

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

Cooking Type	‘WET’ COOKING										‘DRY’ COOKING							
	SOAK		WARM			MEDIUM			SIMMER		SAUTE			FRY		SEAR		
Tasks, Techniques & Temperature Control (°F)	GENTLE										OIL SMOKE POINTS							
	SOUS-VIDE										Butter		Canola Oil		Coconut Oil		Rice Bran Oil	
	REHEAT										SWEAT		GARLIC		Extra Virgin Olive Oil		Vegetable Oil	
	CHOCOLATE										STOCK		BOIL		SHALLOW FRY		PAN FRY	
	KEEP WARM										BLANCH		CAMELIZE		Deep Fry		GRILL	
	EGG PROTEIN										STEERING		LIQUID SUGAR		STIR FRY			
	BAIN-MARIE										CROCK-POT		SCALD		TOAST NUTS			
	DOUFEU										INFUSE		STEAM		TOAST NUTS			
	SLOW-COOK										SWEAT		BROWNING		TOAST NUTS			
	BRAISE										REDUCE		SPICES		TOAST NUTS			

What are your temperatures?

Traditional Recipe Heat Conversion

MIN

LOW Below Boiling

MEDIUM Around Boiling

HIGH Above Boiling