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Application Manual
SelfCooking Center®

RATIONAL®

Key to the pictograms

	Searing temperature		**Food thickness**
	Core temperature/cooking level		**Gratinee**
	Core temperature/cooking level		**Crisping**
	Core temperature/cooking level		**Proofing volume**
	Core temperature/cooking level		**Smooth baking**
	Core temperature		**Cooking cabinet temperature**
	Cooking level		**Time settings**
	Browning		**Delta-T cooking**
	ClimaPlus Control®		**Change air speed**
	Select size		

Dear Customer

Congratulations on buying your new SelfCooking Center®. Our company's primary aim is to give our customers the best service possible.

So, on the following pages, experienced RATIONAL chefs have put together lots of useful hints and recipes for your day-to-day use of the SelfCooking Center®.

This Application Manual has been designed to give you new ideas and help you to use your new SelfCooking Center®.

To help you find your way around this Application Manual, we have divided it into cooking modes: Roasts, Pan fries, Fish, Poultry, Potato products, Side dishes, Egg dishes/Desserts, Baking and Finishing®. These cooking modes are also shown as pictograms on the control panel
of your SelfCooking Center®.

At the start of each section we have compiled some useful information for you that will help you to achieve perfect cooking results just as you want them.

Typical recipes and hints from our RATIONAL chefs and information about suitable accessories are given below for each cooking mode.

There is also an alphabetical list of recipes in the table of contents at the end of the Application Manual.

If you have any questions about cooking in the SelfCooking Center®, please contact our Chef©Line. We will be happy to give you individual advice over the telephone.

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You can reach our Technical Customer Support Service 7 days a week on:

> **Germany** + 49 8191 327888   **UK** + 44 1582-480388

Language settings: 👄 **english (UK)**

The typical designations and settings for the country change according to the language selected. Instructions for carrying this out can be found under the heading "Settings".

Have fun cooking. From your RATIONAL chefs.

Contents

Contents

1. Optimum positioning of the CT probe

Always insert the core temperature probe into the thickest point on the product. Make sure that a large part of the probe needle is in the product. Insert the core temperature probe at an angle into the product.

Use the positioning aid for small or soft food as this will hold the CT probe securely at all times.

For bakery products that rise a long way during baking, position the CT probe vertically in the middle of the product.

Different sized products in a single load:

As a rule, the CT probe should be inserted into the smallest product for loads containing products of different sizes. For cooking processes that are followed by a hold phase, such as „Overnight roasting", "Braise" or "Gentle cooking", make sure that the hold phase is long enough for the larger products to reach the desired core temperature.

For cooking processes without an integral hold phase, simply use the "Next" function to finish cooking the larger pieces. Once the smallest piece is cooked, the buzzer sounds and the "Next" button appears on the display after you open the door. Now insert the CT probe into the next largest product and press "Next". Repeat this as often as necessary.

Please follow the food hygiene regulations – temperatures for food – that are applicable in your country.

At the thickest point

Position at an angle

Position at an angle

Insert the CT probe into several pieces of meat

Insert into the breast

Insert into the breast

Insert at the thickest point on the fish
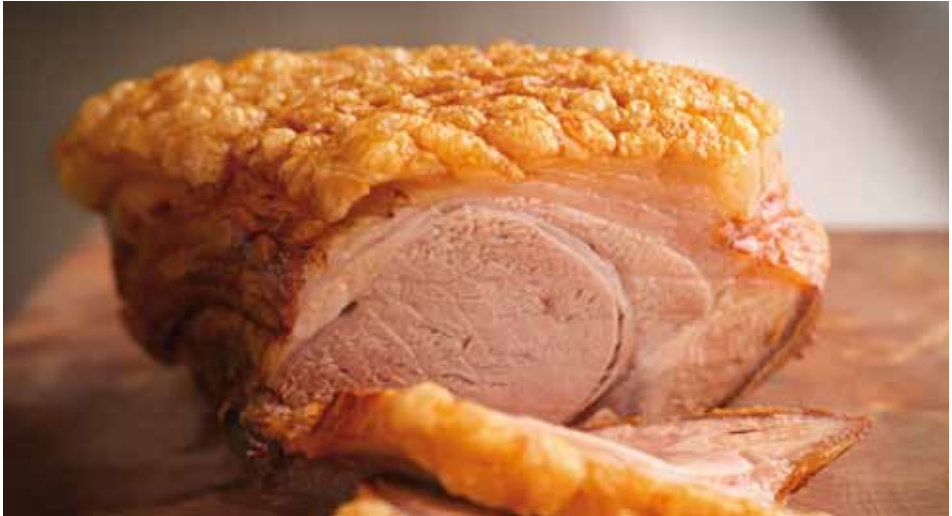

Use the positioning aid for soft products

Croissants rise quickly, so insert the CT probe vertically. Use the positioning aid.

Insert the probe into the thickest point

2. Joints

roast
For all larger pieces of meat that typically have to be cooked all the way through, and must be beautifully browned and succulent, such as roast pork, roast beef, knuckle of veal and much more. Also suitable for meat wrapped in puff pastry or bread, such as Beef Wellington.

braise
For all typical braised dishes, such as roulades, goulash, stews or pickled beef. The meat is particularly tender and can be easily cut into portions. Suitable for overnight cooking (see page 15).

roast with crackling
Suitable for all larger joints with rind that is to be nicely browned with crispy crackling, while retaining succulent meat, such as pork loin, knuckle of pork, belly of pork or baked ham.

soft roasting
Ideal for all particularly tender joints that are typically cooked until pink, such as roast beef, beef fillet, leg of lamb, saddle of veal or saddle of venison. Also suitable for meat loaf.

overnight roasting
Particularly suitable for all larger joints and large poultry, cooked medium rare or well done, such as roast beef, roast veal, roast pork, pork loin, goose, duck and many more.
Very slow cooking overnight makes the meat particularly tender and succulent (see page 15).

moist cooking
For all larger pieces of meat that are typically cooked in liquid, such as aitchbone, casserole meat, smoked loin of pork, ham and boiling sausage. Also excellent for making terrines.

An automatic hold phase means it can also be used for overnight cooking (see page 15).

Examples	recommended accessories	setting
Roast pork **Roast beef** **Spit-roasts** **Boned and rolled joints** **Stuffed breast of veal** **Knuckle of veal** **Meat loaf**	for these products, use container granite enamelled 40 mm	light [ ] dark medium **welldone**
Mustard-glazed roast veal	container granite enamelled 40 mm	**light** dark medium **welldone**
Ham in a bread crust **Fillet of beef Wellington**	for these products, use baking tray, perforated	light [ ] dark **medium** welldone
Stuffed pork loin	container granite enamelled 20 mm	light [ ] dark medium **welldone**

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Roast beef	1,5 kg	100 min
Roast pork	1 kg	75 min
Meat loaf	1 kg	75 min
Ham in a bread crust	2 kg	120 min
Haslet/liver pate	2 kg	75 min

For a perfect sauce base, put bones and root vegetables in a granite-enamelled container and roast them together with the roast meat. Then add stock to the base and bring to the boil.

Different sized pieces of meat can be cooked in a single load. Simply use the "Next" function as described in section 1.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result. You can even select the core temperature to one degree.

 braise

Examples	recommended accessories	setting
Lamb shank	for these products, use	low ☐ high
Roulades	container granite enamelled 40 mm	
Braised beef		
Osso buco		
Pickled beef		
Goulash		
Stew		
Lancashire hotpot		

Never cook braised dishes without a sauce or stock. The buzzer after the searing phase signals that you add liquid.

You can braise different types of meat in a single load, if necessary, such as lamb shanks with roulades, braised beef, osso buco, pickled beef, goulash and stew. The pieces may also be different sizes (see also page 15). Insert the core temperature probe into the smallest piece of meat. Make sure that the hold phase is long enough to ensure that the larger products reach the desired core temperature.

To braise smaller pieces of meat, e.g. goulash, skewer 2 pieces on the CT probe. Then put them back in the sauce. Make sure that the handle is not covered with sauce. We recommend that you cover the goulash.

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Roulades in sauce 250 g	1 GN approx. 22 pieces	110 min
Braised beef	1,5 kg	180 min
Goulash	1,2 kg	110 min

 If necessary, you can press the "Finishing®" button to bring your food up to serving temperature at the end of the braising process.

 The meat can also be loaded directly with sauce. It is no longer necessary to add the liquid after the searing phase. The browning is less intense, however. Select "Skip ????" in the display.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

Examples	recommended accessories	setting
Belly of pork **Crispy roasts** **Suckling pig** **Knuckle of veal** **Knuckle of pork**	for these products, use container granite enamelled 40 mm for these products, use grids	light ☐ dark medium welldone
Baked ham, cured	container granite enamelled 40 mm	light dark medium welldone
Sweet and sour belly of pork container granite enamelled 40 mm		light dark medium welldone

We recommend light browning for cured and marinated products.

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Knuckle of pork	6 pieces	60 min
Roast with crackling	1,5 kg	80 min

For perfect crackling, score the skin diagonally and sprinkle liberally with salt.

The skin is easier to score if you steam it first, so there is a steaming step integrated into the cooking process. The buzzer signals to you that the skin is ready for scoring. If the skin has already been scored, the cooking process continues automatically.

Different sized pieces of meat can be cooked in a single load. Simply use the "Next" function as described in section 1.

Simply follow the recommendation from SelfCooking Control® or select your own desired result from "light" to "dark" and from "medium rare" to "well done". You can even select the core temperature to one degree.

soft roasting

Examples	recommended accessories	setting
Beef fillet **Leg of lamb**	for these products, use grids + container granite enamelled 20 mm	low [ ] high medium welldone
Saddle of venison (red deer) **Saddle of veal** **Saddle of venison (roe deer)** **Pork fillet** **Loin of pork**	for these products, use grids + container granite enamelled 20 mm	low [ ] high medium welldone
Boned and rolled pork **Haslet**	grids + container granite enamelled 20 mm	low high medium welldone

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Saddle of venison (roe deer)	2 kg	25 min
Beef fillet	1,5 kg	35 min
Leg of lamb, medium rare	1,5 kg	55 min

Different sized pieces of meat can be cooked in a single load. Simply use the "Next" function as described in section 1.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from low to high searing temperature and from "medium rare" to "well done". You can even select the core temperature to one degree.

