
- No gaskets to replace, elements to burn out or deliming to worry about.
- Because it simply needs to be plugged in, it can easily be moved when reconfiguring the work station or when extra space is needed.
- 3200 or 2100 watts of power for speed during "THE RUSH".
- The Panasonic Microwave easily fits into any food service operation. It can prepare food in the Main Production Kitchen or at any satellite area, where speed is essential and space is at a premium.
- In cases where a "Cook - Chill" system is in operation, food is heated quickly and thoroughly.
- The Panasonic oven is not only an excellent replacement for a steamer, it can perform many other cooking methods as well.

On the next page we have compiled some of the food items and times that Chef Megarr has tested from different school menus. If you would like more information regarding your menu, or if you would like to talk to someone who is using the Panasonic Sonic Steamer, you may fax or e-mail Chef Megarr and he will get back to you either by fax or a personal telephone call.

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CHEFS CORNER

As we travel around the country talking to chefs, cooks, and school dieticians about Panasonic Microwave Ovens, the most often asked question is, "How long does it take to cook this or that?" One cafeteria operator asked, "We use a lot of canned green beans, how long does it take to heat two #10 cans of green beans?" Two #10 cans, (12 lbs.), take 8 1/2 minutes; four #10 cans, (24 lbs.), takes 17 minutes. The list goes on and on. Below is a Quick Cooking Reference Chart that Chef Ken Megarr has compiled for your convenience.

FOOD			NE-2680	NE-1780	NE-2157	NE-1757	NE-1257
CANNED VEG.	1#10 CAN	TIME	5:00	7:00	6:00	7:00	10:00
	2#10 CANS	TIME	9:00	12:00			
	3#10 CANS	TIME	14:00	17:00			
	4#10 CANS	TIME	17:00	21:00			
FROZEN VEGETABLES (EXCEPT ROOT VEGETABLES)	1x2.5 Lbs.	TIME	5:00	7:00	6:00	7:00	10:00
	2x2.5 Lbs.	TIME	8:30	11:00			
	3x2.5 Lbs.	TIME	12:00	15:00			
	4x2.5 Lbs.						
FROZEN VEGETABLES (ROOT VEGETABLES)	1x2.5 Lbs.	TIME	5:30	8:00	7:00	8:00	11:00
	2x2.5 Lbs.	TIME	8:00	9:00	12:00		
	3x2.5 Lbs.	TIME	13:00	16:00			
	4x2.5 Lbs.	TIME	16:00	20:00			
POTATOES 100 COUNT RUSSET	6 EACH	TIME	6:30	9:30	8:00	9:30	12:30
	12 EACH	TIME	10:00	13:00			
	18 EACH	TIME	13:00	17:00			
	32 EACH	TIME	25:30	30:00			
NACHO CHEESE	1#10 CAN	TIME	4:00	5:00	4:30	5:00	7:30
	2#10 CAN	TIME	7:00	9:00			
	3#10 CAN	TIME	10:00	13:00			
	4#10 CAN	TIME	14:00	17:00			
PRECOOKED FROZEN 3.5 oz. HAMBURGER/ CHICKEN PATTY	12 EACH (1 PAN)	TIME	4:00-HI	5:30-HI			
	24 EACH (2 PAN)	TIME	3:30-MED 6:00-HI 5:00-MED	6:00-MED 7:30-HI 7:00-MED			
HOT DOGS (COOKED IN BOILING LIQUID)	2 DOZEN	TIME	8:00	8:00	8:00	8:00	11:00
	4 DOZEN	TIME	8:00	8:00			
	6 DOZEN	TIME	8:00	8:00			
	8 DOZEN	TIME	8:00	8:00			
BAKED BEANS	1#10 CAN	TIME	5:00	7:00	6:00	7:00	10:00
	2#10 CANS	TIME	9:00	12:00			
	3#10 CANS	TIME	14:00	17:00			
	4#10 CANS	TIME	17:00	21:00			
PREPARED APPLES W/ BROWN SUGAR SAUCE	8 Lbs.	TIME	6:00	8:00	7:00	8:00	11:00
	16 Lbs.	TIME	10:00	13:00			
	24 Lbs.	TIME	15:00	18:00			
	32 Lbs.	TIME	18:00	23:00			
SAUCES- (COOK - CHILL CRYOVAC) TOMATO BASE	8 Lbs. 1 TUBE	TIME	4:30	6:30	5:30	6:30	9:30
	16 Lbs. 2 TUBES	TIME	7:00	10:30			
	24 Lbs. 3 TUBES	TIME	11:00	15:30			
	32 Lbs. 4 TUBES	TIME	15:00	19:30			
SAUCES- (COOK - CHILL CRYOVAC) CREAM BASE	8 Lbs. 1 TUBE	TIME	5:00	7:30	6:30	7:30	10:30
	16 Lbs. 2 TUBES	TIME	7:45	12:00			
	24 Lbs. 3 TUBES	TIME	12:00	17:00			
	32 Lbs. 4 TUBES	TIME	16:30	21:00			
EGGS - COOK (soft scrambled) EGGS - REHEAT	4 DOZEN	TIME	4:15	5:30			
	1 DOZEN	TIME			1:35	2:00	3:00
SAUSAGE LINKS (FROZEN) LINKS	4 Lbs.	TIME	6:00	8:00			
	1 Lbs. 3 EACH	TIME	:20	:30	3:00 :35	2:30 :28	4:15 :45
SAUSAGE PATTIES (FROZEN) SAUSAGE PATTIES	3.5 Lbs.	TIME	6:00	8:00			
	1 Lbs. 1 Ea.	TIME	:10	:14	4:00 :15	3:00 :13	5:00 :20

