



# Cooking Tips

We are very proud of our quality of our cookware, and want you to feel the same way. Here are some helpful tips to ensure that your new cookware provides you with the best possible experience.

## Tips for Cooking Vegetables

Royal Prestige® cookware cooks fresh and frozen vegetables, without the need to add or drain-off water, preserving the maximum amount of vitamins and minerals in your foods.

### How it works:

- Vegetables and fruits have high water content, enough to cook them as long as the heat is controlled and moisture is retained inside the pan.
- The 5-layered sturdy construction of Royal Prestige® cookware provides even heat distribution. This allows the vegetables on top to cook just as well as those on the bottom- without boiling water to distribute the heat.
- The Redi-Temp® valve signals when the proper cooking temperature is reached (approximately 82°C/104°F). This temperature is enough to kill germs and bacteria, which may be on the food, without destroying all heat-sensitive nutrients.

### If you are cooking soft and leafy vegetables (sliced carrots, broccoli, cabbage, cauliflower, etc.):

Start cooking at a medium flame, until Redi-Temp™ valve whistles. If you are using an electric stove, turn it off, close the Redi-Temp® valve and let the saucepan rest on the burner for 5 minutes. If you are using a gas stove, once the valve stops whistling, close it and continue cooking on a low flame for 5 minutes.

### If you are cooking hard vegetables (potatoes, cassava, beet, corn on the cob, etc.):

Start cooking at a medium flame. When the Redi-Temp® valve whistles, close it and continue cooking on low flame for at least 7-8 minutes, depending on the quantity.

### If you are cooking frozen vegetables:

Rinse them before cooking in order to partially thaw them and melt some of the ice. It is not necessary to add water to the pan. Follow all other instructions for that type of vegetable (soft or hard).

### Hints for Success:

- Temperature settings vary from one stove to another. If "medium" on your stove tends to scorch the vegetables, try a lower setting.
- Don't peek. Opening the cover lets out moisture and heat. It increases cooking time and the chances of foods drying out or burning.



- Vegetables should be well rinsed and drained. This leaves tiny water droplets on the surface, which helps to activate the valve.
- Select the pan that the vegetables will most nearly or  $\frac{3}{4}$  fill. A small quantity in a large pan will not create sufficient moisture to cook with this method.
- Chop hard vegetables into smaller pieces in order to reduce cooking time.
- When cooking rice in the saucepans, you only need to add 2 cups of water for each cup of rice.

Suggested cooking time for some vegetables:

Vegetable	Minutes
Beans, green	8-10
Beets, red, whole medium	50-60
Broccoli spears	5-7
Cabbage, sliced	4-6
Carrots, sliced	9-10
Cauliflower, separated	6-8
Celery, sliced	5-7
Com, kernels, frozen	1-2
Com-on-the-cob	10-12
Okra (Bhindi), small, whole	6-8
Onion, sliced	8-10
Peas, fresh or frozen	2-3
Capsicum, green, red or yellow	3-4
Potatoes, sweet, cubed	15-20
Spinach, fresh	2-3
Pumpkin, diced	10-13
Zucchini squash, sliced	4-6