



Inspiring recipes for exceptional cooks

THE COOKBOOK

for Thermador Steam Convection Ovens





Inspiring recipes for **EXCEPTIONAL COOKS**

For us, the kitchen is the greatest workplace in the world. This is why Thermador is passionately working to make it even smarter. As every chef works on refining his dishes, so too do we aim to refine our products to meet the needs of their culinary demands.

This drives us on each and every day to seek new ideas which make even the preparation of food part of the journey.

Whether refined starters, side dishes, or tasty desserts, your Thermador steam convection oven empowers you to create memorable culinary moments to share.

The recipes in this cookbook are designed to provide the tools you need to explore new possibilities specifically tailored for your Thermador steam convection oven. Let yourself be inspired to create and share, with the confidence of knowing specifications have been developed and tested in our culinary studio.

[Your culinary adventures await.](#)



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Information

ON YOUR APPLIANCE
AND ON THIS BROCHURE

STEAMING AND BAKING –
ALL IN ONE APPLIANCE

This cookbook offers you a variety of tasty recipes which you can make in your new combination steam oven.

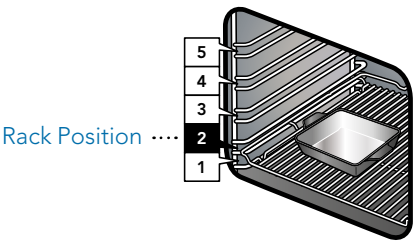
Sophisticated starters, tasty soups and salads, simple and elaborate side dishes, delicious fish and meat dishes, delectable desserts, moist cakes, sweet and savory pastries and bread that’s as good as your baker’s - all this is quick and easy to prepare with your combination steam oven.

All recipes serve 4, unless otherwise indicated. If you wish to cook for a larger or smaller number of people, you can easily adjust the quantities accordingly. The steam cooking time given in the recipe will not be affected. With all other types of heating, the cooking time will increase or decrease according to the quantity.

Please also read the *Use and Care Guide* supplied with your appliance carefully so that you can get the best use from your combination steam oven.

The settings for each recipe are presented making it easy to use your new steam oven.

| Mode, Temperature | Settings |
|-----------------------|---------------|
| | Steam, |
| | 210° – 212° F |
| Cooking Time | 20 minutes |
| Accessories /Ovenware | Baking Pan |



Explore more great recipes for this and other appliances at www.thermador.com/culinary/recipes

A French version of this cookbook can also be downloaded at www.thermador.ca

Information

ON YOUR APPLIANCE AND ON THIS BROCHURE

METRIC INFORMATION

The charts on this page provide a guide for converting measurements from the U.S. customary system, which is used throughout the book, to the metric system.

ABBREVIATIONS

| POUND | LB. |
|-------------|-----------|
| Ounce | oz. |
| Fluid Ounce | fl. oz. |
| Cup | c. |
| Teaspoon | tsp. |
| Tablespoon | tbsp. |
| Milliliter | ml. |
| Gram | gm. or g. |

COMMON WEIGHT EQUIVALENTS

| IMPERIAL | METRIC |
|---------------------|--------|
| ½ ounce | 15 g |
| 1 ounce | 28 g |
| 4 ounces (¼ pound) | 113 g |
| 16 ounces (1 pound) | 454 g |
| 1¼ pounds | 567 g |
| 1½ pounds | 680 g |
| 2 pounds | 907 g |
| 2¼ pounds | 1 Kg |

OVEN TEMPERATURE EQUIVALENTS

| FAHRENHEIT | CELCIUS |
|------------|---------|
| 100°F | 40°C |
| 150°F | 65°C |
| 200°F | 90°C |
| 250°F | 120°C |
| 300°F | 150°C |
| 325°F | 160°C |
| 350°F | 180°C |
| 375°F | 190°C |
| 400°F | 200°C |
| 425°F | 220°C |
| 450°F | 230°C |
| 475°F | 240°C |

Information

**ON YOUR APPLIANCE
AND ON THIS BROCHURE**

STANDARD METRIC EQUIVALENTS

| MEASURE | EQUIVALENT |
|--------------|------------------------|
| 1⁄8 teaspoon | = 0.6 ml |
| 1⁄4 teaspoon | = 1 ml |
| 1⁄2 teaspoon | = 2.5 ml |
| 1 teaspoon | = 5 ml |
| 2 teaspoons | = 10 ml |
| 1⁄4 cup | = 2 fl. oz. = 60 ml |
| 1⁄3 cup | = 2.5 fl. oz. = 72 ml |
| 1⁄2 cup | = 4 fl. oz. = 120 ml |
| 2⁄3 cup | = 5 fl. oz. = 144 ml |
| 3⁄4 cup | = 6 fl. oz. = 180 ml |
| 1 cup | = 8.5 fl. oz. = 240 ml |
| 2 cups | = 1 pint = 480 ml |
| 1 quart | = 1 litre |

VOLUME AND WEIGHT

| MEASURE | WEIGHT |
|---------------------------------|--|
| 1 cup butter, sugar, or rice | = 8 oz. = 1⁄2 lb. = 225 g |
| 1 cup flour | = 4 oz. = 1⁄4 lb. = 125 g |
| 1 powdered sugar | = 5 fl. oz. = 150 g |
| 1 British Imperial cup | = 10 fl. oz. |
| US & Canadian cup | = 8 fl. oz. or 237 ml; however the standard metric = 250 ml |

Information

ON YOUR APPLIANCE AND ON THIS BROCHURE

WHY COOK WITH STEAM

Cooking with steam is one of the healthiest cooking methods. The steam envelops the food and exerts no pressure on it, so the vitamins and minerals are largely preserved.

Delicate fish, moist and tender meat and delicious vegetables can only be achieved with steam. Custard, terrines and dumplings are also wonderfully simple to make using the steam oven.

THE ADVANTAGE:

Almost no loss of nutrients

When steamed, food is not immersed in water, so the vitamins and minerals do not leach out. Studies have shown that steamed broccoli, for example, contains 50% more Vitamin C than boiled broccoli.

Low-fat cooking

Food can be cooked with low amounts of fat or, depending on taste, with no fat at all. When meat is steamed, the fat separates itself from the meat and drips into the baking pan.

Reheating

Steam lets you reheat food without losing the original dish's moisture, textures and flavors.

Meat cooking

Cook a 16 lb turkey in the oven's Steam Convection mode. Golden on the outside; moist on the inside. Dry meat is a thing of the past.

Appetizing appearance

When cooked with steam, foods retain their natural color. Cooked vegetables look like they have been freshly harvested. You hardly need to stir or turn the food, which means that even delicate fish dishes retain their shape. Foods do not dry out.

Flavorful enjoyment

Steaming provides naturally flavorful food that needs hardly any salt.

Cooking a menu

With steam you can cook several components of a menu at the same time without the different flavors mixing.

Information

ON YOUR APPLIANCE AND ON THIS BROCHURE

HOW DOES THE STEAM WORK?

1. The water tank is filled with fresh tap water.
2. When the appliance is on and programmed for steam cooking, water from the tank is pumped to an evaporating unit on the top of the oven.
3. Steam gets generated and is drawn into the cooking compartment.
4. The food is enveloped by the steam and cooked gently without pressure.

TRUE CONVECTION

During **True Convection** mode, a heating element on the back panel of the cooking compartment is heated. The fan then circulates the hot air around the food.

True Convection is most suitable for making sweet and savory pastries, roasting tender cuts of meat suitable for braising.

For the slow cooking setting, the **True Convection** is specially adjusted so that all tender pieces of meat are particularly juicy and cooked to perfection.

True Convection is also used for dish warming and keeping food warm. This enables you to keep food warm for a short time and to warm porcelain dishes.

Information

ON YOUR APPLIANCE AND ON THIS BROCHURE

TRUE CONVECTION AND STEAM COMBINED

With the **Steam Convection** mode, True Convection and Steam are used together. This combination is particularly suitable for cooking meat and baking bread and rolls.

Thanks to the combination of True Convection and Steam, roasts get crispy on the outside and juicy on the inside. Pastries get a nice, shiny surface and do not dry out.

For the reheating, proofing and defrosting settings, **True Convection** and Steam are specially adjusted to the relevant type of heating.

STEAM OVEN COOKING FUNCTIONS

| SETTING | FUNCTION OF EACH SETTING |
|-------------------|--|
| STEAM | Vegetables, fish and side dishes; extracts juices. |
| STEAM CONV | Combines steam and convection oven modes. Meat, root vegetables, soufflés and baked goods. |
| REHEAT | Gently reheats cooked foods in plated dishes and baked dishes. |
| DEFROST | Defrosts fruits, vegetables, meats and fish for cooking or serving. |
| SLOW ROAST | Slowly roasts meats so they remain very tender. |
| PROOF | Proof (raises) yeast dough and sourdough. |
| TRUE CONV | Operates as a convection oven, with no steam. Use for moist cakes, sponge cakes and browning meat. |

Refer to the *Use and Care* manual supplied with your appliance for additional modes.

Information

ON YOUR APPLIANCE AND ON THIS BROCHURE

INFORMATION AND TIPS

Cooking Times

Unless otherwise indicated, the cooking times in the recipes are for food inserted into a cold oven.

Shelf Position

When steaming, you can insert the pans at any shelf position. Note: If you are using the perforated baking pan, you must always place a baking pan on the lower rack. This will catch any dripping liquid.

Ovenware

Always use steam and heat-resistant ovenware. Silicone baking molds are not suitable for use when combining True Convection and Steam.

Blanching Vegetables for Freezing

The extremely short steam time for blanching means that maximum color, flavor and vitamins are preserved. Wash, clean and chop the vegetables. Place the vegetables in the perforated baking pan. Insert the baking pan underneath. Steam the vegetables for only approximately 1 to 2 minutes. Then briefly immerse the vegetables in ice-cold water so that the cooking process is interrupted.

Reheating Food

During reheat, food is gently reheated - it does not dry out and tastes as though it were freshly prepared. Place the food in a dish on the wire rack.

Dough Proofing

Yeast or sourdough rise significantly more quickly in the oven than at room temperature.

Fresh or Frozen Vegetables

- The recipes use predominantly fresh vegetables. If you need to cook quickly or the relevant vegetables are out of season, you can also use frozen vegetables.
- Frozen vegetables have already been blanched before freezing. Therefore, spinach leaves only need defrosting.
- Vegetables such as broccoli or cauliflower are used in exactly the same way as fresh vegetables. However, the specified cooking times may have to be changed.

Fresh Herbs

The recipes usually indicate fresh herbs. These contain many vitamins and minerals. If you have no fresh herbs, use frozen herbs. Dried herbs have a stronger taste, therefore adjust the seasoning accordingly.

General Setting Values

In the *Use and Care* Manual, you will find appropriate setting values and information for many different foods.

Information

ON YOUR APPLIANCE AND ON THIS BROCHURE

ACCESSORIES*



LARGE PAN

Fullsize, 1 $\frac{1}{8}$ " (40 mm) deep

For crisping food items or cooking convenience foods.

Place on rack 1 when steaming to catch water and food soils.



LARGE PERFORATED PAN

Full size, 1 $\frac{1}{8}$ " (40 mm) deep

For steaming large quantities



SMALL PAN

Half size, 1 $\frac{1}{8}$ " (40 mm) deep

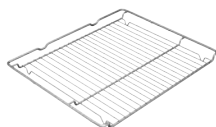
For cooking rice, legumes and cereals



SMALL PERFORATED PAN

Half size, 1 $\frac{1}{8}$ " (40 mm) deep

For steaming vegetables, juicing berries and defrosting



WIRE RACK

For baking sheets, cake pans and ovenproof dishes.



BROIL PAN AND GRID

Use for broiling and roasting.



STARTERS, SOUPS AND SALADS

For 4 servings

APULIAN RICE SALAD

Large Pan (Rack Level 2)

INGREDIENTS:

2 carrots, peeled and finely diced

1 small leek, cleaned, halved, and cut into thin slices

3 tbsp. water

4 – 5 tbsp. white balsamic vinegar

1 tsp. sugar

1 yellow bell pepper, seeded, and cut into thin strips

4 oz. frozen peas (defrosted)

1 cup parboiled long grain rice

1¼ cup water or stock, unsalted

Salt

3 tbsp. green and black olives, pitted and finely chopped

1 can tuna in water, drained

1 tbsp. lemon juice

2 – 3 tbsp. olive oil

Parsley leaves, rinsed, and thinly sliced

2 tbsp. capers, drained

PREPARATION:

1. Stir together water, vinegar and sugar in the baking pan. Add the carrots and leeks and cook as indicated.
2. Place the pre-cooked vegetables into a dish with the vinegar broth. Fold in the strips of pepper and the peas and leave it all to cool.
3. Place the rice in the baking pan. Add water or stock and salt. Steam the rice as indicated until it is cooked and the liquid has evaporated. Leave the rice to rest for five minutes, then fluff with a fork.
4. Drain and flake the tuna and discard of tuna liquid. Drain the vegetables, retaining the vegetable broth. Stir lemon juice into the cooled down vegetable broth and beat in the olive oil to emulsify.
5. Mix everything together with the capers and lemon juice, place in the refrigerator, and leave to infuse for one hour.

COOK'S TIP:

Instead of tuna, you can add chopped egg, small seafood, finely chopped mortadella or salami to the salad.

SETTING PROCEDURE:

STEAM, 210°– 212°F

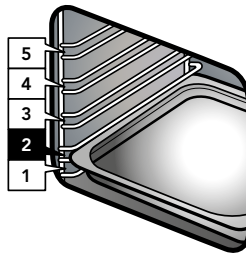
Large Pan
(Level 2)

Carrots & Leeks

7 minutes

Rice

15 – 20 minutes



For 4 servings

ASPARAGUS SALAD

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

INGREDIENTS:

2 lb. green asparagus

Salt

1 bunch arugula

½ lb. cherry tomatoes,
halved or quartered
depending on size

3 tbsp. Parmesan cheese,
fresh shavings, peeled with
potato peeler

HONEY MUSTARD SALAD DRESSING:

1 tsp. honey mustard

2 tbsp. white wine vinegar

3 tbsp. olive oil

1 tbsp. pumpkin seed oil

Salt and black pepper

PREPARATION:

1. Cut away the bottom third of the green asparagus.
2. Cut the asparagus diagonally into thirds. Place in the perforated baking pan and cook as indicated until firm to the bite.
3. To make the salad dressing, stir together the mustard, vinegar and oils and season with salt and pepper.
4. Wash the arugula and drain well. Halve or quarter the cherry tomatoes, depending on size.
5. After steaming, place the asparagus in a shallow dish. Add two tablespoons of the asparagus broth to the salad dressing and drizzle the dressing over the asparagus. Place the arugula and tomatoes on plates. Arrange the asparagus on top and drizzle with the salad dressing. Scatter them over the salad and serve.

KITCHEN TIP:

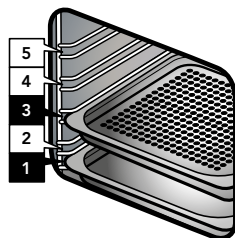
Starting at the base of each asparagus spear and working toward the tip, bend the spear several times until you find a place where it breaks easily. Snap off the woody base at that point.

SETTING PROCEDURE:

STEAM, 210°– 212°F

7 – 10 minutes

Large Perforated Pan
+ Large Pan
(Level 3 + 1)



For 4 servings

ASIAN LEAFY VEGETABLES WITH CILANTRO PESTO

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

INGREDIENTS:

8 small bok choy, cleaned,
washed and drained

CILANTRO PESTO:

1/3 cup cashew kernels

1 bunch cilantro, washed, pat
dried, leaves only

1/3 cup + 2 tbsp. olive oil

2 oz. freshly grated Parmesan

Salt and black pepper

PREPARATION:

1. Place the bok choy in the perforated cooking pan and cook as indicated.
2. Toast the cashew kernels in a dry pan, until fragrant. Remove from the pan and leave to cool.
3. Purée the cashew kernels with cilantro, olive oil and Parmesan. Season with salt and pepper.
4. Drain the prepared bok choy and arrange on a plate. Drizzle with cilantro pesto and serve immediately.

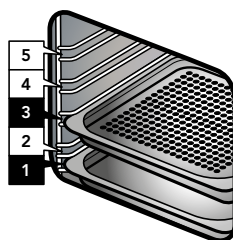
COOK'S TIP:

Leftover pesto tastes great with shrimp or hot noodles. Place leftover pesto in airtight containers; chill for 2 days or freeze for up to 3 months.

SETTING PROCEDURE:

STEAM, 210°– 212°F

5 – 7 minutes, depending
on size of bok choy
Large Perforated Pan
+ Large Pan
(Level 3 + 1)



For 4 servings

COCONUT AND PUMPKIN SOUP

Large Pan (Rack Level 2)

INGREDIENTS:

1 lb. pumpkin or
butternut squash

½ bunch cilantro, washed,
dried, roughly chopped

1 onion, peeled, and diced

1 garlic clove, peeled and
diced

1 piece root ginger, ¾ -1",
peeled and grated

1 tbsp. olive oil

1 cup strong vegetable broth

1 – 2 tsp. red curry paste

1 ⅔ cups coconut milk

Salt

3 – 4 stalks of flat-leaf parsley,
washed, chopped

PREPARATION:

1. Quarter the pumpkin. Use a spoon to remove strings and seeds from the pumpkin's inner cavity. Cut the pumpkin into strips then roughly chop it into 1/4 inch or smaller pieces with the skin. Place chopped pumpkin in the baking pan and steam as indicated.
2. Sweat onion, garlic, and ginger in olive oil in a skillet on the cooktop then add the broth. Add the red curry paste.
3. Add the pumpkin and cilantro to the broth and purée finely. Pour in the coconut milk and briefly heat the mixture. Add salt to taste and serve with chopped parsley.

COOK'S TIP:

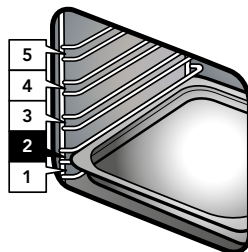
The smaller the pumpkin, the sweeter it is.

SETTING PROCEDURE:

STEAM, 210°– 212°F

12 – 14 minutes

Large Pan
(Level 2)



For 4 servings

HAM AND EGG BRUNCH CUPS

4 ramekins in the Large Perforated Pan (Rack Level 3)

INGREDIENTS

- 4 slices deli-style ham
- 4 eggs
- Salt and pepper

OPTIONAL

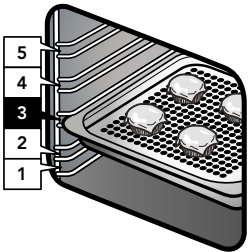
- Shredded cheese
- Snipped herbs

PREPARATION:

1. Spray (4) 6 oz. custard cups or ramekins with non-stick spray. Arrange on perforated pan. Line each cup with piece of ham, pleating to fit. Break an egg into each cup and sprinkle with salt and pepper.
2. Bake as indicated or until whites are opaque and eggs are done. Garnish with cheese and herbs if desired.

SETTING PROCEDURE:

STEAM CONV, 350°F
8 – 10 minutes
4 Ramekins in the
Large Perforated Pan
(Level 3)



EGG EQUIVALENTS:

| LARGE EGGS | OTHER SIZE EQUIVALENTS |
|--------------|---|
| 1 large egg | 1 jumbo, 1 extra large, 1 medium, or 1 small egg |
| 2 large eggs | 2 jumbo, 2 extra large, 2 medium, or 3 small eggs |
| 3 large eggs | 2 jumbo, 3 extra large, 3 medium, or 4 small eggs |
| 4 large eggs | 3 jumbo, 4 extra large, 5 medium, or 5 small eggs |

For 6 servings

MOROCCAN SALAD

Small Pan (Rack Level 1)

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

INGREDIENTS

1 – 10 oz. box couscous

2 cups chicken broth

1 unpeeled eggplant, cut
into $\frac{3}{4}$ " pieces

$\frac{1}{2}$ cup olive oil + additional

1 red bell pepper

2 cloves garlic, crushed

Juice of 1 lemon

2 tomatoes, chopped

4 green onions, sliced

1 – 15 oz. can garbanzo
beans, drained

$\frac{1}{2}$ cup chopped fresh parsley

4 oz. feta cheese, crumbled

Salt and pepper to taste

Red lettuce leaves

Toasted pita wedges

PREPARATION:

1. Combine couscous and broth in solid half-size baking pan. Cook as indicated. Remove from oven and allow to cool. Once cool, fluff couscous with two forks to break up any lumps.
2. Meanwhile, in a plastic bag toss diced eggplant with a little olive oil to coat. Place in perforated full size steam oven pan. Preheat oven to 425°F. Roast as indicated or until lightly browned.
3. Meanwhile, blister the skin of the bell pepper by placing atop a gas cooktop burner and turning until evenly blackened and bubbly. Place bell pepper in bowl, cover with plastic wrap and cool down. This step will make it easier to peel the skin off the bell pepper. Let cool, then remove skin and dice.
4. Combine the $\frac{1}{2}$ cup olive oil, garlic, lemon juice; mix with cooked, cooled couscous, eggplant and red pepper. Add tomatoes, green onions, drained garbanzos, parsley and feta. Mix gently to distribute the dressing and season to taste with salt and pepper.
5. Serve on red lettuce leaves, scooping up salad with toasted pita bread wedges.

VARIATION:

For a vegan version substitute vegetable broth and soy-based cheese that has been brined in green olive juice.

