

SHARP[®]

COOKBOOK

SUPERHEATED STEAM COUNTERTOP OVEN

SSC0586DS





INTRODUCTION

Welcome to a new innovative way of cooking with super heated steam for delicious and wholesome meals!

This cookbook includes recipes that can get your morning started, provide mid-day balance, or assist in a nutritious end to your day. Wake up with super steam baked Mini Frittatas or a simple broiled grapefruit; the options are endless. Spice up a Saturday lunch with black bean and corn quesadillas or prepare a five-star restaurant dinner such as the honey mustard salmon in just 12 minutes! Your new Sharp superheated steam countertop oven is your tool to a healthier you.

The Sharp superheated steam countertop oven also allows you to cook your favorite convenience foods with enjoyable results. With five included cooking modes (Toast, Warm, Pizza, Bake/Reheat and Broil/Grill), possibilities are limitless for nourishing and tasty creations. This oven makes it conceivable to rethink how we traditionally cook with steam.

Refer to your operation manual for safety and detailed instructions for use and care of your new oven. Please note that it is recommended to always use cold, filtered tap water for all functions.

Now get started and enjoy this new, healthier cooking experience!

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BREAKFAST

MINI BREAKFAST FRITTATAS

MAKES 6 MINI FRITTATAS

INGREDIENTS

- 4 large eggs
- 1/4 cup whole or 2% milk
- Kosher salt and freshly ground pepper
- 2 tablespoons chopped fresh spinach
- 2 tablespoons finely diced red bell peppers
- 2 tablespoons shredded sharp Cheddar cheese
- Nonstick cooking spray, for the muffin tins

INSTRUCTIONS

1. In a medium mixing bowl, whisk together the eggs and milk. Season with salt and pepper to taste. Stir in the chopped spinach, red bell peppers, and cheese.
2. Spray 6 muffin tin cups with nonstick cooking spray or line the cups with paper liners. Pour the egg mixture evenly into the muffin cups.
3. Place the muffin pan on the crisper tray on the lower level.
4. Turn on Bake function and set to 350°F. Bake for 25 minutes, or until the muffins are firm in the center. Remove from the oven. Serve warm.

Cooking Tip: You can store the egg frittatas in the fridge for 3 to 4 days and reheat them in the microwave.



Setting
Bake

Temp
350°F



Time
25 min

Tray Type
Crisper Tray

Tray Position
Lower

ITALIAN BAKED EGGS

SERVES 2

INGREDIENTS

- Nonstick cooking spray, for the ramekins
- 1 cup marinara sauce
- 4 large eggs
- 2 tablespoons shredded mozzarella cheese
- 2 tablespoons grated Parmesan cheese, plus extra for the garnish
- Kosher salt and freshly ground black pepper
- 1/4 cup basil leaves, thinly sliced
- 2 slices of bread, toasted if desired

INSTRUCTIONS

1. Lightly coat two medium ramekins with nonstick cooking spray.
2. Divide the marinara sauce evenly into the ramekins. Top each ramekin with 2 eggs, 1 tablespoon mozzarella cheese, and 1 tablespoon Parmesan cheese. Season with salt and pepper to taste.
3. Place the ramekins on the crisper tray on the upper level.
4. Turn on Bake function and set to 400°F. Bake for 14 minutes, or until the egg whites are cooked through. Remove from the oven. Garnish with a little grated Parmesan cheese and the basil leaves. Serve warm with bread for dipping.



Setting
Bake

Temp
400°F



Time
14 min

Tray Type
Crisper Tray

Tray Position
Upper

FRENCH TOAST WITH FRESH BERRIES

SERVES 2

INGREDIENTS

- 4 large eggs
- 1/2 cup whole or 2% milk
- 4 slices white bread
- Nonstick cooking spray, for the pan
- 1/2 cup powdered sugar
- 1 cup fresh mixed berries
- Maple syrup, optional garnish

INSTRUCTIONS

1. In a large bowl, whisk together the eggs and milk until well blended. Place the slices of bread into the egg mixture and turn until both sides are well covered.
2. Generously spray the broiling pan with the nonstick cooking spray. Place the bread slices on the pan.
3. Place the broiling pan on the upper level.
4. Turn on Bake function and set to 375°F. Cook for 20 minutes, or until golden brown and crispy.
5. To serve, place the French toast on a plate and sift powdered sugar over the top. Garnish with fresh berries. Serve with maple syrup on the side if desired.

