



EN Instruction manual

3



Household Appliances

BOSCH

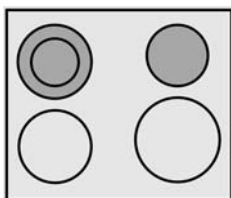
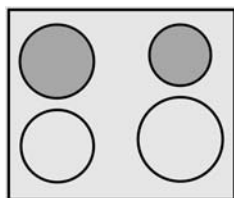
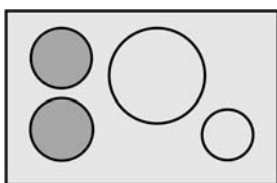
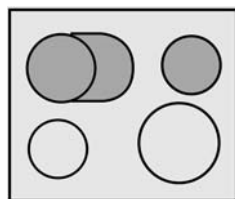


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Important information

Read these instructions carefully. Only after reading these will you be able to operate the appliance correctly.

Please keep the use and installation instructions in a safe place. If the appliance is passed to another person, please enclose the instructions.

Before switching on your appliance

Transport damage

Check your appliance after removing the packaging. If it has suffered any damage during transport, do not connect the appliance but contact the Technical Services department.

Electrical connection or installation

Before using the appliance for the first time, you must ensure that the domestic electrical system is earthed and meets all the current safety regulations. An authorized electrician should install and connect your appliance.

Use of this appliance without an earth connection or incorrectly installed can cause serious injuries (injuries or electrocution), although this is very rare

The manufacturer does not accept any responsibility for any inappropriate use or for any injury caused by incorrect electrical installation.

Safety precautions

This appliance is intended only for domestic use. Only use the hob for food preparation.

This produkt is not intended for use by young children or infirm persons without supervision.

Cooking and heating food

During their cooking, food such as stews, soups, sauces or drinks may heat up too quickly without any indication, spilling out of the cookware.

It is therefore advisable to heat this type of food gently, selecting a suitable power level and stirring the contents before and during cooking.

Overheated oil and fat

Overheated oil or fat can ignite very quickly.

Risk of fire!

Never leave heating oil or fat unsupervised.

Should the oil ignite, do not try to put it out by pouring water on it.

Cover the pan with a lid or plate immediately.

Switch off the hotplate.

Leave the ovenware on the hotplate to cool down.

Hot hotplates

Do not touch hot hotplates. There is a risk of burning. Children must be kept at a safe distance from the appliance. The residual heat indicator warns you that the hotplates are hot.

Never place combustible items on the hob.

Risk of fire!

You must not keep any combustible items or aerosol cans in a drawer located under the hob. Risk of fire!

The service cables from electrical appliances must not touch the hot hotplates. This could cause damage to the hob and the cable insulation.

Wet saucepan bases and hotplates

Steam pressure can be generated from the liquid between the base of the saucepan and the hotplate.

The steam pressure could cause the pan to jump suddenly. There is a risk of injury.

Always keep the hotplate and the bases of saucepans dry.

Cracks in the glass ceramic

If there are fractures, flaws or cracks in the glass ceramic, there is a risk of electric shock.

Switch off the appliance immediately.

Isolate the appliance from the power supply at the fuse box.

Call after-sales service.

The hotplate heats up, the indicator does not work

Switch off the hotplate if the hotplate heats up but the indicator is not working. There is a risk of burning.

Call after-sales service.

Do not place metal objects on the induction hob

Do not leave food wrapped in silver foil, cutlery, lids or other metal utensils on the hob. If the appliance is switched on by mistake, these objects will heat up very quickly and could cause burns.

Taking care of the cooling fan

This hob comes with a cooling fan mounted underneath. Be careful! If a drawer is fitted beneath the hob you must not keep small objects or paper in it as, if they are picked up, they could damage the cooling fan or affect the cooling system. Silver foil and flammable materials or liquids (for example sprays) must not be kept in the drawer or near the hob. There is a risk of explosion!

There should be a minimum distance of 2 cm between the drawer contents and the cooling fan.

