



***High Speed Combination Oven
AXP22 / MXP22
Pre-programmed Menu Items***



High Performance Has A ^{New} NAME™



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COOKING TIPS

This is meant as a guide. As product starting temperature, weight, density, thickness, moisture and fat content are critical when using a high speed oven, changes to the suggested cook settings may be needed. Please refer to the Quick Start Guide or Owner's Manual for programming Procedure.

Tips for	High Speed Combination Oven Operation																								
Microwave settings	<ul style="list-style-type: none">• 11 different power levels (0% lowest to 100% highest) control intensity of microwave.• Microwave helps cooking the food and increases the internal food temperature.• Food containing high water, fat and salt content raises its temperature faster with high microwave power level.• It's recommended to decrease microwave power level when product is thick and takes longer time to cook in order to avoid drying out the edges of food.																								
Fan settings	<ul style="list-style-type: none">• 11 different speed settings (0%-slowest to 100%-fastest) control forced air.• Fan is a major source of food toasting, crisping and browning, especially for short cook times. Aids in the quick heating of food.• If no browning is desired, 0% Fan can be chosen.• Reduce fan speed for more evenly controlled browning, particularly when food is cooked for long period of time.																								
Infra Red (IR) settings	<ul style="list-style-type: none">• 11 different power levels (0%-lowest to 100%–highest) control radiant heat.• Helps improving crispness and browning on the bottom of foods and overall browning.																								
Stage cooking	<ul style="list-style-type: none">• Enables to use up to four different cooking cycles or stages to be used consecutively without repeated input from the user.• Aids in retaining the quality of frozen and delicate foods.• The three cooking technologies Microwave, Fan and IR can vary through the cooking process depending if more or less is needed at the beginning or end of cooking stages.• Example: Roasted red potatoes <table><tr><td>Oven Temp</td><td colspan="3">520 °F</td></tr><tr><td>Stage</td><td>1</td><td>2</td><td>Total cook time: 4:00</td></tr><tr><td>Time</td><td>3:00</td><td>1:00</td><td></td></tr><tr><td>Microwave</td><td>100%</td><td>100%</td><td>(Only 25% of the cook time uses higher</td></tr><tr><td>Fan</td><td>10%</td><td>100%</td><td>fan power to avoid the potatoes from</td></tr><tr><td>IR</td><td>100%</td><td>100%</td><td>burning)</td></tr></table>	Oven Temp	520 °F			Stage	1	2	Total cook time: 4:00	Time	3:00	1:00		Microwave	100%	100%	(Only 25% of the cook time uses higher	Fan	10%	100%	fan power to avoid the potatoes from	IR	100%	100%	burning)
Oven Temp	520 °F																								
Stage	1	2	Total cook time: 4:00																						
Time	3:00	1:00																							
Microwave	100%	100%	(Only 25% of the cook time uses higher																						
Fan	10%	100%	fan power to avoid the potatoes from																						
IR	100%	100%	burning)																						
Oven Temperature	<ul style="list-style-type: none">• Oven can be preheated between 200-520 °F (95-270 °C)• Use only one temperature for all your menu items to avoid any cooking inconsistency.																								



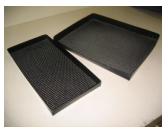



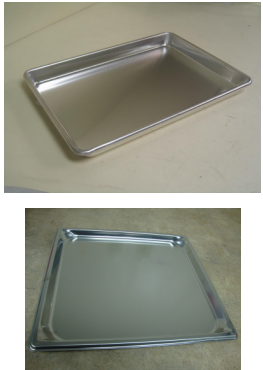


Tips for	High Speed Combination Oven Operation
<p>Oven Cleaning</p> 	<ul style="list-style-type: none"> • Frequent cleaning prevents unnecessary buildup that may affect the microwave performance. • Use a cleaner that does not contain ammonia, phosphates, chlorine, potassium or sodium hydroxide as they can damage critical oven parts and may void the warranty on those parts. • We recommend cleaning the oven using ACP Oven Cleaner (Item# CL10) and ACP Oven Shield Oven Protectant (Item# SH10). The SH10 is applied after the oven is cleaned and makes it easier to clean the next time. • Please refer to the oven cleaning instructions for proper cleaning procedure.

Important topics about food

For food that:	High Speed Combination Oven Operation
Needs to be hotter	<ul style="list-style-type: none"> • Increase Microwave power level and/or time.
Needs more even cooking	<ul style="list-style-type: none"> • Place food in center of the oven to ensure heating absorption.
Has high moisture content	<ul style="list-style-type: none"> • Reduce cooking time when using high microwave power.
Is very dense and thick	<ul style="list-style-type: none"> • Lower microwave power level so edges will not dry out.
Needs more top toasting	<ul style="list-style-type: none"> • Increase fan speed and/or increase time. • If less toasting is needed and fan settings are already low, decrease oven temperature.
Needs more bottom toasting	<ul style="list-style-type: none"> • Increase IR (Infra Red) level and/or time. • Use of Pizza stone also helps when extra crispness and browning is needed.
Carryover cooking	<ul style="list-style-type: none"> • Remove food immediately to prevent overcooking. • If food is left in oven after cook cycle expires, food continues to brown. • Highly dense foods like proteins are recommended to let them rest for 1-2 min to finish cooking and to even final temperature.
Needs ease of cleaning accessories	<ul style="list-style-type: none"> • Line pan/screen with parchment paper.



Accessories

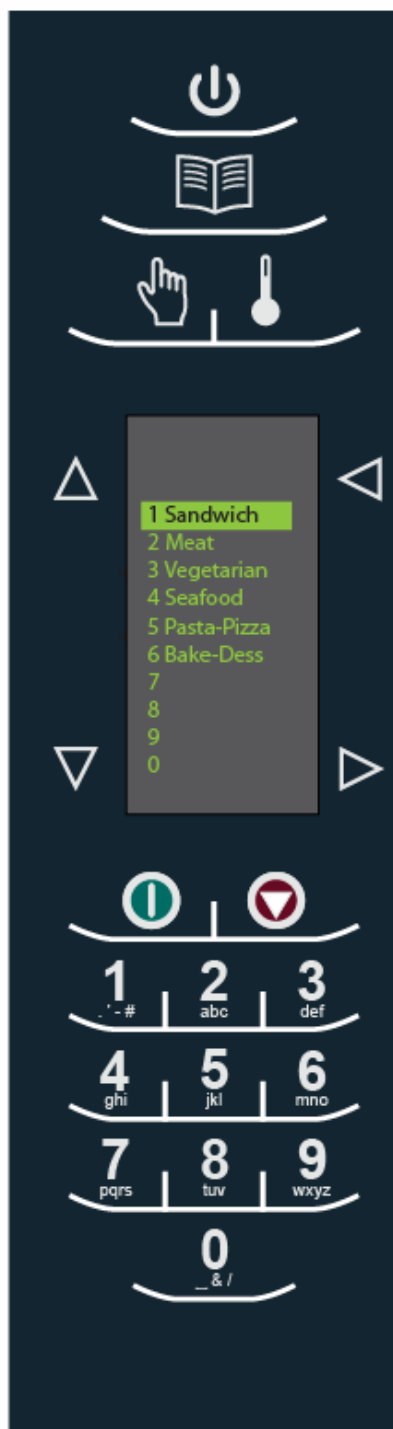
Accessories offered by ACP, Inc.	
Non-stick basket (SB10 or TB10) <ul style="list-style-type: none"> Dimensions: SB10: 6 x 12 x ¾ in (150 x 300 x 18 mm) TB10: 10 x 12 x 1 in (250 x 300 x 25 mm) Aids in browning and crisping of food. Also makes cleaning up easier. Oven paddle needs to be used in order to remove baskets out of the oven 	
Oven Paddle (PA10) <ul style="list-style-type: none"> Aids in easy and safe removal of sandwiches, pizza and non-stick baskets from ovens. 	
Pizza Stone (ST10X) <ul style="list-style-type: none"> Dimensions: 14 3/8 x 14 3/8 in (359 x 359 mm) Aids in crisping and browning breads and pizzas. 	
Grill pan (GR10) <ul style="list-style-type: none"> Dimensions: 12.8 x 13.94 in (325 x 354 mm) Aids in adding grill marks on a product, in a panini sandwich for example. 	
Generic Accessories (Not offered by ACP, Inc.)	
Metal containers <u>Aluminum Sheet pan, 1/4 size</u> = 9.5 x 13 x 1 in (24.1 x 33 x 2.54 cm) <u>2/3 size pan, stainless steel pan from Vollrath S/N 90102 Super Pan 3</u> = 12 ¾ X 13 ¾ X ¾ in (325 x 354 mm x 0.75mm) <ul style="list-style-type: none"> Great for foods that do not need directed heat from the radiant element, and for foods that may drip any grease or any seasoning. Metal containers with a height no more than 2.5 cm (1 inch) can be successfully used in the AXP/MXP. Different types of metal conduct heat at different speeds. Aluminum heats faster than stainless steel. 	
Pizza Screen (up to 15inch diameter) <ul style="list-style-type: none"> Great browning and crisping for toasted sandwiches and pizzas, or any food that needs directed heat from the radiant element. 	
Ceramic dish <ul style="list-style-type: none"> Great for foods that need to be contained such as ready-to-serve foods, cut vegetables or soups. 	
High Temperature Glass baking containers <ul style="list-style-type: none"> Great for baked goods. To avoid any glass fractures, use low microwave power and Infrared (IR) (0-50%). 	



General User Instructions

After the oven has preheated, the menu appears. The oven comes preprogrammed with several menu items to simplify cooking.

MAIN COOKING MENU



Note: Menu Items may vary by model.

