



Eat better.
Live better.



AMC oPan large



Breakfast & Brunch:
easy and delicious

The Premium
Cooking System

www.amc.info



Congratulations: You are now the proud owner of AMC's newest pan to prepare yummy breakfast & brunch recipes! The oPan large is the big sister of the popular oPan which also offers an open cooking method as well. Not only for one or two persons, but also for breakfast with the whole family and friends.

What makes the oPan large special

- **the delicious recipes**
It's perfect for quick family size dishes like pancakes, crêpes, toasties, flatbreads and, of course, egg dishes.
- **the big cooking surface with high polished finish**
The beautiful and shiny pattern with a wide diameter and rim for larger quantities.
- **the flat & elegant design**
A perfectly shaped pan – it's an eye opener in every household.
- **the removable handle**
The ergonomic design makes it especially easy to operate the oPan large.
- **the simple & fast, open cooking**
The intelligent and thin encapsulated base ensures rapid heat-up times without the need for a lid.
- **the space you save**
The very flat and handy construction, suitable for all stoves and space-saving storage in the cupboard or dishwasher.

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

Best regards
AMC International

For more tips and recipes check out our community (www.kochenmitamc.info).

	oPan large Trendy recipes cooked to perfection	04
	Cooking with AMC oPan large Step by Step	06
	Eggs any style.....	08
	Pancakes & Crêpes	12
	Sandwiches & Snacks	16
	World of flatbreads	18
	User manual.....	20

Guide for easy recipe selection:



vitamin rich



low fat



low calories



high in fibre



low cholesterol

AMC oPan large

Trendy recipes cooked to perfection

The oPan surface

- big roasting surface to please the entire family (like HotPan 32 cm)
- special O-patterned for open roasting and quick recipes
- unique and elegant look



The oPan body

- highly polished premium stainless steel
- flat and elegant design
- light and handy, quick to take out of the cupboard
- suitable for all kind of stoves as well as for Navigenio



Optimal non-stick properties without coating

- fewer calories because of reduced or no frying fat
- for the benefit of your health: due to high quality stainless steel, there is no release of unhealthy substances
- does not emit any toxins like for example coated pans



The oPan rim

- very low and flat for flipping food effortlessly
- for turning and lifting your dishes easily
- ideal for egg based recipes

Easy cleaning

- no dirty corners, easy to clean
- the pan and the handle are dishwasher-safe
- guarantees optimum hygiene



The removable AMC handle

- probably the **most stable removable** handle on the market
- ergonomic shape patented locking system
- easy-to-clean in the dishwasher
- space saving storage



Space-saving storage

- slim and handy
- needs little space in cupboard and dishwasher, also because of the removable handle



The AMC Akkutherm encapsulated base

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

The AMC warranty

- This pan lasts decades – you get a **30 year warranty** on the oPan and 2 years on the handle.
- The warranty applies to production defects but not to damage due to improper use.
- Long durability saves money and protects the environment.

Cooking with AMC oPan large – Step by Step

The right temperature is key for your recipes to turn out perfectly!

How to find the perfect temperature

1 Heating up with dancing water drops

1. Heat up oPan large at highest level/flame.
2. Add some drops of water. As soon as they not only evaporate, but also “dance” on the base, the oPan large has reached the perfect temperature for open roasting (approx. 200 °C).

Recommended
by AMC



3. Reduce stove to low level/flame (induction to medium level) and place food in the oPan large.
4. Flip as soon as the food loosens and roast the second side until done.

Additionally follow the recommended time for heating up on your specific stove



Electric stove
approx. 3:30 minutes*



Navigenio
approx. 3:30 minutes*



Gas
approx. 2:30 minutes*



Induction
approx. 1:00 minute*

* These are average heating up times (minutes:seconds).
The time can vary according to the strength of your stove.

Tip:

1. Place some drops in the cold oPan large before heating up.
2. Heat up oPan large at highest level/flame.
3. As soon as the water drops evaporate, your oPan large will be ready in approx. 30 seconds for the dancing water drops.

2 Heating up with lid

1. Place lid 24 cm on the oPan large and heat up at highest level until the roasting window.

Tip: Use the Audiotherm to assist you.

