

A Bain Marie That Will Up Your Restaurant's Efficiency

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In a food service industry where the names of many common items are incredibly unique and often obscure, it's not uncommon for the term "Bain Marie" to catch people off guard. It is a Latin phrase that translates to "Mary's Bath".

While it may sound like a complicated name, a [bain marie](#) is a simple device that can keep delicate foods warm or heat food for longer periods. Regardless of the application, it is a useful piece of equipment for busy kitchens and is essential in any catering business.



Why Use a Bain-Marie?

A bain-marie is a double boiler that can be used to cook food slowly and evenly. The temperature control means that food won't burn or dry out and can be used for everything from sauces to desserts. It's also great for emulsifying eggs or dairy-based sauces, such as hollandaise.

How to Use a Bain-Marie?

When using a bain-marie, it is important to always start with the water at the right temperature. For example, if you're cooking hollandaise sauce, the water should not reach 150°F. It ensures that the egg yolks are not overcooked and will emulsify correctly without curdling or splitting. In addition, it allows you to make a creamy and velvety texture that will complement your dish perfectly.

How to Choose a Commercial Bain-Marie

A commercial bain-marie can be gas or electric and come in several different configurations. Freestanding models are the most common, but drop-in and benchtop options also exist. The freestanding option is ideal for restaurants or cafes where space is at a premium. At the same time, the drop-in version can be installed on an existing countertop, making it a better choice for canteen-style assisted service.

It would be best if you also looked for models that include GN pans, as this will allow you to get the most out of your investment. You can also find several models designed to be plugged into the wall, which is excellent if you need to figure out how much power your location needs to run your bain-marie.

The size of your unit is an important factor to consider. For instance, a larger unit is best if you place your commercial bain-marie in a large dining area or buffet line. On the other hand, a smaller model is more suitable for small restaurants or bars, where you can position it on your kitchen counter or servery island.

How to Clean a Commercial Bain-Marie

It's a good idea to rinse your commercial bain-marie after each use to prevent bacteria buildup. It is also a good idea to check the water level and add fresh water when necessary.

Lastly, you should keep your commercial bain-marie in the freezer when not in use, as it can retain cold temperatures for a long period of time and is a great way to prevent food spoilage.