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GGM Gastro GGM Gastro - SVGVA24

GGM Gastro Professional Sous Vide Cooker User Manual

Model: SVGVA24

INTRODUCTION

The GGM Gastro Professional Sous Vide Cooker (Model SVGVA24) is a precision water bath designed for gentle and precise cooking of various foods. This appliance ensures high accuracy of water temperature, fast and efficient heat distribution, and helps preserve the natural properties, taste, and aroma of your ingredients. With a generous 24-liter capacity, it is suitable for both home and professional use.

SAFETY INSTRUCTIONS

Please read all safety instructions carefully before operating the appliance to ensure safe and proper use.

- Always place the cooker on a stable, heat-resistant surface.
- Ensure the electrical connection (220V / 1N/PE / 50 Hz) matches your power supply.
- **Important:** Use only **distilled water** in the water bath. Using tap water can lead to limescale buildup and damage the heating elements.
- Do not immerse the main unit in water or other liquids.
- Keep hands and utensils away from the heating element during operation.
- The appliance is equipped with a safety lock for drain valves and mechanisms to prevent overheating. Do not bypass these safety features.
- Always disconnect the appliance from the power supply before cleaning or maintenance.
- Keep out of reach of children.

PRODUCT OVERVIEW

Familiarize yourself with the components of your GGM Gastro Sous Vide Cooker:

- **Water Bath:** The main stainless steel basin where food is cooked.
- **Lid:** With silicone seal, helps maintain temperature and prevent evaporation.

- **Control Panel:** Digital display for time and temperature, with manual controls and timer function.
- **Drain Tap:** For easy draining of water after use, with a safety lock.
- **Food Holder/Rack:** Removable stainless steel rack (SS304) to keep food submerged and separated.



Image: The GGM Gastro Professional Sous Vide Cooker, showcasing its stainless steel exterior, digital control panel, and convenient drain tap. The lid is shown partially open.



Image: A close-up view of the interior of the sous vide cooker, highlighting the removable stainless steel food rack designed to hold vacuum-sealed bags in place during cooking.

SETUP

1. **Unpack:** Carefully remove the cooker and all accessories from the packaging.
2. **Placement:** Place the unit on a flat, stable, and heat-resistant surface, ensuring adequate ventilation around the appliance.
3. **Fill Water Bath:** Fill the stainless steel water bath with distilled water. Ensure the water level is between the minimum and maximum fill lines, covering the heating element.
4. **Insert Rack:** Place the removable stainless steel food holder/rack into the water bath.
5. **Connect Power:** Plug the power cord into a grounded electrical outlet.

OPERATION

Setting Temperature and Time

1. Turn on the appliance using the power button on the control panel.
2. Use the digital display and control buttons to set your desired cooking temperature (up to 95 °C) and

cooking time. The appliance offers precise temperature control.

3. Allow the water to reach the set temperature before adding food. The display will indicate the current water temperature.

Preparing Food for Sous Vide

- All food items must be vacuum-sealed in food-grade vacuum bags suitable for sous vide cooking. Ensure the bags are completely sealed to prevent water from entering.
- Place the vacuum-sealed food bags into the water bath, ensuring they are fully submerged. Use the included rack to keep bags separated and submerged if cooking multiple items.
- Close the lid to maintain temperature stability and reduce evaporation.

Recommended Cooking Times and Temperatures

The following table provides general guidelines for cooking various types of meat and fish. Adjust times and temperatures based on desired doneness and personal preference.

Empfohlene Garzeiten und Temperaturen

FLEISCH / FISCH	DICKE	MIN. GAR-TEMPERATUR	MIN. GARZEIT	MAX. GARZEIT
Schweinefilet	4 cm	57°C	90 Minuten	6-8 Stunden
Baby-Rücken-Rippchen	2,5 cm	74°C	4-8 Stunden	12 Stunden
Schweinekoteletts	5 cm	57°C	2-4 Stunden	6-8 Stunden
Schweinekoteletts	7 cm	57°C	4-6 Stunden	8-10 Stunden
Schweinebraten	5 cm	71-80°C	12 Stunden	30 Stunden
Spareribs	2,5 cm	71-80°C	12 Stunden	30 Stunden
Hähnchenbrust mit Knochen	-	64°C	2,5 Stunden	4-6 Stunden
Hähnchenbrust ohne Knochen	7 cm	64°C	1 Stunde	2-4 Stunden
Hähnchenkeule/-schenkel	-	71°C	4 Stunden	4-6 Stunden
Geteilte Wildhenne	2,5 cm	71°C	6 Stunden	8 Stunden
Puten-/Entenkeule	1,3 cm	80°C	8 Stunden	10 Stunden
Entenbrust	2,5 cm	57°C	2,5 Stunden	6-8 Stunden
Hummer	2,5 cm	60°C	45 Minuten	-
Jakobsmuscheln	2,5 cm	60°C	40-60 Minuten	-
Shrimps	groß	60°C	30 Minuten	-

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INTERNATIONAL

Image: A table detailing recommended minimum cooking temperatures and time ranges for various types of meat and fish, categorized by thickness, for optimal sous vide results.