Examples	recommended accessories	setting
Leg of lamb **Roast beef** **Fore rib**	for these products, use grids + container granite enamelled 40 mm	low [ ] high medium welldone

With the integral maturing and holding phase, roast beef or leg of lamb remains perfectly done for up to 24 hours, and even become more tender.

Roast pork **Roast beef** **Stuffed breast of veal** **Knuckle of pork** **Belly of pork** **Roast with crackling** **Whole ducks** **Whole geese**	for these products, use grids + container granite enamelled 40 mm	low [ ] high medium welldone light [ ] dark light [ ] dark

Pieces of meat that need to reach the same level of cooking, e.g. "well done" can be cooked in a single load. For example, you could cook roast pork together with roast beef, breast of veal, knuckle of pork, belly of pork, roast with crackling, duck and goose. The pieces of meat may also be different sizes (see also page 15). Insert the core temperature probe into the smallest piece of meat. Make sure that the hold phase is long enough to ensure that the larger products reach the desired core temperature.

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Roast beef (medium)	2 kg	90 min
Leg of lamb, medium rare	1,5 kg	80 min
Roast beef	1,5 kg	160 min

To make your sauce base, put bones and root vegetables into a granite-enamelled container beneath the meat. Then add stock to the base and bring to the boil.

Using the "Crisp" button you can automatically give your food a crunchy browned finish once it has reached the desired core temperature.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from low to high searing temperature and from "medium rare" to "well done". You can even select the core temperature to one degree.

Examples	recommended accessories	setting

Aitchbone
Brisket
Pork hock
Tongue, calf's head
Belly of pork, meat stew

for these products, use
container, stainless steel 100 mm

ΔT slow [ ] quick
medium **welldone**

For an excellent stock, simply add seasonings, root vegetables and cold water to the container. You can reduce weight losses with the delta-T "slow" setting..

Smoked loin of pork
Boiled ham
Vitello tonnato
Pork shoulder
Terrines

for these products, use
container, stainless steel 100 mm

for these products, use grids

ΔT **slow** quick
medium welldone

Clear stock

container, stainless steel 100 mm

ΔT **slow** quick
medium **welldone**

You can easily clear stock and broth overnight. Add all the required seasonings and your clarifying meat to the cold stock and allow to clarify using the above setting. Place the core temperature probe in the stock.

Pieces of meat that need to reach the same level of cooking, e.g. "well done" can be cooked in a single load. For example, you could cook aitchbone together with brisket, pork hock, tongue, calf's head and belly of pork. The pieces of meat may also be different sizes (see also page 15). Insert the core temperature probe into the smallest piece of meat. Make sure that the hold phase is long enough to ensure that the larger products reach the desired core temperature.

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Beef aitchbone	2 kg	180 min
Veal aitchbone	700 g	110 min
Pork hock	1 pieces	100 min

⚠ Check the fill level of your inserts to avoid the risk of injury due to overflowing liquids.

💡 Do not add salt to prevent the meat discolouring or reddening overnight.

Simply follow the recommendation from SelfCooking Control® or select your own desired result from "slow" to "fast" and from "medium rare" to "well done". You can even select the core temperature to one degree.

Roasting, cooking and braising – even overnight.

Simply use your unit around the clock. It will carry on working for you, even though you are not in the kitchen.

The "Overnight roasting", "Gentle cooking" and "Braise" cooking processes are suitable for overnight cooking.

With overnight cooking, you can prepare all types of larger pieces of meat, including beef, veal, pork or lamb, meat loaf, roulades and goulash and goose, duck and turkey.

The quality of the food cooked overnight is excellent, and the meat is particularly tender and succulent.

The benefits of overnight cooking:

1. Meat consistency is particularly tender and succulent

2. Excellent quality stock for the best sauces

3. Minimal weight and carving losses

4. Savings on energy by using night tariffs

5. Increased capacity through 24-hour utilization

6. Takes the pressure off personnel

Overnight cooking allows you to prepare many different types of meat in a single load; the pieces do not even have to be the same size. As a rule, the CT probe should be inserted into the smallest product of such loads. Make sure that the hold phase is long enough to ensure that the larger products also reach the desired core temperature.

Further useful hints and suggestions can be found in the descriptions of the cooking processes.

3. Grill/pan fries

pan fried meat	For traditional pan fries that are nicely browned and succulent, such as rump steak, pork chops, cutlets, cubed steak or medallions of various types of meat.
grill	Typical grilled dishes from all types of meat, such as steaks or cutlets, are cooked to perfection. The GriddleGrid also gives you a perfect grilling pattern.
breaded	Breaded products such as escalopes, cutlets or cordon bleu of pork or veal are fried until crispy, juicy and golden brown.
minute grills	Suitable for all thin steaks, minute grills, wok dishes or cubed meat in which the core temperature probe cannot be used.
snacks breakfast	Snack dishes such as juicy meatballs, tiny cevapcici and small kebabs are cooked to perfection.

Examples	recommended accessories	setting
Beef tournedos **Lamb fillet** **Filet mignon**	for these products, use roasting and baking tray	light ▢ dark rare welldone
Rissoles **Cevapcici**	for these products, use container granite enamelled 20 mm	light ▢ dark rare welldone
Pork fillet **Medallions**	for these products, use roasting and baking tray	light ▢ dark rare welldone
Veal medallions	roasting and baking tray	light ▢ dark rare welldone

For the lighter types of meat you can increase the browning level to achieve a more intense colour.
Marinated steaks are better roasted with a lower browning level since most marinades brown darker.

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Medallions	100 g	6 min
Veal steak	200 g	9 min
Filet mignon	120 g	7 min
Rissoles	150 g	14 min
Pork fillet	300 g	16 min

Roasting and baking trays and granite-enamelled containers give the best roasting results because of their excellent heat transfer properties.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark" and from "medium rare" to "well done". You can even select the core temperature to one degree.

 grill

Examples	recommended accessories	setting
Rump steak **Sirloin steak**	for these products, use GriddleGrid	light ▢ dark rare welldone

| **Rack of lamb**
Rack of lamb | for these products, use
GriddleGrid | light ▢ dark
rare welldone |

When you grill marinated products, select a lighter browning level since many marinades and seasoning mixes contain sugar, and so brown darker.

| **Pork loin steak**
Veal steak
Pork neck steak | for these products, use
GriddleGrid | light ▢ dark
rare welldone |

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Rump steak	200 g	8 min
Fillet steak	200 g	10 min
Boned saddle of lamb	200 g	8 min
Pork steak	200 g	10 min
Entrecôte	250 g	11 min

The GriddleGrid also gives you an excellent grilling pattern. Place well-chilled raw meat on the GriddleGrid for a particularly nice grilling result.

Note the recommended load sizes on page 71 onwards.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark" and from "medium rare" to "well done". You can even select the core temperature to one degree.

Examples	recommended accessories	setting

Veal escalopes
Pork escalopes
Grilled vegetables

for these products, use
roasting and baking tray

thin · thick
light · dark
small · large

Select the "thin" setting if the products are less than 1.5 cm thick.
It is not necessary to use the core temperature probe.

Cordon bleu
Pork chop
Veal cutlet, breaded
Veal sweetbreads, breaded

for these products, use
roasting and baking tray

thin · **thick**
light · dark
rare · **welldone**

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Escalopes	150 g	8 min
Cordon bleu	180 g	15 min

Breaded products brown best if they are brushed evenly on both sides with clarified butter, oil or fat. The addition of paprika beneath the breadcrumbs also helps browning. There are also special fats that promote browning available.

A mixture of breadcrumbs and herbs or ground nuts, sesame and cornflakes could also be used for breading.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

minute grills

Examples	recommended accessories	setting

Cubed steak
Thin escalopes

for these products, use
roasting and baking tray

 light — dark / small — large

When you grill marinated products, you can use a lighter browning level since many marinades and seasoning mixes contain sugar, and so brown darker.

Minute grills
Fillet goujons

for these products, use
roasting and baking tray

 light — dark / small — large

Gyro-style meat

roasting and baking tray

 light — dark / small — large

Use the "large" setting for frozen products.

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Minute grills	600 g	6 min
Cubed steak	600 g	7 min

The optimum load size for a roasting and baking tray for minute grills is 600 g - 1,000 g. If you want to fry onions, steam them first for a few minutes to prevent them sticking.

You can also mix and roast vegetables beneath the meat. You would then add the sauce later.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

Examples	recommended accessories	setting
Cevapcici **Köfte** (Turkish meatballs) **Spare ribs** (precooked and marinated)	for these products, use roasting and baking tray	light [ ] dark short [ ] long
Meatballs **Beef kebabs** **Piccole grigliate**	for these products, use roasting and baking tray grill and pizza tray, preheated	light [ ] dark short [ ] long
Pork satay **Japanese kebabs** (Yakitori) **English breakfast**	for these products, use roasting and baking tray	light [ ] dark short [ ] long

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Satay sticks	65 g	5 min
Meatballs	60 g	6 min
Small beef steaks	60 g	4 min
Prawns	40 g	5 min
Scalopine (pork)	50 g	4 min

This cooking process uses LevelControl® and is thus ideal for ongoing mixed loads. Each rack is monitored separately.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

4. Poultry

roasted poultry
For all types of light poultry, whole or in pieces, such as grilled chicken, poussin, guinea fowl, quail and capon. You obtain well-browned, crispy poultry that is beautifully succulent.

breaded joints
Suitable for all breaded poultry products such as baked chicken, chicken escalopes, cordon bleu or chicken nuggets. The poultry is crispy, golden-brown and juicy.

poached poultry
This cooking process is ideal for preparing steamed chicken or turkey for salads or fricassees and boiling chicken for producing terrines and galantines.

turkey
Especially for low-fat poultry. You obtain well-browned and succulent whole turkeys, turkey breast and legs or boned and rolled turkey.

duck goose
Ideal for crispy, tender goose or duck, for whole birds, legs or breast. Barbary duck breast roasted medium rare is particularly succulent.

peking duck
This setting is ideal for preparing traditional Peking duck with its incomparably crispy skin.

fingerfood
All products that are baked until crispy, such as chicken wings, minute grills, drumsticks or chicken breast portions.

