

MASTERING THE  
**CONVECTION  
STEAM OVEN**

TECHNIQUES, RECIPES AND MORE





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### JUICY, GOLDEN ROAST TURKEY. VIBRANT STEAMED ASPARAGUS. BUBBLY, CRISP-CRUSTED CASSEROLES.

Breads worthy of a boulangerie. A succulent standing rib roast. Is there anything our Convection Steam Oven can't do? It bakes, roasts, steams, braises, blanches, poaches and more. It locks in vitamins, nutrients, moisture, flavor. It cooks food faster, and saves energy. No wonder combi (short for combination) ovens like ours have been a standby in the restaurants, bakeries and home kitchens of Europe for decades.

### YOU CAN DO AMAZING THINGS WITH THE WOLF CONVECTION STEAM OVEN

in your own kitchen – in fact, you can open up a whole new world of delicious tastes and healthier eating. But first you have to learn how it works, and understand the proper techniques for using it. Once you've done that, you can delve into the dozens of recipes that we've perfected for you.

We're not exaggerating when we say we LOVE cooking with the convection steam oven, and we're sure you will too. It can be the greatest culinary adventure of your life.

A whole roasted chicken is presented on a dark, rectangular tray. The chicken is golden-brown and glistening, with visible herbs and spices on its skin. It is surrounded by fresh green herbs, possibly rosemary, which are scattered around the base of the bird. The background is a light-colored, textured surface, possibly a wooden table or countertop.

**PROPER TECHNIQUES = RECIPE SUCCESS**

**THIS ISN'T JUST A  
RECIPE BOOK.  
IT'S MUCH MORE.  
IT'S A TECHNIQUE-  
FOCUSED APPROACH TO  
REALLY UNDERSTANDING  
AND MASTERING THE  
WOLF CONVECTION  
STEAM OVEN.**

Techniques are the building blocks for all recipes. Learning a core set of techniques instead of just reading through a collection of recipes, or picking up a random cookbook, will yield a far deeper knowledge of what's happening in the oven, and more delicious results as well. Many attempts at recipes fail because the techniques used to prepare them are not done properly.

We'll teach you those techniques, and along the way, also help you understand the main modes that the convection steam oven can operate in – what makes them unique and some of the foods they're suited to prepare. At the end of each mode section, we'll take you through recipes that utilize the techniques of the mode you've just read about.

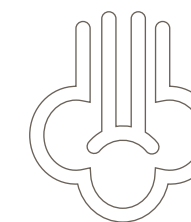
*We encourage you to make notes as you go. Read a recipe from beginning to end before you start to prepare the dish. Be adventurous – tangents are how exciting discoveries are made. Above all, have fun!*



# STEAM

PRESERVING NUTRIENTS, FLAVOR, COLOR

## STEAM MODE



**PREPARE A NEARLY ENDLESS ARRAY OF FOODS THE HEALTHY NATURAL WAY.**

“Why do I need an oven that can do nothing more than make broccoli?” That’s the common misconception about steam cooking – that it’s for cooking vegetables, period. Nothing could be further from the truth. Even if you only used the Steam Mode of our convection steam oven, you could do far more than just cook vegetables. Combine steam with other modes, and you can cook literally anything.

Steam provides a simple and effective way of preparing a nearly endless array of foods – more deliciously, more nutritiously. Key to the Steam Mode’s versatility is the

**COMBINE STEAM WITH OTHER MODES, AND YOU CAN COOK LITERALLY ANYTHING.**

ability to adjust temperature. While water reaches its boiling point at 212°F, steam can be captured and held inside the oven at temperatures far below 212°F – in fact, all the way down to 85°F.

With this variable temperature range, the Steam Mode provides the perfect environment for defrosting frozen foods for dinner or steaming vegetables as an accompaniment to the meal. The Steam Mode can hard-boil eggs, soft-poach delicate fillets of fish, steam shrimp or even make removing the skins of tomatoes easy for canning. Of course it can steam rice, but also delicate puddings and sauces. It’s an invaluable mode, but combined with other modes, it becomes downright amazing.



CHOOSE THE RIGHT  
TEMPERATURE FOR  
YOUR DISH

The Steam Mode allows for a wide range of foods to be prepared using a variety of different temperatures.

**THE CREATION OF APPETIZERS, ENTRÉES AND EVEN DESSERTS IS ACHIEVABLE USING THE STEAM MODE.**

The easiest way to make sense of the Steam Mode is to break down the temperature range into three tiers. Any temperature (in five-degree increments) can be selected between 85°F and 210°F, but for a more basic understanding, we will stick to three basic tiers.

**210 DEGREES**

The first tier of full steam or 210°F can be thought of as a pot of water on the stove. Anything you would normally put into a pot of water on the stove you can place in the steam oven at 210°F. Of course, placing vegetables in the steam oven is a given, but so are things like eggs, which can be easily “hard-boiled,” ears of corn in the husk, tomatoes (making the skins easy to peel for canning) or sausages (to par-cook prior to grilling).

**190 DEGREES**

This is the perfect temperature for soft-poaching delicate fillets of fish, mollusks, shrimp, eggs or fruits like pears. The ability to create a steam environment at a lower temperature than the boiling point of water keeps foods soft which normally would toughen up while cooking.

**85 DEGREES**

Defrosting is quick and easy in the steam oven. Using other methods, like a microwave, ends up drying out and partially cooking the food being defrosted. By using the Steam Mode set to 85°F along with the large oven interior, it's easy to defrost enough chicken breasts for a full meal or all the steaks and pork chops you could possibly need to grill out.

Regardless of which temperature tier you are using or what food you are preparing, there are a couple of tips and tricks for using the Steam Mode.

First, don't bother preheating. There is no real benefit to preheating the oven, so place the food inside before starting the Steam Mode and have food on the table just that much sooner.

Second, make use of the perforated pan included with the oven. The perforations in the pan allow for steam to move in, between and around the food.

Third, the bottom of the oven has a slight bend in it to channel water to the center. This creates a collection area for the water as it condenses and drips from the walls, food and racks. Placing the solid steam oven pan on rack position 1 (rack positions are labeled on the right side of the oven's collar) provides a convenient drip collector, easing cleanup. When using the solid pan on rack position 1 to catch drips from the food, the perforated pan can be placed on any of the other three rack positions.

**STEAM  
REVIEW**

- Choose the right temperature for your dish, from 85°F to 210°F.
- Don't bother preheating.
- You can defrost on multiple pans and racks.
- Use the perforated pan to improve circulation.
- Use the solid pan as a drip catcher on rack 1.







## STEAMED VEGETABLES

Steaming vegetables is a healthy way to make use the of the Steam Mode. Vitamins and nutrients are preserved, flavors are brighter, and you can place many different kinds of vegetables on the same tray. This process also works well for blanching and shocking (a common practice for setting the color of green vegetables). Blanching and shocking can be achieved by just steaming green vegetables for about 2 minutes and then immediately placing the vegetables into ice water to stop the cooking process and set the bright green color. Long steaming processes are also possible for things like “boiling” ears of corn.

### BEFORE YOU START

Make use of the solid steam oven pan on rack position 1 to act as a drip tray. Steaming provides a fast and healthy way to prepare vegetables, and a benefit of steam is that it doesn't transfer flavors. A variety of vegetables can be steamed at the same time without crossover of flavors.

MAKES	RACK POSITION	COOK TIME
 N/A	 2  1	 5-20 MINUTES

### INGREDIENTS

Any vegetable

### PREPARATION METHOD

Place however many vegetables desired onto the perforated steam oven pan. Place the solid steam oven pan on rack position 1 and perforated pan on rack position 2. Turn the steam oven on by selecting the Steam Mode set to 210°F. Steam the vegetables until the desired doneness is achieved.







## POACHED FISH

The Steam Mode can be used at temperatures below 210°F. The lower temperature of 185°F makes for a perfect poaching environment, letting the texture and flavor of delicate fish fillets shine through.

### BEFORE YOU START

It is important to grease the perforated steam oven pan, as the fish may stick during cooking.

MAKES	RACK POSITION	COOK TIME
 4 SERVINGS	 2  1	 15 MINUTES

### INGREDIENTS

4 fillets of flaky white fish (½ to 1 inch thick)

Salt and pepper (or other desired seasoning)

### PREPARATION METHOD

Season the fish fillets and place them onto the greased perforated steam oven pan. Place the solid steam oven pan on rack position 1 and the perforated pan on rack position 2. Turn the steam oven on by selecting the Steam Mode set to 185°F. Set the timer for 15 minutes. After 15 minutes, check the fish to make sure it is done. Continue cooking if needed. When the fish is done, remove the perforated pan from the oven. Using a spatula, gently remove the fish fillets from the perforated pan and serve.







## STEAMED SHRIMP

This recipe showcases the power of using the Steam Mode at a temperature below 210°F. The ability to create a gentler environment to steam the shrimp in by reducing the temperature to 200°F allows shrimp to steam perfectly without becoming tough.

### BEFORE YOU START

Whenever you are steaming, it is advantageous to use the solid steam oven pan as a drip tray placed on rack position 1. While not necessary, it significantly eases cleanup. Make sure the shrimp are fully thawed before you begin this recipe.

MAKES	RACK POSITION	COOK TIME
 4-5 SERVINGS	 2  1	 9 MINUTES

### INGREDIENTS

- 1 pound (16-20 count) raw shrimp, unpeeled, deveined
- 1 lemon, cut into 6 wedges
- 1 lemon, juiced
- 1 tablespoon Old Bay Seasoning
- Small bunch parsley sprigs

### PREPARATION METHOD

Combine all ingredients in large bowl. Toss the ingredients until fully combined. Place the perforated steam oven pan on top of the solid steam oven pan. This will act as a drip tray to carry the pan over to the steam oven. Pour shrimp mixture evenly onto perforated pan. Carry the pans over to the oven together. Place the solid steam oven pan on rack position 1 and perforated pan on rack position 2. Turn the steam oven on by selecting the Steam Mode set to 200°F. Steam for 9 minutes or until shrimp are slightly pink. Remove from the oven and serve immediately.








## POTATO SALAD

This recipe is a great summer barbecue side dish. It is quick and easy to put together using the Steam Mode, allowing you to prepare multiple ingredients at the same time.

### BEFORE YOU START

This recipe tastes best the next day, so be sure to make it at least a day ahead of time. Other ingredients can be added to the potato salad as well: chopped cooked bacon, shredded cheese, etc.

MAKES	RACK POSITION	COOK TIME
 10 SERVINGS	 4  2  1	 22 MINUTES

### INGREDIENTS

- 3 pounds small baby red potatoes, washed and diced into ¾-inch cubes
- 4 eggs
- Dressing:
  - ¾ cup mayonnaise
  - ½ cup buttermilk
  - ½ cup finely diced celery
  - ½ cup sliced scallions
  - ½ cup diced radish
  - 3 tablespoons whole grain mustard
  - 2 tablespoons fresh lemon juice
  - 2 tablespoons sweet pickle relish
  - 1½ tablespoons Dijon mustard
  - 2 teaspoons apple cider vinegar
  - ¼ teaspoon celery seed
  - ¼ teaspoon black pepper

### PREPARATION METHOD

Place the diced potatoes onto the perforated steam oven pan and spread out into a single layer. Place the solid steam oven pan on rack position 1. Place the perforated steam oven pan on rack position 2. Place the 4 eggs on the wire rack set on position 4. Turn the steam oven on by selecting the Steam Mode set to 210°F. Set the timer for 22 minutes. While the potatoes and eggs are steaming, place the remaining ingredients in a large bowl and mix to combine. After the timer goes off, remove the eggs from the oven and place into a bowl of ice water to cool. Remove the pan of potatoes and allow to partially cool. When the eggs are cool, peel and chop the eggs. Add the eggs and potatoes to the large bowl with the dressing and stir to combine. Cover and refrigerate overnight. The next day, check for seasoning, adding salt and pepper if necessary.



## STEAM BUNS

Steam buns are a fun way to bake bread using the Steam Mode, as these delicate fluffy pillows can be used for a variety of other recipes. For example, they pair perfectly with braised pork, creating a báhn mì sandwich. Easy to prepare and quick to bake, this steam bun recipe is a great way to experience a normally unthought-of way to bake bread.

