

Table of

Cooking times are heavily dependent on the consistency and quality of the food in question. This table contains the recommended average times.

In the steaming accessory
Cooking time in minutes

Fish

Filets, e.g. lake whitefish, perch, zander (pike-perch), sole	2 - 4
Whole, small, e.g., trout	7 - 10
Whole, larger, e.g., catfish	10 - 15
Slices / medallions, e.g., salmon, monkfish, cod	8 - 10

Meat

	Gentle cooking in insulating bowl Cooking time in minutes		Gentle cooking in insulating bowl Cooking time in minutes
Jugged venison (stag)	60-80	Beef ragout	60-80
Veal roast	90-120	Braising steak	60
Knuckle of veal, in slices	120-180	Beef stew / Goulash	90-120
Veal chops	6-8	Tongue of beef *	120-180
Veal ragout	60-80	Spare ribs *	80-120
Tongue of veal *	100-150	Roast beef (1kg)	about 50
Shredded lamb	40-60	Roast of pork (neck)	80-120
Leg of lamb, without bone	40	Roast of pork (sirloin)	40-45
Chicken breast	15-20	Shredded pork	40-50
Chicken parts	35	Pork ragout	80
Jugged venison	60-80	Boiling beef *	120-180
Beef paupiette (rolled meat)	40-50	Bacon *	60-80
Roasting beef	90-120	Boiling chicken	120-160

Most cuts of meat are first browned on both sides for 2-4 minutes, until they come loose from the pan bottom.

* placed directly in the stock

Measures converter

0.5 dl	2 fl oz or 3 tbsp	3 dl	10 fl oz	50 g	2 oz
1 dl	4 fl oz	4 dl	16 fl oz	100 g	4 oz
2 dl	7 fl oz	5 dl	20 fl oz	250 g	10 oz
		5 g	1/4 oz	500 g	1 lb or 16 oz
		10 g	1/2 oz		
		20 g	3/4 oz		

104

cookingtimes

Cooking in the
steaming accessory
Cooking time in minutes

Cook gently in the
insulating bowl with 0.5 dl liquid
Cooking time in minutes

Vegetables and potatoes

Artichokes, cover with water	----	35-45
Aubergine	----	10
Cauliflower, whole	40	40
Cauliflower, in florets	12-15	10
Beans	10-15	10-15
Broccoli, in large florets	10	10
Chicory (endives)	15	15
Fennel, quartered	20	15
Carrots, whole	30-40	30-40
Carrots, in slices	10-15	7-10
Potatoes, small, new, whole, in their jackets	30	30
Potatoes, medium-sized, peeled, whole	20-30	20-30
Potatoes, medium-sized, peeled, quartered	15-20	15-20
Chestnuts, deep-frozen	----	20
Sugar peas (mangetouts)	10-15	10-15
Kohlrabi, chopped	8-10	8-10
Mangold	15-20	15-20
Leeks	12	10
Chilli peppers	----	10
Beetroot, covered with water	----	70
Rhubarb	----	10
Brussels sprouts	20-25	20-25
Sauerkraut	----	60
Salsify, chopped	20	20
Celery, in slices	15	15
Asparagus	20	----
Spinach	----	4
Tomatoes, halved	4	4
Zucchini	----	5

105

For very ripe fruit,
a cooking time of 2
minutes is sufficient;
gentle cooking in the
insulating bowl is not
necessary.

Table of cooking times

Cook gently in the insulating
bowl with 0.5 dl liquid
Cooking time in minutes

Fruit

Apples, for purée	30
Apple slices	4-5
Apricots, halved	10
Pears, halved	15-20
Cherries	2
Peach, whole	15
Plums, halved	10
Damson plums, halved	10-15

For soaking the pulses, refer to the directions on the packaging. Depending on the age and storage of the pulses, the recommended cooking times may be different. Grain products and pulses are briefly boiled or cooked a few minutes at a low heat before they are gently cooked covered in the insulating bowl. Season pulses and whole grain rice with salt after cooking, otherwise the cooking time will be increased substantially.

Grain products and pulses

Borlotti beans (cranberry beans), soaked	15	45
Flageolet beans (French beans), soaked	15	45
Yellow peas, soaked	5	20
Semolina	1	20
Lentils, green, soaked	1	20
Sweet corn	1	20
Maize, Bramata	10	90
Milk rice	1	40
Rice, parboiled	1	15
Risotto rice	1	20
Whole grain rice	10	50
Wild rice	15	35

Pre-cook on
the hotplate
Cooking time
in minutes

Cook gently in the
insulating bowl
Cooking time
in minutes

106



107