Examples	recommended accessories	setting
Grilled chicken **Poussin** **Capon** **Corn-fed chicken**	for these products, use chicken Superspike	light · dark medium · welldone

Poultry works best if you use it directly from the chiller. For large quantities, we recommend a grease drip container from the range of original accessories.

Chicken breast **Chicken supreme** **Tandoori chicken**	for these products, use roasting and baking tray	light · dark medium · welldone

Chicken legs **Chicken breast on the bone**	for these products, use container granite enamelled 40 mm	light · dark medium · welldone

Container granite enamelled have a higher edge than the roasting and baking tray and are better suited to preparing fattier poultry pieces.

Marinated chicken breast	roasting and baking tray	light · dark medium · welldone

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Grilled chicken	1 kg	30 min
Chicken supreme	200 g	12 min
Poussin	450 g	18 min
Turkey breast	200 g	10 min

💡 You can also cook different-sized products at the same time. Simply use the "Next" function as described in section 1.

Use Finishing® for short post-production times for grilled chicken. This will give you crisp and succulent chickens within 20 minutes. Section 10 on page 70 contains more information.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

	breaded joints

Examples	recommended accessories	setting
Chicken escalopes **Turkey escalopes**	for these products, use roasting and baking tray	**thin** thick — **light** dark — **small** large
Chicken nuggets	roasting and baking tray	**thin** thick — **light** dark — **small** large
Chicken cordon bleu **Poultry escalopes, frozen** **Fried chicken**	for these products, use roasting and baking tray	thin **thick** — **light** dark — medium **welldone**

Use the starting bit provided in the starter kit for all frozen products. This starting hole will make it easier to insert the core temperature probe into the product.

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Turkey escalopes	150 g	6 min
Cordon bleu	180 g	15 min
Chicken nuggets	1 kg	7 min

You can also cook different-sized products at the same time with the "thick" setting. Simply use the "Next" function as described in section 1.

Breaded products brown best if they are brushed evenly on both sides with clarified butter, oil or fat. The addition of paprika beneath the breadcrumbs also helps browning. There are also special fats that promote browning available.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

Examples	recommended accessories	setting
Chicken breast, steamed	container, stainless steel 40 mm	medium · welldone +tender

The poultry stays particularly tender and succulent in the "medium" setting.

Examples	recommended accessories	setting
Turkey breast for salad **Steamed chicken** **Poultry terrine** **Poultry timbale**	for these products, use container, stainless steel 40 mm grids muffin and timbale moulds	medium · welldone +tender
Boiling chicken	container, stainless steel 100 mm	medium · welldone +tender

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Turkey breast	1 kg	40 min
Boiling chicken	1,2 kg	160 min

Steamed poultry is particularly suitable for diet and healthy meals. There is no need for additional and there is also no acrylamide formation, so it is particularly easy to digest.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "medium" to "well done".

	turkey

Examples	recommended accessories	setting
Turkey ham **Turkey breast** **Chinese chicken**	for these products, use container granite enamelled 60 mm	light ▢ dark medium welldone
Whole turkey **Turkey legs**	for these products, use grids	light ▢ dark medium welldone
Boned and rolled turkey	container granite enamelled 60 mm	light ▢ dark medium welldone

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Turkey roast	4,5 kg	140 min
Stuffed turkey leg	1,5 kg	90 min

You can also cook different-sized products at the same time. Simply use the "Next" function as described in section 1.

You can also prepare stuffed turkey or turkey pieces. Select a lower browning level if you use marinades or seasonings that brown easily (such as a honey marinade).

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark" and from "medium" to "well done". You can even select the core temperature to one degree.

Examples	recommended accessories	setting

Roast goose
Goose leg, Duck leg
Goose breast, classic
Roast duck
Duck breast, braised

for these products,
use grids or duck SuperSpike

light · dark
rare · welldone +tender

Always select the "welldone + tender" setting for all duck and goose dishes that you wish to roast in the traditional way. This applies equally to whole birds or just legs. If you want to dress up your goose or duck with marinades or honey, do not brush these on until the cooking process has ended.

It is not necessary to pour them on while the cooking is in progress.

Wild duck

for these products, use grids

light · dark
rare · welldone +tender

Barbary duck breast,
medium rare
Duck breast, medium rare

for these products, use
container granite enamelled 20 mm

light · dark
rare · welldone +tender

For pink duck breast, always select "rare".
You can even select the core temperature to one degree.

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Roast duck	1,5 kg	100 min
Roast goose	3 kg	180 min
Duck breast, medium rare	180 g	8 min

When roasting geese/ducks, place a deep container underneath these to catch the fat produced. Goose/duck portions are best placed on a 40 mm granite-enamelled container and pour cold stock or water over them from a height of 2 cm. In order for the skin to remain crispy and the meat succulent, please take care that the unprotected side of the meat is covered with liquid. The upper side of the skin will then be crispy. After cooking, you then have the basis for the sauce in addition to the goose/duck portions.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark" and from "rare" to "welldone + tender". You can even select the core temperature to one degree.

Examples	recommended accessories	setting
Peking duck	for these products, use grids	light ▢ dark

First heat the skin of the washed duck with steam ("Steamed poultry" process) and then brush several times with a glaze made from honey, vinegar and water. Then leave to dry in a cool place for several hours, ideally beside a fan. Then finish the preparation using the above setting.

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Peking duck	1,5 kg	45 min

Chinese pancakes and strips of deseeded cucumber and spring onions are traditionally served separately with the Peking duck. Commercially-available hoisin sauce is also served with it.

Chinese pancakes
310 g wheat flour
2 tsp caster sugar
250 ml boiling water
1 tbsp sesame oil

Knead the flour, water and sugar to make a stiff dough, then leave to rest for around 30 minutes. Roll out the dough into 8 cm circles and brush with sesame oil. Then cook the dough circles in the Multibaker (see page 54).

Examples	recommended accessories	setting

Chicken wings
Satay sticks
Yakitori kebabs

for these products, use
roasting and baking tray

light ▢ dark
short ▢ long

If you soak your wooden skewers in water before filling them, they will not discolour so much during cooking.

Turkey strips
Minute grills

for these products, use
roasting and baking tray

light ▢ dark
short ▢ long

For minute grills, add the sauce after cooking.

Drumsticks
Chicken medallions
Poultry kebabs

for these products, use
roasting and baking tray

light ▢ dark
short ▢ long

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Poultry skewers	60 g	4 min
Chicken wings	60 g	6 min
Drumsticks	80 g	10 min

This cooking process uses LevelControl® and is thus ideal for ongoing mixed loads. Each rack is monitored separately.

Increase the time setting for frozen products.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

pan fried fish
All types of fish, with or without skin, fillets or whole, are particularly succulent and crispy after roasting or grilling, e.g. salmon steak, whole trout or perch fillet.

baked fish
Suitable for all types of marinated fish or fillets and for fish dishes with a vegetable or potato filling/crust. The fish is particularly succulent.

breaded fish
Breaded fish dishes of all types, such as pollack, fish fingers or breaded plaice are crispy, golden-brown and succulent.

steamed fish
Fish of all types, whole or fillets, are perfectly tender, succulent and have no leakage of protein. Also suitable for producing delicious fish terrines.

convenience roasted
Suitable for preparing frozen fish fillets or fish ready meals.

steamed seafood
Seafood for antipasti or salads, fresh or frozen, are gently steamed, e.g. octopus, squid or prawns.

fingerfood
Small cubes of fish or thin fillets and fried prawns that are too small to insert the core temperature probe are beautifully browned and juicy.

Examples	recommended accessories	setting
Salmon steak **King prawns**	for these products, use roasting and baking tray	light ▢ dark juicy welldone

Your salmon fillet stays particularly tender and succulent in the "medium" setting.

Baked fish fillet **Fish with skin on**	roasting and baking tray	light ▢ dark juicy welldone
Tuna fillet **Swordfish fillet**	for these products, use roasting and baking tray	light ▢ dark juicy welldone
Trout **Sea bream, whole** **Sea bass**	for these products, use roasting and baking tray	light ▢ dark juicy welldone

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Salmon steak	150 g	8 min
Trout, whole	350 g	12 min
Pike-perch fillet	80 g	6 min
Sea bream	400 g	14 min

☀ You can also cook different-sized products at the same time. Simply use the "Next" function as described in section 1.

The best results are obtained if you first brush your fish with oil or clarified butter. This is particularly important if you want to coat your fish with flour.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark" and from "medium" to "well done". You can even select the core temperature to one degree.

Examples	recommended accessories	setting
Perch fillet with soy marinade **Snapper fillet with oyster sauce** **Salmon fillet with tandoori paste**	for these products, use roasting and baking tray	light ▢ dark juicy welldone
Fish fillet in curry marinade **Pike-perch fillet, marinated** **Branzino alla livornese**	for these products, use roasting and baking tray	light ▢ dark juicy welldone
Fish fillet with pesto **Trout with a herb crust**	for these products, use roasting and baking tray	light dark juicy welldone

Do not coat marinated fish with flour.

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Fish fillet, thin	150 g	6 min
Perch fillet, thick	150 g	9 min

You can also cook different-sized products at the same time. Simply use the "Next" function as described in section 1.

If you place your fish on julienned vegetables and deglaze with a little white wine or rice wine after baking, the resulting stock will make a wonderful sauce.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark" and from "medium" to "well done". You can even select the core temperature to one degree.

