

Temperature Guide

With these temperature suggestions, you're off to a great start with Ztove.
Try them out until you find your own favourites.

Fry	High heat	250°C	Roast green coffee beans
		215°C	Scallops, roast pine nuts
		210°C	Salmon with skin, tiger prawns
	Medium high heat	200°C	Caramelize sugar, deep frying
		195°C	Skinless salmon, breaded fish/meat, pan-fried potatoes
		190°C	Pancakes, buttered toast
		185°C	Fry in butter, beef, pork
	Medium heat	180°C	Duck breast with skin
		175°C	Bacon, meatballs, chicken breast with skin
		170°C	Skinless chicken breast
Low heat	165°C	Grilled cheese, bread croutons, fish cakes	
	150°C	Caramelize onions, toast nuts and pumpkin seeds etc.	
Cook	Bring to a boil	135°C	Scrambled eggs, fried eggs
		112°C	Boil water - a hard boil
	Low simmer	108°C	Reduce stocks, sauces etc.
		103°C	Water simmers - a soft boil - good for rice and pasta
	Poaching	100°C	Rice pudding, pastry cream
		95°C	Poach vegetables, potatoes
		90°C	Creamy scrambled eggs
		75°C	Mulled wine - below the evaporation point of alcohol
	Melt	65°C	Keep food warm without further cooking
		60°C	Melt gelatin
58°C		Sauces thickened with egg e.g. béarnaise, hollandaise	
Melt	50°C	Melt chocolate, melt butter	
	40°C	Quick thawing of frozen food for immediate use	

Tip for boiling water:

When you add salt to a pot of water, it will form a salt-brine which settles at the bottom of the pot and acts as an insulating layer. To avoid this, you can wait to add salt until the water is boiling.

Alternatively, you can bring water and salt to a boil at 120 °C, while stirring. Once the water has reached a boil, you can turn the heat down to your chosen cooking temperature.