



## Your cooking guide to help you achieve the best results with your oven

Heat function, temperature,  
cooking time, shelf level, tips  
and much more



# How to read this guide:

You will find cooking tips for some of the most popular dishes and ingredients.

These have been grouped into categories in alphabetical order.

This booklet is intended purely as a guide. Feel free to experiment with the recipes to suit your individual preference and taste. The times indicated are also intended as a guide based on the most common cooking times. The cooking time will vary, for example, depending on the thickness, density, or size of what is being cooked or the freshness and quality of the food.

In the overview tables, we utilise symbols which are explained at the foot of the page.

Should you have any questions or want to cook a dish that is not listed in this guide, you are welcome to contact us at:

**Phone 044 405 82 43**  
**fachberatung@electrolux.ch**

For more recipe inspirations, visit our site:  
New recipes are continuously added.

- [www.electrolux.ch/de-ch/local/recipes](http://www.electrolux.ch/de-ch/local/recipes)
- [www.electrolux.ch/fr-ch/local/cooking-club/recipes](http://www.electrolux.ch/fr-ch/local/cooking-club/recipes)
- [www.electrolux.ch/it-ch/local/cooking-club/recipes](http://www.electrolux.ch/it-ch/local/cooking-club/recipes)
- **My Electrolux Kitchen App**

A digital copy of this guide is available here:

- [www.electrolux.ch/de-ch/local/recipes/](http://www.electrolux.ch/de-ch/local/recipes/)
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- [www.electrolux.ch/it-ch/local/cooking-club/recipes](http://www.electrolux.ch/it-ch/local/cooking-club/recipes)

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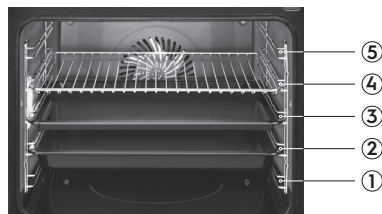
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# Important additional information

## Shelf position

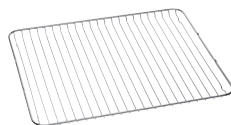


The specification plate on the oven indicates whether your Electrolux built-in oven is an EB7 (H 76 cm), EB6 (H 60 cm) or an EB4 (H 45 cm).



The shelf positions are counted from bottom to top. The EB 7 and EB 6 have 5 shelf positions, the compact EB4 has 4.

## Accessories



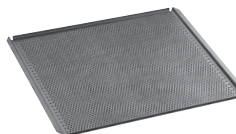
Wire rack



Baking tray



Drip pan



Pastry tray



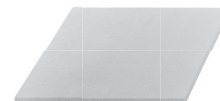
AirFry tray



Roasting pot



Casserole dish



Pizza stone



Tin, springform cake tin, loaf tin








Preserving jars


# Casseroles and soufflés: savoury and sweet

	Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position		Tray/container	Shelf	Tips and core temperature (CT)
						EB7/6	EB4			
Savoury	Cheese soufflé		170		55 - 60	2	1	Casserole dish	Baking tray	For small tins, reduce time and increase temperature
	Ham fleckerl (pasta and ham casserole)		190		30 - 35	2	1	Casserole dish	Baking tray	CT 88 °C
	Lasagne		170		40 - 60	2	1	Casserole dish	Baking tray	CT 88 °C
	Moussaka		170		50 - 70	2	1	Casserole dish	Baking tray	
	Pasta casserole		190		25 - 35	2	1	Casserole dish	Baking tray	CT 88 °C
	Potato casserole		170		50 - 65	2	1	Casserole dish	Baking tray	
	Shepherd's Pie		190		20 - 30	2	1	Casserole dish	Baking tray	
Sweet	Vegetable casserole		180		25 - 40	2	1	Casserole dish	Baking tray	CT 88 °C
	Baked pudding		160		30 - 50	2	1	Casserole dish	Baking tray	CT 85 °C