Examples	recommended accessories	setting
Pollack fillet, breaded **Ocean perch fillet** **Whole plaice**	for these products, use roasting and baking tray	**thin** · **thick** **light** · **dark** **juicy** · **welldone**

Use the core temperature probe to cook thick pieces of fish to perfection.

Pike perch/nut crust **Perch / herbed breadcrumbs** **Hoki fillet/** **coconut breadcrumbs**	for these products, use roasting and baking tray	**thin** · **thick** **light** · **dark** **juicy** · **welldone**

Use the low browning level for fish with breadcrumb mixtures containing desiccated coconut, nuts or herbs.

Fish nuggets **Sole goujons, breaded** **Fish fingers**	for these products, use roasting and baking tray	**thin** · **thick** **light** · **dark** **small** · **large**

Cook thin pieces of fish without using the CT probe.

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Pollack, breaded	150 g	8 min
Fish fingers	1 GN	6 min

💡 You can also cook different-sized products at the same time with the "thick" setting. Simply use the "Next" function as described in section 1.

Breaded products brown best if they are brushed evenly on both sides with clarified butter, oil or fat. The addition of paprika beneath the breadcrumbs also helps browning. There are also special fats that promote browning available.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

steamed fish

Examples	recommended accessories	setting
Salmon fillet **Turbot** **Trout roulades** **Cod fillet**	for these products, use container, stainless steel 20 mm	🐟 [juicy] welldone
Pollack **Blue trout** **Carp fillet**	for these products, use container, stainless steel 20 mm	🐟 juicy [welldone]
Sole roulades **Trout soufflé**	for these products, use muffin and timbale moulds	
Fish terrine **Centrepiece fish**	for these products, use grids	

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Salmon fillet, poached	80 g	5 min
Sole roulade	150 g	7 min
Fish terrine	800 g	35 min
Salmon, whole	1,8 kg	50 min

You can also cook different-sized products at the same time. Simply use the "Next" function as described in section 1.

For terrines or timbales, use the positioning aid to insert the CT probe vertically into the middle of the mould from above.

If you add white wine and light-coloured root vegetables to the container, this will give a good base for fish sauces together with the fish stock that is produced.

If you want to steam whole fish for use as centrepieces, fill the cavity of the fish with aluminium foil. This will help it to keep its shape, and the fish will remain upright.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "medium" to "well done". You can even select the core temperature to one degree.

Examples	recommended accessories	setting
Calamari rings, frozen **Battered shrimps, frozen** **Fish fingers**	for these products, use roasting and baking tray	light — dark small — large
Pollack fillet, frozen	roasting and baking tray	light — dark small — large
Fish fillet with topping, frozen **Fish fillet with herb crust**	for these products, use roasting and baking tray	light — dark small — large

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Fish fillet, frozen	150 g	12 min
Fish fillet with topping	160 g	23 min

You can use all commonly available convenience products.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

Examples	recommended accessories	setting
Mussels **Clams**	for these products, use container, stainless steel 65 mm	thin / thick — small / large
Use julienned vegetables, white wine and herbs for even better flavour.		
Calamari **Seafood cocktail, frozen** **Prawns** **Crabs** Ideal for producing salads or antipasti	for these products, use container perforated, stainless steel	thin / thick — small / large
Squid **Octopus**	for these products, use container perforated, stainless steel	thin / thick — small / large
Crab 500 g	container perforated, stainless steel	thin / thick — juicy / welldone +tender
King prawns	container perforated, stainless steel	thin / thick — juicy / welldone +tender

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Frozen seafood	1 kg	5 min
Prawns 8/12	1 kg	7 min

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "medium" to "well done". You can even select the core temperature to one degree.

Examples	recommended accessories	setting
Cubed salmon **Red mullet fillet** **Peeled king prawns**	for these products, use roasting and baking tray	light ☐ dark short ☐ long
Sole goujons **Prawns**	for these products, use roasting and baking tray	light ☐ dark short ☐ long
Fish kebabs **Thin fish fillets** **Unpeeled king prawns** **Sardines**	for these products, use roasting and baking tray	light ☐ dark short ☐ long

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Prawns 8/12	1 kg	4 min
Cubed fish	1 kg	5 min
Thin fish fillets	1 kg	5 min

This cooking process uses LevelControl® and is thus ideal for ongoing mixed loads. Each rack is monitored separately.

We recommend 600 g – max. 1,000 g as the load size for each 1/1 GN roasting and baking tray.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

6. Side dishes

steamed vegetables
Here you can steam all types of vegetable, whether fresh or frozen. LevelControl® provides an easy way to monitor your various products.

grilled vegetables
For all grilled vegetables for antipasti, for example. The GriddleGrid also gives you a perfect grilling pattern.

steamed rice
Suitable for all types of rice of any origin and for other grain dishes such as barley, couscous or quinoa.

fried rice
Pan-fry freshly-cooked rice together with vegetables and meat or fish strips.

pasta with sauce
Add small dry pasta, such as penne and tortellini, directly to the sauce. Perfect for producing large quantities without precooking the pasta.

gratin quiches
All types of pasta and vegetable sauces work perfectly here. Particularly suitable for vegetable gratins, such as stuffed aubergines.

convenience roasted
For typical snack dishes that are traditionally prepared in the deep-fat fryer.

Examples	recommended accessories	setting
Onion slices **Spinach** **Mange-tout**	for these products, use container perforated, stainless steel	low [ ] high **2** [ ] long
Pak choi **Chinese leaves** **Leeks**	for these products, use container perforated, stainless steel	low [ ] high sh **4** long
Broccoli, frozen **Romanesco, sprouts** **Carrots, frozen**	for these products, use container perforated, stainless steel	low [ ] high sh **5** long
Cauliflower, sprouts **Carrots, chunks** **Kohlrabi, chunks** **Broccoli, sprouts**	for these products, use container perforated, stainless steel	low [ ] high sh **8** long

Use perforated stainless steel containers for these products

This cooking process uses LevelControl® and is thus ideal for ongoing mixed loads. Each rack is monitored separately.

If you want to peel onions particularly quickly, cut off the roots and steam them for 2 – 3 minutes. You will then be able to press the onions easily out of the peel. This also works with lemons (3 minutes) and tomatoes (1 minute).

Examples	recommended accessories	setting
Vegetable pieces **Diced onions** **Sliced mushrooms** **with garlic** Use a deep granite-enamelled container to produce a dish of vegetables. Then mix in a little sauce or stock.	for these products, use roasting and baking tray	light [■] dark short [■] long
Sliced courgettes **Sliced peppers** **Sliced aubergines** **Oyster mushrooms** **Tomato halves** **Chicory, sliced fennel** **Marca for paella**	for these products, use GriddleGrid/grill and pizza tray	light [■] dark short [■] long
Sweetcorn, precooked	Potato Baker	light [■] dark short [■] long
Roasted vegetables	container granite enamelled 60 mm	light [■] dark short [■] long
Aubergine halves **Paella à la carte**	GriddleGrid/grill and pizza tray	light [■] dark short [■] long

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Ø Cooking time
Sliced courgettes	6 min
Sliced peppers	6 min
Sliced aubergines	6 min
Fennel	8 min

This cooking process uses LevelControl® and is thus ideal for ongoing mixed loads. Each rack is monitored separately.

Marinate your vegetables with a little olive oil and seasoning for a short time before grilling. After grilling, you can dress your vegetables with balsamic vinegar.

To prepare rice, fill a stainless steel container with washed rice and cover this with cold water (depending on the type of rice, use a ratio of between 1.8 (long-grain) and 2.5 (round-grain) parts water).

Examples	recommended accessories	setting
Instant rice	container, stainless steel	6 long
Basmati rice **Jasmine rice** You can replace the cooking water with coconut milk.	for these products, use container, stainless steel	short 18 long
Long-grain rice **Parboiled rice** **Bulgur wheat** **Quinoa** Use stainless steel containers for these products	for these products, use container, stainless steel	short 20 long
Sticky rice **Barley** **Nishiki rice**	for these products, use container, stainless steel	short 22 long
Camargue rice (red) **Wild rice**	for these products, use container, stainless steel	short 25 long

If you want to prepare a complete dish such as a chicken biriani, simply add vegetables, meat or strips of poultry directly to the uncooked rice together with your seasonings and sauces and cook it all together. Depending on the type of sauce and vegetables, it may be possible to reduce the proportion of water for preparation.

fried rice

Examples	recommended accessories
Vegetable rice, fried	for these products, use
Nasi goreng	container granite enamelled 40 mm
Curried rice, fried	
Pan-fried rice	

The "Fry rice" cooking process is suitable for preparing pan-fried dishes with precooked rice.

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Pan-fried rice	1 kg	12 min
Nasi goreng	1 kg	12 min

Put a layer of rice 2 – 3 cm thick in your granite-enamelled container.

If you are using frozen products, please allow to thaw first or use the "Convenience" process.

Examples	recommended accessories	setting

This cooking process is suitable for preparing dried pasta in sauces.

Place the dried pasta in a GN container and cover with cold sauce.

Dried pasta absorbs liquid while it is cooking, so you should dilute your sauce with water.

For example, use 1.5 l sauce and 1.5 l water for 1 kg pasta.

The cooking time will depend on the size of the pasta. Simply enter the manufacturer's recommended cooking time, regardless of the load size.

Penne all'arrabbiata **Farfalle in tomato sauce** **Elbow pasta in cream sauce**	for these products, use container, stainless steel 100 mm	short **12** long
Tortellini in **ham/cream sauce** **Panzerotti in cream sauce**	for these products, use container, stainless steel 100 mm	short **14** long

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Penne/tomato sauce/water	1 kg / 1,5 l /1,5 l	25 min
Tortellini/cream sauce/water	1 kg / 1,5 l /1,5 l	27 min

The volume of liquid depends on the amount of pasta. The mixing ratio may vary.

The examples shown here are just a tiny selection of the possible dishes.

