3 Ways to Cook a Seasonal Vegetable Medley Using Wolf Appliances

In this guide, we'll show you how to prepare a colorful vegetable medley using three Wolf cooking methods: **steam, air fry, and sauté**. Each one brings out different textures and flavors—plus, each appliance offers smart technology and professional-grade performance designed to make your kitchen life easier.

Ingredient List:

You'll use the same fresh ingredients for all three preparations:

- 1 cup carrots, peeled and sliced
- 1 cup Brussels sprouts, halved
- 1 cup sweet potatoes, cubed
- 1 zucchini, sliced
- 3 cloves garlic, minced
- 2 tablespoons olive oil
- Salt and pepper, to taste
- Fresh rosemary or thyme for garnish (optional)

Method 1: Steam with the Wolf Convection Steam Oven (Model CSO2450TE/S/T)

Why Steam?
This method retains nutrients, enhances natural sweetness, and softens veggies without needing excess oil. It's perfect for a health-conscious Arizona lifestyle.

Steps:

1. Preheat the Wolf Convection Steam Oven on the "Steam" mode to 210°F.
2. Place vegetables and garlic in a perforated pan or steam tray.
3. Lightly season with salt and pepper.
4. Steam for 15–18 minutes, or until tender but still vibrant.
5. Garnish with herbs and serve warm.

Pro Tip: Steam mode eliminates the guesswork. With precision humidity control, you get perfectly steamed vegetables every time.

Method 2: Crisp with the Wolf Built-In Convection Oven (Air Fry Mode)

Why Air Fry?
Air frying gives veggies a golden, crisp edge without deep frying—ideal for snacks, side dishes, or game-day spreads.

Steps:

1. Preheat your Wolf convection oven to 400°F using "Air Fry" mode.
2. Toss vegetables in olive oil, salt, pepper, and garlic.
3. Spread evenly on the included air fry basket or convection tray.
4. Roast for 20–25 minutes, flipping once halfway through.
5. Serve immediately with a sprinkle of sea salt.

Pro Tip: The Wolf Air Fry mode circulates hot air at high speed for crisp, caramelized results. You won't believe how easy it is to skip the frying pan.

Method 3: Sauté with the Wolf Induction Cooktop (Model CI36560T/S)

Why Induction?
Induction delivers fast, even heat and incredible control—especially helpful when cooking delicate vegetables without burning.

Steps:

1. Heat 2 tbsp of olive oil over medium-high heat on the induction cooktop.
2. Add sweet potatoes first, then carrots, and sauté for 4–5 minutes.
3. Add Brussels sprouts and zucchini; continue cooking for another 6–8 minutes.
4. Stir in garlic during the last 2 minutes.
5. Season to taste and serve hot.

Pro Tip: With the Wolf cooktop's precise temperature response, you get beautiful browning without overcooking—perfect for layered flavors and textures.

Which One Is Right for You?

Each cooking method offers its own benefit:

- **Steam** for clean, fresh flavors
- **Air Fry** for crisp texture

- **Induction sauté** for caramelized complexity

Why choose one when you can try them all?