

Cuisinart®

Recipe Booklet

Instruction Booklet on reverse side



COMBO STEAM + CONVECTION OVEN

Meet the professional steam oven with professional-grade cooking technology that fits on your benchtop; the Combo + Steam Convection Oven.

The oven harnesses the power of steam cooking, convection baking and roasting, while also having the functions of both steam and convection at the same time for tasty restaurant-quality food that is crispy on the outside with juicy tender results on the inside. By combining steam and convection heat in this oven means no preheating is required and food can cook up to 40% faster than conventional ovens. Food cooked in steam is highly beneficial with more moisture and nutrients conserved, ensuring juicier and healthier results. Alternatively use the steam-only functions and cook with no oil at all.

With a specifically designed Self-Clean function makes the entire process from fast cooking to easy cleaning, seamless.

FEATURES

- Quality stainless steel interior and exterior for superior longevity
- Easy-to-use cooking menu dial
- 120 minutes of steady, uninterrupted steam
- Cooking with steam requires no oil, yielding healthier results
- Increased moisture retention
- Reheats foods without drying them out
- All the standard functions of a traditional oven
- Accommodates a whole 2kg chicken or a 30cm pizza
- 1.4 Litre removable reservoir for easy filling
- 17 Litre capacity
- Wide temperature range; 50-230°C

QUICK TIPS GUIDES:

STEAM

Food	Qty.	Preparation	Time (mins.)
Artichokes	4 (large)	Trimmed	100-120
Asparagus	450g	Trimmed	10-12
Broccoli	2 cups	4cm florets	20
Cauliflower	2 cups	4cm florets	20-25
Corn	2 cobs	Husked	20
Green Beans	2 cups	Trimmed	15
Snow Peas	2 cups	Trimmed	10
Potatoes (New)	450g	Whole	40-45
Prawns	500g (peeled)	Peeled & deveined	12-15
Fish; Ocean Trout, Salmon, Swordfish	500g	Cut into portion sizes	18-20

BAKE/STEAM

Food	Doneness	Cooking Time	Traditional Non-Fan Forced
Chicken	-	20mins/500g	30mins/500g
Pork Loin (boned)	-	15mins/500g	25mins/500g
Lamb leg on Bone	Med-rare	20mins/500g	25-30mins/500g
Beef Rib Roast	Med-well done	20mins/500g	30mins/500g

RECIPES

SWEETS

French Toast Bake.....	4
Citrus Lemon Loaf.....	4
Brioche.....	5
Chocolate Chip Pudding.....	5
Chocolate Vanilla Pots.....	6
Honey Roasted Peaches with Cream.....	6
Cinnamon Sugar Doughnuts.....	7

APEPTISERS & SIDES

Caramelised Onion & Mixed-Tomato Tart.....	8
Spanish-Style Mussels with Chorizo.....	8
Chermoula Prawns.....	9
Roasted Tomatoes.....	9
Brussel Sprouts with Pancetta.....	9
Asian-Style Pork Ribs.....	10
Steamed Pork Buns.....	10

LUNCH & DINNER

Colourful Roasted Capsicum Rice Pilaf.....	11
Baked Snapper with Fennel & Citrus.....	11
Red Chilli Pork.....	12
Beef Roast with Garlic & Herbs.....	12
Roast Herb Chicken.....	13
Salmon with Herb & Lemon Butter.....	13

BREAD

Soft Pretzels.....	14
Buttery White Rolls.....	14
Rustic Italian Bread.....	15
French Bread.....	15

WEIGHTS, MEASURES & CONVERSIONS

Weights, Measures & Conversions.....	16
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French Toast Bake

This fabulous French toast recipe is buttery, doughy, perfectly sweet & easy to make.

Makes 4-6 servings

	Nonstick cooking spray
4	free-range eggs
1 cup	(250ml) milk
1 cup	(250ml) thickened cream
1tsp	vanilla extract
1/3 cup	maple syrup
2tsp	ground cinnamon
1tsp	ground nutmeg
1/4tsp	flaked salt
450g	brioche loaf, sliced
2tbsp	brown sugar
30g	unsalted butter, cut into 1 cm pieces
2	fresh figs, washed & quartered (serving suggestion)

1. Lightly coat a 22cm square pan with nonstick cooking spray; set aside.
2. Put the eggs, milk, cream, vanilla, maple syrup, spices and salt into a medium bowl. Whisk to combine well.
3. Using a serrated knife, slice the brioche into strips that fit the length of the baking pan. Tightly fit half of the brioche strips into the bottom of the pan and cover with half of the egg mixture. Sprinkle the top with half the brown sugar.
4. Repeat with the remaining brioche, laying the strips in the opposite direction of the first layer. Pour the remaining egg mixture over the top and dot with remaining brown sugar. Cover tightly with foil and chill in the refrigerator for at least 2 hours or overnight.
5. Remove the pan from the refrigerator and bring to room temperature. Dot the top with the butter and loosely cover with aluminium foil.
6. Put the pan in the oven with the rack in the lower rack position. Set the oven to Bake Steam at 180°C for 25 minutes. Remove the foil and switch the oven to Grill at 250°C for 5 minutes, or until the top is browned and slightly crusty.
7. Remove and serve immediately.

Citrus Lemon Loaf

Achieve sweet citrus flavours, tons of moisture & light airy cake crumb with this recipe. Top with a slathering of lemon glaze for the ultimate lemon loaf.

