

Made in Sweden

iPinium

The Swedish food revolution



Good food has become easier

Faster and more enjoyable oven cooking with iPinium's unique products



iPinium

– faster, easier and tastier

It doesn't matter if you are a professional or a happy amateur. iPinium helps you to enjoy healthier, better-tasting and simpler cooking. You can be certain that you will produce a tasty dish which is both healthier and juicier, not to mention done in much shorter time!

iPinium consists of a unique and patented aluminium alloy which facilitates optimal retention and transfer of heat. This means that the raw produce cooks in much shorter time than with other trays on the market. The iPinium products are also perfect for baking bread.

The iPinium products have been treated with a high-class non-stick coating. With such a surface nothing burns and you will never have to add any fat for cooking. In addition, the coating makes cleaning easier. We recommend that you use heat-resistant plastic or wooden utensils in order to avoid unnecessary wear.

Do not use any sharp metal utensils when cleaning. You can easily remove any food scraps with hot water, detergent and a plastic dishbrush. You can also use a dishwasher.

Welcome to iPinium – a revolution in your kitchen.



This is the iPinium family



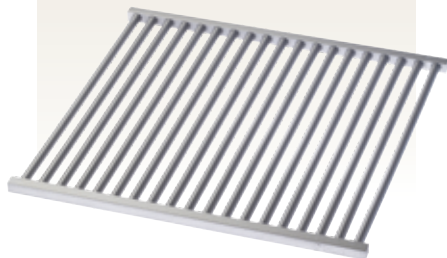
Grill Grid

– the origin



Everything began with the Grill Grid. You grill the food with perfect stripes and juicier meat as a result. The grid is also perfect for cooking frozen products. Preheat the grid to 250 degrees* before placing the meat upon it.

You can cook your fresh chicken fillet (140 grams) in 10 minutes or your frozen fillet in 17-18 minutes.



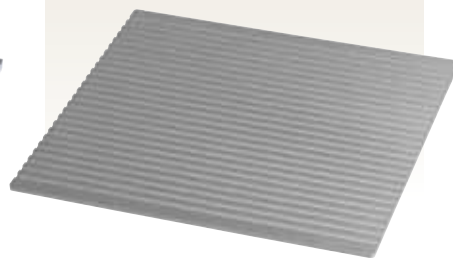
Fry Grid Grill - Fry - Bake

– development



iPinium Fry Grid was developed from the popular Grill Grid. With the Fry Grid you have a multitool in your kitchen. One side is for grilling, producing beautiful and appetizing stripes, and the smooth side is for frying or baking.

You can, for example, cook crispy pizzas or bake bread with great results.



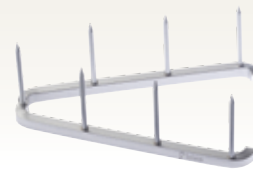
Potato Baker

Spit cooking



With the Potato Baker oven time is cut in half! A normal-sized baked potato cooks in about 30-35 minutes.

You can also use the spit for cooking chicken drumsticks, corn cobs and fillets of pork – all in very short time!



Universal Pan

– it's all there in the name



In the Universal Pan you fry cook everything from chicken fillets and cutlets to frying bacon and sausage with excellent results. You can also cook grains, lasagna, pasta dishes, cabbage pudding and much more. All of this in much shorter time and with a significantly juicier result than you would otherwise have had – not to mention with swift, efficient cleaning afterwards. The pan can also be used for baking cakes and bread. You don't need to cooking fat it or use any breadcrumbs. The quick heat transfer results in an airier, juicier bread.



* All oven temperatures in the folder are given in Celsius. 230 degrees Celsius = 446 degrees Fahrenheit. 250 degrees Celsius = 482 degrees Fahrenheit.

How to use the iPinium

When you use a new product from iPinium for the first time you need to cooking fat it with a little bit of cooking oil before use. After this you will never need to apply any cooking fat again, but of course you may do so for taste is you so wish.

Cooking instructions

iPinium Universal Pan (UP)

We recommend that you place your raw produce on a warm tray. A good rule of thumb is to always wait for 15 minutes before you begin cooking, even if the oven indicates that the 250 degrees have been reached. You can use an extra thermometer to control the true oven temperature. Then quickly place the products on the tray, making sure that the oven door is open for as short a time as possible. You can load the iPinium UP while it is still at room temperature, but be aware that this will slightly increase cooking time.

iPinium Fry Grid (+ iPinium Grill Grid)

Place the iPinium Fry Grid on the oven's own grid and put the thermostat to 250 degrees. When the right temperature has been reached, wait for another 5-10 minutes before you start cooking.

Always spread the produce evenly on the iPinium Fry Grid and place potatoes/vegetables on the surfaces inbetween. Frying and grilling times are adapted to each product so that the meat, fish and other foods that you wish to cook will turn out as nutritious and tasty as possible. Place the foods to be grilled on the ribbed side of the iPinium Fry Grid and grill for the amount of time indicated in the recipe. You don't have to turn meat, chicken, fish or or vegetables over during cooking, since the nice grilled or browned sides will be turned upward on the plate.

When using fat and marinade, wipe off the side to be placed against the iPinium Fry Grid with paper towels. Salt and pepper before or after cooking. When frying, use the smooth side of the iPinium Fry Grid. The smooth side of the iPinium Fry Grid also works well as a pizza or bread stone. When cooking is done, remove the iPinium Fry Grid/UP from the oven and place on a heat-resistant surface.

Warning! Grill grids and iPinium Fry Grid/UP are very hot. Remove the trays with oven gloves or kettleholder. Only use heat-resistant plastic utensils for transferring the cooked food to serving plates. Never use metal utensils or cut anything directly on iPinium Fry Grid/UP; that will harm the high-class non-stick coating.

