

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
		180°C	Duck breast with skin
	Medium heat	175°C	Bacon, meatballs, chicken breast with skin
		170°C	Skinless chicken breast
		165°C	Grilled cheese, bread croutons, fish cakes
	Low heat	150°C	Caramelize onions, toast nuts and pumpkin seeds etc.
		135°C	Scrambled eggs, fried eggs
Cook	Bring to a boil	112°C	Boil water - a hard boil
		108°C	Reduce stocks, sauces etc.
	Low simmer	103°C	Water simmers - a soft boil - good for rice and pasta
		100°C	Rice pudding, pastry cream
	Poaching	95°C	Poach vegetables, potatoes
		90°C	Creamy scrambled eggs
		75°C	Mulled wine - below the evaporation point of alcohol
		65°C	Keep food warm without further cooking
	Melt	60°C	Melt gelatin
		58°C	Sauces thickened with egg e.g. béarnaise, hollandaise
		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.