

Recipe Book

ProThermetic - Pressure Braising Pans



thermaline

Swiss Design

How to read the recipes



International

total time:
20 min

Check the origin of the recipe and total cooking time, including preheating and preparation phase



PRESSURE MODE: the setting of phases and time for under pressure cooking as indicated in the recipe



TIP: advices given by Electrolux Chefs to optimize the use of the machine and get the best cooking result



BRAISING MODE: the setting of phases for preheating, braising or grilling phases



MINIMUM LOAD: minimum load necessary to ensure a correct pressure phase. Find this indication for the recipes where respecting minimum load indication is critical



BOILING MODE: the setting of phases for preheating or boiling phases



MULTITASK: optimize your time by cooking more dishes simultaneously. Find this indication for the recipes where this is applicable



SOFT COOKING: gentle heating cycle for delicate food



VEGAN: indicates that the recipe is vegan



PROBE: sensor which allows to set the wanted core temperature of the product according to the recipe



GLUTEN FREE: indicates that the recipe is gluten free



QR Code: Scan and watch video with the corresponding recipe

Appliances and accessories in use



Braising pan of 90 Lt (24 gal) can contain up to 4 GN 1/1 TRAYS (with suspended frame)



For each recipe find the indication of other appliances in use (recommended to create a complete solution) and the list of accessories for braising pan



Braising pan of 170 Lt (45 gal) can contain up to 6 GN 1/1 TRAYS (with suspended frame)

Please be aware that when using trays in a recipe, amount of full load in a 170 Lt (45 gal) braising pan, are not necessarily double the amount of full load suggested for a 90 Lt (24 gal) pan.

All recipes have been tested in a 90 Lt (24 gal) electric Pressure Braising Pan

Index

International recipes



Artichokes.....	5
Beef Stock.....	6
Boiled Meat.....	7
Braised Beef.....	8
Braised Beef - overnight cooking.....	9
Braised Veal.....	10
Chicken Broth.....	11
Crustacean Bisque.....	12
Gulash (Meat stew).....	13
Mashed Potatoes.....	14
Monkfish with Broccoli Sauce.....	15
Pears in Mulled Wine.....	16
Pudding.....	17

European recipes



Codfish Mediterranean Way.....	18
Lentil Soup.....	19
Vegetable Soup.....	20
Octopus with Tomato Sauce.....	21

Brazilian recipes



Feijoada.....	22
---------------	----

Chinese recipes



Cantonese Rice.....	23
Stewed Pork Belly with Vegetables.....	24
Stewed Tofu.....	25

French recipes



Crème brûlée.....	26
-------------------	----

German recipes



Potato Rosti.....	27
Sauerkraut.....	28

Indian recipes



Butter (Tandori) Chicken.....	29
Chutney of Tomatoes and Onions.....	30
Dal Makhani.....	31
Lamb Korai.....	32
Punjabi Chole.....	33

Indonesian recipes



Mackerel Curry.....	34
---------------------	----

Italian recipes



Bolognese Sauce.....	35
Cuttlefish with Peas.....	36
Ossobuco.....	37
Peperonata.....	38
Polenta.....	39
Risotto with Green Beans.....	40
Risotto Asparagus and Scallop.....	41
Tripe.....	42
Creamed Cod.....	43

Spanish recipes



Paella Valenciana.....	44
------------------------	----

U.S. recipes



Apple Sauce.....	45
Beef Stew.....	46
Beef Stir Fry.....	47
Carnitas.....	48
Charros Beans.....	49
Pasta with Cheese Sauce.....	50
Cheesecake.....	51
Chicken with Rice.....	52
Chicken Noodle Soup.....	53
Cuban Black Beans.....	54
Fried Rice.....	55
Frijoles (Refried beans).....	56
Glazed Carrots.....	57
Jambalaya.....	58
Penne in Marinara Sauce.....	59
Savoy Cabbage.....	60
Scratch Cheese Sauce.....	61
Scratch Meat Sauce.....	62
Sloppy Joes.....	63
Spaghetti in Meat Sauce.....	64
Turkey Chili.....	65
Whipped Potatoes.....	66

Turkey recipes



Chickpeas with Meat.....	67
Red lentils soup.....	68
Tas Kebab.....	69



Food	Pressure Braising Pan 90 lt	Pressure Braising Pan 170 lt	Total savings of pressure cooking compared to traditional cooking *	
			Time Saving	Energy Saving
Gulash (searing)	15 kg / load	29 kg / load	-	-
Gulash (pressure cooking)	45 kg / load	86 kg / load	55%	77%
Hamburger	240 pcs / hour	450 pcs / hour	-	-
Omlette	300 pcs / hour	560 portions / hour	-	-
Carrots (entire boiled)	16 kg / load	24 kg / load	52%	77%
Cauliflower (cut boiled)	16 kg / load	24 kg / load	25%	51%
Cuttlefish (entire boiled)	20 kg / load	30 kg / load	38%	76%
Dry Rice (boiled)	20 kg / load	38 kg / load	18%	48%
Octopus (cut boiled)	32 kg / load	60 kg / load	44%	75%
Potatoes (entire boiled)	50 kg / load	94 kg / load	32%	65%
Rice Pudding	60 lt / load	113 kg / load	65%	75%
Zucchini (entire boiled)	20 kg / load	38 kg / load	56%	73%
Dry Tagliatelle	36 kg / hour	68 kg / hour	-	-

Note: Productivity, time savings and energy savings have been calculated on the basis of internal tests.

Artichokes



International

total time:
20 min



Ingredients for 90 lt/24 gal pan

- ▶ Artichokes 10 kg / 22 lbs
- ▶ Water 6 lt / 1,6 gal
- ▶ Breadcrumbs 1,5 kg / 3,3 lbs
- ▶ Parsley
- ▶ Salt
- ▶ Garlic
- ▶ Extra V. olive oil

Procedure:

- ▶ Add 6 lt / 1,6 gal of water and preheat at 200°C/392°F in **braising mode**

TIP: with small quantities of water preheat in braising mode to speed up the cooking process

- ▶ Put the artichokes in the trays (2,5 kg / 5,5 lbs per GN 1/1). Use false bottom for trays placed at the bottom of the pan and suspension frame for for trays put on the top, and put the artichokes when the water start to boil

- ▶ Add the rest of the ingredients

TIP: for this recipe less water is needed since the product is frozen

- ▶ Close the lid and cook **under pressure** for 15 minutes

TIP: to ensure the best performance wait that water boils before starting the pressure phase

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	12 kg / 26 lbs	20 min	15%	120 g / 4 oz	85	67% (40 min)
170 lt / 45 gal	18 kg / 40 lbs				128	

Ensure proper load. At least 1/2 of food and sufficient quantity of liquid for a correct pressure phase.

Appliances and accessories in use:



Electric prothermic braising pan



False bottom



Suspension frame



Scan the QR code for the video recipe

Beef Stock



International

total time:
5/6 h





gluten
free

Ingredients for

90 lt/24 gal pan

- ▶ Veal bones 12 kg / 26,5 lbs
- ▶ Carrots (large chop) 4 kg / 8,8 lbs
- ▶ Celery (large chop) 4 kg / 8,8 lbs
- ▶ Onions (large chop) 4 kg / 8, 8 lbs
- ▶ Tomato paste 0,4 kg / 14,1 oz
- ▶ Red wine 8 lt / 2,1 gal
- ▶ Water 40 lt / 10,5 gal
- ▶ Bay leaf 3 pcs
- ▶ Salt
- ▶ Handful of whole black peppercorns

Procedure:

- ▶ Rub bones with half of the tomato paste and roast in the oven for 15 minutes until they are dark golden brown and heavily caramelized
- ▶ **Preheat** at 160°C/320°F in **braising mode** 
- ▶ While the bones are roasting (SkyLine Premium^S Oven), add oil to the braising pan and caramelize the carrots followed by the onions and the celery
- ▶ Once the vegetables are heavily caramelized, add the remaining tomato paste to the pan and cook
- ▶ Add red wine and add in the bones
- ▶ Add water to the bones and **pressure cook**  for 2 hours



TIP: to ensure the best performance wait that water boils before starting the pressure phase

- ▶ After the pressure phase, open the lid and continue to cook in boiling mode (power level 3) for other 2-3 hours
- ▶ Strain liquid through a large whole china cap and then 2 fine mesh strainers

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	72 kg / 159 lbs	5 h	20%	50 g / 2 oz	1152	56% (7 h)
170 lt / 45 gal	137 kg / 302 lbs				2189	



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

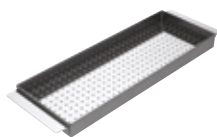
Appliances and accessories in use:



Electric prothermic braising pan



SkyLine Premium^S Oven



Strainers - see ProThermetic Accessories Book



Scan the QR code for the video recipe

Boiled Meat

overnight cooking




International
total time:
12 h



Ingredients for 90 lt/24 gal pan


- ▶ Chicken 15 kg / 33 lbs
- ▶ Beef 15 kg / 33 lbs
- ▶ Tongue 10 kg / 22 lbs
- ▶ Water 40 lt / 10 ½ gal
- ▶ Salt

Procedure:

- ▶ Put meat and water inside vacuum bags (quantity of water: 20% of the weight of each kind of meat)
- ▶ Preheat at 80°C / 176°F in **boiling mode**  and when water reaches temperature, put bags in



TIP: with big quantities of water preheat in boiling mode to speed up the cooking process

- ▶ Close the lid and open the valve
- ▶ **Cook** at 80°C / 176°F in **boiling mode**  (not in pressure) for 12 hours (3 hours for the chicken, 12 hours for the rest)

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load
90 lt / 24 gal	40 kg / 88 lbs	12 h	35%	240 g / 9 oz	108
170 lt / 45 gal	76 kg / 167 lbs				206



Ensure proper load. At least 1/3 of well

Appliances and accessories in use:



Electric prothermic braising pan



Vacuum packer



Vacuum bags - see Accessories&Consumables Catalogue

Braised Beef



International

total time:
1½ - 2 h





gluten free

Ingredients for 90 lt/24 gal pan

- ▶ Meat (6 pieces in total) 39 kg / 86 lbs
- ▶ Tomatoes 6 Kg / 13 lbs
- ▶ Red wine 3,6 lt / 1 gal
- ▶ Celery (chopped) 1,2 kg / 2,6 lbs
- ▶ Carrot (chopped) 1,2 kg / 2,6 lbs
- ▶ Onion (chopped) 1,2 kg / 2,6 lbs
- ▶ Water 1,2 lt / 0,3 gal
- ▶ Salt

Procedure:


- ▶ Preheat at 220°C/428°F in **braising mode** 
- ▶ Roast meat
- ▶ Add vegetables, red wine, water and peeled tomatoes inside the pan
- ▶ Insert the **probe**  in the meat and set 82°C / 180°F



TIP: to obtain a good searing result we recommend to not exceed the quantity indicated below



TIP: for optimal cooking result ensure pieces are of uniform size and weight

- ▶ Close the lid and cook **under pressure**  till the meat reaches core temperature set



TIP: to ensure the best performance wait that sauce boils before starting the pressure phase

- ▶ Add flour into the sauce and mix with Bermixer Pro
- ▶ Chill the meat in the SkyLine Chill⁵ Blast Chiller
- ▶ Cut into serving portions
- ▶ Regenerate in SkyLine Premium⁵ Oven

Note: total cooking time may vary depending on the size and weight of pieces.

Well capacity	Full load	Braising load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	45 kg / 99 lbs	15 kg / 33 lbs	1½ - 2 h	40%	200 g / 7 oz	135	70% (4 h)
170 lt / 45 gal	86 kg / 190 lbs	29 kg / 64 lbs				258	



Ensure proper load. At least ⅓ of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothertic braising pan



Bermixer PRO



SkyLine Premium⁵ Oven
SkyLine Chill⁵ Blast Chiller



TRS vegetable slicer

Braised Beef

overnight cooking



International
total time:
6/8 h



Ingredients for 90 lt/24 gal pan

- ▶ Meat (6 pieces in total) 39 kg / 86 lbs
- ▶ Tomatoes 6 Kg / 13 lbs
- ▶ Red wine 3,6 lt / 1 gal
- ▶ Celery (chopped) 1,2 kg / 2,6 lbs
- ▶ Carrot (chopped) 1,2 kg / 2,6 lbs
- ▶ Onion (chopped) 1,2 kg / 2,6 lbs
- ▶ Water 1,2 lt / 0,3 gal
- ▶ Salt

Procedure:

- ▶ Preheat at 220°C/428°F in **braising mode**
- ▶ Roast meat
- ▶ Add vegetables, red wine, water and peeled tomatoes inside the pan
- ▶ First phase: set core temperature with the **probe** at 78°C / 172°F and the bottom temperature at 84°C / 183°F
- ▶ Second phase: set temperature at 70°C / 158°F
- ▶ Close the lid and leave the valve on the lid open
- ▶ **The day after** take out the meat and the sauce
- ▶ Add flour into the sauce and mix with Bermixer Pro
- ▶ Chill the meat in the SkyLine Chill^S Blast Chiller
- ▶ Cut into serving portions
- ▶ Regenerate in SkyLine Premium^S Oven



TIP: to obtain a good searing result we recommend to not exceed the quantity indicated below



TIP: for optimal cooking result ensure pieces are of uniform size and weight

Well capacity	Full load	Braising load	Total time	Weight loss	Portion	Total portions in full load
90 lt / 24 gal	45 kg / 99 lbs	15 kg / 33 lbs	6/8 h	40%	200 g / 7 oz	135
170 lt / 45 gal	86 kg / 190 lbs	29 kg / 64 lbs				258



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermic braising pan



Bermixer PRO



SkyLine Premium^S Oven
SkyLine Chill^S Blast Chiller



TRS vegetable slicer



Scan the QR code for the video recipe

Braised Veal



International
total time:
1 h 45 min



Ingredients for 90 lt/24 gal pan

- ▶ Meat 39 kg / 86 lbs
- ▶ Vegetables (chopped) 5 kg / 11 lbs
- ▶ Water 6,5 lt / 1,7 gal
- ▶ Wine 6,5 lt / 1,7 gal
- ▶ Sage & rosemary
- ▶ Oil
- ▶ Salt

Procedure:

- ▶ Preheat at 200°C / 392°F in **braising mode** for 5 minutes
- ▶ Sear the veal for 5 minutes
 - TIP:** to obtain a good searing result we recommend to not exceed the quantity indicated below
- ▶ Add vegetables, water and wine
 - TIP:** for this recipe less water is needed since vegetables are frozen
- ▶ Cook under pressure with the **probe** till core temperature reaches 80°C / 176°F

TIP: for optimal cooking results of the entire load, it is suggested to use portions of uniform size and weight

TIP: to ensure the best performance wait that sauce boils before starting the pressure phase

- ▶ Use Bermixer Pro to prepare the sauce (vegetables with sauce)
- ▶ Chill the meat in the SkyLine Chill⁵ Blast Chiller
- ▶ Cut into serving portions
- ▶ Regenerate in SkyLine Premium⁵ Oven

Note: total cooking time may vary depending on the size and weight of pieces.

