

The Cooking Practise

Cooking is easy with the Eloma combi steamer. With the aid of this "Cooking practise" you will operate your new combi steamer safely, successfully and with optimum results. Models Joker EDB/EDC 6-23, Multimax A/Multimax B/Genius and 6-11 to 20-21.

COOKING MODES AND FUNCTIONS



Steaming

Steaming - Regenerating/rethermalising (large quantities) - Warming - Holding - Conserving - Thawing - Sous-vide (vacuum cooking) - Blanching Poaching - Scalding



Combi Cooking

Braising - Gentle cooking - Thawing - Regenerating/rethermalising (plates, trays, bowls) - Holding.



Convection

Roasting - Generating crisp skins - Grilling - Toasting - Baking - Gratinating



LT - Cooking

Low temperature cooking 30 - 120° C/85 - 250° F (Cook & Hold). Long term gentle cooking and holding in a thermal ripening process at low temperatures.



Core temperature

Precise electronic measuring of the core temperature with the aid of a probe punched into the center of the product.
Standard : all EDB/EDC models, not available with EDA models



Clima-Aktiv®

Best cooking chamber climate thanks to humidity adjustment and inlet of fresh air.
Standard: Joker EDB/EDC 6-23 Option : all EDB models



Climatic®

The cooking chamber climate is controlled according to the individual setting (graduated droplet symbols, biggest drop maximum and smallest drop = minimum humidity contents) Dry heat is generated through reduction of humidity and addition of fresh air. Standard with all EDC models.



Combitronic®

Automatic programming of different cooking modes in sequence.
Standard: all EDC models, manual or program operation
Standard: all EDA/EDB models: only manual operation from left to right, each cooking mode only once.

Please read in our brochure "Cooking Practise" to learn more about capacities and preparation. This brochure accompanies every appliances.

COOKING PRACTISE JOKER EDB/EDC 6-23 COOKING PRACTISE MULTIMAX A/B/Genius 6-11 to 20-21



Steaming

General:

Conventional steaming at boiling temperature 99°C / 210°F is one of the most nutritious and tender methods of preparing food. Encircled by steam the food is cooked at constant temperature. Consistency and colours are preserved. Products retain vitamins, flavour and natural taste. Nutritional values remain intact and are not washed away by water or destroyed by excessive heat.

In principle everything that is normally boiled in water or any other liquid is steamed. All vegetables, side dishes, and many fish and meat products are suitable. It is possible to cook at the same time vegetables, potatoes, rice, meat and fish. There is no transfer as regards aroma and smell from one product to the other.

With the MULTIMAX you cook in pressureless fresh steam at different temperatures:

- Vario steaming at low temperatures 30 - 98 °C / 85 - 205 °F
- Steaming at boiling temperature 99 °C / 210 °F
- Intensive steaming at 100 -130 °C / 212 - 260 °F

Advice and recommendations

Vario steaming at low temperatures 30 - 98 °C / 85 - 205° F

The perfect gentle cooking method for all sensitive foods.



Meat

Scalding of ham and sausages, especially for butchers but also for cooks who prepare their own sausages. They obtain top quality by scalding their home-made sausages at low steam temperatures between 72° and 80° C.



Fish

Fish is gently cooked in closed GN pans without additional stock. Poaching delicate fish at temperatures between 75 - 85° C guarantees best results, no falling apart. Tureen dishes set evenly.



Sweets

Perfect diced custard - no problem - at about 80 °C. Finely porous to smooth cut. Desserts like cream caramel (caramel custard) or fruit compotes are cooked gently and do not overcook at low steam temperatures. All custards and creams are filled in moulds and covered with foil afterwards.

Sous-vide:

Vacuum cooking: Cooking and re-heating of food or ready-made dishes packed in vacuum sealed pouches, at low steaming temperatures - the revolution in cooking technology. Refer to literature "La Cuisine sous-vide". by Georges Pralus/France.

Observe instructions relating to hygiene!

Product	Cooking temperature	General instructions
Meat	80 - 98° C	<ul style="list-style-type: none"> · Fill foods into special sous-vide or sealing pouches and seal vacuum tight. · The higher the vacuum, the shorter the cooking time. · Place vacuum tight pouches on grids for cooking.
Fish	70° C	
Poultry	70° C	
Vegetables	90° C	
Fruit	90° C	
Side dishes	98° C	

Blanching

Immerse salads or vegetables in boiling water prior to further treatment.

Thawing

All food is gently thawed at up to 95 °C prior to further treatment. The lower the temperature, the more gentle is thawing. Thawing times depend on sort and quality of the food and on packing material and size of containers.

