

COOKOVER MODEL C-01 OPERATING INSTRUCTIONS



Before installing and using the device,
carefully read this manual and follow the warnings
and precautions contained herein.



Dear customer,

congratulations on your purchase and thank you for placing your trust in our brand.

COOKOVER Philipiak Milano operates on the basis of many modern technological solutions, so please read the instructions carefully and follow the warnings and precautions contained therein.

We also suggest that you keep the instruction for future reference.

However, if you have any additional questions, please contact our Customer Service Department.

We also recommend that you make an appointment with our sales representative, who will provide you with a lot of interesting information about the practical use of COOKOVER Philipiak Milano.


The Philipiak Milano Team

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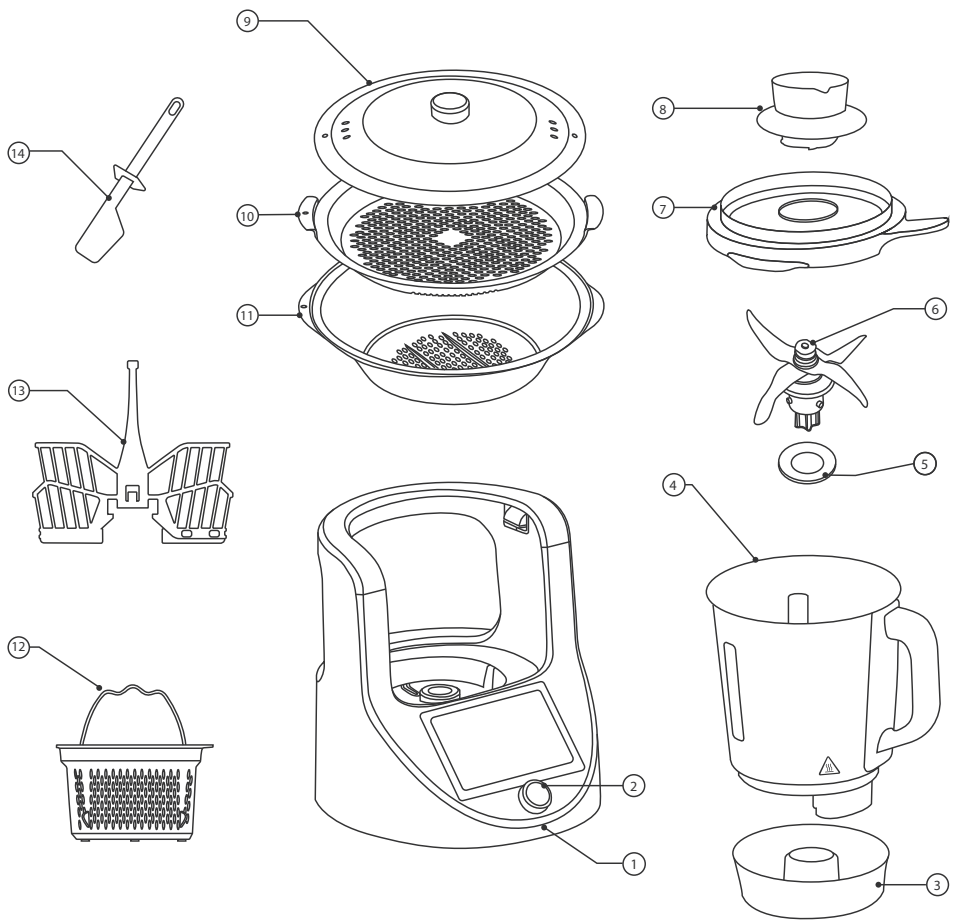
1. SAFETY INSTRUCTIONS AND WARNINGS

