

Miele

Steam ovens

The cookbook



Dear connoisseurs,

Shared meals lead to good conversation and memorable occasions. Enjoying time with each other in this way connects us – especially when everything comes together perfectly. But surely this should be something for everyday life and not just for those special moments.

Your new steam oven has been designed to achieve just that. This perfect all-rounder is not only ideal for preparing quick and healthy favourites but also for conjuring up the kinds of culinary delights you might expect from a top-class restaurant.

We hope that this book will inspire you and give you a genuine helping hand. Day in, day out, our Miele test kitchen is a hot pot of knowledge, curiosity, routine and the unexpected. From these ingredients, we have put together some handy tips and reliable recipes for you to use. For even more recipes, inspiration and exciting topics, have a look at our Miele@mobile app.

If you have any questions or comments, we would love to hear from you. Our contact details can be found at the end of this book.

We hope you enjoy many happy hours in the kitchen and around the table.

Kind regards, The Miele test kitchen team

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A bit of background: steam cooking then and now

Cooking with steam is a longstanding tradition in China. In the home of steam cooking, double-skinned vessels have been used to keep the food separate from the water for more than 1000 years. In Europe, this cooking method started to take off in the 1970s, when commercial steam ovens were first used in restaurant kitchens. A little later, the technology then found its way into the home. Now, as awareness about diet increases, more and more people are discovering the advantages of this gentle way of cooking.

Steam cooking with Miele

The Miele steam oven is truly multi-talented and an ideal supplement to your oven and hob. Whether you're making individual side dishes or a complete meal, the steam oven can cope with all this and more. What's more, you can also defrost, heat up, blanch, preserve, juice and disinfect with your Miele steam oven.

The principle behind the Miele steam oven is just as simple as it is effective – unlike boiling, the food is not placed in the water, which means that it does not leach and the amount of minerals lost remains low.

The water required for cooking is heated outside the oven compartment. Only pure steam flows into the oven compartment. This surrounds the food gently from all sides. This means that the food cannot oxidise as the steam forces the oxygen out of the oven

compartment. The result? Colours, flavours and vitamins are retained as effectively as possible.

Thanks to the precise electronic temperature regulation and individual temperature settings, every item is always cooked at the right temperature. You can therefore enjoy delicate foods, such as fish, pâtés or soufflés. The quick heat transmission and automatic cooking process ensure precise preparation – with no risk of burning or overcooking.

Before you start

The fully automatic cooking process – ultimate convenience

Your steam oven features an intelligent electronic unit for maximum user convenience. You do not need to supervise the cooking process, as it runs fully automatically. The set temperature is maintained precisely, meaning that readjustment is not required. What's more, you cannot burn or overcook food in the steam oven. Put your feet up and relax – at the end of the cooking time, the appliance will switch off automatically.

You can use these tables to convert your own recipes very easily. After just a couple of attempts, using your Miele steam oven will come just as naturally as using your other cooking appliances.

Cooking durations and preheating

The cooking duration remains the same, regardless of how much food you are cooking and whether the food is fresh or frozen. How does it work? *The cooking duration does not begin until the set temperature is reached.* This means that fresh food cooks in the same amount of time as frozen food – it's just the heating-up time which varies. And because the appliance adjusts this automatically, you don't need to give it a second thought.

Enjoy success with your own recipes in the steam oven

With the Miele steam oven, you can also cook any food that you would normally cook on the hob. Simply take a look at the cooking tables at the end of this book. They contain information about the temperature, the cooking durations and the necessary cooking containers.

Important information on the recipes

About the cooking durations

- If a period of time is specified in a recipe, then this is to cater for different degrees of doneness or the condition of the food. Choose short durations for smaller pieces or a more al dente result and longer durations for larger pieces or a softer result.
- The average programme duration is specified for the automatic programmes (function depends on model). However, the actual duration of many programmes will depend on how well done you want the food to be. Simply select the setting you want before starting the automatic programme.

About the ingredients

- If an ingredient is followed by a comma (,), the subsequent section of text is a description of that ingredient. In most cases, the ingredient in question can be bought in the condition described, for example: eggs, medium; milk, whole.
- If the individual ingredient is followed by a vertical slash (/), the text after the slash describes how to prepare it. As a general rule, you will need to prepare it yourself as part of the cooking process. This preparation step will not be repeated as part of the recipe method, for example: cheese, mature | grated; onions | finely diced; milk, whole | lukewarm
- Unless stated otherwise, the weight indicated for meat is the trimmed, uncooked weight.

- The weight information for fruit and vegetables always refers to the unpeeled weight.
- Even if the instructions do not explicitly tell you to do so, all fruit and vegetables must be rinsed or washed and peeled if necessary prior to chopping.

About the recipes with an automatic programme

There is a suitable recipe for each automatic programme. The available automatic programmes vary depending on the model. If your steam oven does not have the corresponding automatic programme, you can also prepare all recipes using the manual settings. The preparation steps take both methods into account.

About the cooking containers

- Each recipe specifies the cooking containers which are to be used. The size of the cooking container depends on the steam oven model used.
- For the steam oven, place the condensate tray on the lowest shelf level when using perforated containers.
- For the steam oven with microwave, always place the glass tray (condensate tray) on shelf level 1 (lowest shelf level).

Important information on the recipes

Special features of the individual steam oven models

This cookbook is included with steam ovens with different functions. When the settings deviate from one another, the settings to be selected are specified in the recipes in the following order:

- Steam oven and steam oven with microwave
- (Steam pressure oven) in round brackets

Your Miele steam oven can do more

Steam cooking

For cooking food gently.

Most food is cooked at 100 °C. You can therefore cook vegetables and potatoes, soups and stews, bakes and pulses without impairing the colour, shape, structure and flavour. Steaming rice comes with particularly good results, as it stays fluffy and al dente if that's how you like it. The steam oven can also provide invaluable support when you are preparing baby food.

Fish is ideally suited to steam cooking. While it loses its delicate consistency quickly when the temperature is too high, its taste and consistency are retained in the steam oven as you can set the temperature precisely between 40 and 100 °C. Seafood and shellfish will also come out perfectly – a little bit of gourmet cuisine at home.

You can also cook poultry, meat and sausages in your Miele steam oven. At temperatures between 90 and 100 °C, you will get a piece of meat with a particularly delicate and tender consistency. Even lean poultry, which can dry out otherwise, remains beautifully succulent.

Sous-vide

Please note that this function depends on the model. With this gentle cooking method, food is cooked slowly and at a low, constant temperature in vacuum packaging. With vacuum cooking, no moisture evaporates during cooking

and all nutrients and flavours are retained. Look forward to the result – an intense taste and evenly cooked food.

Discover even more recipes for sous-vide cooking and other exciting topics on our Miele@mobile app.

Steam cooking with pressure

Please note that this function is only available on the steam pressure oven. Steam cooking with pressure uses temperatures of up to 120 °C, so you can halve the cooking time for vegetables which are not sensitive to heat, pulses and lots of meats. The flavour and vitamins are retained, just as with steam cooking without pressure. Discover which dishes are suitable for steam cooking with pressure in the recipes and the cooking tables at the end of this book.

Special applications

Defrosting

Defrost food much quicker in the steam oven than at room temperature. You can gently defrost all common frozen foods, such as vegetables, fruit, fish, meat, poultry and ready-meals at temperatures between 50 and 60 °C. Even frozen dairy products or baked goods will be ready to eat again in record time.

Reheating

When it comes to reheating in the steam oven, the pros don't talk about "regenerating" for nothing – the food looks and tastes freshly cooked. Reheating rounds off the unparalleled food preparation process in the Miele steam oven perfectly. Ideally, heat up ready-cooked dishes at 100 °C – you can even heat up several plated meals at the same time. After approximately 8 minutes, the food will be heated up – and the plate too. So you'll have time to enjoy everything in peace.

Blanching

So you want to freeze fruit or vegetables? By blanching them, you can ensure that they retain their quality while they are in the freezer. Blanch them for 1 minute at 100 °C. Heating them briefly reduces the enzymes in fruit and vegetables which break down flavours and vitamins while they are in the freezer.

Juicing

You can also use your steam oven for juicing, to get fruit juice for drinks or jelly, etc. Berries are ideal for juicing.

The steam softens the cell walls of the fruit until they split and the juice escapes. You can find the recommended settings in the cooking tables at the end of this book.

Bottling

Your Miele steam oven offers you the convenience of preserving without the annoying task of decanting hot liquids. Fruit and vegetables can be bottled, and you can also sterilise the jars in the steam oven. Refer to the information on this in the operating instructions.

You might not be able to do everything at once ...

... but your Miele steam oven can!

You can cook on up to three levels in a Miele steam oven and prepare a whole meal consisting of fish, rice and vegetables, for example. We usually recommend selecting a temperature of 100 °C for this.

No matter how different the individual dishes may be, the constant supply of fresh steam prevents odour and taste transfer. You can therefore prepare sweet and savoury dishes together. What's more, the steam ensures an even cooking result on all levels and – when the oven compartment is full – saves time and energy compared to cooking on the hob or in a conventional oven.

With automatic menu cooking, you only need to select up to three menu ingredients on your steam oven's display and follow the instructions. The steam oven predetermines the time at which the various components need to be added to the oven compartment and informs you with an acoustic signal. With the Miele steam oven, all components are ready to serve at the same time, with minimal effort on your part.

By the way, you can also cook an entire meal without a special application – start with the food requiring the longest cooking time. You can add other dishes without any problems during the cooking process. If your meal consists of, say, fish, rice and broccoli, the rice

needs 20 minutes and the fish and broccoli need 6 and 4 minutes respectively. First, place the rice in the oven and cook for 14 minutes. Once this time has passed, insert the fish and cook the rice and fish together for another 2 minutes. Then add the broccoli and cook all three ingredients together for a further 4 minutes.

Notes

Unimaginable possibilities

You will be amazed at what a Miele steam oven can do. Boiled eggs are cooked to perfection. Chocolate is melted at 90 °C without burning or getting lumpy. Jars and baby bottles need just 15 minutes at 100 °C to be sterilised. The process removes just as many germs as conventional boiling. Enjoy success with desserts, such as light, airy soufflés with minimal effort. What's more, you can make yoghurt and prove yeast dough at 40 °C.

effortlessly and conveniently. Simply get started and enjoy – everything will work perfectly in the Miele steam oven.

Steam reduction

If you are cooking at a temperature of approx. 80 °C, the steam oven door will automatically open a little shortly before the end of the cooking time to allow some of the steam to escape.

Quantity-independent cooking

Regardless of whether you're cooking for one person or four, the cooking durations in your steam oven remain the same. The cooking duration does not begin until the oven compartment has been sufficiently preheated and the required temperature has been reached.

Your favourite recipes in the Miele steam oven

To prepare your own recipes in the steam oven, use the cooking tables in the appendix to this book. In general:

At 100 °C, dishes in the Miele steam oven require the same cooking time as on the hob. This means that you can translate your favourite recipes

tsp = teaspoon

tbsp = tablespoon

g = gram

kg = kilogram

ml = millilitre

pinch = a small amount

1 teaspoon is approx.:

- 3 g baking powder
- 5 g salt/sugar/vanilla sugar
- 5 g flour
- 5 ml liquid

1 tablespoon is approx.:

- 10 g flour/cornflour/breadcrumbs
- 10 g butter
- 15 g sugar
- 10 ml liquid
- 10 g mustard

The ABC of cooking

Term	Explanation
Boned	Meat or fish that has had all bones removed.
Poaching	The process of cooking food in hot, but not boiling liquid.
Ready to cook	Food that has been trimmed/prepared ready for cooking. It is used, for example, for meat where the fat and sinew has already been removed, fish that has been gutted and the scales scraped away, or fruit and vegetables that have been peeled and trimmed ready for use.

To get the best results with steam cooking, you need the right accessories – and Miele has an extensive range available for you. Each component has been designed specifically for Miele appliances in terms of size and functionality. And all have undergone rigorous testing to ensure that they meet exacting Miele standards. All products can be easily purchased from the Miele online shop, from Miele directly or from specialist retailers.

Solid cooking containers

Our solid cooking containers are ideal for cooking dishes in sauces, stocks and water, such as rice, soups or stews.

You can choose between different depths and sizes. The flat cooking containers are used for smaller quantities or dishes which do not need to be completely covered with liquid. The deeper cooking containers are suitable for larger quantities or food which needs to be completely covered with liquid, such as stews, braised meat or soups.

Perforated cooking containers

The perforated cooking containers are ideal for direct steam cooking or blanching. The steam can reach the food on all sides thanks to the perforations. As a result, food should be as flat as possible and placed so that it does not overlap in the cooking containers.

Miele care products

Regular cleaning and care will help you get the most from your appliances by keeping them in good working order and maximising their lifespan. Genuine Miele care products are perfectly tailored to our appliances. These products can be easily purchased from the Miele online shop, from Miele directly or from specialist retailers.

Descaling tablets

Miele has developed special descaling tablets for the water pipework and containers. These do not just descale your appliance highly effectively, but also in a way that is particularly gentle on the materials.

MicroCloth kit

This set of cloths, made up of a universal cloth, a glass cloth and a polishing cloth, effortlessly removes finger marks and light soiling. The hard-wearing cloths are made from finely woven microfibres and offer high cleaning performance.

Potatoes, rice and pasta are an extremely important part of most dishes. Side dishes are not usually the centre of attention and yet choosing the right one can be crucial to the whole menu. The preparation options are virtually limitless. All three accompaniments have a high nutritional value and are key components of a balanced diet. Plus, all three combine a huge range of different cultures, customs and traditions at one table.

Vegetables and side dishes

Antipasti vegetables

Total time required:

35–40 minutes + at least 3 hours for marinating

Serves 4

For the vegetables

2 peppers (200 g each), yellow | sliced

2 peppers (200 g each), red | sliced

1 aubergine (200 g) | sliced

2 courgettes (200 g each) | sliced

500 g mushrooms

For the marinade

6 tbsp olive oil

4 tbsp vinegar

4 tbsp grape juice

1 clove of garlic | chopped

Salt

Pepper

A pinch of sugar

2 tbsp herbes de Provence | finely
chopped

Accessories

Perforated cooking container

Method

Place the peppers, aubergine, courgettes and mushrooms in a perforated cooking container and cook.

Mix the olive oil, vinegar, grape juice, garlic, salt, pepper, sugar and herbs to make a marinade.

Place the vegetables on a plate, pour over the marinade and leave to marinate for at least 3 hours.

