



ID	Name	Approx. Weight	Page nr.
709401	Chicken roulade	2 x 1 kg	4
709402	Chicken roulade with bacon and spinach	2 x 1,2 kg	4
709409	Italian chicken roulade (with dried tomatoes)	2 x 1 kg	5
709410	Turkey roulade	1 x 1,3 kg	5
709254	Chicken legs	1-1,4 kg	6
709252	Chicken wings	1-1,2 kg	6
709305	Duck legs small	6 x 180-240 g	7
709301	Duck legs middle	6 x 250-310 g	7
709306	Duck legs large Barbarie	4 x 310-350 g	7
709351	Goose legs	ca 2 kg	7
709309	Duck breast	6 x 200-250 g	8
709201	Turkey breast	1,6-2,8 kg	8
709502	Rabbit legs	6 x 200-275 g	8
709001	Pork shoulder	1,6-2,8 kg	9
709002	Pork collar	1,6-2,8 kg	9
709021	Pork tenderloin	0,9-1,1 kg	9
709020	Pulled pork meat	1-1,2 kg	10
709008	Pork hind shank on the bone	0,7-0,9 kg	10
709009	XL pork hind shank on the bone	1-1,2 kg	10
709019	Maxi pork hind shank on the bone	1,3-1,7 kg	11
709010	Pork hind shank boneless	0,65-1,3 kg	11
709029	Pork belly	ca 2,2 kg	11
709006	Pork loin ribs	1-1,5 kg	12
709051	Beef chuck tender	1,6-2,8 kg	12
709058	Beef goulash	1 x 3 kg	12
709054	Beef cheeks	ca 2,4 kg	13
709057	Beef ribs	2-2,5 kg	13
709053	Pulled beef meat	1-1,2 kg	13
709101	Deer rump	1,6-2,8 kg	14
709602	Lamb shank	0,3-0,5 kg	14

What does the sous-vide method mean?

Sous – Vide (from French "in vacuum") is a cooking method when the meats are prepared in vacuum packaging immersed in water with controlled temperature below the boiling point. The cooking then takes several hours resulting in preserving the natural taste, juiciness and texture of the meats and limits the losses of important nutrients during cooking with high temperature. For example beef meat is being prepared for more than 10 hours.

Where is the sous-vide made?

Bidfood opened a sous-vide operation in its own factory in Opava in spring 2014. The production plant has obtained all necessary quality certificates and is regularly inspected in compliance with the strictest veterinary and hygiene standards. In the last year, Bidfood produced 2 760 tonnes of sous-vide meat, i.e. 138 trucks. With growing demand, the production facilities were substantially expanded and modernised in 2020. This also enables Bidfood to develop new innovations and products in the Banquet sous-vide range.

Who is the sous-vide suitable for?

Our products are appreciated by all customers from school canteens, kiosks, catering companies to hotels and upper class restaurants. You can devote your energy, skills and time to preparing perfect sauces and side dishes, flavouring and presentation of your food – we deliver juicy and tender meat. Meat purchased from us is already pre-prepared and in the same condition as the chef would get it after many hours of preparation and cooking.

What are the advantages of using sous-vide from Bidfood?

- You buy the meat already cooked, you avoid handling and cleaning raw meat in your plant. You won't have to worry about inspections – with our meat you have the assurance of HACCP compliance. You avoid cross-contamination of food.
- You always get the same quality product then you can adapt your working procedures and calculations.
- No further weight losses due to heat during preparation. This has already taken place in the preparation process – i.e. how much meat you buy, as much as you sell (see table of losses in conventional meat processing).
- You save time, energy and human labour for most products you are ready to serve within 20–30 minutes – you will appreciate this especially for more complicated products such as stuffed rolls, which take many hours to prepare in your normal routine.
- The products contain gravy that you can use to prepare sauces.
- You won't be surprised by unexpectedly increased demand your meat is always ready.

The loss of meat traditionally cooked

meat	loss
Pork Shoulder	approx. 36 %
Turkey Breast	approx. 36 %
Beef Chuck Tender	approx. 40 %
Duck Thighs	approx. 45 %



Chicken Roulade

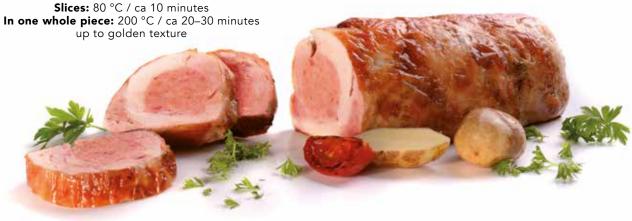
709401

- Packaging contains 2 roulades per ca 1 kg.Product contains deboned chicken meat with stuffing of milled pork meat and ham.
 - \bullet The packaging contains about 15 %of sauce.

