

Table 1

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

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<b>Eggs</b>	eggs: 3 in a buttered ramekin with cream and cheese	Bake Steam	170	45m	
<b>Eggs</b>	Eggs: broken into small ramekin	Steam	150	1h 15m	The egg whites were still too underdone
<b>Eggs</b>	Eggs: Hard Boiled	Steam	210	21m	Put in ice for easy peeling
<b>Eggs</b>	Eggs: In the shell, 66grams, soft boiled	Steam	210	10m	Perfectly cooked white with a runny yolk. Dip in ice for easy peeling.
<b>Fish/Seafood</b>	Bass, whole fish	Steam	210	30m	
<b>Fish/SeaFood</b>	lobster tails, whole	Bake Steam	210	20m	
<b>Fish/Seafood</b>	lobster, whole, 3.5 lbs	Steam	210	30m	
<b>Fish/Seafood</b>	Salmon, 1 lb fillet	Steam	210	18m	Then changed to Broil ( no temp) 10 minutes to crispen skin
<b>Fish/Seafood</b>	Salmon, small fillet from tail area	Broil Steam	500	12m	then changed to Broil at 500 F for 6 minutes
<b>Fish/Seafood</b>	Salmon, small fillets	Bake Steam	250	12m	
<b>Fish/Seafood</b>	Salmon, steak	Broil Steam	450	8m	Centre was medium rare
<b>Fish/Seafood</b>	Shrimp in evoo & garlic	Bake Steam	425	6m	
<b>Fish/Seafood</b>	Shrimp, whole	Steam	200	8m	
<b>Fish/Seafood</b>	shrimp, whole	Convection Bake	375F	7	shrimp are tossed in oil
<b>Fruit, dried</b>	Dried Fruit: to rehydrate	Steam	210		10m
<b>Grains</b>	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.
<b>Grains</b>	Rice, brown, 1/2 c + 1.25 c water	Super Steam	300	40m	Brought to a boil before putting in oven. Cooked covered
<b>Grains</b>	Rice, long grain white: 2 c rice + 2.5 c water	Super Steam	300	30	cooked with a loose fitting lid
<b>Grains</b>	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.
<b>Lamb</b>	Lamb: Whole NZ rack	Bake Steam	425	16	
<b>Leftovers</b>	General for other leftovers	Bake Steam	200 - 300	15m	
<b>Leftovers</b>	General Guideline for 'wet' dishes	Super Steam	250	15m	
<b>Leftovers</b>	Meatloaf	Bake Steam	300	15m	
<b>Leftovers</b>	Pizza	Super Steam	400	5m	Change to Convection Bake at 450 for 5 more minutes. Put pizza on foil or parchment

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<b>Leftovers</b>	Potatoes: French fries	Bake Steam	450	10 - 14 min	Hot and crispy
<b>Leftovers</b>	Soup, vacuum sealed to 1 cm thick, 300 g/bag	Steam	210	20m	
<b>Leftovers</b>	Spring rolls	Bake Steam	350	6m	Change to Conv Bake for 4 min
<b>Miscellaneous</b>	Brown Sugar that's gone hard	Steam	300	5m	
<b>Miscellaneous</b>	Dried out raisins	Steam	210	210	Plumps up raisins
<b>Miscellaneous</b>	Dried vanilla bean	Steam	375	8m	
<b>Miscellaneous</b>	Sausage rolls	Convection Bake	375	30m	
<b>Pork</b>	Baby Back Ribs	Bake Steam	300	1h	Perfect...still with some chew
<b>Pork</b>	Pork Chops, 6 oz centre loin	Bake Steam	425	6m	Pan Seared prior to cooking. Internal Temp 140F
<b>Pork</b>	Pork: Belly	Bake Steam	300	2h	Skin not crispy but meat delicious.
<b>Pork</b>	Pork: Boneless shoulder roast	Bake Steam	325	1h 30m	
<b>Pork</b>	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 crisp
<b>Pork</b>	Pork: Ribs	Bake Steam	300	2h	
<b>Pork</b>	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.
<b>Pork</b>	Pork: Roast approx 2 lbs	Bake Steam	350	2h	
<b>Pork</b>	Pork: Shoulder Roast	Convection Bake	325	2h	Meat wrapped in parchment then foil. Next day, shredded and fried until crispy
<b>Pork</b>	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
<b>Pork</b>	Pork: Tenderloin	Steam	150	1h	pan seared
<b>Pork</b>	Pork: Tenderloin (1.5 lbs) on the rack	Bake Steam	400	25m	Glazed and flipped, back in for 10 more minutes. Cooked past pink
<b>Pork</b>	Pork: Bacon	Convection Bake	375	15m	Flip at the 10 minute mark
<b>Pork</b>	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.

