



The SteamBox cookbook

TEKA



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Steamed Scandinavian salmon with broccoli and baby carrots

Directions

1. Fill The SteamBox tray with water, place the glass lid, put in the oven, and preheat to 180°C.
2. Place salmon skin-side up on the Gastronorm tray.
3. Put broccoli and baby carrots in the Gastronorm tray.
4. Once the water is hot enough and there is steam inside The SteamBox tray, place both salmon and vegetable trays inside, over the grid. Cover with the lid.
5. Bake for 12 minutes.
6. Once out of the oven, remove the lid and be careful with hot steam.
7. Plate the salmon and add flake salt.

Cooking time

16'

Temperature

180 °C

Oven function

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Tips

Choosing cooking temperature:

Rare: 8 minutes.

Medium rare: 10 minutes.

Medium: 12 minutes.

Well done: 12 minutes and leave out of the oven, with lid on for 4 more minutes (residual heat)

To save time, fish and vegetables can be cut into smaller pieces.

Ingredients (serves 4)

- 480 g Bone salmon loin
- 80 g Small pieces of broccoli
- 4 Baby carrots, peeled
- 2 g Flake salt

Accessories

The SteamBox tray
Glass Lid
The SteamBox grid
Gastronorm tray



Vegetables and lamb couscous with ras el hanout

Directions

1. Heat oil in a frying pan and fry lamb pieces on high heat for 1 minute. Add ras el hanout, rosemary twig and cover with broth. Cook over low heat for 20 minutes.
2. Set the chopped vegetables on one side of the gastronorm tray.
3. Hydrate the couscous with water and put it with vegetables, but be sure there is no contact between them.
4. Place lamb on the regular Gastronorm tray and add some cooking broth.
5. Fill The SteamBox tray with the rest of the broth, then place the grid and the glass lid. Preheat to 180°C and place in the oven.
6. Once the broth is hot and steam is formed in The SteamBox tray, add the Gastronorm trays with the vegetables, couscous, and lamb to the oven. Cover with the lid.
7. Bake for 12 minutes at 180°C
8. Plate and serve.

Cooking time

45'

Temperature

180 °C

Oven function



Tips

Broth can be poured over vegetables and meat or served separately. Lamb can be baked longer for desired temperature as well.
Rare: couscous needs at least 10 minutes. It is not recommended to reduce baking time, because the vegetables will not be fully cooked.
Medium rare: 11 minutes.
Medium: follow the recipe instructions.
Well done: After 12 minutes are over, and additional 10 minutes will further tenderize the lamb.

Ingredients (serves 4)

- 600 g of boned lamb shoulder
- 200 g Couscous.
- 1/2 Peeled and chopped onion.
- 4 Peeled baby carrots.
- 1 Wash and cut zucchini.
- 1 Peeled and cut turnip.
- 1 L vegetable or meat broth.
- 15 g of Ras el hanout
- 50 ml Extra virgin olive oil.
- 1 Rosemary twig.

Accessories

The SteamBox tray
Glass lid
The SteamBox grid
Gastronorm tray



Melbourne Shrimp cocktail

Directions

1. Wash and dry lettuce leaves. Cut tomato and orange into segments. Dice pineapple.
2. For sauce, beat an egg and oil in the jar until the mixture is thick. Add a pinch of salt, ketchup, brandy, orange juice and, if desired, Perrins or Tabasco sauce.
3. Sprinkle the bottom of The SteamBox with salt and fill with hot water. Place the glass lid, and place the tray in the oven, preheated to 185°C.
4. Place the royal red shrimps over The SteamBox grid and the peeled shrimps on the gastronorm tray.
5. When steam appears in The SteamBox tray, place seafood grid inside. Cover with the lid.
6. Bake for 8 minutes at 185°C.
7. Chill the seafood with very cold water.
8. Peel the Royal red shrimps completely, excluding the tail.
9. Fill glass or cup with the mix of lettuce, shrimps, pineapple, and tomato and orange segments.
10. Add pink sauce and put a royal red shrimp on top with trout eggs.

Cooking time

20'

Temperature

185 °C

Oven function



Tips

It is important to cook the seafood for the specified time. For an eye-catching presentation, use a champagne glass or something similar, rather than a plate or bowl.

