

Cooking with steam.

Recipes for your Bosch Steam Convection Oven.



BOSCH

Invented for life



Table of Contents

Introduction	1
Starters, Soups, Salads	7
Side Dishes, Vegetarian Dishes, Casseroles	19
Seafood Dishes	45
Meat Dishes.....	55
Poultry Dishes	64
Pastries and Desserts.....	73
Breads.....	86
Metric Information	96
Index of Recipes.....	97

Bosch Home Appliances

1901 Main Street, Suite 600
Irvine, CA 92614
1.800.944.2904

www.bosch-home.com/us (U.S.)

www.bosch-home.ca (Canada)

Steaming and baking – all in one appliance

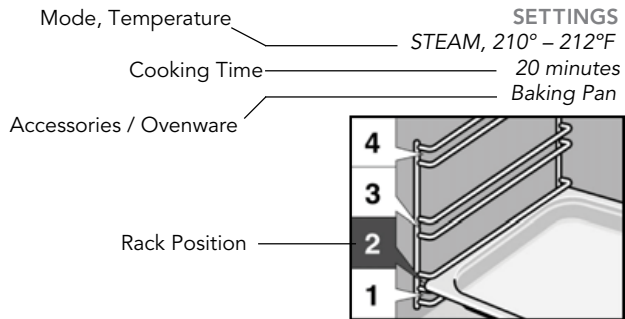
This cookbook offers you a variety of tasty recipes which you can make in your new steam convection oven.

Sophisticated starters, tasty soups and salads, simple side dishes, delicious fish and meat dishes, delectable desserts, and breads and pastries – all this is quick and easy to prepare with your combination steam convection oven.

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

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

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

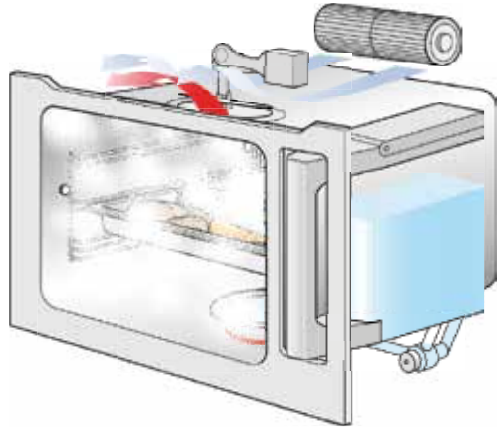


Each recipe in this cookbook includes the nutrition facts of a single serving, which is calculated by our team of cooking professionals. When ingredient choices are given (such as butter or margarine), the first one listed is used for the analysis. The nutrition facts do not include optional ingredients. If the amount of food consumed is different from the stated serving size or if the ingredients are modified, the nutritional values will no longer be accurate.

Why cook with steam?

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

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



The Advantage:

- **Almost no loss of nutrients**

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

- **Low-fat cooking**

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

- **Reheating**

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

- **Meat cooking**

Cook a poultry, beef or a turkey in just 90 minutes in the oven's Steam Convection mode. Golden on the outside; moist on the inside. Dry meat is a thing of the past.

- **Appetizing appearance**

When cooked with steam, foods retain their natural color. Cooked vegetables look like they have been freshly harvested.

You hardly need to stir or turn the food, which means that even delicate fish dishes retain their shape. Foods do not dry out.

- **Flavorful enjoyment**

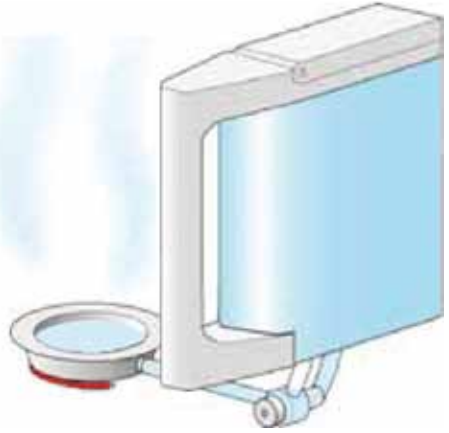
Steaming provides naturally flavorful food that needs hardly any salt.

- **Cooking a menu**

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

How does the steam work?

1. The water tank is filled with fresh tap water.
2. When the appliance is switched on, a valve opens. Water from the tank is delivered into the evaporator dish at the bottom of the cooking compartment.
3. Under the evaporator dish, there is a heating element which heats up.
4. The water in the evaporator dish begins to boil and evaporates.
5. The food is enveloped by the steam and cooked gently without pressure.

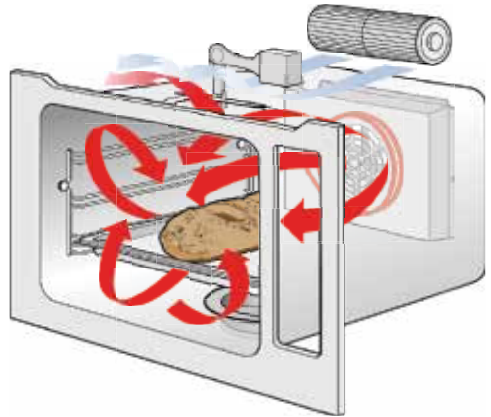


European Convection

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

European Convection is most suitable for making sweet and savory pastries, pot roasts and various cakes; this mode is not suitable for braising.

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



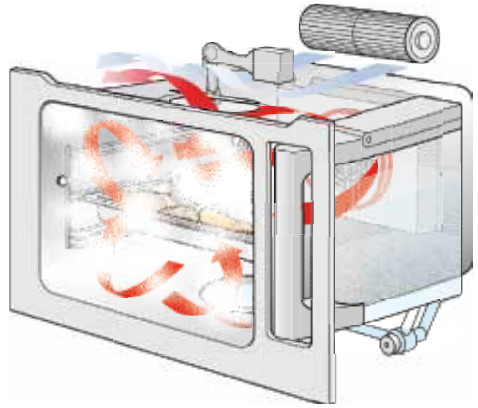
European Convection is also used for dish warming and keeping food warm.

This enables you to keep food warm for a short time and to warm porcelain dishes.

European Convection and Steam Combined

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

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



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

Steam Oven Cooking Functions

Setting	Function of Each Setting
Steam	Steam oven mode. Steams vegetables, fish and side dishes; extracts juices.
Steam Convection	Combines steam and convection oven modes. Meat, soufflés and baked goods.
Reheat	Gently reheats cooked foods in plated dishes and baked dishes.
Defrost	Defrosts fruits, vegetables, meats and fish for cooking or serving.
Slow Cook	Slowly roasts meats so they remain very tender.
Proof	Proof (raises) yeast dough and sourdough.
European Convection	Operates as a convection oven, with no steam. Use for moist cakes, sponge cakes and browning meat.

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

Information and tips

- **Cooking times**

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

- **Shelf position**

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

- **Ovenware**

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

- **Blanching vegetables for freezing**

The extremely short steam time for blanching means that maximum color, flavor and vitamins are preserved.

Wash, clean and chop the vegetables. Place the vegetables in the perforated baking pan. Insert the baking pan underneath. Steam the vegetables for only approximately 1 to 2 minutes. Then briefly immerse the vegetables in ice-cold water so that the cooking process is interrupted.

- **Reheating food**

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

- **Dough proofing**

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

- **Fresh or frozen vegetables**

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

- **Fresh herbs**

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

- **General setting values**

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

Accessories

Perforated Baking Pan – Full size



Ideal for steaming fish or large quantities of vegetables, for extracting juice from berries and much more.

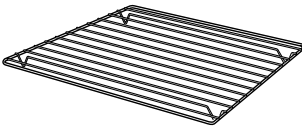
Note: Always insert the baking pan underneath. The dripping liquid is then collected here and the oven is kept clean.

Baking Pan – Full Size



Use the baking pan for tray baking and for collecting dripping liquid.

Wire Rack

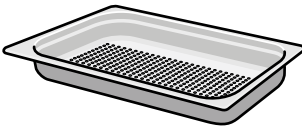


Place ovenware on the wire rack.

Place your roast on the wire rack with the baking pan underneath and insert both together into one level.

Ideal for casseroles, cake pans or other bakeware. Also ideal for crisping roasts when used in combination with the baking pan.

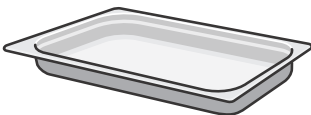
Perforated Baking Pan – Half size



Ideal for steaming vegetables, extracting juice from berries, defrosting, and smaller quantities of food.

Note: Always insert the baking pan underneath.

Baking Pan – Half Size



Use for smaller quantities, rice and cereals.

Starters, Soups and Salads

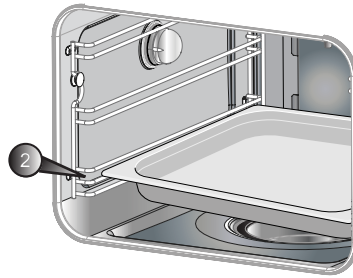


INGREDIENTS

1 lb. pumpkin or butternut squash
½ bunch cilantro, roughly chopped
1 onion
1 garlic clove
1 piece root ginger, ¾ -1”
1 tbsp. olive oil
1 cup strong vegetable broth
1 - 2 tsp. red curry paste
1½ cups coconut milk
Salt
3 - 4 stalks of flat-leaf parsley

SETTINGS

STEAM, 210° - 212°F
12 - 14 minutes
Baking Pan



Quarter the pumpkin. Use a spoon to remove strings and seeds from the pumpkin's inner cavity. Cut the pumpkin into strips then roughly dice it with the skin. Wash and dice the cilantro. Place it all in the baking pan and steam as indicated.

Peel and dice the onion and garlic. Peel and grate the ginger. Sweat in olive oil in a pan then add the broth. Add the red curry paste.

Add the pumpkin mixture to the broth and purée finely. Pour in the coconut milk and briefly heat the mixture. Add salt to taste and serve with chopped parsley.

COOK'S TIP:

The smaller the pumpkin, the sweeter it is.

Serves 4

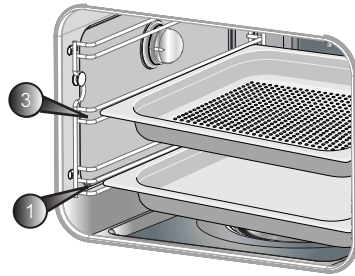
Per serving approx. 133 kcal, 4 g fat, 18 g carbohydrates, 5 g protein

INGREDIENTS

4 large or 8 small wonton skins
1 chicken breast fillet
2 tsp. sesame oil
1 – 2 tsp. light soy sauce
Salt
Freshly ground black pepper
1 tsp. finely diced ginger
1 garlic clove
Chili flakes (to taste)
16 spinach leaves, washed

SETTINGS

STEAM, 210° – 212°F
20 minutes
Perforated & Baking Pan



Soak the wonton skins in between damp tea towels. Halve or quarter wonton skins, depending on size.

Roughly dice the well-chilled chicken breast fillet. Purée to a course texture with 1 tsp. sesame oil, soy sauce, garlic clove, and seasonings.

Place one spinach leaf on the center of each wonton skin. Place one teaspoon of the filling on each spinach leaf and wrap into small parcels. The parcels must be completely sealed so that none of the filling escapes.

Grease the perforated pan with the remaining sesame oil. Place the poultry parcels on the cooking pan with the seam face down and steam as indicated.

Remove the poultry parcels from the pan and arrange on a plate.

COOK'S TIP:

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

DID YOU KNOW:

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

Serves 4

Per serving approx. 140 kcal, 2 g fat, 16 g carbohydrates, 13 g protein

INGREDIENTS

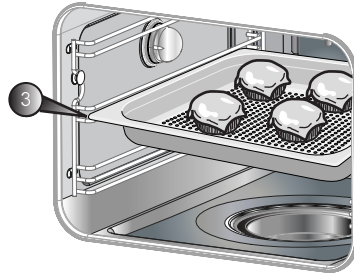
4 slices deli-style ham
4 eggs
Salt and pepper

SETTINGS

STEAM CONV, 350°F
8 – 10 minutes
4 Ramekins in the Perforated Pan

Optional

Shredded cheese
Snipped herbs



Spray (4) 6 oz. custard cups or ramekins with non-stick spray. Arrange on perforated pan. Line each cup with piece of ham, pleating to fit. Break an egg into each cup and sprinkle with salt and pepper.

Bake as indicated or until whites are opaque and eggs are done.

Garnish with cheese and herbs if desired.

EGG EQUIVALENTS:

Large Eggs	Other Size Equivalents
1 large egg	1 jumbo, 1 extra large, 1 medium, or 1 small egg
2 large eggs	2 jumbo, 2 extra large, 2 medium, or 3 small eggs
3 large eggs	2 jumbo, 3 extra large, 3 medium, or 4 small eggs
4 large eggs	3 jumbo, 4 extra large, 5 medium, or 5 small eggs

Serves 4

Per serving approx. 183 kcal, 9.5 g fat, 1 g carbohydrates, 10 g protein

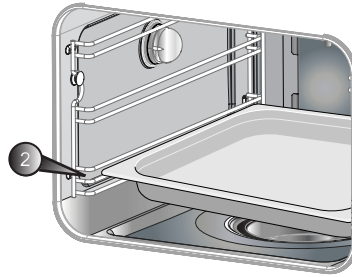
INGREDIENTS

1 red onion, peeled
1 garlic clove, peeled
1 piece root ginger,
approx. ¾", peeled
1 small red chili, seeds removed
1 tbsp. oil
1 tbsp. red curry paste
1 tbsp. fish sauce
1 tsp. vegetable stock granules

1 cup water
½ lb. red lentils, rinsed
10 oz. pineapple
1 yellow pepper
½ bunch chives
5 tbsp. diced tomatoes
Salt

SETTINGS

STEAM, 210° – 212°F
12 – 14 minutes
Baking Pan



Finely chop onion, garlic, ginger, and red chili.

Pour oil into a pan. Sweat the onion, garlic, ginger and chili, stirring continuously. Add the curry paste, fish sauce, stock granules and water and bring to a brief boil.

Add the lentils. Pour the mixture with the liquid into the baking pan and steam as indicated.

Meanwhile, peel the pineapple, remove the hard core and cut the pineapple into small pieces. Clean the pepper, remove the seeds and cut into thin strips. Rinse the chives, pat dry and cut into small rings.

Stir together lentils and tomatoes and season with salt. Add the pineapple, pepper and chives and serve.

COOK'S TIP:

Lentils cooked in steam become particularly soft.

Serves 4

Per serving approx. 268 kcal, 5 g fat, 41 g carbohydrates, 14 g protein

INGREDIENTS

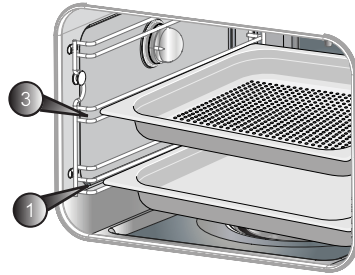
2 lb. green asparagus
Salt
1 bunch arugula
½ lb. cherry tomatoes
3 tbsp. Parmesan cheese, fresh

Honey Mustard Salad Dressing

1 tsp. honey mustard
2 tbsp. white wine vinegar
3 tbsp. olive oil
1 tbsp. pumpkin seed oil
Salt & black pepper

SETTINGS

STEAM, 210° – 212°F
7 – 10 minutes
Perforated & Baking Pan



Cut away the bottom third of the green asparagus.

Cut the asparagus diagonally into thirds. Place in the perforated baking pan and cook as indicated until firm to the bite.

To make the salad dressing, stir together the mustard, vinegar and oils and season with salt and pepper.

Wash the arugula and drain well. Halve or quarter the cherry tomatoes, depending on size.

After steaming, place the asparagus in a shallow dish. Add two tablespoons of the asparagus broth to the salad dressing and drizzle the dressing over the asparagus. Place the arugula and tomatoes on plates. Arrange the asparagus on top and drizzle with the salad dressing. Use a potato peeler to make Parmesan shavings. Scatter them over the salad and serve.

KITCHEN TIP:

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

Serves 4

Per serving approx. 293 kcal, 24 g fat, 7 g carbohydrates, 12 g protein

INGREDIENTS

1 – 10 oz. box couscous
2 cups chicken broth
1 unpeeled eggplant,
cut into ¾" pieces
½ cup olive oil + additional
1 red bell pepper
2 cloves garlic, crushed
Juice of 1 lemon
2 tomatoes, chopped
4 green onions, sliced
1 – 15 oz. can garbanzo beans,
drained
½ cup chopped fresh parsley
4 oz. feta cheese, crumbled
Salt and pepper to taste
Red lettuce leaves
Toasted pita wedges

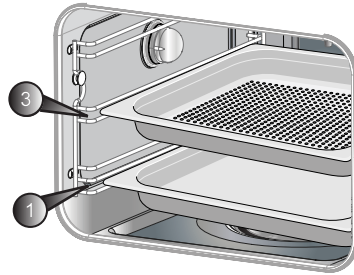
SETTINGS

Couscous

STEAM, 210° – 212°F
5 minutes
Cooking Pan - Half Size

Eggplant

TRUE CONV, 425°F, Preheat
12 minutes
Perforated + Baking Pan



Combine couscous and broth in solid half-size baking pan. Cook as indicated. Remove from oven and allow to cool.

Meanwhile, in a plastic bag toss diced eggplant with a little olive oil to coat. Place in perforated full size steam oven pan. Preheat oven to 425°F. Roast as indicated or until lightly browned.

Meanwhile, blister the skin of the bell pepper by placing atop a gas cooktop burner and turning until evenly blackened and bubbly. Let cool, then remove skin and dice.

