

VIKING

Viking Combi Steam/Convect™ Oven

Cookbook

PRECAUTIONS

- a.) Use care when opening and touching oven door. Let hot air or steam escape before removing or replacing food. Do not touch glass window on door.
- b.) Hot air or steam can cause burns to hands, face, and/or eyes.
- c.) Always position oven racks in desired location while oven is cool.
- d.) Do not pour spirits such as brandy, whiskey or schnapps over hot food.
- e.) Do not attempt to repair or replace any part of this oven unless specifically recommended in the Use and Care manual.

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GET TO KNOW YOUR VIKING COMBI STEAM/CONVECT™ OVEN

The Viking Combi Steam/Convect™ Oven has all the features of a convection oven, combined with steam. You can not only bake but also steam, reheat, defrost and dehydrate food using fan-forced air.

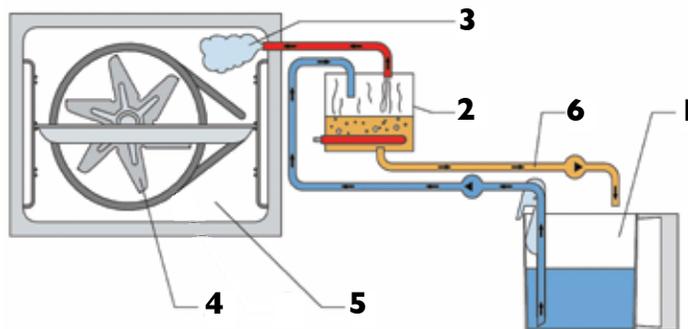
The Use and Care manual contains important safety instructions. Read all instructions before using your Viking Combi Steam/Convect™ Oven.

The cooking time given in recipes should only be used as a guide. Depending on the results you would like to achieve, you may cook the food shorter or longer than what is given in the recipe.

HOW IT WORKS

The Viking Combi Steam/Convect™ Oven operates in a very simple way. Water is brought to a boil in the boiler and the steam produced is forced into the oven cavity. As the steam condenses on cooler surfaces of food, energy is efficiently transferred from steam, condensing inside of food. The amount and speed of steam condensed depends on the quantity, weight, and surface area of food being cooked. The larger of these factors speeds up the process of evenly heating and steaming the food.

- 1** Water Tank
- 2** Boiler
- 3** Steam Inlet
- 4** Convection Fan
- 5** Oven Cavity
- 6** Steam Outlet



ACCESSORIES

When cooking and baking foods, make sure to place the food on the proper accessory. Each oven is equipped with two racks, one steamer tray, and one multi-purpose cooking tray.

Standard	Capacity	Model
Rack		VSSR
Multi-Purpose Cooking Tray	1 3/4 quarts (1.7 liter)	VCSSM
Steamer Tray	3 1/2 quarts (3.3 liter)	VCST
Combi Steam Descaling Cleanser	16.9 fluid ounces (500ml)	VCSDC
Optional		
Deep Multi-Purpose Cooking Tray	3 1/2 quarts (3.3 liter)	VCSDM
Deep Multi-Purpose Cooking Tray with Pouring Slot	3 1/2 quarts (3.3 liter)	VCSP
Porcelain Multi-Purpose Cooking Tray	1 3/4 quarts (1.7 liter)	VCSPM



- The stainless steel and optional porcelain multi-purpose cooking trays serve as baking trays for breads, biscuits, etc. and as drip trays for use with the rack or steamer tray.
- The wire rack should be used for cake and baking pans, as well as meat, frozen pizza, etc.
- The stainless steel steamer tray is used for steaming fresh or frozen foods.
- The stainless steel multi-purpose cooking tray with pouring slot is used when pouring extracted juices from fruits and berries.

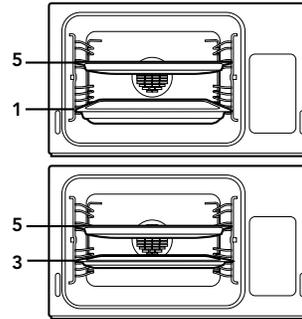
NOTE:

Using metal knives or cutting wheels on the multi-purpose cooking tray or steamer tray will damage the surface.

RACK LEVELS

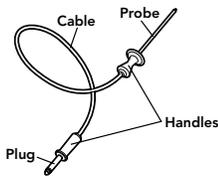
Each oven has six rack levels with level 6 being the farthest from the oven bottom and level 1 the closest to the bottom. The racks and trays can be easily removed and arranged at various levels. For best results and optimum circulation with TruConvec™, SteamHeat™, TruSteam™, and ProBake cooking, place a suitable baking dish on the rack and push the rack to the back of the oven.

Arrange the wire oven racks at the desired levels before heating the oven. If cooking on two racks, it is recommended to use rack levels 1 and 5 or 3 and 5. Place the multi-purpose cooking tray at level 1 and the wire racks at levels 3 and 5. Select the desired function. Cooking starts immediately and stops when “Off” is pressed. Set the oven to the desired temperature. Place the food in the oven.