Ingredients (serves 4)

- 16 Large peeled shrimp
- 4 Royal red shrimp
- 200 g Assorted lettuce leaves
- 1 Ripe tomato
- 1 Orange, peeled.
- 100 Pineapple, peeled
- 1 Egg
- 100 ml Olive oil
- 10 g Ketchup
- 2 ml Brandy
- 10 ml Orange juice
- 5 ml Perrins sauce (optional)
- 5 ml Tabasco (optional)
- 20 g Trout eggs
- Salt

Accessories

The SteamBox tray
Glass Lid
The SteamBox grid
Gastronorm tray



Steamed John Dory on a bed of potatoes with yogurt and olives vinaigrette

Directions

1. Mix the vinegar, the oil, yogurt, chopped olives, and salt. Set this vinaigrette aside.
2. Fill The SteamBox tray with salty water, place the lid, put in the oven and preheat to 150°C.
3. Peel and slice the potatoes. Place the gastronorm tray and season.
4. Cut the John Dory loins, place them over The SteamBox grid, skin-side down, and season.
5. When steam appears in The SteamBox tray, place the grid with fish inside and the tray on the side. Cover with the lid.
6. Bake in the oven for 10 minutes.
7. Sprinkle the plate with chives or another chopped herbs.
8. Add the vinaigrette with yogurt and olives as a side.

Cooking Time

35'

Temperature

150 °C

Oven function



Tips

For other meat temperature:

Rare: bake the potatoes as specified in the recipe and the fish for just 4 minutes.
Medium rare: bake the potatoes as indicated and the fish for 8 minutes.
Medium: respect the times above for both products.
Well done: remove the potatoes after the indicated time and bake the fish for 4 or 5 more minutes. This baking time means the flesh will be dryer, it is not recommended.

Ingredients (serves 4)

- 1 John Dory fish
- 4 Baby potatoes
- 20 ml White wine vinegar
- 50 ml Extra virgin olive oil
- 125 g Natural yogurt
- 50 gr Black olives
- 1 Pinch of salt
- 3 Fresh Chives twigs

Accessories

The SteamBox tray
Glass Lid
The SteamBox grid
Gastronorm tray



Sushi rice

(Shari, Zu, Gohan)

Directions

1. Fill The SteamBox tray with water, grid inside. Cover with the lid, and place inside the oven, preheat to 175°C.
2. Wash the rice with cold water until the water runs clean, without starch.
3. Place the rice on the gastronorm tray and cover with 600 ml of cold water.
4. When steam appears in The SteamBox tray, place the rice tray, add water, and cover with the lid
5. Cook in the oven for 12 minutes.
6. Meanwhile, prepare the vinegar rice syrup, sushi-zu, mixing vinegar, sugar, and salt. Place over low heat until every ingredient is dissolved.
7. Remove rice from the oven and season with sushi-zu. Chill the rice moving the grains and use a fan to cool it too until rice reach 40°C.
8. Keep in a bamboo steamer and use it to prepare sushi.

Cooking time

20'

Temperature

175 °C

Oven function



Tips

Shari is the mix of Japanese-style steamed rice (gohan), seasoned with the syrup of rice vinegar (sushi-zu). It is important to follow some hygienic steps to prepare sushi, keeping all the tools clean and be organized. Raw fish needs a very clean environment.

Ingredients (serves 4)

- 500 g Glutinous Japanese rice
- 70 ml Rice vinegar or mirin
- 50 g Sugar
- 20 g Salt

Accessories

The SteamBox tray
Glass Lid
The SteamBox grid
Gastronorm tray

English-style hake with tartare sauce

Directions

1. Prepare tartare sauce chopping the capers, pickle, spring onion, hard-boiled egg, and fresh herbs. Whisk egg and vegetable oil with a blender to do a mayonnaise. Add lemon juice, a pinch of salt and Dijon mustard. Mix and save for later.
2. Fill The SteamBox tray with water, put the lid on and place in the oven. Preheat to 180°C.
3. Peel potatoes and cut in pieces. Wash asparagus and trim the woody end.
4. Place vegetables in the gastronorm tray and season.
5. Arrange the hake fillets on a side of The SteamBox grid and vegetable tray on the other.
6. Once the water is hot and there is steam inside The SteamBox tray, place the grid with the hake and vegetable tray in the oven. Put the lid on.
7. Bake for 12 minutes at 170°C.
8. Serve the hake with vegetables as a side and with tartare sauce.

