

Thinking of you

Electrolux

air-o-system User Guide



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A special thanks to all the Chefs from Electrolux Professional Chefs Academy who contributed with their international experience.

You are what you eat

Feuerbach coined this expression when he reviewed a book on nutrition in 1850. He was of course right. We are what we eat. Or we will soon become it... It is therefore important that we eat correctly.

For most of us nowadays the main meal of the day is prepared in a catering kitchen. So it is even more important than ever that the food served is appetising and nutritious.

We help make sure this is the case with our new Electrolux Cook and Chill air-o-system. With our precise (patented) humidity control and air circulation within the cooking chamber it is now even easier.

L. Feuerbach, German philosopher, 1804-72

Banqueting: the integrated solution

Express your talent in total freedom, is the great opportunity of air-o-system. Modularity, technology, evolution of design will please you in a very special way.





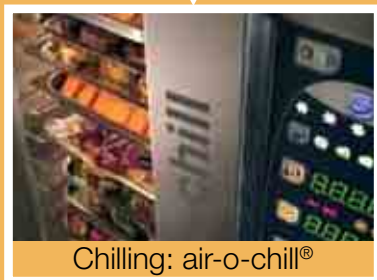
Raw material



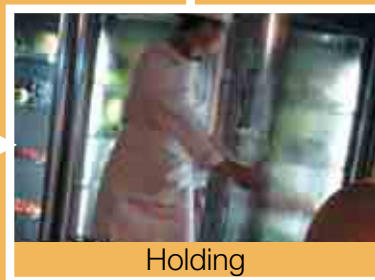
Preparation



Cooking: air-o-steam®



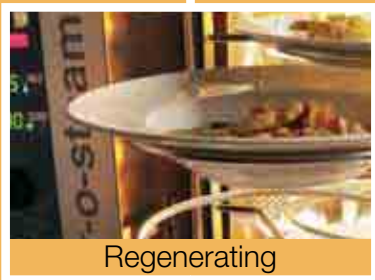
Chilling: air-o-chill®



Holding



Portioning-Plating



Regenerating



Serving

Food quality

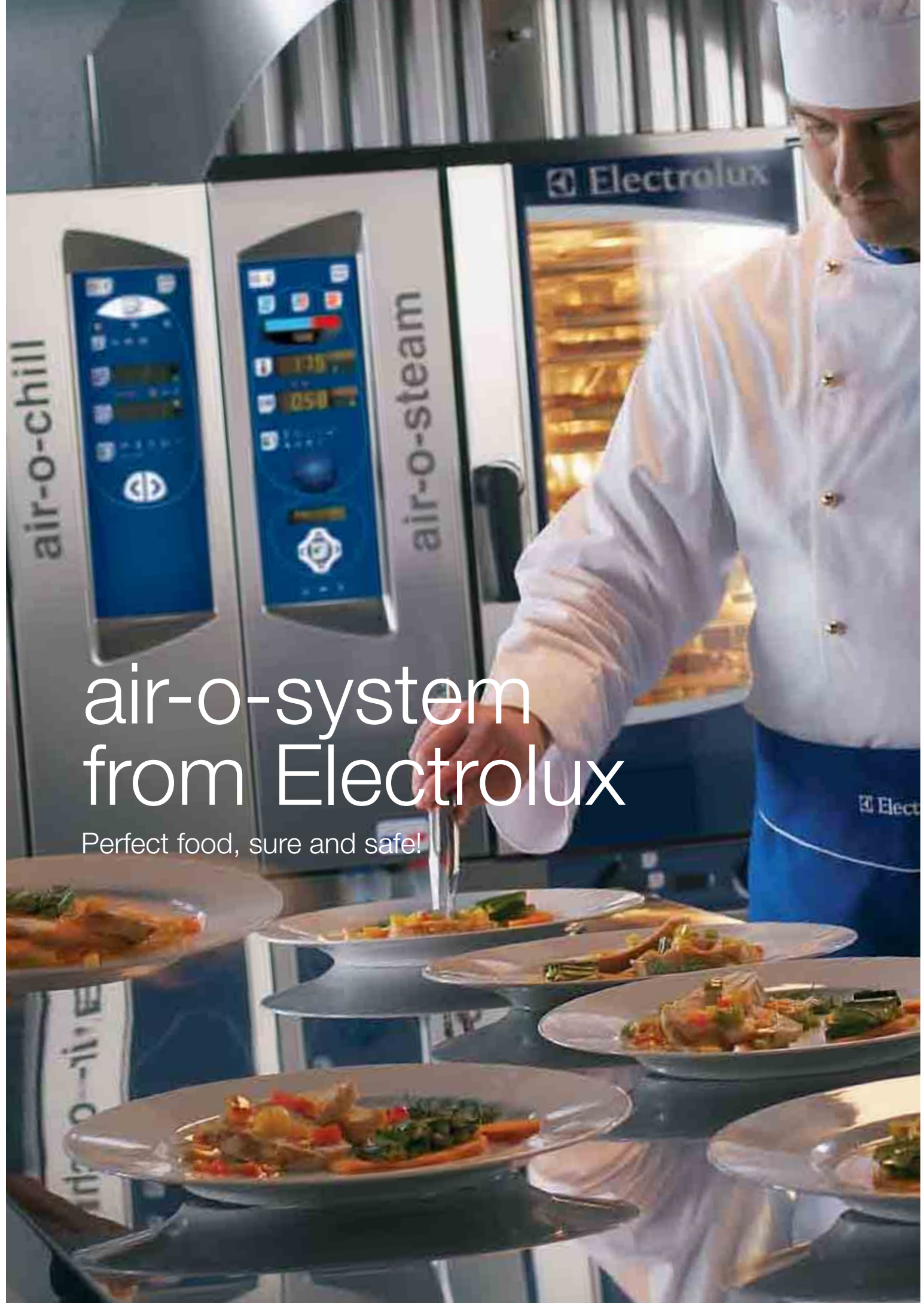
- Perfect food, sure and safe
- More menu flexibility
- Sous-vide application
- Only one production kitchen for different meals, avoiding risk of food contamination

The air-o-system:

Added Value package

- = Higher Quality
- = Greater Savings
- = Higher Margins

- Selective purchasing
- Easier handling – less labour costs
- More efficient work-flow management
- Improved offer – higher turnover
- Energy savings due to reduced cooking times
- Reduced weight loss
- Increased profits



air-o-system from Electrolux

Perfect food, sure and safe!

air-o-system



Perfect food, sure and safe!

Perfect cooking

... in the **air-o-steam**®, thanks to:

- air-o-clima: **perfect atmosphere for all kinds of cooking**
- air-o-flow: **uniform heat distribution**
- **6 Point Multi Sensor probe**

Safe chilling

... in the **air-o-chill**®:

- UK and NF regulation compliant pre-programmed chilling and freezing cycles
- Customized chilling, freezing and holding cycles
- air-o-check: **electronic** control of chilling and freezing cycles

Time saving

Integrated system solution

- Complete banqueting and handling accessories - designed to perfectly fit both appliances
- Integrated handling throughout the **air-o-steam**® process

Easy to use

- **air-o-clean**: Automatic **integrated** built-in cleaning system
- Easy to see control panels (visible from 12 m away)
- Matching control panel design and logic on **air-o-steam**® and **air-o-chill**®

Saving money with air-o-system

- Reduced weight loss - more servings
- No added fats required - healthier foods
- Allows planning the **workflow in the kitchen more efficiently** and **effectively**
- Perfect food quality throughout from preparation to consumption

air-o-steam



air-o-steam®

air-o-steam[®]

A and B

Control Panel A

Cooking cycle selection

- Steam
- Combi cycle: steam + convection
- Convection

Actual temperature

Actual time remaining
Core temperature

Advanced functions

Programs Control Set

- Program Settings
- Cooking library
- Delay start
- air-o-clean[®] programs
- Low temperature cooking with ARTE (Algorithm for Residual Time Estimation)

Patent pending



Patented

air-o-clima humidity control
(preset and actual humidity)

Pre-set temperature

- Open door indicator
- Steam generator scale build-up indicator
- Steam generator status indicator

Pre-set time
Core temperature

Main control knob

Manual functions

- Instant humidity
- Manual boiler drain
- Rapid cool down

Control Panel B

Cooking cycle selection

- Steam
- Combi cycle: steam + convection
- Convection

Actual temperature

Actual time remaining

Core temperature

Advanced functions

Phase I and II

- for 2 step cooking

Pre-set temperature

- Open door indicator
- Steam generator scale build-up indicator
- Steam generator status indicator

Pre-set time
Core temperature

Main control knob

Manual functions

- Instant humidity
- Manual boiler drain
- Rapid cool down



Cooking cycles

automatic pre-heat function (removable via software)



Steam cycle
25 °C to 130 °C

There are 3 steam cooking modes,

- Low Temperature Steam where you can select from 25 up to 99 °C
- Normal Steam cooking at 100 °C
- Super Heated Steam from 101 up to 130 °C

Steaming is ideal for all foods that can be cooked in water (with exception to pasta), low temperature steam cooking is perfect for delicate foods, sous – vide while super heated steam is excellent for frozen vegetables for example.

Electrolux has a unique Humidity Control system called “Lambda Sensor” which guarantees precise humidity control and when steaming foods this guarantees 100% steam saturation inside the cooking chamber.



Combi cycle
Max. 250 °C

This cycle is a combination of Convection and Steam cooking modes having a maximum temperature of 250 °C. It's ideal for meat with bone, example – poultry, ribs, saddle etc. Also stuffed vegetables, lasagne, seafood, some bakery products and desserts.

Advantages; Reduced cooking and re –heating times, less food shrinkage meaning higher yields, perfect baking results and with the aid of the Lambda Sensor you are able to select the perfect humidity level to give you the best results.

For Proving Dough's select Combi and a temperature below 50 °C, we suggest 33deg, you will see “Fer” in the humidity display which means “Fermenting” and the Humidity level is automatically controlled by the oven. The fan also runs at a reduced speed for a gentle environment.



Convection cycle
Max. 300 °C

This cycle uses dry hot air with a maximum temperature of 300 °C.

We have today 3 types of Convection cooking available, the first is with the oven's vent in the closed position, the second is with the vent open and third we use the Lambda Sensor to keep the humidity level at the optimum for giving perfect cooking results. The Lambda Sensor is measuring the humidity coming from the food and does not use steam from the boiler.

Convection cooking is ideal for roasting meats, grilling meats on the oven grid, au gratin, breads, pastries, fresh or frozen convenience products, baking and browning.

When selecting a temperature of 300 °C we have a time limit of 10 minutes after which the oven will automatically reduce the temperature to 280 °C.

Advanced functions



Pause

Delay Start and allows to insert a pause between sequential cooking phases or at the end of a program.



Regeneration

Pre-programmed, ideal cooking atmosphere for regenerating whole menus, single or multiple portions, banqueting.

 HOLD

Ideal for large joints of meat, overnight cooking, can be combined with hot air and steam cooking cycles. It can be also used to keep the food warm and ready to be served. Its gentle intermittent ventilation is suitable for very light items.

Cook and Hold HACCP

HACCP monitoring via a local printer (HACCP BASIC) or an integrated PC network (HACCP advanced).

HACCP



Requires manual detergent spraying inside cooking chamber when prompted by display reading "SOAP". At end of cycle use intergrated hand shower to rinse out cooking chamber.

Semi automatic cleaning cycle

For delicate cooking such as baking cakes, soufflés, fish, large roasts, filets, and other delicate foods. Compatible with all cooking cycles.

1/2 fan speed

For small loads and overnight cooking, avoids power peaks and reduces running costs.

1/2 energy

Enables you to select either "Linear" delta single phase cooking cycle or "Progressive" multi-phase cycle for superior quality and reduced weight loss.

ECO-Delta

Keeps the exhaust valve open to avoid excess humidity in the chamber.

Cooking chamber exhaust valve control

By pressing this button you will get 30 seconds of high humidity injection to cooking chamber. Ideal for "crusting" bread.
If you require less time simply push the botton again to stop humidity injection.

Manual water injection

By pressing this button you will activate the drain valve, LED light above button will illuminate. To close the drain valve push button again, the LED light will blink to indicate closing.

Manual boiler emptying

Quick cool down can be activated manually to pass from one type of cooking to another. Quick cool down is activated automatically when necessary (e.g. before air-o-clean starts if temperature in the air-o-steam® is above 70 °C).

Quick cool down

air-o-steam



user tips for cooking with air-o-steam[®]

air-o-steam®

Useful tips for cooking

with air-o-steam®



When the appliance is energised (turned on) the digital display will do a self “lamp” test where by all the display panel will illuminate for a few seconds.

Control panel has very bold illuminated digital display which can be easily read from up to 11 metres away.

At the end of a cooking cycle “**END**” appears and flashes to let the operator know the cooking cycle has ended, This is very important in a busy noisy kitchen as quite often the operator does not hear the end of cycle alarm and foods can be over cooked.

Cooking modes are simple to select and feature the following:

Note; Every time a cooking mode is selected, temperature set and either a cooking time or core temperature target set, when you press the start/stop button the oven will automatically Pre Heat. If the temperature you have selected is 130 °C or less the oven will heat up to that set point. If the temperature you have selected is higher than 130 °C then the oven will automatically pre heat 20 °C higher to help compensate for the heat loss when door is opened to load with product.

Note; when oven is not used for some minutes the lights will turn off to save energy.



Steam mode, When you press this button the temperature display will show 100 °C which is the default setting, If you want either “Low” or “Super heated” steam then press the temperature button and select any temperature between 25 up to 130 °C.



Combi mode, (combination of Steam and Convection – dry hot air). When you select this cooking mode you will see in the coloured bar the number 50, this is the pre set Humidity level. If you want a different % of humidity simply push the combi button a second time and using the main control dial select the level you desire while the number is flashing.

The Humidity level is controlled by a Lambda sensor – Unique to Electrolux! measuring the REAL humidity within the cooking chamber. Whether cooking a single portion or full load you are able to control the level of humidity you desire.



1. **Convection mode** – 3 choices.
When selecting convection mode the cycle will operate with “vent closed” trapping the humidity coming from the food being cooked inside the oven. This can create some problems regarding “browning” as too much humidity will make browning – meats in particular – difficult.

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- Press the convection mode button a second time and you can now select (using the main control knob) the **level of humidity** you desire. This is controlled by a second “inlet vent”. So that when the level of humidity you have selected is reached (this humidity being “relative humidity”), it is displayed in blue on the coloured bar together with red (indicating the percentage of humidity and dry air visually).

The vent will automatically open and being positioned within the circumference of the oven fan where a negative force (vacuum) is generated, it will allow fresh air from the kitchen to be drawn into the oven chamber.

This “fresh” air is then blown through the heating elements into the cooking chamber, which has no detrimental effect on the product you are cooking (as the air is pre – heated) and which will then force the humidified air out of the second vent.




- Once the level of humidity has been stabilised the vents automatically close again.

Third choice of Convection cooking is with **oven vent open** fully during cooking, this is achieved by entering “advanced functions” and selecting the **open vent symbol** which allows a continuous release of humidity from the oven chamber.

Every time you select a cooking cycle either manually or from the program library, the oven will automatically “pre-heat” to ensure the correct temperature is reached prior to loading. If you select a temperature up to 130 °C the cooking chamber will pre-heat up to that temperature. If you select a temperature above 130 °C the oven will automatically pre-heat 20 °C higher to compensate temperature loss when door is opened to load product.

When oven is ready, it will beep and display “LOAD” on the control panel.

After loading the product into the oven, close the door and press the  button to activate the cooking cycle. If you forget this step the oven will remain on pre-heating and timer will not be activated.



The oven has 100 free spaces for operators to store cooking programs.

