

# **CHV Cook & Hold Oven**

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## **Guidelines**

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## Definitions

<b>Baking</b>	When utilizing a CVap® Cook & Hold Oven to bake items that normally require water during baking process, water baths are not needed. Place pans or ramekins directly on sheet pans or oven racks.
<b>Braise</b>	Cooking in a small amount of liquid. The amount of liquid involved can vary. Some recipes call for foods to be half-immersed in liquid. Other recipes call for very little liquid. Braising can be a rapid process by which foods are gently simmered (short braising), just until they're cooked through. Braising can also involve long, slow cooking (long braising). Foods may be browned before adding the liquid. When braising, bring liquid to a simmer on stove top before placing into Cook & Hold Oven. This will help expedite the cooking cycle by one to two hours. Pans do not need to be foil-covered when cooking. Four-inch (102mm) braising pans are recommended.
<b>Confit</b>	Food product is salted and slowly cooked in its own fat, or any other type of fat, such as oil. Bring fat or oil to a simmer on stove top before placing into oven. Four-inch (102mm) braising pans are recommended.
<b>Differential</b>	A CVap technology term, it refers to the difference between the oven's Vapor Temperature and Air Temperature settings. The greater the difference, the less moist the food's surface will be. Set a low differential for moist food, or a greater differential for crisper foods.
<b>High Yield Cook</b>	A CVap cooking option that gives you the maximum possible cook yield; primarily used for large, whole muscle proteins. You can enable the High Yield option after determining the cook vapor temperature and cook air temperature of your program by selecting "ON."
<b>Poach</b>	Food is gently cooked, usually submerged in a seasoned and sub-simmering liquid (160-180°F (71-82°C)). CVap poaching is using 0 to low differential heat, high humidity vapor to cook food.
<b>Proof</b>	A step in the preparation of yeast bread and other baked goods where the dough is allowed to rest and rise. Low, moist heat can accelerate the process.
<b>Retherming</b>	Rapidly elevating food product temperature from thawed or frozen state to minimum temperature of 165°F (74°C).
<b>Slow Roasting</b>	Cooking food in an uncovered pan, a method that will produce a browned or textured exterior while maintaining a moist, juicy interior. This roasting process can be utilized for either tender or tough pieces of meat. The moist environment within the CVap Cook & Hold Oven will tenderize cuts that are usually associated with braising.
<b>Sous Vide</b>	French for "under vacuum." A method of cooking where food is traditionally placed in a plastic pouch and cooked in a water bath at low temperature, using an immersion circulator. CVap technology makes it possible to cook sous vide "style" with or without bags, with no loss in temperature precision. Sous vide mode in a CVap cooking option and is enabled by choosing "Sous Vide" on the scroll wheel under Cook Air temperature; keeping in mind that the option is offered when Cook Vapor temperature is set between 90 to 150°F (91 to 150°C).
<b>Steam</b>	Steam is associated as the gaseous state of water when it reaches its boiling point of 212°F (100°C). CVap technology utilizes vapor "steam" that is 200°F (93°C) or less.
<b>Thermoisturization</b>	A term coined by Winston Shelton, it refers to the simultaneous thermalization and moisturization of food. In plain English, it describes CVap technology's use of both a dry air heat and a moist vapor heat to achieve perfect cooking or holding conditions for a particular food.
<b>Vapor</b>	In CVap technology, vapor refers to moist vapor heat, produced by heated water in the unit's evaporator. Also refers to vapor pressure, a natural phenomenon that develops as food's moisture is heated.