## Side: potatoes

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position		Tray/container	Shelf	Tips and core temperature (CT)
					EB7/6	EB4			
Baked potatoes		200		50 - 70	2	1	Wrapped in foil	Wire rack	For conventional cooking, increase temperature by 20 °C and preheat
Duchesse potatoes		180		25 - 30	3	2	Baking tray		
Potato croquettes (frozen)		180		20 - 40	3	2	Baking tray, AirFry tray		Turn occasionally/shake
Potato wedges		180		30 - 35	3	2	Baking tray, AirFry tray		Turn occasionally/shake
Oven chips (frozen)		200		20 - 40	3	2	Baking tray, AirFry tray		Turn occasionally/shake

## Side: potatoes

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4		Tray/container	Shelf	Tips and core temperature (CT)
Sweet potato wedges		180		25 - 30	2	2	Baking tray, AirFry tray		Turn occasionally / shake

## Bread and pastries

Food	Heat function	Temp. in °C *EB4	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4		Tray/container	Shelf	Tips and core temperature (CT)
Bagels		230 *210	230 °C	15 - 20	2	1	Baking tray		Line tray with baking paper
Bread		180		40 - 50	2	1	Baking tray, pastry tray		Can be started at 230 °C, preheat for 5 mins if necessary
Bread (fresh)		180	5 minutes	8 - 12	2	1	Baking tray, pastry tray		If it's a convenience product, follow the instructions on the packaging
Bread (frozen)		190	5 minutes	8 - 15	2	1	Wire rack, pastry tray		
Bread in cast iron casserole dish		280 *270	280 °C	40 - 50	2	1	Cast iron casserole dish	Wire rack	Preheat cast iron casserole dish in oven
Bread on pizza stone		280 *270	280 °C	35 - 45	2	1	Pizza stone	Wire rack	Preheat pizza stone for 30 mins - switch to bread baking function
Brioche		180		30 - 35	2	1	Tin	Wire rack	
Croissants (fresh)		190	5 minutes	6 - 10	2	2	Baking tray, pastry tray		If it's a convenience product, follow the instructions on the packaging
Focaccia, flat bread		210		25 - 30	2	1	Baking tray, pastry tray		
Fondue hot dog bun		200		25 - 30	2	1	Baking tray, pastry tray		
Garlic bread		180	180 °C	5 - 15	2	2	Baking tray, pastry tray		
Naan		230	5 minutes	6 - 8	5	4	Baking tray, pastry tray		Turn halfway through cooking
Pide		180		25 - 35	3	1	Baking tray		Grease the tray



Fan cooking



Conventional cooking (top/bottom heat)















Bread baking






Pizza setting



Grill


















Food	Heat function	Temp. in °C * EB4	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6      EB4		Tray/container	Shelf	Tips and core temperature (CT)
Pizza (fresh conv.)		220	220 °C	8 – 20	2	1	Baking tray, pastry tray		Follow the instructions on the packaging
Pizza (frozen conv.)		210	210 °C	15 – 20	2	1	Baking tray, pastry tray		Follow the instructions on the packaging
Pizza, homemade thick crust		300 *280	15 minutes	4 – 7	3	2	Baking tray, pastry tray		
Pizza, homemade thin crust		300 *280	15 minutes	3 – 5	3	2	Baking tray, pastry tray		
Rolls/baguette		200		25 – 30	2	1	Baking tray, pastry tray		
Rolls/baguette (fresh)		190	5 minutes	6 – 10	2	2	Baking tray, pastry tray		If it's a convenience product, follow the instructions on the packaging
Rolls/baguette (frozen)		180	5 minutes	10 – 20	2	2	Wire rack, pastry tray		
Sweet German dumplings (Dampfnudeln)		160		25 – 40	1	1	Gratin dish	Wire rack	
Sweet yeast dumplings (Buchtein)		160		25 – 40	1	1	Gratin dish	Wire rack	
Swiss braided bread		230 *210	230 °C	25 – 35	2	1	Baking tray		After 10 mins, reduce to 180–190 °C, with EB4 bake at 180 °C on fan cooking setting
Toast		230	5 minutes	1 – 5	5	4	Baking tray, pastry tray		Observe carefully, turn
Toasted sandwich, cheese on toast variations		200	5 minutes	3 – 6	5	4	Baking tray, pastry tray		

## Fish

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6      EB4		Tray/container	Shelf	Tips and core temperature (CT)
Fish casserole		180		30 – 40	2	1	Tin	Wire rack	
Fish fingers		190		20 – 30	2	2	Baking tray, AirFry tray		Turn occasionally/ shake
Whole baked fish		190		25 – 40	3	2	Baking tray		CT 64 °C



