

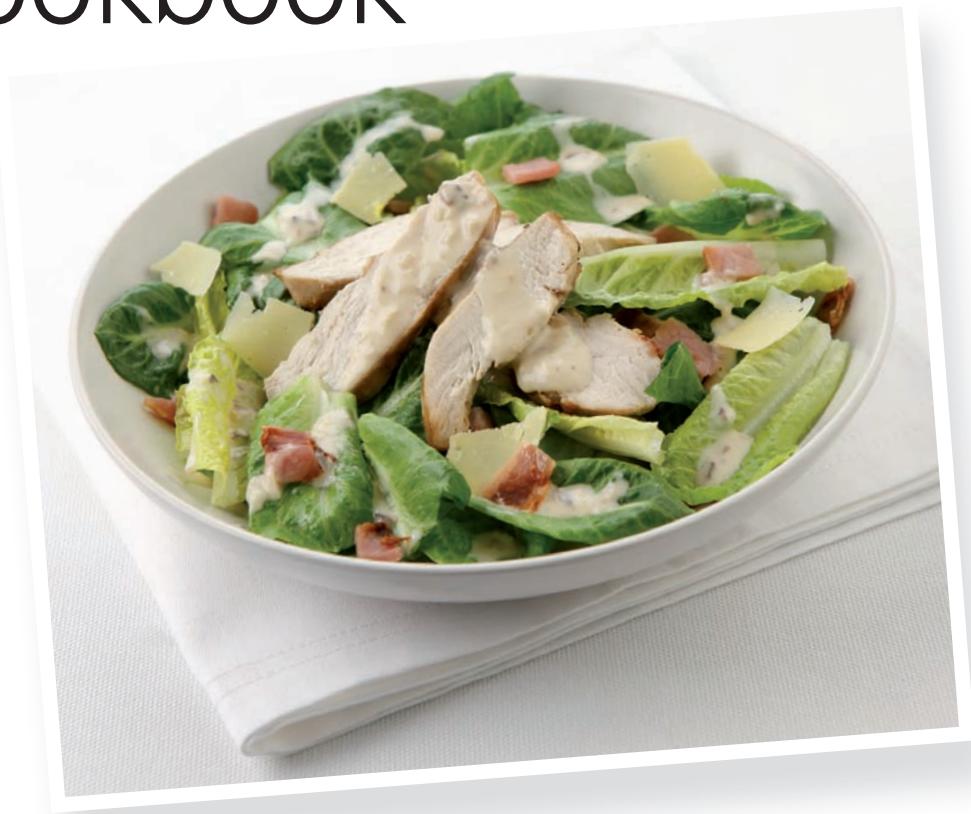
**SHARP**

# SuperSteam™ Oven Cookbook



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# Introduction to your New SuperSteam™ Oven...

Congratulations on the purchase of your new Sharp SuperSteam™ Oven. You are about to move into a whole new world of healthy cooking. This innovative oven combines the ancient technique of steaming with a state of the art development to superheat the steam and additional heating processes that allow you to roast, grill, bake and more.

The Operation Manual should be your first step in working with your new oven, as it explains how the Sharp SuperSteam™ Oven works and what you need to know to operate it successfully. Once you have an understanding of the operation of your SuperSteam™ Oven return to this book for information on how to cook your favourite foods and all the great recipes in the following pages. All recipes in this book include easy steps for the optimum cooking method with great results.

The Sharp SuperSteam™ Oven uses a unique combination of conventional heat, steam and super steam to enhance the flavours and textures of food. It also helps to reduce fat and calories whilst preserving vitamins and nutrients.

This versatile “NEW TECHNOLOGY” offers a new and healthy way of cooking, with 4-in-1 cooking options, offering convenience that modern life demands. The only oven you will ever need.

Sharp invites you to enjoy the fantastic flavours possible with the Sharp SuperSteam™ Oven.

## Charts

The experts in Sharp’s Test Kitchens have carefully compiled useful cooking charts to give you a quick reference guide for amounts, oven settings and cooking times for most popular foods.

Use the information in these charts to help prepare and cook your own favourite recipes or convenience foods in the Sharp SuperSteam™ Oven.

**NOTE:** With the exception of those items indicated as frozen, all the times and settings are for fresh or defrosted foods.

# Steam: Steam High Chart

Use baking tray, rack and/or steam tray

food		weight/amount	oven setting	position in oven	cooking time		
SEAFOOD	Whole fish	0.2-1kg	Auto: Fresh Fish/ Fresh Prawns	upper	Preset		
	Filletts, ½-inch thick	0.2-1kg	Auto: Fresh Fish/ Fresh Prawns	upper	Preset		
	Calamari	0.2-0.6kg	Manual: Steam High	upper	5-8 min.		
POULTRY	Chicken breast, half	0.25-1kg	Manual: Steam High	upper	25-30 min.		
DUMPLINGS	Frozen dumplings	0.1-0.5kg	Auto: Frozen Convenience (dumplings)	upper	Preset		
SHELLFISH	Oysters, in shell	0.2-0.9kg	Manual: Steam High	upper	25-30 min.		
	Mussels, in shell	0.2-0.9kg	Manual: Steam High	upper	5-8 min.		
	Scallops	0.2-0.7kg	Manual: Steam High	upper	5-8 min.		
	Prawns, large	0.2-0.5kg	Auto: Fresh Fish/ Fresh Prawns	upper	Preset		
VEGETABLES	Asparagus spears		0.2-1kg	Auto: Fresh Veg 1	upper	Preset	
	Broccoli florets		0.2-1kg	Auto: Fresh Veg 1	upper	Preset	
	Carrots	Baby	0.2-1kg	Auto: Fresh Veg 2	upper	Preset	
		Sliced, ½-inch thick slices	0.2-1kg	Auto: Fresh Veg 2	upper	Preset	
	Cauliflower florets		0.2-1kg	Auto: Fresh Veg 2	upper	Preset	
	Corn on the cob		0.2-1kg	Auto: Fresh Veg 2	upper	Preset	
	Green beans, cut into 2-inch pieces		0.2-1kg	Auto: Fresh Veg 2	upper	Preset	
	Mushrooms		0.2-1kg	Auto: Fresh Veg 1	upper	Preset	
	Greens	Bok choy, chopped		1-4 cups	Manual: Steam High	upper	3-6 min.
		Chinese broccoli, chopped		1-4 cups	Manual: Steam High	upper	3-6 min.
		Chinese cabbage, chopped		1-4 cups	Manual: Steam High	upper	3-6 min.
		Choy sum		1-4 cups	Manual: Steam High	upper	3-6 min.
		Spinach, torn		1-4 cups	Manual: Steam High	upper	3-6 min.
		Yellow squash, small, cut into halves		0.2-1kg	Auto: Fresh Veg 1	upper	Preset
		Zucchini, ¼ inch thick slices		0.2-1kg	Auto: Fresh Veg 1	upper	Preset
Potatoes	Jacket potatoes		0.8kg	Manual: Steam High	upper	35 min.	
	Baby Potatoes		0.8kg	Manual: Steam High	upper	30 min.	
RICE	White rice	1 cup	1½ cups water	Manual: Steam High	upper	25 min.	
		2 cup	2½ cups water	Manual: Steam High	upper	28 min.	
PASTA	Dry pasta	1 cup	1½ cups water	Manual: Steam High	upper	23 min.	
		2 cup	2½ cups water	Manual: Steam High	upper	27 min.	

**Note:** All of these functions are used under the Steam key. Please follow recommended oven setting listed in chart. When cooking rice and pasta, use a shallow 2 litre shallow casserole dish and place directly onto the baking tray. Use the steam tray on the rack when cooking vegetable and dumpling menus.

# SuperSteam™ Convection: Roast Chart

Use baking tray and rack

food		weight/amount	oven setting	position in oven	cooking time	result
BEEF	Blade roast	1-2kg	Auto: Roast: Roast Beef Med	lower	Preset	Medium
		1-2kg	Auto: Roast: Roast Beef Med: More	lower	Preset	Well done
	Eye fillet	1-2kg	Manual: SS Bake/Roast: Without P 200 °C	lower	30-40 min.	Medium
		1-2kg	Manual: SS Bake/Roast: Without P 200 °C	lower	40-50 min.	Well done
LAMB	Leg of lamb	1-2kg	Auto: Roast: Roast Leg of Lamb	lower	Preset	Well done
	Rack of lamb	Approx. 8 cutlets	Manual: SS Bake/Roast: Without P 180 °C	lower	35 min.	Medium/Well
PORK	Boneless pork loin roast	0.9-1.5kg	Auto: Roast: Roast Pork	lower	Preset	Well done
	Ribs	750g	Manual: SS Bake/Roast: With P 150 °C	lower	30 min.	Medium/Well
	Tenderloin	0.3-1kg	Manual: SS Bake/Roast: Without P 200 °C	lower	30-40 min.	Well done
POULTRY	Chicken breast, half	0.25-1kg	Manual: SS Bake/Roast: Without P 190 °C	lower	25-30 min.	Well done
	Whole chicken	0.9-2kg	Auto:Roast: Roast Chicken	lower	Preset	Well done
TURKEY	Whole Turkey, stuffed	4.5kg	Manual: SS Bake/Roast: Without P 220 °C	lower	120 min.	Well done
		6kg	Manual: SS Bake/Roast: Without P 220 °C	lower	150 min.	Well done
DUCK	Whole Duck	2kg	Manual: SS Bake/Roast: Without P 200 °C	lower	60-70 min.	Well done

**Note:** All of these functions are used under the SuperSteam™ Convection key. Please follow recommended oven setting listed in chart.

