



**Your cooking guide
to help you achieve
the best results with your
Profi Steam (SL) oven and
CombiSteam (GL) oven.**

Heat function, temperature,
cooking time, shelf position,
tips and much more



How to read this guide:

You will find cooking tips for some of the most popular dishes and ingredients.

These have been grouped into categories in alphabetical order.

This booklet is intended purely as a guide. Feel free to experiment with the recipes to suit your individual preference and taste. The times indicated are also intended as a guide based on the most common cooking times. The cooking time will vary, for example, depending on the thickness, density, or size of what is being cooked or the freshness and quality of the food.

In the overview tables, we utilise symbols which are explained at the foot of the page.

Should you have any questions or want to cook a dish that is not listed in this guide, you are welcome to contact us at:

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For more recipe inspirations, visit our site:
New recipes are continuously added.

- www.electrolux.ch/de-ch/local/recipes
- www.electrolux.ch/fr-ch/local/cooking-club/recipes
- www.electrolux.ch/it-ch/local/cooking-club/recipes
- **My Electrolux Kitchen App**

A digital copy of this guide is available here:

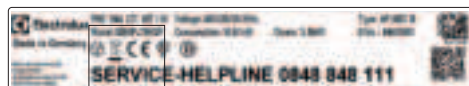
- www.electrolux.ch/de-ch/local/recipes/
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Important additional information

Shelf position



The specification plate on the oven indicates whether your Electrolux built-in oven is an EB7 (H 76 cm), EB6 (H 60 cm) or an EB4 (H 45 cm).



The shelf positions are counted from bottom to top. The EB 7 and EB 6 have 5 shelf positions, the compact EB4 has 4.

Accessories



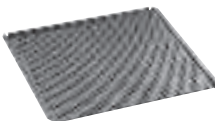
Wire rack



Baking tray



Drip pan



Pastry tray



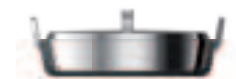
AirFry-Tray



Non-perforated cooking tray



Steam tray set



Roasting pot



Casserole dish



Vacuum pouches



Tin, springform cake tin, loaf tin



Preserving jars

Casseroles: sweet and savoury

	Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position		Tray/container	Shelf	Tips and core temperature (CT)
						EB7/6	EB4			
Savoury	Cheese soufflé		170		55 - 60	2	1	Casserole dish	Baking tray	For small tins, reduce time and increase temp.
	Lasagne		170		40 - 60	2	1	Casserole dish	Baking tray	CT 88 °C
	Moussaka		170		50 - 70	2	1	Casserole dish	Baking tray	
	Pasta bake**		190		25 - 35	2	1	Casserole dish	Baking tray	CT 88 °C
	Pasta bake**		190		25 - 35	2	1	Casserole dish	Baking tray	CT 88 °C
	Potato gratin		180		25 - 40	2	1	Casserole dish	Baking tray	CT 88 °C
	Schinkenfleckerl (Ham and pasta casserole)**		190		30 - 35	2	1	Casserole dish	Baking tray	CT 88 °C
	Schinkenfleckerl (Ham and pasta casserole)**		190		30 - 35	2	1	Casserole dish	Baking tray	CT 88 °C
	Shepherd's Pie**		190		20 - 30	2	1	Casserole dish	Baking tray	CT 88 °C
	Shepherd's Pie**		190		20 - 30	2	1	Casserole dish	Baking tray	CT 88 °C
Sweet	Vegetable bake		180		25 - 40	2	1	Casserole dish	Baking tray	CT 88 °C
	Baked pudding**		160		30 - 50	2	1	Casserole dish	Baking tray	CT 85 °C
	Baked pudding**		160		30 - 50	2	1	Casserole dish	Baking tray	CT 85 °C



Fan cooking



Humidity, low



Humidity, medium

Side dishes: grains, potatoes, dumplings and pasta

	Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position		Tray/container	Shelf	Tips and core temperature (CT)
						EB7/6	EB4			
Grains	Amaranth grain		99		25 - 30	1	1	Non-perforated cooking tray	Wire rack	Amaranth grain: water ratio 1:1.5
	Barley		99		20 - 30	1	1	Non-perforated cooking tray	Wire rack	Barley: water ratio 1:1.5
	Bulgur wheat, kibbled wheat		99		25 - 35	1	1	Non-perforated cooking tray	Wire rack	Bulgur wheat: water ratio 1:1 to 1:1.5
	Chickpeas		99		50 - 60	1	1	Non-perforated cooking tray	Wire rack	Soaked, just covered in water
	Couscous		99		15 - 20	1	1	Non-perforated cooking tray	Wire rack	Couscous: water ratio 1:1
	Ebly, pre-cooked wheat		99		25 - 35	1	1	Non-perforated cooking tray	Wire rack	Ebly: water ratio 1:1 to 1:1.5
	Green corn		99		25 - 35	1	1	Non-perforated cooking tray	Wire rack	Green corn: water ratio 1:1
	Lentils, brown, green		99		40 - 60	1	1	Non-perforated cooking tray	Wire rack	Soaked, just covered in water
	Lentils, red		99		15 - 30	1	1	Non-perforated cooking tray	Wire rack	Soaked, just covered in water
	Millet		99		20 - 30	1	1	Non-perforated cooking tray	Wire rack	Millet: water ratio 1:1.5
	Oats		99		20 - 30	1	1	Non-perforated cooking tray	Wire rack	Oats: water ratio 1:1
	Polenta		99		45 - 60	1	1	Non-perforated cooking tray	Wire rack	Corn: water ratio 1:3
	Quinoa		99		15 - 20	1	1	Non-perforated cooking tray	Wire rack	Quinoa: water ratio 1:1.5
	Rice		99		30 - 40	1	1	Non-perforated cooking tray	Wire rack	Rice: water ratio 1:1 to 1:1.5
	Rye		99		30 - 40	1	1	Non-perforated cooking tray	Wire rack	Rye: water ratio 1:1
	Semolina		99		15 - 25	1	1	Non-perforated cooking tray	Wire rack	Semolina: water ratio 1:2.5
Potatoes	Baked potatoes		200		50 - 70	2	1	Wrapped in foil	Wire rack	For conv. cooking, incrs. temp. by 20 °C and pre-heat
	Boiled potatoes		99		20 - 30	1	1	Steam tray set	Wire rack	