1. Read the user manual before first use.
2. Keep this user manual for future reference.
3. Before connecting the appliance, check that the voltage indicated on the appliance corresponds to the local mains voltage.
4. Before first use, thoroughly clean the Cookover components and accessories that will come into contact with food.
5. Never use accessories or parts from other manufacturers. The warranty will be void if such accessories or parts are used.
6. Do not use the appliance if the power cord, plug or other parts are damaged.
7. Always place the main unit on a flat, dry and clean surface.
8. The Cookover must not be used by children. Keep the appliance and its power cord out of reach of children.
9. Never leave the appliance unattended while in use.
10. Switch off the appliance before disconnecting it from power.
11. Before removing any parts of the appliance, wait until the moving parts have come to a complete stop.
12. Never put the main unit in water or other liquids, or rinse under the tap.
13. Do not use the device if it has been flooded with water or damaged in any other way. In the event of damage to the power cord, a fall or other mechanical damage, return the device to the service centre.
14. Do not place the device on heating plates, ceramic hobs, induction hobs or any other heat-generating surfaces. The device may catch fire if placed on a hot surface.
15. When using the device, keep the device itself and the electrical cord away from heat-generating appliances.
16. To ensure proper operation, always connect the device to a power source that complies with the parameters described on the rating plate located on the bottom of the device.
17. The device may be used by persons with limited physical, sensory or mental abilities, or who lack experience and knowledge, only under supervision or if they have been instructed on how to use the device safely and understand the associated risks.
18. The device is not intended for children. Keep it in a safe place out of their reach.
19. Whenever you use the appliance with the lid closed, remember that the pressure generated or the selection of incorrect mixing speeds or other functions may cause the food being prepared to escape from the bowl. Avoid this to prevent burns.
20. For safety reasons, do not exceed the safe filling level of the bowl marked 'MAX' - 2.5 litres.
21. If the appliance is hot on the outside and contains hot contents, take special care to avoid burns. During operation, the contents of the bowl may splash and/or steam heavily.
22. When adding liquids to the bowl during operation, take special care to ensure that the contents do not spill out.
23. If the lid or bowl opening becomes blocked during cooking, disconnect the appliance from the power supply without touching the screen.
24. The opening in the bowl lid must never be blocked by ingredients/products during cooking.
25. After cooking, due to the high temperature, the bowl must be removed from the appliance with caution to prevent burns.
26. When cooking hot dishes, increase the speed of the appliance very slowly to prevent food from escaping and spilling onto the worktop or causing burns. The lid should be fitted with a stopper unless the recipe specifies otherwise.
27. Take particular care when working with hot fats, as they may splash when ingredients are added or when using accessories that are damp or contain water. This poses a risk of burns.
28. While the appliance is in operation, check that the lid is locked. If the lid becomes unlocked while the appliance is in operation or the appliance starts operating without the lid locked, switch off the appliance and contact Customer Service.
29. Place the appliance at a safe distance from the edge of the countertop.
30. Do not touch the bowl when processing hot food (at temperatures of 60°C or higher).
31. Follow the guidelines in the instructions, i.e. the speed and temperature settings.
32. Check the condition of the accessories to ensure that no parts can end up in the food and cause choking or suffocation if they break during cooking.

33. Do not insert spatulas into the bowl from the handle side.
34. Cookover accessories are not suitable for use with other products such as frying pans and pots.
35. If accessories are damaged during cooking, discard the food and contact customer service to purchase new items.
36. Take special care when working with and replacing the blade, which is very sharp. When removing or reinserting the blade, hold only the upper part.
37. To avoid injury, do not put your hands or other body parts into the appliance while it is in operation.
38. Be careful not to let your hair or clothing get caught in the blade or rod while the appliance is in operation.
39. The spatula is for mixing only and should not be used while the blade is in operation (except as described in the instructions).
40. Do not use the spatula while using the rod.
41. The rod is delicate and must not be operated at speeds above 8 rpm. Do not add large ingredients while it is running, as this may block or damage it.
42. Before starting work, check that the rod is securely attached to the blade.
43. When steaming, check the water level as the appliance may be damaged if the water evaporates. The appliance causes rapid evaporation of water during cooking.
44. Be careful when pouring hot liquids as they may be 'splashed' out of the appliance due to sudden evaporation.
45. Warning: The 'Hot surface'  label on the bowl indicates that caution should be exercised. The bowl may be hot and should not be touched without caution!
46. The appliance produces steam during cooking, so position it so that it does not damage the surrounding furniture.
47. When mixing, grinding and cooking, we recommend closing the lid with the stopper unless the recipe says otherwise.
48. The appliance has a built-in scale, so we recommend handling it with care, avoiding sudden movements on the worktop or dropping it onto the worktop, even from a low height.

