

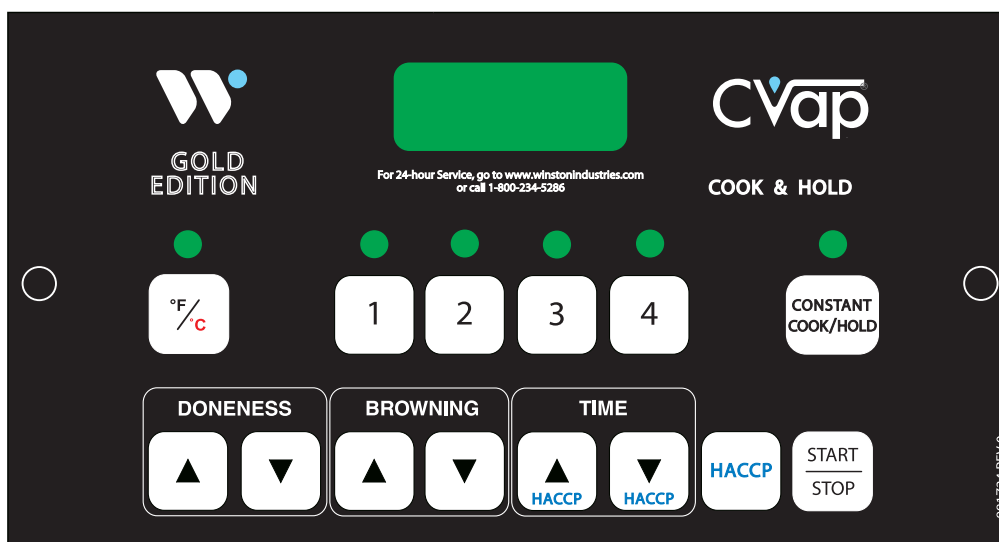


COOK/HOLD OVEN

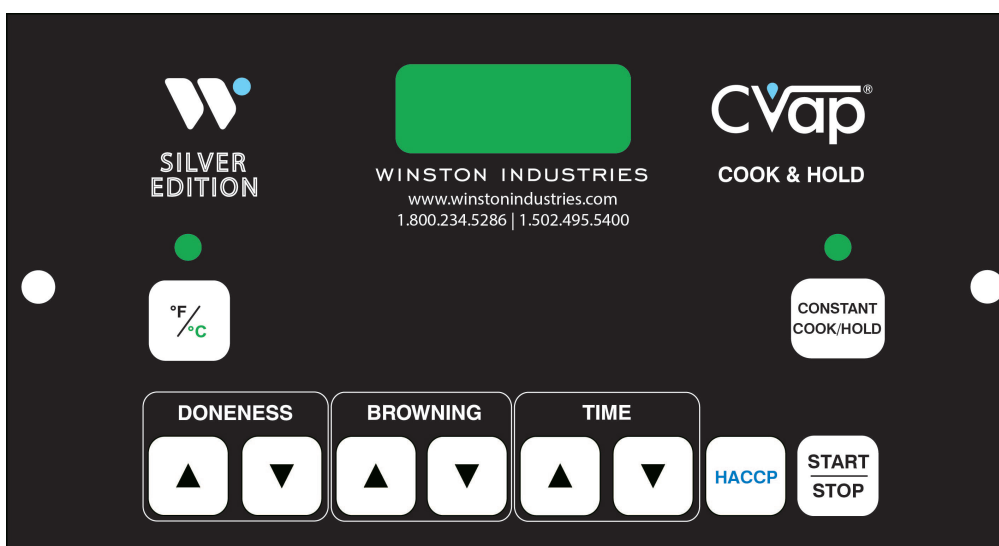
Guidelines & Settings

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Multi-Channel Electronic Programmable Control - Used in Gold edition Cook/Hold Ovens.



Single Channel Electronic Programmable Control - Used in Silver edition Cook/Hold Ovens.



COOK/HOLD COOKING GUIDELINES

Recommended hold times are not mandatory. They are intended to produce optimal tenderization of product being cooked and held. These hold times are only suggestions. Personal choice may dictate shorter or longer hold times.

