

SENZ[®]

GERMANY

COOKING IN STYLE

Recipes Book

**All-In-One FlexiSteam Pro
intelClean Oven**



Model No: SZ-SOV70108



Steamed Fish with Ginger & Scallion


INGREDIENTS

- 1 kg tilapia
- 4 tablespoon light soy sauce
- Thumb of ginger
- 2-3 scallions
- 4 tablespoon of olive oil
- 4 tablespoon of light soy sauce
- 1 teaspoon of sesame oil
- 1 tablespoon of shaoxing wine
- Pepper and salt for taste



Oven Mode:
Steam

Preparation

- Wash your fish of your choice.
- Place the fish onto a plate. Spread the ginger on the fish and insert some into the cavity of the fish.
- Place the plate of fish into the SENZ SOV70108, select steam mode , set the temperature to 110°C, and steam for 15-20 minutes (For an easy option, select the auto menu button and click until HO3 appear and press start).
- After 10 minutes, discard the excess liquid on the plate.
- Top the fish with the scallion slices.
- Heat the soy sauce, sesame oil, shaoxing wine and black pepper in a small pot, then pour the sauce directly on the scallions and fish.

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



Baked Spring Roll


INGREDIENTS

- 1 Tbsp Avocado Oil
- 4 Eggs
- 3 Tbsp Ginger, minced
- 1 Large Clove Garlic, minced
- 3 Scallion, sliced
- 5 Shiitake Mushrooms, sliced
- 1 Carrot, sliced in thin strips
- 2 Cups Green Cabbage, sliced in thin strips
- 2 Cups Red Cabbage, sliced in thin strips
- 2 Tbsp Soy Sauce
- 3 Tbsp White Vinegar
- 1 Tbsp Sesame Oil
- 1 Tbsp Sesame Seeds
- 1/2 tsp Kosher Salt
- 1/4 tsp Pepper and Sugar



Oven Mode: Convection Baking

Preparation

- Sauté ginger, garlic, and scallions until fragrant (2 mins). Add remaining filling ingredients (except the egg) and sauté until veggies are tender (5-7 min). Then add egg until it reach scramble egg consistence. Adjust seasoning.
- Place filling and egg strips on egg roll skins, fold and roll up, sealing with water.
- Coat a baking sheet with 3 Tbsp avocado oil
- Place the egg rolls on the baking sheet, insert them into SENZ SOV70108, select the baking mode, and click until this symbol appears . Set the temperature to 218°C and bake for 18-20 minutes until they are deep golden brown and crispy
- Serve with sweet and sour sauce and enjoy!

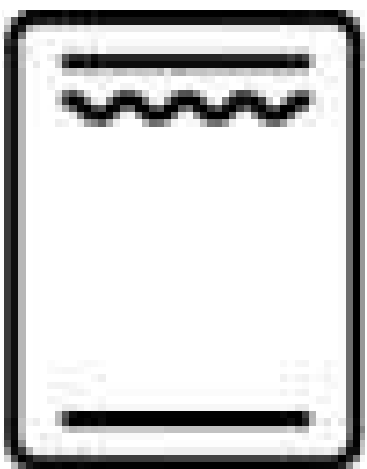
Tips: Always preheat the oven as instructed and wait until it's ready before placing in the dishes



Mac & Cheese

INGREDIENTS



- 1 teaspoon kosher salt, plus more for boiling
- 225 g dried pasta shells
- 295 g shredded sharp cheddar cheese, divided
- 115 g american cheese, cubed
- 2 tablespoons cornstarch
- 1/2 stick unsalted butter
- 1 teaspoon mustard powder
- 1/4 teaspoon cayenne pepper
- 1 1/2 cups whole milk (360 mL)
- 1 1/2 cups heavy cream (360 mL)
- 1 large egg
- 200 g shredded mozzarella cheese
- 55 g shredded parmesan cheese



Oven Mode:

Top and Bottom Heating

Preparation

- Boil pasta in salted water for 2 minutes less than package instructions then drain
- In a large bowl, combine 8 ounces of shredded cheddar cheese with the American cheese and cornstarch.
- Melt butter, add mustard powder and cayenne, cook for 1 minute.
- Whisk in milk and heavy cream, simmer for 3 minutes.
- Temper the egg with a bit of the milk mixture, then whisk back into the pot.
- Remove from heat, add cheese mixture in batches, whisking until melted, fold in cooked pasta with the mixture, season with salt.
- Top with remaining 2 oz cheddar, mozzarella, and Parmesan.
- Place the 8-inch baking dish into SENZ SOV70108, select the baking mode, and click until this symbol appears . Set the temperature to 180°C and bake for 20 minutes until bubbly. If you prefer a crispier top, Full Grill  for an additional 5 minutes until the cheese turns brown and crisp.