Cooking Tip: French toast is also delicious when made with sweet breads like challah or cinnamon-raisin.



Setting
Bake

Temp
375°F



Time
20 min

Tray Type
Broiling Pan

Tray Position
Upper

BROILED GRAPEFRUIT

SERVES 2

INGREDIENTS

- 1 large grapefruit, well chilled
- 1/4 cup firmly packed light brown sugar
- 1/4 teaspoon ground cinnamon
- 1 tablespoon unsalted butter, melted
- 2 small fresh mint sprigs, optional garnish

INSTRUCTIONS

1. Cut each grapefruit in half crosswise. Cut a thin slice off the bottom of each half, if necessary, so that it will stand upright.
2. Using a serrated grapefruit knife or a small sharp knife, loosen the grapefruit segments in each half by first carefully cutting between the fruit and the rind and then by cutting along either side of each segment. Place the halves upright on the broiling pan.
3. In a small bowl, stir together the brown sugar, cinnamon, and butter until well combined. Evenly sprinkle the sugar mixture over the grapefruit halves.
4. Place the broiling pan on the upper level.
5. Turn on Broil/Grill function. Cook for 7 minutes, or until the sugar is bubbly and caramelized.
6. Serve immediately garnished with a mint sprig if desired.



Setting
Broil/Grill

Temp
485°F



Time
7 min

Tray Type
Broiling Pan

Tray Position
Upper

LUNCH

HAM, BRIE, AND APPLE OPEN FACE TOAST

SERVES 2

INGREDIENTS

- 2 slices rustic artisan bread (about 2-1/2 by 6 inches and 3/4 inch thick)
- 2 teaspoons Dijon mustard
- 4 thin slices Black Forest ham
- Kosher salt and freshly ground black pepper
- 1/2 medium Granny Smith apple, cored and thinly sliced
- 2 ounces Brie cheese, thinly sliced

INSTRUCTIONS

1. Put the bread slices on the crisper tray. Spread 1 teaspoon of the mustard evenly on each of the bread slices. Top each piece of bread with 2 slices of ham. Season lightly with salt and pepper. Top each sandwich with 4 or 5 apple slices and then arrange the Brie slices in a single layer over the apples.
2. Place the crisper tray on the upper level.
3. Turn on Toast function. Toast on level 6, or until the cheese is melted. Serve warm.

Cooking Tip: Pear can be substituted for the apples.



Setting
Toast

Toast Level
6



Time
6:30 min

Tray Type
Crisper Tray

Tray Position
Upper

TUNA MELT

SERVES 2

INGREDIENTS

- 2 cans (5-ounce) solid white tuna, drained and flaked
- 1/4 cup thinly sliced celery (about 1 rib)
- 1 tablespoon finely diced yellow onion
- 1 tablespoon finely grated lemon zest
- 2 teaspoons freshly squeezed lemon juice
- 1/4 cup mayonnaise
- 1/4 teaspoon dried oregano
- Kosher salt and freshly ground black pepper
- 2 English muffins, split
- 4 slices of tomato
- 4 slices cheddar cheese

INSTRUCTIONS

1. In a medium mixing bowl, stir together the tuna, celery, onion, lemon zest, lemon juice, mayonnaise, and oregano until well combined. Season with salt and pepper to taste.
2. To assemble the sandwich, place the English muffins, cut side up, on the crisper tray. Evenly spread 1/4 of the tuna salad onto each of the slices. Top each sandwich with a tomato slice and a slice of cheese.
3. Place the crisper tray on the upper level.
4. Turn on Toast function. Toast on level 6, or until the cheese is melted. Serve hot.

Do Ahead: The tuna salad can be made up to two days in advance. Store covered in the refrigerator.



