

OMEGA

THE COOKING GUIDE



SIMPLE SKEWERS



MEAT



Cooking

Weight per skewer

▲ 150 g

▲ 180 g

• Fillet of beef, rump steak, onglet	Blue	15 ml	20 ml
	Rare	20 ml	30 ml
	Medium	30 ml	50 ml
• Duck breast	Rosy	15 ml	20 ml
	Medium	30 ml	40 ml
• chicken breast		30 ml	35 ml
• Pork tenderloin		35 ml	



FISHES



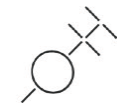
Cooking

Weight per skewer

▲ 150 g

▲ 180 g

• Salmon, trout	Semi-cooked	15 ml	20 ml
	Cooked	25 ml	30 ml
• Cod		20 ml	25 ml
• Lean, monkfish, sea bass		20 ml	20 ml



OH CINQ SENS

OMEGA

THE COOKING GUIDE



SEAFOOD



Cooking

Weight per skewer

▲ 130 g

▲ 180 g

- Shrimp (marinade recommended)

20 ml

- Scallops

25 ml

MIXED SKEWERS



Cooking

Weight per skewer

▲ 130 g

▲ 150 g

- Beef fillet / Foie gras
110 g / 40 g

Blue

20 ml

Rare

25 ml

Medium

35 ml

- Duck breast / Foie gras
90 g / 40 g

Rosy

15 ml

Medium

30 ml

- Chicken breast / Foie gras
100 g / 50 g

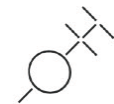
25 ml

- Scorpion fish / Chorizo
100 g / 30 g

20 ml

- Monkfish / Foie gras
90 g / 60 g

20 ml



OH CINQ SENS