



Eat better.
Live better.



AMC oPan

Breakfast & Brunch
easy & young



The Premium
Cooking System

www.amc.info



Congratulations: You are now the proud owner of AMC's latest cooking innovation! The oPan is a lot more than just a pan, it's a completely new way of cooking: Open cooking with AMC!

Enjoy

- **the first removable handle**
The ergonomic look-and-feel of the handle sits exceptionally well in the hand.
- **the flat & elegant design**
A perfectly shaped pan – it's an eye-catcher in every household.
- **the easy handling**
The oPan is very light and handy, suitable for all stoves and takes up very little space in the cupboard or dishwasher.
- **the simple & fast cooking**
The intelligent and thin encapsulated base ensures quick heating up times. So you save valuable time.
- **the delicious recipes**
It's perfect for quick dishes like pancakes, crêpes, toasties, flat breads and egg dishes, of course.

Gourmet delights prepared in the best possible way for you and your loved ones.

Warm regards
AMC International

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SERVING TIPS FOR KIDS

Find great serving tips for kids.
Because kids have very special eyes!

How the recipe selection is made simple:



vitamin rich



low fat



low calorie



fibre rich



low cholesterol

AMC oPan

Young & trendy cooking



The oPan body

- highly polished premium stainless steel
- large cooking surface (same as the HotPan 28 cm)
- flat and elegant design
- light and handy, quick to get out and use

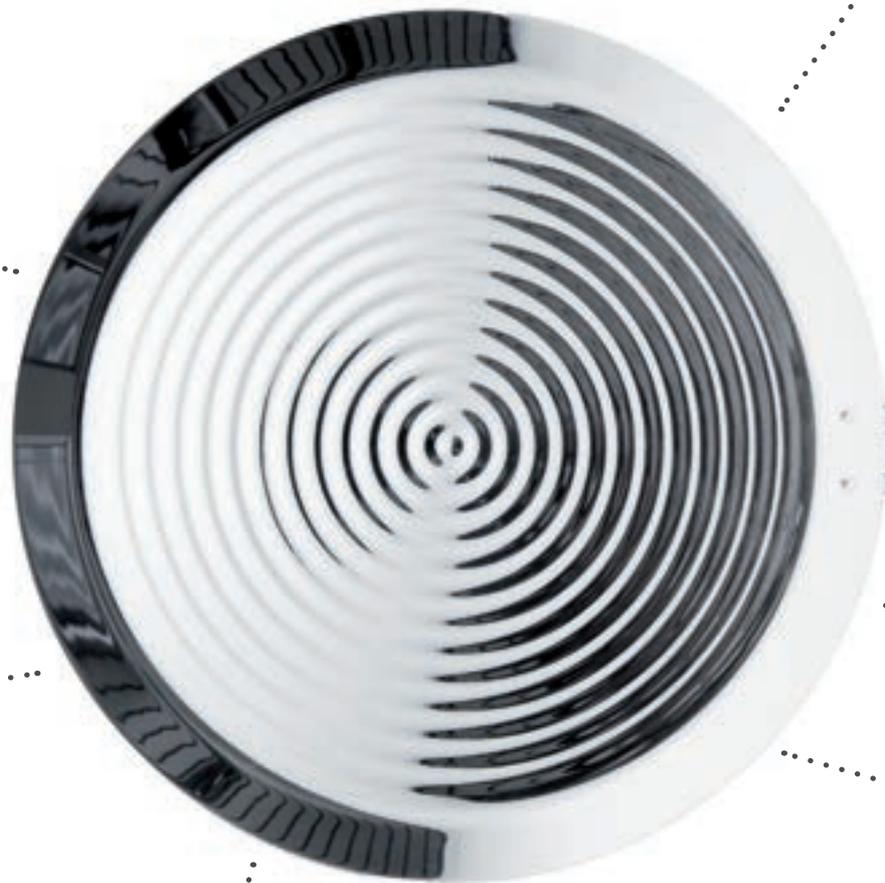


Optimal non-stick properties without coating

- healthy roasting without added fat
- fewer calories, more taste
- for the benefit of your health: no release of unhealthy substances
- does not emit any toxins unlike coated pans, for example

The oPan surface

- special o-patterned surface for roasting
- unique look



The oPan rim

- very low and flat for creative cooking and flipping food effortlessly
- for turning and lifting your dishes easily
- sliding out food is spectacular with the oPan

Easy cleaning

- no dirty corners, easy to clean
- dishwasher-safe
- guarantees optimum hygiene



The first removable AMC handle

- the **most stable removable handle** on the market
- “grip-friendly” shape (no feeling of a 2-part pan)
- patented locking system
- easy-to-clean in the dishwasher
- ergonomic design
- space saving storage



