

# Panasonic



Quick Start and Cooking Guide with Recipes

## 2-in-1 Combination Oven

Convection · Steam





# Dinner is served.

Embark on your culinary journey with ease, thanks to the **Panasonic 2-in-1 Combination Oven**. Upgrade your meal repertoire with the power to **CONVECTION** and **STEAM**, along with several additional features.

Use these two cooking methods individually or in combination to make anything from a mid-day quick bite to a decadent eight course meal. Enjoy the kind of versatility that enriches the appetite of everyone around you. It's time for less kitchen, more cuisine. So, who's hungry?



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**Included Accessories**

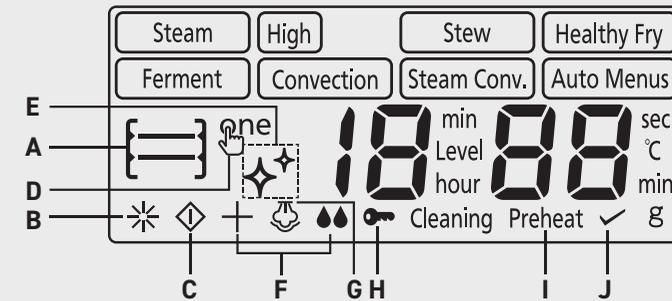
**Metal Tray X 2**  
 (All cooking must use the metal tray.)  
 Steam  
 Convection Bake



**Wire Rack X 2**  
 Steam  
 Convection Bake

**Integrated Water Tank**

**Control Panel**



- A Accessories Placing Position
- B Normal Working
- C Start/ Set
- D One Push Function
- E Steam System Cleaning Function, Citric Acid Cleaning Function
- F Full Water Icon
- G Steam Shot Icon
- H Child Safety Lock
- I Preheat Icon
- J Preheat End Icon

- Mode**
- Two modes of steam cooking:  
 Steam-Med  
 Steam-High
- Stew
  - Healthy Fry
  - Fermentation
  - Convection
  - Steam Convection
  - Auto Menu

## Steam

This STEAM feature allows you to add steam during cooking for up to 60 minutes. Steaming is one of the best ways to preserve nutrients and enhance the natural flavours in your dish.



Steam



Panasonic

### Pro Tips:

- Steaming dough before baking will create fluffier cakes and puffs.
- It's normal for the whole oven to be covered in steam while using the STEAM function — it will go away at the end of the cooking cycle.



Convection Bake

## Convection Bake

The CONVECTION BAKE function circulates hot air throughout the oven in and around the food for fast, easy cooking. Temperature ranges from 100°C - 230°C. Preheating is optional.

### Healthy Fry

This function quickly circulates hot air around the food, producing crispy, brown results. Air-fried foods are healthier than deep-fried foods because they need less oil to produce a similar taste and texture. No pre-heating required.

### Pro Tips:

- Always have it pre-heated at the proper temperature.
- Turn the accessories 180° halfway during cooking to ensure a more even cooking result.



Make the most of your **2-in-1 COMBINATION OVEN** with these amazing recipes that will keep your culinary journey brimming with savoury flavours and unforgettable meals.

Feast your eyes on 12 thoughtfully crafted dishes, inspired by the everyday occasions that bring us joy. Whether you're in the mood for something fast, fresh or festive – there will always be a dish here waiting for you.



## Lemon Poppy Seed Loaf

Perfectly moist and packed with an elegant lemony flavour, this beautifully glazed poppy seed-speckled delight is not only delicious but super easy to make.

Prep Time: 10 minutes  
Cook Time: 45 minutes  
Total Time: 55 minutes

Yield: 1 Loaf

### Ingredients

#### Loaf

1½ cup all-purpose flour  
2 tbsp poppy seeds  
1 tsp baking powder  
½ tsp baking soda  
¼ tsp salt  
1 cup sugar  
½ cup butter, room temperature  
2 eggs  
2 lemons, zest and juice  
¾ cup milk  
1 tbsp oil