Well capacity	Full load	Braising load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	43 kg / 95 lbs	15 kg / 33 lbs	1 h 45 min	30%	200 g / 7 oz	151	46% (1 h 30 min)
170 lt / 45 gal	82 kg / 181 lbs	29 kg / 64 lbs				286	

For this recipe it is possible to cook more dishes simultaneously using trays on suspension frames

Ensure proper load. At least 1/4 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermic braising pan



Bermixer PRO



SkyLine Premium⁵ Oven
SkyLine Chill⁵ Blast Chiller



TRS vegetable slicer

Chicken Broth



International

total time:
1 h 15 min




gluten free

Ingredients for 90 lt/24 gal pan

- ▶ Chicken bones 10 kg / 22 lbs
- ▶ Celery 5 kg / 11 lbs
- ▶ Onion 5 kg / 11 lbs
- ▶ Water 50 lt / 13,2 gal
- ▶ Wine 1 lt / 0,26 gal
- ▶ Bay leaves 10 pcs
- ▶ Oil
- ▶ Salt
- ▶ Pepper (optional)

Procedure:

- ▶ Coat the bones in olive oil and roast in SkyLine Premium^S Oven for 15 minutes to develop a dark golden brown color
- ▶ Add the bones and all the other ingredients in the braising pan
- ▶ Boil the water in **boiling mode** 

- ▶ Cook **under pressure**  for 1 hour



TIP: to ensure the best performance wait that water boils before starting the pressure phase



TIP: adding feet gives a great amount of gelatin to the stock



TIP: with big quantities of water preheat in boiling mode to speed up the cooking process

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	60 kg / 132 lbs	1 h 15 min	-	200 g / 7 oz	300	50% (1 h 15 min)
170 lt / 45 gal	114 kg / 251 lbs				570	



Ensure proper load. At least 1/4 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermic braising pan



SkyLine Premium^S Oven



Scan the QR code for the video recipe

Crustacean Bisque



International

total time:
30 min



Ingredients for 90 lt/24 gal pan

- ▶ Celery carrots and onion 3 kg / 6 lbs
- ▶ Head and skin of shrimps 6 kg / 13 lbs
- ▶ Oil 1 lt / 0,2 gal
- ▶ White wine 2 lt / 0,5 gal
- ▶ Brandy 100 ml / 3,5 oz
- ▶ Ice 30 kg / 66 lbs
- ▶ Tomato paste 400 g / 14 oz
- ▶ Flour 200 g / 7 oz
- ▶ Salt

Procedure:

- ▶ Preheat at 160°C / 320°F in **braising mode**
- ▶ Add the vegetables and brown for 2-3 minutes
- ▶ Add the head of shrimps and brown for one minute more
- ▶ Add brandy and white wine
- ▶ Add tomato paste, flour and mix
- ▶ Add ice, salt and bring all ingredients to boil

TIP: ice generates thermal shock that extracts instantly juices from the product

- ▶ Close the lid and cook **under pressure** for 20 minutes

TIP: to ensure the best performance wait that sauce boils before starting the pressure phase

- ▶ Open the lid, mix with the Bermixer Pro and then strain

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	43 kg / 95 lbs	30 min	10%	100 g / 4 oz	387	57% (40 min)
170 lt / 45 gal	82 kg / 181 lbs				735	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frames



Ensure proper load. At least 1/4 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



Bermixer PRO



Scan the QR code for the video recipe

Gulash (Meat stew)



International

total time:

1 h 10 min

Ingredients for 90 lt/24 gal pan

- ▶ Meat 45 kg / 66 lbs
- ▶ Oil 750 g / 1,7 lbs
- ▶ Onion (chopped) 4,5 kg / 10 lbs
- ▶ Sweet red pepper 3 kg / 6,6 lbs
- ▶ Wine 3 lt / 0,8 gal
- ▶ Peeled tomatoes 9 kg / 20 lbs
- ▶ Broth 4,5 lt / 1,2 gal
- ▶ Salt

Procedure:

▶ Preheat at 220 °C / 428°F in **braising mode**

▶ Add the meat and sear



TIP: to obtain a good searing result we recommend to not exceed the quantity indicated below

▶ Mix everything and add oil

▶ Add wine after 3 minutes

▶ Add vegetables, salt, peppers, mix of paprika and then tomatoes

▶ Close the lid and cook **under pressure** for 30/ 40 minutes (depending on size of meat)



TIP: to ensure the best performance wait that sauce boils before starting the pressure phase

▶ If needed, cook with open lid for 10 more min if the sauce is too liquid

Well capacity	Full load	Braising load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	45 kg / 99 lbs (only meat)	15 kg / 33 lbs	1 h 10 min	25%	250 g / 9 oz (only meat)	135 (only meat)	50% (1 h 10 min)
170 lt / 45 gal	86 kg / 190 lbs (only meat)	29 kg / 64 lbs				258 (only meat)	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frames



Ensure proper load. At least 1/4 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



SkyLine Premium⁵ Oven
SkyLine Chill⁵ Blast Chiller



Induction hob



TRS vegetable slicer



Scan the QR code for the video recipe

Mashed Potatoes




International

total time:
20 min

Ingredients for 90 lt/24 gal pan

- ▶ Potatoes (peeled and cut in cubes) 26 kg / 57 lbs
- ▶ Water 20 lt / 5,2 gal
- ▶ Butter 300 g / 10 ½ oz
- ▶ Milk 3 lt / 0,8 gal
- ▶ Cream 3 lt / 0,8 gal
- ▶ Salt

Procedure:

- ▶ Add water and preheat at 110°C / 230°F in boiling mode 



TIP: with big quantities of water preheat in boiling mode to speed up the cooking process

- ▶ Close the lid and cook **under pressure**  for 12 minutes



TIP: to ensure the best performance wait that water boils before starting the pressure phase

- ▶ Drain the water
- ▶ Put all the potatoes into the 20 lt planetary mixer with butter, milk, cream (max. 9 kg / 19,8 lbs) and mix with the paddle

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	52 kg / 115 lbs	20 min	-	150 - 200 g 5 - 7 oz	260 - 347	56% (25 min)
170 lt / 45 gal	99 kg / 218 lbs				495 - 659	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frames



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothertic braising pan



False bottom



Potato peeler



Scan the QR code for the video recipe

Monkfish with Broccoli Sauce



International

total time:
10 min

Ingredients for 2 GN 1/1 tray

- ▶ Monkfish fillets 15 kg / 33 lbs
- ▶ Broccoli (chopped) 5 kg / 11 lbs
- ▶ Potatoes (peeled and cut) 1 kg / 2,2 lbs
- ▶ Slices of bacon
- ▶ Salt
- ▶ Pepper
- ▶ Garlic
- ▶ Anchovies

Procedure:

- ▶ Fillet the fish, add salt and pepper and wrap smoked bacon around each fillet
- ▶ Put the fillets on a perforated tray H 40 with a H 60 tray on the bottom

- ▶ Prepare vegetables (broccoli and potatoes slices 2 mm thick)
- ▶ Preheat at 160°C / 320°F in braising mode
- ▶ Add 1 lt / 0,2 gal of olive oil, 4 cloves of garlic and 200 g / 7,05 oz of anchovies. Stir fry for few minutes
- ▶ Add broccoli and potatoes, mix for 1 minute

TIP: for this recipe less water is needed if vegetables are frozen

- ▶ Put the trays with the fish on suspension frame in the braising pan and cook under pressure for 7 minutes

TIP: to ensure the best performance wait that sauce boils before starting the pressure phase

- ▶ At the end of the cooking time, take the fish out and, with the Bermixer Pro, whisk the vegetables and add salt if necessary
- ▶ Cut the fish in rings of 2 cm and grill on the Fry Top at 240°C / 464°F for 1 minute each side

TIP: you can also put the fish in the oven at 250°C / 482°F for 4 mins.

- ▶ Portion size is usually 3 rings per plate

NOTE: For this recipe sauce is considered a condiment and excluded from the calculation of the productivity in full load.

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	15 kg / 33 lbs (only fish)	10 min	30%	60 g / 2,1 oz (only fish)	175 (only fish)	58% (14 min)
170 lt / 45 gal	23 kg / 51 lbs (only fish)				263 (only fish)	

Ensure proper load. At least 1/2 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermic braising pan



Bermixer PRO



Suspension frame



Perforated containers see ProThermetic accessories book



Fry top



Potato peeler



Scan the QR code for the video recipe

Pears in Mulled Wine



International
total time:
30 min



Ingredients for 90 lt/24 gal pan

- ▶ Pears 16 kg / 35 lbs
- ▶ Red wine 10 lt / 2,6 gal
- ▶ Sugar 4 kg / 8,8 lbs
- ▶ Cinnamon 20 g / 0,7 oz
- ▶ Cloves 6 g / 0,2 oz
- ▶ Orange peel 15 g / 0,53 oz


Procedure:

- ▶ Preheat at 150°C / 302°F in **braising mode**  with wine



TIP: with small quantities of liquid preheat in braising mode to speed up the cooking process

- ▶ Put sugar with spices and stir until boiling for 10 minutes or till boils
- ▶ Boil until half of the liquid evaporates

- ▶ Add the pears, close the lid and cook **under pressure**  for 5/10 minutes (depending on how mature fruits are)



TIP: to ensure the best performance wait that wine boils before starting the pressure phase



TIP: use the false bottom to avoid that fruits stick on the bottom

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	30 kg / 66 lbs	30 min	-	220 g / 8 oz	136	50% (30 min)
170 lt / 45 gal	57 kg / 126 lbs				259	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frames



Ensure proper load. At least 1/2 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



False bottom



Scan the QR code for the video recipe

Pudding Dessert



International

total time:

1 h



Ingredients for 90 lt/24 gal pan

- ▶ Milk 24 lt / 6,3 gal
- ▶ Sugar 5 kg / 11 lbs
- ▶ Dark chocolate 5 kg / 11 lbs
- ▶ Butter 2,4 kg / 5,3 lbs
- ▶ Flour 2,4 kg / 5,3 lbs

Procedure:

- ▶ Put milk in the braising pan and set 80°C / 176°F in **boiling mode** (soft cooking) for 20 minutes
- ▶ Add the mixture in the braising pan with milk and mix with whip
- ▶ Boil for 5 minutes
- ▶ Remove all the batter and place it in a mold
- ▶ Chill in the SkyLine Chill^s Blast Chiller



TIP: with large quantities of liquids use boiling mode to speed up the cooking process

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load
90 lt / 24 gal	39 kg / 86 lbs	1 h	-	200 g / 7 oz according to the size of the mold	195
170 lt / 45 gal	78 kg / 172 lbs				390



Ensure proper load. At least 1/4 of well.

Appliances and accessories in use:



Electric prothermic braising pan



20 lt planetary mixer



SkyLine Chill^s Blast Chiller



Scan the QR code for the video recipe

Codfish Mediterranean Way



Europe



total time:
20 min



Ingredients for 90 lt/24 gal pan

- ▶ Codfish 16 kg / 35 lbs
- ▶ Red onion in slices 4 kg / 8,8 lbs
- ▶ Capers 1 kg / 2,2 lbs
- ▶ Black olives 2 kg / 4,4 lbs
- ▶ White wine 2 lt / 0,5 gal
- ▶ Water 4 lt / 1 gal
- ▶ Basil
- ▶ Olive oil
- ▶ Salt

Procedure:

- ▶ Preheat at 160°C / 320°F in **braising mode**  for 5 minutes
- ▶ Add oil, onion and stir
- ▶ Add white wine, tomato, water and capers
- ▶ Cook for 3 minutes
- ▶ Remove 50% of the sauce and put them in trays H60 GN1/1
- ▶ Add half of fish on the bottom, and the rest on top on suspended frames
- ▶ Cook **under pressure**  for 10 minutes



TIP: to ensure the best performance wait that sauce boils before starting the pressure phase

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	23 kg / 51 lbs	20 min	15%	220 g / 8 oz	89	33% (10 min)
170 lt / 45 gal	44 kg / 97 lbs				170	



Ensure proper load. At least 1/2 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermic braising pan



Suspension frame



Scan the QR code for the video recipe

Lentil Soup



Europe

total time:
45 min



Ingredients for 90 lt/24 gal pan

- ▶ Dry lentils 6 kg / 13,2 lbs
- ▶ Water 24 lt / 6,4 gal
- ▶ Onion (chopped) 600 g / 21,1 oz
- ▶ Leeks (chopped) 600 g / 21,1 oz
- ▶ Celery (chopped) 600 g / 21,1 oz
- ▶ Chicken stock 24 lt / 6,4 gal
- ▶ Cloves garlic 6 pcs
- ▶ Bacon (optional)
- ▶ Salt

Procedure:

- ▶ Preheat at 150°C / 302°F in **braising mode**  for 5 minutes
- ▶ Roast vegetables for 4 minutes
- ▶ Add lentils, water, broth, spices and switch in **boiling mode** 
- ▶ Cook **under pressure**  for 30 minutes



TIP: to ensure the best performance wait that water boils before starting the pressure phase



TIP: with large quantities of liquids use boiling mode

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	55 kg / 121 lbs	45 min	10%	230 g / 8 oz	216	50% (45 min)
170 lt / 45 gal	105 kg / 231 lbs				410	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frames



Ensure proper load. At least 1/2 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



TRS vegetable slicer



Scan the QR code for the video recipe

Vegetable Soup



Europe

total time:
20 min





gluten free

Ingredients for 90 lt/24 gal pan

- ▶ Chopped vegetables (potatoes, carrots, peas, green beans, celery, leek, cauliflower) 24 kg / 53 lbs
- ▶ Onion (julienne) 2,4 kg / 5,3 lbs
- ▶ Water 24 lt / 6,4 gal
- ▶ Salt
- ▶ Oil
- ▶ Butter

Procedure:

- ▶ Preheat at 180°C / 356°F in **braising mode** 
- ▶ Add oil, onion and stir for 1 minute
- ▶ Add the vegetables and stir them for 5 minutes more
- ▶ Add water, switch to **boiling mode**  and bring to boil



TIP: with large quantities of liquids use boiling mode

- ▶ Close the lid and cook **under pressure**  for 15 minutes



TIP: to ensure the best performance wait that water boils before starting the pressure phase

- ▶ For a smooth soup, finish it with TBX turboliquidizer with soup head for braising pans

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	50 kg / 110 lbs	20 min	-	300 g / 11 oz	168	64% (35 min)
170 lt / 45 gal	96 kg / 212 lbs				319	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frames



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermic braising pan



TRS vegetable slicer



TBX turboliquidizer



Scan the QR code for the video recipe

Octopus with Tomato Sauce



Europe

total time:
35 min



gluten free

Ingredients for 90 lt/24 gal pan

- ▶ Octopus (defrosted and cut) 28 kg / 61,7 lbs
- ▶ Tomato sauce 8 kg / 17,6 lbs
- ▶ Onion (chopped) 6 kg / 13 lbs
- ▶ Wine 3 lt / 0,8 gal
- ▶ Oil 1 lt / 0,2 gal
- ▶ Capers 600 g / 21 oz
- ▶ Water 6 lt / 1,6 gal
- ▶ Salt

Procedure:

- ▶ Preheat at 180°C / 356°F in **braising mode**
- ▶ Add oil and onion
- ▶ Stir for 1 minute, add octopus (cut in pieces) and stir for 1 minute more
- ▶ Add wine, capers, tomatoes and water

- ▶ Close the lid and cook **under pressure** for 15-30 minutes



TIP: to ensure the best performance wait that sauce boils before starting the pressure phase

Note: total cooking time may vary depending on the size and weight of pieces.