# Meat: poultry and veal

	Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position		Tray/container	Shelf	Tips and core temperature (CT)
						EB7/6	EB4			
Poultry	Chicken, half		200		40 - 50	2	2	Wire rack	Baking tray	
	Chicken leg		190		40 - 50	3	2	Wire rack	Baking tray	
	Chicken, whole		180		55 - 65	2	1	Wire rack	Baking tray	
	Chicken wings		200		30 - 40	3	2	Wire rack	Baking tray	
	Coq au vin		130		60 - 70	2	2	Roasting pot	Baking tray	Sear first
	Duck, whole		160		120 - 150	2	1	Wire rack	Baking tray	
	Goose, whole 3 kg		160		150 - 180	2	1	Roasting pot	Baking tray	Baste occasionally
	Turkey breast		90	100 °C	70 - 90	2	2	Wire rack	Baking tray	Sear before or after roasting, CT 70 °C
	Turkey, whole, 4.5 kg		160		180 - 210	2	1	Wire rack	Baking tray	Baste occasionally
Veal	Fillet		80	90 °C	90 - 120	2	2	Wire rack	Baking tray	Sear before or after roasting, CT 62 °C
	Goulash-style ragout		130		90 - 120	2	2	Roasting pot	Baking tray	Sear first, cover and braise
	Loin		80	90 °C	150 - 200	2	2	Wire rack	Baking tray	Sear before or after roasting, CT 62 °C
	Ossobuco, veal shank		130		90 - 120	2	2	Roasting pot	Baking tray	Sear first, cover and braise
	Roast		180		90 - 120	2	2	Roasting pot	Baking tray	CT 75 °C
	Roast chops		180		80 - 100	2	1	Wire rack	Baking tray	CT 62 °C
	Roasted fillet		170		30 - 50	2	2	Wire rack	Baking tray	CT 62 °C
	Rolled roast		150		120 - 150	2	2	Roasting pot	Baking tray	



Turbo grilling



















Fan cooking



Low temperature cooking

# Meat: lamb and beef

	Food	Heat function	Temp. in °C *EB4	Preheating	Cooking time (mins) without preheating	Shelf position		Tray/container	Shelf	Tips and core temperature (CT)
						EB7/6	EB4			
Lamb	Curry stew		130		70 – 90	2	2	Roasting pot	Baking tray	Sear first
	Rack of lamb		230		20 – 25	3	2	Wire rack	Baking tray	CT 62 °C
	Roast leg of lamb		140		120 – 150	2	1	Roasting pot	Baking tray	CT 65 °C
	Shoulder		160		50 – 80	2	2	Roasting pot	Baking tray	CT 70 °C
Beef	Beef braised in vinegar (Sauerbraten)		150		100 – 150	2	2	Roasting pot	Baking tray	Sear first, cover and braise
	Beef roulade		120		60 – 70	2	2	Roasting pot	Baking tray	Sear first, cover and braise
	Beef Wellington		200 *190		35 – 45	2	1	Baking tray		Grease the baking tray, CT 55 °C
	Braised beef (Schmorbraten)		150		120 – 150	2	2	Roasting pot	Baking tray	Sear first, cover and braise
	Chateau Briand		80	90 °C	45 – 60	2	2	Wire rack	Baking tray	Sear before or after roasting, CT 55 °C
	Goulash		130		90 – 120	2	2	Roasting pot	Baking tray	Sear first, cover and braise
	Rib eye		80	90 °C	240 – 300	2	1	Wire rack	Baking tray	Sear before or after roasting, CT 57 °C
	Roast beef in Hungarian- style stock (Zigeunerbraten)		150		100 – 150	2	1	Roasting pot	Baking tray	Sear before or after roasting, CT 57 °C
	Roast sirloin		200		40 – 60	2	2	Wire rack	Baking tray	CT 55 °C
	Roast sirloin		80	90 °C	150 – 200	2	2	Wire rack	Baking tray	Sear before or after roasting, CT 55 °C
	Saftplätzli (Steak in jus)		180		100 – 120	2	2	Roasting pot	Baking tray	Cover and braise
	Whole beef fillet		80	90 °C	90 – 150	2	2	Wire rack	Baking tray	Sear before or after roasting, CT 57 °C