Examples of Preprogrammed Menu Items Include:

1. Sandwich

- Breakfast
- Poultry
- Meat
- Seafood
- Vegetarian

3. Vegetarian

- Breakfast
- Lunch
- Vegetables
- Appetizers
- Potatoes

5. Pasta-Pizza

- Small/Large Pizza
- Pasta
- Miscellaneous

2. Meat

- Poultry
- Beef
- Pork
- Appetizers
- Breakfast

4. Seafood

- Fish
- Shellfish
- Misc

6. Bakery-Desserts

- Bread
- Desserts
- Snacks
- Breakfast
- Sweet

Cooking with Preprogrammed Pads

To cook food using preprogrammed menu items

1. After oven has preheated to the desired temperature. Scroll or press number to choose desired food category from menu.
2. Choose menu item group and press Enter to select.
3. Highlight item you wish to cook.

Note: If there is a line through the menu item, then preheat temperature is different than menu item preset temperature. The control will not allow you to select that item.

4. Open oven door, place food in oven and close door.
5. Press Enter to start cooking process.
6. At end of cooking cycle, oven beeps and displays animation at right to indicate food can be removed.





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The oven comes preprogrammed with the following menu items. More items can be found at our website www.acpsolutions.com. Please refer to the instructions we provide when using the pre-programmed key pads of the oven.

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Abbreviations found in the cooking guide:

lb: pound	oz: once	Qty: quantity
Temp: temperature	tsp: teaspoon	Tbsp: tablespoon
Approx.: approximately	N/A: not applicable	ea: each



Menu 1: Subs/Sandwiches

Menu item group 1: Breakfast

Biscuit, Bacon, Egg & Cheese

Manufacturer: Jimmy Dean

Qty: 1 piece (4.6 oz)

Start Food Temperature: 0-5 °F

Accessory: ¼ Sheet pan

Total Cook Time: :50

Oven Temp 520° F

Stage 1

Time :50

Microwave 80%

Fan 0%

IR 100%

Breakfast Croissant, Egg, Cheese and Sausage (pre-cooked)

Manufacturer: Jimmy Dean

Qty: 1 piece (4.5 oz)

Start Food Temperature: 35-40 °F

Accessory: ¼ Sheet pan

Total Cook Time: :35

Oven Temp 520° F

Stage 1 2

Time :25 :10

Microwave 80% 10%

Fan 0% 10%

IR 0% 0%

Croissant Sandwich (pre-cooked)

Manufacturer: Papetti's # 46025-30020

Qty: 1

Start Food Temperature: 35-40 °F

Accessory: Pizza screen

Total Cook Time: :50

Oven Temp 500° F

Stage 1

Time :50

Microwave 50%

Fan 0%

IR 100%

English Muffin, Egg, Cheese & Bacon

Manufacturer: Jimmy Dean

Qty: 1 piece (4.5 -4.7 oz)

Start Food Temperature: 35-40 °F

Accessory: Non-stick basket

Total Cook Time: :35

Oven Temp 520° F

Stage 1 2

Time :25 :10

Microwave 80% 20%

Fan 100% 10%

IR 0% 0%

Sausage, Egg & Cheese Biscuit (pre-cooked)

Manufacturer: Jimmy Dean # 51374

Qty: 1 (4.9 oz ea)

Start Food Temperature: 35-40 °F

Accessory: ¼ Sheet pan

Total Cook Time: :45

Oven Temp 520° F

Stage 1

Time :45

Microwave 80%

Fan 20%

IR 100%

Menu 1: Subs/Sandwiches

Menu item group 2: Poultry

Chicken Pesto Panini (pre-cooked)

Manufacturer: N/A

Qty: 1 sandwich

Start Food Temperature: 35-40 °F

Accessory: Panini accessory GR10

Total Cook Time: :25

Oven Temp 520° F

Stage 1

Time :25

Microwave 60%

Fan 60%

IR 100%

Procedure:

Place in oven open face



Menu 1: Subs/Sandwiches

Menu item group 2: Poultry

Chicken Bacon Sandwich

Manufacturer: N/A
Qty: 1 sandwich
Start Food Temperature: 35-40 °F
Accessory: Pizza screen
Total Cook Time: 1:10

Oven Temp 450 °F
Stage 1
Time 1:10
Microwave 80%
Fan 20%
IR 100%

Turkey & Provolone Sub

Manufacturer: N/A
Qty: 6" sub
Start Food Temperature 35-40 °F
Accessory: Pizza screen
Total Cook Time: :35

Oven Temp 520 °F
Stage 1
Time :35
Microwave 60%
Fan 60%
IR 100%

Recipe:

Ingredients:

1-6" bun Classic soft hoagie roll with sesame seeds (Pepperidge Farm),
4 slices turkey-Oven Roast (Oscar Mayer),
1 slice halved of Provolone Cheese (Sargento).

Procedure:

Place sandwich open face on baking dish, ingredients on heel side.

Turkey Sub, Smoked

Manufacturer: Stouffer's
Qty: 1 sandwich
Start Food Temperature: 10-20 °F
Accessory: Pizza screen
Total Cook Time: 1:30

Oven Temp 520 °F
Stage 1
Time 1:30
Microwave 70%
Fan 0%
IR 80%

Turkey, English Muffin sandwich

Manufacturer: N/A
Qty: 1 sandwich
Start Food Temperature: 35-40 °F
Accessory: Pizza Screen
Total Cook Time: :55

Oven Temp 500 °F
Stage 1
Time :55
Microwave 70%
Fan 30%
IR 100%

Menu 1: Subs/Sandwiches

Menu item group 3: Meat

Cheeseburger (pre-cooked)

Manufacturer: White Castle
Qty: 4 burgers
Start Food Temperature: 0-5 °F
Accessory: Non-stick basket
Total Cook Time: :35

Oven Temp 520 °F
Stage 1
Time :35
Microwave 100%
Fan 0%
IR 0%

Ham & Cheese Sandwich

Manufacturer: N/A
Qty: 1 sandwich
Start Food Temperature: 35-40 °F
Accessory: Pizza screen
Total Cook Time: :35

Oven Temp 520 °F
Stage 1
Time :35
Microwave 50%
Fan 30%
IR 100%

Recipe:

Ingredients:

2 slices Muenster cheese
3 slices deli ham, smoked (Oscar Mayer)

Procedure:

Add ham and cheese between 2 buttered slices of bread



Menu 1: Subs/Sandwiches

Menu item group 3: Meat

Italian Sub, 6"

Manufacturer: N/A

Qty: 6" sub

Start Food Temperature: 35-40 °F

Accessory: Pizza screen

Total Cook Time: :30

Oven Temp 520° F

Stage 1

Time :30

Microwave 80%

Fan 100%

IR 90%

Italian sub, 6" Recipe:

Ingredients:

1-6" filone roll

2 slices of capocola,

2 slices of salami

1 slice of prosciutto,

1 slice of provolone cheese halved

¼ cup sautéed onions

¼ cup peppers

¼ cup mushrooms

Procedure:

1. Place sandwich open face on pizza screen, ingredients on heel side.

Meatball Sub

Manufacturer: N/A

Qty: 6" sub

Start Food Temperature: meatball: 140 °F,

Provolone cheese 38-42 °F and bread 70 °F

Accessory: Pizza screen

Total Cook Time: :30

Oven Temp 520° F

Stage 1

Time :30

Microwave 30%

Fan 70%

IR 100%

Philly Cheese Steak Sub

Manufacturer: N/A

Qty: 1 sandwich

Start Food Temperature: 35-40 °F

Accessory: Pizza screen

Total Cook Time: 1:00

Oven Temp 450° F

Stage 1

Time 1:00

Microwave 50%

Fan 0%

IR 100%

Roast Beef Sandwich

Manufacturer: N/A

Qty: 1

Start Food Temperature: 63-71 °F

Total Cook Time: :40

Oven Temp 520° F

Stage 1

Time :40

Microwave 40%

Fan 50%

IR 100%

Menu 1: Subs/Sandwiches

Menu item group 4: Seafood

Tuna Melt

Manufacturer: N/A

Qty: 1 sandwich

Start Food Temperature: 35-40 °F

Accessory: Pizza Screen

Total Cook Time: :35

Oven Temp 520° F

Stage 1

Time :35

Microwave 50%

Fan 20%

IR 100%

Recipe:

Ingredients:

1.1 oz homemade tuna salad

2 slices whole wheat bread

2 slices provolone cheese

Procedure:

1. Place tuna salad on a slice of whole wheat bread and topped with provolone cheese. Second slice is toasted with no ingredients.



Menu 1: Subs/Sandwiches

Menu item group 4: Seafood

Tuna Melt Panini

Manufacturer: N/A
Qty: 1 sandwich
Start temperature: 35-40 °F
Accessory: Panini accessory GR10
Total Cook Time: :25

Oven Temp	520 °F
Stage	1
Time	:25
Microwave	60%
Fan	60%
IR	100%

Procedure:

Place sandwich open face with tuna on top of both slices.

Menu 1: Subs/Sandwiches

Menu item group 5: Vegetarian

Grilled Cheese

Manufacturer: N/A
Qty: 1 sandwich
Start Food Temperature: 35-40 °F
Accessory: Pizza Screen
Total Cook Time: :25

Oven Temp	520 °F
Stage	1
Time	:25
Microwave	30%
Fan	60%
IR	100%

Recommendation:

For best results, cook for 15 seconds on one side, turn over and cook it for another 10 seconds.



Menu 2: Meat

Menu group 1: Poultry

Chicken, half (raw)

Manufacturer: N/A
Qty: 1lb 8oz
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan
Total Cook Time: 2:40

Oven Temp	520 °F		
Stage	1	2	
Time	2:10	:30	
Microwave	80%	80%	
Fan	0%	10%	
IR	100%	100%	

Procedure:

Let it rest 2 minutes. Separate breast, wing and thigh

Chicken Breast, split boneless skinless (raw)

Manufacturer: N/A
Qty: 2 pieces (6 oz ea)
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan
Total Cook Time: 2:45

Oven Temp	520 °F		
Stage	1	2	3 (turn over)
Time	1:30	:15	1:00
Microwave	80%	100%	80%
Fan	0%	0%	0%
IR	80%	80%	80%

Procedure:

Turn chicken over after stage 2 for better texture results.



