



CURIOUS ABOUT LEARNING HOW TO MAXIMIZE YOUR CONVECTION OR CONVECTION STEAM OVEN?

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LARISSA TABORYSKI

ITALIAN SEAFOOD SALAD & POTATO ARTICHOKE SALAD

STEAM MODE

Italian Seafood Salad

Actually this easy to make salad is delicious year round. What I really want you to grasp is that your Combi Steam Oven is ideal for steaming multiple foods at one time and makes prep for salads so much easier. All you have to do is prep the vegetables, steam the seafood, chill them altogether and toss with a nice lemony olive oil dressing, and of course some red chili flakes.

Ingredients:

- 1 - 1lb bag assorted seafood medley, calamari, shrimp & bay scallops (TJ's or Costco)
- 2 - small lobster tails, optional, removed from the shell and cut into ¼" thick slices
- ½ - fennel bulb, thinly sliced
- ½ - red onion, thinly sliced
- ¼ - cup Italian parsley, finely chopped
- 3 - cloves garlic, pressed or minced

Preparation

Heat the Combi Steam Oven in the Steam Mode 212 degrees + High Humidity.

Place the seafood in the solid pan with ½ a cup of water, a splash of white wine and some lemon slices. Steam for 4 minutes then remove from the oven.

Transfer the cooked seafood to a stainless steel bowl set over ice to stop it cooking and quickly cool it down.



Combine with the chopped vegetables and refrigerate for at least 4 hours or overnight. Before serving, toss with some fruity olive oil, freshly squeezed lemon juice and a dash of red chili flakes and freshly ground pepper.

Potato Artichoke Salad

I always say once you have tasted a potato steamed in the steam oven you will never boil a potato again. There are so many great potato varieties available now and cooking them in steam really brings out the flavor. Remember never to add mayonnaise to hot potatoes, they must cool first, to hasten the cooling process you can spread them onto a rimmed baking sheet.

WRITE YOUR NOTES:



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Ingredients:

2lbs - small golden potatoes, cut into quarters or rounds

¼ - red onion, finely chopped

½ - cup artichoke hearts, drained and quartered

1 - cup small tomatoes, halved

2 - handfuls arugula or other greens

Preparation:

Heat the oven in the Steam Mode. Place the potatoes in the perforated pan and slide into the oven.

Set the timer for 20 minutes and check for doneness, before removing. Set aside to cool then combine with the onion, artichoke hearts and tomato. Gently toss with the vinaigrette of your choice then fold in the greens. Season with salt and pepper before serving.