



Your cooking guide to help you achieve the best results with your Profi Steam oven

Heat function, temperature,
cooking time, shelf position,
tips and much more



How to read this guide:

You will find cooking tips for some of the most popular dishes and ingredients.

These have been grouped into categories in alphabetical order.

This booklet is intended purely as a guide. Feel free to experiment with the recipes to suit your individual preference and taste. The times indicated are also intended as a guide based on the most common cooking times. The cooking time will vary, for example, depending on the thickness, density, or size of what is being cooked or the freshness and quality of the food.

In the overview tables, we utilise symbols which are explained at the foot of the page.

Should you have any questions or want to cook a dish that is not listed in this guide, you are welcome to contact us at:

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For more recipe inspirations, visit our site:
New recipes are continuously added.

- www.electrolux.ch/de-ch/local/recipes
- www.electrolux.ch/fr-ch/local/cooking-club/recipes
- www.electrolux.ch/it-ch/local/cooking-club/recipes
- **My Electrolux Kitchen App**

A digital copy of this guide is available here:

- www.electrolux.ch/de-ch/local/recipes/
- www.electrolux.ch/fr-ch/local/cooking-club/recipes
- www.electrolux.ch/it-ch/local/cooking-club/recipes

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Important additional information

Shelf position

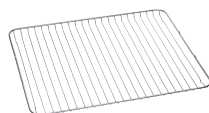


The specification plate on the oven indicates whether your Electrolux built-in oven is an EB7 (H 76 cm), EB6 (H 60 cm) or an EB4 (H 45 cm).



The shelf positions are counted from bottom to top. The EB 7 and EB 6 have 5 shelf positions, the compact EB4 has 4.

Accessories



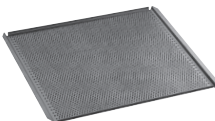
Wire rack



Baking tray



Drip pan



Pastry tray



AirFry-Tray



Non-perforated cooking tray



Steam tray set



Roasting pot



Casserole dish



Vacuum pouches



Tin, springform cake tin, loaf tin








Preserving jars

Casseroles: sweet and savoury

| | Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|---------|--|---|-------------|------------|--|----------------|-----|----------------|-------------|--|
| | | | | | | EB7/6 | EB4 | | | |
| Savoury | Cheese soufflé |  | 170 | | 55 - 60 | 2 | 1 | Gratin dish | Baking tray | For small tins, reduce time and increase temp. |
| | Ham fleckerl (pasta and ham casserole) |  | 190 | | 30 - 35 | 2 | 1 | Gratin dish | Baking tray | CT 88 °C |
| | Lasagne |  | 170 | | 40 - 60 | 2 | 1 | Gratin dish | Baking tray | CT 88 °C |
| | Moussaka |  | 170 | | 50 - 70 | 2 | 1 | Gratin dish | Baking tray | |
| | Pasta casserole |  | 190 | | 25 - 35 | 2 | 1 | Gratin dish | Baking tray | CT 88 °C |
| | Potato casserole |  | 170 | | 50 - 65 | 2 | 1 | Gratin dish | Baking tray | |
| | Shepherd's Pie |  | 190 | | 20 - 30 | 2 | 1 | Gratin dish | Baking tray | |
| Sweet | Vegetable casserole |  | 180 | | 25 - 40 | 2 | 1 | Gratin dish | Baking tray | CT 88 °C |
| | Baked pudding |  | 160 | | 30 - 50 | 2 | 1 | Gratin dish | Baking tray | CT 85 °C |

Side dishes: grains, potatoes, dumplings and pasta

| | Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|--------|-----------------------------|---|-------------|------------|--|----------------|-----|-----------------------------|-----------|-----------------------------------|
| | | | | | | EB7/6 | EB4 | | | |
| Grains | Amaranth grain |  | 100 | | 25 - 30 | 1 | 1 | Non-perforated cooking tray | Wire rack | Ratio Amaranth grain: water 1:1.5 |
| | Barley |  | 100 | | 20 - 30 | 1 | 1 | Non-perforated cooking tray | Wire rack | Ratio Barley: water 1:1.5 |
| | Bulgur wheat, kibbled wheat |  | 100 | | 25 - 35 | 1 | 1 | Non-perforated cooking tray | Wire rack | Ratio Bulgur: water 1:1 to 1:1.5 |
| | Couscous |  | 100 | | 15 - 20 | 1 | 1 | Non-perforated cooking tray | Wire rack | Ratio Couscous: water 1:1 |
| | Ebly, pre-cooked wheat |  | 100 | | 25 - 35 | 1 | 1 | Non-perforated cooking tray | Wire rack | Ratio Ebly: water 1:1 to 1:1.5 |



Fan cooking



Steamify

Side dishes: grains, potatoes, dumplings and pasta














| Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|----------|--------------------------|-------------|------------|--|----------------|-----|-----------------------------|-----------|---|
| | | | | | EB7/6 | EB4 | | | |
| Grains | Chickpeas | 100 | | 50 - 60 | 1 | 1 | Non-perforated cooking tray | Wire rack | Soaked, just covered in water |
| | Green spelt | 100 | | 25 - 35 | 1 | 1 | Non-perforated cooking tray | Wire rack | Ratio Green spelt:water 1:1 |
| | Lentils, brown, green | 100 | | 40 - 60 | 1 | 1 | Non-perforated cooking tray | Wire rack | Soaked, just covered in water |
| | Lentils, red | 100 | | 15 - 30 | 1 | 1 | Non-perforated cooking tray | Wire rack | Soaked, just covered in water |
| | Millet | 100 | | 20 - 30 | 1 | 1 | Non-perforated cooking tray | Wire rack | Ratio Millet:water 1:1.5 |
| | Oats | 100 | | 20 - 30 | 1 | 1 | Non-perforated cooking tray | Wire rack | Oats:water ratio 1:1 |
| | Polenta | 100 | | 45 - 60 | 1 | 1 | Non-perforated cooking tray | Wire rack | Ratio Sweetcorn:water 1:3 |
| | Quinoa | 100 | | 15 - 20 | 1 | 1 | Non-perforated cooking tray | Wire rack | Ratio Quinoa:water 1:1.5 |
| | Rice | 100 | | 30 - 40 | 1 | 1 | Non-perforated cooking tray | Wire rack | Ratio Rice:water 1:1 to 1:1.5 |
| | Rye | 100 | | 30 - 40 | 1 | 1 | Non-perforated cooking tray | Wire rack | Ratio Rye:water 1:1 |
| | Semolina | 100 | | 15 - 25 | 1 | 1 | Non-perforated cooking tray | Wire rack | Ratio Semolina:water 1:2.5 |
| Potatoes | Baked potatoes | 200 | | 50 - 70 | 2 | 1 | Wrapped in foil | Wire rack | For conventional cooking (top/ bottom heat), increase temperature by 20 °C and pre-heat |
| | Boiled potatoes | 100 | | 20 - 30 | 1 | 1 | Steam tray set | Wire rack | |
| | Chinese dumplings | 95 | | 25 - 35 | 1 | 1 | Steam tray set | Wire rack | |
| | Duchesse potatoes | 180 | | 25 - 30 | 3 | 2 | Baking tray | | |
| | Fresh potato wedges | 180 | | 30 - 35 | 3 | 2 | Baking tray, AirFry tray | | Turn occasionally/shake |
| | Frozen oven chips | 200 | | 20 - 40 | 3 | 2 | Baking tray, AirFry tray | | Turn occasionally/shake |
| | Frozen potato croquettes | 180 | | 20 - 40 | 3 | 2 | Baking tray, AirFry tray | | Turn occasionally/shake |