2. As soon as the roasting window is reached, reduce to low level, remove the lid and place food in it.
3. Flip as soon as the food loosens and roast the other side until done.



Only recommended when you cook without fat and only on Navigenio/electric stove. Do not use the lid when heating up on induction or gas!

3 Heating up when roasting with fat

1. Place some water drops in cold oPan large and heat up at highest level/flame.
2. As soon as the water drops evaporate, the oPan large has reached the perfect temperature for open roasting with fat.
3. Reduce stove to low level/flame (induction to medium level), place 1 tsp. of fat in the oPan large and spread it evenly with the help of a brush or kitchen paper, then place food in the oPan large.
4. Flip as soon as the food loosens and roast the second side until done.

Tip:

Alternatively, put 1 tsp. of fat in the cold oPan large and heat up on highest level/flame until the

- butter foams or
- oil liquefies.

Then reduce stove to low level/flame (induction to medium level) and place food in the oPan large.

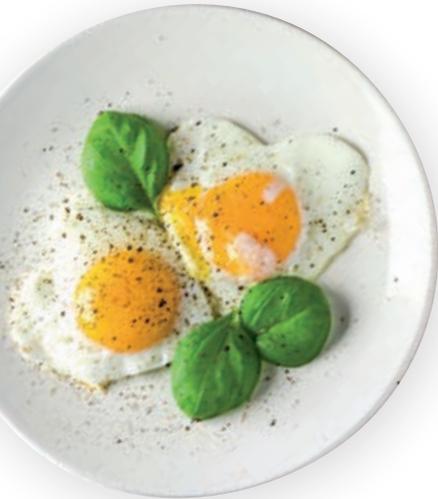


Do not leave the oPan large unattended whilst heating up with or without lid, otherwise it may become too hot and burn the food.

Tip:

If you want to roast several times in succession, you have two possibilities to check the right temperature:

- Do water drop test in between: if the water drop is not dancing anymore, ...
 - Check the browning of the food: if the browning is too light, ...
- ... increase the heat supply by one level, e.g. from 3 to 4.



Eggs any style

Fried eggs



For 4 pieces

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

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

Tip:

The eggs are considered to be medium sized. If you take small sized eggs, you can take up to 5 eggs!

Scrambled eggs



For 2 persons

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

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

Tip:

Serve along with crispy breakfast bacon

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





Omelette



For 1/2 persons

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

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

Variations:

How to stuff your omelette in two more steps

5. Before the mass in the oPan large has completely thickened, add some grated cheese and chopped vegetables (e.g. bell peppers, mushrooms) on top of the omelette.
6. Fold the sides towards the centre and serve.

Prepare a delicious vegetable frittata (a typical Italian recipe)

To 1.: Whisk 3 eggs with a fork.
Cut up about 50 g of vegetables, e.g. carrots or courgettes with the Quick Cut.

To 4.: Place vegetables in oPan large and roast for approx. 2 minutes.
Then pour the egg mass on top and roast until the mass has completely thickened. Serve sprinkled with fresh herbs, to taste.

Make some yummy shrimp omelets (12 pieces)

To 1.: Add about 200 g shrimps and some sliced chives to the whisked eggs.
Roast around 4 small portions in one row according to the basic recipe above.

To 4.: Proceed with the remaining batter and serve with some grated horseradish.





A very popular vegetarian recipe in Turkey (Mücver) and Lebanon (Ejjet coussa)!

Vegetable biscuits



For 15 pieces

4 eggs

Salt, pepper

500 g vegetables, e.g. courgette, carrots, spring onions, bell peppers

Fresh parsley, basil or dill

2 tsp. baking powder

3 tbsp. wheat flour

1 tsp. fat, oil or butter

1. Season eggs with salt and pepper, whisk with a fork. Clean vegetables and cut together with herbs in the Quick Cut. Stir baking powder with flour and mix with vegetables and egg mass in a Combi bowl 20 cm.
2. Heat up oPan large at highest level/flame until the perfect temperature for roasting is reached.
3. Reduce to low level/flame and add fat. Spread it uniformly in the oPan large.
4. Place 5 small portions in oPan large and roast for about 2 minutes from each side.
5. Proceed with the remaining batter and serve with yoghurt or a garlic dip.