Canned food

Set the temperature to approx. 80° C to can fruit, vegetables or sausages. Depending on the product and the sizes of cans, tins or jars, fruit need 20 to 30 minutes, vegetables 20 to 60 minutes and sausages, also in their skin need 1 to 3 hours.

Conventional cooking at boiling temperature of 99° C / 210° F



Vegetables

Decisive advantage: No more heating of boiling water, you start cooking right away.

Vegetables cooked in steam provide excellent retention of flavour, nutrients, colour and aroma. Cooking times depend on the quality, especially in case of fresh products. Attention : Steamed vegetables continue cooking when removed! If you don't serve them immediately, just cool them in ice or cold water. We recommend perforated pans, so that the steam can penetrate from all sides. Different kinds of vegetables may be cooked simultaneously, there is no transfer of aroma. Don't fill the deeper pans to more than 2/3 of their total height. Do not use vegetables frozen in blocks!



Side dishes

Boiled potatoes should be soaked in salted water for about one hour prior to being cooked in perforated pans. Cooking times depend on quality and size.

Other side dishes such as rice and pasta must always be prepared in **closed pans** as they need water for welling up.

Ratio rice : water = 1 : 1,5 to 1 : 2 depending on the quality. Cover pasta completely with hot water and stir from time to time.

Dumplings should be placed well apart as they rise. In case of ready-made products, observe the manufacturer's instructions. In case they are set aside prior to serving, cover the pans with foil or a damp kitchen towel to avoid drying of their surfaces..

Intensive steaming at 100 - 130° C / 212 - 260° F

Meat

Meat is cooked gently and remains juicy and tender Especially suited for diet cooking.

Stuffed vegetables

Stuffed vegetables cook gently and remain juicy, retaining flavour and colour.

Regenerating

Regenerating/rethermalising (large quantities)

Regeneration means reheating of ready-made foodstuff. The interested

Regenerating means re-heating or ready-made foodstuff. The integrated live-steam generation helps to make food look and taste most appetising and fresh.

Regenerating at high temperatures - intensive steaming - is used for larger quantities of vegetables and side dishes. Re-heating times vary between 3 and 8 minutes, according to product, quantity and quality. If the pans are filled up too high or if the products are placed too close, re-heating times will be longer.

Canned food

Use intensive steaming to can, preserve or sterilise home-made dishes, compotes or fruit. Do not use too high or big cans or jars.

Cooking

To shorten cooking times, certain robust products can be cooked at higher steam temperatures, for instance jacket potatoes or beet roots.



Combined cooking / Combi-steaming

General:

Combined cooking means that the two basic cooking methods, namely "steaming" (humid heat) and "convection" (hot dry air) are automatically combined. Food is cooked in hot air (up to 250 °C) and water is injected automatically into the oven cavity at regular intervals, enriching the hot air with humidity.

The advantages : Weight losses are minimised thanks to precisely dosed moisture. The products remain soft and juicy but crispy and brown. No need to baste the meat. It is possible to bake or roast different products simultaneously, there is no transfer of aroma.

In case a very crispy skin is wanted, just switch to "convection" at the end of the cooking process or use a Combitronic® program.

Advice and recommendations



Meat

All roasts and big poultry are cooked perfectly in the combi-cooking mode combi steaming.

Place roasts or poultry on trays or grids and make sure to arrange them well apart, otherwise they will not brown at points of contact.

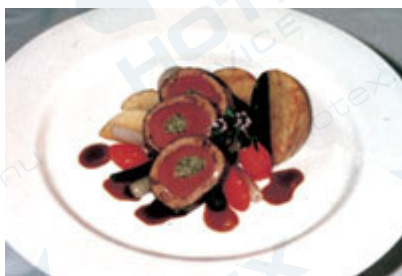


Poultry

Rule of thumb:

The bigger the roast - the lower the required temperature.
Per 1 cm thickness about 10-12 minutes cooking time.

For the preparation of sauces/gravy, just collect the dripping fat and juice in a closed pan placed underneath the grid, add roots, bones and some water or wine. Use the stock to prepare whatever sauce/gravy you want.



Regenerating

Regenerating / rethermalising of cold pre-cooked food arranged on plates, dishes or in bowls - the new trend (banquet system).

As soon as a meal is required for eating, it is a simple process to rethermalise it at temperatures of about 110-130 °C / 220° - 270° F, there is no difference between fresh and rethermalised food.

Times for rethermalising depend on quality, size and height of containers (plates, dishes, bowls, pouches etc.) and on the combination of the meal. Observe the manufacturer's instructions. Add gravy on to plates and dishes only after rethermalising.

When thawing deep frozen meals in pouches or containers the

temperature should not exceed 90°C / 200 °F



Convection / Hot air

General:

Convection is the ideal mode for baking, roasting, broiling and grilling in hot air, consequently for all products that want crispy and brown outer skins. Bake, roast and gratinate on several levels simultaneously.

