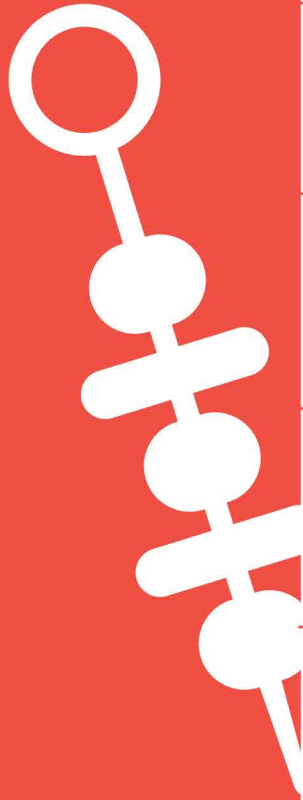




Times & Temperatures

Hors d'oeuvres

Times &
temperatures



CANAPÉS



FREEZING

35 minutes (pre-cooled to 0°C)

SAVOURY TARTS STRUDEL QUICHES PLUM CAKE



CHILLING

2 hours (pre-cooled to 0°C)



DELICATE FREEZING WHOLE PRODUCT

2 hours 55 minutes (pre-cooled to 0°C)



DELICATE FREEZING SLICED PRODUCT

1 hour 40 minutes (pre-cooled to 0°C)

PUFF PASTRY MINI PIZZAS



FREEZING

30 minutes (pre-cooled to 0°C)

TIMBALE FLAN SMALL PIE



CHILLING

2 hours (pre-cooled to 0°C)



DELICATE FREEZING

2 hours 30 minutes (pre-cooled to 0°C)



DISH READY COOLED

1 hour 10 minutes (65°C in the chamber)

First Courses

Times &
temperatures



BOILED RICE
RISOTTO
BOILED CEREALS

- ❄️ CHILLING
- ❄️ FREEZING

55 minutes (pre-cooled to 0°C, 2-3 cm thick)

45 minutes (pre-cooled to 0°C, 2-3 cm thick)

LASAGNA
STUFFED CREPES

- ❄️ CHILLING
- ❄️ FREEZING
- 📉 DISH READY, COOLED
- ❄️ THAWING

2 hours (pre-cooled to 0°C, 3 cm thick)

2 hours (pre-cooled to 0°C, 3 cm thick)

1 hour 30 minutes (65°C in the chamber)

1 hour 10 minutes (25°C)

PASTA

- ❄️ CHILLING
- ❄️ FREEZING

40 minutes (pre-cooled to 0°C)

35 minutes (pre-cooled to 0°C)

FRESH PASTA

- ❄️ FREEZING

45 minutes (pre-cooled to 0°C)

SOUPS
BROTHS
PUREED SOUPS

- ❄️ CHILLING
- ❄️ FREEZING
- 📉 DISH READY, COOLED
- ❄️ THAWING

2 hours (pre-cooled to 0°C, 3 cm thick)

1 hour 45 minutes (pre-cooled to 0°C, 3 cm thick)

50 minutes (70°C)

1 hour 30 minutes (30°C)

GNOCCHI

- ❄️ FREEZING

1 hour (pre-cooled to 0°C)

FILLED PASTA

- ❄️ FREEZING

40 minutes

Meat Second Courses

Times &
temperatures



ROASTBEEF (800g)

- ❄️ CHILLING 2 hours (pre-cooled to 0°C)
- ❄️ FREEZING RAW PRODUCT 3 hours 10 minutes (pre-cooled to 0°C)
- ❄️ FREEZING COOKED PRODUCT 2 hours 40 minutes (pre-cooled to 0°C)
- ❄️ FREEZING SLICED PRODUCT 1 hour 15 minutes (pre-cooled to 0°C, about 1/2 cm thick)
- 🔥 LOW TEMPERATURE COOKING (with initial searing, 55°C at the core, 85°C in the chamber): 1 hour 30 minutes (preheated to 85°C)
- ❄️ THAWING, WHOLE PRODUCT 4 hours 30 minutes (15°C)
- ❄️ THAWING SLICED PRODUCT 1 hour (15°C, 1/2 cm thick)

