Recipe Book

EAT WELL. COOK FRESH
8 SERIES COMBI STEAM MICROWAVE OVEN
Jun has been in the food industry since the age of 19, having worked at the likes of Le Gavroche, Chez Nico and Marco Pierre White’s restaurant Harvey’s. In 2004, Jun took over as executive chef at London's Pearl Restaurant, where he gained 3AA rosettes.

In May 2009, Jun launched his first recipe book, "Simple to Sensational". The book demonstrates easy, everyday recipes and then shows how these recipes can be transformed into spectacular dinner party dishes in just a few simple steps.

Jun is known for his modern French cooking style, and use of fresh in season ingredients.
Jun Tanaka explores the culinary depths of the Panasonic Steam Oven, with 12 tantalizing dishes that are sure to get you excited about cooking again.

To create his dishes he carefully combines ingredients that complement and enhance each other, fusing their flavours together using the different cooking methods the CS8 has to offer.

The results are beautiful simple dishes that can be replicated at home.

1. Spiced flatbreads with guacamole
2. Salmon with beetroot salsa and horseradish
3. Raspberry clafoutis
4. Jersey royals with grilled asparagus and goats cheese
5. Lemon marinated baby chicken and chicory salad
6. Marinated chicken with tender stem broccoli
7. Braised Beef cheeks with olives and sundried tomatoes
8. Whole sea bream with chorizo and tomatoes
9. Pilaf rice with peas and spices
10. Grilled Halloumi with ratatouille
11. Steamed mussels with lemongrass
12. Grilled Mackerel with Miso, Fennel, Radish and Basil Salad
Spiced Flatbreads with Guacamole

Dish: Large Pyrex® bowl, small mixing bowl, shallow dish, Accessories: wire rack, upper shelf position + glass shelf in middle shelf position. Food blender.

Serves: 4

Instructions

1. To make the flatbreads, place the ingredients in to the bread pan and set the pizza dough program of 45 mins. When the program has finished wrap the dough in cling film and rest for 1 hour in the fridge.

2. To make the guacamole, place all the ingredients in a blender and blitz or mash together with a fork. Season to taste.

3. Remove the dough from the fridge and cut into 100g balls. Roll out to ½ cm thickness.

4. Pre heat the oven on CONVECTION 220°C + GRILL 1

5. Place the breads on the wire shelf in the upper shelf position and cook for 5 mins, after 2 mins add 1 minute STEAM SHOT.

6. To serve cut each flatbread in 4 and serve with the guacamole.

Notes

Fill water tank.

To keep the guacamole fresh, cover tightly with cling film and refrigerate.

Ingredients

Flatbreads
- 300g strong white bread flour
- 10g baking powder
- 2g ground cumin
- 2g ground coriander
- 2g fennel seeds
- 50mls olive oil
- 125mls water

Guacamole
- 2 ripe avocados peeled
- 2 tbsp crème fraîche
- 1 clove garlic
- 1 lime juice
- 1 tbsp chopped coriander
- Salt & Pepper
Salmon with Beetroot Salsa and Horseradish

**Ingredients**

**Salmon**
- 4 x salmon fillets, each 100g -150g
- Zest of 1 lemon
- 1 clove of garlic, **crushed**
- 100mls white wine
- Salt & Pepper

**Beetroot salsa**
- 3 cooked beetroots **cut into ½ cm dice**
- ½ bunch of spring onions, **very finely sliced**
- 1 green chilli, **finely chopped**
- 1 tsp honey
- 25 mls white wine vinegar
- 75 mls extra virgin olive oil
- 1 tbsp mint, **finely shredded**

**Horseradish cream**
- 3 tbsp crème fraiche
- 1 tsp Dijon mustard
- Juice of ½ lemon
- 1 tbsp grated horseradish

**Dish:** shallow Pyrex® dish, small  
**Accessories:** Glass shelf and mixing jug, large mixing bowl, Small trivet, middle shelf position. mixing bowl

**Serves:** 4

**Instructions**

1. Place the salmon in the shallow dish. Mix the lemon zest, garlic and white wine together and pour over the salmon, marinade for 2 hours.
2. Mix all the beetroot salsa ingredients together and season.
3. Mix the horseradish cream ingredients together and season.
4. To cook the salmon, Place the salmon on the trivet in the glass shelf, place in the middle shelf position. Cook on **STEAM 1** for 15 mins.

