

COOKBOOK

RICETTARIO

“The all-capable, multifunction blast chiller-freezer”





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Homemade Pickled Vegetables.





Ingredients:

- 100 g carrots
- 100 g red onion
- 100 g red pepper
- 100 g yellow pepper
- 100 g white celery
- 15 g salt
- 25 g extra virgin olive oil
- 75 g white vinegar
- 30 g sugar
- Seasoning to taste

Procedure:

Julienne the vegetables, place all the ingredients in the special cooking bag and mix well. Seal using the bell vacuum packer on the maximum setting.

Blast chiller settings:

1. Enter settings, select Start Process and then select Time.
2. Select the  Slow Cooking programme -  Automatic SV (sous vide) - Vegetables
3. Set the chamber temperature:  85°C
4. Set the cooking time:  40'
5. Insert the bag after preheating
6. The blast chilling function starts automatically when the selected programme finishes. Conserve in the fridge.

Suggestions:

This cooking method is recommended for vegetables that are cut very thinly or julienned.

If they are cut larger, a longer cooking time is advised.



Category: Cooking Vegetables Sous vide

Method of cooking:

Slow Cooking, Automatic Sous vide (SV), Vegetables

Cooking time: 40'

Product life, conserved correctly:
circa 28 days



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Sautéed Courgettes.





Ingredients:

- 500 g diced courgettes
- 50 g chopped white onion
- 10 g salt
- 25 g extra virgin olive oil
- 8 g sugar
- 20 g chopped fresh parsley

Procedure:

Dice the courgettes, place all the ingredients in the special cooking bag and mix well. Seal using the bell vacuum packer on the maximum setting.

Blast chiller settings:

1. Enter settings, select Start Process and then select Time.
2. Select the  Slow Cooking programme -  Automatic SV (sous vide) - Vegetables
3. Set the chamber temperature:  85°C
4. Set the cooking time:  30'
5. Insert the bag after preheating
6. The blast chilling function starts automatically when the selected programme finishes. Conserve in the fridge.

Suggestions:

This cooking method is recommended for vegetables cut thinly.

If they are cut larger, a longer cooking time is advised.



Category: Cooking Vegetables Sous vide

Method of cooking:

Slow Cooking, Automatic Sous vide (SV), Vegetables

Cooking time: 30'

Product life, conserved correctly:
circa 15 days



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Mediterranean Caponata.





Ingredients:

- 150 g carrot roundels
- 100 g red onion in small pieces
- 100 g red pepper and 100 g yellow pepper, diced
- 100 g white celery
- 200 g aubergine, diced
- 30 g chopped capers
- 30 g good quality black olives, stoned and chopped
- 100 g diced cherry tomatoes
- 10 g fresh garlic, chopped
- 15 g salt
- 30 g extra virgin olive oil
- 15 g white vinegar
- 10 g sugar
- 20 g fresh parsley, chopped
- 20 g fresh basil, chopped
- Pinch of dried oregano

Procedure:

Quickly fry the diced aubergines and cool them. Place all the ingredients in the special cooking bags and mix well. Seal using the bell vacuum packer on the maximum setting.

Blast chiller settings:

1. Enter settings, select Start Process and then select Time.
2. Select the  Slow Cooking programme -  Automatic SV (sous vide) - Vegetables
3. Set the chamber temperature:  85°C
4. Set the cooking time:  50'
5. When preheating is complete, insert the bag
6. The blast chilling function starts automatically when the selected programme finishes. Conserve in the fridge.

Suggestions:

This cooking method is recommended for vegetables that are cut very thinly. If they are cut larger, a longer cooking time is advised.