Steamify



Fan cooking

| | Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|-----------|-----------------------|---|-------------|------------|--|----------------|-----|--------------------------|-----------|--------------------------------|
| | | | | | | EB7/6 | EB4 | | | |
| Potatoes | Jacket potatoes |  | 100 | | 35 - 50 | 1 | 1 | Steam tray set | Wire rack | |
| | Potato dumplings |  | 95 | | 30 - 40 | 1 | 1 | Steam tray set | Wire rack | |
| | Potato gnocchi |  | 95 | | 25 - 30 | 1 | 1 | Steam tray set | Wire rack | |
| | Potatoes, sous-vide |  | 85 | | 60 - 80 | 3 | 2 | Vacuum pouch | Wire rack | Cook in butter |
| | Sweet potatoes |  | 100 | | 20 - 30 | 1 | 1 | Steam tray set | Wire rack | |
| Dumplings | Bao buns |  | 95 | | 15 - 25 | 1 | 1 | Steam tray set | Wire rack | |
| | Bread dumpling |  | 95 | | 25 - 40 | 1 | 1 | Steam tray set | Wire rack | |
| | Gnocchi |  | 95 | | 20 - 25 | 1 | 1 | Steam tray set | Wire rack | |
| | Knöpfli (Swiss pasta) |  | 95 | | 20 - 30 | 1 | 1 | Steam tray set | Wire rack | |
| | Plum dumpling |  | 95 | | 20 - 30 | 1 | 1 | Steam tray set | Wire rack | |
| | Sweet potato wedges |  | 180 | | 25 - 30 | 2 | 2 | Baking tray, AirFry tray | | Turn occasionally/shake |
| | Yeast dumplings |  | 95 | | 30 - 40 | 1 | 1 | Steam tray set | Wire rack | |
| Pasta | Pasta, fresh |  | 95 | | 15 - 30 | 1 | 1 | Steam tray set | Wire rack | |

Bread and pastries

| Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|--------|--|-------------|------------|--|----------------|-----|--------------------------|-------|--|
| | | | | | EB7/6 | EB4 | | | |
| Bagels |  | 230 *210 | 230 °C | 15 - 20 | 2 | 1 | Baking tray | | Line tray with baking paper |
| Bread |  | 180 | | 40 - 50 | 2 | 1 | Baking tray, pastry tray | | can be started at 230 °C, pre-heat for 5 mins if necessary |



Steamify



Sous-vide cooking



Fan cooking
























Conventional cooking (top/bottom heat)














Bread baking

Bread and pastries










| Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|--------------------------------------|---|-------------|------------|--|----------------|-----|------------------------------|-----------|---|
| | | | | | EB7/6 | EB4 | | | |
| Bread (fresh) |  | 180 | 5 minutes | 8 – 12 | 2 | 1 | Baking tray, pastry tray | | If it's a convenience product, follow the instructions on the packaging |
| Bread (frozen) |  | 190 | 5 minutes | 8 – 15 | 2 | 1 | Wire rack, patisserie tray | | |
| Brioche |  | 180 | | 30 – 35 | 2 | 1 | Tin | Wire rack | |
| Cheese melt roll/baguette |  | 200 | | 25 – 30 | 2 | 1 | Baking tray, patisserie tray | | |
| Croissants (fresh) |  | 190 | 5 minutes | 6 – 10 | 2 | 2 | Baking tray, pastry tray | | If it's a convenience product, follow the instructions on the packaging |
| Focaccia, flat bread |  | 210 | | 25 – 30 | 2 | 1 | Baking tray, patisserie tray | | |
| Garlic bread |  | 180 | 180 °C | 5 – 15 | 2 | 2 | Baking tray, pastry tray | | |
| Pizza (fresh conv.) |  | 220 | 220 °C | 8 – 20 | 2 | 1 | Baking tray, pastry tray | | Follow instructions on packaging |
| Pizza (frozen conv.) |  | 210 | 210 °C | 15 – 20 | 2 | 1 | Baking tray, pastry tray | | Follow instructions on packaging |
| Pizza, homemade, thick crust |  | 220 *210 | | 20 – 25 | 2 | 1 | Baking tray | | Grease the tray |
| Pizza, homemade, thin crust |  | 230 *220 | | 15 – 20 | 2 | 1 | Baking tray | | Grease the tray |
| Naan |  | 230 | 5 minutes | 6 – 8 | 5 | 4 | Baking tray, pastry tray | | Turn halfway through cooking |
| Pide |  | 180 | | 25 – 35 | 3 | 1 | Baking tray | | Grease the tray |
| Rolls/baguette |  | 200 | | 25 – 30 | 2 | 1 | Baking tray, pastry tray | | |
| Rolls/baguette (fresh) |  | 190 | 5 minutes | 6 – 10 | 2 | 2 | Baking tray, patisserie tray | | If it's a convenience product, follow the instructions on the packaging |
| Rolls/baguette (frozen) |  | 180 | 5 minutes | 10 – 20 | 2 | 2 | Wire rack, pastry tray | | |
| Sweet German dumplings (Dampfnudeln) |  | 160 | | 25 – 40 | 1 | 1 | Gratin dish | Wire rack | |
| Sweet yeast dumplings (Buchtein) |  | 160 | | 25 – 40 | 1 | 1 | Gratin dish | Wire rack | |

| Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|--|---|-------------|------------|--|----------------|-----|--------------------------|-------|-------------------------------------|
| | | | | | EB7/6 | EB4 | | | |
| Swiss braided bread |  | 230 *210 | 230 °C | 25 - 35 | 2 | 1 | Baking tray | | After 10 mins, reduce to 180-190 °C |
| Toast |  | 230 | 5 minutes | 1 - 5 | 5 | 4 | Baking tray, pastry tray | | Observe carefully, turn |
| Toasted sandwich, cheese on toast variations |  | 200 | 5 minutes | 3 - 6 | 5 | 4 | Baking tray, pastry tray | | |