Fan cooking



Turbo grilling




















Pizza setting



Low temperature cooking



# Meat: pork, game and other

	Food	Heat function	Temp. in °C *EB4	Preheating	Cooking time (mins) without preheating	Shelf position		Tray/container	Shelf	Tips and core temperature (CT)
						EB7/6	EB4			
Pork	Bacon-wrapped Swiss medallions		220	220 °C	20 - 30	2	1	Roasting pot	Baking tray	
	Fillet		80	90 °C	40 - 50	2	2	Wire rack	Baking tray	Sear before or after roasting, CT 62 °C
	Ham roast		160		90 - 120	2	1	Roasting pot	Baking tray	
	Loin		80	90 °C	180 - 210	2	2	Wire rack	Baking tray	Sear before or after roasting, CT 62 °C
	Pork Wellington		200 *190		30 - 45	2	1	Baking tray		Grease the baking tray, CT 62 °C
	Pre-cooked knuckle of pork		160		90 - 120	2	1	Roasting pot	Baking tray	
	Roast		160		90 - 120	2	1	Wire rack	Baking tray	Reduce heat during cooking if necessary, CT 85 °C
	Roasted tenderloin		170		35 - 50	2	2	Wire rack	Baking tray	CT 62 °C
	Smoked roast		150		70 - 90	2	2	Roasting pot	Baking tray	CT 85 °C
	Spareribs		190		35 - 45	3	2	Wire rack	Baking tray	
Game	Braised rabbit		130		60 - 90	1	1	Roasting pot	Baking tray	Sear first, cover and braise
	Leg of hare		160		60 - 70	2	2	Roasting pot	Baking tray	CT 70 °C
	Leg of venison		205		60 - 90	2	1	Wire rack	Baking tray	CT 75 °C
	Saddle of hare		190		40 - 50	2	2	Wire rack	Baking tray	
	Saddle of venison		190		50 - 70	2	1	Wire rack	Baking tray	CT 62 °C
	Saddle of wild roe		200		20 - 40	2	2	Wire rack	Baking tray	CT 62 °C
	Venison steak		80	90 °C	50 - 60	2	2	Wire rack	Baking tray	Sear before or after roasting, CT 62 °C



Conventional cooking  
(top/bottom heat)



Low temperature cooking











Turbo grilling








Pizza setting




















Fan cooking

Other	Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6      EB4		Tray/container	Shelf	Tips and core temperature (CT)
	Wild boar		130		100 – 150	2	1	Roasting pot	Baking tray	Cover and braise
	Wild roe stew (Rehpfeffer)		130		90 – 120	2	2	Roasting pot	Baking tray	Sear first, cover and braise
	Burger		230		15 – 20	4	3	Baking tray		Turn halfway through cooking
	German sausage (Bratwurst)		200	5 minutes	13 – 15	5	4	Baking tray		Watch carefully, turn after 10 minutes
	Kofta		230		12 – 18	4	3	Baking tray		Turn halfway through cooking
	Meatloaf		140		60 – 90	2	2	Roasting pot	Baking tray	For conventional cooking, increase temperature by 20 °C and preheat, CT 70 °C
	Meatloaf		180		50 – 80	2	1	Roasting pot	Baking tray	CT 75 °C
	Sausage roll		200		25 – 30	2	2	Baking tray		

## Fruit

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6      EB4		Tray/container	Shelf	Tips and core temperature (CT)
Dried fruit, fruit drying		70		600 – 900	3	2	Baking tray, pastry tray		Leave oven door slightly ajar, open occasionally using a spoon or magnet
Fruit jam		130		40 – 60	1	1	Preserving jars	Drip pan	See user guide, use water in drip pan with "Preserving" setting
Preserving pome fruit		160		35 – 45	1	1	Preserving jars	Drip pan	See user guide, use water in drip pan with "Preserving" setting
Preserving soft fruit		160		35 – 45	1	1	Preserving jars	Drip pan	See user guide, use water in drip pan with "Preserving" setting
Preserving stone fruit		160		35 – 45	1	1	Preserving jars	Drip pan	See user guide, use water in drip pan with "Preserving" setting

