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 civilizations have understood the simplistic beauty of steam cooking, fully realizing the natural goodness and flavors of the ingredients. To this day, Asians are the foremost proponents of steam cooking, and this 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 6011 Steam Oven.

1000 years ago
Clay pots soaked in water were used for steam cooking

1000 years ago

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

500 years ago
Iron vessels with tight fitting lids gained favor

100 years ago
Bamboo steamer baskets dominated the kitchens of Asia
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 immered 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 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.

THE SCIENCE OF STEAM

<table>
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<tr>
<th>Vitamin C Content of Broccoli (mg/100g)</th>
<th>Mineral and Trace Elements in Pepper (mg/100g)</th>
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<tr>
<td><strong>In-Boil</strong></td>
<td><strong>Steam Cook</strong></td>
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The scientific result: Broccoli from the steam oven contains 30% more Vitamin C than boiled broccoli.

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

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.

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

*Studies conducted by Prof. Dr.-Ing. Elmar Schlich from the university of Justus-liebig in Gießen and Dr. Oekotroph. Michaela Ziems from the University of Koblenz-Landau.
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.

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.

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**
Always fresh, always delicious: poached fish 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.

**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 sterilised for the preservation of fruit.

**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.
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 compartment. 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 increments), 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.
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
- 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.

A PERFECT MEAL

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