Cooking time

25'

Temperature

190 °C

Oven function



Tips

Choosing cooking temperature:

Rare: Bake vegetables following recipe time and fish for 5 minutes.

Medium rare: Bake vegetables following recipe time and fish for 8 minutes.

Medium: Follow the recipe instructions.

Well-done: Bake vegetables following recipe instructions and fish for 14 minutes.

It is highly recommended to spread some olive oil or melted butter all over the fish fillets, and sprinkle some salt flakes before serving.

Ingredients (serves 4)

- 4 Hake loin fillets of 180g.
- 20 g Capers in vinegar
- 1 Pickle
- 1 Peeled hard-boiled egg
- 1/2 Spring onion
- Fresh herbs (parsley, chives, etc.)
- 1 Egg
- 150 ml Vegetable oil
- 5 ml Lemon juice
- Salt
- 10 g Dijon mustard
- 12 Baby potatoes
- 12 Wild asparagus

Accessories

- The SteamBox tray
- Glass Lid
- The SteamBox grid
- Gastronorm tray



Lamb sarmale with sour cream

Directions

1. Boil water in a pot and scald cabbage leaves for 10 seconds. Drain and place the leaves on a clean cloth, separately.
2. Fry garlic and chopped onion in a skillet with oil, until soft. Add minced meat and cook over high heat, stirring, for 2 minutes. Season.
3. Add rice and tomato sauce. Cook over low heat until rice is tender. Remove and allow to cool a bit.
4. Once the mix is warm but not hot, stuff the cabbage leaves and roll.
5. Place leaves in the gastronorm tray and then inside The SteamBox tray, filled with water. Cover with the lid.
6. Bake in the oven, without preheating, for 20 minutes at 180°C.
7. Meanwhile, cut red onions in thin stripes and caramelize in a skillet over low heat, with the oil. Add sugar and a pinch of salt.
8. Serve sarmales with caramelized red onion all over and with sour cream.

Cooking time

45'

Temperature

180 °C

Oven function



Tips

Cooked sarmales can be kept in tomato sauce. Sarmales will soak up the sauce and will remain fresh for two more days.

Ingredients (serves 4)

- 16 Cabbage or collard greens leaves
- 1 Clove of garlic
- 1 White onion
- 250 g Minced lamb meat
- 50 g Rice
- 200 ml Tomato sauce
- 3 Red onions
- 100 g Sugar
- 30 ml Extra virgin olive oil
- 200 g Sour cream
- Salt

Accessories

The SteamBox tray
Glass Lid
The SteamBox grid
Gastronorm tray



Pierogi

with meat and mushrooms

Directions

1. Mix flour, egg, and melted butter. Add warm water, slowly, to obtain a smooth and elastic dough. Cover with a wet cloth and place it in the refrigerator.
2. Chop mushrooms and sauté in a skillet with hot oil. Add minced meat, salt and pepper, and cook over high heat for 5 minutes or until the liquid has reduced.
3. Add the sour cream, mix, remove from heat and allow to cool.
4. Sprinkle some flour on a clean work surface and spread the dough. Cut circles and stuff each one with a tablespoon of the filling. Moist the edges, fold, and press to seal the pierogi.
5. Fill The SteamBox tray with water, place the lid on, put in the oven and preheat to 150°C.
6. Cover the bottom of the gastronorm tray with a layer of cabbage, cut in stripes, and place the pierogi over it.
7. Once the water is hot and there is steam inside The SteamBox tray, place the grid inside and pierogi tray over it. Put the lid on again.
8. Bake at 120°C for 16 minutes.
9. Meanwhile, heat some oil in a skillet and sauté onion and bacon.
10. Serve pierogi in a large dish over the cabbage and sprinkle onion and bacon over them.

Cooking time

50'

Temperature

120 °C

Oven function



Tips

There are many different and easy ways to stuff this pasta: with cheese, meat, vegetables, etc. Try several times to find the perfect filling. Final sauté is important to separate Polish pierogi from other similar dumplings in the world.

