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THE ART AND SCIENCE OF STEAM

Convenient Technology for Traditional Cooking

Freestanding DG 6010 Steam Oven





THE TRADITIONAL ART
OF STEAM COOKING

Since its discovery, the power of steam has been harnessed for cooking. Ancient civilisations have understood the simplistic beauty of steam cooking, fully realising the natural goodness and flavours of the ingredients. To this day, Asians are the foremost proponents of steam cooking, and the culinary technique has inspired chefs from all over the world.

In our pursuit for perfection, Miele has redefined the art of steam cooking, refining the raw power of steam by adding control and precision. This is the advent of PureSteam by Miele.

Introducing the revolutionary Miele Freestanding DG 6010 Steam Oven.

1000 years ago

Clay pots soaked in water were used for steam cooking

500 years ago

Iron vessels with tight fitting lids garnered favour

100 years ago

Bamboo steamer baskets dominated the kitchens of Asia

Today, Pure Steam by Miele.
Precision steam cooking, perfected





EAT HEALTHY TO BE HEALTHY

Wellness from Within

Enjoy the benefits of a vitamin-rich, healthy and delicious meal when you cook with Miele Pure Steam.

Healthy Living

Nature has provided all the nutrition that we need in the goodness of natural produce. Nutritional meals are a necessity in healthy living.

Minimal Leeching of Vitamins & Minerals

In steam cooking, food is not immersed in water during cooking, and that means there is minimal leeching of water-soluble vitamins and minerals so there is optimum nutrition, colour, flavour and moistness. The results of a scientific study undertaken by the German universities of Koblenz-Landau and Gießen*, where food cooked in a Miele steam oven was compared to that cooked using other methods, demonstrates this.

Low-Calorie and Low-Salt

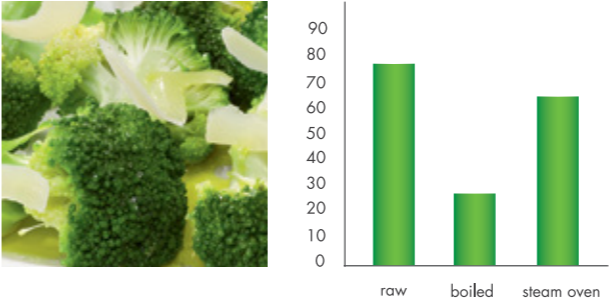
Food cooked in a Miele steam oven easily outperforms food cooked in a microwave oven in terms of colour, aroma, taste and texture. In particular, vegetables retained their intense natural flavours without the addition of salt or seasoning, retaining approximately 50% more Vitamin C content than food prepared by pan-frying or boiling, and locking in its natural flavours, aromas and nutrients. It is both delicious and nutritious, with absolutely no oxidisation and no need for additional oil.

Scientists and chefs concur – food cooked in a Miele steam oven is food at its finest.

*Studies conducted by Prof. Dr.-Ing. Elmar Schlich from the university of Justus-Liebig in Giessen and Dr. Oec.troph. Michaela Ziem from the University of Koblenz-Landau.

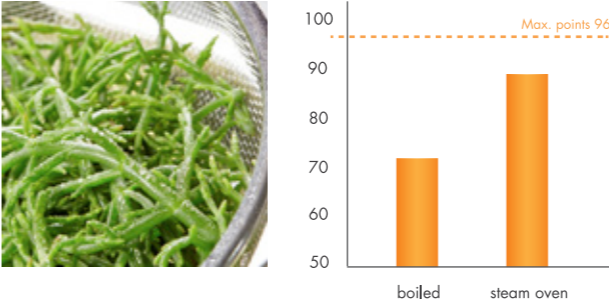
THE SCIENCE OF STEAM

Vitamin C Content of Broccoli (mg/100g)



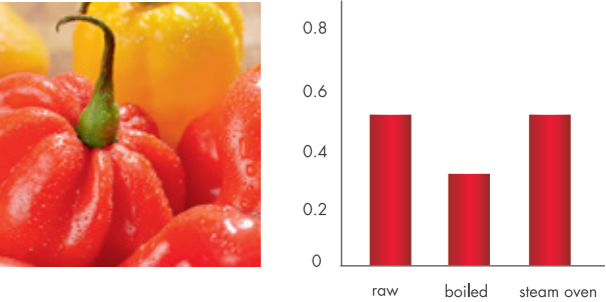
The scientific result: Broccoli from the steam oven contains 50% more vitamin C than boiled broccoli.

Sensory Result for Vegetables



In laboratory tests, four criteria were tested which define the quality of enjoyment, according to a scientific points system: appearance, taste, aroma and texture. **The scientific result: Steam cooking is both the tastiest and the healthiest method of cooking vegetables, irrespective of whether produce is fresh or frozen before cooking.**

Mineral and Trace Elements in Pepper (mg/100g)



The scientific result: Red peppers cooked in a steam oven contains as many minerals as raw peppers. By comparison, boiled peppers have approximately 45% less nutrients than raw peppers.

