


















Cooking table with chamber sensor

MEAT

FOOD TO BE COOKED	PREPARATION ADVICE	CONTAINERS RECOMMENDED GRIDS	FUNCTION	TEMPERATURE	COOKING TIME MINUTES	CORE TEMPERATURE
Liver pie	<ul style="list-style-type: none"> Put it in the 2 kg mould Press it into the mould to avoid any holes 			130 °C then 10' at 160 °C	70-90	ca. 68 °C
Roast beef		on grid, drip tray underneath		160-200 °C	25-30	45-50 °C
Roast beef		on grid, drip tray underneath		160 °C	90-120	see recommendations for core sensor
Roast veal		on grid, drip tray underneath		160-180 °C	80-100	80 °C
Pork round	<ul style="list-style-type: none"> Engrave it Treat it beforehand with steam 	on grid, drip tray underneath		170-190 °C	ca. 90	ca. 85 °C
Lamb leg	<ul style="list-style-type: none"> 2,5 kg without bone 	on grid, drip tray underneath		150-170 °C	60-80	ca. 65 °C
Fillet pie	<ul style="list-style-type: none"> Roast the fillet Paint the puff pastry with egg Slightly smear with grease the pan Pre-heat about 5-7 minutes 	20 mm closed container		160-180 °C	20-25	45-50 °C
Roast pork	<ul style="list-style-type: none"> Put it in the 2 kg mould Press it into the mould to avoid any holes 	on grid, drip tray underneath		170-190 °C	80-100	see recommendations for core sensor
Pork Cutlets	<ul style="list-style-type: none"> Put it in the 2 kg mould Press it into the mould to avoid any holes 	on grid, drip tray underneath		140-160 °C	45-60	ca. 70 °C











Dishes and food are natural products that can be of very different quality. Therefore the cooking time and the temperatures indicated above are indicative values. Please adapt them to your personal needs.

SHORT COOKING ROAST TYPES

FOOD TO BE COOKED	PREPARATION ADVICE	CONTAINERS RECOMMENDED GRIDS	FUNCTION	TEMPERATURE	COOKING TIME MINUTES	CORE TEMPERATURE
Veal Chops	<ul style="list-style-type: none"> • Pre-heat at the highest temperature • Thickness of meat about 3 cm • Slightly smear with grease 	on grid	Hot air 	about 250 °C	rare : 6-8 medium: 8-10 well done: 10-15	-
Fillet	<ul style="list-style-type: none"> • Pre-heat at the highest temperature • Slightly smear with grease 	on grid	Hot air 	about 250 °C	8-10	-
Sliced liver	<ul style="list-style-type: none"> • Pre-heat at the highest temperature • Slices of the same thickness • Do not dredge with flour • Smear with grease 	on grid or pan	Hot air 	220-250 °C	6-8	-
Meat on the spit	<ul style="list-style-type: none"> • Pre-heat at the highest temperature • Slightly smear with grease 	on grid	Hot air 	220-240 °C	15-20	-
Cutlet	<ul style="list-style-type: none"> • Pre-heat at the highest temperature • Do not beat • Slightly smear with grease 	on grid	Hot air 	ca. 250 °C	about 15	-
Würstel arrosti	<ul style="list-style-type: none"> • Pre-heat at the highest temperature • Slightly smear with grease 	on grid	Hot air 	220-230 °C	about 10	-
Kind of pancakes	<ul style="list-style-type: none"> • Pre-heat at the highest temperature • Slightly smear with grease 	20 mm pan	Hot air 	220-230 °C	about 15	-
Cordonbleu	<ul style="list-style-type: none"> • Pre-heat at the highest temperature • Abundantly smear the pan with grease 	20 mm pan	Hot air 	about 240 °C	about 15-18	-











Dishes and food are natural products that can be of very different quality. Therefore the cooking time and the temperatures indicated above are indicative values. Please adapt them to your personal needs.

