



Creations for steam ovens

Küppersbusch

FÜR KÜCHEN MIT STIL

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HEALTHY MEALS FROM THE STEAM OVEN

If you have a healthy attitude towards food, nothing beats the preparation of food with steam. Because minerals and important nutrients are largely preserved during steaming. The Küppersbusch steam ovens turn you into a master in the gentle art of steam cooking in no time. They work without pressure and with optimal steam distribution. Vegetables, fish and tender meat are cooked very gently by the uniform heating and retain their own natural taste.

Why steaming?

There isn't a gentler cooking method than preparing food with steam. The colour and shape of the food remain unchanged, natural flavours and aromas are particularly intense. Nutrients and active ingredients are hardly sapped from the raw food and minerals remain almost completely intact.

The even and consistent heat supplied by the steam ensure all foods are cooked very gently and without loss of moisture. In pre-cooked food the moisture already lost through the cooking or warming process

is replaced. Steam cooking is therefore a nutritionally valuable preparation method without adding fat and is here to stay, inter alia, in the field of special (bland) and diet food.

The how-to of steam cooking

Steam cooking is very simple. Simply place the food on the racks or trays that come with the steam oven or in a temperature-resistant bowl and place in the appliance. No need to add fat or water unless you are cooking food that need to swell out (e.g. rice, pasta). After filling the water tank, all that remains is to switch on the appliance. No need to monitor the cooking process. With this cooking method nothing can burn or cook over. At the end of the set time the food can be removed and served straightaway. Please keep in mind that both the dishes and the interior of the appliance are hot.

Recommended applications

Particularly suitable are potatoes, any kind of vegetables, meat and fish. These foods retain their consistency after cooking and

Vitamin conservation through gentle preparation

Food	Vitamin C loss in vegetables and potatoes		Vitamin B1 Loss in vegetables and potatoes	
	Steaming	Cooking in salt water	Steaming	Cooking in salt water
Potatoes	7 %	16 %	14 %	23 %
Celery	25 %	51 %	14 %	14 %
Spinach	18 %	66 %	18 %	59 %
Brussels sprouts	15 %	34 %	13 %	30 %
Cauliflower	7 %	35 %	19 %	45 %

In addition to essential vitamins, trace elements and minerals, the natural taste of food is better preserved by steaming.

their own natural taste is particularly intense. Meat can be cooked in the combination steam oven using the hot air and steam function. The meat is cooked very gently by the addition of steam and the hot air gives a nice brown appearance.

Salt should be used very sparingly in steam cooking. It is advisable to season the food only after cooking. Herbs can be added right from the start of the cooking process. This really brings out the intensity of the herbs.

It is not necessary to thaw frozen food first, it can be placed frozen in the appliance for cooking. The total cooking time is only extended by a few minutes.

Design and function of the built-in combination steam oven?

The built-in combination steam oven is equipped with two different heating systems: a steam system and a hot air system. Both systems can be used independently of each other but also in combination.

At the beginning of the cooking process (except when using the oven functions),

the removable water tank is filled with water. The water is pumped into the steam generator attached to the outside of the oven. Here the water is boiled and fed into the oven as hot steam. The amount of steam that enters into the oven depends on the selected program and temperature.

The maximum capacity of 1.25 litres is enough for 1.5 hours of steam operation at 100°C, making it unnecessary to refill the tank during cooking. If a refill proves to be necessary during a longer cooking, do not fill the tank up to the maximum mark. Otherwise the water tank may overflow when the remaining water is pumped out of the steam generator.

If the appliance is opened (at a function with steam) before the time has run out, it is important to note that hot steam can escape from the appliance. The appliance should only be opened in exceptional cases keeping a safe distance from the unit to avoid being burned by the hot steam. Always dry the interior of the appliance thoroughly after use.

The water tank

Fill the water tank to the maximum mark before turning on the appliance. The water amount is about 1.25 litres and is enough for one cooking session of approximately 1.5 hours.

Tap water is used for steaming. If the tap water is too hard, it is recommended that it is first softened before use by running it through a commercial water filter to avoid excessive calcification of the appliance. as an alternative non-sparkling mineral water with a low lime content can also be used.

The water tank should be drained completely after use and refilled just before cooking to prevent germ formation, etc. Water that is left for a long period in the water tank may under no circumstances be used for cooking processes.

The recipes with the indicated adjustments and cooking times are matched especially with the Steamer EKDG 6550.0, EDG 6550.0 and EDG 6260.0.

Starters



GREEN ASPARAGUS SALAD WITH KING PRAWNS

Ingredients for 4 people:

400 g green asparagus
8–10 cherry tomatoes
½ bunch flat-leaf parsley
12 king prawns
100 ml olive oil
1–2 limes
Salt and freshly ground pepper

1. Wash green asparagus and peel the bottom third, diamond cut into 2–3 cm long pieces.
2. Place the asparagus pieces on the perforated tray on level 2. Place a solid plate underneath. Set steam function at 100° C and cook the asparagus for 8 minutes.
3. Wash cherry tomatoes and cut into quarters. Add the steamed asparagus to the tomatoes, drizzle the olive oil over it. Add steam liquid and carefully mix everything. Season with salt and pepper.
4. Skewer three king prawns. Pre-heat Teppan Yaki at level 9 and brush with a little oil. Fry the prawns on both sides.
5. Portion the asparagus salad, drizzle with lime juice and serve each portion with one king prawn on a skewer.

Tip: Because the lime juice is only drizzled over the salad shortly before serving it, it can be well prepared without the asparagus turning a greyish colour. The salad with roasted chicken pieces is also delightful.

Appliance: EKDG, EDG steam ovens and Teppan Yaki

Function: Steaming and Teppan Yaki

Temperature: 100° C

Duration: about 30 minutes incl. preparation time





ASPARAGUS CROWN

Ingredients for 4 people:

500 g green asparagus
10 cherry tomatoes
1 tablespoon butter
100 g shrimps
200 g sour cream
80 ml cream
8 sheets of white gelatine
Salt, red berries to taste
1 bunch dill

Marinade:
3 tablespoons olive oil
½ lime
1 tablespoon honey
Curry, salt and pepper to taste

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 100° C

Duration: about 70 minutes incl.
cooling and Cooking times

1. Peel only the lower third of the asparagus, halve one fourth of the amount and put the bottom part to the side.
2. Place the top half with another quarter on the perforated plate. Set steam function at 100° C and cook the asparagus for 10 minutes. Then let it cool down.
3. Cut the remaining asparagus diagonally into small pieces. Wash the tomatoes and chop into small pieces
4. Soak the gelatine in cold water.
5. Melt the butter in a frying pan and sauté the asparagus pieces. Then add the tomato quarters, shrimps and sour cream. Boil the mix one more time. Season with salt and crushed red berries.
6. Add the squeezed-out gelatine under the no longer boiling asparagus mixture. Place the mixture in the fridge.
7. Cut the shortened asparagus lengthwise in half. Line a ring of about 10 cm in diameter with the asparagus shoots standing upright. Fill the middle with the somewhat solidifying asparagus mixture. Place the whole dish in the fridge.
8. Take the asparagus crown from the refrigerator about 30 minutes before serving it and place on a plate. Carefully loosen the ring with a knife and remove.
9. Squeeze out the lime and mix with the marinade ingredients.
10. Cut the remaining asparagus lengthwise into very thin strips, put in the marinade and let them marinate.
11. Loosen the asparagus crown from the ring, fill the crown with some asparagus salad and serve immediately.

DIM SUM

Ingredients for 20 Dim Sum:

20 pieces wonton dough or
Rice dough of about 9 x 9 cm

Filling:

200 g prawns, peeled and cooked
½ lemon (zest)
3 tablespoons chicken broth
1 tablespoon sweet chilli sauce
1 tablespoon sesame oil
1 teaspoon light Chinese soy sauce
½ teaspoon fish sauce

For dipping:

100 ml light Chinese soy sauce
1 teaspoon freshly grated ginger
½ lemon (juice)
20 chives
1–2 mm wide and 8 cm long

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 100° C

Duration: 15 minutes

1. Puree the ingredients for the filling in a food processor.
2. Spread the filling on the pieces of dough. Fold the dough to bags and tie each with a chive.
3. Place the Dim Sum on a baking tray lined with baking paper in the steam oven. Start steam mode at 100° C and cook the Dim Sum for 10 minutes.
4. In the meantime, mix the ingredients for the dip.
5. Let the Dim Sum cool on the baking sheet. then serve with the dip.



