

Ingredient	Fresh	Frozen	Weight (g)	Thickness (mm)	Time S	Temp S	Temp S + 2	Temp S + 4	Frying- grilling surface	Juiciness	Tenderness
Chicken fillet	X		175	24	7:30	60	69	74	3	3	3
Chicken fillet		X	196	28	18:30	60	69	72	3	3	3
Leg of Chicken	X		353	43	23:00	75	79	83	3	3	3
Leg of Chicken		X	388	50	39:30	75	79	84	3	3	3
Boneless pork chop	X		150	18	5:30	55	64	70	3	3	3
Boneless pork chop		X	139	17	9:00	55	63	68	3	3	3
Pork chop with bone	X		150	20	4:00	55	62	69	3	3	3
Pork chop with bone		X	174	22	14:00	55	64	71	3	3	3
Pork tenderloin	X		332	35	12:30	55	60	68	3	3	3
- turned after 7 min											
Steak	X		165	17	3:30	40	55	66	3	3	3
Steak		X	156	20	9:30	40	46	58	3	3	3
Entrecote	X		151	16	1:30	31	49	60	3	3	3
Entrecote		X	181	20	9:00	31	59	66	3	3	3
Tournedos	X		178	30	7:00	40	50	62	3	3	3
Tournedos		X	139	34	19:00	40	54	59	3	3	3
Hamburger	X		150	20	6:00	55	68	74	3	3	3
Hamburger		X	153	24	16:00	55	65	72	2	3	3
Sausage	X		80	32	8:00	55	67	74	2	3	3
Sausage		X	81	32	18:30	55	72	81	2	3	3
Chorizo	X		101	33	5:30	50	68	76	3	3	3
Chorizo		X	102	33	14:00	50	73	81	3	3	3
Bratwurst	X		96	30	5:30	50	66	76	3	3	3
Bratwurst		X	97	31	15:00	50	68	77	3	3	3
Piece of salmon	X		120	23	2:30	25	39	47	3	3	3
Piece of salmon		X	124	30	10:30	25	43	52	3	3	3
Cod file	X		141	27	1:30	28	44	52	-	3	3
Cod file		X	142	30	10:30	28	49	55	-	3	3
Scallops	X		23	25	1:30	24	64	65	3	3	3
Scallops		X	23	24	6:30	24	49	61	3	3	3
Hamburger Scan		X	120	9	2:00	55	76	79	3	3	3

Ingredient - fresh	Weight (g)	Thickness (mm)	Time S	Temp S	Frying- grilling surface	Juiciness
Almond potatoes	25	15-22	8-14	95	3	3
Carrot	6-8	10-12	6-7	95	3	3
Parsnips	8-9	10-12	4-5	95	3	3
Asparagus - green	10	8-10	3-4	80	3	3
Asparagus - white	37	17	11-13	85	3	3
Zucchini	13-17	10-12	3	95	3	3