Sensory Result for Fish



The scientific result: Fish retains its texture and unique flavour as it is enveloped in steam and gently cooked. The above chart shows clearly that steam cooking proves to be far superior in terms of sensory properties.

DESIGNED FOR YOUR CONVENIENCE

Whether you are preparing a quick meal for the family or whipping up an elaborate culinary experience for your guests, the Miele DG 6010 Steam Oven is designed to be fuss-free and easy-to-use.



No Supervision Required

The rapid transfer of pure steam from the external steam generator ensures that the flavours and smells between different levels are never mixed. The steam oven automatically switches itself off at the end of a programme cycle so it never requires any monitoring.



Thawing Not Required

You will never need to thaw frozen foods before cooking. Food can be prepared directly from the freezer without affecting its texture because of the gentleness of pure steam in a highly-controlled cooking chamber.



Cooking on Three Levels

Simultaneously cook multiple dishes such as fish, meat and vegetables on three different tiers so you can prepare a complete meal for your family in only 20 minutes. The door can be opened at any time throughout the programme to allow dishes to be added at different stages.



Simple Cleaning

No limescale: fast and uncomplicated cleaning thanks to external steam generation and convenient descaling programme.



THE RIGHT SETTING FOR EVERY RECIPE

Make delicious soups, stews and even desserts with the very same technology. The DG 6010 Steam Oven has multiple operation modes that allow you to cook an extensive variety of dishes, and even offers capabilities beyond cooking.



Fish/Seafood
Good for body and soul: fish prepared in the steam oven is cooked to perfection and retains its own unique flavour.



Meat
Particularly tender and juicy: most nutrients in the meat are retained when cooked in the steam oven.



Side dishes
Simply indispensable: potatoes, rice and pasta are an extremely nutritious and delicious part of any meal.



Desserts
Sweet temptations for dessert: the steam oven can be used to make all sorts of delicious desserts.



Cooking eggs
The perfect breakfast egg: soft, medium or hard in only 4 to 10 minutes at 100°C.



Defrosting
Gentle on frozen food: gentle defrosting at approximately 60°C.



Proving yeast dough
Soft bread and delicious cakes: another talent the steam oven has to offer – proving yeast dough at 40°C.



Heating damp flannels
Perfect hospitality: flannels can be steamed and offered to guests at the end of the meal.



Making yoghurt
Always fresh, always delicious: yoghurt is easy to make in a steam oven in just 5 hours at 40°C.



Disinfecting baby bottles
Bacteria-free in only 15 minutes: fast and uncomplicated disinfection of baby bottles at 100°C.



Soups
Nutritious and tasty: double-boiled soups are easily prepared with easy-to-use settings.



Blanching
Perfect retention of quality: the steam oven is perfect for blanching fruit and vegetables ready for freezing.



Reheating
Tastes as if freshly cooked: dishes can be reheated at 80°C to 100°C in approximately 5 minutes without losing any flavour.



Keep-warm function
Delays are no problem: food is kept at serving temperature for up to 15 minutes after the programme has ended.



Juicing
Home-made fruit juice and jelly: gentle juice extraction using steam.



Melting chocolate
No burning or lumps: chocolate melts to perfection at 90°C.



Skinning tomatoes
Skinning made fast and simple: tomatoes, nectarines and almonds skinned in just 1 to 4 minutes in the steam oven.



Sterilising
The perfect method for bottling: jars are perfectly sterilized for the preservation of fruit.

PERFECTION, THROUGH ART AND SCIENCE

German engineering and technology meets traditional cooking. Miele's DG 6010 Steam Oven brings together the best of modern technology to make steam cooking an easy and convenient affair.



Pure Steam Technology

Miele has developed a steam oven that utilizes only pure steam within its cooking cavity. Water is placed in an external heating cavity. The steam that is generated is then rapidly transferred into the cooking cavity so that the only heat source that cooks the food is from the heat. No dry heat, just pure steam.



Nothing less than absolute precision

With its unique automatic controls and adjustable temperatures of 40°C - 100°C (in 5°C increment), the temperature in the Miele DG 6010 Steam Oven is constantly maintained by a sensor to perfectly cook food and lock in valuable nutrients, vitamins, colours and flavours. No pressure build up also means it's perfectly safe for use.



