

EVEREO®
RECIPE BOOK

SERVICE TEMPERATURE
FOOD PRESERVING

EXEVER

PREFACE

SERVICE TEMPERATURE
FOOD PRESERVING REVOLUTION

Are we sure that the cold chain is the only way to preserve food?

Now you can discover a whole new way to preserve your cooked food thanks to Evereo®, **the first hot refrigerator that takes advantage of the food preservation at service temperature technology**. It allows you to cook, preserve and consume the hot food also after many hours, without the need to cool it down to low temperatures and warming it up later, thus saving time and energy.

In this recipe book, we collected **30 recipes** to **guide you through the new food preservation world**. Join the revolution thanks to this complete guidebook to use your Evereo® at its best: it will be your best ally in the kitchen.





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THE REVOLUTION STARTS NOW

SERVICE TEMPERATURE FOOD PRESERVING

Service Temperature Food Preserving is the new innovative technique that lies behind the Evereo® technology.
Evereo® working temperature is always above the threshold where almost all pathogenic bacteria live, therefore it assures food safety.

Preserving food inside Evereo® for more than 8 hours guarantees its pasteurization, even when you had previously cooled it down at 3 °C.
Several tests, carried out in independent laboratories, demonstrated the advantages of this technology as for **microbiological safety**, **preservation of the organoleptic properties** of foods and **savings in terms of time, energy and manpower**.

EVEREO®, THE FIRST HOT REFRIGERATOR

The revolution has taken its shape and now it has a name: Evereo®. Evereo® is a unique product that can **preserve cooked meals for days at service temperature**.

Taking advantage of the science on which food preservation at service temperature is based, Evereo® safely preserves cooked meals for days at temperatures above 60 °C, putting together **precise climate and temperature control and management**.



SERVICE TEMPERATURE
FOOD PRESERVING: THE TECHNIQUE

BEFORE PRESERVATION

When you prepare the food, temperature, time and the order in which operations are made during the cooking process can positively or negatively influence the preservation result.

THE ESSENTIALS

Besides Evereo® (01.), to preserve food at service temperature, you will need also:

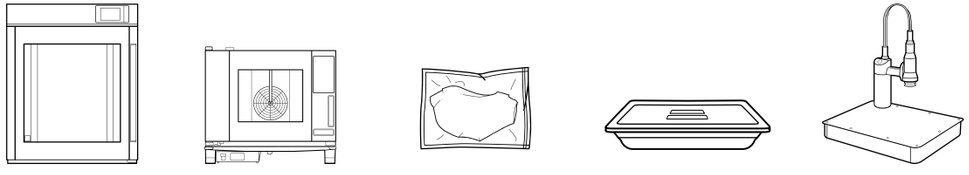
02. A CHEFTOP MIND.Maps™ combi oven

03a. Vacuum bags that can be suitable for Service Temperature Food Preserving: MULTI.Day Bags

03b. Vacuum trays and lids for hot food preservation: MULTI.Day Trays

04. Oxygen extraction system: MULTI.Day Hot Vacuum

01. 02. 03a. 03b. 04.



FOOD SAFETY

If food is "safe" just after it has been cooked, it will be even safer after the preservation process, thanks to the temperatures at which Evereo® preserves it. As a matter of fact, **food preservation at service temperature activates a long, low temperature pasteurization process** that increases food safety.

Should the product inside the hermetically sealed box accidentally cool down, due to a lack of electrical supply or because it remained outside Evereo® for an extended period of time, it will be sufficient to preserve it for some hours to re-activate the pasteurization process. (Note: the whole content of the box has to stay at more than 60 °C for at least 4 hours to make the pasteurization effective)

SUGGESTIONS

1. If the service won't start within 4 hours from the beginning of the preservation process, it is recommended to **cook food a little less** than usual before preserving it.

2. To have a texture contrast between the external and internal part of the food or, generally speaking, if you want to make food crunchy before serving it, it is recommended to **finish the dish in a convection oven** at high temperature (> 180 °C) for some minutes.

(!) It is a good practice in the kitchen to **throw away everything that has a dubious colour or smell.**



SERVICE TEMPERATURE FOOD PRESERVING: GENERAL PRINCIPLES



01. During the preservation with Evereo®, **chemical-physical transformations related to the cooking process continue to take place**, but very slowly. Different more or less pleasant aromas can arise, textures can change and very often colours tend to darken.

02. Controlling the **temperature is essential** to obtain a good preservation result. Preserving food for 36 hours at a temperature which is one degree higher or lower than the ideal one corresponds to cooking for 30 minutes at a temperature which is tens of degrees higher or lower than the ideal one. That is why Evereo® is equipped with a technology that allows to maintain uniform and steady temperature during the whole preservation process.

03. The choice of the preservation temperature for animal products rich in connective tissues has to be made on the basis of the **texture** that you want to achieve, how cooked the food is before preservation and **how much time** you want to preserve it.

04. Generally speaking, all products that have to be cooked for **more than 30 minutes** or with a **core temperature above 65 °C** are suitable to be preserved at service temperature.

05. Food **preservation** at service temperature **increases the sapidity** of food, therefore it is recommended to use less salt when preparing food that needs to be preserved for more than 8 hours.

06. Sometimes, different **components** of the same dish **have to be preserved separately** and assembled later, when you serve it.

62 °C

PASTA

Traditional pasta has to be preserved at **62 °C**, but you need to be aware that it will lose its "al dente" texture quite rapidly. Gluten-free pasta, instead, can be well preserved for many hours.

FOOD OF ANIMAL ORIGIN

Generally speaking, **food of animal origin** rich in connective tissues is really suitable to be preserved at a service temperature of **62 °C**.

RICE AND CEREALS

Rice can be preserved but you need to **separate it from its gravy**.
It is recommended to add a little oil - or another fat - to prevent the grains from sticking together.

FISH

Fish can generally be well preserved when it is **humid** (long cooking) and has to be preserved together with its gravy.

70 °C

LEGUMES

Legumes can be preserved together with the liquid they are submerged in and must be kept at **70 °C** otherwise they will acidify.

BREAD

Bread can be preserved at **70 °C**.
In case of medium or long term preservation - starting from 8 hours - the crusts tends to become softer.

VEGETABLE SOUPS AND BROTH

Vegetable soups can be preserved with an **homogenization** effect on their flavours. Reactivate the contrast adding fresh ingredients (oil, pepper, parsley, etc.) before serving.

