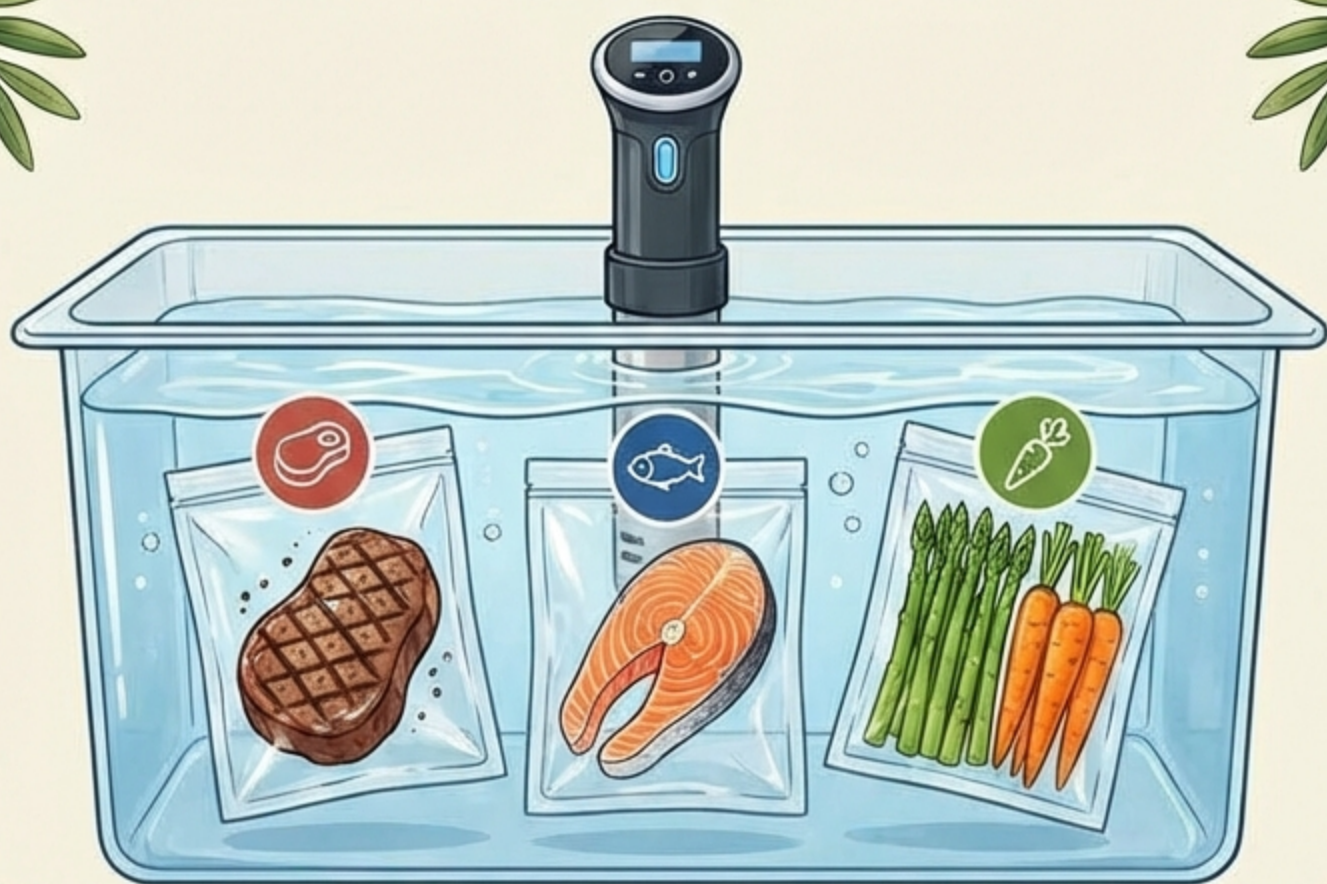


SOUS-VIDE COOKING: PERFECT NUTRIENTS & TEXTURE

Preserving Mediterranean Flavors
with Modern Catering Techniques



CONTROLLED WATER BATH



TENDER MEATS:
55°C - 65°C

🕒 20m to 20h



Tender Texture



JUICY FISH:
45°C - 55°C

🕒 15m to 30m



Juicy Flakes



VIBRANT VEGETABLES:
85°C - 90°C

🕒 15m to 20m



Crisp & Vibrant

ESSENTIAL TIPS FOR NUTRIENTS



Vacuum Sealing =
Vitamin Retention



Precise Cooking =
Antioxidant Preservation



Rapid Chilling =
Safety and Freshness

AlChef.pro

Contemporary Catering and Culinary Innovation

