

## AutoChef® Frying Chart

The following chart lists which frying level is ideal for particular foods. Frying time may depend on the type, weight and quality of the food product.

The frying levels provided are designed for the system pan. Frying levels may vary when using other frying pans.

	Frying level	Total frying time from signal
<b>Meat</b>		
Pork chop, boneless or bone-in (1" thick)	3	10 - 17 min
Veal cutlet in breadcrumb (5/8" thick)	4	6 - 10 min
Fillet (1" thick)	4	6 - 10 min
Cordon bleu	3	15 - 20 min
Beef steaks medium rare (3/4" thick)	5	8 - 10 min
Beef steaks medium or well done (3/4" thick)	4	8 - 12 min
Chicken breast (1" thick)	2	20 - 30 min
Skillet-fried chicken	2	25 - 35 min
Sausages, e.g. hot dogs (ø 1/2 - 1 1/8")	3	8 - 20 min
Hamburger	3	6 - 12 min
Thin slices of meat	4	7 - 12 min
Ground meat	4	6 - 10 min
Bacon	2	5 - 8 min
<b>Fish</b>		
Fish, fried (whole)	3	15 - 25 min
Fish fillet with or without breadcrumbs	3/4	10 - 20 min
Shrimp	4	4 - 8 min
<b>Egg dishes</b>		
Pancakes	3	continuous frying
Omelettes	2	continuous frying
Fried eggs	2	2 - 6 min
Scrambled eggs	2	2 - 4 min
French toast	2	continuous frying
<b>Potatoes</b>		
Fried cooked potatoes	5	6 - 12 min
Fried raw potatoes	3	15 - 25 min
Hash browns	2	20 - 30 min
<b>Vegetables</b>		
Garlic/onions	1/2	2 - 10 min
Squash, eggplant	3	4 - 12 min
Mushrooms	4	10 - 15 min
Stir-fried vegetables	4	10 - 12 min
<b>Frozen products</b>		
Chicken nuggets, chicken patties	4	8 - 15 min
Cordon bleu	2	10 - 30 min
Chicken breast	3	10 - 30 min
Fish fillet in breadcrumbs	3	10 - 20 min
Fish sticks	4	8 - 12 min
Oven French fries	5	4 - 6 min
Stir-fried vegetables	2	8 - 15 min
Spring rolls/eggrolls (3/4 - 1 1/4" thick)	3	10 - 30 min

\* Place in cold pan

	<b>Frying level</b>	<b>Total frying time from signal</b>
<b>Sauces</b>		
Tomato sauce with vegetables	1	25 - 35 min
Béchamel sauce	1	10 - 20 min
Cheese sauce, e.g. Gorgonzola sauce	1	10 - 20 min
Reducing sauces, e.g. Bolognese sauce, tomato sauce	1	25 - 35 min
Desert sauces, e.g. orange sauce	1	15 - 25 min
<b>Ready-made meals</b>		
Potato products, e.g. fried potatoes	3	10 - 15 min
Potato products, e.g. hash browns	2	10 - 20 min
Pasta (with added water)	2	4 - 6 min
<b>Misc.</b>		
Baked camembert/baked cheese	3	7 - 10 min
Roast almonds, nuts, pine kernel*	2	3 - 7 min

\* Place in cold pan