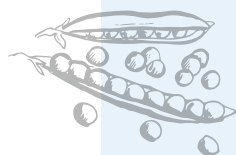


PROGRAMME- AND STEAMINGTABLE

The table contains all relevant information about the automatic programmes. In some cases no heating times are stored for selected automatic programmes as they largely depend on the quantity and starting temperature. The Cookit can always measure the temperature in the pot precisely and then stops as soon as the target

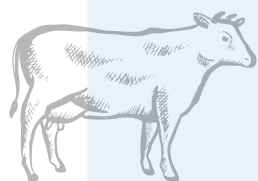
temperature is attained. The display provides you with relevant information. In particular with steaming and sous-vide cooking only suggested values can be given as times largely depend on the quantity, quality and piece size of the food.

PROGRAMME					
Searing					
	Food	Tool	Temp.	Time	Max. quantity
Onions	<i>e.g. chopped onions</i>	<i>3D stirrer</i>	<i>140 °C</i>	<i>Individual</i>	<i>500g</i>
Vegetables	<i>e.g. peppers, courgettes, mushrooms</i>	<i>3D stirrer</i>	<i>180 °C</i>	<i>Individual</i>	<i>500g</i>
Fish & seafood	<i>e.g. cod, cut up into 3 cm pieces, seafood</i>	<i>3D stirrer</i>	<i>160 °C</i>	<i>Individual</i>	<i>1,000g</i>
Meat	<i>e.g. beef, game, cut up into 3 cm pieces</i>	<i>3D stirrer</i>	<i>200 °C</i>	<i>Individual</i>	<i>1,000g</i>
Steaming					
	Food	Tool	Setting	Time	Max. quantity
Low steam intensity <i>mainly fish</i>	<i>Sea bream, whole – 300g each, 2 pcs.</i>	<i>Steaming attachment</i>	<i>Low</i>	<i>25 – 28 mins*</i>	<i>4 pcs.</i>
	<i>Trout, whole – 200g each, 2 pcs.</i>	<i>Steaming attachment</i>	<i>Low</i>	<i>15 – 18 mins*</i>	<i>5 pcs.</i>
	<i>Cod fillet – 180g each, 2 pcs.</i>	<i>Steaming attachment</i>	<i>Low</i>	<i>32 – 37 mins*</i>	<i>4 pcs.</i>
	<i>Crème brûlée, in jars, 4 pcs.</i>	<i>Steaming attachment</i>	<i>Low</i>	<i>35 – 45 mins*</i>	<i>6 pcs.</i>
	Food	Tool	Setting	Time	Max. quantity
High steam intensity <i>mainly vegetables</i>	<i>Artichokes, whole, 4 pcs.</i>	<i>Steaming attachment</i>	<i>High</i>	<i>35 – 45 mins***</i>	<i>6 pcs.</i>
	<i>Cauliflower, in florets, 600g</i>	<i>Steaming attachment</i>	<i>High</i>	<i>15 – 20 mins*</i>	<i>2,000g</i>
	<i>Broccoli, in florets, 600g</i>	<i>Steaming attachment</i>	<i>High</i>	<i>9 – 12 mins*</i>	<i>2,000g</i>
	<i>Peas, frozen, 1,000g</i>	<i>Steaming attachment</i>	<i>High</i>	<i>10 – 15 mins*</i>	<i>1,000g</i>
	<i>Carrots, sliced, 500g</i>	<i>Steaming attachment</i>	<i>High</i>	<i>8 – 12 mins*</i>	<i>2,000g</i>
	<i>Carrots, whole, 500g</i>	<i>Steaming attachment</i>	<i>High</i>	<i>10 – 15 mins*</i>	<i>2,000g</i>
	<i>Corn on the cob, 4 pcs.</i>	<i>Steaming attachment</i>	<i>High</i>	<i>45 – 55 mins**</i>	<i>4 pcs.</i>
	<i>Asparagus, green, sticks, 1,000g</i>	<i>Steaming attachment</i>	<i>High</i>	<i>12 – 17 mins*</i>	<i>2,500g</i>
	<i>Asparagus, white, sticks, 1,000g</i>	<i>Steaming attachment</i>	<i>High</i>	<i>20 – 25 mins*</i>	<i>2,000g</i>
	<i>Potatoes cooked in their skins, medium-sized, 1,000g</i>	<i>Steaming attachment</i>	<i>High</i>	<i>30 – 40 mins**</i>	<i>2,200g</i>
	<i>Boiled potatoes, quartered, 1,000g</i>	<i>Steaming attachment</i>	<i>High</i>	<i>20 – 30 mins*</i>	<i>3,000g</i>
	<i>Chicken breast - 150g each, 3 pcs.</i>	<i>Steaming attachment</i>	<i>High</i>	<i>30 – 35 mins**</i>	<i>6 pcs.</i>
<i>Mussels, frozen, without shells, 700g</i>	<i>Steaming attachment</i>	<i>High</i>	<i>12 – 16 mins*</i>	<i>700g</i>	
<i>Red perch fillet - 160g each, 2 pcs.</i>	<i>Steaming attachment</i>	<i>High</i>	<i>10 – 15 mins*</i>	<i>4 pcs.</i>	
<i>Salmon fillet – 125g each, 4 pcs.</i>	<i>Steaming attachment</i>	<i>High</i>	<i>12 – 15 mins*</i>	<i>6 pcs.</i>	
Boiling					
	Food	Tool	Temp.	Time	Max. quantity
Pasta	<i>All types of pasta</i>	<i>–</i>	<i>98 °C</i>	<i>Individual</i>	<i>3l incl. food</i>
Potatoes	<i>All varieties of potatoes, medium-sized</i>	<i>–</i>	<i>98 °C</i>	<i>25 mins</i>	<i>3l incl. food</i>
Heating water rapidly	<i>Water</i>	<i>–</i>	<i>100 °C</i>	<i>Individual</i>	<i>3l</i>



