

PACK FOR PREPARING FOOD OR BEVERAGE PRODUCTS

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Field of the invention

The present invention relates to a pack for preparing food or beverage products, the pack comprising an insert and a container: a fluid is introduced in the container through the insert in order to prepare the corresponding food or beverage that will be also delivered through this insert.

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Background of the invention

Preparing beverages by introducing a capsule containing a food or beverage ingredient, such as ground coffee or instant coffee, in a beverage dispensing machine and injecting water into the capsule is known in the state of the art: the beverage or food ingredient is typically extracted or dissolved into water to form the beverage or the desired final product, which flows out of the capsule through a suitable outlet.

As such, different capsules have been developed in the past, these capsules being at least differentiated by the nature of the capsule body used for storing the food or the beverage ingredient. Whereas most of the capsules are made of a rigid body or semi-rigid body, typically made though injection moulding or thermoforming, flexible types of packs can be made out of foil materials. Flexible packs have generally the advantage to semi-rigid and rigid capsules that less amount of material is used to pack the product leading to overall less production cost, to lower life cycle impact shown in several life-cycle assessments and to advantages on the part of the user, who will need less available space for storing these packs, as they are more compact.

For example, WO 99/05044 describes a flexible beverage-producing sachet comprising a beverage ingredient in a volume formed by bonding two laminates at their

edges, having a base seam into which a conduit of rigid plastics is bonded. An inlet nozzle is provided at the top of the resulting sachet for introducing water that is mixed with the beverage or food ingredient inside the inner volume of the sachet, the beverage produced being then evacuated through a beverage outlet arranged at the bottom of the pack, where

5 closing means are provided, such that the closing means are adapted to open under pressure when pressurized water is introduced into the sachet, allowing the beverage to evacuate through the beverage outlet. However, this configuration presents important drawbacks for the consumer: the opening of the closing means is obtained by increase of pressure inside the sachet. Yet this pressure increase is not recommended for the

10 preparation of some beverages because it creates bubbles at the surface of the beverage, for example this would not be desired for the preparation of tea. Besides, there exists the risk for the user that the packages may not rupture at the desired pressure, and that they would finally open up in an uncontrollable explosion. For this reason the apparatus where the sachet is processed needs to comprise means for totally enclosing the sachet in the

15 machine during beverage preparation in order to avoid risk of damages for the consumer.

Some other flexible sachets are also known in the state of the art, for example as per WO 2011/024103, disclosing a flexible pouch or sachet for preparing a beverage such as coffee, comprising a space where a concentrated dose of the product is stored. The pouch

20 comprises also a rigid part on one of the sides of the pouch, provided with an inlet through which water is inserted into the pouch, a tube element conveying the water towards the opposite part of the pouch, so that the mixing of the water and the ingredient is made, and an outlet through which the product is dispensed. During the preparation of the beverage the beverage outlet is positioned at the top of the pouch. Water is introduced through the

25 inlet and through the tube element until it fills the pouch and overflows through the beverage outlet positioned at the top of the pouch too. Such a pouch is conceived for preparing a beverage by extraction of roast and ground coffee but not by dissolution of instant coffee or other soluble materials. For this reason the pouch comprises a filter at the outlet to prevent insoluble particles from being dispensed with the beverage. An

30 inconvenient of such a pouch is that at the end of the preparation of the beverage and the introduction of water, beverage remains in the pouch which is an issue for the user who cannot properly remove the pouch from the beverage production machine. Moreover, there is no control on any preparation nor on any dispensing sequence, which makes the process not completely satisfactory.

The patent application WO 2018/033431 A1 belonging to the applicant discloses a pack comprising a pouch formed by at least one flexible sheet folded in such a way to configure the container comprising inside one or more ingredients for the preparation of a beverage: the pack further comprises a spout or insert comprising two parts relatively moveable with respect to each other in such a way that their relative movement opens and/or closes the communication of the inner volume of the pack with the outside of the pack. A fluid is introduced in the inner volume of the pack via the insert and the beverage is delivered through the insert, once prepared. Typically, this solution is used for the reconstitution of soluble products, of the powder type: however, when beverages such as tea are prepared in this configuration, the tea leaves accumulate at the outlet of the spout or insert, therefore blocking it and avoiding a proper operation of these packs. In order to avoid such blockage, it would be necessary to use filters in the pack, and this would make the solution not competitive from a cost point of view. In some cases, when using a soluble product, a proper dissolution may not be achieved and there is the risk that insoluble particles can be dispensed with the beverage, when no filter is used. However, using a filter makes the solution more costly and more complex.