Plus 4 pre – heating cycles, “baking – roasting – steaming & banquet”
Plus 4 cleaning cycles – soft – medium – strong & extra strong. When the cleaning cycle has ended and the oven is not touched for two minutes it will automatically turn itself onto “Standby mode”. All you will see on the display is “Stby” which means Standby. The only electrical energy being used is for the LCD screen.
The next time someone touches the oven it will start automatically.
Plus 21 memorised cooking cycles which start with the letter “F” to denote they are factory set cooking cycles.

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The Pause mode can be utilised in several functions



- A. To delay the starting of the appliance (remember that you have 6 phases each with up to 8 hours of controlled time) so in theory you could use 5 phases, giving 5 x 8 which = 40 hrs of pause mode (which means only the timer is operating, no power to elements or fan) then the 6th phase could be used to pre-heat the oven ready for use.

- B. To give a “rest period” within a cooking cycle, for example if cooking a large Turkey you may select to start the cooking cycle with convection at a higher than normal cooking temperature to “adhere” the spices to the skin. Then you may wish to allow the oven temperature to fall slowly so the second phase could be a pause mode for 10 minutes. The third phase could then be a combi cycle which then introduces steam into the oven chamber etc.

- C. As a Safety feature at the end of cooking cycles, important when appliances are installed in “Chain operations” where unskilled young adults are working. This allows the cooking time for example, Muffins which may take 18 minutes, the 1st cooking phase would be set at 16 minutes and the second phase would be a pause mode set at 2 minutes.

At the second phase the oven heating elements and fan turn off, as the fan takes approx. 1 1/2 minutes to stop rotating it is still circulating hot air around the food being cooked thus not affecting the final result.

When the timer goes off and the audible alarm sounds indicating cycle has ended, when the operator opens the oven door there is no rush of hot air being blown out as the fan has already stopped.

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ECO - Delta Cooking



It is a unique method of controlling the oven chamber temperature in conjunction with the core temperature of the food. The operator is able to select a "delta" value between $1\text{ °C} < 120\text{ °C}$, we recommend using between $20\text{ °C} < 70\text{ °C}$

An example of Linear ECO - Delta Cooking

This type of cooking is ideally suited to large joints of meat and the way to use it is to select the cooking mode, e.g. Combi. Then select a core temperature value, then go into functions and select **ECO - Delta**. At this point you will see on the oven temperature display "**20 °C**" which is a "delta" value you may select. Using the dial knob select the "delta" value you wish, for example **40 °C**.

Close the oven door and press the start button to activate the cooking cycle (if you wish you could also put in the second phase of a pause mode for 2 minutes, this would start when the core temperature you selected had been reached).

The core temperature of the meat may be for example 14 °C when the cooking cycle has started, the oven temperature will then go to approx. 54 °C , which is **40 °C above the core temperature**. As the core temperature of the meat rises by one degree so too does the oven temperature, with the difference being maintained at **40 °C** which is the "delta" value you selected.

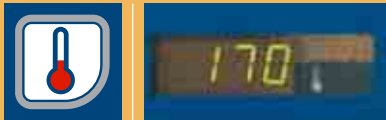
If you selected a final core temperature of say 68 °C then the oven chamber temperature would be 108 °C at the end of the cooking cycle. This cooking method is much slower than the "normal" way of cooking but the benefits are higher yields which translate to bigger profits!

Note For a more detailed explanation of **ECO - Delta** cooking refer to page 36.

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The air-o-steam® display always shows the:

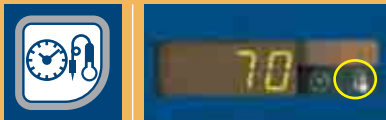
“Selected Temperature” and the “Actual Temperature”



“Selected Time” and the “Time Remaining”



“Selected Core Temperature” and the “Actual Core Temperature”



This is to let the operator know (and supervisors) what has been selected for various cooking cycles, should an operator select the wrong choice then it's easier for another person to see this and correct it.

During a cooking cycle, if the operator/supervisor sees that a wrong temperature, time, cooking mode etc has been selected, to correct it they simply press the correct button and hold for a few seconds which will then prompt the display to “flash”.

At this point the correct input can be made then the oven will memorise this and change the cycle accordingly, without having to stop and restart the cycle.

After 2 hours of steam operation, the air-o-steam® memory will send a command to release the water from the steam generator. This will only happen when the water temperature inside the boiler drops to 50 °C or below, normally the next time the oven's main power is turned on.

At the end of any of the 4 Cleaning cycles the oven will automatically go on “stand-by” mode which turns power off to the steam generator elements, shuts off the oven lights so the only energy consumption is on the led display. This allows the operator to start a cleaning cycle then go home.

air-o-steam®

air-o-steam® Combi Oven

Has reached for the future with a precise control of both humidity and air circulation within the cooking chamber



Even while cooking with Convection (Dry) forced air you can select a humidity level for optimum results.

With a new airflow system and a larger oven cavity uneven cooking is a thing of the past.

The following is a brief explanation of the various cooking modes available and how to best use them for optimum results.

Humidity and Cooking

Having the option now to be able to select a “humidity” level while using either the **Combi** or **Convection** cooking modes enables (with practice) the Chef/operator to fine tune the cooking procedure to optimise results.

You must realise that food is a delicate product and **ALL** food consists mostly of moisture, for example meats are at least **88% water**, vegetables even higher.

With the two different cooking modes you have two different humidity factors to take into consideration, firstly with **Convection** cooking you are able to select (by pressing the **Convection** mode button twice) a humidity level you don't wish to exceed. This humidity you will find present in the oven chamber once the food starts heating up and cooking is coming **ONLY** from the food itself.

This is very noticeable when cooking, for example, a full load of beef rissoles, as with the amount of moisture coming out from the product you can get in excess of **90% humidity**, this then makes “browning” very difficult.

With the Electrolux patented Humidity control system you can select as an example **30% humidity** and when the **ACTUAL** humidity level approaches 30% the oven will automatically discharge humidity into the airspace above the oven.

When cooking with the Combi cycle the humidity level is normally set at 50%, this humidity is coming from the steam generator and introduced to the cooking chamber via a vent pipe.

Now you have the possibility to also select a desired humidity level which will be controlled by the oven through the patented **Humidity control system** using a “lambda” sensor so when cooking for example ribs (mostly bone with little meat) you need a higher humidity level than if you were cooking a large roast beef. The reason is you must help the ribs retain as much moisture as possible to get a nice juicy meat.

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Convection

Dry Hot air cycle

With oven ventilation closed



With a maximum available temperature of 300 °C, this cycle is mainly used for baking products such as bread, pastries, cakes, biscuits, pies, flans, strudels etc.

Quick grilling of meats (steaks, cutlets, rissoles, burgers etc.)

As with all cooking modes it is very important to pre-heat the oven prior to placing the food inside, generally pre-heat the oven to 30-50 °C above the desired cooking temperature.

When grilling steaks at 250-270 °C pre-heat the air-o-steam® to 300 °C for at least 10 minutes first.

With oven ventilation closed



This is activated by selecting open ventilation from the **Advanced functions**.

Again on this cycle a maximum temperature of 300 °C is attainable - for a maximum time of 10 minutes.

This cycle is used for cooking for example puff pastry sheets for custard slice, browning and crisping skin on poultry, pork etc.

Cooking full loads of meat rissoles, which as they heat up produce excessive humidity levels, the open vent allows excessive humidity to escape.

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Convection cooking

Cooking with the Electrolux patented air-o-clima Humidity level control (activated by pressing the convection mode selection button twice)



This cycle lets you program a maximum humidity level to be obtained within the cooking chamber. This is a necessity, as during cooking all types of food when it starts heating up, moisture from within the food escapes creating humidity inside the oven.

This is evident when opening the door and observing the steam rise into the kitchen.

When cooking full load of, for example, chicken or meat rissoles, the amount of humidity within the cooking chamber (vent closed) can reach in excess of 95%!

Electrolux has overcome this problem thanks to its patented air-o-clima humidity control system! Just select the humidity level you desire and leave the rest up to the Electrolux air-o-steam® Combi Oven.

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Combi Cooking mode

Combination of convection and steam cooking.

In this cooking mode the maximum attainable temperature is 250 °C



This cycle is best used for cooking all types of meat on the bone including seafood and for the regeneration of pre-cooked foods.

When cooking meats (and remember the water content in most meats exceeds 88%) the steam is assisting heat transfer into the food mass thus accelerating the cooking process.

Steam is ideal for cooking these foods, but the maximum temperature being only 100 °C it is impossible to obtain the desired browning (caused by the caramelisation of meat juices).

With the Combination cooking mode a temperature of 250 °C can be obtained, because the cavity is heated (either by electric elements or gas heated tubes). It is therefore possible to obtain the desired browning effect.

Using the Electrolux patented air-o-clima humidity control system



The patented air-o-clima humidity control system is the only system that determines the real humidity level inside the cavity of the oven, through direct measurement using a Lambda sensor.

This system allows for real humidity control through injection of steam only when necessary, and the aspiration into the cavity of dry air when humidity level inside the cavity is in excess of the desired level for optimum cooking results.

All you need to do is select the desired humidity level by twice pressing the combi mode selection button, then using the main control dial to select humidity %.

The air-o-clima will automatically keep the humidity, temperature and clima inside the cavity at the ideal levels.

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Steam cycle

Steam cycle-maximum temperature 100 °C



This cycle is used for a wide variety of cooking needs, most foods traditionally boiled in a pot can be cooked on this cycle, the benefits include reduced cooking times, better quality, retention of nutrients, vitamins, colour and most importantly flavour.

Remember to use perforated cooking pans to allow the distribution of fan forced steam around the product and not to overload the pans with food. For optimum results 65 mm pans should be the deepest used.

Perforated pans also allow the condensation to escape so the product is not sitting in water.

The Electrolux air-o-steam® level 'A' Combi oven guarantees 100% Steam Saturation inside the cooking chamber regardless of the temperature selected. This is controlled using the LAMBDA Sensor-Unique to Electrolux.

Super heated steam-maximum temperature 130 °C

To select "Super Heated Steam" press the steam button, now press the temperature button and use main control dial to select a steaming temperature between 101 °C up to 130 °C.

Low temperature steam cycle



With a temperature range from 25 to 100 °C, the Steam cooking mode is also ideal for cooking delicate foods such as small fish fillets, scallops, scampi, chicken breast, sausages, sous-vide, leafy vegetables, light egg custards etc.

Full or half Energy Power and/or Fan Speed



It is not always the case that the Chefs or operators are cooking large quantities of food, thus when loading up to 40% of the ovens capacity you have the option of selecting either half energy (power) and/or half fan speed to reduce operating costs.

Another benefit is when cooking very delicate items such as soufflé or meringues, you can select low fan speed to prevent "pulling" foods into the direction of fan.

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Super steam cycle



Super Steam is using the assistance of the air-o-steam® heating elements to boost the chamber temperature (also possible in gas heated models) thus speeding up the cooking process of more robust foods such as Potatoes, Sweet Potatoes, Pumpkin, Rice, some meats etc.

Super Heated Steam is ideal for cooking frozen vegetables for example, as the temperature recovery is much faster due to the assistance of the oven heating system.

Note that this cycle should never be used for cooking green vegetables as the high temperature will spoil the foods natural colour, texture and taste.

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And there's More!!!

Other options include the following

Sequential cooking

This is a method of using two or more styles of cooking for the same food for example roast loin of pork:

The first step is to steam the pork as this keeps it moist and finally finishing with a Combi cycle, then using a convection cycle with vent open to crispen skin.

Cook step 1 (or phase 1)



After pre-heating the oven (on Combi cycle to 110 °C), place the pork which has been put on a wire grid over a roasting pan into the oven.

Insert the core temperature probe, select steam cycle at 100 °C, select a core temperature of 65 °C then go to cook step 2.

Cook step 2 (or phase 2)



Select Combi cycle with a humidity level of 40%, set oven temperature at 190 °C with a core temperature set at 72 °C, then go to cook step 3.

Cook step 3 (or phase 3)



Select convection cycle with ventilation open and set oven temperature at 260 °C and core temperature at 76 °C, now press the start button to start cooking cycle, commencing with cook step 1 and finishing with cook step 3.

Tip: Scoring the pork skin with a knife every 1 cm and rubbing it with salt over the surface will assist in achieving crisp skin.

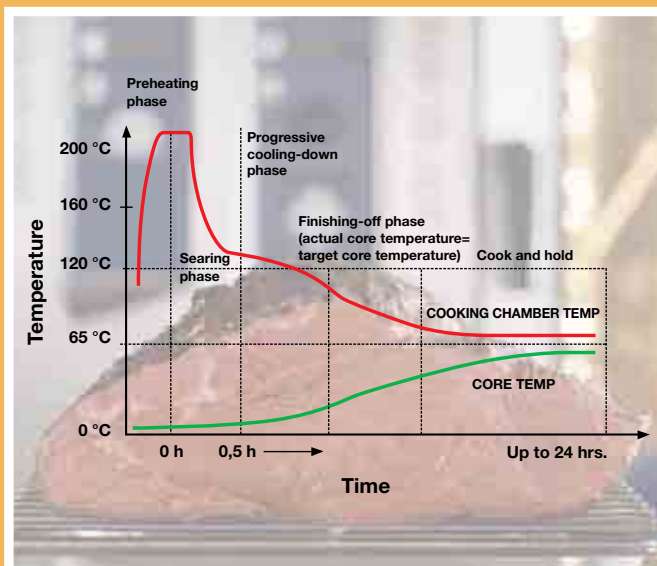
L.T.C. Low Temperature Cooking in AOS

Low Temperature Cooking has been developed over a period of time with vast testing in our own laboratory and in conjunction with the University of Udine Italy. Using this method guarantees optimum yields every time from all types of meat that would be otherwise roasted in the “traditional” way.

Another factor determining yields is whether or not the meat has been “manipulated” meaning if it has been “boned out” stuffed with a filling, rolled and tied as you would with a shoulder joint or loin for example. If the meat being cooked is a single piece meaning a leg with bone in, prime beef rib on the bone then the yields are higher due to the meat not being cut open to remove the bone which increases the surface area being exposed to heat during cooking.

Another tip is **NOT** to use any salt on the meat prior to cooking as all this does is “draw out” water from the meat which can result in up to an additional 7% weight loss !! and has **NO** effect on the meats taste. Season the meat **AFTER** it has been cooked.





In the Electrolux AOS – air o steam oven you will find the LTC program in the library, press the P button and turn main control dial to find Low Temperature Cooking. Press the start / stop button to activate the cycle which will go through a sequence as described below; Another tip is to hang the 6 point multi sensor probe out over the top of oven door during the preheating phase so it's not hot to handle later.

- First the oven will preheat, indicated by “Preh” on the led screen where the temperature display is normally. The factory default temperature for the preheating phase is 140 °C, if you prefer you can press the temp button and using the main control dial select a higher temperature. All this will do is increase the browning of the meat during the initial cooking phase.

Prepare the meat by placing it on a wire grid (not in a roasting pan) and rub with herbs, mustard etc to your desire.



- When oven has preheated it will Beep and you will see “Load” appear, open the door with caution and place the meat inside on the rack, place an empty gastronorm container below on the next runner to capture any fat melting off the meat. Insert the probe (if cooking pork with skin on make a small hole with a sharp knife to enable easy penetration of the probe shaft) then select a target core temperature.

- Close oven door, now you will see “strt” on the display, press the start / stop button again to continue the cycle, Now the oven goes into a “Searing” phase which lasts approx 10 minutes at the same temperature used for pre heating, this is to “Seal” the meat, kill surface bacteria and to brown the outer surface of the meat.

