

EasyCook

Steam HSE

Steam cooker

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EasyCook

Symbols used



Operating mode



Cooking space temperature



Preheating until the cooking space temperature is reached



Duration



Levels



Accessories



Operating modes



Steam 40 °C



Steam 80 °C



Steam 90 °C



Steam 100 °C































Optimal use

The cooking space temperatures and levels given in standard recipe books are in part unlikely to be optimal for this appliance. The following tables show how to get the best use out of the appliance.

The cooking space temperatures or temperature levels and durations given serve only as a guide and may vary depending on the type and size of the food as well as on individual preference.
































- ▶ When steaming, place the stainless steel tray underneath the perforated cooking tray to catch any food spills or condensate.

Settings

🌿 Vegetables								
Leaf spinach		Cook		100 °C	No	7–13 mins.	2	 1)
		Blanch				5–7 mins.		
Cauliflower	Cauliflower, whole	Cook		100 °C	No	20–35 mins.	2	 1)
		Cauliflower, florets	Cook					
		Preserve		1 h 30 min–1 h 40 min	1			
Broccoli		Cook		100 °C	No	10–20 mins.	2	 1)
		Preserve				1 h 30 min–1 h 40 min		
Chicory		Cook		100 °C	No	15–30 mins.	2	 1)
Peas		Cook		100 °C	No	15–30 mins.	2	 1)
Gherkins		Preserve		90 °C	No	20–30 mins.	1	
Fennel, chopped		Cook		100 °C	No	15–23 mins.	2	 1)
Green beans	Green beans, fresh	Cook		100 °C	No	30–50 mins.	2	 1)
		Blanch				5–15 mins.		
		Preserve ²⁾				1 h–1 h 10 min	1	

1) ▶ Place stainless steel tray underneath perforated cooking tray.

2) ▶ Repeat the preserving step, allowing the jars to cool down completely in between time.




























 Vegetables							
Green beans	Dried string beans, soaked	Cook		100 °C	No	35–45 mins.	2  1)
Cabbage, chopped		Cook		100 °C	No	20–40 mins.	2  1)
Carrots, chopped		Cook		100 °C	No	15–25 mins.	2  1)
		Preserve				1 h 30 min–1 h 40 min	1 
Mangetout		Cook		100 °C	No	10–20 mins.	2  1)
Kohlrabi, chopped		Cook		100 °C	No	15–25 mins.	2  1)
Swiss chard, mangold		Cook		100 °C	No	10–20 mins.	2  1)
Corn	Corn on the cob	Cook		100 °C	No	30–45 mins.	2  1)
	Polenta	Cook ²⁾ , ³⁾		100 °C	No	30–40 mins.	2 
Sweet peppers		Cook		100 °C	No	8–15 mins.	2  1)
Beetroot		Cook		100 °C	No	30 min–1 h 30 min	2  1)
Brussels sprouts		Cook		100 °C	No	20–30 mins.	2  1)

1) ► Place stainless steel tray underneath perforated cooking tray.

2) ► Add 3 dl liquid per 100g.












3) ► Put the food in a suitable container and place on the perforated cooking tray.

Settings


















 Vegetables								
Sauerkraut	Sauerkraut, raw	Cook		100 °C	No	40 min–1 h 10 min	2	 1)
	Sauerkraut, precooked	Cook		100 °C	No	20–30 mins.	2	 1)
Scorzoner		Cook		100 °C	No	25–35 mins.	2	 1)
Celery	Celery, chopped	Cook		100 °C	No	15–25 mins.	2	 1)
	Celeriac, chopped	Cook		100 °C	No	10–20 mins.	2	 1)
Green asparagus		Cook		100 °C	No	13–17 mins.	2	 1)
White asparagus		Cook		100 °C	No	15–25 mins.	2	 1)
Tomatoes		Cook		100 °C	No	7–13 mins.	2	 1)
		Skin			Yes ²⁾	3–5 mins.		
Jerusalem artichoke		Cook		100 °C	No	15–35 mins.	2	 1)
Courgettes, chopped		Cook		100 °C	No	8–12 mins.	2	 1)

1) ► Place stainless steel tray underneath perforated cooking tray.