By all means pre-heat the combi steamer so that the pores may close quickly after charging, thus keeping the inside juicy and tender.

Advice and recommendations



Small pieces

Roasting, broiling and grilling in hot air give the professional touch to small pieces of meat or fish, such as meat or fish fillets, cutlets, escalopes etc.

For breaded products use whatever breadcrumbs you like. Add a little mild paprika to the mixture to make the pieces look appetisingly brown.

Roast on grids except for meals made of minced meat, those should be fried on trays. All meat and fish pieces, especially breaded ones, should be brushed with melted butter, oil or any other special product, so that they can brown evenly.

Best quality and appearance is reached when you start roasting by first frying them in a pan or on whatever grill at high temperatures for a very short time. It is also possible not to finish them completely but leave them to cool and finish roasting later.



Poultry

Small poultry can be used fresh or deep frozen. Dry poultry carefully, season, brush with fat and place on grids.



Gratinating

Use hot air/convection for gratinating soups, toasts, meat, fish and vegetables. Place on pans or trays so that the heat comes mainly on the surface.



Baking

Do not forget - Preheat the oven

Set the temperature approximately 10% lower than for traditional ovens. Pastries, cakes and bread remain light and golden brown.

The lower the temperature the more uniform is the baking result.

Use the fat filter even when baking, with the exception of big trays, big cakes and bread loaves.

Place moulds and flan rings on grids and make sure to have sufficient clearance.

For enriching the hot air with humidity you may press the key for manual steam injection at the beginning of the baking process.















Low temperature - Cooking (Cook & Hold)

General:

Low temperature cooking means that food is cooked at low temperatures in slightly humid air with interval controlled fan speed.

There are two phases in this LT cooking process : First the cooking phase which preserves the proteins on the surface and second a maturing phase. Meat is getting tender and soft without losing its juice density. It can be held ready for serving for hours without losing quality.

The LT cooking is also suitable for programmed overnight cooking. For hygienic reasons, please make sure not to leave any food in the appliance at room temperature for a too long time.

Food	Preparation	Cooking mode	Temperature in °C	Time	Weight
Roast beef	Season, brush with oil.	 + 	160 60	15 minutes + min. 1 hour.	4 kg-pieces
Braised beef	Season, brush with oil.	 + 	160 85	15-20 minutes + min. 6 hours.	6 kg-pieces
Prime Rib	Fresh	 + 	160 60	20 minutes + min. 6 hours.	1 piece per GN 1/1
Stewed beef	Season, brush with oil.	 + 	130 60	30 minutes + min. 6 hours.	approx. 8 kg
Turkey	Season	 + 	130 70	45 minutes + min. 4 hours.	
Ham of pork	7% brined, slightly smoked	 + 	150 70	30 minutes + min. 4 hours.	approx. 8-9 kg



Use core temperature control

Punch the core temperature probe into the center of the product to measure precisely the core temperature. You will always achieve a uniform and optimum result. There is no need to supervise the cooking process and - additional advantage - overcooking is avoided.

Upon selection of this function, the time display indicates continuous operation. Once the set core temperature is reached, the oven switches off automatically, unless a Combitronic® program is entered and an additional step with time setting follows.

Make sure the metal top of the probe is punched completely into the product (up to the holder). In case of flat roasts, for example roast beef, punch it from the side to really meet the core.

Whatever values are mentioned here are standard values only. Differences may result from meat qualities and, of course, core temperatures depend on your individual requirements. The lower the core temperature, the lower the weight loss.

CORE TEMPERATURE - STANDARD VALUES

Beef and Veal

Fillet of beef, rare to medium	38 - 55°C
Roast beef	85 - 90°C
Brisket of beef	90 - 95°C
Fillet of veal, medium	50 - 55°C
Saddle of veal, medium	50 - 55°C
Roast veal	68 - 74°C
Stuffed breast of veal	75 - 80°C

Pork and Lamb

Ham in its crust	67 - 69°C
Roast pork	70 - 75°C
Saddle of pork	55 - 60°C
Shoulder of pork	65 - 75°C
Pork belly	75 °C
Grilled knuckle of pork	85 - 90°C
Salted knuckle of pork	85 - 90°C
Smoked spare rib	60 - 68°C
Cured pork rolled for slicing	58 - 60°C
Roast leg of lamb, medium	65 - 70°C
Roast leg of lamb, well done	80 - 85°C

Game and Poultry

Larded saddle of venison	50 - 56°C
Roast venison	75 - 80°C
Roast wild boar	75 - 78°C
Chicken	80 - 85°C
Duck	80 - 90°C
Turkey	80 - 90°C