

RONER CLIP RECIPES



LOW TEMPERATURE
COOKING



taurus

SUMMARY

First courses	5
• White asparagus with citrus mayonnaise	7
• Mashed potato with poached egg and vegetables	9
Second course	11
• Cod with tomato	13
• Rib with bbq sauce	15
• Pork tenderloin with applesauce	17
• Sole meunière	19
• Filleted chicken with apricot sauce	21
Desserts	23
• Cherry <i>Coulis</i>	25
• Yoghurt with beetroot	27
• Drinking yoghurt	29
• Plain yoghurt with jam	31
• Cherry dessert	33
Cooking time guide	34



FIRST COURSES

taurus



WHITE ASPARAGUS WITH CITRUS MAYONNAISE

🍴 4

INGREDIENTS

- 20 fresh white asparagus
- 50 g lemon juice
- 50 g orange juice
- 2 eggs
- Salt
- 300 g sunflower oil



🕒 45 m

🌡️ 90 °C

PREPARATION

COOKING THE ASPARAGUS

1. Peel the asparagus and remove the woody ends.
2. Vacuum pack Cook the asparagus in water at 90 °C for 45 minutes.
3. Allow to cool.

MAYONNAISE

4. Reduce the lemon juice and orange juice in a saucepan.
5. Allow to cool.
6. Put the eggs, salt and oil in the blender jug.
7. When fully blended, pour in the reduced juice and finish mixing.

PLATING

8. Pour the sauce over the asparagus and serve.



MASHED POTATO WITH POACHED EGG AND VEGETABLES

🍴 4

INGREDIENTS

- 500 g potato
- 4 eggs
- Salt
- Black pepper
- 50 g olive oil
- 100 g leek
- 100 g carrot
- 100 g celery



🕒 4 h + 25 m

🌡️ 85 °C + 65 °C

PREPARATION

MASHED POTATO

1. Peel and dice the potatoes.
2. Vacuum pack them, along with the butter, salt and pepper.
3. Cook the potatoes in water with the Roner Clip at 85 °C for 4 hours.
4. Take the potatoes out of the bag, mash and put to one side.

POACHED EGGS

5. Crack each egg, plus salt and pepper, into its own sealed bag or wrapped in cling film and tied closed.
6. Poach in water with the Roner Clip at 65 °C for 25 minutes.
7. Put to one side.

VEGETABLES

8. Cut the vegetables into small pieces, heat the oil and sauté.

PLATING

9. Put a bed of mashed potato on each plate, then the vegetables and top it off with the poached egg.



SECOND COURSE

taurus



COD WITH TOMATO

🍴 4

INGREDIENTS

- 4 salted cod loins (120 g each)
- 60 g olive oil
- 2 cloves of garlic
- 100 g onion
- 600 g tinned tomato
- Salt
- Black pepper



🕒 15 m

🌡️ 55 °C

PREPARATION

COOKING THE COD

1. Vacuum pack the cod loins.
2. Cook the loins in water with the Roner Clip at 55 °C for 15 minutes.
3. Open the bag and drain.

TOMATO SAUCE

4. Heat the oil in a pan.
5. Fry the garlic and onion.
6. Add the tomato, salt, pepper and allow it to reduce.
7. Purée the sauce.

PLATING

8. Pour the sauce over the cod loins.



RIB WITH BBQ SAUCE

🍴 13

INGREDIENTS

- 400 g pork rib
- 80 g barbecue sauce
- 1 dash of olive oil
- 300 g frozen peas



🕒 12 h + 30 m

🌡️ 70 °C + 90 °C

PREPARATION

COOKING THE RIB

1. Leave the ribs to macerate in the barbecue sauce.
2. Vacuum pack the rib.
3. Cook in water with the Roner Clip at 70 °C for 12 hours.
4. Open the bag and seal the rib with a little oil on a low heat for a few minutes.

COOKING THE PEAS

5. Vacuum pack the peas.
6. Cook in water with the Roner Clip at 90 °C for 30 minutes.
7. Open the bag and allow to drain.

