

Precision cooking with the Control °Freak™

Temperature	°F	86	131	131	149	149		194	194	212	212	248	248	392	392	482
	°C	30	55	55	65	65		90	90	100	100	120	120	200	200	250

	GENTLE															INTENSE														
Time	72 hr					1 hr					1 hr					30 min					20 min					1 min				

Cooking Type

'WET' COOKING												'DRY' COOKING											
SOAK			WARM			MEDIUM			SIMMER			SAUTE			FRY			SEAR					
Temp control as low as 86°												Never exceed oil smoke point											
GENTLE												OIL SMOKE POINTS											
SOUS-VIDE												350° Butter, 400° Canola Oil, 449° Coconut Oil, 489° Rice Bran Oil											
113-140° Fish, 129-158° Beef, 136-158° Pork, 140-167° Poultry, 185° Veg												375° Extra Virgin Olive Oil, 425° Vegetable Oil, 485° Ghee											
REHEAT												GARLIC											
CHOCOLATE												230° Sweat, 248° Brown, 266° Burn											
Dark Melt 131°, Cool 84°, Temper 90°												248° Soft Fried Egg											
Milk 122°, 82°, 88°												SCALD											
White 113°, 80°, 86°												STEAM											
Melt chocolate without seizing												BOIL											
KEEP WARM												BROWNING											
Collagen & Gelatin Up to 131°												SHALLOW FRY											
Controlled cheese & yogurt culture growth												PAN FRY											
41-129° Microbe Growth Zone												SPICES											
DE-FROST												248° Pancakes, 302° Deep Fry Potatoes											
Hold sauce without splitting												LIQUID SUGAR											
Butter poach in any size pot												215-235° Thread, 244-250° Firm Ball, 269-289° Soft Crack, 235-240° Soft ball, 250-266° Hard Ball, 300-309° Hard Crack											
MIN												What are your temperatures?											
LOW Below Boiling												GRILL											
MEDIUM Around Boiling												STIR FRY											
HIGH Above Boiling												Controlled caramelization of sugars & prevent runaway burning											

Tasks, Techniques & Temperature Control (°F)

Traditional Recipe Heat Conversion