

AMC Products

More joy in cooking.



Eat better.
Live better.

KALICA TEKSTİL

L A M B I L L A

www.kalicatekstil.ru

The Premium Cooking System.





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Cooking is about more than preparing food. Cooking is joy, dedication, and enthusiasm — an experience that involves all the senses.

While some people appreciate our products because they cook their dishes with greater speed and reliability, others are keen to lose as few vitamins and nutrients as possible while preparing their food. Regardless of what's most important to you at the end, it's the joy of cooking that counts most.

The AMC Premium Cooking System uses unique technologies to guarantee ideal temperature and time-control for nutrient-preserving, time-saving and healthy cooking — and, above all, for delicious food. Our products are among those of the highest quality on the market and open up completely new possibilities for both daily meals and special gourmet menus alike.

Let you and your guests experience the best.



Quality That You Can Hold in Your Hands

We stand behind what we do. This is why we give you a 30-year guarantee on all our stainless steel products. Yes, this is rare in all things kitchen-related—but for us, it's a matter of course.

We at AMC have decades of experience in the world of high-quality cooking utensils. When you cook with AMC pots and pans, you notice the difference. The quality that AMC puts forth is quite literally tangible. It's a feeling that will accompany you over many years of using your AMC products.

Our approach to quality also includes constantly adapting AMC products to meet changing requirements. Innovative ideas turned into groundbreaking products that continually enhanced what we have to offer. Moving forward, this isn't going to change.

Trust the original.



Eye-Catching Functionality

Both in how they function and in their design, we want our products to be nothing short of convincing. But how can this be achieved when tastes concerning design are just as varied as when it comes to food? It's all about striking the perfect balance between form and function.

At AMC, each product is intended to be used for specific reasons. That's why every pot and pan — complete with its minimal-leaning design concept — is formed to perfectly fulfill its purpose.

Consider details like the draining rim on pots and pans that make a clean pour possible. Or that you can place all pots in their inverted lids, hang pot lids on their handles, or remove long handles. Whatever the detail, the interplay between design and function is perfect. Nevertheless, regardless of how handy and functional AMC products are and the design concept they follow, they should support your cooking endeavors in the best possible way.

[See for yourself.](#)





Flavor That Leaves No Room to Quibble

We know a thing or two about what's important when it comes to cooking: It's why we've been treating our customers to unique culinary experiences since 1963. Is having a healthy diet with fresh ingredients important to you? Then you should prepare them with care. If you just have conventional cooking utensils at your disposal, this isn't especially easy to do.

Many ingredients not only lose their taste when cooked, but valuable vitamins and nutrients too. Our unique cooking methods ensure that your dishes retain their important ingredients while allowing the flavor to fully unfold.

Did you know, for example, that you don't need to add fat when roasting numerous types of foods with our products? Or that vegetables retain over 50 percent more of their vitamins when prepared using the AMC method than when cooking them the usual way in water? Our state-of-the-art technologies make it all possible.

Taste the difference.

Recipes That Suit You

We think cookbooks are good to have. After all, we've written some ourselves. But let's be honest: While many great ideas come from the creativity of professionals, they can also find their way to you thanks to a neighbor, work colleague, or grandmother. There are as many recipes out there as there are people.

Cooking with AMC will be easy for you — and will make you want to consistently rely on temperature and time control to ensure that your recipes are a success. If you want to get creative while you're at it, there's nothing stopping you: You can change the AMC recipes as you see fit— or even come up with completely new creations.

With a view to ensuring that cooking with AMC continues to remain successful and pleasurable, we started the [AMC Recipe World](#) : It contains recipes that are steadily developed and tested in the AMC Institute and specially designed for cooking with AMC products and cooking methods.

Get inspired.

www.cookingwithamc.info



Visiotherm

For any recipe to be successful, getting the right temperature is crucial. The Visiotherm makes the temperature inside the pot visible – and cooking with AMC as easy as can be.

The only way that food can become truly pleasurable is if the right temperature is selected while preparing it. The temperature is the make-or-break factor when it comes to the end product's success, taste, and healthiness.

The Visiotherm measures the temperature of the pot and shows it on the display. Each AMC lid is equipped with a Visiotherm.

Thanks to the temperature control, you always know exactly when to increase, reduce, or switch off the heat. This ensures that your cooking and roasting will be done at exactly the right temperature, thus allowing the ingredients' vitamins and nutrients to be nicely preserved.

Using the Visiotherm to control your temperature will guarantee that the food is carefully prepared and yields a healthy and tasty result.



60

70

80

90

98

AMC



Audiotherm

The Audiotherm perfectly complements Visiotherm and attaches to it with ease. It is the Visiotherm's voice and will call you whenever something needs to be done. Together with the mobile cooking plate Navigenio, the Audiotherm can even automatically regulate the required energy supply.

The Audiotherm display immediately tells you:

- which temperature range you have selected
- when the cooking process is to be started (immediately or with start delay)
- whether the temperature is too high or too low
- whether the cooking time is over or how much longer it will last

Whenever there is something that requires your attention, the Audiotherm will emit an acoustic signal so that you never miss an important moment. After all, success doesn't just hinge on the temperature at play—the time selected matters too. The Audiotherm gives you key support here.

What's more, if you use the mobile cooking plate Navigenio in combination with the Audiotherm, the energy supply is automatically regulated. Instead of having the Audiotherm call you to regulate the temperature, you'll have more time to devote to other activities. When the cooking process is finished, the keep-warm function begins.



0:04

0:04

60°

0:04

cooking in progress

AMC App

The AMC app is linked to the Audiotherm, mirrors its display, and allows you to easily control the Audiotherm via mobile devices of your choosing.

By allowing you to view and operate the Audiotherm display that's mirrored on your device, the AMC app lets you control the Audiotherm in a simple and intuitive manner. You can also select specific Audiotherm settings or save your cooking processes. And don't forget another benefit of using the AMC app: Because it notifies you of all the steps involved in the cooking process, it reassures you that you're in control of what's cooking when you're not within earshot of the Audiotherm.



Cook & Go



The AMC Premium Cooking System at a Glance

The AMC Premium Cooking System is based on closed air circulation between the base of the pot, the cold wall zone, and the lid. The system also includes components that enable the temperature and time to be controlled, so ensuring that every dish turns out to be a success.

The Handles

Ergonomic, elegant handles that have it all: The Thermobloc ceramic inlay ensures that heat does not transfer to the handles, allowing them to remain cool. The handles are designed to allow the pot lid to be hung between them and the pot.

The Material

High-quality stainless steel, which guarantees optimum hygiene and is of course dishwasher-safe. It lasts for decades and comes with a 30-year guarantee.

The Akkutherm Capsule Base

It stores energy like a battery and absorbs even the smallest amounts of heat, which it then evenly distributes to the food that's being cooked. The capsule base and body of the pot are inseparably connected—as if they were one piece and fully flush. This is made possible by a special pressure-welding process developed by AMC. The result is a base that is suitable for all types of hobs.

The Lid

The lid's precise workmanship, special design, and weight—a prerequisite for the closed air circulation system—guarantee the pot remains perfectly sealed while cooking.





The Audiotherm

The Audiotherm is simple to attach to the Visiotherm. It emits an acoustic signal whenever something has to be done, while its display shows what needs doing. These features make temperature- and time-controlled cooking possible.

The AMC App

The AMC app is linked to the Audiotherm, mirrors its display, and makes it possible to easily control the Audiotherm via mobile devices.

The Visiotherm

The Visiotherm displays the temperature inside the pot and so helps to control the cooking process.

The Draining Rim

It facilitates clean pouring and makes it possible to use the AMC quick cooking lid Secuquick softline.

The Condensation Groove

At the upper edge of the cold wall zone, the condensation groove catches the steam. This allows a film of water to form between the rim of the pot and the lid, sealing the pot perfectly. This enables the closed air circulation system for the steam.

The Cold Wall Zone

It's made of pure stainless steel and absorbs less heat than the base. This creates a temperature gradient which makes the side walls a cooling zone for the rising steam.

The Mobile Cooking Plate

The mobile cooking plate Navigenio is versatile and can also be set on top as an attachment. Its interaction with the Audiotherm makes it possible to automatically regulate the energy supply—and thus control the cooking process.

Perfect for Every Hob

Do you want to use AMC to cook on an electric, gas, or induction hob or on the Navigenio? Regardless of the hob you use, AMC's pots and pans—with their completely flat capsule bases—are fit for the job.

- ▷ Make sure that the cooking zone is the right size.
- ▷ Place pots as centrally as possible on the cooking plate so that the handles don't get hot from the cooking zone. This is especially important for flat pots and also applies to induction hobs.
- ▷ Be especially careful with Full-Flex induction cooktops: When using very flat pans, too much heat can reach their edges.
- ▷ When cooking over gas, you should select a burner size to match the pot. This will prevent flames from flickering over the edge of the pot and heating adjacent pots and handles. **When cooking with gas, do not use the Navigenio overhead function to serve as a mini oven.**
- ▷ The mobile cooking plate Navigenio from AMC is ideal for cooking and roasting with AMC pots for a simple reason: The connection to the Audiotherm enables an automatically controlled energy supply. It does not have to be manually increased, reduced, or switched off.



More Than Just Pots and Pans



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Pots

Pots

AMC pots combine timeless design with the most modern functionality. All of our pots have AMC temperature control. This way, you'll be sure to always bring perfectly prepared and delicious meals to the table. Discover our large selection of pots.



Milk Pots

For heating milk and cocoa, warming baby bottles, and dishes that need to be whipped (e.g., puddings, creams, and sauces).

ø 14 cm 1.5 l | ø 16 cm 2.5 l
2.7 l



Pots With Long Handles

Small, long-handled pots are perfect for small quantities and therefore ideal for singles and small households.

ø 14 cm 1.5 l | ø 16 cm 1.3 l



Standard Pots

Our standard pots are perfect for meat, vegetables, and side dishes. Depending on the respective size and volume, they're also great for baking, pressure cooking, and steaming. The two ergonomic handles with the Thermobloc ceramic heat stopper do not get hot and make it possible to have a stable grip at all times. The easy-to-clean, dishwasher-safe pots have a stainless steel lid that closes perfectly. When turned upside down, the lid can be used as a trivet. Once the Visiotherm is removed, the pots are fully ovenproof.

ø 16 cm 1.3 l
2.0 l

ø 20 cm 2.3 l
3.0 l
4.0 l
4.5 l

ø 24 cm 2.5 l
3.5 l
5.0 l
6.5 l
8.0 l

ø 32 cm 9.5 l



GourmetLine

The pots from the GourmetLine family have a rounded base that is perfect for when food needs to be stirred. These pots are well suited for traditional risotto, ragouts, and goulash. Thanks to the round shape of the base, the entire inside of these pots can be easily accessed with a cooking spoon. The pots are compatible with the Secuquick softline quick cooking lid and the EasyQuick steaming lid.

ø 16 cm 1.6 l

ø 20 cm 2.6 l
3.5 l

ø 24 cm 4.4 l
6.0 l

ø 28 cm 6.8 l



Wok

Whether it's about preparing pan-fried dishes, delicious curries, steamed dumplings, or crispy fried snacks, the large wok is great for anyone who loves Asian cuisine. The easy-to-clean, dishwasher-safe wok has a stainless steel high dome lid that closes perfectly and, thanks to its expanded curvature, offers plenty of space.

ø 36 cm 5.6 l



Eurasia

The Eurasia is the perfect fusion of a classic pot and an Asian wok. Its rounded bottom makes the pot very suitable for risotto, stews, and soups. You can also use the pot like a wok to serve up crisp vegetables, Asian curries, and noodle dishes.

ø 24 cm 2.8 l | ø 28 cm 4.0 l



Oval Roaster

This pot is particularly suitable for large pieces of meat, flash-fried food (e.g., steaks and sausages), or spaghetti dishes. With the help of the matching hole insert, whole fish or asparagus can also be prepared. Furthermore, the oval roaster works very well for serving dishes directly at the table.

ø 38 cm 4.5 l







Pans

Pans

The AMC pan collection includes roasting, grill, and brunch pans. All roasting and grill pans have AMC temperature control for perfect roasting — and even deep-frying — results.

A highly polished, structured base with no artificial coating and optimal non-stick properties ensures healthy and tasty roasting results without having to add any fat. Even deep-frying is easy, fast, and safe in AMC pans.

Some pans have a removable, extremely stable and secure long handle with a patented locking system for space-saving storage. AMC pans are very energy-efficient thanks to their rapid heat conduction and even heat distribution, made possible by the Akkutherm capsule base. All pans are suitable for all types of hobs, including induction hobs.

The Visiotherm temperature indicator integrated into the lid's knob ensures perfect temperature control at all times. Together with the Audiotherm acoustic control, temperature- and time-controlled cooking is possible not only with AMC pots but with pans as well.



HotPan

The HotPan is the perfect pan for roasting with no added fat, for cooking with no added water, and even for baking and deep-frying. Steaks, sausages, fish fillets, breaded dishes, and much more can be pulled off with ease.

Thanks to the highly polished base, the pan has good non-stick properties for health-conscious roasting—no coating required. Even deep-frying is easy and safe: The temperature control prevents the fat from overheating, and the cooking continues in a gentle, safe, and practically odorless manner. Once the plastic parts are removed, the pan is totally ovenproof. Furthermore, the HotPan is compatible with the mobile cooking plate Navigenio: This allows dishes to be gratinated in the pan, and even tarts and quiches to be baked.

The removable long handle ensures space-saving storage, guarantees astonishing stability, and allows for comfortable handling.



HotPan With Removable Long Handle

ø 20 cm 1.3 l | ø 24 cm 2.0 l

ø 28 cm 3.0 l with opposite handle



HotPan With Two Ergonomic Handles

Roasting pan with high dome lid—perfect for roasting large pieces of meat, whole fish, or vegetables.

ø 28 cm 3.0 l | ø 32 cm 5.0 l





min



min



Griddle



Griddle With Long Handle

Roasting pan for roasting steaks, schnitzels, fish, and much more.

ø 16 cm 0.8 l | ø 20 cm 1.1 l

Sauteuse



Sauteuse With Removable Long Handle

Sauteuse for cooking sauces or for roasting nuts, onions, and croutons.

ø 16 cm 1.2 l | ø 20 cm 2.1 l

Grill Pans

The pyramid structure of the grill pan base ensures especially crispy grilling results, as the liquid can run off the meat. In addition, the grillable food gets that special, unmistakable grill structure, making for a unique barbecue experience from home.



Griddle With Long Handle

Grill pan for all types of meat and sausages.

ø 20 cm 1.1 l | ø 24 cm 1.6 l



Arondo Grill

Rectangular grill pan for steaks, fish, and vegetables.

ø 28 cm 1.6 l | ø 32 cm 2.2 l



Oval Grill

Large, oval grill pan for steaks, sausages, skewers, and whole fish.

ø 38 cm 2.2 l





Brunch Pan

The oPan is the ideal pan for quick breakfast and brunch dishes such as pancakes, crêpes, sandwiches, flat breads, and egg dishes. Made of highly polished premium stainless steel, it has a unique, elegant look. The large roasting surface and the special o-structure guarantee perfect roasting results and optimal non-stick properties. The flat design and the removable handle ensure easy handling, storage, and cleaning. The oPan is available in two different sizes, for small or large portions or for households. It fits every lifestyle.



oPan With Removable Long Handle

The ideal pan for when you want to quickly prepare delicacies for breakfast and brunch—or that special snack in between. With removable long handle.

ø 24 cm | ø 28 cm







Quick Cooking Lid

Secuquick softline

The sophisticated Secuquick softline quick cooking lid transforms AMC pots with diameters of 20 and 24 cm into pressure cookers. It reduces cooking times by up to 80%, with energy savings of up to 50%. With the Secuquick softline, anyone can quickly cook healthy "fast food." Even dishes that usually take a long time to cook—beef goulash, for example—can be ready to serve in no time. One-pot dishes are also ideal for the Secuquick softline. Here's a special tip: To prepare a risotto with the quick cooking lid, the temperature control feature will have it ready in just five minutes!

The lid serves up two quick cooking programs: **Soft and Turbo**. They cook all ingredients at a perfect temperature to achieve optimal results.

Soft quick cooking is a particularly gentle variant of pressure cooking. The temperature sits between 103 and 113 °C. This way, many fresh vegetables, frozen dishes, or special highlights in the form of pasta and risotto can be prepared very quickly while preserving the ingredients' vitamins.

Turbo quick cooking is the super fast and perfect cooking method for robust food that needs a long time to cook (e.g., meat dishes, stews, or legumes). The temperatures sit between 108 and 118 °C. Turbo quick cooking saves you up to 80% more time—and by extension, energy—than conventional cooking.



Secuquick softline

With the Secuquick softline quick cooking lid you can cook healthy "fast food" in no time. Delicious dishes like beef goulash or risotto are ready to be served in a flash.

ø 20 cm | ø 24 cm



Steaming Lid





EasyQuick

The EasyQuick steaming lid brings healthy steaming to life. With its differently sized sealing rings, it's able to fit on two pot sizes and is therefore both flexible and space-saving.

The steaming lid EasyQuick facilitates quick and gentle steaming while cooking. Steaming with AMC means cooking within a temperature window between 97 and 99 °C. Thanks to the low temperature, vitamins, nutrients, and minerals are preserved while the taste is retained. The ingredients are steamed gently and quickly – with or without an insert in the pot. Steaming with the EasyQuick is ideal for fish dishes, stuffed vegetables, or vegetables that require long cooking times.

What's more is that steaming with the EasyQuick saves up to 50% more time than normal cooking methods. The EasyQuick works without any pressure. The lid can be removed at any time during cooking, it's compact, and it's easy to clean. Together with the Audiotherm acoustic control and the mobile cooking plate Navigenio, the advantages that controlled cooking offers can also be fully utilized.

The steaming lid EasyQuick was awarded the "Kitchen Innovation" prize thanks to its highly developed and intuitive features.



EasyQuick

The steaming lid EasyQuick quickly and gently steams food under 100 °C to lock in the flavor of the ingredients and perfectly retain their nutrients. The EasyQuick fits all pots with a diameter of 20 and 24 cm and turns them into steamers.

ø 20/24 cm



Oval EasyQuick

The steaming lid Oval EasyQuick turns all oval roasters that are 38 cm long into steamers. It quickly and gently steams food under 100 °C to lock in the flavor of the ingredients and perfectly retain their nutrients.

38 cm

Mobile Cooking Plate





AMC

AMC
PERIO

AMC
PURE

AMC
INTENSO

Navigenio

Discover the many possibilities of the Navigenio and let the AMC all-rounder become an indispensable partner in your kitchen.

The mobile cooking plate Navigenio is the universal helper for cooking, roasting, steaming, and quick cooking—not to mention gratinating and baking. It can easily be used in the kitchen or out on the balcony. Thanks to the overhead function, it turns your AMC pot into a small oven that gratinates and bakes your food in the pot. Delicious dishes such as casseroles, pizza, bread, or cake can therefore be easily conjured.

Paired up, the Audiotherm acoustic control and Navigenio make the perfect team for self-controlled cooking. While the temperature inside the pot is closely monitored, the Audiotherm and Navigenio communicate to regulate the energy supply as required. Cooking, roasting, steaming, and quick cooking run just like clockwork. Once the cooking time has elapsed, the Navigenio switches to the keep-warm function at 60 °C for one hour. The Navigenio and Audiotherm thus give you free time to spend as you please.

The Navigenio and Audiotherm can be ideally combined with a variety of AMC products.



Navigenio

The Navigenio is a mobile cooking plate that can also be placed on top, enabling self-controlled cooking.



Accessories





Pot and Pan Inserts



Softiera Insert

Pot insert that's ideal for quick cooking with the Secuquick softline or steaming with the EasyQuick.

ø 20 cm | ø 24 cm



Softiera Bowl

Pot bowl that's ideal for cooking, defrosting, and juicing.

ø 20 cm | ø 24 cm



Combi Sieve

Ideal for easy steaming with the EasyQuick. Fits pots with diameters of 20 and 24 cm.

ø 20 cm | 24 cm

Storage



Combi Bowl

The Combi Bowl works well for seasoning, stirring, serving, washing, and defrosting.

ø 16 cm | 20 cm | 24 cm

Baking Dishes



Lasagnera

Oven-ready baking and serving dish made of high-quality stainless steel.

small 1.8 l | medium 3.3 l | large 6.0 l

Serving Products



Serving Platter

Suitable for serving, storing, and keeping food warm.

ø 16 cm | 20 cm | 24 cm



Serving Dish

Suitable for serving food and keeping it warm, as well as heating it up.

ø 16 cm | 20 cm | 24 cm

The Blade's What Makes the Knife

The AMC knife set D-Line comprises first-class kitchen knives that incorporate the latest technology—your perfect kitchen companions. Discover true all-rounders for everyday use and enjoy the specifically selected material and attractive design.

With the well-considered knife set D-Line and additional specialty knives, you've got all you need. All the knives have the same modern, tasteful design, are perfectly balanced, and easy to grip. The D-Line is made of exquisite chrome-molybdenum-vanadium steel that's manufactured in Germany and particularly suitable for knives. Its special composition ensures that the knives are both hard and flexible—plus corrosion-resistant. The D-Line knives are highly durable and easy to sharpen with the D-Line knife sharpener. They can be easily and safely stored in the included D-Line blade protector or the D-Line knife block.



Knife Set D-Line, 4-piece

This knife set includes four different knives—an universal knife, small Santoku, bread knife, and chef's knife—with very sharp blades. They are excellent for cutting, filleting, deboning, peeling, and cutting.

Each knife comes with a practical blade protector.



Knife Set D-Line, 6-piece

This six-piece steak knife set is great for grill sessions. The steak knives are very sharp and are ideal for cutting grilled or roasted meat and other grilled foods.





D-Line
Stainless Steel

15% Ni



D-Line Filleting Knife

This filleting knife has a flexible, long, and narrow blade. Use it to easily cut fish, meat, or poultry.



D-Line Santoku Large

The large Santoku knife's blade is particularly wide and straight. It's excellent for chopping vegetables, herbs, garlic, and ginger.



D-Line Tomato Knife

This tomato knife has a serrated blade and comes in a handy size. Its serrated edge makes it perfect for cutting tomatoes into clean slices without squishing them.



D-Line Knife Block

Timelessly elegant, this knife block will enhance every kitchen and offers individual storage options thanks to the removable brush insert.



D-Line Knife Sharpener

The D-Line knife sharpener makes resharpening safe, easy, and quick.

Pots and Pans That Stay Beautiful

What is valuable and should remain beautiful needs looking after. It's no different with our pots and pans. With the right care, AMC products will always retain their unique appearance—and we guarantee they'll function flawlessly for 30 years.

Cleaning AMC products is very easy—and best done with AMC Clean & Care. The cleaning system that treats your AMC products to a perfect level of cleanliness and care consists of AMC Express (Ultra Cleaning Liquid), AMC Clean (Deep Cleansing Cream), and AMC Shine (Brilliant Polishing Gel). Give the cleaning system a try. You'll be impressed!






We Are Here for You

Your personal AMC consultant will be happy to help you get started in the world of AMC and to make getting used to your new pots and pans as easy as possible. You will receive great support along the way—use this service!

In our "Cooking with AMC" brochure, you'll find many useful tips for everyday cooking. Countless recipe ideas that will inspire you to get cooking with your AMC products can be found at www.cookingwithamc.info

We are pleased by your interest in AMC and hope you enjoy using your products to create great cooking experiences!

A man and a woman are smiling and looking at a large stainless steel pot on a cooking system. The woman is on the left, wearing a blue top, and the man is on the right, wearing a green t-shirt. They are in a modern kitchen with white cabinets and a white countertop. The pot is on a black base, and there are other kitchen items visible in the background.

Cooking with AMC

A step-by-step guide to achieving perfect results



Eat better.
Live better.

The Premium Cooking System.



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Perfect outcome thanks to temperature and time control

Achieve unique flavors, retain more vitamins and nutrients, save a lot of time and even cook in a more energy-efficient way: all of this is so much easier than you'd think.

The AMC Premium Cooking System, which is based on closed air circulation, uses unique technologies and components to guarantee ideal temperature and time control for nutrient-preserving, time-saving and healthy cooking—and, above all, for delicious food.

Use this brochure as a practical everyday aid. You'll soon realize that cooking with AMC is brilliantly simple, fast, and practical. Discover the pleasure of healthy and enjoyable cooking. We hope you have a lot of fun getting to know and trying out your new AMC products.

Kind regards,
AMC



See how perfect your food will be

Cooking with AMC means that you always know which temperatures to use with your pots and pans.

The Visiotherm measures the temperature of the pot and shows it on the display. Temperature control is the only way to ensure that your cooking or roasting will be done at exactly the right temperature, so allowing the ingredients' vitamins and nutrients to be retained. Using the Visiotherm to control your temperature will guarantee that the food is carefully prepared and yields a healthy and tasty result.

Thanks to the Visiotherm temperature control for pots and pans.

Cooking with Visiotherm

If you are not yet familiar with the AMC cooking system, at the beginning it is easiest to use the Visiotherm as a guide when cooking. The various windows give you information about which cooking methods they are suitable for and what you can do with them.

Action window

If the display shows this window, you need to take action.

Temperature scale

Temperature range

The ideal temperature for the selected cooking method

Temperature display

Displays the current temperature





Hear how well everything is going

The best outcome doesn't just hinge on the temperature—the time selected matters too. Acoustic signals for cooking times and temperature control give you the security that you won't miss anything.

The Audiotherm complements the Visiotherm perfectly. It is simple to attach to the Visiotherm and will call you whenever something needs to be done. In addition, the AMC app makes it easy to control the Audiotherm via mobile devices and even allows you to move outside hearing range of your Audiotherm.

You know you can trust the Audiotherm.

Cooking with Audiotherm

The Audiotherm uses signal tones to make what is happening in the pot “audible” and gives you tips on whether you need to do anything (and if so, what).

The display immediately tells you:

- which temperature range you have selected
- when the cooking process is to be started (immediately or with start delay)*
- whether the temperature is too high (-) or too low (+)
- whether the cooking time is over or how much longer it will last



*Do not use the “start delay” function with perishable foodstuffs that must be kept refrigerated (raw meat, raw fish and dairy products).



Easy operation of the Audiotherm using the AMC app

The AMC app is linked to the Audiotherm, mirrors its display, and allows you to easily control the Audiotherm via mobile devices of your choosing.



Cook & Go





Experience a meal that cooks itself

Part of the appeal of cooking is to do a lot of things yourself and to constantly keep an eye on everything. Still, sometimes it's nice to take a break and let go of the reins in the kitchen.

If you use the mobile cooking plate Navigenio in combination with the Audiotherm, both components independently ensure perfect temperature and time management. This lets you enjoy a relaxed cooking experience with optimal results and plenty of time saved.

Self-controlled cooking gives you time to spend on other activities.

Self-controlled cooking with Audiotherm and Navigenio

As soon as you have gotten used to the temperature-controlled cooking function and to the Audiotherm in general, you can try out self-controlled cooking in this next step. The interaction between the Audiotherm and Navigenio makes it possible to automatically regulate the energy supply – and so control the cooking process.



Self-controlled cooking, using the example of a potato goulash, with Secuquick softline:



Prepare all the ingredients, then roast them on the Navigenio while following the recipe. Place the Secuquick softline on top and close it.



Turn the knob to «A».



Pick up the Audiotherm and turn it on by pressing any button. Select the cooking program using the middle button. Attach it to the Visiotherm and enter the cooking time as specified in the recipe using the +/- buttons.



When the Navigenio blinks with a blue light and the remote control symbol appears on the Audiotherm's display, the Audiotherm and Navigenio are connected by remote control. The temperature is controlled independently and monitored for the length of the cooking time.



A signal will inform you as soon as the time has elapsed.



After the set cooking time has finished, the keep-warm function is switched on. This means that your dish will be kept 60 °C warm for one hour.

Cooking methods at a glance

Temperature-controlled cooking with AMC offers the perfect solution for all ingredients and dishes. In addition to the right cooking system, different ingredients also require the right cooking method. Not only does this ensure your meals turn out well, but also makes it easy to coax out the best flavors while generally conserving more vitamins. By the way: Some ingredients can be prepared using several methods. Here, your growing level of experience will be of use to you, so you can give free rein to your creativity – in addition to simply following your favorite recipes using the appropriate AMC method, of course.

Here is an overview of the different cooking methods, described in detail on the following pages. At the end of this section, you will find a table listing the optimal steaming and cooking times for common ingredients and different preparation methods.



Roasting with no added fat

Particularly well suited to roasting various kinds of meat, but also for thin flatbreads or vegetables.

This method allows meat to be roasted and turned at the optimal roasting temperature and at the perfect moment. And all without adding any fat.

Advantage: You can avoid overheating fats and reduce the formation of harmful substances.



Cooking with no added water

Particularly well suited to cooking various vegetables and potatoes.

This method involves gently cooking ingredients (mainly vegetables or fruits) in their own liquid and condensation only, at a temperature of around 80 – 98 °C.

Advantage: This gentle preparation technique retains delicate vitamins, minerals and bioactive plant substances, allowing them to reach their full potential.



Steaming with EasyQuick

Particularly well suited to steaming fish dishes, vegetables, dumplings and much more. Any dish that works well in a steamer is also suitable for steaming with the EasyQuick.

This method gently cooks the food over steam, at 97 – 99 °C.

Advantage: Uses less energy and also heats up more quickly than conventional steamers, as the cooking area is much smaller

soft turbo

Soft and Turbo quick cooking with Secuquick softline

Particularly well suited to dishes that need to be cooked for a long time, such as braised meat, stews, broths, legumes and frozen vegetables, as well as pasta and risotto.

This method cooks the ingredients at temperatures of over 100 °C.

Advantage: The higher temperature makes preparation faster than with conventional methods.



Baking and gratinating with Navigenio

Particularly well suited to baking pizzas, cakes and breads, as well as for gratinating vegetables or casseroles. The gratinating function can even be used to prepare meat dishes with crusts.

Advantage: Baking and gratinating with Navigenio is practical, easy to handle and above all energy-efficient.



Open Roasting

Particularly suitable for quick meals and snacks with short roasting times, such as egg dishes or flatbread.

With this method, the perfect roasting temperature is controlled not with the Visiotherm, but rather with the addition of a droplet of water. Here, again, once the perfect roasting temperature has been reached, the dish is easy to prepare. Roasting usually takes so little time that you can “eyeball” the turning point.