## Baking Guidelines

Baking	Individual Product Weight	Cook Time	Cook Vapor Temp	Cook Air Temp	Conv Fan*	High Yield	Hold Vapor Temp	Hold Air Temp
<b>Bread Pudding</b>								
Hotel Pan, Full		:45-1 hr	190-200°F 88-93°C	220-300°F 104-149°C	On	Off	190-200°F 88-93°C	192-205°F 89-96°C
Hotel Pan, Half		:30-40 min	190-200°F 88-93°C	220-300°F 104-149°C	On	Off	190-200°F 88-93°C	192-205°F 89-96°C
Ramekins	2-4 oz	:15-20 mins	190-200°F 88-93°C	220-300°F 104-149°C	On	Off	190-200°F 88-93°C	192-205°F 89-96°C
<b>Brownie</b>								
		:30-1 hr	150-200°F 66-93°C	250-350°F 121-177°C	On	Off	150-200°F 66-93°C	152-205°F 67-96°C
<b>Cheesecake</b>								
		:45-1 hr	190-200°F 88-93°C	190-220°F 88-104°C	On	Off	180-190°F 82-88°C	182-195°F 83-91°C
<b>Cornbread Muffins</b>								
			180-200°F 82-93°C	280-325°F 138-163°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Hotel Pan, Full		:45-1 hr	180-200°F 82-93°C	280-325°F 138-163°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Hotel Pan, Half		:30-40 mins	180-200°F 82-93°C	280-325°F 138-163°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Crème Brûlée	2-4oz	:15-30 mins	200°F 93°C	200-220°F 93-104°C	On	Off	-	-
Custards	2-4oz	:15-25 mins	190-200°F 88-93°C	190-200°F 88-93°C	On	Off	190-200°F 88-93°C	192-205°F 89-96°C
Sheet Cake		:15-20 mins	180-190°F 82-88°C	325-350°F 163-177°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
<b>Spoonbread</b>								
Hotel Pan, Full		:45-1 hr	190-200°F 88-93°C	220-300°F 104-149°C	On	Off	190-200°F 88-93°C	192-205°F 89-96°C
Hotel Pan, Half		:30-40 mins	190-200°F 88-93°C	220-300°F 104-149°C	On	Off	190-200°F 88-93°C	192-205°F 89-96°C
Ramekins	2-4oz	:15-20 mins	190-200°F 88-93°C	220-300°F 104-149°C	On	Off	190-200°F 88-93°C	192-205°F 89-96°C
<p><b>Note:</b> Baked products require a range of differentials. Soft foods require a low differential temperature. This ranges from 30 to 100°F (16 to 55°C). Firmer baked products (cakes, muffins, etc.) require a differential of 100 to 150°F (55 to 83°C). Experiment to find best setting for your needs.</p>								

We recommend setting Hold Time to Infinite, as hold times may vary, depending on menu and quality standards.

\*Series 7 only.

## Braising Guidelines

Braising	Individual Product Weight	Cook Time	Cook Vapor Temp	Cook Air Temp	Conv Fan*	High Yield	Hold Vapor Temp	Hold Air Temp
<b>Beef</b>								
Brisket, Boneless, Portioned	1-2 lbs	4-6 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Chuck, Shoulder Clod, Portioned	1-2 lbs	4-6 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Oxtails		2-3 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Rib, Back Ribs		3-5 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Short Rib, Bone-In	2-3 lbs	2-4 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Short Rib, Boneless	1-2 lbs	2-3 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Tongue, Swiss Cut	1.5-2.5 lbs	3-5 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
<b>Lamb</b>								
Foreshank	1-2 lbs	3-5 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Hindshank	1-2 lbs	3-5 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Leg, Boneless, Netted	5-8 lbs	3-5 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Leg, Inside, Boneless	1-2 lbs	1-2 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Shoulder, Outside, Boneless	2-5 lbs	2-4 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Shoulder, Ribs	1-4 lbs	2-4 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Shoulder, Square Cut, Boneless	4-7 lbs	3-5 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
<b>Other</b>								
Chicken, Quartered		2-3 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Duck, Quartered		3-4 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Potatoes, New or Quartered		1-2 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Roulades	8oz-2 lbs	:30-1 hr	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Vegetables		:30-2 hr	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C

We recommend setting Hold Time to Infinite, as hold times may vary, depending on menu and quality standards.

\*Series 7 only.

## Braising Guidelines

Braising	Individual Product Weight	Cook Time	Cook Vapor Temp	Cook Air Temp	Convc Fan*	High Yield	Hold Vapor Temp	Hold Air Temp
<b>Pork</b>								
Belly	1-2 lbs	2-4 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Hocks, Cooked/Smoked	.5-1.5 lbs	1.5-2.5 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Loin, Back Ribs	1.5-2.5 lbs	2-4 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Loin, Country-Style Ribs	2-3 lbs	2-4 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Pigs Feet		3-5 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Spareribs, St. Louis Style	1.5-3 lbs	2-4 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
<b>Veal</b>								
Cheeks	.5-1 lb	3-4 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Chuck, Shoulder Clod, Roast	3-6 lbs	3-5 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Foreshank	1-5 lbs	3-5 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Hindshank	1-5 lbs	3-5hr	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Leg, Boneless, Roast	7-10 lbs	4-6 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Leg, Top Round, Cap Off	3-8 lbs	3-5 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Osso Buco, Hindshank	2-8 oz	2-3 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Tongue, Swiss Cut	1-2 lbs	4-5 hrs	180-200°F 82-93°C	210-300°F 99-149°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
<p><b>Note:</b> Braising proteins or carbohydrates a differential temperature range of 30 to 100°F (16 to 55°C). Experiment to find best setting for your needs.</p>								

We recommend setting Hold Time to Infinite, as hold times may vary, depending on menu and quality standards.

\*Series 7 only.

