

Table 1

| | Type | Type | Temperature | Time | Comments |
|------------------------|---|--------------------------|-------------|----------------------------------|--|
| Beef | Burgers, 1/4 lb patties | Steam | 130 | 1h | Rare meat, then pan seared |
| Beef | Meatloaf from scratch in a loaf pan | Convection Bake | 375 | 30m | Unmold loaf; invert and Bake Steam @ 375F about 30 min to 140F internal temp. Glaze with sauce and Broil on 500F until brown |
| Beef | Rib Eye Steaks | Bake Steam | 140 | 2h | |
| Beef | Short Ribs | Bake Steam | 325 | 2h | don't need much liquid |
| Bread, French | Recipe from Shelby | | | | http://www.thesisterscafe.com/2008/02/grandmas-french-bread |
| Bread, sandwich | https://www.kingarthurflour.com/recipes/walter-sands-basic-white-bread-recipe | Bread setting | | 25 min or until 190F inside loaf | |
| Breads | Brioche Bun for a Hamburger | Bake Steam then #3 Toast | 300 | for 5 min then Toast | |
| Breads | English Muffins cut in half | Toast | #7 | | |
| Breads | Flat Bread with cooked veggies, cheese and an egg | Bake Steam | 450 | 5 - 6 m | |
| Breads | Flat Breads with a slice of potato | Bread | 450 | 20 - 22 m | |
| Breads | Focaccia Breads from Ken Forkish, Saturday White Bread, 1/4 of a recipe spread on baking pan | Bread | 425 | 18 - 20 m | |
| Breads | refresh stale bread and a stale roll. | Bake Steam | 300 | 7m and 4 m respectively | Others have used 2-3 min BakeSteam @ 300-350F Depends on the bread. |
| Breads | Toast | Toast | #2 | repeat cycle twice | |
| Breads | Leftover tortillas | Bake Steam | 250 | 1 to 2 min | |
| Breads | Leftover pita from freezer | Bake Steam | 275 | 3m | |
| Breads | Individual Yorkshire Puddings from Food52 https://food52.com/blog/23498-yorkshire-pudding-table-for-one | Convection Bake | 400 | 20m | |
| Dessert | Flan | Steam | 190 | 40m | 250 ml milk, 50 ml heavy cream, 2 tsp sugar, vanilla & 3 eggs; strained over a caramel in the dish https://www.simplyrecipes.com/recipes/caramel_sauce/ |

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| Eggs | 3 eggs in a buttered ramekin with cream and cheese | Bake Steam | 170 | 45m | |
| Eggs | broken into small ramekin | Steam | 150 | 1h 15m | The egg whites were still too underdone |
| Eggs | Hard Boiled | Steam | 210 | 21m | Put in ice for easy peeling |
| Eggs | In the shell, 66grams, soft boiled | Steam | 210 | 10m | Perfectly cooked white with a runny yolk. Dip in ice for easy peeling. |
| Fish/Seafood | Bass, whole fish | Steam | 210 | 30m | |
| Fish/Seafood | Salmon, 1 lb fillet | Steam | 210 | 18m | Then changed to Broil (no temp) 10 minutes to crispen skin |
| Fish/Seafood | Salmon, small fillet from tail area | Broil Steam | 500 | 12m | then changed to Broil at 500 F for 6 minutes |
| Fish/Seafood | Salmon, steak | Broil Steam | 450 | 8m | Centre was medium rare |
| Fish/Seafood | Salmon, small fillets | Bake Steam | 250 | 12m | |
| Fish/Seafood | Shrimp in evoo & garlic | Bake Steam | 425 | 6m | |
| Fish/SeaFood | lobster tails, whole | Bake Steam | 210 | 20m | |
| Fish/Seafood | lobster, whole, 3.5 lbs | Steam | 210 | 30m | |
| Fish/Seafood | Shrimp, whole | Steam | 200 | 8m | |
| Fish/Seafood | shrimp, whole | Convectio n Bake | 375F | 7 | shrimp are tossed in oil |
| Fruit, dried | to rehydrate dried fruit | Steam | 210 | | 10m |
| Grains | Rice, brown, 1/2 c + 1.25 c water | Super Steam | 300 | 40m | Brought to a boil before putting in oven. Cooked covered |
| Grains | Rice, long grain white: 2 c rice + 2.5 c water | Super Steam | 300 | 30 | cooked with a loose fitting lid |
| Grains | Rice, long grain: 1 c rice + 1 c water | Super Steam | 300 | 30m | Cooked with no lid and left in closed oven for 10 minutes after cooking. |
| Grains | 1/4 c steel cut oats, 1 c 1% milk, 1T maple syrup, pinch salt, dried fruit | Steam | 210 | 1h | Oats were cooked but still have great texture. |
| Lamb | Whole NZ rack | Bake Steam | 425 | 16 | |
| Leftovers | General for other leftovers | Bake Steam | 200 - 300 | 15m | |
| Leftovers | General Guideline for 'wet' dishes | Super Steam | 250 | 15m | |
| Leftovers | Meatloaf | Bake Steam | 300 | 15m | |
| Leftovers | French fries | Bake Steam | 450 | 10 - 14 min | Hot and crispy |

