

Application Manual

Overnight cooking, mixed loads, Sous-Vide



SelfCookingCenter® 5 Senses

RATIONAL SelfCookingCenter® 5 Senses – the heart of your kitchen

Dear customer

The demands of your customers are rising constantly; maximum flexibility is expected whilst also delivering the highest quality at the lowest price. The cooking of meat and poultry has always required a high level of monitoring, years of experience, and ties up production equipment for many hours.

With the SelfCookingCenter® 5 Senses you can easily deal with these challenges. Discover on the following pages how you can,

- > roast, braise and boil overnight at the touch of a button. Allowing you to utilise your SelfCookingCenter® 5 Senses 24 hours a day.
- > cook many different products at the same time in a mixed load.
- > with Sous-Vide (Vacuum cooking) new possibilities are presented, and learn how to optimise production processes and extend storage times.

On the following pages, our RATIONAL chefs have compiled a comprehensive list of practical hints and tips, explaining how you can utilise your SelfCookingCenter® 5 Senses even better.

You can also contact a RATIONAL chef directly by using our Chef@Line®. We are more than happy to answer any culinary questions you may have regarding the SelfCookingCenter® 5 Senses.

Germany + 49 8191 327561 UK + 44 7743 389863

Your RATIONAL chefs wish you every success in discovering your SelfCookingCenter® 5 Senses.

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1. Overnight cooking at a glance

1.1. The benefits of overnight cooking

- > No need to monitor or control
- > Exceptionally tender and juicy meat
- > Capacity gain, through 24 hour usage
- > Reduction in shrinkage and greater yield
- > Energy savings by using off peak electricity
- > Greater flexibility by cooking different products with different sizes in a single mixed load
- > Exceptional quality of stock for sauces
- > Safe and hygienic at the touch of a button

1.2. The settings

- > You can use overnight cooking in the *Overnight Roasting, Braising, Overnight Moist Cooking* and *Overnight Roasting Poultry* cooking processes.
- > Recommended core temperatures and examples of mixed loads can be found in the descriptions of the individual cooking processes.
- > With poultry always select a hygienic core temperature of min. 72 °C.

1.3. Preheating and loading

- > After the automatic “preheating” phase the SelfCookingCenter® 5 Senses will notify you to “load”. For hygiene reasons the core probe should be inside the cooking cabinet during preheating, the food should be well chilled before loading.
- > With products of various sizes, place the core temperature probe in the smallest product, a sufficient maturing and holding phase is then required to achieve the desired core temperature in all of the products (per kg. 1,5-2 hours)
- > With very large joints, where the core temperature probe can not reach the centre, the SelfCookingCenter® 5 Senses will automatically calculate the necessary cooking time.

1.4. The maturing

- > The slow “*maturing*” at low temperatures reduces shrinkage, therefore your products stay exceptionally juicy and tender.
- > Through the gentle cooking process, products with filling retain their shape and are therefore easier to cut or carve. This helps you achieve maximal yield.

1.5. Maturing and holding

- > Upon reaching the desired core temperature the cooking process will finish and automatically advance into a “*maturing and holding*” phase. The products will then be held at the desired core temperature for up to 24 hours and “over cooking” will be prevented.
- > Through the quicker maturing, even young meat will be perfectly aged and deliver an exceptionally tender result. This enables you to buy cheaper produce, and reduce costs even further.
- > To prevent, well aged meat, smaller products and game becoming too soft. They should not be left in “*maturing and holding*” for extended periods.
- > To achieve minimal shrinkage we recommend a short “*maturing and holding*” phase.



Should a power failure occur in the night, the SelfCookingCenter® 5 Senses will advance, after 15 minutes into “stand by mode”. You can then finish cooking your products on the following morning.

If the power failure is 15 minutes or less. Your products will be cooked as normal.

The RATIONAL overnight cooking is both hygienic and safe. The official judgement from the institute of hygiene and technology for food can be found on the page 33.

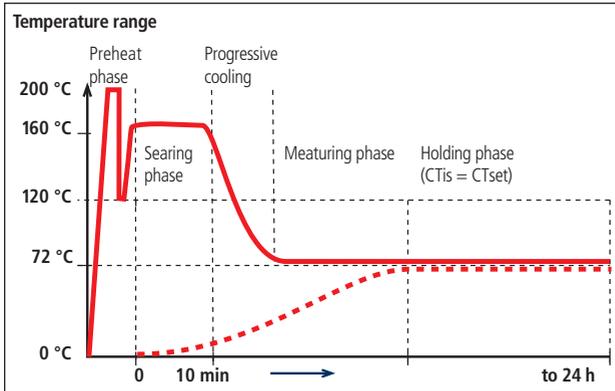


2. The process “overnight roasting”

The process “*overnight roasting*” is suitable for all large meat and poultry products.

The products are seared and gently cooked at the touch of a button.

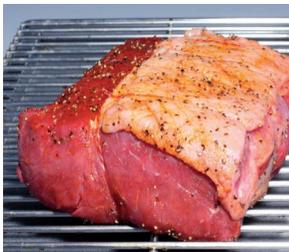
The meat will be exceptionally juicy and tender. There is also an extra colouration step for roasts with crackling.



Pic: Graphic showing the overnight cooking sequence.

2.1. The preparation

- > Place the well seasoned and lightly oiled roast in a granite enamelled container, or simply lay it on a stainless steel grid. A deep container can be placed under the grid to catch any juices, which can then be used as the basis for an excellent stock.
- > Steam large roasts with rind for 10 minutes before roasting. This allows the rind to be cut and salted easier. With thin roasts such as pork belly, place a raw potato under the joint to prevent any indentations and assist the juices to run underneath. This also helps provide a light crispy crackling.



Seasoned roast beef



Steamed and cut pork belly



Seasoned veal shank

Tip: Making a sauce

Place some bones and vegetables mixed with a little oil and tomato puree into a granite enamelled container (60mm) and load this together with the joint. After the searing phase, deglaze with stock. This way you create a perfect basis for a rich sauce. Vegetables that brown quickly, such as leek or celery should be added later.