Space-saving storage

- flat and handy
- needs few space in cupboard and dishwasher



The AMC Akkutherm encapsulated base

- fast conduction of heat
- good and even heat distribution
- the encapsulated base and body of the oPan are permanently and seamlessly attached to one another due to a special press-welding process developed by AMC
- suitable for all stoves, the encapsulated base works with gas, electric or induction, enabling you to save a lot of energy

The oPan warranty

- this pan lasts decades – we give you **30 years'** guarantee on the oPan and **2 years** on the handle
- AMC warranty applies to production defects not to improper use damages
- good for your wallet and the environment

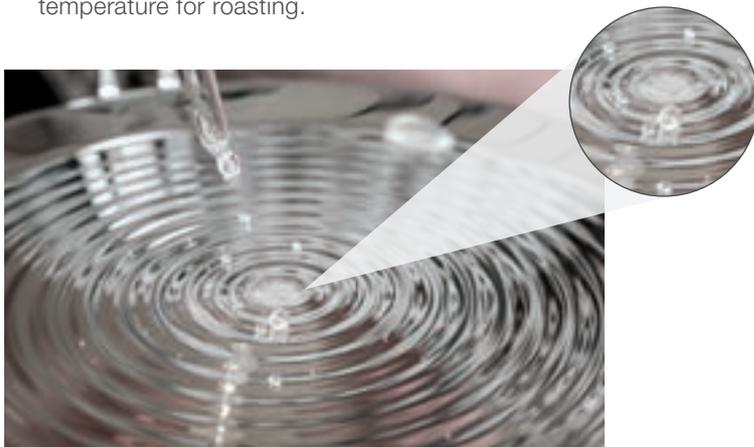
Cooking with AMC oPan – Step by Step

In AMC the right temperature decides and ensures that your recipes turn out perfectly!
As well with this new AMC “open” cooking method.

How to find the perfect temperature

1. Heating up with dancing water drops

1. Heat the oPan at highest level/flame.
2. Add some water drops. As soon as the drops of water on the oPan base not only evaporate but also “dance”, the pan base has reached the perfect temperature for roasting.



3. Reduce to low level/flame and place food in it.
4. Flip as soon as the food loosens and roast the second side until done.

2. Heating up with lid

1. Place lid 24 cm on the oPan and heat up at highest level/flame until roasting window. As soon as the roasting window is reached, reduce to low level/flame, remove the lid and place food in it.
2. Flip as soon as the food loosens and roast the second side until done.

Tip: Use Audiotherm to make it even more easy and comfortable.



Your oPan is fast

Heating up times* on different stoves

(*in average)



Electric stove
approx. 3 minutes



Navigenio
approx. 3 minutes



Gas
approx. 2 minutes



Induction
approx. 1 minute

Tip: When using the oPan on induction or gas heat up without lid. This is even shorter!

How to handle recipes, which afford some fat or oil

1. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached (see explanation on page 6).
2. Then reduce to low level/flame and add some fat (about 1 tsp. of oil or butter). Spread uniformly by swirling the oPan or by wiping out with a paper towel.
3. Place food in it and flip as soon as the food loosens.



Do not leave the oPan unattended whilst heating up with or without lid otherwise it may become too hot and burn the food.



All egg!

Fried eggs



2 eggs
Salt, pepper
1 tsp. fat, oil or butter

1. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
2. Then reduce to low level/flame and add fat. Spread it uniformly in the oPan.
3. Break eggs in the oPan and roast according to taste until done at low level/flame. Season with salt and pepper.



**FOR KIDS:
TAKE CARE TO
SERVE AND
PRESENT THE
FOOD IN A
FUNNY WAY!**



Scrambled eggs



2 eggs
Salt, pepper
1 tsp. fat, oil or butter

1. Season eggs with salt and pepper, whisk with a fork.
2. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
3. Then reduce to low level/flame and add fat. Spread it uniformly in the oPan.
4. Place egg mass in it and roast by stirring until the mass has completely thickened.

Serve crispy breakfast bacon along with it:

1. Heat up oPan at highest level until the perfect temperature for roasting is reached.
2. Then reduce to low level/flame and place bacon in the oPan.
3. As soon as the bacon becomes crispy, flip and roast as desired until done.



Omelet



2 eggs

Salt, pepper

1 tsp. fat, oil or butter

1. Season eggs with salt and pepper, whisk with a fork.
2. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
3. Then reduce to low level/flame and add fat. Spread it uniformly in the oPan.
4. Place egg mass in it and roast until the mass has completely thickened.