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| Leftovers | Pizza | Super Steam | 400 | 5m | Change to Convection Bake at 450 for 5 more minutes. Put pizza on foil or parchment |
| Leftovers | Soup, vacuum sealed to 1 cm thick, 300 g/bag | Steam | 210 | 20m | |
| Leftovers | Spring rolls | Bake Steam | 350 | 6m | Change to Conv Bake for 4 min |
| Miscellaneous | Sausage rolls | Convection Bake | 375 | 30m | |
| Miscellaneous | Dried vanilla bean | Steam | 375 | 8m | |
| Miscellaneous | Brown Sugar that's gone hard | Steam | 300 | 5m | |
| Pork | Bacon | Convection Bake | 375 | 15m | Flip at the 10 minute mark |
| Pork | Belly | Bake Steam | 300 | 2h | Skin not crispy but meat delicious. |
| Pork | Belly, with a thick layer of salt | Bake Steam | 350 | 1h | Salt removed. Back in Convection 450F for 40 minutes. Crispy skin but meat not as tender as desired. |
| Pork | Boneless shoulder roast | Bake Steam | 325 | 1h 30m | |
| Pork | Country spare ribs individual | Bake Steam | 375 | 30m | Then increase to 425 x 10 m. Glaze ribs and steam broil x 10 m |
| Pork | Pork Chops, 6 oz centre loin | Bake Steam | 425 | 6m | Pan Seared prior to cooking. Internal Temp 140F |
| Pork | Baby Back Ribs | Bake Steam | 300 | 1h | Perfect...still with some chew |
| Pork | Ribs | Bake Steam | 300 | 2h | |
| Pork | Ribs from above after refrigerated one day | Bake Steam | 325 | 10m | Then sauced and Steam Broiled @ 450 for 10 minutes then check each two minutes so they are not over done. |
| Pork | Roast approx 2 lbs | Bake Steam | 350 | 2h | |
| Pork | Sausages cooked to 165F | Bake Steam | 450 | 15m | Start checking after 10 min. They get done fast. |
| Pork | Shoulder Roast | Convection Bake | 325 | 2h | Meat wrapped in parchment then foil. Next day, shredded and fried until crispy |
| Pork | Shoulder Roasts about 2 lbs each, four in total | Bake Steam | 230 | 1h | The meat was smoked 4 hours at 225; transferred to oven. Baked for 1 hour then temp decreased to 175 F on Warm Setting for 2 hours. Meat was shreddable. post #345 for more details |
| Pork | Tenderloin (1.5 lbs) on the rack | Bake Steam | 400 | 25m | Glazed and flipped, back in for 10 more minutes. Cooked past pink |
| Pork | Tenderloin | Steam | 150 | 1h | pan seared |