STEAMED BUNS WITH VEGETABLES

Ingredients for 4 people:

Dough:

20 g yeast

125 ml lukewarm water

1 pinch of sugar

200 g wheat flour

20 g butter (room temperature)

Filling:

2 tablespoons vegetable oil

1 cm ginger

1 clove of garlic

1 pak choi

1 carrot

½ bunch

spring onions

1 tablespoon sesame oil

Sweet chilli sauce to taste

Appliance: EKDG or EDG steam ovens
and wok cooktop

Function: Steaming and cooking in the wok

Temperature: 100° C

Duration: 90 minutes incl. cooking and rising time

1. Knead all the dough ingredients together and leave covered in a warm place to rise.
2. For the filling, peel garlic and ginger and chop finely.
3. Wash the pak choi. Separate white and green part of the leaves, chop finely separately. Peel carrot and chop finely too.
4. Clean spring onions and cut into very thin strips.
5. Heat vegetable oil in the wok. Sauté ginger and garlic for about 1 minute.
6. Then add the chopped vegetables in the following order: First sauté the carrots with the white parts of the pak choi for about one minute. Then sauté the spring onions with the green part of the pak choi also for a minute.
7. Let the vegetable filling cool down, season with sesame oil and chilli sauce.
8. Knead the dough again and divide into 16 equal pieces. Cut out of a circle of about 6 cm diameter from each piece. Put two teaspoons of the filling in each circle. Fold the edges over to form a parcel.
9. Place the parcels on the perforated tray in the steam oven.
10. Set steam function at 100° C and cook the buns for about 25–30 minutes.



SALMON PÂTÉ FROM THE GLASS

Ingredients for 4 people:

2 eggs
1 onion
200 g smoked salmon
1 bunch dill
125 g mayonnaise
250 g sour cream
150 g yoghurt
1 teaspoon redcurrant jelly
1 teaspoon horseradish
Salt and pepper to taste
6 sheets of white gelatine

1. Place the eggs on the rack in the steam oven and cook with the steam function at 100° C for about 12 minutes. Then peel and cut into small cubes.
2. Peel onion and cut into very small cubes.
3. Cut smoked salmon into thin strips. Finely chop dill. Mix everything with mayonnaise, sour cream, yogurt, red currant jelly and horseradish. Season with salt and pepper.
4. Soak the gelatine in cold water, squeeze out and heat gently in a saucepan over low hob setting until it has dissolved. Then add it to the salmon mixture with the yogurt. Fill mixture into glasses and place in fridge.
5. Take the glasses from the refrigerator half an hour before serving and serve with fresh baguette slices.

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 100° C

Duration: about 20 minutes without cooling time



SALMON ROLLS

Ingredients for about 50 servings:

10 slices of puff pastry (about 10 x 10 cm)
10 slices smoked salmon
100 g cream cheese
3 tablespoons capers
Freshly ground black pepper, to taste
2 baking trays
Baking paper

1. Spread each piece of puff pastry up to middle with cream cheese.
2. Then place a slice of salmon on each piece.
3. Add some capers and season with pepper. Then roll up the puff pastry (see photo).
4. Cut each roll into about 6 pieces and place on lined baking trays with baking paper.
5. Start professional baking mode at 220° C and bake the salmon rolls for 20–25 minutes.
6. Serve warm or cold. Garnish with rocket.

Appliance: EKDG combination steam oven

Function: Professional baking

Temperature: 220° C

Duration: 25 minutes



THAI STEAK SALAD

Ingredients for 4 people:

4 steaks (about 500 g)

2 tablespoons peanut oil

1 tablespoon butter

Lettuce:

200 g lamb's lettuce

1 romaine lettuce, inner leaves

100 g fresh mint leaves

2 tomatoes, cut into pieces

1 red onion, sliced into rings

1 carrot, grated

Dressing:

4 tablespoons peanut oil

1 tablespoon sesame oil

1 lime, juice

3 tablespoon sweet chilli sauce

1 tablespoon fruits of the forest syrup

1 teaspoon salt

Sesame for garnish

Appliance: EKDG combination steam oven

Function: Steaming

Temperature: 53° C

Duration: 3 hours and 10 minutes

1. Heat the oil and butter, and sear the steaks on both sides for about ½-1 minute.
2. Place the steaks on a baking tray and put on rack level 1 in the steam oven.
3. Set to steam function, insert the core temperature probe into a steak, set the appliance at 53° C core temperature and start the process.
4. Mix the ingredients for the salad.
5. Mix all the ingredients for the dressing.
6. Divide the salad onto 4 plates.
7. Cut the steak into thin slices, place on the salad and drizzle with plenty of dressing.
8. Garnish with sesame seeds and serve immediately.



ONION SOUP WITH CHEESE CROUTONS



Ingredients for 4 people:

Soup:

1 ½ litre beef or vegetable broth
2 tablespoons vegetable margarine
2 tablespoons olive oil
Fresh Herbes de Provence
(e.g. thyme, basil), finely chopped

Cheese croutons:

1 piece rolled-out puff pastry,
about 40 x 10 cm
50 g cheese of your choice
(e.g. Gruyère, Emmental cheese,
goat cheese), grated

Baking paper or flour for dusting

1. Heat vegetable margarine and oil on a cooktop in a saucepan and brown the onions.
2. Add the herbs and brown together for a short while.
3. Deglaze the onions and herbs with the broth and let the soup simmer lightly. Let the soup stand for at least one hour.
4. In the meantime, use a round cookie cutter to cut 4 large circular shapes from the puff pastry.
5. Line a stainless steel baking tray with baking paper or dust with a little flour.
6. Place the circular shapes on the tray, sprinkle with cheese and place in the oven.
7. Start professional baking mode at 220° C and bake the croutons for 20 minutes until crispy and golden brown.
8. Pour the soup into 4 plates or soup bowls and garnish each with a crouton. Serve immediately.

Tip: You can deglaze the onion with half a cup of dry white wine and then pour into the broth.

Appliance: EKDG combination steam oven

Function: Professional baking

Temperature: 220° C

Duration: 20 minutes

SALAD NICOISE

Ingredients for 4–6 people:

500 g green beans, washed
250 g baby potatoes, cooked
2–3 eggs
1 red onion, sliced into thin rings
1 can of tuna in water, best quality
10 cherry tomatoes, washed and halved
6 anchovy fillets from the tin
approx. 12 black olives, pitted
Fresh herbs (such as basil, chives, parsley), finely chopped

Dressing:

60 ml extra virgin olive oil
20 ml aceto balsamico
1 clove of garlic, pressed
½ teaspoon sugar
Salt and pepper to taste

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 100° C

Duration: 30 minutes incl. preparation time

1. Place green beans and eggs on the perforated steaming tray and place in the oven.
2. Start steam mode at 100° C and cook for 15 minutes.
3. Let beans cool down. Peel the eggs and cut into quarters.
4. Mix all the ingredients for the dressing.
5. Mix the baby potatoes, beans, onion, herbs and dressing.
6. Garnish salad with tuna, anchovies, tomatoes, olives and eggs. Serve warm or cold.

Tip: Tuna fillet can also be used instead of canned tuna. Rub the fillet first with oil and grill on both sides for 2–3 minutes. Sprinkle with salt and pepper.



