

MASTERING *the*
CONVECTION STEAM OVEN
TECHNIQUES AND RECIPES





THIS OVEN DOES IT ALL

And that's not an exaggeration.
But with so much opportunity, you
might wonder, "Where do I start?"

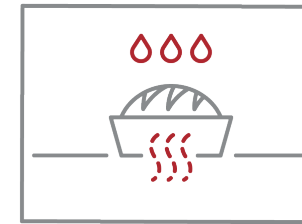
START RIGHT HERE. This book is your guide to unlocking the potential of your Convection Steam Oven. Ultimately, you'll learn the ins and outs of your oven and its intelligent features, the basics of steam and convection cooking, and a few fundamental techniques. Plus, try dozens of illustrative chef-tested recipes that will elevate your cooking, broaden your repertoire, and help you get the most out of your oven.

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INSIDE YOUR OVEN

This oven is about more than setting a temperature and cook time and hoping everything turns out. Utilizing steam, convection, or a combination of the two, the chef-tested modes in your Convection Steam Oven offer a diverse collection of nuanced cooking environments, ideally suited for any and every dish you can imagine. Equipped with Wolf's hallmark superior heat transfer, your oven will craft food that tastes more delicious and more flavorful time and time again.



HOW IT WORKS

Steam Cooking

Steam offers the opportunity to cook in ways you simply can't recreate in a traditional oven. The water molecules conduct heat—and transfer it to food—with greater efficiency than air. As a result, food cooks quickly and evenly, without added fat. Instead of drying out, food stays moist. Plus, steam offers the benefit of precision; you can dial it down to the degree.



HOW IT WORKS

Convection Cooking

Convection is the circulation of warm air around the cavity of an oven. It consistently warms and distributes the air, efficiently transferring heat to food, reducing hot and cool spots, and enables multi-rack cooking (without needing to rotate pans). The result is shorter cooking time and more consistent all-over browning.

FOOD SCIENCE 101

The Maillard Reaction

At Wolf, we talk a lot about consistent browning. Why? Because browning is the foundation of flavor development. In the culinary and food science worlds, that browning is known as the Maillard reaction: the chemical change that occurs when amino acids and reducing sugars are exposed to heat. That reaction develops new compounds and color for more flavorful, delicious food.



MADE FOR HOW YOU COOK

Make It Your Own

Similar to a smartphone's interface, your Convection Steam Oven's menu can be rearranged, grouped, and organized in nearly limitless ways. Organize modes, custom recipes, and favorites in ways that suit your cooking habits. Or organize a page for each user, so each home cook (even youthful beginners!) can easily access their favorites.

Master the modes

THE IDEAL COOKING ENVIRONMENT FOR ANY DISH

Your oven’s cooking modes are a collection of programs developed by Wolf chefs. Modes create custom cooking environments for specific foods. Based on the selected mode, the oven monitors, controls, and adjusts the temperature, airflow, steam, and humidity in the cavity. Bake something light and fluffy, slow roast something crisp and tender, even rejuvenate last night’s leftovers—you can do it all with the modes you find here. Learn which mode is best for each scenario or dish and you can practically guarantee success.



STEAM

Yes, you can steam vegetables with this mode, but it can do so much more. You can poach, prepare rice, beans, and pasta precisely to your taste, and even safely defrost frozen foods.

SOUS VIDE

The awe-inspiring feature of this mode is its ability to dial to an exact temperature—right down to the degree. You’ll soon discover how sous vide can change the way you cook, making meals simpler, better, and repeatable time and time again.

CONVECTION

When in doubt of what mode to use, one of the convection modes—Convection, Convection Steam, and Convection Humid—is a good starting point. The turbulent warm air of convection benefits most foods, while steam and humidity add even more versatility.

GOURMET

No guesswork here. Simply place your desired dish in the oven, select the cooking agenda from the intuitive menu, and Gourmet Mode does the rest.

GOURMET+

Optimizing cook time, temperature, and humidity throughout the cooking process, the oven automatically cooks several different categories of fresh, refrigerated, or frozen foods.

REHEAT

A savior for leftovers, a mix of steam and dry heat brings last night’s dinner back to moist, succulent life.

BROIL (GRILL)

From seared steak to caramelizing the top of crème brûlée, the intense radiant heat from the grill element provides the finishing touch required for many recipes.

BREAD AND PASTRY

This mode recreates the ovens that professionals use, creating café-quality pastries and breads worthy of a boulangerie.

PROOF

This mode provides the low, controlled heat required to ensure the correct rise of baked goods.

SLOW ROAST

Creating impressive roasts has never been so easy. Simply select the cut, doneness, and desired serving time, and you’ll have dinner on the table exactly when and how you want it.

WELLNESS

Gently warm towels, stones, wraps, and grapeseed cushions for an invigorating at-home spa treatment.

CLEANSE

Safely clean baby bottles and pacifiers for little ones. Or, if you are a passionate preserver, steam clean jars and lids for your homemade jams and jellies.

WARM

The answer for for mistimed meals and latecomers alike. Convection heat ensures everything is served hot, holding food at its ready-to-eat temperature.





Steam Mode

FOR SO MUCH MORE THAN BROCCOLI

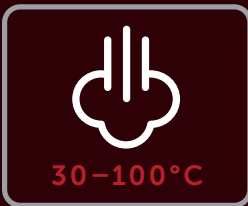
The common misconception about steam cooking is that it's for cooking vegetables, period. This chapter will prove that nothing could be further from the truth. Steam provides a simple and effective way of preparing a nearly endless menu of foods. The key to Steam Mode's versatility is its ability to operate at a range of temperatures. While water reaches its boiling point at 100°C sea level, steam can be captured and held inside the oven at temperatures far below that—in fact, all the way down to 30°C.

Regardless of which temperature you use or what food you prepare, there are a few useful tips when using Steam Mode. First, don't bother preheating. There is no real benefit to preheating the oven, so place the food inside before starting the oven—it gets food on the table that much sooner. Second, make use of the perforated pan included with the oven. The perforations let steam envelope the food evenly. Third, when using the perforated pan, place the solid pan (also included) on the rack position underneath. It acts as a convenient drip collector, easing cleanup.

HOW TO USE STEAM MODE

The easiest way to understand the Steam Mode is to break down the temperature range into three tiers:

30 DEGREES	90 DEGREES	100 DEGREES
Using a low, gentle heat, 30°C provides a safe, easy, and relatively swift way of defrosting chicken, chops, or steaks, and with better results than a microwave oven.	The perfect temperature for soft-poaching delicate fillets of fish, shrimp, eggs, or fruit (like pears).	Think of this like a pot of water on the stove. Anything you would boil, you can cook at this temperature: vegetables, hard-boiled eggs, ears of corn, sausages to par-cook prior to grilling.



INSIDE YOUR OVEN

Steam fills the oven, enveloping food.

STEAM MODE REVIEW


- Choose the right temperature for your dish, from 30°C to 100°C
- Preheat is not required
- Use the perforated pan to improve circulation and the solid pan to catch drips



STEAM

Steamed Shrimp

Pair shrimp with steamed corn and red potatoes for a festive shrimp boil. To repurpose for tacos, stir-fries, or salads, use alternative spices and herbs.

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

INGREDIENTS

- 450 g (16–20 count) raw shell-on shrimp, thawed
- 1 lemon, cut into 6 wedges
- 1 lemon, juiced
- 1 tablespoon Old Bay Seasoning
- Small bunch parsley sprigs

BEFORE YOU START
Ensure shrimp are fully thawed before steaming.

PREPARATION METHOD

1. Combine all ingredients in large bowl; toss until thoroughly combined. **2.** Place the perforated pan on top of the solid pan. Pour contents of large bowl evenly onto the perforated pan. Keeping the solid pan underneath the perforated pan, place the solid pan at rack position “1” and perforated pan at rack position “2.” **3.** Set the oven to 90°C **Steam Mode**. Steam for 9 minutes or until shrimp are slightly pink. Remove from the oven, peel and devein shrimp, and serve immediately.

 **Quick tip: *Easy Cleanup***


Whenever using the perforated pan to steam, place the solid pan at rack position “1” to collect drips.



STEAM

Easy-Peel Tomatoes

Often, to achieve the right texture for certain soups or sauces, you’ll need peeled tomatoes. Here’s a simple way to peel fresh, ripe tomatoes.

MAKES	RACK POSITION	COOK TIME
VARIES	 2 1	1½–3 MINUTES

INGREDIENTS

- Ripe tomatoes, 15 at a time
- Ice bath

 **Quick tip: *Peaches***

Use this same method to quickly peel peaches.

PREPARATION METHOD

1. Remove stems. **2.** On the base of each tomato—opposite the stem—cut a small “X.” **3.** Place tomatoes on perforated pan and slide into oven at rack position “2.” Slide solid pan into rack position “1.” **4.** Set oven to 100°C **Steam Mode**. Steam tomatoes for 1½ minutes. If slightly underripe, add an additional 30 seconds to 1 minute. **5.** Remove pan from oven and immediately plunge tomatoes into ice bath; let cool for several minutes. **6.** Remove from ice bath and peel each tomato from the bottom; the “X” will have expanded during steaming.

STEAM

Eggs 101

No matter how you take your eggs, Steam Mode offers the flexibility and precision required to make this brunch staple.

MAKES	RACK POSITION	COOK TIME
VARIES	VARIES	VARIES

INGREDIENTS

- Eggs
- Kosher salt
- Freshly ground black pepper

PREPARATION METHOD

Hard Boiled

1. Place desired number of whole eggs directly on a wire rack at position “2.” Set oven to 100°C **Steam Mode**. Steam for 20 minutes. **2.** Remove eggs and place in a large bowl filled with ice water. Fully cool before peeling.

Scrambled

1. In a medium bowl, beat desired number of eggs; season with salt and pepper. Seal contents in a vacuum seal bag or zip-top bag. **2.** Place bag on the perforated pan at position “3.” Set oven to 100°C **Steam Mode**. Steam for 5 minutes. **3.** Remove bag and shake well to break the egg mixture into pieces. **4.** Return bag to oven and continue steaming for 2–3 minutes until eggs are cooked to your desired doneness.

Breakfast Sandwich

1. Lightly grease four 200 milliliter ramekins with non-stick spray, butter, or oil. **2.** Either beat four eggs together, seasoning with salt and pepper before dividing evenly between the ramekins, or crack one egg into each ramekin, leaving the yolk intact. **3.** Place ramekins on a wire rack at position “2.” Set oven to 90°C **Steam Mode**. Steam for 7–8 minutes or to your desired doneness. **4.** Carefully remove ramekins from the oven. Using a fork, gently remove the egg from the ramekin. **5.** Place on toasted bread or English muffin. Top with desired cheese, greens, or breakfast meat.

BEFORE YOU START

Depending on the size, temperature, freshness, and volume of eggs, adjust cooking time by 1–2 minutes.

Sunny-Side Steamed

1. Lightly grease desired number of small ceramic or stoneware plates or saucers with non-stick spray, butter, or oil. Crack one egg onto each saucer. **2.** Place saucers on the perforated pan at rack position “3.” Set oven to 100°C **Steam Mode**. Steam for 4–5 minutes or to your desired doneness.

Steam Poached

1. Lightly grease desired number of 200 milliliter ramekins with non-stick spray, butter, or oil. Crack one egg into each ramekin. Swirl the ramekin until the yolk rests in the middle of the dish; the yolk should not rest against the side of the ramekin. Cover each ramekin with plastic wrap. **2.** Place ramekins on the perforated pan at rack position “3.” Set oven to 85°C **Steam Mode**. Steam for 13 minutes or to your desired doneness (see table below). **3.** Remove one ramekin from the oven and gently shake it; ensure the whites are set and fully cooked. If undercooked whites remain, continue steaming at 1-minute intervals. Once eggs are fully cooked, remove the tray and ramekins from the oven. Let eggs rest, covered, for 1 minute; unwrap ramekins and serve.

Steam-Poached Egg Cook Times and Relative Doneness

(Approximate times for large eggs)

TIME	DONENESS
12 MIN	Very runny yolk and almost-undercooked white
13 MIN	Over easy, runny yolk
15–16 MIN	Over medium, slightly runny yolk
18–20 MIN	Fully set, custardy yolk
25–30 MIN	Fully cooked yolk





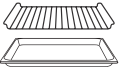
BEFORE YOU START

No lobster? Substitute with Canadian bacon or grilled tomato slices.

STEAM

Lobster Eggs Benedict

Use this universal preparation method when fixing lobster for salads or sandwiches.

MAKES	RACK POSITION	COOK TIME
4 SERVINGS	 2 1	1 HOUR

INGREDIENTS

- 8 poached eggs (reference Steam-Poached Eggs on page 12)

Spinach

 - 1 shallot, peeled, finely diced
 - 2 tablespoons butter
 - 320 g fresh spinach leaves, large stems removed
 - Salt and freshly ground black pepper
- Hollandaise**

 - 3 tablespoons lemon juice
 - 1 teaspoon granulated onion
 - ¼ teaspoon paprika
 - 172 g butter
 - 4 egg yolks
 - ½ teaspoon salt
 - 2 tablespoons water
- Lobster**

 - 3 (450 g) fresh lobster tails
 - Butter, garlic, lemon (optional)
 - 4 English muffins, halved, toasted, and lightly buttered
 - 1 tablespoon chopped chives

PREPARATION METHOD

Spinach

1. Melt butter in a 30 centimeter sauté pan over medium-high heat. **2.** Add shallot, sauté until lightly brown. Add spinach and cook until fully wilted. Season with salt and pepper. **3.** Remove from heat, straining excess liquid if needed. Set aside; spinach may be prepared a few hours in advance. Gently warm in sauté pan before assembling the Benedict.

Hollandaise

1. Whisk together all hollandaise ingredients in an oven-safe container, such as a half liter canning jar. Loosely cover the jar with the lid, plastic wrap, or aluminum foil. Place container on rack set at position “2.” **2.** Set oven to 75°C **Steam Mode**. Steam for 30 minutes. **3.** Remove from oven. Blend sauce with immersion blender or countertop blender. Note: Use caution when blending hot liquids. Hold warm until ready to serve.

Poached Eggs

1. Reference Steam-Poached Eggs on page 12.

Lobster

1. Remove lobster meat from shells; using kitchen shears, cut tails in half lengthwise. **2.** Vacuum seal meat in a heat-safe bag with any desired seasoning, such as butter, garlic, or lemon zest. Place container on rack set at position “2.” **3.** Set oven to 55°C–60°C **Steam Mode** (Note: select 55°C for very tender lobster; 60°C will produce firmer lobster similar to traditional boiling). Steam for 30 minutes. **4.** Carefully remove meat from bag and cut into 8 equal portions. Alternatively, to use for salads or sandwiches, chill in ice bath.

To Assemble

1. Place a small amount of warmed spinach on each toasted, buttered muffin half. **2.** Top each half with a portion of lobster and a poached egg. **3.** Top eggs with 1 tablespoon hollandaise. Sprinkle with chives. Serve immediately.



STEAM

Khao Niao (Sticky Rice)

Steam Mode and the perforated pan imitate the cone-shaped bamboo steamer in which this Thai and Laotian staple is traditionally prepared.

