

DUROTHERM® TABLE OF COOKING TIMES



VEGETABLES

	LIQUID QUANTITY	COOKING ZONE (MINUTES)	HEAT-RETAINING BASE (MINUTES)	TOTAL COOKING TIME (MINUTES)
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

Easy and healthy: 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 heat-retaining base 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 Durotherm® without heat-retaining base onto the hob. Fill the Durotherm® 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. **Do not use the booster level with induction.*** From now, the lid should no longer be opened.



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



Place the Durotherm® in the heat-retaining base for soft cooking according to the times shown in the cooking table.

SOFT COOKING WITH RICE



Place the Durotherm® without the heat-retaining base onto the hob. Fill Durotherm® 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. **Do not use the booster level with induction.*** From now, the lid should no longer be opened.



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



Place the Durotherm® into the heat-retaining base for soft cooking during at least 15 minutes.

SOFT COOKING WITH MEAT



Heat up your Durotherm® on the highest heating level. **Do not use the booster level with induction.*** 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 Durotherm® into the heat-retaining base for soft cooking according to the times shown in the cooking table.