



STEAM COOKING GUIDE

Full Steam Cooking Guide

For optimum results, preheat your oven before you commence steaming the food. Take care when opening the oven door whilst steaming is taking place.

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

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.

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

Full Steam Cooking Guide

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

Half Steam + Heat Cooking Guide

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

Quarter Steam + Heat Cooking Guide

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
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

*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.

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	

ProCombiTM Steam Ovens

A world of culinary possibilities

Take a tip from professional chefs and try cooking with steam and hot air together, for superior results all round and in less time too. With our ProCombiTM steam ovens, food is soft and tender on the inside, with a crisp golden finish on the outside. The ProCombiTM steam ovens are also multifunction ovens, giving you every culinary tool you need to elevate domestic cooking to new heights.

Combining steam with hot air

The ProCombiTM steam ovens use a combination of steam and hot air to enhance flavours, alluring aromas and spectacular textures.

The main programs are described below:



Full steam

Uses pure 100% steam. Steam's gentle heat evenly penetrates food making for tasty, healthy dishes. The food retains a higher level of nutrients, vitamins and minerals, compared to other cooking methods, while natural colours, flavours and textures are enhanced. It's a convenient way to cook too, as several dishes requiring different cooking times can be placed in the oven at once without smells and tastes being transferred between foods. Perfect for cooking fish, rice, vegetables and fruit.



Half steam + heat

Cooks using a combination of 50% steam and 50% hot air. Introducing a higher level of steam into your cooking helps conserve the texture and moisture of the food. Perfect for cooking soufflés and casseroles. Also recommended for reheating dishes as the steam prevents food from drying out.



Quarter steam + heat

25% steam and 75% hot air are combined to create irresistible flavours. Food is golden brown on the outside and succulent on the inside so it not only looks good, it also tastes delicious. Perfect for cooking bread, poultry, gratins, lasagne and other pasta-baked dishes.

The complete professional cooking tool

As well as combining steam and heat, you will also have the additional cooking functions found on our multifunction ovens. Our ProCombiTM steam ovens not only steam and bake but allow you to slow cook, bake and grill in the usual way.

This steam cooking guide may differ from the information supplied in your product's user manual.

The cooking times and temperatures in this guide have been developed and tested to suit Australian produce and tastes.