



Trinox
fresco
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Times & Temperature

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fresco

Hors d'oeuvres

Times &
temperatures

CANAPÉS



FREEZING

35 minutes (pre-cooled to 32°F*)

SAVOURY TARTS STRUDEL QUICHES PLUM CAKE



CHILLING

2 hours (pre-cooled to 32°F*)



DELICATE FREEZING WHOLE PRODUCT

2 hours 55 minutes (pre-cooled to 32°F*)



DELICATE FREEZING SLICED PRODUCT

1 hour 40 minutes (pre-cooled to 32°F*)

PUFF PASTRY MINI PIZZAS



FREEZING

30 minutes (pre-cooled to 32°F*)

TIMBALE FLAN SMALL PIE



CHILLING

2 hours (pre-cooled to 32°F*)



DELICATE FREEZING

2 hours 30 minutes (pre-cooled to 32°F*)



DISH READY COOLED

1 hour 10 minutes (149° F in the chamber)

*pre-cooled from 32 ° to -31 ° F, colder it is the faster the cooling.

Times are approximate. They can vary according to the initial temperature of the product, according to the weight and thickness of the food.

First Courses

Times & temperatures



BOILED RICE
RISOTTO
OAT MEAL

- ❄️ CHILLING
- ❄️ FREEZING

55 minutes (pre-cooled to 32°F*, 2-3 cm thick)
45 minutes (pre-cooled to 32°F*, 2-3 cm thick)

LASAGNA
CASSEROLS

- ❄️ CHILLING
- ❄️ FREEZING
- 🥶 DISH READY, COOLED
- ❄️ THAWING

2 hours (pre-cooled to 32°F*, 3 cm thick)
2 hours (pre-cooled to 32°F*, 3 cm thick)
1 hour 30 minutes (149°F in the chamber)
1 hour 10 minutes (77°F)

PASTA

- ❄️ CHILLING
- ❄️ FREEZING

40 minutes (pre-cooled to 32°F*)
35 minutes (pre-cooled to 32°F*)

FRESH PASTA

- ❄️ FREEZING

45 minutes (pre-cooled to 32°F*)

SOUPS
BROTHS
PUREED SOUPS

- ❄️ CHILLING
- ❄️ FREEZING
- 🥶 DISH READY, COOLED
- ❄️ THAWING

2 hours (pre-cooled to 32°F*, 3 cm thick)
1 hour 45 minutes (pre-cooled to 32°F*, 3 cm thick)
50 minutes (158°F)
1 hour 30 minutes (86°F)

GNOCCHI

- ❄️ FREEZING

1 hour (pre-cooled to 32°F*)

FILLED PASTA

- ❄️ FREEZING

40 minutes (pre-cooled to 32°F*)

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Meat Second Courses

Times &
temperatures



ROASTBEEF (800g)

- ❄️ CHILLING 2 hours (pre-cooled to 32°F*)
- ❄️ FREEZING RAW PRODUCT 3 hours 10 minutes (pre-cooled to 32°F*)
- ❄️ FREEZING COOKED PRODUCT 2 hours 40 minutes (pre-cooled to 32°F*)
- ❄️ FREEZING SLICED PRODUCT 1 hour 15 minutes (pre-cooled to 32°F*, about 1/2 cm thick)
- 🔥 LOW TEMPERATURE COOKING (with initial searing, 131°F at the core, 185°F in the chamber): 1 hour 30 minutes (preheated to 185°F)
- ❄️ THAWING, WHOLE PRODUCT 4 hours 30 minutes (59°F)
- ❄️ THAWING SLICED PRODUCT 1 hour (59°F, 1/2 cm thick)

STEAKS&CHOPS 4 cm thick

- ❄️ CHILLING 2 hours (pre-cooled to 32°F*)
- ❄️ FREEZING RAW PRODUCT 2 hours 35 minutes (pre-cooled to 32°F*)
- ❄️ FREEZING COOKED PRODUCT 1 hour 45 minutes (pre-cooled to 32°F*)
- ❄️ FREEZING SLICED PRODUCT 1 hour (pre-cooled to 32°F*, 2 cm thick)
- 🔥 LOW TEMPERATURE COOKING (with initial searing, 148°F at the core, 185°C in the chamber): 1 hour 30 minutes (preheated to 185°F)
- ❄️ THAWING WHOLE PRODUCT 1 hour 20 minutes (59°F)
- 🍽️ DISH READY WHOLE AND COOLED 1 hour 45 minutes (158°F in the chamber)
- 🍽️ DISH READY SLICED AND COOLED 30 minutes (149°F)

MINUTE STEAK 1 cm thick









- ❄️ FREEZING RAW PRODUCT 45 minutes (pre-cooled to 32°F*)
- ❄️ THAWING 50 minutes (48°F)

*pre-cooled from 32 ° to -31 ° F, colder it is the faster the cooling.
Times are approximate. They can vary according to the initial temperature of the product, according to the weight and thickness of the food.

