



# Cooking with AMC

A step-by-step guide to achieving perfect results



Eat better.  
Live better.

The Premium Cooking System.  
[www.amc.info](http://www.amc.info)





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# Perfect outcome thanks to temperature and time control

Achieve unique flavors, retain more vitamins and nutrients, save a lot of time and even cook in a more energy-efficient way: all of this is so much easier than you'd think.

The AMC Premium Cooking System, which is based on closed air circulation, uses unique technologies and components to guarantee ideal temperature and time control for nutrient-preserving, time-saving and healthy cooking—and, above all, for delicious food.

Use this brochure as a practical everyday aid. You'll soon realize that cooking with AMC is brilliantly simple, fast, and practical. Discover the pleasure of healthy and enjoyable cooking. We hope you have a lot of fun getting to know and trying out your new AMC products.

Kind regards,  
**AMC**



## See how perfect your food will be

Cooking with AMC means that you always know which temperatures to use with your pots and pans.

The Visiotherm measures the temperature of the pot and shows it on the display. Temperature control is the only way to ensure that your cooking or roasting will be done at exactly the right temperature, so allowing the ingredients' vitamins and nutrients to be retained. Using the Visiotherm to control your temperature will guarantee that the food is carefully prepared and yields a healthy and tasty result.

Thanks to the Visiotherm temperature control for pots and pans.



# Cooking with Visiotherm

If you are not yet familiar with the AMC cooking system, at the beginning it is easiest to use the Visiotherm as a guide when cooking. The various windows give you information about which cooking methods they are suitable for and what you can do with them.

## Action window

If the display shows this window, you need to take action.

## Temperature scale

## Temperature range

The ideal temperature for the selected cooking method

## Temperature display

Displays the current temperature





## Hear how well everything is going

The best outcome doesn't just hinge on the temperature—the time selected matters too. Acoustic signals for cooking times and temperature control give you the security that you won't miss anything.

The Audiotherm complements the Visiotherm perfectly. It is simple to attach to the Visiotherm and will call you whenever something needs to be done. In addition, the AMC app makes it easy to control the Audiotherm via mobile devices and even allows you to move outside hearing range of your Audiotherm.

You know you can trust the Audiotherm.



# Cooking with Audiotherm

The Audiotherm uses signal tones to make what is happening in the pot “audible” and gives you tips on whether you need to do anything (and if so, what).

## The display immediately tells you:

- which temperature range you have selected
- when the cooking process is to be started (immediately or with start delay)\*
- whether the temperature is too high (-) or too low (+)
- whether the cooking time is over or how much longer it will last



\*Do not use the “start delay” function with perishable foodstuffs that must be kept refrigerated (raw meat, raw fish and dairy products).



Easy operation of the Audiotherm using the AMC app

The AMC app is linked to the Audiotherm, mirrors its display, and allows you to easily control the Audiotherm via mobile devices of your choosing.



Cook & Go





## Experience a meal that cooks itself

Part of the appeal of cooking is to do a lot of things yourself and to constantly keep an eye on everything. Still, sometimes it's nice to take a break and let go of the reins in the kitchen.

If you use the mobile cooking plate Navigenio in combination with the Audiotherm, both components independently ensure perfect temperature and time management. This lets you enjoy a relaxed cooking experience with optimal results and plenty of time saved.

Self-controlled cooking gives you time to spend on other activities.



# Self-controlled cooking with Audiotherm and Navigenio

As soon as you have gotten used to the temperature-controlled cooking function and to the Audiotherm in general, you can try out self-controlled cooking in this next step. The interaction between the Audiotherm and Navigenio makes it possible to automatically regulate the energy supply—and so control the cooking process.



Self-controlled cooking, using the example of a potato goulash, with Secuquick softline:



Prepare all the ingredients, then roast them on the Navigenio while following the recipe. Place the Secuquick softline on top and close it.



Turn the knob to «A».



Pick up the Audiotherm and turn it on by pressing any button. Select the cooking program using the middle button. Attach it to the Visiotherm and enter the cooking time as specified in the recipe using the +/- buttons.



When the Navigenio blinks with a blue light and the remote control symbol appears on the Audiotherm's display, the Audiotherm and Navigenio are connected by remote control. The temperature is controlled independently and monitored for the length of the cooking time.



A signal will inform you as soon as the time has elapsed.



After the set cooking time has finished, the keep-warm function is switched on. This means that your dish will be kept 60 °C warm for one hour.

# Cooking methods at a glance

Temperature-controlled cooking with AMC offers the perfect solution for all ingredients and dishes. In addition to the right cooking system, different ingredients also require the right cooking method. Not only does this ensure your meals turn out well, but also makes it easy to coax out the best flavors while generally conserving more vitamins. By the way: Some ingredients can be prepared using several methods. Here, your growing level of experience will be of use to you, so you can give free rein to your creativity – in addition to simply following your favorite recipes using the appropriate AMC method, of course.

Here is an overview of the different cooking methods, described in detail on the following pages. At the end of this section, you will find a table listing the optimal steaming and cooking times for common ingredients and different preparation methods.



## Roasting with no added fat

Particularly well suited to roasting various kinds of meat, but also for thin flatbreads or vegetables.

This method allows meat to be roasted and turned at the optimal roasting temperature and at the perfect moment. And all without adding any fat.

Advantage: You can avoid overheating fats and reduce the formation of harmful substances.



## Cooking with no added water

Particularly well suited to cooking various vegetables and potatoes.

This method involves gently cooking ingredients (mainly vegetables or fruits) in their own liquid and condensation only, at a temperature of around 80 – 98 °C.

Advantage: This gentle preparation technique retains delicate vitamins, minerals and bioactive plant substances, allowing them to reach their full potential.



## Steaming with EasyQuick

Particularly well suited to steaming fish dishes, vegetables, dumplings and much more. Any dish that works well in a steamer is also suitable for steaming with the EasyQuick.

This method gently cooks the food over steam, at 97 – 99 °C.

Advantage: Uses less energy and also heats up more quickly than conventional steamers, as the cooking area is much smaller

## soft turbo

### Soft and Turbo quick cooking with Secuquick softline

Particularly well suited to dishes that need to be cooked for a long time, such as braised meat, stews, broths, legumes and frozen vegetables, as well as pasta and risotto.