Makes 1 loaf

225g	self- raising flour
1/4tsp	salt
125g	unsalted butter, softened
1tsp	vanilla Essence
250g	caster sugar
2	lemons, finely grated & juiced
2	free-range eggs, room temperature
100ml	milk
200g	icing sugar, sifted

1. Grease and line a 7cm (H) x 14cm (W) x 24cm (D) loaf pan.
2. Sift the flour and salt into a small bowl.
3. Place the butter and sugar into a large bowl and mix to combine with a hand mixer until the mixture is light and fluffy. Add 2 tablespoons of lemon juice (reserving the rest for the icing glaze) to the butter & sugar mixture and continue mixing. Add the eggs one at a time then the vanilla. Mix until batter is well combined.
4. Using low speed, add the flour and the milk alternately in three additions, ending with the milk.
5. Pour the cake batter into the pan and put in the oven with the rack in the lower rack position. Set the oven to Convection Bake at 160°C for 50 to 60 minutes, or until a skewer inserted in the center of the cake comes out clean.
6. Allow cake to stand for 10 minutes in the pan before turning out onto a wire rack. While cake is cooling mix the reserved lemon juice with the icing sugar until sugar is dissolved. Spoon the glaze over the cold cake and drizzle down the sides of the cake. Allow icing to set a little before slicing.

Note: Add a little extra icing sugar to the glaze if the icing is a little too thin.

Brioche

With an amazing rich flavour & dark golden crust, serve this brioche with coffee for breakfast, as a roll with dinner, or as a base for desserts.

Makes 1 loaf

1¼tsp	(4g) active dry yeast
2tbsp	white sugar
1tsp	seasoning
2tbsp	lukewarm milk
1½ cups	bread flour
2	free range eggs, room temperature, lightly beaten
½tsp	flaked salt
120g	chilled unsalted butter, cubed *
1	large egg whisked with 1tbsp water

1. In a small bowl, dissolve the yeast and teaspoon of sugar in the warm milk. Let mixture stand 5 to 10 minutes, or until it foams a little.
2. Put the flour and extra sugar in the bowl of a stand mixer fitted with the paddle attachment. Mix to combine. Once yeast has proofed, add mixture to the flour/sugar. Mix on a low-medium speed until completely combined, then very gradually add the eggs, not adding more until the previous bit has been absorbed by the flour mixture. Continue to mix until dough is completely combined without any lumps. You may need to raise the speed to a medium/medium-high at this point. The dough will be very sticky and glue-like. Allow this to mix for about 10 minutes to allow gluten to develop well. Stop the mixer to scrape down the sides of the bowl and the paddle as needed to be sure that the dough is well mixed and smooth.
3. Replace the paddle with the dough hook. Start mixing on a low/low-medium speed and add the salt. Gradually add the cold butter, cube by cube, not adding more butter until the earlier piece is fully incorporated. Increase speed to medium and continue kneading until all the butter has been added. If the dough is getting a little too sticky add additional flour, 1 teaspoon at a time. The kneading process should take about 15 to 20 minutes. Dough is done when it is smooth and elastic, and when pulled should not break apart easily.
4. Form dough into a ball and put in a clean lightly oiled bowl, cover with plastic and allow to rest in the refrigerator for 3½ hours. After chilling,

let stand at room temperature for an additional 30 minutes.

5. Generously grease a 22cm loaf pan. Gently shape dough into a loaf and put it in the pan. With the rack in the lower rack position, put pan in oven. Set to Steam at 40°C for 25 minutes to proof. Remove from oven and lightly brush with egg wash. Return to oven and then set to Bread at 180°C for 30 minutes to bake. Bread should be shiny and well browned at the end of the baking cycle.

6. Remove bread from the pan and allow to cool completely on a wire rack before serving.

* It's important to keep the butter chilled in refrigerator until ready to use.

Chocolate Chip Pudding

Try this recipe with some leftover brioche for a different take on bread & butter pudding.

Makes 4-6 servings

1	loaf brioche bread, cut into 2.5cm cubes
½ cup	chocolate chips
3	free-range eggs, lightly beaten
⅓ cup	caster sugar
½tsp	flaked salt
250ml	milk
250ml	thickened cream
2tsp	vanilla extract
	nonstick cooking spray

1. Put the brioche bread cubes and chocolate into a large bowl. Toss to combine. Set aside.
2. Put the eggs, sugar and salt into a large bowl and whisk until light and frothy. Add the milk, cream and vanilla and continue to whisk until well combined. Pour mixture over the bread and chocolate. Gently stir to combine. Cover with plastic wrap and allow to stand in the refrigerator for a minimum of 3 hours.
3. Lightly spray a 22cm round cake pan with the nonstick spray (or brush with melted butter). Transfer the soaked bread mixture to the pan. Lightly cover with foil. Put pan into the oven with the rack in the lower rack position. Set to Bake Steam at 180°C for 50 minutes. Pudding is done when nicely puffed and looks set. Serve immediately.

Chocolate Vanilla Pots

Cold custard, cold comfort with these light & silky anytime dessert pots!

