therma*line*

ProThermetic – Pressure Braising Pans
Recipe Book

Electrolux

How to read the recipes

INTERNATIONAL

total time:
1½ - 2 h

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

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

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

SOFT COOKING: gentle heating cycle for delicate food

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

QR Code: Scan and watch video with the corresponding recipe

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

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

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

VEGAN: indicates that the recipe is vegan

GLUTEN FREE: indicates that the recipe is gluten free

Appliances and accessories in use

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

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.

For each recipie find the indication of other appliances in use (reccomended to create a complete solution) and the list of accessories for braising pan with corresponding code (PNC)

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

Index

Artichokes

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

vegan

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 for this recipe	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 / 4,2 oz	85	**67% (40 min)**
170 lt / 45 gal	18 kg / 40 lbs				128	

Ensure proper load. At least ½ of food and sufficient quantity of liquid for a correct pressure phase.

Appliances and accessories in use:

Electric prothermetic braising pan

False bottom PNC 910201

Suspension frame PNC 910191

Scan the QR code for the video recipe

Beef Stock

Ingredients for 90 lt/24 gal pan

‣ Veal bones   15 kg   /   33 lbs
‣ Carrots (large chop)   5 kg   /   11 lbs
‣ Celery (large chop)   5 kg   /   11 lbs
‣ Onions (large chop)   5 kg   /   11 lbs
‣ Tomato paste   0,5 kg   /   17,6 oz
‣ Red wine   10 lt   /   2,6 gal
‣ Water   40 lt   /   10,5 gal
‣ Bay leaf   3 pcs
‣ Salt
‣ Handful of whole black peppercorns

**gluten
free**

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 (air-o-steam), 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 5 hours

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

‣ Strain liquid through a large whole china cap and then 2 fine mesh strainers

Well capacity	Full load for this recipe	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	80 kg / 176 lbs	5 h	20%	50 g / 1,75 oz	1280	**58%** **(7 h)**
170 lt / 45 gal	160 kg / 353 lbs				2560	

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

Appliances and accessories in use:

Electric prothermetic braising pan

air-o-steam oven
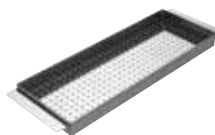
Strainers - see ProThermetic Accessories Book

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

gluten free

Procedure:

TIP: for this recipe, **pressure cooking is not used**. Thanks to perfect control of the temperature is possible to cook overnight

- 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 for this recipe	Total time	Weight loss	Portion	Total portions in full load
90 lt / 24 gal	40 kg / 88 lbs	12 h	35%	240 g / 8,5 oz	108
170 lt / 45 gal	72 kg / 159 lbs				195

Ensure proper load. At least ⅓ of well.

Appliances and accessories in use:

Electric prothermetic braising pan

Vacuum packer

Vacuum bags - see Accessories&Consumables Catalogue

Braised Beef

Ingredients for 90 lt/24 gal pan

‣ Meat
  (6 pieces in total)   30 kg /   66 lbs
‣ Tomatoes   5 Kg /   11 lbs
‣ Red wine   3 lt /   0,8 gal
‣ Celery (chopped)   1 kg /   2,2 lbs
‣ Carrot (chopped)   1 kg /   2,2 lbs
‣ Onion (chopped)   1 kg /   2,2 lbs
‣ Water   1 lt / 0,25 gal
‣ Salt

**gluten
free**

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**: 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 air-o-chill
‣ Cut into serving portions
‣ Regenerate in air-o-steam

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

Well capacity	Full load for this recipe	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	35 kg / 77 lbs	1½ - 2 h	40%	200 g / 7,05 oz	105	**70% (4 h)**
170 lt / 45 gal	63 kg / 139 lbs				189	

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

Appliances and accessories in use:

Electric prothermetic braising pan

Bermixer PRO

air-o-steam touchline air-o-chill 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)   30 kg /   66 lbs
- Tomatoes   5 Kg /   11 lbs
- Red wine   3 lt / 0,8 gal
- Celery (chopped)   1 kg / 2,2 lbs
- Carrot (chopped)   1 kg / 2,2 lbs
- Onion (chopped)   1 kg / 2,2 lbs
- Water   1 lt / 0,25 gal
- Salt

**gluten
free**

Procedure:

TIP: for this recipe **pressure cooking is not used**. Thanks to perfect control of the temperature is possible to cook overnight

- 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

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

- 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 air-o-chill
- Cut into serving portions
- Regenerate in air-o-steam

Well capacity	Full load for this recipe	Total time	Weight loss	Portion	Total portions in full load
90 lt / 24 gal	35 kg / 77 lbs	6/8 h	40%	200 g / 7,05 oz	105
170 lt / 45 gal	63 kg / 139 lbs				189

Ensure proper load. At least 1/3 of well.