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	43 kg / 95 lbs	35 min	42%	200 g / 7 oz	125	59% (50 min)
170 lt / 45 gal	82 kg / 181 lbs				237	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frames



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermic braising pan



Scan the QR code for the video recipe

Feijoada



Brazil

total time:

45 min



gluten free

Ingredients for 90 lt/24 gal pan

- ▶ Pork neck (in cubes) 7,5 kg / 16,5 lbs
- ▶ Pork ribs (in cubes) 6 kg / 13,2 lbs
- ▶ Bacon (in cubes) 3 kg / 6,6 lbs
- ▶ Sausage (in cubes) 4,5 kg / 9,9 lbs
- ▶ Black beans 9 kg / 18,3 lbs
- ▶ Onion (julienne) 3 kg / 6,6 lbs
- ▶ Garlic 300 g / 11 oz
- ▶ Beans in water 12 lt / 3 gal
- ▶ Water 9 lt / 2,4 gal
- ▶ Laurel 18 leafes
- ▶ Oil
- ▶ Salt
- ▶ Pepper

Procedure:

- ▶ The day before put beans in cold water



TIP: keep the water of beans and use it to give color to the dish

- ▶ Preheat at 220°C / 428°F in **braising mode**

- ▶ Sear meat with oil for 6-8 minutes



TIP: to obtain a good searing result we recommend to not exceed the quantity indicated below

- ▶ Add onion, and after 2 minutes add beans and water (of beans)



TIP: to ensure the best performance wait that water boils before starting the pressure phase

- ▶ Close the lid and cook **under pressure** for 30 minutes



TIP: this dish can be served with rice

Well capacity	Full load	Braising load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	45 kg / 99 lbs	15 kg / 33 lbs	45 min	20%	300 g / 11 oz	120	82% (3 h 20 min)
170 lt / 45 gal	86 kg / 190 lbs	29 kg / 64 lbs				229	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frames



Ensure proper load. At least 1/4 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



Scan the QR code for the video recipe

Cantonese Rice



China

total time:

25 min



Ingredients for 90 lt/24 gal pan

- ▶ Basmati rice 3x1,5 kg / 3x3,3 lbs
- ▶ Warm water 3x2,5 lt / 3x0,66 gal
- ▶ Carrots (chopped) 1,5 kg / 3,3 lbs
- ▶ Green beans 1,5 kg / 3,3 lbs
- ▶ Scarlot (chopped) 1 kg / 2,2 lbs
- ▶ Eggs (30 pcs) 60 g / 2 oz
each each
- ▶ Baked ham 1 kg / 2,2 lbs
- ▶ Water 6 lt / 1,58 gal

Note: for the 90 lt / 24 gal pan the receipt is done in 5 GNI/1 trays: 3 trays for rice, 2 trays for vegetables

Procedure:

- ▶ Rinse rice 2-3 times with cold water
- ▶ Put 1,5 kg / 3,3 lbs of rice on each tray H60 with 1,7 kg / 3,7 lbs of warm water per each tray
- ▶ Use false bottom for trays placed on the bottom and suspended frame for the trays placed on the top
- ▶ Add 6 lt / 1,58 gal of water in the well and get boil at 220°C / 428 °F in **braising mode**



TIP: with small quantities of liquid preheat in braising mode to speed up the cooking process

- ▶ Close the lid and cook **under pressure** for 4 minutes



TIP: to ensure the best performance wait that water boils before starting the pressure phase

- ▶ Open the lid and remove all the rice
- ▶ Add the vegetables on trays
- ▶ Close again the lid and cook **under pressure** for 2 minutes
- ▶ Remove the vegetables, false bottoms and suspended frames
- ▶ Rinse and dry the well
- ▶ Preheat again at 180°C/356°F in **braising mode**
- ▶ Add oil, eggs on one side, on the other side the cooked vegetables



TIP: put the desired salt in the eggs

- ▶ Stir for few seconds, add the rice and stir for few seconds more
- ▶ Ready to serve

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	20 kg / 44 lbs	25 min	10%	250 g / 9 oz	72	50% (25 min)
170 lt / 45 gal	30 kg / 66 lbs				108	



Ensure proper load. At least 1/2 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



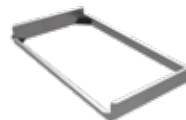
Electric prothertic braising pan



SkyLine Premium⁵ Oven
SkyLine Chill⁵ Blast Chiller



TRS vegetable slicer



Suspension frame



False bottom



Scan the QR code for the video recipe

Stewed Pork Belly with Vegetables



China



total time:

50 min

Ingredients for 90 lt/24 gal pan

- ▶ Pork belly 36 kg / 79,2 lbs
- ▶ Savoy cabbage 6 kg / 13,2 lbs
- ▶ Carrot (chopped) 3 kg / 6,6 lbs
- ▶ Braised juice 1 kg / 35,2 oz
- ▶ Ginger (chopped) 600 g / 21 oz
- ▶ Anise star 80 g / 2,8 oz
- ▶ Cinnamon 80 g / 2,8 oz
- ▶ Dry red chili 160 g / 5,6 oz
- ▶ Rock sugar 800 g / 28 oz
- ▶ Wine 1 lt / 0,26 gal
- ▶ Soy sauce 700 ml / 24,6 oz
- ▶ Pepper
- ▶ Five spice powder
- ▶ Leek (chopped)
- ▶ Salt

Procedure:

- ▶ Preheat 180°C / 356°F in **braising mode**  for 5 minutes
- ▶ Stir fry half of the pork belly for 5 minutes and repeat with the rest of the pork belly
- ▶ When boils, close the lid and cook **under pressure**  for 30 minutes
- ▶ Remove the meat, and whisk the vegetables and sauce with the Bermixer Pro



TIP: to sear properly the full load quantity, split it in 2 parts for the braising phase



TIP: to ensure the best performance wait that sauce boils before starting the pressure phase

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	46 kg / 102 lbs	50 min	30%	220 g / 8 oz	146	50% (50 min)
170 lt / 45 gal	87 kg / 192 lbs				278	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frames



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



Bermixer PRO



Scan the QR code for the video recipe

Stewed Tofu



China





total time:

20 min

Ingredients for 90 lt/24 gal pan

- ▶ Tofu 16 kg / 35,2 lbs
- ▶ Pork meat 4 kg / 8,8 lbs
- ▶ Chopped scallion 400 g / 14 oz
- ▶ Bean paste 600 g / 21 oz
- ▶ Garlic 80 g / 2,8 oz
- ▶ Ginger (chopped) 80 g / 2,8 oz
- ▶ Soy sauce 200 ml / 7 oz
- ▶ Sugar 300 g / 10,5 oz
- ▶ Oil 160 ml / 5,6 oz
- ▶ Chicken powder 160 g / 5,6 oz
- ▶ Corn starch 80 g / 2,8 oz
- ▶ Stock 2 lt / 0,5 gal
- ▶ Water 5 lt / 1,3 gal
- ▶ Seed pepper
- ▶ Spicy sauce
- ▶ Salt

Procedure:

- ▶ Preheat at 110°C / 230°F in **boiling mode**  for 5 minutes
- ▶ Put the tofu in GN1/1 trays. Use the false bottom for the trays placed on the bottom and suspended frame for the trays placed on top
- ▶ Add 5 lt / 1,3 gal of water on the bottom, close the lid and cook **under pressure**  for 1 minute
- ▶ Remove the tofu
- ▶ Rinse and dry the well
- ▶ To prepare the sauce preheat at 180°C / 356°F in **braising mode**  and stir all the rest of the ingredients for 4 min
- ▶ Take the sauce and divide it on GN1/1 trays and add tofu
- ▶ Cook **under pressure**  for 4 minutes
- ▶ Portion and serve when finished



TIP: to ensure the best performance wait that water boils before starting the pressure phase

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	24 kg / 53 lbs	20 min	10%	250 g / 9 oz	86	50% (20 min)
170 lt / 45 gal	36 kg / 79 lbs				130	



Ensure proper load. At least 1/2 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



Perforated containers



Scan the QR code for the video recipe

Crème brûlée



France

total time:

14 min




gluten free



Ingredients for 1 GN 1/1 tray

- ▶ Eggs 180 g / 6,3 oz
- ▶ Milk 270 ml / 9,5 oz
- ▶ Cream 270 ml / 9,5 oz
- ▶ Sugar 180 g / 6,3 oz

Procedure:


- ▶ Mix all the ingredients in the BE5 planetary mixer
- ▶ Add the cream in the molds
- ▶ Put the molds in the perforated tray
- ▶ Add 6 lt / 1,6 gal of water, preheat at 180°C / 356°F in **braising mode** , put the perforated tray with the molds on the false bottoms and suspended frames



TIP: with small quantities of liquid preheat in braising mode to speed up the cooking process



TIP: quantity of water is the same either you cook 1 or 4 trays

- ▶ Wait that water boils and cook **under pressure**  for 4-8 minutes

- ▶ Chill in the SkyLine Chill^s Blast Chiller



TIP: to ensure the best performance wait that water boils before starting the pressure phase



TIP: caramelize the upper part in a salamander or with a gas torch before serving

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	4 trays (900 g, 9 portions each tray)	14 min	-	depends on the size of the mold, 100 g in this case	36	59% (20 min)
170 lt / 45 gal	6 trays (900 g, 9 portions each tray)				54	



Ensure proper load. At least 1/4 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothertic braising pan



SkyLine Chill^s Blast Chiller



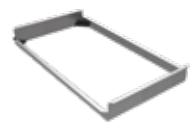
BE5 planetary mixer



Perforated containers



False bottom



Suspension frame

Potato Rösti



Germany

total time:
1 h 30 min



Ingredients for 90 lt/24 gal pan

- ▶ Potatoes (peeled) 20 kg / 44 lbs
- ▶ Onion 6 kg / 13,2 lbs
- ▶ Butter 2 kg / 4,4 lbs
- ▶ Water 10 lt / 2,6 gal
- ▶ Salt
- ▶ Bacon (optional)

NOTE: Full load capacity is measured considering maximum quantity of potatoes at blanching phase. Grilling to be done in several batches depending on the shape of patties.

Procedure:

- ▶ Wash the potatoes and put them on perforated tray
- ▶ Add water and potatoes
- ▶ Bring to boil in **boiling mode**
- ▶ Cook **under pressure** with the **probe** till core temperature reaches 80°C / 176°F
- ▶ Add onion sliced cut with J4X disc
- ▶ Add melted butter, mix and form patties
- ▶ Put the patties in the SkyLine Chill^s Blast Chiller
- ▶ **TIP:** chilling patties before cooking helps to keep the shape
- ▶ Preheat at 180°C / 356°F in **braising mode**
- ▶ Add clarified butter on the bottom, grill the potato patties for about 3 minutes per side
- ▶ **TIP:** time saving is not very high, since only the blanching phase is done under pressure
- ▶ When cooked, take the potatoes out
- ▶ Cool in SkyLine Chill^s Blast Chiller and preserve in refrigerator
- ▶ The day after cut the potatoes with the TRS slicer using the J7X disc and put salt

TIP: for optimal cooking result ensure potatoes are of uniform size

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	30 kg / 66 lbs	1h 30 min	-	250 g / 9 oz	120	14% (15 min)
170 lt / 45 gal	57 kg / 126 lbs				228	

Ensure proper load. At least 1/2 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermic braising pan



SkyLine Chill^s Blast Chiller



TRS vegetable slicer



Grater disc J4X
Grater disc J7X



Perforated containers



Scan the QR code for the video recipe

Sauerkraut



Germany

total time:
45 min

Ingredients for 90 lt/24 gal pan

- ▶ Sauerkraut 42 kg / 92,6 lbs
- ▶ Onion (chopped) 1,5 kg / 3,4 lbs
- ▶ Apple 1,5 kg / 3,4 lbs
- ▶ White wine 3 lt / 0,8 gal
- ▶ Water 7,5 lt / 2 gal
- ▶ Oil 1,5 lt / 0,4 gal
- ▶ Bacon 2 slices
- ▶ Salt 50 g / 1,7 oz
- ▶ Sugar 1,2 kg / 2,6 lbs
- ▶ Bay leaves 12 pcs

Procedure:

- ▶ Preheat at 150°C / 302°F in **braising mode**
- ▶ Brown onions in oil
- ▶ Add sauerkraut without the liquid
- ▶ Continue cooking until simmering
- ▶ Add the rest of ingredients
- ▶ Close the lid and cook **under pressure** for 30 minutes



TIP: to ensure the best performance wait that liquid boils before starting the pressure phase

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	45 kg / 99 lbs	45 min	15%	150 g / 5 oz	255	50% (45 min)
170 lt / 45 gal	90 kg / 198 lbs				510	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frame