Combine the ½ cup olive oil, garlic, lemon juice; mix with cooked, cooled couscous, eggplant and red pepper. Add tomatoes, green onions, drained garbanzos, parsley and feta. Mix gently to distribute the dressing and season to taste with salt and pepper.

Serve on red lettuce leaves, scooping up salad with toasted pita bread wedges.

VARIATION:

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

Serves 6

Per serving (salad only) approx. 530 kcal, 25 g fat, 62 g carbohydrates, 17 g protein

Asian Leafy Vegetables with Cilantro Pesto

Starters, Soups and Salads

INGREDIENTS

8 small bok choy

Cilantro Pesto

1/3 cup cashew kernels

1 bunch cilantro

1/3 cup + 2 tbsp. olive oil

2 oz. freshly grated

Parmesan

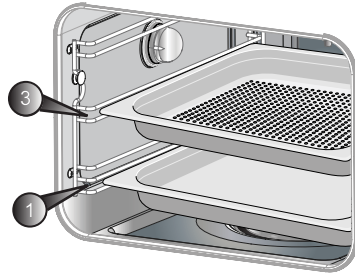
Salt & black pepper

SETTINGS

STEAM, 210°– 212°F

5 – 7 minutes, depending on size of bok choy

Perforated & Baking Pan



Clean, wash and drain the bok choy. Place in the perforated cooking pan and cook as indicated.

Wash the cilantro, shake dry and pick off the leaves. Toast the cashew kernels in a dry pan, until fragrant. Remove from the pan and leave to cool.

Purée the cashew kernels with cilantro, olive oil and Parmesan. Season with salt and pepper.

Drain the prepared bok choy and arrange on a plate. Drizzle with cilantro pesto and serve immediately.

COOK'S TIP:

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

Serves 4

Per serving approx. 381 kcal, 37 g fat, 5 g carbohydrates, 9 g protein

INGREDIENTS

2 carrots
1 small leek
3 tbsp. water
4 – 5 tbsp. white balsamic vinegar
1 tsp. sugar
1 yellow pepper
4 oz. frozen peas
1 cup parboiled long grain rice
1¼ cup water or stock
Salt
3 tbsp. green and black olives, pitted
1 can tuna in water, drained
1 tbsp. lemon juice
2 – 3 tbsp. olive oil
Parsley leaves
2 tbsp. capers, drained

SETTINGS

STEAM, 210° – 212°F

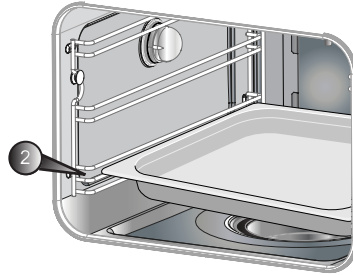
Carrots & Leeks

7 minutes

Rice

15 – 20 minutes

Baking Pan



Peel and finely dice the carrots. Clean the leek and cut it into fine slices. Stir together water, vinegar and sugar in the baking pan. Add the carrots and leeks and cook as indicated.

Meanwhile, clean the pepper and cut into thin strips. Place the pre-cooked vegetables into a dish with the vinegar broth. Fold in the strips of pepper and the peas and leave it all to cool.

Place the rice in the baking pan. Add salted water or stock. Steam the rice as indicated until it is cooked and the liquid has evaporated. Leave the rice to rest for five minutes, then fluff with a fork.

Finely chop the olives. Drain and flake the tuna. Drain the vegetables, retaining the vegetable broth. Stir lemon juice and salt into the vegetable broth and beat in the olive oil.

Rinse the parsley and slice thinly. Mix everything together with the capers and lemon juice and leave to infuse for one hour.

COOK'S TIP:

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

Serves 4

Per serving approx. 460 kcal, 19 g fat, 54 g carbohydrates, 17 g protein

INGREDIENTS

4 new potatoes, cut into chunks
½ lb. fresh green beans
8 – 12 oz. fresh salmon or fresh tuna
2 eggs
1 quart salad greens
2 whole tomatoes, cut into wedges
½ cup black olives
1 tbsp. capers
½ cup vinaigrette
Salt and pepper

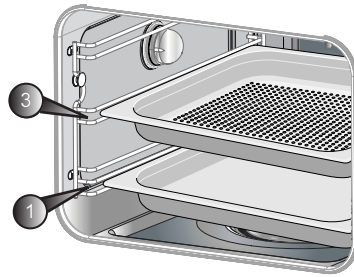
SETTINGS

Potatoes & Green Beans

STEAM CONV, 350°F
10 minutes

Fish & Eggs

STEAM CONV, 350°F
10 minutes
Perforated + Baking Pan



Place the potatoes and green beans in the perforated pan and cook as indicated.

Meanwhile place fish on one side of the baking pan; break eggs into small dish and set on other side of pan.

When first 10 minutes have passed, place the fish and eggs on rack position 1. Cook as indicated.

Place salad greens on serving platter. When eggs, fish and vegetables are cooked, allow them to cool slightly, then arrange atop the salad greens. Garnish with tomatoes, black olives and capers. Drizzle salad with vinaigrette, and season with salt and pepper.

Serves 4

Per serving approx. 311 kcal, 16 g fat, 23 g carbohydrates, 19.5 g protein

INGREDIENTS

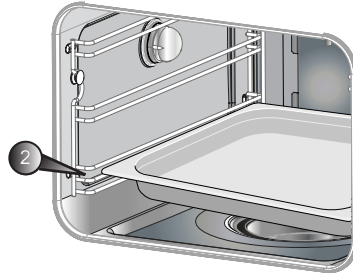
2 lbs. small red potatoes,
scrubbed and cut into quarters
1 tbsp. grapeseed or vegetable oil
Kosher salt
½ tsp. dried thyme
1 butterhead lettuce torn into
small pieces or 1 bag of butterhead
lettuce mix

Dressing

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

SETTINGS

TRUE CONV, 400°F, Preheat
30 minutes
Baking Pan



Preheat the oven.

Toss the potatoes with the oil, salt and thyme. Spread onto the baking sheet and bake for 15 minutes.

Stir the potatoes so they cook evenly on all sides and cook for another 15 minutes until crisp on the edges. Remove from the oven and set aside to cool for at least 10 minutes.

Meanwhile, mix together the dressing ingredients. Toss the warm potatoes in a large bowl with the dressing and gently fold in the lettuce.

BUTTERHEAD LETTUCE:

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

Serves 6

Per serving approx. 127 kcal, 5.5 g fat, 26 g carbohydrates, 3 g protein

INGREDIENTS

4 yellow beets, cleaned, tops removed
1 cup red or plain quinoa
1 cup chicken broth or water

Citrus Dressing

¼ cup olive oil
1 tbsp. red wine vinegar
2 tbsp. fresh lemon juice
½ tsp. dried thyme
2 tbsp. ponzu sauce
½ tsp. salt

½ cup crumbled feta cheese
½ basket cherry tomatoes, halved
1 avocado, diced
4 oz. Arugula

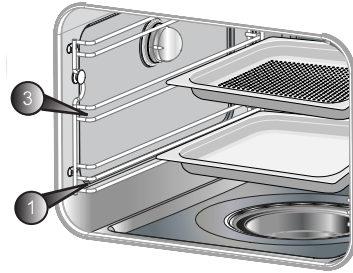
SETTINGS

Beets

STEAM CONV, 400°F
20 minutes
Perforated Pan – Half Size

Quinoa

STEAM, 210° – 212°F
15 minutes
Baking Pan – Half Size



Cut the beets in half if they are larger than a lime so that they may steam quickly. Place beets in oven and cook as indicated above then remove from oven.

Rinse the quinoa and let drain in fine strainer. Place quinoa in the solid half pan and add 1 cup chicken broth or water. Cook as indicated; when quinoa is cooked, the liquid will have been absorbed.

Meanwhile make the dressing by shaking together the olive oil, vinegar, lemon juice, thyme, ponzu sauce and salt.

Peel the beets and dice them. Mix with half the salad dressing in serving dish and add the feta, cherry tomatoes, avocado and arugula.

When quinoa has cooled, add to the salad and toss with remaining dressing.

Serves 4

Per serving approx. 442 kcal, 26 g fat, 43 g carbohydrates, 12 g protein

Side Dishes, Vegetarian Dishes and Casseroles



Potatoes Boiled in Their Skins with Two Dips

Side Dishes, Vegetarian Dishes
and Casseroles

INGREDIENTS

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

Bacon Dip

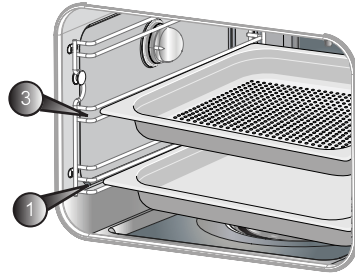
4 oz. sliced bacon
5 oz. blue cheese
½ lb. crème fraîche
½ bunch of chives

Avocado Dip

1 ripe avocado
2 tbsp. lemon juice
½ lb. crème fraîche
1 small red chili pepper
½ bunch cilantro or dill
Salt and pepper

SETTINGS

STEAM, 210°F – 212°F
25 – 30 minutes
Perforated + Baking Pan



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

BACON DIP:

Cut the bacon across its width into strips about ½ inch wide. Fry in a pan over a medium heat until crispy. Leave to drain on paper towels. Purée the blue cheese and stir in the crème fraîche. Cut the chives and fold into the cheese mixture with the bacon strips.

AVOCADO DIP:

Halve the avocado and remove the seed. Purée the flesh with the lemon juice and stir in the crème fraîche. Slice the chili pepper lengthways and remove the seeds. Finely chop the chili pepper and cilantro and fold into the dip. Season with salt and pepper.

Serve the dips with the potatoes.

Serves 4

Per serving approx. 909 kcal, 73 g fat, 42 g carbohydrates, 20 g protein

Spinach with Raisins and Pine Nuts

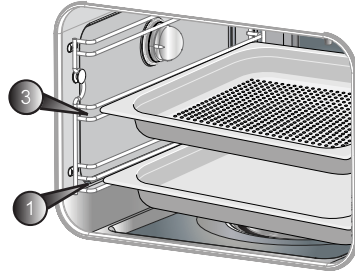
Side Dishes, Vegetarian Dishes
and Casseroles

INGREDIENTS

¼ cup raisins
Dessert wine, e.g. Vin Santo
1½ lbs spinach
Salt
1 tsp. olive oil
2 tbsp. pine nuts

SETTINGS

STEAM, 210° – 212°F
3 – 5 minutes
Perforated & Baking Pan



Marinate the raisins in wine for at least 2 hours.

Remove stalks and wash the spinach. Place in the perforated baking pan, salt lightly and drizzle with olive oil. Steam as indicated.

Toast the pine nuts in a dry pan until light golden brown and fragrant. Remove from the pan.

Remove the spinach with tongs, gently squeeze out excess water and place in a pre-heated dish. Mix in the drained raisins and the pine nuts. Serve hot or cold.

COOK'S TIP:

The spinach goes very well with roast beef.

Serves 4

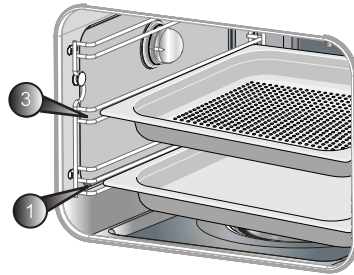
Per serving approx. 112 kcal, 4 g fat, 9 g carbohydrates, 6 g protein

INGREDIENTS

4 ears unshucked corn
Butter or margarine, if desired

SETTINGS

STEAM, 210° – 212°F
8 minutes
Perforated & Baking Pan



Soak fresh, unshucked ears of corn in water for 15-30 minutes, and drain or pat dry.

Place corn in oven and cook as indicated.

Remove pan from oven and, using a tea towel, stand each ear upright and pull away the outer husks and silks. After all ears are unwrapped, return the baking pan and husked corn to oven for 1 minute to reheat.

Serves 4

Per ear of corn 59 kcal, 0.5 g fat, 14 g carbohydrates, 2 g protein

Parsnips and Potato Mash

Side Dishes, Vegetarian Dishes
and Casseroles

INGREDIENTS

6 medium-sized potatoes
3 parsnips
½ onion
3 tbsp. butter
1 cup milk
Salt
Nutmeg

SETTINGS

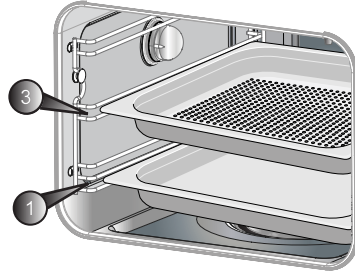
STEAM, 210° – 212°F

Potatoes 25 – 30 minutes

Perforated Pan

Parsnips 20 – 25 minutes

Baking Pan



Peel and dice the potatoes. Place in the perforated baking pan.

Peel and finely dice the parsnips and onion, then briefly sweat in hot butter. Transfer into the baking pan and pour the milk over. Cook until soft below the potatoes, as indicated.

Then, while the potatoes and parsnips are still hot, press through a potato ricer into a bowl and stir with a whisk until smooth. Season with salt and freshly grated nutmeg and serve.

KITCHEN TIP:

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

Serves 4

Per serving approx. 212 kcal, 3 g fat, 36 g carbohydrates, 9 g protein

INGREDIENTS

2 – 11½ oz. pkgs. frozen
Fettucine Alfredo
4 tbsp. olive oil or butter
2 cloves garlic, minced
½ cup chopped onion
1 – 28 oz. can Italian plum
tomatoes, drained, chopped
Salt and black pepper
1 – 8 oz. ball fresh Mozzarella
⅓ cup toasted pine nuts
¼ cup golden raisins
8 beaten eggs
½ cup chopped fresh basil
1 cup grated Parmesan cheese

Optional

Marinara Sauce

SETTINGS

Alfredo

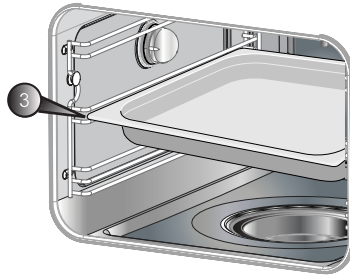
DEFROST, 110°F
17 minutes

Frittata

STEAM CONV, 350°F
20 – 25 minutes

Vegetables

TRUE CONV, 350°F
10 minutes
Baking Pan



Defrost the fettucine using the default defrost setting or thaw overnight in refrigerator.

Place olive oil or butter in baking pan along with garlic, onion, and tomatoes. Place in oven and cook as indicated, stirring halfway through. Remove from oven and season well with salt and pepper.

Meanwhile, cut the Mozzarella cheese into ¾" cubes. Add pine nuts and raisins to eggs and combine with fettucine. Place egg mixture in the baking pan on top of the tomato mixture. Add the Mozzarella, basil and Parmesan. Bake as indicated or until frittata is firm and eggs are set.

Serve with a little marinara sauce atop.

COOK'S TIP:

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

Serves 8

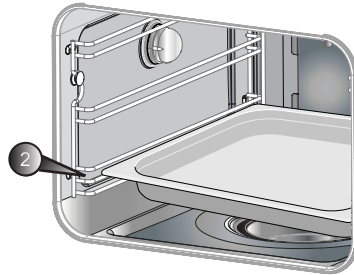
Per serving approx. 428 kcal, 28 g fat, 20 g carbohydrates, 22 g protein without
Marinara Sauce

INGREDIENTS

1 shallot
1 – 2 garlic cloves
3 tbsp. olive oil
1¼ cups risotto rice
3 stems lemongrass, in pieces
⅓ cup and 3 tbsp. white wine
2 – 2½ cups vegetable broth
4 tsp. butter
2 oz. Parmesan, freshly grated
Salt
White pepper

SETTINGS

STEAM CONV, 325°F
25 minutes
Baking Pan



Peel and finely chop the shallot and garlic.

Add the diced shallot, garlic, olive oil, risotto rice, lemongrass, white wine and hot vegetable broth to the baking pan. Mix together thoroughly and cook as indicated. Stir once halfway through the cooking time.

After cooking, stir in the butter and grated Parmesan. Season with salt and pepper and serve immediately.

KITCHEN TIP:

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

COOK'S TIP:

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

Serves 4

Per serving approx. 417 kcal, 18 g fat, 50 g carbohydrates, 9 g protein

Baked Vegetables in a Balsamic Sauce

Side Dishes, Vegetarian Dishes
and Casseroles

INGREDIENTS

Balsamic Sauce

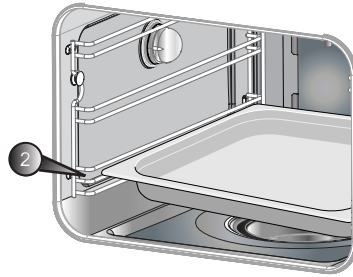
- 1 small onion
- 1 garlic clove
- 2 tbsp. olive oil
- 3 tbsp. white balsamic vinegar
- 2 tsp. honey
- 2½ tbsp. cream
- 6 sage leaves, finely chopped
- Salt and pepper

Vegetables

- 1 medium sweet potato
- 1 potato
- 1 carrot
- 1 turnip
- ¼ butternut squash
- 2 tbsp. olive oil
- Salt

SETTINGS

- STEAM CONV, 450°F
- 20 minutes
- Baking Pan



To make the sauce, finely slice the onion and garlic clove in a saucepan on the cooktop. Sweat the onion in 2 tbsp. olive oil. Season with balsamic vinegar, honey, cream, sage, salt and pepper. Cook for two minutes. Finally, add the garlic.

For the vegetables, peel all the ingredients and cut into very thin slices. Spread in the baking pan and drizzle with olive oil. Season with salt and bake as indicated.

Pour the sauce over the baked vegetables and serve immediately.