The cooking result may be affected when using marinades that contain sugar or honey as they tend to burn quickly when exposed to high heat.

• Abbreviations: SS = SuperSteam™, P = Preheat

# SuperSteam™ Convection: Grill Chart

Use baking tray and rack

food		weight/thickness	oven setting	position in oven	cooking time	result	
BEEF	Hamburgers 1-4 patties		1-2cm thick	Manual: SS Grill: With P	upper	12-15 min.	Well done
	Steaks	T-bone, rib eye, sirloin	0.2-0.8kg	Manual: SS Grill: With P	upper	10-13 min.	Medium
			0.2-0.8kg	Manual: SS Grill: With P	upper	14-17 min.	Well done
FISH	Steaks		0.2-1kg	Auto: Grill: Grilled Fish	upper	Preset	Flakes
LAMB	Chops (loin or rib)		0.1-0.8kg	Manual: SS Grill: With P	upper	18-22	Well done
PORK	Boneless loin chops		0.1-0.8kg	Manual: SS Grill: With P	upper	18-22	Well done
POULTRY	Chicken breast, half		0.25-1kg	Auto: Grill: Chicken Fillet	upper	Preset	Well done
	Chicken legs		0.2-1kg	Auto: Grill: Chicken legs	upper	Preset	Well done
SAUSAGE	Regular		0.2-0.6kg	Manual: SS Grill: With P	upper	15-20	Cooked through
	Lean, low fat beef		0.2-0.6kg	Manual: SS Grill: With P	upper	15-20	Cooked through
SHELLFISH	Scallops		up to 0.5kg	Manual: SS Grill: With P	upper	7-10 min.	Opaque
	Prawns, large		up to 0.5kg	Manual: SS Grill: With P	upper	7-10 min.	Opaque

**Note:** All of these functions are used under the SuperSteam™ Convection key. Please follow recommended oven setting listed in chart.

• Abbreviations: SS = SuperSteam™, P = Preheat

# SuperSteam™ Convection: Bake Chart

Use baking tray and/or rack

food		weight/amount	oven setting	position in oven	cooking time	
BREADS	Rolls	Refrigerated	1 package	Manual: SS Bread: With P 200 °C	lower	6-7 min.
		Homemade or packet mix	8 rolls	Manual: SS Bread With P 220 °C	lower	10-15 min.
	Loaf, homemade or packet mix		13x20cm loaf tin	Auto: Bake: Bread	lower	Preset
CAKES	Loaf		13x20cm loaf tin	Manual: SS Cake: With P 180 °C	lower	45 min.
	Madeira		13x20cm loaf tin	Auto: Bake: Cake	lower	Preset
	Butter		20cm square tin	Auto: Bake: Cake	lower	Preset
DESSERTS	Cheesecake		1	Manual: SS Bake/Roast: With P 160 °C	upper	60 min.
	Cookies/Biscuits	Homemade or packet mix	15	Manual: SS Bake/Roast: With P 180 °C	upper/lower	12-14 min.
		Refrigerated	1 package	Manual: SS Bake/Roast: With P 180 °C	upper/lower	12-14 min.
	Muffins, homemade or packet mix		1 package	Manual: SS Bake/Roast: With P 180 °C	upper/lower	15-20 min.
	Cupcakes, homemade or packet mix		makes 12	Manual: SS Bake/Roast: With P 180 °C	upper/lower	20-25 min.
FISH	Fish pieces, battered or crumbed, frozen		0.2-0.5kg	Manual: SS Bake/Roast: With P 200 °C	upper	15-20 min.
PRODUCTS	Fish sticks, battered or crumbed, frozen		0.25-0.5kg	Manual: SS Bake/Roast: With P 200 °C	upper	15-20 min.
PIES	Frozen prepared fruit		23cm	Manual: SS Bake/Roast: With P 180 °C	upper	32-37 min.
	Homemade fruit		23cm	Manual: SS Bake/Roast: With P 160 °C	upper	30-35 min.
	Meat pie, frozen		1-4 pies	Manual: SS Bake/Roast: With P 180 °C	upper	15-20 min.
PIZZAS	Pizza, frozen		0.2-1kg	Auto: Bake: Frozen Pizza	upper/lower	Preset
FROZEN INSTANT MEALS	Lasagne, Cannelloni, Lamb Casserole		400g	Manual: SS Bake/Roast: With P 180 °C	upper	35 min.
POTATO PRODUCTS	Chips, frozen		0.2-0.5kg	Manual: SS Bake/Roast: With P 210 °C	upper	15-20 min.
	Potato gems/Hash browns, frozen		0.2-0.5kg	Manual: SS Bake/Roast: With P 210 °C	upper	15-20 min.
POULTRY PRODUCTS	Prepared, frozen	Chicken fingers	0.25-0.5kg	Manual: SS Bake/Roast: With P 220 °C	upper	12-15 min.
		Nuggets	0.25-0.5kg	Manual: SS Bake/Roast: With P 220 °C	upper	12-16 min.
		Breast fillet/Schnitzel	0.2-0.4kg	Manual: SS Bake/Roast: With P 200 °C	upper	21-26 min.
	Prepared, refrigerated	Nuggets	0.25-0.5kg	Manual: SS Bake/Roast: With P 220 °C	upper	14-16 min.
		Breast fillet/Schnitzel	0.2-0.5kg	Manual: SS Bake/Roast: With P 220 °C	upper	12-16 min.

**Note:** All of these functions are used under the SuperSteam™ Convection key. Please follow recommended oven setting listed in chart.

When cooking fish and poultry menus you can use both baking tray and rack.

- Abbreviations: SS = SuperSteam™, P = Preheat

# Steam: Proof Chart

Use baking tray

food		weight/amount	oven setting	position in oven	cooking time
BREAD YEAST DOUGH	Rolls, homemade or packet mix	8 rolls/ 500g	Manual: Proof	lower	1st rise: 30 min. 2nd rise: 30 min.
	Loaf, homemade or packet mix	standard loaf/ 500g	Manual: Proof	lower	1st rise: 30 min. 2nd rise: 30 min.
PIZZA YEAST DOUGH	Regular pizza dough	500g	Manual: Proof	lower	1st rise: 30 min. 2nd rise: 20 min.

**Note:** All of these functions are used under the Steam key. Please follow recommended oven setting listed in chart.

For the first rise: Leave the yeast dough in the mixing bowl. Place the bowl on the baking tray in lower position.

For the second rise: Fill the corresponding preparation ovenware with the yeast dough, e.g. loaf tin, pizza baking pan or use the baking tray and place in lower position.

# Microwave: Defrost Chart

food	weight	oven setting	position in oven	cooking time
STEAK, CHOPS	0.1-1kg	Microwave: Auto Defrost: Steak/Chops	directly on oven base	Preset
POULTRY	0.9-2kg	Microwave: Auto Defrost: Poultry	directly on oven base	Preset
ROAST MEAT	1-2kg	Microwave: Auto Defrost: Roast Meat	directly on oven base	Preset
MINCE/SAUSAGES	0.1-1kg	Microwave: Auto Defrost: Mince/Sausages	directly on oven base	Preset

**Note:** All of these functions are used under the Microwave key. Please follow recommended oven setting listed in chart.

Use a microwave safe defrosting rack when defrosting these menus.

# Microwave: Sensor Reheat Chart

food		initial temperature	weight/amount	oven setting	position in oven	cooking time
REHEAT DINNER PLATE	Meat	Beef, Lamb, Chicken (sliced), T-Bone	3 °C Refrigerated	175-180g	Microwave: Sensor Reheat: Dinner Plate	directly on oven base Preset
	Potato	sliced		125g		
	Vegetables	Carrot, Broccoli, Zucchini		100g		
REHEAT CASSEROLE	Beef Stroganoff, Springtime Lamb, Apricot Chicken		3 °C Refrigerated	1-4 cups	Microwave: Sensor Reheat: Casserole	directly on oven base Preset
	Canned Baked Beans, Spaghetti		20 °C Room temperature	1-4 cups		
REHEAT SOUP	Pumpkin, Tomato, Chicken		20 °C Room temperature	1-4 cups	Microwave: Sensor Reheat: Soup	directly on oven base Preset
REHEAT PIZZA	Pepperoni, Supreme		3 °C Refrigerated	1-4 slices	Microwave: Sensor Reheat: Pizza	directly on oven base Preset

**Note:** All of these functions are used under the Microwave key. Please follow recommended oven setting listed in chart.

