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PURE STEAM. PURE ENJOYMENT.

Miele

Anything else is a compromise



Since 1899



Steam cooking from Miele is a specialty and our steam ovens are ideal for those who enjoy healthy living or for those who value speed, convenience and great results everytime.

The Miele DG 1450 Steam Oven assures you the utmost ease of use and perfect cooking results every time, because with pure steam comes pure enjoyment.

Revolutionary VitaSteam Technology - the ultimate difference

Instead of being immersed in water or steeped in thick steam like in conventional cooking methods, food is placed within the cooking cavity of the Miele DG 1450 Steam Oven and is exposed to a rapid transfer of pure steam that comes from an external steam generator. This innovative VitaSteam technology allows natural goodness to be sealed in and prevents drying of the outer layers of food as well.

With its unique automatic controls and adjustable temperatures of 40°C - 100°C (in 5°C increment), the temperature in the Miele DG 1450 Steam Oven is constantly maintained to perfectly cook food and lock in valuable nutrients, vitamins, colours and flavours.

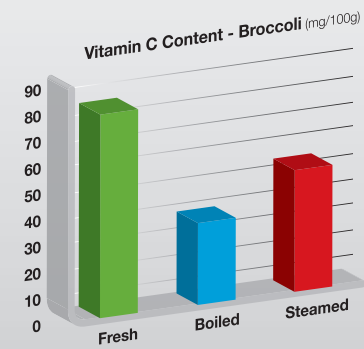
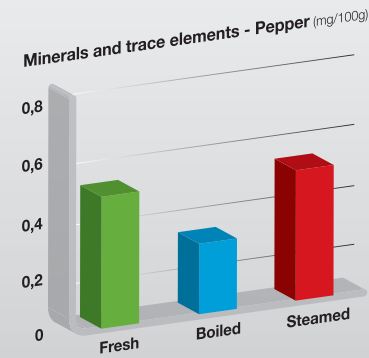
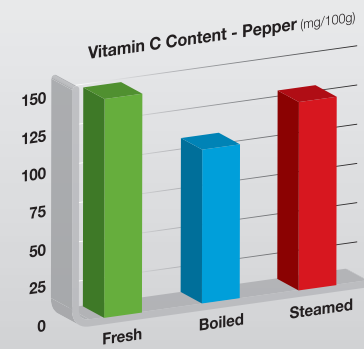
In a scientific study collaboration between the **German universities of Koblenz-Landau and Gießen**, Miele's Steam Oven was proven to be far superior to any other means of food preparation methods and devices.

Tested according to scientific methods, the sensory properties (colour, aroma, taste and texture) of steam-cooked food were shown to be considerably better using the Miele Steam Oven than cooking, boiling or cooking in a microwave oven.

With the Miele Steam Oven, samples prepared have about 50% higher Vitamin C content than those prepared under ideal conditions by pan-frying or by boiling, which also means it retains more of its attractive natural flavour. Steam cooking with Miele also releases the characteristic flavours of the various vegetables without the need for salt.

As proven by scientific studies, Miele's steam ovens help food to retain its form and structure, while locking in natural aromas and essential nutrients. With absolutely no oxidisation and any need for additional fat, your dishes will always remain healthy and naturally tasty as well.

Higher levels of vitamin C recorded in food steamed by Miele's DG 1450



Temperature Control

Operating in the range of 40°C to 100°C, the DG 1450 produces accurate cooking results every time with extreme versatility. It is also able to do a broad range of functions like defrosting, reheating of plated food, blanching, bottling and even disinfecting of baby bottles or utensils.

Temperature Sensor

Senses the temperature within the cooking cavity and adjusts the cooking time and function settings automatically, giving you a peace of mind and assurance that your dishes are never overcooked or undercooked.

Easy Cleaning

Cleaning of the steam oven is incredibly simple as only a small amount of condensate is produced and it can be simply wiped away after each usage. It also eliminates the occurrence of limescale deposits on the walls of the inner cabinet as water is kept in an external water tank. A message in the display will remind you when the descaling programme needs running.

Steam Injectors

Injects pure steam from the external water tank directly into the cooking cavity at the right temperature, to cook your food entirely.

Active Condensate Reduction Element

Elimates excess condensation which occurs naturally in the inner cavity of the steam oven after cooking.



Free Standing

It is a free standing unit with a width of only 50 cm and requires only minimum space on the worktop. Coupled with a stylish design, it fits seamlessly into any contemporary household.