Therefore, it is an object of the present invention to provide a solution to the above-mentioned problems. The invention also aims at other objects and particularly at the solution of other problems as will appear in the rest of the present description.

Summary of the invention

According to a first aspect, the invention relates to a pack for the preparation of a food or beverage product comprising an insert and a container, the container being configured by at least one flexible sheet folded in such a way to configure a container where the ingredients for the food or beverage product are stored, and the water to extract and/or infuse and/or dissolve and/or reconstitute the ingredients in the container and to prepare the food or beverage product being introduced through the insert through an injection hole and into an inlet chamber, the food or beverage product once prepared being also dispensed through this insert. The pack presents a generally plane shape and

is essentially vertically oriented during food or beverage production with the insert arranged at the lower side of the pack so the water is supplied into the volume of the container in an upward direction. The pack of the invention further comprises an inlet channel arranged at the inlet chamber and extending vertically inside the volume of the container in such a way that the water introduced via the insert is conducted by the channel and enters the inner volume of the container through this channel, the height (H_{pipe}) of the channel in the volume of the container being such that it is arranged above the ingredients in the container and allows the water exiting the channel to wet the ingredients from the upper part of these, avoiding turbulence.

In the pack for the preparation of a food or beverage product of the invention, the height (H_{pipe}) of the inlet channel with respect to the height of the total volume of the container (H_{volume}) is preferably of at least 20%, preferably of at least 30%, more preferably of at least 40%.

Typically, the inlet channel in the pack of the invention comprises an essentially vertical tube of a certain length (H_{pipe}). Preferably, the tube configuring the inlet channel is made of the same material as that of the insert.

According to another embodiment, in the pack of the invention, at least part of the inlet channel is shaped by bringing together the at least one flexible sheet configuring the container.

Typically, in the pack for the preparation of a food or beverage product according to the present invention, the insert comprises at least two parts moveable with respect to each other, providing open or close communication with the inner volume of the container.

Preferably, in the pack of the invention, the at least one flexible sheet is arranged overwrapping and matching the shape of the insert in its entirety except for the part of the insert in direct communication with the inner volume of the container.

According to a further embodiment, in the pack of the invention, the insert further comprises an air inlet providing air from outside of the pack and into the volume of the container.

Typically, in the pack of the invention, the insert and/or the container comprise identification means with the information on the process parameters for the preparation of the food or beverage product. The process parameters preferably comprise one or a plurality of the following: total volume of water to introduce, the temperature of the water, the time of preparation, the pressure at which the water is introduced.

According to a second aspect, the invention relates to the use of a pack for preparing a food or beverage product as it has been previously described.

Yet according to a third aspect, the invention further relates to a method for preparing a food or beverage product using a pack as the one described, the method comprising the steps of:

- placing the pack in a beverage preparation machine by placing the insert in a corresponding receiver in the machine, the pack being arranged substantially vertically in the machine with the insert placed on the lower side of the pack;
- injecting water through the insert, into the inlet channel, that will flow into the inner volume of the pack, wetting the ingredients contained therein during a certain time to extract and/or infuse and/or dissolve and/or reconstitute the ingredients into a food or beverage product;
- delivering the food or beverage product prepared after the required time having elapsed through the insert.

In the method of the invention, the insert is typically configured by at least two relatively moveable parts, such that the movement of these two parts blocks or frees the communication of the inner volume of the pack with the outside of it.

Preferably, in the method of the invention, the insert is configured by at least two relatively moveable parts that move with respect to each other to their original position at the end of the preparation of the food or beverage product, blocking any communication of the inner volume of the pack with the outside of the pack, to avoid dripping.

Brief description of the drawings

5 Further features, advantages and objects of the present invention will become apparent for a skilled person when reading the following detailed description of non-limiting embodiments of the present invention, when taken in conjunction with the appended drawings, in which:

10 Figs. 1a-b show frontal and side views, respectively, of a pack for a food or beverage product, the pack comprising an insert and a container, according to the present invention.

Fig. 2 shows a side view of an insert used in a pack for preparing a food or beverage product according to the present invention.

15 Fig. 3a shows a frontal view in detail of an insert used in a pack for preparing a food or beverage product according to the present invention, in a closed position, where the dissolution and preparation of the product takes place, the delivery of the product being prevented.

20 Fig. 3b shows a frontal view in detail of an insert used in a pack for preparing a food or beverage product according to the present invention, in an open position, where the delivery of the product takes place.

