

# MASTERING THE CONVECTION STEAM OVEN

TECHNIQUES, RECIPES, AND MORE





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## WELCOME TO A DELICIOUS NEW WAY OF COOKING

The convection steam oven has been a standby in the restaurants, bakeries, and home kitchens of Europe for decades. Now it's your turn to try it and discover a more delicious (and nutritious) way of cooking. Bubbly casseroles, crisp vegetables, sous vide steak, breads worthy of a boulangerie – it's all waiting to be tried and tasted.

**IT'S ORGANIZED IN  
FOUR SECTIONS THAT  
CORRESPOND TO THE  
CATEGORIES ON YOUR OVEN:  
QUICK START, GOURMET,  
MORE, AND FAVOURITES.**

This book is your key to getting the most out of your Wolf convection steam oven – chock full of tips, techniques, and recipes. We'll explain what cooking modes you'll find in each section and provide recipes to try with each.

We love cooking with the convection steam oven and know you will too. It's your partner in the greatest culinary adventures of your life.

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*See even more delicious  
recipes on our website!  
[subzero-wolf.com.au](http://subzero-wolf.com.au)*

TOUCH

# QUICK START

TO ACCESS THE 5 MODES YOU'LL  
USE THE MOST.

Touch Quick Start on your Wolf convection steam oven, and discover the cooking modes that are the heart and soul of this amazing appliance. Using convection heat, steam, or a combination of the two allows you to do absolutely anything. Bake something light and fluffy, slow roast something crispy and tender, even rejuvenate last night's leftovers – you can do it all with the modes you'll find here.





### **STEAM MODE**

Ideal for cooking vegetables and rice, hard-boiling eggs, soft-poaching fish, and more. Also cooks sous vide, offering 1° temperature adjustments from 32 to 100 degrees.



### **CONVECTION MODE**

Circulating dry heat cooks poultry, vegetables, potatoes – really just about anything – about 25% faster.



### **CONVECTION STEAM MODE**

The ultimate “crispy outside, juicy inside” mode – ideal for roasts, casseroles, mac and cheese, and much more.



### **REHEAT MODE**

A mix of steam and dry heat brings leftovers back to moist, succulent life.



### **CONVECTION HUMID MODE**

This mode produces no steam, but locks in moisture for tastier lasagna, casseroles, quick breads, and more.



# QUICK START > STEAM MODE

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

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



Steam provides a simple and effective way of preparing a nearly endless array of foods – more deliciously, more nutritiously. Key to the Steam Mode’s versatility is its ability to operate at a range of temperatures. While water reaches its boiling point at 100°C, steam can be captured and held inside the oven at temperatures far below 100°C – in fact, all the way down to 32°C.

With this variable temperature range, the Steam Mode provides the perfect environment for defrosting frozen foods for dinner or steaming vegetables as an

**COMBINE STEAM  
WITH CONVECTION,  
AND YOU CAN  
COOK ANYTHING.**

accompaniment to the meal. The Steam Mode can hard-boil eggs, soft-poach delicate fillets of fish, steam shrimp, or even make removing the skins of tomatoes easy for canning. Of course it can steam rice, but also delicate puddings

and sauces. It’s an invaluable mode, but combined with convection, it becomes downright amazing.



## HOW TO USE STEAM MODE

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

### **100 DEGREES CELSIUS**

Think of this first tier as a pot of water on the stove. Anything you would boil in the pot, you can cook at this temperature: vegetables, hard-boiled eggs, ears of corn, sausages to par-cook prior to grilling.

### **90 DEGREES CELSIUS**


The perfect temperature for soft-poaching delicate fillets of fish, shrimp, eggs, or fruit like pears.

### **32 DEGREES CELSIUS**

Defrosting is quick and easy at this temperature – enough chicken breasts for a full meal or all the steaks and pork chops you need to grill out.







Regardless of which temperature tier you use or what food you prepare, there are a few useful tips and tricks for using the Steam Mode.

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

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

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

## STEAM MODE REVIEW

- Choose the right temperature for your dish, from 32°C to 100°C.
- No need to preheat.
- You can defrost on multiple pans and racks.
- Use the perforated pan to improve circulation.
- Use the solid pan as a drip catcher on rack 1.

# BAKED CUSTARD

Is there anything more delicious, with a sprinkling of seasonal berries on top?

MAKES	RACK POSITION	COOK TIME
6 RAMEKINS	 2	30 MINUTES

## INGREDIENTS

8 egg yolks  
170 g sugar  
510 g heavy cream  
2 g vanilla  
2 g salt

## PREPARATION METHOD

**1.** Preheat the oven on the Steam Mode at 93°C. **2.** In a medium bowl, whisk together the egg yolks, salt, sugar, and vanilla until well combined. **3.** In a saucepan, bring the cream up to a simmer over medium heat. **4.** Remove the pan from the heat and with a ladle, very slowly add the cream to the egg mixture while whisking continuously. **5.** Strain this mixture through a fine mesh strainer and divide evenly between 6 ramekins. **6.** Place the ramekins on the perforated pan and steam for 30 minutes. The custards will be set when done, but will pull from sides of ramekins when tipped at an angle.







## STEAMED SHRIMP

Reducing the temperature to 93°C creates a gentler environment – and perfectly tender steamed shrimp.

### BEFORE YOU START

Use the solid oven pan as a drip tray on rack 1. Make sure the shrimp are fully thawed before steaming.

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

### INGREDIENTS

.5 kg (16-20 count) raw shrimp, unpeeled, deveined  
1 lemon, cut into 6 wedges  
1 lemon, juiced  
7 g Old Bay Seasoning  
Small bunch parsley sprigs

### PREPARATION METHOD

**1.** Combine all ingredients in large bowl. Toss the ingredients until fully combined. **2.** Place the perforated oven pan on top of the solid oven pan. This will act as a drip tray. **3.** Pour contents of large bowl evenly into the perforated pan. Carry the pans over to the oven together. **4.** Place the solid pan on rack position 1 and perforated pan on rack position 2. Select the Steam Mode set to 93°C. Steam for 9 minutes or until shrimp are slightly pink. Remove from the oven and serve immediately.

# TABOULEH SALAD

This Middle Eastern salad is such a delicious change from leafy greens, you may serve it a few times a week.

MAKES

RACK POSITION

COOK TIME

6 SERVINGS



30 MINUTES

## INGREDIENTS

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

## PREPARATION METHOD

**1.** Pour the bulgur wheat into a small baking dish or 23x23 cm pan. **2.** Add the water and place into the steam oven on the wire rack. **3.** Select the Steam Mode set to 100 degrees. Cook for 25-30 minutes. **4.** Remove from the oven and stir gently. Place on the counter or in the refrigerator to cool. **5.** In a small bowl whisk together olive oil and lemon juice and set aside. **6.** Pour the bulgur into a large bowl. Add remaining ingredients and stir to combine. **7.** Pour the oil mixture into the salad and stir. Season with salt and pepper to taste. **8.** Allow flavors to blend for at least 45 minutes before serving, stirring occasionally.





## DISCOVER SOUS VIDE FOR RESTAURANT QUALITY STEAKS AND MORE.

Sous vide (pronounced “sue-veed”) is a cooking technique in which food is placed in a vacuum-sealed bag, then immersed in water and slow cooked at a precise temperature. The result? Perfectly cooked steaks, chops, seafood, and vegetables every time – no undercooking, no overcooking, no grimacing guests.

You can cook sous vide in the Wolf convection steam oven using a “steam bath” environment. It works like this: you seal a steak or other food in a plastic bag, extract the air, then place it on a wire rack in the Wolf convection steam oven. Using the Steam Mode, set the oven at the exact right temperature, for instance, 54°C for a medium rare tenderloin. Then just leave it alone. Go read a book, prune a rose bush, meet a friend for coffee. In about two hours, the steak will be perfectly cooked. Just finish it off by searing for a few minutes to get that crispy exterior layer, added depth of flavor, and of course, those must-have grill marks.

It works just as well for chops, seafood, poultry, even vegetables. You will discover juicy deliciousness like you’ve never known at home. All thanks to the Wolf convection steam oven, which adjusts in precise 1° increments from 32°C to 100°C and provides the perfect sous vide steam bath.

Once you discover sous vide cooking, you’ll love the taste, texture, and convenience it gives you, not to mention the smiles on the faces of your dinner party guests.



## SOUS VIDE VEGETABLES

Sous vide isn't just for steaks and other proteins. It's also a delicious way to prepare almost any vegetable. Below, we suggest a few favourite pairings and flavorings to get you started – but please, be adventurous!

MAKES	RACK POSITION	COOK TIME
VARIES	 2	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

### PREPARATION METHOD

**1.** Preheat the oven on the Steam Mode at 85°C. **2.** Trim and wash the vegetables. Drain in a colander and pat dry. **3.** Place the drained vegetables in a vacuum seal bag and distribute evenly. Add favourite pairings and flavorings or aromatics, then vacuum seal the bag. **4.** Place the bag on the perforated pan. **5.** Steam between 30-60 minutes depending on the size of the vegetable pieces. **6.** Serve immediately or cool the bag down in an ice water bath prior to placing in the refrigerator.

## SOUS VIDE STEAK

This is the way to achieve prime steakhouse results: perfectly done, edge to edge, with melt-in-your-mouth flavor and tenderness.

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

### INGREDIENTS

- 4 (40 - 50 mm thick) strip, porterhouse, or ribeye steaks
- Kosher salt
- Freshly ground black pepper
- 56 g butter
- 8 sprigs thyme
- 4 sprigs rosemary
- 4 garlic cloves

### PREPARATION METHOD

**1.** Preheat the oven on the Steam Mode at 54°C with a rack set on position 2. **2.** Generously season the steaks with salt and pepper. **3.** Place each steak inside its own vacuum-sealed or sous vide capable zip-top bag, along with the remaining ingredients evenly divided. Vacuum seal the bags. **4.** Place the steaks on the wire rack and steam for 2 hours and 30 minutes. **5.** Cut open bags and remove the steaks. Discard the herbs and garlic. Gently pat the steaks dry with a paper towel. **6.** Season with salt and pepper and sear for 30-45 seconds per side in a cast iron pan with a small amount of oil.