SETTING PROCEDURE:

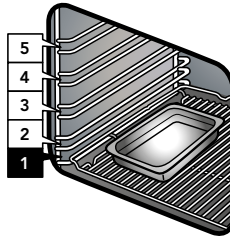
Couscous

STEAM, 210° – 212°F

5 minutes

Small Pan

(Level 1)



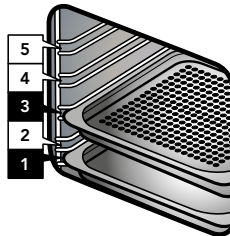
Eggplant

TRUE CONV, 425°F, Preheat

12 minutes

Large Perforated Pan + Large Pan

(Level 3)



For 4 servings

QUINOA SALAD

Small Perforated Pan (Rack Level 3) + Small Pan (Rack Level 1)

INGREDIENTS:

4 yellow beets, cleaned, tops removed

1 cup red or plain quinoa

1 cup chicken broth or water

½ cup crumbled feta cheese

½ basket cherry tomatoes, halved

1 avocado, diced

4 oz. arugula

CITRUS DRESSING:

¼ cup olive oil

1 tbsp. red wine vinegar

2 tbsp. fresh lemon juice

½ tsp. dried thyme

2 tbsp. ponzu sauce

½ tsp. salt

PREPARATION:

1. Cut the beets in half if they are larger than a lime so that they may steam quickly. Place beets in oven and cook as indicated below then remove from oven.
2. Rinse the quinoa and let drain in fine strainer. Place quinoa in the solid half pan and add 1 cup chicken broth or water. Cook as indicated; when quinoa is cooked, the liquid will have been absorbed.
3. Meanwhile in an air tight container make the dressing by shaking together the olive oil, vinegar, lemon juice, thyme, ponzu sauce and salt.
4. Peel the beets and dice them. Mix with half the salad dressing in serving dish and add the feta, cherry tomatoes, avocado and arugula.
5. When quinoa has cooled, add to the salad and toss with remaining dressing.

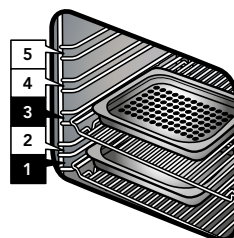
SETTING PROCEDURE:

Beets

STEAM CONV, 400°F
20 minutes
Small Perforated Pan
(Level 3)

Quinoa

STEAM, 210°–212°F
15 minutes
Small Pan
(Level 1)



For 6 servings

ROASTED POTATO SALAD

Large Pan (Rack Level 2)

INGREDIENTS

- 2 lbs. small red potatoes, skin on, scrubbed and cut into quarters
- 1 tbsp. grapeseed or vegetable oil
- Kosher salt
- ½ tsp. dried thyme
- 1 butterhead lettuce torn into small pieces or 1 bag of butterhead lettuce mix

DRESSING

- 1 tbsp. olive oil
- 1 tbsp. mayonnaise
- 1 tbsp. fresh lemon juice
- 4 green onions thinly sliced

PREPARATION:

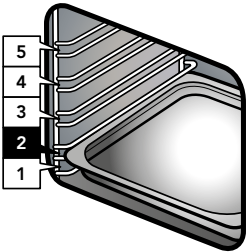
1. Preheat the oven.
2. Toss the potatoes with the oil and salt. Spread onto the baking sheet and bake for 15 minutes.
3. Stir the potatoes so they cook evenly on all sides and cook for another 15 minutes until crisp on the edges. Remove from the oven and set aside to cool for at least 10 minutes. Meanwhile, mix together the dressing ingredients.
4. Toss the completely chilled potatoes in a large bowl with the dry thyme and dressing.

BUTTERHEAD LETTUCE:

A lettuce identified by small, round heads made up of soft, tender leaves that are green around the outside of the head, moving to pale green to yellow at the core of the head.

SETTING PROCEDURE:

TRUE CONV, 400°F, Preheat 30 minutes
Large Pan
(Level 2)



For 4 servings

SAVORY POULTRY PARCELS

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

INGREDIENTS:

4 large or 8 small
wonton skins

1 chicken breast fillet

2 tsp. sesame oil

1 – 2 tsp. light soy sauce

Salt

Freshly ground black pepper

1 tsp. finely diced ginger

1 garlic clove, diced

Chili flakes (to taste)

16 baby spinach leaves,
washed

PREPARATION:

1. Soak the wonton skins in between damp tea towels. Halve or quarter wonton skins, depending on size.
2. Roughly dice the well-chilled chicken breast fillet. Purée to a course texture with 1 tsp. sesame oil, soy sauce, ginger, garlic clove, and seasonings.
3. Place one spinach leaf on the center of each wonton skin. Place one teaspoon of the filling on each spinach leaf and wrap into small parcels. The parcels must be completely sealed so that none of the filling escapes.
4. Grease the perforated pan with the remaining sesame oil. Place the poultry parcels on the cooking pan with the seam face down and steam as indicated.
5. Remove the poultry parcels from the pan and arrange on a plate.

COOK'S TIP:

Serve the poultry parcels with chopsticks. Serve with soy sauce dip seasoned with chili sauce and a few drops of lemon juice.

COOK'S TIP:

If wonton skins are not sealing properly, lightly dab warm water around the edges of wonton with fingers and press the edges together to seal.

DID YOU KNOW:

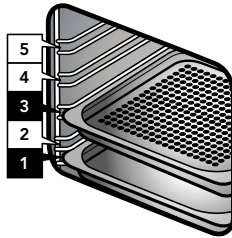
Unpeeled ginger in a freezer bag will keep indefinitely in the freezer, and you can grate or slice the ginger while it's frozen.

SETTING PROCEDURE:

STEAM, 210°– 212°F

20 minutes

Large Perforated
Pan + Large Pan
(Level 3 + 1)



For 4 servings

SALAD NICOISE

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

INGREDIENTS:

4 potatoes, cut into ¼ to ½ inch chunks

½ lb. fresh green beans, washed and ends trimmed

8 – 12 oz. fresh salmon or fresh tuna

2 eggs

1 quart salad greens

2 whole tomatoes, cut into wedges

½ cup black pitted olives

1 tbsp. capers

½ cup choice of home made or store bought vinaigrette

Salt and pepper

PREPARATION:

1. Place the potatoes and green beans in the perforated pan and cook as indicated.
2. Meanwhile place fish on one side of the baking pan; break eggs into small dish and set on other side of pan.
3. When first 10 minutes have passed, place the fish and eggs on rack position 1. Cook eggs for 10 minutes. Cook fish for 10 minutes or until Salmon internal temperature is 145 degrees Fahrenheit.
4. Place salad greens on serving platter. When eggs, fish and vegetables are cooked, allow them to cool slightly, then arrange atop the salad greens. Garnish with tomatoes, black olives and capers. Drizzle salad with vinaigrette, and season with salt and pepper.

SETTING PROCEDURE:

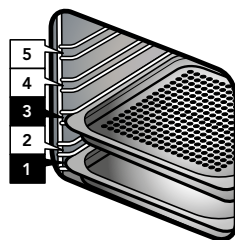
Potatoes & Green Beans

STEAM CONV, 350°F
10 minutes

Fish & Eggs

STEAM CONV, 350°F
10 minutes

Large Perforated Pan + Large Pan
(Level 3 + 1)



For 4 servings

THAI LENTIL SALAD

Large Pan (Rack Level 2)

INGREDIENTS

1 red onion, peeled, finely chopped

1 garlic clove, peeled, finely chopped

1 piece root ginger, approx. ¾", peeled, finely chopped

1 small red chili, seeds removed, finely chopped

1 tbsp. oil

1 tbsp. red curry paste

1 tbsp. fish sauce

1 cup unsalted vegetable stock

½ lb. red lentils, rinsed

10 oz. pineapple, peeled, cored, diced

1 yellow bell pepper, seeded and diced

½ bunch chives, washed, pat dry, and cut into thin slices

5 tbsp. diced tomatoes

Salt

PREPARATION:

1. Pour oil into a frying pan and on the cooktop, sweat the onion, garlic, ginger and chili, stirring continuously.
2. Add the curry paste, fish sauce, and vegetable stock and bring to a brief boil and stir with a whisk until curry paste is emulsified with liquid.
3. Add the lentils. Pour the mixture with the liquid into the baking pan and steam as indicated.
4. Stir together steamed and prepared lentils, pineapple, pepper, chives, and tomatoes, season with salt and serve.

COOK'S TIP:

Lentils cooked in steam become particularly soft.

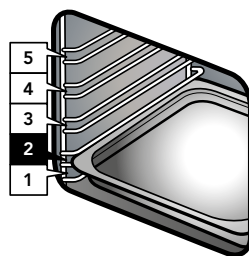
SETTING PROCEDURE:

Lentil

STEAM, 210°– 212°F

12 – 14 minutes

Large Pan
(Level 2)





SIDE DISHES, VEGETARIAN DISHES AND CASSEROLES

For 4 servings

ASPARAGUS IN MUSTARD CREAM SAUCE

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

INGREDIENTS:

2 lbs. green asparagus

MUSTARD CREAM SAUCE:

1 onion, peeled and finely diced

2 tbsp. butter

2 tbsp. mustard seeds

3 tbsp. mustard

½ cup vegetable broth

1 cup heavy whipping cream

Salt

White pepper

A pinch of nutmeg

1 - 2 tbsp. cornstarch
blended with water

PREPARATION:

1. Cut away the bottom of the asparagus. Cut the asparagus into 1 inch long pieces. Place the asparagus in the perforated pan and steam as indicated.
2. Sweat diced onion in the butter over low heat in a saucepan. Add the mustard seeds, mustard and broth and leave to infuse for 5 minutes.
3. Pour in the cream, bring to a boil, and season with salt, pepper and freshly grated nutmeg. Add cornstarch and mix with whisk, turn heat to medium and cook for 3 minutes.
4. Add the asparagus to the sauce.

COOK'S TIP:

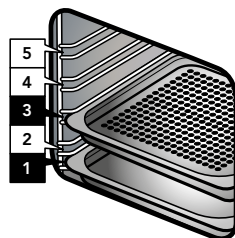
Serve with roasted potatoes and grilled sausages.

SETTING PROCEDURE:

STEAM, 210°– 212°F

7 – 10 minutes

Large Perforated Pan
+ Large Pan
(Level 3 + 1)



For 4 servings

BAKED VEGETABLES IN A BALSAMIC SAUCE

Large Pan (Rack Level 2)

INGREDIENTS:

BALSAMIC SAUCE:

1 small onion, peeled and
finely diced

1 garlic clove, finely diced

1 tbsp. olive oil

3 tbsp. white balsamic
vinegar

2 tsp. honey

2 ½ tbsp. cream

6 sage leaves, finely chopped

Salt and pepper

VEGETABLES:

1 medium sweet potato,
peeled, sliced into ⅛ to ¼
inch julienned slices

1 potato, peeled, sliced into
⅛ to ¼ inch julienned slices

1 carrot, peeled, sliced into
⅛ to ¼ inch julienned slices

1 turnip, peeled, sliced into
⅛ to ¼ inch julienned slices

¼ butternut squash, peeled,
sliced into ⅛ to ¼ inch
julienned slices

2 tbsp. olive oil

Salt

PREPARATION:

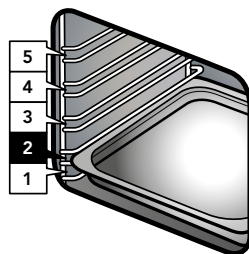
1. In a saucepan over medium heat, sweat the onion in olive oil for 1-2 minutes until they become translucent, then add the garlic. Add balsamic vinegar, honey, cream, sage, salt and pepper. Bring sauce to a boil, then turn down to medium and cook for 2 minutes or until you achieve a sauce-like viscosity that coats the front and back of your spoon.
2. Spread the vegetables in the baking pan and drizzle with olive oil. Season with salt and bake as indicated.
3. Pour the sauce over the baked vegetables and serve immediately.

SETTING PROCEDURE:

STEAM CONV, 450°F

20 minutes

Large Pan
(Level 2)



For 4 to 6 servings

BROILED CAULIFLOWER AND SHISHITO PEPPERS WITH PISTACHIO RELISH

Broil Pan + Wire Rack (Rack Level 4)

INGREDIENTS:

1 head cauliflower, trimmed and cut into florets

14 shishito peppers, trimmed and cut in half cross wise

2 tbsp. olive oil

¼ tsp. kosher salt

¼ tsp. fresh ground black pepper

4 dried apricots, roughly chopped

4 dried dates (medjool or deglet), pitted and roughly chopped

1 tbsp. orange olive oil, if desired

RELISH:

2 tbsp. minced fresh garlic

1 tbsp. olive oil

½ cup whole toasted pistachios

1 cup roughly chopped cilantro

1 tbsp. finely chopped dark chocolate

½ tsp. kosher salt

¼ tsp. fresh ground black pepper

PREPARATION:

1. Position wire rack on level 4. Preheat Steam and Convection Oven on CONV BROIL, 450°F.
2. Add cauliflower florets, shishito peppers, olive oil salt and pepper to broil pan. Stir until combined and vegetables are coated with the oil. Place broil pan on wire rack and Conv Broil as indicated or until cauliflower is a deep brown and peppers are dark and blistered.
3. Meanwhile, make relish. Add garlic and oil to small sauce pan and simmer on a cooktop just until garlic is fragrant. Add remaining relish ingredients and stir until combined and chocolate has melted.
4. Remove broil pan from oven and add chopped apricots and dates to vegetables. Spoon relish onto serving platter, top with broiled cauliflower mixture and drizzle orange olive oil over and around finished dish.

COOK'S TIP:

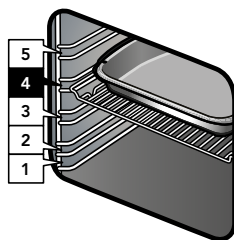
Shishito peppers can be replaced with 1 poblano pepper, trimmed, seeded and roughly chopped.

COOK'S NOTE:

Shishito peppers have a mild to medium heat level.

SETTING PROCEDURE:

Conv. Broil, 450°F
13 – 15 minutes
Broil Pan +
Wire Rack (Level 4)



For 4 servings

BROILED FETA AND TOMATOES TOPPED WITH OLIVES

Broil Pan + Wire Rack (Level 4), then change to BROIL (Rack Level 5)

INGREDIENTS:

12 oz. whole heirloom cherry tomatoes

2 tsp. minced fresh garlic

2 tbsp. olive oil

¼ tsp. kosher salt

⅛ tsp. fresh ground black pepper

2 tbsp. drained capers

Feta cheese 1 – 8 oz. block

2 tbsp. finely chopped pitted Kalamata olives

1 small baguette (optional)

PREPARATION:

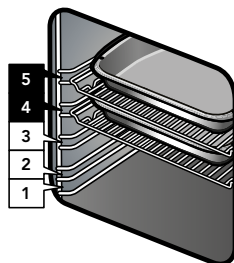
1. Position wire rack on level 4. Preheat Steam and Convection Oven on CONV BROIL, 450°F.
2. Add tomatoes, garlic, olive oil, salt and pepper to broil pan. Stir until combined and tomatoes are coated with the oil. Place broil pan on wire rack and Conv Broil as indicated or until tomatoes are softened and browned.
3. Remove broil pan from oven, change mode to Broil and move wire rack to level 5. Stir capers into the tomatoes and place block of feta on center of tomatoes.
4. Return pan to oven and broil feta as indicated for 3 to 5 minutes or until deep brown.
5. Serve broiled feta surrounded by tomatoes and topped with chopped olives. Serve with sliced baguette.

COOK'S TIP:

Choose a variety of your favorite olives from the olive bar at your local grocer. When this dish cools down to room temperature it is an ideal topping for mixed greens, spinach or arugula. It is also an ideal addition to a hot or cold sandwich.

SETTING PROCEDURE:

CONV BROIL, 450°F
5 to 7 minutes
Broil Pan +
Wire Rack (Level 4)



For 9 servings

CLASSIC LASAGNA

Small Dish on Wire Rack (Rack Level 2)

INGREDIENTS:

Approximately 9 lasagna noodles, cooked to package instructions

16 oz. (455g) mozzarella cheese, grated or thinly sliced

FOR THE MEAT SAUCE:

2 tbsp. vegetable oil

1 medium onion, minced

4 cloves garlic, minced

1 pound (455g) lean ground beef

½ tsp. kosher or sea salt

Fresh ground black pepper, to taste

1 (15 oz or 425g) can of crushed tomatoes (do not drain juices)

1 (15 oz or 425g) can of tomato sauce

PREPARATION:

1. Cook lasagna noodles according to package instructions, set aside.
2. Place a large sauce pan over medium heat, add oil, onion and garlic.
3. Cook for 2 minutes or until onion and garlic are tender and translucent.
4. Add beef, stirring gently to break up large clumps. Cook beef until lightly browned.
5. Add salt and pepper.
6. Add crushed tomato, tomato paste, tomato sauce, dried basil, chili flakes and brown sugar.
7. Gently stir all ingredients together until well combined and simmer on low for about 15-20 minutes.
8. In medium bowl, combine all ricotta cheese mixture ingredients together. Set aside.
9. Lightly coat or spray a 9"x11" baking dish with oil. Then spread a thin layer of meat sauce on bottom of pan.
10. Lay 3 lasagna noodles lengthwise over the meat sauce.

FOR THE MEAT SAUCE:

1 (6 oz or 170g) can of tomato paste

1 tsp. dried basil

½ tsp dried thyme

½ tsp. red chili flakes

1 tsp. brown sugar

FOR THE RICOTTA CHEESE MIXTURE:

1 cup (245g) ricotta cheese

1 Egg

¾ tsp. kosher or sea salt

Fresh black pepper to taste

Zest of 1 fresh lemon

½ cup fresh Italian parsley, minced

11. Layer 1 ½ cups of meat sauce over noodles, half of the ricotta cheese, and ⅓ of the mozzarella cheese.

12. Repeat this layering of noodles, meat sauce, ricotta cheese and mozzarella cheese.

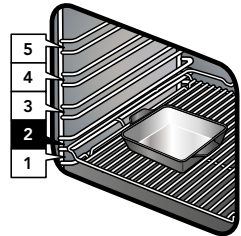
13. Add a last layer of lasagna noodles, then add any remaining meat sauce and remaining mozzarella cheese.

14. Bake lasagna for about 45 minutes or until the top cheese is melted and golden.

15. Remove from oven; allow to cool for 10-15 minutes, or until filling firms up before cutting.

SETTING PROCEDURE:

STEAM-CONV, 375°F
45 Minutes
Small Dish
on Wire Rack (Level 2)



For 4 servings

CORN ON THE COB

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

INGREDIENTS:

4 ears unshucked corn

Butter or margarine, if desired

PREPARATION:

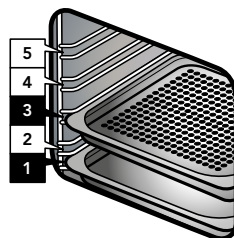
1. Soak fresh, unshucked ears of corn in water for 15 – 30 minutes, and drain or pat dry. Place corn in oven and cook as indicated.
2. Remove pan from oven and, using a tea towel, stand each ear upright and pull away the outer husks and silks. After all ears are unwrapped, return the baking pan and husked corn to oven for 1 minute to reheat on steam setting.

SETTING PROCEDURE:

STEAM, 210°–212°F

8 minutes

Large Perforated Pan
+ Large Pan
(Level 3 + 1)



For 4 servings

EXOTIC LENTIL CURRY

Large Pan (Rack Level 2)

INGREDIENTS:

½ lb. lentils

1 ⅔ cups vegetable broth

1 bay leaf

1 bunch spring onions,
washed, thinly sliced

½ - 1 red jalapeño pepper,
washed, seeded, finely
chopped

1 red pepper, washed,
seeded, ¼ -½ inch chopped

2 cloves garlic, finely diced

2 tbsp. clarified butter

2 – 3 tbsp. curry powder

Salt and black pepper

PREPARATION:

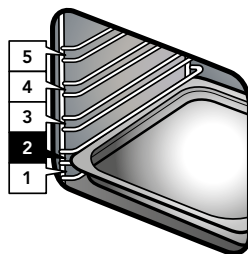
1. Wash the lentils, place them in the baking pan and pour over the vegetable broth. Add the bay leaf and cook as indicated, so that the lentils are not too soft.
2. Heat the clarified butter in a pan and cook the spring onions, jalapeño pepper, red pepper and garlic for approximately 2 minutes, stirring continuously. Sweat the curry powder briefly and then add the cooked lentils. Mix well and heat. Season with salt and pepper and serve the lentil curry hot.

KITCHEN TIP:

Unlike most legumes, lentils do not require soaking before cooking.

SETTING PROCEDURE:

STEAM, 210°– 212°F
8 –10 minutes
Large Pan
(Level 2)



For 4 servings

GNOCCHI WITH SAGE BUTTER

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

INGREDIENTS:

5 medium potatoes, peeled
and quartered

1 cup flour

2 eggs

Salt

White pepper

Nutmeg

1 tsp. oil

1 tbsp. Parmesan,
freshly grated

SAGE BUTTER:

4 tbsp. butter

12 sage leaves

COOK'S TIP:

Stuffed gnocchi: Use a
tablespoon to cut the
gnocchi from the dough.
Make a well in the center
and fill with soft cheese with
herbs. Seal with dough,
reshape, and steam.

PREPARATION:

1. Steam quartered potatoes in the perforated pan as indicated. Push the potatoes through the ricer while they are still hot. Mix with flour and add the eggs. Season with salt, pepper and nutmeg and knead together into a malleable dough.
2. Shape into finger-width rolls and cut into pieces 1 inch long. Make grooves in the dough pieces by pressing them with the back of a fork. Grease the perforated pan with oil. Place the gnocchi close together in the baking pan and cook as indicated.
3. Allow the butter to froth in a deep pan and toss the sage leaves in the butter. Briefly toss the well-drained gnocchi in the sage butter and serve sprinkled with Parmesan.