2) ► Preheat the cooking space for 5 minutes.

 Potatoes								
Sweet potatoes	Cook		100 °C	No	20–50 mins.	2		1)
Boiled potatoes	Cook		100 °C	No	15–25 mins.	2		1)

1) ► Place stainless steel tray underneath perforated cooking tray.
































 Meat								
Veal	Fillet of veal	Cook		100 °C	No	20–45 mins.	2	
	Geschnetzeltes (chopped meat in a sauce)	Cook ²⁾		100 °C	No	30–50 mins.	2	
Beef	Fillet of beef	Cook		100 °C	No	20–50 mins.	2	
	Stewing meat	Cook ²⁾ , ³⁾		100 °C	No	1 h–1 h 30 min	2	
	Geschnetzeltes (chopped meat in a sauce)	Cook ²⁾		100 °C	No	30–50 mins.	2	

1) ► Place stainless steel tray underneath perforated cooking tray.

2) ► Put the food in a suitable container and place on the perforated cooking tray.




























3) ► Cover meat completely with liquid.

Settings

 Meat								
Pork	Pork fillet	Cook		100 °C	No	20–35 mins.	2	 1)
	Smoked pork loin	Cook ²⁾		100 °C	No	45 min–1 h 30 min	2	
	Ham	Cook ²⁾		100 °C	No	50 min–1 h 30 min	2	
	Bacon	Cook ²⁾		100 °C	No	20–40 mins.	2	
	Saucisson	Cook ²⁾		80–95 °C	No	30–45 mins.	2	
	Geschnetzeltes (chopped meat in a sauce)	Cook ²⁾		100 °C	No	30–50 mins.	2	
Meat terrine		Cook		90 °C	No	15–50 mins.	2	
Meat products	Smoked pork loin	Cook ²⁾		100 °C	No	45 min–1 h 30 min	2	
	Saucisson	Cook ²⁾		80–95 °C	No	30–45 mins.	2	
	Ham	Cook ²⁾		100 °C	No	50 min–1 h 30 min	2	
	Bacon	Cook ²⁾		100 °C	No	20–40 mins.	2	
	Wienerli (Viennese sausage)	Cook ²⁾		90 °C	No	10–15 mins.	2	






















¹⁾ ► Place stainless steel tray underneath perforated cooking tray.

²⁾ ► Put the food in a suitable container and place on the perforated cooking tray.

 Accompaniments							
Boiled potatoes	Cook		100 °C	No	15–25 mins.	2	 1)
Dry rice	Cook ²⁾ , ³⁾		100 °C	No	20–40 mins.	2	
Risotto	Cook ²⁾ , ⁴⁾		100 °C	No	30–40 mins.	2	
Corn on the cob	Cook		100 °C	No	30–45 mins.	2	 1)
Polenta	Cook ²⁾ , ⁵⁾		100 °C	No	30–40 mins.	2	
Wheat (ebly)	Cook ²⁾ , ⁶⁾		100 °C	No	20–30 mins.	2	
Semolina	Cook ²⁾ , ⁷⁾		100 °C	No	10–18 mins.	2	
Millet	Cook ²⁾ , ⁸⁾		100 °C	No	20–40 mins.	2	
Chickpeas ⁹⁾	Cook ²⁾ , ¹⁰⁾		100 °C	No	20–40 mins.	2	
Lentils	Cook ²⁾ , ⁷⁾		100 °C	No	15–60 mins.	2	

- 1) ► Place stainless steel tray underneath perforated cooking tray.
- 2) ► Put the food in a suitable container and place on the perforated cooking tray.
- 3) ► Add 1½ dl liquid per 100g.
- 4) ► Add 2½ dl liquid per 100g.
- 5) ► Add 3 dl liquid per 100g.
- 6) ► Add 1–1½ dl liquid per 100g.
- 7) ► Add 2–3 dl liquid per 100g.
- 8) ► Add 1½–2 dl liquid per 100g.
- 9) ► Soak overnight.
- 10) ► Add ½–1 dl liquid per 100g.

