



## CONVECTION STEAM OVEN REFERENCE GUIDE

= STEAM

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= REHEAT

VEGETABLES	MODE	TEMPERATURE	COOK TIME / PROBE TIME	RACK POSITION	PAN
Artichokes		210°F	28–32 min	1 + 2	
Asparagus		210°F	8–12 min	1 + 2	
Beans, green		210°F	10–15 min	1 + 2	
Broccoli		210°F	9–12 min	1 + 2	
Brussels sprouts		210°F	8–12 min	1 + 2	
Cabbage, chopped		210°F	12–16 min	1 + 2	
Carrots, mini peeled		210°F	12–15 min	1 + 2	
Cauliflower		210°F	10–15 min	1 + 2	
Corn kernels		210°F	8–10 min	1 + 2	
Corn on the cob		210°F	20–25 min	1 + 2	
Fennel		210°F	9–12 min	1 + 2	
Frozen vegetables		210°F	10–15 min	1 + 2	
Peas, sugar snap		210°F	9–12 min	1 + 2	
Spinach, leaf		210°F	7–10 min	1 + 2	
Zucchini, yellow squash		210°F	5–8 min	1 + 2	
GRAINS/STARCHES	MODE	TEMPERATURE	COOK TIME / PROBE TEMP	RACK POSITION	PAN
Lentils with liquid		210°F	20–40 min	2	
Potatoes, baby		210°F	20–25 min	1 + 2	
Potatoes, diced		210°F	17–22 min	1 + 2	
Potatoes, medium		210°F	30–40 min	1 + 2	
Rice with liquid, in a dish		210°F	30–40 min	2	
EGGS	MODE	TEMPERATURE	COOK TIME / PROBE TEMP	RACK POSITION	PAN
Hard boiled		210°F	19–21 min	1 + 2	
FISH AND SEAFOOD	MODE	TEMPERATURE	COOK TIME / PROBE TEMP	RACK POSITION	PAN
Fish fillet		180°F	7–12 min	1 + 2	
Frozen crab legs (split)		210°F	12–18 min	1 + 2	
Frozen crab legs (whole)		210°F	16–25 min	1 + 2	
Mussels, Clams, Oysters		210°F	12–24 min	1 + 2	
Shrimp		210°F	7–10 min	1 + 2	

MEATS AND POULTRY	MODE	TEMPERATURE	COOK TIME / PROBE TEMP	RACK POSITION	PAN
Bacon		440°F	16–22 min	2	
Chicken breasts		410°F	10–15 min / 165°F	2	
Chicken breasts		210°F	10–18 min / 165°F	1 + 2	
Chicken legs and thighs		430°F	20–25 min / 175°F	2	
Ham slices 1/2" thick		210°F	10–15 min	1 + 2	
Hot dogs		190°F	10–12 min	1 + 2	
Meatloaf		345°F	45–60 min / 165°F	1	
Turkey breast		325°F	45–60 min / 165°F	1	
Turkey whole 10-12 lbs		355°F	60–85 min / 165°F	1	
Whole chicken		385°F	45–60 min / 165°F	2	
CAKES, COOKIES AND PIES	MODE	TEMPERATURE	COOK TIME / PROBE TEMP	RACK POSITION	PAN
Bundt cake*		325°F	50–65 min	2	
Cookies		325°F	11–13 min	2	
Muffins*		350°F	20–25 min	2	
Sponge cake in tube pan*		325°F	50–65 min	2	
Tart*		350°F	35–45 min	2	

\*Preheat oven.

## BREAD

Use Gourmet - Baked Goods - Bread.

## DOUBLE CRUST PIE

Use More - Use at 440°F. Cook for 30 minutes.

- After 30 minutes, rotate the pie, reduce temperature to 400°F and continue to cook for 20 minutes.

## DEFROST

Use at 90°F.

- Time is dependant on size of food being defrosted.

## REHEAT LEFTOVERS

Single Serving: Use More - Auto Reheat.

Large Dish: Use at 250°F. Set probe to 170°F.

Pizza: Use and preheat to 355°F. Cook for 3-5 minutes.

## PIZZA

Fresh Pizza: Use Gourmet - Fresh Pizza.

Frozen Pizza: Use More - More Gourmet - Frozen Pizza.

## BLANCH VEGETABLES

Use at 210°F for 2–5 minutes.

- Remove vegetables and immediately place in ice water bath.

## DEHYDRATE

Use at 140°F.

- Place food evenly on wire racks.
- Place door in the “at rest” position.
- Turn thicker pieces periodically to ensure even drying.

Fill the water tank with fresh, cold tap water. Never fill with demineralized, filtered or distilled water.

After each use, place the oven door in the “at rest” position and allow to cool, then wipe interior with a paper towel or cloth.