Makes 4 servings

125ml	thickened cream
125ml	milk
½tsp	vanilla Essence
90g	dark cooking chocolate
1tsp	instant espresso coffee
3	free-range egg yolks
¼ cup	caster sugar
	pinch flaked salt

1. Put the cream, milk and vanilla into a small saucepan and place over low-medium heat. Put the chocolate and coffee, in a heatproof mixing bowl; set aside. Once cream/milk mixture just comes to a simmer, pour it over the chocolate. Let the chocolate sit for a few minutes, then whisk together (do not whisk when it is too hot, or the chocolate will be grainy).
2. Separate the egg yolks and whites (reserve whites for another use). Put the egg yolks, sugar and salt in a medium sized mixing bowl. Using either a hand mixer or mix by hand with a whisk, mix until very light and thick. Once combined, temper the yolks with the chocolate/cream mixture by pouring about half of the warm chocolate mixture into the egg mixture. Gently whisk until fully combined, then add the remaining chocolate mixture. Do not over-whisk – you do not want the mixture to be frothy at this point. Dab the surface with paper towel to remove any foam. If the mixture seems a bit grainy, pour through a fine mesh strainer set over a clean mixing bowl.
3. Divide mixture evenly among four individual ¾ cup (180ml) custard cups or ramekins.
4. Put cups on the baking pan and cover each one with foil. Put the pan in the oven with the rack in the lower rack position. Set to Bake Steam at 110°C for about 40 minutes. Once cooking time is complete, leave custards undisturbed for 10 minutes before removing from oven. Custards are done when they are just set (the centre will still move slightly when shaken).
5. Once cool, wrap each custard cup with plastic and refrigerate until well chilled 3 to 4 hours.

Honey-Roasted Peaches with Cream

Let the peaches shine in this fresh, summertime dessert.

Makes 4 servings

4	medium-firm peaches, halved & pitted
¼ - 1/3	cup honey (depending on sweetness of peaches)
¼tsp	salt
1½tsp	fresh lemon juice
125ml	thickened cream
1tbsp	honey
½tsp	vanilla Essence
	Amaretti cookies, crushed, to serve

1. Put the peaches, honey, salt and lemon juice into a large bowl, toss gently until peaches are fully coated. Line the baking pan with baking paper and arrange the peaches, cut side up, evenly on the pan. Spread any excess honey mixture over the peaches.
2. Put peaches in the oven with the rack in the middle rack position. Set to Bake Steam at 190°C for 20 minutes.
3. While peaches are cooking, prepare the honey cream. Put the cream in a small bowl and begin to whisk either by hand or with a whisk attached electric mixer. Gradually add the remaining ingredients and whisk to a soft peak and slightly loose. Cover and chill.
4. Transfer the peaches to a platter and pour the honey cream over them. Garnish with the crushed cookies. Serve immediately.

Cinnamon Sugar Doughnuts

Doughnut worry & be happy with this soft & fluffy irresistible recipe!

Makes 12 round doughnuts, plus 12 doughnut holes

1½tsp	(5g) active dry yeast
1tsp	white sugar
2tbsp	lukewarm milk
1½ cups	plain flour, plus more for mixing (up to ½ cup)
1tbsp	white sugar (extra)
¼tsp	flaked salt
¼tsp	ground cinnamon
	pinch ground nutmeg
2	free-range eggs, room temperature & lightly beaten
60ml	buttermilk
1tsp	vanilla Essence
80g	unsalted butter, room temperature & cubed
80g	melted butter, for finishing
	cinnamon sugar, for finishing

1. Place yeast and 1 teaspoon, sugar and the warm milk into a small bowl, mix. Let mixture stand 5 to 10 minutes, or until it foams a little.
2. Put flour, the extra sugar, salt, cinnamon and nutmeg into the bowl of a stand mixer fitted with the dough hook. Mix to combine. Once yeast has proofed, add it to the flour/sugar. Mix on medium/low-medium until combined.
3. Whisk the eggs, buttermilk and vanilla together in a large measuring jug. While mixing on medium speed, gradually add the liquid ingredients to the flour mixture. Using extra ½ cup of flour, add one teaspoon at a time, as needed to keep dough from sticking to the dough hook and sides.
4. Once liquid mixture is fully incorporated, gradually add the butter, 1 piece at a time, until all have been mixed into the dough. Again, continue adding flour, 1 teaspoon at a time, to keep dough from sticking to the sides. The dough should turn over nicely in the bowl while kneading. Knead for an additional 2 to 5 minutes after butter has been added. Dough should be tender and smooth, and when pulled should not break apart.

5. Form dough into a ball and put in a large clean lightly oiled bowl, cover with plastic and allow to rest for 1 hour. After 1 hour, gently turn dough over and press dough (do not punch). Cover and allow to rest for another 1 hour.
6. Line the baking pan with baking paper. Divide the dough into 12 pieces (about 45g each). Working with one piece at a time, (keeping the others covered loosely with a damp teat towel) form into a disc about 8cm in diameter. Using a small round cutter (2cm) cut a hole out of the centre. Put cut round on the lined baking pan and cover loosely with plastic. Reserve the doughnut holes on a separate plate, covered with plastic. Repeat with the remaining pieces of dough.
7. Once 6 doughnuts have been cut, put them in the oven with the rack in the middle rack position. Set to Steam at 40°C for 15 minutes. At the end of the steaming cycle, switch to Bread at 180°C for 12 minutes. Doughnuts should be nicely puffed with minimal colour when done. Repeat with remaining 6 doughnuts and finally the doughnut holes.
8. While doughnuts are baking, melt remaining butter in a small saucepan over low heat. Put cinnamon sugar in a shallow bowl. Set aside.
9. Remove doughnuts from oven and immediately brush with butter on all sides and then gently toss in cinnamon sugar. Serve immediately.

APEPTISERS & SIDES

Caramelized Onion & Mixed Tomato Tart

The flavours of the mixed cherry tomatoes match perfectly with the caramelised onion & sharp strong flavour of the Gruyère cheese.