Incorrect repairs

Incorrect repairs are dangerous. There is a risk of electrocution.

Repairs may only be carried out by one of our experienced after-sales engineers.

Power cable

Any adjustment to the appliance, including changing or installing the supply cable, should be carried out by the After-Sales Service.



This appliance complies with current safety regulations and electromagnetic compatibility regulations.

Nevertheless, people with a **pacemaker** should not use this appliance. It is impossible to guarantee that all such devices found on the market comply with current safety regulations and electromagnetic compatibility regulations, and that dangerous interference will not occur. It is also possible that people with other types of device, such as a hearing aid, could experience some discomfort.

Reasons for damage

Saucepan and pan bases

Never use the hob instead of the kitchen unit worktop as a support or work surface.

Rough pan bases scratch the glass ceramic. Check your ovenware.

It is very important that cookware placed on an activated hob has liquid or food inside of it. Although your hob is equipped with an internal safety system, empty cookware can heat up so quickly that the "automatic OFF" function does not have time to react and may reach a very high temperature. The cookware base could also melt and damage the hob's glass surface. If this happens, do not touch the cookware and turn off the hob. If, after cooling, it does not work, please contact customer service".

Hot pans and saucepans

Never place hot pans or saucepans on the control panel, display area or the frame.
This could cause damage.

Salt, sugar and sand

Salt, sugar and sand cause scratches on the glass ceramic. Do not use the hob as a work surface or storage space.

Hard and pointed objects

Damage can occur if hard or pointed objects fall on the hob.
Do not store such objects above the hob.

Food spills

Sugar and food with a high sugar content damage the hob. Remove food spills immediately with a glass scraper.
Caution The glass scraper has a sharp blade.

Foil and plastic

Aluminium foil or plastic containers melt on hot hobs. Oven protective foil is not suitable for your hob.

Examples of possible damage

The following damage does not affect the performance or strength of your hob.



Presence of stains

Formed by spilled or melted sugar or food with a high sugar content.



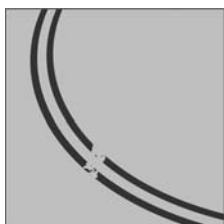
Scratches

Due to salt, sugar, grains of sand or irregularities in the base of the saucepans.



Colour loss

A colour change to a metallic shade due to wear by hobs or from the use of inappropriate cleaning products.



Decorative colour loss

Grinding decoration due to the use of inappropriate cleaning products.

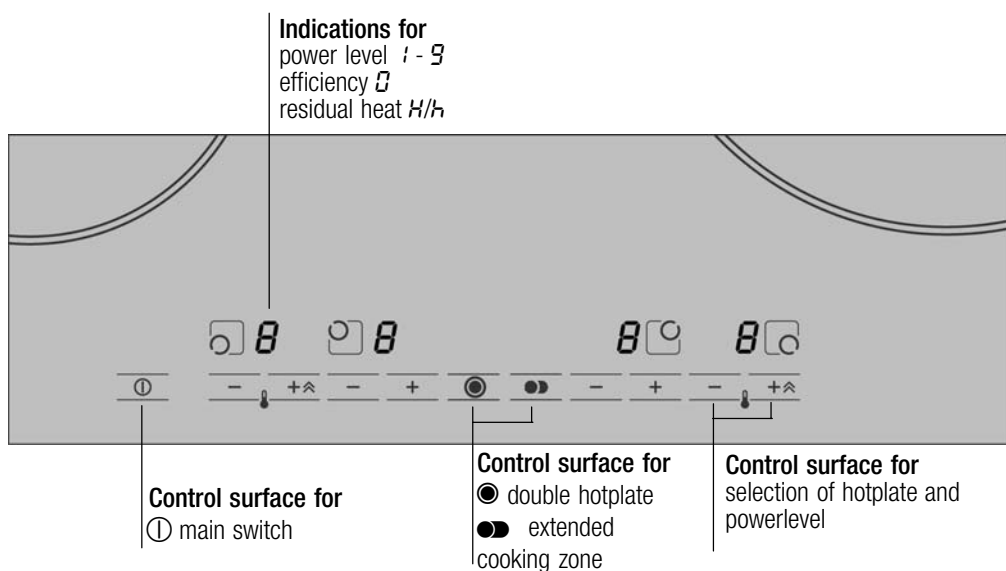
The various types of damage mentioned above are caused by the incorrect use of the appliance, and therefore they are not covered by the warranty, as they are not technical problems relating to the appliance.