CHICKEN BREAST FILLETS WITH TUNNY

Ingredients for 4 people:

2 chicken breast fillets

Tuna sauce:

2 cans of tuna (about 300 g),
of the highest quality

4 anchovy fillets from a tin

3 egg yolks, cooked

3 tablespoons lemon juice

1 tablespoon tarragon vinegar

50 ml of very mild olive oil

125 ml sour cream

Salt and pepper to taste

2 tablespoons capers for garnish

Perforated steaming tray, greased

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 100° C

Duration: 40 minutes incl. preparation time

1. Place chicken breasts laying on the perforated steaming tray and place in the oven.
2. Insert meat thermometer and set to 85° C core temperature. Operating mode. Start steaming at 100° C and cook the fillets (about 20 minutes).
3. In the meantime, puree the tuna, anchovy fillets and yolks in a food processor.
4. Stir in lemon juice, vinegar, olive oil and sour cream. Season with salt and pepper.
5. Let chicken breasts cool down and cut into thin slices. Sprinkle fillet slices with a pinch of salt and pour over plenty of sauce. Garnish with capers and serve lukewarm or cold.





Side dishes

BELUGA LENTILS

Ingredients for 4 people:

200 g Beluga lentils

400 ml water

2 cloves of garlic

3 bay leaves

Olive oil

Salt and pepper

1. Put the lentils with water, garlic and bay leaf in a temperature-resistant bowl. Place the glass bowl on the rack in the steam oven and cook it with the steam function at 100° C for about 40 minutes.
2. Remove the bay leaf and garlic from the lenses after steaming. Then season the lintels with olive oil, salt and pepper.
3. The lintels can be served hot or cold.

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 100° C

Duration: 45 minutes incl. preparation



STEAMED VEGETABLES

Ingredients for 4 people:

200 g potatoes
200 g celeriac
200 g kohlrabi / cabbage turnip
200 g fennel
200 g carrots
200 g parsnip
Salt and pepper

1. Wash, peel and cut vegetables into bite-sized pieces. Place all the vegetables on the perforated tray and mix well together.
2. Insert the tray into the steam oven and cook for about 25 minutes on steam function at 100° C.
3. When the vegetables is done, season with salt and pepper and serve immediately.

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 100° C

Duration: 25 minutes





HERB POTATOES

Ingredients for 2 people:

600 g potatoes
3 sprigs rosemary
3 sprigs thyme
3 tablespoons olive oil
Salt and pepper

1. Wash the potatoes and cut lengthwise in quarters.
2. Put the olive oil, pepper and the stripped needles of rosemary and thyme in a bowl and mix together. Add the potatoes, mix and let it stand covered for 2 hours.
3. Then place the potatoes on the perforated baking tray and place in the steam oven. Cook for about 25 minutes with the steam function at 100° C.
4. Season the potatoes with salt and serve.

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 100° C

Duration: 25 minutes

POTATO DUMPLINGS

Ingredients for 4 people:

1 kg potatoes, mealy
100 g flour
50 g cornflour
2 eggs
Salt

1. Peel the potatoes and cut into equal pieces.
2. Put them in a temperature-resistant bowl on a rack in the steam oven. Cook the potatoes with the steam function at 100° C for 25 minutes.
3. Press the still hot potatoes through a potato ricer.
4. Let the mashed potatoes cool down a little. When it is warm to the touch, mix in the flour, starch and eggs and season to taste with salt. Shape the still slightly damp dough into small dumplings with wet hands.
5. Place the dumplings on the perforated tray in the steam oven. Cook with the steam function at 100° C for about 20 minutes.



Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 100° C

Duration: 25 + 20 minutes

GRATIN DAUPHINOIS – GRATINATED POTATOES



Ingredients for 4 people:

1 kg potatoes
250 ml milk
250 ml cream
1 clove of garlic
150 g cheese, grated (e.g. Gruyère)
1 sprig rosemary
Salt and freshly ground pepper
Nutmeg

1. Peel the potatoes and cut into thin slices and place half of it in a greased, shallow bowl.
2. Grate the cheese finely, sprinkle half of it evenly over the potatoes. Distribute the remaining potatoes over it.
3. Finely chop the rosemary.
4. Mix milk, cream and rosemary with the peeled and pressed clove of garlic, season and pour over the gratin. Sprinkle the remaining cheese evenly over it.
5. Place the gratin dish on the rack on the second level of the combination steam oven. Set the hot air function with steaming to 150° C and cook the gratin for 60 minutes.

Appliance: EKDG combination steam oven

Function: Hot air with steaming

Temperature: 150° C

Duration: 1.5 hours incl. preparation time

BREAD PUDDING

Ingredients for 4 people:

10 slices of toast
4 eggs
1 onion
100 ml milk
1 tablespoon butter
½ bunch flat-leaf parsley
Salt and pepper

1. Cut the slices of toast into 2 cm cubes.
2. Peel the onion and chop finely. Wash the parsley, pluck off the leaves and chop.
3. Melt butter in a frying pan, and sauté onion and parsley in it. Add the mixture to the bread cubes.
4. Whisk eggs and milk together and also add to the bread cubes. Season with salt and pepper, mix and place on a damp tea cloth. Roll the mixture in the tea cloth into a roll of about 10 cm in diameter. Place the roll on the perforated tray and put it in the steam oven. Set the steam function at 100° C and cook the dumplings for about 30 minutes.
5. Then unwrap the roll and remove. Cut the bread pudding into finger-thick slices and serve immediately.

Appliance: EKDG or EDG steam ovens and cooktop

Function: Steaming

Temperature: 100° C

Duration: 45 minutes incl. preparation time



STEAMED RICE WITH THAI BASIL AND LEMON GRASS

Ingredients for 4 people:

300 g Royal Thai sticky rice

450 ml water

½ teaspoon salt

1 sprig Thai basil

1 sprig lemon grass

1. Put rice with water and salt in a heat-resistant dish and mix.
2. Wash the basil and add to the rice.
3. Wash, break and also add the lemongrass to the rice.
4. Place the dish on the rack of the steam oven and cook with the steam function at 100° C for about 30 minutes cook.

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 100° C

Duration: 35 minutes incl. preparation time



BRUNE KARTOFLER

Ingredients for 4 people:

1 kg small potatoes
50 g sugar
50 g butter

1. Wash the potatoes and place on the perforated tray of the steam oven. Place the tray on the second level with a solid tray one level below it. Set steam function at 100° C and cook for 25 minutes.
2. In the meantime, let the sugar melt in a large frying pan.
3. Add the butter and stir until a caramel mixture is formed. Keep the mixture warm, so that the caramel remains liquid.
4. Let potatoes cool down slightly after steaming, peel and add to the caramel and stir fry it until brown. Then serve immediately.

Appliance: EKDG, EDG steam ovens and cooktop

Function: Steaming

Temperature: 100° C

Duration: 40 minutes incl. preparation time



MIXED VEGETABLES WITH HONEY GLAZE



Ingredients for 6 people:

250 g small carrots,
peeled, washed and halved
250 g sugar snap peas, washed
200 g spring onion, cut into 3 cm pieces
40 g butter
2 tablespoons honey
2 tablespoons orange juice
Salt and black pepper

1. Place the carrots and sugar snap peas in a bowl in the steam oven. Start steam mode at 100° C and cook both for 10 minutes, so that they are still crisp.
2. Heat butter, honey and orange juice in a wok or a frying pan on level 7 until a smooth mixture is formed.
3. Sauté the vegetables for about 5 minutes while stirring continuously. Let everything continue to cook on level 7.
4. Then season with salt and pepper and serve immediately.

Appliance: EKDG combination steam oven

Function: Steaming

Temperature: 100° C

Duration: 20 minutes incl. preparation time

GREEN BEANS WRAPPED IN HAM

Ingredients for 4 people:

500 g green beans

8 slices of ham, thinly sliced

30 g butter

Nutmeg to taste, freshly grated nutmeg

A pinch of Fleur de Sel

1. Start steam mode at 100° C and cook the green beans 10 minutes.
2. Rinse beans with cold water and wrap with ham (see photo).
3. Heat the butter in a pan and let the wrapped beans braise for 5–8 minutes with lid on the pan.
4. Place the wrapped beans on a serving plate and pour the butter over them. Rub with nutmeg, sprinkle with Fleur de Sel and serve immediately.