SETTING PROCEDURE:

Potatoes

STEAM, 210°–212°F

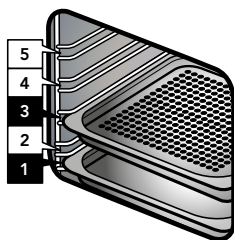
25 – 30 minutes

Large Perforated Pan + Large Pan (Level 3 + 1)

Gnocchi

STEAM, 210°–212°F

6 – 8 minutes



For 5 to 8 servings

HEALTHY STEAMED SEASONAL VEGETABLES WITH LEMON VINAIGRETTE

Large Pan (Rack Level 2)

INGREDIENTS:

1 medium head cauliflower
or romanesco

¼ pound of broccoli or
broccolini

2 medium bell peppers or
any vegetable combination
of your choice

FOR THE VINAIGRETTE:

¼ cup (60 ml) olive oil

Zest of 1 medium Lemon

Juice of 1 medium Lemon

¼ teaspoon kosher or sea
salt or more to taste

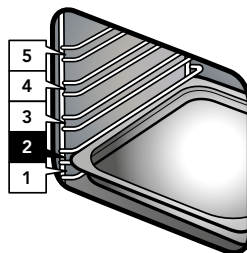
Fresh ground black pepper,
to taste

PREPARATION:

1. Wash and prepare vegetables. When selecting vegetables, try to choose vegetables that have similar firmness and texture so that they all cook evenly at the same cooking time.
2. Cut vegetables into bite sized pieces or your choice of serving sized-pieces.
3. Cooking times will vary depending on how thick you cut the vegetables.
4. Check doneness of vegetables occasionally.
5. Place vegetables in Full-Size Cooking Pan.
6. Put steam oven on Steam mode at 212°F.
7. Steam vegetables for about 10 minutes or until cooked to your preferred tenderness.
8. In medium bowl, whisk together all vinaigrette ingredients.
9. Toss vinaigrette with vegetables and serve.

SETTING PROCEDURE:

STEAM, 212°F
10 Minutes
Large Pan
(Level 2)



For 4 servings

HERBED POLENTA

Small Dish on Wire Rack (Rack Level 2)

INGREDIENTS:

1 tsp. olive oil for greasing

1 cup vegetable broth

1 cup milk

1 cup polenta

1 tsp. chopped herbs, (e.g.
thyme, sage, or rosemary)

3 oz. cream

2 oz. grated Parmesan

Salt

Pepper

PREPARATION:

1. Grease a heat-resistant 8" or 9" baking dish. Pour in the vegetable broth and milk and stir in the polenta. Add the chopped herbs and cook the polenta as indicated.
2. Mix the cream and Parmesan into the polenta and allow to rest in the oven for an additional 10 minutes. Season with salt and pepper and serve immediately.

COOK'S TIP:

This polenta tastes great as an accompaniment to duck with a honey and balsamic sauce.

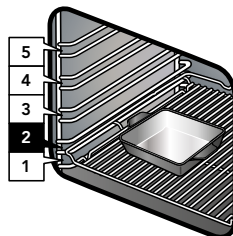
SETTINGS

STEAM CONV, 275°F

30 minutes

Small Dish

on Wire Rack (Level 2)



For 4 servings

LEMONGRASS RISOTTO

Large Pan (Rack Level 2)

INGREDIENTS:

1 shallot, peeled and finely diced

1 – 2 garlic cloves, finely diced

1 tbsp. olive oil

1¼ cups risotto rice

3 stems lemongrass, in pieces

⅓ cup and 3 tbsp. white wine

2 – 2⅓ cups vegetable broth

4 tsp. butter

2 oz. Parmesan, freshly grated

Salt

White pepper

PREPARATION:

1. Add the diced shallot, garlic, olive oil, risotto rice, lemongrass, white wine and hot vegetable broth to the baking pan. Mix together thoroughly and cook as indicated. Stir once halfway through the cooking time.
2. After cooking, stir in the butter and grated Parmesan. Season with salt and pepper and serve immediately.

KITCHEN TIP:

To use lemongrass, trim the fibrous ends and slice what remains into 3" – 4" sections. Cut each section in half lengthwise, exposing the layers. Rinse pieces under cold water to remove any grit.

COOK'S TIP:

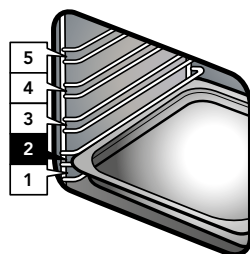
Instead of lemongrass, the risotto can be made with finely chopped vegetables (carrots, celery and leek), dried mushrooms, finely sliced radicchio or sundried tomatoes.

SETTING PROCEDURE:

STEAM CONV, 325°F

25 minutes

Large Pan
(Level 2)



For 4 servings

MIXED VEGETABLE WITH LEMON CREAM CHEESE SAUCE

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

INGREDIENTS:

½ lb. carrots, peeled,
diagonally cut into thin slices

½ lb. butternut squash,
peeled, seeded, and
chopped into 1/4 inch cubes

½ lb. zucchini

½ lb. cauliflower, cleaned
and cut into florets

LEMON CREAM CHEESE SAUCE:

4 tbsp. butter

8 oz. cream cheese

¼ cup vegetable broth

Juice and zest of half a
lemon

Salt

White pepper

1 sprig of basil

PREPARATION:

1. Halve the zucchini lengthways then cut diagonally into medium-sized triangles. Place the vegetables into the perforated baking pan and steam as indicated.
2. To make the sauce, heat the butter in a pan and, on a low setting, add the cream cheese one spoon at a time. Pour in the vegetable broth. Add lemon juice and zest to taste. Season with salt and pepper. Stir in the chopped basil leaves before serving.
3. Arrange the vegetables on plates or layer them in glasses and serve with the sauce.

COOK'S TIP:

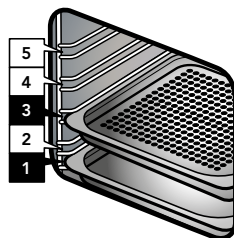
In order to achieve a uniform cooking time, chop the vegetables with the longest cooking time - in this case carrots - into small pieces. Vegetables with a shorter cooking time - here the zucchini - should be cut into larger pieces.

SETTING PROCEDURE:

STEAM, 210° – 212°F

7 – 10 minutes

Large Perforated Pan
+ Large Pan
(Level 3 + 1)



For 4 servings

OVEN ROASTED SWEET POTATOES

Large Pan (Rack Level 2)

INGREDIENTS:

2 – 2½ lbs. sweet potatoes,
washed, peeled, and cut into
bite size chunks

½ tsp. paprika

½ tsp. curry powder

2 tbsp. olive oil

Salt

2 ripe avocados

1 red jalapeño pepper,
peeled, seeded, and finely
diced

Juice of one lime

Black pepper

PREPARATION:

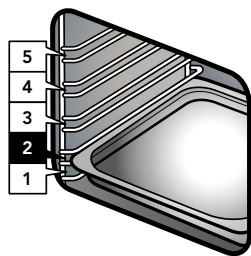
1. Place the sweet potatoes in the baking pan.
2. Stir the paprika and curry powder in with the oil and use this to season the sweet potatoes. Bake as indicated and then add salt.
3. Meanwhile, peel the avocados and remove the stones. Cut the avocados into small cubes and mash with a fork. Mix the jalapeño pepper in with the avocado.
4. Season the avocado mixture with lime juice, salt and pepper. Serve together with the sweet potatoes.

DID YOU KNOW:

Often confused with the yam, sweet potatoes have pale yellow flesh and are not as sweet as yams. The orange flesh of the yam is deeper in color and has a higher sugar and moisture content. Sweet potatoes and yams are interchangeable in most recipes.

SETTING PROCEDURE:

STEAM CONV, 300°F
15 – 20 minutes
Large Pan
(Level 2)



For 4 servings

PARSNIPS AND POTATO MASH

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

INGREDIENTS:

6 medium-sized potatoes,
peeled and diced

3 parsnips, peeled and diced

½ onion, peeled and diced

3 tbsp. butter

1 cup milk

Salt

Nutmeg

PREPARATION:

1. Place diced potatoes in the perforated baking pan.
2. In a small pan over medium heat add butter, parsnips, and onions. Briefly sweat for 2 minutes or until onions are translucent. Transfer into the baking pan and pour the milk over. Cook as indicated below, until potatoes are soft.
3. Then, while the potatoes and parsnips are still hot, press through a potato ricer into a bowl and stir with a whisk until smooth. Season with salt and freshly grated nutmeg and serve.

KITCHEN TIP:

To select parsnips, choose vegetables that are smooth-skinned and heavy for their size.

SETTING PROCEDURE:

STEAM, 210°–212°F

Potatoes

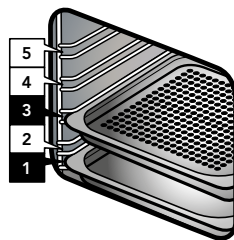
25 – 30 minutes

Large Perforated Pan
(Level 3)

Parsnips

20 – 25 minutes

Large Pan
(Level 1)



For 8 servings

PASTA FRITTATA

Large Pan (Rack Level 3)

INGREDIENTS:

2 – 11½ oz. pkgs. frozen
Fettucine Alfredo

4 tbsp. olive oil or butter

2 cloves garlic, minced

½ cup chopped onion

1 – 28 oz. can Italian plum
tomatoes, drained, chopped

Salt and black pepper

1 – 8 oz. ball fresh mozzarella

⅓ cup toasted pine nuts

¼ cup golden raisins

8 beaten eggs

½ cup chopped fresh basil

1 cup grated Parmesan
cheese

OPTIONAL:

Marinara sauce

PREPARATION:

1. Defrost the fettucine using the default defrost setting or thaw overnight in refrigerator.
2. Place olive oil or butter in baking pan along with garlic, onion, and tomatoes. Place in oven and cook as indicated, stirring halfway through. Remove from oven and season well with salt and pepper.
3. Meanwhile, cut the mozzarella cheese into ¾" cubes. Add pine nuts and raisins to eggs and combine with fettucine. Place egg mixture in the baking pan on top of the tomato mixture. Add the mozzarella, basil and Parmesan. Bake as indicated or until frittata is firm and eggs are set.
4. Serve with a little marinara sauce atop.

COOK'S TIP:

This dish can be completely assembled the night before, just increase baking time by about 5 minutes.

SETTING PROCEDURE:

Alfredo

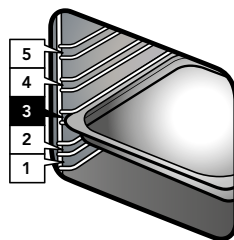
DEFROST, 110°F
17 minutes

Vegetables

TRUE CONV, 350°F
10 minutes
Large Pan (Level 3)

Frittata

STEAM CONV, 350°F
20 – 25 minutes



For 4 servings

POTATO AND PORCINI MUSHROOM GRATIN

Small Dish on Wire Rack (Rack Level 2)

INGREDIENTS:

1 oz. dried porcini
mushrooms

2 lbs. potatoes, washed,
peeled, 1/8 inch slices

1 garlic clove

1 tbsp. butter

3/4 cup cream

3/4 – 1 cup milk

Salt and black pepper

Large pinch of nutmeg

1 – 2 tbsp. Parmesan or
Sbrinz, grated

PREPARATION:

1. Leave the mushrooms to soak in warm water for 1 hour. Gently squeeze the excess liquid out of the mushrooms and chop roughly.
2. Halve the garlic clove and rub a 10 inch diameter ovenproof dish with the garlic. The gratin will then have a slight garlic flavor.
3. Grease the dish with butter and layer in half of the potatoes. Distribute the mushrooms and layer the remaining potatoes on top.
4. Mix the cream and milk, season with salt, pepper, and nutmeg and pour over the potatoes. Sprinkle the cheese over the gratin. Bake as indicated.

COOK'S NOTE:

Sbrinz cheese is a dark yellow, cow's milk cheese originating in Switzerland. It has been aged for 2 – 3 years to develop a rich, mellow flavor.

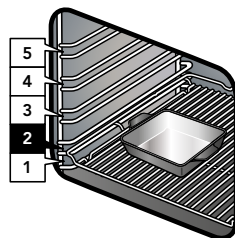
SETTING PROCEDURE:

TRUE CONV, 350°F

40 - 45 minutes

Small Dish

on Wire Rack (Level 2)



For 4 servings

POTATOES BOILED IN THEIR SKINS WITH TWO DIPS

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

INGREDIENTS:

2 – 2½ lb. medium-sized potatoes, preferably by a similar size

BACON DIP:

4 oz. sliced bacon, cut into 1/2 inch strips

5 oz. blue cheese

½ lb. crème fraîche

½ bunch of chives, finely diced

AVOCADO DIP:

1 ripe avocado

2 tbsp. lemon juice

½ lb. crème fraîche

1 small red chili pepper, seeded, and finely chopped

½ bunch cilantro or dill, finely chopped

Salt and pepper

PREPARATION:

Wash and scrub the potatoes and arrange in the perforated baking pan. Steam as indicated.

Bacon Dip:

Fry bacon strips in a pan over a medium heat until crispy. Leave to drain on paper towels. Purée the blue cheese and stir in the crème fraîche. Fold the chives into the cheese mixture with the bacon strips.

Avocado Dip:

Halve the avocado and remove the seed. Purée the flesh with the lemon juice and stir in the crème fraîche. Fold chopped red chili pepper and cilantro into the dip. Season with salt and pepper.

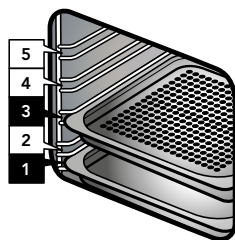
Serve the dips with the potatoes.

SETTING PROCEDURE:

STEAM, 210°F – 212°F

25 – 30 minutes

Large Perforated Pan
+ Large Pan
(Level 3 + 1)



For 12 servings

POTATO DUMPLINGS

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

INGREDIENTS:

5 medium potatoes

$\frac{3}{4}$ cup flour

2 small eggs

Salt

Nutmeg

1 tsp. oil

IN ADDITION:

3 tbsp. butter

3 – 4 stalks of flat-leaf parsley,
washed, pat dry, rough
chopped

PREPARATION:

1. Wash the potatoes and steam as indicated without peeling. When fork tender, peel the potatoes while still hot.
2. Push the potatoes through a ricer. Add flour, eggs, salt, and some freshly grated nutmeg to the potatoes. Work the mixture into a smooth dough, first with a wooden spoon, then with your hands. With moist hands, shape the mixture into 12 balls.
3. Grease the perforated baking pan. Carefully place the dumplings in the pan and cook as indicated until done.
4. Melt the butter. Place the dumplings in a warmed dish. Pour over the butter and sprinkle over the chopped parsley.

SETTING PROCEDURE:

Potatoes

STEAM, 210°– 212°F

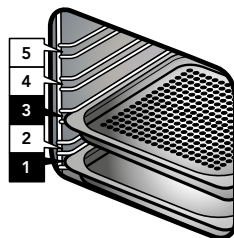
30 – 40 minutes

Large Perforated Pan
+ Large Pan
(Level 3 + 1)

Dumplings

STEAM, 210°– 212°F

20 - 25 minutes



For 8 servings

REUBEN QUICHE

Pie Pan on Wire Rack (Rack Level 2)

INGREDIENTS

Pie crust for 9" deep dish pie

1 tbsp. caraway seeds

8 oz. corned beef, chopped

1 tbsp. Dijon mustard

$\frac{3}{4}$ cup drained sauerkraut

2 cups shredded Swiss cheese

3 eggs, beaten

1 cup half & half

2 green onions, minced

PREPARATION:

1. Preheat the oven.
2. Line the crust with foil and fill with beans or pie weights. Bake shell on rack level 2 for 7 minutes; remove from oven and lift out the foil and beans. Prick the bottom of the crust in a few places and return to oven for 3 minutes more to set the crust.
3. In a bowl mix corned beef, mustard, sauerkraut, and Swiss cheese and fold ingredients. Sprinkle the caraway seeds over the bottom of the crust. Top with mixture and spread evenly with a spatula. Mix together the eggs, cream and onions and pour into pie shell.
4. Bake quiche as indicated below; top will be lightly browned and filling will be firm. Let cool a few minutes before cutting.

BRUNCH IDEA:

Serve Reuben Quiche with potato pancakes, pretzel rolls and baked apples.

SETTING PROCEDURE:

TRUE CONV, 400°F, Preheat

Crust

TRUE CONV, 400°F

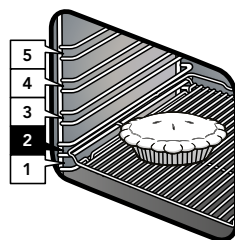
7 minutes + 3 more

Pie Pan on Wire Rack
(Level 2)

Quiche

STEAM CONV, 375°F

30 minutes



For 4 servings

ROASTED QUINOA WITH A CREAM SAUCE

Large Pan (Rack Level 2)

INGREDIENTS:

| |
|--|
| 1 onion, peeled, finely diced |
| 2 carrots, peeled, finely diced |
| 1 leek, washed, thinly sliced |
| 3 tbsp. butter |
| 1¼ cups quinoa |
| 1 ⅔ cups vegetable broth |
| ½ cup ground nuts |
| 2 eggs |
| 1½ oz. grated Emmental cheese |
| ⅔ cup bread crumbs |
| Sea salt, pepper, nutmeg |
| Several sprigs of thyme and tarragon, finely chopped |

PREPARATION:

1. Warm the butter in a saucepan and toast the quinoa in it. Add the vegetable broth, onions, carrots, leek and bring to a boil. Cook for 15 minutes over a low heat, stirring frequently. Switch off the heating element and leave to cook, covered, for another 15 minutes.
2. Add the nuts, eggs, cheese and bread crumbs to the quinoa. Season to taste with spices and finely chopped herbs.
3. Grease the baking pan. Form the quinoa mixture into the shape of a roast and bake as indicated in the baking pan or until internal temperature with a quick read thermometer reads 160 degrees Fahrenheit. Allow the roast to rest for a while before starting to cut.
4. To make the sauce, in a saute pan add butter and turn on to medium heat. Once butter is melted add flour mix well and cook for 45 seconds over medium heat. Sweat the onion in the hot oil. Pour in the vegetable broth and leave to high simmer for 15 minutes. Strain the sauce through a sieve, add the heavy cream. Bring to a boil, then turn down to medium heat. While on medium add butter and flour mix and whisk vigorously. Bring sauce back to a boil, and turn down to simmer. Simmer for 5-10 minutes or until the viscosity of the sauce coats the front and back of a spoon.
5. Let sauce sit off heat for at least 5 minutes. If the lemon juice is added while hot it might cause the sauce to break. After 5 minutes with a whisk slowly drizzle in the lemon juice and season with salt, pepper and fold in the parsley.

CREAM SAUCE:

1 onion

3 – 4 sprigs of parsley

1 tsp. oil

1 cup vegetable broth

1 tbsp. cold butter

1 tbsp. flour

1 cup cream

Herb-flavored salt

Pepper

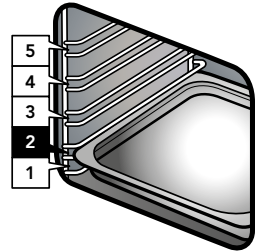
Juice of half a lemon

SETTING PROCEDURE:

STEAM CONV, 350°F

35 – 40 minutes

Large Pan
(Level 2)



For 4 servings

ROASTED SESAME GREEN BEANS

Large Pan (Rack Level 3)

INGREDIENTS:

1 lb. green beans,
stem ends snapped off

1 tbsp. olive oil

Salt and black pepper

1 tbsp. minced garlic

1 tsp. minced fresh ginger

2 tsp. honey

½ tsp. toasted sesame oil

¼ tsp. hot red pepper flakes

4 tsp. toasted sesame seeds

PREPARATION:

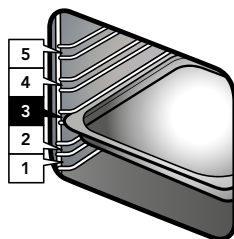
1. Preheat the oven.
2. Toss the green beans with olive oil, salt and pepper to taste in the baking pan. Change the mode to Steam Convection and cook as indicated.
3. Meanwhile combine garlic, ginger, honey, sesame oil and hot red pepper flakes in a small bowl. After 10 minutes, remove pan from oven and using tongs, coat beans evenly with garlic/ginger mixture. Redistribute beans in an even layer and return to the steam and convection oven for 5 – 7 minutes longer or until beans are roasted in spots and on the tips.
4. Taste for seasoning, transfer to serving bowl and garnish with sesame seeds.

SETTING PROCEDURE:

TRUE CONV, 450°F
for Preheat

Green Beans

STEAM CONV, 450°F
10 minutes plus
5 – 7 minutes
for roasting
Large Pan
(Level 3)



For 4 servings

ROASTED VEGETABLES

Large Pan (Rack Level 2)

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

INGREDIENTS:

2 medium tomatoes, peeled,
halved, ¼ -½ inch slices

1 tbsp. olive oil

1 lb. potatoes

3 cloves garlic, peeled and
sliced

1 sprig oregano, stems
removed, leaves coarsely
chopped

Salt and pepper

2 sprigs rosemary

1 red bell pepper, seeded
and cut into 1 inch chunks

2 zucchini, about 1 lb.,
halved, 1 inch slices

1 large fennel bulb, core
removed, sliced into ½ inch
slices

3 tbsp. olive oil

PREPARATION:

1. Make a cross incision on the opposite side of the core (center, bottom) in the tomatoes and steam in the perforated pan as indicated. Pull off the skin and slice the tomatoes into 1 inch slices.
2. Grease the baking pan or a glass ovenproof dish with 1 tbsp. oil. Spread the potato slices out in the baking pan.
3. Toss oregano, with garlic, potato slices, salt and pepper. Place whole rosemary sprigs on top.
4. Mix red bell pepper and zucchini together, add salt and spread over the potatoes.
5. Cover the vegetables with the tomato slices, season with salt and drizzle with oil. Bake as indicated.