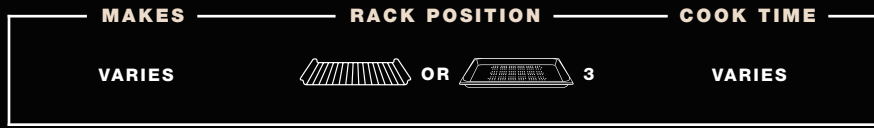
#### ***How do you like your steak done?***

*When cooking sous vide, we recommend meat temperatures of 54° for rare, 58° for medium rare, and 61° for medium.*



# EGG VARIATIONS

Rediscover the glorious taste of the egg and add a bit of punch to brunch.



## INGREDIENTS

Eggs

Kosher salt

Freshly ground black pepper

## PREPARATION METHOD

### HARD-BOILED EGGS

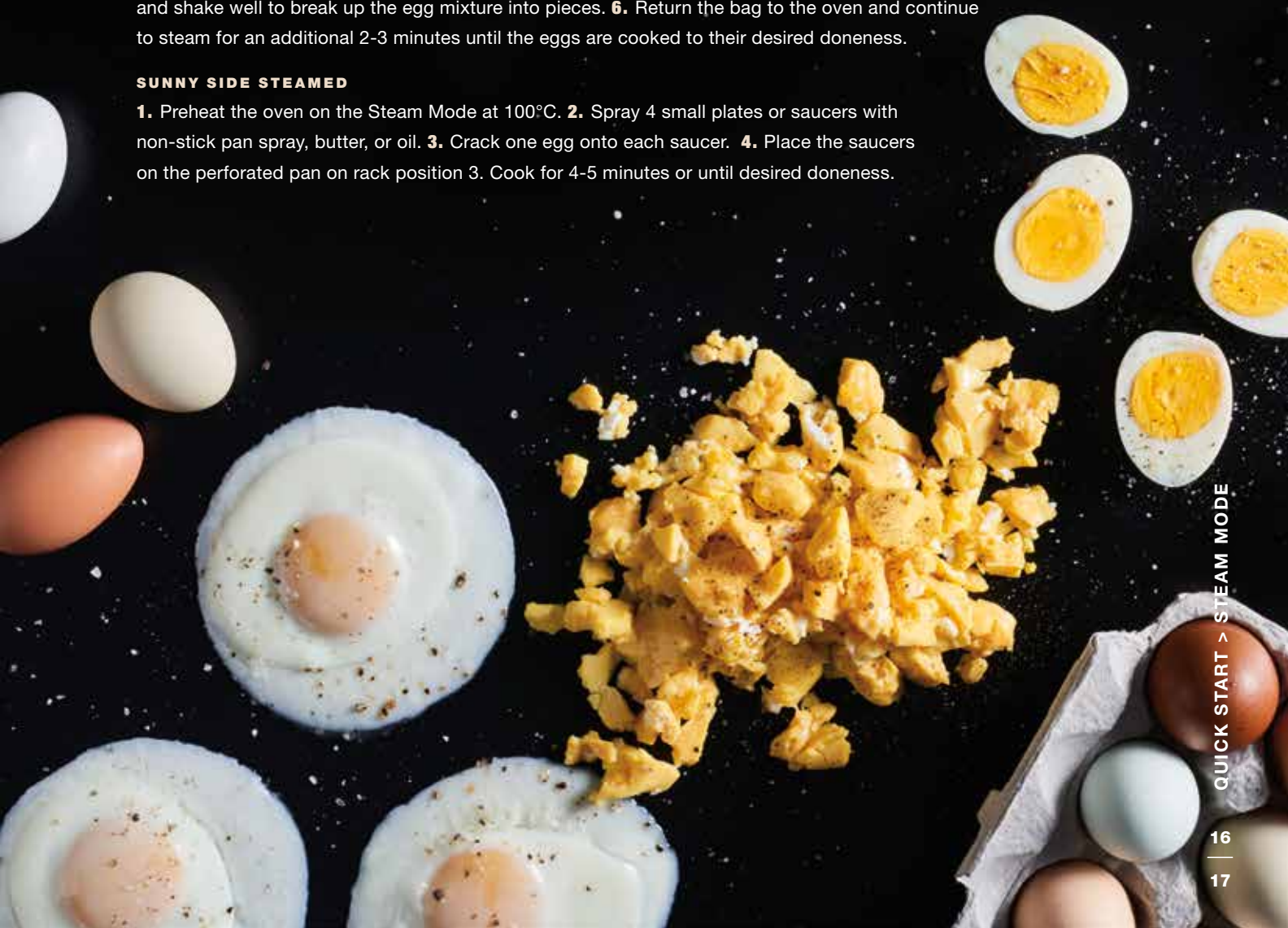
1. Place the desired number of whole eggs on the wire rack. Select the Steam Mode set to 100°C. Cook for 20 minutes. 2. Remove the eggs and place in a large bowl filled with ice and water. Allow to fully cool.

### SCRAMBLED

1. Preheat the oven on the Steam Mode at 100°C. 2. In a medium bowl, beat 6 eggs. Season with salt and pepper. 3. Seal the contents in a vacuum seal bag or sous vide capable zip-top bag. 4. Place the bag on the perforated pan on rack position 3. Cook for 5 minutes. 5. Remove the bag and shake well to break up the egg mixture into pieces. 6. Return the bag to the oven and continue to steam for an additional 2-3 minutes until the eggs are cooked to their desired doneness.

### SUNNY SIDE STEAMED

1. Preheat the oven on the Steam Mode at 100°C. 2. Spray 4 small plates or saucers with non-stick pan spray, butter, or oil. 3. Crack one egg onto each saucer. 4. Place the saucers on the perforated pan on rack position 3. Cook for 4-5 minutes or until desired doneness.






## QUICK START > REHEAT MODE

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

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





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

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


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

# REHEATING PLATES OF FOOD

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

## BEFORE YOU START

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

MAKES	RACK POSITION	COOK TIME
VARIABLES	 3 2	8-12 MINUTES

## INGREDIENTS

Plates of leftover food

## PREPARATION METHOD

Place the plates of food on the wire racks set on rack positions 2 and 3. Select the Reheat Mode set to 120°C. Check food after 8 minutes. Continue reheating if necessary.





## REHEAT MODE REVIEW

- You can make up a full plate of food; think chicken breast, broccoli, and rice, all on the same plate.
- Make sure to put the food into the oven before you start. Do not preheat. Do not cover the food.
- Large amounts of food or a full dish should be reheated using the Convection Steam Mode.
- Pizza should be reheated using the Convection Steam Mode and preheated to 180°C.



# QUICK START > CONVECTION MODE

THE DRY COOKING WAY TO PREPARE ALMOST ANYTHING.

The convection process is an essential part of your convection steam oven. So let's talk about how convection works and why it's such a popular cooking mode.



In Convection Mode, heat doesn't just come up from the bottom of the oven like it does in an ordinary oven. It circulates throughout the oven cavity with the help of a fan in the back of the oven.

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

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

stays juicier, with "crackle" in the skin. Vegetables and potatoes are more quickly caramelized.

And if you're baking using multiple racks – say with chocolate chip cookies – each rack gets nicely browned.

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

## HOW TO USE CONVECTION MODE

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

### CONVECTION MODE REVIEW

- Cook on multiple racks.
- Excess moisture is vented off.
- Oven door can be left open at lower temperatures to dehydrate.
- No need to preheat.







## GRANOLA

This is our favourite base granola recipe, with just the right crunch.

### BEFORE YOU START

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

MAKES	RACK POSITION	COOK TIME
8 SERVINGS	 2	1 HOUR 40 MINUTES

### INGREDIENTS

200 g rolled oats  
(do not use quick oats)  
90 g chopped pecans  
65 mL maple syrup  
55 g firmly packed brown sugar  
45 mL vegetable oil  
1.5 g kosher salt

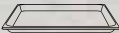
### PREPARATION METHOD

**1.** In a large mixing bowl, combine the oats and nuts. **2.** In another bowl, whisk together the maple syrup, brown sugar, oil, and salt. **3.** Pour the wet mixture into the bowl with the oats and nuts. **4.** Stir well to evenly coat. Pour onto a solid convection steam oven pan lined with parchment paper or a Silpat®. Place in oven on rack position 2. **5.** Select the Convection Mode set to 120°C. Set the timer for 40 minutes. **6.** After 40 minutes, pull the pan out and turn the granola over with a spatula. **7.** Slide the granola off the parchment or Silpat and back onto the pan. You can discard the parchment at this point. Put the pan back into the oven and set the timer for 30 minutes. **8.** Remove the pan and turn again. Place the pan back in the oven and set the timer for another 30 minutes. **9.** Remove the pan from oven, cool completely. Store in a rigid sealed container.



## JAM THUMBPRINT COOKIES

Be forewarned: these cookies are so addictively good, you may polish off a half-dozen at a time.

MAKES	RACK POSITION	COOK TIME
3 DOZEN	 2	8-12 MINUTES

### INGREDIENTS


350 g softened butter  
200 g sugar  
3 g salt  
4 g vanilla  
3 egg yolks  
370 g flour  
Jar of jam

### PREPARATION METHOD

**1.** Preheat the oven on the Convection Mode at 165°C. **2.** In a stand mixer, fitted with the paddle attachment, cream the butter, sugar, salt, and vanilla until pale and fluffy, scraping the sides of the bowl as needed. **3.** Add egg yolks and mix until incorporated. **4.** Scrape the bowl and add all the flour at once. Mix on low speed until just incorporated. Do not overmix. **5.** Scoop 12 walnut-sized balls of dough and place onto the solid pan lined with parchment. **6.** With wet hands, press a thumb into each dough ball, making a small depression. **7.** Spoon a small amount of jam into each thumb depression until full. Bake the cookies for 8-12 minutes. Repeat with remaining portions of dough.