Serving suggestion

- Serve the cold slices of roulades and arrange them on a plate.
- Roasted roulades serve with mashed potatoes or vegetables.

Cooking



Serving suggestion

- Serve the cold slices of roulades and arrange them on a plate.
- Roasted roulades serve with mashed potatoes or vegetables.

Chicken Roulade with Bacon and Spinach

709402

- Packaging contains 2 roulades per ca 1,2 kg.
- Product contains deboned chicken meat with stuffing of milled pork meat, ham, spinach leaves and bacon.
- The packaging contains about 15 % of sauce.





Serving suggestion

- Serve cold slices of roulades and arrange them on a plate.
- Roasted roulades serve with potatoes, mashed potatoes or hot vegetable.

Chicken Roulade with Dried Tomatoes

709409

- Packaging contains 2 roulades per ca 1 kg.
 Product contains deboned chicken with stuffing of milled chicken meat, basil, oregano and dried tomatoes.
- The packaging contains about 15 % of sauce.



Turkey Roulade

709410

ca 1,3 kg

 The packaging contains meat from deboned thigh and mix of dried vegetables and spices.

Serving suggestion

- Serve cold slices of roulades and arrange them on a plate.
- Roasted roulades serve with potatoes, mashed potatoes or hot vegetable.

Cooking





Chicken Legs

709254

- ca 1,3 kg
 6 pieces in the packaging.
- The packaging contains about 15 % of sauce.

Cooking

Combi steamer oven:

Serving suggestion

- Use your favourite marinade to finish the product and serve with mashed potatoes.
- Debone the meat and use for salads or sandwiches.



Chicken Wings

709252

ca 1,1 kg

- There are chicken wings without the end parts (more meat, less bones)
- The packaging contains about 15 % of sauce.

Serving suggestion

• Serve with different sauces and french fries.

Cooking

Combi steamer oven:

200 °C / ca 10 minutes Frying machine: ca 4-5 minutes up to golden texture Recommendation: let the packaging adjust to room temperature with hot water before preparation.





Confit Duck Legs

small medium

709301

large Barbarie

709306

4 x ca 310–350 g

709305

6 x ca 180-240 g

6 x ca 250-310 g

- Packaging contains approx. 30 % of gravy and lard.
- The confit method means baking of meat immersed in lard at low temperature for long time.
- The meat is very tender and juicy.

Serving suggestion

- Finish the thighs up to crispy skin and serve according to your habits.
- Warm up the thighs in the gravy and serve them as confit.



Goose Legs

709351





Duck Breast

709309

ca 1,7 kg

- 6 duck breasts boneless with the skin in the packaging.
- The packaging contains about 20 % of sauce.

Serving suggestion

- Serve slices with pear chutney or cranberry sauce.
 - Port wine sauce will add a special taste.



Cooking

Pan: cut with the knife into the skin and roast from all sides up to golden texture.

Combi steamer oven: 210 °C / ca 10 minutes up to golden texture

Recommendation: for crunchy surface use the salamander or the grill. Recommendation: let the packaging adjust to room temperature with hot water before

preparation.

Serving suggestion

- Roast slices on a grill and serve them as a steak.
- Possibly to be used as a cold dish sandwiches or baguettes.
 - Cut the meat into dice-shaped-pieces and fry together with potatoes and vegetable in a wok pan – a great option for a stall market.



Turkey Breast

709201

ca 2,2 kg • The packaging contains about 13 % of sauce.

Cooking

Slices: 160 °C / ca 8 minutes In one whole piece: temperature and time is dependent upon the size of the meat and the type oven used for cooking. You can use the grill for heating up of the slices as well.

Rabbit Legs

709502

ca 1,5 kg

- 6 pieces in the packaging.
- The packaging contains about 18 % of sauce.

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Serving suggestion

- Roasted thighs in cream based or vegetable sauce.
- Roast the meat with garlic and serve with spinach or cabbage.

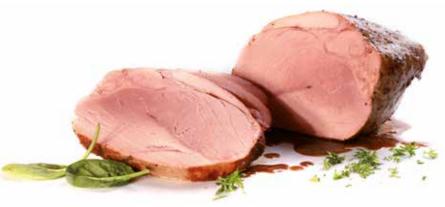
80 °C / ca 10 minutes





Serving suggestion

- Slices roast on a grill and serve them as pork steak.
- Possibly to be used as a cold dish sandwiches or baguettes.



Pork Shoulder

709001

ca 2,1 kg
• The packaging contains about 20 % of sauce.

Cooking

Slices: 100 °C / ca 8 minutes **In one whole piece:** temperature and time is dependent upon the size of the meat and the type of oven used for cooking.

You can use the grill as well for the slices.

Pork Collar

709002

ca 2,4 kg
• The packaging contains about 15 % of sauce.

