



thermaline

Prothermetic – Braising Pans
Recipe Book



Electrolux

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Artichokes



Ingredients

- frozen artichokes 6 kg / 13 lbs
- water 4 lt / 1 gal
- Breadcrumbs 1 kg / 2,2 lbs
- Parsley

Procedure:

- Put all in the tray, when water boils open lid cook at 160°C / 320° F
- Close lid and cook under pressure for 15 min

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
160°C / 320°F	Full load 20 kg / 44 lbs but use the special rack (code) without pressure 40 min	20 min	no	15%	48 portions 120 g / 4 oz	40%	without pressure 1 h

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



Trays



Beef Stock



Ingredients

- 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 10 pcs
- Handful of whole black peppercorns

Procedure:

- Rub bones with half of the tomato paste and roast in the oven for 15 min until they are dark golden brown and heavily caramelized.
- While the bones are roasting in the oven, add oil to the braising pan at 160°C / 320°F and caramelize the carrots followed by the onions and then the celery.
- Once the vegetables are heavily caramelized, add the remaining tomato paste to the pan and cook it.
- Add red wine and add in the bones.
- Add water the bones and pressure cook for 5 hours.
- Strain through a large whole china cap and then 2 fine mesh strainers

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
160°C / 320°F	15 kg / 33 lbs bones with 40 lt water	6h	yes 5 min at 160°C / 320°F	20%	uncertain	50%	with pressure 5 h without pressure: 12 h

* this is the additional % amount possible in a 170 lt pan

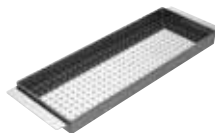
Appliances in use:



prothermic braising pan



air-o-steam oven



Strainers



Boiled Meat



Ingredients

- Chicken 15 kg / 33 lbs
- Beef 15 kg / 33 lbs
- Tongue 10 kg / 22 lbs

Procedure:

- Put meat inside vacuum bags with water(quantity: 20% weight of each kind of meat)
- Preheat at 80°C / 176°F when water reaches temperature put meat and
- Close the lid but open the valve
- Cook in boiling-soft mode not in pressure at 80°C / 176°F for 12 hours (3 hours for the chicken, 12 hours for the rest)

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
80°C / 176°F	15 kg / 33 lbs chicken 15 kg / 33 lbs Beef 10 kg / 22 lbs Tongue	12 hours	yes 20 min at 80°C / 176°F including the time of warming up the water	35%	74 portions each portion: 350 g / 12,3 oz (including one piece of beef, chicken and tongue)	50%	12 hours

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



Vacuum bags



Braised Beef - over night cooking

Ingredients

- ▶ Meat
total of 6 pieces 15 kg / 33 lbs
- ▶ Tomatoes 5 Kg / 11 lbs
- ▶ Red wine
- ▶ Celery
- ▶ Carrot
- ▶ Onion

Procedure:

cook over-night

- ▶ Preheat the pressure braising pan at 180°C / 356°F
- ▶ Roast meat
- ▶ Add the vegetables, red wine and peeled tomatoes inside the pressure braising pan
- ▶ First phase:
set core temperature with a probe (factory fit feature-optional) at 78°C / 172°F and the bottom temperature at 84°C / 183°F
- ▶ Second phase: set temperature at 70°C / 158°F continuous time
- ▶ close the lid and leave the valve on the lid open
- ▶ **The next day** take out the meat and the sauce
- ▶ Add the flour into the sauce with bermixer
- ▶ Chill them in the air-o-chill
- ▶ Cut the meat into serving portions
- ▶ Regenerate in in air-o-steam

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
First phase: core temperature 78°C / 172°F bottom temperature at 84°C / 183°F Second phase: temperature at 70°C / 158°F continuous time	30 kg / 66 lbs only meat	overnight 4 / 6 h	Yes 6 min at 180°C / 356°F	32%	160 portions - 120gr = 4.23 oz only meat	50%	4 / 6 h without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



Bermixer PRO



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



Braised Veal



Ingredients

- ▶ Meat 30 kg / 66 lbs
- ▶ Vegetables 4 kg / 8,8 lbs
- ▶ Water 5 lt / 1,3 gal
- ▶ Wine 5 lt / 1,3 gal
- ▶ Sage & rosemary
- ▶ Oil

Procedure:

- ▶ Sear the veal at 200°C / 392°F for 5 minutes
- ▶ Cook under pressure with the probe fixed at core temperature 80°C / 176°F (1h 30 minutes)
- ▶ Use Bermixer Pro to prepare the sauce (vegetables with wine and species)

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
searing at 200°C / 392°F under pressure 110°C / 230°F	30 kg / 66 lbs meat	1h 40 min	Yes 8 min at 200°C / 392°F	under pressure: 35% without pressure: 30%	160 portions - 120gr = 4.23 oz only meat + 100 gr / 3½ oz sauce	50%	under pressure: 1h 30 without pressure: 3 h

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



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



Bermixer PRO



Perforated containers



Chicken Stock



Ingredients

- Chicken bones 20 kg / 44 lbs
- Celery 5 kg / 11 lbs
- Onion 5 kg / 11 lbs
- Bay leaves 10

Procedure:

- Coat the bones in olive oil and roast in the oven for 15 min to develop a dark golden brown color.
- Add the bones and all remaining ingredients to the pan and pressure cook for 1 hour.