MEAT PROBE

The meat probe takes the guesswork out of roasting by cooking foods to the ideal internal temperature. The probe temperature setting is used to automatically turn the oven off when the roasted meat’s desired internal temperature is reached. Use of probes other than the one provided with this product may result in damage to the probe and oven. Use the handles of the probe and plug when inserting and removing them from the meat and outlet*.



Food	Recommended internal temperature °F (°C)
Beef	
Rare	140 (60)
Medium	155 (65)
Well-done	170 (75)
Chicken	180 (85)
Pork	180 (85)

* Refer to the Use and Care manual for use and care of the meat probe.

Steaming

This function uses steam which flows from the boiler into the oven, heating and steaming the food. Use this setting for foods that require gentle cooking such as vegetables, rice, seafood, and yogurts.

Recommended cooking temperature: 210°F (100°C)

Range: 90°F (30°C) to 210°F (100°C)

Press the “Function” button once. <Steaming> and <Oven temperature> appear in the text display.

Steaming Tips

Because of variations in food density, surface texture, and consistency, some foods may be prepared more successfully using steam.

- When using the steamer tray, placing the multi-purpose cooking tray underneath reduces condensation and avoids spills on the bottom of the oven.
- Use the steamer tray to steam vegetables. Add salt and seasoning after cooking.
- When steaming meat or fish, use the steamer tray lightly coated with butter or non stick spray.
- Place custards, crème desserts or yogurt in a dish and place on the steamer tray.
- Place rice, pasta, or dried legumes with water in a glass or porcelain dish and place on the wire rack.
- Rice or pastas can be cooked along with vegetables with similar cooking times to save energy.

Extracting Juice

When extracting juice from fruit or berries, place the steamer tray with the food at level 5. Place the multi-purpose cooking tray with pouring slot (sold separately) at level 4. Sprinkle sugar over the fruit. **STEAM**, 210°F (100°C), 60 to 90 minutes, depending on the type of fruit. Place the multi-purpose cooking tray at level 1 before pulling the multi-purpose tray out of the oven.

Canning

Canning involves preserving food in glass jars. Use only the best quality, ripe produce with no rotten or damaged spots. Place a maximum of six glass jars in the steamer tray, leaving space between the jars. Refer to the cooking chart in the Use and Care manual for temperature and times.

Defrost

Frozen foods such as poultry, meat, and fish can be defrosted using **STEAM**, 120° F (50°C), 10 to 15 minutes.

Preparing Frozen Vegetables

Place frozen vegetables in the steamer tray and place the multi-purpose cooking tray a level below the steamer tray. Cook using **STEAM**, 210°F (100°C), 20 to 40 minutes, depending on the quantity and type.

Preparing Blanched Vegetables

Placed prepared vegetables in the steamer tray at any level in the oven. **STEAM**, 210°F (100°C), 5 minutes.

COOKING FUNCTIONS

Vegetables	Temperature °F (°C)	Time (mins.)	Cooking Utensil
Green beans	210 (100)	30-45	Steamer tray
Broccoli		13-17	
Whole cauliflower		30-45	
Diced cauliflower		20-25	
Baby carrots		10-20	
Diced potatoes, boiled		20-25	
Tomatoes		4-10	
Sweet corn		30-45	
Sweet peppers		8-13	
Brussels sprouts		25-30	
Green asparagus		13-17	
White asparagus		20-25	
Spinach		7-10	
Celery		25-30	

Meat	Temperature °F (°C)	Time (mins.)	Cooking Utensil
Ham	210 (100)	60-90	Steamer tray with multi-purpose tray
Pork loin		60-90	
Sausage		30-45	
Chicken breast		10-25	

Seafood	Temperature °F (°C)	Time (mins.)	Cooking Utensil
Fish filet	175 (80)	10-20	Steamer tray with multi-purpose tray
Salmon or tuna steak	210 (100)	20-30	
Whole fish	175 (80)	20-30	
Calamari	210 (100)	10-20	

Pasta/dried vegetables	Temperature °F (°C)	Time (mins.)	Cooking Utensil
Rice w/water	210 (100)	20-40	Glass dish on rack
Pasta w/water		45-60	
Dried legumes w/water		20-60	

Fruit Preserves	Temperature °F (°C)	Time (mins.)	Cooking Utensil
Cherries	175 (80)	30	Steamer tray
Pears	195 (90)		
Peaches			
Plums			

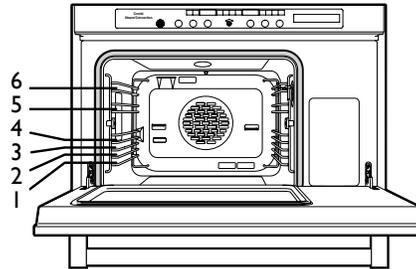
Extracting juices	Temperature °F (°C)	Time (mins.)	Cooking Utensil
Fruit (cherries, grapes)	210 (100)	90 max.	Steamer tray with multi-purpose tray
Berries			

Desserts	Temperature °F (°C)	Time (mins.)	Cooking Utensil
Crepe caramel	195 (90)	25-30	Steamer tray with rack
Custards		20-30	
Yogurt	105 (40)	5-6 hours	

ReHeat Plus™

This function heats the air inside the oven using steam and fan-forced air. This allows food to be reheated quickly and evenly without drying it out. Use this setting to reheat dishes, leftovers, and frozen meals.

