ounin

# THE CERTAINTY RECIPES

Tip, recipes & cooking charts



Cook with Confidence

Everyday Recipes



# COOK WITH CONFIDENCE

Reliable results — from one tray to four.

Meet the OUNIN Certainty Oven.
Steam, airflow, temperature and donenesswork together,
each recipe gives you
a clearer path from preparation to finish.

STEAM · ROAST · AIR FRY · BAKE · PROOF · DEHYDRATE

# RECIPE LIST




## OUNIN SIGNATURE RECIPE

Rosemary Butter Roasted Whole Chicken 02
Maple-Glazed Roasted Salmon 02
No-Knead Artisan Bread 02

## BREAKFAST

Honey Butter French Toast 02
Oeufs en Cocotte (Baked Eggs in Ramekins with Toast) 02

## SIDES & SNACKS

Garlic Parmesan Potato Wedges 02
Roasted Mediterranean Vegetables 02
Honey-Roasted Sweet Potatoes 02

## MAINS

Roast Steak with Asparagusa 02
Homestyle Glazed Meatloaf 02
Steamed Mussels in White Wine & Garlic 02
Lemon-Honey Herb Chicken Wings 02
Bolognese Lasagna 02

## DESSERTS

Chewy Chocolate Chip Cookies 02
Classic Banana Bread 02

# EVERY DISH, DONE RIGHT

OUNIN combines steam, heat, and airflow for
consistently delicious results across every cooking mode

## INTUITIVE TOUCH CONTROLS WITH A MULTIFUNCTION KNOB




### HIGH-TEMP COOKING



**AIR FRY**
140-450°F (60–230°C)
Fast, crispy results with powerful hot air
BEST FOR : French fries / Chicken wings / Chicken nuggets



**BAKE**
140-450°F (60–230°C)
Even heat for consistent rising and browning
Optional steam assist
BEST FOR : Cakes / Cookies / Bread



**ROAST**
140-450°F (60–230°C)
Crispy outside, tender and juicy inside
Optional steam assist
BEST FOR : Whole chicken / Pork tenderloin / Roasted vegetables

### STEAM & MOISTURE



**STEAM**
212-300°F (100–150°C)
Moist, tender cooking that preserves natural flavor
BEST FOR : Salmon fillets / Shrimp / Broccoli



**REHEAT**
212-300°F (100-150°C)
Even reheating without drying out your food
With steam assist
BEST FOR : Prepared meals / Leftovers / Pizza

### LOW-TEMP COOKING



**PROOF**
85-260°F (30–125°C)
Gentle, consistent warmth for reliable dough rising
BEST FOR : Bread dough / Pizza dough / Cinnamon rolls



**DEHYDRATE**
85-260°F (30–125°C)
Gently removes moisture while concentrating flavor
BEST FOR : Fruit slices / Beef jerky / Herbs

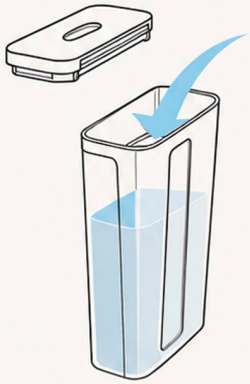
# GET READY TO STEAM

Fill the water tank with room-temperature purified water and install it securely before cooking.



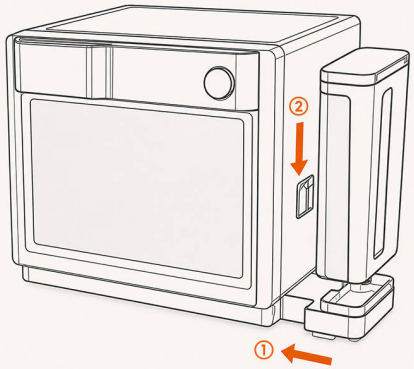
## 1 FILL THE WATER TANK

Open the lid and fill the tank with room-temperature purified water.



## 2 INSTALL WATER TANK AND BASE

① Slide the water tank base into the slot on the right side of the oven.
② Lower water tank onto base until it is securely seated.




## WATER TANK CARE

Use room-temperature purified water only. Avoid well water or other mineral-rich water, as mineral buildup may affect performance and product life.

After cooking, empty any remaining water. Rinse the water tank and leave it open to air-dry.

Empty and clean the drip tray after each use to help prevent odors and buildup.

Do not place the water tank in the dishwasher.

**TIP** A full water tank can provide up to 3 hours of continuous steam, depending on the selected mode and temperature.
Refill as needed for longer cooking sessions.

# COOK WITH CONFIDENCE

Use the OUNIN food probe to monitor the internal temperature of your food in real time. Set the target temperature, and the oven automatically stops cooking when the target is reached—for greater control and more consistent results.



## 1.HOW TO USE THE FOOD PROBE

### 01 Connect the probe



Remove the Cavity Temperature Sensor. Remove the food probe from its storage case.

Plug the probe connector securely into the probe socket inside the oven cavity.

Make sure the connector is fully inserted before cooking.

### 02 Insert the probe



Insert the probe into the thickest part of the food. Make sure theentire probe tip area is centered and fully surrounded by food.

See the following page for detailed probe placement guidance.

### 03 Set, cook & monitor

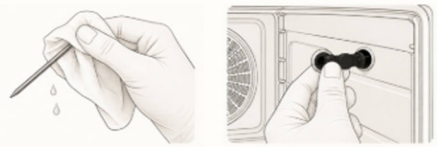



Select Steam, Bake, Roast, or AirFry mode. Set the cavity temperature, then set the desired target internal temperature.

**Press START/STOP to begin cooking.**

Keep the probe connected and inserted throughout cooking. The display shows both the current and target temperatures.

### 04 Cool, clean and store



When the probe detects that the food has reached the set target temperature, the oven automatically stops cooking.

Clean the probe tip thoroughly and dry it completely before returning it to the probe storage case.

This helps prevent steam, moisture and food particles from entering the socket.

**CAUTION**

- Do not expose the probe to an open flame.
- Do not drop bend or force the probr.
- Do not allow the probe tip to press against the cooking tray.pan or oven walls.
- Always store the probe in its storage case when not in use.

Probe temperatures may vary depending on food size, thickness and starting temperature.
For food safety, please refer to recommended safe internal temperatures.

## 2.HOW TO POSITIONTHE FOOD PROBE



Correct probe placement is essential for accurate temperature readings. Make sure the probe tip area is positioned near the center of the thickest part of the food.

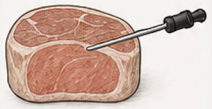
### 1 STEAK & ROAST

**CORRECT**



Tip centered in the thickest part.

**INCORRECT**



Too shallow or off-center.

Steak • Beef roast
Pork loin • Lamb

Insert the probe horizontally into the thickest part. Keep the sensing tip centered and away from bone, fat and gristle.

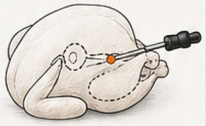
### 2 WHOLE POULTRY

**CORRECT**



Tip centered in the thickest part of the breast.

