

## RIND

|                          |  |  |  |  |
|--------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Bauchlappen              | 54°C                                                                              | 1h30                                                                              | 2 min                                                                             | Blutig                                                                            |
| Kotelett (ca. 800g)      | 57°C                                                                              | 3h - 3h30                                                                         | 3 min                                                                             | Medium                                                                            |
| Entrecôte (ca. 200g)     | 57°C                                                                              | 45 min                                                                            | 2 min                                                                             | Medium                                                                            |
| Filet (ca. 800g)         | 56°C                                                                              | 2h                                                                                | 2 min                                                                             | Medium                                                                            |
| Roastbeef (ca. 800g)     | 57°C                                                                              | 3h20                                                                              | 3 min                                                                             | Medium                                                                            |
| Schulterbraten (ca. 1kg) | 66°C                                                                              | 48h                                                                               | 3 min                                                                             | Medium                                                                            |
| Steak (ca. 200g)         | 56,5°C                                                                            | 45 min                                                                            | 2 min                                                                             | Medium                                                                            |
| Tournedos                | 55°C                                                                              | 30 min                                                                            | 2 min                                                                             | Blutig                                                                            |

## KALB

|                         |  |  |  |  |
|-------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Kotelett (ca. 250g)     | 61°C                                                                                | 1h15                                                                                | 2 min                                                                               | Medium                                                                              |
| Filet (ca. 800g)        | 62°C                                                                                | 2h30                                                                                | 3 min                                                                               | Medium                                                                              |
| Filet Mignon (ca. 800g) | 61°C                                                                                | 1h30                                                                                | 2 min                                                                               | Medium                                                                              |
| Medaillons (ca. 80g)    | 61°C                                                                                | 50min                                                                               | 1 min                                                                               | Medium                                                                              |
| Nuss (ca. 800g)         | 62°C                                                                                | 2h30                                                                                | 4 min                                                                               | Medium                                                                              |
| Keule (ganz)            | 57°C                                                                                | 3h45                                                                                | 2 min                                                                               | Rosa                                                                                |
| Steak (ca. 150g)        | 57°C                                                                                | 50 min                                                                              | 1 min                                                                               | Rosa                                                                                |

## SCHWEIN

|                         |  |  |  |  |
|-------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Kotelett (ca. 250g)     | 61°C                                                                                | 1h15                                                                                | 2 min                                                                               | Medium                                                                              |
| Filet (ca. 800g)        | 62°C                                                                                | 2h30                                                                                | 3 min                                                                               | Medium                                                                              |
| Filet Mignon (ca. 800g) | 61°C                                                                                | 1h30                                                                                | 2 min                                                                               | Medium                                                                              |
| Medaillons (ca. 80g)    | 61°C                                                                                | 50min                                                                               | 1 min                                                                               | Medium                                                                              |
| Nuss (ca. 800g)         | 62°C                                                                                | 2h30                                                                                | 4 min                                                                               | Medium                                                                              |
| Keule (ganz)            | 57°C                                                                                | 3h45                                                                                | 2 min                                                                               | Rosa                                                                                |
| Steak (ca. 150g)        | 57°C                                                                                | 50 min                                                                              | 1 min                                                                               | Rosa                                                                                |

## GEFLÜGEL

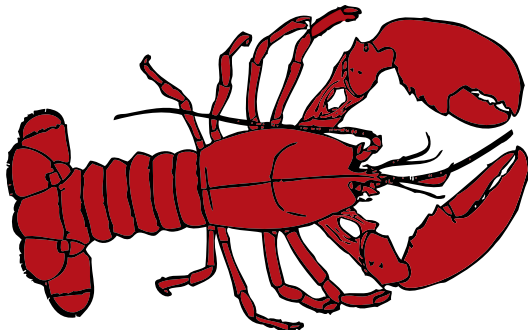
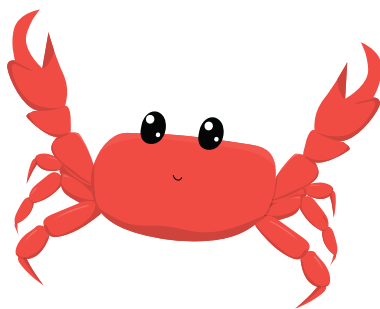
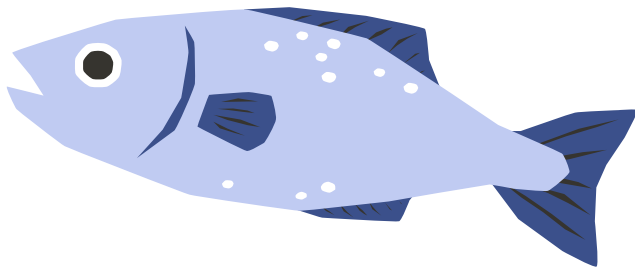
|                                 |  |  |  |  |
|---------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Pouletbrust                     | 66°C                                                                                  | 50min                                                                                 | 2 min                                                                                 | Gut durch                                                                             |
| Pouletflügel                    | 65°C                                                                                  | 2h                                                                                    | 1 min                                                                                 | Medium                                                                                |
| Pouletbrust (supreme de Poulet) | 66°C                                                                                  | 50 min                                                                                | 2 min                                                                                 | Gut durch                                                                             |
| Keule                           | 66°C                                                                                  | 3h - 3h30                                                                             | 3 min                                                                                 | Gut durch                                                                             |
| Entenbrust                      | 57°C                                                                                  | 50min                                                                                 | 2 min                                                                                 | Rosa                                                                                  |
| Entenkeule                      | 62°C                                                                                  | 5h                                                                                    | 2 min                                                                                 | Rosa                                                                                  |
| Entenleber gerollt (ca. 600g)   | 57°C                                                                                  | 35min                                                                                 |                                                                                       | Mi-cuit                                                                               |
| Gänseleber gerollt (ca. 600g)   | 57°C                                                                                  | 45min                                                                                 |                                                                                       | Mi-cuit                                                                               |
| Wachteln (ganz)                 | 55°C                                                                                  | 3h                                                                                    | 1 min                                                                                 | Rosa                                                                                  |