## Poaching / Confit Guidelines

Poaching / Confit	Individual Product Weight	Cook Time	Cook Vapor Temp	Cook Air Temp	Convc Fan*	High Yield	Hold Vapor Temp	Hold Air Temp
<b>Pork</b>		3-6 hrs	140-180°F 60-82°C	140-200°F 60-93°C	On	Off	140-180°F 60-82°C	142-185°F 61-85°C
<b>Poultry</b>								
<b>Chicken, Quarter</b>		2-6 hrs	140-180°F 60-82°C	140-200°F 60-93°C	On	Off	140-180°F 60-82°C	142-185°F 61-85°C
<b>Duck, Quartered</b>		2-6 hrs	140-180°F 60-82°C	140-200°F 60-93°C	On	Off	140-180°F 60-82°C	142-185°F 61-85°C
<b>Game Birds</b>		1-2 hrs	140-180°F 60-82°C	140-200°F 60-93°C	On	Off	140-180°F 60-82°C	142-185°F 61-85°C
<b>Other</b>								
<b>Potatoes</b>		1-2 hrs	160-180°F 60-82°C	160-200°F 71-93°C	On	Off	160-180°F 60-82°C	162-185°F 72-85°C
<b>Seafood</b>		:30-1 hr	130-180°F 54-82°C	130-200°F 54-93°C	On	Off	130-180°F 54-82°C	132-185°F 56-85°C
<b>Tongue</b>		4-6 hrs	140-180°F 60-82°C	140-200°F 60-93°C	On	Off	140-180°F 60-82°C	142-185°F 61-85°C
<b>Vegetables</b>		1-2 hrs	170-190°F 76-88°C	170-210°F 76-99°C	On	Off	170-190°F 76-88°C	172-195°F 78-91°C

**Note:** Poaching/confit requires a differential temperature range of 0 to 20°F (0 to 11°C). Experiment to find best setting for your needs.

We recommend setting Hold Time to Infinite, as hold times may vary, depending on menu and quality standards.

\*Series 7 only.

## Proofing Guidelines

Proofing	Individual Product Weight	Cook Time	Cook Vapor Temp	Cook Air Temp	Convc Fan*	High Yield	Hold Vapor Temp	Hold Air Temp
<b>Yeast, Dough</b>	Varies	:20-40 mins	90-100°F 32-38°C	90-110°F 32-43°C	On	Off	-	-
<b>Yeast, Sponge</b>	Varies	:15-20 mins	90-100°F 32-38°C	90-110°F 32-43°C	On	Off	-	-

**Note:** Proofing requires a differential temperature range of 0 to 10°F (0 to 5°C). Experiment to find best setting for your needs.

Time is dependent on type of dough. The heavier and the more inclusions inside dough, the longer the proof.

\*Series 7 only.

## Retherming Guidelines

Retherming	Individual Product Weight	Cook Time	Cook Vapor Temp	Cook Air Temp	Convc Fan*	High Yield	Hold Vapor Temp	Hold Air Temp
<b>Entrees/Casseroles</b> (includes products such as lasagna, beef tips, tuna, au gratin potatoes)		:30-2 hrs	190-200°F 88-93°C	220-325°F 104-163°C	On	Off	190-200°F 88-93°C	192-205°F 89-96°C
<p><b>Note:</b> Entree and casserole products require a differential temperature range of 30 to 125°F (16 to 69°C). Experiment to find best setting for your needs.</p>								
<b>Meats</b>								
<b>Fully Cooked Meats</b>								
Beef, Ribeye Roll	9-12 lbs	4-7 hrs	130-165°F 54-74°C	140-215°F 60-102°C	On	Off	135-165°F 57-74°C	137-170°F 58-77°C
Hamburger	2-4 oz	:30-1hr	150-200°F 66-93°C	150-300°F 66-93°C	On	Off	150-200°F 66-93°C	152-205°F 67-96°C
Hot Dog	2-4 oz	:30-1hr	150-200°F 66-93°C	150-300°F 66-149°C	On	Off	150-200°F 66-93°C	152-205°F 67-96°C
Portioned	4oz-1lb	1-2 hrs	130-180°F 54-82°C	130-280°F 54-138°C	On	Off	135-180°F 57-82°C	137-185°F 58-85°C
Whole	8-12 lbs	4-7 hrs	130-180°F 54-82°C	130-280°F 54-138°C	On	Off	135-180°F 57-82°C	137-185°F 58-85°C
Pork, Hams (whole, unsliced)	4-8 lbs	4-6 hrs	170-190°F 77-88°C	180-240°F 82-116°C	On	On	170-190°F 77-88°C	172-195°F 78-91°C
Pork, Ribs	1-2.5 lbs	2-3 hrs	170-200°F 77-93°C	180-250°F 82-121°C	On	On	170-200°F 77-93°C	172-205°F 78-96°C
<b>Turkeys (fully cooked)</b>								
Roll Boneless	4-8 lbs	2-4 hrs	170-190°F 77-88°C	190-240°F 88-116°C	On	Off	170-190°F 77-88°C	172-195°F 78-91°C
Whole Breast	4-8 lbs	2-4hr	170-190°F 77-88°C	190-240°F 88-116°C	On	Off	170-190°F 77-88°C	172-195°F 78-91°C
<p><b>Note:</b> Fully-cooked protein products require a differential temperature range of 0 to 50°F (0 to 28°C). Experiment to find best setting for your needs.</p>								
<b>Packaged Foods, Ready-to-Cook (Chubs, Bags, etc.)</b>								
<b>Moist Soft Foods</b>		:30-1hr	180-200°F 82-93°C	180-250°F 82-121°C	On	Off	190-200°F 88-93°C	192-205°F 89-96°C
<b>Soup, Vegetables, Meals, Pastas</b>								
Frozen	3-5lbs	1-3 hrs	190-200°F 88-93°C	190-250°F 88-121°C	On	Off	190-200°F 88-93°C	192-205°F 89-96°C
Thawed/Slacked	3-5lbs	:30-2 hrs	190-200°F 88-93°C	190-250°F 88-121°C	On	Off	190-200°F 88-93°C	192-205°F 89-96°C
<p><b>Note:</b> Packaged or ready-to-cook products require a differential temperature range of 0 to 50°F (0 to 28°C). Experiment to find best setting for your needs.</p>								