20 L Internal Capacity

Allows up to 3 different dishes to be cooked simultaneously, with no transfer of flavours between each dish due to rapid transfer of pure steam.

Pressure-Less Cooking

Allows for gentle and healthy cooking, while eliminating the occurrence of trapped air pressure within the steam oven, thus making it perfectly safe for you as the user.

Vapour Cooling System

A cooling fan is located at the back of the oven to gently blow excess steam out of an air vent that is located at the top of the front door. This reduces the occurrence of excess steam and pent-up pressure within the oven, which ensures perfect safety for the user at all times.

Benefits of Miele's DG 1450 Steam Oven

Simultaneous Cooking - Three Different Levels

Several dishes can be cooked at the same time without transfer of flavours and smells between each dish due to a rapid transfer of pure steam from the external steam generator.

Sensory Experience

Miele's steam oven prepares your food gently by using pure steam to envelop each individual dish, thus retaining natural flavours, colours, vitamins and nutrients.

Scientifically Proven Nutritional Analysis

Produces healthier dishes with 50% more vitamins and nutrients retained, as compared to frying on a pan or boiling.



Wide Range of Uses

The DG 1450 Steam Oven provides you with a holistic pure steam experience – allowing you the freedom to explore the world of steam cooking and more.

- Steam cooking
 - Vegetables and side dishes
 - Meat and fish
 - Soups and stews
 - Desserts
- Reheating
- Defrosting
- Bottling
- Blanching
- Extracting juices with steam
- Disinfecting baby bottles or jam and pickling jars



Special features

Ideal for vegetables, fish, meat, side-dishes and desserts
Highly versatile range of uses including reheating, defrosting, bottling and disinfecting
VitaSteam technology of pure steam cooking
Simultaneous cooking on up to 3 levels

Ease of use

Sensor controls
Temperature and cooking duration displays
Cooking times are the same as for conventional cooking on the hob
Auto switch-off
Holds sufficient water for approx. 90 minutes cooking time

Oven cavity

20 litres stainless steel oven cavity
3 shelf levels

Appliance door

Door hinged left

Maintenance features

Floor heater to dissipate condensation
Automatic descaling programme
Dishwasher-safe accessories

Safety features

Cooling system
Cool front
Door contact switch
Safety switch-off

Standard accessories

2 perforated 1.5 litres stainless steel containers
1 rack
1 drip tray
Connection cable with plug

Product information subject to change without notice.

Bringing you perfect cooking results time after time, the **Miele DG 1450 Steam Oven** allows food to retain its natural nutrients and enhances its organic flavours and colours – a desired result made possible by the refined VitaSteam technology of pure steam cooking.

PURE STEAM. PURE ENJOYMENT.





Steamed Egg Custard with Clams

Ingredients:

Clams	200 g	Water	150 ml
Scallops	1 pc	Rice wine	10 ml
Eggs	2	A pinch of salt	

1. Wash clams thoroughly and place them in a large container of water. Place the entire container in the steam oven and steam at 100°C for 5 minutes.
2. Once cooked, remove the clams from shells.
3. Separately, soak the dried scallops into another container with water. Once softened, shred scallops into fine strips.
4. Crack eggs into a large bowl, add water, rice wine and a pinch of salt. Mix well until mixture becomes slightly creamy.
5. Place clams, scallop and egg mixture into a large steam tray and steam at 100°C for 10 minutes.

Tips:

1. You may choose to remove the shell or leave the clams in the shell.
2. After steaming the clams, throw away any clams that remain closed as it is an indication that they are spoilt.
3. Use a deep plate instead of a deep bowl, as it allows for a more even steaming process where the ingredients remain at the top.



Green Treasure Parcels

Ingredients:

Dried scallops	3 pcs	Spring onions, chopped	5 g
Pumpkin	1	White wine	5 ml
Eggs	2	Corn starch	2.5 g
Fresh shrimps	150 g	Egg White	
Chinese spinach leaves	8 pcs	Pepper	
Chinese celery	1 bunch	A pinch of salt	
Ginger, finely cut	5 g	A dash of sesame oil	
Garlic, chopped	5 g		

