

Getting Started

HyperCore™ Induction Cooktop



COOKTOP BASICS:

TURN ON A BURNER		SWITCH COOKING MODES	
PRESS AND HOLD POWER BUTTON TO TURN ON THE COOKTOP	PRESS AND TURN ANY KNOB TO BEGIN COOKING	BY DEFAULT, COOKING BEGINS IN POWER MODE (WATTS)	PRESS KNOB TO SWITCH MODES

STEP 1: DECIDE THE MODE

MODE	WHEN TO USE	EXAMPLES
POWER MODE (W)	FOR RAPID RESPONSE	PREHEATING
		BOILING
	FOR LIQUID-BASED DISHES	SIMMERING SOUPS
		REDUCING SAUCES
TEMPERATURE MODE (°F)	FOR CONSTANT TEMPERATURE	STEAMING
		CARAMELIZING
		REHEATING
		FRYING
	FOR DRY-BASED DISHES	POACHING
		STIR FRY
		SAUTÉ

STEP 2: SELECT THE OIL

NOTE	OIL	SMOKE POINT (°F)
<p>WITH PRECISE TEMPERATURE CONTROL, YOU CAN ELIMINATE KITCHEN SMOKE FOR GOOD.</p> <p>EVERY OIL HAS A SMOKE POINT, THE TEMPERATURE WHERE IT STARTS TO BREAK DOWN AND RELEASE SMOKE. THESE THRESHOLDS VARY WITH THE OIL'S PURITY AND PROCESSING. LEARN THESE THRESHOLDS TO KEEP THE KITCHEN SMOKE FREE.</p>	AVOCADO OIL	520
	SAFFLOWER OIL	510
	PEANUT OIL	450
	SUNFLOWER OIL	390
	VEGETABLE OIL	450
	SESAME OIL	350
	COCONUT OIL	350
	EXTRA VIRGIN OLIVE OIL	375
	BUTTER	350

STEP 3: BUILD YOUR MENTAL MAP

TEMPERATURE MODE (°F)
SEAR
SEE OIL SMOKE POINT
DEEP FRY
SEE OIL SMOKE POINT
PAN FRY
SEE OIL SMOKE POINT
BROWN
SEE OIL SMOKE POINT
SAUTE
SEE OIL SMOKE POINT
SCALD 195°F
WARM 180°F
SOUS VIDE
SEE INGREDIENT
INFUSE 158°F
MELT 85-180°F
FERMENT 75-115°F

POWER MODE (W)
POWER BOOST 2.5-10 kW
HIGH 1.4-2.5 kW
MED HIGH 0.8-1.4 kW
MEDIUM 350-799W
MED LOW 150-349W
LOW 50-149W

Getting Started

HyperCore™ Induction Cooktop



TEMPERATURE MODE (°F)

<p>SEAR 400-480°F</p> <p>FRY 350-375°F</p> <p>BROWN 285-349°F</p> <p>WARM 140-195°F</p> <p>MELT 80-125°F</p>	<p>FRIED 300-320°F 2-5 MINS</p> <p>OVER-EASY 270-280°F 1-2 MINS</p> <p>SCRAMBLED 230-250°F 3-5 MINS</p> <p>POACHED 180-190°F 2-4 MINS</p> <p>SOUS VIDE 150-158°F RUNNY YOLK 1 H</p>	<p>STEAK SEAR 350-425°F</p> <p>MEAT STRIPS STIR FRIED 350-400°F</p> <p>CHICKEN THIGH PAN FRIED 350-375°F</p> <p>BACON PAN FRIED 320-350°F</p> <p>SOUS VIDE STEAK RARE-MEDIUM 120-144°F 1-4 H</p>	<p>TUNA STEAK SEAR 400-425°F</p> <p>SALMON PAN FRIED 350-400°F</p> <p>COD PAN FRIED 300-325°F</p>	<p>CHICKPEAS PAN FRIED 375-400°F</p> <p>BEANS SAUTÉ 325-350°F</p> <p>EDAMAME SAUTÉ 300-325°F</p>	<p>SWEET POTATOES PAN ROASTED 375-425°F</p> <p>CAULIFLOWER STIR FRIED 350-400°F</p> <p>ZUCCHINI SAUTÉ 350°F</p> <p>KALE SAUTÉ 300-325°F</p>
<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">F</div>	EGGS	MEATS	FISH	LEGUMES	VEGETABLES

THESE SETTINGS ARE INTENDED AS A GUIDE, NOT EXACT INSTRUCTIONS.
 QUESTIONS, FEEDBACK OR REQUESTS? WE'D LOVE TO HEAR FROM YOU — CONTACT US AT ZEPHYRONLINE.COM/CONTACT