**SERVING TIP
FOR KIDS**

Variation:

Do you like it hearty?

Add 2 tbsp. grated cheese, e.g. Emmentaler, and/or oat flakes to mass to get some hearty vegetables biscuits.

Additional: Garlic dip

1. Chop 2 garlic cloves in the Quick Cut.
2. Fold in 200 g cream cheese, 100 g low fat curd or yoghurt and season with salt and pepper.
3. Refine with some lemon peel and juice if you like.

Pancakes & Crêpes

Small pancakes



For 12 pieces

125 g wheat flour
1/2 tsp. sugar
1 pinch of salt
250 ml milk
2 eggs
2 tbsp. oil

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

Tip:

Add 1 tsp. baking powder with the flour to the mass to get very fluffy pancakes, the real American style.

Variation:

Make some delicious apple pancakes (12 pieces)

To 1: Add two grated apples, 1 tbsp. cinnamon, 1 tbsp. lemon juice and 1 tsp. baking powder to the pancake dough.

These apple pancakes are very famous in Switzerland as "Apfelbachis"!



SERVING TIP FOR KIDS

Big buttermilk pancakes with lime



For 9 pieces

1 lime
 200 g wheat flour
 2 tsp. baking powder
 6 tbsp. sugar
 500 ml buttermilk
 2 tbsp. oil
 4 eggs

1. Grate lime peel and mix with all the ingredients and finally with the eggs to make the batter. Let it rest for approx. 30 minutes.
2. Heat up oPan large at highest level/ flame until the perfect temperature for roasting is reached.
3. Reduce to low level/flame, add one portion of the batter to the oPan large and spread it uniformly by swirling the oPan large.
4. As soon as the batter sets, flip and cook until done. Proceed with the remaining batter.

Variation:

Prepare a fancy pancake tower

- Mix 400 g curd cheese, 250 g Mascarpone, 50 g icing sugar and about 2 tbsp. lime juice to a creamy mass.
- Spread every pancake with the mass and stack one on top of the other. Serve garnished with the remaining mass and some fresh fruits.





Crêpes



For 8 pieces

200 g wheat flour

1 pinch of salt

400 ml milk

4 eggs

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



Make your crêpes unique! Instead of milk, individualize your batter by using

- Broth (vegetable or chicken)
→ Traditional Spanish Filloas are made with 1/2 milk and 1/2 chicken broth
- Vegan version (soya, almond or rice milk)
Vegetable juice (carrot or beetroot)

by adding

- Chopped herbs (e.g. cress, parsley)
- Cocoa powder, poppy seeds, cinnamon
- Curry powder, turmeric, chilli flakes

Prepare the crêpes with the basic recipe on page 14 and enjoy with your preferred filling:

Sweet variations

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

Savoury variations

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

Variation:

Spontaneous guests? With some leftover crêpes you can create a nice looking and delicious starter:

Crêpes-Wraps!

5. Spread the filling of your choice on the crêpes, e.g. cream cheese mixed with horseradish and smoked salmon.
6. Roll them up, cool them in the fridge for a few hours and cut into pieces of approx. 2 cm.
7. Serve held together with toothpicks.

Also nice "to go"!



SANDWICHES & SNACKS

Classic French Toast



For 9 pieces

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

1. Whisk eggs and milk together. Toss the slices of bread one by one in the egg-milk mixture and place aside.
2. Heat up oPan large at highest level/flame until the perfect temperature for roasting is reached.
3. Reduce to low level/flame and place 3 slices of bread at a time in the oPan large. As soon as the bread loosens (because it is well browned), flip and roast on the other side.
4. Place remaining bread in oPan large and roast in the same way on both sides.
5. Before serving, sprinkle with cinnamon-sugar.



**SERVING
TIP
FOR KIDS**

Make your Sandwich unique with some stuffed French Toast!
Refine the French Toast with the filling you like, cover with another slice of bread, toss in egg-milk and prepare according to the basic recipe on this page.

