

## Hold-o-mat, range of application: **Cook & Hold**

Thanks to a maximum possible temperature of 120 °C the cooking method Cook & Hold is perfectly applicable.

**Important: Put the meat always on a grid, so it will not be in its own juice.**

**Tip:** A baking tray on the bottom makes the cleaning easier.

Searing stage	Initial cooking stage	Cooking stage	Hold stage
Brown meat at a high temperature on the grill, on the tipper or in the frying pan.	Cook meat for at least 10 minutes in the pre-heated Hold-o-mat at 120 °C.  Voluminous pieces of meat can be cooked 30 min. at 120 °C.	Adjust the ambient temperature to 30 °C higher than the required core temperature.  (E.g.: Loin of pork: Core temperature around 65 °C plus 30 °C = cooking temperature of 95 °C)	Once the required core temperature has been reached, adjust the Hold-o-mat to 5–10 °C higher than the core temperature but not below 68 °C.  You can now keep the meat to temperature for hours at the optimum cooking point.  (E.g.: Loin of pork: Core temperature 65 °C plus 5–10 °C = hold temperature of 70–75 °C)

### Some principal core temperatures for Cook & Hold (low temperature cooking)

Product group	Product	Ideal core temperature (Guidelines)	Vent
<b>Beef</b>	Fillet red	53 °C	open
	Fillet medium	57 °C	open
	Roastbeef red	54 °C	open
	Roastbeef medium	58 °C	open
<b>Veal</b>	Roasting joints	70 °C	open
	Loin of veal	62 °C	open
	Stuffed breast	78 °C	open
	Roast shoulder	70 °C	open
<b>Pork</b>	Neck	76 °C	open
	Loin of pork	60 °C	open
	Gammon	77 °C	open
	Shoulder	68 °C	open
	Smoked spare-ribs	67 °C	open
<b>Lamb</b>	Leg	62 °C	open
	Haunch	62 °C	open
	Saddle fillets	57 °C	open
<b>Special</b>	Haunch of venison	60 °C	open
	Saddle of venison	55 °C	open
	Roast turkey	68 °C	open
	Leg of hare	60 °C	open

These are guidelines.

**Additional information for Hold-o-mat KTM owners:** Function «Cook & Hold» (e.g. Roast Beef at low temperature)

**Stage 1:** 30 min./about 120 °C

**Stage 2:** 57 °C KTM/87 °C

**Stage 3:** 57 °C KTM/68 °C