SETTING PROCEDURE:

Vegetables

STEAM CONV, 400°F

30 minutes

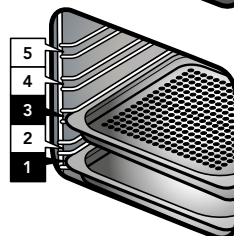
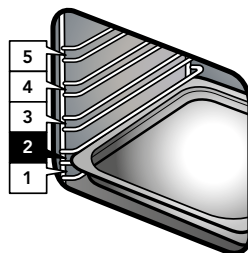
Large Pan
(Level 2)

Tomatoes

STEAM, 210°– 212°F

1 – 2 minutes

Large Perforated +
Baking Pan
(Level 3 + 1)



COOK'S TIP:

Serve with a cream
cheese and olive paste
sauce, pesto, or simply
some grated Parmesan.

For 4 servings

SMALL PASTA AND SPINACH CASSEROLES

Large Perforated Pan + Baking Pan (Rack Level 3 & 1)

Large Perforated Pan with 4 Ramekins (Rack Level 2)

INGREDIENTS:

Oil for the ramekins

14 oz. spinach leaves

1 onion, finely diced

1 garlic clove, finely diced

1 tbsp. butter

1 tbsp. olive oil

Salt and black pepper

Pinch of nutmeg

2 oz. Gouda cheese, grated

3 tbsp. Parmesan, grated

4 eggs

$\frac{3}{4}$ cup cream

3 oz. cooked and cooled
down spaghetti

IN ADDITION:

Parchment paper

Aluminum foil

PREPARATION:

1. Grease four small ramekins or custard cups with a little oil. Cover the base of the ramekins with parchment paper.
2. Wash the spinach and place in the perforated pan. Steam as indicated. Then squeeze out excess moisture from the spinach.
3. In a saute pan over medium heat, sweat the onion and garlic in butter and oil for about two minutes or until translucent. Add the spinach and season with salt, pepper and nutmeg. Allow the spinach to cool.
4. Whisk the eggs and cream in a bowl and fold in the cooled spinach. Mix the cooked spaghetti and grated cheese with spinach mixture, and season with salt and pepper.
5. Place in the ramekins and cover completely with foil. Place in the perforated pan and cook as indicated, or until internal temperature reaches 160 degrees Fahrenheit
6. Remove the ramekins and allow to cool a little. Loosen the baked food from the sides of the ramekins with a knife and turn out onto plates.

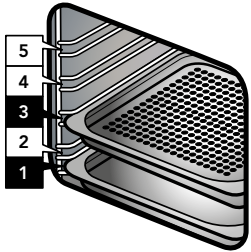
SETTING PROCEDURE:

Spinach

STEAM, 210°– 212°F

3 - 4 minutes

Large Perforated Pan +
Baking Pan
(Level 3 + 1)

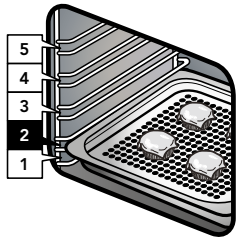


Casseroles

STEAM, 210°– 212°F

35 - 30 minutes

Large Perforated Pan +
4 Ramekins, (Level 2)



For 4 servings

SPICY BUTTERNUT SQUASH BAKE

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

Dish on Wire Rack (Rack Level 2)

INGREDIENTS:

7 oz. bulgur wheat

1 small butternut squash,
approx. 1 ½ lb., peeled, ½
inch cubes

3 onions, finely diced

1 garlic clove, finely diced

2 – 3 tbsp. olive oil

¾ lb. ground lamb

Salt and black pepper

1 tsp. five-spice powder
(star-anise, white pepper,
fennel, cinnamon and cloves)

3 – 4 sprigs of flat-leaf
parsley, chopped

2 tbsp. flour

PREPARATION:

1. Leave the bulgur wheat in sufficient boiled hot water off the heat for 7 minutes, for absorption.
2. Place butternut squash into the perforated baking pan and steam as indicated.
3. In a pan over medium heat, heat 1 tbsp. oil in a pan and sweat the onions and garlic for about 2 minutes or until translucent. Stir in the ground lamb, add salt and pepper and season with five-spice powder. Continue to fry for 5 minutes and stir in the parsley.
4. Drain the bulgur wheat. Knead the bulgur wheat, squash, salt and pepper with the flour into a dough. Grease an ovenproof 8" x 8" baking dish and line with half of the dough.
5. Add the ground lamb. Cover with dough. Drizzle with the remaining oil and bake as indicated.

VARIATION:

Try using ground meatloaf mixture instead of ground lamb.

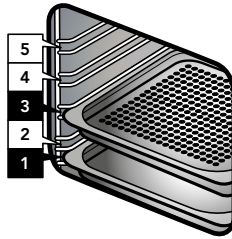
SETTING PROCEDURE:

Squash

STEAM, 210°– 212°F

15 minutes

Large Perforated + Large Pan
(Level 3 + 1)

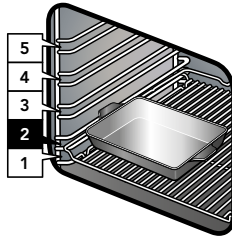


Bake

STEAM CONV, 350°F

20 minutes

Dish on Wire Rack
(Level 2)



For 4 servings

SPINACH AND EGGPLANT LASAGNE

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

Dish on Wire Rack (Rack Level 2)

INGREDIENTS:

1 eggplant, $\frac{3}{4}$ lb.

7 oz. ricotta

$\frac{3}{4}$ lb. spinach

Salt

SAUCE:

1 clove garlic, peeled, finely
diced

3 tbsp. butter

$\frac{1}{4}$ cup flour

2 cups vegetable broth

1 cup milk

Black pepper

Salt

1 tsp. lemon juice

PREPARATION:

1. Wash the eggplant, cut off the ends, and slice lengthways. Steam in the perforated pan as indicated.
2. Leave the slices to drain thoroughly. Dab with paper towels and spread ricotta on top. Wash and rinse the spinach and steam in the perforated pan as indicated. Then squeeze out the excess moisture.
3. Sweat garlic briefly in hot butter or margarine over medium heat. Stir in the flour. Mix the broth and milk and pour in slowly while stirring continuously. Bring the sauce to the boil once stirring. Add salt, pepper and lemon juice to taste.
4. Grease an ovenproof dish. Add some sauce. In alternate layers, add the lasagne noodles, spinach, eggplant, slices of tomatoes, sauce, thyme leaves, and half of the Parmesan. The last layer should be lasagne noodles and sauce.
5. Finally, sprinkle over the remaining Parmesan and bake the lasagne as indicated. Sprinkle basil on top and serve hot.

IN ADDITION:

Margarine or butter for greasing the pan

8 light lasagne noodles, not precooked

2 medium tomatoes, ¼ inch slices

5 sprigs of thyme, stems removed, leaves finely chopped

3 oz. Parmesan, grated

3 sprigs of basil, cut into strips

SETTING PROCEDURE:

STEAM, 210°– 212°F

Eggplant

5 – 7 minutes

Spinach

3 minutes

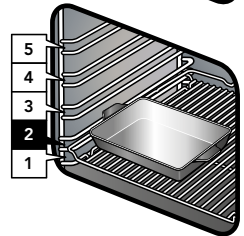
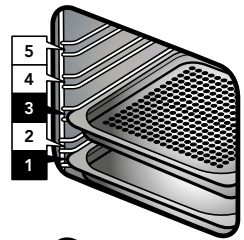
Large Perforated + Large Pan
(Level 3 + 1)

Lasagne

STEAM CONV, 350°F

30 – 40 minutes

Dish on wire rack
(Level 2)



For 4 servings

SPINACH WITH RAISINS AND PINE NUTS

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

INGREDIENTS:

¼ cup raisins

Dessert wine, e.g. Vin Santo

1½ lbs spinach

Salt

1 tsp. olive oil

2 tbs. pine nuts

PREPARATION:

1. Marinate the raisins in wine for at least 2 hours and drain wine.
2. Remove stalks and wash the spinach. Place in the perforated baking pan, salt lightly and drizzle with olive oil. Steam as indicated.
3. Toast the pine nuts in a dry pan until light golden brown and fragrant. Remove from the pan.
4. Remove the spinach with tongs, gently squeeze out excess water and place in a preheated dish. Mix in the drained raisins and the pine nuts. Serve hot or cold.

COOK'S TIP:

The spinach goes very well with roast beef.

SETTING PROCEDURE:

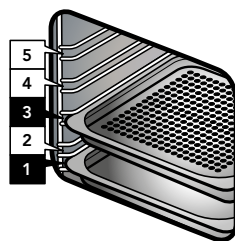
STEAM, 210°–212°F

3–5 minutes

Large Perforated Pan

+ Large Pan

(Level 3 + 1)



For 4 servings

VEGETABLE PILAF

Large Pan (Rack Level 2)

INGREDIENTS:

¼ cup canned chick peas

1 onion, finely chopped

2 cloves garlic, finely
chopped

2 cups natural long grain rice

5 tbsp. oil

1 quart vegetable broth

1 eggplant, finely diced

1 zucchini, finely diced

1 large carrot, peeled and
finely diced

Herb-flavored salt

Salt and black pepper

2 tbsp. parsley, chopped

PREPARATION:

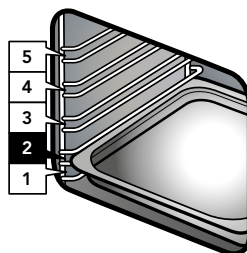
1. Strain and drain well the chick peas.
2. In a saute pan over medium heat, fry the rice until translucent in 1 tbsp. oil, stirring continuously. Mix together the chick peas and diced onion and garlic and fry gently, stirring continuously.
3. Transfer the rice mixture to the baking pan, pour on the vegetable broth and cook as indicated.
4. Heat the remaining oil in a skillet and over high heat, first brown the the carrots, then the eggplant and then the zucchini.
5. Season the diced vegetables with herb-flavored salt and pepper and carefully mix into the rice. Cook as indicated for another 5 minutes. Serve the vegetable pilaf sprinkled with parsley.

SETTING PROCEDURE:

STEAM CONV, 325°F
Large Pan
(Level 2)

Rice mixture
20 minutes

With vegetables
Add 5 minutes



For 8 to 10 servings

THREE CHEESE MAC AND CHEESE

Large Pan underneath Wire Rack (Rack Level 2)

INGREDIENTS:

1 pound (455g) elbow or similar pasta, cooked

CHEESE SAUCE

5 cups (1180ml) milk

1 medium onion, roughly sliced

2 bay leaves

¼ cup (56g) unsalted butter

⅓ cup (42g) flour

2 tsp. kosher or sea salt

Fresh cracked black pepper

Freshly grated nutmeg, to taste

8 oz (225g) aged cheddar, grated

8 oz (225g) Parmigiana Reggiano, grated

8 oz (225g) fresh goat cheese, pinched into 1" pieces

PREPARATION:

1. Butter a 2 quart baking dish.
2. Make the cheese sauce. Combine the milk, onions, and bay leaves in a saucepan and heat to a near simmer. Remove from heat and allow the flavors to infuse for 15 – 20 minutes.
3. In another saucepan, melt the butter, then whisk in the flour. Cook on medium heat for another 2 minutes.
4. Strain milk into the roux (butter/flour mixture), whisking until the roux is fully incorporated into the milk. Bring to a simmer over medium heat and cook for another 5 minutes or until the sauce thickens. Remove from heat.
5. Season the sauce with the salt, black pepper, and nutmeg. Stir in the cheddar cheese and Parmigiana Reggiano until fully incorporated.
6. Make the topping. Combine the melted butter, breadcrumbs, parsley, salt and pepper in a bowl and mix well.
7. Place the cooked pasta in a large bowl. Stir in the cheese sauce until well distributed. Fold in the goat cheese until barely distributed (make sure chunks of the goat cheese are not melted).
8. Pour the pasta into the prepared baking dish and spread the topping over the pasta. Bake for 30 minutes or until golden on top.

TOPPING:

3 tbsp. (42g) unsalted butter,
melted

1 cup (110g) dried
breadcrumbs

2 tbsp. Italian parsley, finely
chopped

Kosher or sea salt to taste

Fresh cracked black pepper
to taste

Setting procedure:

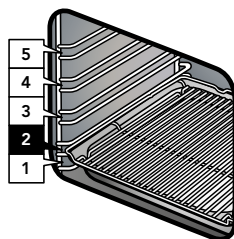
STEAM-CONV, 350°F

30 Minutes

Large Pan underneath

Wire Rack

(Level 2)



For 4 servings

TOMATO QUICHE

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

Dish on Wire Rack (Rack Level 2)

INGREDIENTS:

PASTRY:

1¼ cups flour

5 tbsp. butter or margarine

1 small egg

Salt

Butter for greasing the pan

TOPPING:

2 tomatoes

¼ lb. mushrooms, cleaned,
sliced thinly

1 cup crème fraîche

2 eggs

1 tbsp. tomato purée

Salt, pepper, freshly ground

¼ lb. cubes of sheep's milk
feta in herbs

PREPARATION:

1. Knead together the flour, butter, egg and a small pinch of salt in the food processor with the dough hook. Knead again with your hands and form into a ball. Leave to stand for 30 minutes.
2. Roll out the dough on a floured work surface and use it to line a greased 9" square baking dish. Place in the refrigerator until the topping is ready to be added.
3. To make the topping, make a cross incision in the tomatoes. Steam in the perforated pan as indicated. Peel off the skin. Cut the tomatoes into slices and remove the seeds.
4. Wipe and slice the mushrooms.
5. Thoroughly mix the crème fraîche, eggs and tomato purée and season with salt and pepper. Spread the filling evenly over the dough and lay the tomato slices, mushrooms and well-drained cheese cubes on top. Bake the quiche as indicated.

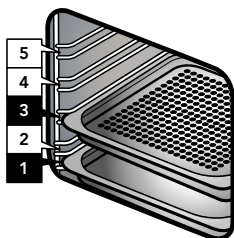
SETTING PROCEDURE:

Tomatoes

STEAM, 210 – 212°F

2 – 3 minutes

Large Perforated
Pan + Large Pan
(Level 3 + 1)

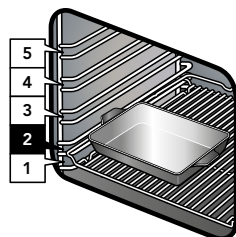


Quiche

STEAM CONV, 350°F

35 – 40 minutes

Dish on Wire Rack
(Level 2)



For 4 servings

TWICE BAKED POTATOES

Large Pan (Rack Level 2)

INGREDIENTS:

4 large potatoes, unpeeled
and washed

FILLING:

1 tbsp. butter

¼ lb. blue cheese

Parsley, chopped

Salt and black pepper

PREPARATION:

- 1. Place unpeeled potatoes in the baking pan.
Cook as indicated.
- 2. Halve the cooked potatoes and carefully scoop out the potato from the skin, leaving ¼” shells. Put the scooped potato in a bowl and mix with butter, cheese and seasoning. Spoon the mixture back into the potato skins.
- 3. Place back in the baking pan and bake as indicated for another 8 minutes.

COOK’S TIP:

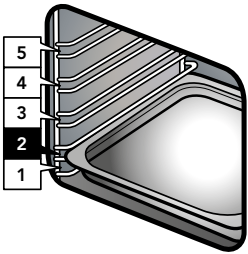
Stir a little crumbled cooked bacon or finely chopped cooked ham into the mashed potato mixture to create a hearty main dish.

SETTING PROCEDURE:

TRUE CONV, 300°F
55 – 60 minutes
Large Pan
(Level 2)

With Filling

Add another 8 minutes





SEAFOOD DISHES

For 4 servings

ASIAN STEAMED FISH

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

INGREDIENTS:

8 spring onions, washed,
finely sliced

2 tablespoons grape seed oil

$\frac{3}{4}$ cup fresh sliced shiitake
mushrooms

2 tablespoons of water

1 piece root ginger, approx.
 $1\frac{1}{2}$ inch, peeled and thinly
sliced

3 garlic cloves, peeled finely
diced

2 handfuls of glass noodles,
cooked

2 – $2\frac{1}{2}$ lbs. sea bass or
grouper, pan-ready, gutted
whole fish

2 tbsp. peanut oil

4 tbsp. soy sauce or fish
sauce

1 – 2 tsp. sugar

4 tbsp. rice wine or dry sherry

PREPARATION:

1. Put half of the spring onions in the perforated pan. Blanch as indicated and set aside.
2. In a saute pan over medium heat add grape seed oil, then add sliced mushrooms and cook on medium for 5 minutes, then add water and cook for another 2 minutes and set aside.
3. Put the cooked noodles and mushrooms in the baking pan. Rinse the fish under cold, running water and pat dry with paper towel. Stuff the fish with the ginger, garlic and remaining spring onions and place diagonally on the noodles. Brush the skin with peanut oil.
4. Stir together the soy sauce, sugar and rice wine and drizzle over the fish. Steam fish as indicated or until the internal temperature of the fish reaches 145 degrees Fahrenheit.
5. Arrange the blanched spring onions over the fish and serve with noodles and mushrooms.

SETTING PROCEDURE:

Spring Onions

STEAM, 210° – 212°F

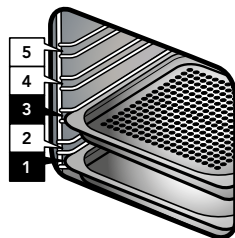
1 – 2 minutes

Large Perforated Pan
+ Large Pan (Level 3 + 1)

Fish

STEAM, 210° – 212°F

20 – 25 minutes



For 6 servings

BACKYARD SHRIMP BOIL

Large Perforated Pan (Rack Level 3)

INGREDIENTS:

3 red potatoes, quartered

4 andouille sausages, each
sliced into thirds

2 – 3 ears corn, broken into
thirds

1 lb. shrimp in shell

1 bottle or can beer

Old Bay® Seasoning

Salt and black pepper

PREPARATION:

1. Pour the beer into the baking pan. Place full size perforated pan inside the baking pan. Add new potatoes and sausages. Sprinkle liberally with Old Bay Seasoning. Steam as indicated.
2. Add corn and steam for 5 minutes. Add shrimp and steam for an additional 4-5 minutes or until shrimp are opaque.
3. Carefully remove pans from oven, lift perforated pan from baking pan and drain the beer from the baking pan. Reassemble pans, season with salt and pepper and serve.

SETTING PROCEDURE:

Potatoes & Sausage

STEAM, 210°– 212°F

12 minutes

Large Perforated Pan
(Level 3)

Corn

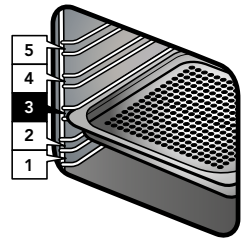
STEAM, 210°– 212°F

4 – 5 minutes

Shrimp

STEAM, 210°– 212°F

4 – 5 minutes



For 4 servings

BOURBON PECAN CRUSTED SALMON

Broil Pan and Grid + Rack (Rack Level 5)

INGREDIENTS:

1 lb. salmon fillet

Kosher salt and fresh
ground black pepper

BOURBON PECAN CRUST:

¼ cup panko bread crumbs

2 tbsp. toasted pecan pieces,
finely chopped

½ tsp. minced garlic

1 tsp. brown sugar

½ tsp. smoked paprika

⅛ tsp. crushed
red pepper flakes

½ tsp. kosher salt

½ tsp. fresh ground
black pepper

1 tbsp. bourbon

1 tbsp. olive oil

PREPARATION:

1. Position wire rack on level 5. Preheat Steam and Convection Oven on BROIL, 450°F.
2. Place the salmon fillet on the grid of broil pan; season with salt and pepper as desired.
3. In a small bowl add Bourbon Pecan Crust ingredients; stir until combined. Top salmon fillet evenly with crust mixture. Broil as indicated or until salmon reaches an internal temperature of 145 degrees Fahrenheit and crust is browned.

COOK'S TIP:

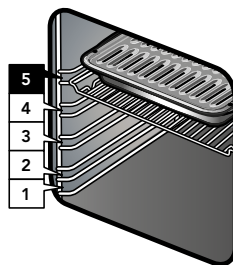
Serve with a side dish of garnet yams or wild rice blend.

SETTING PROCEDURE:

Broil, 450°F

11 – 15 minutes

Broil Pan and
Grid + Rack
(Level 5)



For 4 servings

FILLET OF FISH WITH MUSTARD SAUCE AU GRATIN

Large Pan (Rack Level 2)

INGREDIENTS:

4 fish fillets, 6 oz. each
(cod, hake or haddock)

Salt

White pepper

Juice of half a lemon

1 tbsp. butter

1 tbsp. dill, finely chopped

2 tbsp. parsley, chopped

2 tbsp. white breadcrumbs,
Freshly made

MUSTARD SAUCE AU GRATIN:

$\frac{3}{4}$ cup cream

2 tbsp. crème fraîche

2 egg yolks

3 tbsp. Dijon mustard

PREPARATION:

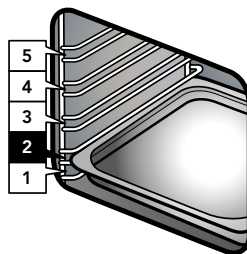
1. Rinse the fish fillets under cold running water, pat dry, and season with salt and pepper.
2. Grease the baking pan with butter and place the fillets inside.
3. In a bowl stir and mix the the dill, lemon juice, parsley and breadcrumbs with the mustard sauce ingredients and spread over the fish.
4. Bake as indicated, or until internal fish temperature reaches 145 degrees Fahrenheit and crust is golden brown.