# LEMON BARS

Buttery, tender, and tart – everything a lemon bar should be.

MAKES	RACK POSITION	COOK TIME
1 PAN	 2	30 MINUTES

## INGREDIENTS

### SHORT DOUGH

260 g all-purpose flour  
90 g powdered sugar  
225 g butter, cubed  
2 g lemon zest

### CUSTARD

225 g sugar  
25 g all-purpose flour  
3 eggs  
5 g lemon zest  
90 mL Freshly squeezed lemon juice

## PREPARATION METHOD

### SHORT DOUGH

1. Preheat the oven on the Convection Mode at 165°C with a rack set on position 2. In a food processor, combine all ingredients and pulse until the mixture begins to look sandy.
2. Pour out the mixture onto the counter and knead until a soft dough forms.
3. Press into a greased 25x38 cm jelly roll pan and bake for 18-20 minutes or until golden brown. Remove from the oven and allow to fully cool.

### CUSTARD

1. Preheat the oven on the Convection Mode at 150°C with a rack set on position 2.
2. In a large bowl, whisk together flour and sugar. 3. Add the remaining ingredients and whisk until well combined. 4. Pour the mixture over the cooled short dough and bake for 12-15 minutes or until just set.

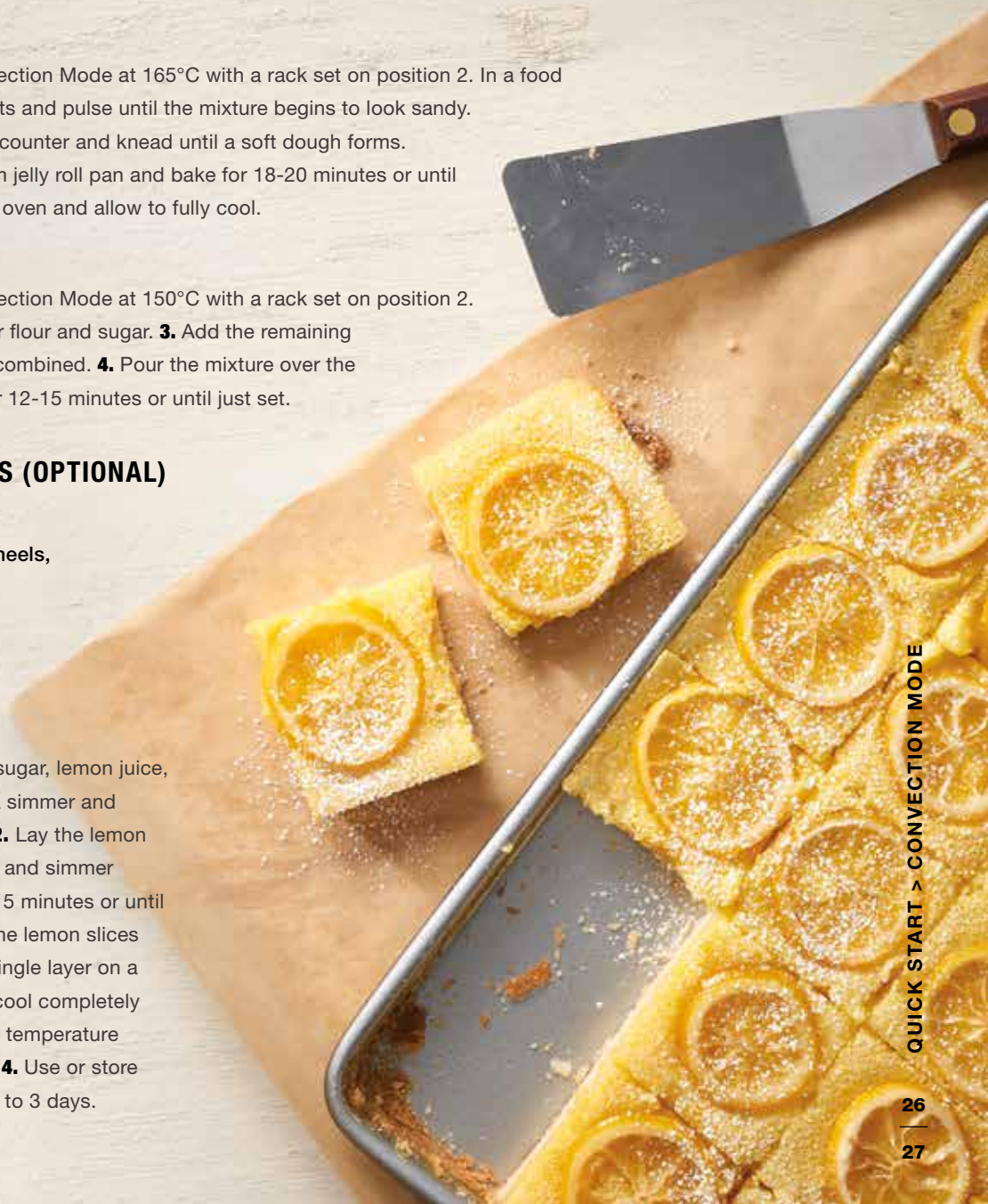
## CANDIED LEMON WHEELS (OPTIONAL)

### INGREDIENTS

2 lemons cut into 3 mm thick wheels,  
seeds removed  
200 g sugar  
30 mL fresh lemon juice  
175 mL water

### PREPARATION METHOD

1. In a large skillet, stir together sugar, lemon juice, and water. Bring the mixture to a simmer and stir until the sugar is dissolved. 2. Lay the lemon slices in a single layer in the pan and simmer gently, turning occasionally, for 15 minutes or until slightly translucent. 3. Remove the lemon slices from the pan and lay them in a single layer on a Silpat or waxed paper. Allow to cool completely and let stand uncovered at room temperature for at least 4 hours or overnight. 4. Use or store in the refrigerator covered for up to 3 days.





# ROAST CHICKEN

A simple dish, but one that can reach a new level of crackly skinned, tender fleshed perfection with the magic of circulating convection heat.

## BEFORE YOU START

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

MAKES	RACK POSITION	COOK TIME
4 SERVINGS	 2	N/A

## INGREDIENTS

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 1 (1.5 to 1.8 kg) whole chicken | 2 g fresh rosemary, finely minced |
| 1 lemon, zested                 | 2 g fresh thyme, finely minced    |
| 45 mL olive oil                 | 16 g minced garlic                |
| 30 mL lemon pepper              |                                   |
| 30 mL lemon juice               |                                   |

## PREPARATION METHOD

1. In a small bowl, combine the ingredients for the rub.
2. Coat all sides of the chicken with the rub.
3. Truss the chicken closed with cotton kitchen twine.
4. Place the chicken in the refrigerator for at least 2 hours, but the best flavor is developed if left overnight.
5. Line the solid pan with parchment paper.
6. Place chicken on the solid pan and slide the pan into the oven on rack position 2. Select the Convection Mode set to 190°C. Insert the temperature probe into the thickest part of the breast and select an alert temperature of 74°C. When the alert temperature is reached, remove the pan from the oven and place on a cooling rack. Tent the chicken with aluminum foil and allow it to rest for 15 minutes before serving.

# CAKEY BROWNIES

More flour, less butter and chocolate makes for a taller, lighter brownie. Using the best quality chocolate and cake flour will have delicious results.

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

## INGREDIENTS

117 g good quality,  
unsweetened chocolate  
174 g butter  
3 eggs

335 g sugar  
2 g salt  
4 g vanilla  
140 g cake flour

4 g baking powder  
**OPTIONAL:**  
175 g chocolate chips

## PREPARATION METHOD

**1.** Preheat the oven on the Convection Mode at 165°C. **2.** Using a microwave or double boiler melt the chocolate and butter together. **3.** In a separate bowl, whisk together the eggs, sugar, salt, and vanilla. **4.** Whisk the chocolate mixture into the egg mixture. **5.** Sift the flour and baking powder together and fold into the chocolate mixture. **6.** Grease the bottom of a 23x33 cm pan and pour in the batter. Bake for 20-25 minutes, until a toothpick comes out clean. **7.** When done, optionally sprinkle chocolate chips on top of warm brownies, allowing them to melt. Spread evenly with a spatula.

# FUDGEY BROWNIES

More chocolate and more butter creates this denser, more decadent brownie.

MAKES	RACK POSITION	COOK TIME
1 PAN	 2	35-40 MINUTES

## INGREDIENTS

340 g butter, melted  
725 g sugar  
6 g kosher salt

10 g vanilla  
300 g all-purpose flour  
130 g cocoa powder

6 eggs  
**OPTIONAL:**  
Cocoa powder to top

## PREPARATION METHOD

**1.** Preheat the oven on the Convection Mode at 165°C with a rack set on position 2. **2.** In a large bowl whisk together sugar, salt, vanilla, and melted butter. **3.** In a separate bowl, sift together the flour and cocoa powder. **4.** Add the eggs one at a time to the large bowl with the butter and sugar mixture and mix well. **5.** Using a spatula or rubber scraper, mix in the flour mixture until well combined. **6.** Generously grease or butter a 23x33 cm pan. **7.** Pour the batter into the pan and spread until level. **8.** Bake 35-40 minutes.







