A Viking Combi Steam/Convect Oven is shown in the background, filled with fresh vegetables including broccoli and red bell peppers. In the foreground, a white bowl contains a colorful salad of shredded carrots, green herbs, and other vegetables, garnished with a slice of toasted bread.

VIKING

Viking Combi Steam/Convect™ Oven

Cookbook

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a)** Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b)** Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c)** Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.
- (d)** The oven should not be adjusted or repaired by anyone except properly qualified service personnel.



Combi Steam/Convect™ Oven Cookbook

Contents

V	Introduction	1	Starters
VII	Introduction to Charts	9	The Main Course
VII	Steam Chart	25	Along the Side
VIII	Steam Broil / Convection Broil Chart	33	The End
VIII	Steam Convection Roast Chart	38	Index
IX	Bake Chart		
X	Best Cooking Methods		

Introduction



Congratulations! As the owner of the new Viking Combi Steam/Convect™ Oven, you're about to move into a whole new world of healthy cooking. The Combi Steam/Convect™ Oven offers a unique combination of the healthiest cooking methods, all in one versatile appliance: Steam Convection, Steam, Convection or Microwave.

Steam Convection is a combination of two types of cooking: heated steam and convection heat. Viking uses state-of-the-art technology to heat steam. Unlike conventional steam, heated steam helps brown and crisp foods on the outside, while adding moisture to the inside. When combined with convection cooking, the results are exceptional. Foods that are good for you look and taste better than you ever expected.

Your oven can also be used for traditional steaming, for microwave cooking or as a convection oven for baking or roasting.

FIRST THINGS FIRST

Please make reading the Use & Care manual your very first step in working with your new oven. This important booklet explains exactly how the Combi Steam/Convect™ Oven works and what you need to know to operate it successfully. Then come back to this cookbook for information on how to cook your favorite foods and all the delicious recipes in the following pages. Every recipe in this book includes easy programming steps for the optimum cooking method and great results.

HEALTHY COOKING. IT'S SIMPLE.

One of the best ways to eat healthier is to take control of what you eat by cooking more meals at home. If you want to eat healthy, you've got to cook healthy! That means starting with wholesome, fresh, flavorful ingredients and using cooking methods that don't require the addition of large amounts of extra fat or sauces – and that results in fewer

calories. With the Combi Steam/Convect™ Oven you won't have to compromise on taste or appearance. It can help you change the way you eat by changing the way you cook.

This cookbook includes healthy recipes, cooking tips and nutritional information to encourage healthier cooking and eating. There are 50 healthy, tasty and easy-to-prepare recipes, almost all with fewer than 300 calories per serving. Each recipe has nutritional analysis per serving for calories, cholesterol, fat, sodium, carbohydrate and protein.

Nutritional analysis per serving follows each recipe:

Calories: 80	Sodium: 1120 mg
Cholesterol: 25 mg	Carbohydrate: 5 g
Fat: 2.5 g	Protein: 11 g

Triangular icons indicate recipes that are especially low in fat, calories, cholesterol or sodium. Recipes that are good or excellent sources of protein, fiber or calcium are highlighted. An icon also indicates if a recipe contains whole grain.



4 HEALTHY WAYS TO COOK

The engineers and consumer specialists at Viking recognized that you want a versatile cooking appliance that serves multiple functions and matches cooking methods to your lifestyle. Your first step in using the Combi Steam/Convect™ Oven is to choose your cooking method. In the beginning you'll need to refer to the charts in this cookbook, but as you gain experience using the oven, you'll soon know which method you prefer for the foods you cook most frequently.

Start by selecting one of the four healthy cooking options: Steam Convection, Steam, Convection or Microwave. Visual prompts in the large liquid crystal display will then walk you

Introduction

through the decision-making process. You'll be asked to choose between automatic or manual operation.

Automatic settings are food-driven. Once you've told the oven what food you want to cook, the display tells you exactly what to do, step-by-step. There are 43 automatic settings for Steam Convection, Steam and Microwave cooking, providing the correct time, temperature or power level for reliably delicious results.

For Steam Convection cooking, the oven determines the optimal amount of heated steam and convection heat so foods look as good as they taste. Helpful charts on pages VII-IX will tell you how to cook a wide variety of foods, both automatically or manually. Charts on pages X-XI suggest the "best cooking method" for many foods.

If you select "manual" cooking, you'll need to set your own cooking times and temperatures or power levels. We recommend that you try some of the automatic settings and recipes first to familiarize yourself with the oven. There are automatic settings for the foods you'll likely cook most frequently, but occasionally you may prefer to use a manual setting.

For microwave cooking, Sensor Cook automatically makes decisions for you. Plus, sensor technology is used for reheating and popcorn to virtually eliminate all the guesswork. Automatic defrost settings are convenient and fast.

The chart on next column briefly outlines the type of foods that are best cooked by each cooking method, but you'll soon discover there is more than one way to cook most foods. It all depends on your personal preferences, the amount of time you have, and the recipe you are using. Be sure to refer to pages VII-XI for more information.

COOKING METHOD	FOODS
Steam Convection	Poultry, meats, fish, grilled vegetables, baked potatoes, pizza, convenience foods, Balanced Meals
Steam	Vegetables, new potatoes, fish, seafood, poached eggs, dumplings, tamales, proofing bread dough
Convection	Baking and roasting, two level baking
Microwave	Microwave cooking and reheating, defrosting, popcorn

With the Combi Steam/Convection™ Oven, the challenge is no longer how to balance the desire for tasty foods with the need for good-for-you foods. The challenge now is which deliciously healthy foods to choose.

BALANCED MEALS

If you are looking for a way to cook healthier meals on a busy schedule, you'll appreciate the new Balanced Meals setting. It automatically cooks six complete meals for two, each in 25 minutes or less. Just imagine the convenience of cooking a complete meal – all at once and all in 25 minutes or less. With Steam Convection it's not only possible, it's delicious. There's even a Brunch Medley menu for a spectacular, hearty breakfast of real eggs and sausage. Each meal is less than 500 calories. Recipes and instructions for Balanced Meals can be found in your Use & Care manual.

HEAD TO THE KITCHEN

Now that you've studied the Use & Care manual and have read this brief introduction, you're ready to put your new Combi Steam/Convection™ Oven to work creating flavorful and healthful meals for your family. You're on your way to making better choices about what you eat and how you cook it. Have a look through the recipes, start cooking and enjoy!

NUTRITION ICONS

 Low Fat	 Low Sodium	 Good Source of Fiber
 Low Calorie	 Excellent Source of Protein	 Excellent Source of Calcium
 Low Cholesterol	 Good Source of Protein	 Good Source of Calcium
 No Cholesterol	 Excellent Source of Fiber	 Contains Whole Grain

Introduction To Charts

The experts in Viking's Test Kitchens carefully compiled the charts on the following pages to give you a quick reference for amounts, oven settings and cooking times for most popular foods.

Use the information in the charts to help adapt your own favorite recipes or convenience foods for preparation in the Combi Steam/Convect™ Oven.

With the exception of those items indicated as frozen, all the times and settings are for fresh or defrosted foods.

We encourage you to experiment with these multiple cooking options. For example, give baked custards a try at the Steam setting. You'll be amazed at their delicate texture.

Prepare to be astounded at the excellent results you'll get by cooking your favorite convenience foods—chicken nuggets, battered and breaded fish fillets or frozen French fries—in Viking's Combi Steam/Convect™ Oven.

Steam Chart

Use baking tray, high rack and steam basket. Steam on upper level, if possible.

FOOD		AMOUNT	OVEN SETTING - STEAM	STEAM TIME (35 min. max)	
DESSERTS	Custard	4 (6 oz.) custard cups	MANUAL, STEAM COOK	15 min.	
DUMPLINGS	Asian, cook	8 - 16	MANUAL, STEAM COOK	12 - 15 min.	
	Asian, reheat	8 - 16	MANUAL, STEAM REHEAT	2 - 5 min.	
EGGS	Poached	1- 6	AUTO, POACHED EGGS	7.5 - 10.5 min.	
FISH	Filletts, ¼ - ½ inch thick	.3 - 2.0 lb.	AUTO, FISH/SEAFOOD, FISH FILLETS	Preset	
POULTRY	Chicken breasts, boneless	.3 - 2.0 lb.	MANUAL, STEAM COOK	18 - 20 min.	
SHELLFISH	Clams and Mussels, in shell	.5 - 2 lb.	AUTO, FISH/SEAFOOD, SHELLFISH	Preset	
	Lobster tails, defrosted, 8 oz. each, in shell	1 - 4 tails	MANUAL, STEAM COOK	8 - 12 min.	
	Scallops	.3 - 2.0 lb.	MANUAL, STEAM COOK	5 - 7 min.	
	Shrimp, medium	.3 - 2.0 lb.	AUTO, FISH/SEAFOOD, SHELLFISH	Preset	
VEGETABLES Fresh	Asparagus spears, medium	6 - 24 spears	AUTO, VEGETABLES, QUICK COOKING	Preset	
	Broccoli florets	1 - 6 cups	AUTO, VEGETABLES, QUICK COOKING	Preset	
	Carrots	Baby	1 - 6 cups	AUTO, VEGETABLES, MEDIUM COOKING	Preset
		Sliced, ¼-inch thick slices	1 - 6 cups	AUTO, VEGETABLES, MEDIUM COOKING	Preset
	Cauliflower florets	1 - 6 cups	AUTO, VEGETABLES, QUICK COOKING	Preset	
	Corn on the cob	1 - 6 ears	AUTO, VEGETABLES, LONG COOKING	Preset	
	Green beans, cut into 2-inch pieces	1 - 6 cups	AUTO, VEGETABLES, MEDIUM COOKING	Preset	
	Greens	Bok choy, chopped	1 - 6 cups	MANUAL, STEAM COOK	3 - 6 min.
		Chinese broccoli, chopped	1 - 6 cups	MANUAL, STEAM COOK	3 - 6 min.
		Chinese cabbage, chopped	1 - 6 cups	MANUAL, STEAM COOK	3 - 6 min.
		Kale, torn	1 - 6 cups	MANUAL, STEAM COOK	3 - 6 min.
		Spinach, torn	1 - 6 cups	MANUAL, STEAM COOK	3 - 6 min.
	Potatoes, New	Cut, 1½-inch wedges	.5 - 2 lb.	AUTO, VEGETABLES, NEW POTATOES	Preset
		Whole, 1½-inch diameter	.5 - 2 lb.	AUTO, VEGETABLES, NEW POTATOES	Preset
	Squash	Acorn squash, small, cut into halves	1 - 4 halves	AUTO, VEGETABLES, LONG COOKING	Preset
		Zucchini, ¼-inch thick slices	1 - 6 cups	AUTO, VEGETABLES, QUICK COOKING	Preset

Steam Broil / Convection Broil Chart

Use baking tray and high rack. Broil on upper level, if possible.

FOOD		WEIGHT/THICKNESS	OVEN SETTING	BROIL TIME AFTER PREHEAT	DONENESS
BEEF	Hamburgers	.25 lb. each, ½-inch thick	SSC; AUTO, MEATS, BEEF, HAMBURGERS	Preset	160°F
	Steaks	Flank steak	1 - 1.5 lb., ¾-inch thick	12 - 14 min.	Medium Rare, 145°F
				14 - 16 min.	Medium, 160°F
		Porterhouse, t-bone, rib eye or sirloin	1½-inch thick	Convection: BROIL	16 - 25 min.
1-inch thick	Convection: BROIL		10 - 15 min.	Medium Rare, 145°F	
FISH	Steaks	.5 - 2.0 lb., ¾ - 1-inch thick	SSC: AUTO, FISH, FISH STEAKS	Preset	Preset
LAMB	Chops (loin or rib)	1-inch thick	Convection: BROIL	10 - 15 min.	160°F
PORK	Boneless loin chops	.5 - 2.0 lb., ¾ - 1-inch thick	SSC: AUTO, MEATS, PORK, CHOPS, BONELESS	Preset	160°F
	Bone-in loin or rib chops	¾-inch thick	SSC: AUTO, MEATS, PORK, CHOPS, BONE-IN	Preset	160°F
	Frankfurters	Up to 1 lb.	SSC: MANUAL, STEAM BROIL	3 - 5 min.	160°F
	Ham slice, fully cooked	1-inch thick	SSC: MANUAL, STEAM BROIL	14 - 16 min.	Heated through
POULTRY	Boneless chicken breast halves	.3 - 2.0 lb., ¾-inch thick	SSC: AUTO, POULTRY, CHICKEN BREASTS BONELESS	Preset	160°F
	Chicken pieces	.5 - 3.5 lb.	SSC: AUTO, POULTRY, CHICKEN PIECES BONE IN	Preset	180°F
SAUSAGE	Fresh patties or links	.75 - 1 lb.	SSC: MANUAL, STEAM BROIL	20 min.	Well done
	Smoked	.75 - 1 lb.	SSC: MANUAL, STEAM BROIL	5 - 7 min.	140°F
SHELLFISH	Scallops, sea	Up to 1 lb.	SSC: MANUAL, STEAM BROIL	8 - 10 min.	Opaque
	Shrimp, jumbo	Up to 1 lb.	SSC: MANUAL, STEAM BROIL	6 min.	Opaque

Steam Convection Roast Chart

Use baking tray and low rack. Roast on lower level.