Serve with salsa and horseradish cream.

**Notes**

Fill water tank.
Rasberry Clafoutis

**Dish:** small mixing dish, oven proof  
**Accesories:** wire rack, lower shelf position.

**Serves:** 6

**Ingredients**

- 200g raspberries
- 25g butter, melted
- 150 mls double cream
- 150 mls milk
- 2 vanilla pods, seeds removed
- 3 egg yolks
- 2 whole eggs
- 130g sugar
- 25g plain flour
- Icing sugar

**Instructions**

1. Butter the dish and sprinkle with some sugar. Place the raspberries in the dish in one layer.
2. Pour the cream, milk and vanilla seeds into the jug and heat on **HIGH MICROWAVE** for 2-3 mins or until just boiling.
3. Crack the eggs and egg yolks into a bowl, add the sugar and whisk. Add the flour and whisk again.
4. Slowly add the cream and milk mixture and mix until smooth.
5. Pour the mixture over the raspberries and cook on **CONVECTION 180ºC + SIMMER MICROWAVE** for 15 mins
6. Dust with icing sugar and serve immediately.
Jersey Royals with Grilled Asparagus and Goats Cheese

**Dish**: Large mixing bowl, small mixing bowl

**Accessories**: Glass shelf, lower shelf position + glass shelf, upper position.

**Serves**: 4

**Ingredients**

- 400g small Jersey Royal potatoes, **scrubbed clean**
- 1 tbsp olive oil
- Salt and pepper
- 2 bunches of English asparagus
- 2 shallots, **finely chopped**
- ½ bunch of chives, **finely chopped**
- 1 tsp sugar
- 50 mls rice wine vinegar
- 100 mls extra virgin olive oil
- Handful of pea shoots
- 75g crumbly goat’s cheese

**Instructions**

1. Place the potatoes in the mixing bowl, drizzle with olive oil and season.
2. Tip the potatoes on to the glass shelf and place in the lower shelf position. Cook on the **AUTO SENSOR, program 17**. Turn during cooking. Once the potatoes are cooked, place back in the bowl.
3. Place the asparagus on the same glass shelf, drizzle with olive oil, season and place in the upper shelf position, cook on **GRILL 1** for 5 mins, when cooked add to the potatoes.
4. Place the chopped shallots, chives, sugar, vinegar and oil in the small mixing bowl and season. Pour the desired amount of dressing over the potatoes and asparagus and mix gently.
5. To serve, spoon the potatoes and asparagus onto a plate, sprinkle over the goats cheese and finish with the pea shoots.
Lemon Marinated Baby Chicken with Chicory Salad

**Dish:** Large Pyrex® bowl, small mixing bowl, food blender, shallow dish shelf position + glass shelf, middle shelf position.

**Serves:** 1

**Ingredients**

1. **Brine**
   - 500mls water
   - Zest and juice of 1 lemon
   - 40g salt
   - 20g sugar

2. **Marinade**
   - 4 preserved lemons (skin only)
   - 2 green chillies, deseeded
   - 1 clove garlic
   - 1 tsp honey
   - 50 mls olive oil
   - 10g coriander leaves

3. **Chicory salad**
   - 1 red chicory, separated into individual leaves
   - 1 yellow chicory, separated into individual leaves
   - 1 tsp Dijon grainy mustard
   - 25 mls sherry vinegar
   - 75 mls extra virgin olive oil

**Instructions**

1. To make the brine, place all the brine ingredients into a large bowl and place on the base of the oven. Heat on **HIGH MICROWAVE** for 5 mins or until the salt and sugar dissolves. Once the liquid is cool, place the chicken in the liquid and leave for 4 hours.

2. To make the marinade, blitz all the marinade ingredients in a blender and season.

3. Take the chicken out of the brine, rinse under cold water and pat dry with a cloth. Place in a dish and cover with the marinade.

4. Place the chicken directly on the wire rack in the upper shelf position with the enamel shelf in the middle shelf position underneath. Cook on **STEAM 1 + GRILL 3** for 25 mins.