# CHOCOLATE SOUFFLÉ

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

## BEFORE YOU START

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

MAKES	RACK POSITION	COOK TIME
10 SERVINGS	 2	15 MINUTES

## INGREDIENTS

### BATTER

84 g butter  
255 g dark chocolate  
10 mL vanilla extract  
6 egg yolks

6 egg whites  
78 g sugar  
1.5 g salt  
1 g cream of tartar

### SOUFFLÉ CUPS

56 g butter, melted  
52 g sugar  
180 mL caramel sauce  
(jarred or homemade)

## PREPARATION METHOD

1. Preheat the oven on the Convection Mode at 190°C. **2.** Using a medium bowl set over a pot of simmering water, melt the chocolate and butter.
3. Remove from the heat and add the vanilla.
4. Whisk in one egg yolk at a time. Set aside.
5. In the mixing bowl of a stand mixer, combine the egg whites, sugar, salt, and cream of tartar.
6. Using the wire whip, mix on medium high speed until stiff peaks form. **7.** Gently fold the whipped egg whites into the melted chocolate.
8. Melt 60 g of butter. **9.** Brush 10 180 mL ramekins with melted butter.
10. Sprinkle the inside of each ramekin with sugar. You will likely not need all the sugar.
11. Turn each ramekin over a sink or bowl to pour out sugar that did not stick. **12.** Divide the soufflé batter evenly between the 10 ramekins.
13. Place the ramekins on the solid pan. Place the solid pan in the preheated oven on rack position 2. Bake for 15 minutes or until set.

# BEEF JERKY VARIATIONS

Dehydrating your way to delicious beef jerky is a simple process at home. Why not spice it up with variations like teriyaki, barbecue, or jalapeño? Check out the easy recipes below.

## BEFORE YOU START

You will need both of the wire racks that came with your oven. It is also helpful to have the solid oven pan to catch drips as you lay out the strips of meat across the racks. Surprisingly, you will also need a colander to drain off the excess marinade. This provides a much cleaner way of handling the strips of meat than removing them one at a time from the zip-top bag.

MAKES	RACK POSITION	COOK TIME
20 SERVINGS	 4	4-6 HOURS
	 2	
	 1	

## INGREDIENTS

2 kg beef round, thinly sliced  
60 mL soy sauce  
60 mL Worcestershire sauce  
30 mL water  
8 g onion powder

5 g garlic powder  
3 g celery salt  
3 g black pepper  
4 g brown sugar  
8 g kosher salt

## PREPARATION METHOD

1. Have the meat sliced very thin by a butcher at time of purchase, rather than attempting it by hand.
2. In a large bowl, combine all marinade ingredients and mix well to combine.
3. Dip each piece of meat individually into the bowl to ensure an even coating.
4. Allow to sit for at least 3-4 hours or overnight.
5. When ready to cook, drain off excess marinade and lightly pat meat dry with a paper towel.
6. Lay strips out flat on the wire racks. The edges of the meat can touch, but the meat should not overlap or be folded in any way.
7. Place the racks into the oven on positions 2 and 4. Place the solid pan on rack position 1 to catch any drips.
8. Leave the door slightly ajar and select the Convection Mode set to 65°C. Dehydrate for 1 hour.
9. After an hour, flip over the meat and rotate the racks.
10. Continue to cook until the meat develops a stiff, leathery texture. Thicker cuts of meat can take an additional 3-5 hours or longer to dehydrate.
11. Continue to flip and rotate the meat every 1-2 hours to ensure the jerky has a uniform texture.
12. Cool and store in an airtight container.

The jerky can also be stored in the refrigerator or freezer.

## VARIATIONS (START WITH BASE MARINADE)

### TERIYAKI

8 g freshly grated ginger  
8 g freshly grated garlic  
(to replace garlic powder)  
8 g brown sugar  
5 g Korean chili paste  
2.5 mL sesame oil  
Zest of 1 orange  
Juice of 1 orange

### BBQ

30 mL preferred commercial  
or homemade BBQ sauce

### JALAPEÑO

2 g paprika  
1 jalapeño, finely minced  
2 g chipotle powder  
15 mL agave syrup





## QUICK START > CONVECTION HUMID MODE

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

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



The Convection Humid Mode is ideal for foods that have enough of their own moisture or do not require the addition of steam; like lasagna or casseroles.

## HOW TO USE CONVECTION HUMID MODE

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

### CONVECTION HUMID MODE REVIEW

- Prepare food on multiple racks at once.
- Excess moisture is maintained in the oven.
- No steam is produced.
- Don't bother preheating.
- Perfect casserole mode.




# LASAGNA

A classic comfort dish that's easy to prepare, even for a crowd. If you like, put it together and then refrigerate it for baking the next day.

## BEFORE YOU START

If desired, the noodles can be parboiled in a stockpot. Boil until cooked halfway, then rinse under cool water to stop the cooking process. Lay them in a 23x33 cm pan and cover them with water until needed in the recipe.

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

## INGREDIENTS

.5 kg ground Italian sausage	1 box (450 g) lasagna noodles (can be parboiled)
.5 kg ground beef	680 g small curd cottage cheese
720 mL crushed tomatoes (or 680 g jar of marinara or pasta sauce)	2 eggs, beaten
170 g tomato paste	1.5 g salt
.5 g dried parsley flakes	1 g dried parsley flakes
.5 g garlic powder	60 g grated Parmesan cheese
Sugar to taste	675 g shredded mozzarella cheese

## PREPARATION METHOD

1. In a large pan or pot on the stove, brown the ground meats and drain off the fat.
2. Return the browned meats to the pan and add the crushed tomatoes, tomato paste, parsley flakes, garlic powder, and sugar to taste. Simmer for 15-20 minutes.
3. While sauce is simmering, combine the eggs, cottage cheese, salt, parsley flakes, Parmesan cheese, and half the mozzarella cheese in a mixing bowl. Stir to combine.
4. Grease a 23x33 cm pan with cooking spray.
5. Spread a small amount of sauce onto the bottom of the pan, about 120 mL.
6. Layer the noodles in a double layer on the bottom of the pan.
7. Spread  $\frac{1}{3}$  of the cottage cheese mixture on top of the noodles.
8. Spread evenly to cover the noodles as much as possible.
9. Top with  $\frac{1}{3}$  of the meat sauce.
10. Add a single layer of noodles and repeat.
11. Repeat the process a third time, ending with the meat sauce as the last layer.
12. Sprinkle the remaining mozzarella cheese evenly over the top.
13. Place the lasagna in the oven on rack position 2. Turn the oven on by selecting the Convection Humid Mode set to 180°C.
14. Place the tip of the probe in the center of the lasagna, taking care to fully cover the metal shaft of the probe. Plug the probe into the oven and set the alert temperature to 77°C. Bake until the alert temperature is reached.



## MUFFINS

Next time your child needs a school treat, send these and be more popular than recess.

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

### INGREDIENTS

#### STREUSEL

35 g flour  
28 g butter, softened  
25 g sugar  
Optional: 8 g chopped walnuts  
and 4 g lemon zest

#### MUFFIN

300 g flour  
130 g sugar  
8 g baking powder  
3 g baking soda  
2 eggs  
28 g melted butter  
236 mL buttermilk

#### OPTIONAL INGREDIENTS

Blueberries – 150 g  
Chocolate chips – 130 g  
Cinnamon swirl – 100 g  
brown sugar and  
14 g cinnamon

### PREPARATION METHOD

1. In a small bowl, combine all streusel ingredients until crumbly.
2. Preheat the oven on the Convection Humid Mode at 175°C.
3. In a medium bowl combine all dry ingredients.
4. In a separate bowl, whisk together all wet ingredients until well combined.
5. Mix together the wet and dry ingredients with a rubber spatula until combined.
6. Divide the batter evenly between cups in the muffin tin.
7. Bake for 20-25 minutes.



# COFFEE CAKE

Forget bagels, scones, and wraps. This coffee cake with the right brew is the ultimate morning snack.

MAKES	RACK POSITION	COOK TIME
1 LOAF	 2	45 MINUTES

## INGREDIENTS

### CAKE

280 g all-purpose flour  
131 g sugar  
12 g baking powder  
3 g cinnamon  
5 g kosher salt

2 eggs  
224 g buttermilk  
75 mL oil  
5 mL vanilla

### CINNAMON CRUMBLE

43 g butter, melted  
6 g cinnamon  
135 g sugar

## PREPARATION METHOD

**1.** Preheat the oven on the Convection Humid Mode at 165°C. **2.** In a medium bowl, whisk together the dry ingredients; in a separate bowl whisk together the wet ingredients. **3.** Fold the wet and dry ingredients together with a spatula. **4.** Pour half of the batter into a greased loaf pan. **5.** Combine the sugar, cinnamon, and melted butter in a small bowl, and sprinkle half of this mixture over the batter. **6.** Add the remaining batter and top with the remaining cinnamon sugar mixture. Bake 45 minutes.



# ITALIAN MEATLOAF

Every cook needs a great meatloaf recipe like this, to wow the family and use in sandwiches the next day.

## BEFORE YOU START

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

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

MAKES	RACK POSITION	COOK TIME
4 SERVINGS		45 MINUTES

## INGREDIENTS

.5 kg ground beef  
.25 kg Italian sausage  
130 g fresh bread crumbs  
1 egg, beaten  
60 mL ketchup

40 g finely diced onion  
40 g finely diced carrot  
10 mL Worcestershire sauce  
.5 g black pepper  
.5 g garlic powder  
1.5 g kosher salt

## PREPARATION METHOD

1. In a large bowl, combine all ingredients. Mix thoroughly by hand.
2. Form into two oval loaves.
3. Place on a greased perforated oven pan.
4. Insert the temperature probe into the center of one loaf, taking care to fully cover the metal shaft of the probe.
5. Place the solid oven pan into the convection steam oven on rack position 1.
6. Place the perforated pan with the meatloaves into the oven on rack position 2.
7. Plug the probe into the oven.
8. Turn the convection steam oven on by selecting the Convection Humid Mode set to 170°C.
9. Set the temperature probe alert to 77°C. Allow the meatloaves to cook until the temperature probe reaches 77°C.
10. If desired, when the temperature probe shows approximately 65°C, brush ketchup on top of the meatloaves.
11. After cooking, remove the perforated pan from the oven and place on a cooling rack.
12. Using a spatula, remove the meatloaves from the pan, slice, and serve.



