

Speed and Steam Oven Buying Guide

A step-by-step guide to find the specialty ovens for your home or project



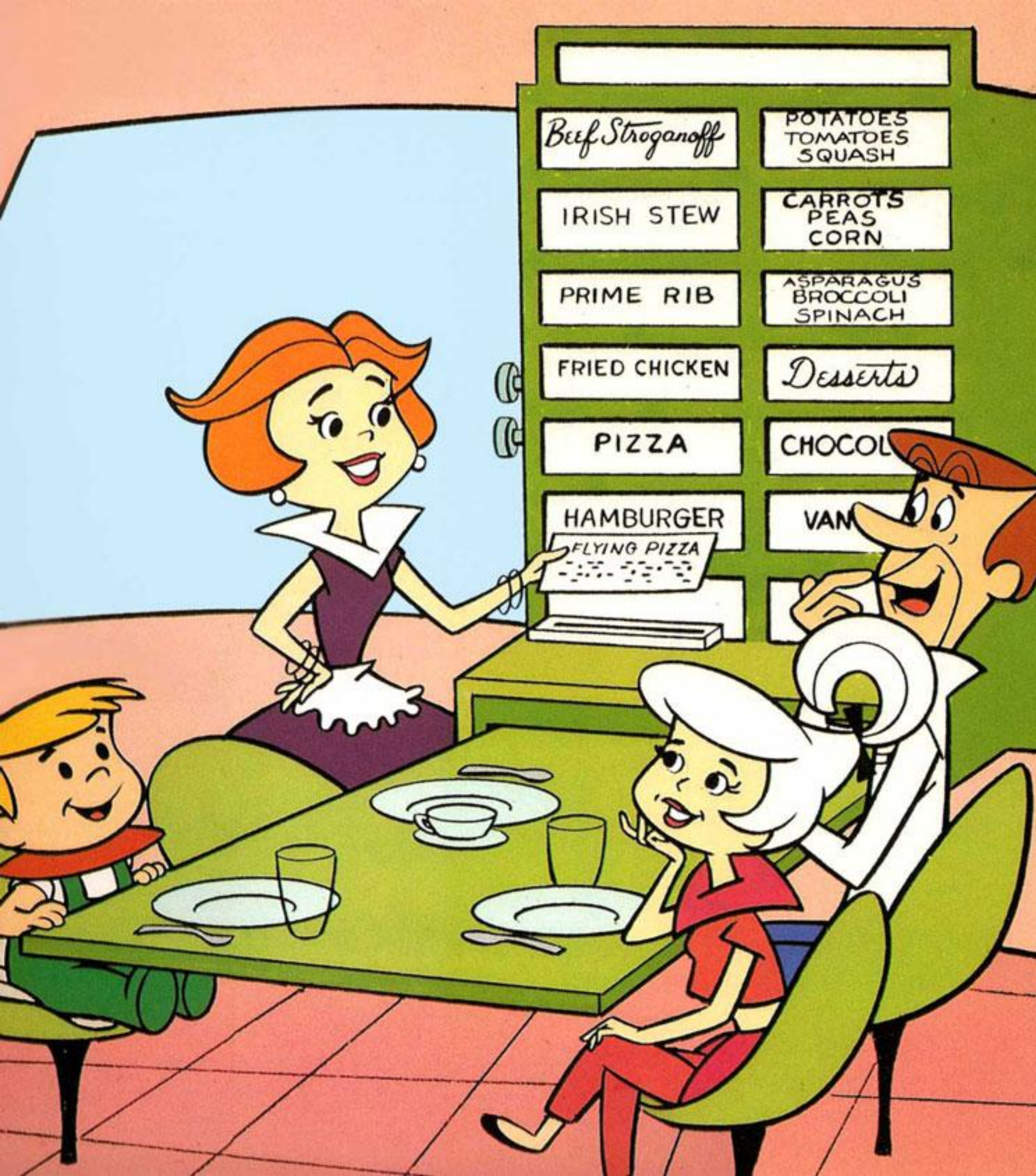
Overview



Remember “*The Jetsons*”?

They placed the food in the Food-O-Matic and it was perfectly cooked 1 second later. We’re not quite there yet, but there are now more appliances that can cook faster and healthier.

In this guide we’ll give you a comprehensive look at speed ovens and steam ovens and also cover the various brands.