FOOD THAT FACILITATES PRESERVATION





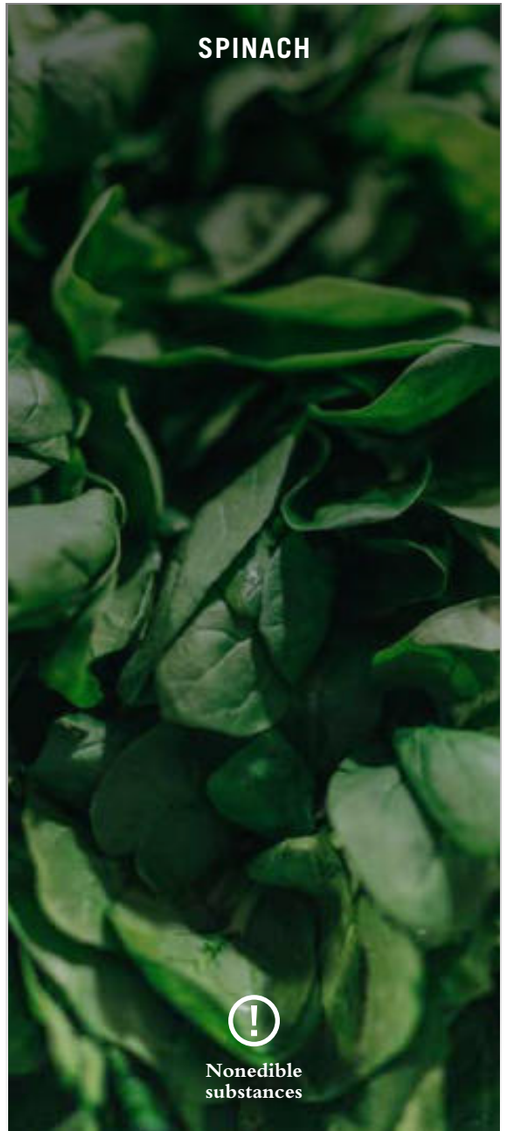


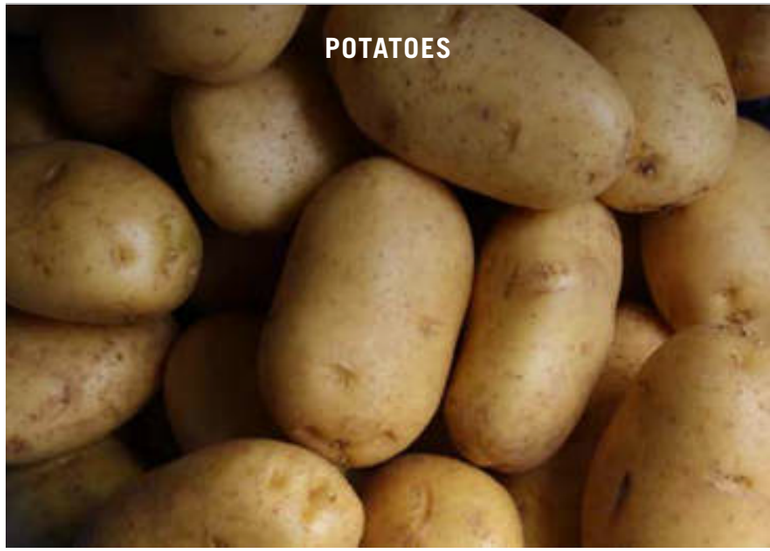






FOOD THAT HAS TO BE AVOIDED DURING PRESERVATION









PRESERVATION MODE

multi day

MULTI.Day

Cook and preserve
for up to 72 hours

Take full advantage of **Service Temperature Food Preserving** technology. With MULTI.Day mode you can avoid bacterial proliferation in cooked meals and preserve your dishes ready for days.

SUPERHOLDING

Hold
for up to 8 hours

Use Evereo® as a **sophisticated maintainer**. Evereo® is so precise that it maintains the same uniform temperature and humidity on every shelf with extreme accuracy.

If you are looking for more **flexibility**, you can even choose to **use different features** of Evereo® at the same time!



multi day

MULTI.DAY MODE

You just need to **hermetically seal the food** while it is still hot using an hermetic box and the **MULTI.Day Hot Vacuum** system or a simple vacuum bag, that is **MULTI.Day Bags**.

Evereo® does not alter the organoleptic properties and natural humidity of your dishes, sometimes it even improves them.
When in MULTI.Day mode, Evereo® offers its best results in preserving food that needs to be cooked for a long time - more than 40 minutes - such as braised meet, soups, goulash and many other traditional dishes.

GENERAL PRINCIPLES

Short preparations, such as fried and grilled products, **are not suitable to be preserved** with the Evereo® MULTI.Day mode, since they would lose their typical contrast between the texture of the exterior and interior part of the food. You can preserve them for a short time, normally less than 1 hour, with the Superholding mode.

Thanks to Evereo® MULTI.Day, food preservation at service temperature takes place in a **low oxygen atmosphere**. In fact, oxygen causes oxidation reactions that can ruin the organoleptic properties of food leading to its darkening or acidification. Not all food is suitable to be preserved in MULTI.Day mode.

NUTRITIONAL ASPECTS

01. Preserving food with the Evereo® MULTI.Day mode **does not lead to nutrients loss due to solubilization or oxidation** since the boxes are hermetically sealed and contain little oxygen.

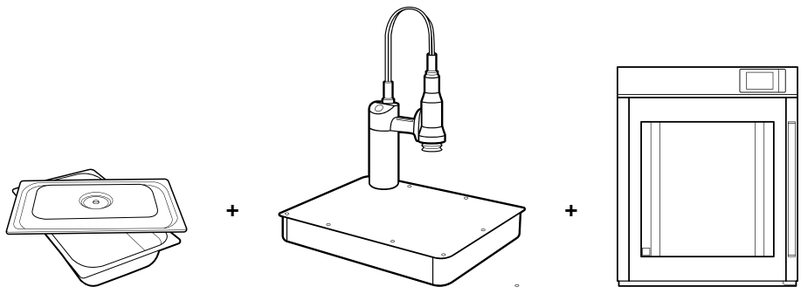
02. Preserving food with Evereo® **fosters the protein and carbohydrate hydrolysis**, improving their digestibility.

03. Preservation with Evereo® MULTI.Day **can cause the inactivation of thermolabile vitamins** such as pantothenic acid (B5) and ascorbic acid, which in any case would not be present in food after having cooked it.

MULTI.DAY HOT VACUUM

Cook your best dishes readapting them and following the advices you find in this recipe book thanks to the Unox MULTI.Day Tray. Once finished cooking, **vacuum-pack the whole tray while the food is still hot** thanks to the MULTI.Day Hot Vacuum patented technology and to the MULTI.Day Lid.

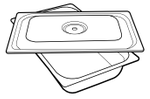
Insert the food into Evereo® to preserve it at service temperature for up to 72 hours. You will be able to **serve it in just a few seconds**, exactly when customers ask for it!



MULTI.Day ESSENTIAL GN 1/1 AND GN 1/2 + **MULTI.Day HOT VATUUM** + **EVEREO®**



PROCEDURE



STERILISATION

Before vacuum-packing and preserving food, it is necessary to **sterilize all the tools, boxes and lids** putting them in the oven. By doing this, it is possible to avoid contamination by some microorganisms of bacterial origin that can live at temperatures above 62 °C causing an alteration of the food flavour and smell. A tip: sterilize sterilize the lid by leaving it in the oven while cooking the food.

Sterilization Time

45 min	120 °C dry
15 min	160 °C dry
15 min	120 °C steam

VACUUM TRAY PRESERVATION

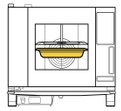
Combining together the MULTI.Day Trays and the Hot Vacuum technology, it is possible to cook food in an open tray and vacuum-pack it while it is still hot once finished cooking.
To guarantee the correct functioning of the Hot Vacuum system, **trays should be vacuum-packed before the temperature of the food inside them goes below 80 °C**.

SUGGESTIONS

1. Vacuum-pack the MULTI.Day Tray **as soon as you take it out of the oven**. Cooked food should not be touched or tasted.

2. If you didn't use a MULTI.Day Tray to cook the food, **as soon as the cooking has finished, transfer the food** into it using sterilized tools only. Food should not be touched or tasted. Once transferred, it needs to be vacuum-packed immediately.

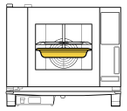
(!) The Hot Vacuum Pump patented technology allows you to **vacuum-pack hot food. Do not use normal vacuum technologies**, since hot food will produce oils and steam that would quickly and irreversibly damage the aspiration system components.



