





## Operating instructions

### bifinett KH 1100

#### Electric Wok and fondue set

Cooking with a Wok, the traditional Chinese kitchen appliance, is becoming ever more popular here. Finely sliced vegetables, meat, fish and seafood, as well as noodles and rice are cooked at great heat using a continuous stir - fry steam method. The very short cooking times at high heat ensure that wok cooked meals are very healthy because all the important vitamins and nutrients of the ingredients are retained. Moreover, recipes can often be prepared in the wok with or without only a small amount of fat. The original ingredient taste is thus retained.

Delicious fondues can be conjured up within moments using the fondue pot. Whether classic fondue with meat, Swiss type with cheese, or as simple Chinese fondue with bouillon or chocolate fondue with fruits as a dessert-fondue, all are easily prepared, versatile and exactly right for an evening of fun!

Cooking with your new wok and fondue set - many varied and delicious meals.

We wish you lots of fun and enjoy your meal!

#### Scope of supply

- Wok and fondue pot of aluminium with anti-stick coating and heat-isolated grips
- Glass covers with heat-isolated cover knob
- Steam-/drip tray
- Thermal-plastic stand
- 8 fondue forks
- 2 wooden stirrers

#### Safety information

- Use the appliance only in accordance with the instruction manual as well as for its stipulated purpose.
- The appliance may only be run using the nominal voltage stated on the housing.
- Never pull the power supply cable out of the socket with wet hands or with force.
- Never move the appliance by pulling the power supply cable.
- Children never recognise the inherent danger when in contact with electric appliances; therefore any contact with such appliances may only take place under adult supervision. All such electric appliances must be kept outside the reach of children.
- Use only the wooden stirrers when stirring foods in the wok; using metal-ware can result in scratching of the anti-stick coating. Therefore it is also important not to use the inside of the wok and the fondue pot in order to cut and dice foods as well as other ingredients.
- Do not touch the metal parts of the appliance when in use; they can become very hot. Our recommendation: always use a pan cloth when touching the wok or the fondue pot as well as the cover. Caution: when removing the cover, hot steam can escape! Do not move the wok if at all possible when it is being used in order to avoid burns.
- Never put aluminium foil or any other foreign body or object between heating element and wok or fondue pot.
- Never put saucepans or other cooking dishes (instead of the wok or fondue pot) on the heating element. Do not use the wok or the fondue pot as cooking pans on other heating elements apart from the included one.
- If the power supply cable is defective it may only be replaced by qualified personnel. Do not use the appliance if it or the power supply cable is defective.
- Always pull the power supply cable out of the socket when the appliance is not being used.
- Grease and oil can quickly catch fire when over-heated. In this case pull the power supply cable out of the socket and smother or douse the fire by placing a metal cover or bowl on top of the wok or the fondue pot. Never pour water into hot or burning fat! There is danger of serious injury!
- In order to avoid damage to the appliance, keep the power supply cable and housing away from hot surfaces and open flames. Ensure especially that the power supply cable does not come in contact with heated parts of the appliance.
- When dismantling the appliance always pull the power supply plug from the socket first and only then take the heating element off.
- Do not use the appliance outdoors.

- If the appliance does not work correctly, pull the power supply plug out of the socket.
- Never leave the appliance switched on unsupervised. After turning off always wait until it has cooled down completely.

**Prior to first use**

Rinse wok, fondue pot and covers in warm water before first use. Carefully dry the parts afterwards. Rub the insides of the wok and fondue pot with a little oil.

**Use of your wok and fondue set**

**Placement, connecting and preheating**

**Wok**

Put the appliance on a flat, heatproof and solid base. A fragile base (e.g. glass table or a similar piece of furniture) is inappropriate. The appliance must always have sufficient space between it and any walls. Furthermore ensure that no easily inflammable materials are near the appliance. Plug in the power supply cable to the heating element base and connect it to a power supply socket. Never switch on the heating element without the wok being in place!

Set the thermostat to the desired level and put the wok on the pedestal.

**Attention:** at first use the appliance may exude a slight smell or a little smoke. This is no reason for worry and does not indicate an appliance defect!

**Fondue**

With the fondue pot you can prepare all types of fondue:

- Classic fondue
- Cheese fondue
- Chinese's fondue
- Chocolate fondue

The aforementioned procedure described for the wok is applicable to the fondue pot with the following exceptions:

Allow the fondue pot to pre-heat for 10 minutes empty (at a heat level according to type of the fondue; see following section). Then put the ingredients into the fondue pot and set the respective heating level as required (see following section).

Heed the minimum and maximum filling heights of the fondue pot:

- Oil min 1 l, maximum 1,25 l,
- Bouillon maximum 2 l

**Making fondues**

- Dry all ingredients well before cooking.
- Deep-frozen ingredients have to be thawed completely before being put into the fondue pot.
- Never add seasonings, herbs or similar into the oil.
- Do not mix different oils.
- Use vegetable oils (sunflower, peanut, walnut oil, etc.).
- Do not reuse oils.
- If using herbal oils, remove any herbs prior to use.

