

# COOKING CHART

## VEAL

### Whole fillet

Minimum duration	<b>1 h 30 min – 2 h</b>
Cooking-space temperature	Rare: 55 °C Medium: 59 °C
Flavours to add	Rosemary Thyme Olive oil
Searing	Afterwards in a very hot pan
Recipe note	See recipe «Herb-coated fillet of veal», page 38

### Fillet medallions

<b>45 min</b>
Rare: 51 °C Medium: 55 °C
Rosemary Thyme Olive oil
Afterwards in a very hot pan

### Whole saddle of veal

Minimum duration	<b>1 h 30 min</b>
Cooking-space temperature	Medium: 60 °C
Flavours to add	Mixed herbs Dried prunes Butter
Searing	Afterwards in a very hot pan

### Sirloin (eye of round)

Minimum duration	<b>3 h</b>
Cooking-space temperature	Medium: 57 °C
Flavours to add	Rosemary Thyme
Searing	Either beforehand in a very hot pan or not at all (for vitello tonnato)
Recipe note	E.g. for vitello tonnato

### Roast veal cutlet

<b>2 h 30 min</b>
Medium: 60 °C
Thyme Peppercorns
Afterwards in a very hot pan

### Veal shanks

Minimum duration	<b>14 h</b>
Cooking-space temperature	64 °C
Flavours to add	Stock Onions
Searing	Beforehand in a very hot pan

### Veal cheek

<b>8 h</b>
78 °C
Stock Sauce Onions
Beforehand in a hot pan

### This information applies to all meat cooking charts

If the meat is only vacuum-sealed with small volumes of liquid (e.g. oil for flavouring), vacuum level 3 can be used. For larger volumes of liquid, e.g. if the sauce is vacuum-sealed with the meat, only level 2 is required at the most.

The timings indicated in the meat cooking charts are each based on servings for 4 people. A serving of 150 g of meat is assumed for each person.

Once it has reached the food probe temperature, the meat can be left in the cooking space for up to 1 hour longer.

# COOKING CHART

## BEEF

### Whole beef fillet

Minimum duration	<b>2 h</b>
Cooking-space temperature	Rare: 51 °C    Medium: 55 °C
Flavours to add	Thyme
Searing	Afterwards in a very hot pan
Recipe note	See recipe «Honey and tarragon beef fillet», page 46

### Whole entrecôte

Minimum duration	<b>2 h 30 min</b>
Cooking-space temperature	Rare: 51 °C    Medium: 55 °C
Flavours to add	Thyme    Rosemary
Searing	Afterwards in a very hot pan

### Whole prime rib

Minimum duration	<b>2 h 30 min</b>
Cooking-space temperature	Medium: 61 °C
Flavours to add	Thyme    Marjoram    Garlic    Pepper
Searing	Afterwards in a very hot pan

### Whole haunch

Minimum duration	<b>2 h 30 min</b>
Cooking-space temperature	Medium: 61 °C
Flavours to add	Thyme    Marjoram    Pepper
Searing	Afterwards in a very hot pan

### Goulash/ragout

Minimum duration	<b>36 h</b>
Cooking-space temperature	58 °C
Flavours to add	Stock/sauce    Peppers    Onions
Searing	Beforehand in a hot pan
Recipe note	See recipe «Beef bourguignon», page 44

### Beef fillet medallions

<b>45 min</b>
Rare: 51 °C    Medium: 55 °C
Thyme
Afterwards in a very hot pan

### Entrecôte steaks

<b>35 min</b>
Rare: 51 °C    Medium: 55 °C
Thyme    Rosemary
Afterwards in a very hot pan

### Prime rib steaks

<b>35 min</b>
Medium: 61 °C
Thyme    Marjoram    Garlic    Pepper
Afterwards in a very hot pan

### Roast shoulder

<b>2 h 30 min</b>	<b>48 h</b>
62 °C	
Stock    Onions    Carrots	
Beforehand in a hot pan	

# COOKING CHART

## PORK

### Whole fillet

Minimum duration	1 h 15 min
Cooking-space temperature	Medium: 59 °C
Flavours to add	Thyme Bay leaf Pepper Juniper Allspice
Searing	Afterwards in a very hot pan
Recipe note	See recipe «Pork fillet cooked in elderberry juice», page 60

### Loin cut

Minimum duration	1 h 45 min
Cooking-space temperature	63 °C
Flavours to add	Sage Pepper
Searing	Afterwards in a very hot pan

### Pork belly

Minimum duration	24 h
Cooking-space temperature	64 °C
Flavours to add	Bay leaf Thyme Marjoram Pepper Salt
Searing	Afterwards in an oven or on the grill
Recipe note	See recipe «Pork belly with spicy mango purée», page 58

