



CVap
STAGING
Sous Vide Re-Engineered

By Chef Barry Yates

**Maximum Impact on
Operational Efficiency in
the Full-Service Kitchen**

*A guide to improving speed of
service without sacrificing
food quality and consistency.*

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A close-up photograph of a chef's hands. The left hand holds a large chef's knife, and the right hand is positioned to chop green chilies on a white cutting board. The chilies are being sliced into small rings. In the background, there is a metal bowl containing shredded white ingredients, a whole red chili, and some sliced mushrooms and sesame seeds on the cutting board. The chef is wearing a black wristband on their right wrist.

KNOW THIS FEELING?

Every cook has been there: it's the height of a busy service, and orders are not leaving the kitchen as quickly as tickets are flowing in. The wait staff is circling in front of the line like sharks on a shipwreck. Orders are getting mixed up or not cooked properly. Customers are not happy. Yep – you're hosed.

So how do you speed up service without sacrificing food quality and consistency?

Simple: preparation.



Mise en place

(French pronunciation: [mi za'plas]) is a French phrase which means "putting in place," as in set up.

IT'S A MISE EN PLACE THING

Let's start with a fundamental truth: service runs more smoothly when everything is in its place. It's about preparation: no matter what type of operation you run, implementing the concept of mise en place can have a tremendous impact on efficiency. And it applies to far more than ingredients and food components.

Wait – is this about mise en place? Or is this about staging? Yes. And yes.

In professional cooking, proper planning and placement of equipment and ingredients are critical to a smooth service. This includes everything from plates to equipment to the number of steps each cook takes to complete a task or dish. Take that concept further by incorporating staging into your process.

You'll be on your way to a speedier, less stressful service!

WHAT EXACTLY IS STAGING?

With staging, food is brought to the exact desired internal temperature and then held there – without overcooking or drying out – until it's time to finish and serve the dish. This means that the final flavor-enhancing and texturing touches can be made moments before the food is served.

For example, you could bring pans of fresh or frozen burger patties to their desired serving temperature and maintain them at that target temp until the kitchen receives an order. The staged burgers take a fraction of the time to finish cooking the customer's order compared to starting from scratch. Imagine how much faster you'll be able to push plates out of the kitchen!

The same can be done for everything from steaks, to lean meats like pork loin, to chicken breasts, and even wings, where conventional equipment and cooking methods can cause food to overcook and dry out. Your speed of service will increase dramatically, and your control over food quality and menu versatility will be unparalleled.





WHAT MAKES CUSTOMERS RETURN TO YOUR RESTAURANT?

Speedy Service

No one likes to wait a long time for their food. No one. Ticket times can be significantly diminished by using a staging process.

Menu items can be served within minutes of an order coming to the kitchen, whether the food is thoroughly cooked and only needs plating, or it needs to be finished on a grill or in a sauté pan.

Consistent Food Quality

Staging in a CVap® oven allows you to select and control the exact temperature and texture for any product to achieve precise food quality and consistency. Perfect temperature and taste are critical to a perfect dining experience for your customers.

Staging maintains food beautifully, whether you serve tables or at a drive-thru window. CVap keeps food from getting cold, drying out, or overcooking – all things that can ruin an otherwise perfect dish.

MENU VARIETY

Menu flexibility becomes easier to achieve because of the amount of time that can be freed by employing a staging approach. In addition to staging, CVap® technology's unique control of food temperature and texture makes it possible to perform virtually any cooking application desired.

Roast, bake, steam, blanch, braise, confit, sous vide, stage, hold overnight, ferment, dehydrate, pickle, poach, rethermalize, and more. From classic techniques to innovative methods, menu flexibility is easy to achieve with consistent, repeatable results.



ROAST



BAKE



STEAM



BRAISE



CONFIT



SOUS VIDE



STAGE



POACH



FOOD SAFETY

Few people would actually list food safety as a reason to return to (or avoid) a restaurant, but it's absolutely a factor. Who will return to a restaurant where they, or someone they know, got sick from the food? Nobody, that's who!

Staging in a CVap® oven takes proteins to the exact temperature you need before completing the final application of heat, like reverse-searing or deep frying. This ensures that internal temperatures meet FDA guidelines of doneness — all the way through.

With CVap, you can avoid any temptation to undercook food in an attempt to serve it faster.



QUALITY OF SERVICE

The impact of staging on making patrons happy doesn't stop in the kitchen. You'll boost customer satisfaction in front of the house with reliable consistency, outstanding food quality, and shorter wait times.

Your staff won't be waiting on the kitchen for anything.

From kitchen staff, to service staff, to management, and customers, staging creates peace of mind all around.

WHY IS STAGING ONLY POSSIBLE WITH CVAP®?

With traditional equipment, it's too easy to overcook foods and wind up with a dry product. Why does this happen? Because traditional equipment isn't controlling the evaporation of the food's moisture.

Only CVap equipment uses the control of water vapor to take food to a precise temperature and keep it there without drying out or overcooking. This precision cooking will eliminate any guesswork or inconsistency regarding food temperatures, regardless of the skill level of your staff.

So if you have a new line cook who is still learning to gauge the difference between medium rare and well done, no worries!