Meat Second Courses

- 2 hours (pre-cooled to 32°F*)
- 2 hours 40 minutes (pre-cooled to 32°F*)
- 2 hours 30 minutes (pre-cooled to 32°F*)
- 1 hour (pre-cooled to 32°F*, 2 cm thick)
- 1 hour 20 minutes (preheated to 167°F in the chamber, 131°F at the core)
- 1 hour 20 minutes (59°F)
- 2 hours (59°F)
- 30 minutes (149°F)

- 2 hours (pre-cooled to 32°F*)
- 2 hours 5 minutes (pre-cooled to 32°F*)
- 2 hours 15 minutes (pre-cooled to 32°F*)
- 1 hour (about 2 cm thick, pre-cooled to 32°F*)
- 1 hour 30 minutes (preheated to 185°F)
- 2 hours 30 minutes (59°F)
- 1 hour 20 minutes (59°F)
- 1 hour 50 minutes (176°F in the chamber)
- 30 minutes (149°F)

- CHILLING 
- FREEZING RAW PRODUCT 
- FREEZING COOKED PRODUCT 
- FREEZING SLICED PRODUCT 
- LOW TEMPERATURE COOKING (with initial searing, 185°F in the chamber, 140°F at the core) 
- THAWING WHOLE PRODUCT 
- THAWING SLICED PRODUCT 
- DISH READY WHOLE AND COOLED 

- CHILLING 
- FREEZING WHOLE RAW PRODUCT 
- FREEZING WHOLE COOKED PRODUCT 
- FREEZING SLICED PRODUCT 
- LOW TEMPERATURE COOKING (with initial searing, 185°F in the chamber, 140°F at the core) 
- THAWING WHOLE PRODUCT 
- THAWING SLICED COOKED PRODUCT 
- DISH READY WHOLE AND COOLED 
- DISH READY SLICED AND COOLED 

BEEF FILET
4 cm thick

DUCK BREAST
3-4 cm thick



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Meat Second Courses

Times &
temperatures



CHICKEN BREAST 2,5 cm thick

- ❄️ CHILLING 1 hour 40 minutes (pre-cooled to 32°F*)
- ❄️ FREEZING RAW PRODUCT 1 hour (pre-cooled to 32°F*)
- ❄️ FREEZING COOKED PRODUCT 1 hour 45 minutes (pre-cooled to 32°F*)
- 🔥 LOW TEMPERATURE COOKING (with initial searing, 185°F in the chamber, 158°F at the core): 3 hours (preheated to 185°F)
- ❄️ THAWING 1 hour 50 minutes (48°F)
- 🍽️ DISH READY COOKED AND COOLED 1 hour at 149°F

MEATBALLS 3 cm in diameter

- ❄️ CHILLING 1 hour 5 minutes (pre-cooled to 32°F*)
- ❄️ FREEZING RAW PRODUCT 1 hour (pre-cooled to 32°F*)
- ❄️ FREEZING COOKED PRODUCT 1 hour 20 minutes (pre-cooled to 32°F*)
- ❄️ THAWING AT 59°F 1 hour
- 🍽️ DISH READY COOLED 1 hour at 149°F

ROAST 7 cm thick

- ❄️ CHILLING 1 hour 40 minutes (pre-cooled to 32°F*)
- ❄️ FREEZING RAW PRODUCT 3 hours 20 minutes (pre-cooled to 32°F*)
- ❄️ FREEZING WHOLE COOKED PRODUCT 2 hours 40 minutes (pre-cooled to 32°F*)
- ❄️ FREEZING SLICED COOKED PRODUCT 45 minutes (pre-cooled to 32°F*, 1.5 cm thick)
- ❄️ THAWING WHOLE PRODUCT 2 hours 10 minutes (59°F)
- 🍽️ DISH READY WHOLE AND COOLED 2 hours (167°F in the chamber)
- 🍽️ DISH READY SLICED AND COOLED 40 minutes at 149°F

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Times are approximate. They can vary according to the initial temperature of the product, according to the weight and thickness of the food.