#### Icing

1 cup icing sugar  
2 tbsp lemon juice

Optional garnish: lemon zest

### Preparation

- Select the **Steam Conv.** mode and set the temperature to 190°C. Press **Start** to preheat the oven.
- In a medium bowl, combine flour, poppy seeds, baking powder, baking soda and salt.
- In a large bowl, cream sugar and butter together with a wooden spoon. Add eggs and stir until combined. Add lemon zest and lemon juice, and milk. Slowly pour the dry mixture into the wet mixture and stir until just combined.
- Grease a 9x5 loaf pan with oil and pour in batter.
- Place on the lower rack position of the oven. Set the timer for 45 minutes.
- Insert a toothpick to ensure that the loaf is fully cooked. Let rest in the pan for five minutes and then transfer to a cooling rack. Allow to cool completely.
- In the meantime, combine icing sugar and lemon juice to make the icing.
- Slowly pour the icing on top of the cooled cake, add lemon zest if required. Let sit for five minutes until the icing hardens. Serve and enjoy.



Tip: Don't get stuck with a sticky mess!  
Place a cookie sheet under the cooling rack before pouring the icing.



## Breakfast Muffins

With the hearty combination of oats, apples, bananas, pumpkin seeds, flax seeds and a touch of maple syrup, these delicious breakfast muffins make morning meals easy.

Prep Time: 5 minutes  
Cook Time: 15 minutes  
Total Time: 20 minutes

Yield: 12 Muffins

### Ingredients

1 cup whole wheat flour  
 $\frac{1}{2}$  cup rolled oats + 2 tbsp for topping  
 $\frac{1}{2}$  tsp baking soda  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{4}$  tsp cinnamon  
 1 tbsp pumpkin seeds + 1 tbsp for topping  
 1 tbsp flax seeds  
 3 tbsp olive oil  
 $\frac{1}{2}$  cup maple syrup  
 1 egg  
 $\frac{1}{2}$  cup banana, mashed  
 2 tbsp milk  
 1 tsp vanilla  
 $\frac{1}{2}$  apple, peeled, cored and diced  
 1 tbsp vegetable oil

### Preparation

- Select the **Steam Conv.** mode and set the temperature to 190°C. Press **Start/Set** to preheat the oven.
- In a medium bowl, mix flour, oats, baking soda, salt, cinnamon, pumpkin seeds and flax seeds.
- In a big bowl, combine olive oil, maple syrup, egg, mashed banana, milk and vanilla.
- Add the dry to the wet mixture and mix until just combined. Fold in the diced apple.
- Oil two 6 muffin cups pans and divide the mixture evenly, filling about two-thirds of each cup. Sprinkle each muffin with the remaining oats and pumpkin seeds. Place the two trays on the two levels of the oven and bake for 15 minutes.
- Let cool for five minutes in the tray and then place the muffins on a cooling rack until fully cooled.





## Vegan Carrot Cake

While staying true to the beloved taste of this carrot classic, this vegan recipe has a few hidden tricks up its sleeve. By taking a slightly steamier approach, the sweet essence of the carrots brings out an unbelievably moist, rich and indulgent texture that bursts with carrot and cinnamon flavour.

Prep Time: 15 minutes  
Cook Time: 40 minutes  
Total Time: 55 minutes

Yield: 1 Cake

### Ingredients

#### Cake

2 medium carrots, shredded  
½ cup applesauce  
¼ cup olive oil  
2 tsp cider vinegar  
1 tbsp ground flax seeds  
2 tbsp water  
1½ cup all-purpose flour  
½ cup sugar  
½ tsp baking soda  
1½ tsp cinnamon  
¼ tsp ground nutmeg  
⅛ tsp ground cloves  
½ tsp salt  
1 tbsp oil

#### Icing

4 cups icing sugar  
¼ cup vegan butter  
4 tsp vanilla extract  
¼ cup soy milk

Optional garnish: carrot curls

### Preparation

- Select the **Steam Conv.** mode and set the temperature to 190°C. Press **Start/Set** to preheat the oven.
- In a large bowl, combine carrots, apple sauce, olive oil and cider vinegar. In a separate bowl, combine flax seeds and water and then add mix to large bowl and combine.
- In a medium bowl, combine flour, sugar, baking soda, cinnamon, nutmeg, cloves and salt.
- Mix the dry mixture with the wet mixture until just combined.
- Line 2 8-inch round pans with parchment paper cut into circles. Grease the two pans with the oil. Divide the batter between the two pans, place them on the two levels of the oven and cook for 40 minutes.
- Insert a toothpick to ensure the cakes are fully cooked and let them cool completely on a cooling rack.
- In the meantime, add the icing sugar, vegan butter and vanilla to a stand mixer bowl and mix with the paddle attachment on low for two minutes. Gradually add the soy milk until it reaches a smooth texture.
- When the cakes are totally cooled, spread a layer of icing on the first cake, then stack the second cake on top of the first one and spread the remaining icing on top. Garnish is required.