DG 6010

Freestanding Steam Oven



Ease of use

- Precise temperature regulation from 40 – 100°C in 5°C increments
- Cooking duration between 1 minute and 9 hours 59 minutes can be set
- EasySensor controls with LCD display and touch control selection for temperature and cooking time
- Holds sufficient water for approximately 90 minutes cooking time
- Bottom heating element for reduced condensation
- Automatic descaling programme

Oven Cavity

- 24 litre stainless steel oven cavity with 3 cooking shelf levels

Safety features

- Vapour cooling and venting system
- Cool front glass door
- Door contact switch
- Safety switch-off

Standard accessories

- Dishwasher safe accessories consisting of 2 perforated 1.5L stainless steel containers. 1 rack and 1 drip tray

Dimensions

- 38.2cm (H) x 49.5cm (W) x 32.7cm (D)
- 19.3 kg

Key Features

- MonoSteam technology for pure steam cooking
- Menu cooking with no transfer of flavours between different foods
- Ideal for vegetables, fish, meat, side-dishes, desserts
- Highly versatile range of uses including reheating, defrosting, bottling, disinfecting
- Door hinged left

A PERFECT MEAL

Start your culinary journey on your new steam oven with these delicious and easy-to-prepare dishes.

DOUBLE BOILED PORK RIB SOUP WITH SCALLOPS



Ingredients

- 300g pork ribs
- 5 scallops
- 3 ginseng
- 5 black dates
- 5 red dates
- 2 tsp rice wine
- A pinch of salt

Method

Wash the pork ribs and place them in a container filled with water. Place the container in the steam oven and steam for 5 minutes at 100°C. Remove the pork ribs from the water.

Place the scallops in water and cook it in the steam oven for 5 minutes at 100°C.

Take a clean bowl and place the pork ribs, scallops, ginseng, red dates and black dates in the bowl. Add water (or broth), along with a pinch of salt and rice wine to taste. Steam at 100°C for around 90 minutes.

Tip

You can also replace the ginseng, red dates and black dates with 5 cloves of garlic for a simple, refreshing soup.

STEAMED GAROUPA



Ingredients

- 600g garoupa
- 3g mushrooms
- 50g carrots
- 20g ginger
- 2 tsp rice wine
- 2 tsp vegetable oil
- 1 tsp salt

Method

Debone and slice the garoupa into 6 pieces.

Wash and soak the mushrooms in cold water for 30 minutes. Once softened, dry the soaked mushrooms and cut into thin slices.

Skin and cut the carrots and ginger into slices.

Place the slices of fish, mushrooms, carrots and ginger onto a plate. Add the salt, rice wine and vegetable oil. Steam at 100°C for approximately 8 minutes.

Tip

If you do not plan on cooking the fish on the day that you buy it, dry the fish with kitchen napkins and store it in the cooler or freezer to ensure the fish stays fresh.

You can use the fish bones that you have removed from the garoupa to cook tofu, or enhance the flavour of soup.

STEAMED BUTTERFLY PRAWN ON TOFU



Ingredients

- 2 tofu
- 6 fresh prawns (medium size)
- 1 tbsp corn starch
- 125ml supreme soya sauce
- ½ tsp sugar
- 2 tsp cooking oil
- Red chili and green onion for garnish

Method

Deshell the prawns except for the tail. Clean the prawns. Make a cut at the back of the prawn and insert the tail through the cut.

Cut the tofu into 3 equal pieces.

Place the tofu on a plate or steaming tray. Dip the bottom of the prawn on the corn starch and place on top of the tofu.

Steam at 100°C for 3.5 minutes.

Heat up the soya sauce with sugar and oil. Pour on top of the tofu and garnish with red chili and green onion. Serve hot.

STEAMED CHOCOLATE BROWNIES



Ingredients

- 110g dark chocolate (70% cocoa solids)
- 75g butter
- 75g vanilla sugar
- 5 eggs, separated
- 75g walnuts, finely chopped
- 75g plain flour
- 75g breadcrumbs
- Butter for greasing
- Icing sugar

Method

Put the chocolate into a solid container. Cover with foil and steam for 1 minute at 100°C.

Meanwhile, cream the butter and vanilla sugar till pale and creamy. Add the egg yolks and beat again. Fold in the walnuts, flour, breadcrumbs and melted chocolate.

Beat the egg whites into stiff peaks, and fold into the mixture.

Grease 6 ramekin dishes and dust with a layer of icing sugar. Divide the mixture equally between the dishes, cover with a piece of pleated foil and place into the steam oven. Steam for 20–25 minutes at 100°C.

For the decoration, melt 150g (5 oz) dark chocolate with 50g (2 oz) white chocolate. Place the chocolate in a solid container, cover and steam for 1 minute at 100°C. Pour a little onto each serving plate, and place the brownies on top. Decorate with seasonal fresh berries.



Every effort has been made to ensure that the information given in this brochure is correct at the time of printing. However, due to continuous product improvement, Miele reserves the right to make changes to products and technical data without prior notice.

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