

A close-up of the control panel for the irinox fresco appliance. It features a black background with the word "fresco" in white lowercase letters, a small irinox logo on the left, and a set of touch-sensitive controls on the right including a power button, a plus sign, a minus sign, and a lock icon.

# Times & Temperatures

.....  
fresco

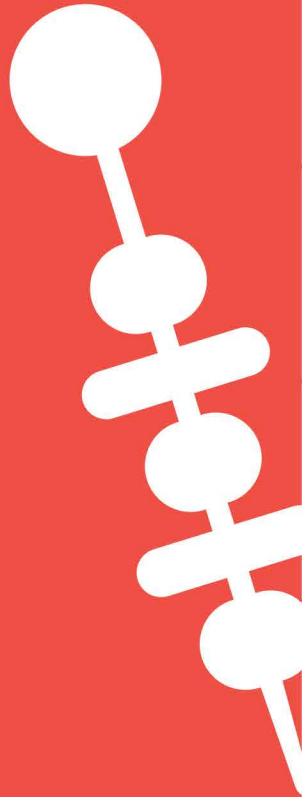


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# Hors d'oeuvres

Times &  
temperatures



CANAPÈ

❄️ FREEZING

40 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

40 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  
OAT MEAL

- ❄️ CHILLING
- ❄️ FREEZING

60 minutes (pre-cooled to 0°C)  
50 minutes (pre-cooled to 0°C)

LASAGNA  
CASSEROLES

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

2 hours (pre-cooled to 0°C)  
2 hours (pre-cooled to 0°C)  
1 hour 30 minutes (65°C in the chamber)  
1 hour 10 minutes (25°C)

PASTA

- ❄️ CHILLING
- ❄️ FREEZING

50 minutes (pre-cooled to 0°C)  
40 minutes (pre-cooled to 0°C)

FRESH PASTA

- ❄️ FREEZING

50 minutes (pre-cooled to 0°C)

SOUPS  
BROTHS  
PUREED SOUPS

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

2 hours (pre-cooled to 0°C)  
1 hour 50 minutes (pre-cooled to 0°C)  
50 minutes (70°C)  
1 hour 15 minutes (30°C)

GNOCCHI

- ❄️ FREEZING

1 hour 10 minutes (pre-cooled to 0°C)

FILLED PASTA

- ❄️ FREEZING

40 minutes

# Meat Second Courses

Times & temperatures



## ROASTBEEF (800g)

- ❄️ CHILLING
- ❄️ FREEZING RAW PRODUCT
- ❄️ FREEZING COOKED PRODUCT
- ❄️ FREEZING SLICED PRODUCT

2 hours (pre-cooled to 0°C)  
3 hours and 20 minutes (pre-cooled to 0°C)  
2 hours and 50 minutes (pre-cooled to 0°C)  
1 hour and 20 minutes (pre-cooled to 0°C,  
1/2 cm thick)

- 🍲 LOW TEMPERATURE COOKING
- ❄️ THAWING, WHOLE PRODUCT
- ❄️ THAWING SLICED PRODUCT

1 hour 40 minutes (pre-cooled to 75°C)  
4 hours 30 minutes (15°C)  
1 hour (15°C 1/2 cm thick)

## STEAKS&CHOPS 4 cm thick

- ❄️ CHILLING
- ❄️ FREEZING RAW PRODUCT
- ❄️ FREEZING COOKED PRODUCT
- ❄️ FREEZING SLICED PRODUCT

2 hours (pre-cooled to 0°C)  
2 hours and 40 minutes (pre-cooled to 0°C)  
1 hours and 50 minutes (pre-cooled to 0°C)  
1 hour and 10 minutes (pre-cooled to 0°C,  
2 cm thick)

- 🍲 LOW TEMPERATURE COOKING
- ❄️ THAWING WHOLE PRODUCT
- 📏 DISH READY WHOLE AND COOLED
- 📏 DISH READY SLICED AND COOLED

1 hour 30 minutes (pre-cooled to 75°C)  
1 hour 20 minutes (15°C)  
1 hour 45 minutes (70°C in the chamber)  
30 minutes (65°C)

## MINUTE STEAK 1 cm thick

- ❄️ FREEZING RAW PRODUCT
- ❄️ THAWING

50 minutes (pre-cooled to 0°C)  
50 minutes (9°C)