Ingredients (serves 4)

- 500 g Wheat flour
- 1 Egg
- 40 g Melted butter
- 200 ml Warm water
- 250 g Fresh mushrooms
- 250 g Minced pork and beef.
- 20 ml Vegetable oil
- 50 g Sour cream
- 220 g Cabbage or collard greens
- 1/2 White onion, peeled and chopped
- 150 g Steamed bacon, chopped

Accessories

The SteamBox tray
Glass Lid
The SteamBox grid
Gastronorm tray



Turkey breast roulade with plums and Belgian beer sauce

Directions

1. Prepare the filling mixing minced meat, part of the turkey (minced), a bacon slice (minced), pine nuts and half of the raisins. Season with salt and pepper.
2. Cover a clean work surface with cling film and place the bacon strips, one over the other. Place turkey fillets over the bacon and, in the middle, spread the filling.
3. Roll with the help of the cling film to form a cylinder (or two). Be sure there is no film left inside.
4. Place the turkey on the grid, into The SteamBox tray filled with water, with the edge of the cling film face down. Cover and place in the oven. Turn on at 195°C and bake for 35 minutes.
5. Heat plenty of oil to fry potatoes, over medium-high heat. When potatoes are golden brown, drain and save for later.
6. Stir-fry tomatoes in a skillet with oil for 2 minutes. Set aside.
7. Prepare the sauce frying onion in a skillet, over low heat. When it is transparent, add the Belgian beer and reduce by half. Season with salt and pepper.
8. Slice the turkey, better when meat is cold, and serve with beer sauce, chopped raisins, straw fries, and cherry tomatoes.

Cooking time

50'

Temperature

195 °C

Oven function



Tips

For other cooking temperatures of the meat:

Very rare: Temperature at 175° and baking for 12 minutes.

Rare: Temperature at 180° and baking for 10 minutes.

Medium: Follow the recipe instructions.

Well done: Cook for 12/14 more minutes. Sliced meat can also be fried in a skillet for one minute on each side.

Ingredients (serves 4)

- 1 kg Turkey breast fillets
- 150 g Minced beef meat
- 25 g Pine nuts
- 120 g Stoned raisins, chopped
- 200 g Smoked bacon, sliced
- 8 Red cherry tomatoes, washed
- 4 Peeled potatoes, striped
- 2 Peeled onion, sliced
- 33 cl Strong Belgian beer
- Olive oil
- Salt
- Pepper

Accessories

The SteamBox tray

Glass Lid

The SteamBox grid



Mexican seafood tacos with guacamole and hot chili

Directions

1. Fill The SteamBox tray with water, place the glass lid, put in the oven and preheat to 175°C.
2. Place mussels, small squids (rings), and shrimps in the gastronorm tray. Season with salt and pepper.
3. When steam appears in The SteamBox tray, place the grid inside and the tray with the seafood over it. Cover with the lid.
4. Bake at 160°C for 10 minutes.
5. Prepare guacamole mashing the fruit flesh with a fork and add chopped coriander, half lime juice, and salt. Set aside.
6. For pico de gallo, just chopped the three different types of pepper and red onion, Add small pieces of jalapeño and season with lime juice and salt. Set aside.
7. Heat corn tortillas in a skillet and, when they are soft. Remove and stuff with salad leaves, guacamole, and pico de gallo.
8. Add seafood and some corn kernels.
9. Serve with chili threads and some lime segments.

Cooking time

15'

Temperature

160 °C

Oven function



Tips

For a spicy and hot touch, add some classic tabasco or chipotle pepper tabasco sauce.

Ingredients (serves 4)

- 4 Corn tortillas for tacos.
- 12 Mussels, small squids, and shrimps. Peeled and clean
- 1 Ripe avocado
- 1 Coriander twig
- 1 lime
- 1/2 Red, green, and yellow pepper.
- 1 Red onion
- 1 Pickled jalapeño
- 40 g Sweet corn
- Assorted salad leaves
- Hot chili pepper threads (optional)

Accessories

The SteamBox tray
Glass Lid
The SteamBox grid
Gastronorm tray



Chicken with curry gyozas and stir fry vegetables

Directions:

