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Live better.



# AMC Secuquick softline



The magic of easy  
and quick cooking.

The Premium  
cooking system

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# Dear AMC customer,

## Get excited – by your new Secuquick and our recipe ideas.

The recipes are not only super easy, quick and healthy as well, but they also bring joy to cooking as well as to the subsequent enjoying.

Choose from among the recipes those that meet your personal taste and the wishes of your family and friends. Use these recipes to understand the fundamental cooking logic with the Secuquick and then apply this ground principle in your own favourite recipes. In this way, cooking becomes creative and absolute fun!

Because the **little 101 of our Secuquick** is so easy:

- First decide whether you want to cook the dish **Soft** or **Turbo**
- **Soft** for all tender foods with short cooking time like for example, vegetables with a little longer cooking time, frozen vegetables or rice
- **Turbo** for all harder foods with long cooking time like beef roulades or lentils
- Heat with full power up to first Soft or Turbo window respectively
- Reduce the stove, after the window is reached, to low power (approx. 1/3, i.e. for a stove with 9 levels, to level 3; for Induction 500W)
- **Depressurise the Secuquick**, as desired very gently or with energy saving, by letting the Secuquick depressurise by itself in the inverted lid, under running water or with the yellow pressure release knob.

Everything is even simpler when you use our **Audiotherm**. Then you do not have to watch to see when the time to reduce the power is reached. Because the Audiotherm calls you whenever something has to be done: reduce power (symbol “-” visible in display) or increase (symbol “+” visible in display). Or it calls you when the set cooking time is over, to eat. Bon appetit!

We wish you loads of joy while cooking and enjoying  
Your AMC

# Table of cooking time:

Foodstuff		normal cooking time (without Secuquick)	Secuquick Super Save with slow depressurising by letting it stand in the inverted serving lid	Secuquick Save with quick depressurising under running water or with the yellow pressure release knob
<b>Vegetables and potatoes</b>			<b>Soft</b>	<b>Soft</b>
Carrots	slices (approx. 1 cm)	20 minutes	1 minute	3 minutes
Cauliflower	small florets	20 minutes	P	2 minutes
Broccoli	small florets	10 minutes	P	2 minutes
Broccoli – frozen	small florets	10 minutes	P	1 minute
Brussels sprouts		30 minutes	3 minutes	9 minutes
Brussels sprouts – frozen		10 minutes	1 minute	4 minutes
Fennel	halved	25 minutes	3 minutes	7 minutes
Green beans		30 minutes	1 minute	4 minutes
Green beans - frozen		15 minutes	1 minute	3 minutes
Kohlrabi	slices (approx. ½ cm)	15 minutes	1 minute	3 minutes
Savoy cabbage	narrow strips (approx. 1 cm)	25 minutes	P	5 minutes
Red and white cabbage	narrow strips (approx. 1 cm)	30 minutes	P	5 minutes
Potatoes – waxy	peeled, in cubes approx. 3x3 cm	25 minutes	3 minutes	5 minutes
Jacket potatoes	unpeeled, medium-sized	45 minutes	6 minutes	13 minutes
Sauerkraut – raw		45 minutes	7 minutes	15 minutes
Leaf spinach - frozen	cubes	15 minutes	1 minutes	6 minutes
<b>Rice and pasta</b>				
<small>(with addition of approx. double the liquid quantity according to instruction in package/ recipe)</small>				
Parboiled rice		20 minutes	P-1 minute	7 minutes
Risotto rice		20 minutes	P-1 minute	7 minutes
Pasta		according to package instructions	1–2 minutes	half the time given in package instructions

Foodstuff	normal cooking time (without Secuquick)	Secuquick Super Save with slow depressurising by letting it stand in the inverted serving lid	Secuquick Save with quick depressurising under running water or with the yellow pressure release knob
<b>Pulses and cereals</b> (with addition of 3–5 times the liquid quantity according to instruction in package/ recipe)		<b>Turbo</b>	<b>Turbo</b>
Beans (e.g. kidney)	55 minutes	5 minutes	20 minutes
Yellow peas	75 minutes	8 minutes	25 minutes
Chickpeas	60 minutes	8 minutes	25 minutes
Lentils	30 minutes	5 minutes	12 minutes
Pearl barley	30 minutes	5 minutes	15 minutes
Whole meal rice (approx. doubled liquid)	45 minutes	5 minutes	12 minutes
<b>Stock</b> (approx. 1 kg meat with approx. 2 l liquid)		<b>Turbo</b>	<b>Turbo</b>
Chicken stock	60 minutes	10 minutes	20 minutes
Beef stock	120 minutes	25 minutes	45 minutes
Vegetable stock	25 minutes	P	5 minutes
<b>Meat (stews)</b> (approx. 1 kg meat with approx. 300–500 ml liquid + vegetables)			
Pork, veal and lamb roast	90 minutes	30 minutes	45 minutes
Beef roast	120 minutes	40 minutes	60 minutes
Beef and lamb goulash as well as game ragout	90 minutes	10 minutes	25 minutes
Pork and veal goulash	60 minutes	8 minutes	20 minutes
Beef roulades (4 pieces à approx. 150 g)	90 minutes	20 minutes	30 minutes
Chicken drumstick (4 pieces à approx. 150 g)	40 minutes	8 minutes	20 minutes

- Cooking time can vary depending on size and quantity. Particularly, the time details for slow depressurising through letting it stand in inverted lid applies for average cut size, quantity of stuffing and addition of liquid.
- Dried beans and peas are cooked evenly if they are soaked in plenty of cold water overnight.

- P stands for the time setting "P" of the Audiotherm, which for e.g. gives perfect results "al dente" while cooking rice. "P" corresponds to a time of 20 seconds.
- Place vegetables and potatoes while quick-cooking in the Softiera insert and first add 1–1 ½ cups of water – this guarantees healthy and nutrient-retaining quick-cooking as the dishes do not come in contact with water.

# The Audiotherm gets even simpler:

- With one push of the right or left key, switch on the Audiotherm and enter cooking time.
- Fit Audiotherm, turn twice until the desired symbol – soft or turbo – appears in display.
- Heat at highest level.
- As soon as the red indicator reaches the first soft or turbo window, a signal sounds and “–” appears: reduce to low level (approx. 1/3).
- In case the red indicator moves then to the second soft or turbo window, the signal sounds again and “–” appears: reduce the level further or switch off completely.
- If the indicator slides back too far, a “+” appears: set at higher level.
- As soon as the set cooking time is complete, a further beep indicates that your food is ready to be enjoyed.

You will find detailed explanations in the user manual of Audiotherm and Navigenio.



# Soft

## And that's how it's done!

Soft quick-cooking is a particularly gentle variant of quick-cooking. The temperatures lie between 103 and 113 °C.

In this way, several fresh and frozen vegetables and other dishes can be prepared very quickly while retaining the vitamins. How the soft quick-cook works, is explained extensively and comprehensibly in the user manual.

**Tip – kitchen practice:**

The recipes work especially easy and safe with the Audiotherm.



# Thawing and cooking in the soft quick-cook range

Frozen food can be thawed and cooked easily and quickly with the Secuquick softline.

- Vegetables, tortellini, spätzle and dumplings are prepared in the Softiera insert in the soft quick-cook range.
- Dishes with sauces like for e.g. meat, fish or pasta readymade dishes are prepared in the Softiera bowl in the soft quick-cook range.

Firstly, depending on diameter, 1–1½ cups of liquid is taken in the pot. Many readymade dishes like fish or pasta dishes are especially delicious when they are, at the end of quick-cooking, gratinated with the Navigenio overhead until crisp and brown.

Cooking time for frozen vegetables can be found in the cooking time table on page 4.





# Juicing in the soft quick-cook range



For small quantities of fruit, the Secuquick softline is just the right one. Everything works quickly and effortlessly with the Softiera insert and bowl. Irrespective of whether the fruit is from your own garden or from a special offer – you obtain fine juice for natural drinking pleasure or as base for homemade jelly.

Secuquick 24 cm is perfect for juicing – it offers more space so you can juice more fruit at a time.

- Use pot 24 cm 6.5 or 8.0 l
  - Take 2 cups of water in the pot
- First, set Softiera bowl inside, then place washed and perhaps chopped fruit in the Softiera insert over it.
  - Fit Secuquick 24 cm and close, heat at highest level up to first soft window, quick-cook at low level according to the details in the table.
  - Depressurise Secuquick, press fruit a little, remove inserts and process juice as desired.

Fruit type	Quantity of fruit – juice yield	Soft quick-cooking time
Various berries	approx. 1 kg – 500–750 ml	approx. 10 minutes
Wine grapes	approx. 1 kg – approx. 800 ml	approx. 15 minutes
Sweet or sour cherries	approx. 900 g – 500–600 ml	approx. 12 minutes
Rhubarb	approx. 800 g – approx. 600 ml	approx. 10 minutes

Soft

How the recipe selection is made simple:



vitamin rich



low fat



low calorie



fibre rich



low cholesterol

# Beetroot Soup with Horseradish Crostini

## Serves four

Soup:

400 g beetroot  
250 g floury potatoes  
1 leek  
1 apple  
1 bay leaf  
900 ml vegetable stock  
2 tablespoons of olive oil  
Salt & pepper  
2 tablespoons of balsamic vinegar

Horseradish Crostini:

3 stalks of dill  
2 tablespoons of grated horseradish  
100 g of cream cheese (20%)  
Salt & pepper  
4 slices of coarse rye bread (approx. 40 g per slice)

 Approx. 35 minutes



- Peel and dice the beetroot and potatoes. Clean and wash the leek and chop into rings. Peel the apples, cut into quarters, remove the cores and chop into small pieces.
- Mix the vegetables, garlic, apple, bay leaf and stock in the unit. Seal it with the Secuquick. Heat at the highest setting until it reaches the first Soft window and then allow to simmer for about 8 minutes.
- Pick the dill tips from the stalk and chop them finely. Stir the dill, horseradish and cream cheese together and season with salt and pepper.
- Release the pressure from the Secuquick. Remove the bay leaf, add some olive oil, finely puree the soup and season to taste with salt, pepper and balsamic vinegar.
- Toast the bread, cut into fingers and spread with horseradish cream. Serve the crostini with the soup.




# Bean stew with pears

## For 4 persons

2 onions  
 200 g bacon cubes  
 4 (à 150 g) chicken legs  
 300 ml chicken stock  
 5 sprigs savory  
 500 g green beans  
 2 ripe pears  
 Salt, pepper



 approx. 35 minutes



Peel onions and cut in cubes. Place onions in a pot 24 cm 5.0l, place lid and heat at highest level up to frying window. Remove lid and fry until golden brown, stirring regularly and adding bacon cubes little by little.

- Add chicken legs and stock. Fit Secuquick softline 24 cm and close. Heat at highest level up to first soft window, quick-cook at low level approx. 20 minutes.
- Pluck savory leaves and chop. Clean beans and cut in pieces. Depressurise Secuquick and remove.


- Add beans and savory leaves and fit Secuquick again and close. Heat at highest level up to first soft window, quick-cook at low level approx. 4 minutes.
- Peel pears, deseed and cut in fine long strips. Depressurise Secuquick and remove. Add pear strips to the stew and bring to boil again. Season with salt and pepper.

**Cooking time:** approx. 20 minutes + 4 minutes approx.  
 640 kcal per person

# Celery-potato soup with boletus mushroom

## For 4 persons

400 g knob celery  
 200 g floury potatoes  
 150 g boletus mushrooms  
 5 stalks flat-leaf parsley  
 1 sprig rosemary  
 600 ml vegetable stock  
 1 tbsp. butter  
 4 tbsp. cream  
 Salt, pepper  
 White wine

 approx. 30 minutes

- Peel celery and potatoes, cut in cubes. Clean mushrooms with a brush or cloth and dice finely. Pluck parsley leaves and chop.
- Take celery, potatoes, rosemary and stock in a pot 20 cm 3.0 l. Fit Secuquick softline 20 cm and close. Heat at highest level up to first soft window, quick-cook at low level approx. 8 minutes.
- Heat a pan 20 cm at highest level up to frying window. Add mushroom cubes and brown at low level, stirring regularly.



