

## Table of Contents

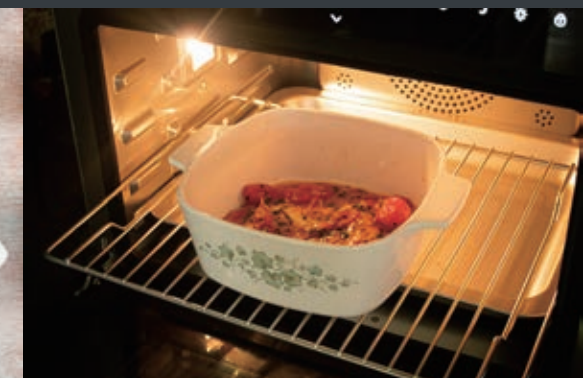
Tomato and Basil Baked Tilapia .....	02
Classic Beef Nachos with Pico de Gallo .....	04
Spicy Honey-BBQ Wings .....	06
Pecan Crusted Baked Nuggets .....	08
Baked Pizza Noodle .....	10
Sweet and Skinny Lemon Bars .....	12
Rosemary Corn Cake .....	14
Chicken Chimichanga with Corn salsa .....	16
Honey and Garlic Chicken .....	18
Salmon Chowder .....	20
Southern Beef Stew .....	22
Extra Creamy Lasagna .....	24
America's Garden Soup .....	26
Classic Minestrone Soup .....	28
Cinnamon Rolls with Cream Cheese Glaze .....	30

**F.BLÜMLEIN**  
KITCHEN APPLIANCES

## Steam Oven Recipe Book



## Tomato and Basil Baked Tilapia



Servings: 2

### Functions

- ▶ Preheat (Grilling)
- ▶ Grill

### Ingredients

- ▶ 2 pcs Tilapia fillet, 4 ounce each
- ▶ 1 cup grape tomato
- ▶ 1 clove shallot, minced
- ▶ 2 cloves garlic, minced
- ▶ ½ cup chicken broth
- ▶ 2 tbsp butter
- ▶ ½ cup fresh basil, minced
- ▶ 1 tbsp lemon juice
- ▶ Pinch of salt, pepper, and sugar
- ▶ 2 tbsp olive oil, for drizzling

### Instructions

1. Preheat the steam oven to 400°F using the Preheat (Grill) mode. Grease a casserole dish with a little bit of oil.
2. Rub fish with lemon juice, salt and pepper. Transfer to a casserole dish and chill in the fridge until needed.
3. Heat oil in a medium size pot over medium high heat. Add in shallot and garlic, sauté until fragrant for about 3-4 minutes. Add in grape tomato, chicken broth, basil, salt, pepper, and sugar. Crush tomatoes with spatula one by one then simmer for 8-10 minutes.
4. Do a taste test, add more salt, pepper, and sugar if desired. After you're happy with the taste, remove pot from heat. Add in butter and stir to combine.
5. Once the oven is heated, set on Grill mode to 400°F and bake the fish for 10 minutes.
6. Once the fish is cooked, take it out from the oven and pour the tomato basil sauce over the fish. Put back in the oven for 2 minutes. Remove from the oven then garnish with more basil leaves.

### Notes:

1. Feel free to use any herbs of your choice such as; coriander, parsley, rosemary, etc.
2. Enjoy with rice, pasta, or even couscous.

# Classic Beef Nachos with Pico de Gallo



Servings: 2

## Functions

- ▶ Preheat (Grilling)
- ▶ Convection

## Ingredients

- ▶ ½ lb. ground beef
- ▶ 1-2 tbsp taco seasonings
- ▶ 1 cup Mexican cheese blend
- ▶ 1 bag tortilla chips
- ▶ 1 tomato, small diced
- ▶ ½ cup coriander, minced
- ▶ 2 tbsp onion, minced
- ▶ 1 tsp lime juice
- ▶ 1-2 Jalapeno, sliced
- ▶ 2 tbsp vegetable oil
- ▶ Pinch of salt & pepper

## Instructions

1. Make the pico de gallo by adding tomato, coriander, onion, lime juice, salt, and pepper in a small bowl. Stir well and sit in the fridge until needed.
2. Preheat the steam oven to 350°F using Preheat (Grill) mode.
3. Meanwhile heat oil in a medium pan over medium high-heat. Add in ground beef, stir constantly to break down the meat. After meat is browned, add in taco seasoning. Reduce the heat to low and cook for about 5-6 minutes or until all the liquid is evaporated. Taste the beef to see if you need more seasonings. Remove from heat.
4. After the oven is heated, set the steam oven to Convection mode 350°F.
5. Lay tortilla chips in a single layer on a baking tray. Top chips with cooked beef and cheese. Bake in the oven for about 4-5 minutes, just until the cheese is all melted. Remove from the oven.
6. Top nachos with pico de gallo, jalapeno, sour cream, and more coriander. Enjoy immediately.