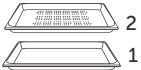
 **Quick tip:** *Rice and Grains 101*

For reliably tender rice and grains, use Steam Mode in place of your cooktop or countertop steamer. Most rice and grains—like bulgur, quinoa, and farro—will steam well at 95°C–100°C for 20–30 minutes.

MAKES

4–6 SERVINGS

RACK POSITION



COOK TIME

15 MINUTES

INGREDIENTS

- 400 g glutinous rice (sweet rice)
- 960 ml filtered water

SERVING SUGGESTION

An ideal accompaniment for saucy, brothy dishes, this rice also shines in desserts like khao niao mamuang (sticky rice with mango), shown here.

PREPARATION METHOD

1. Combine rice and water in a 2 liter container; do not wash or rinse the rice. Soak rice for at least 4 hours, ideally for 12 hours or overnight.
2. Drain water from the rice; spread rice in an even layer on the perforated pan, keeping it within the perforated area. Place perforated pan with rice at rack position “2” and a solid pan at rack position “1.”
3. Set the oven to 95°C **Steam Mode**. Steam 10 minutes.
4. Using a spatula or spoon, flip the rice and steam for another 5 minutes. It is nearly impossible to overcook the rice; steaming for 15–20 minutes per side is okay.
5. To hold rice before serving, reduce the temperature to 75–80°C **Steam Mode**.
6. Remove from oven only when ready to serve; the cooked rice will dry out quickly. Keep covered.

STEAM

Tabbouleh

A delicious alternative to leafy greens, this classic Levantine salad is herby and bright.

MAKES

6 SERVINGS

RACK POSITION



2

COOK TIME

30 MINUTES

INGREDIENTS

- 170 g bulgur wheat
- 300 ml water
- 80 ml olive oil
- 3 tablespoons fresh lemon juice
- 3 plum tomatoes, seeded and diced
- 2 green onions, finely chopped
- 80 g fresh Italian parsley, chopped
- 2 tablespoons chopped mint
- Kosher salt
- Freshly ground black pepper

PREPARATION METHOD

Bulgur

1. Combine bulgur wheat and water in a small baking dish or 23-by-23-centimeter pan. Place pan on a wire rack at position “2.”
2. Set the oven to 100°C **Steam Mode**. Steam for 25–30 minutes.
3. Remove from the oven and stir gently. Let cool to room temperature and then store in refrigerator; bulgur can be prepared ahead of time.

Salad Assembly

1. In a small bowl, whisk olive oil and lemon juice; set aside.
2. In a large serving bowl, combine chilled bulgur and remaining ingredients; stir to combine. Pour dressing over salad; toss to combine. Season with salt and pepper to taste.
3. Rest for at least 45 minutes before serving, stirring occasionally.



STEAM

Beans 101

Follow these simple instructions for foolproof beans every time. Once cooked, pop them in salads, soups, and bowls of all types.

MAKES	RACK POSITION	COOK TIME
4 SERVINGS	 2	VARIES

INGREDIENTS

- 180 g dry beans
- 1200 ml (1440 ml for lentils) water, divided
- 1 tablespoon salt
- Aromatics, such as herbs, a bay leaf, or onion (optional)

BEAN	COOK TIME
WHITE	5 HOURS
BLACK	4 HOURS
KIDNEY	5½–6 HOURS
GARBANZO	6–7 HOURS
LENTIL	2½–3 HOURS

PREPARATION METHOD

1. In a 1 liter container, soak beans with 720 ml cold water and refrigerate overnight. **2.** Drain beans, discard soaking water, rinse beans thoroughly. Vacuum seal beans and remaining 480 ml water (720 ml for lentils), salt, and any desired aromatics in a heat-safe bag or canning jar. **3.** Place bag or jar on rack set at position “2.” Set oven to 90°C **Steam Mode**. Steam according to bean type; see table. **4.** Check doneness by squeezing several beans (if sealed in a bag) to see if they are creamy and cooked to your liking. If using a jar, remove from oven and cool on a rack for 2 minutes; run jar under cool water for 2–3 minutes to release pressure on the lid. Check one or two beans for doneness and reseal if necessary. **5.** Once cooked to your liking, drain beans and serve immediately or cool in an ice bath.

Poached Tuna and White Bean Salad

Built a foundation of poached tuna and white beans—both prepared in the Convection Steam Oven—this flavorful tuna salad comes together in mere minutes.

MAKES	RACK POSITION	COOK TIME
6 SERVINGS	N/A	N/A

INGREDIENTS

- 1 recipe Oil-Poached Tuna (reference page 28), cooking oil reserved
- 250ml prepared white beans (reference preparation method above), cooking liquid reserved
- 250ml grilled artichoke hearts, diced
- 250ml meaty olives (e.g., gordal, Castelvetrano), thinly sliced
- 3 ribs celery, diced
- 3 teaspoons capers, chopped (optional)
- 3 teaspoons chopped fresh herbs (e.g., parsley, chives, tarragon)
- 2 lemons, zested and juice reserved
- 2 teaspoons whole-grain mustard
- Salt and pepper

PREPARATION METHOD

1. Submerge sealed tuna container in warm water to melt oil. Drain and lightly shred the tuna, reserving the oil; discard the aromatics. **2.** Strain cooked beans over small saucepan. Over medium heat, reduce liquid by half; set aside and cool. Once cooled, whisk in lemon juice, zest, mustard, and herbs. Add reserved tuna cooking oil, whisking vigorously to emulsify ingredients. **3.** In a large bowl, combine tuna, beans, artichoke hearts, olives, celery, and capers; add dressing and stir to combine. Season to taste with salt and pepper. **4.** Serve with greens, in a wrap, or as an open-faced sandwich, as desired.






STEAM

Steamed Bao Buns

These delicate, pillowy buns are easy to prepare and quick to bake. Let your imagination—or refrigerator contents—inspire an endless number of exciting fillings: pork belly, tofu, mushrooms, even fried chicken.

MAKES	RACK POSITION	COOK TIME
20 BUNS	 2	8–10 MINUTES

INGREDIENTS

- 260 g all-purpose flour
- 240 g cake flour
- 6 tablespoons warm water
- 6 tablespoons whole milk
- 3 tablespoons sugar
- 1 tablespoon olive oil
- 2 teaspoons instant yeast
- ½ teaspoon baking powder

PREPARATION METHOD

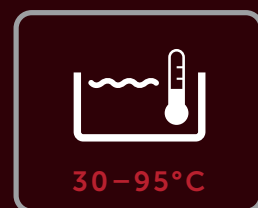
1. Combine all ingredients into the bowl of a stand mixer. With the dough hook in place, mix on low until the dough begins to come together. Increase the speed to medium-low and continue mixing for 7 minutes. If the dough seems dry, add a teaspoon of water at a time; conversely, if the dough seems too moist and is not pulling away from the sides of the mixing bowl, add a teaspoon of all-purpose flour at a time. **2.** Remove dough from mixing bowl; place inside a lightly oiled, rigid container. Cover with plastic wrap or damp towel. Let dough proof until doubled in size, about 90 minutes. **3.** Remove dough from the proofing container and place on the counter. Divide dough into two equal portions; shape each portion into a log. **4.** Divide each log into 10 equal pieces (20 total). Roll each piece into a ball and place on a lightly floured counter. Cover with plastic wrap or warm damp towels; let proof for 15 minutes. **5.** One at a time, roll out 10 of the doughballs into 7.5 centimeter rounds; lightly brush top with oil and fold each round in half. Reserve the remaining 10 pieces of dough. **6.** Grease a perforated pan with non-stick spray. Place buns onto greased perforated pan. Cover with a warm towel; let proof for 15 minutes. **7.** While the first batch is proofing, roll, shape, and proof the remaining 10 doughballs. **8.** Place the perforated pan at rack position “2.” Set oven to 100°C **Steam Mode.** Steam for 10 minutes. **9.** Remove pan from oven. Remove buns from pan. Squares of parchment paper can help prevent cooked bao from sticking together. **10.** Grease the perforated pan again; place the second batch of proofed buns on the pan. Steam for 8 minutes; steaming will take less time because the oven is preheated. Serve buns immediately.

Sous Vide Mode

FOR RESTAURANT QUALITY STEAKS AND MORE

Sous vide (pronounced “soo-veed”) is a cooking technique used by many restaurants and a growing number of home chefs alike due to its precision cooking ability. Using steam, Sous Vide Mode emulates the same precise cooking environment created by water circulators. The result? Perfectly cooked steaks, chops, seafood, and vegetables, every time. Just set your desired temperature—down to the degree—and experience food cooked to that exact doneness. No undercooking, no overcooking, no guesswork.

Unlike water circulators, though, Sous Vide Mode offers greater flexibility in the variety of foods that can be prepared with this type of precision cooking. Technically, “sous vide” comes from the French translation of “under vacuum,” because of how chefs would use vacuum seal bags to prepare food for precision cooking in a water bath. While you can most certainly use vacuum seal bags when preparing food sous vide, there are instances where other types of covered or open containers are useful; read on for examples of different precision cooking methods.



INSIDE YOUR OVEN

Steam fills the oven and maintains its precise temperature throughout cooking.

SOUS VIDE MODE REVIEW

- Recreates the environment of a circulating water bath
- Controls temperature down to the degree
- Preheat is not required
- Use the perforated pan to improve circulation

Sous Vide Techniques

While vacuum sealing food inside of bags works marvelously, food does not, in fact, need to be prepared under vacuum or inside a vacuum bag—there are other alternatives.



1

VACUUM SEALERS

Chamber vacuum sealers, like the Wolf Vacuum Seal Drawer pictured here, work wonders at removing air and sealing bags tightly around food in preparation of sous vide. Countertop edge sealers also work sufficiently well. Use as directed by manufacturer.

2

DISPLACEMENT METHOD

Don't fret if you don't have one of the tools described above—you can still prepare food sous vide. Simply place food in a sous-vide safe zipper-top bag and slowly submerge it in a large pot of water. The water will force the air out of the bag, and all you have to do is slide the zipper close.



3

ALTERNATIVE CONTAINERS

In the following pages, you'll find that some recipes call for alternative containers. Follow the directions for each recipe and then apply it to similar favorites of your own.

SOUS VIDE

Sous Vide Steak

Evenly cooked from edge to edge.

MAKES	RACK POSITION	COOK TIME
4 STEAKS	 2	2 HOURS, 30 MINUTES

INGREDIENTS

- 4 (4–5 cm thick) strip, porterhouse, or ribeye steaks
- Kosher salt
- Freshly ground black pepper
- 4 tablespoons butter
- 8 sprigs thyme
- 4 sprigs rosemary
- 4 garlic cloves

PREPARATION METHOD

1. Generously season steaks with salt and pepper. **2.** Place each steak inside a vacuum-seal bag or sous-vide safe zipper-top bag. Divide remaining ingredients between bags. Vacuum seal bags or use the displacement method to remove air from bags. **3.** Place bags in oven on a wire rack set at position “2.” Set oven to your desired doneness temperature and **Sous Vide Mode**. Sous vide steaks for 2 hours and 30 minutes. **4.** Cut open bags and remove steaks; discard herbs and garlic. Gently pat steaks dry with paper towel. **5.** Season with salt and pepper and sear for 30–45 seconds per side on a grill or in a preheated cast-iron pan with a small amount of high smoke-point oil. **6.** Let rest at least 10 minutes. Serve.

Steak Doneness

Easily answer that age-old question:
“And how would you like that prepared?”



Rare

50°C

Medium-Rare

54°C

Medium

58°C

Medium-Well

63°C

Well

68°C



Turnips with Miso
and Butter

Asparagus with
White Wine and Butter



Sous Vide

Sous Vide Vegetables 101

Sous vide is not exclusively for steaks and other proteins. It is also a delicious way to prepare almost any vegetable. Below, we suggest a few favorite pairings and flavorings to get you started—but please, be adventurous.

MAKES

VARIES

RACK POSITION



COOK TIME

30–60 MINUTES

SUGGESTED PARINGS

- Carrots with harissa
- Turnips with miso and butter
- Beets with herbs and vinegar
- Asparagus with white wine and butter
- Peppers with olive oil

SUGGESTED FLAVORING/AROMATICS

- Salt and pepper
- Bay leaf
- Thyme
- Rosemary
- Parsley

Carrots
with Harissa



Beets with Herbs
and Vinegar



PREPARATION METHOD

1. Trim and wash vegetables; drain and pat dry.
2. Place vegetables inside a vacuum-seal bag or sous-vide safe zipper-top bag. Distribute evenly in bag. Add flavorings or aromatics. Vacuum seal bag or use the displacement method to remove air from bag.
3. Place bag in the oven on a wire rack set at position "2." Set oven to 85°C **Sous Vide Mode**. Sous vide vegetables for 30–60 minutes, depending on the size of the vegetable pieces.
4. Remove vegetables from bag and serve immediately.
5. Optionally, place bag with vegetables in ice water. Once cooled, store in the refrigerator and enjoy at a later time. Reheat bag and contents using **Steam Mode** set to 80°C.

Peppers with Olive Oil



SOUS VIDE

Oil-Poached Tuna

This hands-off preparation of tuna is ideal for dips, sandwiches, or salads—like the White Bean Salad on page 18. Additionally, this recipe works well with any flaky, meaty fish, such as salmon, cod, or halibut.



MAKES

1 STEAK

RACK POSITION



2

COOK TIME

2 HOURS

INGREDIENTS

- 450 g tuna steak
- 6–8 sprigs fresh herbs
- 2 cloves garlic
- 1 bay leaf
- 1 guajillo chile, optional
- 240 ml olive oil
- Salt and black pepper

PREPARATION METHOD

1. Pat tuna dry and season liberally with salt and pepper. Transfer to a non-reactive container to cure overnight, making the meat firmer and denser. **2.** Drain any moisture drawn out by the salt. Transfer tuna to a vacuum-seal bag and add remaining ingredients; vacuum seal the bag. If you do not have a vacuum sealer, place tuna in a 1-liter canning jar and add remaining ingredients on top of the tuna to help submerge it; you may need additional oil to ensure the tuna is completely covered. **3.** Place bag or jar in oven on a wire rack set at position “2.” Set oven to 60°C **Sous Vide Mode**. Sous vide tuna for 2 hours. **4.** Carefully remove bag or jar from the oven and place into an ice bath to cool completely, about 30 minutes. The oil will coagulate—this is normal. Refrigerate and enjoy within 7 days. **5.** To serve, gently warm contents of the bag or jar until olive oil is just melted, then strain ingredients, discarding the herbs and chile. Reserve olive oil for sauteing or making salad dressings and keep refrigerated.

SOUS VIDE

Infused Oil

Create your very own oil tasting bar.