We recommend setting Hold Time to Infinite, as hold times may vary, depending on menu and quality standards.

\*Series 7 only.



## Slow Roasting Guidelines

Roasting/Slow Roasting	Individual Product Weight	Cook Time	Cook Vapor Temp	Cook Air Temp	Convc Fan*	High Yield	Hold Vapor Temp	Hold Air Temp
<b>Beef</b>								
Beef Ribs	weight varies	4-6 hrs	180-200°F 82-93°C	230-250°F 110-121°C	On	Off	135-145°F 57-63°C	136-146°F 58-63°C
Brisket	6-12 lbs	6-10 hrs	180-200°F 82-93°C	230-250°F 110-121°C	On	Off	180-200°F 82-93°C	182-202°F 83-94°C
Corned Beef	5-10 lbs	4-6 hrs	180-200°F 82-93°C	210-220°F 99-104°C	On	Off	190-200°F 88-93°C	195-200°F 91-93°C
Hamburgers		:30-1hr	130-150°F 54-66°C	160-250°F 71-121°C	Off	Off	135-150°F 57-66°C	132-155°F 56-68°C
<b>Loin, Bottom Sirloin Butt</b>	5-10 lbs							
Medium		3-6 hrs	140-145°F 60-63°C	160-195°F 71-91°C	On	On	140-145°F 60-63°C	142-150°F 61-66°C
Rare		3-6 hrs	130-135°F 54-57°C	150-185°F 66-85°C	On	On	135-140°F 57-60°C	137-142°F 58-61°C
<b>Loin, Top Sirloin Butt</b>	8-14 lbs							
Medium		5-7 hrs	140-145°F 60-63°C	160-195°F 71-91°C	On	On	140-145°F 60-63°C	142-150°F 61-66°C
Rare		5-7 hrs	130-135°F 54-57°C	150-185°F 66-85°C	On	On	135-140°F 57-60°C	137-142°F 58-61°C
Meatloaf	1-2 lbs	:45-1:30 hr	155-165°F 68-74°C	350°F 177°C	On		155-165°F 68-74°C	157-170°F 69-77°C
Portions Filet	4oz-1 lb	:15-1hr	130-150°F 54-66°C	160-350°F 71-177°C	On	Off	135-150°F 57-66°C	137-142°F 58-61°C
<b>Rib, Ribeye, Lip-On</b>	9-15 lbs							
Medium		5-7 hrs	140-145°F 60-63°C	160-220°F 71-104°C	On	On	140-145°F 60-63°C	142-150°F 61-66°C
Rare		5-7 hrs	130-135°F 54-57°C	150-210°F 66-99°C	On	On	135-140°F 57-60°C	137-142°F 58-61°C
<b>Rib, Ribeye Roll, Bone In</b>	11-16 lbs							
Medium		5-7 hrs	140-145°F 60-63°C	160-220°F 71-104°C	On	On	140-145°F 60-63°C	142-150°F 61-66°C
Rare		5-7 hrs	130-135°F 54-57°C	150-210°F 66-99°C	On	On	135-140°F 57-60°C	137-142°F 58-61°C
<b>Rib, Roast-Ready</b>	14-20 lbs							
Medium			140-145°F 60-63°C	160-220°F 71-104°C	On	On	140-145°F 60-63°C	142-150°F 61-66°C
Rare		6-8 hrs	130-135°F 54-57°C	150-210°F 66-99°C	On	On	135-140°F 57-60°C	137-142°F 58-61°C
<b>Round, Eye of Round</b>	3-5 lbs							
Medium		3-4 hrs	140-145°F 60-63°C	160-195°F 71-91°C	On	On	140-145°F 60-63°C	142-150°F 61-66°C
Rare		3-4 hrs	130-135°F 54-57°C	150-185°F 66-85°C	On	On	135-140°F 57-60°C	137-142°F 58-61°C