This method cooks the ingredients at temperatures of over 100 °C.

Advantage: The higher temperature makes preparation faster than with conventional methods.



### Baking and gratinating with Navigenio

Particularly well suited to baking pizzas, cakes and breads, as well as for gratinating vegetables or casseroles. The gratinating function can even be used to prepare meat dishes with crusts.

Advantage: Baking and gratinating with Navigenio is practical, easy to handle and above all energy-efficient.



### Open Roasting

Particularly suitable for quick meals and snacks with short roasting times, such as egg dishes or flatbread.

With this method, the perfect roasting temperature is controlled not with the Visiotherm, but rather with the addition of a droplet of water. Here, again, once the perfect roasting temperature has been reached, the dish is easy to prepare. Roasting usually takes so little time that you can “eyeball” the turning point.

Advantage: Easy, uncomplicated way to prepare food



### Deep-frying

Suitable for deep-frying/baking classic deep-fried dishes such as French fries, chicken nuggets or sweet yeasted doughnuts.

With this method, the temperature of the frying oil is controlled with the Visiotherm. This ensures that the optimal starting temperature for frying will be reached.

Advantage: Thanks to the temperature control, the oil will not overheat. This means that no harmful acrylamide or acrolein will be produced.

## 60 °

### 60 ° function

Particularly suitable for warming up, but also for hot-smoking food or sous-vide cooking at 60 °C.

This method only works if Navigenio and Audiotherm are used together. Here, the inside of the pot is slowly heated to 60 °C and the temperature is kept stable.

Advantage: Gentle heating/warming up of food





# How to use the hob

Your AMC pots and pans can be used on all common hobs.

Here's how to find the correct hob setting:

	Electro/Navigenio	Induction	Gas
Highest level	Highest level	Highest level (never use Booster or Power level)	Biggest flame
Low level	1/3 of highest level	1/2 of highest level	Small flame
Switched off, using only residual heat	Without adding power	Use "zero" or lowest level	Use smallest flame
Notes/important info	Most recipes assume the user has an electric hob. Here, the AMC Navigenio is used as a normal electric hob.	The main difference with an induction hob is that the user rarely turns off the hob completely, but rather leaves the dish to simmer at the lowest level. Due to their operating principle, induction stoves do not generate residual heat like electric stoves.  Induction hob offer different capacities. If necessary, adjust the level on your hob.	Just like with induction stoves, we recommend avoiding switching the hob off completely. Instead, leave the burner on at the lowest flame setting.

**As a general rule:**

Always use a pot that fits the size of the burner. Be particularly careful when it comes to:

- Gas: The flame should never extend up the sides of the pot.
- Induction: Never use flat-bottomed pots or pans on flex-induction burners. These can heat up the edges of the pan and/or handles.

A humming sound is normal for induction hobs. Do not be concerned if you hear it.

# Roasting with no added fat

Mainly suitable for roasting various kinds of meat, but also for thin flatbreads or vegetables. This method allows meat to be roasted and turned at the optimal roasting temperature and at the perfect moment. And all without adding any fat.

### The advantages for you:

- No overheating of the roasting food, thanks to AMC temperature control
- Roasting with no added fat helps you to avoid burning the roasting fat.
- No unnecessary calories through roasting fat
- The original taste of the roasted food remains unaltered.
- Sauces are lower in calories when you cook them with no added fat.

### A quick explanation of the principle behind this method:

- Heat the dry, empty pot (covered with the lid) up to the highest level.
- As soon as the red pointer reaches the roasting window, remove the lid, insert the meat, switch to a low level and, depending on the type of meat, roast uncovered or with lid (and turning point) (see table on page 24).



Roasting without added fat using the example of a chicken breast:



Place the empty, dry pot on the cooking zone and cover it with the lid.



Switch to the highest level and heat up until the red pointer reaches the roasting window (this is best done with the help of Audiotherm).



Place the meat inside and press it down. Cover again with the lid and switch to a low level.



As soon as the red pointer reaches the turning point (and the Audiotherm, if using, makes a sound), remove the lid and turn over the meat.



Replace the lid and switch off the hob. Depending on the thickness of the meat, allow it to rest for a few minutes before serving.

**0: 10 min**



Food	What other foods can I prepare in a similar way?	Roasting time	Method/description	Tips
Thin pieces of meat (i.e. Schnitzel) such as: Saltimbocca, one-minute steaks	Strips of meat	Up to 3 min. per side	Heat up to the roasting window, then sear on both sides (without covering with lid).	When roasting a small or medium amount of meat in relation to the diameter of the bottom of the pot: Switch to a low level after adding the meat.  If you are roasting a large amount of meat, either leave the hob at the highest level or roast the meat in several batches.
Steaks	Shrimp, lobster	3 – 8 min. per side	Heat up to the roasting window, then sear. Sear until the food is slightly detached from the bottom of the pan and then, with the lid on, let it cook briefly to the desired degree.	Pro tip: Only sear for around 2 – 3 min. per side. Then set the pan aside, cover with the lid and allow the steaks to cook, off the heat, for another 2 – 5 min.  To achieve a perfect result, refer to the recipe and the “thumb test”.
Thick outlets, meatballs, burger patties, chicken breasts or thighs	Fattier fish such as salmon or mackerel, flatbreads that will rise a little (with yeast), vegetable patties, grain patties, soy patties, etc.	8 – 15 min. per side	Heat up to the roasting window, insert meat and cover with lid, reduce to a low level, roast until the turning point is reached, then turn and let cook with minimal or no added power.	A chicken breast will need around 10 min. of cooking time after it has been seared.