Appliances and accessories in use:

Electric prothermetic braising pan

Bermixer PRO

air-o-steam touchline air-o-chill blast chiller

TRS vegetable slicer

Scan the QR code for the video recipe

Braised Veal

INTERNATIONAL

total time:
1 h 40 min

Ingredients for 90 lt/24 gal pan

- ‣ Meat   30 kg   /   66 lbs
- ‣ Vegetables
  (chopped)   4 kg   /   8,8 lbs
- ‣ Water   5 lt   /   1,3 gal
- ‣ Wine   5 lt   /   1,3 gal
- ‣ Sage & rosemary
- ‣ Oil
- ‣ Salt

gluten free

Procedure:

- ‣ Preheat at 200°C / 392°F in **braising mode** 🍳 for 5 minutes
- ‣ Sear the veal for 5 minutes

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

- ‣ 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 air-o-chill
- ‣ Cut into serving portions
- ‣ Regenerate in air-o-steam

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

Well capacity	Full load for this recipe	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	34 kg / 75 lbs	1 h 40 min	30%	200 g / 7,05 oz	119	**47%** **(1 h 30 min)**
170 lt / 45 gal	61 kg / 135 lbs				214	

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

air-o-steam touchline air-o-chill blast chiller

Bermixer PRO

TRS vegetable slicer

Chicken Stock

Ingredients for 90 lt/24 gal pan

- Chicken bones   20 kg / 44 lbs
- Celery   5 kg / 11 lbs
- Onion   5 kg / 11 lbs
- Water   50 lt / 13,2 gal
- Wine   1 lt / 0,26 gal
- Bay leafs   10 pcs
- Oil
- Salt
- Pepper (optional)

gluten free

Procedure:

- Coat the bones in olive oil and roast in air-o-steam 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**

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

- 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

Well capacity	Full load for this recipe	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	-	300 g / 10,6 oz	200	**50% (1 h 15 min)**
170 lt / 45 gal	120 kg / 264 lbs				400	

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

air-o-steam oven

Scan the QR code for the video recipe

Crustacean Bisque

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 for this recipe	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	30 min	10%	100 g / 3,53 oz	333	**57% (40 min)**
170 lt / 45 gal	74 kg / 164 lbs				666	

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

Ingredients for 90 lt/24 gal pan

‣ Meat	30 kg	/	66 lbs
‣ Oil	500 g	/	1,1 lbs
‣ Onion (chopped)	3 kg	/	6,6 lbs
‣ Sweet red pepper	2 kg	/	4,4 lbs
‣ Wine	2 lt	/	0,5 gal
‣ Peeled tomatoes	6 kg	/	13 lbs
‣ Broth	3 lt	/	0,8 gal
‣ Salt			

Procedure:

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

‣ Add the meat (15 kg / 33 lbs) and sear

‣ Remove the meat and repeat the searing with the rest of the meat

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

‣ 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.

Note: for this recipe the full load quantity is calculated considering the liquids, since sauce is an integral part of the dish.

Well capacity	Full load for this recipe	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	1 h	25%	250 g / 8,8 oz	130	50% (1 h)
170 lt / 45 gal	82 kg / 181 lbs				246	

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

air-o-steam touchline air-o-chill blast chiller

Induction hob

TRS vegetable slicer

Scan the QR code for the video recipe

Mash Potatoes

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

**gluten
free**

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

  Note: The potatoes can also be mixed with the Bermixer Pro.

Well capacity	Full load for this recipe	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 5,3 - 7 oz	260 - 347	**56% (25 min)**
170 lt / 45 gal	104 kg / 230 lbs				520 - 694	

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

20 lt planetary mixer

False bottom PNC 910201

Potato peeler

Scan the QR code for the video recipe

Monkfish with Broccoli Sauce

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 for this recipe	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	10 min	30% (fish)	60 g / 2,1 oz each portion only fish	175	58% (14 min)
170 lt / 45 gal	27 kg / 59 lbs				315	

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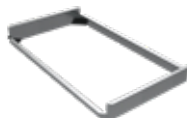
Appliances and accessories in use:

Electric prothermetic braising pan

Bermixer PRO

Suspension frame PNC 910191

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

gluten free   **vegan**

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 spieces 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 for this recipe	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	30 kg / 66,1 lbs	30 min	-	220 g - 7,76 oz	136	**50% (30 min)**
170 lt / 45 gal	60 kg / 132,3 lbs				273	

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 PNC 910201

Scan the QR code for the video recipe

Pudding

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:

TIP: for this recipe, **pressure cooking is not used**

‣ Put milk in the braising pan and set 80°C / 176°F in **boiling mode** 🎂 (soft cooking ⟋) for 20 minutes

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

‣ With the XBE 20 lt planetery mixer, mix butter with sugar, add flour and melted chocolate

‣ 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 air-o-chill

Well capacity	Full load for this recipe	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 prothermetic braising pan