MAKES

VARIES

RACK POSITION



2

COOK TIME

VARIES

INGREDIENTS

Garlic

480 ml grapeseed oil
1 head garlic cloves

Rosemary

480 ml grapeseed oil
4 sprigs fresh rosemary

Bay Leaf

480 ml grapeseed oil
1 dozen fresh bay leaves

Chive

480 ml grapeseed oil
40 g fresh chives, chopped

Chili Pepper

240 ml grapeseed oil
240 ml sesame oil
20 g whole dried chili peppers

PREPARATION METHOD

1. Combine ingredients in a vacuum-seal bag. Vacuum seal the bag; if using the Wolf Vacuum Seal Drawer, vacuum on level “3.” **2.** Place bag in oven on a wire rack set at position “2.” For garlic, rosemary, or bay leaf oil, set oven to 55°C **Sous Vide Mode** and sous vide for 3 hours. For chili oil, set oven to 75°C Sous Vide Mode and sous vide for 2 hours. For chive oil, no cooking is needed; after infusing using the vacuum sealer, strain and refrigerate immediately. **3.** Carefully remove bag from the oven and place into an ice bath to cool completely, about 30 minutes. Strain oil, discarding aromatics. Transfer oil to bottles or jars and refrigerate to prevent the growth of pathogens. Use oils for sauteing, dipping, or drizzling over food.



SOUS VIDE

“Cold Brew” Coffee

Sous vide minimizes the long preparation time of classic cold brew—with extra smooth results.

MAKES	RACK POSITION	COOK TIME
2 LITERS	 2	2 HOURS

INGREDIENTS

- 2 l water
- 85 g coarse-ground coffee
- Pinch of salt


PREPARATION METHOD

1. Combine water, coffee, and salt in a vacuum-seal bag or sous-vide safe zipper-top bag. Vacuum seal bags or use the displacement method to remove air from bags. Optionally, an oven-safe bowl covered with plastic wrap would work equally well. **2.** Transfer bag to perforated pan. Slide pan into oven at rack position “2.” Set oven to 65°C **Sous Vide Mode**. Sous vide coffee for 2 hours. **3.** Remove from oven and chill in an ice bath. Using a fine-mesh strainer, strain mixture. **4.** Store in the refrigerator.

SOUS VIDE

Earl Grey Crème Anglaise

This rich, delicately flavored sauce is the perfect accompaniment for fresh berries and stone fruits.

MAKES	RACK POSITION	COOK TIME
720 ML	 2	30 MINUTES

INGREDIENTS

- 240 ml milk
- 240 ml heavy cream
- 160 g sugar
- 6 egg yolks
- ¼ teaspoon kosher salt
- ½ vanilla bean, split and scraped
- 1 tablespoon loose leaf Earl Grey tea

PREPARATION METHOD

1. Combine milk, cream, sugar, egg yolks, and salt in a blender; blend on low for 30 seconds. **2.** Combine blended ingredients, vanilla pod and seeds, and loose tea in a vacuum-seal bag or sous-vide safe zipper-top bag. Vacuum seal bags or use the displacement method to remove air from bags. **3.** Transfer bag to perforated pan. Slide pan into oven at rack position “2.” Set oven to 80°C **Sous Vide Mode**. Sous vide mixture for 10 minutes. **4.** Carefully remove bag from oven and agitate the liquid, paying attention to the corners. Return to oven and sous vide for an additional 20 minutes. **5.** Remove from oven and chill in an ice bath. Using a fine-mesh strainer, strain mixture. Enjoy over seasonal berries or use as a base for ice cream.

DIFFERENT FLAVOR IDEAS
Substitute Earl Grey with other teas, dry ingredients, or spices—try espresso beans, orange zest, coconut flakes, cinnamon sticks, cardamom seeds, or black peppercorns.

Convection Modes

THREE VERSATILE COOKING ENVIRONMENTS

Choose from Convection, Convection Steam, and Convection Humid Modes to create nearly any dish. Convection creates the ideal conditions for the Maillard reaction to occur, resulting in evenly browned, more flavorful food. Then, when you add steam or trap moisture in the oven, your food benefits from the added precision and humidity.

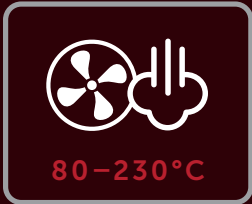
CONVECTION MODES REVIEW

- Enables multi-rack cooking
- Depending on the food, preheating may be unnecessary
- Temperature probe may be used



Convection THE FLAVOR-GUARANTEED MODE

Almost anything you would normally make in a standard oven will benefit from the circulating warm air of this mode. Food browns evenly, no matter the rack, and cooks about twenty-five percent faster. It works by circulating hot air throughout the cavity and venting out excess moisture. A dry cooking method, it works well for foods that you want to brown, caramelize, crisp, or dehydrate: cookies, granola, jerky, or soufflés.



Convection Steam THE OVEN’S NAMESAKE MODE

Combine convection heat and steam and you unlock a world of “crispy outside, juicy inside” possibility. Steam ensures everything is cooked to your desired doneness, and then convection heat boosts your food’s flavor through even, all-over browning. Ideal for braises, pasta bakes, and some breads.



Convection Humid THE KEY TO CASSEROLES AND QUICK BREADS

Some foods do not benefit from added steam, especially those that contain a lot of liquid. But if the air is too dry, food can dehydrate. Convection Humid Mode strikes a balance between dry and wet heat, creating a mildly humid cooking environment. The result? Food browns evenly yet stays moist. Dry muffins and tough casseroles are now a thing of the past.



CONVECTION

Cakey Brownies

More flour and less butter and chocolate make for a taller, lighter brownie. For the best texture and flavor, use high-quality cake flour and chocolate.

MAKES	RACK POSITION	COOK TIME
1 PAN	 2	20–25 MINUTES

INGREDIENTS

- | | | |
|--------------------------------|-------------------------------|-----------------------------------|
| – 120 ml unsweetened chocolate | – 1 teaspoon salt | OPTIONAL: |
| – 170 g butter | – 2 teaspoons vanilla extract | – 170 g chocolate chips, optional |
| – 3 eggs | – 180 g cake flour | |
| – 350 g sugar | – 1 teaspoon baking powder | |

PREPARATION METHOD

1. Preheat oven to 160°C **Convection Mode** with a wire rack at position “2.” **2.** Using a microwave or double boiler, melt chocolate and butter together. **3.** In a separate bowl, whisk together eggs, sugar, salt, and vanilla. Whisk chocolate mixture into the egg mixture. **4.** Sift flour and baking powder together and fold into the chocolate mixture. **5.** Grease a 23-by-33-cm pan. Pour batter into pan and spread evenly. **6.** Bake for 20–25 minutes, until a toothpick comes out clean. **7.** When done, optionally sprinkle chocolate chips on top of warm brownies, allowing the chips to melt. Spread evenly with a spatula.

CONVECTION

Anything Goes Cookies

Whether you’re baking for an occasion or to satisfy the whims of a sweet tooth, this cookie recipe is flexible and reliable. Simply choose your dough—standard or chocolate—and the mix-ins you desire (or merely have in the pantry). It’s time to pull out the cookie jar.

MAKES

2 DOZEN

RACK POSITION



COOK TIME

10–12 MINUTES

INGREDIENTS

- 500 g all-purpose flour
- 1½ teaspoons kosher salt
- 1 teaspoon baking soda
- 6 tablespoons cocoa powder (optional—for chocolate cookie dough)
- 230 g salted butter, melted and cooled to room temperature
- 210 g brown sugar
- 160 g granulated sugar
- 2 large eggs plus 1 egg yolk
- 3 teaspoons vanilla extract

Choose approximately 720–960 ml of the following mix-ins:

- Dark, milk, or white chocolate chips/chunks
- Butterscotch or peanut-butter chips
- Toffee candy bars, crushed
- Chopped pecans, walnuts, or macadamia nuts
- Miniature marshmallows
- Slivered almonds
- Pretzels, broken
- Crushed graham crackers
- Kettle-cooked potato chips
- Dried cherries or cranberries
- Shredded coconut
- Oatmeal
- Raisins

PREPARATION METHOD

1. Preheat oven to 175°C **Convection Mode**. Line the solid pan with parchment paper. **2.** In a medium bowl, whisk flour, salt, and baking soda (and cocoa powder, if using) to combine. **3.** In the bowl of a stand mixer fitted with the paddle attachment, combine melted butter and both sugars. Beat on medium speed until light and fluffy, about 2 minutes. **4.** Add eggs to the butter-sugar mixture one at a time, beating well after each addition to fully incorporate each egg. Add vanilla. **5.** Slowly add flour mixture and beat on low just until combined. Stir in the mix-ins. **6.** Portion dough onto the parchment-lined baking sheet at least 7 centimeters apart. **7.** Place solid pan in oven at rack position “2.” Bake for 10–12 minutes. **8.** Remove cookies from oven and let cool on pan for 5 minutes. Slide parchment and cookies off pan and onto wire rack to finish cooling. **9.** Repeat with remaining dough.



Quick tip: *Convection Conversion*

While not an exact science, convert recipes to convection cooking using this rule of thumb: reduce the temperature by 10°C and the cook time by 25 percent. Be extra mindful when converting a recipe for the first time so as to not overcook.



CONVECTION

Cheese and Spinach Egg Soufflé

Made from relatively common ingredients you may already have in your refrigerator, this savory soufflé is simple yet sophisticated.

MAKES	RACK POSITION	COOK TIME
8 SERVINGS		25–30 MINUTES

INGREDIENTS

- 6 tablespoons butter
- 6 tablespoons all-purpose flour
- 480 ml milk
- 240 g shredded cheese (e.g., Gruyère)
- 8 eggs, whites and yolks separated
- 40 g spinach, blanched, drained, and chopped
- Salt and pepper

PREPARATION METHOD

1. Preheat oven to 175°C **Convection Mode**. **2.** In a large saucepan, melt butter. Whisk in flour until smooth, then gradually add milk while continuing to whisk and bring to a simmer over medium heat. **3.** Using a rubber scraper, cook and stir—making sure to scrape along the bottom of the pan—for 1–2 minutes or until thickened. Reduce heat; stir in cheese until melted. Remove from the heat. **4.** Beat egg yolks. Add a small amount of milk mixture into yolks. Add tempered yolks to the pan, stirring constantly. Fold in the spinach and then cool slightly. Season with salt and pepper. **5.** In the bowl of a stand mixer, whip egg whites until stiff peaks form. Fold whites into the soufflé batter. **6.** Divide mixture between eight 240-milliliter ungreased ramekin or custard cups; do not grease the ramekins as it will prevent the soufflé from rising. **7.** Divide ramekins between two solid pans. Slide pans into the oven at rack positions “1” and “3.” **8.** Bake for 25–30 minutes or until the tops puff and the center does not wiggle when shaken gently. The soufflés can be rotated very gently three-quarters of the way through the cooking process to ensure even heat transfer. Serve immediately.

CONVECTION

Chocolate Soufflé

Yes, chocolate soufflés at home are achievable. In fact, they are relatively simple to make.

MAKES	RACK POSITION	COOK TIME
10 SERVINGS		15 MINUTES

INGREDIENTS

Batter

- 250 g dark chocolate
- 6 tablespoons butter
- 2 teaspoons vanilla extract
- 6 eggs, whites and yolks separated
- 6 tablespoons granulated sugar
- ½ teaspoon salt
- ½ teaspoon cream of tartar

Soufflé Cups

- 4 tablespoons butter, melted
- 50 g granulated sugar

PREPARATION METHOD

1. Preheat oven to 190°C **Convection Mode**. **2.** In a medium bowl set over a pot of simmering water, melt chocolate and butter. Remove from heat and add vanilla. Whisk in one egg yolk at a time. Set aside. **3.** In the bowl of a stand mixer fitted with the whip attachment, combine egg whites, sugar, salt, and cream of tartar; mix on medium-high speed until stiff peaks form. **4.** Gently fold the whipped egg whites into the melted chocolate. **5.** Brush the bottom and sides of ten 180 ml ramekins with melted butter. Sprinkle the inside of each ramekin with sugar; you will likely not need all the sugar. Twirl and tap the ramekin to evenly coat with sugar; dispose of sugar that does not stick to the ramekin. **6.** Divide soufflé batter evenly between the 10 ramekins. Divide ramekins between two solid pans. Slide pans into the oven at rack positions “1” and “3.” **7.** Bake for 15 minutes or until set. Serve immediately.



BEFORE YOU START

You can use a variety of sauces: caramel, warm chocolate fudge, raspberry puree, or even vanilla crème anglaise.



CONVECTION

Hasselback Potatoes

Named for the Stockholm restaurant, Hasselbacken, where it was first served, this dish is a different take on a baked potato.

MAKES

RACK POSITION

COOK TIME

8 SERVINGS



1 HOUR 15 MINUTES

INGREDIENTS

- 8 medium Yukon gold potatoes, about 200 g each
- 4 tablespoons unsalted butter
- 2 tablespoons olive oil
- 1 tablespoon fresh rosemary, finely chopped
- 1 tablespoon fresh thyme, finely chopped
- 1 teaspoon kosher salt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon freshly ground black pepper
- 60 g Parmesan cheese, grated
- 90 g cheddar cheese, shredded

PREPARATION METHOD

1. Preheat oven to 205°C **Convection Mode**. **2.** Melt butter in a saucepan, then add oil, herbs, and other seasonings. Set aside. **3.** Prepare the potatoes; place a potato between two cutting boards of the same thickness, about 0.5 to 1 centimeter thick; two chopsticks may also be used. Slice the potato every 0.5 centimeter from end to end, width wise; do not slice completely through the potatoes. Repeat with remaining potatoes. **4.** In a large bowl, toss the potatoes with the butter mixture to coat. **5.** Place potatoes in the solid pan and slide into oven at rack position “3.” Bake for 1 hour. As the potatoes bake, the slices will open. **6.** Sprinkle the cheeses on top of the potatoes and in between the slices. Bake for an additional 8–10 minutes until the cheese melts and is golden brown. Serve.

CONVECTION

Bacon

A foolproof way to make this breakfast treat, this method doesn’t require preheating the oven.

MAKES

RACK POSITION

COOK TIME

2–3 SERVINGS



30 MINUTES

INGREDIENTS

- 230 g thick-cut bacon

PREPARATION METHOD


1. Do not preheat oven. Line the solid pan with parchment paper. Lay bacon strips evenly across the pan, being careful not to overlap. **2.** Slide the pan into the oven at rack position “2.” Set the oven to 205°C **Convection Mode**. Cook for 17 minutes. **3.** After 17 minutes, turn the oven off, and leave the door closed. Allow the bacon to rest undisturbed in the oven for 15 minutes. Serve.



CONVECTION

Chewy Granola Bars

While it may be tempting to skip the step of toasting the oats, nuts, and seeds, it's crucial; it adds a rich layer of flavor to these homemade bars.

MAKES	RACK POSITION	COOK TIME
12 BARS	 2	45 MINUTES

INGREDIENTS

- 200 g rolled oats
- 240 g hazelnuts, chopped in food processor
- 120 g raw sunflower seeds
- 170 g dried apricots
- 210 g brown sugar
- 1 tablespoon salt
- 1 teaspoon vanilla extract
- 60 ml honey
- 60 ml water
- 120 ml sunflower-seed butter
- 170 g chocolate chips
- 45 g crisped rice cereal

PREPARATION METHOD

1. Preheat oven to 175°C **Convection Mode** with a rack set at position “2.”
2. Combine oats, chopped hazelnuts, and sunflower seeds on a baking tray and toast in the oven for 12 minutes, stirring halfway through. Remove from oven and set aside. **3.** Set oven to 95°C **Convection Mode.** **4.** Combine apricots, brown sugar, and salt in food processor; process until apricots are finely ground. Add vanilla, honey, and water; process until a paste forms. Add the sunflower-seed butter and blend until mixed. **5.** In a wide bowl, combine apricot puree and toasted nut mixture; use a spatula to fold together. Add chocolate chips and mix for 1 minute; it's okay if chocolate melts slightly. Add the crisped rice cereal and mix until evenly distributed. **6.** Line a 23-by-30-centimeter pan with foil, letting edges of the foil extend at least 5 centimeters past the pan on both ends. **7.** Spread granola evenly across pan. Cover with parchment paper; press granola firmly into a uniform layer, filling in any gaps. Remove parchment. **8.** Bake for 25–30 minutes until slightly browned around the edges. Remove from oven. Let granola cool in pan for 10–15 minutes, then use excess foil tabs to transfer to a cooling rack. Once cooled, remove foil and cut granola into desired portions.