## Tuna Casserole

This simple dish is a delicious and hearty combination of tuna, potatoes, kale, celery and peas, drizzled in a creamy dill sauce. The tangy notes and warm filling will make it a perfect addition to your next summer potluck!

Prep Time: 15 minutes  
Cook Time: 35 minutes  
Total Time: 50 minutes

Yield: 4 Servings

### Ingredients

#### Filling

1 lbs mini potatoes  
2 5oz cans chunk light tuna in water  
3 cups kale, chopped  
1 stalk celery, chopped  
½ cup frozen peas, thawed

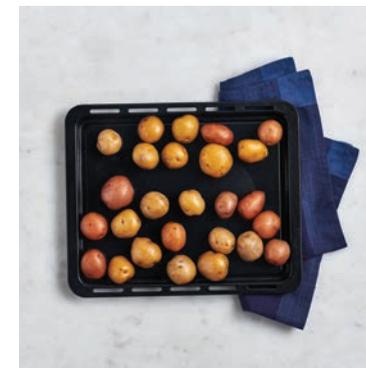
#### Sauce

2 cup heavy cream  
½ cup dill, chopped  
½ tsp salt  
½ tsp ground sage  
½ tsp white pepper



### Preparation

- Select the **Steam Conv.** mode and set the temperature to 190°C. Press **Start/Set** to preheat the oven.
- Place the potatoes on the metal tray and cook for 20 minutes.
- In the meantime, combine the sauce ingredients in a pot, and reduce for five minutes, stirring frequently.
- Once steamed, cut potatoes into quarters and mix with tuna, kale, celery and peas. Place the mixture in an 8x8 casserole dish and pour the sauce evenly over the top.
- Select the **Convection** mode and set the temperature to 190°C to preheat the oven.
- Bake for 15 minutes.





## Stuffed Portobello Mushrooms

Whether you serve it as a steak side or enjoy it as a vegetarian main, these Stuffed Portobello Mushrooms are a savoury experience. This dish is brimming with luscious flavour, topped with a crunchy exterior of golden panko crumbs and juicy halved tomatoes with a layer of melted cheese.

Prep Time: 10 minutes  
Cook Time: 15 minutes  
Total Time: 25 minutes

Yield: 6 Mushrooms

### Ingredients

6 portobello mushroom caps  
1 tbsp olive oil  
Salt and pepper  
 $\frac{3}{4}$  cup soft herbed spreadable cheese  
2 tbsp melted butter  
 $\frac{1}{4}$  cup panko  
 $\frac{1}{4}$  cup parsley, finely chopped  
12 cherry tomatoes, sliced in half



### Preparation

- Select the **Convection** mode and set the temperature to 190°C. Press **Start/Set** to preheat the oven.
- Clean the mushroom caps, remove the stem and place caps on a wire rack on top of the metal tray facing up. Drizzle with olive oil and salt and pepper. Evenly divide the cheese between the caps.
- In a small bowl, combine melted butter, bread crumbs and parsley. Sprinkle on top of the cheese. Place a few halved tomatoes on top.
- Place on the lower level of the oven and bake for 15 minutes or until the bread crumbs are golden and the mushrooms have softened.



## Loaded Potatoes

A fluffy bed of creamy baked potato mash covered in a blanket of melted cheese, sizzling bacon and sprinkled chive can only mean one thing: loaded potatoes. Try out this classic stuffed twice-baked potato recipe for a foolproof side dish that never fails to please.



