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Steam oven cookbook

cooking with steam for healthy living





Foreword

Dear Connoisseur

Acquiring a Miele steam oven marks the beginning of a wonderful friendship promising pleasure, good health and endless delicious culinary adventures.

Mealtimes are when families are most often together, and food is nearly always the focus when friends gather, be it for a casual evening or a more formal celebration. In the Miele Test Kitchen, we are in the privileged position of being able to practise professionally the hobby we share with many thousands of people across the world - cookery. We get the chance to experiment with both traditional and more exotic ingredients every day. Even after many years of experience, we never cease to be amazed by the new flavours and tastes we can create using our Miele appliances.

This book draws together our experience, excitement and passion for experimenting in the imaginative yet easy to prepare recipes we have created for you to try.

Please note that the cooking times given in the recipes assume the use of the solid and perforated stainless steel containers supplied with your steam oven. Other cooking containers, as well as the type and quality of the food, can cause slight variations in cooking times. As with all new appliances, practice makes perfect, and you will soon know from experience the optimum cooking durations for your favourite dishes.

We wish you "bon appetit" and hope you have as much fun trying out these recipes as we have had developing them!

If you have any questions or comments we welcome your feedback. See the back cover of this book for our contact details.

Kind regards
Your Miele Home Economists



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The history of steam cooking

Food for thought

Everyone eats and drinks, but only a few understand how to savour the flavour.
(Confucius, 551–479 BC.)

Cooking with steam goes back thousands of years and has its roots in China. In pre-Christian times, double skinned cooking containers were used to keep the food being cooked separate from the water. Interest in steam cooking didn't reach Europe until Papin's digester was introduced in the 17th century. This method reduced cooking times considerably but did not make its mark in Germany for another 200 years. The legendary "Siko" heavy pressure cooker was introduced to the domestic arena in 1927. By the end of the 1960s pressure cookers had become extremely popular with modern families with busy lives who wanted good tasting healthy food on the table quickly.

In the 1970s professional steam ovens were being used in the catering industry. By the 1980s this technology was finding its way into domestic houses. These pressure cookers have now been largely replaced by built-in appliances which, thanks to electronic controls, have made cooking with steam easier than ever before. The Chinese credo, that all food should be cooked with the highest respect for health, colour, aroma, taste and texture, is just as valid today as it was way back then.



Steam cooking with Miele today

A real team player in the kitchen

Miele's steam oven is a true all-rounder in the kitchen and is the ideal partner for your oven and hob. Regardless of whether you are making individual dishes or making a complete meal in one cooking process, you will find your Miele steam oven lets you do it all. But that's not all: Your Miele steam oven can also defrost, reheat, blanch, bottle and juice food. It can even be used to disinfect baby bottles. With the help of this book let your creativity unfold as you get to know your steam oven better. It won't be long before your Miele steam oven becomes the focal point of your cooking.

The VitaSteam principle used in Miele steam ovens is as simple as it is effective: unlike cooking on the hob, food is not surrounded by water so the goodness cannot leach out. The water needed for cooking is heated up outside the cooking compartment and then injected as required into the oven as pure steam. This gently envelops the food and at the same time expels oxygen out of the cabinet. This way food won't oxidise and in turn it retains its colour, aroma and vitamins in optimum condition.

By regulating the temperature electronically every type of food can be cooked at exactly the right temperature. Perfect results are assured, even with delicate food such as fish, paté and soufflés. The rapid transfer of heat and automatic cooking processes also ensure food is cooked to perfection - and it cannot burn or boil over!



Good taste

A feast for the senses

As a specialist for built-in kitchen appliances it is not just perfect function and attractive design that drives us. The food that comes out of the oven needs to be a feast for the senses too. With a Miele steam oven all the natural colours and aromas are retained in the food. Enjoy the intensive genuine flavour of the food as well as its perfect texture. Mouth watering, enticing, delicious! Regardless of whether you are cooking a tender piece of fish, vegetables with just the right amount of bite in them or a light and fluffy soufflé, you know it won't dry out, lose its goodness or sink in a puddle of water.

The secret is in the sauce

First class cooking is even better if it is made with the perfect sauce. Because food loses very little moisture when it is cooked by steam you won't get as much fluid from it for making a sauce as you would with conventional methods of cooking. Here are a few tips to add the finishing touches to your cooking: Add a simple dip made with cream cheese to steamed vegetables, fish or meat. Or you could purée some of the vegetables with a little cream, stock or wine, season it and then use cornflour or flour to thicken the sauce. The steam oven is good for making the basis for sauces in large quantities which you can then freeze in individual portions for making up when you need it. For more ideas have a look at the User guide supplied with the oven.

Steam cooking: the best method for cooking food

— scientifically proven!

1. Nutrients

Scientific research has proven that steaming vegetables is much better than traditional methods for preserving delicate nutrients such as vitamin C, minerals and trace elements.

2. Sensory properties

Scientific research has shown that steaming vegetables is much more appealing to the senses in terms of taste, shape, colour and texture than boiling them in a saucepan. Miele steam ovens were awarded first place in all of these categories for every food type tested .



Healthy eating

Healthy or tasty? It's both!

Do you simply enjoy your food or are you always thinking about how healthy it is? Wouldn't it be nice if the two were synonymous? They are with a Miele steam oven! This is because the food isn't cooked in water which causes the goodness to leach out. Vitamins and minerals which are essential for our well-being are retained with barely any losses. Vegetables cooked in a Miele steam oven have been proven to contain up to twice as much vitamin C as vegetables cooked in a pan of water.

The flavours are so intense too from steam cooking that food barely needs seasoning. It can also be cooked without using oil or butter. The Miele steam oven really does fulfil today's high demands for tasty, healthy nutrition. Increase your sense of well-being with light, nutritious meals and enjoy the tasty results with a clear conscience!





Easy to use

Let Miele do the work for you!

Your steam oven is equipped with intelligent electronics to make it easy to use. The cooking process is fully automatic so you don't need to stand over the food whilst it cooks. The temperature you set is held precisely so you don't need to keep adjusting it. Another advantage is that food won't burn on or boil over in the steam oven. Sit back and relax until the oven switches itself off automatically.

Fresh or frozen? No problem!

The cooking duration is not dependent on the amount of food you are cooking and it does not matter if the food is fresh or frozen. The cooking duration doesn't start counting down until the oven has reached the correct temperature. Should you run out of fresh vegetables you can happily add some frozen vegetables to the container - the cooking duration is the same for both. The only thing that will change is the time it takes to get to the right temperature, but the oven will take care of this for you so you don't have to worry about it.

Creative cooking without a recipe?

You can easily use your steam oven to make the same dishes that you used to make on the hob. This cookbook contains a comprehensive set of cooking charts at the back of the book which list temperatures and cooking durations as well as telling you which cooking container to use. Using the information in the charts should make it easy for you to cook your favourites by steam instead of on the hob. It won't be long before your Miele steam oven is just as easy to use as your other cooking appliances. Allow your creativity to flourish!

Cooking functions

From the repertoire of a true all-rounder

With temperatures ranging from 40–120°C, Miele steam ovens offer a wide range of functions.

1. Steam cooking

Most food can be steam cooked at 100°C. Vegetables and potatoes, soups and casseroles, bakes and pulses can all be cooked at this temperature without losing their colour, shape, texture and taste. Steam cooking produces excellent results with rice as it cooks it light and fluffy whilst retaining the grains intact. Even baby food is easy to make in the steam oven.

Cooking fish on the hob isn't everyone's idea of fun. Often it turns out too dry or it falls apart when you serve it so you don't enjoy it at its best. A Miele steam oven will overcome all these problems. Cooking fish with steam at a temperature between 75–100°C gives succulent results with fish and produces shellfish tasting its very best - gourmet cooking at home.

Poultry, meat and sausages can also be cooked in the Miele steam oven. Setting the temperature between 90 and 100°C makes meat particularly tender with just the right texture. Even lean poultry which can dry out in conventional cooking is tender and succulent when cooked in steam.

Throughout this book settings are quoted for steam ovens with and without pressure:

- Steam oven, without pressure
- Steam oven, with pressure

Cooking meat by steam won't brown it so you will need to either sear it on the hob before steam cooking it, or brown it off under the grill before serving it. Another way to get a browner finish is to use a marinade or sauce. However, you don't need to do this to enjoy the taste! Try it for yourself and see how good steam cooked meat tastes!

Steam cooking with pressure gives you results in twice the time

Miele's pressurised steam oven uses temperatures up to 120°C. This is ideal for cooking robust food including vegetables that can cope with high temperatures, as well as grains, pulses and many types of meat in half the time it would take on the hob. Flavours and vitamins are retained in the same way as they are in the non-pressurised steam oven. To see which foods are suitable for cooking under pressure see the charts at the back of this book as well as the recipes. Remember that the pressurised steam oven can only take containers with maximum external dimensions of 325 mm (width) x 176 mm (depth). See page 18 for more information on cooking containers.

* Functions will vary depending on model

2. Defrosting

Defrosting in a steam oven takes much less time than defrosting at room temperature. Food is gently and evenly defrosted without "cooking" the edges or leaving meat looking grey. Frozen food such as fruit and vegetables, fish, meat, poultry and ready meals defrost perfectly at 50–60°C. Even delicate milk products and pastries are easy to defrost so that they are ready to use or consume when you need them.

3. Reheating

Food reheated in a steam oven will look and taste as fresh as when it was made. Professional chefs call this "regeneration". You can reheat just the one dish or several at once in the Miele steam oven using a temperature of 90–100°C. It only takes about 5 minutes to reheat a plated meal so you can enjoy your food just as it should be served.

4. Blanching

Blanching ensures the optimum quality of fruit and vegetables is preserved when frozen. Blanching only takes 1–2 minutes at 100°C depending on food type. This quick burst of heat breaks down the enzymes which cause aromas and vitamins to deteriorate in fruit and vegetables during freezing.

5. Juicing

Juicing using the steam oven enables you to extract the juices from fruit for drinks and jellies very easily. It is particularly good for juicing berries. The steam softens the cell walls in the fruit causing them to burst and release their juices. The charts at the back of this book give recommended settings for juicing.

6. Bottling

Bottling is very easy in a Miele steam oven as it does not need to be constantly supervised. A wide range of fruit and vegetables are suitable for bottling. For instructions on how to preserve food by bottling please also read the relevant section in your operating instruction manual.

7. Other things you can do in a steam oven

It may come as a surprise to find out how diverse your Miele steam oven is. It will cook your breakfast eggs to perfection. Melt chocolate at 90°C without it burning or getting lumpy. Jam jars and baby bottles can be disinfected ready for re-use in just 15 minutes at 100°C. This leaves them as bacterially free as they would have been with conventional treatment in boiling water. Desserts such as light and airy soufflés are easy to make. Yogurt can be made at 40°C and dough proved ready for baking. If you really want to spoil your guests after a dinner party you can steam flannels to use after the meal. For more ideas on how to use your steam oven go to the back of this book and read the tips in your operating instruction manual. Most of all, have fun experimenting!

Menu cooking

Can you do more than one thing at a time? The Miele steam oven can!

You can cook on up to 3 levels at a time in a Miele steam oven so you could cook an entire meal of say fish, rice and vegetables at the same time.

It doesn't matter how different the foods are – by constantly injecting fresh steam into the cabinet there will be no transfer of aromas or taste between the different items. Because of this you can even cook sweet and savoury food at the same time! The steam also ensures even cooking results on each level, and if you use the oven to full capacity you will save time and use less energy than you would have used to cook the meal on the hob or in your conventional oven. Here's an example of how to serve a complete meal, hot and fresh, to the table:

Start with the food that takes longest to cook. Whilst that is cooking you can add the next item. Let's try a menu of "Salmon with rice and broccoli". The rice needs 20 minutes, the fish 6 minutes and the broccoli just 4.

Select a temperature of 100°C.

The rice goes in first and is cooked for 14 minutes. When the 14 minutes are up put the fish in and cook it together with the rice for 2 minutes. Then add the broccoli and cook all three for the remaining 4 minutes. Perfect results and on the table at the same time.

Remember to make sure the dishes fit in the oven when cooking on more than one level. If you are using 3 levels you will only be able to use containers up to 4 cm deep. See the notes on page 18 for more information about cooking containers. Please have a look at the cooking charts at the end of this book and the instruction manual supplied with your oven for more tips and information.



Optional accessories and care products

In addition to a first class oven and good quality ingredients you also need the right cooking containers and care products to ensure excellent results.

Optional accessories:

Miele offer a wide range of both solid and perforated containers in a variety of sizes and heights as well as a lid and racks for cooking with steam.

General information about Miele steam cooking containers

Appliance compatibility

- Miele steam oven containers are suitable for use in all standard Miele steam ovens. The Miele steam oven with pressure can only accommodate containers with external dimensions of 325 mm (width) x 176 mm (depth). A lid is also available for use with some of the Miele cooking containers.
- You can steam cook on 3 levels with cooking containers up to 4 cm high. The number of levels you can use will depend on the height with other containers.

Characteristics

- All Miele steam cooking containers have 0.6 mm thick walls.
- The surface is specially treated to guarantee longevity of the container.
- All Miele steam cooking containers are manufactured in Europe.

Using the right container

- The large volume solid containers are perfect for soups, casseroles and stews.
- Solid containers are also useful for cooking food in sauces or broth and for cooking food which needs water such as rice.
- Perforated cooking containers are perfect for blanching and steam cooking food which does not require the addition of water or other liquids. These include vegetables, fish, meat and potatoes.

Miele original care products

To ensure your steam oven continues to function perfectly and last you a long time it is important to look after it properly. Regular cleaning and maintenance are essential and to help you with this Miele have a range of care products specifically designed to work with your steam oven:

Descaling tablets

- For descaling the water container and the pipework in the oven.

Microfibre cloth

- For removing fingerprints and light soiling.

Purchasing accessories and care products:

Miele accessories and care products can be purchased via the internet in the UK on www.miele.co.uk. For other countries please go to www.miele-shop.com.



Soups and starters

Small but satisfying

Tasty, imaginatively prepared, hearty and invigorating soups and starters make an appetising opening to any meal. These delicious and colourful recipes not only whet the appetite for the next course, but can also be served as a light lunch or supper dish in their own right. Soups, perhaps the most popular start to a meal, have a reputation proven by psychologists for making people happy and calming stressed nerves.





Courgette and goats' cheese rolls

Serves 4

Ingredients:

1 courgette
200 g goats' cheese
Salt
Pepper
Olive oil

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Cut the courgette lengthways into thin slices and place in a perforated container. See settings below.

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

3 Wrap the courgette slices around the cheese and season to taste with salt and pepper. Drizzle with olive oil and place in a perforated container then steam. See settings below.

4 Serve on a bed of tomatoes and basil with a crusty white bread.

>> Tip:

Courgettes or zucchini belong to the squash family. In addition to the widely recognised green courgettes you can also get them in yellow and pale green and they come in a variety of shapes and sizes. The small ones taste more tender and aromatic than larger ones and are best used under 20 cm in length. They can be cooked in many different ways: steamed, sautéed, roasted, grilled or fried in batter.

Step 1

- 100°C ; 1 minute
- 100°C ; 1 minute

Step 3

- 100°C ; 3 minutes
- 100°C ; 3 minutes



Broccoli and basil mousse

Serves 8

Ingredients:

500 g broccoli
1 onion
1 bunch of basil
3 leaves of gelatine
Salt
Pepper
A dash of lemon juice
200 ml double cream
4 beefsteak tomatoes (approx.
300 g each)
4 spring onions
2 tbsp balsamic vinegar
4 tbsp olive oil

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

Mousse has an airy, yet creamy consistency and usually contains gelatine and cream to give it its form. Mousse can be sweet for a dessert, such as a chocolate mousse, or savoury with puréed meat and/or vegetables to serve as a delicious starter. Whipped cream gives it a creamy consistency and gelatine gives it stability.

1 Rinse the broccoli then split it into small florets, trim the stalk and finely dice it. Peel and dice the onion. Tear the leaves off the basil and place to one side. Place the basil stalks in a perforated container together with the broccoli and the diced onion and cook. See settings below.

2 In the meantime soak the gelatine in plenty of cold water. Whilst still hot purée the broccoli, onion and basil stalks. Season with salt and pepper and add lemon juice to taste. Squeeze the gelatine, dissolve it in the warm mixture then set aside to cool down.

3 Finely chop the basil leaves. Whip the cream into stiff peaks and fold into the broccoli mix together with the chopped basil once it has cooled down and started to set. Leave to chill for at least 4 hours or overnight.

4 Before serving wash and finely slice the tomatoes. Arrange on plates and scatter with chopped chives. Make a dressing with the vinegar, oil, salt and pepper and drizzle over the tomatoes. Serve the mousse with the tomatoes.

Step 1

- 100°C ; 10 minutes
- 120°C ; 4 minutes

Steamed Caesar salad with lemon

Serves 4

Ingredients:

2 unwaxed lemons
3 cos lettuce hearts
(approx. 175 g each)
Salt
Pepper
60 g raisins
150 ml crème fraîche
2-3 pinches of ground
coriander

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

Caesar salad uses strong tasting green salad leaves that are long and heavily crimped with a pronounced rib, such as Cos lettuce. It is much stronger in taste than a standard everyday lettuce and in the United States it is not uncommon for this type of lettuce to be steam cooked and served as a vegetable. The lettuce used for Caesar salad is rumoured to have been known to the Egyptians some 4000 years ago and was originally cultivated in the Mediterranean region only.

1 Wash the lemons in hot water, then dry them. Cut 1½ lemons into thin slices and arrange them in a perforated container.

2 Clean the salad hearts and split them into quarters lengthways, keeping the stem intact. Carefully rinse them and leave to drip dry. Arrange the salad on the sliced lemon, season with salt, scatter the raisins over the top and cook. See settings below.

3 Whilst this is cooking, grate ½ teaspoon of zest from the remaining piece of lemon and squeeze the juice. Mix the zest into the crème fraîche, season with salt, pepper and coriander and then add lemon juice to taste. Arrange the salad leaves on plates, drizzle with the dressing and serve warm.

Step 2

- 100°C ; 4 minutes
- 100°C ; 4 minutes

Greek tomatoes

Serves 4

Ingredients:

4 tomatoes
1–2 cloves of garlic
Salt
Pepper
4 stalks of basil
100 g goats' cheese

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Wash and dry the tomatoes, halve them and place them on a perforated container with the cut side facing upwards.

2 Finely chop the garlic or put it through a garlic press. Spread it over the cut tomatoes and season with salt and pepper.

3 Rinse and finely tear the basil before scattering it over the tomatoes.

4 Break the goats' cheese up and arrange over the tomatoes. Place the container in the oven and cook. See settings below.

>> Tip:

Tomatoes are one of Europe's favourite "vegetables". They are very healthy, containing large quantities of carotene and vitamin C, and negligible amounts of protein and fat. With only 17 calories per 100 g they are not only great for a healthy diet, but also help combat tiredness, relieve stress and maintain healthy skin and hair.

Step 4

- 100°C ; 3-4 minutes
- 100°C ; 3-4 minutes



Chicory with a walnut vinaigrette

Serves 4

Ingredients

4 chicory
Lemon juice
1½ peppers

Dressing:

1 tsp tarragon vinegar
1 tsp walnut oil
1 tsp honey
1 tsp chopped walnuts
Salt
Pepper

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

Cut out the heart of the chicory as it can taste quite bitter.

1 Clean the chicory, halve it lengthways and remove the white centres. Drizzle with lemon juice and place in two perforated containers and cook. See settings below.

2 Rinse and finely dice the peppers, place them in a third perforated container and place in the oven. See settings below.

3 Fill the chicory halves with the steamed peppers.

4 Mix the ingredients for the dressing, stir well and season with salt and pepper. Serve with the chicory.

Step 1

- 100°C ; 4-5 minutes
- 100°C ; 4-5 minutes

Step 2

- 100°C ; 1 minute
- 100°C ; 1 minute

Kohlrabi and carrot ramekins

Serves 6

Ingredients:

300 g carrots
400 g kohlrabi
1 onion
1 clove of garlic
20 g fresh parsley
125 ml milk
125 g crème fraîche
250 g quark
3 tbsp sesame seeds
2 tbsp soy sauce
½ tsp herb salt
Freshly ground pepper

Butter for greasing

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

Carrots are good for your eyesight. However, this effect is only achieved when the carrots are served with fat (oil with raw carrots, butter with cooked carrots). The fat-solubility of carotene can be utilised to clean plastic containers. Simply rub the container with a little oil.

1 Clean, wash and roughly grate the carrots and kohlrabi. Place in a perforated container and put in the oven. See settings below.

2 Finely chop the onions, garlic and parsley. Mix the rest of the ingredients, except the butter, and season with pepper.

3 Grease 6 ramekins with butter. Divide the quark mixture between the ramekins, place on the flat baking tray and place in the oven. See settings below.

