



COOKING WITH STEAM



WELCOME TO PERFECT STEAM COOKING WITH AEG

WHERE ART AND SCIENCE MEET

Introducing the AEG ProCombi Steam oven. Capable of cooking with steam, traditional heat, or both at once, the ProCombi lets you cook like a professional.

Conveniently and easily, it allows you to utilise the major advantages of cooking with steam. Heat is transferred to the food at a much faster rate and instead of drying out the dish the steam keeps it moist.

ProCombi is also a superb oven for cooking with traditional hot air, ensuring your dishes have that irresistible crisp crust.



HOW MUCH STEAM?

Your AEG ProCombi steam oven doesn't just cook with steam, it also lets you choose the exact balance of steam and heat you need for the result you want. Try some of these tempting recipes for yourself and you will soon find that cooking with steam is not difficult.

100%

Full Steam gives high humidity for delicate fish, rice, couscous or vegetables. For a delicious dessert, try the Crème Brûlée on page 94.

50%

Half Steam + Heat is perfect for dishes where the moisture content is high, such as poached fish or terrines. Try the Paella on page 50.

25%

Quarter Steam + Heat is an ideal tender yet crisp setting for meat, poultry, bread and cakes, and also gives a real lift to puff pastry. Try the steam-baked spatchcock with labna and couscous on page 60.

STEAM COOKING GUIDE

100% Full Steam

For optimum results, preheat your oven before you commence steaming the food. Take care when opening the oven door whilst steaming is taking place. Add the required quantity of water or stock directly to the food. The ‘water in drawer’ is additional to the stock or water added directly to the food.

Vegetables	Temp (°C)	Water in drawer (ml)	Time (mins)
Asparagus	96	350	6
Beans, green	96	400	10
Beetroot, wedges	96	650	45
Broccolini	96	400	10
Broccoli	96	400	10
Brussel sprouts, whole	96	550	20
Capsicum, sliced	96	450	12
Carrots, batons	96	400	10
Carrots, whole Dutch	96	300-450	11-15
Cauliflower	96	400	10
Celery, sliced	96	400	10
Corn, on the cob	96	550	20
Eggplant, sliced	96	500	18
Fennel, wedges (small fennel)	96	400	10
Kale	96	350	8
Leeks, sliced	96	450	16
Mushrooms, sliced	96	350	8
Peas, fresh	96	400	10
Peas, frozen	96	350	5
Potatoes, chat, halved	96	600	25-32
Potatoes, chat, whole	96	650	35-50
Snowpeas	96	350	6
Zucchini, sliced thickly	96	400	11

Rice and Grains	Temp (°C)	Water in drawer (ml)	Time (mins)
Medium grain white rice (1 cup rice and 1.1 cups water)	96	550	28
Medium grain brown rice (1 cup rice and 1.25 cups water)	96	900	55
Jasmine rice (1 cup rice and 1.5 cups water)	96	700	30
Polenta (1 cup polenta and 3 cups water or stock)	96	800	40
Cous cous (1 cup cous cous and 0.75 cups water or stock) Add one tsp olive oil per cup of cous cous	96	400	12
Quinoa (1 cup quinoa and 1 cup water or stock)	96	700	30

100% Full Steam

For optimum results when steaming seafood, remove the items from the fridge 30 minutes before steaming and preheat the oven to the desired temperature. After cooking, rest the item for 5 minutes prior to serving.

Seafood	Temp (°C)	Water in drawer (ml)	Time (mins)
Blue Eye, 200 – 250g fillet/s	75	400	12
King George whiting, whole, 180 – 200g	75	350	10
Mussels	96	350	8
Prawns, large, fresh or defrosted	75	350	6
Salmon, 250 – 300g fillet/s	75	350	10
Snapper, whole, 500 – 600g	75	550	20
Swordfish, steak/s, 200 – 250g	75	400	10

For optimum results when steaming meat or poultry, remove the items from the fridge 30 minutes before steaming and preheat the oven to the desired temperature. Rest the item for 5 minutes before serving.

Meat and poultry	Temp (°C)	Water in drawer (ml)	Time (mins)	CT Sensor (°C)
Chicken, breast, 260g	85	550	26	76
Chicken, whole, 1700g	90	2 x 800 (i.e. refill)	90	75
Pork fillet, 400 – 500g	85	550	25-28	70

Eggs	Temp (°C)	Water in drawer (ml)	Time (mins)
Eggs, hard boiled	96	400	12
Eggs, soft boiled	96	400	8

STEAM COOKING GUIDE

50% Half Steam + Heat

For optimum results, preheat your oven before you commence steaming the food. Add approximately 300ml of water to the water drawer. Take care when opening the oven door whilst steaming is taking place.

Vegetables	Temp (°C)	Time (mins)
Mushrooms, button	110	12
Mushrooms, large field	110	16
Pumpkin, large pieces, skin on or off	110	60
Fish – whole	Temp (°C)	Time (mins)
Barramundi, 400 – 500g	110	14-16
Flounder, 500 – 600g	110	10-12
Rainbow trout, 400 – 500g	110	8-10
Rainbow trout, 900g	110	18
Fish – fillet	Temp (°C)	Time (mins)
Barramundi, 450 – 500g	110	14-16
Beef	Temp (°C)	Time (mins)
Silverside, 300g	110	40
Pork	Temp (°C)	Time (mins)
Scotch roast, 500 – 600g – for optimum results, after cooking, sear all over in a hot pan before carving	110	110
Reheating	Temp (°C)	Time (mins)
1 plate dinner	110	20

25% Quarter Steam + Heat

For optimum results when steaming meat, poultry or fish, remove the items from the fridge 30 minutes before steaming and preheat the oven to the desired temperature. After cooking, rest the item for 5 minutes prior to serving.

Beef	Temp (°C)	Time (mins)	CT Sensor (°C)
Blade, 1kg	180	60	65
Eye fillet, 1kg	200	25-35	65
Round, 1kg	180	65	65
Rump, 2kg	190	60-65	65
Scotch, 1kg	190	35-40	65
Topside, 1kg	180	60	65

25% Quarter Steam + Heat

*To obtain a crispy skin we recommend scoring and salting the skin before cooking. Select the Turbo Grill function for the last 5 minutes of cooking.

Pork*	Temp (°C)	Time (mins)	CT Sensor (°C)
Belly, 1kg	190	80	70
Forequarter hock, 3kg	190	90	70
Leg roast (bone in), 1kg	180	60	70
Leg roast (bone out), 1.5kg	190	65-70	70
Loin rack, 1.2kg, 4 points or chops	180	55-60	70
Rolled belly, 1kg	200	35	70
Rolled shoulder roast (bone removed), 1.6kg	180	85	70
Sausages, thick, 150 – 180g each	200	13-15	70
Sausages, thin, 100 – 120g each	200	10-12	70
Lamb	Temp (°C)	Time (mins)	CT Sensor (°C)
Ribs, 300g	180	60	65
Leg, bone in, 1800 – 2000g	180	80-90	65
Leg, bone out and rolled, 1700 – 1800g	190	75-85	65
Chicken	Temp (°C)	Time (mins)	CT Sensor (°C)
Maryland, 250 – 300g, cook skin side up	210	22-28	75
Breast, skin on, 250 – 300g, cook skin side up	200	20-25	75
Whole, 1600 – 1800g	220	45-55	75
Vegetables	Temp (°C)	Time (mins)	
Beetroot, wedges	180	50	
Brussel sprouts, whole	180	45	
Carrots, whole Dutch	190	25	
Cauliflower, large pieces	180	35	
Celeriac	180	35	
Eggplant, large pieces	190	25	
Fennel, wedges	180	50	
Jerusalem artichoke, peeled	180	30	
Onion, wedges	180	30	
Parsnips, large pieces	180	35	
Potatoes, whole	180	40	
Pumpkin, butternut, large pieces	190	30	
Pumpkin, Japanese, large pieces	200	35-40	
Shallots, whole	190	25-30	
Sweet potato, large pieces	190	30	
Tomatoes, halved	200	8	



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Acknowledgements

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Light Bites

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Shakshuka baked eggs with tomato, parsley and feta

Serves 4

- 1 Preheat the oven to Half Steam + Heat at 110°C.
- 2 Generously grease four 250ml ramekins with the butter. Wide, low rimmed ramekins work best for this dish.
- 3 Finely slice the shallot and garlic and add to a small fry pan with 1 tablespoon of olive oil. Add tomatoes and bring to a simmer. Sprinkle with salt, pepper and sumac.
- 4 Divide the tomato mixture evenly between the ramekins. Break 2 eggs into each ramekin, pin prick the yolks then top with crumbled feta, a sprinkle of parsley and a pinch of salt and pepper.
- 5 Place the ramekins onto a tray and into the oven for 11 minutes. The egg whites should be cooked through, but the egg yolks can be served runny or firm, depending on your preference.
- 6 Remove the ramekins from the oven. Serve with warm buttered toast, a dollop of butter, sprinkle of parsley and a lemon wedge.

Chef's Tips

Using steam to bake the eggs ensures they are the perfect consistency. Baked eggs are also delicious with a variety of flavours. Try adding some chorizo or Spanish salami.