# Pies and pastries: savoury and sweet biscuits and pastries

	Food	Heat function	Temp. in °C *EB4	Preheating	Cooking time (mins) without preheating	Shelf position		Tray/container	Shelf	Tips and core temperature (CT)
						EB7/6	EB4			
Biscuits	Amaretti biscuits		155		20 - 25	2	2	Baking tray		
	Cinnamon roll		230		13 - 15	2	2	Baking tray		Line tray with baking paper
	Cream puff, choux, éclairs		170		30 - 45	2	2	Baking tray		Do not open oven door until end of baking time
	Cupcakes, muffins		180 *170		35 - 40	2	1	Tin	Wire rack	
	Flaky pastries		200		20 - 30	2	1	Baking tray		
	Ham croissant		190 *170		20 - 25	2	2	Baking tray		
	Lemon shortbread biscuits		200 *190	200 °C	12 - 15	2	1	Baking tray		
	Macarons		100		80 - 100	2	2	Baking tray		Leave oven door slightly ajar, open occasionally using a spoon or magnet
	Meringues		110		90 - 120	2	2	Baking tray		Leave oven door slightly ajar, open occasionally using a spoon or magnet
	Nibbles and canapés		200	200 °C	10 - 20	2	2	Baking tray		
	Sweet pastries		140		30 - 40	2	2	Baking tray		
Savoury	Börek		220	5 minutes	35 - 40	2	1	Baking tray		Grease the tray, base may need additional baking using bottom heat at 250 °C
	Cheese quiche		190		40 - 50	2	1	Tin	Wire rack	
	Quiche Lorraine		190		40 - 50	2	1	Tin	Wire rack	
	Savoury filled pie		180		40 - 50	2	1	Tin	Wire rack	
	Tarte flambée		230		10 - 15	2	1	Baking tray, pastry tray		
	Wähe (Swiss vegetable tart)		190		45 - 55	2	1	Baking tray		






















Fan cooking



Conventional cooking  
(top/bottom heat)



Pizza setting

Food	Heat function	Temp. in °C *EB4	Preheating	Cooking time (mins) without preheating	Shelf position		Tray/container	Shelf	Tips and core temperature (CT)
					EB7/6	EB4			
Almond cake		190		35 - 40	2	1	Tin	Wire rack	
Apple cake		160		25 - 30	2	2	Tin	Wire rack	
Apple pie		160		70 - 90	2	2	Tin	Wire rack	
Baklava		170		35 - 55	2	1	Tin	Wire rack	
Brownies		190		30 - 40	2	1	Baking tray		
Bundt cake		180		40 - 45	2	2	Tin	Wire rack	
Cheesecake		180		50 - 70	2	1	Springform cake tin	Wire rack	
Fruit flan		200 *180		30 - 45	2	2	Tin	Wire rack	
Graubünden nut pastry		200		40 - 50	2	1	Tin	Wire rack	
Lemon tart		220	220 °C	20 - 30	2	1	Tin	Wire rack	After 15 mins, remove the baking beans (or rice etc.) and return to oven to complete blind baking
Linzer torte		160		40 - 50	3	2	Tin	Wire rack	
Lucerne ginger cake		165		70 - 80	2	1	Springform cake tin	Wire rack	
Madeira cake		150		70 - 90	2	1	Tin	Wire rack	
Marble bundt cake		165		55 - 70	2	1	Tin	Wire rack	
Shortcrust pastry case		155		25 - 30	3	2	Tin	Wire rack	
Shortcrust pastry tart		170		40 - 50	3	2	Tin	Wire rack	
Sponge tray bake		180		30 - 40	2	1	Baking tray		
Vully tart		200	200 °C	20 - 30	2	1	Tin	Wire rack	
Yeast cake tray bake		170		35 - 45	2	2	Baking tray		



















Conventional cooking  
(top/bottom heat)