- Recommended cooking temperature: 250°F (120°C)
- Range: 210°F (100°C) to 300°F (150°C)
- Press the “Function” button twice.
<ReHeat Plus> and <Oven temperature> appear in the text display.



Reheating Tips

- It is recommended to reheat dishes or leftovers at 230°F (110°C) to 265°F (130°C). Put the desired amount of uncovered food in a dish (not plastic) and place on the wire rack at level 1, or for two portions, at positions 1 and 5.
- A maximum of four plates can be reheated at the same time. Use positions 1, 3, 5, and 6.

Preparing Frozen Meals

Place food on glass plate. Place plate on the wire rack. Cook using **REHEAT PLUS™** function, 250°F (120°C). For time, follow manufacturer’s instructions.

Defrost

Frozen foods non-sensitive to heat such as bread, rice, and pasta can be defrosted using the **REHEAT PLUS™** function, 285°F (140°C), 15 to 20 minutes.

Food	Temperature °F (°C)	Time (mins.)	Cooking Utensil
1 – 2 portions	250 (120)	6 – 8	Multi-purpose cooking tray or rack
3 – 4 portions		8 – 10	
Frozen meals		Follow manufacturer’s instructions	

ProBake Cooking

This function uses steam and heat to cook food placed in a cold, unheated oven. The food is steamed and then heated automatically. The length of time depends on the quantity of food being heated. Use this setting for baking breads and pastries.

Recommended temperature: 410°F (210°C)

Range: 210°F (100°C) to 440°F (230°C)

Press the “Function” button three times. <ProBake> and <Oven temperature> appear in the text display.

ProBake Cooking Tips

- When baking loaves of bread, buns, or layer cakes, place the dough on the multi-purpose cooking tray. Allow the dough to proof briefly, approximately 10 minutes before cooking.
- When baking puff pastry (with or without a filling or fresh or deep frozen), place the puff pastry on the multi-purpose cooking tray. It is not necessary to brush the top of the puff pastry. Set the temperature slightly lower for yeast dough.
- The oven door should not be opened during the steaming phase. Cold air will extend the steaming phase and bread will be oversteamed and flat.
- The optimum baking temperature for buns and rolls is generally higher than a single loaf of bread. For large breads, reduce the temperature by 50°F (10°C) to 60°F (15°C).
- To achieve best results, only use positions 1 or 1 and 5.

NOTE: The oven must cool between two ProBake cooking sessions until <Residual heat> no longer appears in the text display.

Food	Temperature °F (°C)	Level	Time (mins.)	Cooking Utensil
Filo pastry	395 (200)	1 or 1 & 5	20 – 35	Multi-purpose cooking tray or porcelain cooking tray*
Bread	375 (190)	1	35 – 40	
Buns/rolls	400 (205)	1 or 1 & 5	20 – 25	

*optional

TruConvect™ Cooking

During TruConvect™ cooking, the rear element heats the air inside the oven. A motorized fan circulates the air in the oven cavity for even heating. The food is warmed evenly on all sides making it possible to bake on one or two levels simultaneously. The cooking time can be reduced slightly by increasing the cooking temperature. Use this setting for baking muffins, yeast breads, quick breads, and cakes. This setting is also recommended when baking large quantities of baked goods at one time.

Recommended temperature: 360°F (180°C)

Range: 90°F (30°C) to 440°F (230°C)

Press the “Function” button four times.

<TruConvect> and <Oven temperature> will appear in the text display.

TruConvect™ Cooking Tips

- When baking cakes or biscuits, put the mixture or dough in the baking form and place on the multi-purpose cooking tray to bake.
- During TruConvect™ cooking, if the temperature is above 210°F (100°C) and the door is opened, cooking will stop. To resume cooking, close the door.
- When cooking with convection, reduce the temperature by 25°F (10°C). Some recipes may require adjustment and testing when converting from conventional to convection cooking. Compare temperatures in the chart in the Use and Care manual to your recipes. If you suspect the temperature is too high, select a lower temperature.
- If the food is nice and brown on the outside but still raw in the middle, the oven temperature is too high. Slightly reduce the temperature and lengthen the cooking time. Even browning is achieved at lower temperatures.
- To achieve good results, only use positions 1 or 1 and 5.

Dehydrate

If the oven temperature is below 210°F (100°C) and the oven door remains open, it is possible to dehydrate fruits and vegetables.

- Only use fresh, ripe, healthy fruits and herbs.
- Place prepared food on baking paper and place on the wire rack. Only a maximum of 2 levels can be used at once. Turn the food at regular intervals to help it dry evenly.
- Keep door open approximately 1 inch (2.5 cm).

Food	Temperature °F (°C)	Level	Time (mins.)	Cooking Utensil
Layer cake	325 (165)	1	25-30	Multi-purpose cooking tray or porcelain cooling tray*
Pastry with fruit	350 (175)	1	55-65	
Crepe puff	350 (175)	1 or 1 & 5	25-30	
Pizza	375 (190)	1 or 1 & 5	15-20	
Homemade muffins	375 (190)	1	17-22	

*optional

SteamHeat™ Cooking

This function uses the rear element to heat the air inside the oven. A motorized fan circulates the air in the oven cavity for even heating. The food retains moisture from the steam produced during baking, making it possible to bake on one or two levels simultaneously. Use this setting to bake pastries and soufflés.