Fish Second Courses

Times & temperatures



SALMON FILLET 3 cm thick

- ❄️ CHILLING
- ❄️ FREEZING RAW PRODUCT
- ❄️ FREEZING COOKED PRODUCT
- 🔥 LOW TEMPERATURE COOKING
(at 185°F in the chamber, 109°F at the core)
- ❄️ THAWING RAW PRODUCT AT 8°C
- 🍽️ DISH READY COOLED

1 hour (pre-cooled to 32°F*)
 1 hour 40 minutes (pre-cooled to 32°F*)
 1 hour (pre-cooled to 32°F*)
 15 minutes (preheated to 185°F)
 2 hours 50 minutes
 30 minutes at 140°F

TUNA STEAK SWORDFISH STEAK 2 cm thick

- ❄️ CHILLING
- ❄️ FREEZING RAW PRODUCT
- ❄️ FREEZING COOKED PRODUCT
- 🔥 LOW TEMPERATURE COOKING
(185°F in the chamber, 109°F at the core)
- ❄️ THAWING RAW PRODUCT AT 8°C
- 🍽️ DISH READY COOLED

1 hour 15 minutes (pre-cooled to 32°F*)
 1 hour 30 minutes (pre-cooled to 32°F*)
 1 hour 10 minutes (pre-cooled to 32°F*)
 10 minutes (preheated to 185°F)
 2 hours 50 minutes
 20 minutes at 149°F

WHOLE FISH FISH LOIN

- ❄️ CHILLING
- ❄️ FREEZING RAW PRODUCT
- ❄️ FREEZING COOKED PRODUCT
- 🔥 LOW TEMPERATURE COOKING
(at 85°C in the chamber, 68°C at the core)
- ❄️ THAWING RAW PRODUCT AT 9°C
- 🍽️ DISH READY COOLED

1 hour 10 minutes (pre-cooled to 32°F*)
 1 hour 45 minutes (pre-cooled to 32°F*)
 1 hour 35 minutes (pre-cooled to 32°F*)
 1 hour 30 minutes (preheated to 185°F)
 1 hour 15 minutes
 1 hour at 149°F

*pre-cooled from 32 ° to -31 ° F, colder it is the faster the cooling.
 Times are approximate. They can vary according to the initial temperature of the product, according to the weight and thickness of the food.

Fish Second Courses

- 1 hour (pre-cooled to 32°F*)
- 50 minutes (pre-cooled to 32°F*)
- 1 hour (pre-cooled to 32°F*)
- 15 minutes (preheated to 185°F)
- 50 minutes
- 20 minutes (149°F in the chamber)

- 1 hour 15 minutes (pre-cooled to 32°F*)
- 2 hours 50 minutes (pre-cooled to 32°F*)
- 5 hours (preheated to 185°F)
- 2 hours 30 minutes (at 59°F)
- 40 minutes (149°F in the chamber)

- 45 minutes (pre-cooled to 32°F*)
- 1 hour 10 minutes (pre-cooled to 32°F*)
- 55 minutes (pre-cooled to 32°F*)
- 35 minutes (preheated to 185°F)
- 1 hour 40 minutes
- 40 minutes (59°F)
- 40 minutes (149°F in the chamber)

- CHILLING ❄️
- FREEZING RAW PRODUCT ❄️
- FREEZING COOKED PRODUCT ❄️
- LOW TEMPERATURE COOKING (185°F in the chamber) 🔥
- THAWING RAW PRODUCT AT 47°F ❄️
- DISH READY COOLED 🧊

THIN FILLET

- CHILLING ❄️
- FREEZING COOKED PRODUCT ❄️
- LOW TEMPERATURE COOKING (185°F in the chamber) 🔥
- THAWING COOKED PRODUCT ❄️
- DISH READY COOLED 🧊

OCTOPUS 500g

- CHILLING ❄️
- FREEZING RAW PRODUCT ❄️
- FREEZING COOKED PRODUCT ❄️
- LOW TEMPERATURE COOKING (185°F in the chamber) 🔥
- THAWING RAW PRODUCT AT 47°F ❄️
- THAWING COOKED CUTTLFISH 59°F ❄️
- DISH READY COOLED 🧊

CALAMARI



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Fish Second Courses

Times &
temperatures



COD FILLET
3 cm di thick



CHILLING

1 hour 45 minutes (pre-cooled to 32°F*)