Granola

SCAN FOR RECIPE





CONVECTION STEAM

Pretzel Buns

Don't skip the boiling step—it's what gives these rolls their classic pretzel crust.

MAKES	RACK POSITION	COOK TIME
12 ROLLS	 2	10–12 MINUTES

INGREDIENTS

Dough	Boiling Solution	Topping
<ul style="list-style-type: none">– 240 ml milk– 2 tablespoons butter– 2 tablespoons brown sugar– 2 teaspoons instant yeast– 2 teaspoons salt– 550 g all-purpose flour	<ul style="list-style-type: none">– 2.8 l water– 185 g baking soda	<ul style="list-style-type: none">– 1 egg whisked with 1 teaspoon water– Coarse salt (optional)

BEFORE YOU START
Use the dough recipe to make pretzel knots, twists, or nuggets.

PREPARATION METHOD

1. In a small pot, heat milk and butter until warm. **2.** Pour the melted butter and milk into bowl of a stand mixer. Add remaining dough ingredients and knead on medium-low speed using the dough hook until smooth, about 8 minutes. **3.** Form dough into a ball, place in a greased bowl, cover, and let rise for 1 hour or until doubled in size. **4.** Preheat oven to 190°C **Convection Steam Mode**. **5.** In a large pot, combine water and baking soda and bring to a boil. **6.** Divide the dough into 12 equal pieces; gently roll each piece into a ball. Place doughballs into the boiling solution. Let boil for 2 minutes, flipping the balls after 1 minute. Remove dough using a slotted spoon and place on plate. **7.** Generously spray perforated pan with non-stick spray. Evenly space the rolls on the pan. **8.** Brush rolls with egg wash and score the top of each with a sharp knife. Sprinkle with coarse salt, if desired. **9.** Slide pan into the preheated oven at rack position “2.” Bake until rolls are well browned, approximately 10–12 minutes.

CONVECTION STEAM

Pita Bread

As fun to bake as it is to eat, this simple pita pairs well with the Moroccan Braised Lamb Shoulder on page 51.

MAKES	RACK POSITION	COOK TIME
8 SERVINGS	 1	25 MINUTES

INGREDIENTS

- 500 g all-purpose flour
- 1 tablespoon salt
- 240 ml warm water
- 1 tablespoon sugar
- 2 tablespoons olive oil
- 2 teaspoons instant yeast

PREPARATION METHOD

1. In the bowl of a stand mixer, combine all ingredients. Using the dough hook, knead the dough for 5 minutes. Place dough into a greased container; cover with plastic wrap and let dough rise until doubled in size, about 2 hours. **2.** Preheat oven to 225°C **Convection Steam Mode.** Place solid pan in the oven at rack position “1.” **3.** Divide proofed dough into 8 equal pieces; gently flatten each piece into a thick disc. Cover with plastic wrap or a dishcloth. **4.** Dust dough and countertop with flour to prevent sticking. Using a floured rolling pin, roll one disc into a 18- to 20-centimeter circle. **5.** Once the oven is preheated, slide the rolled-out pita onto a floured pizza peel. Slide the pita off the pizza peel onto the solid pan in the oven; work quickly and shut the oven door as quickly as possible. Bake for 3 minutes. The pita will inflate substantially. **6.** While the first pita bakes, roll out the next pita. **7.** After 3 minutes, remove the baked pita from the oven and place in a large bowl. Cover bowl with foil, letting the pita soften. **8.** Repeat with the remaining pita dough, each time adding the baked pita bread to the bowl and covering again. Deflate the pita bread if necessary. Serve.



BEFORE YOU START

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

CONVECTION STEAM

Couscous Stuffed Eggplant

This vegetarian, dairy-free dish pairs excellently with the Pita Bread on page 44 and tzatziki. Infinitely customizable, use any combination of grains, proteins, seasonings, and vegetables you like.

MAKES	RACK POSITION	COOK TIME
4 SERVINGS	 2	35–40 MINUTES

INGREDIENTS

- 150 g small (Moroccan) couscous
- 480 ml water or stock
- 2 large eggplants
- 120 g diced squash
- 130 g diced red bell pepper
- 130 g diced red onion
- 2 scallions, diced
- 2 tablespoons grapeseed oil, divided
- 1 tablespoon ground cumin
- 1 tablespoon paprika
- 1 teaspoon coriander
- 2 tablespoons chopped fresh parsley, plus more for garnish
- Salt and pepper

PREPARATION METHOD

1. Preheat oven to 190°C **Convection Steam Mode.** **2.** In a small bowl, soak couscous with water or stock for at least 15 minutes. **3.** Trim ends of the eggplants and cut in half lengthwise; place cut-side up on parchment-lined solid pan. Lightly score the cut sides, creating 3-centimeter crosshatches. Rub cut sides with 1 tablespoon of grapeseed oil and season liberally with salt and pepper. **4.** Slide into oven at rack position “2.” Cook for 15–20 minutes, until tender but not mushy. **5.** Remove from oven and cool slightly, then scoop out the centers of the eggplant and chop into small pieces. **6.** Reduce oven temperature to 150°C. **7.** In a medium sauté pan, heat remaining 1 tablespoon of oil over medium-high heat; add diced vegetables. Cook until translucent and softened, about 2–3 minutes. Season with salt and pepper and cool slightly. **8.** Drain couscous and place in a mixing bowl; add cooked vegetables, chopped eggplant, spices, and parsley; mix well. Scoop mixture into hollowed eggplant halves, lightly packing to ensure even cooking. **9.** Place filled eggplant halves into oven. Insert the temperature probe into the largest half; set the probe alert temperature to 75°C. Cook until probe temperature is reached, about 17 minutes. **10.** Turn oven off; let eggplant rest in the oven for 5 minutes. Remove and serve immediately. Optionally, top with additional parsley.

Pizza Sauce and Salsas

Prepare vegetables for salsas and sauces that are full of garden-fresh flavor.

MAKES	RACK POSITION	COOK TIME
480–720 ML (EACH)	 2	VARIES

INGREDIENTS

Pizza Sauce

- 680 g cherry tomatoes or 900 g Roma tomatoes
- 1 small yellow onion, sliced
- 2 cloves garlic, sliced
- 2 tablespoons olive oil
- 1½ teaspoons kosher salt
- 1 teaspoon dried oregano
- ½ teaspoon red pepper flakes

Salsa Roja

- 4 Roma tomatoes, quartered
- 1 medium yellow onion, roughly chopped
- 1 jalapeno, roughly chopped
- 4 cloves garlic
- 1 chipotle chile in adobo, chopped
- 2 tablespoons olive oil
- 1 teaspoon salt
- Juice of 1 lime
- 10 g cilantro leaves

Salsa Verde

- 900 g tomatillos, husks removed, washed
- 2 poblanos, seeded and roughly chopped
- 2–3 jalapenos (optionally, remove seeds)
- 1 onion, large diced
- 1 bunch scallions, trimmed and cut in 5 cm pieces
- 6 cloves garlic
- 2 tablespoons grapeseed oil
- 60 ml lime juice
- 120 ml water
- 1 bunch cilantro, washed, large stems removed
- Salt and pepper

PREPARATION METHOD

Pizza Sauce

1. Preheat oven to 190°C **Convection Steam Mode**. **2.** In a large bowl, combine all ingredients and toss. Spread evenly across solid pan. **3.** Slide pan into oven at rack position “2.” Cook for 15–20 minutes until tomato skins are browned and roasted but not burnt and onions are golden. **4.** Process vegetables in food processor, mill, or blender until smooth. Adjust seasoning as necessary. Let cool before applying to raw pizza dough.

Salsa Roja

1. Preheat oven to 220°C **Convection Steam Mode**. **2.** In a large bowl, combine tomatoes, onion, jalapeno, garlic, chipotle, olive oil, and salt. Toss to combine. Spread evenly across solid pan. **3.** Slide pan into oven at rack position “2.” Cook for 20–25 minutes until vegetables are nicely browned and charred on the edges. **4.** Process vegetables in food processor, mill, or blender to a coarse texture. Add lime juice and cilantro leaves, process until well incorporated. Adjust seasoning with salt, lime juice, or more cilantro as needed.

Salsa Verde

1. Preheat oven to 205°C **Convection Steam Mode**. **2.** In a large bowl, combine tomatillos, poblanos, jalapenos, onion, scallions, garlic, and oil; season generously with salt and pepper. Toss to combine. Spread evenly across solid pan. **3.** Slide pan into oven at rack position “2.” Cook for 18 minutes; remove when edges of vegetables are lightly browned. Set aside to cool. **4.** Once cooled, transfer to food processor, mill, or blender and add lime juice and water. Process until mostly smooth, then add cilantro and process for another 10–15 seconds until well blended. Season to taste with salt, pepper, and additional lime juice as needed.

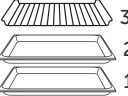
Pizza Sauce

Salsa Roja

Salsa Verde

Roasted Fish *and* Ratatouille

Celebrate the flavors of summer with this elegant, comforting dinner. To make it your own, swap salmon for the catch of the day, like the white fish pictured here.

MAKES	RACK POSITION	COOK TIME
4–6 SERVINGS	 3 2 1	1 HOUR, 15 MINUTES

INGREDIENTS

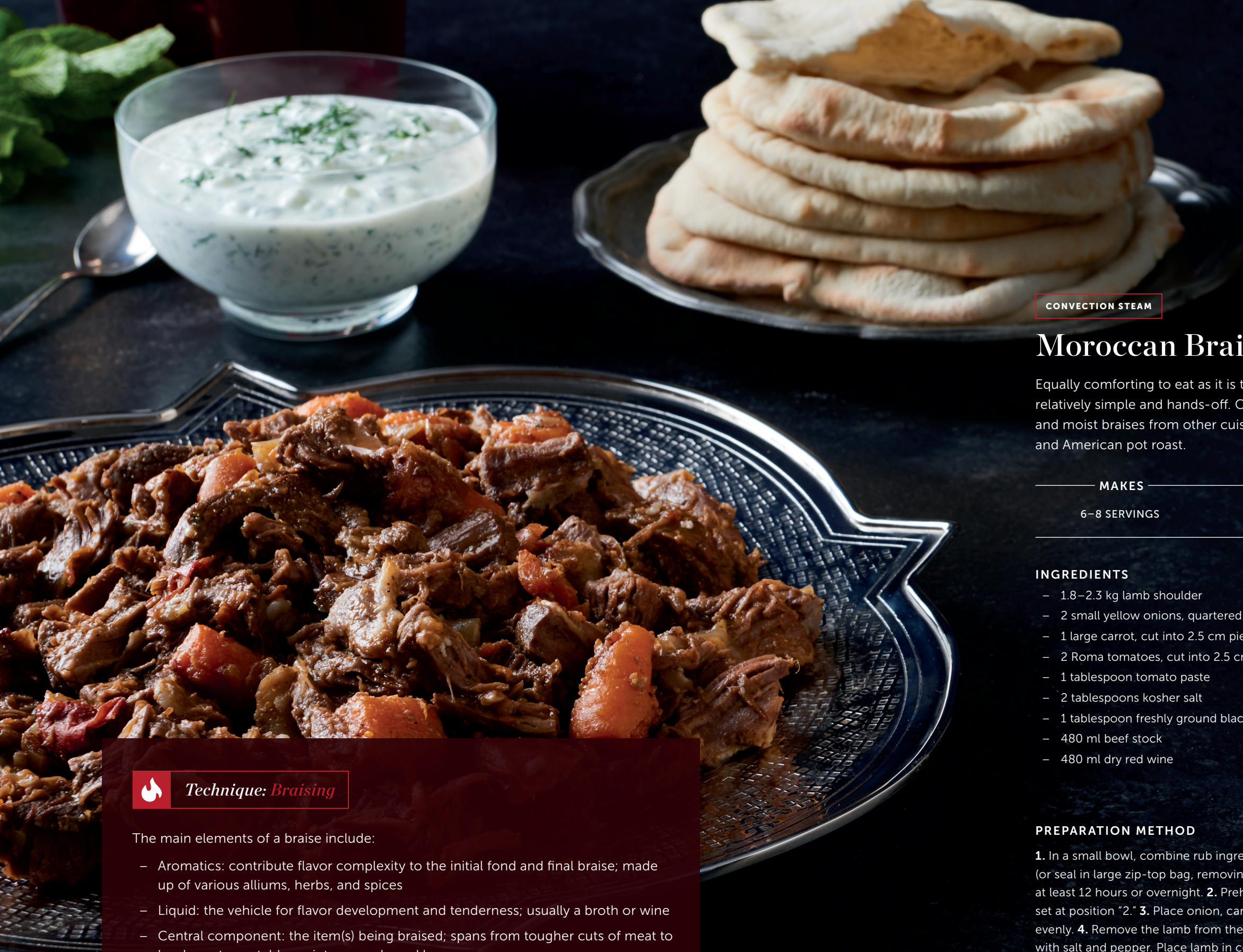
- 4–6 170 g fillets of salmon or desired fish
- 1 (280 g) globe eggplant, skin on, quartered lengthwise, cut into 1 cm slices
- 120 ml extra-virgin olive oil, divided
- 60 ml water
- 1 (280 g) large onion, halved, peeled, cut into 1 cm slices
- 4 bell peppers, cored, deseeded, cut into 1 cm strips
- 2 tablespoons red wine vinegar
- 2 (340 g) medium summer squashes, such as zucchini, cut into 1 cm rounds
- 4 (450 g) medium tomatoes, large diced and strained, juice reserved
- 1 tablespoon capers, rinsed, drained, and minced
- 2 tablespoons pitted green olives, chopped
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh basil
- 2 cloves garlic, minced
- Salt and pepper
- Extra-virgin olive oil, for garnish
- Lemon wedges, for garnish
- Sea salt, for garnish

PREPARATION METHOD

1. Preheat oven to 205°C **Convection Steam Mode** with a wire rack set at position “3.”
2. Toss eggplant with 3 tablespoons of olive oil and season generously with salt and pepper. Evenly distribute eggplant across casserole dish; add water and cover tightly with foil. Place in oven; cook for 40 minutes. **3.** Toss onions with 3 tablespoons olive oil; evenly distribute across solid pan. While eggplant continues cooking, slide solid pan into oven at rack position “1.” Cook for 10 minutes, then add bell peppers to onions, season with salt and pepper, stir to combine, and redistribute into even layer. Cook for 7 minutes; stir again. Cook for 7 minutes, then add red wine vinegar. Cook for 2 minutes. **4.** As vegetables cook, toss squash with remaining olive oil (2 tablespoons); season with salt and pepper. Evenly distribute squash across second solid pan. Slide solid pan into oven at rack position “2.” Cook for 15 minutes. **5.** As vegetables cook, grease another solid pan with non-stick spray or oil. Evenly space fish fillets on pan and season with salt. Set aside. **6.** Combine roasted onions, peppers, and squash in a mixing bowl; mix gently without breaking up squash. **7.** Remove eggplant from oven. Evenly distribute roasted vegetables over eggplant. Evenly distribute tomatoes over vegetables. Return casserole dish to oven for 5–8 minutes until bubbling but not browning. If vegetables are covered in too much liquid, decant some liquid into a sauté pan and reduce by half; return to casserole. Conversely, if vegetables seem dry, add some reserved tomato juice. Remove ratatouille from oven and let cool. **8.** Slide solid pan of fish into oven at rack position “2.” Cook for 5–7 minutes or until desired doneness. **9.** Combine capers, olives, parsley, basil, and garlic in a small bowl; sprinkle evenly over ratatouille. **10.** To serve, place one fillet of fish on each plate. Scoop approximately 150 grams of ratatouille over half of each fillet. Drizzle ratatouille with olive oil. Sprinkle with sea salt as desired, serve with lemon wedges.



