



Innovation and Food

The latest innovation and recipe ideas!

Thermodyne is 'on the pass' this time, with some 'tried and tasted' slow-cooking recipes!

Thermodyne, got one? If yes, then by now you're already a covert and busy conceiving your own exciting original menu that will give you the unique competitive edge every operator aspires to achieve. If not, welcome, and read on... as Thermodyne by Advance Group will help you raise the quality of your food, increase efficiency, reduce stress at peak times and save you money through reduced energy and food yield loss. Dribbling yet? If not, we have three recipes to get your Thermodyne experience started!

So, what is Thermodyne you're wondering? Well, it's a low-temperature system for holding, slow cooking or reheating without overcooking or drying out. Used simply as a holding cabinet it maintains food quality better and for longer than traditional methods. You see, unlike conventional and combi ovens, where the heat is introduced by air to the cabinet, it transfers the heat by conduction via the patented fluid shelf technology in the oven (see right). This means the heat is more directly and uniformly transferred to the food and the effect is gentler, slow-cooking at the perfect temperature, and then allows holding in an optimum environment for hours, without fear of overcooking or drying. This naturally takes all the stress (and swearing, plate throwing etc) out of the busy kitchen!

Err is this safe? Absolutely! However busy the kitchen, even with continuous door openings there is no temperature loss, as the fluid shelves keep delivering the correct temperature directly to the food. Advance's Steve Coates adds *"It allows chefs to hold quality food safely then serve it, in high volumes, fast."*

Thermodyne is probably the easiest-to-use slow-cooker ever. There are no confusing dials or controls, it's either on or off. But, don't



think for one minute this is de-skilling the chefs, as we've found that it acts as a platform for new inspiration, creativity and really cool ideas! Thermodyne is a true all-rounder, and we enjoy receiving innovative applications for the system from our customers, of which some have been a complete surprise! From slow-cooked belly of pork to meringues and pastries to apple crisps and on! Oh, and by the way, with all this, it costs just ten pence per hour to run...

Anyway, while we leave you to ponder every slow-cook and hold recipe you can muster, here's a few simple, but effective traditional ideas we enjoy to get the ball rolling...

Recipe 1 - Slow-cooked lamb shanks with braised baby onions and mushrooms

Ingredients

4 x lamb shanks (1.5kg)

150g button mushrooms

300g baby onions

20g fresh tarragon

4 pints of red wine gravy

Method

1. Set Thermodyne gauge to 80°C. The unit will take 30 minutes to reach operating temperature.
2. Seal the shanks off in frying pan.
3. Place into 100ml Thermodyne gastronorm container.
4. Place in the mushrooms and cover with the gravy and tarragon.
5. Place in the Thermodyne under a solid lid and cook for approximately 12 hours.
6. When cooked, hold in Thermodyne for a maximum of 6 hours, under a solid lid/or Clingfilm.

Recipe 2 - Spanish pork casserole

Ingredients

2 x pork fillets (diced)

1 x large onion

1 x each sweet pepper

500g chorizo sausage

500g new potatoes (quartered)

1 small jar of Spanish olives

2 pints of chicken gravy

Paprika

Seasoning

Bay leaves

Method

1. Place the diced pork and chorizo sausage into a Thermodyne container.
2. Add the diced peppers and onions.
3. Add the potatoes and olives.
4. Mix in the paprika.
5. Add the tomatoes and gravy and mix all together.
6. Cook in the Thermodyne covered with a solid lid or Clingfilm for a minimum of 10-12 hours.
7. Season to taste and thicken sauce if required.

Recipe 3 – Poached whole salmon

Ingredients

1 whole salmon

4 litres of fish stock

1 lemon

Black peppercorns

½ bottle white wine

1 sliced onion

½ head of celery

1 head of sliced fennel

6 bay leaves

Method

1. Ensure Thermodyne gauge is set to 80°C. The unit will take 30 minutes to reach operating temperature.
2. Place the whole salmon into a long Thermodyne container (100mm deep, 2/4 size).
3. Cover with the fish stock and ingredients.
4. Cover with Clingfilm.
5. Cook in the Thermodyne until cooked for approximately 2 ½ hours.

6. Cool down in the liquor, when cold remove from liquor and place on a clean tray.
7. Prepare as required.

