

# Design for life.

Steam Ovens



# Cooking with Steam

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Making a complete meal or preparing individual dishes – the Miele Steam Oven is capable of all this and more!

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# Healthy Living

## Steam Cooking with Miele

### Tradition Meets Innovation

The origins of today's steam cooking lie in China, where steaming has been the main method of cooking for centuries. Bamboo steamers were used to keep the food separate from the water. The benefits of this gentle method of cooking were underestimated for a long time in the Western World. With a Miele steam oven, you can now enjoy this convenient method of cooking at home every day!





#### More Flavour, More Vitamins, More Nutrients

Food prepared in a Miele steam oven is a real feast for the senses, from its authentic taste to its pleasantly al dente consistency. The principle of steam cooking is as simple as it is effective: food is gently enveloped in hot steam. The immediate exchange of heat ensures rapid cooking without the need for heat-up times. The food is not immersed in water, and so it retains its flavour and vitamins, reducing the loss of nutrients. This gentle cooking method is particularly suitable for delicate foods such as tender vegetables and fish, but is also great for meat, potatoes or even desserts.

# Putting Health First

## Steamed Food Contains More Vitamins and Minerals

In Miele steam ovens, fresh food is prepared gently. Steam cooking not only preserves natural flavors, but even more importantly, it preserves precious vitamins and minerals. Scientific tests have proven the clear benefits of steam cooking compared with conventional methods.

Steamed food has a vitamin content of up to 50% more than boiled food. Steam cooking ensures the best possible food quality and contributes significantly to a vitamin-rich and healthy diet.

### Steam Cooking – The Ideal Cooking Method

Scientific tests carried out by the renowned Universities of Giessen & Koblenz/Landau in Germany confirm the benefits of steam cooking in comparison with other cooking methods.

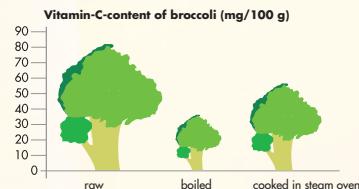
#### Nutrients

"Tested to scientific standards, steam cooking proved to be superior to traditional methods in terms of retaining sensitive nutrients (e.g. vitamin C, minerals)."

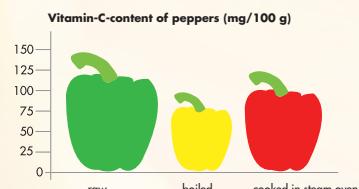
Prof. Dr.-Ing. Elmar Schlich



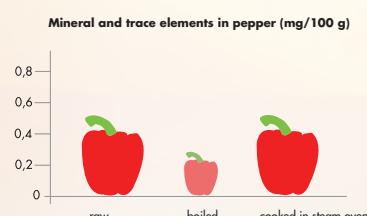
#### More vitamins, more minerals



Steamed broccoli contains 50% more vitamin C than boiled broccoli.



Steamed peppers have over 25% more vitamin C than boiled peppers.



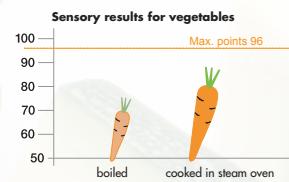
Red peppers cooked in a steam oven contain as many minerals as raw peppers. By comparison, boiled peppers have approx. 45% less nutrients than raw peppers.



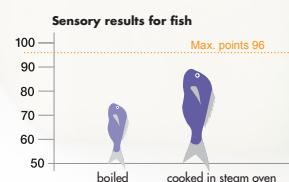
### More Flavour

"Tested according to scientific standards, it can be said that steam-cooking vegetables is far superior to traditional methods with respect to sensory properties." For all foods tested, the Miele steam oven achieved first place (ahead of boiling) in all sensory test categories.

Dr. oec. troph. Michaela Ziems



In laboratory tests, four criteria were tested which define the quality of enjoyment: appearance, flavour, aroma and texture. The unequivocal result: steam cooking is both the tastiest and the healthiest method of cooking vegetables, irrespective of whether produce is fresh or frozen before cooking.



Fish retains its texture and unique flavour as it is enveloped in steam and gently cooked. The above chart shows clearly that steam cooking proves to be far superior in terms of sensory properties.

# Stunning Perspectives

## The Miele Steam Oven



### Steam ovens

Miele steam ovens operate in the temperature range of 104 – 212°F. Ideal for vegetables, fish, side dishes, desserts and much more.