2.2. The settings

2.2.1. The automatic searing

- > The intensity of the searing is chosen by selecting the colouration level from low to high. A lighter colouration will deliver minimum shrinkage.
- > Quick browning seasonings, herbs or marinades will produce a stronger colouration on meat. A lower colouration setting should be selected.
- > The high searing temperature kills any surface bacteria and allows for a hygienically safe cooking at low temperatures.
- > When selecting the colouration level, consider that roasts with rind will also receive an intensive colouration at the end, providing a crispy skin before serving.



Tip:

The “without searing” function also offers the possibility for smaller, pre seared meat and poultry pieces to be gently cooked. The searing phase is eliminated and the cooking process starts directly with the slow and gentle cooking. Exceptionally tender meat such as e.g. veal filet is not suitable for a long maturing phase.



Select Meat



Select overnight roasting



Select desired results, when preferred without searing.

2.2.2 The settings

- > Select your personal result from medium to well done or adjust the core temperature to the exact degree yourself.
- > Due to the slow and gentle cooking method, a core temperature of up to 10°C lower than traditional cooking methods is recommended.
- > With poultry products, a minimum core temperature of at least. 72 °C is recommended. Country specific HACCP-guidelines should be followed.



2.2.3. Recommended settings

Product	core temperature	colouration	cooking time
Pork neck 2 kg	72 °C - 75 °C	middle	ca. 4 hrs.
Pork knuckle 1,5 kg	72 °C - 75 °C	low	ca. 4 hrs.
Meat loaf 1 kg	68 °C - 72 °C	low	ca. 2 hrs.
Veal knuckle 2,5 kg	72 °C - 75 °C	low	ca. 4 hrs.
Veal shoulder 4 kg	72 °C - 75 °C	low	ca. 4 hrs.
Loin of veal 3 kg	58 °C - 62 °C	low	ca. 2 hrs.
Roast beef 3 kg	52 °C - 56 °C	middle	ca. 3 hrs.
Leg of lamb 2 kg	52 °C - 56 °C	middle	ca. 3 hrs.
Beef filet 4-5 lbs	52 °C - 56 °C	middle	ca. 2 hrs.

2.2.4. Preheating and loading

- > After the automatic **“preheating”** phase the SelfCookingCenter® 5 Senses will notify you to **“load”**. For hygiene reasons the core probe should be inside the cooking cabinet during preheating, the food should also be well chilled before loading.
- > With products of various sizes, place the core temperature probe in the smallest product, a sufficient maturing and holding phase is then required to achieve the desired core temperature in all of the products (per kg. 1,5-2 hours)
- > With very large joints, where the core temperature probe can not reach the centre, the SelfCookingCenter® 5 Senses will automatically calculate the necessary cooking time.



Preheat



Load, place core temperature probe



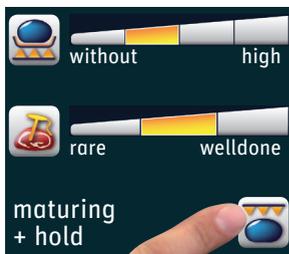
Maturing

Tip:

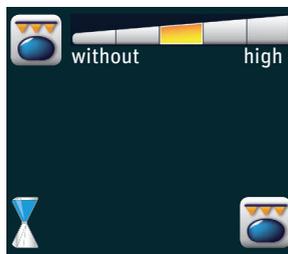
The process “roast” offers the possibility to cook various products together. Even when they require a different degree of cooking. Simply select the “Continue and reposition”- function (page 28).

2.2.5. The final colouration

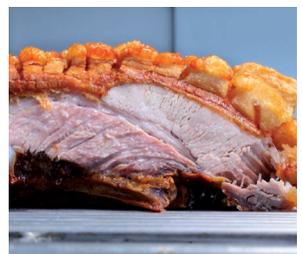
- > After the gentle “maturing” and upon reaching the “maturing + holding” phase, the SelfCookingCenter® 5 Senses offer you the option to colour and crisp your roast at the touch of a button. Final colouration allows roasts to receive an intense colour and crispy crust.
- > Choose a slightly lower core temperature when roasting smaller joints as these continue cooking during the colouration phase.
- > Products and joints that should remain pink e.g. roast beef, are not suitable for use with the final colouration. The high temperatures can cause a grey edge to appear.
- > With a mixed load containing various joints, any joints that you do not wish to colour further should be removed before selecting the colouration function.
- > If containers have been used to catch any dripping or fat. Remove these from the cooking cabinet before final colouration. This will help prevent excessive smoke being created.
- > After colouration, if your roast still does not have the crackling or colour that you want, you can set the colouration time to the minute by pressing the “Continue with time” button.



Select final colouration



Select desired result



Pork belly with crackling

Tip:

Your roasts can be removed and cooled after reaching the *“maturing and holding”* phase. This offers great benefits when producing large amounts of roast with crackling which are intended to be served on the following day. Before serving, select under Finishing® the *“colouration”* process and complete only the roasts that are needed. The pre-prepared roasts will automatically be given a crackling and will be ready for service much faster. This also allows for better service planning.

2.3. Mixed load “overnight”

You can also roast various products of differing sizes together in one load. The desired degree of cooking should be the same for each product and the core temperature probe should be placed into the smallest joint. A sufficient maturing and holding phase is then required to achieve the desired core temperature in all of the products (per kg. 1,5-2 hours), or simply leave them overnight.

<i>Products</i>	<i>Core temperature</i>	<i>Searing</i>	<i>Colouration</i>
Pork neck, Pork belly, Veal shank, Veal shoulder, Duck/Goose, Meatloaf 2 kg, Spare Ribs	68 °C - 72 °C	low	middle
Loin of veal, Loin of pork, Roast gammon	58 °C - 62 °C	middle	light
Roast beef, Leg of lamb, leg of venison, Loin of venison	52 °C - 58 °C	middle	not suitable



Mixed loads with the same core temperature



Mixed loads with the same core temperature



Mixed loads with the same core temperature

3. The “Braise” meat cooking process

The cooking process “*braise*” is suitable for all meat and poultry products that are traditionally cooked in a sauce or stock. An automatic holding phase also allows you to cook these products overnight.