As a rule, only small or short types of pasta are suitable.

The finished pasta is suitable for serving directly.

Examples	recommended accessories	setting

Pasta bake
Vegetable bake

for these products, use
container granite enamelled 40 mm

light | dark
without | with

If you want a crust on the bake, use the "Gratineed" setting.
If you want a bake with a cheese topping, adjust the browning level as required.

Quiche Lorraine
Onion pie

for these products, use
container granite enamelled 40 mm

light | dark
without | with

Chicory au gratin
Broccoli au gratin

for these products, use
container granite enamelled 40 mm

light | dark
without | with

Vegetable gratin
Stuffed aubergines

for these products, use
container granite enamelled 40 mm

light | dark
without | with

If you do not want a crust on the bake, use the "Not gratineed" setting.

Paella container

container granite enamelled 40 mm

light | dark
without | with

Mix in a ratio of 1 kg rice to 1.6 l liquid

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Vegetable bake	2,5 kg	40 min

For thin vegetable pieces, insert the core temperature probe into several slices and use the positioning aid.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark" and "gratineed" or "not gratineed".

Examples	recommended accessories	setting

Mozzarella sticks — roasting and baking tray

light ☐☐☐ **dark**
small ☐☐ large

You can cook products stuffed with cheese using the "small" setting so that the cheese does not run too much.

Mini spring rolls
Wontons — for these products, use
Battered onion rings — roasting and baking tray

light ☐ **☐** dark
sma**l**l ☐ large

Stuffed chillies, frozen — roasting and baking tray

light ☐ **☐** dark
smal**l** ☐ large

Spring rolls, frozen — roasting and baking tray

light ☐ **☐** dark
smal**l** ☐ **large**

Select a smaller size setting if you are not using frozen products.

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Vegetable selection	100 g	8 min
Spring rolls		14 min
Mozzarella sticks		4 min

💡 This cooking process is generally suitable for all snack and convenience products that are traditionally prepared in the deep-fat fryer. Products that are not pre-fried or otherwise treated with fats work best if you brush or spray them with a little vegetable oil.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

7. Potato products

roast + fried potatoes
Suitable for crispy potato slices and pieces, whether fresh, convenience or frozen.

au gratin potatoes
Potato gratin, potatoes boulangère and other potato bakes can be easily prepared, without monitoring, regardless of the load size.

steamed potatoes
Here you can cook all types of potato, whether peeled or unpeeled.
Also suitable for cubed taro and all other hard vegetables, such as swede.

jacket potatoes
For whole or larger pieces of potato that are conventionally baked in the oven.

chips
Suitable for all commonly available fries. Prepare your fries with the CombiFry® without adding fat or oil.

baked convenience
Rösti, spring rolls, potato cakes and much more; you can prepare all these convenience products using this process.

dumplings
Potato, bread and semolina dumplings all work perfectly with this setting.

Examples	recommended accessories	setting
Fries, frozen, 7 mm	CombiFry®	light ☐ dark / small ☐ large
Fries, frozen, 9 mm	CombiFry®	light ☐ dark / small ☐ large
Fries, frozen, 11 mm	CombiFry®	light ☐ dark / small large

You can use all commonly available fries, either frozen or fresh, that are pre-blanched with fat. In is advisable to use blanched and pre-fried fries. Frozen fries are best used after defrosting slightly.

Examples	recommended accessories	setting
Fries, frozen, 7 mm	CombiFry®	light dark / small large
Fries, frozen, 9 mm	CombiFry®	light dark / small ☐ large

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
French fries	10 x 0.75 kg	23 min

☀ You need no additional frying fat or oil to prepare fried products. The fat content of your fries far below that of conventional preparation methods. If you want to enhance the flavour of your fries, you can mix a few drops of vegetable oil into the fries at the end.

Salt the fries after the cooking process.

The recommended load size for a CombiFry® basket is around 0.75 - 1 kg of fries.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

Examples	recommended accessories	setting
Potato wedges **Potato balls** **Potato fritters**	for these products, use roasting and baking tray	light ☐ dark smal ☐ large
Rösti, frozen **Duchesse potatoes, frozen** **Croquette potatoes, frozen**	for these products, use roasting and baking tray	light ☐ dark smal ☐ large
Potato pockets, stuffed	roasting and baking tray	light ☐ dark smal ☐ large

Select a smaller size setting if you are using defrosted products.

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Rösti	500 g	12 min
Potato wedges	1,2 kg	12 min

This cooking process is generally suitable for all snack and convenience products that are traditionally prepared in the deep-fat fryer. Products that are not pre-fried or otherwise treated with fats work best if you brush or spray them with a little vegetable oil.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

Examples	recommended accessories
Potatoes, peeled	for these products, use
Unpeeled potatoes	container, stainless steel
Potatoes, shaped	

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Potatoes	2,5 kg	35 min

💡 Preheat and then load and insert the core temperature probe into the thickest piece.

There is no need to add water. You can use this cooking process for other vegetables, such as cubed taro, sweet potatoes and swedes.

Examples	recommended accessories	setting
Baked potatoes, large	Potato Baker/grids	light ▢ dark
Potato wedges, large	roasting and baking tray	

Place the potatoes on the Potato Baker and insert the core temperature probe horizontally into the potatoes. The cooking time can be greatly reduced by using the Potato Baker.

Baked potatoes can be cooked without aluminium foil.

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Baked potatoes	20 pieces	45 min

💡 Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

 roast + fried potatoes

Examples	recommended accessories	setting
Fried potatoes, fresh **Fried potatoes with bacon**	for these products, use roasting and baking tray	light [■] dark small [■] large

Pour a little oil onto the potatoes and mix it in. If you add onions to your fried potatoes, reduce the browning level since the onions colour very quickly.

Fried potatoes, frozen **Fried potatoes, convenience**	for these products, use roasting and baking tray	light [■] dark small [■] large

Potato pieces, raw **Potato slices, thick** **Potato rissoles**	for these products, use roasting and baking tray	light [■] dark small [■] large

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Roast potatoes	1 kg	8 min
Potato wedges	1 kg	10 min

Thick potato slices can also be prepared on the GriddleGrid, giving them a lovely grill pattern and making them the ideal accompaniment to steaks and grilled dishes.

 dumplings

Examples	recommended accessories	setting
Potato dumplings **Semolina dumplings** **Bread dumplings** **Yeast dumplings**	for these products, use container, stainless steel 100 mm	

There is no need to add water.

Examples	recommended accessories	setting
Potato gratin **Potato gratin with cheese** **Potato/pear gratin** **Potato gratin, portions**	for these products, use container granite enamelled 40 mm muffin and timbale moulds	light ▢ dark
Potato gratin, frozen **prebaked** **Potatoes boulangère** **Fondant potatoes**	for these products, use container granite enamelled 40 mm	light ▢ dark

Average cooking times: effective cooking time depends on the condition, composition and quantity of the products and the selected cooking and browning level.

Example	Quantity	Ø Cooking time
Potato gratin	2 kg	40 min
Potatoes boulangère	2 kg	40 min

You can prepare your gratins in many different ways. Enhance your gratin with bacon and onions or strips of meat.

This simple recipe works particularly well; cover your chopped-up raw potatoes with cream and season with freshly chopped garlic and salt. Freshly-prepared potato gratins should be highly seasoned as the raw potatoes tend to absorb the flavour.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark" and "gratineed" or "not gratineed".

8. Egg dishes

poached boiled eggs — Hens' eggs - soft, medium or hard-boiled – can be easily prepared in large quantities. Also suitable for poached eggs.

scrambled fried eggs — Scrambled eggs, omelettes and fried eggs are quick and easy to produce with this cooking process.

egg custard — Egg garnish, flans and soft vegetable timbales all work perfectly with this setting, whether sweet or savoury.

steamed pudding — Steamed and yeast dumplings work well with this setting, as do classic pudding dishes such as Frankfurt-style pudding.

baked pudding — Light sweet or savoury soufflés are prepared with this setting.

Examples	recommended accessories	setting
Egg, soft, size M	container perforated, stainless steel	soft · hard / small · large
Egg, medium, size M	container perforated, stainless steel	soft · hard / small · large
Egg, hard-boiled, size M	container perforated, stainless steel	soft · **hard** / small · large

The examples listed here apply to class M eggs. If your eggs are larger or smaller, simply select the appropriate size from "small" to "large".

Poached eggs, size M	muffin and timbale moulds	soft · hard / small · large

The best way to produce poached eggs is to grease the muffin and timbale mould with butter before you add the eggs.

There is no need to add water when boiling eggs.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "soft" to "hard".

Examples	recommended accessories	setting

Scrambled eggs (2 litre)   container, stainless steel 65 mm

thin	**thick**

| **light** | dark |
| **soft** | hard |

Scrambled eggs work best if you stir them briefly at the end of the process. This gives the typical scrambled texture.

Fried eggs
Chinese pancakes
Lightly oil the Multibaker.

for these products, use
Multibaker

thin	thick

| light | dark |
| **short** | long |

Omelette, thin
French toast
Tortillas de patatas

container granite enamelled
roasting and baking tray

thin	thick

| light | dark |
| short | **long** |

Omelette, thick
Vegetable omelette
Ham omelette

for these products, use
container granite enamelled 60 mm

thin	**thick**

| light | dark |
| soft | **hard** |

☀ With the "thin" setting, this cooking process uses LevelControl® and is thus ideal for ongoing mixed loads. Each rack is monitored separately.

The best way to produce filled omelettes is to first make the omelette, add the filling (e.g. ham or cheese) and then fold it.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

Examples	recommended accessories	setting
Egg garnish/flan **Vegetable flan**	for these products, use container, stainless steel 65 mm	slow / quick small / **large**

To produce the custard base, mix whole egg with milk in a ratio of 1:1. Season to taste. You can use this method to produce both sweet and savoury custards. We recommend that you cover your container to prevent a skin forming during cooking.