FOOD		WEIGHT/AMOUNT	OVEN SETTING - STEAM CONVECTION	ROASTING TIME	DONENESS Using a meat thermometer after 10-15 minutes standing
BEEF	Eye of round roast	2 - 3 lb.	AUTO, MEATS, BEEF, EYE OF ROUND	Preset	Medium Rare, 145°F
	Meat loaf	1 lb., 8 x 3-in. loaf	AUTO: MEATS, BEEF, MEAT LOAF	Preset	160°F
		1.5 - 2.0 lb., 9 x 5-in. loaf			160°F
	Rib roast	4 - 6 lb.	MANUAL, STEAM ROAST, 350°F	1¾ - 2¼ hr.	Medium Rare, 145°F
				2¼ - 2½ hr.	Medium, 160°F
Tenderloin	2 - 3 lb.	MANUAL, STEAM ROAST, 425°F	30 - 40 min.	Medium Rare, 145°F	
			40 - 50 min.	Medium, 160°F	
LAMB	Boneless leg	4 - 5 lb.	MANUAL, STEAM ROAST, 325°F	2 - 2¼ hr.	Medium Rare, 145°F
				2¼ - 2½ hr.	Medium, 160°F
	Boneless rolled shoulder	3 - 4 lb.	MANUAL, STEAM ROAST, 325°F	1½ - 2 hr.	Medium Rare, 145°F
PORK	Boneless ham (fully cooked)	3 - 4 lb.	MANUAL, STEAM ROAST, 325°F	1 - 1½ hr.	140°F
	Boneless pork loin roast	2 - 4 lb.	AUTO. MEATS, PORK, BONELESS LOIN	Preset	160°F
	Tenderloin	1.3 - 2.0 lb.	AUTO, MEATS, PORK, TENDERLOIN	Preset	160°F
POTATOES	Sweet or yams	9 - 10 oz. each, 1 - 6	AUTO, POTATOES, BAKED SWEET POTATOES	Preset	Fork tender
	White, baking	6 - 8 oz. each, 1 - 6	AUTO, POTATOES, BAKED WHITE POTATOES	Preset	Fork tender
POULTRY	Cornish hens	1.25 - 1.5 lb.	MANUAL, STEAM ROAST, 375°F	1 - 1¼ hr.	180°F
	Turkey breast, half	3 - 8 lb.	AUTO, POULTRY, TURKEY BREAST	Preset	180°F
	Whole chicken, broiler, fryer	2.5 - 7.5 lb.	AUTO, POULTRY, WHOLE CHICKEN	Preset	180°F

Bake Chart

Use baking tray where possible. If using other container, place in baking tray or on high rack in baking tray. Bake one item on lower level. Use WITH PREHEAT for baking.

FOOD			AMOUNT/SIZE	OVEN SETTING See recipe/package for oven temperature or see below.	BAKE TIME See recipe/package for time or see below.	
BREADS	Quick	Frozen	12	Convection: BAKE OR ROAST, 375°F	30 min.	
		Biscuits	Homemade or mix	9	Convection: BAKE OR ROAST, 450°F	10 min.
			Refrigerated	1 package	Convection: BAKE OR ROAST, 375°F	10 min.
			Cornbread	1	Convection: BAKE OR ROAST, 400°F	20 - 25 min.
		Loaf, homemade or mix	1	Convection: BAKE OR ROAST, 350°F	50 - 55 min.	
		Muffins, homemade or mix	6	Convection: BAKE OR ROAST, 400°F	20 - 25 min.	
	Rolls, refrigerated (crescent)	1 package	Convection: BAKE OR ROAST, 375°F	12 - 15 min.		
	Yeast	Breadsticks, refrigerated	1 package	Convection: BAKE OR ROAST, 375°F	10 - 12 min.	
		Loaf	Homemade or frozen, thawed	9 x 5 x 3-in. loaf	Convection: BAKE OR ROAST, 375°F	40 min.
			Refrigerated	1 package	Convection: BAKE OR ROAST, 375°F	20 - 25 min.
Rolls, homemade or frozen, thawed			8 - 12	Convection: BAKE OR ROAST, 375°F	12 - 15 min.	
CAKE Homemade or Mix	Bundt	10-cup Bundt	Convection: BAKE OR ROAST, 350°F	30 min.		
	Layer	8 - 9-in. round	Convection: BAKE OR ROAST, 375°F	30 min.		
	Pound	9 x 5 x 3-in. loaf	Convection: BAKE OR ROAST, 325°F	1 - 1 1/4 hr.		
	Snack	9-in. square	Convection: BAKE OR ROAST, 350°F	25 - 30 min.		
DESSERTS	Cheesecake	1	Convection: BAKE OR ROAST, 375°F	45 min.		
	Cobblers & crisps	1	Convection: BAKE OR ROAST, 375°F	35 min.		
	Cookies, bar or brownies	1	Convection: BAKE OR ROAST, 375°F	Check recipe or package		
FISH PRODUCTS Prepared, Frozen	Fish pieces, battered or breaded	.3 - 2 lb.	SSC: AUTO, CONVENIENCE FOODS, FROZEN PREPARED FISH, FISH PIECES	Preset		
	Fish sticks, battered or breaded	.3 - 1.5 lb.	SSC: AUTO, CONVENIENCE FOODS, FROZEN PREPARED FISH, FISH STICKS	Preset		
PIES	Frozen prepared fruit	9-in.	Convection: BAKE OR ROAST, 400°F	1 hr.		
	Homemade fruit	9-in.	Convection: BAKE OR ROAST, 375°F	50 - 55 min.		
PIE CRUSTS	Pie crust, refrigerated, mix or homemade	8-in. or 9-in.	Convection: BAKE OR ROAST, 375°F	9 - 11 min.		
PIZZAS	Pizza, frozen	Regular crust	12-in.	SSC: AUTO, FROZEN PIZZA, REGULAR	Preset	
		Thin crust	12-in.	SSC: AUTO, FROZEN PIZZA, THIN	Preset	
		Rising crust	12-in.	SSC: AUTO, FROZEN PIZZA, RISING CRUST	Preset	
	Pizza, refrigerated	10-12 in.	Convection: BAKE OR ROAST, 425°F	12 min.		
POTATO PRODUCTS Frozen	French fries	.25 - 1 lb.	SSC: AUTO, CONVENIENCE FOODS, FROZEN FRENCH FRIES	Preset Stir at audible signal		
	Hash brown patties	.25 - 1.25 lb.	SSC: MANUAL, CONVENIENCE FOODS, 425°F	12 - 15 min.		
POULTRY PRODUCTS	Prepared, Frozen	Fried chicken pieces	.25 - 1.25 lb.	Convection: BAKE OR ROAST, 425°F	16 min.	
		Nuggets	.3 - 1.5 lb.	SSC: AUTO, CONVENIENCE FOODS, FROZEN PREPARED POULTRY, NUGGETS	Preset	
		Patties	.3 - 1.5 lb.	SSC: AUTO, CONVENIENCE FOODS, FROZEN PREPARED POULTRY, PATTIES	Preset	
	Prepared, Refrigerated	Nuggets	.3 - 1.5 lb.	SSC: AUTO, CONVENIENCE FOODS, REFRIGERATED CHICKEN NUGGETS	Preset	

Best Cooking Methods (Continued)

<ul style="list-style-type: none"> ● = Best cooking method ▲ = Alternate setting ■ = Fastest cooking method 			AUTO			MANUAL															
			Steam Convection	Steam	Microwave	Steam Convection		Convection		Steam			Microwave								
						Roast	Broil	Convenience Foods	Bake or Roast	Broil	Cook	Reheat	Keep Warm	Proof	Manual	Keep Warm					
FISH/ SEAFOOD (Continued)	Steaks		● FISH																		
	Sticks, prepared frozen		● CONVENIENCE FOODS																		
LAMB	Chops						●														
	Roast, boneless							▲	▲												
PIES	Crust							●													
	Custard type							●													
	Fruit							●													
PIZZA	Deep dish, frozen							●	▲												
	French bread type							●	▲												
	Refrigerated								●												
	Regular, frozen			● FROZEN PIZZA																	
	Rising crust, frozen			● FROZEN PIZZA																	
	Thin crust, frozen			● FROZEN PIZZA																	
PORK	Chops	Bone-in	● PORK																		
		Boneless	● PORK																		
	Ham	Smoked, slice						●													
		Smoked, whole						●		▲											
	Loin roast, boneless			● PORK																	
	Sausage	Fresh patties or links						●													
		Smoked						●													
	Tenderloin			● PORK																	
POTATOES	Baked	Sweet	POTATOES																	■ SENSOR	
		White	POTATOES																	■ SENSOR	
	French fries, frozen			CONVENIENCE FOODS																	
	Hash brown patties, frozen																				
	Steamed																				● VEGETABLES
POULTRY	Chicken	Convenience prepared	Frozen	● CONVENIENCE FOODS																	
			Frozen pieces, fried																		
			Refrigerated	● CONVENIENCE FOODS																	
		Boneless, breast			● POULTRY																
		Cornish hens																			
	Turkey	Pieces, bone-in			● POULTRY																
		Whole			● POULTRY																
		Breast, bone-in			● POULTRY																
		Breast fillets, boneless																			
VEGETABLES	Fresh	Fresh, just wilted (e.g. spinach)																			
		Crisp (e.g. broccoli)																			
		Tender (e.g. carrots)																			
	Grilled/roasted			● GRILLED VEGETABLES																	



Mussels with Herb Butter Sauce

Starters



- 2 Basil Chicken Kabobs
- 2 Thai Scallop Appetizers
- 3 Asian-Style Meatballs
- 5 Steamed Moneybags

- 5 Pork Dumplings with Dipping Sauce
- 6 Chicken & Bacon Dumplings
- 6 Smokey Pigs in Blankets
- 7 Mussels with Herb Butter Sauce

Basil Chicken Kabobs



Low
Fat



Low
Sodium



Good Source
of Protein

Little skewers of basil-wrapped chicken make these kabobs extra special beginners for any event. While most kabobs are grilled, these come out moist and tender because they're cooked with steam. A simply amazing sauce is the finishing touch.

Makes 6 kabobs

- ½ pound boneless chicken breast, cut into 12 cubes
- 12 large fresh basil leaves
- 1 yellow pepper, cut into 12 (1-inch) squares
- 6 medium white or brown mushrooms, stemmed
- 6 (4-inch) wooden skewers
- 6 cherry tomatoes
- ¼ cup orange juice
- 1 tablespoon walnut oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey
- ½ teaspoon prepared mustard
- freshly ground pepper

Wrap each chicken cube with a basil leaf. Thread 1 wrapped chicken cube, one pepper square, one mushroom and another chicken cube on each skewer. Place on greased steam basket and place on high rack in the baking tray. Place all on the upper level.

Touch **Steam** and then program the oven for MANUAL, STEAM COOK and 15 minutes. Press START.

While kabobs are cooking, in small bowl, combine all remaining ingredients for sauce. Remove kabobs from oven and add a cherry tomato to the end of each skewer. Serve kabob with sauce.

Nutritional analysis per serving:

Calories: 90
Cholesterol: 20 mg
Fat: 3 g

Sodium: 35 mg
Carbohydrate: 7 g
Protein: 9 g

Thai Scallop Appetizers



Low
Calorie



Low
Cholesterol



Low
Sodium

The effortless combo of scallops, Thai peanut sauce and mango chunks make these irresistible, so just double the recipe and cook in two batches. Each batch takes only 15 minutes.

