

VEGGYMAT STEAMER

Health-conscious, energy-saving & fast



DENK



Veggy^{mat}[®] Steamer

The patented Veggy^{mat} is a low-pressure steamer designed for a health-conscious, fast and energy-saving preparation of vegetables. It can be used in the microwave and in the oven.

The Veggy^{mat} works using steam and radiant heat – in this manner, vegetables will be cooked in a particularly gentle way. It is manufactured with heat-retaining and food-resistant Granicum[®] ceramic.

With the Veggy^{mat}, all water-soluble vitamins and trace elements in vegetables are retained, allowing you to enjoy an unadulterated taste.

Application

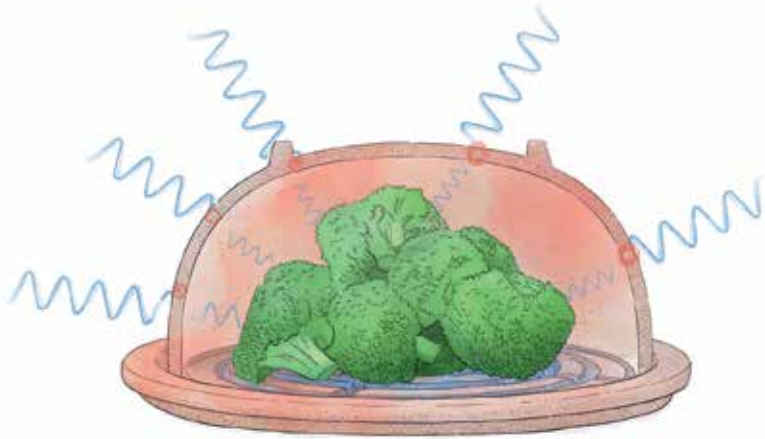
Any vegetable can be prepared with the Veggymat, even if they are deep-frozen. A varying amount of water must be poured into the plate (depending on the quantity and the water content of the vegetables to be cooked), but this will never be more than 40 ml. Given the varying performances of individual devices of various manufacturers with the same performance specifications, we are, sadly, unable to provide any specific cooking times. The water content of the vegetables and the size and consistency of the food are also influencing factors. With this, the following information should be acknowledged as experience values and pointers. You will surely be quick to develop a „feel“ for your Veggymat.

Please note that, when you are using this device, some water may escape over the edge of the plate, depending on the moisture content of the vegetables.



Cooking in the microwave

Preparation of food in the microwave is improved by the particular qualities of *Granicium* ceramic. Compared with china, glass or plastic, Granicium is heated by microwave radiation, and this means that additional radiant heat acts on the food. Water vapour forms under the hood, and it cooks the vegetables from the outside. With this the preparation of the food is very fast, gentle and energy-saving.



Microwave 800 watt

You can benefit from the enormous heat capacity of granite ceramics. In the microwave, the Veggymat really displays its full potential, for the steam builds up very quickly in the interior space, and *Granicium* can store heat for a very long period of time. Depending on the vegetables in question, only a relatively short energy input is necessary; the vegetables can then continue to cook in the Veggymat when it is closed, while you save energy.

- With **potatoes**, approx. 10 ml of water is poured into the plate. Use small potatoes or cut up larger ones into small pieces. After 8 minutes of energy input, then allow the potatoes to cook further for 20–30 minutes in the Veggymat when it is closed.
- With **vegetables** with a higher water content, the residual moisture from washing will suffice. After 6 minutes of energy input, you can let it cook for another 5-10 minutes depending on how well you want it done.
- With **deep frozen vegetables** no added water is necessary; with frozen vegetables we would recommend an additional 6 minutes of energy input plus approx. 5 minutes post-cooking time.

If you are in a hurry, you can, naturally, also lengthen the energy supply period and reduce the post-cooking time or even omit it entirely. If, after the desired level of doneness is achieved, there is still some water in the plate, this can be easily emptied. Should your vegetables not yet be ready after the set time, reheating is possible. Even during your first uses of your Veggymat, it is advisable to check the cooking point in good time. For an excessively high and long energy input can burn vegetables in a microwave.

Cooking in the oven

With oven cooking (recirculation) a small amount of water is added beforehand. Hot water vapour forms under the hood. At the same time, the granite ceramic saves heat and transmits it to the vegetables as radiant heat. Compared to cooking in a pot, only a very small amount of water needs to be heated. This saves energy and time.



Oven 200°C (only recirculation)

Put your empty *Veggyamat* (already in the warm-up phase) in the oven and fill it when the desired oven temperature is reached. The Granicium saves heat, meaning that no energy is wasted. You can switch off the oven 10 minutes before the end of the cooking time and make use of the residual of the oven in combination with the very good heat capacity of the Granicium; with this your vegetables will cook further with no energy input.