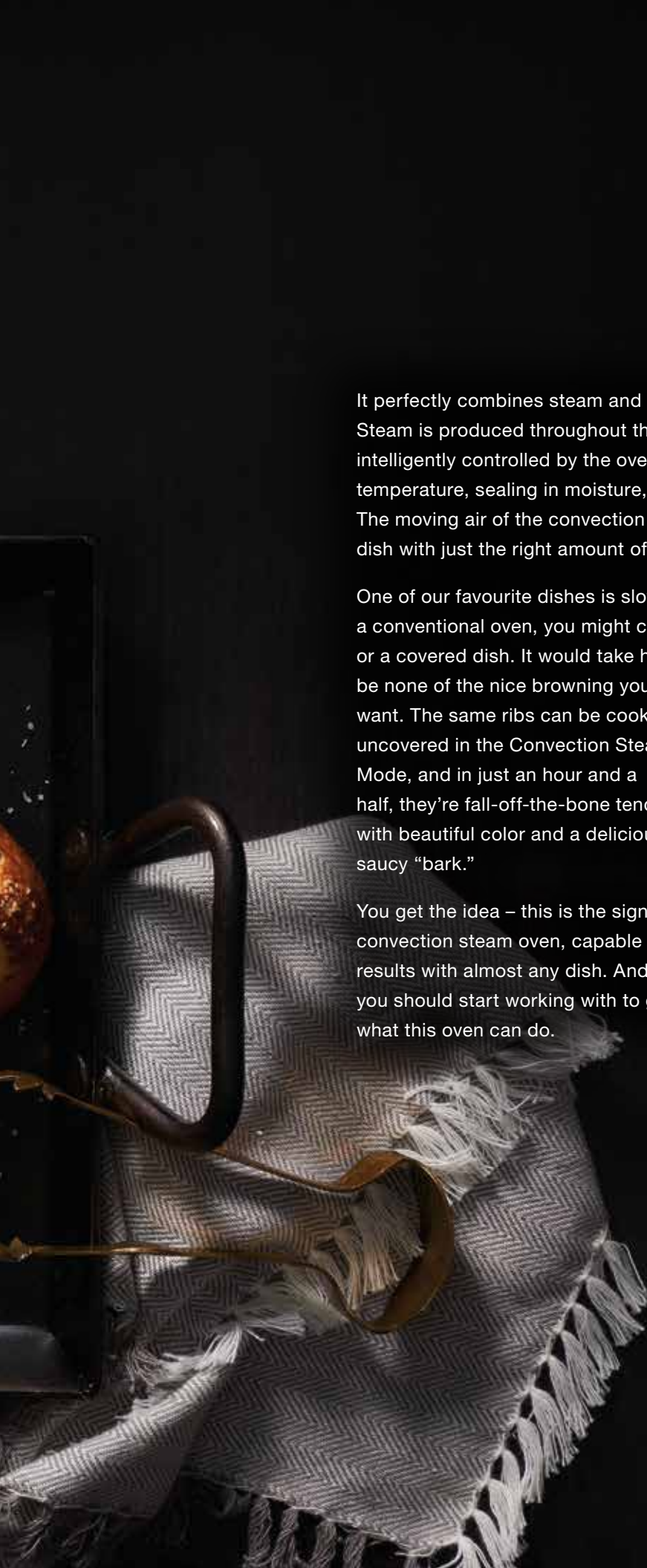


## QUICK START > CONVECTION STEAM MODE

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

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





It perfectly combines steam and convection cooking. Steam is produced throughout the cooking process, intelligently controlled by the oven to provide the proper temperature, sealing in moisture, flavor, and nutrients. The moving air of the convection system finishes off the dish with just the right amount of browning and crisping.

One of our favourite dishes is slow-cooked pork ribs. In a conventional oven, you might cook them in foil packets or a covered dish. It would take hours, and there would be none of the nice browning you want. The same ribs can be cooked uncovered in the Convection Steam Mode, and in just an hour and a half, they're fall-off-the-bone tender with beautiful color and a delicious, saucy "bark."

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

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



*Find recipe on page 57*

## HOW TO USE CONVECTION STEAM MODE

By making use of a combination of steam and moving air, the Convection Steam Mode allows for a wide range of foods to be prepared. From frying to braising and from roasting to searing, the use of different temperatures can create vastly different results. In the case of braising, setting the convection steam oven to 130°C works wonders on cuts of meat like pork shoulder, ribs, or a beef chuck roast. By setting the temperature as high as it can go, 230°C, you can achieve results similar to frying. Using the Convection Steam Mode creates crispy exteriors and moist interiors.

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

**First,** make sure to spread food out evenly across your pans. This will help prevent the pans from warping.

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

**Third,** when braising, be sure not to cover the food, and cut back on the amount of liquid normally called for in your recipe. Some steam will condense on the food and add a bit of water to the dish.

### CONVECTION STEAM MODE REVIEW

- Spread food out evenly on pans.
- No need to preheat.
- When braising, add less liquid than you normally would.
- Monitor foods being cooked at high temperatures, as they will brown very quickly.







# MOROCCAN BRAISED LAMB SHOULDER

Lamb dishes are becoming more and more popular in restaurants. Try this recipe, and you'll understand why. The flavor is both unique and delicious.

MAKES	RACK POSITION	COOK TIME
6-8 PORTIONS	 2	4 HOURS

## INGREDIENTS

- |  |                         |
|--|-------------------------|
| 2 (2.25 kg) lamb shoulder              | 15 g harissa            |
| 2 small yellow onions, quartered       | 3 g chopped fresh thyme |
| 1 large carrot, cut into 25 mm pieces  | 9 g chopped garlic      |
| 2 Roma tomatoes, cut into 25 mm pieces | 2 g ground star anise   |
| 16 g tomato paste                      | 2 g ground coriander    |
| 30 g kosher salt                       | .5 g ground cumin       |
| 7 g freshly ground black pepper        | Pinch of saffron        |
| <b>RUB</b>                             | 1 bay leaf              |
| 60 mL olive oil                        | 475 mL beef stock       |
|  | 475 mL dry red wine     |

## PREPARATION METHOD

In a small bowl, mix together the ingredients for the rub. Spread evenly over the lamb. Place inside a vacuum seal bag or large zip-top bag and seal, removing as much air as possible. Allow to sit overnight or for at least 12 hours.

Place onions, carrot, and tomato in a 5.5-7.5 liter Dutch oven and spread out. Remove the lamb from the bag and spread tomato paste over the surface. Season all sides with the salt and pepper. Place in the center of the pan on top of the vegetables. Preheat the oven on the Convection Steam Mode at 230°C. Place the pan into the oven and cook, uncovered, on rack position 2 for 15 minutes. Remove the pan from the oven and pour both the stock and wine into pan around the lamb. Flip the lamb and stir vegetables. Turn heat down to 120°C and cook for 1½ hours. After 1½ hours, flip the lamb again. Continue to cook until tender, about 1½ to 2 hours.


Remove the meat from the pan and strain the liquid. Thicken or reduce to the desired consistency. Pull the lamb into pieces and serve with the sauce.

# BEST CHEESECAKE EVER

This recipe has never failed us. It always produces a final result that is exceptionally creamy and delicious.

## BEFORE YOU START

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

MAKES	RACK POSITION	COOK TIME
1 CHEESECAKE	 2	1 HOUR 25 MINUTES

## INGREDIENTS

### CRUST

196 g graham cracker crumbs  
49 g sugar  
84 g butter, melted

### FILLING

560 g cream cheese,  
room temperature  
182 g sour cream  
154 g sugar  
5 mL vanilla extract  
8 g lemon zest  
2 eggs  
1 egg yolk  
42 g heavy cream

## PREPARATION METHOD

### CRUST

**1.** Preheat the oven on the Convection Mode at 165°C. **2.** In a medium bowl combine the melted butter, sugar, and graham cracker crumbs and press into spring form pan. **3.** Bake for 10 minutes. **4.** Turn the oven off and remove the pan and allow to cool completely.

### FILLING

**1.** In the bowl of a stand mixer fitted with the paddle attachment, beat the cream cheese and sugar until smooth. **2.** Add the sour cream, lemon zest, and vanilla and mix until combined. **3.** Add the cream and eggs and mix until smooth. **4.** Pour into the spring form pan. **5.** Cover the entire spring form pan with plastic wrap, wrapping it all the way around the pan twice. The plastic wrap should completely seal the spring form pan, top, bottom, and sides. Place the pan into the oven. Set the oven to Convection Steam Mode at 107°C. Bake for 1 hour and 15 minutes.





# PITA BREAD

Pita bread balloons up almost into a ball when baking, so this recipe is especially fun for children.