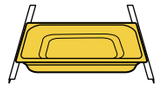
Sterilize the tray, the lid and all the tools you will use to prepare the food in the oven



Cook your best dishes readapting them, following the advices you find in this recipe book



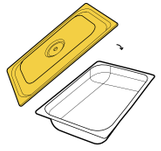
Sterilize the tray, the lid and all the tools you will use to prepare the food in the oven



Use the MULTI.Day Tray to cook your dishes in the oven while you sterilize the lid and the other tools

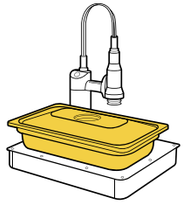


When the food is ready, **put it in the vacuum MULTI.Day Trays**

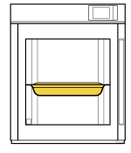


Close the trays with the specifically designed lids that will keep the pressure operated by the oxygen extraction

remember to use only sterilized tools to handle food



Thanks to the MULTI.Day Hot Vacuum system, **vacuum-pack** the MULTI.Day Tray while the food is still hot

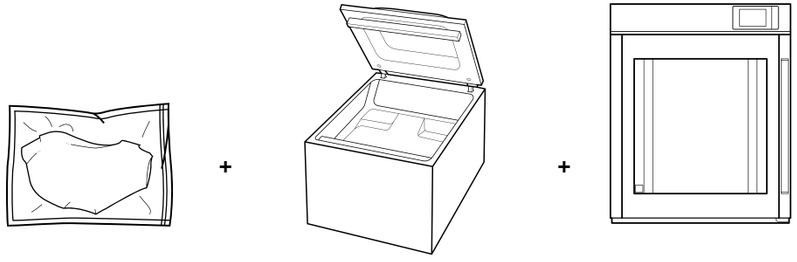


Preserve your food inside Evereo® choosing the MULTI.Day mode so as to keep it warm for up to **72*** hours

(* Preservation time can change according to the food and can also be much less than 72 hours)

MULTI.DAY BAGS

MULTI.Day Bags are designed to **withstand temperature stress** during the cooking and preservation process, ensuring that no plastic particles will migrate into the food during the preservation at service temperature period.
Once you have cooked the food inside the MULTI.Day Bags using the standard sous-vide cooking techniques, put the bags into Evereo® without cooling them down so as to preserve them for up to 72 hours at service temperature and always be ready for every order.



MULTI.Day BAGS + **VACUUM MACHINE** + **EVEREO®**



PROCEDURE



PACKING, COOKING AND VACUUM PRESERVATION

Cook your food directly in the vacuum MULTI.Day Bags, the only ones certified for the food preservation at service temperature in Evereo®.

Vacuum MULTI.Day Bags can be used to cook food up to 100 °C and 4 hours maximum and to preserve it in Evereo® for **maximum 72 hours at a temperature raging between 60 and 70 °C**.

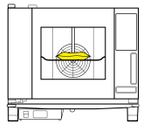
You can buy the MULTI.Day Bags in two different sizes:
20 x 30 cm
30 x 40 cm



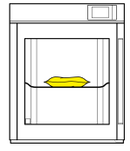
Insert raw food in the MULTI.Day Bags: the only ones to be certified for food preservation at service temperature



Use a traditional vacuum-packing machine to **extract the oxygen and seal the food** in the MULTI.Day Bags



Cook the food in the MULTI.Day Bags in the oven testing your traditional recipes.



Preserve your food inside Evereo® choosing the MULTI.Day mode to keep it warm for up to **72*** hours

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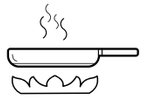
PROCEDURE



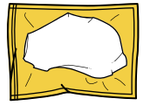
COOKING, PACKING AND VACUUM PRESERVATION

It is possible to **cook food, blast chill it and pack it in vacuum bags before putting it into Evereo®** to be preserved in MULTI.Day mode.

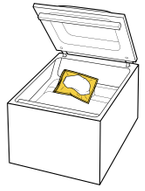
If you need to handle food with some tools (spoons, ladles, etc.) once finished cooking, you will need to sterilize also the tools to avoid contamination. It is fundamental to use disposable gloves while handling food.



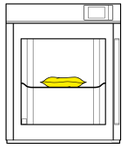
Cook your best dishes readapting them, following the advices you find in this recipe book



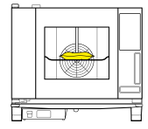
Once the food has cooled down (4 °C), insert it in the vacuum **MULTI.Day Bags,** the only ones that are certified for the preservation at service temperature



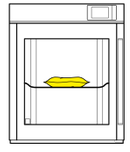
Use a traditional vacuum-packing machine to **extract the oxygen and seal the food** in the MULTI.Day Bags



Regenerate and preserve your food inside Evereo® choosing the MULTI.Day mode to keep it warm for up to **72*** hours



Regenerate portions of food directly **in the oven**



Preserve your food inside Evereo® choosing the MULTI.Day mode to keep it warm for up to **72*** hours

(* Preservation time can change according to the food and can also be much less than 72 hours)

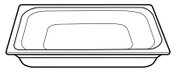


SUPERHOLDING MODE

Evereo® allows you to **keep warm the trays with cooked food**, without being sealed, for more than the 2 hours guaranteed by traditional holding cabinets.

Thanks to it precise temperature and atmosphere control, Evereo® allows you to preserve food for **up to 8 hours** with impeccable results. You just need to set the most suitable temperature and humidity level for your food; Evereo® will do all the rest.
Your customers will notice the difference!

PROCEDURE



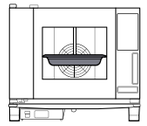
PRESERVATION IN AN OPEN TRAY

Food preservation at service temperature with the Evereo® Superholding mode takes place in a **controlled environment as for temperature, humidity and oxygen** level.

Superholding mode preservation time varies from 1 hour - for fast cooking products, such as fried or grilled ones - up to 8 hours - for slow cooking products, such as braised meet, soups, etc.



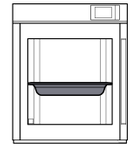
Cook your best dishes readapting them and following the advices you find in this recipe book



Prepare your dishes **in the oven**, choosing the most suitable tray for your food.



When the food is ready, **put it in the most suitable tray** for its preservation.



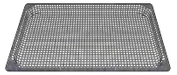
Preserve your food inside Evereo® choosing the Superholding mode to keep it warm for **up to 8 hours**



Preserve your food in an **open tray**



Preserve your food in a **closed tray** with Superholding Lid



Preserve your crunchy fried food in the **Steam tray**



MULTI.DAY RECIPE BOOK



MULTI.DAY RECIPE BOOK

RECIPES CATEGORY



RED MEAT
Braised beef cheek
Beef meatballs in tomato sauce



RICE & CEREALS
Steamed rice & cereals



WHITE MEAT
Oven roasted pork calves



CHICKEN
Curry chicken,
Grilled chicken breast



SAUCES
Bolognese Sauce



PASTA
Bolognese Lasagne



VEGETABLES
Aubergine casserole

RED MEAT

The most suitable red meats to be preserved at service temperature are those whose core temperature at the end of the cooking is 62 °C or higher.
Red meat cuts rich in connective tissues or fat that undergo long and slow cooking processes are among the most suitable to be preserved at a service temperature in Evereo®.



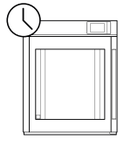


BRAISED BEEF CHEEK

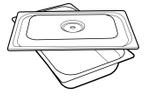
INGREDIENTS FOR 25 PORTIONS

to prepare the meat
6kg beef cheek
2 red onions
8 juniper berries
4 cloves
salt, pepper, EVO oil

to prepare the sauce
2kg tomato sauce
200g carrots
200g onion
150g celery
1 garlic clove
750ml Cabernet Franc red wine
salt, pepper, EVO oil



72 hours



MULTI.Day Tray

HOW TO PREPARE THE MEAT

To obtain a perfect final result, we suggest marinating the beef with the red onions cut into small slices, juniper, cloves, salt, extra virgin olive oil and pepper for 2 to 3 hours.

Once ready, prepare the meat, cutting out all the excess fat and dividing it into portions.

Once finished, season again with salt, pepper and extra virgin olive oil and roast it on high heat in a non-stick pan. Otherwise, you can roast it in the oven for 12/14 minutes at 220 °C.

HOW TO PREPARE THE SAUCE

Put some extra virgin olive oil in a pan and put it on a medium heat.

Add celery, carrots, onions and garlic and brown them.

Once the vegetables have a nice golden colour, simmer with wine on a high heat (or you can use a kitchen torch) so as to be sure that the alcoholic part evaporates very quickly.

Pour the tomato sauce into the pan and let it cook for a couple of hours.

Once finished, it is possible to blend the mixture to obtain a smooth sauce without vegetable pieces in it. Season with salt and pepper.