20 lt planetary mixer

air-o-chill 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 whine, 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 for this recipe	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				89	
170 lt / 45 gal	42 kg / 92 lbs	20 min	15%	220 g / 7,76 oz	162	**33%** **(10 min)**

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

Suspension frame PNC 910191

Scan the QR code for the video recipe

Lentil Soup

Ingredients for 90 lt/24 gal pan

- Dry lentis   5 kg   /   11 lbs
- Water   20 lt   /   5,3 gal
- Onion (chopped)   500 g   /   17,6 oz
- Leeks (chopped)   500 g   /   17,6 oz
- Celery (chopped)   500 g   /   17,6 oz
- Chicken stock   20 lt   /   5,3 gal
- Cloves garlic   5 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**

  TIP: with large quantities of liquids use boiling mode

- Cook **under pressure** for 30 minutes

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

Well capacity	Full load for this recipe	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	46 kg / 101 lbs	45 min	10%	230 g / 8 oz	180	**50% (45 min)**
170 lt / 45 gal	92 kg / 203 lbs				360	

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

Ingredients for 90 lt/24 gal pan

- Chopped vegetables (potatoes, carrots, peas, green beans, celery, leek, cauliflower)   20 kg / 44 lbs
- Onion (julienne)   2 kg / 4,4 lbs
- Water   20 lt / 5,3 gal
- Salt
- Oil
- Butter

gluten free

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

Well capacity	Full load for this recipe	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	42 kg / 93 lbs	20 min	-	400 g / 14 oz	105	**64% (35 min)**
170 lt / 45 gal	84 kg / 186 lbs				210	

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

Octopus with Tomato Sauce

EUROPE

total time:
35 min

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

gluten free

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 for this recipe	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 / 7,05 oz	125	**59% (50 min)**
170 lt / 45 gal	74 kg / 163 lbs				215	

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

Scan the QR code for the video recipe

Feijoada

Ingredients for 90 lt/24 gal pan

- Pork neck (in cubes)   5 kg   /   11 lbs
- Pork ribs (in cubes)   4 kg   /   8,8 lbs
- Bacon (in cubes)   2 kg   /   4,4 lbs
- Sausage (in cubes)   3 kg   /   6,6 lbs
- Black beans   6 kg   /   12,2 lbs
- Onion (julienne)   2 kg   /   4,4 lbs
- Garlic   200 g   /   7 oz
- Beans in water   8 lt   /   2 gal
- Water   6 lt   /   1,6 gal
- Laurel   12 leafes
- Oil
- Salt
- Pepper

gluten free

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 sear properly the full load quantity, split it in two parts for the braising phase

- 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 for this recipe	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	45 min	20%	300 g / 10,58 oz	80	**82% (3 h 20 min)**
170 lt / 45 gal	54 kg / 119 lbs				144	

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 recipt is done in 5 GN1/1 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 for this recipe	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 / 8,8 oz	72	**50% (25 min)**
170 lt / 45 gal	34 kg / 75 lbs				122	

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

air-o-steam touchline air-o-chill blast chiller

TRS vegetable slicer

Suspension frame PNC 910191

False bottom PNC 910201

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

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

- Put all pork belly in the brasing pan and add the spices, wine and vegetables

- When 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

- Remove the meat, and whisk the vegetables and sauce with the Bermixer Pro

Well capacity	Full load for this recipe	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 / 7,76 oz	146	**50% (50 min)**
170 lt / 45 gal	92 kg / 202 lbs				293	

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

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

- 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

Well capacity	Full load for this recipe	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	24 kg / 52,9 lbs	20 min	10%	250 g / 8,8 oz	86	**50% (20 min)**
170 lt / 45 gal	36 kg / 79, 4 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

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

gluten free

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 air-o-chill 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 for this recipe	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 prothermetic braising pan

air-o-chill blast chiller

BE5 planetary mixer

Perforated containers

False bottom PNC 910201

Suspension frame PNC 910191

Potato Rösti

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

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

- When cooked, take the potatoes out
- Cool in air-o-chill and preserve in refrigerator
- The day after cut the potatoes with the TRS slicer using the J7X disc and put salt

- Add onion sliced cut with J4X disc
- Add melted butter, mix and form patties
- Put the patties in the air-o-chill

    💡 **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

Well capacity	Full load for this recipe	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 / 8,8 oz	120	**14%** **(15 min)**
170 lt / 45 gal	60 kg / 132 lbs				240	

📋 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

air-o-chill blast chiller

TRS vegetable slicer

Grater disc J4X PNC 653775
Grater disc J7X PNC 653776

Perforated containers

Scan the QR code for the video recipe

Sauerkraut

total time:
45 min

Ingredients for 90 lt/24 gal pan

- Sauerkraut   28 kg / 61,7 lbs
- Onion (chopped)   1 kg /   2,2 lbs
- Apple   1 kg /   2,2 lbs
- White wine   2 lt /   0,5 gal
- Water   5 lt /   1,3 gal
- Oil   1 lt /   0,2 gal
- Bacon   2 slices
- Salt   1 kg /   2,2 lbs
- Sugar   800 g /   28 oz
- Bay leaves   8 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 for this recipe	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	45 min	15%	150 g / 5,3 oz	170	**50% (45 min)**
170 lt / 45 gal	60 kg / 132 lbs				340	