We recommend setting Hold Time to Infinite, as hold times may vary, depending on menu and quality standards.

\*Series 7 only.

## Slow Roasting Guidelines

Roasting/Slow Roasting	Individual Product Weight	Cook Time	Cook Vapor Temp	Cook Air Temp	Convc Fan*	High Yield	Hold Vapor Temp	Hold Air Temp
<b>Beef (continued)</b>								
<b>Round, Knuckle</b>	8-12 lbs							
Medium		4-6 hrs	140-145°F 60-63°C	160-195°F 71-91°C	On	On	140-145°F 60-63°C	142-150°F 61-66°C
Rare		4-6 hrs	130-135°F 54-57°C	150-185°F 66-85°C	On	On	135-140°F 57-60°C	137-142°F 58-61°C
<b>Round, Outside Round (Flat)</b>	8-16 lbs							
Medium		5-7 hrs	140-145°F 60-63°C	160-195°F 71-91°C	On	On	140-145°F 60-63°C	142-150°F 61-66°C
Rare		5-7 hrs	130-135°F 54-57°C	150-185°F 66-85°C	On	On	135-140°F 57-60°C	137-142°F 58-61°C
<b>Round, Rump (Steamship)</b>	44-52 lbs							
Medium		14-18 hrs	140-145°F 60-63°C	160-195°F 71-91°C	On	On	140-145°F 60-63°C	142-150°F 61-66°C
Rare		14-18 hrs	130-135°F 54-57°C	150-185°F 66-85°C	On	On	135-140°F 57-60°C	137-142°F 58-61°C
<b>Round, Top (Inside)</b>	12-15 lbs							
Medium		5-7 hrs	140-145°F 60-63°C	160-195°F 71-91°C	On	On	140-145°F 60-63°C	142-150°F 61-66°C
Rare		5-7 hrs	130-135°F 54-57°C	150-185°F 66-85°C	On	On	135-140°F 57-60°C	137-142°F 58-61°C
<b>Sirloin, Top</b>	10-16 lbs							
Medium		5-7 hrs	140-145°F 60-63°C	160-195°F 71-91°C	On	On	140-145°F 60-63°C	142-150°F 61-66°C
Rare		5-7 hrs	130-135°F 54-57°C	150-185°F 66-85°C	On	On	135-140°F 57-60°C	137-142°F 58-61°C
<b>Steak Cuts</b>	4oz-1 lb	:15-1 hr	130-150°F 54-66°C	160-350 71-177°C	On	Off	135-150°F 57-66°C	132-155°F 56-68°C
<b>Tenderloin</b>	3-6 lbs							
Medium		:45-2 hrs	140-145°F 60-63°C	170-245°F 71-118°C	On	Off	140-145°F 60-63°C	142-150°F 61-66°C
Rare		:45-2 hrs	130-135°F 54-57°C	160-235°F 71-113°C	On	Off	135-140°F 57-60°C	137-142°F 58-61°C
<p><b>Note:</b> Slow roasting beef products requires a differential temperature range of 20 to 100°F (11 to 55°C). Experiment to find best setting for your needs.</p>								

We recommend setting Hold Time to Infinite, as hold times may vary, depending on menu and quality standards.

\*Series 7 only.

