

# SUPERSTEAM™

## Sweet-Glazed Roast Pumpkin

### INGREDIENTS

2 tbs Maple Syrup  
2 tbs Extra Virgin Olive Oil  
2 tbs Fresh Rosemary, chopped  
2 Cloves of Garlic, crushed  
1kg Kent Pumpkin, unpeeled, seeded,  
cut into 10 wedges



### INSTRUCTIONS

- Fill the water tank and set the oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT > 220°C > 20 MINUTES > START. (for R990K settings see below \*1)
- Combine the maple syrup, oil, rosemary and garlic in a small bowl.
- Grease and line one baking tray with baking paper. Place pumpkin pieces onto the tray. (for R990K see below \*2)
- Drizzle half of the maple syrup mixture over the pumpkin slices and rub in to coat thoroughly. Season with salt and pepper.
- After preheating has completed, place the baking tray into the Lower position. Press START. (for R990K see below \*3)
- When the unit stops, turn over the pumpkin pieces and add the remaining maple syrup mixture.
- Set oven SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT > 220°C > 20 MINUTES > START. (for R990K settings see below \*4)

**NOTE:** Cooking time is based on the Sharp AX1500JS SuperSteam Oven.

### SHARP R990K INSTRUCTIONS

- \*1 - Set oven to PREHEAT > 220°C > CONVEC > 220°C > 20 MINUTES > START.
- \*2 - Grease and line two circular pizza baking trays with baking paper. Place 5 pumpkin pieces on each tray.
- \*3 - Place one circular baking tray on the turntable and the other on the high rack and into position.
- \*4 - Set oven to CONVECT > 220°C > 20 MINUTES > START.