3.1. The preparation

- > Place the seasoned and lightly oiled products e.g. beef olives, goulash or braised beef, in a 60mm deep granite enamelled container.
- > For a richer sauce, place some lightly oiled root vegetables mixed with tomato puree under your products.
- > Leave a small space between each product to allow for even browning. Vegetables that brown quickly, such as leek or celery, should be added later.
- > Coat the products in a little flour to help thicken the sauce.

Tip:

Pre-roasted vegetables can also be used to braise in the SelfCookingCenter® 5 Senses, and will allow you to braise in a standard GN container.

3.2. The settings

3.2.1. The automatic searing

- > The browning level and intensity of searing is determined by selecting the searing level from low to high.
- > Quick browning seasoning, herbs or marinades will produce a stronger colouration on meat. A lower colouration setting should be selected.



Braised beef with vegetables,



Select Meat



Select braise

<i>Product</i>	<i>Searing level</i>	<i>Cooking time</i>
Cabbage rolls	low	ca. 1 hrs.
Chicken in red wine	middle	ca. 1 hrs.
Veal ragout, venison ragout, Lamb curry, beef olives	middle	ca. 2 hrs.
Braised beef, lamb shanks	middle	ca. 4 hrs.
Osso Bucco, Ox tail, Goulash	high	ca. 2 hrs.

3.2.2. Preheating and loading

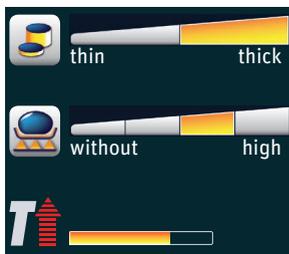
- > After the automatic **“preheating”** phase the SelfCookingCenter® 5 Senses will notify you to **“load”**. For hygiene reasons the core probe should be inside the cooking cabinet during preheating, the food should also be well chilled before loading.
- > When braising goulash or ragout, place the core probe in more than one piece of meat to guarantee a better result.

3.2.3. Adding liquid

- > After the searing phase (20-30 Minutes) you will be notified to add your stock, wine, water or sauce. This should be added cold.
- > Cover the products totally with liquid and then cover the container with another tray or lid.
- > Leek, spices and seasonings should be added now, to help retain flavours.

Tip:

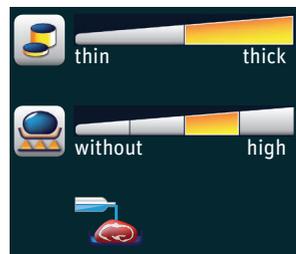
A pre-prepared jus or convenience sauce can be added before the searing phase. In this case it will not be necessary to open the door. Select the “without” searing level.



Select searing level, preheat



Load, place core temperature probe



Add liquid or skip add liquid

3.3. Braising “overnight”

The process “*braise*” allows you to cook your products *overnight*. Once the process has finished you will be notified that your products are ready. If the door is not opened the process will automatically advance to the “*Maturing and holding*”- phase. This allows you to hold your product for up to 24 hours.

Tip:

Sauce should first be thickened after the process has finished. A little cold butter will provide a nice glaze and will also provide additional thickness.

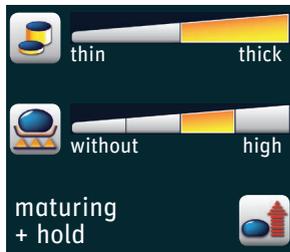
3.4. Mixed loads “overnight”

Different products that are the same size can also be cooked together in one load.

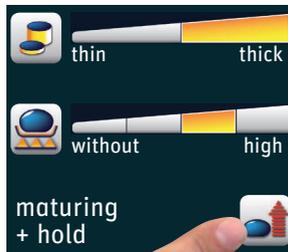
Product	Searing level
Venison ragôut, lamb curry, pork goulash, Osso Bucco	middle
Ox cheeks, roulards, beef goulash, Ox tail	high
Braised beef	middle

3.5. Automatic Finishing*

The SelfCookingCenter® 5 Senses automatically lowers the cabinet temperature to prevent products over cooking during the “*maturing + holding*”-phase, before serving simply select the Finishing*-button and your products will be heated to a defined service temperature, (depending on load size 20-30 Minutes).



Automatic Maturing + holding after cooking



Select Finishing* before service



Braised beef

4. The “Overnight Boiling” meat cooking process

The process “*Overnight Boiling*” is suitable for all meat that is typically cooked in a liquid. The holding function also allows you to cook your products overnight.

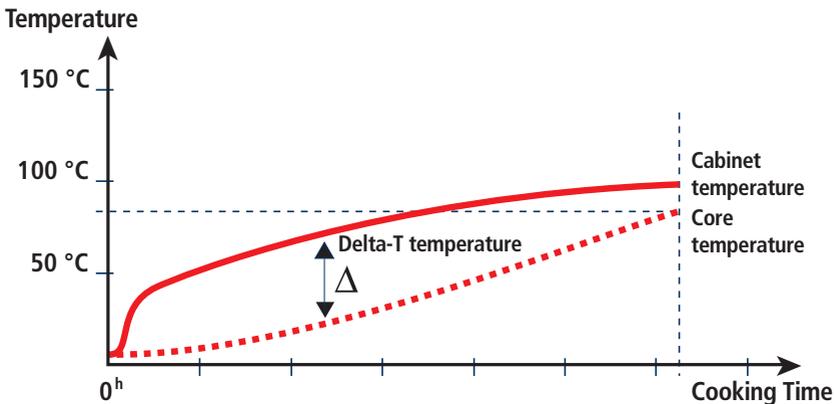
4.1. The preparation

- > Place your meat together with root vegetables and spices in a deep GN container (65mm) and fill this half way with water. This way you will also produce a rich and intensive stock.
- > Onions, leeks and mushrooms can cause a discolouration of the meat.