Dinner plate: Cover with plastic wrap before cooking and pierce 5 times with skewer.

Casserole: Place in casserole dish and cover with plastic wrap before cooking and pierce 5 times with skewer.

Soup: Place in microwave safe glass bowl, stir after cooking.

Pizza: Place pizza on paper towel before cooking.



# Vegetables

## Garlic and thyme potatoes

**800g baby potatoes**

**1 tablespoon olive oil**

**2 cloves garlic, crushed**

**1 tablespoon chopped fresh thyme leaves**

**salt and pepper to taste**

- Cut potatoes into 1-2cm cubes.
- In a large bowl combine oil, garlic, thyme, salt and pepper. Mix until well combined.
- Add potatoes to the mixture and evenly coat.
- Drain excess oil. Place potatoes on one of the baking trays provided.
- Place baking tray in the upper position.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 200°C. Cook for 30-35 minutes.

Serves 4

## Asian greens

**250g bok choy**

**250g Chinese broccoli**

**2 tablespoons oyster sauce**

**½ teaspoon sesame oil**

- Wash and trim bok choy and broccoli. Cut into equal lengths of approximately 10cm.
- Place vegetables on steam tray and put on the rack and on one of the baking trays provided.
- Place baking tray in the upper position.
- Set oven to STEAM > MANUAL > STEAM HIGH. Cook for 6 minutes.
- Remove from oven and stand for 1 minute. Drain.
- In a small bowl, add the oyster sauce and sesame oil. Mix until well combined.
- Place vegetables into serving dish and stir through the sauce.
- Serve warm.

Serves 2-4



Stuffed portobello mushrooms

## Stuffed Portobello mushrooms

**2 slices white bread**  
**2 rashers of bacon, chopped**  
**4 shallots, chopped**  
**100g sun-dried tomatoes, finely chopped**  
**1 fresh bird's eye chilli, seeds removed, finely chopped**  
**½ cup grated tasty cheese**  
**½ cup grated parmesan cheese**  
**1 tablespoon chopped fresh parsley**  
**2 cloves garlic, crushed**  
**8 large flat Portobello mushrooms, stalks removed (approx. 80-100g each)**  
**20g butter, cubed**  
**salt and pepper to taste**

- Process the bread into fine breadcrumbs. Set aside.
- Place the bacon between two sheets of paper towel and place on base of oven.
- Set oven to MICROWAVE > MANUAL. Cook for 2 minutes.
- Place the shallots and bacon in a small microwave safe glass bowl.
- Set oven to MICROWAVE > MANUAL. Cook for 1 minute.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Mix breadcrumbs, bacon, shallots, sun-dried tomatoes, chilli, cheeses, parsley, garlic, salt and pepper until well combined.
- Spoon mixture into the mushrooms.
- Cut butter into 8 equal cubes and place one on each mushroom.
- Place filled mushrooms on the rack on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 15 minutes.

Serves 4



Roast vegetables

## Roast vegetables

**300g baby potatoes**  
**300g sweet potatoes**  
**250g parsnips**  
**2 tablespoons olive oil**  
**1 teaspoon dried oregano**  
**1 teaspoon dried parsley**  
**pinch of salt**

- Wash all vegetables.
- Cut potatoes into quarters or 1-2cm cubes, sweet potato lengthwise into 1-2cm cubes and parsnips into quarters.
- In a large bowl, combine oil, oregano, parsley and salt. Mix until well combined.
- Add vegetables to the mixture and evenly coat.
- Place vegetables on one of the baking trays provided.
- Place baking tray in the upper position.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 200°C. Cook for 30-35 minutes.

Serves 4

## Potato salad with avocado and prosciutto

**1kg baby potatoes, cut in quarters**  
**1 Spanish onion, sliced into rings**  
**30g butter**  
**½ cup whole-egg mayonnaise**  
**1 tablespoon chopped fresh chives**  
**1 large avocado, sliced**  
**1 teaspoon lemon juice**  
**4 slices prosciutto, cut into strips**  
**ground black pepper to taste**  
**extra chopped fresh chives, to garnish**  
**extra strips prosciutto, to garnish**

- Place potatoes on one of the baking trays provided.
- Place baking tray in the upper position.
- Set oven to STEAM > MANUAL > STEAM HIGH. Cook for 25-30 minutes. Drain and stand covered with foil for 5 minutes.
- In a large microwave safe glass bowl, combine the onion rings and butter.
- Set oven to MICROWAVE > MANUAL. Cook for 1 minute or until just collapsing.
- Add potato, mayonnaise and chives to the bowl with the onion. Stir until the potato is well coated.
- Slice the avocado and sprinkle with lemon juice.
- Add avocado and prosciutto to the potato mixture, stir gently to combine. Season with black pepper.
- Garnish with extra chives and prosciutto, serve salad with cold chicken or meat, or on its own for lunch.

Serves 4

# Tandoori style vegetables

**200g pumpkin**

**1 small sweet potato (approx. 200g)**

**2 medium carrots**

**1 medium potato (approximately 180g)**

**1 tablespoon natural yoghurt**

**1 teaspoon grated fresh ginger**

**¼ teaspoon chilli powder**

**2 teaspoons paprika**

**1 teaspoon curry powder**

**1 teaspoon oil**

**½ teaspoon lemon juice**

- Peel and wash all vegetables and cut into 1-2cm cubes.
- In a large bowl, combine yoghurt, ginger, chilli, paprika, curry, oil and lemon juice. Mix until well combined.
- Add vegetables to the mixture and evenly coat.
- Place all vegetables on one of the baking trays provided.
- Place baking tray in the upper position.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 200°C. Cook for 35-40 minutes.

Serves 4



Tandoori style vegetables

# Cheesy asparagus risotto

**2 fresh bunches of asparagus**  
**3 shallots, sliced**  
**3 cloves garlic, crushed**  
**2½ cups chicken stock**  
**2 cups Arborio rice, rinsed**  
**½ cup grated tasty cheese**  
**1 cup fresh grated parmesan cheese**  
**salt and pepper to taste**

- Trim and cut asparagus into bite-sized pieces.
- In a large bowl, combine asparagus, shallots, garlic, and chicken stock. Mix until well combined.
- Continue to add rice, tasty cheese, parmesan cheese, salt and pepper. Mix until well combined.
- Carefully pour this mixture into one of the baking trays provided and evenly spread.
- Place baking tray in the upper position.
- Set oven to STEAM > MANUAL > STEAM HIGH. Cook for 25 minutes.

Serves 4

# Mediterranean vegetables

**1 Spanish onion**  
**2 zucchinis (400g)**  
**1 red capsicum (280g)**  
**1 eggplant (300g)**  
**250g cherry tomatoes**

**3 tablespoons olive oil**  
**¼ teaspoon dried parsley**  
**¼ teaspoon dried oregano**  
**salt and pepper to taste**

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 220°C.
- Cut zucchini and eggplant into chunky pieces approximately 1cm thick and 6cm in length. Cut capsicum into thick strips and onion into wedges.
- In a large bowl, combine all vegetables, olive oil, parsley, oregano, salt and pepper. Mix until well combined.
- Place vegetables into one of the baking trays provided.
- Place baking tray in the upper position. Cook for 35-40 minutes.

Serve 4-6

# Mushroom risotto

**300g mushrooms, washed and diced**  
**1 large Spanish onion, diced**  
**2 cloves garlic, crushed**  
**2 cups vegetable stock**  
**½ cup cream**  
**2 cups Arborio rice, rinsed**  
**1 tablespoon chopped fresh basil**  
**1 tablespoon chopped fresh parsley**  
**1 teaspoon chopped fresh thyme**  
**⅓ cup grated parmesan cheese**  
**salt and pepper to taste**

- Place mushrooms and onion into a large bowl. Add garlic, vegetable stock and cream. Mix until well combined.
- Continue to add rice, basil, parsley, thyme, parmesan cheese, and salt and pepper.
- Mix until well combined.
- Carefully pour this mixture into one of the baking trays provided and evenly spread.
- Place baking tray in the upper position.
- Set oven to STEAM > MANUAL > STEAM HIGH. Cook for 25 minutes.

Serves 4

## Cherry tomato frittata

- 200g cherry tomatoes**
- 2 tablespoons chopped fresh parsley**
- 1 tablespoon chopped fresh chives**
- ¼ cup plain flour**
- 4 large eggs, lightly beaten**
- 3 tablespoons sour cream**
- 1 cup milk**
- ¼ teaspoon salt**
- pepper to taste**
- 1 cup shredded cheddar cheese**

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 200°C.
- Cut tomatoes in half and place into a lightly greased 2 litre casserole dish. Sprinkle tomatoes with parsley and chives.
- In a medium bowl, combine the flour and eggs. Whisk until well combined. Slowly add the sour cream, milk, salt and pepper.
- Gently pour this mixture over the tomatoes. Sprinkle with cheddar cheese.
- Place the casserole dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30 minutes.

