

Getting Started on Impulse

STOVE BASICS:

TURN ON A BURNER		SWITCH COOKING MODES	
PRESS AND HOLD POWER BUTTON TO TURN ON THE STOVE	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)
WITH PRECISE TEMPERATURE CONTROL, YOU CAN ELIMINATE KITCHEN SMOKE FOR GOOD. 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.	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 BOIL 2.5-10kW
HIGH 1.4-2.5kW
MED HIGH 0.8-1.4kW
MEDIUM 350-799W
MED LOW 150-349W
LOW 50-149W

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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>STEAK</p> <p>SEAR 350-425°F</p> <p>MEAT STRIPS</p> <p>STIR FRIED 350-400°F</p> <p>CHICKEN THIGH</p> <p>PAN FRIED 350-375°F</p> <p>BACON</p> <p>PAN FRIED 320-350°F</p>	<p>TUNA STEAK</p> <p>SEAR 400-425°F</p> <p>SALMON</p> <p>PAN FRIED 350-400°F</p> <p>COD</p> <p>PAN FRIED 300-325°F</p>		
		<p>FRIED</p> <p>300-320°F 2-5 MINS</p> <p>SCRAMBLED</p> <p>230-250°F 3-5 MINS</p> <p>POACHED</p> <p>180-190°F 2-4 MINS</p> <p>SOUS VIDE</p> <p>150-158°F RUNNY YOLK 1 H</p>		<p>CHICKPEAS</p> <p>PAN FRIED 375-400°F</p> <p>BEANS</p> <p>SAUTÉ 325-350°F</p> <p>EDAMAME</p> <p>SAUTÉ 300-325°F</p>	<p>SWEET POTATOES</p> <p>PAN ROASTED 375-425°F</p> <p>CAULIFLOWER</p> <p>STIR FRIED 350-400°F</p> <p>ZUCCHINI</p> <p>SAUTÉ 350°F</p> <p>KALE</p> <p>SAUTÉ 300-325°F</p>	
			<p>SOUS VIDE STEAK</p> <p>RARE-MEDIUM 120-144°F 1-4 H</p>			
	<p>F</p>	<p>EGGS</p>	<p>MEATS</p>	<p>FISH</p>	<p>LEGUMES</p>	<p>VEGETABLES</p>

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