

Quick and easy

PerfectFry Plus frying sensor



BOSCH
Invented for life



The frying sensor maintains a constant temperature on the cookware and guarantees perfect frying. The frying sensor also has the following benefits:

- ▶ It prevents you from burning food by monitoring the pan temperature.
- ▶ It stops the oil or grease from overheating. This means that no harmful substances are produced.
- ▶ It guarantees energy efficiency by only using the power that is actually required.

Instructions for use

- ▶ Place the empty frying pan on the cooking zone.
- ▶ Select the cooking zone and touch .
- ▶ Select the required temperature:
 - During the heating-up time, the timer display alternates between the target temperature and the heating-up progress.
 - Once the frying temperature is reached, a signal tone sounds.
- ▶ Put the oil or grease in the frying pan and start to fry.

Our Pro Induction frying pans are specially optimised for frying on your hob.

You can purchase our accessories from our customer service, specialist retailers or online:

www.bosch-home.com

 **Home Connect** With the Home Connect app, you can access recipes and cooking methods quickly and easily using your smartphone or tablet.

 **Melting**
70 °C



Melting chocolate, butter or cheese, e.g. fondue.

 **Preparing Sauces**
110–120 °C



Preparing and preserving sauces. Browning vegetables. Frying dishes with extra virgin olive oil, butter or margarine.

 **Frying**
140 °C



Frying dishes with extra virgin olive oil, butter or margarine, e.g. omelettes.

 **Frying**
160 °C



Frying fish and thicker foods, e.g. rissoles or sausages.

 **Frying**
180–200 °C



Frying steaks, medium or well-done, frozen, breaded and thin food, e.g. escalope, fresh ragout or vegetables.

 **Frying**
220 °C



Frying dishes at high temperatures, e.g. rare steak, potato pancakes or frozen chips.

The temperature shown on the displays is approximate and can differ from the real temperature on the pan.

User manual: You can find more information in the user manual for your hob in the „Frying sensor“ section. Read it through carefully.

Recommendations for cooking with the PerfectFry Plus frying sensor

The following table shows which temperature is suitable for which food. The frying time and the temperature may vary depending on the type, weight, size, quantity and quality of the food. The set temperature level varies depending on the frying pan that is used.

- ▶ Preheat the empty pan.
- ▶ Add the oil and the food after the signal sounds.

	°C	min
Meat		
Escalope, plain	160-180	4-10
Escalope, breaded	180	6-10
Fillet	180-200	6-10
Chops	160-180	10-15
Cordon bleu, Wiener Schnitzel	180	10-15
Steak, rare, 3 cm thick	220	8-10
Steak, medium, 3 cm thick	200	6-10
Steak, well-done, 3 cm thick	180	6-12
T-bone steak, rare, 4.5 cm thick	200-220	10-15
T-bone steak, medium, 4.5 cm thick	180-200	20-30
Poultry breast, 2 cm thick	160	10-20
Bacon	160-180	2-6
Minced meat	180-200	6-10
Hamburgers, 1.5 cm thick	160-200	6-15
Meatballs	160-180	10-20
Pre-boiled sausages	160-180	8-20
Chorizo, fresh sausages	160-180	10-20
Skewers	160-180	10-20
Gyros	180-200	6-10
Fish and seafood		
Fish fillet, plain	180	10-20
Fish fillet, breaded	180	10-20
Fish, fried, whole	160	10-20
Sardines	180	6-12
Prawns	180	4-8
Squid, cuttlefish	180-200	6-12
Blue mussels, clams, cockles	110-120	4-8
Egg dishes		
Fried eggs in butter	140	2-6
Fried eggs in oil	180-200	2-6
Scrambled eggs	140	4-9
Omelette	140	3-6
French toast	160	4-8
Crêpes, blini, pancakes, tacos	180-200	1-3

	°C	min
Vegetables		
Fried potatoes, boiled in their skin	180-200	6-12
Chips	180-200	15-25
Potato fritters	200	2-4
Onions, garlic, sauteed until clear	140	4-12
Onion rings	180-200	4-12
Courgettes, aubergines, peppers	160-180	4-12
Green asparagus, fried	160-180	10-20
Mushrooms	180	10-15
Vegetables, glazed	120	10-20
Vegetables in tempura batter	180-200	5-10
Frozen dishes		
Chicken nuggets	180-200	8-12
Fish fingers	180	8-12
Chips	200-220	4-8
Stir-fries	160-180	6-10
Spring rolls	180-200	8-15
Pasties, croquettes	200-220	6-8
Sauces		
Tomato sauce	120	20-30
Cream sauce	110-120	10-20
Béchamel sauce	110-120	10-20
Cheese sauce	110-120	3-8
Sweet sauces	110-120	10-20
Reducing sauces	110-120	5-10
Melting		
Chocolate coating	70-80	5-15
Cheese	70-80	3-10
Butter	70-80	3-5
Fondue	70-80	5-15
Miscellaneous		
Fried cheese	180-200	5-15
Croutons	160-180	6-10
Bread for toasting	200-220	8-12
Dried ready meals	110-120	5-10
Almonds, walnuts, pine nuts, roasted	180-200	3-15
Popcorn	220	10-20

