

# De Dietrich



FSO1180X  
STEAM OVEN

## COMBI STEAM OVEN

- More succulent cooking
- Food that keeps its crispness
- Food that is not dried out
- Beautiful presentation, food retains the texture it had before cooking
- More gentle cooking that preserves flavour

### COOKING TABLE

FOOD	TEMP.	% STEAM
MEAT	180°C - 200°C	20% - 30%
POULTRY	180°C - 200°C	30% - 40%
FISH	160°C - 180°C	20% - 30%
VEGETABLES	180°C - 200°C	20% - 60%
POTATOES	180°C - 200°C	70% - 80%
CAKES	170°C - 180°C	20% - 40%
CREME AND MUSSE	170°C - 180°C	60% - 70%

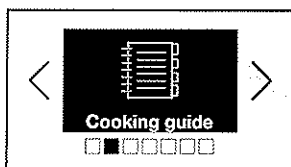
- The indications and values given in this table are for guidance purposes only.



## RECIPE FUNCTION

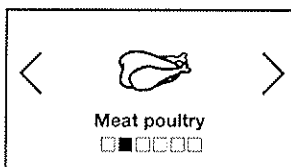
The RECIPE function makes things easier for you, since all you have to do is select the food category. For some recipes, the oven will set the required cooking parameters based on the weight that you enter.

1. Press the < and > buttons. Select "Recipes". Confirm by pressing OK.

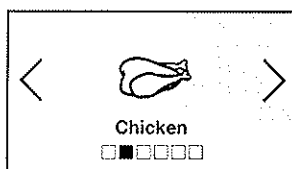


2. The oven then suggests different food categories. Press the < and > buttons to choose from the categories offered:
  - » Meat
  - » Poultry
  - » Bread
  - » Cakes
  - » Ready-made dishes
  - » Defrost

When you have made your choice, press OK to confirm.

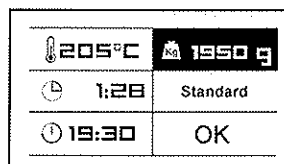


3. Then choose the specific dish you are cooking and confirm.

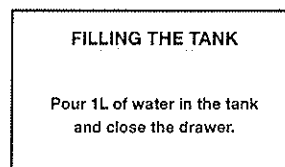


4. Once you have chosen the food, the oven will ask you to re-enter the weight ( **kg** field).

Enter the weight and the oven will automatically calculate and display the ideal cooking time. If you wish, you can change the end of cooking time by selecting the **⌚** field and displaying the new end of cooking time.

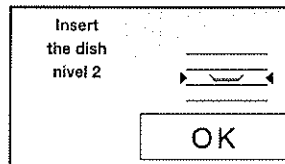


5. As soon as you confirm by pressing OK, The filling drawer automatically opens
  - » Fill the reservoir.
  - » Close the drawer again manually.



6. The oven recommends the height of the shelf on which you should place the dish. Place your dish in the oven on the recommended shelf support level (from 1 at the bottom to 4 at the top).

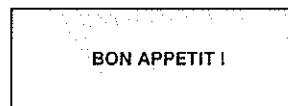
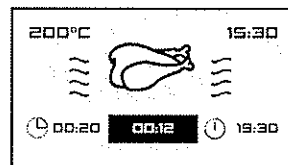
Confirm by pressing OK; the oven switches on.




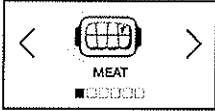
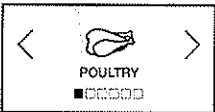



7. The indicator shows the temperature rise inside the oven.

A series of beeps sounds when the oven reaches the selected temperature. The oven beeps and switches off when the cooking time has finished and an animated display wishes you "Bon appetit!".

The drawer opens again for emptying.



## LIST OF "RECIPE FUNCTION DISHES"

RECIPE MENU CATEGORIES		RECIPE
BREAD		Bread Pre-cooked baguettes Pre-cooked bread Frozen pasta
MEAT		Pork Veal Lamb
POULTRY		Chicken Duck Filet
CAKES		Cake Apple cake Walnut cake Coconut cream flan
READY-MADE DISHES		Vegetable clafoutis Baked confit of summer vegetables. Potatoes Risotto Salmon casserole
DEFROST		Bread

## USING THE COOKING GUIDE

Steam is distributed around the inside of the oven, when the selected temperature is reached:  
For short cooking periods or those requiring an immediate burst of steam, it is necessary to pre-heat the oven before putting in the dish.