Makes 12

- 12 large sea scallops (about 1 pound)
- paprika
- 12 (4-inch) wooden skewers
- 12 (1-inch) cubes fresh mango (about 1 large mango)
- ½ cup bottled Thai peanut sauce

Touch **Steam Convection** and then program the oven for MANUAL, STEAM BROIL, WITH PREHEAT and 15 minutes. Press START to begin preheating.

Place 1 scallop on each wooden skewer. Sprinkle with paprika.

Place on the high rack in the baking tray. Place all on the upper level in the preheated oven. Press START.

Remove skewers from oven to serving plate. Add mango cube to each skewer. Drizzle peanut sauce over each skewer. Serve immediately.

Nutritional analysis per serving:

Calories: 45
Cholesterol: 5 mg
Fat: 2 g

Sodium: 210 mg
Carbohydrate: 4 g
Protein: 4 g



Asian-Style Meatballs



Low
Fat



Excellent Source
of Protein

Party planning just became easier. Add these meatballs to your special event repertoire and be prepared to share the recipe. But remind those who ask for the recipe that they'll also need the Viking Combi Steam/Convect™ Oven, which broils them perfectly in just 11 minutes.

Makes about 30 (1-inch) meatballs

- ½ cup soy sauce
- ¼ cup water
- 1 clove garlic, minced
- 1 tablespoon sugar or artificial sweetener equivalent
- ½ teaspoon ground ginger
- 1 pound 93% lean ground beef
- ¼ teaspoon salt
- ⅛ teaspoon garlic powder
- 1 tablespoon onion juice
- ½ cup canned chow mein noodles, finely crushed
- ½ cup 2% milk

In a 9 x 13-inch baking dish, combine soy sauce, water, garlic, sugar and ginger. Set aside.

In medium bowl, combine remaining ingredients. Shape into balls 1-inch in diameter (about 30). Place in marinade. Turn each ball to coat. Cover and refrigerate for at least 2 hours, stirring once to ensure that all balls are coated in marinade.

Touch **Steam Convection** and then program the oven for **MANUAL, STEAM BROIL, WITH PREHEAT** and 11 minutes. Press **START** to begin preheating.

Place meatballs on greased steam basket on high rack in the baking tray. Place all on the upper level in the preheated oven. Press **START**.

Serve with wooden picks and shallow dish of soy sauce with finely chopped scallions, if desired.

Nutritional analysis per serving:

Calories: 80
Cholesterol: 25 mg
Fat: 2.5 g

Sodium: 1120 mg
Carbohydrate: 5 g
Protein: 11 g



Steamed Moneybags



Delicate little dumplings, filled with spicy pork and shrimp, can come from your own kitchen, instead of Chinese takeout, thanks to the steam feature of the Viking Combi Steam/Convect™ Oven. Filling the “bags” and pleating them does take a little time, but the results are well worth the effort.

Makes 16 dumplings

- ½ pound lean ground pork
- 8 large raw shrimp (about 2 ½ ounces)
- 1 egg white
- 1 teaspoon cornstarch
- 1 teaspoon sesame oil
- 1 teaspoon grated fresh ginger
- ½ teaspoon salt
- ½ teaspoon crushed red pepper flakes
- 1 small garlic clove, minced
- 2 scallions, finely chopped
- 2 canned water chestnuts, drained and finely chopped
- 2 fresh Chinese long green beans, finely chopped
- 16 (3-inch) square thin wonton wrappers

In food processor, blend pork and shrimp until smooth. With the motor running, add the egg white, cornstarch, sesame oil, ginger, salt, pepper and garlic. In medium bowl, combine pork mixture, scallions, water chestnuts and beans.

Holding one wonton wrapper in palm of your hand, moisten edge of wonton wrapper. Place a scant 1 tablespoon of pork filling in center of wrapper. Bring sides of wrapper up around filling, pleating the wrapper as you go. Tap bottom of dumpling against the work surface to flatten it. Gently twist tops and press together. Tie each moneybag with a chive “string”*, if desired. Repeat with remaining wrappers and filling.

Spray steam basket with nonstick cooking spray. Arrange moneybags in steam basket. Place steam basket on high rack in baking tray. Place all on the upper level.

Touch **Steam** and then program the oven for MANUAL, STEAM COOK and 12 minutes. Press START.

Note: You may chop the scallions, water chestnuts and green beans in the food processor.

* Dip long chives in boiling water to soften for easier tying.

Nutritional analysis per serving:

Calories: 60	Sodium: 135 mg
Cholesterol: 15 mg	Carbohydrate: 5 g
Fat: 2.5 g	Protein: 5 g

Pork Dumplings with Dipping Sauce



No need to go out for Dim Sum when you’ve got the Viking Combi Steam/Convect™ Oven to steam these Asian dumplings. You can prepare the dumplings an hour or so in advance and keep them covered in the refrigerator until ready to steam.

Makes 36 dumplings

- ⅓ pound ground lean pork
- ⅓ cup finely chopped button mushrooms (about 1 ounce)
- 3 scallions, chopped
- ½ small carrot, peeled and finely chopped
- 1 celery rib, finely chopped
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 36 potsticker or Hong Kong dumpling wrappers*
- 2 tablespoons soy sauce
- 1 medium green chile pepper, chopped
- ½ teaspoon dark sesame oil
- 2 teaspoons brown sugar
- 1 tablespoon sherry

In medium bowl, mix the first seven ingredients together well. Working with 2 or 3 wrappers at a time, place rounded teaspoon of mixture in center of each wrapper. Moisten edges with finger dipped in cold water, then press edges together firmly to form half moon. Continue until all pork mixture has been used.

Spray steam basket with nonstick cooking spray. Place 12 dumplings in the steam basket leaving some space between. Place steam basket on the high rack in the baking tray. Place all on the upper level.

Touch **Steam** and then program the oven for MANUAL, STEAM COOK and 12 minutes. Press START. Repeat twice.

Combine remaining five ingredients for the dipping sauce.

* You may also use round wrappers called Gyoza wrappers or you can use square wonton wrappers and trim the corners to form a circle.

Nutritional analysis per serving:

Serving size: 2 dumplings

Calories: 60	Sodium: 380 mg
Cholesterol: 5 mg	Carbohydrate: 8 g
Fat: 1.5 g	Protein: 3 g

Chicken & Bacon Dumplings



You'll need to use the food processor to blend the bacon and chicken to a paste for the filling. Moistening the edges of the dumplings with just a brush or finger swish of water will help seal the edges.

Makes 36 dumplings

- 6 Chinese dried mushrooms
- ¼ pound very lean bacon, coarsely chopped
- ¼ pound boneless chicken breast, coarsely chopped
- 1 tablespoon cornstarch
- 1 tablespoon oil
- 10 canned water chestnuts, drained and finely chopped
- 1 tablespoon dry sherry
- 1 teaspoon sugar
- 1 teaspoon sesame oil
- 1½ tablespoons dark soy sauce
- 1 teaspoon minced garlic
- 36 potsticker or Hong Kong dumpling wrappers*
- 36 single leaves of cilantro

In small bowl, place mushrooms and 2 cups boiling water. Cover and set aside for 15 minutes. Drain and squeeze as dry as possible. Remove and discard the stems and any hard pieces. Finely chop the rest and put in bowl.

In small or large food processor, blend bacon, chicken and cornstarch into a paste.

In medium skillet over high heat, heat oil. Swirl to cover the bottom. Add the chicken mixture and stir-fry, breaking up any lumps, until opaque. Add the next six ingredients and mushrooms. Stir-fry until heated through, to mix the flavors, about 2 to 3 minutes. Turn into medium bowl. Cover and chill.

Work with 2 or 3 wrappers at a time. Keep remainder covered. Put 1 teaspoon of the chicken mixture in the center of each wrapper. Put a cilantro leaf on top of the mixture. Dip your finger in water and run it around the edge of the wrapper. Bring the edges together firmly to form a half moon. Press between fingers to seal edges. Set finished dumplings aside, covered, until all the dumplings have been made.

Spray steam basket with nonstick cooking spray. Place 12 dumplings in the steam basket leaving some space between. Place steam basket on the high rack in the baking tray. Place all on the upper level.

Touch **Steam** and then program the oven for MANUAL, STEAM COOK and 12 minutes. Press START. Repeat with remaining dumplings.

Serve hot, with soy sauce seasoned with freshly ground pepper.

* You may also use round wrappers called Gyoza wrappers or you can use square wonton wrappers and trim the corners to form a circle.

Nutritional analysis per serving:

Calories: 30	Sodium: 100 mg
Cholesterol: 0 mg	Carbohydrate: 4 g
Fat: 1 g	Protein: 1 g

Smokey Pigs in Blankets



Need an appetizer in no time flat? With reduced fat crescent rolls, smoked turkey sausage and mustard from the fridge, you're ready to entertain. Twenty minutes from inspiration to hors d'oeuvres!

Makes 16 servings

- 1 (8-ounce) can refrigerated reduced fat crescent rolls
- 2 tablespoons honey Dijon mustard
- ½ pound smoked turkey sausage, cut into 16 ½ x 2 inch strips

Touch **Convection** and then program the oven for BAKE OR ROAST, WITH PREHEAT, ONE LEVEL, 375°F and 16 minutes. Press START to begin preheating.

Unroll dough on cutting board or clean surface. Separate into 8 triangles. Cut each triangle in half lengthwise making 16 triangles. Spread each triangle with the mustard. Place one strip of smoked sausage at wide end of triangle and roll to end. Place on baking tray. After preheat is over, place on upper level. Press START.

Nutritional analysis per serving:

Calories: 80	Sodium: 260 mg
Cholesterol: 10 mg	Carbohydrate: 7 g
Fat: 3.5 g	Protein: 3 g



Mussels with Herb Butter Sauce



Excellent Source
of Protein

If steamed mussels were something you always ordered out but didn't want to tackle at home, prepare to make a change. The Viking Combi Steam/Convect™ Oven steams this glorious shellfish to perfection.

Makes 6 servings

- 2 pounds fresh mussels
- ¼ cup butter, softened
- 1 clove garlic, minced
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh chives or basil
- ½ teaspoon grated lime or lemon zest
- freshly cracked black pepper to taste

Scrub mussels under cold, running water with a nylon pad or stiff brush. Remove hair-like "beards", if present. Discard

mussels that are cracked or do not close when tapped.

Place mussels in steam basket on the high rack in the baking tray. Place all on the upper level. Touch **Steam** and then program the oven for AUTO, FISH/SEAFOOD, SHELLFISH and 2 pounds. Press START.

While mussels are steaming, combine remaining ingredients and set aside. At end, spoon butter mixture onto each mussel. Serve immediately.

Note: Steaming time is 11 minutes.

Nutritional analysis per serving:

Calories: 200
Cholesterol: 60 mg
Fat: 11 g

Sodium: 490 mg
Carbohydrate: 6 g
Protein: 18 g



Zesty Pork Loin

The Main Course



- 10 Asian Beef Roast
- 11 Marvelous Meat Loaf
- 11 Cajun Burgers
- 11 Hawaiian Pizza
- 12 Caribbean Chicken Breasts
- 12 Honey Dijon Chicken
- 13 Spicy Mustard & Mayonnaise Chicken
- 13 Crunchy Garlic Chicken
- 14 Crustless Chicken Quiche
- 14 Lemon Rosemary Chicken
- 15 Herb Roasted Chicken
- 16 Zesty Pork Loin
- 16 Grilled Pork Chops with Herbs
- 17 Apricot Glazed Pork Chops
- 17 Ham & Eggs Cocotte
- 17 Scallop Kabobs
- 18 Pesto Broiled Fish
- 18 Teriyaki Fish Fillets
- 18 Swordfish with Pineapple Salsa
- 19 Herbed Fish Steaks
- 20 Honey-Ginger Shrimp
- 21 Baked Curried Salmon
- 21 Salmon with Dilled Tomatoes
- 23 Italian Stuffed Peppers
- 23 Veggie Supreme Pizza



Asian Beef Roast



Excellent Source
of Protein

A spicy-sweet marinade turns a beef eye of round roast into something very special. You will love the way your new oven cooks roasts to perfection.

Makes 9 servings

- ¼ cup sherry
- ¼ cup hoisin sauce
- 3 tablespoons packed brown sugar
- 3 tablespoons soy sauce
- 3 tablespoons catsup
- 1 tablespoon minced fresh ginger
- 2 green onions, thinly sliced
- ¾ teaspoon salt
- 1 (3-pound) beef eye of round roast

In resealable plastic bag, mix together all ingredients except roast. Add roast. Seal bag. Turn to coat. Refrigerate at least 2 hours and as long as overnight.