### Notes:

1. Amount of taco seasonings for the beef depends on each brand, because some are strong some are mild. Use 1 tbsp first and you can always add more if needed
2. If desired, warm tortilla chips by toasting in the preheated oven for 3-5 minutes.
3. Use different options for toppings such as; black olives, guacamole, green onions, hot sauce, etc.

# Spicy Honey-BBQ Wings

Steam Convection Oven



Servings: 4 wings

## Functions

- Preheat (Grilling)
- Convection

## Ingredients

### For Wings

- 4 pcs chicken wings, 5 ounce each
- 1 tsp smoked paprika powder
- 1 tbsp garlic powder
- 1 tsp onion powder
- Pinch of salt & pepper
- Oil for drizzling

### For Sauce

- ½ cup ketchup
- 1 tsp Worcestershire sauce
- ½ cup honey
- ½ tsp mustard
- 1-2 tbsp hot sauce
- ½ cup water
- Pinch of salt & pepper, if desired
- 1-2 tbsp light brown sugar (optional)


## Instructions

1. Preheat the steam oven to 375°F using Preheat (Grill) mode. Line a baking tray with parchment paper.
2. Rub wings with all seasoning powder then drizzle some oil. Chill in the fridge until needed.
3. Once the oven is ready, set to Convection mode to 375°F and bake the wings for about 30 minutes or until inner chicken temperature is 165°F, turning once.
4. While waiting for the chicken to cook, prepare the sauce by adding all sauce ingredients (except brown sugar) to a small saucepan. Bring to boil over medium-high heat while stirring constantly. Reduce heat to low and let simmer for 17-20 minutes or until sauce is thickened (ketchup-like texture). Make sure to give it a stir once in a while to prevent sauce sticking to the bottom. Taste to see if you need more salt, pepper, or brown sugar. Turn off heat and set aside.
5. Once chicken is cooked, carefully brush the sauce all over the wings and place them back in the oven for another 5 minutes. Enjoy!

### Notes:

1. Add brown sugar if you prefer sweet sauce, start by adding 1 tbsp.
2. Add more mustard if you prefer tangy BBQ sauce.

# Pecan Crusted Baked Nuggets

Steam Convection Oven 



Servings: 10-12 nuggets

## Functions

- Preheat (Grilling)
- Convection

## Ingredients

- 2 chicken breast, boneless and skinless, 5-6 ounce each
- 1 cup pecan
- ½ cup All-purpose flour
- 1 tsp garlic powder
- ½ tsp Smoked paprika powder
- 1 egg
- ½ tsp onion powder
- ½ tsp dried parsley
- Pinch of salt & pepper

## Instructions

1. Preheat the steam oven using grill mode to 400°F. Line the baking tray with silicone mat or parchment paper.
2. Cut chicken into bite size pieces or 2"x 2 ½" rectangles. Combine garlic powder, smoked paprika powder, onion powder, salt, and pepper in a small size bowl, mix well. Rub all sides of chicken chunks with ½ of the seasoning powder, save the other ½ for later. Set aside.
3. Add pecan into the food processor with dried parsley and ½ of the remaining seasoning. Process until pecan turns into almond flour-like crumbs, do not over process it. Transfer to a medium size plate.
4. Add all-purpose flour to a different medium plate, and the crack egg to a small size bowl, beaten. So now you have 1 plate of all-purpose flour, 1 bowl of egg, and 1 plate of pecan crumbs.
5. Coat each chicken chunk into the flour, shaking off any excess. Then dip in egg and then roll the chunk in the pecan crumbs. Makes sure that crumbs stick to the chicken, then place them in the prepared baking tray
6. Turn the steam oven into Convection mode to 400°F. Bake nuggets for 10 minutes, turn each chicken nugget over then continue cooking for 7 minutes more.