Familiarising yourself with the appliance

This section describes the control panels, hotplates and displays. They are shown by appliance model.

The instruction manual applies to various hobs. On page 2 you will find an overview of models with dimensions.

The control panel



Control panels

When you touch a symbol, the respective function is activated.

Example: Touch the ① symbol.
The hob is switched on.

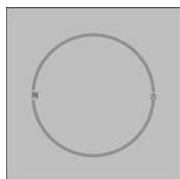
Note

The settings remain unchanged if several symbols are touched briefly. You can therefore easily mop up spills on the control panel.

Always keep the control panels clean and dry.
Moisture and dirt may impair function.

The Hotplates

Single cooking zone

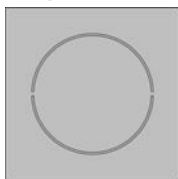


Select the appropriate hotplate.

The size of the pan should be the same as that of the hotplate.

In the “Suitable pans” section we recommend two types of pans for induction cooking.

Single-circuit hotplate

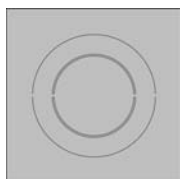


The cooking surface size of these hotplates cannot be altered.

Select the correct hotplate.



The saucepan and hotplate sizes should match.

Double radiation cooking zone





The size of these hotplates may be altered. The hotplate must be connected.

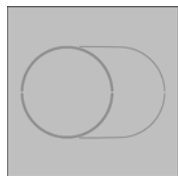
Activate the exterior zone:

Press the symbol . The indicator light over the symbol  will light up.

Deactivate the exterior zone:

Press the symbol . The indicator light over the symbol  will go out.

Radiation extended cooking zone




The extended cooking zone can be switched on when using these hotplates. The hotplate must be switched on.

Switching on the extended cooking zone:

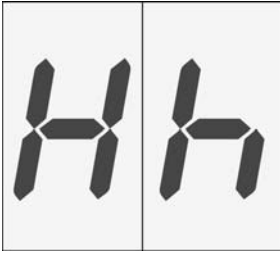
Touch the  symbol. The indicator light lights up.

Switching off:

Touch the  symbol again. The indicator light goes out.

Safety instructions.

Residual heat



The hob has a residual heat indicator for each hotplate. It shows which hotplates are still hot. You should, therefore, avoid touching the hotplate when this indicator is shown.

Although the hob is switched off, the indicator **h/H** will stay lit while the hotplate is hot.

If the pan has been removed but the hotplate has not been switched off, the indicator **h/H** will flash, showing the power level selected

The cooking with Induction

What is induction cooking?

Induction cooking constitutes a radical change in the traditional form of heating, given that the heat is generated directly in the pan, keeping the cooking surface cold. Therefore, it has a number of advantages over other cooking methods:

Greater speed in cooking and frying

As the pan is heated directly and not the glass, the efficiency is greater than in other systems because no heat is lost.

Economical

It has been proven that cooking with an induction is more economical than the other cooking methods.

Cooking control and safety

The hob supplies or cuts off the heat immediately the controls are operated. It stops supplying heat if the pan is removed without first switching off the power. If a cloth or other flammable object is left on the hob by mistake this will not catch fire, even with the hotplate switched on, because after the hob has been used, only the residual heat produced by the pan remains in the glass.

Cleaning

The glass is not heated, so food spilt on the hob surface will not burn. Furthermore, it is not necessary for the hob to cool down to allow cleaning. This provides maximum convenience and cleanliness.

