

Why Steam Ovens Are Superior To Combination Cooking Ovens

Are you a fan of Steam Ovens or Microwave Ovens? Both cooking methods can produce wonderful foods but are they better for your health? In this article I'll briefly explain what each method is and what cooking techniques can be achieved by using either. Obviously the below is only the shortest of descriptions about the advantages and disadvantages of both steam ovens and microwave ovens.

Heat Transfer. A steam oven isn't a microwave and while both utilize the principles of convection cooking, steam oven cooks food quicker than microwave. With a steam oven the food is cooked directly in front of you with little to no room around it. With a microwave the cooking surface has to be lined with wax paper or aluminum foil so that heat can escape.

Nutrient Retention. Steam ovens destroy nutrients in your foods, while microwaves retain only a tiny percentage. Due to limited amount of nutrients retained in your foods, steam ovens are generally considered to be a healthy cooking medium. Whereas microwaves release heat into the air, losing these nutrients in the cooking process, steam ovens retain them for an extended period of time.



Space Efficiency. Because both appliances heat up your home, each requires space. They also occupy a lot of cabinet space. However, with a steam cooking appliance you can easily mount it on the wall and save on cupboard space. You also won't have to buy extra containers. With a microwave it's generally not recommended to cook with plastic because plastic absorbs too much heat from the appliance.

Water Tank Efficiency. A steam oven does not use a large water tank. The water is heated in the tank and sent to the food as it cooks. With a combination steam oven you have to open a larger water tank than is required for cooking. This means it's less efficient.

Convection Cooking. In this type of cooking, hot air rises while cold water sinks. This is due to the presence of steam within the tank. If the water tank were convection-based, the rise in water would be faster, causing the food to cook more quickly.

Efficiency. With steam cooking, the surface area of the cooking surface will be cleaner than with microwave cooking. Microwaves tend to scorch the dishes and create ugly steamy eyesores.

Lesser moisture absorption. Because steam ovens don't use a water tank, the food is cooked from the inside out. You won't have to spend money on dehumidifiers. And the foods will have a chance to retain most of their moisture.

Less mess. Some people who suffer from allergies or asthma can suffer when using microwave ovens to prepare their meals. Steam cooking solves both of these problems. No steam ovens are needed, so there's no need to clean up the dust that would usually build up during cooking.

Better sanitation. Some people don't mind the smell of baking. But some suffer from asthma or allergies. In this case, the steam ovens provide a better environment to prepare their meals. There is no humidity or moisture to contend with.

Better cooking performance. The food cooked in a convection steam ovens is much quicker than food cooked in a microwave oven. This is because it's hotter, which means the ingredients are cooked faster. It also ensures that there are fewer nutrients left in the food, and there is less chance for them to go bad before they're consumed.

Convection steam ovens are usually the preferred type of ovens because they provide you with the highest heat achievable. They also provide you with the fastest turnaround time. This makes cooking faster, and the dishes are ready much more quickly than if you used a combination oven. You'll also get professional looking results. These ovens have professional looking burners.

Steam combination ovens are the least expensive ovens available. They usually cost around one hundred dollars. neff steam oven recipes They aren't as fast to cook your meals as a built-in steam ovens are, but they still produce very good results. They're also a lot less expensive.