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| Pork | Shoulder Roast 3 lb 11 oz | Bake Steam | 300 | 1h | Covered with foil and cooked Bake Steam 250F for 4 hours emptying the tray of juices twice. |
| Pork | Butt Roast, 3 lb. | Bake Steam | 300 | 2h | Rest rest roast 30 min. Return to oven on Convection Bake at 450 for 10 min to crispen |
| Poultry | 2 kg whole chicken | Bake Steam | 450 | 1h | First 30 min covered with foil; turned 180 removed foil for last 30 min |
| Poultry | 3 3/4 lb whole chicken | Bake Steam | 425 | 1h | From the manual |
| Poultry | 4.5 lb whole chicken | Bake Steam | 450 | 50m | on low rack; sides of the bird didn't get crispy |
| Poultry | slightly under 2 lb, whole chicken | Steam | 425 | covered 20 min | Uncover and finish for 15 minutes. |
| Poultry | Ballontine | Bake Steam | 400 | no time | perfect |
| Poultry | Chicken Breast skin on | Bake Steam | 425 | 25m | |
| Poultry | Chicken drumsticks, small | Bake Steam | 425 | 20-25 min | |
| Poultry | Duck, 6 lbs whole, pierced all over with a fork; breast up | Bake Steam | 300 | 1h | Drain off fat; decrease temp to 250F bake 2 hrs more turning every hour; Increase temp to 350F for last hour |
| Poultry | Fried Chicken reheat | Bake Steam | 250 | 20 | Still crunchy, not dry |
| Poultry | Frozen duck confit legs | Bake Steam | 400 | 45m | perfect |
| Poultry | 1/2 Game Hen | Bake Steam | 450 | 15-20 | |
| Poultry | Game Hen, 2 lbs | Convection Bake | 375 | 20 | |
| Poultry | Chicken thighs, bone in, skin on | Bake Steam | 425 | 20 | 1st put on lower rack for 20 minutes |
| Poultry | Chicken thighs, bone in, skin on | Bake Steam | 425 | 20-45 | 1st put rack on lower level. Move to upper rack and cook 5 minutes of Steam Broil for crispy skin |
| Poultry | Turkey Meat Loaf from post #303. 21 oz pack of meat | Bake Steam | 350 | 1h | |
| Poultry | Turkey Breast, whole, 8 lb, tied with string | Bake Steam | 350 | 30-35 m | they were cooked to 135F internal temp and seasoned on the outside. |
| Poultry | Turkey, whole legs | Bake Steam | 350 | 45m | They were a little over 165F but still moist. |
| Poultry | Whole Rotisserie Chicken from Store | Bake Steam | 325-350F | 15m | |
| Poultry | wings | Bake Steam | 400 | 40m | pan rotated after 20 min |

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| Poultry | wings | Bake Steam | 325-350F | 50m | half way, turn. Remove accumulated liquid. Rubbed with oil before cooking. |
| Poultry | chicken thighs, bone in, skin on | Steam Bake | 425 | 10m | Next: take rack out and raise to upper slot with rack in U shape. Steam-Broil at 450F for 5 min. Turn tray 180 degrees then steam-broil another 5 min. |
| Rice | 1 c rice; 1 c water | Super Steam | 300 | 30m | cover while cooking; rest 10 m still covered |
| Sausage | German Wieners | Steam | 210 | 10m | |
| Snacks | Nachos | Convection Bake | 275 | 20m | |
| Vegetables | To skin tomatoes | Super steam | 400F | 9m | |
| Vegetables | Artichokes | Steam | 210 | 1h 40m | |
| Vegetables | Asparagus, whole | Super Steam | 350 | 12m | |
| Vegetables | Asparagus, whole medium size | Bake Steam | 425 | 10m | |
| Vegetables | Beets | Super Steam | 400 | 40m | Weinoo” Perfectly cooked. |
| Vegetables | Beets | Bake Steam | 425 | 30m | |
| Vegetables | Beets | Bake Steam | 300 | 45m | |
| Vegetables | Beets, cut up with parsnips | Broil | 500 | 30m | beets were firm and parsnips over done |
| Vegetables | Beets, sweet potatoes and white potatoes cut to 1/4 of beet size | Bake Steam | 425 | 30m | Then a short time under the Broil Steam for colour |
| Vegetables | Broccoli cut into medium pieces | Bake Steam | 450 | 12m | tossed in butter. Result has a slight char |
| Vegetables | Brussel Sprouts, halved | Bake Steam | 350 | 30m | Nicely browned |
| Vegetables | Carrot, medium split in half lengthwise | Super Steam | 400F | 22m | Still a little bite to them |
| Vegetables | Carrots, Asparagus + potatoes | Broil | 500 | 8m x 2 | Set on highest rack; turned after first 8 minutes. Asparagus was slightly over cooked. Potatoes were cut to similar carrot size. |
| Vegetables | Cauliflower, medium flowerets | Bake Steam | 450 | 30 | A little charred on the outside but custard like on the inside. |
| Vegetables | Cauliflower, 1 inch flowerettes tossed in oil | Bake Steam | 350 | 8m | Change to Broil on top shelf for 4 to 6 minutes |
| Vegetables | Cauliflower, whole | Super Steam | 400F | 20m | |