Makes one 20cm square tart – Serves 2-4

- 1 medium brown onion, halved & sliced**
- 2 garlic cloves, crushed**
- 2 thyme sprigs, leaves only**
- 2tsp olive oil**
- 1tsp flaked salt**
- ½ cup medley cherry tomatoes, halved**
- 1 sheet prepared puff pastry, defrosted**
- 1 large egg whisked with 1tbsp water**
- ⅓ cup grated Gruyere cheese**
- 60g fresh ricotta**
- Basil leaves to serve**

1. Place the onion, garlic, thyme, oil and ½ of the salt into a medium bowl, mix to combine. Line baking pan with baking paper and put into the oven with the rack in the middle rack position. Set the oven to Super Steam at 150°C for 30 minutes.
2. While the onion is cooking, toss the tomatoes in the same bowl with ¼ teaspoon of salt. Remove onions from oven, set aside. Replace the baking paper and put the tomatoes on the pan and then into the oven. Set to Bake Steam at 200°C for 5 minutes.
3. Place pastry on a lightly floured surface and cut 4 x 2cm wide strips from each side of the pastry square. Place the strips directly on top of the pastry square edges, creating an elevated border edge. Using a fork, prick the surface of the pastry in the centre and on the edges.
4. Reline baking pan with baking paper and place pastry on top. Lightly brush the egg wash over all the pastry. Put the pan into the oven with the rack in the lower rack position. Set to Convection Bake at 200°C for 30 minutes. Shield with foil if browning too quickly.
5. Once pastry shell is baked and cools slightly, scatter ⅓ cup of grated cheese onto the bottom of the tart shell, then dollop the ricotta evenly

on top and spread the onion mixture, tomatoes and remaining cheese. Cover the border of the tart with foil and put back in the oven with the rack in the middle rack position with oven door slightly ajar. Set oven to Grill at 250°C for 10 minutes.

6. Scatter basil on top of the tart before serving.

Spanish-Style Mussels with Chorizo

This little tapas dish will take you all the way to Spain with plump fresh mussels, spicy chorizo & dry sherry.

Makes 4 servings

- 150g chorizo, halved & thinly sliced**
- 1 large brown onion, halved & thinly sliced**
- 2 garlic cloves, crushed**
- 1tbsp olive oil**
- 60ml dry sherry**
- 1kg mussels, scrubbed & de-bearded**
- 2tbsp chopped flat-leaf parsley**

1. Combine the chorizo, onion, garlic, and oil in a small bowl. Evenly spread ingredients on the baking pan and put in the oven with the rack in the lower rack position. Set to Bake Steam at 230°C for 20 minutes.
2. Remove the pan from the oven and carefully adjust the oven rack to the middle position. Stir in the sherry with a wooden spoon to deglaze the pan and add the mussels in an even layer. Return the pan to the oven and set to Steam at 100°C for 20 minutes until mussels have fully opened. Start checking the mussels at 15 minutes. Discard any mussels that have not opened.
3. Add parsley and serve immediately.

Chermoula Prawns

A traditional North African-style pesto perfect for complementing the flavours of fish & most seafoods, alternatively pair with other meats or vegetables of your choice.

Makes 3-4 servings

¾ cup	fresh coriander leaves
½ cup	fresh flat-leaf parsley
2	garlic cloves
½tsp	finely grated lemon rind
½tsp	flaked salt plus more for seasoning
½tsp	paprika
¼tsp	ground cumin
¼tsp	freshly ground black pepper plus more for seasoning pinch cayenne pepper
2tbsp	fresh lemon juice
40-80ml	extra virgin olive oil
800g	whole green large prawns, peeled & deveined
1tsp	olive oil
4	bamboo skewers

1. Put all ingredients for the chermoula, except the olive oil into a, food processor bowl. Pulse until roughly chopped, about 8 to 10 times, scraping sides down as needed. While continuously processing, gradually add the oil through the liquid feed on the top of the lid, processing until desired consistency is reached – use less oil if you want a chunkier pesto-like sauce, or more if you want it thinner. Taste and adjust the seasonings. Cover and set aside.
2. Prepare the prawns and fit the grilling/ steaming rack into the baking pan. Put the prawns and oil into a bowl and season lightly with salt and pepper. Divide the prawns and thread onto the skewers place skewers on top of the grilling/ steaming rack. Put the grill with baking tray on the upper grill position and leave the oven door slightly ajar. Set to Grill at 250°C for 10 minutes, or until the prawns are fully opaque. Turn prawns once during cooking.
3. Transfer the prawns to a platter and drizzle the chermoula over the top.

Note: If using wooden skewers, soak them in water for at least 30 minutes prior to using to prevent burning when grilling.

Roasted Tomatoes

Get back to basics with this roast tomatoes side dish, or blend them up as deliciously rich homemade sauce.

Makes 4 servings

1tbsp	extra virgin olive oil
10	Roma tomatoes, halved lengthwise
1tsp	flaked salt
	Freshly ground black pepper

1. Line the baking pan with baking paper. Place the tomatoes, cut side up onto pan. Drizzle the tomatoes with oil and season with salt and pepper. Put the baking pan into the oven with the rack in the middle rack position. Set to Bake Steam at 230°C for 15 minutes.
2. Remove tomatoes from oven and let cool a little. Serve.

Tip: For variety add fresh sprigs of thyme or rosemary before cooking.