**Tips and tricks for the best outcome:**

- Meat should generally be at room temperature when being seared, so take it out of the refrigerator about half an hour before beginning to cook. This is important to prevent the temperature in the pot from dropping too much when the meat is placed inside. This results in the optimal degree of browning.
- Always thoroughly pat the meat dry with a paper towel before cooking it.
- Do not put too much meat in the pot at once, otherwise the bottom of the pot will cool down too much and the meat will absorb too much water. The roasting process would then no longer be ideal. Roast larger quantities of meat in batches and reduce the energy only slightly.
- The cooking time depends primarily on the thickness of the piece of meat. Depending on the desired degree of doneness, we recommend doing the “thumb test” (see box).
- If there is too much liquid in the pot, you can unscrew the Visiotherm while “resting” the meat so that steam can escape. Or use the juices of the meat to make a flavorful gravy.
- If you have to roast several portions in a row, make sure that the temperature is always in the roasting window when you place the meat inside. We recommend removing any burnt-up residue on the bottom of the pot from time to time.

**Other variations on roasting:**

We recommend the following procedure for roasting delicate foods such as onions, garlic or even nuts:

- Slice onions small and distribute them around a cold pot.
- Cover with the lid and heat the pot at the highest level up to the roasting window. When the roasting window is reached, switch to a low level and cook onions while stirring.

To achieve an optimal cooking result, this preparation can be slightly modified, depending on the exact composition of ingredients and dish. The AMC recipes are a great resource for this: [www.cookingwithamc.info](http://www.cookingwithamc.info)

**How can I tell if my steak is done?**



**rare (bloody)**

Holding the tip of your thumb and forefinger together, pressing on the ball of your thumb you will feel the same resistance as you would with a rare (bloody) steak.

Internal temperature: 49 – 52 °C\*



**medium (pink)**

Feeling the tip of your thumb with your middle finger, the resistance of the ball of the thumb corresponds to that of a medium (pink) steak.

Internal temperature: 55 – 56 °C\*



**well done (cooked through)**

If the steak feels like the ball of your thumb when you hold the tip of your thumb and ring finger together, the steak is well done.

Internal temperature: at least 68 °C\*

\* Measure the internal temperature of a piece of meat at its thickest point. You can usually find meat thermometers in the household goods area of any department store.





# Cooking with no added water

Particularly suitable for cooking various vegetables and potatoes, mixed vegetables or even fruit. This method involves gently cooking vegetables in their own liquid and condensation only, at a temperature of around 80 – 98 °C.

### The advantages for you\*:

- Gentle preparation: Retains delicate vitamins, minerals and bioactive plant substances such as:
  - 50 % more provitamin A (carotenoids) in potatoes
  - 3 times as much vitamin B (folic acid) in frozen spinach
  - 50 % more bioactive plant substances
  - 4 times as many minerals (magnesium) in carrots
- Impressive results: This method preserves the color and texture of the individual vegetables wonderfully.
- The individual flavor of each vegetable is shown off to its best advantage without getting “muddled” by other vegetables, even if several vegetables are cooked together.

\*Compared to conventional cooking of vegetables in water. Scientifically proven: Sources: Various studies by AMC International in collaboration with the University of Vienna, Austria (2006), University of Koblenz, Germany (2009), Sion University of Applied Sciences, Switzerland (2009).

### A quick explanation of the principle behind this method:

- Add the vegetables to the cold pot while still wet. Heat the pot (covered with the lid) up to the highest level.
- As soon as the red pointer reaches the vegetable window, switch to a low level. The red pointer will fluctuate between the vegetable and stop windows. If the red pointer exceeds the stop window, either reduce power even further, switch it off completely, or remove the pot from the cooking zone. If the red pointer falls below the vegetable window, increase the power.



### Vegetable window

Once the red pointer reaches this window, the perfect temperature for cooking with no added water has been reached and the power can be reduced.

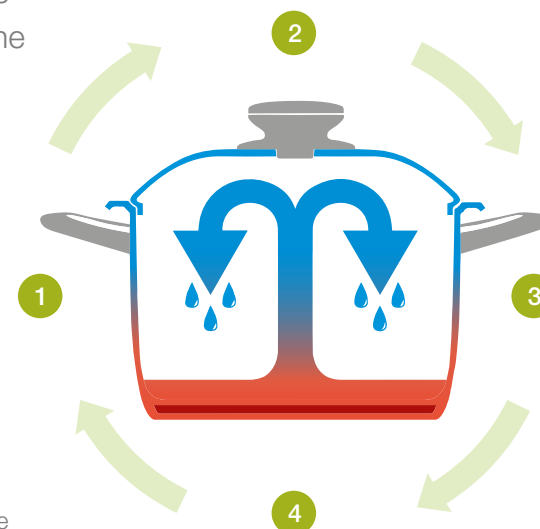
### Vegetable temperature range

The red pointer should remain in this range during cooking.

### Stop window

This displays the maximum temperature. When the red pointer reaches this window, you should reduce the power to the minimum or switch it off completely.

Air circulates in a closed loop between the base of the pot, the cold wall zone, and the lid:



The steam...

1. rises
2. cools off on the lid
3. drips down off the lid again
4. and is heated once again.

It is this cycle that cooks the vegetables gently using very little water. The result: All the ingredients will taste more “authentic” – and important nutrients will remain intact.



Cooking with no added water using the example of mixed vegetables:



Prepare vegetables according to the recipe; rinse briefly and put them dripping wet into the cold pot. Cover with the lid.

For optimal results, the pot should be 1/3 to 2/3 full.



Heat the pot up to the highest level, until the red pointer reaches the vegetable window.



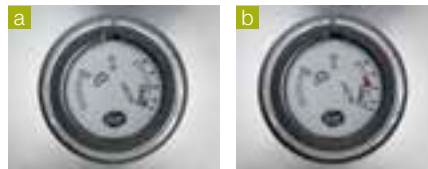
(This is best done with the help of Audiotherm. You don't need to monitor the pointer; the Audiotherm will inform you when it is time to do something.)



As soon as the red pointer reaches the vegetable window, switch to a low level and make sure the red pointer remains in the range between the vegetable and stop windows.



If...



a it reaches the stop window: Either reduce power even further, switch it off completely or remove the pot from the cooking zone.

b the red pointer falls below the vegetable window, the power must be increased.



After the end of the cooking time, the vegetables can be served immediately or further processed (e.g. further refined or gratinated).