See www.panasonic.com/cmo to demo or buy a Commercial Microwave Oven

FEATURES & BENEFITS OF PANASONIC MICROWAVE OVENS

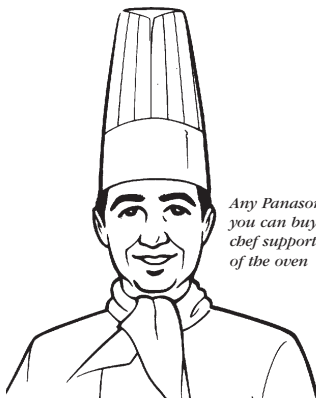
SONIC STEAMER

Panasonic NE-3280 Features:

- 3200 Watts
- Four magnetrons
- Top & bottom energy feed
- Large oven capacity 1.6 cubic ft.
- Accommodates two 4" tall full pans
- 8 programmable memory pads
- Shift key (AM - PM)
- 16 Memory capability
- Programmable or Dial Timer to select cooking time
- 3 stage cooking
- 5 power levels (hi, med, low, def., hold)
- Drop down counter style door
- Self diagnostics
- Digital display
- Program list review
- Cycle counter
- Tone control
- Removable center shelf
- Stainless steel cabinet & cavity
- Easy to clean air filter
- See through oven door
- Easy to change interior oven light

Panasonic NE-2180 Features:

- 2100 Watts
- Four magnetrons
- Large oven capacity 1.6 cubic feet
- Accommodates Two 4" tall full pans
- 8 programmable memory pads
- Shift key (AM - PM)
- 16 memory capability
- Programmable or Dial Timer to select cooking time
- 3 stage cooking
- 5 power levels (hi, med, low, def., hold)
- Drop down counter style door
- Self diagnostic
- Digital display
- Program list review
- Cycle counter
- Removable center shelf
- Tone control
- Stainless steel cabinet & cavity
- Easy to clean air filter
- See through oven door
- Easy to change interior oven light



Any Panasonic CMO you can buy comes with chef support for the life of the oven

ProI

Panasonic NE-2157 Features:

- 2100 Watts
- Two magnetrons
- Top & bottom energy feed
- Large oven capacity 0.6 cubic feet
- Accommodates one 6" tall half pan
- 10 programmable memory pads
- 3 power levels
- 3 stage cooking
- Self diagnostic
- Cycle counter
- Programmable lock
- Grab & Go handle
- Easy to clean air filter
- Stainless cabinet & cavity
- Patented safety door seal system
- See through oven door
- Ceiling splatter shield
- Digital display
- Stackable/Anti-slip
- Light weight - 60 lbs.
- UPS shippable - 73 lbs.
- Easy to change interior oven light

Panasonic NE-1757 Features:

- 1700 Watts
- Two magnetrons
- Top & bottom energy feed
- Large oven capacity 0.6 cubic feet
- Accommodates one 6" tall half pan
- 60 programmable memory pads
- 3 power levels
- 3 stage cooking
- Self diagnostic
- Cycle counter
- Programmable lock
- Grab & Go handle
- Easy to clean air filter
- Stainless cabinet & cavity
- Patented safety door seal system
- See through oven door
- Ceiling splatter shield
- Digital display
- Stackable/Anti-slip
- UPS shippable - 66 lbs.
- Easy to change interior oven light

Panasonic NE-1257 Features:

- 1200 Watts
- Two magnetrons
- Top & bottom energy feed
- Large oven capacity 0.6 cubic feet
- Accommodates one 6" tall half pan
- 60 programmable memory pads
- 3 power levels
- 3 stage cooking
- Self diagnostic
- Cycle counter
- Programmable lock
- Grab & Go handle
- Easy to clean air filter
- Stainless cabinet & cavity
- Patented safety door seal system
- See through oven door
- Ceiling splatter shield
- Digital display
- Stackable/Anti-slip
- UPS shippable - 64 lbs.
- Easy to change interior oven light

Pro

Panasonic NE-1056 Features:

- 1000+ Watts
- Large oven capacity 0.8 cubic feet
- Accommodates 1 half-sized pan
- 10 programmable memory pads
- 3 power levels (hi, med, def.)
- 3 stage cooking
- Grab & Go handle
- Braille Enhanced Control
- Double quantity key (20 memory capability)
- Bottom energy feed
- User friendly
- Quick pick preset times
- Programmable and Manual Operation
- Program list review
- Cycle counter
- Self diagnostic
- 99.99 minute capacity
- Interior oven light
- See through oven door
- UPS shippable
- Tone control
- Braille Enhanced Control
- **Stainless steel**

Panasonic NE-1051 Features:

- 1000 Watts
- Large oven capacity 0.8 cubic feet
- Accommodates 1 half-sized pan
- 10 programmable memory pads
- 6 power levels (hi, med-hi, med, low, def., hold)
- 3 stage cooking
- Double quantity key (20 memory capability)
- Bottom energy feed
- User friendly
- Quick pick preset times
- Programmable and Manual Operation
- Program list review
- Cycle counter
- Self diagnostic
- 99.99 minute capacity
- Interior oven light
- See through oven door
- UPS shippable
- Tone control
- Braille Enhanced Control

Panasonic NE-1021 Features:

- 1000+ Watts
- Large oven capacity 0.8 cubic feet
- Accommodates 1 half-sized pan 6" deep
- Bottom energy feed
- User friendly
- 5 minute timer
- Interior oven light
- See-through oven door
- Heating time guide
- UPS shippable

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