



CONVECTION STEAM OVEN MODE GUIDE

= STEAM

= CONVECTION

= CONV. STEAM

= CONV. HUMID

= REHEAT

= SOUS VIDE

VEGETABLES	MODE	TEMPERATURE	COOK TIME / PROBE TIME	RACK POSITION	PAN
Artichokes		210°F	28–32 min	1 + 2	
Asparagus		210°F	8–12 min	1 + 2	
Beans, green		210°F	10–15 min	1 + 2	
Broccoli		210°F	9–12 min	1 + 2	
Brussels sprouts		210°F	8–12 min	1 + 2	
Cabbage, chopped		210°F	12–16 min	1 + 2	
Carrots, mini peeled		210°F	12–15 min	1 + 2	
Cauliflower		210°F	10–15 min	1 + 2	
Corn kernels		210°F	8–10 min	1 + 2	
Corn on the cob		210°F	20–25 min	1 + 2	
Fennel		210°F	9–12 min	1 + 2	
Frozen vegetables		210°F	10–15 min	1 + 2	
Peas, sugar snap		210°F	9–12 min	1 + 2	
Spinach, leaf		210°F	7–10 min	1 + 2	
Zucchini, yellow squash		210°F	5–8 min	1 + 2	
GRAINS/STARCHES	MODE	TEMPERATURE	COOK TIME / PROBE TEMP	RACK POSITION	PAN
Lentils with liquid		210°F	20–40 min	2	
Potatoes, baby		210°F	20–25 min	1 + 2	
Potatoes, diced		210°F	17–22 min	1 + 2	
Potatoes, medium		210°F	30–40 min	1 + 2	
Rice with liquid, in a dish		210°F	30–40 min	2	
EGGS	MODE	TEMPERATURE	COOK TIME / PROBE TEMP	RACK POSITION	PAN
Hard boiled		210°F	19–21 min	1 + 2	
FISH AND SEAFOOD	MODE	TEMPERATURE	COOK TIME / PROBE TEMP	RACK POSITION	PAN
Fish fillet		180°F	7–12 min	1 + 2	
Frozen crab legs (split)		210°F	12–18 min	1 + 2	
Frozen crab legs (whole)		210°F	16–25 min	1 + 2	
Mussels, Clams, Oysters		210°F	12–24 min	1 + 2	
Shrimp		210°F	7–10 min	1 + 2	

MEATS AND POULTRY	MODE	TEMPERATURE	COOK TIME / PROBE TEMP	RACK POSITION	PAN
Bacon		440°F	16–22 min	2	
Chicken breasts		410°F	10–15 min / 165°F	2	
Chicken breasts		210°F	10–18 min / 165°F	1 + 2	
Chicken legs and thighs		430°F	20–25 min / 175°F	2	
Ham slices 1/2" thick		210°F	10–15 min	1 + 2	
Hot dogs		190°F	10–12 min	1 + 2	
Meatloaf		345°F	45–60 min / 165°F	1	
Turkey breast		325°F	45–60 min / 165°F	1	
Turkey whole 10-12 lbs		355°F	60–85 min / 165°F	1	
Whole chicken		385°F	45–60 min / 165°F	2	
CAKES, COOKIES AND PIES	MODE	TEMPERATURE	COOK TIME / PROBE TEMP	RACK POSITION	PAN
Bundt cake*		325°F	50–65 min	2	
Cookies		325°F	11–13 min	2	
Muffins*		350°F	20–25 min	2	
Sponge cake in tube pan*		325°F	50–65 min	2	
Tart*		350°F	35–45 min	2	

*Preheat oven.

BREAD

Use Gourmet - Baked Goods - Bread.

DOUBLE CRUST PIE

Use More - Use at 440°F. Cook for 30 minutes.

- After 30 minutes, rotate the pie, reduce temperature to 400°F and continue to cook for 20 minutes.

DEFROST

Use at 90°F.

- Time is dependant on size of food being defrosted.

REHEAT LEFTOVERS

Single Serving: Use More - Auto Reheat.

Large Dish: Use at 250°F. Set probe to 170°F.

Pizza: Use and preheat to 355°F. Cook for 3-5 minutes.

PIZZA

Fresh Pizza: Use Gourmet - Fresh Pizza.

Frozen Pizza: Use More - More Gourmet - Frozen Pizza.

BLANCH VEGETABLES

Use at 210°F for 2–5 minutes.

- Remove vegetables and immediately place in ice water bath.

DEHYDRATE

Use at 140°F.

- Place food evenly on wire racks.
- Place door in the “at rest” position.
- Turn thicker pieces periodically to ensure even drying.

SOUS VIDE

Use at the desired temperature.

- Place vacuum sealed food on a solid or perforated pan.

IMPORTANT NOTE: The unit needs minerals in the water to operate. Do not use demineralized, filtered, or distilled water. Use fresh, cold tap water. For a whole house water filtration system, use bottled drinking water.

After each use, place the oven door in the “at rest” position and allow to cool, then wipe interior with a paper towel or cloth.