# Meat Second Courses

## BEEF FILET 4 cm thick

 CHILLING	2 hours (pre-cooled to 0°C)
 FREEZING RAW PRODUCT	2 hours 40 minutes (pre-cooled to 0°C)
 FREEZING COOKED PRODUCT	2 hours 30 minutes (pre-cooled to 0°C)
 FREEZING SLICED PRODUCT	1 hour 10 minutes (pre-cooled to 0°C, 2 cm thick)
 <b>LOW TEMPERATURE COOKING</b>	1 hour 20 minutes (pre-cooled to 75°C)
 THAWING, WHOLE PRODUCT	1 hour 20 minutes (1.5°C)
 THAWING SLICED PRODUCT	2 hours (1.5°C)
 DISH READY WHOLE AND COOLED	30 minutes (6.5°C)

## DUCK BREAST 3-4 cm thick

 CHILLING	2 hours (pre-cooled to 0°C)
 FREEZING RAW PRODUCT	2 hours 10 minutes (pre-cooled to 0°C)
 FREEZING COOKED PRODUCT	2 hours 20 minutes (pre-cooled to 0°C)
 FREEZING SLICED PRODUCT	1 hour 10 minutes (pre-cooled to 0°C, 2 cm thick)
 <b>LOW TEMPERATURE COOKING</b>	1 hour 35 minutes (pre-cooled to 75°C)
 THAWING WHOLE PRODUCT	1 hour 20 minutes (1.5°C)
 DISH READY WHOLE AND COOLED	2 hours (7.5°C)
 DISH READY SLICED AND COOLED	30 minutes (6.5°C)

# Meat Second Courses



## CHICKEN BREAST 2,5 cm thick

- ❄️ CHILLING
- ❄️ FREEZING RAW PRODUCT
- ❄️ FREEZING COOKED PRODUCT
- 🔥 LOW TEMPERATURE COOKING
- ❄️ THAWING
- 🍲 DISH READY WHOLE AND COOLED

- 1 hour 50 minutes (pre-cooled to 0°C)
- 1 hour 10 minutes (pre-cooled to 0°C)
- 1 hour 50 minutes (pre-cooled to 0°C)
- 3 hours and 10 minutes (pre-cooled to 75°C)
- 1 hour 50 minutes (9°C)
- 1 hour (65°C)

## MEATBALLS 3 cm in diameter

- ❄️ CHILLING
- ❄️ FREEZING RAW PRODUCT
- ❄️ FREEZING COOKED PRODUCT
- ❄️ THAWING
- 🍲 DISH READY COOLED

- 1 hour 10 minutes (pre-cooled to 0°C)
- 1 hour 10 minutes (pre-cooled to 0°C)
- 1 hour 30 minutes (pre-cooled to 0°C)
- 1 hour
- 1 hour (65°C)

## ROAST 7 cm thick

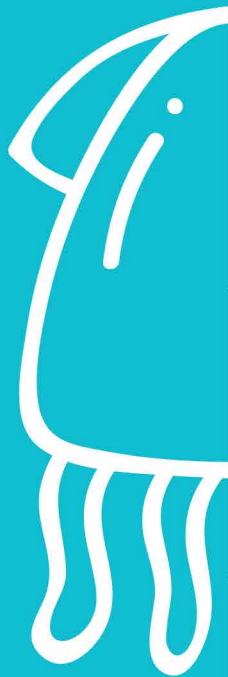
- ❄️ CHILLING
- ❄️ FREEZING RAW PRODUCT
- ❄️ FREEZING WHOLE COOKED PRODUCT
- ❄️ FREEZING SLICED COOKED PRODUCT
- ❄️ THAWING WHOLE PRODUCT
- 🍲 DISH READY WHOLE AND COOLED
- 🍲 DISH READY SLICED AND COOLED

- 1 hour 50 minutes (pre-cooled to 0°C)
- 3 hours 20 minutes (pre-cooled to 0°C)
- 2 hours 50 minutes (pre-cooled to 0°C)
- 50 minutes (pre-cooled to 0°C, 1.5 cm thick)
- 2 hours 10 minutes (15°C)
- 2 hours (75°C in the chamber)
- 45 minutes (65°C)



# Fish Second Courses

Times & temperatures



## SALMON FILLET 3 cm thick

- ❄️ CHILLING 1 hour 10 minutes (pre-cooled to 0°C)
- ❄️ FREEZING RAW PRODUCT 1 hour 50 minutes (pre-cooled to 0°C)
- ❄️ FREEZING COOKED PRODUCT 1 hour 10 minutes (pre-cooled to 0°C)
- 🍲 **LOW TEMPERATURE COOKING** 20 minutes (pre-cooled to 75°C)
- ❄️ THAWING RAW PRODUCT AT 8°C 2 hours 50 minutes
- 🍲 DISH READY COOLED 30 minutes (60°C)