Step 1

- 100°C ; 4-6 minutes
- 120°C ; 2-3 minutes

Step 3

- 90°C ; 25-30 minutes
- 90°C ; 25-30 minutes

Crevettes on a bed of asparagus

Serves 4

Ingredients:

500 g white asparagus
500 g green asparagus
12 pre-cooked, shelled crevettes
1 tbsp of tarragon, chopped
2 tbsp of chervil, chopped
1 bunch of chives, chopped
3 tbsp cress
½ shallot, diced

Dressing:

2 tbsp lemon juice
4 tbsp white wine vinegar
2 tbsp white wine
4 tbsp walnut oil
Salt
White pepper

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Peel the white asparagus and snap the woody end off the green asparagus. Place in 2 perforated containers. Cook the white asparagus first. See settings below.

2 Then add the green asparagus and cook with the white asparagus. See settings below.

3 Place the crevettes in a perforated container and heat them up. See settings below.

4 Mix the herbs in together with the diced shallot. Add the crevettes and allow to steep.

5 Mix the ingredients for the dressing and season with salt and pepper. Halve the asparagus, arrange on 4 plates and drizzle with the dressing.

Step 1

- 100°C ; 2 minutes
- 100°C ; 2 minutes

Step 2

- 100°C ; 7 minutes
- 100°C ; 7 minutes

Step 3

- 95°C ; 2 minutes
 - 95°C ; 2 minutes
-



Salmon paté

Serves 6

Ingredients:

1 small onion
2 tbsp butter
750 g salmon fillet
90 g white bread
1 medium egg
Salt
Pepper
Nutmeg
350 ml double cream
1 tbsp chopped dill

Butter for greasing

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

This paté can be served hot or cold and goes well with ciabatta and a fresh salad.

1 Finely dice the onion and place in a solid container with the butter. Cover with foil or a lid* and cook. See settings below.

2 Wash and pat dry the salmon. Remove the skin using a sharp knife. Place one fillet to one side, dice the rest and mix with the onions.

3 Remove the crusts from the bread, dice the bread and place in the cooking container together with the beaten egg, salt, pepper and nutmeg.

4 Add the cream, diced fish and onions.

5 Cover* and place in a refrigerator to chill for an hour. Then purée the mixture until smooth and creamy. Do not let the mixture get warm. Add the chopped dill.

6 Place half the mixture into a greased 1 lb loaf tin, level it with a knife ensuring there are no bubbles. Place the reserved fillet on top, then cover with the remaining mixture and level it again with a flat knife. Cover *, place in the oven and cook. See settings below.

*Lids for Miele steam oven containers are available to order from the Miele Webshop.

Step 1

- 100°C ; 4 minutes
- 120°C ; 2 minutes

Step 6

- 90°C ; 60-70 minutes
- 90°C ; 60-70 minutes

Asparagus with smoked salmon

Serves 6

Ingredients:

500 g white asparagus
500 g green asparagus
6 tbsp olive oil
3 tbsp lemon juice
1 bunch of chives
Salt
Pepper
400 g cream cheese
100 ml double cream
Cayenne pepper
12 slices of smoked salmon
1 head of Lollo Rosso

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Peel the white asparagus and snap the woody end off the green asparagus. Cut into pieces 3 cm long.

2 Cook the white asparagus. See settings below.

3 Put the green asparagus into the oven. Cook both types together. See settings below.

4 Mix the olive oil and lemon juice together. Chop the chives and add to the oil. Season with salt and pepper. Allow the cooked asparagus to infuse in the mixture.

5 Stir the cream cheese with the cream and season with salt and cayenne pepper. Spread out the slices of smoked salmon and spread some of the cream cheese over each slice. Roll up the smoked salmon then cut the rolls into slices.

6 Wash and dry the lollo rosso then arrange it on a serving platter with the marinated asparagus and salmon. Serve with toast.

Step 2

- 100°C ; 2 minutes
 100°C ; 2 minutes

Step 3

- 100°C ; 7 minutes
 100°C ; 7 minutes

>> Tip:

Asparagus freezes well so you can enjoy it all year round.

Pumpkin with an onion dressing

Serves 6

Ingredients:

1 kg pumpkin flesh
2 medium onions
2 tbsp olive oil
3 tbsp tarragon vinegar
1 tsp acacia honey
6 tbsp pumpkin seed oil
Salt
Pepper

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Cut the pumpkin flesh into thin strips, place them in a perforated container and steam. See settings below.

2 Finely dice the onions and lightly fry them on the hob in olive oil. Then add the tarragon vinegar to deglaze the pan before stirring in the acacia honey and the pumpkin seed oil. Season with salt and pepper.

3 Fold in the strips of pumpkin whilst still warm.

4 Serve with grilled meat and a baguette.

>> Tip :

Tarragon vinegar is very easy to make yourself. Simply place a few sprigs of tarragon in a clean and dry bottle, cover with white wine vinegar and leave to infuse for a few days. Use an attractive bottle and you have a nice gift to bring along to the next party.

Step 1

- 100°C ; 2-4 minutes
 100°C ; 2-4 minutes



Warm fennel salad

Serves 4

Ingredients:

3–4 fennel bulbs
150 ml white wine
50 ml dry vermouth
100 ml vegetable stock
1 bay leaf
4–6 peppercorns
50 g walnuts
1 medium egg
1 tbsp white balsamic vinegar
2 tbsp walnut oil
3 tbsp olive oil
1 tsp mustard
1 pinch of salt
1 tbsp chopped parsley
1 tbsp chopped fennel fronds

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Clean the fennel bulbs, quarter and chop away most of the root. Place in a solid container.

2 Make a broth from the white wine, vermouth and vegetable stock and add to the fennel. Season with the bay leaf and peppercorns and cook. See settings below.

3 Roast the walnuts on the hob and chop coarsely. Hard boil the egg and then chop it up.

4 Make the vinaigrette from all remaining ingredients and pour over the fennel. Sprinkle with walnuts and chopped egg. Serve warm.

Step 2

- 100°C ; 12-15 minutes
- 120°C ; 6-8 minutes

Broccoli and romanesco salad

Serves 4

Ingredients:

250 g romanesco
250 g broccoli
3 tbsp vinegar
2 tbsp olive oil
2 tsp mustard
200 ml sour cream
Salt
Pepper
1 pinch of sugar
50 g mixed frozen herbs

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

Romanesco is a green cauliflower which is high in vitamin C, minerals and vegetable protein.

1 Chop the romanesco and broccoli into small florets and place in 2 perforated containers. Cook the romanesco first. See settings below.

2 Then place the broccoli in the oven and cook with the romanesco. See settings below.

3 In the meantime mix the remaining ingredients to make a dressing. Add the chopped herbs, then fold the warm vegetables into the dressing.

Step 1

- 100°C ; 2 minutes
- 100°C ; 2 minutes

Step 2

- 100°C ; 2 minutes
- 100°C ; 2 minutes

Beetroot in raspberry vinegar

Serves 8

Ingredients:

1 kg red beetroot

Marinade:

1 tbsp balsamic vinegar

3 tbsp raspberry vinegar

6 tbsp oil

4–6 tbsp vegetable stock

2 tsp honey

Salt

Pepper

2 tbsp chopped herbs

Steam oven settings:

Oven, without pressure

Oven, with pressure

1 Wash the beetroot, place in a perforated container and cook. See settings below.

2 Mix the balsamic vinegar, raspberry vinegar, oil, vegetable stock, honey, salt, pepper and chopped herbs to make a dressing.

3 Peel the beetroot and slice finely. Pour the marinade over it and set to one side for several hours to allow the flavours to develop.

Step 1

100°C ; 53-57 minutes

120°C ; 24-26 minutes



Veal tonnato

Serves 8

Ingredients:

700 g veal
750 ml water
150 ml white wine
2 bay leaves
10 black peppercorns
½ tsp salt
2 carrots
1 onion

For the sauce:

1 tin tuna
1 tbsp oil
2 medium egg yolks
2 tbsp capers
1 tbsp lemon juice
100 ml oil
Salt
Pepper
Capers
Lemon slices

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Place the veal, water, white wine, bay leaves, peppercorns and salt in a solid container.

2 Peel the carrots and chop into chunks. Peel and halve the onion, add to the meat with the carrots and cook. See settings below.

3 Drain the tuna and purée with 1 tbsp of oil, the egg yolks and capers. Add the lemon juice and stir the 100 ml of oil in drop by drop until the sauce has the same consistency as mayonnaise. Season with salt and pepper.

4 Carve the cooked meat into thin slices across the grain and place on a serving dish. Pour the sauce over it and garnish with capers and lemon slices. Serve with fresh white bread.

Step 2

- 100°C ; 60-80 minutes
- 120°C ; 30-40 minutes

Italian bean and pasta soup

Serves 4

Ingredients:

130 g small dried haricot beans
700 g tomatoes
1 small red onion
2 cloves of garlic
150 g carrots
100 g celery
2 sprigs of sage
70 g Pancetta
Salt
Pepper
500 ml vegetable stock
100 g small pasta (e.g. shells or mini penne)
30-40 g Parmesan cheese

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

Pancetta is a traditional ham from Italy. It is made in different ways from region to region and uses herbs such as rosemary and sage to season it. It is salted and then air dried. Pancetta is mild, aromatic and tender and is often used as a cooking ingredient.

1 Soak the beans overnight in plenty of cold water.

2 Wash the tomatoes, remove the stalk and cut a cross into the top. Place in a perforated container and steam. See settings below.

3 Remove the tomatoes and then place the beans together with the soak water in a solid container. If necessary add some fresh water to cover them. Cook until they are nearly soft. See settings below.

4 When the tomatoes have cooled down, skin and coarsely dice them. Peel the onion, garlic cloves and carrots, clean the celery. Finely dice the onion and garlic, cut the carrots and celery into thin slices, tear up the sage leaves and cut the pancetta into strips.

5 Drain the beans then place them in a solid container together with the pre-prepared ingredients, and season with salt and pepper. Add the vegetable stock.

6 Place the pasta in another solid container, add salt and cover with water. Place both containers in the oven and cook. See settings below.

7 Drain the pasta and add to the beans. Top with shards of fresh parmesan cheese and serve.

Step 2

- 95°C ; 1 minute
- 95°C ; 1 minute

Step 3

- 100°C ; 70-80 minutes
- 120°C ; 6 minutes

Step 6

- 100°C ; 15 minutes
- 120°C ; 7 minutes

Spinach and coconut soup

Serves 4

Ingredients:

600 g frozen spinach
1 small red onion
1 stick of lemon grass
400 ml coconut milk
450 ml vegetable stock
Salt
Pepper
4 sprigs of garden mint
100 g jasmine rice
25 g pine nuts

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Place the frozen spinach in a perforated container and defrost it. See settings below.

2 Take the spinach out of the oven and leave it to stand for 10 minutes.

3 In the meantime peel and chop the onion. Clean the lemon grass and remove the tough outer layers. Chop up the tender stalk. Add the onion and lemon grass to the coconut milk in a solid container together with 200 ml of stock and season with salt and pepper. Squeeze excess water out of the spinach and add it to the mix.

4 Tear off the mint leaves and chop them up. Place them in a solid container together with the rice, pine nuts and remaining stock. Cook together with the spinach soup in the oven. See settings below.

5 Purée the soup to a chunky consistency and season to taste. Divide between soup bowls and serve with the rice.

Step 1

- 60°C ; 20 minutes
 60°C ; 20 minutes

Step 4

- 100°C ; 15 minutes
 120°C ; 8 minutes



Cherry tomato and mango soup

Serves 4

Ingredients:

750 g cherry tomatoes
1 red onion
1 ripe mango (approx. 350 g)
1 bay leaf
2 sprigs of rosemary
600 ml vegetable stock
Salt
Black pepper
2 tsp brown sugar
4 slices of baguette
2 tbsp olive oil
1 clove of garlic
80 ml sour cream

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

You know a mango is ripe if the skin gives a little when you press it and it has a sweet mango smell. If it has small to medium sized black spots on the skin it has peaked and should be consumed as soon as possible.

1 Wash the cherry tomatoes and place them in a perforated container. Steam them. See settings below.

2 Leave them cool down and then skin them.

3 Peel and finely dice the onion. Peel the mango and cut the flesh away from the stone. Finely dice it then place everything in a solid container together with the tomatoes, onion, bay leaf and rosemary. Pour the stock in and season with sugar, salt and pepper before cooking. See settings below.

4 Meanwhile toast the slices of baguette in oil on the hob on both sides. Halve the garlic clove and rub it over the baguette slices.

5 Take the soup out of the oven and remove the bay leaf and the rosemary. Coarsely mash the soup with a potato masher and season to taste. Serve with a tablespoon of sour cream in each portion and a slice of baguette.

Step 1

- 95°C ; 1 minute
- 95°C ; 1 minute

Step 3

- 100°C ; 20 minutes
- 120 °C ; 10 minutes

Pepper soup

Serves 4

Ingredients:

500 g red peppers
1 onion
20 g butter
500 ml vegetable stock
Salt
Pepper
200 g cream cheese with herbs

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Dice the peppers and onions and place in a solid container with the butter. Season with salt and pepper. See settings below.

2 Purée the vegetables in a mixer, then add to the stock and heat up. See settings below.

3 Serve in 4 dishes. Using 2 teaspoons, scoop little balls of cream cheese and drop them carefully into the soup.

>> Tip:

Peppers are well-loved vegetables which are found in pod form as well as in powder. The pods differ not only in colour (green, yellow, red and orange), but also in taste. Green peppers taste more bitter, whereas the others are sweeter. Summer is the best season for peppers.

Step 1

- 100°C ; 6-8 minutes
- 120°C ; 3-4 minutes

Step 2

- 95°C ; 2 minutes
- 95°C ; 2 minutes

Beetroot soup with smoked trout

Serves 6

Ingredients:

800 g small to medium
beetroot
1 onion
4 sprigs of thyme
2 bay leaves
2 cloves
400 ml vegetable stock
200 ml double cream
½ tsp salt
1 bunch of dill
150 ml sour cream
200 g smoked trout fillet

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Wash the beetroot and place them in a perforated container. Cook until soft. See settings below.

2 Whilst they are cooking peel and dice the onions. Place the thyme, bay leaves and cloves in a clean piece of muslin and tie with kitchen string.

3 Once cooked leave the beetroot to cool down, then skin and roughly chop them. Place in a solid container with the onion, bag of herbs, stock and cream. Season with salt and cook. See settings below.

4 Pluck the dill and chop up before mixing it with the sour cream and adding salt to taste. Place the smoked trout in a perforated container and heat it up. See settings below.

5 Take the soup out of the oven, remove the herbs, purée the soup and season to taste. Divide the trout into portions and add to the soup. Swirl the dill cream into the soup and serve.

Step 1

- 100°C ; 50 minutes
- 120°C ; 25 minutes

Step 3

- 100°C ; 20 minutes
- 100°C ; 20 minutes

Step 4

- 95°C ; 2 minutes
 - 95°C ; 2 minutes
-



Cream of carrot soup

Serves 4

Ingredients:

500 g carrots, diced
50 g onions, finely diced
½ garlic clove, crushed
40 g butter
750 ml vegetable stock
1 tsp paprika
125 ml sour cream
Salt
Pepper
1 tbsps parsley, chopped

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Place the carrots, onion, butter, garlic, stock and paprika into a solid container and cook. See settings below.

2 Allow to cool slightly, and then liquidise the soup with a hand held blender. Stir the cream in and then heat the soup up. See settings below.

3 Season to taste with salt and pepper. Serve with a sprinkling of chopped parsley.

Step 1

- 100°C ; 12-15 minutes
- 120°C ; 6-8 minutes

Step 2

- 95°C ; 2 minutes
- 95°C ; 2 minutes

Leek and potato soup

Serves 4

Ingredients:

180 g leeks
250 g floury potatoes
500 ml vegetable stock
Salt
Pepper
100 ml double cream
2 tbsp fresh herbs (parsley,
basil, chives)

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Wash the leeks and slice into rings. Peel and roughly dice the potatoes. Place both in a solid container together with the vegetable stock and cook. See settings below.

2 Purée the soup, and season with salt and pepper. Stir in the cream and then heat the soup up. See settings below.

3 Chop the herbs and sprinkle over the soup before serving.

Step 1

- 100°C ; 16 minutes
- 120°C ; 8 minutes

Step 2

- 95°C ; 2 minutes
 - 95°C ; 2 minutes
-

Minestrone

Serves 4

Ingredients:

450 g frozen mixed vegetables
450 g frozen green beans
1000 ml vegetable stock
2 tbsp tomato purée
1 tbsp parsley
1 tbsp basil
Salt
Pepper
50 g parmesan cheese

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

This soup is great for a quick supper as all the main ingredients can be found in the freezer.

1 Place the mixed vegetables and the beans in a solid container together with 200 ml of the stock and the tomato purée. See settings below.

2 Add the remaining stock and heat it up. See settings below.

3 Chop the parsley and the basil and add these once cooking has finished. Season the minestrone to taste with salt and pepper.

4 Finally top the soup with shards of parmesan and enjoy with Bruschetta.

Step 1

- 100°C ; 14 minutes
- 120°C ; 7 minutes

Step 2

- 100°C ; 2 minutes
- 95°C ; 2 minutes



Chicken soup with Eierstich

Serves 6

Ingredients

Chicken soup:

1 spring chicken or boiling fowl
1 kg mixed vegetables, e.g. carrots, leeks, celery
1000 ml water
120 g small pasta shapes
Salt
Pepper
1 tbsp chopped herbs

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

Eierstich:

6 medium eggs
375 ml milk
A pinch of salt
Nutmeg

Butter for greasing

Chicken soup

1 Trim and halve the chicken and place in a solid container with 200 ml water.

2 Clean and peel the vegetables. Chop half of them up into large chunks, add to the chicken and cook. See settings below.

3 Chop the remaining vegetables up finely: the leeks into rings and the carrots and celery into thin batons. Place to one side.

4 Once cooked, take the chicken out of the stock. Pass the stock through a sieve and pour back into the solid container.

5 Take the meat off the bone and cut into bite-sized pieces. Put back into the solid container together with the finely chopped vegetables, the pasta and the remaining water, then cook. See settings below.

6 Season to taste with salt and pepper and serve sprinkled with herbs and diced Eierstich.

Eierstich

1 Lightly beat the eggs with the milk.

2 Season with salt and grated nutmeg, pour into a solid container that has been greased with butter, then cook. See settings below.

Chicken soup

Step 1

- 100°C ; 50 minutes
- 120°C ; 25 minutes

Step 5

- 100°C ; 10 minutes
- 100°C ; 10 minutes

Eierstich

Step 2

- 100°C ; 4 minutes
- 120°C ; 2 minutes

Spring soup

Serves 4

Ingredients:

150 g celeriac
3 carrots
200 g spring onions
100 g sugar snap peas
600 ml beef or vegetable stock
1 medium egg
1 tbsp breadcrumbs
2 tbsp chopped herbs (chervil, parsley)
Salt
Pepper
Nutmeg
2 tbsp chopped parsley

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Clean the celeriac and carrots and chop into julienne strips. Chop the spring onions into bite-sized pieces and leave the sugar snap peas whole. Place the vegetables in a solid container together with 300 ml of stock and cook. See settings below.

2 Add the rest of the stock and heat up. See settings below.

3 Mix the egg, breadcrumbs, salt, pepper, nutmeg and chopped parsley and add this to the hot soup then cook it. See settings below. Season the soup with salt and pepper to taste and serve sprinkled with freshly chopped parsley.

Step 1

- 100°C ; 10 minutes
- 120°C ; 5 minutes

Step 2

- 95°C ; 2 minutes
- 95°C ; 2 minutes

Step 3

- 95°C ; 2 minutes
 - 95°C ; 2 minutes
-

Pumpkin soup

Serves 4

Ingredients:

900 g pumpkin
2 onions
2 cloves of garlic
Butter
1500 ml vegetable stock
Grated zest and juice of an orange
150 ml double cream
2 tbsp thyme
Salt
Pepper

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Peel and dice the pumpkin and cook in a perforated container. See settings below.

2 Dice the onions and press the garlic. Place both in a solid container with a little butter. Cover and cook. See settings below.

3 Add the stock together with the orange zest and juice to the cooked ingredients and purée.

4 Stir in the cream and add the thyme. Season to taste with salt and pepper then heat the soup ready to serve. See settings below.

Step 1

- 100°C ; 8 minutes
- 120°C ; 4 minutes

Step 2

- 100°C ; 4 minutes
- 120°C ; 2 minutes

Step 4

- 95°C ; 2 minutes
 - 95°C ; 2 minutes
-



Stews and casseroles

A pot full of goodness

Quick and easy to prepare and cook, casseroles and stews are extremely versatile for a delicious meal, whether vegetarian, or with meat, sausage, fish or mussels. They can be found on the menu all over the world.





Ratatouille with meatballs

Serves 4

Ingredients:

250 g minced pork or beef
1 red pepper
1 yellow pepper
1 aubergine
1 courgette
250 g beefsteak tomatoes
1 onion
2 cloves of garlic
Salt
Pepper
Tabasco sauce
1 tsp herbs of Provence
100 g tomato ketchup
2 tbsps tomato purée

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Form the mince into small meatballs. Finely chop the peppers, aubergine, courgette, tomatoes, onions and garlic.