Sweet variations

- Strawberry slices, banana slices or thin mango strips
- Apricot jam, chocolate cream or peanut butter
- Chocolate spread or peanut butter

Savoury variations

- Gouda, Mozzarella or Gorgonzola
- Ham, salami or tuna
- Tomato, onion rings or herbs, e.g. oregano, thyme

Panino and Croque Monsieur



For 4 pieces

8 slices bread, e.g. rye bread

Choose for filling:

- Green or red pesto
- Gouda or Mozzarella, in slices
- Ham or salami, in slices
- Rocket, bell pepper strips, tomato slices or avocado pieces

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



Serve directly
at the table in oPan large
to keep them hot.



Italian bruschetta



For 16 pieces

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

1. Prepare tomatoes, cut them and peel garlic. Place both in Quick Cut and chop. 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 large at highest level/flame until the perfect temperature for roasting is reached.
4. Reduce to low level/flame, place up to 8 slices of bread in the oPan large and roast on the first side. Turn over, spread with tomatoes, refine with olive oil and serve.
5. Prepare the remaining slices of bread as described.



Variation:

Avocado bruschetta buffet

Everybody loves avocado. Instead of the traditional version with tomatoes place slices of avocado on top of the bread.

This you can top with:

- Spring onions
- Olives
- Mushrooms
- Salami
- Nuts
- Cherry tomatoes

World of flatbreads

Basic recipe wheat flatbread



For 6 pieces

550 g wheat flour
1 tbsp. baking powder
300 ml warm water
1 tbsp. salt
Extra flour for rolling

1. Mix all ingredients to make a smooth dough.
2. Divide dough into 6 parts and roll out thinly.
3. Heat up oPan large at highest level/flame until the perfect temperature for roasting is reached.
4. Reduce to medium level/flame and place one flatbread in the oPan large.
5. Flip after approx. 2 minutes and roast until done. Proceed with the remaining dough.
6. Fill as desired or simply eat it as it is.

Tip:

If you like the flatbread crispy, let it cool down individually. If you need it soft in order 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 film.

Make your flatbread unique! Individualize your batter by using

- Whole grain flour instead of flour (in this case you have to increase the amount of water slightly)
 - Vegetable juice (carrot or beetroot) instead of water
- ### by adding
- Chopped herbs
 - Poppy seeds, black or white sesame
 - Curry powder, turmeric, chilli flakes

Prepare the flatbread as described above and enjoy with your preferred filling:

- cheese, e.g. Feta, Mozzarella, Parmesan, Brie, Gorgonzola, goat cheese
- cooked ham, raw ham, salami, bacon
- rocket, lettuce, herbs
- cream cheese, ricotta, crème fraîche
- pesto or olive paste
- grilled vegetables or mushrooms
- pears, figs

Fold together and enjoy!



Italians like flatbread stuffed with ham and Provolone (Italian cheese).

Variations:

Prepare a stuffed cheesy bread with the basic recipe from page 18

- To 1. - 2.: After rolling out the dough, prepare a mass with 300 g Feta cheese, 1/2 bunch of chopped parsley (Quick Cut) and two tsp. chili flakes. Place two tbs. of mass on one side of flatbread and fold together. Bake according to basic recipe.
- To 4. - 6.: as specified in the basic recipe and place two breads at the same time in the oPan large; roasting for approx. 5 minutes from each side.

Additional: Quesadillas

1. Prepare whole flatbreads as specified in the basic recipe from page 18.
2. Layer one flatbread according to taste (see proposals for filling on page 18) and cover with second flatbread.
3. Roast Quesadillas on both sides approx. 2 minutes.



Chapati



For 8 pieces

500 g wheat flour
200 ml water
1 tbsp. salt
1 tbsp. oil, e.g. sesame oil
Extra flour for rolling

1. Mix all ingredients to make a smooth dough and let it rest for one hour at room temperature.
2. Knead dough again vigorously, divide into 8-10 balls and roll out thinly.
3. Heat up oPan large at highest level/flame until the perfect temperature for roasting is reached.
4. Reduce to medium level/flame and place the first flatbread in the oPan large.
5. Flip after approx. 2 minutes and cook until done. Proceed with the remaining dough.