PREPARATION AND COOKING

Take a MULTI.Day tray and sterilize it, then put the roasted meat in it.

Add the sauce (how much sauce is on you), cover with a sterilized lid and use the MULTI.Day Hot Vacuum to vacuum seal it.

Cook in the oven at 78 °C for 8 hours (or overnight you can).

PRESERVATION

Once finished cooking, take the hot tray and put it into Evereo® to preserve your braised meet at 62 °C for 72 hours maximum.

BEEF MEATBALLS IN TOMATO SAUCE

multi day

INGREDIENTS FOR 15 PORTIONS

for the meatballs
3kg minced beef meat
500g breadcrumbs
7 eggs
salt, pepper and EVO oil

for the sauce
2kg tomato sauce
200g carrots
200g onion
150g celery
1 garlic clove
2 basil leaves
salt, pepper and EVO oil

HOW TO PREPARE THE MEAT

Put the minced meat in a bowl and season with oil and pepper.

Add the eggs and mix well.

Add the breadcrumbs and continue mixing.

Once the mixture is smooth, create some balls. You can decide how big you want them.

Place the meatballs into a non-stick tray, spacing them so that the air can uniformly pass through them while cooking.

Cook for 15 minutes at 190 °C.

HOW TO PREPARE THE SAUCE

Put some extra virgin olive oil in a pan and put it on a medium heat.

Add celery, carrots, onions and garlic and brown them.

Once the vegetables have a nice golden colour, pour the tomato sauce into the pan and let it cook for a couple of hours.

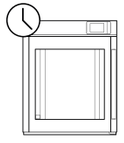
Once finished, add the basil leaves and blend the mixture to obtain a smooth sauce without vegetable pieces in it. Season with salt and pepper.

Add the cooked meatballs to the sauce and cook for 15/20 minutes on a medium heat.

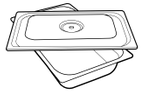
Transfer the meatballs and the sauce into sterilized MULTI.Day trays and cover them with their sterilized lids.

PRESERVATION

Use the MULTI.Day Hot Vacuum to vacuum seal them and preserve in Evereo® at 62 °C for 72 hours.



72 hours



MULTI.Day Tray



multi day

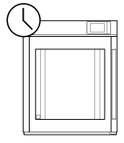


RICE & CEREALS

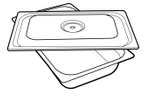
Rice and cereals in general, such as barley, spelt, quinoa and oats can be preserved at service temperature without the risk of overcooking them, but they need to be kept separate from the cooking liquids.
Otherwise, with the passing of time, cereals or rice would swell till they explode, losing their right texture.



multi day



72 hours



MULTI.Day Tray



STEAMED RICE & CEREALS

INGREDIENTS

rice
pearly barley
spelt

HOW TO PREPARE THE RICE

All bland cooking follow the same procedure!

Therefore it is possible to follow this procedure for all cereals such as:

Rice (Vialone, Carnaroli, Parboiled, Roma, Basmati, Jasmine, Wild, Venere)
Pearly barley
Spelt

For each part of cereals, weigh a part and a half of liquid, for example water or broth.

Place them in the oven and steam at 100 °C for a different time according to the food:

Rice 24 minutes
Wild rice / Venere (black) rice 35 minutes
Barley 28 minutes
Spelt 26 minutes

PRESERVATION

Once finished cooking, close the MULTI.Day tray with its sterilized lid and use the MULTI.Day Hot Vacuum to vacuum seal it. Preserve in Evereo® at 62 °C for 72 hours.

WHITE MEAT

White meat can be preserved at service temperature without any problem, since this kind of meat is typically never served rare.

In any case, after 48 hours it starts losing the perfect texture since it is normally divided into small cuts with low fat.





OVEN ROASTED PORK CALVES

multi day



INGREDIENTS FOR 12 PORTIONS

12 pork calves
750ml vegetable broth
500ml white wine
250g carrots
250g onion
250g celery
salt, pepper and EVO oil

HOW TO PREPARE

Marinate the pork calves into a mixture of 5 parts of water and 1 part of white wine.

Season with unpeeled garlic cloves, sage and rosemary and let them rest for a couple of hours.

Put the calves on a grid, season with salt, pepper and extra virgin olive oil and roast them in a hot oven for at least 10/15 minutes at 190 °C.

Place a fat collecting tray under the grid, so that you will be able to collect the fat and liquids released during the roasting.

While the calves are cooking, chop the celery, the carrots and the onions and brown them in a non-stick frying-pan. Add some vegetable broth to thin out the vegetable base.

Once finished cooking, use a blast chiller to cool it down to 4 °C.

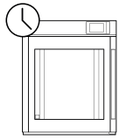
Once the calves have a nice brown colour, blast chill them to 4 °C too.

Once the sauce and the meet will be cold, put them in the cooking and preserving MULTI.Day Bags (keep the sauce separated from the meat) and vacuum seal them.

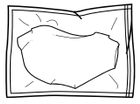
Put them in the oven at 78 °C with 50% steam and cook for 5 hours.

PRESERVATION

Once finished cooking, transfer them into Evereo® and preserve at 62 °C for 72 hours. Before serving, roast the calf and thicken the sauce.



72 hours



MULTI.Day Bags

POLLO

multi day





multi day

30 hours

MULTI.Day Bags

CURRY CHICKEN

INGREDIENTS FOR 18 PORTIONS

2,5kg chicken breast
2,5kg boned chicken thigh
500g onion
100g red or yellow curry pastea
200g butter
500g coconut cream
300g cream
salt, pepper and EVO oil

HOW TO PREPARE

Cut the chicken into about 2 x 2 cm cubes, season with salt, pepper and half of the curry paste. Mix well and let it rest in the fridge.

Chop the onion and brown it with butter and the other half of the curry paste on a medium heat.

Once the onion is browned, add the marinated chicken and roast well.

Add the coconut cream and the cream.

Add cumin seeds and coriander to taste.

Cook for about 20 minutes on a medium heat and continue mixing. You can add some vegetable broth if necessary.

Once finished cooking, blast chill at 4 °C.

PRESERVATION

Divide it into portions, put it into the cooking and preserving MULTI.Day Bags and vacuum seal.

Transfer them into Evereo® and preserve at 62 °C for 30 hours.

Before serving, follow the pasteurization times suggested by Evereo® and thicken the sauce in a pan if necessary.

GRILLED CHICKEN BREAST

multi day

INGREDIENTS

grilled chicken breast
salt, pepper, EVO oil

HOW TO PREPARE

It is possible to preserve grilled meats as, for example, chicken breasts.

Take a chicken breast and cut it into two halves.

Season with salt, pepper and extra virgin olive oil to taste.

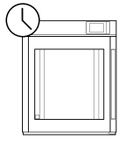
Grill it for just 1 minute, so that the grill signs will be visible on it. Then blast chill it rapidly.

Once cold, put it into the cooking and preserving MULTI.Day Bags and vacuum seal.

Cook the chicken in the oven for 20 minutes at 75 °C with 100% steam.

PRESERVATION

Once finished cooking, transfer it into Evereo® and preserve at 62 °C for 30 hours.



30 hours



MULTI.Day Bags



multi day



SAUCES

Sauces are the best in preserving their textures and organoleptic properties.
Depending on the ingredients of the sauce, these mixtures can be preserved for up to 72 hours* (*if you use the MULTI.Day Tray or Bags mode)



BOLOGNESE SAUCE

INGREDIENTS FOR 100 PORTIONS

5kg minced beef meat (fat cuts)
5kg minced pork meat (better if you use the leg)
1kg fresh bacon
750g carrots
750g onion
600g celery
1 bunch of aromatic herbs (rosemary, sage, thyme, bay leaves, juniper)
4lt tomato sauce
500g tomato paste
2lt vegetablee broth
salt, pepper and EVO oil

72 hours

MULTI.Day Tray

HOW TO PREPARE

Roughly chop the celery, the carrots and the onion and brown them in a pan on a high heat.