- Add butter and parsley. Place lid, cook on the switched-off hotplate approx. 2 minutes.
- Depressurise Secuquick and remove. Remove rosemary sprigs and purée soup. Stir in cream and season with salt, pepper and white wine. Serve garnished with the mushrooms.

**Cooking time:** approx. 8 minutes Secuquick + approx. 2 minutes  
 approx. 160 kcal per person



# Stuffed vegetable-onions

 approx. 40 minutes



## For 4 persons

6 large (à approx. 150 g) onions  
 5 dried tomatoes  
 300 g mixed mincemeat  
 3 tbsp. breadcrumbs  
 1 egg  
 30 g grated cheese  
 Salt, pepper  
 Cayenne pepper  
 250 ml vegetable stock  
 40 g flat-leaf parsley  
 30 ml dry white wine  
 light sauce thickener  
 30 ml cream

- Peel onions, cut evenly at the bottom, cut a lid at the top and with the help of a melon baller, scoop out for filling.
- Chop half of the onion insides finely and dice dried tomatoes finely. Knead the chopped onions and dried tomatoes with mincemeat, breadcrumbs, egg and cheese and season well.
- Spread mincemeat dough in the onions and place in a Softiera insert 24 cm. Take vegetable stock in a pot 24 cm 5.0 l, set Softiera insert inside, fit Secuquick softline 24 cm and close.
- Heat at highest level up to first soft window, quick-cook at low level approx. 8 minutes.
- Pluck parsley leaves and chop finely. Depressurise Secuquick and remove. Take stock in a small pot, keep Softiera insert with onions in the pot and place Navigenio overhead. Gratinat at high level approx. 10 minutes until light brown.
- Add wine to the stock and thicken slightly. Refine with cream, add parsley and purée sauce finely. Season and serve with onions.

**Cooking time:** approx. 8 minutes + approx. 10 minutes gratinating  
 approx. 360 kcal per person



# Savoy cabbage rolls with bell pepper sauce

 approx. 35 minutes



## For 2 persons

4 large blanched savoy cabbage leaves  
1 onion  
½ box cress  
200 g mixed mincemeat  
1 tbsp. granular mustard  
2 tbsp. low-fat quark cheese  
4 tbsp. breadcrumbs  
Salt, pepper  
2 small red bell peppers  
1 cup vegetable stock  
50 ml cream

- Spread savoy cabbage leaves on a dishcloth and pat dry. Cut the middle ridges flat.
- Peel onion, dice finely and cut cress finely. Mix with mincemeat, mustard, quark and breadcrumbs. Season with salt and pepper.
- Spread filling on the leaves. Pound the sides of the savoy cabbage leaves and roll together. Place savoy cabbage packets in the Softiera insert.
- Clean bell peppers, cut in cubes, place in a pot 20 cm 3.0 l along with vegetable stock and place Softiera inside. Fit Secuquick softline 20 cm and close.
- Heat at highest level up to first soft window, quick-cook at low level approx. 8 minutes.
- Depressurise Secuquick and remove. Take out Softiera insert, add cream to the sauce, purée and season.

**Cooking time:** approx. 8 minutes  
approx. 415 kcal per person


**Tip:** By adding low-fat quark, the filling is particularly light and has lesser calories than the filling with bread rolls and egg.



# Mixed vegetable

## For 2 persons

500 g mixed vegetables  
(e.g. kohlrabi, fennel, frozen cauliflower florets)

 approx.  
10 minutes



- Peel kohlrabi, clean fennel and cut both in bite-size pieces. Place in a Softiera insert along with cauliflower florets. Place in a pot 20 cm 3.0 l with a cup of water.
- Fit Secuquick softline 20 cm and close. Heat at highest level up to first soft window, quick-cook at low level approx. 2 minutes. Depressurise Secuquick and remove.

**Cooking time:** approx. 2 minutes  
approx. 60 kcal per person



Softiera insert

Softiera bowl

## How it works with?

### Softiera insert:

In it, vegetables, particularly frozen ones, meat and fish can be prepared in the Secuquick quickly and vitamins retained too. Thanks to the insert, food does not come in contact with water and hence is not drained. Up to three Softiera inserts can be placed one above the other and thus enable simultaneous quick-cooking of different dishes.

### Softiera bowl:

The unperforated Softiera bowl can be used alone or together with the Softiera insert in the Secuquick. For cooking of vegetables, meat and fish. Especially suitable for thawing and cooking of frozen dishes with sauce. While juicing with Secuquick, the bowl is underneath and collects the juice. While cooking, the bowl is always at the topmost level so that the dishes can be optimally steamed.

**Remark:** Offer of Softiera insert and Softiera bowl is different for each AMC company.



Soft

# Stuffed bell pepper

## For 4 persons

- 1 bread roll
- 4 yellow or red bell peppers
- 1 onion
- 2 cloves garlic
- 1 bunch peppermint
- 400 g minced lamb
- 150 g Greek yoghurt
- Salt, pepper
- Spicy paprika powder
- 250 ml vegetable stock
- 2 tsp. corn flour

 approx. 25 minutes



- Soak bread roll in hot water. Clean bell peppers, cut off stalks. Peel onion and garlic, dice finely. Pluck peppermint leaves and chop.
- Squeeze bread roll and tear into pieces. Mix with mincemeat, onion, garlic, 3 tablespoons of yoghurt and half of chopped peppermint. Season well with salt, pepper and paprika powder.
- Place filling in the bell peppers, take vegetable stock in a pot 24 cm 5.0 l, place bell peppers in the Softiera insert.
- Fit Secuquick softline 24 cm and close. Heat at highest level up to first soft window, quick-cook at low level approx. 10 minutes.
- Depressurise Secuquick and remove. Mix remaining yoghurt with corn flour and thicken vegetable stock with it. Season sauce with salt and pepper and stir in remaining peppermint.

**Cooking time:** approx. 10 minutes  
approx. 320 kcal per person



# Stuffed chicken breast with potatoes

 approx. 20 minutes



## For 4 persons

800 g waxy potatoes  
 200 g puréed tomatoes  
 5 stalks basil  
 50 ml cream  
 1 tsp. granular vegetable stock  
 4 (à approx. 150 g) chicken breasts  
 Salt, pepper  
 4 slices cheese  
 4 slices raw ham

- Peel potatoes, cut in pieces and place in Softiera insert. Take puréed tomatoes in a Softiera bowl. Pluck basil leaves and chop. Add along with cream and vegetable stock to the tomatoes and mix.
- Cut a pocket in each chicken breast, season inside, fill with cheese and ham. Pin the opening together with toothpicks and place in the tomato sauce. Take 250 ml water in a pot 24 cm 6.5 l, first place Softiera bowl, then the Softiera insert over it in the pot.
- Fit Secuquick softline 24 cm and close. Heat at highest level up to first soft window, quick-cook at low level approx. 12 minutes.
- Depressurise Secuquick and remove. Take out inserts and season tomato sauce well.

**Cooking time:** approx. 12 minutes  
 approx. 425 kcal per person

**Tip:** With the Softiera insert and bowl, you can prepare a complete dish super-quick in a single pot.



# Salmon pasta au gratin

## For 4 persons

2 red bell peppers  
250 g spiral pasta (fusilli)  
450 ml vegetable stock  
300 g salmon fillet  
100 ml cream  
Salt, pepper  
70 g grated cheese

 approx. 15 minutes



- Clean bell peppers and cut in cubes. Mix with pasta and vegetable stock in a pot 20 cm 3.0 l.
- Fit Secuquick softline 20 cm and close. Heat at highest level up to first soft window, quick-cook at low level approx. 5 minutes.
- Cut salmon fillet in small cubes. Depressurise Secuquick and remove. Add salmon cubes with cream, flip carefully, season with salt and pepper. Sprinkle cheese over it, place Navigenio overhead and gratinate at high level approx. 5 minutes.

**Cooking time:** approx. 5 minutes + approx. 5 minutes gratinating  
approx. 560 kcal per person

# Quick potato gratin

## For 4 persons

1 kg waxy potatoes	100 ml strong vegetable stock
1 onion	Pepper
1 clove garlic	Nutmeg
1 bunch chives	75 g grated cheese
200 ml cream	

 approx. 20 minutes



- Peel potatoes and cut in thin slices. Peel onion and garlic, dice finely. Cut chives in fine rings. Mix onion, garlic, chives, cream and stock in a pot 24 cm 5.0 l.
- Season with pepper and nutmeg, add potatoes, spread a little but do not stir any more. Fit Secuquick softline 24 cm and close. Heat at highest level up to first soft window, quick-cook at low level approx. 5 minutes.
- Depressurise Secuquick and remove. Sprinkle cheese over it, place Navigenio overhead and gratinate at high level approx. 8 minutes.

**Cooking time:** approx. 5 minutes + approx. 8 minutes gratinating  
approx. 400 kcal per person

**Tip:** By preparing potato gratin with Secuquick and Navigenio, you save a lot of time and several times the energy compared to the baking oven.





# Saffron risotto with shrimp

 approx. 20 minutes



## For 4 persons

1 onion  
 1 clove garlic  
 200 g risotto rice  
 150 g frozen peas  
 100 ml dry white wine  
 400 ml vegetable stock  
 1 sachet saffron  
 5 stalks flat-leaf parsley  
 250 g raw shelled shrimp  
 100 ml cream  
 75 g grated parmesan  
 Salt, pepper

- Peel onion and garlic, cut in fine cubes. Place in a pot 20 cm 3.0 l and place lid. Heat at highest level up to frying window. Remove lid, add rice and sauté a little at low level, stirring regularly.
- Add peas with wine. Let wine almost evaporate, stirring regularly. Add stock and saffron, mix. Fit Secuquick softline 20 cm and close. Heat at highest level up to first soft window, quick-cook at low level approx. 7 minutes.
- Pluck parsley leaves and chop. Depressurise Secuquick and remove. Fold in shrimp with cream and parmesan. Place lid and let risotto steep approx. 3 minutes until the shrimp turn red. Season and serve sprinkled with parsley.

**Cooking time:** approx. 7 minutes  
 approx. 450 kcal per person



# Tomato risotto with rabbit fillet



 approx. 20 minutes



## For 4 persons

1 onion  
250 g risotto rice  
600 ml vegetable stock  
1 tin (400 g) chopped tomatoes  
2 tsp. tomato purée  
1 tsp. dried Italian herbs  
1 bunch basil  
4 rabbit fillets  
100 ml cream  
70 g grated parmesan  
Salt, pepper

- Peel onion, cut in cubes and mix along with rice, stock, tomatoes, tomato purée and dried herbs in a pot 20 cm 3.0 l.
- Fit Secuquick softline 20 cm and close. Heat at highest level up to first soft window, quick-cook at low level approx. 7 minutes.
- Pluck basil leaves and chop. Heat a Griddle 20 cm at highest level up to frying window. Fry rabbit fillets at low level on all sides approx. 4 minutes.
- Depressurise Secuquick and remove. Stir in basil with cream and parmesan. Season with salt and pepper and serve with rabbit fillets.

**Cooking time:** approx. 7 minutes Secuquick + approx. 4 minutes frying  
approx. 520 kcal per person

**Tip:** The preparation of the risotto would be even simpler with the time setting “P” on the Audiotherm. At the end of cooking time set Secuquick in an inverted lid and let it depressurize by itself. In this way the risotto is perfectly “al dente”. It would be a little softer, when you set 1 minute cooking time.

# Farfalle alla Carbonara

## For 4 persons

- 1 onion
- 2 cloves garlic
- 250 g bacon cubes
- 250 g bow-tie pasta (farfalle)
- 450 ml strong vegetable stock
- 2 eggs
- 150 ml cream
- Salt, pepper
- 100 g grated parmesan



 approx. 30 minutes

- Peel onion and garlic and dice finely. Mix all ingredients up to vegetable stock included in a pot 20 cm 3.0 l. Fit Secuquick softline 20 cm and close.
- Heat at highest level up to first soft window, quick-cook at low level approx. 5 minutes. Depressurise Secuquick and remove.
- Whisk eggs, cream, salt and pepper and fold in. Let everything heat up, flipping occasionally until the egg-cream sauce begins to thicken. To serve, sprinkle with parmesan.

**Cooking time:** approx. 5 minutes  
approx. 665 kcal per person

**Tip:** Such pasta dishes are perfect for quick and extremely simple cuisine, they require little time and only a single pot.