- After the “Searing” phase has finished then the oven goes into “Rapid Cool Down” and will stop when the oven temperature has fallen to approx 20 °C Above the target core temperature you have selected. So if your target is 60 °C then the oven will cool down to 80 °C.
- Now the “Maturing” phase (low temp cooking) starts, the fan in the oven cycles on & off with half speed to create a gentle airflow around the meat, as the core temperature of the meat rises the oven temperature will slowly keep falling.
- When the target core temperature has been reached the temperature inside the oven will be 5 °C above your target core temp. The oven then switches off until the oven temp falls to the same as your target core temp.
- Now the “Hold” phase starts, this is a gentle cycle where the fan turns on approx 2 seconds every 2 minutes at half speed. Every 40 minutes the oven will do a total air exchange for 1 minute to prevent bad odors building up.
- The LTC cycle has a recommended maximum time frame of 24 hours, from when the meat is first placed in the oven to when they should be taken out. With “red” meats for every 1 hour in the Holding phase it equates to approx 2 days “hanging” so it becomes even more tender.

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Cooking with the Electrolux 6-Point Multi Sensor Probe

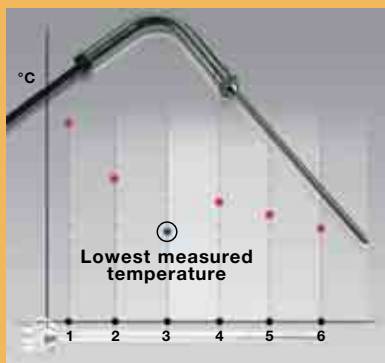


The 6-Point multi sensor probe is like having an expert watching over your food while it is being cooked or regenerated.

All the guesswork has been eliminated and now your food will always be cooked to perfection.

The Electrolux 6-Point multi sensor Probe has 6 sensors for more precise measurement of temperature. Of the six temperature measurements taken, only the lowest is taken into consideration. This guarantees that even if the core probe is not perfectly positioned within the food product, perfect cooking results are achieved, under perfectly safe cooking conditions.

The following is a guide to core temperatures for achieving best cooking results in various foods (pg 30 and 31).



Continuous operation “cont”



This cycle is preferred during a meal service period which may run for 2-3 hours for example. You can choose a cooking mode and oven temperature, for example, combi cycle at 30% humidity with an oven temperature of 155 °C, then instead of selecting a time value (or core temperature value) the continuous mode is selected.

Then press the start button to activate the continuous cycle, the air-o-steam® will run continuously until it is stopped.

Continuous cycle also runs when using the “Holding phase”.

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Guide to core temperature

Refer to your country legislation (if any) temperatures are in degree Celcius

Sequential cooking	Cooked for consumption	Cooked for Blast chilling, prior to Regeneration
Beef Roast		
Rare	52 - 55	50 - 52
Med - Rare	56 - 59	54 - 57
Medium	60 - 64	58 - 62
Med - Well	65 - 69	63 - 67
Well - Done	70 - 75	68 - 72
Beef Braids		
Rare	72	68
Beef Fillet		
Strip loin	(As for Roast Beef)	
T - Bone		
Beef Boiled		
Shoulder	76	70
Rib	73	70
Thigh	76	70
Beef Risssole		
	80	77
Lamb Roast		
Medium	63 - 68	60 - 65
Well - Done	70 - 75	67 - 72
Pork Roast		
	75 - 78	72 - 75
Pork Knuckle		
	75	72
Ham / Gammons		
	70 - 72	68 - 70
Veal Roast / Fillet		
Med - Well	65 - 70	63 - 67
Poultry		
Free Range Chicken	82	80
Fresh Farmed Chicken	86	84
Chicken Legs	78 - 80	75 - 78
Chicken Breast	75 - 77	67 - 68
Frozen Chicken (defrosted)	86	84
Turkey	75 - 77	73 - 75
Duck (whole)	70 - 72	67 - 68
Duck Breast	64	62
Pheasant	72	68
Goose	75 - 77	73 - 75
Pork Pie		
	80	Do not Regenerate!
Shepherd's Pie		
	75	75

Sequential cooking	Cooked for consumption	Cooked for Blast chilling, prior to Regeneration
Steak and Kidney Pie	75	75
Pâtés/Terrines	68 - 75	Do not Regenerate!
Meat Loaf	75	70 - 72
Beef Cabbage rolls	72	70
Game		
Venison Roast	65	62
Elk Roast	75	68
Reindeer Roast	75	68
Sausage		
Pork	75	73
Beef	72	70
Chicken	75	73
Frankfurters	70	Do not Regenerate!
Fish		
Fillet	70 - 72	68
Whole	72	68
Pâté	70	Do not Regenerate!
Terrine	70	Do not Regenerate!
Potato Dishes		
Whole for mashing	95	/
Lyonnaise	93	/
Roasted Whole	93	93
Whole for scouping		
Out and Filling	95	95
Casserole Dishes		
Pork (cubed) in sauce	72 - 75	70 - 72
Chicken pieces - no bone in sauce	70 - 72	68 - 70
Chicken pieces - with bone in sauce	75 - 77	73 - 75
Beef (cubed) in sauce	70	68
Lamb (cubed) in sauce	68 - 70	65 - 67
Veal (cubed) in sauce	63	60
Duck pieces - with bone in sauce	75 - 77	73 - 75
Vegetable mix - no potato in sauce	60 - 62	58 - 60
Vegetable mix - with potato in sauce	68 - 70	66 - 68
Meat in Pastry		
Beef must be “sealed” on a hot grill then chilled prior to wrapping with pastry		
Rare	52 - 55	50 - 52
Medium	60 - 64	58 - 62
Well Done	70 - 75	68 - 72

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Cook and Hold

HOLD

The cook and hold method was developed hundreds years ago (in the days before the modern oven) when tribesmen would dig a hole in the ground and make a big fire heating river stones. When the flames died down they would cover the hot stones with large leaves, lay large pieces of meat over the leaves, cover the meat with more leaves then bury (cover with a layer of 1/2 meter soil) the lot.

This was left to slow "Cook and Hold" for the entire day, to be dug up and consumed in the early evening (after the sun had gone down) with the result being a tender and juicy piece of meat with little shrinkage.

Now you can duplicate this (without filling the oven with soil) by selecting the first cooking phase, oven and core temperature value, then proceeding to phase 2 and choosing the "Hold" function.

Now you select a holding temperature, remember that this is the temperature inside the oven cavity. Once the desired core temperature (and remember to set the core temperature value approx. 5 °C lower than if you were going to cook and remove the product without Holding) value has been reached the oven will switch from a Cooking cycle to a Holding cycle and remain so until you stop the cycle and remove the product.

This method of cooking is best suited for large joints of meat in excess of 8 kg, for example Roast Beef.

Cook step 1 (or phase 1)



Select Combi cooking mode at 40% humidity, oven temperature at 120 °C and core temperature at 55 °C with the **6-Point multi sensor probe** inserted. Then select 1/2 energy and 1/2 fan speed, then go to second cook step.



Cook step 2 (or phase 2)



Using the **Program control set**, select with the **main control knob** from the menu "Add hold". Now select the oven holding temperature of 60 °C, then press the Start Button to activate cycle. The Cook and Hold cycle is now in operation.

Special ECO - Delta



ECO - Delta cooking is a special cooking process ensuring high quality results in all types of large joints for roasting. The process guarantees a constant difference (“delta”) between the core temperature of the food to be cooked and the temperature inside the oven cavity.

This “delta” cooking cavity temperature value can be set (we recommend) anywhere in the range of 30-70 °C (Convection cycle) or 20-50 °C (Combi cycle) higher than the core temperature value and increases proportionally with it. The full range of temperature can be set between 1 °C up to 120 °C.

Advantages:

- Extremely low energy and water consumption
- Excellent quality and minimum shrinkage
- Cooking can be shifted to quiet periods or night-time
- Higher quality through gentle cooking process
- There are two types of **ECO - Delta** cooking; “Linear” and “Progressive”
- **Linear** this is when the temperature difference between the core product and oven cavity remain constant.
- **Progressive** This is when the temperature difference between the core product and oven cavity closes towards the end of the cooking process. e.g.
 - **Start of cycle**
 - core temperature is +12 °C “delta” 35 °C - oven temperature will be 47 °C
 - core temperature is +35 °C “delta” 35 °C - oven temperature will be 70 °C
 - core temperature is +55 °C “delta” 20 °C - oven temperature will be 75 °C
 - core temperature is +58 °C “delta” 10 °C - oven temperature will be 68 °C
 - core temperature is +60 °C “delta” 5 °C - oven temperature will be 65 °C

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Selecting pre-set cooking cycle

pre-set or memorised

To select a pre – set cooking cycle or one that you have memorised follow this procedure.

Operation 1



When the oven is first turned on and after the lamp test you will see the **three cooking mode buttons** flashing together with the **Advanced functions button** and the **Programs control set button**.

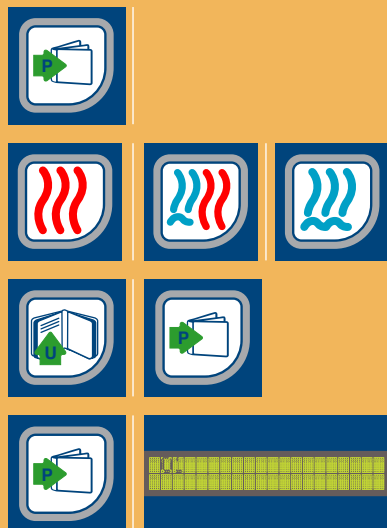
Now press the **Programs control set button**, and using the **main control dial** turn until you see in the led display above the **Program control set button** the program number you have your cooking cycle on or one of the pre-set oven cooking cycle program numbers.



Then press **Start/Stop button**, to activate cycle.

Note remember first to pre – heat the oven according to the product you wish to cook!

Operation 2



If the air-o-steam® has been used for another cooking or pre – heating cycle, you must press the **Programs control set button**, release your finger then press again and **hold for approx. 1.5 seconds** until the led display is clear.

You will see the three cooking mode buttons flashing again together with the **Advanced functions** and the **Programs control set button**.

Now press the **Programs control set button** and using the **main control dial** select the pre – stored cooking cycle you wish to use.

Note when the cycle number first appears it takes approx. 1.5 seconds for the cycle name to appear.

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Cooking guide

For pre-set cycles

Recipe suggestions/guide for air-o-steam® by Electrolux

1. Roast Beef

Tips

Trim off excess fat, dry meat and rub with seasoning/herbs of your choice. Cook on a trivet or mire-poix of rough cut raw vegetables to allow airflow to circulate around the meat. The cooked mire-poix adds delicious flavour to the sauce made from pan juices.

Cooking cycle suggestion

Phase 1

 160 °C for 10'

Phase 2

 70 °C

 **Core Probe**
52 °C

Phase 3 (optional)

 **HOLD** Hold 60 °C
on Continuous


2. Roast pork

Tips


Clean meat well, dry skin and using a sharp knife make 2-3 mm deep incisions spaced at approx. 1 cm running parallel to each other. Rubbing some salt into the cuts helps draw out moisture giving a crisper skin. Cook on a trivet or mire-poix of rough cut raw vegetables.

Cooking cycle suggestion

Phase 1


 100 °C for 20'

Phase 2

 150 °C
20% humidity, half fan speed

 **Core Probe**
55 °C

Phase 3

 170 °C
20% humidity, half fan speed

 **Core Probe**
68 °C

Phase 4

 for 3'


3. Lamb Rack


Tips

Trim off excess fat and trim points, remove chine bone. Season as desired and cook with bone side down. Depending on thickness of cutlet bones you may have to wrap tips in aluminium foil for protection and to keep them white.


Cooking cycle suggestion

Phase 1

 180 °C
60% humidity

 **Core Probe**
40 °C

Phase 2

 190 °C
10% humidity

 **Core Probe**
55 °C

Phase 3

 for 2'

4. Chicken Legs

Tips


Dry skin of legs with paper towel, a dry seasoning mix can be sprinkled over the legs. Place on either 1/1 stainless steel wire grids or in 1/1 GN pans 20 mm deep.


Cooking cycle suggestion

Phase 1

 200 °C
60% humidity, for 10'

Phase 2

 190 °C
20% humidity

 **Core Probe**
82 °C

Phase 3

 for 1'

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5. BBQ chicken

Tips

Remove any offal parts from inside the chicken, wash chicken under cold running water then dry with paper towel. Seasoning (stuffing) may be placed inside bird to give a nice flavour. A dry seasoning mix can be sprinkled over the outside of the bird. Place on "Chicken Grids" or standard GN 1/1 stainless steel wire grids back side down 5-6 per grid.

Suggested Seasoning recipe

per bird of approx. 1.3 kg weight.

- 30 gm finely chopped onion
- 150 gm sliced white bread cut into 1cm square pieces without the crust, lay the sliced bread out individually on the bench to let it dry a little - this makes it easier to cut.
- 100 gm chicken livers - cleaned and sliced.
- 1/4 teaspoon dry thyme
- 1/4 teaspoon dry sage
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon fine grain salt
- 1/2 bay leaf broken into pieces
- 2 teaspoons fresh chopped parsley
- 75 gm salted butter
- 100 ml milk

Method

Melt butter in sauté pan over medium heat, add onion and cook without colour, stir with wooden spoon until onion is "transparent".

Add chicken livers and cook until lightly browned but not cooked all the way through then add all the herbs, salt, pepper and bread. Mix together then lastly add the milk. Allow to cool so it's easier to handle. The stuffing can be made in advance and kept after in an air – tight container in the refrigerator for 3 days prior to using.

Cooking cycle suggestion

Phase 1



190 °C

10% humidity, for 10'

Phase 2



175 °C

40% humidity, for 10'

Phase 3



180 °C

30% humidity, for 10'

Phase 4



175 °C

10% humidity, for 5'

Phase 5



190 °C

Vent open



Core Probe

82 °C

6. Roast chicken

Tips

Remove any offal parts from inside the chicken, wash chicken under cold running water then dry with paper towel. Seasoning (stuffing) may be placed inside bird to give a nice flavour. A dry seasoning mix can be sprinkled over the outside of the bird. Place on "Chicken Grids" or standard GN 1/1 stainless steel wire grids back side down 5-6 per grid.

Cooking cycle suggestion

Phase 1



210 °C

10% humidity, for 8'

Phase 2



190 °C

90% humidity, for 10'

Phase 3



190 °C

60% humidity, for 8'

Phase 4



230 °C

40% humidity, for 5'

Phase 5



195 °C

Vent open



Core Probe

82 °C

Phase 6



for 2'

7. Croissants - frozen ready to bake

Tips

For better results use 1/1 GN perforated aluminium baking sheets. Allow enough space between croissants so they don't stick together during cooking.

Cooking cycle suggestion

Phase 1



160 °C

30% humidity, for 15'

Phase 2



for 1'

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8. Lasagne

Tips

Pre make into 65 mm deep GN 1/1 pans or 1/2 size pans. 5 kg max per pan.

Cooking cycle suggestion

Phase 1



165 °C

30% humidity, for 20'

Phase 2



160 °C

Vent open, for 20'

Phase 3



for 2'

9. Kebabs/Satay Beef, Chicken or Pork

Tips

Cut meat pieces into approx. 1 1/2 cm square pieces. Use beef and pork fillet to ensure tenderness. Soak wooden skewers in water for an hour prior to pushing on the meat pieces. Meat can be alternated with pieces of red, green or yellow pepper and small mushrooms if desired. Meat can also be marinated and seasoned prior to placing on skewers. Cook on 1/1 GN 20 mm deep Teflon pans or use baking paper under them.

Cooking cycle suggestion

Phase 1



180 °C

60% humidity, for 10'

Phase 2



200 °C

20% humidity, for 5'

Phase 3



for 1'

10. Hamburgers - Approx. 100gm each – 15 per GN 1/1 tray

Tips

Cook on either Teflon coated or black iron trays. Brush with melted butter and sprinkle with seasoning prior to cooking.

Cooking cycle suggestion

Phase 1



195 °C

20% humidity, for 8'

Phase 2



200 °C

Vent open, for 3'

Phase 3



for 2'

11. Rice - Pilaf Style

Tips

Wash the rice well, place in GN 1/1 pans 65 mm deep. 1 1/2 kg rice to 3 litres water/stock. Add approx. 100 gm butter to each pan. Water / Stock can be reduced to 1 1/4 x volume of rice which will give a slightly shorter cooking time.

