

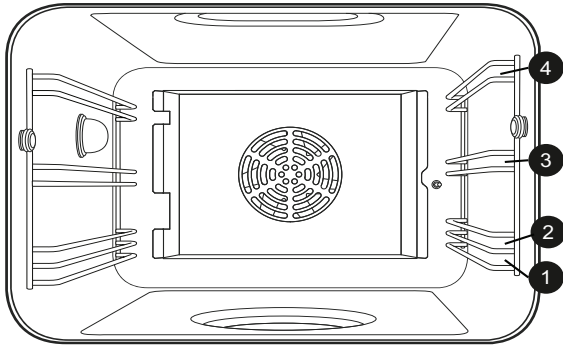


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Built-in Steam Convection Oven Quick Reference Guide

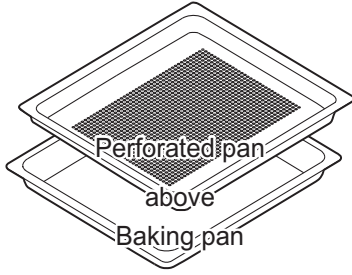
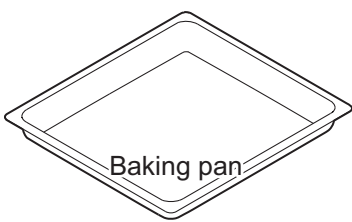
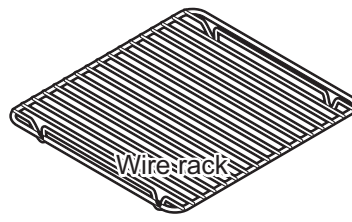
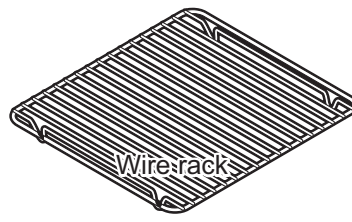
This guide is for commonly cooked foods cooked in the built-in steam and convection oven (model HSLP451UC). *This guide is not a substitute for the Use and Care Manual.* Read the Use and Care Manual for detailed instructions and important safety notices.

Rack Levels: The oven has four rack levels. The rack levels are numbered from bottom to top.



LEVELS	BEST FOR
4	Best for two rack cooking
3	Vegetables, fish, rice, reheat pizza
2	Most baked goods on cookie sheet or baking pan, roasting most meats, frozen foods, cakes, casseroles, frozen pizza
1	Large roasts, turkey, angel food cake

FOOD	MODE	TEMP	MINUTES	LEVELS	ACCESSORIES	
REHEATING FOODS						
Pizza	Reheat	350°F (177°C)	12 – 15	3		
Vegetables	Reheat	250°F (120°C)	12 – 18	2		
Bread*	Reheat	350°F (177°C)	8 – 12	2		
Noodles, potatoes, rice	Reheat	210°F (99°C)	5 – 10	3		
FROZEN PRODUCTS						
French fries	European Conv	375°F (190°C)	25 – 35	2		
Lasagna, frozen	Steam Conv	375°F (190°C)	35 – 55	2		
Pizza, thin crust	European Conv	375°F (190°C)	15 – 23	2		
Pizza, deep dish	European Conv	375°F (190°C)	18 – 25	2		
Frozen fish fillets	Steam Conv	375°F (190°C)	35 – 50	2		
POULTRY MEATS SEAFOOD						
Chicken, whole 2.65 lbs.	Steam Conv	375°F (190°C)	50 – 60	2		
Chicken pieces, per 2.65 lbs.	Steam Conv	375°F (190°C)	20 – 35	2		
Turkey, whole, unstuffed	Steam Conv	325°F (165°C)	80 – 95	2		
Pot-roasted beef, 3.5 lbs.*	Reheat	300°F (150°C)	100 – 140	2		
Filet of beef, medium, 2 lbs.*	Reheat	350°F (177°C)	20 – 28	2		
Thick sliced sirloin, med.; 2 lbs.*	European Conv	350°F (177°C)	45 – 60	2		
Pork chop, boneless, 1.2 lbs.	Steam Conv	300°F (149°C)	75 – 120	2		
Clams, oysters, 0.33 lbs.	Steam	212°F (100°C)	10 – 15	2		
Meat loaf (ground meat), 1.2 lbs.	Steam Conv	350°F (177°C)	45 – 60	2		
Shrimp, medium, per 1 lb	Steam	212°F (100°C)	5 – 8	1 + 3		
Fish Fillet, per 3.5 lbs.	Steam	180°F (82°C)	10 – 20	1 + 3		
DEFROSTING FOODS						
Chicken parts, bone-in	Defrost	120°F (50°C)	60 – 70	1 + 3		
Chicken parts, boneless	Defrost	120°F (50°C)	30 – 35	1 + 3		
Frozen vegetables	Defrost	120°F (50°C)	20 – 30	1 + 3		
Fish fillets	Defrost	120°F (50°C)	15 – 20	1 + 3		
Beef	Defrost	120°F (50°C)	70 – 80	1 + 3		