2. DEVICE COMPONENTS AND ACCESSORIES

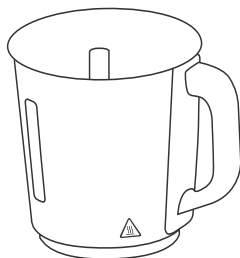
Check the contents and integrity of the device and accessories in the packaging.
The packaging contains:



1.	Main unit	6.	Blade	10.	Steam tray
2.	Knob (on/off button)	7.	Bowl lid	11.	Steam container
3.	Bowl base	8.	Stopper / Measuring cup	12.	Basket
4.	Bowl	9.	Steam tray lid	13.	Whisk
5.	Sealing ring / Bowl bottom seal			14.	Spatula

Before starting to use the device, familiarise yourself with the purpose of its accessories. Each component has been designed for a specific purpose.

A / BOWL



Before starting, clean the bowl and the bowl lid.

Installing the bowl in the device:

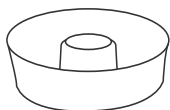
1. Insert the bowl into the main unit.
2. Put the bowl lid on. Align the lid handle with the bowl handle. Turn the lid slightly so that the sealing ring fits.
3. Place the stopper/measuring cup in the opening of the bowl lid and tighten it clockwise.
4. Connect the appliance to the mains and press the knob (on/off). The appliance will start. Follow the information displayed on the screen.

IMPORTANT!

The bowl has a capacity of 3 litres. When filled to the brim, it can hold 3.5 litres of liquid.

For safety and hygiene reasons and due to the nature of the food, we recommend cooking with a maximum capacity of 2.5 litres and not filling the bowl above the MAX mark. Overfilling the bowl may damage the appliance and cause burns! Make sure that the holes in the bowl lid are not blocked. Be careful when removing the bowl to avoid spilling its contents. Be careful when adding liquid to the bowl.

B) BOWL BASE



The bowl base is used, among other things, to secure, assemble and disassemble the blade. Before using the bowl, make sure that the bowl base is tightly screwed on and locked.

Otherwise, other parts of the device may be damaged and liquids poured into the bowl may spill.

C) BOWL LID



Only use a clean bowl and lid and ensure that their edges are clean. The appliance has a safety lock and will only operate when the bowl lid is closed. Do not force the bowl lid open, especially when the appliance is in operation.

Before starting operation, the device will automatically lock the bowl lid. After operation, the device will automatically open the bowl lid. The locking mechanism has a sensor that automatically detects whether the bowl lid is correctly fitted. The locking mechanism will release the bowl cover after operation with a delay to prevent the contents of the bowl from spilling.

Always keep the cover, sealing ring and bowl rim clean and check the sealing ring regularly for damage. Do not remove the sealing ring from the cover. Forced removal may cause damage. If the cover is damaged or leaks, stop using it and contact Customer Service.

IMPORTANT!

To allow steam to escape and avoid excessive pressure in the bowl, make sure that the opening in the bowl lid is not covered or blocked. To prevent liquids from spilling during cooking, use the original measuring cup/stopper, basket or steamer to cover the opening in the bowl lid.

To avoid burns, do not force the bowl lid open.

The bowl lid can only be opened when the speed is set to '0' and the bowl lid lock is open.

D) MEASURING CUP / STOPPER

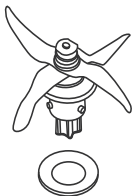


The measuring cup is a universal item used to cover the opening in the lid of the bowl to prevent heat loss and spillage of cooked food. The measuring cup has a 30 ml and 80 ml capacity.