**0:15 min**

**Tips and tricks for the best outcome:**

- The vegetables must at the least be dripping wet. If you plan to cook vegetables with low water content (such as Brussels sprouts), we recommend adding approx. 2 tablespoons of water to the pot to avoid burning. The same applies to vegetables that have been stored for a long time (often the case for potatoes).
- If you keep the lid open for a longer time during cooking, please add two table-spoons of liquid to replace the escaped steam.
- When cooking foods that swell (such as rice, rice pudding, legumes), the pot should only be filled up to 1/3; otherwise, there is a risk of boiling over.
- Every hob is different! Some newer induction hobs are so powerful (i.e. in wattage) that they heat up very, very quickly in comparison to other hobs. Make sure to turn down the power quickly to avoid burning.
- This method can be used to prepare more than only vegetables. Pieces of fish or seafood such as shrimp can also be cooked on top of the vegetables. We recommend that you first cook the vegetables for a shorter cooking time than specified in the recipe and then, for example, distribute the shrimp on top and cook for another 3 – 4 minutes.

The cooking times for various ingredients can be found in the table of steaming and cooking times on pages 56 – 58. Many other colorful AMC recipes are available at: [www.cookingwithamc.info](http://www.cookingwithamc.info)



# Quick cooking with Secuquick softline

Quick cooking is particularly well suited to dishes that need to be cooked for a long time. With this method, the food is cooked with the help of overpressure at temperatures of over 100 °C, in the Soft range at 103 – 113 °C and in the Turbo range at 108 – 118 °C. Due to the higher temperatures, Secuquick softline allows you to cook faster than with conventional cooking methods.

### The advantages for you:

- The higher temperature makes preparation faster than with conventional methods.
- Any 20 and 24 cm pot from AMC can be converted into a pressure cooker.\*
- Energy savings of up to 50 % through shorter cooking times
- 80 % time savings in comparison to conventional cooking methods

\* However, we recommend not using the Secuquick softline with the flattest versions (20 cm/2.3 l and 24 cm/2.5 l). Please see the user manual for the Secuquick softline for more information.

### A quick explanation of the principle behind this method:

- The pot is filled with the desired ingredients, sealed with Secuquick softline and heated to the highest level.
- As soon as the red pointer reaches the desired window (Soft or Turbo), switch to a low level.
- During the cooking time, the energy supply should be regulated so that the red pointer lies in the optimum range between the first and second Soft or Turbo window.

## soft turbo

Once the red pointer reaches the respective first window, the perfect temperature for Soft or Turbo cooking has been reached and the power can be reduced. The red pointer should be in the optimum range between the first and second Soft or Turbo window. If it reaches the second window, however, you can switch off the power or reduce it to minimum.



### Quick cooking using the example of risotto (Soft quick cooking):

Please read the Secuquick softline user manual before using.



Place all the ingredients according to the recipe in the cold pot, place the Secuquick softline on top and seal.

Fill the Secuquick softline up to a maximum of  $\frac{2}{3}$ . Exceptions: For food that expands or foams during cooking – e.g. rice pudding, broths, stews, pasta casseroles, legumes etc. – fill to a maximum of  $\frac{1}{2}$ . Unshelled legumes, such as soy beans, should be filled to a maximum of  $\frac{1}{3}$ .



Heat the pot at the highest level until the red pointer reaches the Soft window.



(This is best done with the help of the Audiotherm. You don't need to monitor the pointer; the Audiotherm will inform you when it is time to do something.)

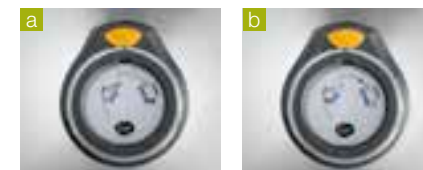


Once the red pointer reaches the first Soft window, switch the cooking zone to a low level and make sure the red pointer remains in the optimal cooking range (between the first and second Soft window).



If...

- the second Soft window has been reached: Reduce power further or switch it off completely. If necessary, briefly take the pot off the cooking zone
- if the red pointer falls into the first Soft window, increase the power.





At the end of the cooking time, depressurize the Secuquick softline (see depressurization options).

**0:07** min



Depending on the recipe, you can refine, season or further adapt the dish (such as baking it with cheese on top).

#### What should I cook in the Soft area versus the Turbo area?

- soft**
- Vegetables with a longer cooking time (such as peel-on boiled potatoes, Brussels sprouts or red cabbage)
  - Frozen vegetables
  - Pasta, rice
  - Grains with a longer cooking time such as rye, polenta, quinoa or durum wheat
  - Risotto
- turbo**
- Braised meat dishes such as goulash or roasts, roulades, whole roast chicken
  - Meat stocks
  - Legumes such as beans, chickpeas, brown or green lentils





How do I depressurize the Secuquick softline so that I can open it?

**Under running water:**



**Method:**  
At the end of the cooking time, place the pot in the sink, and run cold water over the cover. The cold water causes the temperature in the pot to drop rapidly; it is depressurized as soon as the red pointer falls slightly below the first Soft window, and the Secuquick softline can then be opened.

**Advantages:**

- Quick, controlled depressurization
- No escaping steam = no odors emitted

**Allowing it to depressurize on its own: Let cool and continue to cook**



**Method:**  
At the end of the cooking time, put the pot in the inverted lid and wait until the red pointer falls slightly below the Soft window and the Secuquick softline can be opened.

**Important:**

The time required for the Secuquick softline to depressurize must be included in the cooking time. Example: In many cases, rice can be cooked with the time program P (= 20 sec.), then allowing the Secuquick softline to depressurize by itself. The minutes required for the Secuquick softline to depressurize should be considered part of the cooking time. Also refer to the specific recipe for more information.

**Advantages:**

- Energy-efficient
- No escaping steam = no odors emitted

**With the yellow button: Release steam**



**Method:**  
After the cooking is finished, place the pot on a heat-resistant surface or in an inverted lid. The vent must be turned to the back. Press the yellow steam-venting button with your finger until the red pointer falls slightly below the Soft window and the Secuquick softline can be opened.

**Caution:**

- The escaping steam is hot and can cause burns.
- Do not use with foods that swell and/or foam, as these may leak out and clog the vent.