⧉ 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

- 20 chickens   1,1 kg /   2,4 lbs each
- Butter   500 g   /   17,6 oz
- Ginger paste   100 g   /   3,5 oz
- Garlic paste   100 g   /   3,5 oz
- Fresh tomatoes *   2 kg   /   4,4 lbs
- Ginger (chopped)   10 g   /   0,35 oz
- Green chilis (chopped)   8 pcs
- Cashewnut paste   30 g   /   1 oz
- Kashmiri red chili   3 g   /   0,1 oz
  powder or Paprika powder
- Cream   150 ml / 0,6 cups
- Coriander   20 g   /   ⅓ cup
- Salt

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

gluten free

Procedure:

- Cut each chicken into 10 pieces and put all on the skewer rack
- Preheat the air-o-steam 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 for this recipe	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	25 min	17%	200 g / 7,05 oz	100	**50% (25 min)**
170 lt / 45 gal	48 kg / 106 lbs				200	

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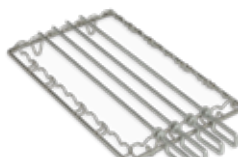
Appliances and accessories in use:

Electric prothermetic braising pan

air-o-steam oven

Volcano smoker (PNC 922338)

Universal skewer pan with long skewers (PNC 922324)

Scan the QR code for the video recipe

Chutney of Tomatoes and Onions

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

gluten free   **vegan**

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 for this recipe	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 / 1,76 oz	110*	**42 %*** **(50 min*)**
170 lt / 45 gal	22 kg / 48 lbs				220*	

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.

* Number of portions and cooking time needed depend on size of the jars, temperature of the product at pasteurization phase and local food safety regulations to perform pasteurization.

Appliances and accessories in use:

Electric prothermetic braising pan

False bottom PNC 910201

Jars for preservation

Perforated containers

Suspension frame PNC 910191

Scan the QR code for the video recipe

Dal Makhani

INDIA

total time:
50 min

Ingredients for 90 lt/24 gal pan

- Rajma   3 kg / 6,6 lbs
- Black Lentil   9 kg / 19,8 lbs
- Chana Dal   3 kg / 6,6 lbs
- Oil   2,2 lt / 0,6 gal
- Water   12 lt / 3,2 gal
- Asafoetida   15 g / 0,5 oz
- Coriander   150 g / 5.3 oz
- Salt   150 g / 5.3 oz
- Ginger Julienne   38 g / 1,3 oz
- Roasted kasturi
  Methi / Dry fenugreek
  leaves (optional)   30 g / 1,1 oz
- Red Chili Powder   150 g / 5,3 oz
- Cream   2,2 lt / 0,6 gal
- Butter   370 g / 13,2 oz
- Coriander   150 g / 1,3 oz

**gluten
free**

Procedure:

- Soak all the lentils (Rajma,Black Lentil, 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 juilienne
- 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 for this recipe	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				192	
170 lt / 45 gal	64 kg / 141 lbs	50 min	10%	150 g / 5,3 oz	384	**58 % (70 min)**

⤧ 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

Ingredients for 90 lt/24 gal pan

- Lamb (cut in cubes) 20 kg / 44 lbs
- Ghee butter 500 g / 17,6 oz
- Onions (julienne) 3 kg / 6,6 lbs
- Tinned tomatoes 3 kg / 6,6 lbs
- Cloves chopped garlic 20 g / 0,7 oz
- Ground coriander 80 g / 2,8 oz
- Cumin 15 g / 0,5 oz
- Chilli powder 20 g / 0,7 oz
- Paprika 60 g / 2,1 oz
- Turmeric 40 g / 1,4 oz
- Garam masala 50 g / 1,7 oz
- Yogurt 500 g / 17,6 oz
- Spinach 300 g / 10,5 oz
- Chillies (chopped) 14 pcs
- Mint (chopped)
- Large piece ginger
- Large bunch coriander (chopped)
- Salt

gluten free

Procedure:

- Preheat at 200° C/ 392°F in **braising mode** 🔥
- Melt butter and sear the lamb until browns

  💡 **TIP**: to sear properly the full load quantity, split it in two parts for the braising phase, searing all one healf of batch after another

- 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

Well capacity	Full load for this recipe	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	28 kg / 56 lbs	1 h 10 min	15%	220 g / 7,7 oz	108	**46 %** (1 h)
170 lt / 45 gal	56 kg / 124 lbs				216	