Add the chopped fresh bacon to the vegetables and roast it.

Add the beef and pork meat, continue to mix and make sure they are on a high heat to let the meat roast uniformly.

Add the tomato paste and the tomato sauce. Add the broth to obtain the correct texture. Add salt and pepper to taste.

Transfer the whole mixture into a big tray, add the bunch of aromatic herbs (it is highly recommended to use some gauze for food to make sure that you can take it out once finished cooking) and cook it the oven for 2/3 hours at 135 °C with 30% steam.

PRESERVATION

Once finished cooking, close the MULTI.Day tray with its sterilized lid and use the MULTI.Day Hot Vacuum to vacuum seal it. Preserve in Evereo® at 62 °C for 72 hours.



PASTA

To preserve pasta or cous cous, follow the same rules as for cereals and rice.
For example, for pasta, keep it without seasoning and separated from the sauce.
On the contrary, stuffed pasta, such as baked pasta, lasagne, pasta casserole and so on, can be preserved after cooking it without any problem as for its texture.

BOLOGNESE LASAGNE

INGREDIENTS FOR 4 MULTI.Day Tray / 48 PORTIONS

ingredients fot the bolognese sauce
2,5kg minced beef meat (fat cuts)
2,5kg minced pork meat (better if you use the leg)
0,5kg fresh bacon
350g carrots
350g onion
300g celery
1 bunch of aromatic herbs (rosemary, sage, thyme, bay leaves, juniper)
2lt tomato sauce
250g tomato paste
1lt vegetablee broth
salt, pepper and EVO oil

ingredients fot the béchamel
5lt whole milk
400g butter
400g flour
1 pinch of nutmeg
Salt, pepper

HOW TO PREPARE THE BOLOGNESE SAUCE

For the preparation of the Bolognese Sauce see page. 59

HOW TO PREPARE THE BÉCHAMEL SAUCE

Melt the butter in a casserole dish and add the flour. Cook it well to obtain a toasted roux.

Meanwhile, warm up the milk, seasoning it with salt and pepper to taste.

If you like it, you can add some grated nutmeg or nutmeg powder.

Once the milk is hot, add it to the roux a little at a time, always mixing it with a kitchen whisk or a high temperature resistant silicone spatula.

It is very important to add the milk slowly and to mix well so as to prevent lumps from forming.

Once you have added all the milk, cook on a medium heat for 15/20 minutes always mixing. Season with salt and pepper.

HOW TO PREPARE THE LASAGNE

In a sterilized MULTI.Day tray, create the lasagne with at least 5/6 layers, alternating fresh pasta, Bolognese sauce and béchamel sauce.

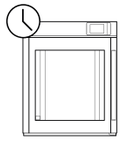
Once you have reached the desired thickness, finish the last layer with a lot of Bolognese sauce.

Cook in the oven at 145 °C for 30 minutes. Once finished cooking, close the MULTI.Day tray with its sterilized lid and use the MULTI.Day Hot Vacuum to vacuum seal it.

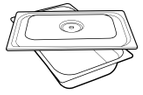
PRESERVATION

Preserve in Evereo® at 62 °C for 72 hours.

multi day



72 hours



MULTI.Day Tray



VEGETABLES

All vegetables, with the exception of spinach, can be preserved. In case of preservations longer than 8 hours, for which you need to use the MULTI.Day Tray or MULTI.Day Bag, potatoes cannot be preserved, since they naturally produce oxygen and it would be therefore impossible to keep the vacuum inside the tray or bag.

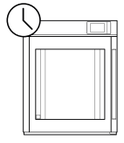




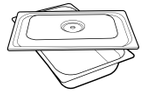
AUBERGINE CASSEROLE

INGREDIENTS FOR 12 PORTIONS

6 round aubergine
sunflower seed oil - to fry
2kg tomato souce
200g carrots
200g onion
150g celery
1 garlic clove
2 basil leaves
salt, pepper and EVO oil
500g grated Parmesan cheese
1kg mozzarella



72 hours



MULTI.Day Tray

HOW TO PREPARE

Wash and clean the aubergines before cutting them into regular slices about 1.5 cm thick.

Place the aubergines on a strainer and season with salt. Salt will cause the water inside the aubergines to leak out, thus guaranteeing a better frying result.

Place them in the fridge for a couple of hours.

Put some extra virgin olive oil in a pan and put it on a medium heat.

Add celery, carrots, onions and garlic and brown them.

Once the vegetables have a nice golden colour, pour the tomato sauce into the pan and let it cook for a couple of hours.

Once finished, add the basil leaves and blend the mixture to obtain a smooth sauce without vegetable pieces in it.

Season with salt and pepper.

Take the aubergines from the fridge and flour them, it is better to use double-milled semola.

While you flour the aubergine slices, start to fry them in hot peanut oil, trying to remove the excess flour before frying so as to preserve the oil.

For the frying temperature, please refer to the smoke point of the oil as per its label.

After frying, dry each aubergine slice by means of paper towel.

Take a sterilized MULTI.Day tray and make some layers of aubergines, tomato sauce, mozzarella and grated Parmesan cheese. Repeat the layers to taste till you reach the desired thickness.

Cook it in the oven for 25 minutes at 170 °C with 50% humidity extraction.

PRESERVATION

Once finished cooking, close the MULTI.Day tray with its sterilized lid and use the MULTI.Day Hot Vacuum to vacuum seal it. Preserve in Evereo® at 62 °C for 72 hours.

SUPERHOLDING RECIPE BOOK





SUPERHOLDING
-
HUMIDITY 10%

TEMPERATURE

62-80 °C

8-3 H

MAINTENANCE TIME

Chosen time and temperature depend on the service process. If a food must be immediately served after leaving Evereo®, temperatures of around 70 °C will be needed, while if after the maintenance phase the food is sautéed in a pan or still in the oven or napped by a hot sauce, then in this case the temperatures may be lower (between 62 and 67 °C).

DEHYDRATED FOOD

This setting will allow you not only to preserve dehydrated food, but also to dehydrate it from scratch: you will be able to dehydrate **fruits, vegetables, meat and fish.**
Temperature varies according to how delicate the food is. Lemon or orange slices and, generally speaking, all delicate foods prefer lower temperature with respect to whole fruits or meat and fish fillets. Preservation time depends on how dry you want to keep the food.

FRIED FOOD

Recently fried food can be preserved in Evereo® for a time range between one hour and a half - for delicate fried food without breading, as for example **fried fish** - to 4 hours - for food such as **schnitzels** and **fried chicken**.
The lack of humidity will keep the crust crunchy and the temperature stability will allow you to serve excellent fried food even after some hours.

GRILLED FOOD

Grilled food can be preserved with a percentage of humidity that varies from 10% to 30%. Time is the determinant in the choice of humidity: the longer the desired holding time is, the higher humidity percentage is required. Besides this rule of thumb, there are other variables to take into account: the more a food, be it **meat, vegetable or fish**, is rich in humidity, the less external humidity will be needed to hold it. That is the reason why in this section we will see some examples of grilled food that can be held with 10% of humidity, while grilled food that can be held with 30% of humidity will be described at page 87. Any example?
Grilled vegetables are rich in water and therefore can be hot preserved with a perfect texture using only 10% of humidity for 3 hours.
When preserving meat, the temperature varies according to the internal cooking point of the meat. **Grilled rare meat** cannot be preserved for more than some minutes, since the temperatures which guarantee maximum food safety are higher than the meat core temperature and preserving it for more than 5/6 minutes would cook its interior.

DEHYDRATED FOOD

HUMIDITY 10%

Not just an holding cabinet! Among the multiple functions of Evereo®, one of the most interesting is drying. Thanks to its precise parameters management in the holding chamber and **the low level of humidity, it is possible to use Evereo® as a real drier.** Let your imagination run freely and try all the recipes.



