

CONVECTION STEAM OVEN REFERENCE GUIDE

 = STEAM
  = CONVECTION
  = CONV. STEAM
  = CONV. HUMID
  = AUTO STEAM BAKE
  = REHEAT

VEGETABLES	MODE	TEMPERATURE	COOK TIME / PROBE TIME	RACK POSITION	PAN
Artichokes		210°F (99°C)	28–32 min	1 + 2	
Asparagus		210°F (99°C)	10–12 min	1 + 2	
Beans, green		210°F (99°C)	15–17 min	1 + 2	
Broccoli		210°F (99°C)	12–14 min	1 + 2	
Brussels sprouts		210°F (99°C)	12–15 min	1 + 2	
Cabbage, chopped		210°F (99°C)	22–26 min	1 + 2	
Carrots, mini peeled		210°F (99°C)	17–19 min	1 + 2	
Cauliflower		210°F (99°C)	16–18 min	1 + 2	
Corn kernels		210°F (99°C)	8–10 min	1 + 2	
Corn on the cob		210°F (99°C)	22–28 min	1 + 2	
Fennel		210°F (99°C)	9–12 min	1 + 2	
Frozen vegetables		210°F (99°C)	10–15 min	1 + 2	
Peas, sugar snap		210°F (99°C)	12–14 min	1 + 2	
Spinach, leaf		210°F (99°C)	6–9 min	1 + 2	
Zucchini, yellow squash		210°F (99°C)	3–5 min	1 + 2	
GRAINS/STARCHES	MODE	TEMPERATURE	COOK TIME / PROBE TEMP	RACK POSITION	PAN
Lentils with liquid		210°F (99°C)	20–40 min	2	
Potatoes, baby		210°F (99°C)	25–30 min	1 + 2	
Potatoes, diced		210°F (99°C)	17–22 min	1 + 2	
Potatoes, medium		210°F (99°C)	40–45 min	1 + 2	
Rice with liquid		210°F (99°C)	30–40 min	2	
EGGS	MODE	TEMPERATURE	COOK TIME / PROBE TEMP	RACK POSITION	PAN
Hard boiled		210°F (99°C)	19–21 min	1 + 2	
FISH AND SEAFOOD	MODE	TEMPERATURE	COOK TIME / PROBE TEMP	RACK POSITION	PAN
Fish fillet		210°F (99°C)	7–12 min	1 + 2	
Frozen crab legs (split)		210°F (99°C)	12–18 min	1 + 2	
Frozen crab legs (whole)		210°F (99°C)	16–25 min	1 + 2	
Mussels, Clams, Oysters		210°F (99°C)	12–24 min	1 + 2	
Shrimp		210°F (99°C)	7–10 min	1 + 2	