1. Fry spring onions and red onion with a dash of oil for 10 minutes. Add minced chicken meat, stir, and cook for two more minutes. Season with powdered curry, remove from heat and set aside to cool.
2. Fill The SteamBox tray with water, cover with the glass lid, put it in the oven and preheat to 180°C.
3. Put a teaspoon of filling in every dumpling skin. Moist the edges, fold and press to seal.
4. Cover the base of a bamboo steamer with leaves of lettuce or cabbage. Arrange gyozas over the leaves, separate one from each other.
5. Once the water is hot and steam appears inside The SteamBox tray, place inside the bamboo steamer. Be sure water is not in contact with the gyozas. Cover with the glass lid.
6. Cook at 160° C for 10 minutes.
7. Stir fry the daikon, carrots, zucchini, and onion in a wok with sesame oil, for 3 minutes.
8. Season with shichimi togarashi and soy sauce. Cook over high heat for less than a minute and remove.
9. Dish wok vegetables up with steamed gyozas, sprinkle some black & white sesame seeds and serve immediately.

Cooking time

35'

Temperature

160 °C

Oven function

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Accessories

The SteamBox Wok
 tray Lid The SteamBox grid
 Glass Lid Bamboo steamer

Tips

You can use Japanese herbs (shichimi togarashi) instead of curry, and the Japanese spices of the wok for some curry paste. The filling will be tasty and smooth with a bit of coconut milk.

Ingredients (serves 4)

- 16/ 20 Dumpling skins.
- 4 Spring onions, chopped
- 1/2 Red onion, chopped
- 250 g Minced chicken meat (breast and thigh)
- 5 g Powdered curry
- 30 ml Vegetable oil
- Salt
- 2 Lettuce or cabbage leaves.
- 30 ml Sesame oil
- 1/2 Daikon, peeled, into strips
- 2 Carrots, peeled, into strips
- 1 Zucchini, peeled, into strips
- 1 White onion, peeled, into strips
- 15 g of Shichimi togarashi (mix of Japanese spices)
- Soy sauce
- 10 g Black & white sesame seeds



Panache of vegetables

Directions:

1. Fill The SteamBox tray with water, place the glass lid, put it in the oven and preheat to 180°C.
2. Wash and cut vegetables.
3. Place the smallest vegetables in the gastronorm tray, well-organized, and bigger ones in the grid.
4. Once the water is hot and steam appears inside The SteamBox tray, place the grid inside and the tray over it. Cover with the glass lid.
5. Cook at 180°C for 14 minutes or enough time for every piece of vegetable. Vegetables have different size and cooking time.
6. Remove from oven when ready. The first will be the mushrooms, then zucchini, etc.
7. Heat olive oil in a frying pan and stir fry chopped garlic over low heat.
8. Serve vegetables in a platter, pour the garlic over it and season with salt flakes.

Cooking time

25'

Temperature

180 °C

Oven function



Tips

Cooking time may change with the type of vegetables and how we chunk or chop them. Vegetables shall be *al dente*, crunchy, and keeping their nutrients. It is a very healthy and light dish. You can add some chopped bacon, ham, shrimps or squid, stir-fried with garlic and oil.

Ingredients (serves 4)

- 1 Eggplant
- 1 Zucchini
- 1 Red and green bell peppers
- 8 Mushrooms
- 1 Broccoli
- 1 Spring onion
- 12 Asparagus
- 25 ml Olive oil
- 2 cloves of garlic
- 5 g Salt flakes

Accessories

The SteamBox tray
Glass Lid
The SteamBox grid
Gastronorm tray



Tocinillo de cielo (egg yolks dessert)

Directions

1. Make caramel heating half of sugar in a saucepan with two tablespoons of water. Don't stir until the sugar turns a bit brown, to have a smooth caramel.
2. Pour caramel in the molds and set aside.
3. Combine water with the rest of the sugar in another pan over low heat, until you have a thick syrup, approximately 10 minutes. Set aside for a few more minutes.
4. Meanwhile, fill The SteamBox tray with a bit of water, cover with the glass lid, and put it in the oven. Preheat to 120°C.
5. Whisk the yolks in a large bowl and slowly add the cooled syrup, stirring gently at the same time.
6. Fill in the molds with the mix and place them in The SteamBox tray. Water should come about halfway up the sides of the molds.
Cover with the lid.
7. Bake at 120° C for 20 minutes.
8. Remove from oven and allow to cool inside the bain-marie.
9. Take it out from the molds and serve with fruits to taste as a side.