Menu 2: Meat

Menu group 1: Poultry

Chicken Breast, grilled (pre-cooked)

Manufacturer: Cuisine Solutions
Qty: 3.5 oz ea
Start Food Temperature: 35-40°F
Accessory: ¼ Sheet pan

Total Cook Time: 1:20

Oven Temp 450°F
Stage 1
Time 1:20
Microwave 100%
Fan 0%
IR 100%

Chicken Breast, boneless with rib meat (pre-cooked)

Manufacturer: Perdue Food Service #80270
Qty: 2 (3.8 oz ea)
Start Food Temperature: 35-40°F
Accessory: ¼ Sheet pan

Total Cook Time: 1:10

Oven Temp 400°F
Stage 1 2
Time :45 :25
Microwave 80% 100%
Fan 20% 20%
IR 100% 100%

Chicken Breast, stuffed Cordon Bleu (raw)

Manufacturer: Barber Foods
Qty: 1 (6 oz ea)
Start Food Temperature: 0-5°F
Accessory: ¼ Sheet pan

Total Cook Time: 1:45

Oven Temp 520°F
Stage 1 2
Time 1:30 :15
Microwave 80% 70%
Fan 0% 0%
IR 100% 100%

Chicken Breast tenders (pre-cooked)

Manufacturer: Tyson 30.8 oz bag
Qty: 7 pieces (.6 oz ea)
Start Food Temperature: 0-5°F
Accessory: Non-Stick basket

Total Cook Time: 1:00

Oven Temp 520°F
Stage 1
Time 1:00
Microwave 70%
Fan 60%
IR 70%

Chicken Kabobs (raw)

Manufacturer:
Qty: 8 oz
Start Food Temperature: 35-40°F
Accessory: Non-Stick basket

Total Cook Time: 1:10

Oven Temp 520°F
Stage 1
Time 1:10
Microwave 100%
Fan 40%
IR 100%

Recipe:

Ingredients:

3 cubes of chicken (0.8-1 oz ea)
3 slices red bell pepper
3 slices green bell pepper
3 slices onion

Procedure:

1. Soak skewer in water for at least 5 min.
2. Alternate chicken, peppers and onion in skewer.
3. Spray all ingredients with oil and sprinkle with salt and pepper.
4. Parchment paper may be used for ease of cleaning.

Chicken Cutlet (raw)

Manufacturer: N/A
Qty: 8 oz breast
Start Food Temp: 35-40°F
Accessory: ¼ Sheet pan

Total Cook Time: 1:15

Oven Temp 520°F
Stage 1 2
Time 1:00 :15
Microwave 70% 80%
Fan 40% 40%
IR 100% 100%

Recipe

Ingredients:

8 oz boneless skinless chicken breast
1 Tbsp olive oil
1 tsp garlic powder
1 tsp dried sage
1 tsp thyme
½ tsp salt/pepper

Procedure:

1. Mix together olive oil, herbs, salt and pepper in bowl.
2. Pound chicken breast with tenderizer until it's about ¼" thick.
3. Pour mixture over cutlet.
4. Place chicken on parchment paper then onto pan and cook.



Menu 2: Meat

Menu group 1: Poultry

Chicken Thighs, with sun-dried tomatoes and balsamic sauce (raw)

Manufacturer: N/A

Qty: 2.5lbs (pieces leg, thigh, breast)

Start Food Temperature: 35-40 °F

Accessory: ¼ Sheet pan

Total Cook Time: 6:30

Oven Temp	450 °F	
Stage	1	2
Time	5:00	1:30
Microwave	80%	100%
Fan	20%	20%
IR	50%	50%

Recipe:

Ingredients:

4 chicken thighs

1 onion, julienne cut

2 Tbsp butter (1/4 stick)

2 Tbsp minced garlic

2 cups chicken stock

½ cup balsamic vinegar

½ cup chopped sun-dried tomatoes

salt and pepper to taste

Procedure:

1. In a large skillet, heat butter over medium heat, add onion and reduce heat to low. Allow onions to caramelize, then, add garlic and sauté briefly.
2. Transfer onions and garlic to ¼ size sheet pan.
3. Increase heat to medium, add chicken thighs to skillet and brown on both sides. Remove chicken and place on top of onions in sheet pan.
4. Combine stock and vinegar, deglaze the skillet. Add sun-dried tomatoes to skillet and let simmer for about 5 minutes.
5. Pour mixture over chicken, stir, and cook.

Turkey Breast tenderloin (raw)

Manufacturer: N/A

Qty: 15 oz

Start Food Temperature: : 35-40 °F

Accessory: ¼ Sheet pan

Total Cook Time: 21:00

Oven Temp	325 °F	
Stage	1	2
Time	10:00	11:00
Microwave	0%	20%
Fan	0%	0%
IR	0%	100%

Procedure:

Brush with butter, salt and pepper and let rest 4 minutes.



Menu 2: Meat

Menu Group 2: Beef

Beef cutlet, peppered (raw)

Manufacturer: N/A

Qty: 1 filet (8oz)

Start Food Temperature: 35-40 °F

Accessory: ¼ Size sheet pan

Total Cook Time: 2:00

Oven Temp	520 °F	
Stage	1	2
Time	1:15	:45
Microwave	30%	50%
Fan	50%	50%
IR	100%	100%

Recipe

Ingredients:

8 oz petite sirloin

1 Tbsp olive oil

1 tsp fresh cracked pepper

¼ tsp dried mustard

¼ tsp chili pepper

1 tsp dried garlic powder

½ tsp salt/pepper

Procedure:

1. Mix together olive oil, spices, salt and pepper in bowl.
2. Pound filet into 6.3 mm thick cutlet.
3. Add seasoning to cutlet.
4. Place cutlet on parchment paper lined sheet pan.
5. Let it rest for 2 min. after cooking.



Menu 2: Meat

Menu Group 2: Beef

Beef Skewers (raw, medium doneness)

Manufacturer: N/A

Qty: 4 skewers

Start Food Temperature: 35-40 °F

Accessory: ¼ Sheet pan or ceramic dish

Total Cook Time: 1:00

Oven Temp	520 °F	
Stage	1	2
Time	:30	:30
Microwave	40%	40%
Fan	20%	30%
IR	100%	100%

Recipe:

Ingredients:

2 Tbsp Spanish olive oil

2-3 chopped garlic cloves

1 orange, 4 beef cubes (1.3 oz)

4 pearl onion,

4 cherry tomatoes

Procedure:

1. Soak skewer in water for at least 15 min.
2. Alternate ingredients on skewer.

Strip Sirloin (raw, medium doneness)

Manufacturer: N/A

Qty: 8 oz

Start Food Temperature: 35-40 °F

Accessory: ¼ Sheet pan

Total Cook Time: 2:40

Oven Temp	520 °F	
Stage	1	2
Time	1:15	1:25
Microwave	40%	10%
Fan	0%	20%
IR	100%	100%

Procedure:

Brush with butter, sprinkle salt and pepper.

Let it rest for 4 min.

Chateaubriand (raw)

Manufacturer: ERSS # 54896

Qty: 6 oz

Start Food Temperature: 35-40 °F

Accessory: ¼ Sheet pan

Total Cook Time: 2:25

Oven Temp	520 °F	
Stage	1	2
Time	:40	1:45
Microwave	40%	40%
Fan	100%	0%
IR	100%	100%

Filet Mignon (raw, medium doneness)

Manufacturer: N/A

Qty: 8 oz

Start Temperature: 35-40 °F

Accessory: ¼ Sheet pan

Total Cook Time: 3:00

Oven Temp	450 °F	
Stage	1	2
Time	:40	2:20
Microwave	40%	40%
Fan	20%	0%
IR	100%	100%

Procedure:

Sprinkle with salt and pepper and let rest 3 minutes

Hamburger Patty (raw)

Manufacturer: Great Value

Qty: 4 pieces (4 oz ea)

Start Food Temperature: 35-40 °F

Accessory: ¼ Sheet pan

Total Cook Time: 1:35

Oven Temp	520 °F	
Stage	1	
Time	1:35	
Microwave	100%	
Fan	60%	
IR	70%	

Meatballs (raw), from beef ground chuck 80/20

Manufacturer: N/A

Qty: 3 pieces (2.5 oz ea)

Start Temperature: 35-40 °F

Accessory: ¼ sheet pan

Total Cook Time: :55

Oven Temp	520 °F	
Stage	1	
Time	:55	
Microwave	90%	
Fan	0%	
IR	100%	

Meatballs in Sauce (pre-cooked)

Manufacturer: Market Pantry

Qty: 14 oz meat, 1 lb sauce

Start Temperature: 10-20 °F

Accessory: Ceramic dish

Total Cook Time: 3:00

Oven Temp	520 °F	
Stage	1	
Time	3:00	
Microwave	100%	
Fan	0%	
IR	100%	



Menu 2: Meat

Menu Group 2: Beef

Ribeye (raw, medium doneness)

Manufacturer: N/A
Qty: 12 oz
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan

Total Cook Time: 2:45

Oven Temp	450 °F	
Stage	1	2
Time	1:30	1:15
Microwave	40%	40%
Fan	0%	10%
IR	100%	100%

Procedure:

Brush with butter, sprinkle salt and pepper.
Let it rest for 4 min.

Skirt Steak (raw, medium rare doneness)

Manufacturer: N/A
Qty: 14 oz filet
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan

Total Cook Time: 3:10

Oven Temp	400 °F	
Stage	1	2
Time	:40	2:30
Microwave	100%	40%
Fan	10%	0%
IR	100%	100%

Recipe:

Ingredients:

1 ½ cup hot sauce
¾ cup chopped garlic
salt and pepper to taste
14 oz skirt steak

Procedure:

1. Marinate skirt steak in hot sauce, garlic, salt and pepper for at least 2 hours.
2. After finish cooking, let it rest for 4-5 min.

