

SENZ[®]

GERMANY

COOKING IN STYLE

Recipes Book

FlexiSteam Pro Oven



Model No: SZ-SOV3412

Thai Steamed Fish

INGREDIENTS

- 680 g whole white fish
- 1 stalk lemongrass (bottom half cut in chunks)
- 120 ml good chicken stock or fish stock
- 1 tablespoon palm sugar
- 60 ml lime juice
- 3 tablespoon fish sauce
- 1 head garlic, chopped
- Thai chilies for taste (finely chopped)
- 8 sprigs cilantro, chopped
- 1 stalk Chinese celery (cut into 1-inch)



Oven Mode: Fish Function

Preparation

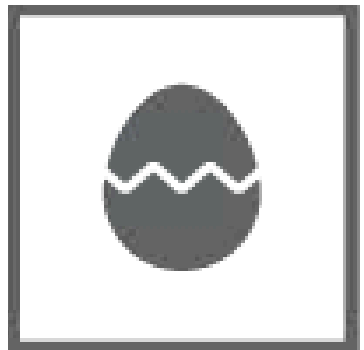
- Score the fish by making 3 diagonal incisions on each side, ensuring the cuts are perpendicular to each other.
- Stuff the belly of the fish with lemongrass and place on a plate.
- Place the fish on a plate and then on a cooling rack, insert into SENZ SOV3412, select FISH mode, set the temperature to 100°C and steam for 10 minutes or until the fish has become firm and white (For an easy option, simply select the FISH mode and press start, but be sure to check back after 10 minutes to prevent overcooking).
- Heat the stock and sugar over medium-high heat until the stock boils and the sugar dissolves.
- Pour the hot stock into a bowl.
- Add garlic, chilies, fish sauce, and lime juice to the hot stock; stir to combine and adjust seasoning.
- Once the fish has finished steaming, pour the sauce over the fish and serve!

Tips: Always preheat the oven as instructed and wait until it's ready before placing in the dishes

Steamed Egg

INGREDIENTS

- 2 eggs
- 200ml warm water
- 1 pinch salt
- 1 teaspoon chive (finely chopped)
(optional)
- 2 teaspoon light soy sauce
- 2 drop sesame oil
- prawns



Oven Mode: Egg Function

Preparation

- Pour warm water into the beaten eggs. Add salt then stir well.
- Through a sieve, pour the mixture into 2 small serving bowls. Sprinkle chive over if using.
- Cover the bowls with cling film. Pierce to allow the steam to escape.
- Place the bowl on top of a cooling rack, insert into SENZ SOV3412, select EGG mode, set the temperature to 100°C and steam for 7 minutes (For an easy option, simply select the EGG mode and press start, but be sure to check back after 7 minutes to prevent overcooking).
- Then, add in prawns and vegetables. Steam for a further 3 minutes.
- Season with light soy sauce and sesame oil. Serve warm.

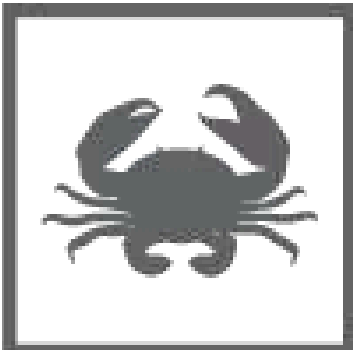
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Garlic Butter Shrimp

INGREDIENTS

- 4 spring onions (scallions)
- 16 garlic cloves
- 2 tbsp vegetable oil
- 1/4 teaspoon sea salt
- 1/2 teaspoon soy sauce
- 1/2 tsp white sugar
- 1 tsp sesame oil
- 16 large unpeeled prawns/shrimp



Oven Mode:

Seafood Function

Preparation

- Finely slice the pale part of the spring onion. Reserve the green parts.
- Heat vegetable oil in a saucepan over medium-high heat. Add chopped garlic, finely sliced spring onion, and salt. Cook for 1-2 minutes or until softened.
- Stir in soy sauce and sugar. Cook for 1 minute. Transfer to a small bowl and stir in sesame oil. Allow to cool.
- Remove and discard the prawn heads and the black intestinal tract.
- Spoon a generous heaping of the garlic mixture into the incision you made in the back of the prawn.
- Place the shrimp on a plate, insert into SENZ SOV3412, select SEAFOOD mode, set the temperature to 100°C and steam for 9 minutes or until the prawns have turned into a perfectly c shape and are pink. (For an easy option, simply select the SEAFOOD mode and press start, but be sure to check back after 9 minutes to prevent overcooking).
- The prawns are ready to serve!