⛶ 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

Punjabi Chole

INDIA

total time:
1 h

Ingredients for 90 lt/24 gal pan

- Dried chickpeas — 15 kg / 33 lbs
- Chopped onion — 3,5 kg / 7,7 lbs
- Chopped tomatoes — 3,5 kg / 7,7 lbs
- Ginger & garlic paste — 400 g / 14 oz
- Kashmiri Red Chili Powder — 300 g / 10,6 oz
- Chopped Coriander leaves — 500 g / 17 oz
- Fresh Green Chilies — 300 g / 10,6 oz
- Oil — 2 lt / 0,5 gal
- Salt — 700 g / 24 oz
- Water — 24 lt / 6,3 gal
- Black Cardamom — 80 g / 2,8 oz
- Cinnamon — 80 g / 2,8 oz
- Pepper Corn — 20 g / 0,7 oz

- Cloves — 15 g / 0,53 oz
- Bay leaf — 30 g / 1 oz
- Cu min seed — 200 g / 7 oz
- Coriander seed — 180 g / 6,3 oz
- Fennel seed — 250 g / 8,8 oz
- Dry Red Chili — 120 g / 4 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

gluten free   vegan

Well capacity	Full load for this recipe	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	51 kg / 112 lbs	1 h	-	200 g / 7 oz	255	**50 %** **(1 h)**
170 lt / 45 gal	102 kg / 225 lbs				510	

⛶ 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

gluten free

Procedure:

- Preheat at 180°C / 356°F in **braising mode**
- Add oil and shallow fry the fish for 6 minutes

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

- Empty the well and drain oil off
- Pour 1 lt of oil (you can use part of oil used for shallow frying) and add onions
- Brown onions at 160°C / 320° F for 2 minutes
- Add precooked fish and coconut milk

- When milk boils close the lid and cook **under pressure** for 3 minutes

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

- Once finished, add chopped coriander and serve

  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 for this recipe	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	27,4 / 60,4 lbs	20 min	25%	200 g / 7 oz	103	**56 %** **(25 min)**
170 lt / 45 gal	54,8 / 120,8 lbs				206	

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:
50 min

Ingredients for 90 lt/24 gal pan

- Fresh minced beef meat   10 kg / 22 lbs
- Fresh minced pork meat   10 kg / 22 lbs
- Fresh minced sausage   5 kg / 11 lbs
- Mirepoix of onions, carrots and celery   3 kg / 6,6 lbs
- Peel tomatoes   20 kg / 44 lbs
- Extra olive oil   200 gr / 7 lbs
- White wine   1 lt / 0,2 gal
- Salt, Pepper, fresh sauge and rosmary

gluten free

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

Well capacity	Full load for this recipe	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	25 kg / 55 lbs (only meat)	50 min	20%	40 g / 1,4 oz (only meat)	500	**50 %** **(50 min)**
170 lt / 45 gal	50 kg / 110 lbs (only meat)				1000	

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

Cuttlefish with Peas

ITALY

total time:
35 min

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

gluten free

Procedure:

- Pour 5 lt of water and preheat at 110°C / 230°F in **boiling mode**
- Place the cuttlefish in peforated 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

- Remove cuttlefish, chill, and cut into slices

- Rinse and dry the well
- Prehat 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

Well capacity	Full load for this recipe	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 / 8,8 oz	155	**56 %** **(45 min)**
170 lt / 45 gal	86 kg / 190 lbs				310	

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 prothermetic braising pan

air-o-chill blast chiller

TRS vegetable slicer

False bottom PNC 910201

Perforated containers

Scan the QR code for the video recipe

36

Ossobuco

ITALY

total time:
35 min

Ingredients for 90 lt/24 gal pan

- Meat   15 kg   /   33 lbs
- Mixed vegetables   2 kg   /   4,4 lbs
- Oil   1 lt   / 0,26 gal
- White wine   1 lt   / 0,26 gal
- Water   6 lt   /   1,6 gal
- Spices
- Salt

gluten free

Procedure:

- Preheat at 180°C / 356° F in **braising mode**
- Pour oil and sear the meat adding salt, spices, vegetables and wine
- Add water

  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

- 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

Well capacity	Full load for this recipe	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	35 min	20%	260 g / 9,2 oz	58	46 % (30 min)
170 lt / 45 gal	38 kg / 84 lbs				116	

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

Peperonata

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

gluten free   **vegan**

Procedure:

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

- 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 for this recipe	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 / 5,3 oz	89	**50 % (20 min)**
170 lt / 45 gal	34 kg / 76 lbs				159	

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

Ingredients for 90 lt/24 gal pan

- Cornmeal flour   4 kg / 8,8 lbs
- Water   16 lt / 4,2 gal
- Butter
- Salt

gluten free

Procedure:

- Pour water and preheat at 110°C / 230° F in **boiling mode** 🖼 (soft cooking ✐)

  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

- 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 for this recipe	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	35 min	25%	150 g / 5,3 oz	100	**42 %** **(25 min)**
170 lt / 45 gal	40 kg / 88 lbs				200	