Serves 4

Per serving approx. 251 kcal, 16 g fat, 24 g carbohydrates, 4 g protein

INGREDIENTS

¼ cup canned chick peas
1 onion
2 cloves garlic
2 cups natural long grain rice
5 tbsp. oil
1 quart vegetable broth
1 eggplant
1 zucchini
1 large carrot
Herb-flavored salt
Black pepper
2 tbsp. parsley, chopped

SETTINGS

STEAM CONV, 325°F

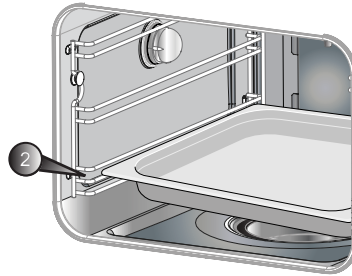
Rice mixture

20 minutes

With vegetables

Add 5 minutes

Baking Pan



Strain and drain well the chick peas.

Peel and finely chop the onion and garlic. Fry the rice until translucent in 1 tbsp. oil, stirring continuously. Mix together the chick peas and diced onion and garlic and fry gently, stirring continuously.

Transfer the rice mixture to the baking pan, pour on the vegetable broth and cook as indicated.

Meanwhile, wash the eggplant and zucchini, remove the stalks and dice. Clean the carrot and cut into large cubes. Heat the remaining oil in a skillet and over high heat, first brown the diced eggplant and then the zucchini and carrots.

Season the diced vegetables with herb-flavored salt and pepper and carefully mix into the rice. Cook as indicated for another 5 minutes. Serve the vegetable pilaf sprinkled with parsley.

Serves 4

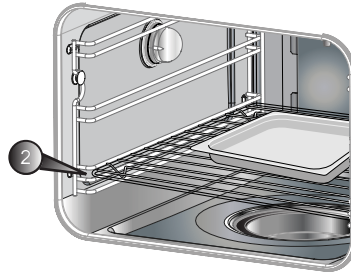
Per serving approx. 510 kcal, 18 g fat, 75 g carbohydrates, 11 g protein

INGREDIENTS

1 tsp. olive oil for greasing
1 cup vegetable broth
1 cup milk
1 cup polenta
1 tsp. chopped herbs,
(e.g. thyme, sage, or rosemary)
3 oz. cream
2 oz. grated Parmesan

SETTINGS

STEAM CONV, 275°F
30 minutes
Dish on Wire Rack



Grease a heat-resistant 8" x 9" baking dish. Pour in the vegetable broth and milk and stir in the polenta. Add the chopped herbs and cook the polenta as indicated.

Mix the cream and Parmesan into the polenta and allow to rest in the oven for an additional 10 minutes.

COOK'S TIP:

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

Serves 4

Per serving approx. 331 kcal, 18 g fat, 32 g carbohydrates, 11 g protein

INGREDIENTS

2 medium tomatoes
1 tbsp. olive oil
1 lb. potatoes
3 cloves garlic
1 sprig oregano
Salt and pepper
2 sprigs rosemary
1 red pepper
2 zucchini, about 1 lb.
1 large fennel bulb
3 tbsp. olive oil

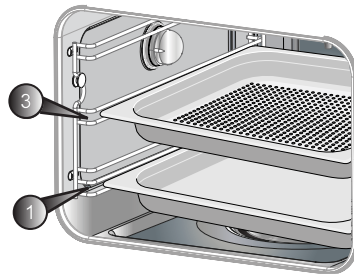
SETTINGS

Vegetables

STEAM CONV, 400°F
30 minutes
Baking Pan (Level 2)

Tomatoes

STEAM, 210° – 212°F
1 – 2 minutes
Perforated + Baking Pan
(Level 3 + 1)



Make a cross incision in the tomatoes and steam in the perforated pan as indicated. Pull off the skin and slice the tomatoes.

Grease the baking pan or a glass ovenproof dish with 1 tbsp. oil. Peel and slice the potatoes, then spread the slices out in the baking pan.

Peel and slice the garlic cloves. Tear off the oregano leaves, chop coarsely and scatter over the potato slices with the garlic. Season with salt and pepper. Place whole rosemary sprigs on top.

Cut the pepper into pieces, the unpeeled zucchini into slices and the fennel into thin strips. Mix together, add salt and spread over the potatoes.

Cover the vegetables with the tomato slices, season with salt and drizzle with oil. Bake as indicated.

COOK'S TIP:

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

Serves 4

Per serving approx. 247 kcal, 13 g fat, 25 g carbohydrates, 6 g protein

Twice Baked Potatoes

Side Dishes, Vegetarian Dishes
and Casseroles

INGREDIENTS

4 large potatoes

Filling

1 tbsp. butter

¼ lb. blue cheese

Parsley, chopped

Salt and black pepper

SETTINGS

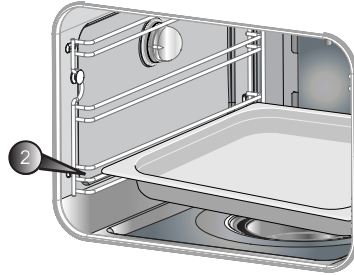
TRUE CONV, 300°F

55 – 60 minutes

With Filling

Add another 8 minutes

Baking Pan



Wash and scrub the potatoes and place, unpeeled, in the baking pan.

Cook as indicated.

Halve the potatoes and carefully scoop out the potato from the skin, leaving ¼" shells. Put the scooped potato in a bowl and mix with butter, cheese and seasoning. Spoon the mixture back into the potato skins.

Place back in the baking pan and bake as indicated for another 8 minutes.

COOK'S TIP:

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

Serves 4

Per serving approx. 259 kcal, 14 g fat, 24 g carbohydrates, 9 g protein

Oven Roasted Sweet Potatoes

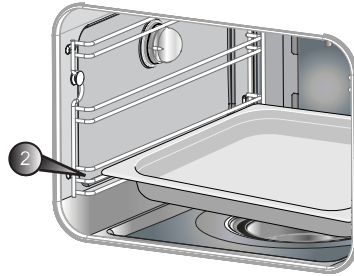
Side Dishes, Vegetarian Dishes
and Casseroles

INGREDIENTS

2 - 2½ lbs. sweet potatoes
½ tsp. paprika
½ tsp. curry powder
2 tbsp. olive oil
Salt
2 ripe avocados
1 red jalapeño pepper
Juice of one lime
Black pepper

SETTINGS

STEAM CONV, 300°F
15 – 20 minutes
Baking Pan



Wash and peel the sweet potatoes, then halve lengthways and cut into bite-sized chunks. Place in the baking pan.

Stir the paprika and curry powder in with the oil and use this to season the sweet potatoes. Bake as indicated and then add salt.

Meanwhile, peel the avocados and remove the stones. Cut the avocados into small cubes and mash with a fork. Halve the jalapeño pepper, remove the seeds and cut into thin rings. Mix in with the avocado.

Season the avocado mixture with lime juice, salt and pepper. Serve together with the sweet potatoes.

DID YOU KNOW:

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

Serves 4

Per serving approx. 405 kcal, 14 g fat, 63 g carbohydrates, 5 g protein

Roasted Quinoa with a Cream Sauce

Side Dishes, Vegetarian Dishes
and Casseroles

INGREDIENTS

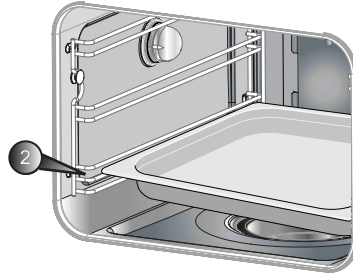
1 onion
2 carrots
1 leek
3 tbsp. butter
1¼ cups quinoa
1⅓ cups vegetable broth
½ cup ground nuts
2 eggs
1½ oz. grated emmental cheese
⅔ cup bread crumbs
Sea salt
Pepper
Nutmeg
Several sprigs of thyme
and tarragon

Cream Sauce

1 onion	1 tbsp. flour
3 – 4 sprigs of parsley	1 cup cream
1 tsp. oil	Herb-flavored salt
1 cup vegetable broth	Pepper
1 tbsp. cold butter	Juice of half a lemon

SETTINGS

STEAM CONV, 350°F
35 – 40 minutes
Baking Pan



Peel and finely dice the onion and carrots. Wash the leek and cut into thin rings.

Warm the butter in a pan and toast the quinoa in it. Add the vegetables and bring to a boil with the vegetable broth. Cook for 15 minutes over a low heat, stirring frequently. Switch off the heating element and leave to cook, covered, for another 15 minutes.

Add the nuts, eggs, cheese and bread crumbs to the quinoa. Season to taste with spices and finely chopped herbs.

Grease the baking pan. Form the quinoa mixture into the shape of a roast and bake as indicated in the baking pan. Allow the roast to rest for a while before starting to cut.

To make the sauce, peel and finely dice the onion. Tear off and roughly chop the parsley leaves. Sweat the onion and parsley in the hot oil. Pour in the vegetable broth and leave to simmer for 15 minutes.

Strain the sauce through a sieve. Knead the cold butter into the flour and add to the sauce, stirring well. Add the cream and bring to a simmer. Season with the spices and lemon juice.

Serves 4

Per serving approx. 792 kcal, 53 g fat, 59 g carbohydrates, 21 g protein

Mixed Vegetables with Lemon Cream Cheese Sauce

Side Dishes, Vegetarian Dishes
and Casseroles

INGREDIENTS

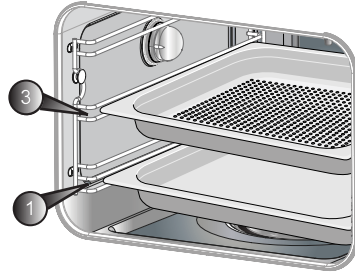
- ½ lb. carrots
- ½ lb. butternut squash
- ½ lb. zucchini
- ½ lb. cauliflower

Lemon Cream Cheese Sauce

- 4 tbsp. butter
- 8 oz. cream cheese
- ¼ cup vegetable broth
- Juice and zest of half a lemon
- Salt
- White pepper
- 1 sprig of basil

SETTINGS

- STEAM, 210° – 212°F
- 7 – 10 minutes
- Perforated + Baking Pan



Peel the carrots and butternut squash. Cut the carrots diagonally into thin slices and chop the butternut squash into cubes. Halve the zucchini lengthways then cut diagonally into medium-sized triangles. Separate the cauliflower into florets. Place the vegetables into the perforated baking pan and steam as indicated.

To make the sauce, heat the butter in a pan and, on a low setting, add the cream cheese one spoon at a time. Pour in the vegetable broth. Add lemon juice and zest to taste. Season with salt and pepper. Stir in the chopped basil leaves before serving.

Arrange the vegetables on plates or layer them in glasses and serve with the sauce.

COOK'S TIP:

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

Serves 4

Per serving approx. 356 kcal, 31 g fat, 9 g carbohydrates, 11 g protein

Gnocchi with Sage Butter

Side Dishes, Vegetarian Dishes
and Casseroles

INGREDIENTS

5 medium potatoes
1 cup flour
2 eggs
Salt
White pepper
Nutmeg
1 tsp. oil
1 tbsp. Parmesan, freshly grated

Sage Butter

4 tbsp. butter
12 sage leaves

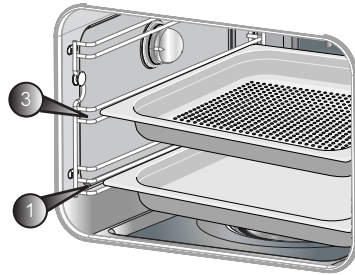
SETTINGS

Potatoes

STEAM, 210° – 212°F
25 – 30 minutes
Perforated + Baking Pan

Gnocchi

STEAM, 210° – 212°F
6 – 8 minutes



Peel and quarter the potatoes and steam them in the perforated pan as indicated. Push the potatoes through the ricer while they are still hot. Mix with flour and add the eggs. Season with salt, pepper and nutmeg and knead together into a malleable dough.

Shape into finger-width rolls and cut into pieces 1 inch long. Make grooves in the dough pieces by pressing them with the back of a fork. Grease the perforated pan with oil. Place the gnocchi close together in the baking pan and cook as indicated.

Allow the butter to froth in a deep pan and toss the sage leaves in the butter. Briefly toss the well-drained gnocchi in the sage butter and serve sprinkled with Parmesan.

COOK'S TIP:

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

Serves 4

Per serving approx. 315 kcal, 17 g fat, 29 g carbohydrates, 10 g protein

Asparagus in Mustard Cream Sauce

Side Dishes, Vegetarian Dishes
and Casseroles

INGREDIENTS

2 lbs. green asparagus

Mustard Cream Sauce

1 onion

2 tbsp. butter

2 tbsp. mustard seeds

3 tbsp. mustard

½ cup vegetable broth

1 cup cream

Salt

White pepper

Nutmeg

1 – 2 tbsp. cornstarch

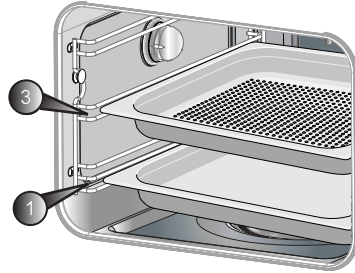
blended with water

SETTINGS

STEAM, 210° – 212°F

7 – 10 minutes

Perforated + Baking Pan



Cut away the bottom of the asparagus. Cut the asparagus into 1 inch long pieces. Place the asparagus in the perforated pan and steam as indicated.

To make the sauce, peel the onion, dice finely and sweat in the butter over low heat in a saucepan. Add the mustard seeds, mustard and broth and leave to infuse for 5 minutes.

Pour in the cream and season with salt, pepper and freshly grated nutmeg. Thicken with cornstarch.

Add the asparagus to the sauce.

COOK'S TIP:

Serve with roasted potatoes and grilled sausages.

Serves 4

Per serving approx. 315 kcal, 27 g fat, 12 g carbohydrates, 6 g protein

Roasted Sesame Green Beans

Side Dishes, Vegetarian Dishes
and Casseroles

INGREDIENTS

1 lb. green beans, stem ends snapped off
1 tbsp. olive oil
Salt and black pepper
1 tbsp. minced garlic
1 tsp. minced fresh ginger
2 tsp. honey
½ tsp. toasted sesame oil
¼ tsp. hot red pepper flakes
4 tsp. toasted sesame seeds

SETTINGS

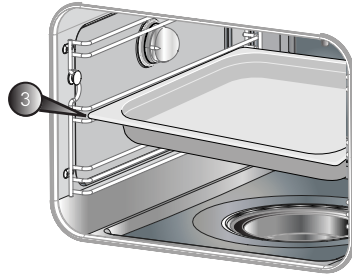
TRUE CONV, 450°F for Preheat

Green Beans

STEAM CONV, 450°F

*10 minutes plus 5 – 7 minutes
for roasting*

Baking Pan



Preheat the oven.

Toss the green beans with olive oil, salt and pepper to taste in the baking pan. Change the mode to Steam Convection and cook as indicated.

Meanwhile combine garlic, ginger, honey, sesame oil and hot red pepper flakes in a small bowl. After 10 minutes, remove pan from oven and using tongs, coat beans evenly with garlic/ginger mixture. Redistribute beans in an even layer and return to the steam and convection oven for 5 – 7 minutes longer or until beans are roasted in spots and on the tips.

Taste for seasoning, transfer to serving bowl and garnish with sesame seeds.

Serves 4

Per serving approx. 103 kcal, 5.5 g fat, 12.5 g carbohydrates, 2 g protein

INGREDIENTS

5 medium potatoes
¾ cup flour
2 small eggs
Salt
Nutmeg
1 tsp. oil

In Addition

3 tbsp. butter
3 – 4 stalks of flat-leaf parsley

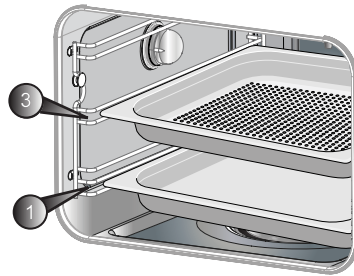
SETTINGS

Potatoes

STEAM, 210° – 212°F
30 – 40 minutes
Perforated + Baking Pan

Dumplings

STEAM, 210° – 212°F
20 – 25 minutes



Wash the potatoes and steam as indicated without peeling. When fork tender, peel the potatoes while still hot.

Push the potatoes through a ricer. Add flour, eggs, salt, and some freshly grated nutmeg to the potatoes. Work the mixture into a smooth dough, first with a wooden spoon, then with your hands. With moist hands, shape the mixture into 12 balls.

Grease the perforated baking pan. Carefully place the dumplings in the pan and cook as indicated until done.

Melt the butter. Rinse the parsley, shake dry and chop coarsely. Place the dumplings in a warmed dish. Pour over the butter and sprinkle over the chopped parsley.

Serves 12

Per serving approx. 124 kcal, 4 g fat, 17 g carbohydrates, 4 g protein

INGREDIENTS

Pastry

1¼ cups flour
5 tbsp. butter or margarine
1 small egg
Salt
Butter for greasing the pan

Topping

2 tomatoes
¼ lb. mushrooms
1 cup crème fraîche
2 eggs
1 tbsp. tomato purée
Salt, pepper, freshly ground
¼ lb. cubes of sheep's milk feta in
herbs

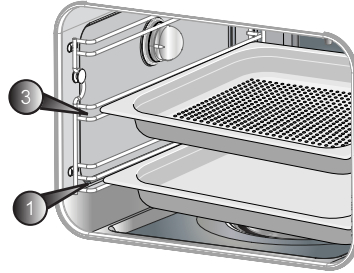
SETTINGS

Tomatoes

STEAM, 210 – 212°F
2 – 3 minutes
Perforated + Baking Pan (Level 3 + 1)

Quiche

STEAM CONV, 350°F
35 – 40 minutes
Dish on Wire Rack (Level 2)



Knead together the flour, butter, egg and a small pinch of salt in the food processor with the dough hook. Knead again with your hands and form into a ball. Leave to stand for 30 minutes.