Eggs and egg dishes

| Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|-------------------------------|---|-------------|------------|--|----------------|-----|-----------------------------|-----------|--------------------------------|
| | | | | | EB7/6 | EB4 | | | |
| Creams |  | 90 | | 40 - 50 | 1 | 1 | Non-perforated cooking tray | Wire rack | |
| Crème caramel, Crema Catalana |  | 90 | | 20 - 40 | 1 | 1 | Glasses, small bowls | Wire rack | |
| Eggs, hard boiled |  | 100 | | 16 - 20 | 1 | 1 | Steam tray set | Wire rack | |
| Eggs, medium boiled |  | 100 | | 12 - 15 | 1 | 1 | Steam tray set | Wire rack | |
| Eggs, soft boiled |  | 100 | | 10 - 12 | 1 | 1 | Steam tray set | Wire rack | |
| Onsen eggs |  | 64 | | 60 | 3 | 2 | Steam tray set | Wire rack | |
| Royale |  | 80 | | 25 - 30 | 1 | 1 | Non-perforated cooking tray | Wire rack | |
| Set custard |  | 90 | | 35 - 45 | 1 | 1 | Jelly mould | Wire rack | |
| Steamed egg custard |  | 90 | | 25 - 40 | 1 | 1 | Glasses, small bowls | Wire rack | |
| Terrines, meat, fish |  | 90 | | 25 - 35 | 1 | 1 | Terrine | Wire rack | |
| Terrines, vegetables |  | 90 | | 40 - 50 | 1 | 1 | Terrine | Wire rack | |

Fish and seafood

| | Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|---------|---|---|-------------|------------|--|----------------|--------------|-----------------------------|-----------|--|
| | | | | | | EB7/6 | EB4 | | | |
| Fish | Cod |  | 56 | | 20 - 25 | 3 | 2 | Vacuum pouch | Wire rack | |
| | Fish casserole |  | 180 | | 30 - 40 | 2 | 1 | Tin | Wire rack | |
| | Fish fingers |  | 190 | | 20 - 30 | 2 | 2 | Baking tray, AirFry tray | | Turn occasionally/shake |
| | Fish fillet, sous-vide |  | 56 | | 15 - 20 | 3 | 2 | Vacuum pouch | Wire rack | |
| | Fish fillet, steamed |  | 80 | | 10 - 20 | 1 | 1 | Steam tray set | Wire rack | |
| | Fish, whole baked |  | 190 | | 25 - 40 | 3 | 2 | Baking tray | | CT 64 °C |
| | Fish, whole steamed |  | 90 | | 25 - 35 | 1 | 1 | Steam tray set | Wire rack | CT64 °C |
| | Monkfish |  | 62 | | 15 - 20 | 3 | 2 | Vacuum pouch | Wire rack | |
| | Poached trout "au bleu" |  | 80 | | 30 - 40 | 1 | 1 | Non-perforated cooking tray | Wire rack | Poach |
| | Salmon, sous-vide |  | 50 | | 15 - 20 | 3 | 2 | Vacuum pouch | Wire rack | |
| Tuna |  | 59 | | 13 - 15 | 3 | 2 | Vacuum pouch | Wire rack | | |
| Seafood | Coquilles St Jacques |  | 50 | | 12 - 15 | 3 | 2 | Vacuum pouch | Wire rack | |
| | Lobster tail |  | 60 | | 15 - 20 | 3 | 2 | Vacuum pouch | Wire rack | Vacuum with butter |
| | Mussels |  | 85 | | 20 - 30 | 3 | 2 | Vacuum pouch | Wire rack | Vacuum with vegetable and white wine stock |
| | Octopus |  | 77 | | 300 - 360 | 3 | 2 | Vacuum pouch | Wire rack | |
| | Prawns, sous-vide |  | 56 | | 20 - 25 | 3 | 2 | Vacuum pouch | Wire rack | |
| | Prawns, steamed |  | 85 | | 10 - 20 | 1 | 1 | Steam tray set | Wire rack | |
| | Steamed mussels |  | 100 | | 20 - 30 | 1 | 1 | Steam tray set | Wire rack | |



Sous-vide cooking



Steamify





















Fan cooking



Turbo grilling

Meat: veal and poultry

| | Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|---------|-------------------------|---|-------------|------------|--|----------------|-----|----------------|-------------|---|
| | | | | | | EB7/6 | EB4 | | | |
| Poultry | Chicken breast |  | 70 | | 30 - 40 | 3 | 2 | Vacuum pouch | Wire rack | |
| | Chicken breast, steamed |  | 90 | | 25 - 30 | 1 | 1 | Steam tray set | Wire rack | |
| | Chicken leg |  | 190 | | 40 - 50 | 3 | 2 | Wire rack | Baking tray | |
| | Chicken, whole |  | 180 | | 55 - 65 | 2 | 1 | Wire rack | Baking tray | |
| | Chicken wings |  | 200 | | 30 - 40 | 3 | 2 | Wire rack | Baking tray | |
| | Coq au vin |  | 130 | | 60 - 70 | 2 | 2 | Roasting pot | Baking tray | Sear first |
| | Duck breast |  | 60 | | 80 - 90 | 3 | 2 | Vacuum pouch | Wire rack | Sear the skin at the end |
| | Duck, whole |  | 160 | | 120 - 150 | 2 | 1 | Wire rack | Baking tray | |
| | Goose, whole 3 kg |  | 170 | | 150 - 180 | 2 | 1 | Roasting pot | Baking tray | Baste occasionally |
| | Half chicken |  | 200 | | 40 - 50 | 2 | 2 | Wire rack | Baking tray | |
| | Turkey breast |  | 90 | 100 °C | 70 - 90 | 2 | 2 | Wire rack | Baking tray | Sear before or after, CT 70 |
| | Turkey, whole, 4,5 kg |  | 180 | | 180 - 210 | 2 | 1 | Wire rack | Baking tray | Baste occasionally |
| Veal | Fillet |  | 62 | | 60 | 3 | 2 | Vacuum pouch | Wire rack | Sear at the end |
| | Fillet |  | 80 | 90 °C | 90 - 120 | 2 | 2 | Wire rack | Baking tray | Sear before or after, CT 62 |
| | Roast |  | 180 | | 90 - 120 | 2 | 2 | Roasting pot | Baking tray | CT 75 °C |
| | Roast cutlets |  | 180 | | 80 - 100 | 2 | 1 | Wire rack | Baking tray | CT 62 °C |
| | Roasted fillet |  | 170 | | 30 - 50 | 2 | 2 | Wire rack | Baking tray | CT 62 °C |
| | Loin |  | 80 | 90 °C | 150 - 200 | 2 | 2 | Wire rack | Baking tray | Sear before or after roasting, CT 62 °C |