Serving suggestion

- Slices roast on a grill and serve them as a pork steak.
- Possibly to be used as a cold dish sandwiches or baguettes.
- Cut the meat into dice-shaped-pieces and together with potatoes and vegetable fry it in a wok pan – a great option for a stall market.

Cooking

Slices: 100 °C / ca 8 minutes
In one whole piece: temperature and time is
dependent upon the size of the meat
and the type of oven used for cooking.

A grill may be used for preparing of slices.



Serving suggestion

- Possibly to be used as a cold dish sandwiches or baguettes.
 - Coat small pieces with cheese batter and fry on a pan to golden surface.
- Good choice for serving at banquets and weddings.
 Serve it with plum or other suitable sauce.

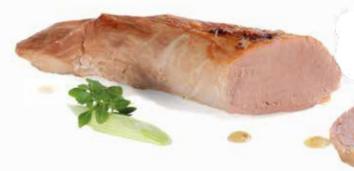
Pork Tenderloin

709021

- Packaging contains 2 pieces per ca 1,2 kg.
- The packaging contains ca 10 % of sauce.

Cooking

In one piece fry on a pan on all sides up to golden texture.





Pulled Pork

709020

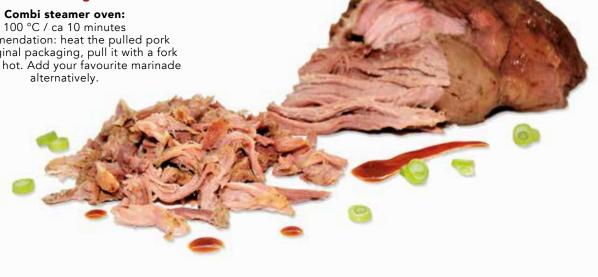
ca 1,1 kg • The packaging contains about 20 % of sauce.

Serving suggestion

• Fill tortillas, sandwiches or burgers with the pulled meat. Ideal portion is 60-80 g.

Cooking

Recommendation: heat the pulled pork in its original packaging, pull it with a fork when it is hot. Add your favourite marinade



Pork Hind Shank on the Bone

709008

ca 900 g

• The packaging contains about 15 % of sauce.

• 1 piece per packaging.

Pork Hind Shank on the Bone XXL

709009

ca 1,1 kg

• The packaging contains about 15 % of sauce. • 1 piece per packaging.

Cooking

Combi steamer oven:

200 °C / ca 30 minutes

Microwave: ca 7 min / 700 W, use a grill to reach the roast effect. Recommendation: use any preferred marinade before the meat is almost ready.

Cooking

Combi steamer oven: 200 °C / ca 30 minutes Microwave: ca 7 min / 700 W, use a grill

to reach the roast effect.

Recommendation: use any preferred marinade before the meat is almost ready.







Serving suggestion

• Serve on wooden chopping board with mustard, horse radish and fresh bread.



Maxi Pork Hind Shank on the Bone

709019

ca 1,5 kg • The packaging contains about 15 % of sauce.

• 1 piece with the skin and all knuckle meat per packaging.

Cooking

Combi steamer oven:

210 °C / ca 30–35 minutes Recommendation: serve on wooden chopping board with mustard, horse radish and fresh bread.

Pork Hind Shank Boneless

709010

ca 1,1 kg

- The packaging contains about 15 % of sauce.
- 1 piece per packaging.

Cooking

Combi steamer oven:

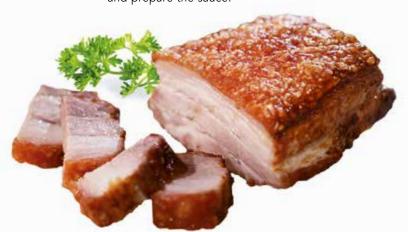
220 °C / ca 30 minutes Microwave: ca 7 min / 700 W, use a grill to reach the roast effect. Recommendation: use any preferred

marinade before the meat is almost ready.



Serving suggestion

• You can add water to the gravy and prepare the sauce.



Pork Belly

709029

ca 2,2 kg

• The packaging contains about 25 % of sauce.

Cooking

Combi steamer oven:

210 °C / ca 15 minutes or hot air oven at 230 °C for 20 minutes.

Recommendation: cut the skin with the knife before heating.



Cooking

Combi steamer oven: 200 °C / ca 12 minutes
Use a grill when the meat is almost
ready to get crunchy texture.

Recommendation: use any preferred marinade

Recommendation: use any preferred marinade before the meat is almost ready.



709006

ca 1,3 kg

 The packaging contains about 10 % of sauce.
 Packaging contains high quantity of meat – 1 kg of the pack contains 660 g

of meat and 340 g of bones.

• WE RECOMMEND TO SERVE 500 g
(= 400 g OF ROASTED MEAT)



Beef Chuck Tender

709051

ca 2 kg

• The packaging contains about 35 % of sauce.