Menu 2: Meat

Menu group 3: Pork

BBQ Pork Ribs (pre-cooked)

Manufacturer: Archer Farms, 30 oz pack
Qty: ½ rack = 15 oz
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan

Total Cook Time: 2:00

Oven Temp	400 ° F	
Stage	1	
Time	2:00	
Microwave	100%	
Fan	0%	
IR	100%	

Procedure:

Turn over after 1 min. of cooking.

Pork Chops (raw)

Manufacturer: N/A
Qty: 9 oz
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan

Total Cook Time: 4:13

Oven Temp	425 ° F	
Stage	1	2
Time	2:20	1:53
Microwave	50%	50%
Fan	0%	0%
IR	100%	100%

Recipe:

This marinade is for 10 chops but settings are for 1 ea

Ingredients:

2 cups soy sauce
3 cups apple sauce
5 cups pineapple sauce

Procedure:

1. Mix first 3 ingredients in a bowl. Marinate chops in the mix for at least 3 hours.
2. Place one chop on a ¼ size sheet pan and cook.
3. It's recommended to turn it over after stage one.

Pork Chops, Breaded (raw)

Qty: 1 (9-10oz ea)
Start Food Temp: Refrigerated 3-6 °C
Accessory: ¼ Size sheet pan

Total Cook Time: 3:45

Oven Temp	400 °F	
Stage	1	2
Time	3:00	:45
Microwave	80%	100%
Fan	10%	10%
IR	50%	50%

See recipe on next page...



Menu 2:Meat

Menu group 3: Pork

Recipe

Ingredients: (serves 4 but settings are for 2)

3 eggs
1 ½ cups Italian seasoned bread crumbs
½ cups grated parmesan cheese
2 Tbsp minced Parsley
2 Tbsp olive oil
4 cloves garlic, peeled and minced
4 Pork chops (9 oz each)
Salt and Pepper to taste

Procedure:

1. In a small bowl beat together the eggs, milk and garlic.
2. In a separate bowl mix bread crumbs, parmesan cheese, and parsley.
3. Dip each pork chop into egg mixture, then into the bread crumb mixture coating evenly.
4. Place two (2) coated pork chops in a greased sheet pan and cook.

Spiral Ham (pre-cooked)

Manufacturer: Hormel
Qty: 1 ham of 7lbs
Start Food Temperature: 35-40 °F
Accessory: Glass High heat pan –Pyrex
Total Cook Time: 8:00

Oven Temp	350 °F	
Stage	1	2
Time	4:00	4:00
Microwave	80%	80%
Fan	0%	0%
IR	20%	20%

Procedure: Turn over after stage 1.

Bacon, thick cut (raw)

Manufacturer: Farmland
Qty: 4 strips (1-1.1 oz ea)
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan
Total Cook Time: 1:10

Oven Temp	520 ° F	
Stage	1	
Time	1:10	
Microwave	90%	
Fan	60%	
IR	100%	

Bacon, precooked

Manufacturer: Sugardale #8078
Qty: 4 strips
Start Food Temperature: 0-5 °F
Accessory: ¼ Sheet pan
Total Cook Time: :20

Oven Temp	350 °F	
Stage	1	
Time	:20	
Microwave	100%	
Fan	20%	
IR	100%	

Sausage Links (pre-cooked)

Manufacturer: Jimmy Dean
Qty: 6 links
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan
Total Cook Time: 0:30

Oven Temp	520 ° F	
Stage	1	
Time	:30	
Microwave	100%	
Fan	20%	
IR	100%	

Sausage Links (raw)

Manufacturer: Johnsonville
Qty: 8 links
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan
Total Cook Time: 1:20

Oven Temp	520 ° F	
Stage	1	
Time	1:20	
Microwave	100%	
Fan	0%	
IR	100%	

Sausage Patties (pre-cooked)

Manufacturer: Jimmy Dean
Qty: 6 pcs (.9 – 1.2 oz ea)
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan
Total Cook Time: :50

Oven Temp	520 ° F	
Stage	1	
Time	:50	
Microwave	100%	
Fan	50%	
IR	100%	



Menu 2: Meat

Menu Group 4: Appetizer

Chicken Egg Rolls (pre-cooked)

Manufacturer: Asian Sensations, 12 oz pack

Qty: 4 pieces (2.5-3 oz ea)

Start Food Temperature: 0-5 °F

Accessory: ¼ Sheet pan

Total Cook Time: 1:30

Oven Temp	520° F	
Stage	1	2
Time	1:00	:30
Microwave	100%	100%
Fan	30%	0%
IR	100%	100%

Chicken Fries, Homestyle (pre-cooked)

Manufacturer: Tyson

Qty: 8 pieces (0.5 oz ea)

Start Food Temperature: 0-5 °F

Accessory: ¼ Sheet pan

Total Cook Time: :35

Oven Temp	520° F	
Stage	1	2
Time	:20	:15
Microwave	100%	80%
Fan	70%	80%
IR	0%	70%

Chicken Wings, Tequila Lime (pre-cooked)

Manufacturer: Tyson 32 oz bag

Qty: 6 pieces (0.8-1.2 oz ea)

Start Food Temperature: 0-5 °F

Accessory: ¼ Sheet pan

Total Cook Time: 1:20

Oven Temp	520° F	
Stage	1	
Time	1:20	
Microwave	100%	
Fan	0%	
IR	0%	

Chicken Wings, Savory (pre-cooked)

Manufacturer: Pierce # 70010

Qty: 8 pieces

Start Food Temperature: 35-40 °F

Accessory: ¼ Sheet pan

Total Cooking Time: 1:10

Oven Temp	520° F	
Stage	1	
Time	1:10	
Microwave	100%	
Fan	0%	
IR	50%	

Empanadas, beef (raw dough)

Manufacturer: N/A

Qty: 4 pieces (1.4 oz ea)

Start Food Temperature: 35-40 °F

Accessory: ¼ Sheet pan

Total Cooking Time: 3:20

Oven Temp	520F		
Stage	1	2	3
Time	1:20	1:00	1:00
Microwave	20%	10%	0%
Fan	0%	0%	0%
IR	100%	0%	0%

See recipe on next page...



Menu 2: Meat

Menu Group 4: Appetizer

Recipe:

(For 30-32 empanadas approx. Cook settings for 4 empanadas)

Ingredients:

A. Dough:

4 cups flour
1 cup butter
1 cup of margarine
1 tsp salt
1 tsp baking powder
1 cup cold water

B. Filling ingredients:

1 cup chopped onion
1 lb ground beef
1/8 cup chopped garlic
salt to taste
pepper to taste
paprika to taste
chopped green olives (optional)
2 hard boiled eggs (optional)
shredded Cheddar Cheese

Procedure:

A. Dough making procedure:

1. Mix flour, salt and baking powder with butter and margarine. Try not to use hands.
2. Use dough scraper/chopper to mix the ingredients until it looks like oat meal.
3. Add water into the dough gradually until forming a pliable dough (could be less than 1 cup of water).
4. Let it sit overnight or at least 6 hours.

B. Filling procedure

1. Sauté onion and garlic.
2. Add beef and season with salt, pepper and paprika. Once it is cooked, remove from stove and store in refrigerator.
3. Roll dough and cut 10 cm (4") diameter discs. Place 1½ tsp approximately of beef filling in the middle of the circle. Add green olives, cheese and eggs to taste.
4. Wet edges of disc, fold into a half circle and brush surface with egg wash. Follow settings to cook 4 empanadas.

Nachos (pre-cooked)

Manufacturer: N/A
Qty: 5.5 oz
Start Food Temperature: 65-75°F
Accessory: ¼ sheet pan

Total Cook Time: :15

Oven Temp 520°F

Stage 1

Time :15

Microwave 90%

Fan 30%

IR 100%

Recipe:

Ingredients:

1.5 oz chips
3 oz cooked ground beef
1 oz cheese

Procedure:

1. Place nachos on a sheet pan, top with ground beef and cheese.

Quesadilla, Chicken (pre-cooked)

Manufacturer: N/A
Qty: 1 (6oz ea)
Start Food Temperature: 35-40°F
Accessory: Pizza stone

Total Cook Time: :50

Oven Temp 520°F

Stage 1

Time :50

Microwave 70%

Fan 0%

IR 100%

Recipe:

Ingredients:

1 tortilla
3 oz chicken breast pre-cooked
2 oz cheese

Procedure:

1. Scatter the chicken and sprinkle the cheese on one half of the tortilla.
2. Fold the tortilla in half and make 2 marks with knife on its surface in order to let steam out.
3. Place quesadilla on the pizza stone and cook.

Taquito, steak & cheese (pre-cooked)

Manufacturer: El Monterey, 30 oz box
Qty: 4 pieces (1.5-1.8 ea)
Start Food Temperature: 0-5°F
Accessory: ¼ Sheet pan

Total Cook Time: :40

Oven Temp 520°F

Stage 1

Time :40

Microwave 100%

Fan 100%

IR 100%



Menu 2: Meat

Menu Group 4: Appetizer

Sliders

Manufacturer: N/A
Qty: 6 ea
Start Food Temperature: 35-40°F
Accessory: ¼ Sheet pan w/parchment paper
Total Cook Time: 1:10

Oven Temp	520°F	
Stage	1	2
Time	1:00	:10
Microwave	80%	0%
Fan	0%	0%
IR	70%	0%

Procedure:

After 1 min, add cheese on top and finish cooking.

Menu 2: Meat

Menu Group 5: Breakfast

Omelet, ham, cheese & pepper (raw)

Manufacturer:
Qty: 1
Start Food Temperature: 35-40°F
Accessory: Circular metal dish 5 inch diameter
Total Cook Time: 1:50

Oven Temp	520°F	
Stage	1	2
Time	1:00	:50
Microwave	60%	40%
Fan	0%	20%
IR	100%	100%

Recipe:

Ingredients:

3 eggs
3 oz shredded cheese
1 oz ham, diced
½ oz mushrooms, sliced
½ oz onions, diced
½ oz green peppers, diced

Procedure:

1. Spray circular dish (approximately 5 inch diameter) with a non-stick grease spray.
2. Beat the eggs and pour them into dish.
3. Sprinkle mushrooms, onions, peppers, and ham throughout egg mixture.
4. After cooking, remove from oven, work omelet away from dish with spatula and fold in half.
5. Sprinkle shredded cheese over the top evenly and allow melting.