4.2. The settings

4.2.1. Delta-T

- > The setting “*gentle*” should be selected for products that remain for prolonged periods (during the day or overnight) in the cooking cabinet. The cooking temperature is very low and cooks the food very slowly and gently. This setting produces a minimum amount of shrinkage.
- > The setting “*quick*” should be selected for products that are needed to be served quickly. The cooking temperature is much higher and cooking times will be reduced.



The Delta-T-temperature is the temperature difference between the core temperature and the cabinet temperature.

4.2.2. The degree of cooking

- > Select your desired result from “rare” to “well done” or adjust the core temperature to the exact degree yourself.
- > Due to the slow and gentle cooking method, a core temperature of up to 10°C lower than traditional cooking methods is recommended.



Product	Core temperature	Delta-T	Cooking time
Salted pork	70 °C - 72 °C	slow	ca. 2 hrs.
Ham 3 kg	70 °C - 72 °C	slow	ca. 4 hrs.
Terrine 1 kg	72 °C - 78 °C	slow	ca. 1 hrs.
Boiled beef 2 kg	78 °C - 82 °C	middle	ca. 3 hrs.
Ox breast 3 kg	82 °C - 85 °C	quick	ca. 4 hrs.
Clarified stock 8 litre	85 °C	quick	ca. 2 hrs.

Tip: Clarified stock

The SelfCookingCenter® 5 Senses offers the possibility to clarify stocks or bouillons overnight. Place the cold stock together with spices and clarification items in a deep GN container 65mm. Then select a slow Delta-T setting and a core temperature of 85 °C. Use the positioning helper to place the core probe in the middle of the liquid.



Boiled beef and root vegetables



Select Meat



Select Overnight Boiling

4.2.3. Preheating and loading

- > After the automatic **“preheating”** phase the SelfCookingCenter® 5 Senses will notify you to **“load”**. For hygiene reasons the core probe should be inside the cooking cabinet during preheating, the food should also be well chilled before loading.
- > With products of various sizes, place the core temperature probe in the smallest product, a sufficient maturing and holding phase is then required to achieve the desired core temperature in all of the products (per kg. 1,5-2 hours)
- > With very large joints, where the core temperature probe can not reach the centre, the SelfCookingCenter® 5 Senses will automatically calculate the necessary cooking time.



Select desired result, preheat load,



Place the core temperature probe



Finished or...

4.3. Mixed load "overnight"

You can also cook various products of differing sizes together in one load. The desired degree of cooking should be the same for each product and the core temperature probe should be placed into the smallest joint. A sufficient maturing and holding phase is then required to achieve the desired core temperature in all of the products (per kg. 1,5-2 hours).

<i>Product</i>	<i>Core temperature</i>	<i>Delta-T</i>
Gammon, Ham, Poached veal	68 °C - 72 °C	slow
Ox tongue, Boiled lamb shoulder, Boiled beef	72 °C - 78 °C	slow
Ox breast, Calf's head	78 °C - 82 °C	slow
Clarified stock	85 °C	slow



... automatic maturing and holding



Tender boiled beef

5. The “Overnight Roasting” poultry cooking process

The “*Overnight Roasting*” poultry cooking process is suitable for whole ducks, geese and turkeys that you intend to serve later on the same or following day, either individually or in large quantities. The poultry is automatically seared at the push of a button, and then cooked very gently. This makes the meat particularly tender and succulent. The poultry is held automatically at the end of the cooking process. Before serving, there is an automatic colouration step to crisp up the skin as desired.

5.1. The preparation

Place the well-seasoned or marinated poultry on a stainless steel grid in a granite-enamelled container, or place it directly onto root vegetables. This will collect any meat juices and fat that emerge.

Tip:

Add other seasonings, apples, etc, to the root vegetables that you normally use. You will then be able to boil up the root vegetables with liquid and make a flavourful sauce from them. Add vegetables that brown quickly, such as leeks and celery, later.

5.2. The settings

5.2.1. Automatic searing

- > When you select the searing level from low to high, you determine the intensity of the searing and the desired level of browning. Cooking losses are minimised with low searing temperatures.
- > Poultry that has been treated with marinades, seasoning mixes that contain sugar or products to enhance browning will brown faster and more intensively. You should select a lower browning level for these.
- > Searing at high temperatures will kill any germs that are on the surface, making your poultry hygienically safe, even at lower core temperatures.
- > Take account of the subsequent colouration when you select the searing level. Select a low searing level since the colouration step will give your products more intense colour, crispiness and roasting smells.



Chicken with root vegetables



Select poultry



Select Overnight Roasting

Tip:

Select **“Searing / without”** if you prefer to sear your poultry yourself. The SelfCooking Center® 5 Senses will then move directly on to very gentle cooking. There is no searing phase, and the process immediately starts to cook your poultry slowly and very gently.

5.2.2. The cooking level

Select your desired result (from rare to well done) or enter a specific core temperature in degrees. You can reduce the core temperature by long and gentle cooking.



Attention!

With poultry products, make sure that the core temperature reaches at least 72 °C and follow the HACCP regulations applicable in your country.

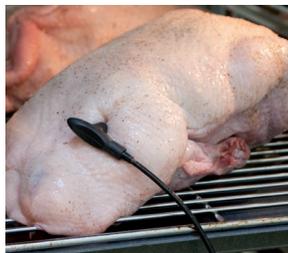
Product	Core temperature	Searing	Time
Goose, 5 kg	72°C – 75°C	medium	Approx. 4 hours
Duck, 2.5 kg	72°C – 75°C	medium	Approx. 3 hours
Turkey, 6 kg	72°C – 75°C	medium	Approx. 5 hours ?