VEGETABLES










FOOD TO BE COOKED	PREPARATION ADVICE	CONTAINERS RECOMMENDED GRIDS	FUNCTION	TEMPERATURE	COOKING TIME MINUTES	CORE TEMPERATURE
Asparagus	<ul style="list-style-type: none"> • Spray with lemon juice • Do not bind the sheaves 	40 o 65 mm punched containers	Steam 	103 °C	15-20	-
Broccoli		40 o 65 mm punched containers	Steam 	103 °C	15-20	-
Sprouts		40 o 65 mm punched containers	Steam 	103 °C	15-20	-
Carrots	<ul style="list-style-type: none"> • Sliced 	40 o 65 mm punched containers	Steam 	103 °C	about 20	-
Cauliflower	<ul style="list-style-type: none"> • In branches or in quarters 	40 o 65 mm punched containers	Steam 	103 °C	15-20	-
Cauliflower	<ul style="list-style-type: none"> • Entire 	65 mm punched containers	Steam 	103 °C	20-25	-
Potatoes	<ul style="list-style-type: none"> • In quarters of the same size 	65 mm punched containers	Steam 	103 °C	25-30	-
Tomatoes	<ul style="list-style-type: none"> • Keep away the peel cut away the stem • Slightly engrave on the top • Scald them 	65 mm punched containers	Steam 	103 °C	15-20	-
Beans		40 o 65 mm punched containers	Steam 	103 °C	15-20	-
Green peas		65 mm punched containers	Steam 	103 °C	about 10	-

Dishes and food are natural products that can be of very different quality. Therefore the cooking time and the temperatures indicated above are indicative values. Please adapt them to your personal needs.

FISH / SHELLFISH









FOOD TO BE COOKED	PREPARATION ADVICE	CONTAINERS RECOMMENDED GRIDS	FUNCTION	TEMPERATURE	COOKING TIME MINUTES	CORE TEMPERATURE
Blue trout	<ul style="list-style-type: none"> Lift the sides of the stomach Put flavours inside Put the trout in the pan 	20-40 mm pan	Steam 	103 °C	about 10	-
Filletts of sole	<ul style="list-style-type: none"> Roll up Flavour Put on slightly smeared pan 	20 mm pan	Steam 	103 °C	about 3	-
Sea grouper	<ul style="list-style-type: none"> Flavour Spray wine 	40 mm closed container	Steam 	103 °C	10-15	-
Cod	<ul style="list-style-type: none"> Flavour Spray wine 	40 mm closed container	Steam 	103 °C	about 20	-
Sliced salmon	<ul style="list-style-type: none"> Flavour Spray wine 	40 mm closed container	Steam 	103 °C	20-25	-
Salmone in tranci	<ul style="list-style-type: none"> Flavour Spray wine 	20 mm pan	Steam 	103 °C	8-12	-
Lobster	<ul style="list-style-type: none"> In quarters of the same size Spray wine 	40 mm closed container	Steam 	103 °C	12-15	-
Mussels		40-65 mm closed container	Steam 	103 °C	-	-
Fried trout	<ul style="list-style-type: none"> Pre-heat at 250 °C Smear the pan with grease Flavour 	20 mm pan	Hot air 	230 °C	about 15	-
Fried Halibut	<ul style="list-style-type: none"> With the bright side upwards Smear the pan with grease Flavour 	20 mm pan	Hot air 	230 °C	10-15	-

Dishes and food are natural products that can be of very different quality. Therefore the cooking time and the temperatures indicated above are indicative values. Please adapt them to your personal needs.

FOOD TO BE COOKED	PREPARATION ADVICE	CONTAINERS RECOMMENDED GRIDS	FUNCTION	TEMPERATURE	COOKING TIME MINUTES	CORE TEMPERATURE
Duck	<ul style="list-style-type: none"> Do not bind too tight Smear with an oil marinade 	moulds on grid		180 °C	40-50	-
Turkey	<ul style="list-style-type: none"> Flavour 	on grid drip tray underneath		170-180 °C	100-140	80-85 °C
Chicken	<ul style="list-style-type: none"> Dry Flavour Smear with grease 	on grid drip tray underneath	Hot air 	200-220 °C	about 30	-
Wild boar round	<ul style="list-style-type: none"> 2,0-2,5 kg 	on grid drip tray underneath		160-180 °C	100-120	about 75 °C
Roe-deer saddle	<ul style="list-style-type: none"> Flavour Smear with grease 	on grid drip tray underneath		160-170 °C	60-75	about 85 °C
Goose	<ul style="list-style-type: none"> 2,5 kg without bone 	on grid drip tray underneath		170 °C	120-140	85-90 °C
Hare back	<ul style="list-style-type: none"> Lard or marinade 	20 mm closed container		about 210 °C	15-20	35-40 °C
Rabbit	<ul style="list-style-type: none"> Flavour If necessary stuff it 	on grid drip tray underneath		about 170 °C	40-50	-
Chicken drumsticks	<ul style="list-style-type: none"> Smear with grease Flavour Dry well 	on grid	Hot air 	220-230 °C	about 20	-










Dishes and food are natural products that can be of very different quality. Therefore the cooking time and the temperatures indicated above are indicative values. Please adapt them to your personal needs.