Menu 2: Meat

Menu Group 6: Miscellaneous

Veal, Breaded (raw)

Manufacturer:
Qty: 6-7 oz
Start Food Temperature: : 38-42°F
Accessory: ¼ Sheet pan
Total Cook Time: 2:00

Oven Temp	520° F	
Stage	1	2
Time	1:00	1:00
Microwave	40%	40%
Fan	20%	20%
IR	100%	100%

Recipe:

Ingredients:

Flour
2 large eggs
2 Tbsp whole milk
1/4 cup unsalted butter
4 Tbsp of melted butter (half stick) or oil
2 cups of flour
2 cups of Bread Crumbs
3 veal cutlets (70 g each approximately), patted dry
Kosher salt
ground black pepper

Procedure:

1. Put Flour and salt on a plate.
2. Beat 2 eggs and mix with milk, salt and pepper.
3. Put bread crumbs on another plate.
4. Pound meat very thin (cutlets don't need to be pound), dredge meat with flour; dip it into the eggs and coat the meat evenly with breadcrumbs.
5. Coat sheet pan with oil before placing veal.
6. Turn veal over half way through the cooking cycle.



Menu 2: Meat

Menu Group 6: Miscellaneous

Veal, Breaded Cutlets (raw)

Manufacturer: N/A
Qty: 3 cutlets (2.5 oz ea)
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan

Total Cook Time: 1:50

Oven Temp	520° F	
Stage	1	2
Time	1:35	:15
Microwave	40%	520 °F
Fan	40%	0%
IR	100%	0%
		100%

Follow recipe above.

Rack of Lamb (raw)

Manufacturer: Packer # 41376
Qty: 2 ribs
Start Temperature: 35-40 °F
Accessory: ¼ Sheet pan

Total Cook Time: 1:10

Oven Temp	520°F	
Stage	1	2
Time	:50	:20
Microwave	100%	100%
Fan	40%	20%
IR	100%	100%

Rack of Lamb (raw)

Manufacturer: N/A
Qty: Rack of 4 ribs, 14-16 oz
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan

Total Cook Time: 1:40

Oven Temp	520°F		
Stage	1	2	3
Time	:50	:20	:30
Microwave	100%	100%	100%
Fan	40%	80%	50%
IR	100%	100%	100%

Corn Dog (pre-cooked)

Manufacturer: State Fair
Qty: 6 pieces (2.5-3.0 oz ea)
Start Food Temperature: 0-5 °F
Accessory: Non-Stick Basket

Total Cook Time: 1:20

Oven Temp	520°F	
Stage	1	
Time	1:20	
Microwave	100%	
Fan	30%	
IR	100%	

Hot Dogs, Beef (pre-cooked)

Manufacturer: Ball Park
Qty: 8 pieces (2 oz ea)
Start Food Temperature: : 35-40 °F
Accessory: Non-Stick Basket

Total Cook Time: :50

Oven Temp	520°F	
Stage	1	
Time	:50	
Microwave	100%	
Fan	0%	
IR	100%	

Chicken Pot Pie (pre-cooked)

Manufacturer: Marie Callendar's
Qty: 1 (10 oz)
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan

Total Cook Time: 2:15

Oven Temp	400°F	
Stage	1	
Time	2:15	
Microwave	100%	
Fan	0%	
IR	100%	

Chicken Nuggets (pre-cooked)

Manufacturer: Tyson 35.2 oz bag
Qty: 6 pieces (0.6-0.7 oz ea)
Start Food Temperature: 0-5 °F
Accessory: ¼ Sheet pan

Total Cook Time: :40

Oven Temp	520°F	
Stage	1	
Time	:40	
Microwave	80%	
Fan	90%	
IR	100%	

Chicken Fajitas (pre-cooked)

Manufacturer: Tyson Fajita Chicken Strips 20 oz
Qty: 4 oz
Start Food Temperature: 0-5 °F
Accessory: ¼ Sheet pan

Total Cook Time: :47

Oven Temp	520°F	
Stage	1	
Time	:47	
Microwave	100%	
Fan	0%	
IR	100%	



Menu 2: Meat

Menu Group 6: Miscellaneous

Chicken Burritos (pre-cooked)

Manufacturer: N/A
Qty: 2 pieces
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan
Total Cook Time: 1:00

Oven Temp	520 °F
Stage	1
Time	1:00
Microwave	100%
Fan	80%
IR	100%



Menu 3: Vegetarian

Menu group 1: Breakfast

Belgian Waffle

Manufacturer: Advance Food Company #5018
Qty: 4 pieces (5 oz ea.)
Food Start Temperature: 0-5 °F
Accessory: Pizza screen
Total Cook Time: 1:25

Oven Temp	300 °F
Stage	1
Time	1:25
Microwave	100%
Fan	0%
IR	100%

Breakfast Potatoes (raw)

Manufacturer:
Qty: 8 oz
Start Food Temperature: 0-5 °F
Accessory: Panini accessory GR10
Total Cook Time: 3:00

Oven Temp	520 °F	
Stage	1	2
Time	2:00	1:00
Microwave	60%	70%
Fan	100%	100%
IR	100%	100%

Procedure:

Add 1 Tbsp. oil, stir potatoes half way through cycle

Eggs, scrambled (raw)

Manufacturer: N/A
Qty: 2 eggs (2 oz ea.)
Start Food Temperature: 35-40 °F
Accessory: Ramekin (ceramic dish)
Total Cook Time: 0:40

Oven Temp	450 °F	
Stage	1	2
Time	:30	:10
Microwave	80%	60%
Fan	0%	0%
IR	100%	100%

French Toast

Manufacturer: Krusteaz # 10370
Qty: 4 slices
Start Food Temperature: 0-5 °F
Accessory: ¼ Sheet pan
Total Cook Time: 1:10

Oven Temp	520 °F
Stage	1
Time	1:10
Microwave	70%
Fan	30%
IR	100%

Hash Brown Potatoes (raw)

Manufacturer:
Qty: 1.5 cups
Start Food Temperature: 65-75 °F
Accessory: ¼ Sheet pan
Total Cook Time: 1:35

Oven Temp	475 °F
Stage	1
Time	1:35
Microwave	100%
Fan	80%
IR	100%



Menu 3: Vegetarian

Menu group 1: Breakfast

Omelet, cheese (raw)

Manufacturer:

Qty: 1 (5.5 oz ea)

Start Food Temperature: 35-40°F

Accessory: Circular metal dish 5 inch diameter

Total Cook Time: :50.

Oven Temp 520°F

Stage 1

Time :50

Microwave 100%

Fan 0%

IR 100%

Recipe:

Ingredients:

5 oz egg

¼ cup shredded cheese

Procedure:

1. Spray circular dish (approximately 5 inch diameter) with a non-stick grease spray.
2. Beat the eggs and pour them into dish.
3. Sprinkle cheese over eggs.

Pancakes, Buttermilk (pre-cooked)

Manufacturer: Eggo

Qty: 2 ea

Start Food Temperature: 35-40°F

Accessory: ¼ Sheet pan

Total Cook Time: :40

Oven Temp 520°F

Stage 1

Time :40

Microwave 80%

Fan 0%

IR 90%

Potatoes O'Brien (raw)

Manufacturer: Ore-Ida

Qty: 1 lb. 12 oz

Start Food Temperature: 0-5°F

Accessory: ¼ Sheet pan

Total Cook Time: 4:00

Oven Temp 520°F

Stage 1 2 3

Time 1:00 2:00 1:00

Microwave 100% 100% 100%

Fan 10% 100% 20%

IR 100% 100% 100%

Menu 3: Vegetarian

Menu group 2: Lunch

French Onion Soup with Provolone

Manufacturer: Campbell's, 10.5 oz can

Qty: 4 bowls (4 oz ea)

Start Food Temperature: 35-40°F

Accessory: 4 oz Ceramic dish & ¼ Sheet pan

Total Cook Time: :50

Oven Temp 520°F

Stage 1

Time :50

Microwave 70%

Fan 100%

IR 0%

Quiche, Lorraine (pre-baked)

Manufacturer: N/A

Qty: 1 (12 oz)

Start Food Temperature: 65-75°F

Accessory: ¼ Sheet pan

Total Cook Time: 1:15

Oven Temp 500°F

Stage 1 2

Time :30 :45

Microwave 60% 40%

Fan 30% 30%

IR 100% 100%

Veggie Burger (pre-cooked)

Manufacturer: Pierce #9285

Qty: 1 (2.9 oz ea)

Start Food temperature: 0-10°F

Accessory: ¼ sheet pan

Total Cook Time: 1:30

Oven Temp 520°F

Stage 1 2

Time :30 1:00

Microwave 90% 40%

Fan 0% 20%

IR 100% 100%

Veggie Burger

Manufacturer: Pierce #9285

Qty: 1 (2.9 oz ea)

Start Food temperature: 35-40°F

Accessory: ¼ Sheet pan

Total Cook Time: :30

Oven Temp 520°F

Stage 1

Time :30

Microwave 100%

Fan 20%

IR 100%



Menu 3: Vegetarian

Menu group 2: Lunch

Cheese Enchiladas (pre-cooked)

Manufacturer: Stouffer's
Qty: 1 (7 oz ea)
Start Food Temperature: 35-40°F
Accessory: Ceramic Dish
Total Cook Time: 1:15

Oven Temp	520 °F
Stage	1
Time	1:15
Microwave	100%
Fan	0%
IR	100%

Menu 3: Vegetarian

Menu group 3: Vegetables

Asparagus (fresh)

