Bonduelle FOOD SERVICE

MINUTE® BONDUELLE PROCESS

PRESTEAMED VEGETABLES

A GUIDE TO BEST PRACTICES FOR DIRECT IMPLEMENTATION

Minute® Vegetables
your #1 daily asset

Your source of inspiration

FROZEN

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PRESTEAMED VEGETABLES

Thanks to the **Minute® selection and its exclusive high pressure steaming process**, Bonduelle Food Service guarantees the best of vegetables and provides a real source of daily inspiration to all professionals in cold chain catering.

With their perfectly preserved original flavour and nutritional qualities intact, the **Minute®** selection of steamed vegetables allows you to easily satisfy both **GEMRCN** requirements and your guests' tastebuds!

Designed to ease the work for you thanks to quick preparation time and optimal quality vegetables, you will also **save a lot of time and energy** while limiting spending…

The **Best Practices Guide** helps you prepare **Minute®** vegetables every day and saves you the most time. Discover all of our tips and tricks illustrated by recipes for even more of a gourmet touch.

MANUFACTURING PROCESSES FOR FROZEN VEGETABLES

Minute® Bonduelle Process	Trimming (washing, sizing…)	Minute® Bonduelle Process High pressure steam cooking	~~Blanching~~	Freezing
Frozen vegetables to be cooked (standard)	Trimming (washing, sizing…)		Short blanching (hot water bath)	Freezing
Cooked vegetables	Trimming (washing, sizing…)		Long blanching (hot water bath)	Freezing

SUMMARY

VEGETABLES FOR COLD APPETIZERS

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VEGETABLES FOR HOT SIDE DISHES IN COMBI OVEN

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COOKING PREPARATION

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Quiche, puff pastry, pizza *p.11*

Minute® vegetables are cooked plain... so consider seasoning them!

- **SALT:** 6 to 8 g per kilo of vegetables.
- **MAYONNAISE-TYPE SAUCE:** 180 g of mayonnaise per kilo of mixed vegetables.
- **VINAIGRETTE-TYPE SAUCE:** ½ cup per kilo of vegetables for a vinaigrette-type sauce
- **HOT SAUCE:** 80 to 100 g of fat + spices or herbs per kilo of vegetables.
- **JUS AND GRAVY:** 1 ¼ cup / kg
- **BÉCHAMEL-TYPE SAUCE:** 1 ¼ cup to 1 ⅔ cup / kg
- **FLAN:** 2 cup / kg

Vegetable for cold appetizers

Season tonight for tomorrow

Minute® Vegetable Trio with mayonnaise

Without thawing

PREPARATION	SEASONING	SERVING	STORING	CONSUME
	Cold sauce	Single or multi-portions	0 / 3°C	
One 2.5 kg bag = 1 Gastronorm 1/1	ON FROZEN PRODUCT: salt and mix with sauce		J + 3 MAX.	

Minute® Vegetable Trio with mayonnaise

Mix the still frozen Minute® Vegetable Trio with 6 to 8 g of salt kg and 180 g of mayonnaise per kg, then store in cold room.

Minute® Benefits:

- Can be prepared with frozen vegetabless
- No cooking or cooling

ASTUCE MINUTE

Put 2.5 kg of vegetables with the sauce of your choice to make more uniform.

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Vegetables for cold appetizers

Fat-based sauce

Season without thawing just before serving

With thawing

Minute® Very Fine Green Bean Salad

PREPARATION	THAWING	SEASONING	SERVING	CONSUME
	0 / 3°C	Cold sauce	Single or multi-portions	
One 2.5 kg bag = 1 Gastronorm 1/1	24 hrs in 0/3° C cold room Store in cold room up to J +3	ON FROZEN PRODUCT: salt and mix with sauce		

Minute® Very Fine Green Bean Salad

Thaw Minute® Very Fine Mixed Green Beans the day before.

Before serving, season with mixed salad dressing (olive oil, balsamic vinegar, tapenade, shallots, chervil).

Minute® Benefits:

- No cooking or cooling
- Vegetables are perfectly preserved (colour, taste, texture)

ASTUCE MINUTE

For green vegetables, it is better to season vinaigrette-type sauces just before serving to prevent oxidation of vegetables.

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Vegetables for hot garnishes in combi oven

Without thawing

Mixed mushroom sauce

Without thawing

PREPARATION

One 2.5 kg bag
=
1 Gastronorm 1/1

SEASONING

ON FROZEN PRODUCT:
salt and mix with sauce

COMBI OVEN

10 to 20 minutes
at 160° C or 180° C
(according to product)

CONSUME

Market Pea Mushroom Sauce

Mix frozen Minute® Cordial Mix - Forme with 6 to 8 g of salt per kg and mushroom sauce, then reheat in combi oven for 12 minutes at 160° C in an uncovered gastronorm.

Minute® Benefits:

- Minute® vegetables are precooked, simply reheat
- Vegetables are perfectly preserved (colour, taste, texture)

ASTUCE MINUTE

The mixture (vegetables and seasoning) can be stored for up to 3 days in cold room without being cooled (below 10° C in less than 2 hrs if frozen vegetables are used).