Serves 4



Cherry tomato frittata

# Orange carrots

**500g carrots, peeled**

**40g butter, melted**

**1 tablespoon grated orange rind**

**1 teaspoon caster sugar**

- Slice carrots lengthwise in quarters. Then cut each slice 5cm in length.
- Place carrot slices on steam tray and put on the rack and on one of the baking trays provided.
- Set oven to STEAM > MANUAL > STEAM HIGH.
- Place baking tray in the upper position. Cook for 16 minutes.
- In a medium bowl, combine butter, orange rind and sugar. Mix until well combined. Add steamed carrots to mixture. Toss to coat evenly. Serve hot.

Serves 4

# Baked ricotta and vegetable frittata

**500g ricotta cheese**

**1 onion, diced**

**2 eggs, lightly beaten**

**1 cup grated cheddar cheese**

**½ cup grated parmesan cheese**

**1 zucchini, grated**

**½ red capsicum, diced**

- Lightly grease 2 muffin trays with butter (6 serves per tray).
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER

STEAM BAKE/ROAST > WITH  
PREHEAT 180°C.

- In a medium bowl, combine all ingredients. Stir until well combined. Divide mixture evenly between muffin trays.
- Place one muffin tray on each of the baking trays provided.
- Place one baking tray in the upper position and the other in the lower position. Cook for 25 minutes, or until puffed, golden and set in the middle.
- Serve warm.

Makes 12

# Pasta Napolitano

**2 x 400g cans crushed tomatoes**

**4 tablespoons tomato paste**

**2 cloves garlic, crushed**

**1 cup green shallots, finely sliced**

**2 teaspoons sugar**

**2 teaspoons vegetable stock**

**375g fresh fettucine pasta**

**salt and pepper to taste**

- Place pasta on the bottom of one of the baking trays provided.
- In a medium bowl, combine crushed tomatoes, tomato paste, garlic, shallots, sugar, vegetable stock, salt and pepper. Stir until well combined.
- Pour mixture evenly over pasta.
- Place baking tray in the upper position.
- Set oven to STEAM > MANUAL > STEAM HIGH. Cook for 20-25 minutes, or until pasta is tender.
- Stir, cover with aluminium foil and stand for 3-5 minutes before serving.

Serves 4

# Spinach and ricotta lasagne

**1 bunch of spinach (silverbeet), washed  
(approximately 500g)**

**2 teaspoons olive oil**

**1 onion, chopped**

**2 cloves garlic, crushed**

**500g fresh ricotta cheese**

**2 tablespoons chopped fresh basil**

**3 fresh lasagne sheets**

**500g jar Napolitano sauce**

**1 cup grated mozzarella cheese**

**salt and pepper to taste**

- Remove stalks and finely chop spinach. Place in a large microwave safe glass bowl.
- Set oven to MICROWAVE > MANUAL. Cook, covered for 7 minutes, stirring halfway through. Drain. Squeeze spinach to remove any excess liquid. Set aside.
- In a separate large microwave safe glass bowl, add the oil, onion and garlic.
- Set oven to MICROWAVE > MANUAL. Cook for 2-3 minutes, stirring halfway through.
- Add the onion mixture, ricotta cheese, basil, salt and pepper to the spinach. Mix until well combined.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.
- Using a large shallow casserole dish, place 1/3 of the spinach mixture covering the bottom. Cover with one layer lasagne sheet.
- Continue layering with half the remaining spinach mixture. Pour over 1/3 of the Napolitano sauce, followed by another lasagne sheet.

- Repeat step above with remaining spinach mixture, half the remaining Napolitano sauce and one more lasagne sheet.
- To finish the layering process, pour remaining Napolitano sauce, spread evenly. Sprinkle with mozzarella cheese.
- Place casserole dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30-35 minutes.

Serves 6



Spinach and ricotta lasagne





Grilled chilli lemon octopus

# Seafood

## Grilled chilli lemon octopus

- 400g baby octopus**
- grated rind of 1 lemon**
- ¾ cup lemon juice**
- 2 tablespoons olive oil**
- 2 tablespoons hot chilli sauce (sweet chilli sauce optional)**
- 4 cloves garlic, crushed**

- Rinse octopus thoroughly, making sure the heads are clean. Large pieces of octopus should be cut in half to ensure even cooking.
- In a large bowl, combine lemon rind, lemon juice, garlic, oil and chilli sauce. Mix until well combined.
- Add the octopus to the marinade. Cover and refrigerate for 2 hours.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.

- Remove octopus from marinade. Place the octopus on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 7-10 minutes.
- Garnish with parsley leaves and serve with lemon wedges on salad greens.

**NOTE:** A shorter or longer cooking time may be necessary depending on your preference of texture.

Serves 2

## Grilled garlic prawns

- 500g green king prawns, peeled, tails intact, deveined**
- ⅓ cup vegetable oil**
- 3 teaspoons sesame oil**
- 1 teaspoon ground coriander**

**3 cloves garlic, crushed**  
**2 tablespoons white wine**  
**8 bamboo skewers**

- In a medium bowl, combine vegetable oil, sesame oil, coriander, garlic and white wine. Mix until well combined.
- Add the prawns to the marinade. Cover and refrigerate for 2 hours.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Soak skewers in cold water for 5 minutes. Thread prawns evenly onto skewers.
- Place the skewers on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 7-10 minutes.

Serves 4

## Grilled white wine prawns

**500g green king prawns, peeled, tails intact, deveined**  
**½ teaspoon salt**  
**1 teaspoon ground black pepper**  
**⅓ cup white wine**  
**⅓ cup cream**  
**3 cloves garlic, crushed**  
**½ teaspoon ground coriander**  
**8 bamboo skewers**

- In a medium bowl, combine salt, pepper, wine, cream, garlic and coriander. Mix until well combined.

- Add the prawns to the marinade. Cover and refrigerate for 2 hours.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Soak skewers in cold water for 5 minutes. Thread prawns evenly onto skewers.
- Place the skewers on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 7-10 minutes.

Serves 4

Grilled white wine prawns



# Marinated snapper

- 2 tablespoons soy sauce
- 2 cloves garlic, crushed
- 1 tablespoon sesame oil
- 1 teaspoon grated fresh ginger
- 1 tablespoon chopped fresh coriander
- 2 bird's eye chillies, seeds removed, finely chopped
- 500g whole snapper, cleaned

- In a small bowl, combine soy sauce, garlic, sesame oil, ginger, coriander and chillies. Mix until well combined.
- Place snapper in a large shallow casserole dish and add the marinade. Cover and refrigerate for 1-2 hours. If snapper is larger than rack provided, remove tail.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Place fish onto the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 15-20 minutes.

Serves 2

# Cheesy salmon cannelloni

- 250g ricotta cheese
- 90g shredded cheddar cheese
- salt and pepper to taste
- 2 eggs, lightly beaten
- 210g can red salmon, drained, bones removed
- 2 teaspoons lemon juice
- 120g cannelloni
- 375g readymade pasta sauce
- 2 tablespoons shredded cheddar cheese, extra
- 2 tablespoons chopped fresh parsley, to garnish

- In a large bowl, combine ricotta, cheddar, egg, salmon, lemon juice, salt and pepper. Mix until well combined.
- Fill the cannelloni with salmon mixture using a spoon.
- Place the cannelloni in a row, close together in a large shallow casserole dish.
- Pour pasta sauce over the cannelloni. Smooth sauce over the pasta using the back of a spoon to ensure even coverage.
- Sprinkle extra cheese over the pasta.
- Set oven to STEAM > MANUAL > STEAM HIGH.
- Place casserole dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30 minutes.
- Garnish with parsley and serve with a green salad.

Serves 4

# Grilled tuna steaks

**2 tablespoons soy sauce**

**2 teaspoons Dijon mustard**

**1 tablespoon olive oil**

**1 tablespoon chopped fresh coriander**

**4 tuna steaks (approximately 200-250g each and 1-2cm thick)**

- In a medium bowl, combine soy sauce, mustard, oil and coriander. Mix until well combined.
- Add the tuna steaks to the marinade. Cover and refrigerate for 1-2 hours.
- Set oven on SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 180°C.
- Place tuna steaks on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 20-25 minutes.

Serves 4

Grilled tuna steaks



# Thai scallops

- 1 teaspoon sesame oil
- 40g butter
- 1 bird's eye chilli, seeds removed, finely chopped
- 2 cloves garlic, crushed
- 1 teaspoon caster sugar
- 2 tablespoons kecap manis
- 1 teaspoon grated fresh ginger
- 1 tablespoon fish sauce
- 500g scallops
- 1 teaspoon chopped fresh coriander, to garnish

- In a small microwave safe bowl, combine oil, butter, chilli and garlic.
- Set oven to MICROWAVE > MANUAL. Cook for 2 minutes.
- Add sugar, kecap manis, ginger, fish sauce and scallops. Mix until well combined. Cover and refrigerate for 1-2 hours.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Place scallops on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 7-10 minutes.
- Serve with rice.

