



Hart & Co.

Steam Oven Slow Cooking Quick Reference Chart

Use this chart alongside our accompanying guide for a fast reminder of key settings, timing adjustments, and troubleshooting tips.

Settings by dish type

Dish type	Oven setting	Temperature	Liquid adjustment	Notes
Non-meat dishes (vegetables, legumes, soups)	Full steam, 100% steam	85°C for canned or cooked pulses; 100°C for vegetables or dried pulses	Minimal or no adjustment for dried pulses; vegetable-only dishes need 1/4 or none of the usual added liquid.	Cover pulses and beans with water for cooking, as you usually would.
Chicken and tender cuts (beef, lamb or pork fillets and prime steak cuts)	Combi steam, 30%/low steam	150-160°C	Reduce by about 50%, consider additional dry seasoning	May cook in as little as 1/2 the usual time so check early.
Tough or secondary cuts	Combi steam, 30%/low steam	130-140°C	Reduce by about 50%, consider additional dry seasoning	Lower heat helps meat become tender without drying out; may cook in as little as 1/2-2/3 the usual time so check early.

Timing guide

Slow cooker recipe time	Steam oven guide time	What to look for
6 hours on low	About 2 to 3 hours	Meat should pull apart easily; vegetables should be fully tender.
General rule	About half to one-third of the original time	Start checking earlier than expected to avoid overcooking.

Combi Steam guide

Dish type	Recommended steam	Why it works
Non-meat dishes	80% to 100% (high steam)	High humidity helps vegetables and legumes cook efficiently and safely.
Meat dishes	About 30% (low steam)	Helps retain moisture without making meat stringy.

Liquid and seasoning tips

- Reduce liquid in most meat dishes by about half.
- For vegetable dishes, added liquid is often unnecessary.
- When reducing stock, broth, or tomato liquid, replace lost flavour with stock powder, stock concentrate, salt, or tomato paste.
- If the finished dish is too liquid, remove some sauce or reduce it on the stovetop.

Troubleshooting

If this happens	Likely cause	Try this
Meat is firm	Not cooked long enough	Continue cooking and test again.
Meat is dry or stringy	Too much time or too much humidity	Reduce cooking time or lower the humidity next time.
Sauce is too thin	Too much liquid for a humid cooking environment	Remove some liquid or simmer to reduce after cooking.