# Turbo



## And that's how it's done!

Turbo quick-cooking is the super quick and perfect cooking method for robust food with long cooking time like for e.g. large pieces of meat and stews, pulses etc. The temperatures lie between 108 and 118 °C.

With turbo quick-cooking you save a lot of time: up to 80 % of conventional cooking. You save time, energy and money. How the turbo quick-cook works, is explained extensively and comprehensively in the user manual.

### **Tip kitchen practice:**

The recipes work especially easy and safe with the Audiotherm.



# Lentil stew



## For 8 persons

1 bunch soup vegetables  
400 g waxy potatoes  
1 onion  
250 g brown lentils  
1.25 l vegetable stock

200 g smoked spare ribs  
1 bay leaf  
1 bunch parley  
Salt, pepper  
Red wine vinegar or balsamic vinegar

 approx. 25 minutes



- Clean soup vegetables and cut in small pieces. Peel and dice potatoes and onion. Place everything with lentils, stock, spare ribs and bay leaf in a pot 20 cm 4.0 l.
- Fit Secuquick softline 20 cm and close. Heat at highest level up to first turbo window, quick-cook at low level approx. 12 minutes.
- Pluck parsley leaves and chop. Depressurise Secuquick and remove. Cut spare ribs in bite-size pieces and add to stew again. Season with salt, pepper and vinegar and serve garnished with parsley.

**Cooking time:** approx. 12 minutes  
approx. 360 kcal per person

**Tip:** Include lentils as often as possible in your menu, they contain several minerals and fibre and are a valuable source of protein.



# Midnight soup

 approx. 40 minutes



## For 12 persons

250 g dried borlotti beans  
 600 g low-fat beef  
 600 g low-fat pork  
 800 g onions  
 4 cloves garlic  
 200 g bacon cubes  
 2 tbsp. sweet paprika powder  
 2 tbsp. spicy paprika powder  
 Salt, pepper  
 200 ml dry sherry  
 1.5 l strong meat stock  
 500 g carrots  
 250 g green beans  
 1 tin (approx. 300 g) corn  
 50 g tomato purée  
 100 ml cream  
 1 bunch flat-leaf parsley

- Soak beans overnight in cold water.
- Cut meat in small cubes. Peel onions and garlic and dice finely. Heat a pot 24 cm 8.0 l at highest level up to frying window.
- Fry meat in portions at low level. With the last portion, fry along onions, garlic and bacon cubes, stir in paprika powder and season well with salt and pepper.
- Pour sherry and meat stock, add drained borlotti beans. Fit Secuquick softline 24 cm and close. Heat at highest level up to first turbo window, quick-cook at low level approx. 15 minutes.
- Peel carrots and cut in sticks. Clean beans and cut in small pieces. Depressurise Secuquick and remove. Add vegetables to the soup, fit Secuquick again and close.
- Heat at highest level up to first soft window, quick-cook at low level approx. 5 minutes. Depressurise Secuquick and remove.
- Add drained corn, mix in tomato purée and cream. Let everything heat up again. Season soup, pluck parsley leaves, chop finely and sprinkle over it to serve.

**Cooking time:** approx. 15 minutes + 5 minutes  
 approx. 260 kcal per person



# Borscht

 approx. 60 minutes



## For 8 persons


2 onions  
 200 g carrots  
 1 parsley root  
 800 g raw beetroot  
 1 kg beef brisket  
 Salt, pepper  
 2 l meat stock  
 2 bay leaves  
 300 g white cabbage  
 1 red bell pepper  
 750 g floury potatoes  
 50 g tomato purée  
 4 tbsp. red wine vinegar  
 1 bunch dill  
 150 g sour cream

- Peel and dice onions, root vegetables and beetroot. Heat a pot 24 cm 6.5 l at highest level up to frying window. Roast beef brisket at low level on both sides, add diced onion, carrot and parsley root little by little, and fry well.
- Season with salt and pepper, pour meat stock, add bay leaves and beetroot.
- Fit Secuquick softline 24 cm and close. Heat at highest level up to first turbo window, quick-cook at low level approx. 40 minutes.
- Clean white cabbage and bell pepper, cut finely, peel potatoes and grate. Depressurise Secuquick and remove it. Add remaining vegetables and potatoes, fit Secuquick again and close.
- Heat at highest level up to first soft window, quick-cook at low level approx. 5 minutes. Depressurise Secuquick and remove it. Take out meat, let it cool a little, if required, cut off a little fat and cut meat in small cubes.
- Add meat cubes and tomato purée to the soup. Season well with salt, pepper and vinegar. Pluck dill ends and chop finely, to serve add with sour cream to the borscht.

**Cooking time:** approx. 45 minutes Secuquick  
 approx. 455 kcal per person



# Rheinischer Sauerbraten

 approx. 80 minutes  
(excl. marinating time)



## For 6 persons

1 carrot  
1 onion  
100 g knob celery  
150 g leek  
2 cloves  
1 bay leaf  
6 black peppercorn  
6 juniper berries  
75 ml red wine vinegar  
500 ml dry red wine  
1.2 kg beef (from the shoulder)  
200 ml strong beef stock  
dark sauce thickener  
100 ml cream  
100 g raisins  
Salt, pepper

- Peel carrot, onion and celery and cut in cubes. Clean leek and cut in slices. Mix with remaining ingredients up to red wine (inclusive), place meat in it. Marinate 3 days in the refrigerator and flip occasionally.
- Heat a pot 24 cm 5.0 l at highest level up to frying window. Remove meat from the marinade and dab dry. Pour out marinade and keep it aside. Fry meat on all sides at low level, add vegetables and fry together. Deglaze with marinade and stock.
- Fit Secuquick softline 24 cm and close. Heat at highest level up to first turbo window, quick-cook at low level approx. 60 minutes.
- Depressurise Secuquick and remove. Take out meat, cut in slices. Pour sauce through a sieve, thicken slightly with sauce thickener and refine with cream. Add raisins to the sauce, season and before serving, let the meat steep in the sauce a few minutes.

**Cooking time:** approx. 60 minutes  
approx. 480 kcal per person



# Pork roast with mustard sauce

## For 4 persons

2 onions  
100 g carrots  
100 g knob celery  
1 kg pork roast  
200 ml meat stock  
100 ml dry white wine  
Salt, pepper

2 sprigs tarragon  
3 tbsp. coarsely grained mustard  
2 tbsp. lemon juice

 approx. 50 minutes



- Peel onions and vegetables and dice finely. Heat a pot 24 cm 3.5 l at highest level up to frying window. Fry pork roast at low level on all sides, add onions and vegetables and fry along.
- Add meat stock and wine, season with salt and pepper. Fit Secuquick softline 24 cm and close. Heat at highest level up to first turbo window, quick-cook at low level approx. 40 minutes.
- Pluck and chop tarragon leaves. Depressurise Secuquick and remove. Take out meat from the pot, purée sauce, stir in mustard and tarragon and season with salt, pepper and lemon juice.
- Cut roast in slices and serve with the sauce.

**Cooking time:** approx. 40 minutes  
approx. 500 kcal per person



# Beef roulades

 approx. 40 minutes



## For 4 persons

2 tomatoes  
 3 gherkins  
 2 large onions  
 4 (à approx. 150 g) beef roulades  
 2 tbsp. mustard  
 Salt, pepper  
 4 slices smoked bacon  
 250 ml beef stock as desired,  
 dark sauce thickener  
 2 tbsp. crème fraîche

- Blanch tomatoes with boiling water, skin, deseed and cut in cubes. Cut gherkins lengthwise in fine strips.
- Peel onion and cut likewise in fine strips. Smear roulade slices with mustard on one side, season with salt and pepper, place one slice of bacon on each and spread gherkin and onion strips over it.
- Roll roulades and pin with roulade skewers. Heat a pot 24 cm 3.5 l at highest level up to frying window. Fry roulades well at low level on all sides.
- Deglaze with stock, add tomato cubes. Fit Secuquick softline 24 cm and close. Heat at highest level up to first turbo window, quick-cook at low level approx. 30 minutes.
- Depressurise Secuquick and remove. Thicken sauce as desired, stir in crème fraîche and season with salt and pepper.

**Cooking time:** approx. 30 minutes  
 approx. 280 kcal per person

**Tip:** With such meat dishes, the time saved is particularly high with up to 2/3 lesser time required.





# Szegediner goulash



## For 4 persons

200 g onions	1 tbsp. tomato purée
2 cloves garlic	2 tsp. sweet paprika powder
600 g pork goulash	Salt, pepper
500 g raw sauerkraut	
200 ml strong meat stock	
1 tsp. caraway	

 approx. 30 minutes



- Peel onions and cut in slices. Peel garlic and dice finely. Heat a pot 20 cm 4.0 l at highest level up to frying window.
- Fry meat in portions at low level. With the last portion, fry along onions and garlic. Add sauerkraut as well as the remaining ingredients up to paprika powder (inclusive). Mix everything with each other well, fit Secuquick softline 20 cm and close.
- Heat at highest level up to first turbo window, quick-cook at low level approx. 20 minutes.
- Depressurise Secuquick and remove. Season goulash well with salt and pepper.

**Cooking time:** approx. 20 minutes  
approx. 320 kcal per person

# Provençal lamb ragout

## For 6 persons

150 g carrots	125 ml dry white wine
2 onions	3 spring onions
2 cloves garlic	300 g frozen peas
1 kg lamb ragout	300 g frozen green beans
1 tsp. dried herbs of Provence	as desired, corn flour
250 ml lamb stock	2 tbsp. olive oil
	Salt, pepper

 approx. 50 minutes



- Peel carrots and cut in slices. Peel and dice onions and garlic. Heat a pot 24 cm 5.0 l at highest level up to frying window. Fry meat in portions at low level.
- Add diced carrots, onion and garlic as well as herbs. Pour lamb stock and wine. Fit Secuquick softline 24 cm and close. Heat at highest level up to first turbo window, quick-cook at low level approx. 25 minutes.
- Clean spring onions and cut in large pieces. Depressurise Secuquick and remove. Fold in frozen peas, beans as well as spring onion pieces and fit Secuquick again.
- Heat at highest level up to first soft window, quick-cook at low level approx. 3 minutes. Depressurise Secuquick and remove. Thicken as desired with blended corn flour and season with olive oil, salt and pepper.

**Cooking time:** approx. 25 minutes + 3 minutes  
approx. 540 kcal per person





 approx. 50 minutes (excl. soaking time)



### For 12 persons

500 g dried kidney beans  
 4 onions  
 4 cloves garlic  
 400 g carrots  
 300 g knob celery  
 4 red chilli peppers  
 1.3 kg minced beef  
 3 tbsp. sweet paprika powder  
 2 tins (à 400 g) chopped tomatoes  
 50 g tomato purée  
 1.5 l beef stock  
 200 g crème fraîche  
 Salt, pepper  
 Cayenne pepper

- Soak kidney beans overnight in cold water.
- Peel onions and garlic, dice finely. Peel carrots and celery, cut in small cubes. Deseed chilli peppers and dice finely.
- Heat a pot 24 cm 8.0 l at highest level up to frying window. Fry mincemeat in portions at low level until crumbly. Add onions and garlic and fry along.
- Add vegetables with paprika powder, chopped tomatoes, tomato purée and first half the chilli peppers. Deglaze with stock, drain beans and add likewise.
- Fit Secuquick softline 24 cm and close. Heat at highest level up to first turbo window, quick-cook at low level approx. 20 minutes.
- Depressurise Secuquick and remove. Stir in crème fraîche, season chilli well with salt, pepper, remaining chilli peppers and cayenne pepper.

**Cooking time:** approx. 20 minutes  
 approx. 445 kcal per person

**Tip:** In case you have forgotten to soak the beans, you can still prepare the dish as described. Increase the quick-cooking time by 5 minutes. If they are soaked, they would simply be evenly cooked.