## Notes:

1. Enjoy with ketchup and/or hot sauce!

# Baked Pizza Noodle

Steam Convection Oven



Servings: 9" pie pan

## Functions

- ▶ Preheat (Grilling)
- ▶ Grill

## Ingredients

- ▶ 2 cups Rotini pasta
- ▶ ½ lb. Italian sausage
- ▶ ½ cup sweet onion, minced
- ▶ 1 cup tomato basil sauce
- ▶ 1 cup mozzarella cheese, shredded
- ▶ ½ cup parmesan cheese, shredded
- ▶ ½ cup pepperoni
- ▶ ½ tsp dried oregano
- ▶ ½ tsp dried thyme
- ▶ ½ tsp dried basil
- ▶ Pinch of salt, pepper & sugar
- ▶ Oil for drizzle

## Instructions

1. Cook pasta according to the instructions on the pasta box. Once it's al dente, drain excess water and set aside.
2. Preheat the steam oven using grill mode to 350°F.
3. Heat dash of oil to a large size pan over medium heat. Add in sweet onion and sauté until translucent and fragrant for about 1 minute. Add in Italian sausage and cook until brown, no pink visible. Add in tomato basil sauce, dried oregano, thyme, basil, salt, sugar, and pepper. Cook for 3-4 minutes stirring occasionally and then add in cooked pasta. Toss to coat.
4. After the oven is preheated, set the steam oven to Grill mode to 350°F.
5. Transfer pasta to a 9" pie pan. Sprinkle parmesan cheese followed by mozzarella cheese and pepperoni. Make it look like a whole pizza
6. Bake pizza noodle for 5 minutes or until the cheese is completely melted.
7. Take out from the oven and enjoy!

## Notes:

1. Substitute parmesan cheese with cottage cheese for more creamy texture
2. Use any kind of pasta of your choice, all will be as delicious!

# Sweet and Skinny Lemon Bars

Steam Convection Oven



Servings: 7 ½ "x 9 ½"-baking tray / 12 bars

## Functions

- ▶ Preheat (Grilling)
- ▶ Grill

## Ingredients

### For Crust

- ▶ 1 ½ cup all-purpose flour
- ▶ 6 tbsp unsalted butter, melted
- ▶ 1/3 cup powdered sugar
- ▶ Pinch of salt

### For filling

- ▶ ½ cup lemon juice, approx. from 3-4 lemon
- ▶ 1 ½ cup sugar
- ▶ 4 large eggs
- ▶ ½ tsp vanilla extract
- ▶ Pinch of salt

## Instructions

1. Preheat the steam oven using Preheat (grill) mode to 350°F. Line baking tray with aluminum foil covering the bottom and all sides.
2. Sift the flour and powdered sugar into a large bowl. add in melted butter and salt. Stir using hand whisk until dough is slightly dry and can form to a bowl, no need to knead.
3. Press down dough gently with your hands into the bottom of the baking tray, try to get an even layer.
4. Turn the steam oven to grill mode 350°F. Bake the crust for 18-19 minutes or until a golden color.
5. Meanwhile, add all filling ingredients to a clean bowl, mix using hand whisk until everything is combined. Set aside until needed.
6. After the crust is cooked, take out from the oven and pour filling onto the short crust. Put back to the oven and bake for 25 minutes. Remove from the oven and let it cool for 1 hour before chilling in the freezer for at least 3 hours.
7. Cut to 12 squares and dust with powdered sugar to make it look prettier!

### Notes:

1. Always use fresh lemon juice for better flavor

# Rosemary Corn Cake

Steam Convection Oven



Servings: 10" Bundt Pan

## Functions

- Preheat (Grilling)
- Convection

## Ingredients

- 2 ½ cup granulated sugar
- ¾ cup unsalted butter, soften
- ¾ cup canola oil
- 1 tbsp fresh rosemary, chopped
- Zest from ½ lemon
- 1 tsp vanilla extract
- 6 eggs, room temperature
- 2 ½ cups sugar
- 1 cup yellow corn meal
- More butter for greasing

## Instructions

1. Preheat steam oven using grill mode to 320°F. Grease a 10" bundt pan with butter then lightly flour
2. Combine all-purpose flour and cornmeal in a large size bowl, mix to combine. Set aside.
3. In a separate large size bowl, mix butter and sugar using a hand mixer until well-blended and creamy for about 2-3 minutes. Add in canola oil, rosemary, lemon zest, and vanilla extract, continue mixing until batter is fluffy and pale. Add eggs 2 by 2 mixing in between until just blended. Last add flour mixture gradually mix until just blended. Do not overmix. Batter should be thick. Transfer batter to the prepared pan. Tap several times to the counter to make it even.
4. Set the oven to Convection mode to 320°F. Bake for 1 hour to 1 hour 10 minutes, or until a wooden stick inserted comes out clean. Take out from the oven and cool in a rack for 30 minutes before removing cake from the pan.

