

Induction Cooktop

LENDING PROGRAM

Welcome Letter

Standard (Flat) Cooktop Operating Instructions

Wok Cooktop Operating Instructions

Recipe Booklet

Powering Alameda County and the Valley

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Welcome to the Induction Cooktop Lending Program by Ava.

Induction cooking is a faster, healthier, safer, and more efficient way to cook your favorite meals, providing immediate and precise temperature control and no gas fumes!

This Induction Cooking Lending Kit includes:

- Induction Resources Packet that includes a letter, induction cooktop operating instructions, recipe booklet, and a magnet. These are yours to keep.
- Either a standard (flat) induction cooktop and pan or an induction wok cooking hob, wok, and lid. After unpacking, leave the foam in the bag so you can put it back when you return the unit.

Induction Resources Packet is also available in Spanish, simple Chinese, and Vietnamese. You can download the in-language versions online at AvaEnergy.org/induction-resources.

New to induction cooking?

The following resources make the adjustment to induction cooking easier:

- Find delicious cooking videos featuring renowned chefs, easy to prepare recipes, cooktop operating videos, and more at AvaEnergy.org/induction-resources.
- Go to AvaEnergy.org/induction-rebate to find information about available rebates that can help you purchase a new induction cooktop or range.

There is a learning curve with induction cooktops, so we offer these tips:

- Induction cooktops heat up to 50% faster than natural gas and electric resistance coil cooktops, so you don't need to wait as long to heat up the pan or pot. A lower setting may be enough to keep your food warm.
- Magnetic cookware is needed for induction to work. Use the enclosed magnet to test your cookware by sticking it to the bottom of your pan or pot. The stronger the magnet sticks to the pan or pot, the better it will work with induction.

Switching to induction is a great way to lower your carbon footprint.

Through programs like the Induction Cooktop Lending Program, we want to encourage customers to adopt energy-efficient appliances in their homes. Join us in the fight against climate change.



Induction Cooktop LENDING PROGRAM

Standard (Flat) Cooktop Operating Instructions

Questions? Email induction-cooking@AvaEnergy.org

Compatible Cookware

Cookware must be:

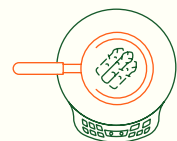
- flat-bottomed
- 4.75"–10.25" in diameter (12cm–26cm)
- made of steel, stainless steel, enameled iron, or cast iron

Magnetic cookware is required for induction to work.

Use the enclosed magnet to test your cookware. The stronger the magnet sticks to the bottom of the pan, the better your cookware will work with induction.

When attempting to select a heat mode using incompatible cookware, the LED display will flash —.

Quick Start Guide

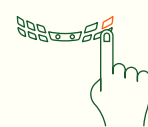


1. Place induction-compatible cookware on the ceramic induction cooktop plate.

Put ingredients inside cookware before turning on the power.



2. Insert the power plug into a suitable outlet.



3. Press START.

The defaults are 375°F for 1 hour.*



4. Adjust cooking temperature.

You can increase/decrease the temperature manually by selecting one of the six preset temperature buttons, or by pressing (-) or (+) buttons to adjust the temperature down or up in 10° increments.



5. Adjust cooking time.

To cook for a specific time or longer than 1 hour, set each column as follows.

For example, to set 3 hours and 45 minutes:

Press TIME to set column one, then press (+) five times to set 5 minutes.

Press TIME again to set column 2, then press (+) four times to set 40 minutes.

Press TIME again to set column three, then press (+) three times to set 3 hours.

The flashing digit is the number being altered.

* The cooktop will automatically shut down after 90 seconds of not having an induction-compatible pan or pot on it.

Buttons and Settings

Prog

Set your own cooking stages.

Time

Adjusts the cooking time.

Watts

Controls the power consumption. Toggle between 600, 900, and 1500 watts.

Pause/Clear

Pauses and clears the cooking process.

Start

Begins the cooking process.

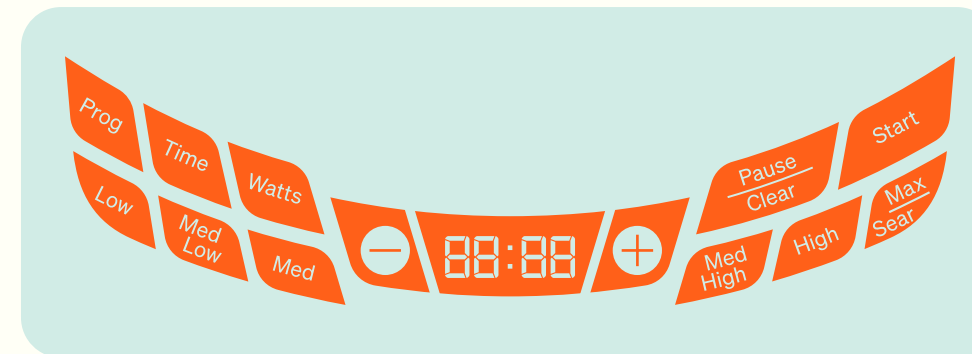
Low/Med Low/Med

Adjustable set temperatures: 100°F, 175°F, and 275°F.