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

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
180°C / 356°F	20 kg / 44 lbs chicken bones, 6 kg / 13,2 lbs vegetables, 50 lt water	1h 15 min	no	no	uncertain	50%	2/3 h without pressure**

* this is the % amount possible in a 170 lt pan

** depends on meat quality

Appliances in use:



prothermic braising pan



Crustacean Bisque



Ingredients

- Celery carrots and onion 5 kg/ 11 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 g / 3,5 oz
- Ice 30 kg / 66 lbs
- Concentrated sauce 600 g / 21 oz
- Flour 200 g / 7 oz

Procedure:

- Brown the vegetables for 3 min 180°C / 356°F
- add shrimp and brown for 2 min
- Add brandy and white wine
- Add double concentrated tomato sauce and flour and brown
- Add ice
- Close and cook under pressure for 20 minutes

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
180°C / 356°F braising mode 110°C / 230°F under pressure	30 kg / 66 lbs of ice	30 minutes	yes 6 min at 180°C / 356°F	uncertain	depends on size of portion	50%	1 h without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermetic
braising pan



Mash potatoes



Ingredients

- Potatoes (cut in cubes) 9 kg / 19,8 lbs
- Water 15 lt / 4 gal
- Butter 120 gr / 4,23 oz
- Milk 1 lt / 0,2 gal
- Cream 1 lt / 0,2 gal

Procedure:

- Cook under pressure at 110°C / 230°F for 12 minutes
- Put all the potatoes into the planetary mixer of 20 lt (max. 9 kg / 19,8 lbs) and mix with the paddle

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
110°C / 230° F	27 kg / 59,5 lbs potatoes	20 min	yes	no	135 - 200 gr 4.76 - 7 oz	50%	45 min without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



20 lt planetary mixer



Monkfish



Ingredients

▸ Fish 30 kg / 66 lbs

Procedure:

▸ Cook under pressure at 110°C / 230°F for 6 min

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
110°C / 230°F	30 kg / 66 lbs only meat	10 min	Yes 7 min at 200°C / 392°F	with pressure: 10%	120 portions 90 gr / 3,2 oz each portion only fish	50%	cook under pressure: 6 min at 110°C / 230°F without pressure: 20 min

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermetic braising pan



Pears in Mulled Wine



Ingredients

- ▶ 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

Procedure:

- ▶ Preheat 150°C / 302°F
- ▶ Put sugar wine and spices and stir until boiling for 10 min
- ▶ remove 50% of the liquid and pour them into two trays
- ▶ Add pears at the bottom and into the two trays with liquids
- ▶ Cook under pressure for 10 min

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
150°C / 302°F	16 kg / 35 lbs pear	30 min	yes 5 min at 150°C / 302°F	no	100 portion - 160 gr= 5.64 oz only pear	50%	1 h without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



Perforated containers



Pudding



Ingredients

- Milk 24 lt / 6,3 gal
- Sugar 5 kg / 11 lbs
- Chocolate dark 5 kg / 11 lbs
- Butter 2,4 kg / 5,3 lbs
- Flour 2,4 kg / 5,3 lbs

Procedure:

- Without preheat, put milk in the braising pan at 100°C / 212°F boiling-soft mode for 1h 15 min
- With the planetary mixer (XBE 20 lt) mix the butter with sugar, add flour and melted chocolate,
- Add these in the milk and mix with whip
- Boil for 5 min
- Remove all the batter and place it in a mold
- Chill in the air-o-chill

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
100°C / 212°F	39 kg / 86 lbs	1h 30 min	no	no	195 portions 200 g / 7 oz	50%	15 min

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic
braising pan



20 lt planetary
mixer



Cod Fish mediterranean way



Ingredients

- Codfish 16 kg / 35 lbs
- Red onion 4 kg / 8,8 lbs
- Cappers 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

Procedure:

- Preheat 160°C / 320°F for 5 min
- Stir onion and oil add white wine add tomato and water and cappers for 3 min, remove 50% of the source and pour them in two trays, and add 50% quantity of fish in these two trays with the sauce and the rest of the fish at the bottom of the braising pan and close cook under pressure time for 10 min

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
160°C / 320°F	16 kg / 35 lbs cod fish	20 min	yes, 5 min at 160°C / 320°F	5%	92 portions 250 g / 8,8 oz	50%	30 min without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



Perforated containers



Lentil soup



Ingredients

- Dry lentils 5 kg / 11 lbs
- Water 20 lt / 5,3 gal
- Onion 500 g / 17,6 oz
- Leeks 500 g / 17,6 oz
- Celery 500 g / 17,6 oz
- Chicken stock 20 lt / 5,3 gal
- Cloves garlic 5 pz
- Bacon-optional

Procedure:

- Preheat at 150°C / 302°F for 5 min
- Roast vegetables for 4 min
- Add lentils, water broth and spices
- Cook 30 minutes under pressure

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
150°C / 302°F	10 kg / 22 lbs of lentils with all the other ingredients double quantity	45 min	yes	10%	100 pz of 230 g / 8 oz	50%	1 h 30 min without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermetic
braising pan



Minestrone



Ingredients

- Verdure 20 kg / 44 lbs
- Onion 2 kg / 4,4 lbs
- Water 20 lt / 5,3 gal

Procedure:

- Put oil and butter and onion at 180°C / 356°F
- Add the vegetables stir fry them at 5 min
- Add water, bring to boil and close
- Cook at 110°C / 230°F for 15 min

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
180°C / 356°F	20 kg / 44 lbs vegetable+ 20 lt water	20 min	no	no	100 portions 400 g / 14 oz	50%	with pressure 15 min without pressure 50 min