**INCORRECT**



Touching bone or extending into the cavity.

Whole chicken
• Turkey

Insert horizontally into the thickest breast meat, parallel to the breastbone without touching it.

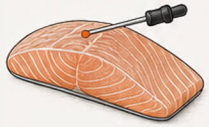
### 3 FISH FILLETS

**CORRECT**



Tip centered in the thickest part.

**INCORRECT**



Too shallow near the surface.

Salmon fillets
• Whole fish

Insert the probe into the thickest part of the fish.

### 4 CAKES & BREADS

**CORRECT**



Tip reaches the center.

**INCORRECT**



Tip touches the baking pan.

Loaf cakes
Quick breads
Bread loaves

Insert the probe so the tip reaches the center of the thickest part of the cake.

### 3 RULES FOR ACCURATE READINGS



FIND THE THICKEST PART



AIM FOR THE CENTER



AVOID BONE, FAT & COOKWARE

**CAUTION** DO NOT ALLOW THE PROBE TIP TO TOUCH COOKWARE, HEATING ELEMENTS, OR OVEN WALLS.

Do not use the probe with foods that are too thin to fully surround the probe tip area.

## 3.PROBE TARGET TEMPERATURE GUIDE

Choose a probe target based on your preferred level of doneness.
The oven automatically stops cooking when the selected target temperature is reached.



BEEF

OVEN TEMP : 325-390°F/160-200°C



PORK

OVEN TEMP : 325-375°F/160-190°C



FISH

OVEN TEMP : 325-390°F/160-200°C



POULTRY

OVEN TEMP : WHOLE 350-375°F/175-190°C PIECES 375-400°F/190-205°C

| DONENESS | PROBE TARGET TEMPERATURE | | | |
|---|---|---|---|---|
| | BEEF | PORK | FISH | POULTRY |
| RARE | 125°F* 52°C | – | – | – |
| MEDIUM RARE | 135°F* 57°C | 145°F 63°C | 125°F* 52°C | – |
| MEDIUM | 145°F 63°C | 150°F 66°C | 135°F* 57°C | – |
| MEDIUM WELL | 150°F 66°C | 155°F 68°C | 140°F* 60°C | – |
| WELL DONE | 160°F 71°C | 160°F 71°C | 145°F 63°C | 165°F 74°C |

*** Below the USDA-recommended safe minimum internal temperature.**
Internal temperature may continue to rise slightly after cooking stops.

### FOOD SAFETY NOTICE

Temperatures marked with an asterisk reflect personal doneness preferences and are below USDA-recommended safe minimum internal temperatures.

**USDA recommends:**

- 145°F / 63°C, with a rest time of at least 3 minutes, for whole cuts of beef, pork and lamb.
- 145°F / 63°C for fish. • 160°F / 71°C for ground meats. • 165°F / 74°C for poultry.

Consuming raw or undercooked meat, poultry or seafood may increase the risk of foodborne illness.

# ROSEMARY BUTTER ROASTED WHOLE CHICKEN



## INSTRUCTIONS

| SERVES | PREP | MARINATE | COOK | REST | MODE | TEMP |
|---|---|---|---|---|---|---|
| 4 | 20min | 30min-8hs | 35-50min | 5min | ROAST<br>Steam Level:1 | Cavity: 355°F / 180°C<br>Probe: 165°F / 74°C |

Difficulty: Medium  Total Time: 1 hr 30 min- 9 hr 15 min  Placement: Lower-Middle Rack

### Ingredients

- 1 whole chicken, 1.2–1.4 kg (2.65–3.1 lb)
- 45g (3 tbsp) unsalted butter, softened
- 6g (about 2 tbsp) fresh rosemary, minced
- 3 garlic cloves, minced
- 2g lemon zest, finely grated
- 11g salt
- 2g ground black pepper

### Equipments

- OUNIN Roast Tray
- OUNIN Wire Rack (pair with roast tray)
- Food Probe
- Cotton Twire
- Foil

## COOKING STEPS

### Step 1: Make Butter Marinade, Prep Chicken



To make the marinade, mix butter, rosemary, garlic, lemon zest, salt and pepper. Do not rinse the thawed chicken; pat dry. Loosen the breast skin, spread two-thirds of the butter marinade beneath it and the rest outside. Tie legs loosely; tuck or foil-cap wing tips. Place the chicken either in a walled baking dish or a large resealable plastic bag, then marinate in the refrigerator for at least 30 minutes and up to 8 hours.

PRECISION POINT: ①Keep the skin dry before marinating. ②Protect chicken wing tips.

### Step 2: Set and Preheat



Keep chicken and probe outside. Select Roast mode, set 355°F (180°C) and steam level 1, then press START/STOP knob. Wait for the automatic preheat prompt. Remember to fill the water tank before starting.

### Step 3: Load and Probe-Roast



Once preheating is complete, remove the cavity temperature sensor from the probe socket and connect the food probe. Place the tray on the lower-middle rack and set the probe target to 165°F (74°C). Press the START/STOP knob. Cook until the target temperature is reached, approximately 35–50 minutes. Cover any areas that brown too quickly with foil.

PRECISION POINT: The temperature should rise gradually during cooking. If the reading rises unusually quickly or fluctuates sharply, check that the probe tip is still centered in the thickest part of the breast and is not touching bone.

### Step 4: Check and Rest



When the probe reaches 165°F (74°C), the oven will stop automatically. Use a food thermometer to verify the temperature in the thickest part of the breast, the innermost part of the thigh and the innermost part of the wing, avoiding bone. Each location must reach 165°F (74°C). If any reading is lower, continue cooking and check again after 5 minutes. Rest the chicken for at least 5 minutes before carving.

# MAPLE-GLAZED ROASTED SALMON



## INSTRUCTIONS

| SERVES | PREP | COOK | REST | MODE | TEMP |
|---|---|---|---|---|---|
| 4 | 12min | 16-22min | 2-3min | ROAST<br>Steam Level:1 | Cavity: 320°F / 160°C<br>Probe: 145°F / 63°C |

Difficulty: Easy  Total Time:30-37min  Placement:Middle (2nd) Rack

### Ingredients

- 4 salmon fillets, about 170g each
- 45g pure maple syrup
- 15g light soy sauce
- 10g Dijon mustard
- 15g lemon juice
- 5g unsalted butter
- 20g leek, thinly sliced
- Ground black pepper/Lemon and dill, optional

### Equipments

- OUNIN Roast Tray
- Baking Paper
- Brush
- Food probe

## COOKING STEPS

### Step 1: Prep Salmon and Glaze



Remove pin bones without rinsing and pat four fillets dry. Mix maple syrup, soy sauce, Dijon and lemon juice to make the glaze. Line the tray; place the fish skin-side down, brush the glaze over all fillets, add the leeks and butter, then insert the probe sideways into the thickest central part.

PRECISION POINT: Keep fillets similar in thickness, and pat dry as possible.

