TENDER FOOD

SAMPLE RECIPIES FOR COOKING SOUS VIDE PRODUCTS

Product	cooking temperature	thermal processing (timing)	convectomat	grill/barbeque	Suggested recipies
Pork ribs	180°	12 min.	baking		Remove the ribs from the vacuumized plastic pouch. Spread the whole piece with mixture of honey, mustard and balsamic vinegar. Place them in a gastronorm and bake them.
	220°	8 min.		grill	Remove the ribs from the vacuumized plastic pouch. Cut them into single ribs or leave them the way they are. Grill or barbeque them. Before serving them, dub them with barbeque sauce or another type of sauce.
Pork knuckle with bone 650 g	180°	22 min.	baking		Remove the pork knucle from the vacuumized plastic pouch and put it in a gastronorm. Pour it with the jelly sause from the bag and bake it.
Boneless pork knuckle (single serving)	180°	8 min.	baking		Remove the beef knucle from the vacuumized plastic pouch and place it in a gastronorm. Pour it with the jelly sause from the bag and bake it.
Beef cheeks	180°	12 min.	baking		Remove the beef cheecks from the vacuumized plastic pouch and place them in a gastronorm. If desired seasone them additionaly. Do not add salt. Bake the product.
Beef ribs	180°	15 min.	baking		Remove the beef ribs from the vacuumized plastic pouch and place them in a gastronorm. Pour them with the jelly sauce from the bag and bake them.
	220°	8 min each side		grill	Remove the ribs from the vacuumized plastic pouch. Cut them into single ribs or leave them the way they are. Grill or barbeque them. Before serving them, dub them with barbeque sauce or another type of sauce.
Beef knuckle with bone	180°	40 min.	baking		Remove the beef knucle from the vacuumized plastic pouch and place it in a gastronorm. Butter it. Pour it with the jelly sause from the bag and bake it. Add broth or white wine (1 cm from the bottom of the gastronom). Cover it with aluminium foil and bake it.
Boneless beef knuckle (single serving)	180°	8 min.	baking		Remove the beef knucle from the vacuumized plastic pouch and place it in a gastronorm. Butter it. Pour it with the jelly sauce from the bag. Cover it with aluminium foil and bake it.
Tender beef meat (single serving)	180°	12 min.	baking		Remove the beef meat from the vacuumized plastic pouch and place it in a gastronorm. Pour it with the jelly sauce and bake it.
Duck leg 340 g (chilled)	180°	14 min.	baking		Remove the duck leg from the vacuumized plastic pouch. Cover it with the duck fat from the bag. Bake it.

NB! Defrost all products before baking them! We recommend that they are not defrost immediately (do not use a microwave oven).

Note that all of the above are sample recipies. All products allow you to prepare them in various ways using convectomat, grill, barbeque, deep fryer etc.