5. For the salad, add the mustard, vinegar and oil in a bowl, season and whisk to blend. Dress the separated chicory leaves with the dressing and serve with the chicken.

**Notes**

Fill water tank.
Marinated Chicken Breast with Tenderstem Broccoli

**Dish:** Small mixing bowl, shallow dish

**Serves:** 4

**Accessories:** glass shelf, middle shelf position + trivet

**Ingredients**
- 4 chicken breast fillets
- 400g Tenderstem broccoli
- 1 tbsp toasted sesame seed

**Marinade**
- 75mls soya sauce
- 50mls sake
- 50mls mirin
- 10g sugar
- Juice of 1 lime

**Instructions**

1. Mix all the marinade ingredients together.
2. Place the chicken in a shallow dish and pour over the marinade. Leave for 4 hours or overnight.
3. Place the chicken and marinade in its dish on the trivet on the glass shelf. Cook on **STEAM 1 + LOW MICROWAVE** for 18-20 mins or until the chicken is cooked.
4. **5 mins** before the end of the cooking time place the broccoli on top of the chicken and continue to cook.
5. To serve, place the chicken and broccoli on a plate, pour over

**Notes**
- Fill water tank.
Braised Beef Cheeks with Olives and Sundried

**Dish:** Bowl for marinade, large casserole dish with a lid

**Serves:** 4

**Instructions**

1. Marinade the ox cheek pieces in the red and white wine for 4 hours or overnight. Drain and reserve the wine marinade, pat the beef dry and season.

2. Pre heat the oven on **CONVECTION 180ºC**

3. Put the olive oil into the casserole dish. Using a hob, brown the ox cheeks on all sides over a medium heat for 3 mins.

4. Add the onion and carrots and cook for a further 2 mins. Add the reserved wine, garlic and rosemary, simmer for 5 mins.

5. Add the stock, tomatoes and orange zest and bring to the boil, cover with the lid, and place on the base of the Panasonic oven and cook for 2 ½ hours.

6. Add the olives and sundried tomatoes and cook for a further 30 mins.

7. Remove from the oven add the basil leaves and serve.

**Ingredients**

**Marinade**

- 250 mls white wine
- 350 mls red wine
- 1 tbsp olive oil
- 100g button onions, **peeled**
- 100g chantenay carrots, **peeled**
- 1 whole bulb garlic, **separated into cloves, skin on**
- Sprig of rosemary
- 500mls beef stock
- 100g tinned chopped tomatoes
- 2 strips of orange zest, **each about 2 ½ inches**
- 50g black Kalamata olives, **pitted**
- 50g sundried tomatoes **cut in half**
- 1 bunch basil leaves
Whole Sea Bream with Chorizo and Tomatoes

Dish: shallow oven proof dish
Accessories: wire rack, upper shelf position.

Serves: 2

Instructions

1. Score the skin of the sea bream on both sides. Season well with salt and pepper.
2. Place the lemon slices in the oven proof dish and lay the fish on top.
3. Scatter the tomatoes, chorizo, basil and coriander over and around the sea bream.
4. Pour in the white wine and drizzle the fish with olive oil.
5. Place the dish on the wire shelf and cook on CONVECTION 200ºC + GRILL 1 for 15 mins.
6. Remove from oven and serve immediately.

Ingredients

1 whole sea bream, scaled, gutted and cleaned
Salt & Pepper

1 lemon, sliced
100g cherry tomatoes cut in half
100g cooking chorizo, sliced
½ bunch basil leaves
½ bunch coriander leaves
150 mls white wine
50 mls extra virgin olive oil
**Pilaf Rice with Peas and Spices**

**Dish:** Large oven proof dish  
**Accessories:** Glass shelf, middle shelf position.

**Serves:** 4

**Ingredients**
- Vegetable oil
- ½ onion, finely chopped
- 1 clove of garlic, crushed
- ½ tsp turmeric
- ½ tsp ground cumin
- ½ tsp cardamom
- ½ cinnamon stick
- 200g Basmati rice, rinsed
- 300mls chicken stock
- 70g frozen peas
- Juice of ½ a lime
- Handful of coriander

**Instructions**

1. Drizzle a little vegetable oil in the Pyrex® dish, add the onion and garlic and spices, cook on **HIGH MICROWAVE** for 3 mins.