PORK FILLET 4 cm thick

- ❄️ CHILLING 2 hours (pre-cooled to 0°C)
- ❄️ FREEZING RAW PRODUCT 2 hours 35 minutes (pre-cooled to 0°C)
- ❄️ FREEZING COOKED PRODUCT 1 hour 45 minutes (pre-cooled to 0°C)
- ❄️ FREEZING SLICED PRODUCT 1 hour (pre-cooled to 0°C, 2 cm thick)
- 🔥 LOW TEMPERATURE COOKING (with initial searing, 65°C at the core, 85°C in the chamber): 1 hour 30 minutes (preheated to 85°C)
- ❄️ THAWING WHOLE PRODUCT 1 hour 20 minutes (15°C)
- 🍽️ DISH READY WHOLE AND COOLED 1 hour 45 minutes (70°C in the chamber)
- 🍽️ DISH READY SLICED AND COOLED 30 minutes (65°C)

ESCALOPE 1 cm thick

- ❄️ FREEZING RAW PRODUCT 45 minutes (pre-cooled to 0°C)
- ❄️ THAWING 50 minutes (9°C)

Meat Second Courses

- 2 hours (pre-cooled to 0°C)
- 2 hours 40 minutes (pre-cooled to 0°C)
- 2 hours 30 minutes (pre-cooled to 0°C)
- 1 hour (pre-cooled to 0°C, 2 cm thick)
- 1 hour 20 minutes (preheated to 75°C in the chamber, 55°C at the core)
- 1 hour 20 minutes (15°C)
- 2 hours (15°C)
- 30 minutes (65°C)

- 2 hours (pre-cooled to 0°C)
- 2 hours 5 minutes (pre-cooled to 0°C)
- 2 hours 15 minutes (pre-cooled to 0°C)
- 1 hour (about 2 cm thick, pre-cooled to 0°C)
- 1 hour 30 minutes (preheated to 85°C)

- 2 hours 30 minutes (15°C)
- 1 hour 20 minutes (15°C)
- 1 hour 50 minutes (80°C in the chamber)
- 30 minutes (65°C)

- CHILLING ❄️
- FREEZING RAW PRODUCT ❄️
- FREEZING COOKED PRODUCT ❄️
- FREEZING SLICED PRODUCT ❄️
- LOW TEMPERATURE COOKING (with initial searing, 85°C in the chamber, 60°C at the core) 🍳
- THAWING WHOLE PRODUCT ❄️
- THAWING SLICED PRODUCT ❄️
- DISH READY WHOLE AND COOLED 📦

BEEF FILET
4 cm thick

- CHILLING ❄️
- FREEZING WHOLE RAW PRODUCT ❄️
- FREEZING WHOLE COOKED PRODUCT ❄️
- FREEZING SLICED PRODUCT ❄️
- LOW TEMPERATURE COOKING (with initial searing, 85°C in the chamber, 60°C at the core) 🍳
- THAWING WHOLE PRODUCT ❄️
- THAWING SLICED COOKED PRODUCT ❄️
- DISH READY WHOLE AND COOLED 📦
- DISH READY SLICED AND COOLED 📦

DUCK BREAST
3-4 cm thick



Meat Second Courses

Times &
temperatures



CHICKEN BREAST 2,5 cm thick

- ❄️ CHILLING 1 hour 40 minutes (pre-cooled to 0°C)
- ❄️ FREEZING RAW PRODUCT 1 hour (pre-cooled to 0°C)
- ❄️ FREEZING COOKED PRODUCT 1 hour 45 minutes (pre-cooled to 0°C)
- 🔥 LOW TEMPERATURE COOKING (with initial searing, 85°C in the chamber, 70°C at the core): 3 hours (preheated to 85°C)
- ❄️ THAWING 1 hour 50 minutes (9°C)
- 🍽️ DISH READY COOKED AND COOLED 1 hour at 65°C

MEATBALLS 3 cm in diameter

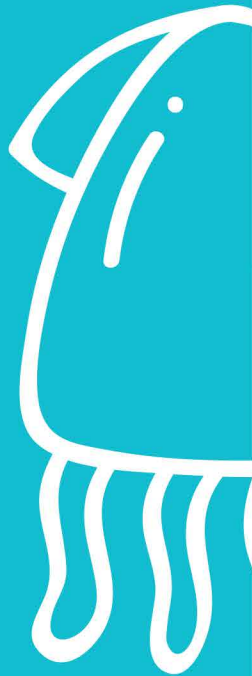
- ❄️ CHILLING 1 hour 5 minutes (pre-cooled to 0°C)
- ❄️ FREEZING RAW PRODUCT 1 hour (pre-cooled to 0°C)
- ❄️ FREEZING COOKED PRODUCT 1 hour 20 minutes (pre-cooled to 0°C)
- ❄️ THAWING AT 15°C 1 hour
- 🍽️ DISH READY COOLED 1 hour at 65°C