Remember to place the measuring cup in the lid opening of the bowl with the indentation facing upwards. If you want to add a little liquid without removing the measuring cup, simply pour it onto the cup lid and the liquid will flow into the centre.

Contact with spilled hot food or contact with hot surfaces may cause burns! Be careful of hot ingredients spilling out of the opening in the bowl lid. To avoid burns, place the measuring cup in the opening of the bowl lid.

E) BLADE



Blade installation:

Hold the bowl handle with one hand and insert the blade into the bowl with the other hand, placing it in the lower opening and turning it so that it cannot fall out.

Then, holding the upper part of the blade, attach the bowl base and tighten until the arrow on the bowl handle and the closed padlock on the bowl base are aligned.

IMPORTANT!

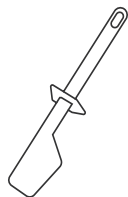
Leaks around the blade can damage the main unit. Make sure that the blade seal fits snugly against the bottom of the bowl and that the base is locked.

F) BASKET



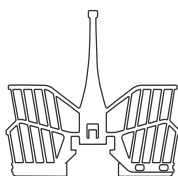
The basket is used for steaming, cooking rice, etc. It can also be used as a sieve or colander.

G) SPATULA



The spatula is used to scrape products from the sides and bottom of the bowl, to mix dishes and to remove the basket from the bowl.

H) WHISK

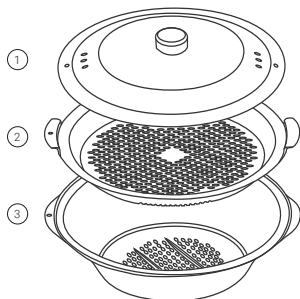


The whisk will help you beat egg whites, cream, butter, mayonnaise, etc. It is also an important tool for making pudding or cream mixtures. When cooking milk, making puddings or purées, the vertical elements of the whisk allow you to continue mixing the ingredients. Place the whisk on the blade and turn it slightly in the direction of the blade's rotation. To remove it, hold the upper part of the square shape and turn it to the left and right.

IMPORTANT!

When using the whisk, the speed should not exceed 8, otherwise it may be damaged. Do not add large pieces of food while the whisk is in operation, as it may be damaged or jammed.

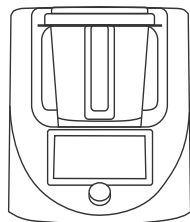
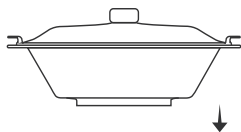
I) STEAMER



The steamer consists of three parts:

1. **Steamer lid**
2. **Steam tray – second level**
3. **Steam bowl – first level**

All components are made of food-grade materials approved for contact with food. Before using the steamer, it must be properly mounted on the lid of the bowl (without the stopper/measuring cup).



Step 1

To steam for 30 minutes, add at least 500 ml of water to the bowl. Then close the bowl with the lid without the stopper/measuring cup.

Step 2

When adding ingredients to the steamer, remember to place the longer cooking items at the bottom and the shorter cooking items at the top. Place the steamer on the lid of the bowl (without the measuring cup).

Step 3

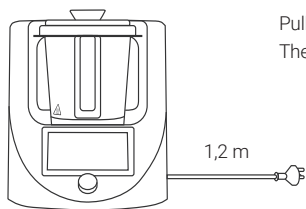
To start cooking, select the 'Steamer' function, set the time and press 'Start'. The water needed to produce steam will be used at a rate of approx. 500 grams per 30 minutes. After cooking, allow the hot steam to escape to avoid burns.

IMPORTANT

Add 100 grams of water for every additional 5 minutes of cooking. Remember a few simple rules: The bowl should be filled with enough water or liquid, but not more than the maximum level - the 'MAX' mark on the bowl. The cooking time suggested in the recipes will vary depending on the type of food, its size and your preferences in terms of how you like it cooked.