### Step 2: Set and Preheat



Remove Cavity Temperature Sensor and insert Food Probe. Select Roast mode, set probe temperature at 145°F (63°C) and cavity temperature at 320°F (160°C), steam level 1. Press START/STOP knob with the tray outside and wait for the automatic preheat. Remember to fill the water tank before starting.

PRECISION POINT: Double-check the food probe placement.

### Step 3: Load and Probe-Roast



After preheating, insert the OUNIN Roast Tray into the middle (2nd) rack, route the cable safely and press the knob again if prompted. Allow the probe to stop cooking at 145°F(63°C). The roast time should be approximately 16–22 minutes. Open the door to check doneness after 25 minutes.

### Step 4: Rest and Serve



Remove the tray with oven mitts, disconnect the probe and rest for 3 minutes. Serve on clean plates. The centre should be opaque, moist and flaky; discard the glaze or tools that touched raw salmon and never reuse them on cooked fish.

# NO-KNEAD ARTISAN BREAD



## INSTRUCTIONS

| YIELD | PREP | PROOF | MODE | COOL | TEMP |
|---|---|---|---|---|---|
| 1 Loaf | 12min | 2 hr 25 min-<br>2 hr 50 min | ROAST | 60 min | Cavity: 320°F / 160°C<br>Probe: 145°F / 63°C |

Difficulty: Hard  Total Time: 3 hr 20 min- 3 hr 45 min  Placement: Middle (2nd) Rack

### Ingredients

- 400g bread flour
- 290g water, 20–22℃
- 8g salt
- 4g instant yeast

### Equipments

- OUNIN Roast Tray
- OUNIN Wire Rack
- Large Bowl
- Baking Paper

## COOKING STEPS

### Step 1: Mix and Rest



Add the water to a large bowl and stir in the instant yeast until evenly dispersed. Add the bread flour and salt, then mix until no dry flour remains. Cover and rest for 20 minutes. The dough should look rough and feel sticky.

### Step 2: Fold and Proof



With wet hands, stretch each side of the dough and fold it toward the center. Turn the dough seam-side down, cover and rest for 30 minutes. Repeat the stretch-and-fold cycle two more times, resting for 30 minutes after each round. After three rounds, place the covered bowl on the middle rack and proof at 90°F (32℃) until the dough reaches 1.8–2 times its original size, about 30–45 minutes.

### Step 3: Shape, Proof and Preheat



Gently shape the dough into a tight round and place it on parchment paper. Proof at 90°F (32℃) until the dough is nearly ready. Remove the loaf and keep it loosely covered at room temperature. Place the empty OUNIN Roast Tray on the lower-middle rack and preheat the oven in Bake mode at 430°F (220℃). The dough will continue to proof while the oven preheats.Once preheating is complete, score the loaf approximately 1 cm (3/8 inch) deep.

### Step 4: Steam-Bake and Cool



Carefully slide the loaf and parchment paper onto the hot tray. Close the door and activate Steam Boost 2–3 times immediately after loading. Bake at 430°F (220℃) for approximately 35 minutes without additional steam, until the crust is deeply browned and crisp. Transfer the bread to the OUNIN Wire Rack and cool for at least 60 minutes before slicing.

PRECISION POINT: Use Steam Boost only immediately after loading. Continue baking without additional steam so the crust can brown and crisp.

# HONEY BUTTER FRENCH TOAST



## INSTRUCTIONS

| SERVES | PREP | COOK | REST | MODE | TEMP |
|---|---|---|---|---|---|
| 4-6 | 15min | 18min | 5min | BAKE | 355°F / 180°C |

Difficulty: Easy  Total Time:38min  Placement:Middle (2nd) Rack

### Ingredients

- 6 slices white bread, 3 cm thick
- 100g unsalted butter, softened
- 40g turbinado sugar
- 30g honey
- 1g fine salt
- Fresh fruit and extra honey, optional

### Equipments

- OUNIN Roast Tray
- Baking Paper

## COOKING STEPS

### Step 1: Slice and Mix



Trim the crusts from six even 3-cm-thick bread slices without compressing them. Mix softened butter, turbinado sugar, honey and salt into a smooth, spreadable paste, with no loose honey pooling in the bowl.

### Step 2: Coat and Preheat



Spread a thin, even layer over all sides of each slice. Arrange on a baking-paper-lined tray, leaving space between the pieces. Select Bake, set 355°F (180°C) for 18 minutes, press the START/STOP knob and wait for automatic preheating.

PRECISION POINT: Adjust the number of trays based on your bread size and serving needs. The OUNIN steam convection oven ensures consistent baking results across multiple layers.

### Step 3: Bake and Turn



After preheating, place both trays on the middle rack. Bake 10 minutes, until the top begins to caramelize, then turn each slice and cook the remaining 8 minutes without changing the program.

### Step 4: Rest and Serve



Remove when all sides are amber-golden and the edges are crisp without black spots. Rest 5 minutes on the tray or a rack, until the coating stops flowing, then serve with optional fruit and a light honey drizzle.

# OEUFS EN COCOTTE

## (BAKED EGGS IN RAMEKINS WITH TOAST)



## INSTRUCTIONS

| SERVES | PREP | COOK | REST | MODE | TEMP |
|---|---|---|---|---|---|
| 2 | 10min | 12min | 2min | BAKE | 355°F / 180°C |

Difficulty: Easy  Total Time: 24min  Placement: Lower-Middle Rack

### Ingredients

- 2 large pasteurized eggs
- 25 ml heavy cream
- 5g unsalted butter, softened
- 0.5g salt
- 0.2g ground black pepper
- 80g toasted baguette
- Fully cooked sauteed bacon, mushrooms, and spinach (10g each; adjust to liking).

### Equipments

- OUNIN Steam Tray
- 2 Ramekins (200ml or smaller)
- Deep heatproof dish
- Electric Kettle
- Oven mitts

## COOKING STEPS

### Step 1: Prepare the Ramekins and Fillings



Grease the inside of two ramekins evenly with softened butter. Divide the cooked bacon, sautéed mushrooms, and sautéed spinach between the ramekins, using any combination you prefer. Drain any excess moisture from the mushrooms and spinach before adding. Divide the heavy cream, salt and pepper evenly between the ramekins. Crack each egg into a small bowl, then gently slide one egg into each ramekin without breaking the yolk. Keep the contents below the rim.

### Step 2: Preheat and Add Water



Place the OUNIN Wire Rack in the middle rack position. Select Bake mode, set the oven to 355°F (180°C), and start preheating. Arrange the ramekins in a deep heatproof dish. Once preheating is complete, place the dish on the partially extended oven rack. Carefully pour just-boiled water into the dish until it reaches halfway up the sides of the ramekins. Do not allow water to enter the ramekins.

### Step 3: Bake to Set



Bake 12 minutes. The egg whites should be opaque and set at the edges, the centre barely wobbling, and the yolks fluid.

PRECISION POINT: Remove the ramekins from the water bath immediately after baking to prevent carryover cooking.

