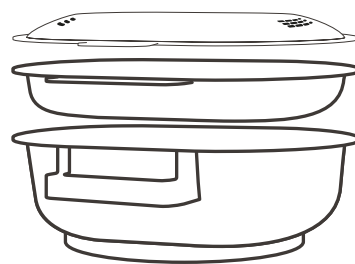


## INSTRUCTIONS TO LOWER STEAM BASKET

The quantities and times in the tables are indicative. The size of the pieces, the level of ripeness, the consistency and the quality of the ingredients can change the cooking time. If the ingredients are not cooked enough, add some steaming time, but always make sure first that there is still enough water in the bowl.



Add 700 ml of water in the bowl and select STEAM P1 function.

FOOD	PREPARATION	QUANTITY	OPERATING TIME
<b>VEGETABLE</b>			
Carrot	Slices of 0,5 cm	400 g	15 min
	Sticks of 5 cm	400 g	17 min
Potatoes	Cubes or segments	1 kg	25 min
	Whole potatoe of +/- 150 g	8 units	35 min
Green beans		500 g	20 min
Brocoli	In florets	3 units	17 min
CauliflowerV	In florets	1 units	20 min
Cabbage	Strips	500 g	20 min
White asparagus	Peeled	2 bundles	15 min
Green asparagus	Peeled	2 bundles	10 min
Pepper	Strips	400 g	15 min
Button mushrooms		400 g	15 min
Frozen peas		400 g	15 min
Fresh peas		400 g	10 min
Leek	Slices of 1 cm	400 g	15 min
Fennel	Cut in 4	4 units	20 min
Zucchini	Slices of 1 cm	500 g	10 min
<b>FRUIT</b>			
Apple	Cored and cut in 4	5 units	20 min
Pear	Cored and cut in 4	4 units	20 min
	Whole fruit	6 units	25 min
Apricot	Cored and cut in 2	8 units	10 min
Peach	Cored and cut in 2	6 units	10 min
Plumb	Cored and cut in 2	8 units	10 min
<b>FISH</b>			
Filets		800 g	15 min
Trout	Whole fish	4 units	20 min
Bream	Whole fish	3 units	25 min
Shrimps	Without head	15 units	12 min
	Without head, shelled	25 units	10 min
Mussels		1 kg	10 min
Clams		1,5 kg	10 min
<b>MEAT</b>			
Chicken filets	Whole filet	5 units	25 min
	In strips or 1 cm pieces	600 g	15 min
Meat balls	3,5 to 4 cm diameter	600 g	20 min
Sausages		750 g	15 min