Vegetables for hot side dishes in combi oven

With thawing

Minute Sliced Yellow & Orange Carrots and Salmon

With thawing

PREPARATION	THAWING	SEASONING	COMBI OVEN	CONSUME
	0 / 3°C	Hot or cold sauce		
One 2.5 kg bag = 1 Gastronorm 1/1	24 hrs in 0/3° C cold room Store in cold room up to J +3	Salt and mix with sauce	5 to 8 minutes 160° C to 180° C (according to product)	

Minute Sliced Yellow & Orange Carrots and Salmon

Mix frozen Minute® carrots with 6 to 8 g of salt per kg and chive sauce, then reheat for 8 minutes at 180° C in combi oven.

Minute® Benefits:

- Minute® vegetables are precooked, simply reheat
- Vegetables are perfectly preserved (colour, taste, texture)

ASTUCE MINUTE

With thawed Minute® vegetables, cold fat-based sauces do not congeal and will coat vegetables evenly.

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Vegetables for hot garnishes in the frying pan

Without thawing

Mixed sautée

PREPARATION	SEASONING	FRYING PAN	CONSUME
One 2.5 kg bag = 1 Gastronorm 1/1	ON FROZEN PRODUCT: salt and mix vegetables to your preparation	5 to 10 minutes	

Minute Cordial Mix - Tonic®

Add olive oil to Minute Cordial Mix - Tonic® seasoned with salt and cayenne pepper and store in positive cold room.

Reheat gradually according to your needs while serving from frying pan or combi oven.

Minute® Benefits:

- **Minute® vegetables are precooked, simply reheat**
- **Vegetables are perfectly preserved (colour, taste, texture)**

ASTUCE MINUTE

- **Frying pan (or wok or flat top grill) is the best way to keep the taste, aroma and texture.**
- **Season before reheating in the frying pan gives a more uniform plating.**

Vegetables for hot side dishes in the frying pan

With thawing

Minute® Extra Fine Green and Wax Beans in parsley vinaigrette

PREPARATION	THAWING	FRYING PAN	SEASONING	CONSUME
One 2.5 kg bag = 1 Gastronorm 1/1	24 hrs in 0/3° C cold room Store in cold room up to J +3	3 to 5 minutes	Salt and mix vegetables with your preparation	

Minute® Extra Fine Green and Wax Beans in parsley vinaigrette

Sauté Minute Extra Fine Green and Wax Beans® (preferably salted) in a greased pan, then add to parsley vinaigrette.

Minute® Benefits:

- Minute® vegetables are precooked, simply reheat
- Vegetables are perfectly preserved (colour, taste, texture)

ASTUCE MINUTE

- Frying pan (or wok or flat top grill) is the best way to keep the taste, look, aroma and texture
- With thawed Minute® vegetables, reheating is twice as fast.

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Cooking preparation

Gratin

Cauliflower Gratin

Without thawing

PREPARATION	SEASONING	PREPARATION	FORCED AIR OVEN	CONSUME
One 2.5 kg bag = 1 Gastronorm 1/1	ON FROZEN PRODUCT: salt and mix vegetables to your preparation	Single or multi-portion gratin dish	20 min. at 180° C	

Cauliflower Gratin

Mix frozen Minutes® cauliflower with 6 to 8 g of salt per kg, then add Béchamel and put in oven at 180° C.

Minute® Benefits:

- Can be prepared with frozen vegetables
- Vegetables are perfectly preserved (colour, taste, texture)

ASTUCE MINUTE

If Minute® vegetables are thawed, preparation is twice as fast.

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Cooking preparation

Quiche, puff pastry, pizza

Zucchini quiche

Without thawing

PREPARATION	GARNISH	SEASONING	FORCED AIR OVEN	CONSUME
One 2.5 kg bag = 1 Gastronorm 1/1	Garnish bottom of pie plate	ON FROZEN PRODUCT: salt and mix vegetables to your preparation	20 min at 180° C	

Zucchini Quiche

Mix frozen Minute® zucchini with 6 to 8 g of salt per kg, put in bottom of pie plate, pour in quiche mixture and put in oven at 180° C for 20 minutes.

Minute® Benefits:

- Can be prepared with frozen vegetables
- Vegetables are perfectly preserved (colour, taste, texture)

ASTUCE MINUTE

If Minute® vegetables are thawed, preparation is twice as fast.
You can also use the same cooking method as a vegetable flan.
Mix frozen Minute® vegetables directly in flan dish, then reheat in oven (180° C for 20 minutes).

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Minute® Vegetables, your #1 daily asset

The pleasure of serving good and beautiful vegetables:
taste, texture, colour, vitamins, mineral salt – vegetable quality is preserved

Already cooked, Minute vegetables take no time to prepare.
Minute vegetables are also perfectly suited for Retherm Systems.

Minute vegetables provide optimal quality for either cold or hot meal offerings. Whether serving hot or cold, no need to cook or chill.
Just bring to temperature prior to serving.

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