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

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)

gluten free

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

Well capacity	Full load for this recipe	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 / 3,5 oz	380	**65 % (26 min)**
170 lt / 45 gal	76 kg / 168 lbs				760	

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

Risotto Asparagus and Scallop

ITALY

total time:
17 min

Ingredients for 90 lt / 24 gal pan

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

**gluten
free**

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 parmesean cheese (optional)
- Portion and serve adding scallops on top of rice to each plate

Well capacity	Full load for this recipe	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 / 5,3 oz	200	**64 % (30 min)**
170 lt / 45 gal	80 kg / 176 lbs				400	

⚖ 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

Tripe

ITALY

total time:
1 h 10 min

Ingredients for 90 lt/24 gal pan

- Tripe   30 kg / 66 lbs
- Onion   4 kg / 8,8 lbs
- Carrots   1 kg / 2,2 lbs
- Celery   0,5 kg / 1,1 lbs
- Water   2 x 8 lt / 2 x 2,1 gal
- Peeled Tomatoes   5 kg / 11 lbs
- White wine   3 lt / 0,8 gal
- Lemon
- Laurel
- Pepper in grains
- Salt

gluten free

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 for this recipe	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	1 h 10 min	15 %	250 g / 8,8 oz	146	**64 %** (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 prothermetic braising pan

air-o-chill blast chiller

TRS vegetable slicer

Scan the QR code for the video recipe

Paella Valensiana

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   3 kg / 6,6 lbs
  chicken
- 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

gluten free

Procedure:

- Preheat at 200°C / 392°F in **braising mode** ⌂
- Stir fry meat (the mix of sausages, rabbit and chicken) and vegetables in oil

  TIP: to sear properly the full load quantity, split it in two parts for the braising phase, cooking one part after another

- 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 for this recipe	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 / 5,3 oz	212	44 % (12 min)
170 lt / 45 gal	74 kg / 163 lbs				424	

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

Apple Sauce

U.S.A.

total time:
10 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

gluten free   vegan

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 for this recipe	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	10 min	50%	100 gr / 3,5 oz	155	50 % (10 min)
170 lt / 45 gal	62 kg / 136 lbs				310	

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

Ingredients for 90 lt/24 gal pan

‣ Cubed beef	22,7 kg	/	50 lbs
‣ Olive oil	60 ml	/	2 oz
‣ Onions (diced)	6,8 kg	/	15 lbs
‣ Carrots (diced)	3,6 kg	/	8 lbs
‣ Celery (diced)	3,6 kg	/	8 lbs
‣ Minced Garlic	60 g	/	2 oz
‣ Tomato paste	2,7 kg	/	6 lbs
‣ Diced tomato	5,4	/	12 lbs
‣ Potatoes (diced)	4,5 kg	/	10 lbs
‣ Low sodium beef stock	15,1 lt	/	4 gal
‣ Kosher salt	400 g	/	14 oz
‣ Frozen peas	3,6 kg	/	8 lbs

gluten free

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 for this recipe	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	68 kg / 150 lbs	55 min	30%	250 g / 9 oz	190	**54% (65 min)**
170 lt / 45 gal	136 kg / 300 lbs				380	

⛶ 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

Ingredients for 90 lt/24 gal pan

- Sirloin or Skirt Steak   22,5 kg/   50 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   6 pcs
(thinly sliced)
- Carrots   6,8 kg   /   15 lbs
(thinly sliced)
- Onions   13,6 kg   /   30 lbs
(thinly sliced)
- Bell peppers (thinly sliced)   30 pcs
200 g / 7,05 oz each
- Broccoli crowns   5 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 for this recipe	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	56 kg / 123 lbs	18 min	40%	280 g / 10 oz	120	55 % (22 min)
170 lt / 45 gal	112 kg / 246 lbs				240	

🔲 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

Ingredients for 90 lt/24 gal pan

- Boneless pork shoulder   30 kg / 66 lbs
- Olive oil   350 ml / 12 oz
- Jalapeno   4 pcs
- Bay leaf   8 pcs
- Whole garlic   200 g / 7 oz
- Orange juice   3 lt / 0,8 gal
- Water   6 lt / 1,6 gal
- Cumin   30 g / 1 oz
- Dried oregano   50 g / 1,8 oz
- Chili powder   40 g / 1,4 oz
- Black pepper   20 g / 0,7 oz
- Kosher salt   310 g / 11 oz

gluten free

Procedure:

- Preheat at 200°C / 392°F in **braising mode** 🔥
- Sear meat with oil for 6-8 minutes
- Add in all of the remaining ingredients and bring to boil

  TIP: to sear properly the full load quantity, split it in two parts for the braising phase, cooking one part after another

- 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 tilt 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 for this recipe	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	34 kg / 75 lbs	1,5 – 2 h	40 %	210 g / 7,5 oz	97	**50 %** **(1,5 – 2h)**
170 lt / 45 gal	61 kg / 135 lbs				174	