### Step 4: Remove, Rest and Serve



Open the oven carefully and keep your hands away from escaping steam. Using oven mitts and silicone-tipped tongs, carefully lift the ramekins out of the hot water bath. Place them on a heatproof mat and rest for 2 minutes. Serve each ramekin with 40 g of toast. Allow the water bath to cool before moving or emptying it.

# GARLIC PARMESAN POTATO WEDGES



## INSTRUCTIONS

| SERVES | PREP | COOK | REST | MODE | TEMP |
|---|---|---|---|---|---|
| 3-4 | 20min | 30min | 2min | ROAST→AIRFRY | 355°F / 180°C → 390°F / 200°C |

Difficulty: Easy  Total Time:52min  Placement:Middle (2nd) Rack

### Ingredients

- 650g potatoes
- 1 garlic bulb
- 30ml olive oil
- 4g salt
- 3g garlic powder
- 2g sweet paprika(optional)
- 1g ground black pepper
- 60g mayonnaise
- 35g Parmesan, finely grated
- 5g parsley, chopped (optional)

### Equipments

- OUNIN Roast Tray
- 1 Large bowl
- 1 Small bowl
- Foil

## COOKING STEPS

### Step 1: Cut, Season and Tray



Cut each potato into eight 2–2.5 cm wedges, rinse and dry completely. Toss with 25 ml oil, 3 g salt, garlic powder, paprika and 0.5g pepper. Oil and season the trimmed garlic bulb, wrap in foil, then tray everything in one layer.

PRECISION POINT: Dry the potato wedges completely, keep one layer.

### Step 2: Roast Until Set



Select Roast, set 355°F (180°C) for 20 minutes and press the START/STOP knob. After automatic preheating, place the tray on the middle rack. Cook until the wedges are set and lightly golden at the edges.

### Step 3: Turn, Crisp and Sauce



Turn the wedges. Select Air Fry, set 390°F (200°C) for 10 minutes and return the tray to the same rack. Cool the garlic packet 3 minutes, mash the cloves, then mix with mayonnaise, parsley, 15 g Parmesan and remaining seasoning.

### Step 4: Coat and Rest



Toss hot wedges with the remaining 20g Parmesan and only 20g roasted-garlic sauce, leaving no sauce pooling in the bowl. Rest for 2 minutes and serve with the remaining sauce. Edges should stay crisp and centres stay fluffy.

# ROASTED MEDITERRANEAN VEGETABLES



## INSTRUCTIONS

| SERVES | PREP | COOK | REST | MODE | TEMP |
|---|---|---|---|---|---|
| 4 | 15min | 15-20min | 2min | ROAST | 355°F / 180°C |

Difficulty: Easy  Total Time: 32 - 37min  Placement: Middle (2nd) Rack

### Ingredients

- 180g broccoli
- 180g zucchini
- 180g bell peppers
- 100g red onion
- 100g cherry tomatoes Note: Choose your favourite vegetables!
- 25ml olive oil
- 1.5g dried oregano
- 4g salt, 1g black pepper, 2g garlic powder
- 10ml lemon juice

### Equipments

- OUNIN Roast Tray
- 1 Large bowl

## COOKING STEPS

### Step 1: Wash and Cut



Wash and thoroughly dry all vegetables. Cut the broccoli into 3 cm (5/4 in) florets, the zucchini into 2 cm (3/4 in) half-moons, the bell peppers into 3 cm (5/4 in) pieces, and the red onion into 2 cm (3/4 in) wedges. Keep the cherry tomatoes whole.

**PRECISION POINT:**
Dry the vegetables thoroughly and spread them in a single layer. Overcrowding can trap moisture, causing the vegetables to steam instead of brown.

### Step 2: Season and Preheat



Select Roast, set 356°F (180°C) for 15-20 minutes and press START/STOP knob. While preheating, toss broccoli, zucchini, peppers and onion with oil, garlic powder, oregano, salt and pepper until lightly coated; keep tomatoes separate.

### Step 3: Load, Turn and Finish



Spread vegetables in one layer. After preheating, place the tray on the middle rack. Roast 10 minutes, turn with a wide spatula, add tomatoes, then return to the same rack for the remaining 10 minutes.

### Step 4: Season and Rest



Remove when broccoli edges turn brown, onion is tender and zucchini still holds its shape. Drizzle with lemon juice, toss once and rest for 2 minutes. The tray should not contain a large pool of water.



# HONEY-ROASTED SWEET POTATOES

## INSTRUCTIONS

| SERVES | PREP | COOK | REST | MODE | TEMP |
|---|---|---|---|---|---|
| 2-3 | 10min | 35min | 3min | BAKE | 355°F / 180°C |

Difficulty: Easy  Total Time: 48min  Placement: Middle (2nd) Rack

### Ingredients

- 500g sweet potatoes
- 20g olive oil
- 2g salt
- 2g ground black pepper
- 2g smoked paprika
- 1g ground cinnamon
- 20g honey
- Parsley, chopped (optional)

### Equipments

- OUNIN Roast Tray
- Baking paper
- 1 Small bowl
- Brush

## COOKING STEPS

### Step 1: Prep and Season



Scrub, dry and halve the sweet potatoes lengthwise. Score shallow lines across each cut face. Mix oil, salt, pepper, paprika and cinnamon, then brush the mixture over the cuts. Arrange cut-side up in one layer on the lined tray; keep honey separate.

### Step 2: Set and Bake



Select Bake, set 355°F (180°C) for 35 minutes and press Start/Stop knob. Keep the tray outside during automatic preheating. After preheating, place it on the middle rack and start.

### Step 3: Brush the Honey



With 5 minutes remaining, pull the tray out only far enough to work safely. Brush 20 g honey thinly over the cut faces, return the tray to the same rack within about 60 seconds, and finish without resetting the program.

### Step 4: Check and Rest



Remove the tray. A thin knife should enter the thickest centre with little resistance. Rest 3 minutes, then add parsley (optional). Cut faces should be amber and glossy without black spots; skins should remain intact.

# ROAST STEAK WITH ASPARAGUS



## INSTRUCTIONS

| SERVES | PREP | TEMPER & COOK | REST | MODE | TEMP |
|---|---|---|---|---|---|
| 2 | 10 min | 45 min - 1 hr 5 min | 8-10 min | AIR FRY | 1: 355°F / 180°C<br>2: 450°F / 230°C |

Difficulty: Medium  Total Time: 1 hr 10 min - 1 hr 30 min  Placement: Middle (2nd) Rack

### Ingredients

- 1 boneless steak, 300–450 g, 3.5–4 cm thick
- 150 g asparagus, or vegetables of choice
- 3–4 g coarse sea salt
- Ground black pepper, to taste
- 10g high-smoke-point neutral oil, optional
- 3g fresh thyme or rosemary
- 3 garlic cloves

### Equipments

- OUNIN Roast Tray
- OUNIN Wire Rack
- Food probe

## COOKING STEPS

### Step 1: Thaw, Temper and Season



If frozen, thaw the steak completely in the refrigerator before starting. Let the refrigerated steak stand at room temperature for 20–30 minutes. Keep the outer fat cap intact, but make a few shallow cuts through the side membrane to help prevent curling. Pat the steak thoroughly dry, then season evenly with salt, black pepper and optional oil. Rest for 5 minutes.