Serves 2-4

# Marinara risotto

- 500g marinara mix
- 1 clove garlic, crushed
- 1 tablespoon chopped fresh parsley
- 1 cup Arborio rice, rinsed
- ¼ cup red wine
- 580g jar readymade pasta sauce
- salt and pepper to taste

- In a large bowl, combine marinara mix, garlic, parsley and rice. Mix until well combined.
- Add red wine, pasta sauce, salt and pepper. Mix until well combined.
- Carefully pour this mixture into a large shallow casserole dish and evenly spread.
- Set oven to STEAM > MANUAL > STEAM HIGH.
- Place the casserole dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 35 minutes.

Serves 4



Marinated salmon

## Marinated salmon

**1/3 cup lemon juice**

**2 teaspoons soy sauce**

**2 teaspoons Worcestershire sauce**

**1 teaspoon dried parsley**

**1/2 teaspoon dried oregano**

**2 cloves garlic, crushed**

**salt and pepper to taste**

**4 salmon fillets (approximately  
200g each)**

- In a large bowl, combine lemon juice, soy sauce, Worcestershire sauce, parsley, oregano, garlic, salt and pepper. Mix until well combined.

- Add salmon fillets to the marinade. Cover and refrigerate for 1-2 hours.

- Set oven on SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 180°C.

- Lightly coat the rack with cooking oil spray.

- Place salmon skin side down on the rack and on one of the baking trays provided.

- Place baking tray in the upper position. Cook for 20-25 minutes.

Serves 4

# Fish cakes

**450g skinless white fish fillets, cut  
into cubes**

**1 egg white**

**1 teaspoon shredded kaffir lime leaves**

**1 tablespoon Thai green curry paste**

**50g green beans, finely chopped**

**1 bird's eye chilli, seeds removed, finely  
chopped**

**2 tablespoons chopped fresh parsley**

**½ teaspoon ground coriander**

**salt and pepper to taste**

- In a food processor, combine the fish, egg white, kaffir lime leaves and curry paste.
- Process for 2 minutes, or until smooth. Transfer the mixture to a bowl.
- Add the beans, chilli, parsley, coriander, salt and pepper. Mix until well combined.
- Shape the mixture into small patties approximately 5cm in width.
- Place fish patties on a plate and refrigerate for at least 30 minutes.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Lightly coat the rack with cooking oil spray.
- Place patties on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 14-18 minutes.

Makes 8 fish cakes (approximately)

**NOTE:** Roll patties in breadcrumbs before cooking for a more crisp and crunchy finish.



Fish cakes

# Crumbed fish fingers

**300g firm, white fish fillets**

**¼ cup cornflour**

**1 egg, lightly beaten**

**1 cup breadcrumbs**

**¼ teaspoon salt**

**½ teaspoon lemon pepper seasoning  
oil, for brushing**

- Cut fish fillets into slices, approximately 2cm thick. Set aside.
- In a small bowl, mix together cornflour and egg.
- In a separate bowl, combine breadcrumbs, salt and lemon pepper seasoning.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Dip the fish pieces in egg mixture then roll into breadcrumb mixture, ensuring an even coat.
- Lightly coat the rack with cooking oil spray.
- Place fish on the rack and on one of the baking trays provided. Lightly brush with oil.
- Place baking tray in the upper position. Cook for 14-18 minutes.

Serves 2-4



Crumbed  
fish fingers



# Chicken

## Chicken satay

- 1 tablespoon light soy sauce**
- 1 tablespoon sesame oil**
- 1 tablespoon lemon juice**
- 500g chicken breast, cut into 2cm cubes**
- 8 bamboo skewers**

### DIPPING SAUCE

- 1/3 cup crunchy peanut butter**
- 1/4 teaspoon chilli powder**
- 1 teaspoon brown sugar**
- 1 clove garlic, crushed**
- 1 tablespoon vegetable oil**

- In a medium bowl, combine soy sauce, sesame oil and lemon juice. Mix until well combined.
- Add the chicken pieces to marinade, mix until evenly coated. Cover and refrigerate for 1 hour.

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Soak skewers in cold water for 5 minutes. Thread chicken evenly onto skewers.
- Place the skewers on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 12-15 minutes.
- Serve with dipping sauce.

### DIPPING SAUCE

- In a small bowl combine peanut butter, chilli powder, brown sugar, garlic and vegetable oil. Mix until well combined.

Serves 4



Chicken satay

# Grilled coconut chicken

- 400ml canned coconut milk
- 2 bird's eye chillies, seeds removed, finely chopped
- 1 teaspoon grated ginger
- 1 tablespoon lemon juice
- 3 tablespoons light soy sauce
- 4 cloves garlic, crushed
- ½ cup chopped fresh coriander
- 1 tablespoon brown sugar
- pepper to taste
- 4 chicken breasts (approximately 200-250g each)

- In a food processor or using a hand blender combine coconut milk, chilli, ginger, lemon juice, soy sauce, garlic, coriander, brown sugar and pepper. Process for 1-2 minutes or until well combined.
- Place chicken in a large bowl and add the coconut milk mixture covering the chicken. Cover and refrigerate for 2 hours or overnight.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 190°C.
- Place chicken on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 25-30 minutes.

Serves 4

Grilled coconut chicken

# Spicy mustard drumsticks

- 1kg chicken drumsticks
- ¼ cup Dijon mustard
- ¼ cup whole egg mayonnaise

- In a large bowl, combine mustard and mayonnaise. Mix until well combined.
- Add drumsticks and coat evenly in mixture.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITHOUT PREHEAT.
- Place drumsticks on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 37-40 minutes.

Serves 4-6



# Spicy grilled chicken skewers

- ¼ teaspoon ground cayenne pepper**
- 1 teaspoon ground cumin**
- 3 teaspoons ground coriander**
- 2 teaspoons ground turmeric**
- 4 cloves garlic, crushed**
- 2 tablespoons caster sugar**
- ½ teaspoon salt**
- ½ teaspoon ground black pepper**
- 2 tablespoons olive oil**
- 500g chicken breast, cut into 2cm cubes**
- 8 bamboo skewers**

- In a medium bowl, combine cayenne pepper, cumin, coriander, turmeric, garlic, caster sugar, salt, pepper and olive oil. Mix until well combined.
- Add the chicken pieces to marinade. Mix until evenly coated. Cover and refrigerate for 2 hours, or overnight.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Soak skewers in cold water for 5 minutes. Thread chicken evenly onto skewers.
- Place skewers on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 12-15 minutes.

Serves 4

# Wholemeal chicken

- 1kg chicken thighs**
- 100g butter, melted**
- ¼ cup finely grated parmesan cheese**
- 1 cup wholemeal flour**
- 1 tablespoon chopped fresh parsley**

- Dip chicken thighs in butter.
- In a small bowl, combine cheese, flour and parsley. Coat chicken evenly with mixture.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 250°C.
- Place chicken on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 25-30 minutes.

Serves 4

# Grilled Chinese chicken wings

**700g chicken wings**

**1 tablespoon peanut oil**

**1 tablespoon soy sauce**

**1 teaspoon five-spice powder**

**2 tablespoons Hoisin sauce**

- Cut the chicken wings into 2 pieces at the joint. Set aside.
- In a small bowl, combine peanut oil, soy sauce, five-spice powder and Hoisin sauce. Mix until well combined.
- Add the chicken to the marinade. Toss until evenly coated. Cover and refrigerate for 2 hours or overnight.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITHOUT PREHEAT.
- Place chicken wings on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30-35 minutes.

Serves 4

Grilled Chinese chicken wings



# Chicken and vegetable rolls

**1 cup fresh wholemeal breadcrumbs**  
**500g chicken mince**  
**2 eggs**  
**1 carrot, finely grated**  
**½ onion, grated**  
**¼ cup chopped fresh coriander**  
**¼ cup chopped fresh parsley**  
**salt and pepper to taste**  
**2 sheets frozen puff pastry, just thawed**  
**1 tablespoon sesame seeds**  
**tomato or sweet chilli sauce, to serve**

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 200°C.
- In a food processor combine breadcrumbs, chicken mince and 1 egg. Mix until well combined.
- In a large bowl, combine processed chicken mixture, onion, carrot, coriander, parsley, salt and pepper.
- Place one puff pastry sheet on a floured surface and cut in half. Spoon a quarter of the mixture lengthways along the centre of each piece. Fold pastry lengthwise, pressing edges lightly to form a seal. Repeat with remaining pastry and filling.
- Cut each roll evenly into 4 pieces.
- Lightly coat one of the baking trays provided with cooking oil spray. Place chicken rolls evenly onto baking tray.
- In a small bowl beat the remaining egg. Brush rolls with egg and sprinkle with sesame seeds.

- Place baking tray in the upper position. Cook for 25-30 minutes until the rolls are lightly browned and cooked through.
- Serve warm.

