



## 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:

**Phone 044 405 82 43**  
**fachberatung@electrolux.ch**

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

- [www.electrolux.ch/de-ch/local/recipes](http://www.electrolux.ch/de-ch/local/recipes)
- [www.electrolux.ch/fr-ch/local/cooking-club/recipes](http://www.electrolux.ch/fr-ch/local/cooking-club/recipes)
- [www.electrolux.ch/it-ch/local/cooking-club/recipes](http://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/](http://www.electrolux.ch/de-ch/local/recipes/)
- [www.electrolux.ch/fr-ch/local/cooking-club/recipes](http://www.electrolux.ch/fr-ch/local/cooking-club/recipes)
- [www.electrolux.ch/it-ch/local/cooking-club/recipes](http://www.electrolux.ch/it-ch/local/cooking-club/recipes)

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# Important additional information

## Shelf position

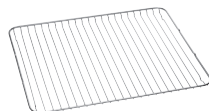


The specification plate on the oven indicates whether your Electrolux built-in oven is an EB7 (H 76 cm), EB6 (H 60 cm) or an EB4 (H 45 cm).



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



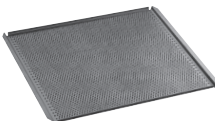
Wire rack



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





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Fan cooking

	Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4	Tray/container	Shelf	Tips and core temperature (CT)
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 EB7/6 EB4	Tray/container	Shelf	Tips and core temperature (CT)
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 EB7/6 EB4		Tray/container	Shelf	Tips and core temperature (CT)
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 (Buchtejn)		160		25 – 40	1	1	Gratin dish	Wire rack	



Steamify



Bread baking



Pizza setting






Fan cooking














Conventional cooking (top/bottom heat)



Grill

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6      EB4		Tray/container	Shelf	Tips and core temperature (CT)
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 EB7/6      EB4		Tray/container	Shelf	Tips and core temperature (CT)
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	



Conventional cooking (top/bottom heat)



Grill





















Steamify



Sous-vide cooking



# 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 EB7/6	Shelf position EB4	Tray/container	Shelf	Tips and core temperature (CT)
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 EB7/6	EB4	Tray/container	Shelf	Tips and core temperature (CT)
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), increase temperature by 20 °C and pre-heat, CT70 °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







Steamify













Drying

# Fruit

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4		Tray/container	Shelf	Tips and core temperature (CT)
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 EB7/6 EB4		Tray/container	Shelf	Tips and core temperature (CT)
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 EB7/6	EB4	Tray/container	Shelf	Tips and core temperature (CT)
Savoury	Sweet pastries		140		30 - 40	2	2	Baking tray		
	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 EB7/6 EB4		Tray/container	Shelf	Tips and core temperature (CT)
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 EB7/6 EB4		Tray/container	Shelf	Tips and core temperature (CT)
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 EB7/6 EB4		Tray/container	Shelf	Tips and core temperature (CT)
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 EB7/6      EB4	Tray/container	Shelf	Tips and core temperature (CT)
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 EB7/6	EB4	Tray/container	Shelf	Tips and core temperature (CT)
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 EB7/6      EB4		Tray/container	Shelf	Tips and core temperature (CT)
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 EB7/6      EB4		Tray/container	Shelf	Tips and core temperature (CT)
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 EB7/6      EB4		Tray/container	Shelf	Tips and core temperature (CT)
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 EB7/6 EB4		Tray/container	Shelf	Tips and core temperature (CT)
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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