### Step 2: Low-Temp Probe Cook



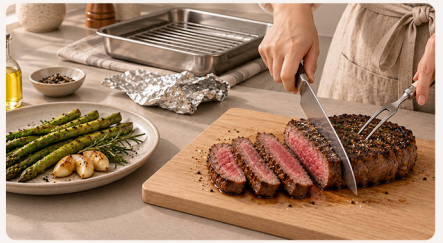
Place the wire rack over the roast tray. Keep the steak and probe outside the oven. Select Air Fry and preheat to 230°F (110°C). After preheating, remove the Cavity Temperature Sensor and connect the Food Probe. Insert the probe tip sideways into the thickest center of the steak, away from the fat. Place the steak and garlic on the rack. Set the probe target to 117°F (47°C) and cook until the oven automatically stops, approximately 20–25 minutes.

### Step 3: Dry and High-Heat Sear



Remove the steak and place it on a heatproof surface, leaving the probe inserted. Pat the surface dry and rest for 5 minutes. Disconnect the Food Probe connector, reconnect the Cavity Temperature Sensor and preheat Air Fry to 450°F (230°C). After preheating, reconnect the Food Probe and return the steak with the herbs, garlic and asparagus. Set the probe target to 135°F (57°C) and cook until the oven automatically stops and the surface is well browned.

### Step 4: Rest, Slice and Serve



Remove the steak and asparagus from the oven. Loosely tent the steak with foil and rest for 8–10 minutes. Remove the probe, then slice the steak against the grain and serve with the roasted asparagus, garlic and herbs.

**PRECISION POINT:** Resting is key to a perfect steak. It ensures even doneness and locks in the juices.

# HOMESTYLE GLAZED MEATLOAF



## INSTRUCTIONS

| SERVES | PREP | COOK | REST | MODE | TEMP |
|---|---|---|---|---|---|
| 4 | 20min | 40-50min | 10min | BAKE | Cavity: 320°F / 160°C<br>Probe: 160°F / 71°C |

Difficulty: Medium  Total Time: 1hr15min-1hr30min  Placement: Middle (2nd) Rack

### Ingredients

- 500g ground beef
- 75g onion, chopped
- 1 garlic clove, minced
- 60g panko breadcrumbs / Panko
- 80ml whole milk
- 1 egg; 5g salt
- 1g black pepper
- 30g yellow mustard
- 25g brown sugar
- 45g ketchup

### Equipments

- OUNIN Roast Tray
- Baking paper
- Food probe
- 2 Bowls
- 2 Brushes

## COOKING STEPS

### Step 1: Make and Mix



Whisk the egg and milk, stir in panko and rest for 5 minutes. Add onion, garlic, salt and pepper, then fold in the ground beef for 1-2 minutes only, until cohesive but not compacted or releasing liquid.

### Step 2: Shape and Glaze



Shape on the lined OUNIN Roast Tray into a 20 × 10 × 5.5 cm loaf. Mix ketchup, brown sugar and mustard; divide into two clean portions. Brush the first over the top and sides, keeping the second untouched by raw-meat tools.

### Step 3: Preheat, Probe and Glaze



With the food probe disconnected (the Cavity Temperature Sensor remains connected), select Bake mode, set 320°F (160°C) for 40-50 minutes and preheat. After preheating, load the loaf onto the middle (2nd) rack, insert the food probe from a short end into the thickest central part (remove the Cavity Temperature Sensor first), set the probe target to 160°F (71 °C) and cancel repeated preheat. At 140°F ( 60°C), brush the reserved glaze with a clean brush.

### Step 4: Verify, Rest and Slice



When the oven stops, confirm the thickest centre is at least 160°F (71°C). Remove the tray, rest 10 minutes, then carefully remove the hot probe and slice. The glaze should be set and caramelized without black edges.

# STEAMED MUSSELS IN WHITE WINE & GARLIC



## INSTRUCTIONS

| SERVES | PREP | COOK | REST | MODE | TEMP |
|---|---|---|---|---|---|
| 2-4 | 15min | 15min | None | ROAST<br>Steam Level:1 | 450°F / 230°C |

Difficulty: Easy  Total Time: 25min  Placement: Middle (2nd)Rack

### Ingredients

- 1kg mussels
- 50g onion, chopped
- 10g garlic, minced
- 100g unsalted butter
- 200ml dry white wine
- 2g black pepper
- 10g parsley, chopped
- 15ml lemon juice
- Salt, if needed

### Equipments

- 4L Dutch Oven
- 1 Large Bowl
- Colander
- Long tongs

## COOKING STEPS

### Step 1: Inspect and Clean



Discard cracked mussels and any open shells that do not close when tapped. Scrub the mussels, remove the beards, rinse briefly under cold running water and drain well; do not soak in fresh water.

### Step 2: Load the Pot



Put onion, garlic, butter and wine in a room-temperature 4L Dutch oven. Add drained mussels and fit the lid securely, keeping parsley, pepper and lemon for finishing. Mussels must sit below the rim.

### Step 3: Preheat and Cook



Fill the water tank. Select Roast, set 450°F (230°C) for 15 minutes, keep steam level 1 and press START/STOP knob. Preheat the oven only. After preheating, place the covered pot on the middle rack and cook 15 minutes without opening.

### Step 4: Check and Serve



Move the pot to a heatproof surface and open the lid away from your face. Discard every mussel that remains closed. Stir in pepper, parsley and lemon juice; taste before salting. Serve the opened mussels and hot broth immediately.

PRECISION POINT: Discard any mussels that remain closed after cooking, as they may not be fresh.

# LEMON-HONEY HERB CHICKEN WINGS



## INSTRUCTIONS

| SERVES | PREP | COOK | REST | MODE | TEMP |
|---|---|---|---|---|---|
| 2-3 | 30min | 20min | 3min | AIR FRY | 355°F / 180°C |

Difficulty: Medium  Total Time: 53min  Placement: Middle (2nd) Rack

### Ingredients

- 500g chicken wings
- 5g fine salt
- 3g black pepper
- 1 lemon
- 20g honey
- 5g dried mixed herbs
- 5g light soy sauce
- 10g olive oil

### Equipments

- OUNIN Roast Tray
- OUNIN Wire Rack (put on roast tray)

## COOKING STEPS

### Step 1: Dry and Marinate



Pat thawed wings dry and pierce the thick skin 2–3 times. Mix salt, pepper, measured lemon juice and zest, honey, herbs, soy sauce and oil. Coat wings, cover and refrigerate 20 minutes; drain and discard marinade that touched raw chicken.

### Step 2: Preheat the Basket



Place the OUNIN Roast Tray and Wire Rack on the middle rack and drip tray on the middle (2nd) rack. Select Air Fry, set 355°F (180°C) for 15 minutes and press START/STOP knob for preheat.