Speed + Steam Ovens

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Steam Ovens

We explain how a steam oven works and key features



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SPEED OVENS

We explain how a speed oven works and cover the key features

Photo credit: Renewal Design-Build / Houzz



Speed Ovens Overview



Technically, a speed oven is a hybrid of microwave and convection oven. A speed oven performs like a regular oven, but is smaller and uses microwave assistance to cook faster.

Most brands now carry their own version of a speed oven, however, their functional approach varies by degrees of microwave used, use of convection cooking and perhaps a broil element.

Overview



To achieve faster cooking times, a speed oven will alternate between intermittent use of microwaves, convection heat and a broil element.

For example, a baking cycle could be roughly 90% convection with 30% microwave assistance.

Convection heat and application of microwave varies by manufacturer and depends on the specific mode used.





SPEED OVEN BRANDS

The most popular brands and their features

Photo credit: Cathy Hobbs Design Recipes / Houzz



Wolf M-Series Speed Oven SPO30PM/S/PH

- This oven uses a microwave, convection, and broil technologies for an all-in-one oven.
- You get more cooking power than a traditional microwave with the assistance of convection and broil.
- There are 10 microwave power available and convenient quick-start 3 modes and a guided cooking program in Gourmet mode.
- Big enough for a 9-by-13 pan stainless-steel interior (1.6 Cu. Ft)
- No need to preheat with Micro Bake and Micro Roast modes
- The efficient drop-down door design frees up counter space.
- Compliments other Wolf built-in appliances with several options for handle and trim
- Mastering the Speed Oven guide allows you to maximize oven use.

Thermador



Thermador Speed Oven MC30WP

- CookSmart® automatic cooking programs offer faster cooking times for your convenience
- A versatile oven including microwave and convection including convection bake and broil
- Spacious 1.6 Cu.Ft. interior
- Child safety lock
- 36 Cook Smart™ automatic cooking programs
- Kitchen timer and panel lock setting
- 10 levels of microwaveable power
- Flush and standard installation
- Specially crafted gray glass on stainless steel
- Stainless steel cooking interior

Gaggenau



Gaggenau 400 Series Speed Oven BM485710

- Handleless door/automatic door opening
- Single operation and combination of microwave, broiler and oven
- TFT touch display
- Net volume 1.3 Cu.Ft.
- Microwave operation with 5 output levels: 1000, 600, 360, 180, 90 W.
- Oven operation with 4 heating modes: – Convection at 100°F from 210°F – 480°F. – Broil + convection from 210°F – 480°F. – Broil + circulated air 210°F – 480°F. –
- Broil with 3 levels of intensity, maximum output of 2000 W.
- Heating modes with microwave output levels 600, 360, 180 and 90 W, freely combinable.
- 15 automatic programs with weight indication, customizable: –
- 4 defrosting programs.
- 4 cooking programs.
- 7 combination programs. Option to save individual recipes. Sabbath mode with constant temperature of 185°F.

Miele



Miele M-Touch Series Speed Oven H6700BM

Miele is a German company founded in 1899. They are family owned and among the least repaired brands in the market. The Miele speed oven has its own exclusive MasterChef program which determines the optimal cook time and temperature based on the food you select.

The Miele speed oven can be used as a 1,000W microwave or as a true European convection oven. You can also use these functions in combination.

The MasterChef program includes just over 30 guided cooking entries. It also has a broil element, crisper function and can store up to 20 of your favorite recipes.

JennAir



JennAir Speed Oven JMC2430DS

JennAir was purchased by Whirlpool Corp. in 2006. Whirlpool has invested \$300 million into bringing the brand back to the premier level it was years ago. The JennAir speed oven is a built-in microwave with the ability to cook 3x faster.

JennAir's "Speed-Cook" feature combines a convection element and fan with microwave to maximize the ovens power to achieve "oven quality results".

The JennAir also has a 1,600W broil element, 1,200W convection element, and 900W microwave.

JennAir also features 56 cooking modes. The Sensor Steam Cook cycle detects "humidity released from foods which help determine cook time and power level for optimal results."



GE Advantium Speed Oven PSB9120SFSS

General Electric is one of the biggest companies in the world. GE sells a speed oven under the name Advantium in their Profile and Monogram lines (similar unit, different handle). Although GE is widely sold through builders and not as much to premium consumers (we don't sell any GE products at Yale), the Advantium is a popular unit.

The Advantium was launched in 1999. It uses halogen lamps in combination with a 950W microwave to brown and crisp foods. The Speed Cook allows 2-8x faster cooking and features 175 modes and stores up to 30 of your favorite recipes.