## Pre-heat:

- » For recipes in the guide requiring pre-heating:  
When the oven reaches temperature, a series of beeps sounds for two minutes, telling you to put the dish into the oven. Cooking then starts and the suggested time for the recipe starts to count down.



*When the beeps stop: the cooking time starts to count down, even if you have not put the dish in the oven.*





## BREAD RECIPES

### Tip

*Always work in an ambient temperature of around 20°C, away from draughts. Never allow the yeast to come into contact with the salt; it will lose its raising properties. The temperature of the water is very important: on average, it should be around 25°C in winter and cooler in summer: approx. 20°C. The flour should be at room temperature. Be sure to follow the dough rising times given in the recipe. Cook on the baking sheet or on a shelf in a special baguette mould.*

### FOR ONE LOAF OR 4 BAGUETTES:

#### Ingredients:

- » 500 g bread flour (organic T65 or with seeds etc.).
- » 310 g water (at 20°C approx).
- » 10 g fine salt.
- » 1 sachet dried yeast (5 g approx) or 7 g fresh yeast.

### FOR A LARGE LOAF:

#### Ingredients :

- » 750 g flour.
- » 520 g water.
- » 15 g fine salt.
- » 1¼ sachets dried yeast or 10 g fresh yeast.

Put the flour into a bowl, add the salt and mix. Make a well in the centre, pour in the water and then add the yeast. Mix with a spatula and then knead by hand until you have a non-sticky dough. Roll it into a ball.

Cover the bowl with a lightly dampened cloth and then put a lid or something large and flat over the top. Put it somewhere in the kitchen away from draughts for 25 to 30 minutes.

Then, take the dough and knead it again, re-shape into a ball and leave to rise in the covered bowl for another 25 to 30 minutes.

Then, mould the bread into the desired shape:

- divide the dough into 200 g rolls to make baguettes or leave as it is to make a single large loaf.

Fold the dough on to itself, elongating and rolling it, so as to end up with baguettes. For a round loaf, flatten the dough into a square, fold the four corners into the centre and then do the same with the four new corners.

Turn the dough over and shape it into a nice ball. Put on a baking sheet, cover with a cloth and leave to rise for another 30 minutes.

### PRE-HEAT THE OVEN, USING "BREAD

Before putting into the oven, make cuts across the top of the loaf or baguettes with a razor blade.

For a rustic note, you can also sprinkle a little flour evenly over the top, using a fine sieve.

Note: you should do this before making the cuts in the dough. You can also sprinkle over sesame, poppy, linseed, cumin or caraway seeds, etc.

### END OF COOKING:

As soon as the bread is cooked, take it out of the oven and place on a wire rack or dry cloth: the steam released can then escape and avoid the bread becoming damp underneath. The crust should be hard and crisp; when you tap the bottom of the loaf, it should sound hollow.

It is completely acceptable to freeze the baked bread. It can be thawed using the "BREAD THAWING SEQUENCE" with the loaf on the first or second level.

### PRECOOKED BAGUETTES:

Preheat the oven "BREAD SEQUENCE".

Place the pre-cooked baguettes on the shelf on the second level.

### FROZEN FANCIES:

Pre-heat the oven "BREAD SEQUENCE" with the baking sheet in the oven.

Place the croissants, chocolate rolls, etc. on the sheet, still frozen.

Allow to cool for a few minutes before enjoying: they will be very hot inside.



### PORK FILLET WITH HERBS

#### SERVES 4

Preparation time: 25 minutes  
1 oven dish

#### Ingredients:

- » 1 nice pork fillet (approx. 550 g). Weigh it just before you cook it and enter the weight using the oven buttons.
- » Do not forget to remove it from the refrigerator at least one hour before cooking.
- » 1 bunch parsley.
- » 1 bunch chives.
- » 1 crushed clove garlic.
- » 50 g fresh cream.
- » 30 g breadcrumbs.
- » 2 tsp. grainy mustard.
- » 1 pork caul (ask your butcher).
- » Salt, ground pepper.