Makes 16

# Grilled chicken Caesar salad

**1 tablespoon Worcestershire sauce**  
**1 teaspoon Dijon mustard**  
**300g chicken breast fillet**  
**2 lean rashers bacon**  
**½ cup grated parmesan cheese**  
**1 cos lettuce, washed and torn**

## DRESSING

**2 cloves garlic, crushed**  
**¼ cup whole egg mayonnaise**  
**1 dash Tabasco sauce**  
**1 teaspoon Dijon mustard**  
**1 teaspoon Worcestershire sauce**  
**1 teaspoon lemon juice**  
**2 anchovy fillets, minced**  
**pepper to taste.**

- In a small bowl, combine Worcestershire sauce and Dijon mustard. Evenly coat the chicken breast with marinade mixture.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 190°C.
- Place chicken on the rack and on one of the baking trays provided.

- Place baking tray in the upper position. Cook for 30-35 minutes.
- Allow chicken to cool before slicing into thin strips. Set aside.
- Place bacon between two sheets of paper towel.
- Set oven to MICROWAVE > MANUAL. Cook for 2-3 minutes.
- Allow bacon to cool before slicing into thin strips.

#### DRESSING

- In a separate bowl, combine garlic, whole egg mayonnaise, Tabasco sauce, Dijon mustard, Worcestershire sauce, lemon juice, anchovy fillets, and pepper. Mix until well combined. Set aside.
- Place the lettuce in a large bowl. Add chicken, bacon, parmesan cheese and dressing. Toss to coat evenly. For crispy lettuce, serve straight away.

Serves 4



Grilled chicken Caesar salad

# Herb roasted chicken

- 60g butter, softened
- 1 clove garlic, crushed
- 3 tablespoons grated parmesan cheese
- ½ teaspoon ground sage
- ¾ teaspoon crushed dried thyme leaves
- ¾ teaspoon crushed dried basil leaves
- 1.5kg chicken (approximately)

- In a small bowl, combine the butter, garlic, parmesan cheese, sage, thyme and basil. Mix until well combined. Set aside.
- Make a slit to separate the skin from the chicken. Using your fingers press the herb mixture between the skin and flesh evenly. Tie the chicken legs together.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 200°C.
- Place chicken breast side up on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 55-60 minutes.
- Cover chicken with aluminium foil and stand for 10 minutes.
- Carve and serve with vegetables or salad.

Serves 4

# Vegetable rice paper rolls

- 2 chicken breasts, approximately 200-250g each
- 12 large rice paper rolls
- 1 avocado, halved, thinly sliced
- 1 carrot, grated
- ½ green capsicum, thinly sliced
- ½ small iceberg lettuce, washed and shredded

## sweet chilli sauce, to serve

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 190°C.
- Place chicken breast on the rack on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 25-30 minutes.
- Finely slice cooked chicken into small pieces.
- Place one rice paper roll in luke warm water until soft. Repeat this process.
- To prepare rolls, overlap two rice paper rolls and thinly layer with chicken, avocado, carrot, capsicum and lettuce.
- Fold each short end of the rice paper roll over the top and bottom of the filling. Fold one edge of rice paper over and tuck in alongside the filling, then fold over the other side, making a roll. Press down lightly to seal.
- Serve with sweet chilli sauce.

Makes 6

# Vegetable chicken patties

**400g chicken mince**

**1 egg white**

**1 carrot, finely grated**

**1 bird's eye chilli, seeds removed,  
finely chopped**

**2 tablespoons chopped fresh chives**

**½ teaspoon ground coriander**

**¼ teaspoon chilli powder (optional)**

**breadcrumbs (optional)**

**salt and pepper to taste**

• Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.

• In a large bowl, combine chicken mince and egg white, mixing well. Add the carrot, chilli, chives, coriander, chilli powder, salt and pepper. Mix until well combined.

• Shape the mixture into small patties approximately 5cm in width.

• Lightly coat the rack with cooking oil spray.

• Place patties on the rack and on one of the baking trays provided.

• Place baking tray in the upper position. Cook for 14-18 minutes.

Makes 8 patties (approximately)

**NOTE:** Roll patties in breadcrumbs before cooking for a more crisp and crunchy finish.

Vegetable chicken patties





# Meats

## Grilled soy beef skewers

**2 tablespoons soy sauce**  
**2 tablespoons oyster sauce**  
**2 teaspoons sesame oil**  
**2 teaspoons sesame seeds**  
**1 teaspoon grated fresh ginger**  
**1 teaspoon brown sugar**  
**1 clove garlic, crushed**  
**400g lean beef rump steak**  
**8 bamboo skewers**

- In a medium bowl, combine soy sauce, oyster sauce, sesame oil, sesame seeds, ginger, brown sugar and garlic. Set aside.
- Cut the beef into 2cm cubes. Add to the marinade mixture. Cover and refrigerate for 1 hour.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Soak skewers in cold water for 5 minutes. Thread beef evenly onto skewers.
- Place skewers on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 12-15 minutes.

Serves 4

# Freshly seasoned grilled rack of lamb

30ml olive oil

30ml lime juice

3 tablespoons chopped fresh coriander

1 teaspoon ground cumin

½ teaspoon ground coriander

2 cloves garlic, crushed

1 teaspoon salt

½ teaspoon ground black pepper

1 rack of lamb, approximately 8 cutlets

- In a small bowl, combine the olive oil, lime juice, fresh coriander, ground cumin, ground coriander, garlic, salt and pepper.

- Place lamb into a shallow casserole dish and add marinade. Cover and refrigerate for 2-3 hours or overnight.

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.

- Place lamb on the rack and on one of the baking trays provided.

- Place baking tray in the upper position. Cook for 32-35 minutes.

Serves 2-3



Freshly seasoned grilled rack of lamb

# Tangy grilled beef skewers

- 2 cloves garlic, crushed
- 2 teaspoons grated fresh ginger
- 1 tablespoon brown sugar
- 1 tablespoon light soy sauce
- 1 tablespoon lime juice
- 1 teaspoon sesame oil
- ½ teaspoon ground coriander
- ½ teaspoon chilli powder
- 1 teaspoon grated lemon rind
- 500g lean beef fillet
- 8 bamboo skewers

- In a large bowl, combine the garlic, ginger, brown sugar, soy sauce, lime juice, sesame oil, ground coriander, chilli powder and lemon rind. Set aside.
- Cut the beef fillet into 2cm cubes and add to the marinade mixture. Cover and refrigerate for 2 hours or overnight.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Soak skewers in cold water for 5 minutes. Thread the beef evenly onto skewers.
- Place skewers on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 12-15 minutes.

Serves 4

# Plum spare ribs

- 750g pork spare ribs, cut into strips
- 210ml plum sauce
- ¼ teaspoon chilli powder

- In a large bowl, combine plum sauce and chilli powder. Mix until well combined.
- Add ribs to marinade, mix until evenly coated. Cover and refrigerate for 1-2 hours.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 150°C.
- Place ribs on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30-35 minutes.

Serves 4



Tangy grilled beef skewers

Asian beef salad



## Asian beef salad

- 1 tablespoon cracked black pepper
- 1 tablespoon Chinese five spice powder
- 4 steak fillets (approximately 125g each)
- 125g bean sprouts
- 4 shallots, finely sliced
- 1 teaspoon grated fresh ginger
- ½ large red capsicum, thinly sliced

### DRESSING

- 3 tablespoons light soy sauce
- 2 bird's eye chillies, seeds removed,  
finely chopped
- 2 teaspoons finely chopped lemon grass
- 2 tablespoons olive oil
- 1 tablespoon sesame oil

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- In a small bowl, combine the black pepper and Chinese five spice powder. Press this mixture onto all sides of the steak fillets.
- Place the steaks on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 15-20 minutes.
- Allow to cool. Cut each fillet into thin slices.
- In a separate bowl, combine bean sprouts, shallots, ginger and capsicum. Set aside.

### DRESSING

- In a separate bowl combine soy sauce, chilli, lemon grass, olive oil and sesame oil. Mix until well combined.
- To serve, arrange the beef slices across the top of the bean sprout mixture and drizzle with dressing mixture.

Serves 4

# Italian herbed pizza

## PIZZA BASE

- ½ cup plain flour, sifted
- ½ cup self-raising flour, sifted
- ½ teaspoon powdered mustard
- ¼ teaspoon Cajun seasoning
- salt to taste
- 60g butter, cubed
- 1 egg
- 50ml milk
- oil for brushing

## TOPPING

- 4 rashers bacon, diced (approx. 125g)
- 1 small onion, finely diced
- 1 clove garlic, crushed
- 400g can diced tomatoes
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh basil
- ½ teaspoon dried oregano
- ¼ teaspoon cayenne pepper
- ½ cup grated tasty cheese
- salt and pepper to taste

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.

## PIZZA BASE

- In a large bowl, combine the plain flour, self-raising flour, powdered mustard, Cajun seasoning and salt. Rub in the butter with your fingers until mixture resembles fine breadcrumbs. In a separate bowl, whisk together the egg and milk. Stir into the dry ingredients. Mix into a firm dough.
- On a clean floured surface, knead dough until smooth. Evenly roll dough out to a 22cm x 28cm rectangle, to fit the base of one of the baking trays provided. Brush with oil. Set aside.