FREEZING COOKED PRODUCT

1 hour 15 minutes (pre-cooled to 32°F*)



LOW TEMPERATURE COOKING
(185°F in the chamber, 129°F at the core)

1 hour (preheated to 185°F)



THAWING COOKED PRODUCT

2 hours (59°F)



DISH READY COOLED

40 minutes (149°F in the chamber)

MONKFISH
3 cm thick



CHILLING

1 hour 45 minutes (pre-cooled to 32°F*)



FREEZING RAW PRODUCT

1 hour 45 minutes (pre-cooled to 32°F*)



FREEZING COOKED PRODUCT

1 hour 15 minutes (pre-cooled to 32°F*)



LOW TEMPERATURE COOKING
(185°F in the chamber):

50 minutes (preheated to 59°F,
with initial searing)



THAWING RAW PRODUCT AT 48°F

2 hours



THAWING COOKED PRODUCT

1 hour 30 minutes (59°F)



DISH READY COOLED

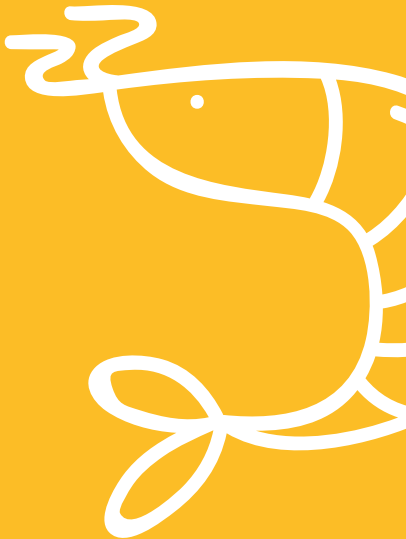
40 minutes (149°F in the chamber)

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Raw

Times & temperatures



BEEF TARTARE
about 2 cm thick



FREEZING

55 minutes (pre-cooled to 32°F)



THAWING AT 47°F

1 hour 20 minutes

FISH TARTARE
about 2 cm thick



FREEZING

15 hour at -31°F (for sanitization)



THAWING AT 47°F

1 hour 20 minutes

MEAT CARPACCIO



FREEZING

25 minutes (pre-cooled to 32°F*)



THAWING

20 minutes (47°F)

FISH CARPACCIO &
SASHIMI



FREEZING

15 hour at -31°F (for sanitization)



THAWING

20 minutes (47°F)

*pre-cooled from 32 ° to -31 ° F, colder it is the faster the cooling.

Times are approximate. They can vary according to the initial temperature of the product, according to the weight and thickness of the food.

Vegetables

Times &
temperatures

SAUTÉED VEGETABLES spread out, about 2 cm thick

❄️	CHILLING	1 hour 35 minutes (pre-cooled to 32°F*)
❄️❄️	FREEZING COOKED PRODUCT	1 hour 5 minutes (pre-cooled to 32°F*)
❄️❄️❄️	THAWING COOKED PRODUCT (86°F):	50 minutes
🍲	DISH READY COOLED	40 minutes (149°F in the chamber)

STEAMED VEGETABLES BOILED VEGETABLES

❄️	CHILLING	45 minutes (pre-cooled to 32°F*)
❄️❄️	FREEZING COOKED PRODUCT	55 minutes (pre-cooled to 32°F*)
❄️❄️❄️	THAWING COOKED PRODUCT (86°F)	50 minutes
🍲	DISH READY COOLED	50 minutes (149°F in the chamber)

STUFFED VEGETABLES

❄️	CHILLING	1 hour 25 minutes (pre-cooled to 32°F*)
❄️❄️	FREEZING COOKED PRODUCT	1 hour 15 minutes (pre-cooled to 32°F*)
❄️❄️❄️	THAWING COOKED PRODUCT	1 hour (86°F)
🍲	DISH READY COOLED	50 minutes (149°F in the chamber)

RAW VEGETABLES (fresh peas, fresh broad beans, carrot cubes, vegetables for soffritto, cauliflower cubes, beans, cannellini beans, diced beans)

❄️❄️	SHOCK FREEZING RAW PRODUCT	1 hour (pre-cooled to 32°F*)
❄️❄️❄️	THAWING RAW PRODUCT	1 hour (59°F)

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Times are approximate. They can vary according to the initial temperature of the product, according to the weight and thickness of the food.