Sous-vide cooking



Steamify



Turbo grilling



































Low temperature cooking



Fan cooking

Meat: veal, lamb, beef and pork

| | Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|------|------------------------|---|-------------|------------|--|----------------|-----|-----------------------------|-------------|---|
| | | | | | | EB7/6 | EB4 | | | |
| Veal | Goulash-style ragout |  | 130 | | 90 - 120 | 2 | 2 | Roasting pot | Baking tray | Sear first |
| | Ossobuco, veal shank |  | 130 | | 90 - 120 | 2 | 2 | Roasting pot | Baking tray | Sear first |
| | Rolled roast |  | 150 | | 120 - 150 | 2 | 2 | Roasting pot | Baking tray | |
| Lamb | Fillet |  | 60 | | 60 | 3 | 2 | Vacuum pouch | Wire rack | |
| | One-pan curry |  | 130 | | 70 - 90 | 2 | 2 | Roasting pot | Baking tray | Sear first |
| | Rack of lamb |  | 230 | | 20 - 25 | 3 | 2 | Wire rack | Baking tray | CT 62 °C |
| | Roast leg of lamb |  | 140 | | 120 - 150 | 2 | 1 | Roasting pot | Baking tray | CT 65 °C |
| | Shoulder |  | 160 | | 50 - 80 | 2 | 2 | Roasting pot | Baking tray | CT 70 °C |
| Beef | Beef fillet, whole |  | 55 | | 90 | 3 | 2 | Vacuum pouch | Wire rack | Sear briefly at the end |
| | Beef fillet, whole |  | 80 | 90 °C | 90 - 150 | 2 | 2 | Wire rack | Baking tray | Sear before or after roasting, CT 57 °C |
| | Beef roulade |  | 120 | | 60 - 70 | 2 | 2 | Roasting pot | Baking tray | Sear first |
| | Beef Wellington |  | 200 *190 | | 35 - 45 | 2 | 1 | Baking tray | | Grease the baking tray, CT 55 °C |
| | Chateau Briand |  | 80 | 90 °C | 45 - 60 | 2 | 2 | Wire rack | Baking tray | Sear before or after roasting, CT 55 °C |
| | Fillet of beef, boiled |  | 85 | | 360 | 3 | 2 | Vacuum pouch | Wire rack | |
| | Fillet of beef, boiled |  | 100 | | 120 - 150 | 2 | 2 | Non-perforated cooking tray | Wire rack | |
| | Fillet steaks |  | 55 | | 50 | 3 | 2 | Vacuum pouch | Wire rack | Sear briefly at the end |
| | Goulash |  | 130 | | 90 - 120 | 2 | 2 | Roasting pot | Baking tray | Sear first |
| | Rib eye |  | 80 | 90 °C | 240 - 300 | 2 | 1 | Wire rack | Baking tray | Sear before or after roasting, CT 57 °C |

| | Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|-----------|---|---|-------------|------------|--|----------------|-----------|----------------|-------------|---|
| | | | | | | EB7/6 | EB4 | | | |
| Beef | Roast beef, entrecôte |  | 200 | | 40 - 60 | 2 | 2 | Wire rack | Baking tray | CT 55 °C |
| | Roast beef, entrecôte |  | 80 | 90 °C | 150 - 200 | 2 | 2 | Wire rack | Baking tray | Sear before or after roasting, CT 55 °C |
| | Saftplätzli (steak in jus) |  | 180 | | 100 - 120 | 2 | 2 | Roasting pot | Baking tray | |
| | Sauerbraten (beef braised in vinegar) |  | 150 | | 100 - 150 | 2 | 2 | Roasting pot | Baking tray | Sear first |
| | Schmorbraten (braised beef) |  | 150 | | 120 - 150 | 2 | 2 | Roasting pot | Baking tray | Sear first |
| | Zigeunerbraten (roast beef in Hungarian-style stock) |  | 150 | | 100 - 150 | 2 | 1 | Roasting pot | Baking tray | |
| Pork | Bacon-wrapped Swiss medallions |  | 220 | 220 °C | 20 - 30 | 2 | 1 | Roasting pot | Baking tray | |
| | Fillet |  | 80 | 90 °C | 40 - 50 | 2 | 2 | Wire rack | Baking tray | Sear before or after roasting, CT 62 °C |
| | Ham roast |  | 160 | | 90 - 120 | 2 | 1 | Roasting pot | Baking tray | |
| | Ham, saddle of pork |  | 90 | | 60 - 120 | 1 | 1 | Steam tray set | Wire rack | CT 80 °C |
| | Ham, steamed |  | 100 | | 60 - 90 | 1 | 1 | Steam tray set | Wire rack | CT 85 °C |
| | Loin |  | 80 | 90 °C | 180 - 210 | 2 | 2 | Wire rack | Baking tray | Sear before or after roasting, CT 62 °C |
| | Pork belly |  | 100 | | 60 - 70 | 1 | 1 | Steam tray set | Wire rack | |
| | Pork Wellington |  | 200 *190 | | 30 - 45 | 2 | 1 | Baking tray | | Grease the tray, CT 62 °C |
| | Pre-cooked knuckle of pork |  | 160 | | 90 - 120 | 2 | 1 | Roasting pot | Baking tray | |
| | Roast |  | 160 | | 90 - 120 | 2 | 1 | Wire rack | Baking tray | Reduce heat during cooking if necessary, CT 85 °C |
| | Roasted fillet |  | 170 | | 35 - 50 | 2 | 2 | Wire rack | Baking tray | CT 62 °C |
| | Smoked roast |  | 150 | | 70 - 90 | 2 | 2 | Roasting pot | Baking tray | CT 85 °C |
| Spareribs |  | 190 | | 35 - 45 | 3 | 2 | Wire rack | Baking tray | | |



