



Size, type of cut, quantity



Liquid quantity



Minutes on the hotplate



Minutes in insulating bowl



Total – Minimum cooking time

	1 cm				
FRESH VEGETABLES					
Artichoke	2 cm, cubes	5 cl	5	10	15
Cauliflower	2 cm, small rose	5 cl	5	15	20
Beans	4 cm, pieces	5 cl	5	15	20
Broccoli	2 cm, small rose	5 cl	5	10	15
Peas	whole	5 cl	5	5	10
Fennel	5 mm, strips	5 cl	5	5	10
Carrots	2 cm, cubes	5 cl	5	15	20
Kohlrabi	2 cm, cubes	5 cl	5	15	20
Pumpkin	2 cm, cubes	3 cl	5	15	20
Leek	2 cm, pieces	5 cl	5	15	20
Peppers	2 cm, cubes	3 cl	5	10	15
Salsify	4 cm, pieces	5 cl	5	10	15
Celery	2 cm, cubes	5 cl	5	15	20
White asparagus	whole	5 cl	3	7	10
Spinach	4 cm, pieces	2 cl	3	2	5
Tomatoes (seeded)	3 cm, pieces	3 cl	2	3	5
White chicory	halved lengthwise	5 cl	3	12	15
Mangetout (snow peas)	whole	3 cl	2	5	7
Onions	2 cm, pieces	3 cl	5	15	20
FRUIT					
Apricots	halved	3 cl	2	10	12
Apples	halved	5 cl	2	15	17
Pears	halved	5 cl	2	15	17
Cherries	whole	3 cl	2	10	12
Plums	halved	3 cl	2	10	12
MEAT					
Chicken breast	whole	–	2/2	10	14
Roast beef	1 kg	–	2/2	60	64
Pork sirloin	whole	–	2/2	50	54
Veal stew	1 kg	50 cl	10	80	90
Boiled beef	1 kg	covered	15	100	115
SIDE-DISHES					
Potatoes	2 cm, cubes	5 cl	15	10	25
Polenta	200 g	50 cl	5	15	20
Rice	200 g	35 cl	5	15	20
Risotto	200 g	50 cl	5	15	20
FRESH MUSHROOMS					
Button Mushrooms	2 cm, pieces	–	1	2	3
Chanterelles	2 cm, pieces	3 cl	1	2	3
Porcino Mushrooms	2 cm, pieces	–	1	2	3
FISH					
Fish filets, thick firm filets (e.g. salmon, monkfish)	whole	–	1/1	3	5
Blue trout	whole	covered	1	14	15
Mussels (scallops)	whole	10 cl	2	3	5

THE SOFT-COOKING TECHNIQUE IN 5 STEPS

Make use of the full potential of HOTPAN, and enjoy cooking in an easy and healthy way with the soft-cooking technique. In soft cooking, the food is cooked on the stove for a few minutes with a minimum of direct heat input. It then cooks to a finish in the insulating bowl without the addition of further energy. The food remains aromatic, the colours fresh and the vitamins are retained. And, in addition, you save 60% energy.

SOFT COOKING WITH – VEGETABLES



Fill the HOTPAN with vegetables, add 5 cl of water and put the lid on.



Cook at 3/4 of the highest cooking level.



Cook the vegetables until steam starts to appear and the lid can be turned easily.



Immediately switch to the lowest cooking level and cook for a further 5 minutes.



Place the HOTPAN in the insulating bowl and soft cook according to the table of cooking times.

SOFT COOKING WITH – RICE



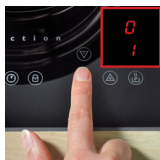
Fill the HOTPAN with 200 g rice and 35 cl of water. Put the lid on.



Set to 3/4 of the highest cooking level.



Cook the rice until steam starts to appear and the lid can be turned easily.



Immediately switch to the lowest cooking level and cook for a further 5 minutes.

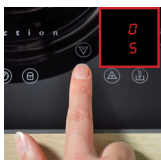


Place the HOTPAN in the insulating bowl and allow to soft-cook for 15 minutes.

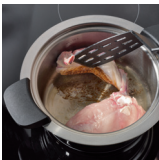
SOFT COOKING WITH – MEAT



Heat up the HOTPAN at the highest cooking level. Water drop test: Spray a little water into the pan – if the drops dance about on the surface, the temperature is just right.



Immediately switch to a medium cooking level.



Brown the unseasoned meat without fat until the meat loosens itself from the bottom of the pan.



Turn the meat over and brown the other side until it also loosens itself from the bottom of the pan.



Season, put the lid on and place the HOTPAN in the insulating bowl and soft cook according to the table of cooking times.