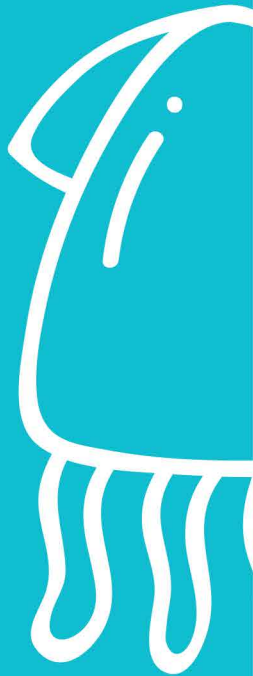
## TUNA STEAK SWORDFISH STEAK 2 cm thick

- ❄️ CHILLING 1 hour 20 minutes (pre-cooled to 0°C)
- ❄️ FREEZING RAW PRODUCT 1 hour 40 minutes (pre-cooled to 0°C)
- ❄️ FREEZING COOKED PRODUCT 1 hour 20 minutes (pre-cooled to 0°C)
- 🍲 **LOW TEMPERATURE COOKING** 20 minutes (pre-cooled to 75°C)
- ❄️ THAWING RAW PRODUCT AT 8°C 2 hours 50 minutes
- 🍲 DISH READY COOLED 20 minutes (65°C)

## WHOLE FISH FISH LOIN

- ❄️ CHILLING 1 hour 20 minutes (pre-cooled to 0°C)
- ❄️ FREEZING RAW PRODUCT 1 hour 50 minutes (pre-cooled to 0°C)
- ❄️ FREEZING COOKED PRODUCT 1 hour 40 minutes (pre-cooled to 0°C)
- 🍲 **LOW TEMPERATURE COOKING** 1 hour 40 minutes (pre-cooled to 75°C)
- ❄️ THAWING RAW PRODUCT AT 9°C 1 hour 15 minutes
- 🍲 DISH READY COOLED 1 hour (65°C)

# Fish Second Courses



**FILETTO DI PESCE**  
orata  
branzino  
sgombro  
triglia  
gallinella

- ❄️ CHILLING
- ❄️ FREEZING RAW PRODUCT
- ❄️ FREEZING COOKED PRODUCT
- 🔥 LOW TEMPERATURE COOKING
- ❄️ THAWING RAW PRODUCT AT 8°C
- 🧊 DISH READY COOLED

1 hour 10 minutes (pre-cooled to 0°C)  
1 hour (pre-cooled to 0°C)  
1 hour 10 minutes (pre-cooled to 0°C)  
20 minutes (pre-cooled to 75°C)  
50 minutes  
20 minutes (65°C)

**POLPO**  
500g

- ❄️ CHILLING
- ❄️ FREEZING COOKED PRODUCT
- 🔥 LOW TEMPERATURE COOKING
- ❄️ THAWING RAW PRODUCT
- 🧊 DISH READY COOLED

1 hour 20 minutes (pre-cooled to 0°C)  
2 hours 50 minutes (pre-cooled to 0°C)  
5 hours 10 minutes (pre-cooled to 75°C)  
2 hours 30 minutes (a 15°C)  
40 minutes (65°C in the chamber)

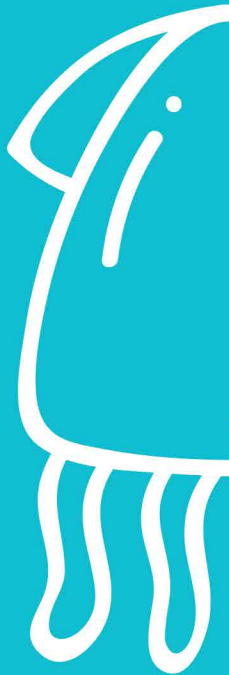
**SEPIE**

- ❄️ CHILLING
- ❄️ FREEZING RAW PRODUCT
- ❄️ FREEZING COOKED PRODUCT
- 🔥 LOW TEMPERATURE COOKING
- ❄️ THAWING RAW PRODUCT AT 9°C
- ❄️ THAWING COOKED CUTTLEFISH 59°F
- 🧊 DISH READY COOLED

50 minutes (pre-cooled to 0°C)  
1 hour 10 minutes (pre-cooled to 0°C)  
1 hour (pre-cooled to 0°C)  
40 minutes (pre-cooled to 75°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 di thick

- ❄️ CHILLING
- ❄️ FREEZING COOKED PRODUCT
- 🔥 **LOW TEMPERATURE COOKING**
- ❄️ THAWING COOKED PRODUCT
- 🧊 DISH READY COOLED