Note If using Hot water or Hot stock reduce the cooking time on Phase 1 to 15 minutes.

Long grain rice is best, it can also be mixed with short grain rice 50/50.

Cooking cycle suggestion

Phase 1



150 °C

80% humidity, for 25'

Phase 2



140 °C

40% humidity, for 3'

Phase 3



for 2'

12. Boiled eggs

Tips

Eggs should be at room temperature, placed into perforated 1/1 GN steam pans single layer. Pre heat oven to 140 °C on Combi cycle 40 % humidity.

Note This will give a "Hard Boiled" egg. When cooked, place eggs into cold water to help release the shell from the egg.

Cooking cycle suggestion

Phase 1



110 °C

100% humidity, for 8'

Phase 2



100 °C

for 5'

Phase 3



for 2'

13. Idaho/Jacket Potatoes

Tips

Select potatoes which are approx. the size of a tennis ball, wash well and wrap in aluminium foil. Place on GN 1/1 pans 20 mm deep on a bed of rough salt.

Cooking cycle suggestion

Phase 1



180 °C

60% humidity, for 30'

Phase 2



175 °C

40% humidity, for 15'

Phase 3



150 °C

50% humidity, for 10'

Phase 4



for 2'


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14. Frozen mixed vegetables**Tips**


Place vegetables into GN 1/1 x 65 mm deep perforated pans loosely – not as a solid frozen block !

2 – 2 ½ kg per pan. Pre heat oven to 160 °C on Combi cycle, 60 % humidity.

Cooking cycle suggestion**Phase 1**

 130 °C
for 15'

Phase 2

 100 °C
for 15'

Phase 3

 for 3'

15. Whole Baked Fish**Tips**

Clean fish well with cold water, remove any intestines. Place in GN 1/1 pan 40 mm deep together with some cherry tomatoes, sliced white onions, fresh basil leaves, peppercorns and ½ litre water or fish stock. 100 ml Olive oil.

Cooking cycle suggestion**Phase 1**

 170 °C
40% humidity

 **Core Probe**
66 °C

Phase 2

 for 2'

16. Salmon Filet**Tips**

Remove any bones using long nose pliers or tweezers. Place in 1/1 GN pans 20-25 mm deep which have been brushed with melted butter. Dry the surface of the fish with a paper towel. Brush the fish with melted butter and sprinkle with a little seasoning if desired.

Cooking cycle suggestion**Phase 1**

 105 °C
80% humidity, for 3'

Phase 2

 100 °C
for 5'

Phase 3

 for 1'

17. Tartlets - individual portions, each 1 1/2 cm deep

Tips

Place on perforated aluminium baking sheets.

Cooking cycle suggestion

Phase 1

 185 °C
30% humidity, for 3'

Phase 2

 165 °C
20% humidity, for 9'

Phase 3

 for 1'

18. Apple Strudel - individual portions

Tips


Place on baking paper on perforated aluminium baking sheets.

Cooking cycle suggestion

Phase 1

 185 °C
20% humidity, for 10'

Phase 2

 165 °C
Vent open, for 6'

Phase 3

 for 2'

19. Meat Balls - approx. 60 gm each

Tips


Place on Teflon 1/1 20 mm deep pans or on baking paper on 1/1 stainless steel pans.

Cooking cycle suggestion

Phase 1

 195 °C
30% humidity, for 8'

Phase 2

 180 °C
Vent open, for 5'

Phase 3

 for 2'

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20. Par-Bake baguette and small rolls

Tips

Place on perforated aluminium baking sheets.

Cooking cycle suggestion

Phase 1



180 °C
30% humidity, for 10'

Phase 2



170 °C
Vent open, for 5'

Phase 3



for 2'

21. Apple (or fruit) crumble

Tips

Cook in round cake tins or in 40 mm deep GN 1/1 pans.

Cooking cycle suggestion

Phase 1



160 °C
for 25'

Phase 2



160 °C
Vent open, for 5'

Phase 3



for 2'

multiphase cooking

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Multi-phase cooking

Examples of multi phase cycles

Item	Cooking cycle	
Roast Beef	Phase 1	
	 Convection cycle 200 °C for 10'	
	Phase 2	
	 Combi cycle 180 °C 30 % humidity	 Core probe 50 °C
	Phase 3	
	 Pause 10'	
Phase 4		
 Combi cycle 140 °C 40 % humidity Half fan	 Core probe 55 °C	
Phase 5		
 Convection cycle 180 °C 10 % humidity Half fan	 Core probe 58 °C	
Phase 6		
 Pause 5'		

Item**Cooking cycle**

Roast Chicken

Phase 1**Convection cycle**

210 °C
10 % humidity
for 8'

Phase 2**Combi cycle**

190 °C
90 % humidity
for 10'

Phase 3**Convection cycle**

190 °C
60 % humidity
for 8'

Phase 4**Combi cycle**

230 °C
40 % humidity
for 5'

Phase 5**Convection cycle**

195 °C
Vent open

**Core probe**

82 °C

Phase 6**Pause 2'**

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Item**Cooking cycle**

Meat Terrine

Phase 1**Steam cycle**75 °C
Half fan**Core probe**

68 °C

Phase 2**Pause 5'**

Quiche

Phase 1**Convection cycle**160 °C
20 % humidity
for 20'**Phase 2****Convection cycle**180 °C
10 % humidity
for 15'**Phase 3****Pause 2'**

Pilaf Rice

Phase 1**Combi cycle**150 °C
80 % humidity
for 25'**Phase 2****Combi cycle**140 °C
40 % humidity
for 3'**Phase 3****Pause 2'**

Item	Cooking cycle		
Lasagne	Phase 1	 Convection cycle 165 °C for 20' 30 % humidity	
	Phase 2	 Convection cycle 160 °C Vent open for 20'	
	Phase 3	 Pause 2'	
Baked Fish	Phase 1	 Combi cycle 170 °C 40 % humidity	 Core probe 66 °C
	Phase 2	 Pause 2'	
Cauliflower	Phase 1	 Steam cycle 100 °C for 10'	
	Phase 2	 Pause 1'	

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Item

Cooking cycle

Poached Fruit sous-vide

Phase 1



Steam cycle

93 °C
for 18'

Phase 2



Pause 2'

Croissants

Phase 1



Convection cycle

160 °C
30 % humidity, for 18'

Phase 2



Pause 2'

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Capacities for roasting chickens

Based on 1.2 kg chickens

6 x 1/1 GN

(60 mm pitch runners)

Whole Chickens 3 x 1/1 wire grids, 6 birds each = 18 chickens

Chickens (butterflied) 6 x 1/1 wire grids, 4 birds each = 24 chickens

10 x 1/1 GN

(60 mm pitch runners)

Whole Chickens 5 x 1/1 wire grids, 6 birds each = 30 chickens

Chickens (butterflied) 10 x 1/1 wire grids, 4 birds each = 40 chickens

10 x 2/1 GN

(60 mm pitch runners)

Whole Chickens 10 x 1/1 wire grids, 6 birds each = 60 chickens

Chickens (butterflied) 20 x 1/1 wire grids, 4 birds each = 80 chickens

20 x 1/1 GN

(60 mm pitch runners)

Whole Chickens 10 x 1/1 wire grids, 6 birds each = 60 chickens

Chickens (butterflied) 20 x 1/1 wire grids, 4 birds each = 80 chickens

20 x 2/1 GN

(60 mm pitch runners)








Whole Chickens 20 x 1/1 wire grids, 6 birds each = 120 chickens

Chickens (butterflied) 40 x 1/1 wire grids, 4 birds each = 160 chickens

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Cooking cycle

For Roast chickens (whole)

Item	Cooking cycle
	<p>Phase 1</p>
	<div style="display: flex; align-items: center;">  <div> <p>Convection cycle 190 °C 10 % humidity for 10'</p> </div> </div>
	<p>Phase 2</p>
	<div style="display: flex; align-items: center;">  <div> <p>Combi cycle 175 °C 40 % humidity for 10'</p> </div> </div>
	<p>Phase 3</p>
	<div style="display: flex; align-items: center;">  <div> <p>Combi cycle 180 °C for 5'</p> </div> </div>
	<p>Phase 4</p>
	<div style="display: flex; align-items: center;">  <div> <p>Combi cycle 175 °C 10 % humidity for 5'</p> </div> </div>
	<p>Phase 5</p>
	<div style="display: flex; align-items: center;">  <div> <p>Convection cycle 190 °C Vent open</p> </div> </div>
	<p>Phase 6</p>
	<div style="display: flex; align-items: center;">  <div> <p>Pause 2'</p> </div> </div>
	<div style="display: flex; align-items: center; margin-left: 200px;">  <div> <p>Core probe 82 °C</p> </div> </div>

operating
instructions
air-o-steam[®]

air-o-steam®

Setting time and date

Operating Instructions

Operation 1



Turn on power to oven by pressing **on/off button**. Now press and hold for approx. 1.5 seconds.



The **time/core temperature button**.

Operation 2



You will see in the display for example



Operation 3



The number 16 will be flashing, this is the Hour. To change use main control dial to select the real hour time. Remember that the clock is a 24 hr clock!
To select minutes, press the **time/core temperature button**.
The minutes will flash, use main control dial to select actual time in minutes.

Operation 4



To select the day/date, press again the **time/core temperature button**.
The 10 will flash, use main control dial to select day/date. Now to select month press again the **time/core temperature button**, the 04 will flash.
Use main control dial to set month.
To select year, press again the **time/core temperature button** then use main control dial to select year.

Wait for several seconds until the numbers stop flashing, the new data has been stored in the memory.

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Storing cooking cycle in memory

e.g. Roast Beef

Operation 1



Select **Combi** mode with 40% humidity, press the **Combi button** twice then use **main control dial** to select humidity at 40%.

Operation 2



Select air-o-steam® temperature by pressing the **actual temperature button**. Use **main control dial** to select air-o-steam® temperature (e.g. 140 °C).

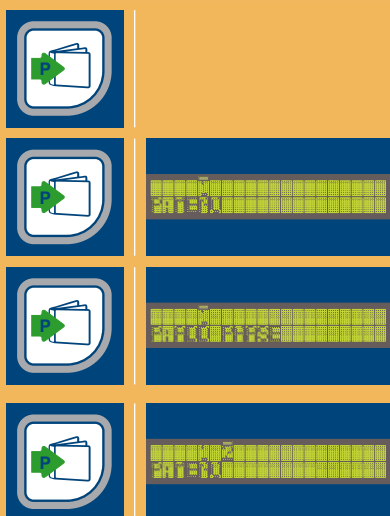
Operation 3



Select either **pre-set time** or **core temperature** probe by pressing the **actual time/core temperature button**.

Turn **main control dial** to **pre-set time** or **core temperature**.

Operation 4



To select 2nd cook step press **program control set**.

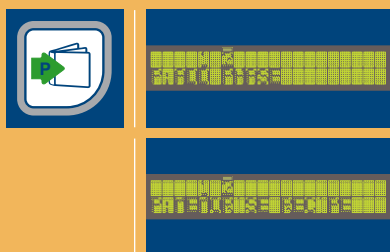
You will then see **1 P: MENU** now press **program control set** again, you will see **1 P: ADD PHASE**.

Press **program control set** to confirm.

Now you will see **1 2 P: MENU**.

Add another cooking step by repeating steps Operation 4.

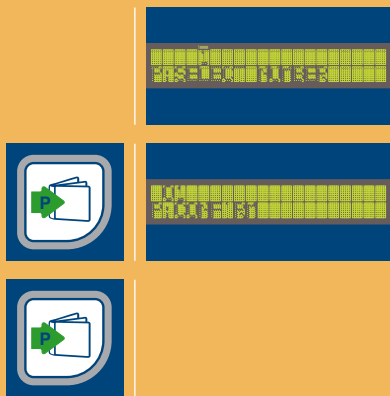
Operation 5



To store (memorise recipe) press **program control set** again, you will see **1 2 P: ADD PHASE**.

Now turn **main control dial** until you see **1 2 P: MEMORISE RECIPE**.

Press **program control set** to confirm.

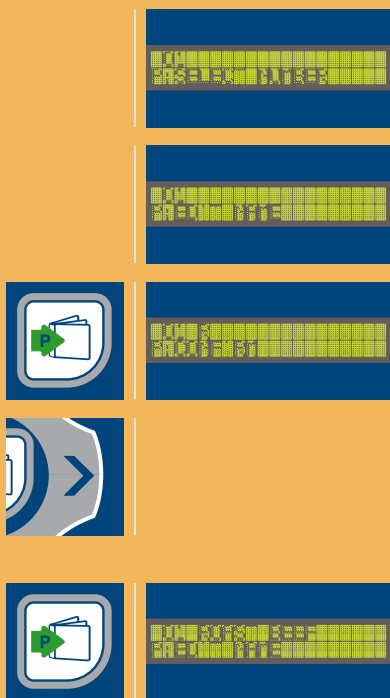


Now you will see **1 P: SELECT NUMBER**. Press **program control set** then you will see **01 P: CONFIRM**.

A number **01** will appear and flash here, asking you to accept or change to another number of your choice.

To confirm press **program control set**.

Operation 6



Now you will see **01 P: SELECT NUMBER**.

Now turn **main control dial** until you see **01 P: EDIT NAME**.

Press **program control set** again, you will see **01 R P: CONFIRM (R)**: turn **main control dial** to select number or letter here.

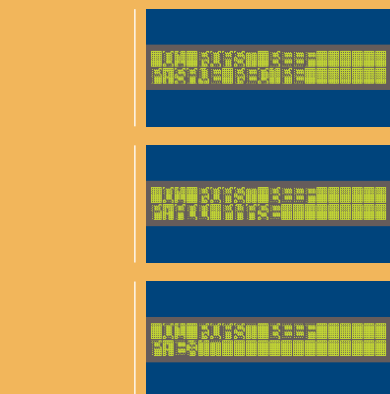
When number/letter has been selected press **right hand arrow** to move to next space for number/letter input.
Turn dial again to select new number/letter.
Repeat until the "name" has been written.

Press **program control set** again, you will see **01 ROAST BEEF P: EDIT NAME**.

Now turn dial until you see **01 ROAST BEEF P: STORE**.

Press **program control set**, you will see **01 ROAST BEEF P: ADD PHASE**.

Turn **main control dial** until you see **01 ROAST BEEF P: EXIT**.





Press **program control set** again, you will see **01 ROAST BEEF**
P: CONFIRM.



Press **program control set** button for 1-5 seconds, the display will now clear
– you have saved cooking cycle into program memory.

Operation 7



To select memorised cooking cycle press **program control set** then turn
main control dial to select corresponding number – wait a couple of seconds
and the name of cycle will appear.



To activate cycle, press **start/stop button**.

air-o-steam®

Adding a Delay at beginning of a cycle

e.g. You want to cook a large Beef roast approx. 15 kg, The chamber must be at Ambient (room) temperature and the meat must be chilled at approx. 2-4 °C.

Operation 1



Select **Combi** mode with 40% humidity, press the **Combi button** twice then use **main control dial** to select humidity at 40%.

Operation 2



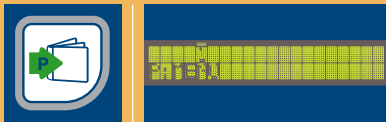
Select air-o-steam® temperature by pressing the **actual temperature button**. Use **main control dial** to select air-o-steam® temperature (e.g. 140 °C).

Operation 3



Now press **core temperature button** to select a core temperature value of say 57 °C.

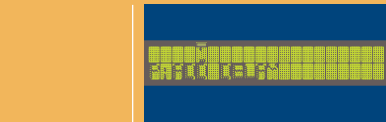
Operation 4



Press **program control set**, you will see **1 P: MENU**.