INGREDIENT	COOK TIME
EGGPLANT	40 MINUTES
ONION	10 MINUTES, ADD PEPPERS + 7 MINUTES
PEPPERS	7 MINUTES, STIR + 7 MINUTES, ADD RED WINE VINEGAR + 2 MINUTES
SQUASH	15 MINUTES
RATATOUILLE	5–8 MINUTES
FISH	5–7 MIN





Pot Roast

SCAN FOR RECIPE



CONVECTION STEAM

Moroccan Braised Lamb Shoulder

Equally comforting to eat as it is to make, this braise is a one-pot creation that is relatively simple and hands-off. Convection Steam Mode also creates tender, flavorful, and moist braises from other cuisines, such as Mexican carnitas, French coq au vin, and American pot roast.

MAKES	RACK POSITION	COOK TIME
6–8 SERVINGS	 2	4 HOURS

INGREDIENTS

- 1.8–2.3 kg lamb shoulder
- 2 small yellow onions, quartered
- 1 large carrot, cut into 2.5 cm pieces
- 2 Roma tomatoes, cut into 2.5 cm pieces
- 1 tablespoon tomato paste
- 2 tablespoons kosher salt
- 1 tablespoon freshly ground black pepper
- 480 ml beef stock
- 480 ml dry red wine

Rub

- 60 ml olive oil
- 1 tablespoon harissa
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped garlic
- 1 teaspoon ground star anise
- 1 teaspoon ground coriander
- ½ teaspoon ground cumin
- Pinch of saffron
- 1 bay leaf

PREPARATION METHOD

1. In a small bowl, combine rub ingredients. Spread evenly over lamb. Vacuum seal lamb in bag (or seal in large zip-top bag, removing as much air as possible). Marinate in the refrigerator for at least 12 hours or overnight. **2.** Preheat oven to 225°C **Convection Steam Mode** with a rack set at position “2.” **3.** Place onion, carrot, and tomato in a 5.5–7.5-liter Dutch oven and spread evenly. **4.** Remove the lamb from the bag and evenly coat with tomato paste; season all sides with salt and pepper. Place lamb in center of the Dutch oven, on top of vegetables. **5.** Place pan in oven. Cook, uncovered, for 15 minutes. **6.** Remove pan from the oven. Add stock and wine to pan. Flip lamb and stir vegetables. **7.** Reduce oven’s temperature to 120°C and cook, uncovered, for 1½ hours. After 1½ hours, flip the lamb again. Continue cooking until tender, 1½ to 2 hours more. **8.** Remove the lamb from the pan and strain the liquid. Thicken or reduce sauce to your desired consistency. Shred lamb into pieces and serve with the sauce and vegetables.



Technique: *Braising*

The main elements of a braise include:

- Aromatics: contribute flavor complexity to the initial fond and final braise; made up of various alliums, herbs, and spices
- Liquid: the vehicle for flavor development and tenderness; usually a broth or wine
- Central component: the item(s) being braised; spans from tougher cuts of meat to hardy root vegetables, winter squash, and legumes

The key to braising is steady heat and generous time. If cooked too little, braises may be fully cooked but remain tough. By waiting, effectively “overcooking,” your patience will be rewarded: the tough will transform to tender. Easily made ahead of time, simply reheat over medium-low heat before serving.

CONVECTION STEAM

Fall-off-the-Bone Pork Ribs

To recreate that right-off-the-grill smoky flavor, add a couple dashes of liquid smoke to your dry rub.

MAKES

5–6 SERVINGS

RACK POSITION

 2

COOK TIME

1 HOUR
30 MINUTES

BEFORE YOU START
Prior to seasoning with the rub, remove any silver skin and score between each rib on the underside of the rack.

INGREDIENTS

- 3 racks of baby-back ribs
- Preferred dry rub, homemade or store bought

PREPARATION METHOD

1. Season racks of rib liberally with dry rub. Cover with plastic wrap and let sit in the refrigerator for at least 2 hours or overnight. **2.** Place the racks of ribs, meat-side up, onto the solid pan lined with 2 layers of parchment paper. Slide into oven at rack position “2.” Set oven to 130°C **Convection Steam Mode.** Cook for 1 hour, 15 minutes. **3.** If ribs are tender, remove from oven and serve. If needed, continue cooking for an additional 15 minutes or until tender.



CONVECTION STEAM

Baked Mac and Cheese

A decadently rich version you’d expect from a cheese-loving Wisconsin company.

MAKES

10 SERVINGS

RACK POSITION

 2

COOK TIME

50–55 MINUTES

INGREDIENTS

- 450 g dry elbow pasta
 - 900 ml whole milk
 - 1 tablespoon butter
 - 2 tablespoons all-purpose flour
 - 90 g shredded smoked gouda
 - 80 g diced American cheese
 - 120 g shredded sharp cheddar
- 25 g shredded Parmesan
 - 1½ teaspoons kosher salt
 - ¼ teaspoon onion powder
 - ⅛ teaspoon ground mustard
 - ⅛ teaspoon garlic powder
 - ⅛ teaspoon smoked paprika

Topping

- 120 g shredded sharp cheddar
- 120 g breadcrumbs

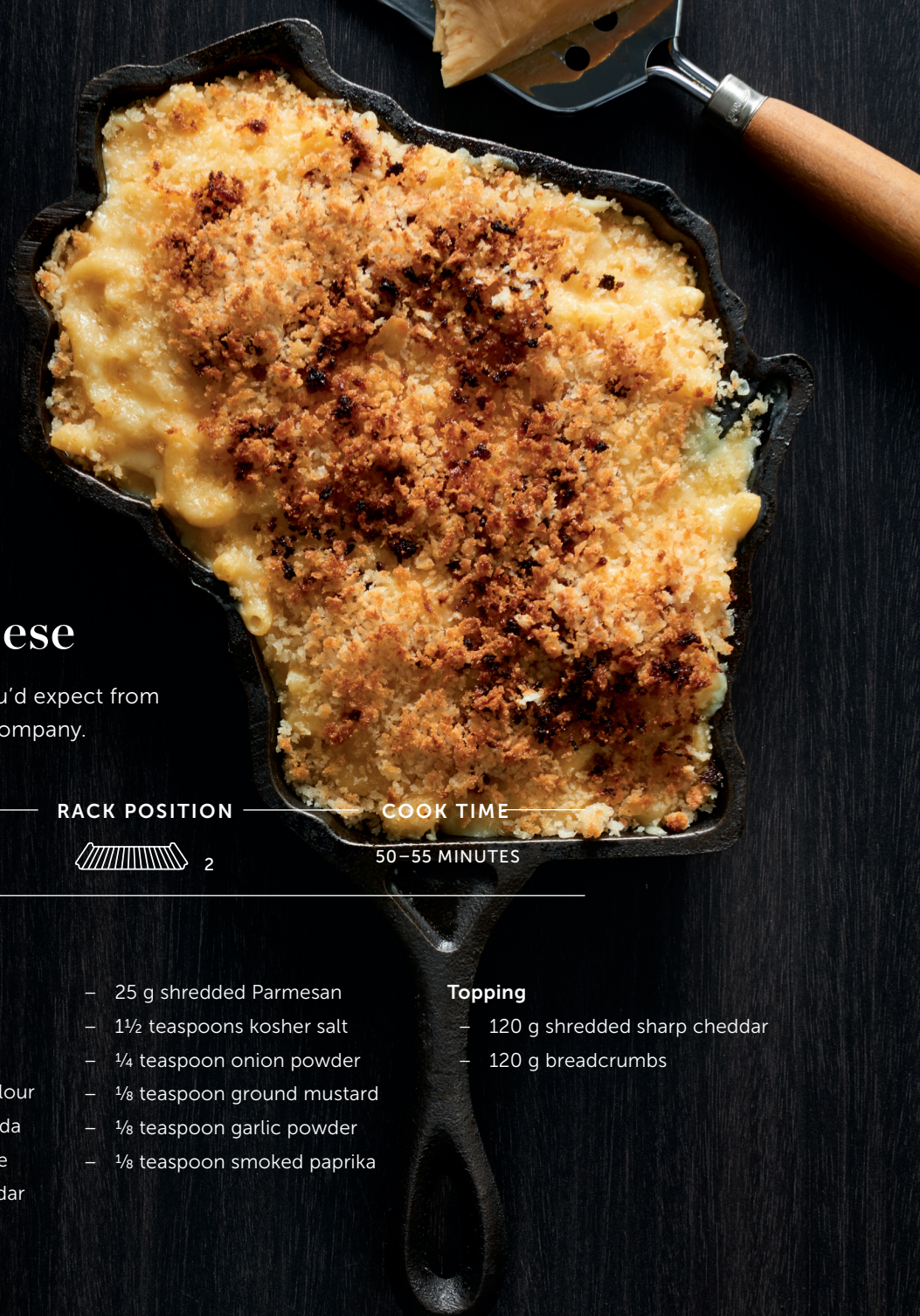
PREPARATION METHOD

Pasta

1. Place uncooked pasta in a large, shallow, oven-safe dish; add just enough hot water to barely cover pasta. Place in oven on a rack at position “2.” **2.** Set oven to 170°C **Convection Steam Mode.** Cook for 20 minutes or until pasta is al dente. Remove from oven and strain any excess water. Let pasta cool.

Sauce

1. While pasta cooks, in a large saucepan over medium heat, melt butter. Add flour and whisk to combine into a paste. Cook for 1–2 minutes, whisking continuously. Slowly add 120 ml of milk, whisking until well combined. Slowly add remaining milk (780 ml), whisking continuously. Bring the milk to a simmer, frequently stirring and scraping the bottom of the pan to prevent scorching. Add salt, onion powder, ground mustard, garlic powder, and paprika; let simmer for 20 minutes. **2.** Remove from heat and add cheeses; stir until fully melted. Add cooked noodles and stir to combine. **3.** Preheat oven to 190°C **Convection Steam Mode.** **4.** Pour noodle mixture into large casserole dish. **5.** In a medium bowl, combine breadcrumbs and 120 grams shredded cheddar cheese. Sprinkle over pasta. **6.** Bake on a rack at position “2” until top begins to brown, 10–15 minutes.



CONVECTION STEAM

Pasta Bake

It does not get easier than this. Toss everything into a pan, bake, and serve. You don't even have to preheat the oven.

MAKES	RACK POSITION	COOK TIME
6 SERVINGS	 2	1 HOUR

INGREDIENTS

- 450 g dry pasta (e.g., penne, ziti, mezzi rigatoni)
- 450 g Italian sausage, cooked and drained
- 470 ml jar vinegar-based giardiniera, drained and chopped
- 65 g jarred sliced pepperoncini or hot peppers
- 115 g sliced pepperoni, coppa, or prosciutto
- 1 red onion, sliced
- 360 g shredded mozzarella cheese, divided
- 160 g fresh mozzarella pearls
- 100 g shaved parmesan
- 1.4 l pasta sauce
- 240 ml water

PREPARATION METHOD

1. Combine all ingredients—reserving 240 grams shredded mozzarella—into a large bowl and stir. Pour mixture into large casserole dish. **2.** Place uncovered into the oven on a rack set at position “2.” Set oven to 190°C **Convection Steam Mode.** Cook for 45 minutes. **3.** Remove from oven and evenly spread remaining 240 grams of shredded mozzarella over top. Return to oven; continue cooking for 10–15 minutes or until cheese browns. Serve.



CONVECTION HUMID

Fish en Papillote

Baking fish in a packet is a great way to blend a variety of flavors and keep control of the cooking process. Fish is easy to overcook, but the packet provides the perfect environment to prepare this beautiful meal.

MAKES	RACK POSITION	COOK TIME
4 SERVINGS	 2	17–20 MINUTES

INGREDIENTS

- 4 (170 g) fresh white fish fillets, such as cod
- 450 g fresh green beans, trimmed
- 3 tablespoons olive oil
- 140 g grape tomatoes, halved
- 2 tablespoons capers
- 12 kalamata olives, pitted and halved
- 1 lemon cut into 8 slices
- 1 small bunch fresh thyme sprigs
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper

PREPARATION METHOD

1. Preheat oven to 175°C **Convection Humid Mode.** **2.** Fold four 30-by-40-centimeter sheets of parchment in half. Using scissors and starting at the fold of each piece, cut a large half heart; make the heart as large as will fit on the parchment. Lay open the four parchment hearts. **3.** Divide beans into small piles next to, but not on top of, the crease of each heart. Place a fish fillet onto each pile of beans. Evenly divide remaining ingredients on top of the fillets. **4.** Working towards yourself, fold one half of parchment over fish to meet the edge on the other side. Starting at the curve, make small, tight, overlapping folds along outside edge to seal packet. Make the last fold at the tail (pointed end) and tuck it under the packet. Place packets on parchment-lined solid pan. **5.** Slide pan into oven at rack position “2.” Cook for 17–20 minutes. **6.** Remove from oven and slit tops with a scissors or knife. Serve immediately.



CONVECTION HUMID

Muffins

Made with a customizable batter and equally flexible streusel topping, these muffins will satisfy any craving.

MAKES	RACK POSITION	COOK TIME
12 MUFFINS	 2	20–25 MINUTES

INGREDIENTS

Streusel	Muffin	Optional Mix-Ins
<ul style="list-style-type: none">– 50 g all-purpose flour– 2 tablespoons butter, softened– 2 tablespoons granulated sugar– Optional: 2 tablespoons chopped walnuts or 1 teaspoon lemon zest	<ul style="list-style-type: none">– 400 g all-purpose flour– 140 g granulated sugar– 2 teaspoons baking powder– ½ teaspoon baking soda– 2 eggs– 2 tablespoons melted butter– 240 ml buttermilk	<ul style="list-style-type: none">– Blueberries – 225 g– Chocolate chips – 130 g– Cinnamon swirl – 105 g brown sugar and 2 tablespoons cinnamon

PREPARATION METHOD

1. Preheat oven to 175°C **Convection Humid Mode** with a rack set at position “2.”
2. In a small bowl, combine all streusel ingredients and mix until crumbly. **3.** In a medium bowl, combine all dry muffin ingredients. In a separate bowl, whisk wet ingredients until well combined. Combine wet and dry ingredients and mix with rubber scraper. Add optional mix-ins. **4.** Divide batter evenly into 12 greased muffin cups and top with streusel. Bake for 20–25 minutes.
5. Remove from oven and let muffins cool in tin for 5 minutes before transferring to wire cooling rack. Serve.