Start by soaking the pork caul in a bowl of lukewarm water. Wash and rinse the herbs, then chop them finely.

In a large bowl, mix the fresh cream, breadcrumbs, mustard, herbs, garlic, salt and pepper. Dry the fillet on a paper kitchen towel.

Drain the caul and then stretch it into a rectangle. Place the herb preparation on top, then place the fillet in the centre. Wrap the herb preparation and caul around the fillet to cover it.

Put it in a dish with two tbsp. of water.

Put into the oven with the shelf on the first level.

Serve with purple mashed potatoes: 1.5 kg of Vitelotte potatoes, 4 tbsp. fresh cream, a knob of butter.

Cook the potatoes in their skins in salted boiling water for 15 to 20 minutes. Peel them, push them through a ricer, adding a little of the cooking water. Add the cream and butter and season to taste.

### ROAST VEAL WITH LEMON AND GINGER

#### SERVES 6

Preparation time: 20 minutes  
1 oven dish

#### Ingredients:

- » 1 veal roasting joint (1500 g) (leave the meat at room temperature for 1 hour before cooking).
- » 2 unwaxed lemons.
- » 3 medium onions.
- » 3 cloves.
- » 3 cm root ginger.
- » 1 bay leaf, a little thyme, a few parsley stalks.
- » 15 g butter.
- » 10 cl white wine.
- » 40 g sugar.
- » salt, pepper.

Take the zest from the lemons, cut it into julienne strips, juice one lemon.

Put the wine, a similar quantity of water, the sugar, cloves, lemon juice, lemon zest, bay leaf, thyme and parsley in a pan. Bring to the boil and reduce by a third over a high heat until you have about eight tablespoons left.

Put the joint in a dish, put the quartered onions around it and the finely sliced ginger. Then, pour over the reduction and dot with the butter, cut into small pieces, over the joint.

Put in the oven on the first shelf level.

Serve the carved joint golden brown with its juices and accompanied by Creole rice or pasta.





### SHOULDER OF LAMB STUFFED WITH FOIE GRAS

**SERVES 6**

Preparation time: 20 minutes  
1 oven dish

**Ingredients:**

- » 1 boned shoulder of lamb (ask your butcher).
- » 200 g cooked foie gras.
- » 100 g minced lamb.
- » 1 shallot.
- » 1 pinch five spice.
- » 1 tbsp. oil.
- » Salt and ground pepper.

Prepare the stuffing: soften the chopped shallot in the olive oil, then add the minced lamb and brown over a high heat for 2 minutes. (The mince should remain pink).

Season with salt and pepper and add the five spice. Mix gently and add the foie gras, cut into dice.

Open the lamb shoulder, put the stuffing inside and then close tightly to form a roasting joint. Tie it with string. Put it into a suitably sized oven dish.

Preheat the oven, using the "MEAT lamb" sequence. Put the joint into the oven when it reaches temperature.

At the end of cooking, allow the meat to rest for ten minutes in the switched-off oven, wrapped in aluminium foil, before carving.

Serve with a squash mousse:

500 g squash flesh, 150 g potatoes, 50 g thick cream (not too cold), salt, pepper or Espelette pepper.  
Cook the squash and potatoes for 25 minutes, pass them through a vegetable mill, add the cream, mix and add the salt and (Espelette) pepper.



### CHICKEN WITH STUFFING UNDER THE SKIN

**SERVES 6**

Preparation time: 30 minutes  
1 roasting dish

**Ingredients:**

- » 1 free-range chicken 1.500 kg (Do not forget to remove the chicken from the refrigerator one hour before cooking).
- » 1 bunch flat-leaf parsley.
- » 1 bunch chives.
- » A few tarragon stalks.
- » 2 small shallots.
- » 3 fresh mushrooms.
- » 50 g cottage cheese.
- » 50 g butter.
- » Pepper.

Wash and dry the herbs, put aside half the parsley. Into the bowl of a food mixer, put the rest of the herbs, the shallots, butter, mushrooms and cheese. Mix until a rich, creamy consistency is obtained.

Salt and pepper the inside of the chicken. Put the rest of the parsley in the cavity.

Starting from the neck of the chicken, gently separate the skin by working your hand between the flesh and the skin. Now put in the herb cream, spreading it over the thighs and breast. Be careful not to tear the skin.