### Step 3: Air-Fry and Turn



After preheating, arrange the wings in one layer with space between them. Reset Air-Fry mode to 356°F (180°C) for 15 minutes. Turn each wing at the 10-minute mark, close the door within 60 seconds and complete the remaining cook time.

### Step 4: Check and Rest



Rest 3 minutes before serving.

# BOLOGNESE LASAGNA



## INSTRUCTIONS

| SERVES | PREP | COOK | REST | MODE | TEMP |
|---|---|---|---|---|---|
| 6-8 | 50min | 40min | 15min | BAKE | 355°F→375°F<br>180°C→190°C |

Difficulty: Hard  Total Time: 1hr45min  Placement: Middle (2nd)Rack

### Ingredients

- 250g ground beef; 250 g ground pork
- 150g onion; 3 garlic cloves
- 15ml olive oil
- 30g tomato paste; 1.2 kg tomatoes
- 2 bay leaves; 1 rosemary sprig; 10 g parsley
- 9–12 lasagna sheets
- 50g butte
- 50g all-purpose flour
- Nutmeg (optional)
- 640ml milk
- 250g mozzarella;
- 50 g Parmesan
- Salt & pepper

### Equipment

- Deep baking pan (Suggeest 26*24*5.5cm)
- OUNIN Roast Tray
- Stovetop and pots (Bolognese cooking)
- Foil tongs

## COOKING STEPS

### Step 1: Cook the Bolognese



Use the stovetop and pots. Brown beef and pork in oil over medium-high heat. Add the onions, garlic and tomato paste. Stir in the canned whole tomatoes, bay leaves and rosemary; crush the whole tomatoes. Simmer uncovered for 20-30 minutes until thick but spreadable. Remove the herbs, then season and add parsley.

PRECISION POINT: You may get store-bought Bolognese and skip this step for convenience

### Step 2: Béchamel Sauce and Pasta



Cook standard lasagna sheets to al dente or use no-boil lasagna directly. Melt butter, stir in flour for 1 minute, then whisk in milk gradually. Cook until smooth and coating the spoon but still spreadable; season, then grate both cheeses.

### Step 3: Assemble and Cover



Layer a thin Bolognese base, then repeat 2–3 times: pasta, béchamel, mozzarella, Bolognese and Parmesan. Cover every corner. Finish with pasta, Bolognese, thin béchamel and both cheeses. Tent foil above the cheese and crimp the edges securely.

### Step 4: Bake, Brown and Rest



Bake covered at 355°F (180°C) for 30 minutes after automatic preheating on the second rack from the bottom. Remove foil, set Bake to 375°F (190°C) for 10 minutes, preheat again and return uncovered to the same rack. Rest 15 minutes before slicing.



# CHEWY CHOCOLATE CHIP COOKIES

## INSTRUCTIONS

| SERVES | PREP | COOK | REST | MODE | TEMP |
|---|---|---|---|---|---|
| 6 cookies | 40min | 20min | 15min | BAKE | 355°F / 180°C |

Difficulty: Medium  Total Time: 1hr15min  Placement: Middle (2nd or3rd) Rack

### Ingredients

- 100g unsalted butter, softened
- 40g brown sugar
- 30g granulated sugar
- 2g salt
- 55g beaten egg
- 170g cake flour
- 2g baking soda
- 2g baking powder
- 100g toasted nuts, chopped
- 160g dark chocolate, chopped

### Equipments

- OUNIN Roast Tray
- OUNIN Wire Rack (for cooling)
- Baking Paper
- Mixer
- Bowl
- Scale
- Baking paper

## COOKING STEPS

### Step 1: Soften and Cream



Soften the butter until dentable but matte. Beat the butter with both sugars and salt for 2-3 minutes, until paler, fluffy and free of oily streaks; scrape the bowl once. Line the tray and weigh all ingredients.

### Step 2: Mix, Portion and Chill



Beat in the egg in two additions. Sift in the flour, baking soda and baking powder; fold just until no dry flour remains. Fold in the chocolate and nuts, divide into six 110-g tall mounds, space them 5cm apart and chill for 20 minutes.

PRECISION POINT: You can scale up the ingredient quantities based on the number of servings needed, as the oven supports four-level simultaneous baking.Any leftover chocolate dough can be refrigerated for later use.

### Step 3: Set and Bake



Select Bake, set 355°F (180°C) for 20 minutes and press the START/STOP knob. After automatic preheating, place the tray on the middle rack (2nd or 3rd). Do not open or rotate during baking; edges should set while centres remain slightly soft.

### Step 4: Rest and Cool



Remove the tray and rest the cookies on it for 15 minutes. When the edges are stable and a wide turner lifts each cookie without folding, transfer to the OUNIN wire rack for further cooling. Serve with lightly crisp edges and chewy centres.

ounin
DESSERTS

# CLASSIC BANANA BREAD



## INSTRUCTIONS

| SERVES | PREP | COOK | REST | MODE | TEMP |
|---|---|---|---|---|---|
| 8–10 slices | 15min | 45min | 30min | BAKE | 355°F / 180°C |

Difficulty: Medium  Total Time: 1hr30min  Placement: Middle Rack

### Ingredients

- 200g ripe banana, mashed
- 60g unsalted butter, melted
- 2 eggs
- 10g brown sugar
- 50g golden suga
- 1g salt
- 160g all-purpose flour
- 6g baking powder

### Equipments

- OUNIN Roast Tray
- OUNIN Wire Rack (for cooling)
- Baking paper
- Loaf pan (or any deep baking tray)
- 2 Bowls

## COOKING STEPS

### Step 1: Prepare and Mix Wet



Line the loaf pan with baking paper. Mash 200 g banana until no firm pieces remain. In another bowl, whisk the eggs, both sugars and salt until smooth; whisk in the slightly cooled melted butter, then the banana, until uniform.

### Step 2: Fold and Fill



Mix flour and baking powder. Fold into the wet mixture in two batches only until no dry flour remains. Scrape into the lined pan, level the top and tap once or twice; batter must stay below about three-quarters of the pan height.

### Step 3: Set and Bake



Select Bake, set 355°F (180°C) for 45 minutes and press START/STOP knob. After automatic preheating, place the loaf pan on the middle (2nd) rack, close the door and complete the countdown.

### Step 4: Check and Cool



The top should be golden and naturally cracked. A central skewer should show no wet batter; moist crumbs are acceptable. Rest in the pan for 10 minutes, then lift it out using the parchment and cool on a rack for at least 20 minutes before slicing.