Manufacturer: N/A -- Fresh Produce
Qty: 8 oz
Start Food Temperature: 35-40°F
Accessory: Ceramic dish
Total Cook Time: :55

Oven Temp	520 °F
Stage	1
Time	:55
Microwave	100%
Fan	0%
IR	100%

Butternut Squash (fresh)

Manufacturer: N/A -- Fresh Produce
Qty: 1 lb 6 oz
Start Food Temperature: 35-40°F
Accessory: ¼ Sheet pan
Total Cook Time: 6:00

Oven Temp	375 °F	
Stage	1	2
Time	1:30	4:30
Microwave	80%	80%
Fan	10%	0%
IR	100%	100%

Procedure: add 4 tbsp water – cut in half, remove seeds, place cut side down

Carrots, baby (fresh)

Manufacturer: Bolt House Farm, 16 oz bag
Qty: 4 oz
Start Food Temperature: 35-40°F
Accessory: Ceramic dish
Total Cook Time: :50

Oven Temp	520 °F
Stage	1
Time	:50
Microwave	100%
Fan	0%
IR	100%

Procedure: Add 1 Tbsp water

Corn Cobb, petite (fresh)

Manufacturer: Seneca
Qty: 3.5-4 oz
Start Food Temperature: 35-40°F
Accessory: Ceramic dish
Total Cook Time: :35

Oven Temp	520 °F
Stage	1
Time	:35
Microwave	100%
Fan	0%
IR	100%

Grape Tomatoes (fresh)

Manufacturer: N/A -- Fresh Produce
Qty: 16 each
Start Food Temperature: 35-40°F
Accessory: Ceramic dish
Total Cook Time: :30

Oven Temp	520 °F
Stage	1
Time	:30
Microwave	60%
Fan	50%
IR	60%

Green Beans (raw)

Manufacturer: N/A -- Fresh Produce
Qty: 5 oz:
Start Food Temperature: 0-5°F
Accessory: Ceramic dish
Total Cook Time: 1:00

Oven Temp	520 °F
Stage	1
Time	1:00
Microwave	80%
Fan	0%
IR	100%



Menu 3: Vegetarian

Menu group 3: Vegetables

Carrots, crinkle cut (fresh)

Manufacturer: Great Value, 16 oz bag

Qty: 4 oz

Start Food Temperature: 0-5°F

Accessory: Ceramic dish

Total Cook Time: 1:00

Oven Temp	520° F
Stage	1
Time	1:00
Microwave	100%
Fan	0%
IR	0%

Procedure: Add 1 Tbsp water

Peas (fresh)

Manufacturer: N/A -- Fresh Produce

Qty: 8 oz

Start Food Temperature: 0-5°F

Accessory: Ceramic dish

Total Cook Time: 1:10

Oven Temp	520° F
Stage	1
Time	1:10
Microwave	100%
Fan	0%
IR	100%

Vegetables, mixed (raw)

Manufacturer: Sysco Imperial # 1699107

Qty: 8 oz

Start Food Temperature: 0-5°F

Accessory: Ceramic dish

Total Cook Time: 1:30

Oven Temp	520° F
Stage	1
Time	1:30
Microwave	100%
Fan	0%
IR	100%

Vegetables, roasted (fresh)

Manufacturer: N/A -- Fresh Produce

Qty: 5 oz

Start Food Temperature: 35-40°F

Accessory: Ceramic dish

Total Cook Time: :40

Oven Temp	520° F
Stage	1
Time	:40
Microwave	50%
Fan	80%
IR	100%

Recipe:

Ingredients:

1.5 oz yellow squash, 0.5" thick

1.5 oz zucchini, 0.5" thick

mushrooms

1.0 oz asparagus

0.8 oz green beans,

0.2 oz shiitake

2 Tbsp olive oil

Salt and pepper to taste

Procedure:

1. Combine all vegetables in a ceramic dish.
2. Season vegetables with oil, salt and pepper.

Menu 3: Vegetarian

Menu group 4: Appetizers

Brie, baked

Manufacturer: N/A

Qty: 6 oz

Start Food Temperature: 35-40°F

Accessory: Ceramic dish

Total Cook Time: :45

Oven Temp	520° F	
	Part 1	Part 2
Stage	1	1
Time	:15	:30
Microwave	80%	20%
Fan	30%	90%
IR	100%	100%

See recipe on next page...



Recipe:

Ingredients:

1 oz sautéed chopped onions, shallots and mushrooms
5 oz Brie cheese
1 cup white wine
2 tsp cornstarch

Procedure:

PART 1

1. In a ceramic dish add vegetables, cheese, and wine.
2. Place it in the oven and cook following part 1 settings (above).

PART 2

1. After cooking it for 15 sec, remove dish out of the oven.
2. Add 2 tsp cornstarch and stir.
3. Place it back to the oven and follow part 2 settings.

Broccoli Cheddar Bites Manufacturer: Morning Star, 9 oz pack Qty: 5 pieces (1.05 oz ea) Start Food Temperature: 0-5 °F Accessory: Non-stick basket Total Cook Time: :55	Oven Temp	520 °F			
	Stage	1			
	Time	:55			
	Microwave	80%			
	Fan	40%			
Cheddar Cheese Rounds Manufacturer: Lamb Weston # P40 Qty: 8 pieces Start Food Temperature: 0-5 °F Accessory: ¼ Sheet pan Total Cook Time: :35	Oven Temp	520 °F			
	Stage	1			
	Time	:35			
	Microwave	90%			
	Fan	50%			
Cheese Sticks, Mozzarella Manufacturer: Lamb Weston, Tantalizer #30430 Qty: 5 pieces Start Food Temperature: 0-5 °F Accessory: Non-stick basket Total Cook Time: 1:15	Oven Temp	450 °F			
	Stage	1	2	3	
	Time	:40	:15	:20	
	Microwave	80%	60%	0%	
	Fan	70%	70%	70%	
Jalapeno Munchers (pre-cooked) Manufacturer: Lamb Weston #P38 Qty: 24 pieces Start Food Temperature: 0-5 °F Accessory: ¼ Sheet pan Total Cook Time: 1:45	Oven Temp	520 °F			
	Stage	1			
	Time	1:45			
	Microwave	80%			
	Fan	30%			
Quiche, Spinach petite (pre-cooked) Manufacturer: Nancy's, 32 oz box Qty: 6 pieces (0.7 oz ea) Start Food Temperature: 0-5 °F Accessory: ¼ Sheet pan Total Cook Time: :40	Oven Temp	520 °F			
	Stage	1			
	Time	:40			
	Microwave	60%			
	Fan	0%			
Spinach & Artichoke Dip (pre-cooked) Manufacturer: N/A Qty: 6 oz Start Food Temperature: 35-40 °F Accessory: Ceramic dish Total Cook Time: 1:00	Oven Temp	520 °F			
	Stage	1			
	Time	1:00			
	Microwave	90%			
	Fan	60%			
Tortilla Points (chips) Manufacturer: Del Rey #3 Qty: 1 shell Start Food Temperature: 35-40 °F Accessory: ¼ Sheet pan Total Cook Time: 1:00	Oven Temp	520 °F			
	Stage	1			
	Time	1:00			
	Microwave	70%			
	Fan	0%			
Onion Rings (par-baked) Manufacturer: Lamb Weston # 44979 Qty: 6 oz Start Food Temperature: 0-5 °F Accessory: ¼ Sheet pan Total Cook Time: :45	Oven Temp	520 °F			
	Stage	1			
	Time	:45			
	Microwave	100%			
	Fan	30%			



Jalapeno Poppers (pre-cooked)	Oven Temp	520° F
Manufacturer: Poppers, 15 oz box	Stage	1
Qty: 8 pieces (.9-1.2 oz ea)	Time	1:15
Start Food Temperature: 0-5°F	Microwave	60%
Accessory: ¼ Sheet pan	Fan	100%
Total Cook Time: 1:15	IR	100%

Menu 3: Vegetarian

Menu Group 5: Potatoes

Fries, Fast Food Extra Crispy (par-baked)	Oven Temp	520° F	
Manufacturer: Ore-Ida, Fast Food Extra Crispy, 26 oz bag; or McCain#MCF03788	Stage	1	2
Qty: 6 oz	Time	1:00	:25
Start Food Temperature: 0-5°F	Microwave	60%	30%
Accessory: ¼ Sheet pan	Fan	90%	100%
Total Cook Time: 1:25	IR	100%	100%
Fries (par-baked)	Oven Temp	520° F	
Manufacturer: Lamb Weston # X14	Stage	1	
Qty: 6 oz	Time	1:00	
Start Food Temperature: 0-5°F	Microwave	100%	
Accessory: ¼ Sheet pan	Fan	100%	
Total Cook Time: 1:00	IR	100%	
Fries, crinkle cut (par-baked)	Oven Temp	520° F	
Manufacturer: Ore-Ida	Stage	1	
Qty: 8 oz	Time	1:00	
Start Food Temperature: 0-5°F	Microwave	100%	
Accessory: ¼ Sheet pan	Fan	100%	
Total Cook Time: 1:00	IR	100%	
Fries, seasoned (par-baked)	Oven Temp	520° F	
Manufacturer: Great Value 32 oz bag	Stage	1	
Qty: 6 oz	Time	1:05	
Start Food Temperature: 0-5°F	Microwave	70%	
Accessory: Non-stick basket	Fan	100%	
Total Cook Time: 1:05	IR	100%	
Fries, waffle (par-baked)	Oven Temp	520° F	
Manufacturer: Ore-Ida, 22 oz bag	Stage	1	
Qty: 6 oz	Time	1:10	
Start Food Temperature: 0-5°F	Microwave	100%	
Accessory: ¼ Sheet pan	Fan	70%	
Total Cook Time: 1:10	IR	100%	
Fries, zesty twists (par-baked)	Oven Temp	520° F	
Manufacturer: Ore-Ida	Stage	1	2
Qty: 28 oz	Time	1:15	2:15
Start Food Temperature: 0-5°F	Microwave	70%	100%
Accessory: ¼ Sheet pan	Fan	0%	60%
Total Cook Time: 3:30	IR	100%	100%
Potato, baked (raw)	Oven Temp	520° F	
Manufacturer: N/A -- Fresh Produce	Stage	1	
Qty: 1 (6.5 oz)	Time	2:00	
Start Food Temperature: 65-75°F	Microwave	80%	
Accessory: ¼ sheet pan	Fan	0%	
Total Cook Time: 2:00	IR	100%	