2 Arrange the meatballs in a solid container and scatter the vegetables over the top. Season with salt, pepper, Tabasco and herbs. Stir in the ketchup and tomato purée and steam. See settings below.

3 Add more seasoning to taste.

4 Serve with rice, which may be cooked in the steam oven at the same time (see cooking charts at the back of the book for cooking times).

Step 2

- 100°C ; 16-18 minutes
- 100°C ; 16-18 minutes



Lamb casserole with green beans

Serves 4

Ingredients:

500 g lamb
2 tbsp sunflower oil
1 chopped onion
500 ml vegetable stock
200 g green beans
3 carrots
400 g potatoes
1 sprig of rosemary
2 spring onions
Salt
Pepper

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Dice the lamb and fry with the onion in sunflower oil. Add 200 ml of the vegetable stock to deglaze the pan.

2 Place the meat with the juices in a solid container. Finely chop the beans, carrots and potatoes and add them to the meat. Wash and add the rosemary and cook. See settings below.

3 Add the rest of the stock, season with salt and pepper and heat through. See settings below.

4 Chop the spring onions finely into rings and sprinkle over shortly before serving.

Step 2

- 100°C ; 15 minutes
- 120°C ; 7-8 minutes

Step 3

- 95°C ; 2 minutes
- 95°C ; 2 minutes

>> Tip:

Instead of lamb you can also use beef, meatballs or sausages.



Fish casserole

Serves 4

Ingredients:

500 g white fish fillet, e.g. cod
Lemon juice
200 g carrots
200 g peas
100 g crème fraîche
100 ml double cream
2 tbsp white wine
1 tbsp cornflour
Salt
Pepper
Sugar
1 tbsp dill

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

Alternatively you can use rosefish or another firm white fish of your choice.

1 Sprinkle the fish with lemon juice and season with salt. Place in a solid container.

2 Dice the carrots and add to the fish with the peas and cook. See settings below.

3 In the meantime mix all other ingredients to make a sauce, pour over the fish and cook further. See settings below. Season with salt and pepper and serve with rice or boiled potatoes.

Step 2

- 100°C ; 8 minutes
- 100°C ; 8 minutes

Step 3

- 100°C ; 4 minutes
- 100°C ; 4 minutes



Vegetarian dishes

Vegetables too can take the lead role

Not eating meat in no way means that you have to forgo the pleasures of variety and great tasting food. Where meat used to take centre stage, ingredients such as pulses and greens can play a major part in your culinary production. Whether it's wheat or rye, oats or barley, or even spelt grain, pulses offer a wealth of benefits in terms of ballast and roughage, vitamins and minerals to keep your diet healthy and on track.





Dim sum with pakchoi filling

Serves 4

Ingredients:

200 g flour
Salt
800 g pakchoi
1 bunch spring onions
2 garlic cloves
20 g ginger root
50 g salted cashew nuts
4 tbsp soy sauce
3 tsp dark sesame oil
2 tsp dark honey
2 tsp lime juice
Pepper

Flour for rolling out
Soy sauce
Sweet & sour chilli sauce

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

Pakchoi is closely related to Chinese cabbage. It grows in loose heads with pale ribs. The leaves are dark green, similar to chard. Pakchoi is used as a vegetable and a salad and can be used in dishes as a substitute for chard and spinach. Because it contains a lot of moisture, pakchoi is best used when fresh.

1 Knead the flour, a pinch of salt and 100 ml water to a smooth dough, shape into a ball, cover and leave to rest for 30 minutes.

2 In the meantime clean the pakchoi and place 4 large outer leaves to one side. Remove the white ribs from the remaining pakchoi and cut the leaves into very thin strips. Clean and finely slice the spring onions and garlic. Place in a perforated container with the pakchoi strips and cook. See settings below.

3 Peel and finely grate the ginger and chop the cashews. Add them to the cooked vegetables and season well with soy sauce, sesame oil, honey, lime juice, salt and pepper.

4 Divide the dough into 12 portions and roll the dough balls out on a little flour into very thin circles (Ø approx. 14 cm). Place approx. 2 teaspoons of filling in the centre of each of the dough circles, wrap the dough over and twist into a little parcel. Place the dim sum parcels in a perforated container on the remaining pakchoi leaves, 3 - 4 to a leaf, and steam. See settings below. Serve dim sum hot with chilli and soy sauces for dipping.

Step 2

- 100°C ; 5 minutes
- 120°C ; 2 minutes

Step 4

- 100°C ; 35-40 minutes
- 100°C ; 35-40 minutes



Cabbage parcels with lentils

Serves 4

Ingredients:

400 g peppers
1 cooking apple (approx. 200 g)
4 shallots
2 garlic cloves
150 g red lentils
1 tsp red paprika
Cayenne pepper
Salt
200 ml vegetable stock
8 large savoy cabbage leaves (each approx. 40 g)
1 pomegranate (approx. 250 g)

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

You can replace the pomegranate with approx. 150 g extra of apple and peppers. The filling is also delicious served as a salad.

1 Clean, de-seed and finely dice the peppers. Peel, core and finely dice the apples. Peel and chop the shallots and garlic cloves. Place the prepared ingredients with the lentils in a solid container and season with paprika, cayenne pepper and salt. Add the stock and cook. See settings below.

2 In the meantime wash and drain the cabbage leaves and cut the thick central ribs so they are flat. Place the leaves in a perforated container. Halve the pomegranate and remove the seeds, taking care to discard the white inner membranes.

3 Take the lentil and vegetable mixture out of the oven. Cook the cabbage leaves until they are soft. See settings below.

4 Stir the pomegranate seeds into the lentil and vegetable mixture and season well with salt and cayenne pepper. Spread two heaped teaspoons of the mixture onto the cabbage leaves, roll up and secure with cocktail sticks. Place in a perforated container and cook. See settings below.

Step 1

- 100°C ; 14 minutes
- 100°C ; 14 minutes

Step 3

- 100°C ; 1 minute
- 100°C ; 1 minute

Step 4

- 100°C ; 14 minutes
- 120°C ; 7 minutes

Steamed corn-on-the-cob with tomato salsa

Serves 4

Ingredients:

500 g tomatoes
4 corn-on-the-cob (each 300 g)
½ unwaxed lime
1 small red chilli pepper
80 g soft butter
Salt
¼ pineapple (approx. 350 g)
3 sprigs chervil

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Wash the tomatoes, place in a perforated container and cook. See settings below. Allow them to cool, then skin them.

2 Remove the husks and silky strings from the cobs, wash and pat dry. Place in a perforated container and cook. See settings below.

3 To make the salsa, halve, de-seed and dice the tomatoes. Wash the lime, finely grate the peel and squeeze out the juice. Clean, de-seed and finely chop the chilli. Mix half of the chilli with butter, 1 tsp lime juice and a little lime zest and season with salt.

4 Peel the pineapple, remove the core and finely dice the flesh. Tear off and chop the chervil leaves and mix with the pineapple, tomatoes and remaining chilli and season with salt, the remaining lime juice and zest. Coat the corn-on-the-cob with the spicy butter while still hot and serve with the salsa.

Step 1

- 95°C ; 1 minute
 95°C ; 1 minute

Step 2

- 100°C ; 30-35 minutes
 120°C ; 15 minutes

Stuffed vine leaves

Serves 4

Ingredients:

1 spring onion
100 g long grain rice
40 g pine nut kernels
70 g raisins
A few saffron threads
Salt
2 tsp lemon juice
1 tbsp chopped mint
250 g mild feta cheese
Approx. 30 vine leaves (in brine, 150-200 g)
1 unwaxed lemon
3-4 bay leaves

Butter for greasing

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

>> Tip:

Stuffed vine leaves can be prepared in advance and served cold. To do this, drizzle them with oil to stop them from drying out and store in the fridge.

1 Clean and finely slice the spring onion. Place in a solid cooking container with the rice, pine nut kernels, raisins, saffron and a little salt. Pour in 200 ml water to cover the rice and cook. See settings below.

2 Allow the rice to cool and season with salt, lemon juice and mint. Crumble the feta and stir it in.

3 Rinse the vine leaves thoroughly in hot water and drain well, cut out the stalk if necessary, cut the thicker ribs so they are flat, or remove entirely. Spoon on 1 -2 tsp of the rice mixture, depending on the size of the leaf, fold in the sides and roll up tightly. Place close together in a buttered, perforated container.

4 Wash the lemon under hot water, dry and slice thinly. Place bay leaves between the stuffed vine leaves and cook. See settings below. Serve vine leaves hot or cold with pitta bread and a dip.

Step 1

- 100°C ; 18 minutes
 120°C ; 9 minutes

Step 4

- 100°C ; 20 minutes
 120 °C ; 10 minutes



Pumpkin with orange oil

Serves 4

Ingredients:

1.5 kg small pumpkin or Hokkaido squash
1 unwaxed orange
½ bunch thyme
100 ml olive oil
Salt
Black pepper
60 g rocket
100 g goats' cheese

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Wash the pumpkin, halve and remove the seeds and the fibrous inner flesh. Cut the fruit into slices approx. 2 cm thick.

2 Wash and dry the orange and finely grate the peel. Pull off the thyme leaves, chop and mix together with olive oil, orange peel, salt and pepper. Cover the pumpkin slices on both sides with $\frac{3}{4}$ of the oil, place in a solid container and cook. See settings below.

3 In the meantime clean the rocket, tear the leaves and divide between 4 plates. Place the pumpkin on top, drizzle with remaining orange oil, scatter with small pieces of goats cheese and serve.

>> Tip:

Hokkaido pumpkin is a small type of squash with thin skin which can be eaten. The flesh has a nutty aroma and complements many different flavours.

Step 2

- 100°C ; 12-15 minutes
- 100°C ; 12-15 minutes

Vegetable rolls

Serves 4

Ingredients:

100 g spelt grain
100 ml water
1 red pepper
1 green pepper
1 onion
1 Chinese cabbage
100 g grated cheese
2 tbsp chopped parsley
150 g crème fraîche
1 medium egg
Salt
Pepper

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

When cooking with steam, you can cook on all levels at the same time, saving both time and energy.

1 Place the spelt grain and water in a solid container and cook. See settings below.

2 Dice the peppers and onion, place in a perforated container and cook together with the spelt. See settings below.

3 Blanch the large leaves of the Chinese cabbage in a perforated container. See settings below.

4 Mix all the other ingredients and season with salt and pepper. Spread on the Chinese cabbage leaves, roll up and cook again. See settings below. Serve with lambs lettuce.

Step 1

- 100°C ; 6 minutes
- 120°C ; 3 minutes

Step 2

- 100°C ; 4 minutes
- 100°C ; 4 minutes

Step 3

- 100°C ; 2 minutes
- 100°C ; 2 minutes

Step 4

- 100°C ; 10 minutes
- 100°C ; 10 minutes

Green tagliatelle with a selection of sauces

Serves 4

Ingredients:

500 g green tagliatelle

Water

Salt

1 tbsp oil

Gorgonzola sauce:

250 g Gorgonzola cheese

250 ml double cream

125 ml milk

1 tbsp cornflour

Salt

Pepper

Nutmeg

Basil sauce:

1 bunch of basil

150 g crème fraîche with herbs

Lemon juice

Salt

Steam oven settings:

Oven, without pressure

Oven, with pressure

1 Place the tagliatelle in 2 solid containers and fill with water to 3 cm below the rim. Add salt and cook. See settings below.

2 Gorgonzola sauce: dice the cheese and heat in a pan on the hob over a low heat. Stir in the cream. Mix the milk and cornflour and drizzle into the sauce, stirring as you do. Bring to the boil then season to taste with salt, pepper and nutmeg.

3 Basil sauce: Finely chop the basil then mix all the ingredients for the sauce together.

Step 1

100°C ; 14 minutes

120°C ; 8 minutes



Vegetarian stuffed peppers

Serves 4

Ingredients:

100 g cracked spelt
100 ml vegetable stock
4 peppers
2 tbsp diced pepper
100 g grated carrot
100 g sweet corn
2 onions
2 tbsp butter
100 g crème fraîche
4 tbsp chopped parsley
2 tbsp grated cheese
Salt
Pepper
Paprika

Sauce:

125 ml vegetable stock
2 tbsp tomato purée
100 g crème fraîche
Salt
Pepper
Paprika
Sugar

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Place the grain and stock in a solid container and cook. See settings below.

2 Wash the peppers and cut the lids off at the stalk end. Put the peppers to one side and dice the flesh from the lids. Place the diced pepper in a solid container with the carrots, sweet corn, onion and butter. Cover with heat-resistant foil or a lid* and steam. See settings below.

3 Mix the crème fraîche, parsley, cracked spelt and cheese and season with salt, pepper and paprika. Stir this into the vegetables and then fill the peppers with the mixture. Place in a perforated container with a solid container under it to catch any juices and cook. See settings below.

4 To make the sauce stir the tomato purée into the vegetable stock, add the crème fraîche and season with salt, pepper, paprika and a little sugar to taste. Once cooked serve on a bed of rice garnished with freshly chopped herbs.

Step 1

- 100°C ; 10 minutes
- 120°C ; 5 minutes

Step 2

- 100°C ; 4 minutes
- 100°C ; 4 minutes

Step 3

- 100°C ; 25-30 minutes
- 100°C ; 25-30 minutes

*Lids for Miele steam oven containers are available from the Miele Webshop.

Mushroom dumplings with a pumpkin sauce

Serves 4

Ingredients:

20 g fresh yeast
150 ml milk, 3.5% fat content
300 g flour
1 pinch of sugar
5 g salt
1 medium egg yolk
50 g butter
½ bunch of parsley
400 g white mushrooms
2 small onions
Salt
Nutmeg
Pepper
1 small pumpkin
(approx. 1 kg)
150 ml apple juice
150 ml vegetable stock
Flour

Butter for greasing
100 g crème fraîche

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Stir the yeast into the lukewarm milk then add the flour, sugar, salt, egg yolk and 30 g of soft butter. Knead for approx. 7 minutes to a smooth dough. Place uncovered in the oven and leave to prove. See settings below.

2 Finely chop the parsley, slice the mushrooms up thinly and chop up the onions. Lightly fry the mushrooms in batches in a little hot butter until all the liquid has evaporated. With the last batch of mushrooms add half the chopped onions, then season well with salt, pepper and nutmeg. Fold in 2/3 of the parsley and leave to cool.

3 Peel the pumpkin, halve it and remove the seeds and fibrous matter. Dice the flesh and place in a solid container with the remaining onion, the apple juice and the stock. Season to taste with salt and pepper.

4 Take the dough out of the oven and divide into 8 portions on a dusted surface. Press each one flat and roll into circles, approx. Ø 13 cm. Place a heaped spoonful of the mushroom mix on each and wrap the dough around it to form a ball. Cover and leave to prove for another 15 minutes. Then place in a greased, perforated container. Slide this into the oven underneath the pumpkin container and cook both together. See settings below.

5 Drain the pumpkin, retaining the juices. Purée the pumpkin flesh with 250 ml of the cooking juices then mix into the crème fraîche. Season to taste and add more of the cooking juices if necessary. Serve the sauce with the mushroom dumplings. Garnish with a few left-over mushrooms and freshly chopped parsley.

Step 1

- 40°C ; 20 minutes
- 40°C ; 20 minutes

Step 4

- 100°C ; 20 minutes
- 100°C ; 20 minutes

Potatoes with a choice of dips

Serves 4

Ingredients:

750 g potatoes (in their skins)

Dip 1:

1 red and 1 yellow pepper
1 shallot
1 tbsp green peppercorns
½ bunch of chives
200 g vegetable spread
150 g low fat quark
50 g yoghurt (1.5% fat)
2 tbsp mustard
Salt
Pepper

Dip 2:

250 g low fat quark
100 g crème fraîche
1 finely diced onion
1 crushed garlic clove
2 tbsp chopped herbs
Salt
Pepper

Dip 3:

200 g cream cheese
100 g crème fraîche
150 g smoked salmon
Salt
Pepper
Chopped dill

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Wash and scrub the potatoes, place in a perforated container and cook. See settings below.

2 Dip 1: Chop the shallot, peppers and chives. Mix together and season with salt and pepper

3 Dip 2: Mix all the ingredients together and season with salt and pepper.

4 Dip 3: Mix the cream cheese together with the crème fraîche. Cut the smoked salmon into strips and stir in. Season with salt and pepper and serve garnished with chopped dill.

Step 1

- 100°C ; 28-30 minutes
- 120°C ; 14-15 minutes



Fish

Fishing for compliments

Fish benefits both the body and soul. Salt-water fish is rich in iodine, vitamins, protein, and omega 3 fatty acids, which boost physical fitness, concentration levels, powers of observation and general well-being. A low-calorie, versatile food, fish enjoys great popularity in many quarters, and we should all eat it twice a week as part of a healthy diet.





Fish roulades with a mustard sauce

Serves 4

Ingredients:

1 day old bread roll
2-3 tbsp mustard seed
1 bunch of dill
3 tsp strong mustard
200 g crème fraîche
Salt
Pepper
Sugar
2 courgettes (350 g each)
500 g firm fish
(e.g. ling cod or salmon trout)

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

>> Tip:

Ling cod is the largest of the cod family growing to about 190 cm long and about 50 kg in weight. It is a popular fish and can be served smoked or salted.

1 Dice the bread roll and whizz to fine breadcrumbs in a food processor. Dry roast the mustard seed in a frying pan then leave to cool. Pluck and finely chop the dill. Mix the mustard, crème fraîche, mustard seed and breadcrumbs. Season with salt, pepper and sugar to taste and then place to one side.

2 Clean the courgette and cut lengthways into 16 slices, approx. 5 mm thick. Place in perforated containers and cook until soft. See settings below.

3 Wash and pat dry the fish. Cut into pieces 3 cm wide the same length as the courgette slices. Season the courgettes and fish with salt and pepper. Coat each courgette slice with the mustard cream and place a piece of fish on top. Roll up and secure with a cocktail stick. Place upright in a perforated container and place in the oven over a solid container then cook. See settings below.

Step 2

- 100°C ; 3-4 minutes
 100°C ; 3-4 minutes

Step 3

- 100°C ; 8 minutes
 100°C ; 8 minutes



Tagliatteli

with cod in a cream sauce

Serves 4

Ingredients:

800 g cod fillet
500 g courgettes
Salt
Pepper
1 bay leaf
4 sprigs of thyme
2 sprigs of rosemary
200 ml double cream
75 ml dry white wine
100 ml vegetable stock
30 g flour
30 g butter
350 g green tagliatelle

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Rinse and pat dry the fish.
Cut into 3-4 cm cubes.

Clean the courgettes, cut in half lengthways and chop into 1 cm cubes. Place both in a solid container and season with salt and pepper.

2 Tie the bayleaf, thyme and rosemary together and add to the fish. Mix the double cream, wine and stock and pour over the fish. Knead the flour and butter and form into little balls. Drop these into the liquid and cook. See settings below.

3 Meanwhile cook the tagliatelle in boiling water according to the packet instructions, then drain them.

4 Remove the bunch of herbs from the sauce. Using a fork carefully stir the flour balls into the sauce, season to taste and serve with the noodles.

Step 2

- 100°C ; 6-8 minutes
- 100°C ; 6-8 minutes

Cannelloni stuffed with salmon and asparagus

Serves 4

Ingredients:

500 g each of white and green asparagus
2 shallots
18 sheets of lasagne
Salt
500 g salmon fillet
1 bunch of basil
300 g crème fraîche
Pepper
50 g butter

Butter for greasing

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Wash the asparagus. Peel the white asparagus completely and snap off the bottom third of the green asparagus. Split in half and cook in perforated containers. Peel and thinly slice the shallots then scatter over the asparagus. Place in the oven and cook. See settings below.

2 Meanwhile cook the sheets of lasagne in salted boiling water on the hob according to the packet instructions. When soft enough to form into cannelloni, plunge into ice cold water.

3 Rinse and pat dry the salmon then cut into strips. Pluck the basil leaves from the stems and place half to one side. Chop up the rest. Stir into the crème fraîche and season with salt and pepper.

4 Drain the lasagne and coat each one with the basil cream. Place a few pieces of green and white asparagus on them, scatter with shallots and salmon strips and roll up. Place the cannelloni tightly together in a greased perforated container and steam. See settings below.

5 Melt the butter on the hob, lightly salt it and toss in the remaining basil leaves. Drizzle this over the cannelloni and serve.

Step 1

- 100°C ; 5-6 minutes
- 120°C ; 2 minutes

Step 4

- 100°C ; 8 minutes
- 120°C ; 4 minutes

Seabream on a bed of vegetables

Serves 4

Ingredients:

1 bunch of basil
1 unwaxed orange
2 cloves of garlic
3 tbsp olive oil
Salt
Pepper
250 g courgettes
250 g celery
400 g carrots
4 seabream
(approx. 450 g, each)

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Tear off the basil leaves and chop them up finely. Wash the orange in hot water, dry it and finely grate the peel. Squeeze the juice. Peel and crush the garlic. Mix the garlic with the basil, the grated orange peel, 3-4 tbsp of orange juice, oil, salt and pepper.