Recommended temperature: 360°F (180°C)

Range: 90°F (30°C) to 440°F (230°C)

Press the “Function” button five times.

<SteamHeat> and <Oven temperature> will appear in the text display.

SteamHeat™ Cooking Tips

- When baking soufflés and yeast rising pastry, put the mixture or dough in the baking form and place on the multi-purpose cooking tray.
- To achieve good results, only use positions 1 or 1 and 5.

Food	Temperature °F (°C)	Level	Time (mins.)	Cooking Utensil
Soufflé	325 (165)	1 or 1 & 5	30-35	Multi-purpose cooking tray
Pastry	350 (175)	1	40-45	

TruSteam™ Cooking

This function uses moist and dry heat to cook food. The rear element heats the air inside the oven. A motorized fan circulates the air in the oven cavity for even heating. Steam can be forced into the oven by pressing the knob and turned off by pressing the knob a second time. Use this setting for preparing and cooking meats and baking potatoes.

Recommended temperature: 360°F (180°C)

Range: 90°F (30°C) to 440°F (230°C)

Press the “Function” button six times.

<TruSteam> and <Oven temperature> will appear in the text display.

TruSteam™ Cooking Tips

- When cooking meat, add steam during the first third of the cooking time.
- When cooking foods that splatter such as meat or poultry, the temperature should be reduced to prevent splattering on the oven walls. This will cause dark marks that cannot be removed.
- To achieve good results, only use positions 1 or 1 and 5.

Food	Temperature °F (°C)	Time (mins.)	Cooking Utensil
Baked potatoes	400 (205)	45-60	Steaming tray and Multi-purpose cooking tray
Beef filet (3-6 lbs.)	350 (175)	25-30	
Chicken strips (3-6 lbs.)	375 (190)	20-25	
Pork filet (3-6 lbs.)	350 (175)	25-30	

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MEDITERRANEAN VEGETABLES

- 1 eggplant, sliced**
- 2 zucchinis, sliced**
- 1 tomato, sliced**
- 1 teaspoon dried thyme**
- 1 teaspoon dried oregano**

Cut eggplant, zucchini, and tomato into 1 inch quarter chunks.

Combine all ingredients and place in the multi-purpose cooking tray.

Sprinkle thyme and oregano over the vegetables.

Place the tray in the oven. Cook using **STEAM**, 210°F (100°C), 20 to 25 minutes.

Season the vegetables to taste with olive oil and salt and pepper.

Serve immediately.

makes 4 servings

SPRING VEGETABLES

- 1 pound asparagus, trimmed and cut in half**
- 10 ounce package frozen green peas**
- 1/2 pound whole baby carrots**
- 1/4 cup chopped parsley**
- 1 tablespoon chives**

Trim the ends of the asparagus stalks and cut in half.

Thaw and rinse the frozen peas under cold water.

Combine all the vegetables in the steamer tray.

Cook using **STEAM**, 210°F (100°C), 25 minutes.

Season the vegetables to taste with parsley and chives.

Serve immediately.

makes 4 servings

RICE & VEGETABLE RISOTTO

1 1/4 cup arborio rice
1 onion, diced finely
2 tablespoons olive oil
4 cups heated vegetable broth
1 cup steamed spring vegetables
1/2 cup grated parmesan cheese

Follow recipe for spring vegetables.

Heat oil in small saucepan.

In a large skillet, saute onion until tender.

Stir in arborio rice and sauté until rice is warm.

Turn mixture into 2 quart glass bowl.

Add broth and place the bowl on the rack.

Cook using **STEAM**, 210°F (100°C), 30 minutes.

Allow the mixture to set for 10 minutes in the oven.

Stir in vegetables and parmesan cheese.

Serve *immediately*.

makes 4 servings



GREEN BEANS & POTATOES

1/2 pound green beans
1/2 pound new potatoes

Cut the ends off the beans and then cut the beans into halves.

Cut the potatoes into quarters and combine with the beans into the steamer tray.

Place the multi-purpose tray at level 1 and the steamer tray at level 3.

Place the multi-purpose cooking tray at level 1 and the steamer tray at level 3.

Cook using **STEAM**, 210°F (100°C), 30 minutes.

Serve immediately.

makes 4 servings

MEAT & VEGETABLE KABOBS

1 red pepper
1 zucchini
1 chicken breast
1/2 pound pork tenderloin
6 ounce beef filet
Salt and pepper

Cut vegetables into 1 inch chunks.

Place the vegetables in the steamer tray.

Cook using Steam at 210°F (100°C) for 10 minutes.

Cut the meat into 2 inch chunks.

Alternately place the meat and cooked vegetables on skewers.

Season the kabobs on all sides with salt and pepper.

Place the kabobs in the steamer or multi-purpose cooking tray.

Cook using **STEAM**, 175°F (80°C), 10 to 15 minutes.

makes 4 servings

STEAMED WHEAT & PEPPERS

- 1 cup plus 2 tablespoons bulgar**
- 1 green pepper, diced**
- 1 red pepper, diced**
- 1 1/4 cup vegetable broth**

Combine the peppers, bulgar, and broth in a glass bowl.

