

Quick guide

Basic recipes

VacuumSteamer



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Introduction

Congratulations! With the purchase of a Vacuum Steamer, you have opted for a high-quality product. The Vacuum Steamer will not only make cooking easy for you but also preserve more valuable, vital substances in your dishes.

In addition, from now on you have more time for your guests, because you can prepare your meals ahead and keep them warm for an unlimited period of time without cooking over!

To remain enthusiastic about the Vacuum Steamer, we recommend that you read these short instructions carefully and offer you the opportunity to participate in a presentation of the Vacuum Steamer at any time. To find the current dates please check our homepage or get in touch with us via phone. If you have any questions, please do not hesitate to contact us



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Warranty

apenta grants a lifetime warranty* on the material of the products. However, this only applies to damage and defects that are due to a production defect. If you follow the instructions for use, the apenta cooking appliances will give you a lifetime of pleasure.

Exceptions to the lifetime warranty:

- Self-induced damage such as overheating, dropping, improper use or intentional damage.
- Cleaning with harmful cleaning detergents.
- Slight scratches and minor imperfections that have no effect on the quality of the product.

The cooking box is not covered by any warranty.

Spare parts have a warranty of 5 years.

The current warranty conditions can be found on our homepage **apenta.swiss**

*Maximum lifetime warranty of 25 years



Before first use (initial cleaning)

We recommend our customers to thoroughly clean the products before using them for the first time. This removes polishing residues from the production process. After rinsing the lid, press the valve in the knob several times so that no limescale residue remains.



Cleaning

Clean the Vacuum Steamer with detergent after each use. Lime deposits can be treated with vinegar. In case of stubborn dirt and to protect the Vacuum Steamer, occasionally polish the steamer with apenta polish. We recommend that the Vacuum Steamers are not cleaned in the dishwasher, as water can accumulate in the handles, which can lead to corrosion of the handles. In addition, the natural aging of the plastic parts is being accelerated.



Preparation of Food

Apart from fresh food, the way of preparation is the decisive factor for vitamin-rich food. The risk that good quality food may end up on the plate "only" containing few vitamins, is caused by washing out the food, by oxidation and overheating of the food.

Our Vacuum Steamers counteract all three risks! They only need just as much water, as the food needs to be cooked. Vacuum steamers are extremely tight, so that no additional oxygen can penetrate and we cook at low temperature.



Washing out

Too much water mixes flavours and washes out soluble components such as vitamins, volatile and fatty acids. Trace elements as well as colours and the taste of the vegetables are lost.

The tight seal and the heat-conducting pot walls of the Vacuum Steamer enable cooking with very little water. This reduces the risk of leaching to a minimum.



Oxidation

Oxidation permanently destroys important vital substances. The longer the cooking food is exposed to oxygen, the more intense the oxidation. The tight seal of the Vacuum Steamer makes it impossible for oxygen to enter during the cooking process. This reduces the risk of oxidation.



Overheating

Heat is the greatest danger to food! It destroys important, sensitive substances such as enzymes almost entirely.

With the Vacuum Steamer you cook within a temperature range of 70°C - 95°C.



Energy

The apenta cooking method is a real energy saver compared to other cooking systems!

- The thermally conductive wall increases the efficiency of the Vacuum Steamer and transfers the heat onto the food gently and thoroughly.
- The water-poor system allows an almost limitless combination of different foods, which results in further energy savings (fewer pans = less energy).
- Tower cooking: With up to 3 Vacuum Steamers easily cook on one (!) plate.
- Finish cooking in the cooking box without using any energy at all.



Conclusion

Vacuum Steamers allow you to cook independently of time and flexibly as you have not yet experienced it before. Why?

With the apenta Vacuum Steamer as many different foods as desired can be put together in the Vacuum Steamer.

Add 2 - 8 tbsp water (depending on the food) and close the lid. Now place the Vacuum Steamer on the stove and switch on the medium heat (see following explanation). Form the desired water seal (see following explanation), lower the heat to level 1 or adjust the Vacuum Steamer after the seal has been formed, place it in the cooking box to continue cooking. Ready! After the minimum cooking time of the food you can allow the food to continue cooking for as long as you like.