3. WORKING WITH THE DEVICE

A) CONNECTING THE POWER SUPPLY



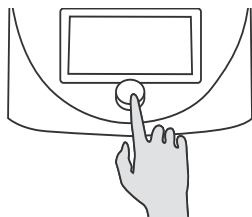
Pull the cable out of the device housing. The power cable is 1.2 metres long.

B) TRANSPORT MODE

The device is equipped with a lock that immobilises the bowl during transport. After connecting the power supply for the first time, press the main knob (on/off button) to start the device. When the device is switched on, the bowl locking mechanism will automatically open.

Before transport, make sure that the device is locked. To lock the device, proceed as follows: go to Settings -> More settings -> Settings and select the function -> Safe transport and then turn off the device.

C) HOW TO TURN THE DEVICE ON AND OFF



TURNING ON

To turn on the device, press the main knob (on/off button). The main menu will appear on the display screen.

TURNING OFF

Press the knob (on/off button) for 3 seconds and the device will turn off. The device will turn off automatically after 30 minutes if not in use.

D) CLEANING THE BOWL AND BOWL LID



IMPORTANT!

Risk of injury from the blade!

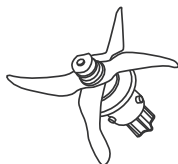
The blade is very sharp, handle with care. Improper installation of the blade may cause leakage and damage the main unit.

Make sure that the base of the bowl is securely locked.

If any liquid leaks or spills onto the main unit, remove the power plug, clean and dry the main unit. Do not use sharp objects to clean the appliance or accessories to avoid damage.

To prevent damage to the appliance, make sure that the ventilation opening at the bottom of the main unit is not blocked.

E) CLEANING THE BLADE



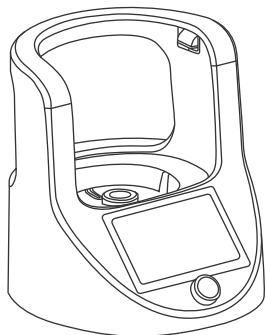
Hold the blade head and rinse it under running water. You can also wash the blade in the dishwasher.

F) SELF-CLEANING FUNCTION

When using the 'Self-cleaning' function, make sure that the amount of water in the bowl does not exceed 700 grams. In the 'Self-cleaning' -> 'Do it yourself' function, do not set the speed to more than 16 revolutions. The cleaning time should not exceed 5 minutes, otherwise the pressure in the lid may be too high, which may lead to leakage.

G) CLEANING THE MAIN UNIT

Use a soft cloth and a mild cleaning agent to clean the main unit.



IMPORTANT

Before cleaning, remove the plug from the socket. Do not immerse the main unit in water or other liquids. Clean carefully with a damp cloth to prevent moisture from entering the device. If you notice that liquid has entered the main unit, please contact our customer service department. Some plastic parts may fade slightly after prolonged use, but this does not affect the performance of the device.

4. ENGINE PROTECTION

A) ENGINE OVERLOAD

If the engine load during operation is too high, the device may automatically shut down due to the automatic engine overheating protection. After the engine has cooled down for about 5 minutes, the device will be ready for operation again.

B) MOTOR PROTECTION

If the motor stops working properly, proceed as follows:

1. Remove the bowl from the main unit.
2. Reduce the amount of ingredients in the bowl and/or add a little liquid according to the recipe.
3. Wait approx. 5 minutes (cooling time).
4. Place the bowl back into the appliance.

IMPORTANT!

The latches may not open during a power failure and it will not be possible to remove the bowl from the main unit – restart the device to unlock the bowl.