### Fillet medallions

Minimum duration	30 min
Cooking-space temperature	Medium: 59 °C
Flavours to add	Thyme Bay leaf Pepper Juniper Allspice
Searing	Afterwards in a very hot pan

### Whole haunch

Minimum duration	2 h
Cooking-space temperature	63 °C
Flavours to add	Thyme Marjoram Garlic Pepper
Searing	Afterwards in a very hot pan

### Spare ribs

Minimum duration	24 h
Cooking-space temperature	64 °C
Flavours to add	Paprika Curry powder Honey
Searing	Afterwards in an oven or on the grill
Recipe note	See recipe «Curry spare ribs with apricot chutney», page 56

# COOKING CHART

## LAMB

### Loin cut

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Minimum duration	<b>30 min</b>
Cooking-space temperature	Rare: 53 °C    Medium: 57 °C
Flavours to add	Butter    Rosemary    Orange zest
Searing	Afterwards in a very hot pan
Recipe note	See recipe «Lamb loin with olive sauce and tomato compote», page 62

### Whole gigot

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Minimum duration	<b>2 h 15 min</b>
Cooking-space temperature	64 °C
Flavours to add	Rosemary    Olive oil    Garlic
Searing	Afterwards in a very hot pan
Recipe note	

### Whole haunch

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Minimum duration	<b>45 min</b>
Cooking-space temperature	Medium: 59 °C
Flavours to add	Savory    Rosemary
Searing	Afterwards in a very hot pan

### Shank

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Minimum duration	<b>24 h</b>
Cooking-space temperature	58 °C
Flavours to add	Bay leaf    Olive oil
Searing	Afterwards in a very hot pan
Recipe note	See recipe «Mediterranean lamb osso buco», page 66

# COOKING CHART POULTRY

## Chicken breast

Minimum duration	1 h
Cooking-space temperature	64 °C
Flavours to add	Orange zest Curry powder Pepper
Searing	Afterwards in a very hot pan
Recipe note	See recipe «Ciabatta with chicken breast», page 68

## Chicken thigh

Minimum duration	1 h 15 min
Cooking-space temperature	71 °C
Flavours to add	Honey Rapeseed oil Chilli
Searing	Afterwards in an oven or on the grill

## Duck breast

Minimum duration	35 min
Cooking-space temperature	62 °C
Flavours to add	Orange zest Thyme Pepper
Searing	Afterwards in a very hot pan
Recipe note	See recipe «Duck breast with asparagus salad», page 70

## Turkey breast

Minimum duration	2 h
Cooking-space temperature	64 °C
Flavours to add	Dried cranberries Pepper
Searing	Afterwards in a very hot pan

# COOKING CHART GAME

## Whole saddle of venison

Minimum duration	1 h 15 min
Cooking-space temperature	52 °C
Flavours to add	Rosemary Juniper berries Olive oil
Searing	Afterwards in a very hot pan
Recipe note	See recipe «Saddle of venison with figs and chestnut purée», page 76

## Venison saddle medallions

Minimum duration	30 min
Cooking-space temperature	52 °C
Flavours to add	Rosemary Juniper berries Olive oil
Searing	Afterwards in a very hot pan

# COOKING CHART HORSE

## Whole horse fillet

Minimum duration  
Cooking-space temperature  
Flavours to add  
Searing

1 h 45 min

Rare: 55 °C

Medium: 59 °C

Thyme

Marjoram

Garlic

Afterwards in a very hot pan

## Horse fillet medallions

45 min

Rare: 55 °C

Medium: 59 °C

Thyme

Marjoram

Garlic

Afterwards in a very hot pan

# COOKING CHART OSTRICH

## Whole ostrich fillet

Minimum duration  
Cooking-space temperature  
Flavours to add  
Searing

1 h 45 min

Rare: 55 °C

Medium: 59 °C

Thyme

Rosemary

Afterwards in a very hot pan

## Ostrich fillet medallions

45 min

Rare: 55 °C

Medium: 59 °C

Thyme

Rosemary

Afterwards in a very hot pan

# COOKING CHART

## FISH

### Arctic char

Minimum duration	25 min
Cooking-space temperature	47 °C
Flavours to add	Chilli Butter

### Salmon

Maximum duration	20 min
Cooking-space temperature	Rare: 51 °C Medium: 55 °C
Flavours to add	Vanilla Olive oil
Recipe note	See recipe «Confit salmon», page 80

### Trout

Maximum duration	1 h
Cooking-space temperature	49 °C
Flavours to add	Butter Lemon zest Parsley
Recipe note	See recipe «Trout with beans, currants and onion», page 82

