



MBMD Siemens B2C (MASTER)

≡ [common.menu]



How to make healthy food choices in the kitchen.

Eating healthy can seem like a daunting task, especially with a busy lifestyle. But if you break it down into small choices, it can be easier to make it a habit and habits as we know, are hard to lay off.

Always go for the healthier option.

When preparing a meal, consider healthier alternatives to the original ingredients. With pasta, for example, try whole wheat or vegetable-infused pasta with spinach, carrot, or chickpea. They may take a bit longer to cook, but your Siemens cooktop can precisely maintain the chosen temperature to cook pasta al dente while avoiding overboiling through the cookingSensor Plus feature.

If you want to know more about the individual programs and functions of your hob, check your personal [My Siemens](#) account. It contains all your appliance info in one place.

Brown rice over white rice.

Brown rice is rich in dietary fiber. It also contains high levels of nutrients that are left in its bran and germ – the outer portions of the grain. Because these are intact, brown rice also fills you up much faster, so you consume less. And you can prepare it the same way you would white rice, just add a little bit more water.



More herbs and spices over salt.

A better alternative to salt would be to use fresh or dried herbs and spices. These instantly inject flavour to any dish, but without the added sodium. To keep herbs fresh, wrap them in a wet paper towel, placed in a loosely covered box and store in your hyperFresh compartment. It guarantees longer freshness and is designed to provide the perfect environment for your herbs, fruits and vegetables. Note that the features of your appliance depend on the model you have.

Roast more than pan fry.

Because Siemens combi-steam ovens cook gently and naturally, roasting retains your food's flavours, vitamins, and minerals. Roast marinated meats and fish in the oven to preserve their juices, but also veggies get a perfect crisp! With cookControl Plus, you have cooking tips on your oven display. If your oven doesn't have this feature, help is just a swipe away; the recipes on your Home Connect app will guide you just as good.





Go for water infusions.

Store-bought fruit juices and soda contain a lot of sugar. Water is always the best choice. But for those who want some variety in flavour, try infusing your water with fruits and herbs. Slice some lemon and cucumber and let it steep in a pitcher in your fridge for a few hours. Also try lemon and mint, or ginger and lime to help stay cool and hydrated.



Shop with purpose.

Becoming a skilled home cook is more than just about understanding the basics of cooking. It also means becoming a more conscious consumer. Examine your regular grocery shopping habits. Determine how you can buy and consume more sustainably.

[➤ How to shop more sustainably](#)



How you cook matters.

Planning to eat healthier meals? Try to also think about how you prepare them. Common cooking methods of deep frying and sautéing often use more oil than necessary. Consider other methods such as grilling, baking, or steaming for healthier results.

[➤ Try healthier ways to cook](#)



Create a connected kitchen.

As homes become smarter and more connected, it's time for your kitchen to catch up. Transform your home into a high-tech oasis, making everyday tasks simpler, easier and at your fingertips.

[➤ Discover Home Connect](#)

Get inspiring recipe ideas for any occasion with Home Connect.

Did you know that you can make healthier food choices easier with Home Connect? The Home Connect app has many healthy recipes to choose from. Just select one, and the app will then send all the details straight to your oven or hob so you can immediately begin cooking. Connect your home to a range of smart services and turn your life into a connected one.

DISCOVER CONNECTED COOKING



No more overboiling

The cookingSensor Plus is the perfect partner for your hob. Just attach it to the pot, and the intelligent system will automatically maintain your selected temperature. It communicates with your hob via Bluetooth. Explore our accessories so you'll always get a perfectly cooked meal.

[➤ Shop hob & hood accessories](#)

Innovation for sustainability Service and Warranty

Sustainability is a matter for all of us. Discover how we at Siemens Home Appliances are taking our responsibility as one of the market leaders in the home appliance industry towards environmentally friendly behavior. Enabling exciting possibilities without compromise.

[➤ Find out now](#)

Do you have any technical questions about installing or setting up your kitchen appliance? Do you need support for pairing your home appliance? Or would you like to get information on using Home Connect? We are happy to assist you.

[➤ Get help and support](#)



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