Recommended Cooking Times and Temperatures

MEAT / FISH	THICKNESS	MIN. COOKING TEMPERATURE	MIN. COOKING TIME	MAX. COOKING TIME
Pork Tenderloin	4 cm	57°C	90 Minutes	6-8 Hours
Baby Back Ribs	2.5 cm	74°C	4-8 Hours	12 Hours
Pork Chops	5 cm	57°C	2-4 Hours	6-8 Hours
Pork Chops	7 cm	57°C	4-6 Hours	8-10 Hours
Pork Roast	5 cm	71-80°C	12 Hours	30 Hours
Spare Ribs	2.5 cm	71-80°C	12 Hours	30 Hours
Chicken Breast with Bone	-	64°C	2.5 Hours	4-6 Hours
Chicken Breast Boneless	7 cm	64°C	1 Hour	2-4 Hours
Chicken Thigh/Leg	-	71°C	4 Hours	4-6 Hours
Split Wild Hen	2.5 cm	71°C	6 Hours	8 Hours
Turkey/Duck Leg	1.3 cm	80°C	8 Hours	10 Hours
Duck Breast	2.5 cm	57°C	2.5 Hours	6-8 Hours
Lobster	2.5 cm	60°C	45 Minutes	-
Scallops	2.5 cm	60°C	40-60 Minutes	-
Shrimps	large	60°C	30 Minutes	-

Sous vide cooking preserves natural properties and nutritional values. The comparison below illustrates the benefits:



Sous Vide Cooker



Traditionelles kochen

VS

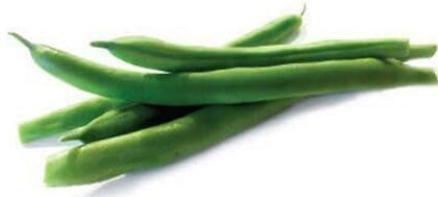


Image: A visual comparison demonstrating the superior texture and moisture retention of sous vide cooked meat and fish versus traditionally cooked counterparts.

MAINTENANCE AND CLEANING

Regular cleaning and maintenance will extend the life of your sous vide cooker.

1. **Drain Water:** After each use, allow the water to cool, then use the drain tap to empty the water bath.
2. **Clean Interior:** Wipe the interior of the water bath with a soft cloth and mild detergent. Rinse thoroughly and dry completely.
3. **Clean Exterior:** Wipe the exterior with a damp cloth. Do not use abrasive cleaners or scouring pads.
4. **Descaling:** If you notice any limescale buildup (despite using distilled water, minor buildup can occur over time), use a descaling solution specifically designed for kitchen appliances. Follow the descaling product's instructions carefully.
5. **Storage:** Store the appliance in a clean, dry place when not in use.

TROUBLESHOOTING

If you encounter issues with your sous vide cooker, refer to the following common problems and solutions:

- **Appliance not powering on:**
 - Check if the power cord is securely plugged into both the appliance and the electrical outlet.
 - Ensure the electrical outlet is functioning.
- **Temperature not stable or not reaching set point:**
 - Ensure the lid is properly closed to minimize heat loss.
 - Verify that the water level is sufficient and covers the heating element.
 - Check for any error codes on the digital display and consult the manual for their meaning (if applicable).
- **Limescale buildup:**
 - This indicates that tap water may have been used. Always use distilled water.
 - Perform a descaling procedure as described in the Maintenance section.
- **Food not cooking properly:**
 - Ensure food bags are properly vacuum-sealed and fully submerged.
 - Verify that the correct temperature and time settings are used for the specific food item.

For issues not covered here, please contact GGM Gastro customer support.

SPECIFICATIONS

Specification	Value
Brand	GGM Gastro
Model Number	GGM Gastro - SVGVA24
Color	Silver
Product Dimensions (L x W x H)	62 x 36 x 30 cm
Capacity	24 Liters
Power	700 Watts
Voltage	220 Volts (DC)
Material	Stainless Steel (AISI 201, SS304 for rack)
Max. Temperature	95 °C
Basin Depth	200 mm
Compliance	CE-marked, complies with European food standards

WARRANTY AND SUPPORT

This GGM Gastro product is manufactured in accordance with high hygiene and safety guidelines. For any inquiries, technical support, or warranty claims, please contact GGM Gastro directly. As the manufacturer and seller, GGM Gastro provides comprehensive support for their products.

Please refer to your purchase documentation for specific warranty terms and contact information.

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