



COCTURACHEF

- COOKING TIME -

LARGE ROASTED PIECES				
Color the piece of meat in a traditional way before placing it on the Cocturachef cooking grill. The temperature of cooking has to be +/- 20 °C superior of the core temperature desired.				
PRODUCTS	Core temperature°C	Cooking temperature°C	Cooking time hour	Valve
Rack of pork	65	85	5 à 6 h	open
Bloody beef tenderloin	50 - 52	75	3 à 4 h	
Pink beef tenderloin	56	75	3 à 4 h	
Just in time beef tenderloin	60	80	3 à 4 h	
Bloody leg of lamb	58	80	12 à 15 h	
Just in time leg of lamb	62	80	12 à 15 h	
Pink leg of lamb	54	75	2 à 3 h	
Rack of veal	62	85	5 à 6 h	
Veal shoulder roast	74	90	5 à 6 h	
Veal shank	75	90	6 à 8 h	
Haunch of venison	58	80	3 à 4 h	
SMALL PIECES				
Pork filet mignon	60	80	2 à 3 h	open
Veal filet mignon	62	80	2 à 3 h	
Duck breast	55	75	2 à 3 h	
Chicken cutlet	60	80	2 h	
Lamb cutlet	54	75	2 à 3 h	
Marrow bone		80	3 h	
MEAT LOAF				
Start the cooking in a pan with a broth. Put in a gastronorm containers standards 1/1, wet in 3/4 and cover. Precook slightly vegetables before putting in the oven. The cooking of vegetables is made only from 90°C.				
Duck leg		80	8 à 10 h	closed
Chicken leg			3 à 4 h	
Beef stew			12 à 14 h	
Veal blanquette			10 à 12 h	
Osso-bucco			10 à 12 h	
Stew			10 à 12 h	
Smoked pallet			4 à 5 h	
Beef stew			14 à 16 h	
POACHED FISH				
Steack, filet : on the backing sheet + fat + film		90	30 à 45 min	closed
VARIOUS				
Foie gras	50	65	1,5 à 2 h	open
Pâté	65	95	4 à 5 h	
DESSERTS				
Crème brûlée, crème caramel		100	2 à 3 h	closed
Meringues		80	3 h	open
Oven roasted tomatoes : On a baking tray with olive oil and seasoning		70	12 h	open
Dried fruits : 2 mm slices, apple, kiwi, pineapple, orange, lemon: on the baking tray with sulfu paper. + syrup		70	12h	open
Dried vegetables : fennel, potatoes, leeks, tomatoes: on the baking tray with sulfu paper. + huile of olive and seasoning		70	12 h	open

IMPORTANT : more 10 degrees in the Cocturachef allows to reduce the cooking time by two.

COCTURACHEF

- Keeping warm -



LARGE PIECES				
PRODUCTS	Preparation	Keeping warm °C	Cooking time	Valve
Roastbeef	Ready prepared	65	max. 3 h	open
Roast pork		75	max. 3 h	open
Beef Wellington		65	max. 1 h	open
Leg of lamb		72	max. 3 h	open
Haunch of venison		68	max. 2 h	open
Rack of veal		72	max. 3 h	open
Cooked ham		85	max. 3 h	closed
SMALL PIECES				
Breaded cutlet, Cordon bleu	Ready prepared	82	ideal 2 h	open
Pork cutlet		75	ideal 2 h	
Veal cutlet		72	ideal 2 h	
Chicken cutlet		75	ideal 2 h	
Chicken leg		84	ideal 2 h	
Beef entrecôte		65	ideal 2 h	
Rack of lamb		68	ideal 2 h	
Duck breast		72	ideal 2 h	
Various pieces of meat		68 - 72	ideal 2 h	
FISH				
Poached fish : cod ...	Ready poached	68	max. 2 h	closed
Roasted fish	Ready fried	80	max. 2 h	closed
Deep fried fish	Ready fried	85	max. 1 h	open
BAKED GOODS				
Ham croissant, sausage roll	Ready baked	85	max. 2h	open
Aperitive snack in puff pastry		85	max. 2h	
SPECIAL				
Steamed vegetables	Cooked and ready to be served	95	max. 1 h	open
Rice, pasta		82	max. 2 h	
Gratins		72	ideal 2 h	
Rösti Pick		75	ideal 2 h	
Egg meals like omlets, boiled egg	Runny omelette	68	idéal 1h	
<p>These proposals offer elementary basic indications. Naturally there are other individual and ingenious possibilities of use!</p>				

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