ALL-CLAD PREP & COOK

DESCRIPTION

STAINLESS STEEL REMOVABLE BOWL
4.7 quart (total capacity), 2.6 quart (usable capacity) for the whole family.

6 AUTOMATIC PROGRAMS
Sauce, Soup, Simmer, Steam, Pastry and Dessert.

ADJUSTABLE SETTINGS
Set the speed, cooking temperature and time yourself to create your own recipes.

PULSE AND TURBO FUNCTION
Pulse: quickly mixes ingredients.
Turbo: goes immediately to maximum speed level (12).

ACCESSORIES
The right accessory for the right type of cooking: ultrablade®, whisk, mixer, kneading/crushing blade and a stainless steel steam basket.

START/STOP BUTTON
Start or stop your action. Holding down the button for 2 seconds can also reset the function.

SWITCH +/-
Adjust the speed, temperature and time.
QUICK START

1. SELECT THE RECIPE

2. SELECT THE ACCESSORY

3. PREPARE THE INGREDIENTS

4. PRESS «ON» ON THE SIDE OF THE UNIT.

5. SELECT THE PROGRAM
   a. MANUAL PROGRAM
      - SET SPEED
      - SET TEMPERATURE
      - SET TIME
   b. AUTOMATIC PROGRAMS
      - SAUCE
      - SOUP (2 PROGRAMS)
        1× CLICK = P1: FINE/BLENDED
        2× CLICK = P2: THICK/CHUNKY
      - SIMMER (3 PROGRAMS)
        1× CLICK = P1: BROWNING
        2× CLICK = P2: STEWING
        3× CLICK = P3: RISOTTO
      - STEAM
      - PASTRY (3 PROGRAMS)
        1× CLICK = P1: BREAD
        2× CLICK = P2: LEAVENED DOUGH
        3× CLICK = P3: POUND CAKE
      - DESSERT

6. START THE PROGRAM AND ENJOY
ACCESSORIES

ultrablade - ULTRABLADE KNIFE
This accessory is perfectly suited for cutting and mixing a wide range of ingredients: mix soups or fruit purées, chop vegetables, herbs, meat or fish.

The shape and particularly sharp edges of the ultrablade knife ensure that you can chop effectively, evenly and quickly, or mix smaller or larger ingredients.

Use it while cooking to make a creamy vegetable soup or to chop your onions.

WHISK
The whisk attachment is versatile. It not only beats eggs or whips a cream, but you can also use it to emulsify mayonnaise and sauces; the result is loose and airy cooking.

Because of its special design, air is easily incorporated into the whipped mixture while beating, which allows you to achieve the maximum volume and a solid consistency.

By using the whisk attachment during the cooking process, recipes such as Hollandaise, custards or any other delicate recipe will come out beautifully.

MIXER
By using the mixer attachment, even the finest ingredients can be whipped and any dish can be carefully stirred.

It fits perfectly with the shape of the bowl and allows the ingredients to be stirred or mixed, without mashing the ingredients, burning them or having them stick to the bowl.

Apart from preparing main dishes, it is also extremely well suited for stirring desserts or ensuring that butter or chocolate melts evenly.
ACCESSORIES

KNEADING/CrushING BLADE
This versatile accessory can be used not only for kneading tough dough (bread or leavened dough) or stirring soft dough (dough for pound cake, pancakes or waffles), but also for crushing nuts or ice.

Its unique shape and the jagged edge mean that hard food can be cut smoothly. Your bread, pastries and cakes, even sorbets or crushed ice will come out perfectly!

STEAM BASKET
The steam basket helps you create healthier dishes. The basket is used directly in the bowl of the Prep&Cook for vegetables, fish, meat – even different desserts can be cooked this way.

Its stainless steel design distributes the heat and ensures even cooking. With it, you can simultaneously perform multiple functions. You can, for example, cook rice at the bottom of the bowl while steaming fish in the basket. You can cook a complete meal all in one shot!
PROGRAMS

AUTOMATIC PROGRAMS
Select one of these automatic programs to prepare tasty meals easily:

SAUCE
This program makes the most difficult sauces possible with the unique combination of optimal cooking temperature and regular stirring.