## BEFORE YOU START

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

MAKES	RACK POSITION	COOK TIME
8 SERVINGS	 1	3 MINUTES

## INGREDIENTS

325 g all-purpose flour  
240 mL warm water  
30 mL olive oil  
9 g salt  
13 g sugar  
6 g instant yeast

## PREPARATION METHOD

**1.** In the mixing bowl of a stand mixer, add all the ingredients. **2.** Using the dough hook, knead the dough for 5 minutes. **3.** Remove the dough from the mixing bowl and place into a greased container large enough to allow the dough to double in size. Cover with plastic wrap and let the dough rise until doubled in size. **4.** Place the solid pan in the steam oven on rack position 1. **5.** Select the Convection Steam Mode set to 230°C. **6.** Divide the dough into 8 equal pieces and gently flatten each piece into a thick disc. Cover with plastic wrap or a dishcloth. **7.** Dust the dough and countertop with flour to ensure that the pita bread does not stick. Using a rolling pin, roll one piece of dough into a 20 cm circle. **8.** After the oven is preheated, slide the rolled-out pita bread onto a floured pizza peel. **9.** Open the steam oven door and slide the pita dough off the pizza peel onto the solid steam oven pan. Work quickly and shut the door. Set a timer for 3 minutes. **10.** While the first pita bread is baking, roll out the next pita. The pita bread should inflate into almost a ball. **11.** After 3 minutes, remove the baked pita from the oven and place in a large bowl. Cover the bowl with foil to allow the pita bread to soften. Repeat with the remaining pita dough, each time adding the baked pita bread to the bowl and covering again. Deflate the pita bread if necessary.



# BAKED MAC AND CHEESE

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

<b>MAKES</b>	<b>RACK POSITION</b>	<b>COOK TIME</b>
10 PORTIONS	 2	45 MINUTES

## INGREDIENTS

770 mL whole milk  
15 g butter  
16 g all-purpose flour  
95 g shredded smoked gouda  
100 g diced American cheese

125 g shredded sharp cheddar  
25 g shredded Parmesan  
9 g kosher salt  
.5 g onion powder  
.5 g mustard  
.5 g garlic powder  
.5 g smoked paprika

## TOPPING

125 g shredded sharp cheddar  
125 g bread crumbs  
450 g dry elbow pasta

## PREPARATION METHOD

### PASTA

**1.** Place uncooked pasta in a large, shallow, oven-safe dish. Add just enough hot water to barely cover the pasta. **2.** Set the oven to 170°C on the Convection Steam Mode. Cook for 20 minutes or until pasta is al dente. **3.** Remove from the oven and drain off any excess water. Allow pasta to cool.

### SAUCE

**1.** In a large saucepan over medium heat, melt the butter. **2.** Add the flour to the butter and stir to combine into a paste. Cook for 1 to 2 minutes, stirring continuously. **3.** With the pan still on medium heat, slowly add 120 mL of milk, whisking together with the flour and butter until well combined. Slowly add the remaining milk, continually whisking. **4.** Bring the milk up to a simmer, frequently stirring and scraping the bottom of the pan to prevent scorching. **5.** Add the dry seasoning and allow to simmer for 20 minutes. **6.** Remove the pan from the heat and add the shredded cheeses. Stir until the cheese is fully melted. **7.** Add the noodles to the pan and stir to combine. **8.** Preheat the oven on the Convection Steam Mode at 190°C. **9.** Pour the noodle mixture into a large casserole dish. **10.** In a medium bowl, mix together the bread crumbs and shredded cheese. Sprinkle over the pasta. **11.** Bake until the top begins to brown, about 10–15 minutes.



# PRETZEL BUNS

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

## BEFORE YOU START

Make sure to spray the perforated convection steam oven pan to prevent sticking.

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

## INGREDIENTS

### DOUGH

250 g milk  
24 g butter  
32 g brown sugar  
6 g instant yeast  
3 g salt  
300 g all-purpose flour

### BOILING SOLUTION

2.8 L of water  
180 g baking soda

### EGG WASH (WHISKED TOGETHER)

1 egg  
5 mL water

## PREPARATION METHOD

**1.** In a small pan, heat the milk and butter until warm. **2.** Pour the melted butter and milk into the mixing bowl of a stand mixer. **3.** Combine the rest of the dough ingredients and knead on medium low speed until smooth, about 8 minutes. **4.** Form into a ball, place in a greased bowl, cover, and allow to rise for 1 hour or until doubled in size. **5.** Preheat the convection steam oven to 190°C on the Convection Steam Mode. **6.** Combine the baking soda and water in a large pot and bring to a boil. **7.** Divide the dough into 12 equal pieces. **8.** Gently roll each piece of dough into a ball. **9.** Place each ball of dough into the boiling solution. Allow to boil for 2 minutes, turning the balls over after 1 minute. **10.** Remove dough using a slotted spoon and place on a plate. **11.** Generously spray the perforated pan with cooking spray. **12.** Evenly space the 12 portions of dough on the pan. **13.** Brush the rolls with the egg wash and score the top of each bun with a sharp knife. **14.** Sprinkle with coarse salt if desired. **15.** Place the pan into the preheated oven on rack position 2 and bake until the pretzels are well browned, approximately 10-12 minutes.



## BREAD PUDDING

This good old-fashioned treat is scrumptious with nuts and cream on top – quick, where's our spoon?

MAKES	RACK POSITION	COOK TIME
10 SERVINGS	 2	20-30 MINUTES

### INGREDIENTS

310 g day-old bread, cubed  
50 g butter, melted  
4 egg yolks  
2 g salt  
5 g vanilla  
50 g sugar  
560 mL heavy cream

### PREPARATION METHOD

**1.** In a large bowl, toss the cubed bread with the melted butter. **2.** In a medium bowl, whisk the yolks. **3.** In a saucepan, heat the cream, sugar, salt, and vanilla to a simmer over medium heat, stirring occasionally. **4.** Remove the pan from the heat and with a ladle, very slowly add the cream to the egg mixture while whisking continuously. **5.** Strain this mixture through a fine mesh strainer and pour over the bread. **6.** Allow the bread to soak for at least 30 minutes. **7.** Preheat the oven on the Convection Steam Mode at 190°C. **8.** Pour the mixture into the desired baking dish and bake for 20-30 minutes.



# FALL-OFF-THE-BONE PORK RIBS

The ability to open-air braise foods to tender juicy perfection in a fairly short amount of time is what makes the Convection Steam Mode ideal for pork shoulder, ribs, or beef roasts.

## BEFORE YOU START

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

MAKES	RACK POSITION	COOK TIME
5-6 SERVINGS	 2	1 HOUR 30 MINUTES

## INGREDIENTS

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

## PREPARATION METHOD

1. Place the racks of ribs on the solid convection steam oven pan or a large plate.
2. Season liberally with the preferred dry rub.
3. Cover with plastic wrap and place in the refrigerator overnight or for at least 2 hours.
4. Remove from the refrigerator and place the racks of ribs, meat side up, onto the solid pan lined with 2 sheets of parchment paper.
5. Place the solid pan into the oven on rack position 2. Select the Convection Steam Mode set to 130°C. Set the timer for 1 hour and 15 minutes.
6. After 1 hour and 15 minutes, check the ribs to see if they are tender; if they are, remove and serve. If continued cooking is needed, return the ribs to the oven and cook for an additional 15 minutes or until tender.





# POT ROAST

This may be the ultimate comfort food, perfected with this oven: steam keeps the meat oh-so tender, while convection crisps the outside just right.

MAKES	RACK POSITION	COOK TIME
6 SERVINGS	 2	2 HOURS 30 MINUTES

## INGREDIENTS

### MARINADE

- 1005 g boneless chuck roast
- 120 g red wine
- 1 bay leaf
- 2 sprigs thyme
- 1 medium shallot, sliced
- 2 g kosher salt
- 1 g freshly ground black pepper

### ROASTING

- 1 yellow onion, sliced
- 2 Roma tomatoes, sliced
- 2 celery stalks, roughly chopped
- 1 carrot, roughly chopped
- 950 mL beef stock
- 6g kosher salt

## PREPARATION METHOD

1. Combine all marinade ingredients in a vacuum sealable or large zip-top bag.
2. Add the meat and seal the bag. Marinate overnight.
3. Preheat the oven on the Convection Steam Mode at 230°C.
4. Place the roasting vegetables in the 5.5-7.5 liter Dutch oven and spread out.
5. Place into the oven and cook uncovered for 10 minutes.
6. Salt both sides of the roast and place in the center of the pan on top of the vegetables and marinade ingredients.
7. Place the pan into the oven and cook uncovered on rack position 2 for 15 minutes.
8. Turn heat down to 130°C and cook for 45 minutes.
9. Flip roast and stir vegetables. Continue to cook until tender, about 1½ hours.
10. When finished, place roast on serving dish and keep warm.
11. Remove thyme and bay leaf and discard.
12. Strain vegetables and add to serving dish with roast.
13. Reduce strained stock in a sauce pan on stovetop and thicken if desired. Pour finished sauce over roast and serve.

You can play with various flavor options in this recipe. Use different stocks or other liquids when cooking, such as beef stock, chicken stock, mushroom stock, vegetable stock, red wine, white wine, sherry, Madeira, Marsala, apple cider, or beer. Add additional ingredients to marinade or during cooking process, like mushrooms, leeks, parsnips, fennel, garlic, rosemary, oregano, parsley, chervil, savory, or tomato paste.

TOUCH

# GOURMET

TO ACCESS AUTOMATIC MODES THAT  
MAKE COOKING EASY.

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Gourmet provides you with quick access to a variety of cooking modes, as well as a collection of its own unique presets, making it the perfect resource to prepare nearly any food. How about a showstopper meal of beef tenderloin, ready exactly when you want it, just as mouthwatering as your favourite steak house? Or a side dish of roasted potatoes? Perhaps what you crave is perfectly steamed asparagus, corn on the cob, or even your own creamy homemade yogurt. All of these and so much more are waiting for you within Gourmet. Most foods require only a few simple steps. We'll give you examples:

#### **LET'S TAKE A WHOLE ROASTED CHICKEN.**

- Touch Gourmet, then Poultry, then Whole Chicken. That's all there is to it – no need to enter a cook time or temperature.

#### **HOW ABOUT A DELICIOUS SOCKEYE SALMON FILET?**

- Touch Gourmet, then Fish, then Fish Filet, then Steam. Again, no need to enter a cook time or temperature.