Prep Time: 15 minutes  
Cook Time: 1 hour and 25 minutes  
Total Time: 1 hour and 40 minutes

Yield: 4 Halved Potatoes

### Ingredients

2 russet potatoes  
4 strips of bacon, sliced ¼ inch thick  
½ block cream cheese  
¼ cup chives, chopped  
Salt and pepper  
½ cup shredded cheddar

Optional garnish: sour cream, chopped chives and bacon bits



### Preparation

- Select the **Convection** mode and set the temperature to 190°C. Press **Start/Set** to preheat the oven.
- Pierce potatoes a few times with a fork and then wrap in foil. Place them on a baking sheet and bake for 1 hour 15 minutes, or until fork tender.
- In the meantime, preheat a frying pan on medium high, and cook the bacon. In a bowl, combine cream cheese, chives, bacon and salt and pepper.
- When the potatoes are ready, unwrap them carefully as they will be very hot. Cut them in half, scoop out ⅔ cup of potato from each side, keeping the skin whole. Add the potato to the cream cheese mixture and mash until combined.
- Divide the mixture in between the four potato skins and sprinkle with cheese. Bake for an extra 10 minutes or until the cheese is melted and golden.
- Garnish if required and serve immediately.



## Cauliflower Buffalo Wings

Hands down, these Cauliflower Buffalo Wings are a wing night game-changer. Addictively crispy on the outside, tender on the inside and loaded with flavour-packed spiciness, this recipe will be savoured by all.



Prep Time: 10 minutes  
Cook Time: 24 minutes  
Total Time: 34 minutes

Yield: 4 Servings

### Ingredients

- 1 cup all-purpose flour
- 2 tsp paprika
- 1 tsp black pepper
- 2 tsp garlic powder
- 2 tsp cumin
- 2 tsp salt
- 1 tsp baking powder
- 1 head cauliflower, cut into bite size florets
- 1 tbsp vegetable oil
- 4 tbsp milk of choice
- ½ cup butter
- 1 cup hot sauce

Optional garnish: serve with fresh cut vegetables and your choice of dipping sauce



### Preparation

- Select the **Auto Cook Setting #14** "Teriyaki Chicken Wings" 2 levels for 24 minutes.
- In a medium bowl, mix all the dry ingredients together.
- Completely coat the cauliflower florets with the oil and toss them in the flour mixture until well coated. Add 4 tbsp of milk and mix well.
- Place the cauliflower bites on the two parchment lined metal trays and cook for 14 minutes.
- In the meantime, melt the butter and combine with the hot sauce. Brush onto the cauliflower bites and return to the oven for 10 minutes.
- Serve with vegetables and your favourite dipping sauce.





## Coconut Shrimp

Add this tropical-inspired dish to your dinner entourage with this flavourful sweet blend of crispy coconut flakes and juicy shrimp.

Prep Time: 10 minutes  
Cook Time: 12 minutes  
Total Time: 22 minutes

Yield: 4 Servings

### Ingredients

1 lbs shrimp, thawed  
½ cup flour  
1 egg  
½ cup coconut milk  
2 limes, zest and juice  
1½ cup unsweetened coconut flakes  
1 tsp ground ginger  
Cooking spray

Optional garnish: lime, fresh herbs and cocktail sauce



### Preparation

- Select the **Auto Cook Setting #10** "Fried Shrimp with Bread Crumbs" 1 level for 12 minutes. (remove with 4 minutes left on the timer).
- Butterfly the shrimp: cut halfway through the back, stopping at the tail, so they're able to stand tail up. Pat dry with paper towel.
- In a shallow bowl, mix flour, egg, coconut milk, lime zest and juice to form a smooth batter.
- On a plate, combine coconut flakes and ground ginger.
- Dip the shrimps in the batter followed by the coconut flake mixture. Place on the baking tray tail up.
- Spray with cooking spray and cook for 12 minutes.
- Garnish if required.



## Nachos with Shredded Barbecue Chicken

Fact: Not all nachos are created equal. You'll agree after you reach into this pile of tortilla chips loaded with mouth-watering layers of shredded chicken drenched in homemade BBQ sauce, melted cheese and pickled jalapenos.