Settings

 Grains							
Semolina	Cook ¹⁾ , ²⁾		100 °C	No	10–18 mins.	2	
Millet	Cook ¹⁾ , ³⁾		100 °C	No	20–40 mins.	2	
Corn	Corn on the cob		100 °C	No	30–45 mins.	2	 ⁴⁾
	Polenta		100 °C	No	30–40 mins.	2	
Rice	Dry rice		100 °C	No	20–40 mins.	2	
	Risotto		100 °C	No	30–40 mins.	2	
Wheat (ebly)	Cook ¹⁾ , ⁸⁾		100 °C	No	20–40 mins.	2	

¹⁾ ► Put the food in a suitable container and place on the perforated cooking tray.

²⁾ ► Add 2–3 dl liquid per 100g.

³⁾ ► Add 1½–2 dl liquid per 100g.



















⁴⁾ ► Place stainless steel tray underneath perforated cooking tray.

⁵⁾ ► Add 3 dl liquid per 100g.

⁶⁾ ► Add 1½ dl liquid per 100g.












⁷⁾ ► Add 2½ dl liquid per 100g.

⁸⁾ ► Add 1–1½ dl liquid per 100g.




















 Pulses							
Peas	Cook		100 °C	No	15–30 mins.	2	 1)
Green beans	Green beans, fresh	Cook	100 °C	No	30–50 mins.	2	 1)
		Blanch			5–15 mins.		
	Preserve ²⁾	1 h–1 h 10 min			1		
	Dried string beans, soaked	Cook	100 °C	No	35–45 mins.	2	 1)
Mangetout	Cook ¹⁾		100 °C	No	10–20 mins.	2	
Chickpeas ³⁾	Cook ⁴⁾ , ⁵⁾		100 °C	No	20–40 mins.	2	
Lentils	Cook ⁵⁾ , ⁶⁾		100 °C	No	15–60 mins.	2	

- 1) ► Place stainless steel tray underneath perforated cooking tray.
- 2) ► Repeat the preserving step, allowing the jars to cool down completely in between time.
► For more information, see the operating instructions.
- 3) ► Soak overnight.
- 4) ► Add ½–1 dl liquid per 100g.
- 5) ► Put the food in a suitable container and place on the perforated cooking tray.
- 6) ► Add 2–3 dl liquid per 100g.



































Settings

 Poultry							
Chicken breast	Cook		100 °C	No	10–25 mins.	2	 1)
Poultry terrine	Cook		90 °C	No	15–50 mins.	2	

1) ► Place stainless steel tray underneath perforated cooking tray.












 Fish and seafood							
Gilthead seabream, whole	Cook		80 °C	No	20–30 mins.	2	 1)
Trout, whole	Cook		80 °C	No	20–30 mins.	2	 1)
Tuna, slice	Cook		100 °C	No	10–30 mins.	2	 1)
Fillet of fish	Cook		80 °C	No	10–20 mins.	2	 1)
Mussels	Cook		100 °C	No	20–30 mins.	2	 1)
Fish terrine	Cook		100 °C	No	15–50 mins.	2	














1) ► Place stainless steel tray underneath perforated cooking tray.












🍏 Fruit and berries								
Apples	Apple slices	Compote		100 °C	No	10–20 mins.	2	
		Preserve		90 °C		30–40 mins.	1	
Pear slices		Compote		100 °C	No	10–20 mins.	2	
		Preserve		90 °C		30–40 mins.	1	
Quince slices		Cook ¹⁾		100 °C	No	30–60 mins.	2	
		Preserve		90 °C		30–40 mins.	1	
Apricots, halves		Compote		100 °C	No	10–20 mins.	2	
		Preserve		90 °C		30–40 mins.	1	
Plums, halves		Compote		100 °C	No	10–20 mins.	2	
		Preserve		90 °C		30–40 mins.	1	
Peaches, chopped		Compote		100 °C	No	10–20 mins.	2	
		Preserve		90 °C		30–40 mins.	1	
Cherries, pitted		Compote		100 °C	No	10–20 mins.	2	
		Preserve		80 °C		30–40 mins.	1	

¹⁾ ► Preparing the jelly.