**SERVING TIP
FOR KIDS**



Vegetable frittata



2 eggs
Salt, pepper
Vegetables, e.g., bell pepper or zucchini
Fresh chives
1 tsp. fat, oil or butter

1. Season eggs with salt and pepper, whisk with a fork. Clean vegetables and cut into small cubes. Cut chives in small rolls.
2. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
3. Then reduce to low level/flame and add fat. Spread it uniformly in the oPan.
4. Place vegetables in it and roast. Pour the egg mass and roast until the mass has completely thickened. Serve with chives.

Stuffed omelet



2 eggs
Salt, pepper
½ red pepper
Fresh parsley
3 tbsp. grated cheese (e.g. emmentaler)
1 tsp. fat, oil or butter

1. Season eggs with salt and pepper, whisk with a fork. Cut pepper and parsley with Quick Cut.
2. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
3. Then reduce to low level/flame and add fat. Spread it uniformly in the oPan.
4. Place egg mass in it and roast until the mass has completely thickened.
5. Add some grated cheese and vegetables mix on top. Fold the sides towards the center and serve.





PANCAKES



Pancakes



125 g flour
½ tsp. sugar
250 ml milk
2 eggs
2 tbsp. oil

1. Mix all ingredients to make the batter and let it rest 30 minutes.
2. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
3. Then reduce to low level/flame and place small portions of batter in the oPan.
4. As soon as the batter sets, flip and cook until done. Proceed with the remaining batter.

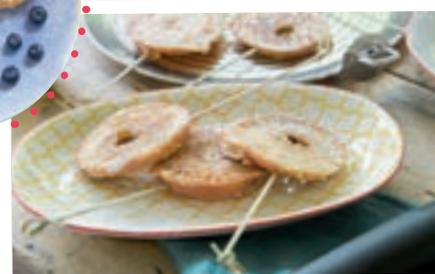
Delicious pancake variants:

Apple pancakes



1. Prepare dough of basic recipe above with 1 tsp. of cinnamon.
2. Cut 3 apples in slices of approx. ½ cm. Sprinkle them with some flour and turn in dough.
3. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
4. Then reduce to low level/flame and add 1 tsp. fat, oil or butter. Spread it uniformly in the oPan.
5. Place about 3 pieces in the oPan and roast from both sides. Finish with the other ones.

**SERVING TIP
FOR KIDS**



Tip: If you spear the apple slices on wooden skewers, you can eat them like lollies!

Ricotta pancakes



Replace 70 ml of the milk with 70 g ricotta.

Tip: Serve ricotta pancakes with a dollop of ricotta and maple syrup.

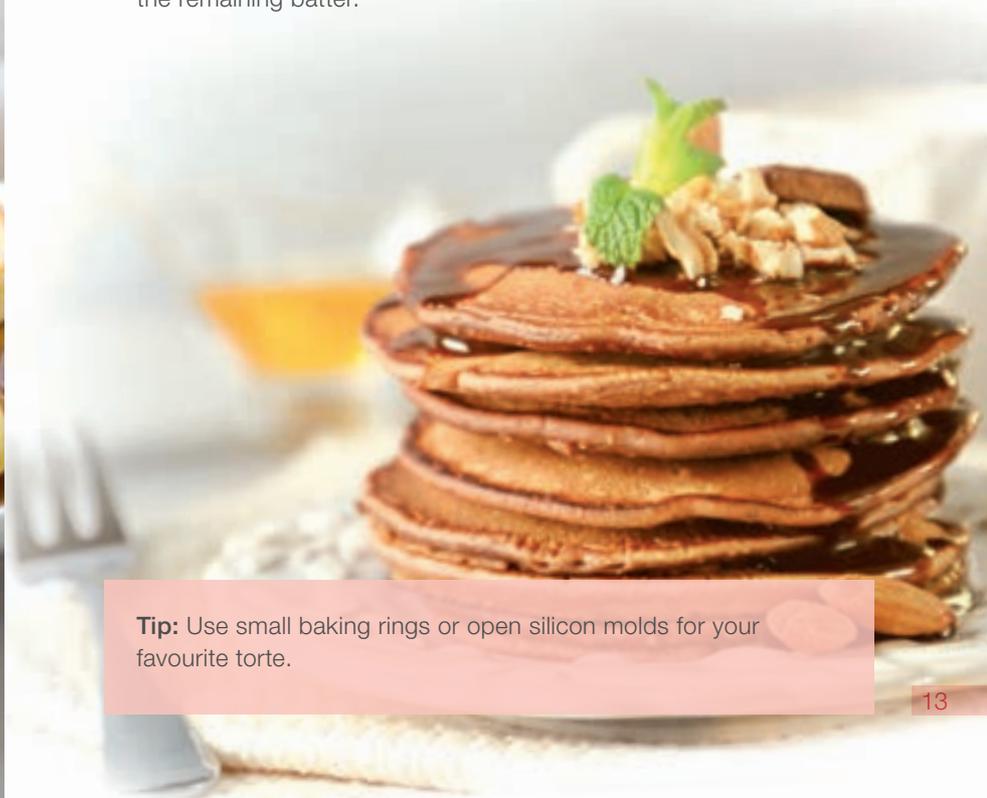


Choco pancake torte



| | |
|----------------------|-------------|
| 100 g flour | 250 ml milk |
| 2 tbsp. cocoa powder | 2 eggs |
| 3 tbsp. sugar | 2 tbsp. oil |