Setting
Toast

Toast Level
6



Time
6:30 min

Tray Type
Crisper Tray

Tray Position
Upper

PORTOBELLO BURGERS

SERVES 2

INGREDIENTS

- 2 large portobello mushrooms (each about 4 inches in diameter)
- 2 tablespoons olive oil, divided
- Kosher salt and freshly ground black pepper
- 1/4 cup mayonnaise
- 2 tablespoons basil pesto
- 2 whole-grain hamburger buns, split
- 4 Roma tomato slices
- 2 slices fresh goat cheese
- 1/2 cup fresh baby spinach leaves

INSTRUCTIONS

1. Remove the stems from the mushrooms and discard. Use a spoon to scrape the gills from the caps and discard. Lightly brush both sides of the mushrooms with 1 tablespoon of the olive oil. Season with salt and pepper to taste. Set the mushrooms on the broiling pan, cap side up.
2. Turn on Broil/Grill function. Cook for 10 minutes, or until the mushroom is tender.
3. While the mushrooms are cooking, place the mayonnaise and pesto in a small bowl and stir until well combined.
4. Remove the mushrooms from the oven.
5. Place the split buns, cut side up, on the crisper tray, turn on Toast function and toast on level 4.
6. To assemble the sandwich, spread 1 heaping tablespoon of the pesto mayonnaise on the bottom of each bun. Place the mushroom on the bun. Top each portobello with 2 tomato slices, 2 slices of goat cheese, and a small handful of spinach leaves. Finish with the top of the bun. Serve warm.



Setting
Broil/Grill,
Toast

Temp
485°F



Time
15:30 min

Tray Type
Broiling Pan/
Crisper Tray

Tray Position
Upper

BLACK BEAN AND CORN QUESADILLAS

SERVES 2

INGREDIENTS

- 1/2 cup canned black beans, drained and rinsed
- 1/2 cup thawed frozen corn
- 2 tablespoons finely diced red bell pepper
- 2 tablespoons finely diced red onion
- 1 small clove garlic, minced
- 1 tablespoon finely chopped fresh cilantro
- 2 tablespoons chunky salsa, plus extra for serving
- 1/8 teaspoon ground cumin
- 1/8 teaspoon chili powder
- 1-1/2 cups shredded Mexican blend cheese
- 2 large (burrito-size) tortillas
- Nonstick cooking spray, for the tortillas
- Sour cream, for serving

INSTRUCTIONS

1. In a medium bowl, stir together the black beans, corn, red bell pepper, red onion, garlic, cilantro, salsa, cumin, and chili powder until well combined.
2. Place 2 tortillas on a work surface. Spray the bottom side of each tortilla with nonstick cooking spray.
3. Evenly sprinkle half of each tortilla with 1/2 cup of the cheese. On both tortillas, spoon half of the black bean and corn mixture evenly over the cheese. Sprinkle the remaining cheese over the black bean and corn mixture.
4. Fold the tortillas in half and press down gently but firmly.
5. Place the quesadillas on the broiling pan. Place in the oven on the upper level.
6. Turn on Bake function and set to 425°F.
7. Bake for 10 minutes, or until the cheese is melted and the tortilla is golden brown. Serve with sour cream and salsa on the side.



Setting
Bake

Temp
425°F



Time
10 min

Tray Type
Broiling Pan

Tray Position
Upper

DINNER

FISH TACOS WITH CABBAGE SLAW AND AVOCADO CREMA

SERVES 2

INGREDIENTS

1 ripe avocado	1 tablespoon seeded and finely diced fresh jalapeños
1 cup sour cream	3-1/2 tablespoons olive oil, divided
2 tablespoons + 2 teaspoons freshly squeezed lime juice, divided	3 tablespoons coarsely chopped fresh cilantro
1 teaspoon ground cumin, divided	Nonstick cooking spray, for the tray
Kosher salt and freshly ground pepper	2 tilapia fillets (about 6 to 8 ounces each)
2 cups thinly shredded cabbage	4 corn tortillas, warm
1/4 cup finely diced red bell pepper	Lime wedges, for serving
1/4 cup thinly sliced red onion	