5.2.3. Preheating and loading

- > After the automatic **“preheating”** phase the SelfCookingCenter® 5 Senses will notify you to **“load”**. For hygiene reasons the core probe should be inside the cooking cabinet during preheating, the food should also be well chilled before loading.
- > With products of various sizes, place the core temperature probe in the smallest product, a sufficient maturing and holding phase is then required to achieve the desired core temperature in all of the products (per kg ca. 1,5-2 hours)



Select desired result,



Preheat load, Place core temperature probe



Automatic Maturing + holding after cooking

5.2.4. The next step: colouration

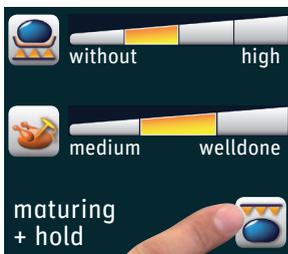
- > After the gentle maturing and reaching the Maturing + Hold phase, the SelfCooking Center® 5 Senses suggests the option of automatically colouring your poultry at the push of a button. This will give your poultry intensive colour and crispiness.
- > If you have smaller poultry to crisp, you may want to select a slightly lower core temperature as these products can easily overcook.
- > With mixed loads of different types of poultry, remove any poultry that you do not want to crisp and then start the colouration process.
- > Remove any containers in which grease has collected and remove your root vegetables. This will prevent a significant smoke build-up during colouration.
- > After colouration, if your poultry still does not have the crispy skin or colour that you want, you can set the colouration time to the minute by pressing the “*Continue with time*” button

Tip:

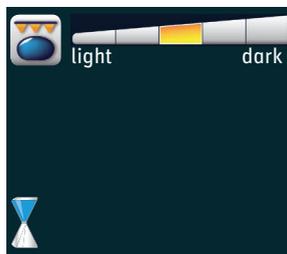
If you are producing large quantities of poultry that you would like to serve at different times or on subsequent days, you have the option of removing and chilling your poultry or portions once you reach the Maturing + Hold phase. To serve, select the under “*Colouration*” cooking process under Finishing® and finish only those poultry that you actually require. This makes the timing of your service easier to schedule and the food is ready to serve faster.

5.3. Mixed loads “overnight”

You also have the option of cooking different types and size of poultry at the same time in a mixed load. The cooking level should be the same, in this case, and you should always insert the core temperature probe into the smallest portion. Make sure that the hold phase is long enough (roughly 1.5 – 2 hours per kg), ideally overnight.



Select Colouration



Select desired result



Crispy roast duck

6. Sous-Vide-Cooking

The SelfCookingCenter® 5 Senses with the *Sous-Vide*-option creates new possibilities for food production. Work flow is improved, production capacities are utilised better, and food quality is constantly maintained.

With *Sous-Vide* (Vacuum cooking) foodstuffs are prepared, seasoned and spiced, before being cooked in a vacuum bag and then cooled immediately.

When needed, they are simply reheated in the vacuum bag, removed, and depending on the product, completed in a variety of ways.

6.1. Benefits of *Sous-Vide*-Cooking

- > Excellent food quality with a longer shelf life.
- > Natural taste, colour, vitamins and nutrients, remain intact.
- > Reduction in shrinkage due to gentle cooking techniques.
- > Efficient production and optimised daily work flow.
- > Consistent, reproducible food quality.

6.2. The *Sous-Vide*-Option

The RATIONAL SelfCookingCenter® 5 Senses with the *Sous-Vide*-Option is supplied with 2 core temperature probes. In addition to the standard core temperature probe, a thinner *Sous-Vide*-Probe with only one measuring point on the tip is supplied.

In order to achieve an optimal result, the tip of the *Sous-Vide*-Core temperature probe, must reach the middle of the product.

The probes can be exchanged by means of a connector on the outside of the SelfCookingCenter® 5 Senses. When the *Sous-Vide*-Core temperature probe is connected, only the cooking processes that are suitable for *Sous-Vide*-Cooking can be selected.



Sous-Vide core temperature probe



Core temperature probe connector



Standard core temperature

6.3. The possible usages

- > Sous-Vide is the perfect solution to allow for a central production that can then deliver pre cooked products to satellite kitchens. This eliminates expensive over production because satellite kitchens only complete what is actually needed.
- > For “Room Service” single components or whole dishes can be kept cooled, and single portions can be completed as and when needed. This way service and reception staff can provide guests with hot meals 24 hours a day.
- > Due to the gentle and healthy preparation, Sous-Vide is perfect for special dietary and nutritional requirements. The retention of natural aromas, deliver a genuine flavour and taste even without the use of additional salt.

6.4. The preparation

- > Place the well cooled (max. 6 °C), raw or seared products together with spices, marinades and other flavour enhancing ingredients into a vacuum, Sous-Vide or shrink bag
- > Raw onions, leeks or garlic should be pre-blanching and alcohol should be boiled and cooled before being placed in the vacuum bag.
- > Roasts and braised dishes should be seared in advance and placed together with the meat residue in the vacuum bag.
- > Vacuum the products so that there is no air remaining in the bags. (90 % - 99 %).

Tip:

Most unwanted bacteria are found on the surface of meat, therefore it is recommended to blanch or sear products before vacuuming. Country specific HACCP guidelines must be followed when choosing core temperatures



Vacuumed raw vegetables.



Beef olives with root vegetables



Portions of salmon with vegetables

6.5. The settings

“*Overnight boiling*” is suitable for all products that need to be cooked for long periods. A low Delta-T (see page 16) is suitable for a “*Low-Low*”-method, in which the cooking temperature is only slightly higher than the core temperature.



overnight
boiling

“*Steam à la carte*” is suitable for products that need a higher temperature 80 °C - 85 °C for a set amount of time. E.g. Fruit, vegetables and desserts.



steam à la
carte

In “*High-low*”-method, products are cooked at a cabinet temperature of 58 °C - 68 °C until the core temperature is achieved. The “*Steam*” mode is most suitable as you can individually enter your desired cooking and core temperatures.



6.6. Loading

- > For hygiene reasons, take care that all products are refrigerated before loading (max. 6 °C).
- > Stick a, closed structure foam strip on the place where you will later insert the core temperature probe. Ensure the bag is free from dirt and grease before sticking.
- > Insert the core probe through the foam strip and into the thickest part of the product.

Tip:

Ask our Chef@Line® for suppliers of vacuum bags and foam strips.



Veal shank with herbs



Select Meat



Select Overnight Boiling

6.7. Application examples in the process “Moist cooking”

Here you can find examples of products that are suitable for “**Low-Low**” method and require a long cooking time.