Settings

 Dairy products							
Creamy yogurt	Make		40 °C	No	5 h–6 h	2	
Set yogurt	Make		40 °C	No	7 h–8 h	2	














 Desserts							
Creams and custards	Cook		90 °C	No	20–40 mins.	2	
Crème caramel	Cook		90 °C	No	20–35 mins.	2	
Compote	Cook		100 °C	No	10–16 mins.	2	

 Mushrooms							
Mushrooms, sliced	Preserve		100 °C	No	1 h 15 min–1 h 35 min	1	
Mushrooms, whole	Preserve		100 °C	No	1 h 15 min–1 h 35 min	1	














- ▶ Only use fresh mushrooms.
- ▶ Clean and chop up the mushrooms.

 Eggs							
Eggs, soft-cooked	Cook		100 °C	No	9–13 mins.	2	
Eggs, hard-cooked	Cook		100 °C	No	15–20 mins.	2	

Hygiene, wellness

 Hygiene							
Sterilize feeding bottles ¹⁾	Steam		100 °C	No	10 mins.	1	
Prepare jam jars	Steam		100 °C	No	10 mins.	1	
Final sterilization of jam jars	Steam		100 °C	No	30 mins.	1	

- ¹⁾
- ▶ Clean the feeding bottles thoroughly and take apart for sterilizing.
 - ▶ After steaming, take the feeding bottles out of the cooking space, stand them upside down and allow to dry thoroughly.

 Wellness							
Hot towels ¹⁾	Steam		80–90 °C	No	5–15 mins.	2	
Hot wraps ²⁾	Steam		70–90 °C	No	5–15 mins.	2	
Hot stones	Steam		50–65 °C	No	15 mins.–1 hr	Cooking space floor	

- ¹⁾
- ▶ Wet the hot towels, wring out and roll up into the desired shape or spread out across the perforated cooking tray.
- ²⁾
- ▶ Spread prepared wraps out across the perforated cooking tray.

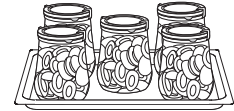
Preserving, bottling


Food can be preserved and bottled in special preserving jars. Only use undamaged jars with glass lids, suitable rubber seals and sealing clips that sit correctly. Do not use jars with screw or bayonet tops as the pressure that builds up cannot be reduced.




































Up to 5 jars with a maximum volume of 1 litre each may be placed inside the cooking space. Always use same-size jars.

- ▶ Put the stainless steel tray at level **1**.
- ▶ Fill the jars evenly with the food to be preserved, which is at the ambient temperature, and add liquid (and any sugar, salt or vinegar) as required.
- ▶ Close the jars according to the manufacturer's instructions.



- ▶ Place the jars on the stainless steel tray as shown in the illustration. The jars should not touch one another.
- ▶ Select the operating mode and cooking space temperature according to the following table.
- ▶ Select **I→I** in the operating mode settings.
- ▶ Select duration according to the following table.
- ▶ Confirm the settings by pressing the adjusting knob.
- ▶ When the duration set is up, press the  touch button to switch off the appliance.
- ▶ Leave the appliance door open in the at-rest position.
- ▶ Leave the jars in the cooking space to cool down completely.
- ▶ Remove the jars. Check that the jars are sealed tight.

 Vegetables and fruit						
Carrots		100 °C	No	1 hr. 30 mins.	2	
Cauliflower		100 °C	No	1 hr. 30 mins.	2	
Broccoli		100 °C	No	60 mins.	2	
French beans ¹⁾)		100 °C	No	1 h 15 min–1 h 30 min	2	
Mushrooms, precooked		90 °C	No	20–30 mins.	2	
Gherkins		90 °C	No	30 mins.	2	
Apples		90 °C	No	30 mins.	2	
Pears		90 °C	No	30 mins.	2	
Apricots		90 °C	No	30 mins.	2	
Peaches		90 °C	No	30 mins.	2	
Quinces		90 °C	No	30 mins.	2	
Plums		90 °C	No	30 mins.	2	
Cherries		80 °C	No	30 mins.	2	

¹⁾ ► Repeat the preserving step, allowing the jars to cool down completely in between time.

Notes

Validity

The product family (model no.) corresponds to the first alphanumeric on the identification plate. These operating instructions apply to:

Type	Product family	Size system
STHSEZ60	23002	60-381
STHSEZ60c	23002	60-381



1007759-R05