Suitable pans

Always choose adequate sized pressure cookers and pans for the quantities of food that you are going to prepare. A large sized pressure cooker or pan that is only half full will use a lot of energy.

Only ferromagnetic pans are suitable for induction cooking. These can be of enamelled steel, cast iron or special stainless steel utensils for induction cooking. You must never use normal stainless steel, glass, ceramic, copper or aluminium pans. Check that your pans are attracted by a magnet to find out if they are suitable.

No pan.

If no pan is placed on the hotplate, or the pan is not made of a suitable material or it is not a suitable size, the number on the hotplate indicator, showing the power level, will flash. It will stop flashing once a suitable pan is placed on the hotplate.

If you take longer than ninety seconds to place a suitable pan on the hotplate, it will automatically turn itself off.

Main switch with childproof lock

Main switch

Switch on the electronics in the control panel using the main switch. Now the hob is ready for use.

Switching on

Touch the ① symbol until the – hotplate indicators light up.

Switching off

Touch the ① symbol until the – hotplate indicators go out. All hotplates are switched off. The residual heat indicator remains lit until the hotplates have cooled sufficiently.

Notes

The hob switches off automatically if all the hotplates have been switched off for more than 10 seconds.

If there is still residual heat available when the hob is switched back on, *H/h* and – flash alternately in the hotplate indicator.

Childproof lock

To prevent children from switching on the hotplates, you can secure the hob against being switched on inadvertently. The childproof lock remains permanently activated.

Activating the childproof lock

Switch on the hob using the ① main switch.

1. Set all hotplates to heat setting 2.
2. Switch off the hotplates one by one from right to left.
3. Touch the main ① switch for at least 5 seconds, after which time a signal will sound. The childproof lock is activated.

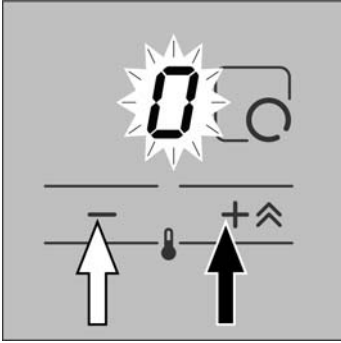
Operating the hob	To switch on, touch the ① main switch for more than 4 seconds. During this time the ② display flashes. As soon as the display goes out, the hob is switched on.
Deactivating the childproof lock	You can deactivate the childproof lock again. Proceed in the same manner as for activating the childproof lock.
Locking the hob once-off	You can lock the hob on a single occasion, if for example, small children are visiting: The hob must be switched off. Touch the ① main switch for more than 4 seconds. The hotplate indicators go out. The ② indicator lights up for 10 seconds and goes out. The hob is locked.
Unlocking once-off locking	Touch the ① main switch for more than 4 seconds. The hob is switched on. The hob is unlocked.
Important	The child-proof locks could be activated or deactivated unintentionally when the appliance is cleaned using water or as a result of spillages or objects covering the main switch ①.

Cooking

This section describes how to adjust the hotplates. The table shows the heat settings and cooking times for various dishes. The following tips help to save energy.

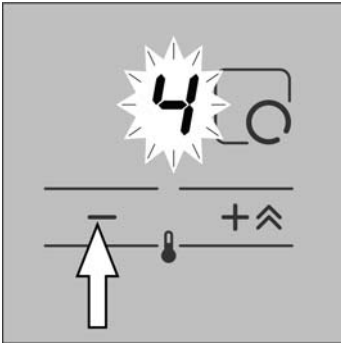
The + and – control panels	You can set the required heat setting using the + and – symbols. Heat setting 1 = lowest setting Heat setting 9 = highest setting. Each heat setting has an intermediate step. This is marked by a dot.
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Settings

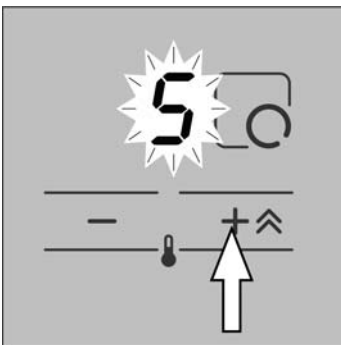


The hob must be switched on.