SOUP (2 PROGRAMS)
With this soup program, making creamy or chunky soups is a breeze.
1× CLICK = P1: FINE/BLENDED
2× CLICK = P2: THICK/CHUNKY

SIMMER (3 PROGRAMS)
This program combines browning, intermittent stirring and specific cooking, for all creamy and stewed dishes. The mixer attachment is specially designed for this program and can work wonders on the finest dishes.
1× CLICK = P1: BROWNING
2× CLICK = P2: STEWING
3× CLICK = P3: RISOTTO

PAstry (3 PROGRAMS)
To knead and stir dough. P1 and P2 both include an additional rising period of 40 minutes at 90°F to help the dough rise.
1× CLICK = P1: BREAD
2× CLICK = P2: LEAVENED DOUGH
2× CLICK = P3: CAKE

DESSERT
Your creamy desserts like chocolate cream, lemon cream, panna cotta, etc. are stirred, emulsified and cooked at the push of a button.
STEAM
You can use this program to prepare both well-balanced and delicious recipes. Vegetables, fish, and delicate desserts are steamed at a constant temperature.

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>QUANTITIES (MAXIMUM)</th>
<th>ESTIMATED COOKING TIME</th>
<th>RECOMMENDATION FOR THE STEAM PROGRAM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes</td>
<td>35 oz.</td>
<td>30 minutes</td>
<td>P2</td>
</tr>
<tr>
<td>Carrots</td>
<td>35 oz.</td>
<td>30 minutes</td>
<td>P2</td>
</tr>
<tr>
<td>Zucchini</td>
<td>28 oz.</td>
<td>20 minutes</td>
<td>P1</td>
</tr>
<tr>
<td>Parsnips</td>
<td>28 oz.</td>
<td>25 minutes</td>
<td>P1</td>
</tr>
<tr>
<td>Leeks</td>
<td>28 oz.</td>
<td>25 minutes</td>
<td>P1</td>
</tr>
<tr>
<td>String Beans</td>
<td>28 oz.</td>
<td>30 minutes</td>
<td>P2</td>
</tr>
<tr>
<td>Broccoli</td>
<td>18 oz.</td>
<td>20 minutes</td>
<td>P1</td>
</tr>
<tr>
<td>Fish</td>
<td>21 oz. (with parchment paper)</td>
<td>15 minutes</td>
<td>P1</td>
</tr>
<tr>
<td>White Meat</td>
<td>21 oz. (with parchment paper)</td>
<td>20 minutes</td>
<td>P2</td>
</tr>
</tbody>
</table>
# MANUAL PROGRAM

**ADJUSTABLE SETTINGS**

You can adjust the settings of the preset programs according to your needs. You can also use them independently from the preset programs.

**YOU CAN SET THE FOLLOWING:**

<table>
<thead>
<tr>
<th>SPEED</th>
<th>TEMPERATURE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 speed levels, two of which are slow-interval levels.</td>
<td>90°F to 270°F, adjustable in increments of 10°F.</td>
<td>5 seconds to 120 minutes.</td>
</tr>
</tbody>
</table>

**YOU CAN SET THE FOLLOWING:***

<table>
<thead>
<tr>
<th>APPLIANCE</th>
<th>BLADES</th>
<th>SPEED</th>
<th>EXAMPLE</th>
</tr>
</thead>
</table>
| Food Processor | 1 to 12 |  | **Pesto - Ultrablade Knife**  
**Speed:** 12  
**Time:** 10 sec  
Place 3 cloves garlic, 2 cups packed basil leaves, 2/3 cup shredded Parmesan, 1/3 cup pine nuts, 3/4 cup olive oil, salt and pepper in the bowl and mix for 10 sec. Bring the mixture to the center. Mix again until desired consistency is reached. |
| Blender    | 1 to 12 |  | **Fruit Smoothie - Kneading/Crushing Blade**  
**Pulse - Time:** 20 to 30 sec  
Place 2 cups slightly thawed frozen fruit, juice, protein powder and sweetener (if desired) in the bowl, cover, start pulse program until smooth. |
| Mixer      | 1 to 9  |  | **Whipped Cream - Whisk Blade**  
**Speed:** 7  
**Time:** 2 min  
2 cups whipping cream (cold) in bowl, cover, start program, whip until stiff peaks form. |
| Stove Top  | 1 to 12 |  | **Cooked Rice - No Blade**  
**Temp:** 212°F  
**Time:** 20 min  
2 cups water and 1 cup rice in bowl, cover, start program. Remove and fluff. |
| Bread Machine | 5 to 6  |  | **Sun-Dried Tomato, Olive and Feta Bread - Kneading/Crushing Blade**  
**Speed:** 6  
**Time:** 1 min  
See full recipe No 04. |
| Ice Cream Maker | 1 to 12 |  | **Sorbet - Kneading/Crushing Blade**  
**Speed:** 4, 7, 10  
**Time:** 3 min  
See full recipe No 263. |