Tie up the legs with kitchen string, put the chicken in a suitable dish and season with salt and pepper.

At the end of the cooking time, allow the chicken to rest for a few minutes in the switched-off oven to allow the meat to relax.

Serve with real mashed potatoes:

To make a good gravy: keep the cooking juices from the bottom of the dish. Scrape the stuck deposits from the bottom of the pan, add 15 cl of water (or cold stock) and heat over a medium heat for a few minutes, pass through a sieve and serve in a sauce boat.





### ROASTED DUCK BREASTS WITH APRICOTS AND ALMONDS

**SERVES 4**

Preparation time: 20 minutes

**Ingredients:**

- » 2 duck breast fillets, 450 g approx.
- » 6 soft apricots.
- » 60 g blanched almonds.
- » Salt, pepper.

Pre-heat the oven (cooking poultry). Coarsely chop the almonds, cut the apricots in half crossways, slash the duck skin in squares with the point of a knife and put the breasts side by side in a dish, skin side down, salt and pepper lightly.

Put the apricots in a line along the length of the breast, cover with the other breast, skin side up, then tie up with string into a single parcel and cover with the chopped almonds.

Place on the shelf on the second level with a deep dish underneath.

At the end of cooking, cover with aluminium foil and allow to rest for a few minutes before carving.

You can serve with a few vegetables, simply browned in olive oil.

1 cucumber, 6 carrots, a few radishes, olive oil.

Peel the vegetables and cut them into fine sticks, 1 cm long. Heat a little oil in a frying pan, colour the vegetable sticks and allow them to cook for 4 or 5 minutes. Season with salt. Serve the sliced duck breasts over the vegetables arranged in the centre of the plates.



### MUSHROOM, CHESTNUT AND DRIED FRUIT TERRINE

**SERVES 6**

Preparation time: 30 minutes

1 cake tin lined with baking parchment.

**Ingredients:**

- » 250g wood mushrooms.
- » 1 onion.
- » 1 clove garlic.
- » 3 eggs.
- » 25 cl fresh liquid cream.
- » 250 g peeled cooked chestnuts.
- » 50 g raisins.
- » 100 g walnuts.
- » 50 g ground almonds.
- » 50g breadcrumbs.
- » 3 tbsp. olive oil.
- » Salt and ground pepper.

Soak the raisins in a bowl of boiling water for an hour and then drain them. Coarsely chop the chestnuts with a knife. Quickly chop the walnuts. Clean and slice the mushrooms.

Peel and chop the onion and garlic and soften them gently in the olive oil until transparent. Add the mushrooms and cook for 2 to 3 minutes.

Put the chestnuts, raisins, walnuts, ground almonds, onion and mushrooms into a large bowl and mix well.

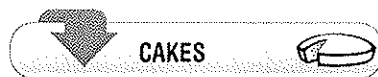
Break the eggs and beat them, add the cream, whisk, season with salt and pepper, pour into the bowl and mix again to obtain a uniform mixture.

Cover the bottom of the cake tin with baking parchment, butter the sides, pour in the mixture and then put in the oven on the first level.

At the end of cooking, leave to rest for 10 minutes in the switched-off oven, then remove and allow to cool, before taking out of the mould and serving.







### RED BERRY CAKE

**SERVES 6**

Preparation time: 15 minutes  
1 cake tin

**Ingredients:**

- » 200 g cake flour (already contains raising agents).
- » 3 eggs.
- » 125 g sugar.
- » 80 g butter.
- » 300 g red berries (blackcurrants, raspberries, redcurrants, blueberries).

Beat the eggs with the sugar, add the flour and melted butter. Mix and add the berries. Pour into a cake tin and place on the shelf on the first level. Enjoy when cold.

### WALNUT CAKE

**SERVES 6**

Preparation time: 20 minutes  
1 sponge tin

**Ingredients:**

- » 100 g butter.
- » 100 g sugar.
- » 3 eggs.
- » 125 g flour.
- » 1 tsp. baking powder.
- » 125 g walnut kernels.
- » 1 lemon.

In the bowl of a food mixer cream together the softened butter and the sugar. Incorporate the eggs, one at a time and then the juice of the lemon. Add the flour.

