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

Temp control as low as 86°

WARM

GENTLE

SOUS-VIDE

113–140°	129–158°	136–158°	140–167°	185°
Fish	Beef	Pork	Poultry	Veg

REHEAT

Sous-vide without immersion circulator

CHOCOLATE

	Melt	Cool	Temper
Dark	131°	84°	90°
Milk	122°	82°	88°
White	113°	80°	86°

Melt chocolate without seizing

KEEP WARM

Collagen & Gelatin Up to 131°

Controlled cheese & yogurt culture growth

41–129° Microbe Growth Zone

DE-FROST

Hold sauce without splitting

MEDIUM

Prevent over cooking

CROCK-POT

BAIN-MARIE

Melt without Bain-marie

EGG PROTEIN

145°	158°	178°
Tight White	Yolk	Loose White

Keep fats & liquids below transformation point

DOUFEU

SLOW-COOK

BRAISE

131–149°	158–167°	176–185°
12–48hrs	8–12hrs	2–4hrs

Butter poach in any size pot

SIMMER

INFUSE

STEWING

REDUCE

SWEAT

Sweat without color

Fine tune simmer to suit any viscosity

BOIL

STOCK

BOIL

Prevent over-boiling

Slowly raise to simmer to break down collagen without boiling

BLANCH

Reduce stock without watching the pot

Reduce, thicken & concentrate without burning

STEEPING

Rapid recovery after adding ingredients

SAUTE

High energy steaming

SCALD

248° Soft Fried Egg

STEAM

GARLIC

230°	248°	266°
Sweat	Brown	Burn

BROWNING

Saute without stewing

248° + Maillard

Slow transformation of delicate flavors

CARAMELIZE

Reduce stock without watching the pot

LIQUID SUGAR

215–235°	244–250°	269–289°
Thread	Firm Ball	Soft Crack

235–240°	250–266°	300–309°
Soft ball	Hard Ball	Hard Crack

FRY

Never exceed oil smoke point

OIL SMOKE POINTS

350°	400°	449°	489°
Butter	Canola Oil	Coconut Oil	Rice Bran Oil

375°	425°	485°
Extra Virgin Olive Oil	Vegetable Oil	Ghee

SHALLOW FRY

Fine adjustments to prevent burning fats

Toast Nuts 320°

SPICES

248° 302°

248–275° Pancakes

Never burn Pancakes

338–374° Deep Fry Potatoes

PAN FRY

Prevent overheating and damage to non-stick surfaces

GRILL

STIR FRY

Controlled caramelization of sugars & prevent runaway burning

SEAR

Rapid temp recovery searing

What are your temperatures?

Tasks, Techniques & Temperature Control (°F)

Traditional Recipe Heat Conversion

MIN	LOW Below Boiling	MEDIUM Around Boiling	HIGH Above Boiling

Breville | PolyScience