When roasting meats or other large proteins, begin with a browning level of 5. This will produce moderate browning or texture. If less browning or texture is desired, select a browning level of 2-4. If more browning or texture is desired, select a browning level of 6-10.

HIGH YIELD COOK

Gives you the maximum possible yield for your foods. Once you have programmed the desired doneness temperature and browning level, the microprocessor automatically determines the best heat curve to give the highest yield possible.

CONSTANT COOK

Allows the manual override of High Yield Cook Cycle, while automatically determining optimal holding temperatures for personalized cooking and holding.

ON

High Yield Cook Cycle is not functional. Constant cook light will illuminate to indicate that the Constant Cook Cycle has been activated.

OFF High Yield Cook Cycle is functional.

SLOW ROASTING/ROASTING

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.

BRAISE

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. Once braising cycle is complete, product will be held at 150°F (66°C) during recommended hold cycle.

CONFIT

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. Once confit cycle is complete, product will be held at 150°F (66°C) during recommended hold cycle.

POACH Food is gently cooked, completely submerged, in slightly simmering liquid just below boiling point.

STEAM Food is cooked gently in moist CVap environment, with temperature of 200°F.

THERMALIZING

Rapidly elevating food product temperature from thawed or frozen state to minimum temperature of 165°F (74°C).

BAKING

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.

COOK/HOLD Oven Roasting Guidelines

ROASTING/SLOW ROASTING	Weight	Doneness	Browning	Time	Recommended Hold	Constant Cook
BEEF						
Round Outside Round (Flat)	8-16 lbs					
Rare		130-135	3-6	5-7hr	5-8hr*	OFF
Medium		140-145	3-6	5-7hr	5-8hr*	OFF
Well Done		150-160	3-6	5-7hr	5-8hr*	OFF
Round, Eye of Round	3-5 lbs		3-6			
Rare		130-135	3-6	3-4hr	5-7hr*	OFF
Medium		140-145	3-6	3-4hr	5-7hr*	OFF
Well Done		150-160	3-6	3-4hr	5-7hr*	OFF
Loin, Bottom Sirloin Butt	5-10 lbs					
Rare		130-135	3-6	3-6hr	4-8hr*	OFF
Medium		140-145	3-6	3-6hr	4-8hr*	OFF
Well Done		150-160	3-6	3-6hr	4-8hr*	OFF
Loin, Top Sirloin Butt	8-14 lbs					
Rare		130-135	3-6	5-7hr	5-8hr*	OFF
Medium		140-145	3-6	5-7hr	5-8hr*	OFF
Well Done		150-160	3-6	5-7hr	5-8hr*	OFF
Rib, Roast-Ready	14-20 lbs					
Rare		130-135	3-7	6-8hr	4-8hr*	OFF
Medium		140-145	3-7	6-8hr	4-8hr*	OFF
Well Done		150-160	3-7	6-8hr	4-8hr*	OFF
Rib, Ribeye Roll, Bone In	11-16 lbs					
Rare		130-135	3-7	5-7hr	5-8hr*	OFF
Medium		140-145	3-7	5-7hr	5-8hr*	OFF
Well Done		150-160	3-7	5-7hr	5-8hr*	OFF
Rib, Ribeye, Lip-On	9-15 lbs					
Rare		130-135	3-7	5-7hr	5-8hr*	OFF
Medium		140-145	3-7	5-7hr	5-8hr*	OFF
Well Done		150-160	3-7	5-7hr	5-8hr*	OFF
Round, Knuckle	8-12 lbs					
Rare		130-135	3-6	4-6hr	5-8hr*	OFF
Medium		140-145	3-6	4-6hr	5-8hr*	OFF
Well Done		150-160	3-6	4-6hr	5-8hr*	OFF
Round, Top (Inside)	12-15 lbs					
Rare		130-135	3-6	5-7hr	4-8hr*	OFF
Medium		140-145	3-6	5-7hr	4-8hr*	OFF
Well Done		150-160	3-6	5-7hr	4-8hr*	OFF

