



- 1 Keep Warm 80-100 °C
- 2 Fondue 90-100 °C
- 3 Braise 120-140 °C
- 4 Steam 200-240 °C
- 5 Boil 200-240 °C



*8 ways for 7 days*

- 5 Roast 180-220 °C
- 6 Deep Fry 180-220 °C
- 7 Scallop 180-220 °C
- 8 Grill 220-240 °C

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