## TOPPING

- In a large bowl, combine the bacon, onion, garlic, tomatoes, parsley, basil, oregano and cayenne pepper. Mix until well combined.
- Spread this mixture evenly over the pizza base. Sprinkle with cheese.
- Place baking tray in the upper position. Cook for 25-30 minutes.
- Serve hot.

Serves 4

# Rosemary & garlic roast lamb

3 cloves garlic, halved

1.5kg leg lamb

2 tablespoons chopped fresh rosemary

¼ teaspoon salt

oil for brushing

- Cut six shallow slits into one side of the lamb. Press one piece of garlic into each slit.
- Lightly brush the lamb with oil, coating evenly. Rub rosemary into the surface of the lamb. Season with salt.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 160°C.
- Place lamb fat side up on the rack and on one of the baking trays provided.
- Place baking tray in the lower position. Cook for 1 hour 35 minutes-1 hour 45 minutes.

Serves 4-6



Greek meatballs

# Greek meatballs

1 tablespoon olive oil

1 clove garlic, crushed

1 bird's eye chilli, seeds removed,  
finely chopped

2 shallots, finely chopped

500g minced beef

1 egg yolk

½ teaspoon dried parsley

½ teaspoon ground coriander

1 teaspoon salt

ground black pepper to taste

- In a small microwave safe glass bowl, combine the oil, garlic, chilli and shallots. Set oven to MICROWAVE > MANUAL. Cook for 1-2 minutes. Set aside.
- In a large bowl, combine the beef, egg yolk, parsley, coriander, salt and pepper. Add the garlic and chilli mixture. Mix until well combined.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- With your hands, roll mixture into 3-4cm meatballs.
- Place meatballs on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 14-18 minutes.

Makes 20 meatballs (approximately)

# Grilled garlic and herb lamb chops

- 3 cloves garlic, crushed**
- 1 tablespoon chopped fresh rosemary**
- 1 teaspoon chopped fresh thyme**
- 2 tablespoons olive oil**
- 1 teaspoon soy sauce**
- salt and pepper to taste**
- 4 lamb leg chops (approximately 200-250g each)**

- In a large bowl, combine the garlic, rosemary, thyme, oil, soy sauce, salt and pepper.
- Add the lamb to marinade, mix until evenly coated. Cover and refrigerate for 2 hours or overnight.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Place lamb chops on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 15-20 minutes.

Serves 4

# Marinated steak

- 1 onion, chopped**
- 5 cloves garlic, crushed**
- ¼ cup olive oil**
- ¼ cup vinegar**
- ¼ cup soy sauce**
- 1 tablespoon chopped fresh rosemary**
- 1 teaspoon Dijon mustard**
- 1 teaspoon salt**
- ½ teaspoon black pepper**
- 4 beef scotch fillets (approximately 200-250g each)**

- In a food processor, combine onion, garlic, oil, vinegar, soy sauce, rosemary, mustard, salt and pepper. Process for 2 minutes until well combined.
- Place scotch fillets into a large bowl and add the marinade. Cover and refrigerate for 2 hours or overnight.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Place the steaks on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 15-20 minutes.

Serves 4

# Beef lasagne

**500g minced beef**

**½ white onion, chopped**

**2 cloves garlic, crushed**

**½ green capsicum, diced**

**575g jar Napolitano sauce**

**½ teaspoon dried basil**

**½ teaspoon dried oregano**

**½ teaspoon white vinegar**

**2 tablespoons caster sugar**

**½ teaspoon salt**

**ground black pepper to taste**

**2 cups shredded mozzarella cheese**

**½ cup grated parmesan cheese**

**1 cup ricotta cheese**

**1 packet ready made lasagne sheets**

- In a large microwave safe glass bowl, combine the minced beef, onion, garlic and capsicum.
- Set oven to MICROWAVE > MANUAL. Cook for 6-8 minutes, stirring every 2 minutes. Drain. Set aside.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.
- In a medium bowl, combine Napolitano sauce, basil, oregano, vinegar, sugar, salt and pepper. Add the cooked beef. Mix until well combined.
- Using a large shallow casserole dish spread ⅓ of the beef mixture covering the base, then add a layer of lasagne sheet. Spread ½ cup of ricotta cheese over the lasagne sheet, and then sprinkle ½ cup mozzarella cheese followed

by ¼ cup parmesan cheese. Layer with one lasagne sheet.

- Continue with the next layer by spreading ½ of the remaining beef sauce, and continue with the same cheese mixture. Layer with one lasagne sheet.
- To finish the layers, spread remaining beef mixture over the top, sprinkling with remaining mozzarella cheese.
- Place casserole dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30-35 minutes.

Serves 6



Beef lasagne



# Desserts

## Moist carrot cake

**1 cup oil**

**1 cup brown sugar**

**3 eggs**

**1½ cups self-raising flour, sifted**

**1 teaspoon baking powder**

**2 teaspoons cinnamon**

**¼ teaspoon salt**

**½ teaspoon ground ginger**

**1½ teaspoons ground nutmeg**

**1 teaspoon grated orange rind**

**2 large carrots, grated**

**80g chopped walnuts**

### **CREAM CHEESE ICING**

**250g cream cheese**

**2 cups icing sugar**

**2 teaspoons lemon juice**

- Lightly grease a round cake tin.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM CAKE> WITH PREHEAT 180°C.
- In a large bowl, beat together the oil, sugar and eggs until well combined.
- Add flour, baking powder, cinnamon, salt, ginger, nutmeg and orange rind.
- Fold in carrots and walnuts.
- Pour mixture into prepared cake tin and place on one of the baking trays provided.
- Place baking tray in the lower position. Cook for 55-60 minutes.
- Cool before icing.

### **ICING**

- Beat cream cheese until smooth.
- Add icing sugar and lemon juice and beat until smooth.
- Spread icing evenly over the cake.

Serves 6-8

# Coconut apricot tarts

4 tablespoons caster sugar

125g butter

½ teaspoon vanilla essence

1 egg

2 cups plain flour, sifted

1 teaspoon baking powder

apricot jam

## TOPPING

1 egg, beaten

½ cup caster sugar

1 cup desiccated coconut

- Lightly grease 2 dome patty trays (12 serves per tray).

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 220°C.

- In a large bowl, beat together sugar, butter and vanilla essence until light and fluffy. Add the egg and continue beating until well combined.

- Add the flour and baking powder, kneading with your hands to form a soft dough.

- On a clean floured surface, roll dough to ½cm thick. Using a 7-8cm circular cutter, cut out 24 circles.

- Press each circle into the bottom of each tray. Place ½-1 teaspoon of apricot jam in the centre of each circle.

## TOPPING

- In a small bowl, combine egg, sugar and coconut. Mix until well combined. Add a spoonful of topping onto each patty.

- Place one patty tray on each of the baking trays provided.

- Place one baking tray in the upper position and the other in the lower position. Cook for 13-15 minutes.

Makes 24 tarts



Coconut apricot tarts

# Bread and butter pudding

**½ Vienna bread loaf, torn into small pieces**

**butter for spreading**

**¼ cup sultanas**

**1 egg, lightly beaten**

**300ml cream**

**1¼ cups milk**

**1 teaspoon vanilla essence**

**3 tablespoons caster sugar**

**¼ teaspoon ground nutmeg**

**extra sugar to sprinkle**

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.
- Spread butter on torn pieces of bread and place in a 2 litre casserole dish. Add sultanas. Set aside.
- In a medium bowl, combine the egg, cream, milk, vanilla essence and sugar. Mix until well combined. Pour over the bread and sultanas.
- Press bread into milk mixture to coat. Sprinkle with nutmeg and extra sugar.
- Place casserole dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 20 minutes.
- Allow to stand for 5-10 minutes. Serve with cream or ice cream.

Serves 4-6

# Lamingtons

**¾ cup caster sugar**

**125g butter, softened**

**1 teaspoon vanilla essence**

**2 eggs**

**½ cup milk**

**2 cups self-raising flour, sifted**

**¼ teaspoon salt**

## ICING

**2 cups icing sugar**

**¼ cup cocoa powder**

**30g butter softened**

**4 tablespoons hot water**

**2 cups desiccated coconut**

- Lightly grease a 20cm square cake tin.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM CAKE > WITH PREHEAT 180°C.
- In a large bowl, beat together the sugar, butter and vanilla essence until light and fluffy. Add the eggs one at a time, beating after every addition. Pour in ⅓ of the milk, continuing to beat.
- Gently fold in flour, salt and remaining milk.
- Pour into prepared cake tin. Place cake tin on one of the baking trays provided.
- Place baking tray in the lower position. Cook for 40-45 minutes.
- Set aside to cool. Turn out.
- Cut the cake into 16 equal squares. Set aside for 3-4 hours to cool completely, or leave overnight.