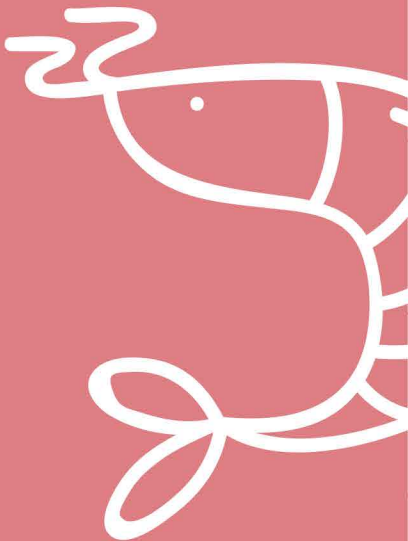
1 hour 50 minutes (pre-cooled to 0°C)  
1 hour 20 minutes (pre-cooled to 0°C)  
1 hour 10 minutes (pre-cooled to 75°C)  
2 hours (1.5°C)  
40 minutes (6.5°C in the chamber)

## MONKFISH 3 cm thick

- ❄️ CHILLING
- ❄️ FREEZING RAW PRODUCT
- ❄️ FREEZING COOKED PRODUCT
- 🔥 **LOW TEMPERATURE COOKING**
- ❄️ THAWING RAW PRODUCT
- ❄️ THAWING COOKED PRODUCT
- 🧊 DISH READY COOLED

1 hour 50 minutes (pre-cooled to 0°C)  
1 hour 50 minutes (pre-cooled to 0°C)  
1 hour 20 minutes (pre-cooled to 0°C)  
1 hour (pre-cooled to 75°C)  
2 hours  
1 hour 30 minutes (1.5°C)  
40 minutes (6.5°C in the chamber)

# Raw food



BEEF TARTARE  
about 2 cm thick



1 hour (pre-cooled to 0°C)

1 hour 20 minutes

FISH TARTARE  
about 2 cm thick



1 hour (pre-cooled to 0°C)

1 hour 20 minutes

MEAT CARPACCIO



30 minutes (pre-cooled to 0°C)

20 minutes (8°C)

FISH CARPACCIO &  
SASHIMI



30 minutes (pre-cooled to 0°C)

20 minutes (8°C)

# Vegetables

Times &  
temperatures

## SAUTÉED VEGETABLES

spread out, about 2 cm thick



CHILLING

1 hour 40 minutes (pre-cooled to 0°C)



FREEZING COOKED PRODUCT

1 hour 10 minutes (pre-cooled to 0°C)



THAWING COOKED PRODUCT

50 minutes



DISH READY COOLED

40 minutes (65°C in the chamber)

## STEAMED VEGETABLES BOILED VEGETABLES



CHILLING

50 minutes (pre-cooled to 0°C)



FREEZING COOKED PRODUCT

1 hour (pre-cooled to 0°C)



THAWING COOKED PRODUCT

50 minutes



DISH READY COOLED

50 minutes (65°C in the chamber)

## STUFFED VEGETABLES



CHILLING

1 hour 30 minutes (pre-cooled to 0°C)



FREEZING COOKED PRODUCT

1 hour 20 minutes (pre-cooled to 0°C)



THAWING COOKED PRODUCT

1 hour (30°C)



DISH READY COOLED

50 minutes (65°C in the chamber)

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



SHOCK FREEZING RAW PRODUCT

1 hour (pre-cooled to 0°C)



THAWING RAW PRODUCT

1 hour (15°C)

# Vegetables

Times &  
temperatures

ROAST POTATOES &  
ROAST VEGETABLES



DELICATE FREEZING COOKED PRODUCT

2 hours (pre-cooled to 0°C)

VEGETABLE  
PARMIGIANA  
about 2-3 cm thick



CHILLING

1 hour 50 minutes (pre-cooled to 0°C)



FREEZING COOKED PRODUCT

2 hours (pre-cooled to 0°C)



THAWING COOKED PRODUCT (15°C)

1 hour 20 minutes



DISH READY COOLED

1 hour (70°C in the chamber)

MASHED POTATOES  
about 2-3 cm thick



CHILLING

1 hour 20 minutes (pre-cooled to 0°C)



FREEZING COOKED PRODUCT

1 hour 40 minutes (pre-cooled to 0°C)



DISH READY COOLED

1 hour (70°C in the chamber)