Potatoes, roasted Red (raw) Manufacturer: N/A -- Fresh Produce Qty: 1 lb. 7 oz Start Food Temperature: 65-75 °F Accessory: Metal skewer Total Cook Time: 4:00	Oven Temp	520° F	
	Stage	1	2
	Time	3:00	1:00
	Microwave	100%	100%
	Fan	10%	100%
	IR	100%	100%
Potato, mashed Manufacturer: Basic # 81837 Qty: 1 lb. Start Food Temperature: 35-40 °F Accessory: Ceramic Dish Total Cook Time: 1:25	Oven Temp	520° F	
	Stage	1	
	Time	1:25	
	Microwave	100%	
	Fan	0%	
	IR	100%	
Potato wedges, garlic & parmesan (raw) Manufacturer: Ore-Ida - Garlic & Parmesan Qty: 9 oz Start Temperature: Frozen 0-5 °F Accessory: Non-stick basket Total Cook Time: 2:00	Oven Temp	520° F	
	Stage	1	2
	Time	1:30	:30
	Microwave	100%	0%
	Fan	70%	100%
	IR	100%	100%

Menu 3: Vegetarian

Menu Group 6: Miscellaneous

Sweet Potatoes (raw) Manufacturer: N/A -- Fresh Produce Qty: 1 (12 oz) Start Food Temperature: 65-75 °F Accessory: ¼ Sheet pan Total Cook Time: 3:30	Oven Temp	520° F	
	Stage	1	
	Time	3:30	
	Microwave	100%	
	Fan	0%	
	IR	100%	
Tater Tots (par baked) Manufacturer: Ore-Ida 28 oz bag Qty: 6 oz Start Food Temperature: Frozen 0-5 °F Accessory: Non-stick basket Total Cook Time: 1:10	Oven Temp	520° F	
	Stage	1	
	Time	1:10	
	Microwave	90%	
	Fan	20%	
	IR	100%	



Menu 4: Seafood

Menu Group 1: Fish A-R

Catfish, Breaded (raw) Manufacturer: Heartland #12310 Qty: 4 oz Start Food Temperature: 0-5 °F Accessory: ¼ Sheet pan Total Cook Time: 2:00	Oven Temp	520° F	
	Stage	1	2
	Time	1:00	1:00
	Microwave	100%	100%
	Fan	50%	100%
	IR	50%	100%



Menu 4: Seafood

Menu Group 1: Fish A-R

Cod fish fillets (raw)

Manufacturer: N/A
Qty: 2 fillets (4oz ea)
Start Food Temperature: 35-40 °F
Accessory: Ceramic dish

Total Cook Time: 2:00

Oven Temp	520 °F	
Stage	1	2
Time	1:00	1:00
Microwave	70	30
Fan	50	40
IR	100	100

Fish, Beer Battered (raw)

Manufacturer: Van de Kamps
Qty: 4 oz
Start Food Temperature: 0-5 °F
Accessory: ¼ sheet pan

Total Cook Time: 1:00

Oven Temp	520 °F	
Stage	1	
Time	1:00	
Microwave	100%	
Fan	100%	
IR	100%	

Flounder (raw)

Manufacturer: N/A
Qty: 11 oz
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet

Total Cook Time: :45

Oven Temp	425 °F	
Stage	1	
Time	:45	
Microwave	100%	
Fan	0%	
IR	100%	

Haddock, breaded (raw)

Manufacturer: N/A
Qty: 2 (8 oz)
Start Food Temperature: 0-5 °F
Accessory: ¼ sheet pan

Total Cook Time: 2:05

Oven Temp	520 °F	
Stage	1	
Time	2:05	
Microwave	80%	
Fan	10%	
IR	100%	

Mahi Mahi Filet (raw)

Manufacturer: N/A
Qty: 4.5 oz
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan

Total Cook Time: 2:00

Oven Temp	425 °F	
Stage	1	
Time	2:00	
Microwave	40%	
Fan	0%	
IR	100%	

Recipe:

Ingredients:

1 tsp garlic powder
1 tsp onion powder
½ Tbsp oregano
2 Tbsp lemon juice
¼ cup melted butter

Procedure:

1. Brush fish with melted butter and season with rest of ingredients.

Orange Roughy (raw)

Manufacturer: Packer # 6212865
Qty: 1 lb. 5 oz
Start Temperature: 35-40 °F
Accessory: ¼ Sheet with Parchment paper

Total Cook Time: 2:00

Oven Temp	520 ° F	
Stage	1	
Time	2:00	
Microwave	100%	
Fan	10%	
IR	100%	

Pollock (raw)

Manufacturer: Sea Best #091010
Qty: 4-6 oz
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan

Total Cook Time: :50

Oven Temp	520 °F	
Stage	1	
Time	:50	
Microwave	100%	
Fan	0%	
IR	100%	



Menu 4: Seafood

Menu Group 2: Fish S

Salmon (raw)

Manufacturer: N/A

Qty: 5-6 oz

Start Temperature: 35-40°F

Accessory: ¼ Sheet pan

Total Cook Time: 1:45

Oven Temp 520° F

Stage 1

Time 1:45

Microwave 40%

Fan 0%

IR 100%

Recipe:

Ingredients:

1 Tbsp Olive Oil,

1 tsp Chili Powder

1 tsp garlic powder

½ tsp salt

Procedure:

1. Brush salmon with seasonings.
2. Place salmon in a baking sheet
3. After cooking, let it rest for 4 min.

Salmon Filet (raw)

Manufacturer: Portsim # 1493386

Qty: 8 oz

Start Food Temperature: 35-40°F

Accessory: ¼ Sheet pan

Total Cook Time: 1:55

Oven Temp 520° F

Stage 1

Time 1:55

Microwave 40%

Fan 0%

IR 100%

Salmon Filet (pre-cooked)

Manufacturer: Cuisine Solutions

Qty: 3.5 oz

Start Temperature: 35-40°F

Accessory: ¼ Sheet pan

Total Cook Time: 1:10

Oven Temp 450° F

Stage 1 2

Time 1:00 :10

Microwave 70% 100%

Fan 0% 0%

IR 0% 0%

Salmon and Mango en Papillote

Manufacturer: N/A

Qty: 1 (6.56 oz ea)

Start Food Temperature: 35-40°F

Accessory: ¼ Sheet pan and parchment paper

Total Cook Time: 1:25

Oven Temp 520° F

Stage 1

Time 1:25

Microwave 100%

Fan 0%

IR 100%

Recipe:

Ingredients

6 oz fresh Alaskan salmon

2 oz fresh mango

1 Tbsp butter

salt/white pepper

Procedure

1. Position salmon on half of paper then place pieces of fresh mango on top.
2. Sprinkle with salt and white pepper then dot with pieces of butter.
3. Seal parchment envelope leaving a small opening at the pointed end.
4. Place on sheet pan and cook.
5. Once it's cooked, salmon can be served in cooking pouch or removed and placed on a plate according to preference.

Salmon, garbanzo crusted

Manufacturer: N/A

Qty: 6 oz

Start Food Temperature: 35-40°F

Accessory: ¼ Sheet pan with parchment paper

Total Cook Time: 1:25

Oven Temp 520° F

Stage 1

Time 1:25

Microwave 100%

Fan 100%

IR 100%

Recipe:

Ingredients:

6 oz fresh Alaskan salmon

8 oz garbanzo beans

2 Tbsp olive oil

½ onion chopped

pinch paprika

pinch salt, pepper

Procedure:

1. Place garbanzo beans and onion in food processor and pulse.
2. Add olive oil and paprika until chunky smooth texture.
3. Remove from food processor and season with salt and pepper.
4. Place salmon on tray with parchment paper and spread garbanzo paste over salmon.



Menu 4: Seafood

Menu Group 2: Fish S

Salmon on cedar plank (raw)

Manufacturer: Royal Greenland

Qty: 6 oz

Start Food Temperature: 35-40 °F

Accessory: Cedar plank

Total Cook Time: 3:00

Oven Temp	520 °F	
Stage	1	2
Time	2:00	1:00
Microwave	40%	30%
Fan	0%	0%
IR	100%	100%

Chilean Sea Bass Filet (raw)

Manufacturer: N/A

Qty: 5 oz

Start Food Temperature: 35-40 °F

Accessory: ¼ Sheet pan

Total Cook Time: 1:40

Oven Temp	425 °F	
Stage	1	
Time	1:40	
Microwave	80%	
Fan	0%	
IR	100%	

Sole Filet, Stuffed (raw)

Manufacturer: N/A

Qty: 4-6 oz

Start Food temperature: 35-40 °F

Accessory: Ceramic dish

Total Cook Time: 1:10

Oven Temp	520 °F	
Stage	1	
Time	1:10	
Microwave	80%	
Fan	40%	
IR	100%	

Swordfish (raw)

Manufacturer: N/A

Qty: 7.4 oz

Start Food Temperature: 35-40 °F

Accessory: ¼ Sheet pan

Total Cook Time: 2:23

Oven Temp	425 °F	
Stage	1	
Time	2:23	
Microwave	80%	
Fan	0%	
IR	100%	

Menu 4: Seafood

Menu Group 3: Fish T-Z

Tilapia (medium browning)

Manufacturer: N/A

Qty: 5-6.5 oz

Start Food Temperature: 35-40 °F

Accessory: ¼ Sheet pan

Total Cook Time: 1:00

Oven Temp	520 °F	
Stage	1	
Time	1:00	
Microwave	80%	
Fan	40%	
IR	100%	

Tilapia on Cedar Plank

Manufacturer: N/A

Qty: 5 oz

Start Food Temperature: 35-40 °F

Accessory: Cedar plank

Total Cook Time: 1:00

Oven Temp	520 °F	
Stage	1	
Time	1:00	
Microwave	70%	
Fan	80%	
IR	100%	

Tuna Steaks (medium)

Manufacturer: N/A

Qty: 4 oz

Start Food Temperature: 35-40 °F

Accessory: ¼ Sheet pan

Total Cook Time: 2:05

Oven Temp	520 °F	
Stage	1	2
Time	1:15	:50
Microwave	60%	70%
Fan	0%	20%
IR	100%	100%

Procedure:

Brush with butter and let rest for 2 min.



