

Created by: Debra C. Argen and Edward F. Nesta

ThermoWorks Thermapen ONE



We do lots of cooking and baking that require very precise, exact temperatures where a degree or two higher or lower can mean the difference between success or failure. Throughout the years we have used many **cooking thermometers** to ensure accuracy, and recently "discovered" the [ThermoWorks Thermapen® ONE](#), which has the added benefit of producing fast one-second digital readings! Cooking and baking just got a lot easier. With holiday shopping just around the corner, the ThermoWorks Thermapen® ONE is a perfect gift for your favorite chef or foodie or to gift yourself as well. *Bon Appetit!*



What we especially liked about the ThermoWorks Thermapen® ONE is that in addition to providing one-second readings, it is also waterproof. Convenient and easy to use, it has an intelligent backlight that automatically activates in low light, can be used in either your left or right hand, and can even read upside down. The temperature range of -58.0 to 572.0 degrees Fahrenheit (-49.9 to 299.9 degrees Celsius) is the best in the business. Compact and lightweight weighing only 0.25 pound (115 grams), the ThermoWorks Thermapen® ONE is battery operated and uses a 1.5-volt AAA battery that provides 2,000 hours of typical use. Once you make the ThermoWorks Thermapen® ONE part of your daily cooking, baking, and grilling routine, you will wonder why you waited so long.

How We Use the ThermoWorks Thermapen® ONE



Cooking Meat, Poultry, and Fish

Tired of guessing if your steaks, poultry, and fish are cooked to the desired level of doneness? Using the ThermoWorks Thermopen® ONE, lets you achieve perfect steaks every time. When it comes to internal cooking temperatures for steaks, a few degrees mean the difference between undercooked to being burnt. An important fact, for the discerning cook, is that the ThermoWorks Thermopen® One is tapered at the end of the gauge, which will not leave unsightly marks or holes visible on your meat, poultry, or fish when checking the temperature.

Cooking Temperatures for Steak:

Rare (120 degrees F/48.8 C), **Medium Rare** (130 degrees F/54.4 C), **Medium** (140 degrees F/60 degrees C), **Medium Well** (150 degrees F/65.5 degrees C), and **Well Done** (160 degrees F/71 degrees C or slightly higher). Get the grill ready!

Making Yogurt

(Edward) I make Greek yogurt weekly, and the milk must be heated to 195 degrees F/90.5 degrees C., but not boiling. Then the milk must cool within the range of 110-118 degrees F/43.3-47.8 degrees C before you add the room temperature yogurt culture to the mix. If the milk is too hot or too cold the culture will not take, and you will not end up with a yogurt base. With the ThermoWorks Thermopen®One I am guaranteed consistent results every time.

Chocolate Tempering

One of the many uses for a cooking thermometer is when melting or tempering chocolate. Accuracy is extremely important as too high of heat will scorch the chocolate, too low and it will not melt. Proper tempering temperatures vary by the type of chocolate used. For dark chocolate, the temperature should be 115 degrees F (46 degrees C), whereas for milk or white chocolate the temperature should be 110 degrees F (43 degrees C). Getting the correct temperature for the chocolate is essential.

Sugar Art

(Debra) I like to work with sugar, however simple syrup can quickly become soft-ball stage candy when the temperature reaches 235-245 degrees F (112.7 degrees C), so accuracy is extremely important.

Sugar stages

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Thread: (215 degrees F - 235 degrees F/108 degrees C - 118 degrees C), **Soft Ball:** (235 degrees F - 240 degrees F/118 degrees C - 120 degrees C), **Firm Ball:** (245 degrees F - 250 degrees F /123 degrees C - 125 degrees C), and **Hard Ball:** (250 degrees F - 265 degrees F /125 degrees C - 133 degrees C).

Melting sugar to make caramel for flan or other uses, is another tricky to master skill without an accurate read thermometer. Sugar starts to melt at around 320 degrees F (160 degrees C), at 340 degrees F (171 degrees C) it will start changing color, and at a higher temperature, it will start burning.

Spun sugar (a mixture of sugar, corn syrup, and water) needs to reach a temperature of 300 degrees F (149 degrees C) (then lowered to 275 degrees F (135 degrees C) over an ice bath to "spin" sugar into strands of gold. The first time I attempted to "spin sugar" without using a thermometer to monitor the temperature resulted in having many pots that I had to clean which had burnt caramel stuck to the pans.

About the ThermoWorks Thermapen® ONE



The ThermoWorks Thermapen® ONE retails for \$105.00 with a 5-year warranty and comes in a variety of colors including blue, red, black, orange, purple, grey, white, green, pink, and yellow. For the discerning cook and Grill Master, this is a must have kitchen tool.

For additional information and as well as purchasing information on ThermoWorks and the ThermoWorks Thermapen® ONE, please visit their website:

<https://www.thermoworks.com/Thermapen-ONE> or call them: Toll Free: 1-800-393-6434 or +1-801-756-7705.



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