Quick and easy **Cooking Assist Functions**

The Cooking Assist Functions allow you to select the best way to prepare every food as you wish. The sensors measure the temperature of the pot or pan continuously. This allows the power to be controlled with great precision to maintain an adequate temperature and provide perfect cooking results

Cooking Functions

These functions allow you to heat food, cook at low heat, boil, cook with a pressure cooker and fry with plenty of oil in the pot, all at a controlled temperature.



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The wireless temperature sensor is required in order for you to use the coooking functions. If your hob does not have a sensor, you can obtain one as an accessory in specialised shops or from our Technical Assistance Service, using the reference number HEZ39050.

Instruction manual

Additional information can be found in the detailed instruction manual for the hob in chapter "Cooking Assist Functions". Read it through carefully.

Method

- I) Place the wireless temperature sensor on the pot.
- II) Place the pot with an adequate amount of liquid on the cooking zone and cover it with a lid.
- **III)** Select the cooking zone on which you have placed the pot with the wireless temperature sensor.
- IV) Touch the symbol is of the wireless temperature sensor. tights up on the display.
- V) Select the desired cooking function.
- **VI)** The symbol flashes until the water or oil has reached the appropriate temperature. Then a signal sounds. The symbol stops flashing and remains lit.
- **VII)** Remove the lid and add the food. Cook with the lid on. Please note: If you use the Deep frying function keep the lid off whilst frying.



Quick and easy **Cooking Assist Functions**

The Cooking Assist Functions allow you to select the best way to prepare every food as you wish. The sensors measure the temperature of the pot or pan continuously. This allows the power to be controlled with great precision to maintain an adequate temperature and provide perfect cooking results.

Frying Sensor

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This function can be used to frv food while maintaining the suitable frying pan temperature.

Method

- **II)** Select the cooking zone.
- **IV)** Select the desired frying setting.





Instruction manual

Additional information can be found in the detailed instruction manual for the hob in chapter "Cooking Assist Functions". Read it through carefully.

- I) Place the empty frying pan on the cooking zone.
- III) Touch the Lar symbol. Lar lights up on the display.
- V) The symbol flashes until the frying temperature is reached.
 - Then a signal sounds. The symbol stops flashing and remains lit.
- **VI)** Put the fat in the frying pan and start frying.



Frying fish and thick food, e.g. meatballs and



Medium - high

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



Frying food at high temperatures, e.g. steaks rare, potato fritters and frozen French fries.

The following chart shows a selection of dishes for food categories. The temperature and duration of the cooking time can vary based on the amount, the condition and the quality of the food.

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6 - 10

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10 - 15

6 - 8

8 - 12

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8 - 20

6 - 30

6 - 9

7 - 12

6 - 10

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2/90°C 10-20

3/100°C 20-30

3/100°C 60-90

3/100°C 60-90

4/120°C 15-25

5/170°C 10-15

2/90°C 15-20

5/170°C 10-15

3 - 4

10 - 20

10 - 20

4 - 8

Egg dishes

Frying with little oil

Pancakes****

Omelette****

Scrambled eggs

Raisin pancake

French toast ****

Eggs, hard-boiled***

Vegetables

Frying with little oil

Courgettes, aubergines

Peppers, green asparagus

Vegetables sautéed in oil,

e.g. courgettes, green peppers

Vegetables, fresh, e.g. broccoli

Cooking in a pressure cooker***

Vegetable, e.g. green beans

Deep frying with a lot of oil

Vegetables, mushrooms, breaded or battered**

Vegetables, fresh, e.g. Brussels sprouts

Garlic, onions

Mushrooms

Chickpeas***

Lentil stew***

Chickpeas, beans

Lentil stew

Boiling

Peas

Glazed vegetable

and legumes

Fried eggs

Boiling

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Cooking Functions Frying Sensor