5. ERRORS AND SOLUTIONS

ERRORS AND SOLUTIONS	
The device turns off for no reason.	Check that the power cable is connected properly.
The appliance does not heat the food.	Check that the cooking time and temperature are set.
The device stops while working.	If the load on the motor during cooking is too high, the motor may overheat and the device may automatically turn off as the automatic motor overheat-protection will be activated. After the engine cools down - approximately 5 minutes - the device will be ready for operation again.
The device does not weigh / there is a problem with the scale.	Check whether other objects are leaning against the device, whether the power cord is not too tight, and whether the countertop beneath the device is level and clean. If everything is set correctly, calibrate the scale.
The engine is overheating.	Check if there is too much food in the cup, wait a while and try again.
The engine load is too high.	Reduce the amount of food or clean the blade and try again.
Deformation of the evaporator cover.	If you wash the steamer lid in the dishwasher at very high temperatures and don't position it correctly, it may become deformed. If this happens, add water to the jug, turn on the Cookover steamer, and place the deformed lid on the steamer. After a while, as the temperature rises, the lid should return to its original shape.
No updates to regulations or software.	Check if Cookover is connected to a WIFI network and if it is paired with your phone.
The rod falls out.	Make sure the rod is properly installed. Once it's attached to the blade, you should hear a slight click from the lock.
The cup is leaking.	Check that the cup base is properly installed and locked.
The temperature does not exceed 65 degrees Celsius.	Reduce speed to 10 revolutions.
Device not found in Philippiak Home app.	Check if Cookover is connected to the WIFI network and paired with your phone. Pair your phone with Cookover via WIFI or QR code
No cup cover lock.	Press the lid onto the cup.
The weight is not displayed on the screen during the cooking step.	Use the scale from the main screen and report the lack of scale display to the Customer Service Center..

IMPORTANT!

If the power cord is damaged, it should be replaced by a service technician or authorised specialist to avoid the risk of electric shock. Do not use the appliance if the power cord or plug is damaged, if it has malfunctioned or if it has been damaged in any way. In such cases, it must be returned to the service centre.

6. MATERIALS USED IN THE MANUFACTURE OF THE COOKOVER

	PART NAME	MATERIAL	ALTERNATIVE MATERIAL
1	Bowl	SUS304	
2	Heating plate	SUS443	
3	Bowl lid	PET(GF30)	
4	Bowl lid sealing ring	Silicone	
5	Blade sealing ring	Silicone	
6	Blade assembly	SUS420J2	
7	Blade base cover	SUS304	
8	Blade shaft	SUS303	
9	Blade handle	SUS303	
10	Evaporator	PP	
11	Evaporator lid	TPX PP	PP
12	Measuring cup	PET+ Silicone	
13	Inner basket	PP	
14	Inner basket handle	SUS304	
15	Whisk	PP	
16	Spatula	Silicone	

7. TECHNICAL DATA

Reluctance motor	Power 500 W, speed/rpm 40 rpm-11000 rpm
Heating plate	Film heater, power 1200 W
Weight	1 g-6000 g, change every 1 g
Housing	ABS
Bowl	SUS304, max capacity 2.5 l
Voltage	220 V-240 V, 50/60 Hz
Power	1200 W
Power cord	0.8 M H03 VV-F

Materials and products that come into contact with food are subject to the following food safety standards:
(EC) No. 1935/2004

8. PHILIPIAK HOME APP



The **Philipiak Home** app is an indispensable tool for every Cookover user. It allows you to easily browse thousands of recipes, plan meals, create shopping lists and control Cookover functions from your smartphone.

The app is available for download in the following stores:



(for Android)



(for iOS)

and by scanning
the QR code



To pair your Cookover device with the app, follow the instructions displayed on the device's touchscreen. The pairing process is intuitive and secure – it only takes a few steps to connect to the app and enjoy the full functionality of the **Philipiak Home** system.

With the **Philipiak Home** app, cooking becomes even easier, more intuitive and inspiring!

9. FUNCTIONS



SHREDDING

In the table, you will find parameters for chopping, grinding, and shredding. Remember that properly prepared ingredients will be the key to achieving the desired chopping or shredding effect.