2 Rinse the courgettes and celery, peel the carrots. Chop all three into batons about 5 cm long. Place in perforated container, season with a little salt and pepper.

3 Rinse and pat the fish dry. Sprinkle 1 tbsp of the basil sauce in the cavity of each one and season with salt. Place the fish on top of the vegetables and cook. See settings below. Serve the fish with the vegetables and the remaining sauce.

Step 3

- 90°C ; 25-30 minutes
 90°C ; 25-30 minutes



Cod wrapped in leeks

Serves 4

Ingredients:

1.5 kg leeks
1 cooking apple
(approx. 160 g)
1 tbsp lemon juice
100 g cream cheese
3-4 tbsp horseradish sauce
Salt
Pepper
600 g fillet of cod
50 ml dry white wine
50 ml double cream
40 g butter
Butter for greasing

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

>> Tip:

Cod grows to an average of 60 cm in length weighing around 2.5 kg. It has a very high vitamin A and D content and is a very versatile kitchen ingredient which can be cooked in a number of different ways including grilling, steaming, baking, roasting and frying.

1 Clean the leeks and carefully remove the 12 largest outer leaves. Wash these and then blanch them in a perforated container until they are pliable enough to handle. See settings below.

2 Slice the remaining leeks into rings, wash and drain them. Peel, core and finely grate the apple. Mix the apple with the cream cheese and horseradish and season to taste. Rinse and pat the fish dry. Cut into four equal pieces and season with salt and pepper.

3 Take the leek leaves out of the oven and place the leek rings in a solid container. Season and pour over the wine and cream. Dot with butter. Place in the oven and cook. See settings below.

4 Take 3 leek leaves and lay them over each other in a star formation. Place a piece of fish in the middle and coat with the apple mixture. Fold the leek leaves over the top and secure with a cocktail stick. Then place in a greased perforated container and cook alongside the leek rings. See settings below.

Step 1

- 100°C ; 4 minutes
 120°C ; 1 minute

Step 3

- 100°C ; 4 minutes
 120°C ; 1 minute

Step 4

- 100°C ; 15 minutes
 120°C ; 8 minutes

Romano peppers stuffed with tuna

Serves 4

Ingredients:

75 g long grain rice
Salt
100 ml water
8 red Romano peppers
50 g sundried tomatoes in oil
100 g green olives, stoned
1 tin (140 g drained weight)
tuna fish in brine
½ bunch of oregano
125 g Ricotta
Pepper
100 ml vegetable stock
100 ml dry white wine

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

The peppers can also be stuffed whole. To do so remove the stalk end, carefully clean the cavity then using a spoon fill the peppers. Try to get the mixture in as far as you can. Once cooked the peppers can be cut into thick slices and served on a bed of lettuce as a starter.

1 Put the rice with a little salt in a solid container, cover with water and cook. See settings below.

2 Clean the peppers, cut in half lengthways, remove any pith and rinse. Drain the tomatoes and olives and finely chop. Drain the tuna and break up with a fork. Tear the oregano leaves off the stems and chop finely.

3 Mix the tuna, oregano, tomatoes, olives and ricotta. Season with salt and pepper. Fill the peppers with the mixture and place in a solid container. Pour in the stock and the wine and cook. See settings below.

Step 1

- 100°C ; 18-20 minutes
- 120°C ; 9 minutes

Step 3

- 100°C ; 8-9 minutes
- 100°C ; 8-9 minutes

Salmon trout with oriental greens

Serves 4

Ingredients:

450 g green asparagus
500 g carrots
1 bunch of spring onions
175 g mung beansprouts
(drained)
2-3 cloves of garlic
1 piece of ginger
(approx. 15 g)
250 ml fish stock
40 ml dry sherry
2-3 tbsp rice vinegar
4-5 tbsp soy sauce
4 salmon trout fillets (approx.
125 g each. Defrost first if
frozen)
Salt
1 unwaxed lime
Brown sugar
3 tsp cornflour

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Rinse the asparagus and trim the bottom third of each one. Peel and quarter the carrots lengthways. Clean the spring onions and chop into 5 cm long pieces. Place the vegetables into a solid container together with the drained mung beansprouts.

2 Peel the garlic and ginger and finely grate them. Stir into the fish stock together with the sherry, 1 tbsp rice vinegar and 3 tbsp soy sauce. Pour over the vegetables and cook. See settings below.

3 Meanwhile rinse and pat dry the fish then season with salt. Wash the lime in hot water, rub dry and cut into thin slices. Lay the fish on the vegetables and arrange the slices of lime on top, then cook. See settings below.

4 Pour the juices from cooking into a small saucepan. Switch the oven off, and leave the vegetables and fish in it to keep warm. Heat the juices on a high setting for 3-4 minutes and bring to a rolling boil. Add the remaining vinegar, soy sauce and sugar to get a sweet and sour taste. Mix the cornflour with a little water and use to thicken the sauce. Serve with the fish and the vegetables together with some steamed rice.

Step 2

- 100°C ; 6 minutes
 100°C ; 6 minutes

Step 3

- 100°C ; 6-8 minutes
 100°C ; 6-8 minutes
-



Tuna steaks with tomato rice

Serves 4

Ingredients:

1 small bunch of lemon thyme
2 cloves of garlic
2 shallots
80 ml olive oil
5 black peppercorns
4 tuna fish steaks
(approx. 125 g each)
500 g tomatoes
200 g long grained rice
1 tsp mustard seed
250 ml vegetable stock
1 tbsp tomato purée
Salt
Pepper
100 g frozen peas
4-6 sprigs of basil

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Pluck the leaves from about 6 sprigs of lemon thyme.

Peel the garlic and the shallots and chop finely with the thyme. Mix into the olive oil and peppercorns.

2 Rinse and pat dry the tuna steaks. Place in the marinade, cover and leave in the refrigerator for about 4 hours.

3 Wash the tomatoes, remove the stalks and cut a cross into the top of each one. Place in a perforated container and steam. See settings below.

4 Let the tomatoes cool slightly, then remove the skins and dice them.

5 Place the rice, mustard seed, vegetable stock and tomato purée in a solid container. Season with salt and pepper and cook. See settings below.

6 Fold the diced tomatoes and peas into the rice, place the tuna on top and season lightly with salt. Drizzle the marinade over the top and cook. See settings below.

7 Pluck the leaves from the remaining sprigs of thyme and the basil. Use to garnish the tomato rice and serve with the tuna.

Step 3

- 95°C ; 1 minute
 95°C ; 1 minute

Step 5

- 100°C ; 12 minutes
 120°C ; 6 minutes

Step 6

- 100°C ; 10 minutes
 100°C ; 10 minutes

Fillet of sole in a prawn sauce

Serves 4

Ingredients:

500 g lemon sole fillets
Lemon juice
Salt
Pepper
250 g frozen prawns
100 ml fish stock
2 tsp frozen dill
2–3 tbsp sour cream
White wine or lemon juice

Alternative

Champagne sauce:
1 tbsp butter
1 shallot
300 ml champagne
250 ml double cream
Salt
Pepper
A squeeze of lemon juice
2 tbsp very cold butter
1 tbsp chervil

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> :

Instead of sole this recipe could also be made with fillets of plaice.

1 Trim the lemon sole and sprinkle with lemon juice. Season with salt and pepper.

2 Place in a solid container together with the prawns and fish stock and cook. See settings below.

3 After cooking fold in the sour cream and add white wine or lemon juice to taste. If wished the sauce can be thickened with a little cornflour.

Alternative: Champagne sauce

4 Heat the butter on the hob in a frying pan. Dice the shallot and lightly fry in the butter.

5 Add the champagne, reduce to half then pass through a sieve.

6 Add the cream and reduce again. Season to taste with salt, pepper and a little lemon juice. Beat the butter into the sauce bit by bit. Just before serving stir the chopped chervil into the sauce.

Step 2

- 85°C ; 4-6 minutes
- 85°C ; 4-6 minutes

Fish curry

Serves 4

Ingredients:

400 g firm white fish (e.g. sheatfish)
3 tbsp soy sauce
1 tbsp lime juice
Salt
Pepper
Some ginger
1 clove of garlic
1 chilli pepper
2 tbsp grated coconut
200 ml coconut milk
2 tbsp curry powder
1 bunch of spring onions
2 ripe peaches

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

Sheatfish can grow to about 3 metres in length and 150 kg in weight. They taste their best up to 3 kg. They are found at the bottom of lakes and in deep rivers as well as in the sea. If you cannot find sheatfish use a firm white fish for this recipe.

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

2 Peel a piece of ginger and grate it. Crush the garlic and deseed and finely dice the chilli pepper.

3 Place all the ingredients except for the spring onion in a solid container and cook. See settings below.

4 Clean the spring onions and slice into rings. Skin and chop up the peaches. Add to the rest of the ingredients and cook. See settings below.

Step 3

- 100°C ; 10 minutes
- 100°C ; 10 minutes

Step 4

- 100°C ; 5 minutes
- 100°C ; 5 minutes



Rolled fillets of plaice in a piquant sauce

Serves 4

Ingredients:

500 g plaice fillet
Salt
Pepper
Lemon juice
Mustard
Horseradish
4 small pickled gherkins
2 small onions
150 ml fish stock
100 ml white wine
1 tbspc frozen dill
20 g butter
20 g flour
50 ml double cream

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Clean the fish, season with salt, pepper and lemon juice and spread with mustard and horseradish sauce.

2 Cut the pickled gherkins into strips. Finely chop the onions and place on the fillets. Roll up the fish and secure with a toothpick. Place in a perforated cooking container.

3 Put the fish stock, white wine and dill into a solid container.

4 Knead the butter and flour into small balls, place in the sauce and cook.

5 At the same time cook the fish and the sauce. See settings below. After cooking stir to break up the flour balls and thicken the sauce.

6 Stir in the double cream then season to taste with salt, pepper and white wine.

Step 5

- 85°C ; 6-8 minutes
 - 85°C ; 6-8 minutes
-

Trout in white wine sauce

Serves 4

Ingredients:

For the sauce:

1 unwaxed lemon
2 carrots
450 ml white wine
150 ml white balsamic vinegar
150 ml water
4 sprigs of parsley
4 sprigs of thyme
1 tsp black peppercorns
6–8 cloves
4 trout
Salt
Pepper
75 g butter
6 tbsp stock
Lemon slices

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Peel the lemon, slice the carrots and clean the trout.

2 Pour the white wine, vinegar, water, lemon peel, carrots, herbs and spices over the fish in a solid container and cook. See settings below.

3 Heat the butter in 6 tbsp of the sauce, pour this over the fish and garnish with the lemon slices. Serve with rice topped with chopped fresh herbs.

Step 2

- 90°C ; 12-15 minutes
 - 90°C ; 12-15 minutes
-

Fillet of cod in a tarragon sauce

Serves 4

Ingredients:

4 cod fillets
Salt
3 sprigs of tarragon
1 shallot
20 g butter
100 ml dry vermouth
200 ml sour cream
1–2 tsp tarragon vinegar
Cayenne pepper

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Season the cod fillets with salt and cook in a solid container. See settings below.

2 Finely chop the tarragon and dice the shallot. Sweat half of the tarragon and the shallot in butter on the hob.

3 Add the vermouth, bring to the boil and reduce by half. Sieve the sauce and pour it back into the pan.

4 Add the sour cream and bring to the boil. Stir in the tarragon vinegar and season with salt and cayenne pepper.

5 Before serving add the rest of the tarragon. Pour the sauce over the fish and serve.

Step 1

- 100°C ; 4-6 minutes
 - 100°C ; 4-6 minutes
-



Monkfish in a mushroom sauce

Serves 4

Ingredients:

30 g dried porcini mushrooms
100 g shallots, finely diced
20 g butter
4 monkfish fillets (150 g each)
Juice of 1 lemon
150 ml fish stock
2 tbsp white wine
150 ml sour cream
4 tbsp double cream
Salt
Pepper

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Soak the porcini mushrooms overnight, then drain them and chop them up into small pieces.

2 Place the shallots and butter in a solid container, cover* and cook. See settings below.

3 Stir in the mushroom and steep for 2 minutes.

4 Skin the monkfish and place it in a solid container. Drizzle with lemon juice, add the stock and white wine and cook. See settings below. Place the fish to one side and keep warm.

5 Make a sauce by heating the cooking juices from the fish together with the steamed shallots on the hob and add the sour cream and the double cream. Season with salt and pepper and pour this over the fish. Serve with wild rice and broccoli.

>> Tip:

Porcini mushrooms have a particularly delicate flavour and are in season during the summer months. Because of their rarity they can be difficult to find fresh, however, dried porcini is readily available.

* Lids for Miele steam oven containers are available from the Miele Webshop.

Step 2

- 100°C ; 4 minutes
 120°C ; 2 minutes

Step 4

- 90°C ; 8-10 minutes
 90°C ; 8-10 minutes



Haddock in a mustard sauce

Serves 4

Ingredients:

500 g haddock
200 g leeks and celery
250 ml fish stock
125 ml white wine
1 tsp mixed herbs

Sauce:

3 medium egg yolks
3 tbsp fish stock
3 tbsp white wine
1 tsp sharp mustard
2 tbsp coarse grained mustard
2 tbsp double cream
Pepper
Salt
Sugar
White wine

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

Mustard grain is a European spice used primarily for making mustard, sauces, marinades and salads. It is popular as an accompaniment to fish and many meats including sausages and cold cuts.

- 1** Clean the fish, dice and season with a little salt.
- 2** Finely chop up the leeks and celery.
- 3** Place all the ingredients in a solid container and cook. See settings below.
- 4** Mix the egg yolks with the fish stock and white wine then heat over a bain marie and beat until foamy. Fold in the mustard and double cream and season with salt, pepper, sugar and white wine to taste. Serve with dill potatoes and a cucumber salad.

Step 3

- 100°C ; 10-12 minutes
- 100°C ; 10-12 minutes

Thai fish curry

Serves 4

Ingredients:

50 g butter
50 g flour
400 ml coconut milk
1 onion
20 g butter
2 tomatoes
15 g curry paste
Juice of ½ a lemon
10 ml soy sauce
1 tbsp coriander
500 g fish fillet

Steam oven settings:

- Oven, without pressure
- Oven with pressure

>> Tip:

Curry paste is readily available from supermarkets. Be careful with red curry paste as it is generally very hot.

1 Heat the butter on the hob and stir in the flour. Add the coconut milk and bring to the boil.

2 Dice the onion and place in a solid container with the butter. Cover* and cook. See settings below.

3 Dice the tomatoes and add to the steamed onion. Top up with the sauce. Then add the curry paste, lemon juice, soy sauce and coriander.

4 Dice the fish and place in another solid container. Pour the sauce over the top, cover* and cook. See settings below. Serve with steamed rice.

Step 2

- 100°C ; 4 minutes
- 120°C ; 2 minutes

Step 3

- 100°C ; 7 minutes
- 100°C ; 7 minutes

* Lids for Miele steam oven containers are available from the Miele Webshop.

Salmon and leeks in a white wine sauce

Serves 4

Ingredients:

2 leeks
2 shallots
1 tbsp butter
500 g salmon fillet
Salt
Pepper

White wine sauce:

125 ml white wine
3–4 tbsp fish stock
30 g cold butter
1 tbsp dill

Vermouth sauce:

200 ml fish stock
100 ml dry vermouth
2 medium egg yolks
2 tbsp double cream
1 tbsp dry vermouth
Salt
Lemon pepper
1 tbsp finely chopped chervil

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Cut the leeks into thin strips. Dice the shallots. Place both in a solid container with butter, cover* and cook. See settings below.

2 Divide the salmon fillet into 4 portions and place on top of the vegetables. Season with salt and pepper and cook. See settings below.

3 Heat up the wine and fish stock on the hob, stir in the flaked butter and season with salt and pepper. Garnish with dill.

4 Place the salmon on a dish with the vegetables and the sauce. Serve with wild rice.

Vermouth sauce:

5 Bring the fish stock with the vermouth to the boil on the hob and then reduce to half.

6 Mix together the egg yolk and the double cream. Stir in 1 tbsp of vermouth then add to the sauce once it has cooled down a bit.

7 Season to taste with salt and lemon pepper. Garnish with chopped chervil.

Step 1

- 100°C ; 4 minutes
- 120°C ; 2 minutes

Step 2

- 100°C ; 6 minutes
 - 100°C ; 6 minutes
-

* Lids for Miele steam oven containers are available from the Miele Webshop.



Meat

Tender, melt in the mouth meat

Meat cooked in a Miele steam oven is tender and juicy and always comes out just how you want it. The nutrients in the meat – protein, vitamins and minerals in poultry, vitamin B in pork and the high iron content in beef - remain virtually intact when cooking in steam. The cooking juices from meat and fat is easily retained in steam cooking and can then be used to make the perfect gravy. If you want your meat browned, you'll first have to sear it in a pan on the hob, and then cook it in the steam oven.





Stuffed turkey breast

Serves 6

Ingredients

1 onion
120 g dried apricots
1 tbsp butter
150-180 ml dry sherry
Salt
Cayenne pepper
Pepper
1.5 kg turkey breast
1 kg carrots
2 bunches of spring onions
100 g full fat cream cheese
1 tsp honey
100 g sliced ham
2-3 tbsp sunflower oil
100 ml chicken stock
100 ml double cream
Chicken gravy granules
or cornflour (optional)

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Peel and dice the onion, dice the apricots. Place both in a solid container with the butter, 50 ml sherry, salt and cayenne pepper and cook. See settings below.

2 Trim the turkey breast and then cut to make as large a flat piece of meat as you can. Place between two sheets of plastic film and flatten with a meat mallet. Season with salt and pepper.

3 Leave the apricot mixture to cool. Peel the carrots and chop into thick slices. Chop the spring onions into chunks and place both in a solid container. Season with salt and pepper.

4 Mix the cream cheese into the apricot mixture, season with salt and cayenne pepper and add honey to taste. Spread over the meat and layer the ham over the top. Roll the meat up, secure with kitchen twine and sear on the hob in hot oil. Place on top of the vegetables. Deglaze the frying pan with 100 ml of sherry and the stock. See settings below.

5 Transfer the stock to a small pan, add the double cream, bring to the boil and simmer for 5 minutes. Season with salt and pepper then add extra sherry to taste. If desired use some gravy granules or cornflour to thicken the sauce.

Step 1

- 100°C ; 4 minutes
 120°C ; 2 minutes

Step 4

- 100°C ; 80-90 minutes
 120°C ; 55-60 minutes



Marinated turkey with curried vegetables

Serves 4

Ingredients

2 cloves of garlic
300 g natural yoghurt, 1.5% fat
3 tsp curry powder or 2 tsp tandoori paste
½ tsp brown sugar
2 tsp lime juice
Pinch of chilli powder
1 tsp salt
500 g turkey fillet
400 g tomatoes
400 g broccoli
600 g cauliflower
2 onions
1 green chilli
60 g unsalted peanuts
100 ml vegetable stock
100 g peanut butter
Pepper

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Peel and crush the garlic, mix with the yoghurt, curry powder/paste, sugar, lime juice, chilli powder and salt. Trim the turkey fillet and cut into chunks. Place in the marinade, cover and leave in the fridge overnight.

2 Wash and trim the stalks off the tomatoes. Cut a cross in the top and place in a perforated container and cook. See settings below.

3 Leave the tomatoes to cool and then skin them and coarsely chop them up. Split the broccoli and cauliflower into florets. Peel and slice the onions. Trim the chilli and slice thinly. Place all the vegetables except for the tomatoes and peanuts in a solid container.

4 Take the meat out of the marinade and place to one side. Mix the vegetable stock and peanut butter into the marinade and season with salt and pepper. Pour over the vegetables and cook. See settings below.

5 Mix in the chopped tomatoes and peanuts. Place the turkey on top of the vegetables and cook. See settings below.

Step 2

- 95°C ; 1 minute
 95°C ; 1 minute

Step 4

- 100°C ; 8 minutes
 100°C ; 8 minutes

Step 5

- 100°C ; 12-14 minutes
 100°C ; 12-14 minutes
-

Turkey roulade stuffed with spinach

Serves 4

Ingredients:

300 g frozen spinach
Salt
Pepper
Nutmeg
2 cloves of garlic
4 thin turkey escalopes
125 ml chicken stock
3 tbsp double cream
2 tbsp chicken gravy granules
or cornflour
Sherry

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Defrost the spinach in a flat, solid container. See settings below.

2 Season the spinach with salt, pepper and nutmeg. Peel and finely crush the garlic. Mix this in.

3 Spread the spinach over the turkey fillets, roll up and secure with kitchen string.

4 Pour the chicken stock into a solid container, add cream, salt, pepper and nutmeg to taste. Add the roulades and cook. See settings below.

5 Pour the stock into a pan, thicken with gravy granules or cornflour and add sherry to taste. Pour some of the sauce over the roulades and serve with steamed wild rice or new potatoes.

>> Tip:

For a distinctive flavour, add 8 finely chopped sardine fillets to the spinach. Chicken breast or veal can be used instead of turkey.

