

Recipe Book



EAT WELL. COOK FRESH
8 SERIES COMBI STEAM MICROWAVE OVEN

Chef Profile

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.



Contents

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.

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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
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Spiced Flatbreads with Guacamole



Dish: Large Pyrex® bowl, small mixing bowl, shallow dish,

Serves: 4

Accessories: wire rack, upper shelf position + glass shelf in middle shelf position.. Food blender.

Instructions

1. To make the flatbreads, place the ingredient 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

Flat breads

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



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

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.



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
 1tbsp grated horseradish

Raspberry Clafoutis



Dish: small mixing dish, oven proof **Accessories:** wire rack, lower dish 24cm x 4cm deep, large Pyrex® shelf position.
mixing jug

Serves: 6

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 180°C + SIMMER MICROWAVE** for 15 mins
6. Dust with icing sugar and serve immediately.

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



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

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.

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



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

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.



Ingredients

1 baby chicken, **Spatchcock**

Brine

500mls water

Zest and juice of 1 lemon

40g salt

20g sugar

Marinade

4 preserved lemons (skin only)

2 green chillies, **deseeded**

1 clove garlic

1 tsp honey

50 mls olive oil

10g coriander leaves

Chicory salad

1 red chicory, **separated into individual leaves**

1 yellow chicory, **separated into individual leaves**

1tsp Dijon grainy mustard

25 mls sherry vinegar

75 mls extra virgin olive oil

Marinated Chicken Breast with Tenderstem Broccoli



Dish: Small mixing bowl, shallow dish

Accessories: glass shelf, middle shelf position + trivet

Serves: 4

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.

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



Braised Beef Cheeks with Olives and Sundried



Dish: Bowl for marinade, large casserole dish with a lid **Accessories:** Base of oven

Serves: 4

Instructions

1. Marinate 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 180°C**
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

600g Ox cheeks, **sinew removed and cut into 2" pieces**

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 200°C + 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

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

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



Grilled Halloumi with Ratoutille



Dish: Bowl for marinade, serving dish

Accessories: Glass shelf, upper shelf position.

Serves: 4

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 220°C + 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.

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



Steamed Mussels with Lemongrass, Lime and



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

Serves: 2

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.

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 ml coconut milk
- 2 kaffir lime leaves
- ½ bunch Thai basil, **leaves only**
- ½ bunch coriander, **leaves only**



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

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

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