Advantage: Easy, uncomplicated way to prepare food



Deep-frying

Suitable for deep-frying/baking classic deep-fried dishes such as French fries, chicken nuggets or sweet yeasted doughnuts.

With this method, the temperature of the frying oil is controlled with the Visiotherm. This ensures that the optimal starting temperature for frying will be reached.

Advantage: Thanks to the temperature control, the oil will not overheat. This means that no harmful acrylamide or acrolein will be produced.

60 °

60 ° function

Particularly suitable for warming up, but also for hot-smoking food or sous-vide cooking at 60 °C.

This method only works if Navigenio and Audiotherm are used together. Here, the inside of the pot is slowly heated to 60 °C and the temperature is kept stable.

Advantage: Gentle heating/warming up of food



How to use the hob

Your AMC pots and pans can be used on all common hobs.

Here's how to find the correct hob setting:

	Electro/Navigenio	Induction	Gas
Highest level	Highest level	Highest level (never use Booster or Power level)	Biggest flame
Low level	1/3 of highest level	1/2 of highest level	Small flame
Switched off, using only residual heat	Without adding power	Use "zero" or lowest level	Use smallest flame
Notes/important info	Most recipes assume the user has an electric hob. Here, the AMC Navigenio is used as a normal electric hob.	The main difference with an induction hob is that the user rarely turns off the hob completely, but rather leaves the dish to simmer at the lowest level. Due to their operating principle, induction stoves do not generate residual heat like electric stoves. Induction hob offer different capacities. If necessary, adjust the level on your hob.	Just like with induction stoves, we recommend avoiding switching the hob off completely. Instead, leave the burner on at the lowest flame setting.

As a general rule:

Always use a pot that fits the size of the burner. Be particularly careful when it comes to:

- Gas: The flame should never extend up the sides of the pot.
- Induction: Never use flat-bottomed pots or pans on flex-induction burners. These can heat up the edges of the pan and/or handles.

A humming sound is normal for induction hobs. Do not be concerned if you hear it.

Roasting with no added fat

Mainly suitable for roasting various kinds of meat, but also for thin flatbreads or vegetables. This method allows meat to be roasted and turned at the optimal roasting temperature and at the perfect moment. And all without adding any fat.

The advantages for you:

- No overheating of the roasting food, thanks to AMC temperature control
- Roasting with no added fat helps you to avoid burning the roasting fat.
- No unnecessary calories through roasting fat
- The original taste of the roasted food remains unaltered.
- Sauces are lower in calories when you cook them with no added fat.

A quick explanation of the principle behind this method:

- Heat the dry, empty pot (covered with the lid) up to the highest level.
- As soon as the red pointer reaches the roasting window, remove the lid, insert the meat, switch to a low level and, depending on the type of meat, roast uncovered or with lid (and turning point) (see table on page 24).



Roasting without added fat using the example of a chicken breast:



Place the empty, dry pot on the cooking zone and cover it with the lid.



Switch to the highest level and heat up until the red pointer reaches the roasting window (this is best done with the help of Audiotherm).



Place the meat inside and press it down. Cover again with the lid and switch to a low level.



As soon as the red pointer reaches the turning point (and the Audiotherm, if using, makes a sound), remove the lid and turn over the meat.



Replace the lid and switch off the hob. Depending on the thickness of the meat, allow it to rest for a few minutes before serving.

0: 10 min

Food	What other foods can I prepare in a similar way?	Roasting time	Method/description	Tips
Thin pieces of meat (i.e. Schnitzel) such as: Saltimbocca, one-minute steaks	Strips of meat	Up to 3 min. per side	Heat up to the roasting window, then sear on both sides (without covering with lid).	<p>When roasting a small or medium amount of meat in relation to the diameter of the bottom of the pot: Switch to a low level after adding the meat.</p> <p>If you are roasting a large amount of meat, either leave the hob at the highest level or roast the meat in several batches.</p>
Steaks	Shrimp, lobster	3 – 8 min. per side	Heat up to the roasting window, then sear. Sear until the food is slightly detached from the bottom of the pan and then, with the lid on, let it cook briefly to the desired degree.	<p>Pro tip: Only sear for around 2 – 3 min. per side. Then set the pan aside, cover with the lid and allow the steaks to cook, off the heat, for another 2 – 5 min.</p> <p>To achieve a perfect result, refer to the recipe and the “thumb test”.</p>
Thick cutlets, meatballs, burger patties, chicken breasts or thighs	Fattier fish such as salmon or mackerel, flatbreads that will rise a little (with yeast), vegetable patties, grain patties, soy patties, etc.	8 – 15 min. per side	Heat up to the roasting window, insert meat and cover with lid, reduce to a low level, roast until the turning point is reached, then turn and let cook with minimal or no added power.	<p>A chicken breast will need around 10 min. of cooking time after it has been seared.</p>



Tips and tricks for the best outcome:

- Meat should generally be at room temperature when being seared, so take it out of the refrigerator about half an hour before beginning to cook. This is important to prevent the temperature in the pot from dropping too much when the meat is placed inside. This results in the optimal degree of browning.
- Always thoroughly pat the meat dry with a paper towel before cooking it.
- Do not put too much meat in the pot at once, otherwise the bottom of the pot will cool down too much and the meat will absorb too much water. The roasting process would then no longer be ideal. Roast larger quantities of meat in batches and reduce the energy only slightly.
- The cooking time depends primarily on the thickness of the piece of meat. Depending on the desired degree of doneness, we recommend doing the "thumb test" (see box).
- If there is too much liquid in the pot, you can unscrew the Visiotherm while "resting" the meat so that steam can escape. Or use the juices of the meat to make a flavorful gravy.
- If you have to roast several portions in a row, make sure that the temperature is always in the roasting window when you place the meat inside. We recommend removing any burnt-up residue on the bottom of the pot from time to time.

Other variations on roasting:

We recommend the following procedure for roasting delicate foods such as onions, garlic or even nuts:

- Slice onions small and distribute them around a cold pot.
- Cover with the lid and heat the pot at the highest level up to the roasting window. When the roasting window is reached, switch to a low level and cook onions while stirring.

To achieve an optimal cooking result, this preparation can be slightly modified, depending on the exact composition of ingredients and dish. The AMC recipes are a great resource for this: www.cookingwithamc.info

How can I tell if my steak is done?



rare (bloody)

Holding the tip of your thumb and forefinger together, pressing on the ball of your thumb you will feel the same resistance as you would with a rare (bloody) steak.

Internal temperature: 49 – 52 °C*



medium (pink)

Feeling the tip of your thumb with your middle finger, the resistance of the ball of the thumb corresponds to that of a medium (pink) steak.

Internal temperature: 55 – 58 °C*



well done (cooked through)

If the steak feels like the ball of your thumb when you hold the tip of your thumb and ring finger together, the steak is well done.

Internal temperature: at least 68 °C*

* Measure the internal temperature of a piece of meat at its thickest point. You can usually find meat thermometers in the household goods area of any department store.



Cooking with no added water

Particularly suitable for cooking various vegetables and potatoes, mixed vegetables or even fruit. This method involves gently cooking vegetables in their own liquid and condensation only, at a temperature of around 80 – 98 °C.

The advantages for you*:

- Gentle preparation: Retains delicate vitamins, minerals and bioactive plant substances such as:
 - 50 % more provitamin A (carotenoids) in potatoes
 - 3 times as much vitamin B (folic acid) in frozen spinach
 - 50 % more bioactive plant substances
 - 4 times as many minerals (magnesium) in carrots
- Impressive results: This method preserves the color and texture of the individual vegetables wonderfully.
- The individual flavor of each vegetable is shown off to its best advantage without getting "muddled" by other vegetables, even if several vegetables are cooked together.

*Compared to conventional cooking of vegetables in water. Scientifically proven: Sources: Various studies by AMC International in collaboration with the University of Vienna, Austria (2006), University of Koblenz, Germany (2009), Sion University of Applied Sciences, Switzerland (2009).

A quick explanation of the principle behind this method:

- Add the vegetables to the cold pot while still wet. Heat the pot (covered with the lid) up to the highest level.
- As soon as the red pointer reaches the vegetable window, switch to a low level. The red pointer will fluctuate between the vegetable and stop windows. If the red pointer exceeds the stop window, either reduce power even further, switch it off completely, or remove the pot from the cooking zone. If the red pointer falls below the vegetable window, increase the power.



Vegetable window

Once the red pointer reaches this window, the perfect temperature for cooking with no added water has been reached and the power can be reduced.

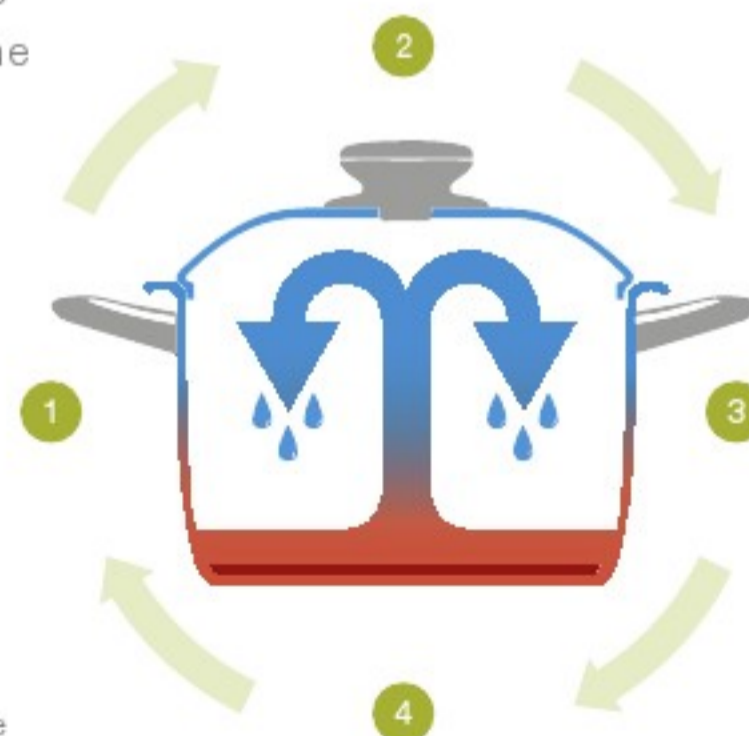
Vegetable temperature range

The red pointer should remain in this range during cooking.

Stop window

This displays the maximum temperature. When the red pointer reaches this window, you should reduce the power to the minimum or switch it off completely.

Air circulates in a closed loop between the base of the pot, the cold wall zone, and the lid:



The steam...

1. rises
2. cools off on the lid
3. drips down off the lid again
4. and is heated once again.

It is this cycle that cooks the vegetables gently using very little water. The result: All the ingredients will taste more "authentic" – and important nutrients will remain intact.



Cooking with no added water using the example of mixed vegetables:



Prepare vegetables according to the recipe; rinse briefly and put them dripping wet into the cold pot. Cover with the lid.

For optimal results, the pot should be $\frac{1}{3}$ to $\frac{2}{3}$ full.



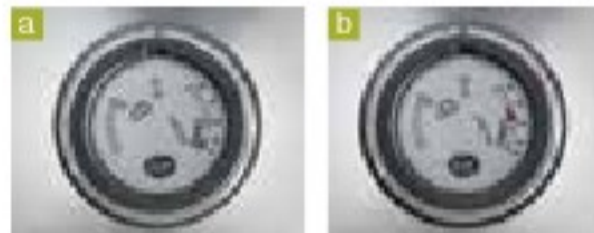
Heat the pot up to the highest level, until the red pointer reaches the vegetable window.



(This is best done with the help of Audiotherm. You don't need to monitor the pointer; the Audiotherm will inform you when it is time to do something.)



As soon as the red pointer reaches the vegetable window, switch to a low level and make sure the red pointer remains in the range between the vegetable and stop windows.



If...

- a it reaches the stop window: Either reduce power even further, switch it off completely or remove the pot from the cooking zone.
- b the red pointer falls below the vegetable window, the power must be increased.



After the end of the cooking time, the vegetables can be served immediately or further processed (e.g. further refined or gratinated).

0: 15 min

Tips and tricks for the best outcome:

- The vegetables must at the least be dripping wet. If you plan to cook vegetables with low water content (such as Brussels sprouts), we recommend adding approx. 2 tablespoons of water to the pot to avoid burning. The same applies to vegetables that have been stored for a long time (often the case for potatoes).
- If you keep the lid open for a longer time during cooking, please add two table-spoons of liquid to replace the escaped steam.
- When cooking foods that swell (such as rice, rice pudding, legumes), the pot should only be filled up to $\frac{1}{3}$; otherwise, there is a risk of boiling over.
- Every hob is different! Some newer induction hobs are so powerful (i.e. in wattage) that they heat up very, very quickly in comparison to other hobs. Make sure to turn down the power quickly to avoid burning.
- This method can be used to prepare more than only vegetables. Pieces of fish or seafood such as shrimp can also be cooked on top of the vegetables. We recommend that you first cook the vegetables for a shorter cooking time than specified in the recipe and then, for example, distribute the shrimp on top and cook for another 3 – 4 minutes.

The cooking times for various ingredients can be found in the table of steaming and cooking times on pages 56 – 58. Many other colorful AMC recipes are available at: www.cookingwithamc.info

Quick cooking with Secuquick softline

Quick cooking is particularly well suited to dishes that need to be cooked for a long time. With this method, the food is cooked with the help of overpressure at temperatures of over 100 °C, in the Soft range at 103 – 113 °C and in the Turbo range at 108 – 118 °C. Due to the higher temperatures, Secuquick softline allows you to cook faster than with conventional cooking methods.

The advantages for you:

- The higher temperature makes preparation faster than with conventional methods.
- Any 20 and 24 cm pot from AMC can be converted into a pressure cooker.*
- Energy savings of up to 50 % through shorter cooking times
- 80 % time savings in comparison to conventional cooking methods

* However, we recommend not using the Secuquick softline with the flattest versions (20 cm/2.3 l and 24 cm/2.5 l). Please see the user manual for the Secuquick softline for more information.

A quick explanation of the principle behind this method:

- The pot is filled with the desired ingredients, sealed with Secuquick softline and heated to the highest level.
- As soon as the red pointer reaches the desired window (Soft or Turbo), switch to a low level.
- During the cooking time, the energy supply should be regulated so that the red pointer lies in the optimum range between the first and second Soft or Turbo window.

soft turbo

Once the red pointer reaches the respective first window, the perfect temperature for Soft or Turbo cooking has been reached and the power can be reduced. The red pointer should be in the optimum range between the first and second Soft or Turbo window. If it reaches the second window, however, you can switch off the power or reduce it to minimum.



Quick cooking using the example of risotto (Soft quick cooking):

Please read the Secuquick softline user manual before using.



Place all the ingredients according to the recipe in the cold pot, place the Secuquick softline on top and seal.

Fill the Secuquick softline up to a maximum of $\frac{2}{3}$. Exceptions: For food that expands or foams during cooking – e.g. rice pudding, broths, stews, pasta casseroles, legumes etc. – fill to a maximum of $\frac{1}{2}$. Unshelled legumes, such as soy beans, should be filled to a maximum of $\frac{1}{3}$.



Heat the pot at the highest level until the red pointer reaches the Soft window.



(This is best done with the help of the Audiotherm. You don't need to monitor the pointer; the Audiotherm will inform you when it is time to do something.)

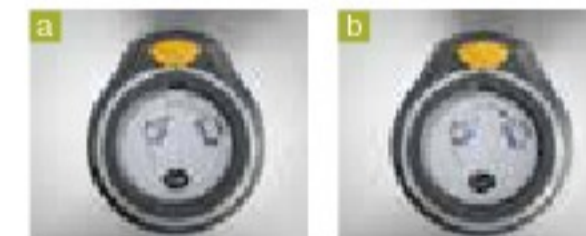


Once the red pointer reaches the first Soft window, switch the cooking zone to a low level and make sure the red pointer remains in the optimal cooking range (between the first and second Soft window).



If...

- the second Soft window has been reached: Reduce power further or switch it off completely. If necessary, briefly take the pot off the cooking zone
- if the red pointer falls into the first Soft window, increase the power.





At the end of the cooking time, depressurize the Secuquick softline (see depressurization options).

0:07 min



Depending on the recipe, you can refine, season or further adapt the dish (such as baking it with cheese on top).

What should I cook in the Soft area versus the Turbo area?

- soft**
- Vegetables with a longer cooking time (such as peel-on boiled potatoes, Brussels sprouts or red cabbage)
 - Frozen vegetables
 - Pasta, rice
 - Grains with a longer cooking time such as rye, polenta, quinoa or durum wheat
 - Risotto
- turbo**
- Braised meat dishes such as goulash or roasts, roulades, whole roast chicken
 - Meat stocks
 - Legumes such as beans, chickpeas, brown or green lentils



How do I depressurize the Secuquick softline so that I can open it?

Under running water:



Method:
At the end of the cooking time, place the pot in the sink, and run cold water over the cover. The cold water causes the temperature in the pot to drop rapidly; it is depressurized as soon as the red pointer falls slightly below the first Soft window, and the Secuquick softline can then be opened.

- Advantages:**
- Quick, controlled depressurization
 - No escaping steam = no odors emitted

Allowing it to depressurize on its own: Let cool and continue to cook



Method:
At the end of the cooking time, put the pot in the inverted lid and wait until the red pointer falls slightly below the Soft window and the Secuquick softline can be opened.

Important:
The time required for the Secuquick softline to depressurize must be included in the cooking time. Example: In many cases, rice can be cooked with the time program P (= 20 sec.), then allowing the Secuquick softline to depressurize by itself. The minutes required for the Secuquick softline to depressurize should be considered part of the cooking time. Also refer to the specific recipe for more information.

- Advantages:**
- Energy-efficient
 - No escaping steam = no odors emitted

With the yellow button: Release steam



Method:
After the cooking is finished, place the pot on a heat-resistant surface or in an inverted lid. The vent must be turned to the back. Press the yellow steam-venting button with your finger until the red pointer falls slightly below the Soft window and the Secuquick softline can be opened.

- Caution:**
- The escaping steam is hot and can cause burns.
 - Do not use with foods that swell and/or foam, as these may leak out and clog the vent.

- Advantages:**
- Quick, controlled depressurization

Tips and tricks for the best outcome:

- A small amount of liquid (approx. 1 cup) is needed to build up the steam pressure. The amount depends on the size of the pot, the food and the recipe. If the food contains enough liquid, no added liquid is necessary (follow instructions in recipe).
- During the heating, steam and a few drops of water may escape between the top and bottom covers. This does not affect the cooking process.
- If you don't want to miss out on any roasting aromas, you can easily sear onions and/or meat with no added fat with the normal lid and Visiotherm before quick cooking, for example.
- When cooking frozen vegetables or potatoes with steam pressure, we recommend using the Softiera sieve insert.
- Many people might associate a quick cooking lid with their grandparents' kitchen practices and more traditional dishes, but with the Secuquick softline, you can also prepare modern meals – such as one-pot pastas, risottos, lentil-based dishes or stews – in a flash.
- The Secuquick softline is an especially good method for self-controlled cooking.

The cooking times for various ingredients can be found in the table of steaming and cooking times on page 58.

Lots of other exciting AMC recipes are available at: www.cookingwithamc.info

General information about opening:

As a rule of thumb: As soon as the red pointer falls slightly below the first Soft window, the Secuquick softline has been depressurized and can be opened. Never apply force when opening – the Secuquick softline will only open once it has been depressurized.

Steaming with EasyQuick

Particularly well suited to steaming fish dishes and shellfish, vegetables, dumplings and much more. Any dish that works well in a steamer is also suitable for the EasyQuick.

The advantages for you:

- Uses less energy and also heats up more quickly than conventional steamers, as the cooking area is much smaller and less water is required.
- Any AMC pot with a diameter of 20 or 24 cm can be used as a steam cooker.
- One lid for two pot sizes
- Gentle preparation just as with steaming: This results in, for example*:
 - 30 % more chlorophyll in broccoli¹
 - 50 % more bioactive plant substances in broccoli^{1,2}
 - Up to 30 % more beta-carotene (provitamin A) in carrots^{1,3}

*Compared to conventional cooking of vegetables in water. Sources: 1 "Effects of different cooking methods on health-promoting compounds of broccoli" (2009), Zhejiang University Science B 2 "Evaluation of Different Cooking Conditions on Broccoli to Improve the Nutritional Value and Consumer Acceptance" (2014), Radhika Bongoni, Ruud Verkerk, Bea Steenbekkers, Matthijs Dekker & Markus Stieger 3 "Sensory and health properties of steamed and boiled carrots" (2014), Radhika Bongoni, Markus Stieger, Matthijs Dekker, Bea Steenbekkers & Ruud Verkerk

A quick explanation of the principle behind this method:

- Fill the pot with the specified amount of liquid, then insert the Softiera insert with ingredients.
- Place EasyQuick with matching sealing ring (20 or 24 cm) on top and heat at the highest level up to the steam window.
- When the steam window is reached, switch to a low level and steam for as long as desired. Make sure that the red pointer is always between the steam window and the stop line during the cooking process (adjust the stove accordingly).



Steam window

When the red pointer reaches this window, the perfect temperature for steaming has been reached. The red pointer should always be in the optimal range between the steam window and the stop line.

Explanation of steaming, using the example of fish roulades:
Please read the EasyQuick user manual before using.



Add about 100 ml of water to the pot, place fish rolls inside the Softiera insert and then place it in the pot.

Steaming requires sufficient liquid. As a rule of thumb:

- Ø 20 cm pots approx. 100 ml
- Ø 24 cm pots approx. 150 ml
- Ø 38 cm oval pots approx. 200 ml



Heat the pot at the highest level until the red pointer reaches the steam window.



(This is best done with the help of the Audiotherm. You don't need to monitor the pointer; the Audiotherm will inform you when it is time to do something.)



Once the red pointer reaches the steam window, switch the cooking zone to a low level and make sure the red pointer remains in the optimal cooking range (between the steam window and stop line).



If the red pointer falls below the steam window, increase the power.



Once the desired cooking time is finished (approx. 3 minutes), serve the fish roulades.

Steaming is an especially good method for controlled cooking.

Tips and tricks for the best outcome:

- We recommend removing the sealing ring, which is not needed during the cooking process.
- With the EasyQuick, there's no problem with opening the lid during the steaming to look inside the pot. You can therefore add other ingredients with a shorter steaming time at a later time or season the dish later in the process. Simply put the lid back on and continue steaming as usual (heat up until the red pointer is in the steam area, etc.).

Here are some more variations on steaming:

- Liquids other than water can be used for steaming, of course. You can easily use broth or wine and then process it into a sauce.
- Energy-efficient method: For certain dishes, you can choose a shorter cooking time and turn off the hob earlier. Due to the residual heat in the capsule base, the dish will continue to cook for a very long time, depending on the pot size and how full it is.

The cooking times for various ingredients can be found in the table of steaming and cooking times on page 58. Many other colorful AMC recipes are available at: www.cookingwithamc.info



Baking and gratinating with Navigenio

Suitable for baking pizzas, cakes and breads, as well as for gratinating vegetables or casseroles. The gratinating function can even be used to prepare meat dishes with crusts.

The advantages for you:

- Any 20 and 24 cm pot can be turned into an oven with the Navigenio.
- It's fast and energy-efficient: A much smaller area needs to be heated in comparison to baking in a full-size oven.



The low level (–) is intended for anything that needs a longer baking time, such as bread or cake.



The high level (=) is perfect for anything that needs to be gratinated quickly or baked briefly, such as cheesy casseroles or pizza.

A quick explanation of the principle behind this method:

- Baking (–)** When baking, the pot is usually heated up to the roasting window and then either placed in the inverted lid or on a heat-resistant base; or, depending on the recipe, it also could remain on the hob. Once the food to be baked (cake, bread, etc.) has been inserted, the Navigenio is placed upside-down on top and the baking process is finished on low heat.
- Gratinating (=)** When gratinating, dishes are broiled or gratinated on maximum heat at level “=”.

Baking/gratinating using the example of pizza:

Please read the Navigenio user manual before using.



Heat the empty pot at level 6 up to the roasting window.



As soon as the roasting window is reached, remove the lid. Place the pizza base inside and add toppings according to the recipe.



Place the pot in the inverted lid and place the Navigenio upside-down on top. Switch the Navigenio to a high level and bake until done.

0:02 min

This is best done with the help of the Audiotherm: While the Navigenio is still flashing red/blue after being switched on, enter “2 minutes” on the Audiotherm – the radio symbol will appear.



When the baking time is over, put the pot back on Navigenio (at level 6), then put the next pizza in and bake it too.

Tips and tricks for the best outcome:

Since the Navigenio heats a much smaller baking chamber (compared to conventional ovens), this is a very energy-efficient way of baking. However, a system as sophisticated as this one also has its limitations. We therefore recommend paying careful attention to the respective recipe. Deviations in quantities, ingredients, etc. can lead to a very different baking result.

When “baking” in this manner, we recommend that you pay close attention to the recipe. On the other hand, you can give your creativity free rein when gratinating/ broiling. Whether broiling a simple grilled-cheese sandwich to classic gratins or colorful vegetable and pasta casseroles – there are no limits to your imagination.

Open Roasting with the oPan

Particularly suitable for quick meals and snacks with short roasting times, such as egg dishes or flatbread.

The advantages for you:

- Easy, uncomplicated way to prepare food

A quick explanation of the principle behind this method:

Heat up the oPan to the perfect roasting temperature and then roast the food with or without fat.



With this method, the perfect roasting temperature is controlled not with the Visiotherm, but rather with the addition of a droplet of water. Here, again, once the perfect roasting temperature has been reached, the dish is easy to prepare.

How do I find the perfect roasting temperature with the oPan?

Temperature control during open roasting without fat – with the "dancing" water droplet

Method:

1. Heat the oPan up to the highest level (see heating times on page 47).
2. Sprinkle a few droplets of water into the pan. As soon as a droplet of water does not evaporate immediately on the hot base of the pan, but instead "dances" and sizzles on the surface, the base of the pan has reached the perfect temperature for roasting.
3. Turn down to a low level and place the food inside.
4. Flip the food as soon as it can be loosened and finish cooking the second side.



Caution:

Never leave the oPan unattended during heating or cooking. There is a risk that the pan will become too hot and the ingredients will burn.

Temperature control when roasting with fat

Method:

1. Add a few droplets of water to the cold oPan before heating it. Then heat the oPan up to the highest level.
2. As soon as the water drops evaporate, switch the heat to a low level, spread the fat in the oPan and place the food in the oPan.
3. Flip the food as soon as it can be loosened and finish cooking the second side.



Caution:

Never leave fat to heat up unattended. If the fat begins to smoke, it has become too hot.

Open roasting using the example of crêpes:



Heat the oPan up to the highest level and wait briefly.



Sprinkle a few droplets of water into the pan. As soon as a droplet of water does not evaporate immediately on the hot base of the pan, but instead "dances" and sizzles on the surface, the base of the pan has reached the perfect temperature for roasting.



Switch to a low level, pour in a ladleful of batter and gently tilt the pan so that the batter is evenly distributed.



As soon as bubbles begin to form on the surface of the batter and it begins to lift off from the surface slightly, turn over the crêpe and cook the other side until done.



Cook all the crêpes until done. The desired degree of browning can be achieved by increasing or decreasing the power.

Your oPan is fast!

Heating times on different types of hobs



Electric hob / Navigenio approx. 3 minutes



Gas approx. 2 minutes



Induction approx. 1 minute

Tips and tricks for the best outcome:

- Roasting properly means having a little patience: If the food cannot yet be easily detached from the cooking surface, it is not yet perfectly cooked. Either wait to flip, or increase the power.
- Use a very thin spatula to turn food – this type of spatula is easy on delicate foods as well as practical and handy.
- If you intend to cook multiple items one after another, there are two ways of monitoring the temperature:
 - Do the water droplet test between batches: When the water droplet stops "dancing"...
 - Check the level of browning on the food: If it's too pale, increase the power by one level.
- Immediately after cooking, pour water over any burnt-on areas to make them easier to clean.
- The correct roasting temperature can also be found by using the AMC lid and Visiotherm. Cover with the lid. As soon as the red pointer reaches the roasting window, the optimal roasting temperature has been reached.

More recipes are available at: www.cookingwithamc.info

Deep-frying with HotPan

Suitable for deep-frying/baking classic deep-fried dishes such as French fries, chicken nuggets or sweet yeasted doughnuts. With this method, the temperature of the frying oil is controlled with the Visiotherm. This ensures that the optimal starting temperature for frying will be reached.

The advantages for you:

- Temperature control keeps the oil from overheating. This means that no harmful acrylamide or acrolein will be produced.
- Due to the optimal temperature, the fried food does not absorb too much excess fat. It becomes crispy on the outside, yet stays juicy on the inside.

A quick explanation of the principle behind this method:

- Add the oil to the pot, then heat (covered with the lid) at the highest level.
- As soon as the red pointer reaches the roasting window, remove the lid, insert the food to be fried, switch the hob to a low or medium level and fry.



Here's what it's important to know about oil:

Generally speaking, all oils that are very heat-resistant, such as refined sunflower, peanut or olive oil, are suitable for deep-frying. Note the temperature information on the label of the oil.

The oil can be reused after deep-frying: let it cool down, filter through a sieve and bottle it. Tip: Label the bottle to avoid confusion. The oil should be stored in a dry place protected from light.

If the reused oil starts to smell, turns dark or the food no longer becomes crisp, it should no longer be used.

Deep-frying using the example of chicken nuggets:



Add the oil to the pot and cover with the lid. Switch to the highest level and heat up until the red pointer reaches the roasting window (best done with the help of the Audiotherm).

The frying oil should be poured in to the height of the HotPan handles and no higher.



As soon as the red pointer reaches the roasting window, reduce the power.



Place the chicken nuggets inside, cover with the lid and deep-fry until it is time to flip.

Do not overfill the pan – otherwise, the drop in temperature of the oil will be too great. If the temperature is too low, the food will absorb too much oil. If this is the case, increase the temperature until it bubbles slightly during deep-frying.



Flip the nuggets and, if desired, briefly deep-fry uncovered. Remove and allow to drip-dry on paper towels.

Tips and tricks for the best outcome:

- The best way to deep-fry food with a high water content is by leaving the pot uncovered. To achieve a crispy result, the moisture must be able to evaporate.
- If you'll be deep-frying for a longer period of time with the lid on, it is advisable to wipe off the droplets that form on the inside of the lid with a paper towel to prevent them from dripping into the oil and causing it to splatter.
- Do not deep-fry for too long and never at too hot a temperature. This prevents acrylamide and acrolein (harmful substances) from forming. Golden yellow is healthier than brown!
- Frozen products should be deep-fried without first being defrosted.