Vegetables

1 hour 50 minutes (pre-cooled to 32°F*)

DELICATE FREEZING COOKED PRODUCT ❄️

ROAST POTATOES &
ROAST VEGETABLES

1 hour 45 minutes (pre-cooled to 32°F*)

CHILLING ❄️

1 hour 55 minutes (pre-cooled to 32°F*)

FREEZING COOKED PRODUCT ❄️

1 hour 20 minutes

THAWING COOKED PRODUCT (15°C) ❄️

1 hour (158°F in the chamber)

DISH READY COOLED 🥶

VEGETABLE
PARMIGIANA
about 2-3 cm thick

1 hour 15 minutes (pre-cooled to 32°F*)

CHILLING ❄️

1 hour 35 minutes (pre-cooled to 32°F*)

FREEZING COOKED PRODUCT ❄️

1 hour (167°F in the chamber)

DISH READY COOLED 🥶

MASHED POTATOES
about 2-3 cm thick

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Sauces Broths

Times &
temperatures



GRAVY&TOMATO SAUCE
about 3 cm thick



CHILLING

2 hours (pre-cooled to 32°F*)



FREEZING COOKED PRODUCT

1 hour 35 minutes (pre-cooled to 32°F*)



THAWING COOKED PRODUCT
(86°F)

1 hour 15 minutes

TUNA SAUCE
about 2 cm thick



FREEZING

1 hour (pre-cooled to 32°F*)



THAWING

1 hour 20 minutes (59°F)

PESTO



FREEZING

45 minutes (pre-cooled to 32°F*)



THAWING

1 hour 15 minutes (59°F)

STOCKS&BROTHS



CHILLING

2 hours (pre-cooled to 32°F*)



FREEZING

1 hour 45 minutes (pre-cooled to 32°F*)

BOLOGNESE SAUCE



CHILLING

2 hours (pre-cooled to 32°F*)



FREEZING COOKED PRODUCT

2 hour 10 minutes (pre-cooled to 32°F*)



THAWING COOKED PRODUCT
(86°F)

1 hour 50 minutes

*pre-cooled from 32 ° to -31 ° F, colder it is the faster the cooling.

Times are approximate. They can vary according to the initial temperature of the product, according to the weight and thickness of the food.

Leavened & Cooked Products

Times & temperatures



DINNER ROLLS

 DELICATE FREEZING

1 hour 40 minutes (pre-cooled to 32°F*)

CIABATTA BREAD

 FREEZING WHOLE PRODUCT

1 hour 45 minutes (pre-cooled to 32°F*)

 FREEZING SLICED PRODUCT

40 minutes (pre-cooled to 32°F*)

PIZZA

 FREEZING COOKED PRODUCT

1 hour 25 minutes (pre-cooled to 32°F*)

 FREEZING RAW PRODUCT

50 minutes (pre-cooled to 32°F*)

SCHOOL SNACKS &
LUNCH SANDWICHES

 FREEZING

2 hours 15 minutes (pre-cooled to 32°F*)














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Times are approximate. They can vary according to the initial temperature of the product, according to the weight and thickness of the food.

Desserts

Times &
temperatures



PANNA COTTA/ MOUSSE	 CHILLING  FREEZING	1 hour 15 minutes (pre-cooled to 32°F*) 1 hour 10 minutes (pre-cooled to 32°F*)
SEMIFREDDOS/ BAVARIAN CREAM	 CHILLING  FREEZING	1 hour 5 minutes (pre-cooled to 32°F*) 55 minutes (pre-cooled to 32°F*)
GRANITA	 FREEZING	1 hour 5 minutes (pre-cooled to 32°F*)
POPSICLE	 FREEZING	1 hour 20 minutes (pre-cooled to 32°F*)
FRUIT	 FREEZING RASPBERRIES AND BLUEBERRIES	45 minutes (pre-cooled to 32°F*)
CHEESECAKE	 CHILLING  FREEZING	1 hour (pre-cooled to 32°F*) 1 hour 15 minutes (pre-cooled to 32°F*)
BAKED DESSERTS (cakes, tarts)	 CHILLING  DELICATE FREEZING	2 hours (pre-cooled to 32°F*) 1 hour 50 minutes (pre-cooled to 32°F*)
PIE	 CHILLING  DELICATE FREEZING	2 hours (pre-cooled to 32°F*) 3 hour 30 minutes (pre-cooled to 32°F*)

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Times are approximate. They can vary according to the initial temperature of the product, according to the weight and thickness of the food.