Cook/Hold Oven Roasting Guidelines

ROASTING/SLOW ROASTING	Weight	Doneness	Browning	Time	Recommended Hold	Constant Cook
BEEF (continued)						
Sirloin, Top	10-16 lbs					
Rare		130-135	3-6	5-7hr	5-8hr*	OFF
Medium		140-145	3-6	5-7hr	5-8hr*	OFF
Well Done		150-160	3-6	5-7hr	5-8hr*	OFF
Round, Rump (Steamship)	44-52 lbs					
Rare		130-135	3-6	14-18 hr	4-8hr*	OFF
Medium		140-145	3-6	14-18 hr	4-8hr*	OFF
Well Done		150-160	3-6	14-18 hr	4-8hr*	OFF
Tenderloin	3-6 lbs					
Rare		130-135	4-8	:45-2:00hr	0-4hr*	OFF
Medium		140-145	4-8	:45-2:00hr	0-4hr*	OFF
Well Done		150-160	4-8	:45-2:00hr	0-4hr*	OFF
Portions Filet	4oz-1 lb	130-150	4-10	:15-1hr	0-4hr*	OFF
Steak Cuts	4oz-1 lb	130-150	4-10	:15-1hr	0-6hr*	OFF
Hamburgers		130-150	4-8	:30-1hr	1-4hr	ON
Brisket	6-12 lbs	165-185	0-4	6-10hr	4-6hr*	ON
Corned Beef	5-10 lbs	170-190	0-4	4-6hr	4-6hr*	ON
Meatloaf	1-2 lbs	155-165	6-8	:45-1:30hr	N/A	OFF

* Recommended hold times are not mandatory. They are intended to produce optimal tenderization of product being cooked. Personal choice may require different hold times.

When roasting meats, start with Browning Level #5. This will produce moderate browning or texture. If reduced browning or texture is desired, set Browning Level 2-4. If increased browning or texture is desired, set Browning Level 6-10.

Cook/Hold Oven Roasting Guidelines

ROASTING/SLOW ROASTING	Weight	Doneness	Browning	Time	Recommended Hold	Constant Cook
PORK						
Loin, Back Ribs	1.5-2.25+	180-200	0-5	3-6hr	4-6hr*	OFF
Loin, Bone-In, Center Cut, 8-Ribs	5-8 lbs	135-145	3-6	2-4hr	2-4hr*	OFF
		135-140	8-10	:45-1:30hr	2-4hr*	ON
Loin, Boneless, Roast	6-12 lbs	135-145	3-6	2-4hr	4-6hr*	OFF
Loin, Country-Style Ribs	2-3 lbs	180-200	3-6	3-5hr	4-6hr*	OFF
Leg, Fresh Ham, Inside	3-5 lbs	170-190	3-6	3-5hr	4-6hr*	OFF
Roasting Pig, Suckling	20-25 lbs	180-200	8-10	5-7hr	3-5hr*	OFF
Spareribs	2.5-5.5 lbs	180-200	0-4	3-6hr	4-6hr*	OFF
Spareribs, St. Louis Style	1.5-3.0 lbs	180-200	0-4	3-6hr	4-6hr*	OFF
Shoulder, Boston Butt, Bone-In	4-12 lbs	180-200	0-4	5-8hr	5-8hr*	OFF
Shoulder, Boston Butt, Boneless	4-12 lbs	180-200	0-4	5-8hr	5-8hr*	OFF
Shoulder, Picnic	4-12 lbs	180-200	0-4	5-8hr	5-8hr*	OFF
Tenderloin	1-1.5+	130-135	8-10	15-45min	1-4hr*	OFF
		130-140	2-6	1-1:30hr	1-4hr*	OFF
Pork Chops	4oz-1 lb	140-165	6-10	:15-1hr	1-4hr*	OFF
LAMB						
Leg, Trotter Off, Part Boneless	4-8 lbs	130-150	3-8	3-5hr	1-4hr*	OFF
Leg, Steamship, Bone Removed	5-9 lbs	130-150	3-8	3-6hr	1-4hr*	OFF
Leg, Inside, Boneless	1-2 lbs	130-150	3-8	1-2hr	1-4hr*	OFF
Leg, Sirloin Tip	1-2.5 lbs	130-150	3-8	1-2hr	1-4hr*	OFF
Sirloin, Boneless	2-4 lbs	130-150	3-8	2-3hr	1-4hr*	OFF
Shoulder, Square Cut, Boneless	4-7 lbs	130-150	3-8	2-4hr	1-4hr*	OFF
Shoulder, Outside, Boneless	2-5 lbs	130-150	3-8	2-3hr	1-4hr*	OFF
Shoulder, Ribs	2-4 lbs	180-200	2-4	2.5-5hr	2-6hr*	OFF
Rack, Ribeye Roll	1-2.5 lbs	130-140	4-8	1-2hr	1-4hr*	OFF
Ribs, Breast Bones Off	2-4 lbs	180-200	2-4	2.5-5hr	2-6hr*	OFF
VEAL						
Chuck, Shoulder Clod, Roast	2-6 lbs	130-145	3-8	2-4hr	4-6hr*	OFF
Chuck, Square Cut, Boneless	10-19 lbs	130-145	3-8	5-8hr	4-6hr*	OFF
Hotel Rack, 6-Ribs	3-5 lbs	130-145	3-8	2-4hr	1-4hr*	OFF
Hotel Rack, Chop-Ready, Frenched	2-5 lbs	130-145	3-8	2-4hr	1-4hr*	OFF
Legs	19-27 lbs	130-145	3-8	8-10hr	4-6hr*	OFF
Legs, Boneless, Roast Ready	7-10 lbs	130-145	3-8	3-6hr	1-4hr*	OFF
Leg, Top Round, Cap Off	3-8 lbs	130-145	3-8	2-5hr	1-4hr*	OFF
Loins, Trimmed	3-7 lbs	130-145	3-8	2-5hr	1-4hr*	OFF

