



FREDDY®  
BLAST  
CHILLING +37 °F

# BLAST CHILLING +37 °F.



I'm short of time but I want to eat healthy food. I manage to eat well just the same because I stock up at the supermarket once a week and COOK/BLAST CHILL/PRESERVE. I'll have different dishes ready to eat for the next 7 days.

Place steaming hot vegetables just from the pan into a pre-chilled **FREDDY**® to chill (5 minutes are enough). The blast chilling cycle takes around 20-40 minutes (according to the type of vegetables, temperature when entering the chiller, the container used and thickness) and can be used for all types of cooked vegetables (stuffed, sautéed, boiled, au gratin, fried, grilled or steamed).

After blast chilling place the vegetables in the fridge, covered with film or a lid, and consume in 5-7 days or within 2 weeks if they are vacuum packed (if they are vacuum cooked they will last 21 days).

► The blast chilling cycle is suitable for all cooked food (meat, fish, first courses, cakes, vegetables) and for cooling drinks.



## WHY BLAST CHILL VEGETABLES?

It immediately blocks evaporation and cooking (the vegetables are placed in the blast chiller boiling hot).

Oxidation due to contact with the air is blocked.

Bacterial proliferation is slowed down (= ageing is slowed down)

## BENEFITS:

Vegetables remain crunchy and fragrant and maintain their consistency.

Colours remain bright for many days

Maintains perfect quality in the fridge for 5-7 days

# CHILLING DRINKS



## WHY CHILL DRINKS?

Rapid chilling times

## BENEFITS:

You can offer your guests cool drinks ... even when you forget to put them in the fridge or receive them directly from your guests!



FREDDY®  
SHOCK  
FREEZING 0 °F



# SHOCK FREEZING 0 °F.



Home prepared frozen food, you choose the quality!

Place meat, fish or vegetables laid flat into a pre-cooled **FREDDY**® (10 minutes are enough). The shock freezing cycle lasts around 30 - 90 minutes (according to the type of food and its thickness).

**A shock freezing cycle is the ideal solution for keeping food for a long time, up to 8-12 months.**

## NOTE:

Those who seek top quality raw materials (farm-bred meat, freshly caught fish, venison, home-grown vegetables or freshly picked fruit) know that proper freezing is the only way to keep quality, nutrients, consistency and colour intact. **FREDDY**® rapidly freezes the water in food, which solidifies into micro-crystals similar to snow that do not tear the fibres and cellular structure.



### WHY SHOCK FREEZE?

Rapid freezing with air at - 40 °F.

Formation of MICRO-CRYSTALS

### BENEFITS:

Perfect quality for the frozen product

No loss of liquids when thawed  
(all the nourishing properties of food and its colour are intact)

# CONTROLLED THAWING



### WHY USE FREDDY® FOR THAWING?

Because the temperature is fully controlled (no sudden changes in temperature)

### BENEFITS:

No loss of liquids

Rapid thawing

Uniform thawing of products

Partially cooked or burnt food are avoided (semifreddi and cream-filled products can be thawed)





FREDDY®  
NATURAL  
PROOFING



# NATURAL PROOFING



50% less yeast for cakes, bread and pizza!  
Perfect proofing!

Place the pizza, bread or cake dough into **FREDDY**®, cover with a damp cloth and proof at +77 °F for approximately 1 hour (*for a quantity of 500-600 g*). The controlled environment will prevent sudden changes in temperature, ensuring uniform proofing.

**The amount of yeast indicated in the recipe can be reduced by 50 % to make bread and pizza easier to digest, and cakes more fragrant and lighter.**



## WHY USE FREDDY® FOR PROOFING?

Because temperature and humidity are controlled

No sudden changes in temperature, no draughts

## BENEFITS:

50% less yeast, for lighter proofed products that are more fragrant and easier to digest

Complete uniform proofing



# FREDDY® LOW TEMPERATURE COOKING

# LOW TEMPERATURE COOKING



Slow heat to re-discover the real taste of meat and fish!

Brown slices of roast beef in a frying pan then place them into **FREDDY**<sup>®</sup> and leave to cook slowly at low temperature (+149°F) for some hours.

Gentle cooking at low temperature greatly exalts the flavour and aromas of meat (*and fish*), maintaining natural succulence and ensuring uniform cooking, visible by its intense pink colour.

**The low temperature cooking cycle is ideal for certain types of meat (roasts, roast beef), fish fillets and small fish.**



## WHY COOK AT LOW TEMPERATURE?

Delicate cooking

Temperature and humidity are controlled

## BENEFITS:

Succulent meat without the addition of condiments

Perfectly cooked meat

Genuine, intense flavours we risk forgetting

# READY MEALS



## WHY USE THE READY MEAL FUNCTION?

Preserve a ready prepared dish (35°/39°F) and **FREDDY**<sup>®</sup> will warm it up (140°F) at the set time

## BENEFITS:

A hot meal is ready for the family even when you're not there