PASTA / EGGS / RICE

FOOD TO BE COOKED	PREPARATION ADVICE	CONTAINERS RECOMMENDED GRIDS	FUNCTION	TEMPERATURE	COOKING TIME MINUTES	CORE TEMPERATURE
Rice	<ul style="list-style-type: none"> • About 2/3 water or broth for 1/3 of rice • Put to soak 20 minutes before 	40 mm closed container	Steam 	103 °C	about 25	-
Eggs	<ul style="list-style-type: none"> • put in punched containers • after cooking cool immediately with cold water 	40 or 65 mm punched container	Steam 	103 °C	about 7 (à la coque) about 10 (hard-boiled)	-
Tagliatelle	<ul style="list-style-type: none"> • About 4/5 water for 1/5 of tagliatelle 	40 or 65 mm punched container	Steam 	103 °C	about 10-12	-
Spaghetti	<ul style="list-style-type: none"> • Pour hot water onto it • (0,5 kg spaghetti 1,5 litre water) 	40 or 65 mm punched container	Steam 	103 °C	about 15	-
Other kind of pasta	<ul style="list-style-type: none"> • Pour hot water onto it 	40 or 65 mm punched container	Steam 	103 °C	about 10-15	-
Gnocchi	<ul style="list-style-type: none"> • Add a bit of water 	40 mm closed container	Steam 	103 °C	about 15-20	-
Baked Cannelloni		40 mm closed container	Hot air 	170 °C	about 20	-
Baked crêpes		40 mm punched container	Hot air 	170 °C	about 15	-

Dishes and food are natural products that can be of very different quality. Therefore the cooking time and the temperatures indicated above are indicative values. Please adapt them to your personal needs.

BREAD / CAKES

FOOD TO BE COOKED	PREPARATION ADVICE	CONTAINERS RECOMMENDED GRIDS	FUNCTION	TEMPERATURE	COOKING TIME MINUTES	CORE TEMPERATURE
Sponge- cake	<ul style="list-style-type: none"> • Preheat • Baking paper on the pan 	aluminium pan or 26 cm ring pan	Hot air 	165-175 °C	ca. 20	-
Vol-au-Vent	<ul style="list-style-type: none"> • Preheat • Paint with egg 	aluminium pan		about 180 °C	about 15	-
Croissants	<ul style="list-style-type: none"> • Preheat • Paint with egg 	moulds on grid		about 165 °C	about 15	-
Pasta	<ul style="list-style-type: none"> • Preheat 	aluminium pan	Hot air 	about 170 °C	about 55	-
Puff pastry	<ul style="list-style-type: none"> • Preheat 	aluminium pan		about 180 °C	about 20	-
Bread rolls	<ul style="list-style-type: none"> • If necessary treat with steam 	aluminium pan	Hot air 	200-230 °C	about 20	-
Tart pastry	<ul style="list-style-type: none"> • Preheat 	aluminium pan	Hot air 	160-180 °C	15-20	-
Apple strudel	<ul style="list-style-type: none"> • Preheat 	aluminium pan	Hot air 	160-180 °C	about 40	-
Baguettes	<ul style="list-style-type: none"> • Preheat 	aluminium pan		about 200 °C	6-8	-
Pizza	<ul style="list-style-type: none"> • Preheat 	pan	Hot air 	about 220 °C	12-15	-

Dishes and food are natural products that can be of very different quality. Therefore the cooking time and the temperatures indicated above are indicative values. Please adapt them to your personal needs.

COOKING WITH CORE TEMPERATURE

MEAT

Core
temperature

Beef meat

very rare	45 °C
rare	50 °C
medium	55 °C - 60 °C
well done	75 °C - 85 °C

Veal meat

well done	more than 77 °C
-----------	-----------------

Pork meat

medium	65 °C
well done	75 °C - 80 °C
pickled	65 °C

Lamb meat

well done	79 °C - 85 °C
-----------	---------------

Mutton meat

well done	82 °C
-----------	-------

Poultry

well done	85 °C
-----------	-------

FISH

Salmon	60 °C
Cod	63 °C
Mousse de Poisson	65 °C

MEAT

Core
temperature

Beef meat

Sirloin	medium	55-58 °C
Roastbeef	medium	55-60 °C
Beef best end	well done	85-90 °C
Roast	well done	80-85 °C
Boiled beef meat	well done	90 °C