The Advantium is available in several different configurations and voltages, both 220V and 120V. An over-the-range option is also available.

Sharp



R930CS

Sharp is a Japanese multi-national corporation that designs and manufactures electronics. They make the majority of microwaves on the market today since they own the patent for the Magnetron. They've been super focused on this segment since the 1960s.

Sharp "Speed Cook" is their convection microwave with high velocity forced air which helps circulate the hot air evenly and quickly.

Sharp is available in 1.5 and 1.0 cu. ft. at 110V only, so it will not be as fast. Their microwaves vary from 900-1,100W.

Like the Advantium, Sharp offers an over-the-range microwave convection with built-in fan.



HOW TO BUY SPEED OVENS

How to choose the right speed oven for your home

Photo credit: Leo Parrella Design Group / Houzz



How to Buy



The Miele is great for the household that's going to use it more as an oven. The MasterChef program is so easy to use and the true European convection cooking is vastly superior to the other brands.

Miele is also the only speed oven that comes with a roast probe. The roast probe connects directly to the controls so it can be programmed to a specific temperature.



**Miele MasterChef
Controls**



How to Buy



The JennAir has 57 cooking modes, a 1,600W broil element and 1,200W convection element. The LCD screen is intuitive and simple to use. The browning pan is great for crisping bacon or heating up a quick pizza.



Miele vs. JennAir Speed Ovens



JennAir Culinary Center Controls



How to Buy



GE and Sharp have older technologies, but I love the GE over-the-range application with a built-in vent fan.

Sharp may be older as well, but it's simple, relatively inexpensive and works quite well.



The Four Best Speed Ovens



STEAM OVENS

We explain how a steam oven functions and the key features

Photo credit: Design Harmony / Houzz

Overview



Steam ovens come in three varieties:

- Standard steam
- Convection steam
- Combination steam

Standard ovens can only steam foods. Convection steam ovens provide convection heat and steam. Finally, combination steam offers convection heat, steam and a broil element.

Steam ovens work by heating the oven cavity with water drawn from a tank or by a directly plumbed connection. It helps maintain the nutritional value and color of food. It's the healthiest way to cook because you are using less fats or oils that would normally prevent drying. The application of steam keeps foods moist and tender.



**The Benefits of
Cooking with Steam**



Steam Ovens

Overview

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Steam ovens are a great resource for cooking different types of food. The possibilities are truly endless. Not only can you steam vegetables, but also fish, chicken, grains, custards, breads and cakes.

Browning and crisping meats may not be attainable with steam alone, but the use of convection will allow that. Most brands like Thermador, Wolf and Gaggenau have convection that sears the outside of the meat whether it's a turkey, chicken or even ribs.

Photo credit: Associate Interiors via Houzz

Overview



If you are an avid baker, steam ovens can be useful in proofing dough and can aid in the development of beautifully browned crusts on breads and delicate pastries.

Steam ovens work wonders transforming leftovers into “restaurant quality” dinners once again. They rehydrate foods to create an overall better texture and eating experience.

Steam cooking helps preserve vital nutrients, vitamins and minerals in vegetables, fruits and proteins therefore creating a food product higher in quality.



STEAM OVEN BRANDS

The most popular brands and their key features

Photo credit: Total Resource Associates Inc / Houzz

Wolf



- Convection feature which can be used for regular baking
- Gourmet Mode automatically adjusts cooking time and temperature to the type of food being cooked
- Temperature probe allows you to program proteins to specific degree of doneness
- Step-by-step cookbook available in PDF form

Wolf CSO24TE/S/TH Convection Steam Oven

Miele



- MasterChef touch control guided cooking system offers over 100 food entries. This steam oven houses over 11 modes and is equipped with a temperature probe to enable you to program protein to desired doneness
- Broil element adds an extra browning feature
- Available in a tank version or plumbed version
- PerfectClean feature for easy cleaning

Miele DGC6500XL Combination Steam Oven

Thermador



- CookSmart® automatic cooking programs offer faster cooking times for your convenience
- A versatile oven including microwave and convection including convection bake and broil
- Spacious 1.6 cu. ft. interior
- Child safety lock • 36 Cook Smart™ automatic cooking programs
- Kitchen timer and panel lock setting
- 10 levels of microwaveable power
- Flush and standard installation
- Specially crafted gray glass on stainless steel
- Stainless steel cooking interior

