











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.	
Meat 	Escalope, plain or breaded	med	6 - 10	
	Fillet	med	6 - 10	
	Chops*	low	10 - 15	
	Cordon bleu, Wiener Schnitzel*	med	10 - 15	
	Steak, rare (3 cm thick)	max	6 - 8	
	Steak, medium or well-done (3 cm thick)	med	8 - 12	
	Poultry breast (2 cm thick)*	low	10 - 20	
	Sausages, pre-boiled or raw*	low	8 - 20	
	Hamburger, meatballs, rissoles*	low	6 - 30	
	Meat loaf	min	6 - 9	
	Ragout, gyros	med	7 - 12	
	Ground meat	med	6 - 10	
	Bacon	min	5 - 8	
	Fish 	Fish, fried, whole, e.g. trout	low	10 - 20
		Fish fillet, plain or breaded	low - med	10 - 20
		Prawns, scampi	med	4 - 8
Egg dishes 	Pancakes**	max	-	
	Omelette**	min	3 - 6	
	Fried eggs	min - med	2 - 6	
	Scrambled egg	min	4 - 9	
	Raisin pancake	low	10 - 15	
	French toast**	low	4 - 8	
Potatoes 	Fried potatoes (boiled in their skin)	max	6 - 12	
	Fried potatoes (made from raw potatoes)	med	15 - 25	
	Potato fritter**	max	2,5 - 3,5	
	Glazed potatoes	low	15 - 20	

			 min.
Vegetables 	Garlic, onions	min	2 - 10
	Courgettes, aubergines	low	4 - 12
	Peppers, green asparagus	low	4 - 15
	Mushrooms	med	10 - 15
	Glazed vegetables	low	6 - 10
Frozen products 	Escalope	med	15 - 20
	Cordon bleu*	med	10 - 30
	Poultry breast*	med	10 - 30
	Chicken nuggets	med	10 - 15
	Gyros, kebab	low	5 - 10
	Fish fillet, plain or breaded	low	10 - 20
	Fish fingers	med	8 - 12
	French fries	max	4 - 6
	Stir-fries meals, e.g. fried vegetables with chicken	low	6 - 10
	Spring rolls	med	10 - 30
Miscellaneous	Camembert/cheese	low	10 - 15
	Camembert/cheese	low	7 - 10
	Dry ready meals that require water to be added, e.g. pasta	min	5 - 10
	Croutons	low	6 - 10
	Almonds/walnuts/pine nuts	med	3 - 15

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