Settings

Temperature: 100 °C

Cooking duration: 3–4 minutes

Red cabbage with apple

Total time required:

165 (95) minutes

Serves 4

Ingredients

125 g onions | diced

50 g animal fat

700 g red cabbage | sliced

150 ml apple juice

50 ml vinegar

1 bay leaf

3 cloves

25 g sugar

Salt

Pepper

1 apple | diced

30 g cranberries

50 ml red grape juice

Accessories

Solid cooking container

Method

Place the onions and animal fat in a solid cooking container, cover and braise as indicated for cooking stage 1.

Add the red cabbage, apple juice, vinegar, bay leaf, cloves and sugar to the onions. Season with salt and pepper and continue cooking as indicated for cooking stage 2.

Add the apple, cranberries and red grape juice to the remaining ingredients and finish as indicated for cooking stage 3.

Season with salt, pepper and sugar to taste.

Settings

Cooking stage 1

Temperature: 100 (120) °C

Cooking duration: 4 (2) minutes

Cooking stage 2

Temperature: 100 (120) °C

Cooking duration: 60 (30) minutes

Cooking stage 3

Temperature: 100 (120) °C

Cooking duration: 60 (30) minutes

Tip

You can use redcurrant jelly instead of the cranberries.

Vegetables and side dishes

Dim sum with pak choi filling

Total time required:

75 minutes

Serves 4

For the dough

200 g plain white flour

A pinch of salt

100 ml water

For the filling

800 g pak choi

1 bunch of spring onions (150 g) | sliced into fine rings

2 cloves of garlic | finely sliced

20 g ginger | grated

50 g cashew nuts, salted | chopped

4 tbsp soy sauce

3 tsp sesame oil, dark

2 tsp forest honey

2 tsp lime juice

Salt

Pepper

For rolling out

1 tbsp plain white flour

Accessories

2 perforated cooking containers

Fine grater

Method

For the dim sum dough, knead the flour, salt and water into a smooth dough, shape into a ball, cover and leave to rest for 30 minutes.

Meanwhile, trim the pak choi and put 4 large outer leaves to one side.

Remove the white ribs from the remaining pak choi and cut the leaves into very thin strips. Place the pak choi,

spring onions and garlic in a perforated cooking container and cook as indicated for cooking stage 1.

After cooking, mix the ginger and cashew nuts with the vegetables and season generously with the soy sauce, sesame oil, honey, lime juice, salt and pepper.

Divide the dough into 12 portions, dust the worktop with a little flour, roll out the dough balls into very thin circles and pull into shape (Ø approx. 14 cm). Place around 2 teaspoons of filling in the centre of each dough circle, bring the edges of the dough together and twist to form little pouches. Line 2 perforated cooking containers with the remaining pak choi leaves, place 3–4 dim sum on each leaf and steam as indicated for cooking stage 2.

Settings

Cooking stage 1

Temperature: 100 (120) °C

Cooking duration: 5 (2) minutes

Cooking stage 2

Temperature: 100 °C

Cooking duration: 35–40 minutes

Fennel with walnut vinaigrette

Total time required:

40 (30) minutes

Serves 4

For the fennel

4 fennels (250 g each) | bulb only

200 ml apple juice

100 ml vegetable stock

1 bay leaf

5 peppercorns

For the vinaigrette

50 g walnuts

1 egg, medium

A pinch of salt

3 tbsp olive oil

2 tbsp nut oil

1 tbsp balsamic vinegar, white

1 tsp mustard

1 tbsp parsley | chopped

1 tbsp fennel fronds | chopped

Accessories

Solid cooking container

Method

Quarter the fennel bulbs and cut out all of the core. Place in a solid cooking container.

Mix together the apple juice and vegetable stock and add to the fennel. Add the bay leaf and peppercorns and cook.

Toast the walnuts in a pan and chop coarsely. Hard-boil the egg and chop.

Mix together the remaining ingredients to make a vinaigrette and pour over the fennel. Scatter the walnuts and egg on top and serve warm.

Settings

Temperature: 100 (120) °C

Cooking duration: 12–15 (6–8) minutes

Vegetables and side dishes

Fennel with vegetables

Total time required:

50–55 (45) minutes

Serves 4

Ingredients

2 fennel bulbs

2 carrots | in slices ½ cm thick

1 leek, small | sliced into rings 1 cm thick

2 sticks of celery | sliced into pieces

½ cm thick

1 tsp lemon juice

½ tsp salt

½ tsp sugar

2 onions | diced

2 tbsp butter

Pepper

150 ml double cream

Accessories

Perforated cooking container

Solid cooking container

Method

Quarter the fennel bulbs and cut out the core in a wedge-shaped piece. Finely chop the fennel fronds and set aside for the garnish.

Put the carrots, leek and celery in a perforated cooking container and place the fennel on top.

Mix the lemon juice, salt and sugar and pour over the fennel. Place the cooking container in the oven compartment and place a solid cooking container underneath to catch the resulting broth.

In a pan, sauté the onions in butter and add 150 ml vegetable stock. Season with salt and pepper. Stir in the double cream. Serve the fennel and vegetables and garnish with the fennel fronds.

Settings

Temperature: 100 (120) °C

Cooking duration: 10–12 (5–6) minutes

Vegetable soufflé

Total time required:

85–90 (75–80) minutes

Serves 4

For the cauliflower mixture

500 g cauliflower | in florets

4 eggs, medium

Salt

Pepper

Nutmeg

For the soufflé ramekins

1 tbsp butter

For the sauce

2 shallots | diced

20 g butter

20 g plain white flour

20 ml apple juice

100 ml vegetable stock

100 ml double cream

Pepper

For the garnish

1 tbsp parsley | chopped

Accessories

Perforated cooking container

Hand blender

4 soufflé ramekins

Rack

Method

Place the cauliflower in a perforated cooking container and cook as indicated for cooking stage 1.

Leave the cauliflower to cool, then purée with a hand blender. Separate the eggs and put the whites to one side for later. Stir the egg yolks into the cauliflower and season with salt, pepper and nutmeg to taste.

Beat the egg whites until stiff with a whisk and fold into the cauliflower mixture.

Grease the soufflé ramekins, pour in the mixture and cook as indicated for cooking stage 2.

In a pan, sauté the shallots in butter. Add the flour and deglaze with apple juice.

Mix with the vegetable stock and stir until smooth. Fold in the cream and season with salt and pepper to taste.

Place the vegetable soufflé on a plate, surround with the sauce and garnish with parsley.

Settings

Cooking stage 1

Temperature: 100 (120) °C

Cooking duration: 14 (6) minutes

Cooking stage 2

Temperature: 90 °C

Cooking duration: 15–18 minutes

Tips

- You could use broccoli or carrots instead of cauliflower.
- Instead of soufflé ramekins you could use cups.

Vegetables and side dishes

Gnocchi

Total time required:

70 (55) minutes

Serves 4

For the gnocchi

600 g potatoes, floury, small

50 g plain white flour

50 g semolina

1 egg, medium | yolk only

1 tsp salt

½ bunch of basil (15 g) | leaves finely chopped

½ bunch of parsley, flat-leaf (30 g) | finely chopped

5 sprigs of oregano | leaves finely chopped

50 g sundried tomatoes, in oil | puréed

1 tsp tomato purée

30 g plain white flour

For dusting

1 tbsp plain white flour

For the dish

1 tbsp butter

For the sage butter

50 g butter

20 sage leaves

Salt

Accessories

Perforated cooking container

Potato ricer

Sieve

Method

Wash the potatoes and steam in a perforated cooking container until soft as indicated for cooking stage 1.

Let the potatoes cool a little, peel and press through a potato ricer while still hot. Knead into a dough with the flour, semolina, egg yolk and salt. Halve the dough, knead one half with the herbs and the other half with the sundried tomatoes and the tomato purée. Knead a little flour into each half of dough.

Shape each dough half into a roll (each 60 cm long) on a floured worktop and cut each roll into 30 gnocchi. Gently press each one flat with a lightly floured fork on one of the cut sides.

Grease the perforated cooking container and cook as indicated for cooking stage 2.

Melt the butter in a pan. Fry the sage leaves briefly and add a little salt.

Serve the sage butter with the gnocchi.

Settings

Cooking stage 1

Temperature: 100 (120) °C

Cooking duration: 28 (15) minutes

Cooking stage 2

Temperature: 100 °C

Cooking duration: 10 minutes

Houmous

Total time required:

65 (30) minutes + 12 hours for soaking

Serves 4

Ingredients

200 g chickpeas, dried

2 cloves of garlic | peeled

½ tsp cumin, ground

3 tbsp lemon juice

4 tbsp sesame paste (tahini)

¼ tsp paprika, hot

1 tsp salt

Pepper

1 tbsp olive oil

Accessories

Solid cooking container

Sieve

Hand blender

Method

Sort the chickpeas, cover with plenty of cold water and soak overnight.

Place the chickpeas and the soaking water in a solid cooking container, making sure the chickpeas are covered with water. Add the garlic cloves, season with cumin and cook.

Drain the chickpeas, retain 125 ml of cooking liquid and leave both to cool.

Purée the chickpeas with the cooking liquid, the lemon juice and the tahini using a hand blender. Add enough cooking liquid until you get the required consistency. Season generously with paprika, salt, pepper and cumin.

Drizzle with olive oil and serve.

Settings

Temperature: 100 (120) °C

Cooking duration: 50 (15) minutes

Tip

You can make the houmous even smoother by removing the light-coloured outer skin from the chickpeas before puréeing.

Vegetables and side dishes

Potato dumplings

Total time required:

105–110 minutes

Serves 4

For the potato dumplings

1 kg potatoes, floury

2 eggs, medium

Salt

Nutmeg

50 g plain white flour

50 g potato starch

Cooking stage 2

Temperature: 100 °C

Cooking duration: 15–18 minutes

For the dish

1 tbsp butter

Accessories

Perforated cooking container

Potato ricer

Method

Wash the potatoes and cook them in a perforated cooking container as indicated for cooking stage 1.

Peel the potatoes while still hot and press them through a potato ricer immediately.

Add the eggs to the potatoes and season with salt and nutmeg. Stir in the flour and potato starch.

Shape the dough into a roll, divide into 12 pieces and shape into dumplings.

Grease the perforated cooking container, place the dumplings inside and cook as indicated for cooking stage 2.

Settings

Cooking stage 1

Temperature: 100 °C

Cooking duration: 28–34 minutes

Mashed potato

Total time required:

40–45 (30–35) minutes

Serves 4

Ingredients

1 kg potatoes, floury | peeled and quartered

250 ml double cream

100 ml vegetable stock

20 g butter

Salt

Pepper

For the garnish

1 tbsp parsley | finely chopped

Accessories

Perforated cooking container

Solid cooking container

Potato ricer

Method

Place the potatoes in a perforated cooking container. Place the cream and vegetable stock in a solid cooking container underneath the potatoes and cook.

Press the potatoes through the potato ricer and stir with the cream and stock until smooth. Fold in the butter and season with salt and pepper to taste.

Sprinkle parsley over the top and serve.

Settings

Temperature: 100 (120) °C

Cooking duration: 15–17 (5–6) minutes

Tip

Instead of the liquid described, use 25 g soaked dried porcini mushrooms with the soaking liquid. Then chop the mushrooms finely and fold into the mash.

Vegetables and side dishes

Potato soufflé

Total time required:

80–85 (75–80) minutes

Serves 4

Ingredients

300 g potatoes, floury | diced

3 eggs, medium

30 g chervil | coarsely chopped

150 ml soured cream

100 g peas, frozen

Salt

Pepper

Nutmeg

50 g Parmesan, grated

For the dish

1 tbsp butter

1 tbsp cornflour

Accessories

Perforated cooking container

Potato ricer

4 soufflé ramekins

Method

Cook the potatoes in a perforated cooking container as indicated for cooking stage 1.

Press the potatoes through a potato ricer.

Separate the eggs and put the whites to one side for later. Mix the egg yolks, chervil, soured cream and peas and season with salt, pepper and nutmeg.

Beat the egg whites until stiff and fold into the mixture.

Grease the soufflé ramekins, sprinkle with cornflour and pour in the mixture. Sprinkle Parmesan on top.

Place the soufflé ramekins in the cooking container and cook as indicated for cooking stage 2.

Settings

Cooking stage 1

Temperature: 100 (120) °C

Cooking duration: 9–10 (4–5) minutes

Cooking stage 2

Temperature: 90 °C

Cooking duration: 30–35 minutes

Tip

Instead of soufflé ramekins you could use cups.

Pumpkin risotto

Total time required:

30 minutes

Serves 6

Ingredients

300 g risotto rice

60 g butter

2 cloves of garlic | finely diced

1 onion, small | finely diced

70 ml grape juice

625 ml chicken stock

500 g pumpkin flesh | in 1 cm cubes

1 lemon | zest only

20 g oregano, fresh | finely chopped

75 g spinach, fresh

50 g Parmesan, grated

70 g mascarpone

Salt

Pepper

Accessories

Solid cooking container

Method

Place the risotto rice, butter, garlic, onion, grape juice, chicken stock, pumpkin and lemon zest in a solid cooking container. Start the automatic programme or cook using the manual settings as indicated for cooking stage 1.

Fold the spinach, Parmesan and mascarpone into the risotto rice.

Automatic programme:

Finish as indicated by the automatic programme.

Manual:

Finish as indicated for cooking stage 2.

Season with salt and pepper before serving.

Settings

Automatic programme

ريزوتو | الأرز ذو الحبوب المستديرة | أرز اليقطين

Programme duration: 20 minutes

Manual

Cooking stage 1

Operating mode: طهي بالبخار

Temperature: 100 °C

Cooking duration: 19 minutes

Cooking stage 2

Operating mode: طهي بالبخار

Temperature: 100 °C

Cooking duration: 1 minute

Vegetables and side dishes

Lentil salad

Total time required:

25 minutes

Serves 6

For the salad

1 onion | chopped

180 g carrots | in thin strips, 5 cm long

50 g apricots, dried | chopped

200 g red lentils

1 cardamom pod

1 bay leaf

1 cinnamon stick

2–3 pinches of coriander seeds, ground

Salt

Pepper

300 ml vegetable stock

For the dressing

150 g natural yoghurt, full-fat

2 tsp olive oil

1 tsp lime juice

Pepper

2 tsp honey

½ head of leaf lettuce (350 g) | finely sliced

Accessories

Solid cooking container

Method

Mix the onion, carrots and apricots with the lentils in a solid cooking container.

Add the spices, season with salt and pepper, pour in the vegetable stock and steam.

Mix the yogurt with the oil and lime juice and add salt, pepper and honey to taste.

Let the lentil salad cool down a little, remove the cardamom pod, bay leaf and cinnamon stick.

Fold in the lettuce and serve warm, drizzled with the dressing.

Settings

Temperature: 100 °C

Cooking duration: 10–12 minutes

Carrots with glazed shallots

Total time required:

25 minutes

Serves 4

Ingredients

500 g carrots | sliced

4 shallots | peeled and halved

2 tbsp butter

Salt

Pepper

1 tbsp parsley | chopped

Accessories

Perforated cooking container

Solid cooking container

Method

Place the carrots in a perforated cooking container.

