











DUROTHERM


Cooking Times




















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

FRUITS					
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
Prunes	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					
Mushrooms (Champignons)	2 cm, pieces	–	1	2	3
Chanterelles	2 cm, pieces	3 cl	1	2	3
Boletus	2 cm, pieces	–	1	2	3

FISH					
Fish fillets, thick firm fillets (e.g. salmon, monkfish)	whole	–	1/1	3	5
Blue trout	whole	covered	1	14	15
Mussels (scallops)	whole	10 cl	2	3	5



Size, type of cut, quantity



Liquid quantity



Minutes on the hotplate



Minutes in the heat-retaining base



Total – Minimum cooking time



THE SOFT COOKING TECHNIQUE IN 5 STEPS

Make use of the full potential of DUROTHERM, 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 heat-retaining base without the addition of further energy. The food remains aromatic, the colours fresh and the vitamins are retained. And, in addition, you save 60% of the energy.

SOFT COOKING – WITH VEGETABLES



Fill the DUROTHERM with vegetables, add 2-5 cl of liquid 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 2-5 minutes.



Place the DUROTHERM in the heat-retaining base and soft cook according to the table of cooking times.

SOFT COOKING – WITH RICE



Fill the DUROTHERM with 200 g rice and 35 cl of liquid. 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.

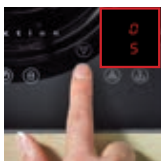


Place the DUROTHERM in the heat-retaining base and allow to soft-cook for 15 minutes.

SOFT COOKING – WITH MEAT



Heat up the DUROTHERM 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 DUROTHERM in the heat-retaining base and soft cook according to the table of cooking times.

*On induction hobs use maximum 3/4 of the power capacity.