MAKES



20 BUNS

RACK POSITION



2

COOK TIME



8-10  
MINUTES

### BEFORE YOU START

Like any bread, you will need to proof this dough. It is helpful to have a rigid, oiled (or sprayed) container which the dough can be moved to for proofing. You will also need the perforated steam oven pan to bake the buns on. Be sure to spray the perforated steam oven pan prior to placing the steam buns on it. Because of the perforations, it is a good idea to spray the pan over a sink, as some spray will make its way through the perforations.

### INGREDIENTS

- 1 1/3 cups all-purpose flour
- 1 1/3 cups cake flour
- 6 tablespoons warm water
- 6 tablespoons whole milk
- 3 tablespoons sugar
- 1 tablespoon olive oil
- 2 teaspoons instant yeast
- 1/2 teaspoon baking powder

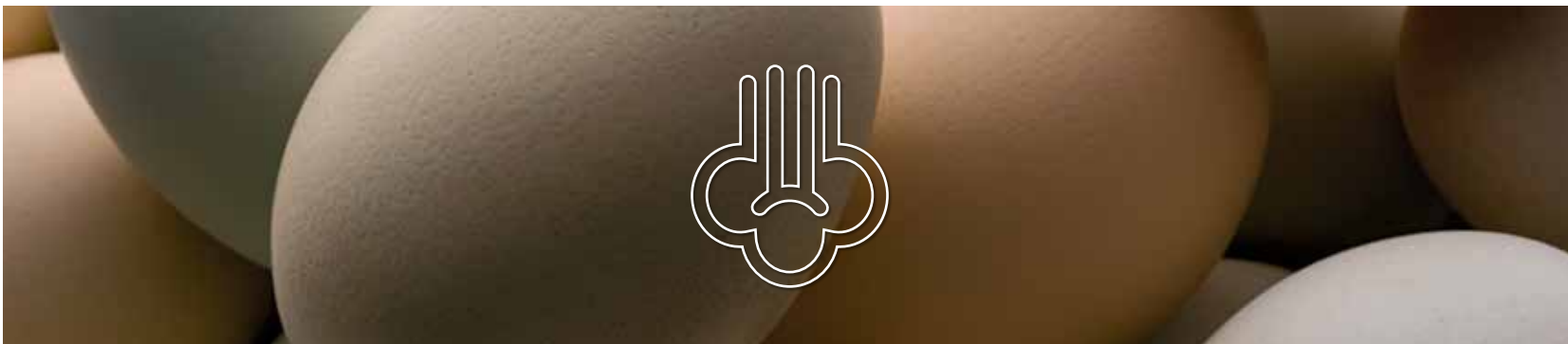
### PREPARATION METHOD

Combine all ingredients into the bowl of a stand mixer. With the dough hook in place, mix on low until the dough begins to come together. Increase the speed to medium-low and continue mixing for 7 minutes. It may be necessary to add a teaspoon or two of water or flour, depending on the season. If the dough seems too dry, add one or two teaspoons of water. Conversely, if the dough seems too moist and is not pulling away from the sides of the mixing bowl, then add one or two teaspoons of all-purpose flour.

Remove the dough from the mixing bowl and place inside an oiled or sprayed, rigid container. Cover with plastic wrap or a wet towel and allow the dough to rise until doubled in size.

Remove the dough from the proofing container and place on the counter. Divide the dough into two equal pieces. Shape each piece into a log. Divide each log into 10 pieces. You should now have 20 equal pieces of dough. Roll each piece of dough into a ball and place on the counter (after lightly dusting with flour). Cover with plastic wrap or warm wet towels and allow to proof for 15 minutes.

One at a time, roll out 10 three-inch flat circles. Reserve the remaining 10 pieces of dough. Place the 10 rolled-out disks onto the perforated steam oven pan, which has been greased with cooking spray. Cover with a warm towel and allow to proof for 15 minutes. While the dough is proofing, roll out the remaining 10 pieces of dough and place them on the counter. Cover with a warm towel and allow to proof while you steam the first tray. Place the perforated pan on rack position 2. Turn the steam oven on by selecting the Steam Mode set to 210°F. Set a timer for 10 minutes. After the timer goes off, remove the pan from the oven, but leave the steam oven on. Place the pan on a heatproof surface and remove the steam buns. Respray the perforated pan and place the second batch of proofed buns onto the pan. Return the pan to the steam oven on rack position 2 and set a timer for 8 minutes (the steam oven is already preheated so we don't need to steam the buns as long this time). After the timer goes off, remove the pan from the oven and turn the steam oven off. Place the pan on a heatproof surface and remove the steam buns. Use them immediately, or save them for later use.







## HARD-BOILED EGGS

One egg or three dozen, 21 minutes is all you need. Everyone has their own secret hard-boiled egg process when using a pot on the stove. Do you start the timer after the water starts to boil? Keep the lid on or off? Take the pot off the heat after it starts to boil? Regardless of what steps you take, results are never quite the desired outcome. Using the steam oven makes it easy to have perfect hard-boiled eggs.

### BEFORE YOU START

Make sure to have a bowl of ice water available to place the eggs into after steaming. It is important to stop the cooking process quickly, once they are done.

MAKES	RACK POSITION	COOK TIME
 N/A	 2  1	 21 MINUTES

### INGREDIENTS

At least one egg

### PREPARATION METHOD

Place the desired number of eggs onto the perforated steam oven pan. Place the solid steam oven pan on rack position 1 and the perforated pan on rack position 2. Turn the steam oven on by selecting the Steam Mode set to 210°F. Set the timer for 21 minutes. After 21 minutes, remove the perforated pan from the oven and place the eggs immediately into the bowl of ice water. Allow the eggs to completely cool. Peel and enjoy.








## DEFROSTING

The Steam Mode is great for defrosting frozen foods, especially cuts of meat such as chicken breasts, pork chops or steaks. Using a low steam temperature of 85°F, the steam mode provides the ideal way to defrost foods quickly, easily and with better results than a microwave.

### BEFORE YOU START

You can make use of both wire racks if needed. Be sure to use the solid pan on rack position 1 to catch any drips from the foods as they defrost.

MAKES	RACK POSITION	COOK TIME
 N/A	 3  2  1	 15-20 MINUTES

### INGREDIENTS

Frozen foods

### PREPARATION METHOD

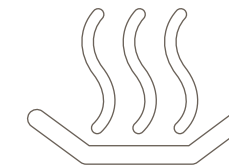
Place the frozen foods on the wire racks set on position 2 and 3. Place the solid steam oven pan on rack position 1. Turn the steam oven on by selecting the Steam Mode set to 85°F. Check foods after 15 minutes. Continue defrosting if necessary.



## REHEAT

BRINGING LEFTOVERS BACK TO LIFE

### REHEAT MODE



**STEAM AND CONVECTION HEAT GENTLY REHYDRATE YOUR FOOD, INSTEAD OF DRYING IT OUT.**

When it's time to heat up last night's dinner, we typically do it the easy way – in the microwave. With uninspiring results. Maybe that's why people often wrinkle their noses at the thought of eating leftovers. A microwave removes moisture from the food as it heats, so it can be dry and tasteless – nothing like the night before.

Our Convection Steam Oven takes a different approach in the Reheat Mode. It starts out with a combination of steam and convection heat – a warm, moist heat that gently rehydrates foods and brings them back to moist, flavorful life. After about 5 minutes, the steam functionality turns off, and a vent opens in the top of the oven. Excess moisture dissipates so that the food is not served soggy. This blend of steam and heat provides the ideal reheating environment for food.

**A BLEND OF STEAM AND HEAT PROVIDES THE IDEAL REHEATING ENVIRONMENT FOR FOOD.**

Some owners of our Convection Steam Oven have actually told us that using this method, the food tastes better reheated than when it was originally served! Even if you're not quite that enthusiastic, your family will no longer groan at the notion of eating leftovers.

## BRINGING LEFTOVERS BACK TO LIFE

Using the Reheat Mode makes it easy to bring new life to leftover, freezer-burned or stale foods. Seven to nine minutes is all that is usually necessary to be sitting down to perfectly reheated meals. By using a combination of steam and heat, the Reheat Mode creates the ideal environment for reheating almost any food. For the first half of the reheating process, both steam and heat are used, while during the second half no steam is used so the food is not served soggy. In summary, a warm, moist heat brings foods up to temperature, and a dry heat removes any moisture on the outside of the food.

Of course, there are a few tips to achieve the best results.

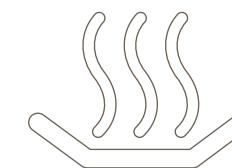
First, think individual portions of food. Example: a couple of pieces of lasagna on a plate, not an entire pan. Reheating a full pan such as a casserole is easy; however, we will make use of the Convection Steam Mode instead, because it will allow you to maintain the moist environment for a longer period of time.

Second, don't cover the food. It is important for the steam during the beginning to be able to move in and around the food.

### REHEATING

#### REVIEW

- You can make up a full plate of food; think chicken breast, broccoli and rice, all on the same plate.
- Make sure to put the food into the oven before you start. Do not preheat. Do not cover the food.
- Large amounts of food or a full dish should be reheated using the Convection Steam Mode.
- Pizza should be reheated using the Convection Steam Mode.



## REHEATING PLATES OF FOOD

The Reheat Mode is perfect for reheating a variety of different foods and leftovers from the day before.

### BEFORE YOU START

Entire plates of food can be reheated using the Reheat Mode. This allows for fully composed plates of food to be reheated and served, without the need for additional dishes. Be sure the plates being used are oven-safe.

— RACK POSITION —



— COOK TIME —



### INGREDIENTS

Plates of leftover food

### PREPARATION METHOD

Place the plates of food on the wire racks set on rack positions 2 and 3. Turn the steam oven on by selecting the Reheat Mode set to 250°F. Check foods after 8 minutes. Continue reheating if necessary.



### REHEATING STALE OR FREEZER-BURNED BREAD

The Reheat Mode is perfect for reheating a variety of breads, whether slightly stale baguettes or freezer-burned bagels. The Reheat Mode is wonderful for bringing bread back to “fresh from the bakery goodness.”

#### BEFORE YOU START

Bread can be placed directly on the wire racks; no pans are needed.

MAKES	RACK POSITION	COOK TIME
 N/A	 2	 7 MINUTES

#### INGREDIENTS

Stale or freezer-burned bread

#### PREPARATION METHOD

Place the stale or freezer-burned bread on the wire racks set on position 2. Turn the steam oven on by selecting the Reheat Mode set to 300°F. Set the timer for 7 minutes. After 7 minutes, remove the bread from the oven, enjoy warm or allow to cool slightly.



### REHEATING FULL CASSEROLE DISHES OF FOOD

The Convection Steam Mode is great at reheating full casserole dishes of food. Combined with the temperature probe, this foolproof way of reheating large amounts of leftovers makes it easy to prepare foods a few days ahead of time and reheat them when needed, without compromising quality.

#### BEFORE YOU START

Place the probe into the center of the casserole, taking care to leave the tip off the bottom of the dish. Try to place the probe in at an angle, in order to try and cover as much of the probe's shaft as possible.

MAKES	RACK POSITION	COOK TIME
 N/A	 2	 N/A

#### INGREDIENTS

Full casserole dish

#### PREPARATION METHOD

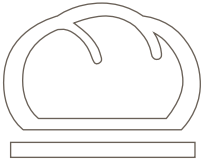
Place the casserole dish on the wire rack set on position 2. Turn the steam oven on by selecting the Convection Steam Mode set to 250°F. Plug the probe into the steam oven and set the alert temperature to 170°F. When the temperature probe reaches approximately 150°F, press the Mode button to turn the steam function off. Allow the oven to continue until the probe temperature of 170°F is reached.



# AUTO STEAM BAKE

BREAD, ROLLS, PASTRIES TO DIE FOR

## — AUTO STEAM BAKE MODE —



### THIS IS HOW ARTISAN BAKERS GET THAT CRACKLY, SHINY CRUST.

Harness the power of a professional deck oven, like the ones used in artisan bread bakeries, in your home kitchen. The glossy, crackled and crazed finish to great breads, the sheen on perfectly fluffy pastry – these are hard if not impossible to achieve in a standard oven. Many home bakers strive for these delicious results, only to fall short with drab loaves of bread and dull pastries.