DEHYDRATED ORANGES AND LEMONS

Orange and lemon slices can be dehydrated directly in Evereo® using some baking paper or a silicon mat to prevent the food from sticking to the pan during the process. It is recommended to use low temperatures to keep the orange's and lemon's original colours as much as possible. Time varies according to the slices thickness.



DRIED MUSHROOMS

Evereo® can be transformed into a real drier. Even with mushrooms you can achieve perfect results, drying them perfectly and keeping their shapes, aromas and natural colours. **Porcini, champignons, chanterelles and honey mushrooms** will dry perfectly in reduced time (which will vary according to the food dimensions and thickness) with excellent results, without drying up too much and without altering their natural flavours.



SEMIDRIED TOMATOES

Very easy to prepare and the time needed will be halved with respect to the natural drying. Also for **tomatoes**, it is recommended to use flat trays with baking paper or a silicone mat. Space the tomatoes so as to foster the hot air passage through them, so that they will be perfectly dried.

FRIED FOOD

HUMIDITY 10%



FRIED FISH

Fried fish, prepared with flour or batter, can be held without problems for an hour and a half and it will seem as if it had just been fried. Clearly, the thicker a piece is, the better and tastier it will be, soft inside and crunchy outside (**squids and shortfin squids rings or shrimps**), while less thick parts, such as the **cuttlefish tentacles, small fishes or schie** (small shrimp from the lagoon) will tend to last only 1 hour.



BATTERED FRIED FOOD

Courgette flowers, carrots, shrimps, aubergines, cauliflowers, asparagus, broccoli, radicchio and much more. All battered products (be it with beer or sparkling water) can be held in Evereo® for 2 or 3 hours, depending on the kind of food, and served as if they had just been fried.



BREADED FRIED FOOD

Breaded products made with breadcrumbs such as **chicken schnitzel, fish fillets, fried aubergines or courgettes,** or with panko, such as fried chicken, can be held for an incredibly long time: even 3 or 4 hours. As usual, time depends on the food thickness: the thinner it is, the less time it can be held.

GRILLED FOOD

HUMIDITY 10%



GRILLED MEAT

The holding time of **grilled meat** is variable and depends on many factors: rare red meat need a reduced holding time, since the recommended minimum temperature is higher than the meat core temperature and a long holding time could continue its cooking. Meats that have a core temperature higher than or equal to 62 °C can be held even for 3 hours with excellent results as for texture and colour. Meats that can be held with 10% of humidity are typically meats with fat coverings, such as picana, cuts of meat with intense marbling, or meats protected by rind such as pork bacon. Fat minced meat preparations such as meatloaves or sausages can be maintained with 10% of humidity.



GRILLED FISH

What has been said about meat, is equally true for fish. It is not recommended to hold very rare **tuna steaks** for more than 30 minutes, since the cooking could continue. Whereas, large fish fillets such as **halibut** or **whole fishes**, which therefore contain high percentages of water, can be held for up to 2 hours without any particular problem. In case of **stewed fish**, the humidity coming from the sauce makes it possible to hold it for up to 3 hours.



GRILLED VEGETABLES

Generally speaking, **grilled vegetables** can be held in Evereo® even for hours without losing their texture and flavour.
Cutting them thick and a little seasoning before holding them in Evereo® at service temperature will help grilled vegetables to resist even for a longer time without drying up and without losing their natural colour.



SUPERHOLDING

-

HUMIDITY 90%

TEMPERATURE

62-80 °C

8-3 H

MAINTENANCE TIME

Chosen time and temperature depend on the service process. If a food must be immediately served after leaving Evereo®, temperatures of around 70 °C will be needed, while if after the maintenance phase the food is sautéed in a pan or still in the oven or napped by a hot sauce, then in this case the temperatures may be lower (between 62 and 67 °C).

SOUS-VIDE FOOD

Sous-vide food is the less delicate and the less subject to climate changes since the plastic bags isolate it in its cooking liquid. Nevertheless, it is fundamental to use the right temperature not to overcome the cooking point and not to alter the colours, above all with vegetables such as broccoli.
Moreover, the temperature choice should be made on the basis of the preserved food: the preservation temperature should not be higher than the core temperature, otherwise you risk overcooking the food.

STEAMED FOOD

All steamed food can be preserved in Evereo® provided that there is enough humidity (between 80 and 90%). Lower humidity percentages risk drying out the food.
It is still to be considered that **fruit and vegetables with green leaves** need lower temperatures not to alter their colours.

BRAISED FOOD

Braised meats are the best to be preserved at service temperature since their core temperature at the end of the cooking process are higher than the temperature needed to keep them warm. This means longer preservation times that make meat even more soft and even easier to digest.
Braised meat with or without sauce will find in Evereo® the perfect conditions to be preserved for even more than 8 hours without any negative alteration. Temperature will keep it warm and safe from the bacterial point of view and humidity will keep its exterior soft.

SOUS-VIDE FOOD

HUMIDITY 90%



SOUS-VIDE FISH

Fish, molluscs and crustaceans that reach a temperature of 62 °C during the cooking process can be held in Evereo® for hours without problems. Fishes with a lot of flesh, such as sea bass, giltheads, sardines, soles or halibut offer an ideal thickness which allows to held them even for 2 or 3 hours at 67 °C. In case of crustaceans, such as **shrimps, prawns, lobsters and spiny lobsters**, it is recommended to use lower temperatures, for example 60/62 °C to preserve their delicate texture.



SOUS-VIDE MEAT

Using the same meat cut, a sous-vide cooking is always more delicate than a traditional one and the **meat** will be softer, more succulent and rich in liquid, therefore it will weigh more. It is important to keep a precise temperature during the holding phase so as not to ruin the meat texture. Thanks to its sensors, Evereo® controls the temperature throughout the holding chamber and can preserve food even for days. **Meat rich in connective tissues**, perfect to be braised or stewed, will find in Evereo® the perfect conditions to be preserved and even to improve, becoming softer, tastier and even easier to digest.



SOUS-VIDE VEGETABLES AND FRUIT

Cooked fruit and vegetables have different holding times that depend on the transformation they underwent. A fruit **compote** or a **tomato sauce** can be preserved for days without problems. **Roasted vegetables**, that have then been kept sous-vide, can be held for 2 or 3 hours. The most delicate parameter for **green fruit and vegetables** is colour: when in a sous-vide bag or in contact with heat, it is easy that the original, lively green colour will become darker, therefore it is recommended to use short holding times. **Aubergines, peppers, tomatoes and carrots** do not have any problems.

STEAMED FOOD

HUMIDITY 90%



STEAMED VEGETABLES

What has been said about **sous-vide vegetables**, is equally true for steamed vegetables. All green food at some point starts to lose its colour. To prevent oxidation and to have a more pleasant aesthetic result, it is recommended to **season steamed or boiled vegetables** with extra virgin olive oil before preserving them. Seasoned steamed vegetables can be held for 2 hours without problems.



STEAMED RICE&CEREALS

Thanks to its precise temperature management, Evereo® can held cooked **rice and cereals** for hours without overcooking them. **Venere (black) rice, basmati rice, parboiled rice, spelt, barley, wild rice and gluten free durum-wheat pasta** are some examples of food that can be held in the best possible way for 4 or 5 hours. It is recommended to keep food in a covered pan, so as to keep humidity coming from the food inside the tray. A tray without a lid could lead to dry too much the food surface.



BOILED MEAT

Steamed chicken, steamed beef cuts, boiled poultry, cotechino (cooked pork sausage) **and pig's trotters** can be held in Evereo® for 3 or 4 hours without altering their organoleptic properties. As for all kinds of meat, thickness has a fundamental role: the thicker the meat is, the longer it will be possible to preserve it with a better quality. To hold steamed or boiled meat, it is recommended to keep it in broth in a big tray.

BRAISED FOOD

HUMIDITY 90%



HOT POTS AND STEWS

Hot pots, stews and all meat cuts that are slow cooked for a long time are ideal to be held. Textures will improve, meat will not be overcooked and can be held for 8 hours without drying up or splitting apart. Stewed or braised meat and goulash can be prepared in advance and held hot in Evereo® being ready to be served without having to regenerate them.