Veal meat

Veal loin	pale pink	65-70 °C
Best end, round, fricandeau	well done	78 °C
Roast kidney	well done	75-80 °C
Roast veal /shoulder	well done	75-80 °C
Veal breast (almost always stuffed)	well done	75-90 °C

Pork meat

Round / trotter	well done	75 °C
Round / trotter	bright pink	65-68 °C
Loin	very pale pink	65-70 °C
Shoulder	well done	75 °C
Bacon / stuffed	well done	70-90 °C
Bacon	well done	80/85 °C
Roast shank	well done	80-85 °C
Boiled trotter	well done	80-85 °C
Ham	very juicy	64-68 °C
Pickled ham		65-70 °C
Salami buffet		55-60 °C
Back round pickled	well done	75-80 °C
Cutlets	well done	65 °C
Ham in bread crust		65-70 °C
Tongue	well done	85-90 °C
Pork chin		75-82 °C

Lamb meat

The colour of the meat is grey and slightly rosé. The gravy is transparent.

Mutton meat

Loin	pale pink	70-75 °C
Loin	well done	80 °C
Round	pale pink	75-78 °C
Round	well done	82-85 °C

Poultry

Chicken	well done	85 °C
Goose	pink	75-80 °C
Goose	well done	90-92 °C
Turkey, duck	well done	80-85 °C

Paté and similar

Paté	72-74 °C
German salami	70 °C
Jellies	65 °C
Bollotine	65 °C
Foie gras	45 °C

CUIRE AVEC TEMPERATURE DU NOYAU

VIANDE	Température du noyau	VIANDE	Température du noyau
<u>Viande de boeuf</u>			
très saignante	45 °C	Filet/aloyau	cuisson moyenne 55-58 °C
saignante	50 °C	Roast-beef	cuisson moyenne 55-60 °C
cuisson moyenne	55 °C - 60 °C	Noix de boeuf	bien cuite 85-90 °C
bien cuite	75 °C - 85 °C	Rôti	bien cuit 80-85 °C
		Bouilli de bœuf	bien cuit 90 °C
<u>Viande de veau</u>			
bien cuite	plus de 77 °C	<u>Carne di vitello</u>	
		Longe	rose pâle 65-70 °C
		Cuisse, noix, fricandeau	bien cuit 78 °C
		Rognon rôti	bien cuit 75-80 °C
		Rôti de veau/ paleron	bien cuit 75-80 °C
		Poitrail de veau (presque toujours farci)	bien cuit 75-90 °C
<u>Viande de porc</u>			
cuisson moyenne	65 °C	Cuisse/pied	bien cuit 75 °C
bien cuite	75 °C - 80 °C	Cuisse/pied	rose clair 65-68 °C
en saumure	65 °C	Longe	rose très pâle 65-70 °C
		Paleron	bien cuit 75 °C
		Lard / farci	bien cuit 70-90 °C
		Lard	bien cuit 80/85 °C
		Canon rôti	bien cuit 80-85 °C
		Pied	bien cuit 80-85 °C
		Jambon	très juteux 64-68 °C
		Jambon en saumure	65-70 °C
		Buffet de charcuterie	55-60 °C
		Cuisse postérieure en saumure	bien cuite 75-80 °C
		Côtelettes	bien cuites 65 °C
		Jambon en croûte de pain	65-70 °C
		Langue	ben cotta 85-90 °C
		Tête	75-82 °C
<u>Viande d'agneau</u>			
bien cuite	79 °C - 85 °C	<u>Viande d'agneau</u> La couleur de la viande est grise et légèrement rosée. Les jus est transparent.	
<u>Viande de mouton</u>			
bien cuite	82 °C	Longe	rose pâle 70-75 °C
		Longe	bien cuite 80 °C
		Cuisse	rose pâle 75-78 °C
		Cuisse	bien cuite 82-85 °C
<u>Volailles</u>			
bien cuite	85 °C	<u>Volailles</u>	
		Poulet	bien cuit 85 °C
		Oie	rose 75-80 °C
		Oie	bien cuite 90-92 °C
		Dinde, canard	bien cuit 80-85 °C
<u>POISSON</u>			
Saumon	60 °C	<u>Pâtés et similaires</u>	
Colin	63 °C	Pâté	72-74 °C
Mousse de Poisson	65 °C	Charcuterie allemande	70 °C
		Gelées	65 °C
		Bollotine	65 °C
		Foie gras	45 °C