PRODUCT	FUNCTION				NOTES
	QUANTITY	TIME / ROTATION			
		FINELY	MEDIUM	COARSELY	
VEGETABLES					
Root vegetables (carrots, parsley, parsnips, root celery, beet)	100-200g	10s / rot. 10	10s / rot. 8		Peeled and cut into 3 cm pieces
	200-300g	11s / rot. 10	18s / rot. 8		
	300-400g	12s / rot. 10	18s / rot. 8		
	400-500g	13s / rot. 10	22s / rot. 8		
White cabbage	200-400g	20s / rot. 8		10s / rot. 8	Cored and cut into 4-5 cm pieces
Red cabbage	200-400g	20s / rot. 8		10s / rot. 8	
Baby cabbage	200-400g	15s / rot. 8		8s / rot. 8	
Napa cabbage	200-400g	12s / rot. 8		6s / rot. 8	
Potatoes	200-400g	20s / rot. 8		12s / rot. 8	Peeled and cut into 3 cm pieces
	400-600g	16s / rot. 8		15s / rot. 8	
	600-800g			17s / rot. 8	
Onions (white, red, garlic, shallots), leek	50-200g	10s / rot. 10			Peeled and cut into smaller pieces
Garlic	5-100g, 1-20 teeth	10s / rot. 10 11s / rot. 10	10s / rot. 8	10s / rot. 8	Peeled
Pepper	100g	10s / rot. 10		8s / rot. 8	Without the stem and seed core, cut into pieces
	200g	10s / rot. 10		9s / rot. 8	
	300g	12s / rot. 9		8s / rot. 8	
Broccoli, cauliflower	200-400g	16s / rot. 8		6s / rot. 8	Divided into smaller florets
	400-600g	18s / rot. 8		8s / rot. 8	
Zucchini	100g	12s / rot. 8	10s / rot. 8	6s / rot. 8	With the ends cut off, cut into 3 cm pieces, unabridged
	200g	18s / rot. 8	10s / rot. 8	7s / rot. 8	
	300g	20s / rot. 8	9s / rot. 8	9s / rot. 8	
	400g	12s / rot. 8	8s / rot. 8	8s / rot. 8	
Radish, white radish, rutabaga, kohlrabi, white and black turnips	100g 300g	10s / rot. 10		10s / rot. 8	Peeled
Mushrooms	100-200g	9s / rot. 7		5s / rot. 7	Cut larger mushrooms in quarters, and smaller ones in half
	200-300g	10s / rot. 7		6s / rot. 7	
	300-500g	12s / rot. 7		10s / rot. 7	
Herbs (parsley, mint, rosemary, sage, coriander)	5-50g, leaves from 1 twig (1 bunch)	5s / rot. 20			Leaves without stems
Chili peppers	5-80g, 1/2-8 pieces	10s / rot. 10			Stripped of stalk and nest seed, cut into smaller pieces
Ginger	10-100g	10s / rot. 10			Peeled and cut into 0.5 cm slices

PRODUCT	FUNCTION				NOTES
	QUANTITY	TIME / ROTATION			
		FINELY	MEDIUM	COARSELY	
FRUITS Apples	100-300g 300-600g	6s / rot. 10 4s / rot. 10		6s / rot. 8 10s / rot. 8	Without the seed nest, peeled and cut into eights or in 2x2 cm cubes
Plums, nectarines, peaches	100-300g 300-500g			3s / rot. 8 6s / rot. 8	Medium mature, devoid of seeds, cut into smaller pieces
Berry fruits (strawberries, raspberries, blueberries, blackberries, currants)	100-800g	1min / rot. 19			
NUTS Soft nuts (walnuts, cashews, pecans, macadamias, pistachios)	100g	5s / rot. 12		3s / rot. 12	
Hard nuts (almonds, hazelnuts, Brazilian, peanuts)	100g	10s / rot. 12		3s / rot. 14	
CHEESE Parmesan	50-150g	30s / rot. 20			Cut into smaller pieces
Yellow	100g 200ga 300g	5s / rot. 20 10s / rot. 20 25s / rot. 20			Cut into smaller pieces
GROUNDS Coffee beans	100-200g	1min/ rot. 19			
Blue poppy	200-400g	30s / rot. 20			
Cereal grains (wheat, rye, spelt, buckwheat, millet, rice)	200-400g	3 min / rot. 19			
SPICES Spices (allspice, bay leaf, nutmeg, cloves, coriander, pepper)	10g	30s / rot. 20			
POWDERED SUGAR White and brown	50-100g	30s / rot. 20			