COOK'S TIP:

Serve the fish with boiled potatoes or wild rice.

SETTING PROCEDURE:

STEAM CONV, 400°F
12 – 15 minutes
Large Pan
(Level 2)



For 4 servings

FISH STEW WITH FENNEL

Large Pan (Rack Level 2)

INGREDIENTS:

1 lb. halibut, 1 inch cubes

Salt

White pepper

Juice of half a lemon

3 fennel bulbs, $\frac{3}{4}$ lb. each,
cored, sliced into $\frac{1}{8}$ - $\frac{1}{4}$ inch
slices

$1\frac{1}{4}$ cups fish or vegetable
broth

Scant $\frac{1}{2}$ cup white wine

$\frac{2}{3}$ cup heavy cream

PREPARATION:

1. Season with salt and pepper and drizzle with 1 – 2 tbsp. lemon juice.
2. Set a few fennel fronds aside. Put the fish stock and wine into the baking pan and add $\frac{1}{4}$ tsp. salt. Add the fennel and steam as indicated.
3. Boil cream and broth to reduce slightly to thicken. Sauce is ready when the sauces viscosity coats the front and back of a spoon. Season with salt, pepper and lemon juice.
4. Add the sauce and fish fillets to the fennel and steam as indicated. Finely chop the fennel fronds and sprinkle into the stew before serving.

COOK'S TIP:

Serve with wild rice.

SETTING PROCEDURE:

Fennel

STEAM, 210°– 212°F

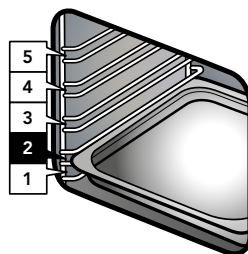
13 – 16 minutes

Large Pan
(Level 2)

Stew

STEAM, 210°– 212°F

5 – 9 minutes



For 2 servings

HALIBUT WITH TOMATO WHITE WINE COMPOTE

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

INGREDIENTS:

2 halibut steaks, about ½ lb.
(225g) each

½ cup (120ml) white wine

1 lb. (455g) cherry tomatoes,
cut into halves

2 tbsp. fresh lemon juice

2 tbsp. finely minced shallots

2 tbsp. chopped fresh
tarragon

1 ounce unsalted butter,
chopped into ¼ inch cubes,
and chilled

Kosher or sea salt

Fresh cracked black pepper

PREPARATION:

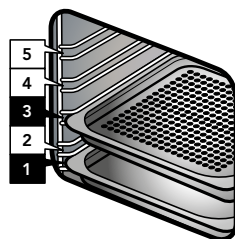
1. Combine the white wine, lemon juice, and shallots in a saucepan.
2. Bring to a boil and continue cooking for about 3 minutes over medium heat. Turn heat to low heat.
3. Stir in tarragon and tomatoes, and cook on low for an additional 1 minute. Stir in butter a few pieces at a time, gently stirring until the butter is completely melted. Remove from heat and season with salt and pepper.
4. Rinse and pat dry the halibut. Season with salt and pepper. Place on tray and steam for 10 minutes or until cooked to an internal temperature of 145 degrees Fahrenheit or your preferred doneness.
5. Plate halibut and pour a couple tablespoons of tomato compote over each steak.

SETTING PROCEDURE:

STEAM, 212°F

10 Minutes

Large Perforated Pan
+ Large Pan
(Level 3 + 1)



For 4 servings

LOBSTER THERMADOR

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

INGREDIENTS:

4 – 8 oz. lobster tails, thawed

Salt

Cayenne pepper

LOBSTER SAUCE:

¼ cup butter

2 shallots, finely chopped

1 rounded tbsp. flour

2 cups fresh fish stock

½ cup white wine

¾ cup whipping cream

2 egg yolks, beaten

1 tsp. hot English mustard

2 tbsp. fresh lemon juice

¼ cup chopped fresh parsley

TO FINISH:

1 French roll

½ cup freshly grated
Parmesan cheese

PREPARATION:

1. Place the tails in the perforated pan and steam as indicated, until lobster meat is barely firm. Remove from the oven and let lobster cool.
2. Meanwhile, make the sauce: Melt the butter in a large skillet over medium heat. Add the shallots; cook and stir until tender. Mix in the flour, stirring well. Add the fish stock, white wine, whipping cream and reserved lobster juices. Bring to a boil, and cook until reduced by two-thirds. Add 2 – 3 tbsp. of sauce to the beaten egg yolks, stirring well and return to the sauce; allow the sauce to cook gently, but not simmer. Mix in the mustard, lemon juice, and parsley. Season to taste with salt and pepper. Keep sauce warm.
3. Cut the French roll in half lengthwise and then crosswise; hollow out the interior of the sections. Remove lobster meat from shells and chop coarsely; add to the sauce. Nestle the tail feather ends of the tails in the bread segments (to raise and stabilize those ends) and place in the baking pan. Fill shells with lobster meat. Spoon the sauce over the meat and top with Parmesan. Cook on rack position 2 until sauce bubbles and cheese browns, about 8 minutes.

SETTING PROCEDURE:

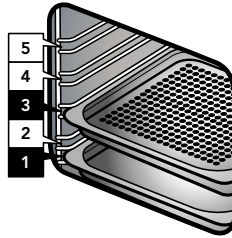
Lobster

STEAM,

210°– 212°F

5 minutes

Large Perforated Pan + Large Pan
(Level 3 + 1)



Stuffed Rolls

STEAM CONV,

450°F

8 minutes

For 4 servings

MARINATED SHRIMP ON A BED OF VEGETABLES

Large Pan (Rack Level 2)

INGREDIENTS:

1 lb. raw shrimp, peeled,
washed and deveined

2 large zucchini sliced thinly

¼ lb. carrots sliced thinly

1 red bell pepper, seeded,
sliced thinly

1 red jalapeño pepper,
seeded, finely chopped

2 tomatoes, seeded, finely diced

½ lb. Chinese egg noodles

½ bunch fresh cilantro

SHRIMP MARINADE:

1 piece root ginger,
approx. 1 inch, grated

1 - 2 garlic cloves, finely diced

2 tbsp. olive oil

Juice & zest of a lime

1 level tsp. turmeric

1 level tsp. ground coriander

1 level tsp. ground cumin

⅓ cup coconut milk

1 – 2 tbsp. soy sauce

Salt

PREPARATION:

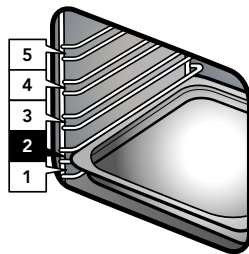
1. Place the shrimp and vegetables in the baking pan.
2. Stir the oil, ginger, garlic, lime juice and zest, spices, coconut milk and soy sauce to the shrimp and vegetable baking pan. Season the marinade with salt and mix into the shrimp and vegetables. Cover and marinate in the refrigerator for one hour. Stir frequently during this time, then steam as indicated.
3. Meanwhile, cook the noodles al dente according to the package directions. Drain and divide among warmed plates or bowls. Arrange the shrimp mixture on top of the noodles. Garnish with cilantro and serve immediately.

SETTING PROCEDURE:

STEAM, 210°– 212°F

8 – 10 minutes

Large Pan
(Level 2)



For 2 servings

STEAMED MUSSELS IN TOMATO GARLIC WINE BROTH WITH GRILLED BREAD

Large Pan underneath Wire Rack (Rack Level 2)

INGREDIENTS:

2 lbs. (910g) fresh mussels,
cleaned and scrubbed

3 tbsp. (45ml) olive oil

5 cloves garlic, minced

3 large shallots, minced

1½ cups (360ml)
dry white wine

½ tsp. kosher or sea salt

Fresh cracked black pepper,
to taste

3 large ripe tomatoes,
coarsely chopped

3 – 4 fresh springs thyme,
or your favorite herb

Zest of 1 lemon

Slices of French bread or
crusty bread

Olive oil for spraying
on bread

PREPARATION:

1. On a cooktop, heat a large saucepan over medium heat then add olive oil.
2. Add onions and garlic and cook till tender and translucent.
3. Add white wine, sprigs of herbs and salt and pepper. Bring to a boil, then remove from heat.
4. Add chopped tomatoes to wine broth.
5. In the Full-Size Cooking Pan, add mussels and pour tomato garlic wine broth over mussels.
6. Steam mussels 5-10 minutes or until the majority of the mussels open up. Discard mussels that do not open up.
7. Spray or brush olive oil on slices of crusty bread. On heated grill or pan, grill the bread slices until they become crisp.
8. In serving bowls. Or, in the broiler of the steam and convection oven, add cooked mussels and ladle over some tomato garlic wine broth. Garnish with fresh sprigs of herbs.
9. Serve with grilled bread.

SETTING PROCEDURE:

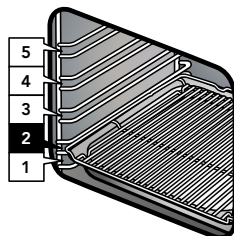
STEAM, 210° F

10 minutes

Large Pan underneath

Wire Rack

(Level 2)



For 4 servings

SOLE ROLLS WITH A BASIL AND SALMON STUFFING

Large Pan (Rack Level 2)

INGREDIENTS:

BASIL & SALMON STUFFING

½ cup cream

½ bunch of basil

5 oz. salmon fillet or trout fillet

Salt

White pepper

SOLE SAUCE:

⅔ cup cream

Reserved broth

1 tsp. butter

Salt and pepper

FISH:

8 sole fillets, approx. 1⅓ lb.

Butter for greasing the dish

Salt

Scant ½ cup dry white wine

PREPARATION:

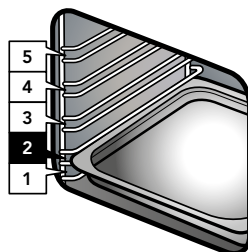
1. To make the stuffing, reduce the cream by half. Set a few basil leaves aside for the garnish. Purée the remaining leaves with the salmon fillet and cream to as smooth a consistency as possible. Season with salt and pepper and chill.
2. Spread out the sole fillets and salt lightly. Spread each fillet with the basil stuffing then roll them up. Secure with a toothpick.
3. Grease and lightly salt the baking pan. Place the fish rolls inside and pour over the wine. Steam as indicated or until stuffing and fish reach an internal temperature of 145 degrees Fahrenheit.
4. Meanwhile, reduce the cream for the sauce by half.
5. After steaming, remove the fillets and add the fish broth to the cream. Bring cream and broth to a boil and simmer until the sauce's viscosity coats the front and back of a spoon. Once reduced, whisk in butter. Season with salt and pepper. Arrange the sole rolls with the sauce and serve immediately.

COOK'S TIP:

Serve with rice, au gratin potatoes, steam-roasted vegetables or a salad.

SETTING PROCEDURE:

STEAM, 210° – 212°F
10 – 14 minutes



For 4 servings

SUMMER FISH BAKE

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

Dish on Wire Rack (Rack Level 2)

INGREDIENTS:

6 medium-sized potatoes,
washed, peeled and sliced
into ¼ inch slices

1 lemon, washed, and thinly
sliced

2 large tomatoes, cored and
sliced into ½ inch slices

¼ cup black olives, pitted,
roughly chopped

6 – 8 stalks of flat-leaf parsley,
leaves only, finely chopped

Butter for greasing the dish

1½ lbs. fish fillet, e.g. pollock

Salt and pepper

3 – 5 tbsp. olive oil

PREPARATION:

1. Steam potatoes in the perforated pan as indicated.
2. Grease a baking dish of approx. 9" x 13" in size. Place the cooked potato slices in the dish in layers. Place the olives and tomato slices on top of the potatoes. Place the fish fillets on top. Season with salt and pepper and sprinkle with the chopped parsley. Finally, cover with the lemon slices.
3. Drizzle generously with olive oil and cook as indicated, or until fish reaches an internal temperature of 145 degrees Fahrenheit.

SETTING PROCEDURE:

Potatoes

STEAM, 210°– 212°F

20 minutes

Large Perforated Pan

+ Large Pan

(Level 3 + 1)

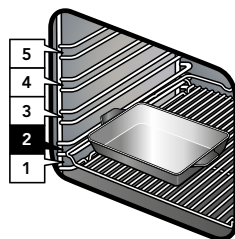
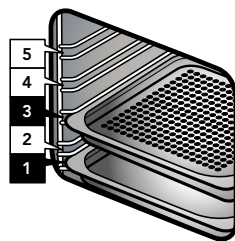
Bake

STEAM CONV, 275°F

16 - 20 minutes

Dish on Wire Rack

(Level 2)



For 4 servings

TROUT IN WHITE WINE

Large Pan (Rack Level 2)

INGREDIENTS:

4 trout, ready to cook,
¾ lb. each

Juice of half a lemon

Salt, white pepper

2 carrots, finely diced

2 stalks celery, finely diced

1 onion, peeled and finely
diced

1 unwaxed lemon, washed
and thinly sliced

1 tsp. salt

5 juniper berries

A few sage leaves

2 oz. dry white wine

2 oz. water

5 white peppercorns

PREPARATION:

1. Rinse the trout under cold running water and pat dry. Drizzle with lemon juice. Season with salt and pepper inside and out.
2. Place the vegetables, onion and lemon into the baking pan with salt, juniper, sage, white wine and 2 oz. water. Steam as indicated. Then add the crushed peppercorns to the broth. Slide the trout into the warm broth and steam as indicated, or until fish reaches an internal temperature of 145 degrees Fahrenheit.
3. For the cream of horseradish, whip the cream until stiff, add grated apple, horseradish, orange juice, sugar, and season with salt and pepper.
4. Carefully lift the trout out of the broth and place on warmed plates. Pour a little of the broth over the top and garnish with slices of lemon and watercress. Serve the cream of horseradish separately.

CREAM OF HORSERADISH:

$\frac{3}{4}$ cup cream

1 cooking apple, peeled and
grated

Approx. $\frac{3}{4}$ inch fresh
horseradish root, peeled and
grated

2 – 3 tbsp. orange juice

Salt and black pepper

1 pinch sugar

GARNISH:

1 lemon, washed and thinly
sliced

1 bunch of watercress, stems
removed, leaves only

COOK'S TIP:

The trout is cooked when the fins can be gently
pulled out.

SETTING PROCEDURE:

Broth

STEAM, 210°– 212°F

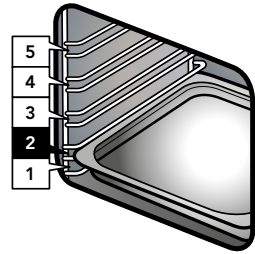
15 minutes

Large Pan
(Level 2)

With Trout

STEAM, 210°– 212°F

15 – 20 minutes





MEAT DISHES

STEAK - DONENESS TEMPERATURE CHART

Medium Rare 130 - 135 Degrees Fahrenheit

Medum 140-150 Degrees Fahrenheit

Well Done 155 Degrees Fahrenheit And Above

For 6 servings

AUTUMN ROAST PORK

Large Pan (Rack Level 2) + Small Pan on Wire Rack (Rack Level 4)

INGREDIENTS:

ROAST:

3 lb. pork loin

SAGE STUFFING:

1 onion, finely sliced

1 tsp. oil

4 oz. breadcrumbs, freshly made

2 tbsp. sage, freshly chopped

1 egg

Salt and pepper

AUTUMN SIDE DISH:

2 lbs. potatoes, peeled and in chunks

1 tsp. of oil

4 – 6 carrots, 1 inch lengths, matchsticks

4 – 6 baby parsnips, halved lengthways, peeled

1 butternut squash, peeled, seeds removed, and diced

2 red onions, quartered

4 – 6 small apples, cored

4 – 6 sprigs rosemary

PREPARATION:

1. In a pan on the cooktop, make the stuffing by softening onion in the oil and combining with breadcrumbs, sage, egg and season with salt and pepper.
2. Cut a slit in the center of the pork roast to fill with half of the stuffing mix. Place pork roast on baking pan and roast as indicated.
3. After 15 minutes of roasting time, add potatoes to the roast.
4. Meanwhile, prepare vegetables and toss in oil. Pack apples with remaining stuffing. For last 25 minutes of roasting time, place the apples on the half size baking pan and insert into the oven at level 4. Add the vegetables to the pork roast and continue to cook. At the end of the roasting time, turn the vegetables and garnish with the rosemary.

SETTING PROCEDURE:

Roast

STEAM CONV, 350°F

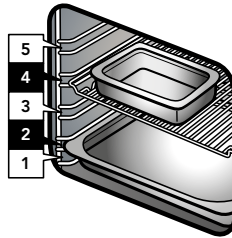
1½ – 1¾ hours;

After 15 minutes

add Potatoes

Large Pan

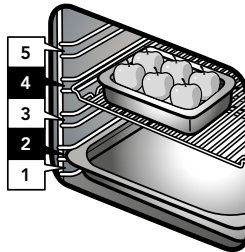
(Level 2)



Apples

Last 25 minutes of roasting time

Small Pan on Wire Rack (Level 4)



For 4 servings

CABBAGE ROLLS

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)
Large Pan (Rack Level 2)

INGREDIENTS:

1 stale bread roll cut into ½
inch cubes

3 tbsp. milk

8 outer cabbage leaves,
washed

1 shallot, peeled and finely
diced

1 garlic clove, peeled and
finely diced

2 oz. diced bacon

1 tbsp. clarified butter

½ lb. ground beef

½ lb. ground pork

1 egg

½ tsp. marjoram, finely
chopped

Salt and black pepper

Nutmeg

1 cup vegetable broth

Scant ½ cup heavy cream

IN ADDITION:

Kitchen string

PREPARATION:

1. Soak bread cubes in hot milk.
2. Put the cabbage leaves into the oven in the perforated pan. Steam as indicated. Then rinse the leaves in cold water and dab dry. Remove coarse leaf veins.
3. Sweat the shallots and diced bacon in a pan in the hot clarified butter on the cooktop. Add to the bread cubes and mix well with the ground beef and pork, egg, garlic and marjoram. Generously season with salt, pepper and nutmeg.
4. Lay out cabbage leaves in slightly overlapping pairs, put some stuffing on each pair, roll them up and tie with kitchen string.
5. Sear the rolls in a skillet with a little clarified butter and then place in the baking pan. Pour over the vegetable broth and steam as indicated, or until stuffing reaches an internal temperature of 160 degrees Fahrenheit.
6. Remove the string from the cabbage rolls and keep rolls warm. Add cooking juices and heavy cream to saucepan, bring sauce to a boil, then turn down to medium heat and reduce the sauce by half or until the sauce's viscosity is thick enough to coat the front and back of a spoon. Season to taste and serve with or atop the cabbage rolls.

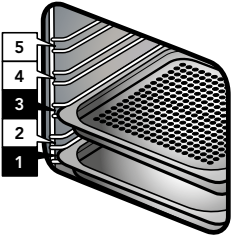
SETTING PROCEDURE:

STEAM, 210°– 212°F

Cabbage Leaves

3 minutes

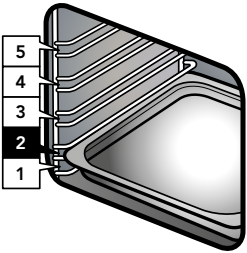
Large Perforated Pan + Large Pan
(Level 3 + 1)



Rolls

40 minutes

LargePan
(Level 2)



For 6 servings

LEG OF LAMB WITH JUNIPER SAUCE

Large Pan (Rack Level 2)

INGREDIENTS:

3 lb. boneless leg of lamb

3 garlic cloves, leaves only,
finely chopped

5 sprigs thyme, leaves only,
finely chopped

2 sprigs rosemary, leaves
only, finely chopped

2 bay leaves broken up in
small pieces

4 tbsp. olive oil

1 tbsp. gin

Salt and pepper

3 tbsp. clarified butter

JUNIPER SAUCE:

6 juniper berries

2 cups vegetable broth

$\frac{3}{4}$ cup whipping cream

PREPARATION:

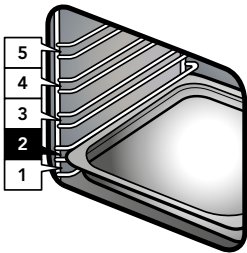
1. The evening before, lightly score the thin layer of fat into diamond shapes. Mix everything together with olive oil and gin. Rub into the leg of lamb and carefully wrap in plastic wrap. Leave to marinate in the refrigerator overnight.
2. The next day, take the meat from the refrigerator and allow to stand at room temperature for 20 minutes.
3. Pat the lamb dry with paper towels and remove the herbs and garlic. Season with salt and pepper and sear on all sides in the hot, clarified butter.
4. Place the leg of lamb in the baking pan and cook as indicated, or until lamb reaches an internal temperature of 145 degrees Fahrenheit.. Leave to rest in the appliance for another 10 minutes after cooking.
5. To make the sauce, lightly crush the juniper berries and briefly roast them in a skillet on the cooktop. Carefully add the vegetable broth and reduce to 1 cup. Strain through a sieve. Bring to the boil with the cream, then reduce by a third. Season with a few drops of gin, salt and pepper.
6. Cut the leg of lamb into thin slices, arrange and pour over some of the sauce.