Roll out the dough on a floured work surface and use it to line a greased 9" square baking dish. Place in the refrigerator until the topping is ready to be added.

To make the topping, make a cross incision in the tomatoes. Steam in the perforated pan as indicated. Peel off the skin. Cut the tomatoes into eighths and remove the seeds.

Wipe and slice the mushrooms.

Thoroughly mix the crème fraîche, eggs and tomato purée and season with salt and pepper. Spread the filling evenly over the dough and lay the tomato slices, mushrooms and well-drained cheese cubes on top. Bake the quiche as indicated.

Serves 4

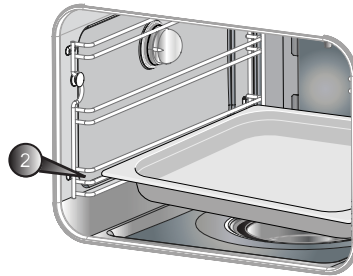
Per serving approx. 586 kcal, 40 g fat, 39 g carbohydrates, 18 g protein

INGREDIENTS

½ lb. lentils
1½ cups vegetable broth
1 bay leaf
1 bunch spring onions
½ – 1 red jalapeño pepper
1 red pepper
2 cloves garlic
2 tbsp. clarified butter
2 – 3 tbsp. curry powder
Salt and black pepper

SETTINGS

STEAM, 210°– 212°F
8 – 10 minutes
Baking Pan



Wash the lentils, place them in the baking pan and pour over the vegetable broth. Add the bay leaf and cook as indicated, so that the lentils are not too soft.

Meanwhile, chop the spring onions into thin rings. Wash the jalapeño pepper, halve lengthways, remove the seeds and slice into thin slices. Cut the pepper into small cubes. Chop the garlic.

Heat the clarified butter in a pan and cook the spring onions, jalapeño pepper, red pepper and garlic for approximately 2 minutes, stirring continuously. Sweat the curry powder briefly and then add the cooked lentils. Mix well and heat. Season with salt and pepper and serve the lentil curry hot.

KITCHEN TIP:

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

Serves 4

Per serving approx. 304 kcal, 10 g fat, 36 g carbohydrates, 16 g protein

Small Pasta and Spinach Casseroles

Side Dishes, Vegetarian Dishes
and Casseroles

INGREDIENTS

Oil for the ramekins
14 oz. spinach leaves
1 onion
1 garlic clove
1 tbsp. butter
1 tbsp. olive oil
Salt and black pepper
Pinch of nutmeg
2 oz. Gouda cheese
3 tbsp. Parmesan
4 eggs
¾ cup cream
3 oz. cooked spaghetti

In Addition

Parchment paper
Aluminum foil

SETTINGS

Spinach

STEAM, 210°– 212°F

3 - 4 minutes

Perforated + Baking Pan (Level 3 + 1)

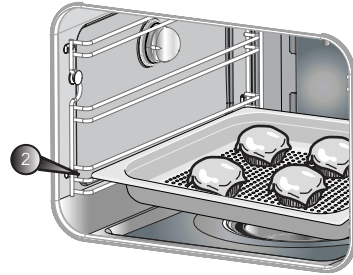
Casseroles

STEAM, 210°– 212°F

35 - 30 minutes

Perforated Pan +

4 Ramekins, (Level 2)



Grease four small ramekins or custard cups with a little oil. Cover the base of the ramekins with parchment paper.

Wash the spinach and place in the perforated pan. Steam as indicated. Then squeeze out excess moisture from the spinach.

Finely chop the onion and garlic. Sweat the onion and garlic in butter and oil until translucent. Add the spinach and season with salt, pepper and nutmeg. Allow the spinach to cool.

Grate the cheese. Whisk the eggs and cream in a bowl. Mix the cooked spaghetti and grated cheese and season with salt and pepper.

Add the spinach to the egg mixture. Place in the ramekins and cover completely with foil. Place in the perforated pan and cook as indicated.

Remove the ramekins and allow to cool a little. Loosen the baked food from the sides of the ramekins with a knife and turn out onto plates.

Serves 4

Per serving approx. 409 kcal, 33 g fat, 9 g carbohydrates, 18 g protein

Spicy Butternut Squash Bake

Side Dishes, Vegetarian Dishes
and Casseroles

INGREDIENTS

7 oz. bulgur wheat
1 small butternut squash, approx.
1 ½ lb.
3 onions
1 garlic clove
2 – 3 tbsp. olive oil
¾ lb. ground lamb
Salt and black pepper
1 tsp. five-spice powder
(star-anise, white pepper, fennel,
cinnamon and cloves)
3 – 4 sprigs of flat-leaf parsley,
chopped
2 tbsp. flour

SETTINGS

Squash

STEAM, 210°– 212°F

15 minutes

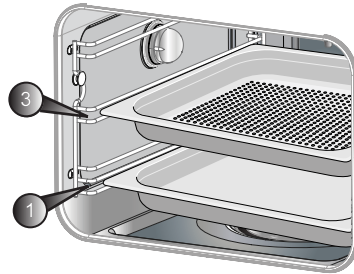
Perforated + Baking Pan (Level 3 + 1)

To Bake

STEAM CONV, 350°F

20 minutes

Dish on Wire Rack (Level 2)



Leave the bulgur wheat in sufficient water for absorption.

Wipe and wash the squash and then chop into thick cubes of approx. ¾ inch. Place into the perforated baking pan and steam as indicated.

Peel and finely dice the onion and garlic. Heat 1 tbsp. oil in a pan and sweat the onions and garlic until translucent. Stir in the ground lamb, add salt and pepper and season with five-spice powder. Continue to fry for 5 minutes and stir in the parsley.

Drain the bulgur wheat. Knead the bulgur wheat, squash, salt and pepper with the flour into a dough. Grease an ovenproof 8" x 8" baking dish and line with half of the dough.

Add the ground lamb. Cover with dough. Drizzle with the remaining oil and bake as indicated.

VARIATION:

Try using ground meatloaf mixture instead of ground lamb.

Serves 4

Per serving approx. 416 kcal, 15 g fat, 47 g carbohydrates, 22 g protein

Potato and Porcini Mushroom Gratin

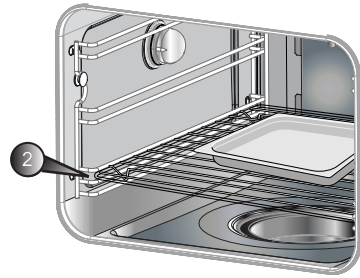
Side Dishes, Vegetarian Dishes
and Casseroles

INGREDIENTS

1 oz. dried porcini mushrooms
2 lbs. potatoes
1 garlic clove
1 tbsp. butter
¾ cup cream
¾ – 1 cup milk
Salt and black pepper
Large pinch of nutmeg
1 – 2 tbsp. Parmesan or Sbrinz, grated

SETTINGS

TRUE CONV, 350°F
40 - 45 minutes
Dish on Wire Rack



Leave the mushrooms to soak in warm water for 1 hour. Gently squeeze the excess liquid out of the mushrooms and chop roughly.

Wash, peel and slice the potatoes thinly and evenly into slices of approximately ⅛ inch. Halve the garlic clove and rub a 10 inch diameter ovenproof dish with the garlic. The gratin will then have a slight garlic flavor.

Grease the dish with butter and layer in half of the potatoes. Distribute the mushrooms and layer the remaining potatoes on top.

Mix the cream and milk, season with salt, pepper, and nutmeg and pour over the potatoes. Sprinkle the cheese over the gratin. Bake as indicated.

COOK'S NOTE:

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

Serves 4

Per serving approx. 435 kcal, 24 g fat, 42 g carbohydrates, 12 g protein

INGREDIENTS

Pie crust for 9" deep dish pie
1 tbsp. caraway seeds
8 oz. corned beef, chopped
1 tbsp. Dijon mustard
¾ cup drained sauerkraut
2 cups shredded Swiss cheese
3 eggs, beaten
1 cup half & half
2 green onions, minced

SETTINGS

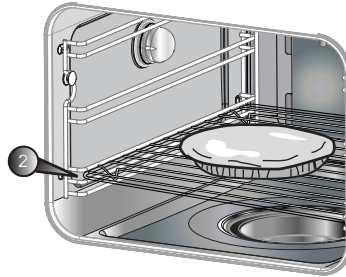
TRUE CONV, 400°F, Preheat

Crust

*TRUE CONV, 400°F
7 minutes + 3 more
(Level 2)*

Quiche

*STEAM CONV, 375°F
30 minutes
Dish on Wire Rack*



Preheat the oven.

Line the crust with foil and fill with beans or pie weights. Bake shell on rack level 2 for 7 minutes; remove from oven and lift out the foil and beans. Prick the bottom of the crust in a few places and return to oven for 3 minutes more to set the crust.

Sprinkle the caraway seeds over the bottom of the crust. Top with corned beef, Dijon, sauerkraut and cheese. Mix together the eggs, cream and onion and pour into pie shell.

Bake quiche as indicated above; top will be lightly browned and filling will be firm. Let cool a few minutes before cutting.

BRUNCH IDEA:

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

Serves 8

Per serving approx. 362 kcal, 26 g fat, 14.5 g carbohydrates, 34 g protein

Spinach and Eggplant Lasagne

Side Dishes, Vegetarian Dishes
and Casseroles

INGREDIENTS

1 eggplant, $\frac{3}{4}$ lb.
7 oz. ricotta
 $\frac{3}{4}$ lb. spinach
Salt

Sauce

1 clove garlic
3 tbsp. butter
 $\frac{1}{4}$ cup flour
2 cups vegetable broth
1 cup milk
Black pepper
Salt
1 tsp. lemon juice

In Addition

Margarine or butter for greasing the pan
8 light lasagne noodles, not precooked
2 medium tomatoes
5 sprigs of thyme
3 oz. Parmesan, grated
3 sprigs of basil, cut into strips

SETTINGS

STEAM, 210° – 212°F

Eggplant

5 – 7 minutes

Spinach

3 minutes

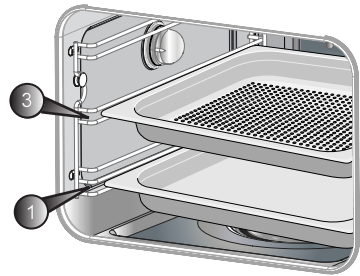
*Perforated + Baking Pan
(Level 3 + 1)*

Lasagne

STEAM CONV, 350°F

30 – 40 minutes

Dish on wire rack (Level 2)



Wash the eggplant, cut off the ends, and slice lengthways. Steam in the perforated pan as indicated.

Leave the slices to drain thoroughly. Dab with paper towels and spread ricotta on top. Wash and rinse the spinach and steam in the perforated pan as indicated. Then squeeze out the excess moisture.

For the sauce, peel and chop the garlic and sweat briefly in hot butter or margarine over medium heat. Stir in the flour. Mix the broth and milk and pour in slowly while stirring continuously. Bring the sauce to the boil once while stirring. Add plenty of salt, pepper and lemon juice to taste.

Grease an ovenproof dish. Add some sauce. In alternate layers, add the lasagne noodles, spinach, eggplant, slices of tomatoes, sauce, thyme leaves, and half of the Parmesan. The last layer should be lasagne noodles and sauce.

Finally, sprinkle over the remaining Parmesan and bake the lasagne as indicated. Sprinkle basil on top and serve hot.

Serves 4

Per serving approx. 495 kcal, 24 g fat, 45 g carbohydrates, 24 g protein

Seafood Dishes



INGREDIENTS

4 trout, ready to cook, ¾ lb. each
Juice of half a lemon
Salt
white pepper
2 carrots
2 stalks celery
1 onion
1 unwaxed lemon
1 tsp. salt
5 juniper berries
A few sage leaves
2 oz. dry white wine
2 oz. water
5 white peppercorns

Cream of Horseradish

¾ cup cream
1 cooking apple
Approx. ¾ inch fresh horseradish root
2 – 3 tbsp. orange juice
Salt and black pepper
1 pinch sugar

Garnish

1 lemon
1 bunch of watercress

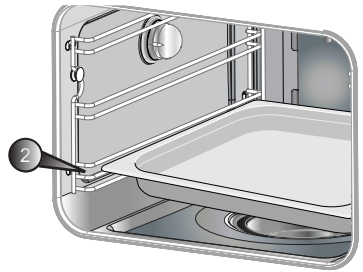
SETTINGS

Broth

STEAM, 210° – 212°F
15 minutes
Baking Pan

With Trout

STEAM, 210° – 212°F
15 – 20 minutes



Rinse the trout under cold running water and pat dry. Drizzle with lemon juice. Season with salt and pepper inside and out.

Wash the carrots and celery and dice finely. Peel the onion. Wash the lemon in hot water and dry. Cut into slices. Place the vegetables, onion and lemon into the baking pan with salt, juniper, sage, white wine and 2 oz. water. Steam as indicated. Then add the crushed peppercorns to the broth. Slide the trout into the warm broth and steam as indicated.

For the cream of horseradish, whip the cream until stiff. Peel the apple and horseradish, grate finely and mix with orange juice. Fold into the cream and season with salt, pepper and sugar.

Wash the lemon in hot water, dry and cut into slices. Snip off the watercress leaves. Carefully lift the trout out of the broth and place on warmed plates. Pour a little of the broth over the top and garnish with slices of lemon and watercress. Serve the cream of horseradish separately.

COOK'S TIP:

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

Serves 4

Per serving approx. 608 kcal, 26 g fat, 17 g carbohydrates, 67 g protein

INGREDIENTS

8 spring onions
8 Chinese dried mushrooms,
e.g. shiitake mushrooms
1 piece root ginger, approx. 1½ inch
3 garlic cloves
2 handfuls of glass noodles, cooked
2 – 2½ lbs. sea bass or grouper,
pan-ready, gutted whole fish
2 tbsp. peanut oil
4 tbsp. soy sauce or fish sauce
1 – 2 tsp. sugar
4 tbsp. rice wine or dry sherry

SETTINGS

Spring Onions

STEAM, 210° – 212°F

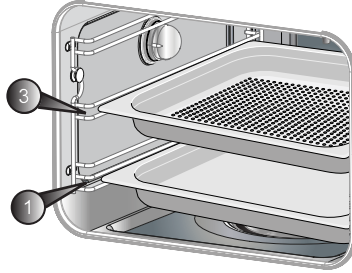
1 – 2 minutes

Perforated + Baking Pan

Fish

STEAM, 210°– 212°F

20 – 25 minutes



Wash the spring onions and chop into fine strips. Put half of the spring onions in the perforated pan. Blanch as indicated and set aside.

Place the mushrooms in a dish, pour over boiling water and leave to soak for 15 minutes. Remove from water, pat dry with paper towels and chop finely. Chop the mushrooms. Peel the ginger and cut into very thin slices. Peel the garlic cloves and crush with a garlic press.

Put the cooked noodles and mushrooms in the baking pan. Rinse the fish under cold, running water and pat dry with paper towel. Stuff the fish with the ginger, garlic and remaining spring onions and place diagonally on the noodles. Brush the skin with peanut oil.

Stir together the soy sauce, sugar and rice wine and drizzle over the fish.

Steam as indicated.

Arrange the blanched spring onions over the fish and serve with noodles and mushrooms.

Serves 4

Per serving approx. 618 kcal, 9 g fat, 82 g carbohydrates, 51 g protein

INGREDIENTS

1 lb. halibut
Salt
White pepper
Juice of half a lemon
3 fennel bulbs, $\frac{3}{4}$ lb. each
 $1\frac{1}{4}$ cups fish or vegetable broth
Barely $\frac{1}{2}$ cup white wine
 $\frac{2}{3}$ cup heavy cream

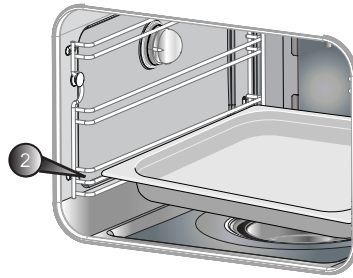
SETTINGS

Fennel

STEAM, 210° – 212°F
13 – 16 minutes
Baking Pan

Stew

STEAM, 210° – 212°F
5 – 9 minutes



Rinse the fish under cold, running water, pat dry and cut into pieces. Season with salt and pepper and drizzle with 1 – 2 tbsp. lemon juice.

Trim the fennel, rinse and cut lengthwise into eighths. Set a few fennel fronds aside. Put the fish stock and wine into the baking pan and add $\frac{1}{4}$ tsp. salt. Add the fennel and steam as indicated.

Boil cream and broth to reduce slightly to thicken. Season with salt, pepper and lemon juice.

Add the sauce and fish fillets to the fennel and steam as indicated. Finely chop the fennel fronds and sprinkle into the stew before serving.

COOK'S TIP:

Serve with wild rice.