Steamify



Sous-vide cooking



Low temperature cooking



Humidity, medium



Conventional cooking (top/bottom heat)




















Turbo grilling





















Pizza setting





Meat: game and other

| | Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|-------|--------------------------------|---|-------------|------------|--|----------------|-----|----------------|-------------|--|
| | | | | | | EB7/6 | EB4 | | | |
| Game | Braised rabbit |  | 130 | | 60 - 90 | 1 | 1 | Roasting pot | Baking tray | Sear first |
| | Leg of hare |  | 160 | | 60 - 70 | 2 | 2 | Roasting pot | Baking tray | CT 70 °C |
| | Leg of venison |  | 205 | | 60 - 90 | 2 | 1 | Wire rack | Baking tray | CT 75 °C |
| | Saddle of hare |  | 190 | | 40 - 50 | 2 | 2 | Wire rack | Baking tray | |
| | Saddle of venison |  | 190 | | 50 - 70 | 2 | 1 | Wire rack | Baking tray | CT 62 °C |
| | Saddle of wild roe |  | 200 | | 20 - 40 | 2 | 2 | Wire rack | Baking tray | CT 62 °C |
| | Venison steak |  | 80 | 90 °C | 50 - 60 | 2 | 2 | Wire rack | Baking tray | Sear before or after roasting, CT 62 °C |
| | Wild boar |  | 150 | | 100 - 150 | 2 | 1 | Roasting pot | Baking tray | |
| | Wild roe stew |  | 130 | | 90 - 120 | 2 | 2 | Roasting pot | Baking tray | Sear first |
| Other | Bratwurst German sausage |  | 200 | 5 minutes | 13 - 15 | 5 | 4 | Baking tray | | Watch carefully, |
| | Burger |  | 230 | | 15 - 20 | 4 | 3 | Baking tray | | Turn after 10 minutes |
| | Hot dog sausage, white sausage |  | 80 | | 15 - 30 | 1 | 1 | Steam tray set | Wire rack | |
| | Kofta |  | 230 | | 12 - 18 | 4 | 3 | Baking tray | | CT 75 °C |
| | Meatloaf |  | 140 | | 60 - 90 | 2 | 2 | Tin | Baking tray | Turn halfway through cooking |
| | Meatloaf |  | 180 | | 50 - 80 | 2 | 1 | Roasting pot | Baking tray | For conventional cookin (top/bottom heat)g, increase temperature by 20 °C and pre-heat, CT 70 °C |
| | Sausage roll |  | 200 | | 25 - 30 | 2 | 2 | Baking tray | | |
| | Saucisson (thick sausage) |  | 90 | | 45 - 60 | 1 | 1 | Steam tray set | Wire rack | Turn halfway through cooking |











Fruit

| Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|-----------------------------|---|-------------|------------|--|----------------|-----|------------------------------|-----------|--|
| | | | | | EB7/6 | EB4 | | | |
| Apples |  | 100 | | 15 – 25 | 1 | 1 | Non-perforated cooking tray | Wire rack | |
| Cherries |  | 100 | | 10 – 12 | 1 | 1 | Non-perforated cooking tray | Wire rack | |
| Dehydrating berries, grapes |  | 100 | | 60 – 90 | 1 | 1 | Non-perforated cooking tray | Wire rack | |
| Dried fruit, fruit drying |  | 70 | | 600 – 900 | 3 | 2 | Baking tray, patisserie tray | | Leave oven door slightly ajar, open occasionally using a spoon or magnet |
| Fruit jam |  | 130 | | 40 – 60 | 1 | 1 | Preserving jars | Wire rack | |
| Gooseberries |  | 100 | | 10 – 12 | 1 | 1 | Non-perforated cooking tray | Wire rack | |
| Greengage |  | 100 | | 10 – 12 | 1 | 1 | Non-perforated cooking tray | Wire rack | |
| Mango |  | 100 | | 10 – 20 | 1 | 1 | Non-perforated cooking tray | Wire rack | |
| Mirabelle plum |  | 100 | | 10 – 20 | 1 | 1 | Non-perforated cooking tray | Wire rack | |
| Mountain cranberries |  | 100 | | 10 – 12 | 1 | 1 | Non-perforated cooking tray | Wire rack | |
| Nectarine |  | 100 | | 10 – 20 | 1 | 1 | Non-perforated cooking tray | Wire rack | |
| Peach |  | 100 | | 10 – 20 | 1 | 1 | Non-perforated cooking tray | Wire rack | |
| Pears |  | 100 | | 15 – 25 | 1 | 1 | Non-perforated cooking tray | Wire rack | |
| Pineapple |  | 100 | | 10 – 20 | 1 | 1 | Non-perforated cooking tray | Wire rack | |
| Plums |  | 100 | | 10 – 20 | 1 | 1 | Non-perforated cooking tray | Wire rack | |
| Preserving pome fruit |  | 160 | | 35 – 45 | 1 | 1 | Preserving jars | Drip pan | See user guide, use water in drip pan with "Preserving" setting |
| Preserving soft fruit |  | 160 | | 35 – 45 | 1 | 1 | Preserving jars | Drip pan | See user guide, use water in drip pan with "Preserving" setting |
| Preserving stone fruit |  | 160 | | 35 – 45 | 1 | 1 | Preserving jars | Drip pan | See user guide, use water in drip pan with "Preserving" setting |

Fruit

| Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|--------------------------|---|-------------|------------|--|----------------|-----|-----------------------------|-----------|--------------------------------|
| | | | | | EB7/6 | EB4 | | | |
| Quinces |  | 100 | | 30 - 45 | 1 | 1 | Non-perforated cooking tray | Wire rack | |
| Raspberries |  | 100 | | 10 - 12 | 1 | 1 | Non-perforated cooking tray | Wire rack | |
| Red/Black/White Currants |  | 100 | | 10 - 12 | 1 | 1 | Non-perforated cooking tray | Wire rack | |
| Sous-vide cooking, fruit |  | 85 | | 20 - 50 | 3 | 2 | Vacuum pouch | Wire rack | |