Pizza setting



Fan cooking

# Pies and pastries: sweet



Food	Heat function	Temp. in °C *EB4	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6 EB4		Tray/container	Shelf	Tips and core temperature (CT)
Carrot cake		180	180 °C	50 - 60	2	1	Springform cake tin	Wire rack	
Fruit sponge		180		50 - 60	2	1	Springform cake tin	Wire rack	
Fruit tart		220 *200		50 - 55	2	1	Baking tray	Wire rack	
Lemon loaf cake		170		60 - 70	2	1	Loaf tin	Wire rack	
Pavlova		120		120 - 180	2	2	Baking tray		Leave oven door slightly ajar, open occasionally using a spoon or magnet
Quark cheesecake		170		70 - 90	2	1	Tin	Wire rack	
Rosenkuchen yeast cake		190		40 - 50	2	2	Tin	Wire rack	
Russenzopf brioche hazelnut cake		180		40 - 50	2	2	Loaf tin	Wire rack	
Sachertorte		180	180 °C	50 - 60	2	1	Springform cake tin	Wire rack	
Savarin		180	180 °C	25 - 35	2	1	Tin	Wire rack	
Sponge cake		170		55 - 75	2	1	Loaf tin	Wire rack	
Sponge cake layers		160		30 - 40	2	1	Springform cake tin	Wire rack	For conventional cooking, increase temperature by 20 °C and preheat
Strudel		200		40 - 50	2	2	Baking tray		Grease the tray, base may need additional baking using bottom heat at 250 °C
Sweet yeast cake		180		35 - 45	2	2	Tin	Wire rack	
Swiss Easter tart (Osterfladen)		180		45 - 55	2	1	Tin	Wire rack	
Swiss roll		230	230 °C	8 - 10	2	2	Baking tray		Line tray with baking paper
Tarte Tatin		220 *200	220 °C	35 - 45	2	1	Tin	Wire rack	Cook the apples in caramel for approx. 20 mins, cover with the crust and bake for approx. 15 mins















Conventional cooking  
(top/bottom heat)



Fan cooking

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6      EB4		Tray/container	Shelf	Tips and core temperature (CT)
Tyrolean nut cake		170		55 – 75	2	1	Loaf tin	Wire rack	
Zupfkuchen chocolate cheesecake		170		70 – 80	2	1	Springform cake tin	Wire rack	

## Vegetables

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position EB7/6      EB4		Tray/container	Shelf	Tips and core temperature (CT)
Aubergines		180		30 – 40	1	1	Baking tray		
Baked squash		180		25 – 35	2	2	Baking tray		Turn occasionally / shake
Bell pepper		180		25 – 35	2	2	Baking tray		
Chicory		180		20 – 30	1	1	Baking tray		
Courgette		180		25 – 30	1	1	Baking tray		
Dried vegetables, dried mushrooms		70		180 – 600	3	2	Baking tray, pastry tray		Leave oven door slightly ajar, open occasionally using a spoon or magnet
Kale crisps		130		35 – 45	2	2	Baking tray, AirFry tray		Turn occasionally / shake
Onion		180		25 – 30	1	1	Baking tray		
Oven roasted vegetables		180		30 – 35	2	2	Baking tray		Turn occasionally / shake
Preserving vegetables		160		50 – 60	1	1	Preserving jars	Drip pan	See user guide, use water in drip pan with "Preserving"
Roast chestnuts		200		25 – 35	3	2	Pastry tray, AirFry tray		Soak first and cut slit into shell. Turn occasionally / shake
Vegetables, stuffed		170		35 – 45	2	2	Baking tray		



Fan cooking








Drying



Preserving

# Other

Food	Heat function	Temp. in °C	Preheating	Cooking time (mins) without preheating	Shelf position		Tray/container	Shelf	Tips and core temperature (CT)
					EB7/6	EB4			
Heating cherry stone heat packs		90		15 - 25	3	2	Wire rack		Turn occasionally/shake
Roasted nuts, party nuts		180		13 - 20	2	2	Baking tray		Turn occasionally/shake
Preheating a pizza stone		300	300 °C	30 - 40	2	1	Wire rack		Avoid thermal shock, leave to cool in oven
Preheating a salt stone		280	280 °C	35 - 45	2	1	Wire rack		Avoid thermal shock, leave to cool in oven
Proofing dough		35		45 - 90	1	1	Bowl	Wire rack	Dough should double in size, bowl must be covered



Fan cooking



Dough proving



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