Types of foods to cook in a combi steam oven

A quick guide to the best things to use each of your steam oven’s settings for

**Steam**

- 30-100°C
- 86-212°F
- 100% humidity

- oatmeal/porridge
- eggs - scrambled, poached, boiled, sous vide
- rice and risotto
- grains, pulses and legumes
- casseroles, curries, soups and stocks
- filled pasta and gnocchi
- dumplings
- sous vide dishes
- stewed/poached fruit
- vegetables
- fish, seafood and chicken
- puddings and steamed cakes
- custards and creme brulee
- cheesecakes
- sauces, fruit curds, melting chocolate
- dough (melting)
- sanitising jars, canning and preserving

**Combi Steam**

- 30-275°C
- 86-527°F
- 20-100% humidity

- roasted meats and poultry
- pork and bacon
- fish and seafood
- casseroles and slow roasting
- pulled pork/lamb/beef/chicken
- sheet pan dinners and tray bakes
- roasted vegetables
- most breads and pastries
- puff pastry dishes
- gratins
- baked pasta dishes
- cakes and quickbreads
- muffins and scones
- baked fruits
- crumbles, cobblers, crisps
- self saucing puddings
- sauteeing and pan frying
- reheating

**Hot Air (Convection)**

- 30-275°C
- 86-527°F
- No Steam

- roasted potatoes (start with steam, finish on hot air)
- pizza (reheat with combi steam)
- sourdough bread (start with combi steam, finish on hot air)
- blind baking
- grilling
- dehydrating
- most cookies and biscuits (soft cookies use combi steam)
- meringues and pavlovas
- some cakes (esp. those with a lot of leavening agents)
- shortcrust pastry
- tarts and pies with very moist fillings

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1 Some makes and models allow users to select the percentage of humidity (steam) to add when using combi steam functions. For those which don’t, simply select the temperature you wish to cook at and the combination steam function. Your oven will determine the humidity level for you.