1. Mix all ingredients to make the batter and let it rest 30 minutes.
2. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
3. Then reduce to low level/flame and place the batter quantity for one pancake in the oPan.
4. As soon as the batter sets, flip and cook until done. Proceed with the remaining batter.



Tip: Use small baking rings or open silicon molds for your favourite torte.

Crêpes

Crêpes

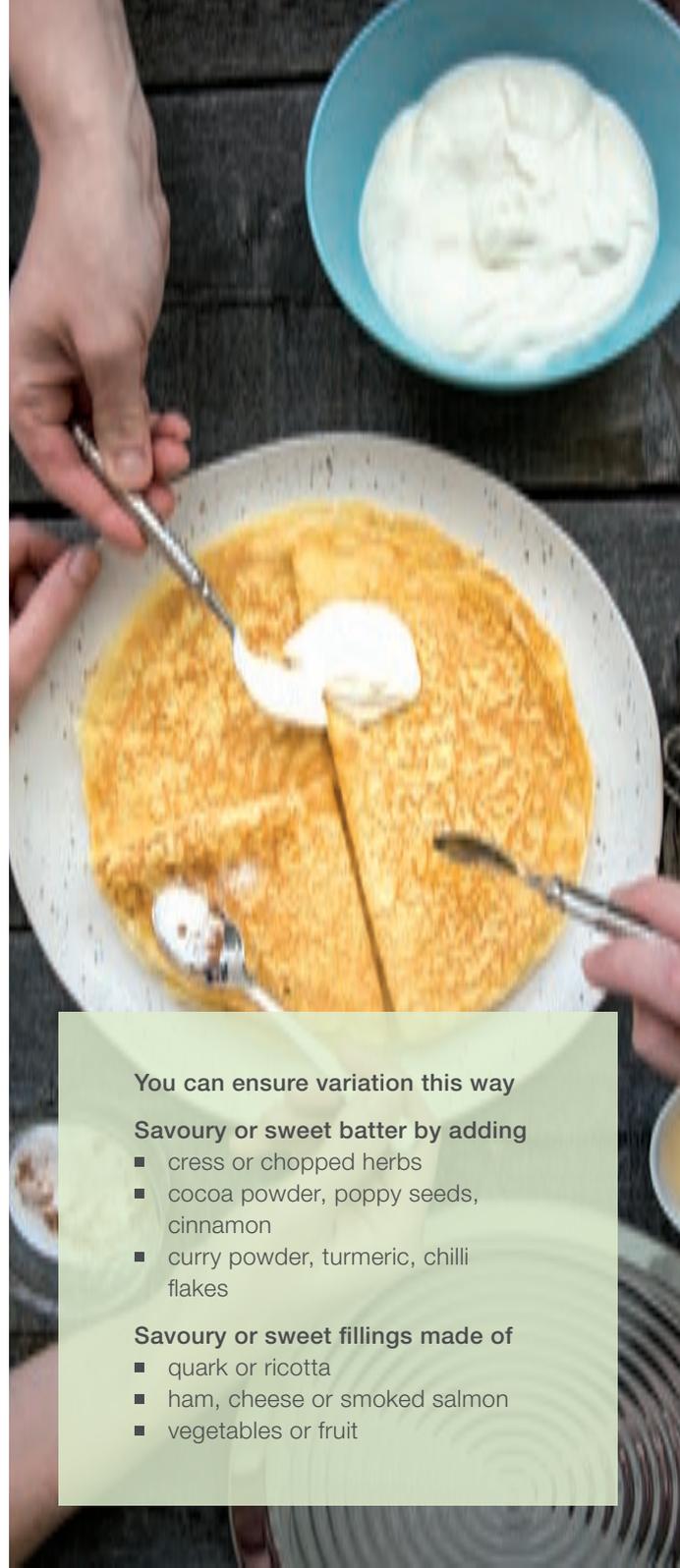


100 g flour 200 ml milk
1 pinch salt 2 eggs

1. Mix all ingredients to make a thin batter and let it rest 30 minutes.
2. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
3. Then reduce to low level/flame, add portion of the batter to the oPan and spread it uniformly by swirling the oPan.
4. As soon as the batter sets, flip and cook until done.