The best way to discover what Gourmet has to offer is to explore it for yourself. Once you do so, it may be where you spend most of your time in the Wolf convection steam oven.

TOUCH

# MORE

TO ACCESS 8 USEFUL SPECIALTY MODES,  
FROM SLOW ROAST TO SANITIZE.

We think you'll have lots of fun with the modes here in the More section. If you love baking, Auto Steam Bake is the best mode for creating boulangerie-quality breads, while Slow Roast is where you'll create your most tender pot roast ever.



## **BUT MORE ISN'T JUST ABOUT COOKING.**

Use the Spa mode to heat up towels and wraps for a relaxing end-of-day treat, or go with Sanitize if you're a young family with baby bottles and pacifiers to disinfect.

## **HERE ARE SPECIALTY MODES YOU'LL FIND UNDER MORE:**

### ▪ **RECIPES**

You program instructions for Mom's Casserole or your own excellent Very Berry Pie – mode, time, temperature – so you can cook it automatically.

### ▪ **MORE GOURMET**

A fully automated, one-touch way to cook 13 different categories of fresh, refrigerated or frozen foods, including Artisan Bread and Spanakopita Puffs (recipes straight ahead).

### ▪ **AUTO STEAM BAKE**

This is how you bake bread, baguettes, croissants and more with that perfect crackly, shiny crust.

### ▪ **SLOW ROAST**

Beef, pork, lamb and more, cooked long and slow for tenderness like you've never tasted.

### ▪ **AUTO REHEAT**

Built-in sensing makes sure leftovers get just the right combination of heat and steam.

### ▪ **SPA**

Heat up towels, stones, wraps, and grape seed cushions – so invigorating.

### ▪ **SANITIZE**

Sanitizes baby bottles and pacifiers, or jars and lids for preserving jams and jellies.

### ▪ **KEEP WARM**

Uses convection heat and steam to keep foods warm until it's time to serve.



MORE > MORE GOURMET > FRESH APPETIZERS

## SPANAKOPITA PUFFS

This small but flavorful appetizer perfectly captures the zesty spirit of Greek food and celebrations and will surely get the party started for you and your guests.

MAKES	RACK POSITION	COOK TIME
15 PUFFS	 2	20 MINUTES

### INGREDIENTS

225 g baby spinach  
115 g feta, crumbled  
15 g butter  
15 mL olive oil  
30 g sliced scallions  
3 g chopped fresh dill

.25 g freshly grated nutmeg  
Freshly ground black pepper  
2 packages frozen phyllo sheets,  
thawed  
60 g melted butter

### PREPARATION METHOD

**1.** Spread the spinach on the perforated pan and place inside the steam oven. Select the Steam Mode set to 100°C. Set the timer for 5 minutes. **2.** Remove the steamed spinach and place in ice water bath to stop the cooking process. **3.** After the spinach has cooled, remove the spinach and grasping small handfuls, squeeze to remove as much water as possible. Set aside. **4.** Melt butter with olive oil in a large heavy skillet over medium heat. **5.** Add the scallions and cook until soft, about 3 minutes. **6.** Remove the pan from the heat and pour the scallions into a small work bowl. **7.** Add the remaining ingredients and stir to combine. **8.** Melt remaining 60 g of butter in a small saucepan. **9.** Remove the thawed phyllo from the package and unroll, leaving all the sheets still in a

single stack. **10.** Cut the phyllo stack with a pizza cutter into 3 long strips. **11.** Cover the phyllo with a towel to prevent it from drying out. **12.** Peel the layers apart and lay 4 strips down on the counter. **13.** Brush with butter and top with another layer of phyllo. Brush this layer also. **14.** Place a small amount of filling in the corner nearest you and fold the phyllo over onto itself, making right triangles along its length (like folding a flag). Repeat with remaining strips of phyllo. **15.** Place spanakopita on the solid pan lined with parchment paper and into the oven on rack position 2. Select the More Gourmet Mode and choose Fresh Appetizers – Lightly Browned. Cook until the oven turns off automatically or the desired browning is reached.



# ARTISAN BREAD

Baking great bread is an art made considerably easier with the convection steam oven. It takes time, but don't try to skip any steps – they all make your bread better. For instance, the rest period between the first and second mixing times is absolutely essential.

MAKES	RACK POSITION	COOK TIME
1 LOAF	 2	50 MINUTES

## INGREDIENTS

475 g unbleached all-purpose flour      12 g salt  
 100 g whole-wheat flour                  5 g instant yeast  
 350 mL warm water

## PREPARATION METHOD

**1.** Place all the ingredients into the bowl of a stand mixer fitted with a dough hook. Knead the dough on medium low speed for 5 minutes. The dough will be slightly sticky. **2.** Turn the mixer off and cover the mixing bowl with a damp kitchen towel or plastic wrap. Allow to stand for 15 minutes. **3.** Remove the plastic wrap and continue kneading on medium low speed for 5 minutes. **4.** Remove the bowl from the mixer. Cover the bowl with plastic wrap and allow to proof until doubled in size. **5.** Gently transfer the risen dough from the mixing bowl onto a floured counter. **6.** Form the proofed dough gently into a round loaf and place on the solid convection steam oven pan lined with a sheet of parchment paper that has been dusted with flour. **7.** Cover the dough with plastic wrap and allow to proof again for 30 to 45 minutes. **8.** Remove the plastic wrap and make a pair of slashes in the shape of an "x" in the top of the loaf. A sharp serrated knife works best for these cuts. **9.** Immediately place in the oven on rack position 2. Select MORE, then More Gourmet, and choose Bread. Use Well Browned for a nice deep crust or Medium Browned for a lighter crust. Bake until the oven shuts off automatically. Remove the pan from the oven and place the bread on a wire rack to cool completely.



# MORE > **AUTO STEAM BAKE MODE**

HOW ARTISAN BAKERS GET THAT CRACKLY, SHINY CRUST.

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



Steam is the critical element in the baking process of breads and pastries. Flooding the oven cavity with steam at the beginning of the baking process provides the opportunity for a pair of critical reactions to take place.

The first is slowing down the baking process by lowering the surface temperature of the bread as water condenses on the raw loaf. This moisture keeps the crust from forming during the “oven spring” period of baking and allows the bread to rapidly expand as the yeast goes through a final burst of fermentation. Keeping the dough’s surface flexible for as long as possible allows the dough to expand, resulting in an airy texture.

**FLOODING THE OVEN CAVITY WITH STEAM AT THE BEGINNING OF THE BAKING PROCESS PROVIDES THE OPPORTUNITY FOR A PAIR OF CRITICAL REACTIONS TO TAKE PLACE.**

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

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

## HOW TO USE AUTO STEAM BAKE MODE

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

Take baking bread, for example. Combining nothing more than flour, water, salt, and yeast allows for the creation of a nearly endless assortment of breads, simply by adjusting the ingredients. But it is an art, one that takes practice, time, and trial. Here are a few tips that may help ensure success:

- Properly measure all ingredients. “Pretty close” is not close enough.
- Seek out quality ingredients. It makes a huge difference.
- Combine all ingredients properly. Kneading develops gluten in the bread that is critical to the final product.
- Be patient. Don’t rush the proofing process, which develops the proper flavors in the bread.
- Shape and proof again – again, patience!
- Score the bread. The deep slashes made in bread dough allow for the expansion or “oven spring” that the dough goes through after being placed in the oven.
- Don’t preheat the oven. The final risen bread or pastry must be placed inside the oven cavity while the oven is still off when using Auto Steam Bake Mode.

### AUTO STEAM BAKE MODE REVIEW

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





# HEARTY OAT BREAD

This is our favourite everyday bread, whether you need sandwiches for school lunches or a loaf to accompany your beef stew or white chicken chili. But 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	25-30 MINUTES

## INGREDIENTS

350 g all-purpose flour	40 g honey
100 g whole wheat flour	45 mL oil
70 g rolled oats	3 g yeast
295 mL water	10 g kosher salt
60 mL milk	

## PREPARATION METHOD

Place milk, water, and oats into the bowl of a stand mixer. Whisk together and let sit until oats soften, about 10 minutes. In a medium bowl, add the salt, flours, and yeast and whisk to combine. Pour the flour mixture into the bowl of the stand mixer. Using the dough hook on medium low speed, knead the dough for 5-7 minutes. Place the dough into a greased or sprayed container and allow to proof for 45 minutes. After 45 minutes, gently stretch and fold the dough in half, then in half again. Place the dough back into the container and allow to proof for an additional 45 minutes. Repeat the folding process. Place the dough back into the container and allow to proof for 1 hour. Gently cut the dough in half and shape into ovals. Place the dough onto the solid pan lined with parchment. Cover loosely with a tea towel and allow the dough to rise for 15 minutes. Score the dough lightly with a serrated knife. Place the pan into a cold oven. Select the Auto Steam Bake Mode – Bread set to 190°C and bake for 30 minutes.





## BLITZ PUFF KRINGLE

Wisconsin is kringle country, and we've never found an oven that makes moister, flakier, more delicious kringle than the Wolf convection steam oven. This recipe is a sure way to delight your co-workers or child's classmates.

MAKES	RACK POSITION	COOK TIME
1 KRINGLE	 2	20-25 MINUTES

### INGREDIENTS

#### BLITZ

224 g flour  
224 g butter  
2 g kosher salt  
350 mL water

#### CHERRY ALMOND FILLING

110 g almond paste  
55 g cherry pie filling

#### STRAWBERRY CREAM CHEESE

110 g cream cheese  
55 g strawberry jam

### PREPARATION METHOD

**1.** In a medium bowl, whisk together the salt and flour. **2.** Cut butter into 6x6 mm cubes. **3.** Gently rub the butter into the flour until crumbly and there are large and small chunks. **4.** Add the water and gently knead until well incorporated. **5.** Flatten the dough into a rectangle, cover with plastic wrap and place in the refrigerator for 30 minutes. **6.** Fold dough into thirds and roll flat. **7.** Turn the dough 90 degrees and fold in thirds again. **8.** Cover with plastic wrap and place in the refrigerator for 30 minutes.