Product	Delta-T	Core temperature	Cooking time	Preparation
Roast pork	5 °C	66 °C	24 hrs.	sear in advance
Pork belly	5 °C	66 °C	12 hrs.	crust when finished
Lamb shoulder	5 °C	66 °C	36 hrs.	sear in advance
Breast of veal	5 °C	66 °C	12 hrs.	sear in advance
Veal shank	5 °C	66 °C	48 hrs.	sear when finished
Braised beef	5 °C	66 °C	48 hrs.	cook with sauce
Coq au vin	5 °C	72 °C	11 hrs.	cook with sauce
Octopus	5 °C	66 °C	36 hrs.	marinade in red wine

Tip:

The process “*grill à la carte*” is perfectly suited to sear your products before vacuuming or after cooking. The colouration and time can both be adjusted to suit your individual preferences. Best results can be achieved on a preheated “Grill- and Pizza tray”.

Important: The cooked products should be cooled to under 3 °C within 90 minutes in either, a blast chiller or in iced water. To attain maximum shelf life of up to 21 days, the refrigeration temperature should not exceed 2 °C.



Select desired result, preheat



Load, place core temperature probe



Maturing and holding phase

6.8. Application examples in the process “Steamed vegetables”

Here you can find examples of products that require a shorter cooking time with a higher temperature. (Cooking temperature between 80 °C and 85 °C).

Tip:

Place fats, spices and other flavour enhancing ingredients in the vacuum bag together with your products. This produces intensive flavour combinations for your product.

<i>Product</i>	<i>Time</i>	<i>Flavours and spices</i>
Pineapple	1 hrs.	brown sugar, rum, vanilla
Chicorée	1 hrs.	orange juice and -zest, Butter
Carrots	90 min.	butter, ginger, sugar
Artichokes	2 hrs.	olive oil, lemon juice, thyme
Celeriac	90 min.	butter, vegetable stock
Pears	30 min.	sugar, vanilla, pear schnapps
Rhubarb compote	45 min.	sugar, vanilla, white wine

6.9. Application examples in the cooking mode “Steaming”

Here you can find examples of products that are suitable for “*High-Low*” method and require a shorter cooking time. (Cooking temperature between 58 °C and 68 °C).

<i>Product</i>	<i>Core temperature</i>	<i>Preparation</i>
Roast beef 1 kg	63 °C	sear in advance
Veal loin 1 kg	64 °C	sear when finished
Loin of venison	64 °C	glaze when finished
Steak medium 300 g	63 °C	sear when finished
Fish filet 300 g	54 °C	vacuum with aromatic herbs
Goose liver	52 °C	marinade for 24 hrs. and cool
Duck breast	72 °C	score the skin

7. Mixed loads with the “continue”-Function

The cooking processes in the SelfCookingCenter® 5 Senses which contain an integrated “continue” function are suitable for all large meat and poultry products that vary in size and require different degrees of cooking. Simply enter the lowest desired core temperature. All products should be loaded together and the core temperature probe placed in the product requiring the lowest temperature. E.g. roast beef 56 °C. Up on reaching the desired core temperature, remove the roast beef and place the core temperature probe in the product with the next lowest core temperature. E.g. Veal shank 78 °C the settings can then be changed in the display.

Once the door has been closed, select the “continue”-Function. This step can be used repeatedly.



7.1. Mixed loads in the process “roast”

Ideal for all large joints that you wish to roast together.

Product	Core temperature	Colouration
1. Roast beef	56 °C	middle
2. Veal loin	60 °C	middle
3. Loin of pork	65 °C	middle
4. Neck of pork	78 °C	high
5. Veal shank	78 °C	high



Mixed load with different core temperatures



Repositioning of the core probe after the first product is finished



Close door and select continue function

7.2. Mixed loads with the “Overnight Moist Cooking” meat cooking process

Ideal for all large joints that are typically cooked in liquid.

<i>Product</i>	<i>Core temperature</i>	<i>Delta-T</i>
1. Poached veal filet	58 °C	20 °C
2. Gammon	68 °C	20 °C
3. Vitello tonnato	75 °C	40 °C
4. Boiled veal	78 °C	40 °C

7.3. Mixed loads in the process “roasted poultry”

Ideal for all poultry or poultry pieces that need nicely browned and crispy.

<i>Product</i>	<i>Core temperature</i>	<i>Colouration</i>
1. Chicken breast	72 °C	Stage 4
2. Chicken legs	88 °C	Stage 4
3. Half chicken	88 °C	Stage 4
4. Whole chicken	88 °C	Stage 2

Tip:

Place some raw potatoes in a container under the whole roast chicken. The potatoes will absorb some of the dripping juices and be ready at the same time.

7.4. Mixed loads in the process “poached poultry”

Ideal for all poultry and poultry pieces that are typically poached or cooked in liquid.

<i>Product</i>	<i>Core temperature</i>
1. Poultry breast	72 °C
2. Turkey breast	75 °C
3. Galantine	78 °C
4. Chicken for salad	88 °C

Tip:

Place spices and herbs together with your poultry, vegetables and stock together in a container. This produces the perfect accompaniment to your meat.

8. Mixed loads with iLevelControl

The SelfCookingCenter® 5 Senses cooking processes with *iLevelControl* are suitable for all small products that are fried, steamed or baked without a core temperature probe. In *iLevelControl* each rack is monitored separately and the cooking times can be adjusted to the second, this allows you cook products as and when required according to your orders. This flexibility allows you to adjust to individual wishes of your guests, even in the "rush hours".

8.1. Mixed loads in the process "steam à la carte"

Ideal for all small products, that would typically be steamed.

<i>Product</i>	<i>Time</i>	<i>Accessory</i>
Spinach	ca. 3 min.	GN-perforated container
Sugar snap peas	ca. 4 min.	GN-perforated container
Sliced carrots	ca. 6 min.	GN-perforated container
Green beans, broccoli	ca. 8 min.	GN-perforated container
Cauliflower, kohlrabi	ca. 10 min.	GN-perforated container
Hot dogs	ca. 10 min.	GN-perforated container
Boiled sausages	ca. 13 min.	GN-container / filled with water
Tiger prawns	ca. 4 min.	GN-perforated container
Frozen seafood, fish filet	ca. 6 min.	GN-container 40 mm
Mussels	ca. 8 min.	GN-container 40 mm



Select Finishing*



Select steam à la carte



Select cooking parameters

8.2. Mixed loads in the process “grill à la carte”

Ideal for all small products, that would typically be fried or grilled.