Press **program control set** again and you will see **1 P: ADD PHASE**.

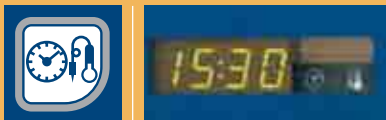


Now using the **main control dial** turn to select **1 P: ADD DELAY**.

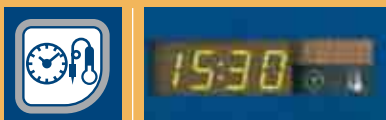


Now press **program control set** and you will see **D1 P: MENU**.

e.g.



In the display **time/core temperature** you will see the actual time.

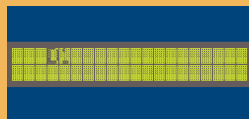


You want the cooking cycle to start at **18:00** for example. Using **main control dial** turn to select **18:00** in the time display (red numbers).

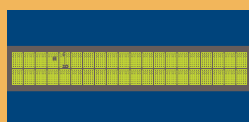
Operation 5



Press **start/stop button** to activate cycle.



The oven lights will go off and the display above **program control set** will show **D1 •1** alternately.



After the delay period (time) has passed the cooking cycle will automatically start.

air-o-steam®

Cook and Hold

e.g. Roast Beef (pre-heat “air-o-steam®” to 190 °C)

Operation 1



Select **Combi** mode with 40% humidity, press the **Combi button** twice then use **main control dial** to select humidity at 40%.

Operation 2



Select air-o-steam® temperature by pressing the **actual temperature button**. Use **main control dial** to select air-o-steam® temperature (e.g. 160 °C).

Operation 3

Now set the core temperature value at approx. 6 – 9 °C below what you would normally select if cooking and serving.

Press **core temperature button** if the time symbol is showing



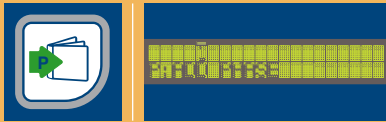
Press again the **time/core temperature button** and while the numbers are flashing use main control dial to select the core temperature value of your choice.

Operation 4

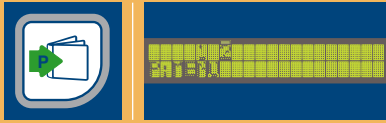
Now press **program control set** you will see **1 P: MENU**



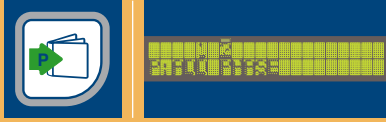
Press **program control set** again, you will now see **1 P: ADD PHASE**



Press **program control set** again and you will see **12 P: MENU**

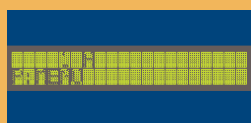


Press **program control set** again, you will now see **12 P: ADD PHASE**



Now using the **main control dial**, turn until you see **12 P: ADD HOLD**





Now press **main control dial** you will see **1 H P: MENU**



In the **temperature display** you will see **12 P: ADD HOLD**



The word “Hold” will also be illuminated in the “Cooking advanced modes” area. Now using the **main control dial** turn to select a Holding temperature, e.g. 65 °C.

Operation 5



Now press **start/stop button** to activate cycle.

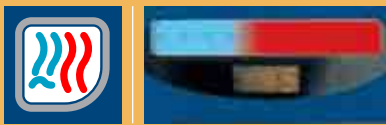
When the meat has reached the target core temperature the oven will automatically switch to Hold function. The chamber fan will operate intermittently, approx. 50 seconds pause followed by approx. 5 seconds on – 1/2 speed.

air-o-steam®

ECO - Delta cooking

Using “Linear Process”
e.g.: Roast Beef

Operation 1



Select **Combi** and press button again to set the humidity level – using the main control dial to 45%.

Operation 2



Now select a target **core temperature**, e.g. 57 °C by pressing the **time and core temperature button** while the numbers are flashing use main control dial to select 57 °C.

Operation 3



Now press the **advanced functions button**, and using the main control dial select the **ECO-Delta symbol**. You will see in the temperature display “20”. This represents the temperature value difference between the core temperature of the food and the oven chamber temperature.



The “delta” temperature range available is from +1 °C up to 120 °C. If you want a “delta” value of 40 °C press and using main control dial select 40 °C

Operation 4



Insert **6 point multi sensor probe** into the beef, close oven door and press **start/stop button** to activate cycle. The temperature inside the oven chamber will always be approx. 40 °C above the core temperature of the beef.

Operation 5

When the beef has reached the target temperature the oven will stop automatically. You may notice that the meat surface is not brown, due to the fact that at the end of the cooking cycle the oven chamber temperature is only 97 °C (we need at least 130 °C to achieve browning).



So we remove the beef from the oven, select **Convection** at 225 °C and pre – heat oven for approx. 10 minutes, then place the beef inside to brown surface. This may take approx. 12 minutes.

air-o-steam®

ECO - Delta cooking

Using “Progressive” process

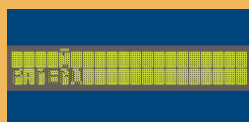
e.g. Roast Beef (pre-heat “air-o-steam®” to 100 °C for 10’)

Operation 1

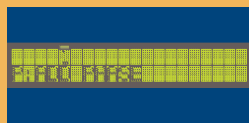


Now select **Steam cycle** at 100 °C (1st phase) and set a time of 10’.

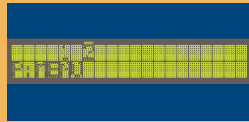
Operation 2



Press **program control set** you will see **1 P: MENU**



Now press **program control set** again, you will see **1 P: ADD PHASE**



Press **program control set** again and you will see **12 P: MENU**



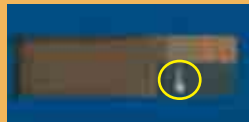
Now select **Combi cycle** and set humidity level (by pressing **Combi button** again) to 40%.



Now press **Advanced functions button**



And using **main control dial** select the **ECO - Delta icon** by making it illuminate red.

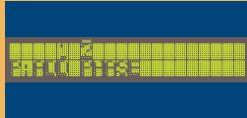


Press the **temperature button** and using **main control dial** select **60 °C**.

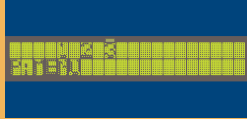


Now press the **time/core temperature button** and choose a core temperature value of **30 °C**.

Operation 3



Press **program control set** again and you will see **12 P: ADD PHASE**

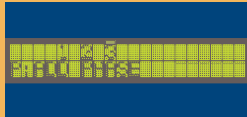


Press **program control set** again and you will now see **123 P: MENU**

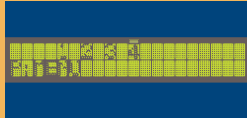


Now select **Combi cycle** at 30% humidity and a **ECO - Delta temperature** value of 40 °C, core probe temperature at 40 °C.

Operation 4



Press **program control set** again and you will see **123 P: ADD PHASE**.

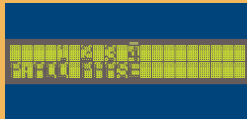


Press **program control set** again you will see **1234 P: MENU**.

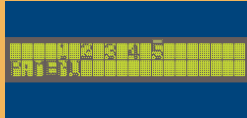


Now select **Combi cycle** at 40% humidity and a **ECO - Delta temperature** value of 35 °C, core probe temperature at 50 °C.

Operation 5



Press **program control set** again and you will see **1234 P: ADD PHASE**.



Press **program control set** again you will see **12345 P: MENU**.

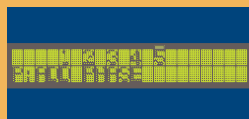
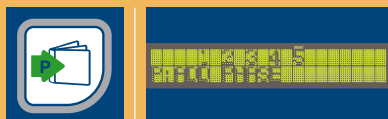


Now select **Convection cycle** at 40% humidity by pressing the **Convection button** twice.

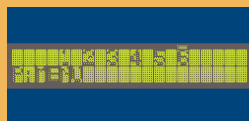
Using the **main control dial** select 40%.

Select a **ECO - Delta temperature** value of 25 °C, core probe temperature of 58 °C.

Operation 6



Press **program control set** again and you will see **12345 P: ADD PHASE**.



Now press **program control set** again, you will see **123456 P: MENU**.



Now press **advanced functions button** and using the **main control dial**, select **pause**, set the time for 2 minutes.



Now press the **start/stop button** to activate the cycle.

This cycle is suited to other meats, just set the final core temperature to suit product.

maintenance instructions

air-o-steam®

Descaling steam generator

Guide

Warning



When the **indicator light** comes on it is letting you know that the steam generator tank requires **cleaning/descaling**.

Operation 1

Turn off the water supply to air-o-steam® (oven must be on but not in operation).

Operation 2



Press the **manual steam generator emptying** button until the light comes on, this will automatically open the drain valve and the water from the steam generator tank will be released.



Remove the black rubber stopper from the steam generator vent pipe located on left hand top of air-o-steam® and pour in, using a funnel

6 grid = 5 Litres
10 grid = 5 Litres
20 grid = 8.2 Litres
40 grid = 16 Litres

of pure **white vinegar or an approved descaling chemical**

Operation 3

Replace black rubber stopper, turn on water supply which will top up steam generator tank to correct level.

Now leave the oven on – but not in operation for at least **2 hours**. This allows the vinegar/chemical inside boiler tank to warm up and dissolve the lime scale build up.

Operation 4



Next turn off water supply to oven, press again the **manual steam generator emptying** button, the light will come on and the chemical will drain out.

Remove the black rubber stopper and using a funnel, pour in approx. 4-5 litres of cool water to flush out sediment.

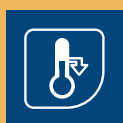
Turn on water supply to oven, press **manual steam generator emptying** button to close the drain valve (light flashing). Now the air-o-steam® is ready for operation again – **check that the black rubber stopper is replaced**.

air-o-steam®

Cleaning cooking chamber

Guide

Operation 1



For best results remove cooking trays, wire grids etc from the roll-in rack/pan support. The oven temperature must be below 70 °C prior to starting the cleaning cycle, if it is higher select the **quick cool down button** (with the door in the closed position).

Operation 2





When the fan starts spinning, open the oven door to speed up the cooling down process. When the oven cavity temperature display shows less than 70 °C, close the oven door and press again the **quick cool down button** to stop the cycle.

Operation 3



Press **program button**.

After you press the Program button, you can select a pre-stored cooking cycle, cleaning cycle or LTC, if the display shows **1 P: MENU**, then press again and hold for 1-5 seconds the  button to clear display. Now press the  button, using main control dial turn until you see the cleaning cycles. Turn dial to select either “soft”, “medium”, “strong”, or “x-strong”.

Press the  button to activate cycle.

Operation 4



Be sure the detergent and rinse chemical containers are full and the water supply to oven is turned on.

Now press the **start/stop button** to activate cycle.

Note Do not open the oven door during the cleaning cycle.

When cycle has ended, remove rack trolley and guide then wipe oven floor with a damp cloth. Check the drain cover is not blocked with food scraps. Check behind fan cover periodically and clean as necessary, secure fan cover after cleaning behind. Take care when cleaning around fan and heating elements, wear protective gloves when using cleaning chemicals. The oven door has an inner glass panel that can be opened by pressing the two clips located top and bottom, the panel is hinged for easy access.

air-o-chill®

air-o-chill®

Blast chiller and Freezer

Cruise cycle

Patent pending

Turbo cooling and programs
(2 per cycle)

Customizable, by the ice-cream cycles
they can be replaced via software




Chamber/core
temperature value

HACCP and malfunction alarms

Real time with self-diagnostic

Advanced functions

- Manual start for the defrost function
- Core Probe selector (up to 3 probes)
- UV sterilizing
- Norms profile selection (UK, NF, CUSTOM)
- Advanced settings
- HACCP recall
- Operation Alarms recall

To select anyone of the advanced functions first press  then using  move to illuminate the function you need. Then press  again to confirm.



Chilling/freezing cycle selection:

- Soft chilling
- Hard chilling
- Positive holding
- Shock freezing
- Freeze holding

NF/UK standards
or customized settings

Residual time estimation
for probe driven cycle


Patent pending

Central selector arrows








- Cycle
- Time
- Core temperature
- Advanced functions

Chilling cycles

with probe the ARTE (Algorithm for Residual Time Estimation) activates automatically

<p>Cruise</p> <p>Patent pending</p>		<p>Automatically adjusts the working temperature to the type of food. It reduces the chilling time and prevents superficial burns.</p>
<p>Soft Chilling</p> <p>air temperature: -2 °C</p>		<p>Ideal for delicate foods, such as leafy or cut vegetables, seafood, small portions of meat, pastries, small cakes, biscuits, pasta.</p>
<p>Hard Chilling</p> <p>air temperature: -20 °C</p>		<p>Ideal for solid or firm foods, such as vegetables (grown below the ground), soups, stocks and sauces, stews and casseroles, whole joints of meat and poultry.</p>
<p>Shock freezing</p> <p>air temperature: -36 °C</p>		<p>Ideal for freezing all kinds of food – raw, half or fully cooked – that need to be stored over a long period of time. (Version chiller-freezers)</p>
<p>Holding at:</p> <p>+3 °C or -22 °C</p>		<p>Automatically activated at the end of each cycle, to save energy and maintain the target temperature. Can also be activated manually to turn air-o-chill® into a storage refrigerator or freezer. (Version chiller-freezers)</p>
<p>Turbo cooling</p>		<p>Alarms the user to set a working temperature between -36 and +3 °C. Indicated for continuous and bulk production.</p>
<p>Customizable Programs (2 per cycle)</p>		<p>Can be replaced (via software) by the "ICE CREAM" Freeze and Hold and the "ICE CREAM" turbo cooling cycles.</p>

Advanced functions

<p>Manual start for the defrost function</p>		<p>Intelligent defrost cycle is activated automatically whenever necessary and as long as necessary. Can also be activated manually.</p>
<p>Core Probe selector</p>		<p>It allows to alternately monitor the temperature of 3 different core probes (optional) inserted in different kinds or sizes of food.</p>
<p>UV sterilizing</p>		<p>Built-in UV lamps (only on request) to sterilize the cooling chamber after use.</p>
<p>Norms profile selection</p>		<p>Through this function, it is possible to select the reference norms (UK and NF are pre-programmed). A third profile, can be created to match local or customer specific regulations.</p>
<p>Settings</p>		<p>Setting of the following parameters:</p> <ul style="list-style-type: none"> • date and time • customer profile limits • alarms and HACCP options • bactericide cycle time (only with UV lamps)
<p>HACCP recall</p>		<p>Calls up the HACCP events stored in the memory.</p>
<p>Operation Alarms recall</p>		<p>Calls up the operational events registered by the auto-diagnostic system.</p>

air-o-chill®

Cruise function



The **“Cruise”** cycle controls automatically the chilling process. It tries to terminate the process within the normative limits and preserves the food quality. Simply insert the core temperature probe into the hot food, close the door and press the CRUISE button.

It works by first starting in a “soft” chill mode where the working air temperature inside the blast chiller is -2 °C.

When the air temperature reaches 0°C the AOC reads the food temperature, if the food has not started to chill then the working air temperature target will be automatically set at -11 °C (Medium Chill).

When the air temperature falls to -9 °C the food temp is measured again and if it has still not started to chill then automatically it will change to a Hard Chill cycle with the air temp set at -22 °C.

Turbo Cooling




The **“Turbo Cooling”** cycle allows the user to set a working temperature between -36 and +3 °C. The Chiller works to keep the set temperature, the impellers stay on always and the defrosting is automatically managed. To set the cycle press the “M” button and the symbol will light up, now press the temperature / core probe button and hold for 2 seconds if you want to change the target air temperature from what was previously used. When the number is flashing use the right or left button at bottom of control panel to select a new working air temperature. Then press again the temp/core button to confirm new set temp.