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| Vegetables | Cauliflower, whole rubbed with yogurt and a spice mix | Bake Steam | 350 | 30m | |
| Vegetables | corn with husk removed | Steam | 150 | 30m | |
| Vegetables | corn on the cob in husk | Super Steam | 400 | 30m | |
| Vegetables | Fingerling Potatoes | Bake Steam | 400 | 40m | |
| Vegetables | Fingerling Potatoes cut on the bias | Convection Bake | 350 | 25m | To brown, leave in extra 10-15 m |
| Vegetables | Jalapenos, whole | Convection Bake | 450 | 15m | Change to Broil mid shelf for 5 minutes |
| Vegetables | Jalenpos, halved and stuffed with Cream Cheese/Blue Cheese 2:1 ratio | Bake Steam | 350 | 12m | next time chefrnd would broil them |
| Vegetables | medium baking potatoes | Bake Steam | 425 | 1h | |
| Vegetables | Mushrooms, stuffed | Bake Steam | 375 | 20m | Filling was ground pork, diced onion par cooked and egg to bind then topped with breadcrumbs |
| Vegetables | Okra, small, whole | Bake Steam | 400 | 15m | |
| Vegetables | Onions, quartered | Super Steam | 350 | 15m | soft |
| Vegetables | Potatoes + Carrots | Bake Steam | 375 | 15m | Then turned to Convection-Bake for 10 minutes. Cut to similar sizes. |
| Vegetables | Potatoes cut into 2" x 2" pieces with evoo | Bake Steam | 425 | 20 - 30m | |
| Vegetables | Potatoes, small | Bake Steam | 300 | 40m | Green beans were added for last 12 minutes |
| Vegetables | Removing skins from Hatch Chiles | Steam Broil | 500 | 15m | Turned at half time |
| Vegetables | Potatoes: Russets whole | Bake Steam | 400 | 1h 10m | |
| Vegetables | Hasselback Russet potatoes | Bake Steam | 425 | 50 | might have been a little earlier |
| Vegetables | Potatoes: Russets cut into medium wedge fries | Bake Steam | 400 | 20m | May need a little more time |
| Vegetables | Squash, delicata, sliced | Steam | 300 | 20m | |
| Vegetables | Sweet Potatoes cut into wedges & tossed in oil | Bake Steam | 350 | 1h | Switch to Convection Bake at 450F for 15 minutes. Crispy Exterior, creamy inside |
| Vegetables | Tomaotes: skinning | Steam | 210 | 5 + minutes | |
| Vegetables | Tomatoes, medium size | Convection Bake | 425 | 10m | |

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| Vegetables | whole eggplant split in half | Bake Steam | 425 | 30m | crispy on top and custardy in the middle |
| Vegetables | Whole radish | Bake Steam | 375 | 20m | |
| Vegetables | Winter Squash, small | Bake Steam | 400 | 30m | |
| Vegetables | Yukon Golds + Sweet Potatoes | Bake Steam | 400 | 45m | cut into quarters |
| Vegetables | Stouffer's Spinach Souffle (sitting at room temp for 1 hr before baking) | Bake Steam | 350 | 35-40 m | perfect |