To serve, open the lid using the valve.



MH = Medium heat

Medium heat is the cooking stage required during the heating phase. The medium heat on your stove can be determined as follows:

Put the desired Vacuum Steamer covered with half a litre of cold water on the cold plate. Now switch the hob to the medium level (at 8 levels to level 4) and measure the time it takes until the first steam bubbles to escape. The waiting time should be 8 - 10 minutes, otherwise the hob is too hot or too cold and therefore the stove must be set higher or lower. The level at which 8 - 10 minutes were observed is the medium heat on your hob. It is recommended to do this process with every hob as well as each size of the pans in order to determine the medium heat individually. Experience has shown that larger Vacuum Steamers with a lot of content require a higher level of heat. In the case of newer glass ceramic hobs, lower levels are sufficient (e.g. level 2 or 3 out of 12).



WS = Water seal

Water seal is the name given to the escaping condensation water, which is formed between the rim of the pan and the lid at approx. 80°C. With the WS strengths (levels) you determine the degree of cooking. During the heating process, the cell structure is disintegrated, after reduction of heat, water accumulates in the food and the food is cooked. After the water seal is formed, reduce the heat supply to the lowest level or put the Vacuum Steamer into the cooking box.

WS 1: No bubbles visible yet, the lid is hot and can no longer be touched.

Suitable for: Crunchy food, ratatouille and vegetables with a high water content such as tomatoes, zucchini, etc.

In addition, the WS 1 is a very gentle way of preparing fish.

WS 2: Small, bursting bubbles escape.

Suitable for: Bite resistant vegetables, lentils, cereals etc.

WS 3: Bubbles several centimeters wide along the rim of the pan, steam escapes.

Suitable for: Soft vegetables, potatoes, meat, pulses, such as borlotti beans, kidney beans, chickpeas etc.

Special features: For larger quantities, large pieces or compact content, the internal conductivity of the food to be cooked is sluggish, so it is recommended to form the WS again 10 to 15 minutes after reducing the temperature (but only for a few seconds)

When cooking in the cooking box, it is advantageous to form the WS twice.



Cooking time

The cooking time depends on the food with the longest cooking time and the WS-strength according to the degree of cooking of the individual food (guide cooking times of some foods can be found on the last page of this manual). The cooking time can be extended as desired, the meals don't cook over!



Water bath

In combination with the bowl, a water bath is created in a Vacuum Steamer. In the bowl prepared food cannot burn or overflow.

Suitable for cereals such as polenta, dishes with flakes and milk, pudding, semolina dishes or sauces, creams, melting of chocolate and butter, production of yoghurt, warming up leftovers.

Create a water bath:

Small bowl (Z017) in pan K016 or K018 with 3dl of water = small water bath.

Large bowl (Z021) in pan K020 or K023 with 4 dl of water = large water bath.



Steam Plate

By inserting the steam plate, a gap between the food to be cooked and the water respectively between the baked goods and the bottom of the pan is formed.

Since the required amount of water is located below the steam plate, the vitamins and minerals are not washed out because they do not come into contact with the food being cooked.

During baking, the heat is distributed more evenly around the baked goods.

Especially suitable for: Fish, tomatoes, asparagus, potatoes, vegetables in general, for baking.



Seasoning

Due to the gentle preparation method, flavouring substances are retained in the vegetables. Since the taste of the food is not lost, the addition of salt can be renounced as desired. When seasoning, make sure that spices, bouillon or salt are dissolved well. Otherwise salt can remain at the bottom of the pan and remove the alloy components of the material, which can lead to corrosion of the bottom of the pan.



Gratinating

The Vacuum Steamer can be used in the oven. Dishes can therefore be gratinated directly in the Vacuum Steamer. The handles are heat-resistant up to 220°C (Attention: If they are heated very quickly to 220°C, they can crack).

Please note that the knob of the lid is only heat-resistant up to 150°C.