In addition to French fries, we have also prepared many exciting dishes for you to try, such as deep-fried cauliflower: www.cookingwithamc.info



60 °C function

Particularly suitable for warming up, but also for hot-smoking food or sous-vide cooking at 60 °C. This method works best with the Navigenio and Audiotherm, used together. Here, the inside of the pot is slowly heated to 60 °C and the temperature is kept stable.

The advantages for you:

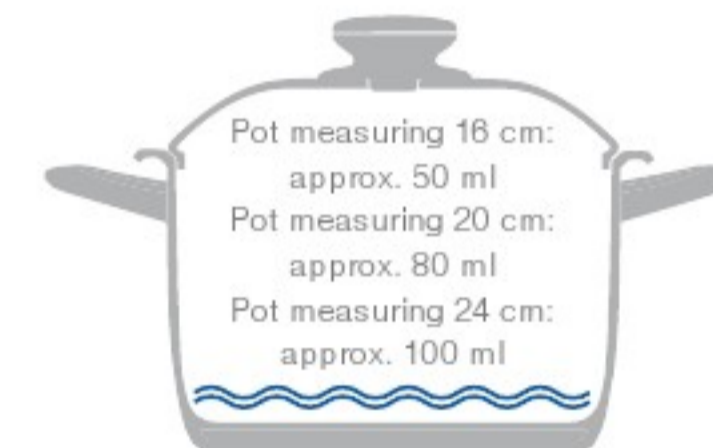
- Gentle heating/warming up of food
- Practical warming up with Navigenio and Audiotherm, thanks to temperature and time control
- Smoking your own food made easy



60 °C function for warming up and smoking foods, as well as sous-vide cooking

To achieve good results, please note the following:

The food to be warmed up must not be too dry. There must be enough liquid on the bottom of the pot to keep from burning. Please always add enough liquid to the pot so that the bottom is well covered before you add the food:



- Time reference values for heating liquids up to 60 °C (e.g. soups, milk, sauces without starch):
1 liter: approx. 10 – 15 minutes
3 liters: approx. 25 – 30 minutes
- The warm-up function can also be used in manual mode and on all types of hobs. Always select a low level (max. 1/3 of the energy supply).

Smoking

The 60 °C function enables hot smoking and sous-vide cooking for selected recipes (e.g. fish or duck breast).

A quick explanation of the principle behind this method:

- To produce smoke, heat special smoke chips on aluminum foil in the pot up to the roasting window.
- Then place the prepared food on top in the sieve insert.
- Place the pot on the Navigenio, set the Audiotherm to the 60 °C function and connect to the Navigenio using setting "A". The food will now be smoked.
- Let our recipes at www.cookingwithamc.info inspire you.

Smoking is a time-consuming process. Even with AMC, smoking a single salmon filet will take about 45 minutes on average.

What can I do with the 60 °C function?

Warming up food

With the Audiotherm, food can be warmed up gently and easily using the Visiotherm and Navigenio.

A quick explanation of the principle behind this method:

- Add the food to be warmed to the cold pot and cover with the lid.
- Place the pot on the Navigenio, set the Audiotherm to the 60 °C function and connect to the Navigenio.
- As soon as 60 °C is reached, the Audiotherm will notify you.

Sous-vide

The 60 °C function allows you to cook foods sous-vide at exactly 60 °C.

A quick explanation of the principle behind this method:

- Vacuum-seal pieces of meat or fish with herbs, garlic or oils in a heat-resistant plastic film.
- Pour water into the pot, place vacuum-sealed bag inside, then cover with the lid.
- Place the pot on the Navigenio, set the Audiotherm to the 60 °C function and connect to the Navigenio using setting "A".
- Then unpack the meat, dab dry with a paper towel and fry briefly with no added fat using the AMC method.

The following foods are suitable for sous-vide cooking:



Veal

Steak, fillet and saddle, boneless, up to max. 750 g



Beef

Steak, fillet, ribs and roast beef, up to max. 750 g



Pork

Fillet



Lamb

Saddle, boneless



Fish

Fresh skinless fillets, shrimps and scallops are not seared after cooking in this manner



AMC table of steaming and cooking times

Category / Food	Cooking in vegetable window		Cooking with EasyQuick		Cooking with Secuquick softline		
	Cooking time (minutes)	with Softiera insert	Cooking time (minutes)	with Softiera insert	Cooking time (minutes)	Soft / Turbo	with Softiera insert
Vegetables and potatoes							
Asparagus, green	15		12	✓	-		
Asparagus, white	20		16	✓	-		
Artichoke, chopped	15		12	✓	3	Soft	✓
Beets, diced	25		20	✓	5	Soft	✓
Bell peppers, sliced	10		8	✓	-		
Black salsify	15		12	✓	3	Soft	✓
Broccoli florets	12		10	✓	3	Soft	✓
Brussels sprouts	20		16	✓	4	Soft	✓
Carrots, sliced	15		12	✓	3	Soft	✓
Cauliflower florets	15		12	✓	3	Soft	✓
Celeriac root, chopped	15		12	✓	3	Soft	✓
Celery stalk, chopped	15		12	✓	3	Soft	✓
Chard, sliced	8		6	✓	-		
Eggplant, chopped	10		8	✓	-		
Fresh peas	10		8	✓	-		
Fennel, halved	25	✓	20	✓	7	Soft	✓
Green beans, chopped	20		16	✓	4	Soft	✓
Kale	25		20	✓	5	Soft	✓
Kohlrabi, sliced	15		12	✓	3	Soft	✓
Leek, chopped	5		4	✓	-		
Parsnips, sliced	15		12	✓	3	Soft	✓
Potatoes, diced	20	✓	16	✓	4	Soft	✓
Potatoes, unpeeled, medium	35	✓	28	✓	13	Soft	✓
Pumpkin (such as butternut or red kuri squash), diced	15		12	✓	3	Soft	✓
Raw sauerkraut	45		36	✓	15	Soft	
Red and white cabbage, sliced thinly	30		24	✓	6	Soft	✓
Romanesco broccoli florets	15		12	✓	3	Soft	✓
Savoy cabbage, sliced	25		20	✓	5	Soft	✓
Spinach	2		2	✓	-		
Sweet potatoes, diced	20	✓	16	✓	4	Soft	✓
Vegetables, mixed	15		12	✓	3	Soft	✓
Vegetables, stuffed (small, such as mushrooms)	-		6	✓	-		
Vegetables, stuffed (large, such as zucchini)	-		12	✓	-		
Zucchini, sliced	5		4	✓	-		

Category / Food	Cooking in vegetable window		Cooking with EasyQuick		Cooking with Secuquick softline		
	Cooking time (minutes)	with Softiera insert	Cooking time (minutes)	with Softiera insert	Cooking time (minutes)	Soft / Turbo	with Softiera insert
Rice and grains							
For the required amount of liquid, please refer to the information on the package.							
Basmati and jasmine rice	15		-		4	Soft	
Buckwheat	15		-		5	Soft	
Bulgur	20		-		7	Soft	
Brown rice	45		-		17	Soft	
Couscous	5		-		-		
Durum wheat	10		-		3	Soft	
Millet	15		-		5	Soft	
Parboiled rice and risotto rice/arborio	20		-		7	Soft	
Polenta (polenta bramata)	40		-		12	Soft	
Quinoa	20		-		7	Soft	
Pearl barley	45		-		15	Soft	
Wild rice	55		-		20	Soft	
Noodles / pasta							
Use approx. double the amount of liquid. Follow the cooking time on the package.							
			follow instructions		50 % of the amount listed in instructions	Soft	
Fresh pasta and similar items							
Boiled dumplings (Knödel)	-		8	✓	-		
Dumplings (perishable) such as wontons, manti, pelmeni	-		10	✓	-		
Fresh noodles/pasta (perishable) such as spaetzle or gnocchi	-		50 % of the amount listed in instructions	✓	-		
Steamed sweet dumplings (Dampfnudeln)	-		15	✓	-		
Stuffed pasta (perishable) such as ravioli or tortellini	-		5	✓	-		
Legumes							
For the required amount of liquid, please refer to the information on the package. Soak legumes marked with * in plenty of cold water for 8 to 12 hours.							
Chickpeas*	60		-		20	Turbo	
Kidney or cranberry beans*	75		-		25	Turbo	
Lentils, brown or green	25		-		12	Turbo	
Lentils, red	10		-		3	Soft	
Soybeans*	60		-		20	Turbo	
Peas, shelled*	75		-		25	Turbo	

Category / Food	Cooking in vegetable window		Cooking with EasyQuick		Cooking with Secuquick softline		
	Cooking time (minutes)	with Softiera insert	Cooking time (minutes)	with Softiera insert	Cooking time (minutes)	Soft / Turbo	with Softiera insert
Braised meat dishes							
Beef roulades	90		70		30	Turbo	
Cabbage rolls with ground-meat filling	25		20		8	Turbo	
Chicken thigh	40		30		15	Turbo	
Goulash/ragout (beef, lamb, game)	90		75		25	Turbo	
Goulash/ragout (pork, veal)	60		50		20	Turbo	
Ground-meat-based sauce	25		20		10	Turbo	
Meatballs in sauce	15		12		-		
Roasts (beef, lamb, game)	120		90		60	Turbo	
Roasts (pork, veal)	90		75		45	Turbo	
Fish and seafood							
Fish fillet, thick (approx. 3 – 5 cm)	-		10	✓	-		
Fish fillet, thin (approx. 1 – 2 cm)	-		4	✓	-		
Fish roulade (approx. 5 cm Ø)	-		6	✓	-		
Mussels in their shells	-		5	✓	-		
Octopus, whole	-		-	✓	15	Turbo	
Whole fish, large	-		12	✓	-		
Whole fish, small	-		6	✓	-		

Notes and tips

Times listed

The times listed here are merely a guide intended to help you. Actual cooking times may vary depending on the amount, size of the pieces and quality of the ingredient used. For more detailed information, please refer to the corresponding recipes published by AMC.

Softiera insert

When cooking with the Softiera insert and EasyQuick, always add 120 – 150 ml water to the pot. When cooking with the Softiera insert and Secuquick softline, use 150 – 200 ml. This guarantees cooking that is healthy and preserves nutrients, as the food does not come into contact with water.

Secuquick softline

The cooking times listed here correspond to the time required when Secuquick softline is manually depressurized after the cooking process (by depressurizing with the yellow exhaust button or cooling under running water). It is also possible to let the Secuquick softline depressurize by itself by slowly allowing it to cool down. This shortens the cooking time and saves even more energy. For more detailed information, please refer to the corresponding recipes published by AMC.

We Are Here for You

Your personal AMC consultant will be happy to help you get started in the world of AMC and to make getting used to your new pots and pans as easy as possible. You will receive great support along the way—use this service!

Countless recipe ideas that will inspire you to get cooking with your AMC products can be found at www.cookingwithamc.info



We are pleased by your interest in AMC and hope you enjoy using your products to create great cooking experiences!





Bon appétit!

AMC recipes: simple, fast and healthy



Eat better.
Live better.

The Premium Cooking System.



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Dear AMC cooking friends,

Discover the pleasure in healthy and enjoyable cooking with AMC. In this recipe book, we have selected recipes for you which are, of course, specially designed for cooking with AMC products and AMC cooking methods. This will make it easy for you to create your favorite dishes and everyday recipes with your new AMC products.

If you want to get creative while you're at it, there's nothing stopping you. You can change the AMC recipes as you see fit – or even come up with completely new creations. Once you are familiar with the range of products and cooking methods, it will be easy for you. And don't forget that your AMC consultant is always available to answer your questions.

Now it's time to let our recipes inspire you. Many more inspiring recipes are available at: www.cookingwithamc.info. Have fun browsing around and of course cooking and trying things out yourself. We have tested all the recipes for you and can say with certainty that everything that comes from our world of recipes tastes good.

We hope you enjoy your meal!



Discover our recipe community in German, Italian, Spanish, and English with hundreds of AMC Premium recipes for every taste. It's a place where you can also share your own recipes with other members – not to mention your passion and skills. Whether it's basic recipes, delicious menus, inspiring videos, product information, or forum questions, you will find all this and much more in your recipe community.

www.kochenmitamc.info
www.cucinareconamc.info
www.recetasamc.info
www.cookingwithamc.info





Recipes with pots



SPRING VEGETABLES

Cooking without added water
Preparation and cooking time: 35 min.

For 4 persons
(58 calories per person)

1 kg fresh seasonal
vegetables (e.g. carrots,
broccoli, asparagus,
kohlrabi, fresh or
frozen snow peas)

2 spring onions

1/2 bunch parsley

1. Clean the vegetables, cut them into slices or bite-sized pieces and place them (still wet) in the pot. Clean the spring onions, cut them into fine rings and spread over the vegetables.
2. Heat the pot on highest level up to the vegetable window, switch to a low level and cook for approx. 15 minutes in the vegetable area.
3. Pluck the parsley leaves, chop finely and sprinkle over the vegetables to serve.

AMC products

Pot 24 cm 3.5 l
Audiotherm



Tips

Reduce or increase the cooking time, depending on how crunchy or soft you like your vegetables.

Add some butter, olive oil or crème fraîche to the vegetables to serve.

CHICKEN BREAST

Roasting without added fat

Preparation and cooking time: 25 min.

For 4 persons
(155 calories per person)

4 chicken breasts
spicy paprika powder
curry
salt

AMC products

Pot 24 cm 2.5 l

Audiotherm

1. Remove the chicken breast from the refrigerator about 30 minutes before you intend to prepare it.
2. Dab the meat dry with a paper towel. Heat the pot on highest level up to the roasting window, switch to a low level and place the chicken breast inside. Cover with the lid and roast until the turning point is reached.
3. Turn and season the meat, put the lid back on and turn off the heat.
4. Depending on the thickness, allow to steep for approx. 10 minutes.

Tips

Cooking with the lid is perfect for tender meat like chicken breast, as it keeps the meat juicy without drying out.

Another positive: All of the cooking smells stay trapped in the pot!





SEARED SALMON FILLET

Roasting without added fat
Preparation and cooking time: ca. 15 min.

For 4 persons
(270 calories per person)

4 salmon fillet skin removed
(approx. 150 g each)

salt, pepper

AMC products

Pot 24 cm 2.5 l
Audiotherm

1. Rinse salmon fillets under running water and dab dry with a paper towel.
2. Heat the pot on highest level up to the roasting window, switch to a low level and add the salmon fillets. Cover with the lid and roast until the turning point is reached.
3. Flip salmon fillets, season with salt and pepper and put the lid back on. Switch off the heat and leave to rest for 3 minutes.

BOILED EGGS

Cooking without added water
Preparation and cooking time: ca. 15 min.

For 4 persons
(80 calories per person)

4 eggs

AMC products

Pot 16 cm 1.3 l

Audiotherm



1. Add 3 tablespoons of water and eggs to the pot.
2. Heat the pot on highest level up to the vegetable window, switch to a low level and cook for approx. 6 minutes (for soft-boiled eggs) or approx. 10 minutes (for hard-boiled eggs) in the vegetable area.

Tip

For more eggs, opt for a larger pot and add a little more water, e.g.: 8 eggs, 6 tablespoons of water and a 20 cm/2.3 l pot. The energy supply always remains at a low level after reaching the stop window.





WHITE BREAD

Baking

Preparation and cooking time: ca. 45 min. | Rising: 50 min.

For 1 loaf
(120 calories per slice)

450 g flour

15 g fresh yeast

1/2 ts sugar

150 ml warm water

125 ml warm milk

1 tbs olive oil

1 1/2 ts salt

flour for handling

water for brushing

AMC products

Pot 20 cm 4.5 l

Navigenio

Audiotherm

1. Place the flour in a bowl and hollow out a cavity in the middle.
2. Crumble in the yeast and add sugar, water and milk. Dissolve yeast while stirring and mix with a little flour.
3. Cover and set in a warm place to rise for around 20 minutes, until the mixture has visibly increased in bulk.
4. Add olive oil and salt and knead into a smooth dough with the rest of the flour. Let the dough rise again in a warm place, covered, for about 30 minutes until the mixture has once again visibly increased in bulk.
5. Form the dough into a round loaf and score the surface slightly. Cut out a circle of baking paper for the pot with the help of a 20 cm lid.
6. Place the pot on the Navigenio, switch to "A" and heat up to the roasting window.
7. Switch off the Navigenio, place the pot in an inverted lid, put baking paper in it, place loaf of bread on top and brush with cold water.
8. Place the Navigenio overhead and turn to low level, then bake for approx. 22 minutes.
9. Switch the Navigenio to the high level, then finish baking, for approx. 2 minutes.
10. Remove the bread and allow it to cool completely on a wire rack.

Tip

Adjust to taste with fried onions, chopped rosemary needles or finely chopped dried tomatoes.

BREAD BUNS

Baking

Preparation and cooking time: ca. 25 min. | Rising ca. 30 min.

For 6 pieces
(140 calories per piece)

150 g flour

1/4 ts salt

1/2 package dry yeast

20 g powdered sugar

120 ml milk

20 g butter, melted

AMC products

Pot 24 cm 3.5 l

Navigenio

Audiotherm

1. Mix all ingredients and work them into a smooth dough. Let the dough prove in a warm place for about 30 minutes.
2. Roll out the dough on a floured surface to a thickness of about 1,5 cm and use a cup or glass to create six circles of about 5 cm Ø.
3. Cut out a circle of baking paper with the help of a 24 cm lid.
4. Place the pot on the Navigenio and heat on level 6 up to the roasting window, place the pot in the inverted lid, insert baking paper and place rolls on top with a little space between them. Brush the surface of the rolls with some cold water.
5. Place the Navigenio overhead and bake with residual heat for about 5 minutes. Then switch to low level and bake for another 3 minutes.
6. Remove the rolls and let them cool down on a wire rack.

Tip

The rolls are best served with a delicious homemade jam.



ROAST CHICKEN

Roasting without added fat | Baking

Preparation and cooking time: ca. 55 min. | Marinating ca. 15 min.

For 2 persons
(830 calories per person)

1 whole chicken
(approx. 1 kg)

spices for roast chicken

AMC products

Pot 20 cm 3.0 l

Navigenio

Audiotherm

1. Cut the chicken in half with poultry shears, rub vigorously all around with roast chicken spice and pierce skin in the thigh area a few times. Allow the spices to infuse for about 15 minutes.
2. Place the pot on the Navigenio and heat on level 6 up to the roasting window, place the halves of chicken in the pot, cut side down.
3. Heat the Navigenio on level 6 up to the vegetable window, switch to level 2 and cook for approx. 10 minutes in the vegetable area.
4. After cooking is finished, place the pot in the inverted lid. Place the Navigenio overhead and switch to low level, bake for approx. 30 minutes until crispy.



SALAMI-PIZZA

Baking

Preparation and cooking time: ca. 30 min.

For 4 pieces
(865 calories per piece)

500 g pizza dough
(store-bought or
home-made)

100 g salami, in thin
slices

250 g flavorful tomato
sauce for pizza (home-
made or store-bought)

150 g grated cheese
pepper

AMC products

Pot 24 cm 3.5 l

Navigenio

Audiotherm

1. Divide the pizza dough into four portions and roll out to round bases with a diameter of about 22 cm each.
2. Place the pot on the Navigenio and heat on level 6 up to the roasting window.
3. Place the first pizza base in the pot, spread 1/4 of the tomato sauce on it and then spread 1/4 of each of the remaining ingredients on top as well. Sprinkle cheese on last.
4. Place the pot in an inverted lid, place the Navigenio overhead and switch to high level, then bake for approx. 2 minutes.
5. Remove pizza and return pot on level 6 on the Navigenio. Place the next pizza base inside, add toppings in the same way and bake as described in points 3 and 4. When arranging toppings, always return pot on level 6 on the Navigenio. Extend the baking time a bit if necessary.
6. Before serving, season pizza with pepper.

Tips

When it comes to pizza, there are lots of ways to add a little variety, of course. Every person can make their own favorite pizza. Just make sure that vegetables in particular are cut into small enough pieces to cook through during the brief time in the oven.

The pizza will be easier to remove from the pot and the pot will stay cleaner if a circle of baking paper is used. To do this, simply cut out a circle of baking paper with the help of a 24 cm lid, put it in the pot after heating and put dough on it.

If you want to make the dough yourself, then the basic recipe for pizza dough is the perfect choice. Make sure that it is not too soft.





ALSATIAN TARTE FLAMBÉE

Baking

Preparation and cooking time: ca. 40 min.

For 6 pieces
(415 calories per piece)

100 g thin bacon slices

100 g spring onions

6 tarte flambée bases
(approx. 22 cm in diameter,
either store-bought or
home-made)

200 g crème fraîche with
herbs

pepper

AMC products

Pot 24 cm 2.5 l

Navigenio

Audiotherm

1. Cut the bacon into thin strips. Clean the spring onions and slice them into thin rings.
2. Place the pot on the Navigenio and heat on level 6 up to the roasting window.
3. Place the first tarte base in the pot, spread 1/6 of the crème fraîche on it and then spread 1/6 of the bacon and spring onions on top as well.
4. Place the pot in an inverted lid, place the Navigenio overhead and turn to high level, then bake for approx. 1 minute until crispy.
5. Remove tarte flambée and return pot on level 6 on the Navigenio. Place the next tarte base inside, add toppings in the same way and bake as described in points 4 and 5.
6. When arranging toppings, always return pot on level 6 on the Navigenio. The baking time for the other tartes flambées will then be about 2 minutes.
7. Before serving, season tarte flambée with pepper.

Tips

If you want to make the dough yourself, then the basic recipe for pizza dough is the perfect choice. Make sure that it is not too soft.

The tarte flambée will be easier to remove from the pot and the pot will stay cleaner if a circle of baking paper is used.

If you buy a ready-made dough, you will need about 500 g of it.

Crème fraîche is essential for tarte flambée. You can get creative with the other ingredients however you prefer:

- Finely sliced vegetables like asparagus, fennel and leek are great for this.
 - Ham, salami or salmon are variations on the bacon.
 - If you like, you can grate a little intense cheese (such as Alpine mountain cheese or goat cheese) over it at the end.
-

DAMSON PLUM CRUMBLE

Baking

Preparation and cooking time: ca. 50 min. | Cooling ca. 30 min.

For 4 persons
(450 calories per person)

100 g wheat flour
50 g buckwheat flour
60 g sugar
1 pinch salt
100 g butter, softened
500 g zwetschge
(damson) plums
1 package vanilla sugar
2 ts cornstarch
powdered sugar for
dusting

AMC products

Pot 24 cm 3.5 l
Navigenio
Audiotherm

1. Place the flours, 45 g of sugar, salt and butter in a mixing bowl, work into crumbles and chill for about 30 minutes.
2. Clean, pit and quarter the plums. Mix the remaining sugar and vanilla sugar in a pot and let the mixture rest for about 15 minutes. Sprinkle the cornstarch on top, then stir it in.
3. Place the pot on the Navigenio and heat on level 6 up to the roasting window.
4. Stir, then scatter the crumble topping on top. Place the pot in an inverted lid, place the Navigenio overhead and switch to low level, then bake for approx. 15 minutes until golden brown.
5. Allow crumble to cool, then serve dusted with powdered sugar.

Tip

You can mix up the crumble by using seasonal fruit such as apples (skip the cornstarch), apricots, rhubarb or berries. Add a little more sugar if desired. This pairs perfectly with a scoop of vanilla ice cream or vanilla sauce.





YOGURT CAKE

Baking

Preparation and cooking time: ca. 40 min.

For 8 persons
(340 calories per person)

3 eggs
130 g sugar
110 g sunflower oil
110 g plain yogurt
1 pinch salt
260 g flour
3 ts baking powder

AMC products

Pot 24 cm 3.5 l
Navigenio
Audiotherm

1. Cut out a circle of baking paper with the help of a 24 cm lid and place it in the pot.
2. Beat the eggs and sugar until fluffy, then fold in oil with yogurt and salt. Mix the flour with the baking powder, then stir this mixture in as well.
3. Add the dough to the pot and smooth it out evenly.
4. Place the pot on the hob and switch to a low level. Place the Navigenio overhead and switch to low level, then bake for approx. 30 minutes.
5. Remove Navigenio after baking is finished and remove the pot from the heat. Let cool for approx. 10 minutes.
6. Tip the cake out of the pot, remove the baking paper and let cool.

Tips

If you stir 5 tablespoons of lemon juice into the batter, the yogurt cake will taste even brighter.

Garnish the cake as desired with fresh berries and cream, a curd cream or with lemon icing.

CHEESECAKE

Baking

Preparation and cooking time: ca. 40 min.

For 8 persons
(340 calories per person)

Dough:

180 g flour
3 tbs sugar
150 g butter

Coating:

400 g low-fat curd
1 package vanilla sugar
2 tbs flour
3 eggs
1 ts untermated lemon zest

Berry topping:

300 g mixed berries
3 tbs blackcurrant or
raspberry syrup

AMC products

Pot 24 cm 3.5 l
Navigenio
Audiotherm

1. In a bowl, mix together all the ingredients for the batter.
2. In a bowl, thoroughly mix all the ingredients for the coating.
3. With the help of a 24 cm lid, cut out a circle of baking paper that is approximately 2 cm bigger (approx. 28 cm in diameter).
4. Place the pot on the Navigenio and heat on level 6 up to the roasting window.
5. Place the baking paper in the pot, pour in 3/4 of the dough and spread it with a spoon before adding the coating on top. Stir the rest of the dough until it forms large crumbs, then top the coating with it.
6. Place the pot in an inverted lid, place the Navigenio overhead and switch to low level, bake for approx. 8 minutes until golden yellow.
7. Allow to cool slightly and remove from pot.
8. Sort through the berries to make sure none are bad, then mix them with the syrup and serve with the cheesecake (either warm or chilled).

Tip

After baking for only 8 minutes, you'll have a delicious cake on the table for spontaneous visitors.





GRANOLA WITH CHIA SEEDS

Baking

Preparation and cooking time: ca. 30 min.

For 4 persons
(340 calories per person)

70 g mixed nuts
2 tbs coconut flakes
3 tbs flax seeds
2 tbs pumpkin seeds
1 tbs chia seeds
20 g puffed amaranth
20 g puffed spelt
30 g oats
20 g spelt flakes
1 tbs coconut oil, melted
1 tbs honey
1 ts cinnamon

AMC products

Pot 24 cm 3.5 l
Navigenio
Audiotherm

1. Coarsely chop the nuts and place in a bowl with all ingredients up to and including the spelt flakes.
2. Mix coconut oil with honey and cinnamon and blend well with the granola mixture.
3. Cut out a circle of baking paper with the help of a 24 cm lid.
4. Place the pot on the Navigenio and heat on level 6 up to roasting window. Place the baking paper inside, spread out the granola mixture on top and place the pot in an inverted lid.
5. Place the Navigenio overhead and switch to low level, bake for approx. 30 seconds. Stir the mixture and repeat the process until beautiful browning is achieved.
6. Remove the granola mixture and let it cool down.

Tip

Stir in 1 tablespoon of goji berries for even more deliciousness and healthiness. Serve with fresh fruit and yogurt or curd.

WARM SMOKED SALMON

60 °C smoke

Preparation and cooking time: ca. 50 min. | Marinating ca. 2 hrs.

For 4 persons
(300 calories per person)

1 untreated orange
5 tbs brown sugar
1 ts coarsely ground pepper
or AMC Pepper Trio
2 tbs coarse sea salt
1 ts coriander powder
500 g very fresh salmon
fillet, skin still on
100 g wood chips for
smoking

AMC products

Pot 24 cm, 2,5 l
Sieve insert
Navigenio
Audiotherm

1. Wash the orange in hot water and finely zest the skin. Mix with sugar, pepper, salt and coriander and rub into the salmon. Allow to marinate, covered, in the fridge for about 2 hours.
2. Cut out a circle of baking paper with the help of a 24 cm lid and place in the sieve insert. Rinse salmon fillet with cold water, dab dry and place in the sieve insert.
3. Line the pot well with aluminum foil, put wood chips in and cover with the lid. Place the pot on the Navigenio and heat on level 6 up to the roasting window.
4. Place the sieve insert with the salmon on the pot and put the lid back on.
5. Switch Navigenio to "A" and smoke for about 10 minutes in the 60 °C program.
6. Serve warm smoked salmon either immediately while still warm or cold – however you prefer.

Tips

It will take a few minutes to reach the ideal temperature of 60 °C. This wait is necessary for the Navigenio to heat in a particularly gentle way without allowing the temperature to get too hot.

This goes well with a cream-cheese dip with coarse-grained mustard, orange zest and pepper.





SOUS-VIDE SADDLE OF VEAL

Roasting without added fat | 60 °C Sous-vide

Preparation and cooking time: ca. 2¼ hrs. | Marinating ca. 12 hrs.

For 4 persons

750 g saddle of veal,
boneless

olive oil

4 twigs tarragon

salt, pepper

AMC products

Pot 24 cm 3.5 l

Pot 24 cm 5.0 l

Navigenio

Audiotherm

1. Vacuum-seal the saddle of veal in a heat-resistant bag together with a little olive oil and tarragon. Allow to marinate overnight in the refrigerator for best results.
2. Add around 3 liters of water to the tall pot, place the vacuum-packed meat inside and close with the lid.
3. Switch the Navigenio to "A" and cook for approx. 90 minutes on the 60 °C program.
4. After cooking is finished, remove the pot from the Navigenio. Remove meat from the vacuum bag and carefully dab dry with a paper towel.
5. Heat the pot on highest level up to the roasting window, switch to a low level and roast meat well on all sides.
6. To serve, slice the meat and season with some salt, pepper and olive oil.



Recipes with pans



For 6 persons
(580 calories per person)

White sauce:

- 1 small onion
- 1 hard-boiled egg
- 2 pickles
- 1/2 bunch chives
- 150 g yogurt
- 1 tbs mustard
- salt, pepper
- 100 g mayonnaise

Red sauce:

- 1 clove of garlic
- 1 shallot
- 150 g apricot jam
- 1 ts tomato paste
- cayenne pepper
- 1 tbs soy sauce
- salt

Nuggets:

- 2 chicken breasts
- 400 g fish fillet (e.g. cod)
- salt, pepper
- 3 eggs
- 4 tbs flour
- 100 g breadcrumbs
- 800 ml oil for deep-frying

AMC products

- HotPan 28 cm
- Audiotherm

CHICKEN AND FISH NUGGETS

Deep-frying

Preparation and cooking time: ca. 60 min

Red Sauce:

1. Peel and dice the garlic and shallot. Mix with apricot jam and tomato paste. Season to taste with cayenne pepper, soy sauce and salt.