Remove roast from marinade and drain. Discard marinade. Pour ½ cup hot water into base tray. Place roast on the low rack in the baking tray. Place all on the lower level in the oven.

Touch **Steam Convection** and then program the oven for AUTO, MEATS, BEEF, EYE OF ROUND and 3.0 pounds. Touch START.

Remove from oven, cover loosely with foil and allow to stand 10 minutes before serving.

Note: Cooking time is 1 hour and 19 minutes.

Nutritional analysis per serving:

Calories: 220
Cholesterol: 60 mg
Fat: 4.5 g

Sodium: 580 mg
Carbohydrate: 7 g
Protein: 35 g

Marvelous Meat Loaf



Meat loaf never really went out of style at home, but it's now back on fancy restaurant menus and selling well. This recipe will become your house specialty, for everyday or special days. If you're lucky, there'll be a few slices leftover for sandwiches, but don't count on it.

Makes 8 servings

- 1½ pounds 93% lean ground beef
- ½ cup soft bread crumbs
- ½ cup red wine
- 1 egg, beaten
- 2 tablespoons chopped onion
- 2 tablespoons chopped green pepper
- 1 teaspoon instant beef bouillon granules
- ½ teaspoon salt
- ½ teaspoon dry mustard
- ¼ teaspoon pepper

Touch **Steam Convection** and then program the oven for AUTO, MEATS, BEEF, MEAT LOAF and 1.5 pounds. Press START to begin preheating.

In large mixing bowl, thoroughly blend all ingredients. Spray baking tray with nonstick cooking spray. Shape the meat mixture into a 9 x 5-inch loaf on baking tray.

Place the baking tray on the lower level in the preheated oven. Press START.

At end, remove the baking tray, cover meat loaf with foil and allow to sit for 5 minutes before slicing and serving.

Note: Cooking time is 53 minutes and 30 seconds.

Nutritional analysis per serving:

Calories: 170	Sodium: 310 mg
Cholesterol: 70 mg	Carbohydrate: 11 g
Fat: 6 g	Protein: 18 g

Cajun Burgers



Add just one ingredient to ground beef and you've got a whole new menu item. You'll be delighted with how your new oven does burgers—your skillet and grill may develop cobwebs from lack of use.

Makes 4 servings

- 1 pound 93% lean ground beef
- 1 teaspoon Cajun seasoning

Touch **Steam Convection** and then program the oven for AUTO, MEATS, BEEF, HAMBURGERS and 4 patties. Press START to begin preheating.

In large bowl, thoroughly ground beef and seasoning. Shape into 4 burgers ½-inch thick. Place burgers on high rack. Sprinkle with additional Cajun seasoning, if desired.

Place high rack in the baking tray. Place all on the upper level in the preheated oven. Press START.

Note: Cooking time is 15 minutes and 20 seconds.

Nutritional analysis per serving:

Calories: 150	Sodium: 200 mg
Cholesterol: 55 mg	Carbohydrate: 0 g
Fat: 7 g	Protein: 20 g

Hawaiian Pizza



Put down the phone! Just a few minutes of assembly plus 12 minutes in the Viking Combi Steam/Convect™ Oven and you've a specialty pizza that outdoes anything that can be delivered.

Makes 6 servings

- 1 (10-12 ounce) Italian thin pizza crust (Boboli)
- ½ cup barbecue sauce
- 1½ cups strips deli-roasted chicken
- 1 cup pineapple chunks
- 1 medium green pepper, seeded and cut into very thin 2-inch strips
- ¼ small red onion, sliced ¼-inch thick and separated
- 1 cup shredded low fat pizza cheese

Touch **Steam Convection** and then program the oven for MANUAL, STEAM CONVENIENCE FOODS, WITH PREHEAT, 450°F and 12 minutes. Press START to begin preheating.

Spread crust with barbecue sauce. Arrange chicken, pineapple, green pepper and onion on top. Sprinkle with cheese.

Place pizza on high rack in the baking tray. Place on the lower level in the preheated oven. Touch START.

Nutritional analysis per serving:

Calories: 170	Sodium: 850 mg
Cholesterol: 25 mg	Carbohydrate: 22 g
Fat: 2 g	Protein: 16 g
Calcium: 20%	

Caribbean Chicken Breasts



Mix the sunny marinade in the morning or the night before and let the chicken breasts soak up the Island-style flavors. Come supper time, your Viking Combi Steam/Convect™ Oven does the work. Do remember to cook the marinade until it comes to a full boil before serving it as a sauce over the broiled chicken.

Makes 4 servings

- 2/3 cup pineapple juice
- 1/3 cup frozen orange juice concentrate
- 1/3 cup soy sauce
- 2 tablespoons honey
- 1 tablespoon minced garlic
- 1 teaspoon dried thyme leaves, crushed
- 1 teaspoon rum flavoring
- 4 (6-ounce) boneless, skinless chicken breast halves

In medium bowl, combine all ingredients except chicken. Pour 2/3 cup of marinade into large resealable plastic bag. Add chicken to bag. Seal. Turn to coat chicken. Refrigerate 4 hours or overnight. Refrigerate remaining marinade.

Touch **Steam Convection** and then program the oven for AUTO, POULTRY, CHICKEN BREASTS – BONELESS and 1.5 pounds. Touch START to begin preheating.

Spray high rack with nonstick cooking spray. Place rack in baking tray. Pour 1/2 cup hot water into baking tray. Place all on the upper level in the preheated oven. Touch START.

At end, remove all. Wipe moisture from oven.

Then, in small microwave-safe bowl, microwave reserved marinade. Touch **Microwave** and then program the oven for MANUAL, 2 to 3 minutes. Marinade should boil. Finally, drizzle over broiled chicken.

Note: Cooking time is 25 minutes and 40 seconds.

Nutritional analysis per serving:

Calories: 260	Sodium: 660 mg
Cholesterol: 95 mg	Carbohydrate: 19 g
Fat: 4 g	Protein: 36 g

Honey Dijon Chicken



A couple of hours in a marinade made from a few on-hand ingredients and plain boneless chicken breasts become an entrée for entertaining. Broiling in your Viking Combi Steam/Convect™ Oven means there's no fuss about coals or outside grills.

Makes 4 servings

- 1/2 cup honey
- 3 tablespoons dijon mustard
- 2 tablespoons lemon juice
- 1 tablespoon butter or margarine, melted
- 1/4 teaspoon salt
- 1/4 teaspoon white pepper
- 4 (6-ounce) boneless, skinless chicken breast halves
- 2 tablespoon water
- 1 tablespoon cornstarch
- 1 tablespoon chopped fresh parsley

In resealable plastic bag, mix first six ingredients. Add chicken. Seal bag. Turn to coat chicken. Refrigerate at least 2 hours. Drain, saving remaining marinade.

Touch **Steam Convection** and then program the oven for AUTO, POULTRY, CHICKEN BREASTS – BONELESS and 1.5 pounds. Press START to begin preheating.

Spray high rack with nonstick cooking spray. Place rack in baking tray. Pour 1/2 cup hot water into baking tray. Place all on the upper level in the preheated oven. Touch START.

At end, remove all. Wipe moisture from oven.

In small bowl, mix water and cornstarch. Stir in remaining marinade. Touch **Microwave** and then program the oven for MANUAL, 2 to 3 minutes. Marinade should boil. Stir until thickened. Pour over broiled chicken and sprinkle with parsley.

Note: Cooking time is 25 minutes and 40 seconds.

Nutritional analysis per serving:

Calories: 350	Sodium: 340 mg
Cholesterol: 100 mg	Carbohydrate: 37 g
Fat: 7 g	Protein: 35 g

Spicy Mustard & Mayonnaise Chicken



Bored by the same old chicken? Here's a simple new variation that both family and guests will love.

Makes 6 servings

- 2½ pounds chicken breast halves, drumsticks and/or thighs
- ¼ cup spicy prepared mustard
- ¼ cup low fat mayonnaise

Touch **Steam Convection** and then program the oven for AUTO, POULTRY, CHICKEN PIECES – BONE-IN and 2.5 pounds. Press START to begin preheating.

Arrange chicken skin side up on the high rack. Mix together mustard and mayonnaise. Spread evenly on chicken.

Place high rack in the baking tray. Place all on the upper level in the preheated oven. Touch START.

Note: Cooking time is 45 minutes and 23 seconds.

Nutritional analysis per serving:

Calories: 230	Sodium: 310 mg
Cholesterol: 95 mg	Carbohydrate: 1 g
Fat: 10 g	Protein: 33 g

Crunchy Garlic Chicken



You don't have to fry to get crunchy chicken. A coating of cornflakes brightened with chopped parsley and chili powder, plus the wonder of the Viking Combi Steam/Convect™ Oven, gives you crisp outside/moist inside chicken breasts.

Makes 4 servings

- 2 tablespoons butter, melted
- 2 tablespoons nonfat milk
- ½ teaspoon salt
- 1 large garlic clove, minced
- 2 cups corn flakes, crushed, or 1 cup corn flake crumbs
- 3 tablespoons chopped fresh parsley
- ½ teaspoon chili powder
- 4 (6-ounce) boneless, skinless chicken breast halves, ¾-inch thick*

Touch **Steam Convection** and program the oven for AUTO, POULTRY, CHICKEN BREASTS – BONELESS and 1.5 pounds. Press START to begin preheating.

In shallow dish, mix melted butter, milk, salt and garlic. In resealable plastic bag, mix crumbs, parsley and chili powder. Coat chicken breasts with butter mixture. Place, one at a time, in crumb mixture. Seal bag and shake to coat. Arrange chicken on high rack in baking tray.

Place all on the upper level in the preheated oven. Touch START.

Note: Cooking time is 25 minutes and 40 seconds.

* Pound chicken breasts to even thickness.

Nutritional analysis per serving:

Calories: 290	Sodium: 530 mg
Cholesterol: 110 mg	Carbohydrate: 14 g
Fat: 10 g	Protein: 36 g

Crustless Chicken Quiche



Book club, brunch, Saturday lunch, Sunday breakfast—the occasions to enjoy this low calorie, cheesy, spinach and chicken quiche are numerous. Serve wedges with some fresh fruit and call it a meal.

Makes 6 servings

- 1 cup chopped cooked chicken
- 1 (10-ounce) package frozen chopped spinach, defrosted and well drained
- ½ cup chopped onion
- 1 cup fat free shredded Cheddar cheese
- 4 eggs
- 1 (12-ounce) can evaporated low fat milk
- ½ teaspoon seasoned salt

Touch **Convection** and then program the oven for BAKE OR ROAST, WITH PREHEAT, ONE LEVEL, 350°F and 40 minutes. Press START to begin preheating.

Spray a 9-inch pie plate with nonstick cooking spray. Arrange chicken, spinach, onion and cheese in prepared pie plate. In medium bowl, beat together eggs, milk and salt. Pour over chicken mixture.

Place pie plate in baking tray. Place all on the lower level in the preheated oven. Press START.

At end, remove from oven and allow to stand 5 minutes before serving.

Nutritional analysis per serving:

Calories: 180	Sodium: 320 mg
Cholesterol: 175 mg	Carbohydrate: 10 g
Fat: 5 g	Protein: 22 g
Calcium: 35 %	

Lemon Rosemary Chicken



As crispy and flavorful as fried chicken, but with lots less fat. Plan on doing a second recipe, so you'll have leftovers to chill for picnics and carried lunches.

Makes 4 servings

- 3 tablespoons dijon mustard
- 1 tablespoon fresh lemon juice
- 2 teaspoons olive oil
- 2 teaspoons honey
- 2 cloves garlic, minced
- ¾ teaspoon finely chopped fresh rosemary or ¼ teaspoon dried rosemary, crushed
- ¾ cup plain dry bread crumbs
- 2 tablespoons yellow cornmeal
- 2 teaspoons grated lemon peel
- 4 (6-ounce) boneless, skinless chicken breast halves

Touch **Steam Convection** and then program the oven for AUTO, POULTRY, CHICKEN BREASTS – BONELESS and 1.5 pounds. Press START to begin preheating.

In shallow bowl, mix mustard, lemon juice, oil, honey, garlic and rosemary. In another shallow bowl, combine bread crumbs, cornmeal and lemon peel. Coat chicken breasts with mustard mixture then coat with crumbs.