Prep Time: 30 minutes  
Cook Time: 1 hour  
Total Time: 1 hour 30 minutes

Yield: 8 Servings

### Ingredients

#### BBQ Shredded Chicken

- 1 cup ketchup
- ¼ cup apple sauce
- 1 tbsp apple cider vinegar
- 1 tsp garlic powder
- ½ tsp black pepper
- ½ tsp salt
- 1/8 tsp ground cloves
- ¼ tsp cinnamon
- 1 tsp ground ginger
- 1 tbsp smoked paprika
- ½ tsp dried thyme
- ½ cup water
- 2 chicken breasts

#### Pickled Jalapenos

- ½ cup white vinegar
  - ½ cup water
  - 2 cloves garlic, smashed
  - 1 tbsp sugar
  - 1 tsp salt
  - 3 jalapenos, sliced
- 1 350g bag of nacho chips  
1½ cup shredded cheddar cheese  
2 tomatoes, diced  
½ red onion, diced  
½ cup cilantro

Optional garnish : fresh cilantro



### Preparation

- In a medium bowl, combine the sauce ingredients and transfer to an 8x8 baking dish. Place chicken breast in the dish, making sure they are submerged in the sauce.
- Steam for 25 minutes and once cooled slightly, shred the chicken.
- Select the **Convection** mode and set the temperature to 190°C to preheat the oven.
- Put back the shredded chicken in the oven and bake for another 25 minutes, until the sauce caramelizes.
- In the meantime, proceed to pickling the jalapenos. Combine all the pickling ingredients in a pot and bring to a boil. Remove from heat and add in the sliced jalapenos and allow to cool.
- On a metal tray, place a layer of ½ chips, ½ the cheese, tomatoes and onions as well as half the chicken. Repeat with next layer and then sprinkle with pickled jalapenos.
- Bake for 10 minutes and serve with guacamole, sour cream and cilantro if required.



Tip: You never know when the big game might go into overtime. Be sure to make a little extra Barbeque Chicken and keep a few buns handy, to enjoy as a delicious Pulled Chicken sandwich.

## Detroit Style Pizza

Renowned for its rectangular shape and signature thick crust, the Detroit Style Pizza offers the perfect landscape for those who want a little more out of their pizza. Take full advantage with this goat cheese and prosciutto with honey drizzle recipe.



Prep Time: 20 minutes  
Cook Time: 46 minutes  
Total Time: 1 hour and 6 minutes

Yield: 4 Servings

### Ingredients

#### Dough

2 - 2 ½ cups all-purpose flour, divided  
1 pack instant yeast  
1½ tbsp sugar  
¾ tsp salt  
2 garlic cloves, minced  
½ tsp dry Italian herbs  
4 tbsp olive oil, divided  
¾ cup warm water

#### Toppings

½ cup pizza sauce  
½ cup shredded mozzarella cheese  
½ cup baby spinach  
3 slices prosciutto, halved  
¼ cup goat cheese  
2 tbsp honey

### Preparation

- In a medium bowl, mix 1½ cup flour, instant yeast, sugar, salt, garlic, and Italian herbs. Add water and 2 tbsp oil then mix with a wooden spoon until well combined. Add the flour slowly and use your hands to knead the flour into the dough until it forms a ball.
- Grease a large bowl with 1 tbsp olive oil and place your dough in the bowl, making sure it is well coated in oil. Cover with plastic wrap. Place in the oven, select Auto Menu No.18, press **Start/Set** to ferment and let rise for 30 minutes or until double



in size. When oven beeps, remove the dough and press **Start/Set** to preheat.

- Punch the dough and flatten it on a greased metal tray. Poke with a fork. Spoon pizza sauce all over, then layer with cheese, baby spinach, prosciutto and goat cheese. Drizzle with honey.
- Place pizza in the oven and press **Start/Set** to bake for 14-16 minutes.
- Serve immediately!



Tip: If pizza night has you craving for something with a thin crust, divide the dough into two portions and double the required toppings. Bake for 14-16 minutes.

## Pork Dumplings

Feel free to use any shape of dumpling wrapper for this super easy dish. With a bit of prep, you'll soon be able to enjoy this heap of delicious flavours.