Serves 4

Per serving approx. 370 kcal, 18 g fat, 18 g carbohydrates, 34 g protein

Sole Rolls with a Basil and Salmon Stuffing

INGREDIENTS

Basil & Salmon Stuffing

½ cup cream
½ bunch of basil
5 oz. salmon fillet or trout fillet
Salt
White pepper

Sole Sauce

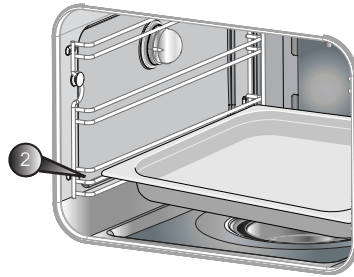
⅔ cup cream
Reserved broth
1 tsp. butter
Salt and pepper

Fish

8 sole fillets, approx. 1½ lb.
Butter for greasing the dish
Salt
Barely ½ cup dry white wine

SETTINGS

STEAM, 210° – 212°F
10 – 14 minutes
Baking Pan



To make the stuffing, reduce the cream by half. Set a few basil leaves aside for the garnish. Purée the remaining leaves with the salmon fillet and cream to as smooth a consistency as possible. Season with salt and pepper and chill.

Spread out the sole fillets and salt lightly. Spread each fillet with the basil stuffing then roll them up. Secure with a toothpick.

Grease and lightly salt the baking pan. Place the fish rolls inside and pour over the wine. Steam as indicated.

Meanwhile, reduce the cream for the sauce by half.

After steaming, remove the fillets and add the fish broth to the cream. Season with butter, salt and pepper. Arrange the sole rolls with the sauce and serve immediately.

COOK'S TIP:

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

Serves 4

Per serving approx. 410 kcal, 27 g fat, 2 g carbohydrates, 35 g protein

INGREDIENTS

6 medium-sized potatoes
1 lemon
2 large tomatoes
¼ cup black olives, pitted
6 – 8 stalks of flat-leaf parsley
Butter for greasing the dish
1½ lbs. fish fillet, e.g. pollock
Salt and pepper
3 – 5 tbsp. olive oil

SETTINGS

Potatoes

STEAM, 210° – 212°F

20 minutes

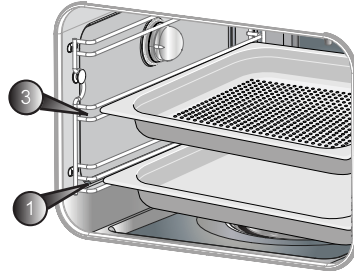
Perforated + Baking Pan (Level 3 + 1)

Bake

STEAM CONV, 275°F

16 – 20 minutes

Dish on Wire Rack (Level 2)



Wash and peel the potatoes and cut into slices. Steam in the perforated pan as indicated.

Rinse the lemon in hot water. Cut the tomatoes and lemon into slices. Roughly chop the olives, chop the parsley.

Grease a baking dish of approx. 9" x 13" in size. Place the cooked potato slices in the dish in layers. Place the olives and tomato slices on top of the potatoes. Place the fish fillets on top. Season with salt and pepper and sprinkle with the chopped parsley. Finally, cover with the lemon slices.

Drizzle generously with olive oil and cook as indicated.

Serves 4

Per serving approx. 517 kcal, 24 g fat, 39 g carbohydrates, 34 g protein

INGREDIENTS

3 Red new potatoes, quartered
4 Andouille sausages, each sliced into thirds
2 – 3 Ears corn, broken into thirds
1 lb. Shrimp in shell
1 Bottle or can beer
Old Bay Seasoning
Salt and black pepper

SETTINGS

Potatoes & Sausage

STEAM, 210° – 212°F

12 minutes

Perforated Inside Baking Pan

Corn

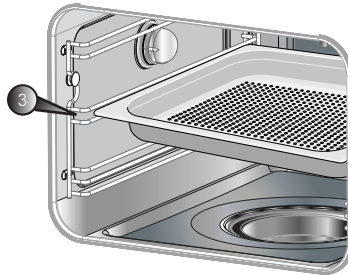
STEAM, 210° – 212°F

4 – 5 minutes

Shrimp

STEAM, 210° – 212°F

4 – 5 minutes



Pour the beer into the baking pan. Place full size perforated pan inside the baking pan. Add new potatoes and sausages. Sprinkle liberally with Old Bay Seasoning. Steam as indicated.

Add corn and steam for 5 minutes. Add shrimp and steam for an additional 4-5 minutes or until shrimp are opaque.

Carefully remove pans from oven, lift perforated pan from baking pan and drain the beer from the baking pan. Reassemble pans, season with salt and pepper and serve.

Serves 6

Per serving approx. 354 kcal, 14 g fat, 29.5 g carbohydrates, 24 g protein

Marinated Shrimp on a Bed of Vegetables

INGREDIENTS

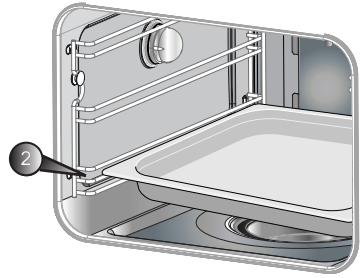
1 lb. raw shrimp, peeled
2 large zucchini
¼ lb. carrots
1 red pepper
1 red jalapeño pepper
2 tomatoes
½ lb. Chinese egg noodles
½ bunch fresh cilantro

Shrimp Marinade

1 piece root ginger, approx. 1 inch
1 – 2 garlic cloves
2 tbsp. olive oil
Juice & zest of a lime
1 level tsp. turmeric
1 level tsp. ground coriander
1 level tsp. ground cumin
½ cup coconut milk
1 – 2 tbsp. soy sauce
Salt

SETTINGS

STEAM, 210° – 212°F
8 – 10 minutes
Baking Pan



Wash the shrimp under running water and pat dry.

Cut the zucchini, carrots and pepper into thin strips. Chop the jalapeño pepper very finely. Seed the tomatoes and dice finely.

Place the shrimp and vegetables in the baking pan.

Peel and grate the ginger. Finely chop the garlic cloves. Stir the oil, ginger, garlic, lime juice and zest, spices, coconut milk and soy sauce together. Season the marinade with salt and mix into the shrimp and vegetables. Cover and marinate in the refrigerator for one hour. Stir frequently during this time, then steam as indicated.

Meanwhile, cook the noodles al dente according to the package directions. Drain and divide among warmed plates or bowls. Arrange the shrimp mixture on top of the noodles. Garnish with cilantro and serve immediately.

Serves 4

Per serving approx. 442 kcal, 11 g fat, 54 g carbohydrates, 30 g protein

INGREDIENTS

4 – 8 oz. Lobster tails
Salt
Cayenne pepper

Lobster Sauce

¼ Cup butter
2 Shallots, finely chopped
1 Rounded tbsp. flour
2 Cups fresh fish stock
½ cup white wine
¾ cup whipping cream
2 egg yolks, beaten
1 tsp. hot English mustard
2 tbsp. fresh lemon juice
¼ cup chopped fresh parsley

To Finish

1 French roll
½ cup freshly grated Parmesan cheese

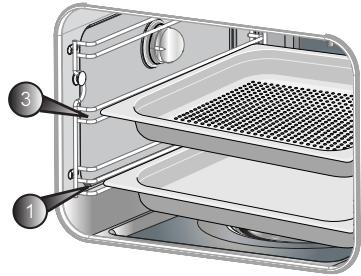
SETTINGS

Lobster

STEAM, 210° – 212°F
5 minutes
Perforated + Baking Pan

Stuffed Rolls

STEAM CONV, 450°F
8 minutes



Rinse and thaw lobster tails, if frozen.

Place the tails in the perforated pan and steam as indicated, until lobster meat is barely firm. Remove from the oven and let lobster cool.

Meanwhile, make the sauce: Melt the butter in a large skillet over medium heat. Add the shallots; cook and stir until tender. Mix in the flour, stirring well. Add the fish stock, white wine, whipping cream and reserved lobster juices. Bring to a boil, and cook until reduced by two-thirds. Add 2 - 3 tbsp. of sauce to the beaten egg yolks, stirring well and return to the sauce; allow the sauce to cook gently, but not simmer. Mix in the mustard, lemon juice, and parsley. Season to taste with salt and pepper. Keep sauce warm.

Cut the French roll in half lengthwise and then crosswise; hollow out the interior of the sections. Remove lobster meat from shells and chop coarsely; add to the sauce. Nestle the tail feather ends of the tails in the bread segments (to raise and stabilize those ends) and place in the baking pan. Fill shells with lobster meat. Spoon the sauce over the meat and top with Parmesan. Cook on rack position 2 until sauce bubbles and cheese browns, about 8 minutes.

Serves 4

Per serving approx. 515 kcal, 35 g fat, 11 g carbohydrates, 32 g protein

Fillet of Fish with Mustard Sauce au Gratin

INGREDIENTS

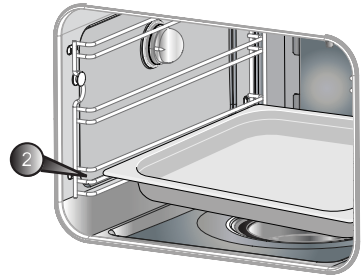
4 fish fillets, 6 oz. each (cod, hake or haddock)
Salt
White pepper
Juice of half a lemon
1 tbsp. butter
1 tbsp. dill, finely chopped
2 tbsp. parsley, chopped
2 tbsp. white
Breadcrumbs,
Freshly made

Mustard Sauce au Gratin

$\frac{3}{4}$ cup cream
2 tbsp. crème fraîche
2 egg yolks
3 tbsp. Dijon mustard

SETTINGS

STEAM CONV, 400°F
12 - 15 minutes
Baking Pan



Rinse the fish fillets under cold running water, pat dry, and season with salt and pepper.

Grease the baking pan with butter and place the fillets inside.

Stir the remaining ingredients together and spread over the fish.

Bake as indicated until golden brown.

COOK'S TIP:

Serve the fish with boiled potatoes or wild rice.

Serves 4

Per serving approx. 441 kcal, 29 g fat, 8 g carbohydrates, 36 g protein

Meat Dishes

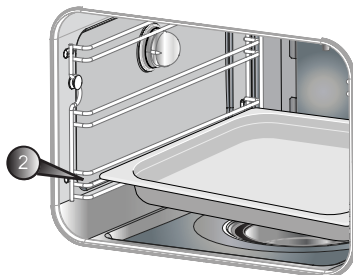


INGREDIENTS

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

SETTINGS

STEAM CONV, 300°F
1¼ – 2 hours
Baking Pan



Spread a thin layer of mustard over the meat and season with salt and pepper. Peel and finely dice the onions, carrots and celery.

Heat the clarified butter in a roasting dish. Sear the meat over medium heat until brown on all sides, then remove it from the pan. Put the vegetables into the fat and sear, turning frequently. Add the tomato purée and sweat it briefly. Gradually pour in the red wine and reduce slightly. Add the meat and pour the beef stock over all. Add the juniper berries, bay leaves and peppercorns and bring to the boil.

Place the meat in the baking pan with the vegetables and stock and roast as indicated. Turn once or twice.

Take the roast out and keep warm. Strain the meat juices into a saucepan through a fine sieve and reduce by half. Stir in the cornstarch and bring to a boil. Season with salt and pepper.

Slice the roast beef and serve with the sauce.

Serves 6

Per serving approx. 478 kcal, 27 g fat, 9 g carbohydrates, 42 g protein

INGREDIENTS

Roast

3 lb. pork loin

Sage Stuffing

1 onion, finely sliced

1 tsp. oil

4 oz. breadcrumbs,
freshly made

2 tbsp. sage, freshly
chopped

1 egg

Salt and pepper

Autumn Side Dish

2 lbs. potatoes, peeled
and in chunks

1 tsp. of oil

4 – 6 carrots,
1 inch lengths

4 – 6 baby parsnips,
halved lengthways

1 butternut squash,
peeled, seeds
removed, and diced

2 red onions,
quartered

4 – 6 small apples

4 – 6 sprigs rosemary

SETTINGS

Roast

STEAM CONV, 350°F

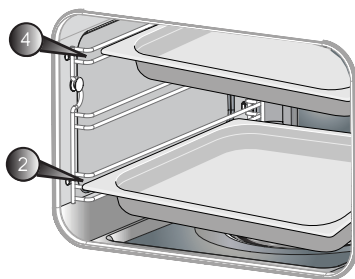
1½ – 1¾ hours;

*After 15 minutes, add **Potatoes**
Baking Pan (Level 2)*

Apples

*Last 25 minutes
of roasting time*

*Baking Pan - Half Size
(Level 4)*



In a pan on the cooktop, make the stuffing by softening onion in the oil and combining with breadcrumbs, sage, egg and season.

Cut a slit in the center of the pork roast to fill with half of the stuffing mix. Place pork roast on baking pan and roast as indicated.

Peel the potatoes and cut into quarters. After 15 minutes of roasting time, add to the roast.

Meanwhile, prepare vegetables and toss in oil. Core the apples and pack with remaining stuffing. For last 25 minutes of roasting time, place the apples on the half size baking pan and insert into the oven at level 4. Add the vegetables to the pork roast and continue to cook. At the end of the roasting time, turn the vegetables and garnish with the rosemary.

Serves 6

Per serving approx. 692 kcal, 23 g fat, 55 g carbohydrates, 64 g protein

INGREDIENTS

1 lb. pork baby back ribs

Barbecue Sauce

1 cup ketchup

¼ cup apple cider vinegar

2 tbsp. molasses

1 tbsp. Dijon mustard

1 tbsp. water

Salt and pepper to taste

SETTINGS

Ribs

STEAM, 210° – 212°F

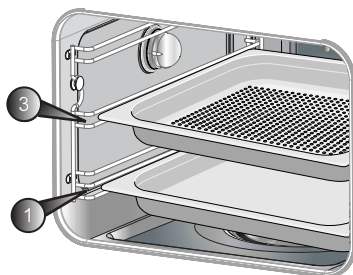
45 – 60 minutes

Perforated + Baking Pan, (Level 3 + 1)

Ribs with Sauce

STEAM CONV, 425°F

til brown



Place ribs in full size perforated pan. Place on rack position 3 and cook as indicated, or until meat is tender but NOT falling away from the bones.

In the meantime make the sauce: Combine all sauce ingredients in a sauce pan and cook on low for 3-5 minutes.

Remove both pans from oven and empty the baking pan. Transfer the ribs to the baking pan and brush with sauce. Return to oven and roast at 425°F Steam Convection until deeply browned. Keep remaining sauce warm and serve alongside the ribs.

Serves 4

Per serving approx. 320 kcal, 27 g fat, 0 g carbohydrates, 18 g protein

Nutrition value calculated without sauce.

INGREDIENTS

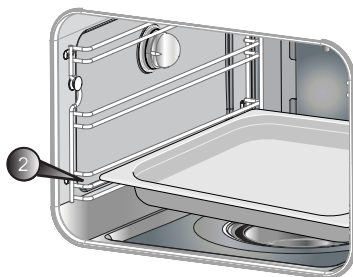
3 lb. beef brisket, about 1 – 1½” thick

Barbecue Seasoning Rub

¼ cup kosher salt
¼ cup light brown sugar
¼ cup smoked paprika
¼ cup black pepper
1 tbsp. garlic powder
1 tbsp. cumin
1 tsp. cayenne pepper

SETTINGS

STEAM, 210° – 212° F
2 hours
or
REHEAT, 220° F
2½ hours



Whisk all the rub ingredients in a bowl until combined.

Rub surface of brisket with seasoning rub. Place brisket fat side up in baking pan and cook as indicated.

OPTION 1:

Turn oven to Steam, 210° – 212°F, and cook for 2 hours, uncovered. Drippings can be thickened for sauce or gravy or served with sliced meat as an *au jus*.

OPTION 2:

Turn oven to Reheat, 220°F, and cook for 2½ hours, uncovered. Drippings can be thickened for sauce or gravy or served with sliced meat as an *au jus*.

Serves 6

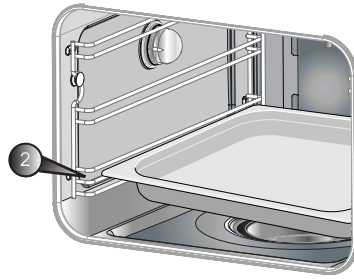
Per serving approx. 500 kcal, 37 g fat, 0 g carbohydrates, 39 g protein

INGREDIENTS

2½ lb. sirloin
1 tsp. each of white, black,
freeze-dried green and sichuan
peppercorns
5 allspice berries
2 tsp. coarse salt
2 tbsp. clarified butter
1 tbsp. wholegrain mustard
6 tbsp. butter, ice-cold
Pepper, freshly ground

SETTINGS

*TRUE CONV, 300°F
approx. 2 hours,
depending on weight
Baking Pan*



Take the meat out of the refrigerator one hour before cooking.

Coarsely pound the peppercorns and allspice in a mortar. Rinse the meat and pat dry. Rub the salt and pepper mixture into the meat. Sear the meat in clarified butter in a skillet on medium heat for about 10 minutes, turning frequently. Remove the meat. Deglaze the drippings in the skillet with a little water and set aside.

Place the sirloin in the baking pan and cook as indicated. After the cooking has stopped, leave the meat in the oven (switched off) for about 10 minutes.

Remove the sirloin and collect the meat juices. Slice the meat.

Stir together the drippings from the roasting dish, the skillet drippings and mustard. Bring to a boil, turn heat off, and gradually beat in small flakes of ice-cold butter. Season the sauce with pepper and serve with the sirloin.

Serves 4

Per serving approx. 598 kcal, 39 g fat, 0 g carbohydrates, 62 g protein

INGREDIENTS

1 stale bread roll
3 tbsp. milk
8 outer cabbage leaves
1 shallot
1 garlic clove
2 oz. diced bacon
1 tbsp. clarified butter
½ lb. ground beef
½ lb. ground pork
1 egg
½ tsp. marjoram, finely chopped
Salt and black pepper
Nutmeg
1 cup vegetable broth
Barely ½ cup heavy cream

In Addition

Kitchen string

SETTINGS

STEAM, 210° – 212°F

Cabbage Leaves

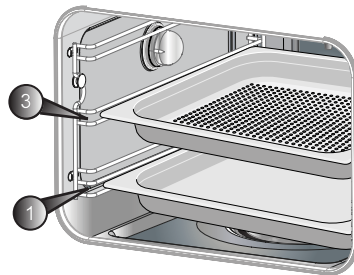
3 minutes

Perforated + Baking Pan, (Level 3 + 1)

Rolls

40 minutes

Baking Pan (Level 2)



Cut the bread into cubes and soak in hot milk.