Steam cooking



Fan cooking

	Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4		Tray/container	Shelf	Tips and core temperature (CT)
Potatoes	Duchesse potatoes		180		25 – 30	3	2	Baking tray		
	Jacket potatoes		99		35 – 50	1	1	Steam tray set	Wire rack	
	Oven chips (frozen)		180		20 – 40	3	2	Baking tray, AirFry tray		Turn occasionally/shake
	Potato croquettes (frozen)		180		20 – 40	3	2	Baking tray, AirFry tray		Turn occasionally/shake
	Potato dumplings		95		30 – 40	1	1	Steam tray set	Wire rack	
	Potato gnocchi		95		25 – 30	1	1	Steam tray set	Wire rack	
	Potato wedges (fresh)		180		30 – 35	3	2	Baking tray, AirFry tray		Turn occasionally/shake
	Potatoes, sous-vide		85		60 – 80	3	2	Vacuum pouch	Wire rack	Cook in butter
	Sweet potato wedges		180		25 – 30	2	2	Baking tray, AirFry tray	Wire rack	Turn occasionally/shake
	Sweet potatoes		99		20 – 30	1	1	Steam tray set	Wire rack	
Dumplings	Bao buns		95		15 – 25	1	1	Steam tray set	Wire rack	
	Bread dumpling		95		25 – 40	1	1	Steam tray set	Wire rack	
	Chinese dumplings		95		25 – 35	1	1	Steam tray set	Wire rack	
	Gnocchi		95		20 – 25	1	1	Steam tray set	Wire rack	
	Knöpfli (Swiss pasta)		95		20 – 30	1	1	Steam tray set	Wire rack	
	Plum dumpling		95		20 – 30	1	1	Steam tray set	Wire rack	
	Yeast dumplings		95		30 – 40	1	1	Steam tray set	Wire rack	
Pasta	Pasta, fresh		95		15 – 30	1	1	Steam tray set	Wire rack	



Fan cooking



Steam cooking



Sous-vide cooking

Bread and pastries

Food	Heat function	Temp. in °C * EB4	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4	Tray/container	Shelf	Tips and core temperature (CT)
Bagels		230 *210	230 °C	15 – 20	2 1	Baking tray		Line tray with baking paper
Bread		180		40 – 50	2 1	Baking tray, pastry tray		Can be started at 230 °C, pre-heat for 5 mins if nec.
Bread (fresh)		180	5 minutes	8 – 12	2 1	Baking tray, pastry tray		If a convenience product, follow the instructions on the packaging
Bread (frozen)		190	5 minutes	8 – 15	2 1	Wire rack, pastry tray		
Brioche		180		30 – 35	2 1	Tin	Wire rack	
Cheese melt roll/baguette		200		25 – 30	2 1	Baking tray, pastry tray		
Focaccia, flat bread		210		25 – 30	2 1	Baking tray, pastry tray		
Fresh croissants		190	5 Mminutes	6 – 10	2 2	Baking tray, pastry tray		If a convenience product, follow the instructions on the packaging
Garlic bread		180	180 °C	5 – 15	2 2	Baking tray, pastry tray		
Naan		230	5 minutes	6 – 8	5 4	Baking tray, pastry tray		Turn half way through cooking
Pide		180		25 – 35	3 1	Baking tray		Grease the tray
Pizza (fresh conv.)		220		15 – 20	2 1	Baking tray, pastry tray		Follow instr. on pkg
Pizza (frozen conv.)		210	210	15 – 20	2 1	Baking tray, pastry tray		Follow instr. on pkg
Pizza Homemade thick crust		220 *210		20 – 25	2 1	Baking tray		Grease the tray
Pizza (Homemade thin crust)		230 *220		15 – 20	3 2	Baking tray		Grease the tray
Rolls/baguette		200		25 – 30	2 1	Baking tray, pastry tray		
Rolls/baguette (fresh)		190	5 minutes	6 – 10	2 2	Baking tray, pastry tray		If a convenience product, follow the instructions on the packaging
Rolls/baguette (frozen)		180	5 minutes	10 – 20	2 2	Wire rack, pastry tray		



Conventional cooking
(top/bottom heat)