**Advantages:**

- Quick, controlled depressurization

**Tips and tricks for the best outcome:**

- A small amount of liquid (approx. 1 cup) is needed to build up the steam pressure. The amount depends on the size of the pot, the food and the recipe. If the food contains enough liquid, no added liquid is necessary (follow instructions in recipe).
- During the heating, steam and a few drops of water may escape between the top and bottom covers. This does not affect the cooking process.
- If you don't want to miss out on any roasting aromas, you can easily sear onions and/or meat with no added fat with the normal lid and Visiotherm before quick cooking, for example.
- When cooking frozen vegetables or potatoes with steam pressure, we recommend using the Softiera sieve insert.
- Many people might associate a quick cooking lid with their grandparents' kitchen practices and more traditional dishes, but with the Secuquick softline, you can also prepare modern meals – such as one-pot pastas, risottos, lentil-based dishes or stews – in a flash.
- The Secuquick softline is an especially good method for self-controlled cooking.

The cooking times for various ingredients can be found in the table of steaming and cooking times on page 58.

Lots of other exciting AMC recipes are available at: [www.cookingwithamc.info](http://www.cookingwithamc.info)

**General information about opening:**

As a rule of thumb: As soon as the red pointer falls slightly below the first Soft window, the Secuquick softline has been depressurized and can be opened. Never apply force when opening – the Secuquick softline will only open once it has been depressurized.

# Steaming with EasyQuick

Particularly well suited to steaming fish dishes and shellfish, vegetables, dumplings and much more. Any dish that works well in a steamer is also suitable for the EasyQuick.

## The advantages for you:

- Uses less energy and also heats up more quickly than conventional steamers, as the cooking area is much smaller and less water is required.
- Any AMC pot with a diameter of 20 or 24 cm can be used as a steam cooker.
- One lid for two pot sizes
- Gentle preparation just as with steaming: This results in, for example\*:
  - 30 % more chlorophyll in broccoli<sup>1</sup>
  - 50 % more bioactive plant substances in broccoli<sup>1,2</sup>
  - Up to 30 % more beta-carotene (provitamin A) in carrots<sup>1,3</sup>

\*Compared to conventional cooking of vegetables in water. Sources: 1 "Effects of different cooking methods on health-promoting compounds of broccoli" (2009), Zhejiang University Science B 2 "Evaluation of Different Cooking Conditions on Broccoli to Improve the Nutritional Value and Consumer Acceptance" (2014), Radhika Bongoni, Ruud Verkerk, Bea Steenbekkers, Matthijs Dekker & Markus Stieger 3 "Sensory and health properties of steamed and boiled carrots" (2014), Radhika Bongoni, Markus Stieger, Matthijs Dekker, Bea Steenbekkers & Ruud Verkerk

## A quick explanation of the principle behind this method:

- Fill the pot with the specified amount of liquid, then insert the Softiera insert with ingredients.
- Place EasyQuick with matching sealing ring (20 or 24 cm) on top and heat at the highest level up to the steam window.
- When the steam window is reached, switch to a low level and steam for as long as desired. Make sure that the red pointer is always between the steam window and the stop line during the cooking process (adjust the stove accordingly).



### Steam window

When the red pointer reaches this window, the perfect temperature for steaming has been reached. The red pointer should always be in the optimal range between the steam window and the stop line.

## Explanation of steaming, using the example of fish roulades:

Please read the EasyQuick user manual before using.



Add about 100 ml of water to the pot, place fish rolls inside the Softiera insert and then place it in the pot.

Steaming requires sufficient liquid. As a rule of thumb:

- Ø 20 cm pots approx. 100 ml
- Ø 24 cm pots approx. 150 ml
- Ø 38 cm oval pots approx. 200 ml



Heat the pot at the highest level until the red pointer reaches the steam window.



(This is best done with the help of the Audiotherm. You don't need to monitor the pointer; the Audiotherm will inform you when it is time to do something.)



Once the red pointer reaches the steam window, switch the cooking zone to a low level and make sure the red pointer remains in the optimal cooking range (between the steam window and stop line).



If the red pointer falls below the steam window, increase the power.



Once the desired cooking time is finished (approx. 3 minutes), serve the fish roulades.

Steaming is an especially good method for controlled cooking.



**Tips and tricks for the best outcome:**

- We recommend removing the sealing ring, which is not needed during the cooking process.
- With the EasyQuick, there's no problem with opening the lid during the steaming to look inside the pot. You can therefore add other ingredients with a shorter steaming time at a later time or season the dish later in the process. Simply put the lid back on and continue steaming as usual (heat up until the red pointer is in the steam area, etc.).

**Here are some more variations on steaming:**

- Liquids other than water can be used for steaming, of course. You can easily use broth or wine and then process it into a sauce.
- Energy-efficient method: For certain dishes, you can choose a shorter cooking time and turn off the hob earlier. Due to the residual heat in the capsule base, the dish will continue to cook for a very long time, depending on the pot size and how full it is.

The cooking times for various ingredients can be found in the table of steaming and cooking times on page 58. Many other colorful AMC recipes are available at: [www.cookingwithamc.info](http://www.cookingwithamc.info)





# Baking and gratinating with Navigenio

Suitable for baking pizzas, cakes and breads, as well as for gratinating vegetables or casseroles. The gratinating function can even be used to prepare meat dishes with crusts.

### The advantages for you:

- Any 20 and 24 cm pot can be turned into an oven with the Navigenio.
- It's fast and energy-efficient: A much smaller area needs to be heated in comparison to baking in a full-size oven.



The low level (–) is intended for anything that needs a longer baking time, such as bread or cake.



The high level (=) is perfect for anything that needs to be gratinated quickly or baked briefly, such as cheesy casseroles or pizza.

### A quick explanation of the principle behind this method:

#### Baking (–)

When baking, the pot is usually heated up to the roasting window and then either placed in the inverted lid or on a heat-resistant base; or, depending on the recipe, it also could remain on the hob. Once the food to be baked (cake, bread, etc.) has been inserted, the Navigenio is placed upside-down on top and the baking process is finished on low heat.

#### Gratinating (=)

When gratinating, dishes are broiled or gratinated on maximum heat at level “=”.

### Baking/gratinating using the example of pizza:

Please read the Navigenio user manual before using.



Heat the empty pot at level 6 up to the roasting window.