- For continuous production: when the operator is cooking batches of food and needs to chill several loads one after the other.


Ice Cream Freezing Cycles






There are two ice cream freezing cycles:




the first  is for fresh ice cream that is usually made in a batch freezer ice cream machine and is then dispensed into containers at approx -6 °C. These containers of ice cream are then placed into the air-o-chill® with the food probe inserted into the ice cream.







The target temperature for freezing is set at -14 °C and the working temperature inside the cabinet is set at -20 °C. When the ice cream has reached -14 °C, air-o-chill automatically switches over to the freeze holding mode.


The second ice cream freezing cycle,  is used for Gelato, with the working temperature inside the cabinet set at -16 °C, it runs continuously – no time and no probe are used.





How to find the Ice Cream Freezing Cycle

(1) Press the  button and using the  select SET. It will be red in colour, press the  button again to confirm.





(2) By pressing the  right arrow 19 times you will see  in the temperature display and  in the time display.

(3) Press the  time button to make the  flash, then press the  button again and pressing the  left or right arrow select . Press the  time button to confirm.

(4) Now press the  to escape.

(5) To select the freezing cycle for ice cream simply press the  button then using  select either  for fresh ice cream or  for Gelato.

To return air-o-chill® to normal operation repeat steps (1) to (3).

Change  to  press the  to confirm and press  to escape.

useful tips for blast chilling with air-o-chill®

air-o-chill®

Useful tips for Blast Chilling



With the new Electrolux air-o-chill® Blast chiller/freezer it is not necessary to pre-chill appliance prior to loading and starting of cycle for most products.

Very small items may require air-o-chill® to be turned on approx. 5 minutes prior to loading. This enables the "Prep" cycle to run then the chilling process will start.

Remember to always have the plug in place – in the drain outlet inside cavity.

Check the pull out plastic tray under the appliance prior to using each day – tip out any water and clean with detergent and replace.

The drain outlet can also be connected using a hose to a floor drain for convenience.

air-o-chill®

Soft Chilling

Remember the air temperature inside the cavity will be minus 2 °C

Soft Chilling - cycle is for delicate foods e.g.



- vegetables grown above the ground
- seafood
- small portions of meat e.g. chicken breast fillet, ribs
- egg custard
- pastries, small cakes, biscuits
- pasta

Remember that the maximum depth pan to use is 2 1/2" (65 mm) and a gap of at least 1-1 1/2" (20-30 mm) must be allowed between the top of one pan and the bottom of the pan above, to allow sufficient cold air to circulate around the pans.

Always supervise the chilling process; most foods don't require the full time of cycle to chill down ready for transferring to a holding chiller or cold room.

Follow these guides for good results:

Pasta and similar foods

Firstly cook the pasta to "just done" (slightly under-cooked), remove from cooking vessel and drain well – do not rinse with cold water as this will remove most of the flavour.

Have ready the required number of 2 1/2" (65 mm) deep stainless steel pans (not plastic as it is a poor conductor of heat and cold), and splash a little good quality olive oil in base of pans.

Pour in the hot pasta – sprinkle a little more olive oil over and give it a stir prior to loading into air-o-chill®.

During the blast chilling cycle, stir the pasta approx. every 5 minutes, touch underside of pan and when cold, the pasta is ready to transfer to normal chiller or walk-in cool room. Always cover with a lid or plastic wrap when transferring to storage.

Don't allow pasta to remain into air-o-chill® for too long as it will freeze and thus be of poor quality.

air-o-chill®

Vegetables

After cooking vegetables, e.g. in a steamer – remember to cook to “just cooked” stage as they will still cook slightly more until they have started to chill – if you normally cook beans for 6 minutes, reduce the cooking time by 2 minutes as the time taken to remove from steamer and place into the air-o-chill® will equate to having allowed the full 6 minutes of cooking time.

Seafood

If cooking fillets of fish, try to only cook until the core temperature inside the fish reads approx. 72 °C as the flesh will continue cooking after taking out of oven.

It is not necessary to cover the fish when placing inside the air-o-chill® – this applies to nearly all food, as covering will only lengthen the chilling process. This is due to the cold air not coming into direct contact with the food.

Never stack fillets (cooked) on top of each other, it is best to use extra pans which will also speed up the chilling process – again watch them – don’t allow to freeze. If the fillets are thick enough insert the probe into one of them.

air-o-chill®

Hard Chilling

Remember that the air temperature inside the cavity will be approx. minus 20 °C

Hard Chilling - This cycle is used for more solid or firm foods e.g.



- vegetables grown below the ground
- soups
- stocks and sauces
- stews and casseroles
- whole joints of meat and poultry – don't put in joints larger than approx. 4-5 kg as it is difficult for the cold air to penetrate into centre unless it is long strip like loin etc.

When chilling liquid based products, use the 2 1/2" (65 mm) deep s/steel pans and fill to 3/4 for ease of handling when hot.

For optimum results use the 2" (40 mm) deep pans. Allow a space between each pan of approx. 1-1 1/2" (25/30 mm) for chilled air circulation.

Some foods, e.g. stews, curry etc. are chilled faster if during the chilling cycle they are gently stirred to blend in the cold food around edge of pan.

Using the **core temperature probe**. Try to use the core temperature probe as this will monitor the internal temperature of the food being chilled.

When the hot food has been placed inside the air-o-chill®, insert the probe **before** starting the cycle.

The air-o-chill® will know when the probe is being used due to the difference in temperature between the probe and internal-cavity-temperature sensor.

When the probe is being used the display will show the internal temperature of the food and when it has chilled to approx. 3 °C the chilling cycle will end.

After the cycle has ended the air-o-chill® will automatically start a defrost cycle, then go to "holding temperature" of 3 °C.

After the defrosting cycle has ended the air-o-chill® will operate as a normal chiller at 3 °C, e.g. if you load it with cooked product at end of day, the appliance will hold the food at 3 °C until operator removes it next morning.

When finished with air-o-chill® always clean cavity with a soft cloth and mild soapy water, rinse clean and sterilize using a wet cloth and white vinegar or an approved anti-bacterial cleaner.

Leave door ajar (slightly open) using either the plug or a clean, unused piece of sponge foam as a spacer. Remember to empty and wash drip pan under appliance.

air-o-chill®

Storage of food after Blast chilling

Remember to always cover food with a lid or plastic wrap to prevent drying and odour transfer to other products in chiller

Sauce based foods, curry pastes etc. can be measured into vacuum bags (after initial Blast chilling) then vacuum-sealed which will give a longer shelf life – up to 35 days – depending on product.

If you require a longer shelf life, vacuum packed sauces, stocks, pastas, casseroles etc. can be blast frozen (if you have a Blast Freezer). However if the food is packaged in such a way that the shape of bag is like a “flat pillow”, they can also be frozen if placed on wire grids (shelves) inside the air-o-chill® which is set on Hard Cycle.

Lay the flat bags directly onto the cold racks (shelves) without overlapping the bags, then let the air-o-chill® run for the complete Hard Cycle time duration. The product will be frozen at end of cycle.

Remember to remove them once cycle has ended and transfer to a freezer room or upright freezer; they can be held in baskets. Always label the bags with production date/product name/volume and expiry date for future reference.

Note to conform to most health requirements, the shelf life of products mentioned above needs to be validated by a qualified food technologist. This is due to ingredients used, method of preparation, handling and cooking methods.

air-o-steam®

Regenerating chilled cooked food

It is important to regenerate/reheat pre-cooked chilled food to a safe serving temperature. Some countries have laws governing this so be sure to check with local health authorities.

Operation 1



Press the **advanced functions button** and using the **main control dial** select the **regeneration cycle** then press the **cooking advanced mode button** again to confirm.



The symbol will be orange in colour.

Operation 2

Once you confirm you will see a number displayed below the coloured bar using the main control dial while the number is flashing, select the humidity level you wish to use.



For example if you wish to regenerate cooked/chilled chicken breast filled with a light herb stuffing, select 40 % humidity.

Operation 3



Now select the internal chamber temperature (remember to pre heat to 160 °C) ranging between 120 °C up to 140 °C by pressing the **actual temperature button** and using main control dial to select the desired temperature.

Operation 4



When regenerating it is better to use the 6 point multi sensor probe to guarantee the correct serving temperature has been reached. Press the cook **time/core temperature button** which selects both cooking time or core temperature.



Now use the main control dial to select "core temperature" and insert the probe into the chicken breast, close oven door and press the **start/stop button** to activate cycle.

air-o-chill®

Blast freezing

air-o-chill®/freezer



The air temperature inside the blast freezer reaches minus 35 °C and at the end of the cycle holds product at minus 22 °C.

Product can be blast frozen either in vacuum bags, suitable sturdy plastic containers that are no more than 40 mm deep and Gastronorm pans with a maximum depth of 40 mm.

For optimum results when blast freezing liquid based products it is better to first blast chill on hard cycle then place into suitable sized containers for blast freezing.

Once product is frozen, cover with a tight fitting lid or place in airtight container/vacuum bag to prevent dehydration in freezer.

Remember that when freezing product in vacuum sealed bags, be sure to press flat to increase surface area which speeds up the freezing process.

If freezing small items such as vegetables, prawn cutlets, meat balls etc place them on flat trays so they are not touching each other, once frozen they can then be placed loose into sealed bags as "free flow".

operating instructions air-o-chill®

air-o-chill®

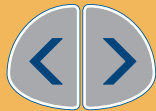
Chilling cycles

Operation 1



Turn on power to air-o-chill® by pressing **on/off button**.

Operation 2



After **lamp test** press **central selector arrows button** to select any of the below cycles:

- Soft Chilling - 2 °C
- Hard Chilling - 20 °C
- Chill Storage + 3 °C
- Blast Freezing - 35 °C
- Freeze Storage - 22 °C
- Turbo Chilling - 20 °C

e.g.



Soft Chilling

The selected symbol will become orange colour.

Operation 3



Press **start/stop** button to activate cycle.

Sometimes you will see "**PREP**" on the display

This is a function (**air-o-start**) to stabilise pressure inside the chilling system.

After a short time the cycle will start.

air-o-chill®

To change from NF to UK settings

or vice/versa

Operation 1



Press **advanced functions button**

Operation 2.a



Then press **central selector arrows button**

Until the **norms profile selection** lights up



Press again **advanced functions button** to confirm



Operation 2.b



Using **central selector arrows button**



Select **NF** or **UK**

Wait a few seconds and it will vanish from view – you have now changed the “norms”.

air-o-chill®

Customise time and temperature setting

Operation 1



Select the cycle you wish to modify, e.g. **soft chilling cycle**.

Operation 2



Now press the **personalised programs button**.



You will see the **program 1 icon** becoming red colour.



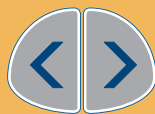
To change the air temperature, press **chamber/core temperature button** and be sure the cavity temperature light is on -2 °C.

Keep your finger pressed for **3 seconds**, you will then see the -2 numeral flash.



cavity temperature

probe temperature



Now press the **central selector arrows button** to select the temperature you require. Remember the range is between -2 up to +10 °C.

Once you have selected the temperature, it will flash for 3 seconds then remain on.

Operation 3

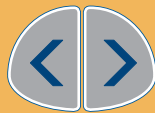


If you want to change the time of cycle duration press the **real time button** and hold for 3 seconds.

The number in the display will flash, using the **central selector arrows button** select the required time.

It will flash for 3 seconds then remain on.

You have now set custom temperature and time which will remain in memory until you choose to change it.



air-o-chill®

Operation 4

If you want to set a custom cycle on **program 2** press the **central selector arrows button**



You will see the **program 2 icon** becoming red colour.

The above method applies also to:



Hard chilling, temperature range between -20 °C up to +10 °C
Positive Holding, temperature range between 0 °C up to +10 °C

Blast freezing, temperature range between -18 °C down to -35 °C
Freeze Holding, temperature range between -2 °C down to -25 °C

Note The reason for being able to customise the time of cycle and cavity air temperature is to allow **total flexibility** for the operator.

e.g.

Chilling 80 gm fillets of fish requires only 4 – 9 minutes depending on the thickness of fillet, if you allow the cycle to run for it's duration of 110 minutes the fish will be frozen.

Use soft cycle for thin fillets and hard cycle for thick fillets with a temperature of -12 °C and time of cycle to between 4 – 9 minutes. Once cycle has ended the air o chill reverts to a holding chiller at +3 °C.

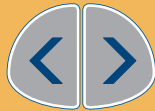
air-o-chill®

To customise set parameters

Operation 1



Press **advanced functions button**.

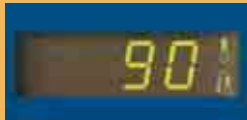


Using **central selector arrows button** (right-hand) select **norms profile selection**.

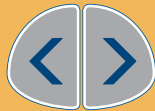


Now using **central selector arrows button** (right-hand), select **hand icon** while this symbol is illuminated.

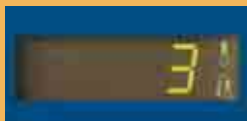
Operation 2



Press **chamber/core temperature button** and “hold” until the number starts flashing.



By using **central selector arrows button** you can change “temperature max” from 90 °C (maximum temperature of cooked food going into the blast chiller/freezer) down to a minimum of +3 °C.



Operation 3



To change “time” press **real time button**.



Then using **central selector arrows button** you can select time of cycle duration.

air-o-defrost

air-o-chill®

air-o-defrost

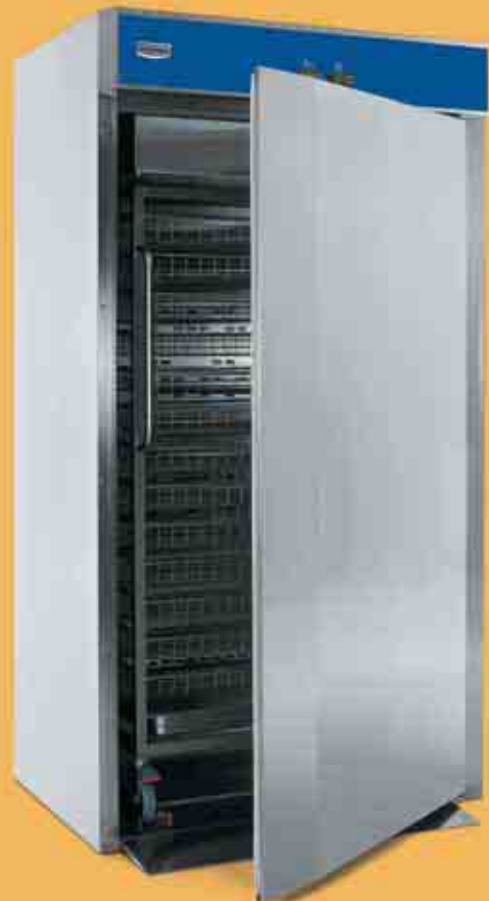
Fresh food directly from the freezer!



The Electrolux air-o-defrost uses a unique method of combining Low Temperature Steam and high velocity air circulation to thaw frozen products.

The "target" thawed temperature can be set between $-1\text{ }^{\circ}\text{C}$ up to $+2\text{ }^{\circ}\text{C}$ in increments of $1/10^{\text{th}}$ of a degree.

When thawing meat for slicing it is best to thaw to $-1\text{ }^{\circ}\text{C}$ as this will facilitate slicing as the meat will still be firm and hold its shape when slicing.



After turning on air-o-defrost

To defrost frozen products you simply place them into the perforated containers, make a small hole in the product using the supplied "hand drill" insert the core temperature probe, close the door, set target temperature and leave the rest to air-o-defrost.

The thawing process involves the sensor in the probe monitoring the product temperature, when it registers a big difference between the cabinet temperature and core temperature the thawing process is activated.

The temperature inside the cabinet will increase via the steam generator in steps up to +15 °C. first +7, then +10, +12 and finally +15 °C where it will stabilise.