Frying

With the basket insert Z320 you can fry in the K020 unit. Always have the lid ready, in order to quickly cover up the burning oil in the event of overheating.



Blanching (preparation for deep-freezing)

- Choose a Vacuum Steamer (the size depends on the amount of food to be cooked).
- Insert steam plate.
- Fill 2 dl of water.
- Prepare vegetables, pour in.
- Form water seal 1 or 2.
- After the water seal has been created, the blanching time is 2 to 5 minutes, depending on the vegetables.
- Lay out the vegetables loosely, allow them to cool, pack them and freeze them as quickly as possible.



Baking (recipe for “Gugelhopf”/Marble-bellied Hoopoe on page 17)

The multi-layer material of the Vacuum Steamer also makes it possible to bake on the hob. Compared to the oven, approx. 50% of the energy is saved. The smaller baking chamber and the tight closure guarantee that the pastry or the cake is crispy on the outside and aromatic and moist on the inside.

To "build the oven", two Vacuum Steamers with a difference of 2cm in diameter and the appropriate steam plate are required.

For preheating, turn the oven combination upside down (the smaller Vacuum Steamer is at the bottom, the larger at the top as a covering lid) without steam plate one level lower than medium, heat it 10 - 15 minutes on the stove (this is how the top heat is created). Now turn over the combination, insert the steam plate and the filled baking pan and put on the smaller Vacuum Steamer.

Important for baking:

- The preheating time must always be calculated in addition to the baking time.
- To prevent the crumbs from burning, place baking parchment on the steam plate.
- During the first half of the baking time, no scent may escape, otherwise turn down the hob a little.
- At higher temperatures the crust becomes darker, at longer baking times thicker.
- The visible edge must be light brown at the end of the baking time.
- Do not bake over medium heat, otherwise the Vacuum Steamer will become too hot and discolour.

Suitable for baking: bakery products (e.g. “Gugelhopf”/ Marble-bellied Hoopoe), ready-made cakes, fresh pastries, etc.

Not suitable for: Homemade cake or pizza (they contain too much moisture), bread



Tower Cooking

For energy-saving tower cooking, place the large Vacuum Steamer on the stove and fill in the food. Now set the next smaller Vacuum Steamer upside down onto the first Vacuum Steamer. Form the water seal as usual.

Take the next two Vacuum Steamers and proceed the same way as in the previous step. After you have finished forming the water seal, put the second steamer combination onto the first one. The "lid" of the lower combination now serves as the "hob" of the upper combination. On the third and top combination, food can be kept warm or chocolate can be melted for example.

Suitable for:

Lower combination: Long-term cooked food

1st floor: "normal" dishes with medium cooking time

2nd floor: tomatoes, salmon, asparagus etc.

3rd floor: chocolate, food to keep warm

It is recommended to check the tower from time to time (if the vacuum is working, no steam escapes).



Cooking box

A simply ingenious idea! Instead of leaving the Vacuum Steamer on the stove, put it in the cooking box - a container made of polystyrene - and leave the food to cook. Thanks to its excellent thermal insulation, the cooking box stores enough heat of the Vacuum Steamers, so that no additional energy is required to keep the cooked food warm for hours.



Important: What to pay attention to

- Do not overheat the Vacuum Steamer and don't expose it to major temperature fluctuations (no roasting of meat, do not extinguish with cold liquid).
- For protection, polish the Vacuum Steamer regularly with apenta polish.
- NEVER scratch the pan edge with cutlery.
- Only add dissolved salt and bouillon to the food.

Cooking in practice



Vegetables

- Wash and cut vegetables as usual
- Fill single or mixed into the Vacuum Steamer
- Add 2 - 8 tbsp water* (cover slightly)
- Form the desired water seal (WS 1 - WS 2 = crispy / WS 3 = cooked).
- Once the seal has been affixed, you must observe the minimum cooking time of the longest cooking vegetable.

The food can also continue cooking for as long as desired at level 1 or in the cooking box.

Season, gratinate or refine with butter as desired.

Tip: The steam plate can also be used additionally for vegetables.