Place the bowl on the rack.

Cook using **STEAM**, 210°F (100°C), 25 minutes.

Let set in the oven for 10 minutes.

Season to taste.

makes 4 servings



ORIENTAL RICE

Using instant rice:

- 1 cup instant rice**
- 2 large carrots, grated**
- 1/3 cup raisins**
- 1 tablespoon fresh ginger, diced**
- 1 1/3 cup vegetable broth**
- 1/2 teaspoon salt (or to taste)**

Using regular long grain rice:

- 1 1/3 cup rice**
- 2 large carrots, grated**
- 1/3 cup raisins**
- 2 cups vegetable broth**
- 1 tablespoon fresh ginger, diced**
- 1/2 teaspoon salt (or to taste)**

Grate the carrots and peel and slice the ginger.

Combine all the ingredients in a glass bowl.

Place the bowl on the rack.

Cook using **STEAM**, 210°F (100°C), 25 to 30 minutes.

Let set in the oven for 10 minutes to absorb more liquid.

Season to taste with butter, salt, or soy sauce.

Serve immediately.

makes 4 servings

POLENTA WITH VEGETABLES

1 cup plus 3 tablespoons yellow cornmeal
1 cup vegetable broth
1 2/3 cup milk
2 tablespoons butter
1/2 cup parmesan cheese
16 ounce can kidney beans, drained and rinsed
14.5 ounce can diced tomatoes, undrained
2 green peppers, diced
1 clove garlic, minced
1 tablespoon fresh thyme
salt and pepper to taste
1/2 serrano chili (optional, to taste)

Pour milk and broth into a 2 quart glass mixing bowl.

Stir in cornmeal.

Add remaining ingredients, stirring well to combine.

Leave the mixture in the glass bowl and place on the rack.

Cook using **STEAM**, 210°F (100°C), 45 minutes.

Season to taste with more butter or cheese.

Optional: Brown 1/2 pound ground beef in a skillet and add to raw vegetables.

makes 4 servings

CHOCOLATE FLAN

- 1 cup milk**
- 1 cup whipping cream**
- 1/2 teaspoon vanilla extract**
- 3/4 cup dark chocolate, roughly chopped**
- 1/4 cup sugar**
- 4 eggs, beaten**

In a medium pot, combine milk, cream, vanilla, chocolate, and sugar.

Cook over medium heat until warm and creamy.

Stir eggs into the warm mixture and pour into a suitable glass dish.

Place the dish on the rack.

Cook using **STEAM**, 195°F (90°C), 25 minutes.

Cool and serve.

makes 4 servings



ProBake Recipes

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BAKED DUMPLINGS

- 1 1/2 cup flour**
- 2 packets dry yeast**
- 1/4 cup sugar**
- 1 teaspoon salt**
- 1/2 cup or 1 stick butter**
- 2/3 cup milk**
- 16 apple halves (with or without skin)**
or **other fruit**

Using your Viking Stand Mixer or Food Processor mix together flour, yeast, sugar, salt, butter, and milk.

Cover the bowl containing the dough with a damp cloth and place it in a warm, draft free place until the dough has doubled in size, 1 to 2 hours.

Cut the dough into 16 equal strips.

Place the apple halves on each strip and wrap the dough over the apple forming a ball.

Place the balls in an 8 x 8 inch greased or buttered glass dish.

Cover with a damp cloth and let set for 20 minutes.

Place the dish on level and cook using **PROBAKE** cooking, 410°F (210°C), 35 minutes.

makes 16 servings



CRESCENT ROLLS

8 ounce can of refrigerated crescent rolls

2 tablespoons olive oil

1/2 cup grated parmesan cheese

1 teaspoon dried oregano

1 teaspoon dried thyme

Line multi-purpose cooking tray with parchment or wax paper.

Unroll crescent rolls and separate into triangles along perforations.

Brush surface of each triangle with olive oil and sprinkle evenly with parmesan cheese and herbs.

Roll from long ends to point, forming crescent roll.

Place on parchment/waxed paper lined multi-purpose cooking tray.

Place tray at level 1 in cool steam oven.

Select **PROBAKE** cooking, 410°F (210°C), 20 to 25 minutes until lightly browned.

makes 6 to 10 servings

SMOKED SALMON CURLS

1/2 package frozen puff pastry (*1 sheet of 2 sheet pack*)

6 ounces canned salmon

1 teaspoon fresh minced dill

Unroll thawed puff pastry into a rectangle.

Leaving a 1/2 inch border around pastry, evenly distribute salmon on dough.

Sprinkle with dill.

Brush outside edges with water and roll up jelly roll style, pressing edges lightly to seal.

Cut into 1 inch rounds and place on parchment paper lined steamer tray.

Place tray at level 1 in cool steam oven.

Select **PROBAKE** cooking, 440°F (230°C), 25 minutes.

makes 16 curls

PORK FILET IN PUFF PASTRY

- 1/2 pound pork tenderloin**
- 1/2 cup sundried tomatoes in oil, drained**
- 1 teaspoon dried thyme**
- 1 teaspoon dried rosemary**
- 5 to 6 slices bacon**
- 1/2 package frozen puff pastry** (*1 sheet of 2 sheet pack*)

Brown tenderloin on all sides in a skillet and set aside to cool.