During the thawing mode the internal fan is on high speed with a constant input of steam, which as it comes into contact with the frozen food condensates back to water thus ensuring the food surface is always very moist.

Note that the surface temperature of the food never exceeds +5 °C, this is due to the physics of the reaction of the coldness coming from within the food mass and passing through the foods surface. The opposite happens when cooking food in that the temperature from the cooking appliance is penetrating through the surface into the food mass.

Once the temperature of the food has reached 3 °C from your target temperature then the refrigeration cycle will start and pull down the cabinet temperature to +7 °C and stay at this temperature until the target temperature has been reached and stabilised for 5 minutes.

The air-o-defrost cabinet will now pull down to +3 °C, the steam input will stop and the fan speed reduce to a gentle air flow.

At approx. 40 minutes intervals the steam will input for a few seconds, this is to keep the food product in a very moist environment.

Capacity

The model 180 has a recommended maximum load of 35 – 40 kg (77 – 88 lbs) and the thawing process only uses steam.

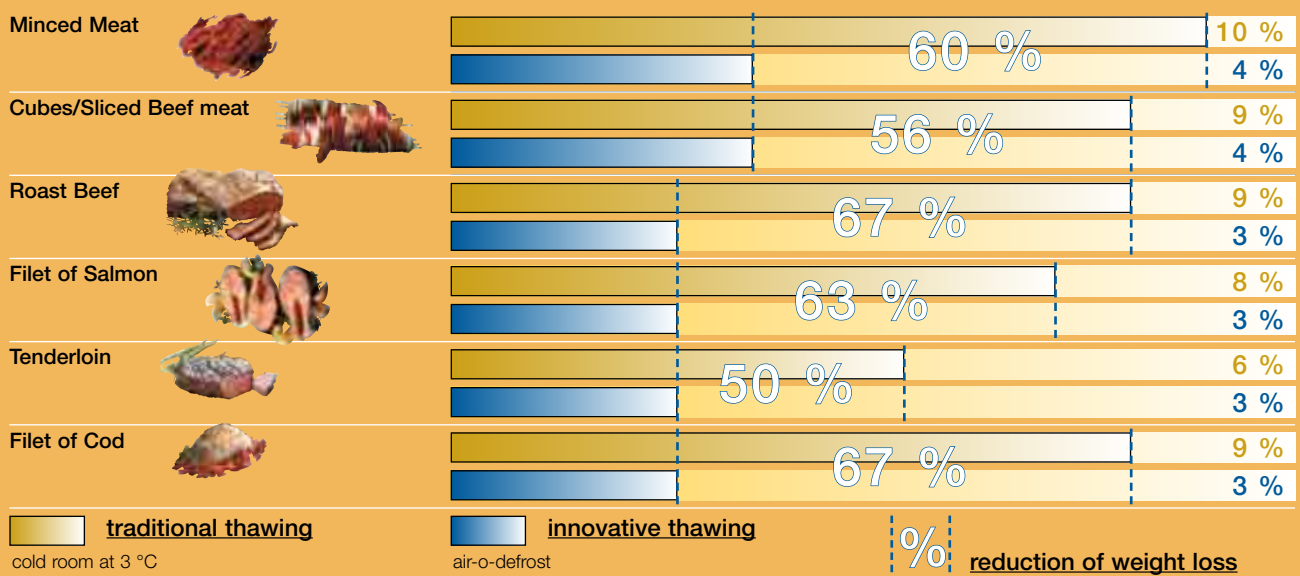
The model 1200 has a recommended maximum capacity of 150 – 200 kg (330 – 440 lbs) and the thawing process uses both steam and heating elements to raise the cabinet temperature to +15 °C.

Cleaning

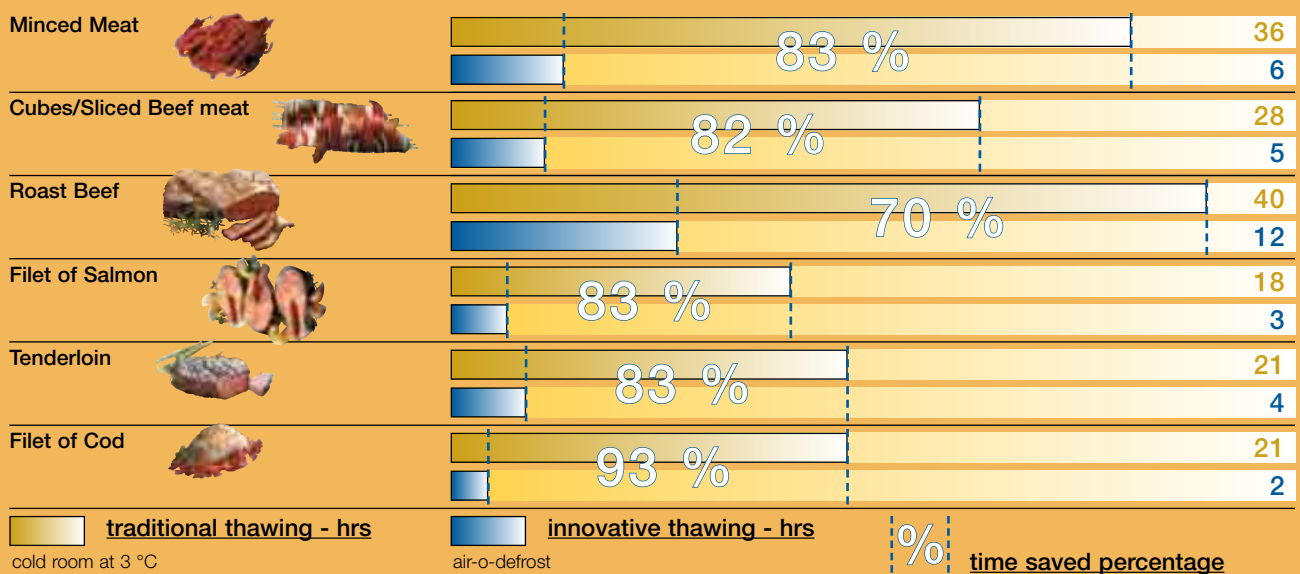
After use clean the inside (after first removing the side support racks and rear perforated cover) with mild detergent and warm water, rinse out then turn the control dial to the “brush” symbol.

This will activate the steam cycle and take the cabinet temperature up to approx. 85 °C and hold for 5 minutes. This is to sterilise the cabinet.

Comparative weight loss



Comparative thawing time



recipe selection



meat/poultry/game

Food item	air-o-steam®												Pre-heating temperature	Cooking air-o-steam®	Chilling air-o-chill®	Regeneration air-o-steam®							
	GN 1/1 trays																						
	6		10		20		40		60		80												
Roast Beef 3 - 4,5 kg piece 2 per rack	60	80	60	80	60	80	60	80	60	80	60	80	Automatic	1	160 °C	70 °C	52 °C	20	60 °C	With probe	Generally sliced cold, then regenerated as plated meal		
	1	1	3	4	5	8	10	16	20	32	40	40	Automatic	2	170 °C	68 °C	20	Cont.					
with LTC	1	1	3	4	5	8	10	16							50 °C								
Roast Pork 3 - 4,5 piece 2 per rack	60	80	60	80	60	80	60	80	60	80	60	80	Automatic	1	100 °C	150 °C	55 °C	20	170 °C	68 °C	20	With probe	Generally sliced cold, then regenerated as plated meal
	1	1	3	4	5	8	10	16	20	32	40	40	Automatic	2	180 °C	190 °C	55 °C	10	2'				
with LTC	1	1	3	4	5	8	10	16							64 °C								
Rack of lamb (5-6 pt) 10 per rack	60	80	60	80	60	80	60	80	60	80	60	80	Automatic	1	180 °C	190 °C	55 °C	10	130 °C	65 °C	40	With probe	
	3	4	5	8	10	16	20	32	40	40	40	40	Automatic	2	130 °C	65 °C	40	2'					
with LTC	3	4	5	8	10	16	20	32							130 °C								
Beef casserole use 65 mm deep G/N 1/1 pans	60	80	60	80	60	80	60	80	60	80	60	80	Automatic	1	130 °C	150 °C	80	120'	140 °C	65 °C	40	With probe	
	3	4	5	8	10	16	20	32	40	40	40	40	Automatic	2	130 °C	150 °C	50	90	140 °C	65 °C	40	With probe	
with LTC	3	4	5	8	10	16	20	32							64 °C								
Pork casserole in 65 mm deep G/N 1/1 pans	60	80	60	80	60	80	60	80	60	80	60	80	Automatic	1	150 °C	150 °C	50	90	140 °C	65 °C	40	With probe	
	3	4	5	8	10	16	20	32	40	40	40	40	Automatic	2	150 °C	150 °C	50	90	140 °C	65 °C	40	With probe	
with LTC	3	4	5	8	10	16	20	32							64 °C								

Food item	air-o-steam®						Pre-heating temperature	Cooking air-o-steam®						Chilling air-o-chill®	Regeneration air-o-steam®
	GN 1/1 trays							1	2	3	4	5	6		
	6	10	20	40	60	80									
Lamb casserole in 65 mm deep G/N 1/1 pans	60	80	60	80	60	80	Automatic	140 °C 60 60'	120 °C 60 20'	190 °C 60 2'					140 °C 65 °C % H 40
	3	4	5	8	10	16		160 °C 60 35'	180 °C 20 15'	195 °C 20 15'					140 °C 65 °C % H 30
Cottage pie brush top with melted butter	60	80	60	80	60	80	Automatic	200 °C 30 2'	210 °C 10 3'	190 °C 90 10'					140 °C 20 % H 20 3'
	6	4	10	4	20	8		210 °C 30 2'	210 °C 10 3'	190 °C 90 10'					140 °C 20 % H 20 3'
Bacon slices arranged on 20 mm trays	60	80	60	80	60	80	Automatic	210 °C 10 8'	190 °C 90 10'	190 °C 60 8'					130 °C 70 °C % H 40
	3	4	5	8	10	16		210 °C 10 8'	190 °C 90 10'	190 °C 60 8'					130 °C 70 °C % H 40
Roast chicken 1-2 kg piece 5-6 per rack	60	80	60	80	60	80	Automatic	190 °C 10 10'	175 °C 40 10'	180 °C 30 10'					130 °C 70 °C % H 40
	3	4	5	8	10	16		190 °C 10 10'	175 °C 40 10'	180 °C 30 10'					130 °C 70 °C % H 40
BBQ chicken 1-2 kg piece 5-6 per rack	60	80	60	80	60	80	Automatic	160 °C 60 20'	160 °C 20 10'	195 °C 40 20'					130 °C 70 °C % H 40
	3	4	5	8	10	16		160 °C 60 20'	160 °C 20 10'	195 °C 40 20'					130 °C 70 °C % H 40
Roast duck 3 per rack	60	80	60	80	60	80	Automatic	160 °C 60 20'	160 °C 20 10'	195 °C 40 20'					130 °C 70 °C % H 40
	3	4	5	8	10	16		160 °C 60 20'	160 °C 20 10'	195 °C 40 20'					130 °C 70 °C % H 40

% H humidity level

Food item	air-o-steam®												Pre-heating temperature	Cooking air-o-steam®						Chilling air-o-chill®	Regeneration air-o-steam®																				
	GN 1/1 trays													1	2	3	4	5	6																						
	6	10	20	40																																					
Stuffed chicken breast 12 per tray GN 20 mm	60	80	60	80	60	80	60	80	60	80	60	80	Automatic			165 °C		60		6'			135 °C		65 °C		60		With probe			135 °C		65 °C		60					
	6	4	10	8	20	16	40	32	Automatic			160 °C		72 °C		20			160 °C		20			135 °C		65 °C		60		With probe		135 °C		65 °C		60					
	6	4	10	8	20	16	40	32	Automatic			160 °C		72 °C		20			160 °C		20			135 °C		65 °C		60		With probe		135 °C		65 °C		60					
with LTC	6	4	10	8	20	16	40	32	Automatic			66 °C			160 °C		40		6'			66 °C			140 °C		65 °C		60		With probe		140 °C		65 °C		60				
Chicken legs 15 per rack	60	80	60	80	60	80	60	80	60	80	60	80	Automatic			200 °C		60		10'			190 °C		82 °C		20			140 °C		65 °C		60			135 °C		40		8'
6	4	10	8	20	16	40	32	Automatic			200 °C		60		10'			190 °C		20			140 °C		65 °C		60		With probe		140 °C		65 °C		60						
6	4	10	8	20	16	40	32	Automatic			195 °C		20		8'			200 °C		3'			135 °C		40		2'		Check after 20'		135 °C		40		8'						
Hamburger 100 gr each 15 per tray GN 20 mm	60	80	60	80	60	80	60	80	60	80	60	80	Automatic			100 °C		40'			175 °C		60			175 °C		70 °C		60		Not suitable in one piece. Cut into 2-3 kg size, hard with probe			175 °C		70 °C		60		
Veal shoulder roast 1 joint per rack	60	80	60	80	60	80	60	80	60	80	60	80	Automatic			100 °C		40'			175 °C		60			175 °C		70 °C		60		Not suitable in one piece. Cut into 2-3 kg size, hard with probe			175 °C		70 °C		60		
with LTC	1	1	2	2	4	4	8	8	Automatic			67 °C			67 °C			67 °C			67 °C			135 °C		40		2'		Check after 20'		135 °C		40		8'					
1	1	2	2	4	4	8	8	Automatic			67 °C			67 °C			67 °C			67 °C			135 °C		40		2'		Check after 20'		135 °C		40		8'						

Food item	air-o-steam®						Pre-heating temperature	Cooking air-o-steam®						Chilling air-o-chill®	Regeneration air-o-steam®
	GN 1/1 trays							1	2	3	4	5	6		
	6	10	20	40	60	80									
Pitch - mm Meat terrine 2 terrines per rack	60	80	60	80	60	80	Automatic	75 °C % H 68 5'	195 °C % H 5'						Not suitable for regeneration
	3	4	5	8	10	16		20	32						
Pitch - mm Ox tongue 5 kg per 65 mm GN pans	60	80	60	80	60	80	Automatic	100 °C % H 150'	210 °C % H 10 1'						Normally sliced and served cold
	3	4	5	8	10	16		20	32						
Pitch - mm Hare/Rabbit 4 kg per GN pans	60	80	60	80	60	80	Automatic	200 °C % H 30 5'	200 °C % H 20 5'						Regenerate portioned as plated meals or with sauce in GN pans 140 °C 65 °C % H 60
	3	4	5	8	10	16		20	32						
Pitch - mm Kebab (chicken, beef, lamb): cook time depends on size of meat pieces (GN 20 mm pans)	60	80	60	80	60	80	Automatic	180 °C % H 60 10'	200 °C % H 20 5'						Not suitable for regeneration but with a covered dish 130 °C % H 60 8'
	6	4	10	8	20	16		40	32						
Pitch - mm Boned, stuffed rolled loin of pork 2 pieces per GN 40 mm pans	60	80	60	80	60	80	Automatic	120 °C % H 80 30'	165 °C % H 40 5'	180 °C % H 40 1'	195 °C % H 20 2'	75 °C % H 2'		Sliced as plated meals or sliced in sauce, regenerated in pans. 135 °C 65 °C % H 40	
	2	2	5	4	10	8		20	16						
Pitch - mm Meat balls	60	80	60	80	60	80	Automatic	195 °C % H 30 8'	180 °C % H 5'	180 °C % H 2'	180 °C % H 2'	180 °C % H 2'			
	6	4	10	8	20	18		40	32						



farinaceous dishes



miscellaneous

Food item	air-o-steam®						Pre-heating temperature	Cooking air-o-steam®						Chilling air-o-chill®	Regeneration air-o-steam®																						
	GN 1/1 trays							1	2	3	4	5	6																								
	6	10	20	40	60	80																															
Boiled eggs (20 °C) perforated tray, 60 eggs per tray (time depends on soft/hard)	Pitch - mm	60	80	60	80	60	80	Automatic		110 °C		100 °C		% H		8'			250 °C		40		10'			150 °C		40		15'			130 °C		65 °C		40
		6	4	10	8	20	16		40	32		100		5'		2'			220 °C		250 °C		3-5'		1'			165 °C		20		3'			175 °C		50
Yorkshire pudding in tins on grids	Pitch - mm	60	80	60	80	60	80	Automatic		220 °C		220 °C		40		5'			220 °C		40		10'			175 °C		40		15'			175 °C		40		15'
		3	4	5	8	10	16		20	32				5'		2'			180 °C		250 °C		3-5'		1'			165 °C		20		3'			175 °C		50
Par baked baguettes and small rolls perforated baking sheet	Pitch - mm	60	80	60	80	60	80	Automatic		180 °C		170 °C				5'			180 °C				10'			165 °C				10-15'			165 °C				2'
		6	4	10	8	20	16		40	32		30		5'		2'			120 °C				2'			165 °C				10-15'			165 °C				2'
Scrambled eggs pour mixture into greased 65 mm pans, 4 litre per pan	Pitch - mm	60	80	60	80	60	80	Automatic		120 °C		165 °C				2'			120 °C				2'			165 °C				10-15'			165 °C				2'
		3	4	5	8	10	16		20	32				2'		2'			180 °C				2'			165 °C				10-15'			165 °C				2'
Duchess potatoes pipe mix onto greased baking sheets or 20 mm pans. 50-60 per tray	Pitch - mm	60	80	60	80	60	80	Automatic		180 °C		175 °C				5'			180 °C				5'			175 °C				10-15'			175 °C				15'
		6	4	10	8	20	16		40	32		60		5'		2'			180 °C				5'			175 °C				10-15'			175 °C				15'
Idaho potatoes on wire grids, do not stack on top of each other	Pitch - mm	60	80	60	80	60	80	Automatic		180 °C		175 °C				30'			180 °C				30'			175 °C				30'			175 °C				30'
		6	4	10	8	20	16		40	32		60		30'		30'			180 °C				30'			175 °C				30'			175 °C				30'

