Steam is the critical element in the baking process of breads and pastries. Flooding the oven cavity with steam at the beginning of the baking process provides the opportunity for a pair of critical reactions to take place. The first is slowing down the baking process by lowering the surface temperature of the bread being baked, as water condenses

**BAKING BREAD WITH STEAM WILL PRODUCE THE KIND OF LOAVES, ROLLS AND PASTRIES THAT YOU’VE ALWAYS DREAMED OF.**

on the raw loaf. This moisture keeps the crust from forming during the “oven spring” period of baking and allows the bread to rapidly expand as the yeast goes through a final burst of fermentation. Keeping the

dough’s surface flexible, for as long as possible, allows the dough to expand, resulting in an airy texture.

The second reaction is what delivers the great sheen and crazed finish on beautifully baked breads. The gelatinization (the moist, gummy layer) on the exterior of the bread begins to bake out, yielding a rich, shiny finish.

Baking bread without steam produces loaves of bread that do not spring as high and crusts that underwhelm with drab exteriors and lack depth of flavor. Baking bread with steam will produce the kind of loaves, rolls and pastries that you’ve always dreamed of.

## BAKE LIKE A PRO IN THE CONVECTION STEAM OVEN

Whether you like baguettes, bâtards, boules, croissants, turnovers or pies, the Wolf convection steam oven allows even the most novice baker to turn out baked goods worthy of a seasoned professional.

Take baking bread, for example. Simply combining nothing more than flour, water, salt and yeast will allow for the creation of a nearly endless assortment of breads. By barely adjusting the amounts of each ingredient, or the way they are combined, vastly different breads can be created.

**BAKING GREAT BREAD IS AN ART, ONE THAT TAKES PRACTICE, TIME AND TRIAL.** However, there are a few tips and tricks you can use to help ensure success.

First, make sure to properly measure all ingredients. “Pretty close” is NOT close enough for baking bread.

Second, seek out quality ingredients. With so few ingredients involved (sometimes as few as four), the quality of the ingredients used will have a direct effect on the final outcome.

Third, combine the ingredients properly. Regardless of whether you are kneading by hand or by machine, developing gluten in the bread is critical to the final product. Bypassing this step, or shortening the mixing time, will have a dramatic effect on the final product.



Fourth, patience. Bread takes time. The proofing process is one that can't be rushed. A long, slow proofing time is required to develop the flavors necessary to provide complexity and structure to the bread.

Fifth, shape and proof again. Once the dough has risen, it is hard to not immediately bake it. Continue being patient by taking the time to shape the loaves of bread and allow them to proof again.

Sixth, score. Scoring the loaves of bread just moments prior to baking is done not only for aesthetic reasons. The deep slashes made in bread dough allow for the expansion or “oven spring” that the dough goes through after being placed inside the oven.

When using the Auto Steam Bake Mode, it is important to not preheat the oven. The final risen bread or pastry must be placed inside the oven cavity while the oven is still off.

### AUTO STEAM BAKE

#### REVIEW

- Properly and precisely measure ingredients.
- Seek out quality ingredients.
- Combine ingredients properly.
- Be patient.
- Shape and wait.
- Score the bread.
- Do not bother to egg wash or brush pastries.
- Make sure to put the food into the oven before you start. Do not preheat.



## APPLE CRISP

The perfect fall day is best spent with a warm bowl of apple crisp. The streusel recipe used here is a wonderful universal streusel for a variety of other desserts or pies.

### BEFORE YOU START

The streusel can be made up ahead of time and frozen. It will make more than you need for this recipe. Another great idea is to use a couple of different kinds of baking apples, as they will each lend their own flavors and nuances to the dish.

MAKES

RACK POSITION

COOK TIME



6 SERVINGS



2



45 MINUTES

### INGREDIENTS

Streusel topping:

½ lb of butter, softened, cubed

2 cups brown sugar, firmly packed

2 cups rolled oats

1¼ cups all-purpose flour

1½ teaspoons cinnamon

½ teaspoon nutmeg

Apple mixture:

6 medium apples, peeled, quartered and sliced ¼ inch thick

⅓ cup sugar

¼ cup all-purpose flour

2 tablespoons water

¾ teaspoon cinnamon

¼ teaspoon nutmeg

¼ teaspoon salt

### PREPARATION METHOD

In a large bowl, combine all the streusel ingredients. Crumble together until well combined. Set aside.

For the apple crisp, in another bowl combine apple mixture ingredients. Pour the apple mixture into a greased 8" square baking dish. Top with a generous amount of the streusel topping. Place on the wire rack set on position 2. Turn the steam oven on by selecting the Auto Steam Bake Mode set to 345°F. Bake until golden brown and bubbly. Approximately 45 minutes.



## APPLE PIE

This apple pie recipe takes advantage of the Auto Steam Bake Mode's ability to make a beautiful glossy top crust. The streusel recipe from the apple crisp can also be used as a topping for this recipe instead of the second piece of pie dough.

### BEFORE YOU START

It is best to use a couple of different kinds of baking apples, as they will each lend their own flavors and nuances to the dish. It is important to rotate the pan and change the temperature partway through the baking process.

MAKES

RACK POSITION

COOK TIME



6 SERVINGS



2



50 MINUTES

### INGREDIENTS

Pie crust:

2½ cups flour

1 teaspoon salt

1 cup plus 2 tablespoons shortening

7 tablespoons cold water

Apple mixture:

7 medium apples, peeled, quartered and sliced ¼ inch thick

1½ cups sugar

¼ cup all-purpose flour

1 tablespoon corn starch

2 teaspoons lemon juice water

1 teaspoon cinnamon

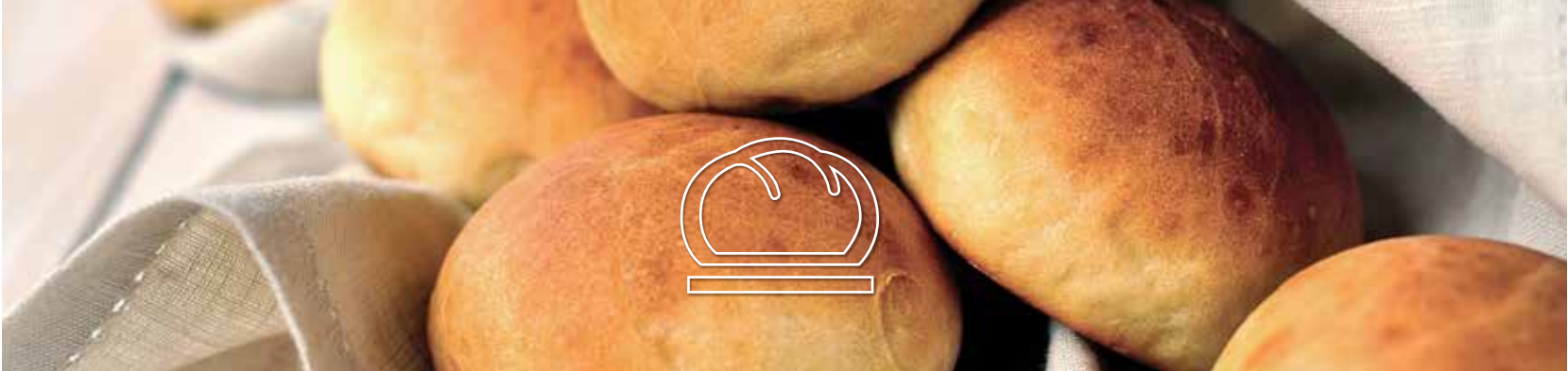
¼ teaspoon nutmeg

2 tablespoons butter

### PREPARATION METHOD

In a large bowl, combine all the pie crust ingredients. Crumble lightly together until well combined. Mix in the cold water and bring the dough together with a fork. Divide the dough into two pieces and set one back in the bowl covered with a damp towel. Roll out the first piece of dough on a generously floured surface until about ¼ inch thick, or large enough to cover the bottom and side of a pie pan. Place the rolled-out dough in a pie plate or dish.

For the apple mixture, in another bowl combine apple mixture ingredients. Pour the apple mixture into the prepared pie dish. Place the 2 tablespoons of butter around the top of the apple mixture, in small pieces. Roll out the remaining dough into a top crust and place on top of the pie. Crimp the edges of the pie and cut off any excess dough. Cut a few small vent slots in the top of the crust. Place on the wire rack set on position 2. Turn the steam oven on by selecting the Auto Steam Bake Mode set to 445°F. Set the timer for 30 minutes. After 30 minutes, open the oven and rotate the pie. Reduce the temperature to 410°F and set the timer for 20 minutes. After 20 minutes, remove the pie and place on a cooling rack. Allow to cool for 45 minutes before serving.



## DINNER ROLLS

A light and fluffy dinner roll goes well with any meal. This recipe can easily be doubled if needed for a larger gathering.

### BEFORE YOU START

Active dry yeast can be substituted in this recipe. If used, place the yeast and warm water in the mixing bowl and allow to sit for 5 minutes prior to adding any ingredients.

MAKES



RACK POSITION



COOK TIME



### INGREDIENTS

- 2½ cups bread flour
- ½ cup milk
- ¼ cup water
- 2 tablespoons butter
- 2 tablespoons sugar
- 2 teaspoons instant yeast
- 1 teaspoon salt

### PREPARATION METHOD

In a small pan, heat the milk and butter until warm and the butter has melted. Pour the warm milk and butter mixture, along with the remaining ingredients, into the bowl of a stand mixer fitted with a dough hook. Knead the dough on medium low speed for 8 minutes. Place the dough in a greased container large enough to allow for the dough to double in size as it rises. Cover with plastic wrap or a damp kitchen towel. After the dough has doubled in size, divide the dough into 12 equal pieces. Round each piece of dough into a ball and place on a greased solid steam oven pan, leaving about 2 inches between each ball of dough. Cover with plastic wrap and allow to double in size again. Place the solid pan in the steam oven on rack position 2. Turn the steam oven on by selecting the Auto Steam Bake Mode set to 345°F. Bake for 18 minutes or until golden brown.



## HONEY WHEAT SANDWICH BREAD

Make loaves of honey wheat bread quickly and easily at home. The hint of sweetness from the honey brings a nice rounded flavor to the bread. Perfect for sandwiches as well as toasting, this healthy wheat bread will become a favorite to always have around.

### BEFORE YOU START

Both whole wheat and white bread flour are used in this recipe. You may use all whole wheat flour, but if you do so, additional water may need to be added.

MAKES



RACK POSITION



COOK TIME



### INGREDIENTS

- 2½ cups whole wheat flour
- 1½ cups white bread flour
- 1½ cups warm water
- 3 tablespoons honey
- 2 tablespoons butter, melted
- 2 teaspoons instant yeast
- 2 teaspoons salt

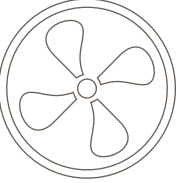
### PREPARATION METHOD

Place all ingredients into the bowl of a stand mixer fitted with a dough hook. Knead the dough on medium low speed for 5 minutes. Turn the mixer off and cover the bowl with a clean dish towel or plastic wrap. Allow to stand for 10 minutes. Remove the covering on the bowl and continue to knead on medium low speed for an additional 5 minutes. Place the dough in a greased container large enough to allow for the dough to double in size as it rises. Cover with plastic wrap or a damp kitchen towel. After the dough has doubled in size, divide the dough into two equal pieces. Form each piece into a short log, about 8 inches long. Place the dough into two greased 8½" x 4½" loaf pans. Cover with plastic wrap and allow to double in size again. Lightly score the top of the loaf, making one long slash with a sharp knife. Place the loaves into the oven on the wire rack set at position 2. Turn the steam oven on by selecting the Auto Steam Bake Mode set to 350°F. Bake for 35 minutes or until golden brown.



**CONVECTION**

**CONSISTENT HEAT, DELICIOUS RESULTS**



**CONVECTION MODE**

**THE DRY COOKING WAY TO FIX ALMOST ANYTHING.**

Obviously, the convection process is an essential part of our Convection Steam Oven. So let's make sure you understand how convection works, and why it's such a popular cooking mode.

In convection, heat doesn't just come up from the bottom of the oven, like it does in an ordinary oven – it circulates throughout the oven cavity with the help of fans in the back of the oven.

Food cooks more evenly and more quickly – up to 25% faster than in a conventional oven. Pie crusts and croissants get flakier. Chicken stays juicier, with

“crackle” in the skin. Vegetables and potatoes are more quickly caramelized. And if you're baking using multiple racks – say with chocolate chip cookies – each rack gets evenly browned.

Convection is a dry cooking method – it does not produce steam, and excess moisture given off by the food is vented out of the appliance. This mode works well for food you are inherently trying to keep dry, or that would not benefit from the addition of steam. A few of these are cookies, granola, roast chicken, beefy jerky or soufflés.