As soon as the roasting window is reached, remove the lid. Place the pizza base inside and add toppings according to the recipe.



Place the pot in the inverted lid and place the Navigenio upside-down on top. Switch the Navigenio to a high level and bake until done.

**0:02 min**

This is best done with the help of the Audiotherm: While the Navigenio is still flashing red/blue after being switched on, enter “2 minutes” on the Audiotherm – the radio symbol will appear.



When the baking time is over, put the pot back on Navigenio (at level 6), then put the next pizza in and bake it too.

#### Tips and tricks for the best outcome:

Since the Navigenio heats a much smaller baking chamber (compared to conventional ovens), this is a very energy-efficient way of baking. However, a system as sophisticated as this one also has its limitations. We therefore recommend paying careful attention to the respective recipe. Deviations in quantities, ingredients, etc. can lead to a very different baking result.

When “baking” in this manner, we recommend that you pay close attention to the recipe. On the other hand, you can give your creativity free rein when gratinating/ broiling. Whether broiling a simple grilled-cheese sandwich to classic gratins or colorful vegetable and pasta casseroles – there are no limits to your imagination.



# Open Roasting with the oPan

Particularly suitable for quick meals and snacks with short roasting times, such as egg dishes or flatbread.

## The advantages for you:

- Easy, uncomplicated way to prepare food

## A quick explanation of the principle behind this method:

Heat up the oPan to the perfect roasting temperature and then roast the food with or without fat.



With this method, the perfect roasting temperature is controlled not with the Visiotherm, but rather with the addition of a droplet of water. Here, again, once the perfect roasting temperature has been reached, the dish is easy to prepare.

## How do I find the perfect roasting temperature with the oPan?

### Temperature control during open roasting without fat – with the “dancing” water droplet

Method:

1. Heat the oPan up to the highest level (see heating times on page 47).
2. Sprinkle a few droplets of water into the pan. As soon as a droplet of water does not evaporate immediately on the hot base of the pan, but instead “dances” and sizzles on the surface, the base of the pan has reached the perfect temperature for roasting.
3. Turn down to a low level and place the food inside.
4. Flip the food as soon as it can be loosened and finish cooking the second side.



Caution:

Never leave the oPan unattended during heating or cooking. There is a risk that the pan will become too hot and the ingredients will burn.

### Temperature control when roasting with fat

Method:

1. Add a few droplets of water to the cold oPan before heating it. Then heat the oPan up to the highest level.
2. As soon as the water drops evaporate, switch the heat to a low level, spread the fat in the oPan and place the food in the oPan.
3. Flip the food as soon as it can be loosened and finish cooking the second side.



Caution:

Never leave fat to heat up unattended. If the fat begins to smoke, it has become too hot.

Open roasting using the example of crêpes:



Heat the oPan up to the highest level and wait briefly.



Sprinkle a few droplets of water into the pan. As soon as a droplet of water does not evaporate immediately on the hot base of the pan, but instead “dances” and sizzles on the surface, the base of the pan has reached the perfect temperature for roasting.



Switch to a low level, pour in a ladleful of batter and gently tilt the pan so that the batter is evenly distributed.



As soon as bubbles begin to form on the surface of the batter and it begins to lift off from the surface slightly, turn over the crêpe and cook the other side until done.



Cook all the crêpes until done. The desired degree of browning can be achieved by increasing or decreasing the power.

## Your oPan is fast!

### Heating times on different types of hobs



Electric hob / Navigenio approx. 3 minutes



Gas approx. 2 minutes



Induction approx. 1 minute

### Tips and tricks for the best outcome:

- Roasting properly means having a little patience: If the food cannot yet be easily detached from the cooking surface, it is not yet perfectly cooked. Either wait to flip, or increase the power.
- Use a very thin spatula to turn food – this type of spatula is easy on delicate foods as well as practical and handy.
- If you intend to cook multiple items one after another, there are two ways of monitoring the temperature:
  - Do the water droplet test between batches: When the water droplet stops “dancing”...
  - Check the level of browning on the food: If it’s too pale, increase the power by one level.
- Immediately after cooking, pour water over any burnt-on areas to make them easier to clean.
- The correct roasting temperature can also be found by using the AMC lid and Visiotherm. Cover with the lid. As soon as the red pointer reaches the roasting window, the optimal roasting temperature has been reached.

More recipes are available at: [www.cookingwithamc.info](http://www.cookingwithamc.info)



# Deep-frying with HotPan

Suitable for deep-frying/baking classic deep-fried dishes such as French fries, chicken nuggets or sweet yeasted doughnuts. With this method, the temperature of the frying oil is controlled with the Visiotherm. This ensures that the optimal starting temperature for frying will be reached.

### The advantages for you:

- Temperature control keeps the oil from overheating. This means that no harmful acrylamide or acrolein will be produced.
- Due to the optimal temperature, the fried food does not absorb too much excess fat. It becomes crispy on the outside, yet stays juicy on the inside.

### A quick explanation of the principle behind this method:

- Add the oil to the pot, then heat (covered with the lid) at the highest level.
- As soon as the red pointer reaches the roasting window, remove the lid, insert the food to be fried, switch the hob to a low or medium level and fry.



### Here's what it's important to know about oil:

Generally speaking, all oils that are very heat-resistant, such as refined sunflower, peanut or olive oil, are suitable for deep-frying. Note the temperature information on the label of the oil.

The oil can be reused after deep-frying: let it cool down, filter through a sieve and bottle it. Tip: Label the bottle to avoid confusion. The oil should be stored in a dry place protected from light.

If the reused oil starts to smell, turns dark or the food no longer becomes crisp, it should no longer be used.

### Deep-frying using the example of chicken nuggets:



Add the oil to the pot and cover with the lid. Switch to the highest level and heat up until the red pointer reaches the roasting window (best done with the help of the Audiotherm).

The frying oil should be poured in to the height of the HotPan handles and no higher.



As soon as the red pointer reaches the roasting window, reduce the power.



Place the chicken nuggets inside, cover with the lid and deep-fry until it is time to flip.

Do not overfill the pan – otherwise, the drop in temperature of the oil will be too great. If the temperature is too low, the food will absorb too much oil. If this is the case, increase the temperature until it bubbles slightly during deep-frying.