Brussel Sprouts with Pancetta

The perfect side dish to any meal; the saltiness of the pancetta complements the earthiness of the sprouts & a finish of red wine vinegar provides an unexpected but welcomed tang.

Makes 4 servings

450g	Brussel sprouts, trimmed & halved
1	eshallot, peeled & thinly sliced
40g	pancetta, diced
1tbsp	extra virgin olive oil
¼tsp	flaked salt
¼tsp	freshly ground black pepper
2tsp	red wine vinegar

1. Put all the ingredients except the vinegar together in a large bowl and toss until evenly coated. Arrange the ingredients on the baking pan in a single layer, with the Brussels sprouts cut side down.
2. Put the baking pan in the oven with the rack in the lower rack position and set the oven to Super Steam at 200°C for 20 minutes, until the sprouts are tender and lightly browned. Start checking after 15 minutes.
3. Remove sprouts from the pan and put them into a serving bowl. Toss with vinegar. Adjust seasoning and serve.

Asian-Style Pork Ribs

These sweet & savoury ribs are delicious on their own & also the filling for our pork buns in the next recipe.

Makes 4 servings

125ml	hoisin sauce
125ml	salt-reduced soy sauce
1tbsp	fresh lime juice
1tbsp	mirin
1tbsp	fish sauce
3cm	piece of ginger, peeled & halved
2	garlic cloves
½ cup	packed light brown sugar
60ml	canola oil
	Bone-in pork ribs (about 1.5kg), cut into individual ribs

1. Put all ingredients except ribs into a blender in the order listed. Blend on high until completely smooth and combined.
2. Put ribs into a large flat dish and coat with the marinade. Toss to coat and marinate covered in refrigerator minimum 2 hours or best overnight.
3. Take the meat from the refrigerator and remove as much marinade from ribs as possible. Line the baking pan with baking paper and put the ribs onto the pan in a single layer. Place into the oven with the rack in the middle rack position. Set the oven to Bake Steam at 180°C for 60 minutes. When time expires, reset to 110°C for an additional 1 hour on Bake Steam.
4. Remove the ribs from the oven and serve.

Steamed Pork Buns

An absolute classic component for dim sum. These steamed buns are delicate & fluffy & will quickly become a favourite to make.

Makes 14 buns

1	recipe Asian-Style Pork Ribs, cooled
1tsp	(3.5g) active dry yeast
¼ cup	granulated sugar
330ml	lukewarm water
3 cups	plain flour, plus more as needed
¼tsp	baking soda
1tbsp	canola oil

1. Remove meat from ribs and shred well. Keep refrigerated until ready to use. If desired, reserve any juices from the ribs after baking to moisten meat before filling.
2. Mix yeast with a pinch of the sugar and stir into 80ml warm water. Let mixture stand 5 to 10 minutes until it foams a little.
3. In a large bowl combine the flour, remaining sugar and baking soda. Stir to mix and make a small well in the centre.
4. Add the remaining water to the yeast mixture and slowly pour it into the flour, using one hand to pour while the other mixes the dough. If the dough appears too wet, add more flour, 1 tablespoon at a time until the dough starts to come together. Add the oil and use your hands to work the dough until well combined and so it is not sticking to the bowl.
5. Transfer the dough to a well-floured surface and knead the dough by hand for about 5 minutes until it is smooth and elastic. It may be necessary to continue adding a little more flour if the dough is too sticky when kneading. Shape the dough into a ball and place into a clean lightly oiled bowl, cover with a dampened kitchen towel. Let the dough rest at room temperature for 1 hour.
6. Meanwhile, line the baking pan with a piece of baking paper and take pork out of the refrigerator. Lay a large piece of baking paper onto a work surface.
7. Lightly flour the work surface. Divide the dough into two pieces and roll one at a time into a log, about 40cm long. Cut the log into 7 equal pieces, about 60g each.
8. Working with one piece of dough at a time and keeping the rest covered with the damp towel, roll each piece of dough into a very flat round, about 15 cm in diameter. Fill each, dough round in the centre with 1½ tablespoons of the shredded pork. Gather the dough up and around the filling by pleating along the edges. Pinch the pleats together, making a little neck on the bun, and twist firmly to seal, as a pouch.
9. Put the bun on the paper and cover with another damp towel. Repeat with remaining dough and filling.
10. Put half of the buns on the baking tray, keeping the remaining 7 covered. Put the tray in the oven with the rack in the middle rack position and set to Steam at 100°C for 30 minutes, until dough is cooked through. Remove the buns and re-line the tray with new baking paper and repeat cooking process.
11. Serve immediately.

LUNCH & DINNER

Colourful Roasted Capsicum Rice Pilaf

Delicious as a light lunch or side dish to any of your favourite main meals.

Makes 4-6 servings

- 1 medium red capsicum (250g)**
- 1 medium yellow capsicum (250g)**
- 2½tsp olive oil**
- ½ medium brown onion, finely chopped**
- 2 garlic cloves, crushed**
- 1½ cups long grain white rice**
- ½ cup brown rice**
- 625ml salt-reduced chicken stock**
- 2 sprigs fresh thyme**
- 1tsp flaked salt**
- ¼tsp freshly ground black pepper**
- ¼ cup fresh flat-leaf parsley, chopped**
- 2 green shallots, trimmed & chopped**

1. Put the whole capsicums on the baking pan and rub with ½ teaspoon of oil and put in the oven with the rack in the middle rack position. Set to Bake Steam at 200°C for 30 minutes. Turn the capsicums over half way through cooking.
2. Once finished, put capsicum in a medium bowl and cover tightly with plastic wrap. Stand for 30 minutes. When cool, remove capsicum and peel away the skin, discarding both the skin and seeds. Cut the capsicums into 1.5cm dices and set aside.
3. Put the remaining oil into a 2 litre baking pan with the onion, garlic, rice, stock, thyme, salt and pepper. Cover the pan and put in oven with the rack in the lower rack position. Set the oven to Super Steam at 150°C for 35 minutes. Taste and check brown rice is cooked and tender.
4. When cooked, allow rice to rest for about 15 minutes. Finish by stirring in the capsicum, parsley and shallots.