### Zander

Maximum duration	15 min
Cooking-space temperature	55 °C
Flavours to add	Olive oil Salt Pepper
Recipe note	

### Tuna medallions

15 min
43 °C
Butter Star anise

### Monkfish

1 h
Rare: 51 °C Medium: 55 °C
Lemon zest Pepper

### Cod

20 min
60 °C
Parsley Lemon zest Pepper

### Whole sea bass

45 min
62 °C
Butter Fennel seeds
See recipe «Sea bass with fennel», page 92

### This information generally applies to fish and shellfish

Unless specified otherwise, the portions in the cooking charts refer to fish fillets. Shellfish are shelled before cooking.

The timings indicated in the fish and shellfish cooking charts are each based on servings for 4 people. A serving of 180 g of fish/shellfish is assumed for each person.

Generally speaking, fish should only be vacuum-sealed at setting 2 because it reacts more sensitively to pressure than meat. Firm fish such as monkfish or shellfish can also be vacuum-sealed at setting 3.

# COOKING CHART

## SHELLFISH

### Scallops

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Minimum duration	25 min
Cooking-space temperature	47 °C
Flavours to add	Ginger Butter
Recipe note	

### Cuttlefish, octopus, squid

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Minimum duration	5 h
Cooking-space temperature	79 °C
Flavours to add	Lemon zest Bay leaf
Recipe note	See recipe «Octopus carpaccio», page 90

### Scampi

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Minimum duration	30 min
Cooking-space temperature	58 °C
Flavours to add	Olive oil Sumac Lemon zest
Recipe note	See recipe «Bacon and scampi with mango and saffron aioli», page 88

### Lobster tail

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Minimum duration	20 min
Cooking-space temperature	55 °C
Flavours to add	Cayenne pepper Lemon zest Butter



# COOKING CHARTS

## VEGETABLES

### Whole white asparagus

Minimum duration	45 min
Cooking-space temperature	85 °C
Flavours to add	Olive oil    Lemon zest and juice

### Diced beetroot

Maximum duration	1 h 15 min
Cooking-space temperature	92 °C    Medium: 55 °C
Flavours to add	Butter    Salt    Lemon    Chervil
Recipe note	See recipe «Beetroot with Gorgonzola mousse», page 102

### Carrots

Maximum duration	1 h
Cooking-space temperature	85 °C
Flavours to add	Butter

### Chickpeas

Maximum duration	7 h
Cooking-space temperature	90 °C
Flavours to add	Water/bouillon: volume required for steeping according to indications on packaging.    Bay leaf    Pepper

### Whole green asparagus

30 min
85 °C
Olive oil    Pepper

### Fennel cut into eighths

1 h
85 °C
Butter    Salt    Pepper

### Green lentils

4 h
90 °C
Water/bouillon: volume required for steeping according to indications on packaging.    Bay leaf    Pepper

### This information applies to fruit and vegetables

The timings indicated in the charts are each based on servings for 4 people.

If there are no larger volumes of liquid (e.g. for pulses), fruit and vegetables can be vacuum-sealed at setting 2. Firmer varieties such as root vegetables or pineapple can be vacuum-sealed at setting 3.

# COOKING CHARTS

## FRUIT

### Pome fruit (apples, pears)

#### Whole

Minimum duration	50 min
Cooking-space temperature	85 °C
Flavours to add	Red wine Sugar syrup
Recipe note	

#### Compote (in eighths)/purée (in eighths)

30 min
85 °C
Sugar Lemon Cinnamon
See recipe «Apple and saffron nut crumble», page 108

#### Purée (in eighths)

Minimum duration	30 min
Cooking-space temperature	85 °C
Flavours to add	Sugar Lemon Cinnamon

### Stone fruit (plums, apricots)

#### Compote (halved)

Maximum duration	25 min
Cooking-space temperature	85 °C
Flavours to add	Sugar Lemon Cinnamon
Recipe note	See recipe «Amaretto crème brûlée», page 106

#### Pineapple, very thinly sliced (carpaccio) with stem

15 min
85 °C
Chilli Vanilla

#### Pineapple, in slices with stem removed

Maximum duration	1 h
Cooking-space temperature	75 °C
Flavours to add	Chilli Vanilla
Recipe note	See recipe «Flavoured pineapple with green-tea parfait», page 110

#### Melons (Galia, Charentais), marinate cold

Maximum duration	20 min
Cooking-space temperature	53 °C
Flavours to add	Mint Orange Liqueur
Recipe note	See recipe «Melon with orange, served with vanilla and saffron sauce», page 114