

ABSTRACT

**METHOD FOR REMOVING UNHEALTHY RAPIDLY DIGESTED STARCH
FROM FOOD IN AN ELECTRIC COOKING APPARATUS, AND
5 APPARATUS**

The present invention discloses a method for removing unhealthy rapidly digested starch (RDS) from food in an electric cooking apparatus and an apparatus, where the method includes the steps of: receiving, via a user interface, inputs relating to the food
10 content and water level contained within an inner container (120), where the inner container (120) is removably fitting in a hollow segment of an outer container (110); detecting and maintaining, by a temperature controller, a cooking temperature at a pre-determined value and for a pre-determined time period based on the inputs, so as to release only unhealthy starch from the food to be dissolved into the water while
15 retaining all essential nutrients in the food; and, draining, via a channel, the water from the inner container (120).

[Figure 3]