Baked Snapper with Fennel & Citrus

This particular dish pairs the gentle sweetness of snapper flesh with a subtle slight aniseed flavour from fennel.

Makes 2 servings

- 2 small eshallots, thinly sliced**
- 2 garlic cloves, crushed**
- 1 small fennel bulb, thinly sliced**
- 1 medium orange, thinly sliced**
- 1 small lemon, thinly sliced**
- 2 sprigs fresh oregano**
- 2 sprigs fresh thyme**
- ½tsp flaked salt**
- ¼tsp red chilli flakes**
- 1tbsp olive oil**
- 1kg whole snapper, scaled & cleaned**

1. To make filling place eshallots, garlic, fennel, orange, lemon, oregano, thyme, half the salt, chilli flakes and half the oil into a large bowl. Toss to combine.
2. Cut two slashes into the flesh of the fish behind the head on both sides and sprinkle with remaining salt. Fill the fish cavity with about ½ -1 cup of the filling. Tie the fish with cooking string in 3 places along the length of the fish to keep the filling inside. Keep in mind there will be plenty of filling left over.
3. Prepare a bed of the remaining filling ingredients in the middle of the baking tray on a diagonal, placing some of the citrus slices on the top. Lay the fish on the bed.
4. When ready to cook, drizzle the remaining oil over the fish and place in the oven with the rack in the middle rack position. Set the oven to Bake Steam at 230°C for 30 minutes.
5. Remove the tray, cover fish with foil to rest for 5 minutes then serve with the vegetables.

Red Chilli Pork

Make the perfect pork taco filling that's easy-peasy to put together with just a few pantry staples.

Makes 6-8 servings

1.5kg	boneless pork shoulder, rind removed
1tbsp	olive oil
2tsp	flaked salt
3tsp	chilli flakes
½tsp	dried oregano
1	bay leaf
1	cinnamon stick
½tsp	cumin seed
¼tsp	cayenne
2	garlic cloves, crushed

1. Cut the shoulder into large chunks; and place in a large bowl.
2. Combine the remaining ingredients in a small bowl then rub well into the meat. Cover and marinate in the refrigerator for at least 2 hours or overnight.
3. Transfer the meat, with the spices, to the baking tray and put in the oven with the rack in the lower rack position. Set to Bake Steam at 180°C for 75 minutes when time expires, reset to 110°C for an additional 45 minutes on Bake Steam.
4. Allow pork to rest in oven until cool enough to handle. Remove the baking tray carefully to avoid spilling any of the braising liquid.
5. Remove and discard bay leaf and cinnamon stick. Using your hands (wearing gloves is recommended!), shred pork into bite-size pieces. This can now be enjoyed as a filling for tacos, burritos or served over rice with vegetables.

Beef Roast with Garlic & Herbs

Marinating overnight intensifies the flavour of this classic roast.

Makes 4 servings

800g	piece beef scotch fillet
4	garlic cloves, crushed
2	sprigs fresh thyme
2	sprigs fresh oregano
¼tsp	freshly ground
½tsp	flaked salt
1tbsp	unsalted butter, melted

1. Put the beef fillet into a large resealable storage bag with the garlic, thyme, oregano and pepper. Toss to coat and marinate covered in refrigerator minimum 2 hours or best overnight.
2. Line the baking pan with baking paper. Remove beef from bag, discard garlic and herbs place onto the baking pan. Season with salt and allow to stand covered at room temperature for 30 minutes before cooking.
3. Put the beef in the oven with the rack in the lower rack position. Set to Convection Bake at 230°C for 30 minutes. At the end of the convection bake cycle, remove beef from oven and brush the top with melted butter. Return meat to the oven leaving door slightly ajar and set to Grill at 230°C for 5 minutes.
4. Allow the meat to rest covered with foil for 15 minutes before slicing and serving.

Roast Herb Chicken

The Combo Steam + Convection Oven creates foolproof chicken – crispy & juicy, with no oil needed.

Makes 4 servings

1.5kg	whole chicken
½tsp	freshly ground black pepper
3	garlic cloves, crushed
3	sprigs fresh thyme
3	sprigs fresh rosemary
2	sprigs fresh oregano
1tsp	flaked salt
1	medium lemon, halved

1. Put the chicken into a large resealable storage bag with the pepper, garlic and herbs. Toss to coat and marinate covered in refrigerator minimum 2 hours or best overnight.
2. Line the baking pan with baking paper. Remove chicken from the bag and place onto the pan. Season with salt and squeeze lemon juice over the chicken and stuff the lemon halves into its cavity with the herbs used in the marinade. Tie the legs of the chicken together with cooking string.
3. Put the baking pan into the oven with the rack in the lower rack position. Set to Bake Steam at 180°C for 60 minutes, or until chicken is cooked and skin is golden brown. Check that the juices are running clear when tested at the thickest part near the chicken thigh.
4. Remove chicken cover with foil and allow to stand for 15 minutes before serving.