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



Octopus with tomato sauce



Ingredients

- Octopus (defrosted) 28 kg / 61,7 lbs
- Tomato sauce 8 kg / 17,6 lbs
- Onion 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

Procedure:

- Braise at 160°C / 320°F for 5 min
- Add oil and onion and octopus and wine, capers and tomato sauce and water
- Close the lid cook under pressure for 40 min

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
preheat at 160°C / 320°F	28 kg / 61,7 lbs octopus	50 min	yes 6 min at 160°C / 320°F	42%	100 portion 150 g / 5 oz	50%	under pressure: 40 min
110°C / 230°F under pressure							without pressure: 1,5 h

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



Gulash



Ingredients

- ▶ Meat 30 kg / 66 lbs
- ▶ Oil 500 gr / 1,1 lbs
- ▶ Onion 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

Procedure:

- ▶ Preheat the pressure braising pan at 220 °C / 428°F
- ▶ Add the meat (max. 15 kg / 66 lbs)
- ▶ Remove the meat and repeat the searing with the rest of the meat
- ▶ Mix with the scrapper and add the oil
- ▶ After 3 minutes add the wine
- ▶ After 1 minute add the vegetables , salt, pepers and the mix of paprika and then the tomatoes
- ▶ Close the lid and cook for 30/ 40 min (depending on size of meat)
- ▶ If needed, cook with open lid for 10 more min to vaporate the water

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
under pressure cook at 110°C / 230°F	30 kg / 66 lbs	60 min	yes 7 min at 220°C / 428°F	25,5% without pressure: 25%	104 portions - 250 gr / 9 oz	40%	30/40 min without pressure: 2 hrs

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



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



TRS vegetable slicer



Feijolada



Ingredients

- Neck of pig 2,5 kg / 5,5 lbs
- Ribs of pig 2 kg / 4,4 lbs
- Bacon 1 kg / 2,2 lbs
- Sausage 1,5 kg / 3,3 lbs
- Black beans 3 kg / 6,6 lbs
- Onion 1 kg / 2,2 lbs
- Garlic 100 gr / 3,5 oz
- Beans in water 4 lt / 1 gal
- Laurel 6-7
- Oil
- Salt + pepper

Procedure:

- Preheat at 220°C / 428° f in 7 min
- Sear meat with oil and add spices for 6 min
- Roast meat for 2 or 3 min with lid open
- Add onion beans and water
- Close the lid and cook under pressure for 30 min"

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
220°C / 428° F	22 kg / 48,5 lbs but sear the quantity of meat in two loads	45 min	yes 7 min at 220°C / 428	10% without pressure: 10%	25 portions	50%	30 min with pressure 4 h without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic
braising pan



air-o-chill
blast chiller



Cantonese Rice



Ingredients

one tray (total of 3 trays of rice)

- ▶ Basmati rice 1,5 kg / 3,3 lbs
- ▶ Two trays on top 2,5 lt / 0,66 gal
total warm water
- ▶ Carrots 1,5 kg / 3,3 lbs
- ▶ At the bottom 1,5 kg / 3,3 lbs
green beans
scarlot 1 kg / 2,2 lbs
- ▶ Eggs 30 60 g / 2 oz
each each

Procedure:

- ▶ Put the water and rice in a 60 mm deep tray, (tot of four trays: two at each side)
- ▶ Pour 6 lt water at the bottom
- ▶ Close lid and set 3 min under pressure
- ▶ Open the lid, add green bean in a false bottom tray and the carrot on the top in a perforate tray
- ▶ Close the lid and cook 2 min
- ▶ When the food is cooked, remove them from the machine and ti lt remove the water at the bottom
- ▶ Set different temperatures for each side: on the left side bottom 180°C / 256°F add crumbled eggs; on the right side bottom 200°C / 392°F add the cooked vegetables with scarlot, stir fry
- ▶ Add the rice to mix it with the vegetables

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
180°C / 356°F 200°C / 392°F	<ul style="list-style-type: none"> ▶ 4,5 kg / 9,9 lbs of raw rice ▶ 2 kg / 4,4 lbs of carrots ▶ 2 kg / 4,4 lbs green bean ▶ 1 kg / 2,2 lbs scarlot ▶ 3,6 kg / 7,9 lbs eggs boil them all together but stir fry them in two separate step	22 min / 25 min to double portions	Yes at 180°C / 356°F	No	250 g / 8,8 oz per portion 68 portions	50%	45 min without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



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



TRS vegetable slicer



Spicy chicken with peanuts



Ingredients

- ▶ Diced chicken 16 kg / 35,2 lbs
- ▶ Cucumbers 8 kg / 17,6 lbs
- ▶ Roasted peanuts 5 kg / 11 lbs
- ▶ Dried chili 500 g / 17,6 oz
- ▶ Garlic 200 g / 7 oz
- ▶ Ginger 300 g / 10,5 oz
- ▶ Spicy sauce: 1 kg / 2,2 lbs
- ▶ Garlic 300 g / 10,5 oz
- ▶ Ginger 200 g / 7 oz
- ▶ Oyster sauce 500 g / 17,6 oz
- ▶ Sugar 400 g / 14 oz
- ▶ Chicken powder 100 g / 3,5 oz
- ▶ Bean sauce

Procedure:

- ▶ Boneless chicken, diced add soy sauce, pepper, cooking wine pickled. cucumber leek wash and diced, garlic, ginger sliced, dried red pepper cut short, well in advance of the spicy sauce.
- ▶ Braising pan or pressure braising pan, choose frying area, The temperature is 200°C/ 392°F , stir fried half of chicken for 3 min and remove them and repeat with the rest, all the chicken back to the braising pan, put ginger garlic and leek stir fry for 2 min until fragrant then put in spicy sauce, cook under pressure for 10 min
- ▶ after the completion of the gravy thicken (corn starch with water to form wet starch can thicken).
- ▶ Put chicken into stainless steel containers
- ▶ Sprinkle with chopped scallion and roasted peanuts.