SAUCES, PASTA SAUCES AND GRAVY

As for braised meat, **sauces, pasta sauces and gravy** can also be held in Evereo® for hours without losing their quality. Tomato sauces can be held without alterations even for a longer time thanks to the tomato anti-oxidant properties. Using the Superholding mode to hold sauces and pasta sauces means reducing the service time and making the plating and delivery process easier. Very fat sauces or sauces made with cream after two hours could separate the liquid part from the fat one. It will be sufficient to mix them from time to time to restore the original conditions.



WHOLE CUTS OF BRAISED MEAT

Also for **whole cuts of braised meat** that will be sliced during the service, holding at service temperature is an optimal condition. The meat will remain soft, tasty and the temperature won't be too high thus it won't be an obstacle while cutting the meat. It is possible to hold the whole cut in a sous-vide bag or in an open tray and slice it into portions during the service. In case the braised meat has already been sliced, it is recommended to held it at service temperature with its gravy to make it even softer.



SUPERHOLDING

-

HUMIDITY 30%

TEMPERATURE

62-80 °C

8-3 H

MAINTENANCE TIME

Chosen time and temperature depend on the service process. If a food must be immediately served after leaving Evereo®, temperatures of around 70 °C will be needed, while if after the maintenance phase the food is sautéed in a pan or still in the oven or napped by a hot sauce, then in this case the temperatures may be lower (between 62 and 67 °C).

LOW TEMPERATURE ROASTS AND TRADITIONAL ROASTS

Low temperature roasts and traditional roasts can be preserved without any particular problem. 30% of humidity will ensure that food, meat in particular, remains soft, without losing its texture and its typical "boiled meat" smell. Preservation time for roasts depends only on two factors: the first and most important one is how much humidity the food lost during the cooking process. It is not by chance that, between a traditional roast and a low temperature one, the latter will be better preserved, since it will have more liquids inside and its softness will last longer.
The choice of the temperature depends on the service process. If food is served immediately after it is taken out from Evereo®, the temperature should be around 70 °C, whereas if, after the preservation, you want to roast it in a pan or in the oven or you serve it with a hot sauce, then the temperature can be lower (between 62 and 67 °C).
It is always important to keep in mind how cooked the meat is inside. An English Roast beef, for example, will be cooked when the core temperature is 56 °C. If we preserve the roast beef for a couple of hours at 62 °C, it will lose its typical medium-rare appearance. Therefore roast beef is a kind of meat that cannot be preserved.

BAKED FOOD

Baked food can find in Evereo® the perfect conditions not only to be preserved as if it had just been baked, but it can also improve. We are talking about all food cooked in an oven pan or tray, such as: **lasagne, aubergine casserole, cannelloni** (stuffed rolls of dough), **baked fish, quiches, omelette and meatballs** with tomato sauce. 30% of humidity will keep food soft without making it wet and without ruining its external appearance. The precise temperature will keep perfect textures for food that can be preserved at service temperature even for 6/8 hours without any problem.

GRILLED FOOD

Grilled food can be preserved with a percentage of humidity that varies from 10% to 30%. Time is the determinant in the choice of humidity: the longer the desired holding time is, the higher humidity percentage is required. Besides this rule of thumb, there are other variables to take into account: the more a food, be it **meat, vegetable** or **fish**, is rich in humidity, the less external humidity will be needed to hold it. That is the reason why in this section we will see some examples of grilled food that can be held with 30% of humidity, while grilled food that can be held with 10% of humidity will be described at page 71. Any example?
When preserving meat, the temperature varies according to the internal cooking point of the meat. **Grilled rare meat** cannot be preserved for more than some minutes, since the temperatures which guarantee maximum food safety are higher than the meat core temperature and preserving it for more than 5/6 minutes would cook its interior.

ROAST

HUMIDITY 30%



RED MEAT

All **roasted red meats** can be held with the Superholding mode, but the rule to follow is always the same: the best food to be held is the one that reaches a minimum temperature of 62 °C. Roast beef, for example, cannot be held for more than 30 minutes, since the safety temperature is higher than the core temperature of the product. Whole roasts or sliced roasts at their cooking point can be perfectly held thanks to Evereo® precise temperature management.



WHITE MEAT

Besides **chicken, veal, rabbit and turkey, pork meat** also has to be included in this category, in particular those cuts which are cooked at low temperatures and roasted, such as pork legs, calves and loin. Normally, these cuts are cooked for a period of time that allows them to reach a core temperature equal to or higher than 62 °C, so they are compatible with the Superholding mode. Also a whole roasted chicken with soft meat and crunchy skin can be held for a long time if humidity does not exceed 30%. It is not recommended to hold roasted chicken without humidity otherwise the meat will dry too much and it will lose softness and taste.



FISH

What has been said about grilled fish, is equally true for **baked fish**. Thick fillets guarantee a longer holding time, a serving sauce gives more softness to them. In case of "natural" roasted fish, as for example baked fish or fish in a salt crust, it is recommended to keep humidity at a percentage not higher than 30% to keep the skin crunchy. With a higher level of humidity the risk is ruining its texture, whereas, with a humidity of less than 20% the fibres could become too dry, making it gristly or reducing consistently the holding time.

BAKED FOOD

HUMIDITY 30%



STUFFED PASTA AND LASAGNE

Baked pasta, lasagne Bolognese or aubergine casserole are just some examples of the classic baked products that find in Evereo® the perfect conditions to be held hot, tasty, stringy and with a crunchy surface for hours! Pasta won't be overcooked, cheese will be at the perfect temperature: soft, but never too hot. Stuffed pasta can be held with the Superholding mode for up to 6 hours without losing its organoleptic properties and remaining perfect under every point of view.



BAKED FISH

What has been said about grilled fish, is equally true for **baked fish**. Thick fillets guarantee a longer holding time, a serving sauce gives more softness to them. In case of "natural" roasted fish, as for example baked fish or fish in a salt crust, it is recommended to keep humidity at a percentage not higher than 30% to keep the skin crunchy. With a higher level of humidity the risk is ruining its texture, whereas, with a humidity of less than 20% the fibres could become too dry, making it gristly or reducing consistently the holding time.



AU GRATIN FOOD

Tomatoes au gratin, gnocchi alla romana (Roman semolina gnocchi)**, mushrooms, fish in a crust, cannelloni** (stuffed rolls of noodle dough)**, crepes:** this food is not sensitive to temperature, and does not require a specific texture, so this means that it can be held for longer periods without problems. The big advantage of holding it in Evereo® is that, thanks to the humidity measuring and handling technology, food that is soft inside and crunchy outside, will maintain the right texture for longer periods of time, allowing you to serve it with the maximum quality even after many hours.

GRILLED FOOD

HUMIDITY 30%



GRILLED MEAT

The holding time of **grilled meat** is variable and depends on many factors: rare red meat need a reduced holding time, since the recommended minimum temperature is higher than the meat core temperature and a long holding time could continue its cooking. Meats that have a core temperature higher than or equal to 62 °C can be held even for 3 hours with excellent results as for texture and colour. Meats that can be held with 10% of humidity are typically meats with fat coverings, such as picana, cuts of meat with intense marbling, or meats protected by rind such as pork bacon. Fat minced meat preparations such as meatloaves or sausages can be maintained with 10% of humidity.



GRILLED FISH

What has been said about meat, is equally true for fish. It is not recommended to hold very rare tuna steaks for more than 30 minutes, since the cooking could continue. Whereas, **large fish fillets** such as **halibut** or **whole fishes**, which therefore contain high percentages of water, can be held for up to 2 hours without any particular problem. In case of **stewed fish**, the humidity coming from the sauce makes it possible to hold it for up to 3 hours.