Pies and pastries: sweet and savoury biscuits and pastries

| Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|----------------------------|---|-------------|------------|--|----------------|-----|----------------|-----------|--|
| | | | | | EB7/6 | EB4 | | | |
| Amaretti biscuits |  | 155 | | 20 - 25 | 2 | 2 | Baking tray | | |
| Cream puff, choux, éclairs |  | 170 | | 30 - 45 | 2 | 2 | Baking tray | | Do not open oven door until end of baking time |
| Cinnamon roll |  | 230 | | 13 - 15 | 2 | 2 | Baking tray | | Line tray with baking paper |
| Cupcakes, muffins |  | 180 *170 | | 35 - 40 | 2 | 1 | Tin | Wire rack | |
| Flaky pastries |  | 200 | | 20 - 30 | 2 | 1 | Baking tray | | |
| Ham croissant |  | 190 *170 | | 20 - 25 | 2 | 2 | Baking tray | | |
| Lemon shortbread biscuits |  | 200 *190 | 200 °C | 12 - 15 | 2 | 1 | Baking tray | | |
| Macarons |  | 100 | | 80 - 100 | 2 | 2 | Baking tray | | Leave oven door slightly ajar, open occasionally using a spoon or magnet |
| Meringues |  | 110 | | 90 - 120 | 2 | 2 | Baking tray | | Leave oven door slightly ajar, open occasionally using a spoon or magnet |
| Nibbles and canapés |  | 200 | 200 °C | 10 - 20 | 2 | 2 | Baking tray | | |

Biscuits



Steamify






















Fan cooking



Conventional cooking (top/bottom heat)



Pizza setting

| | Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|---------|-----------------------------|---|-------------|------------|--|----------------|-----|------------------------------|-----------|---|
| | | | | | | EB7/6 | EB4 | | | |
| | Sweet pastries |  | 140 | | 30 - 40 | 2 | 2 | Baking tray | | |
| Savoury | Börek |  | 220 | 5 minutes | 35 - 40 | 2 | 1 | Baking tray | | Grease the tray |
| | Cheese quiche |  | 190 | | 40 - 50 | 2 | 1 | Tin | Wire rack | |
| | Quiche Lorraine |  | 190 | | 40 - 50 | 2 | 1 | Tin | Wire rack | |
| | Savoury filled pie |  | 180 | | 40 - 50 | 2 | 1 | Tin | Wire rack | |
| | Tarte flambée |  | 230 | | 10 - 15 | 2 | 1 | Baking tray, patisserie tray | | |
| | Wähe (Swiss vegetable tart) |  | 190 | | 45 - 55 | 2 | 1 | Baking tray | | |
| Sweet | Apple cake |  | 160 | | 25 - 30 | 2 | 2 | Tin | Wire rack | |
| | Apple pie |  | 160 | | 70 - 90 | 2 | 2 | Tin | Wire rack | |
| | Baklava |  | 170 | | 35 - 55 | 2 | 1 | Tin | Wire rack | |
| | Brownies |  | 190 | | 30 - 40 | 2 | 1 | Baking tray | | |
| | Bundt cake |  | 180 | | 40 - 45 | 2 | 2 | Tin | Wire rack | |
| | Cheesecake |  | 180 | | 50 - 70 | 2 | 1 | Springform cake tin | Wire rack | |
| | Graubünden nut pastry |  | 200 | | 40 - 50 | 2 | 1 | Tin | Wire rack | |
| | Lemon tart |  | 220 | 220 °C | 20 - 30 | 2 | 1 | Tin | Wire rack | After 15 mins, remove the baking beans (or rice etc.) and return to oven to complete blind baking |
| | Linzer torte |  | 160 | | 40 - 50 | 3 | 2 | Tin | Wire rack | |
| | Sponge tray bake |  | 180 | | 30 - 40 | 2 | 1 | Baking tray | | |
| | Vully tart |  | 200 | 200 °C | 20 - 30 | 2 | 1 | Tin | Wire rack | |
| | Yeast cake tray bake |  | 170 | | 35 - 45 | 2 | 2 | Baking tray | | |



Fan cooking



Conventional cooking (top/bottom heat)



Pizza setting



Steamify

Pies and pastries: sweet

| Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|----------------------------------|---------------|-------------|------------|--|----------------|-----|---------------------|-----------|--|
| | | | | | EB7/6 | EB4 | | | |
| Almond cake | | 190 | | 35 - 40 | 2 | 1 | Tin | Wire rack | |
| Carrot cake | | 180 | 180 °C | 50 - 60 | 2 | 1 | Springform cake tin | Wire rack | |
| Fruit flan | | 200 *180 | | 30 - 45 | 2 | 2 | Tin | Wire rack | |
| Fruit sponge | | 180 | | 50 - 60 | 2 | 1 | Springform cake tin | Wire rack | |
| Fruit tart | | 220 *200 | | 50 - 55 | 2 | 1 | Baking tray | | |
| Lemon loaf cake | | 170 | | 60 - 70 | 2 | 1 | Loaf tin | Wire rack | |
| Lucerne ginger cake | | 165 | | 70 - 80 | 2 | 1 | Springform cake tin | Wire rack | |
| Madeira cake | | 150 | | 70 - 90 | 2 | 1 | Tin | Wire rack | |
| Marble Bundt cake | | 165 | | 55 - 70 | 2 | 1 | Tin | Wire rack | |
| Pavlova | | 120 | | 120 - 180 | 2 | 2 | Baking tray | | Leave oven door slightly ajar, open occasionally using a spoon or magnet |
| Quark/curd cheesecake | | 170 | | 70 - 90 | 2 | 1 | Tin | Wire rack | |
| Rosenkuchen yeast cake | | 170 | | 40 - 50 | 2 | 2 | Tin | Wire rack | |
| Russenzopf brioche hazelnut cake | | 180 | | 40 - 50 | 2 | 2 | Loaf tin | Wire rack | |
| Sachertorte | | 180 | 180 °C | 50 - 60 | 2 | 1 | Springform cake tin | Wire rack | |
| Savarin | | 180 | 180 °C | 25 - 35 | 2 | 1 | Tin | Wire rack | |
| Shortcrust pastry case | | 155 | | 25 - 30 | 3 | 2 | Tin | Wire rack | |
| Shortcrust pastry tart | | 170 | | 40 - 50 | 3 | 2 | Tin | Wire rack | |
| Sponge cake | | 170 | | 55 - 75 | 2 | 1 | Loaf tin | Wire rack | |



Conventional cooking (top/bottom heat)