Bread baking



Humidity, low



Pizza setting



Fan cooking



Grill

Food	Heat function	Temp. in °C * EB4	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4		Tray/container	Shelf	Tips and core temperature (CT)
Sweet German dumplings (Dampfnudeln)**		160		25 - 40	1	1	Casserole dish	Wire rack	
Sweet German dumplings (Dampfnudeln)**		160		25 - 40	1	1	Casserole dish	Wire rack	
Sweet yeast dumplings (Buchteln)**		160		25 - 40	1	1	Casserole dish	Wire rack	
Sweet yeast dumplings (Buchteln)**		160		25 - 40	1	1	Casserole dish	Wire rack	
Swiss braided bread		230 *210	230 °C	25 - 35	2	1	Baking tray		After 10 mins, reduce to 180-190°C, with EB4 bake at 180°C on fan cooking setting
Toast		230	5 minutes	1 - 5	5	4	Baking tray, pastry tray		Observe carefully, turn
Toasted sandwich, cheese on toast variations		200	5 minutes	3 - 6	5	4	Baking tray, pastry tray		

Eggs and egg dishes

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4		Tray/container	Shelf	Tips and core temperature (CT)
Creams		90		40 - 50	1	1	Non-perforated cooking tray	Wire rack	
Crème caramel, Crema Catalana		90		20 - 40	1	1	Glasses, small bowls	Wire rack	
Eggs, soft boiled		99		10 - 12	1	1	Steam tray set	Wire rack	
Eggs, medium boiled		99		12 - 15	1	1	Steam tray set	Wire rack	
Eggs, hard boiled		99		16 - 20	1	1	Steam tray set	Wire rack	
Eierstich (Royale)		80		25 - 30	1	1	Non-perforated cooking tray	Wire rack	
Onsen eggs		64		60	3	2	Steam tray set	Wire rack	
Set custard		90		35 - 45	1	1	Jelly mould	Wire rack	



Humidity, medium



Humidity, low

Conventional cooking
(top/bottom heat)

Grill



Humidity, high



Steam cooking

SousVide Garen
(Function with SL appliances)

Eggs and egg dishes

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4	Tray/container	Shelf	Tips and core temperature (CT)
Steamed egg custard		90		25 - 40	1 1	Glasses, small bowls	Wire rack	
Terrines, meat, fish		90		25 - 35	1 1	Terrine	Wire rack	
Terrines, vegetables		90		40 - 50	1 1	Terrine	Wire rack	

Fish and seafood

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4	Tray/container	Shelf	Tips and core temperature (CT)
Cod		56		20 - 25	3 2	Vacuum pouch	Wire rack	
Fish casserole		180		30 - 40	2 1	Tin	Wire rack	
Fischfilet SousVide		56		15 - 20	3 2	Vacuum pouch	Wire rack	
Fish fillet, steamed		80		10 - 20	1 1	Steam tray set	Wire rack	
Fish fingers		190		20 - 30	2 2	Baking tray, AirFry tray		Turn occasionally/shake
Fish, whole baked		190		25 - 40	3 2	Baking tray		CT 64 °C
Fish, whole steamed		90		25 - 35	1 1	Steam tray set	Wire rack	CT 64 °C
Monkfish		62		15 - 20	3 2	Vacuum pouch	Wire rack	
Poached trout „au bleu“		80		30 - 40	1 1	Non-perforated cooking tray	Wire rack	Poach
Salmon, sous-vide		50		15 - 20	3 2	Vacuum pouch	Wire rack	
Tuna		59		13 - 15	3 2	Vacuum pouch	Wire rack	

Fish



Humidity, high

SousVide Garen
(Function with SL appliances)

Humidity, low



Steam cooking



Fan cooking



Turbo grilling

Seafood	Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4		Tray/container	Shelf	Tips and core temperature (CT)
	Coquilles St.Jacques		50		12 - 15	3	2	Vacuum pouch	Wire rack	
	Lobster tail		60		15 - 20	3	2	Vacuum pouch	Wire rack	Cook vacuum-packed in butter
	Mussels		85		20 - 30	3	2	Vacuum pouch	Wire rack	Poach vacuum-packed with vegetables
	Octopus		77		300 - 360	3	2	Vacuum pouch	Wire rack	
	Prawns, steamed		85		10 - 20	1	1	Steam tray set	Wire rack	
	Prawns, sous-vide		56		20 - 25	3	2	Vacuum pouch	Wire rack	
	Steamed mussels		99		20 - 30	1	1	Steam tray set	Wire rack	

Meat: poultry and veal

Poultry	Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4		Tray/container	Shelf	Tips and core temperature (CT)
	Chicken breast		70		30 - 40	3	2	Vacuum pouch	Wire rack	
	Chicken breast, steamed		90		25 - 30	1	1	Steam tray set	Wire rack	
	Chicken leg		190		40 - 50	3	2	Wire rack	Baking tray	
	Chicken wings		200		30 - 40	3	2	Wire rack	Baking tray	
	Chicken, half		200		40 - 50	2	2	Wire rack	Baking tray	
	Chicken, whole		180		55 - 65	2	1	Wire rack	Baking tray	
	Coq au vin		130		60 - 70	2	2	Roasting pot	Baking tray	Sear first
	Duck breast		60		80 - 90	3	2	Vacuum pouch	Wire rack	Sear the skin at the end

SousVide Garen
(Function with SL appliances)