## Notes:

1. Dust with powdered sugar before serving.

# Chicken Chimichanga with Corn salsa



Servings: 2-3 chimichangas

## Functions

- Preheat (Grilling)
- Grill

## Ingredients

- 6-ounce chicken breast, boneless and skinless
- 2 cups cooked white rice
- ½ cup corn, from a can
- 1 tomato, diced
- ½ cup cilantro, chopped
- 1 tbsp onion, minced
- 2-3 pcs tortilla wrap
- 1 tbsp taco seasoning
- 1 cup Mexican cheese blend
- 1 pc avocado, sliced
- Pinch of salt & pepper

## Instructions

1. Preheat the steam oven to 350°F using grill mode.
2. Rub chicken breast with taco seasoning on all sides. When the oven is preheated, turn to grill mode to 350°F. Place chicken on a baking tray and bake for 12 minutes. Remove from the oven let cool for 2 minutes then using forks, start shredding the chicken. Set aside
3. Combine tomato, corn, onion, cilantro, pinch of salt and pepper to a bowl. Toss to mix well. This is the corn salsa.
4. Lay out tortillas on the cleaned counter or cutting board. Divide each condiment to equal portions. Add rice to each tortilla followed by corn salsa, shredded chicken, and cheese. Roll them up and tuck the ends tight. Transfer to a medium size baking tray lined with parchment paper, with seam sides down.
5. Set the oven to Grill mode to 400°F and bake chimichangas 10 minutes or until slightly golden brown.

## Notes:

1. Topped chimichangas with sliced avocado, sour cream, and more cilantro.

# Honey and Garlic Chicken

Steam Convection Oven



Servings: 10-12 nuggets

## Functions

- Preheat (Grilling)
- Convection

## Ingredients

- 2 chicken breast, boneless and skinless, 5-6 ounce each
- 1 cup pecan
- ½ cup All-purpose flour
- 1 tsp garlic powder
- ½ tsp Smoked paprika powder
- 1 egg
- ½ tsp onion powder
- ½ tsp dried parsley
- Pinch of salt & pepper

## Instructions

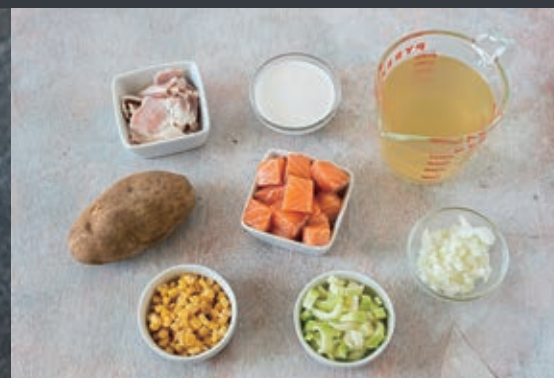
1. Preheat the steam oven using grill mode to 400°F. Line the baking tray with silicone mat or parchment paper.
2. Cut chicken into bite size pieces or 2"x 2 ½" rectangles. Combine garlic powder, smoked paprika powder, onion powder, salt, and pepper in a small size bowl, mix well. Rub all sides of chicken chunks with ½ of the seasoning powder, save the other ½ for later. Set aside.
3. Add pecan into the food processor with dried parsley and ½ of the remaining seasoning. Process until pecan turns into almond flour-like crumbs, do not over process it. Transfer to a medium size plate.
4. Add all-purpose flour to a different medium plate, and the crack egg to a small size bowl, beaten. So now you have 1 plate of all-purpose flour, 1 bowl of egg, and 1 plate of pecan crumbs.
5. Coat each chicken chunk into the flour, shaking off any excess. Then dip in egg and then roll the chunk in the pecan crumbs. Makes sure that crumbs stick to the chicken, then place them in the prepared baking tray
6. Turn the steam oven into Convection mode to 400°F. Bake nuggets for 10 minutes, turn each chicken nugget over then continue cooking for 7 minutes more.