Place the shallots and butter in a solid cooking container and cover. Cook both cooking containers at the same time.

Add the carrots to the shallots and season with salt and pepper.

Sprinkle with parsley before serving.

Settings

Temperature: 100 (120) °C

Cooking duration: 6 (3) minutes

Vegetables and side dishes

Pilaf

Total time required:

35 (20) minutes

Serves 6

Ingredients

4 shallots | finely diced

2 cloves of garlic | finely chopped

200 g carrots | thinly sliced

1 chilli, red | in rings

3 cardamom pods

1 bay leaf

250 g bulgur wheat

Salt

600 ml vegetable stock

3 tbsp butter

2 tbsp parsley, flat-leaf | chopped

Accessories

Solid cooking container

Method

Place the shallots, garlic, carrots and chilli in a solid cooking container.

Crush the cardamom pods gently, add to the other ingredients in the cooking container along with the bay leaf and bulgur wheat. Pour the vegetable stock on top and cook.

Remove the spices from the pilaf and break it up with a fork.

Fold in the butter and parsley and serve hot.

Settings

Temperature: 100 (120) °C

Cooking duration: 20 (6) minutes

Mushroom yeast dumplings with squash sauce

Total time required:

60 minutes

Serves 4

For the dumplings

20 g yeast, fresh

150 ml milk, whole | lukewarm

300 g plain white flour

A pinch of sugar

1 tsp salt

1 egg, medium | yolk only

30 g butter | softened

For the mushroom mixture

400 g mushrooms | finely chopped

2 tbsp butter

1 onion, small | chopped

Salt

Pepper

Nutmeg

15 g parsley | chopped

For the squash sauce

1 red kuri squash (1 kg)

1 onion, small | chopped

150 ml apple juice

150 ml vegetable stock

250 ml cooking liquid

For dusting

2 tbsp plain white flour

For the dish

1 tbsp butter

For refining

100 ml crème fraîche

Accessories

Solid cooking container

Perforated cooking container

Fine sieve

Hand blender

Method

Dissolve the yeast in the milk and add the flour, sugar, salt, egg yolk and butter and knead for approx. 7 minutes to form a smooth dough. Shape the dough into a ball. Place in an uncovered bowl and place the bowl in the oven compartment. Leave to prove as indicated for cooking stage 1.

For the mushroom mixture, lightly sauté the mushrooms in portions in some hot butter until the liquid has completely evaporated. Sauté half of the onion with the last portion, season generously with salt, pepper and nutmeg, fold in two thirds of the parsley and leave to cool.

Peel and halve the squash, remove the seeds and the fibrous interior. Dice the flesh, place in a solid cooking container with the onion, apple juice and vegetable stock. Season with salt and pepper. Slide the cooking container into the upper part of the oven compartment.

Dust the worktop with flour. Divide the yeast dough into 8 portions and shape into balls. Press the balls flat and roll them into discs with a diameter of 13 cm. Place 1 heaped tablespoon of the mushroom mixture onto each disc and shape them into balls. Cover and leave to prove again for 15 minutes.

Grease the perforated cooking container and place the balls inside. Slide the cooking container into the

Vegetables and side dishes

oven compartment under the cooking container with the squash and vegetables and cook as indicated for cooking stage 2.

Drain the squash and collect the liquid. Purée the squash with the cooking liquid until smooth in the cooking container using a hand blender and add the crème fraîche. Season to taste and stir in more cooking liquid if necessary.

Serve the squash sauce with the mushroom yeast dumplings and garnish with the remaining mushrooms and parsley.

Settings

Cooking stage 1

Temperature: 40 °C

Cooking duration: 20 minutes

Cooking stage 2

Temperature: 100 °C

Cooking duration: 20 minutes

Swiss polenta

Total time required:

15–35 minutes

For 1 porcelain oven dish, 2-litre capacity

Ingredients

500 ml chicken stock

500 ml milk, whole

2 tsp salt

A pinch of pepper

20 g butter

250 g polenta (fine, medium, coarse)

Accessories

Porcelain oven dish, 2 litres

Rack

Method

Put the chicken stock, milk, salt, pepper and butter in the porcelain oven dish. Place the porcelain oven dish on the rack in the oven compartment. Start the automatic programme or cook using the manual settings as indicated for cooking stage 1.

Automatic programme:

Stir the polenta into the liquid as indicated in the programme sequence and stir as indicated in the programme sequence.

Manual:

Gradually add the polenta to the liquid, stirring constantly and continue to cook as indicated for cooking stage 2.

Stir halfway through cooking and finish cooking.

Then stir the polenta well again.

Settings

Automatic programme

بوليتتا | بوليتتا على الطريقة السويسرية | حبوب
خشنة/متوسط/ناعمة

Programme duration depending on type of polenta:

7/23/29 minutes (fine/medium/coarse)

Manual

Cooking stage 1

Operating mode: طهي البخار

Temperature: 100 °C

Cooking duration: 3 minutes

Cooking stage 2

Operating mode: طهي البخار

Temperature: 100 °C

Cooking duration:

Fine polenta: 4 minutes

Medium polenta: 20 minutes

Coarse polenta: 26 minutes

Tip

You can use water instead of chicken stock.

Vegetables and side dishes

Courgette and feta rolls

Total time required:

35–40 minutes

Serves 4

Ingredients

1 courgette (200 g)

200 g feta

Salt

Pepper

1 tbsp olive oil

Accessories

Perforated cooking container

Method

Cut the courgette lengthways into thin slices, place in a perforated cooking container and cook as indicated for cooking stage 1.

Cut the feta into strips 2 cm wide and season with salt and pepper.

Remove the courgette from the cooking container. Wrap the feta in the courgette and season with salt and pepper. Drizzle with olive oil, place in a perforated cooking container in the oven compartment and cook as indicated for cooking stage 2.

Settings

Cooking stage 1

Temperature: 100 °C

Cooking duration: 1 minute

Cooking stage 2

Temperature: 100 °C

Cooking duration: 3 minutes

Bread dumplings

Total time required:

110–115 minutes

Serves 4

For the bread dumplings

8 bread rolls | diced into ½ cm pieces

500 ml milk, whole

1 onion | diced

20 g butter

2 eggs, medium

1 tbsp parsley | chopped

Cooking stage 2

Temperature: 100 (120) °C

Cooking duration: 4 (2) minutes

Cooking stage 3

Temperature: 100 °C

Cooking duration: 15–18 minutes

For greasing

Butter

Accessories

Solid cooking container

Perforated cooking container

Method

Warm the milk in a solid cooking container as indicated for cooking stage 1.

Pour the milk over the pieces of bread and leave to soak for half an hour.

Place the onion and butter in a solid cooking container, cover with aluminium foil and braise as indicated for cooking stage 2.

Add the braised onions, eggs and parsley to the bread and mix.

Dampen your hands and shape the dough into 12 dumplings, grease the perforated cooking container, place the bread dumplings inside and cook as indicated for cooking stage 3.

Settings

Cooking stage 1

95 °C; 2–3 minutes

Vegetables and side dishes

Greek tomatoes

Total time required:

25–30 minutes

Serves 4

Ingredients

4 tomatoes | halved crosswise

2 cloves of garlic | finely chopped

Salt

Pepper

4 stalks of basil | finely chopped

100 g feta | finely diced

Accessories

Perforated cooking container

Method

Place the tomatoes in a perforated cooking container with the cut surface facing upwards.

Scatter the garlic over the cut surface of the tomatoes. Season with salt and pepper.

Scatter the basil over the tomato halves.

Place the feta on top of the tomatoes and cook.

Settings

Temperature: 100 °C

Cooking duration: 3–4 minutes

Stuffed courgettes

Total time required:

40 minutes

Serves 4

For the stuffing

1 onion, red | chopped

1 clove of garlic | chopped

½ pointed pepper (80 g), red | finely diced

40 g olives, black, pitted | chopped

75 g olives, green, pitted | chopped

150 g feta | crumbled

6 sprigs of thyme | leaves plucked

100 ml soured cream

Pepper

2 tsp lemon juice

For the courgettes

4 courgettes (320 g each)

Salt

For the garnish

1 tbsp parsley | chopped

2 sprigs of thyme | leaves plucked

Accessories

Perforated cooking container

Method

Mix the onion, garlic, pointed pepper, olives, feta and thyme with the soured cream. Season with pepper and lemon juice to taste.

Halve the courgettes lengthways without peeling them and scoop out the inside with a small spoon. Season the inside of the courgette with a little salt, fill with the feta mixture, place in the perforated cooking container and cook.

Garnish with parsley and thyme and serve.

Settings

Temperature: 100 °C

Cooking duration: 10–12 minutes

Tip

You could use pointed peppers instead of courgettes.

Fish

Fish benefits both the mind and body. Salt-water fish is rich in iodine, vitamins, protein, and omega 3 fatty acids, which boost health and physical fitness, concentration levels, powers of observation and general well-being. Low in calories, versatile, and sophisticated, fish dishes will win you compliments every time. It is no wonder that we are advised to eat at least two portions of fish per week.

Sea bream with vegetables

Total time required:

50 minutes

Serves 4

Ingredients

1 orange, unwaxed

2 cloves of garlic | crushed

1 bunch of basil (30 g) | finely chopped

3 tbsp olive oil

Salt

Pepper

250 g courgette | in thin batons, 5 cm long

250 g celery | in thin batons, 5 cm long

400 g carrots | in thin batons, 5 cm long

4 sea bream (450 g each), ready to cook

Accessories

2 perforated cooking containers

Method

Wash the orange in hot water, dry, finely grate the zest and squeeze out the juice. Mix the garlic with the basil, orange zest, 3–4 tablespoons of orange juice, olive oil, salt and pepper.

Spread out the courgette, celery and carrots in the 2 perforated cooking containers and season with a little salt and pepper.

Drizzle 1 tablespoon of the basil sauce into the belly of each sea bream and season the outside with salt. Place the sea bream on the vegetables and cook.

Serve the sea bream and vegetables with the rest of the basil sauce.

Settings

Temperature: 90 °C

Cooking duration: 25–30 minutes

Fish

Fish curry with peaches

Total time required:

50–55 minutes

Serves 4

For the fish

400 g firm white fish, ready to cook |
diced

3 tbsp soy sauce

1 tbsp lime juice

Salt

Pepper

Settings

Cooking stage 1

Temperature: 100 °C

Cooking duration: 10 minutes

Cooking stage 2

Temperature: 100 °C

Cooking duration: 5 minutes

For the curry

10 g ginger | finely grated

1 clove of garlic | finely chopped

1 chilli | deseeded and finely sliced

2 tbsp desiccated coconut

200 ml coconut milk

2 tbsp curry powder

1 bunch of spring onions (150 g) | sliced
into fine rings

2 peaches, ripe | skinned | diced

Accessories

Solid cooking container

Method

Season the fish with the soy sauce,
lime juice, salt and pepper.

Place all of the ingredients, except for
the spring onions and peaches, in a
solid cooking container and cook as
indicated for cooking stage 1.

Add the spring onions and peaches to
the rest of the ingredients and cook
everything together as indicated for
cooking stage 2.

Mussels in sauce

Total time required:

40 minutes

Serves 4

For the sauce

2 shallots | finely diced
 3 cloves of garlic | finely diced
 1 tomato, large | finely diced
 125 ml apple juice
 350 ml tomato passata
 A pinch of saffron
 A splash of Tabasco sauce
 1 lemon | a large wedge
 3 stalks of parsley
 6 sprigs of thyme

For the mussels

700 g mussels, ready to cook
 Salt
 Peppercorns, black | freshly ground

For the garnish

2 tbsp parsley | chopped

Accessories

Solid cooking container
 Kitchen string

Method

Place the shallots, garlic, tomato, apple juice, passata, saffron, Tabasco and lemon wedge in a solid cooking container.

Tie together the sprigs of thyme and parsley into a bundle, add to the cooking container and cover. Start the automatic programme or cook using the manual settings as indicated for cooking stage 1.

Automatic programme:

Add the mussels to the sauce as indicated in the programme sequence and continue to cook uncovered.

Manual:

Add to the mussels to the sauce as indicated for cooking stage 2 and continue to cook uncovered.

Remove the herbs, squeeze the lemon wedge and season with salt and pepper.

Garnish with parsley, then serve.

Settings

Automatic programme

مخار بالصوص | مخار

Programme duration: 30 minutes

Manual

Cooking stage 1

Operating mode: طهي بالبخار

Temperature: 100 °C

Cooking duration: 25 minutes

Cooking stage 2

Operating mode: طهي بالبخار

Temperature: 100 °C

Cooking duration: 5 minutes

Fish

Monkfish with a porcini mushroom sauce

Total time required:

45 (40) minutes + 12 hours for soaking

Serves 4

Ingredients

30 g porcini mushrooms, dried
100 g shallots | diced
20 g butter
4 monkfish fillets (150 g each) | skinned
1 lemon | juice only
150 ml vegetable stock
2 tbsp apple juice
150 ml soured cream
50 ml double cream
Salt
Pepper

Accessories

2 solid cooking containers

Method

Soak the porcini mushrooms overnight, then drain and chop finely.

Put the shallots and butter in a solid cooking container, cover and braise as indicated for cooking stage 1.

Add the porcini mushrooms and leave to stand for 2 minutes.

Drizzle the monkfish with lemon juice. Place in a separate solid cooking container with the vegetable stock and apple juice and cook as indicated for cooking stage 2. Keep the monkfish warm.

Mix the broth, shallots, soured cream and cream on the hob to make a sauce. Season with salt and pepper and pour over the monkfish.

Settings

Cooking stage 1
Temperature: 100 (120) °C
Cooking duration: 4 (2) minutes
Cooking stage 2
Temperature: 90 °C
Cooking duration: 8–10 minutes

Tuna on tomato rice

Total time required:

55 (105) minutes + 4 hours for marinating

Serves 4

For the marinade

1 bunch of lemon thyme (30 g)

2 cloves of garlic

2 shallots

80 ml olive oil

5 peppercorns, black

For the tuna

4 tuna steaks (125 g each), ready to cook

For the tomato rice

500 g tomatoes

200 g long-grain rice

1 tsp mustard seeds

250 ml vegetable stock

1 tbsp tomato purée

Salt

Pepper

100 g peas, frozen

For the garnish

5 stalks of basil | finely chopped

Accessories

Perforated cooking container

Solid cooking container

Method

Pluck the leaves from the lemon thyme.

Set a few leaves aside for the garnish.

Peel the garlic and shallots, chop finely together with the lemon thyme leaves and mix with the olive oil and peppercorns.

