



# The benefits of cooking with steam

## Ingredients

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## Method

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## What's all the fuss about?

By using heat and water vapour in an enclosed space, steaming doesn't require any extra oils or fats. This means your delicious dishes remain [light and healthy](#) and keeps mess to a minimum – a win-win for home chefs far and wide. Another benefit of steaming is that it seals in all the flavours and nutrients of your existing ingredients, preserving the natural colours, shapes and tastes of each element, which gives your tastebuds an authentic experience.

Whether you're considering taking a NEFF oven with [Added Steam or Full Steam](#) functionality for a test drive or simply searching for a way to improve your cooking, using steam in your next brunch, lunch or dinner event will leave your guests delighted at the fulfilling flavours.



## What's the difference between Added Steam and Full Steam?

NEFF's Full Steam and Added Steam ovens are loved by home chefs for their steam functionality, which makes using this cooking technique even easier. But the Added Steam and Full Steam functions are actually a little different.

**Full Steam** is as the name suggests – a setting that just uses steam to cook your food. It's gentle cooking in its purest form, which makes it perfect for delicate ingredients like fish and veggies. The Full Steam water tank is also super easy to refill, making a day of cooking simple and delicious.

Meanwhile, Added Steam ovens inject steam at different points throughout the cook to add the perfect amount of moisture. This can help improve and support other oven functions, giving you the best of both worlds. With three intensity levels, you can use the Added Steam function to reheat meals at low levels or bring [delicious fluffy breads](#) and bakes to life at higher levels.



## How can cooking with steam transform your next meal?

Steaming is a timeless cooking technique that anyone can use. It's a great way to lock in flavours and maintain the beautiful textures of your favourite ingredients. So if you're ready to hop on board the steaming bandwagon, here are some of our favourite dishes you can steam for your next meal.



## What to cook with your Added Steam oven

- [Sourdough bread](#)
- [Roasted potato and carrot salad with lemon mustard dressing](#)
- [Crunchy crackling roast pork with rhubarb relish](#)
- [Banana bread with raspberries and chocolate chips](#)
- [Carrot cake cinnamon scrolls](#)



## What to cook with your Full Steam oven

- [Coconut rice](#)
- [Steamed crispy potatoes](#)
- [Kimchi pork steamed buns](#)
- [Steamed trout fillets on kaffir lime leaves](#)
- [Steamed pears with chocolate sauce](#)
- [Individual steamed cheesecakes](#)

If you're ready to get started with a steam oven, then why not [book a free demonstration](#) to see our NEFF steam ovens in action? Our NEFF cooking experts can show you how easy NEFF steam ovens are to use before investing in one.

### 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](#).

## Notes

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