1. Touch the + or – symbol.
0 flashes in the indicator.



2. Touch the + or – symbol in the next 5 seconds.
The basic setting will appear:
+ symbol = heat setting 9
– symbol = heat setting 4



3. To change the heat setting:
Touch the + or – symbol until the desired heat setting appears.

Changing the heat setting:
Switching off the hotplate.

You can change the heat setting at any time.
Touch the – symbol until 0 appears.

From power level **9** you can easily reach level **0** by touching the **+** symbol twice .

The hotplate switches off and the residual heat indicator appears after approximately 5 seconds.

Table

The following table provides a few examples.

The cooking time may vary depending on the type of food, its weight, and quality. Deviations are therefore possible.

	Quantity	Heat setting 9	Ongoing cooking	Ongoing cooking time
Melting				
chocolate, chocolate coating, butter, honey	100 g	-	1 - 2	-
gelatine	1 pck.	-	1 - 2	-
Heating				
canned vegetables	400 g - 800 g	1 - 4 mins.	1. - 2.	3 - 6 mins.
clear soup	500 ml - 1 ltr	2 - 4 mins.	7 - 8	2 - 4 mins.
thick soup	500 ml - 1 ltr	1 - 4 mins.	2 - 3	2 - 4 mins.
milk	200 ml - 400 ml	1 - 4 mins.	1 - 2	2 - 4 mins.
Heating and keeping warm				
stew (e.g. lentil stew)	400 g - 800 g	1 - 3 mins.	1 - 2	
milk	500 ml - 1 ltr.	2 - 4 mins.	1 - 2.	
Defrosting and heating				
frozen spinach	300 g - 600 g	3 - 5 mins.	2 - 3.	5 - 15 mins.
frozen goulash	500 g - 1 kg	3 - 5 mins.	2 - 3.	20 - 30 mins.
Simmering				
dumplings, meatballs (1 - 2 ltr. water)	4 - 8 pieces	6 - 12 mins.	4 - 5.*	20 - 30 mins.
fish	300 g - 600 g	3 - 8 mins.	4 - 5*	10 - 15 mins.

	Quantity	Heat setting 9	Ongoing cooking	Ongoing cooking time
Cooking				
rice (with double the amount of water)	125 g - 250 g	2 - 4 mins.	2 - 3	15 - 30 mins.
rice pudding (500 ml - 1 ltr. milk)	125 g - 250 g	3 - 6 mins.	2 - 3	25 - 35 mins.
potatoes boiled in their skins with 1 - 3 cups of water	750 g - 1.5 kg	3 - 7 mins.	4 - 5	25 - 35 mins.
boiled potatoes with 1 - 3 cups of water	750 g - 1.5 kg	3 - 7 mins.	4 - 5	15 - 25 mins.
fresh vegetables with 1 - 3 cups of water	500 g - 1 kg	3 - 5 mins.	2 - 3.	10 - 20 mins.
pasta (1 - 2 ltr. water)	200 g - 500 g	6 - 12 mins.	6 - 7*	6 - 10 mins.
Roasting				
roulade	4 servings	4 - 8 mins.	4 - 5	50 - 60 mins.
pot roast	1 kg	4 - 8 mins.	4 - 5	60 - 100 mins.
goulash	500 g	4 - 11 mins.	4 - 5	50 - 60 mins.
Roasting				
pancakes (Fladle, Swabian pancakes)		1 - 4 mins.	6 - 7	constant roasting
cutlet, breaded	1 - 2 pieces	1 - 4 mins.	6 - 7	6 - 10 mins.
steak	2 - 3 pieces	1 - 4 mins.	7 - 8	8 - 12 mins.
fish fingers	10 pieces	1 - 4 mins.	6 - 7	8 - 12 mins.
Deep-fat frying (in 1 - 2 ltr. of oil)				
deep-frozen foods	200 g per serving	8 - 15 mins.	8 - 9	constant deep-fat frying
others	400 g per serving	8 - 15 mins.	4 - 5	constant deep-fat frying
* Ongoing cooking without lid				

Tips on saving energy

The correct saucepan size

Use saucepans and pots with thick, even bases. Uneven bases increase the cooking time.