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 100° C

Duration: 25 minutes incl. preparation time





HERB POTATOES

Ingredients for 4 people:

10–12 new potatoes,
washed and brushed
300 g crème fraîche
Fresh herbs (e.g. chives,
chervil, parsley and basil)

1. Place the potatoes in the perforated steamer basket.
2. Start steam mode at 100° C and cook the potatoes for 20 minutes.
3. Then peel and cut as desired into two or more pieces.
4. Add one tablespoon crème fraîche to the potatoes, sprinkle the herbs over the dish and season with salt and pepper.

Tip: Do not peel the potatoes before steaming. Most vitamin C is right underneath the skin and is lost when peeled. After steaming, the potatoes are very easy to peel. The potatoes can also be eaten with skin.

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 100° C

Duration: 20 minutes

SAFFRON RISOTTO

Ingredients for 4 people:

300 g risotto rice
2 onions (diced)
100 ml white wine
500 ml chicken or vegetable broth
2 pinches saffron
3 tablespoons butter
3 tablespoons Parmesan cheese (grated)

1. Put all the ingredients except the Parmesan into an oven dish and mix together well.
2. Put the dish on a rack in the steam oven and cook with the steam function at 100° C for about 40 minutes. Mix the risotto once after 20 minutes.
3. Stir in the Parmesan cheese just before serving and season with salt.



Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 100° C

Duration: 40 minutes



Main course

CHICKEN BREAST WRAPPED IN BACON

Ingredients for 4 people:

10 slices bacon
2 sprigs rosemary
2 chicken breasts
Salt
Pepper
Oil for frying

1. Spread five slices of bacon out next to each other (overlapping slightly). Season a chicken breast with salt and pepper and roll up along with a sprig of rosemary in the bacon.
2. Wrap the roll in heat-resistant plastic wrap (e.g. microwave film) in the form of a wrapped sweet and knot the ends well. Repeat the whole procedure for the second chicken breast.
3. Place the chicken breast rolls on the perforated tray in the steam oven. Cook with the steam function at 100° C for about 15 minutes. Then remove the film and pat the chicken dry.
4. Pour oil in a frying pan until the bottom is just covered. When the oil is hot, fry the chicken breast until golden brown. Then remove, slice and serve the chicken breasts.

Appliance: EKDG or EDG steam oven
and cooktop

Function: Steaming

Temperature: 100° C

Duration: 25 minutes incl. preparation time



MARINATED SADDLE OF DEER ON RED CABBAGE

Ingredients for 4 people:

800–1000 g saddle of deer
2 oranges
2 star anise
1 cinnamon stick
1 teaspoon butter
200 ml balsamic vinegar
200 ml red wine
100 ml cream
200 ml game stock
2 tablespoons honey
Salt and freshly ground pepper

For the red cabbage:
1 piece Red cabbage
1 tablespoon butter
2–3 apples
3 tablespoons cane sugar
1 teaspoon butter
1 onion
1 bay leaf
4–5 cloves
200 ml balsamic vinegar
Salt and freshly ground pepper

1. Extract the juice from oranges. Pour juice in a freezer bag, add star anise, cinnamon stick and saddle of deer and seal as tightly as possible without air. Place the freezer bag overnight in the fridge to marinate the meat. Turn it 2–3 times.
2. Remove the saddle of deer the next day, pat dry and sear on all sides in a heated stainless steel frying pan. Insert the meat thermometer in the middle the meat, place in the oven and insert the thermometer in the side wall of the appliance. Insert a baking tray one level below. Set steam function at 100° C and the core temperature (57° C) and start the appliance.
4. Let the stainless steel frying pan cool down slightly. Then melt the butter in it to deglaze the brown roasted glaze sticking to the pan.
5. Boil the glaze with red wine, cream, balsamic vinegar and marinade and let it thicken to a creamy consistency.
6. Remove cinnamon stick and star anise. Season the sauce with honey, salt and pepper to taste.
7. Cut the meat into slices and serve immediately on pre-warmed plates with the sauce and the red cabbage.

Appliance: EKDG combination steam oven and cooktop

Function: Steaming

Temperature: 100° C

Duration: approx. 1 ½ hours including preparation time

Preparation of red cabbage

1. Clean the red cabbage, remove the stalk and cut into thin strips, sprinkle with salt and leave for one hour.
2. Heat the clarified butter in a large pot. Add the red cabbage and sauté.
3. Peel onion, spike with the bay leaf and cloves and add to the cabbage.
4. Add balsamic vinegar and season with pepper. Replace the lid and cook the red cabbage for about 30 minutes.
5. In the meantime, peel, core and dice the apples.
6. Heat the butter with sugar in another pot and let it caramelize. Add apple cubes and sauté briefly.
7. Take the onion from the red cabbage. Add apple cubes with stock to the red cabbage, stir in gently and season to taste.

Tip: To give the red cabbage a Christmas touch, it can also be seasoned with gingerbread spices.



DUCK À L'ORANGE



Ingredients for 4 people:

4 Muscovy duck breasts
(at 150–200 g)
1 onion
2 teaspoons mixed pepper
3 oranges
4 tablespoons cognac
200 ml chicken stock
Salt and pepper Sugar
Thyme

1. Make cuts across the skin side of the duck breasts.
2. Dry-heat a stainless steel frying pan and sear the duck breasts skin side first, then turn.
3. Place the duck breasts on a baking tray in the combination steam oven. Insert the full length of a meat thermometer into the thickest part of a duck breast. Plug of the meat thermometer into the appropriate socket on the appliance.
4. Select the steam function, set the core temperature to 60° C and start.
5. In the meantime, slice the oranges and collect the juice at the same time. Also squeeze out the remaining pulp.
6. Sauté the finely diced onion and pepper in the drippings of the stainless steel frying pan. Deglaze with orange juice and chicken stock and let the sauce thicken. Add cognac and orange slices. Boil the sauce again and season to taste.
7. Season the meat and immediately serve on pre-warmed plates with the sauce.

Tip: If the skin should be crispy, the core temperature must reach 60° C and grilled briefly at the end of the cooking time for.

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 100° C

Duration: about 30 minutes incl.
preparation time

YOUNG TURKEY WITH CRANBERRY-SAGE STUFFING

Ingredients for 6 people:

Ingredients for 6 people:

- 1 young turkey (about 3.5 kg)
- 2 cloves garlic, crushed
- 4 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 bay leaves
- ½ orange, cut into two pieces

Stuffing:

- 250 g minced pork
- 120 g fresh cranberries
- A handful of fresh sage leaves, torn
- 1 small onion, very finely chopped
- 1 piece Rusk or white bread crumbs

Gravy:

- Gravy and crust of the turkey
- Some fresh cranberries
- ½ cup water
- 1 teaspoon sugar
- Salt and pepper
- ½ orange, cut into 2 pieces
- A few sage leaves to garnish

1. Mix the ingredients for the stuffing and fill the turkey with it. Bind the legs and the skin of the neck together if necessary.
2. Mix the garlic, olive oil, salt and pepper and rub the turkey with it. Place the turkey in the solid steamer dish. Put two orange quarters and one bay leaf between its feet and chest.
3. Start hot air mode with steaming at 180° C and pre-heat the oven.
4. Insert the meat thermometer into the thickest part of a thigh. Place the turkey in the oven and connect the meat thermometer. Set the core temperature to 85° C.
5. Steam the turkey for 40 minutes (about 1/3 of cooking time). Then finish cooking without steaming. Remove the turkey and let it stand for about 15 minutes.
6. In the meantime, pour the gravy and crust from the steamer dish into a frying pan. Add fresh cranberries, sugar and water and let it boil into a sauce. Season with salt and pepper. Then strain through a sieve.
7. Remove the oranges and decorate the turkey with fresh orange quarters and sage and serve immediately. Serve the sauce separately.

Recommended side dishes: Sweet potato purée, chestnut purée, herb potatoes, Brussels sprouts with cumin or mixed vegetables with honey glaze.

Tip: Make the stuffing the day before for a better taste.