Med High/High/Max Sear

Adjustable set temperatures: 375°F, 425°F, and 575°F (sear).

Control Panel



(-)

Use this button to decrease cooking temperature and time before and during the cooking process.

(+)

Use this button to increase cooking temperature and time before and during the cooking process.

Preset Temperature Buttons

Button	Temp	Examples
Low	100°F	Warm
Med/Low	175°F	Simmer
Med	275°F	Steam
Med/High	375°F	Stir/Deep Fry
High	425°F	Boil/Saute
Max/Sear	575°F	Sear

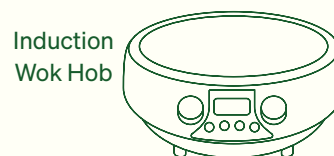
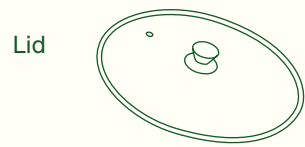


Induction Cooktop LENDING PROGRAM

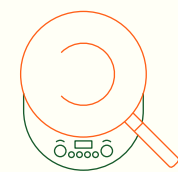
Wok Cooktop Operating Instructions

Questions? Email induction-cooking@AvaEnergy.org

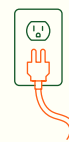
Wok Cooktop Lending Kit Components



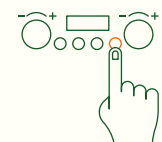
Quick Start Guide



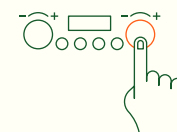
1. Place the induction-compatible wok on the induction cooktop hob.



2. Insert the power plug into a suitable outlet.

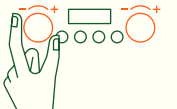


3. Press the ON/OFF button to turn on the induction wok cooktop.



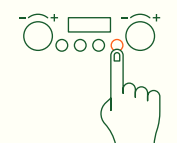
4. Press the START button to activate the cooking mode.

375°F and TEMP will be displayed, and the count-down will begin. The wok is defaulted to 375°F for 20 minutes.



Adjust Temperature
Turn the dial to decrease or increase the temperature.

Adjust Time
Turn the dial to increase or decrease the time.



5. Press the ON/OFF button to turn off the induction wok cooktop.

Buttons, Dials, and Settings

Temperature Dial
Turn the dial to decrease or increase temperature.

Time Dial
Turn the dial to increase or decrease time.

Pause/Clear
Press PAUSE/CLEAR to pause the unit. To resume, press START. Press PAUSE/CLEAR again to clear the setting.

Start
Press the Start button to activate the cooking mode.

Preheat
Press PREHEAT and PREHEAT and 375°F will be displayed. Adjust temperature and time as needed. The preheat program has a default of 375°F for 20 minutes.

Press START. Selected temperature and F will be flashing.

Control Panel



When your selected temperature has been reached, the temperature and READY will be displayed. The wok will hold that temperature for 5 minutes or until you press START.

Stage
The STAGE function allows you to create programmable settings with time and temperatures.

Watts
The default setting is 1500 watts. Press this button repeatedly to switch to 600, 900, and back to 1500.

On/Off
Press ON/OFF once to turn on. 0 will be displayed. Press ON/OFF again to turn the unit off.

Induction Cooktop

LENDING PROGRAM

Recipe Booklet



Reem Assil
Reem's California



The Perfect Shakshuka

by Reem Assil

Yield: 3 to 4 servings Time: 45 minutes

INGREDIENTS

SHAKSHUKA

- 2½ cups onion, medium diced (about 1 medium onion)
- 1 tablespoon garlic, finely minced (about 4 cloves)
- 1½–2 pounds red bell peppers (about 4–6)
- 2 pounds tomatoes (about 8 medium-sized tomatoes)
- 2 tablespoons olive oil, divided
- 1 teaspoon cumin, ground
- 1 teaspoon coriander, ground
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon Aleppo pepper or red chili flakes
- 1 teaspoon honey
- 3–4 eggs (your preference)

GARNISH

- ¼ cup crumbled feta (optional)
- 2 tablespoons freshly chopped parsley (optional)
- Olive oil for drizzling

INSTRUCTIONS

STEP 1 Heat a cast iron or magnetic stainless steel sauté pan on an induction burner at a medium-high setting until it starts to smoke.

STEP 2 Coat peppers in olive oil and char in the pan on all sides.

STEP 3 Halve the tomatoes lengthwise, coat in oil, place cut-side down, and keep rotating them on the pan until you get nice chars and the tomato starts to soften. Remove.

STEP 4 Once peppers are collapsed, charred, and bubbling, transfer to a bowl and cover. Once cool, peel away the skin and pull out the seeds and veins.