## Notes:

1. Enjoy with ketchup and/or hot sauce!

# Salmon Chowder

Steam Convection Oven



Servings: 2-3 people

## Functions

- Preheat (Steaming)
- Combi

## Ingredients

- 8-ounce salmon fillet, 1-inch cubed
- ½ cup canned corn
- 2 strips bacon, roughly sliced
- 1 medium size potato, 1-inch cubed
- 2 stalks celery, sliced
- 1 ½ cup vegetable broth
- ½ cup onion, minced
- ½ cup coconut milk
- Pinch of salt, pepper, and sugar
- 1 tsp dried parsley

## Instructions

1. Preheat the steam oven to 230°F using Preheat (steam) mode.
2. Heat a small pan over medium heat. Add in bacon slices and fry until bacon is crispy. Transfer to a bowl along with the grease.
3. Add crispy bacon, potato, celery, vegetable broth, and onion to a casserole dish. Season with salt, pepper, and sugar. Give a quick stir.
4. Set the steam oven to 370°F combi mode.
5. Bake in the oven for 20 minutes until the potato is cooked.
6. Take out the casserole dish and add salmon cubes and corn. Bake again in the oven for another 10 minutes until salmon is cooked. Last, add coconut milk, give a quick stir and bake again in the oven for 5 minutes more. Do a taste test before removing from the oven. Garnish with dried parsley and enjoy while it's warm.

## Notes:

1. Make sure your water tank is filled to the Max line before starting the steam oven.
2. Salmon is replaceable with any white fish such cod, tilapia, dory, etc.



Servings: 2-3 portions

## Functions

- ▶ Defrost
- ▶ Preheat (Steaming)
- ▶ Steam

## Ingredients

- ▶ ½ lb. chuck roast, frozen
- ▶ 1 large size russet potato, cut to bite size 1-inch
- ▶ 2 pcs carrot, sliced
- ▶ 1 canned peas, 15 ounce
- ▶ 4 cloves garlic, minced
- ▶ ½ cup onion, minced
- ▶ ½ cup all-purpose flour
- ▶ 5 tbsp unsalted butter
- ▶ ½ cup canned crushed tomato
- ▶ 2 tbsp BBQ sauce
- ▶ 2 tbsp Worcestershire sauce
- ▶ ½ tsp thyme
- ▶ ½ tsp oregano
- ▶ 2 cups water
- ▶ Oil for sauté
- ▶ Pinch of salt, pepper, and sugar

## Instructions

1. Set the steam oven to Defrost Mode to 130°F. Put frozen chuck roast into a baking tray, defrost for 20-30 minutes depending on the thickness of the chuck. Once it's defrosted, cut to bite size (1-inch). Set aside.
2. Set the steam oven to Preheat (steam) Mode to 210°F.
3. Season chuck roast with salt, pepper, and flour. Toss to coat. Heat oil in a large size pan over medium heat. Add in chuck cubes and pan fried until beef is browned on all sides and no pink is visible. Transfer to the medium size oven glass bowl.
4. Using the same pan, melt butter to sauté onion and garlic until translucent and fragrant for about 2 minutes. Remove from heat and transfer to the glass bowl with chuck roast.
5. Add potato, carrot, crushed tomato, BBQ sauce, Worcestershire, thyme, oregano, water, salt, pepper, and sugar to the glass bowl. Give a quick stir.
6. Set the steam oven to Steam Mode to 230°F. Steam for 2 hours to 2 hours 15 minutes or until beef, potato and carrot are cooked thoroughly. Add in canned peas and taste to see if you need more salt, pepper, and sugar. Steam again for another 5 minutes. Remove from the oven and enjoy with a slice of bread and grated cheese of your choice.