Finely grate the lemon zest and boil it for 1 minute. Drain it and incorporate into the batter with the walnuts which have been previously coarsely chopped. Add the baking powder and mix.

Butter a sponge tin and pour in the mixture. Bake in the oven.

Serve with a coffee vanilla sauce or fine vanilla or chocolate ice cream.

### APPLE, RAISIN AND CINNAMON CRUNCH

**SERVES 6**

Preparation time: 30 minutes  
A 20 cm diameter sponge tin (the cake will be thicker).

**Ingredients:**

- » 250g flour.
- » 60 g granulated sugar.
- » 100 g butter.
- » 2 eggs.
- » 10 cl milk.
- » ½ tsp. milk.
- » 1 tsp. vanilla extract.

**Preparing the apples:**

- » 2 apples.
- » 40 g raisins.
- » 60 g light brown sugar.
- » 80 g butter.
- » 60 g flour.
- » ½ tsp. cinnamon.

**Start by preparing the apples:**

Mix the flour, sugar, cinnamon and butter to obtain a grainy mixture. Peel the apples, remove the cores and pips and cut the flesh into dice. Place in a container and add the raisins.

**Preparing the batter:**

Mix the 250 g flour with the salt; add the butter and sugar. Mix together and add the eggs, one at a time, and then the milk and vanilla. Pour half of the mixture into the sponge tin lined with baking parchment, sprinkle with half the cinnamon mixture and then add all the apples and raisins and cover with the rest of the batter (the same as on the bottom of the tin). Finish with the rest of the cinnamon mixture. Bake the cake. Serve warm with a salted butter caramel sauce.

**Salted butter caramel:**

- » 150 g granulated sugar
- » 1½ tbsp. water
- » 100g salted butter
- » 40 cl fresh cream

Bring the sugar and water to the boil without stirring. As soon as the caramel takes on an amber colour, remove from the heat and add the butter in small pieces while stirring vigorously. Add the cream a little at a time, still stirring vigorously in between additions.



**BAKED CONFIT OF SUMMER VEGETABLES****SERVES 6**Preparation time: 25 minutes  
1 large gratin dish**Ingredients:**

- » 6 small courgettes.
- » 1 aubergine.
- » 2 mild onions.
- » 1 red pepper.
- » 4 nice tomatoes.
- » 2 cloves garlic.
- » 1 nice sprig fresh thyme.
- » 1 bay leaf.
- » Olive oil.
- » Salt, pepper.

Wash the vegetables.

Cut the ends off the courgettes and the aubergine. Cut them in two lengthways. Cut the aubergines into cubes and the courgettes into small chunks. Peel the tomatoes and cut them into eights. Cut the pepper in half, remove the seeds and pith and then cut into strips. Peel the onions and cut into thin slices.

Heat a tablespoon of olive oil in a large casserole and colour the peeled garlic, sliced onion and pepper over a gentle heat for 5 minutes.

Pour into a large gratin dish.

Heat 2 tablespoons of oil in the same casserole and cook the courgettes over a high heat for 3 minutes. Pour them into the gratin dish.

Brown the aubergines for 4 minutes and then the tomatoes for 1 minute only.

Salt and pepper all the vegetables which are now in the gratin dish, strip off the thyme leaves and mix them in. Put the bay leaf on top and sprinkle with a little olive oil.

Put into the oven on the shelf on the second level.

**POTATOES WITH BAY****SERVES 6**Preparation time: 5 minutes  
1 large gratin dish**Ingredients:**

- » Allow five small potatoes per person (approx. 100 g, variety Charlotte).
- » As many dried bay leaves as there are potatoes.
- » 2-3 tbsp. olive oil.
- » 2 cloves finally chopped garlic.
- » Coarse salt, pepper.

Scrub the potatoes in clean water. Do not peel them.

Cut them vertically into slices, 2 or 3 mm thick, without cutting right through the base, so that the slices remain attached to each other and the potato stays in one piece.

Cut the bay leaves into several pieces and insert between the potato slices.

Put the potatoes into a gratin dish, pour oil over the top and roll the potatoes so that they are covered all over with the oil.

Sprinkle the chopped garlic over the top and a little coarse salt and pepper on each one.

Put in the oven on the second level.

