

Chef to Chef

Pressure cooking vegetables with the High-speed function

Fast, efficient, healthy and colourful

Do you like broccoli that's still green after cooking?

Do you want your vegetables to retain their essential vitamins and minerals?

Do you enjoy eating tasty vegetables that retain their colour?

If yes, pressure cooking with the High-speed function is the best production method.

Below some important tips:

- The appliance must be preheated with approx. 2 cm of water
- Place the bottom plate in the appliance
- Distribute vegetables in the GN perforated insert baskets (max. 5 kg/per basket)
- Use the programmes *Vital pressure steaming with High-speed or *Fresh vegetables or *Pressure cook vegetables
- You can *adjust the cooking times* in the programmes *at anytime*
- *Cooking times* always depend on the *size and quality* of the products.
- As a rule, frozen vegetables usually only require half the indicated cooking time because they were blanched before freezing.

A few reference cooking times:

Chopped carrots	1:30 – 3:00 min.
Cauliflower florets	2:00 – 3:00 min.
Chopped kohlrabi	1:30 – 2:30 min.
Green beans	2:00 – 3:00 min.
Broccoli	0:30 – 1:30 min.

Cordially yours,

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