Creme caramel	container, stainless steel 65 mm	slow / quick small / large

Broccoli flan **Beetroot flan** **Carrot flan** **Sweet vanilla flan**	for these products, use muffin and timbale moulds	slow / **quick** small / large

You can produce flans with different flavours, e.g. sweet with chocolate or with fruit.

If you select the "slow" setting, the mixture will not bubble and the result will be particularly uniform. This will greatly increase the cooking time, however.

If you are making flans from particularly watery vegetables, you can increase the proportion of egg for a firmer end result. A ratio of whole egg to pureed vegetables of 1:1 is generally used.

**baked
pudding**

Examples	recommended accessories	setting
Cherry clafoutis **Apple clafoutis** **Bread & butter pudding**	for these products, use container granite enamelled 40 mm	light ▢ dark
Bread pudding **Quark soufflé** **Fruit soufflé** **Apricot and rice pudding**	for these products, use container granite enamelled 40 mm for these products, use muffin and timbale moulds	light ▢ dark

Pour on a custard base or cover with a cream/egg yolk mixture to give your pudding or soufflé extra strength and colour.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

Examples	recommended accessories	setting
Yeast dumplings **Steamed dumplings** **Chinese rolls (Bao)**	for these products, use baking tray, perforated	👑 **slow** quick

Yeast and steamed dumplings are particularly good if you brush them with melted butter before steaming. Select the "slow" setting for larger products or quantities and for yeast doughs.

Frankfurt-style pudding **Cabinet pudding** **Mohr im Hemd** **Xmas pudding** **Tomato bread pudding**	for these products, use muffin and timbale moulds	👑 slow **quick**

Smaller products can be cooked particularly quickly using the "fast" setting.

💡 Puddings are traditional dishes that can be served either hot or cold. They can also be sweet or savoury.

This process is not suitable for producing cream puddings.

9. Baking

baking

Suitable for all sweet doughs such as biscuit or cake batter. With this button you can prepare cakes and strudels easily without setting the time or temperature.

savory baking

This is the best setting for puff pastry and savoury doughs with a crispy, shiny crust such as bread or rolls.

biscuits

Smaller products can easily be baked without a core temperature probe, e.g. small yeast products. If you select the slow fan speed, this baking process is also suitable for biscuits and profiteroles.

pastries with moisture

Small puff pastries and other crispy baked products can be baked without a core temperature probe, e.g. fleurons or cheese straws.

soufflé

Light soufflés are prepared with this setting.

proving

Yeast and sourdough can be left to "prove" using this baking process.

pizza

Fresh and prebaked pizzas and tartes flambées can be baked on n ongoing basis with LevelControl®, Ideal for the à la carte business.

Examples	recommended accessories	setting
Muffins **Tortes** **Sponge cakes** **Strudel, filled** **Strudel, savoury**	for these products, use muffin and timbale moulds cake tins baking tray, perforated	light ▢ dark
Christmas stollen **Biscuit bases** **Tray bakes**	baking tray, perforated for these products, use container granite enamelled	light ▢ dark
Yeast pastries **Hamburger buns**	for these products, use baking tray, perforated	light ▢ dark / short ▢ long
Yeast cakes	container granite enamelled 40 mm	light ▢ dark / short ▢ long
Yeast plait **Gugelhupf** **Panettone**	baking tray, perforated cake tins cake tins	light ▢ dark / short ▢ long

Select the integral proving stage for bakery products that need to be left to prove, such as yeast doughs. As a general rule, the more dough there is, the longer the proving time. You can adjust the proving time in one-minute increments.

Average baking times: The effective baking time depends on the condition, composition and quantity of the products and the selected baking and browning level.

Example	Quantity	Ø Cooking time
Muffins	12 pieces	15 min
Sponge cakes	1 kg	45 min
Yeast plait	1 kg	50 min

💡 Brush your bakery products with egg or egg yolk to increase the browning. If you do, select a lower browning level.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

savory baking

Examples	recommended accessories	setting
Turnovers **Puff pastry strudel** **Rolls, part-baked**	for these products, use roasting and baking tray baking tray, perforated	light ☐ dark
Chicken and mushroom pie		light ☐ dark
Croissant, frozen **Rolls, frozen**	for these products, use baking tray, perforated	light ☐ dark short ☐ long
Rolls, raw **Baguette** **Foccacia**	for these products, use baking tray, perforated	light ☐ dark short ☐ long
White bread **Ciabatta** **Mixed-grain bread** **Rye bread** **Wholemeal bread**	for these products, use baking tray, perforated	light ☐ dark short ☐ long

Select the integral proving stage for bakery products that need to be left to prove.

As a general rule, the more dough there is, the longer the proving time. You can adjust the proving time in one-minute increments.

Average baking times: The effective baking time depends on the condition, composition and quantity of the products and the selected baking and browning level.

Example	Quantity	Ø Cooking time
Rolls		12 min
Mixed-grain bread		45 min
Croissants	80 g	14 min

You can reheat your own baked bread using the "Finishing® bakery products" baking process. This will allow you to offer oven-baked bread right at the start of the meal.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark" and a proving time from "short" to "long".

Examples	recommended accessories	setting
Pretzels **Chelsea bun**	roasting and baking tray baking tray, perforated	light ☐ dark short ☐ long

For small baked items and biscuits, select the fan symbol to reduce the air speed.
This will reduce the speed of the fan during baking.

Examples	recommended accessories	setting
Cookies **Macaroons** **Florentines** **Wafers**	for these products, use roasting and baking tray	light ☐ dark short ☐ long
Shortcrust pastries **Profiteroles** **Biscuits**	for these products, use roasting and baking tray	light ☐ dark short ☐ long
Scones **Eclairs** **Crostata di mele**	for these products, use roasting and baking tray	light ☐ dark short ☐ long
Yorkshire pudding	Multibaker	light ☐ dark short ☐ long

Average baking times: The effective baking time depends on the condition, composition and quantity of the products and the selected baking and browning level.

Example	Ø Cooking time
Pretzels	16 min
Biscuits	11 min
Crostata di mele	25 min
Yorkshire pudding	28 min

You can bake different bakery products at the same time, provided that they are the same size, e.g. different Christmas cookies.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

pastries with moisture

Examples	recommended accessories	setting
Party rolls	baking tray, perforated	light ☐ dark, short ☐ long
Turnovers	baking tray, perforated	light ☐ dark, short [long]
Puff pastry pinwheels **Fleurons** **Cheese straws** **Small Danish pastries**	for these products, use roasting and baking tray	light ☐ dark, [short] long
Puff pastry savouries	roasting and baking tray	light ☐ dark, short ☐ long

Average baking times: The effective baking time depends on the condition, composition and quantity of the products and the selected baking and browning level.

Example	Ø Cooking time
Puff pastries	12 min

💡 If you fill fresh puff pastry with fish, poultry or meat, this will give you lovely hot canapes or snacks after baking.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

Examples	setting
Chocolate soufflé **Grand Marnier soufflé**	light ▢ dark small ▢ large

Average baking times: The effective baking time depends on the condition, composition and quantity of the products and the selected baking and browning level.

Example	Ø Cooking time
Soufflé	14 min

💡 Always place your filled soufflé dishes in a stainless steel container and fill the container with cold water (water bath). Load the two together after preheating.

You can place your soufflé mixture in a buttered and sugared mould and freeze it. You can then take the mixture directly from the freezer and bake it fresh.

Simply follow the recommendation from SelfCooking Control® or select your own desired result from "light" to "dark".

proving

Examples	recommended accessories	setting
Yeast pastries	roasting and baking tray	short ▢ long
Rolls	roasting and baking tray	short ▢ long
Bread dough **Yeast dough**	for these products, use roasting and baking tray	short ▢ long

Example	Quantity	Ø Cooking time
Rolls		10 min
Yeast dough	500 g	35 min
Sourdough	750 g	45 min

💡 As a general rule, the more dough there is, the longer the proving time. You can also leave different doughs to rise at the same time. You can adjust the proving time in one-minute increments.

Examples	recommended accessories	setting
Mini-pizza, frozen **Pizza baguette, frozen** **Pizza, fresh**	for these products, use grill and pizza tray	light [ ] dark short [ ] long
Prebaked pizza, frozen	grill and pizza tray	light dark short [ ] long
Tartes flambées **Tartes flambées with apple**	for these products, use grill and pizza tray	light dark short long
American pizza	grill and pizza tray	light [ ] dark short long
Italian pizza	grill and pizza tray	light dark short long

Average baking times: The effective baking time depends on the condition, composition and quantity of the products and the selected baking and browning level.

Example	Quantity	Ø Cooking time
Pizza, prebaked		4 min
Pizza, fresh		5 min
Tray pizza		15 min

For the very best pizza, use the original grill and pizza tray. The pizza tray is preheated with and remains in the unit.

With LevelControl® you can load the products on an ongoing basis with this baking process. You can easily prepare different fresh pizzas at the same time in this way. Ideal for snack bars and restaurants.

Simply follow the suggestion from SelfCooking Control®. If necessary, select your own desired result from "light" to "dark".

plated banquet	For completing a number of plates or trays at events such as conferences, weddings, conventional dinners, seminars, catering, etc.
plates à la carte	For completing cooked dishes for conventional service in restaurants, bistros, canteens and hotels. Ongoing loading with LevelControl®.
container	For completing cooked dishes in containers for canteens, casinos, corporate catering, buffets, etc. Finishing® with core temperature is particularly suitable for carved roasts, poultry or fish dishes.
coloration	For completing precooked chickens, large poultry and roasts.
bakery products	For completing fully baked products that simply require reheating, e.g. rolls, baguettes, tray bakes.
pizza	For completing prebaked products such as frozen pizza, tartes flambées, pizza baguettes.

Finishing® is the ideal solution for the stress-free preparation of food in any quantity. This totally avoids having to keep food hot and the associated loss of quality.