Wash the cabbage leaves and put them into the oven in the perforated pan. Steam as indicated. Then rinse the leaves in cold water and dab dry. Remove coarse leaf veins.

Peel and dice the shallot and garlic. Sweat the shallots and diced bacon in a pan in the hot clarified butter on the cooktop. Add to the bread cubes and mix well with the ground beef and pork, egg, garlic and marjoram. Generously season with salt, pepper and nutmeg.

Lay out cabbage leaves in slightly overlapping pairs, put some stuffing on each pair, roll them up and tie with kitchen string.

Sear the rolls in a skillet with a little clarified butter and then place in the baking pan. Pour over the vegetable broth and steam as indicated.

Remove the string from the cabbage rolls and keep rolls warm. Add cooking juices to saucepan containing heavy cream and reduce the sauce by a third. Season to taste and serve with or atop the cabbage rolls.

Serves 4

Per serving approx. 611 kcal, 47 g fat, 15 g carbohydrates, 34 g protein

INGREDIENTS

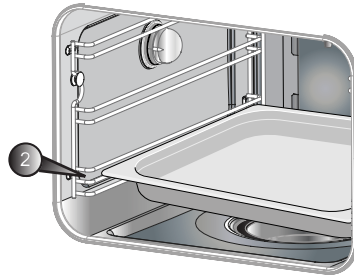
3 lb. boneless leg of lamb
3 garlic cloves
5 sprigs thyme
2 sprigs rosemary
2 bay leaves
4 tbsp. olive oil
1 tbsp. gin
Salt and pepper
3 tbsp. clarified butter

Juniper Sauce

6 juniper berries
2 cups vegetable broth
¾ cup whipping cream

SETTINGS

STEAM CONV, 350°F
1 – 1½ hours
Baking Pan



The evening before, lightly score the thin layer of fat into diamond shapes. Peel and crush the garlic. Pluck off the thyme and rosemary leaves and chop along with the broken up bay leaves. Mix everything together with olive oil and gin. Rub into the leg of lamb and carefully wrap in plastic wrap. Leave to marinate in the refrigerator overnight.

The next day, take the meat from the refrigerator and allow to stand at room temperature for approximately 1 hour.

Pat the lamb dry with paper towels and remove the herbs and garlic. Season with salt and pepper and sear on all sides in the hot, clarified butter.

Place the leg of lamb in the baking pan and slow cook as indicated. Leave to rest in the appliance for another 10 minutes after cooking.

To make the sauce, lightly crush the juniper berries and briefly roast them in a skillet on the cooktop. Carefully add the vegetable broth and reduce to 1 cup. Strain through a sieve. Bring to the boil with the cream, then reduce by a third. Season with a few drops of gin, salt and pepper.

Cut the leg of lamb into thin slices, arrange and pour over some of the sauce.

Serves 6

Per serving approx. 622 kcal, 38 g fat, 9 g carbohydrates, 60 g protein

INGREDIENTS

Meatloaf

- 2 lbs. lean ground beef
- ½ of 8 oz. can tomato sauce
- 1 cup oatmeal
- 1 egg, beaten
- 1 pkg. dry onion soup mix
- ¼ tsp. pepper
- 1 tbsp. prepared horseradish

Tomato Sauce

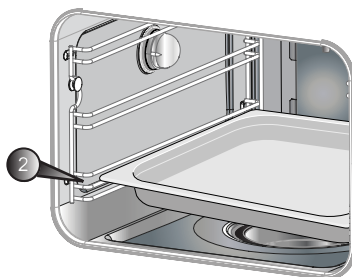
- Remaining ½ can tomato sauce
- 2 tbsp. brown sugar
- ½ cup water or broth
- 2 tbsp. prepared mustard
- 2 tbsp. vinegar

SETTINGS

STEAM CONV, 350°F

40 – 45 minutes

Baking Pan



Mix all the meatloaf ingredients together and form into a loaf. Cook as indicated.

While the meatloaf is cooking, mix together the sauce ingredients listed above. Bring to a simmer on the cooktop and after about 25 minutes, baste the meatloaf with the sauce. Keep the sauce warm and serve as an accompaniment.

COOK'S TIP:

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

Serves 6

Per serving approx. 434 kcal, 25 g fat, 19 g carbohydrates, 32 g protein

Poultry Dishes



INGREDIENTS

1 lb. chicken breast fillet
1 yellow pepper
12 small mushrooms
12 small cherry tomatoes

Balsamic Marinade

1 shallot
3 tbsp. pumpkin seed oil or hazelnut oil
1 tbsp. white balsamic vinegar
Juice of half an orange
1 tbsp. honey
½ bunch of basil
Salt and black pepper

Sweet & Sour Salad Dressing

2 tbsp. pumpkin seed oil or hazelnut oil
2 tbsp. white wine vinegar
1 tsp. mustard
1 tbsp. honey
Juice of half an orange
Salt and black pepper

To Serve

1 bunch of arugula

In Addition

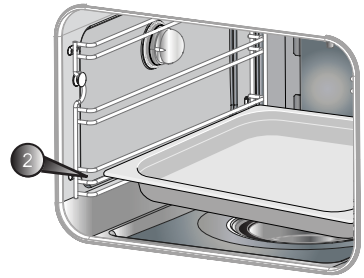
Skewers

SETTINGS

STEAM, 210 – 212°F

15 minutes

Baking Pan



Rinse the chicken fillet under cold water, remove the skin and pat dry. Cut into 1 inch cubes and put into a shallow dish.

Peel and mince the shallot. Stir together the pumpkin seed oil, balsamic vinegar, orange juice, honey, a few basil leaves and the diced shallot to make the marinade. Season with salt and pepper and pour over the chicken. Marinate for at least an hour in the refrigerator, turning frequently.

Halve the pepper, remove the seeds and cut into squares. Wipe the mushrooms and remove the stems. Wash the cherry tomatoes.

Remove the diced chicken from the marinade and wrap each cube individually in a basil leaf. Slide the wrapped squares onto 4 large skewers with the diced pepper, mushrooms and cherry tomatoes and place in the baking pan. Steam as indicated.

Meanwhile, heat the ingredients for the salad dressing in a small pan, stirring continuously.

Wash and dry the arugula. Arrange on a platter and place the skewers on top. Drizzle the warm salad dressing over the skewers. Season with freshly ground black pepper.

Serves 4

Per serving approx. 339 kcal, 20 g fat, 17 g carbohydrates, 23 g protein

INGREDIENTS

- 1 – 10 oz. can cream of celery soup
- 1 – 8 oz. carton chicken stock
- 1 packet McCormick® Chicken Gravy mix
- 1 – 12½ oz. can white meat chicken
- 1 – 10 oz. pkg. frozen peas and carrots
- 1 – 10.6 oz. container Bisquick® Shake 'n Pour

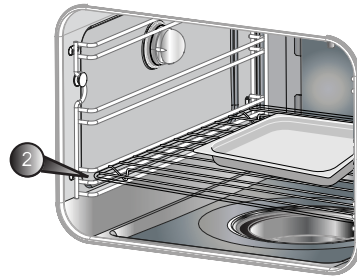
SETTINGS

Chicken

- STEAM CONV, 400°F
- 20 minutes
- 8" square baking pan + Rack

With Dumplings

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



Mix together in an 8" square baking pan the soup, chicken stock and seasoning packet. Break up the chicken into bite-size pieces and stir into the sauce along with the peas and carrots.

Place pan on oven rack and cook for 20 minutes or until mixture is hot throughout.

Add water to the fill line in the Bisquick® container and shake as directed. (Remember to loosen lid as per label instructions). Remove pan from oven and pour out 5 dumplings on the top of the sauce.

Return pan to oven, set oven to Steam at 210° – 212°F for 10 minutes. Change mode to Steam Convection at 250°F for 10 minutes more.

Remove pan, turn dumplings over and serve.

Serves 6

Per serving approx. 386 kcal, 13 g fat, 47 g carbohydrates, 20 g protein

Roast Chicken with Lemon-thyme Stuffing and Pistachios

INGREDIENTS

Lemon-thyme Stuffing

2 oz. white bread
3 tbsp. parsley, chopped
Large sprig thyme, stems removed
Zest of 1 lemon
½ cup pistachio nuts, finely chopped
Salt and black pepper
3 cloves garlic, peeled and cut into slivers
1 – 4½ lb. whole chicken
1 lemon, cut into wedges
8 whole black olives

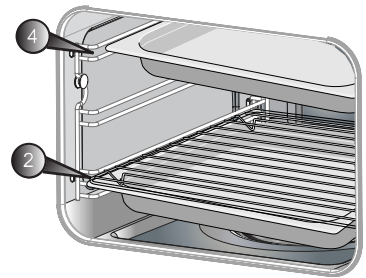
Roast Chicken

1 tbsp. sunflower oil
1 onion, finely chopped
8 black olives, pitted and finely chopped
1 small egg, beaten

SETTINGS

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

After 30 minutes, add the lemon wedges and olives at Baking Pan – Half Size (Level 4)



Place the bread, parsley and half of the thyme in a blender and whisk to a fine breadcrumb mix. Stir in the lemon zest and chopped pistachio nuts. Season with salt and pepper.

Heat the sunflower oil in a pan and fry the onion until golden. Add the chopped olives and beaten egg to the breadcrumb mix and combine well.

Rinse the chicken under cold water and pat dry. Slide the garlic slivers and small sprigs of the remaining thyme under the chicken skin. Fill the breast cavity with the stuffing and tuck the flap under the chicken.

Place the chicken on the wire rack over the baking pan and cook as indicated for 30 minutes.

Place the lemon wedges and whole olives on the half size pan and insert into the oven at level 4. Continue to cook for 30-40 minutes.

Serves 6

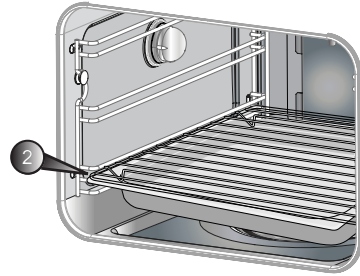
Per serving (by 6 servings) approx. 538 kcal, 34 g fat, 6 g carbohydrates, 53 g protein

INGREDIENTS

2 cornish game hens,
approx. 2 lb. each
Pepper and herb salt
2 – 3 tbsp. olive oil
Salt
Sweet paprika powder
1 tbsp. fresh rosemary, finely chopped
1 tbsp. fresh sage, finely chopped

SETTINGS

STEAM CONV, 350°F
40 – 50 minutes
Baking Pan with Wire Rack



Rinse the cornish hens under cold water, pat dry with paper towels. Cut into two halves of equal size.

Season the insides of the cornish hens with pepper and herb salt.

Mix the seasoning and herbs into the oil and use to coat the outside of the cornish hens.

Place on the wire rack, skin side up. Slide into the oven together with the baking pan. Roast as indicated.

COOK'S TIP:

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

Serves 4

Per serving approx. 610 kcal, 40 g fat, 0 g carbohydrates, 64 g protein

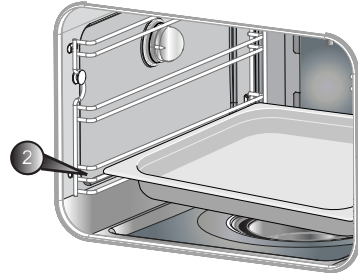
Duck Breast in a Honey and Balsamic Vinegar Sauce

INGREDIENTS

3 – 4 duck breast fillets, approx. 1½ lb.
2 tbsp. honey
6 tbsp. balsamic vinegar
½ lb. chestnut mushrooms
2 slices bacon
3 garlic cloves
1 large sprig of rosemary
Salt and black pepper
3 tbsp. olive oil
⅔ cup white wine
2 tbsp. cornstarch mixed with water

SETTINGS

*SLOW COOK, 170°F, Preheat
5 – 7 minutes
Baking Pan*



Preheat the oven with the baking pan in it.

Rinse the fillets under cold water and pat dry. Remove the skin and fat from the fillets and cut the meat into strips ½ inch wide. Mix the honey and vinegar. Marinate the duck breast strips in it for 15 minutes.

Meanwhile, clean the mushrooms and halve or quarter them, according to size. Cut the bacon into strips and the garlic into thin slices. Strip the rosemary leaves from the sprig.

Thoroughly drain the strips of duck breast and set the remaining marinade aside. Dab the meat dry and season with salt and pepper. Sear the meat in batches in hot olive oil for 1 minute. Place in the preheated baking pan and braise as indicated.

Sear the bacon slightly in the remnants in the pan. Add the mushrooms, garlic and rosemary and fry briefly. Pour in the white wine and marinade. Reduce to approx. 3 tbsp. of liquid.

Stir the cornstarch into the simmering sauce and season with pepper and salt. Pour this over the strips of duck breast and serve immediately.

Serves 4

Per serving approx. 284 kcal, 9 g fat, 16 g carbohydrates, 29 g protein

INGREDIENTS

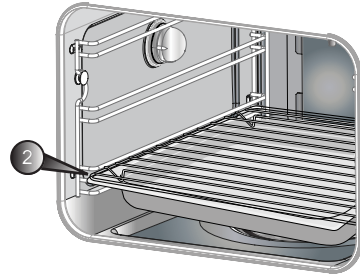
1 – 14 lb. fresh turkey
Softened, unsalted butter

In Addition

Kitchen string

SETTINGS

STEAM CONV, 325°F
60 – 90 minutes
Baking Pan with Wire Rack



Remove the giblets and neck from the turkey cavity; discard or reserve for another use.

Rinse the turkey with cold water, and pat dry with paper towels. Tie the ends of the legs together with string, and tuck the wings behind the back.

Place wire rack on top of the baking pan and set the turkey on the rack. Rub the skin with softened butter.

Insert the rack assembly and bird into a cold oven, feet first, as indicated. After 45 minutes, shield the ends of the drumsticks with foil to prevent over-browning. Resume cooking for another 45 minutes at the same setting.

After 1½ hours, check the turkey for doneness; temperature should reach 170°F. When the turkey is done, remove from the oven and tent with foil.

Serves 15

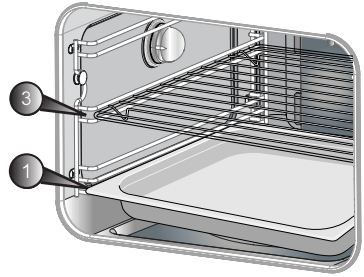
Per serving approx. 420 kcal, 8 g fat, 0 g carbohydrates, 63 g protein

INGREDIENTS

2 chicken breast fillets, **Avocado Spread**
½ lb. 1 small, ripe
2 tbsp. soy sauce avocado
¼ tsp. Tabasco® 1 tbsp. lime juice
¼ cup sour cream
1 tbsp. chopped chives
Salt and pepper
1 red pepper
Iceberg and romaine lettuce or arugula
8 mushrooms
1 red onion
4 flour tortillas, about
8" diameter

SETTINGS

STEAM, 210 – 212°F
15 minutes
Wire Rack + Baking Pan



Rinse the chicken breast fillets under cold water and pat dry. Stir together the soy sauce and Tabasco® and marinate the chicken breast fillets, covered, for 30 minutes. Turn once during this time.

Halve the avocado and remove the pit. Scoop out the flesh with a spoon, immediately drizzle with lime juice and mash with a fork. In a second bowl, mix together the sour cream and chives. Season both the avocado and the sour cream with salt and pepper.

Chop the pepper and lettuce into strips and the mushrooms into thick slices. Peel the onion and cut into eighths.

Place the marinated chicken breasts in the baking pan. Add the pepper, mushrooms and onion. Do not mix them together.

Tightly wrap the tortillas in parchment paper, put on the wire rack and insert into the oven at level 3. Insert the chicken breast fillets and vegetables underneath. Cook as indicated.

Cut the steamed chicken breast fillets into strips. Spread the avocado mix over each tortilla. Place lettuce, mushrooms, pepper, chicken and onion onto each tortilla. Put the sour cream on top. Roll up the tortillas and serve immediately.

Serves 4

Per serving approx. 306 kcal, 16 g fat, 18 g carbohydrates, 23 g protein

INGREDIENTS

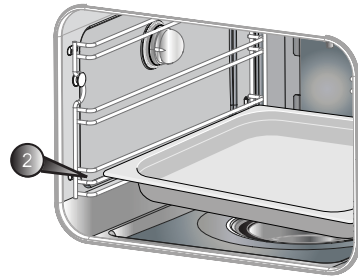
4 chicken breast fillets, approx. 1½ lb.
8 sun-dried tomatoes, packed in oil & drained
1 garlic clove
½ bunch of basil
Salt and black pepper
1 tbsp. olive oil
3 tbsp. dry white wine or vermouth
3 tbsp. chicken stock or vegetable broth

Basil Sauce

½ bunch of basil
3 oz. mascarpone
3 oz. gorgonzola
1 pinch cayenne pepper
Salt
A little lemon juice

SETTINGS

STEAM CONV, 350°F
14 – 16 minutes
Baking Pan



Rinse the fillets under cold water and pat dry. Make an incision along the side of each to make a pouch. Finely chop the sun-dried tomatoes, garlic and basil in the blender, season with salt and pepper. Fill the chicken pouches with the tomato mixture. Season the outside of the fillets with salt and pepper.