**PRECISION POINT**: Proper cooling is a crucial step for desserts to achieve the right texture.

# AIR FRY GUIDE

Use the OUNIN Wire Rack on the OUNIN Baking Tray. Arrange food evenly in a single layer on each tray. No turning food or changing tray positions is required, including when cooking on four trays. For best results, preheat to the set temperature before cooking.

| FOOD | AMOUNT PER TRAY | PREPARATION | OIL | TRAY / CONTAINER |
|---|---|---|---|---|
| **FROZEN FOODS** | | | | |
| **French fries** | 500 g | Cook from frozen | None | OUNIN Wire Rack on Baking Tray |
| **Chicken nuggets** | 400 g | Cook from frozen | None | OUNIN Wire Rack on Baking Tray |
| **Fish fingers** | 400 g | Cook from frozen | None | OUNIN Wire Rack on Baking Tray |
| **Mozzarella sticks** | 300 g | Cook from frozen | None | OUNIN Wire Rack on Baking Tray |
| **Hash browns** | 400 g | Cook from frozen | None | OUNIN Wire Rack on Baking Tray |
| **POULTRY AND FISH** | | | | |
| **Chicken wings** | 600 g | Pat dry | None | OUNIN Wire Rack on Baking Tray |
| **Chicken drumsticks** | 6 × 120–150 g | Pat dry | 5ml | OUNIN Wire Rack on Baking Tray |
| **Chicken thighs** | 4 × 180–200 g | Pat dry | None | OUNIN Wire Rack on Baking Tray |
| **Salmon fillets** | 2 × 170 g | Pat dry; place skin side down | 5ml | OUNIN Wire Rack on Baking Tray |

Cooking times are based on OUNIN testing under the listed conditions and are intended as a guide. Results may vary by food brand, size, quantity, and starting temperature.



OUNIN / COOKING QUICK GUIDE (AIR FRY)

# TIME & TEMP. QUICK CHECK

Read across each row from the food at the far left. Temperatures are shown in °F / °C; times are in minutes.

| TEMP | 1 TRAY | 2 TRAYS | 4 TRAYS | CHECK FOR |
|---|---|---|---|---|
| **390°F** 200°C | **16–22** min | **22–30** min | **30–40** min | Deep golden; crisp edges and center |
| **390°F** 200°C | **12–16** min | **16–21** min | **22–28** min | Coating crisp; center piping hot |
| **390°F** 200°C | **10–14** min | **14–18** min | **19–25** min | Crumb golden and crisp; fish opaque |
| **375°F** 190°C | **8–10** min | **10–13** min | **13–17** min | Golden; remove before cheese leaks |
| **375°F** 190°C | **14–18** min | **18–24** min | **24–32** min | Both sides evenly crisp and brown |
| **390°F** 200°C | **18–20** min | **20–23** min | **25–28** min | Skin crisp; thickest center ≥165°F / 74°C |
| **375°F** 190°C | **28–36** min | **36–46** min | **46–58** min | Skin deeply browned; center ≥165°F / 74°C |
| **375°F** 190°C | **20–25** min | **25–28** min | **30–32** min | Skin deeply browned; center ≥165°F / 74°C |
| **390°F** 200°C | **10–15** min | **13–18** min | **17–23** min | Surface browned; moist flakes; center at target |

**CAUTION**

Times are guides. Tray position, food size and starting temperature may change cooking time.

# AIR FRY AND BAKE GUIDE

Use the programme named in each section. For rack cooking, place the OUNIN Wire Rack on the OUNIN Baking Tray. No turning food or changing tray positions is required, including when cooking on four trays. For best results, preheat to the set temperature before cooking.

| FOOD | AMOUNT PER TRAY | PREPARATION | OIL | TRAY / CONTAINER |
|---|---|---|---|---|
| **AIR FRY – VEGETABLES AND MEAT** | | | | |
| **Potato wedges** | 500 g | Cut to 2 cm; soak 30 min; dry | 15ml | OUNIN Wire Rack on Baking Tray |
| **Fresh sausages** | 6 × 70–80 g | Space apart | None | OUNIN Wire Rack on Baking Tray |
| **Mixed roast vegetables** | 500 g | Cut into uniform 3 cm pieces | 15ml | OUNIN Baking Tray |
| **BAKE - BAKED FOODS** | | | | |
| **Frozen pizza** | 25 cm / 9 inch | Remove packaging; cook from frozen | None | OUNIN Wire Rack |
| **Mini pizzas** | 2 × 15 cm | Chilled | None | OUNIN Baking Tray |
| **Toast** | 4–6 slices | Arrange in a single layer | None | OUNIN Wire Rack |
| **Chocolate-chip cookies** | 6 × 35 g | Use chilled dough | None | OUNIN Baking Tray + parchment |
| **Dinner rolls** | 6 × 55 g | Use proofed dough | None | OUNIN Baking Tray + parchment |
| **Muffins** | 6 × 60 g | Divide batter into cups | None | Muffin tin on OUNIN Baking Tray |

Cooking times are based on OUNIN testing under the listed conditions and are intended as a guide. Results may vary by food brand, size, quantity, and starting temperature.



OUNIN / COOKING QUICK GUIDE (AIR FRY AND BAKE GUIDE)

# TIME & TEMP. QUICK CHECK

Read across each row from the food at the far left. Temperatures are shown in °F / °C; times are in minutes.

| TEMP | 1 TRAY | 2 TRAYS | 4 TRAYS | CHECK FOR |
|---|---|---|---|---|
| **390°F** 200°C | **22–30** min | **28–36** min | **36–48** min | Deep golden; crisp outside; fluffy center |
| **390°F** 200°C | **10–14** min | **14–18** min | **18–24** min | Evenly browned; center ≥160°F / 71°C |
| **390°F** 200°C | **15–18** min | **20–25** min | **25–30** min | Browned edges; tender center; no pooling |
| **390°F** 200°C | **10–15** min | **13–18** min | **17–23** min | Cheese bubbling; base crisp and heated through |
| **390°F** 200°C | **10–14** min | **13–18** min | **17–23** min | Base browned and rigid; cheese bubbling |
| **355°F** 180°C | **4–7** min | **6–9** min | **8–12** min | Evenly golden and crisp |
| **355°F** 180°C | **18–20** min | **22–25** min | **28–30** min | Edges set and golden; centers still soft |
| **375°F** 190°C | **15–20** min | **18–24** min | **22–28** min | Even golden dome; base dry; sounds hollow |
| **355°F** 180°C | **18–24** min | **22–28** min | **26–34** min | Domed; springs back; skewer clean |

**CAUTION**

Times are guides. Check colour, texture and center temperature before ending the programme.

# STEAM GUIDE

STEAM 212°F / 100°C . Steam 3 . For best results, preheat to the set temperature before cooking.

| FOOD | AMOUNT PER TRAY | PREPARATION | OIL | TRAY/CONTAINER |
|---|---|---|---|---|
| **GREEN VEGETABLES** | | | | |
| **Broccoli** | 400 g | Cut into 4–5 cm florets | None | OUNIN Steam Tray |
| **Asparagus** | 350 g | Trim woody ends | None | OUNIN Steam Tray |
| **Green beans** | 350 g | Trim ends | None | OUNIN Steam Tray |
| **DENSE VEGETABLES** | | | | |
| **Carrots** | 400 g | Peel; cut into 1 cm rounds | None | OUNIN Steam Tray |
| **Cauliflower** | 450 g | Cut into 4–5 cm florets | None | OUNIN Steam Tray |
| **Brussels sprouts** | 450 g | Trim; halve | None | OUNIN Steam Tray |
| **Corn on the cob** | 2 ears | Husk; halve if needed | None | OUNIN Steam Tray |
| **Baby potatoes** | 500 g | Scrub; use 3–4 cm potatoes | None | OUNIN Steam Tray |

Cooking times are based on OUNIN testing under the listed conditions and are intended as a guide. Results may vary by food brand, size, quantity, and starting temperature.



