



# Steam combination oven USER GUIDE



## For the First Time

After steam cooking, the display will read 'H2O OUT'. Step aside and open the door, let the steam escape. Remove the cover from the evaporation tray using oven gloves, as this will be very hot. Replace with the sponge provided. Depress the right control to let the water out. Squeeze out the sponge to a container.

If there is more than 500ml then it will be discharged in 2 steps. When the first stage is stopped, depress the right-hand dial for the next to complete.

## Maintenance

Cleaning should be carried out after each use. Take a soft absorbent cloth to remove any excess moisture from the cavity.

Descaling of the steam oven is essential. The appliance will prompt you by displaying 'dEC' in the display. The frequency of descaling will depend on the water hardness levels and how frequently the appliance is used. The process takes approximately 20 minutes to complete.

## Steam cooking functions

FOOD TYPE	TEMPERATURE °C
FISH	80°C - 100°C
VEGETABLES	90°C - 100°C
MEAT / CASSEROLES / CURRIES/SOUP	100°C
PASTA / RICE / PULSES	100°C
REHEATING	100°C
DEFROSTING / PROVING	40°C - 60°C

Cooking times are calculated from when the steam function has preheated. The steam function takes approximately 5 minutes to get up to temperature. The oven will hold enough water for approximately 2 hours of steam cooking.

## Tips

UNLIKE a microwave, the steam oven times do not increase with the quantity of food. The time will only increase if the density increases. Cut vegetables to even shapes and sizes.

ONLY cover foods if the consistency might change with the addition of moisture. i.e. a casserole may become too liquid.

"The steam oven can do so much more than cook just fish and vegetables."

"I never knew that it could cook, reheat and defrost. The results are so much better than using a microwave."

Scan for instructions



## Tips for steam cooking



**Pasta & Rice** When cooked at 100°C, will take the same time as it would to boil on the hob. Place the pasta and rice into a solid stainless steel container and cover with 1 cm of boiling water.

**Eggs** Can be boiled, scrambled or poached, at 100°C using the steam function. For the perfect boiled egg, place the egg onto a perforated steam container and cook 3-5 minutes for a soft boil and 8-10 minutes for a hardboiled egg. For scrambled egg, place the beaten egg, milk, butter and seasoning into a solid steam container. Cover. Every couple of minutes loosen the egg mixture with a fork. To make poached eggs pour boiling water into a solid steam container, with a drop of vinegar. Steam for approximately 3-4 minutes.

**Vegetables** Perfect when cooked using the steam function as they retain their colour, flavour and nutritional content. For dense vegetables such as potatoes, swede and parsnip, cook at 100°C for the same time as it would take to boil on the hob. For broccoli, carrots they will take less time in the steam oven, taking 5 minutes for an al dente finish, or up to 8 minutes for a soft finish.

**Fish** Being delicate in nature, is great cooked using the steam function. For oily fish such as a salmon or trout fillets, cook at 100°C for approximately 5 minutes. For delicate white fish, including cod and haddock cook at 80°C, also for 5 minutes. All fish should be cooked in a perforated container, and placed on the bottom shelf of the steam oven to ensure that the fish juices don't drip onto other items in the steam oven.

**Meat** Can be cooked in the steam function, but is best cooked in the combination mode to ensure browning of the meat. However, casseroles and curries work beautifully. Prepare the casserole as if you were to cook it in the oven. Place into a stainless steel container; cover with a lid or foil and depending on how tender the cut of meat cook for 45 minutes to 3 hours to cook.

**Soups** Cooked using the steam function have great flavour and require little monitoring as they won't boil over. For a vegetable soup, steam the vegetables first; add the stock and steam at 100°C. Process for a smooth consistency. The steam function is also ideal for making stock.

**Porridge** Simple and easy using the steam function. Place in a solid steam container, with a lid or foil and steam at 100°C for the same time as you would cook it in a microwave. For a creamier finish, stir half way through.

**Sous Vide** Cooking can be achieved easily, with the steam oven heating to precise temperatures. Enjoy perfectly cooked meats and fish with tender results, just like the restaurants. Place food into a food-safe vacuum sealed bag. Steam at the desired temperature (e.g beef fillet at 53°C) and finish on the hob to caramelize.

### Tasks you would have used your microwave for:

**Reheating food**, using the steam function does not dry out the food and can enhance the moisture content. A plated meal, covered with foil will take approximately 10-12 minutes. Ready meals will take approximately double the time stated on the packaging.

**Defrosting** is possible using the steam function. Times will vary, but defrosting usually takes half the time it would take to defrost left covered on the kitchen side.

**Skinning of tomatoes** and peppers is simple using the steam function. Make a small cross in the skin of the tomato, using a knife, and steam for 1 minute. Peppers have a tough skin, and will take up to 4-6 minutes to loosen the skin for peeling.

**Chocolate** can be melted using the steam function. There is little chance of burning the chocolate. Place into a stainless steel container and cover with foil. Steam for 1 minute.

**Hot towels** for a home facial, pre-shave or to serve after a meal is simple using the steam function. Dampen towel with water, roll and steam for 1 minute.

### Other tips and functions:

**Containers** should ideally be stainless steel and not ceramic. Stainless steel is better at conducting the heat and the food will benefit from quicker cooking times.

**Automatic functions** are available for meat, fish, vegetables, reheating and sterilising and defrosting. See the instruction booklet for details.

**Circulaire** uses the fan and allows cooking on many levels. The temperature range from 40 - 220°C. Ideal for cooking several items at once, with no cross transference of flavours. For foods that take less than 20 minutes to fan cook, it is not necessary to preheat the steam combination oven.

**Grill** is ideal for grilling meat and browning. Use the wire rack with a solid roasting tray below.

**Hot Air & Grill** uses a mixture of the fan and grill. This is ideal for cooking thicker cuts of meat and accelerating the browning of traditionally fan cooked foods. It is preferable to use a wire rack and solid roasting tray below.

**Hot Air & Steam** combines both cooking functions to provide moist baking and juicy roasting results. It is ideal for bread, puff pastry and joints of meat. Use the same cooking times and temperatures to provide the enhanced result.