White Sauce:

2. Peel and dice the onion and egg along with the pickles. Slice the chives into thin rings. Mix everything with the mayonnaise, yogurt and mustard. Season to taste with salt and pepper.

Nuggets:

3. Cut chicken breast and fish fillet into bite-sized pieces and season with salt and pepper.
4. Whisk the eggs in a deep dish and prepare two plates – one with flour and one with breadcrumbs.
5. Dunk the chicken first in the flour, then in the whisked egg and finally in the breadcrumbs. Then bread the pieces of fish in the same way.
6. Add oil to the pan and cover with the lid. Heat the pot on highest level up to the roasting window, switch to a low level and place the breaded pieces of meats into the oil first.
7. Cover with the lid and deep-fry until the turning point is reached.
8. Turn the nuggets, take them out as soon as they are golden brown and let them drain on a paper towel.
9. Then deep-fry the pieces of fish in the same way. Serve the nuggets as hot as possible and with the sauces.

Tip

The Visiotherm provides perfect control over the right deep-frying temperature so you can deep-fry different ingredients one after the other in the same oil.

BREADED SCHNITZEL

Roasting

Preparation and cooking time: ca. 20 min.

For 2 persons
(475 calories per person)

2 schnitzel (either pork, veal
or turkey depending
on preference)

salt, pepper

spicy paprika powder

2 tbs flour

5 tbs breadcrumbs

1 egg

40 g butter

AMC products

HotPan 28 cm

Audiotherm

1. Dab the schnitzel dry with a paper towel; if necessary, cover them in clingfilm and beat them a bit flatter, then season.
2. Prepare two plates – one with flour and one with breadcrumbs. Beat the egg in a deep dish with a fork. Turn each schnitzel first in flour, then in egg and finally in breadcrumbs. Gently shake off excess breading.
3. Add butter to the pan and heat up on highest level.
4. As soon as the butter begins to foam, place the schnitzel in the pan, put the lid on and roast on highest level up to the roasting window.
5. Switch to a low or medium level and continue roasting until the turning point is reached. Flip the schnitzel, dry the inside of the lid with a paper towel, then replace the lid.
6. Unscrew the Visiotherm and roast the schnitzel for about 3 minutes until they are golden brown.
7. Remove the schnitzel and serve immediately.

Tip

Finish roasting thicker or stuffed schnitzel such as cordon bleu until they have reached the desired cooking point.





ROAST POTATOES

Roasting

Preparation and cooking time: ca. 35 min.

For 2 persons
(320 calories per person)

800 g waxy potatoes

1 onion

30 g clarified butter

salt or pan-fried potato spice
mix

AMC products

HotPan 28 cm

Audiotherm

1. Peel the potatoes and cut them into cubes of about 2 cm. Peel and dice the onion.
2. Heat the pan on highest level up to the roasting window, switch to a low level and add the clarified butter to the pan.
3. Spread out the potato cubes in the pan and roast until the turning point is reached.
4. Turn the potatoes, add onion cubes and season. Replace the lid. Unscrew the Visiotherm so that excess moisture can escape.
5. Roast potatoes for about 20 minutes in all, turning occasionally. To finish, remove the lid entirely and allow the potatoes to get crispy for about 2 minutes.

For a "Tyrolean-style farmer's gröstl" variation:

Along with the diced onion, also fold in small chopped pieces of sausage or bits of roast meat, then continue to roast as described.

After cooking is finished, mix chopped parsley and chives together with halved cocktail tomatoes into the "gröstl" and serve.

ONION CHEESECAKE

Roasting | Baking

Preparation and cooking time: ca. 25 Minuten

For 4 persons
(285 calories per person)

1 onion
150 g grated mixed cheese
75 g cooked ham or cubes
of bacon
1 egg
3 tbs cream
pepper
cayenne pepper
nutmeg
1 puff pastry (round,
ø of approx. 24 cm)

AMC products

HotPan 24 cm
Navigenio
Audiotherm

1. Peel and dice onion, mix well with cheese, diced ham or bacon, egg and cream, then season generously.
2. Cut out a circle of baking paper that's a little bit bigger than the pastry base.
3. Place the pastry base with the baking paper in the pan, then prick tightly with a fork. Place the pan on the hob and set it on highest level. Place Navigenio overhead and switch to the large level, prebake for approx. 3 minutes (for induction hobs, only approx. 2 minutes).
4. Switch off the hob (for an induction hob, leave at low level) and spread the topping on the puff pastry base.
5. Place the Navigenio overhead and switch to high level, then bake for approx. 3 minutes.
6. Then switch the Navigenio to low level to finish baking, for approx. 5 minutes.





TOASTED SANDWICH BREAD

Roasting without added fat

Preparation and cooking time: ca. 20 min.

For 4 persons
(275 calories per person)

8 slices toast

2 tbs cream cheese with
herbs

4 slices cooked ham

4 slices cheese

1 tomato

AMC products

Arondo Grill 28 cm

Audiotherm

1. Spread four slices toast with cream cheese, then cover each with a slice of ham and cheese.
2. Cut the tomato into thin slices and spread them on top, cover with the remaining four slices of toast, press them together slightly.
3. Heat the pan on highest level up to the roasting window, switch off the hob, place the sandwiches in the pan and cover with the lid.
4. Flip the sandwiches after about 1 minute and put the lid back on.
5. Continue to roast for about 5 minutes until the sandwiches are crispy and golden brown.

STEAK

Roasting without added fat
Preparation and cooking time: ca. 15 min.

For 4 persons
(330 calories per person)

4 beef steaks (approx. 250 g each)
salt, pepper

2 cloves of garlic

2 sprigs rosemary

2 thyme sprigs

AMC products

Arono Grill 28 cm

Audiotherm

1. Remove the steaks from the refrigerator about 30 minutes before you intend to prepare them.
2. Dab the meat dry with a paper towel. Press the unpeeled cloves of garlic with the back of a knife.
3. Heat the pan on highest level up to the roasting window, place the steaks in the pan and roast, uncovered, until the meat is easy to remove from the bottom of the pan slightly.
4. Turn the steaks, season, then spread thyme and rosemary and garlic on the meat. After about 1 minute, put the lid on and remove the pan from the heat.
5. Let rest until the desired cooking degree is reached.

Tips

After browning, allow the steaks to rest according to the desired degree of cooking (for a thickness of approx. 3 cm):

approx. 2 minutes for rare (bloody)

approx. 4 minutes for medium (pink)

approx. 6 minutes for well done (cooked through)

Cooking without the lid is best for when the goal is to achieve a hearty crust.



ITALIAN BRUSCHETTA

Open cooking

Preparation and cooking time: ca. 25 min. | Resting ca. 15 min.

For 12 pieces
(160 calories per piece)

AMC product
oPan

3 tomatoes

2 cloves of garlic

2 stalks of basil

salt, pepper

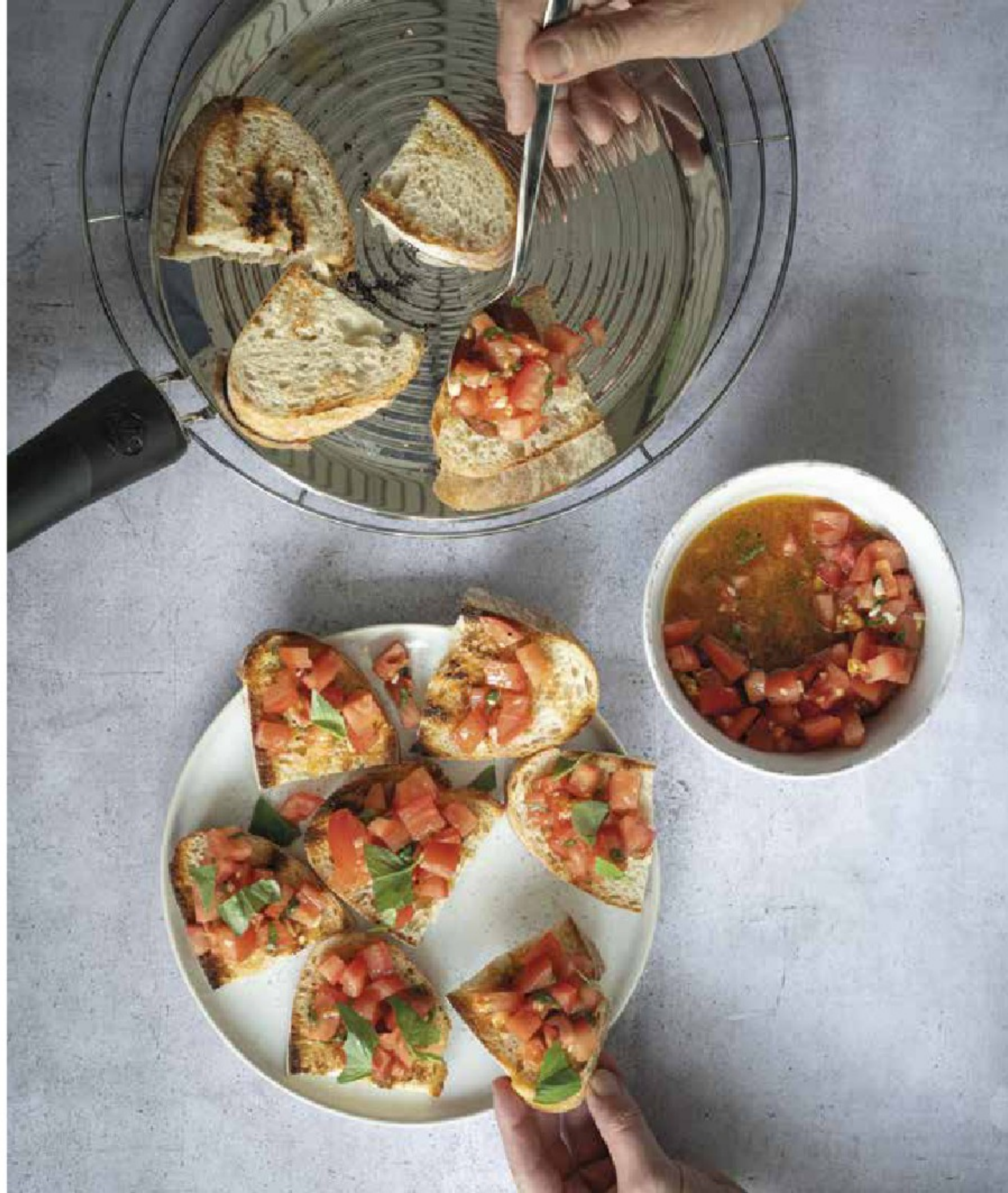
5 tbs olive oil

12 slices white bread
(e.g. ciabatta)

1. Clean the tomatoes and cut into fine cubes. Peel the garlic and dice it along with the basil. Mix everything, season with salt and pepper, stir in olive oil and let it rest for about 15 minutes.
2. Heat the pan on highest level up until the perfect temperature for roasting is reached.
3. Switch to a low level and place 6 slices of bread in the pan. Roast until the desired level of browning has been reached, then flip.
4. After turning, spread the tomato mix on the roasted bread slices, drizzle with olive oil and serve.
5. Roast the rest of the bruschette in the same way and spread with the remaining ingredients.

Tip

Serve from the pan at the table. This will keep the bread warm for as long as possible.





STUFFED OMELETTE AND FRIED EGGS

Open cooking

Preparation and cooking time: ca. 15 min.

For 2 persons
(270 calories per person)

Stuffed omelette:

2 eggs

salt, pepper

1/2 red bell pepper

3 stalks flat leaf parsley

1 ts fat, oil or butter

3 tbs grated cheese

Fried eggs sunny-side up:

2 eggs

salt, pepper

1 ts fat, oil or butter

slices of bacon, as desired

AMC Produkt

oPan

1. Season the eggs for the omelette with salt and pepper, then whisk them with a fork. Clean and dice the bell pepper; finely chop the parsley.
2. Heat the pan on highest level up until the perfect temperature for roasting is reached. Switch to a low level, add fat and spread it around evenly.
3. Add the egg mixture and cook until it starts to solidify.
4. Spread the grated cheese, paprika and parsley on top, fold the edges inwards and serve.
5. For the fried eggs, beat the eggs in the heated pan and roast them, adding bacon slices as desired. Season with salt and pepper.

CREPES

Open cooking

Preparation and cooking time: ca. 20 min. | Resting: ca. 30 min.

For 6 pieces
(100 calories per piece)

AMC product
oPan

100 g flour
1 pinch salt
200 ml milk
2 eggs

1. Stir all the ingredients well until the mixture turns into a thin batter, then let the batter rest for about 30 minutes.
2. Heat the pan on highest level up until the perfect temperature for roasting is reached.
3. Switch to a low level, pour enough batter for one crepe into the pan and spread it around evenly.
4. As soon as the batter firms up, flip it and continue to bake. Set crepe aside but keep warm and continue to cook the rest of the crepes.

Tips

Here's how to add a little variety!

Make the dough savory or sweet by adding

- Cress or chopped fresh herbs
- Cocoa powder, poppy seeds, cinnamon
- Curry powder, turmeric, red pepper flakes
- Lemon or orange zest
- A dash of liqueur or schnapps

Savory or sweet fillings such as

- Curd or ricotta
- Ham, cheese or smoked salmon
- Fruit or vegetables





Recipe with quick
cooking lid



POTATO GRATIN

Roasting | Gratin

Preparation and cooking time: ca. 40 min.

For 4 persons
(890 calories per person)

1 clove of garlic
1 kg waxy potatoes
200 ml cream
100 ml vegetable broth
salt, pepper
nutmeg
50 g grated cheese

AMC products

Pot 24 cm 3.5 l
Secuquick softline 20 cm
Navigenio
Audiotherm

1. Peel garlic and potatoes, finely dice garlic and thinly slice potatoes.
2. Add cream, broth and garlic to a pot and season generously with salt, pepper and nutmeg.
3. Add the potatoes and spread them around a little, but stop stirring. Cover with the Secuquick softline and close.
4. Place the pot on the Navigenio and heat on level 6 up to the soft window, switch to level 2 and cook for about 6 minutes in the soft area.
5. After cooking is finished, depressurize the pot and remove the Secuquick.
6. Spread the cheese over the potatoes. Place the pot in an inverted lid, place Navigenio overhead and switch to high level, then brown for approx. 10 minutes.

Tip

Vary the ingredients – replace some of the potatoes with thin slices of carrots, knob celery or leek.





NOODLES (BASIC RECIPE)

Quick-cooking

Preparation and cooking time: ca. 15 min.

For 2 persons

(440 calories per person)

250 g noodles, e.g. fusilli (spiral noodles)

500 ml vegetable broth

AMC products

Pot 20 cm 3.0 l

Secuquick softline 20 cm

Audiotherm



1. Mix the noodles and vegetable broth in a pot. Cover with the Secuquick softline and close. Heat the pot on highest level up to the soft window, switch to a low level and cook for approx. 5 minutes in the soft area.
2. After cooking is finished, depressurize the Secuquick and remove it. Then stir the noodles well and continue to follow the recipe.

Tip

Noodles can be cooked in a way that conserves energy particularly well: just around 1 minute in the soft area. Then place the pot in the upside-down lid and allow it to depressurize by itself.



RICE (BASIC RECIPE)

Quick-cooking

Preparation and cooking time: ca. 15 min.

For 4 persons

(220 calories per person)

250 g rice, e.g. long-grain

500 ml vegetable broth

AMC products

Pot 20 cm 3.0 l

Secuquick softline 20 cm

Audiotherm



1. Mix the rice and vegetable broth in a pot. Cover with the Secuquick softline and close. Heat the pot on highest level up to the soft window, switch to a low level and cook with the time setting "p" in the soft area.
2. After cooking is finished, place the pot in the inverted lid and allow it to depressurize by itself.
3. Remove Secuquick and use a utensil to loosen up the rice.

Tip

The recipe can also be prepared without a Secuquick: Heat the pot with rice and vegetable broth on highest level up to the vegetable window, switch off the heat, stir once, put the lid back on and let it swell up according to the package instructions.



BOILED POTATOES (BASIC RECIPE)

Quick-cooking

Preparation and cooking time: ca. 20 min.

For 4 persons

(140 calories per person)

800 g waxy potatoes

AMC products

Pot 20 cm 3.0 l

Secuquick softline 20 cm

Softiera insert 20 cm

Audiotherm



1. Wash and brush the potatoes thoroughly.
2. Add water to the pot and place the potatoes (in the Softiera insert) inside it. Cover with the Secuquick softline and close.
3. Heat the pot on highest level up to the soft window, switch to a low level and cook for approx. 6 minutes in the soft area.
4. After cooking is finished, place the Secuquick in an inverted lid and allow it depressurize by itself.
5. Remove Secuquick, let potatoes cool slightly, peel if necessary and serve.

Tip

The amount of water is 150 ml for the 20 cm pot and 200 ml for the 24 cm pot.

ONE-POT PASTA: FUSILLI WITH BOLOGNESE SAUCE

Roasting without added fat | Quick-cooking
Preparation and cooking time: ca. 25 min.

For 4 persons
(485 calories per person)

350 g minced meat
1 onion
250 g fusilli (spiral-shaped noodles)
400 g diced tomatoes (canned)
400 ml vegetable broth
salt, pepper
chili flakes or AMC Intenso
50 g grated Parmesan

AMC products
Pot 20 cm 4.0 l
Secuquick softline 20 cm
Audiotherm

1. Remove the minced meat from the refrigerator about 30 minutes before you intend to prepare it.
2. Peel and dice the onion, then add it to the pot. Heat the pot on highest level up to the roasting window, switch to a low level, add the meat and roast. Add the fusilli, tomatoes and broth and mix. Cover with the Secuquick softline and close.
3. Heat the pot on highest level up to the soft window, switch to a low level and cook for approx. 1 minute in the soft area.
4. At the end of the cooking time place pot in the inverted lid and allow it to depressurize by itself. Remove Secuquick.
5. Stir well, season to taste with salt, pepper and chili flakes and serve sprinkled with Parmesan.

Tip

If desired, enhance the pasta with more vegetables (e.g. a finely diced carrot and 1 to 2 stalks of finely diced celery).





RISOTTO WITH PORCINI MUSHROOMS

Quick-cooking

Preparation and cooking time: ca. 25 min.

For 4 persons
(380 calories per person)

1 onion
1 clove of garlic
25 g dried porcini mushrooms
1/2 bunch parsley
250 g risotto rice
100 ml white wine
400 ml vegetable broth
50 g butter
30 g grated Parmesan
salt, pepper

AMC products

Pot 20 cm 3.0 l

Secuquick softline 20 cm

Audiotherm

1. Peel and dice the onion and garlic, along with the dried porcini mushrooms. Remove the parsley leaves from the stems and chop finely.
2. Put everything into the pot along with the risotto rice, wine and vegetable stock. Cover with the Secuquick softline and close.
3. Heat the pot on highest level up to the soft window, switch to a low level and cook with the time setting "p" in the soft area.
4. After cooking is finished, place the Secuquick in the inverted lid and allow it to depressurize by itself.
5. Remove Secuquick. Stir the butter, parsley and Parmesan into the risotto. Season to taste with salt and pepper.



SPANISH-STYLE CHICKPEA STEW

Quick-cooking | Roasting

Preparation and cooking time: ca. 40 min.

For 4 persons
(550 calories per person)

250 g chickpeas
800 ml water
300 g waxy potatoes
1 tbs olive oil
100 g chorizo (spanish
salami flavored with paprika),
one piece
1 onion
1 clove of garlic
3 stalks parsley
1 tbs spicy paprika powder
or AMC Intenso

AMC products
Pot 20 cm 4.5 l
Secuquick softline 20 cm
Navigenio
Audiotherm

1. Soak chickpeas in water overnight.
2. Peel the potatoes, cut into cubes and mix with the olive oil. Peel the chorizo and cut into slices. Peel and dice the onion and garlic. Remove the parsley leaves from the stems and chop finely.
3. Add the onion and garlic to the pot. Heat the pot on highest level up to the roasting window, switch to a low level, add the diced potatoes and roast.
4. Add the chickpeas together with the soaking water, chorizo and paprika. Mix everything together well. Cover with the Secuquick softline and close.
5. Heat the pot on highest level up to the turbo window, switch to a low level and cook for approx. 6 minutes in the turbo area.
6. After cooking is finished, place the Secuquick in an inverted lid and allow it to depressurize by itself.
7. Remove Secuquick, stir well and add parsley.





BEEF GOULASH

Roasting without added fat | Quick-cooking
Preparation and cooking time: ca. 40 min.

For 4 persons
(340 calories per person)

500 g mixed goulash
(beef/pork)
3 onions
2 red bell peppers
2 tbs tomato paste
2 tbs sweet paprika powder
1 tbs spicy paprika powder or AMC Intenso
salt, pepper
caraway powder
sauce thickener

AMC products

Pot 20 cm 3.0 l
Secuquick softline 20 cm
Audiotherm

1. Remove meat from the refrigerator about 30 minutes before you intend to prepare it.
2. Peel and dice the onions. Clean and dice the peppers. Dab the meat dry with a paper towel.
3. Heat the pot on highest level up to the roasting window, add the meat to the pot and flip it shortly thereafter.
4. Add onions, peppers, tomato paste and both paprika. Cover with the Secuquick softline and close.
5. Heat the pot on highest level up to the turbo window, switch to a low level and cook for approx. 12 minutes in the turbo area.
6. After cooking is finished, place the Secuquick in the inverted lid and allow it to depressurize by itself.
7. Remove Secuquick, stir well, then season to taste with salt, pepper and caraway powder. If desired, use a little sauce thickener to thicken.



VEGAN QUINOA SALAD

Quick-cooking | Roasting

Preparation and cooking time: ca. 30 min.

For 4 persons
(370 calories per person)

250 g quinoa tricolore
700 ml vegetable broth
2 shallots
200 g carrots
250 g cocktail tomatoes
200 g smoked tofu
70 g walnuts
6 tbs wine vinegar (vegan)
3 tbs olive oil
salt, pepper
3 twigs thyme

AMC products

Pot 20 cm, 3.0 l
Secuquick softline 20 cm
Audiotherm

1. Mix the quinoa and 2/3 of the broth in the pot. Cover with the Secuquick softline and close.
2. Heat the Secuquick on highest level up to the soft window, switch to a low level and cook with the time setting "P" in the soft area.
3. Peel the shallots and carrots and clean the tomatoes. Slice the shallots into thin rings and the carrots into sticks. Cut each tomato in half. Dice the tofu and coarsely chop the walnuts.
4. Mix up a dressing using vinegar, oil and the leftover broth, then season with salt and pepper. Pluck the thyme leaves from the stems and add them. Mix the prepared ingredients and the dressing in a bowl.
5. After cooking is finished, place pot in an inverted lid and allow it to depressurize by itself.
6. Let the quinoa cool a little, then add it to the rest of the salad.





LENTIL SOUP

Quick-cooking

Preparation and cooking time: ca. 35 min.

For 6 persons
(440 calories per person)

2 carrots

2 stalks celery

1 onion

2 cloves of garlic

6 cocktail tomatoes

300 g lentils

5 bay leaves

1 1/4 L vegetable broth

salt, pepper

olive oil

AMC products

Pot 24 cm 6.5 l

Secuquick softline 24 cm

Audiotherm

1. Peel and dice the carrots. Clean and slice the celery stalks. Peel and dice the onion and garlic cloves. Clean and halve the tomatoes.
2. Put everything into a pot along with the lentils, bay leaves and vegetable broth, then stir. Cover with the Secuquick softline and close.
3. Heat the pot on highest level up to the turbo window, switch to a low level and cook for approx. 7 minutes in the turbo area.
4. After cooking is finished, place the pot in the inverted lid and allow it to depressurize by itself.
5. Remove Secuquick, remove bay leaves, then season to taste with salt, pepper and olive oil.



Recipe with steaming lid



ASPARAGUS

Quick-cooking

Preparation and cooking time: ca. 35 min.

For 4 persons

(40 calories per person)

1.2 kg white or green asparagus

AMC products

Oval Griddle 38 cm, 4.5 l

Oval insert

Oval EasyQuick

Audiotherm



1. If using white asparagus, peel the entire stalk; if green asparagus, peel only the bottom third. Place the asparagus in the Oval insert.
2. Pour approx. 200 ml of water into the pot, place the Oval insert containing the asparagus inside and close with Oval EasyQuick.
3. Heat the pot on highest level up to the steam window, switch to a low level and cook for approx. 10 minutes in the steam area.

Tip

Asparagus pairs particularly well with hollandaise sauce and oven-roasted potatoes.





FRUITY SALMON SKEWERS

Steaming

Preparation and cooking time: ca. 25 min.

For 6 persons
(210 calories per person)

Salmon skewers:

1 mango
400 g salmon fillet
150 g snow peas

Mustard-yogurt dip:

2 tbs mustard
150 g greek yogurt
1 tbs honey
5 stalks dill
salt, pepper

AMC products

Pot 24 cm 3.5 l
Softiera-Einsatz 24 cm
EasyQuick
Audiotherm
Quick Cut

Salmon skewers:

1. Peel and pit the mango. Cut salmon fillet and mango into cubes. Halve the larger snow peas.
2. Skewer the salmon cubes, mango cubes and a few snow peas on toothpicks and put the first half of the skewers in a Softiera insert.
3. Pour approx. 150 ml of water into the pot and place the Softiera insert inside it. Close with EasyQuick with the 24 cm sealing ring.
4. Heat the pot on highest level up to the steam window, switch to a low level and cook for approx. 3 minutes in the steam area.
5. Remove EasyQuick once the cooking is finished, remove the Softiera insert and cook the second half of the skewers in the same way.

Mustard-yogurt dip:

6. Add mustard, yogurt and honey to the Quick Cut. Pluck off the dill tips from the stems, add them and mix everything well. Season to taste with salt and pepper.
7. Serve the salmon skewers with the mustard-yogurt dip.



DIM-SUM-STYLE DUMPLINGS

Steaming

Preparation and cooking time: ca. 45 min. | Resting: ca. 30 min

For 8 pieces
(160 calories per piece)

Dough:

100 g flour
2 ts peanut oil
1/2 ts salt
50 ml water
butter or oil for greasing

Filling

1/2 red bell pepper
1 spring onion
2 tbs soy sauce

Sauce:

1/2 red bell pepper
1 whole chili
1 clove of garlic
20 g ginger
800 g apricots (canned)
3 tbs honey
3 tbs tomato paste
2 tbs white wine vinegar

AMC products

Pot 20 cm, 2.3 l
Combi sieve insert
EasyQuick
Audiotherm
Quick Cut

1. For the dough, mix flour, oil and salt and knead with water until a smooth dough is formed. Allow to rest, covered, for about 30 minutes.
2. For the filling, clean the bell pepper and spring onion, chop very finely and mix with soy sauce.
3. Knead the dough again, divide it into 8 balls and roll them out into circles of about 7 cm. Spread the filling over one half of each circle and fold the other half over to form semicircles. Carefully close the edges and place in the greased Combi Sieve insert.
4. For the sauce, clean the bell and chilli peppers and peel the garlic and ginger. Drain the apricots, collecting about 100 ml of juice.
5. Dice everything very finely, then add to a pot and stir in the juice, honey, tomato paste and white wine vinegar. Place the Combi Sieve insert on the pot and close with the EasyQuick with the 24 cm sealing ring on top.
6. Heat the pot on highest level up to the steam window, switch to a low level and cook for approx. 5 minutes in the steam area.
7. Once the cooking is finished, remove EasyQuick, remove the Combi Sieve insert and plate the dumplings with the sauce.



FISH ROLLS WITH ROCKET PESTO

Steaming

Preparation and cooking time: ca. 25 min.

For 4 persons
(400 calories per person)

70 g Parmesan
50 g pistachios
40 g rocket
5 tbs olive oil
salt, pepper
8 fillets of lemon sole
(alternatively, fillets of plaice
or sole)
8 cocktail tomatoes

AMC products

Pot 24 cm 3.5 l
Softiera Insert 24cm
EasyQuick
Audiotherm
Quick Cut

1. Add the Parmesan and pistachios to the Quick Cut and process them. Add the rocket and process as well. Add olive oil, some salt and pepper and mix well.
2. Spread a little pesto on the fish fillets and roll each one up around a cocktail tomato, fixing it with a toothpick. Put the fish rolls in a Softiera insert.
3. Pour approx. 100 ml of water into the pot and place the Softiera insert inside it. Close with the EasyQuick with the 24 cm sealing ring.
4. Heat the pot on highest level up to the steam window, switch to a low level and cook for approx. 3 minutes in the steam area.
5. At the end of the cooking time, remove the EasyQuick, remove Softiera insert and serve the fish rolls with the rest of the pesto.

Tip

As the fish rolls will let off moisture during the steaming process, adding 100 ml of water is more than enough.





TOFU CURRY

Roasting without added fat

Preparation and cooking time: ca. 35 min.

For 4 persons
(280 calories per person)

500 g tofu
150 ml vegetable broth
1 onion
2 cloves of garlic
3 stalks peppermint
800 g diced tomatoes (canned)
50 g cashew nuts
Garam masala, to taste
salt, pepper

AMC products

Pot 24 cm, 5.0 l
EasyQuick
Audiotherm
Quick Cut

1. Cut the tofu into approx. 1.5 cm cubes and marinate in broth for at least one hour.
2. Peel and dice the onion and garlic, then add to the pot. Close with the EasyQuick with the 24 cm sealing ring.
3. Heat the pot on highest level up to the roasting window, switch to a low level and roast the onion mixture.
4. Remove the peppermint leaves from the stems and chop finely. Drain the tofu.
5. Add the tomatoes, cashew nuts, peppermint, tofu and some garam masala to taste.
6. Close with the EasyQuick. Heat the pot on highest level up to the steam window, switch to a low level and cook for approx. 4 minutes in the steam area.
7. Remove EasyQuick once the cooking is finished and season to taste with salt and pepper.





STEAMED CHOCOLATE CAKE

Steaming

Preparation and cooking time: ca. 35 min.