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Detailed description of exemplary embodiments

30 According to the present invention, a pack 100 is disclosed for preparing a food or beverage product, the pack comprising a container 20 and an insert 10. The container 20 comprises at least one ingredient for the preparation of the food or beverage product. The preparation of the product is made by introducing a fluid through the insert 10, typically water (optionally also air can be introduced), so the fluid extracts, dilutes, infuses and/or

reconstitutes the product and the beverage prepared is further delivered also through the said insert 10.

5 The content of the container 20 is preferably tea leaves, that will be infused with water injected through the insert 10. However, other products can also be prepared with the pack of the invention, such as roast and ground coffee, instant coffee of the brew type (like filter coffee), products in pieces that will be prepared by infusion with water (milk, cinnamon or the like), etc. Depending on the food or beverage product prepared, air will be also introduced in the pack or not; typically, when a tea beverage will be prepared, no air will be conveyed inside the container and only water will be provided, as no foaming or bubbles are desired.

15 Figures 3a and 3b show in detail the configuration of the insert 10 in the pack 100 of the invention: Figure 3a shows the configuration where the outlet is closed and Figure 3b shows the configuration with the outlet is open for delivering a beverage or food product. The insert 10 of the invention typically comprises two parts, 101 and 102, moveable with respect to each other, preferably by linear displacement. The part 101 is a fixed insert part, which is fixed to or by means of the beverage preparation device, and the part 102 is a moveable insert part, moveable with respect to the part 101. The fixed insert part 101 is positioned in the beverage preparation device by means of positioning holes 13 and 14. The beverage preparation device connects with the moveable insert part 102 through displacing holes 15, 16, displacing the insert part 102 linearly downwards by the linear paths 104, 105.

25 In Figure 3a, the moveable insert part 102 has not been displaced with respect to the fixed insert part 101, and the inner outlet 17 is closed by the positioning of the moveable insert part 102, blocking said outlet 17, so no beverage can be dispensed through the beverage outlet 18. A fluid, typically water, is injected through the inlet hole 12 typically by a water or fluid needle that is then conveyed through a small injection hole 11 into an inlet chamber 191 and, from there, into an inlet tube or inlet channel 30 from where it will flow into the inner volume of the container 20, in order to extract, dilute, infuse and/or reconstitute the food or beverage product inside, typically in order to infuse tea leaves and create a tea beverage. When the beverage has been prepared, the device displaces the moveable insert part 102 with respect to the fixed insert part 101, to a position as the one

shown in Figure 3b: the beverage prepared inside the container 20 can exit the inner volume through the inner outlet 17 (now not blocked, as the moveable insert part 102 has displaced) and from there goes into the beverage outlet 18 and is then dispensed. Also, an air conduct 19 can be provided in the moveable insert part 102: no air can go through this conduct 19 in the closed position shown in Figure 3a; however, when the part 102 has moved with respect to 101, as represented in Figure 3b, air from the outside of the pack 100 can go into the air conduct 19 so the beverage can be delivered with a certain degree of foaming; air is then driven to the inlet chamber 191, when it is so desired.

Typically, in the preferred case where tea leaves are comprised inside the container 20 for infusing a tea beverage that will be delivered through an insert 10, if the insert 10 is configured with the two moveable parts (with respect to each other) 101 and 102 but without the inlet tube 30, the tea leaves tend to accumulate at the inner outlet 17, blocking it, so no tea extraction is possible and causing, in many cases, inflation of the pouch that may lead to its explosion. Therefore, in order to prevent this outlet blockage, it would be necessary to add a filter or a filtering element at the inner outlet 17 in order to prevent this blockage. However, this solution would be costly and also more complex from a manufacturing point of view. Instead, when using an inlet tube 30 connected to the inlet (inlet hole 12 and injection hole 11), in fact connected at the inlet chamber 191, the blockage is avoided. Therefore, with such a simple and cost-effective solution, the above-mentioned problem is avoided and a tea beverage of high quality can be extracted in the pack 100 of the invention, without the need of using any filter or filtering element.

