



**BOSCH**

Invented for life



# Cooking made simple – the easiest way to get perfect results.

Tips and recipes for your oven with steam-assistance function.



# The simple way to a perfect result

However complicated a dish might sound, making it is now really simple because your new Bosch oven with steam-assistance function has a wide range of different functions to help you.

Whether you're cooking poultry, meat, fish, vegetarian food, baked goods or desserts, your chosen dish will always turn out absolutely perfectly – and with very little effort for you. After all, there's another master chef in the kitchen besides you – your oven!

Every detail of the appliance has been carefully thought through and tested by our engineers until it fully satisfies our high quality standards. This has led to cutting-edge technology which is extremely easy to use, reduces your workload and always delivers the best results. The recipes in this brochure have been developed and tested to the same high standards. They are carefully tailored to your oven to ensure a perfect result every time.

Bon appetit!

# Steam baking – steam-assisted cooking

When you cook with steam assistance, steam is injected into the cooking compartment as cooking progresses. This gives you a better cooking result since it prevents the food from drying out and makes it crispy on the outside.

## **Your food**

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- ▶ Develops a glossy surface
- ▶ Is succulent and tender on the inside
- ▶ Only undergoes a minimal reduction in volume

You set the heating function that you require yourself. Use the settings in the tables to help you choose a suitable heating function.

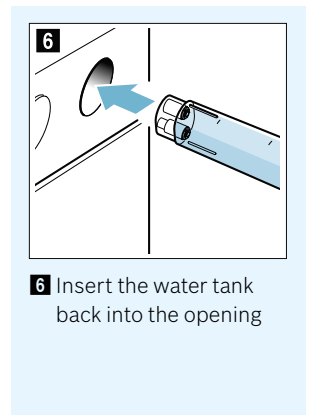
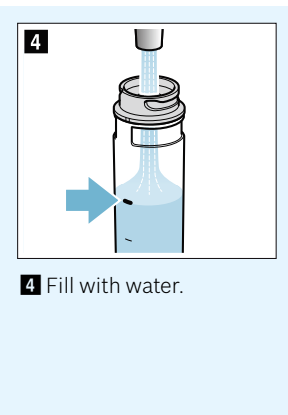
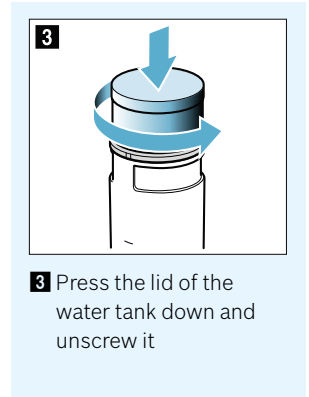
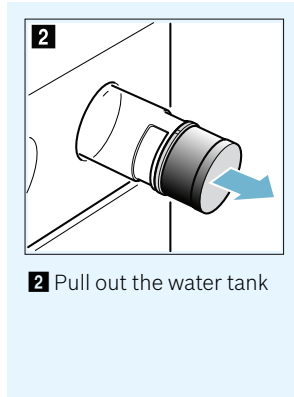
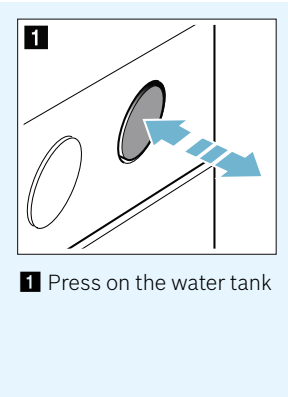
You can find a further selection of dishes and the best settings to use for them in the user manual.

# Filling the water tank






















Ensure that you have set the correct water hardness.

## **i** Notes

- ▶ If your water is very hard, we recommend that you use softened water.
- ▶ If you only use softened water, you can set the water hardness to "softened".
- ▶ If you use mineral water, set the water hardness to "4 Very hard".
- ▶ If you use mineral water, you must only use non-carbonated mineral water.