Category: Cooking Vegetables Sous vide

Method of cooking:

Slow Cooking, Automatic Sous vide (SV), Vegetables

Cooking time: 50'

Product life, conserved correctly:
circa 15 days



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Vanilla apples in Syrup■





Ingredients:

- 500 g yellow apples, cored
- 50 g sugar
- ¼ of a natural vanilla pod
- Rind and juice of 1 untreated lemon
- 50 g water

Procedure:

Cut the apples into 8 wedges. Place all the ingredients in the special cooking bag and mix well. Seal using the bell vacuum packer on the maximum setting.

Blast chiller settings:

1. Enter settings, select Start Process and then select Time.
2. Select the  Slow Cooking programme -  Automatic SV (sous vide) - Fruit
3. Set the chamber temperature:  70°C
4. Set the cooking time:  30'
5. When preheating is complete, insert the bag
6. The blast chilling function starts automatically when the selected programme finishes. Conserve in the fridge.

Suggestions:

If the wedges are larger or smaller increase or decrease the cooking time.



Category: Cooking Fruit/Pastry Sous vide

Method of cooking:

Slow Cooking, Automatic Sous vide (SV), Fruit

Cooking time: 30'

Product life, conserved correctly:
circa 14 days



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Crème Patissière.

Ingredients:

- 800 g fresh milk
- 200 g fresh cream
- 200 g egg yolk
- 250 g sugar
- 60 g corn starch
- 5 g rice starch
- 10 g (potato) starch
- Peel of 1 lemon
- Half a vanilla pod
- 50 g cold butter

Procedure:

Heat the milk with 100 g of sugar, the cream, the opened vanilla pod and the lemon peel (only the yellow part). In another bowl beat the egg yolks with the remaining sugar and add the starches. When the milk boils, pour in the yolk mixture and mix energetically. Remove from the heat, add the butter and cool to +2°C. Place all the ingredients in the special cooking bag and mix well. Seal using the bell vacuum packer on the maximum setting.

Blast chiller settings:

1. Start the 📄 Special programme
🍲 = Hot Pasteurization 85°C
2. When preheating is complete, insert the bag/s. Place the probe in one of these after attaching the specific sticker for the probe

3. The blast chilling function starts automatically when the selected programme finishes. Conserve in the fridge.



Category: Pasteurization Fruit/Pastry

Method of cooking:
Hot Pasteurization

Cooking time to reach a core temperature of 74°C: 15'

Product life, conserved correctly:
circa 15 gg



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Strawberries and Juicy Red Fruits.





Ingredients:

- 500 g fresh strawberries or yellow apples, peeled and cored
- 50 g sugar
- ¼ of a natural vanilla pod
- Rind and juice of 1 untreated lemon
- 50 g water

Procedure:

Cut the fresh strawberries into small pieces or the apples into 8 wedges. Place all the ingredients in the special cooking bag and mix well. Seal using the bell vacuum packer on the maximum setting.

Blast chiller settings:

1. Enter settings, select Start Process and then select Time.
2. Select the  Slow Cooking programme -  Automatic SV (sous vide) - Fruit
3. Set the chamber temperature:  70°C
4. Set the cooking time:  30'
5. When preheating is complete, insert the bag
6. The blast chilling function starts automatically when the selected programme finishes. Conserve in the fridge.

Suggestions:

Excellent for ice creams, semifreddo desserts, yoghurt or blended fruit for toppings on various sweets.



Category: Cooking Fruit/Pastry Sous vide

Method of cooking:

Slow Cooking, Automatic Sous vide (SV), Fruit

Cooking time: 30'

Product life, conserved correctly:
circa 15 days



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Breast of Chicken with Paprika and Honey.







Ingredients:

- 10 whole chicken breasts, 200 g each
- 200 g acacia honey
- 40 g rubino paprika
- 3 g white pepper
- 20 g salt
- 20 g lemon juice
- 30 g water
- 50 g extra virgin olive oil

Procedure:

Coat the whole chicken breasts in the oil and lemon juice. Brown them a pan for a few seconds. Reduce the core temperature to +3°C. Mix the cold browned breasts with all the other ingredients and portion them into the special cooking bags. Seal using the bell vacuum packer on the maximum setting.