Ingredients	
1	1 tablespoon of butter
1	1 shallot
2	2 cloves of garlic
1	1 tablespoon of olive oil
2	2 cans of crushed tomatoes
	salt and pepper
¼	¼ teaspoon of sumac
8	8 eggs
100g	100g of fetta cheese, crumbled
2	2 tablespoons of parsley, roughly chopped
To serve	
8	8 slices sourdough, toasted
	butter, for toast
1	1 tablespoon finely chopped parsley
½	½ lemon, cut into 4 wedges
To cook	
20	minutes 
110	°C 
	Half Steam + Heat 
Difficulty	



Country-style crusty bread

- Serves 10
- 1

Preheat the oven using the Dough Proving function.
- 2

Using an electric mixer fitted with a dough hook, mix and knead all the ingredients on the lowest speed for 10-15 minutes, until the dough is smooth but not sticky.
- 3

Turn the dough out into a lightly oiled bowl and place in the oven on the Dough Proving function for 20 minutes, or until the dough rises to double the volume.
- 4

Remove the dough from the bowl and divide into two large, evenly-weighted balls of dough. Knead each one and shape into long thick baguettes.
- 5

Place on the perforated steam tray and return to the oven on the Dough Proving function for 12 minutes or until the dough has doubled in size. Remove from the oven.
- 6

Preheat the oven to 190°C on the Bread Baking function in the Assisted Cooking category. When the oven reaches the set temperature, return the tray to the oven and cook for 45 minutes, then cool on a wire rack until ready to serve.

Chef's Tips
Hard herbs like thyme, rosemary or sage chopped roughly and mixed through the dough for the last couple of minutes in the mixer will give this bread a beautiful aroma.
Reheat in the oven to freshen up for the next couple of days.

Ingredients
800g strong, unbleached flour
200g strong, wholemeal flour
1 tablespoon instant dried yeast
1 tablespoon salt
2 tablespoons olive oil
650ml lukewarm water

To serve
butter or olive oil

To cook	
90 minutes	
190	
Dough Proving, Bread Baking	
Difficulty	



Steamed eggs with bacon and asparagus

Serves 3

- 1 Preheat the oven to 80°C on the Full Steam function.
- 2 On a cooktop, heat a wide-bottomed saucepan on medium to high. Add the olive oil then the mushrooms, bacon lardons, onion and asparagus.
- 3 Sauté for 5 minutes until softened and browned.
- 4 Spray the muffin tin with vegetable oil spray and spread the filling evenly into each hole. Make a well in the centre and crack an egg into each one.
- 5 Top with the chives and steam for 12 minutes for soft eggs, 15 minutes for medium and 20 minutes for firm.
- 6 Serve with toast and rocket drizzled with extra virgin olive oil and cherry tomatoes seasoned with salt and pepper.

Ingredients
1 tablespoon of olive oil
5 button mushrooms, diced
50g of bacon lardons
¼ brown onion, finely diced
½ bunch asparagus, diced
vegetable oil spray
6 eggs
¼ bunch of chives, finely chopped

Equipment
6 hole muffin tin

To serve
bread, sliced and toasted
50g rocket
extra virgin olive oil
cherry tomatoes
salt and pepper

To cook	
30 minutes	🕒
80	°C
Full Steam	👤
Difficulty	👤👤👤

Chef's Tips
Replace the asparagus with any seasonal vegetable.



Quiche Lorraine

Serves 6-8

- 1 Begin the pastry the evening before.
- 2 In a food processor, pulse the flour, butter, salt and sugar until they resemble fine breadcrumbs.
- 3 Add the egg and milk and pulse until the mixture comes together – about 10 seconds. Turn out the dough on a work surface and bring together with your hands. Knead until the dough forms a smooth ball - this should take no more than 30 seconds as the dough should be kneaded as little as possible.
- 4 Wrap in cling film and refrigerate overnight. If you are making this the same day, refrigerate for at least an hour to firm up the dough.
- 5 Preheat the oven to 96°C on the Full Steam function and steam the spinach leaves on the perforated steam tray for 3 minutes. Remove from the oven and cool on the tray at room temperature.
- 6 Adjust the oven to 190°C on the Quarter Steam + Heat function.
- 7 Place the pancetta in a saucepan of cold water and bring to the boil. Strain and dry on paper towel.
- 8 Sauté the mushrooms in the butter with salt and pepper until cooked and all moisture has evaporated. Set aside.
- 9 Squeeze the excess moisture from the spinach and chop roughly.
- 10 Whisk the egg and yolks with the cream and season with salt, pepper and nutmeg then add the chives.
- 11 Line a tart shell with baking paper, roll out the pastry to 5mm thickness then lay the pastry over the shell and trim the edges. Blind bake the quiche shell at 190°C for 30 minutes. Ensure that the tart shell has no cracks by brushing it with egg yolk prior to adding the filling.
- 12 Reduce the oven temperature to 165°C. Layer the filling ingredients in the base of the tart shell, starting with the pancetta, mushrooms and spinach and finally the grated gruyere. Pour the egg and cream mixture over the top, filling the tart shell as much as possible without spilling over.
- 13 Bake for 35 minutes at 165°C on Quarter Steam + Heat.
- 14 Cool slightly and serve.

Chef's Tips

This quiche can be made into individual servings and is best served warm, straight from the oven.

Experiment with the filling for quiches by following the same ratio of ingredients and replacing them with the alternatives of your choice.

Top up the filling after you have positioned the quiche in the appropriate position in the oven to avoid spilling the mixture during transition.

Ingredients	
Pastry	
250g plain flour	
150g unsalted butter, softened	
1 teaspoon of salt	
pinch of sugar	
1 egg	
1 tablespoon of cold milk	
Filling	
200g of loose leaf baby spinach leaves	
140g thick pancetta slices, rind removed and sliced into thin lardons	
1 tablespoon butter	
200g mushrooms, sliced	
salt and pepper to taste	
1 egg	
3 egg yolks	
300ml double cream	
¼ bunch of chives, finely chopped	
1 pinch ground nutmeg	
140g gruyere, grated	
To cook	
15 minutes + 90 minutes	🕒
Various	°C
Full Steam, Quarter Steam + Heat	👤
Difficulty	👤👤👤



Soft tofu with spiced, roasted vegetables and Persian feta

Serves 4

- 1 Preheat the oven to 180°C on the Quarter Steam + Heat function.
- 2 Mix the onion, cauliflower and eggplant with the spice mix and 2 tablespoons of olive oil.
- 3 Add the salt and pepper and spread over a baking paper lined oven tray with the tofu carefully positioned in the middle.
- 4 Bake for 22 minutes then remove from the oven.
- 5 Break up the tofu and stir through the roasted vegetables with the crumbled feta. Dress with the olive oil and lemon juice to taste. Mix in the herbs and divide evenly between four plates.

Ingredients

- 1 onion, thinly sliced lengthways
- ¼ cauliflower, broken up into florets
- 1 small eggplant, diced into 1 inch pieces
- 2 teaspoons of Ras el Hanout spice mix
- 2 tablespoons of olive oil
- Salt and pepper
- 300g silken tofu
- 150g of Persian feta, crumbled

To serve

- Olive oil and lemon juice for dressing
- Fresh herbs such as mint, dill, coriander, parsley and chives, washed, dried and roughly chopped

To cook

- | | |
|----------------------|-----|
| 25 minutes | 🕒 |
| 180 | °C |
| Quarter Steam + Heat | 👤 |
| Difficulty | 👤👤👤 |

Chef's Tips
Substitute herbs for whatever you have on hand.



Olive and semolina bread

Serves 8-10

- 1 Preheat the oven using the Dough Proving function.
- 2 Using an electric mixer fitted with a dough hook, mix the semolina flour, salt, yeast and water on the lowest speed for 10-15 minutes until dough is smooth but not sticky.
- 3 Add the roughly chopped, pitted green olives, a further handful of semolina flour and knead for 1-2 minutes or until the olives are incorporated fully.
- 4 Turn out into a lightly oiled bowl and place into the preheated oven for 15 minutes until the dough rises an extra 25% in volume.
- 5 Knock back the dough and roll out into a 1 inch thick rectangle, roughly 15cm in length. Take care with this step as the thickness of the dough will influence the end result.
- 6 Slide onto a well-floured board and cool in the refrigerator for an hour.
- 7 Remove from the fridge and spread the olive tapenade over the top of the rolled-out dough. Cut into strips 3/4 the height of the muffin tin then roll each strip into a pinwheel that fits loosely into each recess.
- 8 Return to the oven on the Dough Proving function for a further 20 minutes or until the rolls double in volume. When proving is complete, remove from the oven. Set the oven to 185°C on the Bread Baking function.
- 9 When the set temperature has been reached, return the muffin tray to the oven and cook for 35 minutes.
- 10 Remove from the oven and cool on a wire rack until ready to serve.
- 11 Serve warm with avocado, or sliced to accompany a platter of dips.

Chef's Tips

The tapenade can be replaced with any kind of preserved vegetable. Sun dried tomatoes, feta cheese, chopped artichokes or finely chopped mushroom duxelle also work well.