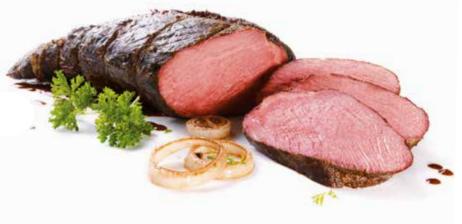
Cooking

Slices:

100 °C / ca 8 minutes
In one whole piece: temperature
and time is dependent upon
the size of the meat and the type
of oven used for cooking.

Serving suggestion

- Serve heated as slices with sauces.
 - Possible to be used as a cold dish sandwiches or baguettes.





Beef Goulash

709058

1 x 3 kg
• 1 portion = 100 g of meat (150 g raw meat) and 200 ml of sauce.

Cooking

It's completely finished beef goulash – slowly cooked beef neck with excellent strong dark sauce. You can serve immediately. No further preparation is required, just warm up and add suitable side dish.



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Beef Cheeks With Vegetable Sauce

709054

ca 2 kg
• The packaging contains about 35 % of sauce.

Cooking

Combi steamer oven:

180°C / ca 15-20 minutes

Recommendation: put the whole package to hot water before opening and heating in the convection oven. The package contains delicious vegetable sauce ready to serve.

Serving suggestion

• Serve with mashed potatoes or vegetable pure.



Serving suggestion

• Serve on wooden chopping board with mustard, horseradish and fresh bread.



Beef Ribs

709057

ca 2,4 kg
• The packaging contains about 15 % of strong meat sauce.

Cooking

Combi steamer oven: 120 °C / ca 20 minutes, depends on current device. Could be prepared on a grill too. Heat up the sauce separately and serve together.

Pulled Beef Meat

709053

ca 1,1 kg
• The packaging contains ca 35 % of sauce.

Cooking

Combi steamer oven:

100 °C / approx.10 minutes

Recommendation: heat the pulled beef in its original packaging, pull it with a fork when it is hot. Use the natural sauce together with the meat – will be juicier.

Add your favourite marinade alternatively.

Serving suggestion

• Fill tortillas, sandwiches or burgers with the pulled meat. Ideal portion is 60–80 g.





Deer Rump

709101

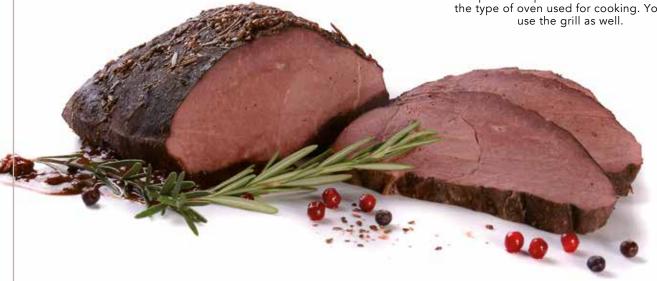
ca 2,1 kgThe packaging contains about 20 % of sauce.

Serving suggestion

- Heat the slices on a grill and serve as a steak.
- Serve the meat warmed up in one piece together with sauces, such as cream sauce, pepper sauce etc.

Cooking

Slices: 100 °C / ca 8 minutes
In one whole piece: temperature and time
is dependent upon the size of the meat and
the type of oven used for cooking. You can
use the grill as well.



Lamb Hind Shank

709602 *)

ca 0,5 kg
• The packaging contains about 20 % of sauce.

Serving suggestion

- Use the natural juice for preparing your unique sauce adding vegetables or wine.
 - Serve with mashed potatoes.

Cooking

Combi steamer oven:



Seasonal product.



EXAMPLE CALCULATION OF RAW MEAT VERSUS SOUS-VIDE

250034 **Turkey breast**

ca 2,2 kg

590 €/kg

COMPARE

709201 **Turkey breast** sous-vide

ca 1,6-2,8 kg

Standard losses during baking: 36 % From 1 kg of turkey breast you get 0,64 kg of ready meat. The price of ready meat is: 6,90 €/kg : 0,64 = **10,80 €**

From 100 g of raw meat you get a portion of 64 g. The cost of one portion is: 6,90 €/kg x 0,1 kg = 0,69 € or $10,80 \times 0,064 =$

069

Calculation of the price of 1 kg of baked meat.

Calculation of the

price of one portion.

There is 13 % of sauce in the packaging. From 1 kg of turkey breast sous-vide you get 0,87 kg of ready meat. The price of 1 kg ready meat without the sauce is: 8,30 €/kg: 0,87 kg = **9,50 €**

> From **sous-vide** meat you take only 64 g for a portion. Price of 64 g portion is: 9,50 € x 0,064 =

COMPARE final price per portion



Export department

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