Spray high rack with nonstick cooking spray. Arrange chicken on high rack in the baking tray. Pour ½ cup hot water into the baking tray. Put all on the upper level in the preheated oven. Press START.

Note: Cooking time is 25 minutes and 40 seconds.

Nutritional analysis per serving:

Calories: 320	Sodium: 500 mg
Cholesterol: 95 mg	Carbohydrate: 24 g
Fat: 8 g	Protein: 37 g



Herb Roasted Chicken



Excellent Source
of Protein

True gourmets say that a perfectly roasted chicken is a gift from heaven. Here's your present, thanks to the Viking Combi Steam/Convect™ Oven and the savory herb-butter mixture you massage under the chicken skin.

Makes 6 servings

- 3 tablespoons butter or margarine, softened
- 1 clove garlic, minced
- 3 tablespoons grated Parmesan cheese
- ½ teaspoon ground sage
- ¾ teaspoon dried thyme leaves, crushed
- ¾ teaspoon dried basil leaves, crushed
- 1 (5-pound) roasting chicken (weight after cleaning)

Touch **Steam Convection** and then program the oven for AUTO, POULTRY, WHOLE CHICKEN and 5 pounds. Press START to begin preheating.

Cream together butter, garlic, Parmesan cheese, sage, thyme and basil.

Turn chicken breast side up and work your fingers under the skin at the opening on each side of the breast. Continue into thigh and leg. Using fingers, spread herb mixture evenly under skin and make the skin as smooth as possible.

Place chicken breast side up on the low rack in the baking tray. Place all on the lower level in the preheated oven. Touch START.

Remove from oven, cover and allow to stand 10 minutes before serving.

Note: Cooking time is 1 hour 10 minutes.

Nutritional analysis per serving:

Calories: 500
Cholesterol: 165 mg
Fat: 33 g

Sodium: 220 mg
Carbohydrate: 0 g
Protein: 48 g



Zesty Pork Loin



Catsup teams up with Asian hoisin sauce to create an amazing marinade. Serve the perfectly roasted pork with rice and Chinese broccoli or bok choy.

Makes 9 servings

- 3 pound boneless single pork loin
- ¼ cup catsup
- 1 tablespoon sugar
- 1 tablespoon white wine or water
- 1 tablespoon hoisin sauce
- ½ teaspoon salt
- 1 clove garlic, minced

In resealable plastic bag, mix all ingredients except pork. Add pork. Seal bag. Turn to coat pork with marinade. Refrigerate at least 1 hour or as long as overnight. Drain. Discard marinade.

Pour ½ cup hot water into the baking tray. Place roast on the low rack. Place all on the lower level in the oven.

Touch **Steam Convection** and then program the oven for AUTO, MEATS, PORK, BONELESS LOIN and 3 pounds. Touch START.

Remove from oven, cover loosely with foil and allow to stand 10 minutes before serving.

Note: Cooking time is 1 hour and 16 minutes.

Nutritional analysis per serving:

Calories: 210	Sodium: 310 mg
Cholesterol: 95 mg	Carbohydrate: 4 g
Fat: 6 g	Protein: 34 g

Grilled Pork Chops with Herbs



Ever overcook pork chops on your outdoor grill? Now you'll be able to serve tender and moist chops. The herb/garlic/paprika rub gives great flavor and color.

Makes 4 servings

- 1 teaspoon garlic power
- 1 teaspoon dried oregano leaves, crushed
- ½ teaspoon dried basil leaves, crushed
- ½ teaspoon freshly ground black pepper
- ½ teaspoon paprika
- 4 (4-ounce) boneless pork loin chops

Touch **Steam Convection** and then program the oven for AUTO, MEATS, PORK, CHOPS – BONELESS and 1.0 pound. Press START to begin preheating.

In small bowl, combine first five ingredients. Rub herb mixture over surface of chops. Spray high rack with nonstick cooking spray. Place chops on the high rack in the baking tray. Place all on the upper level in the preheated oven. Touch START.

Note: Cooking time is 19 minutes.

Nutritional analysis per serving:

Calories: 160	Sodium: 50 mg
Cholesterol: 65 mg	Carbohydrate: 1 g
Fat: 7 g	Protein: 24 g

Apricot Glazed Pork Chops



Let the Viking Combi Steam/Convect™ Oven broil pork chops to perfection while you simmer a sweet/sour/spicy apricot based sauce that's a perfect accompaniment.

Makes 4 servings

- 4 (4-ounce) boneless pork loin chops
- ½ cup coarsely chopped dried apricots
- ⅓ cup orange juice
- ¼ cup apricot nectar
- 2 teaspoons honey
- 1 (2-inch) piece lemon peel
- ⅛ teaspoon ground cinnamon

Touch **Steam Convection** and then program the oven for AUTO, MEATS, PORK, CHOPS – BONELESS and 1 pound. Press START to begin preheating

Spray high rack with nonstick cooking spray. Place chops, seasoned with salt and pepper, on high rack in baking tray.. Pour ½ cup hot water into the baking tray. Place all on the upper level in the preheated oven. Touch START.

While chops are broiling, in saucepan over medium heat, mix remaining ingredients. Heat to boiling. Reduce heat and simmer until apricots soften and mixture thickens slightly. Remove lemon peel. Spoon glaze on chops and serve.

Note: Cooking time is 19 minutes.

Nutritional analysis per serving:

Calories: 230	Sodium: 50 mg
Cholesterol: 65 mg	Carbohydrate: 17 g
Fat: 7 g	Protein: 24 g

Ham & Eggs Cocotte



The name is fancy and French so you can proudly serve this at an elegant brunch—especially if you have some fancy little ramekins or baking dishes. In English, it's just eggs baked with spinach and ham in a custard cup and quick enough for a family supper.

Makes 4 servings

- 1 cup chopped fresh spinach
- 1 cup diced cooked smoked ham
- 4 eggs
- pinch cayenne pepper

In a microwave-safe cup, microwave spinach until wilted. Touch Microwave and then program the oven for 2 minutes. Drain well and squeeze out excess moisture.

Touch **Convection** and program the oven for BAKE OR ROAST, WITH PREHEAT, ONE LEVEL, 350°F and 20 minutes. Press START to begin preheating.

Spray 4 (6-ounce) ovenproof custard cups or ramekins with nonstick cooking spray. Place spinach and ham in prepared cups. Break an egg into each dish and sprinkle with pepper.

Place custard cups in the baking tray. Place all on the upper level in the preheated oven. Press START.

Nutritional analysis per serving:

Calories: 130	Sodium: 570 mg
Cholesterol: 230 mg	Carbohydrate: 1 g
Fat: 8 g	Protein: 13 g

Scallop Kabobs



This recipe will turn you into a scallop lover—because of the marvelous marinade and because of the easy cooking. In the 15 minutes it takes to cook the kabobs you can boil some pasta or instant rice and make a salad.

Makes 4 servings

- 2 teaspoons olive oil
- 3 tablespoons rice or white vinegar
- ¼ cup low sodium soy sauce
- 1 teaspoon finely chopped fresh ginger
- 2 cloves garlic, minced
- 1 tablespoon minced fresh parsley
- 12 large sea scallops, rinsed
- 1 medium red bell pepper, cut into 12 squares
- 4 (12-inch) wooden skewers

In a resealable plastic bag, mix first six ingredients. Add scallops. Seal bag. Turn to mix. Refrigerate 2 to 6 hours. Touch **Steam Convection** and then program the oven for MANUAL, STEAM BROIL, WITH PREHEAT and 10 minutes. Press START to begin preheating.

Spray the high rack with nonstick cooking spray. Remove scallops from marinade. Discard remaining marinade. On each skewer alternately thread 3 scallops and 3 peppers. Arrange on high rack. Place the high rack in the baking tray. Place all on the upper level in the preheated oven. Press START.

Nutritional analysis per serving:

Calories: 70	Sodium: 270 mg
Cholesterol: 15 mg	Carbohydrate: 4 g
Fat: 1.5 g	Protein: 8 g

Pesto Broiled Fish



If you've never been much of a fish cook, this recipe will change your ways. It's so easy, you can add salmon, halibut, swordfish or tuna steaks to your menus without a second thought. The Viking Combi Steam/Convect™ Oven does the work, you take the credit.

Makes 4 servings

- 4 (¾-inch thick) fish steaks, 1 pound
- ¼ cup prepared pesto

Touch **Steam Convection** and then program the oven for AUTO, FISH, FISH STEAKS and 1 pound. Press START to begin preheating.

Spray the high rack with non stick cooking spray. Arrange fish on high rack in baking tray. Spread pesto evenly over top of fish. Place all on the upper level in the preheated oven. Press START.

Note: Cooking time is 18 minutes.

Nutritional analysis per serving:

Calories: 210	Sodium: 210 mg
Cholesterol: 45 mg	Carbohydrate: 1 g
Fat: 11 g	Protein: 24 g
Calcium: 10 %	

Teriyaki Fish Fillets



One of the easiest ever fish recipes and also one of the best. Even finicky eaters will change their tone. You will appreciate the simplicity.

Makes 4 servings

- ½ cup water
- ¼ cup soy sauce
- ¼ cup dry sherry
- 2 tablespoons packed brown sugar
- ½ teaspoon ground ginger
- ⅛ teaspoon garlic powder
- 1 pound thin fish fillets, fresh or defrosted

In 8-inch square glass baking dish, combine all ingredients except fish. Stir until blended. Add fish, turning once to coat both sides. Cover with plastic wrap. Refrigerate 1 hour.

Spray the steam basket with nonstick cooking spray. Pour ½ cup hot water into the baking tray. Lift fish fillets from

marinade and drain well. Arrange on the steam basket.

Place the steam basket on the high rack in the baking tray. Place all on the upper level in the oven. Touch **Steam** and then program the oven for AUTO, FISH/SEAFOOD, FISH FILLETS and 1 pound. Press START.

Note: Steaming time is 12 minutes.

Nutritional analysis per serving:

Calories: 130	Sodium: 1000 mg
Cholesterol: 55 mg	Carbohydrate: 7 g
Fat: 1 g	Protein: 21 g

Swordfish with Pineapple Salsa



The Viking Combi Steam/Convect™ Oven makes cooking this garlic and lime rubbed swordfish a snap. The Pineapple Salsa makes it a menu star. Another meal, try the garlic/ lime/salt rub on chicken or fish.

Makes 4 servings

- 3 garlic cloves, minced
- 2 teaspoons grated lime peel
- ½ teaspoon salt
- 4 (6-ounce) swordfish steaks, 1-inch thick
- 1 (8-ounce) can pineapple tidbits in unsweetened juice, drained, reserving liquid
- ¼ cup chopped red bell pepper
- 1 tablespoon chopped red onion
- 1 tablespoon chopped fresh cilantro
- 1 jalapeño chile, seeded and finely chopped

In small bowl, mix garlic, lime peel and salt together. Set aside.

Touch **Steam Convection** and then program the oven for AUTO, FISH, FISH STEAKS and 1.5 pounds. Press START to begin preheating.

Spray the high rack with nonstick cooking spray. Rub garlic mixture onto surface of swordfish steaks and place on high rack in the baking tray. Place all on the upper level in the preheated oven. Press START.

Meanwhile, in medium bowl, combine all remaining ingredients and 2 tablespoons of the reserved pineapple juice. Mix well. Serve salsa with fish.

Note: Cooking time is 18 minutes.

Nutritional analysis per serving:

Calories: 240	Sodium: 440 mg
Cholesterol: 60 mg	Carbohydrate: 11 g
Fat: 6 g	Protein: 32 g



Herbed Fish Steaks



Low
Sodium



Excellent Source
of Protein

Pick your favorite fish steak, then team with a simple and savory herbed lemon butter. Use marjoram, as the recipe directs, or try dried or fresh basil, rosemary, dill or tarragon.

Makes 4 servings

- 2 tablespoons butter, melted
- 1 teaspoon finely shredded lemon peel
- 1 tablespoon lemon juice
- 1 teaspoon dried marjoram leaves, crushed
- 4 (6-ounce) halibut, salmon or swordfish steaks, 1-inch thick

Touch **Steam Convection** and then program the oven for AUTO, FISH, FISH STEAKS and 1.5 pounds. Press START to begin preheating.

In small mixing bowl, stir together the butter, lemon peel, lemon juice and marjoram. Set aside.

Spray high rack with nonstick cooking spray. Place steaks on high rack in baking tray and brush with one half of the herb butter. Place all on the upper level in the preheated oven. Press START.