Well organised:

1. Prepare crêpe batter, let it rest.
2. In the meanwhile, prepare sauce and filling.
3. Cook crêpes, keep warm.
4. If required, warm sauce or filling again, stuff crêpes, serve.



You can ensure variation this way

Savoury or sweet batter by adding

- cress or chopped herbs
- cocoa powder, poppy seeds, cinnamon
- curry powder, turmeric, chilli flakes

Savoury or sweet fillings made of

- quark or ricotta
- ham, cheese or smoked salmon
- vegetables or fruit

“Gallettes”

Buckwheat crêpes



100 g buckwheat flour, whole grain
 ½ tsp. salt
 1 egg
 300 ml milk
 40 g butter

1. Melt the butter in a pot at low temperature and let it cool down a little. Sieve the flour with the salt in a bowl. Whisk the egg with the milk, add to the flour, mix and then add the butter. Mix everything to make a smooth batter without lumps.
2. Let the batter rest in the refrigerator at least an hour, ideally even longer.
3. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
4. Then reduce to low level/flame, add portion of the batter to the oPan and spread it uniformly in the oPan.
5. As soon as the batter sets, flip and cook until done.
6. Stuff with sweet or savoury filling according to taste.

Are you eating buckwheat?

Buckwheat may be one of the healthiest foods you're not eating... until now. Along with having numerous health benefits, it is tasty, easy to prepare and inexpensive. A must to try!



SERVING TIP FOR KIDS

Crêpes Suzette



Prepare the crêpes as described and fold them twice to make a quarter. Place crêpes on a plate, cover and keep warm.

For the sauce

2 oranges (organic)
 2 tbsp. sugar
 2 tbsp. orange liqueur, e.g. Grand Marnier or Cointreau
 2 tbsp. rum
 Powder sugar

1. Remove a little orange peel with a zester and squeeze 1 orange (approx. 100 ml). Fillet the other orange.
2. Take orange juice and peel with sugar in the oPan, reduce to half at middle level/flame to get a syrup.
3. Place crêpes in, add rum and orange liqueur and flambé as desired.
4. Plate with orange fillets and serve immediately dusted with powder sugar.





Delicious crêpe variants with the basic recipe
on page 14

Coconut crêpes



Replace the milk with coconut milk and add 2 tbsp. coconut flakes to the batter. Prepare as described in basic recipe.

Crêpe wraps

Prepare the crêpes and enjoy with the filling you like:

Sweet variants

- Raspberry with ricotta
- Apricot with vanilla quark
- Banana with chocolate sauce and almonds
- Orange marmalade with chocolate flakes
- Pineapple with grated coconut
- Mango with soft goat cheese and walnuts
- Pomegranate with chai-yoghurt

Savoury variants

- Herbs with cream cheese
- Grated vegetables with cottage cheese
- Smoked salmon with creamed horseradish
- Salami with basil pesto
- Turkey ham with arugula
- Tomato with avocado and lime
- Feta with sun-dried tomatoes and spring onions



Crêpe packets

Enjoy this additional serving possibility
(same filling, different wrapping).



TOASTS & SNACKS



CLASSIC STYLE

Classic French Toast



For 4 pieces

8 slices white bread
3 eggs
50 ml milk
Cinnamon-sugar

1. Whisk eggs and milk together. Toss bread in the egg-milk.
2. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
3. Then reduce to low level/flame and place bread in the oPan. As soon as the bread loosens, flip and roast on the other side.
4. Place remaining bread in oPan and roast in the same way on both sides.
5. Before serving, sprinkle with cinnamon-sugar.

SERVING TIP FOR KIDS



SPECIAL STYLES

Plum-Bavesen

**For 4 pieces**

8 slices white bread
4 tsp. plum jam purée
3 eggs
50 ml milk

1. Smear half the bread with plum jam and cover with the remaining bread.
2. Whisk eggs and milk together. Toss bread in the egg-milk.
3. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
4. Then reduce to low level/flame and place bread in the oPan. As soon as the bread loosens, flip and roast on the other side.
5. Place remaining bread in oPan and roast in the same way on both sides.



French Toast with surprise

**For 4 pieces**

8 slices white bread
4 tsp. chocolate cream
1 banana
3 eggs
50 ml milk

1. Smear half the bread with chocolate cream and layer with banana slices. Cover with remaining slices.
2. Whisk eggs and milk together. Toss bread in the egg-milk.
3. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
4. Then reduce to low level/flame and place bread in the oPan. As soon as the bread loosens, flip and roast on the other side.
5. Place remaining bread in oPan and roast in the same way on both sides.

