

Exemplary calculation

Product	
Fillet of beef, 1 piece	2 kg
Price per kg	35.– Euros
Total price	70.– Euros

Trimming	10 %
= 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 at 56 °C, cooked about 1.5 hours	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

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

Practical example catering

Basis	
Fillet of beef for 200 guests	
Requirement	29 fillets of beef of 2 kg at 70.– euros each
Total cost	2,030.– euros

Saving on the basis of the average value (7.44 euros for each fillet) for:	
1 event	215.76 euros
40 events	8,630.40 euros