



CRISTEL[®]
FRANCE

BIOME

USE & CARE



ORIGINE
FRANCE[®]
GARANTIE

BV Cert. 60 94 53

www.cristel.com

BIOME

HEALTHY COOKING



BV Cert. 6019453



CRISTEL[®]
FRANCE

First French Manufacturer of High-end
Stainless Steel Cookware.

BIOME
healthy cooking



BV Cert. 6019453

PRESERVES

vitamins,
antioxidants
and mineral salts

VERSATILE

3 types of cooking



ENVIRONMENTALLY FRIENDLY

lifetime warranty

Biome Healthy Cooking

CRISTEL has, quite naturally, always operated with the utmost respect towards human life and the environment.

Our BIOME concept is an combination of our know-how for healthy cooking. Cooking with quality ingredients will make for healthier meals that provide more energy, all with the assurance of being environmentally conscious, thanks to our choice of eco-friendly manufacturers.

Thanks to BIOME, you can preserve the most essential elements of your food: the vitamins, nutrients and mineral salts that your body requires on a daily basis.

Nutrients are essential for the proper functioning of our body:

- **Vitamins** play a vital role, allowing your body to be stronger against illness. Each vitamin has a set function: vitamin C, for example, helps the body to fight off viral infections and heal wounds.
- Or take **polyphenols**, which are **antioxidants** that allow to slow down the aging process of your cells: they play a major role in preventing certain cancers and various cardiovascular or inflammatory diseases.
- Our bodie does not produce the majority of nutrients; rather, they are introduced through food. This is why preserving nutrients when cooking is very important for maintaining good health.

Our products are thought-out, designed and manufactured in France at our factory in Fesches-le-Chatel, in the Doubs department. BIOME is therefore accredited with the "**Origine France Garantie**" label, a guarantee of flawless quality.

Like all CRISTEL products, the BIOME is made of premium 18/10 stainless steel, has a lifetime-warranty, and is 85% recycled and 100% recyclable. It's one of the hallmarks across our brand.

Every day, the women and men at CRISTEL are working hard to provide you with high-quality and high-performance products that ensure healthy cooking.

BIOME was created by CRISTEL to provide a cooking solution respectful of all these nutrients and, with the help of the thermometer adapted to our glass lid and our cooking guide, healthy delicious meals are on the menu!

Here's to cooking, and to your health!

What is BIOME

One cookware for three types of cooking

1 STEAM COOKING

The steamer for a gentle steaming below 95 °C (210°F)



THE THERMOMETER

For a precise control of the temperatures

REMOVABLE SIDE HANDLES



2 GENTLE COOKING

The Multiply saucepan to practice gentle cooking thanks to the control thermometer.

3 A COMBINATION OF BOTH METHODS

Combine these two cooking methods for more freedom in the kitchen



Biome cooking

The thermometer built into the Biome's lid helps achieve perfect control of the temperature inside the saucepan to retain the optimal nutritional value of the food it contains.



GENTLE COOKING

Gentle cooking, also called slow cooking, or stewing, helps preserve vitamins and minerals while amplifying the taste of food. And it does not require any added fat for cooking.

High temperatures break down vitamins. At temperatures over 60°C (140°F), vitamins start to fade. This is a continuing phenomenon. Above 100°C (210°F), they are nearly entirely dissipated, and only the most resistant minerals remain.

The 5-ply Multiply structure of the BIOME saucepan allows perfect heat conduction and ensures exceptional cooking quality even at low temperatures.



STEAM COOKING

Steam cooking is the method that best protects vitamins and minerals, because it is a fairly quick process and it avoids any direct contact with water. In a pressure cooker, cooking times are lower, but vitamin loss occurs faster. This gives steam cooking a clear advantage in terms of optimal preservation of nutrients in your food.



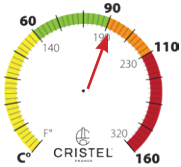
MIXED COOKING

This combines gentle cooking and steam cooking. Its main advantage is offering a wider range of flavours and textures while preserving the nutritional qualities and vitamins.

Cooking tips



GENTLE COOKING



1/ Place ingredients in the pot according to your recipe's instructions.

2/ Cover with the lid and its thermometer. Place your Biome on your stove at 2/3 of its maximum power (gas, electricity, glass ceramic or induction).

3/ Once the thermometer reaches 90°C (195°F), lower your heat to 1/3 of the maximum power of your stove and maintain this temperature for the specified cooking time.



STEAM COOKING



1/ Fill the Biome pot with 1/2 litre (1/2 a quart) of water (Small Biome - ø 20 cm / 8") or 1 litre (1 quart) of water (Large Biome - ø 24 cm / 9.5").

2/ Place your vegetables in the steamer. Cover with the lid fitted with the thermometer and place it on the saucepan.

Place Biome on the heat source (gas, electricity, glass ceramic or induction). Heat up at maximum power and wait for the temperature to reach 95°C (200°F).

3/ Once you reach 95°C (200°F), lower the heat to 1/3 the power of the heat source and cook as long as specified in your recipe.



MIXED COOKING

As each recipe is different, please refer to the cooking and preparation tips.

BIOME in detail

1

CURVED LID

This transparent lid is made from ultra-resistant borosilicate glass. Its concave shape allows condensed water to run along the edge of the lid and the sides of the pot to avoid dripping into the food when cooking.

2

THERMOMETER

Controls temperature and the different cooking zones

3

100% STAINLESS STEEL STEAMER

with removable handle.