Appliance: EKDG combination steam oven

Function: Hot air with steaming

Temperature: 180° C

Duration: 2–3 hours



STEAMED SALMON

Ingredients for 4 people:

300 g salmon fillet

Salt

Pepper

Olive oil

1. Wash the salmon fillets, pat dry and place them on the perforated tray in the steam oven. Place a solid tray one level below it. Cook with the steam function at 80° C for about 11 minutes.
2. Then take the salmon out and serve on a plate and season with salt, pepper, olive oil. Serve immediately.

Tip: Tastes great with a dill dipping sauce and small boiled potatoes.

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 80° C

Duration: 15 minutes including preparation time



FARM-STYLE CHICKEN

Ingredients for 4 people:

4 chicken thighs
600 g potatoes
1 leek
2 carrots
2 onions
10 cherry tomatoes
1 clove of garlic, pressed
1 bunch of fresh herbs
(e.g. thyme, rosemary, sage, oregano)
1 lemon
6 tablespoons olive oil
Salt and pepper

Appliance: EKDG combination steam oven

Function: Hot air

Temperature: 180° C

Duration: until the core temperature reaches 90° C (about 30 minutes)

1. Wash the potatoes and carrots and cut into pieces.
2. Cut leek and onion into rings and wash the leek rings.
3. Mix potatoes, carrots, leek, onion, cherry tomatoes and herbs with 4 tablespoons of olive oil and some salt and spread on the stainless steel tray.
4. Mix squeezed clove of garlic with 2 tablespoons of olive oil, salt and pepper and rub the chicken thighs with it.
5. Place the chicken thighs on the vegetables and a ¼ of a lemon on each thigh
6. Place the stainless steel tray on rack level 1 in the oven.
7. Insert the meat thermometer in the thickest part of the meat and place the other end into the socket on the appliance and set the core temperature to 90° C.
8. Start hot air mode at 180° C and cook the chicken thighs until the core temperature is reached (about 30 minutes).





MUSSELS IN WHITE WINE SAUCE

Ingredients for 2 people:

2 kg mussels
3 celery stalks, sliced (about 1 cm)
3 carrots, sliced (about 1 cm)
1 leek stalk, sliced (about 1 cm)
100 ml white wine
100 g crème fraîche
Salt and pepper

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 100° C

Duration: 15 minutes

1. Wash the mussels in salted water and brush clean. Throw away mussels with broken shells and mussels that do not close when tapping on them.
2. Place the mussels in the perforated steamer basket.
3. Mix the crème fraîche and white wine, season with salt and pepper.
4. Place the vegetables in the solid cooking dish and pour the crème fraîche-white wine mixture over it. Place the vegetables on rack level 2 in the steam oven.
5. Start the steam function 100° C and cook the vegetables for 5 minutes. Then turn off the appliance.
6. Place the perforated steamer basket with the mussels directly over the vegetables in the steam oven after about 1 minute. Caution, hot steam can escape!
7. Start steam mode at 100° C and cook the mussels with vegetable for another 10 minutes.
8. Throw away mussels that did not open during steaming.
9. Divide the mussels in two bowls or plates and pour the vegetables and the gravy over it. Serve immediately.

Recommended side dishes: French fries

Tip: You can also put the mussels in the steam oven without waiting. However, more steam will then escape. Never reach into the oven with unprotected hands when there is steam in the appliance! Remaining mussels and gravy can easily be made into a soup with a little fish broth.

BEEF WELLINGTON

Ingredients for 4–6 people:

1 kg beef
1 teaspoon black pepper, freshly ground

Mushroom mixture:

250 g mushrooms, finely chopped
1 shallot, finely chopped
100 ml dry white wine
1 bunch Italian herbs

50 g butter
2 tablespoons olive oil
½ teaspoon salt

120 g bacon strips
400 g puff pastry

Cling film
Greased baking tray

Appliance: EKDG combination
steam oven

Function: Professional baking

Temperature: 180° C

Duration: 45 minutes + waiting time

1. Rub beef with pepper and sear in 1 tablespoon oil. Allow to cool.
2. Heat the butter and 1 tablespoon oil, fry mushrooms and shallots in it for a few minutes. Add salt, wine and herbs and sauté 10 more minutes until the mushrooms have absorbed the wine. Remove the herbs and let the mushroom mixture cool down.
3. Put the cling film on a cutting board and distribute half the bacon strips on it.
4. Then place half the mushroom mixture and the beef fillet on the ham. Spread the rest of the mushroom mixture on the fillet. Cover everything with the leftover ham and bacon strips and use the cling film to wrap the beef fillet with the mushroom mixture and bacon strips (see photo). Put the beef covered in the fridge and let it rest for at least 30 minutes.
5. Roll out the puff pastry. Remove the fillets from the film and place on the pastry. Fold the pastry over the fillet with a rolling pin and close the seam.
6. Place the fillet with the seam down on the greased baking tray and put in the oven. Insert the meat thermometer lengthwise in the fillet and connect to the appliance. Set the desired core temperature (45–65° C).
7. Start professional baking mode at 180° C and bake the beef Wellington (duration about 30–35 minutes).
8. Let it rest for at least 10 minutes before cutting and serve immediately afterwards.



KALE STEW WITH METTWURST SAUSAGE AND MUSTARD

Ingredients for 6 people:

600 g kale, washed and finely chopped
100 g Brussels sprouts,
washed and without stem
2 kg mealy potatoes, peeled and cut
into equal pieces (about 5 x 5 cm)
about 80 ml milk
30 g butter, cut into cubes
Salt and pepper to taste
500 g (Mettwurst) smoked sausage
250 g smoked bacon cubes
Mustard to taste

1. Fry the bacon in a pan.
2. Put the potatoes on a steaming tray and on rack level 2 in the oven.
3. Put the kale and Brussels sprouts on the perforated steaming tray above the potatoes in the oven.
4. Start steam mode at 100° C and cook the vegetables for 40 minutes and remove.
5. Then start steam mode at 90° C and cook the sausages for 10 minutes.
6. Meanwhile, add the milk and butter to the potatoes and mash it to a puree.
7. Chop the kale and Brussels sprouts very finely (e.g. in a food processor).
8. Stir the cabbage mixture into the mashed potatoes.
9. Add bacon and drippings and stir in well. Season with salt and pepper.
10. Serve with sausage and mustard.

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 100° C

Duration: about 60 minutes



LAMB TAS KEBAB

Ingredients for 4–6 people:

1 kg lamb, deboned
3 onions
500 g tomatoes
3 tablespoons olive oil
4 tablespoon tomato puree
2 carrots
2 cloves of garlic
2 stalks celery
1 yellow pepper
1 teaspoon paprika
½ teaspoon ground coriander
Salt, sugar and pepper to taste
Flour for binding
½ bunch flat-leaf parsley

For the rice:
250 g rice
300 ml water
½ teaspoon salt

Appliance: EKDG, EDG steam ovens

Function: Steaming

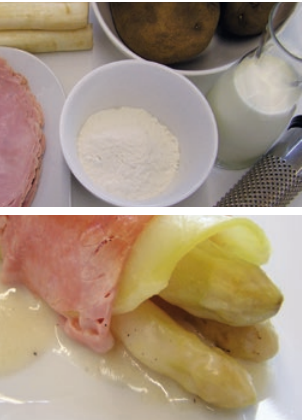
Temperature: 100° C

Duration: about 75 minutes

1. Cut the meat into small cubes.
2. Peel the onions, cut into rings.
3. Cut out the stalk of the tomatoes and divide in eighths.
4. Heat the olive oil in a saucepan, brown the meat all around. Then add tomato paste, onion rings and tomato pieces and braise for 5 minutes.
5. Peel carrots, cut into cubes, brush celery and cut into slices, peel the garlic and cut into small cubes, clean peppers and cut into cubes. Add everything to the meat and braise for another 5 minutes.
6. Deglaze with about 400 ml of water and season. Cook at a low heat and covered with a for about 60 minutes.
7. Meanwhile, put rice, water and salt in a heat-resistant bowl and steam for about 30 minutes at 100° C in the steam oven.
8. Wash the parsley, spin-dry and chop finely.
9. Season meat, if necessary, bind with some flour, stir in parsley and serve with the rice.