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



Scan the QR code for the video recipe

Butter (Tandori) Chicken



India

total time:
25 min



Ingredients for 90 lt/24 gal pan

- ▶ 37 chickens 1,1 kg / 2,4 lbs each
- ▶ Butter 940 g / 33 oz
- ▶ Ginger paste 190 g / 6,7 oz
- ▶ Garlic paste 190 g / 6,7 oz
- ▶ Fresh tomatoes * 3,7 kg / 8,2 lbs
- ▶ Ginger (chopped) 20 g / 0,7 oz
- ▶ Green chilis (chopped) 15 pcs
- ▶ Cashewnut paste 60 g / 2 oz
- ▶ Kashmiri red chili powder or Paprika powder 6 g / 0,2 oz
- ▶ Cream 280 ml / 1,1 cups
- ▶ Coriander 37 g / 1,3 oz
- ▶ Salt

* Note: fresh tomatoes can be substituted with peeled canned tomatoes

Procedure:

- ▶ Cut each chicken into 10 pieces and put all on the skewer rack
- ▶ Preheat the SkyLine Premium^S Oven at 220°C / 428°F with Electrolux Volcano Smoker and cook the chicken for 6 minutes
- ▶ Preheat the braising pan at 160°C / 320°F in **braising mode**
- ▶ Add butter, ginger, garlic and give a quick stir
- ▶ Next, add coriander, red chili powder (or paprika powder) and tomatoes
- ▶ Add the chicken and stir till the sauce starts boiling
- ▶ Close the lid and cook **under pressure** for 10 minutes

TIP: to ensure the best performance wait that sauce boils before starting the pressure phase

- ▶ Unlock the lid, allow the pressure to release

TIP: to reduce the quantity of excess steam released, wait till steam condensation process completes before unlocking and opening the lid fully

- ▶ Add green chilis and stir for 2 minutes
- ▶ Add cream and simmer for 3 minutes
- ▶ Garnish with fresh coriander, portion and serve

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	45 kg / 99 lbs	25 min	17%	200 g / 7 oz	187	50% (25 min)
170 lt / 45 gal	90 kg / 198 lbs				374	



Ensure proper load. At least 1/2 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



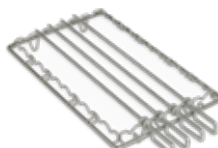
Electric prothermic braising pan



SkyLine Premium^S Oven



Volcano smoker



Universal skewer pan with long skewers



Scan the QR code for the video recipe

Chutney of Tomatoes and Onions



India

total time:

1 h 10 min



gluten free



vegan

Ingredients for 90 lt/24 gal pan

- ▶ Tomatoes (diced) 5 kg / 11 lbs
- ▶ Onion (julienne) 5 kg / 11 lbs
- ▶ Vinegar 1 lt / 0,2 gal
- ▶ Salt 50 g / 1,7 oz
- ▶ Water 5 lt / 1,32 gal
- ▶ Brown sugar 0,5 kg / 17,6 oz
- ▶ Cloves 5 leaves

Procedure:

- ▶ Without preheating put all the ingredients (except water) in the braising pan and mix
- ▶ Set in **braising mode** at 102°C / 215°F and cook for 50 minutes



TIP: stir as less as possible to maintain the shape of the vegetables

- ▶ Empty the well, rinse it and dry
- ▶ Put the false bottoms on the base and pour 5 lt / 1,32 gal of water
- ▶ Put the jars in the perforated trays
- ▶ Put the perforated trays with jars on the bottom of the braising pan and select **boiling mode**
- ▶ When water boils, lock the lid and go **under pressure** for 3 minutes

to sanitize jars



TIP: put the jars overturned to avoid condensation. Repeat if necessary to prepare more jars.

- ▶ Pour the preparation with vegetables in the jars closing each one with the tap
- ▶ Replace the filled jars on the perforated trays. Use false bottom for trays placed at the bottom of the pan and suspension frame for trays put on the top
- ▶ Pasteurize

Note: pasteurization setting depends on the dimensions of the jars and the actual temperature of the products. Perform operations following procedures defined in your country to ensure the result is food safe.

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	11 kg / 24 lbs	1h 10 min	50%	50 g / 2 oz	110*	42%* (50 min*)
170 lt / 45 gal	21 kg / 46 lbs				209*	



Ensure proper load. At least 2 trays for 90 lt / 24 gal pan and 3 trays for 170 lt / 45 gal to be placed on the bottom of the pan

Appliances and accessories in use:



Electric prothermic braising pan



False bottom



Jars for preservation



Perforated containers



Suspension frame



Scan the QR code for the video recipe

Dal Makhani



India

total time:
50 min



gluten free



Ingredients for 90 lt/24 gal pan

- ▶ Rajma 4,2 kg / 9,3 lbs
- ▶ Black Lentils 12,7 kg / 28 lbs
- ▶ Chana Dal 4,2 kg / 9,3 lbs
- ▶ Oil 3,1 lt / 0,8 gal
- ▶ Water 17 lt / 4,5 gal
- ▶ Asafoetida 20 g / 0,7 oz
- ▶ Coriander 210 g / 7,4 oz
- ▶ Salt 210 g / 7,4 oz
- ▶ Ginger Julienne 54 g / 1,9 oz
- ▶ Roasted kasturi Methi / Dry fenugreek leaves (optional) 42 g / 1,5 oz
- ▶ Red Chili Powder 210 g / 7,4 oz
- ▶ Cream 3,1 lt / 0,8 gal
- ▶ Butter 520 g / 18,3 oz
- ▶ Coriander 210 g / 7,4 oz

Procedure:

- ▶ Soak all the lentils (Rajma, Black Lentils, Chana Dal) over night in cold water
- ▶ Preheat the pan at 160°C / 320°F in **braising mode**
- ▶ Add oil, onions, spices and give a quick stir
- ▶ Add soaked lentils, water, salt and ginger julienne
- ▶ Close the lid and cook **under pressure** for 20 minutes



TIP: to ensure the best performance wait that liquid boils before starting the pressure phase

- ▶ Open the lid, add dry fenugreek leaves (optional), cream and butter
- ▶ Garnish with fresh coriander and serve

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	45 kg / 99 lbs	50 min	10%	150 g / 5 oz	269	58% (70 min)
170 lt / 45 gal	86 kg / 190 lbs				516	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frames



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



TRS vegetable slicer



Scan the QR code for the video recipe

Lamb Korai



India

total time:

1 h 10 min



gluten free



Ingredients for 90 lt/24 gal pan

- ▶ Lamb (cut in cubes) 32 kg / 70,5 lbs
- ▶ Ghee butter 800 g / 28,2 oz
- ▶ Onions (julienne) 4,8 kg / 10,6 lbs
- ▶ Tinned tomatoes 4,8 kg / 10,6 lbs
- ▶ Cloves chopped garlic 30 g / 1,1 oz
- ▶ Ground coriander 130 g / 4,6 oz
- ▶ Cumin 24 g / 0,8 oz
- ▶ Chilli powder 30 g / 1,1 oz
- ▶ Paprika 100 g / 3,5 oz
- ▶ Turmeric 60 g / 2,2 oz
- ▶ Garam masala 80 g / 2,8 oz
- ▶ Yogurt 800 g / 28,2 oz
- ▶ Spinach 480 g / 16,9 oz
- ▶ Chillies (chopped) 23 pcs
- ▶ Mint (chopped)
- ▶ Large piece ginger
- ▶ Large bunch coriander (chopped)
- ▶ Salt

Procedure:

- ▶ Preheat at 200° C/ 392°F in **braising mode**
- ▶ Melt butter and sear the lamb until browns
- ▶ Add onions, garlic, chillies, spices and stir for 2-3 minutes
- ▶ Add tomatoes and yogurt
- ▶ When all boils, close the lid and cook **under pressure** for 40-50 minutes (depending on the size/consistency of meat cubes)



TIP: to ensure the best performance wait that sauce boils before starting the pressure phase

- ▶ Add spinach, mint and chopped coriander
- ▶ Set the braising pan at 120°C / 248°F in **braising mode**
- ▶ Continue cooking for 10-15 minutes stirring occasionally to reduce the sauce
- ▶ Portion and serve



TIP: to obtain a good searing result we recommend to not exceed the quantity indicated below

Well capacity	Full load	Braising load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	45 kg / 99 lbs	15 kg / 33 lbs	1 h 10 min	15%	220 g / 8 oz	173	46% (1 h)
170 lt / 45 gal	86 kg / 190 lbs	29 kg / 64 lbs				332	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frame



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



TRS vegetable slicer



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Punjabi Chole



India
total time:
1 h



Ingredients for 90 lt/24 gal pan

- ▶ Dried chickpeas 18 kg / 40 lbs
- ▶ Chopped onion 4,2 kg / 9,2 lbs
- ▶ Chopped tomatoes 4,2 kg / 9,2 lbs
- ▶ Ginger & garlic paste 480 g / 17 oz
- ▶ Kashmiri Red Chili Powder 360 g / 12,7 oz
- ▶ Chopped Coriander leaves 600 g / 20,4 oz
- ▶ Fresh Green Chillies 360 g / 12,7 oz
- ▶ Oil 2,4 lt / 0,6 gal
- ▶ Salt 840 g / 28,8 oz
- ▶ Water 28,8 lt / 7,6 gal
- ▶ Black Cardamom 96 g / 3,4 oz
- ▶ Cinnamon 96 g / 3,4 oz
- ▶ Pepper Corn 24 g / 0,8 oz
- ▶ Cloves 18 g / 0,64 oz

- ▶ Bay leaf 36 g / 1,2 oz
- ▶ Cumin seed 240 g / 8,4 oz
- ▶ Coriander seed 220 g / 7,7 oz
- ▶ Fennel seed 300 g / 10,6 oz
- ▶ Dry Red Chili 140 g / 5 oz
- ▶ Dry mango powder
- ▶ Garam Masala Powder

Procedure:

- ▶ Soak chickpeas in water overnight
- ▶ In a bowl add oil, marsala powder, black cardamom, cinnamon, black pepper corn, cloves, coriander seeds, cumin seeds and fennel seed and mix all
- ▶ Preheat at 180°C / 356°F in **braising mode**

- ▶ Pour oil, add bay leaves, onions, spices, and the mix of spices prepared at the previous step
 - ▶ Drain chickpeas and put them into the pan
 - ▶ Next, add water tomatoes and salt
 - ▶ When all boils, close the lid and cook **under pressure** for 45 minutes
- TIP:** to ensure the best performance wait that sauce boils before starting the pressure phase
- ▶ Add mango powder, garnish with fresh green chili slits and chopped green coriander
 - ▶ Portion and serve

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	61 kg / 134 lbs	1 h	-	200 g / 7 oz	306	50% (1 h)
170 lt / 45 gal	116 kg / 256 lbs				581	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frame



Ensure proper load. At least 1/4 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



TRS vegetable slicer



Scan the QR code for the video recipe

Mackerel Curry



Indonesia
total time:
20 min



Ingredients for 90 lt/24 gal pan

- ▶ Mackerel fish 11,4 kg / 25,2 lbs
- ▶ Oil 6 lt / 1,6 gal
- ▶ Onion 6 kg / 13,2 lbs
- ▶ Coconut milk 9 lt / 2,4 gal
- ▶ Rice vinegar 1,5 lt / 0,4 gal
- ▶ Garlic 90 g / 3 oz
- ▶ Ginger 90 g / 3 oz
- ▶ Coriander 90 g / 3 oz
- ▶ Curry
- ▶ Salt

Procedure:

- ▶ Preheat at 180°C / 356°F in **braising mode**
- ▶ Add oil and shallow fry the fish for 6 minutes
- ▶ Add precooked fish and coconut milk
- ▶ When milk boils close the lid and cook **under pressure** for 3 minutes
- ▶ Once finished, add chopped coriander and serve



TIP: to shallow fry properly the full load quantity, split it in two parts and cook one part after another



TIP: to ensure the best performance wait that milk boils before starting the pressure phase



TIP: you might need to reduce the sauce if it is too liquid. In this case, continue cooking with the open lid at 130°C / 266° F in braising mode till needed

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	27 kg / 60 lbs	20 min	25%	200 g / 7 oz	103	56% (25 min)
170 lt / 45 gal	52 kg / 115 lbs				195	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frame



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



TRS vegetable slicer



Scan the QR code for the video recipe

Bolognese sauce



Italy

total time:
60 min



gluten free

Ingredients for 90 lt/24 gal pan

- ▶ Fresh minced beef meat 14,5 kg / 32 lbs
- ▶ Fresh minced pork meat 14,5 kg / 32 lbs
- ▶ Fresh minced sausage 7,2 kg / 16 lbs
- ▶ Mirepoix of onions, carrots and celery 4,5 kg / 10 lbs
- ▶ Peel tomatoes 29 kg / 64 lbs
- ▶ Extra olive oil 290 gr / 10,2 lbs
- ▶ White wine 1,5 lt / 0,3 gal
- ▶ Salt, Pepper, fresh sage and rosemary

Procedure:

- ▶ Preheat at 220°C / 428°F in **braising mode**
- ▶ Pour oil, add meat, stir and add white wine
- ▶ When the wine has evaporated, add chopped vegetables and mix
- ▶ Add the peel tomatoes, salt, pepper and spices, stir all
- ▶ When sauce boils lock down the lid and cook **under pressure** for 30 minutes



TIP: to obtain a good searing result we recommend to not exceed the quantity indicated below



TIP: to ensure the best performance wait that sauce boils before starting the pressure phase

Well capacity	Full load	Braising load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	36 kg / 79 lbs (only meat)	15 kg / 33 lbs	60 min	20%	40 g / 1 oz (only meat)	720 (only meat)	50% (60 min)
170 lt / 45 gal	69 kg / 152 lbs (only meat)	29 kg / 64 lbs				1378 (only meat)	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frame



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermic braising pan



TRS vegetable slicer



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Cuttlefish with Peas



Italy

total time:
35 min



gluten free



Ingredients for 90 lt/24 gal pan

- ▶ Cuttlefish 20 kg / 44 lbs
- ▶ Peas 8 kg / 17,6 lbs
- ▶ Tomato sauce 8 kg / 17,6 lbs
- ▶ Onion 4 kg / 8,8 lbs
- ▶ Wine 2 lt / 0,5 gal
- ▶ Oil 1 lt / 0,2 gal
- ▶ Water 6 lt / 1,6 gal
- ▶ Salt

Procedure:

- ▶ Pour 5 lt of water and preheat at 110°C / 230°F in **boiling mode**
- ▶ Place the cuttlefish in perforated trays on the false bottoms and put them into the pan
- ▶ When water boils close the lid and cook **under pressure** for 15 minutes
 - TIP:** quantity of water is the same for any quantity of product
 - TIP:** to ensure the best performance wait that sauce boils before starting the pressure phase
- ▶ Rinse and dry the well
- ▶ Preheat at 180°C / 356°F in **braising mode**
- ▶ Pour oil and sear onions for 3 minutes
- ▶ Add sliced cuttlefish, wine, salt, peas, add 1 lt of water and stir
- ▶ Close the lid and cook **under pressure** for 5-10 minutes (according to thickness of slices)
 - TIP:** to ensure the best performance wait that sauce boils before starting the pressure phase
- ▶ When finished, portion and serve slices

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	43 kg / 95 lbs	35 min*	10%	250 g / 9 oz	155	56% (45 min)
170 lt / 45 gal	82 kg / 191 lbs				295	

Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

*Note: Total cooking time does not include chilling phase

Appliances and accessories in use:



Electric prothermic braising pan



SkyLine Chill⁵ Blast Chiller



TRS vegetable slicer



False bottom



Perforated containers



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Ossobuco



Italy

total time:
35 min



gluten free

Ingredients for 90 lt/24 gal pan

- ▶ Meat 18 kg / 40 lbs
- ▶ Mixed vegetables 2,5 kg / 5,5 lbs
- ▶ Oil 1,2 lt / 0,3 gal
- ▶ White wine 1,2 lt / 0,3 gal
- ▶ Water 7,3 lt / 1,9 gal
- ▶ Spices
- ▶ Salt

Procedure:

- ▶ Preheat at 180°C / 356° F in **braising mode**
- ▶ Pour oil and sear the meat adding salt, spices, vegetables and wine
- ▶ Add water
- ▶ When water boils, close the lid and cook **under pressure** for 30 minutes



TIP: to ensure the best performance wait that sauce boils before starting the pressure phase

- ▶ Portion and serve



TIP: full load for this recipe is the quantity fitting the bottom of the pan. Quantity of water required is the same regardless the load

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	23 kg / 51 lbs	35 min	20%	260 g / 9 oz	70	46% (30 min)
170 lt / 45 gal	43 kg / 95 lbs				133	



Ensure proper load. At least 1/2 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothertic braising pan



TRS vegetable slicer



Suspension frame



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Peperonata



Italy

total time:
20 min



vegan



gluten free

Ingredients for 90 lt/24 gal pan

- ▶ Onion (julienne) 3 kg / 6,6 lbs
- ▶ Peppers (diced) 6 kg / 13,2 lbs
- ▶ Eggplant (diced) 2,5 kg / 5,5 lbs
- ▶ Oil 750 ml / 0,2 gal
- ▶ Peeled tomatoes 5 kg / 11 lbs
- ▶ Water 2 lt / 0,5 gal
- ▶ Basil
- ▶ Salt

Procedure:

- ▶ Preheat at 220°C / 428°F in **braising mode**
- ▶ Add peppers, onions, oil and mix for 1 minute
- ▶ Next, add eggplants, salt, peeled tomatoes, basil and mix again for 2-3 minutes



TIP: in case of full load it is suggested to split the braising load in parts

- ▶ When sauce boils lock down the lid and cook **under pressure** for 10 minutes



TIP: to ensure the best performance wait that sauce boils before starting the pressure phase

- ▶ When finished, portion and serve

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	19 kg / 42 lbs	20 min	30%	150 g / 5 oz	89	50% (20 min)
170 lt / 45 gal	36 kg / 79 lbs				168	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frame



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



Scan the QR code for the video recipe

Polenta



Italy

total time:
35 min



gluten free

Ingredients for

90 lt/24 gal pan

- ▶ Cornmeal flour 10 kg / 22 lbs
- ▶ Water 40-50 lt / 10,5-13,2 gal
- ▶ Butter
- ▶ Salt

Procedure:

- ▶ Pour water and preheat at 110°C / 230° F in **boiling mode**



TIP: with large quantities of liquids use boiling mode to speed up the cooking process

- ▶ When water boils add the flour whisking with Electrolux Bermixer Pro at the same time

- ▶ Activate the the soft cooking mode

- ▶ Close the lid and cook **under pressure** for 25 minutes



TIP: to ensure the best performance wait that liquid boils before starting the pressure phase

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	50 kg / 110 lbs	35 min	25%	150 g / 5 oz	250	42% (25 min)
170 lt / 45 gal	95 kg / 209 lbs				475	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frame



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



Bermixer PRO



Scan the QR code for the video recipe

Risotto with Green Beans



Italy

total time:

14 min



gluten free

Ingredients for

90 lt/24 gal pan

- ▶ Rice (carnaroli) 12 kg / 26,5 lbs
- ▶ Frozen Green beans 7,5 kg/ 6 lbs
- ▶ Onion 3 kg / 6,6 lbs
- ▶ Prosecco 2 lt / 0,5 gal
- ▶ Hot broth 25,5 lt / 6,75 gal
- ▶ Oil
- ▶ Butter
- ▶ Parmesan cheese (option)

Procedure:

- ▶ Defrost the green beans
- ▶ Preheat the pan at 160°C / 320°F in **braising mode**
- ▶ Pour oil and brown onions
- ▶ Add rice and toast it stirring frequently until rice becomes piqued
- ▶ Add 1 lt white wine
- ▶ Add the green beans
- ▶ Add the hot broth, mix all

- ▶ When the broth boils, close the lid and cook **under pressure** for 7 minutes



TIP: to ensure the best performance wait that broth boils before starting the pressure phase



TIP: instead of Green Beans is possible to use Green Peas or other vegetables with same cooking time

- ▶ To get a smooth result, it's possible to use Bermixer Pro to finish

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	38 kg / 84 lbs	14 min	-	100 g / 4 oz	380	46% (12 min)
170 lt / 45 gal	72 kg / 159 lbs				722	



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermic braising pan



TRS vegetable slicer



Bermixer PRO

Risotto Asparagus and Scallop



Italy

total time:
17 min




gluten
free


Ingredients for

90 lt/24 gal pan

- ▶ Rice (carnaroli) 15 kg / 33 lbs
- ▶ Asparagus 7 kg / 15,4 lbs (peeled and chopped)
- ▶ Scallops (chopped) 2 kg / 4,4 lbs
- ▶ Hot broth 24 lt / 6,3 gal
- ▶ Onion 2 kg / 4,4 lbs
- ▶ White wine 2 lt / 0,5 gal
- ▶ Oil 0,5 lt / 0,1 oz
- ▶ Parmesan cheese (option)

Procedure:

- ▶ Preheat at 180°C / 356°F in **braising mode** 
- ▶ Stir fry scallops with oil and salt for 1 minute
- ▶ Take scallops out and put them in a tray
- ▶ Brown onions with oil and butter for 1 minute
- ▶ Next, add rice, wine, asparagus and cook for 2 minutes more stirring gently

- ▶ Pour hot broth
- ▶ Close the lid and cook **under pressure**  for 7 min



TIP: to ensure the best performance be sure that broth boils before starting the pressure phase

- ▶ Mix with butter and parmesan cheese (optional)
- ▶ Portion and serve adding scallops on top of rice to each plate

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	40 kg / 88 lbs	17 min	25%	150 g / 5 oz	200	43% (13 min)
170 lt / 45 gal	76 kg / 168 lbs				380	



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic
braising pan



Bermixer
PRO



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for the video recipe

Tripe



Italy

total time:

1 h 10 min



gluten free

Ingredients for 90 lt/24 gal pan

- ▶ Tripe 32 kg / 70 lbs
- ▶ Onion 4,2 kg / 9,3 lbs
- ▶ Carrots 1,1 kg / 2,4 lbs
- ▶ Celery 0,5 kg / 1,1 lbs
- ▶ Water 2 x 8,5 lt / 2 x 2,2 gal
- ▶ Peeled Tomatoes 5,2 kg / 11,4 lbs
- ▶ White wine 3,2 lt / 0,8 gal
- ▶ Lemon
- ▶ Laurel
- ▶ Pepper in grains
- ▶ Salt

Procedure:

- ▶ Pour 8 lt of water and preheat at 200°C/392°F in **braising mode**



TIP: with small quantities of water preheat in braising mode to speed up the cooking process

- ▶ When water boils, add tripe, vegetables, spices, lemon and mix all
- ▶ Close the lid and cook **under pressure** for 15 minutes



TIP: to ensure the best performance wait that water boils before starting the pressure phase

- ▶ Stain of tripe, portion into GN trays and chill
- ▶ Rinse and dry the well

- ▶ Preheat at 160°C / 320 ° F in **braising mode**

- ▶ Brown onions in oil for 1 minute
- ▶ Add tripe (preliminary cut in slices), add salt and give a quick stir
- ▶ Add chopped vegetables, spices, tomatoes and pour 8 lt of water
- ▶ When all boils, close the lid and cook **under pressure** for 40 minutes



TIP: to ensure the best performance wait that sauce boils before starting the pressure phase

- ▶ Portion and serve

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	45 kg / 99 lbs	1 h 10 min	15%	250 g / 9 oz	154	61% (1 h 50 min)
170 lt / 45 gal	86 kg / 190 lbs				292	



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermic braising pan



SkyLine Chill⁵ Blast Chiller



TRS vegetable slicer



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Creamed cod



Italy

total time:

1 h 10 min



Ingredients for

90 lt/24 gal pan

- ▶ Wet Cod* 25 kg / 55,1 lbs
- ▶ Cold water 30 lt / 8 gal
- ▶ Cold Milk 15 lt / 4 gal
- ▶ Bay leaves 4 leaves
- ▶ Coarse salt 60 g / 2,1 oz
- ▶ Sunflower seed oil 4 lt / 1 gal
- ▶ Extravirgin olive oil 2 lt / 0,5 gal
- ▶ Cooking water of Cod 4 lt / 1 gal
- ▶ Chopped Garlic 20 g / 0,7 oz (Optional)



TIP: he creaming can be done for the full load of codfish on the planetary mixer of 85 lt

* (wet weight and not dry weight)

Procedure:

- ▶ First load the cold liquids, salt and bay leaves
- ▶ Add the fish into the well, set the braising pan in Boiling Mode to 100°C
- ▶ As soon as it begins to boil, close the lid and cook under pressure for 8'/10'



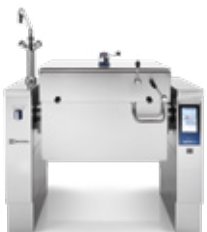
TIP: to ensure the best performance wait that water boils before starting the pressure phase

- ▶ Drain the fish from the water keeping 3 liters of cooking water and cool it down to about 40 °C

- ▶ Pour it into the planetary mixer and add the oil with some of the water kept mixing with the whisk until the cod has absorbed all the oil and water
- ▶ Serve cold with bread croutons or toasted polenta

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load
90 lt / 24 gal	40 kg / 88 lbs	1 h 10 min	10%	90 g / 3 oz	400
170 lt / 45 gal	76 kg / 168 lbs				760

Appliances and accessories in use:



Electric prothermic braising pan



20 lt planetary mixer



SkyLine Chill[®] Blast Chiller

Paella



Spain

total time:
15 min



Ingredients for 90 lt/24 gal pan

- ▶ Parboiled rice 6 kg / 13,2 lbs
- ▶ Sausage 3 kg / 6,6 lbs
- ▶ Cut and cubed chicken 3 kg / 6,6 lbs
- ▶ Rabbit 3 kg / 6,6 lbs
- ▶ Broth 9 lt / 2,3 gal
- ▶ Peperone 2 kg / 4,4 lbs
- ▶ Peas 4 kg / 8,8 lbs
- ▶ Zucchini 1 kg / 2,2 lbs
- ▶ Carrots 2 kg / 4,4 lbs
- ▶ Leek 1 kg / 2,2 lbs
- ▶ Onion 1 kg / 2,2 lbs
- ▶ Wine 2 lt / 0,5 gal
- ▶ Saffron
- ▶ Salt
- ▶ Pepper

Procedure:

- ▶ Preheat at 200°C / 392°F in **braising mode**
 - ▶ Stir fry meat (the mix of sausages, rabbit and chicken) and vegetables in oil
 - ▶ Add wine, rice, saffron, broth and stir for 1 minute
 - ▶ Close the lid and cook **under pressure** for 8 minutes
- TIP:** to ensure the best performance wait that sauce boils before starting the pressure phase
- ▶ Portion and serve

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	37 kg / 82 lbs	15 min	14%	150 g / 5 oz	212	44% (12 min)
170 lt / 45 gal	70 kg / 154 lbs				403	



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermic braising pan



TRS vegetable slicer



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Apple Sauce



USA

total time:
20 min



Ingredients for 90 lt/24 gal pan

- ▶ Apples 180 pcs
(peeled, cored and sliced)
150 g / 5,3 oz each
- ▶ Sugar 2 kg / 4,5 lbs
- ▶ Apple juice 1,9 lt / 0,5 gal
(or water)
- ▶ Ground cinnamon 85 g / 3 oz

Procedure:

- ▶ Preheat at 182°C / 360°F in **braising mode**
- ▶ Add apples already peeled, cored and sliced
- ▶ Add apple juice or water, cinnamon, stir all ingredients
- ▶ When boils, close the lid and cook **under pressure** for 10 minutes



TIP: to ensure the best performance wait that juice / water boils before starting the pressure phase

- ▶ Open the lid, portion and serve



TIP: to reduce the quantity of excess steam released, wait till steam condensation process completes before unlocking and opening the lid fully



TIP: keep the lid completely open when tilt the well to avoid demerging the gasket



TIP: serve within 20 minutes to preserve quality and texture

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	31 kg / 68 lbs	20 min	50%	100 gr / 4 oz	155	50% (20 min)
170 lt / 45 gal	59 kg / 130 lbs				295	



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic
braising pan

Beef Stew



USA

total time:
55 min



gluten free

Ingredients for 90 lt/24 gal pan

- ▶ Cubed beef 30 kg / 66,14 lbs
- ▶ Olive oil 100 ml / 3,38 oz
- ▶ Onions (diced) 8 kg / 17,64 lbs
- ▶ Carrots (diced) 4 kg / 8,82 lbs
- ▶ Celery (diced) 4 kg / 8,82 lbs
- ▶ Minced Garlic 60 g / 2,17 oz
- ▶ Tomato paste 3 kg / 6,61 lbs
- ▶ Diced tomato 7 kg / 15,43 lbs
- ▶ Potatoes (diced) 6 kg / 6,61 lbs
- ▶ Low sodium beef stock 15,1 lt / 4 gal
- ▶ Kosher salt 500 g / 17,64 oz
- ▶ Frozen peas 4 kg / 8,82 lbs