% H humidity level

Food item	air-o-steam®						Pre-heating temperature	Cooking air-o-steam®						Chilling air-o-chill®	Regeneration air-o-steam®
	GN 1/1 trays							1	2	3	4	5	6		
	6	10	20	40											
Pitch - mm	60	80	60	80	60	80	Automatic								Not suitable for regeneration
	80	60	80	60	80	60		80							
Scotch eggs double crumb 20 mm tray, 24-30 per tray	3	4	5	8	10	16	Automatic	160 °C	150 °C	150 °C					With probe
									160 °C	150 °C	150 °C				
								% H 40	% H 30	% H	% H	% H	% H		
								10'	7'	2'	2'	1'			



seafood

Food item	air-o-steam®						Pre-heating temperature	Cooking air-o-steam®						Chilling air-o-chill®	Regeneration air-o-steam®
	GN 1/1 trays							1	2	3	4	5	6		
	6	10	20	40	60	80									
Fish kebab 20 mm tray with grid Approximately 2 kg per tray	60	80	60	80	60	80	Automatic	180 °C	180 °C	180 °C	180 °C	180 °C		120 °C	
	6	4	10	8	20	16		40	32	60	20	20	20	1'	30
Whole fish approximately 280-320 g. 40 mm GN pans, 9 per pan	60	80	60	80	60	80	Automatic	170 °C		170 °C					
	6	4	10	8	20	16		40	32	40				2'	
Salmon filets poached 40 mm pans, 15 filets per pan, depends on size	60	80	60	80	60	80	Automatic	100 °C	58 °C	100 °C				120 °C	
	6	4	10	8	20	16		40	32						30
Lobster 20 mm perforated 3-4 kg per pan	60	80	60	80	60	80	Automatic	100 °C		100 °C					
	3	4	5	8	10	16		20	32					18'	
Crab 65 mm perforated pan, 8-10 crabs per pan	60	80	60	80	60	80	Automatic	100 °C		100 °C					
	3	4	5	8	10	16		20	32					9'	
Seafood terrine on wire grids, 3 per grid	60	80	60	80	60	80	Automatic	80 °C	72 °C	80 °C					
	3	4	5	8	10	16		20	32						

Food item	air-o-steam®						Pre-heating temperature	Cooking air-o-steam®						Chilling air-o-chill®	Regeneration air-o-steam®		
	GN 1/1 trays							1	2	3	4	5	6			If regenerated	 130 °C  65 °C  % H 40 
	6	10	20	40	60	80											
Pitch - mm Fish filets boiled 20 mm pans-solid	60	80	60	80	60	80	Automatic	  80 °C  68 °C  % H 							 With probe		
Pitch - mm Fish balls 20 mm pans-solid, 50 per pan	60	80	60	80	60	80	Automatic	  180 °C  20  % H  6-8'						 With probe			



vegetables

Food item	air-o-steam®												Pre-heating temperature	Cooking air-o-steam®	Chilling air-o-chill®	Regeneration air-o-steam®				
	GN 1/1 trays																			
	6		10		20		40		60		80									
Asparagus 20 mm perforated pans, 1.5 kg per pan	60	80	60	80	60	80	60	80	60	80	60	80	Automatic	1	2	3	4	5	6	As for plated meals
	6	4	10	8	20	16	40	32	100 °C	🔥	🌡️	🌀	% H	🕒	1'	🔥	🌡️	🌀	🕒	
Beans (fresh) 40 mm perforated, 2.5 kg per pan	60	80	60	80	60	80	60	80	60	80	60	80	Automatic	1	2	3	4	5	6	As for plated meals
	6	4	10	8	20	16	40	32	100 °C	🔥	🌡️	🌀	% H	🕒	1'	🔥	🌡️	🌀	🕒	
Beans (frozen) 40 mm perforated, 2.5 kg per pan	60	80	60	80	60	80	60	80	60	80	60	80	Automatic	1	2	3	4	5	6	As for plated meals
	6	4	10	8	20	16	40	32	105 °C	🔥	🌡️	🌀	% H	🕒	1'	🔥	🌡️	🌀	🕒	
Broccoli (fresh) 40 mm perforated, 1.5 kg per pan	60	80	60	80	60	80	60	80	60	80	60	80	Automatic	1	2	3	4	5	6	As for plated meals
	6	4	10	8	20	16	40	32	100 °C	🔥	🌡️	🌀	% H	🕒	1'	🔥	🌡️	🌀	🕒	
Cauliflower 40 mm perforated, 2 kg per pan	60	80	60	80	60	80	60	80	60	80	60	80	Automatic	1	2	3	4	5	6	As for plated meals
	6	4	10	8	20	16	40	32	100 °C	🔥	🌡️	🌀	% H	🕒	1'	🔥	🌡️	🌀	🕒	
Cabbage shredded 40 mm perforated, 2.5 kg per pan	60	80	60	80	60	80	60	80	60	80	60	80	Automatic	1	2	3	4	5	6	As for plated meals
	6	4	10	8	20	16	40	32	100 °C	🔥	🌡️	🌀	% H	🕒	1'	🔥	🌡️	🌀	🕒	

% H humidity level


























Food item	air-o-steam®						Pre-heating temperature	Cooking air-o-steam®						Chilling air-o-chill®	Regeneration air-o-steam®
	GN 1/1 trays							1	2	3	4	5	6		
	6	10	20	40											
Pitch - mm Mousaka 20 mm solid pans	60	80	60	80	60	80	Automatic	150 °C °C % H 40 20'	165 °C °C % H 20 18'	°C °C % H 1'					As for plated meals
	6	4	10	8	20	16		100 °C °C % H 15'	95 °C °C % H 5'	°C °C % H 1'				With probe	
Pitch - mm Corn cob 40 mm perforated, 12 per pan	60	80	60	80	60	80	Automatic	100 °C °C % H 15'	95 °C °C % H 5'	°C °C % H 1'					As for plated meals
	6	4	10	8	20	16		100 °C °C % H 5'	°C °C % H 2'	°C °C % H 1'				Check after 10'	
Pitch - mm Stuffed peppers 40 mm solid pans, 20 pieces per pan	60	80	60	80	60	80	Automatic	170 °C °C % H 80 7-8'	170 °C °C % H 20'	°C °C % H 1'					As for plated meals
	3	4	5	8	10	16		170 °C °C % H 80 7-8'	170 °C °C % H 20'	°C °C % H 1'				With probe	
Pitch - mm Frozen mixed vegetables	60	80	60	80	60	80	Automatic	120 °C °C % H 15-18'	°C °C % H 2'	°C °C % H 1'					
	3	4	5	8	10	16		120 °C °C % H 15-18'	°C °C % H 2'	°C °C % H 1'					



desserts
















Food item	air-o-steam®						Pre-heating temperature	Cooking air-o-steam®						Chilling air-o-chill®	Regeneration air-o-steam®
	GN 1/1 trays							1	2	3	4	5	6		
	6	10	20	40	60	80									
Bread and butter pudding 65 mm solid pans, 24-30 portions	60	80	60	80	60	80	Automatic	150 °C 160 °C 165 °C	20 10 5'	15'	165 °C 160 °C 160 °C	20 10 5'	1'	With probe	Served cold
	3	4	5	8	10	16									
Din cake 20 mm solid trays, 1-3 kg butter on each	60	80	60	80	60	80	Automatic	180 °C	23'	180 °C	20 10 5'	2'	1'	Check after 10'	Served cold
	6	4	10	8	20	16									
Crème caramel 40 mm solid pans, 18-24 pieces per pan. Cover with cling wrap	60	80	60	80	60	80	Automatic	85 °C	35-40'	85 °C	20 10 5'	2'	1'	With cover on check after 15'	Served cold
	3	4	5	8	10	16									
Fruit crumble 65 mm solid 24-30 portions per pan U-PAN	60	80	60	80	60	80	Automatic	160 °C 1/2 vel. vent. 25'	25'	160 °C 160 °C	20 10 5'	5'	2'	With probe	Served cold
	3	4	5	8	10	16									
Baked stuffed apples 20 mm solid pan, 20 apples per pan	60	80	60	80	60	80	Automatic	110 °C	18'	110 °C	40 20 10'	10'	100 °C 75 °C 20 1'	With probe	Served cold
	3	4	5	8	10	16									
Poached apples and pears in vacuum bags with syrup, spice Cooked on grids	60	80	60	80	60	80	Automatic	93 °C	15-18'	93 °C	20 10 5'	2'	1'	With probe	Served cold
	3	4	5	8	10	16									

% H humidity level

Food item	air-o-steam®						Pre-heating temperature	Cooking air-o-steam®						Chilling air-o-chill®	Regeneration air-o-steam®								
	GN 1/1 trays							1	2	3	4	5	6										
	6	10	20	40	60	80																	
Pitch - mm Fruit muffins in muffin tins on wire grids, 18 per grid	60	80	60	80	60	80	Automatic	 180 °C	 160 °C														
	6	4	10	8	20	16		40	32	 % H	 % H	 % H	 % H	 10'	 7'	 1'							
Pitch - mm Fruit cake in round tins, 23 cm diameter, 2 per grid	60	80	60	80	60	80	Automatic	 175 °C	 180 °C	 180 °C			 % H	 % H	 % H	 15'	 10'	 5'	 20'	 5'	 1'		

Food item	air-o-steam®						Pre-heating temperature	Cooking air-o-steam®						Chilling air-o-chill®	Regeneration air-o-steam®	
	GN 1/1 trays							1	2	3	4	5	6			
	6	10	20	40	60	80										
Pitch - mm Croissants proved ready to bake 20 mm pans or baking sheet, 10 per sheet	60	80	60	80	60	80	Automatic	160 °C 30 18'	160 °C 30 18'	160 °C 30 18'	160 °C 30 18'	160 °C 30 18'	160 °C 30 18'	160 °C 30 18'	160 °C 30 18'	
	6	4	10	8	20	16		40	32	190 °C 30 18-20'	190 °C 30 18-20'	190 °C 30 18-20'	190 °C 30 18-20'	190 °C 30 18-20'	190 °C 30 18-20'	190 °C 30 18-20'
Pitch - mm Choux buns 20 mm pans or baking sheet, 24-30 per sheet	60	80	60	80	60	80	Automatic	190 °C 30 18-20'	190 °C 30 18-20'	190 °C 30 18-20'	190 °C 30 18-20'	190 °C 30 18-20'	190 °C 30 18-20'	190 °C 30 18-20'	190 °C 30 18-20'	190 °C 30 18-20'
	6	4	10	8	20	16		40	32	190 °C 30 18-20'	190 °C 30 18-20'	190 °C 30 18-20'	190 °C 30 18-20'	190 °C 30 18-20'	190 °C 30 18-20'	190 °C 30 18-20'
Pitch - mm Danish Pastries perforated baking sheet, 10-12 per sheet	60	80	60	80	60	80	Automatic	190 °C 30 2'	190 °C 30 2'	190 °C 30 2'	190 °C 30 2'	190 °C 30 2'	190 °C 30 2'	190 °C 30 2'	190 °C 30 2'	190 °C 30 2'
	6	4	10	8	20	16		40	32	190 °C 30 2'	190 °C 30 2'	190 °C 30 2'	190 °C 30 2'	190 °C 30 2'	190 °C 30 2'	190 °C 30 2'
Pitch - mm French tartlets perforated sheets, 18-20 per sheet	60	80	60	80	60	80	Automatic	165 °C 30 3'	165 °C 30 3'	165 °C 30 3'	165 °C 30 3'	165 °C 30 3'	165 °C 30 3'	165 °C 30 3'	165 °C 30 3'	165 °C 30 3'
	6	4	10	8	20	16		40	32	165 °C 30 3'	165 °C 30 3'	165 °C 30 3'	165 °C 30 3'	165 °C 30 3'	165 °C 30 3'	165 °C 30 3'
Pitch - mm Sausage rolls perforated baking sheets, 20-24 per sheet	60	80	60	80	60	80	Automatic	185 °C 40 5'	185 °C 40 5'	185 °C 40 5'	185 °C 40 5'	185 °C 40 5'	185 °C 40 5'	185 °C 40 5'	185 °C 40 5'	185 °C 40 5'
	6	4	10	8	20	16		40	32	185 °C 40 5'	185 °C 40 5'	185 °C 40 5'	185 °C 40 5'	185 °C 40 5'	185 °C 40 5'	185 °C 40 5'
Pitch - mm Apple strudel perforated baking sheets, 2 strudels per sheet	60	80	60	80	60	80	Automatic	185 °C 20 10'	185 °C 20 10'	185 °C 20 10'	185 °C 20 10'	185 °C 20 10'	185 °C 20 10'	185 °C 20 10'	185 °C 20 10'	185 °C 20 10'
	6	4	10	8	20	16		40	32	185 °C 20 10'	185 °C 20 10'	185 °C 20 10'	185 °C 20 10'	185 °C 20 10'	185 °C 20 10'	185 °C 20 10'

% H humidity level

Food item	air-o-steam®						Pre-heating temperature	Cooking air-o-steam®						Chilling air-o-chill®	Regeneration air-o-steam®		
	GN 1/1 trays							1	2	3	4	5	6				
	6	8	10	16	20	40											
Pitch - mm	60	80	60	80	60	80											
Christmas mince pies individual recessed baking tins, 24 per shelf	6	4	10	8	20	16	40	32	Automatic	  175 °C   % H  10'	  165 °C   % H  6'	    % H  2'					

appendix

air-o-system

How to use

The following pages (132 and 133):
“Cooking cycle chart” and “Cook/ Chill/ Regeneration chart” are for you to record your personal cooking programs.

Please use these pages as a “master copy” and keep blank!

Photocopy them as required to record your own data, which you can keep near the air-o-system appliances for a quick reference.

This will make retrieval of pre-programmed cycles much easier to find and enable you to collect over time a comprehensive file.

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