Step 1

- 60°C ; 20-25 minutes
- 60°C ; 20-25 minutes

Step 4

- 100°C ; 12-15 minutes
- 120°C ; 6-8 minutes

Turkey on a bed of vegetables

Serves 4

Ingredients:

750 g turkey fillet
Salt
Pepper
Curry powder
200 ml double cream
2 leeks
3 carrots
1 tbsp cream cheese with herbs

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Cut the turkey fillet into strips, season with salt, pepper and a little curry powder. Place in a solid container with the cream. See settings below.

2 Whilst it is cooking clean and trim the leeks and the carrots. Cut into 4 cm long strips. Place the vegetables in the sauce and cook. See settings below.

3 At the end of cooking, stir in the cream cheese to thicken the sauce.

>> Tip:

For very thin carrot strips, simply use a vegetable peeler to cut lengthways strips and then slice with a sharp knife.

Step 1

- 100°C ; 10 minutes
- 120°C ; 5 minutes

Step 2

- 100°C ; 2 minutes
- 100°C ; 2 minutes



Chicken in a white wine sauce

Serves 4

Ingredients:

4 chicken thighs
(approx. 250 g each)
400 g shallots
125 g streaky bacon
2 tbsp butter
2 tbsp sunflower oil
175 ml dry white wine
Salt
Pepper
200 ml chicken stock
½ bunch of tarragon
Sugar
75 g crème fraîche
Chicken gravy granules or
cornflour to thicken the sauce
Chervil and tarragon to
garnish

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

If children are sharing this meal use apple juice instead of the white wine. It will give the dish a fruity taste too which they will like.

1 Trim the chicken thighs.

2 Peel the shallots and depending on size cut in half lengthways. Remove the rind from the bacon and dice it. Fry together with the shallots in hot butter with 1 tbsp of oil. When cooked place in a solid container.

3 Then sear the chicken thighs in the bacon fat. Deglaze the pan with 125 ml wine and season with salt and pepper. Pour into the container with the shallots, add the stock with finely chopped tarragon and cook. See settings below.

4 Pour the resulting stock into a small pan, add the rest of the wine and bring to the boil. Simmer for about 3 minutes then season to taste with salt, pepper and sugar, and add the crème fraîche to make a sauce. Use gravy granules or cornflour to thicken if necessary. Serve the sauce with the chicken and shallots and garnish with fresh chervil and tarragon.

Step 3

- 100°C ; 25 minutes
- 120°C ; 12 minutes

Chicken kebabs with balsamic sauce

Serves 4

Ingredients:

4 chicken breasts
1 red pepper
1 green pepper

For the sauce:

3 tbsp sugar
1 tbsp butter
4 tsp instant chicken stock
4 tbsp chilli sauce
2 tbsp balsamic vinegar
1 tbsp sesame seeds
Salt

Butter for greasing

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

Balsamic vinegar has a low acidity level making it ideal for use in salad dressings and sauces as well as in marinades for meat, fish and vegetables. The most famous balsamic vinegar comes from Modena in Italy.

1 Cut each chicken breast into approx. 3 x 3 cm chunks.

2 Wash the peppers and slice the tops off them. Remove the seeds and membranes. Chop into 3 x 3 cm pieces.

3 Spear the chicken and peppers alternately onto 4 kebab skewers. Place the kebabs into a greased perforated container and cook. See settings below.

4 Caramelize the sugar in a pan. Take off the heat, and mix in the butter and chicken stock. Put the pan back on the heat and bring to the boil. Simmer gently for 2–3 minutes. Stir in the chilli sauce, balsamic vinegar and sesame seeds, and season with salt.

Step 3

- 100°C ; 7-10 minutes
- 120°C ; 4-5 minutes

Chicken curry

Serves 4

Ingredients:

3 chicken breast fillets
3 tbsp oil
2 tsp red paprika powder
3 tsp curry powder
2 red peppers
100 ml double cream
100 g crème fraîche
Salt
Pepper
Curry powder

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

>> Tip:

Marinade: The word marinade comes from "mare", meaning the sea. Originally, only fish was marinated, although in principle anything which comes from the sea can be marinated. Small fish are marinated whole, while larger fish can be marinated in wafer-thin carpaccio slices. Recently it has become increasingly popular to marinate meat and vegetables too.

1 Cut the meat into strips 1 cm wide.

2 Mix the oil, paprika powder and curry powder together and marinate the meat in it for 15 minutes.

3 Cut the peppers into narrow strips and place them with the meat in a solid container.

4 Stir the cream and crème fraîche together and season with salt and pepper. Pour over the meat and vegetables and cook. See settings below.

5 Finally add more salt, pepper and curry powder to taste before serving.

Step 4

- 100°C ; 12-14 minutes
 100°C ; 12-14 minutes



Chicken breasts stuffed with mushrooms

Serves 4

Ingredients:

4 chicken breast fillets
20 g mixed herbs
Salt
Pepper
Coriander
50 g cream cheese
20 g crème fraîche
200 g jar of mixed mushrooms

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Cut a pocket in the side of each chicken fillet and season with salt.

2 Mix the cream cheese, crème fraîche and mixed herbs and season with salt, pepper and coriander.

3 Drain the mushrooms well, chop finely and stir into the cream cheese mix.

4 Stuff the chicken breasts with the mushroom mixture and secure with a cocktail stick if necessary. Cook in a perforated container. See settings below. Serve with potato rösti.

Step 4

- 100°C ; 8 minutes
- 100°C ; 8 minutes

Pork medallions with apples and mushroom

Serves 4

Ingredients

1 red onion
4 tbsp Calvados
2 tsp medium sharp mustard
150 ml apple juice
150 ml meat stock
Black pepper
8 pork medallions
(approx. 75 g each)
700 g small chestnut mushrooms
4 small sharp apples
(125 g each)
1 tbsp clarified butter
150 ml double cream
Salt
10 - 20 g gravy granules
1 tsp chopped parsley

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Peel and finely dice the onion. Mix into the Calvados, mustard, apple juice, stock and season with pepper. Add the medallions, cover and place in the fridge for 3 hours to marinate.

2 Trim the mushrooms and quarter the larger mushroom. Wash, halve and core the apples. Cut into wedges. Place the apples with the mushrooms in a solid container.

3 Take the medallions out of the marinade, drain and then sear in two batches rapidly on both sides in the clarified butter. Meanwhile mix the cream into the marinade, season with salt and pour over the apples and mushrooms. Place the medallions on top, pour over the pan juices and season with freshly ground black pepper before cooking in the steam oven. See settings below.

4 Pour the sauce into a small pan. Leave the meat with the mushrooms and apples in the oven to keep warm. Bring the sauce to the boil and thicken with gravy granules to taste. Serve garnished with parsley and enjoy with freshly steamed gnocchi.

Step 3

- 100°C ; 10-12 minutes
 100°C ; 10-12 minutes

Chicken breast in a red pepper sauce

Serves 4

Ingredients:

1 tbsp butter
3 red peppers
200 ml chicken stock
2 shallots
4 chicken breasts
Salt
Pepper
Cayenne pepper
2 tbsp cornflour or
chicken gravy granules
Fresh basil

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Finely dice the shallots and place in a solid container with the butter. Halve, deseed and cut the peppers into strips. Add to the shallots, cover* and steam. See settings below.

2 Season the chicken breasts with salt and pepper, place on top of the shallots and cook. See below for settings.

3 Sieve off the resultant juices into a pan and heat on the hob. Season with salt and cayenne pepper and thicken with the gravy granules or cornflour.

4 Cut the chicken breast into slices and place on a serving dish with the shallots. Pour the sauce over and garnish with fresh basil. Serve with steamed wild rice.

Step 1

- 100°C ; 4 minutes
- 120°C ; 2 minutes

Step 2

- 100°C ; 8-10 minutes
- 100°C ; 8-10 minutes

* Lids for Miele steam oven containers are available to order from the Miele Webshop.



Potato bake with bacon

Serves 4

Ingredients

100 g streaky bacon
1 onion
2 cloves of garlic
500 g potatoes
1 red and 1 green pepper
(approx. 175 g each)
1 sprig of rosemary
6 large eggs
Salt
Pepper
Butter for greasing

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Cut the bacon into strips. Peel, halve and slice the onion and crush the garlic. Fry the bacon with the onions to crispy and add the garlic at the end. Place to one side.

2 Peel the potatoes and cut into ½ cm thick slices. Place in a greased, solid container with the onion and bacon including the cooking oil and cook. See settings below.

3 Meanwhile trim and cut the peppers into thin slices.

4 Finely chop the rosemary and mix into the eggs. Season with salt and pepper and add to the potatoes with the peppers. Cover with a lid* or aluminium foil. Allow to settle then cook. See settings below. Serve hot or cold cut into portions.

Step 2

- 100°C ; 5 minutes
- 100°C ; 5 minutes

Step 4

- 100°C ; 25 minutes
- 100°C ; 25 minutes

* Lids for Miele steam oven containers are available to order from the Miele Webshop.

Gammon with sauerkraut

Serves 5

Ingredients

750 g firm potatoes
1 tin of sauerkraut (850 ml)
600 g gammon joint off the bone
1 onion
1 tsp caraway
1 bay leaf
1 tsp salt
Pepper
1-2 tsp brown sugar
500 ml chicken stock
80 ml sour cream
2-3 tbs chopped chives

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Peel the potatoes and cut into 2 cm dice. Place in a perforated container and cook. See below for settings.

2 Meanwhile rinse and drain the sauerkraut. Cut the gammon into bite-sized pieces, peel and dice the onion.

3 Put the cooked potatoes in a deep sided solid container with the sauerkraut, onion, caraway, bay leaf and gammon. Season with salt and pepper and add a tsp of sugar. Pour the stock over and cook. See below for settings.

4 Check the sauerkraut for taste then serve in bowls with a spoonful of sour cream on top and garnish with chopped chives. Serve with a hearty farmhouse bread.

Step 1

- 100°C ; 15 minutes
- 120°C ; 7 minutes

Step 3

- 100°C ; 25 minutes
 - 120°C ; 12 minutes
-

Oriental meatballs with chinese cabbage

Serves 4

Ingredients:

15 g root ginger
2 cloves of garlic
750 g minced pork
1 tsp 5 spice powder
½ tsp ground cinammon
2 tbsp soy sauce
Salt
1 carrot (approx. 100 g)
1 chinese cabbage (approx.
750 g)
200 g chinese egg noodles
Soy sauce

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

Chinese 5 spice powder is readily available from supermarkets. It generally contains a blend of 5 of the following spices: aniseed, fennel, star anise, cinammon, coriander, peppercorns and cloves.

1 Peel the ginger and crush the garlic. Mix into the minced pork with the 5 spice powder, cinammon, and 2 tbsp of soy sauce. Season with salt and form into around 32 meatballs.

2 Cut the carrot into julienne strips. Rinse the cabbage, separate the leaves and drain well. Place in a perforated container. Place the meatballs on top and cook. See settings below.

3 Place the noodles with salt in a solid container, cover with water and cook together with the meatballs. See settings below.

4 Drain the noodles well. Serve in bowls with the cabbage, carrots and meatballs. Add soy sauce to taste.

Step 2

- 100°C ; 6-7 minutes
- 100°C ; 6-7 minutes

Step 3

- 100°C ; 6-7 minutes
- 100°C ; 6-7 minutes



Savoury meat loaf

Serves 6

Ingredients:

15 g dried porcini
30 g pine nuts
750 g tomatoes
2 onions
5 cloves of garlic
100 g italian ham
125 g Mozzarella
1 kg mixed mince (pork, beef etc).
2 medium egg yolks
Salt
Pepper
2 tbsp olive oil
Sugar
½ bunch of basil

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

Meat loaf is usually made with a finely spiced mix made with meat, game or poultry. It can be made into a fancier terrine by layering in other ingredients, or even baked in a dough crust.

1 Pour boiling water over the porcini and put to one side. Dry roast the pine nuts in a frying pan and leave to cool. Wash, trim and cut a cross into the top of the tomatoes. Place in a perforated container and cook. See settings below.

2 Take the tomatoes out and leave to cool. Peel and finely dice the onions and garlic. Drain the mushrooms well, squeeze excess water out and finely chop them up. Finely dice the ham, drain and dice the Mozzarella.

3 Mix the mince with the porcini, pine nuts, Mozzarella, ham and egg yolk. Add half the onions and garlic and season well with salt and pepper. Place in a solid container, press and cover with a lid* or aluminium foil and cook. See settings below.

4 Meanwhile skin and dice the tomatoes. Lightly fry the remaining onion and garlic in hot olive oil until glassy. Add the tomatoes, season with salt, pepper and sugar. Bring to the boil and simmer for about 20 minutes, stirring from time to time. Once cooked add extra water to the sauce until you get the consistency you want. Taste and add more seasoning if required. Garnish with freshly torn basil. Serve the paté hot or cold.

Step 1

- 95°C ; 1 minute
- 95°C ; 1 minute

Step 3

- 100°C ; 80 minutes
- 120°C ; 35 minutes

* Lids for Miele steam oven containers are available to order from the Miele Webshop.

Goulash

Serves 5

Ingredients:

500 g cubed beef
500 g cubed pork
2-3 tbsp sunflower oil
Salt
Pepper
50 ml beef stock
1 red, 1 yellow and 1 green pepper (approx. 200 g each)
2 onions
100 ml dry red wine
2 bay leaves
1-2 tsp paprika
Beef gravy granules (optional)

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

Goulash can be made with beef, veal, pork or lamb or a combination of these. Most recipes call for paprika or paprika paste and onions as well as caraway and garlic. The long cooking durations give goulash its creamy sauce.

1 Sear the meat in small batches in hot oil in a frying pan. Season with salt and pepper then deglaze the pan with the stock.

2 Meanwhile trim and coarsely dice the peppers. Peel and dice the onions. Place these together with the red wine, bay leaves and meat in a solid container. Add the paprika, and season with salt and pepper then cook. See settings below.

3 Remove the bay leaf and pour the goulash sauce into a small pan. Bring to the boil and thicken with gravy granules if necessary.

Step 2

- 100°C ; 100-120 minutes
- 120°C ; 45 minutes

Chard rolls with an oriental filling

Serves 4

Ingredients:

8 chard leaves
400 g mince
2 tbsp soy sauce
1 tsp grated root ginger
Salt
Pepper
6 dried shiitake mushrooms
60 g rice noodles

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

Place the rolls in the container with the seam underneath.

1 Clean and blanch the chard leaves in a perforated container. See settings below.

2 Mix together the mince with the soy sauce and root ginger. Season with salt and pepper.

3 Soak the mushrooms, chop finely and add to the mixture. Mix in the noodles.

4 Spread the mixture over the blanched chard, roll up tightly and cook. See settings below. Serve with rice and a sweet and sour sauce.

Step 1

- 100°C ; 2 minutes
- 100°C ; 2 minutes

Step 4

- 100°C ; 10 minutes
- 100°C ; 10 minutes



Poached fillet of beef with a medley of vegetables

Serves 2

Ingredients

200 g cauliflower florets
200 g carrots
2 courgettes
8 spring onions
100 g sugarsnap peas
250 ml beef stock
500 g fillet of beef
Fresh parsley

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Cut the cauliflower florets, carrots and courgettes into bite-sized pieces. Trim the green parts off the spring onions and add the sugarsnap peas.

2 Cook the carrots and cauliflower in a solid container with the beef stock. See settings below.

3 Add the rest of the vegetables and continue to cook. See settings below.

4 Lift the vegetables out of the stock and keep warm.

5 Cut the fillet into 1 cm thick slices and poach in the stock. See settings below. Arrange the meat and vegetables on a serving dish and serve garnished with freshly chopped parsley.

Step 2

- 100°C ; 8 minutes
 120°C ; 4 minutes

Step 3

- 100°C ; 4 minutes
 100°C ; 4 minutes

Step 5

- 100°C ; 4 minutes
 120°C ; 2 minutes
-

Loin of lamb with green beans

Serves 4

Ingredients

750 g green beans
1 red onion
1 small bunch of mixed herbs
Salt
30 g butter
200 ml lamb stock
250 g cherry tomatoes
4 loin steaks (approx. 150 g each)
2 cloves of garlic
Pepper
3-4 tbsp olive oil
4-5 tbsp balsamic vinegar
1 pinch of sugar

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Rinse and drain the beans. Peel and finely dice the onions. Rinse the mixed herbs and add them to the beans and onions in a solid container. Season with salt and scatter knobs of butter over the top. Pour on half the lamb stock and cook. See settings below.

2 Wash the cherry tomatoes, rinse and pat dry the meat. Peel and crush the garlic and rub the meat with it. Season with salt and pepper then sear in hot fat on the hob. Remove from the pan then deglaze the pan with 3-4 tbsp of balsamic vinegar and the rest of the lamb stock. Add the meat and cherry tomatoes to the beans, pour the stock over them and cook. See settings below.

3 Pour the sauce from the beans into a small pan and bring to the boil. Season to taste with the remaining vinegar, salt, pepper and sugar. Simmer to reduce and intensify the flavours if wished. Serve with the lamb and beans together with rosemary potato wedges.

Step 1

- 100°C ; 10 minutes
- 100°C ; 10 minutes

Step 2

- 100°C ; 8-10 minutes
- 100°C ; 8-10 minutes

Beef with horseradish sauce

Serves 4

Ingredients

200 g carrots
200 g celeriac
50 g diced parsnips
800 g beef, silverside or brisket
Salt
Peppercorns
2 bay leaves
250 g small potatoes
250 g carrots
250 g kohlrabi or turnips
2 tsp bouillon powder
6 tbsp cooking liquid

For the sauce:

2 cooking apples
200 ml sour cream
1 bunch of chives
1 tbsp horseradish
Salt
Pepper

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Dice the carrots, celeriac and parsnips, and place with the beef, salt, peppercorns and bay leaves in a solid container. See settings below.

2 Meanwhile, scrub the potatoes, peel the carrots and kohlrabi (or turnips), chop into bite-sized pieces.

3 Spoon 6 tbsp of the liquid from the meat container into a second solid container. Add the vegetables and bouillon powder. Steam alongside the meat. See settings below.

4 Peel and coarsely grate the apples. Mix into the sour cream. Add chopped chives and grated horseradish to the cream, season with salt and pepper to taste.

5 Carve the meat thinly across the grain, and serve with the vegetables and the sauce.

Step 1

- 100°C ; 60-100 minutes
- 120°C ; 30-50 minutes

Step 3

- 100°C ; 15 minutes
- 120°C ; 8 minutes



Fillet of veal in a herb crust

Serves 4

Ingredients

600 g fillet of veal
Salt
Lemon pepper
½ bunch each of parsley,
chervil, basil and tarragon
2 tsp capers (bottled, drained)
100 ml dry white wine
100 ml vegetable stock
¼ unwaxed lemon
100 ml double cream
Beef gravy granules (optional)

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Rinse and pat dry the meat. Rub with lemon pepper and place in a solid container.

2 Rinse and dry the herbs. Pluck the leaves and place to one side. Add the stalks to the meat with the capers. Pour over the wine and stock and cook. See settings below.

3 Finely chop the herbs, wash the lemon in hot water and rub dry. Grate the zest and mix it with the herbs. Remove the meat and put to one side to keep warm. Pour the remaining cooking liquor through a sieve, add the cream and bring to the boil. Simmer for about 5 minutes, then taste and thicken slightly if wished.

4 Coat the fillet in the chopped herbs, slice and serve with the sauce.

Step 2

- 100°C ; 25-30 minutes
- 120°C ; 15 minutes



Lamb tagine with baked prunes

Serves 6

Ingredients

800 g diced lamb
3 red onions
4 tbsp clarified butter
Salt
½ tsp each of cinammon, cumin, coriander and cayenne pepper
150 ml lamb stock
3 bay leaves
600 g carrots
1 unwaxed lemon
250 g prunes
200 g couscous
30 g sesame seed
1-2 cloves of garlic
300 g natural yoghurt, 3.5% fat
A dash of lemon juice

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Peel and slice the onions into wedges. Sear the lamb in batches in hot clarified butter on the hob. Place in a solid container with the onions and season with salt and ½ tsp each of cinammon, cumin, coriander and cayenne pepper. Pour in the lamb stock and cook. See settings below.

2 Peel the carrots and chop into thick slices. Wash the lemon in hot water, dry and cut into eight wedges. Place both in with the lamb together with the prunes and continue cooking until the meat is tender. See settings below.

3 Add the couscous and cook until soft. See settings below.

4 Dry roast the sesame seeds in a pan. Peel and crush the garlic, then mix with the yoghurt and sesame seeds. Season with salt and lemon juice to taste. Take the bay leaf out of the tajine. Season the meat with salt and spices to taste then serve with the sesame yoghurt.

Step 1

- 100°C ; 35 minutes
 120°C ; 17 minutes

Step 2

- 100°C ; 20 minutes
 120°C ; 8 minutes

Step 3

- 100°C ; 5 minutes
 120°C ; 2 minutes
-



Swedish lamb hotpot in a wine and dill sauce

Serves 4

Ingredients

750 g lamb
3 tbsp oil
2 cloves of garlic
250 g onions
Salt
Pepper
200 ml double cream
2 bay leaves
2 bunches of dill
White wine

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Dice the lamb and sear in the oil. Peel the garlic and onions, dice and fry with the meat. Season with salt and pepper.