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
200°C/ 392°F	16 kg / 35,2 lbs chicken	40 min	yes 8 min at 200°C / 392°F	20%	100 portion- 278 g / 9,8 oz	50%	5 min with pressure 1 h 10 min without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermetic
braising pan



Stewed pork belly & preserved vegetable



Ingredients

- ▶ Pork belly 18 kg / 39,6 lbs
- ▶ Savoy cabbage 3 kg / 6,6 lbs
- ▶ Carrot 1,5 kg / 3,3 lbs
- ▶ Braised juice 500 g / 17,6 oz
- ▶ Ginger 300 g / 10,5 oz
- ▶ Anise 40 g / 1,4 oz
- ▶ Cinnamon 40 g / 1,4 oz
- ▶ Dry red chili 80 g / 2,8 oz
- ▶ Rock sugar 400 g / 14 oz
- ▶ Wine 500 g / 17,6 oz
- ▶ Soy sauce 350 g / 12,3 oz
- ▶ Pepper
- ▶ Five spice powder
- ▶ Leek

Procedure:

- ▶ Preheat 180°C / 356°F for 5 min
- ▶ Stir-fry 50% quantity of pork belly for 5 min and repeat it with the rest of the pork belly; put them back together
- ▶ Cook with closed lid under pressure at 110°C / 230°F for 30 min
- ▶ Afterwards boil for 5 min with open lid

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
110°C / 230°F	18 kg / 39,6 lbs pork belly	50 min	yes 5 min at 180°C / 356°F	5%	100 portion-170 g / 5,9 oz	50%	30 min with pressure 1 h 40 min without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



Stewed Tofu



Ingredients

- ▶ 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 80 g / 2,8 oz
- ▶ Soy sauce 200 g / 7 oz
- ▶ Sugar 300 g / 10,5 oz
- ▶ White pepper 160 g / 5,6 oz
- ▶ Powder 160 g / 5,6 oz
- ▶ Oil 160 g / 5,6 oz
- ▶ Chicken powder 160 g / 5,6 oz
- ▶ Corn starch 80 g / 2,8 oz
- ▶ Seed pepper
- ▶ Spicy sauce

Procedure:

- ▶ Preheat at 110°C / 230°F for 5 min
- ▶ Put the tofu in four trays and close the lid and cook under pressure for 1 min
- ▶ Remove the tofu and water; preheat at 180°C / 356°F, searing all the rest ingredients for 4 min;
- ▶ Take the 50% quantity out and mix them with 50% quantity of tofu and put them in two trays;
- ▶ Put the rest of the tofu at the bottom
- ▶ Cook under pressure for 4 min

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
110°C / 230°F 180°C / 356°F,	22 kg / 48,5 lbs	15 min	Yes 5 min at 110°C / 230°F first and 3 min later at 180°C / 356°F	8%	80 portions 250 g / 8,8 oz	50%	7 min

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic
braising pan



Perforated containers



Confit Fruit



Ingredients

- Water 10 lt / 2,6 gal
- Sugar 5 kg / 11 lbs
- Fruits 5 kg / 11 lbs

Procedure:

- Add water and sugar – braise at 100°C / 212°F without pressure for 1 h
- Put fruit in braiser pan and cook for 1 hour

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
100°C / 212°F	10 kg / 22 lbs fruits, 10 kg / 22 lbs water and 5 kg / 11 lbs sugar	1 h	no	10%	60 portions if portion weights 250 g = 8,8 oz	50%	1 h without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



Crème brûlée



Ingredients

one tray (17 portions each,
100 g / 3 ½ oz = 1 portion)

- eggs 400 g / 14 oz
- milk 600 ml / 2,5 cups
- cream 600 ml / 2,5 cups
- sugar 400 g / 14 oz

Procedure:

- Mix all the ingredients in BE5 mixer
- Add the cream in the mold
- Cook with perforate tray with a special accessory(code) under pressure 8 min

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
110°C / 230°F	four trays	14 min	Yes for 6 min at 180°C / 356°F	No	68 portions	50%	8 min with pressure 25 min without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



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



BE5 planetary mixer



Perforated containers



Sauerkraut



Ingredients

- Sauerkraut 28 kg / 61,7 lbs
- Onion 1 kg / 2,2 lbs
- Apple 1 kg / 2,2 lbs
- Prosecco 2 lt / 0,5 gal
- Water 8 lt / 2,1 gal
- Oil 1 lt / 0,2 gal

Procedure:

- Brown the onion with oil
- Add crauti without the liquid
- Add the other ingredients
- Continue cooking until simmering
- Close the lid
- Cook for 30 min

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
150°C / 302°F	28 kg / 61,7 lbs Sauerkraut	50 min	yes	15%	160 portions 150 g / 5,3 oz	50%	30 min