At end, remove from oven and immediately spread with remaining herb butter.

Note: Cooking time is 18 minutes.

Nutritional analysis per serving:

Calories: 240
Cholesterol: 70 mg
Fat: 10 g

Sodium: 130 mg
Carbohydrate: 1 g
Protein: 35 g



Honey-Ginger Shrimp



You do have to plan ahead for this spicy shrimp dish because the flavor comes from at least 45 minutes in the quick-to-fix marinade. One taste and you'll be glad you thought of it in advance.

Makes 4 servings

- ¼ cup oil
- 3 tablespoons soy sauce
- 3 tablespoons honey
- 1 tablespoon chopped fresh parsley
- ¼ teaspoon ground ginger
- ½ teaspoon red pepper flakes
- 1 pound jumbo raw shrimp, peeled and deveined

In medium bowl or resealable plastic bag, mix all ingredients except shrimp. Add shrimp. Stir or seal bag and turn to coat. Cover bowl. Refrigerate 45 minutes to 3 hours.

Touch **Steam Convection** and then program the oven for **MANUAL, STEAM BROIL, WITH PREHEAT** and 6 minutes. Press **START** to begin preheating.

Spray high rack with nonstick cooking spray. Remove shrimp from marinade and arrange on high rack in baking tray. Discard marinade. Pour ½ cup hot water into baking tray. Place all on the upper level in the preheated oven. Press **START**.

Serve with plum sauce, if desired.

Nutritional analysis per serving:

Calories: 170
Cholesterol: 170 mg
Fat: 6 g

Sodium: 320 mg
Carbohydrate: 6 g
Protein: 23 g

Baked Curried Salmon



Health experts tell us to eat more salmon. Here's a wonderful way to increase our intake. Don't like curry? Try chili powder or paprika instead and vary the amount to your taste.

Makes 4 servings

- ¼ cup low fat mayonnaise
- 2 teaspoons chopped fresh parsley
- ½ -1 teaspoon curry powder
- ⅛ teaspoon freshly ground pepper
- 1 (1-pound) salmon fillet, ½ to ¾-inch thick

Touch **Convection** and then program the oven BAKE OR ROAST, WITH PREHEAT, ONE LEVEL, 400°F and 20 minutes. Press START to begin preheating.

In small bowl, combine the mayonnaise, parsley, curry powder and pepper. Spray the baking tray with nonstick cooking spray. Arrange the salmon on the tray and spread sauce evenly over the top.

Place baking tray on the lower level in the preheated oven. Press START.

Nutritional analysis per serving:

Calories: 210	Sodium: 190 mg
Cholesterol: 70 mg	Carbohydrate: 2 g
Fat: 10 g	Protein: 26 g

Salmon with Dilled Tomatoes



Only three ingredients plus the salmon steaks, but this recipe tastes like hours of work. Another time, try fresh basil, oregano or tarragon in place of the dill.

Makes 4 servings

- 1 (14-ounce) can Italian-style diced tomatoes, drained
- ¼ cup finely chopped fresh dill weed
- 1 teaspoon minced garlic
- 4 (6-ounce) salmon fillets, 1-inch thick

Touch **Steam Convection** and then program the oven for AUTO, FISH, FISH STEAKS and 1.5 pounds. Press START to begin preheating.

Spray the high rack with nonstick cooking spray. Place salmon, skin side down, on the high rack in the baking tray. Place all on the upper level in the preheated oven. Press START.

At end, remove fish to heated platter and cover.

Wipe oven dry. Combine drained tomatoes, dill and garlic in a microwave-safe bowl. Touch **Microwave** and then program the oven for MANUAL and 2 minutes 30 seconds. Place bowl in the oven. Press START.

Uncover fish and top with hot tomatoes.

Note: Cooking time is 18 minutes.

Nutritional analysis per serving:

Calories: 290	Sodium: 360 mg
Cholesterol: 105 mg	Carbohydrate: 4 g
Fat: 12 g	Protein: 39 g





Italian Stuffed Peppers



Excellent Source
of Protein

Grandma made this comforting recipe, but it took her lots more time. You use one bowl, instant rice and just a few minutes for preparation. The comfort's still there—with a lot less effort.

Makes 6 servings

- 3 medium red, orange or yellow bell peppers
- 1 pound 93% lean ground beef
- 1 (8-ounce) can tomato sauce, divided
- ½ cup uncooked instant rice
- 1 egg, slightly beaten
- ½ teaspoon dried oregano leaves, crushed
- ½ teaspoon salt
- ¼ teaspoon pepper
- ⅛ teaspoon garlic powder

Cut peppers in half lengthwise. Remove seeds and membranes. Set aside.

In large bowl, mix ground beef, all but ¼ cup tomato sauce, rice, egg, oregano, salt, pepper and garlic powder. Spoon into pepper halves.

Spray steam basket with nonstick cooking spray and arrange pepper halves in it. Place steam basket on high rack in baking tray. Place all on the lower level in the oven.

Touch **Steam** and then program the oven for MANUAL, STEAM COOK and 30 minutes. Press START

When 2 minutes of time remains, carefully open door and top each pepper half evenly with remaining ¼ cup tomato sauce. Close door and touch START.

Nutritional analysis per serving:

Calories: 170	Sodium: 450 mg
Cholesterol: 75 mg	Carbohydrate: 13 g
Fat: 6 g	Protein: 16 g

Veggie Supreme Pizza



Excellent Source
of Protein

Excellent Source
of Fiber

Good Source
of Calcium

So long to take out or frozen pizza. This at home version outshines them all. Serve at any pizza occasion or cut into smaller appetizer-sized portions.

Makes 6 servings

- 1 (10-ounce) Italian thin pizza crust (Boboli)
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 large tomato, very thinly sliced
- 2 tablespoons chopped fresh basil
or 1 teaspoon dried basil leaves crushed
- 1 (6-ounce) jar marinated artichoke hearts,
drained and chopped
- ½ cup drained roasted red pepper strips
- ½ cup sliced pitted ripe olives
- 4 ounces goat cheese, crumbled

Touch **Steam Convection** and then program the oven for MANUAL, STEAM CONVENIENCE FOODS, WITH PREHEAT, 450°F and 15 minutes. Press START to begin preheating.

Brush crust with oil and sprinkle with garlic. Top with tomato, basil, artichokes, red pepper, olives and goat cheese.

Place pizza on high rack in the baking tray. Place all on the lower level in the preheated oven. Press START.

Nutritional analysis per serving:

Calories: 280	Sodium: 520 mg
Cholesterol: 10 mg	Carbohydrate: 33 g
Fat: 13 g	Protein: 11 g
Calcium: 10%	



Along The Side



26 Corn on the Cob with a Twist

27 Party Roasted Potatoes

27 Green Onion Chive Biscuits

28 Green Vegetable Medley

28 Onion-Cheese Bread

30 Crusty Herb Loaf

30 Green Beans Almondine

30 Grilled Vegetables

31 Orange Carrots

31 Savory Cauliflower



Corn on the Cob with a Twist

▲
No
Cholesterol

Soy sauce and sesame oil add an Asian charm to ears of fresh corn. Steaming them in the Viking Combi Steam/Convect™ Oven wrapped in parchment paper helps seal in the delicate flavors.

Makes 4 servings

- 1 tablespoon light soy sauce
- 1 tablespoon olive oil
- ½ teaspoon sesame oil
- 1 clove garlic, minced
- 4 ears fresh corn, husks and silk removed

In resealable plastic bag, combine first four ingredients. Add corn ears. Turn to coat corn. Seal. Refrigerate for several hours or overnight, turning corn ears occasionally.

Lift corn out of bag. Discard marinade. Wrap each ear in parchment paper, twisting the ends to seal. Place ears in the steam basket, trimming ends to fit in basket. Place on the high rack in the baking tray. Place all on upper level. Touch **Steam** and then program the oven for AUTO, VEGETABLES, LONG COOKING and 4 servings. Press START.

Carefully remove parchment. Serve hot.

Note: Steaming time is 23 minutes.

Nutritional analysis per serving:

Calories: 110
Cholesterol: 0 mg
Fat: 5 g

Sodium: 160 mg
Carbohydrate: 18 g
Protein: 3 g

Party Roasted Potatoes



These garlicky herbed potatoes make any meal a party. Expect your family to ask for them regularly, and let them star at other festive meals as well.

Makes 4 servings

- 1½ pounds small red potatoes, cut in half
- ½ medium red onion, coarsely chopped
- 2 tablespoons olive or vegetable oil
- 1 tablespoon chopped fresh rosemary
- 2 cloves garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup freshly grated or shredded Parmesan cheese

Touch **Convection** and then program the oven for BAKE OR ROAST, WITH PREHEAT, ONE LEVEL, 425°F and 30 minutes. Press START to begin preheating.

In large bowl, toss potatoes, onion, oil, rosemary, garlic, salt and pepper. Turn out onto greased baking tray and arrange in a single layer.

Place the baking tray on the lower level in the preheated oven. Press START.

Remove to serving dish and sprinkle with cheese. Serve hot.

Nutritional analysis per serving:

Calories: 210
Cholesterol: 5 mg
Fat: 9 g

Sodium: 230 mg
Carbohydrate: 29 g
Protein: 5 g

Green Onion Chive Biscuits



Want to dress up a plain meal or bring new life to your table's bread basket? Here's the easy answer. Serve these savory green-flecked biscuits hot from the oven and step back.

Makes 8 servings

- 1⅓ cup white whole wheat flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- 4 tablespoons butter, chilled, cut into chunks
- ⅔ cup 2% milk
- ¼ cup chopped green onions
- 1 tablespoon chopped fresh chives

Touch **Convection** and then program the oven for BAKE OR ROAST, WITH PREHEAT, ONE LEVEL, 450°F and 12 minutes. Press START to begin preheating.

Spray the baking tray with nonstick cooking spray. Set aside.

In medium bowl, whisk together flour, sugar, baking powder, salt and pepper. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs with some pea-sized pieces. With fork, stir in milk, green onions and chives until a moist dough forms. Spoon about ¼ cup dough for each biscuit on to the prepared baking tray, keeping biscuits 2 inches apart.

Place baking tray on the lower level in the preheated oven. Press START. Serve hot.

Nutritional analysis per serving:

Calories: 180
Cholesterol: 15 mg
Fat: 7 g

Sodium: 290 mg
Carbohydrate: 27 g
Protein: 4 g

Green Vegetable Medley



Take six different vegetables, steam till crisp-tender in the Viking Combi Steam/Convect™ Oven and then toss with a special lemon-ginger sauce. The results-spectacular. You'll get requests to fix this recipe often.

Makes 4 servings

- ½ cup frozen green peas
- 4 baby zucchini or pattypan squash
- 12 fresh green beans
- 12 small asparagus spears
- 12 sugar snap peas
- 12 snow peas
- 2 tablespoons butter or margarine
- 4 green onions, sliced
- 1 inch fresh ginger, peeled and grated
- 2 tablespoons lemon juice
- 3 tablespoons soy sauce

Place frozen peas in a small custard cup and put in the center of the steam basket. Rinse and trim ends of next 5 vegetables. Place in the steam basket. Place the steam basket on the high rack in the baking tray. Place all on the upper level.

Touch **Steam** and then program the oven for AUTO, VEGETABLES, QUICK COOKING and 4 servings. Press START.

After vegetables are done, remove from oven and wipe up any remaining moisture. In small microwave-safe bowl, combine remaining ingredients. Put in oven. Touch **Microwave** and then program the oven for MANUAL, 2 minutes and 100% power. Press START.

Note: Steaming time is 9 minutes.

Nutritional analysis per serving:

Calories: 110	Sodium: 750 mg
Cholesterol: 15 mg	Carbohydrate: 9 g
Fat: 6 g	Protein: 5 g

Onion-Cheese Bread



A savory, golden topped bread can take a simple meal of burgers and a salad to a much higher level. Best of all, you can stir up the batter in just minutes. The Viking Combi Steam/Convect™ Oven bakes it while you set the table.

Makes 9 servings

- ½ cup chopped onion (about 1 medium)
- 1 tablespoon butter or margarine
- 1½ cups buttermilk or regular baking mix
- ½ cup 2% milk
- 1 egg, well beaten
- 1 cup low fat shredded sharp Cheddar cheese, divided
- 2 tablespoons snipped fresh parsley
- 1 tablespoon butter or margarine

In small microwaveable bowl, combine onion and 1 tablespoon butter. Cover with plastic wrap. Touch **Microwave** and then program the oven for MANUAL, 2 minutes and 100% power. Press START. When done, remove and set aside.

