

GASTROVAC – KEY POINTS

GENERAL IDEA

COOKING BETWEEN 45°C AND 70°C ALLOWS FOR MULTIPLE POSSIBILITIES

FOR EXAMPLE SPICES GET BITTER OVER 65°C

IMPREGNATE PRODUCE AT AMBIENT TEMPERATURE WITH JUS, SYRUP, WINE ETC....
EXAMPLE ANY POROUS FRUIT, VEG, MEAT, FISH

STRAWBERRIES KEEP THEIR SHAPE AND CONSISTENCY AT 45°C FOR 20MINS.
DEPRESSURISE AS YOU GO ALONG MAYBE 10 TIMES

PINEAPPLE 55°C FOR 45 MINS YOU GET AN ALMOST TRANSPARENT PRODUCT

CONFIT FRUIT

WITH 50% LESS SUGAR IN ONLY 2 HOURS INSTEAD OF A COUPLE OF DAYS
(1 LTR OF WATER FOR 500 GR OF SUGAR) AT 55°C FOR 2 HOURS

NAGE DE LEGUMES

55°C 40MINS: THE STOCK TAKE ON THE VEG FLAVOUR AND THE VEG TAKES ON THE STOCK FLAVOUR.
THE GASTROVAC WORKS BOTH WAYS

THAI NAGE FOR EXAMPLE TAKE ON THE SPICES FLAVOUR AND VICE VERSA (CITRONELLE, CURRY,
BASIL ETC..... BEAUTIFUL

IMPREGNATING

CHICKEN AS AN EXAMPLE INSTEAD OF MARINATING FOR A DAY OR 2.
STRAIGHT IN THE GASTROVAC WITH MARINATE, AMBIENT TEMPERATURE AND DEPRESSURISE EVERY
SO OFTEN TO DRIVE THE MARINADE IN.

AND SO ON AND SO ON.....

CARROTS SOUP ORANGE, CORIANDER ETC ETC

60°C FOR 20 MINUTES

MACHINE VACUUMED, NO DEPRESSURISING STRAIGHT TO A BLENDER (VITA PREP 3)
ADVANTAGES (((((((YOUR SERVING A HOT AND COOKED SOUP WITH A RAW TASTE))))))

POTATOES

85°C 90MINS

TURNED POTATOES + STOCK + SMOKED COCHON VOILA!!!!!!!

FRYING AT 85°C MEANS THAT YOUR NOT **ASSAULTING** THE PRODUCT

AND ALSO EVERY IMPORTANT

YOU CAN USE YOUR GASTROVAC SIMPLY AS A WATER BATH!!
EGGS FOR EXAMPLE 2 HOURS AT 65°C SOUS VIDE, WITHOUT LID ON

INFINITY COOKING SELECT TEMPERATURE PUT YOUR INGREDIENT DIRECTLY INTO THE POT WALK
AWAY AND COME BACK TOMORROW OR OFCOURSE IF YOU HAVE VAC PACK BAGS SAME PRINCIPAL

PICKLED VEGETABLES – AT AMBIENT, USE PICKLE SPICES AND VINEGAR. 15-20 MINUTES
DEPRESSURIZE AT MID POINT AND AT THE END

**ALL THE ABOVE IDEAS GIVE A NEW MEANING TO THE “BITE” OF THE PRODUCT COOKED, SOME
MAY GO AS FAR AS TO CALL IT THE “WOW FACTOR”**