Lay slices of uncooked bacon tightly next to one another to cover the length of filet.

Drain and slice tomatoes and place on top of bacon.

Sprinkle 2/3 of thyme and rosemary on the tomatoes and bacon.

Place the browned pork on top of the seasoned tomatoes and bacon.

Sprinkle the remaining herbs and tomatoes on top of the filet and wrap the ends of the bacon over the filet.

Roll out the puff pastry in the shape of a rectangle and fold the pastry loosely over the filet pressing the ends firmly together with a fork.

Cover the multi-purpose cooking tray with baking paper and place filet on the tray.

Place the tray on level 1.

Bake using **PROBAKE** cooking, 425°F (215°C), 30 to 35 minutes.

makes 4 servings



APPLE PASTRIES

1/2 package frozen puff pastry (1 sheet of 2 sheet pack)
2 to 3 ripe apples

Cut each puff pastry into 10 equal squares.

Brush the squares with water and lay the other 10 squares on top.

Cover the multi-purpose cooking tray with baking paper and lay the squares on the tray.

Peel and cut the apples into thin slices. Lay the apples slices on the pastry in a tile pattern.

Place the tray on level 1.

Bake using **PROBAKE** cooking, 410°F (210°C), 25 to 30 minutes.

makes 10 servings



BREAD PUDDING

1/2 pound French bread, cut into 1 inch chunks
2 cups heavy whipping cream
3 eggs
1 tablespoon vanilla
1 cup sugar

Butter a 2 quart oven-safe casserole dish (9 x 13 inches).

Place bread cubes in a large mixing bowl.

Pour cream over bread cubes and toss gently.

Allow bread to soak up cream for 10 minutes.

Using a Viking Stand Mixer, beat eggs with sugar and vanilla.

Toss egg mixture with bread cubes, tumbling to combine.

Pour into baking dish and place dish on the multi-purpose cooking tray.

Place the tray on level 1.

Bake using **PROBAKE** cooking, 350°F (175°C), 30 to 40 minutes or until set.

makes 6 to 8 servings



ZORA'S BISCUITS

3 cups self-rising flour

1/2 cup butter (1 cold stick of butter, grated)

1 1/4 cup buttermilk

In a large mixing bowl, stir flour and butter together enough to moisten the flour.

After stirring, create a hole in the center of the bowl.

Pour the buttermilk in the center of the hole while gradually mixing all the ingredients to form dough.

Sprinkle flour on a cutting board.

Using a rolling pin, roll the dough on the cutting board to 1/2 inch thick.

Using a small biscuit cutter, cut the dough into small biscuits and place them on the multi-purpose cooking tray.

Place the tray at level 1.

Bake using **PROBAKE** cooking, 425°F (220°C), 17 to 20 minutes.

makes 12 servings

*NOTE: You may also use TruConvec™ cooking at 375°F (190°C), 17 to 20 minutes.
Remember to preheat when using TruConvec™ cooking.*



WHOLE WHEAT BREAKFAST ROLLS

1/4 cup or 1/2 stick butter
1 1/4 cup milk
4 cups whole wheat flour
1 packet of dried yeast
1/2 teaspoon salt
4 tablespoons sugar
1/2 cup raisins
1/2 cup whole or chopped hazelnuts

In a saucepan, melt butter and milk.

In a large mixing bowl, combine flour, yeast, salt, raisins, and hazelnuts.

Add butter and milk to the mixture.

Using a Viking Stand Mixer, produce a smooth dough.

Cover the bowl containing the dough with a damp cloth and place it in a warm, draft free place until it has doubled in sized, 30 minutes to 1 hour.

Cover the multi-purpose cooking tray with baking paper.

Knead dough and divide into 8 to 12 pieces and shape the pieces into round rolls.

Place the rolls on the tray forming a circle with one roll in the middle.

Cut crossways into each roll. Cover the rolls with a damp cloth and let rise, 5 to 10 minutes.

Place the tray at level 1.

Bake using **PROBAKE** cooking, 410°F (210°C), 35 minutes.

makes 8 to 12 servings

MANGO BREAD

1/2 cup dried mango, diced
4 cups all-purpose flour
1 packet dry active yeast
1 teaspoon salt
1 1/2 cup coconut milk
1/2 cup cashews, crushed

Using the Viking Stand Mixer, combine mango, flour, yeast, salt, and milk to produce a smooth dough.

Cover the bowl with a damp cloth and place it in a warm, draft free place until it has doubled in sized, 30 minutes to 1 hour.

Cover the multi-purpose cooking tray with baking paper.

Knead dough and roll it out into a long strip.

Cut the long strip in half and twist the two strips together like a rope.

Place the rolls on the tray.

Cover the rolls with a damp cloth and let rise, 5 to 10 minutes.

Place the tray at level 1.