Procedure:

- ▶ Preheat at 182°C / 360°F in **braising mode**
- ▶ Once the temperature is reached, add in oil and begin to brown beef
- ▶ After 3 minutes add in all of the remaining ingredients and bring to boil in **boiling mode**
- ▶ **TIP:** with big quantities of water preheat in boiling mode to speed up the cooking process
- ▶ Once the liquid has come to a boil, lock down the lid and cook **under pressure** for 45 minutes
- ▶ Open the lid, portion and serve

TIP: to reduce the quantity of excess steam released, wait till steam condensation process completes before unlocking and opening the lid fully

TIP: keep the lid completely open when tilt the well to avoid demerging the gasket

TIP: serve within 20 minutes to preserve quality and texture

Well capacity	Full load	Braising load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	67 kg / 148 lbs	15 kg / 33 lbs	55 min	30%	250 g / 9 oz	188	54% (65 min)
170 lt / 45 gal	127 kg / 280 lbs	29 kg / 64 lbs				356	

For this recipe it is possible to cook more dishes simultaneously using trays on suspension frame

Ensure proper load. At least 1/4 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



TRS vegetable slicer

Beef Stir Fry





USA
total time:
18 min


Ingredients for 90 lt/24 gal pan

- ▶ Sirloin or Skirt Steak 30 kg / 66,14 lbs (thin strips)
- ▶ Minced garlic 710 g / 25 oz
- ▶ Olive oil 370 ml / 13 oz
- ▶ Sesame oil 240 ml / 8,5 oz
- ▶ Salt 240 g / 8,5 oz
- ▶ Black pepper 85 g / 3 oz
- ▶ Sesame seeds 480 g / 17 oz
- ▶ Nappa cabbage 7 pcs (thinly sliced)
- ▶ Carrots 8 kg / 17,68 lbs (thinly sliced)
- ▶ Onions 15 kg / 33 lbs (thinly sliced)
- ▶ Bell peppers (thinly sliced) 35 pcs 200 g / 7,05 oz each
- ▶ Broccoli crowns 6 pcs 700 g / 1,54 lbs each


- ▶ Soy sauce 480 ml / 17 oz
- ▶ Hoisen sauce 480 ml / 17 oz
- ▶ Lemon grass paste 480 g / 17 oz
- ▶ Ginger paste 480 g / 17 oz
- ▶ Scallions 100 g / 3,5 oz


Procedure:


- ▶ Preheat at 182°C / 360°F in **braising mode** 
- ▶ Pour olive and sesame oils, add meat stripes, stir all
- ▶ After 3 minutes add the rest of ingredients and mix. Stir till the sauce starts boiling
- ▶ Close the lid and cook **under pressure**  for 10 minutes

 **TIP:** to ensure the best performance wait that liquid boils before starting the pressure phase

- ▶ Open the lid, portion and serve

 **TIP:** to reduce the quantity of excess steam released, wait till steam condensation process completes before unlocking and opening the lid fully

 **TIP:** keep the lid completely open when tilt the well to avoid demerging the gasket

 **TIP:** serve within 20 minutes to preserve quality and texture

Well capacity	Full load	Braising load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	66 kg / 146 lbs	15 kg / 33 lbs	18 min	40%	280 g / 10 oz	141	55% (22 min)
170 lt / 45 gal	125 kg / 276 lbs	29 kg / 64 lbs				269	



Ensure proper load. At least 1/4 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



TRS vegetable slicer

Carnitas



USA

total time:

1,5 - 2 h



gluten free



Ingredients for 90 lt/24 gal pan

▶ Boneless pork shoulder	40 kg / 88 lbs
▶ Olive oil	460 ml / 16,2 oz
▶ Jalapeno	5 pcs
▶ Bay leaf	11 pcs
▶ Whole garlic	260 g / 9 oz
▶ Orange juice	4 lt / 1,1 gal
▶ Water	8 lt / 2,1 gal
▶ Cumin	40 g / 1,4 oz
▶ Dried oregano	70 g / 2,5 oz
▶ Chili powder	50 g / 1,8 oz
▶ Black pepper	30 g / 1 oz
▶ Kosher salt	410 g / 14,5 oz

Procedure:

- ▶ Preheat at 200°C / 392°F in **braising mode**
- ▶ Sear meat with oil for 6-8 minutes

TIP: to obtain a good searing result we recommend to not exceed the quantity indicated below
- ▶ Add in all of the remaining ingredients and bring to boil
- ▶ Insert the **probe** in the meat and set 82°C / 180°F core temperature

TIP: for optimal cooking result ensure pieces are of uniform size and weight
- ▶ Close the lid and cook **under pressure** till the meat reaches core temperature set

TIP: to ensure the best performance wait that sauce boils before starting the pressure phase

- ▶ Unlock the lid, portion and serve

TIP: to reduce the quantity of excess steam released, wait till steam condensation process completes before unlocking and opening the lid fully

TIP: keep the lid completely open when till the well to avoid gasket damage

TIP: serve within 20 minutes to preserve quality and texture

Note: total cooking time may vary depending on the size and weight of pieces.

Well capacity	Full load	Braising load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	45 kg / 99 lbs	15 kg / 33 lbs	1,5 - 2 h	40%	210 g / 8 oz	129	50% (1,5 - 2h)
170 lt / 45 gal	86 kg / 190 lbs	29 kg / 64 lbs				246	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frame



Ensure proper load. At least 1/4 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermic braising pan



Scan the QR code for the video recipe

Charros Beans



USA

total time:
1 h



gluten free



Ingredients for 90 lt/24 gal pan

- ▶ Beans, pinto dry 6,8 kg / 15 lbs
- ▶ Water 22,5 lt / 6 gal
- ▶ Garlic, granulated 70 g / 2,3 oz
- ▶ Black pepper 25 g / 0,9 oz
- ▶ Bacon, raw chopped 1 kg / 2,2 lbs
- ▶ Onions, yellow 680 g / 1,5 lb chopped
- ▶ Tomatoes, diced 13,5 kg / 29,8 lbs and drained
- ▶ Cilantro, chopped 360 g / 12,7 oz
- ▶ Salt

Procedure:

- ▶ Preheat at 80°C/175°F in **braising mode**
- ▶ Add bacon, chopped onions and caramelize all for 15 minutes
- ▶ Add beans, garlic, pepper, tomatoes and water
- ▶ When all boil, close lid and cook for 1 hour and 30 minutes



TIP: soak bean in water overnight to speed up the preparation



TIP: using pressure cycle will reduce necessary cooking time for the phase above to 45 minutes

- ▶ Garnish with chopped cilantro, portion and serve

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	45 kg / 99 lbs	1 h	-	310 g / 11 oz	145	43% (45 min)
170 lt / 45 gal	86 kg / 190 lbs				277	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frame



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



Bermixer PRO

Pasta with Cheese Sauce



USA

total time:
15 min

Ingredients for 90 lt/24 gal pan

- ▶ Milk 3 lt / 0,8 gal
- ▶ Cheese 12 kg / 26 lbs
- ▶ Butter 280 g / 10 oz
- ▶ Water (for sauce) 7,5 lt / 2 gal
- ▶ Pasta 10 kg / 22 lbs
- ▶ Water (for pasta) 50 lt / 13,2 gal
- ▶ Mustard 40 g / 1,5 oz
- ▶ Salt 250 g / 9 oz

Procedure:

- ▶ Preheat at 110°C / 230°F in braising mode
- ▶ Add water, milk, butter, mustard and stir for 1 minute
- ▶ Add half of the cheese and stir until melted
- ▶ Next, add the remaining cheese and stir again
- ▶ When the sauce is completely smooth, turn off the heat and blend with the Bermixer Pro
- ▶ Remove the sauce and clean the well
- ▶ Pour water, and preheat at 110°C / 230°F in **boiling mode**

- ▶ When the water boils, add salt, put the pasta and set cooking time following the instructions for the selected type of pasta

TIP: ensure the salt melts in the water, stir if needed

- ▶ Drain pasta, mix it with the sauce and serve

TIP: serve within 20 minutes to preserve quality and texture

TIP: keep the lid completely open when tilt the well to avoid gasket damage

TIP: with large quantities of water use boiling mode to speed up the cooking process

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load
90 lt / 24 gal	10 kg / 22 lbs (dry pasta)	15 min	-	85 g / 0,2 lbs (only pasta)	118 (only pasta)
170 lt / 45 gal	20 kg / 44 lbs (dry pasta)				235 (only pasta)

Ensure proper load. At least 1/4 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



Bermixer PRO



Scan the QR code for the video recipe

Cheesecake



USA


total time:
18 min

Ingredients for 1 GN 1/1 tray

▶ Cream cheese	2,5 kg / 5,5 lbs
▶ Mascarpone cheese	1,25 kg / 2,75 lbs
▶ Sugar	1 kg / 2,2 lbs
▶ Biscuit	1,8 kg / 3,9 lbs
▶ Butter	300 g / 10,5 oz
▶ Whole eggs	20 pcs / 20 pcs
▶ Vanilla	4 pcs
▶ Water	5 lt / 1,32 gal

Procedure:

- ▶ With TRK cutter mixer grind butter and biscuits
- ▶ Put the biscuits on the bottom of the mold (5 mm / 0,2 in thick layer) and press

- ▶ In the planetary mixer mix the yolk with the sugar
- ▶ Add cheese, cream and vanilla
- ▶ Pour the mixture over the biscuit base
- ▶ Place false bottoms into the pan
- ▶ Pour water and preheat at 200°C / 392°F in **braising mode**  till boils



TIP: with small quantities of water preheat in braising mode to speed up the cooking process



TIP: quantity of water is the same either you cook 1 or 4 trays

- ▶ Place the trays with molds on the false bottoms and suspended frames (2 trays on the bottom and 2 trays on

top on suspended frames for 90 lt / 24 gal pan, and 3 trays on the bottom and 3 trays on top on suspended frames for 170 lt / 45 gal pan)

- ▶ When water boils, close the lid and cook **under pressure**  for 8 min



TIP: to ensure the best performance wait that water boils before starting the pressure phase



TIP: to reduce the quantity of excess steam released, wait till steam condensation process completes before unlocking and opening the lid fully

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	4 trays (1,75 kg / 4 lbs / 21 molds* each tray)	18 min	-	85 g / 3 oz *	84	50% (18 min)
170 lt / 45 gal	6 trays (1,75 kg / 4 lbs / 21 molds* each tray)				126	



Ensure proper load. At least 1/4 of food and sufficient quantity of liquid for a correct pressure phase

* Number of molds fitting into the tray depends on the size of the mold. For this recipe is used the mold of 85 g / 3 oz.

Appliances and accessories in use:



Electric prothermic braising pan



SkyLine Chill[®] Blast Chiller



TRK cutter mixer



Perforated containers



Suspension frame

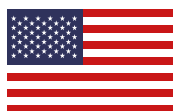


False bottom



Scan the QR code for the video recipe

Chicken with Rice



USA

total time:
50 min

Ingredients for 90 lt/24 gal pan

- ▶ Chicken, prepared 18 kg / 40 lbs
- ▶ Brown rice, 3,2 kg / 7 lbs
medium or long grain
- ▶ Hot water 6,4 lt / 1,7 gal
- ▶ Chicken base, 450 g / 1 lb
low sodium
- ▶ Olive oil 85 ml / 3 oz
- ▶ Raw onions 310 g / 11 oz
chopped
- ▶ Tomatoes, diced 9 kg / 20 lbs
and drained in can
- ▶ Red bell peppers 230 g / 8 oz
drained in can
- ▶ Frozen peas 710 g / 25 oz
- ▶ Garlic chopped 60 g / 2 pcs
- ▶ Paprika 30 g / 1 oz
- ▶ Black pepper 15 g / ½ oz
- ▶ Chili powder 15 g / ½ oz
- ▶ Salt 15 g / ½ oz

Procedure:

- ▶ Chop onions
- ▶ Preheat the pan to 121°C/250°F in **braising mode**
- ▶ Pour 85 g / 3 oz of oil into the pan, add chopped onions and sauté for about 10 minutes until soften and almost translucent
- ▶ Add garlic, frozen chicken and sauté for 5 minutes more
- ▶ Add all dry spices and mix
- ▶ Add rice and sauté for 5 more minutes until oil and spices coat rice
- ▶ Add drained tomatoes, drained red bell peppers, frozen peas and mix
- ▶ Add the mixture of hot water with chicken base and bring to boil

- ▶ Lock lid and cook **under pressure** for 30 minute

TIP: to ensure the best performance wait that liquid boils before starting the pressure phase

- ▶ When rice is finished cooking, allow the pressure to release and unlock the lid

TIP: to reduce the quantity of excess steam released, wait till steam condensation process completes before unlocking and opening the lid fully

- ▶ Garnish with chopped green onions and serve

TIP: serve within 20 minutes to preserve quality and texture

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	38 kg / 84 lbs	50 min	10%	280 g / 10 oz	122	38% (30 min)
170 lt / 45 gal	72 kg / 159 lbs				232	

For this recipe it is possible to cook more dishes simultaneously using trays on suspension frame

Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothertic braising pan

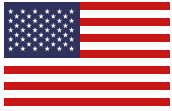


TRS vegetable slicer



Slicer disc C1SX

Chicken Noodle Soup





USA


total time:
25 min


Ingredients for 90 lt/24 gal pan


- ▶ Diced Chicken 22,5 kg / 49,6 lbs
- ▶ Onions (diced) 11,4 kg / 25,1 lbs
- ▶ Carrots (diced) 5,1 kg / 11,2 lbs
- ▶ Celery (diced) 5,1 kg / 11,2 lbs
- ▶ Chicken stock 9,4 lt / 2,5 gal
- ▶ Egg noodle 5,1 kg / 11,2 lbs
- ▶ Salt 640 g / 22,6 oz
- ▶ Dried oregano 15 g / 0,5 oz
- ▶ Dried basil 15 g / 0,5 oz
- ▶ Olive oil 1,2 lt / 0,3 gal


Procedure:

- ▶ Preheat at 180°C / 356° F in **braising mode** 
- ▶ Pour oil to the pan, add chicken and begin to brown
- ▶ Next, add the onions, carrots, celery, spices and stir for 2 minutes
- ▶ Add the stock to the braising pan and bring to boil
- ▶ Add noodles and stir
- ▶ Close the lid and cook **under pressure**  for 10 minutes
- ▶ Unlock the lid, portion and serve


 **TIP:** to reduce the quantity of excess steam released, wait till steam condensation process completes before unlocking and opening the lid fully