Ingredients

- 500g semolina flour
- 15g salt
- 7g dried yeast
- 280ml water
- 75g pitted green olives, roughly chopped
- 100g olive tapenade
- extra semolina flour for dusting

Equipment

- 12 hole muffin tin

To cook

- 90 minutes 
- 185 
- Dough Proving, Bread Baking 
- Difficulty 



Vegetables

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Steamed, seasonal green vegetables

Serves 4

- 1 Preheat the oven on the Full Steam function and add the perforated steam tray.
- 2 Add the vegetables in the following order and at the following times.
- 3 When the oven has reached the set temperature, add the leeks and steam for 2 minutes.
- 4 Add the cabbage and steam for 4 minutes.
- 5 Add the broccolini and steam for 2 ½ minutes.
- 6 Add the asparagus, snow peas and beans and steam for 2 ½ minutes.
- 7 Add the bok choy and broad beans and steam for 2 ½ minutes.
- 8 To prepare the dressing, heat the sesame oil in a pan with garlic and chilli and sauté for 2 minutes on a medium heat. Add the vinegar, soy and water and simmer for 30 seconds.
- 9 Arrange the vegetables on a serving platter, or equally over four plates and drizzle with the dressing.

Chef's Tips

This process will work with any combination of vegetables. Check the steam tables on pages 6-9 for cooking times.

Ingredients	
1 leek, cut into 1 inch thick slices	
¼ Chinese cabbage or wombok cut into four pieces	
½ bunch of broccolini, trimmed	
½ bunch of asparagus, trimmed	
50g of snow peas, destrired	
100g of green beans, tailed	
1 head of bok choy, washed and quartered	
100g broad beans, podded, fresh or defrosted	
Dressing	
1 tablespoon of sesame oil	
1 clove of garlic, peeled and thinly sliced	
1 small chilli, thinly sliced	
1 tablespoon of rice wine vinegar	
2 tablespoons of soy sauce	
1 tablespoon of water	
To cook	
30 minutes	
96	
Full Steam	
Difficulty	






Quinoa salad with steamed vegetables, herbs and chimmichurri

Serves 6 as a main course or 10 as an accompaniment

- 1 Cook the quinoa to the specifications from the steam tables on pages 6-9 using the Full Steam function. Remove from the oven and set aside to cool.
- 2 Adjust the oven settings to the Quarter Steam + Heat function at 200°C.
- 3 Mix the broccoli, cauliflower, mushrooms and zucchini in a bowl with the olive oil and salt. Line the steam oven tray with baking paper and top evenly with the vegetable mixture.
- 4 When the oven has reached the set temperature, add the corn to the oven and set the timer for 5 minutes.
- 5 When the timer sounds, add the tray of vegetables and reset the timer for 15 minutes.
- 6 Remove from the oven and cool.
- 7 Strip the kernels from the corn ears using a sharp knife, then combine the vegetables with the quinoa, fresh ingredients and dressing.
- 8 Serve on a platter or individually with fresh lemon or lime wedges.

Ingredients
½ cup of red quinoa
½ cup of white quinoa
1 head of broccoli, finely chopped
¼ head of cauliflower, finely chopped
3 large Swiss brown mushrooms, sliced
1 zucchini, diced
1 tablespoon of olive oil
1 teaspoon of salt
2 ears of corn, peeled
1 punnet of cherry tomatoes, sliced
1 Lebanese cucumber, thinly sliced
1 handful of herbs of your choice, chopped (we've used mint, coriander, parsley and dill).
1 avocado, thinly sliced and dressed with the juice from ¼ of the lemon
1 portion of the chimmichurri dressing from page 72
1 lemon or lime for serving

To cook	
60 minutes	
200	°C
Full Steam, Quarter Steam + Heat	
Difficulty	

Chef's Tips

Any fresh vegetable can be substituted or added to this, for example beetroot, radish, daikon, carrot, capsicum etc.



Stuffed mushrooms

Serves 4

- 1 Preheat the oven on the Full Steam function.
- 2 Remove stems from the mushrooms and set aside.
- 3 Line the perforated oven tray with baking paper and arrange the mushrooms gill side up. Sprinkle with salt, pepper and garlic powder and steam for 5 minutes.
- 4 Finely chop the stems of the mushrooms, pancetta and parsley and combine with the remaining ingredients in a small bowl.
- 5 Remove the mushrooms from the oven and adjust the temperature to 170°C on Quarter Steam + Heat. Divide the mixture into four and fill each mushroom, lightly patting down.
- 6 Return to the baking tray and bake for 15 minutes.
- 7 Serve the mushrooms on their own as a beautiful entrée or appetiser or as part of a breakfast with spinach and toast.

Ingredients

- 4 large field mushrooms
- Salt and pepper
- ¼ teaspoon of garlic powder
- 4 slices of pancetta
- 1 sprig of parsley
- 100g of breadcrumbs
- 100g of grated pecorino
- 50g of sundried tomatoes
- 1 tablespoon olive oil

To cook

- 25 minutes
- 96, 170
- Full Steam, Quarter Steam + Heat
- Difficulty

Chef's Tips

This dish would accompany most meat and fish successfully i.e. lamb shanks from page 74.








Roasted, seasonal vegetables with a yoghurt and sesame dressing

Serves 8 as an accompaniment or 3-4 as a main course

- 1 Preheat the oven to 200°C on the Quarter Steam + Heat function.
- 2 Mix the vegetables together and arrange on an oven tray lined with baking paper.
- 3 Drizzle with the olive oil, season with salt and pepper and place in the preheated oven for 22 minutes.
- 4 Thoroughly mix together the dressing ingredients.
- 5 Drizzle the dressing over the roasted vegetables and serve.

Ingredients
¼ bunch Dutch carrots, top and tailed
1 sweet potato, peeled and cut into small wedges
1 Japanese or baby eggplant, sliced into thin wedges
3 medium-sized Kipfler potatoes, peeled and cut into thick rounds
1 each long yellow and red peppers, halved and seeds removed
¼ Japanese pumpkin, cut into small wedges
1 fennel bulb, sliced into thin wedges
1 beetroot, peeled and cut into small wedges
1 leek, cut into 1 inch thick rounds
olive oil
salt and pepper

Dressing
100g plain yoghurt
50ml olive oil
25g tahini
lemon juice to taste

To cook	
60 minutes	
200	°C
Quarter Steam + Heat	
Difficulty	  

Chef's Tips
Most vegetables cooked together in this way will work beautifully and make a wonderful accompaniment for any roasted meat.




Savoury carrot and mushroom cake

Serves 6 as an entrée or 12 to accompany a main course

- 1 Add the grated carrot and stock to a pan on a cooktop, cover with a lid and sweat on a low temperature for about 20 minutes.
- 2 Add the mushrooms and shallots and continue sweating down the mixture, uncovered, for a further 20 minutes or until the mix is dry and cooked. Set aside to cool slightly.
- 3 In a bowl, combine the carrot and mushroom mixture with the gruyere, egg yolks and herbs and mix thoroughly.
- 4 Preheat the oven on the Full Steam function.
- 5 Lightly spray a loaf tin with oil, line with baking paper and fill with the mix, spreading out evenly, ensuring there are no air bubbles. Cover with foil, wrap tightly with cling film and cook for 30 minutes.
- 6 Serve warm as a starter with a well dressed salad or as a delicious accompaniment to any main course.

Ingredients
675g of grated carrot
30ml of chicken stock
3 shallots, diced
150g mushrooms, finely chopped
60g gruyere, grated
3 egg yolks
10g herb of choice, chopped (we've used chervil)

To cook	
90 minutes	
96	°C
Full Steam	
Difficulty	  

Chef's Tips
Zucchini, cauliflower and celeriac also work well with this recipe.



Steamed vegetable salad with radishes, and mustard dressing

Serves 4 as an entrée or 6 as a side dish

- 1 Preheat the oven on the Full Steam function.
- 2 Arrange all the green vegetables together on the steam tray and steam for 4 minutes.
- 3 Remove from the oven and set aside to cool.
- 4 Combine the dressing ingredients. Toss the cooled vegetables with the lettuce and radishes.
- 4 Drizzle the dressing over the salad as you serve.

Ingredients

- 200g of each of the following vegetables:
- snow peas
 - sugar snaps
 - green beans
 - broad beans
 - peas (fresh or frozen)
- 3 radishes, thinly sliced
- 100g mixed lettuce leaves

Dressing

- 100ml of olive oil
- 1 tablespoon Dijon mustard
- Juice of half a lemon
- 1 small garlic clove, microplaned

To cook

- 30 minutes 
- 96 
- Full Steam 
- Difficulty 

Chef's Tips

This salad is a great accompaniment to any of the steamed fish or chicken recipes in this book.



A large, vibrant red lobster is positioned diagonally across the bottom half of the page. Its long antennae extend towards the top left. Above the lobster's head, a small, clear glass bowl contains a thick, white, creamy sauce. The background is a solid, light blue-grey color.

Seafood

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Baked garlic mussels with fennel, sherry and garlic

- Serves 4**
- 1 Preheat the oven to 165°C on the Quarter Steam + Heat function.
 - 2 In an oven-proof pan, soften the onion and garlic in the olive oil, on a cooktop, over a medium heat.
 - 3 Add the fennel and carrots, cover with a lid and place in the oven for 20 minutes.
 - 4 Add the mussels and sherry to the pan and bake for a further 12 minutes.
 - 5 For the buttery crumbs, rub the flour into the butter with your fingertips. Mix through the garlic and parsley.
 - 6 Remove the mussels from the oven and sprinkle over the buttery crumb mixture.
 - 7 Set the oven to 210°C on the Turbo Grilling function and grill the mussels on the 4th shelf for 2-3 minutes or until the crumbs are golden brown.
 - 8 Serve with some crusty bread.