* with 800 ml water
** with 1 L water
*** with 1.5 L water





PROGRAMME					
Rice	Food	Tool	Temp.	Time	Max. quantity
Cooking rice	Long-grain rice (basmati, jasmine rice)	Steaming insert	97 °C	Individual	3 l incl. food
Leaving rice to stand	All types of rice (basmati, parboiled, risotto, paella, brown rice)	-	95 °C	Individual	3 l incl. food
Rice pudding	Round-grain rice (pudding rice)	3D stirrer	95 °C	25 mins	2.5 l
Simmering	Food	Tool	Temp.	Time	Max. quantity
Simmering	Dumplings, vegetables, fish	-	95 °C	Individual	3 l incl. food
Sous-vide	Food	Tool	Temp.	Time	Max. quantity
Sous-vide	Beef steak, rare – 180g each	-	58 °C	60–70 mins	3 l incl. food
	Beef steak, medium – 180g each	-	63 °C	50–60 mins	3 l incl. food
	Beef steak, well done – 180g each	-	70 °C	45–55 mins	3 l incl. food
	Pork medallions – 80g each	-	63 °C	75–85 mins	3 l incl. food
	Pulled pork – 1,000g	-	85 °C	8–9 h	3 l incl. food
	Cod – 140g each	-	59 °C	25–35 mins	3 l incl. food
	Salmon fillet – 140g each	-	56 °C	30–35 mins	3 l incl. food
Button mushrooms, quartered – 100g	-	85 °C	15–20 mins	3 l incl. food	
Mangetouts, whole – 150g	-	85 °C	5–10 mins	3 l incl. food	
Dough	Food	Tool	Temp.	Time	Max. quantity
Dough programme 1 – firm dough	Baguette, bread, pizza, pasta, strudel, shortcrust pastry	Universal knife	-	2 mins	1,500g
Dough programme 2 – soft dough	Plaited yeast loaf, brioche, sourdough	Universal knife	-	3 mins	1,500g
Dough programme 3 – liquid dough (batter)	Pancakes, waffles, breadcrumb coating, cake mixture	Universal knife	-	2 mins	2,000g
Proving dough	Yeast dough, sourdough	-	37 °C	30 mins	1,000g
Heating up	Food	Tool	Temp.	Time	Max. quantity
Soups	e.g. asparagus, tomato, spring vegetable soup	3D stirrer	75 °C	10 mins	3 l
Stews	e.g. lentil stew, chilli con carne	3D stirrer	75 °C	10 mins	3 l
Sausages	Wieners, veal sausages	-	80 °C	10 mins	3 l incl. food
Milk	Milk	3D stirrer	92 °C	Individual	3 l
Melting chocolate	Food	Tool	Temp.	Time	Max. quantity
Melting chocolate	Milk, dark, white chocolate, cooking chocolate	Universal knife	55 °C	Individual	1,000g
Cleaning programme	-	Tool	Temp.	Time	Max. quantity
Cleaning pot	-	Tool for cleaning	80 °C	8 mins	3 l