Cook/Hold Oven Roasting Guidelines

ROASTING/SLOW ROASTING	Weight	Doneness	Browning	Time	Recommended Hold	Constant Cook
VEAL (continued)						
Loin, Strip Loin, Boneless	2-5 lbs	130-145	3-8	2-4hr	1-4hr*	OFF
Rack, Ribeye, Boneless	2-4 lbs	130-145	3-8	2-4hr	1-4hr*	OFF
CHICKEN						
Breast, Boneless	4oz-1 lb	140-165	3-7	:20-1hr	1-4hr**	OFF
		130-150	8-10	10-30min	1-4hr**	ON
Legs/Thighs, Quartered		165-185	3-7	:30-1hr	1-4hr**	OFF
		130-150	8-10	1-1.5hr	1-4hr**	ON
Halves	1-1.5 lbs	165-185	3-7	:45-1hr	1-4hr**	OFF
		130-150	8-10	:30-1hr	1-4hr**	ON
Whole	2.25-4 lbs	130-150	8-10	:45-2hr	1-4hr**	ON
TURKEY						
Legs/Thighs, Quartered		170-190	6-8	:45-1:30hr	1-4hr**	ON
Roast, Boneless	4-8 lbs	170-190	3-6	2-4hr	2-4hr*	ON
Whole	13-20 lbs	170-190	4-7	6-8hr	4-6hr*	OFF
SEAFOOD						
Fish, Whole (1-2 lbs)	1-2 lbs	140-160	6-10	:40-1hr	1-4hr**	ON
Fish, Portioned (4-8oz.)	4 oz-12 oz	140-160	6-10	10-30min	1-4hr**	ON
POTATOES						
Whole 70-90ct.		130-150	8-10	1-2hr	1-6hr**	ON
Quartered		130-150	8-10	:30-1:30hr	1-6hr**	ON
New, Whole		130-150	8-10	:30-1:30hr	1-6hr**	ON
Halved / Quartered		130-150	8-10	20-45min	1-6hr**	ON

* Recommended hold times are not mandatory. They are intended to produce optimal tenderization of product being cooked. Personal choice may require different hold times.

