Convection Steam Oven
Cooking Guide

Cooking Guide

MEATS AND POULTRY	MODE	TEMPERATURE	COOK TIME/PROBE TEMP	RACK POSITION	PAN/RACK
Bacon	Conv Steam	440°F	16–22 min	2	Enameled pan
Chicken, breasts	Conv Steam	410°F	10–15 min / 165°F	2	Enameled pan
Chicken, breasts	Steam	210°F	10–18 min / 165°F	2	Perforated pan*
Chicken, legs and thighs	Conv Steam	430°F	20–25 min / 175°F	2	Enameled pan
Chicken, wings	Conv Steam	425°F	40 min	2	Enameled pan with rack
Chicken, whole	Conv Humid	385°F	45–60 min / 165°F	2	Enameled pan
Ham, ½" thick slices	Steam	210°F	10–15 min	2	Perforated pan*
Ham, whole	Conv Humid	325°F	19 min per lb / 150°F	2	Enameled pan
Hot dogs	Steam	190°F	10–12 min	2	Perforated pan*
Meatloaf	Conv Humid	345°F	45–60 min / 165°F	1	Enameled pan
Turkey, breast	Conv Humid	325°F	45–60 min / 165°F	1	Enameled pan
Turkey, whole (10–12 lbs)	Conv Steam	355°F	60–85 min / 165°F	1	Enameled pan

FISH AND SEAFOOD	MODE	TEMPERATURE	COOK TIME	RACK POSITION	PAN/RACK
Fish fillet	Steam	180°F	7–12 min	2	Perforated pan*
Frozen crab legs, split	Steam	210°F	12–18 min	2	Perforated pan*
Frozen crab legs, whole	Steam	210°F	16–25 min	2	Perforated pan*
Lobster, tail in shell	Steam	170°F	2 min per oz	2	Perforated pan*
Mussels, clams, oysters	Steam	210°F	12–24 min	2	Perforated pan*
Shrimp	Steam	210°F	7–10 min	2	Perforated pan*

BAKED GOODS	MODE	TEMPERATURE	COOK TIME	RACK POSITION	PAN/RACK
Bundt cake†	Conv Humid	325°F	50–65 min	2	Oven rack
Cinnamon rolls	Bread & Pastry	350°F	25 min	2	Oven rack
Cookies	Convection	325°F	11–13 min	2	Enameled pan
Muffins†	Conv Humid	350°F	20–25 min	2	Oven rack
Sponge cake†	Convection	325°F	50–65 min	2	Oven rack
Tart†	Convection	350°F	35–45 min	2	Oven rack

**Place solid pan in rack position 1 to catch drippings. †Preheat oven.*

WOLF

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VEGETABLES	MODE	TEMPERATURE	COOK TIME	RACK POSITION	PAN/RACK
Artichokes	Steam	210°F	28–32 min	2	Perforated pan*
Asparagus	Steam	210°F	8–12 min	2	Perforated pan*
Beans, green	Steam	210°F	10–15 min	2	Perforated pan*
Broccoli	Steam	210°F	9–12 min	2	Perforated pan*
Brussels sprouts	Steam	210°F	8–12 min	2	Perforated pan*
Cabbage, chopped	Steam	210°F	12–16 min	2	Perforated pan*
Carrots, mini peeled	Steam	210°F	12–15 min	2	Perforated pan*
Cauliflower	Steam	210°F	10–15 min	2	Perforated pan*
Corn on the cob	Steam	210°F	20–25 min	2	Perforated pan*
Frozen vegetables	Steam	210°F	10–15 min	2	Perforated pan*
Mushrooms, quartered	Convection	375°F	15–25 min	2	Enameled pan
Peas, sugar snap	Steam	210°F	9–12 min	2	Perforated pan*
Spinach, leaf	Steam	210°F	7–10 min	2	Perforated pan*
Winter squash, ½" cubes	Conv Humid	375°F	15–25 min	2	Enameled pan
Zucchini, yellow squash	Steam	210°F	5–8 min	2	Perforated pan*

GRAINS AND STARCHES	MODE	TEMPERATURE	COOK TIME	RACK POSITION	PAN/RACK
Baked potato	Convection	400°F	40–60 min / 200°F	2	Oven rack
French fries, fresh cut	Conv Steam	425°F	35–40 min	2	Enameled pan with rack
Pasta (salted water to cover)	Steam	210°F	20–25 min	2	Oven rack
Potatoes, baby	Steam	210°F	20–25 min	2	Perforated pan*
Potatoes, diced	Steam	210°F	17–22 min	2	Perforated pan*
Potatoes, medium	Steam	210°F	30–40 min	2	Perforated pan*
Potatoes, roasted	Conv Steam	445°F	40 min	2	Enameled pan
Rice, brown (washed) 1:2 †	Steam	210°F	60 min	2	Oven rack
Rice, white (washed) 1:1 †	Steam	210°F	25 min	2	Oven rack
Rice, wild (washed) 1:2½ †	Steam	210°F	75–80 min	2	Oven rack
Sweet potato	Convection	425°F	60–80 min / 200°F	2	Enameled pan

EGGS	MODE	TEMPERATURE	COOK TIME	RACK POSITION	PAN/RACK
Eggs in ramekins (runny–firm)	Steam	210°F	8–14 min	2	Oven rack
Eggs in shell (runny–firm)	Steam	210°F	12–21 min	2	Oven rack
Hard boiled	Steam	210°F	19–21 min	2	Perforated pan*

**Place solid pan in rack position 1 to catch drippings. † Rice to water ratio.*