STEP 5 In the same pan or a shallow sauce pan, over a medium-high setting, sauté the onion until translucent, add the garlic, cook a minute more. Add the spices, salt and pepper, and cook another minute. Transfer the tomatoes with skins and any pan juices along with the peppers, into the pan, and lower the heat to a simmer for about 20 minutes stirring



Photo by Sana Javeri Kadri

frequently. Add up to half a cup of water as needed to keep the sauce from burning.

STEP 6 Transfer to a food processor and mix to smooth, or blend with an immersion blender. Add honey. The sauce should be thick.

STEP 7 Make wells with a spoon and crack an egg into each well. Sprinkle with salt, cover, and simmer over a medium heat setting for 5–10 minutes until the whites are firm and the eggs are to your liking.

STEP 8 Top with garnish and serve with pita for scooping.

Watch the video at
AvaEnergy.org/induction-resources



Nite Yun
Nyum Bai



Cambodian Black Pepper Beef (Lok Lak)

by Nite Yun

Yield: 4 servings Time: 20 minutes

INGREDIENTS

- 1/3 cup oyster sauce
- 1/4 cup crushed garlic (about 8 garlic cloves)
- 3 tablespoons cooking rice wine
- 2 3/4 tablespoons raw sugar
- 2 tablespoons soy seasoning sauce (such as Golden Mountain)
- 2 tablespoons dark soy sauce
- 2 1/2 teaspoon crushed Kampot
- 2 tablespoons cornstarch
- 2 tablespoons water
- 2 pounds flank steak, cut into 3/4-inch cubes
- 2 tablespoons olive oil
- 2 cups thinly sliced red onion (from 1 medium onion)
- 2 tablespoons fresh lime juice (from 1 lime)
- 1 teaspoon coarse sea salt
- 1 teaspoon coarsely ground Kampot or other black peppercorns
- 8 butter lettuce leaves
- 1 unripe red tomato, cut into 8 wedges

INSTRUCTIONS

STEP 1 Stir together oyster sauce, garlic, rice wine, sugar, soy seasoning sauce, dark soy sauce, and crushed Kampot peppercorns in a small bowl.

STEP 2 Stir together cornstarch and 2 tablespoons water in a medium bowl until cornstarch is dissolved; add beef, and toss to coat. Add 1/4 cup of the oyster sauce mixture; cover and refrigerate 8 hours or overnight. Cover remaining oyster sauce mixture, and set aside.

STEP 3 Heat olive oil in an induction wok set on high. Carefully add beef mixture to wok, and cook, shaking wok often, until beef has a brown sear, 4–5 minutes. Add red onion and remaining oyster sauce mixture, and cook, shaking wok often, 2 more minutes.

STEP 4 Stir together lime juice, sea salt, and coarsely ground Kampot peppercorns. Place beef, lettuce leaves, and tomatoes on a platter, and serve with lime sauce.



Watch the video at
AvaEnergy.org/induction-resources



Hanif Sadr
Komaaj



Northern Iranian Bademjan Kebab

by Hanif Sadr

Yield: 4 to 6 servings Time: 90 minutes

INGREDIENTS

BIEH SAUCE

- 4 bunches cilantro
- 2 bunches parsley
- 1 bunch mint
- 1 bunch green onion
- 1 medium yellow onion
- 5 cloves garlic
- 10 ounces pomegranate molasses
- 1 pound walnuts
- 1 teaspoon turmeric
- ½ teaspoon paprika
- 8 ounces vegetable broth
- canola oil
- salt and pepper

ROASTED EGGPLANT

- 4–6 Italian eggplants
- olive oil
- sumac
- salt and pepper

INSTRUCTIONS

STEP 1 Wash and dry all the herbs and pre-heat oven to 350°F.

STEP 2 Puree the herbs, garlic, and onion in a food processor.

STEP 3 Finely crush walnuts in a food processor.

STEP 4 Heat up canola oil in a pan, add herbs mixture and crushed walnuts, stirring continuously for 15 minutes.

STEP 5 After half of the water is gone, add turmeric, paprika, salt, and pepper and continue stirring for 5 minutes.

STEP 6 Add the pomegranate molasses and vegetable broth and stir well. Let it cook for 10 minutes stirring occasionally. Lower the heat and cook the sauce for 20 more minutes.

STEP 7 Cut the eggplants lengthwise and place on a baking sheet, skin side down. Season with olive oil, sumac, salt, and pepper.

STEP 8 Roast the eggplant for 20–25 minutes.

STEP 9 Keep the eggplant on the baking sheet and scoop 1–2 Tbsp of the bieh on top of the eggplant. Cover the sheet with aluminum foil and put back in the oven for 8–10 minutes. Uncover the sheet for the last 3–5 minutes.

STEP 10 Garnish with fresh herbs, sprouts, barberries, and pomegranate seeds.



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Learn about the science behind induction cooking at AvaEnergy.org/induction