Ingredients
1 brown onion, finely diced
3 cloves of garlic, roughly chopped
1 tablespoon of olive oil
1 fennel bulb, cut into 1 inch wedges
3 medium-sized Dutch carrots, peeled and cut on a slight angle
1 kg of fresh mussels, beards removed
¼ cup sherry

Buttery crumbs
50g of plain flour
25g of butter, diced finely and chilled
1 clove of garlic, finely sliced
4 sprigs of parsley, finely chopped

To serve
crusty bread, sliced

To cook	
60 minutes	
165, 210	°C
Quarter Steam + Heat, Turbo Grilling	
Difficulty	

Chef's Tips
Clams may be substituted for mussels.



Swordfish fillets with olive bread croutons, bitter greens and capers

- Serves 4
- 1

Preheat the oven on the Full Steam function.
- 2

Place the eggs in the oven and set the timer for 15 minutes.
- 3

At the 11 minute mark, put the frisée, snow peas and parsley on the steam tray and steam for the last 4 minutes. Remove eggs and vegetables from the oven and set aside to cool.
- 4

Reduce the heat to 75°C and steam the swordfish for 9 minutes.
- 5

Meanwhile, on a cooktop, sauté the steamed greens with the garlic in 1 tablespoon of olive oil and then season with salt and pepper.
- 6

Slice and grill the bread with some olive oil and top with tapenade.
- 7

Divide the sautéed greens between the plates, sprinkle with the capers and top with a swordfish fillet. Peel the warm eggs and place 1 on each plate with the olive toasts.

Chef's Tips
You can substitute any green leaf vegetable like kale, silver beet and/or chicory for the frisée.

Ingredients
4 eggs
½ head of frisée or curly endive, washed and broken up into small pieces
300g of snow peas, strings removed and sliced diagonally
1 bunch of parsley, stalks removed
4 thick swordfish fillets from the fishmonger
3 cloves of garlic, crushed
1 tablespoon of olive oil
salt and pepper
To serve
Sliced bread from the recipe on page 16
100g of olive tapenade
50g of capers

To cook	
30 minutes	🕒
96, 75	°C
Full Steam	👤
Difficulty	👤👤👤



Steamed scallops with a wasabi and lime dressing

Serves 4

- 1 Mix the pepper, sugar, ginger, oyster sauce, garlic, lime zest and wasabi in a bowl. Pour half of the mixture over the scallops and gently toss. Reserve the rest of the liquid for dressing. Cover the scallops and place in the fridge for 20 minutes. Do not add the lime juice as the acid will start to cook the scallops.
- 2 Preheat the oven to 65°C on the Full Steam function.
- 3 Place the scallops on a baking tray. Add the lime juice to the marinade and dressing. Pour a teaspoon of the marinade onto each scallop. Steam at 65°C for 4 minutes.
- 4 Arrange four scallops on a plate with cos salad in the centre, drizzle with the dressing, fresh lime wedges, chopped chives and coriander leaves.

Ingredients

- 16 scallops
- Black pepper, ground
- 2 teaspoons of sugar
- ½ teaspoon of ginger, finely grated
- 4 teaspoons of oyster sauce
- 2 garlic cloves, crushed
- 2 teaspoons of lime zest
- ¼ teaspoon of wasabi
- ½ teaspoon of sesame oil
- 2 teaspoons of lime juice

To serve

- 1 fresh lime, quartered
- ¼ bunch of chives, finely chopped
- 3 sprigs coriander, leaves picked and washed
- Baby cos hearts, leaves separated and washed, drained and chilled.

To cook

- 30 minutes 
- 65 
- Full Steam 
- Difficulty 

Chef's Tips
For an easy appetiser, serve the scallops separately on a lettuce leaf.



Steamed whole fish with ginger and shallots

Serves 4

- 1 Preheat the oven to 90°C on the Half Steam + Heat function.
- 2 Using a sharp knife, cut 3 slits at even intervals on both sides of the fish, then place in a large, shallow steaming dish.
- 3 Combine the rice wine, soy sauce, grated ginger and sesame oil in a small bowl. Spoon the mixture over the fish and rub into the flesh. Marinate in the fridge for 20 minutes.
- 4 Remove the fish from the fridge and bake uncovered on shelf position 2 for 20-25 minutes, or until the flesh is translucent and no longer pink. To test, insert a small knife into the thickest part of the flesh and part gently.
- 5 Place the fish onto a large serving platter and sprinkle with shallots, ginger and pepper.
- 6 Heat the vegetable oil in small frying pan until it begins to smoke. Slowly pour the oil over the fish to give crispness to the skin.
- 7 Garnish with coriander sprigs and serve with steamed jasmine rice if desired.

Ingredients

- 1kg whole white fish, scaled and cleaned
- 2 tablespoons of rice wine
- 2 tablespoons of soy sauce
- 1 tablespoon of ginger, finely grated
- 1 teaspoon of sesame oil
- 2 shallots, diagonally sliced
- ¼ cup of ginger, coarsely grated
- ¼ teaspoon of ground white pepper
- ¼ cup (60ml) of vegetable oil

To serve

- Fresh coriander sprigs to garnish
- Jasmine rice, cooked using the steam tables on pages 6-9

To cook

- 35-40 minutes
- 90
- Half Steam + Heat
- Difficulty

Chef's Tips
Suitable fish for this recipe include red snapper, barramundi or coral trout.



Seafood paella

Serves 6

- 1 Preheat the oven to 110°C on the Half Steam + Heat function.
- 2 In a wide-bottomed, oven proof pan, sauté the garlic and onion in the olive oil for five minutes.
- 3 Add the rice and sauté for a further 5 minutes.
- 4 Add the saffron, red pepper and stock and bring to a simmer. Cover with a lid and place in the oven for half an hour.
- 5 Add the scallops and prawns to the paella pan, replace the lid and cook in the oven for a further 5 minutes.
- 6 Mix the chopped tomato petals into the paella and serve.

Ingredients

- 1 clove of garlic, crushed
- 1 onion, peeled and diced
- 2 tablespoons of extra virgin olive oil
- 1 cup of paella rice
- 1 pinch of saffron
- 1 red pepper, roughly chopped
- 2 cups of fish stock
- 200g of green prawns, peeled and deveined
- 200g of fresh scallops
- 3 tomatoes, cut into quarters and cored

To cook

- 50 minutes
- 110
- Half Steam + Heat
- Difficulty

Chef's Tips
The scallops can be replaced with fresh diced fish of your choice.



Fillets of King George whiting with capsicum tapenade

Serves 4

- 1 Preheat the oven to 75°C on the Full Steam function.
- 2 Arrange the fish fillets on the steam tray and steam for 7 minutes.
- 3 Meanwhile, mix together the tapenade ingredients.
- 4 When the fish is ready, create a nice little salad on each plate with the shaved fennel, lettuce, avocado and oranges. Serve with some capsicum tapenade and the steamed fish.

Ingredients

- 8 thin, white fish fillets of your choice. We've used King George Whiting.
- 2 avocados, peeled and quartered
- 200g of mixed lettuce
- 2 oranges, peeled and segmented
- 1 fennel bulb, shaved
- fennel fronds, for garnish

Capsicum Tapenade

- 200g of pepper relish
- 100g of almonds, toasted and chopped
- 100ml of olive oil
- 2 tablespoons of red wine vinegar
- 50g of olive tapenade
- 10g of anchovies, chopped
- ½ bunch of parsley, chopped
- 20g of capers

To cook

- 30 minutes
- 75
- Full Steam
- Difficulty

Chef's Tips
This is one of those versatile recipes that goes well with any fish, check the steam tables on pages 6-9 for alternatives.



Salmon fillets with steamed Provençal vegetables and herbed basmati rice

Serves 4

- 1 Preheat the oven to 96°C on the Full Steam function. In a small ovenproof pan with a lid, prepare the rice to the instructions in the steam table on pages 6-9.
- 2 Add all the ingredients from the onion to the olives to another ovenproof pan with a lid and bring to the boil on a cooktop.
- 3 Place into the preheated oven with the prepared rice and set the timer for 23 mins.
- 4 When the timer sounds, add the beans, asparagus and zucchini to the other vegetables, replace the lid and cook for a further 5 minutes.
- 5 Remove the vegetables and rice until ready to serve.
- 6 Reduce the oven temperature to 75°C. When the set temperature is reached, place the salmon on the perforated steam tray and steam for 15 minutes. Refer to the steam tables on pages 6-9 if you are using an alternative fish.
- 7 Mix the rice with some chopped fresh herbs of your choice and top with the Provençal vegetables, then season with salt and pepper. Top with the salmon fillets and serve immediately.

Chef's Tips

Use frozen broad beans if they aren't in season. The foundation to this sauce is a great way to cook many combinations of vegetables, use a mixture of whatever is in season and remember to add green vegetables in the last 5 minutes of steaming time.

The salmon can be replaced with ocean trout.