**9.** Remove from fridge and fold into thirds one last time, making a total of 3 turns. **10.** Roll out the dough to about 3 mm thick. **11.** Lay filling on the middle third of the dough rectangle, fold one side over the middle, brush with egg wash, and fold the next side. **12.** Place the dough onto the solid pan lined with parchment paper. **13.** Place the pan into a cold oven. Select the Auto Steam Bake Mode – Puff Pastry set to 190°C and bake for 30 minutes.





# APPLE PIE

This apple pie recipe takes advantage of the Auto Steam Bake Mode's ability to make a beautiful, glossy top crust.

## BEFORE YOU START

It is best to use a couple of different kinds of baking apples, as they will each lend their own flavors and nuances to the dish.

MAKES	RACK POSITION	COOK TIME
1 PIE	 2	50 MINUTES

## INGREDIENTS

### PIE CRUST

345 g all-purpose flour  
2 g salt  
230 g shortening  
105 mL cold water

### APPLE MIXTURE

7 medium apples, peeled, quartered,  
and sliced 6 mm thick  
190 g sugar  
30 g all-purpose flour  
6 g corn starch  
10 mL lemon juice  
3 g cinnamon  
.5 g nutmeg  
28 g butter

## PREPARATION METHOD

**1.** In a large bowl, combine all the pie crust ingredients. **2.** Crumble lightly together until well combined. **3.** Mix in the cold water and bring the dough together with a fork. **4.** Divide the dough into two pieces and set one back in the bowl. Cover with a damp towel. **5.** Roll out the first piece of dough on a generously floured surface until about 4 mm thick, or large enough to cover the bottom and side of a pie pan. **6.** Place the rolled-out dough in a pie plate or dish. **7.** In another bowl, combine apple mixture ingredients. **8.** Pour the apple mixture into the prepared pie dish. Place the 28 g of butter on top of the apple mixture in small pieces. **9.** Roll out the remaining dough into a top crust and place on top of the pie. Crimp the edges of the pie and cut off any excess dough. **10.** Cut a few small vent slots in the top of the crust. **11.** Place on the wire rack set on position 2. Select the Auto Steam Bake Mode set to 230°C. Set the timer for 30 minutes. **12.** After 30 minutes, open the oven and rotate the pie. **13.** Reduce the temperature to 205°C and set the timer for 20 minutes. **14.** After 20 minutes, remove the pie and place on a cooling rack. Allow to cool for 45 minutes before serving.

# MORE > SLOW ROAST MODE

PERFECTLY ROASTED MEATS, DONE EXACTLY WHEN YOU WANT THEM.

Here's the scenario: you want to serve beef tenderloin cooked perfectly to medium rare for a dinner party this evening at 7. Where would you begin? There are a multitude of details you need to know in order to pull off this meal. At what internal temperature is beef tenderloin cooked to medium rare? What oven mode should I use? What temperature should I set the oven to? How long will it take to cook? What time should I put it in so it can rest after I remove it from the oven?



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

Choose from a total of fourteen cuts of beef, veal, pork, and lamb. When you use the probe, the oven can monitor the progress of the roasting meat, making adjustments on the fly during the cooking process and ensuring perfect results every time.

## **SLOW ROAST MODE REVIEW**

- Select from fourteen cuts of meat.
- Cook on single rack only.
- Gentle heat from convection fans.
- Temperature probe may be used.



# SLOW ROAST BEEF TENDERLOIN

There's nothing that wows dinner party guests like beef tenderloin, but you may never have prepared it for fear of not getting it right. Take heart: the Slow Roast Mode of the Wolf convection steam oven attends to all the details, so success is assured. What are you serving Saturday night?

## BEFORE YOU START

A beef tenderloin between 1.5 and 2.75 kg works best. If desired, though not necessary, the beef tenderloin could be seared on the grill or in a large roasting pan for added color and flavor.

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

MAKES	RACK POSITION	COOK TIME
1 BEEF TENDERLOIN	 2	2 ½ - 4 ½ HOURS

## INGREDIENTS

2.2 kg beef tenderloin

### RUB

86 g bunch parsley

62 g bunch cilantro

1 large shallot

2 cloves garlic

3 g coriander

1 bay leaf

7 g black pepper

60 g grape seed oil

16 g salt

2 springs rosemary

1 g red pepper flakes

## PREPARATION METHOD

Combine all ingredients for the rub in a food processor and puree into a paste.

Spread rub on all sides of the tenderloin. The meat can be cooked right away, or it can be marinated overnight, covered with plastic wrap. Place the roast on the solid pan.

Insert the temperature probe into the center of the thickest part of the meat, taking care to fully cover the entire metal shaft of the probe. Plug the probe into the oven. Select More, Slow Roast Sear, Beef and choose Tenderloin. We recommend 3 hours and 58°C for the probe temperature. After the beef tenderloin is done, you can optionally sear the tenderloin on a grill for even deeper flavor.

TOUCH

# FAVOURITES

TO CREATE SHORTCUTS TO  
YOUR FAVOURITE DISHES.

After you've spent some time cooking with your convection steam oven, you will likely find dishes that you enjoy fixing often. Creating a Favourite is a great way to cut down on the number of steps needed to cook those dishes.



## **YOU CAN CREATE MENU FAVOURITES OR CUSTOM FAVOURITES.**

Menu Favourites are dishes you'll find within the Gourmet or More Gourmet modes of your oven. A good example is frozen pizza – something you may fix a few times a week. In More Gourmet, you'd have to touch More, then More Gourmet, then scroll through and find Frozen Pizza, then choose the time and temperature, then touch Start. So, 6 steps.

## **YOU CAN MAKE FROZEN PIZZA A FAVOURITE. HERE'S HOW:**

1. Go to More Gourmet and select Frozen Pizza.
2. Choose the timeframe you use most often (for instance, option 2).
3. Before cooking begins, hit the Favourites button on the left of your control panel and select the next available storage space.
4. Use the scroll menu to create the name and save your Frozen Pizza Favourite.

Once it's a Favourite, all you'll have to do is touch Favourites, Frozen Pizza, Start. Custom Favourites are dishes from your own personal cooking experience. Your famous barbecue ribs, for example, or Grandma's lebkuchen cookies. Create your Favourite by choosing the appropriate mode, cooking temperature and time, then all you'll have to do is touch Grandma's Lebkuchen, then Start.

Once you try it, we think you'll want to create dozens of Favourites to simplify cooking.





# GLOSSARY

## **BAGUETTE**

A long, thin loaf of French bread.

## **BATARD**

Similar to a baguette, but shorter.

## **BOULE**

A traditional French bread shaped like a squashed ball.

## **BRAISE**

A combination cooking method in which meat is first seared, then finished by cooking it in a covered pot with liquid at a lower temperature.

## **CARAMELIZE**

The browning of sugars contained in foods, a chemical process that occurs during cooking of onions, potatoes, etc. and can add buttery, nutty, acidic, or bitter notes.

## **CONVECTION FAN**

An oven fan that circulates hot air to cook food.

## **CONVECTION STEAM OVEN**

An oven that uses steam, convection heat, or a combination of the two to cook more nutritiously and deliciously, and can produce food that is crispy outside, yet moist inside.

## **DEHYDRATION**

The process of drying food such as fruits, vegetables, herbs, and beef jerky to preserve it.

## **DOUGH HOOK**

A curved attachment for your stand mixer that kneads dough quickly and efficiently (but isn't as much fun as kneading by hand, in our opinion).

## **DRY RUB**

A mixture of dried herbs and spices, often with salt and sugar, that is rubbed directly into meat. Often, it permeates meat more quickly and effectively than a liquid marinade.

## **MODE**

A pre-programmed oven operation that uses specific heating and fan elements to create a customized cooking environment for a particular dish; a few examples are Convection, Bake, Roast, and Bake Stone.

## **MULTI-RACK COOKING**

Cooking on more than one rack at the same time, something a convection oven does more efficiently than an ordinary oven.

## **PARBOIL**

To partially boil something before cooking; for instance, to soften vegetables before roasting.

## **PARCHMENT PAPER**

Also called bakery paper, it's used as a disposable non-stick surface in baking or cooking en papillote.

## **POACH**

Cooking very delicate items like eggs or fish in liquid with a temperature of 60°C–82°C, so they come out very moist and tender.

## **PROOF**

The rise of shaped bread dough before baking.

## **SEAR**

Cooking the surface of meat at high temperature until it browns.

## **SILPAT®**

A non-stick baking mat especially useful for working with sticky or gooey materials.

## **SOUS VIDE**

This French term, literally translated as "under vacuum," describes a process in which food is sealed in a bag, then immersed in water or steam and cooked slowly at an exact temperature until it reaches its ideal internal temperature, indicating perfect doneness.

## **STREUSEL**

A crumbly topping of flour, butter, and sugar baked on top of muffins, breads, pies, and cakes.

## **TEMPERATURE PROBE**

A small, pointed rod attached to a cord. The probe measures the internal temperature of the food into which it is inserted. The other end is plugged into the oven's sensor to alert you when your dish has reached the desired temperature.

## **TEMPERATURE PROBE RECEPTACLE**

The slot into which the temperature probe is inserted and clicks into place. The probe must be fully seated in the receptacle before you adjust the probe temperature setting.

## GET THE MOST OUT OF YOUR CONVECTION STEAM OVEN

This isn't just a recipe book. It's a technique-focused approach to understanding and mastering the Wolf convection steam oven. Learn these techniques, understand how to use the oven's main operating modes, and you'll enjoy one delicious (and nutritious) meal after another. It's going to be the greatest culinary adventure of your life!