According to a possible embodiment of the invention, the inlet tube 30 can be made of a certain material and can then be connected at the inlet chamber 191 of the insert 10, as described before. Preferably, the inlet tube 30 is made of the same material as that of the insert 10, and is either conformed in the same manufacturing process or is added afterwards. Another possible embodiment of the invention would be to conform a similar inlet tube 30 by bringing together the two sheets of flexible material configuring the container 20 (or the two sides of one flexible sheet folded over itself), typically by bonding them together or sealing them together in height to conform a similar shape and inlet tube 30 as the one described. It is clear that the inlet chamber 191 will be a bit bigger than the one in Figures 3a or 3b, and, once the water will flow out of it, it will be conveyed into the inlet tube 30 configured by the vertical bonding or sealing of the flexible sheet(s) of the

container 20 conforming the shape of the tube 30 or a similar channel able to drive the water to the top part of the volume of the container, to wet, infuse, extract, dissolve, reconstitute the product inside the container from the top. Another embodiment would be to have a hybrid solution, with part of the inlet tube 30 as a piece part and then continuing
5 in height the tube conformed by bonding or sealing together the sheets of the container.

The main idea of the pack of the invention consists of creating a pipe or tube around the fluid inlet that extends the height of said inlet (in the insert 10) inside the container volume so that, when fluid is introduced through the inlet hole 12 and from there into the
10 injection hole 11 and into the inlet chamber 191, from there the fluid flows up the tube 30 and reverts over the inside volume of the container 20. The tea leaves (preferred food or beverage product inside) are arranged on the lower part of the pack 100 and, when water flows out of the tube 30, this infusion water stays above the tea leaves, preventing turbulence so the spout would not risk any blockage. Another main advantage of the
15 configuration of the invention is that the tea leaves constitute themselves a "natural" filter at the inner outlet 17 of the insert 10.

The inlet tube 30 allows driving the inlet water directly at the upper space of the volume of the container 20: then, this water flows through the tea leaves, wetting them
20 from the upper part of it and through its inside, so the tea leaves act as a filtering "material" themselves. When another food or beverage product is inside the container, such as roast and ground coffee or another soluble product, the process is still the same, water passing through the material and a beverage or food product being infused, diluted, extracted and/or reconstituted, the particles in the configuration of said product acting as a natural
25 filter. The length of the inlet tube 30 needs to have a certain dimension allowing the water or infusion fluid to be driven to a place inside the container volume that is arranged above the tea leaves or the food or beverage product; thus, the tube 30 needs to reach a certain height in the container volume allowing the introduction of water through the upper part of the product, allowing the wetting, infusion, reconstitution, dissolution and/or extraction of it
30 mainly from its upper part. Also, mixing or movement or turbulence of the product is avoided so that the product does not block the inlet or inner outlet in the insert 10.

Looking at Figure 1a, the arrangement of the tube 30 within the container 20 is schematically represented: typically, the height of this tube, H_{pipe} , with respect to the total

volume of the container, H_{volume} , is preferably of about 40%. Typically, H_{pipe} will be at least of 20% of H_{volume} , preferably of at least 30%, more preferably of at least 40%.

Typically, looking at Figures 1a or 1b, a pack 100 according to a possible embodiment of the invention is shown: this pack 100 comprises a container 20 and an insert 10 that is overwrapped by the flexible sheet configuring the container 20. As shown in these Figures, typically, one flexible sheet of material is folded overwrapping the insert 10 and conforming to the shape of it, over the whole of its surface, except for the upper part of it which is in contact with the inner volume of the container 20. In order to close tightly the pack 100, the film is then sealed in several parts to configure the container 20: as shown in Figure 1a, lateral or side sealing 110 and 120 are provided, as well as an upper sealing 150 and lower sealing 130, 140. The film or flexible sheet is also sealed over the frontal and the rear sides of the insert 10. Therefore, the injection means (fluid needle) pierce the film when connecting with the inlet hole 12.

Preferably, in order to make the pack 100 reversible, the insert 10 comprises an inlet hole 12 that is a through hole (as represented in Figure 1b) or that can be accessed frontally and on its rear side with blind holes (another option not represented in the Figures, though), still able to be accessed from both sides of the pack, frontal and rear side. Preferably, the insert 10 is identical on both its front and rear sides.

In the present invention fluid covers either any aqueous diluent that can be mixed with a soluble beverage ingredient to prepare a beverage, like water, carbonated water, milk, etc. (preferably, water is the preferred aqueous diluent) or any gaseous fluid such as for example air. When referring to aqueous fluid, water is the preferred fluid; when referring to gaseous fluid, air is the preferred fluid.

The pack 100 of the invention can be configured having any possible shape, such as a pouch (flexible, for example), a sachet, a capsule, or any other possible container shape.