# Cooking table

Meal	Accessories/ cookware	Shelf position	Heating function/ steam-assisted cooking	Tempera- ture in °C	Cooking time in mins
<b>6-egg fatless sponge cake</b>	28 cm springform cake tin	2		150-160	40-45
<b>Plaited loaf</b>	Baking tray	2		150-160	25-35
<b>Small yeast cakes</b>	Baking tray	3		160-170	20-30
<b>Flatbread</b>	Universal pan	3	 	220-230	20-30
<b>White bread, 750 g</b>	Loaf tin/ universal pan	2		210-220	10-15
			 -	180-190	25-35
<b>Multi-grain bread, 1 kg</b>	Loaf tin/ universal pan	2		210-220	10-15
			 -	180-190	40-50
<b>Bread rolls, sweet, fresh</b>	Baking tray	3	 	160-170	20-30
<b>Bread rolls, fresh</b>	Baking tray	3	 	180-200	20-30
<b>Reheated bread rolls and baguettes</b>	Wire rack	2	 -	150-160 *	10-20
<b>Plated meal, cooled, 1 portion, reheat</b>	Cookware, uncovered	2	 -	120-130	15-25
<b>Chicken, 1.3 kg</b>	Cookware, uncovered	2		220-230	60-70
<b>Small chicken portions, 250 g each</b>	Cookware, uncovered	2		220-230	35-45
<b>Joint of pork with rind, e.g. shoulder, 2 kg</b>	Cookware, uncovered	2		100	15-20
			 -	180-190	75-95
			 -	200-210	25-30
<b>Leg of lamb, boned, medium, 1.0 kg</b>	Cookware, uncovered	2		170-180	65-75

\* preheat



# White bread

Approx. 20 slices

**Ingredients:**

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750 g flour

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1 sachet dried yeast

---

1 heaped tsp sugar

---

1 level 1 tsp. salt

---

15–20 g butter

---

400–425 ml water, lukewarm

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**Accessories:**

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Universal pan

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**Nutritional information:**

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Per slice: Approx. 136 kcal, 1 g fat,  
27 g carbohydrates, 4 g protein

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**Preparation:**

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- 1 |** Sift the flour into a mixing bowl and stir in the dried yeast with a fork until evenly distributed.
- 2 |** Add the remaining ingredients. Use the dough hook on an electric hand mixer to work the mixture into a smooth dough for about five minutes, starting on the lowest setting and then moving to the highest setting. Leave to prove in a warm place for one hour or use the "Proving dough" programme.
- 3 |** Knead the yeast dough thoroughly and shape it into a loaf. Grease the universal pan and dust it with flour, then place the dough into the pan. Leave to prove again in a warm place for 20–30 minutes.
- 4 |** Then bake as indicated.

**Tip:**

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- ▶ Try using milk instead of water.

**Setting procedure:**

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Baking tray, position 2

3D Hot air, 220 °C

Added steam, high

15 minutes

3D Hot air, 180 °C

30–35 minutes



## Hearty four-grain bread

For 1 loaf, approx. 25 slices



## Ingredients:

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### Yeast dough:

---

200 g wholegrain rye flour

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500 g wholemeal wheat flour

---

2 sachets dried yeast

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1 tbsp honey

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Approx. 250 ml water, lukewarm

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Approx. 250 ml buttermilk, lukewarm

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2–3 tbsp linseeds

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2–3 tbsp sesame seeds

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2–3 tbsp sunflower seeds, shelled

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1–2 tbsp pumpkin seeds, shelled

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½–1 tbsp salt

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1–2 tbsp bread spice

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### In addition:

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Oil for greasing the universal pan

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Flour for dusting

---

### Accessories:

---

Universal pan

---

### Nutritional information:

---

113 kcal, 19 g carbohydrates,

2 g fat, 5 g protein

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## Preparation:

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- 1 | Mix the two types of flour with the yeast in a large bowl. Add all other ingredients and knead the dough well. Leave to prove in a warm place for one hour or use the "Proving dough" programme until the dough volume has doubled.
- 2 | Knead the yeast dough thoroughly and shape it into a loaf. Grease the universal pan and dust it with flour, then place the dough into the pan. Cover the dough and allow it to prove for a further 15–20 minutes.
- 3 | Using a sharp knife, score diamond shapes into the risen loaf and prick several times with a cocktail stick.

### Tip:

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- ▶ If you are using wholemeal flour, you need to add a little extra liquid and leave the dough to prove for slightly longer.
- ▶ Toast the seeds in a frying pan without oil in advance.