Thermador PODS301W Steam and Convection Oven



Gaggenau BS485612 400 Series Combination Steam
Oven

- Full Surface Grill/Broiler behind ceramic glass
- Invisible LED lights
- Multicore temperature probe with three temperature sensors
- Fixed water connection (plumbed only)
- Self-Clean Mode
- Automatic Programs allow you to modify or record your own dish
- 33 % increased oven capacity
- Can be customized with up to 50 recipes with a recording function or with use of preset recipes



HOW TO BUY STEAM OVENS

How to choose the right steam oven for your home

Photo credit: Destination Living / Houzz





How to Buy

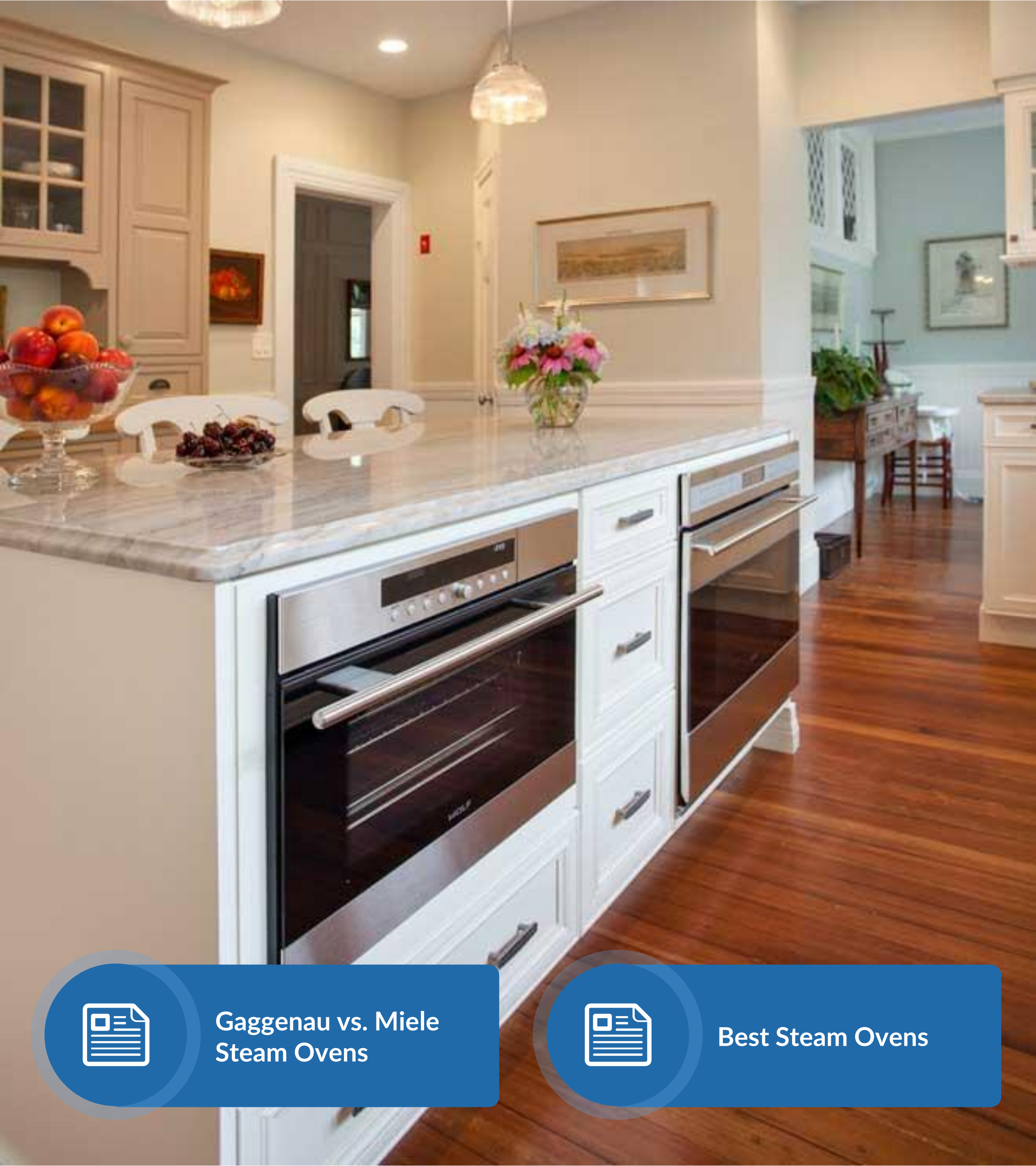


It really depends on your cooking style and lifestyle. There is a full-scale selection of steam ovens offering rudimentary modes to more advanced modes for you to choose from. Choose a steam oven based reliability and what is best for you.