Bake using **PROBAKE** cooking, 430°F (220°C), 40 to 45 minutes.

makes 6 servings



BEEF FILET IN PUFF PASTRY

6 ounce beef filet
1/2 cup dried mushrooms
1 cup heavy whipping cream
1/2 cup dry white wine
1 to 2 onions, finely chopped
4 sage leaves, cut into narrow strips
3 to 4 slices of smoked ham
1 sheet puff pastry, thawed and cut into 2 slices

Soak mushrooms in water and allow them to drain.

Brown filet on all sides in a skillet and set aside to cool.

In a skillet, fry the finely chopped onions and add sage, wine, mushrooms, and cream.

Reduce the mushroom sauce over low heat until some liquid remains.

Lay slices of smoked ham tightly next to one another to cover the length of the filet.

Spread 2/3 of the mushroom sauce on the ham.

Place the browned filet on top of the mushroom sauce and ham.

Spread the remaining mushroom sauce on the filet.

Roll out the puff pastry in the shape of a rectangle and fold the pastry loosely over the filet pressing the ends firmly together with a fork.

Cover the multi-purpose cooking tray with baking paper and place the filet on the tray.

Place the tray on level 1.

Bake using **PROBAKE** cooking, 410°F (210°C), 30 to 35 minutes.

makes 4 servings

TruConvec™ Recipes

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VEGETABLE TART

1 cob of corn, steamed and cut from cob
or 1 can of sweet corn, drained
1 red pepper, cut into long strips
1 green pepper, cut into long strips
2 cups sliced mushrooms
3/4 cup sour cream
2/3 cup milk
1 egg
1 1/2 cup Monterey Jack cheese, grated
1 refrigerated pre-made pie crust
salt
pepper
paprika

Steamed Corn

Place the corn in the steamer tray and cook using Steam at 210°F (100°C), 30 minutes.

Cut corn off of cob.

Tart

Using a Viking Stand Mixer, mix milk, sour cream, egg, and cheese; beat well.

Season to taste with salt, pepper, and paprika.

In a separate bowl, mix together vegetables.

Press unbaked pie crust into a glass pie dish and prick the pastry with a fork.

Spread vegetables evenly onto unbaked crust.

Place rack at level 1.

Preheat oven using **TRUCONVEC™** cooking, 365°F (185°C), 4 minutes.

Pour egg/cheese mixture evenly over vegetables.

Place tart on the rack and bake at 365°F (185°C), 40 to 50 minutes.

makes 6 servings

CHEESE TART

- 1 frozen pre-made deep-dish pie crust, thawed**
- 2 eggs**
- 2/3 cup heavy whipping cream**
- 2/3 cup milk**
- 1 1/2 cup swiss cheese, grated**
- 1/4 teaspoon pepper**
- 1 teaspoon fresh nutmeg, grated**

Put the pie crust on the multi-purpose cooking tray and prick the pastry with a fork.

Using a Viking Stand Mixer, beat eggs.

Add cream and milk; beat well.

Add cheese and season to taste.

Pour mixture into the pie crust.

Place rack at level 1.

Preheat oven using **TRUCONVEC™** cooking, 350°F (185°C), approximately 4 minutes.

Place tart on the rack and bake at 365°F (185°C), 30 to 35 minutes.

makes 6 servings



CHEESECAKE

Crust:

3 tablespoons sugar
3 tablespoons butter
2 cups graham cracker crumbs

Filling:

16 ounces cream cheese, room temperature
1 cup sugar
3 eggs
2 tablespoons vanilla extract
3 cups sour cream

Crust:

Using a Viking Food Processor, combine ingredients until blended.

Press into a springform pan, pressing halfway up the sides of the pan.

Filling:

Using a Viking Stand Mixer, cream cheese and sugar until smooth on medium speed.

Add eggs, one at a time, beating after each addition until smooth, scraping down bowl from time to time.

Mix in vanilla and sour cream until combined.

Pour into springform pan.

Place rack at level 1.

Preheat oven using **TRUCONVEC™** cooking, 300°F (150°C), 8 minutes.

Bake until center is set but not firm, at 300°F (150°C), 50 minutes to 1 hour.

Let set in oven for 10 minutes with door open.

Cool completely before removing from pan.

makes 4 servings



TruSteam™ Recipes

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PREPARING CHESTNUTS

1 can chestnuts (seasonal)

Place baking paper on the multi-purpose cooking tray.

Slit chestnuts and spread them on the tray.

Place tray at level 1.

Cook using **TRUSTEAM™** cooking, 395°F (200°C), 15 to 30 minutes depending upon their size.

Let cool and serve.

PORK & POTATOES

3 boneless pork chops (4 ounces each)

1 lemon sliced

3 tablespoons cajun seasoning

1/2 cup Worcestershire sauce

3 small red potatoes

Place the pork chops on the steamer tray.

Season the pork chops with cajun seasoning and Worcestershire sauce.

Lay the sliced lemons on each pork chop.

Place the potatoes on each corner of the tray.

Place the steamer tray on level 5 and the multi-purpose cooking tray on level 1 to catch the drippings.