Cook/Hold Oven Braising Guidelines

BRAISING	Weight	Doneness	Browning	Time	Recommended Hold	Constant Cook
BEEF						
Brisket, Boneless, Portioned	1-2 lbs	180-200	4-8	4-6hr	4-6hr*	ON
Chuck, Shoulder Clod, Portioned	1-2 lbs	180-200	4-8	4-6hr	4-6hr*	ON
Oxtails		180-200	4-8	2-3hr	2-4hr*	ON
Rib, Back Ribs		180-200	4-8	3-5hr	2-4hr*	ON
Short Rib, Bone-In	2-3 lbs	180-200	4-8	2-4hr	2-4hr*	ON
Short Rib, Boneless	1-2 lbs	180-200	4-8	2-3hr	2-4hr*	ON
Tongue, Swiss Cut	1.5-2.5 lbs	180-200	4-8	3-5hr	2-4hr*	ON
PORK						
Belly	1-2 lbs	180-200	4-8	2-4hr	2-4hr*	ON
Hocks, Cooked/Smoked	.5-1.5 lbs	180-200	4-8	1.5-2.5hr	1-2hr*	ON
Loin, Back Ribs	1.5-2.5 lbs	180-200	4-8	2-4hr	2-4hr*	ON
Loin, Country-Style Ribs	2-3 lbs	180-200	4-8	2-4hr	2-4hr*	ON
Pigs Feet		180-200	4-8	3-5hr	2-4hr*	ON
Spareribs, St. Louis Style	1.5-3 lbs	180-200	4-8	2-4hr	2-4hr*	ON
LAMB						
Shoulder, Outside, Boneless	2-5 lbs	180-200	4-8	2-4hr	2-4hr*	ON
Shoulder, Square Cut, Boneless	4-7 lbs	180-200	4-8	3-5hr	2-3hr*	ON
Shoulder, Ribs	1-4 lbs	180-200	4-8	2-4hr	2-4hr*	ON
Foreshank	1-2 lbs	180-200	4-8	3-5hr	1-2hr*	ON
Hindshank	1-2 lbs	180-200	4-8	3-5hr	1-2hr*	ON
Leg, Boneless, Netted	5-8 lbs	180-200	4-8	3-5hr	2-4hr*	ON
Leg, Inside, Boneless	1-2 lbs	180-200	4-8	1-2hr	2-3hr*	ON
VEAL						
Cheeks	.5-1 lb	180-200	4-8	3-4hr	2-4hr*	ON
Chuck, Shoulder Clod, Roast	3-6 lbs	180-200	4-8	3-5hr	3-5hr*	ON
Foreshank	1-5 lbs	180-200	4-8	3-5hr	1-2hr*	ON
Hindshank	1-5 lbs	180-200	4-8	3-5hr	1-2hr*	ON
Leg, Boneless, Roast	7-10 lbs	180-200	4-8	4-6hr	2-4hr*	ON
Leg, Top Round, Cap Off	3-8 lbs	180-200	4-8	3-5hr	3-5hr*	ON
Osso Buco, Hindshank	2-8oz	180-200	4-8	2-3hr	1-2hr*	ON
Tongue, Swiss Cut	1-2 lbs	180-200	4-8	4-5hr	2-3hr*	ON

Cook/Hold Oven Braising Guidelines

BRAISING	Weight	Doneness	Browning	Time	Recommended Hold	Constant Cook
OTHER						
Chicken, Quartered		180-200	4-8	2-3hr	1-2hr*	ON
Duck, Quartered		180-200	4-8	3-4hr	1-2hr*	ON
Roulades	8oz-2 lbs	180-200	4-8	:30-1hr	N/A	ON
Potatoes, New or Quartered		180-200	6-8	1-2hr	N/A	ON
Vegetables		180-200	4-8	:30-2hr	N/A	ON

* Recommended hold times are not mandatory. They are intended to produce optimal tenderization of product being cooked. Personal choice may require different hold times.

Cook/Hold Oven Poaching / Confit Guidelines

POACHING / CONFIT	Weight	Doneness	Browning	Time	Recommended Hold	Constant Cook
POULTRY						
Chicken, Quarter		140-180	0-3	2-6hr	N/A	ON
Duck, Quartered		140-180	0-3	2-6hr	N/A	ON
Game Birds		140-180	0-3	1-2hr	N/A	ON
PORK		140-180	0-3	3-6hr	N/A	ON
TONGUE		140-180	0-3	4-6hr	N/A	ON
SEAFOOD		130-180	0-3	:30-1hr	N/A	ON
VEGETABLES		170-190	0-3	1-2hr	N/A	ON
Potatoes		160-180	0-3	1-2hr	N/A	ON

