

Cook&Chill FYI

By John Paul,
CEO/President, PerMix
North America

There are many benefits to the cook/chill/regeneration process. This provides foodservice operations with the ability to cook food during periods where demand is not high, chill it down, package the products for storage, then regenerate these items during peak demand periods.

Energy and labor savings, decreased cost of goods and a prolonged shelf life are just a few of the advantages this cooking method provides.



Q: Who can benefit from cook/chill/regeneration systems?

A: The simple answer is everyone can reap the rewards of this process.

We have customers using cook/chill/regeneration in stadiums, cruise ships, hotels, casinos and even mobile kitchens.

Q: How much money can an operation save with these systems?

A: In a recent study, we saved a major school district in Illinois over \$475,000 per location per year by switching to cook/chill/regeneration in a centralized kitchen.

Q: How much can these systems increase speed of service?

A: These systems allow operators to offer a larger menu and decrease serving times to customers by up to 70%. Food is consistent and perfectly plated, just as if it were freshly cooked.

Q: What are other advantages of this process?

A: The cook/chill/regeneration process offers several other advantages, like enhanced menu options, improved speed of service and increased profits from offering a la carte items.



Cook-chill systems allow operators to offer a larger menu and substantially decrease serving times.

Q: Can you provide a specific example of how an operation can utilize cook/chill/regeneration systems?

A: Schools can take food that was cooked and not served, chill it down according to HACCP requirements, then store it until regeneration. Rather than retherming food, which is just rewarming, regeneration allows the facilities to bring back food to its original, just-cooked state in regards to temperature, moisture, aroma, flavor, texture and presentation. This reduces waste, decreases prep time, minimizes utility usage and maximizes food offerings. Schools also can use a centralized kitchen for this process. More restaurants also are taking advantage of cook-chill due to the many benefits it provides. For example, these operators can take stock that is coming up for expiration, cook it, chill it and then package it, offering customers a takeout option. In addition, pre-prepared items can be chilled and safely stored for regeneration later, cutting down on food waste.

Q: Why don't more operations utilize cook/chill/regeneration?

A: The answer is simple. Up until recently, it has been costly not only for the equipment, but also for the maintenance needed to keep it going. Training everyone on these systems can also be time-consuming. The steps in this process can be intimidating, not to mention the support staff turnover rate and process of training new employees on a complex system can be daunting.

John Paul

CEO/President of
PerMix North
America



Q: How has this process changed?

A: With advancements of cook/chill/regeneration and modern technology, all of these concerns are eliminated. Our cook, chill, regeneration systems have been designed with the user in mind. The controls are now integrated into the equipment and new chilling technology is a part of the systems. This streamlines installation, decreases the system's footprint and minimizes maintenance. Our controls are now digital, allowing users to control the units with confidence and accuracy. This also ensures food quality is maintained with each batch and HACCP requirements are fulfilled. Most importantly, we have brought more cook-chill models to the market than anyone else, and have systems for almost any budget.



Cook/chill/regeneration and modern technology advancements have resulted in a streamlined design with simpler operation and more affordable cost.

As a leader in cook/chill/regeneration, PerMix has forged a path in this area that others are scrambling to follow. After all, it is not only necessary to have the best-performing units, but also the most efficient, with unsurpassed engineering and the best warranty. By implementing the latest cook/chill/regeneration technology, even operators with as little as 900 square feet of space will be able to increase profits, decrease workloads, minimize global footprints and maximize customer satisfaction.

For more information on cook/chill technology, contact John Paul at john.paul@permixtec.com