2. Add the rice, stock and peas, season and cover with pierced cling film.

3. Place on the glass shelf and cook on **AUTO STEAM with TURBO COOK**, select program **11**. Press turbo cook once then enter 200g and press start.

4. When the rice is cooked, squeeze over the lime, garnish with coriander and serve.

**Notes**
- Fill water tank
Grilled Halloumi with Ratoutille

Dish: Bowl for marinade, serving dish

Serves: 4

Accessories: Glass shelf, upper shelf position.

Ingredients

Marinade
2 garlic cloves crushed
1 tbsp dried oregano
100mls olive oil

200g Halloumi, diced into 2cm cubes
2 red peppers, diced into 2cm pieces
½ aubergine, diced into 2cm pieces
1 courgette, diced into 2cm pieces

Garnish
Balsamic vinegar to finish
½ bunch of spring onion, finely chopped
Basil leaves to garnish

Instructions

1. Place the garlic, oregano and olive oil in the large mixing bowl. Add the Halloumi, peppers aubergine, courgette, coat well and season.

2. Tip the cheese and vegetables onto the glass shelf in the upper shelf position and cook on CONVECTION 220ºC + GRILL 1 + SIMMER MICROWAVE for 12-14 mins.

3. Drizzle a little balsamic vinegar over the vegetables, spoon into a serving bowl and garnish with the spring onions and basil leaves.
Steamed Mussels with Lemongrass, Lime and

**Dish:** Large microwavable casserole dish  
**Accessories:** Glass shelf, lower shelf position.

**Serves:** 2

**Ingredients**

- 1 tbsp vegetable oil
- ½ onion, **finely chopped**
- 2 garlic cloves **crushed**
- 2 red chillies, **finely chopped**
- 1 lemon grass, **sliced**
- 900g mussels, **scrubbed and beards pulled off**.
- **Discard any broken or open shells**
- Juice of 1 lime
- 2 tbsp fish sauce
- 250 mls coconut milk
- 2 kaffir lime leaves
- ½ bunch Thai basil, **leaves only**
- ½ bunch coriander, **leaves only**

**Instructions**

1. Drizzle a little vegetable oil in the casserole dish.
2. Add the onion, garlic, chilli and lemon grass. Place on the base of the oven and cook on **HIGH MICROWAVE** for 5 mins.
3. Add the rest of the ingredients, cover with pierced cling film or a loose fitting lid, and place on glass shelf in the lower shelf position. Cook on **STEAM 1** for 15-20 mins

Serve immediately.

**Notes**

Fill water tank

Ensure you buy oysters that are fresh and edible. Most closed oysters are alive. Lightly tap any open shells—a live oyster will immediately snap shut. Oysters that give off a strong fishy smell are dead.
Grilled Mackerel with Miso, Fennel, Radish and Basil

**Dish:** shallow dish, Small mixing bowl, large bowl  
**Accessories:** Wire shelf upper shelf position, enamel shelf middle shelf position

**Serves:** 4

**Ingredients**

- 4 fillets of mackerel

**Marinade**

- 75g miso paste
- 2 tbsp soya sauce
- 2 tbsp sake
- Juice of 1 lime
- 1 tsp sugar

**Salad**

- 2 fennel, *cut into quarters and finely sliced*
- 10 radishes, *finely sliced*
- ½ bunch basil, *shredded*
- ½ bunch mint, *shredded*
- Juice 1 lemon
- 50 mls extra virgin olive oil
- Pinch of salt and pepper

**Instructions**

1. Pre-heat on grill 1
2. Lightly score the skin of the mackerel and place in a shallow dish.
3. Mix all the marinade ingredients together and pour over the mackerel.
4. Place the mackerel skin side up on the wire shelf with the enamel shelf beneath. Cook on **GRILL 1** for 7 mins.
5. To make the salad, mix all the salad ingredients in a bowl and season.
6. To serve, place the mackerel on a plate and serve with the **Grilled Mackerel with Miso, Fennel, Radish and Basil**