Note: when bake/steaming whole chickens, allow approximately 20 minutes per 500g.

Salmon with Herb & Lemon Butter

A quick & easy recipe. Any leftovers can be served over a salad the next day.

Makes 4 servings

1tbsp	finely chopped chives
1tbsp	finely chopped dill
1tbsp	finely chopped flat-leaf parsley
80g	unsalted butter, softened
1tsp	finely grated lemon rind
¼tsp	flaked salt
¼tsp	freshly ground black pepper
500g	salmon *, ocean trout or kingfish fillet

1. Put the chives, dill and parsley into a small food processor bowl. Add butter, lemon rind, salt and pepper. Mix or process until well combined. Transfer butter to a piece of baking paper and flatten out and form into the shape of the fish fillet. If butter is too soft, refrigerate for 30 minutes.
2. Sprinkle salmon fillet with a pinch of salt and gently put the butter onto the top of the fish, covering as much of the flesh as possible.
3. Chill the prepared salmon in refrigerator for at least 30 minutes.
4. When ready to cook put the salmon on top of the grilling/steaming rack fit into the baking pan. Put in the oven with the rack in the lower grill position. Set to Grill Steam at 250°C for 10 to 15 minutes* then Grill at 250°C with the door slightly ajar for 5 to 10 minutes to lightly browning.
5. Remove salmon cover with foil and allow to stand for 5 minutes before serving. Spoon some of the butter over the fish.

*Salmon fillets vary in size so it may be necessary to adjust the cooking time, depending on thickness.

Note: The butter could be mixed by hand but may require pre-chilling before shaping.

Soft Pretzels

These soft pretzels are fluffy & buttery-soft on the inside with a chewy golden crust on the outside - just like the new York Street vendors!

Makes 12 pretzels

250ml	lukewarm water
1tbsp	brown sugar
7g	sachet active dry yeast
3¼ cups	bread flour
2tsp	of baking soda wash (⅓ cup warm water & 1tsp baking soda whisked together)
1	large egg whisked with 1tbsp water coarse salt, for sprinkling

1. Put the water into a small bowl and add the sugar and yeast; stir to dissolve. Let mixture stand 5 to 10 minutes, or until it foams a little.
2. Put the flour and salt into a food processor with the metal chopping blade and process for 10 seconds. With the machine running, slowly add the proofed yeast mixture through the liquid feed tube on the lid and process until a dough ball forms. Continue processing 45 seconds. Roll the dough into a smooth ball and put in a lightly oiled bowl with plastic wrap to cover. Let rise in a warm area so the dough doubles in size (approx 1hr).
3. Gently punch dough down then roll into a 40cm rope. Divide the dough into 12 equal pieces. Take one piece (keep other pieces covered with a damp towel and roll into a very thin rope, about 15cm long, and shape into a pretzel by taking the two ends and crossing them over one another, making sure that the ends hang over the bottom; press firmly to seal. Repeat with remaining pieces of dough.
4. Line the baking pan with baking paper. Put 6 of the shaped pretzels on the pan. Lightly brush the pretzels with the baking soda wash. Put the pan in the oven with the rack in the middle rack position. Set to Steam at 100°C for 5 minutes.
5. At the end of the steaming cycle, remove from oven and lightly brush the pretzels with the egg wash and sprinkle generously with the salt. Return to oven then set to Convection Bake at 220°C for 12 to 14 minutes to bake. Pretzels should be shiny and lightly browned at the end.
6. Remove pretzels and serve immediately. Reline baking pan with baking paper. Repeat steps 4-6 with remaining 6 pretzels.

Buttery White Rolls

These light, fluffy & buttery rolls are impossible to resist - homemade with just a handful of simple ingredients.

Makes 12 rolls

80ml	milk
120g	unsalted butter
3tbsp	granulated sugar
7g	sachet active dry yeast
60ml	lukewarm water
1	free-range egg, lightly beaten
3 cups	bread flour
¾tsp	salt
1	large egg whisked with 1tbsp water

1. In a small saucepan combine the milk, butter and sugar. Warm over low heat until the butter is melted. Remove from heat and set aside to cool to room temperature.
2. Place water into a jug and add the yeast, mix. Let mixture stand 5 to 10 minutes, or until it foams a little. Combine with cooled milk mixture and beaten egg. Put the flour and salt into a food processor bowl fitted with the metal chopping blade and process for 10 seconds. With the machine running, slowly add all the liquids through the feed tube on the lid and process until a dough ball forms. Continue processing for 1 minute to knead the dough. Remove and shape the dough into a smooth ball, and put in a clean lightly oiled bowl and cover with plastic wrap. Stand in a warm place until the dough has doubled in size, about 1 hour.
3. Punch the dough down then divide and roll into 13 smooth round pieces (about 60g each) and arrange in a 22cm lightly greased round cake pan. Put the pan in the oven, with the rack in the lower rack position. Set to Steam at 40°C for 25 minutes to proof.
4. Remove from oven and lightly brush the proofed rolls with egg wash. Return to oven and set to Bread at 190°C for 25 minutes.
5. Remove rolls from the pan and onto a wire rack to cool slightly before serving.

Rustic Italian Bread

Bread making is an art form & this rustic Italian bread recipe is a foolproof masterpiece!