When serving, turn the grilled or fried side upwards on the plate. The recommended cooking times assume that the raw produce is room-tempered, that is, with a minimum temperature of 15 degrees. It is a good idea to wipe off produce with paper towels before cooking with the iPinium Fry Grid/UP. The grilling and frying times given guarantee good results and are meant for cooking with turning the food over. With greater weights and amount of produce than those given in the recipes the cooking time might have to be increased.

Enjoy your meal!



In all cases where 250 degrees are indicated for consumer ovens, 230 degrees are sufficient for professional ovens.



Tasty recipes

– see all the recipe films on www.ipinium.com



Filled baked potato



Fia's pull-apart bread



Omelet



Fruit and nut bread



Hamburgers



Cutlet with warm potato salad



Chicken with asparagus



Salmon with roe sauce



Diced pork pancake



Salisbury steak with root vegetables



Homemade pizza



Sirloin steak with potato gratin



Cooking times

Of course, cooking times may vary somewhat between ovens. In all cases where a temperature of 250 degrees is indicated for consumer ovens, 230 degrees are sufficient for professional ovens.

The cooking times below are based on the following:

Fresh produce: load onto hot iPinium tray in hot oven, 250 degrees
Room temperature: 17 +/- 2 degrees.

Frozen produce: load the room-tempered iPinium tray in hot oven, 250 degrees. Defrosting and cooking in a single phase.

- **Frozen pizzas** are cooked to crispy perfection at 250 degrees. Decrease the recommended cooking time with approximately 20 %.
- **Frozen pies** are cooked to crispy perfection at 250 degrees in about

16 minutes (recommended 20-35 minutes, 175-200 degrees).

Remove the iPinium tray from the oven – turn over and let rest for about 2 minutes. Serve!

Product	Fresh	Frozen	Weight (g)	Thickness (mm)	Time (min)
Chicken fillet	X		175	24	7:30
Chicken fillet		X	196	28	18:30
Chicken drumsticks	X		353	43	23:00
Chicken drumsticks		X	388	50	39:30
Pork chop, boneless	X		150	18	5:30
Pork chop, boneless		X	139	17	9:00
Fillet of pork, sliced	X		54	23	7:00
Fillet of pork, sliced		X	56	28	12:00
Sirloin steak	X		125	28	9:00
Sirloin steak		X	124	29	16:00
Entrecote	X		151	16	1:30
Entrecote		X	175	20	8:00
Hamburger	X		150	20	6:00
Hamburger		X	153	24	16:00
Falun sausage, sliced	X		32	12	4:00
Falun sausage, sliced		X	35	14	8:00
Smoked sausage	X		157	31	8:00
Smoked sausage		X	157	32	15:00
Salmon, butterfly fillet	X		120	23	2:30
Salmon, butterfly fillet		X	126	26	10:00
Cod fillet	X		141	27	1:30
Cod fillet		X	142	30	10:30

Potatoes, root vegetables and vegetables
– only fresh produce

	Weight (g)	Thickness (mm)	Time (min)
Almond potatoes – halved	25	15-22	8:00-14:00
Potato slices	9	5-6	9:00
Sweet potato slices	9	6	9:00
Carrot coins	6-8	10-12	6:00-7:00
Parsnip coins	8-9	10-12	4:00-5:00
Mushrooms –halved	6	20	7:00
Zucchini – sliced	13-17	10-12	3:00
Eggplant – sliced	24	12	8:00
Fennel – sliced	26	12	12:00
Pepper – batons	5	9 x 7	8:00
Asparagus – green	10	8-10	3:00-4:00

Ready temperature

- | | | | |
|--------------|---------------|--------------------------|---------------|
| • Pork | 65-70 degrees | • Salmon | 48-50 degrees |
| • Chicken | 70 degrees | • Whitefish | ca 52 degrees |
| • Beef, lamb | | (cod, haddock, coalfish) | |
| – rare | 56-58 degrees | • Halibut | 48-50 degrees |
| – medium | 58-64 degrees | • Flatfish | 50-52 degrees |
| – well done | 70 degrees | • Bread | 91-94 degrees |

It is a good idea to use a digital thermometer and measure the core temperature.

Produce amounts and times in the basic recipes assume that you are cooking with a circotherm oven. The oven can be loaded with a maximum of 800-1000 grams of fish/meat/chicken plus potatoes and vegetables, spread evenly over one or two iPinium trays. When cooking in a standard oven, a maximum of 600 grams meat/fish/chicken plus potatoes and vegetables can be loaded onto an iPinium tray placed in the middle of the oven.

The complete list of cooking times can be found on www.ipinium.com



"The difference is that we get a much better end result and that it takes much less time. It is, quite simply, easier to cook!"

*Monika Hertzman, Söderporten school, Norrköping (Sweden)
SR P4 Östergötland 11/9 2012*



"The trays are easy to use, nothing sticks and the food cooks through. We save time and get good results."

*Anne-Marie Källbom, head of kitchens, Grosvad school, Finsspång (Sweden)
Norrköpings Tidningar 25/2 2012*



"Forget smoking griddles and spattering fryers. The food of the future will be cooked in the oven..."

*Gert Klötzke, professor of gastronomy
ICA:s Buffé no 8 2012*

"When one sees the advantages of the iPinium products it is fun to be a chef and to be able to contribute to consumers getting to use professional products. I keep finding new possibilities – from breakfast through lunch to dinner!"

*Gert Klötzke
professor of gastronomy at Umeå University,
longtime chef for the Swedish Culinary Olympiq team*





iPinium

Tel +46 (0)122-135 84 | Fax +46 (0)120-444 001 | www.iPinium.com