### Exemplary calculation

<table>
<thead>
<tr>
<th>Product</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fillet of beef, 1 piece</td>
<td>2 kg</td>
</tr>
<tr>
<td>Price per kg</td>
<td>35.– Euros</td>
</tr>
<tr>
<td>Total price</td>
<td>70.– Euros</td>
</tr>
</tbody>
</table>

**Trimming**

- Meat quantity after trimming: 1.8 kg
- Maximum portion (medallions): 7 à 225 g
- Total: 1,575 g

**Remainder** (will be used otherwise): 225 g

**Cooking loss**

- Conventional cooking: 20 – 25 % cooking loss
- Weight of ready cooked meat: 1,260 g – 1,181.25 g

**Cooking under vacuum**

- Fillet of beef as a whole: 8 – 10 % cooking loss
- Weight of ready cooked meat: 1,449 g – 1,417.5 g

**Saving by using Sous-Vide**

- Weight: 267.75 g – 157.5 g
- Price / cost: 5.51 – 9.37 euros or one steak more

### Practical example catering

**Basis**

<table>
<thead>
<tr>
<th>Fillet of beef for 200 guests</th>
</tr>
</thead>
<tbody>
<tr>
<td>Requirement</td>
</tr>
<tr>
<td>Total cost</td>
</tr>
</tbody>
</table>

**Saving on the basis of the average value (7.44 euros for each fillet)**

- For 1 event: 215.76 euros
- For 40 events: 8,630.40 euros

### Summary (average value) saving

**For 2 kg fillet of beef / piece (7 portions)**

- For 35.– euros /kg: 7.44 euros or 212.63 g
- = per portion of fillet of beef: about 1.06 euros