For 8 pieces
(315 calories per piece)

100 g cacao
100 g sugar
100 ml vegetable oil
50 ml milk
50 ml condensed milk
3 eggs
1 ts vanilla essence
150 g flour
1/4 ts baking soda
1 ts baking powder

AMC products

Pot 24 cm 3.5 l
Softiera Insert 24 cm
EasyQuick
Audiotherm



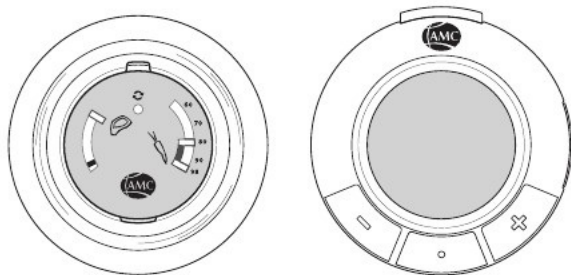
1. Mix cocoa powder, sugar, oil, milk and condensed milk in a bowl.
2. Whisk the eggs, then stir in the vanilla essence and cocoa mixture. Mix the flour with the baking soda and baking powder, then stir this mixture in as well.
3. Cut out a circle of baking paper with the help of the EasyQuick and place in the Softiera insert, then place dough inside.
4. Pour approx. 150 ml of water into the pot and place the Softiera insert inside it. Close with the EasyQuick with the sealing ring 24 cm.
5. Heat the pot on highest level up to the steam window, switch to a low level and cook for approx. 14 minutes in the steam area.
6. Once the cooking is finished, remove EasyQuick and remove Softiera insert and let the cake cool briefly before tipping it out.



AMC Visiotherm & Audiotherm

EN User Manual

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Eat better.
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AMC Visiotherm & Audiotherm

User Manual

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The Visiotherm and Audiotherm are exclusively intended for proper use within the household. Hazards may arise from improper use.

Before using the Visiotherm and Audiotherm, please read the User Manual carefully – especially the information on proper use and safety. Retain the User Manual and pass it on to subsequent owners.

Please also carefully read the “Cooking With AMC” brochure and the corresponding user manuals of the other AMC products that are used with it.

Symbol Meanings



Instructions important for safety. Non-observance can lead to injury or damage.



Poor operating condition or improper use.



Good operating condition or proper use.



Useful user information.



Environmental protection, ecology, and economy information.



Process steps are highlighted with an arrow.

Visiotherm and Audiotherm User Manual version: 07/2020

1. Visiotherm

When placed on AMC lids, the Visiotherm measures the temperature of the respective pot or pan and shows it on the display. Visiotherm thus visually indicates whether the desired temperature in the pot or pan has been reached.

1.1 Intended use and safety

1.1.1 Suitable lid

The Visiotherm is suitable for all AMC pot and pan lids.

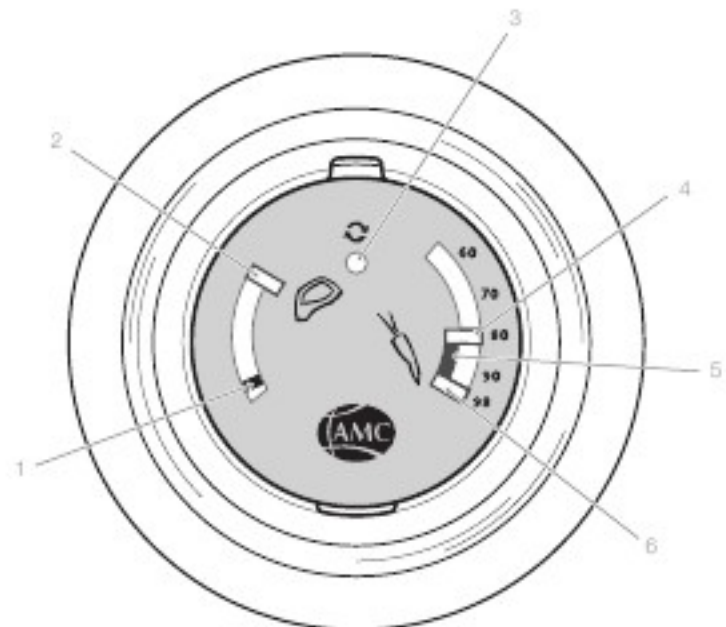


1.1.2 Safety

- Note heat-related hazards; when the lid is hot, touch only the Visiotherm.
- The Visiotherm is equipped with a magnet to transmit the temperature. A pacemaker can be switched to test mode and cause discomfort if it is less than 2 cm from the Visiotherm viewing window.
- Credit cards, EC cards, data carriers, hearing aids or mechanical watches can be affected if they are less than 2 cm from the viewing window of the Visiotherm.
- Do not use the Visiotherm in the oven or microwave.

1.2 Composition and display

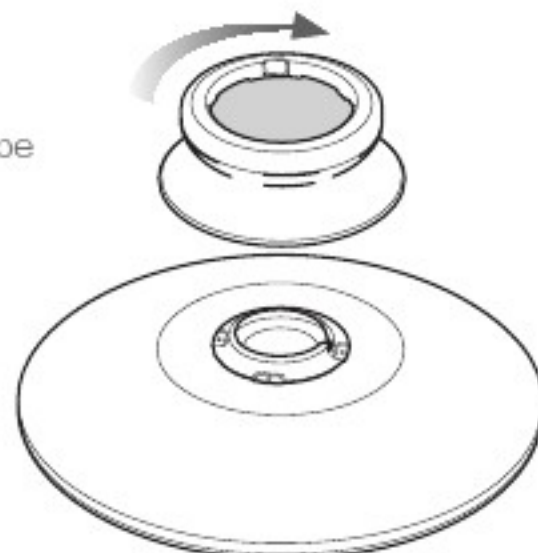
- 1 Indicator
- 2 Roasting window
- 3 Turning point
- 4 Vegetable window
- 5 "Vegetable" temperature range
- 6 Stop window



Follow the descriptions and tips in the "Cooking with AMC" brochure.

1.3 Assembly and first use

- ➡ Before using the Visiotherm for the first time, wipe it down with a damp cloth.
- ➡ Screw the Visiotherm onto the lid.



1.4 Care and Maintenance

- ➔ Unscrew the Visiotherm from the lid; clean both in the dishwasher or by hand.
- ➔ Use standard household machine-friendly cleaners for the dishwasher.
- ➔ When cleaning by hand, use a dishcloth or soft sponge and neutral detergent.



2. Audiotherm

2.1 Intended use and safety

Together with the Visiotherm, the Audiotherm monitors the cooking process. The Audiotherm displays the temperature in the pot as measured by the Visiotherm. It serves as an acoustic temperature and cooking time monitor and facilitates controlled cooking with the Navigenio.

Suitable lid

- Lid with Visiotherm
- EasyQuick steam cooking lid with Visiotherm E
- Quick cooking lid "Secuquick softline" with Visiotherm S



Avoid damage and improper use.

- Do not use the Audiotherm in the oven or microwave. Do not expose it to temperatures above 70 °C.
- Never immerse the Audiotherm in water or put it in the dishwasher.
- The Audiotherm is used to monitor or control the cooking process. Use the Audiotherm for this purpose only. Hazards may arise from improper use.
- The Audiotherm contains batteries. Batteries must not get into the hands of children, as they can be swallowed.
- Use only recommended, equivalent-type batteries (as according to Section 5).
- Do not attempt to recharge non-rechargeable batteries.

Please also refer to the EasyQuick, Secuquick softline, and Navigenio user manuals as well as the notes and tips in the "Cooking With AMC" brochure.



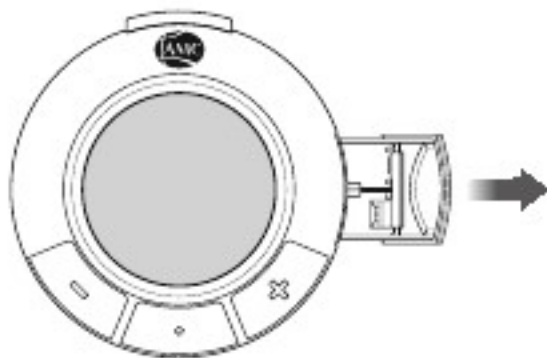
Supervision

- The cooking process must be supervised. To monitor the cooking process acoustically, use the Audiotherm only when within earshot of it.
- Unattended, uncontrolled cooking can lead to overheating. Food can spoil, and the pot can be damaged or destroyed. Risk of accidents and fire.
- The device can be used by children who are at least 8 years of age, persons with limited physical, sensory, or mental abilities, as well as persons lacking in experience or knowledge. They nevertheless must be supervised or instructed in how to use the device safely and must understand the risks involved. This also applies to acoustic monitoring by the visually impaired (see Section 2.5.2).

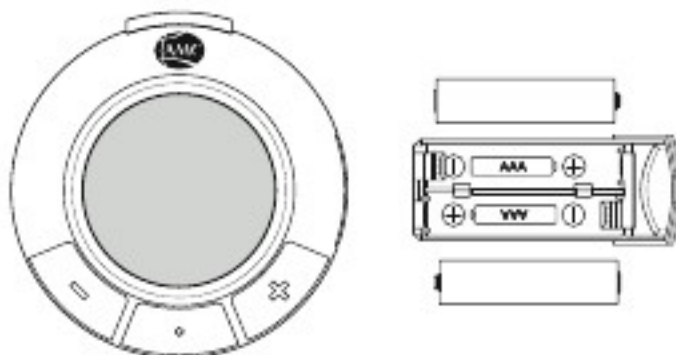
2.2 Using the Audiotherm for the first time / changing the batteries

First use:

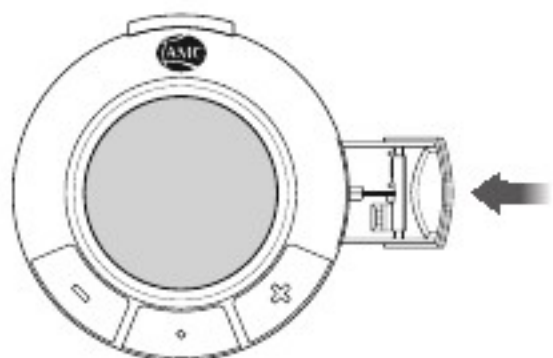
The Audiotherm comes with two batteries (type as per Section 5).
Insert the batteries before first use.



- ➔ Open the battery compartment and pull out the battery holder.



- ➔ Insert the batteries correctly as shown.



- ➔ Insert the battery holder into the Audiotherm. When it clicks, it's closed.

Changing the batteries:

If the battery indicator is visible in the display, it's time to replace the batteries.

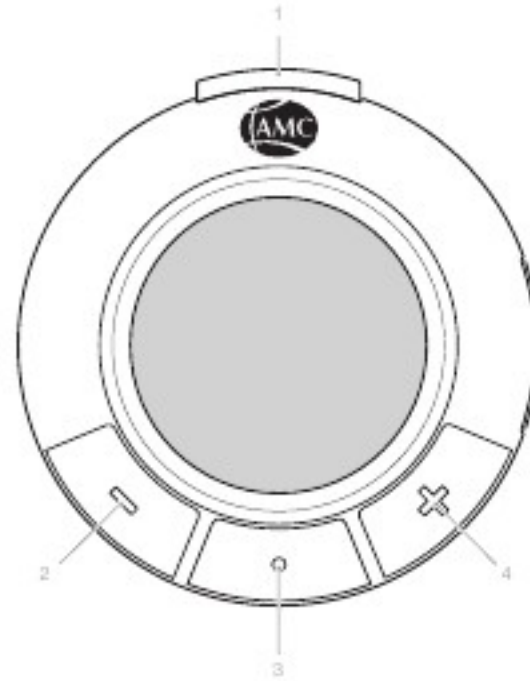


Dispose of used batteries as according to local regulations!

2.3 Composition and display

2.3.1 Composition

- 1 Unlock button
- 2 -button
- 3 Middle button
- 4 +button



2.3.2. Display

- 1 Soft symbol
- 2 Roasting symbol
- 3 Vegetable symbol
- 4 Orientation line
- 5 Turning point symbol
- 6 Turning point
- 7 Steam symbol
- 8 60 °C symbol
- 9 Minus display





- 10 "App" connection
- 11 "Navigenio" connection
- 12 Turbo symbol
- 13 Bake symbol
- 14 Temperature scale
- 15 Action points
- 16 Temperature ranges
- 17 Plus display
- 18 Kitchen timer symbol
- 19 Time display
- 20 Battery display



2.4 Features


The AMC Cooking System includes various cooking methods, for which the Audiotherm can be used in two different ways.

Manual cooking with the Visiotherm and Audiotherm:

- The Audiotherm displays the current temperature and emits acoustic signals  to indicate when something needs to be done. The Audiotherm display shows what needs to be done.
- Via an acoustic signal , the Audiotherm indicates that the cooking time has elapsed.
- The user is responsible for operating the cooktop.

Self-controlled cooking:

When cooking on the "Navigenio" mobile hotplate, the Audiotherm facilitates self-controlled cooking.

- Via a radio link to the Navigenio, the Audiotherm independently controls the entire cooking process.
- After switching on the Navigenio to "A", the Navigenio's operation is taken over by the Audiotherm.
- The Audiotherm emits an acoustic signal  to indicate that the set cooking time has elapsed.

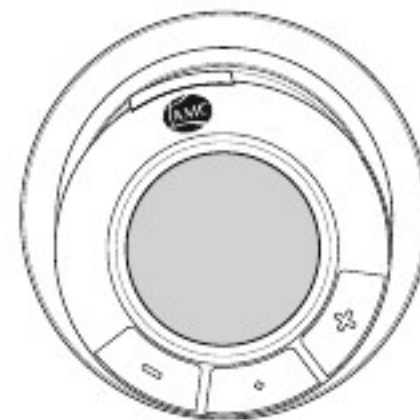


All cooking features (with the exception of planned cooking and the 60 °C program) can be carried out manually or in a self-controlled manner.

Be sure to follow the descriptions and tips in the "Cooking with AMC" brochure.

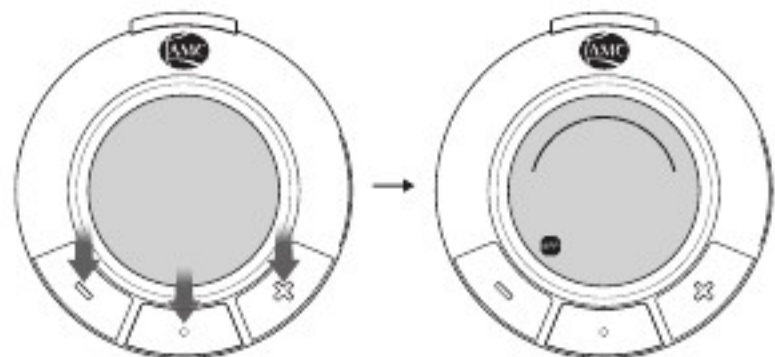
2.4.1 Placing onto the Visiotherm

- ➔ With the push-button facing upward, place the Audiotherm onto the Visiotherm and let it click into place.



2.4.2 Switching on

- ➔ Press any button.



2.4.3 Setting the time



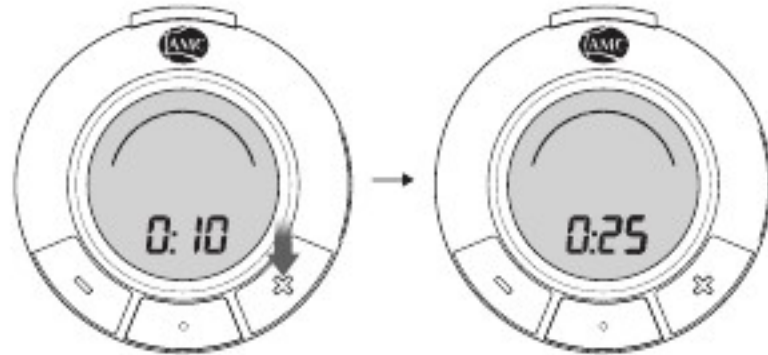
Times can be set before or after the Audiotherm is placed onto the Visiotherm (or before or after the respective cooking program is selected). To facilitate entry, all times that appear when the buttons are pressed for the first time are preset values.

Cooking time

To monitor the cooking time, it can be entered into the Audiotherm. The set cooking time begins as soon as the respective cooking temperature has been reached.

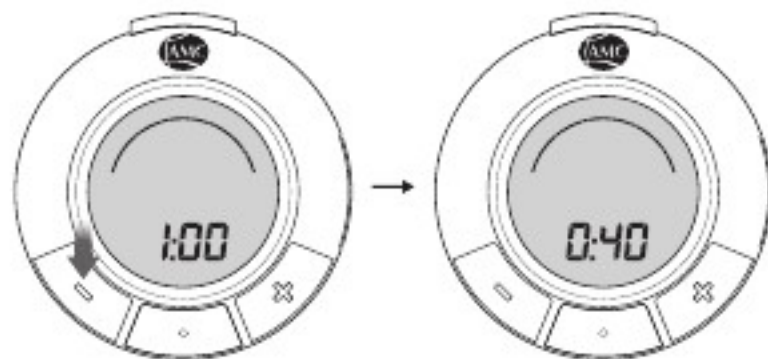
➔ Switch on.

➔ Press the **+**-button to select a short time (0:10) or to increase the desired cooking time (press and hold for fast mode),



or

➔ Press the **-**-button to select a long time (1:00) or to reduce the desired cooking time (press and hold for fast mode).



Time setting "P"

➔ After switching on, press the **-**-button and then the **+**-button.



If no time is input, the Audiotherm controls the temperature for the desired cooking process with no time limit. The cooking time can also be set after the cooking process has begun and can be changed whenever desired.

Be sure to follow the descriptions and tips in "Cooking with AMC" Brochure.

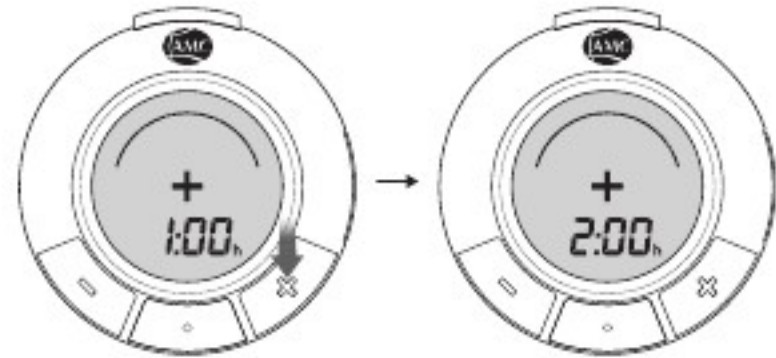
"+" planned cooking

In controlled operation, the Audiotherm can be set to level "A" with the Navigenio so that the cooking process starts at a later time (start delay).

- ➔ Switch on and enter the cooking time.
- As soon as "+" appears in the display.

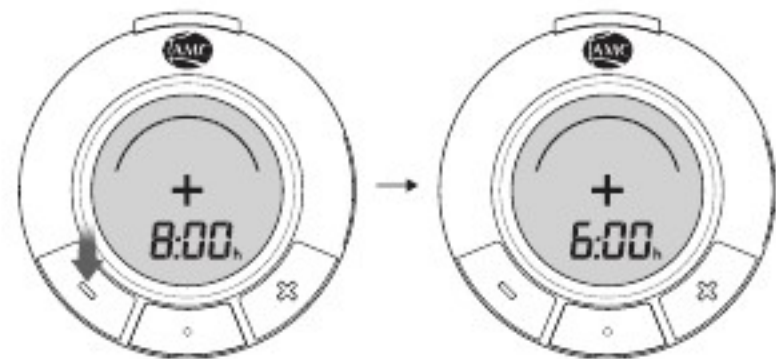


- ➔ Press the +-button to select a short start-delay time (1:00) or to increase the desired time (press and hold for fast mode),



or

- ➔ Press the --button to select a long start-delay time (8:00) or to reduce the desired time (press and hold for fast mode).



- With "+", the display alternates between the cooking time and the start-delay time.



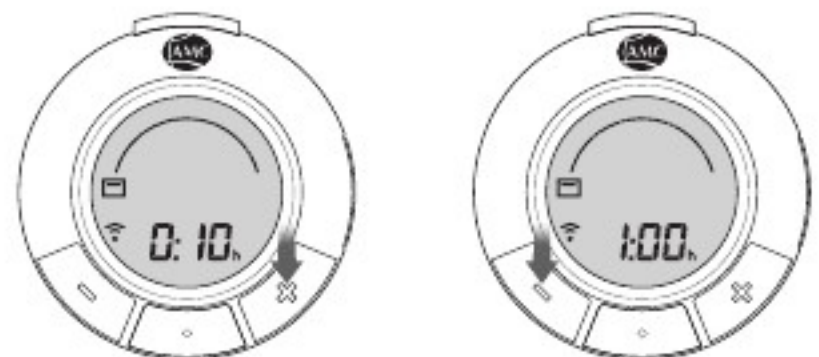
The set start-delay time can be changed whenever desired. The start-delay time or cooking time can always be changed whenever it is shown in the display.

Be sure to follow the descriptions and tips in the "Cooking with AMC" brochure.

2.4.4 Time-controlled gratinating and baking

To monitor the time, the time can be entered into the Audiotherm. The time can be entered when the Navigenio (which must be switched on to the desired level) flashes blue/red.

- ➔ Press the middle button until the Baking symbol appears.
- ➔ Press the +-button to increase the desired time (press and hold for fast mode).
- ➔ Press the --button to reduce the desired time (press and hold for fast mode).



2.4.5 Setting the kitchen timer

- ➔ Switch on and press middle button.

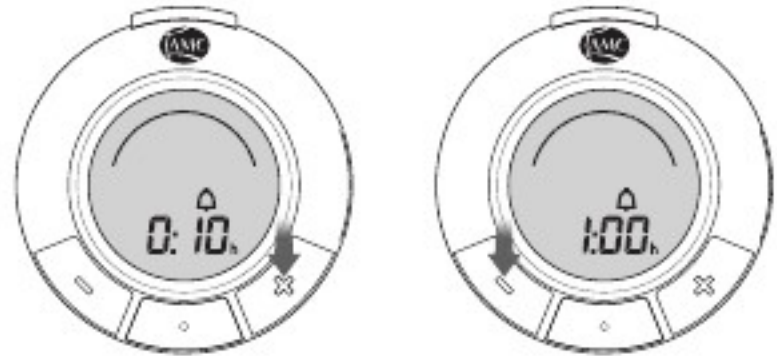
Example: The Audiotherm has not been placed on.



- ➔ Press the **+**-button to increase the desired time (press and hold for fast mode),

or

- ➔ Press the **-**-button to reduce the desired time (press and hold for fast mode)

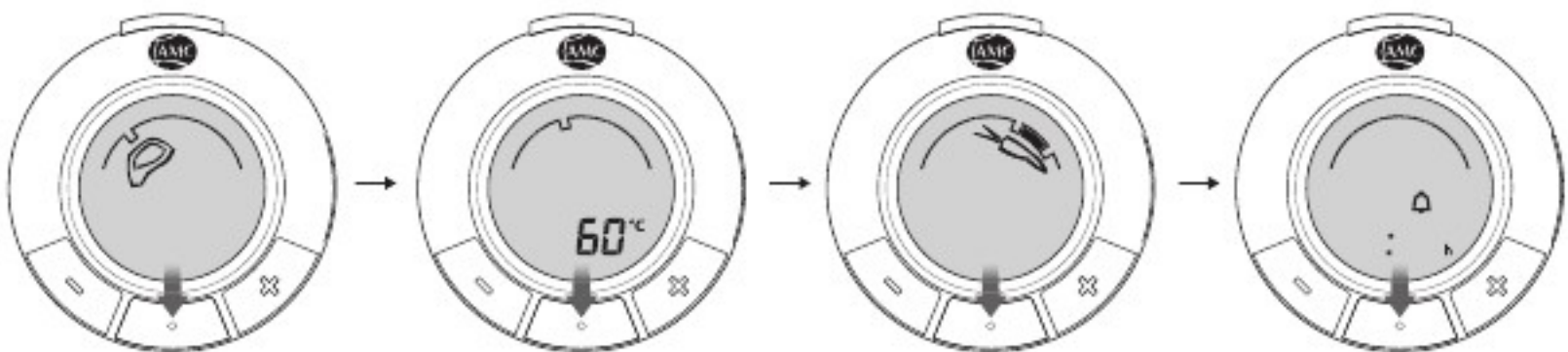


Be sure to follow the descriptions and tips in the "Cooking with AMC" Brochure.

2.4.6 Selecting cooking programs

- ➔ By pressing the middle button, cooking programs can be selected.

Example: The Audiotherm is placed onto the Visiotherm.



Programs can be selected before or after the Audiotherm is placed onto the Visiotherm.

2.4.7 Switching the acoustic signal off

- ➔ Press any button.
Otherwise the acoustic signal switches off after 1 minute.



2.4.8 Removing the Audiotherm from the Visiotherm

- ➔ Press the unlock button and remove Audiotherm.



2.4.9 Switching the Audiotherm off

- ➔ Keep middle button pressed for about 2 seconds.



After use, always remove the Audiotherm from the Visiotherm. Never immerse the Audiotherm in water or put it in the dishwasher.

2.5 Additional features

2.5.1 Changing the sound

- ➔ Switch on.
- ➔ Simultaneously press the **+**-button and middle button.


- A Melody (S: 1) or Beep (S: 2) can be selected.



2.5.2 Mode for visually impaired people

The Audiotherm has a mode for the visually impaired (S: 0). It can be activated with the Audiotherm app. In this mode, when selecting the cooking programs a different sequence of sounds is played for each one. In addition, the respective sounds for "increase level" (**+**) and "decrease level" (**-**) are different. All other sounds match the "Beep" mode (S: 2).

2.5.3 Displaying the software and hardware

- ➔ Simultaneously press and hold the -button and middle button.



- After a short indication of all the display symbols, the software number (e.g. 012) and then the hardware number (e.g. H01) appears.



3. What to do when...

...a cooking program is selected that is not available on the Visiotherm being used?

When the Audiotherm is put on, an error tone sounds and the selected cooking program disappears from the display.

- ➔ Check to see which program should be used to cook.

...the Audiotherm that has been set to a program loses contact with the Visiotherm?

An error tone sounds.

- ➔ Join the Audiotherm and Visiotherm together correctly.

...the following error messages appear?

E: 01

Audiotherm hardware error.

- ➔ Contact customer service.

E: 02

- ➔ Check that all components are correctly positioned and restart the cooking process.

E: 03

- ➔ Switch the Audiotherm off. Remove any sources of magnetic interference from the surrounding area.
- ➔ Switch the Audiotherm on and restart the cooking process.
- ➔ If the error occurs repeatedly, contact customer service.

E: 04

Navigenio hardware error.

- ➔ Contact customer service.

4. Care and maintenance

- Use only a cloth that's been moistened with a little rinsing water to wipe down the Audiotherm.
- Maintain and clean the Audiotherm regularly to ensure its functionality and safety.
- Should the Audiotherm ever fall into water:
 - Switch off the Audiotherm immediately. Open the battery compartment, remove the batteries, and dry any visible water with a cloth. Leave the opened Audiotherm and battery compartment to dry for at least two days.



5. Audiotherm and App

The Audiotherm can be operated via an app.

6. Disposal



The packaging, Audiotherm, and Visiotherm do not belong in household waste. The materials are recyclable. Carry out disposal in an environmentally friendly manner and according to local regulations at suitable collection points.



7. Technical Data

- 1.5 V batteries size AAA/LR03/Micro (e.g. alkaline)
- Rechargeable 1.2 V batteries of the same size (e.g. NiMH)



8. Declaration of Conformity

The Audiotherm meets the CE requirements according to the European Radio Equipment Directive 2014/53/EU. A complete Declaration of Conformity can be obtained from the address listed in the "AMC Customer Service" section below.

9. AMC Customer Service

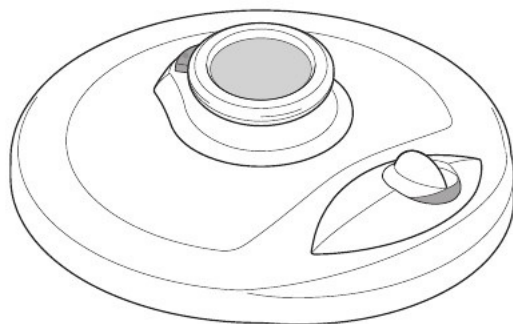
If you have any questions or suggestions, please contact AMC Customer Service.



AMC Secuquick softline

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AMC Secuquick Softline

User Manual

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Please read this user manual carefully before using the Secuquick softline.
Retain the user manual and pass it on to subsequent owners.

Meanings of symbols



Instructions important for safety.
Non-observance can lead to injury or damage.



Poor operating condition or improper use.



Good operating condition or proper use.



Useful user information.



Environmental protection, ecology, and economy information.

Validity

This user manual applies to the Secuquick softline models 4300 Ø 20 cm and 4300 Ø 24 cm. Model details with the pressure specifications are stamped into the bottom cover: Cooking operation pressure (= PC) 80 kPa (0.8 bar); Highest permissible pressure (= PS) 300 kPa (3.0 bar).

1. Intended use and safety

The AMC PREMIUM COOKING SYSTEM Secuquick softline (hereinafter called Secuquick softline) is used to cook food under pressure. The Secuquick softline may be used only for this purpose. It is intended for household use and may not be used for commercial purposes. Hazards may arise from improper use. Read all instructions – especially those in this section – and observe and comply with them closely and attentively. The user manual must be retained and passed on to subsequent owners.

Suitable pots, accessories and spare parts



The Secuquick softline may be used only with the following products:

- AMC PREMIUM COOKING SYSTEM – pots with matching diameter (20 or 24 cm) from the Standard, GourmetLine, Eurasia and Sauteuse lines
- Accessories: Audiotherm, Softiera insert, Softiera shell
- Spare parts: Use only original spare parts for the Secuquick softline 4300 model. In particular, use only bodies and covers from the same manufacturer and ensure that they are compatible.

The following products must not be used with the Secuquick softline

- Pots and pans from other manufacturers
- Combination rings, grater-rasp-slicer inserts, combination bowls inserted into the pot
- Parts of other AMC Secuquick models



Suitable cooking zones, suitable cooking zone size

The following must be observed with regard to the cooking zone and cooking zone size:

- Use only those heat source(s) approved in the user manual: All types of cookers and cooking zones of no more than 3.5 kW can be used.
- Do not use a booster or power stage on induction cookers.
- The diameter of the cooking zone must match the diameter of the pot. For the GourmetLine, a cooking zone with sufficient power must be selected.
- On a gas hob, select the burner that matches the diameter of the pot. The gas flame must never be wider than the bottom surface of the pot.
- Do not use the Secuquick softline in the oven or microwave.