FOOD	MODE	TEMP	MINUTES	LEVELS	ACCESSORIES	
VEGETABLES						
Artichokes	Steam	212°F (100°C)	30 – 35	1 + 3	 <p>Perforated pan above Baking pan</p>	
Asparagus*	Steam	212°F (100°C)	7 – 12	1 + 3		
Beets	Steam	212°F (100°C)	40 – 50	1 + 3		
Broccoli	Steam	212°F (100°C)	8 – 10	1 + 3		
Brussels sprouts	Steam	212°F (100°C)	20 – 30	1 + 3		
Cabbage	Steam	212°F (100°C)	25 – 35	1 + 3		
Carrots	Steam	212°F (100°C)	10 – 20	1 + 3		
Cauliflower	Steam	212°F (100°C)	10 – 15	1 + 3		
Fennel	Steam	212°F (100°C)	10 – 14	1 + 3		
Green beans	Steam	212°F (100°C)	15 – 20	1 + 3		
Peas	Steam	212°F (100°C)	5 – 10	1 + 3		
Pea pods	Steam	212°F (100°C)	8 – 12	1 + 3		
Spinach*	Steam	212°F (100°C)	2 – 3	1 + 3		
Stuffed vegetables (zucchini, eggplant, peppers)	Steam Conv	320 – 360°F (160 – 180°C)	15 – 30	1 + 3		
Zucchini	Steam	212°F (100°C)	2 – 3	1 + 3		
STARCHES GRAINS BREADS						
Potatoes (unpeeled)	Steam	212°F (100°C)	35 – 45	1 + 3	 <p>Baking pan</p>	
Potatoes (peeled)	Steam	212°F (100°C)	20 – 25	1 + 3		
Potato gratin	Steam	212°F (100°C)	35 – 45	2		
Brown rice	Steam	212°F (100°C)	30 – 40	2		
Long grain rice	Steam	212°F (100°C)	20 – 30	2		
Lentils	Steam	212°F (100°C)	30 – 45	2		
Couscous	Steam	212°F (100°C)	6 – 10	2		
Canellini beans (pre-softened)	Steam	212°F (100°C)	65 – 75	2		
White bread, 1.7 lbs.	Steam Conv	400°F (204°C)	15 – 20	2		
Multi-grain bread	Steam Conv	400°F (204°C)	15 – 20	2		
Whole grain bread, 1.7 lbs.	Steam Conv	400°F (204°C)	20 – 30	2		
Biscuits*	European Conv	300°F (150°C)	12 – 17	2		
SLOW COOK						
Boned leg of lamb, 2 – 3.5 lbs.	Slow Cook	175°F (80°C)	140 – 160	2		 <p>Wire rack</p>
Roast beef, 3.5 – 5.5 lbs.	Slow Cook	175°F (80°C)	150 – 180	2		
Pork fillets	Slow Cook	175°F (80°C)	50 – 70	2		
Beef steaks, 1.2" thick	Slow Cook	175°F (80°C)	40 – 80	2		
Duck breast	Slow Cook	175°F (80°C)	35 – 55	2		
CAKES SMALL BAKED PRODUCTS						
Muffins**	European Conv	350°F (177°C)	20 – 30	2	 <p>Wire rack</p>	
Sponge cake**	European Conv	300°F (150°C)	60 – 70	2		
Chocolate chip cookies**	European Conv	325°F (163°C)	9 – 13	3		
Sugar cookies**	European Conv	325°F (163°C)	7 – 10	3		
Sheet cake**	Steam Conv	325°F (163°C)	35 – 45	2		
Bundt®**	European Conv	325°F (163°C)	35 – 45	2		
Yeast dough, proofing*	Proof	100°F (38°C)	20 – 30	1		
Sourdough, proofing*	Proof	100°F (38°C)	20 – 30	1		

* Preheat the appliance. Place food in oven before preheat unless using the Reheat or European Conv modes.

** Requires additional bakeware not provided.