**FOOD COOKS MORE EVENLY AND MORE QUICKLY.**

**THE BENEFITS OF CONVECTION**

The Convection Mode in the steam oven is unique in that excess moisture given off by the food is vented out of the appliance. This mode works well for food you are inherently trying to keep dry, or that would not benefit from the addition of steam. Using convection also allows for baking on multiple rack positions at the same time.

**CONVECTION REVIEW**

- Cook on multiple levels.
- Excess moisture is vented off.
- Oven door can be left open at lower temperatures to dehydrate.
- Don't bother preheating.



## ROAST CHICKEN

Roasted chicken. A simple dish that can stand alone as a meal or be the first step towards a great soup or casserole. The convection steam oven makes it easy to roast a chicken, quickly and beautifully. The use of the included temperature probe ensures that the chicken is cooked exactly to the temperature desired. The oven will shut off automatically after the alert temperature is reached.

### BEFORE YOU START

One of the best “tools” a kitchen can have is parchment paper. It provides seemingly endless solutions to a variety of problems. Place it under granola to ease removal, cover your countertop to cool cookies after baking or wrap fish fillets in it to cook them “en papillote.” The use of parchment paper in this recipe prevents drippings from the chicken from burning to the pan. Parchment paper that comes on a roll will work; however, take the time to seek out pre-cut “half sheet pan” sheets of parchment paper from a local restaurant supply store. The flat pre-cut sheets are much easier to use than the rolls.

MAKES



4  
SERVINGS

RACK POSITION



1

COOK TIME



N/A

### INGREDIENTS

- 1 (3½ to 4-pound) whole chicken
- 1 bunch fresh parsley
- 2 sprigs fresh rosemary
- 7 sprigs fresh thyme
- ½ lemon, cut into wedges
- 2 cloves garlic, smashed
- 1 tablespoon olive oil
- Kosher or sea salt
- Freshly ground black pepper

### PREPARATION METHOD

Place the parsley, rosemary, thyme, lemon and garlic inside the chicken. Truss the chicken closed with cotton kitchen twine. Rub the outside of the chicken with one tablespoon of olive oil. Season the chicken liberally with salt and pepper.

Line the solid steam oven pan with parchment paper. Place chicken on the solid pan and slide the pan into the oven on rack position 1. Turn the steam oven on by selecting the Convection Mode set to 400°F. Insert the temperature probe into the thickest part of the thigh and select an alert temperature of 180°F. When the alert temperature is reached, remove the pan from the oven and place on a cooling rack. Tent the chicken with aluminum foil and allow it to rest for 15 minutes before serving.



## CHOCOLATE SOUFFLÉ

Yes, you can make chocolate soufflés at home in your own kitchen. These soufflés are improved with the addition of caramel sauce at the end for an extra level of decadence.

### BEFORE YOU START

A variety of other sauces could be used in place of the caramel sauce – warm chocolate fudge, raspberry puree or even vanilla crème anglaise.

MAKES



10  
SERVINGS

RACK POSITION



2

COOK TIME



15  
MINUTES

### INGREDIENTS

Batter:

- 6 tablespoons butter
- 9 ounces dark chocolate
- 2 teaspoons vanilla extract
- 6 egg yolks
- 6 egg whites
- 6 tablespoons sugar
- ½ teaspoon salt
- ½ teaspoon cream of tartar

Soufflés:

- 4 tablespoons butter, melted
- ¼ cup sugar
- ¾ cup caramel sauce (jarred or homemade)

### PREPARATION METHOD

Preheat the steam oven on the Convection Mode at 375°F. Using a medium bowl set over a pot of simmering water, melt the chocolate and butter. Remove from the heat and add the vanilla. Whisk in one egg yolk at a time. Set aside. In the mixing bowl of a stand mixer, combine the egg whites, sugar, salt and cream of tartar. Using the wire whip, mix on medium high speed until stiff peaks. Gently fold the whipped egg whites into the melted chocolate. Melt 4 tablespoons of butter. Brush 10 six-fluid-ounce ramekins with melted butter. Sprinkle each ramekin’s bottom and sides with sugar. You will likely not need all the sugar. Turn each ramekin over a sink or bowl, to pour out sugar that did not stick. Divide the soufflé batter evenly between the 10 ramekins.

Place the ramekins on the solid steam oven pan. Place the solid pan in the preheated oven on rack position 2. Bake for 15 minutes or until set. Carefully remove the tray from the oven and gently tap the top of each soufflé with a spoon to break a small hole. Pour 1 tablespoon of caramel into each soufflé and serve.



## CINNAMON PUFFS

It's not a muffin, it's not a cupcake. It's a cinnamon puff. Light and sweet, this is a breakfast favorite that will easily find its way into your repertoire.

### BEFORE YOU START

Make sure to grease the muffin tin, as the cinnamon puff can be hard to remove if this step is skipped. It is important to work with the cinnamon puffs while they are still hot, as you dip them in butter and roll them in sugar and cinnamon.

MAKES



RACK POSITION



COOK TIME



### INGREDIENTS

- 1½ cups all-purpose flour
- ¾ cup sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¼ teaspoon nutmeg
- 1 egg, lightly beaten
- ½ cup milk
- 2 teaspoons vanilla extract
- 5 tablespoons butter, melted

Topping:

- ½ cup sugar
- 1¼ teaspoons cinnamon
- 6 tablespoons butter, melted

### PREPARATION METHOD

Combine flour, sugar, baking powder, salt and nutmeg in a mixing bowl. In a separate bowl, mix the egg, milk, vanilla extract and melted butter together. Stir egg mixture into dry ingredients to combine. Spoon the batter evenly into a greased muffin tin. Place the muffin tin on the wire rack set on rack position 2. Turn the steam oven on by selecting the Convection Mode set to 335°F. Set the timer for 15 minutes. After 15 minutes, check by inserting a toothpick into the center and see if it comes out clean. If needed, continue baking for an additional 2 minutes. When done, remove the muffin tin from the oven and place on a cooling rack. While the cinnamon puffs are still warm, mix the sugar and cinnamon together in a small bowl. Remove one of the cinnamon puffs from the muffin tin and dip the top into the melted butter. Roll the entire cinnamon puff in the bowl of sugar-cinnamon mixture. Set on the cooling rack and repeat with remaining cinnamon puffs.



## GRANOLA

Granola is wonderful on its own or as an accompaniment to many foods. Have it with milk, sprinkled over yogurt or tossed with cut-up fresh fruits. This granola is straightforward and simple to make, providing a great base for additional ingredients to be added if desired. Shredded coconut, sunflower seeds, almonds or dried fruits are just a few examples of ingredients that can easily be added to this base granola.

### BEFORE YOU START

The flavor of the maple syrup really shines through in the finished product, and it is important to use a pure, quality maple syrup. The use of rolled oats is critical, as using quick oats in this recipe will not turn out.

MAKES



RACK POSITION



COOK TIME



### INGREDIENTS

- 2¼ cups rolled oats (do not use quick oats)
- ¾ cup chopped pecans
- ¼ cup plus 1 teaspoon maple syrup
- ¼ cup plus 1 teaspoon firmly packed brown sugar
- 3 tablespoons vegetable oil
- ½ teaspoon kosher salt

### PREPARATION METHOD


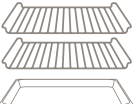

In a large mixing bowl, combine the oats and nuts. In another bowl, whisk together the maple syrup, brown sugar, oil and salt. Pour the wet mixture into the bowl with the oats and nuts. Stir well to evenly coat. Pour onto a solid steam oven pan lined with parchment paper or a Silpat®. Place in oven on rack position 2. Turn the steam oven on by selecting the Convection Mode set to 250°F. Set the timer for 40 minutes. After 40 minutes, pull the pan out and turn the granola over with a spatula. Slide the granola off the parchment/Silpat and back onto the pan. You can discard the parchment at this point. Put the pan back into the oven and set the timer for 30 minutes. Remove the pan and turn again. Place the pan back in the oven and set the timer for another 30 minutes. Remove the pan from oven, cool completely. Store in a rigid sealed container.



## BEEF JERKY

Dehydrating is a simple process and easy to achieve at home. Liberty can also be taken with the ingredients if desired. Prefer spicier foods? Add one or two teaspoons of red chili flake, or Sriracha sauce. You could also substitute maple syrup for the brown sugar to add a different dimension. The barbecue sauce listed in the recipe can also be fit to your personal tastes. Whether sweet or smoky, Kansas City or Carolina, any barbecue sauce will work just fine.

Cutting the strips of meat across the grain is a critical step in the process of making the jerky. The best way to achieve this is with a long thin knife.

MAKES	RACK POSITION	COOK TIME
 N/A	 3 2 1	 4 HOURS

### BEFORE YOU START

On the day you dehydrate the jerky, you will need both of the wire racks that came with the steam oven. It is also helpful to have the solid steam oven pan to catch drips as you begin laying out the strips of meat across the racks. The other tool that might not seem as though it has a place in this recipe is a colander. You will use the colander to drain off the excess marinade. This provides a much cleaner way of handling the strips of meat instead of just removing them one at a time from the zip-top bag.

### INGREDIENTS

- ¼ cup soy sauce
- ¼ cup barbecue sauce
- 2 tablespoons Worcestershire sauce
- 2 tablespoons liquid smoke
- 2 tablespoons water
- 2 tablespoons apple cider
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1 teaspoon brown sugar
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon celery salt
- 2-2½ pounds flank steak

### PREPARATION METHOD

The day before:

Whisk all ingredients together, except meat, into a large mixing bowl until they are fully combined. Using a long thin knife cut the flank steak into ¼-inch thick strips across the grain. The best way to achieve this is to lay the full flank steak down on a cutting board so that the grain of the meat is horizontal (left to right). Carefully slice off thin strips across the grain. Continue slicing and add all the strips to the marinade. Mix well. Pour the entire contents of the bowl into a large one-gallon resealable zip-top bag. Place the zip-top bag in a ridged container, just in case it leaks, and refrigerate overnight.

The day of:

Drain the marinated meat in a colander to remove any excess liquid. Place the solid steam oven pan down on the counter and set one of the wire racks over it. Lay the strips of meat one at a time across the rack. Cover the wire rack without overlapping the strips of meat. Repeat with the second wire rack and remaining strips of meat.

Carry the solid pan and two wire racks over to the steam oven. Place the first wire rack on position 3. Place the second wire rack on position 2 and place the solid steam oven pan on position 1. Turn the steam oven on by selecting the Convection Mode set to 150°F. Leave the door open in the “at rest” position (about 1 inch open). Make sure to turn off the interior light. Check the jerky after 2 hours. Rotate the wire racks. You can also remove the solid steam oven pan at this point. Continue dehydrating for an additional 2 hours or as necessary until the jerky is dehydrated.



## CARAMEL SQUARES

A great dessert to serve for the holidays, these caramel squares are simple and quick to make. These bars also freeze wonderfully and can simply be thawed when needed, freeing up the time of making them in advance.

### BEFORE YOU START

Be sure to unwrap all the individual caramels before starting the recipe.

MAKES  24 SERVINGS

RACK POSITION  2

COOK TIME  20 MINUTES

### INGREDIENTS

- 1 cup flour
- ¼ teaspoon salt
- ¼ teaspoon baking soda
- ¾ cup rolled oats
- ½ cup brown sugar
- 30 wrapped caramel cubes
- ½ cup margarine
- 3 tablespoons milk
- 2 tablespoons flour
- ½ cup chocolate chips

### PREPARATION METHOD

In a medium bowl, combine the flour, salt, baking soda, oatmeal and brown sugar. Cut in the ½ cup of margarine until crumbly. Remove 1 cup of this mixture and reserve for use later. Press the remaining mixture into an ungreased 9 x 13 pan. Place the 9 x 13 pan on the wire rack in the steam oven on position 2. Turn the steam oven on by selecting the Convection Mode set to 340°F. Bake 8 to 10 minutes, or until just bubbly. When done, remove from the oven and place on a cooling rack. In a small saucepan, combine the caramels and milk. Melt over low heat. When melted mix in 2 tablespoons of flour. Spread carefully over the crust. Sprinkle the chocolate chips and reserved crumb mixture evenly over the pan. Return the pan to the steam oven and bake until lightly browned, approximately 12 minutes. The bars are easiest to cut when cool.