Place the tuna in the marinade, cover and leave to marinate for 4 hours in the refrigerator.

Score a cross in the tomatoes, place in a perforated cooking container and steam as indicated for cooking stage 1.

Let the tomatoes cool a little, then peel and dice.

Place the long-grain rice, mustard seeds and vegetable stock in a solid cooking container with the tomato purée, season with salt and pepper and cook as indicated for cooking stage 2.

Fold the tomatoes and peas into the long-grain rice, place the tuna on top, salt lightly, drizzle the marinade over everything and cook as indicated for cooking stage 3.

Garnish with lemon thyme and basil, then serve.

Settings

Cooking stage 1

Temperature: 95 °C

Cooking duration: 1 minute

Cooking stage 2

Temperature: 100 (120) °C

Cooking duration: 12 (6) minutes

Cooking stage 3

Temperature: 100 °C

Cooking duration: 10 minutes

Meat

Meat dishes from your Miele steam oven are particularly tender, juicy and delicate – success is guaranteed. The nutrients – valuable protein, vitamins and minerals in poultry and iron in beef – are generally retained. When you steam-cook meat, some of the meat and fat is released, which makes a great base for a sauce. If you want to brown the meat, you'll need to sear it on the hob and then finish cooking with steam.

Meatballs with Chinese cabbage

Total time required:

40 minutes

Serves 4

For the meatballs

15 g root ginger | crushed

2 cloves of garlic | crushed

750 g beef mince

1 tsp Chinese 5-spice powder

½ tsp cinnamon, ground

2 tbsp soy sauce

Salt

For the Chinese cabbage

100 g carrots | in thin batons

1 Chinese cabbage (750 g) | leaves separated

200 g Chinese egg noodles (Mie noodles)

Accessories

Perforated cooking container

Solid cooking container

Sieve

Method

Knead the ginger and garlic with the mince, 5-spice powder, cinnamon and soy sauce, season with salt and shape into 32 balls.

Spread out the carrots and Chinese cabbage in a perforated cooking container, place the meatballs on top and cook as indicated for cooking stage 1.

Place the egg noodles in a solid cooking container and add salt. Add enough water to cover the egg noodles. Place in the oven compartment with the meatballs and cook as indicated for cooking stage 2.

Drain the egg noodles in a sieve. Serve in bowls with the Chinese cabbage, carrots and meatballs.

Settings

Cooking stage 1

Temperature: 100 °C

Cooking duration: 6–7 minutes

Cooking stage 2

Temperature: 100 °C

Cooking duration: 6–7 minutes

Meat

Chicken breast with sundried tomatoes

Total time required:

35–40 minutes

Serves 4

For the chicken breasts

4 chicken breasts (150 g each), ready to cook

Salt

Settings

Temperature: 100 °C

Cooking duration: 8 minutes

For the cream cheese filling

75 g cream cheese, full fat

30 ml crème fraîche

15 g basil

15 g oregano

Salt

Pepper

Coriander

50 g tomatoes, sundried, in oil

Accessories

Sieve

Perforated cooking container

4 wooden skewers

Method

Make a pocket in the side of each chicken breast and salt.

Mix together the cream cheese, crème fraîche, basil and oregano and season with salt, pepper and coriander.

Drain the tomatoes well in a sieve, chop finely and stir into the cream cheese mixture.

Fill the chicken breasts with the cream cheese filling and close with a wooden skewer if necessary.

Place in a perforated cooking container and cook.

Chicken stroganoff with peppers

Total time required:

55–60 minutes + 15 minutes for marinating

Serves 4

For the chicken stroganoff

3 chicken breasts (150 g each), ready to cook

2 peppers, red | thinly sliced

For the marinade

3 tbsp oil

2 tsp paprika, hot

3 tsp curry powder

For the sauce

100 ml double cream

100 ml crème fraîche

Salt

Pepper

Curry powder

Accessories

Solid cooking container

Method

Slice the chicken breasts into slices 1 cm wide. Place the peppers in a solid cooking container with the meat.

Mix the oil, paprika and curry powder into a marinade and leave the meat to marinate for 15 minutes.

Mix the cream and crème fraîche and season with salt and pepper. Pour over the meat and vegetables and cook.

After cooking, season with more salt, pepper and curry powder to taste.

Settings

Temperature: 100 °C

Cooking duration: 12–14 minutes

Meat

Fillet of veal with herbs

Total time required:

55 (35) minutes

Serves 4

Ingredients

600 g fillet of veal, ready to cook

Salt

Lemon pepper

½ bunch of parsley (30 g)

½ bunch of chervil (15 g)

½ bunch of basil (15 g)

½ bunch of tarragon (15 g)

2 tsp capers

100 ml apple juice

100 ml vegetable stock

¼ lemon, unwaxed | zest only | grated

100 ml double cream

1 tbsp water

1 tbsp cornflour

Accessories

Solid cooking container

Fine grater

Sieve

Method

Rub the fillet of veal with salt and lemon pepper and place in a solid cooking container.

Wash the herbs, pat dry, pluck the leaves and put to one side. Add the stalks of the herbs to the fillet of veal with the capers, pour over the apple juice and vegetable stock and cook.

Meanwhile, finely chop the herb leaves and mix with the lemon zest.

After cooking, take out the fillet of veal and keep it warm. Pour the resulting stock into a pan through a sieve, add the cream and bring to the boil. Simmer

for around 5 minutes, then season to taste. Stir the cornflour into the water and then add it to the sauce to aid thickening a little if necessary.

Toss the fillet of veal in the herbs and lemon zest.

Slice the fillet of veal and serve with the sauce.

Settings

Temperature: 100 (120) °C

Cooking duration: 25–30 (15) minutes

Cabbage rolls

Total time required:

85 minutes

Serves 4

For the white cabbage

1 white cabbage (1.2 kg)

For the stuffing

2 bread rolls

1 onion | finely diced

30 g clarified butter

450 g beef mince

1 egg, medium

2 cloves of garlic | finely chopped

Salt

Pepper

Marjoram

2 tsp parsley | chopped

For the vegetables

4 shallots | finely diced

2 cloves of garlic | finely chopped

2 peppers (175 g), yellow | roughly diced

2 peppers (175 g), red | roughly diced

100 ml soured cream

1 lemon | juice only

Accessories

Solid cooking container

Hand blender

Method

Remove the stalk from the cabbage and blanch the cabbage in a solid cooking container as indicated in the settings.

Remove the outer leaves and lay on the worktop.

For the stuffing, soak the bread in a little water, squeeze out a little and strain.

Sauté the onion in clarified butter.

Mix the mince, bread mixture, egg, garlic, spices, parsley and onion together well.

Press the cabbage leaves flat and spread the filling over the top. Wrap and roll up the cabbage leaves.

Put the shallots, garlic and pepper in a solid cooking container, place the cabbage rolls on top of the bed of vegetables with the sealed side facing downwards and start the automatic programme or cook as indicated in the manual settings.

Take the cabbage rolls out of the solid cooking container and keep them warm.

Pour the soured cream and lemon juice over the vegetables, purée with a hand blender and season with salt to taste.

Automatic programme and manual:

Place the cabbage rolls in the pepper sauce and finish cooking as indicated for the cooking stage.

Settings

Automatic programme and manual

Blanching the cabbage

Operating mode: طهي البخار

Temperature: 100 °C

Cooking duration: 10–15 minutes

Meat

Settings

Automatic programme

Cooking the cabbage rolls

لفائف الكرنب | لحم بقري | لحم

Programme duration: 30 minutes

Manual

Cooking the cabbage rolls

Operating mode: طهي بالبخار

Temperature: 100 °C

Cooking duration: 30 minutes

Automatic programme and manual

Finish cooking

Operating mode: طهي بالبخار

Temperature: 100 °C

Cooking duration: 5 minutes

Braised lamb with prunes

Total time required:

100 (70) minutes

Serves 4

For the lamb

800 g lamb (leg), ready to cook | diced

For frying

4 tbsp clarified butter

For the lamb stock

3 onions, red | sliced

Salt

½ tsp cinnamon, ground

½ tsp cumin, ground

½ tsp coriander, ground

½ tsp cayenne pepper, ground

150 ml lamb stock

3 bay leaves

For the prunes

600 g carrots | sliced

1 lemon, unwaxed | in eighths

250 g prunes

For the couscous

200 g couscous

For the sesame yoghurt

30 g sesame seeds

2 cloves of garlic | crushed

300 g natural yoghurt, full-fat

For the garnish

2 sprigs of coriander, fresh

Accessories

Solid cooking container

Method

Heat the clarified butter in a pan and sear the lamb on all sides in batches.

Place the lamb in a solid cooking container with the onions and season with the salt, cinnamon, cumin, coriander and cayenne pepper. Add the lamb stock and bay leaves and cook the lamb as indicated for cooking stage 1.

For the sesame yoghurt, set a bit of the lemon juice aside.

After cooking, add the carrots, lemon and prunes to the lamb and cook as indicated for cooking stage 2.

After cooking, add the couscous and cook as indicated for cooking stage 3.

Meanwhile, lightly toast the sesame seeds in a pan without any fat. Mix the garlic with the natural yoghurt and sesame and season with salt and lemon juice to taste.

After cooking, remove the bay leaves, season with salt and spices to taste, garnish with the coriander sprigs and serve with sesame yoghurt.

Settings

Cooking stage 1

Temperature: 100 (120) °C

Cooking duration: 35 (17) minutes

Cooking stage 2

Temperature: 100 (120) °C

Cooking duration: 20 (8) minutes

Cooking stage 3

Temperature: 100 (120) °C

Cooking duration: 5 (2) minutes

Meat

Lamb loin with green beans

Total time required:

50 minutes

Serves 4

For the beans

750 g green beans

1 bunch of summer savory (30 g)

1 onion, red | finely chopped

Salt

30 g butter

100 ml lamb stock

250 g cherry tomatoes

For the lamb loins

4 lamb loins (150 g each), ready to cook

2 cloves of garlic | crushed

Pepper

For frying

3 tbsp olive oil

For the cooking juices

4 tbsp balsamic vinegar

100 ml lamb stock

For thickening

1 tbsp water

1 tbsp cornflour

For seasoning

A pinch of sugar

Accessories

Solid cooking container

Method

Place the beans in a solid cooking container with the summer savory and onion and season with salt. Scatter knobs of butter on top, pour over the lamb stock and cook as indicated for cooking stage 1.

Rub the lamb loins with garlic, salt and pepper. Heat the olive oil in a pan and sear the lamb loins all over. Take the lamb loins out of the pan. Deglaze the cooking juices with the balsamic vinegar and lamb stock.

Add the lamb loins and cherry tomatoes to the beans, drizzle with the cooking juices and cook as indicated for cooking stage 2.

Pour the sauce from the beans into a pan and bring to the boil. Season with balsamic vinegar, salt, pepper and sugar to taste. Mix the cornflour with water and add it to the sauce to aid thickening a little.

Serve with the lamb and beans.

Settings

Cooking stage 1

Temperature: 100 °C

Cooking duration: 10 minutes

Cooking stage 2

Temperature: 100 °C

Cooking duration: 8–10 minutes

Fillet of beef

Total time required:

40–90 minutes

Serves 4

Ingredients

450–650 g fillet of beef, ready to cook | individual joint or medallions

3 tbsp oil

250 ml soured cream

70 g mayonnaise

3 tsp horseradish cream

2 tsp mustard, coarse-grained

3–4 tomatoes, sundried | finely chopped

Salt

Pepper

1–2 baguette rolls | split lengthways

For the garnish

100 g rocket

Accessories

Kitchen string

Solid cooking container

Method

Tie up the fillet of beef (individual joint or medallions) to make a uniformly thick piece.

Heat the oil in a pan and sear the fillet of beef (individual joint or medallions) until light brown. Place in a solid cooking container and cook as indicated for the automatic programme or by the manual settings.

Allow the fillet of beef (individual joint or medallions) to rest for 5–10 minutes after cooking. Meanwhile, mix together the soured cream, mayonnaise,

horseradish cream, mustard, finely chopped tomatoes, salt and pepper and spread on the halved baguettes.

Carve the fillet of beef (medallions) into very thin slices and place on the baguettes. Garnish with rocket.

Settings

Automatic programme

بيف فيليه | لحم بقري | لحم
ميداليون/قطعة

Programme duration – individual joint:

60 minutes

Programme duration – medallions:

20 minutes

Manual

Operating mode: طهي البخار

Temperature for all meat sizes:

53/63/75 °C | rare/medium/well done

Cooking duration:

For an individual joint: 70/60/50 minutes

|
rare/medium/well done

For medallions – 1 cm thick: 10 minutes

For medallions – 2 cm thick:

30/20/20 minutes |

rare/medium/well done

For medallions – 3 cm thick:

40/30/30 minutes |

rare/medium/well done

Tip

The degree of doneness will depend on the thickness of the piece of meat. A short duration is recommended for thinner cuts.

Meat

Poached fillet of beef with vegetables

Total time required:

50 (45) minutes

Serves 2

For the vegetables

250 ml beef stock

200 g carrots | cut into bite-sized pieces

200 g cauliflower | in florets

2 courgettes (200 g each) | cut into bite-sized pieces

8 spring onions | white parts only

100 g sugar snap peas

For the fillet of beef

500 g fillet of beef, ready to cook

Parsley | chopped

Accessories

Solid cooking container

Method

Cook the beef stock in a solid cooking container together with the carrots and cauliflower as indicated for cooking stage 1.

Add the courgettes, spring onions and sugar snap peas and cook as indicated for cooking stage 2.

Remove the vegetables from the stock and keep warm.

Cut the fillet of beef into 1 cm slices and poach in the stock as indicated for cooking stage 3.

Serve the meat with the vegetables and a sprinkling of parsley.

Settings

Cooking stage 1

Temperature: 100 (120) °C

Cooking duration: 8 (4) minutes

Cooking stage 2

Temperature: 100 °C

Cooking duration: 4 minutes

Cooking stage 3

Temperature: 100 (120) °C

Cooking duration: 4 (2) minutes

Beef hash

Total time required: 250 minutes

Serves 8

Ingredients

30 g butter

3 tbsp oil

1.2 kg beef, ready to cook | diced

Salt

Pepper

500 g onions | finely diced

2 bay leaves

4 cloves

1 tbsp brown sugar

2 tbsp plain white flour

1.2 l beef stock

70 ml vinegar

Accessories

Solid cooking container

Method

Heat the butter in a pan. As soon as it begins to bubble, add a dash of oil and heat.

Season the beef with salt and pepper and sear it on all sides.

Add the onions, bay leaves, cloves and sugar and cook for a further 3 minutes.

Dust the beef with flour and fry for a further 2–3 minutes.

Add the beef stock and vinegar, stirring constantly until you have a smooth sauce.