### Dimensions



24" (60 cm) wide, 18" (45 cm) high



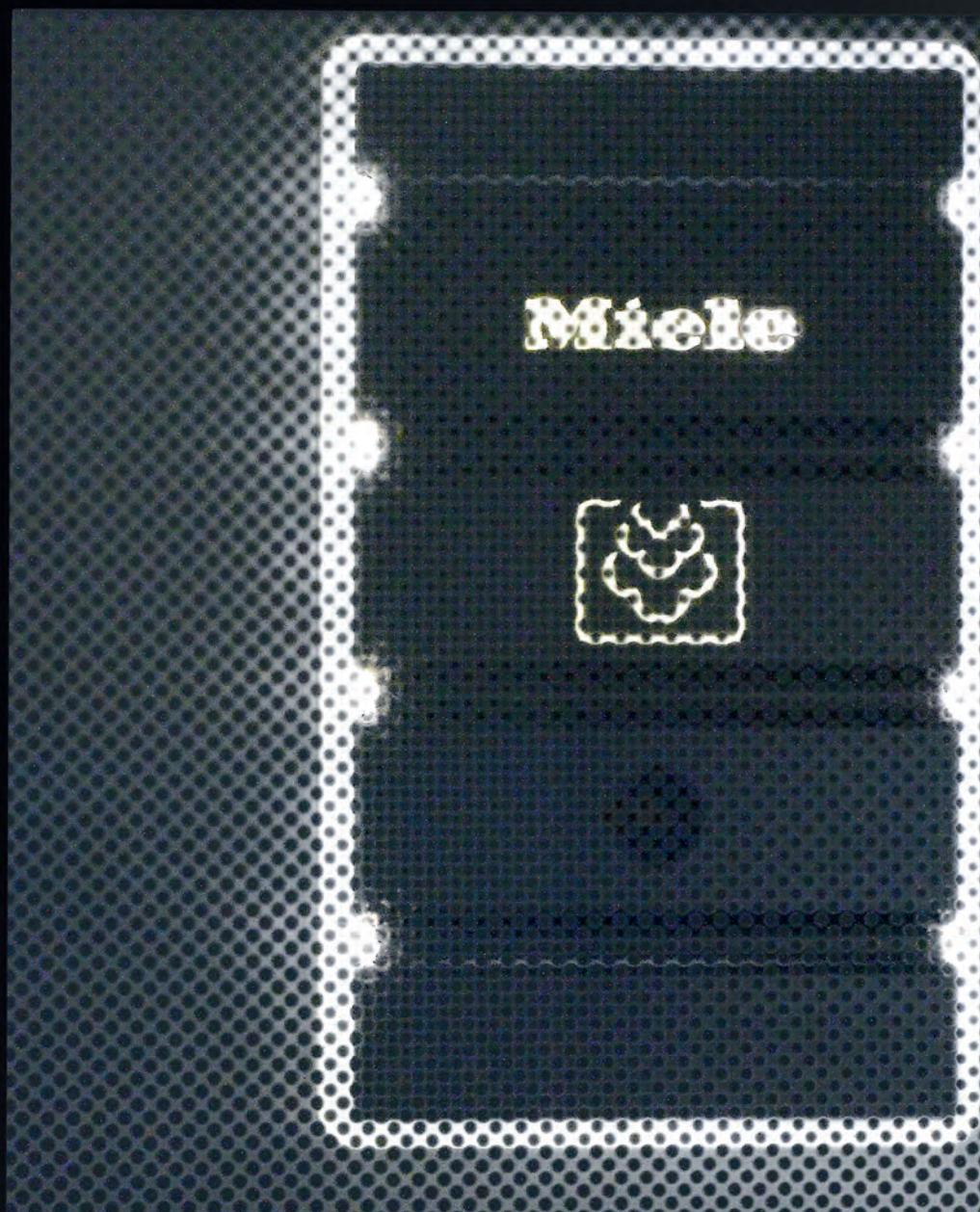


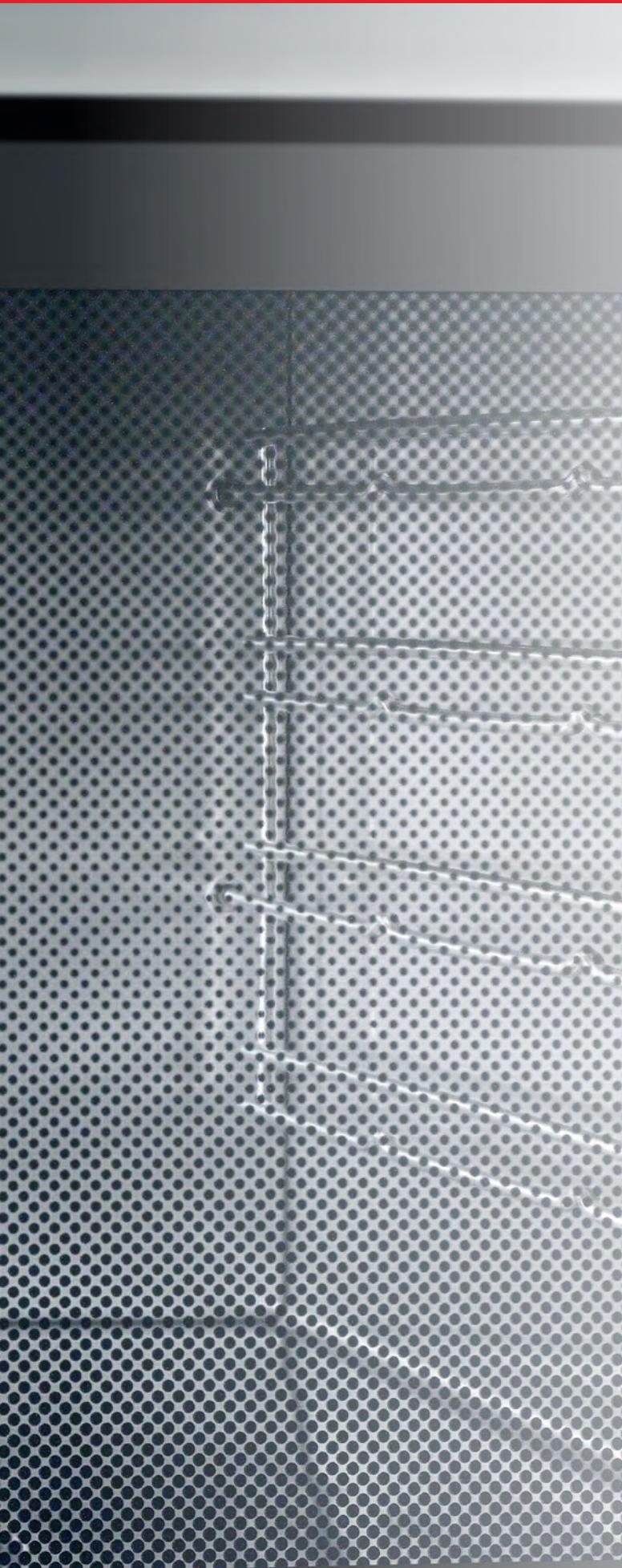
#### Built-In Steam Ovens

The Miele steam oven fits all standard niches, allowing you to choose from two different design lines to perfectly match your kitchen and the ideal location within your space.

# Steam Generation - Perfect Results Every Time

Miele Steam Technology





#### **External Steam Generator**

The steam generator on all Miele steam ovens is situated outside the oven cavity. This gives considerable advantages for the cooking process, such as ideal steam quantity, optimum temperature, volume-independent cooking times and rapid heat-up times. Since lime scale cannot build up in the oven interior, cleaning is also quick and easy.

#### **MultiSteam**

**Exclusive to Miele** MultiSteam perfects the external steam generator process. The powerful steam generator ensures fast generation of steam, resulting in shorter heat-up times. The special arrangement and direction of the 8 steam inlets causes a faster distribution of steam throughout the oven cavity and around all shelf levels and cooking pans. This feature ensures uniform results and guarantees perfectly prepared dishes every time.

# Exclusive Features for Gourmet Results

## Steam Oven Highlights

### Exclusive to Miele MultiSteam

The Miele steam oven is a universal appliance, a perfect partner to your oven or cooktop. You can prepare appetizers, soups, fish, meat, vegetables, side-dishes or desserts individually or as a complete meal in one cooking process.





**Exclusive to Miele** **Cavity Size**  
It's easy to cook large quantities at once, saving time and energy, by using the entire depth of the oven.



**Exclusive to Miele** **Menu Cooking**  
Use Miele Menu Cooking to prepare multiple dishes simultaneously. By selecting the food items from the menu, the sequence, timing and temperature of each food item is automatically calculated by the steam oven.



**Easy Clean-Up**  
Thanks to external steam generation, cleaning is quick and easy - preventing limescale and mineral deposits.



**MasterChef**  
Easily cook more than 150 types of food to perfection. Select, for example, al dente broccoli or well done potatoes at the touch of a button. Guaranteed results with fish, meat, vegetables and more.