Tips: Always preheat the oven as instructed and wait until it's ready before placing in the dishes



Steamed Buns

INGREDIENTS

- 240 g all-purpose flour
- 3 teaspoons sugar
- 1 teaspoon instant dry yeast
- a pinch of salt
- 133 g water



Oven Mode: Pastry Function

Preparation

- Place flour in a mound on a cleaned surface. Create a well in the middle.
- Add yeast, a pinch of salt, and sugar in the well.
- Gradually pour in water while bringing the surrounding flour into the mixture.
- Knead for 10-12 minutes until a very smooth dough forms, removing as many air bubbles as possible.
- Divide the dough into 8 equal portions, about 48g each. Mold each portion into a ball and place on parchment paper.
- Insert the parchment-lined pan into SENZ SOV3412, select FERMENTATION mode and press start.
- Once fermentation is complete, select PASTRY mode, set the temperature to 100°C and steam for 12 minutes (For an easy option, simply select the PASTRY mode and press start, but be sure to check back after 12 minutes to prevent overcooking).
- After 12 minutes, gently remove the buns from the oven.
- Serve the bun while its warm!

Tips: Always preheat the oven as instructed and wait until it's ready before placing in the dishes



Steamed Chinese Herbal Chicken

INGREDIENTS

- 8-10 chicken drumsticks
- 1 tablespoon soy sauce
- 2 teaspoon sesame oil
- 2 tablespoon sugar
- 1/2 teaspoon ground white pepper
- 5 dried shiitake mushrooms
- 8 cloves garlic (peeled)
- 2 inch ginger, thinly sliced
- 20 gram codonopsis root
- 20 gram angelica root
- 5 gram American (yellow) ginseng
- 10 gram goji berries
- 16 red dates/jujube



Oven Mode: Meat Function

Preparation

- Parboil the chicken drumsticks for 10 minutes.
- After parboiling, marinate drumsticks with soy sauce, sesame oil, sugar, and ground white pepper for 2 hours. You can marinate chicken in steamed proof dish.
- Rehydrate shiitake in hot water until soft. Remove steam, and cut into thin slices.
- Once the chicken is ready to be steamed, add thinly sliced shiitake, garlic, ginger, and all the Chinese herbs.
- Cover the steamed proof dish with aluminum foil, and insert into SENZ SOV3412, set the temperature to 100°C and steam for 20 minutes (For an easy option, simply select the MEAT mode and press start).
- Serve while its hot.

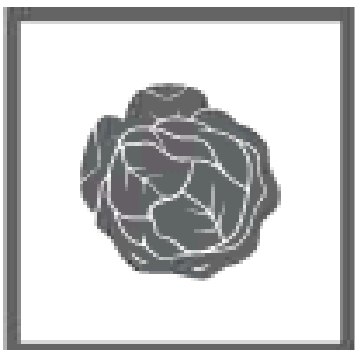
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Steamed Garlic Bok Choy

INGREDIENTS

- 4 cups of bok choy
- 1 tablespoon oyster sauce or sub with vegetarian stir fry sauce
- 2 cloves garlic minced
- 1 teaspoon regular soy sauce
- 1/2 teaspoon sesame oil
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper or white pepper



Oven Mode: **Vegetable Function**

Preparation

- In a medium size bowl, mix together all your sauce ingredients. Add in the washed baby bok choy and mix until the sauce coats each leaf.
- Place the seasoned vegetables on a plate, then place the plate on a cooling rack. Insert it into the SENZ SOV3412, set the temperature to 100°C and steam for 5 minutes (For an easy option, simply select the VEGETABLE mode and press start, but be sure to check back after 5 minutes to prevent overcooking).
- After 5 minutes, gently remove the plate from the oven.
- Mix in with oyster sauce for additional taste. Serve and enjoy!

Tips: Always preheat the oven as instructed and wait until it's ready before placing in the dishes



Garlic Parmesan Stuffed Mushrooms


INGREDIENTS

- 15 mushrooms
- 1 tablespoon canola oil
- 2 tablespoons chopped garlic
- Pinch of salt and black pepper
- 227g softened cream cheese
- 1/4 cup Italian breadcrumbs
- 1/2 cup shredded parmesan cheese, divided
- 2 tablespoons chopped parsley



Oven Mode:
Top + Back
Heating plus Fan

Preparation

- Cut the stems off of each of the mushrooms and finely chop them, setting the mushroom caps aside for later.
- Heat the oil in a pan over high heat. Cook the chopped stems with the garlic, salt, and pepper for about six to eight minutes, constantly stirring. Be careful not to burn the garlic. Remove from heat.
- In a medium bowl, combine cooked stems, cream cheese, breadcrumbs, half of the parmesan, parsley, salt, and pepper, mixing until evenly combined. The mixture should be extremely thick.
- Space out the mushroom caps evenly on a baking sheet, upside down. Spoon a generous amount of the cream cheese mixture on top of each mushroom. Top each mushroom with a sprinkle of parmesan cheese.
- Place the mushroom into the baking dish into SENZ SOV3412, select top + back heating plus fan mode , set the temperature to 177°C for 20 minutes.