Steam cooking



Turbo grilling



Humidity, high

Meat: poultry and veal

	Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4		Tray/container	Shelf	Tips and core temperature (CT)
Poultry	Duck, whole		160		120 - 150	2	1	Wire rack	Baking tray	
	Goose, whole 3 kg		170		150 - 180	2	1	Roasting pot	Baking tray	Baste occasionally
	Turkey breast		90	100 °C	70 - 90	2	2	Wire rack	Baking tray	Sear before or after roasting, CT 70 °C
	Turkey, whole, 4.5 kg		180		180 - 210	2	1	Wire rack	Baking tray	Baste occasionally
Veal	Roast		180		90 - 120	2	2	Roasting pot	Baking tray	CT 75 °C
	Fillet		62		60	3	2	Vacuum pouch	Wire rack	In SL appliances
	Fillet		80	90 °C	90 - 120	2	2	Wire rack	Baking tray	Sear before or after roasting, CT 62 °C
	Goulash-style ragout		130		90 - 120	2	2	Roasting pot	Baking tray	Sear first
	Ossobuco, veal shank		130		90 - 120	2	2	Roasting pot	Baking tray	Sear first
	Pork loin		80	90 °C	150 - 200	2	2	Wire rack	Baking tray	Sear before or after roasting, CT 62 °C
	Roast chops		180		80 - 100	2	1	Wire rack	Baking tray	CT 62 °C
	Roasted fillet		170		30 - 50	2	2	Wire rack	Baking tray	CT 62 °C
	Rolled roast**		150		120 - 150	2	2	Roasting pot	Baking tray	Sear first
	Rolled roast**		150		120 - 150	2	2	Roasting pot	Baking tray	



Turbo grilling



Humidity, low



Low temperature cooking



SousVide Garen
(Function with SL appliances)



Humidity, high



Fan cooking



Humidity, medium

Meat: lamb and beef

	Food	Heat function	Temp. in °C * EB4	Preheating	Cooking time (mins) without preheating	Shelf position		Tray/container	Shelf	Tips and core temperature (CT)
						EB7/6	EB4			
Lamb	Fillet		60		60	3	2	Vacuum pouch	Wire rack	
	One-pan curry		130		70 - 90	2	2	Roasting pot	Baking tray	Sear first
	Rack of lamb		230		20 - 25	3	2	Wire rack	Baking tray	CT 62 °C
	Roast leg of lamb		140		120 - 150	2	1	Roasting pot	Baking tray	CT 65 °C
	Shoulder		160		50 - 80	2	2	Roasting pot	Baking tray	CT 70 °C
Beef	Chateau Briand		80	90 °C	45 - 60	2	2	Wire rack	Baking tray	Sear before or after roasting, CT 55 °C
	Beef roulade		120		60 - 70	2	2	Roasting pot	Baking tray	Sear first
	Beef Wellington		200 *190		35 - 45	2	1	Baking tray		Grease the baking tray, CT 55 °C
	Boiled fillet of beef		85		360	3	2	Vacuum pouch	Wire rack	
	Boiled fillet of beef		99		120 - 150	2	2	Non-perforated cooking tray	Wire rack	
	Fillet steaks		55		50	3	2	Vacuum pouch	Wire rack	Sear briefly at the end
	Goulash		130		90 - 120	2	2	Roasting pot	Baking tray	Sear first
	Rib eye		80	90 °C	240 - 300	2	1	Wire rack	Baking tray	Sear before or after roasting, CT 57 °C
	Roast beef, entrecôte		200		40 - 60	2	2	Wire rack	Baking tray	CT 55 °C
	Roast beef, entrecôte		80	90 °C	150 - 200	2	2	Wire rack	Baking tray	Sear before or after roasting, CT 57 °C
	Saftplätzli (steak in jus)		180		100 - 120	2	2	Roasting pot	Baking tray	Sear first
	Sauerbraten (beef braised in vinegar)**		150		100 - 150	2	2	Roasting pot	Baking tray	Sear first
	Sauerbraten (beef braised in vinegar)**		150		100 - 150	2	2	Roasting pot	Baking tray	Sear first



SousVide Garen
(Function with SL appliances)



Humidity, high



Turbo grilling



Fan cooking



Low temperature cooking



Pizza setting



Steam cooking



Humidity, low



Humidity, medium

Meat: beef, pork, game and other

	Food	Heat function	Temp. in °C * EB4	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4	Tray/container	Shelf	Tips and core temperature (CT)
Beef	Schmorbraten (braised beef)**		150		120 - 150	2 2	Roasting pot	Baking tray	Sear first
	Schmorbraten (braised beef)**		150		120 - 150	2 2	Roasting pot	Baking tray	Sear first
	Whole beef fillet		80	90 °C	90 - 150	2 2	Wire rack	Baking tray	Sear before or after roasting
	Whole beef fillet		55		90	3 2	Vacuum pouch	Wire rack	Sear briefly at the end
	Zigeunerbraten (roast beef in Hungarian-style stock)**		150		100 - 150	2 1	Roasting pot	Baking tray	
	Zigeunerbraten (roast beef in Hungarian-style stock)**		150		100 - 150	2 1	Roasting pot	Baking tray	
Pork	Bacon-wrapped Swiss medallions		220	220 °C	20 - 30	2 1	Roasting pot	Baking tray	
	Fillet		80	90 °C	40 - 50	2 2	Wire rack	Baking tray	Sear before or after roasting, CT 62
	Ham roast		160		90 - 120	2 1	Roasting pot	Baking tray	
	Ham, saddle of pork		90		60 - 120	1 1	Roasting pot	Wire rack	CT 80 °C
	Ham, steamed		99		60 - 90	1 1	Roasting pot	Wire rack	CT 85 °C
	Pork belly		99		60 - 70	1 1	Steam tray set	Wire rack	
	Pork loin		80	90 °C	180 - 210	2 2	Wire rack	Baking tray	Sear before or after roasting, CT 62 °C
	Pork Wellington		200 *190		30 - 45	2 1	Baking tray		Grease the baking tray, CT 62 °C
	Pre-cooked knuckle of pork		160		90 - 120	2 1	Roasting pot	Baking tray	
	Roast		160		90 - 120	2 1	Wire rack	Baking tray	Reduce heat during cooking if necessary, CT 85 °C
	Roasted fillet		170		35 - 50	2 2	Wire rack	Baking tray	CT 62 °C
	Smoked roast**		150		70 - 90	2 2	Roasting pot	Baking tray	CT 85 °C