# Sauces Broths

Times &  
temperatures



GRAVY&TOMATO SAUCE  
about 3 cm thick

- ❄️ CHILLING
- ❄️ FREEZING COOKED PRODUCT
- ❄️ THAWING COOKED PRODUCT

2 hours (pre-cooled to 0°C)  
1 hour 40 minutes (pre-cooled to 0°C)  
1 hour 15 minutes (pre-cooled to 0°C)

TUNA SAUCE  
about 2 cm thick

- ❄️ FREEZING
- ❄️ THAWING

1 hour (pre-cooled to 0°C)  
1 hour 20 minutes (15°C)

PES TO

- ❄️ FREEZING
- ❄️ THAWING

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

STOCKS&BROTHS

- ❄️ CHILLING
- ❄️ FREEZING

2 hours (pre-cooled to 0°C)  
1 hour 45 minutes (pre-cooled to 0°C)

BOLOGNESE SAUCE

- ❄️ CHILLING
- ❄️ FREEZING COOKED PRODUCT
- ❄️ THAWING COOKED PRODUCT

2 hours (pre-cooled to 0°C)  
2 hours 10 minutes (pre-cooled to 0°C)  
1 hour 50 minutes

# Leavened & Cooked Products

DINNER ROLLS

DELICATE FREEZING

1 hour 40 minutes (pre-cooled to 0°C)

CIABATTA BREAD

FREEZING WHOLE PRODUCT  
FREEZING SLICED PRODUCT

1 hour 45 minutes (pre-cooled to 0°C)  
40 minutes (pre-cooled to 0°C)

PIZZA

FREEZING COOKED PRODUCT  
FREEZING RAW PRODUCT

1 hour 25 minutes (pre-cooled to 0°C)  
50 minutes (pre-cooled to 0°C)

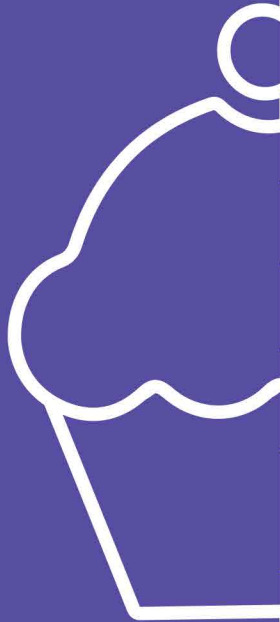
SCHOOL SNACKS & LUNCH SANDWICHES

FREEZING

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



# Desserts



PANNA COTTA/ MOUSSE	<ul style="list-style-type: none"> <li> CHILLING</li> <li> FREEZING</li> </ul>	<p>1 hour 15 minutes (pre-cooled to 0°C)</p> <p>1 hour 10 minutes (pre-cooled to 0°C)</p>
SEMIFREDDOS/ BAVARIAN CREAM	<ul style="list-style-type: none"> <li> CHILLING</li> <li> FREEZING</li> </ul>	<p>1 hour 5 minutes (pre-cooled to 0°C)</p> <p>55 minutes (pre-cooled to 0°C)</p>
GRANITA	<ul style="list-style-type: none"> <li> FREEZING</li> </ul>	<p>1 hour 5 minutes (pre-cooled to 0°C)</p>
POPSICLE	<ul style="list-style-type: none"> <li> FREEZING</li> </ul>	<p>1 hour 20 minutes (pre-cooled to 0°C)</p>
FRUIT	<ul style="list-style-type: none"> <li> FREEZING RASPBERRIES AND BLUEBERRIES</li> </ul>	<p>45 minutes (pre-cooled to 0°C)</p>
CHEESECAKE	<ul style="list-style-type: none"> <li> CHILLING</li> <li> FREEZING</li> </ul>	<p>1 hour (pre-cooled to 0°C)</p> <p>1 hour 15 minutes (pre-cooled to 0°C)</p>
BAKED DESSERTS (cakes, tarts)	<ul style="list-style-type: none"> <li> CHILLING</li> <li> DELICATE FREEZING</li> </ul>	<p>2 hours (pre-cooled to 0°C)</p> <p>1 hour 50 minutes (pre-cooled to 0°C)</p>
PIE	<ul style="list-style-type: none"> <li> CHILLING</li> <li> DELICATE FREEZING</li> </ul>	<p>2 hours (pre-cooled to 0°C)</p> <p>3 hours 30 minutes (pre-cooled to 0°C)</p>

The irinox logo consists of a stylized orange 'i' icon followed by the brand name 'irinox' in a lowercase, sans-serif font.The fresco logo features a horizontal line of seven white dots above the word 'fresco' in a lowercase, sans-serif font.

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