

Chef to Chef

Overnight cooking/slow cooking/low temperature cooking

General information

What foods can be cooked overnight?

Pot roast, roast beef, marinated pot roast, pork roast with no crust, lamb roast, leg of lamb, roast turkey, boiled beef, brisket of beef, stewed meat, stewing hen, knuckles of pork and veal precook
beef stock, chicken stock, brown gravy
and much more

Rule of thumb:

Beef forequarter	72°C – 75°C in 12 hrs.
Beef hindquarter	75°C – 80°C in 12 hrs.
Pork	65°C – 70°C in 12 hrs.
Neck of pork e.g.	68°C in 12 hrs.

Important:

- Food (meat) necessarily has to be covered with cooking liquid.
- Large amounts of stewing meat should be blanched beforehand.
- When using salt, please dissolve separately in boiling water, cook for 10 minutes.

Advantages of overnight/slow/low temperature cooking:

- Lower cooking loss, on the average 10 % less than traditional cooking methods
- Much less energy consumption
- Less stress in the morning during production – the product is already cooked, resulting in
- More time for other production processes or work
- Warm portioning is possible
- Standardisation of production processes
- Production ahead of time possible
- Equalisation of production peaks

By the way, pressure processes can also be carried out overnight, in particular for stock and sauce production.

Cordially,
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