












The table shows which heat setting is suitable for each type of food. The frying time may vary depending on the type, weight, size and quality of the food. The set heat setting varies depending on the frying pan that is used. Preheat the empty pan; add oil and food after the acoustic signal has sounded.

			 min.				 min.	
Meat 	Escalope, plain or breaded	4	6-10	Vegetables 	Garlic, onions	1-2	2-10	
	Fillet	4	6-10		Courgettes, aubergines	3	4-12	
	Chops*	3	10-15		Peppers, green asparagus	3	4-15	
	Cordon bleu, Wiener Schnitzel*	4	10-15		Vegetables sautéed in oil, e.g. courgettes, green peppers	1	10-20	
	Steak, rare (3 cm thick)	5	6-8		Mushrooms	4	10-15	
	Steak, medium or well-done (3 cm thick)	4	8-12		Glazed vegetables	3	6-10	
	Poultry breast (2 cm thick)*	3	10-20		Frozen products 	Escalope	4	15-20
	Sausages, pre-boiled or raw*	3	8-20			Cordon bleu*	4	10-30
	Hamburger, meatballs, rissoles*	3	6-30			Poultry breast*	4	10-30
	Meat loaf	2	6-9			Chicken nuggets	4	10-15
	Ragout, gyros	4	7-12			Gyros, kebab	3	5-10
	Ground meat	4	6-10			Fish fillet, plain or breaded	3	10-20
	Bacon	2	5-8			Fish fingers	4	8-12
Fish 	Fish, fried, whole, e.g. trout	3	10-20	French fries		5	4-6	
	Fish fillet, plain or breaded	3-4	10-20	Stir-fries meals, e.g. fried vegetables with chicken		3	6-10	
	Prawns, scampi	4	4-8	Spring rolls		4	10-30	
Egg dishes 	Pancakes**	5	-	Camembert/cheese	3	10-15		
	Omelette**	2	3-6	Sauces 	Tomato sauce with vegetables	1	25-35	
	Fried eggs	2-4	2-6		Béchamel sauce	1	10-20	
	Scrambled eggs	2	4-9		Cheese sauce, e.g. Gorgonzola sauce	1	10-20	
	Raisin pancake	3	10-15		Reducing sauces, e.g. tomato sauce, Bolognese sauce	1	25-35	
French toast**	3	4-8	Sweet sauces, e.g. orange sauce		1	15-25		
Potatoes 	Fried potatoes (boiled in their skin)	5	6-12	Miscellaneous	Camembert/cheese	3	7-10	
	Fried potatoes (made from raw potatoes)	4	15-25		Dry ready meals that require water to be added, e.g. pasta	1	5-10	
	Potato fritter**	5	2,5-3,5		Croutons	3	6-10	
	Swiss rösti	1	50-55		Almonds/walnuts/pine nuts	4	3-15	
	Glazed potatoes	3	15-20					

* Turn several times. / ** Total cooking time per portion. Fry in succession.