Check out our article below to find out which brands are the most reliable.



**The Most Reliable
Appliance Brands**



How to Buy



Thermador and Wolf are fairly new to this product category, but both have the ability to cook meat with a convection combination just like Miele. They also produce steamed vegetables and grains in a similar manner. With Miele and Gaggenau, you have much more manual control of steam settings, a greater range of temperature and a broil element.

Thermador, Wolf and JennAir models are available in the tank version only. In comparison, Miele, and Gaggenau have the option of a tank or plumbed version.

Lastly, the price and rebate structure of Thermador is often best.



Gaggenau vs. Miele
Steam Ovens

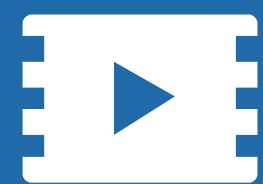


Best Steam Ovens

VIDEO SEMINAR

How to Use a Steam Oven

Chef Saba shares everything you need to know about using a steam oven including the benefits of steam cooking, what you can cook in a steam oven, how to use different modes, and more!

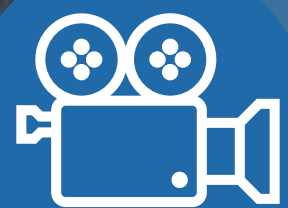


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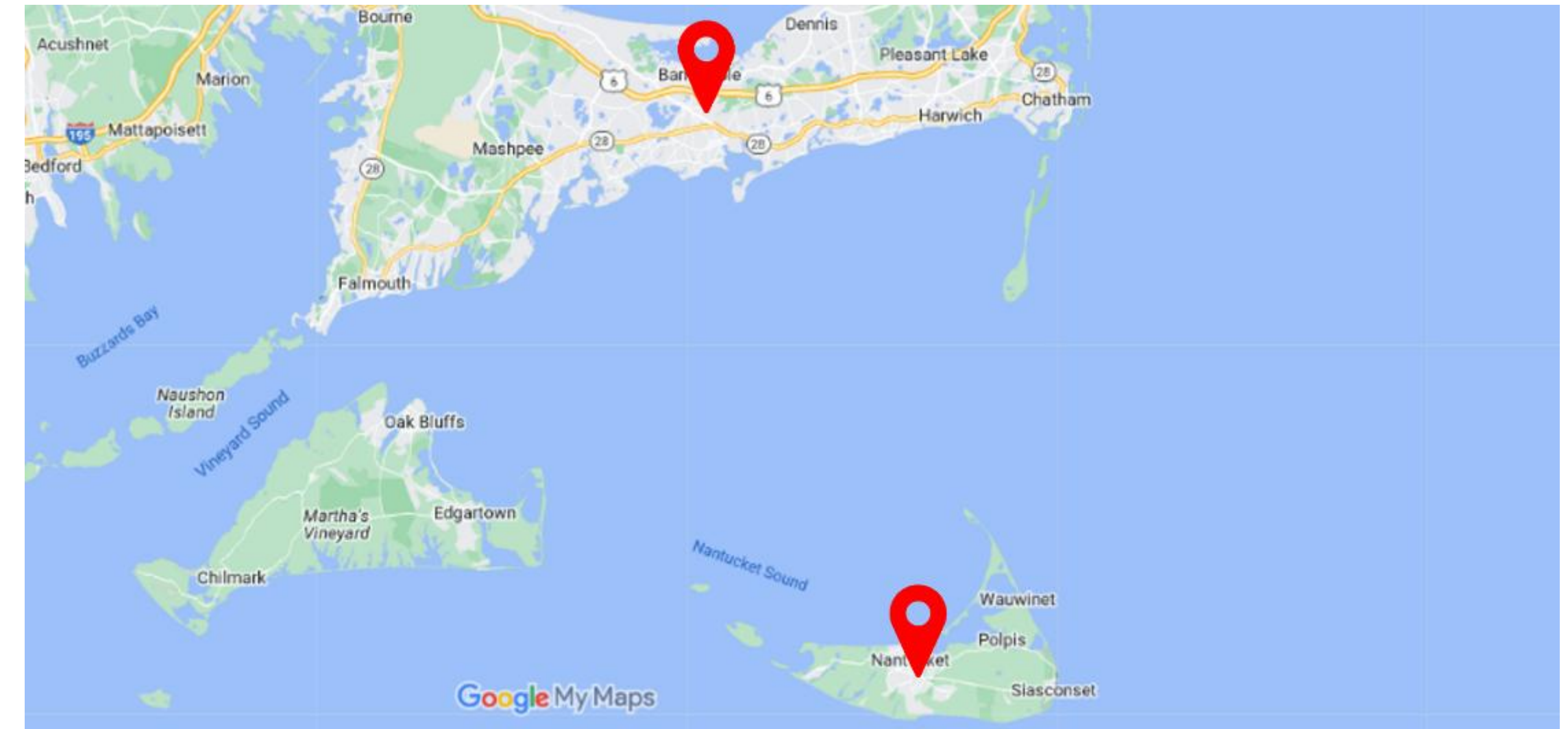
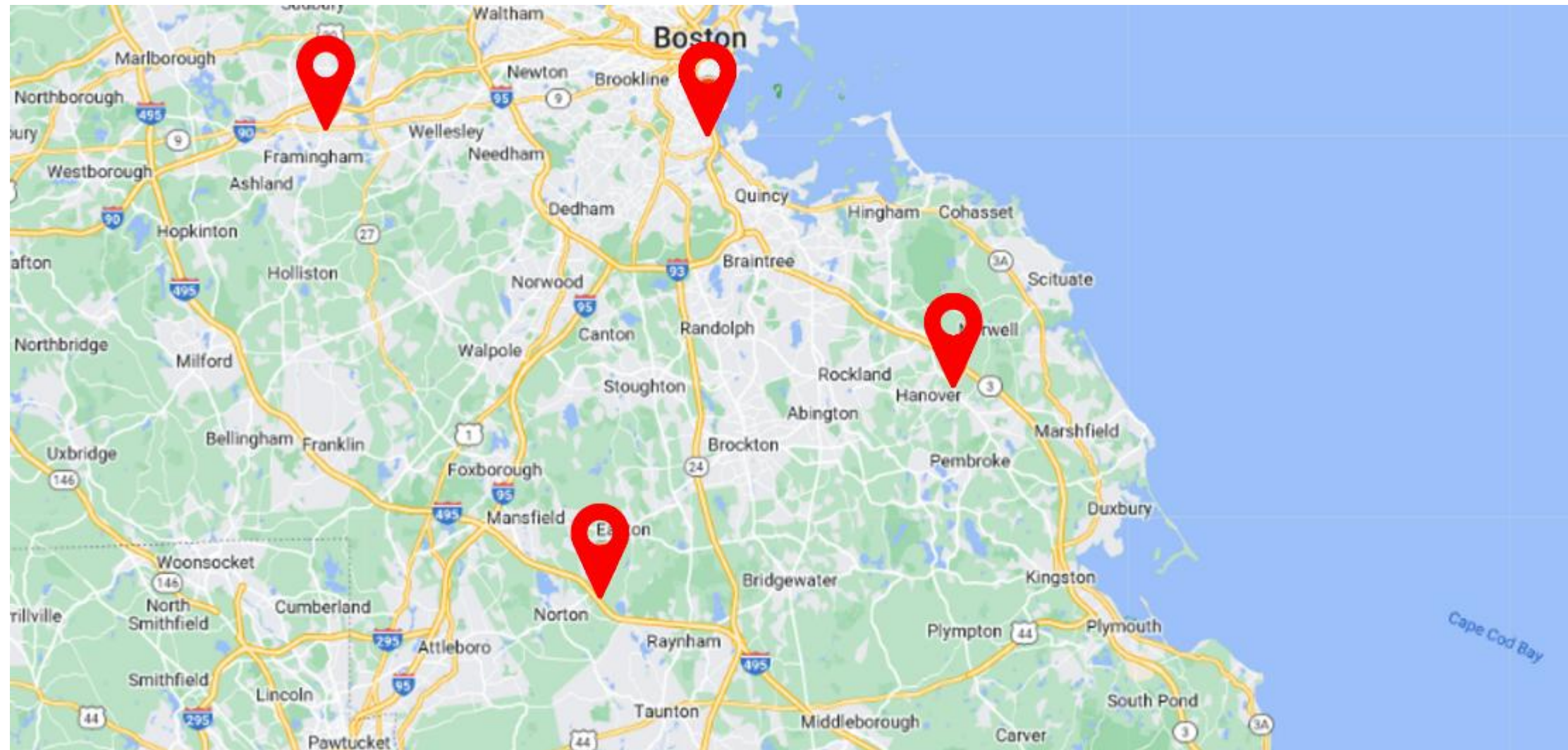
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