GRILLED VEGETABLES

Generally speaking, **grilled vegetables** can be held in Evereo® even for hours without losing their texture and flavour.
Cutting them thick and a little seasoning before holding them in Evereo® at service temperature will help grilled vegetables to resist even for a longer time without drying up and without losing their natural colour.

RECIPES SUMMARY DIVIDED BY CATEGORY

RED MEAT
Braised beef cheek, 38
Beef meatballs in tomato sauce 40

RICE&CEREALS
Steamed rice&cereals 44

WHITE MEAT
Oven roasted pork calves 48

CHICKEN
Curry chicken, 52
Grilled chicken breast 54

SAUCE
Bolognese sauce 58

PASTA
Bolognese lasagne 62

VEGETABLES
Aubergine casserole 66

DEHYDRATED FOOD - HUMIDITY 10% 72
Dehydrated oranges and lemons
Dried mushrooms
Semidried tomatoes

FRIED FOOD - HUMIDITY 10% 74
Fried fish
Battered fried food
Breaded fried food

GRILLED FOOD - HUMIDITY 10% 76
Grilled meat
Grilled fish
Grilled vegetables

SOUS-VIDE FOOD - HUMIDITY 90% 80
Sous-vide fish
Sous-vide meat
Sous-vide vegetables and fruit

STEAMED FOOD - HUMIDITY 90% 82
Steamed vegetables
Steamed rice&cereals
Boiled meat

BRAISED FOOD - HUMIDITY 90% 84
Hot pots and stew
Sauces, pasta sauces and gravy
Whole cuts of braised meat

ROASTED FOOD - HUMIDITY 30% 88
Red meat
White meat
Fish

BAKED FOOD - HUMIDITY 30% 90
Stuffed pasta and lasagne
Baked fish
Au gratin food

GRILLED FOOD - HUMIDITY 30% 92
Grilled meat
Grilled fish
Grilled vegetables

RECIPES SUMMARY IN ALPHABETICAL ORDER

MULTI.DAY

Aubergine casserole 66
Beef meatballs in tomato sauce 40
Bolognese lasagne 62
Bolognese sauce 58
Braised beef cheek 38
Curry chicken 52
Grilled chicken breast 54
Oven roasted pork calves 48
Steamed rice&cereals 44

SUPERHOLDING

Au gratin food - baked food 90
Baked fish - baked food 90
Battered fried food - fried food 74
Boiled meat - steamed food 82
Breaded fried food - fried food 74
Dehydrated oranges and lemons - dehydrated food 72
Dried mushrooms - dehydrated food 72
Fish - roasted food 88
Fried fish - fried food 74
Grilled fish - grilled food 76/92
Grilled meat - grilled food 76/92
Grilled vegetables - grilled food 76/92
Hot pots and stew - braised food 84
Red meat - roasted food 88
Sauces, pasta sauces and gravy - braised food 84
Semidried tomatoes - dehydrated food 72
Sous-vide fish - sous-vide food 80
Sous-vide meat - sous-vide food 80
Sous-vide vegetables and fruit - sous-vide food 80
Stuffed pasta and lasagne - baked food 90
Steamed rice&cereals - steamed food 82
Steamed vegetables - steamed food 82
White meat - roasted food 88
Whole cuts of braised meat - braised food 84



MEAL ME MODE

Do your customers want to be **served quickly** and eat quality food without having to wait?
This is exactly what Meal Me allows you to do: in the **online* Marketplace**, you will find some dishes ready to be sold, preserved in modified atmosphere and you will also be able to order them directly from your smartphone. Each producer is subject to instructions and controls by Exever, to always grant you the quality you expect.
Food will be delivered to you at 4 °C, then you will just need to insert it in Evereo® and keep it at service temperature in your premises, **ready to be served**, regardless of time and day,
When and where you want it.

* Available in some countries only.
For more info, visit the **www.mealmefood.com** website

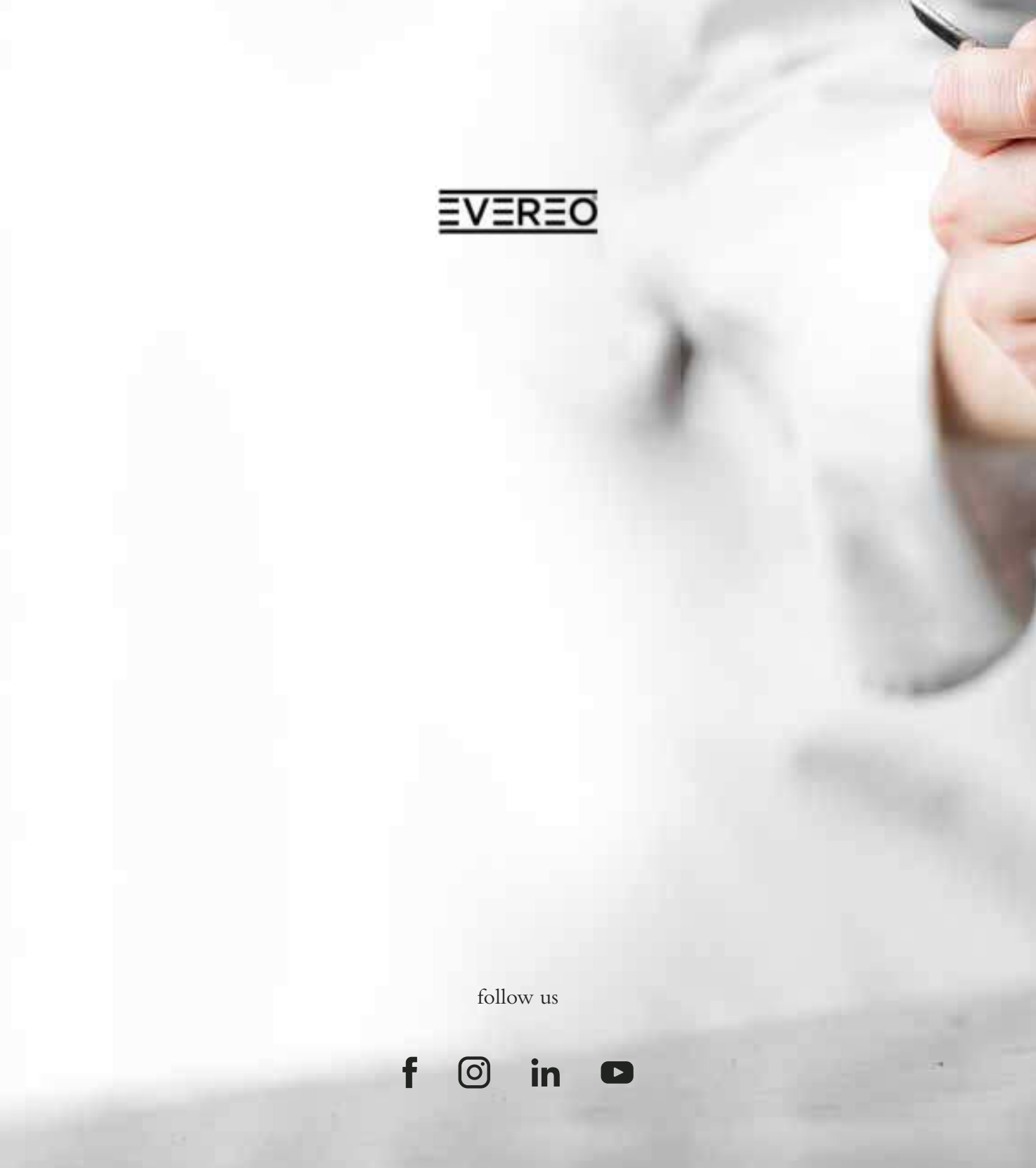
Access the food **E-commerce** on the **mealmefood.com** portal

Pick your **menù** and discover all the **available dishes** granted by Exever experts and designed to match your taste

Easily **order** your favourite dishes **online,** directly from your smartphone

The dishes you ordered will be **shipped** to you in vacuum bags thanks to the cold chain

Receive your ready dishes and **preserve** them in Evereo® at the same **temperature at which you will serve them**



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