SETTING PROCEDURE:

STEAM CONV, 350°F

1 – 1½ hours

Large Pan
(Level 2)



For 3 to 4 servings

MARINATED SHORT RIBS IN HOMEMADE BBQ SAUCE

Large Pan (Rack Level 2)

INGREDIENTS:

2 lb. (910g) beef short ribs

Optional – minced fresh basil, oregano, Italian parsley or other herbs of your choice

FOR THE BBQ SAUCE :

2 tbsp. vegetable oil

4 large cloves garlic, minced

½ cup (123g) ketchup

⅓ cup (80g) tomato Sauce

1 tbsp. soy sauce

2 tbsp. Worcestershire sauce

2 tbsp. brown sugar

1 tbsp. molasses

1 tsp. smoked paprika

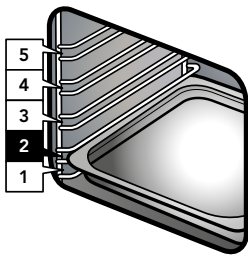
3 tbsp. apple cider vinegar

PREPARATION:

1. Heat medium saucepan on cooktop, then add vegetable oil. Add garlic and cook until tender and translucent.
2. Add remaining sauce ingredients: ketchup, tomato sauce, soy sauce, Worcester shire sauce, brown sugar, molasses, smoked paprika and apple cider vinegar.
3. Simmer on low heat for about 10 minutes or until sauce thickens and is well combined. Allow to cool completely.
4. In plastic bag, add short ribs and about ¼ up of the BBQ sauce, or just enough to coat the short ribs. Refrigerate and marinate for about 1 hour.
5. Place short ribs in baking dish and pour the remaining sauce over the ribs, tossing to coat completely. Cook ribs for 2 hours or until ribs are tender. About every 20 minutes, baste the ribs with sauce and half way through cooking, flip the ribs over so they will cook evenly. Cooking time will vary depending on size of ribs.
6. Remove from oven; allow to rest for 5-10 minutes.
7. Baste ribs with additional sauce before serving. Garnish with minced herbs
8. (optional) or serve with your favorite vegetable or salad.

SETTING PROCEDURE:

STEAM-CONV, 300°F
120 Minutes
Large Pan
(Level 2)



For 6 servings

MEAT LOAF

Large Pan (Rack Level 2)

INGREDIENTS

MEATLOAF

2 lbs. lean ground beef

½ of 8 oz. can tomato sauce

1 cup oatmeal

1 egg, beaten

1 - 2 ounce pkg. dry onion
soup mix

¼ tsp. pepper

1 tbsp. prepared horseradish

TOMATO SAUCE

Remaining ½ can tomato
sauce

2 tbsp. brown sugar

½ cup water or broth

2 tbsp. prepared mustard

2 tbsp. vinegar

PREPARATION:

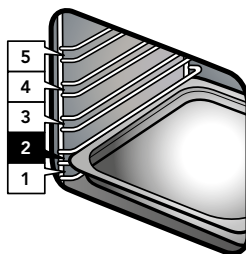
1. Mix all the meatloaf ingredients together and form into a loaf. Cook as indicated, or until internal temperature has reached 160 degrees Fahrenheit.
2. While the meatloaf is cooking, mix together the sauce ingredients listed below. Bring to a simmer on the cooktop and after about 25 minutes, baste the meatloaf with the sauce. Keep the sauce warm and serve as an accompaniment.

COOK'S TIP:

Savor the flavor of this family favorite as a sandwich made from the leftovers the next day. Simply set the oven to Steam Convection, 350°F and reheat for 5 minutes.

SETTING PROCEDURE:

STEAM CONV, 350°F
40 – 45 minutes
Large Pan
(Level 2)



For 6 servings

OVEN BARBECUED BRISKET

Large Pan (Rack Level 2)

INGREDIENTS:

3 lb. beef brisket, about
1 – 1½" thick

1 tablespoon grapeseed oil

BARBECUE SEASONING RUB:

¼ cup kosher salt

¼ cup light brown sugar

¼ cup smoked paprika

¼ cup black pepper

1 tbsp. garlic powder

1 tbsp. cumin

1 tsp. cayenne pepper

PREPARATION:

1. Whisk all the rub ingredients in a bowl until combined.
2. Rub surface of brisket with seasoning rub and grapeseed oil. Preheat saucepan over high heat, and sear the brisket 3 minutes per side or until brisket is golden brown on both sides. Place brisket fat side up in baking pan and cook as indicated, or until internal temperature reaches 195 degrees Fahrenheit.

OPTION 1:

Turn oven to Steam Convection 250° Fahrenheit, and cook for 3 hours, uncovered. Drippings can be thickened for sauce or gravy or served with sliced meat as an au jus.

OPTION 2:

Turn oven to Reheat 250° Fahrenheit, and cook for 3 hours, uncovered. Drippings can be thickened for sauce or gravy or served with sliced meat as an au jus.

SETTING PROCEDURE:

STEAM CONVECTION, 250°F

3 hours

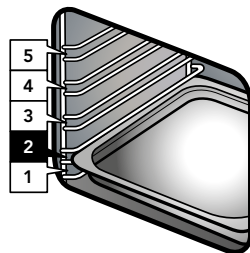
or

REHEAT, 250°F

3 hours

Large Pan

(Level 2)



For 4 servings

PEPPERED SIRLOIN

Large Pan (Rack Level 2)

INGREDIENTS:

2½ lb. sirloin

1 tsp. each of white, black,
freeze-dried green and
sichuan peppercorns

5 allspice berries

2 tsp. coarse salt

2 tbsp. clarified butter

1 tbsp. wholegrain mustard

3 ounces butter, ice-cold, cut
into ½ inch cubes

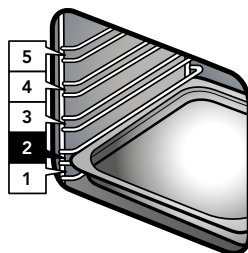
Pepper, freshly ground

PREPARATION:

1. Take the meat out of the refrigerator one hour before cooking.
2. Coarsely pound the peppercorns and allspice in a mortar. Rinse the meat and pat dry. Rub the salt and pepper mixture into the meat. Sear the meat in clarified butter on high, turning frequently until sides are golden brown. Remove the meat. Deglaze the drippings in the skillet with a little water and set aside.
3. Place the sirloin in the baking pan and cook as indicated, or until steak desired temperature is achieved. After the cooking has stopped, leave the meat in the oven (switched off) for about 10 minutes.
4. Remove the sirloin and collect the meat juices. Slice the meat.
5. Stir together the drippings from the roasting dish, the skillet drippings and mustard. Bring to a boil, turn heat off, and gradually beat in small flakes of ice-cold butter. Season the sauce with pepper and serve with the sirloin.

SETTING PROCEDURE:

TRUE CONV, 300°F
approx. 2 hours,
depending on weight
Large Pan
(Level 2)



For 6 servings

POT-ROASTED BEEF

Large Pan (Rack Level 2)

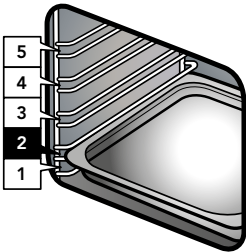
| INGREDIENTS: | |
|--------------------------------------|--|
| 2½ lb. beef shoulder roast | |
| 1 tbsp. medium-hot mustard | |
| Salt and black pepper | |
| 2 onions, peeled, finely diced | |
| 3 carrots, peeled, finely diced | |
| 1 whole celery, peeled, finely diced | |
| 2 tbsp. clarified butter | |
| 1 tsp. tomato purée | |
| 1 cup strong red wine | |
| 2½ cups beef stock | |
| 3 juniper berries | |
| 2 bay leaves | |
| 10 white peppercorns | |
| 2 tbsp. cornstarch mixed with water | |

PREPARATION:

1. Spread a thin layer of mustard over the meat and season with salt and pepper.
2. Heat the clarified butter in a roasting dish. Sear the meat over medium heat until brown on all sides, then remove it from the pan. Put the vegetables into the fat and sear, turning frequently. Add the tomato purée and sweat it briefly. Gradually pour in the red wine and reduce slightly. Add the meat and pour the beef stock over all. Add the juniper berries, bay leaves and peppercorns and bring to the boil.
3. Place the meat in the baking pan with the vegetables and stock and roast as indicated. Turn once or twice.
4. Take the roast out. Strain the meat juices into a saucepan through a fine sieve and reduce by half. Stir in the cornstarch and bring to a boil. Season with salt and pepper.
5. Slice the roast beef and serve with the sauce.

SETTING PROCEDURE:

STEAM CONV, 300°F
1¼ – 2 hours
Large Pan
(Level 2)



For 4 servings

BABY BACK RIBS

Large Perforated Pan (Rack Level 3) + Large Pan (Rack Level 1)

INGREDIENTS:

1 lb. pork baby back ribs

BARBECUE SAUCE:

1 cup ketchup

¼ cup apple cider vinegar

2 tbsp. molasses

1 tbsp. Dijon mustard

1 tbsp. water

Salt and pepper to taste

PREPARATION:

1. Place ribs in full size perforated pan. Place on rack position 3 and cook as indicated, or until meat is tender.
2. In the meantime make the sauce: Combine all sauce ingredients in a sauce pan and cook on low for 3-5 minutes.
3. Remove both pans from oven and empty the baking pan. Transfer the ribs to the baking pan and brush with sauce. Return to oven and roast at 425°F Steam Convection until deeply browned. Keep remaining sauce warm and serve alongside the ribs.

SETTING PROCEDURE:

Ribs

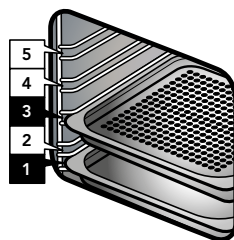
STEAM, 210°–212°F

3 hours

Large Perforated Pan
+ Large Pan
(Level 3 + 1)

Ribs with Sauce

STEAM CONV, 425°F
until brown



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POULTRY

For 6 servings

CHICKEN AND DUMPLINGS

8" Square Pan on Wire Rack (Rack Level 2)

INGREDIENTS:

1 – 10 oz. can cream of
celery soup

1 – 8 oz. carton chicken stock

1 packet McCormick®
chicken gravy mix

1 – 12½ oz. can
white meat chicken

1 – 10 oz. pkg. frozen peas
and carrots

1 – 10.6 oz. container
Bisquick® Shake 'n Pour

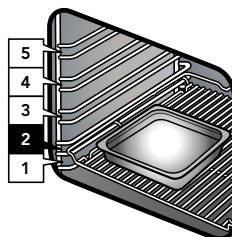
PREPARATION:

1. Mix together in an 8" square baking pan the soup, chicken stock and seasoning packet. Break up the chicken into bite-size pieces and stir into the sauce along with the peas and carrots.
2. Place pan on oven rack and cook for 20 minutes or until mixture is hot throughout.
3. Add water to the fill line in the Bisquick® container and shake as directed. (Remember to loosen lid as per label instructions). Remove pan from oven and pour out 5 dumplings on the top of the sauce.
4. Return pan to oven, set oven to Steam at 210° – 212°F for 10 minutes. Change mode to Steam Convection at 250°F for 10 minutes more.
5. Remove pan, turn dumplings over and serve.

SETTING PROCEDURE:

Chicken

STEAM CONV, 400°F
20 minutes
8" square pan on
Wire Rack
(Level 2)



With Dumplings

STEAM, 210 – 212°F
10 minutes
then change to
STEAM CONV, 250°F
10 minutes

For 4 servings

DUCK BREAST IN A HONEY AND BALSAMIC VINEGAR SAUCE

Large Pan (Rack Level 2)

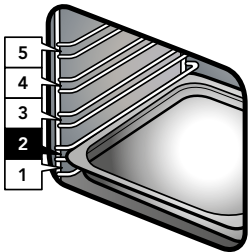
| INGREDIENTS: | |
|--|--|
| 3 – 4 duck breast fillets, approx. 1½ lb. | |
| 2 tbsp. honey | |
| 6 tbsp. balsamic vinegar | |
| ½ lb. chestnut mushrooms, cleaned and quartered | |
| 2 slices bacon, ¼ inch strips | |
| 3 garlic cloves, thinly sliced | |
| 1 large sprig of rosemary, leaves only | |
| Salt and black pepper | |
| 3 tbsp. olive oil | |
| ⅔ cup white wine | |
| 2 tbsp. cornstarch mixed with water | |

PREPARATION:

1. Preheat the oven with the baking pan in it.
2. Rinse the fillets under cold water and pat dry.
Remove the skin and fat from the fillets and cut the meat into strips ½ inch wide. Mix the honey and vinegar. Marinate the duck breast strips in it for 15 minutes.
3. Thoroughly drain the strips of duck breast and set the remaining marinade aside. Dab the meat dry and season with salt and pepper. Sear the meat in batches in hot olive oil for 1 minute per side. Place in the preheated baking pan and braise as indicated.
4. Sear the bacon slightly in the remnants in the pan. Add the mushrooms, garlic and rosemary and fry briefly. Pour in the white wine and marinade. Reduce to approx. 3 tbsp. of liquid.
5. Stir the cornstarch into the simmering sauce and season with pepper and salt. Pour this over the strips of duck breast and serve immediately.

SETTING PROCEDURE:

SLOW COOK,
170°F, Preheat
5 - 7 minutes
Large Pan
(Level 2)



For 4 servings

MARINATED CHICKEN SKEWERS

Large Pan (Rack Level 2)

INGREDIENTS:

1 lb. chicken breast fillet

1 yellow bell pepper, seeded,
1 inch squares

12 small mushrooms, whole,
cleaned, and stems removed

12 small cherry tomatoes,
washed, whole

BALSAMIC MARINADE:

1 shallot, finely diced

3 tbsp. pumpkin seed oil
or hazelnut oil

1 tbsp. white balsamic
vinegar

Juice of half an orange

1 tbsp. honey

½ bunch of basil

Salt and black pepper

PREPARATION:

1. Rinse the chicken fillet under cold water, remove the skin and pat dry. Cut into 1 inch cubes and put into a shallow dish.
2. Stir together the pumpkin seed oil, balsamic vinegar, orange juice, honey, a few basil leaves and the diced shallot to make the marinade. Season with salt and pepper and pour over the chicken. Marinate for at least an hour in the refrigerator, turning frequently.
3. Remove the diced chicken from the marinade and wrap each cube individually in a basil leaf. Slide the wrapped squares onto 4 large skewers with the diced pepper, mushrooms and cherry tomatoes and place in the baking pan. Steam as indicated until the temperature in the chicken reads 165°F when probed with an instant read thermometer.
4. Meanwhile, heat the ingredients for the salad dressing in a small pan, stirring continuously.
5. Wash and dry the arugula. Arrange on a platter and place the skewers on top. Drizzle the warm salad dressing over the skewers. Season with freshly ground black pepper.

**SWEET & SOUR
SALAD DRESSING:**

2 tbsp. pumpkin seed oil
or hazelnut oil

2 tbsp. white wine vinegar

1 tsp. mustard

1 tbsp. honey

Juice of half an orange

Salt and black pepper

TO SERVE:

1 bunch of arugula

IN ADDITION:

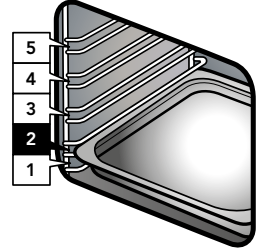
Skewers

SETTING PROCEDURE:

STEAM, 210° – 212°F

15 minutes

Large Pan
(Level 2)



For 4 servings

MEXICAN CHICKEN AND VEGETABLE WRAPS

Wire Rack (Rack Level 3) + Large Pan (Rack Level 1)

INGREDIENTS:

2 chicken breast fillets, ½ lb.,
1 inch strips

2 tbsp. soy sauce

¼ tsp. Tabasco®

¼ cup sour cream

1 tbsp. chopped chives

Salt and pepper

1 red pepper

Iceberg and romaine lettuce
or arugula, cut into ¼ inch
strips

8 mushrooms, cut into ¼ inch
strips

1 red onion, peeled, and cut
in ⅛'s

4 flour tortillas, about

8" diameter

AVOCADO SPREAD:

1 small, ripe avocado

1 tbsp. lime juice

PREPARATION:

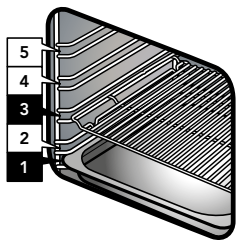
1. Rinse the chicken breast fillets under cold water and pat dry. Stir together the soy sauce and Tabasco® and marinate the chicken breast fillets, covered, for 30 minutes. Turn once during this time.
2. Halve the avocado and remove the pit. Scoop out the flesh with a spoon, immediately drizzle with lime juice and mash with a fork. In a second bowl, mix together the sour cream and chives. Season both the avocado and the sour cream with salt and pepper.
3. Place the marinated chicken breasts in the baking pan. Add the pepper, mushrooms and onion. Do not mix them together.
4. Tightly wrap the tortillas in parchment paper, put on the wire rack and insert into the oven at level 3. Insert the chicken breast fillets and vegetables underneath. Cook as indicated until the temperature in the chicken reads 165°F when probed with an instant read thermometer.
5. Spread the avocado mix over each tortilla. Place lettuce, mushrooms, pepper, chicken and onion onto each tortilla. Put the sour cream on top. Roll up the tortillas and serve immediately.

SETTING PROCEDURE:

STEAM, 210° – 212°F

15 minutes

Wire Rack + Large Pan
(Level 3 + 1)



For 6 servings

ROAST CHICKEN WITH LEMON, THYME STUFFING AND PISTACHIO

Small Pan on Wire Rack (Level 4) + Large Pan underneath Wire Rack (Rack Level 2)

INGREDIENTS:

LEMON-THYME STUFFING:

2 oz. white bread

3 tbsp. parsley, chopped

Large sprig thyme, stems removed

Zest of 1 lemon

½ cup pistachio nuts, finely chopped

Salt and black pepper

3 cloves garlic, peeled and cut into slivers

1 – 4½ lb. whole chicken

1 lemon, cut into wedges

8 whole black olives

ROAST CHICKEN:

1 tbsp. sunflower oil

1 onion, finely chopped

8 black olives, pitted and finely chopped

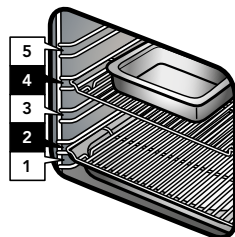
1 small egg, beaten

PREPARATION:

1. Place the bread, parsley and half of the thyme in a blender and blend to a fine breadcrumb mix. Stir in the lemon zest and chopped pistachio nuts. Season with salt and pepper.
2. Heat the sunflower oil in a pan and fry the onion until golden. Add the chopped olives and beaten egg to the breadcrumb mix and combine well.
3. Rinse the chicken under cold water and pat dry. Slide the garlic slivers and small sprigs of the remaining thyme under the chicken skin. Fill the breast cavity with the stuffing and tuck the flap under the chicken.
4. Place the chicken on the wire rack over the baking pan and cook as indicated for 30 minutes until the temperature in the thickest part of the thigh reads 170°F when probed with an instant read thermometer..
5. Place the lemon wedges and whole olives on the half size pan and insert into the oven at level 4. Continue to cook for 30-40 minutes.

SETTING PROCEDURE:

STEAM CONV, 350°F
60 – 70 minutes
Large Pan underneath
Wire Rack (Level 2)



After 30 minutes,
add the lemon wedges
and olives at Small Pan
on Wire Rack (Level 4)

For 4 servings

ROASTED CORNISH GAME HENS

Large Pan underneath Wire Rack (Rack Level 2)

INGREDIENTS:

2 Cornish game hens,
approx. 2 lb. each

Pepper and herb salt

2 – 3 tbsp. olive oil

Salt

Sweet paprika powder

1 tbsp. fresh rosemary, finely
chopped

1 tbsp. fresh sage, finely
chopped

PREPARATION:

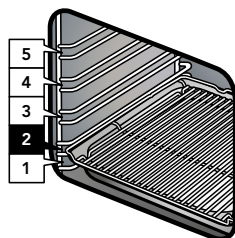
1. Rinse the cornish hens under cold water, pat dry with paper towels. Cut into two halves of equal size.
2. Season the insides of the cornish hens with pepper and herb salt.
3. Mix the seasoning and herbs into the oil and use to coat the outside of the cornish hens.
4. Place on the wire rack, skin side up. Slide into the oven together with the baking pan. Roast as indicated until the temperature in the thickest part of the thigh reads 170°F when probed with an instant read thermometer.

COOK'S TIP:

Instead of herb salt you could also use coarse sea salt.

SETTING PROCEDURE:

STEAM CONV, 350°F
40 – 50 minutes
Large Pan underneath
Wire Rack
(Level 2)



For 3 to 4 servings

ROSEMARY AND LEMON ROAST CHICKEN

Large Pan underneath Wire Rack (Rack Level 2)

INGREDIENTS:

5 – 7 lb. whole chicken

2 tbsp. olive oil

2 tbsp. fresh chopped
rosemary zest from two
Meyer lemons

Sea salt or kosher salt

Fresh cracked black pepper

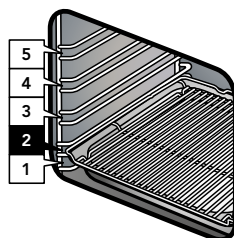
3 medium lemons,
cut into quarters

PREPARATION:

1. Combine olive oil, rosemary, and Meyer lemon zest. Truss the chicken if desired.
2. Spread rosemary mixture evenly over the chicken.
3. Season chicken generously with salt and pepper. Place in a baking dish or a baking tray that comfortably fits the chicken. Squeeze one lemon worth of quarters over and inside the chicken and place the squeezed pieces plus one more lemon's worth of wedges in the pan with the chicken.
4. Cook for 1 hour – 1 hour 15 minutes, or until juices run clear when you cut between the leg and the thigh or the temperature in the thickest part of the thigh reads 170°F when probed with an instant read thermometer.
5. Remove from oven and allow to rest for about 20 minutes. Carve and serve with the third set of lemon quarters to squeeze as desired.

SETTING PROCEDURE:

STEAM-CONV, 425°F
75 Minutes
Large Pan underneath
Wire Rack
(Level 2)



For 4 servings

STUFFED CHICKEN BREAST FILLETS

Large Pan (Rack Level 2)

INGREDIENTS:

4 chicken breast fillets,
approx. 1½ lb.

