

HOTPAN® TABLE OF COOKING TIMES



	LIQUID QUANTITY	COOKING ZONE (MINUTES)	ISOLATING BOWL (MINUTES)	TOTAL COOKING TIME (MINUTES)
VEGETABLES				
Beans (4 cm, pieces)	1 dl	5	20	25
Broccoli (florets)	1 dl	5	10	15
Carrots (5 mm, slices)	1 dl	5	15	20
Cauliflower (florets)	1 dl	5	15	20
Celery (in small bars)	1 dl	5	15	20
Courgettes (Zucchini, in slices)	1 dl	5	15	20
Fennel (5 mm, strips)	1 dl	5	5	10
Green asparagus (whole)	1 dl	3	8	11
Kohlrabi (2 cm, cubes)	1 dl	5	20	25
Leek (in small wheels)	1 dl	5	15	20
Peas (frozen, whole)	1 dl	5	5	10
Peppers (in strips)	1 dl	5	10	15
Pumpkin (2 cm, cubes)	1 dl	5	15	20
Spinach (fresh, whole)	1 dl	2	2	4
Sugar peas	1 dl	2	5	7
Tomatoes (whole)	1 dl	5	20	25
White asparagus (whole)	1 dl	8	15	23
FRUITS				
Apples or Pears (halved)	1 dl	5	15	20
Apricots (500 g, halved)	5 dl	2	8	10
Plums (500 g, halved)	5 dl	5	10	15
MEAT				
Chicken breast (whole)	-	3/3	15	21
Pork sirloin (whole)	3 dl	10/10	30	50
Veal stew (1 kg)	covered	40	20	60
POTATOES CEREALS Quantities e.g. 1 : 2 = 1 cup of rice, 2 cups of water				
Bulgur (200 g)	1:2	2	20	22
Ebly (200 g)	1:1,5	5	10	15
Polenta (Bramata, 200 g)	1:4	15	30	45
Potatoes (2 cm, cubes)	2 dl	15	15	30
Rice (200 g)	1:2	5	20	25
Risotto (200 g)	1:3	5	15	20
Quinoa (200 g)	1:2	5	20	25

THE SOFT COOKING METHOD IN 4 STEPS

Take advantage of the full potential of HOTPAN® and enjoy the soft cooking method with its simple and healthy way of cooking. Basically, with the soft cooking method, the food is cooked only for a few minutes on the hob with a minimum of direct heat. The cooking process will then be completed in the isolating bowl without further energy supply. So the food remains very aromatic, the colours remain fresh and you get the vitamins. Additionally you also save up to 60% energy.

SOFT COOKING WITH VEGETABLES



Place the HOTPAN® without bowl onto the hob. Fill the HOTPAN® with vegetables and add 1 dl of liquid, close the lid.



Bring the vegetables to the boil until steam starts to appear and the lid can be turned easily. With induction bring to the boil at only $\frac{3}{4}$ of the highest power level. From now, the lid should no longer be opened.



Immediately switch to a lower cooking level and continue cooking for 5 minutes.



Place the HOTPAN® in the isolating bowl for soft cooking according to the times shown in the cooking table.

SOFT COOKING WITH RICE



Place the HOTPAN® without the bowl onto the hob. Fill HOTPAN® with 200 g of rice and add 3.5 dl of liquid, close the lid.



Bring the rice to the boil until steam starts to appear and the lid can be turned easily. With induction bring to the boil at only $\frac{3}{4}$ of the highest power level. From now, the lid should no longer be opened.



Immediately switch to a lower cooking level and continue cooking for 5 minutes.



Place the HOTPAN® into the isolating bowl for soft cooking during at least 15 minutes.

SOFT COOKING WITH MEAT



Heat up your HOTPAN® on the highest heating level. Water drop test: Spray a splash of water into the pan; if the drops dance about on the surface, the optimal frying temperature is reached.



Reduce the heat to a medium level. Put the unseasoned meat without fat into the pot. Brown until the meat detaches from the bottom of the pot by itself.



Turn the meat over and brown the second side as well. Season and close the lid.



Put the HOTPAN® into the isolating bowl for soft cooking according to the times shown in the cooking table.