Ingredients

- 1 cup of basmati rice
- ½ brown onion, finely sliced against the grain
- 2 cloves of garlic, halved and thinly sliced
- ¾ cup of olive oil
- ½ cup of white wine
- 2 cups of stock, chicken or vegetable
- black pepper, ground
- pinch of salt
- 5 large globe artichokes, peeled down to the choke and halved
- ¼ cup of baby green olives or large green olives, seeded and chopped
- 300g of fresh broad beans, popped and peeled
- ½ bunch of asparagus
- 1 small zucchini cut into thick slices
- 4 salmon fillets, around 450-500g each
- fresh herbs, finely chopped
- salt and pepper

To cook

- 45 minutes
- 96, 75
- Full Steam
- Difficulty





Poultry

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Chicken in a garlic white sauce with artichokes

Serves 4

- 1 Preheat the oven to 85°C on the Full Steam function.
- 2 On a cooktop, heat an ovenproof pan over a low heat for 5 minutes.
- 3 Melt the butter and gently sauté the chicken in batches without browning.
- 4 Drain the chicken on kitchen paper then sauté the garlic and onion for 5 minutes with the lid on, until soft.
- 5 Add the sealed chicken, potato, artichokes and fava beans with the reserved liquid and half of the lemon zest. Bring to a simmer on the stovetop.
- 6 Replace the lid and steam in the oven for 55 minutes.
- 7 Remove from the oven and transfer the chicken pieces, fava beans and artichokes to a serving dish.
- 8 Pour the cooking liquid with the garlic cloves and potatoes into a jug and liquidise with a stick blender to thicken the sauce.
- 9 Pour the sauce over the chicken and vegetables and sprinkle the remainder of the fresh lemon zest over the dish.

Ingredients

- 30g butter
- 2 skin on chicken breast fillets, cut in half
- 2 chicken thigh fillets
- 2 chicken drumsticks
- 3 cloves of garlic, peeled but kept whole
- 1 onion, sliced lengthways
- 1 chat potato, peeled and thinly sliced
- 1 jar of preserved artichokes, strained and halved
- 1 tin of fava beans, liquid reserved
- zest of 1 lemon

To cook

- 70 minutes
- 85
- Full Steam
- Difficulty

Chef's Tips
Serve with the steamed vegetable salad from page 38.



Steam-baked spatchcock with labna and couscous

Serves 4

- 1 Preheat the oven to 195°C on the Quarter Steam + Heat function.
- 2 Season the spatchcock with salt and pepper and place on baking paper in a roasting tray.
- 3 Mix the ingredients for the salsa together and spoon over the spatchcock.
- 4 Bake in the oven for 30 minutes.
- 5 Remove the spatchcock from the tray and pour the salsa with any chicken juices into a mixing bowl. Mix with the grapes and basil.
- 6 Season the couscous with salt, lemon juice and olive oil. Plate up with spatchcock sitting on top of the cous cous. Add the salsa salad. Spoon the labna on the side and serve.

Ingredients	
4 spatchcock	
½ bunch basil, torn	
250g seedless grapes, halved	
Salsa	
50g capers	
50g dried raisins	
1 clove of garlic, minced	
2 shallots, finely chopped	
30ml extra virgin olive oil	
1 tablespoon balsamic vinegar	
Couscous	
½ cup couscous cooked to the instructions from the steam table on pages 6-9	
1 tablespoon olive oil	
½ teaspoon lemon juice	
salt and pepper	
To serve	
250g labna	
To cook	
60 minutes	
195	
Quarter Steam + Heat	
Difficulty	

Chef's Tips
Alternate the spatchcock with quail, reducing the cooking time to 20 minutes.



Butterflied chicken marinated with smoky pepper relish and chat potatoes

Serves 6

- 1 Preheat the oven to 200°C on the Quarter Steam + Heat function.
- 2 Mix together the ingredients for the marinade, cover the chicken and marinate for 5 minutes before cooking. Alternatively this could be done the night before for a more fiery, flavoursome result.
- 3 Mix the capsicum, onions and fresh rosemary together on an oven tray and place the chicken, breast side down in the middle.
- 4 On a separate tray, toss the potatoes through the olive oil and dried oregano leaves. Season with salt and pepper.
- 5 Place the trays in the oven and bake for 50 minutes.
- 6 At the 25 minute mark turn the chicken over so it is skin side up and sitting on top of the onion and capsicum. Bake for the remaining 25 minutes.
- 7 Rest the chicken for 10 minutes before serving. Separate the legs from the breasts and cut each one in half.
- 8 Divide the vegetables between six plates and top with the chicken pieces.

*Roasted pepper relish can be purchased from many supermarkets or specialty stores.





Ingredients

- 1 whole, size 15 chicken, butterflied
- 1 red, 1 yellow and 1 green capsicum, halved, cored and cut into 1 inch strips
- 1 red onion, cut into wedges
- 2 sprigs of fresh rosemary, picked and chopped
- 1 kg chat potatoes, sliced to 2cm thickness
- 2 tablespoons of extra virgin olive oil
- 1 tablespoon of dried oregano leaves
- salt and pepper

Marinade

- 1½ tablespoons tabasco sauce
- ½ tablespoon smoked paprika
- 1 tablespoon of Portuguese chicken seasoning
- 2 tablespoons roasted pepper relish*

To cook

- 60 minutes 
- 200 
- Quarter Steam + Heat 
- Difficulty 

Chef's Tips
Substitute the chicken with a meatier fish variety or lamb. See steam tables on pages 6-9 for cooking times.



Roast duck with a contemporary slaw

Serves 10

- 1 Preheat the oven to 70°C on the Full Steam function.
- 2 Season the duck skin liberally with salt and place in the oven on the perforated steam tray, with another tray below to catch the fat.
- 3 Steam the duck for 45 minutes. Remove from the oven and place in the fridge to cool.
- 4 When the duck is cool, dry any residual moisture from the skin and season again with salt.
- 5 Set the oven to the Turbo Grilling function and set the temperature to 210°C.
- 6 Return the duck to the oven and roast for 30 minutes or until the skin is golden brown. Set aside at room temperature to rest.
- 7 Combine the components for the salad. Mix together the ingredients for the dressing and toss through the salad.
- 8 Carve the duck breast into slices, cut the leg in half at the joint and serve with the coleslaw.

Chef's Tips

The duck can be substituted for chicken if desired. Cook the chicken at 190°C for 50 minutes for the second time through the oven.





Ingredients

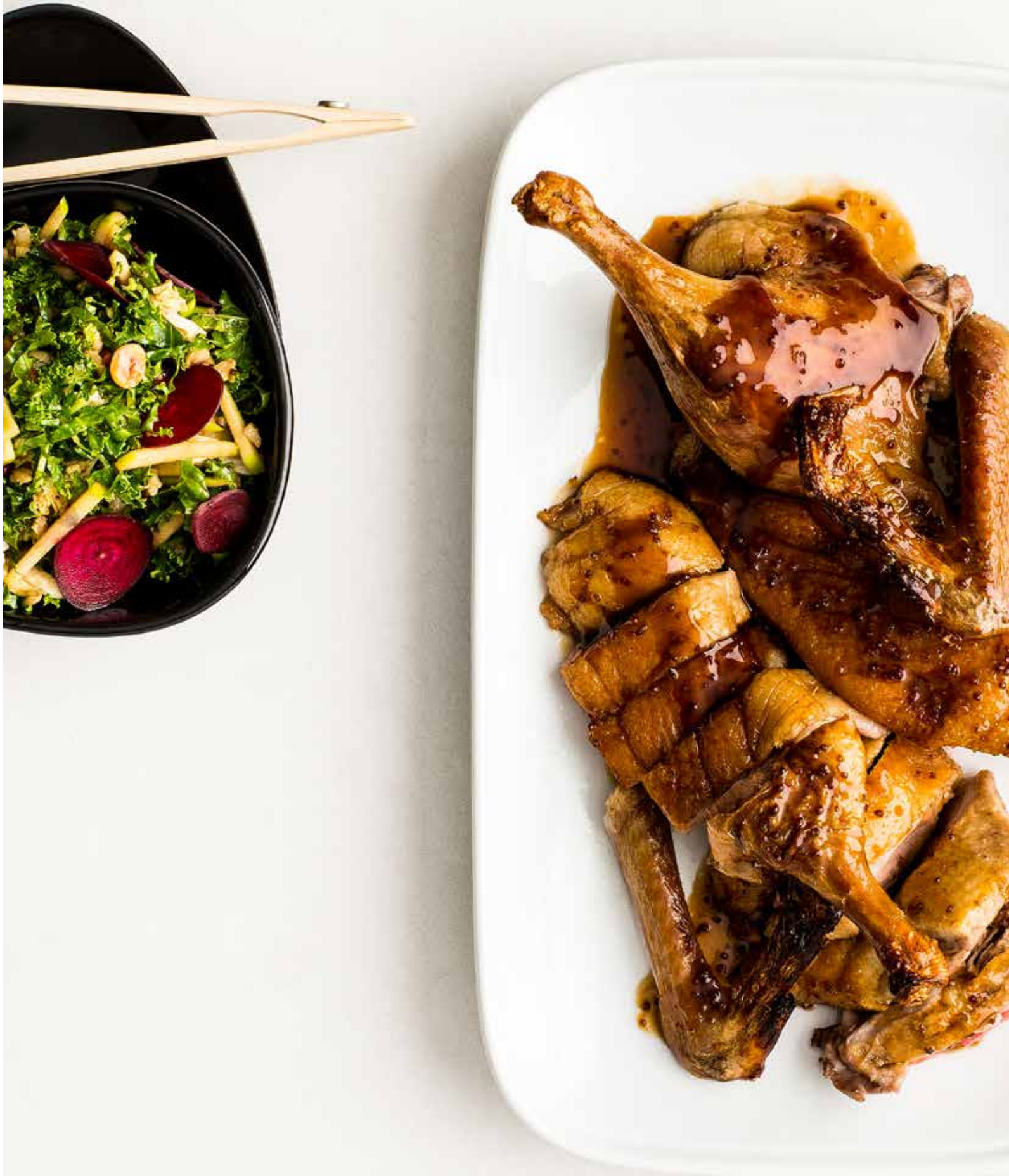
- 1 whole duck
- salt
- 1 cup of barley, cooked
- ¼ wombok (Chinese cabbage), sliced
- ½ bunch kale of your choice (i.e. Tuscan, Curly, Russian), sliced finely
- 1 apple, peeled, cored and cut into batons
- 1 small beetroot, thinly sliced
- 1 long green chilli, thinly sliced
- 1 bunch of mint, roughly chopped
- 1 bunch of radishes, sliced
- 3 oranges, cut into thin wedges
- ½ cup of toasted hazelnuts