## CHOCOLATE CHIP COOKIES

These chewy and gooey chocolate chip cookies will quickly become favorites as the addition of coffee makes for an interesting (and addictive) depth of flavor.

### BEFORE YOU START

The use of parchment paper in this recipe makes it easy to remove the cookies after baking by simply sliding the entire sheet of parchment (with the cookies) off the pan and onto a cooling rack. Parchment paper that comes on a roll will work; however, take the time to seek out pre-cut “half sheet pan” sheets of parchment paper from a local restaurant supply store. The flat pre-cut sheets are much easier to use than the rolls.

MAKES  2½ DOZEN COOKIES

RACK POSITION  2

COOK TIME  12-15 MINUTES

### INGREDIENTS

- 1 cup unsalted butter, softened
- 1 cup firmly packed brown sugar
- ½ cup sugar
- 2 large eggs
- 1 tablespoon brewed coffee, cooled
- 1 teaspoon vanilla
- 2¾ cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon salt
- 1½ cups semi-sweet chocolate chips

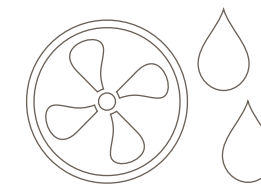
### PREPARATION METHOD

In the bowl of a stand mixer cream the butter with the sugars on medium speed for 2 minutes or until smooth. Add eggs, one at a time, scraping bowl after each egg is added. Add the coffee and vanilla. Continue to mix on medium high speed until mixture is light and fluffy – about a minute. Sift together flour, baking soda, baking powder and salt. Slowly add mixture to the bowl and mix just until combined. Stir in chocolate chips on low speed for 10 seconds.

Line the solid steam oven pan with parchment paper. Place 12 portions of dough, about 2 tablespoons each, onto the pan, evenly spaced. Place the pan into the steam oven on rack position 2. Turn the steam oven on by selecting the Convection Mode set to 335°F. Bake the first pan 14 to 15 minutes or until done. Remove the pan from oven. Slide the sheet of parchment paper with the cookies off the solid pan and onto a cooling rack and allow to completely cool. Place a new sheet of parchment paper onto the solid steam oven pan and place another 12 portions of dough evenly spaced onto the pan. Return the solid steam oven pan to the oven. Successive pans will require slightly less time, approximately 12 to 13 minutes.

## CONVECTION HUMID

FOR FOODS THAT ARE NATURALLY MOIST



### CONVECTION HUMID MODE

**THE BEST WAY TO COOK CASSEROLES, LASAGNA, QUICK BREADS AND MORE.**

This mode produces no steam, but instead retains the natural moisture in the foods you're cooking. The heating element and convection fan produce moving air, while oven ventilation is sealed so moisture remains in the oven. The result? Your juiciest meatloaf or most mouthwatering fruit-and-nut muffins ever.

The Convection Humid Mode is ideal for foods that have enough of their own moisture or do not require the addition of steam; for instance, lasagna and casseroles, quick breads like zucchini, banana or pumpkin, and as we mentioned, muffins or meatloaf.

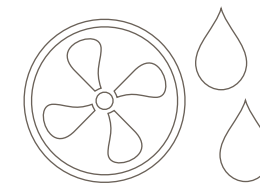
### THE BENEFITS OF CONVECTION HUMID

When using the Convection Humid Mode, no steam is produced; however, the Convection Humid Mode retains the moisture given off by the food being baked. This "humidity" is ideal for things that have enough of their own moisture. Foods such as lasagna, casseroles or meatloaf, or quick breads like zucchini, banana or muffins all turn out wonderfully taking advantage of the oven's unique ability to maintain a humid cooking environment.

### CONVECTION HUMID

#### REVIEW

- Cook on multiple levels.
- Excess moisture is maintained in the oven.
- No steam is produced.
- Don't bother preheating.
- Perfect casserole mode.



## LASAGNA

Lasagna is a great, feel-good meal that can easily feed 8 to 10 people. This recipe can be made up to the point of baking and then refrigerated for baking the next day. If you choose to do that, take the lasagna out of the refrigerator one hour prior to baking. Follow the instructions for using the probe, and be sure to set the alert temperature to 170°F.

### BEFORE YOU START

If desired, the lasagna noodles can be parboiled. To do this, bring a large stockpot of water to boil. Place the lasagna noodles into the stockpot and boil until cooked halfway. Remove the noodles and rinse them under cool water to stop the cooking process. Lay the par-cooked noodles out flat in another 9 x 13 pan and cover the noodles with water. Leave them in the pan until needed in the recipe.

MAKES

RACK POSITION

COOK TIME



8-10  
SERVINGS



2



45-60  
MINUTES

### INGREDIENTS

- 1 pound ground Italian sausage
- 1 pound ground beef
- 3 cups crushed tomatoes (or 24-oz. jar of marinara/pasta sauce)
- 6 oz. of tomato paste
- 1 tablespoon dried parsley flakes
- ¼ teaspoon garlic powder
- Sugar to taste
- 1 box of lasagna noodles (can be parboiled, but don't have to be)
- 3 cups small curd cottage cheese
- 2 eggs, beaten
- ½ teaspoon salt
- 2 tablespoons parsley flakes
- ½ cup grated Parmesan cheese
- 1½ pounds shredded mozzarella cheese

### PREPARATION METHOD

In a large pan or pot on the stove, brown the ground meats and drain off the fat. Return the browned meats to the pan and add the next five ingredients. Simmer for 15-20 minutes. While sauce is simmering, combine the eggs, cottage cheese, salt, parsley flakes, Parmesan cheese and half the mozzarella cheese in a mixing bowl. Stir to combine. Spray the bottom of a 9 x 13 cake pan with pan spray. Spread a small amount of sauce onto the bottom of the pan, about ½ cup. Layer the noodles in a double layer on the bottom of the pan. Spread ⅓ of the cottage cheese mixture on top of the noodles. Spread evenly to cover the noodles as much as possible. Top that with ⅓ of the meat sauce. Add a single layer of noodles and repeat. Repeat the process a third time ending with the meat sauce as the last layer. Sprinkle the remaining mozzarella cheese evenly over the top. Place the lasagna in the steam oven on rack position 2. Turn the steam oven on by selecting the Convection Humid Mode set to 355°F. Place the temperature probe into the lasagna, taking care to try and fully cover the entire metal shaft of the probe, while still having the tip of the probe in the center of the lasagna. Plug the probe into the oven and set the alert temperature to 170°F.



## BLUEBERRY MUFFINS

The lemon zest in these blueberry muffins brings an added brightness while the streusel topping with chopped nuts gives an extra dimension and depth of flavor.

### BEFORE YOU START

This muffin batter can be prepared ahead of time and refrigerated overnight for use in the morning, making it the perfect “make ahead and prepare for breakfast” muffin.

MAKES



12 MUFFINS

RACK POSITION



2

COOK TIME



20-25 MINUTES

### INGREDIENTS

Streusel:

- ½ cup all-purpose flour
- 4 tablespoons butter, softened
- ¼ cup sugar
- ¼ cup finely chopped walnuts
- 2 teaspoons lemon zest

Muffins:

- 2 cups all-purpose flour
- ⅔ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon cinnamon
- 2 eggs
- ¼ stick of butter, melted
- 1 cup buttermilk
- 1 tablespoon lemon zest
- 1½ cups blueberries

### PREPARATION METHOD

Combine the streusel ingredients in a mixing bowl until crumbly. Set aside.

In a mixing bowl, mix together the dry ingredients. In a separate bowl, mix together the wet ingredients. Carefully add the wet ingredients to the dry. Mix only as much as necessary to fully incorporate. Gently fold in the blueberries. Divide evenly into a greased muffin tin. Top each muffin with the streusel mixture. Place the muffin tin into the steam oven on the wire rack set on position 2. Turn the steam oven on by selecting the Convection Humid Mode set to 350°F. Bake until a toothpick inserted into the center comes out clean, approximately 20 minutes.



## ZUCCHINI BREAD

A quick and easy quick bread. This recipe showcases the Convection Humid Mode and its ability to be the ideal environment for baking quick breads. By trapping the moisture given off by the food, but not actually producing steam, the oven creates a humid environment, which keeps the breads perfectly moist.

### BEFORE YOU START

Make sure to grease the mini loaf pans. It is also helpful to remove the loaves from their pans just a couple of minutes after they are finished baking.

MAKES



4 SMALL LOAVES

RACK POSITION



2

COOK TIME



35-45 MINUTES

### INGREDIENTS

- 3 eggs
- 2 cups sugar
- 1 cup oil
- 2 cups grated zucchini
- 3 teaspoons vanilla
- 3 cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- ¼ teaspoon baking powder
- 2 teaspoons cinnamon
- ½ cup chopped nuts
- 1 teaspoon nutmeg

### PREPARATION METHOD

In the mixing bowl of a stand mixer, beat eggs, sugar and oil together. Add grated zucchini and vanilla. In a separate bowl, sift together all dry ingredients. Add the dry ingredients to the wet ingredients. Mix until well combined. Divide evenly between 4 mini loaf pans. Place the loaf pans into the steam oven on rack position 2. Turn the steam oven on by selecting the Convection Humid Mode set to 335°F. Set a timer for 35 minutes. After 35 minutes, check the loaves by inserting a toothpick into the center of a loaf and seeing if it comes out clean. If needed, continue baking until a toothpick comes out clean. When done, remove the pans from the oven and place on a warming rack. Wait 2 minutes; then gently remove the loaves from their pans, running a thin-bladed knife around the edge of the pans. Place the loaves onto the cooling rack to cool completely.



## MEATLOAF

This meatloaf recipe is baked outside of a dish and can be formed into two smaller loaves.

### BEFORE YOU START

A great tip to help drain excess fat off the meatloaf is to bake the meatloaf on the perforated steam oven pan placed above the solid steam oven pan. The solid pan will act as a drip tray, which eases cleanup and helps reduce any burning. It's also a great idea to place a couple of sheets of parchment paper on the solid steam oven pan to help keep the dripping fat from splattering.

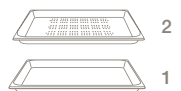
Prepare fresh bread crumbs by placing 2 or 3 fresh rolls or buns into the work bowl of a food processor. Process until loose crumbs are produced and no large pieces of bread remain. The carrots and onion can also be pulsed in the food processor instead of being diced.

MAKES



4 SERVINGS

RACK POSITION



2

1

COOK TIME



45 MINUTES

### INGREDIENTS

- 1 pound ground beef
- ½ pound Italian sausage
- 2 cups fresh bread crumbs
- 1 egg, beaten
- ¼ cup ketchup
- ¼ cup finely diced onion
- ¼ cup finely diced carrot
- 2 teaspoons Worcestershire sauce
- ¼ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon kosher salt

### PREPARATION METHOD

In a large bowl combine all ingredients. Mix thoroughly by hand to fully combine. Form into two individual oval loaves. Place on a greased perforated steam oven pan. Insert the temperature probe into one of the meatloaves. Place the solid steam oven pan into the oven on rack position 1. Place the perforated pan with the meatloaves into the oven on rack position 2. Plug the probe into the oven. Turn the steam oven on by selecting the Convection Humid Mode set to 345°F. Set the temperature probe to alert at 170°F. Allow the meatloaves to cook until the temperature probe reaches 170°F. If desired, when the temperature probe shows approximately 150°F, ketchup can be brushed on top of the meatloaves. After cooking, remove the perforated pan from the oven and place on a cooling rack. Using a spatula, remove the meatloaves from the steam oven pan, slice and serve.



## SCALLOPED POTATOES

The Convection Humid Mode provides the ideal environment for preparing a casserole. No steam is produced; however, moisture given off by the food remains inside the oven cavity. This scalloped potato recipe can easily be doubled (and placed in a larger dish) in order to feed more people. It makes a great side dish, or even a full meal on its own. This dish is a great way to use up leftover holiday ham.

### BEFORE YOU START

The key to this recipe is the sauce. It is important to continuously stir the sauce with a rubber scraper throughout the entire process. Make sure to get into the corners of the pan.

MAKES



4 SERVINGS

RACK POSITION



2

COOK TIME



1 HOUR

### INGREDIENTS

- 6 medium red potatoes, peeled, quartered, sliced ¼-inch thick (2 pounds)
- 1 cup diced ham
- ⅓ cup diced onion
- 1½ cups milk
- 6 tablespoons butter
- 2 tablespoons cornstarch
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

### PREPARATION METHOD

Mix potatoes, ham and onion in a greased 2½-quart casserole dish and set aside.