Blast chiller settings:

1. Enter settings, select Start Process and then select Time.
2. Select the  Slow Cooking programme -  Automatic SV (sous vide) - Lean White Meat
3. Set the chamber temperature:  66°C
4. Set the cooking time:  2 h
5. When preheating is complete, insert the bag
6. The blast chilling function starts

automatically when the selected programme finishes. Conserve in the fridge.

Suggestions:

Excellent served cold as a starter with salads, or hot, after having regenerated it in the oven or in a pan for browning it, together with the paprika-flavoured sauce obtained from cooking it sous vide.

Category: Cooking White Meats Sous vide

Method of cooking:

Slow Cooking, Automatic Sous vide (SV), Lean White Meat

Cooking time: 2 h

Product life, conserved correctly:
circa 21 days



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Mediterranean-style Turkey.





Ingredients:

- 2 kg boned turkey thighs, cut into small pieces
- 100 g flour
- 100 g extra virgin olive oil
- 50 g red wine
- 20 g table salt
- 10 g unrefined sugar
- 200 g dried tomatoes in oil
- 200 g Taggiasca black olives, chopped
- 50 g capers, desalted and chopped
- 200 g tomato sauce
- 20 g chopped parsley
- 10 g fresh oregano
- 10g fresh chopped rosemary
- 1 g powdered garlic

Procedure:

Flour the meat, then brown in a pan with oil and deglaze with the wine. Reduce the core temperature to +3°C, place all the ingredients in the special cooking pouch and mix well. Seal using the bell vacuum packer on the maximum setting.

Blast chiller settings:

1. Enter settings, select Start Process and then select Time.
2. Select the  Slow Cooking programme -  Automatic SV (sous vide) - Fat White Meat
3. Set the chamber temperature:  74°C
4. Set the cooking time:  3 h
5. When preheating is complete, insert the bag
6. The blast chiller function starts automatically when the selected programme ends. Conserve in the fridge.

Suggestions:

Regenerate in the oven or in a pan to brown.



Category: Cooking White Meats Sous vide

Method of cooking:
Slow Cooking, Automatic Sous Vide (SV), Fat White Meat

Cooking time: 3 h

Product life, conserved correctly:
circa 21 days



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Sliced Beef Steak.





Ingredients:

- 500 g beef steak (boned rib eye)
- 5 g unrefined sugar
- 5 g soy sauce
- 5 g table salt
- 50 g extra virgin olive oil
- Rosemary
- Bay leaf
- Freshly ground pepper

Procedure:

Coat the steak with all the ingredients (except the pepper and the olive oil). Place all the ingredients in the special cooking bag and mix well. Seal using the bell vacuum packer on the maximum setting.

Blast chiller settings:

1. Enter settings, select Start Process and then select Time.
2. Select the  Slow Cooking programme -  Automatic SV (sous vide) - Lean Red Meats
3. Set the chamber temperature:  52°C
4. Set the cooking time:  2 h
5. When preheating is complete, insert the bag
6. The blast chiller function starts automatically when the selected programme finishes. Conserve in the fridge.

Suggestions:

Pour the liquid from the bag into a small saucepan, add the extra virgin olive oil and heat. Grill the steak as usual and when it is ready, slice it and arrange it on the plate. Dress it with the sauce and freshly ground pepper.

Category: Cooking Lean Red Meats
Sous vide

Method of cooking:
Slow Cooking, Automatic Sous vide (SV), Lean Red Meats

Cooking time: 2 h

Product life, conserved correctly:
circa 11 days





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Breast of Duck.