Flip the nuggets and, if desired, briefly deep-fry uncovered. Remove and allow to drip-dry on paper towels.



**Tips and tricks for the best outcome:**

- The best way to deep-fry food with a high water content is by leaving the pot uncovered. To achieve a crispy result, the moisture must be able to evaporate.
- If you'll be deep-frying for a longer period of time with the lid on, it is advisable to wipe off the droplets that form on the inside of the lid with a paper towel to prevent them from dripping into the oil and causing it to splatter.
- Do not deep-fry for too long and never at too hot a temperature. This prevents acrylamide and acrolein (harmful substances) from forming. Golden yellow is healthier than brown!
- Frozen products should be deep-fried without first being defrosted.

In addition to French fries, we have also prepared many exciting dishes for you to try, such as deep-fried cauliflower: [www.cookingwithamc.info](http://www.cookingwithamc.info)





# 60 °C function

Particularly suitable for warming up, but also for hot-smoking food or sous-vide cooking at 60 °C. This method works best with the Navigenio and Audiotherm, used together. Here, the inside of the pot is slowly heated to 60 °C and the temperature is kept stable.

## The advantages for you:

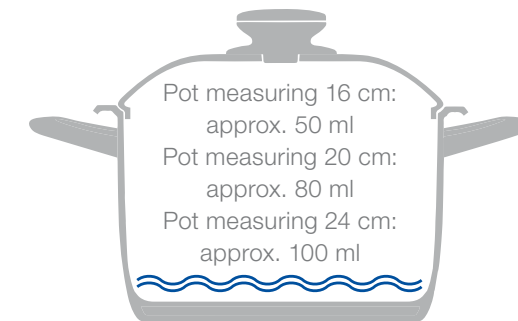
- Gentle heating/warming up of food
- Practical warming up with Navigenio and Audiotherm, thanks to temperature and time control
- Smoking your own food made easy



60 °C function for warming up and smoking foods, as well as sous-vide cooking

## To achieve good results, please note the following:

The food to be warmed up must not be too dry. There must be enough liquid on the bottom of the pot to keep from burning. Please always add enough liquid to the pot so that the bottom is well covered before you add the food:



- Time reference values for heating liquids up to 60 °C (e.g. soups, milk, sauces without starch):  
1 liter: approx. 10 – 15 minutes  
3 liters: approx. 25 – 30 minutes
- The warm-up function can also be used in manual mode and on all types of hobs. Always select a low level (max. 1/3 of the energy supply).

## Smoking

The 60 °C function enables hot smoking and sous-vide cooking for selected recipes (e.g. fish or duck breast).

## A quick explanation of the principle behind this method:

- To produce smoke, heat special smoke chips on aluminum foil in the pot up to the roasting window.
- Then place the prepared food on top in the sieve insert.
- Place the pot on the Navigenio, set the Audiotherm to the 60 °C function and connect to the Navigenio using setting "A". The food will now be smoked.
- Let our recipes at [www.cookingwithamc.info](http://www.cookingwithamc.info) inspire you.

Smoking is a time-consuming process. Even with AMC, smoking a single salmon filet will take about 45 minutes on average.

What can I do with the 60 °C function?

## Warming up food

With the Audiotherm, food can be warmed up gently and easily using the Visiotherm and Navigenio.

## A quick explanation of the principle behind this method:

- Add the food to be warmed to the cold pot and cover with the lid.
- Place the pot on the Navigenio, set the Audiotherm to the 60 °C function and connect to the Navigenio.
- As soon as 60 °C is reached, the Audiotherm will notify you.

### Sous-vide

The 60 °C function allows you to cook foods sous-vide at exactly 60 °C.

#### A quick explanation of the principle behind this method:

- Vacuum-seal pieces of meat or fish with herbs, garlic or oils in a heat-resistant plastic film.
- Pour water into the pot, place vacuum-sealed bag inside, then cover with the lid.
- Place the pot on the Navigenio, set the Audiotherm to the 60 °C function and connect to the Navigenio using setting "A".
- Then unpack the meat, dab dry with a paper towel and fry briefly with no added fat using the AMC method.

The following foods are suitable for sous-vide cooking:



#### Veal

Steak, fillet and saddle, boneless, up to max. 750 g



#### Beef

Steak, fillet, ribs and roast beef, up to max. 750 g



#### Pork

Fillet



#### Lamb

Saddle, boneless



#### Fish

Fresh skinless fillets, shrimps and scallops are not seared after cooking in this manner





# We Are Here for You

Your personal AMC consultant will be happy to help you get started in the world of AMC and to make getting used to your new pots and pans as easy as possible. You will receive great support along the way—use this service!

Countless recipe ideas that will inspire you to get cooking with your AMC products can be found at [www.cookingwithamc.info](http://www.cookingwithamc.info)

The entire AMC product range is available at [www.amc.info/products](http://www.amc.info/products). Don't forget that if you are interested in other AMC products, your personal AMC consultant will be happy to advise you.

We are pleased by your interest in AMC and hope you enjoy using your products to create great cooking experiences!



## Stay in touch:

### Website

[www.amc.info/products](http://www.amc.info/products)  
[www.amc.info/recipe-world](http://www.amc.info/recipe-world)

### Recipe Community



[www.kochenmitamc.info](http://www.kochenmitamc.info)  
[www.cucinareconamc.info](http://www.cucinareconamc.info)  
[www.recetasamc.info](http://www.recetasamc.info)  
[www.cookingwithamc.info](http://www.cookingwithamc.info)

### Social Media



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## AMC table of steaming and cooking times