PLATING

8. Serve the rib accompanied by the peas.



PORK TENDERLOIN WITH APPLESAUCE

🍴 4

INGREDIENTS

- 1 pork tenderloin (approx. 500 g)
- 3 apples
- Salt
- Black pepper
- Butter



🕒 22 m + 40 m

🌡️ 55 °C + 85 °C

PREPARATION

COOKING THE TENDERLOIN

1. Vacuum pack the seasoned tenderloin.
2. Cook in water with the Roner Clip at 55 °C for 22 minutes.
3. Cut the tenderloin into large slices and seal them on a pan.

COOKING THE APPLE

4. Cut the apples into wedges and vacuum pack them.
5. Cook in water with the Roner Clip at 85 °C for 40 minutes.
6. Allow them to cool outside of the bag.
7. Purée one of the apples.
8. Seal the rest of them in a pan with a knob of butter.

PLATING

9. Serve the tenderloin accompanied by the applesauce. You can also pour the applesauce over the tenderloin, to taste.



SOLE MEUNIÈRE

🍴 4

INGREDIENTS

- Brine (100 g of salt per litre of water)
- 4 fresh sole
- A dash of olive oil
- 80 g butter
- 20 g lemon juice
- 20 g capers
- 50 g parsley



🕒 15 m
🌡️ 60 °C

PREPARATION

COOKING THE SOLE

1. Make the brine by mixing 1 litre of water with 100 grammes of salt.
2. Leave the skinned, cleaned sole soaking in the brine for 15 minutes inside the refrigerator.
3. Drain and dry with a paper towel.
4. Vacuum pack.
5. Cook in water with the Roner Clip at 60 °C for 15 minutes.
6. Once drained, give the sole a quick light fry in a pan with a few drops of oil.

MEUNIÈRE SAUCE

7. Heat the butter in a pan.
8. Add the lemon juice, the capers and the parsley.
9. Allow it to reduce.

PLATING

10. Pour a base of sauce on the plate and then place the sole on top of it. You can garnish it to taste, with flaked almonds, a slice of lemon, asparagus cooked at low temperature...



FILLETED CHICKEN WITH APRICOT SAUCE

🍴 4

INGREDIENTS

- 840 g chicken breast (4 pieces)
- Brine (100 g of salt per litre of water)
- Sichuan pepper
- 30 g sunflower oil
- 40 g tapenade
- 200 g ripe apricots



🕒 30 m + 20 m

🌡️ 65 °C + 85 °C

PREPARATION

COOKING THE CHICKEN

1. Make the brine by mixing 1 litre of water with 100 grammes of salt.
2. Leave the chicken breasts soaking in the brine for 1 hour.
3. Dry the breasts and vacuum pack, adding a little sichuan pepper.
4. Cook in water with the Roner Clip at 65 °C for 30 minutes.
5. Before serving, open the bag and give the breasts a quick light fry in a pan with a few drops of oil

APRICOT PURÉE

6. Peel the apricots and stone them.
7. Vacuum pack and cook in water with the Roner Clip at 85 °C for 20 minutes.
8. Purée

PLATING

9. Serve the chicken accompanied by the apricot purée and tapenade.



DESSERTS

taurus



CHERRY COULIS

INGREDIENTS

- 320 g cherries
- 20 g butter



7 m

85 °C

PREPARATION

1. Wash, halve and pit the cherries.
2. Vacuum pack along with the butter cut into cubes.
3. Cook in water with the Roner Clip at 85 °C for 7 minutes.
4. Purée the cherries to the desired texture.



YOGHURT WITH BEETROOT

🍴 4

INGREDIENTS

- 400 g whole milk
- 20 g Greek yoghurt
- 60 g sugar for sweet yoghurt or 5 g salt.
- 100 g fresh beetroot.



🕒 50 m + 2,30 h

🌡️ 90 °C + 43 °C

PREPARATION

COOKING THE BEETROOT

1. Dice the beetroot.
2. Vacuum pack it.
3. Cook in water with the Roner Clip at 90 °C for 50 minutes.
4. Put to one side.

PREPARING THE YOGHURT

5. Put the milk in a saucepan and heat it up to 85° to sanitise and stabilise it.
6. Next, cool it by standing the saucepan in iced water to bring it down to 43 °C (bain-marie in reverse).
7. In a bowl, mix the yoghurt and the cold milk until it becomes smooth.
8. Add the sugar or salt, depending on the type of yoghurt being made.
9. Put the diced beetroot at the bottom of the jars.
10. Fill the jars with the yoghurt mix and seal them.
11. Place the jars in water with the Roner Clip at 43°C for 2.30 hours.
12. Allow to cool.
13. Store in the refrigerator, no more than 2 days.