Then, touch **Convection** and program the oven for BAKE OR ROAST, WITH PREHEAT, ONE LEVEL, 375°F and 20 minutes. Press START to begin preheating.

Grease bottom of 8 x 8-inch square glass baking dish.

In medium bowl, mix baking mix, milk and egg until just moistened. Stir in cooked onion, ½ cup of the cheese and parsley. Spread in prepared pan. Dot top with 1 tablespoon butter. Sprinkle with remaining cheese.

Place dish in the baking tray on lower level in the preheated oven. Touch START.

Nutritional analysis per serving:

Calories: 130	Sodium: 350 mg
Cholesterol: 30 mg	Carbohydrate: 14 g
Fat: 6 g	Protein: 6 g
Calcium: 10%	



Onion-Cheese Bread

Crusty Herb Loaf



This is garlic bread with a really good attitude, thanks to the addition of dried or fresh basil. Serve with Italian entrees or with a main dish salad.

Makes 12 slices

- 1 clove garlic, minced
- ¼ cup butter or margarine, softened
- 1 tablespoon snipped fresh parsley
- ¼ teaspoon dried basil, crushed or 1 tablespoon chopped fresh basil
- 1 (1-pound) loaf whole wheat French or Italian bread

Touch **Convection** and then program the oven for BAKE OR ROAST WITH PREHEAT, ONE LEVEL, 400°F and 15 minutes. Press START to begin preheating.

In small bowl, combine first four ingredients and mix well. Set aside. Cut bread into thick diagonal slices, cutting almost to bottom crust. Spread garlic mixture on cut sides of bread and over top of the loaf. Place on baking tray.

Place baking tray on lower level in the preheated oven. Touch START. Serve hot.

Nutritional analysis per serving:

Calories: 110	Sodium: 190 mg
Cholesterol: 10 mg	Carbohydrate: 15 g
Fat: 5 g	Protein: 6 g

Green Beans Almondine



Tender steamed fresh green beans taste like a whole new vegetable, thanks to Viking Combi Steam/Convect™ Oven. The easy almond-butter topping is delightfully different, thanks to just a hint of ground nutmeg.

Makes 6 servings

- 1 pound fresh green beans
- ¼ cup slivered almonds
- 2 tablespoons butter or margarine
- ¼ teaspoon salt
- ¼ teaspoon ground nutmeg
- ¼ teaspoon pepper

Rinse beans. Break off ends. Break beans into 1 to 1½-inch pieces. Place beans in steam basket. Place steam basket on

high rack in baking tray. Place all on upper level.

Touch **Steam** and then program the oven for AUTO, VEGETABLES, MEDIUM COOKING and 6 servings. Press START.

When green beans are done, remove from oven and wipe up any remaining moisture. In medium microwave-safe serving dish, mix almonds, butter, salt, nutmeg and pepper. Put in oven. Touch **Microwave** and then program the oven for MANUAL, 1 minute and 100% power. Press START.

Add cooked beans to butter mixture and toss to coat. Serve hot.

Note: Steaming time is 15 minutes.

Nutritional analysis per serving:

Calories: 80	Sodium: 130 mg
Cholesterol: 10 mg	Carbohydrate: 6 g
Fat: 6 g	Protein: 2 g

Grilled Vegetables



No need to fire up the grill—here's a no-fuss way to create a beautiful platter of perfectly cooked vegetables. Your family might become vegetable lovers as a result of this recipe alone.

Makes 4 servings

- 1 small zucchini squash, cut into ¼-inch slices
- 1 small yellow squash, cut into ¼-inch slices
- ½ small red pepper, seeded and cut into strips
- ½ small green pepper, seeded and cut into strips
- ½ small orange pepper, seeded and cut into strips
- ½ red onion, sliced and separated into rings
- ½ cup baby carrots
- ½ pound fresh asparagus, cut into 1½-inch lengths
- 1 tablespoon olive oil
- 1 teaspoon Italian seasoning
- ½ teaspoon seasoned salt

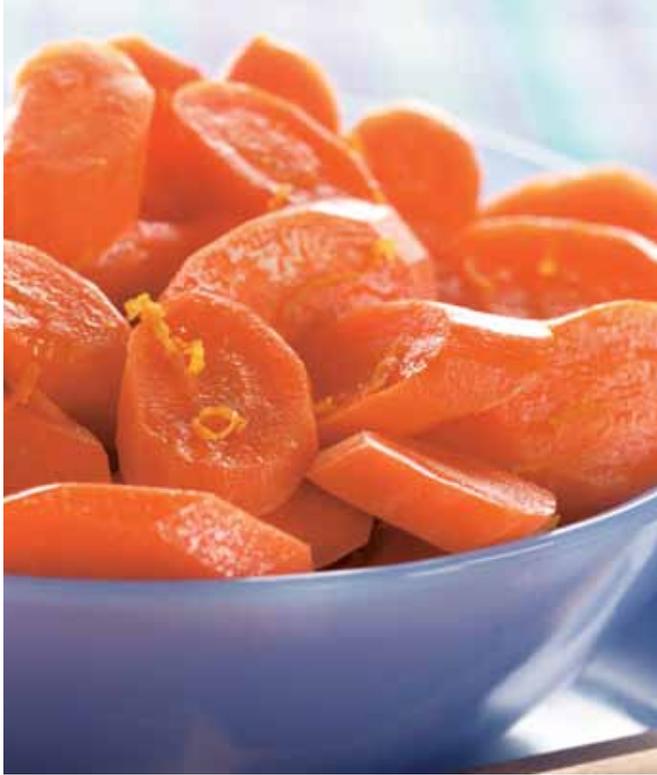
Touch **Steam Convection** and then program the oven for AUTO, GRILLED VEGETABLES and 4 servings. Press START to begin preheating.

In large bowl, toss vegetables with oil and seasonings to coat completely. Place on steam basket on the high rack in the baking tray. Place all on the upper level in the preheated oven. Press START.

Note: Grilling time is 15 minutes.

Nutritional analysis per serving:

Calories: 90	Sodium: 310 mg
Cholesterol: 0 mg	Carbohydrate: 12 g
Fat: 4 g	Protein: 3 g



Orange Carrots



Steamed carrots somehow seem sweeter than boiled. Just a whisper of orange and a little sweetener brighten the flavor. And, the kids will eat these.

Makes 6 servings

- 4 large carrots (approximately 1 pound) peeled and cut in ¼-inch slices or 1 pound baby carrots**
- 2 tablespoons butter or margarine**
- 1 tablespoon grated orange peel**
- 1 teaspoon sugar of equivalent artificial sweetener**

Place carrot slices in steam basket on the high rack in the baking tray. Place all on the upper level. Touch **Steam** and then program the oven for AUTO, VEGETABLES, MEDIUM COOKING and 4 servings. Press START.

While carrots are steaming, in serving bowl, combine remaining ingredients. Add steamed carrots to orange mixture. Toss to coat. Serve hot.

Note: Steaming time is 23 minutes.

Nutritional analysis per serving:

Calories: 60	Sodium: 75 mg
Cholesterol: 10 mg	Carbohydrate: 7 g
Fat: 4 g	Protein: 1 g

Savory Cauliflower



The Viking Combi Steam/Convect™ Oven steams a whole head of cauliflower to fork tender doneness. You top the cauliflower with buttered bread crumbs, shreds of golden Cheddar cheese and bright flecks of parsley for a glorious finish. Carry this beautiful vegetable proudly to the table on a pretty serving plate.

Makes 6 servings

- 1 medium whole cauliflower (about 1½ pounds)**
- ¼ cup shredded Cheddar cheese**
- 2 tablespoons butter, melted**
- ¼ cup fresh bread crumbs**
- ¼ teaspoon black pepper**
- 1 tablespoon chopped fresh parsley**

Rinse cauliflower. Cut out core. Place in steam basket on the high rack in the baking tray. Put all on the lower level in the oven.

Touch **Steam** and then program the oven for MANUAL, STEAM COOK and 25 minutes. Press START.

While cauliflower is steaming, in medium bowl, combine remaining ingredients. Place cooked cauliflower on serving platter and quickly top with cheese mixture. Serve hot.

Nutritional analysis per serving:

Calories: 90	Sodium: 105 mg
Cholesterol: 15 mg	Carbohydrate: 7 g
Fat: 6 g	Protein: 4 g



The End



34 Very Berry Bundt Cake

34 Apple Berry Pie

35 Chocolate Chip Bars

36 Pineapple-Orange Upside Down Cake

36 Apple Cider Crisp

37 Banana Apricot Bran Bread

37 Chocolate Chip Zucchini Cake

Very Berry Bundt Cake



This is THE cake for any special event—birthday, shower, graduation, whatever. But it's easy enough so you can make it this weekend, just to celebrate your new Viking Combi Steam/Convect™ Oven. And because you can use fresh or frozen fruit, it works all year 'round.

Makes 12 servings

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 cup sugar
- ¾ cup buttermilk
- 2 eggs
- ¼ cup oil
- 1 cup fresh or frozen unsweetened raspberries
- 1 cup fresh or frozen unsweetened blueberries

Glaze

- 1 cup confectioners' sugar
- 2 - 3 tablespoons lemon juice

Spray a 10-cup Bundt pan with nonstick cooking spray. Set aside.

Touch **Convection** and then program the oven for BAKE OR ROAST, WITH PREHEAT, ONE LEVEL, 350°F and 35 minutes. Press START to begin preheating.

In large mixing bowl, stir together flour, baking powder, baking soda and salt. In medium mixing bowl, beat together sugar, buttermilk, eggs and oil until well blended. Stir buttermilk mixture into flour mixture until smooth. Stir in raspberries and blueberries. Turn into prepared pan.

Place Bundt pan in baking tray. Place all on the lower level in preheated oven. Press START.

Cool on rack for 5 minutes. Loosen edges with tip of a sharp knife. Turn out onto rack. Cool.

Glaze: In medium bowl, stir together confectioners' sugar and lemon juice. Spoon or drizzle glaze over cooled cake.

Nutritional analysis per serving:

Calories: 250
Cholesterol: 35 mg
Fat: 6 g

Sodium: 320 mg
Carbohydrate: 47 g
Protein: 4 g

Apple Berry Pie



How can you improve on apple pie? With this wonderful combination of orange, apples, cranberries and walnuts, topped with a buttery, almond scented layer, that's how. You can use almost any apple you wish: Gala, Fuji, Pink Lady, Golden Delicious, Cameo, Braeburn or your local favorite.

Makes 8 servings

- 1 large orange
- ⅓ cup sugar
- 1 pound apples, quartered and cored (about 3 medium)
- 1 cup dried cranberries
- ¼ cup walnuts

Topping

- ¼ cup sugar
- 1 egg
- ½ cup all-purpose flour
- ½ cup butter, melted
- ½ teaspoon vanilla
- ⅛ teaspoon salt
- several drops almond extract

Touch **Convection** and then program the oven for BAKE OR ROAST, WITH PREHEAT, ONE LEVEL, 375°F and 40 minutes. Press START to begin preheating.

Spray a 9-inch glass pie plate with nonstick cooking spray. Set aside. Using a vegetable peeler, cut 10 strips of only the orange portion of the orange peel. Reserve 4 strips for the topping. Place 6 of the peel strips in food processor fitted with metal blade along with ⅓ cup sugar and process until peel is finely chopped. Add apple quarters, cranberries and walnuts and pulse on and off until coarsely chopped. Turn into prepared pie plate.

Topping: Process the reserved 4 strips of orange peel with the ¼ cup sugar until finely chopped. Add egg, flour, melted butter, vanilla, salt and almond extract and process just until smooth. Spread batter evenly over fruit mixture.

Place pie plate in baking tray. Place all on lower level in the preheated oven. Press START.

Nutritional analysis per serving:

Calories: 300
Cholesterol: 55 mg
Fat: 15 g

Sodium: 125 mg
Carbohydrate: 42 g
Protein: 2 g



Chocolate Chip Bars



Expect to find yourself baking these bars weekly, as well as for bake sales, late-night snacks and office parties. And, because you just spread the batter in a 8-inch square pan, you can get them into the oven in even less time than cookies.