# Chicken fricassee

 approx. 60 minutes



## For 4 persons

1 bunch soup vegetables  
 1 (approx. 1.2 kg) chicken  
 1 bay leaf  
 750 ml poultry stock  
 200 g carrots  
 250 g green or white asparagus  
 200 g mushrooms  
 60 g butter  
 60 g flour  
 3 sprigs tarragon  
 100 ml dry white wine  
 1 egg yolk  
 50 ml cream  
 Salt, pepper

- Clean soup vegetables and cut in large cubes. Place in a pot 24 cm 5.0 l along with chicken, bay leaf and stock, fit Secuquick softline 24 cm and close.
- Heat at highest level up to first turbo window, quick-cook at low level approx. 25 minutes.
- Peel carrots and asparagus. Cut carrots in small cubes and asparagus in about 2 cm long pieces. Clean mushrooms with a cloth or brush and quarter. Take carrots and asparagus dripping wet in a suitable pot, spread mushrooms over it.
- Heat at highest level up to vegetable window, cook at low level approx. 10 minutes. Depressurise Secuquick and remove.
- Take out chicken, remove skin and loosen meat from bones. Let everything cool down and cut in small pieces. Sieve stock, melt butter in the pot, as soon as bubbles appear add flour and stir in stock little by little.
- Let sauce simmer approx. 3 minutes. Pluck tarragon leaves and chop finely. Add with wine to the sauce. Mix egg yolk with cream and stir into the no longer boiling sauce.
- Add meat and vegetables, let it heat up and season with salt and pepper.

**Cooking time:** approx. 25 minutes Secuquick + 10 minutes  
 approx. 610 kcal per person





# Rabbit in garlic sauce

## For 4 persons

1 bulb tender garlic	3 sprigs thyme
1 carrot	100 ml dry white wine
1 onion	150 ml poultry stock
100 g knob celery	Salt, pepper
4 legs of rabbit	

 approx. 40 minutes



- Loosen garlic cloves from the bulb, remove outer peel. Peel carrot, onion and celery and dice finely. Heat a pot 24 cm 3.5 l at highest level up to frying window and roast legs on all sides at low level.
- Take out legs, fry garlic, onion and vegetables likewise. Add thyme, wine and stock, season legs with salt and pepper and add again.
- Fit Secuquick softline 24 cm and close. Heat at highest level up to first turbo window, quick-cook at low level approx. 20 minutes.
- Depressurise Secuquick, remove and season the sauce.

**Cooking time:** approx. 20 minutes  
approx. 215 kcal per person

# Ossobuco alla milanese



 approx. 50 minutes



## For 4 persons

Veal shank:

100 g carrots

2 onions

2 cloves garlic

100 g celery

4 slices (à approx. 250 g) veal shank

150 ml red wine

150 ml strong beef stock

1 bay leaf

1 sprig thyme

1 sprig oregano

Salt, pepper

500 g tomatoes

Gremolata:

8 stalks flat-leaf parsley

1 natural lemon

1 clove garlic

- Peel carrots, onions and garlic, cut in cubes. Clean celery and cut in slices.
- Heat a pot 24 cm 3.5 l at highest level up to frying window. Fry meat on both sides at low level. Add vegetables, onions and garlic, fry along.
- Deglaze with red wine, add stock, bay leaf, thyme and oregano. Season with salt and pepper. Fit Secuquick softline 24 cm and close. Heat at highest level up to first turbo window, quick-cook at low level approx. 30 minutes.
- Blanch tomatoes with boiling water, skin, deseed and cut in cubes. For the gremolata, pluck parsley and chop. Wash lemon with hot water and grate peel. Peel garlic and dice finely. Mix parsley, lemon peel and garlic.
- Depressurise Secuquick and remove. Take out veal shanks, remove herb sprigs and purée vegetable sauce. Add tomato cubes and boil one more. Season with salt and pepper, add veal shanks and serve sprinkled with gremolata.

**Cooking time:** approx. 30 minutes

approx. 300 kcal per person

**Tip:** Meat like shank and roast of veal or beef work excellently in Secuquick as the high collagen level, i.e. the tendon-rich meat, becomes very tender.



# Leg of turkey with olive sauce

 approx. 50 minutes



## For 6 persons

2 onions  
1 clove garlic  
2 carrots  
2 stalks celery  
1 leg of turkey  
(approx. 1.2 kg, cut into upper and lower leg)  
1 bay leaf  
1 sprig thyme  
1 sprig rosemary  
1 stalk sage  
200 ml poultry stock  
Salt, pepper  
2 tomatoes  
75 g green deseeded olives  
75 g black deseeded olives  
50 ml dry white wine  
Cayenne pepper

- Peel onions, garlic and carrots and dice finely. Clean celery and cut in slices. Heat a pot 24 cm 6.5 l at highest level up to frying window, roast leg pieces on all sides at low level, take out.
- Fry onions, garlic and vegetables likewise. Add herbs and stock. Season leg pieces and add to pot again.
- Fit Secuquick softline 24 cm and close. Heat at highest level up to first turbo window, quick-cook at low level approx. 30 minutes.
- Blanch tomatoes with boiling water, remove skin, deseed and cut in eight, cut olives in rings. Depressurise Secuquick and remove. Take out meat and slice.
- Remove herb sprigs, purée sauce. Add wine, tomatoes and olives, season well.

**Cooking time:** approx. 30 minutes  
approx. 425 kcal per person





# Leg of lamb with almond-herb crust

 approx. 90 minutes



## For 6 persons

5 shallots

1 leg of lamb without bones  
(approx. 1.2 kg, get it bound by the butcher)

Salt, pepper

3 sprigs rosemary

3 sprigs thyme

1 bay leaf

150 ml vegetable stock

100 ml dry white wine

3 cloves garlic

1 slice toast bread

1 bunch flat-leaf parsley

50 g ground almonds

50 g grated parmesan

3 tbsp. olive oil

- Peel shallots and cut in long strips. Heat a pot 24 cm 5.0 l at highest level up to frying window. Fry well all around at low level and season with salt and pepper.
- Add shallot strips and fry along for a short while. Add two sprigs each of rosemary and thyme as well as bay leaf. Deglaze with vegetable stock and white wine and fit Secuquick softline 24 cm and close.
- Heat at highest level up to first turbo window, quick-cook at low level approx. 60 minutes.
- Peel garlic and dice finely. Crumble toast bread finely, pluck parsley leaves and the remaining thyme and rosemary leaves and chop coarsely. Purée with almonds, parmesan and olive oil and season with salt and pepper. Roll the herb mass flatly between cling wrap the size of the leg of lamb, and chill.
- Depressurise Secuquick and remove. Take out leg of lamb and herbs, purée sauce and season.
- Place meat in the sauce again, place herb mass over it. Set hotplate at low level and place Navigenio overhead. Gratinat at high level approx. 6 minutes until crisp.

**Cooking time:** approx. 60 minutes + approx. 6 minutes gratinating  
approx. 650 kcal per person



Eat better.  
Live better.



# AMC Secuquick softline

## User Manual



The Premium  
cooking system

[www.amc.info](http://www.amc.info)

Please read this user manual carefully before you begin to use the Secuquick softline.  
Preserve the user manual and pass it on to the next owner.

# Meaning of the symbols



## **Important instructions for safety.**

Non-compliance can lead to injuries or damages.



## **Valuable information for users.**



**Poor operating conditions** or improper usage.



Tips for **environment protection, ecology and economy**.



**Good operating conditions or right usage.**

## **Validity**

This user manual is applicable for the model Secuquick softline mod. 4200 Ø 20 cm and Secuquick softline mod. 4200 Ø 24 cm. The model details with the pressure specifications are engraved in the centre of the bottom lid: cooking operating pressure (= PC) 80 kPa (0.8 bar); Maximum allowable pressure (= PS) 300 kPa (3.0 bar).

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# 1. Usage and safety in accordance with regulations

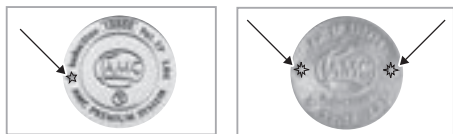
The Secuquick softline enables quick-cooking of dishes. The Secuquick softline may be used only for this purpose. Improper usage can lead to danger.

Note and observe the operating instructions – particularly the information in this chapter.

## Suitable pots, accessories and spare parts

### The Secuquick softline may be used with:

- AMC pots with appropriate diameter, marked with one or two stars on the base-stamp.
- Gourmetline
- Softiera insert, Softiera bowl
- Audiotherm
- Use only original spare parts for Model 4200.



### Not to be used:

- Pot 24 cm 2.5 l, handled pans, Griddles
- Pots without star(s)
- Pots and pans of other manufacturers
- Combi-ring, grater-shredder-slicer insert or Combi-bowl place in the pot
- Parts of other AMC-Secuquick-Models

## Suitable hotplates, suitable hotplate sizes

### The pots can be used on all types of hotplates:

- As long as “Induction” is found on the base-stamp.
- The diameters of the hotplate and that of the pot must match as much as possible.
- For Gourmetline, select the next larger hotplate.
- Set the pot centered on the hotplate.
- With a gas stove, select burner that corresponds to the diameter. The gas flame should not be larger than the base of the pot.

## Avoiding damages, avoiding improper usage



- Always add liquid to the dishes, except if they contain sufficient liquid (see recipes for Secuquick softline). Without liquid, no pressure can be built up.



- Never use the Secuquick softline unlocked, loosely placed or as regular pan lid.



- Never fill the pot more than 2/3 or with dishes that well up, more than 1/2 or 1/3 the nominal volume s. P. 12.
- Move the pot very carefully when it is under pressure.
- Do not lift or carry the pot at the Visiotherm S. The pot can get damaged or fall down.
- Do not tilt or invert the pot. The valves would become dirty and can get clogged.
- Avoid complete evaporation of the liquid. The pot can get damaged.
- Do not use the Secuquick softline to deep-fry or in the baking oven or in the microwave. The safety devices of the Secuquick softline can get damaged.
- Apple sauce and compote are not to be prepared with Secuquick softline.



With Secuquick softline, dishes are prepared under pressure at high temperature. By wrong usage of the Secuquick softline you can hurt, burn or scald yourself.



### **Possible dangers through pressure**

- The pot must be completely closed (turning knob at the end position).

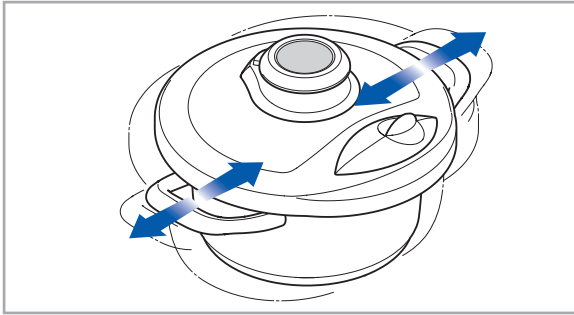
- The Secuquick softline may be opened only when the pot is depressurised. You must be able to turn the turning knob easily.
- Never open the Secuquick softline with force. A lid opened with force under pressure will be flung, hot food can squirt. Danger of injury or scalding.
- Do not overheat the pot, so that the pressure stays in the normal area and the operating pressure valve does not open.
- Keep the safety devices and seals of the Secuquick softline clean and in good condition.
- Heed tips given in chapter “4. maintenance and care”.



### **Possible dangers through heat.**

- Do not touch any hot stainless steel parts.
- Hold only the handles, turning knob or Visiotherm S of the Secuquick softline. If necessary, use gloves.
- **Steam bubbles** trapped in the food can squirt while opening, danger of scalding. Always shake the pot while depressurising before opening the Secuquick softline so that the steam bubbles can escape and hot food is not squirted.



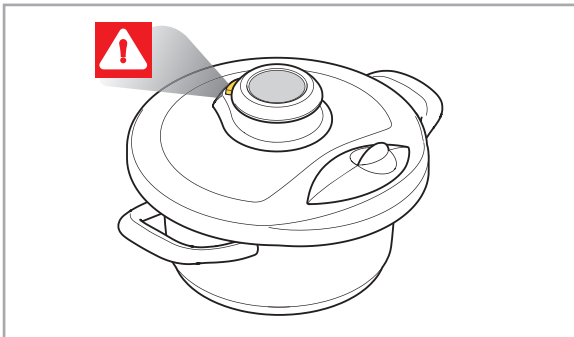


- For meat with swollen skin (e.g. ox tongue), prick only after the cooling down, i.e. when the skin is no longer swollen.