Cook/Hold Oven Steaming Guidelines

STEAMING	Weight	Doneness	Browning	Time	Recommended Hold	Constant Cook
Chicken Breast	4oz. 1 lb	200	0-3	:15-1hr	N/A	ON
SEAFOOD						
Fish Fillets	4-12oz	200	0-4	15-30min	N/A	ON
Fish, Whole	1-2 lbs	200	0-4	:45-1:15hr	N/A	ON
Clams		200	0-4	8-12min	N/A	ON
Crab, Whole, Large		200	0-4	25-35min	N/A	ON
Crab Legs		200	0-4	20-25min	N/A	ON
Mussels		200	0-4	8-12min	N/A	ON
Shrimp		200	0-4	8-12min	N/A	ON
VEGETABLES		200	0-5	15-30min	N/A	ON
Cut, Medium/Large, Diced		200	0-5	15-30min	N/A	ON
Root Vegetables		200	0-5	:30-1hr	N/A	ON
New, Whole		200	0-5	:45-1:15hr	N/A	ON
Potatoes						
Cut, Medium/Large, Diced		200	0-5	15-30min	N/A	ON
Quartered		200	0-5	30-45min	N/A	ON
New, Whole		200	0-5	:45-1:15hr	N/A	ON

Cook/Hold Oven Thermalizing Guidelines

THERMALIZING	Weight	Doneness	Browning	Time	Recommended Hold	Constant Cook
Entrees/Casseroles (includes products such as lasagna, beef tips, tuna, au gratin potatoes)		190-200	4-9	:30-2hr	1-4hr**	ON
CHUBS						
Soup, Vegetables, Meals, Pastas						
Frozen	3-5lbs	190-200	0-6	1:30-2hr	1-6hr**	ON
Thawed/Slacked	3-5lbs	190-200	0-6	1-1:30hr	1-6hr**	ON
Moist Soft Foods		180-200	0-6	:30-1hr	1-6hr**	ON
MEATS						
Fully Cooked Meats						
Hamburger	2-4oz	150-200	0-8	:30-1hr	1-4hr**	ON
Hot Dog	2-4oz	150-200	0-8	:30-1hr	1-4hr**	ON
Portioned	4oz-1lb	130-180	0-8	1-2hr	1-4hr**	ON
Whole	8-12 lbs	130-180	0-8	4-7hr	1-4hr**	ON
Beef, Ribeye Roll	9-12 lbs	130-165	2-6	4-7hr	1-12**	ON
Pork, Hams	4-8 lbs	170-190	2-6	4-6hr	3-6hr*	OFF
Pork, Ribs	1-2.5 lbs	170-200	2-6	2-3hr	1-4hr**	OFF
Turkeys						
Roll Boneless	4-8 lbs	170-190	3-6	2-4hr	2-4hr*	ON
Whole Breast	4-8 lbs	170-190	3-6	2-4hr	2-4hr*	ON

* Recommended hold times are not mandatory. They are intended to produce optimal tenderization of product being cooked. Personal choice may require different hold times. ** Recommended hold times for product being held without loss of quality.

Cook/Hold Oven Baking Guidelines

BAKING	Weight	Doneness	Browning	Time	Recommended Hold	Constant Cook
SWEET & SAVORY						
Bread Pudding						
Ramekins	2-4oz	190-200	4-8	15-20min	N/A	ON
Hotel Pan, Half		190-200	4-8	30-40min	N/A	ON
Hotel Pan, Full		190-200	4-8	:45-1hr	N/A	ON
Cornbread Muffins		180-200	8-9	15-25min	N/A	ON
Hotel Pan, Half		180-200	8-9	30-40min	N/A	ON
Hotel Pan, Full		180-200	8-9	:45-1hr	N/A	ON
Sheet Cake		180-190	8-10	15-20min	N/A	ON
Spoonbread						
Ramekins	2-4oz	190-200	4-8	15-20min	N/A	ON
Hotel Pan, Half		190-200	4-8	30-40min	N/A	ON
Hotel Pan, Full		190-200	4-8	:45-1hr	N/A	ON
Brownie		150-200	8-10	:30-1hr	N/A	ON
Cheesecake		180-190	4-6	:45-1hr	N/A	ON
CUSTARDS	2-4oz	190-200	0-3	15-25min	N/A	ON
Crème Brûlée	2-4oz	200	0-3	15-30min	N/A	ON