Grease the baking pan with olive oil. Place the fillets in the baking pan and drizzle with white wine and chicken stock. Cook as indicated.

To make the sauce, pour the cooking juices into a small pot and reduce to about 3 oz. Finely chop the basil. Add the mascarpone and gorgonzola to the cooking juices and allow to melt. Stir in the basil and season the sauce with cayenne pepper, salt and lemon juice.

Cut the chicken fillets diagonally into slices. Arrange on warmed plates and pour the sauce over the top.

Serves 4

Per serving approx. 312 kcal, 15 g fat, 2 g carbohydrates, 41 g protein

Pastries and Desserts



INGREDIENTS

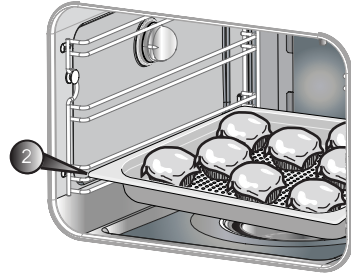
1 quart heavy cream
1 vanilla bean, split and scraped
¼ cup superfine sugar
1 cup sugar
6 egg yolks

To Garnish

Superfine sugar
Fresh berries

SETTINGS

SLOW COOK, 215°F
60 minutes
10 Ramekins in the Perforated Baking Pan



Heat together the cream, vanilla bean and pulp until steamy hot. In the meantime, cream together the sugar and egg yolks till pale in color.

Remove the bean from the cream. Temper the eggs by stirring in a little of the hot cream into them; then whisk the egg mixture into the cream.

Divide the mixture into 10 ramekins. Cook as indicated or until set when jiggled.

Sprinkle superfine sugar evenly on the top of the cream mixture in the ramekins and caramelize with a torch, forming a crisp, thin top.

Garnish with a fresh berry if desired and serve.

SUBSTITUTE:

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

Serves 10

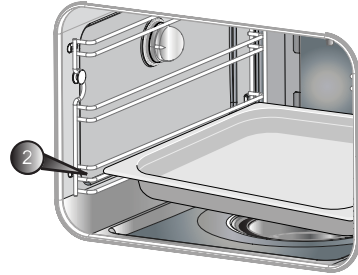
Per serving approx. 458 kcal, 38 g fat, 28 g carbohydrates, 3.5 g protein

INGREDIENTS

⅔ cup red wine
½ cup brown sugar
2 tbsp. blackberry or cherry jam
½ tsp. cinnamon
Grated zest of an orange
4 medium-sized pears

SETTINGS

STEAM, 210 – 212°F
20 minutes
Baking Pan



Heat the red wine, sugar, jam, cinnamon and orange zest in a saucepan until the sugar and jam have dissolved.

Peel the pears, halve lengthways and remove the core with a melon baller or knife.

Spread out the fruit in the baking pan, immediately pour over the red wine mixture and carefully turn the pear halves in the sauce. Cook as indicated until the pears are soft, but not falling apart.

Remove the pears and arrange on plates. Reduce the red wine mixture in a saucepan over a low heat. Pour the red wine sauce over the pears and serve warm.

Serves 4

Per serving approx. 204 kcal, 0 g fat, 44 g carbohydrates, 1 g protein

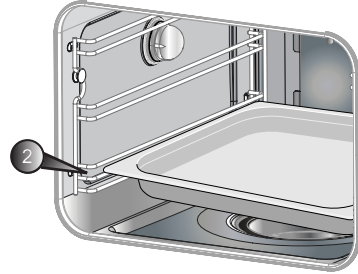
Rhubarb and Apple Compote

INGREDIENTS

1¾ cups rhubarb
1¼ cups sugar
2 small apples
1 cinnamon stick

SETTINGS

STEAM, 210 – 212°F
3 – 5 minutes
Baking Pan



Wash and peel the rhubarb and trim the ends. Divide thick stalks lengthways, then cut into pieces.

Place the rhubarb in the baking pan, sprinkle with sugar and shake thoroughly.

Wash, core and peel the apples. Quarter the apples and cut into slices only shortly before preparation. Add to the rhubarb along with the cinnamon stick.

Once some juice has formed, steam the rhubarb and apple mixture as indicated.

VARIATION:

Instead of the cinnamon stick, try slicing open a vanilla pod and adding it.

To sweeten the dish and as an alternative to the apples, try a sliced banana or 1½ cups strawberries.

Serves 4

Per serving approx. 211 kcal, 0 g fat, 47 g carbohydrates, 1 g protein

Poached Pears in Spiced Orange Liqueur

INGREDIENTS

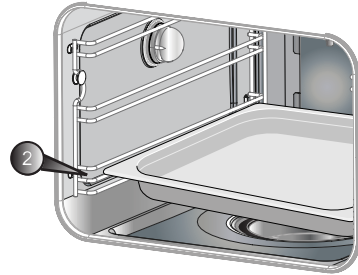
2 cups orange juice
½ cup of orange liqueur
2 cups water
½ cup granulated sugar
Zest of 1 orange
3 star anise
½ cup of cranberries
3 cinnamon sticks
3 whole cloves
6 ripe, but firm, Anjou pears, peeled

Garnish

Orange slices
Cinnamon sticks
Star Anise

SETTINGS

STEAM, 210 – 212°F
35 minutes
Baking Pan



In the baking pan combine the orange juice, orange liqueur, water, sugar, orange zest, star anise, cranberries, cinnamon sticks, and cloves. Place the pears in the pan.

Place in oven and cook as indicated or until pears are tender.

Remove from oven and set aside to cool. Once cool, put pears and syrup in the refrigerator until thoroughly chilled.

Serve pears with syrup spooned over and garnish with orange slices, cinnamon stick and Star Anise, if desired.

Serves 6

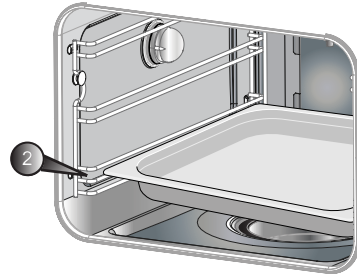
Per serving approx. 274 kcal, 0 g fat, 56 g carbohydrates, 1.5 g protein

INGREDIENTS

- 2 large apples
- 2 tbsp. cinnamon
- 2 tsp. dried apricots, chopped
- 2 tsp. brown sugar
- 2 tsp. butter

SETTINGS

- STEAM CONV, 400°F
- 20 minutes
- Baking Pan – Half Size



Wash the apples and pat dry. Using a paring knife remove a 1" wide strip of peel from the top around the stem. With a melon ball maker, remove the stem, core and seeds down to the blossom end of the apple but leaving a bit of the base in tact (to contain the filling).

Sprinkle the interior of the hollowed out centers with cinnamon, and stuff with chopped apricots and brown sugar and top with a bit of butter.

Spray the interior of the half size baking pan with non-stick spray and add the apples. Place the pan in the oven and cook as indicated.

COOK'S TIPS:

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

Serves 2

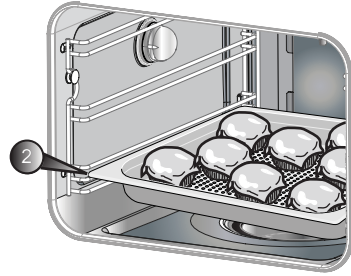
Per serving approx. 178 kcal, 4 g fat, 37.5 g carbohydrates, 1 g protein

INGREDIENTS

8 tbsp. + 4 tbsp. granulated sugar
Lemon or orange zest
4 eggs
1 – 14 oz. can condensed milk
14 oz. whole milk

SETTINGS

SLOW COOK, 230°F
25 – 30 minutes
8 Ramekins in the Perforated Baking Pan



In saucepan, caramelize 8 tbsp. sugar.

Pour enough caramelized sugar in each ramekin just to coat the bottom.
Add a pinch of zest to each.

Gently blend eggs until smooth (DO NOT BEAT). Then add 4 tbsp. sugar.
Stir together until the sugar is dissolved.

Add both the condensed and whole milk to the egg mixture. Stir in until well blended (DO NOT BEAT).

Pour mixture into each of the ramekins. Bake as indicated.

After removing from oven, allow to cool slightly. Then invert individual flans onto serving dishes.

Serves 8

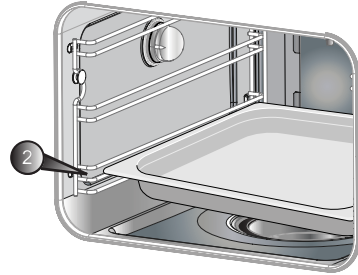
Per serving approx. 338 kcal, 10 g fat, 53 g carbohydrates, 10 g protein

INGREDIENTS

1 – 16 oz. pkg. angel food cake mix
1 – 20 oz. can crushed pineapple with heavy syrup
1 tsp. vanilla extract

SETTINGS

STEAM CONV, 350°F
17 minutes
Baking Pan



Place all ingredients in the baking pan. Mix well with a fork.

Bake 17 minutes or until nicely browned; turn oven off. Let cake remain in oven 2 - 3 more minutes. Remove, and let cool.

KITCHEN TIP:

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

COOK'S TIPS:

Serve with whipped cream, ice cream or fruit.

Serves 12

Per slice approx. 178 kcal, 0 g fat, 40.5 g carbohydrates, 3 g protein

INGREDIENTS

1½ cups flour
1 tsp. baking powder
¾ cup sugar
1 pinch salt
1 stick (8 tbsp.) butter
1 egg

In Addition

Butter for greasing the dish

Topping

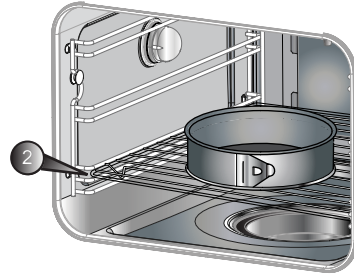
1 lb. red currants
1 cup ground hazelnuts
1 tbsp. breadcrumbs
5 egg whites
1 tbsp. lemon juice
1½ cups sugar

SETTINGS

TRUE CONV, 325°F

65 – 70 minutes

Springform Cake Pan on Wire Rack



Put the flour, baking powder and sugar in a bowl. Add the salt, butter and egg and knead into a dough ball using the dough hook on the hand mixer, first on a low setting and then gradually higher until combined. Wrap in foil and chill for ½ – 1 hour.

Wash the red currants, remove the stems and leave to dry thoroughly.

Grease the pan and line with two thirds of the dough. Shape the remaining dough into a roll and use to rim the pan to make a 1" high outer crust. Prick the pastry base several times with a fork. Mix the hazelnuts and bread crumbs together and spread over the pastry base.

Beat the egg whites, lemon juice and sugar until stiff. Mix the drained red currants with half the egg white mixture and place in the pan. Spread the rest of the egg white mixture over the berries. Bake as indicated.

10" springform cake pan, approx. 12 slices

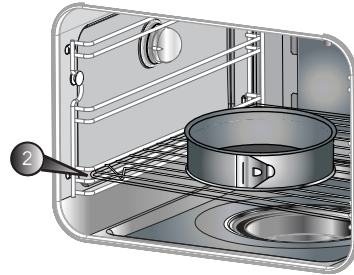
Per slice approx. 336 kcal, 16 g fat, 42 g carbohydrates, 6 g protein

INGREDIENTS

¾ lb. dark chocolate, grated
10 tbsp. butter
1¼ cups sugar
8 eggs
¼ cup powdered sugar
1¼ cups flour
1 level tsp. baking powder
4 tbsp. apricot jam
½ lb. dark chocolate coating

SETTINGS

TRUE CONV, 325°F
60 minutes
Springform Cake Pan on Wire Rack



Melt the chocolate in a water bath. Cream the butter and sugar until light and fluffy. Separate the eggs. Gradually add the melted chocolate and egg yolks to the butter mixture and beat well.

Beat the egg whites with the powdered sugar until stiff and gently combine with the chocolate cream mixture.

Combine the flour and baking powder and sift onto the egg mixture. Carefully mix everything together.

Cover the base of the springform cake pan with parchment paper. Pour the mixture into the pan and bake as indicated.

Allow the cake to cool in the pan. Loosen the sides from the pan with a sharp knife, turn it out and remove the parchment paper.

Warm the jam then spread it over the cake. Once cooled glaze the cake.

For the glaze, melt the chocolate coating in a water bath. Coat the whole cake in the glaze, making sure it is evenly spread and not too thin. Transfer the cake to a cake plate and let stand again for several hours.

10" springform cake pan, approx. 12 slices

Per slice approx. 410 kcal, 21 g fat, 46 g carbohydrates, 9 g protein

Puff Pastry Shells with Fruit Filling

INGREDIENTS

1 – 10 oz. pkg. Pepperidge Farm®
Puff Pastry Shells
1 can prepared fruit pie filling
1 can Reddi-Wip®, optional

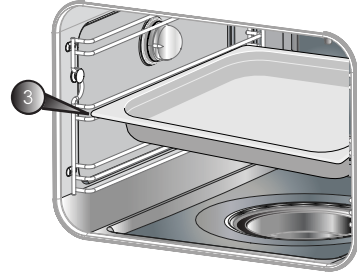
SETTINGS

TRUE CONV, 400°F, Preheat

STEAM CONV to bake

20 – 25 minutes

Baking Pan



Preheat oven.

Place frozen pastry shells in baking pan with space in between. When preheated, change setting to Steam Convection. Bake as indicated or until golden brown and puffed.

Cool for 5 minutes and using a fork remove the center top and soft pastry underneath.

Fill shells with fruit filling and top with whipped cream if desired.

Serves 6

Per slice approx. 302 kcal, 12 g fat, 46 g carbohydrates, 3.5 g protein

Eclairs with a Mocha Cream

INGREDIENTS

6 oz. water
2 tbsp. + 1 tsp. butter
1 tsp. vanilla
1 pinch salt
¾ cup flour
2 medium eggs

Filling

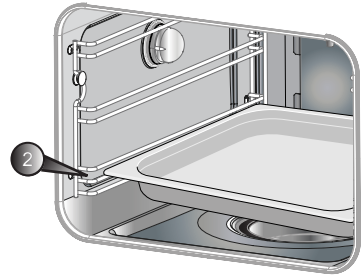
¾ cup whipping cream
1½ tsp. instant coffee powder
1 – 2 tsp. sugar

Coffee Glaze

¾ cup powdered sugar
1 – 2 tsp. instant coffee powder
1 tsp. rum

SETTINGS

STEAM CONV, 400°F
20 minutes
Baking Pan



Bring the water, butter, vanilla and salt to the boil in a saucepan. Remove from the heat. Add the flour all at once and stir in well. Reduce the heat and continue to stir the dough over medium heat until it comes away from the bottom of the pan. Remove the pan from the heat, and add the eggs, one at a time, mixing thoroughly after each.

Line the baking pan with parchment paper. Put the dough into a piping bag with a large star-shaped nozzle. Pipe out finger-length strips, leaving space in between. Start close to the edge, as the eclairs rise very well in the steam. Bake the eclairs as indicated until golden brown.

Immediately after baking, slice open the eclairs with a serrated knife and leave to cool.

To make the filling, beat the cream, coffee powder and powdered sugar until stiff and spoon into a piping bag.

To make the glaze, stir together the sugar, 1 tsp. of hot water, the coffee powder and rum. Spread over the top half of each eclair.

Pipe the filling into the bottom half and replace the top.

Makes 10 eclairs

Per eclair approx. 184 kcal, 10 g fat, 21 g carbohydrates, 3 g protein

INGREDIENTS

Light Sponge

2¾ cups flour
⅔ cup cornstarch
4 tsp. baking powder
1 cup sugar
½ tsp. vanilla
1 pinch salt
⅓ cup butter, softened
4 eggs
2 tbsp. rum
⅓ cup + 2 tbsp. milk

Dark Sponge

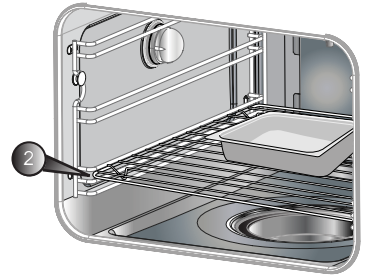
⅓ cup sugar
1 tbsp. cocoa
⅓ cup ground almonds
2 – 3 tbsp. milk

In Addition

Butter
1 – 2 tbsp. bread
crumbs for the
cake pan

SETTINGS

TRUE CONV, 300°F
60 – 65 minutes
Loaf Pan on Wire Rack



Grease the cake pan and sprinkle with bread crumbs.

To make the light sponge mixture, mix the flour, cornstarch and baking powder together and sift into a deep mixing bowl.

Add the sugar, vanilla, salt, softened butter, eggs, rum and milk. Mix the ingredients with a hand mixer or a food processor, initially on a low setting. Once the flour has been incorporated, quickly beat the mixture until smooth. Do not over-beat.

Place half the mixture into the pan.

Stir the sugar, cocoa, almonds and milk into the remaining mixture and add to the light mixture in the pan.

Working in a spiral action, use a fork to marble the two mixtures together, then bake as indicated.

12" loaf pan makes approx. 15 slices

Per slice approx. 308 kcal, 15 g fat, 36 g carbohydrates, 5 g protein

Breads



INGREDIENTS

4½ cups all-purpose flour
1 packet dry yeast
1 tsp. sugar
Approx. 1 cup milk, lukewarm
½ cup golden raisins
1 stick butter
½ cup sugar
¼ tsp. salt

In Addition

Butter for greasing the pan

Optional

Powdered sugar for dusting

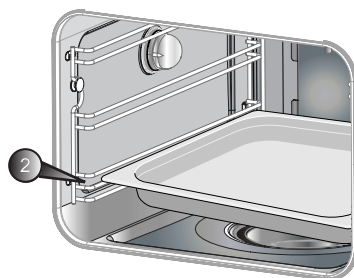
SETTINGS

PROOF, 100° F
10 minutes
Bowl on Wire Rack

PROOF, 100° F
10 minutes
Baking Pan

To Bake

STEAM CONV, 325°F
30 – 35 minutes



Put the flour into a mixing bowl and stir in the dried yeast until evenly distributed. Add 1 tsp. sugar and lukewarm milk to the flour. Knead everything into a smooth dough. Place the bowl on the wire rack and allow the dough to proof as indicated.