Humidity, medium



Humidity, low



Low temperature cooking



SousVide Garen
(Function with SL appliances)



Conventional cooking
(top/bottom heat)



Turbo grilling



Steam cooking



Pizza setting

	Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6	EB4	Tray/container	Shelf	Tips and core temperature (CT)
Game	Smoked roast**		150		70 - 90	2	2	Roasting pot	Baking tray	CT 85 °C
	Spare ribs		190		35 - 45	3	2	Wire rack	Baking tray	
	Braised rabbit**		130		60 - 90	1	1	Roasting pot	Baking tray	Sear first
	Braised rabbit**		130		60 - 90	1	1	Roasting pot	Baking tray	Sear first
	Leg of hare**		160		60 - 70	2	2	Roasting pot	Baking tray	CT 70 °C
	Leg of hare*		160		60 - 70	2	2	Roasting pot	Baking tray	CT 70 °C
	Leg of venison		205		60 - 90	2	1	Wire rack	Baking tray	CT 75 °C
	Saddle of hare		190		40 - 50	2	2	Wire rack	Baking tray	
	Saddle of venison		190		50 - 70	2	2	Wire rack	Baking tray	CT 62 °C
	Saddle of wild roe		200		20 - 40	2	2	Wire rack	Baking tray	CT 62 °C
	Venison steak		80	90 °C	50 - 60	2	2	Wire rack	Baking tray	Sear before or after roasting, CT 62
	Wild boar**		150		100 - 150	2	1	Roasting pot	Baking tray	
	Wild boar**		150		100 - 150	2	1	Roasting pot	Baking tray	
	Wild roe stew**		130		90 - 120	2	2	Roasting pot	Baking tray	Sear first
	Wild roe stew**		130		90 - 120	2	2	Roasting pot	Baking tray	Sear first
Other	Sausages		200	5 minutes	13 - 15	5	4	Baking tray		Observe carefully, turn after 10 mins
	Burger		230		15 - 20	4	3	Baking tray		Turn half way through cooking
	Kofta		230		12 - 18	4	3	Baking tray		Turn half way through cooking
	Meatloaf*		140		60 - 90	2	2	Tin	Baking tray	For conv. cooking, incrs. temp. by 20 °C and pre-heat, CT 70 °C



Humidity, low



Turbo grilling



Humidity, medium



Humidity, high



Conventional cooking (top/bottom heat)



Low temperature cooking



Grill

Meat: other

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4		Tray/container	Shelf	Tips and core temperature (CT)
Meatloaf		140		60 – 90	2	2	Tin	Baking tray	For conv. cooking, incrs. temp. by 20 °C and pre-heat, CT 70 °C
Meatloaf		180		50 – 80	2	1	Roasting pot	Baking tray	CT 75 °C
Saucisson (thick sausage)		90		45 – 60	1	1	Steam tray set	Wire rack	
Sausage roll		200		25 – 30	2	2	Baking tray		
Weenie, white sausage		80		15 – 30	1	1	Steam tray set	Wire rack	

Fruit

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4		Tray/container	Shelf	Tips and core temperature (CT)
Apples		99		15 – 25	1	1	Non-perforated cooking tray	Wire rack	
Cherries		99		10 – 12	1	1	Non-perforated cooking tray	Wire rack	
Dehydrated berries, grapes		99		60 – 90	1	1	Non-perforated cooking tray	Wire rack	
Dried fruit, fruit drying		70		600 – 900	3	2	Baking tray, pastry tray		Leave oven door slightly ajar, open occasionally using a spoon or magnet
Fruit jam		130		40 – 60	1	1	Preserving jars	Wire rack	
Gooseberries		99		10 – 12	1	1	Non-perforated cooking tray	Wire rack	
Greengage		99		10 – 12	1	1	Non-perforated cooking tray	Wire rack	
Mango		99		10 – 20	1	1	Non-perforated cooking tray	Wire rack	
Mirabelle plum		99		10 – 20	1	1	Non-perforated cooking tray	Wire rack	