 **TIP:** keep the lid completely open when till the well to avoid gasket damage

 **TIP:** serve within 20 minutes to preserve quality and texture

 **TIP:** to ensure the best performance wait that broth boils before starting the pressure phase

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	60 kg / 132 lbs	25 min	15%	300 g / 11 oz	170	58% (35 min)
170 lt / 45 gal	114 kg / 251 lbs				323	

 Ensure proper load. At least 1/4 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermotic braising pan

Cuban Black Beans



USA
total time:
1 h



Ingredients for 90 lt/24 gal pan

- ▶ Olive Oil 0,5 lt / 0,13 gal
- ▶ Dried Black Beans 11 kg / 25 lbs
- ▶ Green Bell (20 pcs) 4 kg / 9 lbs
- ▶ White onions (15 pcs) 3,2 kg / 7 lbs
- ▶ Garlic 250 g / 9 oz
- ▶ Kosher Salt 450 g / 1 lbs
- ▶ Ground cumin 250 g / 9 oz
- ▶ Water 30 lt / 8 gal

Procedure:

- ▶ Preheat at 182°C / 360°F in **braising mode**
- ▶ Open the lid, portion and serve

- ▶ Add oil, onions, peppers, garlic, salt, cumin and stir
- ▶ Next, add the black beans, chipotle, water and boil

TIP: soak beans in water overnight to speed up cooking

TIP: to reduce the quantity of excess steam released, wait till steam condensation process completes before unlocking and opening the lid fully

- ▶ Close the lid and cook **under pressure** for 1 hour

TIP: to ensure the best performance wait that water boils before starting the pressure phase

TIP: keep the lid completely open when till the well to avoid gasket damage

TIP: serve within 20 minutes to preserve quality and texture

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	50 kg / 110 lbs	1 h	10%	200 g / 7 oz	225	50% (1 h)
170 lt / 45 gal	95 kg / 209 lbs				428	

For this recipe it is possible to cook more dishes simultaneously using trays on suspension frame

Ensure proper load. At least 1/4 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic
braising pan

Fried Rice



USA

total time:

1 h 40 min

Ingredients for 90 lt/24 gal pan

- ▶ Brown rice medium or long grain 2,7 kg / 6 lbs
- ▶ Water 6,4 lt / 1,7 gal
- ▶ Chicken base, low sodium 453 g / 1 lb
- ▶ Olive oil 240 g / 8 oz
- ▶ Onions raw chopped 280 g / 10 oz
- ▶ Frozen peas 850 g / 30 oz
- ▶ Frozen carrots 850 g / 30 oz
- ▶ Garlic chopped 45 g / 1,5 oz
- ▶ Canola oil 60 ml / 2 oz
- ▶ Eggs (12 pcs) 60 g / 2,12 oz each
- ▶ Green onions chopped 130 g / 4,5 oz

Procedure:

The day before service:

- ▶ Preheat at 176°C/350°F in **braising mode**
- ▶ Pour 120 g / 4 oz of oil, add rice

and brown it for 5 minutes stirring frequently until rice becomes piqued

- ▶ Lower the temperature setting to 100°C/212°F
- ▶ Move rice to the side of the bottom and add 1 lb of low sodium chicken base
- ▶ When the base is melted, add 6,4 lt/1,7 gal of water, stir until chicken base is dissolved
- ▶ Boil for 5 minutes
- ▶ Close the lid and cook in **braising mode** at 85°C/185°F for 30 minutes
- ▶ Turn off heat and allow product to rest for 30 minutes
- ▶ Fluff rice and transfer to steam pans
- ▶ Cover and store when cool

The day of service:

- ▶ Chop 4,5 oz of onions
- ▶ Preheat at 121°C/250°F in **braising mode**
- ▶ Add 120 g / 4 oz of olive oil, stir to incorporate it, lock the lid and cook **under pressure** for 10 minutes



TIP: if the rice is frozen, preheat it with 60 g / 2 oz of hot water per pan for 20 minutes before proceeding as above

- ▶ While fried rice is cooking, prepare scrambled eggs:
 - break a dozen large eggs in mixing bowl and whisk until one yellow color
 - pour eggs into steam pan and cook in SkyLine Premium^s Oven for 12 minutes
 - remove, stir and place in warmer until needed



TIP: put the desired salt in the eggs

- ▶ When fried rice is finished cooking, add scrambled eggs and mix
- ▶ Garnish with chopped green onions and serve



TIP: serve within 20 minutes to preserve quality and texture

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	13 kg / 29 lbs	1 h 40 min	-	85 g / 3 oz	153	29% (40 min)
170 lt / 45 gal	25 kg / 55 lbs				291	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frame



Ensure proper load. At least 1/2 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermic braising pan



SkyLine Premium^s Oven



TRS vegetable slicer



Slicer disc C1SX

Frijoles

(Refried beans)



USA

total time:
1 h 15 min




gluten
free

Ingredients for 90 lt/24 gal pan

- ▶ Beans, pinto dry 9 kg / 20 lbs
- ▶ Water 19 lt / 5 gal
- ▶ Onions 1,8 kg / 4 lbs
- ▶ Garlic 240 g / 8,5 oz
- ▶ Black pepper 45 g / 1,5 oz
- ▶ Oil 120 ml / 40 oz
- ▶ Salt 103 g / 3,7 oz
- ▶ Cumin 60 g / 2 oz
- ▶ Water 7,5 lt / 2 gal

Procedure:

- ▶ Chop onions
- ▶ Preheat at 80°C/175°F in **braising mode** 
- ▶ Pour oil, add chopped onions and caramelize for 15 minutes
- ▶ Add beans, garlic, pepper, water and cook for 1 hour. Add more water if needed



TIP: soak bean in water overnight to speed up the preparation



TIP: using pressure cycle will reduce necessary cooking time to 45 minutes

- ▶ When beans are tender, add salt, pepper and cumin
- ▶ Mash beans with an immersion blender Bermixer Pro
- ▶ Portion and serve



TIP: serve within 20 minutes to preserve quality and texture



TIP: alternatively to the immersion blender, use TBX turboliquidizer to get a smooth mix

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	38 kg / 84 lbs	1 h 15 min	-	310 g / 11 oz	123	38% (45 min)
170 lt / 45 gal	72 kg / 159 lbs				233	



For this recipe it is possible to cook more dishes simultaneously using trays on suspension frame



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermic braising pan



Bermixer PRO



TRS vegetable slicer



TBX turboliquidizer

Glazed Carrots




USA
total time:
15 min



Ingredients for 90 lt/24 gal pan


- ▶ Carrots 22,7 kg / 50 lbs
- ▶ Water 9,5 lt / 2,5 gal
- ▶ Sugar 250 g / 9 oz
- ▶ Salt 130 g / 4,5 oz
- ▶ Butter 1,4 kg / 3 lbs

Procedure:

- ▶ Pour water and preheat at 150°C / 302°F in **braising mode** 



TIP: with small quantities of liquid preheat in braising mode to speed up the cooking process

- ▶ Add sugar, salt, butter and melt
- ▶ Add carrots, all the other ingredients and stir until boiling
- ▶ Close the lid and cook **under pressure**  for 8 minutes



TIP: to ensure the best performance wait that water boils before starting the pressure phase

- ▶ Reduce the liquid down to a glaze



TIP: to reduce the quantity of excess steam released, wait till steam condensation process completes before unlocking and opening the lid fully



TIP: keep the lid completely open when tilt the well to avoid gasket damage



TIP: serve within 20 minutes to preserve quality and texture

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	24 kg / 53 lbs	15 min	20%	140 g / 5 oz	140	57% (20 min)
170 lt / 45 gal	47 kg / 104 lbs				269	



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



Scan the QR code for the video recipe

Jambalaya



USA

total time:

40 min

Ingredients for 90 lt/24 gal pan

- ▶ Chicken 25,2 kg / 56 lbs (boneless and cut in bite sized pieces)
- ▶ Sausage (in cubes)
- ▶ Onions (chopped) 3,6 kg / 8 lbs
- ▶ Green bell pepper 1,8 kg / 4 lbs (chopped)
- ▶ Celery (chopped) 1,4 kg / 48 oz
- ▶ Garlic minced 240 g / 8 oz
- ▶ Diced tomatoes 4 kg / 8,8 lbs
- ▶ Oil 240 ml / 8 oz
- ▶ Black pepper 12 g / 0,4 oz
- ▶ Cumin 12 g / 0,4 oz
- ▶ Brown rice 1,2 kg / 26 lbs
- ▶ Water 2 lt / 0,52 gal
- ▶ Chicken broth 9,2 lt / 2,4 gal
- ▶ Paprika 120 g / 4 oz
- ▶ Dried thyme 120 g / 4 oz
- ▶ Crushed red pepper 12 g / 0,4 oz
- ▶ Salt

Procedure:

- ▶ Preheat at 200°C/392°F in **braising mode**
- ▶ Pour oil, sear chicken and sausage for 5-6 minutes stirring occasionally

TIP: to obtain a good searing result we recommend to not exceed the quantity indicated below

- ▶ Add onions, bell peppers, celery and garlic. Cook for 10 minutes, stirring occasionally
- ▶ Pour the broth with spices, mix and bring to boil
- ▶ Put rice with water in trays (1 lt / 0,26 gal of hot water per tray)
- ▶ Place trays on top using suspended frames

- ▶ Close the lid and cook **under pressure** for 10 minutes

TIP: to ensure the best performance wait that sauce boils before starting the pressure phase

- ▶ Open the lid, remove the rice, add diced tomatoes to the ingredients on the bottom of the pan
- ▶ Turn off the heat and let rest for 10 minutes stirring occasionally
- ▶ Garnish with green onions and serve

TIP: serve within 20 minutes to preserve quality and texture

TIP: keep the lid completely open when tilt the well to avoid gasket damage

Well capacity	Full load	Braising load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	47 kg / 104 lbs	15 kg / 33 lbs	40 min	15%	260 g / 9 oz	154	50% (40 min)
170 lt / 45 gal	89 kg / 196 lbs	29 kg / 64 lbs				292	

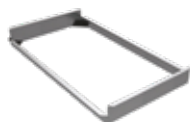


Ensure proper load. At least 1/4 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermic braising pan



Suspension frame



TRS vegetable slicer



Scan the QR code for the video recipe

Penne in Marinara Sauce



USA

total time:

14 min



Ingredients for 90 lt/24 gal pan

- ▶ Olive oil 480 ml / 17 oz
- ▶ White onions 300 g / 10,5 oz (diced)
- ▶ Minced garlic 240 g / 8,5 oz
- ▶ Penne 3,6 kg / 8 lbs
- ▶ Salt 360 g / 12,7 oz
- ▶ Pepper 130 g / 4,5 oz
- ▶ Red pepper flake 60 g / 2 oz
- ▶ Dried italian seasoning 710 g / 25 oz
- ▶ Diced tomato or tomato sauce 27,2 kg / 60 lbs

Procedure:

- ▶ Preheat at 182°C /360°F in **braising mode** 🍲
- ▶ Add oil, onions, ground beef, garlic, salt and pepper
- ▶ Stir to break up the meat then add the tomato, red pepper flake, dried Italian seasoning and pasta
- ▶ Give it a stir to break up the clusters of pasta making sure that most of the pasta is covered by sauce
- ▶ When sauce boils lock down the lid and cook **under pressure** 🔒 for 11 minutes

TIP: to ensure the best performance wait that sauce boils before starting the pressure phase

- ▶ Open the lid, portion and serve

TIP: to reduce the quantity of excess steam released, wait till steam condensation process completes before unlocking and opening the lid fully

TIP: keep the lid completely open when tilt the well to avoid demerging the gasket

TIP: serve within 20 minutes to preserve quality and texture

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	29 kg / 64 lbs	14 min	10%	140 g / 5 oz (only sauce)	186 (only sauce)	50% (14 min)
170 lt / 45 gal	55 kg / 121 lbs				354 (only sauce)	

Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

* Note: full load and portion are indicate for sauce.

Appliances and accessories in use:



Electric prothermetic braising pan



TRS vegetable slicer

Savoy Cabbage



USA

total time:
26 min



gluten free





vegan

Ingredients for 90 lt/24 gal pan

- ▶ Cabbage 20 kg / 44 lbs
- ▶ Onion (julienne) 6 kg / 13,2 lbs
- ▶ White wine 4 lt / 0,2 gal
- ▶ Water 2 lt / 0,5 gal
- ▶ Olive oil 2 lt / 0,1 gal
- ▶ Salt
- ▶ Pepper

Procedure:

- ▶ Preheat at 160°C / 320° F in **braising mode** 
- ▶ Pour oil, add onions and stir for 2 minutes
- ▶ Add cabbage, salt, pepper, wine and stir for 1 minute more
- ▶ Add water and bring to a boil
- ▶ Close the lid and cook **under pressure**  for 20 minutes
- ▶ Unlock the lid, portion and serve draining the water



TIP: to reduce the quantity of excess steam released, wait till steam condensation process completes before unlocking and opening the lid fully



TIP: keep the lid completely open when tilt the well to avoid gasket damage



TIP: to ensure the best performance wait that water boils before starting the pressure phase

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	32 kg / 70 lbs	26 min	50%	100 g / 0,22 oz	160	57% (34 min)
170 lt / 45 gal	61 kg / 134 lbs				304	



Ensure proper load. At least 1/4 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothertic braising pan



BE5 planetary mixer



TRK cutter mixer



Perforated containers



Suspension frame



Scan the QR code for the video recipe

Scratch Cheese Sauce



USA

total time:

45 min




Ingredients for

90 lt/24 gal pan

- ▶ Milk, 1% 3,9 lt / 1 gal
- ▶ American cheese 17,6 kg / 39 lbs (shredded)
- ▶ Mustard, ground 130 g / 4,5 oz
- ▶ Butter 340 g / 12 oz
- ▶ Water 9,9 lt / 2,6 gal

Procedure:

- ▶ Pour water, add butter and bring all to boil in **braising mode**  at 100°C / 212°F



TIP: for small quantity of liquid preheat in braising mode to speed up the cooking process

- ▶ Pour milk into a mixing bowl, add mustard and whisk smooth



TIP: whisk milk with mustard splitting ingredients in two parts for smooth and uniform result

- ▶ Pour milk and mustard slurry into the braising pan with butter and water, whisk

- ▶ As soon as liquid comes to gentle boil, add half of the cheese and let it melt

- ▶ Lower the temperature to 76°C / 170°F in **braising mode** 

- ▶ Blend until smooth with Bermixer Pro

- ▶ Add remainder of the cheese and blend until perfectly smooth



TIP: mixing cheese in two parts helps to reach creamy consistency, without lumps or discoloration