Select the correct saucepan size for each hotplate. The diameter of the bases of the saucepans and pots should match the size of the hotplate.

Note: Ovenware manufacturers often give the diameter of the top of the saucepan. It is usually larger than the diameter of the base of the saucepan.

Use a small saucepan for small quantities. A larger, less full saucepan requires more energy.

Using a lid

Saucepans and pots should always be covered with a suitable lid. Cooking without a lid requires much more energy.

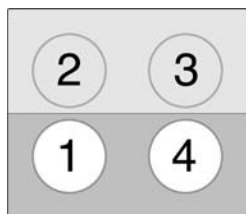
Cooking with small quantities of water

Cook with small quantities of water. This saves energy and helps vegetables to retain vitamins and minerals.

Lowering the heat setting

Switch down to a lower heat setting in good time.

Keep warm function



All the induction hotplates (1 and 4) have a temperature control. (See illustration)

Method of operation

The keep warm function is suitable for melting chocolate or butter or keeping food warm. This only works with pots and pans suitable for use with induction hobs.

If the "keep warm" function is activated, the hotplate automatically changes to its minimum power setting to keep cookware warm.

The function is activated as follows

Touch symbol – and + simultaneously. The letter **C** appears in the visual display.

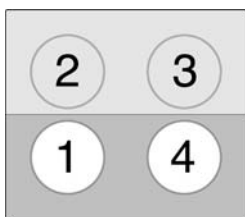
How to deactivate it

Touch symbol – or +. The **C** disappears in the visual display and the function will have been deactivated.

Powerboost function

Use this function to heat up the contents of the pan faster than if you use the maximum power level (9). This function allows you to increase the maximum power level of the hotplate in use.

Powerboost function limitations



All the induction hotplates (1 and 4) have a temperature control. (See illustration)
The Powerboost function will always be available when the other induction hotplate is not switched on. For example, if you want to activate this function in hotplate 1, number should be switched off, and vice versa. If the zone referred to is not switched off, the letter **P** and the power level **9** in the hotplate indicator will flash; it will return to the maximum power level setting (9).

This is how to activate it

Carry out the following steps:

1. Select power level **9**.
2. When it is in this position press the **+** symbol for the zone concerned. The letter **P** will appear in the indicator. You have activated the function.

This is how to deactivate it

Carry out the following steps:

1. Press the **-** symbol for the zone concerned. The **P** will no longer be visible. The Powerboost function has been deactivated.



In certain circumstances, the Powerboost function may be deactivated automatically to protect the internal electronic components of the hob.

Automatic time limiter

If a hotplate is in constant use for a long time without the setting being changed, the automatic time limiter will be activated.

The hotplate heating is interrupted.
An *F* and an *B* flash alternately in the hotplate indicator.

The indicator goes out when you touch any control panel. Now you can reset the hotplate.

The time at which the time restriction is activated depends on the heat setting (1 to 10 hours).

Switching off input confirmation

A short buzz confirms that a button has been touched. This buzzer can be turned off:

Switch on the hob using the main switch.

1. Set all hotplates to heat setting 3.
2. Switch off all the hotplates one by one from right to left.
3. Touch the main switch for at least 5 seconds, after which a confirmation signal sounds.

You may also switch the input confirmation on again. Proceed in the same manner as for switching off.

Care and cleaning

Do not use high pressure cleaners or steam jets.

Care

Clean your hob using a protective/care product for glass ceramic. It coats the cooking surface with a glossy, dirt-repellent film. Your hob will continue to look good for a long time. It makes cleaning easier.