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6	EB4	Tray/container	Shelf	Tips and core temperature (CT)
Mountain cranberries/ lingonberries		99		10 - 12	1	1	Non-perforated cooking tray	Wire rack	
Nectarine		99		10 - 20	1	1	Non-perforated cooking tray	Wire rack	
Peach		99		10 - 20	1	1	Non-perforated cooking tray	Wire rack	
Pears		99		15 - 25	1	1	Non-perforated cooking tray	Wire rack	
Pineapple		99		10 - 20	1	1	Non-perforated cooking tray	Wire rack	
Plums		99		10 - 20	1	1	Non-perforated cooking tray	Wire rack	
Preserving pome fruit**		160		35 - 45	1	1	Preserving jars	Drip pan	See user guide; in drip pan with "Preserving" setting
Preserving pome fruit*		160		35 - 45	1	1	Preserving jars	Drip pan	See user guide; in drip pan with "Preserving" setting
Preserving soft fruit**		160		35 - 45	1	1	Preserving jars	Drip pan	See user guide; in drip pan with "Preserving" setting
Preserving soft fruit**		160		35 - 45	1	1	Preserving jars	Drip pan	See user guide; in drip pan with "Preserving" setting
Preserving stone fruit**		160		35 - 45	1	1	Preserving jars	Drip pan	See user guide; in drip pan with "Preserving" setting
Preserving stone fruit**		160		35 - 45	1	1	Preserving jars	Drip pan	See user guide; in drip pan with "Preserving" setting
Quince		99		30 - 45	1	1	Non-perforated cooking tray	Wire rack	
Raspberries		99		10 - 12	1	1	Non-perforated cooking tray	Wire rack	
Red/Black/White currants		99		10 - 12	1	1	Non-perforated cooking tray	Wire rack	
Sous-vide cooking, fruit		85		20 - 50	3	2	Vacuum pouch	Wire rack	



Steam cooking



Humidity, medium



Humidity, low

SousVide Garen
(Function with SL appliances)

Pies and pastries: sweet and savoury biscuits and pastries

	Food	Heat function	Temp. in °C * EB4	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4	Tray/container	Shelf	Tips and core temperature (CT)
Biscuits	Amaretti biscuits		155		20 - 25	2 2	Baking tray		
	Cinnamon roll		230		13 - 15	2 2	Baking tray		Line tray with baking paper
	Cream puff, choux, éclairs		170		30 - 45	2 2	Baking tray		Do not open oven door until end of baking time
	Cupcakes, muffins		180 *170		35 - 40	2 1	Baking tray	Wire rack	
	Flaky pastries		200		20 - 30	2 1	Baking tray		
	Ham croissant		190 *170		20 - 25	2 2	Baking tray		
	Lemon shortbread biscuits		200 *190	200 °C	12 - 15	2 1	Baking tray		
	Macarons		100		80 - 100	2 2	Baking tray		Leave oven door slightly ajar, open occasionally using a spoon or magnet
	Meringues		110		90 - 120	2 2	Baking tray		Leave oven door slightly ajar, open occasionally using a spoon or magnet
	Nibbles and canapés		200	200 °C	10 - 20	2 2	Baking tray		
Savoury	Sweet pastries		140		30 - 40	2 2	Baking tray		
	Börek		220	5 minutes	35 - 40	2 1	Baking tray		Grease the tray
	Cheese quiche		190		40 - 50	2 1	Tin	Wire rack	
	Quiche Lorraine		190		40 - 50	2 1	Tin	Wire rack	
	Savoury filled pie		180		40 - 50	2 1	Tin	Wire rack	
	Tarte flambée		230		10 - 15	2 1	Baking tray, pastry tray		
Sweet	Vegetable quiche		190		45 - 55	2 1	Baking tray		
	Almond cake		190		35 - 40	2 1	Tin	Wire rack	



Fan cooking



Humidity, low



Conventional cooking
(top/bottom heat)



Pizza setting

Food	Heat function	Temp. in °C * EB4	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4	Tray/container	Shelf	Tips and core temperature (CT)
Apple cake		160		25 - 30	2 2	Tin	Wire rack	
Apple pie		160		70 - 90	2 2	Tin	Wire rack	
Baklava		170		35 - 55	2 1	Tin	Wire rack	
Brownies		190		30 - 40	2 1	Baking tray		
Bundt cake		180		40 - 45	2 2	Tin	Wire rack	
Carrot cake		180	180 °C	50 - 60	2 1	Springform cake tin	Wire rack	
Cheesecake		180		50 - 70	2 1	Springform cake tin	Wire rack	
Easter pancake (Osterfladen)		180		45 - 55	2 1	Tin	Wire rack	
Fruit flan		200 *180		30 - 45	2 2	Tin	Wire rack	
Fruit sponge		180		50 - 60	2 1	Springform cake tin	Wire rack	
Fruit tart		220 *200		50 - 55	2 1	Baking tray		
Graubünden nut pastry		200		40 - 50	2 1	Tin	Wire rack	
Lemon loaf cake		170		60 - 70	2 1	Cakeform	Wire rack	
Lemon tart		220	220 °C	20 - 30	2 1	Tin	Wire rack	After 15 mins, remove the baking beans (or rice etc.) and return to oven to complete blind baking
Linzertorte		160		40 - 50	3 2	Tin	Wire rack	
Lucerne ginger cake		165		70 - 80	2 1	Springform cake tin	Wire rack	
Madeira cake		150		70 - 90	2 1	Tin	Wire rack	
Marble Bundt cake		165		55 - 70	2 1	Tin	Wire rack	
Pavlova		120		120 - 180	2 2	Baking tray		Leave oven door slightly ajar, open occasionally using a spoon or magnet