INSTRUCTIONS

1. Halve and pit the avocado. Scoop the flesh into the bowl of a food processor. Add the sour cream, 2 teaspoons of the lime juice, 1/4 teaspoon of the cumin, and 1/4 teaspoon salt. Blend just until smooth. Transfer the crema to a bowl, cover and refrigerate for up to 2 days.
2. In a large bowl, combine the cabbage, bell pepper, onion, jalapeño, the remaining 2 tablespoons lime juice, 1 1/2 tablespoons of the olive oil, cilantro, the remaining 1/2 teaspoon cumin, and 1/4 teaspoon salt. Toss to combine. Cover the slaw and refrigerate until ready to serve.
3. Spray the broiling pan with nonstick cooking spray. Place the tilapia fillets on the tray and lightly coat both sides with the remaining 2 tablespoons of olive oil. Season with the remaining 1/4 teaspoon cumin, salt, and pepper.
4. Place the broiling pan on the upper level.
5. Turn on Broil/Grill function. Cook for 10 minutes, or until the fish is just cooked through.
6. To assemble the tacos, place 2 tortillas on a plate and top each with half a fillet of fish. Stir the cabbage slaw well and top each piece of fish with the slaw and the crema. Repeat to assemble the remaining tacos. Serve immediately with lime wedges.



Setting
Broil/Grill

Temp
485°F



Time
10 min

Tray Type
Broiling Pan

Tray Position
Upper

HONEY MUSTARD SALMON

SERVES 4

INGREDIENTS

- Nonstick cooking spray, for the tray
- 2 tablespoons honey
- 2 tablespoons whole grain Dijon mustard
- 4 boneless salmon fillets (6 ounces each)
- Kosher salt and freshly ground black pepper

INSTRUCTIONS

1. Spray the broiling pan with nonstick cooking spray.
2. In a small bowl, whisk together the honey and mustard.
3. Place the salmon on the tray, skin side down. Spoon the honey mustard mixture evenly over the salmon fillets. Season with salt and pepper to taste.
4. Place the broiling pan on the upper level to begin cooking.
5. Turn on Broil/Grill function. Cook for 12 minutes, or until the fish is just cooked through.
Serve immediately.

Cooking Tip: Whole grain mustard is simply a mustard that has been ground just enough to form a mustard, but not so much that it fully breaks down all the mustard seeds. With a thick, coarse consistency, it gives dishes a little extra texture and bite. Look for coarse-ground mustard or stone-ground mustard if you can't find whole grain.



Setting
Broil/Grill

Temp
485°F



Time
12 min

Tray Type
Broiling Pan

Tray Position
Upper

HERBED CHICKEN DRUMMIES

SERVES 4

INGREDIENTS

- 1 pound chicken buffalo wingettes (1st and 2nd wing sections)
- 1/4 cup olive oil
- 2 teaspoons dried rosemary
- 2 teaspoons dried thyme leaves
- 2 teaspoons dried oregano
- Kosher salt and freshly ground black pepper

INSTRUCTIONS

1. Rinse the chicken and pat dry with paper towels. Place the chicken wings in a large bowl. Add the olive oil, rosemary, thyme, and oregano and toss to coat. Generously season with salt and pepper.
2. Place the chicken on the broiling pan in a single layer.
3. Place the tray on the upper level.
4. Turn on Broil/Grill function. Cook for 30 minutes, or until chicken is golden and cooked through. Serve warm.

Variation: Instead of dried herbs, you can toss the chicken in a BBQ dry rub or Creole seasoning for a spicier end result.



Setting
Broil/Grill

Temp
485°F



Time
30 min

Tray Type
Broiling Pan

Tray Position
Upper

BRATS WITH GRILLED PEPPERS AND ONIONS

SERVES 4

INGREDIENTS

- Nonstick cooking spray, for the tray
- 1/2 red bell pepper, thinly sliced
- 1/2 green bell pepper, thinly sliced
- 1/2 red onion, thinly sliced
- 2 tablespoons olive oil
- Kosher salt and freshly ground black pepper
- 4 bratwurst, each about 1-inch thick
- 4 hoagie buns, split
- 1/4 cup spicy brown mustard