**Variants:**

- Layer with strawberry slices or thin mango strips
- Smear with apricot jam or peanut butter
- Refine with chocolate pieces or peanuts

So delicious!

Pizza-Toast



For 4 pieces

8 slices white bread
3 eggs
50 ml milk

For filling:

- Gouda, mozzarella, gorgonzola
- Ham, salami, tuna
- Pineapple, pear, tomato, onion rings
- Herbs, e.g. oregano, thyme

1. Layer half the bread with the filling you prefer, e.g. slices of cheese and ham, and cover with remaining bread.
2. Whisk eggs and milk with the herbs. Toss bread in the egg-milk.
3. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
4. Then reduce to low level/flame and place bread in the oPan. As soon as the bread loosens, flip and roast on the other side.
5. Place remaining bread in oPan and roast in the same way on both sides.



Italian French Toast



For 4 pieces

8 slices bread
80 g sundried tomatoes (in oil)
2 tbsp. black olives
1 tbsp. capers
Fresh oregano and basil
250 g buffalo mozzarella
4 eggs
180 ml milk
Salt, pepper
60 g grated parmesan

1. Drain the sundried tomatoes and chop them into small pieces with black olives, capers, oregano and basil in the Quick Cut. Spread the olive mixture on half the bread slices, keeping the edges free.
2. Cut buffalo mozzarella into approx. 1 cm thin slices. Place on the olive mixture. Cover with the remaining bread slices.
3. Mix eggs with milk, a little salt and pepper. Press the edges of the bread slices firmly together. Finally, mix parmesan into the egg-milk and toss bread in it.
4. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
5. Then reduce to low level/flame and place bread in the oPan. As soon as the bread loosens, flip and roast on the other side.
6. Place remaining bread in oPan and roast in the same way on both sides.



Panino and Croque Monsieur



For 4 pieces

8 slices bread, e.g. rye bread

For filling:

- Green or red pesto
- Gouda or mozzarella, in sclices
- Ham or salami, in sclices
- Arugula, bell pepper strips, tomato slices or avocado pieces

1. Layer half the bread as desired and cover with remaining bread.
2. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
3. Then reduce to low level/flame and place bread in the oPan. Roast depending on the desired degree of browning.
4. Place the other bread slices in oPan and roast approx. 2 minutes on both sides in the same way.



← Ideally use bread with whole grain – it tastes nuttier and is loaded with valuable fibre.

Spanish tomato-rubbed bread



For 4 pieces

4 slices bread, e.g. rye bread

2 tomatoes
1 garlic clove
Salt
Olive oil

Cut the bread in slices of about 1 cm – the thinner, the crispier!



1. Halve tomatoes and cut off one end of garlic.
2. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
3. Then reduce to low level/flame, place 2 bread slices in the oPan and roast on one side. Turn and rub with garlic and tomato.
4. Refine with salt and some olive oil.
5. Prepare the remaining bread slices as written.

Tip: Serve the bread with spanish Iberico raw ham or anchovies and aioli (Spanish garlic-mayonnaise).



SERVING TIPS FOR KIDS

Italian Bruschetta



For 12 pieces

12 slices small bread, e.g. ciabatta
3 tomatoes
2 garlic cloves
Salt, pepper
5 tbsp. olive oil
Few basil leaves

1. Prepare tomatoes, cut in pieces and take off skin of garlic. Place both in Quick Cut and chop it. Add some salt and pepper and let it rest for about 15 minutes.
2. Add basil and 2 tablespoons of olive oil to the tomatoes.
3. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
4. Then reduce to low level/flame, place 6 bread slices in the oPan and roast on one side. Turn, spread with tomatoes, refine with olive oil and serve.
5. Prepare the remaining bread slices as written.

World of flat breads

Basic recipe wheat flatbread



For 8 pieces

225 g flour
1 tsp. baking powder
150 ml water
1 tsp. salt

1. Mix all ingredients to make smooth dough and let it rest 30 minutes in the fridge.
2. Divide dough into 8 parts and roll out thinly.
3. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
4. Then reduce to medium level/flame and place one flatbread in the oPan.
5. Flip after approx. 1 minute and cook until done. Proceed with the remaining dough.
6. Top as desired or simply eat it as it is.

Tip: If you like the flatbread crispy, let it cool down individually. If you like it soft to fill and roll up later for example, pile them one on top of the other and cover with a clean kitchen towel or cling-wrap.