Place the beef in a solid cooking container and cook.

Season with salt and pepper and serve.

Settings

Automatic programme

لحم مفروم، الوصفة | لحم بقري | لحم الهولندية

Programme duration: 180 minutes

Manual

Operating mode: طهي البخار

Temperature: 100 °C

Cooking duration: 180 minutes

Meat

Beef casserole

Total time required:

150 minutes

Serves 4

For the beef

60 g plain white flour

Pepper | freshly ground

1 kg beef (shoulder) | finely diced

3 tbsp oil

1 onion, large | in thin rings

1 leek, large | in thin rings

350 g carrots | diced

3 sticks of celery | diced

250 g mushrooms | quartered

2–3 sprigs of thyme

2 bay leaves

200 ml beef stock

200 ml vegetable stock

2 tbsp ketchup

For the dumplings

100 g plain white flour

3 g baking powder

50 g clarified butter

1 tsp parsley | chopped

½ tsp chives | chopped

Salt

Peppercorns | freshly ground

4–5 tbsp water | cold

Accessories

Solid cooking container

Method

Season the flour with the pepper and coat the meat in it.

Heat half of the oil in a frying pan and sear the meat on all sides in batches, then set aside.

Heat the other half of the oil in a frying pan and sauté the onions for 3 minutes. Add the leek, carrots and celery and fry for another 5 minutes.

Add the mushrooms, thyme and the bay leaves.

Add the beef, beef stock, vegetable stock and ketchup, bring to the boil briefly, put in a solid cooking container and cover. Start the automatic programme or cook using the manual settings as indicated for cooking stage 1.

Meanwhile, put the flour and baking powder in a bowl, add the clarified butter, parsley and chives, season with salt and pepper and stir in the cold water to make a soft dough.

Divide the dough into 8 portions and shape into little balls with floured hands.

Automatic programme:

Briefly stir the casserole, add the dumplings, baste with a little stock and continue to cook as indicated in the programme sequence.

Manual:

Briefly stir the casserole, add the dumplings, baste with a little stock and continue to cook. Finish cooking as indicated for cooking stage 2.

Settings

Automatic programme

طاجن اللحم البقري | الحساء & اليخنة

Programme duration: 120 minutes

Manual

Cooking stage 1

Operating mode: طهي البخار

Temperature: 100 °C

Cooking duration: 90 minutes

Cooking stage 2

Operating mode: طهي البخار

Temperature: 100 °C

Cooking duration: 30 minutes

Meat

Saucisson

Total time required:
25 minutes

Ingredients

100–750 g saucisson

Accessories

Perforated cooking container

Method

Place the saucisson in a perforated cooking container and cook.

Settings

Automatic programme

سجق نين | السجق

Setting depends on quantity:

100–200 g

200–300 g

300–400 g

400–750 g

Programme duration: 10–20 minutes

Manual

Operating mode: طهي البخار

Temperature: 95 °C

Cooking duration: 10–20 minutes

Viennese silverside

Total time required:

160 minutes

Serves 10

Ingredients

2 kg silverside, in one piece, ready to cook

2 onions | halved

1 bunch of soup vegetables | roughly chopped

15 g lovage

7 peppercorns

2 bay leaves

5 juniper berries

Salt

Accessories

Solid cooking container

Method

Place the meat in a solid cooking container with the fat facing downwards.

Place the onions in an iron skillet with the cut side down and brown without any fat.

Add the soup vegetables, herbs, onions and spices to the meat and cook.

Allow the meat to rest a little before slicing.

Settings

Automatic programme

بيف مسلوقة، وصفة فيينا | لحم بقري | لحم

Programme duration: 150 minutes

Manual

Operating mode: طهي البخار

Temperature: 100 °C

Cooking duration: 150 minutes

Meat

Tikka masala with rice

Total time required:

60 minutes + 30 minutes for marinating

Serves 4

For the chicken

4 cloves of garlic | finely diced
2.5 cm root ginger | finely diced
1 chilli, red, large | finely diced
2 tsp cumin, ground
2 tsp coriander, ground
1 tsp turmeric
1 tsp paprika
1 tsp garam masala
1 tsp salt
1½ tbsp oil
100 g natural yoghurt
500 g chicken breast, ready to cook |
diced
2 onions | sliced
1 tbsp oil
1 tbsp butter
1 tin of chopped tomatoes (400 g)
1 tbsp tomato purée
1 tbsp mango chutney
100 ml double cream

For the rice

300 g basmati rice
450 ml water

For the garnish

½ bunch of coriander | chopped

Accessories

2 solid cooking containers
Hand blender

Method

Blitz the garlic, ginger, chilli, spices, salt and oil to a paste with the hand blender. Stir the paste into the natural

yoghurt and leave the chicken to marinate in the mixture for at least 30 minutes.

Sauté the onions in oil and butter for 10–12 minutes until transparent. Add the chicken and marinade and continue to cook on a medium heat for 3–4 minutes.

Add the tomatoes, tomato purée, mango chutney and cream and bring to the boil briefly. Pour into a solid cooking container and cover. Start the automatic programme or cook using the manual settings as indicated for cooking stage 1.

Put the basmati rice in a solid cooking container and cover with water.

Automatic programme:

Add the basmati rice as indicated in the programme sequence and continue to cook.

Manual:

Add the basmati rice and finish cooking as indicated for cooking stage 2.

Garnish with coriander.

Settings

Automatic programme

دجاج تكا مسالا مع الأرز | دجاج | طيور | لحم
Programme duration: 30 minutes

Manual

Cooking stage 1

Operating mode: طهي البخار

Temperature: 100 °C

Cooking duration: 15 minutes

Cooking stage 2

Operating mode: طهي البخار

Temperature: 100 °C

Cooking duration: 15 minutes

Soups and stews

These dishes are incredibly practical to prepare, as the name suggests. One pot is all you need for all of the ingredients – meat, vegetables, potatoes, etc., cook together to form a tasty, filling main meal. The simple preparation is particularly beneficial when you are cooking for lots of people. One-pot dishes and stews are wonderfully versatile and vegetarian versions taste just as good as those with meat, sausages, fish or mussels. In many cultures, these meals, sometimes hearty, sometimes refined, are a permanent fixture on meal plans.

Bean stew with lamb

Total time required:

55–60 (45–50) minutes

Serves 4

Ingredients

500 g lamb, ready to cook | diced into small pieces

2 tbsp sunflower oil

1 onion | chopped

200 ml vegetable stock

400 g potatoes, waxy | diced

200 g green beans | halved

3 carrots (60 g each) | diced

1 sprig of rosemary | needles only, chopped

300 ml vegetable stock

Salt

Pepper

For the garnish

2 spring onions | sliced into fine rings

Accessories

Solid cooking container

Method

Sear the lamb in the sunflower oil in a pan. After a little while, add the onions and sauté. Deglaze with the vegetable stock.

Put the lamb in a solid cooking container together with the liquid. Add the potatoes, green beans, carrots and rosemary and cook as indicated for cooking stage 1.

After cooking, add the remaining vegetable stock, season with salt and pepper and cook as indicated for cooking stage 2.

Sprinkle the spring onions over the top shortly before serving.

Settings

Cooking stage 1

Temperature: 100 (120) °C

Cooking duration: 15 (7–8) minutes

Cooking stage 1

Temperature: 95 °C

Cooking duration: 2 minutes

Soups and stews

Fish stew

Total time required:

35–40 minutes

Serves 4

For the fish

500 g rosefish or other firm white fish

fillets, ready to cook

2 tbsp lemon juice

Salt

200 g carrots | diced

200 g peas

For the sauce

100 ml crème fraîche

100 ml double cream

2 tbsp apple juice

1 tbsp cornflour

Pepper

Sugar

1 tbsp dill | finely chopped

Accessories

Solid cooking container

Method

Rub the fish with lemon juice and season with salt.

Place the fish in a solid cooking container. Add the carrots and peas to the fish and cook as indicated for cooking stage 1.

Meanwhile, mix all of the other ingredients together to make a sauce, pour this over the fish at the end of the cooking time and cook as indicated for cooking stage 2.

Season with salt and pepper to taste and serve.

Settings

Cooking stage 1

Temperature: 100 °C

Cooking duration: 8 minutes

Cooking stage 2

Temperature: 100 °C

Cooking duration: 4 minutes

Goulash soup

Total time required:

125 minutes

Serves 4

Ingredients

250 g potatoes, waxy

25 g clarified butter

200 g onions | finely diced

250 g beef (shoulder) | in 1–1.5 cm cubes

20 g plain white flour

20 g tomato purée

Salt

Pepper

20 g paprika, sweet

3 cloves of garlic | crushed

1 tbsp marjoram, dried

A pinch of caraway seeds, ground

1 tbsp vinegar

1 l vegetable stock

Accessories

Solid cooking container

Method

Peel the potatoes, cut them into 1 x 1 cm cubes and put in a bowl with cold water so that they do not turn brown.

Heat the clarified butter in a pan and slowly fry the onions until they are golden-brown.

Put the onions in a solid cooking container and add the beef, flour, tomato purée, all of the spices and the vinegar.

Pour over the vegetable stock, stir well and start the automatic programme or cook using the manual settings as indicated for cooking stage 1.

Automatic programme:

Add the potatoes as indicated in the programme sequence and finish cooking.

Manual:

Add the potatoes as indicated for cooking stage 2 and finish cooking.

Season with salt to taste.

Settings

Automatic programme

حساء الغولاش | لحم بقري | لحم

Programme duration: 105 minutes

Manual

Cooking stage 1

Operating mode: طهي البخار

Temperature: 100 °C

Cooking duration: 60 minutes

Cooking stage 2

Operating mode: طهي البخار

Temperature: 100 °C

Cooking duration: 45 minutes

Soups and stews

Chicken soup

Total time required:

125 (90) minutes

Serves 6

Ingredients

1 chicken (1.5 kg), ready to cook

200 ml water

1 kg soup vegetables

120 g vermicelli

800 ml water

Salt

Pepper

1 tbsp parsley | chopped

Accessories

Solid cooking container

Sieve

Method

Place the chicken and water in a solid cooking container.

Trim and peel the soup vegetables, cut half of them into rough pieces, add to the chicken and cook as indicated for cooking stage 1.

Finely chop the remaining soup vegetables, slice the leek into rings and the carrots and celeriac into thin batons and set aside.

Once it is cooked, take the chicken out of the liquid, pass the stock through a sieve and put it back in the solid cooking container.

Remove the meat from the bone, cut into bite-sized pieces, place in the solid cooking container together with the finely diced soup vegetables, the vermicelli and the rest of the water, and cook as indicated for cooking stage 2.

If the soup is too thick, you can increase the amount of water if you wish.

Season with salt and pepper, garnish with parsley and serve.

Settings

Cooking stage 1

Temperature: 100 (120) °C

Cooking duration: 50 (25) minutes

Cooking stage 2

Temperature: 100 °C

Cooking duration: 10 minutes

Tip

You could use a poularde instead of a chicken.

Potato soup

Total time required:

50 (45) minutes

Serves 4

Ingredients

180 g leek | in rings

250 g potatoes, floury | diced

500 ml vegetable stock

Salt

Pepper

100 ml double cream

2 tsp basil | chopped

2 tsp parsley | chopped

2 tsp chives | chopped

Accessories

Solid cooking container

Hand blender

Method

Put the leek and potatoes in a solid cooking container with the vegetable stock and cook as indicated for cooking stage 1.

Purée the soup in the cooking container with the hand blender and season with salt and pepper to taste. Stir in the cream and heat as indicated for cooking stage 2.

Mix the basil, parsley and chives, scatter over the soup and serve.

Settings

Cooking stage 1

Temperature: 100 (120) °C

Cooking duration: 16 (8) minutes

Cooking stage 2

Temperature: 95 °C

Cooking duration: 2 minutes

Soups and stews

Australian pumpkin soup

Total time required:

35 minutes

Serves 4

Ingredients

1 kg pumpkin flesh | diced

400 g sweet potatoes | diced

2 onions | diced

250 ml chicken stock

Salt

Pepper

For the garnish

250 g chorizo | finely diced

250 ml soured cream

10 g coriander | chopped

Accessories

Perforated cooking container

Method

Place the pumpkin flesh, sweet potatoes and onions in a perforated cooking container and cook.

Sear the chorizo.

Purée the vegetables, add the chicken stock and approx. 250 ml of water, stir and season with salt and pepper.

Pour the soup into a pre-warmed soup bowl. Garnish with cream, chorizo and coriander.

Settings

Automatic programme

حساء اليقطين | الحساء & اليخنة

Programme duration: 25 minutes

Manual

Operating mode: طهي البخار

Temperature: 100 °C

Cooking duration: 25 minutes

Cream of carrot soup

Total time required:

45–50 (40) minutes

Serves 4

Ingredients

500 g carrots | diced

50 g onions | diced

½ clove of garlic | finely chopped

40 g butter

750 ml vegetable stock

1 tsp paprika, sweet

125 ml soured cream

Salt

Pepper

Cooking stage 2

Temperature: 95 °C

Cooking duration: 2 minutes

For the garnish

1 tbsp parsley | chopped

Accessories

Solid cooking container

Hand blender

Method

Put the carrots, onions, garlic, butter, vegetable stock and paprika in a solid cooking container and cook as indicated for cooking stage 1.

Purée the ingredients in the cooking container with a hand blender. Fold in the soured cream and heat the cream of carrot soup as indicated for cooking stage 2.

Season with salt and pepper to taste, garnish with parsley and serve.

Settings

Cooking stage 1

Temperature: 100 (120) °C

Cooking duration: 12–15 (6–8) minutes

Soups and stews

Rice and meat one-pot

Total time required:

90 minutes

Serves 4

Ingredients

250 g onions | finely diced
2 tbsp clarified butter
2 tbsp paprika
1 tbsp tomato purée
250 g beef (shoulder) | in 1 cm cubes
250 g tomato passata
1 tbsp white vinegar
1 clove of garlic | finely chopped
1 tsp marjoram
Caraway seeds
Salt
Pepper
½ pepper (175 g), red | finely diced
½ pepper (175 g), yellow | finely diced
250 g long-grain rice
500 ml vegetable stock

Accessories

Solid cooking container

Method

In a pan, sauté the onions in the clarified butter.

Stir the paprika and tomato purée into the onions.

Place the beef in a solid cooking container. Add the onions, passata, white vinegar, garlic and spices. Start the automatic programme or cook using the manual settings as indicated for cooking stage 1.

Automatic programme:

Add the peppers, long-grain rice and vegetable stock as indicated in the programme sequence and finish cooking.

Manual:

Add the peppers, long-grain rice and vegetable stock and finish cooking as indicated for cooking stage 2.

