

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°		GENTLE			CROCK-POT			INFUSE		SCALD			High energy steaming			Never exceed oil smoke point					
			SOUS-VIDE						STEWING		248° Soft Fried Egg						OIL SMOKE POINTS					
	113-140° Fish		129-158° Beef		136-158° Pork		140-167° Poultry		185° Veg					350° Butter			400° Canola Oil		449° Coconut Oil		489° Rice Bran Oil	
	REHEAT					Sous-vide without immersion circulator			SWEAT		GARLIC			375° Extra Virgin Olive Oil			425° Vegetable Oil		485° Ghee			
	CHOCOLATE					BAIN-MARIE			Fine tune simmer to suit any viscosity		BOIL			BROWNING			SHALLOW FRY			Rapid temp recovery searing		
	Dark		Melt 131°		Cool 84°		Temper 90°		Melt without Bain-marie			Prevent over-boiling			Saute without stewing			Fine adjustments to prevent burning fats			PAN FRY	
	Milk		122°		82°		88°					Slow transformation of delicate flavors			248° + Maillard			Toast Nuts 320°			Prevent overheating and damage to non-stick surfaces	
	White		113°		80°		86°		EGG PROTEIN			BLANCH			CARMELIZE			SPICES			338-374° Deep Fry Potatoes	
	Melt chocolate without seizing					145° Tight White		158° Yolk		178° Loose White		Reduce stock without watching the pot			248-275° Pancakes			Never burn Pancakes			GRILL	
	KEEP WARM					DOUFEU			Reduce, thicken & concentrate without burning		LIQUID SUGAR			215-235° Thread			244-250° Firm Ball		269-289° Soft Crack		STIR FRY	
	Collagen & Gelatin Up to 131°					SLOW-COOK			STEeping					235-240° Soft ball			250-266° Hard Ball		300-309° Hard Crack		Controlled caramelization of sugars & prevent runaway burning	
	Controlled cheese & yogurt culture growth					BRAISE																
41-129° Microbe Growth Zone					131-149° 12-48hrs		158-167° 8-12hrs		176-185° 2-4hrs		Butter poach in any size pot											
DE-FROST																						
					Hold sauce without splitting																	

What are your temperatures?