*Root vegetables need a little more water. In the case of leafy vegetables, the residual moisture from washing is sufficient. Potatoes need more water than other vegetables and the seal should be applied again after 10 – 15



Potatoes

For 4 people:

- Insert steam plate
- Add 1 dl of water * into the Vacuum Steamer
- Add 800g of potatoes
- Form water seal 3. Form the WS again after 10 - 15 minutes. Now cook them at least 40 minutes (depending on the size of the potatoes).

Add 0.5 dl more water for each additional kg of potatoes.



Rice (same preparation for: millet, spelt, buckwheat, quinoa, boulgour and lentils)

For 4 people:

- Lightly steam onions or place them raw in the Vacuum Steamer
- 2 cups of rice
- Add 3 cups of water*
- Season with bouillon/salt as desired
- Stir well

*Add 1.5 times the water quantity

- WS 2, reduce heat and let the rice cook. Minimum cooking time as indicated on the packaging.

Tip: Cook slightly chopped vegetables at the same time.



Risotto

For 4 people:

- 2 cups of risotto rice
- Put 4 cups of water into a Vacuum Steamer (if desired, substitute a part of the water by white wine)
- Add bouillon, season with salt
- Stir well

Preparation like rice

Add cream, grated cheese and/or butter to taste before serving.

For a creamy consistency, stir in boiling water/bouillon if necessary.



Polenta

The corn is cooked best in a water bath, which prevents stirring and sticking, butting and over-swelling.

Maximum possible quantities:

Small water bath (Article Z017): 185 g polenta

Large water bath (article Z021): 325 g polenta

1 cup of polenta (fine, medium or coarse)

3 cups of water (or milk/water)

Put it in the Bowl and add some bouillon.

Place the bowl in the prepared water bath and put on the lid. Boil the water until steam escapes between the tray and the Vacuum Steamer. Then reduce the heat. Steam should constantly escape between the bowl and the Vacuum Steamer, so that the polenta becomes solid. The cooking time depends on the recommendation on the package.

At the end, add butter or cream as desired.

Tip: Spread cheese over the polenta 5 minutes before serving, let it melt.



Pasta

For 4 people (as main course):

- Boil 6 dl of water
- Let salt and bouillon dissolve
- Add 400 g of pasta

When the water boils, switch back to a lower level, add the pasta to the water and close the lid. After 2 - 3 minutes open the lid and stir the pasta. Repeat this process 2 - 4 times. Season with butter as desired.

Advantage: No liquid needs to be poured off, thus valuable ingredients are retained.

Preparation according to apenta is not suitable for spaghetti and noodles.



Ragout

For 4 people:

600 - 800 g of ragout: Season, fry, deglaze with wine, put in Vacuum Steamer

Add 1 small can of chopped tomatoes

Add 1 beef bouillon cube

Add gravy, let it dissolve and stir well

Form water seal 3, put the heat down. Reform the WS after 10 minutes. Cook at level 1 or in the cooking box for at least 2 hours.

Tip: Ragout can also be replaced by sliced meat. The cooking time is at least 45 minutes.

The sauces and stew inlays can be extended as required: Mushrooms, pesto, ham, bacon or vegetables etc.



Fish

Season the fish fillet, place it in the Vacuum Steamer onto a greased steam plate

Add 5 tbsp. of water

Form water seal 1. Depending on the thickness of the fillets, a minimum cooking time of 5 to 15 minutes (on switched off hob) must be observed. If necessary, reset the hob to level 1 after 10 minutes.

Tip: The fish fillets can also be rolled before preparation.

You don't necessarily need to use the steam plate for a fish stew.



Marble-bellied hoopoe (“Gugelhopf”)

For a 16 cm diameter hoopoe

- 80 g of soft butter
- Cream 180 g of sugar until frothy
- Slowly add 1 egg, continue creaming, add 2 dl milk, continue stirring
- 1 p. vanilla sugar
- 250 g flour
- ½ p. baking powder, mix in
- Stir in 100 g chocolate pieces

Pour the mixture into the buttered “Gugelhopf” form. Turn over the preheated baking combination, open, insert steam plate and “Gugelhopf” form (instructions on page 11). Baking time approx. 50 minutes.