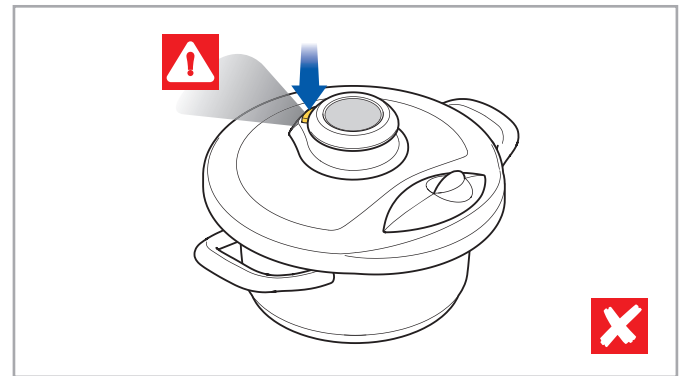
**The steam escaping while depressurising is hot, danger of scalding.**

- Do not keep the steam outlet towards the body
- Keep hands away from the danger zone.



For the following dishes, the pot should not be depressurised **with the yellow pressure release knob**. Hot cooked food could leak, danger of scalding. The valves of the Secuquick softline could become badly soiled.

- Soups
- Stews
- compact meat and fish dishes like tongues, squid
- fatty stock
- Milk rice
- Pulses like for e.g. lentils
- Cereals like for e.g. oatmeal and pearl barley
- Pasta like for e.g. spaghetti and macaroni
- Making juice from fruit
- Preserving



**Monitoring**

- The pot must be monitored during cooking. If the Audiotherm alone (see separate user manual) is used for audible monitoring of the cooking process, you must be within hearing distance.
- Unattended, uncontrolled cooking can lead to overheating. The dishes can be ruined, the pot damaged or destroyed. Danger of accident and fire.
- The pot is not suitable for use by children.

- Never use the Secuquick softline near children.



- People who, due to their physical, sensory or mental abilities or their inexperience or ignorance, are not capable of using the Secuquick softline safely, are not to use it without supervision or instructions by a person responsible for the safety.



### Maintenance and care

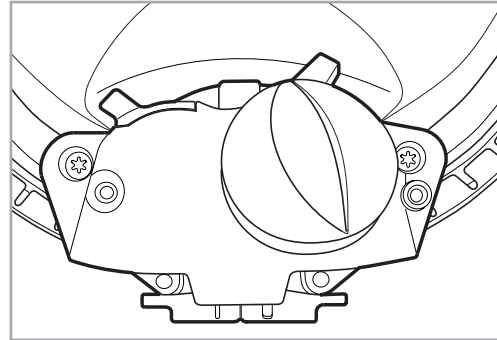
Maintain and care for the Secuquick softline regularly so that function and safety are guaranteed.

- Dismantle and clean after every use.
- Check the functioning before next use: valves and seals, condition of the lid clip.
- Replace sealing ring and other seals if they are damaged, cracked, shrunken or torn. These parts should be replaced at least every 2 years.

Do not make any changes to the Secuquick softline. Do not dismantle the Secuquick softline further than what is required for maintenance and care. Through improper intervention or use of

force, the functioning and safety can be affected. Do not dismantle transmission box.

### Check of the transmission box



Check if the transmission box is fitted tight. If the transmission box wobbles, do not use Secuquick softline anymore. The Secuquick softline must be examined. It is possible that the safety of the product is no longer guaranteed. Contact AMC service centre.

### What to do when there are damages or malfunctions?

The Secuquick softline is not to be used if there are damages or malfunctions. At AMC, wear parts (seals) are available as spare parts. You can replace them yourself or have them replaced through an AMC service centre. All other changes may be done only by an AMC service centre.



### Disposal

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

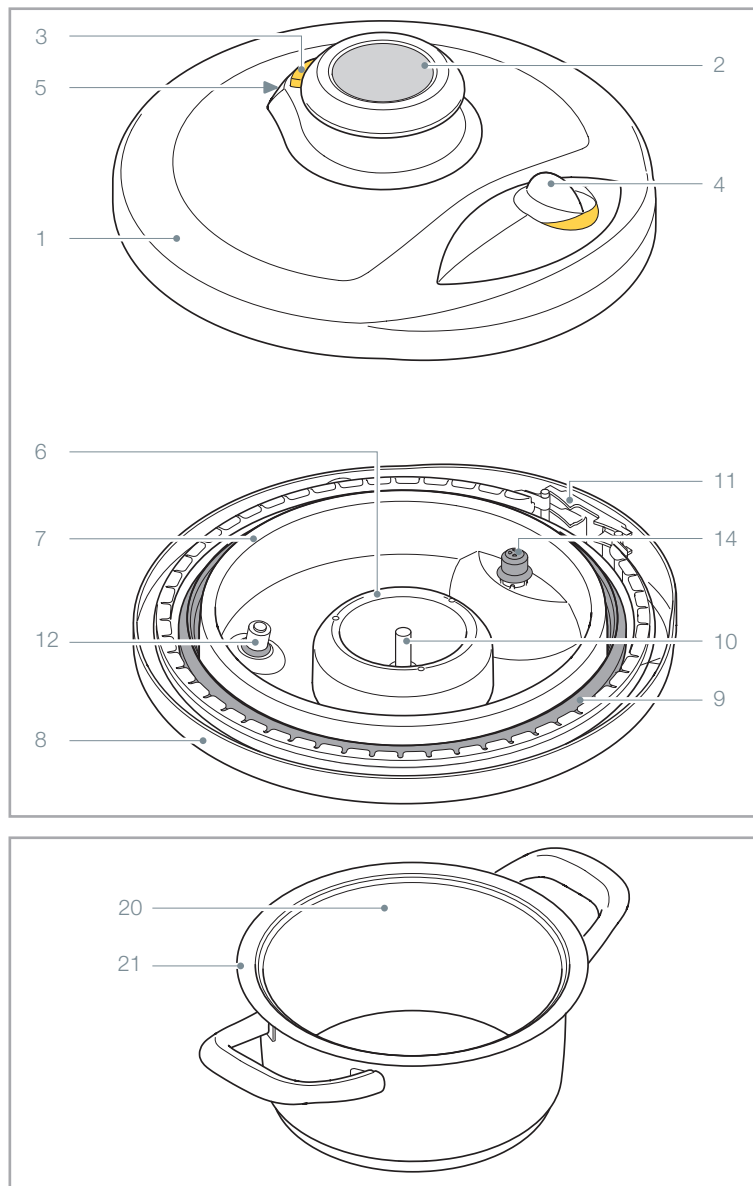
# 2. Your Secuquick softline

## 2.1. Construct

- 1 Secuquick softline
- 2 Visiotherm S – Measures and displays the temperature in the pot.
- 3 Yellow pressure release knob  
Opens the exhaust valve to depressurise the pot.
- 4 Turning knob  
For closing and opening the Secuquick softline.
- 5 Steam outlet
- 6 Bellnut
- 7 Bottom lid
- 8 Top lid
- 9 Sealing ring
- 10 Temperature sensor
- 11 Lock for lid clip
- 12 Safety valve 2
- 14 Safety valve 3

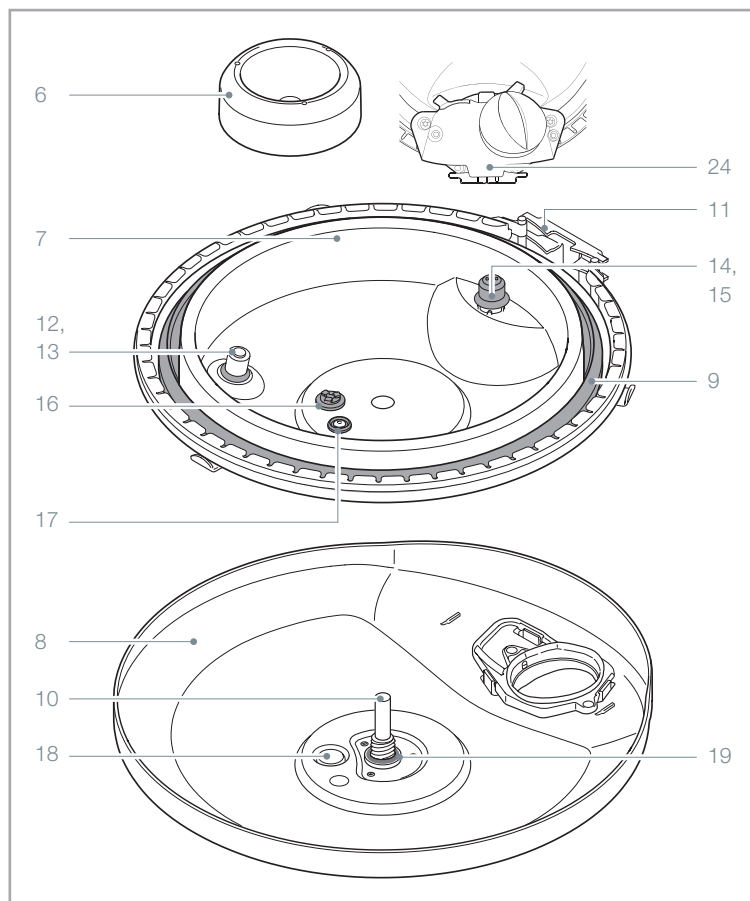
## Pot for use with the Secuquick softline

- 20 Pot
- 21 Rim



## Secuquick softline dismantled

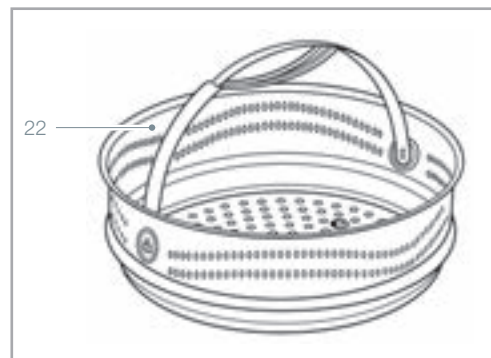
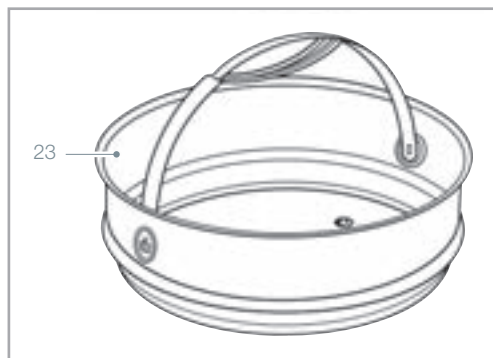
- 6 Bellnut
- 7 Bottom lid
- 8 Top lid
- 9 Sealing ring
- 10 Temperature sensor
- 11 Lock for lid clip
- 12 Safety valve 2
- 13 O-Ring for safety valve 2
- 14 Safety valve 3
- 15 Sealing cap for safety valve 3
- 16 Sealing shim for operating pressure valve
- 17 Exhaust valve
- 18 Operating pressure valve (safety valve 1)
- 19 O-Ring for the temperature sensor
- 24 Transmission box



## Accessories

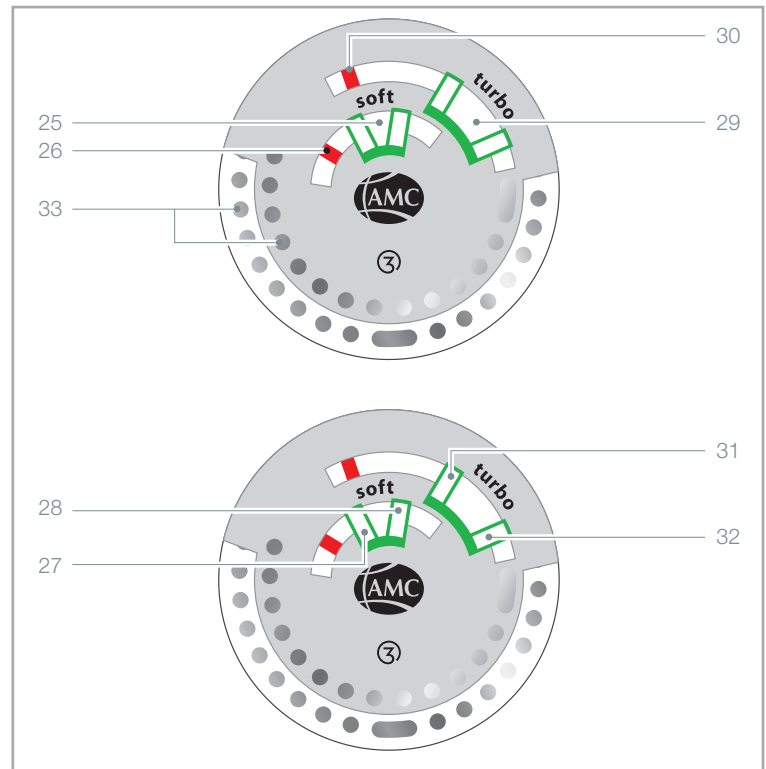
(not always available in the delivery contents of the Secuquick softline)

- 22 Softiera insert
- 23 Softiera bowl



## Visiotherm S

- 24 Temperature scale – soft quick-cooking (inner)
- 25 Indicator – soft quick-cooking
- 26 First “soft window”
- 27 Second “soft window”
- 28 Temperature scale – turbo quick-cooking (outer)
- 29 Indicator – turbo quick-cooking
- 30 First “turbo window”
- 31 Second “turbo window”
- 32 Measuring points for Audiotherm



## 2.2 Function and application

The Secuquick softline, along with a pot, forms a quick-cooking pot. The Secuquick softline is fitted on the pot and closed. On heating on the hotplate, pressure is built up through evaporation of the liquid added or which is contained in the food.