**Exclusive to Miele** **Keep Warm Function**  
This function prevents food from cooling down by keeping food at serving temperature for 15 minutes after the program has finished.

# Additional Features

## Product Benefits of the Miele Steam Oven



### Multi-Level Cooking

With four shelves for various shaped trays, create a whole meal – from appetizers to dessert – for multiple people in just 30 minutes or less.



### Interior Lighting and ClearView Door

New on Miele steam ovens: interior lighting and a ClearView door so you can see what's cooking.



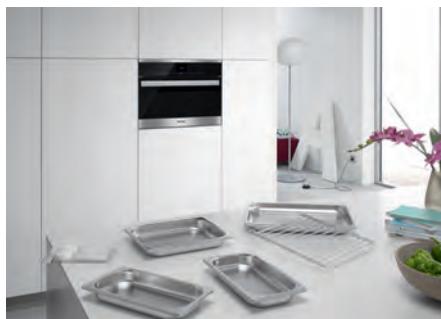
### ComfortClean Water Container

Easy to carry, this dishwasher-safe, transparent plastic water container makes refilling easy.



### Quantity-Independent Cooking

Regardless of the volume of the food you're preparing, the cooking duration is always the same.



### Wide Range of Accessories

For all your cooking needs, Miele offers a wide range of accessories for your steam oven.



### CleanTouch Steel™

This innovative finish resists fingerprints, scratches and smudges. A special treatment stands up to aggressive handling - keeping the exterior of the oven cleaner and easier to maintain.



### Steam Reduction

To reduce the amount of steam released when the door is opened, Miele created a steam reduction process. Food can now be removed immediately upon opening.



### Favourites

For your favourite dishes, simply select the operating mode, temperature and program duration and save the settings for future use.



### Convenient Descaling Program

Descaling is made easy with Miele. Simply follow the instructions in the display and use the Miele descaling tablets to ensure your appliance functions perfectly.



#### Recommended Temperatures

Decision making has been made easy. The recommended temperature for your chosen process appears in the display.



#### Cooling System and Cool-Touch Fronts

All surfaces around the appliance remain cool, offering maximum safety and protection.



#### Timer Functions

Start time, finish time and duration of the cooking process are easy to select.



#### Individual Settings

You decide on the language, audible signal, display brightness, etc.



#### Electronic Temperature Control

Automatic monitoring means that the temperature selected is constantly monitored and maintained.



#### Safety Functions

We have you covered. Should you forget to switch the appliance off, the safety switch-off function does it for you.

# The Right Setting for Every Recipe

Miele Steam Ovens - a Wide Range of Applications



## Vegetables

Nature at its best: cooking vegetables in the steam oven retains flavour and vitamin content.



## Fish/Seafood

Fish prepared in the steam oven is cooked to perfection and retains its true flavour.



## Meat

The most nutrients in the meat are retained when proteins are cooked in the steam oven, yielding tender results.



## Side Dishes

Potatoes, rice and pasta are an extremely nutritious part of any meal and are easy to cook in the steam oven.

## Desserts

The steam oven can be used to make all sorts of delicious desserts.

## Cooking Eggs

The perfect breakfast egg: soft, medium or hard in only 4 to 10 minutes at 212 °F.



## Making Yogurt

Yogurt is easy to make in a steam oven in just 5 hours at 212 °F. Always fresh, always delicious.

## Soups

For a popular starter, all sorts of soups can be prepared in the steam oven.

## Blanching

The steam oven is ideal for blanching fruit and vegetables ready for freezing.



#### Reheat

Steam ovens are great for preserving the moisture when reheating any dish. Dishes can be reheated at 176 °F to 212 °F in approx. 5 minutes.



#### Defrost

Steam ovens are gentle on frozen food - frozen food is gently defrosted at approx. 140 °F.



#### Proof

The steam oven easily proofs yeast dough for breads at 80 °F to 90 °F.



#### Heating Damp Towels

Perfect for hosting dinner parties, towels can be steamed and offered to guests at the end of the meal.



#### Keep-Warm Function

Delays are no problem: food is kept at serving temperature for up to 15 minutes after the program has ended.



#### Melting Chocolate

Forget the double boiler. Chocolate melts to perfection at 86 °F.



#### Tomatoes Concasse

Skinning made fast and simple: tomatoes, nectarines and peaches can be skinned in just 1 - 4 minutes in the steam oven.