BEFORE YOU START

Be sure to use cold butter and do not overwork the dough.

CONVECTION HUMID

Dark Chocolate Orange Scones

Add various substitutions to this versatile scone base to keep brunch interesting weekend after weekend.

MAKES	RACK POSITION	COOK TIME
8 SCONES	 2	16–18 MINUTES

INGREDIENTS

Scones

- 450 g all-purpose flour
- 6 tablespoons granulated sugar
- 1 tablespoon baking powder
- ⅛ teaspoon kosher salt
- 115 g butter, cold, cut into 1 cm pieces
- Zest of 1 large orange
- 85 g semi-sweet dark chocolate chips or chunks
- 180 ml heavy cream

Orange Glaze

- 1 tablespoon orange juice
- 1 tablespoon unsalted butter, melted
- 160 g powdered sugar
- Milk, for thinning glaze

PREPARATION METHOD

To prepare scones

1. Preheat oven to 175°C **Convection Humid Mode**. **2.** Whisk together all dry ingredients. Cut cold butter into dry ingredients by hand until pea-size pieces form. Add in orange zest and chocolate chips or chunks, then heavy cream; mix gently by hand until dough comes together. This can also be done in a stand mixer or food processor, but use caution so as to not overwork the dough. **3.** Turn out dough onto a floured surface, and press into a 18 cm disk, about 2.5 cm thick. Cut disk into 8 wedges.
4. Evenly distribute wedges on a parchment-lined solid pan. Slide into oven at rack position “2”. Bake for 16–18 minutes until golden brown around the edges. Remove from oven. Transfer scones to wire rack to cool.

To prepare glaze


1. Whisk together orange juice, butter, and powdered sugar. If needed, thin with milk until glaze reaches drizzling consistency. **2.** After scones have cooled completely, drizzle with icing.



CONVECTION HUMID

Basque Cheesecake

This rich, caramelized cousin of the classic cheesecake instantly adds a bit of drama to dessert.

MAKES	RACK POSITION	COOK TIME
1 CHEESECAKE	 2	35–40 MINUTES

INGREDIENTS

- 1080 g cream cheese, room temperature
- 1 teaspoon vanilla extract
- 1 tablespoon kosher salt
- 420 g sugar
- 7 large eggs
- 180 ml heavy cream

PREPARATION METHOD

1. Preheat oven to 230°C **Convection Humid Mode**. **2.** In the bowl of a stand mixer fitted with the paddle attachment, beat cream cheese on medium-high speed until smooth. Add vanilla and salt; mix to combine. While mixing, slowly add sugar until smooth, not grainy. Add eggs one at a time, beating after each addition. Reduce mixer speed and add cream until fully combined. **3.** Line a 25 centimeter springform pan with two sheets of parchment turned perpendicular to each other. Press parchment into base and crease so it forms to the pan. Parchment should extend 5 centimeters above pan’s top edge. **4.** Pour batter into pan. Place onto oven rack set at position “2.” Bake for 20 minutes, then rotate 180 degrees. Bake for 15–20 minutes more until the top is deep brown but the middle still wobbles when shaken. **5.** Remove from oven. Let cool at room temperature for at least 5 hours. Once cooled, unlatch pan. Using parchment tabs, transfer to cake stand and serve alongside a cool glass of sherry.



Classic Cheesecake

SCAN FOR RECIPE



CONVECTION HUMID

Bagels

Less expensive than a ticket to New York and nearly as tasty.

MAKES	RACK POSITION	COOK TIME
13 BAGELS	 3 1	17 MINUTES

INGREDIENTS

Polish

- 3 g yeast
- 504 g bread flour
- 500 ml water

Dough

- 1.5 g yeast
- 475 g bread flour
- 20 g salt
- 15 g brown sugar

Boiling Solution

- 2.8 l of water
- 2 tablespoons baking powder

Everything Topping

- 2 tablespoons kosher salt
- 2 tablespoons poppy seeds
- 2 tablespoons sesame seeds
- 2 tablespoons dehydrated minced onion
- 2 tablespoons dehydrated minced garlic


PREPARATION METHOD

1. In bowl of stand mixer fitted with dough hook, mix ingredients of polish until well incorporated. Remove bowl from stand mixer, cover, and let rest until quite bubbly and doubled in size. **2.** Add dough ingredients and mix on low speed for 10 minutes. Remove dough hook, cover, and let rest for 20 minutes. **3.** Using a scale, portion dough into 115 gram pieces. Shape bagels; as evenly as possible, roll each piece into a 25 centimeter log. Connect ends, overlapping by 5 centimeters and rolling gently to seal. Grease two parchment-lined solid pans with non-stick spray. Arrange 6 bagels on one pan, 7 on the other. Spray bagels with non-stick spray, wrap gently with plastic wrap, and refrigerate overnight. **4.** Combine topping ingredients. Set aside. **5.** Remove bagels from refrigerator. Preheat oven to 165°C **Convection Humid Mode**. **6.** In a 5.7 liter or larger pot, bring water to a boil. Add baking powder. Working in batches, boil bagels 1 minute per side. Drain bagels well before placing back onto pan. While wet, sprinkle generously with topping. **7.** Slide pans into oven at rack positions “1” and “3.” Bake for 17 minutes. Remove and let cool for 10 minutes. Serve.

CONVECTION HUMID

Roast Turkey

With this chef-tested recipe and Convection Humid Mode, holiday meals and weeknight dinners just got easier.

MAKES	RACK POSITION	COOK TIME
12 SERVINGS	 2	1 HOUR 20 MINUTES– 1 HOUR 45 MINUTES

INGREDIENTS

- 1 (6–7.5 kg) whole turkey, thawed
- Vegetable oil
- Kosher salt
- Freshly ground black pepper
- 6 sprigs fresh thyme
- 6 sprigs fresh rosemary
- 3 sprigs fresh parsley
- 2 sprigs fresh sage
- 1 yellow onion, quartered
- 2 carrots, cut into 7 cm pieces
- 2 stalks celery, cut into 7 cm pieces

PREPARATION METHOD

1. Rinse and pat turkey dry with paper towels. **2.** Line solid pan with two layers of parchment paper, ensuring the parchment lays flat. **3.** Transfer turkey to the tray and coat with vegetable oil. Season liberally with salt and black pepper. Stuff turkey with herbs and vegetables. **4.** Truss turkey with cotton kitchen twine. **5.** Insert temperature probe into the thickest part of the breast, taking care to fully cover the metal shaft. Transfer turkey to the oven on rack position “2.” Set oven to 220°C **Convection Humid Mode**. Insert opposite end of the probe into the oven receptacle; set probe alert temperature to 75°C. Bake until the alert temperature is reached. **6.** Remove pan from oven and place on a cooling rack. Tent turkey with foil and let rest for 15 minutes. Carve and serve.






CONVECTION HUMID

Meaty Lasagna

This crowd-pleasing lasagna is a classic comfort dish that’s easy to prepare. To simplify prep further, it can be assembled up to a day before baking.

MAKES	RACK POSITION	COOK TIME
8–10 SERVINGS	 2	45–60 MINUTES

BEFORE YOU START

If desired, noodles can be parboiled in a stock pot. Boil until halfway cooked, then rinse under cool water to stop the cooking process. Lay noodles flat in a 23-by-33-centimeter dish and cover with water until needed for assembly.

INGREDIENTS

- 450 g ground Italian sausage
- 450 g ground beef
- 720 ml crushed tomatoes (or 700 ml jar of marinara or pasta sauce)
- 180 ml tomato paste
- 3 tablespoons dried parsley flakes, divided
- ¼ teaspoon garlic powder
- Sugar to taste
- 690 g small curd cottage cheese
- 2 eggs, beaten
- ½ teaspoon salt
- 40 g grated Parmesan cheese
- 680 g shredded mozzarella cheese, divided
- 1 box lasagna noodles (can be parboiled)

PREPARATION METHOD

1. In a large pan, brown ground meats and drain off excess fat. Add crushed tomatoes, tomato paste, 1 tablespoon parsley flakes, garlic powder, and sugar to taste. Simmer for 15–20 minutes. **2.** While simmering, combine cottage cheese, eggs, salt, 2 tablespoons parsley flakes, Parmesan cheese, and half the mozzarella cheese in a mixing bowl. Stir to combine. **3.** Grease a 23-by-33-centimeter pan with non-stick spray. Spread a small amount of sauce onto the bottom of the pan, about 120 ml. Double layer noodles on the bottom of the pan. Spread ⅓ of the cheese mixture on top of the noodles; spread evenly over noodles. Top with ⅓ of the sauce. Add a single layer of noodles and repeat. Repeat a third time, ending with sauce on top. Sprinkle evenly with remaining mozzarella cheese. **4.** Slide lasagna into oven on a rack at position “2.” Set oven to 180°C **Convection Humid Mode**. Insert temperature probe into center of lasagna, taking care to fully cover the metal shaft. Insert opposite end of the probe into the oven receptacle; set probe alert temperature 75°C. Bake until the alert temperature is reached, 45–60 minutes. **5.** Remove from oven. Let cool slightly; serve.



CONVECTION HUMID

Italian Meatloaf

A reliable meatloaf recipe—like this one—is an essential part of many home cooks’ repertoires.

MAKES	RACK POSITION	COOK TIME
4 SERVINGS	 2 1	45 MINUTES

BEFORE YOU START

Prepare fresh breadcrumbs by processing 2 or 3 fresh rolls or buns in a food processor. Process until loose crumbs form, and no large pieces remain. Instead of dicing, you can also pulse carrots and onions in the food processor.

While baking, place the solid baking pan below the perforated pan. This configuration will allow excess fat to drain off the meatloaf. Line the solid pan with several sheets of parchment paper to reduce splatters, ease cleanup, and prevent burning.

INGREDIENTS

- 450 g ground beef
- 225 g Italian sausage
- 240 g fresh bread crumbs
- 1 egg, beaten
- 60 ml ketchup
- 30 g finely diced onion
- 25 g finely diced carrot
- 2 teaspoons Worcestershire sauce
- ¼ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon kosher salt
- Ketchup, for topping

PREPARATION METHOD

1. In a large bowl, combine all ingredients. Mix thoroughly by hand. **2.** Form into two oval loaves. Place on a greased perforated pan. **3.** Slide the solid pan into oven at rack position “1.” Slide perforated pan with meatloaves into oven at rack position “2.” Set oven to 175°C **Convection Humid Mode.** Insert temperature probe into center of one loaf, taking care to fully cover the metal shaft. Insert opposite end of the probe into the oven receptacle; set probe alert temperature 75°C. Bake until the alert temperature is reached, about 45 minutes. **4.** If desired, when the temperature probe reaches approximately 65°C, brush additional ketchup on top of meatloaves. **5.** Remove perforated pan from oven and place on a cooling rack. Using a spatula, remove meatloaves from pan. Slice and serve.

Gourmet Mode

LIKE AUTO PILOT FOR YOUR OVEN, GOURMET SIMPLIFIES COOKING

Homemade meals can be a luxury. Often, you’re looking for shortcuts when fixing your favorite dishes. Enter: Gourmet Mode. It provides convenient access to a variety of presets that effortlessly prepare a diverse collection of foods. Using the intuitive menu, simply select the food you wish to prepare—anything from a showstopper beef tenderloin that rivals your favorite steak house to a few sweet potato wedges or steamed asparagus with just the right amount of snap. The oven will automatically set the proper cooking mode, temperature, and time depending on the dish. Gourmet Mode truly is guesswork free, practically guaranteeing reliable, delicious results for the simplest to most complex dishes.

Ready to give it a try? The best way to discover Gourmet Mode is simple: explore it for yourself. Once you do so, it may eventually become your “go-to” mode.



INSIDE YOUR OVEN

Based on your selections, Gourmet Mode will automatically set the proper temperature, time, and cooking environment—using steam, convection, or a combination of both.

GOURMET MODE REVIEW


- Single- or multi-rack cooking (based on your selections)
- Automatic cooking of almost any food
- Utilizes multiple modes, temperatures, and cook times based on your selected dish
- Temperature probe may be used
- Preheat can be skipped in some recipes
- Easy on-screen menu for convenient recipe selection



GOURMET

Chimichurri Roast Potatoes

Substitute the chimichurri with your favorite sauce, including pesto and mayonnaise-based dressings.

MAKES	RACK POSITION	COOK TIME
4 SERVINGS	 2	AUTOMATIC

INGREDIENTS

- 900 g fingerling or baby potatoes
- 1 shallot
- 3–4 cloves garlic
- 10 g chives
- 10 g cilantro
- 10 g parsley
- 60 ml red wine vinegar
- 1 tablespoon crushed red pepper
- 120 ml and 2 tablespoons olive oil, divided
- Salt and pepper

PREPARATION METHOD

1. Cut potatoes into bite-sized pieces; toss with 2 tablespoons olive oil, salt, and pepper. Evenly distribute on a parchment-lined solid pan. Slide into oven at rack position “2.” Set oven to **Gourmet Mode and choose Sides, Potatoes, Roast Potatoes, and Start.** **2.** As potatoes roast, mince shallot and chop garlic and herbs. In a small bowl, combine shallot, garlic, herbs, vinegar, and crushed red pepper; add 120 ml olive oil and season to taste with salt and pepper. **3.** Once potatoes finish roasting, transfer to a medium bowl; add chimichurri, then toss to combine. Adjust seasoning as necessary with salt and pepper. Serve.



GOURMET

Whole Roast Chicken

As simple to make as it is elegant, this succulent bird emerges from the oven with a shatteringly crackly exterior and ultra-moist interior—all thanks to Gourmet Mode.

MAKES	RACK POSITION	COOK TIME
4 SERVINGS	 2	AUTOMATIC

INGREDIENTS

- 1 (1.6–1.8 kg) whole chicken
- Optional, lemons, garlic heads/cloves, sprigs of hardy herbs

Rub

- Zest of 1 lemon
- 3 tablespoons olive oil
- 2 tablespoons lemon pepper
- 2 tablespoons lemon juice
- 1 tablespoon rosemary, finely minced
- 1 tablespoon thyme, finely minced
- 2 tablespoons minced garlic
- 3–4 teaspoons salt

PREPARATION METHOD

1. In a small bowl, combine rub ingredients. **2.** Coat entire chicken with the rub. Optionally, truss legs with kitchen twine. Let sit in refrigerator for at least 2 hours or, if possible, overnight. **3.** Transfer chicken to parchment-lined solid pan. Optionally, stuff and/or nestle quartered lemons, garlic (whole cloves or whole heads with tops removed), and herbs in and around chicken. Slide pan into the oven at rack position “2.” Set oven to **Gourmet Mode and choose Poultry, Chicken, Whole, Cook.** Insert temperature probe into the thickest part of the breast, taking care to fully cover the metal shaft. Insert opposite end of the probe into the oven receptacle; set probe alert temperature 75°C. Bake until the alert temperature is reached. **4.** Remove pan from oven and place on a cooling rack. Tent chicken with foil and let rest for 15 minutes. Carve and serve.