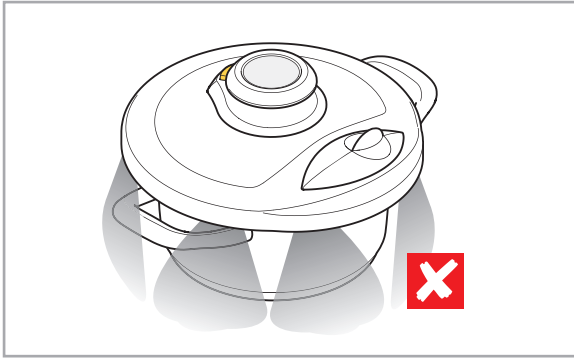
In this way, dishes are cooked at higher temperature swiftly, gently and with energy-saving. The temperature lies – depending on selected cooking method “soft quick-cooking” or “turbo quick-cooking” – between approx. 103 and 118 °C.

## Safety valves

When pressure is built as a result of overheating, the operating pressure valve (safety valve 1) is opened and steam escapes.



In case the operating pressure valve does not function, e.g. through heavy soiling, the safety valves 2 or 3 open. Steam escapes suddenly sideways between the bottom and top lid. In such a case, the Secuquick softline should not be used. Contact AMC service centre.



At the beginning of the heating, it's possible that a little steam and perhaps a few water drops escape sideways between the bottom and top lid and from the steam outlet of the Secuquick softline.

### Soft quick-cooking

Suitable for **potatoes and vegetables with longer cooking time**, like green beans, savoy cabbage, Brussels sprouts and cauliflower in pieces and frozen vegetables.



- Temperature range 103 to 113 °C.
- Especially gentle and vitamin-retaining.
- Mostly faster and more energy-saving than preparation in the microwave.

The usage of the Softiera insert is definitely recommended as the dishes would then have no contact with water, not burn and above all, cannot dry up. Essential nutrients like for e.g. vitamins are for the most part retained.

Place Softiera insert, 20 cm und Softiera bowl, 20 cm only from cooking units 20 cm 3 l upwards.

### Turbo quick-cooking

- Suitable for **pulses** (like lentils, soya beans, chick peas, etc.), **stews, hotpots, cereals, large pieces of meat, preserving**.
- Temperature range 108 to 118 °C.
- Especially quick and suitable for all dishes with generally longer cooking time.

Cooking possible with or without Softiera insert or Softiera bowl.



# 3. Cooking with the Secuquick softline

## Cooking process:

- Prepare the dishes and fill the pot. Use suitable accessory, check filling height.
- Place Secuquick softline on the pot and close.
- Heat the pot with highest level on the hotplate until the required heating temperature is reached.
- Set at a low cooking level.
- During the entire cooking, the temperature should be in the suitable temperature range. Monitor temperature, if required, set at higher or lower level.
- At the end of cooking time, switch off hotplate.
- Remove pot from stove and depressurise.
- Shake the pot.
- Open the Secuquick softline and remove from pot.

**i** The Audiotherm, which is available as accessory, can be used to help monitor the cooking process with the Secuquick softline. See separate user manual.

## 3.1 Filling the pot

Depending on the cooking method, if required, use the Softiera insert or the Softiera bowl or both.

Fill pot

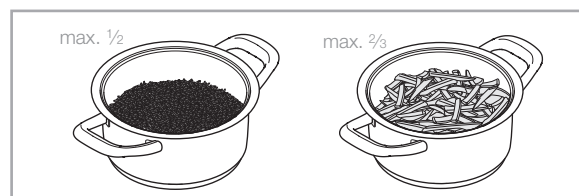


### Take care of quantity filled:

- Food, that expands or froths when cooked, e.g. milk rice, stocks, stews,

pasta casserole, pulses etc. fill to a **maximum** of 1/2.

- Other dishes fill to a **maximum** of 2/3
- Pulses with husk e.g. soya beans fill to a **maximum** of 1/3.



Foods that froth like for e.g. parboil lentil soup in the open pot and skim it before fitting the Secuquick softline.

Add liquid – if required



To build up pressure from steam, a small quantity of liquid is required (approx. 1 cup). The quantity depends on the size of the pot, the food and the recipe.

- If the food contains enough liquid, then the addition of liquid can be avoided (see recipes for Secuquick softline).



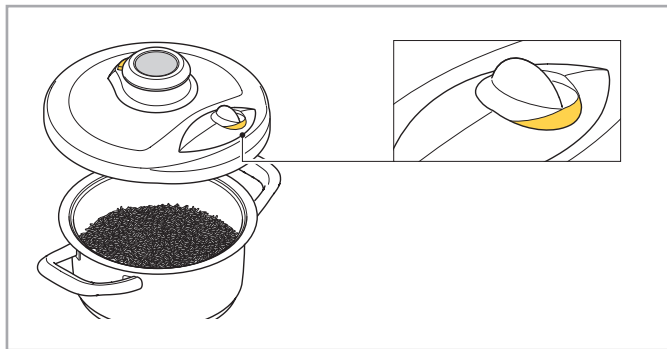
## 3.2 Fitting Secuquick softline and closing

### Check before each use of the Secuquick softline:

- The Secuquick softline is correctly assembled, the valves and seals and lid clip are checked.
- The sealing ring is placed properly.
- The rim of the pot is clean and dry and not damaged (no deformation).
- **The turning knob is in the open position.**

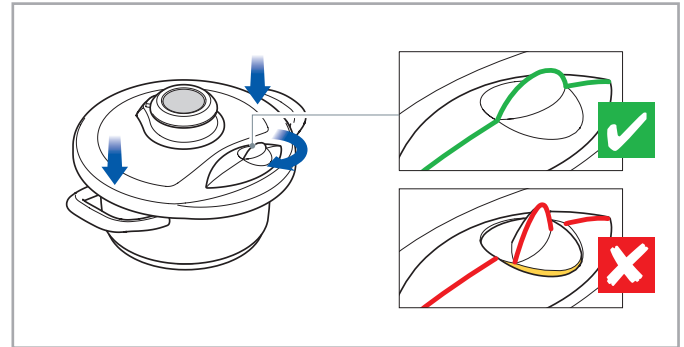
Fitting Secuquick softline on the pot

- Check position: turning knob in front, centred between the handles.



Closing Secuquick softline

- Hold both the handles and press well with both thumbs, then close at turning knob.
- Turn turning knob up to the end position.
- The yellow mark should no longer be seen.



## 3.3 Heating

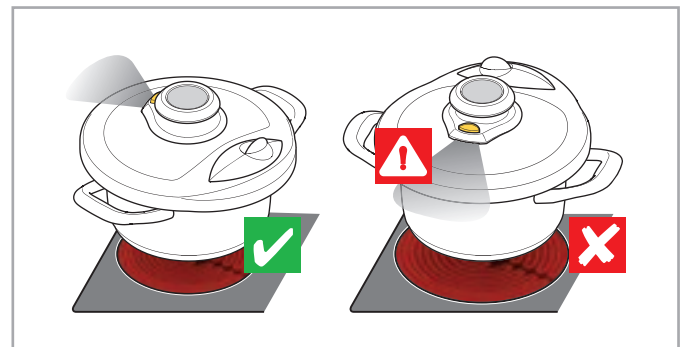
Set pot on the hotplate



Keep the steam outlet facing away from the body.

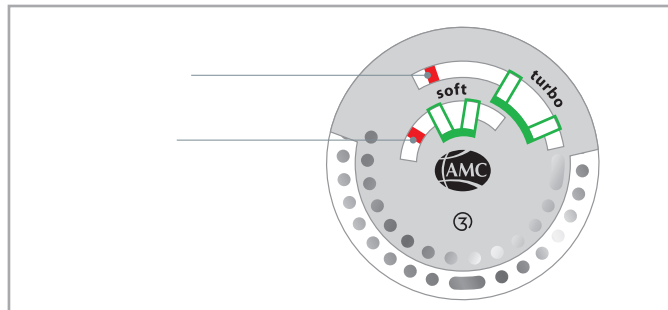
Switch on hotplate at highest level

- Never use booster or power level with high-performance stoves (induction stove).



### The rise in temperature can be tracked through the display of the Visiotherm S:

- soft quick-cooking: inner scale
- turbo quick-cooking: outer scale



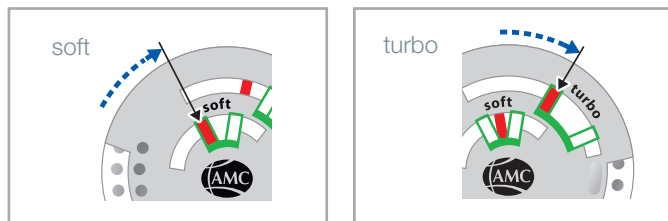
- i**
- During heating, steam and a few water drops can escape between the top and bottom lid.
  - The turning knob is locked automatically.
  - Heating takes a few minutes (depending on size of the pot and the quantity, 4–20 min.).

### 3.4 Setting lower cooking level

Check temperature display on the Visiotherm S:

- The indicator reaches the first soft window or turbo window. **Heating temperature reached.**

Setting lower level

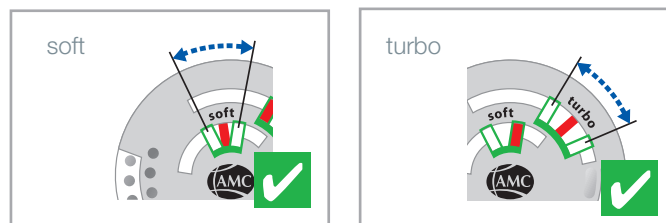


### 3.5 Monitoring temperature and adjusting level setting

Check temperature display on the Visiotherm S:

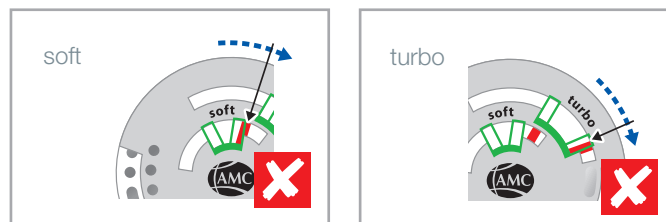
- The indicator is in the respective green area: **Temperature optimal.**

No change in the level setting required



- The indicator leaves the respective green area towards right: **temperature too high.**
- With turbo quick-cooking the operating pressure valve possibly opens slightly, steam begins to escape.

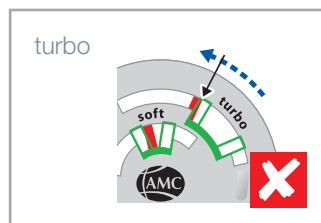
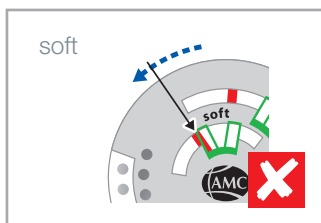
Set at lower level or switch off completely – or remove pot from the hotplate.