Piadina



For 9 pieces

| | |
|-----------------------|-------------------------|
| 500 g flour | 1 tbsp. salt |
| 100 g lard | 150 ml water (lukewarm) |
| 1 pinch baking powder | 150 ml milk (lukewarm) |

1. Mix all ingredients to make smooth dough and let it rest an hour in the fridge.
2. Knead dough again vigorously, divide into 9 parts and roll out thinly. Prick several times with a fork in every piece.
3. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
4. Then reduce to medium level/flame and place one piadina in the oPan.
5. Flip after approx. 3 minutes and cook until done. Proceed with the remaining dough.
6. Halve piadina, layer each half as desired and fold into quarters.

For the filling

As desired, layer piadina or quesadillas with:

- cheese slices, e. g. mozzarella, parmesan, brie, gorgonzola, goat cheese
- cooked ham, raw ham, salami, bacon
- arugula, lettuce
- cream cheese, ricotta, crème fraiche
- pesto or olive paste
- grilled vegetables or mushrooms
- pears, figs

Fold together and enjoy!



Chapati



For 10-12 pieces

200 g flour 1 tsp. oil, e.g.
100 ml water sesame oil
1 tsp. salt Extra flour for rolling

1. Mix all ingredients to make a smooth dough and let it rest an hour at room temperature.
2. Knead dough again vigorously, divide into 10-12 parts and roll out thinly.
3. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
4. Then reduce to medium level/flame and place a flatbread in the oPan.
5. Flip after approx. 2 minutes and cook until done. Proceed with the remaining dough.

Tip: This Indian flatbread is particularly tasty to curry or to dipping in chutneys.

Quesadillas

Delicious flatbread variant with the basic recipe on page 24



For 4 pieces

1. Prepare flatbread as described in the basic recipe.
2. Layer flatbread according to taste and cover with second flatbread (see proposals for filling on page 25).
3. Toast quesadillas on both sides approx. 2 minutes.

Flatbread from chickpeas flour

“Panella”



For 8 pieces

150 g chickpeas flour 2 tsp. salt
50 g flour 500 ml cold water
6 tbsp. olive oil 1 tsp. fat, oil or butter

1. Mix ingredients (except 1 tsp. fat for roasting) with a beater to make a smooth liquid batter. Cover for 30 minutes and let it rest.
2. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
3. Then reduce to low level/flame and add fat. Spread it uniformly in the oPan.
4. Pour batter in the oPan and roast at medium level until the batter sets.
5. Flip flatbread and roast until done. Cook remaining flatbread.
6. Fold flatbread together, sprinkle with sea salt and pepper and eat fresh.

SERVING TIP FOR KIDS





YUMMI!

Serve with some aragula,
dried tomatoes and
parmesan chips!



Tip: Panella is a typically dish from Sicily. The main ingredient is chickpeas flour witch is high in protein and fiber. Cuisines from all over the world use chickpeas flour and we think it's high time you tune into this awesome flour, too.

Specialities

Shrimp omelet (Tortillita de camarones)



For 12 pieces

250 g shrimps

350 g chickpeas flour

Fresh parsley

1 onion

1 tsp. salt

1 tsp. of fat, oil or butter

1. Boil the shrimps in some water.
2. Chop parsley. Prepare onion and chop in small cubes. Put with flour and salt in a large bowl. Add about 500 ml shrimp broth to make a thin dough. Let rest for 1 hour.
3. Add shrimps to the dough and stir again.
4. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
5. Then reduce to low level/flame and add fat. Spread it uniformly in the oPan.
6. Place 3 portions of dough to the oPan. Flip it and bake the other side too.
7. Finish with the rest of the dough. Serve immediately.



Potatoe bites



For 12 pieces

500 g primarily waxy potatoes

½ tsp. salt

2 tbsp. cooking butter

1. Peel potatoes, grate coarsely and season with salt.
2. Using a clean dishcloth or double-layer kitchen towel, press well so that the grated potato becomes dry.
3. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
4. Then reduce to low level/flame and add fat. Spread it uniformly in the oPan.
5. Place grated potato in 4 small portions in the oPan and press lightly with a spatula.
6. Roast approx. 5 minutes, flip and roast second side until golden brown, flip again as desired.

Tip: After flipping, spread a little cheese on the potatoe bites.





Vegetable biscuits



For 12 pieces

300 g vegetables
(peas, carrots, corn)
1 egg
40 g grated parmesan
4 tbsp. breadcrumbs
Fresh herbs (parsley,
basil)
Salt, pepper
1 tsp. of fat, oil or butter

1. Clean vegetables and chop in the Quick Cut.
2. Add egg, cheese, herbs and spices and mix in the Quick Cut.
3. Heat up oPan at highest level/flame until the perfect temperature for roasting is reached.
4. Then reduce to low level/flame and add fat. Spread it uniformly in the oPan.
5. Place small biscuits in the oPan, press lightly with a spatula and roast until they are firm.
6. Flip biscuits and roast until done. Cook remaining batter.