Cooking time

45'

Temperature

120 °C

Oven function



Tips

It is a delicious dessert, but stodgy. It is highly recommended to serve it with red fruits, to prepare the palate after every bite. If we use just one large mold, we will need more cooking time to curdle. During the cooking, touch with your fingertip the top of the dessert. If it does not break, it is ready to cool.

Ingredients (serves 4)

- 10 Egg yolks
- 200 g Sugar
- 100 g Water
- Raspberries, strawberries, blackberries, cherries, and other fruits.

Accessories

The SteamBox tray
Glass Lid
Flan molds (tin molds)



Poached eggs stuffed with Aurora sauce and caviar

Directions

1. Fill The SteamBox tray with water, until the grid level, place the glass lid, put it in the oven and preheat to 180°C.
2. Cut 8 pieces of cling film and place each one in a glass. Grease the surface with a bit of oil or with a brush. Place an egg in every piece of film, a prawn and some pieces of hake over it. Add salt and pepper.
3. Gather up the cling film edges and tie with a rubber band or similar.
4. Once the water is hot and steam appears inside The SteamBox tray, place the grid inside and the wrapped eggs over it. Cover with the glass lid.
5. Cook at 170°C for 8 minutes.
6. For Aurora sauce, heat butter in a frying pan. Add flour, stir and roast for 2 minutes. Pour the milk and whisk to dissolve lumps. Add salt and pepper and cook for 15 minutes over medium heat. Add tomato sauce, mix and remove from heat.
7. Cover every egg with Aurora sauce and a teaspoon of caviar.
8. Sprinkle fresh chives over and serve immediately.

Cooking time

35'

Temperature

170 °C

Oven function



Tips

A poached egg is soft. Perfect cooking time is as specified but you can cook it 4 or 6 more minutes. However, the egg will be dryer. You can cook this dish au gratin with the grill. Place the eggs on a suitable tray for the oven, cover with sauce and grated cheese, and grill until golden brown. Finish with caviar and chives.

Ingredients (serves 4)

- 8 eggs
- 8 Fresh prawns, peeled and cut
- 8 Fresh, diced hake, boned and skin removed)
- Vegetable oil
- Salt
- Pepper
- 35 g Butter
- 35 g Wheat flour
- 50 ml Whole milk
- 10 g Tomato sauce
- 20 g Caviar (or lumpfish, sturgeon roe, etc.)
- 1 Fresh chive

Accessories

The SteamBox tray
Glass Lid
The SteamBox grid



Marinated and stuffed monkfish with shrimps sauce

Directions

1. For the marinade, combine oil, wine, paprika, garlic and parsley with a blender.
2. Place asparagus and carrots in the monkfish loin. Add salt and pepper and place the fish in a bowl with the marinade. Set aside for 2 hours.
3. For the sauce, heat oil in a frying pan. Fry onion and leek for 5 minutes. Add carrot and fry for 5 more minutes. Add cut shrimps, with head and shell, and crush with a big spoon or a ladle. Cover with water and cook for 25 minutes. Mix with a blender, strain and pour back in the frying pan. Reduce, add salt and pepper.
4. Fill The SteamBox tray with water, place the glass lid, put in the oven and preheat to 175°C.
5. When steam appears in The SteamBox tray, place the grid inside and, over it, the monkfish loin previously drained. Cover with the glass lid.
6. Bake at 175° C for 12 minutes.
7. Cut and serve with the shrimp sauce and sprinkle fresh chives over it.

Cooking time

2 h 12'

Temperature

175 °C

Oven function

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Tips

A marinade can be done with many ingredients. The monkfish flesh absorbs other flavors nicely. For instance, you can remove paprika and garlic from the original recipe and add honey, mustard, herbs, and nuts. Monkfish baking time may change but it is not recommended to cook more than the specified time, or the flesh will turn dry and hard. You can increase or reduce cooking time from 4 to 6 minutes.