In the meantime, wash the raisins and blanch them in boiling water.

Add butter, sugar and salt to the dough. Knead the dough thoroughly. Add the raisins and continue to knead until the dough comes away from the side of the bowl.

Thoroughly knead the prepared dough again and divide into three equal pieces. Roll these pieces into evenly sized strands and braid.

Place in the greased baking pan and proof as indicated.

Bake the braided loaf as indicated. When bread has cooled, dust with powdered sugar.

Serves approx. 15 slices

Per slice approx. 226 kcal, 7 g fat, 36 g carbohydrates, 5 g protein

INGREDIENTS

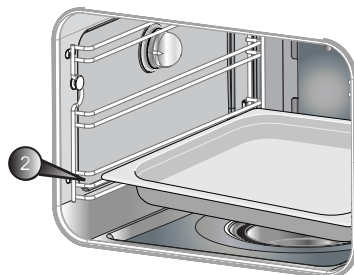
1 package frozen puff pastry
8 oz. aged Gouda
Pepper, coarsely ground
1 egg yolk
A little milk

For Sprinkling

Some caraway, sesame and/
or poppy seeds

SETTINGS

STEAM CONV, 400°F
20 – 25 minutes
Baking Pan



Defrost the puff pastry. Sprinkle the pastry sheets with a little water, place them on top of each other and roll out on a floured work surface to a 14" x 14" square.

Grate the cheese and sprinkle half of it over one half of the pastry. Season with pepper and fold the other half of the pastry over. Roll out flat with a rolling pin.

Beat the egg yolk and milk together and use to glaze the pastry. Sprinkle with caraway, sesame or poppy seeds and the remaining cheese. Then cut the pastry using a pastry wheel into strips approx. $\frac{3}{4}$ inch wide.

Line the baking pan with parchment paper. Twist the strips into a spiral and place in the baking pan.

Leave the cheese twists to rest in the refrigerator for at least 10 minutes. Then bake the cheese twists as indicated.

Serves approx. 10 pieces

Per twist approx. 141 kcal, 11 g fat, 7 g carbohydrates, 3 g protein

INGREDIENTS

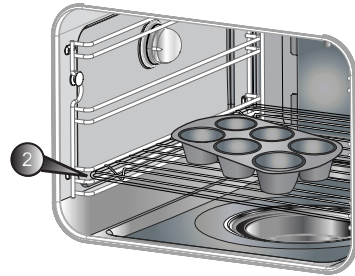
1 – 8½ oz. pkg. corn muffin mix
½ cup salsa
1 egg

SETTINGS

TRUE CONV, 400° F, Preheat
Sticks
12 minutes

Muffins

15 minutes
Corn Stick or Muffin Pan on
Wire Rack



Preheat oven.

Spray corn stick pans or muffin tin with non-stick spray.

Mix together ½ cup salsa and the egg; stir in the corn muffin mix.

Let stand 2 – 3 minutes and stir again. Portion batter into 12 corn stick forms or 6 muffin tins.

Bake as indicated or until corn sticks are brown; let rest 1 – 2 minutes and turn out of pans.

Makes 1 dozen sticks

Per serving approx. 73 kcal, 2.5 g fat, 10.5 g carbohydrates, 2 g protein

INGREDIENTS

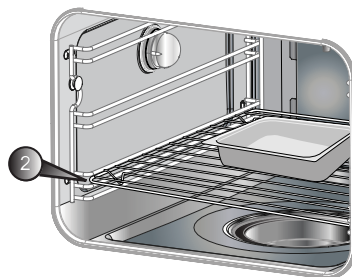
1½ cups rye flour
4¼ cups wheat flour
2 packets dry yeast
1 tbsp. honey
Approx. 1 cup lukewarm water
Approx. 1 cup lukewarm buttermilk
2 tbsp. flax seeds
2 tbsp. sesame seeds
2 tbsp. sunflower seeds
1 tbsp. pumpkin seeds
1 tbsp. salt
1 tbsp. bread spice

SETTINGS

PROOF, 100°F
1. 15 minutes
2. 15 minutes
Bowl on wire rack

To Bake

STEAM CONV, 450°F
15 minutes then 350°F
for 30 – 35 minutes
Loaf Pan on Wire Rack



Mix the two flours in a large mixing bowl. Make a well in the center, add the yeast and stir in the honey and a little lukewarm water. Leave to proof as indicated.

Gradually add the remaining ingredients to the dough, work it all into an elastic dough and form into a loaf. Place the loaf in a greased loaf pan and leave to proof as indicated.

Using a sharp knife, score diamond shapes in the risen loaf and prick all over with a cocktail stick. Sprinkle with water and bake as indicated.

Loaf pan 12", approx. 20 slices

Per slice approx. 143 kcal, 3 g fat, 23 g carbohydrates, 6 g protein

12 frozen white dinner rolls
Squeeze bottle margarine
(optional)

SETTINGS

Option 1: For Frozen

PROOF, 100°F

1 – 2 hours

To Bake

STEAM CONV, 350°F

15 minutes

Baking Pan (Level 3)

Option 2: For Thawed

PROOF, 100°F

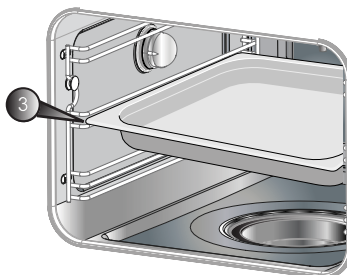
20 – 30 minutes

To Bake

STEAM CONV, 350°F

15 – 17 minutes

Baking Pan (Level 3)



OPTION 1 FOR FROZEN:

Spray the baking pan with non-stick spray. Place frozen rolls in pan leaving ½” space around each. Place rolls, uncovered, on rack position 3 in steam oven set on Proof for 1-2 hours or until thawed and doubled in size.

Remove rolls and turn oven to 350°F Steam Convection. Bake on rack position 3 for 15 minutes or until golden brown. Remove pan and brush tops with butter if desired.

OPTION 2 FOR THAWED:

Spray baking pan with non-stick spray. Place frozen rolls ½” apart in pan and cover; place in refrigerator overnight. Place in steam oven set on Proof for 20 minutes on rack position 3.

Leaving pan in oven, change setting to Steam and Convection/Combination at 350°F and bake 15 – 17 minutes or until rolls are evenly browned.

Remove rolls and brush tops with butter if desired.

Serves 12

Per roll approx. 95 kcal, 1.5 g fat, 19 g carbohydrates, 2 g protein

INGREDIENTS

Makes 2 Loaves

6 ¾ cups all-purpose flour

1 packet dry yeast

1 heaping tsp. sugar

1 level tsp. salt

1 tbsp. butter

1 ½ – 2 cups water, lukewarm

In addition

Butter for greasing the pan

SETTINGS

PROOF, 100°F

1. 20 minutes

2. 20 minutes

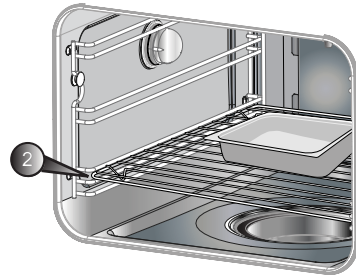
Bowl on Wire Rack

To Bake

STEAM CONV, 350°F

30 – 40 minutes

Loaf Pan on Wire Rack



Sift the flour into a mixing bowl and stir in the dried yeast with a fork until evenly distributed.

Add the remaining ingredients. Work the mixture into a smooth dough for about 5 minutes, using the dough hook on an electric hand mixer, starting on the lowest setting and then moving to higher settings until mixed. Leave to proof as indicated.

Knead the dough and place it in the greased pan. Leave to proof once more as indicated.

Then bake as indicated.

Loaf pan 12", approx. 20 slices

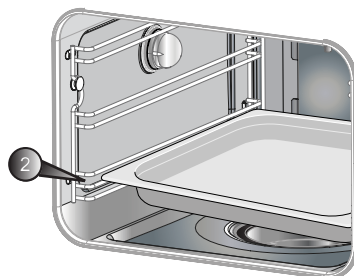
Per slice approx. 136 kcal, 1 g fat, 27 g carbohydrates, 4 g protein

INGREDIENTS

3¾ cups self-rising flour
plus extra for rolling
Pinch of salt
¼ tsp. dry mustard
6 tbsp. butter
2 oz. cheddar, grated
½ cup milk
¼ cup natural yogurt

SETTINGS

STEAM CONV, 400°F
10 – 12 minutes
Baking Pan



Mix the flour, salt and dry mustard in a bowl and rub in the butter until the mixture resembles fine breadcrumbs.

Stir in half the grated cheese. Combine the milk and yogurt and stir into the mixture, working the ingredients together until a soft dough forms.

Turn out onto a lightly floured surface and knead gently to get a smooth dough. Roll out to an even thickness of about ¾ inch.

Using a 2 inch cutter, mark out 12 –14 scones and place on a greased baking pan. Gather any trimmings and reshape to make extra scones.

Sprinkle the remaining cheese over each scone and bake as indicated until golden brown. Remove, butter and eat while the scones are still warm.

Serves 6

Per roll approx. 348 kcal, 16 g fat, 41 g carbohydrates, 8 g protein

INGREDIENTS

1 tsp. sugar
1 tsp. dried yeast
2 ½ cups flour
¾ cup water, lukewarm
½ tsp. salt
1 tbsp. oil

In Addition

1 egg white, whisked
Sesame or poppy seeds

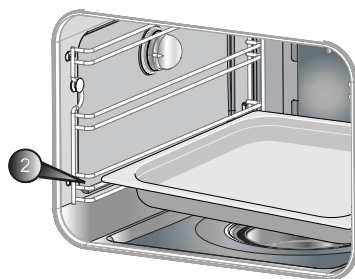
SETTINGS

PROOF, 100°F
1. 20 minutes
2. 10 minutes
Bowl on Wire Rack (Level 2)

STEAM, 210° F
3 – 5 minutes
Perforated + Baking Pan (Level 2)

To Bake

STEAM CONV, 350°F
20 – 25 minutes
Baking Pan (Level 2)



Stir the sugar, dried yeast and 1 tbsp. flour into ¾ cup warm water and dissolve. Mix the remaining flour with salt. Add the yeast mixture and the oil to the flour and knead to form an elastic dough. Leave to proof as indicated.

Thoroughly knead the dough once more and divide into 10 pieces. Make a small ball from each piece of dough and push a hole into the center. Using circular movements, increase the size of the hole to approximately ¾ inch. Leave to proof as indicated.

Steam the bagels as indicated. Then pat dry, brush with whisked egg white and coat one side with sesame or poppy seeds. Line the baking pan with parchment paper, place the bagels inside and bake as indicated. Place on the wire rack to cool.

VARIATIONS:

Savory Bagels: Knead some roasted onions into the dough.

Cinnamon Raisin Bagels: Add ½ cup raisins and 1 tbsp. each of sugar and cinnamon to the dough.

Makes 10 small bagels

Per bagel approx. 145 kcal, 4 g fat, 23 g carbohydrates, 4 g protein

INGREDIENTS

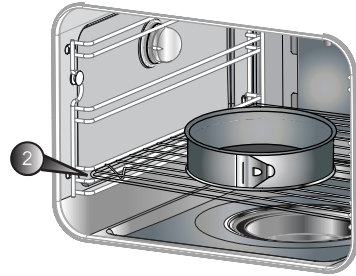
1 onion
2 sprigs rosemary
1 – 2 red chilis
2 cups cornmeal
2 tbsp. flour
1 tsp. baking powder
1 tsp. salt
1 cup buttermilk
2 eggs
½ cup grated Parmesan
1½ tbsp. melted clarified butter

SETTINGS

STEAM CONV, 325°F

30 – 40 minutes

Springform Cake Pan on Wire Rack



Peel and finely dice the onion. Remove the needles from the rosemary and chop finely. Cut the chili pepper in half, remove the seeds and cut into small pieces.

Mix the cornmeal, flour, baking powder and salt in a bowl. Mix the buttermilk and eggs together and add to the bowl. Add the diced onion, rosemary, chili and Parmesan.

Stir all ingredients well. Grease the cake pan and mix the rest of the clarified butter into the batter. Place the batter into the cake pan.

Bake the cornbread as indicated until the surface is golden brown.

COOK'S TIPS:

This bread also tastes excellent toasted.

9" springform cake pan serves 6

Per serving approx. 290 kcal, 11 g fat, 37 g carbohydrates, 11 g protein

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

Common Weight Equivalents

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

Oven Temperature Equivalents

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

Abbreviations

Pound	lb.
Ounce	oz.
Fluid Ounce	fl. oz.
Cup	c
Teaspoon	tsp.
Tablespoon	tbsp.

Standard Metric Equivalents

Measure	Equivalent
⅛ teaspoon	= 0.5 ml
¼ teaspoon	= 1 ml
½ teaspoon	= 2 ml
1 teaspoon	= 5 ml
1 teaspoon	= 15 ml
2 teaspoons	= 25 ml
¼ cup	= 2 fl. oz. = 50 ml
⅓ cup	= 3 fl. oz. = 75 ml
½ cup	= 4 fl. oz. = 125 ml
⅔ cup	= 5 fl. oz. = 150 ml
¾ cup	= 6 fl. oz. = 175 ml
1 cup	= 8 fl. oz. = 250 ml
2 cups	= 1 pint = 500 ml
1 quart	= 1 litre

Volume and Weight

Measure	Weight
1 cup butter, sugar, or rice	= 8 oz. = ½ lb. = 250 g
1 cup flour	= 4 oz. = ¼ lb. = 125 g
1 powdered sugar	= 5 fl. oz. = 150 g
1 British Imperial cup	= 10 fl. oz.
US & Canadian cup	= 8 fl. oz. or 237 ml; however the standard metric = 250 ml

A

Apulian Rice Salad	15
Asian Leafy Vegetables with Cilantro Pesto	14
Asparagus in Mustard Cream Sauce	35
Asparagus Salad	12
Autumn Roast Pork	57

B

Baby Back Ribs	58
Backyard Shrimp Boil	51
Baked Apples	78
Baked Vegetables in a Balsamic Sauce	26
Braided Loaf	87
Breads	86

C

Cabbage Rolls	61
Cheese Scones	93
Cheese Twists	88
Chicken and Dumplings	66
Coconut and Pumpkin Soup	8
Cornbread	95
Corn on the Cob	22
Cowboy Corn Sticks	89
Creamy Chocolate Torte	82
Crème Brulee	74

D

Dinner Rolls	91
Duck Breast in a Honey and Balsamic Vinegar Sauce	69

E

Easy Angel Dessert	80
Eclairs with a Mocha Cream	84
Exotic Lentil Curry	39

F

Fillet of Fish with Mustard Sauce au Gratin	54
Fish Stew with Fennel	48
Flan	79

G

Gnocchi with Sage Butter	34
	97

H

Ham and Egg Brunch Cups	10
Herbed Polenta	28

L

Leg of Lamb with Juniper Sauce	62
Lemongrass Risotto	25
Lobster with Sauce	53

M

Marble Cake	85
Marinated Chicken Skewers	65
Marinated Shrimp on a Bed of Vegetables	52
Meat Dishes	55
Meatloaf	63
Mexican Chicken and Vegetable Wraps	71
Mini Bagels	94
Mixed Vegetables with Lemon Cream Cheese Sauce	33
Moroccan Salad	13
Multi-Grain Bread	90

O

Oriental Steamed Fish	47
Oven Barbecued Brisket	59
Oven Roasted Sweet Potatoes	31

P

Parsnips and Potato Mash	23
Pasta Frittata	24
Pastries and Desserts	73
Pears in Red Wine	75
Peppered Sirloin	60
Poached Pears in Spiced Orange Liqueur	77
Potato and Porcini Mushroom Gratin	42
Potato Dumplings	37
Potatoes Boiled in Their Skins with Two Dips	20
Pot-roasted Beef	56
Poultry Dishes	64
Puff Pastry Shells with Fruit Filling	83

Q

Quinoa Salad	18
--------------	----

R

Red Currant Tart	81
Reuben Quiche	43
Rhubarb and Apple Compote	76
Roast Chicken with Lemon-thyme Stuffing and Pistachios	67
Roasted Cornish Game Hens	68
Roasted Potato Salad	17
Roasted Quinoa with a Cream Sauce	32
Roasted Sesame Green Beans	36
Roasted Vegetables	29

S

Salad Nicoise	16
Savory Poultry Parcels	9
Seafood Dishes	45
Side Dishes, Vegetarian Dishes and Casseroles	19
Small Pasta and Spinach Casseroles	40
Sole Rolls with a Basil and Salmon Stuffing	49
Spicy Butternut Squash Bake	41
Spinach and Eggplant Lasagne	44
Spinach with Raisins and Pine Nuts	21
Starters, Soups and Salads	7
Stuffed Chicken Breast Fillets	72
Summer Fish Bake	50

T

Thai Lentil Salad	11
Tomato Quiche	38
Trout in White Wine	46
Turkey	70
Twice Baked Potatoes	30

V

Vegetable Pilaf	27
-----------------	----

W

White Bread	92
-------------	----



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