Pizza setting

Conventional cooking
(top/bottom heat)

Humidity, low



Fan cooking

Pies and pastries: sweet

Food	Heat function	Temp. in °C * EB4	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4	Tray/container	Shelf	Tips and core temperature (CT)
Quark cheesecake		170		70 - 90	2 1	Tin	Wire rack	
Rosenkuchen yeast cake		170		40 - 50	2 2	Tin	Wire rack	
Russenzopf brioche hazelnut cake		180		40 - 50	2 2	Cakeform	Wire rack	
Sachertorte		180	180 °C	50 - 60	2 1	Springform cake tin	Wire rack	
Savarin		180	180 °C	25 - 35	2 1	Tin	Wire rack	
Shortcrust pastry case		155		25 - 30	3 2	Tin	Wire rack	
Shortcrust pastry tart		170		40 - 50	3 2	Tin	Wire rack	
Sponge cake		170		55 - 75	2 1	Cakeform	Wire rack	
Sponge cake layers		160		30 - 40	2 1	Springform cake tin	Wire rack	For conv. cooking, incrs. temp. by 20 °C and pre-heat
Sponge tray bake		180		30 - 40	2 1	Baking tray		
Strudel		200		40 - 50	2 2	Baking tray		
Sweet yeast cake		180		35 - 45	2 1	Tin	Wire rack	
Swiss roll		230	230 °C	8 - 10	2 2	Baking tray		Line tray with baking paper
Tarte Tatin		220 *200	220 °C	35 - 45	2 1	Tin	Wire rack	Cook apples in caramel for approx. 20 mins, cover with crust and bake for approx. 15 mins
Tyrolean nut cake		170		55 - 75	2 1	Cakeform	Wire rack	
Vully tart		200	200 °C	20 - 30	2 1	Tin	Wire rack	
Yeast cake tray bake		170		35 - 45	2 2	Baking tray		
Zupfkuchen chocolate cheesecake		170		70 - 80	2 1	Springform cake tin	Wire rack	



Conventional cooking (top/bottom heat)



Humidity, low



Fan cooking

Vegetables

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6	EB4	Tray/container	Shelf	Tips and core temperature (CT)
Artichokes		99		50 - 60	1	1	Steam tray set	Wire rack	
Artichoke, sous vide		95		40 - 60	3	2	Vacuum pouch	Wire rack	
Aubergines		180		30 - 40	1	1	Baking tray		
Aubergine, sous-vide		85		55 - 60	3	2	Vacuum pouch	Wire rack	Glaze in butter after cooking
Baked squash		180		25 - 35	2	2	Baking tray		Turn occasionally/shake
Beans, green		99		25 - 45	1	1	Steam tray set	Wire rack	
Beans, kidney, black		99		50 - 70	1	1	Non-perforated cooking tray	Wire rack	Soak, just cover in water
Beetroot		99		60 - 90	1	1	Steam tray set	Wire rack	
Bell pepper		180		25 - 35	2	2	Steam tray set	Wire rack	
Black Salsify		99		30 - 40	1	1	Steam tray set	Wire rack	
Blanching, vegetables		99	5 minutes	8 - 12	1	1	Steam tray set	Wire rack	
Broccoli		99	99 °C	10 - 20	1	1	Steam tray set	Wire rack	
Brussels Sprouts		99		30 - 40	1	1	Steam tray set	Wire rack	
Carrots		99		25 - 35	1	1	Steam tray set	Wire rack	
Catalogna chicory		99		20 - 30	1	1	Steam tray set	Wire rack	
Cauliflower		99		25 - 35	1	1	Steam tray set	Wire rack	
Celeriac		99		20 - 30	1	1	Steam tray set	Wire rack	
Celery		99		20 - 30	1	1	Steam tray set	Wire rack	



Steam cooking


SousVide Garen
(Function with SL appliances)


Humidity, low



Fan cooking

Vegetables

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position		Tray/container	Shelf	Tips and core temperature (CT)
					EB7/6	EB4			
Chayote squash		99		40 – 50	1	1	Steam tray set	Wire rack	
Chestnuts		99		25 – 35	1	1	Steam tray set	Wire rack	
Chickpeas		99		25 – 35	1	1	Steam tray set	Wire rack	Soak
Chicory		180		20 – 30	1	1	Steam tray set	Wire rack	
Chinese Cabbage		99		25 – 35	1	1	Steam tray set	Wire rack	
Corn on the cob		99		35 – 45	1	1	Steam tray set	Wire rack	Fry briefly in butter at end
Courgette		180		25 – 30	1	1	Baking tray		
Dried beans		99		40 – 50	1	1	Non-perforated cooking tray	Wire rack	Soak
Dried vegetables, dried mushrooms		70		180 – 600	3	2	Baking tray, pastry tray		Leave oven door slightly ajar, open occasionally using a spoon or magnet
Fennel		99		20 – 30	1	1	Steam tray set	Wire rack	
Green asparagus		99		15 – 25	1	1	Steam tray set	Wire rack	
Green asparagus, sous-vide		85		25 – 40	3	2	Vacuum pouch	Wire rack	
Jerusalem artichoke		110		15 – 20	1	1	Steam tray set	Wire rack	
Kale		99		40 – 50	1	1	Steam tray set	Wire rack	
Kale crisps		130		35 – 45	2	2	Baking tray, AirFry tray		Turn occasionally/shake
Kalettes		99		25 – 35	1	1	Steam tray set	Wire rack	
Kohlrabi		99		20 – 30	1	1	Steam tray set	Wire rack	
Leafy carrots		99		15 – 20	1	1	Steam tray set	Wire rack	