### Setting procedure:

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Universal pan, position 2

3D Hot air, 220 °C

Added steam, high

15 minutes

3D Hot air, 180 °C

35–40 minutes



# Herb-stuffed veal breast

Makes 6 servings

## Ingredients:

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### Meat with filling:

---

1.2 kg veal breast with a pocket cut into it (order from butcher in advance)

200 g veal bones, chopped up small

Salt

Freshly ground pepper

½ bunch mixed herbs for Frankfurt green sauce (equal quantities of chervil, borage, lemon balm, burnet, parsley, sorrel and chives, total approx. 100 g)

4 slices bread for toasting

125 ml milk, warm

½ organic lemon

3 shallots

3 egg yolks

25 g clarified butter

1 bunch soup vegetables

600 ml meat stock

150 ml cream

### In addition:

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Kitchen string

Needle

### Accessories:

---

Universal pan

### Nutritional information:

---

286 kcal, 1.4 g carbohydrates,  
13 g fat, 40 g protein

## Preparation:

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- 1 | Rinse the veal breast briefly in cold water and pat dry. Rub with salt and pepper inside and out.
- 2 | Rinse the mixed herbs, shake dry and chop finely. Cube the bread and soak in milk. Wash the organic half lemon under hot water and grate the zest.
- 3 | Peel the shallots and dice finely. Squeeze out the excess liquid from the softened bread and mix with the chopped herbs, diced shallots, egg yolk and lemon zest. Season with salt and pepper to taste. Stuff the breast of veal with the mixture and sew up. Sear the meat and bone in hot clarified butter on all sides.
- 4 | Trim the soup vegetables and cut into cubes approx. 2 cm in size. Add the diced vegetables to the universal pan, place the meat and bone on top and pour over the remaining frying fat. Add half of the stock and cook as indicated.
- 5 | Take out the cooked joint, cover and leave to rest for five minutes. In the meantime, strain the meat juices with the vegetables through a sieve into a saucepan. Then add the rest of the stock and reduce by boiling with the cream. Slice the meat and serve with the sauce.

### Setting procedure:

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Universal pan, position 2

Top/bottom heating

180–190 °C

Added steam, high

90–100 minutes



# Corn-fed chicken with herb butter

Makes 4 servings

**Ingredients:**

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**Herb butter:**

---

60 g butter, soft

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1 tbsp olive oil

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3 tbsp frozen Italian herbs without onions

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Salt

---

Pepper, freshly ground

---

Sweet paprika

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**Meat:**

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1 corn-fed chicken, 1.6 kg

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Salt

---

Pepper, freshly ground

---

**Accessories:**

---

Universal pan

---

**Nutritional information:**

---

811 kcal, 0 g carbohydrates,  
67 g fat, 53 g protein

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**Preparation:**

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- 1 |** Beat the butter with a whisk until creamy. Add the olive oil and herbs and mix. Season well with salt, pepper and paprika.
- 2 |** Rinse the chicken briefly in cold water and pat dry with kitchen towel. Season with salt and pepper both inside and out. Carefully detach the skin from the meat on the breast. Insert the herb butter between the skin and breast meat.
- 3 |** Place the chicken into the universal pan with the breast facing down and cook as indicated.
- 4 |** Turn after approx. 30 minutes and roast until done.

**Setting procedure:**

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Universal pan, position 2

Hot air grilling

180–190 °C

Added steam, high

60–70 minutes



# Summery fish bake

Makes 4 servings

## Ingredients:

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### Fish bake:

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6 medium-sized waxy potatoes

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1 organic lemon

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2 tomatoes

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80 g pitted black olives

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1 bunch flat-leaf parsley

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600 g fish fillet, e.g. pollock

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Salt

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Pepper, freshly ground

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3–5 tbsp olive oil

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### In addition:

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Butter for greasing

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### Accessories:

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Wire rack, ovenproof dish

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### Nutritional information:

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512 kcal, 35 g carbohydrates,  
25 g fat, 35 g protein

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## Preparation:

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- 1 | Wash, peel and slice the potatoes. Heat salted water in a saucepan and parboil the potatoes.
- 2 | Wash the lemon under hot water and rub dry. Wash the tomatoes. Slice the lemon and tomatoes. Roughly chop the olives. Rinse the parsley, shake it dry and chop it up.
- 3 | Grease the ovenproof dish.
- 4 | Place the parboiled potato slices into the dish in layers. Place the olives and tomato slices onto the potatoes.
- 5 | Rinse the fish fillets briefly under cold water, pat dry and place onto the tomatoes. Season the whole dish with salt and pepper and sprinkle parsley on top. Finally, garnish with the lemon slices.
- 6 | Drizzle the bake generously with olive oil and cook as indicated.

