

# TOP 10 TIPS FOR SPECIFYING SOUS VIDE

CLIFTON FOOD RANGE GIVES THE ESSENTIAL GUIDE ON WHAT DEALERS SHOULD KNOW IN ORDER TO RECOMMEND WATER BATH SYSTEMS TO OPERATORS, NOW THAT THE BIG RE-OPENING IS WELL UNDERWAY.

**W**ith restaurants re-opening, distributors will need to know how using sous vide cooking can help operators maximise profits during an unpredictable period of guest numbers and staffing levels.

Therefore, Clifton Food Range, British manufacturer of sous vide water baths, is offering dealers a range of equipment and resources to assist their customers through this period and beyond.

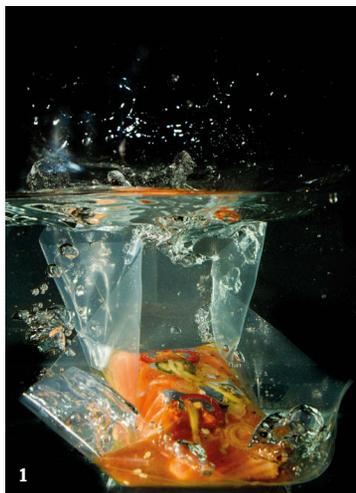
Here are some of the supplier's top tips on sous vide's features and benefits:

## **Saving time with slow cooking**

**process:** Chefs cook food during the morning mise en place, meaning the food is already cooked, has been chilled and stored by the time service begins. At service time a steak, for example, is removed from the fridge, regenerated and seared to order, which smooths out demand and reduces stress in the kitchen.

**Reduces food wastage:** Only what is ordered table by table is regenerated and the remainder stays chilled in the fridge until next service = waste reduction.

**Extended shelf life:** Using the



indirect sous vide cooking process with regeneration using a water bath, products have a shelf life of up to 10 days depending on type.

## **Reduces energy consumption:**

Compared to conventional cooking methods; for example the Clifton 14-litre water bath costs approximately £0.05 to run for a total of 6 hours, when set and stable at 60°C.

**Consistency:** Because the cooking is at low temperature and precisely controlled there is no danger of over-cooking a food item, instead producing consistent results with intense flavour and tender texture including secondary (less expensive) cuts. Even with new or temporary kitchen staff the results are the same due to the advanced preparation with accurate portion control.

**Exact 'degree of finish' every time:** I.e. rare, medium rare, well done steaks minimises customer send-backs leading to re-cooking or replacements which interrupts service, reduces customer satisfaction and profits.

**Increased yield:** Traditionally most meats are cooked on the stove/hob in restaurant kitchens and, during the cooking process, there is an average of 20% shrinkage = loss = waste of money. There is minimum shrinkage when cooking meat in a water bath = more meat is returned from the fillet, i.e. greater yield.

## **Range of equipment to suit all menus and number of covers:**

From the popular immersion circulator, the smallest 8-litre up to the largest 56-litre water baths. The Clifton Food Range size selection guide takes dealers through the questions to ask and recommends the right model for flexibility, capacity and best use of space.

**Easy to use:** Chefs want products



that are straightforward to use, and all Clifton products feature a control panel where temperature can be easily and rapidly set using the push button controls.

**Made in Britain:** All Clifton Food Range products are made in Britain, with key product lines including single and DuoBath models in a range of sizes, compact models (with end on controls) and immersion circulator in stock for quick delivery from its premises in Weston-super-Mare, which also includes a demonstration kitchen. ♣

*British brand Clifton Food Range provides professional chefs with sous vide equipment developed and manufactured by Nickel-Electro Ltd, a brand leader in precision temperature-control equipment. Clifton water baths, known for their signature orange handles, have become popular in restaurant group kitchens and with Michelin-starred chefs.*

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**1** Cooking using sous vide reduces food wastage.

**2** Clifton Food Range's water baths are available in sizes of 8-56 litres.