Prep Time: 30 minutes  
 Cook Time: 40 minutes  
 Total Time: 1 hour and 10 minutes

Yield: 24 Dumplings

### Ingredients

#### Filling

- ½ lb ground pork
- ¼ tsp sesame oil
- ½ tsp Vietnamese chilli-garlic sauce
- 1½ tsp rice vinegar
- 2 tsp soy sauce
- ½ tsp kosher salt
- pinch black pepper
- 3 tbsp chives, finely chopped
- 24 round dumpling wrappers
- vegetable oil for greasing tray

#### Dipping sauce

- 6 tbsp rice vinegar
- 2 tsp soy sauce
- 3 tsp honey
- 1 tsp fresh ginger, grated
- 2 tsp chives, finely chopped

Optional garnish: chopped chives and curly onions

### Preparation

- In a medium bowl, combine ground pork, sesame oil, chili-garlic sauce, rice vinegar, soy sauce, kosher salt, black pepper and chives.
- Open package of dumpling wrappers and remove one. Cover remaining wrappers with a damp kitchen towel while you fill one at a time.
- Dampen inside edge of wrapper and place 2 teaspoons of filling in centre. Fold over the wrapper and pinch sides together, sealing the dumpling. Place on an oiled tray and repeat until all wrappers are filled.
- Select the **Auto Cook Setting #3** "Steamed Chinese Buns". Select 2 levels and select **Start/Set**. Place both trays of dumplings into oven and start the cook timer.
- Meanwhile, in a small bowl, whisk together the dipping sauce ingredients until well combined.
- Once cooking is complete, remove from oven, garnish and serve immediately.





## Steamed Mussels in White Wine

This seafood delicacy is a set it and forget it dish that requires only a handful of simple ingredients. Enjoy this eloquent ensemble of shallots, garlic, parsley and white wine that brighten and balance the delicate seafood flavours, as well as compliment the plump and juicy texture of the mussels.

Prep Time: 15 minutes  
Cook Time: 25 minutes  
Total Time: 40 minutes

Yield: 4 Servings

### Ingredients

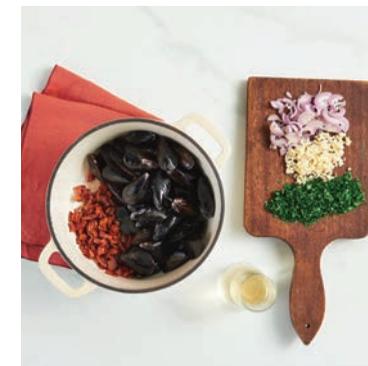
- 1 lbs mussels
- 4 sliced bacon, diced
- 2 shallots, sliced
- 3 garlic cloves, minced
- ½ cup parsley, chopped
- ⅓ cup white wine

Tip: If any mussels do not open, do not eat them and toss immediately!



### Preparation

- Select the **Auto Cook Setting #7** "Steamed Scallops" for 17 minutes. Ensure the oven water tank is full.
- Rinse the mussels well under cold water. Pick them over, pulling off any beards and discarding any mussels that are broken or gaping open.
- In an 8inch Dutch oven over medium high heat, cook the bacon for four minutes or until golden coloured. Turn off the heat, mix in the shallots, garlic, parsley and white wine. Add the mussels and stir.
- Place in the oven. Press **Start/Set**.
- Serve immediately with garlic bread.



## Flat Interior Design

The inside of the oven is flat, so it's easy to clean. And because the heater's flat, a quick wipe is all it takes to clean the top. No turntable also means there's less washing up for even more trouble-free cleaning.



No need to remove turntable

No troublesome heater tube

### Cleaning Programs

Four built-in automatic cleaning programs handle tedious tasks with a touch of a button.

#### Deodorization (Auto Menu No. 21)

This function should be used to treat odors in the oven. Before maintenance (cleaning the oven), please empty the oven and wipe inside. Takes 20 minutes.

#### Cavity Cleaning (Auto Menu No. 22)

This function is suitable for cleaning a dirty oven caused by oil. Takes 30 minutes.

#### System Cleaning (Auto Menu No. 23)

After using the steam function, this function will make the water pump through the pipe into the drip tray.

#### Citric Acid (Auto Menu No. 24)

If "✦" appears in the display window after cooking, you should use citric acid to clean the water-piping. After using citric acid to clean, rinse with water again. Takes 30 minutes.





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Actual product may vary slightly from photographs.