

GVR COOK TIMES

Items in bold indicate preferred settings.

| Product | IR% | Time | Method |
|--|---------------------------|--|---|
| Chicken - 5 lb. <i>bell choir</i> | 80% 100% | 1 hour 25 min. 1 hour 5 min. | Dry brine or dry rub. Let the skin air dry in walk-in if time allows. |
| Baby Back Ribs - 3 racks <i>3-prong rib hook</i> | 60% 80% | 1 hour 20 min. 1 hour 5 min. | Dry rub before cooking Apply sauce after cooking or apply a layer in the last 10 minutes of cook. |
| Bell Pepper and Onion <i>skewer</i> | 80% 100% | 35 min. 30 min. | Peppers whole/onions halved or quartered. |
| Flank Steak, stuffed/ rolled <i>small protein basket</i> | 80% | 55 min | Butterfly the steak, layer with filling, roll tightly, and tie. |
| Cauliflower, Broccoli, Onion, Pepper, etc. <i>utility basket</i> | 60% | 45 min. | Cut veggies into uniform pieces. Toss with oil to help keep moisture in and season. |
| Ducks, Pekin style <i>duck hooks</i> | 40% | 1 hour | Traditional preparation. |
| Ducks, blanched/dry-brined <i>duck hooks</i> | 60% 100% | 50 min. 15 min. | Let the skin air dry in a walk-in. |
| Bratwurst, <i>utility basket</i> | 80% 100% | 30 min. 25 min. | Place uncooked bratwurst in a single layer. |