## WILD

|                         |  |  |  |  |
|-------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Kotelett (ca. 250g)     | 61°C                                                                                | 1h15                                                                                | 2 min                                                                               | Medium                                                                              |
| Filet (ca. 800g)        | 62°C                                                                                | 2h30                                                                                | 3 min                                                                               | Medium                                                                              |
| Filet Mignon (ca. 800g) | 61°C                                                                                | 1h30                                                                                | 2 min                                                                               | Medium                                                                              |
| Medaillons (ca. 80g)    | 61°C                                                                                | 50min                                                                               | 1 min                                                                               | Medium                                                                              |

## LAMM

|                      |  |  |  |  |
|----------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Rippstück (ca. 400g) | 62°C                                                                                  | 1h10                                                                                  | 2 min                                                                                 | Medium                                                                                |
| Rippchen (ca. 100g)  | 57°C                                                                                  | 40min                                                                                 | 1 min                                                                                 | Medium                                                                                |
| Filet (ca. 200g)     | 55°C                                                                                  | 35min                                                                                 | 1 min                                                                                 | Medium                                                                                |



## SÜBWASSERFISCH

|                             |           |          |                    |
|-----------------------------|-----------|----------|--------------------|
| Felchenfilet<br>(ca. 150g)  | 55 à 59°C | 10-20min | Rosa bis gut durch |
| Barschfilet<br>(ca. 150g)   | 55 à 59°C | 10-20min | Rosa bis gut durch |
| Forellenfilet<br>(ca. 150g) | 55 à 59°C | 10-20min | Rosa bis gut durch |
| Krebs<br>(ganz)             | 70°C      | 6min     | Rosa               |

## MEERESFISCH

|                              |           |          |                    |
|------------------------------|-----------|----------|--------------------|
| Barschfilet<br>(ca. 150g)    | 55 à 59°C | 10-20min |                    |
| Dorschfilet<br>(ca. 170g)    | 55 à 59°C | 10-20min | Rosa bis gut durch |
| Forellenfilet<br>(ca. 150g)  | 55 à 59°C | 6-20min  | Blau bis gut durch |
| Seezungenfilet<br>(ca. 120g) | 55 à 59°C | 8-20min  | Rosa bis gut durch |
| Seeteufel<br>(ca. 150g)      | 55 à 59°C | 8-20min  | Rosa bis gut durch |
| Thunfisch<br>(ca. 150g)      | 55 à 58°C | 6-20min  | Blau bis gut durch |

## MEERESFRÜCHTE

|                                  |      |       |        |
|----------------------------------|------|-------|--------|
| Tintenfischringe                 | 60°C | 2h10  | Medium |
| Krabbe<br>(Mittelgroß, ganz)     | 55°C | 1h30  | Rosa   |
| Riesencrevetten<br>(Ohne Schale) | 55°C | 15min | Rosa   |
| Hummer<br>(ganz)                 | 70°C | 13min | Rosa   |
| Jakobsmuschel                    | 55°C | 12min | Rosa   |
| Krakenentakel                    | 77°C | 5h    | Medium |

## GEMÜSE

|                                 |  |  |
|---------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Artischocke (Herz)              | 85°C                                                                              | 1h                                                                                |
| Weisse Spargel                  | 85°C                                                                              | 30-40min                                                                          |
| Grüne Spargel                   | 85°C                                                                              | 20min                                                                             |
| Rande (ganz)                    | 85°C                                                                              | 1h                                                                                |
| Brokkoli                        | 90°C                                                                              | 20min                                                                             |
| Karotte (ganz)                  | 85°C                                                                              | 1h                                                                                |
| Knollensellerie (zerkleinert)   | 90°C                                                                              | 2h30                                                                              |
| Weisskohl/Rotkohl (zerkleinert) | 90°C                                                                              | 2h30                                                                              |
| Blumenkohl                      | 85°C                                                                              | 50min                                                                             |
| Zucchini (1cm Scheiben)         | 85°C                                                                              | 1h15                                                                              |
| Fenchel (ganz)                  | 85°C                                                                              | 1h15                                                                              |
| Grüne Bohne                     | 85°C                                                                              | 1h15                                                                              |
| Rübe (ganz, mittelgroß)         | 85°C                                                                              | 1h                                                                                |
| Pastinak (ganz)                 | 85°C                                                                              | 25-40min                                                                          |
| Erbsen                          | 80°C                                                                              | 25min                                                                             |
| Lauch (ganz)                    | 90°C                                                                              | 40-50min                                                                          |
| Kartoffel (mittel)              | 90°C                                                                              | 1h30                                                                              |
| Kürbis (Würfel bis 2cm)         | 85°C                                                                              | 45min                                                                             |

## FRÜCHTE

|                           |  |  |
|---------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Aprikose (halbiert)       | 65°C                                                                                | 30min                                                                               |
| Ananas (1cm Scheiben)     | 82°C                                                                                | 30min                                                                               |
| Pfirsich (halbiert)       | 65°C                                                                                | 30min                                                                               |
| Apfel/Birne (ganz)        | 85°C                                                                                | 1h                                                                                  |
| Apfel/Birne (zerkleinert) | 75°C                                                                                | 30min                                                                               |