Settings

Automatic programme

أرز باللحم | الحساء & اليخنة

Programme duration: 70 minutes

Manual

Cooking stage 1

Operating mode: طهي البخار

Temperature: 100 °C

Cooking duration: 45 minutes

Cooking stage 2

Operating mode: طهي البخار

Temperature: 100 °C

Cooking duration: 25 minutes

Spring vegetable soup

Total time required:

55 (50) minutes

Serves 4

Ingredients

150 g celeriac | in thin strips
3 carrots (60 g each) | in thin strips
200 g spring onions | sliced at an angle
100 g sugar snap peas
600 ml vegetable stock
1 egg, medium
1 tbsp breadcrumbs
Salt
Pepper
Nutmeg
1 tbsp chervil | chopped
1 tbsp parsley | chopped

For the garnish

1 tbsp parsley | chopped

Accessories

Solid cooking container

Method

Put the celeriac, carrots, spring onions, sugar snap peas and half of the vegetable stock in a solid cooking container and cook as indicated for cooking stage 1.

At the end of the cooking time, add the remaining vegetable stock and continue to cook as indicated for cooking stage 2.

Mix together the egg, breadcrumbs, salt, pepper, nutmeg and chopped herbs, add to the spring vegetable soup and cook as indicated for cooking stage 3.

Season the soup with salt and pepper to taste, garnish with chopped parsley and serve.

Settings

Cooking stage 1

Temperature: 100 (120) °C

Cooking duration: 10 (5) minutes

Cooking stage 2

Temperature: 95 °C

Cooking duration: 2 minutes

Cooking stage 3

Temperature: 95 °C

Cooking duration: 2 minutes

Dessert

What would a menu be without an enticing finale? A dessert is a way of saying thank you to your guests, showing love to your family – and giving a little reward to the chef. Whether you're serving something healthy containing fresh fruit or something sweet that includes sugar and cream, a dessert is a real indulgence; a flight of fancy that stirs up the senses. And the more creative and decorative its serving style, the more delighted your guests will be when it reaches the table. So take a little time to enjoy the finer things in life!

Summer pudding

Total time required:

105 minutes

Serves 6

For the mixture

225 g melba toast

50 g butter

40 g honey, clear

300 ml milk, whole

For the berries

200 g strawberries | quartered

125 g raspberries

125 g blackberries

1 apple, small, sharp | finely diced

1 vanilla pod | seeds only

40 g sugar

For the ice cream

6 scoops of vanilla ice cream

For the dish

1 tbsp butter

Accessories

pudding basin with lid, approx. 1.25 l capacity

Rack

Method

Crush or coarsely grind the melba toast. Melt the butter with the honey and stir into the melba toast with the milk.

Mix the strawberries and apple with the berries, vanilla seeds and sugar.

Grease the pudding basin and fill with $\frac{3}{4}$ of the melba toast mixture, pressing the mixture up at the sides. Add the berries and press down gently. Cover with the remaining mixture and seal the

edge firmly. Cover the pudding basin with the lid. Place on the rack in the oven compartment and cook.

Allow to rest in the basin for at least 15 minutes after cooking.

Turn out onto a plate, divide into portions and serve with the ice cream.

Settings

Temperature: 100 °C

Cooking duration: 60 minutes

Tip

Instead of a pudding basin, you could also use a tall ovenproof dish. Seal the ovenproof dish by double-folding baking paper, placing it over the dish and tying it with cooking string.

Dessert

Crema Catalana

Total time required:

50–55 minutes + 4 hours for cooling

Serves 6

Ingredients

450 ml double cream

1 tsp vanilla sugar

4 eggs, medium | yolks only

2 tbsp almonds, chopped

3 tbsp brown sugar

Accessories

6 soufflé ramekins

Rack

Method

Heat the cream in a pan until it has almost boiled.

Take off the hob and stir in the vanilla sugar, egg yolk and chopped almonds.

Pour the mixture into the soufflé ramekins, cover, place on the rack in the oven compartment and cook.

Leave to cool and then chill for approx. 4 hours. Sprinkle brown sugar over the top.

Pre-heat the grill.

Caramelise under the grill for 4 minutes.

Settings

Temperature: 90 °C

Cooking duration: 30–35 minutes

Tip

Instead of soufflé ramekins you could use cups.

Sweet steamed dumplings with apricot compote

Total time required:

90 minutes

Serves 6

For the dough

21 g yeast, fresh

125 ml milk, whole | lukewarm

250 g plain white flour

35 g sugar

A pinch of salt

1 egg, medium | yolk only

40 g butter | softened

For the apricot compote

500 g apricots | pitted | quartered

20 g sugar

½ vanilla pod | seeds only

50 ml apricot syrup

For the milk mixture

100 ml milk, whole

25 g sugar

20 g butter

For dusting

1 tbsp plain white flour

For the crumble

25 g butter

8 g vanilla sugar

1 tbsp sugar

Accessories

Fine sieve

Ovenproof bowl

Rack

2 solid cooking containers

Method

Sift the flour into a bowl and add the sugar, salt, egg yolk and butter.

Dissolve the yeast in the milk and add to the flour mix.

Knead the ingredients for approx.

7 minutes until you have a smooth dough. Shape the dough into a ball and place in an uncovered bowl on the rack in the oven compartment. Leave to prove as indicated for cooking stage 1.

For the apricot compote, place the apricots in a solid cooking container with the sugar, vanilla seeds and apricot syrup and mix.

For the milk mixture, put the milk, sugar and butter in a separate solid cooking container. Take the yeast dough out of the oven and divide into 6 portions. Sprinkle flour on the worktop and shape the dough into balls. Cover the dough and leave to prove for 15 minutes in a warm place.

Heat the milk mixture in the oven compartment as indicated for cooking stage 2.

Place the dumplings into the hot milk side by side and cover the cooking container. Place in the oven compartment with the apricots and cook together as indicated for cooking stage 3.

Remove the apricot compote and continue cooking the dumplings as indicated for cooking stage 4.

Melt the butter with the vanilla sugar. Brush this over the dumplings and sprinkle with sugar if desired.

Dessert

Serve with the apricot compote.

Settings

Cooking stage 1

Temperature: 40 °C

Cooking duration: 15 minutes

Cooking stage 2

Temperature: 100 °C

Cooking duration: 5 minutes

Cooking stage 3

Temperature: 100 °C

Cooking duration: 20 minutes

Cooking stage 4

Temperature: 100 °C

Cooking duration: 10 minutes

Yeast dumplings

Total time required:

65–70 minutes

Serves 8

For the dough

42 g yeast, fresh

250 ml milk, whole | lukewarm

500 g plain white flour

1 tsp sugar

A pinch of salt

50 g margarine | softened

For the sauce

4 tbsp plum purée

250 ml double cream

8 g vanilla sugar

½ tsp cinnamon, ground

A pinch of salt

For the dish

1 tbsp butter

Accessories

Fine sieve

Ovenproof bowl

Rack

Perforated cooking container

Method

Dissolve the yeast in the milk and add the flour, sugar, salt and margarine and knead for approx. 7 minutes to form a smooth dough. Shape the dough into a ball. Place in an uncovered bowl and place the bowl on the rack in the oven compartment. Leave to prove as indicated for cooking stage 1.

Divide the dough into 8 pieces, shape into balls, cover and leave to prove in a warm place for another 15 minutes. Grease the perforated cooking

container, place the dumplings inside and cook as indicated for cooking stage 2.

Bring the plum purée, cream, vanilla sugar, cinnamon and salt to the boil briefly in a pan on the hob, stirring constantly and serve this with the dumplings as a sauce.

Settings

Cooking stage 1

Temperature: 40 °C

Cooking duration: 15 minutes

Cooking stage 2

Temperature: 100 °C

Cooking duration: 14 minutes

Tip

Leave frozen yeast dumplings to defrost for 15 minutes at room temperature and then cook as described in the recipe.

Dessert

Semolina soufflé

Total time required:

70–75 minutes

Serves 8

For the milk mixture

1 vanilla pod

250 ml milk, whole

50 g butter

For the semolina mixture

50 g semolina

5 eggs, medium

60 g sugar

For the dish

1 tbsp butter

1 tbsp sugar

Accessories

Solid cooking container

8 soufflé ramekins

Rack

Method

Halve the vanilla pod lengthways and scrape out the seeds.

Pour the milk, butter, vanilla seeds and vanilla pod into a solid cooking container and heat as indicated for cooking stage 1.

Take the milk mixture out of the oven compartment. Sprinkle in the semolina while stirring and leave to stand for 1–2 minutes.

Stir again and cook as indicated for cooking stage 2. Stir once halfway through cooking.

Take the semolina mixture out of the oven compartment, pour it into a bowl, stir, cover and leave to cool. Then remove the vanilla pod.

Separate the eggs and collect the egg whites. Stir the egg yolks into the semolina mixture. Beat the egg white and sugar with a whisk until stiff, then fold into the semolina.

Grease the ramekins and dust with sugar. Pour in the semolina mixture, place the soufflé ramekins on the rack in the oven compartment and cook as indicated for cooking stage 3.

Settings

Cooking stage 1

Temperature: 100 °C

Cooking duration: 5 minutes

Cooking stage 2

Temperature: 100 °C

Cooking duration: 1 minute

Cooking stage 3

Temperature: 90 °C

Cooking duration: 25–30 minutes

Tip

Instead of soufflé ramekins you could use cups.

Crème caramel

Total time required:

25 minutes

Makes 8 x 100 ml ramekins or 6 x 150 ml ramekins

For the caramel

100 g sugar

50 ml water

For the vanilla cream

500 ml milk, whole

1 vanilla pod | halved lengthways

4 eggs, medium

For the garnish

200 ml double cream | whipped

Accessories

Solid cooking container

Rack

Method

Caramelise the sugar and the water in a pan and divide evenly between the ramekins.

Automatic programme:

Put the milk and vanilla pod in a solid cooking container as indicated in the programme sequence and heat.

Manual:

Put the milk and vanilla pod in a solid cooking container and heat as indicated for cooking stage 1.

Remove the vanilla pod after cooking.

Beat the eggs with the sugar until fluffy, then gradually stir in the hot vanilla milk. Distribute between the ramekins.

Place on the rack in the oven compartment and continue cooking as indicated in the automatic programme or as indicated for cooking stage 2 and 3 for the manual settings.

Chill the crème caramel in the refrigerator for two to three hours.

To serve, turn out onto a plate and garnish with the cream if you wish.

Settings

Automatic programme

كريم كراميل | الحلوى

Programme duration:

For 8 x 100 ml ramekins: 17 minutes

For 6 x 150 ml ramekins: 18 minutes

Manual

Cooking stage 1

Operating mode: طهي البخار

Temperature: 100 °C

Cooking duration: 3 minutes

Cooking stage 2

Operating mode: طهي البخار

Temperature: 85 °C

Cooking duration:

For 8 x 100 ml ramekins: 9 minutes

For 6 x 150 ml ramekins: 12 minutes

Cooking stage 3

Operating mode: طهي البخار

Temperature: 40 °C

Cooking duration: 5 minutes

Dessert

Sticky toffee pudding

Total time required:

60–100 minutes depending on size

Serves 12 (cooking container or muffin cases)

For the mixture

275 g dates, dried, pitted | finely chopped

1 tsp bicarbonate of soda

250 ml water | boiling

25 g butter

160 g brown sugar

2 eggs, medium

½ tsp vanilla essence

3 g baking powder

195 g plain white flour

For the toffee sauce

225 g brown sugar

250 ml double cream

40 g butter

Accessories

Solid cooking container (as large mould)

Baking parchment

or 12 muffin cases, Ø 5 cm

Rack

Method

Place the dates in a bowl with the bicarbonate of soda and pour boiling water over them. Set aside to cool.

Cream the butter and sugar together in a large bowl, then gradually stir in the eggs and vanilla essence. Mix the flour and baking powder and add these together with the dates and liquid.

Line the solid cooking container with baking parchment or set out 12 muffin cases inside and fill with the mixture. Cover, place on the rack in the oven compartment and cook.

For the toffee sauce, heat the ingredients in a pan on a medium heat, stirring constantly. Simmer for 3 minutes until it thickens.

Serve the warm sticky toffee pudding with the toffee sauce.

Settings

Automatic programme

كيك تمر بالكراميل | الحلوى

وحدات صغيرة/واحد كبير

Programme duration:

For the large mould (solid cooking container): 70 minutes

For the muffin cases: 30 minutes

Manual

Operating mode: طهي البخار

Temperature: 100 °C

Cooking duration:

For the large mould (solid cooking container): 70 minutes

For the muffin cases: 30 minutes

Poached pears

Total time required:

35–85 minutes

Serves 12

For the broth

2 cinnamon sticks

3 cloves

½ lemon | zest only

1 bay leaf

400 ml red grape juice

300 ml water

400 ml redcurrant juice

100 g sugar

For the poached pears

1 kg cooking pears

Accessories

Solid cooking container

Method

For the broth, put the ingredients in a pan and bring to the boil.

Peel the pears but do not remove the stalks. You can cook the pears whole, halved or in quarters.

Place the pears in a solid cooking container and pour in the broth so that the pears are completely covered.

Place the pears in the oven compartment and start the automatic programme or cook as indicated by the manual settings.

Automatic programme:

Select the programme sequence depending on the size of the pears or the way they are cut.

Manual:

Select the duration depending on the size of the pears or the way they are cut.

Place the pears in the oven compartment and cook.

Settings

Automatic programme

كمثرى الطبخ | فاكهة

Programme duration: 21–75 minutes

Manual

Operating mode: طهي بالبخار

Temperature: 100 °C

Cooking duration:

Whole pears: 50/70/75 minutes | small/medium/large

Pear halves: 35 minutes

Pear quarters: 27 minutes

Tip

For the perfect result, leave the pears to steep in the broth overnight in the refrigerator.

Dessert

Lime cheesecake

Total time required:

75 minutes + 120 minutes for cooling

Makes 12 pieces (springform tin) or 6 portions (soufflé ramekins)

Ingredients

200 g digestive biscuits

100 g butter | melted

750 g cream cheese

225 g sugar

4 eggs, medium

4 limes | juice and grated zest

For the garnish

1 mango | peeled and sliced

3 passion fruits | pulp only

Accessories

Hand blender

Baking parchment

Springform cake tin, Ø 26 cm

or 6 soufflé ramekins

Rack

Method

Blitz the biscuits with a hand blender, add the butter and mix well. Spread the mixture over the base of a springform tin lined with baking parchment or the ramekins, press it flat and then chill.

Mix together the cream cheese, sugar, eggs, lime zest and juice and spread over the biscuit base(s).

Cover the springform tin or soufflé ramekins, place on the rack in the oven compartment and cook.

Remove the cover and chill for around 2 hours.

Garnish with the mango slices and passion fruit before serving.