ASPARAGUS SHOOTS IN A POTATO AND HAM JACKET



Ingredients for 4 people:

12–16 shoots of white asparagus
8 slices cooked ham
4 oblong potatoes

For the sauce:

30 g butter
2 tablespoons flour
200 ml cream
Salt, freshly ground pepper and
nutmeg to taste

1. Peel the asparagus, wash and place on a perforated tray in the steam oven. Place a solid tray one level below it. Set steam function at 100° C and cook for about 15 minutes. Then let cool down and remove the asparagus stock for the sauce.
2. In the meantime, peel the potatoes and slice lengthwise into very thin slices.
3. Lay 2 slices of cooked ham like a fan over each other until the shoots just peek out. Place the potato slices also fan-like on top of it.
4. Put the asparagus on the ham and potato fans and roll it all together. Place seam side down in an oven dish.
5. Melt the butter and sauté the flour in it. Deglaze with cream and asparagus stock. Boil the mix one more time and season with salt, pepper and nutmeg.
6. Pour the sauce over the asparagus rolls and cook at 150° C with the hot air and steam function for about 30 minutes.

Appliance: EKDG combination steam oven

Function: Hot air with steaming

Temperature: 150° C

Duration: about 70 minutes incl. Cooking times

CHICKEN ROULADE WITH ROCKET-CHEESE FILLING ON PUMPKIN PUREE

Ingredients for 4 people:

2 chicken breast fillets
1 onion
200 g rocket
80 g Höhlenkäse (cave cheese)
1 tablespoon butter

For the purée:
1 Hokkaido pumpkin
200 ml cream
Salt, freshly ground pepper,
nutmeg, chilli powder to taste
if necessary

Appliance: EKDG or EDG
steam oven or cooktop
Function: Steaming
Temperature: 100° C
Duration: 50 minutes

1. Cut chicken breast lengthwise to create two thin schnitzels of the same size. Place the cutlets between two freezer bag sheets and beat flat.
2. Peel onion, cut into very small cubes and fry golden brown in butter.
3. Wash rocket, clean, add to the diced onion, sauté briefly, season with salt and pepper.
4. Cut cheese into eight thin slices and place on the cutlets.
5. Spread the rocket mixture on the cheese of the four chicken schnitzel. Roll everything into a roulade, stick together with a toothpick and season to taste.
6. Heat the clarified butter in a non-stick frying pan. Brown the roulade until golden brown on all sides.
7. Wash the Hokkaido pumpkin, cut in half, remove seeds and cut into large cubes.
8. Place the cubes on the perforated tray of the oven. Place the tray on the second level with a solid tray one level below it. Cook the pumpkin for 20–25 minutes on steam function at 100° C.
9. Meanwhile, heat the cream in a saucepan. Add the cooking liquid, which has collected on the solid tray while steaming the pumpkin, to the cream. Add the pumpkin cubes and mash to a fine puree. Carefully stir the puree and season to taste.
10. Serve the pumpkin puree with the sliced poultry roulade.



SPICY SALMON FILLET WITH SAMPHIRE



Ingredients for 2–4 people:

400 g salmon fillets

200 g very fresh samphire

For the marinade:

200 ml of mirin

(Japanese cooking wine)

½ lemon (zest and juice)

½–1 fresh red pepper or chilli

1 clove of garlic

1 teaspoon salt

Lemon slices for garnish

1. Finely chop and mix the ingredients for the marinade in a food processor. Pour everything into an ovenproof dish.
2. Place the salmon in the marinade and let marinate covered in the fridge for at least 30 minutes.
3. Put the bowl with the salmon and marinade without the cover in the steam oven. Start steam mode at 95° C and cook the salmon for 8 minutes.
4. Place the samphire in the perforated steamer dish and in the steam oven with the salmon. Steam the salmon and the samphire for another 2 minutes.
5. Place the salmon fillets on the samphire and pour the marinade over it. Garnish with a slice of lemon and serve immediately.

Recommended side dishes: Jasmine rice or boiled potatoes.

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 95° C

Duration: about 45 minutes incl. Marinating time

PAELLA

Ingredients for 4–6 people:

250 g cherry tomatoes
1 yellow pepper
200 g green beans
1 onion
3 cloves of garlic
3 artichoke hearts (glass)
250 g pork fillet
1 chicken (divide into 8 pieces)
150 ml olive oil
Sea salt
Freshly ground pepper
400 g risotto rice (aborio)
1.5 litre fish stock
1 pinch of saffron threads (0.1 g)
8 ready-to-cook, peeled prawns
1 tablespoon lemon juice for drizzling

Appliance: EKDG combination steam oven

Function: Professional baking

Temperature: 170° C

Duration: about 45 minutes incl.

Cooking time

1. Clean vegetables, wash and pat dry. Cut tomatoes in half, peppers in strips, beans in about 3 cm long pieces. Peel onions and garlic cloves, finely chop both. Drain artichoke hearts and cut into quarters.
2. Heat 50 ml of oil in a paella pan or a very large oven-proof pan. First fry the pork until golden brown, season with salt and pepper, remove from the pan and set aside. Also fry the chicken pieces until golden brown. Remove chicken pieces, season with salt and pepper and set aside too.
3. Sauté artichokes, beans and peppers in a little hot oil, season and then take them out. Heat the remaining oil in the pan, sauté the finely chopped onion and garlic. Add rice and fry until glassy.
4. Heat the fish stock in a saucepan and add saffron. Add the stock to the rice, tomatoes and steamed vegetables. Place the chicken and pork on the rice.
5. Place the pan on a rack in the combination steam oven, set the professional baking function at 170° C and cook the paella for about 25 minutes.
6. Spread the prawns on the paella after 15 minutes. Put the paella in the oven and cook for another 10 minutes. Remove the paella pan and drizzle with lemon juice before serving.





ROAST BEEF WITH MUSHROOMS

Ingredients for 4 people:

600–800 g roast beef
250 g mushrooms,
brushed and halved
2 shallots, finely chopped
100 ml beef stock
1 dash of red wine
3 tablespoons oil
2 tablespoons butter
1 tablespoon flour
1 teaspoon paprika powder
Salt and pepper
Chives, for decoration

Appliance: EKDG combination
steam oven

Function: Steaming

Temperature: 80° C

Duration: 3 ¾ Stunden

1. Mix oil with chilli powder and season well with salt and pepper. Rub the roast beef with this mixture.
2. Heat 2 tablespoons of butter in a frying pan and quickly brown the roast on all sides.
3. Remove the roast from the pan and place in a heat-resistant bowl or on a baking tray. Insert the meat thermometer in the middle of the meat as well as into the side wall of the appliance. Put the roast on rack level 2 in the steam oven. Cover the pan with the dripping and set aside.
4. Set steam mode at 80° C and core temperature at 52–55° C and start the appliance.
5. Shortly before the end of the cooking time, heat the cooking oil and brown the shallots. Add mushrooms and brown too.
6. Sprinkle the flour into the pan and stir everything until the dripping is completely absorbed.
7. Then deglaze with the stock and red wine and let it simmer for 2–3 minutes.
8. Cut the roast beef into 2 cm thick slices and pour the gravy over it. Garnish with chives and serve immediately.

Recommended side dishes: herb potatoes, mixed vegetables with honey glaze, mixed salad.

Tip: Different kinds of mushrooms can also be used. (E.g. chanterelles, oyster mushrooms, porcini, shiitake)

STUFFED PORK

Ingredients for 4 people:

800 g pork fillet
100 g olives without pips
100 g dried tomatoes
1 sprig rosemary
(Only the needles, chopped)
1 sprig thyme
(Leaves only, chopped)
50 grated Parmesan

1. Remove the head, chain meat and silverskin from the pork fillet. Use a sharpening steel to drill a hole lengthwise into the fillet.
2. Chop the rest of the listed ingredients in a blender and fill the pork with it.
3. Use heat resistant clear film (e.g. microwave film) to wrap the pork in like a wrapped candy. Properly knot the ends of the film.
4. Put the pork on a tray in the steam oven and cook with the steam function at 100° C for about 19 minutes. Then take the fillet from the film and dab lightly with a paper towel.
5. Heat oil in a frying pan. Sear the fillet on all sides. Finally, cut the fillet with a sharp knife into slices and serve immediately.



Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 100° C

Duration: about 40 minutes incl. preparation time

SEA BASS IN PUFF PASTRY

Ingredients for 4 people:

2 bass, each about 1 kg,
cleaned and washed
600 g puff pastry
1 egg yolk
Fleur de Sel

Stuffing:

1–2 stalks celery, finely sliced
1 bunch tarragon, finely sliced
1 tablespoon fennel seeds

1. Roll the pastry out very thin and cut into 4 fish shapes that are slightly larger than the bass.
2. Place two fish shapes on a greased baking tray, place the fish on it and press down firmly. Coat the sides with the egg yolk.
3. Mix the ingredients for the stuffing and stuff the fish with it. filling
4. Cover the sea bass with the other two puff pastry shapes.
5. Draw head and scales on the puff pastry with a knife.
6. Start professional baking mode at 200° C and bake the sea bass for 25 minutes until golden brown.
7. Remove the puff pastry crust at the table and season the fish with a little Fleur de Sel.

Appliance: EKDG combination steam oven

Function: Professional baking

Temperature: 200° C

Duration: 1 ¼ hour incl. preparation time



SADDLE OF HARE FILLETS WITH MUSHROOM SAUCE

Ingredients for 4 people:

4 saddle of hare fillets
1 onion, very finely chopped
50 g diced bacon
4 tablespoons butter
250 g mushrooms (e.g. oyster mushrooms, button mushrooms or chanterelle, sliced if desired)
½ cup cream
½ cup crème fraîche
1 teaspoon sugar
Parsley or chives for garnish

Red cabbage with apples is recommended as a side dish.

1. Rub the saddle of hare fillets with salt and pepper. Heat 3 tablespoons of clarified butter in a frying pan and quickly brown the saddle of hare fillets on all sides. Remove the fillets from the pan and place in a heat-resistant bowl or on a baking tray. Put it on rack level 2 in the steam oven. Insert the meat thermometer in the middle of the meat as well as into the side wall of the appliance.
2. Set steam function at 80° C and core temperature at 56° C and start the appliance.
3. Heat 1 tablespoon of clarified butter in a pan and fry the bacon in it.
4. Let the onion braise lightly. Add the mushrooms and cook with the onion for a short while. Turn the mushrooms very carefully so that they retain their shape.
5. Mix and add the cream, crème fraîche and sugar. Let the gravy simmer lightly at low temperature and season with plenty of salt and pepper.
6. Cut the saddle of hare fillets into 3 cm thick slices. Pour the gravy into a serving bowl or divide on 4 plates. Place the saddle of hare fillets on the gravy, garnish and serve immediately.

Appliance: EKDG combination steam oven

Function: Steaming

Temperature: 80° C

Duration: 3.5 hours



SAVOY CABBAGE ROULADE ON WHITE WINE SAUCE



Ingredients for 4 people:

1 small head Savoy cabbage
70 g of sun wheat (Ebly)
70 ml vegetable stock
100 g cream cheese
100 g smoked salmon
40 g roasted macadamia nuts
Salt and freshly ground pepper to taste

For the sauce:

1 teaspoon butter
1 small onion
250 ml white wine
200 ml cream
2–3 sprigs of dill
Salt and freshly ground pepper to taste

Appliance: EKDG steam oven or EDG steam oven cooktop

Function: Steaming & stewing

Temperature: 100° C

Duration: about 50 minutes

1. Put the sun wheat with the broth in a heat-resistant dish on a rack in the steam oven. Set steam function at 100° C and cook the wheat for about 10 minutes.
2. In the meantime, carefully remove the eight outer Savoy cabbage leaves, wash and cut the stalk flat. Lay the leaves next to each other on the perforated tray. Place the tray on the second level of the steam oven with a solid tray underneath it. Cook for about 10 minutes with the steam function at 100° C. Then let the leaves cool down.
3. Wash tomatoes and cut into very small cubes. Cut the salmon into small pieces. Add both to the sun wheat.
4. Chop the macadamia nuts and add to the wheat mixture. Mix everything and season to taste.
5. Lay two Savoy cabbage leaves slightly over each other and spread a bit of the filling over it. Fold both sides in slightly, then roll the leaves up into a parcel. Place the roulades with the open side down on the perforated tray and put it on the second level of the steam oven. Insert the solid tray underneath and cook everything with the steam function at 100° C for about 25 minutes.
6. In the meantime, wash and finely chop the dill.
7. Peel onion and cut into cubes.
8. Melt butter in a non-stick frying pan and fry the onion. Deglaze with white wine, add the cream. Let the sauce thicken a little, then puree and season. Add dill just before serving. Garnish the plate with the sauce. Cut the Savoy cabbage leaves diagonally and serve on the sauce.

WHITE CABBAGE QUICHE WITH SALMON

Ingredients for 4 people:

1 fresh puff pastry
Some butter
750 g white cabbage
6 eggs
250 g sour cream
200 g Höhlenkäse (cave cheese)
or butter cheese
Nutmeg
Freshly ground pepper
Salt
250 g smoked salmon

1. Line a greased quiche dish with the pastry.
2. Clean white cabbage and cut into thin strips. Spread the cabbage on the perforated baking tray and steam for about 15 minutes with the steam function at 100° C.
3. Mix eggs and sour cream.
4. Grate the cheese and mix into the egg mixture. Season well.
5. Cut smoked salmon in strips, mix carefully with the slightly cooled white cabbage and then fill into the quiche dish.
6. Pour the egg-cheese mixture over it. Put the quiche on a rack in the oven and cook for about 35 minutes with the professional baking function at 160° C.
7. Then cut into pieces and serve.

Tip: Cabanossi can also be used in instead of smoked salmon.

Appliance: EKDG combination steam oven

Function: Steaming and professional baking

Temperature: 100 and 160° C

Duration: about 60 minutes incl. preparation time



SMOKED PORK CHOP WITH POTATOES AND CARROTS



Ingredients for 4 people:

600 g smoked pork chop,
cured and in one piece
600 g potatoes
300 g thick carrots
100 g whipped cream
2 tablespoons horseradish
Salt
Pepper

1. Peel the potatoes and cut lengthwise in quarters. Peel the carrots and cut lengthwise in halves.
2. Put the potatoes, carrots and Kassler on the perforated tray in the steam oven. Place a solid tray one level below it. Cook for about 25 minutes with the steam function at 100° C.
3. In the meantime, mix the cream and horseradish and chill.
4. Season the vegetables with salt and pepper after steaming. Serve the vegetables with a slice of Kassel and horseradish sauce.

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 100° C

Duration: 25 minutes

SALTIMBOCCA ALLA ROMANA WITH GREEN ASPARAGUS

Ingredients for 4 people:

4 veal cutlets (each about 80 g)
4 slices of coppa (Italian ham)
8 sage leaves (fresh)
2 tablespoons flour
2 tablespoons vegetable oil
30 g butter
30 ml white wine
100 ml water
100 ml cream
Salt and freshly ground pepper
For the marinated asparagus:
300 g green asparagus
3 tablespoons olive oil
3 tablespoons raspberry vinegar
1 tablespoon honey
Salt and freshly ground pepper

Appliance: EKDG or EDG steam oven and cooktop

Function: Steaming

Temperature: 100° C

Duration: about 45 minutes incl. Cooking time

1. Wash asparagus, peel the lower third, put on the perforated tray on level 2 of the steam oven. Place a solid tray one level below it.
2. Set steam function at 100° C and cook the asparagus for 7–9 minutes. Then let the asparagus cool down slightly.
3. In the meantime, prepare the marinade. Mix olive oil, raspberry vinegar, honey and water well together for the marinade. Add the braising liquid in the solid tray to the marinade and stir well.
4. Cut veal cutlet in half, place one sage leaf and one slice of coppa on it and pin it together with a small skewer. Coat the meat side with flour.
5. Heat oil in a pan and fry the meat pieces slowly from the ham side first. Then turn to fry the meat side slowly and add the butter.
6. Remove the meat after frying, remove the skewer and keep warm. Deglaze the pan with water and white wine, pour in the cream and let thicken.
7. Place the still warm asparagus in the marinade and let it stand for a while.
8. Season the sauce. Serve the meat on a pre-heated plate together with the sauce and asparagus.

