## RECOMMENDATION

<table>
<thead>
<tr>
<th>Category</th>
<th>Product</th>
<th>Bag type</th>
<th>Vacuum type</th>
<th>Temperature</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat</td>
<td>Prime boiled veal</td>
<td>Boil-in-the-bag / shrink bag</td>
<td>Normal / 99.9 %</td>
<td>56 °C</td>
<td>3 h</td>
</tr>
<tr>
<td></td>
<td>Fillet of pork</td>
<td>Boil-in-the-bag / shrink bag</td>
<td>Normal / 99.9 %</td>
<td>57 °C</td>
<td>50 min.</td>
</tr>
<tr>
<td></td>
<td>Fillet of beef</td>
<td>Boil-in-the-bag / shrink bag</td>
<td>Normal / 99.9 %</td>
<td>56 °C</td>
<td>2 h</td>
</tr>
<tr>
<td></td>
<td>Rack of lamb</td>
<td>Cooking bags</td>
<td>Soft ventilation 99.9 %</td>
<td>58 °C</td>
<td>35 min.</td>
</tr>
<tr>
<td></td>
<td>Rabbit</td>
<td>Boil-in-the-bag / shrink bag</td>
<td>Soft ventilation 99.9 %</td>
<td>58 °C</td>
<td>25 min.</td>
</tr>
<tr>
<td></td>
<td>Haunch of venison</td>
<td>Boil-in-the-bag / shrink bag</td>
<td>Normal / 99.9 %</td>
<td>65 °C</td>
<td>35 min.</td>
</tr>
<tr>
<td></td>
<td>Duck breast</td>
<td>Boil-in-the-bag / shrink bag</td>
<td>Normal / 99.9 %</td>
<td>62 °C</td>
<td>35 min.</td>
</tr>
<tr>
<td>Fish</td>
<td>Salmon</td>
<td>Boil-in-the-bag / shrink bag</td>
<td>Soft ventilation 99.9 %</td>
<td>46 °C</td>
<td>20 min.</td>
</tr>
<tr>
<td></td>
<td>Angler-fish</td>
<td>Boil-in-the-bag / shrink bag</td>
<td>Soft ventilation 99.9 %</td>
<td>60 °C</td>
<td>18 min.</td>
</tr>
<tr>
<td></td>
<td>Codfish with skin</td>
<td>Boil-in-the-bag / shrink bag</td>
<td>Soft ventilation 99.9 %</td>
<td>52 °C</td>
<td>20 min.</td>
</tr>
<tr>
<td></td>
<td>Scallop</td>
<td>Boil-in-the-bag / shrink bag</td>
<td>Soft ventilation 99.9 %</td>
<td>46 °C</td>
<td>25 min.</td>
</tr>
<tr>
<td></td>
<td>Shrimps</td>
<td>Boil-in-the-bag / shrink bag</td>
<td>Soft ventilation 99.9 %</td>
<td>56 °C</td>
<td>20 min.</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Cherry tomatoes</td>
<td>Boil-in-the-bag / jar</td>
<td>Soft ventilation 99.9 %</td>
<td>75 °C</td>
<td>40 min.</td>
</tr>
<tr>
<td></td>
<td>Potatoes (with peels)</td>
<td>Cooking bags</td>
<td>Normal / 99.9 %</td>
<td>85 °C</td>
<td>50 min.</td>
</tr>
<tr>
<td></td>
<td>Fennel</td>
<td>Cooking bags</td>
<td>Normal / 99.9 %</td>
<td>85 °C</td>
<td>40 min.</td>
</tr>
<tr>
<td></td>
<td>Asparagus</td>
<td>Cooking bags</td>
<td>Normal / 99.9 %</td>
<td>85 °C</td>
<td>25 min.</td>
</tr>
<tr>
<td></td>
<td>Artichoke whole</td>
<td>Cooking bags</td>
<td>Soft ventilation 99.9 %</td>
<td>85 °C</td>
<td>45 min.</td>
</tr>
<tr>
<td></td>
<td>Aubergine (whole)</td>
<td>Cooking bags</td>
<td>Normal / 99.9 %</td>
<td>85 °C</td>
<td>60 min.</td>
</tr>
<tr>
<td>Fruits</td>
<td>Apple</td>
<td>Boil-in-the-bag / jar</td>
<td>Normal / 99.9 %</td>
<td>85 °C</td>
<td>25 min.</td>
</tr>
<tr>
<td></td>
<td>Figs</td>
<td>Boil-in-the-bag / jar</td>
<td>Soft ventilation 99.9 %</td>
<td>65 °C</td>
<td>25 min.</td>
</tr>
<tr>
<td></td>
<td>Pineapple</td>
<td>Cooking bags</td>
<td>Normal / 99.9 %</td>
<td>85 °C</td>
<td>70 min.</td>
</tr>
<tr>
<td></td>
<td>Rhubarb</td>
<td>Cooking bags</td>
<td>Normal / 99.9 %</td>
<td>75 °C</td>
<td>20 min.</td>
</tr>
</tbody>
</table>