Makes 16 bars

- 1 cup all-purpose flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup granulated sugar
- ¼ cup packed brown sugar
- ¼ cup butter or margarine
- ½ teaspoon vanilla
- 1 egg
- 1 cup semi-sweet chocolate chips
- ½ cup chopped nuts

Touch **Convection** and then program the oven for **BAKE OR ROAST, WITH PREHEAT, ONE LEVEL, 375°F** and 25 minutes. Press **START** to begin preheating.

In small bowl, combine flour, soda and salt. Set aside. In medium bowl, beat sugars, butter, oil and vanilla until creamy, about 2 minutes. Beat in egg until blended. Gradually add flour mixture. Mix well. Stir in chocolate chips and nuts. Spread in 8 x 8-inch square pan.

Place pan in baking tray. Place all on lower level in the preheated oven. Press **START**. Let cool on a rack.

Nutritional analysis per serving:

Calories: 190
Cholesterol: 20 mg
Fat: 10 g

Sodium: 100 mg
Carbohydrate: 25 g
Protein: 3 g

Pineapple-Orange Upside Down Cake



The cake is a unique variation on a light, delicate sponge cake, with pineapple juice as the liquid—for extra flavor. Serve the golden cake warm, with drifts of whipped cream on the side, if you wish.

Makes 8 servings

- 1 can (8¼-ounces) crushed pineapple in juice, drained (reserve juice)
- ¼ cup shredded orange peel
- 2 eggs
- 1 egg white
- ¾ cup sugar
- 1 teaspoon vanilla
- ¾ cup all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon salt

Touch **Convection** and then program the oven for **BAKE OR ROAST, WITH PREHEAT, ONE LEVEL, 375°F** and 20 minutes. Press **START** to begin preheating. Line a 9 x 1½-inch round cake pan with waxed paper cut to fit the bottom. Spray with nonstick cooking spray.

In small bowl, stir drained pineapple and orange peel together until blended. Spread pineapple evenly in the pan.

In small bowl, beat eggs and egg white on high speed until very thick and lemon colored, about 5 minutes. Pour into large bowl. Gradually beat in sugar. Add enough water to reserved pineapple juice to measure ⅓ cup. Beat in pineapple juice and vanilla on low speed. Gradually add flour, baking powder and salt, beating just until batter is smooth. Pour into prepared pan.

Place pan on the baking tray. Place all on the lower level in the preheated oven. Press **START**.

At end, with tip of a sharp knife, immediately loosen cake from edge of pan. Place on heatproof serving plate. Invert pan. Carefully remove waxed paper. Serve warm or at room temperature.

Nutritional analysis per serving:

Calories: 160
Cholesterol: 55 mg
Fat: 1.5 g

Sodium: 170 mg
Carbohydrate: 34 g
Protein: 3 g



Apple Cider Crisp



Select Rome Beauty, Pink Lady or Golden Delicious apples for this homey dessert. And you can use cider or apple juice. Dried cranberries add delightful tartness. The graham cracker crumb topping is especially delicious!

Makes 9 servings

- 4 cups sliced peeled baking apples (about 3 apples)
- ¼ cup dried cranberries
- ⅓ cup apple cider
- ½ cup graham cracker crumbs
- ¼ cup packed brown sugar
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- 3 tablespoons butter or margarine, melted

Touch **Convection** and then program the oven for **BAKE OR ROAST, WITH PREHEAT, ONE LEVEL, 350°F** and 40 minutes. Press **START** to begin preheating.

Arrange apples and cranberries in ungreased 8-inch square baking dish. Pour cider over apples and cranberries. In medium bowl, mix cracker crumbs, brown sugar, cinnamon and nutmeg. Stir in butter thoroughly. Sprinkle evenly over apples and cranberries.

Place baking dish on baking tray. Place all on the lower level in the preheated oven. Touch **START**.

Nutritional analysis per serving:

Calories: 120
Cholesterol: 10 mg
Fat: 4.5 g

Sodium: 60 mg
Carbohydrate: 20 g
Protein: 0 g

Banana Apricot Bran Bread



Low
Cholesterol



Excellent Source
of Fiber



Good Source
of Protein



Good Source
of Calcium

Moist and rich, with golden bits of apricots, slices of this bread make a great mid-morning snack or after school treat. Cut thin slices and spread with light cream cheese for a very special tea time.

Makes 12 servings

- 2 cups buttermilk or regular biscuit mix
- 1 cup Bran Buds cereal
- $\frac{3}{4}$ cup sugar
- 1 egg
- $\frac{1}{2}$ cup milk
- 1 teaspoon vanilla
- $\frac{1}{4}$ teaspoon salt
- 1 cup mashed ripe bananas (2 - 3 medium bananas)
- $\frac{3}{4}$ cup broken nuts
- $\frac{3}{4}$ cup chopped dried apricots

Spray a 9 x 5 x 3-inch glass loaf pan with nonstick cooking spray. Set aside.

Touch **Convection** and then program the oven for BAKE OR ROAST, WITH PREHEAT, ONE LEVEL, 350°F and 50 minutes. Press START to begin preheating.

In large mixing bowl, combine biscuit mix, cereal, sugar, egg, milk, vanilla and banana. Beat vigorously for 30 seconds. Batter should be slightly lumpy. Stir in nuts and apricots. Turn into prepared pan.

Place dish on the baking tray. Place all on the lower level in the preheated oven. Press START. At end, wooden pick should come out clean. If necessary, extend baking time another 3 to 5 minutes.

Remove from dish and cool on rack. When completely cooled, wrap in plastic wrap and let stand 24 hours before slicing.

Nutritional analysis per serving:

Calories: 240
Cholesterol: 20 mg
Fat: 7 g
Calcium: 15%

Sodium: 310 mg
Carbohydrate: 45 g
Protein: 5 g

Chocolate Chip Zucchini Cake



Good Source
of Fiber



Contains
Whole Grain

Once you make this chocolate spice cake, moistened with shreds of zucchini and studded with chocolate chips, you'll be asking your neighbors for their extra zucchini. Count on this recipe for bake sales.

Makes 9 servings

- $\frac{1}{2}$ cup butter or margarine, softened
- 1 cup sugar
- 1 cup white whole wheat flour
- 2 tablespoons unsweetened cocoa
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{4}$ cup buttermilk
- 1 egg
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup semisweet chocolate chips
- 1 cup shredded zucchini

Spray an 8-inch square baking dish with nonstick cooking spray. Set aside.

Touch **Convection** and then program the oven for BAKE OR ROAST, WITH PREHEAT, ONE LEVEL, 350°F and 40 minutes. Press START to begin preheating.

In large mixing bowl, cream together butter and sugar, about 2 minutes. Add all remaining ingredients except chocolate chips and zucchini and beat at low speed until moistened. Beat at medium speed 1 minute, scraping bowl occasionally. Stir in chips and zucchini. Spread batter in prepared dish.

Place baking dish on baking tray. Place all on the lower level of the preheated oven. Press START.

At end, wooden pick should come out clean. If necessary, extend baking time another 3 to 5 minutes.

Nutritional analysis per serving:

Calories: 300
Cholesterol: 50 mg
Fat: 15 g

Sodium: 170 mg
Carbohydrate: 42 g
Protein: 4 g

Index

- A**
appetizers
asian-style meatballs, 3
basil chicken kabobs, 2
chicken & bacon dumplings, 6
mussels with herb butter sauce, 7
pork dumplings with dipping sauce, 5
smokey pigs in blankets, 6
steamed moneybags, 5
thai scallop appetizers, 2
apple berry pie, 34
apple cider crisp, 36
apricot glazed pork chops, 17
asian beef roast, 10
asian-style meatballs, 3
- B**
bake chart, ix
baked curried salmon, 21
banana apricot bran bread, 37
basil chicken kabobs, 2
beef
asian beef roast, 10
asian-style meatballs, 3
cajun burgers, 11
marvelous meat loaf, 11
best cooking methods, x-xi
breads
banana apricot bran bread, 37
crusty herb loaf, 30
green onion-chive biscuits, 27
onion-cheese bread, 28
- C**
cajun burgers, 11
cakes
chocolate chip zucchini cake, 37
pineapple-orange upside down cake, 36
very berry bundt cake, 34
caribbean chicken breasts, 12
charts
bake chart, ix
best cooking methods, x-xi
steam chart, vii
steam broil/convection broil chart, viii
steam convection roast chart, viii
chicken
basil chicken kabobs, 2
caribbean chicken breasts, 12
chicken & bacon dumplings, 6
crunchy garlic chicken, 13
crustless chicken quiche, 14
hawaiian pizza, 11
herb roasted chicken, 15
honey dijon chicken, 12
lemon rosemary chicken, 14
spicy mustard & mayonnaise chicken, 13
chicken & bacon dumplings, 6
chocolate chip bars, 35
chocolate chip zucchini cake, 37
corn on the cob with a twist, 26
crunchy garlic chicken, 13
crustless chicken quiche, 14
crusty herb loaf, 30
- D**
desserts
apple berry pie, 34
apple cider crisp, 36
banana apricot bran bread, 37
- chocolate chip bars, 35
chocolate chip zucchini cake, 37
pineapple-orange upside down cake, 36
very berry bundt cake, 34
- E**
entrees
apricot glazed pork chops, 17
asian beef roast, 10
baked curried salmon, 21
cajun burgers, 11
caribbean chicken breasts, 12
crunchy garlic chicken, 13
crustless chicken quiche, 14
grilled pork chops with herbs, 16
ham & eggs cocotte, 17
hawaiian pizza, 11
herb roasted chicken, 15
herbed fish steaks, 19
honey dijon chicken, 12
honey-ginger shrimp, 20
italian stuffed peppers, 23
lemon rosemary chicken, 14
marvelous meat loaf, 11
pesto broiled fish, 18
salmon with dilled tomatoes, 21
scallop kabobs, 17
spicy mustard & mayonnaise chicken, 13
swordfish with pineapple salsa, 18
teriyaki fish fillets, 18
veggie supreme pizza, 23
zesty pork loin, 16
- F**
fish & seafood
baked curried salmon, 21
herbed fish steaks, 19
honey-ginger shrimp, 20
mussels with herb butter sauce, 7
pesto broiled fish, 18
salmon with dilled tomatoes, 21
scallop kabobs, 17
steamed moneybags, 5
swordfish with pineapple salsa, 18
teriyaki fish fillets, 18
thai scallop appetizers, 2
- G**
green beans almondine, 30
green onion-chive biscuits, 27
green vegetable medley, 28
grilled pork chops with herbs, 16
grilled vegetables, 30
- H**
ham & eggs cocotte, 17
hawaiian pizza, 11
herb roasted chicken, 15
herbed fish steaks, 19
honey dijon chicken, 12
honey-ginger shrimp, 20
- I**
italian stuffed peppers, 23
- L**
lemon rosemary chicken, 14
- M**
marvelous meat loaf, 11
mussels with herb butter sauce, 7
- O**
onion-cheese bread, 28
orange carrots, 31
- P**
party roasted potatoes, 27
pesto broiled fish, 18
pineapple-orange upside down cake, 36
pizza
hawaiian pizza, 11
veggie supreme pizza, 23
pork
apricot glazed pork chops, 17
grilled pork chops with herbs, 16
ham & eggs cocotte, 17
pork dumplings with dipping sauce, 5
smokey pigs in blankets, 6
steamed moneybags, 5
zesty pork loin, 16
pork dumplings with dipping sauce, 5
- Q**
quiche, crustless chicken, 14
- R**
roast chart, viii
- S**
salmon with dilled tomatoes, 21
savory cauliflower, 31
scallop kabobs, 17
side dishes
corn on the cob with a twist, 26
crusty herb loaf, 30
green beans almondine, 30
green onion-chive biscuits, 27
green vegetable medley, 28
grilled vegetables, 30
onion-cheese bread, 28
orange carrots, 31
party roasted potatoes, 27
savory cauliflower, 31
smokey pigs in blankets, 6
spicy mustard & mayonnaise chicken, 13
steam chart, vii
steamed moneybags, 5
steam broil/convection broil chart, viii
swordfish with pineapple salsa, 18
- T**
teriyaki fish fillets, 18
thai scallop appetizers, 2
- V**
vegetables
corn on the cob with a twist, 26
green beans almondine, 30
green vegetable medley, 28
grilled vegetables, 30
italian stuffed peppers, 23
orange carrots, 31
party roasted potatoes, 27
savory cauliflower, 31
veggie supreme pizza, 23
veggie supreme pizza, 23
very berry bundt cake, 34
- Z**
zesty pork loin, 16



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