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



Garlic Bread

INGREDIENTS

1 cup (220 g) unsalted butter, softened

4-6 garlic cloves, finely chopped

1/4 cup parsley, finely chopped

1/4 cup Parmesan, grated


1 large loaf of your choice



Oven Mode:

Top Heating With Fan

Preparation

- In a medium bowl, add unsalted butter, chopped garlic, finely chopped parsley, and grated Parmesan. Mix together until thoroughly combined.
- Cut a large loaf of ciabatta bread in half lengthwise.
- Using a flat end spatula, spread the garlic butter across the bread. Coat edge to edge.
- Place the bread on a foil-lined rimmed baking sheet and place into SENZ SOV70108, select the baking mode, and click until this symbol appears , and set to 200°C for 4 minutes. (For an easy option, select the auto menu button and click until C08 appears, then press start. Check back after 4 minutes).
- Keep an eye on the bread, as it can quickly go from perfectly toasted to burnt. Start checking a couple of minutes before the recommended time
- Once golden brown and toasted, remove from the oven and slice into 1" slices, and serve.

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



Turkish Marinade Grilled Chicken

INGREDIENTS


- 500g of Chicken Thigh or breast
- 1 Medium Onion
- 1/4 Cup Olive Oil
- 2 Tablespoon Yoghurt
- 1 Tablespoon Red Pepper Paste
- 1 Tbsp Tomato Puree
- 2 Garlic Cloves
- 1/2 Teaspoon Cumin
- Pepper and salt for taste



Oven Mode:

**Top Heating +
Grill**

Preparation

- Blend your onion into a fine paste, then squeeze the liquid out of it
- Add the onion juice, yoghurt, spices, pepper and tomato paste, garlic and oil to a bowl then mix thoroughly
- Cut the chicken into cube and add to the bowl, and mix thoroughly
- Marinade for a minimum of 10 minutes, but at least 1h is recommended (for extra flavour) and up to 24h in the fridge
- Place a wire rack over an oven tray and brush with vegetable oil
- Lay the chicken on the wire rack in a single layer
- Suspend over a baking dish or oven tray, and place into SENZ SOV70108, select the baking mode, and click until this symbol  appears and set to 270°C. Cook for about 8 minutes until the first side is browned (For an easy option, select the auto menu button and click until C02 appears, then press start).
- Remove and flip the pieces, cook for another 2-4 minutes until completely browned (extra time may be needed for thicker chicken)

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



Chicken Pot Pie

INGREDIENTS


- 1/4 cup unsalted butter
- 1/2 chopped sweet onion
- 2 thinly sliced carrots
- 1/2 cup chopped celery (1 stalk)
- 3 garlic cloves minced
- 1/3 cup all-purpose flour
- 1 3/4 cup chicken broth warm
- 1/2 cup heavy cream warm
- 2 teaspoons chopped fresh thyme
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 3 cups cooked shredded chicken
- 1 cup green peas



Oven Mode:

Pure Convection Baking

Preparation

- In a large skillet, melt butter over medium-high heat. Add the onion, carrots, celery, and garlic. Then, add in the flour and stirring constantly for 2 minutes.
- While stirring, slowly pour in the warm broth and heavy cream. Stir in the thyme, salt, and pepper. Cook just until the sauce is thickened.
- Stir in the chicken and peas. Pour the filling into a bowl to cool.
- On a lightly floured surface, roll one pie crust to a 12-inch circle. Transfer to a deep 9-inch pie plate. Pour in the cooled filling.
- Roll out the remaining pie crust and place it on top of the filling. Tuck the edges under and crimp as desired. Brush the pie crust with heavy cream. Cut a few slits in the top of the crust to vent steam. .
- Place the pie plate into SENZ SOV70108, select the baking mode, and click until this symbol  appears and set to 218°C and cook for 20 minutes (For an easy option, select the auto menu button and click until P15 appears, then press start).
- Reduce the heat to 177°C and continue baking until the crust is a deep golden brown and the filling is bubbling, about 40 minutes.
- Let the pie cool for 20 minutes before serving.

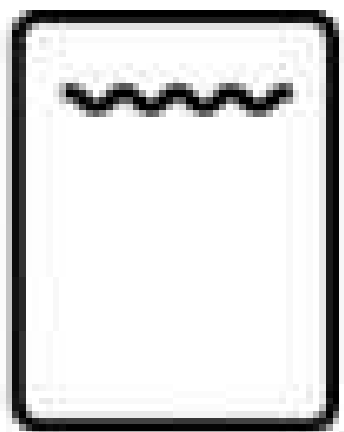
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Miso Glazed Salmon


INGREDIENTS

- 1/4 cup brown sugar
- 2 tablespoon soy sauce
- 2 tablespoon hot water
- 2 tablespoon miso paste



Oven Mode:
Full Grill

Preparation

- Mix brown sugar, soy sauce, hot water, and miso paste.
- Marinate salmon fillets in the mixture for 30 minutes.
- Place marinated salmon on a foil-lined baking sheet on the center rack into SENZ SOV70108, select the baking mode, and click until this symbol appears  and set to 260°C and cook for 8 minutes until golden brown (For an easy option, select the auto menu button and click until P32 appears, then press start).
- Transfer to a plate and serve!

