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Add Some Steam To Your Home

An old idea gets new life

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For Shannon Lang-made and her family, the holiday cappuccino was served a bit differently this year — from their own kitchen.

“My husband and I just love our built-in cappuccino maker, especially over the holidays, when we had all of the kids over,” Langmade said. “It gets a real workout and never lets us down. It’s a real gathering point in our kitchen.”

Cappuccino machines are just one of the many household appliances that incorporate steam technology these days.

Luxury bathrooms are not complete without built-in steam baths. Steam therapy benefits the respiratory system and keeps skin rejuvenated, but also creates an in-home spa, providing a relaxing place to come home after a rigorous workout or an extra-stressful day.

In the laundry room, steam cycles are being incorporated in the latest designs of washing and drying machines, providing much needed relief to those who suffer from allergies. A steam cycle can get the laundry hot enough to kill dust mites and other allergens that hot water alone might not get out.

However, when it comes to incorporating steam appliances, perhaps the most popular place in the home is the kitchen.

Fans of steam ovens say they lock in flavor, color, and nutrients, including more vitamins and minerals. Steam also keeps the food moist, which eliminates the need to add any extra oils or fats.

Thanks to advanced technology, steam ovens are easy to use and owners who did not consider themselves cooks are enjoying the satisfaction of creating healthy meals for the first time. By pushing a few buttons, the user tells the oven what food is being cooked, and in less than 20 minutes, it’s possible to enjoy a well-balanced and healthy meal.

Interior designer Rick Razos uses Miele steam ovens in all his designs, including his design for his own home.

“It’s a great product and the best on the market,” Razos said. “I always incorporate Miele products in my design; I’ve been using them for eight or nine years. I have one in my home, and I can’t cook.”

Razos has just completed a kitchen incorporating three Miele appliances for Langmade’s Turtle Creek home.

“It really is a wonderfully healthy way to eat. And it’s so easy to use,” she said. “The oven comes equipped; all of the pans and utensils came inside the oven, so there is no need for a lot of kitchen items. I just push the buttons, put in the broccoli, and it’s done.”



Staff Photos: Christina Barany
The Roma RS-40 Steam Bath fills a shower with steam saturated with essential oils at the Skanadario by Goodman Supply in Frisco. Retail price is \$1,743.



Joe Kobell loads his Meile Inspira dishwasher with a steam clean cycle.

Dallas residential real estate specialist Joe Kobell was introduced to Miele steam appliances 12 years ago. He said he can't imagine having any other brand of appliance in his kitchen, and without a doubt, his favorite appliance is his steam-powered dishwasher.

"The dishwasher is so quiet and excellent," he said. "It gets your dishes crystal clean. You can put a Pyrex dish with a ham casserole in it, turn the dishwasher on, and it comes out sparkling."

Kobell always encourages his clients to use the Miele appliances when renovating because of their excellent form and function.

"I live in a high rise with a galley kitchen, so space is an issue," he said. "They are so quiet and so green; they require very little water and detergent."

Steam is becoming so popular even mainstream brands such as Maytag and Whirlpool now have appliances with steam technology. Several home appliance showrooms have steam appliances and host events that highlight the benefits and demonstrate their usefulness in the home.

Scott Gottlich, executive chef of Bijoux, has given a cooking demonstration at Goodman Supply in Frisco. He's definitely a fan of the steam oven.

"Steam allows the items to remain moist," he said. "With breads, it is extremely useful. Also, meats can be cooked at low temperatures in steam and then seared at the end of the cooking process, which will create a moist product. Custards can also be cooked without the need of a water bath."

Miele, a German company, has nine American showrooms, including one in the design district on Oak Lawn. Miele representative Lorraine Christensen says steam ovens are their biggest seller.

"Everyone wants to cook healthy these days," she said. "It's that time of year again when everyone's thinking about it and wants that healthy lifestyle."