## Setting procedure:

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Ovenproof dish on the wire rack, position 2

3D Hot air

150–160 °C

Added steam, low

30–40 minutes



# Spinach strudel

Makes 4 servings



## Ingredients:

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### Strudel pastry:

---

250 g flour

---

1 tsp. salt

---

20 g butter, melted

---

1 egg, beaten

---

4–8 tbsp water

---

A little oil

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### Filling:

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1 onion, 1–2 cloves of garlic

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A little oil

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300 g frozen leaf spinach

---

100 g dried tomatoes

---

200 g ricotta

---

2 eggs

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60 g pine nuts

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A little orange zest or orange  
flavouring

---

15 lemon balm leaves

---

2 tbsp grated Parmesan

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1 pinch nutmeg, freshly ground

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Salt, freshly ground pepper

---

### In addition:

---

Cling film

---

Greaseproof paper

---

Butter for brushing over

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### Accessories:

---

Baking tray

---

### Nutritional information:

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532 kcal, 53 g carbohydrates,  
23 g fat, 28 g protein

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## Preparation:

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- 1 | Knead together the flour, salt, butter, egg and water to form a ball, brush with oil, wrap in cling film, and place in the refrigerator for two hours.
- 2 | For the filling, finely chop the onion and garlic and sweat them in oil. Add the defrosted spinach to a bowl. Finely chop the dried tomatoes. Add to the spinach together with the onions, garlic and ricotta and mix well. Add the remaining ingredients and stir to form a consistent mixture.
- 3 | Roll out the dough on a floured tea towel and then stretch it out. To do this, slide your hands under the dough and stretch it out from the middle over the back of your hands. Stretch out the dough to a rectangular shape.
- 4 | Spread the filling evenly over the dough. Leave a gap of approx. 2 cm free around the edge. Fold the edges of the dough over the filling.
- 5 | Lift the tea towel and roll up the dough. Slide onto a sheet of greaseproof paper. Using the greaseproof paper, place it onto the baking tray and, if necessary, make into a U-shape. Brush with butter and bake immediately as indicated.

## Setting procedure:

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Baking tray, position 3

Top/bottom heating

170–180 °C

Added steam, high

50–60 minutes



## Fruity raspberry gateau – basic recipe for sponge mixture

Makes 12

## Ingredients:

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### Sponge mixture:

---

3 eggs

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3 tbsp water, hot

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150 g sugar

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150 g flour

---

1 tsp. baking powder

---

### Topping:

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900 g frozen raspberries

---

100 g sugar

---

200 ml cream

---

4 sheets gelatine

---

200 g yoghurt, 3.5%

---

½ vanilla pod

---

3 sachets red glaze

---

### In addition:

---

Greaseproof paper

---

### Accessories:

---

Wire rack, 26 cm springform cake tin

---

### Nutritional information:

---

240 kcal, 36 g carbohydrates,

8 g fat, 5 g protein

---

### Setting procedure:

---

Springform cake tin on the wire rack, position 2

3D Hot air, 150 °C

Added steam, low

15 minutes

3D Hot air, 150 °C

25–35 minutes

## Preparation:

---

- 1 | Line the base of the springform cake tin with greaseproof paper. Leave a third of the raspberries to defrost with 50 g sugar.
- 2 | Separate the egg whites from the yolks. Beat the egg white with 3 tbsp hot water until stiff. Add the sugar gradually. Beat the mixture until it becomes creamy and glossy. Beat the egg yolk with a fork and fold into the egg white mixture. Mix the flour and baking powder, sieve onto the mixture and stir in briefly. Pour the mixture into the tin and bake as indicated.
- 3 | Turn the baked cake out onto a wire rack and carefully remove the greaseproof paper. Leave the cake to cool down completely.
- 4 | For the topping, purée the defrosted, sugared raspberries through a sieve. Whip the cream until stiff. Soak the gelatine, squeeze out and dissolve. Mix the yoghurt with the remaining sugar and the pulp of half a vanilla pod. Quickly mix in the dissolved gelatine. Add the raspberry mixture and fold in the cream.
- 5 | Cut the cake into two layers and place the bottom half onto a cake stand or plate. Place a tall cake ring around the bottom half of the cake. Spread half of the raspberry cream mixture over the bottom half and then place the top half on top. Spread the remaining raspberry cream mixture over the top.
- 6 | Distribute the remaining frozen raspberries evenly on top of the cake. Prepare the glaze according to the instructions on the packaging. Then leave to cool briefly and pour it over the raspberries.
- 7 | Leave the cake to cool down for at least 3–4 hours before cutting to serve.

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