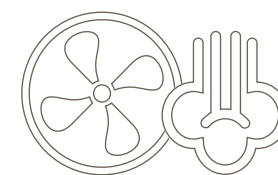
In a 2-quart saucepan over medium heat, combine milk, butter, cornstarch, salt and pepper. Continuously stir the mixture with a spatula and cook for 5 minutes or until smooth and thickened.

Pour the sauce over potato mixture. Place the wire rack into the oven on position 2. Place the casserole on the rack. Turn the steam oven on by selecting the Convection Humid Mode set to 345°F. Bake for 1 hour or until golden brown and bubbly. Remove the casserole dish from oven and allow it to rest for 15 minutes before serving.



## CONVECTION STEAM

“CRISPY OUTSIDE, MOIST INSIDE” PERFECTION



### CONVECTION STEAM MODE

**STEAM KEEPS YOUR DISH MOIST, CONVECTION BROWNS OR CRISPS IT JUST RIGHT.**

This is the ultimate “crisp on the outside, moist and juicy on the inside” mode – just think of the wide range of dishes you’d want to turn out that way. Roast turkey. Bubbly casseroles. Bacon. Mac and cheese. Panko-crusted fish. Chicken Parmesan. And so on.

It perfectly combines steam and convection cooking. Steam is produced throughout the cooking process, intelligently controlled by the oven to provide the proper temperature, sealing in moisture,

flavor, nutrients. The moving air of the convection system finishes off the dish with just the right amount of browning or crisping.

One of our favorite dishes is slow-cooked pork ribs. In a conventional oven, you might cook them in foil packets or a covered dish.

It would take hours, and there would be none of the nice browning you would want. The same ribs can be cooked uncovered in the Convection Steam Mode, and in just an hour and a half, they’re fall-off-the-bone tender, with beautiful color and a crusty exterior.

At lower temperatures like 265°F, you can do “open air braising” in the Convection

**THE MOVING AIR OF THE CONVECTION SYSTEM FINISHES OFF THE DISH WITH JUST THE RIGHT AMOUNT OF BROWNING OR CRISPING.**

Steam Mode, which works wonders on cuts of meat like pork shoulder or a beef chuck roast. They will come out moist, flavorful and beautifully browned. Cooked covered in a conventional oven, they would take much longer and lack both the flavor and color.

You get the idea – this is the signature mode of the convection steam oven, capable of producing delicious results with almost any dish. And probably the first mode you should start working with, to get a full appreciation of what this oven can do.



## THE BENEFITS OF CONVECTION STEAM

By making use of a combination of steam and moving air, the Convection Steam Mode allows for a wide range of foods to be prepared. From “frying” to “braising” and from “roasting” to “searing,” the use of different temperatures can create vastly different results. In the case of braising, setting the convection steam oven to 265°F works wonders on cuts of meat like pork shoulder, ribs or a beef chuck roast. By setting the temperature as high as it can go, 445°F, you can achieve results similar to frying. **USING THE CONVECTION STEAM MODE CREATES CRISPY EXTERIORS AND MOIST INTERIORS.**

With such a wide variety of foods that can be prepared in the steam oven, here are a few tips to ensure success.

First, make sure to evenly place food on the pans being used. This will help prevent the pans from warping in the oven.

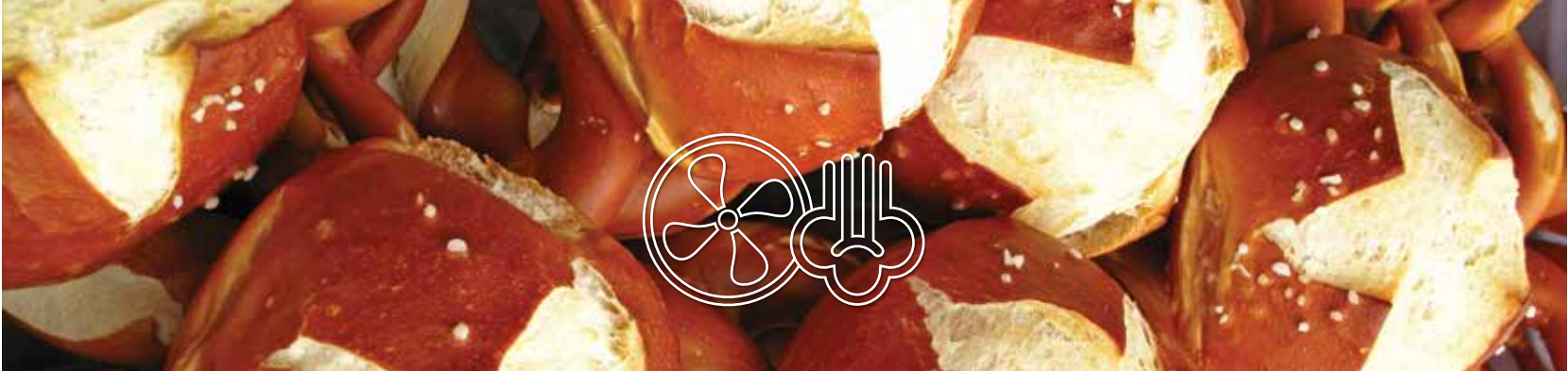
Second, only preheat when necessary. Similar to the other modes, the Convection Steam Mode can provide “fast-to-the-table” results, and many times there is no real benefit to preheating the oven.

Third, when “braising,” be sure not to cover the food. Also, cut back on the amount of liquid being added to the recipe. Some steam will condense on the food and add a bit of water to the dish.

### CONVECTION STEAM

#### REVIEW

- Place food evenly on pans.
- Don't bother preheating.
- Don't add too much liquid.
- Watch foods being cooked at high temperatures, as they will brown very quickly.



## PRETZEL BUNS

Pretzels are fun to make in the kitchen and are unique in that they are boiled before they are baked. This pretzel dough recipe can also be used to make pretzel shapes, twists or nuggets.

### BEFORE YOU START

Make sure to spray the perforated steam oven pan – the pretzels have a tendency to stick without cooking spray being used.

MAKES



12  
SERVINGS

RACK POSITION



2

COOK TIME



10-12  
MINUTES

### INGREDIENTS

Dough:

- 1 cup milk
- 2 tablespoons butter
- 2 tablespoons brown sugar
- 2 teaspoons yeast
- 2 teaspoons salt
- 3 cups all-purpose flour

Boiling solution:

- 3 quarts of water
- ¾ cup baking soda

Egg wash:

- 1 egg
- 1 teaspoon water

### PREPARATION METHOD

In a small pan, heat the milk and butter until warm. Pour the melted butter and milk into the mixing bowl of a stand mixer. Combine the rest of the dough ingredients and knead on medium low speed until smooth, about 8 minutes. Place in a greased bowl, cover and allow to rise for 1 hour, or until doubled in size.

Preheat the steam oven to 375°F on the Convection Steam Mode. Combine the baking soda and water in a large pot and bring to a boil. Divide the dough into 12 equal pieces. Gently roll each piece of dough into a ball. Place each ball of dough into the boiling solution. Allow to boil for 2 minutes, turning the balls over after 1 minute. Remove dough using a slotted spoon and place on a plate. Generously spray the perforated steam oven pan with cooking spray. Evenly space the 12 portions of dough on the pan. Brush the rolls with the egg wash and score the top of each bun with a sharp knife. Sprinkle with coarse salt if desired. Place the pan into the preheated oven on rack position 2 and bake until the pretzels are well browned, approximately 10-12 minutes.



## ITALIAN BEEF

This Italian beef recipe is great on its own, but even better served as a sandwich with provolone cheese.

### BEFORE YOU START

This recipe is quick to put together but takes a couple of hours to make. The flavor only improves overnight as well, which makes it a great meal to make ahead and bring to a party or event.

MAKES



8  
SERVINGS

RACK POSITION



2

COOK TIME



2 HOURS &  
30 MINUTES

### INGREDIENTS

- 5 pounds sirloin or rump roast
- 1½ cups water
- 1 package dry Italian salad dressing mix
- 1 tablespoon dried parsley flakes
- 1 teaspoon ground black pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon red pepper flakes
- 1 bay leaf

To be added later:

- 1 small jar of giardiniera
- 2 cups of water

### PREPARATION METHOD

Slice the roast into 1" thick planks. Combine the remaining ingredients, except the giardiniera, in a large casserole dish. Stir to combine. Place the planks of rump roast in the casserole dish, trying not to overlap if possible. Place the casserole dish in the steam oven on the wire rack and set at position 2. Turn the steam oven on by selecting the Convection Steam Mode set to 275°F. Set the timer for 1 hour and 45 minutes. After the timer goes off, pull the casserole dish out of the steam oven and place on a heatproof surface. Flip the pieces of meat over and add the jar of giardiniera along with ½ cup of water. Return the casserole dish to the oven and set the time for 45 minutes. After the timer goes off, remove the casserole dish and add the remaining 1½ cups of water. Pull the beef apart with forks or a set of tongs. Serve on its own or in sandwiches.



## BACON

This is the easiest way to make bacon that cooks evenly and won't curl up.

### BEFORE YOU START

Parchment paper is a must for this recipe. Make sure to line the solid steam oven pan with at least one if not two sheets of parchment paper. This will significantly aid in clean-up, as the sheets of parchment can be peeled off after cooling, removing much of the fat and burnt-on grease. It's also important to not preheat the oven, as it helps the bacon remain flat.

MAKES	RACK POSITION	COOK TIME
 N/A	 2	 10-15 MINUTES

### INGREDIENTS

Bacon

### PREPARATION METHOD

Line the solid steam oven pan with one or two sheets of parchment paper. Lay out as many strips of bacon as will fit on the steam oven pan. A slight amount of overlapping is okay, as the bacon will shrink while it cooks. Place the solid pan in the steam oven on rack position 2. Turn the steam oven on by selecting the Convection Steam Mode set to 445°F. A good indication of when to start checking the bacon is when you hear the single beep that means the steam oven has reached the preset temperature, about 7 or 8 minutes. The amount of time the bacon needs to cook depends greatly on how crisp you would like the bacon to be and how thick the slices of bacon are. When the bacon is done to the desired crispness, remove the pan from the oven and place on a cooling rack. Using tongs, remove the bacon from the solid pan and serve.



## BREAD PUDDING

This recipe takes two days, but your patience will be rewarded. Okay, don't worry, it's not really two full days of effort. However, it is important for the bread cubes to have time to stale out (one day) and the mixture to sit overnight. So this could be achieved in two days by cutting the cinnamon bread into cubes the morning of day 1, and in the evening of day 1, making the bread pudding mixture so it can sit in the refrigerator overnight. Then bake the bread pudding in the morning on day 2.

### BEFORE YOU START

Make sure the bread cubes are stale. If fresh bread is used, the bread will not be able to absorb the custard mixture.

MAKES	RACK POSITION	COOK TIME
 8-10 SERVINGS	 2	 45-55 MINUTES

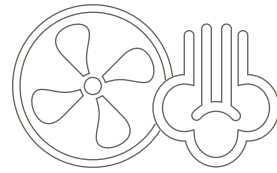
### INGREDIENTS

7 eggs  
 3½ cups heavy cream  
 ½ cup sugar  
 1 cup maple syrup  
 2 teaspoons vanilla extract  
 Pinch of salt  
 2 loaves of bread, 16 oz. each (cubed and stale)

### PREPARATION METHOD

In a large mixing bowl, whisk together the eggs, heavy cream, sugar, maple syrup, vanilla and salt. Continue whisking until fully combined. Fold in the stale bread cubes. Gently fold the mixture together until fully incorporated. Cover the bowl with plastic wrap and place in the refrigerator overnight.

The next day, spray or grease a large casserole dish. Pour the bread pudding mixture into the casserole dish and smooth out the top. Place the casserole dish in the steam oven on rack position 2. Turn the steam oven on by selecting the Convection Humid Mode set to 350°F. Check the bread pudding after 45 minutes. Continue baking until it is fully set and deep golden brown on top.



## CHEESECAKE

This cheesecake is a departure from the traditional cheesecake in its use of mascarpone cheese. This adds a layer of flavor and smoothness in texture to the cheesecake.

### BEFORE YOU START

Be sure to have the cream cheese and mascarpone cheese at room temperature. Do not rush the mixing – and be sure to fully cream the mixture so no lumps are present. You will need plastic wrap and tinfoil for baking this cheesecake. While covering the cheesecake completely with plastic wrap and the lack of a water bath may be a departure from the way cheesecakes are normally baked, this method will produce a wonderfully smooth, no-crack cheesecake.

