

# celsius°cooking™ Temperature Guides

from  ConnectLife



## Cooking oils and fats

Cooking fats and oils play a crucial role in the success of any dish because they provide flavor, texture, and help to conduct heat during cooking. However, it is important to choose the right type of oil for the cooking method being used and to be aware of the oil's smoke point to avoid harmful compounds from being released.

When heated, fats and oils undergo chemical changes that can affect the flavor and texture of the food being cooked. The smoke point is the temperature at which the oil begins to smoke and break down, causing a burnt taste and potentially harmful compounds to form. Exceeding the smoke point of an oil can lead to the release of free radicals, which can be harmful to health.

Below are indications of temperatures for oils and fats. We recommend to stay below these temperatures to avoid burning your oil or fats and imparting an unpleasant flavour to the dish.

## Temperature recommendations for Celsius°Cooking™

Cooking with temperature is an essential part of the culinary arts, and it plays a crucial role in achieving the desired flavor, texture, and doneness of a dish. Different cooking methods rely on different temperatures, with some requiring high heat for searing or browning, while others require low and slow cooking for tender and juicy results.

By understanding the different temperatures and cooking techniques, you can create perfectly cooked dishes every time. Whether you're grilling a steak, roasting a chicken, or simmering a stew, proper temperature control is key to achieving the best possible results.



## Smoking points of several cooking fats and oils

Extra virgin olive oil	166 °C
Butter	177 °C
Sesame oil	210 °C
Avocado oil	217 °C
Corn oil	232 °C
Arachis (Peanut) oil	232 °C
Sunflower oil	232 °C
Refined Coconut oil	232 °C
Refined olive oil	230 °C
Refined grapeseed oil	249 °C
Clarified butter/ghee	252 °C
Refined Avocado oil	270 °C

## Pan-fried potatoes

Keep in mind to always have the temperature set to a lower setting than the smoking point of the chosen cooking fat.

Pan fried potatoes	204 °C
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## Pancakes

Keep in mind to always have the temperature set to a lower setting than the smoking point of the chosen cooking fat.

Pancakes	215 °C
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## Eggs

Keep in mind to always have the temperature set to a lower setting than the smoking point of the chosen cooking fat.

Poached	80 - 90 °C
Scrambled / omelet	166 °C

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Sous vide is a cooking technique that can be particularly useful for cooking meats. The term "sous vide" is French for "under vacuum," and it refers to the process of vacuum-sealing food in a bag and cooking it in a water bath at a precise temperature for an extended period of time.

One of the benefits of cooking meats using sous vide is that it allows for precise temperature control, which results in perfectly cooked meat, fish or sauces every time. Because the ingredients are cooked in a water bath, the temperature is consistent throughout the cooking process, which helps to ensure that the food is cooked evenly and to the desired level of doneness. Additionally, because the food is sealed in a bag, it retains its natural juices and flavors, resulting in a tender and flavorful final product.

Below is a list of recommended temperatures for sous vide cooking for perfect results.

## Beef

The following temperatures refer to the internal temperature of the meat once it has rested.

### Internal temperature

Rare	49 - 52 °C
Medium-Rare	52 - 56 °C
Medium	56 - 60 °C
Medium-Well	60 - 64 °C
Well done	65+ °C

## Lamb

The following temperatures refer to the internal temperature of the meat once it has rested.

### Internal temperature

Rare	52 - 55 °C
Medium-Rare	55 - 60 °C
Medium	60 - 65 °C
Medium-Well	65 - 70 °C
Well done	70+ °C

## Duck

The following temperatures refer to the internal temperature of the meat once it has rested.

### Internal temperature

Medium	56 °C
Well done	63 °C

## Pork

The following temperatures refer to the internal temperature of the meat once it has rested.

### Internal temperature

Juicy, done	60 - 63 °C
Pulled pork	90 °C

## Chicken and Turkey

The following temperatures refer to the internal temperature of the meat once it has rested.

### Internal temperature

Medium	72 °C
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## Cooking meat to perfection


Get ready to start cooking! Celsius°Cooking™ equipment is capable of very precise temperature control. But what temperature will give you the best results? Below are indications on what temperature to set for different types of meat and the smoking point of some recommended cooking fats. To prevent burning due to exceeding temperatures, we recommend using only the cooking fats or oils as shown.

### Beef

#### Temperature of the pan

	Searing	221 °C
	Grilling	230 °C

#### Recommended cooking fat


	Vegetable oil	232 °C
	Refined grapeseed oil	249 °C
	Clarified butter/oil/ghee	252 °C

### Lamb

#### Temperature of the pan

	Grilling	204 °C
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#### Recommended cooking fat

	Vegetable oil	232 °C
	Refined grapeseed oil	249 °C
	Clarified butter/oil/ghee	252 °C

### Chicken / Turkey

#### Temperature of the pan

	Grilling	204 °C
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#### Recommended cooking fat


	Vegetable oil	232 °C
	Refined grapeseed oil	249 °C
	Clarified butter/oil/ghee	252 °C

### Pork

#### Temperature of the pan

	Grilling	204 °C
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#### Recommended cooking fat


	Vegetable oil	232 °C
	Refined grapeseed oil	249 °C
	Clarified butter/oil/ghee	252 °C

### Duck

#### Temperature of the pan

	Grilling	197 °C
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#### Recommended cooking fat

	Vegetable oil	232 °C
	Refined grapeseed oil	249 °C
	Clarified butter/oil/ghee	252 °C

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## Cooking fish to perfection

Fish is a delicate protein that can be easily overcooked, resulting in a dry and tough texture. It is important to pay close attention to the cooking time and temperature to ensure that the fish is cooked to perfection. Below are indications on what temperature to set for different types of fish and the smoking point of some recommended cooking fats. To prevent burning due to exceeding temperatures, we recommend only using the cooking oils and fats below.

### Gamba prawns

Keep in mind to always have the temperature set to a lower setting than the smoking point of the chosen cooking fat.

#### Temperature of the pan

	Grilling	218 °C
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#### Recommended cooking fat

	Vegetable oil	232 °C
	Refined grapeseed oil	249 °C
	Clarified butter/oil/ghee	252 °C


### Scallops

Keep in mind to always have the temperature set to a lower setting than the smoking point of the chosen cooking fat.

#### Temperature of the pan

	Grilling	232 °C
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#### Recommended cooking fat

	Vegetable oil	232 °C
	Refined grapeseed oil	249 °C
	Clarified butter/oil/ghee	252 °C

### Salmon

Keep in mind to always have the temperature set to a lower setting than the smoking point of the chosen cooking fat.

#### Temperature of the pan

	Poaching	87 °C
	Grilling	221 °C
	Develop crispy skin	232 °C

#### Recommended cooking fat

	Vegetable oil	232 °C
	Refined grapeseed oil	249 °C
	Clarified butter/oil/ghee	252 °C

### Cod (and similar white fish)

Keep in mind to always have the temperature set to a lower setting than the smoking point of the chosen cooking fat.

#### Temperature of the pan

	Grilling	221 °C
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#### Recommended cooking fat

	Vegetable oil	232 °C
	Refined grapeseed oil	249 °C
	Clarified butter/oil/ghee	252 °C