DRINKING YOGHURT

🍴 4

INGREDIENTS

- 400 g milk
- 20 g Greek yoghurt



PREPARATION

1. Put the milk in a saucepan and heat it up to 85 °C to sanitise and stabilise it.
2. Next, cool it by standing the saucepan in iced water to bring it down to 43 °C (bain-marie in reverse).
3. In a bowl, mix the yoghurt and the cold milk until it becomes smooth.
4. Fill the yoghurt jars and seal them.
5. Cook in water with the Roner Clip at 43 °C for 2 hours.
6. Allow to cool and place in the refrigerator, no more than 1 day.



PLAIN YOGHURT WITH JAM

🍴 4

INGREDIENTS

- 400 g whole milk
- 20 g Greek yoghurt
- 160 g jam



PREPARATION

1. Put the milk in a saucepan and heat it up to 85 °C to sanitise and stabilise it.
2. Next, cool it by standing the saucepan in iced water to bring it down to 43 °C (bain-marie in reverse).
3. In a bowl, mix the yoghurt and the cold milk until it becomes smooth.
4. Put 40 g of jam at the bottom of each jar.
5. Fill the jars with yoghurt and seal them.
6. Cook in water with the Roner Clip at 43 °C for 5 hours.
7. Allow to cool and place in the refrigerator, no more than 2 days.



CHERRY DESSERT

🍷 4

INGREDIENTS

- 650 g ripe cherries
- 40 g amaretto
- 70 g sugar
- 100 g double cream
- 250 g Greek yoghurt
- ½ tsp vanilla extract



PREPARATION

MACERATED CHERRIES

1. Macerate 150 g cherries in Amaretto overnight.
2. Once macerated, drain well and vacuum pack.

COOKING THE CHERRIES

3. Halve and pit the remaining 500 g cherries and vacuum pack.
4. Cook the two bags (whole and halved cherries) in water with the Roner Clip at 85 °C for 5 minutes.

CHERRY ICE CREAM

5. Purée the halved cherries for the ice cream Add the sugar, double cream, yoghurt and vanilla extract. Blend to the correct texture.
6. Pour the mix into an ice cream maker and churn to create an ice cream texture.

PLATING

7. Serve the ice cream in bowls or as quenelle accompanied by the macerated cherries.

COOKING TIME GUIDE

FISH



Whole sole	-	55 °C	15 m
Frozen cod	120 g	50 °C	35 m
Cod	120 g	50 °C	15 m

MEATS



Pork rib	400 g	70 °C	12 h
Chicken thigh	2 pieces	75 °C	4 h
Chicken wings	5 pieces	75 °C	4 h
Quail	1 pieces	65 °C	2,30 h
Pork fillet	2 pieces	65 °C	25 m
Veal steak, rare	2 pieces	65 °C	12 m
Veal steak, medium	2 pieces	65 °C	14 m
Veal steak, well-done	2 pieces	65 °C	25 m

FRUIT



Cherries	500 g	85 °C	5 m
Strawberries	500 g	85 °C	5 m
Banana	240 g	85 °C	65 m
Pineapple	250 g	85 °C	45 m
Apple	250 g	85 °C	30 m

VEGETABLES



Sliced carrot	120 g	90 °C	50 m
Another option is to use baby carrots instead of slicing them.			
Whole carrots	250 g	90 °C	55 m
Whole carrots	250 g	90 °C	1 h
Use small sized potatoes or large one cut into quarters.			
Sliced potatoes	250 g	90 °C	50 m
Potato for Spanish omelette	300 g	90 °C	1 h
Courgette for omelette	300 g	90 °C	40 m
Sliced pumpkin	300 g	90 °C	40 m
Cauliflower	300 g	90 °C	1 h
Mushrooms	150 g	90 °C	30 m
Season and dress with salt, oil, pepper and parsley before putting them in the bag.			
Green asparagus	150 g	90 °C	40 m
Spinach	150 g	90 °C	30 m
Beetroot	200 g	90 °C	50 m
Frozen peas	300 g	90 °C	30 m

EGGS



Poached egg	-	65 °C	25 m
-------------	---	-------	------



taurus



www.taurus-home.com