

The Combi Steam Seafood Guide

Quick-reference settings for cooking Western Australian seafood in a steam or combi steam oven, with guidance from chef Seth James.



Hart & Co.

Season Simply

Salt and pepper, a dry spice blend, or chopped fresh herbs.

Add Richness

A drizzle of olive oil or a few dots of butter keeps seafood juicy.

Choose Your Tray

Perforated trays for quick, dry methods; a solid tray with liquid for steaming and braising.

Cook to Size, Not the Cook

Keep pieces an even size and check doneness – given times are only a starting point

SEAFOOD	METHOD	SETTINGS	TIME	RESULT & TIPS
Fish fillets	Quick & Hot	Combi Steam 220°C/80% steam	4–7 min	Just-coloured crust, moist centre. Best for salmon and thinner white fish, add a minute or two for thicker cuts.
	Gentle Steam	Steam 100°C/100% steam	6–10 min	No browning, delicate flaky texture. Check with a metal skewer — no resistance means it's ready.
Prawns shell-on	Quick & Hot	Combi Steam 220°C/80% steam	5–6 min	Snappy, juicy flesh.
	Gentle Steam	Steam 100°C/100% steam	4–6 min	Classic tender steamed prawns.
Crayfish tails	Quick & Hot	Combi Steam 220°C/60% steam	6–8 min	Split and cook; finish with garlic butter.
	Gentle Steam	Steam 100°C/100% steam	8–10 min	Even traditional texture with no browning.
Scallops	Quick & Hot	Combi Steam 220°C/80% steam	2–4 min	Roasted top, tender centre. Scallops overcook fast, watch closely and pull them early if unsure.
	Low & Silky	Steam or Sous Vide 55°C/100% steam	18–20 min	A chef's technique for an ultra-tender, soft scallop.
Mussels	Quick Open	Combi Steam 150°C/100% steam	5–6 min	Shells pop open fast. Add a splash of wine and garlic butter to the tray when cooking.
	Gentle Steam	Steam 100°C/100% steam	8–12 min	Classic steamed mussels, cook with a little stock or broth in the tray.
Squid & calamari	Flash & Tender	Combi Steam 220°C/80% steam	60–90 sec	Score or slice thinly first, and pull it the moment it turns opaque.
	Low & Slow (braised)	Steam 90°C/100% steam	45–60 min	Best for whole squid or stuffed calamari, cooked in a sauce until tender.

Every combi steam oven is a little different, so use these settings as a starting point and adjust to your model and your own taste.