- The indicator leaves the respective green area towards left: **temperature too low.**

Set stove at highest \*/higher level

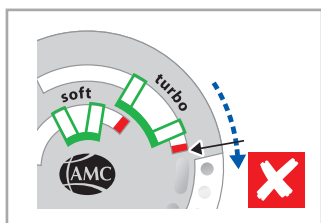
\* For soft quick-cooking, when the indicator has left the first soft window already towards left.



- The indicator for turbo quick-cooking leaves the scale clearly towards the right: overheating
- The pressure in the pot is so high that the operating pressure valve opens completely, steam escapes.

Remove pot immediately from the stove, switch off stove

- If the temperature is back in the normal range and the cooking time is not yet reached, the cooking process can be continued with the required level setting



### 3.6 Depressurising

At the end of the cooking process, the pot must be depressurised before the Secuquick softline can be opened.



Never open the Secuquick softline with force. Because a lid under pressure would be flung away and hot cooked food can be squirted out. Danger of injury and scalding.



**Steam bubbles** trapped in the cooked food can squirt on opening, danger of scalding.



When depressurising, always shake the pot before opening the Secuquick softline so that the steam bubbles can escape and hot food does not squirt out.

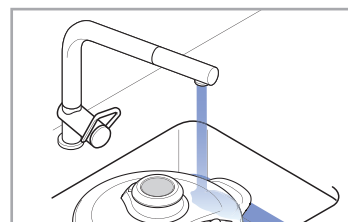
Depressurise the pot under pressure with the help of one of the following options:

#### Depressurising under cold running water

Switch off hotplate

Remove pot from the hotplate and place in the closed sink

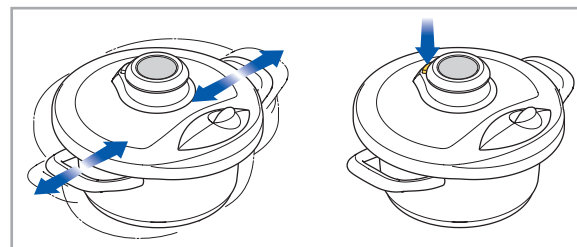
Let cold water run over the lid until the pot is depressurised



Shake pot at the handles

Press yellow pressure release knob

- If steam still escapes, repeat the process: cool further, shake, press pressure release knob.



## Depressurising with yellow pressure release knob

Certain dishes are not to be depressurised with the yellow pressure release knob, see chapter 1 “Usage and safety in accordance with regulations”.

Switch off hotplate

Remove pot from the hotplate and place on a firm, even, cold and heat-resistant base (not wood or plastic)



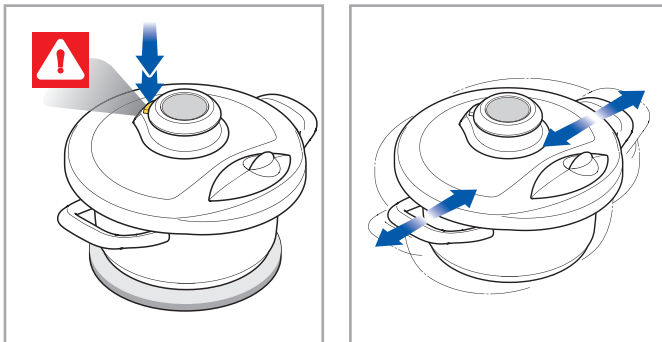
Keep the steam outlet facing away from the body.

Press yellow pressure release knob lightly several times consecutively

- Let the steam escape in spurts.
- Press down pressure release knob completely: Steam escapes forcefully. Press down pressure release knob only partly: Steam escapes more gently.

Shake pot at the handles

- Repeat the process until no more steam escapes.



## Depressurising through slow cooling down



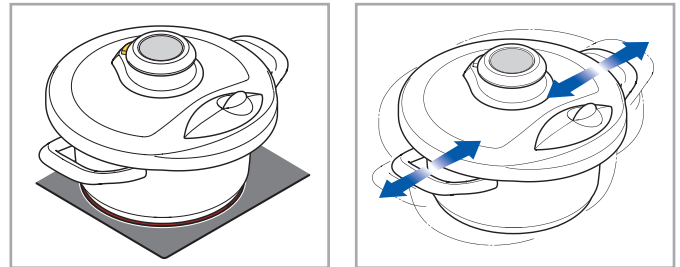
This procedure takes a little more time but is more energy-saving.

Switch off hotplate after approx. 1/4 of the cooking time

- Let the pot remain on the hotplate to make use of the residual heat.

Let pot cool down until it is depressurised

Shake pot at the handles



## 3.7 Opening and removing Secuquick softline

The Secuquick softline can be opened only when the pot is depressurised. You must be able to turn the turning knob easily.



**Never** open the Secuquick softline with force. A lid under pressure, opened with force, would be flung away and hot cooked food can be squirted out. Danger of injury and scalding.

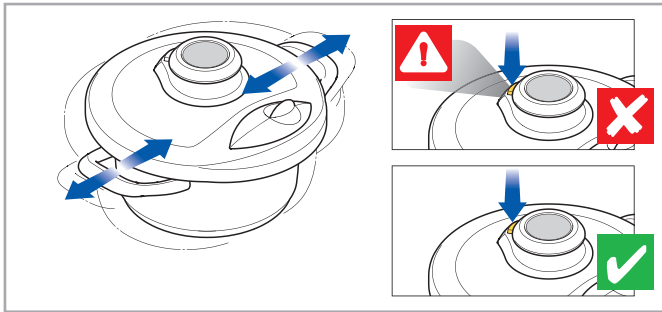
Ensure that the pot is depressurised:

Shake pot at the handles

Press the yellow pressure release knob

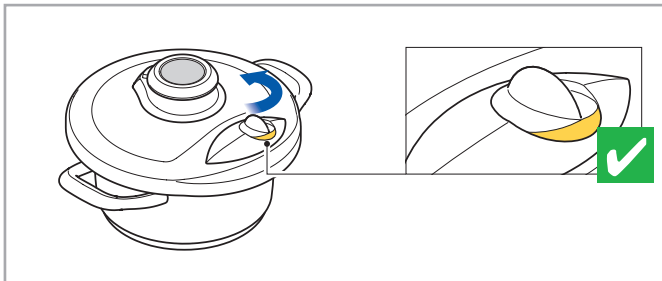
- No more steam should escape (no hissing to be heard).

- You must be able to turn the turning knob easily.



Open and remove Secuquick softline with the turning knob

- When open, the yellow marking is visible completely.



## 4. Maintenance and care

Maintain and care for the Secuquick softline as under:

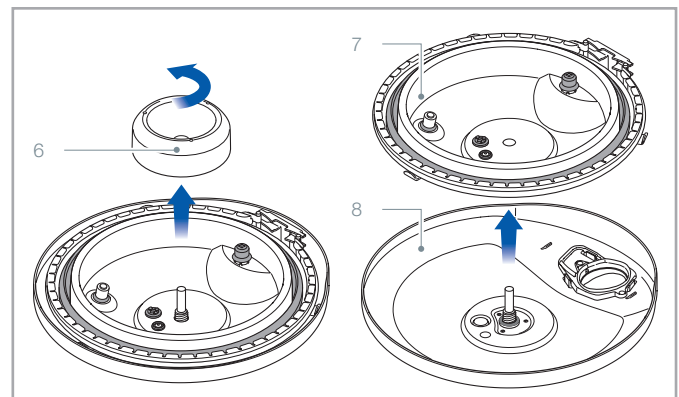
- Dismantle and clean after every use.
- Check the functioning before next use: valves and seals, condition of the lid clip.
- Replace sealing ring and other seals if they are damaged, cracked, shrunken or torn. These parts should be replaced at least every 2 years.

Use only original spare parts meant for the Model 4200.

### 4.1 Dismantling Secuquick softline

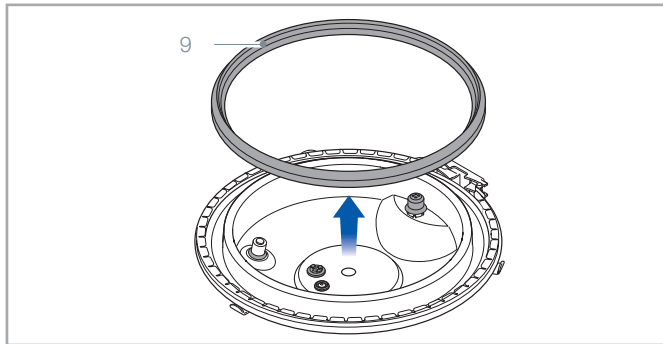
Unscrew bellnut (6)

Remove bottom lid (7) from the top lid (8)





Remove sealing ring (9)



## 4.2 Cleaning and storing Secuquick softline

- Suitable cleaning material are Magic Stone, Magic Foam or a neutral cleaning detergent.



Wash parts in the dishwasher or by hand with a sponge like Magic Sponge or a cloth like Magic Pad, rinse with warm water

Dry well



The sealing ring can take on odours depending on the prepared dish. This is completely normal. Tip for storage and maintenance.

Protect sealing ring from light and while storing, place just lightly on the Secuquick softline. Put back sealing ring only just before the next use.

## 4.3 Assembling Secuquick softline

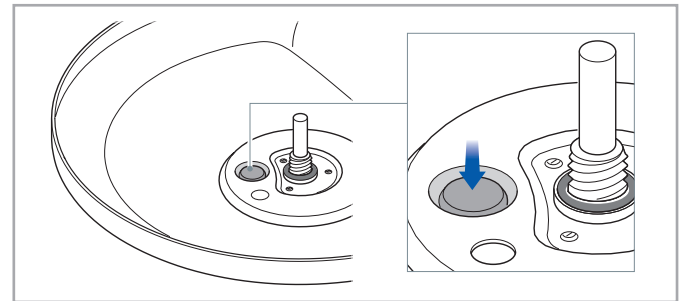
When assembling, execute the described checking. They are important for flawless and safe functioning.

### Checking valves and seals

Check operating pressure valve

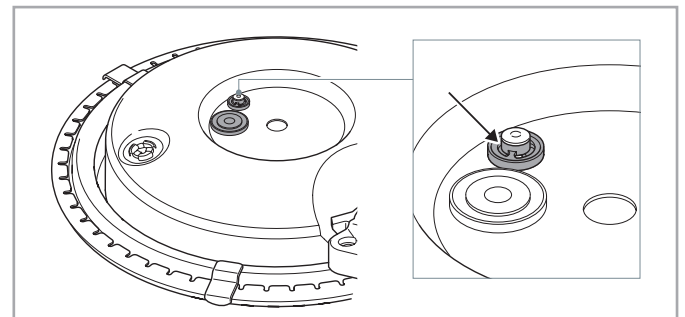
- You must be able to press it in with the finger lightly approx. 3–4 mm.
- Must spring back easily without getting jammed.

If the operating pressure valve does not function properly, the Secuquick softline is no longer to be used. Contact an AMC service centre.



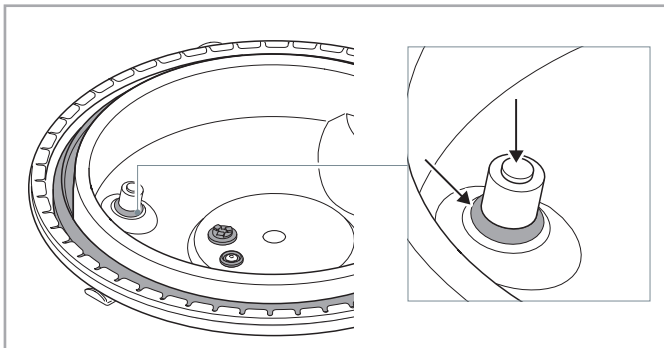
Check exhaust valve

- The openings in the rubber part must be clean.
- Metal pin must be in place.