Food preparation

Use the SelfCooking Center® to prepare all the individual components some time before serving – exactly when you have time for it: in the morning, the afternoon or even a couple of days beforehand. After cooking, cool the food quickly, ideally in a shock chiller. This will immediately stop it cooking further, so there is no deterioration whatsoever in the food quality.

The chilled food can then be arranged on plates, trays or containers in peace and quiet and then stored in a chiller.

1. Cooking the food   2. Chilling   3. Arranging the cold food

Finishing®

The food is not completed with Finishing® until it is actually needed.
The "Dry", "Medium" and "Moist" settings can be used for Finishing®.
Use "Dry" for all dishes that do not need additional moisture such as breaded dishes, French fries or fried potatoes.
„Moist" is suitable for all dishes that are normally prepared in the steam such as rice, pasta and poached fish.
Use the "Medium" setting if you want to complete mixed dishes at the same time using Finishing®.

💡 Sauces are heated separately and are only added to the food after Finishing®.

Do not place the meat or fish directly on the plate – arrange it on vegetables or side dishes (e.g. pasta). This will absorb any juices that leak out.

If you want to serve fish or meat fried to perfection, lower the core temperature by 3-4 °C during preproduction.

Thin fish fillets or small seafood can also be arranged raw on the plate before Finishing®. This will keep it particularly succulent.

Finishing® Plated Banquet is suitable for completing lots of plates at the same time, e.g. for events such as weddings, birthdays or club parties.

Preparation

The food prepared in the SelfCooking Center® has already been chilled. You arrange the plates in peace and quiet according to the number of expected guests and keep them chilled in the special mobile plate racks. Arranging „à la minute" is always stressful, but now is a thing of the past. You also need fewer personnel.

Finishing®

The food should be taken from the chiller around 20 minutes before Finishing®. The plates are sent for Finishing® shortly before they are served, giving you the necessary flexibility to take typical delays in your stride. It takes around 8 minutes for Finishing® a mobile plate rack. The time can be varied to suit the size of the plated portion.

Make sure that the food, plates and mobile plate rack are all at the same temperature. After loading, insert the core temperature probe into the ceramic tube on the right-hand side of the mobile plate rack. When the Finishing® is complete, we recommend that you cover the mobile plate rack with the Thermocover for another 5-8 minutes before serving. Another mobile plate rack can then be finished in parallel if required. To do this, simply select the „Next" button on the display. The plates can be parked beneath the Thermocover for up to 20 minutes.

Running a banqueting event for 90 guests using the Finishing® system

You need: 1 SelfCooking Center® 101, mobile plate racks (2-plate capacity),
3 mobile oven racks, Thermocovers

The main course needs to be served at 20:00.

19:42 Load	→	19:50 Unload mobile plate rack 1, cover with Thermocover	→	20:00 Start serving
19:50 Load	→	19:58 Unload mobile plate rack 2, cover with Thermocover	→	20:04 Serving
19:58 Load	→	20:06 Unload mobile plate rack 3, cover with Thermocover	→	20:10 Serving
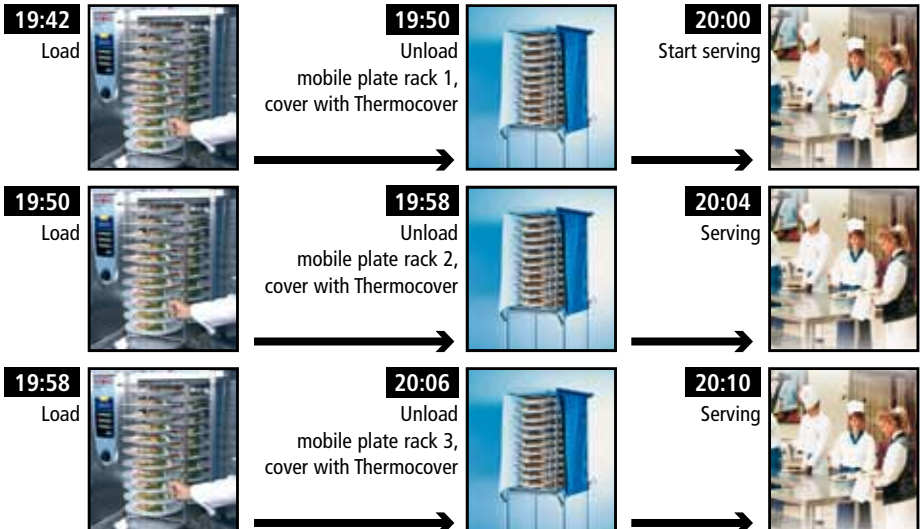
Finishing® à la carte is intended for finishing individual plates in an à la carte operation, for example.

Preparation

The food that was prepared in peace and quiet is all ready, e.g. in chiller drawers. Only when the order comes in is the cold food arranged on the plate.

Finishing®

Your food is then given the Finishing® treatment in the unit. You simply put the plates in the unit and press a level on the display. When you close the door, the time starts automatically. Everything is under control. LevelControl® monitors each rack, so you cannot forget anything. After Finishing®, simply pour on the sauce and garnish.

Of course, you could also prepare pan fries, for example, à la minute and use Finishing® for the prepared side dishes.

Examples	**setting**
Escalope with French fries **Steak with grilled vegetables** **Cordon bleu with fried potatoes** Use the „dry" setting for all crispy and fried products.	dry | | humid short | | long
Chicken breast with vegetables and potato gratin **Trout fillet with broccoli and rice** **Pork fillet with vegetables and duchesse potatoes**	dry | | humid short | | long
Poached salmon with mange-tout and rice **Seafood pasta**	dry | | humid short | | long
Vegetable side dishes	dry | | humid short | | long

Use perforated baking trays for perforated and simply insert them the other way around. The plates are easier to load and unload in this way since they slide better.

Finishing® Container is the perfect way to offer a variety of dishes in large quantities and with the highest quality. There is now no need at all to keep the food hot, which always leads to a loss of quality.

Preparation

You produce the food in advance and chill it as quickly as possible. The food is arranged attractively in containers and cooled in the chiller.

Finishing®

When you need to serve the food, then use Finishing®.

The Finishing® process with core temperature probe enables the serving temperature to be set to one degree. Simply use the "Next" function as described in section 1 to finish different sized products at the same time. Of course, you can also use Finishing® to complete different dishes on an ongoing basis by selecting the „without" core temperature probe setting. You simply put the containers in the cooking cabinet and press a level on the display. The rest of the process is monitored by LevelControl®.

The short post-production times mean that you prepare exactly the quantities that you need to serve. As a result, you always have top quality hot food ready to serve.

☼ When you cut up the food, such as a roast, and place if offset in the container, this will reduce the time needed for Finishing®.

Simply follow the recommendation from SelfCooking Control® or select the cooking time and temperature as required.

With Finishing® Bakery Products, you are now able to reheat bread or rolls from the previous day or your own baked bread from store perfectly. The particularly sensitive Finishing® process means that the baked produced become crispy and soft once more – just like freshly baked.

Rolls, prebaked
Baguette, prebaked

◑	light		dark
◈	dry		humid

☼ Simply follow the recommendation from SelfCooking Control® or select the browning you require. You can re-brown your bakery products by increasing the browning level.

coloration

Finishing® Crisp was developed specially for finishing precooked meat and poultry, such as whole grilled chicken, ducks and other roasts.

Examples	setting
Haslet **Knuckle of veal**	light ▢▢ dark
Peking duck **Duck, roast**	light ▢▢ dark
Roast with crackling **Belly of pork** **Grilled chicken**	light ▢▢ dark
Knuckle of pork	light ▢▢ dark

☀ You can also crisp different-sized products at the same time. Simply use the "Next" function as described in section 1.

Simply follow the recommendation from SelfCooking Control® or select the browning you require.

pizza

With Finishing® Pizza you can prepare up to 100 prebaked pizzas in just 10 minutes. Use our special RATIONAL pizza dishes to do this. Simply place the pizza on the pizza dish with non-stick coating and slide it onto the mobile plate rack. Then finish it in the SelfCooking Center® using Finishing® Pizza.

Examples	recommended accessories	setting
Frozen pizza, prebaked **Pizza baguette**	for these products, use grill and pizza tray	light ▢ dark short ▢ long

☀ Simply follow the recommendation from SelfCooking Control® or select the browning you require.

11. Maximum loads GN

If you have the maximum load in your SelfCooking Center®, always remember the following points:

1. If you want the food to be roasted until crispy or browned intensely, the pieces should never be placed on top of one another or too close together on a grid or insert.

2. We recommend a space of at least 1 cm between the individual items for large pieces of food.

3. Overfilling can result in uneven browning and consistency.

4. For products that rise quickly (e.g. puff pastry or yeast dough), make sure there is sufficient space between the individual racks.

5. Natural products are not identical in composition and differences in condition may lead to differences in the load size or cooking result.