Dressing

- ¼ cup of pomegranate molasses
- ½ cup of honey
- 1 tablespoon of seeded mustard
- ½ cup of red wine vinegar
- ¼ cup of oil

To cook

- 90 minutes 
- 70, 210 
- Full Steam, Quarter Steam + Heat 
- Difficulty 





Meat







Steamed corned silverside with Moscow salad and horseradish	68
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Steamed corned silverside with Moscow salad and horseradish

Serves 4

- 1 Preheat the oven to 96°C on the Full Steam function. Place the silverside in the oven on the steam tray with an oven tray below to catch the juices.
- 2 Set the cooking duration for 2:10 hours and the countdown timer for 75 minutes. When the countdown timer goes off, add the vegetables to the tray and set the timer for 33 minutes.
- 3 When the timer goes off, add the eggs (in their shells) and let the timer run the rest of its course (22 minutes).
- 4 When the final timer has sounded, turn the oven off, remove the vegetables and eggs and set aside to cool. Leave the silverside in the oven to keep warm.
- 5 Peel the vegetables and eggs and dice into small pieces. Combine in a bowl with the spring onions, dill, chives, mayonnaise and mustard. Mix well and adjust seasoning if necessary.
- 6 Divide the Moscow salad between four plates. Slice a thick chunk of the silverside to go on each plate and top with a spoonful of horseradish.

Chef's Tips
Try substituting the vegetables with any combination of your favourite root vegetables such as sweet potato, pumpkin, turnips etc.

Ingredients	
1 kg corned silverside	
1 medium beetroot cut into quarters	
2 carrots	
5 Kipfler potatoes	
3 eggs	
2 spring onions, sliced	
½ bunch of dill, chopped	
¼ bunch chives, chopped	
2 heaped tablespoons mayonnaise	
1 teaspoon of seeded mustard	
To serve	
1 tablespoon of preserved horseradish	
To cook	
2 hours 30 minutes	
96	
Full Steam	
Difficulty	  



Pork belly with pickled mango slaw

Serves 8-10

- 1 Preheat the oven to 200°C on the Quarter Steam + Heat function.
- 2 Score the skin of the pork belly and season with salt.
- 3 Place on an oven tray and cook for 1 hour.
- 4 Meanwhile, make the dressing for the slaw by bringing the fish sauce, rice wine vinegar and palm sugar to a simmer on a cooktop then set aside to cool.
- 5 When cool, add the chilli, garlic and lime juice and mix thoroughly.
- 6 Add the dressing to the mango, carrot, cucumber and daikon and let stand for 5 minutes before mixing in the rest of the slaw ingredients.
- 7 Carve the pork and serve atop the coleslaw with fresh lime wedges.

Ingredients

- 1.5kg pork belly
- 2 tablespoons of salt
- Lime wedges to serve




Dressing

- 300ml of fish sauce
- 300ml of rice wine vinegar
- 100g of palm sugar
- 3 birds eye chillis, deseeded and finely sliced
- 6 cloves of garlic, minced
- 100ml of lime juice

Slaw

- 3 green mangos peeled, and cut into thin strips
- 2 carrots, cut into batons
- 2 Lebanese cucumbers, cut into batons
- 1 small daikon, cut into batons
- 250g bean shoots
- ¼ wombok (chinese cabbage), finely sliced
- 2 sticks lemongrass, sliced as finely as possible
- 1 bunch Thai basil, torn
- 1 bunch mint, torn
- 2 shallots, peeled and finely sliced

To cook

- 80 minutes 
- 200 
- Quarter Steam + Heat 
- Difficulty 

Chef's Tips

If the pork skin isn't crispy, turn on the Fan Grill function. Place the pork on the 3rd shelf and grill for 5-10 minutes or until the skin becomes crispy. The skin will crisp up quite quickly, so watch carefully to ensure it does not burn. The slaw also goes well with the brisket from page 63.



Soft beef brisket tacos

- Serves 4-5
- 1

Preheat the oven to 165°C on the Quarter Steam + Heat function.
- 2

Rub the brisket with the spice mix, roll tightly in aluminium foil and place on a baking tray. Place in the oven and cook for 3 hours.
- 3

Mix all the ingredients for the chimmichurri sauce and check for seasoning. Refrigerate until ready to serve. This can be made the day before.
- 5

Mix the salad leaves together and drizzle with olive oil and freshly squeezed lemon juice. Season with salt and pepper.
- 6

Using two forks, shred the meat for serving.
- 7

Assemble the soft tacos with the salad, shredded meat and drizzle with the chimmichurri sauce. Serve with the lemon wedges and pomegranate seeds.

Chef's Tips
The contemporary coleslaw from page 64 also works beautifully with these tacos.

Ingredients	
1kg of beef brisket (choose a nice piece with plenty of fat and sinew running through it)	
spice mix such as:	
1	teaspoon of peppercorns, crushed
1	teaspoon of fennel seeds, crushed
1	teaspoon of coriander seeds, crushed
1	teaspoon of cumin seeds, crushed
1	teaspoon of coriander seeds
1	teaspoon of salt
Salad	
1 handful of rocket leaves	
1 head of cos lettuce or curly endive, washed and torn	
olive oil	
Salt and freshly cracked black pepper	
Chimmichurri sauce	
4 shallots, diced finely	
1 tomato, cored and diced finely	
½ bunch of coriander stalks, finely chopped	
½ bunch of parsley, finely chopped	
¼ cup olive oil	
2 teaspoons of cumin seeds, toasted and crushed	
1 teaspoon of smoked paprika	
juice of a whole lemon	
To serve	
fresh soft tacos - enough for 3 each	
1 lemon, cut into wedges	
1 pomegranate, seeded (optional)	
To cook	
3 hours	
165	
Quarter Steam + Heat	
Difficulty	







Lamb shanks with tomato, spinach and olive sauce

Serves 4

- 1 Preheat the oven on the Full Steam function.
- 2 Wash and dry the spinach leaves, then steam for 5 minutes with the broad beans. Set aside.
- 3 Adjust the oven to the Quarter Steam + Heat function and set the temperature to 210°C. Place a heavy-based dish in the oven to pre-heat.
- 4 Season the lamb shanks with salt and pepper. Once the oven has reached 210°C, place the lamb shanks in the preheated oven dish for 10 minutes to brown.
- 5 Add the carrot, leek, onion, garlic and capsicum and cook for a further 10 minutes.
- 6 Place the rosemary sprigs under the lamb shanks then add the tomato passata, wine and stock to the pan while still in the oven. Cover loosely with foil.
- 7 Adjust the oven temperature to 165°C and cook for 2 hours, turning the shanks half way through.
- 8 Squeeze the moisture from the spinach and chop roughly, then peel the broad beans.
- 9 Place a lamb shank onto each plate, mix the spinach, cannellini beans, broad beans and olives into the sauce and spoon evenly over the shanks.

Chef's Tips

Silverbeet can be substituted for spinach. The steaming time will need to be increased to 10 minutes.