8 sun-dried tomatoes,
packed in oil & drained

1 garlic clove

½ bunch of basil

Salt and black pepper

1 tbsp. olive oil

3 tbsp. dry white wine or
vermouth

3 tbsp. chicken stock or
vegetable broth

BASIL SAUCE:

½ bunch of basil, finely
chopped

3 oz. mascarpone

3 oz. gorgonzola

1 pinch cayenne pepper

Salt

A little lemon juice

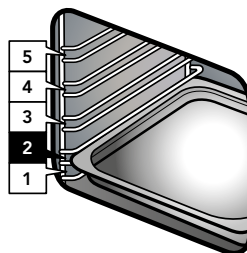
1. Rinse the fillets under cold water and pat dry. Make an incision along the side of each to make a pouch. Finely chop the sun-dried tomatoes, garlic and basil in the blender, season with salt and pepper. Fill the chicken pouches with the tomato mixture. Season the outside of the fillets with salt and pepper.
2. Grease the baking pan with olive oil. Place the fillets in the baking pan and drizzle with white wine and chicken stock. Cook as indicated or until the temperature in the chicken reads 165°F when probed with an instant read thermometer.
3. To make the sauce, pour the cooking juices into a small pot and reduce to about 3 oz. Finely chop the basil. Add the mascarpone and gorgonzola to the cooking juices and allow to melt. Stir in the basil and season the sauce with cayenne pepper, salt and lemon juice.
4. Cut the chicken fillets diagonally into slices. Arrange on warmed plates and pour the sauce over the top.

SETTING PROCEDURE:

STEAM CONV, 350°F

14 – 16 minutes

Large Pan
(Level 2)



For 15 servings

TURKEY A LA THERMADOR

Large Pan underneath Wire Rack (Rack Level 2)

INGREDIENTS:

2 – 2½ lbs. medium-sized potatoes, preferably of a similar size

1 – 14 lb. fresh turkey

Softened, unsalted butter

IN ADDITION:

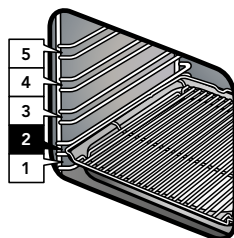
Kitchen string

PREPARATION:

1. Remove the giblets and neck from the turkey cavity; discard or reserve for another use.
2. Rinse the turkey with cold water, and pat dry with paper towels. Tie the ends of the legs together with string, and tuck the wings behind the back.
3. Place wire rack on top of the baking pan and set the turkey on the rack. Rub the skin with softened butter.
4. Insert the rack assembly and bird into a cold oven, feet first, as indicated. After 45 minutes, shield the ends of the drumsticks with foil to prevent over-browning. Resume cooking for another 45 minutes at the same setting.
5. After 1½ hours, check the turkey for doneness; temperature should reach 170°F. When the turkey is done, remove from the oven and tent with foil.

SETTING PROCEDURE:

STEAM CONV, 325°F
60 – 90 minutes
Large Pan underneath
Wire Rack
(Level 2)



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CAKE, PASTRIES AND DESSERTS

For 2 servings

BAKED APPLES

Small Pan on Wire Rack (Rack Level 2)

INGREDIENTS:

2 large apples

2 tbsp. cinnamon

2 tsp. dried apricots,
chopped

2 tsp. brown sugar

2 tsp. butter

PREPARATION:

1. Wash the apples and pat dry. Using a paring knife remove a 1" wide strip of peel from the top around the stem. With a melon ball maker, remove the stem, core and seeds down to the blossom end of the apple but leaving a bit of the base in tact (to contain the filling).
2. Sprinkle the interior of the hollowed out centers with cinnamon, and stuff with chopped apricots and brown sugar and top with a bit of butter.
3. Spray the interior of the half size baking pan with non-stick spray and add the apples. Place the pan in the oven and cook as indicated.

COOK'S TIPS:

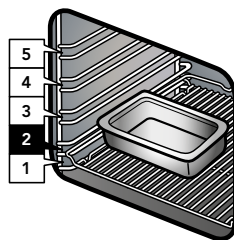
Serve as is or with poured cream or ice cream for dessert.

SETTING PROCEDURE:

STEAM CONV, 400°F

20 minutes

Small Pan on Wire Rack
(Level 2)



For 1 dozen sticks

COWBOY CORN STICKS

Corn Stick or Muffin Pan on Wire Rack (Rack Level 2)

| INGREDIENTS: | |
|------------------------------------|--|
| 1 – 8½ oz. pkg. corn muffin mix | |
| ½ cup salsa | |
| 1 egg | |

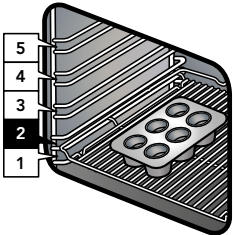
PREPARATION:

- 1. Preheat oven.
- 2. Spray corn stick pans or muffin tin with non-stick spray.
- 3. Mix together ½ cup salsa and the egg; stir in the corn muffin mix. Let stand 2 – 3 minutes and stir again. Portion batter into 12 corn stick forms or 6 muffin tins.
- 4. Bake as indicated or until corn sticks are brown; let rest 1 – 2 minutes and turn out of pans.

SETTING PROCEDURE:

TRUE CONV, 400° F,
Preheat
Sticks
12 minutes

Muffins
15 minutes
Corn Stick or Muffin
Pan on Wire Rack.
(Level 2)



For 12 slices

CREAMY CHOCOLATE TARTE

Springform Pan on Wire Rack (Rack Level 2)

INGREDIENTS:

$\frac{3}{4}$ lb. dark chocolate, grated

10 tbsp. butter

$1\frac{1}{4}$ cups sugar

8 eggs

$\frac{1}{4}$ cup powdered sugar

$1\frac{1}{4}$ cups flour

1 level tsp. baking powder

4 tbsp. apricot jam

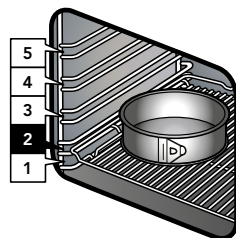
$\frac{1}{2}$ lb. dark chocolate coating

PREPARATION:

1. Melt the chocolate in a water bath. In a mixer on medium with a whisk attachment, cream the butter and sugar until light and fluffy. Separate the eggs. Gradually add the melted chocolate and egg yolks to the butter mixture and beat well.
2. Beat the egg whites with the powdered sugar until stiff and gently combine with the chocolate cream mixture on medium speed.
3. Combine the flour and baking powder and sift onto the egg mixture. Carefully mix everything together.
4. Cover the base of the springform cake pan with parchment paper. Pour the mixture into the pan and bake as indicated.
5. Allow the cake to cool in the pan. Loosen the sides from the pan with a sharp knife, turn it out and remove the parchment paper.
6. Warm the jam then spread it over the cake. Once cooled glaze the cake.
7. For the glaze, melt the chocolate coating in a water bath. Coat the whole cake in the glaze, making sure it is evenly spread and not too thin. Transfer the cake to a cake plate and let stand again for several hours.

SETTING PROCEDURE:

TRUE CONV, 325°F
60 minutes
Springform Cake Pan
on Wire Rack
(Level 2)



For 10 servings

CRÈME BRULÉE

Large Perforated Pan + 10 Ramekins (Rack Level 2)

INGREDIENTS:

1 quart heavy cream

1 vanilla bean, split
and scraped

¼ cup superfine sugar

1 cup sugar

6 egg yolks

TO GARNISH:

Superfine sugar

Fresh berries

PREPARATION:

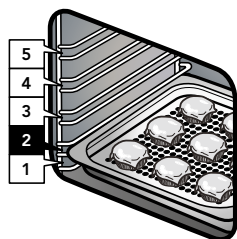
1. Heat together the cream, vanilla bean and pulp until steamy hot. In the meantime, cream together the sugar and egg yolks till pale in color.
2. Remove the bean from the cream. Temper the eggs by stirring in a little of the hot cream into them; then whisk the egg mixture into the cream.
3. Divide the mixture into 10 ramekins. Cook as indicated or until set when jiggled.
4. Sprinkle superfine sugar evenly on the top of the cream mixture in the ramekins and caramelize with a torch, forming a crisp, thin top.
5. Garnish with a fresh berry if desired and serve.

SUBSTITUTE:

For ¼ cup superfine sugar substitute ¼ cup granulated sugar ground in a food processor for 15 – 20 seconds.

SETTING PROCEDURE:

SLOW COOK, 215°F
60 minutes
10 Ramekins in the
Perforated Pan
(Level 2)



For 12 pieces

EASY ANGEL DESSERT

Large Pan (Level 2)

INGREDIENTS:

1 – 16 oz. pkg.
angel food cake mix

1 – 20 oz. can crushed
pineapple with heavy syrup

1 tsp. vanilla extract

Non-stick spray

PREPARATION:

1. Place all ingredients in a bowl and whisk until well combined. Evenly spray non-stick spray on baking pan. Pour cake batter into baking pan.
2. Bake 17 minutes or until nicely browned; turn oven off. Let cake remain in oven 2 – 3 more minutes. Remove, and let cool.

KITCHEN TIP:

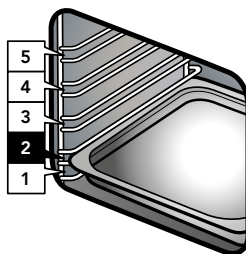
Loosen the cooled cake from the pan by sliding a metal spatula between the cake and pan, constantly press the spatula against the pan and draw it around in a continuous, not sawing, motion.

COOK'S TIPS:

Serve with whipped cream, ice cream or fruit.

SETTING PROCEDURE:

STEAM CONV, 350°F
17 minutes
Large Pan
(Level 2)



For 10 pieces

ECLAIRS WITH A MOCHA CREAM

Large Pan (Level 2)

INGREDIENTS:

6 oz. water

2 tbsp. + 1 tsp. butter

1 tsp. vanilla

1 pinch salt

$\frac{3}{4}$ cup flour

2 medium eggs

FILLING:

$\frac{3}{4}$ cup whipping cream

$1\frac{1}{2}$ tsp. instant coffee powder

1 – 2 tsp. sugar

COFFEE GLAZE:

$\frac{3}{4}$ cup powdered sugar

1 – 2 tsp. instant coffee powder

1 tsp. rum

PREPARATION:

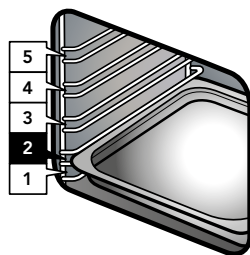
1. Bring the water, butter, vanilla and salt to the boil in a saucepan. Remove from the heat. Add the flour all at once and stir in well. Reduce the heat and continue to stir the dough over medium heat until it comes away from the bottom of the pan. Remove the pan from the heat, and add the eggs, one at a time, mixing thoroughly after each.
2. Line the baking pan with parchment paper. Put the dough into a piping bag with a large star-shaped nozzle. Pipe out finger-length strips, leaving space in between. Start close to the edge, as the eclairs rise very well in the steam. Bake the eclairs as indicated until golden brown.
3. Immediately after baking, slice open the eclairs with a serrated knife and leave to cool.
4. To make the filling, beat the cream, coffee powder and powdered sugar until stiff and spoon into a piping bag.
5. To make the glaze, stir together the sugar, 1 tsp. of hot water, the coffee powder and rum. Spread over the top half of each eclair.
6. Pipe the filling into the bottom half and replace the top.

SETTING PROCEDURE:

STEAM CONV, 400°F

20 minutes

Large Pan
(Level 2)



For 8 servings

FLAN

Large Perforated Pan + 8 Ramekins (Rack Level 2)

INGREDIENTS:

8 tbsp. + 4 tbsp.
granulated sugar

Lemon or orange zest

4 eggs

1 – 14 oz. can condensed
milk

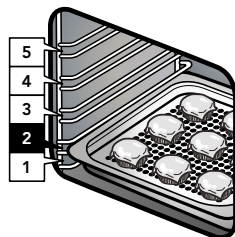
14 oz. whole milk

PREPARATION:

1. In saucepan, caramelize 8 tbsp. sugar.
2. Pour enough caramelized sugar in each ramekin just to coat the bottom.
3. Add a pinch of zest to each.
4. Gently blend eggs until smooth (DO NOT BEAT). Then add 4 tbsp. sugar. Stir together until the sugar is dissolved.
5. Add both the condensed and whole milk to the egg mixture. Stir in until well blended (DO NOT BEAT).
6. Pour mixture into each of the ramekins. Bake as indicated.
7. After removing from oven, allow to cool slightly. Then invert individual flans onto serving dishes.

SETTING PROCEDURE:

SLOW COOK, 230°F
25 – 30 minutes
8 Ramekins in the
Large Perforated Pan
(Level 2)



For 15 slices

MARBLE CAKE

12" Loaf Pan on Wire Rack (Rack Level 2)

INGREDIENTS:

LIGHT SPONGE:

2¾ cups flour

⅔ cup cornstarch

4 tsp. baking powder

1 cup sugar

½ tsp. vanilla

1 pinch salt

⅓ cup butter, softened

4 eggs

2 tbsp. rum

⅓ cup + 2 tbsp. milk

DARK SPONGE:

⅓ cup sugar

1 tbsp. cocoa

⅓ cup ground almonds

2 – 3 tbsp. milk

IN ADDITION:

Butter

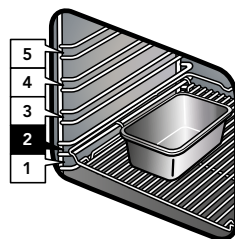
1 – 2 tbsp. bread crumbs
for the cake pan

PREPARATION:

1. Grease the cake pan with butter and sprinkle with bread crumbs.
2. To make the light sponge mixture, mix the flour, cornstarch and baking powder together and sift into a deep mixing bowl.
3. Add the sugar, vanilla, salt, softened butter, eggs, rum and milk. Mix the ingredients with a hand mixer or a food processor, initially on a low setting. Once the flour has been incorporated, quickly beat the mixture until smooth. Do not over-beat.
4. Place half the mixture into the pan.
5. Stir the sugar, cocoa, almonds and milk into the remaining mixture and add to the light mixture in the pan.
6. Working in a spiral action, use a fork to marble the two mixtures together, then bake as indicated.

SETTING PROCEDURE:

TRUE CONV, 300°F
60 – 65 minutes
12" unperforated Loaf Pan
on Wire Rack
(Level 2)



For 4 servings

PEARS IN RED WINE

Large Pan (Rack Level 2)

INGREDIENTS:

$\frac{2}{3}$ cup red wine

$\frac{1}{2}$ cup brown sugar

2 tbsp. blackberry or cherry jam

$\frac{1}{2}$ tsp. cinnamon

Grated zest of an orange

4 medium-sized pears

PREPARATION:

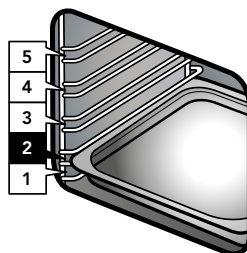
1. Heat the red wine, sugar, jam, cinnamon and orange zest in a saucepan until the sugar and jam have dissolved.
2. Peel the pears, halve lengthways and remove the core with a melon baller or knife.
3. Spread out the fruit in the baking pan, immediately pour over the red wine mixture and carefully turn the pear halves in the sauce. Cook as indicated until the pears are soft, but not falling apart.
4. Remove the pears and arrange on plates. Reduce the red wine mixture in a saucepan over a low heat until the sauce's viscosity is thick enough to coat the front and back of a spoon. Pour the red wine sauce over the pears and serve warm.

SETTING PROCEDURE:

STEAM, 210 – 212°F

20 minutes

Large Pan
(Level 2)



For 6 servings

POACHED PEARS IN SPICED ORANGE LIQUEUR

Large Pan (Rack Level 2)

INGREDIENTS:

2 cups orange juice

½ cup of orange liqueur

2 cups water

½ cup granulated sugar

Zest of 1 orange

3 star anise

⅓ cup of cranberries

3 cinnamon sticks

3 whole cloves

6 ripe, but firm, anjou pears,
peeled

GARNISH:

Orange slices

Cinnamon sticks

star anise

PREPARATION:

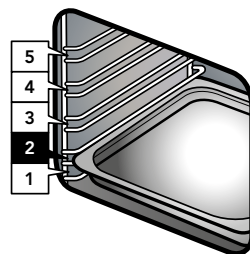
1. In the baking pan combine the orange juice, orange liqueur, water, sugar, orange zest, star anise, cranberries, cinnamon sticks, and cloves. Place the pears in the pan.
2. Place in oven and cook as indicated or until pears are tender.
3. Remove from oven and set aside to cool. Once cool, put pears and syrup in the refrigerator until thoroughly chilled.
4. Serve pears with syrup spooned over and garnish with orange slices, cinnamon stick and star anise, if desired.

SETTING PROCEDURE:

STEAM, 210 – 212°F

35 minutes

Large Pan
(Level 2)



For 6 servings

PUFF PASTRY SHELLS WITH FRUIT FILLING

Large Pan (Rack Level 3)

INGREDIENTS:

1 – 10 oz. pkg.
Pepperidge Farm® puff
pastry shells

1 can prepared fruit pie filling

Whip cream, optional

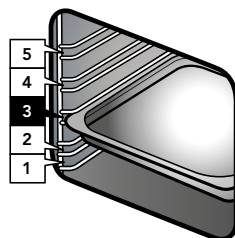
PREPARATION:

1. Preheat oven.
2. Place frozen pastry shells in baking pan with space in between. When preheated, change setting to Steam Convection. Bake as indicated or until golden brown and puffed.
3. Cool for 5 minutes and using a fork remove the center top and soft pastry underneath.
4. Fill shells with fruit filling and top with whipped cream if desired.

SETTING PROCEDURE:

TRUE CONV, 400°F, Preheat

STEAM CONV to bake
20 – 25 minutes
Large Pan
(Level 3)



For 4 servings

RHUBARB AND APPLE COMPOTE

Large Pan (Rack Level 2)

INGREDIENTS:

1¾ cups rhubarb

1¼ cups sugar

2 small apples

1 cinnamon stick

PREPARATION:

1. Wash and peel the rhubarb and trim the ends. Divide thick stalks lengthways, then cut into pieces.
2. Place the rhubarb in the baking pan, sprinkle with sugar and shake thoroughly.
3. Wash, core and peel the apples. Quarter the apples and cut into slices only shortly before preparation. Add to the rhubarb along with the cinnamon stick.
4. Once some juice has formed, steam the rhubarb and apple mixture as indicated.

VARIATION:

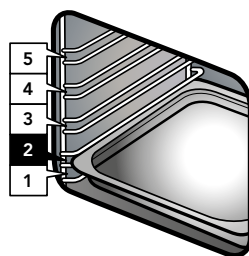
Instead of the cinnamon stick, try slicing open a vanilla pod and adding it. To sweeten the dish and as an alternative to the apples, try a sliced banana or 1½ cups strawberries.

SETTING PROCEDURE:

STEAM, 210 – 212°F

15 minutes

Large Pan
(Level 2)



For 5 to 8 servings

STRAWBERRY BREAD PUDDING

Large Pan on Wire Rack (Rack Level 2)

INGREDIENTS:

3 tbsp. (42g) unsalted butter,
plus more for the baking dish

$\frac{3}{4}$ cup (ml) heavy cream

$\frac{3}{4}$ cup (240ml) milk

1 whole vanilla bean, split
lengthwise

$\frac{2}{3}$ cup (110g) packed brown
sugar

3 eggs

1 tsp. vanilla extract

$\frac{1}{4}$ tsp. ground cloves

$\frac{1}{2}$ lb. (455g) strawberries,
tops removed sliced $\frac{1}{4}$ " thick

$\frac{1}{2}$ lb. (225g) day-old rustic
white bread with crusts
removed, cubed $\frac{3}{4}$ " pieces

PREPARATION:

1. Butter a 2-quart (2-L) baking dish.
2. In a saucepan, combine the 3 tablespoons butter, the cream, and the milk. Scrape the vanilla seeds into the cream and add the pods to the pan. Add the brown sugar. Over medium heat warm the mixture to a warm but not scalding temperature, stirring to melt the butter and dissolve the sugar. Remove from the heat and set aside to infuse for 15 minutes.
3. In a bowl, whisk together the eggs, vanilla extract, and cloves.
4. Remove the vanilla pods from the milk mixture and slowly whisk the milk mixture into the egg mixture.
5. Layer half of the bread slices in the prepared baking dish. Layer in half of the cut strawberries.
6. Layer the remaining bread over the strawberries. Layer the remaining strawberries. Pour the milk-egg mixture over the bread. Press down gently on the bread to help the top layer absorb the liquids.
7. Set the baking dish aside for 30 minutes to allow the bread to absorb the liquids fully.

8. Cover the baking dish with foil. Bake, covered, for 45 minutes. Remove foil and finish baking for another 20 – 30 minutes or until the pudding is golden brown on the top.
9. Allow to cool for 10 minutes and serve warm or serve at room temperature.

SETTING PROCEDURE:

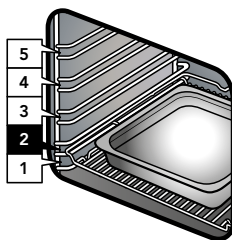
STEAM-CONV, 300°F

45 minutes with foil
+ additional 30 minutes
without foil

Large Pan on wire rack
or dish on wire rack.