## Notes:

1. Make sure your water tank is filled to the Max line before starting the steam oven.



Servings: 3-4 people

## Functions

- ▶ Preheat (Steaming)
- ▶ Combi

## Ingredients

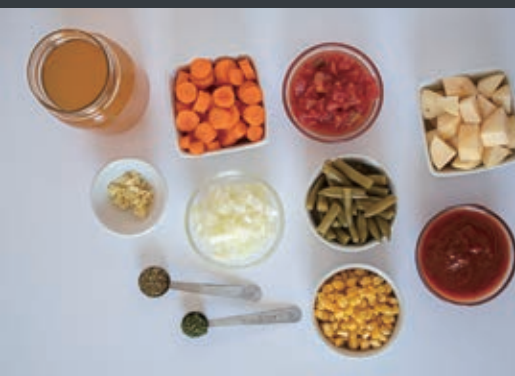
- ▶ 1 lb. ground beef
- ▶ 1 ¾ cup crushed tomato (canned)
- ▶ ½ cup onion, minced
- ▶ 1 tsp thyme
- ▶ 1 tsp oregano
- ▶ 1 tsp dried basil
- ▶ 2 cups ricotta cheese
- ▶ 1 ½ cup cottage cheese
- ▶ 1 pack lasagna sheet
- ▶ 1 cup parmesan, grated
- ▶ 1 cup, mozzarella, grated
- ▶ Pinch of salt, pepper, and sugar
- ▶ Oil for drizzling

## Instructions

1. Add some oil to a medium size pan. Add in onion and ground beef and cook until beef is browned for about 3-4 minutes. Add in crushed tomato, thyme, oregano, basil, salt and pepper. Cook until most of the liquid is evaporated. Set aside.
2. Combine ricotta, cottage, and pinch of salt in a small bowl. Stir until well-blended. Set aside.
3. Preheat the steam oven to Preheat (steam) mode to 230°F.
4. Meanwhile, spoon ½ cup of meat sauce on the bottom of a 8" square baking dish. Arrange 3 lasagna noodles over meat sauce. Spread with ricotta cheese mixture. Repeat layers. Top layer should be noodles. Sprinkle parmesan and mozzarella cheese on top.
5. Set the oven to Combi Mode to 350°F.
6. Bake in the preheated oven for 20-25 minutes. Cool for 10 minutes before serving.

## Notes:

1. Make sure your water tank is filled to the Max line before starting the steam oven.



Servings: 3-4 portions

## Functions

- ▶ Preheat (Steaming)
- ▶ Steam

## Ingredients

- ▶ 1 large size russet potato, cut to bite size
- ▶ ½ cup canned diced tomato
- ▶ ½ cup canned green beans
- ▶ ½ cup canned corn
- ▶ 3 pcs carrot, sliced
- ▶ 2 cups vegetable broth
- ▶ ½ cup tomato and basil sauce
- ▶ ½ tsp dried oregano
- ▶ ½ tsp dried parsley
- ▶ 3 cloves garlic, minced
- ▶ ½ cup onion, minced
- ▶ Oil for sauté
- ▶ Pinch of salt, pepper, and sugar

## Instructions

1. Set the oven to preheat (steam) mode to 230°F.
2. Heat oil in a small size pan. Add onion and garlic, sauté for 2-3 minutes or until fragrant and translucent. Pour vegetable broth, carrot and potato. Cook for 15 minutes or until carrots are cooked and tender. Remove from heat, transfer to an oven-safe glass bowl.
3. Add in green beans, corn, tomato sauce, dried herbs, and seasonings. Give a quick stir.
4. Set the oven to 230°F Steam mode. Steam soup in the oven for 45 minutes. Check seasonings before taking it out from the oven. Enjoy with red pepper flakes!

## Notes:

1. Make sure your water tank is filled to the Max line before starting the steam oven.

# Classic Minestrone Soup

Steam Convection Oven



Servings: 4-5 portions

## Functions

- ▶ Preheat (Steaming)
- ▶ H-Steam

## Ingredients

- ▶ ½ cup onion, minced
- ▶ 1 stalk celery, sliced
- ▶ 2 pcs carrots, sliced
- ▶ 1 cup butternut squash, cut to bite size
- ▶ 1 tbsp tomato paste
- ▶ 4 cloves garlic
- ▶ ½ tsp oregano
- ▶ ½ tsp thyme
- ▶ ½ cup canned diced tomato
- ▶ 2 ½ cup vegetable broth
- ▶ 2 pcs bay leaves
- ▶ ½ cup rotini pasta, or any other of your choice
- ▶ ½ cup canned pinto beans
- ▶ Oil for sauté
- ▶ 1 cup parmesan cheese, grated

## Instructions

1. Set the oven to Preheat (steam) mode to 230°F.
2. Heat oil in a small size pan over medium heat. Add in onion and garlic and sauté until fragrant and translucent for 2-3 minutes. Transfer to an oven-safe glass bowl.
3. Add all ingredients except pinto beans and parmesan to the bowl. give a quick stir to mix it.
4. Set the oven to High-Steam mode to 350°F. Steam soup for 45 minutes, add in pinto beans then steam again for another 10 minutes. Check seasoning before taking it out from the oven.
5. Serve soup with grated parmesan cheese on top.