Makes 1 round loaf

7g	sachet active dry yeast
¾tsp	granulated sugar
250ml	lukewarm water
3 cups	bread flour
1/3 cup	wheat bran
1½tsp	flaked salt
1½tbsp	olive oil
1	large egg whisked with 1tbsp water

1. Place yeast, sugar and water into a measuring jug and mix. Let mixture stand 5-10 minutes, or until it foams a little.
2. Put the flour, wheat bran and salt into a food processor bowl fitted with the metal chopping blade and process for 10 seconds. Add the oil. With the machine running, slowly add the liquid through the feed tube on the lid and process until a dough ball forms. Continue processing 1 minute to knead the dough. Shape the dough into a ball and put into a large clean lightly oiled bowl. Cover the bowl with plastic wrap and let the dough rise for 1 hour, until doubled in size.
3. Punch down the dough, reshape into a ball and cover the bowl again with a clean piece of plastic wrap. Let rise 1 hour.
4. Line the baking pan with a piece of baking paper. Gently punch down the dough and shape into a tight, large round. Put the round on the pan and in the oven with the rack in the lower rack position. Set to Steam at 40°C for 25 minutes to proof.
5. Remove from oven; with a serrated knife cut an **x** into the centre of the top of the loaf, brush lightly with the egg wash and return to the oven. Set to Bread at 200°C for 30–35 minutes to bake.
6. Bread should be nicely browned. Remove from the oven and cool completely on a wire rack before slicing.

French Bread

Sans le pain de vie, nous sommes des toasts! -
Without the bread of life we are toast!

Makes 2 small baguettes

1¼tsp	(4g) active dry yeast
pinch	granulated sugar
250ml	lukewarm water
3 cups	white flour
1tsp	flaked salt
1	large egg whisked with 1tbsp water

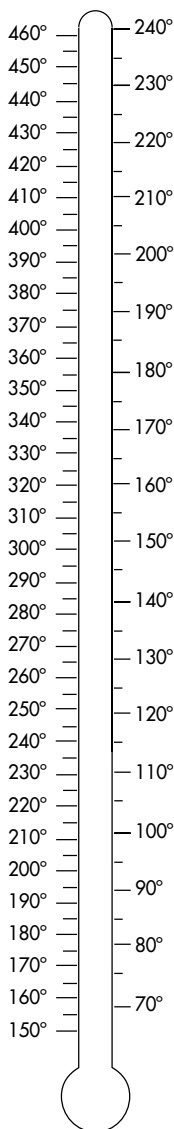
1. Place yeast, sugar and 180ml of the warm water into a measuring jug, mix. Let mixture stand 5 to 10 minutes, or until it foams a little.
2. Put the flour and salt into a food processor with the dough or metal chopping blade and process for 10 seconds.
3. With the machine running, slowly add the liquid with the yeast through the feed tube on the lid and process until a dough ball forms. Add reserved water 1 tablespoon at a time if dough is too dry. Continue processing 1 minute to knead the dough. Shape the dough into a ball and put in a large clean lightly oiled bowl. Cover the bowl with plastic wrap and let the dough rise for 1 hour, until doubled in size.
4. Punch down the dough, reshape into a ball and cover the bowl again with a clean piece of plastic wrap. Let rise 1 hour.
5. Punch down the dough once more and cover again with a clean piece of plastic wrap. Put the bowl in the refrigerator overnight.
6. The next day, remove the dough from the refrigerator and bring to room temperature. Line the baking pan with baking paper.
7. Gently punch down dough and divide in half. Press and roll each dough half into baguette form, about 22cm long. Put the loaves side by side on the tray in the steam oven with the rack in the lower rack position. Set to Steam at 40°C for 25 minutes to proof.
8. Remove the tray from the oven and using a serrated knife cut three slits across the top of each loaf, brush lightly with egg wash and return to the oven. Set to Bread at 200°C for 30 minutes, rotating the tray halfway through.
9. Remove and cool completely on a wire rack.

WEIGHTS, MEASURES & CONVERSIONS

Temperature °F / °C

Fahrenheit

Celsius



$$^{\circ}\text{F} = \frac{9 \times ^{\circ}\text{C}}{5} + 32$$

$$^{\circ}\text{C} = \frac{5(^{\circ}\text{F} - 32)}{9}$$

Metric cup & spoon sizes

cup	metric
¼ cup	60ml
⅓ cup	80ml
½ cup	125ml
1 cup	250ml
spoon	metric
¼ teaspoon	1.25ml
½ teaspoon	2.5ml
1 teaspoon	5ml
2 teaspoon	10ml
1 tablespoon (equal to 4 teaspoons)	20ml

Liquids

Metric	cup	imperial
30 ml		1 fl oz
60 ml	¼ cup	2 fl oz
80 ml		3 ½ fl oz
100ml	⅓ cup	2 ¾ fl oz
125ml	½ cup	4 fl oz
150ml		5 fl oz
180ml	¾ cup	6 fl oz
200ml		7 fl oz
250ml	1 cup	8 ¾ fl oz
310ml	1 ¼ cups	10 ½ fl oz
375ml	1 ½ cups	13 fl oz
430ml	1 ¾ cups	15 fl oz
475ml		16 fl oz
500ml	2 cups	17 fl oz
625ml	2 ½ cups	21 ½ fl oz
750ml	3 cups	26 fl oz
1L	4 cups	35 fl oz
1.25L	5 cups	44 fl oz
1.5L	6 cups	52 fl oz
2L	8 cups	70 fl oz
2.5L	10 cups	88 fl oz