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic
braising pan



Butter chicken / Tandori Chicken



Ingredients

- ▶ 20 chickens (1,1 kg / 2,4 lbs each per piece into 10 pieces 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 10 g / 0,35 oz
- ▶ Green chilis 8 pz / 8 pz
- ▶ Cashewnut paste 30 g / 5 tsp
- ▶ Kashmiri red chili powder or Paprika powder 3 g / ½ tsp
- ▶ Cream 150 ml / 0,6 cups
- ▶ Coriander 20 g / ⅓ cup
- ▶ Salt

* (if using peeled canned tomatoes, do not add water)

Procedure:

- ▶ Cut the chicken into 10 pieces and put into convection oven at 220°C / 428°F to cook for 6 min
- ▶ Stir-fry tomatoes in braising mode at 160°C / 320°F then close the lid and cook at 110°C / 230°F for 5 min
- ▶ Melt half the butter in the pressure braising pan, add ginger & garlic paste & sauté till fat is absorbed
- ▶ Add green chilis & kashmiri red chili / paprika powder stir for few minutes.
- ▶ Add tomatoes, salt & water & cook under pressure for 10 minutes;
- ▶ Remove 50% of the liquid, put half the amount of chicken in two trays and the other half on the the bottom of braising pan;
- ▶ Cook under pressure for 5 min
- ▶ Open the pressure braising pan, remove the tray on top and place the chicken in the bottom again,
- ▶ Add cream & simmer for 3 min and add soft butter stir & add fresh coriander.

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
160°C / 320°F 110°C / 230°F	20 kg / 44 lb	20 min	Yes for 8 min at 200°C / 392°F	17%	80 portions	50%	under pressure: 5 min without pressure: 50 min

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



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



Perforated containers



Chutney of tomatoes & onion



Ingredients

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

Procedure:

- ▶ put all ingredients together without preheating and braise in braising mode at 102°C / 215°F for 50 min, remove from the braising pan
- ▶ Sterilize bottles with boiling mode 4 min with 6 lt water in brasier
- ▶ pasteurization the products in the boiling mode*depends on the dimensions of the bottles and the actual temperature of the products/ follow the institutional advices from your country

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
102°C / 216°F	10 kg / 22 lbs	70 min	no	50%	uncertain	50%	70 min

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



jars for preservation



Dal Makhani



Ingredients

- Rajma 2 kg / 4,4 lbs
- Black Lentil 4 kg / 8,8 lbs
- Chana Dal 2 kg / 4,4 lbs
- Oil 1 or 2 kg / 2,2 or 4,4 lbs
- Water 8 lt / 2,1 gal
- Asafoetida 10 g / 0,35 oz
- Salt 100 g / 3,53 oz
- Ginger Julienne 25 g / 0,88 oz
- Roasted kasturi Methi / Dry fenugreek leaves 20 g / 0,71 oz
- Red Chili Powder 100 g / 3,53 oz
- Tomatoes 2 kg / 4,4 lbs
- Cream 1 or 2 lt / ¼ or 0,5 gal
- Butter 250 g / 8,82 oz

Procedure:

- Soak all the lentils over night.
- Add 1 liters of Oil into preheated Pressure Braising Pan
- Add oil stir & add soaked lentils, water, sa lt & ginger julienne. 20 minutes in pressure mode
- Open the lid & add dry fenugreek leaves & give it stir
- Heat 100 gram / 3,53 oz of Oil & add red chili powder, cook for 5 minutes at a simmering fire & pour the mix into the lentil & mix. Now, add chopped tomatoes & further cook for 10 minutes
- Add cream & butter. Finish off with fresh coriander

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
preheat at braising mode at 160°C / 320° F cook under pressure at 110°C / 230° F	16 kg / 35 lbs lentils	30 min	yes 160°C / 320° F	10%	100 portions	50%	20 min with pressure 1 h without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermetic braising pan



cutter TRS with julienne disc



Lamb Korai



Ingredients

- ▶ Lamb 20 kg / 44 lbs
- ▶ Ghee butter 500 g / 17,6 oz
- ▶ Onions 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 pz
- ▶ Mint (chopped)
- ▶ Large piece ginger
- ▶ Large bunch coriander (chopped)

Procedure:

- ▶ Heat the braising pan to 200° C / 392°F
- ▶ Melt half quantity of butter and then sear half quantity of the lamb until brown
- ▶ Repeat it with the other half, pour back the lamb to the bottom of the braising pan, add onions, garlic, chillies and spices and fry for 2-3 minutes.
- ▶ Add tomatoes and yogurt
- ▶ Cook under pressure for 50 min
- ▶ Finally add the spinach, mint and chopped coriander

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
200° C / 392°F	28 kg / 61,7 lbs	1h 10 min	yes 9 min at 200°C / 392°F	15%	80 portions 220 g / 7,7 oz	50%	1 h with pressure 2 h without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



Punjabi Chole



Ingredients

- ▶ 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
- ▶ Spices For Masala

Procedure:

- ▶ Soak the chickpeas in water the night before
- ▶ Pre-heat the braising pan at 180°C / 356°F
- ▶ Add the oil and add black cardamom, cinnamon, black pepper corn, cloves, coriander seeds, cumin seeds and fennel seed and grind into powder.
- ▶ Remove them and keep them apart.
- ▶ Heat oil in pressure pan. Add bay leaf, dry red chili. Add onion and cook until light brown.
- ▶ Add ginger, garlic paste and cook.
- ▶ Add tomato, salt and ground spice mix.
- ▶ Cook till oil separates.
- ▶ Drain chickpeas and add water and cook under pressure at 110°C / 230°F for 30 min
- ▶ Open, add mango powder and finish garnish with fresh green chili slits and chopped green coriander.