**An overview of the thermostat levels:**

**Wok**

Heating level 1	Keeps liquid foods such as soups, etc. warm
Heating level 2	Keeps solid foods warm
Heating level 3, 4,	Heating levels for braising and cooking
Heating level 5	Roasts

**Fondue**

Heating level 1-3	Chocolate fondue: preheat on heating level 1, preparation on heating level 3
-------------------	--

Heating level 3-4

Cheese fondue: preheat, on heating level 3,  
preparation on heating level 4,

Heating level 4-5

Classic fondue with oil: preheat on heating level 4,  
preparation on heating level 5

Heating level 5

Chinese fondue with bouillon:  
preheat and preparation on heating level 5

Never heat the unfilled wok longer than a few minutes. In this case take the preheating into consideration.

If solid foods should be held warm over a longer time period then the thermostat should be set to heating level 1. Occasionally stir and add some water to the food being kept warm as necessary.

If the wok or fondue pot is being used for the serving of foods ensure that the thermostat is first off (set to "0"). Remove the wok or fondue pot from the heating element and place it on a heatproof base. Then unplug the heating element and only then unplug the power supply cable from the pedestal. Then carry the pedestal carefully to the table with help of a pot-holding cloth. Replace the power supply cable into the heating element and afterwards into a power supply socket. Set the thermostat to 1 or 2 to keep retaining heat and now put the wok or fondue pot back on the pedestal.

### Cleaning and care

- First pull the plug out of the socket and then let the wok cool down completely.
- When cleaning remove the wok or fondue pot from the pedestal and rinse using a sponge with warm water and normal household washing liquids. Do not use any abrasive or metal sponges. The housing of the pedestal can be cleaned with a moist sponge and some washing liquid.
- The heating element does not require any cleaning; it can be rubbed down with a dry cloth in order to remove possible food particles.
- Never dip the appliance with the heating element and the power supply cable into water!

## Recipes

### Beef cooked in the wok

The following ingredients are required:

500 g beef steak  
4 Mu-Err mushrooms  
1 bunch of spring onions  
250 g celery  
1 clove of garlic  
1 piece of ginger  
½ red pepper  
½ yellow pepper  
25 g cashews  
2 TBS soy sauce  
2 TBS rice wine or dry sherry  
4 TBS peanut oil  
Salt  
Pepper

Cover the Mu-Err mushrooms with warm water and let them soak for half an hour. Renew the water several times. In the meantime clean the meat, dab it dry and then cut it into strips. Wash and clean the vegetables. Now cut the paprika into strips and cut the onions and the celery into rings. Peel the ginger and garlic and dice finely. Take the Mu-Err mushrooms from the water, cut off the stalks and wash under running water; dab dry and cut into very fine strips. Heat oil in the Wok and fry the cashews in it; remove when aroma becomes apparent. Cook the meat in the remaining, oil stirring continuously. Add vegetables, ginger and garlic and brown them. Add soy sauce and rice wine and add spices according to taste. Cook for a further three minutes. If necessary add water. Place the beef on plates, sprinkle with the fried cashews and serve.

## Nasi Goreng

The following ingredients are required:

500 g chicken  
250 g shrimps or North sea crabs  
150 g round grain rice  
6 spring onions  
2 cloves of garlic  
2 onions  
1 cucumber  
3 eggs  
2 TSB dried roasted onions  
2 Tsp. soy sauce  
100 ml cooking oil  
40 g butter  
Salt  
White pepper

In a pan with butter, prepare an omelette with the eggs, salt and peppers. Cut the omelette into thin strips and keep warm.

Then shred cloves of garlic and onions and pound them in a mortar until a creamy paste is formed. Cut and dice the chicken and heat the oil in the preheated wok; afterwards brown the chicken and the onion paste whilst stirring continuously. After approximately 5 minutes add the shrimps to the wok and also brown them whilst stirring continuously. Add some oil if necessary. Remember that the shrimps should remain a maximum of two minutes in the wok or they will become tough. Now add the pre-cooked rice and the roughly cut spring onions, stirring continuously. Add soy sauce to taste.

Place the mixture in a serving bowl and keep warm.

Now brown the dried roasted onions in the oil remaining in the wok and sprinkle these over the Nasi Goreng afterwards.

Place on plates and garnish with omelette strips and cucumber slices.

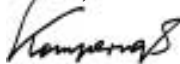
**Enjoy your meal!**

### Declaration of conformance

We, Kompernaß Handelsgesellschaft mbH, Burgstr. 21, D-44867 Bochum, Germany, declare this appliance to be in conformance with all applicable international standards, safety requirements and the EC Directives.

No. of appliance/Type: KH 1100

Bochum, 30.11.2002



Hans Kompernaß  
- Manager -