6. To achieve the best possible results, always use original RATIONAL accessories.

Product	type 61 6x1/1GN	type 62 6x2/1GN	type 101 10x1/1GN	type 102 10x2/1GN	type 201 20x1/1GN	type 202 20x2/1GN
Apple strudel fresh 1 kg	6 pcs.	12 pcs.	10 pcs.	20 pcs.	20 pcs.	40 pcs.
Apple strudel port. frozen	2 pcs.	120 pcs.	100 pcs.	200 pcs.	200 pcs.	300 pcs.
Asparagus, fresh, peeled	9 kg	18 kg	15 kg	30 kg	30 kg	60 kg
Bacon slices	120 pcs.	240 pcs.	200 pcs.	400 pcs.	400 pcs.	600 pcs.
Beans, frozen	15 kg	30 kg	25 kg	50 kg	50 kg	75 kg
Beef fillet 3-4 lb	9 pcs.	18 pcs.	15 pcs.	40 pcs.	40 pcs.	60 pcs.
Beef fillet 4-5 lb	6 pcs.	12 pcs.	10 pcs.	20 pcs.	20 pcs.	40 pcs.
Beef olives 180 g	75 pcs.	150 pcs.	125 pcs.	250 pcs.	250 pcs.	400 pcs.
Beef rump	6 pcs.	12 pcs.	10 pcs.	20 pcs.	20 pcs.	40 pcs.
Blue trout	36 pcs.	72 pcs.	60 pcs.	120 pcs.	120 pcs.	240 pcs.
Boned leg of lamb	12 pcs.	24 pcs.	20 pcs.	40 pcs.	40 pcs.	60 pcs.
Bone-in goose breast	9 pcs.	18 pcs.	15 pcs.	30 pcs.	30 pcs.	60 pcs.
Broccoli	15 kg	30 kg	25 kg	50 kg	50 kg	75 kg
Carrots	15 kg	30 kg	25 kg	50 kg	50 kg	100 kg
Cauliflower, whole	12 pcs.	24 pcs.	20 pcs.	40 pcs.	40 pcs.	80 pcs.
Chicken leg	24 pcs.	48 pcs.	40 pcs.	80 pcs.	80 pcs.	120 pcs.
Choux pastry, cream puffs	45 pcs.	90 pcs.	75 pcs.	150 pcs.	150 pcs.	225 pcs.
Courgette	15 kg	30 kg	25 kg	50 kg	50 kg	75 kg
Croissant, frozen, raw	24 pcs.	48 pcs.	40 pcs.	80 pcs.	80 pcs.	160 pcs.
Danish pastries	36 pcs.	72 pcs.	60 pcs.	120 pcs.	120 pcs.	200 pcs.
Duck breast	24 pcs.	48 pcs.	40 pcs.	80 pcs.	80 pcs.	120 pcs.
Duck leg	24 pcs.	48 pcs.	40 pcs.	80 pcs.	80 pcs.	120 pcs.
Ducks 1.5-2 kg	6 pcs.	12 pcs.	10 pcs.	20 pcs.	20 pcs.	30 pcs.

11. Maximum loads GN

Product	type 61 6x1/1GN	type 62 6x2/1GN	type 101 10x1/1GN	type 102 10x2/1GN	type 201 20x1/1GN	type 202 20x2/1GN
Ducks 1.5-2 kg on Superspike	8 pcs.	16 pcs.	16 pcs.	32 pcs.	32 pcs.	48 pcs.
Dumplings	90 pcs.	180 pcs.	150 pcs.	300 pcs.	300 pcs.	450 pcs.
Egg garnish (flan)	12 litre	24 litre	20 litre	40 litre	40 litre	60 litre
Eggs, hard-boiled	200 pcs.	400 pcs.	300 pcs.	600 pcs.	600 pcs.	800 pcs.
Escalope, breaded	30 pcs.	50 pcs.	40 pcs.	75 pcs.	75 pcs.	100 pcs.
Fillet of beef Wellington	6 pcs.	12 pcs.	10 pcs.	20 pcs.	20 pcs.	30 pcs.
Fillet of veal	18 pcs.	36 pcs.	30 kg	60 kg	60 kg	100 kg
Fillet steak 200 g	27 pcs.	40 pcs.	45 pcs.	80 pcs.	80 pcs.	100 pcs.
French fries	4,5 kg	9 kg	7,5 kg	15 kg	15 kg	30 kg
Frozen pizza, tartes flambées	12 pcs.	24 pcs.	20 pcs.	40 pcs.	40 pcs.	60 pcs.
Goose	4 pcs.	8 pcs.	6 pcs.	12 pcs.	12 pcs.	24 pcs.
Grilled chicken 1300 g on H8	16 pcs.	32 pcs.	24 pcs.	48 pcs.	48 pcs.	96 pcs.
Grilled chicken 950 g on H10	20 pcs.	30 pcs.	40 pcs.	60 pcs.	60 pcs.	120 pcs.
Ham on the bone	2 pcs.	4 pcs.	3 pcs.	6 pcs.	6 pcs.	12 pcs.
Hare leg, braised	36 pcs.	72 pcs.	60 pcs.	120 pcs.	120 pcs.	180 pcs.
Jacket potatoes	18 kg	36 kg	30 kg	60 kg	60 kg	120 kg
Knuckle of pork	18 pcs.	36 pcs.	30 pcs.	60 pcs.	60 pcs.	90 pcs.
Kohlrabi	15 kg	30 kg	25 kg	50 kg	50 kg	100 kg
Lasagne/cannelloni	60 port.	120 port.	100 port.	200 port.	200 port.	300 port.
Leg of venison	12 kg	24 kg	20 kg	40 kg	40 kg	80 kg
Liver pate in aluminium dish	18 kg	36 kg	30 kg	60 kg	60 kg	100 kg
Mixed-grain bread/white bread	9 pcs.	18 pcs.	15 pcs.	30 pcs.	30 pcs.	45 pcs.
Mussels in their shells	6 kg	12 kg	10 kg	20 kg	20 kg	30 kg
Pan fried trout	18 pcs.	36 pcs.	30 pcs.	60 pcs.	60 pcs.	80 pcs.
Pike-perch fillet 150 g	36 pcs.	72 pcs.	60 pcs.	120 pcs.	120 pcs.	160 pcs.
Plaice, ready to cook	18 pcs.	36 pcs.	30 pcs.	60 pcs.	60 pcs.	90 pcs.
Pork, medallion 70 g	60 pcs.	120 pcs.	100 pcs.	200 pcs.	200 pcs.	250 pcs.
Pork, neck	9 pcs.	18 pcs.	15 pcs.	30 pcs.	30 pcs.	45 pcs.
Pork, roast with crackling	15 kg	30 kg	25 kg	50 kg	50 kg	75 kg
Potato gratin	60 port.	120 port.	100 port.	200 port.	200 port.	300 port.
Potatoes	18 kg	36 kg	30 kg	60 kg	60 kg	120 kg
Puff pastry savouries	45 pcs.	90 pcs.	75 pcs.	150 pcs.	150 pcs.	225 pcs.
Quiche Lorraine, GN	6 pcs.	12 pcs.	10 pcs.	20 pcs.	20 pcs.	40 pcs.
Rack of lamb	27 pcs.	54 pcs.	36 pcs.	72 pcs.	72 pcs.	100 pcs.

11. Maximum loads GN

Product	type 61 6x1/1GN	type 62 6x2/1GN	type 101 10x1/1GN	type 102 10x2/1GN	type 201 20x1/1GN	type 202 20x2/1GN
Rice pudding	6 kg	12 kg	10 kg	20 kg	20 kg	30 kg
Rice, ratio 1:2	6 kg	12 kg	10 kg	20 kg	20 kg	40 kg
Rissoles 100 g	30 pcs.	60 pcs.	50 pcs.	100 pcs.	100 pcs.	150 pcs.
Roast beef	24 kg	48 kg	40 kg	80 kg	80 kg	120 kg
Roast beef	3 pcs.	6 pcs.	5 pcs.	10 pcs.	10 pcs.	20 pcs.
Roast pork	24 kg	48 kg	40 kg	80 kg	80 kg	120 kg
Roast potatoes	6 kg	12 kg	10 kg	20 kg	20 kg	30 kg
Roast veal/loin of veal	18 kg	36 kg	30 kg	60 kg	60 kg	100 kg
Rump steak 200 g	27 pcs.	40 pcs.	45 pcs.	80 pcs.	80 pcs.	100 pcs.
Saddle of hare	6 pcs.	12 pcs.	10 pcs.	20 pcs.	20 pcs.	40 pcs.
Saddle of veal	18 kg	36 kg	30 kg	60 kg	60 kg	100 kg
Saddle of venison (roe deer)	6 pcs.	12 pcs.	10 pcs.	20 pcs.	20 pcs.	40 pcs.
Salmon fillet/fish fillet 150 g	36 port.	72 port.	60 port.	120 port.	120 port.	200 port.
Salmon, whole	2 pcs.	4 pcs.	3 pcs.	6 pcs.	6 pcs.	12 pcs.
Shoulder of veal/knuckle of veal	18 kg	36 kg	30 kg	60 kg	60 kg	100 kg
Smoked loin of pork	9 pcs.	18 pcs.	15 pcs.	30 pcs.	30 pcs.	45 pcs.
Sole rolls	90 pcs.	180 pcs.	150 pcs.	300 pcs.	300 pcs.	400 pcs.
Sponge base GN	6 pcs.	12 pcs.	10 pcs.	20 pcs.	20 pcs.	30 pcs.
Sponge base, round Ø 26cm	6 pcs.	12 pcs.	10 pcs.	20 pcs.	20 pcs.	30 pcs.
Stollen	6 pcs.	12 pcs.	10 pcs.	20 pcs.	20 pcs.	30 pcs.
Stuffed cabbage rolls	75 pcs.	150 pcs.	125 pcs.	250 pcs.	250 pcs.	400 pcs.
Stuffed peppers	75 pcs.	150 pcs.	125 pcs.	250 pcs.	250 pcs.	400 pcs.
Terrine mould	24 pcs.	48 pcs.	40 pcs.	80 pcs.	80 pcs.	120 pcs.
Tray bakes	60 port.	120 port.	100 port.	200 port.	200 port.	300 port.
Turkey	2 pcs.	4 pcs.	3 pcs.	6 pcs.	6 pcs.	12 pcs.
Veal aitchbone	18 kg	36 kg	30 kg	60 kg	60 kg	100 kg
Veal cutlet 250 g	27 pcs.	45 pcs.	45 pcs.	54 pcs.	63 pcs.	100 pcs.
Veal escalope, breaded	30 pcs.	60 pcs.	50 pcs.	60 pcs.	60 pcs.	100 pcs.
Veal, minute grill	6 kg	12 kg	10 kg	20 kg	20 kg	40 kg
Vegetable bake GN	60 port.	120 port.	100 port.	200 port.	200 port.	300 port.
White pudding	120 pcs.	240 pcs.	200 pcs.	400 pcs.	400 pcs.	800 pcs.
Yeast plaits 500 g	6 pcs.	12 pcs.	10 pcs.	20 pcs.	20 pcs.	30 pcs.

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