Ingredients:

- 10 duck breasts, 250 g each
- 50 g sugar
- 20 g soy sauce
- 30 g salt
- 2 bay leaves
- 2 cloves
- 3 g juniper berries
- 10 g fresh rosemary
- 2 g powdered garlic
- 100 g brandy

Procedure:

Make fine cuts in the skin of the breasts to form a lattice pattern, brown them quickly on a high heat in a pan skin side down. Turn and flambé them with the brandy. Chill in positive. Place all the ingredients in the special cooking bag and mix well. Seal using the bell vacuum packer on the maximum setting.

Blast chiller settings:

1. Enter settings, select Start Process and then select Time.
2. Select the  Slow Cooking programme -  Automatic SV (sous vide) - Lean Red Meats
3. Set the chamber temperature:  58°C
4. Set the cooking time:  2 h
5. When preheating is complete, insert the bag
6. The blast chiller function starts automatically

when the selected programme finishes. Conserve in the fridge.

Suggestions:

Put the gravy from the bag into a small pan and reduce adding 50g of fresh butter at the end to emulsify it. Place the duck breasts in the oven at 230°C to regenerate for 7'. Slice the breasts thinly and sprinkle the hot emulsified gravy over them.

Category: Cooking Red Meats Sous vide

Method of cooking:

Slow Cooking, Automatic Sous vide (SV), Lean Red Meats

Cooking time: 2 h

Product life, conserved correctly:
circa 12 days





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Roast Pork with Gremolata.



Ingredients for 10 people:

- 1,5 kg shoulder of pork, roasted and chilled in positive (Slow Cooking - Automatic BT - Fat Red Meats, 70°C core temp)
- 1 kg gravy
- 200 g carrots, diced
- 200 g onions, diced
- 200 g celery, diced
- Bay leaves
- Clove
- Juniper berries
- 100 g white wine
- 50 g extra virgin olive oil

Procedure:

Brown the vegetables with the oil and seasonings, deglaze with the wine and chill to +3°C. Add to the cold meat gravy. Cut the meat into 30 slices of circa 50 g each. Place all the ingredients in the special cooking bags (sauce and vegetables with the cooked slices of meat) and mix well. Seal using the bell vacuum packer on the maximum setting.

Blast chiller settings:

1. Start the  Special programme  Low Pasteurization 65°C.
2. When preheating is complete, insert the bags. Place the probe in one of these after having attached the specific sticker for the probe.
3. The blast chilling function starts automatically when the selected programme finishes. Conserve in the fridge.

Suggestions:

Heat the meat and the gremolata in a pan for a few minutes and serve hot.

You can regenerate the meat still in the bag with the holding programme at 70°C.

Category: Pasteurization Fat Red Meats

Method of cooking:
Low Pasteurization

Cooking time to reach a core temperature of 65°C: 30'

Product life, conserved correctly:
circa 21 days





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Fillet of Seabass with Flavourings.







Ingredients:

- 10 fillets of seabass, cleaned, circa 120 g each
- 100 g extra virgin olive oil
- 20 g unrefined sugar
- 20 g salt
- 5 g chopped parsley
- 5 g dill
- 2 g fresh thyme
- 2 g pink pepper corns
- 10 g white wine
- Freshly ground pepper

Procedure:

Mix the wine with the salt, pepper, and sugar. Add the remaining ingredients and coat the fillets of seabass. Put them into the special cooking bags. Seal using the bell vacuum packer on the maximum setting.

Blast chiller settings:

1. Enter settings, select Start Process and then select Time.
2. Select the  Slow Cooking programme -  Automatic SV (sous vide) - Fish
3. Set the chamber temperature:  66°C
4. Set the cooking time:  30'
5. When preheating is complete, insert the bag
6. The blast chilling function starts automatically when the selected programme finishes. Conserve in the fridge.

Suggestions:

Regenerate the fillet of fish quickly in the oven, in a pan or in a microwave for a few seconds.