Preferably, the aqueous fluid (water) is injected at a low pressure, typically not higher than 1 bar. No jet of fluid or turbulence jet is created inside the pack and the fluid overflows the tube 30 and infuses or wets the material.

5 The insert 10 is preferably rigid and is made of a rigid plastic material, preferably by injection moulding. Typically, this plastic material can be selected from the following: polypropylene, polyethylene, polyethylene terephthalate and polylactic acid. Also according to a less preferred embodiment the insert 10 can be made of a metal like aluminium or tin-plate.

The pack 100 can also comprise an excrescence enabling the handling of the pack by the user or consumer: this has not been shown in the Figures attached, though.

10 According to the invention, either the insert 10 and/or the container 20 preferably comprise identification means with the information for fluid or fluids supplied in the inner volume of the container 20 from the inlet hole, such as for example the total volume of fluid to introduce, the temperature of said fluid, the time of infusion, or the pressure at which the fluid is introduced, among others. Such identification means can comprise any kind of
15 recognition means such as, for example, mechanical codes, optical codes, RFID tags, bar codes, magnetic codes, detection holes or the like. Typically, the device will then comprise a control unit that will retrieve the information on the process parameters by reading the identification means on the pack, and will apply these parameters when preparing the corresponding food or beverage product.

20 Preferably, as shown in the Figures attached, the pack 100 of the invention presents a plane shape oriented along a plane essentially vertically oriented during beverage production and the water is driven out of the tube 30 in a direction comprised in said plane.

25 According to the invention, the container is arranged essentially vertically during the production and dispensing of the food or beverage product, and the insert 10 is arranged in such a way that the water and/or air coming from the inlet hole and through the inlet chamber is supplied into the container in an upward direction.

30 According to a preferred embodiment of the invention, typically a flexible sheet is folded so as to conform a pouch therefore configuring the container 20 comprising inside the food or beverage product to prepare the corresponding product out of it. Also preferably, this flexible sheet is further overwrapped around the insert 10 therefore hygienically protecting and isolating it.

Preferably the pack itself is substantially flexible and looks like a pouch or sachet. By flexible, it is meant that the sheets can be bent easily. The resulting pack 100 can be bent also, as being soft and can be deformed contrary to rigid containers. The flexible sheet material can be plastic laminates, metallised foil or alufoil or fibre base material, or a mix of these, further possibly being coated. According to the invention the two flexible water impermeable sheets can be formed of one single flexible water impermeable sheet folded in half and joined at its free edges.

According to a second aspect, the invention further refers to a method for preparing a food or beverage product using a pack 100 as previously described. The method comprises the following steps:

- once the pack 100 is positioned in a beverage preparation machine, this machine connects with the insert 10 by means of: positioning holes 13, 14; displacing holes 15, 16; inlet hole 12;
- the machine places vertically and in a substantially planar surface the pack 100, with the insert 10 of the pack being arranged on the lower side of this pack, the machine fixing the pack by the positioning holes 13, 14;
- the needle (piercing and injection means) of the machine pierces the film over the inlet hole 12 and injects a fluid, typically water, through the injection hole 11, into the inlet chamber 191 and through the inlet tube 30: the water flows out of the upper part of the tube 30 and goes towards the food or beverage product inside the container, arranged on the lower part of the volume of the container 20, going through the inside of it and wetting and/or extracting and/or dissolving and/or infusing and/or reconstituting it, so the food or beverage product is prepared; the inner outlet 17 is blocked by the position of the moveable insert part 102 with respect to the fixed insert part 101, that has not been moved yet, so the beverage outlet 18 remains closed while the product or beverage is prepared during a certain time that depends on the type of product prepared;
- the beverage preparation machine also connects with the insert 10 through the displacing holes 15, 16: once the food or beverage product has been prepared (after the time required), the moveable insert part 102 displaces with respect to the fixed insert part 101 through the linear paths 104, 105 and the beverage

outlet 18 is open so the product prepared can be delivered into a cup or the like (in the embodiment of Figures 1a or 1b, the film covering the outlet 18 will be tear open by the displacement of the moveable part 102 of the insert);

- 5 - once the food or beverage product has been fully delivered, the process stops in the preparation machine and the moveable insert part 102 goes back to its original position, thus closing the inner outlet 17: therefore, the consumer can take out the used pack 100 from the machine without any risk of dripping.

10 Although the present invention has been described with reference to preferred embodiments thereof, many modifications and alternations may be made by a person having ordinary skill in the art without departing from the scope of this invention which is defined by the appended claims.