Tip:

This Indian flatbread is particularly tasty served with curry or chutney dips.

How it works - User manual oPan large

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

Perfect for all stoves

Navigenio, electric, induction or gas? Whichever type of stove you have - the oPan large works with all of them



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



As soon as the perfect temperature for roasting is reached (water drop test or lid, see intro), you can reduce to

- **low level** (Navigenio, electric) **or low flame** (gas)
- **medium level** (induction)

Example:

If your stove has 9 heat levels, low level is 3, medium level is 6.

Tip:

Consult the AMC cook book or www.kochenmitamc.info as well as www.amc.info for more detailed information about roasting on the different stoves! Find more detailed information about roasting with the oPan large on page 6 and 7.

The right setting on your stove

Stove plate and oPan large base should be the same size and centered as far as possible. If the oPan large is smaller than the plate, it

- consumes unnecessary energy and
- could lead to overheating and damage.

The same applies to a gas burner (when flames flicker up around the sides of the oPan large) or on an induction stove. If a so called Maxi-Flex induction stove is used: pots and pans can be placed anywhere on the hob.



Make sure the diameter of the flame on a gas stove, the electric hot plate or the area on induction does not exceed that of the oPan large to avoid overheating.

Removable handle

How to detach and fit handle

The **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

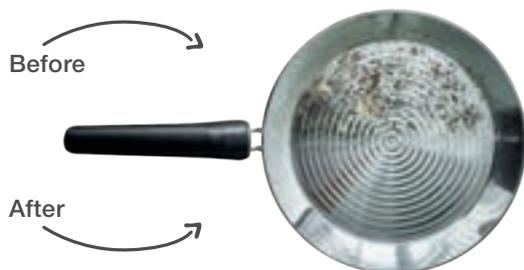
Valuable, beautiful things need care to stay that way.

Your new oPan large is here!

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

Tips for a long-lasting beautiful oPan large

- Do not let food residue dry!
- After use, fill the oPan immediately with water to loosen food residue.
- Clean with Clean1 Magic Foam and Sponge together. How does it work? Apply two squirts of Magic Foam on to a moist Magic Sponge. Take Magic Sponge and froth it. Thoroughly rub oPan large with the Magic Sponge, rinse with clean water and dry.



- Clean1 also removes stubborn stains quickly and easily.
- Never use scouring agents or abrasive sponges!
- 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 large body and removable handle thoroughly after cleaning.

Into the dishwasher!

- The oPan large 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 which is suitable for stainless steel – in recommended doses.
- For heavy soiling, pre-cleaning is helpful.
- Remove the handle and place the oPan large body and handle in the dishwasher so that the water can run over them freely: Place the oPan large 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 carefully.

Usage and safety in accordance with regulations

The oPan large enables the open roasting of dishes according to the instructions (see on page 6 and 7). Note and observe the operating instructions – particularly the information in this chapter.



Avoid damage, avoid improper usage

- Do not leave the oPan large unattended whilst heating up and roasting.
- Always follow the instructions given for the cooking method and the notes in this brochure.
- Read the tips given in the section on “Maintenance and care”.



Possible danger through heat

- Do not touch any hot stainless steel parts.
- Always set the oPan large on gas burners in such a way that the handle does not become hot through adjacent flames.
- Make sure the diameter of the electric hot plate or the area on induction does not exceed that of the oPan large to avoid overheating.

Monitoring

- The oPan large must be monitored when it is being heated and when roasting.
- Unattended, uncontrolled roasting can lead to overheating. Dishes can be ruined, and the oPan large damaged or destroyed. There is a risk of accidents and fire.
- Do not let children cook unattended with the oPan large.



Disposal

The oPan large does not belong in the household waste, the material is recyclable. 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 on environment protection, ecology and economy.



Eat better.
Live better.

AMC International

Alfa Metalcraft Corporation AG
Buonaserastrasse 30
6343 Rotkreuz
Switzerland
T: +41 41 - 799 52 22

info@amc.info
www.amc.info

kochen@amc.info
www.kochenmitamc.info



[AMC International](#)



[AMC International](#)



[amc_international](#)



[AMC Rezept Community](#)

The Premium
Cooking System

www.amc.info