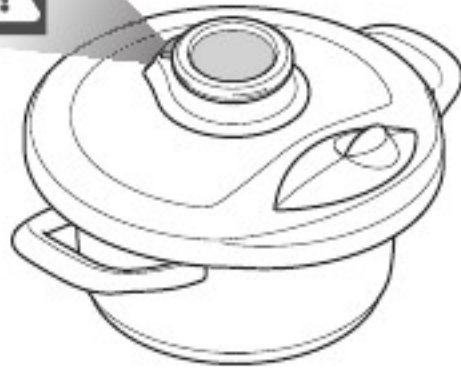
Safety precautions: Intended use and preparation

- The Secuquick softline is used to prepare food under pressure. Incorrect use can cause burns. Always seal the Secuquick softline properly before placing it on the hob (rotary knob on the stop). For information on correct sealing, see Section 3.2
- Before each use, check that the valves are not clogged. For information on testing the valves, see Section 4.3
- The safety systems must never be interfered with. Maintenance, which is explained in Section 4, is an exception.
- Never heat the Secuquick softline without having first filled the pot with water. Without water in it the cooker will be severely damaged.
- Never use the Secuquick softline to fry food in oil under pressure.
- Never fill the pot for use with the Secuquick softline to more than 2/3 of its nominal volume. If the food swells during cooking (e.g. rice, dried vegetables), fill the pot to no more than 1/2 of its nominal volume. For beans and other legumes, fill the pressure cooker to no more than 1/3 of its nominal volume, as their thin skins can easily peel off and clog the valves. More information can be found in Section 3.1
- Never use the Secuquick softline unsealed, loose, or as a normal pan lid.
- The Secuquick softline must not be used to prepare applesauce and compotes or for preserving in jars.



Safety precautions: Operation

- Always point the steam outlet opening away from your body (towards the back), as hot steam can vent suddenly. Do not hold your hands in the danger zone.



- When using the Secuquick softline, always move the pot carefully when it is under pressure. Do not touch hot surfaces; use pot handles instead. Use gloves if necessary.
- Do not place the pot in a hot oven when using the Secuquick softline.
- Never use the Secuquick softline near children.
- Do not lift and carry the pot on the Visiotherm S. The pot may get damaged or fall.
- Do not tilt the pot or turn it over. The valves can become dirty and clogged.
- Never allow the liquid to evaporate completely. The pot can be damaged.
- Never use force to open the Secuquick softline while it is in use.



Safety precautions: according to cooking process

- Always give the Secuquick softline a gentle shake before the lid is opened. Steam bubbles trapped in the food can splash out and scald on opening. The gentle shake allows the steam bubbles to escape before opening.
- Never use force to open the Secuquick softline after the cooking. Before opening, make sure that the internal pressure has dissipated fully. More information on this can be found in Section 3.6.
- If meat has been cooked with the skin on (e.g. ox tongue), which can swell under the influence of pressure, do not prick into the meat as long as the skin remains swollen. Puncturing the skin could cause burns.
- Keep the Secuquick softline safety devices and seals clean and in good condition. Observe the instructions in Section 4, „Care and maintenance“.



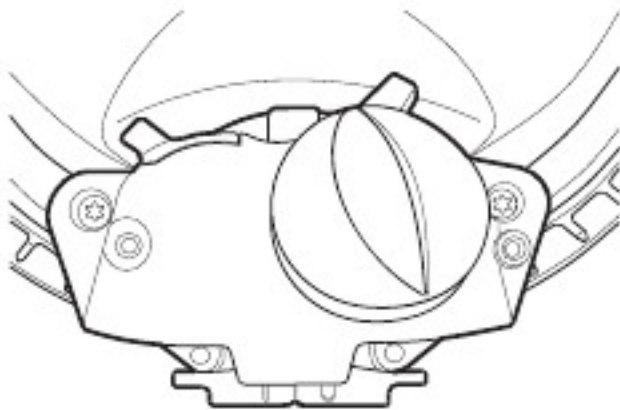
Supervision

- The pot must be monitored during the cooking. If Audiotherm (see separate user manual) is used only for acoustic monitoring of the cooking process, you must be within earshot of it. If the app is used to monitor the cooking process, a functioning radio connection must be ensured and you must be within walking distance.
- The Secuquick softline is not suitable for use by children.
- Unattended, uncontrolled cooking can lead to overheating. This creates a risk of accidents and fires.
- Persons who are unable to use the Secuquick softline safely due to their physical, sensory or mental abilities or their inexperience or lack of knowledge must not use it without supervision or instruction from a person responsible for safety.



- Care and maintenance
- Disassemble and clean the Secuquick softline after each use to ensure it continues to work safely.
- Check that it is working properly before each use: Valves and seals, condition of the cover closure.
- Replace the sealing ring and other seals if they are damaged, brittle, shrunken or cracked. These parts should be replaced at least every two years or after 400 cooking cycles. All other interventions may be carried out only by an AMC service center.
- Do not modify the Secuquick softline in any way. Do not disassemble the Secuquick softline any more than necessary for care and maintenance. Improper interference, tampering, installation of foreign parts or the use of force can impair function and safety.
- Do not tamper with or take apart the gearbox. Never use force or tools (e.g. pliers) to open a blocked gearbox.

Inspecting the gearbox



Check before each use that the gearbox is not stuck. If the gearbox shakes or if the mechanism is jammed, stop using the Secuquick softline. The product may no longer be guaranteed to be safe. Contact AMC customer service.

Damage or malfunctions

If damaged or malfunctioning, the Secuquick softline must no longer be used. In the event of a fall, other improper handling or use, hidden damage may also occur. For safety reasons, have the Secuquick softline checked by an AMC service center.

Magnet

The Visiotherm (cover knob with temperature indicator) is equipped with a magnet to transmit the temperature. A pacemaker can be switched to test mode and cause discomfort if it is less than 2 cm from the Visiotherm viewing window. Credit cards, EC cards, data carriers, hearing aids or mechanical watches can be affected if they are less than 2 cm from the viewing window of the Visiotherm.

Disposal

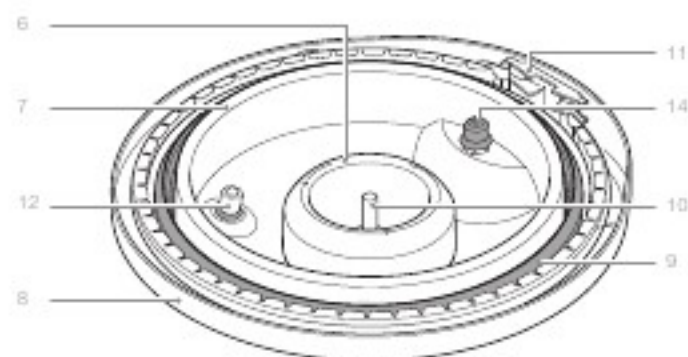
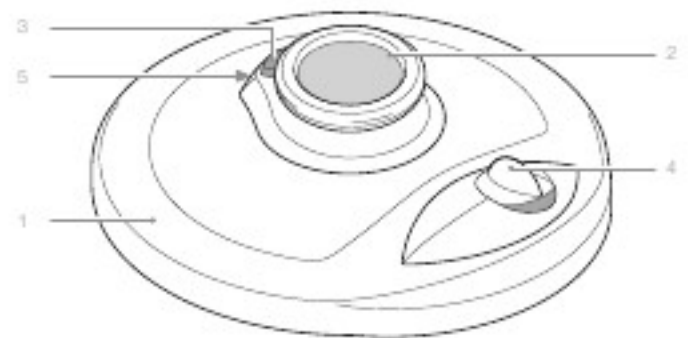


Do not dispose of the Secuquick softline in household waste. The materials are recyclable. If necessary, dispose of in accordance with local regulations.

2. Your Secuquick softline

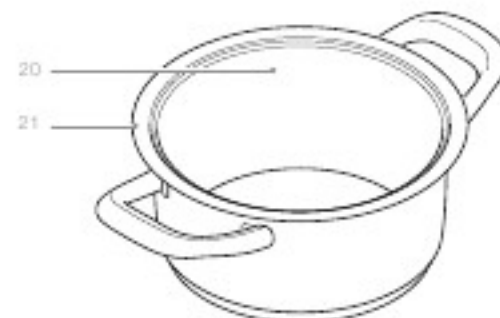
2.1. Design

1. The Secuquick softline
2. Visiotherm S
3. Yellow steam-venting button
4. Rotary knob
5. Steam outlet
6. Bell nut
7. Bottom cover
8. Top cover
9. Sealing ring
10. Temperature sensor
11. Cover closure lock
12. Safety valve 2
14. Safety valve 3



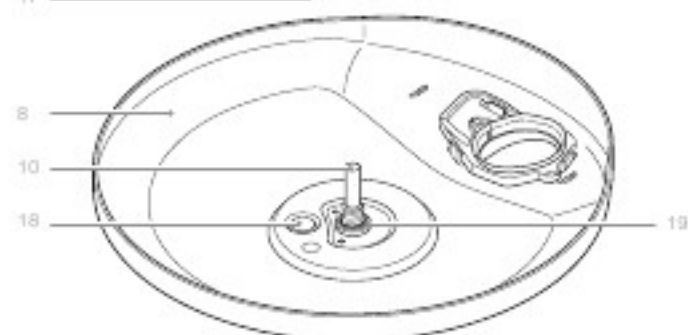
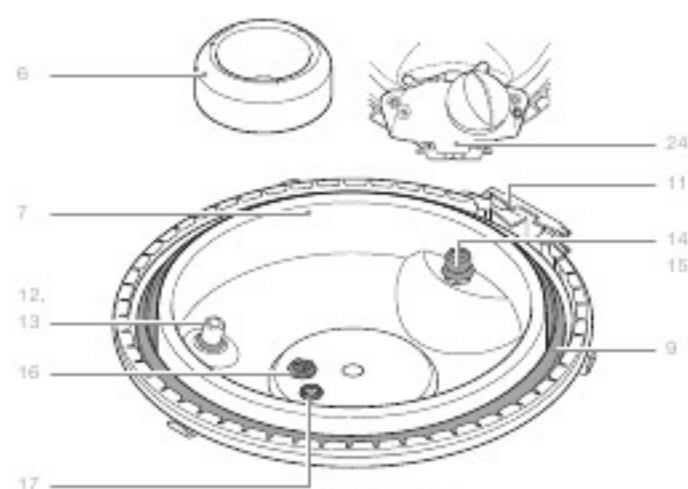
Pot for use with the Secuquick softline

20. Pot
21. Pouring rim



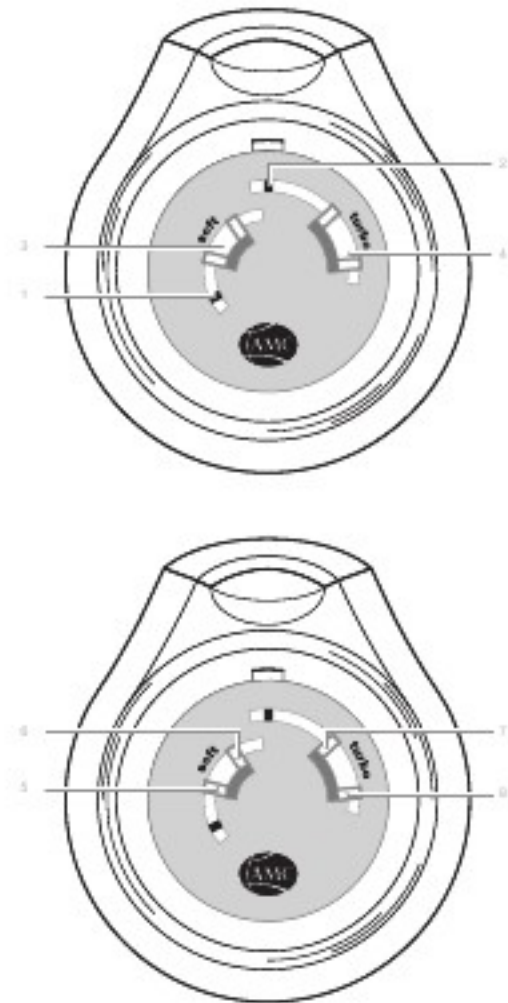
The Secuquick softline disassembled

6. Bell nut
7. Bottom cover
8. Top cover
9. Sealing ring
10. Temperature sensor
11. Cover closure lock
12. Safety valve 2
13. O-ring for safety valve 2
14. Safety valve 3
15. Sealing cap for safety valve 3
16. Sealing washer for operating pressure valve
17. Steam-venting valve
18. Operating pressure valve (safety valve 1)
19. O-Ring on temperature sensor
24. Gearbox



Visiotherm S

1. Soft quick cooking indicator
2. Turbo quick cooking indicator
3. Soft quick cooking temperature scale
4. Turbo quick cooking temperature scale
5. First Soft window
6. Second Soft window
7. First Turbo window
8. Second Turbo window



2.2. Functions and applications

The Secuquick softline turns any suitable pot into a pressure cooker (see Section 1). The Secuquick softline is set onto the pot and securely closed. When heating on the cooking zone, excess pressure is built up in the pot by the conversion into steam of the liquid that has been added or is contained in the food.



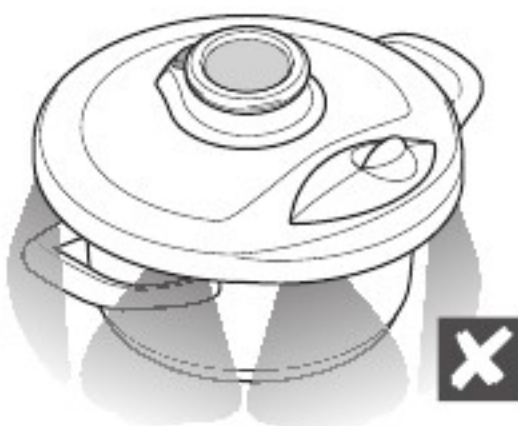
This allows the food to be cooked quickly and gently at a higher temperature, while saving energy. For the "Soft quick cooking" method, the temperature ranges between 103 and 113 °C, and for "Turbo quick cooking", between 108 and 118 °C.

Safety valve

If excess pressure builds up due to overheating, the operating pressure valve (safety valve 1) opens and steam vents.



If the operating pressure valve does not function, e.g. due to heavy soiling, safety valves 2 or 3 will open and steam will vent suddenly and from the sides between the bottom and top covers. If this happens, the Secuquick softline may no longer be used and AMC Customer Service must be contacted.



3. Cooking with the Secuquick softline

The sequence of a cooking process with the Secuquick softline is described below. For safe operation, all points must be followed precisely.



The Audiotherm, which is available as an accessory, can be used to help monitor the Secuquick softline cooking process. See the separate user manual.

3.1. Fill the pot

Fill the pot, observing the filling quantity:



- Fill with beans and other legumes to at most 1/3 full.
- Food that expands or foams during cooking – e.g. rice pudding, broths, stews, pasta casseroles, etc. – fill to at most 1/2.
- Fill other dishes to a maximum of 2/3.

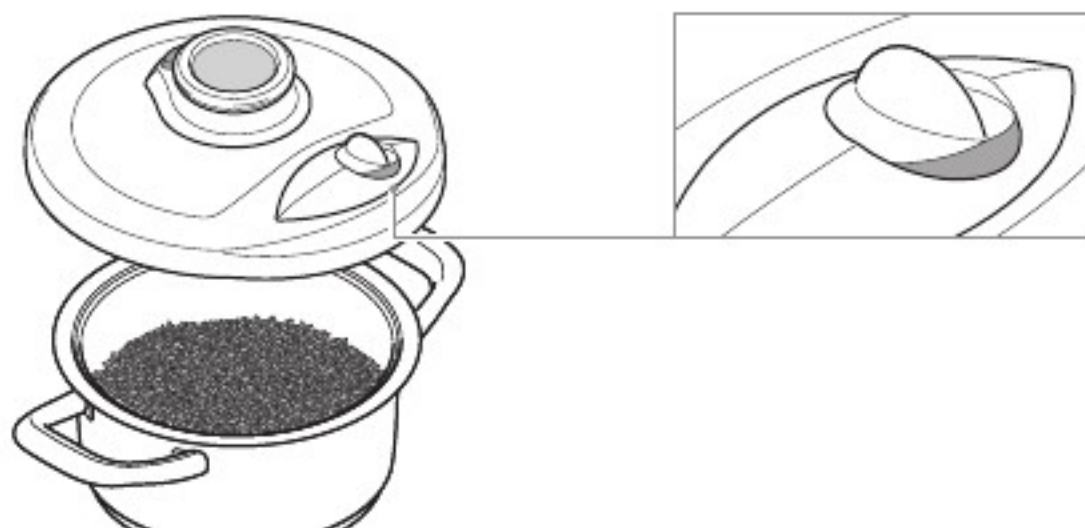
Add liquid if necessary. A small amount of liquid (approx. 150 to 200 ml) is needed to build up the vapor pressure. The amount depends on the size of the pot, the food and the recipe. If the food contains enough liquid, no added liquid is necessary. Follow the recipes published by AMC for cooking with the Secuquick softline.

3.2. Setting on and sealing the Secuquick softline

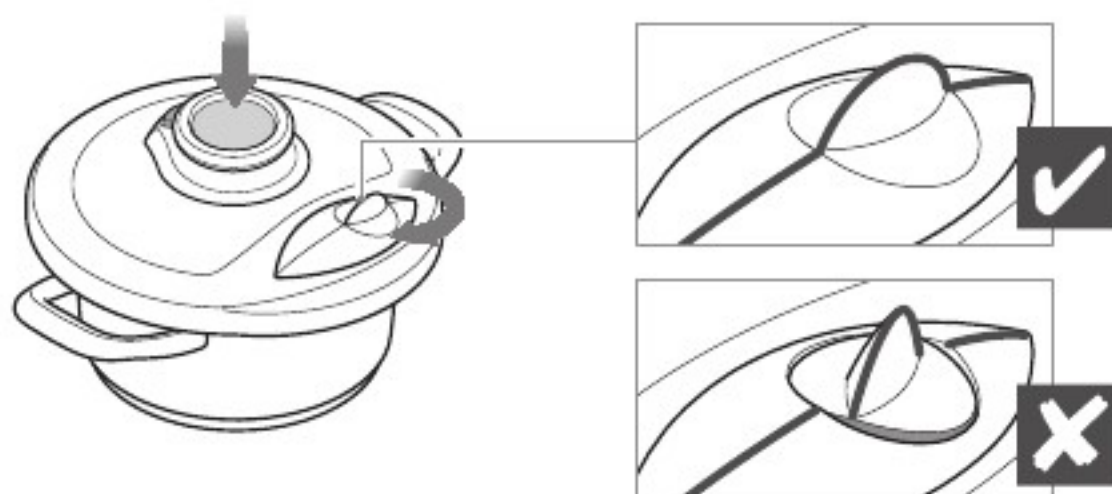
Before each use of the Secuquick softline, check that:

- The Secuquick softline is correctly assembled, and valves and seals and the cover closure are tested.
- The sealing ring is correctly inserted. In doing so, observe alignment (top and bottom).
- The pouring rim of the pot is clean, dry and not damaged (no deformation).
- The rotary knob is in open position.

Set the Secuquick softline on the pot. Note that the position of the knob must be at the front and in the middle between the handles.



Press lightly on the Visiotherm with one hand, and close the knob with the other. Turn the rotary knob to the stop without forcing it. The yellow marking must no longer be visible.

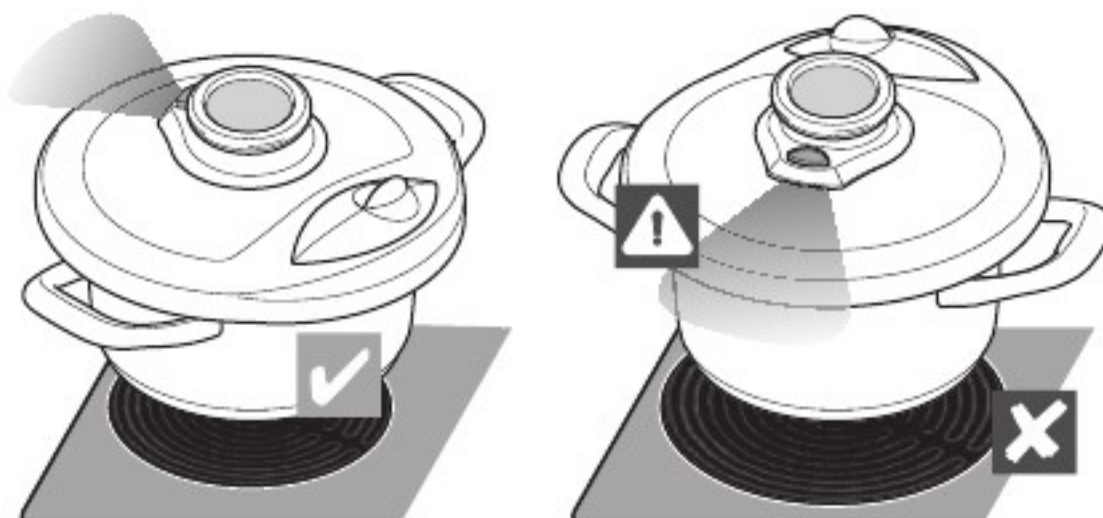


3.3. Heating up

Place the pot on the cooking zone. Point the steam vent away from the body. Switch the cooking zone on to the highest level.



Do not use a booster or power stage on induction cookers.



The rise in temperature can be followed on the Visiotherm S indicator.



During the heating, steam and a few drops of water may escape between the top and bottom covers. This does not affect the cooking process.

The rotary knob is automatically locked. The heating up takes a few minutes (four to 20 minutes depending on the size of the pot and the amount of food being cooked).

3.4. Setting a lower level

As soon as the pointer on the Visiotherm S reaches the first Soft window or Turbo window, the ring must be set to a lower level (approx. $\frac{1}{3}$ of the cooking zone output). $\frac{1}{3}$



3.5. Monitor temperature and adjust cooking zone performance

During the cooking process, the pointer on the Visiotherm S should always be in the corresponding temperature range ("Soft" or "Turbo"). In this case, the cooking zone need not be regulated.



If the pointer moves to the right of the temperature range ("Soft" or "Turbo"), the temperature is too high.



Steam can vent via the steam outlet opening. Do not hold your hands in the danger zone.

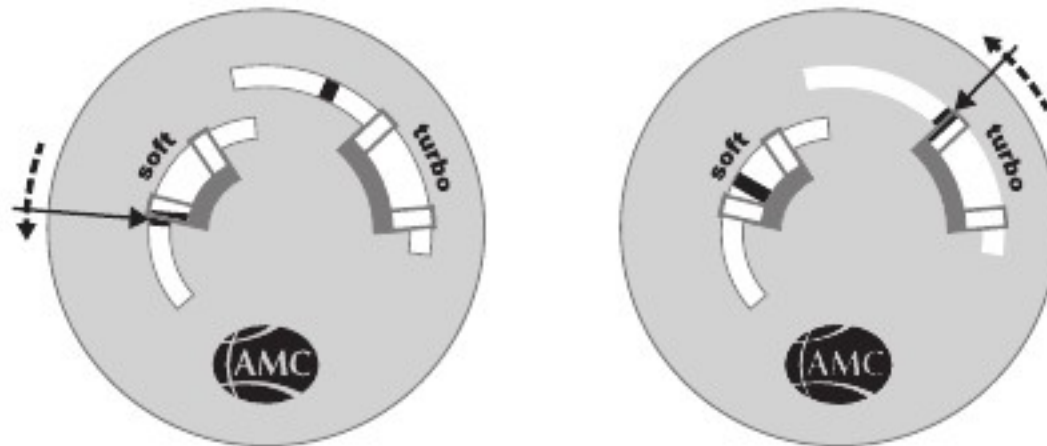
Set a lower level or switch off completely.



If the pointer moves to the left of the temperature range ("Soft" or "Turbo"), the temperature is too low.

Set the highest*/higher setting on the cooker

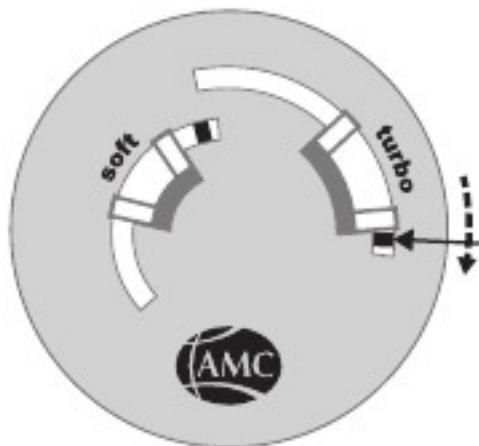
(* In Soft quick cooking, when the pointer has already moved to the left of the first Soft window)



If the pointer moves clearly to the right of the temperature range „turbo“, remove the pot from the cooking zone immediately and switch off the cooking zone.



Steam vents via the steam outlet opening and/or between the bottom and top covers. Do not hold your hands in the danger zone.



3.6. Venting the pressure

At the end of the cooking process the pot must be depressurized before the Secuquick softline can be opened. This can be done in several ways. Also see the recipes published by AMC for cooking with the Secuquick softline.



Never use force to open the Secuquick softline after the cooking. Before opening, make sure that the internal pressure has dissipated fully.

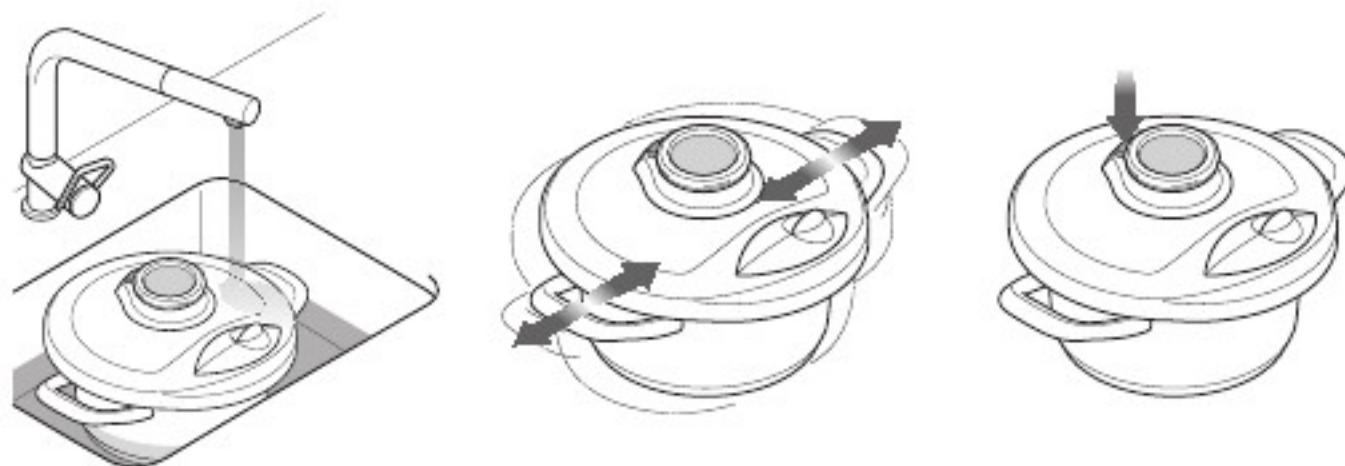


Always give the Secuquick softline a gentle shake before opening. Steam bubbles trapped in the food can splash out and scald on opening. The gentle shake allows the steam bubbles to escape before opening.

Depressurizing under cold running water

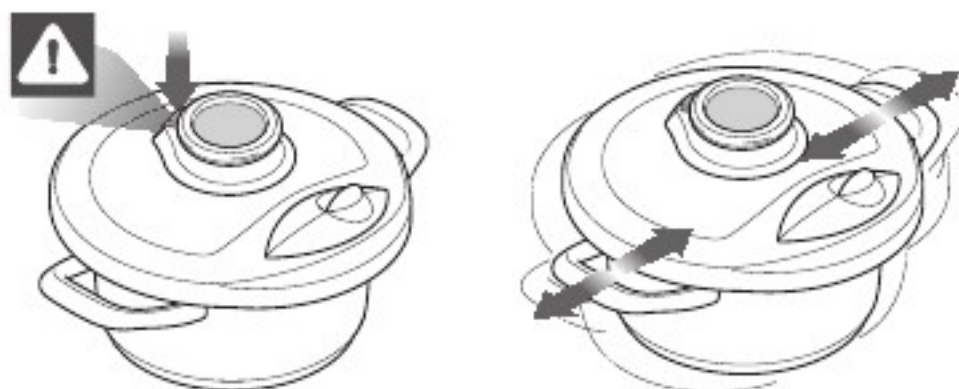
Switch off the cooking zone, remove the pot from the cooking zone and place it in the sink, and run cold water over the cover until the pot is depressurized. Point the steam vent away from the body. Shake the pot by the handles, and press the yellow steam-venting button.

If steam continues to vent, repeat the process until no more steam escapes when the steam-venting button is pressed. Open the Secuquick softline at the rotary knob.



Depressurizing with yellow steam-venting button

Switch off the cooking zone, remove the pot from the cooking zone and place it on a stable, heat-resistant surface. Point the steam outlet opening away from the body and briefly press the yellow steam-venting button several times in succession to allow steam to escape in bursts. Press until no more steam vents. Shake the pot by the handles. Repeat the process until no more steam vents. Open the Secuquick softline at the rotary knob.

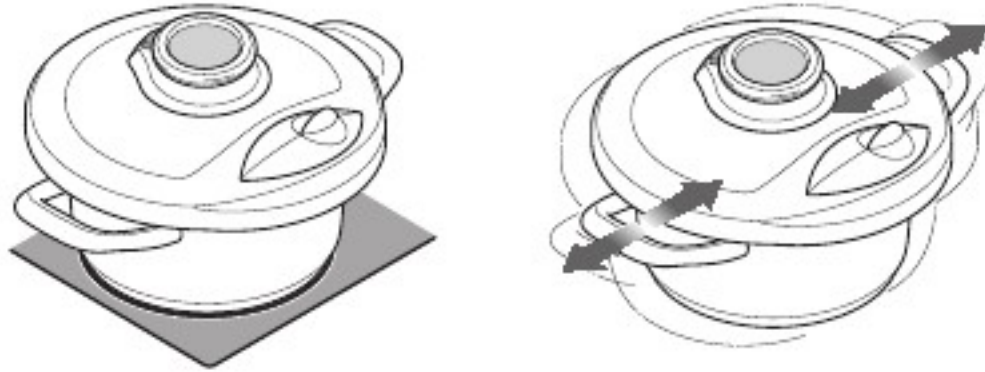


This method must not be used for the following dishes. Hot food could escape or the valves of the Secuquick softline could become too dirty:

- Soups
- Stews
- Solid meat and fish dishes such as tongue, squid
- Broths with a lot of fat
- Rice pudding
- Legume such as lentils
- Grain products such as oat flakes and pearl barley
- Pasta

Depressurizing unaided

Let the pot cool down until it is no longer under pressure. Point the steam vent away from the body. Shake the pot by the handles, and press the yellow steam-venting button. If steam continues to vent, repeat the process until no more steam escapes when the steam-venting button is pressed. Open the Secuquick softline at the rotary knob.