#### Canning

The perfect method for bottling, jars can be perfectly sterilized for the preservation of fruit, salsa, pickles etc.

# Additional Information

## Miele Steam Oven Glossary

### **Appliance Cooling System and Cool-Touch Fronts**

All the surfaces around the Miele oven remain cool. This ensures that controls, handles and adjacent cabinets stay cool-to-the-touch. The multi-ply glass panel insulates the oven door and ensures a low temperature on the outside - offering a high degree of safety and protection against burns.

### **CleanTouch Steel™**

This innovative finish resists fingerprints, scratches and smudges. A special treatment stands up to aggressive handling – keeping the exterior of the steam oven cleaner and easier to maintain.

### **ComfortClean Water Container**

All Miele steam ovens feature a light and easy-to-handle water container that is dishwasher-safe.

### **Convenient Descaling Program**

All Miele steam ovens can be descaled easily with Miele descaling tablets. The appliance reminds you when descaling is necessary and guides you step-by-step via the display.

### **Cooking on Four Levels**

You can cook on up to four levels at a time in a Miele steam oven. Even different dishes, for example fish and a dessert, can be cooked together because there is no cross-over of taste or smell. This allows you to cook a complete menu for several people with every dish retaining its own authentic flavor.

### **Electronic Temperature Control**

The cooking temperature is electronically monitored and reliably regulated. Maintaining the precise temperature ensures perfect results every time.

### **Favourites**

Miele steam ovens allow you to create and save up to 20 of your favourite dishes: temperature and duration can be set individually. You can even specify how well done you want your food. This enables you to cook your favourite food at the touch of a button – with excellent results every time.

### **Interior Cavity**

The cabinet in Miele's new steam oven can accommodate up to two small steam-safe containers on each of the three levels. No other appliance provides so much space!

### **Individual Settings**

The Miele steam oven allows you to modify default parameters, such as keypad tone and volume, to suit your needs.

### **Interior Lighting and ClearView Door**

The ClearView Door, in combination with the unique and innovative interior lighting, provides an excellent view of what's cooking.

### **Keep-Warm Function**

Food is kept at serving temperature for up to 15 minutes after the program has ended, without loss of quality.

### **MasterChef**

Intelligent automatic programs simplify your everyday tasks in the kitchen. Manual selection of temperature and duration is not required. For many dishes the level of "doneness" can be individually set for perfect cooking results, every time.

### **Menu Cooking**

Up to three different dishes can be cooked simultaneously. Temperature, cooking duration and the sequence in which dishes are added are automatically controlled. The appliance indicates when and on which level the dishes should be placed in the oven, so each one is ready at the same time. Cooking a complete menu in one single process is stress free!

### **MultiSteam**

MultiSteam is the combination of powerful steam generation and optimum steam distribution via 8 inlet ports. The steam generator ensures fast generation of steam and reduced heat-up times. The special arrangement and direction of the 8 steam inlet ports results in a faster distribution of steam in the interior cavity and around all cooking containers - achieving uniform cooking results.

### **Quantity-Independent Cooking**

Whether you're preparing one portion or a meal for the whole family, frozen or fresh food, the cooking time remains the same in a Miele steam oven. Weighing and working out cooking times is no longer necessary.

### **Recommended Temperatures**

A recommended temperature, which can be easily altered if necessary, is displayed for every operating mode. No need to work it out yourself. Operating the appliance could not be simpler!

### **Safety Functions**

The appliance can be locked at the touch of a button to prevent unintentional operation, e.g. by children. Miele steam ovens also switch off automatically if the maximum operating duration is exceeded, so you don't need to worry if you forget to switch the appliance off by mistake.

### **Steam Reduction**

Before the end of a program, steam is expelled from the oven in a controlled manner, ensuring that the volume of steam discharged when the user opens the oven door is reduced to a minimum.

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### **Timer Functions**

By selecting a start and finish time or the duration of the cooking process, meals are prepared to perfection and ready at your convenience. The process is completed automatically at the appropriate time. The time-of-day is saved for up to 200 hours in the event of a power failure. When the power supply is restored, the current time appears in the display – no need to reset.

### **Wide Range of Accessories**

Miele steam ovens come with a variety of stainless steel cooking containers as standard. A wide range of additional accessories for more specific uses are also available to order from Miele. Please see your local Miele Centre for their selection or visit [miele-shop.ca](http://miele-shop.ca).

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Effective Date / Date Effective : 01/18

Note: Product information and prices subject to change without notice. Please verify with latest information on [miele.ca](http://miele.ca).

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