Check with a needle. The dough should no longer stick to the needle.

Tip: Instead of chocolate pieces add dried apricots, sultanas, nuts, smarties, etc.

Chocolate Hoopoe:

Use only 170 g of sugar

2 heaped tbsp. of chocolate powder

1 tbsp. of cocoa powder

Coffee Hoopoe:

Replace the milk with 2 dl of strong, cold coffee.

Problems and solutions



Problems with the cooking equipment

Yellow discolorations	Polish with apenta polish (possibly several times).
Steel blue stains	Clean with vinegar.
Limy interior surfaces	Clean with vinegar or apenta Polish.
Burnt-on	Clean with a non-scratching, soaking sponge and polish with apenta Polish.
The bowl is stuck	Warm up the water bath again.
The device "dances" on the hob	Floor bent, contact apenta.
Stove is too hot, even at the lowest level	Put it onto a smaller hob or pull it halfway off the plate. For gas stoves: Use the aluminum plate
Handles are rough, grey or defective	Handles are replaceable, contact us



General cooking problems

No vacuum

Contamination of the surface.

Damaged edge or cover, contact us.

Boiled over

Make the water seal weaker. Add less water for cereals and pasta.

Burned

Form the water seal on a lower level.

At level 1 check after 5 min. if no more steam escapes (then the vacuum is formed). Otherwise place it on a smaller hob or pull it halfway off the plate.

Water seal takes too long to form

Put the heat up one level > control the medium heat (see page 8).

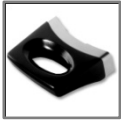
Food not cooked

Form water seals stronger or 2x.

Minimum cooking time not observed.

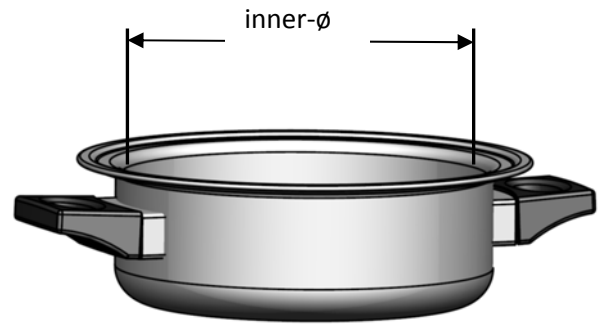
Other specific problems

Do not hesitate to contact us.



Replacement handles

When ordering the handle, please let us know the inside diameter of your cooking appliance, so we can offer you the appropriate replacement handle.

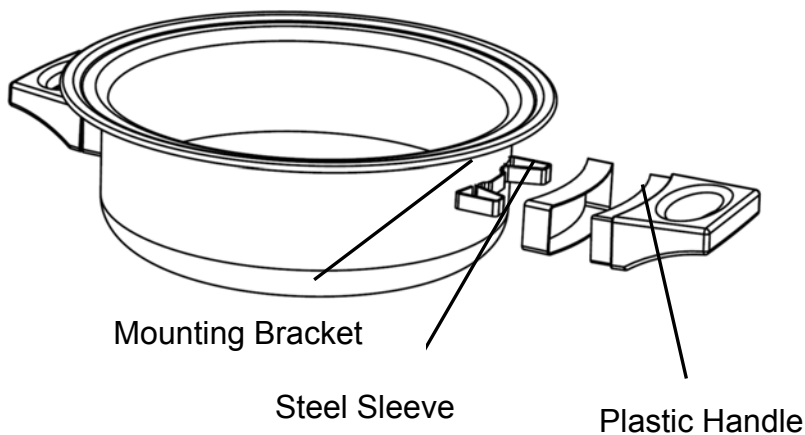


Handle disassembly:

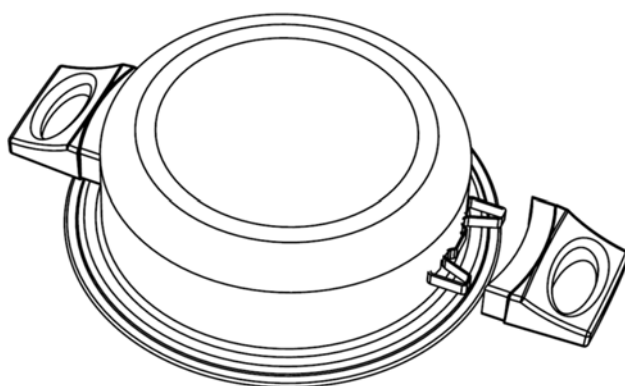
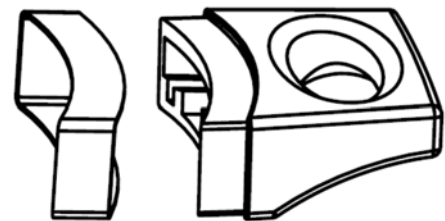
Remove the defective handle with a screwdriver and protective cloth:

Attach the protective cloth so it protects the Vacuum Steamer from scratching.

Insert the screwdriver into the slot on the underside of the steel sleeve and tighten the screwdriver. Slowly turn the screwdriver until the handle detaches from the mounting bracket.



New replacement handle consisting of:
Plastic handle and steel sleeve



Check welding points

Handle assembly:

Check whether the 4 welding points of the mounting brackets are still firmly welded on. Set the Vacuum Steamer with the bottom upside down on a firm base. Hold the pan firmly with your left hand and with your right hand, insert the new handle including the cuff on the mounting bracket. Now press the new handle firmly onto the mounting bracket until it snaps into place.

Article overview



Price List Vacuum Steamer und Accessories

Nr.	K016	Vacuum Steamer	1.0 l	349.-	Fr.	349.-	\$	279.-	€
Nr.	K018	Vacuum Steamer	1.5 l	429.-	Fr.	429.-	\$	345.-	€
Nr.	K020	Vacuum Steamer	2.0 l	499.-	Fr.	499.-	\$	399.-	€
Nr.	K023	Vacuum Steamer	3.0 l	579.-	Fr.	579.-	\$	465.-	€
Nr.	K025	Vacuum Steamer	5.0 l	699.-	Fr.	699.-	\$	559.-	€
Nr.	K022	Vacuum Steamer	1.8 l	497.-	Fr.	497.-	\$	397.-	€
Nr.	K024	Vacuum Steamer	2.5 l	597.-	Fr.	597.-	\$	477.-	€
Nr.	Z016	Steam plate	ø 16 cm	54.-	Fr.	54.-	\$	49.-	€
Nr.	Z018	Steam plate	ø 18 cm	61.-	Fr.	61.-	\$	55.-	€
Nr.	Z020	Steam plate	ø 20 cm	68.-	Fr.	68.-	\$	62.-	€
Nr.	Z022	Steam plate	ø 22 cm	75.-	Fr.	75.-	\$	69.-	€
Nr.	Z024	Steam plate	ø 24 cm	82.-	Fr.	82.-	\$	72.-	€
Nr.	Z021	Bowl	2.0 l	149.-	Fr.	149.-	\$	125.-	€
Nr.	Z320	Basket insert		99.-	Fr.	99.-	\$	80.-	€
Nr.	Z401	Cooking box	ø 16 cm	57.-	Fr.	57.-	\$	49.-	€
Nr.	Z402	Cooking box	ø 18 cm	59.-	Fr.	59.-	\$	54.-	€
Nr.	Z403	Cooking box	ø 20 cm	72.-	Fr.	72.-	\$	63.-	€
Nr.	Z404	Cooking box	ø 22 cm	75.-	Fr.	75.-	\$	65.-	€
Nr.	Z405	Cooking box	ø 24 cm	79.-	Fr.	79.-	\$	70.-	€
Nr.	Z110	Aluminium plate		129.-	Fr.	129.-	\$	99.-	€
Nr.	Z100	Polish	300 g	16.90	Fr.	16.90	\$	14.90	€

Prices as of Jan. 2020 (prices subject to change)