ROAST VEAL 7 cm thick

- ❄️ CHILLING 1 hour 40 minutes (pre-cooled to 0°C)
- ❄️ FREEZING RAW PRODUCT 3 hours 20 minutes (pre-cooled to 0°C)
- ❄️ FREEZING WHOLE COOKED PRODUCT 2 hours 40 minutes (pre-cooled to 0°C)
- ❄️ FREEZING SLICED COOKED PRODUCT 45 minutes (pre-cooled to 0°C, 1.5 cm thick)
- ❄️ THAWING WHOLE PRODUCT 2 hours 10 minutes (15°C)
- 🍽️ DISH READY WHOLE AND COOLED 2 hours (75°C in the chamber)
- 🍽️ DISH READY SLICED AND COOLED 40 minutes at 65°C

Fish Second Courses

Times &
temperatures



SALMON FILLET
3 cm thick

❄️	CHILLING	1 hour (pre-cooled to 0°C)
❄️	FREEZING RAW PRODUCT	1 hour 40 minutes (pre-cooled to 0°C)
❄️	FREEZING COOKED PRODUCT	1 hour (pre-cooled to 0°C)
🔥	LOW TEMPERATURE COOKING (at 85°C in the chamber, 42°C at the core)	15 minutes (preheated to 85°C)
❄️	THAWING RAW PRODUCT AT 8°C	2 hours 50 minutes
📡	DISH READY COOLED	30 minutes at 60°C

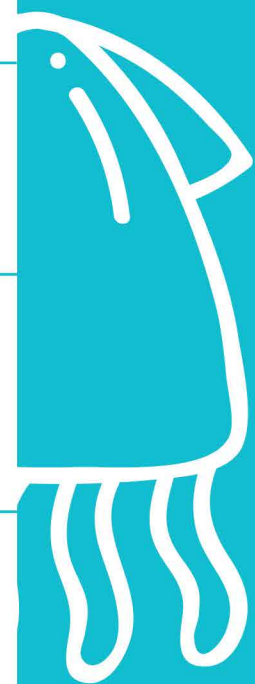
TUNA SLICE
SWORDFISH SLICE
2 cm thick

❄️	CHILLING	1 hour 15 minutes (pre-cooled to 0°C)
❄️	FREEZING RAW PRODUCT	1 hour 30 minutes (pre-cooled to 0°C)
❄️	FREEZING COOKED PRODUCT	1 hour 10 minutes (pre-cooled to 0°C)
🔥	LOW TEMPERATURE COOKING (85°C in the chamber, 42°C at the core):	10 minutes (preheated to 85°C)
❄️	THAWING RAW PRODUCT AT 8°C	2 hours 50 minutes
📡	DISH READY COOLED	20 minutes at 65°C

WHOLE FISH
bass
sea bream
mackerel
dentex

❄️	CHILLING	1 hour 10 minutes (pre-cooled to 0°C)
❄️	FREEZING RAW PRODUCT	1 hour 45 minutes (pre-cooled to 0°C)
❄️	FREEZING COOKED PRODUCT	1 hour 35 minutes (pre-cooled to 0°C)
🔥	LOW TEMPERATURE COOKING at 85°C in the chamber, 68°C at the core	1 hour 30 minutes (preheated to 85°C)
❄️	THAWING RAW PRODUCT AT 9°C	1 hour 15 minutes
📡	DISH READY COOLED	1 hour at 65°C

Fish Second Courses



FISH FILLET
 sea bream
 bass
 mackerel
 mullet
 moorhen

- CHILLING ❄️
- FREEZING RAW PRODUCT ❄️
- FREEZING COOKED PRODUCT ❄️
- LOW TEMPERATURE COOKING (85°C in the chamber) 🍲
- THAWING RAW PRODUCT AT 8°C ❄️
- DISH READY COOLED 🍽️

OCTOPUS
 500g

- CHILLING ❄️
- FREEZING COOKED PRODUCT ❄️
- LOW TEMPERATURE COOKING (85°C in the chamber) 🍲
- THAWING COOKED PRODUCT ❄️
- DISH READY COOLED 🍽️

CUTTLEFISH

- CHILLING ❄️
- FREEZING RAW PRODUCT ❄️
- FREEZING COOKED PRODUCT ❄️
- LOW TEMPERATURE COOKING (85°C in the chamber) 🍲
- THAWING RAW PRODUCT AT 8°C ❄️
- THAWING COOKED CUTTLEFISH 15°C ❄️
- DISH READY COOLED 🍽️