- With **potatoes** you put approx. 30–40 ml water in the plate. Use small potatoes or cut up larger ones into small pieces. After approx. 40 minutes the potatoes will be ready. You can pierce the potatoes or reduce the size of the segments of them to reduce the cooking time.
- With **cauliflower or broccoli** an addition of 20 ml water will suffice. Depending on the desired cooking point, your vegetables will require between 20 and 30 minutes.
- Deep frozen vegetables, too, (e.g. a vegetable mix) can be prepared in the *Veggyamat*. No addition of water is necessary for this; your food will be ready after 20–25 minutes

Even when doing it for the first times, you can monitor the doneness level of your vegetables at an early point. Should the desired doneness level not yet be achieved, you may need to add a bit of water – steam will escape when the lid is opened.

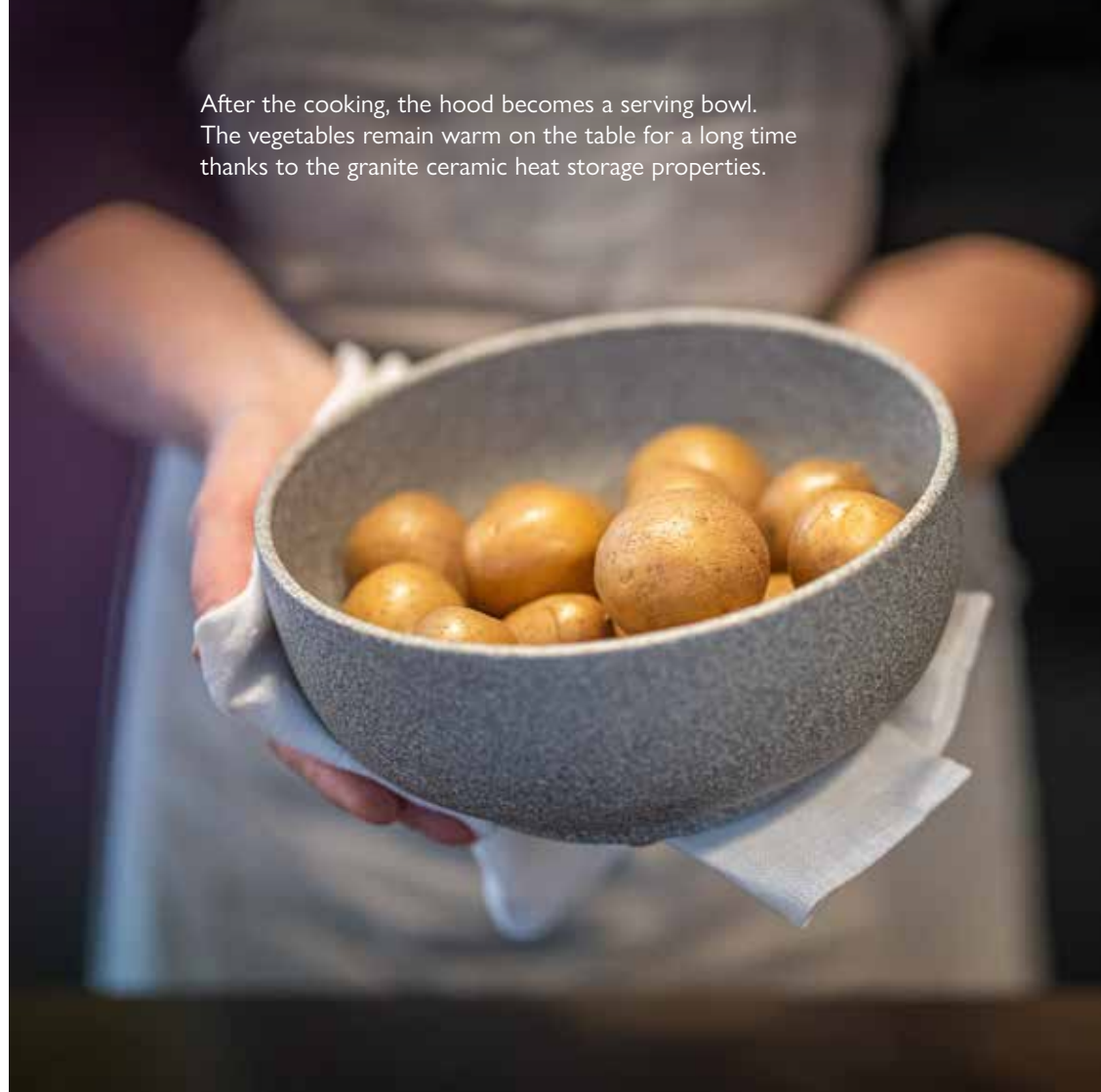
Cleaning

The *Veggy*mat can be easily cleaned, by hand or in a washing machine.

Safety instructions

Please note that the *Veggy*mat will become hot when you are using it. Use heat protection gloves – there is a risk of being burned. When the hood is removed after the cooking is complete, there will be hot steam escaping; there is a risk of being burned here.

After the cooking, the hood becomes a serving bowl. The vegetables remain warm on the table for a long time thanks to the granite ceramic heat storage properties.



Natural, durable
materials

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Respect for
people and nature

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Made by hand
in Coburg

DENK

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