Thickness 0.8 mm

The size, number and organisation of the steamer's holes have been carefully considered to ensure perfect steam and heat circulation within Biome. Guarantees controlled, successful cooking.

4

REMOVABLE GRIPS

made from solid walnut wood

5

SAUCEPAN WITH REMOVABLE HANDLE

Thick body with Multiply® technology

- Side thickness: 2.3 mm

- Bottom thickness: 6 mm

The Multiply structure of the saucepan allows perfect heat conduction.

Stainless steel

Aluminum

Stainless steel

Aluminum

Induction stainless steel



BYCert. 6019453

Manufactured in France

CRISTEL is a family business that continually invests to develop its industrial tools. People's intelligence and skills combined with powerful machines ensure high-quality products.

Each product is hand checked before undergoing rigorous tests.

Biome is born of the alchemy between ergonomics, performance and design. It was designed to be easy to use, offer optimal technical performance and be pleasant to the eye.

Our products have been envisioned, designed and manufactured in France and are the result of several generations of experts striving for innovation and excellence.

CRISTEL is the world leader in the removable "Cook & Serve" concept. Cristel has kept alive the long history of one of the oldest culinary tool manufacturers in France alive, since 1826. We are always striving to ensure that cooking remains a moment that brings people together.

Certified "Origine France Garantie"



The certification both provides consumers with clear information on a product's origins, and helps companies that seek out certification promote their manufacturing. This is the only certification that guarantees that products are authentically manufactured in France.

Cristel lifetime warranty



All our CRISTEL® products have a lifetime warranty against all defects in workmanship and materials. Normal wear-and-tear (of stainless steel and non-stick coatings) is not covered under the brand's warranty.

1- WARRANTY DISCLAIMER

CRISTEL®'s warranty does not apply to the following cases:

- product used for a different purpose than the one it was designed for.
- product taken apart
- crashes or falls
- overheating

2- TERMS AND CONDITIONS FOR RETURNING A CRISTEL® PRODUCT

Terms and conditions for returns

Any items with workmanship defects should be sent back through the retailer, who is the intermediary between CRISTEL® and the consumer.

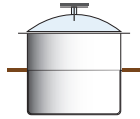
The Quality Department will perform tests and the resulting diagnosis will determine how the return is processed:

- if no workmanship defect has been found, the item will be returned to the sender as-is (or cleaned, as needed),
- if misuse has been found (see above warranty disclaimers), the item shall be returned to the sender as-is, or if possible, repaired, and any worn (e.g. seal) or changed parts will be invoiced,
- if a workmanship defect has been found (e.g. unsoldered element, curved base), the item will be repaired or exchanged for free.
- if the product is replaced but it is no longer in production, an equivalent product will be sent instead.

capacity and dimensions

BIOME

LARGE

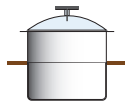


Suitable for all types of stove, including induction, the large Biome makes dishes for 2–6 people at maximum capacity.

DIAMETER	24 cm / 9.5"
CAPACITY OF THE SAUCEPAN	5.6 liters / 6 Qt
CAPACITY OF THE STEAMER	5.2 liters / 5.5 Qt
TOTAL CAPACITY	10.8 liters / 11.5 Qt
HEIGHT OF THE STEAMER	11.5 cm / 4.5"
TOTAL HEIGHT	29 cm / 12"
TOTAL WEIGHT	3.6 kg / 8 lbs

BIOME

SMALL



Suitable for all types of stove, including induction, the small Biome makes dishes for 2–3 people at maximum capacity.

DIAMETER	20 cm / 8"
CAPACITY OF THE SAUCEPAN	3.2 liters / 3.4 Qt
CAPACITY OF THE STEAMER	3 liters / 3.2 Qt
TOTAL CAPACITY	6,2 liters / 6.6 Qt
HEIGHT OF THE STEAMER	9.5 cm / 4"
TOTAL HEIGHT	25 cm / 9.5"
TOTAL WEIGHT	2.5 kg / 5.5 lbs



Gaz



Induction



Halogène



Vitrocéramique



Electrique



Céramique

maintenance

The high quality 18/10 stainless steel (18% chromium and 10% nickel) we have chosen for this product ensures food neutrality and preserves the taste and nutritional qualities of your ingredients. These qualities, along with aluminium's heat diffusing properties, are recommended and used by the greatest culinary professionals for cooking meat, vegetables and fruit, with or without added fats.

Cristel's stainless steel products are dishwasher safe. To maintain or restore it to its original appearance, use RENOX by CRISTEL. This product can be used for the maintenance of the inside and outside of all stainless steel utensils.

Apply it to a damp sponge or a blue Scotch Brit pad for stainless steel, rub and rinse well. RENOX removes all traces of limestone, rings, yellowing, etc. It is an Ecocert certified professional grade cleaning product, made in France.



NEVER USE BLEACH, IT BREAKS DOWN YOUR PRODUCT, AND CAN EVEN BORE HOLES AND RENDER IT UNUSABLE.

NEVER OVERHEAT.



CRISTEL'S HEAT DIFFUSING BASES PERFECTLY SPREAD OUT THE HEAT SO YOU NEED VERY LITTLE HEAT TO COOK A DISH IN RECORD TIME.

WARNING: the thermometer is not dishwasher safe, for maintenance, use a damp sponge and a soft cloth.



CRISTEL®
FRANCE



CRISTEL
multiply

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