Product	Time	Recommended accessory	Tip
Toast	ca. 3 min.	Roasting and baking tray	
Bacon	ca. 3,5 min.	Roasting and baking tray	
Sausages	ca. 4 min.	Roasting and baking tray	lightly oiled
Fried eggs	ca. 2 min.	Multibaker	lightly oiled tray
Chicken breast	ca. 9 min.	Granite enamelled 20 mm	seasoned and oiled
Minute steaks	ca. 2 min.	Grill- and pizza tray	seasoned and oiled
Steak medium 220 g	ca. 8 min.	CombiGrill-Grid	seasoned and oiled
Steak well done 220 g	ca. 10 min.	CombiGrill-Grid	seasoned and oiled
Duck breast pink	ca. 8 min.	Grill- and pizza tray	skin side down
Lamb rack 300 g	ca. 9 min.	CombiGrill-Grid	seasoned and oiled
Large meat balls	ca. 10 min.	Granite enamelled 20 mm	
Schnitzel breaded, fresh	ca. 6 min.	Roasting and baking tray	lightly oiled
Schnitzel breaded, frozen	ca. 11 min.	Granite enamelled 20 mm	lightly oiled
Cordon bleu, frozen	ca. 13 min.	Granite enamelled 20 mm	lightly oiled
Wedges	ca. 10 min.	Roasting and baking tray	partially defrosted
Convenience pizza	ca. 6 min.	Grill- and pizza tray	
Turkey strips	ca. 5 min.	Roasting and baking tray	marinated and oiled
Oven chips	ca. 10 min.	CombiFry®	partially defrosted

Tip:

The Grill- and Pizza tray is especially good for small products that require a short cooking time. The Grill- and Pizza tray should be preheated, and can be left inside the SelfCookingCenter® 5 Senses.



Select Finishing*



Select grill à la carte



Select cooking parameters

8.3. Mixed loads in the process “baking à la carte”

A large selection of bakery products on a breakfast buffet, is the perfect start to the day for every guest. With the SelfCookingCenter® 5 Senses you can provide your guests with freshly baked bakery products at any time. Here a just a few of the convenience bakery products that can be baked together in the setting “*baking à la carte*”. Simply select your desired colouration from light to dark.

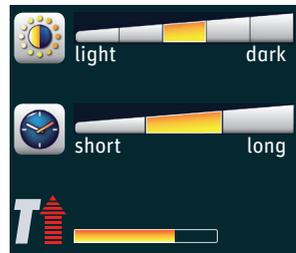
Product	Time	Accessories
Croissants	15-17 min.	Roasting and baking tray
Danish	15-17 min.	Roasting and baking tray
Nut Danish	15-17 min.	Roasting and baking tray
Cherry turnovers	15-17 min.	Roasting and baking tray
Mini apple turnovers	15-17 min.	Roasting and baking tray
Mixed bread rolls	8-10 min.	Roasting and baking tray
Mixed wholemeal rolls	8-10 min.	Roasting and baking tray
Baguettes	12-15 min.	Roasting and baking tray
Wholemeal baguettes	12-15 min.	Roasting and baking tray
Ciabatta	13-15 min.	Roasting and baking tray
Baked pastries	10-12 min.	Roasting and baking tray



Select Finishing*



Select baking à la carte



Select cooking parameters

9.3 core temperature probe option in practice

When it is not possible to prepare before service, the SelfCookingCenter® 5 Senses is used as a service appliance. With iLevelControl, all racks in the unit can now be used during service for grilling, roasting or steaming.

With the 3 core temperature probe option, the normal core temperature probe can be exchanged for 3 core temperature probes when required. By changing the core temperature probe, you will automatically have access to all relevant iLevelControl applications.

Preparation:

Depending on the menu composition and the kitchen equipment available, it must be decided which application is most appropriate.

We are using roasting in our example.

The food for service is now prepared in the corresponding shopping carts:

Lamb 56°C	Beef 54°C	Beef 60°C	Beef 68°C
Fish 50°C	Fish 60°C	Duck 55°C	Chicken 72°C
Gratin 75°C	Side dishes 6 min	Side dishes 8 min	1 min



This composition must be adapted to the relevant menu. So, for example, a shopping cart can be created for breakfast, one for the lunch menu and another for the evening service. Of course, in addition to foods cooked by core temperature, foods cooked by time can still be stored as before.

Use during service:

The SelfCookingCenter® 5 Senses can now be preheated with iLevelControl and then used flexibly during service.

The various foods can now be dragged to the corresponding levels by drag & drop.

Once all three core temperature probes are in use, no other foods with core temperature can be selected. Time-controlled foods can still be placed however.

Once core temperature probe-controlled foods are ready and a probe becomes free, the foods with core temperature probes can once again be selected in the selection window.

Tip:

With the 3 core temperature probe option, please insert the core temperature probe as well as possible into the middle of the food product to ensure correct measurement.



10. Hygiene certificate

In order to produce flawless products with low-temperature cooking from a hygiene safety point of view – with particular regard to hospitals, etc. – the following points should be followed:

All joints and meat preparations, including poultry, must be kept at a core temperature of + 72 °C.

After cooking, the dishes should either be consumed immediately or cooled to below + 10 °C within two hours with the aid of fast coolers to prevent the germination of any spores which may exist.

With mixed loads, the temperature sensor should be inserted in the largest piece of meat, ensuring that smaller pieces are automatically kept to the required core temperature. When cooking stuffed poultry and other particularly large roasts, achieving the core temperature of + 72 °C may take several hours. It must be ensured here that this core temperature is maintained for at least five hours before the cooking process ends. In principle, we recommend that night cooking for stuffed poultry should last for at least ten hours.