## Slow Roasting Guidelines

Roasting/Slow Roasting	Individual Product Weight	Cook Time	Cook Vapor Temp	Cook Air Temp	Convc Fan*	High Yield	Hold Vapor Temp	Hold Air Temp
<b>Chicken</b>								
Breast, Boneless	4oz-1 lb	:20-1hr	140-165°F 60-74°C	160-240°F 71-116°C	On	Off	140-165°F 60-74°C	142-170°F 61-77°C
Halves	1-1.5 lbs	:45-1hr	165-185°F 74-85°C	175-260°F 79-127°C	On	Off	165-185°F 74-85°C	167-190°F 75-88°C
Legs/Thighs, Quartered		:30-1hr	165-185°F 74-85°C	175-260°F 79-127°C	On	Off	165-185°F 74-85°C	167-190°F 75-88°C
Whole	2.25-4 lbs	:45-2 hrs	130-150°F 54-66°C	350°F 177°C	Off	Off	135-150°F 57-66°C	137-155°F 58-68°C
<b>Lamb</b>								
Leg, Inside, Boneless	1-2 lbs	1-2 hrs	130-150°F 54-66°C	150-250°F 66-121°C	On	Off	135-150°F 57-66°C	137-155°F 58-68°C
Leg, Sirloin Tip	1-2.5 lbs	1-2 hrs	130-150°F 54-66°C	150-250°F 66-121°C	On	Off	130-150°F 54-66°C	137-155°F 58-68°C
Leg, Steamship, Bone Removed	5-9 lbs	3-6 hrs	130-150°F 54-66°C	150-250°F 66-121°C	On	Off	130-150°F 54-66°C	137-155°F 58-68°C
Leg, Trotter Off, Part Boneless	4-8 lb	3-5 hrs	130-150°F 54-66°C	150-250°F 66-121°C	On	Off	130-150°F 54-66°C	137-155°F 58-68°C
Rack, Ribeye Roll	1-2.5 lbs	1-2 hrs	130-140°F 54-60°C	160-240°F 71-116°C	On	Off	135-140°F 57-60°C	137-145°F 58-63°C
Ribs, Breast Bones Off	2-4 lbs	2.5-5 hrs	180-200°F 82-93°C	190-230°F 88-110°C	On	On	180-200°F 82-93°C	182-205°F 83-96°C
Shoulder, Outside, Boneless	2-5 lbs	2-3 hrs	130-150°F 54-66°C	150-250°F 66-121°C	On	Off	135-150°F 57-66°C	137-155°F 58-68°C
Shoulder, Ribs	2-4 lbs	2.5-5 hrs	180-200°F 82-93°C	190-230°F 88-110°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Shoulder, Square Cut, Boneless	4-7 lbs	2-4 hrs	130-150°F 54-66°C	150-250°F 66-121°C	On	Off	135-150°F 57-66°C	137-155°F 58-68°C
Sirloin, Boneless	2-4 lbs	2-3 hrs	130-150°F 54-66°C	150-250°F 66-121°C	On	Off	135-150°F 57-66°C	137-155°F 58-68°C
<b>Pork</b>								
Bacon, Sliced, Layout	Varies	:15-:30 mins	150-200°F 66-93°C	340-350°F 171-177°C	On	Off	135-140°F 57-60°C	160-165°F 71-74°C
Leg, Fresh Ham, Inside	5-8 lbs	3-5 hrs	170-190°F 77-88°C	190-240°F 88-116°C	On	Off	170-190°F 77-88°C	172-195°F 78-91°C
Loin, Bone-In, Center Cut, 8-Ribs, Roast	1.5-2.2+ lbs	2-4 hrs	145°F 63°C	155-195°F 68-91°C	On	Off	145°F 63°C	147-150°F 64-66°C
Loin, Boneless, Roast	6-12 lbs	2-4 hrs	145°F 63°C	155-195°F 68-91°C	On	Off	145°F 63°C	147-150°F 64-66°C
Loin, Country-Style Ribs	2-3 lbs	3-5 hrs	180-200°F 82-93°C	200-250°F 93-121°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Pork Chops	4oz-1 lbs	:15-1 hrs	145-165°F 63-74°C	190-350	On	Off	145-165°F 63-74°C	147-170°F 64-77°C

We recommend setting Hold Time to Infinite, as hold times may vary, depending on menu and quality standards.

\*Series 7 only.