STEAMING

The table provides information on steaming various items on the first and second tiers of the steamer.

Ensure there is ample space between them to allow for free circulation of steam within the steamer.

Adjust the water level in the reservoir according to the cooking time of the items.

Add 500g of water every 30 minutes of cooking. Remember to cut the items into appropriate sizes.

Some items may vary in texture, consistency, or quality throughout the year, which may affect cooking time and outcome.

PRODUCT	FUNCTION			NOTES
	QUANTITY	TIME	TEMPERATURE	
FISH AND SEAFOOD				
Filletts of white fish (perch, perch seabass, dorado, halibut, pikeperch)	100-600g	15-20 min	120	Time depends on the thickness of the fillet
Salmon fillet	180-250g	15-20 min	120	Thickness 2-3 cm
Mules, mussels, clams	100-500g	20 min	120	
Shrimp (large, tiger, raw, thawed, with armor (or without)	100-350g	10-15 min	120	
Whole fish (trout, dorado, perch)	300-500g	20-25 min	120	Medium or small
Fish meatballs	100-1000g	20 min	140	
VEGETABLES				
Carrot	200-500g	20-25 min	140	Cut into 1 cm cubes or in 0.5 cm slices
	500-1000g	25-30 min	140	Cut into 1 cm cubes or in 0.5 cm slices
	200-1000g	30-35 min	140	Fine whole
Parsley	200-500g	20-25 min	140	Cut into 1 cm cubes or in 0.5 cm slices
	500-1000g	25-30 min	140	Cut into 1 cm cubes or in 0.5 cm slices
	200-1000g	30-25 min	140	Fine whole
Broccoli	100-600g	20 min	140	Divided into small florets
Cauliflower	100-600g	25 min	140	Divided into small florets Whole
	800-1500g	35 min	140	
Celery root	200-500g	20-25 min	140	Cut into 2 cm pieces
	600-800g	25-30 min	140	
White or green asparagus	300-500g	7 min	140	Whole, peeled and cleaned
Frozen peas	100-500g	10 min	140	

PRODUCT	FUNCTION			NOTES
	QUANTITY	TIME	TEMPERATURE	
New potatoes	100-1000g 100-1000g	40 min 35 min	140 140	Scrubbed Peeled
Late potatoes	100-1000g	35 min	140	Cut into 2x2 cm cubes
Green beans	100-600g	10 min	110	With the ends trimmed off
Broad beans	100-500g	25 min	140	
Corn	250-1000g	30 min	130	
Beets	1000g	1h 40 min	130	Scrubbed, with skin, mediumsize or small, remember topour 1500g of water into the bowl
Sweet potato	100-500g	8 min	140	Peeled and cut into 2 cm cubes
Pumpkin	100-500g	35 min	140	Peeled and cut into 2 cm cubes
Frozen green beans	100-500g	25-30 min	140	
Brussels sprouts	100-1000g	30 min	130	
MEAT Chicken fillet	100-800g	20-30 min	140	Depending on the thickness of the fillet
Beef, pork, chicken, veal meatballs	100-1000g	25 min	140	
Pork, escalopes of turkey, veal	100-500g	25 min	120	
Frankfurters, thin sausages, sausages	fino a 600g	15 min	140	
Pork tenderloin	400-600g	30 min	140	Whole, cleaned, remember to pour 1000g of water into the bowl
Beef tenderloin, entrecote, roast beef	100-200g	35 min	140	



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