



Det Danske Gastronomiske Akademi



<http://gastronomisk-akademi.dk>

<http://www.gastrolex.dk>

I samarbejde med KU-FOOD inviterer Akademiet
til foredrag om og praktiske demonstrationer af

Low-temperature cooking

Tirsdag den 12. december, 2023, kl. 8.30-12.00

FOOD, Københavns Universitet, Frederiksberg Campus
Lokale A2-84.-II

ved

Karsten Tanggaard

Program se omstående side

Tilmelding senest 5. december til

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Low temperature cooking as a tool for improved culinary quality for the professional kitchen and food production

Karsten Tanggaard, BedreSikkerMad.dk

Lowering the target temperature when cooking food will produce better results, i.e., more juicy, colorful, tender, and evenly cooked food with less vitamin (and drip) loss. This goes for animal proteins (meat, poultry, fish), for fruit and vegetables – and probably also for green proteins (but research needs to be done here).

Traditionally, most professionals have been reluctant to set the target temperature below 75°C due to food safety concerns. Target temperatures below 75°C is in general not allowed by Danish health authorities (Fødevarestyrelsen) – unless you can provide documentation for a safe result using a lower temperature in a specific case (HACCP). Such documentation has previously been time consuming and expensive to obtain, but new tools like SiTTi from Fødevarestyrelsen make it easy and fast.

So today you can produce better AND safe cooked food in every kitchen. It may require some changes to procedures, mindsets, production facilities etc., but – apart from the improved culinary quality - you will have less food waste (also because you can incorporate less used, cheaper, and tastier parts of the food), longer shelf life, and more flexible production options.

Program

8:30	QUALITY GAINS Low temperature culinary results	<ul style="list-style-type: none"> • Introduction. Karsten, BedreSikkerMad – what and why • Low temperature cooking definition • A+B samples discussion • Key concepts 1: Temperature (core temperature, time-to-core, hold time, rest time, ΔT, serving temperature, searing temperature ...) • Key concepts 2: Temperature effects (proteins, muscles, collagen, cellulose, fiber, ...) 	<ul style="list-style-type: none"> • (Lamb coulotte A+B) • Pork tenderloin A+B • Turkey breast A+B • Cod loin A+B • Carrot • Broccoli
9:15	Coffee break		
9:30	CONSTRAINTS Low Temperature Food Safety	<ul style="list-style-type: none"> • Food Safety 101 • SiTTi • Keeping warm • Reheating 	<ul style="list-style-type: none"> • Pear • Plum
10:15	Coffee break		
10:30	COMPROMISES AND STRATEGIES Low Temperature Meets Real Life	<ul style="list-style-type: none"> • Road map with temperatures from raw ingredients to served food • Seared meat (before/after) • MAP? • (Drip) loss • Cooking temperature/ΔT • (Longer) cooking time (tenderizing, food safety, convenience) 	<ul style="list-style-type: none"> • Chicken breast (skin on, seared/reheated in the oven) • Pork roast with crackling
11:15	Coffee break		
11:30	Summary and discussion	<ul style="list-style-type: none"> • Benefits, problems, future research, projects, what is next? 	