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<b>Pork</b>	Pork: Country spare ribs individual	Bake Steam	375	30m	Then increase to 425 x 10 m. Glaze ribs and steam broil x 10 m
<b>Pork</b>	Sausages cooked to 165F	Bake Steam	450	15m	Start checking after 10 min. They get done fast.
<b>Pork</b>	Pork: Shoulder Roast 3 lb ll oz	Bake Steam	300	1h	Covered with foil and cooked Bake Steam 250F for 4 hours emptying the tray of juices twice.
<b>Poultry</b>	Chicken Breast skin on	Bake Steam	425	25m	
<b>Poultry</b>	Chicken drumsticks, small	Bake Steam	425	20-25 min	
<b>Poultry</b>	Chicken thighs, bone in, skin on	Bake Steam	425	20	1st put on lower rack for 20 minutes
<b>Poultry</b>	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
<b>Poultry</b>	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.
<b>Poultry</b>	Chicken Whole Rotisserie Chicken from Store	Bake Steam	325-350F	15m	
<b>Poultry</b>	Chicken; wings	Bake Steam	400	40m	pan rotated after 20 min
<b>Poultry</b>	Chicken: 2 kg whole chicken	Bake Steam	450	1h	First 30 min covered with foil; turned 180 removed foil for last 30 min
<b>Poultry</b>	Chicken: 3 3/4 lb whole chicken	Bake Steam	425	1h	From the manual
<b>Poultry</b>	Chicken: 4.5 lb whole chicken	Bake Steam	450	50m	on low rack; sides of the bird didn't get crispy
<b>Poultry</b>	Chicken: Ballontine	Bake Steam	400	no time	perfect
<b>Poultry</b>	Chicken: Fried Chicken reheat	Bake Steam	250	20	Still crunchy, not dry
<b>Poultry</b>	Chicken: slightly under 2 lb, whole chicken	Steam	425	covered 20 min	Uncover and finish for 15 minutes.
<b>Poultry</b>	Chicken: wings	Bake Steam	325-350F	50m	half way, turn. Remove accumulated liquid. Rubbed with oil before cooking.
<b>Poultry</b>	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
<b>Poultry</b>	Duck: Frozen duck confit legs	Bake Steam	400	45m	perfect
<b>Poultry</b>	Game Hen, 2 lbs	Convection Bake	375	20	
<b>Poultry</b>	Game Hen: 1/2	Bake Steam	450	15-20	

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<b>Poultry</b>	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.
<b>Poultry</b>	Turkey Meat Loaf from post #303. 21 oz pack of meat	Bake Steam	350	1h	
<b>Poultry</b>	Turkey, whole legs	Bake Steam	350	45m	They were a little over 165F but still moist.
<b>Rice</b>	Rice: 1 c rice; 1 c water	Super Steam	300	30m	cover while cooking; rest 10 m still covered
<b>Sausage</b>	Sausage: German Wieners	Steam	210	10m	
<b>Snacks</b>	Nachos	Convection Bake	275	20m	
<b>Vegetables</b>	Artichokes	Steam	210	1h 40m	
<b>Vegetables</b>	Asparagus, whole	Super Steam	350	12m	
<b>Vegetables</b>	Asparagus, whole medium size	Bake Steam	425	10m	
<b>Vegetables</b>	Beets	Super Steam	400	40m	Weinoo” Perfectly cooked.
<b>Vegetables</b>	Beets	Bake Steam	425	30m	
<b>Vegetables</b>	Beets	Bake Steam	300	45m	
<b>Vegetables</b>	Beets, cut up with parsnips	Broil	500	30m	beets were firm and parsnips over done
<b>Vegetables</b>	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
<b>Vegetables</b>	Broccoli cut into medium pieces	Bake Steam	450	12m	tossed in butter. Result has a slight char
<b>Vegetables</b>	Brussel Sprouts, halved	Bake Steam	350	30m	Nicely browned
<b>Vegetables</b>	Carrot, medium split in half lengthwise	Super Steam	400F	22m	Still a little bite to them
<b>Vegetables</b>	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.
<b>Vegetables</b>	Cauliflower, medium flowerets	Bake Steam	450	30	A little charred on the outside but custard like on the inside.
<b>Vegetables</b>	Cauliflower, 1 inch flowerettes tossed in oil	Bake Steam	350	8m	Change to Broil on top shelf for 4 to 6 minutes
<b>Vegetables</b>	Cauliflower, whole	Super Steam	400F	20m	