2 Place the cream and bay leaves in a solid container. Finely chop 1½ bunches of the dill, add to the cream and cook with the lamb. See settings below.

3 Season to taste with salt, pepper and white wine. Garnish with the remaining dill and serve with boiled potatoes, carrots and a cucumber salad.

Step 2

- 100°C ; 12-16 minutes
 - 120°C ; 8-12 minutes
-



Vegetarian dishes

Nature at its best

Using steam to cook your vegetables is a great way of getting the very best out of them. For healthy eating and good taste it's best to harvest vegetables on the day you eat them. This applies however you choose to cook them be it as a side dish, a main dish or in a casserole. In addition to the old favourites there are lots of new and exciting varieties to explore and enjoy such as romanescos or green cauliflower. Wherever possible use vegetables that are in season as they will be fresher and contain the more vitamins and minerals than vegetables that have had to travel.





Marinated vegetables

Serves 4

Ingredients:

2 yellow peppers
2 red peppers
1 aubergine
2 courgettes
500 g white mushrooms
6 tbsp olive oil
4 tbsp wine vinegar
4 tbsp white wine
1 crushed clove of garlic
Salt
Pepper
1 pinch of sugar
2 tbsp finely chopped herbs

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Trim the peppers and cut into strips. Clean and slice the aubergine, courgettes and mushrooms.

2 Place the vegetables in a perforated container and cook. See settings below.

3 Make a marinade from the olive oil, wine vinegar, white wine, garlic, salt, pepper, sugar and herbs.

4 Arrange the vegetables on a platter and drizzle with the marinade. Leave to steep for a few hours. Serve with a baguette or ciabatta.

Step 2

- 100°C ; 3-4 minutes
 - 100°C ; 3-4 minutes
-



Dill cucumbers in sour cream

Serves 4

Ingredients:

2 onions
200 g lean bacon
2 cucumbers or
5–6 small pickling cucumbers
400 ml sour cream
1 tbsp chopped dill
A pinch of sugar
Salt
Pepper

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Dice the onions and place in a solid container with the bacon. Cover* and cook. See settings below.

2 Peel the cucumbers, halve them lengthways and scoop out the seeds with a teaspoon. Slice thinly and then mix with the sour cream and add to the bacon.

3 Season with dill, sugar, salt and pepper and cook. See settings below. Once cooked season again with salt and pepper. Serve with steamed potatoes.

>> Tip:

Dill is one of the few herbs which was originally used in both medicine and in the kitchen. It is important to use dill in combination with the so-called universal spices only. These include salt, pepper, onions, parsley and garlic. The delicate flavour will be lost if used in conjunction with stronger flavoured spices.

* Lids for Miele steam oven containers are available from the Miele Webshop.

Step 1

- 100°C ; 4 minutes
- 120°C ; 2 minutes

Step 3

- 100°C ; 15-20 minutes
- 100°C ; 15-20 minutes

Carrots with glazed shallots

Serves 4

Ingredients:

500 g carrots
2 shallots
20 g butter
Salt
Pepper
1 tbsp chopped parsley

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Clean and slice the carrots. Place them in a perforated container.

2 Place the shallots and butter in a covered* container and cook at the same time as the carrots. See settings below.

3 Mix the carrots with the shallots, season with salt and pepper and serve garnished with freshly chopped parsley.

Step 2

- 100°C ; 6 minutes
- 120°C ; 3 minutes

* Lids for Miele steam oven containers are available from the Miele Webshop.

Asparagus

Serves 4

Ingredients, asparagus:

1 kg white asparagus,
finger thick
1 kg green asparagus

Ingredients, sauces:

Parsley sauce:

125 ml cream
1 bunch of chopped parsley
Salt
A pinch of sugar

Tuna sauce:

1 tin of tuna
150 g yoghurt (3.5% fat)
1 tsp lemon juice
2 tsp capers
Salt
Pepper
Sugar
3 medium eggs

Orange sauce:

250 ml orange juice
3 medium egg yolks
Salt
Pepper
200 g soft butter
Orange zest

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

Method, asparagus

1 Peel the white asparagus from top to bottom. Snap the woody end off the green asparagus. Place in perforated cooking containers and cook. See settings below.

Method, sauces

Parsley sauce:

1 Stir the parsley into the cream and season with salt and sugar. Drizzle over the asparagus and serve.

Tuna sauce:

1 Drain the tuna and separate it with two forks.
2 Mix the yoghurt, lemon juice and capers. Season to taste with salt, pepper and sugar.

3 Fold the flaked tuna into the yoghurt sauce.

4 Hard boil the eggs, shell and quarter them. Pour the sauce over the asparagus and garnish with the hard boiled eggs.

Orange sauce:

1 Mix the orange juice with the egg yolks and beat with salt and pepper until thickened over a bain marie.

2 Fold in the butter a tablespoon at a time and season again with salt and pepper.

White asparagus:

- 100°C ; 9-10 minutes
 100°C ; 9-10 minutes

Green asparagus:

- 100°C ; 7 minutes
 100°C ; 7 minutes
-



Red cabbage and apple

Serves 4

Ingredients:

125 g diced onion
50 g pork dripping
700 g red cabbage
150 ml apple juice
50 ml wine vinegar
1 bay leaf
approx. 3 cloves
25 g sugar
Salt
Pepper
1 apple
30 g cranberries or
30 g redcurrant jelly
50 ml red wine

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Place the diced onion and pork dripping in a solid container, cover* and steam. See settings below.

2 Clean and shred the red cabbage, then add it to the diced onions with the apple juice, wine vinegar, bay leaf, cloves and sugar. Season with salt and pepper and cook. See settings below.

3 Peel, core and cut the apple into pieces. Add the cranberries or redcurrant jelly and the red wine to the remaining ingredients and cook. See settings below. Season with salt, pepper and sugar.

Step 1

- 100°C ; 4 minutes
- 120°C ; 2 minutes

Step 2

- 100°C ; 60 minutes
- 120°C ; 30 minutes

Step 3

- 100°C ; 60 minutes
- 120°C ; 30 minutes

* Lids for Miele steam oven containers are available from the Miele Webshop.

Red cabbage with apples and grapes

Serves 6

Ingredients:

750 g red cabbage
4 sharp apples
2 bay leaves
3 cloves
1 onion
50 g butter
125 ml red wine
4-5 tbsp balsamic vinegar
1-2 tbsp redcurrant jelly
Salt
Pepper
Sugar
200 g seedless grapes

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Wash, trim and shred the red cabbage. Place in 2 solid containers.

2 Peel, core and thinly slice the apples. Use the cloves to pin the bay leaves to the onion. Mix the apples, onion, butter, red wine, balsamic vinegar and redcurrant jelly with the red cabbage. Season with salt, pepper and sugar and cook. See settings below.

3 Then add the grapes and season again if necessary. The red cabbage can be thickened slightly with a little flour if wished. See settings below.

Step 2

- 100°C ; 120 minutes
- 120°C ; 60 minutes

Step 3

- 100°C ; 3 minutes
 - 100°C ; 3 minutes
-

Cauliflower soufflé

Serves 4

Ingredients:

500 g cauliflower
4 medium egg yolks
Salt
Pepper
Nutmeg
4 medium egg whites
Butter for greasing

Sauce:

2 shallots
20 g butter
20 g flour
20 ml white wine
100 ml vegetable stock
100 ml double cream
Salt
Pepper

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

>> Tip:

This recipe can be made with other vegetables such as broccoli or carrots.

1 Clean the cauliflower, cut into florets, place in a perforated container and cook. See settings below.

2 Allow the cauliflower to cool, then purée it. Stir the egg yolks into the purée and season with salt, pepper and nutmeg to taste.

3 Beat the egg whites until stiff and fold into the purée.

4 Pour the mixture into buttered ramekins. Cover with aluminium foil and cook. See settings below.

5 For the sauce, peel the shallots and finely dice them. Sweat in butter then add flour and gradually pour in the wine.

6 Stir in the vegetable stock and beat until smooth, then fold in the cream and season to taste with salt and pepper.

7 Turn the soufflés out onto serving dishes, pour the sauce over them and garnish with chopped herbs. Serve with steamed fish or meat dishes.

Step 1

- 100°C ; 14 minutes
 120°C ; 6 minutes

Step 4

- 90°C ; 15-18 minutes
 90°C ; 15-18 minutes



Fennel

Serves 4

Ingredients:

2 fennel bulbs
Fennel greens
2 carrots
1 small leek
2 sticks of celery
1 tsp lemon juice
Salt
Sugar
2 onions
20 g butter
150 ml vegetable broth
Pepper
1 tsp bouillon powder
150 ml double cream

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

Fennel is a very popular vegetable with the italians who often eat it raw after a main course. It also tastes good cooked, and when steamed the vitamins are retained. Fennel tastes good with strong spices.

1 Wash, quarter and cut out the woody base of the fennel. Put the green tips to one side for garnish.

2 Clean the remaining vegetables. Cut the carrots in 0.5 cm thick slices, the leek into 1 cm rings and the celery into 0.5 cm thick pieces. Place the vegetables in a perforated container and put the fennel on top.

3 Mix the salt and sugar into the lemon juice and drizzle this over the fennel. Place the container in the oven with a solid container underneath it to catch the vegetable broth. See settings below.

4 Dice the onions and sweat in butter. Add 150 ml of vegetable broth and season with salt and pepper. Stir in the double cream and garnish with the green tips from fennel.

Step 3

- 100°C ; 10-12 minutes
- 120°C ; 5-6 minutes



Side dishes

Simply irresistible

Potatoes, rice and vegetables are amongst the most popular staple ingredients for side dishes. Rarely served on their own they are a crucial part of the whole meal. The versatility of these three food types is immense and they all play an important part in the nutritional quality of the food we eat. All three are used across the globe in cuisine and in doing so unite people at the table from a broad spectrum of customs and traditions.





Savoury bulgur wheat

Serves 6

Ingredients:

4 shallots
2 cloves of garlic
200 g carrots
1 red chilli pepper
3 cardamom pods
1 bay leaf
250 g bulgur
Salt
600 ml vegetable stock
3 tbsp butter
2 tbsp chopped flatleaf parsley

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Peel the shallots, garlic and carrots. Finely dice the shallots, chop the garlic up and cut the carrots into thin slices. Wash and de-seed the chilli pepper then cut into rings. Place all of these in a solid container.

2 Lightly crush the cardamom pods and add to the bulgur with the bay leaf and season with salt. Pour in the vegetable stock and cook. See settings below.

3 Remove the cardamom pods, fluff the rice up with a fork and fold in the butter and parsley before serving.

>> Tip:

Bulgur is a pre-cooked wheat that has been re-dried. After drying the wheat grain is then ground coarsely or finely. It is generally made using a hard wheat. It can be substituted with a long grain rice in this recipe.

Step 2

- 100°C ; 20 minutes
- 120°C ; 6 minutes



Stuffed courgettes

Serves 4

Ingredients:

1 red onion
1 clove of garlic
½ pointed red pepper
40 g black olives, pitted
75 g green olives, pitted
150 g Feta
8 sprigs of thyme
100 ml sour cream
Salt
Pepper
1-2 tsp lemon juice
4 courgettes (approx. 320 g each)
Parsley

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Peel and dice the onion and garlic. Clean and finely dice the red pepper. Drain the olives and roughly chop them up. Crumble the Feta and pluck the leaves off 6 sprigs of thyme. Mix all of these into the sour cream and season with pepper and lemon juice.

2 Cut the courgettes in half lengthways and hollow out the centre with a small spoon. Lightly salt and fill with the Feta mixture. Place in a perforated container and cook. See settings below.

3 Chop the parsley and garnish together with the remaining thyme.

>> Tip:

Instead of using courgettes you could use this filling in red peppers.

Step 2

- 100°C ; 10-12 minutes
- 100°C ; 10-12 minutes

Houmous

Serves 6

Ingredients:

200 g dried chickpeas
2 cloves of garlic
½ tsp ground cumin
3-4 tbsp tahini paste
¼ tsp strong paprika
1 tsp salt
Pepper
2-3 tsp lemon juice
1 tbsp olive oil

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Rinse the chickpeas and soak overnight in plenty of cold water.

2 Place the chickpeas, together with the water they were soaked in, in a solid container. Make sure they are covered by the water. Peel the garlic cloves and add them whole to the chickpeas. Season with cumin and cook. See settings below.

3 Drain the chickpeas, retaining the cooking liquor. Leave both to cool.

4 Then purée the chickpeas with about 100-125 ml of the cooking liquor, lemon juice and tahini paste. Season generously with paprika, salt, pepper and cumin. Place in a serving dish, drizzle with olive oil and serve. Houmous goes well with raw or al-dente steamed vegetable batons and pitta bread.

>> Tip:

Tahini is a paste made from finely ground sesame seeds and is a main ingredient in houmous. It is rich in vitamins and calcium which makes it very popular with vegetarians.

For a very delicate houmous the pale outer skin of the chickpeas are removed before they are made into houmous.

Step 2

- 100°C ; 50 minutes
 120°C ; 15 minutes

Gnocchi

Serves 6

Ingredients:

600 g small floury potatoes
½ bunch of basil
½ bunch of flat leaved parsley
5 sprigs of oregano
50 g sundried tomatoes, in oil
80-110 g flour
50 g semolina
1 medium egg yolk
Salt
1 tsp tomato purée
Flour
Butter for greasing

50 g butter
20 sage leaves

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Wash the potatoes and put them in a perforated container. Cook until tender. See settings below.

2 In the meantime pluck and finely chop up the herbs. Drain the sundried tomatoes and purée them.

3 Leave the potatoes to cool slightly, then peel them and whilst still hot pass them through a potato ricer. Add 50 g of the flour, the semolina, egg yolk and 1 tsp salt and knead to make the dough. Halve the dough and knead the herbs into one half and the puréed tomatoes and tomato purée into the other. If the dough is too soft knead 1-2 tbsp of flour into it.

4 Roll the dough out on a lightly floured surface into a roll about 60 cm long. Cut it into about 30 Gnocchi. Using a lightly floured fork flatten each slightly on the cut side. Cook in a greased perforated container. See settings below.

5 Melt the butter in a small pan on the hob and toss in the sage. Briefly cook then season with salt and serve with the Gnocchi.

Step 1

- 100°C ; 28 minutes
 120°C ; 15 minutes

Step 4

- 100°C ; 10 minutes
 100°C ; 10 minutes



Cheese and leek polenta

Serves 4

Ingredients:

1 thin leek (approx. 175 g)
750 ml vegetable stock
Salt
150 g polenta (coarse)
4 sprigs of marjoram
4 sprigs of flatleaf parsley
100 g grated Emmental
30 g grated Parmesan
2 tbsp butter
Black pepper

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Clean the leek and cut into thin rings. Place in a perforated container. Pour the vegetable stock into a solid container with ½ tsp of salt and cook at the same time as the leek. See settings below.

2 Remove the stock and stir in the polenta. Leave for a minute to stand then continue stirring. Put it back in the oven and continue to cook. Remove the leeks from the oven. See settings below.

3 Take the polenta out, cover and leave for 5 minutes to rest.

4 Meanwhile pluck the leaves off the marjoram and the parsley and chop up. Halve the polenta and mix the two cheeses into one half together with 1 tbsp of butter. Stir the leeks with the remaining butter into the other half of polenta. Season to taste.

>> Tip:

Polenta is a traditional regional speciality throughout Italy and is made from ground corn. In the 17th century it was considered food for the poor. It requires constant stirring when cooked in a pan if you want to have it without lumps in it and it does have a tendency to stick to the pan if you are not careful. Once cooked polenta can be left on a board or in a bowl to cool down and then cut into shapes and fried.

Step 1

- 100°C ; 5 minutes
 120°C ; 3 minutes

Step 2

- 100°C ; 10 minutes
 120°C ; 5 minutes

Warm lentil salad

Serves 6

Ingredients:

1 onion
180 g carrots
50 g dried apricots
200 g red lentils
1 cardamom pod
1 bay leaf
1 piece of lemon peel
2-3 pinches of ground coriander
Salt
Pepper
300 ml vegetable stock
150 g natural yoghurt (3.5 % fat)
2 tsp olive oil
1 tsp lime juice
1-2 tsp honey
½ head of lettuce (e.g. Lollo bionda, approx. 175 g)

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Peel the onion and the carrots. Dice the onion and cut the carrots into 5 cm long julienne strips. Chop the apricots up small. Mix all of these with the lentils in a solid container. Add the spices, season with salt and pepper. Pour in the stock and cook. See settings below.

2 In the meantime mix the oil and lime juice into the yoghurt and season to taste with salt, pepper and honey. Clean, wash and spin the salad and shred it.

3 Leave the lentils to cool down then remove the cardamom and lemon peel. Fold in the shredded salad and drizzle with the yoghurt dressing. Serve warm.

Step 1

- 100°C ; 10-12 minutes
- 100°C ; 10-12 minutes

Coconut carrots

Serves 4

Ingredients:

800 g bunched carrots
200 ml coconut milk
100 ml vegetable stock
1 small onion
1 green chilli
Salt
1 tbsp dessicated coconut
2-3 tsp cornflour
½-1 tsp lime juice
Fleur de Sel

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Clean and peel the carrots and place them in a perforated container.

2 Mix the coconut milk with the stock in a solid container. Peel the onion and deseed the chilli. Finely dice both, then add to the coconut milk. Season with salt and cook together with the carrots. See settings below.

3 In the meantime lightly roast the dessicated coconut in a hot pan, then leave to cool.

4 Transfer the coconut sauce to a small pan and bring to the boil. Stir the cornflour into a little water then use to thicken the sauce. Season with salt and lime juice. Season the carrots with a little Fleur de Sel, sprinkle with the dessicated coconut and serve with the sauce.

>> Tip:

Fleur de Sel is the king of sea salts. It has a very special texture and is used exclusively as table salt. The calcium and magnesium content of Fleur de Sel gives it an extraordinary flavour and it doesn't take much to awake your taste buds.

Step 2

- 100°C ; 10-12 minutes
- 120°C ; 3-4 minutes



Potato soufflé

Serves 4

Ingredients:

300 g floury potatoes
3 medium egg yolks
1 bunch of chervil
150 ml sour cream
100 g frozen peas
Salt
Pepper
Nutmeg
3 medium egg whites
2 tbsp Parmesan cheese

Butter for greasing
Cornflour for dusting

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Peel and dice the potatoes and cook in a perforated container. See settings below.

2 Pass the potatoes through a potato ricer.

3 Mix together the egg yolks, coarsely chopped chervil, sour cream and peas and season with salt, pepper and nutmeg.

4 Fold in the stiffly beaten egg whites and pour the mixture into buttered and cornflour dusted ramekins. Sprinkle Parmesan cheese on top.

5 Cover the ramekins with aluminium foil, place in a cooking container and cook. See settings below.

Step 1

- 100°C ; 9-10 minutes
- 120°C ; 4-5 minutes

Step 5

- 90°C ; 30-35 minutes
- 90°C ; 30-35 minutes

Potatoes with a bacon and sour cream filling

Serves 4

Ingredients:

4 medium floury potatoes
100 g cooked bacon lardons
100 g grated Edam cheese
100 ml sour cream
1 tbsp strong mustard
Salt
Pepper

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Wash the potatoes and cut them in half. Place with the cut side uppermost in a perforated container and cook. See settings below.

2 Mix the cooked lardons, cheese, sour cream and mustard together and season with salt and pepper.

3 Top the potatoes with the mixture and cook. See settings below. Serve with a mixed green salad.

>> Tip:

Hollow the potatoes out a little before filling them. For a vegetarian version simply leave out the bacon.

Step 1

- 100°C ; 19-20 minutes
- 120°C ; 7-9 minutes

Step 3

- 100°C ; 3 minutes
- 100°C ; 3 minutes

Potato purée

Serves 4

Ingredients:

1 kg potatoes
250 ml double cream
100 ml vegetable stock
20 g butter
Salt
Pepper
1 tbsp parsley

Version 1:

25 g porcini mushrooms

Version 2:

1 medium onion
100 g cooked bacon lardons

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Peel and quarter the potatoes. Place them in a perforated container. Put the cream and vegetable stock in a solid container. Place in the oven underneath the potatoes and cook. See settings below.

2 Purée the potatoes and beat until smooth using the cream and stock. Fold in the butter then season the purée to taste with salt and pepper. Garnish with finely chopped parsley.

3 Version 1: Soak the porcini in water then cook in the liquid they were soaked in. See settings below. Then chop them up finely and fold into the purée.

4 Version 2: Put the finely diced onion and the bacon lardons in a solid container, cover* and cook. See settings below. Fold into the purée when cooked.

Step 1

- 100°C ; 15-17 minutes
- 120°C ; 5-6 minutes

Step 3

- 100°C ; 4 minutes
- 100°C ; 4 minutes

Step 4

- 100°C ; 4 minutes
- 120°C ; 2 minutes

* Lids for Miele steam oven containers are available from the Miele Webshop.