INSTRUCTIONS

1. Spray the broiling pan with nonstick cooking spray.
2. In a bowl, toss together the bell peppers, onions, and olive oil. Season with salt and pepper to taste.
3. Place the brats in the middle of the tray. Place the peppers and onions around the brats on the sides of the tray.
4. Place the broiling pan on the upper level.
5. Turn on Broil/Grill function. Cook for 8 minutes. Then flip the sausages and cook for 4 more minutes, or until the sausages are golden brown.
6. Remove the sausages and peppers from the oven.
7. Place the split buns, cut side up, on the crisper tray, turn on Toast function and toast on level 4.
8. Spread the bottom half of each bun with mustard. Top with a sausage and grilled peppers and onions.



Setting
Broil/Grill,
Toast

Temp
485°F



Time
17:30 min

Tray Type
Broiling Pan/
Crisper Tray

Tray Position
Upper

COOKING MODE	FOOD	COOKING TEMP (NO PREHEAT)	FOOD WEIGHT / QTY	COOKING TIME MIN.	TRAY POSITION UPPER / LOWER	BROILING PAN / CRISPER TRAY
Pizza	Thin (Frozen)	425°F	1	10	Upper	Crisper Tray
	Classic (Frozen)	425°F	1	18	Upper	Crisper Tray
	Rising Crust (Frozen)	400°F	1	22	Upper	Crisper Tray
Bake/Reheat	Biscuits (Frozen)	350°F	6	23	Upper	Crisper Tray
	Biscuits (Canned)	350°F	5	13	Upper	Broiling Pan
	Jalapeno Poppers (Frozen)	450°F	8	11	Upper	Broiling Pan
	Pizza Rolls (Frozen)	450°F	9	12	Upper	Crisper Tray
	Bite Size Quiches (Frozen)	375°F	6	10	Upper	Crisper Tray
	Spanakopita (Frozen)	375°F	6	20	Upper	Broiling Pan
	Chinese Egg Rolls (Frozen)	425°F	2	20	Upper	Crisper Tray
	Taquitos (Frozen)	400°F	6	12	Upper	Broiling Pan
	Mozzarella Cheese Sticks (Frozen)	450°F	8	10	Upper	Broiling Pan
	Tator Tots (Frozen)	425°F	20	20	Upper	Crisper Tray
	French Fries - Crinkle (Frozen)	425°F	1/2 bag	23	Upper	Crisper Tray
	French Fries - Classic (Frozen)	425°F	1/2 bag	25	Upper	Crisper Tray
	Pigs in Blanket (Frozen)	400°F	8	18	Upper	Crisper Tray
	Corn Dogs (Frozen)	375°F	4	18	Upper	Crisper Tray
	Chicken Nuggets (Frozen)	400°F	12	14	Upper	Broiling Pan
	Fish Sticks (Frozen)	425°F	8	14	Upper	Crisper Tray
	Burritos (Frozen)	350°F	1	25	Upper	Broiling Pan
	Chicken Pot Pies (Frozen)	400°F	1	50	Upper	Crisper Tray
	Breaded Chicken Breast (Frozen)	425°F	4	20	Upper	Crisper Tray
	Breaded Shrimp (Frozen)	425°F	8	12	Upper	Broiling Pan
Dinner Rolls (Frozen)	350°F	4	8	Upper	Crisper Tray	
Cinnamon Rolls (Canned)	375°F	5	12	Upper	Broiling Pan	
Cinnamon Rolls (Frozen)	375°F	16 oz pan	24	Upper	Crisper Tray	
Broil/Grill	Veggie Burger (Frozen)	485°F	4	11	Upper	Broiling Pan
	Burgers	485°F	quarter lb / 4	12	Upper	Broiling Pan
	Hot Dogs	485°F	4	8	Upper	Broiling Pan
	Sausage Patties	485°F	4	12	Upper	Broiling Pan
	Fish / Tilapia Fillet	485°F	6 oz / 2	10	Upper	Broiling Pan
	Fish / Salmon Fillet	485°F	6 oz / 2	12	Upper	Broiling Pan
	Sausage Links (Frozen)	485°F	4	8	Upper	Broiling Pan



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