



**Cook & Hold**

**Sample Recipes**



August 2009

**Cook & Hold****Braised Pork with Prunes*****Ingredients***

1kg diced Pork  
2 large onion (chopped)  
1lt Beef Jus  
150g pitted Prunes – soaked  
Seasoning  
1/4 pt Double cream

***Method***

1. Fry off the diced pork until brown on all sides
2. Fry off the onions and add to the pork
3. Add the Beef Jus to the pork and onion mix
4. Ensure Thermodyne gauge is set 80<sup>o</sup>c, unit will take 30 minutes to reach operating temperature
5. Transfer into a Thermodyne container and cook for approximately 15 hours, under a solid lid
6. When dish is cooked add prunes and double cream
7. Hold for a maximum of 4 hours under a solid lid

## Confit of Duck Leg



### *Ingredients*

4 x Duck Leg 1.6 Kg

4 x Garlic Head

Small Bunch Of Thyme

4 Bay Leaves

2 Pints Of Oil

### *Method*

1. Ensure Thermodyne gauge is set 80c, unit will take 30 minutes to reach operating temperature
2. Place the duck legs, thyme, bay leaves, garlic, salt & pepper corns into a Thermodyne container and cover with the oil
3. Cover with cling film or solid lid and place into the Thermodyne
4. Cook for approximately 12 hours
5. When cooked hold in Thermodyne for a maximum of 6 hours, under a solid lid maximum

## **Cook & Hold**

### **Sirloin of Beef**

CT Models  
Only



### ***Ingredients***

**3.5 kg Sirloin of Beef**

### ***Method***

1. Ensure Thermodyne gauge is set 80c, unit will take 30 minutes to reach operating temperature
2. Season Beef, seal on stove, place in Thermodyne tray
3. Cook for approximately 3 hours and core temperature for 65C has been achieved
4. Place riser under cooked beef
5. Hold in Thermodyne for 2 > 3 hours (Rare), 3 > 6 hours (Medium to Well done)

Note: - CT Unit has doors for roasting of Meats

## Cook & Hold

### Whole Salmon (poached)



### *Ingredients*

1 Whole Salmon  
4 litres of fish stock  
1 Lemon  
Black Peppercorns  
1/2 bottle White Wine  
1 sliced Onion  
1/2 head of celery  
1 head of sliced Fennel  
6 Bay Leaves

### *Method*

1. Ensure Thermodyne gauge is set 80c, unit will take 30 minutes to reach operating temperature
2. Place the whole salmon into a long Thermodyne container (100mil deep, 2/4 size)
3. Cover with the fish stock and ingredients
4. Cover with Clingfilm
5. Cook in the Thermodyne until cooked, approx 2 1/2 hours
6. Cool down in the liquor, when cold remove from liquor and place on clean tray
7. Prepare as required

## Cook & Hold

### Stuffed Belly Of Pork



### *Ingredients*

1 x Whole Stuffed And Rolled Belly Of Pork 3.5 Kg

¼ Pint Of Chicken Stock

Salt & Pepper

### *Method*

1. Ensure Thermodyne gauge is set 80c, unit will take 30 minutes to reach operating temperature
2. Place the belly of pork in to a Thermodyne container, add the stock and season the belly with salt & pepper
3. Cover the container with foil so it's a sealed
4. Cook for approx 24 hrs ensure core temperature of +75c has been achieved
5. When cooked hold for maximum 4 hours, loosely covered with cling film