Desserts

Sweet temptations

What would a meal be without a sumptuous finale? Regardless of whether a healthy fruit dessert is offered, or one with an alcoholic zing to it, or something creamy and sweet, the dessert is a treat that can be full of surprises. The more creatively it is assembled and presented, the more enthusiastically will its arrival at the table be greeted. Allow yourself a little time to add those finishing touches to impress your guests!





Vanilla dumplings with a peach sauce

Serves 6

Ingredients:

60 g Amarettini

For the dumplings:

1 kg low fat quark

90 g sugar

Seeds of 1 vanilla pod

2 medium egg yolks

2 packets of custard mix

For the peach sauce:

500 g ripe peaches

75 g marzipan

50 ml peach nectar

1-2 tbs elderflower syrup

Butter for greasing

Steam oven settings:

Oven, without pressure

Oven, with pressure

1 Lightly crush the Amarettini.

Squeeze the low fat quark through a clean muslin and mix with half of the Amarettini, sugar, vanilla seeds, egg yolk and custard mix. Cover and leave to absorb the liquid for 20 minutes.

2 In the meantime wash the peaches, cut a cross in each, place in a perforated container and cook. See settings below.

3 Allow the peaches to cool, then skin them and remove the stones.

4 Using wet hands make 12 balls out of the quark mixture. Place in a greased perforated container in the oven. Place a solid container underneath and cook. See settings below.

5 Roughly dice the marzipan, purée it with the peach nectar and then sieve the mixture. Purée the peach flesh and stir into the marzipan mixture together with the elderflower syrup.

6 Arrange the dumplings on the sauce and serve with a sprinkling of crumbled Amarettini.

Step 2

100°C ; 2 minutes

100°C ; 2 minutes

Step 4

100°C ; 12 minutes

100°C ; 12 minutes



Summer pudding

Serves 6

Ingredients:

225 g melba toast
50 g butter
40 g runny honey
300 ml milk
200 g strawberries
125 g raspberries
125 g blackberries
1 small sharp apple
(approx. 100 g)
Seeds of 1 vanilla pod
40 g sugar
6 scoops of vanilla ice cream

Butter for greasing

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Crush the melba toast or coarsely blitz it in a food processor. Melt the butter with the honey then stir into the melba toast with the milk.

2 Prepare the berries and wash and dry if necessary. Quarter the strawberries, peel, core and dice the apples, and mix with the berries, vanilla seeds and sugar.

3 Grease a 1.25 litre pudding dish and pour in about $\frac{3}{4}$ of the melba mixture. Press up at the sides. Fill with the berries. Press down gently on the berries, then cover with the remaining dough and seal the edges. Cover the dish with a lid and cook. See settings below.

4 Take the pudding out of the oven and leave to rest for at least 15 minutes. Turn out onto a platter and serve with a rich vanilla ice cream.

>> Tip:

If you don't have a pudding basin, use a tall oven-proof ceramic dish instead. Seal the dish with a double layer of baking parchment, secured with kitchen string.

Step 3

- 100°C ; 60 minutes
- 100°C ; 60 minutes

Sweet dumplings with apricot compote

Serves 6

Ingredients:

For the sweet dumplings:

20 g fresh yeast
225 ml milk
250 g flour
80 g sugar
1 pinch salt
1 medium egg yolk
85 g butter
3 tsp vanilla sugar
Sugar

Flour for dusting

For the apricot compote:

500 g apricots
Seeds of 1 vanilla pod
50 ml apricot syrup

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Crumble the yeast in 125 ml of lukewarm milk then add the flour, 35 g sugar, salt, egg yolk and 40 g of soft butter. Knead for about 7 minutes to get a smooth dough then place in a bowl in the oven to prove. See below for settings.

2 Wash the apricots, quarter them and remove the stones. Mix with 20 g sugar, vanilla seeds and apricot syrup in a solid container.

3 Put the remaining milk and sugar together with 20 g of butter in another solid container. Take the yeast dough out of the oven and divide into 6 portions. Roll into balls on a floured surface, then cover and leave in a warm place to prove for another 15 minutes. Heat the milk mixture in the oven. See settings below.

4 Arrange the dough balls, tightly together, in the hot milk, cover* and cook together with the apricots. See settings below.

5 Take the apricots out and continue cooking the dumplings. See settings below.

6 Melt the vanilla sugar in the remaining butter and use this to coat the dumplings. Dust with sugar before serving with the apricot compote.

* Lids for Miele steam oven containers are available from the Miele Webshop.

Step 1

- 40°C ; 15 minutes
 40°C ; 15 minutes

Step 3

- 100°C ; 5 minutes
 100°C ; 5 minutes

Step 4

- 100°C ; 20 minutes
 100°C ; 20 minutes

Step 5

- 100°C ; 10 minutes
 100°C ; 10 minutes

Elderberry and apple delight

Serves 4

Ingredients:

750 ml elderberry juice
Approx. 100 g sugar
3 tsp vanilla sugar
A pinch of cinnamon
3 small sharp apples
(approx. 400 g)
2 medium egg whites
30 g icing sugar
A pinch of unwaxed lemon
zest

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

If you pick your own elderberries you can make your own juice. Strip the berries from the stalks, wash and drain them. Place in a solid container with a little water and steam until they burst, releasing their juice. Pass the pulp through a sieve and use the juice as described in the recipe.

1 Mix the elderberry juice with 250 ml water, 100 g sugar, vanilla sugar and cinnamon in a solid container.

2 Peel, halve and core the apples then cut them into wedges. Cook in the elderberry juice. See settings below.

3 In the meantime beat the egg whites to stiff peaks, then slowly drizzle in the sieved icing sugar and lemon zest.

4 If necessary add more sugar to the fruit to taste. Then drop small spoonfuls of the meringue mix on top. Place in the oven to heat through for about 5 minutes.

Step 2

- 100°C ; 5 minutes
- 100°C ; 5 minutes



Coffee cream with raspberries

Serves 4

Ingredients:

200 ml milk
100 ml double cream
6 g of espresso coffee powder
1 medium egg
3 medium egg yolks
60 g brown sugar
250 g raspberries
4 tbsp coffee liqueur

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Stir the espresso powder into the milk and cream in a solid container and heat up. See settings below.

2 Beat the egg, egg yolks and sugar with a balloon whisk then slowly drizzle the hot mocca milk in whilst stirring all the time. Filter this through a sieve into 4 ramekins and cover with aluminium foil. Place the ramekins on the rack and cook. See settings below.

3 Take the ramekins out of the oven and leave to cool down. Before serving turn the caramels out onto serving plates. Drizzle with the coffee liqueur and decorate with fresh raspberries.

Step 1

- 100°C ; 5 minutes
 100°C ; 5 minutes

Step 2

- 100°C ; 20 minutes
 100°C ; 20 minutes
-

Quince mousse

Serves 5

Ingredients:

600 g quinces
Juice of 1 lemon
4 leaves of white gelatine
3 tsp vanilla sugar
40-50 g sugar
100 ml sour cream
250 ml whipping cream

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Thoroughly scrub the fruit then peel, quarter and core them. Dice the fruit and mix with lemon juice immediately. Place in a perforated container and cook until soft. See settings below.

2 In the meantime soak the gelatine in cold water. Purée the quince and pass through a sieve if wished. Add vanilla sugar and sugar to taste. Squeeze the gelatine and dissolve in the warm fruit mixture. Stir in the sour cream then place in the refrigerator until it starts to set.

3 Beat the whipping cream to stiff peaks and fold into the fruit mixture. Place the mousse in the refrigerator overnight to set.

Step 1

- 100°C ; 10 minutes
 - 120°C ; 5 minutes
-

Honey cake and cranberry soufflés

Serves 6

Ingredients:

50 g dried cranberries
1 tbsp port
100 g honey cake
3 medium eggs
100 g dark chocolate
80 ml double cream
75 g soft butter
80 g sugar
½ tsp mixed spice
A pinch of cinnamon
A pinch of salt
150 ml sour cream

Butter for greasing

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Mix the cranberries with the port and place to one side. Dice the honey cake and blitz to fine crumbs in a food processor. Separate the eggs. Chop up the chocolate and mix with the cream in a solid container.

2 Beat the egg yolks with the butter, sugar and spices until thick and creamy. Fold in the sour cream and crumbed honey cake. Beat the egg whites to stiff peaks and fold into the mix together with the drained cranberries.

3 Pour the mixture into 6 buttered ramekins (125 ml each), cover with foil and place on the rack. Cover the chocolate-cream mixture with a lid*, place in the oven together with the soufflés and cook. See settings below.

4 Beat the chocolate sauce until smooth. Turn the soufflés out onto dessert plates, pour some sauce over each one and serve.

Step 3

- 100°C ; 30 minutes
- 100°C ; 30 minutes

* Lids for Miele steam oven containers are available from the Miele Webshop.



Cherry compote with amaretto

Makes 4 x ½ litre jars

Ingredients:

2 kg sour cherries
100-200 ml cherry nectar
200 ml dry red wine
300 g brown sugar
1 tsp ground cinnamon
50 ml Amaretto
½ tsp sorbic acid (optional)
4 preserving jars with lids and clamps

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Wash and pit the sour cherries. Save the juice. Place the cherries in clean preserving jars.

2 Top the juice up with 200 ml of cherry nectar. Add the red wine, brown sugar and cinnamon and bring to the boil. Add Amaretto to taste.

3 Pour the liquid over the cherries whilst still hot. It should cover the fruit. If necessary wipe the rims of the jars dry. Seal the jars and cook. See settings below.

4 Remove the jars and leave to cool. Sealed jars should be stored in a cool dark place. Once opened they should be used as soon as possible.

>> Tip:

Sorbic acid is natural organic compound widely used as a food preservative. It has an anti-microbial effect which helps the food keep for longer.

Step 3

- 85°C ; 40 minutes
 85°C ; 40 minutes

Semolina pudding with apple compote

Serves 6

Ingredients:

For the semolina pudding:

500 ml milk
15 g butter
50 g sugar
A pinch of salt
20 g poppy seed
90 g semolina
1 medium egg, fresh

For the apple compote:

750 g sharp apples
100 g sugar
Seeds of 1 vanilla pod
50 ml apple juice
50 ml cider

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Place the milk, butter, sugar, salt and poppy seeds in a solid container.

2 Peel, core and dice the apples for the compote. Place in a solid container and mix in the sugar, vanilla seeds, apple juice and cider. Place in the oven alongside the milk mix and cook. See settings below.

3 Take the milk out and whilst stirring drizzle in the semolina. Leave to stand for 1-2 minutes. Stir again and heat it up again. Stir once during cooking. See settings below.

4 Take the semolina pudding out, stir it and leave it stand for 5 minutes with a lid* on. Continue to cook the apple compote until the fruit is soft, but still intact. See settings below.

5 Separate the egg and beat the egg white to a stiff peak. Stir the egg yolk into the semolina pudding then carefully fold in the egg white. Spoon into 6 rinsed out cold ramekins or small cups (100-125 ml each) and leave to cool. Cover and leave the apple compote to cool down at the same time.

6 Turn the semolina puddings out onto dessert plates and serve with the apple compote.

* Lids for Miele steam oven containers are available from the Miele Webshop.

Step 2

- 100°C ; 5 minutes
- 100°C ; 5 minutes

Step 3

- 100°C ; 1 minute
- 100°C ; 1 minute

Step 4

- 100°C ; 5-8 minutes
- 100°C ; 5-8 minutes

Pears poached in red wine with a vanilla crème

Serves 4

Ingredients:

For the pears:

1 unwaxed orange
500 ml dry red wine
60 g brown sugar
¼ tsp ground cinnamon
4 firm pears (approx. 200 g each)

For the vanilla crème:

75 g sugar
Seeds of 1 vanilla pod
50 ml double cream
250 g Mascarpone
100 g low fat quark

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Wash and dry the orange then, using a potato peeler, take 2-3 very thin shards of peel off. Halve the fruit and squeeze the juice out.

2 Place the orange juice, wine, brown sugar, cinnamon and orange peel in a solid container and heat it up. See settings below.

3 In the meantime make the vanilla crème by mixing the sugar, vanilla seeds and cream in a solid container.

4 Peel the pears, leaving the stalk intact. Place the pears, whole, in the red wine.

5 Place the container with the cream mixture in the oven together with the pears and cook. See settings below.

6 Remove the cream syrup and leave to cool.

7 Turn the pears over once during cooking and continue to poach until soft. See settings below.

8 Take the orange peel out of the red wine. Leave the pears in their liquor as well as the cream syrup overnight in the refrigerator.

9 Before serving stir the Mascarpone and quark into the cream syrup. Drizzle some of the red wine liquor over the pears and serve with the vanilla crème.

Step 2

- 100°C ; 5 minutes
- 100°C ; 5 minutes

Step 5

- 100°C ; 8 minutes
- 100°C ; 8 minutes

Step 7

- 100°C ; 8 minutes
 - 100°C ; 8 minutes
-



Chocolate brownie pudding

Serves 8

Ingredients:

100 g dark chocolate
5 medium eggs
80 g butter
80 g sugar
3 tsp vanilla sugar
80 g finely chopped walnuts
80 g flour

Butter for greasing
Icing sugar for dusting

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Melt the chocolate and separate the eggs. Beat the butter, sugar and vanilla sugar until pale and creamy and then stir in the egg yolks.

2 Fold in the walnuts and flour together with cooled chocolate, into the butter and egg mixture.

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

4 Butter 8 ramekins and sprinkle with icing sugar.

5 Distribute the chocolate mixture between the ramekins, cover with heat-resistant foil and place on the rack to cook. See settings below.

>> Tip:

To serve, melt 150 dark chocolate and 50 g white chocolate separately. Drizzle onto the plate, place the pudding on top and garnish with Physalis (cape gooseberry).

Step 5

- 90°C ; 30 minutes
- 90°C ; 30 minutes

Green fruit compote

Serves 8

Ingredients:

500 ml apple juice
2 tbsp lemon juice
100 g sugar
50 g sago
Lemon peel
Seeds of 1 vanilla pod
200 g green grapes
200 g gooseberries
200 g Kiwi fruit

Steam oven settings:

- Oven, without pressure
 Oven, with pressure

1 Place the apple juice, lemon juice, sugar, sago, lemon zest and vanilla seeds in a solid container and cook. See settings below. Stir once during cooking and remove the lemon peel when cooked.

2 Wash and halve the grapes. Wash the gooseberries, peel and quarter the kiwi fruit.

3 Add the fruit to the compote and leave to cool. Serve with cream or vanilla sauce.

Step 1

- 100°C ; 20 minutes
 100°C ; 20 minutes
-

Red fruit compote

Serves 8

Ingredients:

500 ml cherry juice
2 tbsp lemon juice
100 g sugar
50 g sago
Lemon peel
Seeds of 1 vanilla pod
1 stick of cinnamon
1 kg frozen red berries

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Put the cherry juice, lemon juice, sugar, sago, lemon peel, vanilla seeds and cinnamon stick in a solid container and cook. See settings below. Stir once during cooking. After cooking remove the stick of cinnamon and the lemon peel.

2 Add the berries to the compote and stir. Serve with fresh cream or ice cream.

Step 1

- 100°C ; 20 minutes
 - 100°C ; 20 minutes
-



Orange crème caramel

Serves 6

Ingredients:

Caramel:

60 g sugar
3 tbsp orange liqueur
(e.g. Cointreau)

Filling:

300 ml milk
3 medium eggs
3 medium egg yolks
50 g sugar
50 ml orange juice
3 tbsp orange liqueur
Shreds of orange peel to
decorate

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Place the sugar in a saucepan and heat, stirring all the time, until caramelised golden brown. Carefully mix in the orange liqueur. Pour the caramel into 6 ramekins (or small cups) and allow to set.

2 Mix all the other ingredients, distribute over of the caramel and cover with aluminium foil. Place on the rack and cook. See settings below.

3 After cooking remove the foil and leave to rest for a few minutes. Then run a knife around the edge of the ramekins and turn out onto dessert plates. Garnish with shreds of orange peel.

>> Tip:

These crème caramels can be served hot or cold. Hardened caramel remains can be loosened by placing the ramekins in a pan of hot water.

Step 2

- 100°C ; 16-18 minutes
- 100°C ; 16-18 minutes

Apple dream

Serves 6

Ingredients:

4 apples (approx. 600 g)
30 g sugar
150 g sponge finger biscuits
40 ml Calvados
200 g mascarpone
250 g quark
125 ml milk
20 g sugar or honey
250 ml double cream
3 tsp vanilla sugar
Grated chocolate or cocoa for dusting

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Peel, quarter and slice the apples. Place in a solid container, sprinkle with sugar and cook. See settings below.

2 Put the sponge fingers in a bowl and drizzle with Calvados. Place the cooled apples on top of the sponge base.

3 Mix the mascarpone, quark, milk and sugar (or honey) until smooth and pour carefully over the apples.

4 Beat the cream and vanilla sugar until stiff and pour over the mixture. Dust with grated chocolate or chocolate powder.

>> Tip:

Apples are Europe's most popular fruit, and rank 3rd in the popularity charts worldwide - after citrus fruit and bananas. Apples are low in calories with only 50 kcal per 100 g, and contain plenty of fibre, pectin and vitamin C. "An apple a day keeps the doctor away!"

Step 1

- 100°C ; 8 minutes
- 100°C ; 8 minutes

Sweet dumplings

Serves 8-10

Ingredients:

40 g fresh yeast
250 ml lukewarm milk
500 g plain flour
1 tsp sugar
1 pinch of salt
50 g margarine
4 tbsp plum purée
250 ml double cream
3 tsp vanilla sugar
½ tsp cinnamon
A pinch of salt

Butter for greasing

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

>> Tip:

If using frozen dumplings, defrost for 15 minutes at room temperature then follow the recipe above.

1 Dissolve the yeast in the lukewarm milk. Add the flour, sugar, salt and softened margarine and knead for approx. 7 minutes to a smooth dough. Place in an uncovered bowl in the oven to prove. See settings below.

2 Divide the dough into 8-10 pieces and form into balls. Cover and place in a warm place to prove for another 15 minutes. Place in a greased perforated container and cook. See settings below.

3 Prepare the sauce on the hob by heating up the plum purée, double cream, vanilla sugar, cinnamon and salt. Serve the sauce with the dumplings. As an alternative you could also serve with a vanilla custard.

Step 1

- 40°C ; 15 minutes
- 40°C ; 15 minutes

Step 2

- 100°C ; 14 minutes
- 100°C ; 14 minutes



Semolina pudding

Serves 8

Ingredients:

250 ml milk
50 g butter
1 vanilla pod
50 g semolina

5 medium egg yolks
5 medium egg whites
60 g sugar

Butter for greasing
Sugar for dusting

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Place the milk, butter, and split vanilla pod in a solid container and cook. See settings below.

2 Remove from the oven and stir in the semolina. Leave to rest for 1-2 minutes, then stir again. Place back in the oven and cook again. Stir once during cooking. See settings below.

3 Take out of the oven again, stir and cover*. Leave to stand for 5 minutes. When cool remove the vanilla pod and stir in the egg yolks.

4 Beat the egg whites with the sugar until stiff then fold into the semolina.

5 Pour the mixture into 8 small greased ramekins or cups and sprinkle with sugar. Loosely cover with aluminium foil, place on the rack and cook. See settings below. Serve with a fruit compote.

Step 1

- 100°C ; 5 minutes
- 100°C ; 5 minutes

Step 2

- 100°C ; 1 minute
- 100°C ; 1 minute

Step 5

- 90°C ; 25-30 minutes
- 90°C ; 25-30 minutes

*Lids for Miele steam oven containers are available from the Miele Webshop.



Crème Catalana

Serves 6

Ingredients:

450 ml double cream
1 tsp vanilla sugar
4 medium egg yolks
2 tsp chopped almonds
3 tbsp brown sugar
(Muscovado)

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Heat the cream in a pan until almost boiling.

2 Take off the heat and stir in the vanilla sugar, egg yolks and chopped almonds.

3 Pour the mixture into 6 ramekins, cover with aluminium foil, place on the rack and cook. See settings below.

4 Leave to cool and place in the refrigerator for about 4 hours. Sprinkle with brown sugar and caramelize under a pre-heated grill for about 4 minutes.

>> Tip:

Muscovado sugar is brown sugar extracted from kandise syrup which contains lots of caramel. It has a stronger aroma than white sugar and improves browning in baking.

Step 3

- 90°C ; 30-35 minutes
- 90°C ; 30-35 minutes



Quark soufflé

Serves 8

Ingredients:

280 g quark
4 medium egg yolks
1 tsp lemon zest
4 medium egg whites
80 g sugar

Butter for greasing
Sugar for dusting

Steam oven settings:

- Oven, without pressure
- Oven, with pressure

1 Stir the egg yolks into the quark together with the lemon zest.

2 Beat the egg whites with sugar until stiff peaks form, then fold gently into the quark mixture.

3 Grease 8 ramekins and dust with sugar. Fill with the quark mixture and cover with aluminium foil. Place on the rack and cook. See settings below.

>> Tip:

After cooking turn the soufflés out onto dessert plates and serve with a seasonal fruit compote.

