



# What is a steam oven?

Steam ovens are becoming staples in the kitchens of home cooks across the country. Not only do these ovens make food easier to digest, but they also prevent your food from drying out, resulting in succulent meats, perfectly cooked veggies and more.

Having a steam oven can expand your cooking capabilities greatly, as you can steam fish and vegetables or even steam a pudding or make a risotto. So if you're looking to invest in a steam oven, or are planning your next renovation and want appliance ideas, then read on to discover the wonders of steam ovens.

## What is a steam oven?

In a nutshell, a steam oven combines baking with steaming all in the one appliance. Cooking with a steam oven allows you to add the right amount of moisture to your cook without the need to boil water or accidentally turning your food into watery mush. One of the [great benefits about cooking with a steam oven](#) is that they can preserve the natural textures, flavours and nutrients in your food and reduce the need for oils in your cooking. They're also versatile appliances and great for many types of cooking, such as baking, roasting or slow cooking.

## How do steam ovens work?

Most steam ovens have a water canister or container inside the oven cavity. The water is injected into the boiler through a pump and the heat from the oven turns the water into steam. This steam helps retain the flavours of your ingredients and their nutritional value, while also making your cook perfectly moist and succulent.

## What are the different types of steam ovens?

At NEFF, we have two types of steam ovens: [FullSteam®](#) and [VarioSteam®](#) ovens.

The FullSteam® oven allows you to cook food with 100% pure steam, such as fish vegetables, and even individually portioned cheesecakes to perfection. It's easy to operate and also simple to refill the concealed one litre water container.

NEFF's VarioSteam® ovens, meanwhile, gives dishes the right amount of moisture by adding steam alongside hot air cooking, which makes this type of oven perfect for baking and roasting. The oven has three intensity levels that provide everything you need to create crustier breads and juicier roasts.

## Does a steam oven need plumbing?

Both of NEFF's steam ovens don't require plumbing at all, making them incredibly easy to install. You can access the water reservoir with a push of a button, which makes refilling the reservoir simple and straightforward.

## Can you combine a steam oven with other ovens?

While steam ovens can replace a regular oven entirely, some people make the most of their steam oven by opting for a two-oven setup – one steam oven and one regular oven. Incorporating both ovens into your kitchen setup means that you can create and experiment with different recipes that can be enhanced with steam cooking.

You can have a [FullSteam®](#) or [VarioSteam®](#) plus a standard NEFF oven while creating a sleek and cohesive style thanks to the [seamless combination strips](#) that are exclusive to NEFF appliances. The best part is that you can stack them on top of each other or put them side-by-side – whatever works for you and your kitchen layout.

You can opt for a VarioSteam oven if you only need added steam for your recipes, but a FullSteam oven lets you use create both added steam and complete steam recipes.

## How easy is it to clean a steam oven?

Both the [FullSteam®](#) and [VarioSteam®](#) ovens have an easy clean feature that makes cleaning your steam oven simple and stress-free. This function uses steam to soften any baked-on residue that might be lingering on your oven walls, which you can then simply wipe down with a clean cloth.

## Are steam ovens worth it?

The pros certainly outweigh the cons when it comes to steam ovens. Cooking with steam is a well-known superior option for health, cutting down on oil-heavy frying methods, nutrient-leaching boiling and longer, dryer baking times.

Steam is also increasingly being used to seal in the flavour of meals, making meat tender and succulent, and vegetables sweeter and more colourful.

And if you've been holding on to your age-old rice cooker or bamboo steamer for years now, investing in a steam oven is the perfect opportunity free yourself from these space-sapping appliances.

## Can you bake in a steam oven?

Yes, you can still bake your favourite dishes in a steam oven. These ovens can do most things a normal oven can do, just with steam and hot air. Often, steam ovens cook food faster than conventional ovens, and the end result is just as good, if not better.

## What can you cook with a steam oven?

You can cook so many different types of dishes in a FullSteam® or VarioSteam® oven, and we're going to share some of our favourite recipes for you to try out with your new steam ovens.

## Bread baking

- [Sourdough bread](#)
- [Bagels](#)
- [Banana bread with raspberries and chocolate chips](#)

## Rice and grains

- [Chicken biryani](#)
- [Bacon and egg risotto](#)
- [Baked meat and cheese pasta shells](#)

## Vegetables

- [Cheesy roasted cauliflower](#)
- [Steamed Asian cabbage rolls](#)
- [Rosemary and garlic smashed potatoes](#)

## Meat and Poultry

- [Chicken roulade with orange and cranberry](#)
- [Spicy harissa chicken with pearl couscous](#)
- [Crisp pork belly](#)

## Seafood

- [Salmon poke bowl](#)
- [Steamed cod](#)
- [Lime and ginger glazes salmon with coriander rice](#)

## Cakes and desserts

- [Filo custard dessert with summer fruit](#)
- [Steamed pears with chocolate sauce](#)
- [Individual steamed cheesecakes](#)

## Bakes and pastries

- [Carrot cake cinnamon scrolls](#)
- [Raspberry, white chocolate and macadamia muffins](#)
- [Vanilla slice with passionfruit icing](#)

Want to learn how to elevate your home cooking? Then [book a free demonstration](#) today and one of our NEFF cooking experts will show you why a steam oven is a must-have for any kitchen.

### About NEFF

NEFF is a German-engineered kitchen appliance brand, with a product range that includes ovens, cooktops, rangehoods, coffee machines and dishwashers designed to make life in the kitchen a daily pleasure. For people who love to cook, NEFF gives you the tools to create meaningful connections, express your creativity and make memories. Because real life happens in the kitchen.

Learn more about NEFF [here](#).