1. Steam the dried scallops with some water in the steam oven at 100°C for 90 minutes. Remove from the steam oven and shred the steamed scallops into thin strips.
2. Rinse pumpkin and remove pumpkin's skin. Steam it at 100°C for 20 minutes.
3. Using a blender, blend steamed pumpkin into a paste and set aside.
4. Remove shrimp's shells and cut into cubes. Blend shrimps into a paste.
5. Add all remaining ingredients (except corn starch, Chinese celery and spinach) into the shrimp paste and mix well.
6. Wash spinach and place them together with Chinese celery in a large container. Add water and steam at 100°C for 2 minutes.
7. Remove outer skin of the Chinese celery gently.
8. Spread out the large spinach leaves onto a cutting board and fill them with the shrimp paste. Wrap the spinach leaves into a square parcel and use the steamed Chinese celery strips to tie the parcels snugly. Each parcel should weigh about 40-50 grams.
9. Steam stuffed parcels at 100°C in the steam oven for 5 minutes.
10. Add water, salt and corn starch into the pumpkin paste and mix well. Pour the pumpkin sauce into a container and steam for 3 minutes.
11. To serve, place parcels onto a serving plate and spoon the pumpkin sauce around it.

Tip:

1. If the spinach leaves are small, you may use 2 pieces to wrap one parcel.



Steamed Pork Ribs in Black Bean Paste

Ingredients:

Pork ribs	300 g	Chilli, chopped	1 pc
Rice wine	15 ml	Salt	7 g
Spring onions, chopped	1 bunch	Sugar	20 g
Ginger, chopped	15 g	A dash of pepper	
Garlic, chopped	5 g	A dash of light soy sauce	
Black bean paste	6-8 g	Sesame oil	
Water	20 ml		

1. Wash the pork ribs and place them in a large container filled with water. Place the container in the steam oven and steam for 5 minutes at 100°C. Remove the ribs from the water and pat them dry with a kitchen towel.
2. In a bowl, mix the ginger, garlic, chilli, black bean paste, Chinese rice wine, salt, sugar, light soy sauce and sesame oil together and whisk well.
3. Place the ribs on a steam tray and pour the sauce mixture over. Steam at 100°C for 30 minutes.

Tips:

1. Use the black bean paste sparingly, as it is very salty. You may add more water to lighten the taste.
2. Soy sauce is used to only enhance the colour of the dish. Add water to any normal soy sauce to lighten the taste before adding into the mixture - otherwise, you may choose to use light soy sauce instead.



Steamed Crab with Glutinous Rice

Ingredients:

Crabs, 300g each	3 pcs	Ginger, finely chopped	50 g
Glutinous rice	200 g	Rice wine	20 ml
Sliced pork loin	100 g	Soy sauce	50 ml
Dried shrimps	50 g	Sesame oil	20 ml
Dried mushrooms	6 pcs	Sugar	20 g
Shallots	150 g	A pinch of salt	

1. Soak glutinous rice for 2 hours until it becomes tender.
2. Wash crabs, dried shrimps and dried mushrooms. Soak in cold water for around 30 minutes in separate containers until tender. Cut the soaked mushrooms into thin slices.
3. Slice the shallots and pat them dry with a kitchen towel. Deep fry the sliced shallots on medium heat until golden brown. Scoop them up and drain excess oil.
4. Place the pork loin into a bowl. Add two tablespoons of water and mix well using hands. Slice pork loin into strips.
5. Steam the crabs in the steam oven at 100°C for 6 minutes.
6. Place the glutinous rice on a steam tray and steam at 100°C for 25 minutes. Once cooked, do not remove immediately. Leave it in the steam oven for another 10 minutes to simmer.
7. Heat some oil in a wok. Add mushrooms, dried shrimps, chopped ginger, sesame oil, pork loin slices, soy sauce, sugar, rice wine and stir fry evenly. Add steamed glutinous rice and mix well. Spread the rice mixture evenly in a bamboo basket.
8. Place steamed crabs on top of the rice mixture and steam at 100°C for 3-5 minutes.

Tips:

1. It is best to deep fry your own shallots, to avoid consuming excess oil.
2. By adding water to the pork loin and mixing well with hands, it tenderizes the meat.



Steamed Vanilla Cake

Ingredients:

Eggs	5	Yeast	10 g
Flour	150 g	Vanilla essence	5 ml
Sugar	80 g		

1. Separate the egg yolks from the egg whites.
2. Whisk the egg whites in a bowl until smooth.
3. Add one egg yolk at a time into the egg white mixture and mix well. Add flour gradually and whisk until blended.
4. Mix in sugar, vanilla essence and yeast. Whisk well, maintaining a foamy texture.
5. Pour into a container and steam in the steam oven at 100°C for 35 minutes.
6. To serve, garnish the cake with chocolate syrup or strawberry jam.

Experience the **Miele DG 1450 Steam Oven** with its revolutionary VitaSteam technology and transform your everyday cooking into a wholesome, healthy and tasty affair.