Ingredients (serves 4)

- 1 Boned monkfish loin
- 8 Peeled asparagus
- 8 Baby carrots, peeled
- 100 ml Olive oil
- 50 ml White wine
- 10 g Paprika
- 2 Cloves of garlic
- 3 Fresh parsley twig
- 1 Peeled and chopped onion
- 1 Peeled and chopped leek
- 1 Peeled and chopped carrot
- 8 shrimps
- 1 Chives twig
- Salt
- Pimienta

Accessories

The SteamBox tray
Glass Lid
The SteamBox grid



Marinated duck bao buns

with soy and teriyaki, mushrooms and asparagus

Directions

1. Mix together flour, milk, sugar, salt and yeast. Knead until the dough is smooth. Add oil and knead again. Cover with a cloth and leave to rise for 1 hour.
2. Mix half of the soy and teriyaki sauce, and marinate duck breast and thigh strips into it.
3. Heat sesame oil in a wok and stir fry vegetables for 2 minutes. Add the rest of the sauces, remove from heat, and set aside.
4. Fill The SteamBox tray with water, place the glass lid, put in the oven and preheat to 165°C.
5. Divide dough in balls of the same size, roll out every ball into an oval shape and fill the baos with vegetables and marinated duck. Cover the bottom of the bamboo steamer with parchment paper and place the stuffed baos.
6. When steam appears in The SteamBox tray, place inside the bamboo steamer. Water must not be in touch with baos. Cover with the glass lid.
7. Bake at 165°C for 12 minutes.
8. Sprinkle the filling with poppy and sesame seeds before serving.

Cooking time

1h 30'

Temperature

165 °C

Oven function



Tips

There are many ways to cook baos and fillings. We can bake oval shaped buns, 1 cm thick, for 10 minutes. Fill them like a sandwich and continue baking. We can do small balls, flatten them, fill and seal like a sweet bun. Or even bake the baos without filling, cut in a half and fill when baked.

Ingredients (serves 4)

- 200 g Wheat flour
- 100 ml Whole milk
- 50 ml Water
- 15 g Sugar
- 2 g Salt
- 2 g Baker's yeast
- 6 g Extra virgin olive oil
- 150 g Duck breast strips
- 150 g Duck thigh strips
- 2 Asparagus, cut into strips
- 2 Zucchini, cut into strips
- 2 Carrot, cut into strips
- 2 Sliced mushroom
- 50 ml Soy sauce
- 50 ml Teriyaki sauce
- 15 ml Sesame oil
- 5 g Sesame and poppy seeds

Accessories

The SteamBox tray
Glass Lid
Bamboo steamer
Wok



Fresh steamed pasta with sautéed nuts

Directions

1. Heat butter in a frying pan. When melted, fry shallot over low heat for 10 minutes. Add nuts and water. Sprinkle with salt and pepper and cook for 2 minutes over medium heat.
2. Add heavy cream and cook for 10 minutes over low heat.
3. Fill The SteamBox tray with water until the grid level. Place the grid and the glass lid, put in the oven and preheat to 180°C.
4. When steam appears in The SteamBox tray, place inside the gastronorm tray. Fill with the sauce and add fresh pasta. Cover with the lid.
5. Bake at 180° for 8 minutes.
6. Remove from oven and stir to distribute sauce evenly.
7. Serve in a deep plate, sprinkle nuts, grated Parmesan cheese, and fresh parsley.

Cooking time

30'

Temperature

180 °C

Oven function

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Tips

Stir pasta after 15 minutes of cooking time for better hydration.

Ingredients (serves 4)

- 400 g Fresh tagliatelle
- 40 g Butter
- 1 Chopped shallot
- 100 g Assorted nut (chunks)
- 200 ml Water
- 250 ml Heavy cream
- Salt
- Pepper
- Parmesan cheese, grated
- Fresh parsley

Accessories

The SteamBox tray
Glass Lid
The SteamBox grid
Gastronorm tray



Smoked and crispy cheese-stuffed meatballs

Directions

1. Combine ground meat, egg, soaked bread, salt and pepper. Add diced cheese and divide the mixture into thick balls.
2. Coat each meatball with flour and place on The SteamBox grid. Cover with a piece of parchment paper, with holes all over it.
3. Fill The SteamBox tray with water, place the glass lid, put in the oven and preheat to 150°C.
4. When steam appears in The SteamBox tray, place inside the grid with meatballs. Cover with the lid.
5. Bake at 180°C for 20 minutes.
6. Coat meatballs with crispy onion, carefully, and place again in The SteamBox grid, without water inside. Cover with the lid.
7. Fill the instant smoker with the oak sawdust. Place the mouthpiece in the hole of the lid and turn the smoker on to fill The SteamBox container. Smoke for 10 minutes.
8. Meanwhile, boil wheat in a pot, following the package instructions.
9. Serve meatballs and wheat immediately.