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4		Tray/container	Shelf	Tips and core temperature (CT)
Leek		99		20 - 40	1	1	Steam tray set	Wire rack	
Lettuce		99		15 - 20	1	1	Steam tray set	Wire rack	
Mushrooms		99		15 - 20	1	1	Steam tray set	Wire rack	
Navette turnip		99		25 - 35	1	1	Steam tray set	Wire rack	
Okra		62		15 - 20	3	2	Vacuum pouch	Wire rack	
Onion		180		25 - 30	1	1	Steam tray set	Wire rack	
Oven roasted vegetables		180		30 - 35	2	2	Baking tray		Turn occasionally/shake
Pak choi		99		20 - 30	1	1	Steam tray set	Wire rack	
Parsnip		110		20 - 25	1	1	Steam tray set	Wire rack	
Peas		99		15 - 25	1	1	Steam tray set	Wire rack	
Peeling tomatoes		99	99 °C	3	1	1	Steam tray set	Wire rack	
Pickled gherkins		90		40 - 60	1	1	Preserving jars	Wire rack	
Preserving vegetables**		160		50 - 60	1	1	Preserving jars	Drip pan	See user guide: drip pan with "Preserving" setting
Preserving vegetables**		160		50 - 60	1	1	Preserving jars	Drip pan	See user guide: drip pan with "Preserving" setting
Red Cabbage		99		60 - 90	1	1	Steam tray set	Wire rack	
Rhubarb		99		15 - 25	1	1	Steam tray set	Wire rack	
Roast chestnuts		200		25 - 35	3	2	Pastry tray, AirFry tray		Turn occasionally/shake
Romanesco broccoli		99		20 - 30	1	1	Steam tray set	Wire rack	
Sauerkraut		99		60 - 90	1	1	Steam tray set	Wire rack	

Vegetables

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position		Tray/container	Shelf	Tips and core temperature (CT)
					EB7/6	EB4			
Savoy cabbage		99		25 - 35	1	1	Steam tray set	Wire rack	
Shallots		99		20 - 30	1	1	Steam tray set	Wire rack	
Sous-vide cooking, vegetables		85		20 - 60	3	2	Vacuum pouch	Wire rack	
Spinach		99	99 °C	5 - 10	1	1	Steam tray set	Wire rack	
Squash		99		20 - 40	1	1	Steam tray set	Wire rack	
Sugar snap peas		99	99 °C	10 - 20	1	1	Steam tray set	Wire rack	
Sweetcorn		99		35 - 45	1	1	Steam tray set	Wire rack	
Swiss chard		99		20 - 30	1	1	Steam tray set	Wire rack	
Tomatoes		99		10 - 20	1	1	Steam tray set	Wire rack	
Turnip		99		30 - 40	1	1	Steam tray set	Wire rack	
Vegetables, stuffed		170		35 - 45	2	2	Baking tray		
White asparagus		99		20 - 35	1	1	Steam tray set	Wire rack	
White asparagus, sous-vide		85		40 - 50	3	2	Vacuum pouch	Wire rack	
White cabbage		99		60 - 90	1	1	Steam tray set	Wire rack	
Yellow carrot		110		20 - 25	1	1	Steam tray set	Wire rack	



Steam cooking



SousVide Garen
(Function with SL appliances)



Humidity, low



Humidity, high

Steam regenerating

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position		Tray/container	Shelf	Tips and core temperature (CT)
					EB7/6	EB4			
One-plate meal		110		8 – 12	2	1	Plate	Wire rack	
Soup, stew		110		15 – 25	2	1	Bowl	Wire rack	CT 70 °C

Other

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position		Tray/container	Shelf	Tips and core temperature (CT)
					EB7/6	EB4			
Heating baby food		100		5 – 8	1	1	Preserving jars	Wire rack	Stir and check temperature
Heating cherry stone heat packs		90		15 – 25	3	2	Wire rack		Turn occasionally/shake
Hot stone for massage treatment		80		15 – 25	1	1	Wire rack		
Melting chocolate		99		15 – 20	1	1	Bowl	Wire rack	Pour off condensation
Pizza stone									Profisteam temperature is too low
Proving dough		35		45 – 90	1	1	Bowl	Wire rack	Dough should double in size
Roasted nuts, party nuts		180		13 – 20	2	2	Baking tray		Turn occasionally/shake
Salt stone									Profisteam temperature is too low
Sterilising bottles		99		15 – 20	1	1	Wire rack		Place on rack in upturned position
Warm compress		90		15 – 20	1	1	Wire rack		
Wellness		80		15 – 20	1	1	Wire rack	Wire rack	



Steam regenerating



Fan cooking



Steam cooking



Dough proving

Other

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position		Tray/container	Shelf	Tips and core temperature (CT)
					EB7/6	EB4			
Firm yoghurt***	Joghurt	42		480 - 600	1	1	Preserving jars	Wire rack	Do not move, leave to cool in oven
Soft yoghurt***	Joghurt	42		360 - 480	1	1	Preserving jars	Wire rack	Do not move, leave to cool in oven



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