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

Scan the QR code for the video recipe

Charros Beans

Ingredients for 90 lt/24 gal pan

- Beans, pinto dry   4,5 kg / 10 lbs
- Water   15 lt / 4 gal
- Garlic, granulated   45 g / 1,5 oz
- Black pepper   15 g / 0,5 oz
- Bacon, raw chopped   680 g / 24 oz
- Onions, yellow chopped   450 g / 1 lb
- Tomatoes, diced and drained   9 kg / 20 lbs
- Cilantro, chopped   240 g / 8,5 oz
- Salt

gluten free

Procedure:

TIP: for this recipe **pressure cooking** is not used

- 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 for this recipe	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				97	
170 lt / 45 gal	60 kg / 132 lbs	1 h	-	310 g / 11 oz	194	**43 % (45 min)**

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

U.S.A.

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   15 kg / 33 lbs
- Water (for pasta) 50 lt / 13,2 gal
- Mustard   40 g / 1,5 oz
- Salt   250 g / 9 oz

Procedure:

TIP: for this recipe **pressure cooking** is not used

- Preheat at 110°C / 230°F in **braising mode**
- Add water, milk, butter, mustard and sitr for 1 minute
- Add half of the cheese and stirfry 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**

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

- 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

Well capacity	Full load for this recipe	Total time	Weight loss	Portion	Total portions in full load
90 lt / 24 gal	15 kg / 33 lbs (dry pasta)	15 min	-	85 g / 0,2 lbs (pasta*)	176
170 lt / 45 gal	30 kg / 66 lbs (dry pasta)				352

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

*Note: full load and portion are indicated for dry pasta.

Appliances and accessories in use:

Electric prothermetic braising pan

Bermixer PRO

Scan the QR code for the video recipe

Cheesecake

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 quantites 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 for this recipe	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 / 3,86 lbs / 21 molds* per each tray)	18 min	-	85 g / 3 oz *	84	**50 %** **(18 min)**
170 lt / 45 gal	6 trays (1,75 kg / 3,86 lbs / 21 molds* per 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 prothermetic braising pan

air-o-chill blast chiller

TRK cutter mixer

Perforated containers

Suspension frame PNC 910191

False bottom PNC 910201

Scan the QR code for the video recipe

Chicken with Rice

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 minutes

💡 **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 for this recipe	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	119	38 % (30 min)
170 lt / 45 gal	76 kg / 168 lbs				238	

⛶ 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

Slicer disc C1SX

Chicken Noodle Soup

Ingredients for 90 lt/24 gal pan

- Diced Chicken   18 kg   /   40 lbs
- Onions (diced)   9,1 kg   /   20 lbs
- Carrots (diced)   4,1 kg   /   9 lbs
- Celery (diced)   4,1 kg   /   9 lbs
- Chicken stock   7,5 lt   /   2 gal
- Egg noodle   4,1 kg   /   9 lbs
- Salt   510 g   /   18 oz
- Dried oregano   10 g   /   0,3 oz
- Dried basil   10 g   /   0,3 oz
- Olive oil   1 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

  💡 **TIP**: to ensure the best performance wait that broth 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 for this recipe	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	25 min	15 %	400 g / 14 oz	102	**58 %** **(35 min)**
170 lt / 45 gal	86 kg / 190 lbs				183	

🗜 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

Cuban Black Beans

U.S.A.

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

gluten free

vegan

Procedure:

- Preheat at 182°C / 360°F in **braising mode**
- 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

- 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

- 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 gasket damage

  TIP: serve within 20 minutes to preserve quality and texture

Well capacity	Full load for this recipe	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	91 kg / 200 lbs				410	

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

U.S.A.

total time:
1 h 40 min

Ingredients for 90 lt/24 gal pan

- Brown rice   2,7 kg / 6 lbs
  medium or long grain
- Water   6,4 lt / 1,7 gal
- Chicken base,   453 g / 1 lb
  low sodium
- Olive oil   240 g / 8 oz
- Onions   280 g / 10 oz
  raw chopped
- 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   130 g / 4,5 oz
  chopped

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 air-o-steam 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 for this recipe	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	26 kg / 58 lbs				306	

⌖ 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 prothermetic braising pan

air-o-steam oven

TRS vegetable slicer

Slicer disc C1SX

Frijoles
(Refried beans)

U.S.A.

total time:
1 h 15 min

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

gluten free

Procedure:

TIP: for this recipe **pressure cooking** is not used

- ‣ 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

Well capacity	Full load for this recipe	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	60 % (45 min)
170 lt / 45 gal	76 kg / 168 lbs				246	

⬕ 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

TRS vegetable slicer

Glazed Carrots

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

gluten free

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 for this recipe	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	24,5 kg / 54 lbs	15 min	20%	140 g / 5 oz	140	**57% (20 min)**
170 lt / 45 gal	44 kg / 97 lbs				251	

🖳 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

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 sear properly the full load quantity, split it in two parts for the braising phase, cooking one part after another

- 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 for this recipe	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	40 min	15 %	260 g / 9,2 oz	154	50 % (40 min)
170 lt / 45 gal	94 kg / 208 lbs				307	

> 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

Suspension frame PNC 910191

TRS vegetable slicer

Scan the QR code for the video recipe

Penne in Marinara Sauce

U.S.A.