MAKES

RACK POSITION

COOK TIME



8  
SERVINGS



2



1 HOUR &  
45 MINUTES

### INGREDIENTS

Crust:

- 1¼ cups graham cracker crumbs
- ¼ cup sugar
- 5 tablespoons butter, melted

Filling:

- 2 (8-ounce) packages cream cheese, room temperature
- 2 (8-ounce) containers mascarpone cheese, room temperature
- 1¼ cups sugar
- 2 teaspoons fresh lemon juice
- 1 teaspoon vanilla extract
- 4 large eggs, room temperature

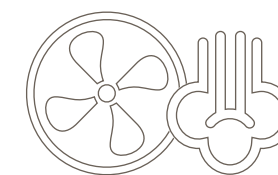
### PREPARATION METHOD

In a medium bowl, combine the sugar and graham cracker crumbs and stir well. Add the melted butter and stir well to combine. Firmly press the graham cracker crumb mixture into the bottom of a 9-inch springform pan (not on the sides of the pan). Place the pan into the oven on the wire rack set on position 2. Turn the steam oven on by selecting the Convection Mode set to 335°F. Set the timer for 12 minutes. After 12 minutes, remove the pan and set aside to cool. Turn the oven off and leave the door open to cool. Be sure to turn off the interior light.

For the filling: In the bowl of a stand mixer, beat the cream cheese, mascarpone cheese and sugar until smooth, occasionally scraping down the sides of the bowl with a rubber spatula. Beat in the lemon juice and vanilla. Add the eggs, 1 at a time. Continue mixing until all ingredients are well combined.

Pour the cheesecake mixture over the crust in the spring-form pan. Smooth out the top with a spoon. Cover the springform pan completely by wrapping two layers of plastic wrap over the pan and all the way to the bottom. Make sure the plastic wrap ends underneath the pan. Take the wrapped springform pan and place it on a sheet of aluminum foil. Wrap the aluminum foil up around the edges of the pan to help secure the plastic wrap (however, do not cover the top of the pan with aluminum foil). Place the pan into the oven on the wire rack set on position 2. Turn the steam oven on by selecting the Convection Steam Mode set to 225°F. Bake for 1 hour and 45 minutes or until the center of the cheesecake moves slightly when the pan is gently shaken. The plastic wrap may balloon up on top while baking. Transfer the cake to a cooling rack. Gently cut away the plastic wrap covering the top, being careful, as steam may escape. Allow the cake to cool for 1 hour. Re-cover the cheesecake with plastic wrap and refrigerate until the cheesecake is cold. Cut with a warm knife, wiping the knife off between each cut.





## PITA BREAD

Pita bread is fun and easy to make at home. The pita bread will balloon up into almost a ball while inside the oven, making it a fun recipe to bake with children. While the cooking time for each pita is only three minutes, the dough will need to rise, which may take 1 to 1½ hours, depending on the temperature in the room.

### BEFORE YOU START

Active dry yeast can be substituted in this recipe. If used, place the yeast and warm water in the mixing bowl and allow to sit for 5 minutes prior to adding any ingredients.

MAKES

RACK POSITION

COOK TIME



### INGREDIENTS

- 2½ cups all-purpose flour
- 1 cup warm water
- 2 tablespoons olive oil
- 1 tablespoon salt
- 1 tablespoon sugar
- 2 teaspoons instant yeast

### PREPARATION METHOD

In the mixing bowl of a stand mixer, add all the ingredients. Using the dough hook, knead the dough for 5 minutes. Remove the dough from the mixing bowl and place into a greased container large enough to allow the dough to double in size. Cover with plastic wrap and let the dough rise until doubled in size. Place the solid pan in the steam oven on rack position 1. Turn the steam oven on by selecting the Convection Steam Mode set to 445°F. Divide the dough into 8 equal pieces and gently flatten each piece into a thick disk. Cover with plastic wrap or a dishcloth. Using a rolling pin, roll one piece of dough into a 7- to 8-inch circle. Dust the dough and countertop with flour to ensure that the pita bread does not stick.

After the oven is preheated, slide the rolled-out pita bread onto a floured pizza peel. Open the steam oven door and slide the pita dough off the pizza peel onto the solid steam oven pan. Work quickly and shut the door. Set a timer for 3 minutes. While the first pita bread is baking, roll out the next pita. The pita bread should inflate into almost a ball. After 3 minutes, remove the baked pita from the oven and place in a large bowl. Cover the bowl with foil to allow the pita bread to soften. Repeat with the remaining pita dough, each time adding the baked pita bread to the bowl and covering again. Deflate the pita bread if necessary.



## PORK SHOULDER

This pork shoulder recipe is great on its own, but even better pulled and served with barbecue sauce as sandwiches. This is a great example of what makes the Convection Steam Mode so powerful. The ability to “open air braise” foods to tender juicy perfection in a fairly short amount of time is what makes the Convection Steam Mode perfect for pork shoulder, ribs or beef roasts.

### BEFORE YOU START

Any dry rub recipe will work just fine, whether it is your own or purchased from the store. It is also important to cut the pork shoulder into a couple of smaller pieces, or slabs, prior to coating with the dry rub mixture. The dry rub can be placed on the meat a day in advance if desired, but at least 2 hours is necessary.

MAKES	RACK POSITION	COOK TIME
 8 SERVINGS	 2  1	 1 HOUR & 45 MINUTES

### INGREDIENTS

Pork shoulder cut into 3 smaller pieces

Preferred dry rub, from recipe or store-bought

### PREPARATION METHOD

Place the pork shoulder pieces on the solid steam oven pan or a large plate. Season liberally with the preferred dry rub. Cover with plastic wrap and place in the refrigerator overnight or for at least 2 hours. Remove from the refrigerator and place the pieces of pork shoulder onto the wire rack, evenly spaced. Place the wire rack with the meat into the steam oven on rack position 2 and place the solid steam oven pan on rack position 1. Make sure to cover the solid steam oven pan with parchment paper. Turn the steam oven on by selecting the Convection Steam Mode set to 265°F. Set the timer for 1 hour, 30 minutes. After 1 hour and 30 minutes, check the pork shoulder to see if it is tender; if it is, remove and allow to cool slightly before serving. If continued cooking is needed, return the pork shoulder to the oven and cook for an additional 15 minutes or until tender.



## RIBS

This pork rib recipe is an easy way to make fall-off-the-bone ribs without all the fuss of foil packets or many hours of slow cooking. This is a great example of what makes the Convection Steam Mode so powerful. The ability to “open air braise” foods to tender juicy perfection in a fairly short amount of time is what makes the Convection Steam Mode perfect for pork shoulder, ribs or beef roasts.

### BEFORE YOU START

Any dry rub recipe will work just fine, whether it is your own or purchased from the store. Make sure to score along each bone on the bottom of the ribs with a knife. The dry rub can be placed on the racks of ribs a day in advance if desired, but at least 2 hours is necessary.

MAKES	RACK POSITION	COOK TIME
 5-6 SERVINGS	 1	 1 HOUR & 30 MINUTES

### INGREDIENTS

3 racks of baby back ribs

Preferred dry rub, from recipe or store-bought

### PREPARATION METHOD

Place the racks of ribs on the solid steam oven pan or a large plate. Season liberally with the preferred dry rub. Cover with plastic wrap and place in the refrigerator overnight or for at least 2 hours. Remove from the refrigerator and place the racks of ribs, meat side up, onto the solid steam oven pan lined with 2 sheets of parchment paper. Place the solid pan into the steam oven on rack position 2. Turn the steam oven on by selecting the Convection Steam Mode set to 265°F. Set the timer for 1 hour, 15 minutes. After 1 hour and 15 minutes, check the ribs to see if they are tender; if they are, remove and serve. If continued cooking is needed, return the ribs to the oven and cook for an additional 15 minutes or until tender.



## GOURMET MODE

AUTOMATIC COOKING OF ALMOST ANY DISH

### GUESSWORK-FREE DELICIOUS RESULTS, EVERY TIME

**YOU SELECT THE DISH, AND GOURMET DOES THE REST.**

This is the “it takes over and magic happens” mode. Simply tell it the type of food you are putting in the oven – anything from a soufflé to a freshly made pizza to a few sweet potato wedges. After you make your choice from fourteen categories of food, the climate sensor detects the volume, shape and consistency and adjusts time, temperature and humidity for guesswork-free, delicious results. The Gourmet Mode is perfect for nearly any food. Need a quick snack? Enjoy frozen egg rolls, perfectly crisp, just as though

they came from the deep fryer using the “Frozen Appetizers” option. Like to make homemade pizza? Choose “Fresh Pizza”

and simply decide how well browned you would like it, all the while never fussing with modes, temperatures or times. Maybe you need a side dish of roasted fingerling potatoes to go with some steaks out on the grill. The Gourmet Mode has you covered there as well. Choose “Baked Potatoes,” and just season the fingerling potatoes lightly with oil, salt and pepper. The Gourmet Mode is an intelligent resource, giving you access to

## GOURMET MODE

a wealth of programmed options both fresh and frozen. The oven takes care of the time, the cooking temperature and the humidity, making adjustments for the specific foods you are preparing. All that is required is for you to sit back, relax and let the oven do the work.

Use Gourmet to prepare any of the foods listed below: fresh, refrigerated or frozen. Select the food and desired doneness, and the sensor adjusts time, temperature and humidity so no baking instructions are required.

GOURMET MODE	
FOOD CODE	
Fresh Appetizers	A1
Frozen Appetizers	A2
Baked Dish	A3
Soufflé	A4
Baked Potatoes	A5
Frozen Potato Products	A6
Braising Meat	A7
Fresh Pizza	A8
Frozen Pizza	A9
Custard	A10
Bread	A11
Yeast Pastry with Filling	A12
Cake	A13
Torte	A14



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## ARTISAN BREAD

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This recipe is very manageable and represents a great starting point to learn the art of baking great bread. You will notice a few additional steps throughout the process which you may not be used to. These steps are important and, in general, can be applied to most bread baking recipes. A very important step in making the dough is the rest period between the first and second mixing times. Baking great bread is an art, but one that is fun and can become an addictive pursuit.

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MAKES



1 LOAF

RACK POSITION



2

COOK TIME



50 MINUTES

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### BEFORE YOU START

It is important to remember that great bread takes time. The actual “active” time spent making bread is fairly minimal; however, the waiting periods between the proofings are quite long. The temperature in your home will directly affect the time needed for the bread to rise properly. This process cannot be rushed and is important for the proper flavor and structure of the bread.

### PREPARATION METHOD

Place all the ingredients into the bowl of a stand mixer fitted with a dough hook. Knead the dough on medium low speed for 5 minutes. The dough will be slightly sticky. Turn the mixer off and cover the mixing bowl with a damp kitchen towel or plastic wrap. Allow to stand for 15 minutes.

Remove the plastic wrap and continue kneading on medium low speed for 5 minutes. Remove the bowl from the mixer. Cover the bowl with plastic wrap and allow to proof until doubled in size. Gently transfer the risen dough from the mixing bowl onto a floured counter.

Carefully form the proofed dough gently into a round loaf and place on the solid steam oven pan lined with a sheet of parchment paper that

### INGREDIENTS

3½ cups unbleached all-purpose flour

¾ cup whole-wheat flour

1½ cups warm water

2 teaspoons salt

2 teaspoons instant yeast

has been dusted with flour. Cover the dough with plastic wrap and allow to proof again for 30 to 45 minutes.

Removed the plastic wrap and make a pair of two-inch-deep slashes (that cross) in the top of the loaf. Use the sharpest knife you have to make the cuts.

Immediately place in the convection steam oven on rack position 2. Choose the Wolf gourmet setting A11 – Bread. Choose “well browned” for a nice deep crust (or “medium browned” for a lighter crust). Bake until the oven shuts off automatically. Remove the pan from the oven and place the bread on a wire rack to cool completely.



## TWICE-BAKED POTATOES

The Gourmet Mode of the steam oven has a variety of categories of food to choose from. A1 – Fresh Appetizers intelligently provides the ideal environment for preparing nearly any fresh appetizer. The only selection to make when using the fresh appetizers option is the level of “brownness.” Three choices are available – lightly browned, medium browned and well browned.