You can also sprinkle over half a teaspoon of paprika, parsley, Parmesan cheese, etc.





#### **PORCINI AND ASPARAGUS TIP RISOTTO**

**SERVES 4**

Preparation time: 30 minutes  
1 roasting dish

**Ingredients:**

- » 200 g arborio risotto rice.
- » 50 cl chicken or veal stock.
- » 2 shallots.
- » 200 g porcini, (fresh or dried).
- » 50 g Parmesan.
- » 4 tbsp. mascarpone.
- » 1 small tin asparagus tips.
- » 2 tbsp. olive oil.
- » Salt, pepper.

Clean the porcini or soak them to re-hydrate them. Heat the olive oil in a frying pan and brown the sliced shallots. Prepare the chicken or veal stock (as per the instructions on the packet). Put the rice into an oven dish and cover with the hot stock and shallots. Leave for 25-30 minutes (out of the oven).

Then pre-heat the oven for "Prepared dishes P4".

Put the dish on the second level. In the frying pan, heat the porcini. When the rice is cooked, take out the oven dish but close the door to retain the heat. Add the mascarpone and Parmesan, mix together and then add the porcini and drained asparagus tips. Season with salt and pepper.

Return to the switched-off oven for a few minutes to melt the Parmesan.

#### **TURBOT WITH SHALLOTS**

**SERVES 4**

Preparation time: 10 minutes  
1 oven dish

**Ingredients:**

- » 1 turbot or large sole, 1.4 kg, cleaned and skinned.
- » 4 shallots.
- » A squeeze of lemon juice.
- » 100 g lightly salted butter.
- » 20 cl white wine.
- » A few sprigs of thyme.
- » Salt, pepper.

Preheat the oven, set to "Prepared dishes". Generously butter an oven dish. Peel and slice the shallots and sprinkle over the butter. Put the fish on top and season with salt and pepper.

Dot with small knobs of butter over the top and pour over some white wine. Crumble a few sprigs of thyme over the fish.

At the end of cooking, filter the liquor and boil to reduce over a gentle heat. Incorporate the rest of the butter, well chilled, in small pieces while whisking. Add a squeeze of lemon juice.

Pour over the fish and serve immediately.




**PREPARED DISHES**

**BLANQUETTE OF SALMON EN COCOTTE****SERVES 4**

Preparation time: 25 minutes  
4 cocottes or ramekins

**Ingredients:**

- » 600 g salmon.
- » 100 g smoked lardon bacon.
- » 150 g mushrooms.
- » 2 small courgettes.
- » 3 carrots.
- » 50 cl fresh cream.
- » 4 tbsp. grainy mustard.
- » ½ vegetable or chicken stock cube.
- » 35 g flour.
- » 35 g butter.
- » 1 tbsp. olive oil.
- » Salt, pepper.

Cut the salmon into dice. Peel the carrots, wash the courgettes. Cut the carrots into julienne strips and the courgettes into dice.

Bring 30 cl of water to the boil with the stock cube. Immerse the carrots and courgettes and cook for 10 minutes. Drain the vegetables and reserve the stock.

Heat the olive oil in a frying pan and brown the lardons, salmon and coarsely chopped mushrooms for 6-7 minutes.

Put the stock from the vegetables into a saucepan with the butter and flour and bring slowly to the boil while stirring with a whisk, until the sauce thickens. Add the cream and mustard. Season with salt and pepper. Then add the vegetables and the mixture from the frying pan and stir gently with a wooden spoon.

Divide into the cocottes.

Put into the oven on the shelf on the second level.

Serve immediately.

**PREPARED DISHES****REHEATING FRESH PREPARED DISHES:**

Preheat the oven for "PREPARED DISHES SEQUENCE". After entering the weight, when the temperature is reached, put the plate or dish on the shelf on the second level.

**REHEATING FROZEN DISHES:**

Preheat the oven for "PREPARED DISHES SEQUENCE". After entering the weight, when the temperature is reached, put the plate or dish on the shelf on the second level.


**THAWING**

**THAWING****MEAT:**

Placed on the shelf with the dish underneath.

**FISH:**

Placed on the shelf with the dish underneath.

**BREAD AND CAKES:**

Preheat the oven and then put the frozen bread on the shelf on the first level.