Settings

Automatic programme

تشيز كيك | الحلوى
وحدات صغيرة/واحد كبير

Programme duration:

For the springform tin: 60 minutes

For the soufflé ramekins: 20 minutes

Manual

Operating mode: طهي بالبخار

Temperature: 100 °C

Cooking duration:

For the springform tin: 60 minutes

For the soufflé ramekins: 20 minutes

Mocha flan

Total time required:

45 minutes

Serves 4

For the mocha milk

200 ml milk, whole

100 ml double cream

6 g espresso powder, instant

For the flan mixture

1 egg, medium

3 medium eggs | just the yolk

60 g brown sugar

To serve

250 g raspberries

Accessories

Solid cooking container

Sieve

4 soufflé ramekins

Rack

Method

Mix the milk and cream with the espresso powder, place in a solid cooking container and heat as indicated for cooking stage 1.

Whisk together the egg, egg yolks and brown sugar and slowly add the hot mocha milk while stirring. Pour the flan mixture into the soufflé ramekins through a sieve, cover, place on the rack in the oven compartment and cook as indicated for cooking stage 2.

Take the soufflé ramekins out of the oven compartment and leave to cool.

Before serving, turn the mocha flans out onto plates and garnish with raspberries.

Settings

Cooking stage 1

Temperature: 100 °C

Cooking duration: 5 minutes

Cooking stage 2

Temperature: 100 °C

Cooking duration: 20 minutes

Tip

Instead of soufflé ramekins you could use cups.

Dessert

Quark dumplings

Total time required:

50 minutes + 60 minutes for cooling

Serves 10

For the quark dumplings

200 g butter

1 tbsp icing sugar

1 tbsp rum

1 tsp lemon zest | grated

750 g quark, low-fat

2 eggs, medium

180 g breadcrumbs

A pinch of salt

For the breadcrumbs

150 g butter

250 g breadcrumbs

For the dish

1 tbsp butter

Accessories

Perforated cooking container

Method

Beat together the butter, icing sugar, rum and lemon zest in a bowl until fluffy.

Add the quark, eggs, breadcrumbs and salt and mix well.

Chill the quark mixture for at least 1 hour.

Start the Automatic programme or pre-heat the oven compartment.

Shape the quark mixture into 20 dumplings. Grease the perforated cooking container, place the quark dumplings inside and cook.

For the breadcrumbs, heat the butter in a pan and add the breadcrumbs. Toast the breadcrumbs until golden brown, stirring constantly.

Sprinkle the breadcrumbs over the dumplings before serving.

Settings

Automatic programme

زلابيا كوارك ألمانية | الحلوى

Programme duration: 25 minutes

Manual

Operating mode: طهي بالبخار

Temperature: 95 °C

Cooking duration: 25 minutes

Quark soufflé

Total time required:

30–35 minutes

Serves 8

Ingredients

280 g quark, 20 % fat

4 eggs, medium

1 tsp lemon zest | grated

80 g sugar

For the dish

1 tbsp butter

1 tbsp sugar

Accessories

8 soufflé ramekins

Rack

Method

Separate the eggs and put the whites to one side for later. Mix the quark with the egg yolks and add the lemon zest.

Beat the egg white and sugar with a whisk until stiff, then fold into the quark mixture.

Grease the ramekins and dust with sugar. Add the quark mixture, place on the rack in the oven compartment and cook.

Settings

Temperature: 90 °C

Cooking duration: 20–25 minutes

Tip

Instead of soufflé ramekins you could use cups.

Dessert

Quince mousse

Total time required:

35 (30) minutes + 12 hours for cooling

Serves 5

Ingredients

600 g quinces | diced

1 lemon | juice only

4 leaves of white gelatine

8 g vanilla sugar

50 g caster sugar

100 ml soured cream

250 ml double cream

For the garnish

5 tsp quince jelly

50 g chocolate, white | grated

Accessories

Perforated cooking container

Sieve

Hand blender

Method

Mix the quince flesh with the lemon juice. Place in a perforated cooking container and cook until soft.

Soak the gelatine in cold water. Purée the quinces until smooth with the hand blender and strain through a sieve if desired. Add vanilla sugar and sugar to taste. Squeeze out the gelatine and dissolve in the warm mixture. Stir in the soured cream. Chill the cream mixture until it starts to set.

Whip the cream until stiff and fold into the cream mixture.

Leave the quince mousse to set overnight in the refrigerator.

To serve, shape the mousse into quenelles.

Serve with the quince jelly and scatter chocolate over the top.

Settings

Temperature: 100 (120) °C

Cooking duration: 10 (5) minutes

Treacle sponge pudding

Total time required:

70–120 minutes depending on size

Serves 6 (bowl or ramekins)

For the dish

1 tbsp butter

For the pudding

3 tbsp golden syrup

125 g plain white flour

5 g baking powder

125 g butter | softened

3 eggs, medium

125 g sugar

1 tbsp black treacle

3 tbsp golden syrup

Accessories

1 large ceramic bowl (1 l)

6 x 150 ml ramekins

Baking parchment

Aluminium foil

Kitchen string

Solid cooking container

Method

Grease the ceramic bowl or ramekins.

Add the golden syrup.

Sift the flour and baking powder into a large bowl, add the butter, eggs, sugar and black treacle, beat for 2 minutes until smooth and pour into the ceramic bowl or ramekins. Smooth with the bottom of a spoon.

Cut a circle or several small circles (larger than the outer edge of the ceramic bowl or ramekins respectively) out of baking parchment. Fold the circle(s) in half twice and place on top of the ceramic bowl/ramekins. Cover

with aluminium foil, fold down the foil at the sides and fasten around the edge of the bowl/ramekins with kitchen string.

Place the ceramic bowl/ramekins in a solid cooking container and cook.

To serve, loosen the pudding(s) using a knife. Turn out onto a warm dessert plate and pour golden syrup over the sponge.

Serve immediately.

Settings

Automatic programme

سبونج بودنج بالدبس | الحلوى

وحدات صغيرة/واحد كبير

Programme duration:

For the ceramic bowl: 90 minutes

For the ramekins: 40 minutes

Manual

Operating mode: طهي البخار

Temperature: 100 °C

Cooking duration:

For the ceramic bowl: 90 minutes

For the ramekins: 40 minutes

Dessert

Walnut and chocolate pudding

Total time required:

65–70 minutes

Serves 8

For the pudding

100 g dark chocolate

5 eggs, medium

80 g butter

80 g sugar

8 g vanilla sugar

80 g walnuts, ground

80 g breadcrumbs

For the dish

1 tbsp butter

1 tbsp icing sugar

Accessories

8 soufflé ramekins

Rack

Method

Melt the chocolate and separate the eggs. Put the whites to one side for later. Cream the butter, sugar and vanilla sugar until fluffy, add the egg yolks and stir.

Leave the chocolate to cool and fold into the butter mixture with the walnuts and breadcrumbs.

Whisk the egg whites until stiff and fold into the mixture.

Grease the ramekins and dust with icing sugar.

Pour the mixture into the soufflé ramekins, place on the rack in the oven compartment and cook.

Settings

Temperature: 90 °C

Cooking duration: 30 minutes

Tip

Instead of soufflé ramekins you could use cups.

A Miele steam oven comes into its own with such a variety of functions and additional uses. It is a valuable helper when blanching food before freezing and for preserving. It is also ideal for gently defrosting frozen food. And when it comes to reheating cooked food, this appliance showcases another of its many talents with short, gentle regeneration times.

Preserving in the Miele steam oven

The process of preserving is used to maintain and store different types of food. Fruit and vegetables are suitable for preserving. Gardeners with extensive harvests, large families and those who love to host are all aware of the advantages of preserving. Ideally, you should preserve your fruit and vegetables while they are still in season as most vitamins and minerals will be retained and the prices will be at their lowest. This will mean you won't have to buy these items further down the line and they'll be ready for your family and guests when you need them. Preserving inhibits or even stops biochemical and microbiological processes, which cause the food to spoil over time. It therefore retains the flavour and extends the shelf life of the food when done correctly.

Bottling

Only use unblemished, fresh produce which is in good condition.

Jars

Only use sterilised jars and accessories. You can use jars with twist-off lids or with glass lids and a rubber seal. Make sure that all the jars are the same size so that the preserving process is carried out evenly. After you have filled the jars with the produce, clean the glass rims with a clean cloth and hot water and then seal the jars.

Fruit

Remove the blemished fruit, wash and dry the produce thoroughly. Berries need to be washed carefully as they are very sensitive and are easily squashed. Remove any peel, stems, pips or stones

if necessary. Cut up large fruit; for example, cut apples into slices. If you are preserving large fruit with stones (e.g. plums, apricots), pierce the fruit several times with a fork or wooden skewer as otherwise it will burst.

Vegetables

Rinse, clean and cut up vegetables. Vegetables should be blanched before preserving to help them retain their colour. See the "Blanching in the Miele steam oven" section.

Fill volume

When you fill the jars with the produce, make sure that it is loose and a maximum of 3 cm below the rim. Pressing on the food will destroy the cell walls. Knock the jar gently on a cloth to better distribute the contents. Fill up the jars with liquid. The produce must be covered. Use a sugar solution for fruit and a salt or vinegar solution for vegetables.

Tips

Make use of residual heat by leaving the jars in the oven compartment for 30 minutes after it has switched off. Then cover the jars with a cloth and allow to cool for approx. 24 hours.

Procedure

- Place the rack on the lowest shelf level.
- Place the jars (all the same size) on the rack. The jars must not touch each other.

Preserving in the Miele steam oven

Produce	Temperature in °C	Duration* in minutes
Berries		
Redcurrants/blackcurrants	80	50
Gooseberries	80	55
Cranberries	80	55
Fruit with stones		
Cherries	85	55
Mirabelle plums	85	55
Plums	85	55
Peaches	85	55
Greengages	85	55
Fruit with pips		
Apples	90	50
Apple sauce	90	65
Quinces	90	65
Vegetables		
Beans	100	120
Broad beans	100	120
Gherkins		55

* These figures refer to 1 l jars. For ½ l jars, shorten the total time by 15 minutes. For ¼ l jars, shorten the total time by 20 minutes.

Juicing in the Miele steam oven

You can use the steam oven to extract juices from soft fruit, such as berries and cherries. It is best to use overripe fruit, as the riper the fruit, the greater the quantity of juice produced. Very ripe fruit will also produce a more intense flavour.

Preparation

Sort and clean the fruit. Cut out any blemishes. Remove the stalks from grapes and morello cherries as these are bitter. The stalks do not need to be removed from raspberries, etc.

Tips

Mix mild and bitter fruits for a well-rounded flavour. Adding sugar will increase the quantity of juice produced and improve the flavour. Sprinkle the fruit with sugar and leave to absorb for a few hours before juicing. We recommend adding 50–100 g of sugar for 1 kg of sweet fruit and 100–150 g of sugar for 1 kg of sour fruit. If you wish to bottle the juice rather than consume it straight away, pour it into hot, sterilised bottles while it is still hot, and then seal immediately with sterilised tops.

Procedure

- Put the prepared fruit into a perforated cooking container.
- Place a solid container or the condensate tray underneath to catch the juice.

Settings

Temperature: 100 °C

Cooking duration: 40–70 minutes

Juicing in the Miele steam oven

Juicing	Temperature* in °C	Duration* in minutes
Soft fruit		
E.g. berries	100	40–70
Firm fruit		
E.g. apples, pears	120	30–45
Hard fruit		
E.g. quinces	120	40–50

* These figures apply to steam ovens and steam pressure ovens.

Defrosting in the Miele steam oven

Deep-freezing food is the most natural and perhaps most convenient preservation method. When you freeze food, the vitamin loss is minimal and minerals are completely retained. As freezing does not completely deactivate micro-organisms, frozen food should be prepared and consumed immediately after it is removed from the freezer. Depending on the type and size, food can be cooked frozen or partially or fully defrosted. When it comes to defrosting, you'll find the steam oven's gentle approach very helpful. Select the "Defrost" operating mode (depending on the model). Set the temperature and time as per the defrosting table. Do let the food stand to allow even heat distribution.

- You can turn the food halfway through and separate it out. This is particularly relevant to thick items being defrosted (e.g. joints of meat).
- Once the defrosting time has finished, allow the food to stand at room temperature for a little while. This standing time (see table below) is required to ensure that the item can defrost all the way through.

Please note:

- Use shallow dishes for defrosting wherever possible as these speed up the process considerably.
- Freeze food in smaller, handy portions. Several smaller portions can always be defrosted more gently and faster than a single large portion.
- Frozen food of a similar size and nature (e.g. several chicken legs) can be defrosted together without any changes to the temperature setting or the defrosting time compared to one single item, providing the items were frozen individually.
- Take the food which needs defrosting out of its packaging (exceptions: bread and baked goods) and place on a flat plate or in the shallow cooking container.

Defrosting in the Miele steam oven

Food to be defrosted	Weight in grams	Temperature * in °C	Defrosting time* in minutes	Standing time* in minutes
Milk/dairy products				
Sliced cheese	125	60	15	10
Quark	250	60	20–25	10–15
Cream	250	60	20–25	10–15
Soft cheese	100	60	15	10–15
Fruit				
Apple sauce	250	60	20–25	10–15
Apple chunks	250	60	20–25	10–15
Apricots	500	60	25–28	15–20
Strawberries	300	60	8–10	10–12
Raspberries/redcurrants/blackcurrants	300	60	8	10–12
Cherries	150	60	15	10–15
Peaches	500	60	25–28	15–20
Plums	250	60	20–25	10–15
Gooseberries	250	60	20–22	10–15
Vegetables				
E.g. kale, spinach; frozen in a block	300	60	20–25	10–15
Fish				
Fish fillets	400	60	15	10–15
Trout	500	60	15–18	10–15
Lobster	300	60	25–30	10–15
Small shrimps	300	60	4–6	5
Meat				
Roast meat	Sliced	60	8–10	15–20
Minced meat	250	50	15–20	10–15
	500	50	20–30	10–15
Goulash	500	60	30–40	10–15
	1000	60	50–60	10–15
Liver	250	60	20–25	10–15

Defrosting in the Miele steam oven

Food to be defrosted	Weight in grams	Temperature * in °C	Defrosting time* in minutes	Standing time* in minutes
Saddle of hare	500	50	30–40	10–15
Saddle of venison	1000	50	40–50	10–15
Cutlets/chops/sausages	800	60	25–35	15–20
Poultry				
Chicken	1000	60	40	15–20
Chicken legs	150	60	20–25	10–15
Chicken escalopes	500	60	25–30	10–15
Turkey legs	500	60	40–45	10–15
Ready meals				
Meat, vegetables, side dish	480	60	20–25	10–15
Stews, soups	480	60	20–25	10–15
Baked goods				
Puff pastry items	–	60	10–12	10–15
Yeast dough items	–	60	10–12	10–15
Cakes	400	60	15	10–15
Bread rolls/bread				
Bread rolls	–	60	30	2
Rye bread, sliced	500	60	75	20
	250	60	40	15
	125	60	20	10
Wholegrain bread, sliced	250	60	65	15
White bread, sliced	150	60	30	20

* These figures apply to steam ovens and steam pressure ovens.

