

Basic Recommended Cooking Methods

● Browning and steaming (You can crisp and steam foods at the same time)

Recommended methods/cooking times when browning and steaming

Ingredients: **Vegetables** | Cookware: **Pot or pan**

Medium potatoes (200-400 g) <each cut into fourths>
Sweet potato (250-400 g) <with the bottom 3 cm cut randomly>

- Step 1 Sprinkle oil (1 tsp.) into BONPOT, add salt, water (2 tbsp.), cover with lid and place on medium heat.
- Step 2 Turn to low heat once steam starts to appear.
- Step 3 Turn over the vegetables and place the lid back on. Keep at low heat.
- Step 4 Stop the heat, and steam as you like with the lid on.

It takes approximately 8-10 minutes for steam to rise.
approximately 10 minutes
approximately 5 minutes
As you like for about 5 minutes.

total **23-30 minutes**

Ingredients: **Beef, Pork** | Cookware: **Pot or pan**

Beef chunks (500 g)

- Step 1 Sprinkle oil (1 tsp.) into BONPOT, cover with lid and place on medium-low heat.
- Step 2 Add **meat**, cover, and keep on medium-low heat.
- Step 3 Turn meat over, cover, and keep on medium-low heat.
- Step 4 Stop the heat, steam meat chunks with the lid on, and then cut as you like.

It takes approximately 3 minutes for the pan to warm up.
approximately 8-10 minutes
approximately 5-7 minutes
approximately 10-15 minutes

total **23-35 minutes**

Ingredients: **Chicken, seafood** | Cookware: **Pan**

Chicken breast (250 g) cut thick

- Step 1 Sprinkle oil (1 tsp.) into BONPOT, cover with lid and place on medium-low heat.
- Step 2 Add **fish or seafood**, cover, and keep on medium-low heat.
- Step 3 Turn ingredients over, cover, and keep on medium-low heat.
- Step 4 Stop the heat, and steam as you like with the lid on.

It takes approximately 3 minutes for the pan to warm up.
approximately 7 minutes
approximately 3 minutes
As you like for about 5 minutes.

total **13-18 minutes**

Ingredients: **Meat, seafood and vegetables** (when cooking everything together) | Cookware: **Pan**

- Step 1 Sprinkle oil (1 tsp.) into BONPOT, place in washed, still wet vegetables, add salt, cover with lid and place on medium-low heat.
- Step 2 Push vegetables to one side, place meat and/or seafood in the middle, cover, and keep on medium-low heat.
- Step 3 Turn over meat and/or seafood, remove cooked vegetables, cover, and keep on medium-low heat.
- Step 4 Stop the heat, and steam as you like with the lid on.

It takes approximately 3 minutes for the pan to warm up.
The basic time needed is however long it takes to cook the meat and/or seafood.
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● Roast

- You can use the pan to roast **meats, seafood** and **vegetables** just as you would use a ceramic cooking plate, grill pan, hot plate, or other cookware.
Cover the pan with 1 tsp. of oil, heat on medium, and roast ingredients for as long as you want.
Season with salt or olive oil for a basic dish, or enjoy food with your favorite sauce.

● Braising

- Cut **meats, seafood** and **vegetables** as you like and cook them in the BONPOT the same way you would use a stone pot or high-quality stainless steel pot.
- There is no need to heat the pot before cooking. Just add the ingredients, place the BONPOT on medium-high heat, and cook until you start to see steam/condensation. From this point, steam ingredients on low-heat for as long as you like.
- Because the BONPOT retains residual heat, you can continue to cook food even after the heat has been turned off.

- The BONPOT is excellent for all types of cooking such as browning/steaming, roasting, frying, stewing, braising, or boiling.
- Below are some guidelines for browning/steaming different kinds of ingredients, as this cooking method have the most unique characteristics.
- You may cut ingredients any way you wish.
For most ingredients, dynamic cuts will result in the escape of the least amount of flavor and nutrition.

Pumpkin (1/4 a small gourd) <1.5 cm thickness, cut in a "D" shape>
Eggplant (3) <cut lengthwise>

It takes approximately 8-10 minutes for steam to rise.
approximately 5 minutes
approximately 5 minutes

total **18-25 minutes**

Asparagus (1 bunch)
Broccoli (1 head) <with most of the stalk removed>

It takes approximately 6-8 minutes for steam to rise.
approximately 0-2 minutes
approximately 0-2 minutes

total **6-14 minutes**

Beefsteak (150 g)

It takes approximately 3 minutes for the pan to warm up.
approximately 3-5 minutes
approximately 1-2 minutes
As you like for about 2 minutes.

total **7-12 minutes**

Pork chunks (500 g)

It takes approximately 3 minutes for the pan to warm up.
approximately 8-10 minutes
approximately 5-7 minutes
approximately 10-15 minutes

total **23-35 minutes**

Pork (120 g)

It takes approximately 3 minutes for the pan to warm up.
approximately 5 minutes
approximately 0-2 minutes
As you like for about 2 minutes.

total **8-12 minutes**

Chicken thighs (250 g) cut thick

It takes approximately 3 minutes for the pan to warm up.
approximately 7 minutes
approximately 3 minutes
As you like for about 5 minutes.

total **13-23 minutes**

Fish filets (120 g)

It takes approximately 3 minutes for the pan to warm up.
approximately 5 minutes
approximately 3 minutes

total **approximately 11 minutes**

Dried fish

It takes approximately 3 minutes for the pan to warm up.
approximately 5 minutes
approximately 2 minutes

total **approximately 10 minutes**

○ How to use

1. Do not heat an empty pot. Put some oil or liquid.
2. Please use medium or lower gas flame, which is sufficient for BONPOT.
3. BONPOT is breakable if fallen or treated badly.
4. Do not cool down with icy water immediately after heating.
5. Small cracks on the pot surface after using are caused by expansion and shrinking by heat and not product defect.



● Stewing

- Cut **meats, seafood** and **vegetables** as you like and cook them in the pot. You can use the BONPOT the same way you would use a stone pot or high-quality stainless steel pot.
- Because the BONPOT retains heat, ingredients will not fall apart in the stew, but remain firm and full of flavor.
- Because the BONPOT retains residual heat, you can continue to cook food even after the heat has been turned off.

● Boiling rice in Japanese style (how to cook 2-3 cups of rice)

- Preparation Wash the rice, and let it sit for one hour.
- Step 1 Add an equal amount of rice and water to the pot, cover with the lid (pan), and cook on medium-high heat.
 - Step 2 Cook until steam/condensation begins to be emitted from the BONPOT.
 - Step 3 Remove the lid, and quickly mix. Place the lid back on and cook on medium-high for about three more minutes.
Stop the heat and steam for about 10 minutes.