## ICING

- Evenly spread the coconut onto a large plate.
- Add the butter and water into a small bowl. Stir in the icing sugar and cocoa powder to form a smooth consistency.
- To start icing, pick up a piece of cake using long tongs and dip each side into the chocolate icing, followed by rolling the piece in the coconut. Continue to dip and roll each piece to make lamingtons.

**NOTE:** To slow down the cooling of the chocolate during dipping, place the bowl into a larger bowl of hot water.

Makes 16 pieces

# Banana bread

**4 ripe bananas, mashed**

**70g butter, softened**

**¾ cup brown sugar**

**1 egg**

**1 teaspoon vanilla essence**

**1 teaspoon baking powder**

**pinch of salt**

**½ teaspoon ground cinnamon**

**1½ cups plain flour**

- Lightly grease a 13 x 20cm loaf pan.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM CAKE > WITH PREHEAT 180°C.
- In a large bowl, mix together the mashed bananas and butter. Mix in sugar, egg, vanilla essence, baking powder, salt, cinnamon and flour. Mix until well combined.
- Pour mixture into prepared loaf pan and place on one of the baking trays provided.
- Place baking tray in the lower position. Cook for 40-50 minutes.

Serves 6-8



Banana bread

# Cinnamon ring

## DOUGH

- 2 cups plain flour, sifted**
- ½ teaspoon mixed spice**
- ¼ teaspoon cinnamon**
- ½ teaspoon salt**
- 30g butter**
- 14g yeast**
- ¼ cup caster sugar**
- ¼ cup warm water**
- ¼ cup milk**
- 1 egg, beaten**

## FILLING

- 1 tablespoon butter, softened**
- ⅓ cup brown sugar**
- 1 teaspoon cinnamon**
- ⅓ cup mixed fruit**

## ICING

- 1 cup icing sugar**
- 2 tablespoons milk**
- ½ teaspoon lemon juice**

- In a small bowl, combine flour, mixed spices, cinnamon and salt. Rub in the butter with fingertips until mixture resembles fine breadcrumbs. Set aside.
- In a separate bowl, mix together the yeast, sugar, water, milk and egg until well combined. Add to the flour mixture. Mix to form a soft dough and shape into a ball. Place into a glass bowl and on one of the baking trays provided.

- Set oven to STEAM > MANUAL > PROOF. Set time for 30 minutes.

- Roll out dough to a rectangle approximately 40cm x 20cm.

## FILLING

- Spread butter and sprinkle with brown sugar, cinnamon and mixed fruit. Roll up from one of the widest sides to form a long log shape.
- Lightly grease one of the baking trays provided. Shape the dough into a ring and place on the baking tray. Press the ends together to form a seal. Using a knife, carefully make slits around the ring 2cm apart.

- Place baking tray in the upper position. Set oven to STEAM > MANUAL > PROOF. Set time for 30 minutes. Remove from oven.

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BREAD > WITH PREHEAT 180°C. Cook for 10-15 minutes, until golden brown.

## ICING

- Add the icing sugar, milk, and lemon juice in a small bowl. Mix until well combined. Pour over cake.

Serves 6-8

# Strawberry cream wafers

- 1 egg white**
- 60g butter, softened**
- ¼ cup caster sugar**
- 1 tablespoon golden syrup**
- ¼ cup plain flour**

## FILLING

- 1 punnet strawberries, sliced**

**150ml cream**

**icing sugar to decorate**

- Line both baking trays provided with baking paper.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.
- In a medium bowl, beat egg white until soft peaks form. Set aside.
- In a separate large bowl, beat together butter and sugar until light and fluffy. Stir in golden syrup, egg white and flour.
- Using a teaspoon, drop 9 small spoonfuls of mixture onto each baking tray provided. Evenly space leaving 6-7cm between each, making three rows of three.
- Place one of the baking trays in the upper position and the other in the lower position. Cook for 10 minutes, until golden brown.
- Place on a wire rack to cool.

#### FILLING

- When ready to serve, beat cream in a medium bowl until whipped. Place a spoonful of cream on one wafer, followed by sliced strawberries and topped with a second wafer. Continue with remaining wafers.
- Sprinkle icing sugar over wafers and serve.

Serves 9

## Wild berry pie

#### PASTRY

**2 cups self-raising flour**

**125g butter**

**3-5 tablespoons water**

**pinch of salt**

#### FILLING

**830g can mixed berries, drained**

**½ cup caster sugar**

**½ teaspoon salt**

**1 tablespoon cornflour**

**20g butter, melted**

**egg white, for glazing**

**extra caster sugar, to sprinkle**

- In a large bowl, sift the flour. Rub in the butter with your fingertips until mixture resembles fine breadcrumbs. Stir in the salt. Slowly stir in enough water to form a soft dough. Knead dough until well combined.
- Wrap in greaseproof paper and chill for 30 minutes.
- In a large bowl, combine mixed berries, caster sugar, salt, cornflour and butter. Stand for 10 minutes to allow juices and flavours to develop.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 160°C.
- Roll out ⅔ of the pastry to line a 23 cm glass pie dish. Fill with the berry mixture. Roll out remaining ⅓ of pastry to cover the pie dish. Gently press together the sides of the pastry with a fork, forming a seal.
- Lightly brush the top of the pie with egg white. Sprinkle with extra caster sugar. Pierce the top of the pastry with a fork 3 times to allow air to escape while cooking.
- Place the pie dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30-35 minutes.
- Stand 10 minutes before serving.

Serves 6-8

# Crème caramel

200ml milk

½ vanilla pod

100ml cream

2 eggs

1 egg yolk

2 tablespoons sugar

## CARAMEL

½ cup caster sugar

4 tablespoons water

- In a large microwave safe glass bowl, add milk and vanilla pod. Set oven to MICROWAVE > MANUAL. Cook for 2 minutes. Set aside.
- In a separate bowl combine cream, eggs, egg yolk and sugar. Whisk until well combined.
- Remove vanilla pod from milk and add to egg mixture. Continue to whisk until well combined. Set aside.

## CARAMEL

- In a small bowl, combine the caster sugar and water. Mix until well combined. Set oven to MICROWAVE > MANUAL. Cook for 6-8 minutes or until light golden colour is achieved. Stir every 30 seconds.
- Coat the base of 4 small ramekins with caramel. Allow to cool.
- Fill each ramekin with the milk mixture.
- Place ramekins on one baking tray, provided.
- Place baking tray in the upper position. Set oven to STEAM > MANUAL > STEAM LOW. Cook for 35 minutes.
- Allow to stand for 10 minutes in the oven without opening the door. Allow to cool before serving. Serves 4

**NOTE:** Caution should be applied when preparing and handling the caramel as mixture is very hot and may burn quickly.

# Shortbread wedges

1 cup plain flour, sifted

1 cup rice flour, sifted

⅔ cup icing sugar

pinch of salt

1 teaspoon vanilla essence

250g butter, cubed

- Lightly grease 23cm glass pie dish.
- In a large bowl, combine plain flour and rice flour. Stir in sugar, salt and vanilla.
- Rub in the butter to form a soft dough. Wrap in greaseproof paper and chill for 1 hour.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 160°C.
- Press mixture into pie dish. Score into slices.
- Place pie dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30-35 minutes. Cut slices while warm.

Makes 16 pieces (approximately)

Shortbread wedges



# Self-saucing sticky date pudding

60g butter, softened  
2/3 cup caster sugar  
2 eggs  
200g pitted dates, chopped  
1 cup boiling water  
1 teaspoon baking powder  
1 1/2 cups self-raising flour, sifted

## SAUCE

2 cups boiling water  
1 cup brown sugar  
25g butter, chopped

- Lightly grease a 3 litre casserole dish.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM CAKE > WITH PREHEAT 180°C.
- In a large bowl, beat together the butter and sugar until light and fluffy. Add eggs and continue beating until well combined.
- Place dates into a bowl and cover with boiling water. Add baking powder and mix until well combined. Set aside.
- Add flour to butter, sugar and egg mixture. Gently stir in dates and water until well combined. Pour into prepared casserole dish.

## SAUCE

- In a medium bowl, combine the boiling water, brown sugar and butter. Mix until well combined. Pour over mixture.
- Place casserole dish on baking tray provided.
- Place baking tray in the lower position. Cook for 30-35 minutes. Serve hot.

Serves 4-6

# Plain scones

3 1/2 cups self-raising flour  
60g butter, cubed  
2 tablespoons caster sugar  
1/4 teaspoon salt  
1 1/2 cups milk  
extra milk for glazing

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.
- In a large bowl, combine the flour and butter, rub in the butter with your fingertips until mixture resembles fine breadcrumbs. Stir in sugar and salt. Stir in the milk to form a soft dough. Knead dough until well combined.
- Lightly grease one of the baking trays provided and dust with flour.
- On a clean floured surface, roll dough to 3cm thick. Cut out scones using a 7cm round cutter. Place scones on baking tray touching each other. Lightly brush the extra milk over scones.
- Place baking tray in the upper position. Cook for 20 minutes.

Makes 15-18 scones (approximately)



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