GOURMET

Glazed Salmon Fillet

Packed with umami, the soy-forward glaze turns deliciously tacky upon roasting thanks to the maple syrup.

MAKES	RACK POSITION	COOK TIME
4–6 SERVINGS	 2	AUTOMATIC

INGREDIENTS

- 4–6 170 g salmon fillets
- Lemon, thinly sliced, for garnish
- Scallions, thinly sliced, for garnish

Glaze

- 60 ml maple syrup
- 60 ml red miso
- 60 ml whole-grain mustard or Chinese-style hot mustard
- 60 ml soy sauce
- 1 tablespoon mirin
- 1 tablespoon grated garlic
- 1 tablespoon grated ginger

PREPARATION METHOD

1. In a medium bowl, whisk together glaze ingredients; keep refrigerated until needed. **2.** On a parchment-lined solid pan, arrange salmon fillets skin-side down. Pour glaze across fillets until evenly coated. If needed, baste glaze back onto the fillets with a spoon. Marinate in refrigerator for 1–2 hours. **3.** Slide into oven at rack position “2.” Set oven to **Gourmet Mode** and choose **Fish and Seafood, Fish, Fillet, and Roast**; follow onscreen instructions. **4.** Once fish roasts, transfer to serving platter. Optionally, garnish with lemon and scallions. Serve.

Gourmet + Mode

LIKE GOURMET, BUT SMARTER

Take all the amazing capabilities of Gourmet Mode and add sensors that optimize the cooking process based on your food. Not only does this mode ensure delicious results, but it can also account for changes in the moisture and size of your food. Like Gourmet Mode, this mode is best understood by simply giving it a try!



INSIDE YOUR OVEN

Based on your selections, Gourmet+ Mode will not only automatically set the initial temperature, time, and cooking environment but it will optimize throughout the process.

GOURMET+ MODE REVIEW

- Single- or multi-rack cooking (based on your selections)
- Automatic, optimized cooking of select dishes
- Optimizes mode, temperature, and cook time based on your selection and feedback from oven
- Temperature probe may be used
- Preheat can be skipped in some recipes
- Easy on-screen menu for convenient recipe selection

GOURMET +

Artisan Bread

Baking bread is part art, part science. It takes patience and precision—don’t skip any steps, especially the rest period between the first and second mixing times. All that time makes your bread better. Plus, your Convection Steam Oven makes bread baking considerably easier and repeatable for you, imitating the steam-injection ovens that professional bakers use.

MAKES	RACK POSITION	COOK TIME
1 LOAF	 2	VARIES

INGREDIENTS

- 730 g unbleached all-purpose flour
- 150 g whole-wheat flour
- 360 ml warm water
- 2 teaspoons salt
- 1½ teaspoons instant yeast

PREPARATION METHOD

1. Combine ingredients in bowl of a stand mixer fitted with a dough hook. Knead on medium-low speed for 5 minutes; the dough will be slightly sticky. Turn mixer off and cover bowl with a damp towel or plastic wrap. Let sit for 15 minutes.
2. Knead on medium-low speed for 5 minutes. Remove bowl from mixer. Cover bowl and let dough proof until doubled in size, about 2 hours.
3. Gently transfer proofed dough onto a floured surface. Form into a round loaf and transfer to parchment-lined, lightly floured solid pan. Cover and let proof for 30–45 minutes.
4. Score an “x” into the top of the loaf with a serrated knife. Slide pan into oven at rack position “2.” Select **Gourmet+ and Bread**. Select **Well Browned** for a darker crust or **Medium Browned** for a lighter crust. Bake until the oven shuts off automatically.
5. Remove pan from oven and place loaf on a wire rack to cool completely.



Quick tip: *Reheating Bread*

Whether it’s slightly stale baguettes or freezer-burned bagels, Reheat Mode rejuvenates bread back to straight-from-the-bakery goodness. Place bread directly on wire racks; no pans required.

Spanakopita Puffs

This flavorful appetizer captures the zesty spirit of Greek food. Thanks to guesswork-free cooking of Gourmet+ Mode, these delicate puffs always turn out crisp and flaky.

MAKES	RACK POSITION	COOK TIME
15 PUFFS	 2 1	20 MINUTES

- **INGREDIENTS**
- 225 g baby spinach
- 5 tablespoons butter, divided
- 1 tablespoon olive oil
- 20 g thinly sliced scallions
- 115 g feta, crumbled
- 1 teaspoon chopped fresh dill
- ¼ teaspoon freshly grated nutmeg
- Freshly ground black pepper
- 2 (450 g) packages frozen phyllo sheets, thawed

PREPARATION METHOD

1. Distribute spinach across perforated pan. Slide perforated pan into oven at rack position “2” and the solid pan at position “1.” Set oven to 100°C **Steam Mode** and steam for 5 minutes. **2.** Prepare ice bath. Remove steamed spinach from oven and plunge into ice water to halt cooking. After spinach cools, grasp small handfuls of spinach and squeeze to remove water. Set aside. **3.** In a large heavy skillet, melt 1 tablespoon butter with olive oil over medium heat. Add scallions and cook until softened, about 3 minutes. **4.** Remove skillet from heat and transfer contents into a small bowl. Add cooked spinach, feta, dill, nutmeg, and pepper to taste; stir to combine. **5.** In a small saucepan, melt remaining 4 tablespoons butter. **6.** Remove thawed phyllo from packaging and unroll, leaving the sheets in a single stack. Using a pizza cutter, cut phyllo into 3 strips lengthwise. Cover with a lint free cloth to prevent it from drying out. **7.** Remove one strip from the stack and lay flat. Brush with melted butter. Layer with another strip of phyllo and brush with melted butter again. Spoon 2 tablespoons of filling into the phyllo corner nearest you. Fold corner of phyllo over the filling to form a right triangle, then keep folding to wrap the the triangle with remaining dough (like folding a flag). Repeat with remaining strips of phyllo. **8.** Arrange spanakopita on parchment-lined solid pan. Slide into oven at rack position “2.” **Select the Gourmet+ Mode and choose Appetizers, Fresh—Lightly Brownd.** Cook until the oven turns off automatically or spanakopita reach your desired browning.

Reheat Mode

BRING LEFTOVERS BACK TO LIFE

When it's time to heat up last night's dinner, most of us turn to the microwave oven—and with uninspiring results. Microwave ovens remove moisture from food as it heats, resulting in dry and tasteless results. It's no wonder why noses wrinkle at the thought of leftovers. Reheat Mode takes a different approach to rejuvenating memorable meals. Using a combination of steam and convection heat, Reheat Mode gently warms and rehydrates food, bringing it back to moist, flavorful life. Then, after a few minutes of steam, the vent opens and excess moisture is expelled from the oven cavity so food crisps, instead of becoming soggy. This blend of steam and dry heat provides the ideal reheating environment for food.

Reheat Mode Selections

REHEAT CRISPY

Ideal for crispy foods such as pizzas and bakery products.

REHEAT HUMID

Ideal for plated meals, pastas, casseroles, rice, and vegetables.



INSIDE YOUR OVEN

Steam and the convection fan gently rehydrate and warm food. Then, the oven vent opens to prevent food from becoming soggy.

REHEAT MODE REVIEW

- Ideal for full plates of food; think entrees like chicken and broccoli over rice
- Enables multi-rack reheating
- Place food into the cold oven before starting the mode—do not preheat
- Do not cover food

REHEAT

Leftovers

This mode excels at reheating a variety of foods and leftovers from days before—all on one plate.

MAKES	RACK POSITION	COOK TIME
VARIABLE	 3 2	8–12 MINUTES

INGREDIENTS

– Oven-safe plates with leftover food

PREPARATION METHOD

1. Place plates of food directly on wire racks set at rack positions "2" and "3." Set oven to 120°C **Reheat Mode**.
2. Check food after 8 minutes. Continue reheating if necessary.

BEFORE YOU START

Fully composed plates of food can be reheated using this mode, minimizing additional dirty dishes. Just make sure to use oven-safe dishware.



French Onion Soup

SCAN FOR RECIPE



Broil (Grill) Mode

THE SECRET TO SEARING, TOASTING, AND BROWNING

The intense, radiant heat produced by the broiler offers the flavorful finishing touch for many foods. For example, create an entire dish from beginning to end—like steaks, chops, or fish—using Steam Mode to cook the food through and then finish with Broil (Grill) Mode, browning and crisping the exterior. For more efficient grilling, try Convection Broil (Grill) Mode. Proceed with a dash of caution, though. Food under the broiler can finish cooking in a matter of minutes, so it is best to keep a close eye on your sizzling fare.

Broil (Grill) Mode Selections

BROIL (GRILL)

Ideal for browning and crisping.

CONVECTION BROIL (GRILL)

More efficient browning and crisping.



INSIDE YOUR OVEN

Broil (Grill) Mode uses the top grill element and powerful radiant heat. Convection Broil (Grill) Mode utilizes both the grill element and convection system.

BROIL (GRILL) MODE REVIEW

- Choose Broil (Grill) or Convection Broil (Grill)
- Best for single-rack cooking
- Intense radiant heat for finishing and browning food
- Also handy for toasting baked goods
- Temperature probe cannot be used



Quick tip: Try these grilled creations

- **Vegetables:** For tender-crisp texture and flavorful charred edges, try grilling bok choy, tomatoes, asparagus, or zucchini. Char whole peppers to extract a smoky flavor for salsas.
- **Fruit:** Create a caramelized spin on your farmers' market favorites. Grilled peaches and ice cream make for a blissful pairing. Charred citrus creates a colorful salad topping.
- **Meats, Poultry, and Fish:** After steam cooking, give your meat and fish a final flavorful touch. Flip food for even browning on both sides.
- **Bread:** Brush both sides of a slice of bread with oil, and in mere minutes you will have toasted crostini. Top with various cured meats, cheeses, and spreads.

Bread and Pastry Mode

BAKERY-WORTHY BREADS, ROLLS, AND PASTRIES

The glossy, crackled finish of artisan breads, the sheen on a fluffy pastry—these results are difficult, if not impossible, to achieve in a standard oven. Why? Because you need steam: the essential element in making beautiful breads. To remedy this shortcoming of conventional ovens, your Convection Steam Oven includes Bread and Pastry Mode. This mode recreates the conditions of professional steam ovens, so even the most novice baker can turn out baked goods as impressive and flavorful as a seasoned expert. No dangerous oven tricks or egg washes required.

At the start of baking, Bread and Pastry Mode floods the oven with steam. As such, you'll want to put the food in the cold oven before starting the mode—do not preheat. That initial burst of steam lets two critical reactions take place. First, as water condenses on the raw dough, the loaf's surface temperature drops. This prevents the crust from forming too quickly and allows the bread to expand as much as possible as the yeast completes its final fermentation, resulting in an airy texture. This period is called the "oven spring." The second reaction is the reason behind the eye-catching sheen on beautifully baked breads. The gelatinization—the moist, gummy layer on the exterior of the loaf—bakes out, yielding a rich, satin finish.



INSIDE YOUR OVEN

At the start, steam floods the cavity, then convection completes the cooking process.

BREAD AND PASTRY MODE REVIEW

- No need to egg wash or brush pastries
- Place food into the cold oven before starting the mode—do not preheat
- Temperature probe may be used

Bread and Pastry Mode Selections

Select from these options to create the right environment for a gamut of baked delights.

FLOUR DUSTED

Ideal for flour-dusted or rustic breads with a crackled crust.

GLAZED

Ideal for braided bread and other yeasted pastries prepared with a glaze.

CLASSIC

Ideal for unglazed bread and puff pastries.

PROOF

Ideal for proofing dough.



BREAD AND PASTRY

Hearty Oat Bread

This is our favorite everyday bread, whether you need sandwiches for school lunches or a loaf to accompany your beef stew or white chicken chili. Be patient: you’ll have to let it proof four times to achieve the very best flavor and texture.

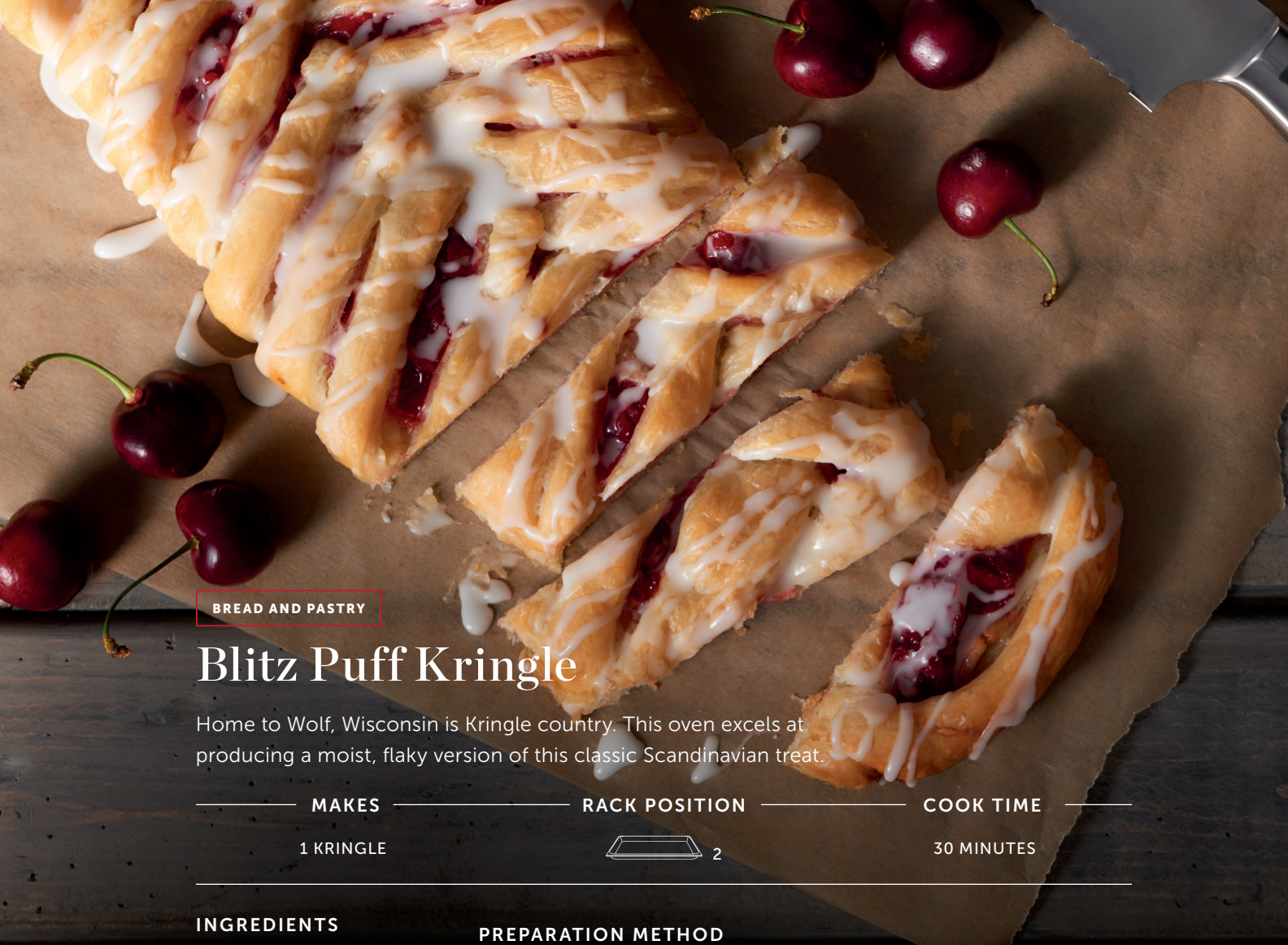
MAKES	RACK POSITION	COOK TIME
2 LOAVES	 2	30 MINUTES