Pizza setting










Fan cooking



Steamify

| Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|---------------------------------|---|-------------|------------|--|----------------|-----|---------------------|-----------|---|
| | | | | | EB7/6 | EB4 | | | |
| Sponge cake layers |  | 160 | | 30 - 40 | 2 | 1 | Springform cake tin | Wire rack | For conventional cooking, increase temperature by 20 °C and pre-heat |
| Strudel |  | 200 | | 40 - 50 | 2 | 2 | Baking tray | | |
| Sweet yeast cake |  | 180 | | 35 - 45 | 2 | 1 | Tin | Wire rack | |
| Swiss Easter tart (Osterladen) |  | 180 | | 45 - 55 | 2 | 1 | Tin | Wire rack | |
| Swiss roll |  | 230 | 230 °C | 8 - 10 | 2 | 2 | Baking tray | | Line tray with baking paper |
| Tarte Tatin |  | 220 *200 | 220 °C | 35 - 45 | 2 | 1 | Tin | Wire rack | Cook the apples in caramel for approx. 20 mins, cover with the crust and bake for approx. 15 mins |
| Tyrolean nut cake |  | 170 | | 55 - 75 | 2 | 1 | Loaf tin | Wire rack | |
| Zupfkuchen chocolate cheesecake |  | 170 | | 70 - 80 | 2 | 1 | Springform cake tin | Wire rack | |

Vegetables

| Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|----------------------|---|-------------|------------|--|----------------|-----|-----------------------------|-----------|--------------------------------|
| | | | | | EB7/6 | EB4 | | | |
| Artichokes |  | 100 | | 50 - 60 | 1 | 1 | Steam tray set | Wire rack | |
| Artichoke SousVide |  | 95 | | 40 - 60 | 3 | 2 | Vacuum pouch | Wire rack | |
| Aubergines |  | 180 | | 30 - 40 | 1 | 1 | Baking tray | | |
| Aubergine SousVide |  | 85 | | 55 - 60 | 3 | 2 | Vacuum pouch | Wire rack | After cooking, glaze in butter |
| Baked squash |  | 180 | | 25 - 35 | 2 | 2 | Baking tray | | Turn occasionally/shake |
| Beans, green |  | 100 | | 25 - 45 | 1 | 1 | Steam tray set | Wire rack | |
| Beans, kidney, black |  | 100 | | 50 - 70 | 1 | 1 | Non-perforated cooking tray | Wire rack | Soaked, just covered in water |



Fan cooking



Conventional cooking (top/bottom heat)








































Steamify



Sous-vide cooking

Vegetables

| Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|-----------------------|---|-------------|------------|--|----------------|-----|----------------|-----------|--------------------------------|
| | | | | | EB7/6 | EB4 | | | |
| Beetroot |  | 100 | | 60 - 90 | 1 | 1 | Steam tray set | Wire rack | |
| Bell pepper |  | 180 | | 25 - 35 | 2 | 2 | Steam tray set | Wire rack | |
| Black Salsify |  | 100 | | 30 - 40 | 1 | 1 | Steam tray set | Wire rack | |
| Blanching, vegetables |  | 100 | 5 minutes | 8 - 12 | 1 | 1 | Steam tray set | Wire rack | |
| Broccolil |  | 100 | 100 °C | 10 - 20 | 1 | 1 | Steam tray set | Wire rack | |
| Brussels Sprouts |  | 100 | | 30 - 40 | 1 | 1 | Steam tray set | Wire rack | |
| Carrots |  | 100 | | 25 - 35 | 1 | 1 | Steam tray set | Wire rack | |
| Catalogna chicory |  | 100 | | 20 - 30 | 1 | 1 | Steam tray set | Wire rack | |
| Cauliflower |  | 100 | | 25 - 35 | 1 | 1 | Steam tray set | Wire rack | |
| Celeriac |  | 100 | | 20 - 30 | 1 | 1 | Steam tray set | Wire rack | |
| Celery |  | 100 | | 20 - 30 | 1 | 1 | Steam tray set | Wire rack | |
| Chayote squash |  | 100 | | 40 - 50 | 1 | 1 | Steam tray set | Wire rack | |
| Chestnuts |  | 100 | | 25 - 35 | 1 | 1 | Steam tray set | Wire rack | |
| Chickpeas |  | 100 | | 25 - 35 | 1 | 1 | Steam tray set | Wire rack | Soaked |
| Chicory |  | 180 | | 20 - 30 | 1 | 1 | Steam tray set | Wire rack | |
| Chinese Cabbage |  | 100 | | 25 - 35 | 1 | 1 | Steam tray set | Wire rack | |
| Corn on the cob |  | 100 | | 35 - 45 | 1 | 1 | Steam tray set | Wire rack | Fry briefly in butter at end |
| Courgette |  | 180 | | 25 - 30 | 1 | 1 | Steam tray set | Wire rack | |

| Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|-----------------------------------|--|-------------|------------|--|----------------|-----|------------------------------|-----------|--|
| | | | | | EB7/6 | EB4 | | | |
| Dried beans |  | 100 | | 40 - 50 | 1 | 1 | Non-perforated cooking tray | Wire rack | Soaked |
| Dried vegetables, dried mushrooms |  | 70 | | 180 - 600 | 3 | 2 | Baking tray, patisserie tray | | Leave oven door slightly ajar, open occasionally using a spoon or magnet |
| Fennel |  | 100 | | 20 - 30 | 1 | 1 | Steam tray set | Wire rack | |
| Green asparagus |  | 100 | | 15 - 25 | 1 | 1 | Steam tray set | Wire rack | |
| Green asparagus, sous-vide |  | 85 | | 25 - 40 | 3 | 2 | Vacuum pouch | Wire rack | |
| Jerusalem artichoke |  | 110 | | 15 - 20 | 1 | 1 | Steam tray set | Wire rack | |
| Kale |  | 100 | | 40 - 50 | 1 | 1 | Steam tray set | Wire rack | |
| Kale crisps |  | 130 | | 35 - 45 | 2 | 2 | Baking tray, AirFry tray | | Turn occasionally/shake |
| Kalettes |  | 100 | | 25 - 35 | 1 | 1 | Steam tray set | Wire rack | |
| Kohlrabi |  | 100 | | 20 - 30 | 1 | 1 | Steam tray set | Wire rack | |
| Leafy carrots |  | 100 | | 15 - 20 | 1 | 1 | Steam tray set | Wire rack | |
| Leek |  | 100 | | 20 - 40 | 1 | 1 | Steam tray set | Wire rack | |
| Lettuce |  | 100 | | 15 - 20 | 1 | 1 | Steam tray set | Wire rack | |
| Mushrooms |  | 100 | | 15 - 20 | 1 | 1 | Steam tray set | Wire rack | |
| Navette turnip |  | 100 | | 25 - 35 | 1 | 1 | Steam tray set | Wire rack | |
| Okra |  | 62 | | 15 - 20 | 3 | 2 | Vacuum pouch | Wire rack | |
| Onion |  | 180 | | 25 - 30 | 1 | 1 | Steam tray set | Wire rack | |
| Oven roasted vegetables |  | 180 | | 30 - 35 | 2 | 2 | Baking tray | | Turn occasionally/shake |
| Pak choi |  | 100 | | 20 - 30 | 1 | 1 | Steam tray set | Wire rack | |