OUNIN / COOKING QUICK GUIDE (STEAM GUIDE)

# TIME & TEMP. QUICK CHECK

Read across each row from the food at the far left. Temperatures are shown in °F / °C; times are in minutes.

| TEMP | 1 TRAY | 2 TRAY | 4 TRAY | CHECK FOR |
|---|---|---|---|---|
| **212°F** 100°C | **6–8** min | **8–10** min | **10–13** min | Bright green; stem just tender |
| **212°F** 100°C | **5–7** min | **7–9** min | **9–12** min | Tender-crisp; tips intact |
| **212°F** 100°C | **8–10** min | **10–12** min | **12–15** min | Tender with a light bite |
| **212°F** 100°C | **12–15** min | **15–18** min | **18–23** min | Knife enters with slight resistance |
| **212°F** 100°C | **8–10** min | **10–13** min | **13–16** min | Opaque; just tender, not soft |
| **212°F** 100°C | **10–14** min | **13–17** min | **16–21** min | Center tender; outer leaves green |
| **212°F** 100°C | **12–16** min | **15–19** min | **18–23** min | Kernels plump; cob hot through |
| **212°F** 100°C | **25–35** min | **30–40** min | **36–48** min | Knife slides into center cleanly |

**CAUTION**

Times are guides. Check tenderness before ending the programme.

# STEAM GUIDE

STEAM 210°F / 100°C . Steam Level 3 . For best results, preheat to the set temperature before cooking.

| FOOD | AMOUNT PER TRAY | PREPARATION | OIL | TRAY / CONTAINER |
|---|---|---|---|---|
| **FISH AND SHELLFISH** | | | | |
| **Salmon fillets** | 2 × 150 g | Use 2.5 cm thick fillets | None | OUNIN Steam Tray + perforated parchment |
| **White fish fillets** | 2 × 150 g | Use 2–3 cm fillets; pat dry | None | OUNIN Steam Tray + perforated parchment |
| **Raw shrimp** | 300 g | Peel; devein | None | OUNIN Steam Tray |
| **Mussels** | 500 g | Scrub; debeard | None | OUNIN Baking Tray |
| **POULTRY EGGS AND DUMPLINGS** | | | | |
| **Chicken breasts** | 2 × 180 g | Use even 2.5–3 cm pieces | None | OUNIN Steam Tray |
| **Eggs in shell** | 6 large eggs | Use chilled eggs | None | OUNIN Steam Tray |
| **Frozen dumplings** | 12 × 25 g | Space apart | None | OUNIN Steam Tray + perforated parchment |

Cooking times are based on OUNIN testing under the listed conditions and are intended as a guide. Results may vary by food brand, size, quantity, and starting temperature.



OUNIN / COOKING QUICK GUIDE (STEAM GUIDE)

# TIME & TEMP. QUICK CHECK

Read across each row from the food at the far left. Temperatures are shown in °F / °C; times are in minutes.

| TEMP | 1 TRAY | 2 TRAYS | 4 TRAYS | CHECK FOR |
|---|---|---|---|---|
| **210°F** 100°C | **8–12** min | **10–14** min | **12–17** min | Moist flakes; center reaches target |
| **210°F** 100°C | **8–10** min | **10–13** min | **12–16** min | Opaque and moist; flakes cleanly |
| **210°F** 100°C | **6–8** min | **8–10** min | **10–13** min | Opaque; firm and gently curved |
| **210°F** 100°C | **8–12** min | **10–14** min | **12–17** min | Shells open; discard unopened shells |
| **210°F** 100°C | **18–25** min | **22–30** min | **28–38** min | Thickest center ≥165°F / 74°C |
| **210°F** 100°C | **12–15** min | **14–17** min | **16–20** min | White firm; yolk at desired set |
| **210°F** 100°C | **10–14** min | **13–17** min | **16–21** min | Wrapper tender; filling steaming hot |

**CAUTION**

Times are guides. Check doneness and applicable food-safety temperatures before serving.

# DEHYDRATE AND PROOF GUIDE

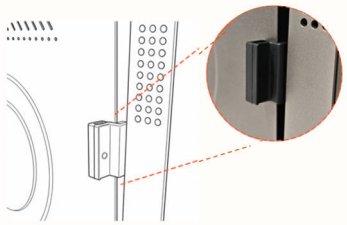
**DEHYDRATE: BEFORE YOU START**

Attach the supplied magnetic door spacer to the side of the oven to keep the door slightly ajar.

This allows excess moisture to escape and improves drying performance.

**Use the spacer only with DEHYDRATE.**

**DOOR SPACER INSTALLATION**



**KEEP THE DOOR SLIGHTLY AJAR**

Allows excess moisture to escape.

| INGREDIENT | AMOUNT | PREPARATION |
|---|---|---|
| **1 DEHYDRATE** | | |
| **Apples** | One spaced layer | 3 mm slices; core; pat dry |
| **Lemon slices** | One spaced layer | 3–4 mm slices; remove seeds; pat dry |
| **Tomatoes** | One spaced layer | 6 mm slices |
| **Fresh herbs** | One spaced layer | Rinse; dry fully; remove stems |
| **2 PROOF** | | |
| **Pizza or lean bread dough** | 1 dough batch | Place in bowl; mark starting level |
| **Dinner rolls** | 6 × 55 g | Shape; space evenly |
| **Yogurt** | 1 batch | Add starter to prepared milk; cover clean containers |

Cooking times are based on OUNIN testing under the listed conditions and are intended as a guide. Results may vary by food brand, size, quantity, and starting temperature.



OUNIN / COOKING QUICK GUIDE (DEHYDRATE AND PROOF GUIDE)

# TIME & TEMP. QUICK CHECK

Read across each row from the ingredient at the far left. Temperatures are shown in °F / °C.

| TEMP | TIME | READY WHEN |
|---|---|---|
| | | |
| **140°F** 60°C | **5–8** hr | Dry and flexible; no wet center |
| **140°F** 60°C | **5–9** hr | Dry throughout; no wet center |
| **150°F** 65°C | **6–10** hr | Leathery; no pooled moisture |
| **105°F** 40°C | **2–4** hr | Leaves crumble easily |
| | | |
| **85°F** 30°C | **45–90** min | About 1.5–2× volume |
| **90°F** 32°C | **45–75** min | Puffy; slow spring-back |
| **110°F** 43°C | **8–10** hr | Firmly set; refrigerate promptly |

**CAUTION**

Use the door spacer only with the DEHYDRATE programme. Times are guides; check dryness, volume and texture. Refrigerate yogurt promptly once set.

# Notes

# Notes