## Notes:

1. Make sure your water tank is filled to the Max line before starting the steam oven.

# Cinnamon Rolls with Cream Cheese Glaze



Servings: 12 rolls



30



## Functions

- Fermentation
- Preheat (Grilling)
- Convection

## Ingredients

### For dough

- 1/3 cup warm water
- 1 pack dry yeast
- 6 tbsp unsalted butter, melted
- ½ cup granulated sugar
- ¾ cup milk, room temperature
- 2 tbsp canola oil
- 2 eggs, room temperature
- 1 tsp baking powder
- 4 cups all-purpose flour + for dusting

### For filling

- ¾ cup light brown sugar
- ¾ tsp cinnamon powder
- ½ cup unsalted butter, melted

### For Cream Cheese Glaze

- 4-ounce cream cheese, soften
- ½ cup unsalted butter, soften
- 1 cup powdered sugar
- ½ cup milk

## Instructions

1. Make the dough; combine warm water and dry yeast in a measuring cup, give a quick mix. Set aside to bloom and foamy for 5-10 minutes.
2. Transfer bloomed yeast to a cleaned large size bowl. Add in butter, sugar, milk, oil, and eggs. Mix using a hand mixer until just combined, for 1 minute.
3. Add in baking powder and half of the flour. Mix until combined and make sure to scrape the side of the bowl with a spatula. Mix in the other half of the flour and mix again until mixture is well-combined.
4. Transfer dough to a cleaned surface, dust hands and surface with flour and start kneading the dough adding in up to ½ cup more flour if needed. Knead for 2-3 minutes or until the dough is elastic and smooth and can be formed into a bowl.
5. Transfer dough into a greased large bowl, covered with plastic wrap. Set the oven to 85°F Fermentation mode. Place the dough in the oven for 60 minutes or until the dough is doubled in size.
6. While dough is rising, prepare the filling; Mix cinnamon powder and light brown sugar in a small bowl. Mix well. Set aside.
7. Once the dough is doubled in size, transfer to a lightly-floured surface. Start flatten the dough using your hands or rolling pin to a 13"x 8" rectangle (it doesn't have to be exact).
8. Brush melted butter all over the dough, then sprinkle brown sugar cinnamon mixture.
9. Starting on the long end, roll up the dough tightly. Once it's rolled up, cut to 12 equal pieces (1 ½ inch each). Place in a greased baking pan. Cover with plastic wrap or a lid.
10. Set the oven to Fermentation mode to 85°F, place the rolls in the oven and let rise again for 40 minutes. Take it out from the oven and set aside, still covered.
11. Set the oven to preheat (grill) mode for 350°F. Once it's heated, turn the oven to Convection mode to 350°F and bake for 18 minutes, uncovered.
12. While rolls are cooking, prepare glaze; beat softened cream cheese with a hand mixer until creamy. Mix in butter, sugar, and milk, beat again until smooth and silky.
13. When cinnamon rolls are done, let cool for 2 minutes and pour on the glaze. Serve warm!

### Notes:

1. Make sure your water tank is filled to the Max line before starting the steam oven.
2. If the yeast doesn't bloom, do not continue. This will not work.
3. The dough will be a little sticky when formed into a ball, do not be tempted to add more flour. The dough should be soft and very elastic,
4. The baking time can vary, they could take from 18-25 minutes based on the size of the rolls, oven, and types of pan. start checking at 18 minutes. The top should look golden brown.

31

A decorative border of various vegetables and herbs is scattered around the edges of a dark, textured background. The items include sliced tomatoes, whole and sliced mushrooms, red and green chili peppers, green leaves, small green and yellow seeds, and slices of red onion. The background has a subtle, wavy pattern and is speckled with small white dots.

✉ support@fblumlein.com

🌐 www.fblumlein.com