## Slow Roasting Guidelines

Roasting/Slow Roasting	Individual Product Weight	Cook Time	Cook Vapor Temp	Cook Air Temp	Convc Fan*	High Yield	Hold Vapor Temp	Hold Air Temp
<b>Pork (continued)</b>								
Pork Ribs - Back, Spare, St. Louis	1.5-5+ lbs	3-6 hrs	180-200°F 82-93°C	180-240°F 82-116°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
		:45-1:30 hrs	145°F 63°C	235-350°F 113-178°C	On	Off	145°F 63°C	147-150°F 64-66°C
Roasting Pig, Suckling	20-25 lbs	5-7 hrs	180-200°F 82-93°C	280-350°F 138-177°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Shoulder, Boston Butt, Bone-In	4-12 lbs	5-8 hrs	180-200°F 82-93°C	180-230°F 82-110°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Shoulder, Boston Butt, Boneless	4-12 lbs	5-8 hrs	180-200°F 82-93°C	180-230°F 82-110°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Shoulder, Picnic	4-12 lbs	5-8 hrs	180-200°F 82-93°C	180-230°F 82-110°C	On	Off	180-200°F 82-93°C	182-205°F 83-96°C
Sausage, Links or Patties	Varies	:20-:40 mins	150-200°F 66-93°C	340-350°F 171-177°C	On	Off	135-140°F 57-60°C	160-165°F 71-74°C
Tenderloin	1-1.5+	:15-45 mins	145°F 63°C	230-350°F 110-177°C	On	Off	145°F 63°C	147-150°F 64-66°C
		:1-1:30 hrs	145°F 63°C	145-190°F 63-88°C	On	Off	145°F 63°C	147-150°F 64-66°C
<b>Potatoes</b>								
Halved / Quartered		20-45 mins	130-150°F 54-66°C	230-350°F 110-177°C	On	Off	135-150°F 57-66°C	137-155°F 58-68°C
New, Whole		:30-1:30 hrs	130-150°F 54-66°C	230-350°F 110-177°C	On	Off	135-150°F 57-66°C	137-155°F 58-68°C
Quartered		:30-1:30 hrs	130-150°F 54-66°C	230-350°F 110-177°C	On	Off	135-150°F 57-66°C	137-155°F 58-68°C
Whole 60-90ct.		1-2 hrs	150-200°F 66-93°C	350°F 177°C	On	Off	175-185°F 79-85°C	245-255°F 118-124°C
<b>Turkey</b>								
Legs/Thighs, Quartered		:45-1:30 hrs	170-190°F 77-88°C	220-290°F 104-143°C	On	Off	170-190°F 77-88°C	172-195°F 78-91°C
Roast, Boneless	4-8 lbs	2-4 hrs	170-190°F 77-88°C	190-240°F 88-116°C	On	Off	170-190°F 77-88°C	172-195°F 78-91°C
Whole	13-20 lbs	6-8 hrs	170-190°F 77-88°C	200-265°F 93-129°C	On	Off	170-190°F 77-88°C	172-195°F 78-91°C
<b>Seafood</b>								
Fish, Portioned (4-8oz.)	4-12 oz	10-30 mins	140-160°F 60-71°C	190-350°F 88-177°C	On	Off	140-160°F 60-71°C	142-165°F 61-74°C
Fish, Whole (1-2 lbs)	1-2 lbs	:40-1hrs	140-160°F 60-71°C	190-350°F 88-177°C	On	Off	140-160°F 60-71°C	142-165°F 61-74°C

We recommend setting Hold Time to Infinite, as hold times may vary, depending on menu and quality standards.

\*Series 7 only.

## Slow Roasting Guidelines

Roasting/Slow Roasting	Individual Product Weight	Cook Time	Cook Vapor Temp	Cook Air Temp	Convc Fan*	High Yield	Hold Vapor Temp	Hold Air Temp
<b>Veal</b>								
Chuck, Shoulder Clod, Roast	2-6 lbs	2-4 hrs	130-145°F 54-63°C	150-245°F 66-118°C	On	Off	135-145°F 57-63°C	137-150°F 58-66°C
Chuck, Square Cut, Boneless	10-19 lbs	5-8 hrs	130-145°F 54-63°C	150-245°F 66-118°C	On	Off	135-145°F 57-63°C	137-150°F 58-66°C
Hotel Rack, 6-Ribs	3-5 lbs	2-4 hrs	130-145°F 54-63°C	150-245°F 66-118°C	On	Off	135-145°F 57-63°C	137-150°F 58-66°C
Hotel Rack, Chop-Ready, Frenched	2-5 lbs	2-4 hrs	130-145°F 54-63°C	150-245°F 66-118°C	On	Off	135-145°F 57-63°C	137-150°F 58-66°C
Legs	19-27 lbs	8-10 hrs	130-145°F 54-63°C	150-245°F 66-118°C	On	Off	135-145°F 57-63°C	137-150°F 58-66°C
Legs, Boneless, Roast Ready	7-10 lbs	3-6 hrs	130-145°F 54-63°C	150-245°F 66-118°C	On	Off	135-145°F 57-63°C	137-150°F 58-66°C
Leg, Top Round, Cap Off	3-8 lbs	2-5 hrs	130-145°F 54-63°C	150-245°F 66-118°C	On	Off	135-145°F 57-63°C	137-150°F 58-66°C
Loins, Trimmed	3-7 lbs	2-5 hrs	130-145°F 54-63°C	150-245°F 66-118°C	On	Off	135-145°F 57-63°C	137-150°F 58-66°C
Loin, Strip Loin, Boneless	2-5 lbs	2-4 hrs	130-145°F 54-63°C	150-245°F 66-118°C	On	Off	135-145°F 57-63°C	137-150°F 58-66°C
Rack, Ribeye, Boneless	2-4 lbs	2-4 hrs	130-145°F 54-63°C	150-245°F 66-118°C	On	Off	135-145°F 57-63°C	137-150°F 58-66°C

We recommend setting Hold Time to Infinite, as hold times may vary, depending on menu and quality standards.