Bake using **TRUSTEAM™** cooking, 350°F (175°C), 25 to 30 minutes.

makes 4 servings



BASIC COOK CHART

Appetizers & Snacks	Function	°F (°C)	Time (mins.)
Convenience, frozen prepared	ReHeat Plus™	260 (125)	*

Cakes			
Angel food cake	TruConvect™	325 (165)	30–40
Bundt from mix	ProBake or TruConvect™	325 (165)	30–50
Cupcakes	TruConvect™	325 (165))	10–15
Layer Cakes	TruConvect™	325 (165)	30–40
Loaf Cakes	TruConvect™	325 (165)	30–40
Marble Cake	TruConvect™	325 (165)	40–50

Casseroles			
Baked from cooked ingredients	SteamHeat™ or TruSteam™	*	*
Lasagna	SteamHeat™	350 (175)	35–45
Macaroni & Cheese	SteamHeat™	350 (175)	40–45

Cookies			
Brownies from mix	TruConvect™	350 (175)	25–30
Cookies, frozen, refrigerated, prepared	TruConvect™	350 (175)	10–15

Defrosting			
Bread	ReHeat Plus™	285 (140)	15–20
Poultry	Steaming	120 (50)	10–25
Chops	Steaming	120 (50)	10–15
Ground meat	Steaming	120 (50)	10–15
Steaks	Steaming	210 (100)	10–15

Desserts			
Cheesecake	SteamHeat™	300 (150)	40–50
Cream Puffs	SteamHeat™	350 (175)	20–30

Fish & Seafood			
Calamari	Steaming	210 (100)	10–20
Filets	Steaming	175 (80)	10–20
Salmon or Tuna steaks	Steaming	210 (100)	20–30
Scallops	Steaming	210 (100)	20–30
Shrimp	Steaming	210 (100)	5–10
Whole fish	Steaming	175 (80)	20–30

* Depends on recipe

Meat	Function	°F (°C)	Time (mins.)
Smoked sausage	ReHeat Plus™	250 (120)	10
Pork loin	Steaming	210 (100)	60–90
Sausage	Steaming	210 (100)	30–45
Whole ham	Steaming	210 (100)	60–90

Pies			
Crust	TruConvec™ or SteamHeat™	350 (175)	55–65
Custard, homemade	Steaming or TruConvec™	350 (175)	20–30
Fruit, frozen prepared	TruConvec™	350 (175)	50–60
Fruit, homemade	TruConvec™	350 (175)	50–60

Pizza			
Pizza crust, from a mix	TruConvec™ or TruSteam™	410 (210)	20–30
Pizza crust, refrigerated prepared	TruConvec™ or TruSteam™	375 (190)	15–20
Regular crust, frozen	TruConvec™ or TruSteam™	410 (210)	20–30

Potatoes			
French fries, frozen	TruSteam™	410 (210)	25–30
Baked	TruSteam™	400 (205)	45–60

Poultry			
Chicken breast	Steaming or ProBake	210 (100) or 395 (200)	10–15
Chicken nuggets	TruSteam™	410 (210)	10–15
Whole Chicken	TruSteam™	395 (200)†	45–60*
Turkey breast	TruSteam™	410 (210)†	60–90*

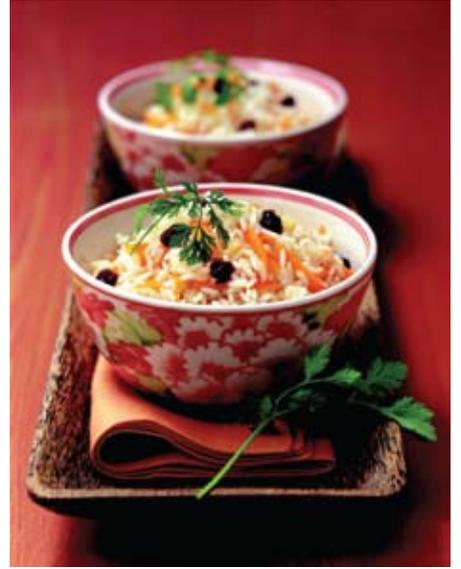
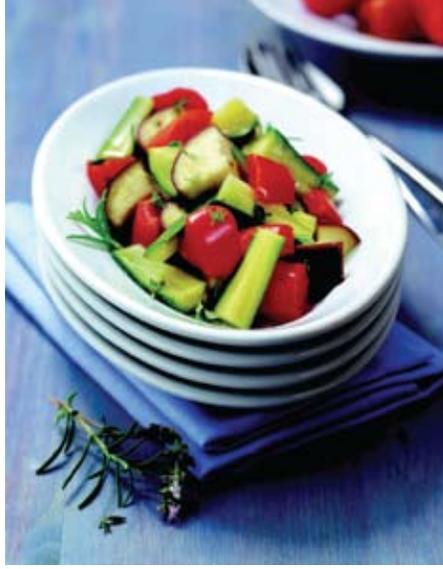
Quick breads			
Bread	ProBake	375 (190)	30–40
Biscuits	ProBake or TruConvec™	400 (205) or 375 (190)	17–20
Cornbread	ProBake or TruConvec™	390 (195)	25–30
Muffins	TruConvec™	375 (190)	17–22
Rolls	ProBake	400 (205)	20–25

Vegetables			
Fresh	Steaming	210 (100)	††

Yeast Breads			
Garlic loaf, frozen prepared	TruSteam™	410 (210)	15–20

† Depends on size

†† Depends on type and quantity



VIKING RANGE CORPORATION