



# Regeneration & Hold

## Sample Recipes



August 2009

## Regeneration & Hold

### Buttered Carrots



### *Ingredients*

Carrots  
Butter  
Seasoning

### *Method*

1. Ensure Thermodyne gauge is set 80c, unit will take 30 minutes to reach operating temperature
2. The carrots will take approx 1 hour to reach the holding temperature
3. Place the carrots into the Thermodyne tray with some butter and seasoning
4. Place in the Thermodyne and cover with a solid lid
5. When core temperature has been achieved coat all the carrots with the butter & seasoning
6. When reheated to temperature, hold in Thermodyne for a maximum of 3 hours, under a solid lid

## Regeneration & Hold

# Cauliflower Cheese



## *Ingredients*

Cauliflower Florets  
Cheese sauce  
Grated cheese  
Seasoning

## *Method*

1. Ensure Thermodyne gauge is set 80c, unit will take 30 minutes to reach operating temperature
2. Place the precooked cauliflower into a high temp Thermodyne container and cover with the cheese sauce and sprinkle with the grated cheese
3. Heat through the oven and then place into the Thermodyne
4. When reheated to temperature, hold in Thermodyne for a maximum of 3 hours, under a solid lid

## Regeneration & Hold

### Grilled Flat Mushrooms



### *Ingredients*

Grilled Flat Mushrooms  
Butter  
Seasoning

### *Method*

1. Ensure Thermodyne gauge is set 80c, unit will take 30 minutes to reach operating temperature
2. Place the cooked cold grilled mushrooms into a Thermodyne tray with seasoning
3. The mushrooms will take approx 1 hour to reach the required temperature.
4. Hold in the Thermodyne for a maximum of 4 hours under a solid lid.
5. Whilst holding in the Thermodyne stir around to coat them with the seasoning and there natural juices

## Courgettes in Tomato Sauce



### *Ingredients*

Cooked Courgettes  
Tomato Sauce  
Butter  
Seasoning

### *Method*

1. Ensure Thermodyne gauge is set 80c, unit will take 30 minutes to reach operating temperature
2. Place the cooked courgettes in to a Thermodyne tray with tomato sauce and seasoning
3. The courgettes will take approximately 45 minutes to reach required temperature
4. Place the Thermodyne tray under a solid lid
5. When reheated stir the courgettes to coat with the tomato sauce hold in Thermodyne for a maximum of 2 hours, under a solid lid

## Regenerate & Hold

### Pasta Parcels in Tomato Sauce



#### *Ingredients*

*Frozen Pasta Parcels*

*Tomato Sauce*

#### *Method*

1. Ensure Thermodyne is up to temperature 80c
2. Place frozen pasta in Thermodyne tray
3. Stir in cold sauce
4. Place in Thermodyne under solid lid
5. Cook for 90 minutes – check core temperature is above 65c
6. Hold for 2 hours
7. Serve as required

## Pouch Entrees – Frozen



### *Ingredients*

Pouch Entrees — Frozen

### *Method*

1. Thermodyne set at 80c, pre heat 30 minutes before required
2. Place frozen pouch entrée in Thermodyne tray with solid lid
3. Reheat for approximately 2 to 3 hours
4. Check cooked temperature achieved
5. Hold in the Thermodyne for a maximum of 5 hours under a solid lid