Cooking time

45'

Temperature

180 °C

Oven function



Tips

It is not recommended to bake meatballs more time than the specified in the recipe.

If you like medium rare meat, 10 minutes is enough. You can serve meatballs with a cheese and cream sauce, carefully, to keep the crispy onion. Serve sauce separately or in a bowl.

Ingredients (serves 4)

- 1 kg Ground beef and pork
- 1 Egg
- 50 g Stale bread soaked in milk
- Salt
- Pepper
- 100 g Diced cheese
- 50 g Wheat flour
- 150 g Crispy fried onion
- 5 g Oak sawdust for smoking meat
- 100 g Wheat berries

Accessories

The SteamBox tray
Glass Lid
The SteamBox grid
Gastronorm tray
Smoker



Steamed Caribbean lobster with quinoa and chile

Directions

1. Wash quinoa using a colander with cold water. Boil, following the package instructions, usually between 8 and 12 minutes. Drain and set aside.
2. Chop chile and chives. Combine with boiled quinoa. Dress with lemon juice, oil, and salt to taste.
3. Wash lobster and skewer with a long stick, from tail to head. The lobster will not curl and cooking will be easier.
4. Fill The SteamBox tray with water, place the glass lid, put in the oven, and preheat to 160°C.
5. When steam appears in The SteamBox tray, place The SteamBox grid inside and the lobster over it. Cover with the lid.
6. Bake at 160°C for 18 minutes.
7. Prepare a large bowl with ice and water. Add the lobster to stop the cooking process.
8. Clean the lobster with scissors. Peel and cut the tail. Save the eggs in the head for later and claws for other recipes or to serve separately.
9. Serve with quinoa salad, decorate with sprouts and, over it, the lobster tail.

Cooking time

50'

Temperature

160 °C

Oven function



Tips

You can use eggs of the lobster for a sauce. Emulsify an egg with salt, lobster eggs, lime juice, and olive oil. Add a few drops of tabasco for a hot touch. Reduce cooking time when lobster is smaller. For a 1,200 Kg lobster, 20 minutes is the right baking time. Check lobster during baking to avoid overcooking.

Ingredients (serves 4)

- 1 Lobster (1,200 Kg)
- 220 g Quinoa
- 1 Chile
- 4 Chives
- 1 Lime or lemon juice
- 50 ml Olive oil
- 25 g Assorted sprouts
- Salt

Accessories

The SteamBox tray
Glass Lid
The SteamBox grid



Steamed red mullets with oranges and sautéed peas

Directions

1. Clean red mullets loins, and bone. Add salt and place over The SteamBox grid.
2. Squeeze 3 oranges and pour the juice in The SteamBox tray. Place the glass lid on, put in the oven and preheat to 165°C.
3. When juice is hot and steam appears in The SteamBox try, place The SteamBox grid inside with red mullet loins. Cover with the lid.
4. Bake at 165° C for 7 minutes.
5. Set the loins aside.
6. Add boiling water to the juice inside The SteamBox tray. Place the gastronorm tray with the peas over The SteamBox grid.
7. Bake at 165° C for 5 minutes.
8. Heat the butter in a skillet and sauté shallot over low heat.
9. Serve peas and red mullet loins with shallot over it. Add some orange segments and thin stripes of the orange peel.

Cooking time

20'

Temperature

165 °C

Oven function



Tips

Loins cooking time may vary with thickness.
For 100 g loins, 7 minutes; for 200 g, 14 minutes; for 50 g, 3,5 minutes.

Ingredients (serves 4)

- 12 Red mullets
- 160 g Fresh peas
- 4 Oranges
- Salt
- 10 g Butter
- 1 Shallot, peeled and chopped

Accessories

The SteamBox tray
Glass Lid
The SteamBox grid
Gastronorm tray



For further information about The SteamBox tray visit teka.com or contact us: support@teka.com