*Recommend dish
on wire rack.*

(Level 2)



For 12 slices

RED CURRANT TART

10" Springform Cake Pan on Wire Rack (Rack Level 2)

INGREDIENTS:

1⅓ cups flour

1 tsp. baking powder

¾ cup sugar

1 pinch salt

1 stick (8 tbsp.) butter

1 egg

IN ADDITION:

Butter for greasing the dish

TOPPING:

1 lb. red currants

1 cup ground hazelnuts

1 tbsp. breadcrumbs

5 egg whites

1 tbsp. lemon juice

1½ cups sugar

PREPARATION:

1. Put the flour, baking powder and sugar in a bowl. Add the salt, butter and egg and knead into a dough ball using the dough hook on the hand mixer, first on a low setting and then gradually higher until combined. Wrap in foil and chill for ½ – 1 hour.
2. Wash the red currants, remove the stems and leave to dry thoroughly.
3. Grease the pan and line with two thirds of the dough. Shape the remaining dough into a roll and use to rim the pan to make a 1" high outer crust. Prick the pastry base several times with a fork. Mix the hazelnuts and bread crumbs together and spread over the pastry base.
4. Beat the egg whites, lemon juice and sugar until stiff. Mix the drained red currants with half the egg white mixture and place in the pan. Spread the rest of the egg white mixture over the berries. Bake as indicated.

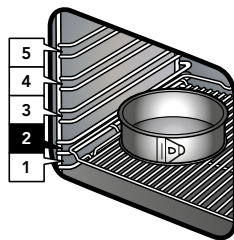
SETTING PROCEDURE:

TRUE CONV, 325°F

65 – 70 minutes

10" Springform

Cake Pan on Wire Rack
(Level 2)



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BREADS

For 15 slices

BRAIDED LOAF

Proof: Bowl on Wire Rack (Rack Level 2)

Large Pan (Rack Level 2)

INGREDIENTS:

4 ⅓ cups all-purpose flour

1 packet dry yeast

1 tsp. sugar

Approx. 1 cup milk, lukewarm

½ cup golden raisins

1 stick butter, melted

½ cup sugar

¼ tsp. salt

IN ADDITION:

Butter for greasing the pan

OPTIONAL:

Powdered sugar for dusting

PREPARATION:

1. Wash the raisins and blanch them in boiling water.
2. In a mixing bowl add lukewarm milk, 1 teaspoon sugar, and dry yeast. The yeast should start blooming or foaming to the top. This step is important to test whether the yeast is alive and activate it quickly. Place the bowl on the wire rack and allow the dough to proof as indicated.
3. In a mixer with a hook attachment, knead bloomed yeast mixture with, butter, ½ cup of sugar, salt, raisins, and flour on medium speed until the dough comes away from the side of the bowl.
4. Proof dough for 30 minutes. Place bowl back on mixer and knead for another 5 minutes on medium speed.
5. Divide the dough into three equal pieces. Roll these pieces into evenly sized strands, braid, and proof for another 30 minutes.
6. Bake the braided loaf as indicated. When bread has cooled, dust with powdered sugar.

SETTING PROCEDURE:

PROOF, 100° F

10 minutes, uncovered

Bowl on Wire Rack

PROOF, 100° F

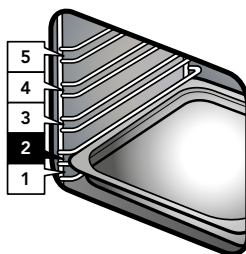
10 minutes, uncovered

Transfer to Large Pan

To Bake

STEAM CONV, 325°F, 30 – 35 minutes

Large Pan (Level 2)



For 6 servings

CHEESE SCONES

Large Pan (Rack Level 2)

INGREDIENTS:

3¼ cups self-rising flour
plus extra for rolling

Pinch of salt

¼ tsp. dry mustard

6 tbsp. butter

2 oz. cheddar, grated

½ cup milk

¼ cup natural yogurt

PREPARATION:

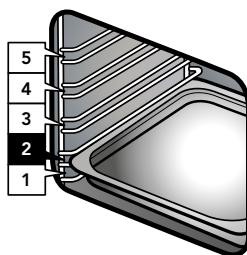
1. Mix the flour, salt and dry mustard in a bowl and rub in the butter until the mixture resembles fine breadcrumbs.
2. Stir in half the grated cheese. Combine the milk and yogurt and stir into the mixture, working the ingredients together until a soft dough forms.
3. Turn out onto a lightly floured surface and knead gently to get a smooth dough. Roll out to an even thickness of about ¾ inch.
4. Using a 2 inch cutter, mark out 12 –14 scones and place on a greased baking pan. Gather any trimmings and reshape to make extra scones.
5. Sprinkle the remaining cheese over each scone and bake as indicated until golden brown. Remove, butter and eat while the scones are still warm.

SETTING PROCEDURE:

STEAM CONV, 400°F

10 – 12 minutes

Large Pan
(Level 2)



For 10 pieces

CHEESE TWISTS

Large Pan (Rack Level 2)

INGREDIENTS:

1 package frozen puff pastry

8 oz. aged Gouda

Coarsely ground pepper

1 egg yolk

A little milk

FOR SPRINKLING:

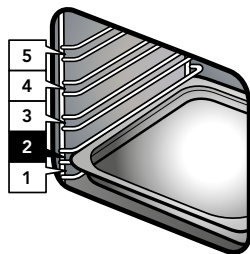
Some caraway, sesame
and / or poppy seeds

PREPARATION:

1. Defrost the puff pastry. Sprinkle the pastry sheets with a little water, place them on top of each other and roll out on a floured work surface to a 14" x 14" square.
2. Grate the cheese and sprinkle half of it over one half of the pastry. Season with pepper and fold the other half of the pastry over. Roll out flat with a rolling pin.
3. Beat the egg yolk and milk together and use to glaze the pastry. Sprinkle with caraway, sesame or poppy seeds and the remaining cheese. Then cut the pastry using a pastry wheel into strips approx. $\frac{3}{4}$ inch wide.
4. Line the baking pan with parchment paper. Twist the strips into a spiral and place in the baking pan.
5. Leave the cheese twists to rest in the refrigerator for at least 10 minutes. Then bake the cheese twists as indicated.

SETTING PROCEDURE:

STEAM CONV, 400°F
20 – 25 minutes
Large Pan
(Level 2)



For 6 servings

CORNBREAD

9" Springform Cake Pan on Wire Rack (Rack Level 2)

INGREDIENTS:

1 onion, peeled and diced

2 sprigs rosemary, leaves only, finely chopped

1 red chili peppers, seeded, and finely chopped

2 cups cornmeal

2 tbsp. flour

1 tsp. baking powder

1 tsp. salt

1 cup buttermilk

2 eggs

½ cup grated Parmesan

1½ tbsp. melted clarified butter

PREPARATION:

1. Mix the cornmeal, flour, baking powder and salt in a bowl. Mix the buttermilk and eggs together and add to the bowl. Add the diced onion, rosemary, chili and Parmesan.
2. Stir all ingredients well. Grease the cake pan and mix the rest of the clarified butter into the batter. Place the batter into the cake pan.
3. Bake the cornbread as indicated until the surface is golden brown.

COOK'S TIPS:

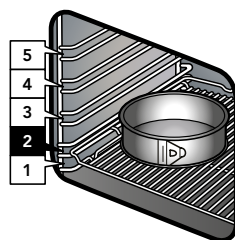
This bread also tastes excellent toasted.

SETTING PROCEDURE:

STEAM CONV, 325°F

30 – 40 minutes

9" Springform Cake Pan
on Wire Rack
(Level 2)



For 6 servings

CINNAMON PECAN ROLLS

Wire Rack (Rack Level 1) + Large Pan (Rack Level 2)

ICING:

4 oz (110g) cream cheese, at room temp.

1 cup (115g) confectioner's sugar

2 tbsp. milk

DOUGH:

1 cup (235ml) milk

1 tbsp. active dry yeast,
1 ½ packets

¼ cup (55g) brown sugar

1 tsp. (5g) kosher or sea salt

½ cup (115g or 1 stick)
unsalted butter, melted

¾ cup (400g)
all-purpose flour

CINNAMON FILLING:

½ cup (115 g or 1 stick)
unsalted butter, melted

1 cup (200g) brown sugar

¼ cup (50g) granular sugar

2 ½ tbsp. ground cinnamon

1 cup (100g) pecans,
chopped

PREPARATION:

1. For the dough, gently warm the milk to 110°F (lukewarm bath temp). Pour milk into a bowl (dough can be mixed in a stand mixer with a dough hook or mixed by hand) with the yeast and sugar. In a mixing bowl add lukewarm milk, 1/4 cup sugar, and dry yeast. The yeast should start blooming or foaming to the top. This step is important to test whether the yeast is alive and activate it quickly.
2. Mix in the sea salt, melted butter, and flour until a soft dough forms. You may have to add a little extra flour if dough is too sticky. Should be slightly tacky but not overly sticky. Add flour a couple tablespoons at a time until you reached the desired tackiness.
3. Turn the oven knob to Proof Mode. Place bowl, uncovered, on wire rack to rise for range of 30 minutes to 1 hour or until doubled in bulk.
4. When dough is almost done rising, melt the butter for the cinnamon filling. Lightly butter a 2 quart baking dish. Set aside to cool slightly. Combine sugars and cinnamon in a bowl and set aside.
5. Melt the butter for the filling and set aside to cool slightly. Put dough on a lightly floured work surface. Roll dough out to approx. ¼" thick and 18"x14". Spread the filling's melted butter evenly across the top surface. Evenly sprinkle cinnamon sugar mix over dough. Sprinkle chopped pecans over the dough.

6. Beginning with the longer side facing you, use both hand to roll the dough into a log. Slice the log into 9 even sections, approx. 1½" wide.
7. Place the rolls cut side up in the buttered baking dish, spaced apart from each other. Cover and allow to rise for 45 minutes in a warm place, or until approximately doubled in volume. While rolls rise preheat oven to 325 degrees Fahrenheit° on Steam Convection mode.
8. Bake the rolls for approx. 20 minutes or until golden. Remove from oven and allow to cool for 15 – 20 minutes.
9. While cinnamon rolls cool, make icing. Combine the cream cheese, confectioner's sugar, and milk in a bowl and mix until smooth. Spread icing over cinnamon rolls and serve.

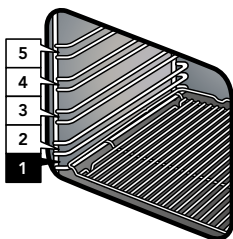
SETTING PROCEDURE:

PROOF MODE, 100°F

30 minutes to 1 hour

Wire Rack

Level 1)

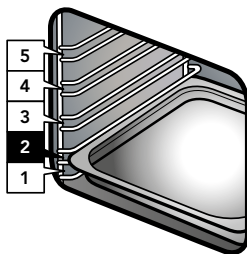


STEAM-CONV, 325°F

20 minutes

Large Pan

(Level 2)



For 12 servings

DINNER ROLLS

Large Pan (Level 3)

INGREDIENTS:

12 frozen white dinner rolls

OPTIONAL:

squeeze bottle margarine

PREPARATION:

OPTION 1 FOR FROZEN:

1. Spray the baking pan with non-stick spray.
Place frozen rolls in pan leaving ½" space around each. Place rolls, uncovered, on rack position 3 in steam oven set on Proof for 1 – 2 hours or until thawed and doubled in size.
2. Remove rolls and turn oven to 350°F Steam Convection. Bake on rack position 3 for 15 minutes or until golden brown. Remove pan and brush tops with butter if desired.

OPTION 2 FOR THAWED:

1. Spray baking pan with non-stick spray. Place frozen rolls ½" apart in pan and cover; place in refrigerator overnight. Place in steam oven set on Proof for 20 minutes, uncovered, on rack position 3.
2. Leaving pan in oven, change setting to Steam and Convection/Combination at 350°F and bake 15 – 17 minutes or until rolls are evenly browned.
3. Remove rolls and brush tops with butter if desired.

SETTING PROCEDURE:

Option 1: For Frozen

PROOF, 100°F

1 – 2 hours

To Bake

STEAM CONV, 350°F

15 minutes

Large Pan (Level 3)

Option 2: For Thawed

PROOF, 100°F

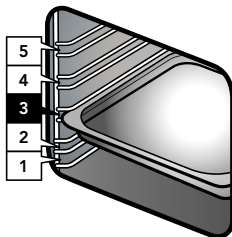
20 – 30 minutes

To Bake

STEAM CONV, 350°F

15 – 17 minutes

Large Pan (Level 3)



For 20 slices

MULTI-GRAIN BREAD

Proof: Bowl on Wire Rack (Rack Level 2)

12" Loaf Pan on Wire Rack (Rack Level 2)

INGREDIENTS:

1 1/3 cups rye flour

4 1/4 cups wheat flour

2 packets dry yeast

1 tbsp. honey

Approx. 1 cup lukewarm water

Approx. 1 cup lukewarm buttermilk

2 tbsp. flax seeds

2 tbsp. sesame seeds

2 tbsp. sunflower seeds

1 tbsp. pumpkin seeds

1 tbsp. salt

1 tbsp. bread spice

PREPARATION:

1. In a large mixing bowl with a dough hook add lukewarm water, 1 tablespoon of sugar, and dry yeast. The yeast should start blooming or foaming to the top. This step is important to test whether the yeast is alive and activate it quickly.
2. Add buttermilk, flour and knead on medium until flour and water are both well combined. Leave to proof as indicated.
3. Gradually add the remaining ingredients to the dough, work it all into an elastic dough and form into a loaf. Place the loaf in a greased loaf pan and leave to proof as indicated.
4. Using a sharp knife, score diamond shapes in the risen loaf and prick all over with a cocktail stick. Sprinkle with water and bake as indicated.

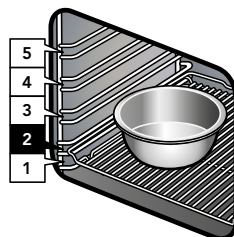
SETTING PROCEDURE:

PROOF, 100°F

1. 30 minutes (1st rise)

2. 30 minutes (2nd rise)

Bowl on wire rack
(Level 2)

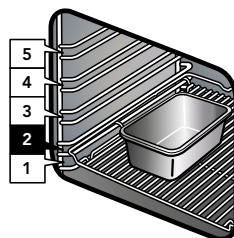


To Bake

STEAM CONV, 450°F

15 minutes then 350°F

for 30 – 35 minutes
Loaf Pan on Wire Rack
(Level 2)



For 20 slices

WHITE BREAD

Proof: Bowl on Wire Rack (Rack Level 2)

12" Loaf Pan on Wire Rack (Rack Level 2)

INGREDIENTS:

Makes 2 Loaves

6 $\frac{2}{3}$ cups all-purpose flour

1 packet dry yeast

1 heaping tsp. sugar

1 level tsp. salt

1 tbsp. butter

1 $\frac{2}{3}$ – 2 cups water, lukewarm

IN ADDITION:

Butter for greasing the pan

COOK'S TIPS:

in new steam oven, there would be enough room to bake 2 loaves at one time.

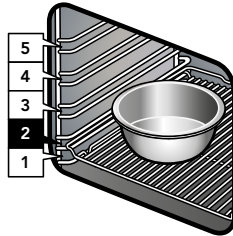
PREPARATION:

1. In a stand mixing bowl add lukewarm water, yeast, and sugar. The yeast should start blooming or foaming to the top. This step is important to test whether the yeast is alive and activate it quickly.
2. Sift in flour into yeast water mixture. With a hook attachment turn on mixer on low for one minute then turn up to medium for about 5 minutes until it forms a smooth dough. Leave to proof as indicated.
(1st rise in bowl)
3. Knead the dough for another 5 minutes and place it in the greased loaf pan. Leave to proof once more as indicated.
(2nd rise in loaf pan)
4. Then bake as indicated.

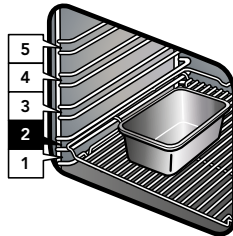
SETTING PROCEDURE:

PROOF, 100°F

1. 30 minutes
(1st rise in bowl)
Bowl on Wire Rack

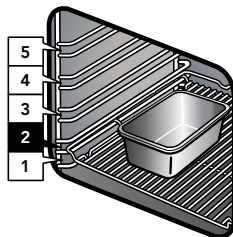


2. 30 minutes
(2nd rise in loaf pan)
Loaf Pan on Wire Rack



To Bake

STEAM CONV, 350°F
30 – 40 minutes
Loaf Pan on Wire Rack
(Level 2)



For 8 pieces

HOMEMADE SOFT PRETZELS WITH WHOLE GRAIN HORSE RADISH MUSTARD

Wire Rack (Rack Level 1) + Large Pan with Parchment Paper (Rack Level 2)

INGREDIENTS:

ABOUT 8 PRETZELS:

2 ¼ tsp. (1 pkg) active dry yeast

¾ cup (175ml) warm milk (at 110°F)

2 tbsp. brown sugar

¾ cup (175ml) lager or pilsner beer

2 tbsp. unsalted butter, at room temp

2 tsp. kosher or sea salt

4 ½ cups (560g) flour

PRETZEL WASH:

1 cup (240ml) water

1 egg

1 tbsp. baking soda

1 tbsp. water

PREPARATION:

1. In the bowl of a stand mixer, combine yeast, milk, and brown sugar in a bowl and stir to dissolve. Allow to sit for 5 minutes.
2. Fit mixer with dough hook and stir in beer, butter, salt, and flour. Mix on medium speed for 3–4 minutes or until smooth and dough ball pulls away from sides.
3. Dough should be tacky but not sticky. If needed add a couple tablespoons of flour more at a time until the desired texture is reached.
4. Turn the oven knob to Proof Mode. Place bowl, uncovered, on wire rack to rise for range of 30 minutes to 1 hour or until doubled in bulk.
5. After the dough has proofed, Line a couple of full size baking trays with parchment paper and lightly oil the paper with vegetable oil. Set aside.
6. Put the pretzel wash's cup of water in a saucepan and bring up to a boil. Add baking soda. Boil for 1 minute then set aside.
7. In a separate bowl, beat together the egg and tablespoon of water. Set aside

MUSTARD:

½ cup (110g) whole grain
Dijon mustard

2 tbsp. spicy brown mustard

3 tbsp. (45g) prepared
horseradish

2 tsp. sesame oil

1 tsp. ground ginger

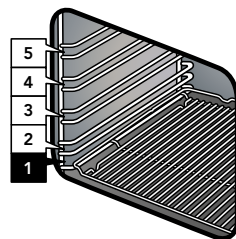
3 tbsp. (42g) brown sugar

Mix all to combine. Serve
with the finished pretzels.

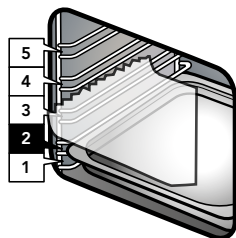
8. Divide the dough into 8 equal portions. Roll each portion out into a 24"–28" rope. Make a U shape with the rope, and holding the ends, twist the ropes twice at about 4" away from the ends. Flip the ends and take them back down towards the bottom of the U and press the ends into the rope to form the shape of a pretzel.
9. Lay onto the lined baking trays.
10. Brush pretzels with the hot water/baking soda mixture, then brush with the egg wash.
11. Bake for 12-14 minutes or until dark golden. Cool for at least 5 minutes before serving.

SETTING PROCEDURE:

PROOF MODE, 100°F
30 minutes to 1 hour
Wire Rack
(Level 1)



STEAM-CONV, 450°F
14 Minutes
Large pan with
Parchment Paper
(Level 2)



For 10 pieces

MINI BAGELS

Proof: Bowl on Wire Rack (Rack Level 2)

Large Perforated Pan + Large Pan (Rack Level 2)

Large Pan (Rack Level 2)

INGREDIENTS:

1 tsp. sugar

1 tsp. dried yeast

2 $\frac{1}{3}$ cups flour

$\frac{3}{4}$ cup water, lukewarm

$\frac{1}{2}$ tsp. salt

1 tbsp. oil

IN ADDITION:

1 egg white, whisked

Sesame or poppy seeds

PREPARATION:

1. Stir the sugar, dried yeast and 1 tbsp. flour into $\frac{3}{4}$ cup warm water and dissolve. Mix the remaining flour with salt. Add the yeast mixture and the oil to the flour and knead to form an elastic dough. Leave to proof as indicated.
2. Thoroughly knead the dough once more and divide into 10 pieces. Make a small ball from each piece of dough and push a hole into the center. Using circular movements, increase the size of the hole to approximately $\frac{3}{4}$ inch. Leave to proof as indicated.
3. Steam the bagels in greased perforated pan as indicated. Then pat dry, brush with whisked egg white and coat one side with sesame or poppy seeds. Line the baking pan with parchment paper, place the bagels inside and bake as indicated. Place on the wire rack to cool.

VARIATIONS:

Savory Bagels: Knead some roasted onions into the dough.

Cinnamon Raisin Bagels:

Add $\frac{1}{2}$ cup raisins and 1 tbsp. each of sugar and cinnamon to the dough.

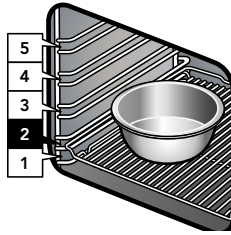
SETTING PROCEDURE:

PROOF, 100°F

1. 30 minutes (1st rise)

2. 30 minutes (2nd rise)

Bowl on Wire Rack (Level 2)



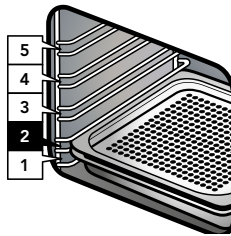
STEAM, 210° F

3 – 5 minutes

Large Perforated Pan +

Large Pan

(Level 2)



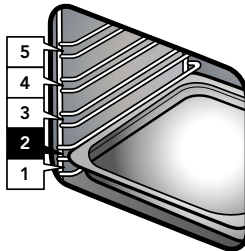
To Bake

STEAM CONV, 350°F

20 – 25 minutes

Large Pan

(Level 2)



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