\*Series 7 only.

## Sous Vide Guidelines

Sous Vide	Individual Product Weight	Cook Time	Cook Vapor Temp	Cook Air Temp	Convc Fan*	High Yield	Hold Vapor Temp	Hold Air Temp
Chicken Breasts***	6-8 oz	2 hrs	149°F 65°C	SV'	Off	Off	149°F 65°C	SV
Pork Chops	6-8 oz	1 hrs	138°F 59°C	SV'	On	Off	138°F 59°C	SV
Salmon Filets	6-8 oz	:25 mins	125°F 52°C	SV'	Off	Off	-	-
Scallops, Sea	Any size	:30 min	123°F 51°C	SV'	Off	Off	-	-
Shrimp	Any size	:20 min	140°F 60°C	SV'	On	Off	-	-
Steaks, Med Rare, 1" Thick	8-16 oz	1 hr	134°F 57°C	SV'	On	Off	134°F 57°C	SV
Vegetables**	Varies	:10-60 mins	180-200°F 82-93°C	180-200°F 82-93°C	On	Off	-	-

\*\*\*Sous Vide Mode max temp is 150°F. To adjust program at higher temperatures, be sure to set Vapor Temp equal to Air Temp. For example, green beans: Vapor Temp 180°F, Air Temp 180°F, and so forth. When Vapor Temp is equal to Air Temp it creates a high humidity (100% relative humidity) environment that correlates to a typical sous vide bath. Instead of using water, CVap utilizes vapor. \*\*Variability in size will affect the amount of time, especially when targeting a desired texture. SV' - Refer to Definitions page for more information.

\*Series 7 only.



## Steaming Guidelines

Steaming	Individual Product Weight	Cook Time	Cook Vapor Temp	Cook Air Temp	Convc Fan*	High Yield	Hold Vapor Temp	Hold Air Temp
Chicken Breast	4oz. 1 lb	:15-1hr	200°F 93°C	200-220°F 93-104°C	On	Off	200°F 93°C	202-205°F 94-96°C
<b>Seafood</b>								
Clams		:8-12 mins	200°F 93°C	200-230°F 93-110°C	On	Off	200°F 93°C	202-205°F 94-96°C
Crab Legs		:25-35 mins	200°F 93°C	200-230°F 93-110°C	On	Off	200°F 93°C	202-205°F 94-96°C
Crab, Whole, Large		:25-35 mins	200°F 93°C	200-230°F 93-110°C	On	Off	200°F 93°C	202-205°F 94-96°C
Fish Fillets	4-12 oz	:15-:30 mins	200°F 93°C	200-230°F 93-110°C	On	Off	200-230°F 93-110°C	202-235°F 94-113°C
Fish, Whole	1-2 lbs	:45-1:15 hrs	200°F 93°C	200-230°F 93-110°C	On	Off	200-230°F 93-110°C	202-235°F 94-113°C
Mussels		:8-12 mins	200°F 93°C	200-230°F 93-110°C	On	Off	200°F 93°C	202-205°F 94-96°C
Shrimp		:8-12 mins	200°F 93°C	200-230°F 93-110°C	On	Off	200°F 93°C	202-205°F 94-96°C
<b>Vegetables</b>								
Cut, Medium/Large, Diced		:15-30 mins	200°F 93°C	200-240°F 93-116°C	On	Off	200°F 93°C	202-205°F 94-96°C
New, Whole		:45-1:15 hrs	200°F 93°C	200-240°F 93-116°C	On	Off	200°F 93°C	202-205°F 94-96°C
Root Vegetables		:30-1 hr	200°F 93°C	200-240°F 93-116°C	On	Off	200°F 93°C	202-205°F 94-96°C
<b>Potatoes</b>								
Cut, Medium/Large, Diced		:15-30 mins	200°F 93°C	200-240°F 93-116°C	On	Off	200°F 93°C	202-205°F 94-96°C
New, Whole		:45-1:15 hrs	200°F 93°C	200-240°F 93-116°C	On	Off	200°F 93°C	202-205°F 94-96°C
Quartered		:30-45 mins	200°F 93°C	200-240°F 93-116°C	On	Off	200°F 93°C	202-205°F 94-96°C

Note: Steaming requires a differential temperature range of 0 to 40°F (0 to 22°C). Experiment to find best setting for your needs.

We recommend setting Hold Time to Infinite, as hold times may vary, depending on menu and quality standards.

\*Series 7 only.