



# Do I need a Full Steam Oven?

## Ingredients

---

## Method

---

NEFF's Full Steam and Added Steam ovens both use steam in the cooking process, but when is it better to use a Full Steam oven?

The main difference between the [Added Steam oven](#) and the [Full Steam oven](#) is the way steam is used in the cooking process. With the Added Steam oven, steam is injected into the oven at regular intervals to make sure food remains moist. With the Full Steam oven, steam is used as the main method of cooking throughout the entire process. With the new [NEFF Flex Design range](#), our steam ovens also come equipped with [Steam Jet](#), offering more control over when and how you add steam to your recipe for up to 10 times in a cooking session.

All Full Steam ovens also come with Added Steam.



### Cooking with steam – A healthier alternative

Cooking with steam offers a healthier alternative to traditional methods, allowing you to prepare food without added fats or oils. A steam oven helps retain more nutrients and flavour compared to conventional ovens, resulting in healthier, more delicious meals. This makes steam-cooked meals

healthier and easier to clean up.

Because you can cook your meals quicker with a steam oven, steam cooking is great for busy families trying to stay healthy or professionals without a lot of spare time.

With NEFF [Slide & Hide® ovens](#), enjoy easy access to your steamed delicacies thanks to the unique disappearing oven door. Open the door to more creative freedom with the powerful combination of NEFF's innovative features.



Learn more about a range of steam features offered by NEFF in our steam ovens range.



### **Benefits of using the Full Steam oven**

If you love steaming food, a [NEFF Full Steam oven](#) might be an ideal addition to your kitchen. Perfect for cooking rice, fish, vegetables, and puddings, this oven allows you to prepare different meals simultaneously while preserving their individual flavours.

A NEFF Full Steam oven will retain their own flavours, while also cooking much faster than traditional ovens. With an option to go up to 120 degrees in temperature, adding enough moisture while keeping the oven dry and easier to clean. You can use it alongside a traditional oven and cook up a storm of delicious and diverse meals.

Steam ovens are becoming increasingly popular in-home kitchens and even in restaurants, and our [Full Steam ovens](#) are some of the best options out

there. So, check out some of our Full Steam ovens to make tasty and healthy meals with the help of a bit of steam.

To learn more about NEFF steam ovens for your kitchen, [book a FREE cooking demonstration](#) with a NEFF specialist.

#### **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.



## **Notes**

---