15

CLAIMS

- 5 1. Pack (100) for the preparation of a food or beverage product comprising an insert
 (10) and a container (20),
 the container (20) being configured by at least one flexible sheet folded in such a
 way to configure a container where the ingredients for the food or beverage
10 product are stored,
 the water to extract and/or infuse and/or dissolve and/or reconstitute the
 ingredients in the container (20) and to prepare the food or beverage product
 being introduced through the insert (10) through an injection hole (11) and into an
 inlet chamber (191), the food or beverage product once prepared being also
 dispensed through this insert (10),
15 the pack (100) presenting a generally plane shape and being essentially vertically
 oriented during food or beverage production with the insert (10) arranged at the
 lower side of the pack (100) so the water is supplied into the volume of the
 container in an upward direction;
 characterized in that the pack (100) further comprises an inlet channel (30)
20 arranged at the inlet chamber (191) and extending vertically inside the volume of
 the container (20) in such a way that the water introduced via the insert (10) is
 conducted by the channel (30) and enters the inner volume of the container (20)
 through this channel (30), the height (H_{pipe}) of the channel (30) in the volume of
 the container being such that it is arranged above the ingredients in the container
25 and allows the water exiting the channel (30) to wet the ingredients from the
 upper part of these, avoiding turbulence.
- 30 2. Pack (100) for the preparation of a food or beverage product according to claim 1
 wherein the height (H_{pipe}) of the inlet channel (30) with respect to the height of the
 total volume of the container (H_{volume}) is of at least 20%, preferably of at least
 30%, more preferably of at least 40%.

3. Pack (100) for the preparation of a food or beverage product according to any of claims 1-2 wherein the inlet channel (30) comprises an essentially vertical tube of a certain length (H_{pipe}).
- 5 4. Pack (100) for the preparation of a food or beverage product according to claim 3 wherein the tube configuring the inlet channel (30) is made of the same material as the insert (10).
- 10 5. Pack (100) for the preparation of a food or beverage product according to any of claims 1-2 wherein at least part of the inlet channel (30) is shaped by bringing together the at least one flexible sheet configuring the container (20).
- 15 6. Pack (100) for the preparation of a food or beverage product according to any of the previous claims wherein the insert (10) comprises at least two parts (101, 102) moveable with respect to each other, providing open or close communication with the inner volume of the container (20).
- 20 7. Pack (100) for the preparation of a food or beverage product according to any of the previous claims wherein the at least one flexible sheet is arranged overwrapping and matching the shape of the insert (10) in its entirety except for the part of the insert (10) in direct communication with the inner volume of the container (20).
- 25 8. Pack (100) for the preparation of a food or beverage product according to any of the previous claims wherein the insert (10) further comprises an air inlet providing air from outside of the pack (100) and into the volume of the container (20).
- 30 9. Pack (100) for the preparation of a food or beverage product according to any of the previous claims wherein the insert (10) and/or the container (20) comprise identification means with the information on the process parameters for the preparation of the food or beverage product.
10. Pack (100) for the preparation of a food or beverage product according to claim 9 wherein the process parameters comprise one or a plurality of the following: total

volume of water to introduce, the temperature of the water, the time of preparation, the pressure at which the water is introduced.

- 5 11. Use of a pack (100) according to any of the previous claims for preparing a food or beverage product.
12. Method for preparing a food or beverage product using a pack (100) according to any of claims 1-10, the method comprising the steps of:
- 10 - placing the pack (100) in a beverage preparation machine by placing the insert (10) in a corresponding receiver in the machine, the pack (100) being arranged substantially vertically in the machine with the insert (10) placed on the lower side of the pack (100);
- 15 - injecting water through the insert (10), into the inlet channel (30), that will flow into the inner volume of the pack (100), wetting the ingredients contained therein during a certain time to extract and/or infuse and/or dissolve and/or reconstitute the ingredients into a food or beverage product;
- 20 - delivering the food or beverage product prepared after the required time having elapsed through the insert (10).
13. Method for preparing a food or beverage product according to claim 12 wherein the insert (10) is configured by at least two relatively moveable parts (101, 102), the movement of these two parts (101, 102) blocking or freeing the communication of the inner volume of the pack with the outside of it.
- 25 14. Method according to any of claims 12-13 wherein the insert (10) is configured by at least two relatively moveable parts (101, 102) that move with respect to each other to their original position at the end of the preparation of the food or beverage product, blocking any communication of the inner volume of the pack with the outside of the pack, to avoid dripping.
- 30