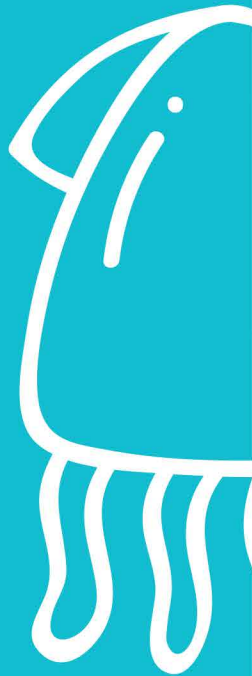
- 1 hour (pre-cooled to 0°C)
- 50 minutes (pre-cooled to 0°C)
- 1 hour (pre-cooled to 0°C)
- 15 minutes (preheated to 85°C)
- 50 minutes
- 20 minutes (65°C in the chamber)

- 1 hour 15 minutes (pre-cooled to 0°C)
- 2 hours 50 minutes (pre-cooled to 0°C)
- 5 hours (preheated to 85°C)
- 2 hours 30 minutes (at 15°C)
- 40 minutes (65°C in the chamber)

- 45 minutes (pre-cooled to 0°C)
- 1 hour 10 minutes (pre-cooled to 0°C)
- 55 minutes (pre-cooled to 0°C)
- 35 minutes (preheated to 85°C)
- 1 hour 40 minutes
- 40 minutes (15°C)
- 40 minutes (65°C in the chamber)

Fish Second Courses

Times &
temperatures



COD FILLET
3 cm dl thick

- ❄️ CHILLING
- ❄️ FREEZING COOKED PRODUCT
- 🍳 **LOW TEMPERATURE COOKING**
(85°C in the chamber, 54°C at the core)
- ❄️ THAWING COOKED PRODUCT
- 📡 DISH READY COOLED

1 hour 45 minutes (pre-cooled to 0°C)
1 hour 15 minutes (pre-cooled to 0°C)
1 hour (preheated to 85°C)
2 hours (15°C)
40 minutes (65°C in the chamber)

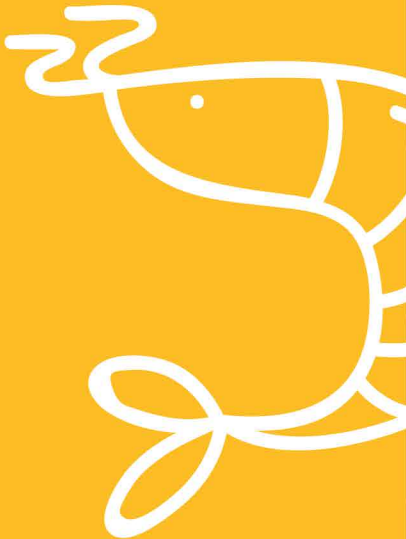
MONKFISH
3 cm thick

- ❄️ CHILLING
- ❄️ FREEZING RAW PRODUCT
- ❄️ FREEZING COOKED PRODUCT
- 🍳 **LOW TEMPERATURE COOKING**
(85°C in the chamber):
- ❄️ THAWING RAW PRODUCT AT 9°C
- ❄️ THAWING COOKED PRODUCT
- 📡 DISH READY COOLED

1 hour 45 minutes (pre-cooled to 0°C)
1 hour 45 minutes (pre-cooled to 0°C)
1 hour 15 minutes (pre-cooled to 0°C)
50 minutes (preheated to 85°C,
with initial searing)
2 hours
1 hour 30 minutes (15°C)
40 minutes (65°C in the chamber)

Raw

Times &
temperatures



BEEF TARTARE
about 2 cm thick

 FREEZING
 THAWING AT 8°C

55 minutes (pre-cooled to 0°C)
1 hour 20 minutes

FISH TARTARE
about 2 cm thick

 FREEZING
 THAWING AT 8°C

1 hour (pre-cooled to 0°C)
1 hour 20 minutes

MEAT CARPACCIO

 FREEZING
 THAWING

25 minutes (pre-cooled to 0°C)
20 minutes (8°C)

FISH CARPACCIO

 FREEZING
 THAWING

25 minutes (pre-cooled to 0°C)
20 minutes (8°C)

Vegetables

Times & temperatures

SAUTÉED VEGETABLES spread out, about 2 cm thick

- ❄️ CHILLING
- ❄️ FREEZING COOKED PRODUCT
- ❄️ THAWING COOKED PRODUCT (30°C)
- 🕒 DISH READY COOLED

1 hour 35 minutes (pre-cooled to 0°C)
1 hour 5 minutes (pre-cooled to 0°C)
50 minutes
40 minutes (65°C in the chamber)