For non-stuffed poultry and roasts, we recommend a minimum cooking time of eight hours. Because of the frequently higher level of germs in all cooked game dishes, we recommend selecting a core temperature of + 85°C for ten minutes.



Bestätigt durch Univ.-Prof. Dr. A. Stolle,
Institut für Hygiene und Technologie der Lebensmittel,
Ludwig-Maximilians-Universität München



Europe

RATIONAL Großküchentechnik GmbH
86899 Landsberg a. Lech/Germany
TEL. +49 (0)8191.327387
E-MAIL info@rational-online.de
www.rational-online.de

RATIONAL France S.A.S.
F-68271 WITTENHEIM Cedex
TEL. +33 (0)3 89 57 00 82
E-MAIL info@rational-france.fr
www.rational-france.fr

RATIONAL Italia S.r.l.
30174 Mestre (VE)/ITALY
TEL. +39 041 5951909
E-MAIL info@rational-online.it
www.rational-online.it

RATIONAL Schweiz AG
9435 Heerbrugg/SWITZERLAND
TEL. +41 71 727 9092
E-MAIL info@rational-online.ch
www.rational-online.ch

RATIONAL UK
Luton, Bedfordshire, LU4 8EF
United Kingdom
TEL. 00 44 (0) 1582 480388
E-MAIL info@rational-online.co.uk
www.rational-online.co.uk

RATIONAL AUSTRIA GmbH
5020 Salzburg/AUSTRIA
TEL. +43 (0)662.832799
E-MAIL info@rational-online.at
www.rational-online.at

RATIONAL Ibérica Cooking Systems S.L.
08940 Cornellá (Barcelona)/SPAIN
TEL. +34 93 4751750
E-MAIL info@rational-online.es
www.rational-online.es

RATIONAL Nederland
Grootkeukentechniek BV
7609 RD Almelo/THE NETHERLANDS
TEL. +31 546 546000
E-MAIL info@rational.nl
www.rational.nl

RATIONAL Scandinavia AB
212 39 Malmö/SWEDEN
TEL. +46 (0)40-680 85 00
E-MAIL info@rational-online.se
www.rational-online.se

РАЦИОНАЛЬ в России и СНГ
Проспект Андропова 18, стр. 6
115432, г. Москва
Тел.: +7 495 640 63 38
Эл. почта: info@rational-online.ru
www.rational-online.ru

RATIONAL Belgium nv
2800 Mechelen/Belgium
TEL. +32 15 285500
E-MAIL info@rational.be
www.rational.be

RATIONAL Sp. z o.o.
02-690 Warszawa/POLAND
TEL. +48 22 864 93 26
E-MAIL info@rational-online.pl
www.rational-online.pl

RATIONAL Slovenija SLORATIONAL d.o.o.
2380 Slovenj Gradec / Slovenija
TEL. +386 (0)2 8821900
E-MAIL info@slorational.si
www.slorational.si

RATIONAL Norge AS
0411 Oslo/Norge
TEL. +47 22 70 10 00
E-MAIL post@rational.no
www.rational.no

RATIONAL International AG
Istanbul İrtibat Bürosu
Levent Mahallesi Yasemin Sok. No:2
34330 Levent Beşiktaş İstanbul / Türkiye
TEL. +90 212 603 6767
E-MAIL info@rational-online.com.tr
www.rational-online.com.tr

America

RATIONAL Canada
Mississauga, Ontario L5N 6S2
TOLL FREE 1-877-RATIONAL (728-4662)
E-MAIL info@rational-online.ca
www.rationalcanada.com

RATIONAL BRASIL
São Paulo, SP
CEP: 04531-080
TEL. +55 (11) 3071-0018
E-MAIL info@rational-online.com.br
www.rational-online.com.br

RATIONAL USA
Rolling Meadows, IL 60008
TOLL FREE 888-320-7274
E-MAIL info@rational-online.us
www.rationalusa.com

RATIONAL México
11570 - Chapultepec Morales
TEL. +52 (55) 5292-7538
E-MAIL info@rational-online.mx
www.rationalonline.mx

Asia/Pacific

株式会社 ラショナル・ジャパン
〒101-0064
東京都千代田区猿楽町2-8-8
住友不動産猿楽町ビル1F
TEL. (03) 6316-1188
メールアドレス info@rational-online.jp
ホームページ www.rational-online.jp

RATIONAL 上海
上海市肇嘉浜路798号
坤阳国际商务广场201B室
邮政编码200030 中国
电话: +86 21 64737473
电邮: office.shanghai@rational-online.com
www.rational-china.cn

RATIONAL Korea
라치오날코리아 주식회사
경기도 성남시 수정구 복정길 89
라치오날하우스
우편번호 461-831 대한민국
전화: +82-31-756-7700
E-MAIL info@rationalkorea.co.kr
www.rationalkorea.co.kr

RATIONAL International India Private Ltd
Gurgaon, 122002
Haryana, India
PHONE +91 124 463 58 65
E-MAIL info@rational-online.in
www.rational-online.in

RATIONAL NZ Ltd
Auckland, 1643
TEL. +64 (9) 633 0900
E-MAIL sales@rationalnz.co.nz
www.rationalnz.co.nz

RATIONAL International Middle East
P.O.Box 126076, Sheikh Zayed Road
Dubai, United Arab Emirates
PHONE +971 4 338 6615
E-MAIL info@rational-online.ae
www.rational-online.ae

RATIONAL AUSTRALIA PTY LTD
Derritua, VIC 3030
TEL. +61 (0) 3 8369 4600
E-MAIL info@rationalaustralia.com.au
www.rationalaustralia.com.au



RATIONAL International AG
Heinrich-Wild-Strasse 202
CH-9435 Heerbrugg
TEL. +41 71 727 9090
FAX: +41 71 727 9080
E-MAIL info@rational-international.com
www.rational-online.com

RATIONAL AG
Iglinger Straße 62
86899 Landsberg a. Lech
TEL. +49 8191 3270
FAX +49 8191 21735
E-MAIL info@rational-ag.com
www.rational-online.com