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<b>Vegetables</b>	Cauliflower, whole rubbed with yogurt and a spice mix	Bake Steam	350	30m	
<b>Vegetables</b>	Chilies: Removing skins from Hatch Chiles	Steam Broil	500	15m	Turned at half time
<b>Vegetables</b>	corn on the cob in husk	Super Steam	400	30m	
<b>Vegetables</b>	corn with husk removed	Steam	150	30m	
<b>Vegetables</b>	Eggplants: whole split in half	Bake Steam	425	30m	crispy on top and custardy in the middle
<b>Vegetables</b>	Jalapenos, whole	Convection Bake	450	15m	Change to Broil mid shelf for 5 minutes
<b>Vegetables</b>	Jalenpos, halved and stuffed with Cream Cheese/Blue Cheese 2:1 ratio	Bake Steam	350	12m	next time chefmd would broil them
<b>Vegetables</b>	Mushrooms, stuffed	Bake Steam	375	20m	Filling was ground pork, diced onion par cooked and egg to bind then topped with breadcrumbs
<b>Vegetables</b>	Okra, small, whole	Bake Steam	400	15m	
<b>Vegetables</b>	Onions, quartered	Super Steam	350	15m	soft
<b>Vegetables</b>	Potatoes + Carrots	Bake Steam	375	15m	Then turned to Convection-Bake for 10 minutes. Cut to similar sizes.
<b>Vegetables</b>	Potatoes cut into 2" x 2" pieces with evoo	Bake Steam	425	20 - 30m	
<b>Vegetables</b>	Potatoes, small	Bake Steam	300	40m	Green beans were added for last 12 minutes
<b>Vegetables</b>	Potatoes: Fingerling Potatoes	Bake Steam	400	40m	
<b>Vegetables</b>	Potatoes: Fingerling Potatoes cut on the bias	Convection Bake	350	25m	To brown, leave in extra 10-15 m
<b>Vegetables</b>	Potatoes: Hasselback Russet	Bake Steam	425	50	might have been a little earlier
<b>Vegetables</b>	Potatoes: 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
<b>Vegetables</b>	Potatoes: medium baking potatoes	Bake Steam	425	1h	
<b>Vegetables</b>	Potatoes: Russets cut into medium wedge fries	Bake Steam	400	20m	May need a little more time
<b>Vegetables</b>	Potatoes: Russets whole	Bake Steam	400	1h 10m	
<b>Vegetables</b>	Potatoes:Yukon Golds + Sweet Potatoes	Bake Steam	400	45m	cut into quarters

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<b>Vegetables</b>	Radish: Whole	Bake Steam	375	20m	
<b>Vegetables</b>	Squash, delicata, sliced	Steam	300	20m	
<b>Vegetables</b>	Stouffer's Spinach Souffle (sitting at room temp for 1 hr before baking)	Bake Steam	350	35-40 m	perfect
<b>Vegetables</b>	Tomaotes: skinning	Steam	210	5 + minutes	
<b>Vegetables</b>	Tomatoes, medium size	Convection Bake	425	10m	
<b>Vegetables</b>	Tomatoes: skinning	Super steam	400F	5 - 9m	
<b>Vegetables</b>	Winter Squash, small	Bake Steam	400	30m	