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10 - 15

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3/100°C 10-20

3/100°C 30-40

3/100°C 60-90

3/100°C 15-20

3/100°C 45-60

4/120°C 3-6

4/120°C 25-35

4/120°C 10-20

5/170°C 4-8

3/100°C 5-10

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Potato dumplings 1 2 / 90 ° C 30 - 40 Boiling Forzam puffs** Forzam puffs** Forzam puffs** Potatoes*** 1 3 / 100 ° C 30 - 44 Forzam construction Forzam puffs** Forzam puffs** 5 Forzam construction Forzam construction Forzam construction 5 4 10 Sources Forzam construction Forzam construction 6 5 5 5 5 6 5 5 5 6 5 5 5 6 5 5 6 5 5 6 5 5 6 5 6 5 5 5 6 5 5 5 6 5 5 5 6 5 5 6 5	•				Baked items, e.g. doughnuts	ເສີ	5/170 °C	5 - 10
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Simmering Gyros, kebab urr 3 5- Rice 10 2 / 90 °C 28-35 Fish fillet, plain or breaded urr 3 10 Semolina pudding 10 2 / 90 °C 3-8 Fish fillet, plain or breaded urr 4 8-3 Boiling 10 2 / 90 °C 5-10 Fish fillet, plain or breaded urr 4 8-3 Boiling 10 2 / 90 °C 5-10 Fish fillet, plain or breaded urr 4 8-3 Boiling 10 2 / 90 °C 6-15 Sturfries meals, eurr 3 10 9- 9- 1 1/0 °C 1 1 9- 1 1/0 °C 1 1 1 1 1 0 9- 9- 1 1 0 1	and cereals				•			10 - 30
Rice Tor 2 / 90 °C 25 - 35 Fish fillet, plain or breaded uer 3 100 Polenta***** Tor 2 / 90 °C 5 - 10 Fish fillet, plain or breaded uer 3 100 Boiling Tor 2 / 90 °C 5 - 10 Fish fingers uer 4 6- Boiling Tor 3 / 100 °C 7 - 10 Fish fingers uer 4 6- Stuffed pasta Tor 3 / 100 °C 6 - 15 Spring rolls uer 4 10 Cooking in a pressure cooker Tor 4 / 120 °C 5 - 8 Heating / keeping warm 1 / 70 °C 15 Boiling Iter / 1 / 20 °C 5 - 8 Forzen vegetable, e.g. green beans****** Tor 3 / 100 °C 15 Boiling Iter / 1 / 20 °C 5 - 10 Forzen vegetable, e.g. green beans******* Tor 5 / 170 °C 4 Horemade stocks, e.g. rearmed soup****** Tor 3 / 100 °C 5 - 10 Forzen vegetable, e.g. green beans******* Tor 5 / 170 °C 4 Womenade stocks, e.g. wegetable stock*** Tor 3 / 100 °C 5 - 10	Simmering							5 - 10
PoleinaritiesTop $2/90 \circ C$ 3.8 Fish fingers uor 4 $8-5$ Semolina pudding vor $3/100 \circ C$ 5.10 French fries uor 5 4 Pasta vor $3/100 \circ C$ 6.15 Stuffed pasta uor 3 6 Cooking in a pressure cooker vor $4/120 \circ C$ 5.8 Spring rolls uor 4 10 Recetter vor $4/120 \circ C$ 5.8 Heating / keeping warm vor 4 10 Simmering vor $4/120 \circ C$ 5.8 Froench fries uor $3/100 \circ C$ $1/70 \circ C$		تھًا ا	2/90°C	25 - 35				
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Rice*** Image: Soups Imag	Cooking in a pressure cooker							10 - 15
Soups Frozen vegetable in cream sauce, e.g. creamed spinach****** 1/70 °C 15 Simmering Boiling Boiling J<	Rice***	ർ	4/120°C	5 - 8			0	10 10
SimmeringBoilingInstant soups, e.g. creamed soup*****Image and the soups an	Soups				Frozen vegetable in cream sauce,	ເສັ	1/70°C	15 - 20
Instant soups, e.g. creamed soup****** if 2 / 90 °C 10 - 15 Frozen vegetable, e.g. green beans****** if 3 / 100 °C 15 Boiling If 3 / 100 °C 60 - 90 Frozen french fries** if 5 / 170 °C 4 - Homemade stocks, e.g. meat or vegetable stock*** if 3 / 100 °C 5 - 10 Frozen french fries** if 5 / 170 °C 4 - Cooking in a pressure cooker if 3 / 100 °C 5 - 10 Frying with little oil Frying with little oil Frying with little oil If 3 / 00 °C 5 - 10 Frying with little oil if 4 / 120 °C 3 - 6 Almonds/walnuts/pine nuts if 3 / 00 °C 1 5 - 25 Béchamel sauce if 1 0 - 20 Almonds/walnuts/pine nuts if 1 / 70 °C 1 Reducing sauces, e.g. tomato sauce, Bolognese sauce if 1 0 - 20 Freserved dishes, e.g. goulash*** /****** if 1 / 70 °C 1 Wilded wine*** if 1 / 70 °C 1 1 5 - 25 5 Béchamel sauces if 1 / 70 °C 1 1 15 - 25 5 <								