INGREDIENTS

- 300 ml water
- 60 g rolled oats
- 60 ml milk
- 3 tablespoons oil
- 1½ teaspoons honey
- 550 g all-purpose flour
- 140 g whole-wheat flour
- 1 tablespoon kosher salt
- 1 teaspoon yeast

PREPARATION METHOD

1. Whisk together water, oats, milk, oil, and honey in the bowl of a stand mixer and let sit until oats soften, about 10 minutes. **2.** In a medium bowl, whisk together flours, salt, and yeast. Add flour mixture to the soaking oats. **3.** Using the dough hook, knead dough for 5–7 minutes on medium-low speed. Transfer dough to greased bowl, cover, and let proof for 45 minutes. **4.** After 45 minutes, gently stretch and fold dough in half, then in half again. Transfer dough back to greased bowl, cover, and let proof for an additional 45 minutes. **5.** After proofing a second time, repeat the folding process. Transfer folded dough back into the greased bowl, cover, and let proof for 1 hour. **6.** Transfer dough to a lightly floured surface. Gently cut the dough in half and shape each half into an oval. Transfer loaves onto parchment-lined, lightly floured solid pan. Cover loosely and let dough proof for 15 minutes. **7.** Lightly score each loaf with a serrated knife. Slide pan into oven at rack position “2.” Select **Bread and Pastry and Classic** and set temperature to 190°C. Bake for 30 minutes. **8.** Remove pan from oven and transfer loaves to a wire rack to cool completely.



BREAD AND PASTRY

Blitz Puff Kringle

Home to Wolf, Wisconsin is Kringle country. This oven excels at producing a moist, flaky version of this classic Scandinavian treat.

MAKES	RACK POSITION	COOK TIME
1 KRINGLE	 2	30 MINUTES

INGREDIENTS

- Pastry**
- 330 g flour
 - 1 teaspoon kosher salt
 - 230 g butter, cut into 0.5 cm cubes
 - 360 ml water

- Almond-Cherry Filling Option**
- 75 g almond paste
 - 70 g cherry pie filling

- Strawberry-Cream Filling Option**
- 120 g cream cheese, softened
 - 80 g strawberry jam

PREPARATION METHOD

1. In a medium bowl, whisk together flour and salt. Gently rub butter into flour until crumbly; there should be both large and small chunks. Add water and gently knead until well incorporated. **2.** Transfer dough to a lightly floured surface and roll flat into a rectangle. Transfer to a lightly floured, parchment-lined solid pan, cover, and chill in refrigerator for 30 minutes. **3.** While dough chills, combine desired filling ingredients, mixing until well incorporated. Set aside. **4.** Transfer dough to lightly floured surface; fold into thirds and roll flat. Turn dough 90 degrees and fold into thirds again. Transfer back to pan, cover, and chill for 30 minutes. **5.** Transfer dough to lightly floured surface and fold into thirds once more. Roll dough into a 3 mm thick rectangle. **6.** Spread filling onto the center third of the rolled dough. **7.** Optionally, to recreate the design pictured above, cut 1.2 centimeter strips on each side of the unfilled dough, at an angle. Alternating sides, cross strips over the filling, gently pressing the pastry strip ends together to seal. Alternatively, simply fold one side of dough over the filling, brush with egg wash, then fold over the other side of the dough, pressing gently to seal. **8.** Transfer filled pastry to a lightly floured, parchment-lined solid pan. Slide pan into oven at rack position “2.” Select **Bread and Pastry and Glazed** and set temperature to 190°C. Bake for 30 minutes. **9.** Remove from oven and transfer pastry to a wire rack to cool completely.




BEFORE YOU START

It's best to use several different baking apple varieties, as each will lend its own flavor and nuance to the dish.

BREAD AND PASTRY

Apple Pie

This apple pie recipe takes advantage of Bread and Pastry Mode's ability to make a beautiful, glossy top crust—without the egg wash.

MAKES	RACK POSITION	COOK TIME
1 PIE	 2	50 MINUTES

INGREDIENTS

Crust

- 530 g all-purpose flour
- 1 teaspoon salt
- 240 ml, 2 tablespoons shortening
- 7 tablespoons cold water

Filling

- 7 medium apples, peeled, quartered, and sliced 0.5 cm thick
- 315 g sugar
- 50 g all-purpose flour
- 1 tablespoon corn starch
- 2 teaspoons lemon juice
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 tablespoons butter

PREPARATION METHOD

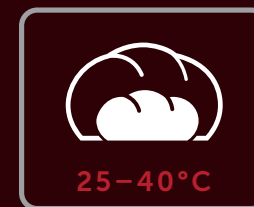
1. In a large bowl, whisk together flour and salt. Gently rub shortening into flour until crumbly and well combined. Add cold water and mix with a fork until dough comes together. **2.** Divide dough into two pieces. Transfer one half back to bowl and cover with a damp towel. **3.** On a well-floured surface, roll out other half into a round until 3 mm thick or large enough to cover the bottom and sides of a pie plate. Transfer rolled-out dough to a pie plate or dish. **4.** In another large bowl, combine filling ingredients except for the butter. Pour filling into the prepared pie dish. Sprinkle small pieces of butter on top of filling. **5.** On a well-floured surface, roll out remaining dough into round slightly larger than the pie plate. Top the filling with crust; trim edges 1.2 cm beyond the rim of the pie plate. Pinch top and bottom crusts together. Cut a few small vents in the center of the top crust. **6.** Place pie in oven on wire rack set at position “2.” Select **Bread and Pastry and Classic** and set temperature to 220°C. Bake for 30 minutes. **7.** After 30 minutes, rotate the pie 180 degrees. Reduce temperature to 205°C and bake for 20 minutes. **8.** Remove from oven and transfer to a wire rack to cool for 45 minutes before serving.



Proof Mode

FOR LOAVES YOU WILL LOVE

One of the secrets to a good bake is a good proof. Whether you make bread every day or as a treat for special occasions, this mode will help you prepare beautifully raised breads. While professional bakers utilize proof boxes to stimulate the correct environment for yeast activity, your oven is engineered with similar technology to achieve the same fluffy results. Proof Mode should typically be used for the second or final proof, after the bread has already gained much of its volume and flavor in an initial proofing or fermentation (often referred to as the “bulk proof”). A low, gentle heat between 25°C and 40°C allows bread to rise more rapidly than it would at room temperature, especially in cooler environments.



INSIDE YOUR OVEN

Low, controlled heat.

PROOF MODE REVIEW

- Single-rack proofing
- Gentle heat provides the correct environment for proofing bread
- Covering dough with a damp cloth is recommended
- Expedites the second proofing



Quick tip: *When is it time to bake?*

A large part of a successful proof is knowing when to begin baking. If your dough is not given enough time to proof, it will not reach its full rise or flavor potential. If left to overproof, the loaf may collapse during baking or present unpleasant off-flavors. You will know it is ready to bake when:

- The loaf has roughly doubled in size
- A light poke on the surface creates a noticeable crater, but then returns to its previous form within a few seconds

Slow Roast Mode

SUCCULENT ROASTED MEATS, READY TO SERVE EXACTLY WHEN YOU WANT

Here’s the scenario: you want to serve beef tenderloin, cooked medium rare, for dinner at seven. With Slow Roast, you can do exactly that and without any guesswork. Simply enter the cut of meat, desired doneness, and serving time—the oven takes over and does the rest. No need to constantly watch the oven, manually switch cook time or temperature, or question whether it is, in fact, cooked through. Using the temperature probe, the oven monitors the cooking process and makes adjustments on the fly, ensuring delicious results every time.



INSIDE YOUR OVEN

Gentle heat from the convection fan roasts meats to your precise taste, based on your selections.

SLOW ROAST MODE REVIEW

- Single-rack cooking
- Select from a variety of cuts of meat
- Place food into the cold oven before starting the mode—do not preheat
- Temperature probe required

SLOW ROAST

Beef Tenderloin

Thanks to the always-reliable results of Slow Roast Mode, this showstopper dish is relatively simple and hands-off to prepare.

MAKES	RACK POSITION	COOK TIME
10–15 SERVINGS	 2	2½–4½ HOURS

INGREDIENTS

- 2.3 kg beef tenderloin

Rub

- 1 bunch parsley
- 1 bunch cilantro
- 2 sprigs rosemary
- 1 bay leaf
- 1 large shallot
- 2 cloves garlic
- 60 ml grapeseed oil
- 2 tablespoons salt
- 1 tablespoon coriander
- 1 tablespoon black pepper
- ½ teaspoon red pepper flakes

BEFORE YOU START

A tenderloin between 1.4 and 2.7 kilograms works best and can be seared on the grill or large roasting pan for added color and flavor, if desired. Additionally, while Slow Roast Mode enables a delayed start, food safety can become an issue if postponed too long. We recommend delaying no more than a few hours.

PREPARATION METHOD

1. In a food processor, puree rub ingredients into a paste. **2.** Spread rub on all sides of tenderloin. Cook immediately or cover with plastic wrap and marinate overnight in the refrigerator. **3.** Place roast on solid pan. Slide pan into oven at rack position “2.” Insert temperature probe into center of the thickest part of the roast, taking care to fully cover the metal shaft. Insert opposite end of the probe into the oven receptacle. Select **Slow Roast, Beef, and Beef Tenderloin**; we recommend 3 hours and 60°C for the probe temperature. **4.** Optionally, after the tenderloin is complete, sear it on a grill for more flavor.



Wellness Mode

ENCOURAGE REST AND RELAXATION

Think outside the kitchen and use your Convection Steam Oven to do more than create delicious food: promote wellbeing. With options for warming towels, wraps, massage stones, and seed cushions, Wellness Mode is an invitation to relax, rest, and rejuvenate.

Wellness Mode Selections

TOWELS

Warms towels to 85°C. To use, place towels directly on oven racks at position “2” or both “1” and “3.”

HOT WRAPS

Warms wraps to 80°C. To use, place wraps directly on oven racks at position “2” or both “1” and “3.”

HOT MASSAGE STONES

Warms massage stones to 55°C. To use, place stones in an oven-safe container on the floor of the oven.

SEED CUSHIONS

Warms cushions to 130°C. To use, place cushions in an oven-safe container on the floor of the oven.



50–140°C

INSIDE YOUR OVEN

Convection and steam create gentle, enveloping heat.

WELLNESS MODE REVIEW

- Gently warms towels and other wellness items





Cleanse Mode

STEAM CLEAN AND CAN SIMPLY AND SAFELY

With this mode, you can conveniently steam clean bottles and canning jars and recreate a water-bath environment used for canning. Using steam, Cleanse Mode is more efficient than conventional cleaning methods.

Your Convection Steam Oven is ideal for water-bath canning but is not capable of true pressure canning, which requires the internal temperature of the jar to reach at least 115°C. As such, this mode is best for canning highly acidic foods, such as tomatoes, fruit (including jams and jellies), and pickles; it's not recommended for canning meats, poultry, seafood, or vegetables.

Cleanse Mode Selections

BABY BOTTLES

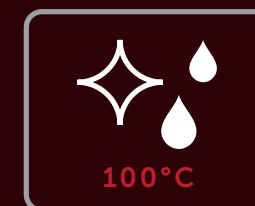
To cleanse, place bottles directly on oven racks at position "2" or both "1" and "3." Oven will turn off automatically at the end of the cycle.

PREPARE JAM JARS

To cleanse jars in preparation of canning, place jars, lids, and rings directly on oven racks at position "2" or both "1" and "3." Oven will turn off automatically at the end of the cycle.

PRESERVE JAM

Place filled, lidded jars directly on the perforated tray and slide into oven at rack position "2." The amount of time required to properly can foods varies based on the type of food, size of jar, and number of jars, but preserving usually requires 30–45 minutes.



INSIDE YOUR OVEN

Steam fills the oven, cleansing bottles and jars.

CLEANSE MODE REVIEW

- Steam cleans baby bottles
- Steam cleans jars in preparation of canning
- Recreates water-bath canning environment for jams, jellies, and pickles

Warm Mode

THE "BUSY SCHEDULES" MODE

Whenever your family and friends gather around the table, this mode ensures they have a hot, flavorful meal. Or use it to keep the first batch of food warm while you are preparing the second. No matter the scenario, you can count on food warmed to an ideal serving temperature.



INSIDE YOUR OVEN

A heating element and convection fan in the rear of the oven produce gentle, warming heat.

WARM MODE REVIEW

- Multi-rack warming
- The ideal heat to keep meals warm and delicious
- Can be used to warm dinner and serving plates



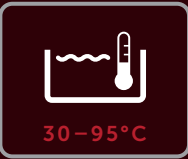
Oven Mode Quick Guide



STEAM
Uses steam. Ideal for seafood, vegetables, and rice.



BROIL (GRILL)
Uses grill element to intensely sear and brown food.



SOUS VIDE
Uses steam. For food sealed in bag and cooked to a precise temperature.



BREAD AND PASTRY
Uses steam, then convection, for a tender interior and crisp exterior. Ideal for breads and pastries.



CONVECTION
Evenly cooks and browns food while reducing cook time. Enables multi-rack cooking.



PROOF
Low, controlled heat to proof breads.



CONVECTION STEAM
Combines convection heat and steam. Ideal for crisp-outside, moist-inside foods.



SLOW ROAST
Automatically roasts food, optimizing to selected doneness and desired completion time.



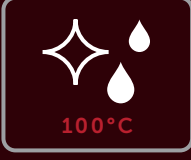
CONVECTION HUMID
Maintains mildly humid cooking environment. Ideal for quick breads and casseroles.



WELLNESS
Uses steam and convection to warm towels, stones, and other items used for massage or relaxation.



GOURMET
Automatically sets mode, cook time, and temperature for select foods.



CLEANSE
Uses steam to cleanse items like baby bottles and canning jars.



GOURMET+
Optimizes cook time, temperature, and humidity throughout the cooking cycle.



WARM
Uses convection to hold food at an ideal serving temperature.



REHEAT
Rehydrates and crisps food.



Discover more recipes, tips, and resources on our website.

[SUBZERO-WOLF.COM](https://www.subzero-wolf.com)

Get the most out of your Convection Steam Oven.

THIS IS NOT JUST A RECIPE BOOK

It is a technique-focused approach to understanding and mastering the Wolf Convection Steam Oven. For more recipes, visit subzero-wolf.com. Here's to one delicious meal after another.

