

S M E G SUPER START GUIDE

S M E G S T E A M C O M B I N A T I O N O V E N S U I T A B L E F O R S 4 5 V C & S C 4 5 V C

FOR THE FIRST TIME:



SETTING THE CLOCK

The oven will not operate unless the clock has been set. The display will show a flashing '00:00'. Turn the left-hand dial to the right / left to set the time. Depress the dial to confirm.

SETTING THE WATER HARDNESS

After setting the clock, the alternative display will show 'Dur' and the pre-set water hardness setting of 'MED'. Turn the left dial to increase / decrease the water hardness level. To accurately set the water harness, contact your local water board and refer to the chart in the instruction booklet.

PREPARING YOUR OVEN FOR USE

In order to remove any oily residues leftover from the manufacturing process, it is important to burn your oven off.

Press in the right-hand dial to switch the steam oven on. In order for the steam combination oven to work, the water reservoir must be full. Remove the reservoir and place back into the steam oven. The cooking function options will illuminate. Turn the dial to the right until the fan symbol illuminates. Using the left-hand dial depress to confirm the pre-set time. It is now possible to amend the temperature. Turn the dial to the right to increase the temperature to the maximum of 220°C. Depress to confirm and to start.

ADJUSTING THE CLOCK

Depress and hold the right-hand dial for a few seconds until the clock display flashes. Turn the left-hand dial to the right / left to set the time. Depress the dial to confirm.

MAINTENANCE

Cleaning should be carried out after each use. Take a soft absorbent cloth to remove any excess moisture from the cavity. Empty the water jug and leave the door open for the steam oven to completely dry.

Descaling of the steam oven is essential. The appliance will prompt you by displaying 'CAL' in the display. The frequency of descaling will depend on the water hardness levels and how frequently the appliance is used. The process takes approximately 30 minutes to complete.

To start the descaling process, hold down the left-hand dial until 'ENTR CAL' appears in the display. Turn the dial to the right and at the same time hold down the right-hand dial. '0.5L' will be displayed. Using a coffee machine/kettle liquid descaling agent pour in 0.5 litres of the solution. Press the right-hand dial to confirm the start. After the descaling process has been carried out, the machine will require rinsing. '1.0L' will appear in the display. You will need to do this twice. 'End' will appear in the display to indicate the descaling is complete.

QUICK TIP

UNLIKE a microwave, the steam oven times do not increase with the quantity of food. The time will only increase if the density increases. Cut vegetables to even shapes and sizes.

ONLY cover foods if the consistency might change with the addition of moisture. i.e. a casserole may become too liquid.

"The steam oven can do so much more than cook just fish and vegetables."

"I never knew that it could cook, reheat and defrost. The results are so much better than using a microwave."

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STEAM COOKING FUNCTIONS

FOOD TYPE	TEMPERATURE °C
FISH	80°C - 100°C
VEGETABLES	90°C - 100°C
MEAT / CASSEROLES / CURRIES/SOUP	100°C
PASTA / RICE / PULSES	100°C
REHEATING	100°C
DEFROSTING / PROVING	40°C - 60°C

Cooking times are calculated from when the steam function has preheated. The steam function takes approximately 5 minutes to get up to temperature. The water jug will last, if uninterrupted, for approximately 1 hour.

COOKING TIPS FOR STEAM COOKING



PASTA and RICE, when cooked at 100°C, will take the same time as it would to boil on the hob. Place the pasta and rice into a solid stainless steel container and cover with 1cm of water.



EGGS can be boiled, scrambled or poached, at 100°C using the steam function. For the perfect boiled egg, place the egg onto a perforated steam container and cook 3-5 minutes for a soft boil and 8-10 minutes for a hardboiled egg. For scrambled egg, place the beaten egg, milk, butter and seasoning into a solid steam container. Cover. Every couple of minutes loosen the egg mixture with a fork. To make poached eggs pour boiling water into a solid steam container, with a drop of vinegar. Steam for approximately 3-4 minutes.



VEGETABLES are perfect when cooked using the steam function as they retain their colour, flavour and nutritional content. For dense vegetables such as potatoes, swede and parsnip cook at 100°C for the same time as it would take to boil on the hob. For broccoli, carrots they will take less time in the steam oven taking 5 minutes for an al dente finish, or up to 8 minutes for a soft finish.



FISH, being delicate in nature, is great cooked using the steam function. For oily fish such as a salmon or trout fillets, cook at 100°C for approximately 5 minutes. For delicate white fish, including cod and haddock cook at 80°C, also for 5 minutes. All fish should be cooked in a perforated container, and placed on the bottom shelf of the steam oven to ensure that the fish juices don't drip onto other items in the steam oven.



MEAT can be cooked in the steam function, but is best cooked in the combination mode to ensure browning of the meat. However, casseroles and curries work beautifully. Prepare the casserole as if you were to cook it in the oven. Place into a stainless steel container; cover with a lid or foil and depending on how tender the cut of meat cook for 45 minutes to 3 hours to cook.



SOUPS cooked using the steam function have great flavour and require little monitoring as they won't boil over. For a vegetable soup, steam the vegetables first; add the stock and steam at 100°C. Process for a smooth consistency. The steam function is also ideal for making stock.



PORRIDGE is simple and easy using the steam function. Place in a solid steam container, with a lid or foil and steam at 100°C for the same time as you would cook it in a microwave. For a creamier finish, stir half way through.

TASKS YOU WOULD HAVE USED YOUR MICROWAVE FOR

REHEATING FOOD, using the steam function does not dry out the food and can enhance the moisture content. A plated meal, covered with foil will take approximately 10-12 minutes. Ready meals will take approximately double the time stated on the packaging.

DEFROSTING is possible using the steam function. Times will vary, but defrosting usually takes half the time it would take to defrost left covered on the kitchen side.

SKINNING OF TOMATOES and peppers is simple using the steam function. Make a small cross in the skin of the tomato, using a knife, and steam for 1 minute. Peppers have a tough skin, and will take up to 4-6 minutes to loosen the skin for peeling.

CHOCOLATE can be melted using the steam function. There is little chance of burning the chocolate. Place into a stainless steel container and cover with foil. Steam for 1 minute.

HOT TOWELS for a home facial, pre-shave or to serve after a meal is simple using the steam function. Dampen towel with water, roll and steam for 1 minute.

OTHER TIPS & COOKING FUNCTIONS

CONTAINERS should ideally be stainless steel and not ceramic. Stainless steel is better at conducting the heat and the food will benefit from quicker cooking times.

AUTOMATIC functions are available for meat, fish, vegetables, reheating and sterilising and defrosting. See the instruction booklet for details.

CIRCULAIRE uses the fan and allows cooking on many levels. The temperature range from 40 - 220°C. Ideal for cooking several items at once, with no cross transference of flavours. For foods that take less than 20 minutes to fan cook, it is not necessary to preheat the steam combination oven.

GRILL is ideal for grilling meat and browning. Use the wire rack with a solid roasting tray below.

HOT AIR & Grill uses a mixture of the fan and grill. This is ideal for cooking thicker cuts of meat and accelerating the browning of traditionally fan cooked foods. It is preferable to use a wire rack and solid roasting tray below.

HOT AIR & Steam combines both cooking functions to provide moist baking and juicy roasting results. It is ideal for bread, puff pastry and joints of meat. Use the same cooking times and temperatures to provide the enhanced result.