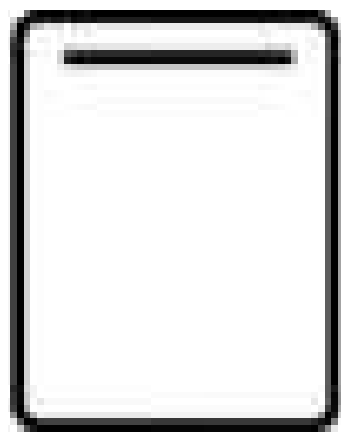
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Adobong Tokwa (Filipino Tofu Adobo)


INGREDIENTS

- 500 g extra firm tofu
- 2 tablespoon brown sugar
- 1.5 to 2 tablespoon soy sauce adjust to taste
- 2 tablespoon distilled white vinegar
- 2 teaspoon dark soy sauce
- 2 dried bay leaves
- 1/2 teaspoon black pepper
- 1/4 cup water



Oven Mode:
Top Heating

Preparation

- Remove the tofu from the water and drain from any excess water.
- Crumble or mash the tofu using your hands.
- Cut tofu into cubes and marinate in a mixture of soy sauce, vinegar, garlic, bay leaves, and peppercorns for at least 30 minutes.
- Place the shredded tofu over a baking dish lined with parchment paper into SENZ SOV70108, select the baking mode, and click until this symbol  appears and set to 220°C and cook for 15 minutes until lightly golden brown (For an easy option, select the auto menu button and click until C12 appears, then press start).
- Do not overcook it since it can easily become too tough and dry.

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



Loaded Baked Potatoes

INGREDIENTS


- 3 russet potatoes
- 2 tablespoons olive oil
- 2 teaspoons salt
- 4 ounces cream cheese
- 1 cup cheddar cheese
- ½ cup broccoli chopped
- 2 teaspoons salt
- 1 teaspoon pepper
- ¼ cup milk
- Sour cream, to serve
- Chives, to serve



Oven Mode:

Bottom Heating

Preparation

- On a baking sheet, oil the potatoes well and sprinkle with salt.
- Start by parboiling the potatoes for 10 minutes. This will partially cook them, reducing the baking time.
- Place the potatoes on a baking sheet on the center rack into SENZ SOV70108, select the baking mode, and click until this symbol  appears and set to 220°C and cook for 15 minutes (For an easy option, select the auto menu button and click until P07 appears, then press start).
- Once cooled, cut the potatoes vertically, scoop out the inside, and transfer to a bowl.
- In the bowl with the scooped out potatoes, add the cream cheese, cheddar cheese, broccoli, salt, pepper, and milk. Mix well.
- Scoop the potato mixture back into the potatoes and top with cheddar cheese. Bake an additional 15 minutes until the cheese is melted. Serve warm with sour cream and chives!

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



Char Siew Chicken


INGREDIENTS

- 300 grams of boneless chicken thighs (preferably fatty ones)
- 1 tablespoon Hoisin Sauce
- 1 tablespoon of Light Soy Sauce
- 1 tablespoon of Honey
- 1 tablespoon Oyster sauce
- 1 tablespoon Dark Soy Sauce
- 2 tablespoons Brown Sugar
- 1 tablespoon Ginger-Garlic Paste (2 garlic cloves + 1 inch Ginger)
- 1 tablespoon Chinese Five Spice Powder
- Pinch of white pepper
- 1 tablespoon Red Food Colouring (Optional)



Oven Mode: **Steam + Grill**

Preparation

- Mix the marinade in a ziplock bag
- Add the chicken and let it marinate a minimum of 2 hours to overnight in the refrigerator.
- Take the chicken out of the fridge to allow it to be room temperature for about 15-20 minutes.
- Lay chicken on a baking tray and place into SENZ SOV70108, select steam and grill mode , set the temperature to 200°C for 15 minutes, or until the chicken is cooked through (For an easy option, select the auto menu button and click until C01 appears, then press start. Check back after 15 minutes).
- Allow the chicken to rest for 10 minutes, before slicing and serving.

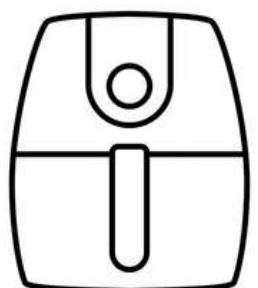
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Ham and Cheese Tortilla Wraps

INGREDIENTS


- 4 (8 inch) tortillas
- 8 slices Black Forest ham
- 2 tablespoons mayonnaise
- 4 teaspoons Dijon mustard
- 1 tablespoon butter melted
- 4 slices Swiss cheese



Oven Mode:

Air Fry

Preparation

- Spread a thin layer of mayonnaise and Dijon mustard onto the tortillas.
- Add 2 slices of ham, then a slice of Swiss cheese to each tortilla.
- Roll each tortilla up like a burrito by folding the sides in and tightly rolling them. See my video or my process shots above if you need to see how to roll these.
- Brush the top of each wrap with melted butter using a basting brush.
- Place the wraps into SENZ SOV70108 seam down, select the air fry mode  and set to 193°C and cook for 5 minutes until golden brown. Check on them halfway through.
- Remove wraps from air fryer. Let them cool. Then cut them in half or diagonally and enjoy!

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