3.7. Opening and removing the Secuquick softline

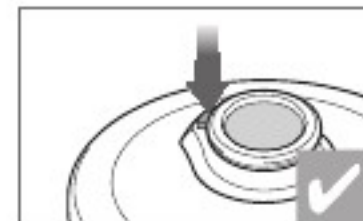
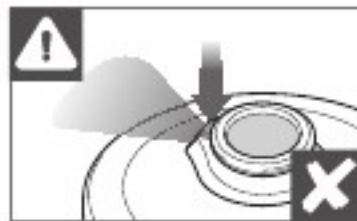
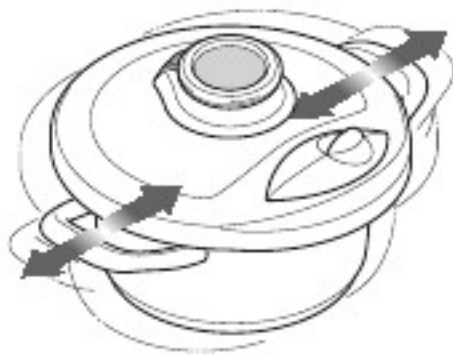
The Secuquick softline can be opened only when the pot is no longer under pressure. The rotary knob must be easy to turn.



Never use force to open the Secuquick softline. A lid under pressure that is opened with force will be flung away and hot food may splash out. Risk of injury and scalding.

Before opening, check that the Secuquick softline is not under pressure:

Point the steam vent away from the body. Shake the pot by the handles, and press the yellow steam-venting button. If steam continues to vent, repeat the process until no more steam escapes when the steam-venting button is pressed. Press lightly on the Visiotherm and open the Secuquick softline at the rotary knob.



4. Care and maintenance

Care for and maintain the Secuquick softline as follows:

- Take apart and clean after each use.
- Before using it again, check that it is working properly: Valves and seals, condition of the cover closure.
- Replace the sealing ring and other seals if they are damaged, brittle, shrunken or cracked. These parts should be replaced at least every two years or after 400 cooking cycles.



Use only original spare parts for the relevant 4300 model.

Wear parts (sealing ring and gaskets) are available as spare parts from AMC. These can be replaced by the user or by an AMC service center.



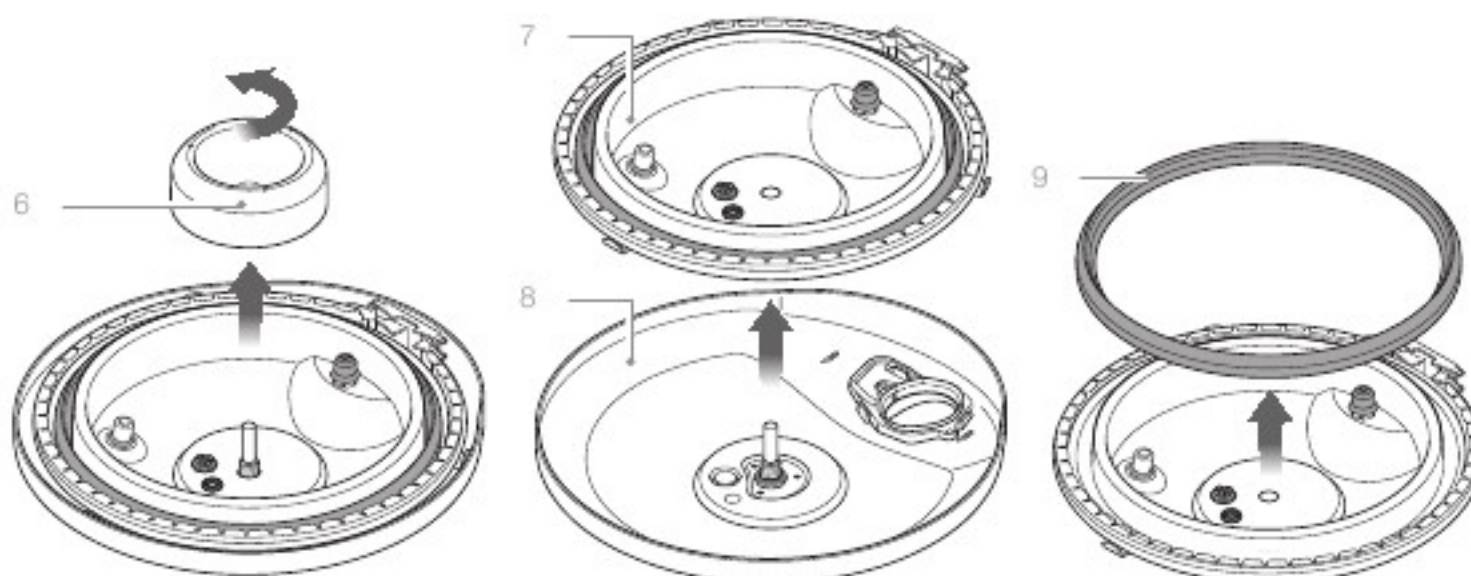
All other interventions may be carried out only by an AMC service center.

Table: Original sealing rings and seals:

Designation in user manual	AMC item no.
Sealing ring 20 cm / 24 cm	10011155 / 10011156
Sealing washer for the operating pressure valve	10011151
Steam-venting valve	10011187
O-ring for safety valve 2	10011134
Sealing cap for safety valve 3	10011149
O-ring under the Visiotherm S	10011185

4.1. Disassembling the Secuquick softline

Unscrew bell nut (6). Detach the bottom cover (7) from the top cover (8). Remove the sealing ring (9) (tip: use a small spoon handle to help).



4.2. Cleaning and storing the Secuquick softline

Clean parts in the dishwasher or clean them thoroughly by hand with a soft sponge and neutral detergent. Rinse with hot water, dry well.

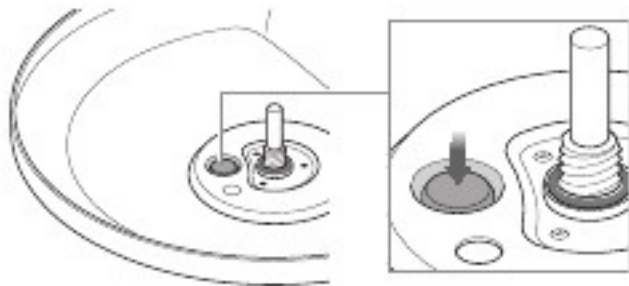


Depending on the food being prepared, the sealing ring can absorb odors. This is entirely natural. Store the sealing ring away from light and only loosely attached to the Secuquick softline. Insert the sealing ring correctly again only before you next use it.

4.3. Assembling the Secuquick softline

Carry out the described inspection work during assembly. This inspection is important for safe and correct operation.

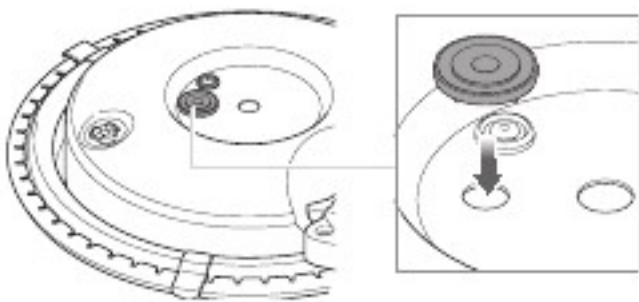
Checking valves and seals



Check operating pressure valve:

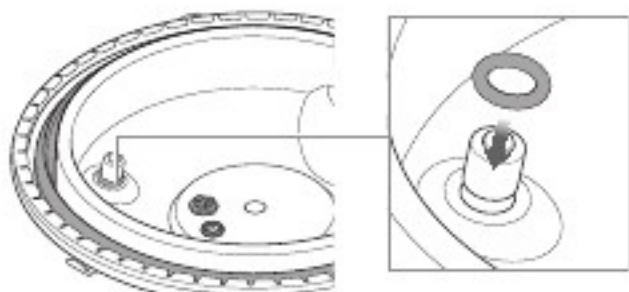
- Must be easy to press in approx. 3-4 mm with finger.
- Must spring back easily, with no sticking.

If the operating pressure valve does not function properly, the Secuquick softline must no longer be used. Contact AMC customer service.



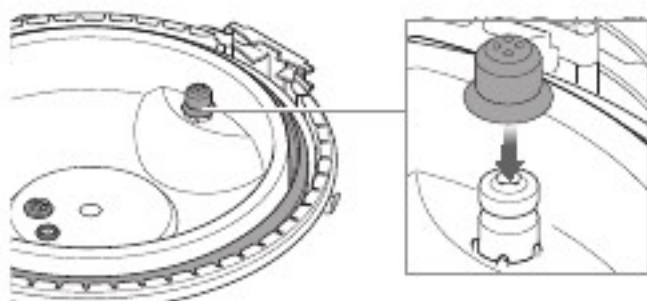
Check operating pressure valve:

- The openings in the rubber section must be clean.
- Metal pin must be present.



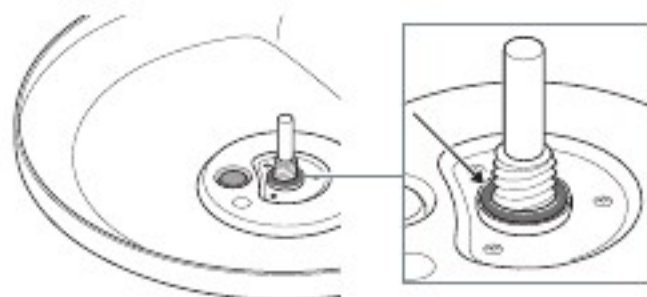
Check safety valve 2:

- The O-ring must not be damaged.
- The O-ring must lie in the groove (at the bottom).
- The steel ball must not be stuck. Check by pressing it with a finger whether it can move freely and springs back.



Check safety valve 3:

- The sealing cap must be in place and clean.
- Check by pressing it with a finger whether the blue sphere (under the sealing cap) is not stuck, can move freely and springs back.
- Check that the valve in the cover is clean and free to move.



Check the O-ring under the Visiotherm S:

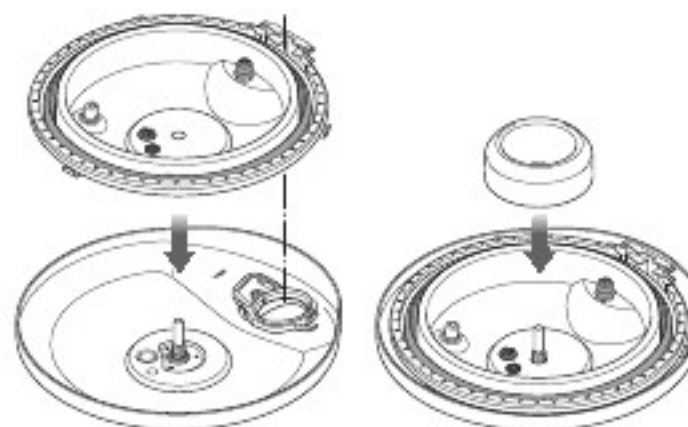
- The O-ring must not be damaged and must lie completely at the bottom of the groove.

Assembling:

Insert sealing ring. Observe the mounting position: The wavy line must point at the cover (see figure). Press it down all around with your fingers.



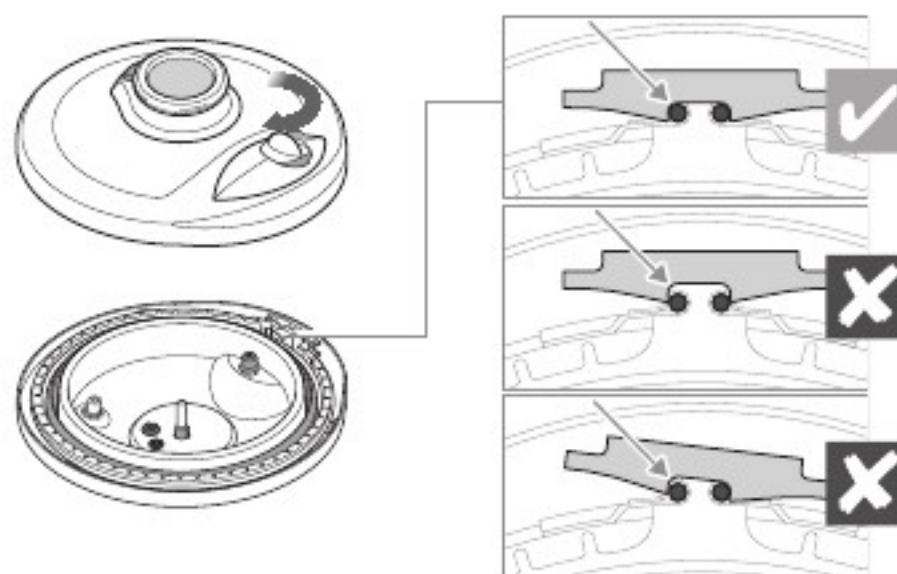
Insert bottom cover into top cover. Screw on bell nut and tighten firmly.



Checking cover closure

Check the locking mechanism; to do this, the cover must be positioned so that the Visiotherm S points upwards.

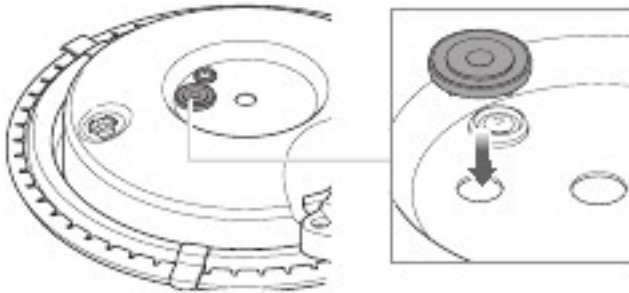
- The rotary knob must be easy to turn.
- When closed:
 - The safety latch must not be bent outwards.
 - Both bolts must be held completely.



If the cover closure does not function properly, the Secuquick softline may no longer be used. Contact AMC customer service.

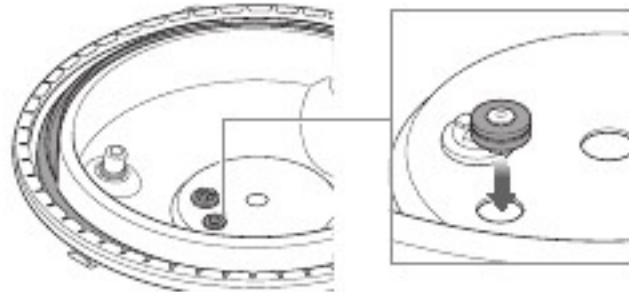
4.4. Replacing seals

- Replace seals only by hand or using blunt tools, or have them replaced by an AMC service center.
- Seals and sealing ring can be obtained from AMC as a package.
- Use only AMC original spare parts for model 4300.



Sealing washer for the operating pressure valve

Insert the sealing washer into the opening. Note insertion position: smaller diameter at the bottom.



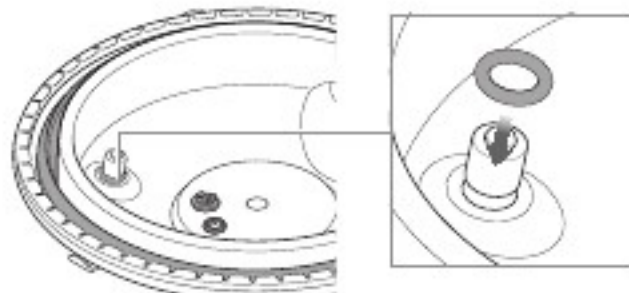
Steam-venting valve

Insert the seal into the opening

- The flat side of the rubber seal must be on the underside of the bottom cover.
- The groove of the rubber section must fit correctly in the hole of the plate.

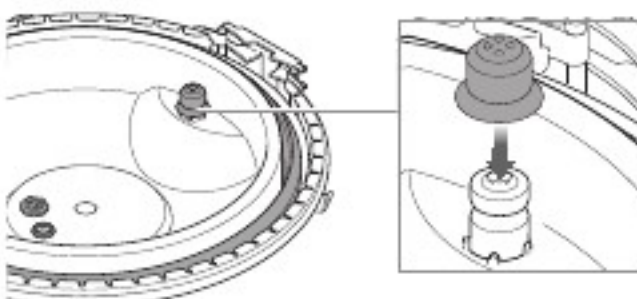


Do not confuse the openings for the sealing washer for the operating pressure valve or for the steam-venting valve.



O-ring for safety valve 2

Push the O-ring on until it lies in the groove (at the bottom). Do not pull the valve body out of the bottom cover.

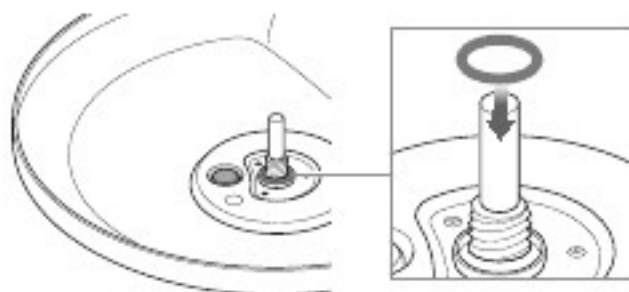


Sealing cap for safety valve 3

Push the sealing cap on completely.



Do not put the O-ring of safety valve 2 over safety valve 3.



O-ring under the Visiotherm S

Carefully push the O-ring over the thread. The O-ring must lie completely at the bottom of the groove.

5. What to do when...

The Secuquick softline cannot be closed

The Secuquick softline is set on the pot, but the knob cannot be turned all the way.

Troubleshooting:

Press on the Visiotherm with one hand while turning the knob. If this is still not possible, carry out the following steps:

- Check that the knob can be turned easily when the Secuquick softline is taken off the pot. If this is not possible, check that the Secuquick softline is correctly assembled (bell nut firmly tightened).
- Check whether the cover closure is dirty or whether a foreign body is caught in it; clean if necessary.
- Check that the sealing ring is correctly inserted.
- Check that the pouring rim of the pot is clean and undamaged.

The Secuquick softline cannot be opened

The Secuquick softline cannot be opened with the rotary knob. It moves briefly and then sticks. The pot may still be under pressure.

Troubleshooting:

Depressurize the pot. Observe precautionary measures. Once the pot is no longer under pressure:

- Turn the knob all the way back to the „closed“ position and try again.
- Press the Secuquick softline down while turning the knob.

No or too little pressure in the pot

The temperature indicator on the Visiotherm S does not reach the first Soft window or the first Turbo window.

Troubleshooting:

- Check that the Secuquick softline is closed correctly.
- Check that the correct cooking zone diameter is selected.
- Check that the highest level is set on the cooking zone.
- Check whether there is sufficient liquid in the pot.

Continuous steam venting

Steam is continuously escaping during operation.

Troubleshooting:

- Check that the sealing ring is correctly inserted.
- Check that the bell nut is firmly tightened.
- Check that all valves and seals are correctly seated, clean and undamaged.

Sudden venting of steam

Steam suddenly escapes to the sides from between the bottom and top covers.

Troubleshooting:

Stop using the Secuquick softline and contact AMC customer service.

The pot has been overheated and the operating pressure valve has failed. A safety valve has been triggered.

6. Technical data

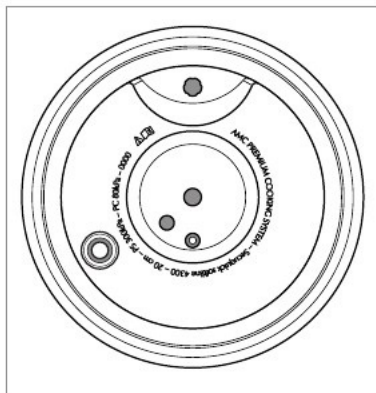
The Secuquick softline meets the safety requirements of the European Pressure Equipment Directive 2014/68/EU. The Secuquick softline, together with the approved pots, underwent a safety test at the TUV (Technischer Überwachungsverein).



Model details with the pressure specifications are engraved in the bottom cover: Operating pressure while cooking (= PC) 80 kPa (0.8 bar); highest permissible pressure (= PS) 300 kPa (3.0 bar).

7. AMC Customer service

If you have any questions or suggestions, please contact AMC Customer Service. Spare parts can also be ordered from here. Have the model number and diameter of the Secuquick softline ready for accurate product identification. Both specifications can be found on the inside of the bottom cover.



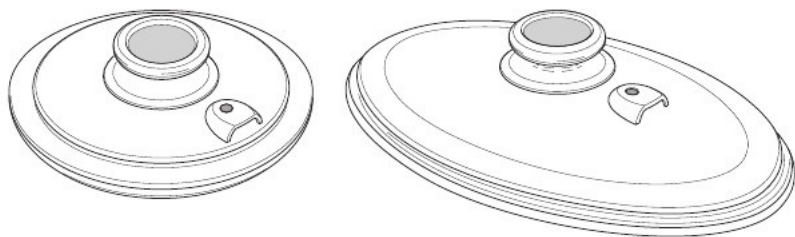
AMC PREMIUM COOKING SYSTEM
Secuquick softline 4300 –
20/24 cm – PS 300kPa – PC 80kPa – 0000



AMC EasyQuick

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Eat better.
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AMC EasyQuick

User Manual

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For simplicity's sake, the name EasyQuick is used in the following. Exception: when describing type-relevant processes.

The EasyQuick is exclusively intended for proper use within the household. Hazards may arise from improper use.

Before using the EasyQuick, please read the User Manual carefully – especially information on proper use and safety. Keep the User Manual and pass it on to subsequent users.

Please also carefully read the “AMC Cooking Methods” brochure and the corresponding user manuals of the other AMC products that are used.

Symbol Meanings



Instructions that are important for safety.

Non-observance can lead to injury or damage.



Poor operating condition or improper use.



Good operating condition or proper use.



Useful user information.



Environmental protection, ecology, and economy information.



Process steps are highlighted with an arrow.

EasyQuick and Oval EasyQuick User Manual version: 07/2020.

1. Intended Use and Safety

The EasyQuick is used together with AMC pots to steam food – both with and without the pot insert. Food is steamed by heating and evaporating liquid. Food can also be roasted with the EasyQuick.

1.1 Suitable AMC pots and pot inserts

The EasyQuick may be used with:

- Pots: 20 cm and 24 cm
- GourmetLine: 20 cm and 24 cm
- Eurasia: 24 cm
- Softiera insert: 20 cm and 24 cm (exception: in 2.3 l and 2.5 l pots as well as Eurasia 24 cm)
- Combi sieve

The Oval EasyQuick may be used with:

- Oval griddle: 38 cm 3.5 l and 4.5 l
- Oval perforated insert: 38 cm

The EasyQuick and Oval EasyQuick must not be used with:

- HotPan: 20 cm and 24 cm
- Oval grill
- Ring insert; grater, shredder, and slicer insert; combi bowl (hanging)

The EasyQuick must not be used with pots and pans from other manufacturers.

1.2 Suitable hobs

In accordance with Chapter 1.1, pots that are sealed with the EasyQuick can be used on all types of suitably sized domestic hobs.

Be sure to follow the descriptions and tips in "AMC Cooking Methods".

1.3 Important application and safety information

Avoid damage and improper use:



- On gas hobs, the 24 cm sealing ring must never be additionally inserted in the EasyQuick when a 20 cm pot is used. The sealing ring could be damaged or catch fire.
- Do not use the EasyQuick in the oven or microwave. Plastic and silicone parts can be damaged by doing so.
- Do not use the EasyQuick for deep-frying.
- Do not make any alterations to the EasyQuick. Improper intervention or use of force can impair the product's function and safety.

Supervision



- EasyQuick is packed in foil. Packaging foils must not get into the hands of children: there is danger of suffocation.
- The EasyQuick must be monitored while cooking.
- Unattended and uncontrolled cooking can lead to overheating. Food can spoil, and the pot or the EasyQuick can be damaged or destroyed. Risk of accidents and fire.
- The EasyQuick is not suitable for use by children. Children must be supervised when they are near the EasyQuick. Risk of burns or scalding.
- The device can be used by persons with reduced physical, sensory, or mental abilities, as well as persons lacking in experience or knowledge. They must be supervised or instructed in how to safely use the device, and must understand the risks involved.



2. Composition

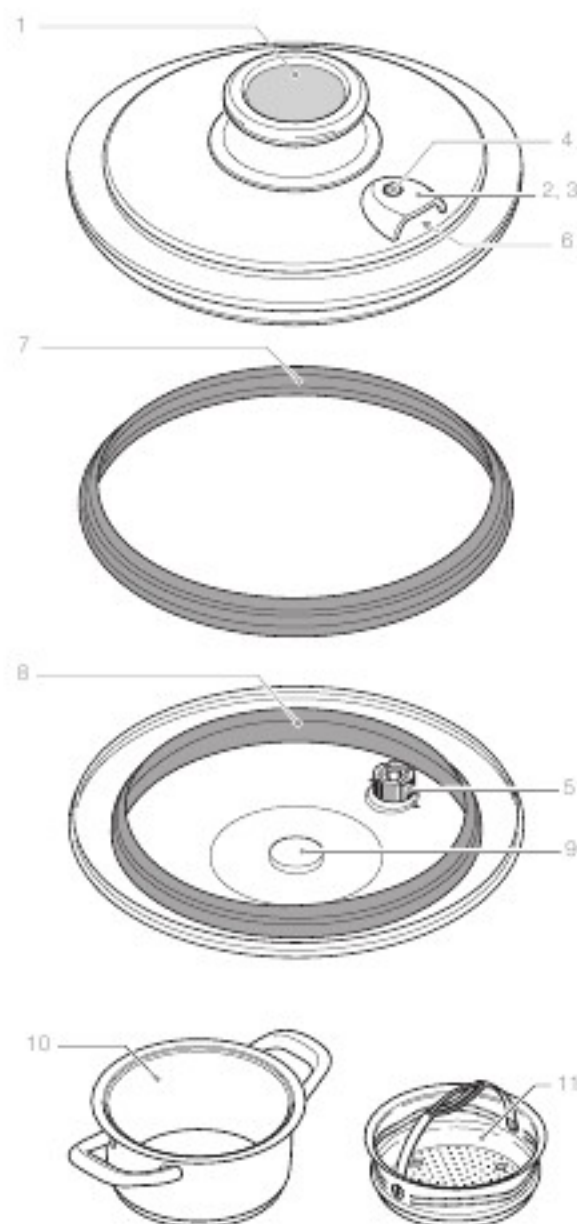
2.1 EasyQuick

- 1 Visiotherm E
- 2 Steam valve, consisting of
 - 3 Valve housing
 - 4 Valve indicator
 - 5 Valve nut
 - 6 Steam outlet
- 7 Sealing ring 24 cm (loose)
- 8 Sealing ring 20 cm (inserted in lid)
- 9 Sensotherm (temperature sensor)

Not included in delivery:

Pots and accessories for use with the EasyQuick

- 10 Pot 20 cm / 24 cm
- 11 Softiera insert 20 cm / 24 cm



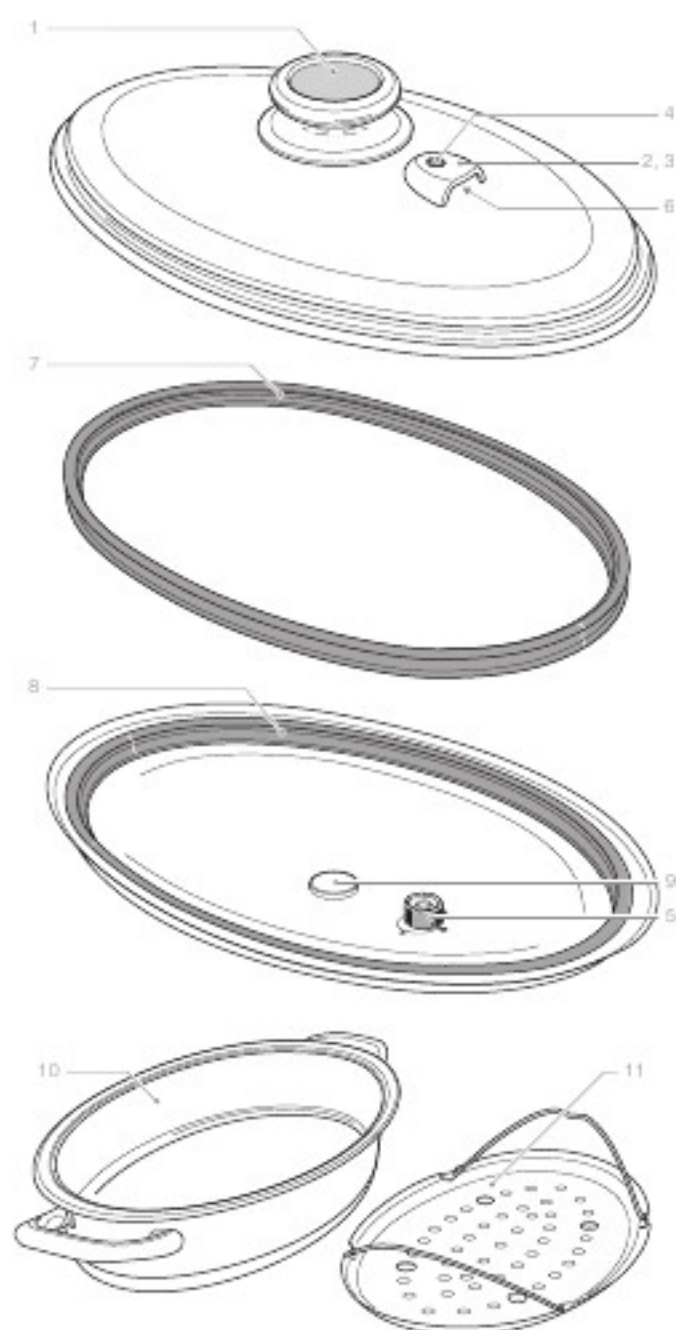
2.2 Oval EasyQuick

- 1 Visiotherm E
- 2 Steam valve, consisting of
 - 3 Valve housing
 - 4 Valve indicator
 - 5 Valve nut
 - 6 Steam outlet
- 7 Sealing ring with insertion marking (loose)
- 8 Sealing ring (inserted in lid)
- 9 Sensotherm (temperature sensor)

