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- (71) Applicant (for all designated States except US): MEYER INTELLECTUAL PROPERTIES LTD. [GB/US]; c/o Edward S. Sherman, Esq., Meyer Corporation, US, One Meyer Plaza, Vallejo, CA 94590 (US).
- (72) Inventor; and
(71) Applicant : SHERMAN, Edward, S. [US/US]; Meyer Corporation, U.S., One Meyer Plaza, Vallejo, CA 94590 (US).
- (72) Inventors: CHENG, Stanley, Kin, Sui; c/o Meyer Corporation, US, One Meyer Plaza, Vallejo, CA 94590 (US). CHEUNG, Hing, Hang, Homer; c/o Meyer Services Company Limited, 382 Kwun Tong Road Kowloon, Kowloon, Hong Kong (CN). WONG, Chun, Wing; c/o Meyer Electronics Ltd., Unit A, 4/F, 386 Kwun Tong Rd., Kowloon, Hong Kong (CN). LI, Kam Yuen; c/o Meyer Services Company, 382 Kwun Tong Rd., Kowloon, Hong Kong (CN).
- (74) Agent: SHERMAN, Edward, S.; Meyer Corporation, U.S., One Meyer Plaza, Vallejo, CA 94590 (US).
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(54) Title: LOW-PRESSURE COOKING METHOD AND COOKWARE VESSEL ADAPTED FOR THE SAME

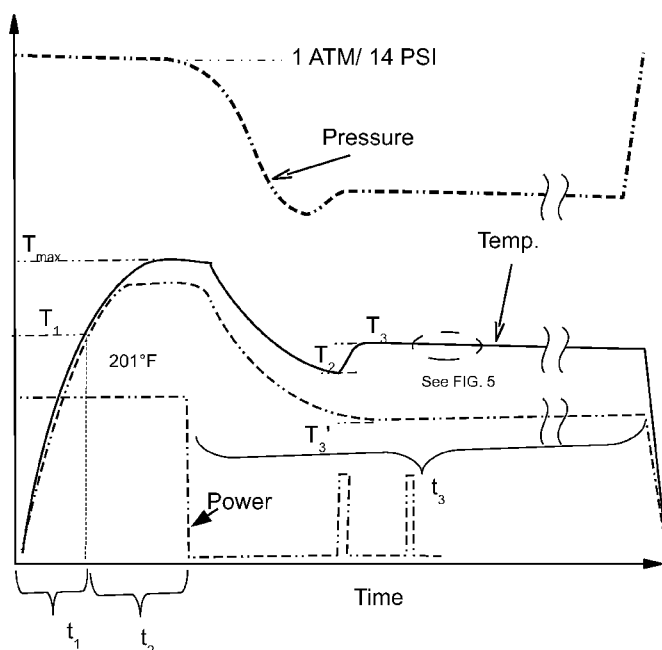


FIG. 4

(57) Abstract: Food stuffs are cooked at precise temperatures, which are optionally below 100 °C, in a vessel that is evacuated to exclude air, in which low pressure steam replaces the air. When a sufficient quantity of air is excluded and replaced with water vapor, the temperature of vapor is accurately measured inside the vessel below the lid to control the temperatures within about 1° C. Air is preferably excluded via a controlled heated process for a relatively short period of time at high temperature to generate steam, the temperature is lowered to condense water vapor upon which the lid will sealingly engage the rim of the vessel, forming a partial vacuum in the cooking vessel.



MG, MK, MN, MW, MX, MY, MZ, NA, NG, NI, NO, NZ, OM, PA, PE, PG, PH, PL, PT, QA, RO, RS, RU, RW, SA, SC, SD, SE, SG, SK, SL, SM, ST, SV, SY, TH, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, ZA, ZM, ZW.

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