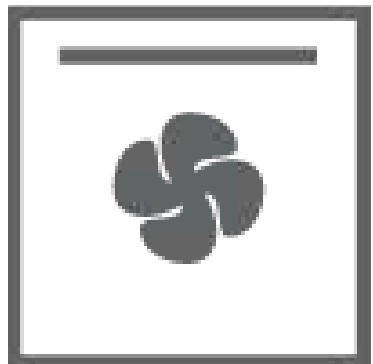
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Cheesy Baked Hash Brown

INGREDIENTS


- 4 potatoes
- 1/2 cup butter, melted
- 1 cup cheddar cheese, shredded
- 2 eggs, whisked
- 1/4 cup chives, chopped
- 1 tablespoon garlic salt
- 1 teaspoon oregano
- 1/2 teaspoon pepper



Oven Mode:

Top plus Back Heating

Preparation

- Peel and grate the potatoes.
- Drop shredded potatoes into a large bowl of ice water to remove surface starch.
- Strain or squeeze potato shreds and transfer to a large bowl.
- Add butter, cheese, eggs, chives, garlic salt, oregano, and pepper in with the shredded potatoes. Mix together.
- Take a handful of the mixture and pack it on a baking sheet into desired hash brown shape, insert into SENZ SOV3412, select top plus back heating mode , set the temperature to 200°C for 40 minutes or until brown and crispy.
- Allow to cool for 5 minutes.
- Serve warm and enjoy!

Tips: Always preheat the oven as instructed and wait until it's ready before placing in the dishes



Thai Turmeric Chicken


INGREDIENTS

- 5 large chicken thighs, skin-on, bone-in
- 4 garlic cloves , finely minced
- 2 tablespoon fish sauce
- 2 1/2 tablespoon oyster sauce
- 1 teaspoon white pepper
- 1 tablespoon ground turmeric
- 1/4 cup brown sugar



Oven Mode:
Back Heating
Plus Fan

Preparation

- Mix marinade ingredients in a large bowl. Add chicken and toss to coat. Marinade for at least 3 hours, preferably overnight
- Line a tray with parchment paper. Place chicken on the tray, skin side up, insert them into SENZ SOV3412 , select back heating plus fan mode , Scrape all marinade out of the bowl and dab onto chicken
- Bake at around 180°C for 40 minutes, basting at the 30 minute and 40 minute mark using the tray juices to make it golden brown and sticky, and rotate the tray as needed for even colour
- Increase the oven temperature to 180. Place the chicken back in for a final 10 minutes to caramelize the skin.

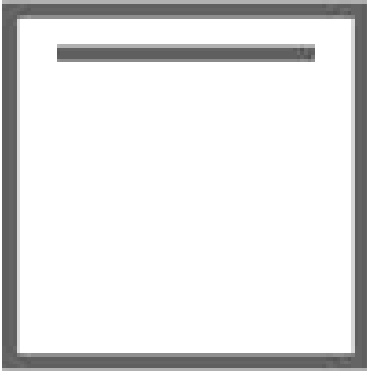
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French Toast


INGREDIENTS

- 2 slices of bread
- 2 eggs
- 1/3 cup of milk
- 1/2 teaspoon of vanilla extract
- A pinch of cinnamon
- 1 tablespoon of honey



Oven Mode: Top Heating

Preparation

- Slice the a loaf of bread into 2 thick slices and placed the 2 slices of bread in a small baking dish.
- In a small bowl. whisk together the eggs, milk, vanilla extract and cinnamon until combined.
- Pour the egg mixture over the bread slices in the baking dish, making sure each slice is well coated. Let the bread soak for a few minutes to absorb the mixture.
- Place the bread into the baking dish into SENZ SOV3412, select top heating mode , set the temperature to 232°C for 15 minutes, turning the slices halfway through to ensure even toasting. Keep an eye on the bread to avoid over-browning.
- Remove from the oven and let it cool slightly before serving. Enjoy your oven-baked French toast with your favorite toppings like maple syrup, fresh fruit, or powdered sugar.

Tips: Always preheat the oven as instructed and wait until it's ready before placing in the dishes