Cleaning glass ceramic

Clean the hob after each use. This prevents food from being burnt into the hob surface.

Cleaning agents

Only use cleaning agents which are suitable for glass ceramic, e.g. CERA CLEAN, cera-fix, Sidol for ceran + steel.

Water marks can also be removed using lemon juice or vinegar.

Unsuitable cleaning agents

Do not use:
Abrasive sponges, scouring pads or aggressive cleaning agents, such as oven spray or stain remover.

Glass scraper



You can remove thick dirt best with a glass scraper.

Remove the protective cover from the glass scraper. Only use the blade to clean the glass ceramic surface. The casing may scratch the ceramic surface.



The blade is very sharp. There is a risk of injury. Cover the blade after cleaning.

Replace damaged blades immediately.

How to clean the glass ceramic cooking surface

Use the glass scraper to remove food residues and grease splashes.

Use a cleaning product and kitchen towel to clean the surface when it is luke warm. If the surface is still too hot it can become stained.

Wipe the surface and rub dry with a soft cloth.

Shimmering metallic discoloration

Discoloration is caused by pan abrasion or the use of unsuitable cleaning agents. This is very difficult to remove. Use Hob Clean or Sidol for ceran + steel. Our after-sales service can remove discoloration, but will charge for this service.

Control panels

Always keep the control panels clean and dry. Food residues and spills can impair the function of the control panels.

Cleaning the hob surround

Only use warm soapy water.

Do not use anything which is sharp or abrasive. The glass scraper is unsuitable. The hob surround could be damaged.

Neither lemon juice nor vinegar should be used for cleaning the hob surround.

This could result in matt patches.

Procedure in the event of a malfunction

Malfunctions often have simple explanations and may be easily rectified. Please read the following instructions before calling the after-sales service.

The circuit breaker in your household electrical circuit trips when you switch on the hob

Make sure that the power draw of all the appliances switched on does not exceed your maximum household electricity supply. Check whether the circuit breaker triggers when you switch on another hotplate.

E is flashing in all the hotplate displays and a signal is sounding

The control panel is very dirty, food has been spilt or an object has been placed on the work surface. Clean the control panel thoroughly or remove the object from the work surface. Press the control panel concerned. The flashing stops.

The hob has switched itself off

The main switch was touched inadvertently. Switch the hob back on. Adjust the settings again.

The display flashes (there is no power) when you place a saucepan on an induction hotplate

Check whether the saucepan is electromagnetic (attracts a magnet). Check whether the diameter of the saucepan is large enough.

Allow the saucepan to cool down in the event that it has become too hot when used.

If the display still does not light up when you switch the hotplate off and on again, disconnect the appliance from the mains. Wait 20 seconds and then reconnect it.

The powerboost function display flashes and then switches off

The powerboost function operates the hotplate with the most possible power. During long cooking times, it is possible that the function will switch the hotplate off to protect the hob from overheating. You can continue to use the hob if the display is not flashing.

Repairs

Repairs may only be carried out by trained customer service personnel.



E r display and numbers

Incorrect repairs to the appliance may expose the user to increased risks.

If E r and numbers appear in the display panels, there is a fault in the electronics. Disconnect the appliance from the mains and reconnect it. Consult the after-sales service if the display appears again.

F display and numbers

If *F* and a number flash alternately in the display, your appliance is indicating a fault. The following table contains measures for rectifying faults.