BoilingDeep frying with a lot of oilBoilingImage: Solution of the lot of oilHomemade stocks, e.g. meat or vegetable stock***Image: Solution of logInstant soups, e.g. minestroneImage: Solution of logCooking in a pressure cookerImage: Solution of logHomemade stocks, e.g. vegetable stock***Image: Solution of logHomemade stocks, e.g. vegetable stock***Image: Solution of logSaucesImage: Solution of logFrying with little oilImage: Solution of logTomato sauce with vegetablesImage: Solution of logGene mean of vegetablesImage: Solution of logFrying with little oilImage: Solution of logCheese sauce, e.g. Gorgonzola sauceImage: Solution of logReducing sauces, e.g. tomato sauce, Bolognese sauceImage: Solution of logSweet sauces, e.g. otames sauceImage: Sol	•	- - -	2/00.00	10 15		161	3 / 100 %	15 - 30
Homemade stocks, e.g. meat or vegetable stock***Image: Solution of the stock s		181	2/90%	10 - 15		693	0/100 0	10 00
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Instant soups, e.g. minestronei3/100 °C5-10MiscellaneousCooking in a pressure cookeri4/120 °C3-6Homemade stocks, e.g. vegetable stock***i4/120 °C3-6Saucesi4/120 °C3-6Frying with little oili125-35Béchamel saucei125-35Béchamel sauces, e.g. Gorgonzola saucei110-20Reducing sauces, e.g. bolognese saucei110-20Sweet sauce, e.g. gorganzo saucei115-25		ไลไ	3/100 %	60-90		690	5/1/0 0	4 0
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Homemade stocks, e.g. vegetable stock*** is 4/120 °C 3 - 6 Sauces Image: Sign of the stock state stock stock state stock state stock			0,100 0	0 10				
Sauces Camembert/cheese Isr 3 7- Frying with little oil Dry ready meals that require water to be added, usr 1 5- Tomato sauce with vegetables Isr 1 25-35 Béchamel sauce Isr 1 10-20 Cheese sauce, e.g. Gorgonzola sauce Isr 1 10-20 Reducing sauces, e.g. tomato sauce, Bolognese sauce Isr 1 10-20 Sweet sauces, e.g. gorganze sauce Isr 1 15-25		181	4 / 120 °C	3-6	· · ·			
Frying with little oil croutons sr 3 6 Tomato sauce with vegetables sr 1 25-35 Almonds/walnuts/pine nuts sr 4 3 Béchamel sauce sr 1 10-20 Heating/keeping warm 4 3 Cheese sauce, e.g. Gorgonzola sauce sr 1 10-20 Preserved dishes, e.g. goulash*** /****** 1/70 °C 10 Reducing sauces, e.g. Bolognese sauce sr 1 25-35 Mulled wine*** 1/70 °C 10 Sweet sauces e.g. gorange sauce sr 1 15-25 Simmering 1/70 °C 10		65	4/120 0	0 0	•			7 - 10
Tomato sauce with vegetables Image: Sector of the sector	•					le.	1	5 - 10
Tomato sauce with vegetables Image: Sector of the sector	Frying with little oil					le.	3	6 - 10
Béchamel sauce Image: Second sauce </td <td>Tomato sauce with vegetables</td> <td>เลา</td> <td>1</td> <td>25 - 35</td> <td></td> <td>ler-</td> <td></td> <td>3 - 15</td>	Tomato sauce with vegetables	เลา	1	25 - 35		ler-		3 - 15
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Reducing sauces, e.g. tomato sauce, Bolognese sauce Image: The sauce set or angle sauce	Cheese sauce, e.g. Gorgonzola sauce	.e.–	1	10 - 20		ធើ	1/70°C	10 - 20
e.g. tomato sauce, Bolognese sauce Sweet sauces e.g. orange sauce 1 15-25		.e.–	1	25 - 35				
Sweet sauces e.g. orange sauce 1 15-25	e.g. tomato sauce, Bolognese sauce							
	Sweet sauces, e.g. orange sauce	18J	1	15 - 25	Milk***	ធា	2/90°C	-

* Turn several times. / ** Heat the oil with the lid on. Deep fry one portion after the other without lid (the table shows the cooking time per portion). *** Add the food right at the beginning.

Meat

Fillet

Chops*

(3 cm thick)

Meat loaf

Bacon

Ragout, gyros

Ground meat

Simmering

Sausages

Meatballs

Boiled or braised veal

Chicken, veal***

Cooking in a pressure cooker

Deep frying with a lot of oil

Fish

Fish, fried, whole, e.g. trout

Fish fillet, plain or breaded

Deep frying with a lot of oil

Frying with little oil

Braised fish, e.g. hake

Scampi, Prawns

Fish, breaded**

Simmering

Chicken wings and meatballs**

Boiling

Chicken

Frving with little oil

Escalope, plain or breaded

Cordon bleu, Wiener Schnitzel

Steak, medium or well-done

Poultry breast (2 cm thick)*

Sausages, pre-boiled or raw*

Hamburger, meatballs, rissoles'

Steak, rare (3 cm thick)

**** Total time for each portion. Fry one after another. / ***** Preheat with lid, cook stirring continuously. ****** Stir continuously. / ****** Add liquid as indicated on product.

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