

ROG[®]

ROLL 'N' GRILL



A Guide to perfect preparation

The perfect preparation



MEAT

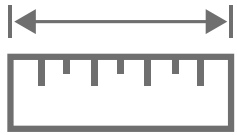


FISH



VEGETABLES

GLOSSARY



PORTIONING



PREPARATION



COOKING
SETTING



TIPS

BEEF



| | | | | |
|-----------------------|-------------|--------------------------------|----------------|----------------------------------|
| Sirloin | 9 - 13 mm | even cut | 3 med 5 rare | |
| Tournedos | 9 - 13 mm | even cut, against the grain | 3 med 5 rare | |
| Rump steak | 9 - 13 mm | even cut, against the grain | 3 med 5 rare | |
| Burger patty | up to 13 mm | low fat | 3 med 5 rare | |
| Burger patty frozen | up to 13 mm | no fat | 1 bis 2 | use good meat quality |
| Beef tenderloin | 9 - 13 mm | even cut, against the grain | 3 med 5 rare | |
| Sirloin tips | 10 mm | portioned larger and thicker | 3 med 5 rare | |
| Liver | 10 mm | even cut | 3 a point | cook unseasoned without flour |

VEAL



| Veal steaks | 9 - 13 mm | even cut, against the grain | 3 | |
|-------------------------|------------------------------|--|-------|---|
| Wiener Schnitzel | 12 mm | well grease or oil | 3 | dip into grease or spray |
| Diced or strips of veal | 10 mm | portioned larger and thicker | 3 | add to the sauce after and cook briefly |
| Fillet slices | 9 - 13 mm | even cut, against the grain | 3 Med | leave to stand 1-2 min. |
| Saltimbocca | with Parma ham 10 - 13 mm | wrap Parma ham completely around meat | 3 | |
| Calf's liver | 10 mm | even cut, against the grain | 3 | cook unseasoned without flour |
| Veal kidneys | 10 mm | even cut, with flare fat | 3 | |

PORK



| Schnitzel topside | 9 - 13 mm | even cut, against the grain | 3 | to 95 % 3 |
|-------------------------|------------|--------------------------------|----------------------|-----------|
| Steaks/ Rump | 9 - 13 mm | even cut, against the grain | 3 | |
| Fillet | 9 - 13 mm | even cut, against the grain | 3 well done 4 pink | |
| Neck steak / Wing steak | 9 - 13 mm | fat not crispy, meat tender | 2 | |
| Boiled pork | 9 - 13 mm | even cut | 3 | |
| Meatloaf | 10 - 13 mm | even cut | 2 dark 3 light | |
| Meat patty | 10 - 13 mm | somewhat firm mass | 3 | |

PORK



| | | | | |
|----------------------------|--|---|---|-----------------------------|
| Fresh burger | 9 - 13 mm | | 3 | |
| Pork skewer | 10 - 13 mm, curled around the skewer | if marinated in liquid, allow to drain first | 3 | set diagonally into rollers |
| Breaded schnitzel | 9 - 13 mm, lightly beat, coat with bread crumbs | well grease or oil | 3 | immerse, spray |
| Breaded schnitzel frozen | up to max. 13 mm | well grease or oil | 1 | immerse, spray |
| Bacon grill sticks | | set grill sticks diagonally into rollers | 2 | |

LAMB



Medallions / Slices

9 - 13 mm

even cut,
against the grain

3

leave to stand 1-2 min.

Steaks / Drumsticks

9 - 13 mm

even cut,
against the grain

3 med

leave to stand 1-2 min.



| | | | | |
|--------------------------|---------------------------------|----------------------|------------------|--|
| Breast of duck | surface fat carved and cut | | 2 | Attention! Max. 13 mm thickness. Leave to stand 1-2 min. |
| Breaded turkey schnitzel | 10 - 12 mm depending on coating | well grease or oil | je Dicke 1 bis 2 | immerse, spray |
| Strips of turkey | xxxx | xxxx | 2 oder 3 | |
| Poultry burgers | 10 - 13 mm | even cut | 3 | |
| Chicken American | hollow chicken | remove bones | 1 | lightly grease skin |
| Corn poulard | 9 - 13 mm | only boneless breast | 2 | lightly grease skin |
| Guinea hen | 9 - 13 mm | only boneless breast | 2 | lightly grease skin |
| Innards | liver 10 mm | as a whole | | cook unseasoned without flour |



| | | | | |
|----------------------------------|----------------------|--------------------------------|--------|----------------------------------|
| Steak of venison | medallions 9 – 13 mm | even cut, press lightly | 3 | leave to stand 1-2 min. |
| Breaded schnitzel/ Drumsticks | 9 - 13 mm | even cut, against the grain | 2 to 3 | leave to stand 1-2 min. |
| Fillet in medallions | 9 - 13 mm | not as a whole | 3 | 1 - 2 min. ruhen lassen |
| Innards | liver 10 mm | | 3 | cook unseasoned without flour |





FISH



| Salmon fillet | 9 - 12 mm | even cut | 3 to 4 | |
|------------------|--------------------------------------|--|--------|------------------------|
| Pikeperch fillet | 9 - 12 mm remove bones from belly | lightly grease scales and skin, season | 3 to 4 | |
| Panga fish | 9 - 12 mm remove bones from belly | lightly grease skin, season | 3 to 4 | |
| Tuna steak | 9 - 12 mm remove bones from belly | even cut | 3 to 4 | afterwards season/ oil |
| Swordfish steak | 9 - 12 mm | even cut | 3 to 4 | afterwards season/ oil |
| Shrimp skewer | peel from shells, remove heads | place evenly on skewer | 4 | afterwards season/ oil |
| Whole sardines | up to 13 mm | gutted, head on | 2 | afterwards season/ oil |
| Pulpo skewer | cook and cut into pieces | place pieces lengthwise on skewer | 3 | afterwards season/ oil |

VEGETABLES



| |  |  |  |  |
|--|---|---|---|---|
| Vegetable slices for antipasti, zucchini, eggplant, etc. | 9 - 12 mm, slightly slanted | lightly season or marinate | 3 light 2 dark | marinate after grilling (warm) |
| Grilled mushrooms | 9 - 139 - 12 mm, over cap and stem | lightly season or marinate | 3 light 2 dark | |

ROG[®]

ROLL 'N' GRILL



info@rog-grill.de

www.rog-grill.de