Visual indication	Fault	Measure
<i>F0</i>	An internal error was produced while the hob was working.	Disconnect the cooking hob from the mains. Wait a few seconds before connecting it again. If the symbol continues to appear contact the technical assistance service.
<i>F2</i>	The cooking hob is too hot and has turned off.	Remove the cookware from the front cooking zones. <i>F2</i> it is turned off by touching the control surface if the hob has cooled down sufficiently.
<i>F4</i>	The cooking hob is too hot and has turned off.	Check whether there is any hot cookware on the control panel. Remove the cookware from the control panel. Wait a few minutes until the control panel has cooled a little. If after connection <i>F4</i> appears again, call the technical assistance service.
<i>F8</i>	The cooking zone has been working at a high power and continuously for too long.	Automatic time limitation has been activated. To continue cooking touch any sensor.
<i>c1</i>	The power voltage is too low.	Deactivate the hob. Wait a few seconds before connecting it again. If the indication continues, contact your electricity supplier.
<i>c2/c3</i>	The cooking zone has overheated.	It has been automatically deactivated to protect your hob. Wait a few minutes for it to cool down and switch it back on again.
<i>U400</i>	The cooking hob is not well connected.	Disconnect the cooking hob from the mains. Check the connection and connect it again correctly. If the indication continues, notify the technical assistance service.

Normal operating noises for the appliance

Induction heating technology is based on the vibration resistance of certain metals when subjected to high-frequency waves. In some circumstances, these vibrations can cause a certain degree of noise, such as the following:

Low humming like a transformer

This occurs when cooking at a high power. The cause of this is the amount of energy which is transmitted from the hob to the cookware. This noise disappears or becomes quieter when the power is turned down.

Quiet whistling

This occurs when the cookware is empty. This noise disappears when water or food is added to the cookware.

Crackling

This noise occurs when cookware is used which consists of layers of different materials. The noise is caused by vibrations in the joint faces between the different layers. This noise is made by the cookware. It may change depending on the amount and type of food being cooked.

High-pitched whistle

This noise occurs principally in cookware which consists of layers of different materials when it is used at the highest heat setting and on two hotplates next to each other. This whistling disappears or becomes quieter when the power is turned down.

Fan noise

The electronics require a controlled temperature in order to function reliably. The hob is therefore fitted with a fan which runs at various speeds according to the temperature detected. The fan may also run on once the hob has been switched off if the temperature it detects is still too high.

The noises described are normal and part of the induction technology and do not indicate a fault.

Packaging and old appliances

Disposing in an environmentally-responsible manner

Unpack the appliance and dispose of the packaging in an environmentally-responsible manner.



This appliance is marked according to the European directive 2002/96/EC on Waste Electrical and Electronic Equipment (WEEE).

This guideline is the frame of a European-wide validity of return and recycling on Waste Electrical and Electronic Equipment.

After-sales service

E number and FD number

Our after-sales service is there for you if your hob should need to be repaired. You will find the address and telephone number of your nearest after-sales service centre in the phone book. The after-sales service centres listed will also be happy to advise you of a service point in your local area.

Please quote the E number (product number) and the FD number (production number) of your appliance when contacting the after-sales service. The rating plate bearing these numbers can be found in the appliance booklet.

Acrylamide in foodstuffs

Experts are currently discussing how harmful acrylamide is in food. We have compiled this information for you, based on the results of current research.

Which foods are affected?

Acrylamide is mainly produced in grain and potato products heated at high temperatures, such as potato crisps, chips, toast, rolls, bread, baked goods made from shortcrust pastry (biscuits, gingerbread, cookies).

Tips for reducing acrylamide in food production

General

When roasting and deep frying, use potatoes that are as fresh as possible. They must not have sprouted or have any green parts. Do not store potatoes at temperatures below 8 °C.

Cook meals until they are golden brown, not too dark.

Keep roasting and deep-frying times to a minimum.

Large, thick pieces of food contain less acrylamide.

Frying

Fat should not be hotter than 175 °C. Check the temperature with an external fat thermometer.

The ratio of deep-fried food/fat should be between 1:10 and 1:15, e.g. 100 g chips in 1.5 l oil.

Soak potatoes for one hour before deep frying.

Roasting in the pan

Boil potatoes before roasting them. For raw potatoes, use margarine instead of oil.

A surface thermometer is useful for checking the surface temperature in the pan, (order number 0900.0519 from testo). We recommend: Heat the roasting pan at heat setting 9. Once the pan reaches 150 °C, turn the heat back down to the setting desired for the remaining cooking time.

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