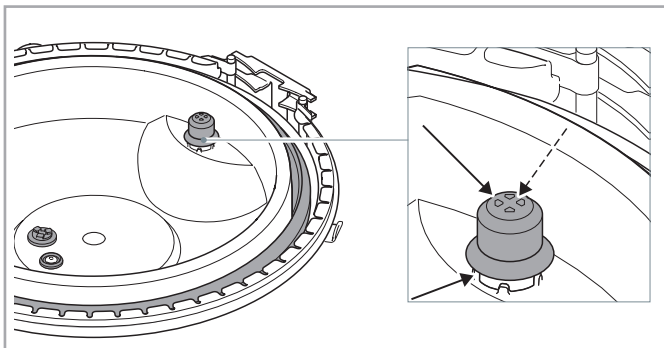
### Check safety valve 2

- The O-Ring must not be damaged.
- The O-Ring must be in the groove (right at the bottom)
- The steel ball must not be stuck. By using finger pressure, check if it moves freely and springs back.



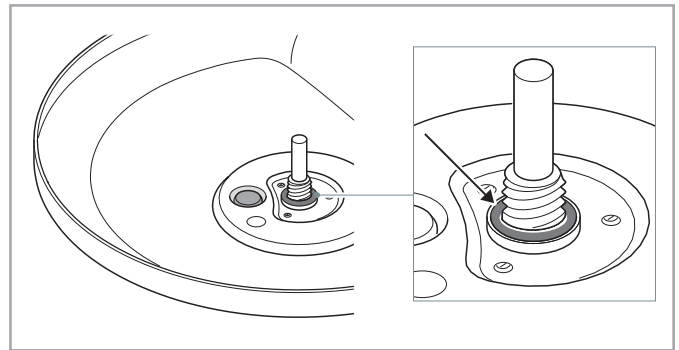
### Check safety valve 3

- The seal cap must be fitted and clean.
- By using finger pressure, check that the blue ball (under the seal cap) is not stuck, moves freely and springs back.
- Check whether the valve in the lid is clean and moves freely.



### Check O-Ring under the Visiotherm S

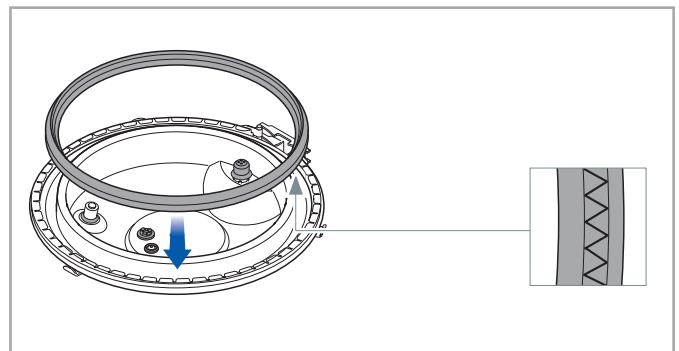
- The O-Ring must not be damaged and lie completely below in the groove.



### Assembling

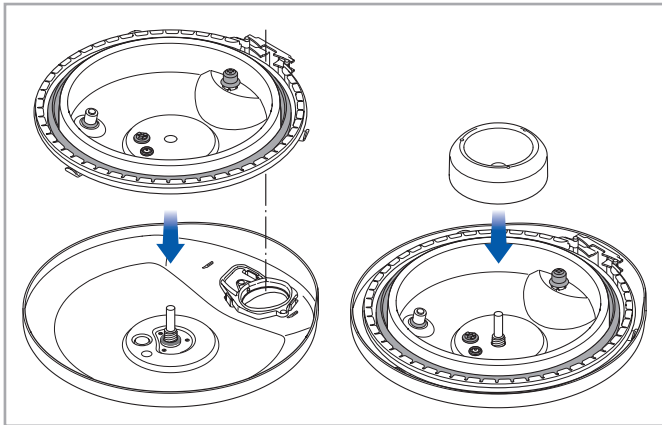
#### Placing sealing ring

- Pay attention to the installation position: wavy line below.
- With the fingers, press all around



Fit bottom lid in top lid.

Screw on bellnut and turn until tight



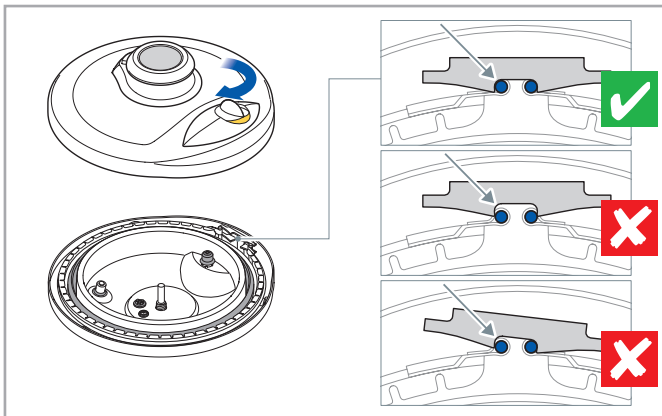
### Checking lid clip

Check lock, the lid must lie on it such that the Visiotherm S points towards the top.

- You must be able to turn the turning knob easily.

In closed position:

- The safety lock should not be bent towards the outside.
- Both bolts must be held in completely.



If the lid clip does not function properly, the Secuquick softline is no longer to be used. Contact an AMC service centre.

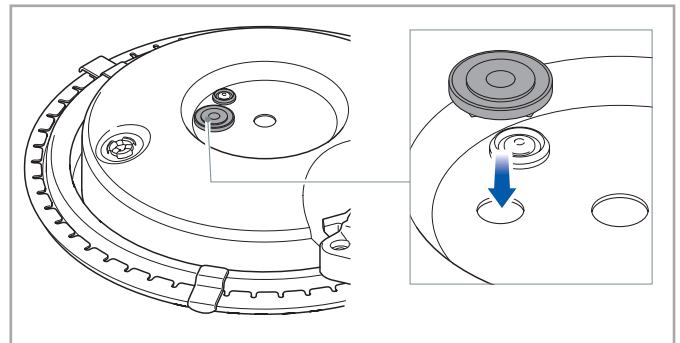
## 4.4 Replacing seals

- Replace seals only by hand or with the help of a blunt tool.
- Seals and sealing ring can be obtained at AMC as a package. See back page for contact address.
- Use only AMC original spare parts for model 4200.

### Sealing shim for operating pressure valve

Place sealing shim in the opening

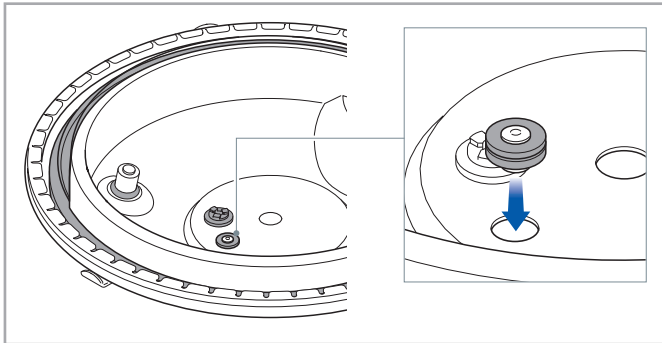
- Pay attention to the installation position: smaller diameter below.



## Exhaust valve

Place seal in the opening

- The flat side of the rubber seal must be on the lower side of the bottom lid.
- The groove of the rubber part must sit correctly in the bore of the metal plate.

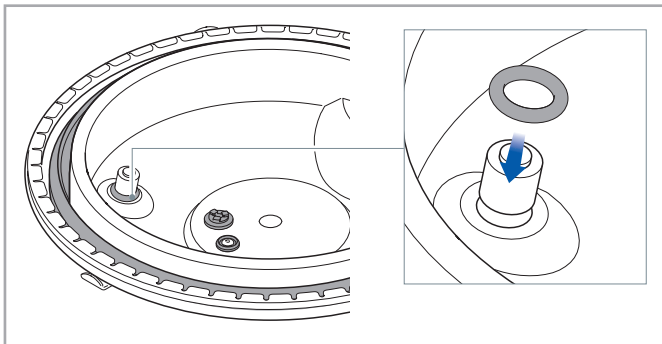


Never interchange the opening for the sealing shim with that of the exhaust valve.

## O-Ring for the safety valve 2

Slide O-Ring until it lies in the groove (right at the bottom)

- Thereby do not pull the valve insert out of the bottom lid.

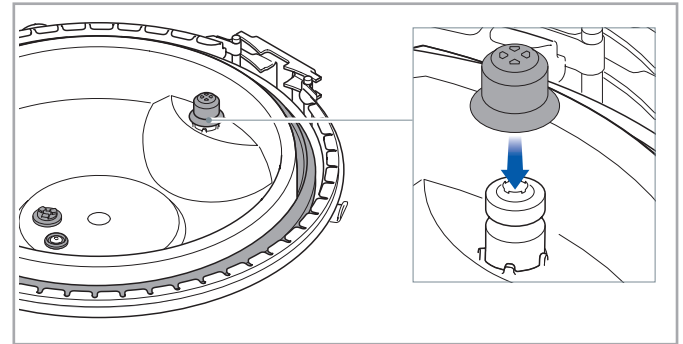


## Seal cap for the safety valve 3

Slide seal cap completely



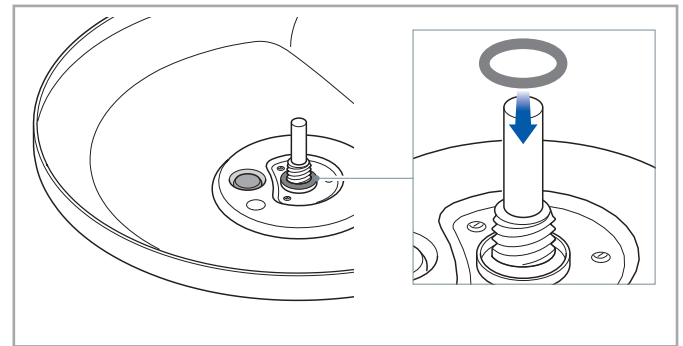
Do not pull the O-Ring of the safety valve 2 over the safety valve 3.



## O-Ring under Visiotherm S

Slide O-Ring carefully over the thread

- The O-Ring must lie completely at the bottom in the groove.



# 5. What to do, when:

## Secuquick softline does not close ...

*The turning knob cannot be turned in the position "closed".*



Press on the Secuquick softline downward as the turning knob is turned

Check if

- you are able to easily turn the turning knob when the Secuquick softline is lifted from the pot. If no, make lid clip move smoothly as described under.
- the sealing ring is placed in correctly.
- a suitable pot is used.
- the rim of the pot is clean, even and undamaged.

*The turning knob (when the Secuquick softline is not yet fitted on the pot) cannot be turned from the position "open" to the position "closed" or is sluggish..*



Check if

- the Secuquick softline is correctly assembled (bellnut is tightly screwed).
- the lid clip is dirty or if a foreign body is caught in it, if require, clean it.

Move the turning knob back and forth a few times

## Secuquick softline does not open ...

*The turning knob cannot be turned in the position "open". It moves a little and then gets jammed.*



The pot is possibly not depressurised.

Depressurise pot

Take precautionary measures.

If the pot is depressurised

Turn the turning knob again completely to the position "closed" and try again

Push the Secuquick softline downwards as the turning knob is turned

## There is little or no pressure in the pot ...

*The temperature display on Visiotherm S does not reach the first soft window or the first turbo window.*



Check if

- the right hotplate diameter is chosen.
- the stove is set at highest level.
- sufficient liquid is added.
- the Secuquick softline is completely closed (the turning knob is turned clockwise until the end, the yellow marking on the turning knob is no longer visible).

When steam constantly escapes under the lid:



Check if

- the sealing ring is correctly placed.
- the bellnut is screwed tightly.
- all seals are in place, undamaged and sitting properly.

### Steam suddenly escapes between the lids ...

*The pot has been overheated and the operating pressure valve has not worked.*

*A safety valve is affected.*



Do not use Secuquick softline any more

Contact an AMC service centre

## 6. Conformity and certification mark

The Secuquick softline conforms to the safety regulations of the European Pressure Equipment Directive 97/23/EC. The Secuquick softline, together with the approved pots, has undergone a safety test at TÜV (Technischer Überwachungsverein).



## 7. AMC customer service, spare parts

Customer service is at AMC, a constant endeavour to meet the wishes and needs of our customers! If you have further questions or suggestions, please do contact us! We would be pleased to help you! The contact addresses can be found on the back page.

### 7.1 Spare parts

The following details (imprinted in the centre of the bottom lid) are required:

- Model
- Diameter