STEAMED VEGETABLES BOILED VEGETABLES

- ❄️ CHILLING
- ❄️ FREEZING COOKED PRODUCT
- ❄️ THAWING COOKED PRODUCT (30°C)
- 🕒 DISH READY COOLED

45 minutes (pre-cooled to 0°C)
55 minutes (pre-cooled to 0°C)
50 minutes
50 minutes (65°C in the chamber)

STUFFED VEGETABLES

- ❄️ CHILLING
- ❄️ FREEZING COOKED PRODUCT
- ❄️ THAWING COOKED PRODUCT
- 🕒 DISH READY COOLED

1 hour 25 minutes (pre-cooled to 0°C)
1 hour 15 minutes (pre-cooled to 0°C)
1 hour (30°C)
50 minutes (65°C in the chamber)

RAW VEGETABLES (fresh peas, fresh broad beans, carrot cubes, courgette cubes, vegetables for mirepoix, cauliflower cubes, beans, cannellini beans, diced beans)

- ❄️ SHOCK FREEZING RAW PRODUCT
- ❄️ THAWING RAW PRODUCT

1 hour (pre-cooled to 0°C)
1 hour (15°C)

Vegetables

1 hour 50 minutes (pre-cooled to 0°C)

DELICATE FREEZING COOKED PRODUCT ❄️

ROAST POTATOES

1 hour 45 minutes (pre-cooled to 0°C)

1 hour 55 minutes (pre-cooled to 0°C)

1 hour 20 minutes

1 hour (70°C in the chamber)

CHILLING ❄️

FREEZING COOKED PRODUCT ❄️

THAWING COOKED PRODUCT (15°C) ❄️

DISH READY COOLED 🍽️

VEGETABLE BOWL
about 2 cm thick

1 hour 15 minutes (pre-cooled to 0°C)

1 hour 35 minutes (pre-cooled to 0°C)

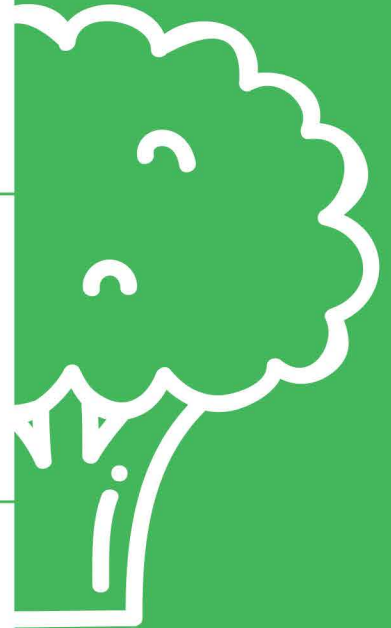
1 hour (75°C in the chamber)