Category: Cooking Fish Sous vide

Method of cooking:

Slow Cooking, Automatic Sous vide (SV), Fish

Cooking time: 30'

Product life, conserved correctly:
circa 14 days



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Salmon and Bacon Bites







Ingredients:

- 10 rashers of bacon
- 20 small pieces of fresh salmon, circa 50 g each
- 20 g extra virgin olive oil
- 5 g unrefined sugar
- 10 g soy sauce
- 5 g chopped parsley
- 5 g fresh mint
- 2 g fresh thyme
- 10 g smooth mustard
- 10 g white wine
- Freshly ground pepper

Procedure:

Cut the rashers of bacon lengthways. Chop the herbs and mix them with the mustard, pepper, soy sauce, sugar wine and oil. Coat the pieces of salmon with this mixture. Wrap one half slice of bacon around each piece of salmon. Place them in the special cooking bag. Seal using the bell vacuum packer on the maximum setting.

Blast chiller settings:

1. Enter settings, select Start Process and then select Time.
2. Select the  Slow Cooking programme -  Automatic SV (sous vide) - Fish
3. Set the chamber temperature:  64°C
4. Set the cooking time:  30'
5. When preheating is complete, insert the bag
6. The blast chilling function starts

automatically when the selected programme finishes. Conserve in the fridge.

Suggestions:

Put the salmon and bacon bites on a teflon-coated tray in the oven at 220°C on the convection setting for 7'. Serve hot.

Category: Cooking Fish Sous vide

Method of cooking:

Slow Cooking, Automatic Sous vide (SV), Fish

Cooking time: 30'

Product life, conserved correctly:
circa 12 days

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Seafood Sauce.





Ingredients:

- 250 g lobster, chopped
- 250 g prawns, chopped
- 250 g scampi, chopped
- 250 g cuttlefish, gutted
- 250 g squid, gutted, chopped
- 250 g mussels with half shells
- 250 g clams
- 200 g chopped cherry tomatoes
- 20 g desalinated capers
- 20 g anchovies
- 50 g chopped parsley
- 10 g chopped rosemary
- 20 g garlic
- 200 g extra virgin olive oil
- 200 g white wine
- Salt
- Pepper
- 20 g rice flour

Procedure:

Prepare a mixture of chopped garlic, anchovies, capers and olive oil. In a pan use a little of this mixture to sauté and then deglaze with wine first the cuttlefish, then the squid and finally the crustaceans. Open the mussels and the clams, deglazing them separately. Attention: do not throw away the cooking or deglazing liquids. Place the mixture of liquids in a pan and reduce using rice flour. Chill in positive. Once cold, add all the ingredients, including the chopped herbs. Place in the special cooking bag. Seal using the bell vacuum packer on the maximum setting.

Blast chiller settings:

1. Start the  Special programme
 Hot Pasteurization 85°C
2. When preheating is complete, insert the bag/s. Place the probe in one of these after having

attached the specific sticker for the probe.

3. The blast chilling function starts automatically when the selected programme finishes. Conserve in the fridge.

Suggestions:

Put the juices from the fish in a pan and regenerate them over a low heat. Put in the pasta and stir-fry, or simply serve as a soup with croutons of toasted bread.

Category: Pasteurization Fish

Method of cooking:

Hot Pasteurization

Cooking time: 40'

Product life, conserved correctly:
circa 21 days





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Meat Sauce■

Ingredients:

- 1 kg meat sauce, prepared and chilled using positive blast chilling

Procedure:

Place the cold, prepared sauce in the special cooking bag. Seal using the vacuum packer on its maximum setting.

Blast chiller settings:

1. Start the  Special programme
 Hot Pasteurization 85°C
2. When preheating is complete, insert the bags, place the probe in one of these after having attached the specific sticker for the probe.
3. The blast chilling function starts automatically when the selected programme finishes. Conserve in the fridge.

Suggestions:

Regenerate the sauce in a pan to flavour pasta or to make lasagna.



Category: Pasteurization Meat

Method of cooking:
Hot Pasteurization

Cooking time: 30'

Product life, conserved correctly:
circa 15 days



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