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   710 g /   25 oz
  seasoning
‣ Diced tomato or   27,2 kg /   60 lbs
  tomato sauce

vegan

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 for this recipe	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	27,2 kg / 60 lbs	14 min	10%	140 g / 5 oz (sauce*)	175	**50 %** **(14 min)**
170 lt / 45 gal	54,4 kg / 120 lbs				350	

> 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

U.S.A.

total time:
26 min

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

gluten free **vegan**

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

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

- 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

Well capacity	Full load for this recipe	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	64 kg / 140 lbs				320	

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

BE5 planetary mixer

TRK cutter mixer

Perforated containers

Suspension frame PNC 910191

Scan the QR code for the video recipe

Scratch Cheese Sauce

U.S.A.

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:

💡 **TIP**: for this recipe **pressure cooking** is not used

‣ 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 for this recipe	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	338
170 lt / 45 gal	64 kg / 142 lbs				676

Appliances and accessories in use:

Electric prothermetic braising pan

Scratch Meat Sauce

U.S.A.

total time:
40 min

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

gluten free

Procedure:

> **TIP**: for this recipe **pressure cooking** is not used

- 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 for this recipe	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	40 min	20 %	170 g / 6 oz	174	**43 %** **(30 min)**
170 lt / 45 gal	74 kg / 164 lbs				348	

Appliances and accessories in use:

Electric prothermetic braising pan

Sloppy Joes

U.S.A.

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 white   260 g / 9 oz
- 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:

> **TIP**: for this recipe **pressure cooking** is not used

- 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 for this recipe	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	60 kg / 132 lbs				208

> 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

Slicer disc C1SX

Spaghetti in Meat Sauce

U.S.A.

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   710 g   /   25 oz
  seasoning
- Diced tomato or 27,2 kg /   60 lbs
  tomato sauce

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 for this recipe	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	27,2 kg / 60 lbs	10 min	10%	140 g / 5 oz (sauce*)	175	**50 %** **(10 min)**
170 lt / 45 gal	54,4 kg / 120 lbs				350	

📦 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

Turkey Chili

Ingredients for 90 lt/24 gal pan

- Turkey (minced)   18,1 kg /   40 lbs
- Navy beans   6,3 kg /   14 lbs
- Carrots (diced)   1,6 kg /   3,5 lbs
- Celery (diced)   1,6 kg /   3,5 lbs
- Onion (diced)   1,6 kg /   3,5 lbs
- Bell peppers (diced) 4,1 kg /   9 lbs
- Paprika   85 g /   3 oz
- Dried oregano   30 g /   1 oz
- Cayenne pepper   30 g /   1 oz
- Cumin   30 g /   1 oz
- Kosher salt   150 g /   5,3 oz
- Crushed tomatoes   510 g /   18 oz
- Tomato paste   200 g /   7 oz
- Dried basil   50 g /   1,8 oz
- Olive oil   500 ml / 0,13 gal
- Minced garlic   50 g /   1,8 oz
- Black pepper   50 g /   1,8 oz
- Chicken stock   3 lt /   0,8 gal

Procedure:

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

  💡 **TIP**: to sear properly the full load quantity, split it in two parts for the braising phase, cooking one part after another

- 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 for this recipe	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	40 min	15 %	240 g / 8,5 oz	135	47 % (35 min)
170 lt / 45 gal	76 kg / 167,5 lbs				270	

⧉ 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

U.S.A.

total time:
10 min

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

gluten free

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 / 185F°
‣ 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 demerging 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 for this recipe	Total time	Weight loss	Portion	Total portions in full load	Time saving compared to cooking in traditional mode
90 lt / 24 gal	84 kg / 185 lbs	Depends on size and weight of potatoes.	-	200 g / 7 oz	420	**50% (10 min)**
170 lt / 45 gal	168 kg / 370 lbs				840	

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

Potato peeler

Accessories

Perforated plate

Suspension frame

Stainless steel plinth

HACCP board

Mixing tap (2 hand)

Strainer

False bottom

Shovel

Scrapers

Measuring rod

Check ProThermetic accessory book for more accessories, PNCs and other details.

Excellence
with the environment in mind

► All our factories are ISO 14001-certified

► All our solutions are designed for low consumption of water, energy, detergents and harmful emissions

► In recent years over 70% of our product features have been updated with the environmental needs of our customers in mind

► Our technology is ROHS and REACH compliant and over 95% recyclable

► Our products are 100% quality tested by experts