Blanching in the Miele steam oven

Blanching is a method used to prepare vegetables and fruit for preservation. The brief heat treatment disables the enzymes contained in plant-based foods and therefore prevents changes to the colour and flavour, as well as the loss of vitamins. To ensure that the food does not continue cooking, you need to cool it in iced water immediately after blanching.

How it's done:

Trim and wash the vegetables or fruit and chop up large items (cauliflower and broccoli into florets; leeks, carrots and kohlrabi sliced). Place them in a perforated cooking container in the steam oven. At a temperature of 100 °C, the blanching time is around 1 minute for all foods. Once blanched, plunge the items into ice water to cool them down quickly.

The following should be blanched:

Apples, apricots, pears, peaches, cauliflower, beans (green or yellow), broccoli, peas, kale, kohlrabi, carrots, asparagus, spinach, leeks

The following should not be blanched:

Berries, herbs

Reheating in the Miele steam oven

You can reheat in the perforated or solid cooking containers, as well as in serving dishes. The advantage of reheating in the serving dish is that you are heating the dish at the same time, which helps to retain the temperature. The reheating time can vary depending on the type of serving dish.

We recommend reheating sauces separately, except for with meals such as goulash, where the sauce is part of the dish.

Food	For steam oven Time in minutes* at 100 °C	For steam pressure oven Time in minutes* at 95 °C
Vegetables		
E.g. carrots, cauliflower, kohlrabi, beans	6–7	3–4
Side dishes		
E.g. pasta, rice	3–4	4–5
Potatoes, halved lengthways	12–14	4–5
Dumplings	15–17	4–5
Meat and poultry		
E.g. sliced roast meat, 1½ cm thick	5–6	5–6
Roulades, sliced	5–6	5–6
Goulash	5–6	5–6
Lamb stew	5–6	5–6
Meatballs	13–15	5–6
Chicken escalopes	7–8	5–6
Turkey escalopes	7–8	5–6
Fish		
Fish fillets, 2 cm thick	6–7	3–4
Fish fillets, 3 cm thick	7–8	3–4
Plated meals		
E.g. spaghetti, tomato sauce	13–15	4–5
Roast beef, potatoes, vegetables	12–14	5–6
Stuffed pepper (halved), rice	13–15	5–6
Chicken fricassee, rice	7–8	5–6
Vegetable soup	2–3	4–5
Creamy soup	3–4	4–5

Reheating in the Miele steam oven

Food	For steam oven Time in minutes* at 100 °C	For steam pressure oven Time in minutes* at 95 °C
Consommé	2-3	4-5
Stew	4-5	5-6

* These times apply to food heated on a plate. Cover the food with a deep plate to ensure that no steam condenses on the crockery.

Cooking in the Miele steam oven

The cooking time for an item of food depends on a variety of factors, including the freshness, size, origin and the required degree of doneness. As the size and extent to which they are chopped up can vary considerably with fruit and vegetables, an average piece size and an average degree of doneness (al dente) are assumed for this category. When it comes to pulses, these can be further processed in a multitude of ways depending on the type. As a result, the cooking times for peas, beans and lentils have been determined in such a way that the food is cooked but still retains its shape.

The durations specified in the table are guidelines only. We recommend selecting the shorter duration initially. You can cook further if necessary. The cooking duration only begins when the set temperature is reached.

Food	For steam oven		For steam pressure oven		Container	
	Temperature in °C	Duration in minutes	Temperature in °C	Duration in minutes	Perforated cooking container	Solid cooking container
Vegetables						
Artichokes	100	32–38	120	12–14	•	
Cauliflower, whole	100	27–28	100	27–28	•	
Cauliflower, florets	100	8	120	2	•	
Beans, green	100	10–12	120	2	•	
Broccoli, florets	100	3–4	100	3–4	•	
Carrots, chopped	100	6	120	1	•	
Chantenay carrots, whole	100	7–8	120	3	•	
Chantenay carrots, halved	100	6–7	120	3	•	
Chantenay carrots, chopped	100	4	120	1	•	
Chicory, halved	100	4–5	100	4–5	•	
Chinese cabbage, chopped	100	3	120	1	•	
Peas	100	3	100	3	•	
Sugar snap peas	100	5–7	100	5–7	•	
Fennel, halved	100	10–12	120	4–5	•	
Fennel, sliced	100	4–5	120	2	•	

Cooking in the Miele steam oven

Food	For steam oven		For steam pressure oven		Container	
	Temperature in °C	Duration in minutes	Temperature in °C	Duration in minutes	Perforated cooking container	Solid cooking container
Kale, chopped	100	23–26	120	4–6	•	
Potatoes, waxy, peeled, whole	100	27–29	100	27–29	•	
Potatoes, waxy, peeled, halved	100	21–22	120	9	•	
Potatoes, waxy, peeled, quartered	100	16–18	120	6	•	
Potatoes, fairly firm, peeled, whole	100	25–27	100	25–27	•	
Potatoes, fairly firm, peeled, halved	100	19–21	120	7	•	
Potatoes, fairly firm, peeled, quartered	100	17–18	120	5	•	
Potatoes, floury, peeled, whole	100	26–28	100	26–28	•	
Potatoes, floury, peeled, halved	100	19–20	120	7	•	
Potatoes, floury, peeled, quartered	100	15–16	120	5	•	
New potatoes, firm	100	30–32	100	30–32	•	
Kohlrabi, cut into batons	100	6–7	120	2	•	
Pumpkin, diced	100	2–4	100	2–4	•	
Corn on the cob	100	30–35	120	15	•	
Chard, chopped	100	2–3	100	2–3	•	
Peppers, diced or sliced	100	2	100	2	•	
Mushrooms	100	2	100	2	•	

Cooking in the Miele steam oven

Food	For steam oven		For steam pressure oven		Container	
	Temperature in °C	Duration in minutes	Temperature in °C	Duration in minutes	Perforated cooking container	Solid cooking container
Leeks, sliced	100	4-5	120	1	•	
Leeks, halved lengthways	100	6	100	6	•	
Romanesco, whole	100	22-25	100	22-25	•	
Romanesco, florets	100	5-7	120	2	•	
Brussels sprouts	100	10-12	120	3-4	•	
Beetroot, whole	100	53-57	120	24-26	•	
Red cabbage, chopped	100	23-26	120	4	•	
Black salsify, whole	100	9-10	120	3-4	•	
Celeriac, cut into batons	100	6-7	120	2	•	
Asparagus, green	100	7	100	7	•	
Asparagus, white	100	9-10	100	9-10	•	
Spinach	100	1-2	100	1-2		•
Spring cabbage, chopped	100	10-11	120	2-3	•	
Celery, chopped	100	4-5	120	1-2	•	
Swede, chopped	100	6-7	120	2-3	•	
White cabbage, chopped	100	12	120	2	•	
Savoy cabbage, chopped	100	10-11	120	2	•	
Courgettes, sliced	100	2-3	100	2-3	•	
Pulses						
Beans, not soaked, at a ratio of 1:3 beans to water						
Kidney beans	100	130-140	100	130-140		•

Cooking in the Miele steam oven

Food	For steam oven		For steam pressure oven		Container	
	Temperature in °C	Duration in minutes	Temperature in °C	Duration in minutes	Perforated cooking container	Solid cooking container
Adzuki beans	100	95–105	100	95–105		•
Black beans	100	100–120	120	15–16		•
Pinto beans	100	115–135	100	115–135		•
Haricot beans	100	80–90	100	80–90		•
Beans, soaked, covered with water						
Kidney beans	100	55–65	120	7		•
Adzuki beans	100	20–25	120	3		•
Black beans	100	55–60	120	7		•
Pinto beans	100	55–65	120	7		•
Haricot beans	100	34–36	120	7		•
Peas, not soaked, at a ratio of 1:3 peas to water						
Yellow split peas	100	110–130	100	110–130		•
Green split peas	100	60–70	100	60–70		•
Peas, soaked, covered with water						
Yellow split peas	100	40–50	120	11		•
Green split peas	100	27	120	9		•
Lentils, not soaked, at a ratio of 1:2 lentils to water						
Brown lentils	100	13–14	100	13–14		•
Red lentils	100	7	100	7		•
Fruit						
Apple chunks	100	1–3	100	1–3		•
Pear chunks	100	1–3	100	1–3		•
Cherries, sweet and sour	100	2–4	100	2–4		•
Mirabelle plums	100	1–2	100	1–2		•
Nectarine/peach chunks	100	1–2	100	1–2		•

Cooking in the Miele steam oven

Food	For steam oven		For steam pressure oven		Container	
	Temperature in °C	Duration in minutes	Temperature in °C	Duration in minutes	Perforated cooking container	Solid cooking container
Plums	100	1–3	100	1–3		•
Quinces, diced	100	6–8	120	3–4		•
Rhubarb chunks	100	1–2	100	1–2		•
Gooseberries	100	2–3	100	2–3		•
Hen's eggs						
Eggs, medium, soft-boiled	100	4	100	4	•	
Eggs, medium, between soft-boiled and hard-boiled	100	6	100	6	•	
Eggs, medium, hard-boiled	100	10	100	10	•	
Eggs, large, soft-boiled	100	5	100	5	•	
Eggs, large, between soft-boiled and hard-boiled	100	6–7	100	6–7	•	
Eggs, large, hard-boiled	100	12	100	12	•	
Other						
Melting chocolate	65	20	65	20		•
Blanching vegetables	100	1	100	1	•	
Blanching fruit	100	1	100	1	•	
Sweating onions	100	4	120	2		•
Reheating liquids, cup/mug	100	2	100	2		•
Making yoghurt, yoghurt jars	40	300	40	300	•	

Cooking in the Miele steam oven

Food	For steam oven		For steam pressure oven		Container	
	Temperature in °C	Duration in minutes	Temperature in °C	Duration in minutes	Perforated cooking container	Solid cooking container
Proving dough, container/bowl	40	min. 15	40	min. 15	•	
Skinning tomatoes	95	1	95	1	•	
Skinning peppers	100	4	100	4	•	
Heating damp flannels	70	2	70	2	•	
Decrystallising honey	60		60		•	
Preserving apples	50	5	50	5	•	
Custard royale	100	4	120	2		•
Grains (ratio to water)						
Amaranth (1:1.5)	100	15–17	120	8		•
Bulgur (1:1.5)	100	9	120	4		•
Green spelt, whole (1:1)	100	18–20	120	9		•
Green spelt, cracked (1:1)	100	7	120	4		•
Oats, whole (1:1)	100	18	120	9		•
Oats, cracked (1:1)	100	7	120	4		•
Millet (1:1.5)	100	10	100	10		•
Polenta (1:3)	100	10	100	10		•
Quinoa (1:1.5)	100	15	120	7		•
Rye, whole (1:1)	100	35	120	18		•
Rye, cracked (1:1)	100	10	120	5		•
Wheat, whole (1:1)	100	30	120	15		•
Wheat, cracked (1:1)	100	8	120	4		•
Dumplings						

Cooking in the Miele steam oven

Food	For steam oven		For steam pressure oven		Container	
	Temperature in °C	Duration in minutes	Temperature in °C	Duration in minutes	Perforated cooking container	Solid cooking container
Sweet steamed dumplings	100	30	100	30	•	
Yeast dumplings	100	20	100	20	•	
Boil-in-the-bag potato dumplings, covered with water	100	20	100	20		•
Boil-in-the-bag bread dumplings, covered with water	100	18–20	100	18–20		•
Pasta						
Tagliatelle, covered with water	100	14	120	8		•
Vermicelli, covered with water	100	8	100	8		•
Rice (ratio to water)						
Basmati rice (1:1.5)	100	15	120	7		•
Parboiled rice (1:1.5)	100	23–25	120	11		•
Brown rice (1:1.5)	100	26–29	120	13		•
Wild rice (1:1.5)	100	26–29	120	13		•
Short-grain rice (ratio to liquid)						
Pudding rice (1:2.5)	100	30	100	30		•
Risotto rice (1:2.5)	100	18–19	120	11		•
Binding agents						
Gelatine		1		1		•
Beurre manie	100	3	100	3		•

Cooking in the Miele steam oven

Food	For steam oven		For steam pressure oven		Container	
	Temperature in °C	Duration in minutes	Temperature in °C	Duration in minutes	Perforated cooking container	Solid cooking container
Sago						
Stirring once	100	20	–	–		•
Without stirring	–	–	120	6		•
Fish and shellfish						
Eel	100	5–7	100	5–7	•	
Perch fillet	100	8–10	100	8–10	•	
Shrimps		3		3	•	
Seabream fillet	85	3	85	3	•	
Trout, 250 g		10–13		10–13	•	
Prawns		3		3	•	
Halibut fillet	85	4–6	85	4–6	•	
Scallops		5		5	•	
Cod fillet	100	6	100	6	•	
Carp, 1.5 kg	100	18–25	100	18–25	•	
King prawns		4		4	•	
Salmon fillet	100	6–8	100	6–8	•	
Salmon steak	100	8–10	100	8–10	•	
Rainbow trout	100	14–17	100	14–17	•	•
Langoustines	95	10–15	95	10–15	•	
Mussels		12		12	•	•
Basa fillet	85	3	85	3	•	
Rosefish fillet	100	6–8	100	6–8	•	
Haddock fillet	100	4–6	100	4–6	•	
Plaice fillet	85	4–5	85	4–5	•	
Monkfish fillet	85	8–10	85	8–10	•	
Sole fillet	85	3	85	3	•	
Turbot fillet	85	5–8	85	5–8	•	

Cooking in the Miele steam oven

Food	For steam oven		For steam pressure oven		Container	
	Temperature in °C	Duration in minutes	Temperature in °C	Duration in minutes	Perforated cooking container	Solid cooking container
Tuna fillet	85	5–10	85	5–10	•	
Venus clams		4		4	•	•
Pike perch fillet	85	4	85	4	•	
Meat and sausages						
Chicken breast	100	8–10	100	8–10	•	•
Veal strips	100	3–4	100	3–4	•	
Lamb stew	100	12–16	120	6–8		•
Turkey roulades	100	12–15	100	12–15	•	
Turkey escalopes	100	4–6	100	4–6	•	•
Poularde	100	60–70	120	30		•
Beef goulash	100	105–115	120	30–35		•
Whole chicken, covered with water	100	80–90	120	40		•

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