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
110°C / 230°F	15 kg + 24 lt water / 33 lbs + 24 lt water	40 min	yes 6 min at 180°C / 356°F	no	150 portions 200 gr / 7 oz each	50%	under pressure: 30 min without pressure: 1,5 h

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermetic braising pan



Mackerel Curry



Ingredients

- Fish 3,8 kg / 8,4 lbs
- Olio 6 lt / 1,6 gal
- Onion 2 kg / 4,4 lbs
- Coco milk 3 lt / 0,8 gal
- Spieces

Procedure:

- Put oil and Fry fish in braiser at 180°C / 356° F for 6 min
- Take fish out and keep only 1 lt oil and add onion
- Brown at 160°C / 320° F for 2 min
- Add fish and milk and when milk boils
- Cook in pressure for 3 min

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
180°C / 356° F braising mode 160°C / 320° F braising mode 110°C / 230° F under pressure	30 kg / 66 lbs but fry fish in two times	20 min	yes	25%	112 portion if portion weights 200 gr / 7,1 oz	50%	3 min with pressure 45 min without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



Cuttlefish with peas



Ingredients

- Fish 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

Procedure:

- Preheat boiling mode at 110°C / 230°F
- add the cuttlefish in a preperate tray, close the lid and cook under pressure for 15 min
- remove and chill and cut
- after that, prehat at 180°C / 356°F
- Fry oil and onion for 3 min
- Add fish already cut and white wine, tomatoes and peas and cook under pressure for 5 min

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
110°C / 230°F	42 kg / 92,5 lbs	35 min	yes preheat 5 min at 110°C / 230°F first then 5 min at 180°C / 356°F after	10%	150 portion if portion has a weight of 250 / 8,8 oz	50%	15 min with pressure 1 h 20 min without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermetic braising pan



Ossobuco with pressure



Ingredients

- ▶ Meat 7,5 kg / 16,5 lbs
- ▶ Mixed vegetables 1 kg / 2,2 lbs
- ▶ Oil 0,5 lt / 0,13 gal
- ▶ White wine 0,5 lt / 0,13 gal
- ▶ Water 3 lt / 0,8 gal

Procedure:

- ▶ Preheat at the temperature 180°C / 356° F add the meat with oil and mixed of mixed vegetables and sear them
- ▶ add wine, tomatoes and add water

- ▶ close the lid and cook under pressure for 28 min

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
preheat at 180°C / 356° F under pressure cooking at 110°C / 230° F	15 kg / 33 lbs procedure: sear 7,5 kg / 16,5 lbs meat first and put in a tray of 60mm depth and add the other 7,5 kg / 16,5 lbs at the bottom for searing	35 min	yes at 180°C / 356° F	20%	100 portions	50%	28 min

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



Peperonata



Ingredients

- Onion 3 kg / 6,6 lbs
- Peperoni 6 kg / 13,22 lbs
- Melanzane 2,5 kg / 5,5 lbs
- Olio 750 ml / 0,2 gal
- Tomato sauce 7 kg / 15,4 lbs
- Water 2 lt / 0,5 gal

Procedure:

- Preheat 200°C / 392°F, put onion, peperoni, eggplant in oil and mix for 5 min add the tomatos and water and wait until even boiling close lid and cook for 15 min

TIP: make sure that the tomato sauce is warm before closing the lid

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
200°C / 392°F	40 kg / 88 lbs in total but in two times to brown all the ingredients	20 min	yes at 200°C / 392°F	30%	80 portions	40%	40 min without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



Polenta



Ingredients

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

Procedure:

- ▶ Ad water and salt,when boil add the flour
- ▶ Cook under pressure for 25 minutes

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
110°C / 230° F	10 kg / 22,4 lbs flour+40 lt water	35 min	yes	25%	250 portions - 150 gr / 5 oz	50%	without pressure 1 h

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



Risotto



Ingredients

- ▶ Italian rice 15 kg / 33 lbs
- ▶ Green beans 7,5 kg / 6 lbs
- ▶ Onion 3 kg / 6,6 lbs
- ▶ Prosecco 2 lt / 0,5 gal
- ▶ Broth per kg of rice 1,7 lt / 0,45 gal (total 25,5 lt / 6,75 gal broth)
- ▶ Oil
- ▶ Butter
- ▶ Parmersan cheese

Procedure:

- ▶ Defrost the green beans
- ▶ Preheat the pressure braising pan to 160°C / 320°F
- ▶ Brown onion with oil
- ▶ Toast the rice inside the pressure braising pan
- ▶ Add 1 lt white wine
- ▶ Add the green beans
- ▶ Heat up the broth in a pot (e.g. 60 lt Therma boiling pan)
- ▶ Add broth
- ▶ Set the cooking time to 7 min
- ▶ Add parmernsan cheese and butter

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
preheat at 160°C / 320 °F	15 kg / 33 lbs	14 min	Yes 6 min at 160°C / 320°F	No	150 - 200 gr / 5 - 7 oz	50%	7 min with pressure
under pressure 110°C / 230°F							30 min without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



prothermic boiling pan



Risotto asparagus and scallop



Ingredients

- Rice (carnaroli) 15 kg / 33 lbs
- Asparagus 7 kg / 15,4 lbs
- Scallops 2 kg / 4,4 lbs
- Broth (already heated up) 27 lt / 7 gal
- Onion 2 kg / 4,4 lbs
- White wine 2 lt / 0,5 gal
- Oil 0,5 lt / 0,1 oz