CHILLING ❄️

FREEZING COOKED PRODUCT ❄️

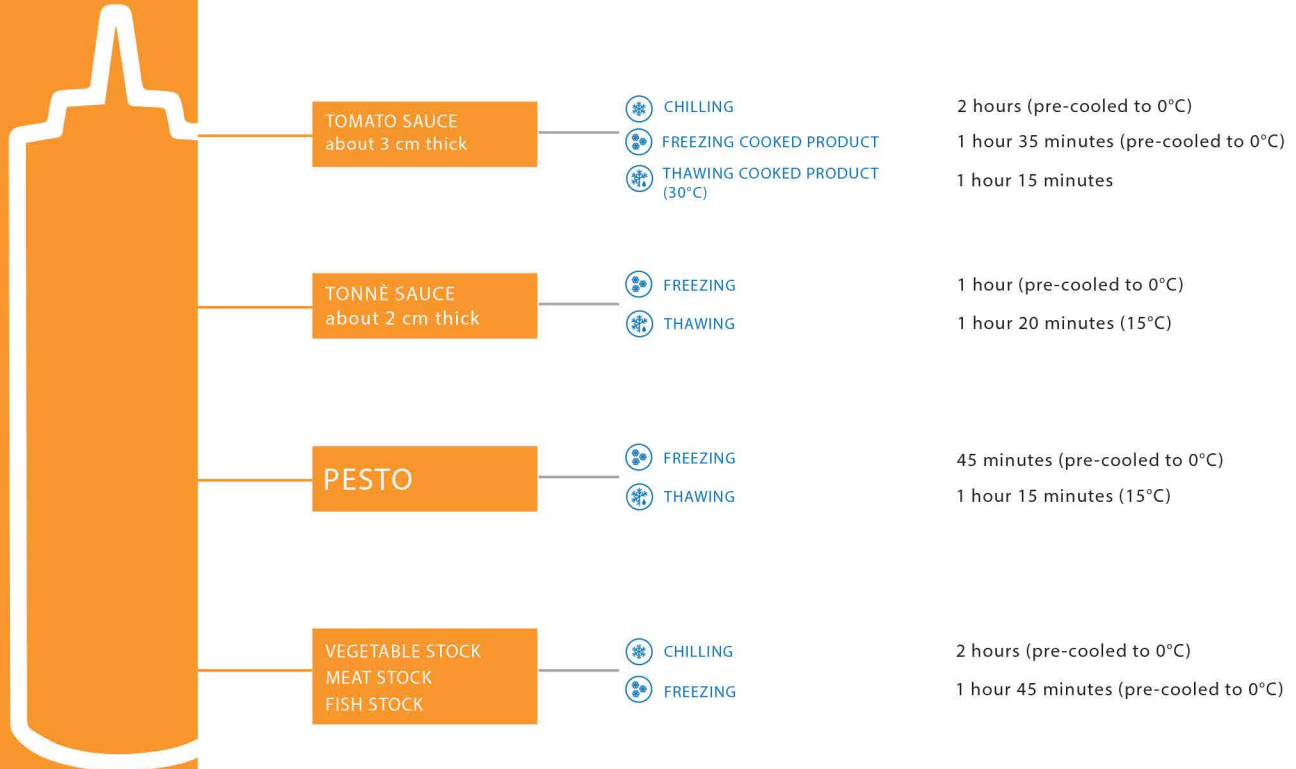
DISH READY COOLED 🍽️

PURÉE
(spread out, about 2 cm thick)



Sauces Broths

Times &
temperatures



Leavened Products

Times &
temperatures



MILK ROLLS



DELICATE FREEZING

1 hour 40 minutes (pre-cooled to 0°C)

CIABATTA BREAD



FREEZING WHOLE PRODUCT

1 hour 45 minutes (pre-cooled to 0°C)



FREEZING SLICED PRODUCT

40 minutes (pre-cooled to 0°C)

PIZZA



FREEZING COOKED PRODUCT

1 hour 25 minutes (pre-cooled to 0°C)



FREEZING RAW PRODUCT

50 minutes (pre-cooled to 0°C)

MILK ROLLS FILLED
WITH CHEESE
AND CURED MEAT

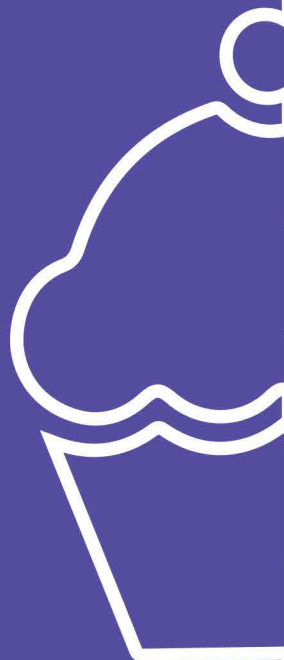


FREEZING

2 hours 15 minutes (pre-cooled to 0°C)

Desserts

Times &
temperatures



PANNA COTTA/
MOUSSE



CHILLING

FREEZING

1 hour 15 minutes (pre-cooled to 0°C)

1 hour 10 minutes (pre-cooled to 0°C)

SEMIFREDDOS/
BAVARIAN CREAM



CHILLING

FREEZING

1 hour 5 minutes (pre-cooled to 0°C)

55 minutes (pre-cooled to 0°C)

SHAVED ICE



FREEZING

1 hour 5 minutes (pre-cooled to 0°C)

ICE/ICE LOLLIES



FREEZING

1 hour 20 minutes (pre-cooled to 0°C)

FRUIT



FREEZING RASPBERRIES
AND BLUEBERRIES

45 minutes (pre-cooled to 0°C)

CHEESECAKE



CHILLING

FREEZING

1 hour (pre-cooled to 0°C)

1 hour 15 minutes (pre-cooled to 0°C)

BAKED DESSERTS
(cakes, tarts)



CHILLING

DELICATE FREEZING

2 hours (pre-cooled to 0°C)

1 hour 50 minutes (pre-cooled to 0°C)