- ▶ Pour immediately in 4" ½ pans and place in warmer



TIP: to maintain smooth consistency, serve immediately. If service delayed and sauce becomes thick, add a small amount of milk (about ¼ oz per pan), as needed, stirring well

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load
90 lt / 24 gal	32 kg / 71 lbs	45 min	10%	85 g / 3 oz	339
170 lt / 45 gal	61 kg / 134 lbs				646

Appliances and accessories in use:



Electric prothermetic braising pan



Bermixer PRO

Scratch Meat Sauce



USA

total time:
40 min



gluten free

Ingredients for 90 lt/24 gal pan

- ▶ 85/15 raw ground beef 26 kg / 57 lbs
- ▶ Onions (chopped) 4 pcs
- ▶ Garlic (chopped) 86 g / 3 oz
- ▶ Black pepper 30 g / 1 oz
- ▶ Tomato paste 200 ml / 6,4 oz
- ▶ Tomato sauce 200 ml / 6,4 oz
- ▶ Water 9 lt / 2,4 gal
- ▶ Salt, iodized 60 g / 2 oz
- ▶ Parsley flakes 260 g / 9 oz
- ▶ Oregano ground 120 g / 4 oz
- ▶ Italian seasoning 30 g / 1 oz
- ▶ Sugar 960 g / 34 oz

Procedure:

- ▶ Preheat at 135°C/275°F in **braising mode**
- ▶ Add meat and stir it until brown
- ▶ Add chopped onions and sauté into beef for 3 minutes
- ▶ Add chopped garlic, mix and cook for 2 minutes more
- ▶ Incorporate black pepper, iodized salt, parsley flakes, basil leaves, ground oregano, Italian seasoning and sugar. Stir until well mixed
- ▶ Pour water, tomato sauce and tomato paste, mix well
- ▶ Reduce heat to 85°C/185°F and simmer in **braising mode** for 30 minutes, stir occasionally to keep from scorching



TIP: by using pressure cooking cycle, the cooking phase above can be performed in 15 minutes, no need in stirring

- ▶ Transfer meat sauce to steam table pans, cover and store in warmer until service

Well capacity	Full load	Braising load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	37 kg / 82 lbs	15 kg / 33 lbs	40 min	20%	170 g / 6 oz	174	43% (30 min)
170 lt / 45 gal	70 kg / 154 lbs	29 kg / 64 lbs				331	

Appliances and accessories in use:



Electric prothermetic braising pan

Sloppy Joes



USA


total time:
1 h



Ingredients for 90 lt/24 gal pan

- ▶ 85/15 Ground beef 9 kg / 20 lbs
- ▶ Onion, chopped 600 g / 20 oz
- ▶ Garlic granulated 60 g / 2 oz
- ▶ Tomato sauce 18 kg / 40 lbs
- ▶ Water 1,4 lt / 0,4 gal
- ▶ Vinegar, distilled 260 g / 9 oz white
- ▶ Mustard, powdered 90 g / 3 oz
- ▶ Black pepper 30 g / 1 oz
- ▶ Brown sugar 120 g / 4 oz
- ▶ Worcestershire sauce 480 ml / 17 oz
- ▶ Paprika 60 g / 2 oz
- ▶ Salt

Procedure:

- ▶ Preheat at 121°C/250°F in **braising mode** 
- ▶ Brown ground beef
- ▶ Add chopped onions and stir for 5 minutes
- ▶ Reduce temperature to 80°C/175°F
- ▶ Add remainder of ingredients. Mix well and simmer for 25 minutes
- ▶ Portion and serve



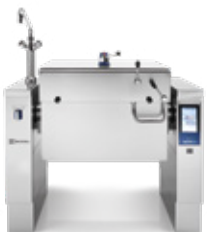
TIP: serve within 20 minutes to preserve quality and texture

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load
90 lt / 24 gal	30 kg / 66 lbs	35 min	20%	230 g / 8 oz	104
170 lt / 45 gal	57 kg / 126 lbs				198



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermic braising pan



TRS vegetable slicer



Slicer disc C1SX

Spaghetti in Meat Sauce



USA



total time:


10 min

Ingredients for 90 lt/24 gal pan


- ▶ Olive oil 480 ml / 17 oz
- ▶ White onions 300 g / 10,5 oz
- ▶ Minced garlic 240 g / 8,5 oz
- ▶ Spaghetti 3,6 kg / 8 lbs
- ▶ Ground beef 5,4 kg / 12 lbs
- ▶ Salt 360 g / 12,7 oz
- ▶ Pepper 130 g / 4,5 oz
- ▶ Red pepper flake 60 g / 2 oz
- ▶ Dried italian seasoning 710 g / 25 oz
- ▶ Diced tomato or tomato sauce 27,2 kg / 60 lbs


Procedure:


- ▶ Preheat at 182°C / 360°F in **braising mode** 
- ▶ Add oil, onions, ground beef, garlic, salt and pepper
- ▶ Stir to break up the meat, then add the tomato, red pepper flakes, dried Italian seasoning and spaghetti
- ▶ Give it a stir to break up the clusters of pasta making sure that most of the pasta is covered by sauce
- ▶ When sauce boils lock down the lid and cook **under pressure**  for 7 minutes

 **TIP:** to ensure the best performance wait that sauce boils before starting the pressure phase

- ▶ Open the lid, portion and serve

 **TIP:** to reduce the quantity of excess steam released, wait till steam condensation process completes before unlocking and opening the lid fully

 **TIP:** keep the lid completely open when tilt the well to avoid demerging the gasket

 **TIP:** serve within 20 minutes to preserve quality and texture

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	27 kg / 60 lbs	10 min	10%	140 g / 5 oz (only sauce)	174 (only sauce)	50% (10 min)
170 lt / 45 gal	52 kg / 115 lbs				332 (only sauce)	



Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermic braising pan

Turkey Chili



USA

total time:

40 min

Ingredients for 90 lt/24 gal pan

- ▶ Turkey (minced) 21,4 kg / 47,2 lbs
- ▶ Navy beans 7,4 kg / 16,5 lbs
- ▶ Carrots (diced) 1,9 kg / 4,1 lbs
- ▶ Celery (diced) 1,9 kg / 4,1 lbs
- ▶ Onion (diced) 1,9 kg / 4,1 lbs
- ▶ Bell peppers (diced) 4,8 kg / 10,6 lbs
- ▶ Paprika 100 g / 3,5 oz
- ▶ Dried oregano 35 g / 1,2 oz
- ▶ Cayenne pepper 35 g / 1,2 oz
- ▶ Cumin 35 g / 1,2 oz
- ▶ Kosher salt 180 g / 6,3 oz
- ▶ Crushed tomatoes 600 g / 21,2 oz
- ▶ Tomato paste 240 g / 8,5 oz
- ▶ Dried basil 60 g / 2,1 oz
- ▶ Olive oil 590 ml / 0,16 gal
- ▶ Minced garlic 60 g / 2,1 oz
- ▶ Black pepper 60 g / 2,1 oz
- ▶ Chicken stock 3,5 lt / 0,9 gal

Procedure:

- ▶ Preheat at 220°C / 428° F in **braising mode**
- ▶ Sear meat with oil for 5-6 minutes

TIP: to obtain a good searing result we recommend to not exceed the quantity indicated below
- ▶ Add spices and vegetables and stir.
- ▶ Next, add beans, tomato paste and stir again
- ▶ Add crushed tomatoes and stir sauce till it boils
- ▶ Close the lid and cook **under pressure** for 20 minutes

TIP: to ensure the best performance wait that sauce boils before starting the pressure phase

- ▶ Unlock the lid, portion and serve

TIP: to reduce the quantity of excess steam released, wait till steam condensation process completes before unlocking and opening the lid fully

TIP: keep the lid completely open when tilt the well to avoid gasket damage

TIP: serve within 20 minutes to preserve quality and texture

Well capacity	Full load	Braising load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	45 kg / 99 lbs	15 kg / 33 lbs	40 min	15%	240 g / 9 oz	159	47% (35 min)
170 lt / 45 gal	86 kg / 190 lbs	29 kg / 64 lbs				305	

For this recipe it is possible to cook more dishes simultaneously using trays on suspension frame

Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase

Appliances and accessories in use:



Electric prothermetic braising pan



Scan the QR code for the video recipe

Whipped Potatoes



USA

total time:
10 min



gluten free



Ingredients for 90 lt/24 gal pan

- ▶ Idaho Potatoes 40 kg / 88 lbs (peeled and kept whole)
- ▶ Water 42 lt / 11 gal
- ▶ Salt 800 g / 28 oz
- ▶ Butter 1,6 kg / 3,5 lbs

Procedure:

- ▶ Add water and salt to the pan and bring to boil in **boiling mode**

TIP: with big quantities of water preheat in boiling mode to speed up the cooking process

TIP: ensure the salt melts in the water, stir if needed

- ▶ Peel potatoes with potato peeler

- ▶ Add the potatoes to the water and stick the **probe** into one of them before putting into the water

TIP: for optimal cooking result ensure the potatoes are of uniform size

- ▶ When water boils, lock down the lid and set core temperature to 85°C / 185°F°

- ▶ Cook **under pressure** till potatoes reach core temperature set

TIP: to ensure the best performance wait that water boils before starting the pressure phase

- ▶ Allow the pressure to release and strain off all of the water

TIP: to reduce the quantity of excess steam released, wait till steam condensation process completes before unlocking and opening the lid fully

TIP: keep the lid completely open when tilt the well to avoid demergering the gasket

- ▶ Add the butter and whip the potatoes with Electrolux Bermixer Pro

TIP: serve within 20 minutes to preserve quality and texture

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	50 kg / 110 lbs	10 min*	-	200 g / 7 oz	250	50% (10 min)
170 lt / 45 gal	95 kg / 209 lbs				475	

Ensure proper load. At least 1/3 of food and sufficient quantity of liquid for a correct pressure phase.

* Note: depends on size and weight of potatoes.

Appliances and accessories in use:



Electric prothermic braising pan



Bermixer PRO



Potato peeler

Chickpeas with Meat



Turkey

total time:
50 min



gluten free

Ingredients for 60 lt/16 gal pan

- ▶ Dried chickpeas 10 kg / 22 lbs
- ▶ Chopped onion 3 kg / 6,6 lbs
- ▶ Cubed beef 3 kg / 6,6 lbs
- ▶ Chopped tomatoes 3 kg / 6,6 lbs
- ▶ Tomato paste 1 kg / 2,2 lbs
- ▶ Red chili powder 100 g / 3,5 oz
- ▶ Oil 1 lt / 0,3 gal
- ▶ Salt 300 g / 10,6 oz
- ▶ Water 22 lt / 5,8 gal
- ▶ Black pepper 100 g / 3,5 oz

Procedure:

- ▶ Soak chickpeas in water, overnight
- ▶ Preheat at 180°C in **braising mode**
- ▶ Pour oil, add beef soured 3 min. Add onion and soured
- ▶ Drain chickpeas and put them into the pan
- ▶ Add water, tomatoes, tomato paste, black pepper and salt
- ▶ When all boils, close the lid and cook **under pressure** for 45 minutes
- ▶ When the cycle ended, boil 10 more min. and leave the lid open
- ▶ Portion and serve

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	60 kg / 132 lbs	50 min	-	200 g / 7 oz	300	50% (50 min)
170 lt / 45 gal	114 kg / 251 lbs				570	

Appliances and accessories in use:



Electric prothermetic braising pan

Red lentils soup



Turkey
total time:
35 min



Ingredients for 60 lt/16 gal pan

- ▶ Red lentils 5 kg / 11 lbs
- ▶ Water 25 lt / 6,6 lbs
- ▶ Onion (chopped) 1 kg / 2,2 lbs
- ▶ Carrot (chopped) 1 kg / 2,2 lbs
- ▶ Cloves garlic 6 pcs
- ▶ Salt 200 g / 7 oz
- ▶ Cumin 100 g / 3,5 oz

Procedure:

- ▶ Preheat at 150 °C in **braising mode** for 5 minutes
- ▶ Roast vegetables for 4 minutes
- ▶ Add lentils, water, spices and switch in **boiling mode**
- ▶ Cook **under pressure** for 30 minutes
- ▶ For a smooth soup, use Bermixer PRO

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	48 kg / 106 lbs	35 min	-	200 g / 7 oz	240	50% (35 min)
170 lt / 45 gal	91 kg / 201 lbs				456	

Appliances and accessories in use:



Electric prothermetic braising pan



Bermixer PRO

Tas Kebab



Turkey

total time:
50 min



Ingredients for 60 lt/16 gal pan

- ▶ Cubed beef 20 kg / 44 lbs
- ▶ Olive oil 100 ml / 3,5 oz
- ▶ Onions 3 kg / 6,6 lbs
- ▶ Tomato paste 1 kg / 2,2 lbs
- ▶ Diced tomato 3 kg / 6,6 lbs
- ▶ Potatoes, cubed 14X20 mm 5 kg / 11 lbs
- ▶ Milk 2 lt / 0,5 gal
- ▶ Butter 100 g / 3,5 oz
- ▶ Green pepper 1 kg / 2,2 lbs
- ▶ Beef stock 7 lt / 0,5 gal
- ▶ Salt 300 gr / 10,6 oz

Procedure:

- ▶ Preheat at 200 °C in **braising mode**
- ▶ Once the temperature is reached, add in oil and begin to brown beef
- ▶ After 3 minutes add in all remaining ingredients and bring to boil in **boiling mode**
- ▶ Once the liquid has come to a boil, lock down the lid and cook **under pressure** for 45 min
- ▶ Heat oven 100 °C steam mode
- ▶ Cooked potatoes 45 min steam mode
- ▶ Melt butter and add potatoes, milk and salt
- ▶ Use Bermixer PRO to make smoother
- ▶ When the cycle ended, boil 10 more min and leave the lid open
- ▶ Portion and serve with potatoes

Well capacity	Full load	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	50 kg / 132 lbs	50 min	40%	200 g / 7 oz	150	50% (50 min)
170 lt / 45 gal	95 kg / 209 lbs				285	

Appliances and accessories in use:



Electric prothertic braising pan



SkyLine Premiums Oven



TRS vegetable slicer



Bermixer PRO



Accessories



Perforated plate



Suspension frame



Drain tap



Drain strainer



Mixing tap (2 hand)



Strainer



False bottom



Shovel



Scrapers



Perforated container



Automatic water filling



Spray gun



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