Procedure:

- Preheat at 200°C / 395°F
- Stir-fry scallops with oil at 200°C / 395°F for a 1 min
- Take them out add onion with oil and stir-fry for 1 min
- Add asparagus and cook for 1 min add rice wine and water
- Cook under pressure for 7 min

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
200°C / 395°F	15 kg / 33 lbs rice	17 min	with pressure 7 min without pressure 30 min	no	150 portions - 220 g / 7,7 oz	50%	with pressure 7 min without pressure 30 min

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic
braising pan



Trippe



Ingredients

- Trippe 30 kg / 66 lbs
- Onion 4 kg / 8,8 lbs
- Water 8 lt / 2,1 gal
- Peeled tomato 5 kg / 11 lbs
- Wine 3 lt / 0,8 gal

Procedure:

- Preheat at 180°C / 356°F
- Fry oil and onion - 5 min at 180°C / 356°F
- Add tripe white wine tomato sauce and spices and water
- Cook under pressure for 40 min

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
180°C / 356°F	30 kg / 66 lbs tripe	50 min	yes 6 min at 180°C / 356°F	15%	150 portions 250 g / 8,8 oz	50%	40 min with pressure 2/3 h without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermetic
braising pan



Paella Valenciana



Ingredients

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

Procedure:

- Preheat the pressure braising pan at 200°C / 392°F for 7 min
- Stir-fry 50% weight of meats (sausages, rabbit and chicken) and vegetables in oil
- Remove all ingredients and put them in two trays, and stir fry the rest of the meat and vegetables in oil
- Add together the full quantity of meats and vegetables;
- Add rice, wine, broth and the saffron
- Cook under pressure 8 min

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
200°C / 392°F	35 kg / 77 lbs total (but need to stir-fry the meat and vegetables in two times)	17 min	Yes 7 min at 200°C / 392°F	14%	100 portions - 350 gr / 12 oz	50%	8 min 20 min without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



Bermixer PRO



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



Cheese sauce with pasta



Ingredients

- ▶ Milk 1 lt / 0,2 gal
- ▶ Cheese 4 kg / 8,8 lbs
- ▶ Butter 90 g / 3,1 oz
- ▶ Water 2,5 lt / 0,6 gal
- ▶ Pasta 5 kg / 11 lbs
- ▶ Spoon mustard 2

Procedure:

- ▶ Preheat at 100°C / 212° F
- ▶ Cook under pressure at 110°C / 230°F for 5 min

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
110°C / 230° F	12 kg / 26,5 lbs pasta+ 24 kg / 53 lbs sauce	10 min / for food load	yes for 3 mins at 100° C / 212° F	20%	120 portions - 200 gr / 7 oz (pasta) 100 - 150 gr 3,5 - 5,3 oz (sauce)	50%	5 min with pressure 10 min without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



Cheesecake



Ingredients

two trays (17 portions each,
100 gr / 3,5 oz = 1 portion)

- philadelphia cheese 250 g / 9 oz
- mascarpone 125 g / 4,4 oz
- sugar 100 g / 3,5 oz
- biscuit 100 g / 3,5 oz
- butter 25 g / 1 oz
- whole eggs 2 / 2
- vanilla

Procedure:

- Put the biscuits at the bottom of the mold
- Mix the yolk with the sugar
- Add the cheese and cream and vanilla
- Put the mixture over the biscuit base
- Preheat the pressure braising pan at braising mode at 200°C / 392°F
- Add 3 lt water at the bottom of the braising pan
- Place the trays on top with the special accessory (*)
- Close the lid and cook under pressure for 8 min

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
preheat in boiling mode at 200°C / 392°F cook under pressure at 110°C / 230°F	4 trays	12 min	Yes for 3 min at 100°C / 212°F	No	68 portions	50%	20 min without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



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



BE5 planetary mixer



Perforated containers



Chicken noodle soup



Ingredients

- ▶ Diced Chicken 18 kg / 39,6 lbs
- ▶ Onions (Diced) 9 kg / 19,8 lbs
- ▶ Carrots (Diced) 4 kg / 8,8 lbs
- ▶ Celery (Diced) 4 kg / 8,8 lbs
- ▶ Chicken Stock 6 lt / 1,6 gal
- ▶ Egg Noodle 4 kg / 8,8 lbs
- ▶ Salt 500 g / 17,6 oz
- ▶ Dried Oregano 10 g / 0,3 oz
- ▶ Dried Basil 10 g / 0,3 oz
- ▶ Olive Oil 1 lt / 0,3 gal

Procedure:

- ▶ In the Pressure Braising mode, set the temperature for 180°C / 356°F
- ▶ Add the oil to the pan followed by the chicken and begin to brown
- ▶ Next, add the onions, carrots, celery, and stir for 2 minutes
- ▶ Add the stock to the braising pan and bring to a boil
- ▶ Add in your noodles and give them a quick stir
- ▶ Lock down the lid and cook under pressure for 10 minutes
- ▶ Release the pressure and open the lid slowly to avoid the steam

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
180°C / 356°F	46 kg / 101 lbs	25 min	yes 6 min at 180°C / 356°F	15%	100 portions 400 g / 14 oz	40%	1 h without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermetic braising pan



Glazed carrots



Ingredients

- Carrots 22,7 kg / 50 lbs
- Water 15 lt / 7,7 gal
- Butter 1,3 kg / 3 lbs
- Sugar 256 g / 2 cup
- Salt 128 g / 1 cup

Procedure:

