

Quick and easy

# PerfectFry Plus frying sensor




**BOSCH**  
Invented for life



The frying sensor maintains a constant temperature on the cookware and guarantees perfect frying. The frying sensor also has the following benefits:

- ▶ It prevents you from burning food by monitoring the pan temperature.
- ▶ It stops the oil or grease from overheating. This means that no harmful substances are produced.
- ▶ It guarantees energy efficiency by only using the power that is actually required.

## Instructions for use

- ▶ Place the empty frying pan on the cooking zone.
- ▶ Select the cooking zone and touch .
- ▶ Select the required temperature:
  - During the heating-up time, the timer display alternates between the target temperature and the heating-up progress.
  - Once the frying temperature is reached, a signal tone sounds.
- ▶ Put the oil or grease in the frying pan and start to fry.

Our Pro Induction frying pans are specially optimised for frying on your hob.

Special accessories, including a griddle pan, are also available for the flexible zone.

You can purchase our accessories from our customer service, specialist retailers or online:

[www.bosch-home.com](http://www.bosch-home.com)



**Home Connect**

With the Home Connect app, you can access recipes and cooking methods quickly and easily using your smartphone or tablet.

 **Melting**  
**70 °C**

 **Preparing Sauces**  
**110–120 °C**

 **Frying**  
**140 °C**

 **Frying**  
**160 °C**

 **Frying**  
**180–200 °C**

 **Frying**  
**220 °C**



Melting chocolate, butter or cheese, e.g. fondue.

Preparing and preserving sauces. Browning vegetables. Frying dishes with extra virgin olive oil, butter or margarine.

Frying dishes with extra virgin olive oil, butter or margarine, e.g. omelettes.

Frying fish and thicker foods, e.g. rissoles or sausages.

Frying steaks, medium or well-done, frozen, breaded and thin food, e.g. escalope, fresh ragout or vegetables.

Frying dishes at high temperatures, e.g. rare steak, potato pancakes or frozen chips.


**The temperature shown on the displays is approximate and can differ from the real temperature on the pan.**

**User manual:** You can find more information in the user manual for your hob in the „Frying sensor“ section. Read it through carefully.

# Recommendations for cooking with the PerfectFry Plus frying sensor











































































The following table shows which temperature is suitable for which food. The frying time and the temperature may vary depending on the type, weight, size, quantity and quality of the food. The set temperature level varies depending on the frying pan that is used.


















































- Preheat the empty pan.
- Add the oil and the food after the signal sounds.

 Frying pan

 Teppanyaki

 Griddle pan

		°C	min
<b>Meat</b>			
Escalope, plain	  	160-180	4-10
Escalope, breaded		180	6-10
Fillet	  	180-200	6-10
Chops	  	160-180	10-15
Cordon bleu, Wiener Schnitzel		180	10-15
Steak, rare, 3 cm thick	  	220	8-10
Steak, medium, 3 cm thick	 	200	6-10
Steak, well-done, 3 cm thick	  	180	6-12
T-bone steak, rare, 4.5 cm thick	  	200-220	10-15
T-bone steak, medium, 4.5 cm thick	  	180-200	20-30
Poultry breast, 2 cm thick	  	160	10-20
Bacon	  	160-180	2-6
Minced meat		180-200	6-10
Hamburgers, 1.5 cm thick	  	160-200	6-15
Meatballs		160-180	10-20
Pre-boiled sausages	  	160-180	8-20
Chorizo, fresh sausages	  	160-180	10-20
Skewers	  	160-180	10-20
Gyros	 	180-200	6-10
<b>Fish and seafood</b>			
Fish fillet, plain	  	180	10-20
Fish fillet, breaded		180	10-20
Fish, fried, whole	  	160	10-20
Sardines	  	180	6-12
Prawns	  	180	4-8
Squid, cuttlefish	  	180-200	6-12
Blue mussels, clams, cockles		110-120	4-8
<b>Egg dishes</b>			
Fried eggs in butter	 	140	2-6
Fried eggs in oil		180-200	2-6
Scrambled eggs	 	140	4-9
Omelette	 	140	3-6
French toast	 	160	4-8
Crêpes, blini, pancakes, tacos		180-200	1-3

		°C	min
<b>Vegetables</b>			
Fried potatoes, boiled in their skin	 	180-200	6-12
Chips	 	180-200	15-25
Potato fritters	 	200	2-4
Onions, garlic, sauteed until clear	 	140	4-12
Onion rings		180-200	4-12
Courgettes, aubergines, peppers	  	160-180	4-12
Green asparagus, fried	  	160-180	10-20
Mushrooms	  	180	10-15
Vegetables, glazed		120	10-20
Vegetables in tempura batter	 	180-200	5-10
<b>Frozen dishes</b>			
Chicken nuggets		180-200	8-12
Fish fingers		180	8-12
Chips		200-220	4-8
Stir-fries		160-180	6-10
Spring rolls		180-200	8-15
Pasties, croquettes		200-220	6-8
<b>Sauces</b>			
Tomato sauce		120	20-30
Cream sauce		110-120	10-20
Béchamel sauce		110-120	10-20
Cheese sauce		110-120	3-8
Sweet sauces		110-120	10-20
Reducing sauces		110-120	5-10
<b>Melting</b>			
Chocolate coating		70-80	5-15
Cheese		70-80	3-10
Butter		70-80	3-5
Fondue		70-80	5-15
<b>Miscellaneous</b>			
Fried cheese	  	180-200	5-15
Croutons	 	160-180	6-10
Bread for toasting	  	200-220	8-12
Dried ready meals		110-120	5-10
Almonds, walnuts, pine nuts, roasted	 	180-200	3-15
Popcorn		220	10-20