Steamify



Drying





















Sous-vide cooking



Fan cooking

Vegetables








| Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|-------------------------------|---|-------------|------------|--|----------------|-----|------------------------------|-----------|---|
| | | | | | EB7/6 | EB4 | | | |
| Parsnip |  | 110 | | 20 - 25 | 1 | 1 | Steam tray set | Wire rack | |
| Peas |  | 100 | | 15 - 25 | 1 | 1 | Steam tray set | Wire rack | |
| Peeling tomatoes |  | 100 | 100 °C | 3 | 1 | 1 | Steam tray set | Wire rack | |
| Pickled gherkins |  | 90 | | 40 - 60 | 1 | 1 | Preserving jars | Wire rack | |
| Preserving vegetables |  | 160 | | 50 - 60 | 1 | 1 | Preserving jars | Drip pan | See user guide, use water in drip pan with "Preserving" setting |
| Red Cabbage |  | 100 | | 60 - 90 | 1 | 1 | Steam tray set | Wire rack | |
| Rhubarb |  | 100 | | 15 - 25 | 1 | 1 | Steam tray set | Wire rack | |
| Roast chestnuts |  | 200 | | 25 - 35 | 3 | 2 | Patisserie tray, AirFry tray | | Turn occasionally/shake |
| Romanesco broccoli |  | 100 | | 20 - 30 | 1 | 1 | Steam tray set | Wire rack | |
| Sauerkraut |  | 100 | | 60 - 90 | 1 | 1 | Steam tray set | Wire rack | |
| Shallots |  | 100 | | 20 - 30 | 1 | 1 | Steam tray set | Wire rack | |
| Sous-vide cooking, vegetables |  | 85 | | 20 - 60 | 3 | 2 | Vacuum pouch | Wire rack | |
| Squash |  | 100 | | 20 - 40 | 1 | 1 | Steam tray set | Wire rack | |
| Spinach |  | 100 | 100 °C | 5 - 10 | 1 | 1 | Steam tray set | Wire rack | |
| Sugar snap peas |  | 100 | 100 °C | 10 - 20 | 1 | 1 | Steam tray set | Wire rack | |
| Swiss chard |  | 100 | | 20 - 30 | 1 | 1 | Steam tray set | Wire rack | |
| Savoy cabbage |  | 100 | | 25 - 35 | 1 | 1 | Steam tray set | Wire rack | |
| Sweetcorn |  | 100 | | 35 - 45 | 1 | 1 | Steam tray set | Wire rack | |





Steamify



Sous-vide cooking

| Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|----------------------------|---|-------------|------------|--|----------------|-----|----------------|-----------|--------------------------------|
| | | | | | EB7/6 | EB4 | | | |
| Tomatoes |  | 100 | | 10 - 20 | 1 | 1 | Steam tray set | Wire rack | |
| Turnip |  | 100 | | 30 - 40 | 1 | 1 | Steam tray set | Wire rack | |
| Vegetables, stuffed |  | 170 | | 35 - 45 | 2 | 2 | Baking tray | | |
| White asparagus |  | 100 | | 20 - 35 | 1 | 1 | Steam tray set | Wire rack | |
| White asparagus, sous-vide |  | 85 | | 40 - 50 | 3 | 2 | Vacuum pouch | Wire rack | |
| White cabbage |  | 100 | | 60 - 90 | 1 | 1 | Steam tray set | Wire rack | |
| Yellow carrot |  | 110 | | 20 - 25 | 1 | 1 | Steam tray set | Wire rack | |

Steam regenerating

| Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|----------------|---|-------------|------------|--|----------------|-----|----------------|-----------|--------------------------------|
| | | | | | EB7/6 | EB4 | | | |
| One-plate meal |  | 110 | | 8 - 12 | 2 | 1 | Plate | Wire rack | |
| Soup, stew |  | 110 | | 15 - 25 | 2 | 1 | Bowl | Wire rack | KT 70 °C |



Steamify












Sous-vide cooking



Steam regenerating

Other

| Food | Heat function | Temp. in °C | Preheating | Cooking time (mins) without preheating | Shelf position | | Tray/container | Shelf | Tips and core temperature (CT) |
|---------------------------------|---|-------------|------------|--|----------------|-----|----------------|-----------|------------------------------------|
| | | | | | EB7/6 | EB4 | | | |
| Greek yoghurt | Yoghurt | 42 | | 480 - 600 | 1 | 1 | Glasses | Wire rack | Do not move, leave to cool in oven |
| Heating baby food |  | 100 | | 5 - 8 | 1 | 1 | Glasses | Wire rack | Stir and check temperature |
| Heating cherry stone heat packs |  | 90 | | 15 - 25 | 3 | 2 | Wire rack | | Turn occasionally/ shake |
| Hot stone for massage treatment |  | 80 | | 15 - 25 | 1 | 1 | Wire rack | | |
| Hot towels |  | 80 | | 15 - 20 | 1 | 1 | Wire rack | Wire rack | |
| Melting chocolate |  | 100 | | 15 - 20 | 1 | 1 | Bowl | Wire rack | Pour off condensation |
| Pizza stone | | | | | | | | | Profi Steam temperature is too low |
| Proving dough |  | 35 | | 45 - 90 | 1 | 1 | Bowl | Wire rack | Dough should double in size |
| Roasted nuts, party nuts |  | 180 | | 13 - 20 | 2 | 2 | Baking tray | | Turn occasionally/shake |
| Salt stone | | | | | | | | | Profi Steam temperature is too low |
| Soft yoghurt | Yoghurt | 42 | | 360 - 480 | 1 | 1 | Glasses | Wire rack | Do not move, leave to cool in oven |
| Sterilising bottles |  | 100 | | 15 - 20 | 1 | 1 | Wire rack | | Place on rack in upturned position |
| Warm compress |  | 90 | | 15 - 20 | 1 | 1 | Wire rack | | |



Steam regenerating



Fan cooking



Steamify



Dough proving



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