Price List Spare parts

Nr.	D016	Lid	ø 16 cm	105.-	Fr.	105.-	\$	84.-	€
Nr.	D018	Lid	ø 18 cm	115.-	Fr.	115.-	\$	92.-	€
Nr.	D020	Lid	ø 20 cm	125.-	Fr.	125.-	\$	100.-	€
Nr.	D022	Lid	ø 22 cm	139.-	Fr.	139.-	\$	111.-	€
Nr.	D024	Lid	ø 24 cm	160.-	Fr.	160.-	\$	128.-	€
Nr.	P016	Steamer without lid	1.0 l	245.-	Fr.	245.-	\$	196.-	€
Nr.	P018	Steamer without lid	1.5 l	314.-	Fr.	314.-	\$	250.-	€
Nr.	P020	Steamer without lid	2.0 l	374.-	Fr.	374.-	\$	299.-	€
Nr.	P023	Steamer without lid	3.0 l	440.-	Fr.	440.-	\$	352.-	€
Nr.	P025	Steamer without lid	5.0 l	539.-	Fr.	539.-	\$	430.-	€
Nr.	P022	Steamer without lid	1.8 l	358.-	Fr.	358.-	\$	286.-	€
Nr.	P024	Steamer without lid	2.5 l	437.-	Fr.	437.-	\$	349.-	€
Nr.	E016	Small handle for K016		14.-	Fr.	14.-	\$	12.-	€
Nr.	E018	Small handle for K018		14.-	Fr.	14.-	\$	12.-	€
Nr.	E020	Large handle for K020		14.-	Fr.	14.-	\$	12.-	€
Nr.	E022	Large handle for K022, K023		14.-	Fr.	14.-	\$	12.-	€
Nr.	E024	Large handle for K024, K025, K029		14.-	Fr.	14.-	\$	12.-	€
Nr.	E001	Knob complete		28.-	Fr.	28.-	\$	24.-	€
Nr.	E002	Aeration disc		10.-	Fr.	10.-	\$	8.-	€
Nr.	E003	Wreath		8.-	Fr.	8.-	\$	6.-	€
Nr.	E004	Shiny ring		4.-	Fr.	4.-	\$	3.-	€
Nr.	E005	Valve		16.-	Fr.	16.-	\$	14.-	€
Nr.	E006	Adjusting screw with spring		8.-	Fr.	8.-	\$	6.-	€
Nr.	E007	Small O-ring		3.-	Fr.	3.-	\$	2.-	€
Nr.	E008	Large O-ring		3.-	Fr.	3.-	\$	2.-	€

Prices as of Jan. 2020 (prices subject to change)



Cooking times

The minimum cooking times from the time of the water seal formed are approximate values. They may be exceeded at will.

Type of food	Min
Artichokes	90
Asparagus green	15
Asparagus white	20-30
Beans whole	40
Beef ragout	120
Beef shredded	45-60
Black salsifies	25
Buckwheat	10
Broccoli in pieces	15
Brussels sprouts	25
Cabbage sliced	45
Cauliflower whole	30
Cauliflower in pieces	20
Carrots whole *	30
Carrots sliced *	15
Celery in cubes	15-20
Chestnuts	40
Chinese cabbage	35
Corncobs	60
Cucumbers sliced	10
Dried beans soaked	60
Eggplant	15
Fennel cut in half	30
Herb stalk / Chard in stripes	15
Kohlrabi sliced *	10-20

Type of food	Min.
Leek in strips	25
Lettuce	10
Millet	10
Mushrooms	10
Mushrooms in slices	5
Onions	10-20
Parsnips sliced	15-20
Peas	10
Pears	10-15
Pepperoni *	15
Pickled cabbage	45-60
Plums	10
Potatoes whole *	40-45
Potatoes sliced *	15-20
Pumpkin in cubes	10
Red beets whole	45
Red beets sliced *	15-20
Rice / Risotto	15-20
Rhubarb	10-20
Salmon fillet	10
Savoy cabbage sliced	20
Sugar Peas	15
Spinach	5
Tomatoes	10
Zucchetti in cubes	10

* depending on size or cut type



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