Step 3

- 90°C ; 20-25 minutes
- 90°C ; 20-25 minutes



Bottling & more

One very versatile appliance

The steam oven would not be worthy of the Miele name if it did not offer a plethora of uses. It is an invaluable assistant for preserving and blanching fruit and vegetables prior to freezing, as well as for cooking. The steam oven is also excellent for defrosting food gently. And when reheating pre-cooked food, using short, gentle regenerating phases, the oven demonstrates yet another of its many talents.





Bottling with the Miele steam oven



Bottling is an excellent way of preserving a wide variety of fruit and vegetables. If you are a gardener with surplus of produce or have a large family you'll know the benefit of being able to bottle food for using when you need it. The best time to bottle your food is when it is in season and found in abundance. This is also when it is at its best in terms of vitamin and mineral content, and it's cheaper too! Clever stocking of the larder at the right time will save you having to buy food unnecessarily later on. Bottling halts the natural biochemical and microbiological ageing process in food so it retains its natural flavours and goodness.

Bottling

Only use unblemished, fresh produce for bottling. Make sure it is not bruised or overripe.

Jars

Only use clean jars and utensils for bottling. Jars with twist-off lids are suitable as are jars with glass lids and rubber seals. Make sure you use jars of the same size so that the food is evenly heated in them. After filling, use a clean cloth and hot water to clean the rims of the jars before sealing them.

Fruit

Sort the fruit carefully then wash it and leave it to dry. Berries should be very carefully rinsed as they are delicate and bruise easily. Peel, core, deseed or stone fruit as required. Large fruit should be cut up first. For instance, cut apples into wedges. If larger fruit is to be bottled whole without taking out the stones, e.g. plums and apricots, make sure you prick the skins several times with a fork or toothpick to prevent them bursting.

Vegetables

Wash, trim and chop up vegetables. Blanch before bottling to retain the colour (see "Blanching").

Volume

Fill produce loosely in jars to max. 3 cm below the rim. Too tightly packed and the cell walls get squashed and damaged. Gently tap the jars on a surface protected by a tea towel to help the contents settle. Top the jars up with liquid to cover the produce. For fruit use a sugar based syrup and for vegetables a salt or vinegar based solution.

Tip

Use the residual heat in the oven by leaving the jars in the oven for 30 minutes after switching it off. Take the jars out and then leave them to slowly cool down, covered with a tea towel, for about 24 hours.

Method

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

Food	Temperature in °C	Duration in minutes
Berries		
Blackcurrants	80	50
Cranberries	80	55
Gooseberries	80	55
Fruit with stones		
Cherries	85	55
Greengages	85	55
Mirabelle plums	85	55
Peaches	85	55
Plums	85	55
Fruit with pips		
Apples	90	50
Apple sauce	90	65
Quinces	90	65
Vegetables		
Broad beans	100	120
Gherkins	90	55
Green beans	100	120

Temperatures and durations are for 1 litre jars. With ½ litre jars reduce the total duration by 15 minutes.

With ¾ litre jars reduce the total duration by 20 minutes.

Juicing with the Miele steam oven

Soft fruit such as berries and cherries are easy to juice in a steam oven. Over-ripe fruit is best suited to juicing and the riper the fruit the better its flavour and aroma.

Preparation

Trim and wash the fruit. Cut out any damaged parts. Strip fruit such as grapes or cherries from their stalks as they are bitter. Berries don't need to be stripped from their stalks.

Tip

For a more rounded flavour you can mix both mild and strong flavoured fruit together. The amount of juice extracted and its aroma is improved by adding sugar to the fruit and leaving it to stand for a few hours before juicing it. About 1 kg of sweet fruit will need 50-100 g sugar, and 1 kg sour fruit will need 100-150 g of sugar.

If you want to save the juice for later, fill it, whilst still hot, into sterilised bottles and seal them immediately.

Method

- Place the pre-prepared fruit in a perforated container.
- Slide a solid container or the drip tray underneath the perforated container to catch the juice.

Setting

Steam ovens without pressure

Temperature: 100 °C:

Duration: 40-70 minutes

Steam oven with pressure

Temperature: 120 °C:

Duration: 30-45 minutes for firm fruit

Duration: 40-50 minutes for hard fruit

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



Defrosting in a Miele steam oven

Freezing food is the most natural and easiest way of preserving food. During the freezing process very little vitamin loss occurs, and minerals are fully retained. Because micro-organisms in food are not totally destroyed during freezing, frozen food needs to be carefully prepared after it has been taken out of the freezer. The type and size of the food will determine whether it can be processed straight from frozen, or whether it needs to be defrosted first. If it needs to be defrosted the steam oven provides the most gentle method. Simply select the "Defrost" setting if your oven offers this, or set the temperature and duration according to the charts in this book. It's important to observe the standing time after defrosting to ensure the food defrosts thoroughly through to the core.

Important:

- Using shallow freezer containers will reduce the time it takes to defrost the food considerably.
- Freeze food in portions. It's easier and quicker to defrost several smaller portions than it is to defrost one large portion.
- Frozen food that is the same size and type (e.g. several chicken thighs) is easy to defrost at once without having to adjust the temperature or alter the duration required to defrost it as long as the pieces have been frozen individually.
- Take food out of its packaging for defrosting. Place it on a flat plate or in a shallow container for defrosting. Bread and baked items should be wrapped in foil or heatproof cling film for defrosting.
- Food can be turned over, stirred or separated half way through defrosting. This is particularly useful with food like sliced roast meat.
- Once defrosted the food should be left to stand for a while at room temperature. This allows the warmth to travel from the outer layers of the food into the centre to ensure it is thoroughly defrosted to the core. See the chart for timings.

Food for defrosting	Weight in grammes	Temperature in °C □/○	Defrost duration in minutes	Standing time in minutes
Milk/Dairy products				
Cheese, sliced	125	60	15	10
Cream	250	60	20–25	10–15
Quark	250	60	20–25	10–15
Soft cheese	100	60	15	10–15
Fruit				
Apple pieces	250	60	20–25	10–15
Apple sauce	250	60	20–25	10–15
Apricots	500	60	25–28	15–20
Cherries	150	60	15	10–15
Gooseberries	250	60	20–22	10–15
Peaches	500	60	25–28	15–20
Plums	250	60	20–25	10–15
Raspberries/Blackcurrants	300	60	8	10–12
Strawberries	300	60	8–10	10–12
Vegetables				
Kale, red cabbage, spinach in a block	300	60	20–25	10–15
Fish				
Fish fillets	400	60	15	10–15
Lobster	300	60	25–30	10–15
Prawns	300	60	4–6	5
Trout	500	60	15–18	10–15
Meat				
Goulash	500	60	30–40	10–15
Goulash	1000	60	50–60	10–15
Liver	250	60	20–25	10–15
Minced meat	250	50	15–20	10–15
Minced meat	500	50	20–30	10–15
Roast meat	Sliced	60	8–10	15–20
Roebuck saddle	1000	50	40–50	10–15
Saddle of hare	500	50	30–40	10–15
Schnitzel/cutlets/bratwurst	800	60	25–35	15–20

Defrosting in a Miele steam oven

Food for defrosting	Weight in grammes	Temperature in °C □/○	Defrost duration in minutes	Standing time in minutes
Poultry				
Chicken	1000	60	40	15–20
Chicken escalopes	500	60	25–30	10–15
Chicken thighs	150	60	20–25	10–15
Turkey leg	500	60	40–45	10–15
Ready meals				
Casseroles, soup	480	60	20–25	10–15
Meat, vegetables, side dishes	480	60	20–25	10–15
Baked goods				
Bread rolls	–	60	30	2
Cakes	400	60	15	10–15
Light rye bread, sliced	500	60	75	20
Light rye bread, sliced	250	60	40	15
Light rye bread, sliced	125	60	20	10
Puff pastries	–	60	10–12	10–15
White bread, sliced	150	60	30	20
Wholegrain bread	250	60	65	15
Yeast pastries	–	60	10–12	10–15

Blanching in a Miele steam oven

Blanching helps preserve the storage time of frozen fruit and vegetables. The short shock treatment with heat halts the growth of enzymes in plants and in doing so prevents the deterioration of colours and flavours in the food. It also helps prevent the deterioration of vitamins in the food. To make sure the food doesn't continue to cook after it has been blanched it has to be plunged in ice cold water straight away.

How to blanch food:

Clean and trim the fruit or vegetables, wash them and then chop them up as required (cauliflower and broccoli in florets; leeks, carrots and kohlrabi cut up in even pieces). Place them in a perforated container in the steam oven, set the temperature to 100 °C and steam them for 1 to 2 minutes. Once blanched plunge immediately in iced water.

The following are ideal for blanching:

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

The following must not be blanched:

Berries, herbs



Reheating in a Miele steam oven

Food can be reheated in perforated or solid steam oven containers, or in a suitable serving dish. Reheating in the dish it is to be served in has the advantage that the dish is warmed through at the same time which enables the food to retain its temperature for longer. The time it takes to reheat food in your own dishes will vary depending on what the dishes are made from.

	Duration in minutes at □ 100°C	Duration in minutes at ○ 120°C
Vegetables		
e.g. carrots, cauliflower, kohlrabi, beans	8–10	3–4
Side dishes		
e.g. pasta, rice	8–10	4–5
dumplings, potatoes - halved lengthways	8–10	4–5
Meat and poultry		
e.g. roast meat, sliced 1.5 cm thick	8–10	5–6
Roulades, sliced	8–10	5–6
Goulash	8–10	5–6
Lamb ragout	8–10	5–6
Chicken escalopes	8–10	5–6
Turkey escalopes	8–10	5–6
Fish		
Fish, fillet	6–8	3–4
Fish roulades, cut into two pieces	6–8	3–4
Plated meals		
e.g. spaghetti in tomato sauce	8–10	4–5
Roast pork with potatoes and vegetables	8–10	5–6
Stuffed peppers (halved) with rice	8–10	5–6
Chicken fricassée with rice	8–10	5–6
Vegetable soup	8–10	4–5
Creamed soup	8–10	4–5
Clear broth	8–10	4–5
Casserole	8–10	5–6

Note:

Sauces should be reheated separately unless they are an integral part of the dish (e.g. in a goulash).

Cooking in a Miele steam oven

The cooking duration depends on a number of factors including the freshness, the quality, the size and the origin of the food as well as how well cooked you want it to be. With vegetables and fruit the size of the pieces can be very different depending on your recipe so the duration in these charts is based on mid-sized pieces and "al dente" results. Pulses too vary depending on variety and how they are to be used in your recipes. Cooking durations for dried peas, beans and lentils have been calculated in these charts to ensure that they are cooked through without losing their shape and structure.

Food	Temperature in °C		Cooking duration in minutes		Perforated cooking container	Solid cooking container
	□	○	□	○		
Vegetables						
Artichokes	100	120	32–38	12–14	●	
Beetroot, whole	100	120	53–57	24–26	●	
Black salsify, finger thick	100	120	9–10	3–4	●	
Broccoli, florets	100	100	3–4	3–4	●	
Brussels sprouts	100	120	10–12	3–4	●	
Cauliflower, florets	100	120	8	2	●	
Cauliflower, whole	100	100	27–28	27–28	●	
Celeriac, batons	100	120	6–7	2	●	
Celery, sliced	100	120	4–5	1–2	●	
Chantenay carrots, chopped up	100	120	4	1	●	
Chantenay carrots, halved	100	120	6–7	3	●	
Chantenay carrots, whole	100	120	7–8	3	●	
Chard, chopped up	100	100	2–3	2–3	●	
Chicory, halved	100	100	4–5	4–5	●	
Chinese cabbage, shredded	100	120	3	1	●	
Corn on the cob	100	120	30–35	15	●	
Courgettes, sliced	100	100	2–3	2–3	●	
Fairly firm potatoes, peeled	100	100	25–27	25–27	●	
Fairly firm potatoes, peeled and halved	100	120	19–21	7	●	
Fairly firm potatoes, peeled and quartered	100	120	17–18	5	●	
Fennel, halved	100	120	10–12	4–5	●	
Fennel, sliced	100	120	4–5	2	●	
Firm potatoes, in their skins	100	100	30–32	30–32	●	
Firm potatoes, peeled	100	100	27–29	27–29	●	
Firm potatoes, peeled and halved	100	120	21–22	9	●	
Firm potatoes, peeled and quartered	100	120	16–18	6	●	

Cooking in a Miele steam oven

Food	Temperature in °C		Cooking duration in minutes		Perforated cooking container	Solid cooking container
	□	○	□	○		
Floury potatoes, peeled	100	100	26–28	26–28	●	
Floury potatoes, peeled and halved	100	120	19–20	7	●	
Floury potatoes, peeled and quartered	100	120	15–16	5	●	
Green asparagus	100	100	7	7	●	
Green beans	100	120	10–12	2	●	
Kale, chopped up	100	120	23–26	4–6	●	
Kohlrabi, batons	100	120	6–7	2	●	
Leeks, halved lengthways	100	100	6	6	●	
Leeks, sliced	100	120	4–5	1	●	
Main crop carrots, chopped up	100	120	6	1	●	
Mushrooms	100	100	2	2	●	
Peas	100	100	3	3	●	
Peppers, diced or sliced	100	100	2	2	●	
Pumpkin, diced	100	100	2–4	2–4	●	
Red cabbage, shredded	100	120	23–26	4	●	
Romanesco, florets	100	120	5–7	2	●	
Romanesco, whole	100	100	22–25	22–25	●	
Savoy cabbage, shredded	100	120	10–11	2	●	
Spinach	100	100	1–2	1–2		●
Spring cabbage, shredded	100	120	10–11	2–3	●	
Sugar snap peas	100	100	5–7	5–7	●	
Turnips, sliced	100	120	6–7	2–3	●	
White asparagus, finger thick	100	100	9–10	9–10	●	
White cabbage, shredded	100	120	12	2	●	
Pulses						
Dried beans, not pre-soaked. 1 part beans to 3 parts water						
Adzuki beans	100	100	95–105	95–105		●
Black beans	100	120	100–120	15–16		●
Haricot beans	100	100	80–90	80–90		●
Kidney beans	100	100	130–140	130–140		●
Pinto beans	100	100	115–135	115–135		●
Dried beans, pre-soaked. Covered with water						
Adzuki beans	100	120	20–25	3		●

Food	Temperature in °C		Cooking duration in minutes		Perforated cooking container	Solid cooking container
	□	○	□	○		
Black beans	100	120	55–60	7		●
Haricot beans	100	120	34–36	7		●
Kidney beans	100	120	55–65	7		●
Pinto beans	100	120	55–65	7		●
Dried peas, not pre-soaked. 1 part peas to 3 parts water						
Green split peas	100	100	60–70	60–70		●
Yellow split peas	100	100	110–130	110–130		●
Dried peas, pre-soaked. Covered with water						
Green split peas	100	120	27	9		●
Yellow split peas	100	120	40–50	11		●
Lentils, not pre-soaked. 1 part lentils to 2 parts water						
Brown lentils	100	100	13–14	13–14		●
Red lentils	100	100	7	7		●
Fruit						
Apples, cut into pieces	100	100	1–3	1–3		●
Cherries (sour and sweet)	100	100	2–4	2–4		●
Gooseberries	100	100	2–3	2–3		●
Mirabelle plums	100	100	1–2	1–2		●
Nectarines/Peaches, cut into pieces	100	100	1–2	1–2		●
Pears, cut into pieces	100	100	1–3	1–3		●
Plums	100	100	1–3	1–3		●
Quinces, diced	100	120	6–8	3–4		●
Rhubarb, sliced	100	100	1–2	1–2		●
Hen's eggs						
Medium hen's eggs, soft boiled	100	100	4	4	●	
Medium hen's eggs, medium boiled	100	100	6	6	●	
Medium hen's eggs, hard boiled	100	100	10	10	●	
Large hen's eggs, soft boiled	100	100	5	5	●	
Large hen's eggs, medium boiled	100	100	6–7	6–7	●	
Large hen's eggs, hard boiled	100	100	12	12	●	
Miscellaneous						
Blanch fruit	100	100	1	1	●	
Blanch vegetables	100	100	1	1	●	

Cooking in a Miele steam oven

Food	Temperature in °C		Cooking duration in minutes		Perforated cooking container	Solid cooking container
	□	○	□	○		
Decrystallise honey	60	60	90	90	•	
Eierstich	100	120	4	2		•
Heat damp flannels	70	70	2	2	•	
Heat liquids, cup or mug	100	100	2	2		•
Make yoghurt, in special yoghurt jars	40	40	300	300	•	
Melt chocolate	90	90	7–10	7–10		•
Preserve apples for long term storage	50	50	5	5	•	
Prove dough, in a bowl	40	40	min. 15	min. 15	•	
Render fat	100	120	4	2		•
Skin peppers	100	100	4	4	•	
Skin tomatoes	95	95	1	1	•	
Sweat onions	100	120	4	2		•
Pulses (ratio pulses : water)						
Amaranth 1:1.5	100	120	15–17	8		•
Bulgur 1:1.5	100	120	9	4		•
Green spelt, cracked 1:1	100	120	7	4		•
Green spelt, whole 1:1	100	120	18–20	9		•
Millet 1:1.5	100	100	10	10		•
Oats, cracked 1:1	100	120	7	4		•
Oats, whole 1:1	100	120	18	9		•
Polenta 1:3	100	100	10	10		•
Quinoa 1:1.5	100	120	15	7		•
Rye, cracked 1:1	100	120	10	5		•
Rye, whole 1:1	100	120	35	18		•
Wheat, cracked 1:1	100	120	8	4		•
Wheat, whole 1:1	100	120	30	15		•
Dumplings						
Bread dumplings, boil in the bag, covered in water	100	100	18–20	18–20		•
Sweet dumplings	100	100	30	30	•	
Potato dumplings, boil in the bag, covered in water	100	100	20	20		•
Yeast dumplings	100	100	20	20	•	
Noodles						
Tagliatelle, covered in water	100	120	14	8		•

Food	Temperature in °C		Cooking duration in minutes		Perforated cooking container	Solid cooking container
	□	○	□	○		
Vermicelli, covered in water	100	100	8	8		●
Rice (ratio rice : water)						
Basmati rice 1:1.5	100	120	15	7		●
Brown rice	100	120	26–29	13		●
Parboiled rice 1:1.5	100	120	23–25	11		●
Pudding rice 1:2.5	100	100	30	30		●
Risotto rice 1:2.5	100	120	18–19	11		●
Wild rice 1:1.5	100	120	26–29	13		●
Thickening agents						
Buerre manie	100	100	3	3		●
Gelatine	90	90	1	1		●
Sago						
Do not stir during cooking		120		6		●
Stir once during cooking	100		20			●
Fish and shellfish						
Bearded mussels	90	90	12	12	●	●
Carp 1.5 kg	100	100	18–25	18–25	●	
Cod, fillet	100	100	6	6	●	
Coley, fillet	85	85	3	3	●	
Crevettes	90	90	3	3	●	
Eel	100	100	5–7	5–7	●	
Haddock, fillet	100	100	4–6	4–6	●	
Halibut, fillet	85	85	4–6	4–6	●	
King prawns	90	90	4	4	●	
Langoustine	95	95	10–15	10–15	●	
Monkfish, fillet	85	85	8–10	8–10	●	
Perch, fillet	100	100	8–10	8–10	●	
Pikeperch, fillet	85	85	4	4	●	
Pilgrim scallops	90	90	5	5	●	
Plaice, fillet	85	85	4–5	4–5	●	
Prawns	90	90	3	3	●	
Rose fish, fillet	100	100	6–8	6–8	●	
Salmon trout	100	100	14–17	14–17	●	●
Salmon, fillet	100	100	6–8	6–8	●	
Salmon, steak	100	100	8–10	8–10	●	

Cooking in a Miele steam oven

Food	Temperature in °C		Cooking duration in minutes		Perforated cooking container	Solid cooking container
	□	○	□	○		
Seabream, fillet	85	85	3	3	●	
Sole, fillet	85	85	3	3	●	
Trout 250 g	90	90	10–13	10–13	●	
Tuna, fillet	85	85	5–10	5–10	●	
Turbot, fillet	85	85	5–8	5–8	●	
Venus mussels	90	90	4	4	●	●
Meat and sausages						
Back or top rib, covered with water	100	120	110–120	38–43		●
Beef goulash	100	120	105–115	30–35		●
Boiled topside	100	120	110–120	45–50		●
Boiling fowl, covered with water	100	120	80–90	40		●
Brisket, covered with water	100	120	130–140	50–55		●
Chicken breast	100	100	8–10	8–10	●	●
Frankfurters	90	90	6–8	6–8	●	●
Gammon steak	100	120	6–8	3–4	●	●
Knuckle	100	120	135–145	75–80		●
Lamb ragout	100	120	12–16	6–8		●
Leg steak, covered with water	100	120	110–120	45–50		●
Poularde or spring chicken	100	120	60–70	30		●
Turkey escalopes	100	100	4–6	4–6	●	●
Turkey roulades	100	100	12–15	12–15	●	
Veal sausages	90	90	6–8	6–8	●	●
Veal, cut in strips for stew	100	100	3–4	3–4	●	



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