Tip: Serve a garlic dip with it:

- Chop 2 garlic cloves and 1 shallot in the Quick Cut.
- Fold in 200 g cream cheese, 100 g quark, salt and pepper and season.



Grilled pineapple-sticks



For 6 pieces

½ pineapple
30 g powder sugar
30 g grated coconut
6 wooden skewers

1. Cut pineapple in 6 strips and sprinkle with powder sugar. Spear on wooden skewers.
2. Heat oPan at highest level/ flame until the perfect temperature for roasting is reached.
3. Reduce to low level/flame, place pineapple in the oPan and roast on both sides, depending on the desired degree of cooking.
4. Serve sprinkled with grated coconut.

Serve pineapples
with a scoop
of ice cream.

How it works – User manual oPan

**Please read this user manual carefully before you use the oPan for the first time.
Keep the user manual and pass it on to the next owner.**

Perfect for all stoves

Gas, electric or induction? Whichever type of stove you have – the oPan is ideal



Always use the **highest level/flame** for heating up – irrespective of whether it is an electric, gas or induction stove. However, never use the booster- or power level with an induction stove or the automatic cook function with an electric stove.



As soon as the heating phase is over (water drops or lid), you can reduce to **low or medium level/flame**.

Tip: Consult the AMC cook book for more detailed information about the different stoves!
Consult pages 6 and 7 for more detailed information about cooking with the oPan!

The right setting for your stove

Stove plate and oPan base should be the same size as far as possible. If the oPan is smaller than the plate it consumes unnecessary energy. The same applies to gas burners, when flames flicker up around the sides of the oPan.



Make sure the diameter of the flame or the electric hot plate does not exceed that of the oPan.

Removable handle

How to detach and fit handle

The **first removable AMC handle** is a handle that doesn't know that it can be taken off... because it just doesn't feel like it can. Detaching and fitting the handle is smooth and simple!

To detach:

Using your fingertips, lift the tab on the underside of the handle to unlock it ❶, then pull the handle off the bracket ❷.



To fit:

Place the handle on the bracket ❸ and press the tab down to lock the handle in place ❹.



Maintenance and care

Valuable, beautiful things need care to stay that way.

Your new oPan is here!

Every new oPan should be cleaned before being used for the first time, in order to remove remains of polishing dust or light impurities, for example.

Tips for a long-lasting beautiful oPan

- Do not let food residue dry!
After use, fill the oPan immediately with water and loosen food residue.
- Clean with Clean1 Magic Foam or Stone.
- Clean1 also removes stubborn stains quickly and easily.
- Never use scouring agents or abrasive sponges!
Clean all shiny surfaces with Clean1 Magic Sponge. Always use non-abrasive sponges for cleaning.
- Never use any sharp or pointed objects like knives or stainless steel spatulas for cleaning. Do not soak burnt food residue for hours in acidic cleaning solution (e.g. vinegar solution or Magic Foam).
- Dry the oPan body and removable handle thoroughly after cleaning.

Into the dishwasher!

- The oPan is suitable for the dishwasher. However, cleaning by hand with AMC Clean1 is always gentler and protects the surface.
- Use only common household dishwashing material suitable for stainless steel – in recommended doses.
- A prewash will help with heavily soiled stainless steel parts.
- Remove the handle and place the oPan body and handle in the dishwasher so that the water can run over them freely: Place the oPan body in the dishwasher like a plate and place the handle in the cutlery holder with the open part facing downwards, so that the water can run off.



Tip: Please also read the AMC Clean1 maintenance and care instructions plus the pages 52-55 in the AMC cookbook carefully.

Usage and safety in accordance with regulations

The oPan enables the roasting of dishes according to the cooking method (see on page 6). Note and observe the operating instructions – particularly the information in this chapter.



Avoid damage, avoid improper usage

- Do not leave the oPan unattended whilst cooking.
- Always keep to the steps of the cooking method and the notes (see on page 6).
- Read the tips given in the “Maintenance and care” Chapter.



Possible danger through heat

- Do not touch any hot stainless steel parts.
- Always set the oPan on gas burners in such a way that the handle does not become hot through adjacent flames.

Monitoring

- The oPan must be monitored during cooking.
- Unattended, uncontrolled cooking can lead to overheating. Dishes can be ruined, and the oPan damaged or destroyed. Danger of accident and fire.
- The oPan is not suitable for use by children.



Disposal

The oPan does not belong in the household waste, the material is reusable. When necessary, dispose in an environmentally appropriate manner and in accordance with local regulations.



Important safety instruction. Non-compliance can lead to injury or damage.



Valuable information for users.



Tips for environment protection, ecology and economy.



Eat better.
Live better.

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