Not included in delivery:

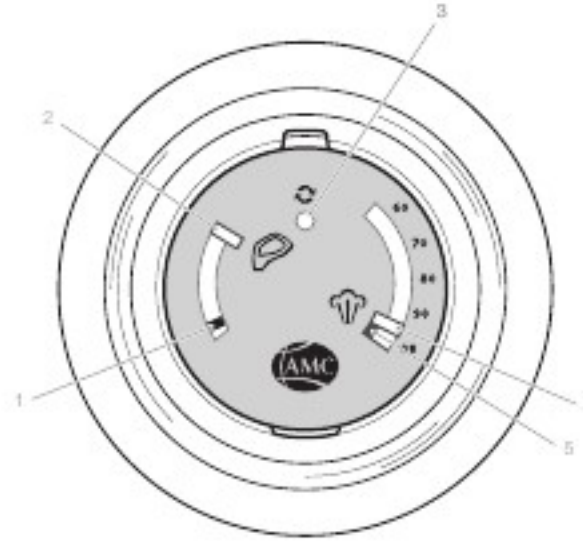
Pots and accessories for use with the Oval EasyQuick

- 10 Oval griddle 38 cm
- 11 Oval perforated insert 38 cm



2.3 Visiotherm E

- 1 Temperature indicator
- 2 Roasting window
- 3 Turning point
- 4 Steam window
- 5 "Steam" temperature range



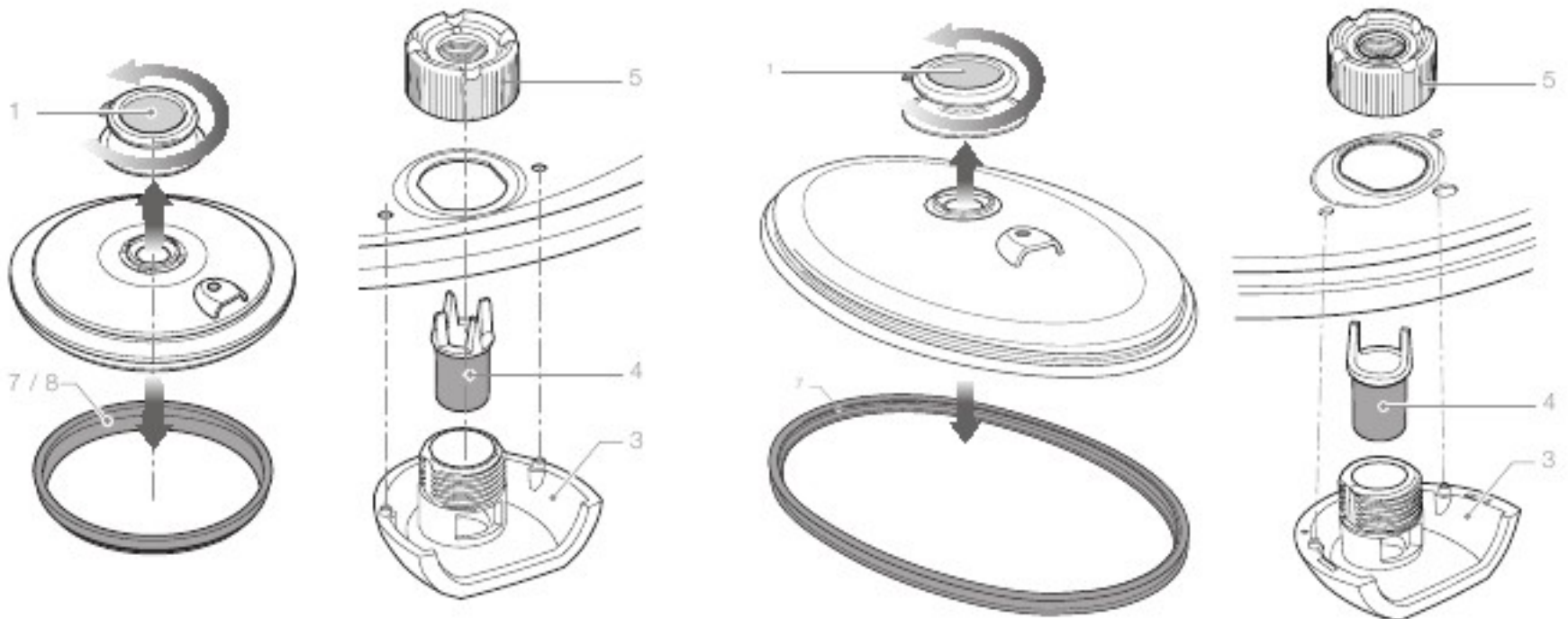
3. Disassembly, Assembly, and Positioning in Place

3.1 Disassembling the EasyQuick



Only disassemble the EasyQuick when it is at room temperature.

- ➔ Unscrew Visiotherm E (1)
- ➔ Remove sealing ring (7/8)
- ➔ Unscrew valve nut (859); remove valve housing (3) and valve indicator (4)



3.2 Assembling the EasyQuick

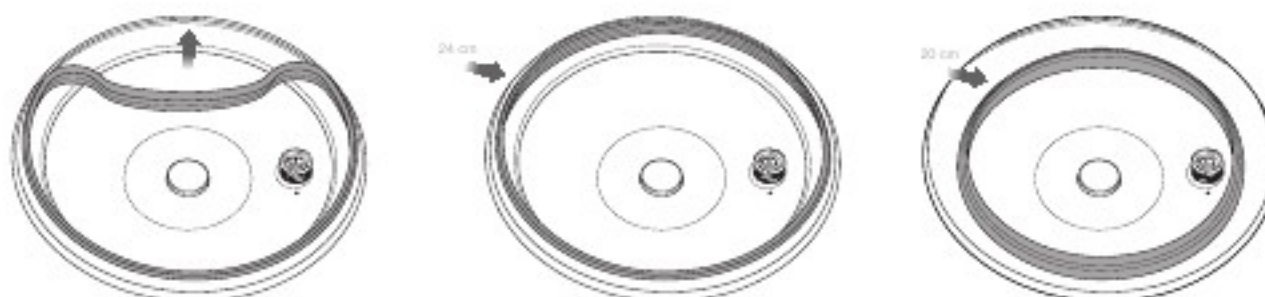
- ➔ Screw on Visiotherm E
- ➔ Place and hold the valve housing on the outside of the lid.
- Valve outlet points to the outside

- ➔ Insert valve indicator into valve housing
- ➔ Screw on sturdily with valve nut

Check both sides to ensure the valve indicator can operate smoothly

Insert sealing ring:

- ➔ For the EasyQuick, only insert the sealing ring (20 cm or 24 cm) that matches the pot.
- ➔ Press firmly all the way around so that the sealing ring fits in the rim exactly as it should.



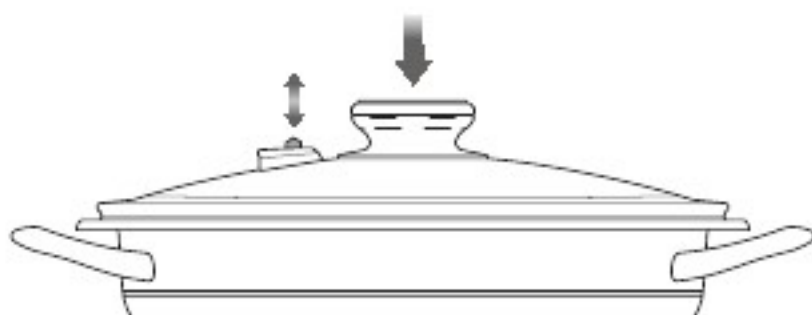
For the Oval EasyQuick sealing ring (see Drawing A), insert it using the white mark as an aid

- ➔ Press firmly all the way around so that the sealing ring fits in the rim exactly as it should



3.3 Positioning the EasyQuick in place and removing it

- ➔ Place the EasyQuick on a suitable pot so that the entire circumference of the sealing ring rests on the pot's pouring rim.
- ➔ Check that the Oval EasyQuick is sitting correctly by pressing on the Visiotherm E
 - The yellow valve indicator jumps up briefly.



- ➔ Hold a pot handle when removing the EasyQuick



- A dirty valve that isn't operating smoothly, an incorrectly inserted sealing ring, or the incorrect placement of the EasyQuick can cause the lid to lift slightly during cooking and hot steam to escape all around.
- When the EasyQuick is placed on a hot pot, hot steam surges out of the steam valve.
- Always position the steam valve on the pot so that it's facing away from the body. This prevents coming into contact with the hot steam that's released from it.
- Do not touch hot stainless steel parts or the steam valve. Only touch pot handles and the EasyQuick's Visiotherm E.
- Always hold a pot handle with one hand when removing the EasyQuick. Otherwise, the pot may tip over and hot food may leak out.

3.4. Startup

Clean the EasyQuick before first use (see Chapter 5 Cleaning, Care, and Maintenance).

4. Use

The EasyQuick can be used with suitable AMC pots and pans (see Chapter 1.1.).

4.1. Preparation:

- When steaming with the EasyQuick, sufficient liquid must always be added for steam to be generated.

Recommended amounts of liquid for the EasyQuick:

- For 20 cm pots: at least 120 ml
- For 24 cm pots: at least 150 ml
- For oval pots: at least 200 ml

- Make sure that the liquid level is not higher than the perforated bottom surface of the pot insert. For longer cooking times, add liquid as required.



Always ensure that there is enough liquid in the pot; otherwise, the pot may be damaged.

Be sure to follow the descriptions and tips in "AMC Cooking Methods".

4.2. Manual steaming with EasyQuick

With Visiotherm

The temperature is measured and displayed on the Visiotherm. The user controls the temperature and operates the hob.

Follow the descriptions and tips in "AMC Cooking Methods".

With Visiotherm and Audiotherm

The measured temperature and set cooking time are displayed on the Audiotherm; the Audiotherm beeps to indicate when something needs to be done. The hob is operated by the user.

Follow the descriptions and tips in "AMC Cooking Methods" and the Audiotherm User Manual.

4.3. Self-controlled steaming with EasyQuick

Via a radio link to the Navigenio, the Audiotherm independently controls the entire cooking process. After switching on the Navigenio to "A" and setting the Audiotherm, the operation of the Navigenio and Audiotherm is taken over.

Follow the descriptions and tips in "AMC Cooking Methods" and the Audiotherm and Navigenio user manuals.



Depending on the recipe, condensation on the edge of the Oval EasyQuick may occasionally cause drops to form. The end cooking result is not affected by this

5. Cleaning, Care, and Maintenance

- Clean the EasyQuick after each use and maintain it regularly to ensure it correctly functions in a safe manner.
- For heavier soiling, also unscrew the steam valve and clean separately.
- Clean the parts in a dishwasher or by hand using a soft cloth or sponge, hot water, and a household detergent. Rinse with clean water and dry well.
- Before each use, check the steam valve and sealing ring to ensure they are functioning properly.
- Replace sealing rings and the steam valve if they are damaged, brittle, or have shrunk.
- In case of damage or a malfunction, the EasyQuick must not be used anymore.
Contact AMC Customer Service and replace wear parts (sealing rings, steam valve, and Visiotherm E). You can replace these yourself.
- Only use original spare parts.





Keep EasyQuick steam valves and sealing rings clean and in good condition. Dirty, damaged, or worn valves and sealing rings can cause the EasyQuick to lift easily and hot steam to escape all around.

6. Disposal



Both the packaging and the EasyQuick do not count as household waste: the materials are recyclable. Carry out disposal in an environmentally friendly manner and according to local regulations.



7. Spare Parts

EasyQuick:

Sealing rings 20 cm and 24 cm

Steam valve set (EasyQuick)

Visiotherm E

Oval EasyQuick:

Oval sealing ring

Steam valve set (Oval EasyQuick)

Visiotherm E

8. AMC Customer Service

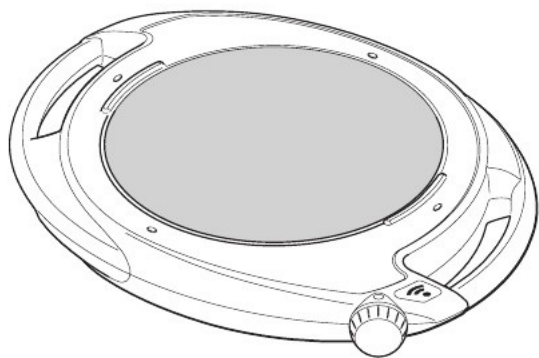
At AMC, customer service is always about meeting the wishes and needs of our customers. If you have any additional questions or suggestions, please contact AMC Customer Service.



AMC Navigenio

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AMC Navigenio

User Manual

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The Navigenio is exclusively intended for proper use within the household. Before using the Navigenio, please read the User Manual carefully – especially the information on proper use and safety. Retain the User Manual and pass it on to subsequent owners.

Meanings of symbols



Instructions important for safety.
Non-observance can lead to injury or damage.



Poor operating condition or improper use.



Good operating condition or proper use.



Useful user information.



Environmental protection, ecology, and economy information.



Process steps are highlighted with an arrow.

Validity

This User Manual applies to the Navigenio C0020 model. The nameplate is located under one of the handles. Version: 08/20

Compatible with the AMC Audiotherm



1. Intended use and safety

The Navigenio can be used as a mobile cooking plate in different functions in the AMC Cooking System. The Navigenio can be used as a cooking plate for cooking food in manual and self-controlled modes as well as for gratinating and baking in the overhead function.

1.1 Suitable AMC pots and pans

1.1.1 Navigenio as a cooking plate

- 16, 20, and 24 cm pots (up to max. 6.5 l)
- 20, 24, and 28 cm pans
- 24 and 28 cm Eurasia, 36 cm wok
- 38 cm Oval Roaster and Oval Grill, 28 cm Arondo Grill

1.1.2 Navigenio in the overhead function

- 20 and 24 cm pans
- 20 and 24 cm HotPans
- 24 cm Eurasia

1.2 Avoid damage

1.2.1 Avoid external heat damage

- Never put the Navigenio on a hot burner.
- Do not incorrectly use the Navigenio for a prolonged period. Otherwise, overheating protection will switch off the Navigenio's heating system.

1.2.2 Avoid damage and improper use

- Do not use the glass-ceramic surface as a cutting surface.
- Do not use any sharp objects on the glass-ceramic surface and avoid point loads.
- Put the Navigenio on a trivet on heat-sensitive surfaces.
- Only use stable surfaces and do not carry pots around on the Navigenio.
- Never prepare food directly or in packaged form on the Navigenio.
- Before cooking, make sure that the bottom of the pot and the glass-ceramic surface are clean and dry.
- Always properly clean the Navigenio.
- Do not use the Navigenio for heating a room.

1.3 Potential electrical hazards

The appliance is operated using electricity. Prevent the risk of electric shock:

- Only connect the appliance to a power supply with a voltage specified on the nameplate.
- Use only the original connection cable. The same type of extension cords must be used. Immediately replace a damaged power cord.
- The power cord must not come into contact with the hot cooking plate or hot cookware.
- Immediately unplug the power plug if the glass-ceramic surface is damaged or breaks.
- A damaged appliance may no longer be operated. Contact an AMC Service Center.
- It is prohibited to tamper with the Navigenio.
- Only skilled experts authorized by the AMC Service Center may carry out repairs.



1.4 Potential heating hazards, risk of fire

The Navigenio becomes hot during operation. Prevent the risk of burns:

- Only touch the handles of the Navigenio.

Prevent the risk of fire:

- After using the Navigenio in the overhead function, do not put it down with the glass-ceramic surface facing down.
- Always place the pot on a heat-resistant surface while using the Navigenio in the overhead function.
- Only smother food that has caught fire in the pot (e.g. fat) with a fire blanket or pot lid – never extinguish with water.



1.5 Supervision

- The Navigenio is packed in foil. Packaging foils must not get into the hands of children: there is danger of suffocation.
- The cooking process must be supervised. If the Audiotherm is used for acoustic monitoring of the cooking process, you must be within earshot of it.
- Unattended, uncontrolled cooking can lead to overheating. Food can spoil, and the pot can be damaged.
- The Navigenio can be used by children who are at least 8 years of age, persons with limited physical, sensory, or mental abilities, as well as persons lacking in experience or knowledge. They nevertheless must be supervised or instructed on how to use the device safely and must understand the risks involved.

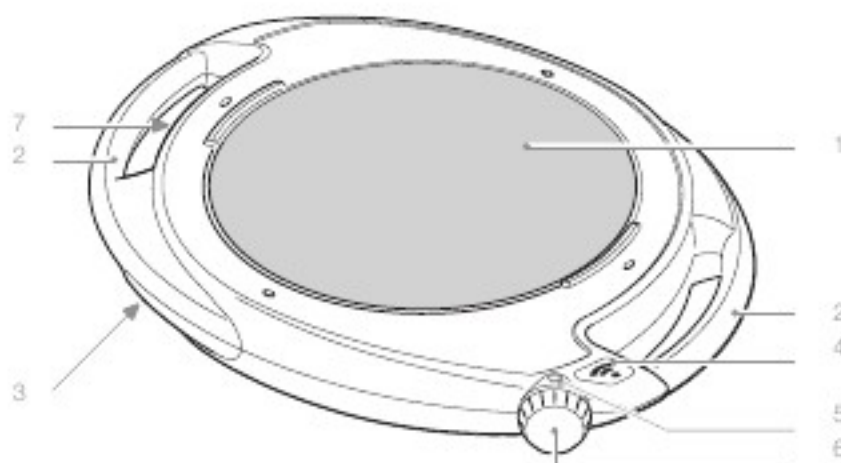


2. Assembly and first use

2.1 Assembly

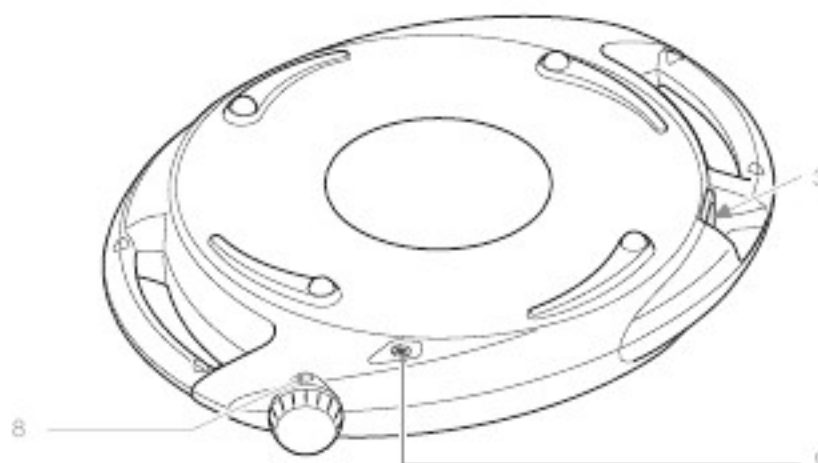
Navigenio as a cooking plate (top-down view)

- | | |
|---|--|
| 1 | Glass-ceramic surface |
| 2 | Handles |
| 3 | Appliance socket for power cord |
| 4 | Operating mode display |
| 5 | Level display (cooking plate function) |
| 6 | Control knob |
| 7 | Nameplate |



Navigenio in the overhead function (top-down view)

- | | |
|---|-----------------------------------|
| 8 | Level display (overhead function) |
| 9 | Operating mode display |



2.2 First use




Remove the adhesive film from the AMC logo and control knob prior to first use. Wipe down the Navigenio with a clean, damp cloth and then dry it off with a cloth. Connect the power cord to the Navigenio and plug it into the power supply.

2.2.1 Control knob and operating mode display in the cooking plate function

Control knob:

The cooking plate function has 1–6 levels to select from for manual cooking and the “A” setting for self-controlled cooking.

Operating mode display:

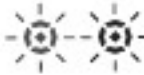



Display	Display mode	Status	Occurrence
	Glowing red	The Navigenio is switched on.	Manual cooking on level 1–6 ➔ The Navigenio heats up instantly.
None	None	Navigenio set to “A” Radio link between the Audiotherm and Navigenio can be established.	Self-controlled cooking set to “A” ➔ The Navigenio is not heating.
	Flashing blue	The Navigenio and Audiotherm are connected via a radio link.	Self-controlled cooking set to “A” ➔ The Navigenio heats as soon as the cooking process with the Audiotherm begins. Planned cooking exception: The cooking process starts after the end of the start-delay time.
	Flashing red	Residual heat display	Provided that the Navigenio is hot and connected to the power supply.

2.2.2 Control knob and operating mode display in the overhead function

Control knob:

The overhead function has a small level “–” and large level “=” to select from.

Operating mode display:

Display	Display mode	Status	Occurrence
	Alternately flashing blue/red	The Navigenio is switched on. A radio link between the Audiotherm and Navigenio can be established.	Switch to the small or large level for time-controlled gratinating and baking ➔ The Navigenio heats up instantly.
	Flashing blue	Radio link is established; the Navigenio is in time-controlled mode.	Switch to the small or large level for time-controlled gratinating and baking ➔ The Navigenio continues heating, switches off after the end of the baking time, then the residual heat display switches on.
	Glowing red	The Navigenio is in manual mode.	For manual gratinating and baking ➔ The Navigenio heats up instantly.
	Flashing red	Residual heat display	Provided that the Navigenio is hot and connected to the power supply.

Residual heat display:

If the residual heat display disappears, the glass-ceramic field has cooled down enough that there is no longer any risk of burns.



Residual heat display is only active when the Navigenio is connected to the power supply. If, after switching off the appliance, the power cord is disconnected from the power supply, there is a risk of burns.

3. Function

3.1 Navigenio as a cooking plate



Only suitable pans as described in Chapter 1.1.1.

3.1.1 Manual cooking

With Visiotherm

The temperature is measured and displayed on the Visiotherm. The user controls the temperature and operates the Navigenio.

With Visiotherm and Audiotherm

The measured temperature and set cooking time are displayed on the Audiotherm; the Audiotherm beeps to indicate when something needs to be done. The user operates the Navigenio.

3.1.2 Self-controlled cooking

Via a radio link to the Navigenio, the Audiotherm independently controls the entire cooking process. After switching on the Navigenio to "A" and setting the Audiotherm, the operation of the Navigenio and Audiotherm is overtaken.

Also follow the descriptions and tips in the "Cooking with AMC" brochure and the Audiotherm User Manual.

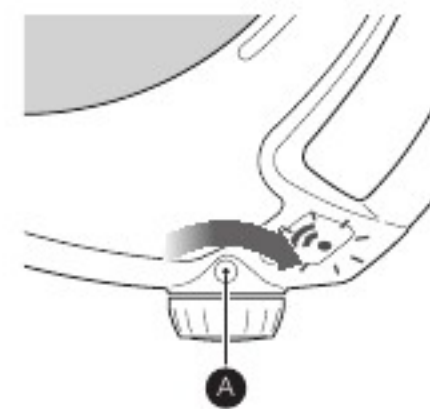
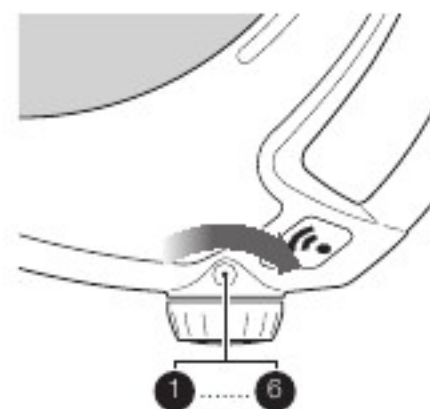
Planned cooking

In self-controlled operation, the Audiotherm can be set to level "A" with the Navigenio so that the Navigenio heating process switches on at a later time (start delay).

Also follow the descriptions and tips in the "Cooking with AMC" brochure and the Audiotherm User Manual.



- Make sure that there is always a pot or pan on the Navigenio.
- Make sure that there are no other objects (e.g., towels or paper) or no living entities on the Navigenio.
- Make sure that the selected lids are always properly attached or sealed.



3.2. Navigenio in the overhead function

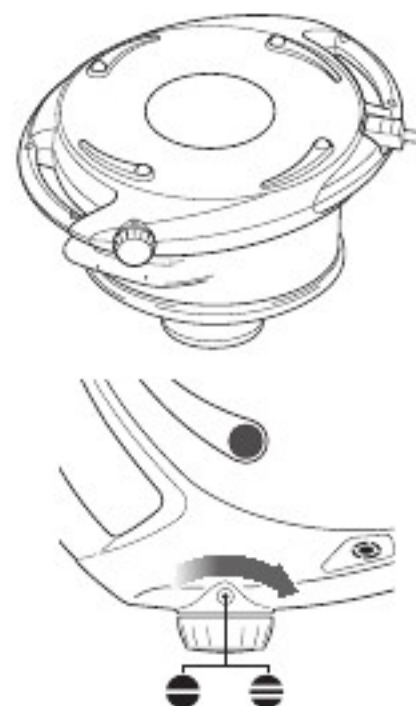
Place the Navigenio overhead on the pot so that the control knob and logo are facing the user.



Only suitable pans as described in Chapter 1.1.2. Place the pot on a heat-resistant surface.

3.2.1 Manual gratinating and baking

The user operates the Navigenio.



3.2.2 Time-controlled gratinating and baking

The user operates the Navigenio. The Audiotherm uses a radio link to control the time the Navigenio is switched on.

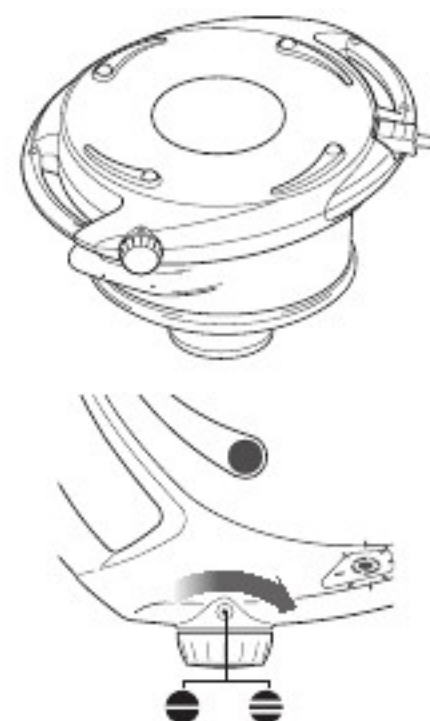


Follow the information provided on the appropriate Navigenio level to be used for gratinating and baking in the "Cooking with AMC" brochure. It is also possible to use a burner on the hob depending on the recipe. Occasionally check the food's degree of browning when gratinating and baking. Steam is released during gratinating and baking.



With the additional use of a hob burner:

- Select the burner diameter to match the pot.
- Switch the burner to high for max. 3 minutes. Only put on low for extended periods.
- Do not use the Navigenio over an open gas hob that is switched on.
- Do not operate Navigenio on an empty pot.



Also follow the descriptions and tips in the "Cooking with AMC" brochure and the Audiotherm User Manual.

4. What to do when ...

... you hear the Navigenio beep and the Navigenio heating system does not switch on or automatically switches off.

- Both in the cooking plate function and in the overhead function, a safety switch turns off the Navigenio's heating system if it is improperly used for a prolonged period.
- ➔ Set the control knob to "0" and let the Navigenio cool.
- ➔ In this case, the Navigenio must always be switched to the "0" position. The Navigenio may only be put back in operation once it has cooled down sufficiently.

For the safety of the user and the appliance, the Navigenio is set up so that it cannot be operated if it is not safely positioned or if it is overheating.

Cooking plate function:

- The Navigenio is already switched on to level 1–6 before the power cord is plugged into the power socket.
- ➔ Set the control knob to "0" and turn to the desired level (1–6) before cooking.
- The Navigenio is switched on and set to "A"; the cooking process has not started within 1 minute with the Audiotherm on.
- ➔ Set the control knob to "0" and turn to "A" again, start the desired cooking process with the Audiotherm.
- The Navigenio is switched on and set to "A"; the cooking process started but was interrupted by an external influence.
- ➔ Set the control knob to "0" and turn to "A" again, then restart the desired cooking process with the Audiotherm.
- The Navigenio is switched on and is lifted off of the countertop or turned over for a longer period of time.
- ➔ Place the Navigenio on a stable and level surface, set the control knob to "0", and turn to the desired level (1–6) or "A" again.

Overhead function:

- The Navigenio is already switched on and has been placed overhead on a pot.
- ➔ Properly place the Navigenio on top of the pot, set the control knob to "0", and turn to the desired level: small "-" or large "=".
- The Navigenio is switched on and is lifted off of the pot and turned over for a longer period of time.
- ➔ Properly place the Navigenio back on top of the pot again, set the control knob to "0", and turn to the desired level: small "-" or large "=".



The Navigenio only stops beeping once the user activates the control knob. If the beeping does not stop, unplug the power cord from the power socket and contact the AMC Service Center.

5. Navigenio and app

The Navigenio is equipped with a Wi-Fi module that enables remote access to the app.

6. Care and maintenance

- Disconnect the power cord from the power socket prior to cleaning.
- Let the appliance cool prior to cleaning and putting away in storage.
- Never immerse the appliance in water or put it in the dishwasher.
- Never use any form of aggressive cleaning agents or scouring agents.
- Never use the rough scouring side of sponges or steel wool.
- Clean the Navigenio after each use.
- The glass ceramic can be damaged by sugar, plastic, or aluminum (aluminum foil). If these substances get onto the hot glass-ceramic surface, switch off Navigenio immediately and thoroughly remove residue with a glass ceramic scraper. Also remove any burnt-on food residue (wear gloves).
- Use a clean, damp cloth and common household detergent to clean light soiling and then dry with a cloth.
- Heavy soiling can be removed with a glass ceramic and stainless steel cleaner.



7. Disposal



Packaging and the Navigenio do not count as household waste: the materials are recyclable. If necessary, carry out disposal in an environmentally friendly manner and according to local regulations (take to a collection site for the recycling of electrical and electronic waste).

8. Technical data

Type C0020
Voltage: 220–240 V
Frequency: 50/60 Hz
Power: 1800 W
Heating circle diameter 180 mm
WLAN: 802.11 b/g/n, 2.4 GHz, Port 443 + 8883
Bluetooth 4.2



9. AMC Customer Service

If you have any questions or suggestions, please contact AMC Customer Service.