### BEFORE YOU START

A great way of par-cooking the potatoes is to use the Steam Mode set to 210°F. Steam the potatoes until an inserted knife comes out easily. Boiling or baking the potatoes is fine as well. Be sure not to overcook the potatoes.

MAKES	RACK POSITION	COOK TIME
 12 SERVINGS	 3	 30 MINUTES

### INGREDIENTS

2 dozen small baby red or Yukon gold potatoes, freshly steamed or cooked and still warm

½ cup sour cream

½ cup shredded Gouda cheese

⅓ cup crumbled cooked bacon pieces

⅓ cup thinly sliced scallions

2 tablespoons butter, melted

½ teaspoon garlic powder

½ teaspoon paprika

Kosher salt to taste

Freshly ground black pepper to taste

### PREPARATION METHOD

While the cooked potatoes are still warm, use a small paring knife to carefully cut the top off of each potato. Scoop out the middle of each potato and place in a medium size mixing bowl. Add the remaining ingredients and mash until well combined. Fill the scooped out potatoes with the mashed filling. Place the potatoes onto a solid steam oven pan lined with parchment paper. Place into the steam oven on rack position 3. Press the center knob. Press the center knob again to select the Gourmet Mode. Press the center knob to select Fresh Appetizers. Scroll to Well Browned and press the center knob to select. Press the center knob to start.






## FROZEN PIZZA

The Gourmet Mode of the steam oven has a variety of categories of food to choose from. A9 – Frozen Pizza intelligently provides the ideal environment for preparing any frozen pizza.

### BEFORE YOU START

Make sure to note the time suggested on the label of your frozen pizza. This will be used to choose the range of time when selecting the frozen pizza Gourmet Mode. It is also fine to bake two similar pizzas in the oven at the same time. If doing so, place one of the wire racks on rack position 2 and the other on rack position 3.

MAKES	RACK POSITION	COOK TIME
 2 SERVINGS	 2	 12-30 MINUTES

### INGREDIENTS

Frozen pizza

### PREPARATION METHOD

Place the frozen pizza on the wire rack in the steam oven on position 2. Press the center knob twice to select the gourmet menu. Scroll the knob to the right to select A9 – Frozen Pizza. Press the center knob to make the selection. Scroll the center knob left or right to select from the three ranges of time available. They are 8-12, 13-20 or 21-35. Select the range of time on the oven that matches the range indicated on the pizza's package. Press the center knob to make that selection. The oven will start and adjust the cooking time automatically. If the pizza's package time is at the top of one of the first two ranges, for example 12 minutes, it is best to select the next range higher and watch the pizza for your desired doneness.

## FRESH PIZZA

The Gourmet Mode of the steam oven has a variety of categories of food to choose from. A8 – Fresh Pizza intelligently provides the ideal environment for preparing any fresh pizza.

MAKES



RACK POSITION



COOK TIME



### BEFORE YOU START

Make sure to allow 2 to 3 days for the pizza dough to sit in the refrigerator. This time is necessary to develop the depth of flavor that gives pizza dough its unique character.

### INGREDIENTS

Pizza dough (makes enough dough for 2 large pizzas):

3¾ cups all-purpose flour

1½ cups warm water

1 tablespoon honey

2½ teaspoons kosher salt

¾ teaspoon instant yeast

Pizza:

Prepared pizza dough

Preferred pizza sauce

Preferred pizza toppings

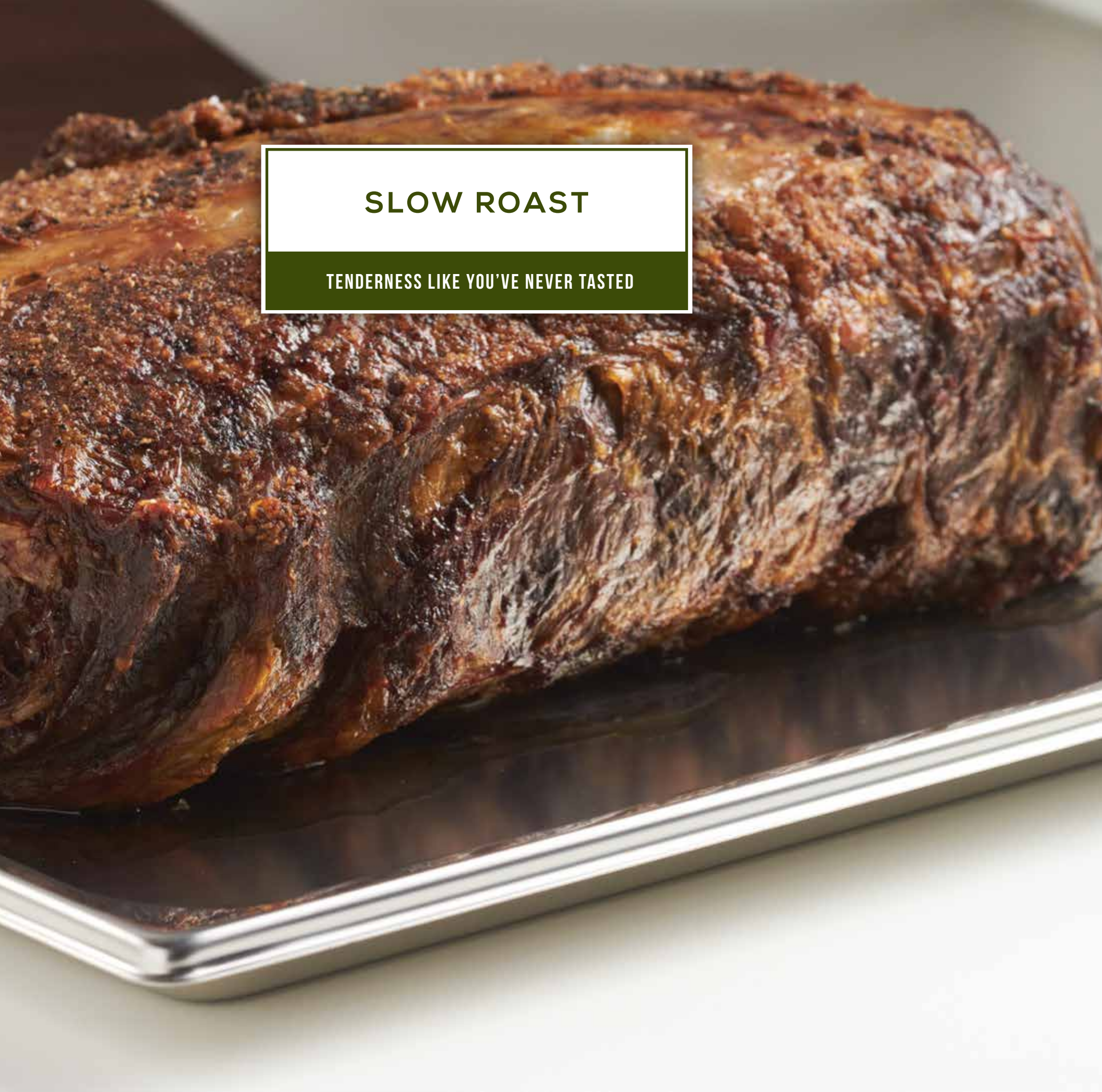
### PREPARATION METHOD

Place all the ingredients in the bowl of a stand mixer fitted with a dough hook. Knead the dough on medium low speed for 7 minutes. Cover the mixing bowl with a clean dish towel or plastic wrap and allow to stand for 10 minutes. Remove the cover on the mixing bowl and continue kneading for 7 minutes. Place the dough in a rigid, greased container. Cover and refrigerate for 2 days. On the day of use, portion the dough into 2 equal pieces. The second piece of dough can be frozen for later use if desired. Gently roll the dough into a ball, cover and allow to come to room temperature.

To prepare the pizza, first flour the solid steam oven pan. Roll out the pizza dough into a 12-inch circle

and place on the floured solid pan. Top the pizza dough with desired sauce and toppings. Place the pan into the steam oven on position 2. Press the center knob twice to select the gourmet menu. Scroll the knob to the right to select A8 – Fresh Pizza. Press the center knob to make the selection. Scroll the center knob left or right to select from the three brownness levels of time available. Select the brownness level you prefer. Press the center knob to make that selection. The oven will start and adjust the cooking time automatically. After the pizza is done, remove the solid pan from the oven and place on a cooling rack. Slide the pizza off the pan and onto a cutting board. Cut and serve.





**SLOW ROAST**

**TENDERNESS LIKE YOU'VE NEVER TASTED**

———— **SLOW ROAST MODE** ————

**PERFECTLY ROASTED MEATS, DONE EXACTLY WHEN YOU WANT THEM.**

Here's the scenario: you want to serve beef tenderloin cooked perfectly to a ruby medium for a dinner party this evening at seven. Where would you begin? There are a multitude of details you need to know in order to pull off this meal. What internal temperature is beef tenderloin cooked to medium? What oven mode should I use? What temperature should I set the oven to? How long will it take to cook? What time should I put it in, so that I can have a rest period as well after I remove it from the oven?

**THE OVEN TAKES OVER**

You can try and find the answers to those questions, or you can simply use the Slow Roast mode of the convection steam oven and select beef tenderloin, cooked to medium, and served at 7 p.m. The oven takes over and does the rest, ensuring that you look like a professional chef as you serve your perfectly roasted beef tenderloin promptly at seven, to the "oohs" and "ahhs" of your admiring guests.

**A TOTAL OF FOURTEEN CUTS OF BEEF, VEAL, PORK AND LAMB CAN BE SELECTED.** When you use the probe, the oven can monitor the progress of the roasting meat, making adjustment on the fly during the cooking process and ensuring perfect results every time.

## BEEF TENDERLOIN

The Slow Roast Mode is perfect for large, expensive cuts of meat that are difficult to prepare. The efforts of trying to find the internal temperatures, cooking times and oven modes needed to prepare these roasts are no longer needed, as the Slow Roast Mode takes care of all the work. Allowing you to choose the exact doneness level you desire and proving the flexibility of choosing exactly when to serve the meal, the Slow Roast Mode takes the stress out of preparing even the most complicated cuts of meat.

MAKES



RACK POSITION



COOK TIME



### BEFORE YOU START

A beef tenderloin between 3 and 6 pounds works best. If desired, though not necessary, the beef tenderloin could be seared on the grill or in a large roasting pan, for added color and flavor.

It is important to note that while the Slow Roast Mode will allow to you “delay start” the process for as long as you would like, food safety can become an issue. It is not recommended to delay start the process more than a couple of hours.

### PREPARATION METHOD

For the following preparation, an example of starting the oven at 3:15 p.m. and serving the meal at 7 p.m. will be used.

Place the beef tenderloin on the solid steam oven pan. Season liberally with salt and pepper. Place the solid pan into the steam oven on rack position 2. Insert the temperature probe into the center of the meat, taking care to try and cover as much of the shaft of the probe as possible. Plug the temperature probe into the steam oven. Close the door. Press the center knob and scroll to Slow Roast. Press the center knob to select. Scroll to beef tenderloin

### INGREDIENTS

Beef tenderloin between 3 and 6 pounds, trimmed

Kosher salt

Freshly ground black pepper

and press to select. Scroll to medium and press to select. Press the TEMP button and scroll to 142°F (this will provide a nice medium, though any desired temperature can be used). Press the center knob to select. Press the TIME button twice. Scroll the time to 7 p.m. and press the center knob to select. Press the center knob again to start. The oven will shut off and the screen will go blank. The steam oven will turn itself back on at 3:30 and cook the beef tenderloin to 142°F, finishing at exactly 7 p.m. This will include a rest period factored in, so at 7 p.m. remove the pan from the oven, cut and serve the tenderloin.



## DISCOVER THE DELICIOUS WORLD OF STEAM COOKING

The Chinese have been cooking with steam for over 3,000 years. And the combi oven (steam and convection combined) is a fixture in the finest European restaurants, bakeries and home kitchens. Now it's your turn to try this more nutritious and delicious way of cooking, with the Wolf convection steam oven. You get exactly the right mix of heat and humidity for any dish – crispy or flaky on the outside, moist and tender inside – just what you've always craved. We give you the tips, techniques and recipes to master this exciting new way of cooking.

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**THE ABILITY TO UTILIZE STEAM THROUGHOUT THE COOKING PROCESS, OR IN CERTAIN MODES ONLY WHEN NECESSARY, IS THE KEY TO WHAT MAKES THE WOLF CONVECTION STEAM OVEN SUCH AN AMAZING APPLIANCE.**

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