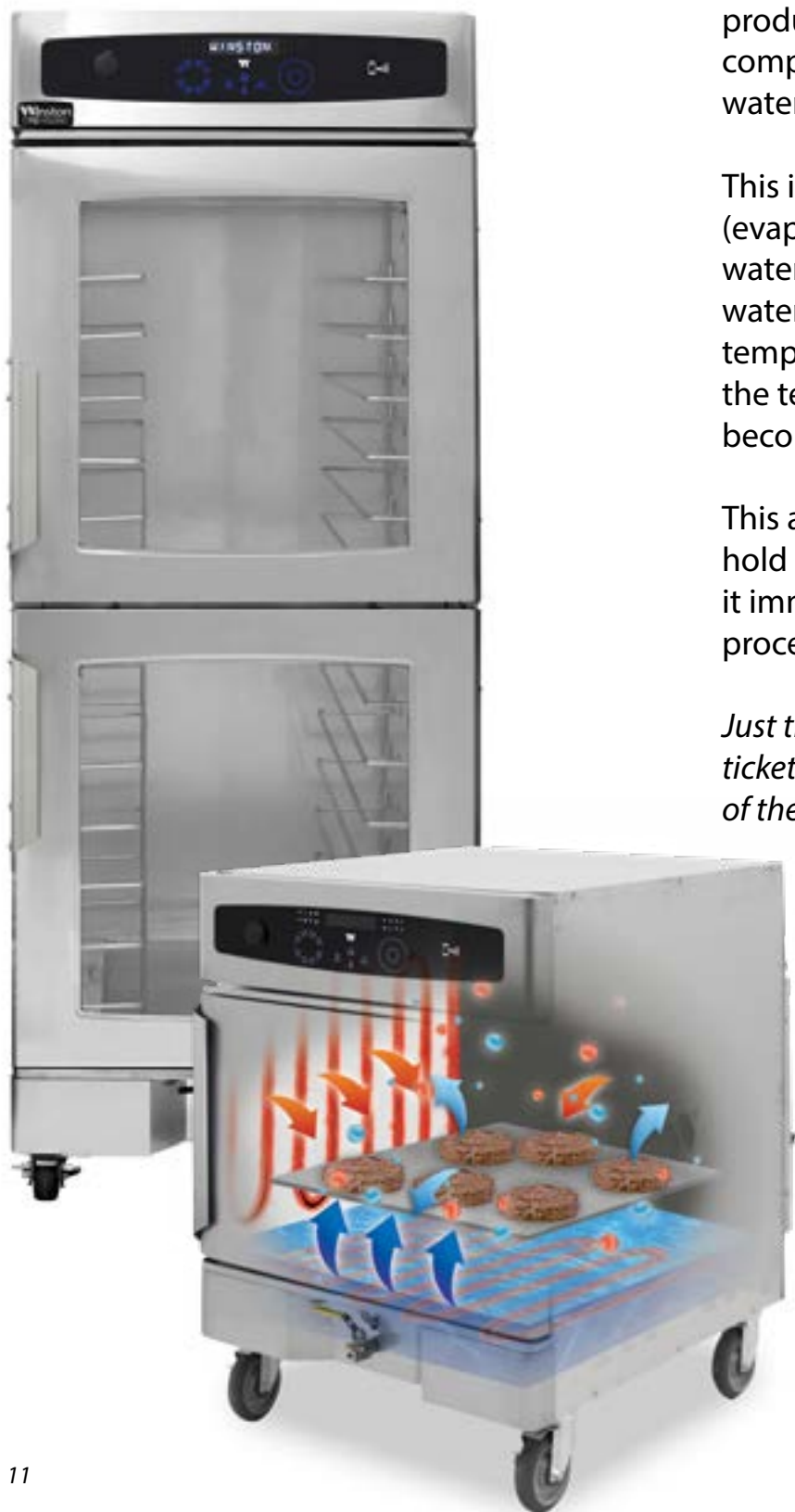
HOW DOES CVAP® WORK?

CVap technology controls moisture by producing a vapor-laden environment that completely surrounds the food, much like a water bath, but it's only vapor.

This is accomplished by adding a water pan (evaporator) to the cabinet and controlling the water's temperature with a heater. When the water in the evaporator is heated to a desired temperature, the vapor created will "drive" the temperature of the food's moisture until it becomes precisely the target temperature.

This allows you to prepare the food and either hold it at that temperature until ordered or take it immediately to the next stage in the cooking process: searing, grilling, etc.

Just think about how much you could slash your ticket times and get beautifully cooked food out of the kitchen faster!



ABOUT THE AUTHOR

Chef Barry Yates had a boundless enthusiasm for the foodservice industry, and an insatiable appetite for all things culinary.

His understanding of CVap® equipment and Controlled Vapor Technology was second only to that of the inventor, Winston Shelton.

Barry passed away in 2022. Although he's no longer here, his legacy of curiosity, friendship, and passion continues to inspire us.





ABOUT WINSTON FOODSERVICE

Founded in Louisville, Kentucky in 1969, Winston Foodservice is an international manufacturer and distributor of foodservice equipment.

The company manufactures Collectramatic® fryers and CVap® holding and cooking equipment.

Visit our website for more information.

winstonfoodservice.com



MORE INFORMATION

Visit our blog for more ideas and inspiration – it's where real science and great food transform kitchens!

Have questions? Reach out to us on our contact form. We're happy to answer any question, from culinary to technical.



winstonfoodservice.com