

Temperature

MANUAL COOKING TM6

-  **100°F - 130°F (38°C - 55°C):**
Melt or warm gently (e.g. chocolate)
-  **140°F - 175°F (60°C - 80°C):**
Cook gently (e.g. sauces)
-  **175°F - 195°F (80°C - 90°C):**
Heat water for tea, warm milk
-  **212°F (100°C):**
Cook soups and stews
-  **220°F-240°F (104°C-116°C):**
Cook sugar syrup
-  **250°F (121°C):**
Sauté (e.g. onions)
-  **Varoma:**
Steam ingredients