Tip: Do not season the meat, because the ham is already well seasoned. If necessary, add some seasoning at the table.





Desserts

EXOTIC FRUIT SALAD WITH HOME-MADE YOGURT

Ingredients for 4 people:

500 ml milk

150 g natural yoghurt

Fruit salad:

2 small pineapples

1 papaya

1 mango

1/2 lime

4 figs

1–2 star fruit

1 pomegranate

1. Boil the milk and allow to cool. Then stir in the yogurt. Pour the prepared milk into glasses.
2. Place the glasses on the perforated tray and cook for about 6 minutes with the steam function at 40° C.
3. For the fruit salad, cut the pineapple in half and scoop out. Cut the fruit into small pieces.
4. Wash the papaya, cut in half, remove the seeds, peel and cut into small cubes.
5. Wash the mango and cut into small cubes.
6. Wash 3 figs and also cut into small pieces.
7. Pour lime juice over the fruit salad and carefully mix everything.
8. Wash the pomegranate, cut in half, pick seeds out and serve arranged on a plate.
9. Wash the star fruit and cut into thin slices.
10. Arrange the yogurt on the pomegranate. Fill the pineapple with fruit salad and serve on the same plate.
11. Garnish with star fruit slices and figs.

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 40° C

Duration: 6.5 hours incl. waiting period



CRÈME BRÛLÉE

Ingredients for 4–6 people:

500 ml cream

6 egg yolks

60 g sugar

1 vanilla bean

To caramelize:
brown sugar

1. Put cream, egg yolks and sugar in a large bowl.
2. Cut vanilla bean lengthwise, scrape the pulp out with the back of a knife and add to the cream mixture.
3. Mix everything thoroughly with a hand blender until the sugar is completely dissolved.
4. Fill the mixture into heat resistant ramekins up to about 3 cm.
5. Put the ramekins on the perforated tray on the second level of the oven and set the steam function at 90° C for 30 minutes.
6. After cooling, sprinkle the cream with brown sugar and caramelize with a small Bunsen burner.

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 90° C

Duration: 30 minutes

CREMA CATALANA

Ingredients for 6 people:

200 ml whole milk
250 ml cream
2 lemons (peels)
2 cinnamon sticks
1 vanilla pod (vanilla pulp)
100 g sugar
5 egg yolks
6 tablespoons cane sugar

1. Slowly heat the lemon peel and cinnamon sticks with the milk until it boils. Then let the milk cool down slowly.
2. Place the sugar in a bowl and pour the milk through a sieve into the bowl.
3. Pour in the cream while stirring constantly. Add the egg yolk and vanilla pulp and stir well.
4. Fill 6 temperature-resistant ramekins with the cream, place on the perforated tray in the steam oven.
5. Start steam mode at 90° C and cook the crema catalana for 40 minutes.
6. Then remove the cream and let it cool slightly. Then let it cool down for 2–4 hours in the fridge.
7. Sprinkle the cane sugar on the surface of the crema catalana and caramelize with a crème brûlée burner.

Tip: The sugar coating can also be baked crispy under a hot grill for 5 minutes.

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 90° C

Duration: 40 minutes





CHOCOLATE CHOPS

Ingredients for 4 people:

500 g milk
100 g chocolate
(At least 50 % cocoa content)
50 g sugar
20 g cocoa
5 egg yolks

1. Heat the chocolate, milk, sugar and cocoa in a saucepan warm, then cool down to room temperature.
2. After cooling, stir in egg yolks. Fill small, heat-resistant glasses with the mixture. Place the glasses on the perforated baking tray in the steam oven and cook for about 15 minutes with the steam function at 90° C.
3. Let the glasses cool down overnight in the fridge and serve cold.

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 90° C

Duration: 15 minutes



Baked goods

ROSEMARY BREAD



Ingredients for 2 loaves:

350 g flour (type 405)
250 ml lukewarm water
7 g dry yeast
4 tablespoons extra virgin olive oil
1 tablespoon fresh Italian herbs,
e.g. oregano and thyme
1 tablespoon fresh rosemary
1 teaspoon sugar
2 teaspoons salt
1 ½ teaspoons black pepper,
freshly ground

Baking tray, greased or
lined with baking paper
Rolling pin

1. Mix flour, yeast and salt. Add water and knead everything by hand or in a food processor for about 10 minutes to a smooth dough. Add oil in small portions.
2. Put the dough in a bowl in the oven, start hot air mode with steaming at 35° C and let the dough rise for a ½ hour. Steam the dough for 1 minute every 10 minutes.
3. Knead the Italian herbs and pepper into the dough and roll the dough out in a 1 cm thick circle.
4. Place dough on a greased baking tray, sprinkle with rosemary and drizzle with oil. Place the baking tray in the centre of the oven.
5. Start hot air mode with steaming at 35° C and let the dough rise for another 15 minutes. Steam for 1 minute after 5 minutes.
6. Start professional baking mode at 180° C and bake the rosemary bread for about 30 minutes until crispy.
7. Let it cool down on a wire rack and serve lukewarm.

Tip: Especially tasty with olive oil, with salads or with creamy soft cheese varieties.

Appliance: EKDG combination steam oven

Function: Hot air with steaming and professional baking

Temperature: 35 and 180° C

Duration: 1 hours + 45 minutes waiting time

BRIOCHE – SWEET YEAST

Ingredients for one loaf of bread:

600 g flour
125 g sugar
3 eggs (Size M)
1 cube yeast
160 g butter (sweet cream)
125 ml milk
1 pinch of salt
1 vanilla bean

1. Cut vanilla bean open lengthwise, scoop out the pulp and knead with the remaining ingredients into a dough.
2. Cover the dough with a dish cloth and leave until it has become about twice as large.
3. Sprinkle work surface with flour, place the dough on it and knead with your hands. The dough should not stick. If it sticks, add some more flour.
4. Shape the dough into a ball, place on a baking tray lined with baking paper and carve a cross shape with a knife.
5. Place the baking tray on the second level of the combination steam oven. Set professional baking function at 150° C and bake the bread for 60 minutes.

Appliance: EKDG combination steam oven

Function: Professional baking

Temperature: 150° C

Duration: about 3 hours incl. rising and baking time



RAISIN BREAD ROLLS



Ingredients for about 12 bread rolls:

250 g flour
25 g fresh yeast or
7 g dry yeast
150 ml buttermilk
20 g butter
50 g raisins, steeped
1 tablespoon fruit cake powder

1. Dissolve fresh yeast in the buttermilk or mix dried yeast with the flour.
2. Mix flour with salt and fruit cake powder and the knead in the butter.
3. Add buttermilk and knead into a smooth dough.
4. Cover the dough and let rise in a draught-free area for 1–1 ½ hours at room temperature until double in size.
5. Divide the dough into 12 equal pieces and let it rise for another 5 minutes.
6. Roll the dough into balls and place on a greased baking tray with a little distance in between, because it will double in volume again.
7. Coat the tops of the rolls with a little egg yolk and leave it covered for about a ½ hour in the oven until they have risen one more time.
8. Start professional baking mode at 225° C without opening the door of the steam oven.
9. Bake the rolls for 20-25 minutes. Leave to cool on a wire rack.

Appliance: EKDG, EDG steam ovens

Function: Steaming

Temperature: 90° C

Duration: 30 minutes without rising time

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