Ingredients	
1 bunch of English spinach	
150g podded broad beans and/or peas	
4 lamb shanks	
salt and pepper	
1 carrot, diced	
1 leek, finely sliced	
1 onion, diced	
1 head of garlic	
1 red capsicum cut lengthways into thick strips	
1 yellow capsicum cut lengthways into thick strips	
2 sprigs of rosemary	
½ cup of white wine	
2 cups of tomato passata	
3 cups of chicken stock	
1 tin of navy or cannellini beans, strained	
100g pitted kalamata olives	
To cook	
2 hours 30 minutes	
96, 210, 165	
Full Steam, Quarter Steam + Heat	
Difficulty	



Lamb backstraps with rattatoullie-stuffed tomatoes and polenta

- Serves 6-8
- 1

Cook the polenta and chicken stock as per the steam tables on pages 6-9.
- 2

Preheat the oven to 210°C on the Quarter Steam + Heat function.
- 3

Pour the passata into a medium sized saucepan. Cut 1cm off the top of the tomatoes and reserve. Scoop the flesh out of the tomatoes, keeping the outer shell as intact as possible. Add the scooped out flesh to the passata and reduce on medium heat on a cooktop until reduced by half, then set aside.
- 4

Place the diced vegetables with the diced pancetta on the steam tray and spread out evenly. Bake in the oven for 15 minutes then remove and set aside to cool.
- 5

Adjust the oven to 65°C on the Full Steam function. Place the lamb on the steam tray and cook for 18 minutes then pat dry with kitchen paper.
- 6

To make the rattatoullie, add the vegetables and diced pancetta to the passata, then mix in the olives, capers and torn basil and season to taste.
- 7

Stuff the tomatoes with the ratatouille filling and mix together the crumb ingredients. Crumble over the top of the tomatoes and cover with the original tomato lids. Bake the stuffed tomatoes at 200°C on the Grilling function for 5 minutes.
- 8

Heat a frypan over a high heat until very hot. Season the lamb and brush lightly with oil. Sear quickly on all sides until golden brown - this should only take about 1 minute for each backstrap.
- 9

Heat the polenta on the cooktop and stir through the parmesan and chopped rosemary.
- 10

Place some of the polenta on each plate with a stuffed tomato beside it. Carve the lamb and serve on the polenta.

Chef's Tips
This would work well with steak or even a meaty fish like Red Mullet or Monkfish.

Ingredients	
6-8 lamb backstraps	
1 cup of polenta	
3 cups of chicken stock or water	
100g microplaned parmesan cheese	
2 sprigs of rosemary, picked and chopped	
8 ripe tomatoes	
Ratatouille	
700g bottle of pasatta	
2 cloves of garlic, diced into ½ cm cubes	
1 onion, diced into ½ cm cubes	
6 button mushrooms, diced into ½ cm cubes	
1 zucchini, diced into ½ cm cubes	
1 small red pepper, diced into ½ cm cubes	
1 small yellow pepper, diced into ½ cm cubes	
100g of green beans, cut into ½ cm lengths	
60g of pancetta, diced into ½ cm cubes	
50g of baby capers	
50g of kalamata olives, cut in quarters	
Handful basil leaves, torn	
Crumbs	
100g bread crumbs	
50g parmesan cheese, finely grated	
handful of parsley, finely chopped	
50ml extra virgin olive oil	
To cook	
60 minutes	
210, 70, 200	
Quarter Steam + Heat, Full Steam	
Difficulty	









Pork scotch fillet with colcannon, mustard, capers and parsley

Serves 4

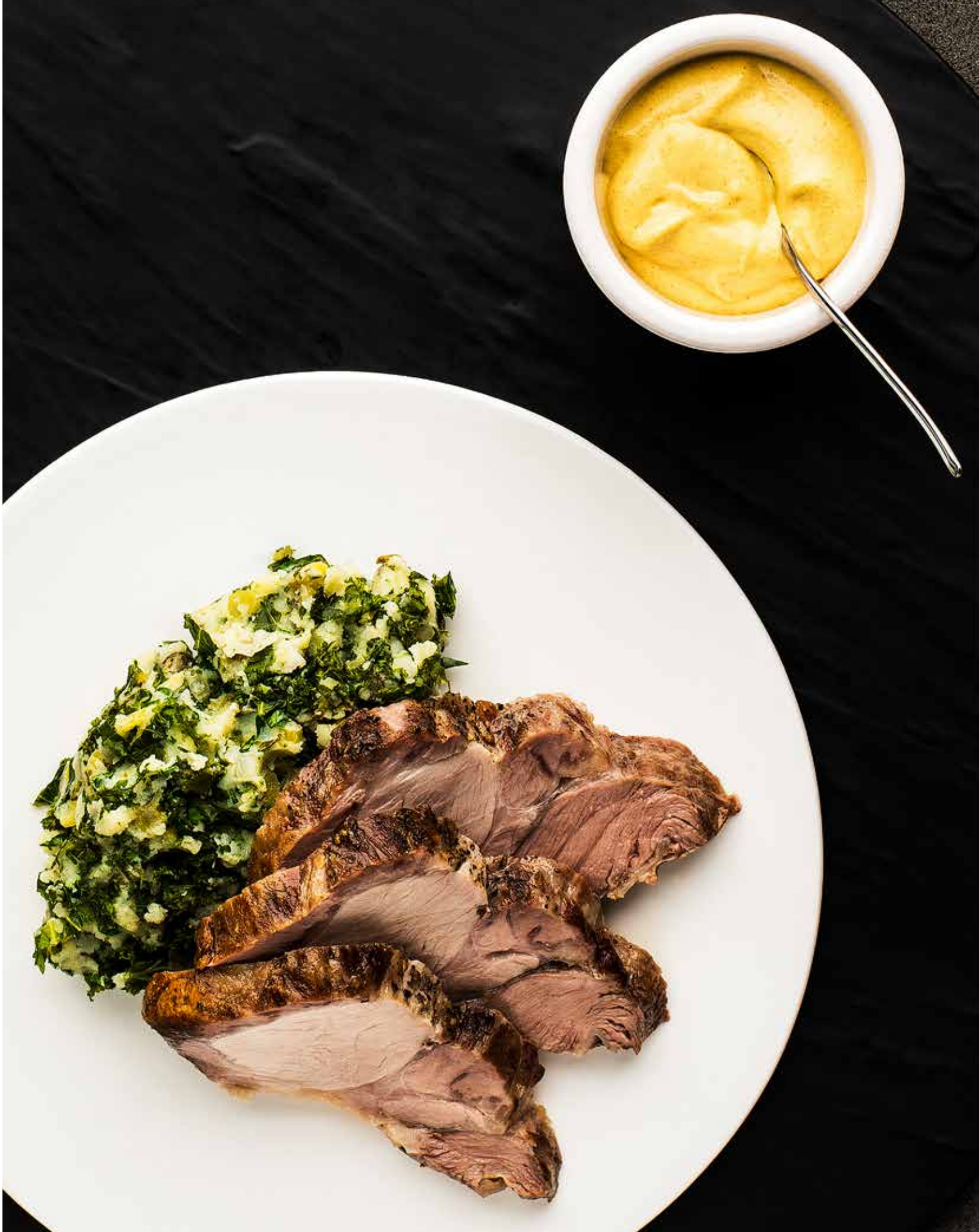
- 1 Preheat the oven to 110°C on the Half Steam + Heat function.
- 2 Season the pork all over with salt and pepper and place in the oven on the steam tray. Set the timer for 95 minutes.
- 3 Separate the kale leaves from the stalks and finely slice both.
- 4 Add the olive oil, onions and kale stalks to an oven-proof pan and cover with a lid.
- 5 After the pork has been cooking for 45 minutes add the potatoes and the pan containing the onions and kale stalks and continue cooking.
- 6 After 30 minutes put the leeks and kale leaves into the oven on a separate tray. When the timer goes off remove everything from the oven.
- 7 To make the colcannon, mash the potatoes, add the onion and kale mixture, the kale leaves and leeks. Add the capers, chopped parsley and mustard. Season with salt and pepper and combine thoroughly with a wooden spoon.
- 8 Heat a frypan on medium to high heat and add a teaspoon of olive oil. Pat the pork dry with paper towel and sear until it becomes a dark golden brown all over.
- 9 Carve the pork into 4 pieces and serve with the colcannon.

Ingredients	
1kg pork Scotch fillet, whole	
salt and pepper	
2 tablespoons extra virgin olive oil	
1 onion, diced	
½ bunch of kale	
1kg of potatoes, peeled	
1 large or 2 small leeks, thinly sliced	
80g of capers	
½ bunch of parsley , roughly chopped	
1 tablespoon of Dijon mustard	

To cook	
100 minutes	
110	
Half Steam + Heat	
Difficulty	  

Chef's Tips

Alternate the kale with your favourite cabbage varieties such as Brussels sprouts or red cabbage. Sauerkraut also works well.



Sweet and sour lamb ribs

Serves 6-8

- 1 Preheat the oven to 150°C on the Quarter Steam + Heat function.
- 2 Mix together the ingredients for the marinade and combine half with the ribs and reserve the other half as a sauce to serve with the ribs.
- 3 Place the ribs into a roasting tray and cover with foil.
- 4 Bake in the oven for 1 hour at 150°C then remove the foil and increase the temperature of the oven to 190°C.
- 5 Continue roasting for a further 15 minutes once the oven has reached 190°C. Turn the ribs every five minutes to keep them coated in the marinade.
- 6 Serve with wedges of lime, the reserved marinade and the fresh pomegranate seeds.

Ingredients

1kg lamb ribs

Marinade

¼ cup pomegranate molasses

½ cup honey

1½ tablespoons of apple cider vinegar

pinch of salt

To Serve

1 fresh pomegranate, seeded

lime wedges

To cook

90 minutes

150, 190

Quarter Steam + Heat

Difficulty



Chef's Tips
This recipe also works well with beef asado ribs and pork ribs.