- In the Pressure Braising mode, set the temperature for 149° C / 300°F and the time for 15 minutes
- Once the pan is heated to 149° C / 300F add all of the ingredients
- Allow the liquid to come to a boil and lock down the lid
- Once the timer expires, allow the pressure to release and open the lid
- Reduce the liquid down to a glaze
- Serve within 20 minutes to preserve quality and texture

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
149° C / 300°F	22,7 kg / 50 lbs	12 min	yes	18%	120 portions 150 g / 5,3 oz	40%	8 min 30 min without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



Jambalaya



Ingredients

- ▶ Chicken, boneless and cut in bite sized pieces 6,3 kg / 13,9 lbs
- ▶ Sausage 1,7 kg / 3,7 lbs
- ▶ Onion, chopped 1 kg / 2,2 lbs
- ▶ pepper, chopped ½ kg / 1,1 lbs
- ▶ Celery, chopped 473 g / 16,7 oz
- ▶ Garlic, minced 60 g / 0,13 lbs
- ▶ Diced tomatoes from 1 to 10 cans
- ▶ Oil 60 g / 2,11 oz
- ▶ Black pepper 3 g / 0,11 oz
- ▶ Cumin 3 g / 0,11 oz
- ▶ Brown rice, uncooked 600 g / 21 oz
- ▶ Chicken broth (consume and hot water) 2 l / 0,53 gal
- ▶ Paprika 473 g / 16,7 oz
- ▶ Dried thyme 473 g / 16,7 oz
- ▶ Crushed red pepper 3 g / 0,11 oz

Procedure:

- ▶ Preheat Pressure Braising Pan to 200°C / 392° F
- ▶ Place oil in Pressure Braising Pan.
- ▶ Coat chicken in pepper.
- ▶ Place chicken and sausage in Electrolux Pressure Braising Pan and cook for 5 minutes stirring occasionally.
- ▶ Add onion, bell pepper, celery and garlic. Cover; cook under pressure 10 minutes, stirring occasionally.
- ▶ Bring Pressure Braising Pan to 200°C / 392° F
- ▶ Stir in rice. Cook for 2 minutes, continuously stirring.
- ▶ Add broth, paprika, thyme, red pepper, cumin and chicken/sausage.
- ▶ Bring to boil. Cover; reduce heat to 79° / 175°F and simmer for 25 minutes.
- ▶ Add tomatoes; cook uncovered for 15 minutes until liquid is absorbed.
- ▶ Turn Pressure Braising Pan off and let stand ten minutes.
- ▶ Stir to fluff. Transfer to steam table pans, cover with plastic wrap and place in warmer until service.
- ▶ Garnish with green onions.
- ▶ Serve within 20 minutes to preserve quality and texture

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
200°C / 392°	25 kg total	50 min	yes 200°C / 392° F	15%	26 portions	50%	1 h 30 min without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermetic
braising pan



Savoy Cabbage



Ingredients

- Cabbage 5 kg / 11 lbs
- Onion 1,5 kg / 3,3 lbs
- Wine 1 lt / 0,2 gal
- Water 2 lt / 0,5 gal
- Olive oil 0,5 lt / 0,1 gal

Procedure:

- Stir at 160°C / 320° F oil and onion add cabbage for 5 min
- Add wine after 1 min add water
- Close
- Cook under pressure for 20 min

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
160°C / 320°	15 kg / 33 lbs	26 min	no	20%	100 portions 120 g / 3,5 oz	50%	20 min with pressure 1 h without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermic braising pan



Turkey Chili



Ingredients

- Ground turkey 18 kg / 39,6 lbs
- Navy beans 6 kg / 13,2 lbs
- Carrots (diced) 1,5 kg / 3,3 lbs
- Celery (diced) 1,5 kg / 3,3 lbs
- Onion (diced) 1,5 kg / 3,3 lbs
- Bell peppers (diced) 4 kg / 8,8 lbs
- Paprika 600 g / 21 oz
- Dried oregano 50 g / 1,7 oz
- Cayenne pepper 50 g / 1,7 oz
- Cumin 50 g / 1,7 oz
- Kosher salt 150 g / 5,2 oz
- Crushed tomatoes 500 g / 17 oz
- Tomato paste 200 g / 7 oz
- Dried basil 50 g / 1,7 oz
- Olive oil 500 ml / 0,13 gal

- Minced garlic 50 g / 1,7 oz
- Black pepper 50 g / 1,7 oz
- Chicken Stock 3 lt / 0,8 gal

Procedure:

- Preheat 200°C / 392°F for 7 min
- Frystir half quantity of meat for 6 min and repeat it with the other half
- Pour them back to the braising pan
- Cook under pressure for 20 min

temperature °C	max loadable food	tot. time needed to do the recipe	preheating (yes/no)	weight loss	tot. portions in full load	170 lt*	cooking time needed without pressure
200°C / 392°F	18 kg / 39,6 lbs of Turkey	35 min	yes 7 min at 200°C / 392°F	15%	125 portions 250 g / 8,8 oz	50%	20 min with pressure 1h 15 min without pressure

* this is the additional % amount possible in a 170 lt pan

Appliances in use:



prothermetic braising pan

Accessories



Perforated plate



Suspension frame



Stainless steel plinth



HACCP board



Mixing tap (2 hand)



Strainer



False bottom



Shovel



Scrapers



Measuring rod

Chef Notes

A series of horizontal dotted lines for writing notes, spanning the width of the page and starting below the 'Chef Notes' title.



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