Category / Food	Cooking in vegetable window		Cooking with EasyQuick		Cooking with Secuquick softline		
	Cooking time (minutes)	with Softiera insert	Cooking time (minutes)	with Softiera insert	Cooking time (minutes)	Soft / Turbo	with Softiera insert
<b>Vegetables and potatoes</b>							
Asparagus, green	15		12	✓	-		
Asparagus, white	20		16	✓	-		
Artichoke, chopped	15		12	✓	3	Soft	✓
Beets, diced	25		20	✓	5	Soft	✓
Bell peppers, sliced	10		8	✓	-		
Black salsify	15		12	✓	3	Soft	✓
Broccoli florets	12		10	✓	3	Soft	✓
Brussels sprouts	20		16	✓	4	Soft	✓
Carrots, sliced	15		12	✓	3	Soft	✓
Cauliflower florets	15		12	✓	3	Soft	✓
Celeriac root, chopped	15		12	✓	3	Soft	✓
Celery stalk, chopped	15		12	✓	3	Soft	✓
Chard, sliced	8		6	✓	-		
Eggplant, chopped	10		8	✓	-		
Fresh peas	10		8	✓	-		
Fennel, halved	25	✓	20	✓	7	Soft	✓
Green beans, chopped	20		16	✓	4	Soft	✓
Kale	25		20	✓	5	Soft	✓
Kohlrabi, sliced	15		12	✓	3	Soft	✓
Leek, chopped	5		4	✓	-		
Parsnips, sliced	15		12	✓	3	Soft	✓
Potatoes, diced	20	✓	16	✓	4	Soft	✓
Potatoes, unpeeled, medium	35	✓	28	✓	13	Soft	✓
Pumpkin (such as butternut or red kuri squash), diced	15		12	✓	3	Soft	✓
Raw sauerkraut	45		36	✓	15	Soft	
Red and white cabbage, sliced thinly	30		24	✓	6	Soft	✓
Romanesco broccoli florets	15		12	✓	3	Soft	✓
Savoy cabbage, sliced	25		20	✓	5	Soft	✓
Spinach	2		2	✓	-		
Sweet potatoes, diced	20	✓	16	✓	4	Soft	✓
Vegetables, mixed	15		12	✓	3	Soft	✓
Vegetables, stuffed (small, such as mushrooms)	-		6	✓	-		
Vegetables, stuffed (large, such as zucchini)	-		12	✓	-		
Zucchini, sliced	5		4	✓	-		

Category / Food	Cooking in vegetable window		Cooking with EasyQuick		Cooking with Secuquick softline		
	Cooking time (minutes)	with Softiera insert	Cooking time (minutes)	with Softiera insert	Cooking time (minutes)	Soft / Turbo	with Softiera insert
<b>Rice and grains</b>							
For the required amount of liquid, please refer to the information on the package.							
Basmati and jasmine rice	15		-		4	Soft	
Buckwheat	15		-		5	Soft	
Bulgur	20		-		7	Soft	
Brown rice	45		-		17	Soft	
Couscous	5		-		-		
Durum wheat	10		-		3	Soft	
Millet	15		-		5	Soft	
Parboiled rice and risotto rice/arborio	20		-		7	Soft	
Polenta (polenta bramata)	40		-		12	Soft	
Quinoa	20		-		7	Soft	
Pearl barley	45		-		15	Soft	
Wild rice	55		-		20	Soft	
<b>Noodles / pasta</b>							
Use approx. double the amount of liquid. Follow the cooking time on the package.		follow instructions			50 % of the amount listed in instructions	Soft	
<b>Fresh pasta and similar items</b>							
Boiled dumplings (Knödel)	-		8	✓	-		
Dumplings (perishable) such as wontons, manti, pelmeni	-		10	✓	-		
Fresh noodles/pasta (perishable) such as spaetzle or gnocchi	-		50 % of the amount listed in instructions	✓	-		
Steamed sweet dumplings (Dampfnudeln)	-		15	✓	-		
Stuffed pasta (perishable) such as ravioli or tortellini	-		5	✓	-		
<b>Legumes</b>							
For the required amount of liquid, please refer to the information on the package. Soak legumes marked with * in plenty of cold water for 8 to 12 hours.							
Chickpeas*	60		-		20	Turbo	
Kidney or cranberry beans*	75		-		25	Turbo	
Lentils, brown or green	25		-		12	Turbo	
Lentils, red	10		-		3	Soft	
Soybeans*	60		-		20	Turbo	
Peas, shelled*	75		-		25	Turbo	

Category / Food	Cooking in vegetable window		Cooking with EasyQuick		Cooking with Secuquick softline		
	Cooking time (minutes)	with Softiera insert	Cooking time (minutes)	with Softiera insert	Cooking time (minutes)	Soft / Turbo	with Softiera insert
<b>Braised meat dishes</b>							
Beef roulades	90		70		30	Turbo	
Cabbage rolls with ground-meat filling	25		20		8	Turbo	
Chicken thigh	40		30		15	Turbo	
Goulash/ragout (beef, lamb, game)	90		75		25	Turbo	
Goulash/ragout (pork, veal)	60		50		20	Turbo	
Ground-meat-based sauce	25		20		10	Turbo	
Meatballs in sauce	15		12		-		
Roasts (beef, lamb, game)	120		90		60	Turbo	
Roasts (pork, veal)	90		75		45	Turbo	
<b>Fish and seafood</b>							
Fish fillet, thick (approx. 3 – 5 cm)	-		10	✓	-		
Fish fillet, thin (approx. 1 – 2 cm)	-		4	✓	-		
Fish roulade (approx. 5 cm Ø)	-		6	✓	-		
Mussels in their shells	-		5	✓	-		
Octopus, whole	-		-	✓	15	Turbo	
Whole fish, large	-		12	✓	-		
Whole fish, small	-		6	✓	-		

### Notes and tips

#### Times listed

The times listed here are merely a guide intended to help you. Actual cooking times may vary depending on the amount, size of the pieces and quality of the ingredient used. For more detailed information, please refer to the corresponding recipes published by AMC.

#### Softiera insert

When cooking with the Softiera insert and EasyQuick, always add 120 – 150 ml water to the pot. When cooking with the Softiera insert and Secuquick softline, use 150 – 200 ml. This guarantees cooking that is healthy and preserves nutrients, as the food does not come into contact with water.

#### Secuquick softline

The cooking times listed here correspond to the time required when Secuquick softline is manually depressurized after the cooking process (by depressurizing with the yellow exhaust button or cooling under running water). It is also possible to let the Secuquick softline depressurize by itself by slowly allowing it to cool down. This shortens the cooking time and saves even more energy. For more detailed information, please refer to the corresponding recipes published by AMC.





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AMC Recipe Community