Roast eye fillet with carrots and mustard sauce

Serves 4

- 1 Preheat the oven to 200°C on the Quarter Steam + Heat function.
- 2 Place carrots on the bottom of a deep dish and sprinkle with salt and pepper. Scatter the garlic cloves (unpeeled) on top of the carrots and drizzle with 1 tablespoon of olive oil. Place into the oven to cook while sealing the beef.
- 3 Add the remaining tablespoon of olive oil to a large non-stick pan on a high heat and seal the beef on all sides.
- 4 Sprinkle the beef with salt and pepper then lightly spread half of the mustard on the beef. Insert the temperature probe into the beef, set to the desired temperature (see temperature chart) and place in the oven.
- 5 Add the butter and shallot to the pan used to sealed the beef and cook over a medium heat for 2 minutes or until the shallots soften.
- 6 Add the remaining mustard and stir until incorporated.
- 7 Gradually stir in the cream and bring to a simmer for 3-4 minutes. Add salt and pepper to taste.
- 8 Allow the beef to rest for approximately 10 minutes before serving.
- 9 Slice the beef into 1.5cm slices and serve with the carrots and the mustard sauce.

Ingredients
2 bunches of Dutch carrots
2 cloves of garlic
2 tablespoons of olive oil
600g grass-fed, whole eye fillet
5 tablespoons of seeded mustard
1 tablespoon of butter
1 shallot, finely chopped
300ml of thickened cream
salt and pepper to taste

Temperature chart
45 - 50 – rare
50 - 55 – medium-rare
55 - 60 – medium
60 - 65 – medium-well
65 - 70 – well done

To cook	
45 minutes	
200	°C
Quarter Steam + Heat	
Difficulty	

Chef's Tips
Whilst the meat is resting, steam some green vegetables to accompany the roast.





Dessert

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Ricotta cheesecake

- Serves 10-12**
- 1 Lightly grease a 9 inch springform pan and line with baking paper.
 - 2 To make the crust, blend the almonds, flour, sugar and salt in a food processor.
 - 3 Whisk together the egg yolk, butter and vanilla extract and add to the food processor with the dry ingredients.
 - 4 When combined, spread evenly over the base of the pan. Press the mixture firmly into the pan to form a 3mm thick crust that extends 1 inch up the sides of the pan. Refrigerate for 20 minutes.
 - 5 Preheat the oven to 165°C on the Quarter Steam + Heat function. Remove the base from the refrigerator and bake for 25 minutes. Set aside to cool.
 - 6 Meanwhile, in an electric mixer using a paddle attachment, beat the cream cheese, sugar and salt until smooth and creamy.
 - 7 Add the ricotta, then the eggs one at a time. Add the vanilla and almond extracts and cornstarch followed by the lemon and orange zest and mix until combined.
 - 8 Pour the mixture over the cooled base and bake at 165°C on the Quarter Steam + Heat function for 60 minutes. When cooked, the cheesecake should wobble but not be runny.
 - 9 Remove the cheesecake from the oven and allow to cool completely in the pan on a wire rack. Cool in the fridge for a couple of hours before serving.
 - 10 Remove the cheesecake from the pan and slice with a long, thin bladed knife. Serve with marmalade and/or coffee ice cream.

Chef's Tips

To make some quick and easy candied lemon and orange rind to garnish the cake with, peel and finely chop the rinds. Place in a saucepan with sufficient water to cover and bring to the boil. Strain and repeat three times. Make a sugar syrup with 125g sugar and 125ml of water and simmer with the rinds for half an hour on a very low heat. Strain for use in the recipe and keep the syrup for another purpose.

Ingredients	
Crust	
¾ cup of blanched almonds, toasted and cooled	
¼ cup of plain flour	
3 tablespoons of sugar	
pinch of salt	
1 large egg yolk	
30g unsalted butter, melted and cooled	
¼ teaspoon of vanilla extract	
Filling	
230g cream cheese	
¾ cup sugar	
¼ teaspoon salt	
4 cups of fresh, whole milk ricotta, strained as much as possible	
3 eggs	
½ teaspoon of vanilla extract	
½ teaspoon of almond extract	
1 tablespoon of cornstarch	
zest of 1 lemon	
zest of 1 orange	
To cook	
2 hours	🕒
165	°C
Quarter Steam + Heat	👤🔥
Difficulty	👤👤👤



Poached fruit

- Serves 8-10
- 1

Preheat the oven to 85°C on the Full Steam function.
- 2

Remove any pith, core or pips from the fruit.
- 3

Place all the remaining ingredients, except the stone fruit to be poached, into an oven proof pan.
- 4

Place the fruit into the pot, cover with a lid then place into the oven for 45 minutes.
- 5

Check every 20 minutes until ready. Fruit should be tender but not soft.
- 6

Serve warm with some of the poaching liquid or topped with vanilla bean ice-cream.

Ingredients
1kg of ripe fruit of your choice, depending on the season (we've used stone fruit and plums)
250ml Tawny port
250ml red wine
1 teaspoon of juniper berries
1 star anise
2 cloves
rind and juice of half a lemon
rind and juice of half an orange
½ a vanilla pod split and scraped
1 cinnamon stick
200g sugar

Additional times
pears 60 minutes
quinces 96°C for 120 minutes
plums and stonefruit 85°C for 45 minutes
figs 30 minutes
cherries 20 minutes

To cook	
30-120 minutes	
85	°C
Full Steam	
Difficulty	



Ricotta pound cake

- Serves 8
- 1

Preheat the oven to 175°C on the Quarter Steam + Heat function.
- 2

Cream the butter in an electric mixer with a paddle attachment, add the ricotta and sugar and continue creaming for a further 3 minutes.
- 3

Add the eggs one at a time followed by the vanilla paste and extract.
- 4

Sift in the cake flour, baking powder and salt and incorporate until well combined.
- 5



Spray a loaf cake tin with oil and dust with flour. Pour the cake mix into the tin and bake in the oven for sixty minutes, turning the temperature down to 160°C after 30 minutes.
- 6

The cake is ready when a wooden skewer comes out clean.
- 7

Remove from the oven and rest for 5 minutes before turning out onto a wire cake tray.
- 8

Serve warm with ricotta and honey, maple syrup or butter.

Ingredients
180g butter, softened
1½ cups fresh ricotta
1 cup sugar
3 large eggs
1 vanilla bean, split and scraped to release the seeds
1 teaspoon vanilla extract
1½ cups cake flour
2½ teaspoons baking powder
1 teaspoon salt

To cook	
75 minutes	
175, 160	
Quarter Steam + Heat	
Difficulty	

Chef's Tips
This is a great accompaniment for the poached fruit from page 88.



Lemon tart

- Serves 8
- 1

In an electric mixer with the paddle attachment, mix the butter until it reaches an even consistency.
- 2

Slowly add the icing sugar and mix until just combined, taking care not to over mix.
- 3

Add the egg yolks, water, flour and salt and mix for a few seconds to combine. Turn out onto a work surface and mix by hand until the dough becomes smooth. Wrap the dough in cling wrap and refrigerate until firm. This can be done a day or two in advance.
- 4

When ready to bake the tart, preheat the oven to 180°C on the Quarter Steam + Heat function.
- 5

Line a tart shell with baking paper, roll out the pastry to 5mm thickness then lay the pastry over the shell and trim the edges. Blind bake for 35 minutes, remove the shell from the oven, then reduce the heat to 130°C.
- 6

Ensure that the tart shell has no cracks by brushing it with egg yolk.
- 7

For the filling, rub the lemon zest into the sugar to release the oils then combine the eggs, sugar and juice and stir well.
- 8

Gently fold the cream into the mixture, pour into the just baked pastry case and bake for 55 minutes until almost set.
- 9

Cool in the tart shell for at least 30 minutes until ready to serve.
- 10

Serve with whipped cream and fresh berries.

Ingredients	
Pastry	
180g	unsalted butter, softened
75g	pure icing sugar, sifted
2	egg yolks
25ml	ice cold water
250g	plain flour
	pinch of salt
	egg yolk, for brushing
Filling	
300g	caster sugar
	zest of 3 lemons
9	eggs
250ml	lemon juice
250ml	thickened cream, lightly whipped
To Serve	
	whipped cream
	berries
To cook	
½ day	
180, 130	
Quarter Steam + Heat	
Difficulty	



Orange crème brûlée

- Serves 8
- 1

Preheat the oven to 96°C on the Full Steam function.
- 2

Rub the orange zest into the sugar to release the oils.
- 3

On a cooktop, bring the cream, milk and sugar to a simmer and take off the heat.
- 4

Whisk the eggs briefly to break up the yolks and add the slightly cooled mixture to the eggs while mixing with a spatula. Use a spatula instead of a whisk to avoid aerating the mixture.
- 5

Add the Grand Manier to the mixture and divide evenly between 8 ramekins. Cover each ramekin with cling film to stop condensation forming on the surface.
- 6

Place in the oven and cook for 25 mins or until just about set. (If the mixture has been refrigerated prior to cooking allow for an extra 5 minutes cooking time).
- 7

Sprinkle castor sugar over the cooled crèmes and brûlée with a kitchen torch to caramelize the sugar.

Ingredients
zest of 2 oranges
800ml cream
200ml milk
120g sugar
2 whole eggs plus 8 yolks
60ml of Grand Marnier

To cook	
40 minutes	
96	
Full Steam + Heat	
Difficulty	

Chef's Tips

For honey flavoured crème brûlée's replace half the sugar with honey and serve with a nut praline of your choice.



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