Menu 4: Seafood

Menu Group 3: Fish T-Z

Tuna Steaks (rare)

Manufacturer: N/A
Qty: 2 (4 oz ea)
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan

Total Cook Time: 1:40

Oven Temp	520° F	
Stage	1	2
Time	1:00	:40
Microwave	60%	70%
Fan	0%	20%
IR	100%	100%

Procedure:

Brush with butter and let rest for 2 min. after cooking.

Walleye

Manufacturer: N/A
Qty: 2 filets (10 oz ea)
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan

Total Cook Time: 2:50

Oven Temp	520° F	
Stage	1	
Time	2:50	
Microwave	60%	
Fan	20%	
IR	100%	

Walleye, Parmesan Crusted

Manufacturer: N/A
Qty: 4 oz
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan

Total Cook Time: 1:00

Oven Temp	520° F	
Stage	1	
Time	1:00	
Microwave	80%	
Fan	60%	
IR	100%	

Menu 4: Seafood

Menu Group 4: Shellfish

Scallops (raw)

Manufacturer:
Qty: 6 pieces (.6-.7 oz ea)
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan

Total Cook Time: 1:10

Oven Temp	520° F	
Stage	1	
Time	1:10	
Microwave	80%	
Fan	80%	
IR	100%	

Recipe:

Ingredients:

6 large scallops
1 cup Teriyaki sauce
¼ cup soy sauce
1 Tbsp of sesame oil
1 tsp garlic powder

Procedure:

1. Marinate scallops with rest of ingredients for at least 1 hour.

Shrimp (51-60 size, raw)

Manufacturer: Hidden Bay #116740
Qty: 1 lb.
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan

Total Cook Time: 1:40

Oven Temp	520° F	
Stage	1	
Time	1:40	
Microwave	100%	
Fan	0%	
IR	100%	

Shrimp (21-25 size, raw)

Manufacturer: N/A
Qty: 6 ea
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan

Total Cook Time: 1:20

Oven Temp	520° F	
Stage	1	
Time	1:20	
Microwave	20%	
Fan	70%	
IR	100%	



Menu 4: Seafood

Menu Group 4: Shellfish

Shrimp (16-20 size, raw)

Manufacturer: Hidden Bay #112002

Qty: 9 ea

Start Food Temperature: 35-40°F

Accessory: ¼ Sheet pan

Total Cook Time: 1:05

Oven Temp	520° F	
Stage	1	2
Time	:55	:10
Microwave	30%	0%
Fan	70%	70%
IR	100%	100%

Shrimp, Jumbo Breaded (pre-cooked)

Manufacturer: Market Pantry

Qty: 6 pieces (0.85-0.1 oz ea)

Start Food Temperature: 0-5°F

Accessory: ¼ Sheet pan

Total Cook Time: :40

Oven Temp	520° F	
Stage	1	2
Time	:20	:20
Microwave	100%	90%
Fan	0%	30%
IR	0%	80%

Shrimp, Popcorn (raw)

Manufacturer: Sea Pak

Qty: 12 oz

Start Food Temperature: 0-5°F

Accessory: ¼ Sheet pan

Total Cook Time: 1:40

Oven Temp	520° F	
Stage	1	2
Time	1:10	:30
Microwave	100%	100%
Fan	10%	10%
IR	100%	100%

Shrimp Scampi (raw)

Manufacturer: Sea Pak

Qty: 7 pieces

Start Food Temperature: 0-5°F

Accessory: Ceramic dish

Total Cook Time: :50

Oven Temp	520° F	
Stage	1	
Time	:50	
Microwave	100%	
Fan	10%	
IR	100%	

Shrimp Skewers (raw)

Manufacturer: N/A

Qty: 3 skewers (1.5-2 oz ea)

Start Food Temperature: 35-40°F

Accessory: ¼ Sheet pan

Total Cook Time: 1:10

Oven Temp	520° F	
Stage	1	
Time	1:10	
Microwave	30%	
Fan	70%	
IR	100%	

Recipe

Ingredients:

9 large shrimps (peeled, devained)

3 cloves of garlic

½ red onion

½ cup cilantro

1 lemon

2 Tbsp salt

1 tsp pepper

1 red bell pepper (cut in 12 pieces)

3 skewers (previously soaked in water for 30 min.)

Procedure:

1. Marinate shrimp with chopped garlic, onion, salt, cilantro, lemon, and pepper for 1 hour.
2. Alternate bell pepper and shrimp. Each skewer has 3 large shrimp and 2 pieces of red pepper.

Menu 4: Seafood

Menu Group 5: Miscellaneous

Crab Cakes (raw) more browning color

Manufacturer: N/A

Qty: 2 pieces (3.5 oz ea)

Start Food Temperature: 35-40°F

Accessory: ¼ sheet pan

Total Cook Time: 1:10

Oven Temp	520° F	
Stage	1	
Time	1:10	
Microwave	40%	
Fan	70%	
IR	100%	



Menu 4: Seafood

Menu Group 5: Miscellaneous

Fish Sticks (pre-cooked)	Oven Temp	520 °F
Manufacturer: Gorton's, 19 oz pack	Stage	1
Qty: 6 pieces (0.6-0.7 oz ea)	Time	1:00
Start Food Temperature: 0-5 °F	Microwave	80%
Accessory: Non-Stick Basket	Fan	10%
Total Cook Time: 1:00	IR	100%

Samosas, Fish, Potato, Shrimp (pre-cooked)	Oven Temp	520 °F
Manufacturer: Archer Farms	Stage	1
Qty: 6 pieces (0.5 oz ea)	Time	:30
Start Food Temperature: 0-5 °F	Microwave	80%
Accessory: Non-Stick Basket	Fan	20%
Total Cook Time: :30	IR	100%



Menu 5: Pasta –Pizza

Menu Group 1: Small Pizza

6" Rising Crust Three Meat Pizza (par-baked)	Oven Temp	520 °F	
Manufacturer: DiGiorno	Stage	1	2
Qty: 1	Time	:30	1:30
Start Food Temperature: 0-5 °F	Microwave	100%	80%
Accessory: Pizza stone	Fan	0%	0%
Total Cook Time: 2:00	IR	100%	100%

6" Cheese Pizza (raw dough)	Oven Temp	520 °F	
Manufacturer: N/A	Stage	1	2
Qty: 5 oz dough ball	Time	1:00	:15
Start Food Temperature: dough at 95 °F	Microwave	40%	0%
Cheese and sauce at 40 °F	Fan	20%	10%
Accessory: Pizza stone	IR	100%	100%
Total Cook Time: 1:15			

Recipe:

Ingredients:

- 1 Jiffy Pizza Crust mix
- 2 Tbsp Tomato sauce
- ½ cup Mozzarella cheese

Procedure:

1. Preheat pizza stone and oven for 20 minutes.
2. Make fresh pizza crust dough, top with tomato sauce and cheese
3. Use pizza peel to place and remove pizza from oven.
4. Use corn meal on pizza peel when placing in the oven to avoid sticking.

7" Deep Dish Pizza (pre-baked)	Oven Temp	520 °F	
Manufacturer: Bosco's # 736	Stage	1	2
Qty: 1 ea	Time	1:10	:25
Start Food Temperature: 0-10 °F	Microwave	60%	100%
Accessory: Pizza screen	Fan	30%	40%
Total Cook Time: 1:35	IR	100%	100%



Menu 5: Pasta –Pizza

Menu Group 1: Small Pizza

8" Four Cheese Pizza (raw dough)

Manufacturer: Freschetta # 73130

Qty: 1 ea

Start Food Temperature: -5 - 0°F

Accessory: None, place on rack

Total Cook Time: 1:30

Oven Temp	520°F		
Stage	1	2	3
Time	:40	:30	:20
Microwave	90%	100%	100%
Fan	0%	0%	10%
IR	100%	100%	100%

8" Pepperoni Pizza (raw dough)

Manufacturer: Freschetta # 73131

Qty: 1 ea

Start Food Temperature: -5 - 0°F

Accessory: None, place on rack

Total Cook Time: 1:35

Oven Temp	520°F		
Stage	1	2	3
Time	:40	:35	:20
Microwave	90%	100%	100%
Fan	0%	0%	10%
IR	100%	100%	100%

9" Pepperoni & Sausage Pizza (par-baked dough)

Manufacturer: Tombstone

Qty: 1 ea

Start Food Temperature: 0-5°F

Accessory: Pizza screen

Total Cook Time: 2:10

Oven Temp	520°F		
Stage	1	2	
Time	1:00	1:10	
Microwave	80%	60%	
Fan	0%	0%	
IR	100%	100%	

Menu 5: Pasta-Pizza

Menu Group 2: Large Pizza

12" Pepperoni Pizza (light brown color, par-baked)

Manufacturer: Tombstone

Qty: 1 ea

Start Food Temperature: 0-5°F

Accessory: Pizza screen

Total Cook Time: 2:45

Oven Temp	520°F		
Stage	1	2	3
Time	2:00	:20	:25
Microwave	40%	60%	100%
Fan	0%	20%	0%
IR	100%	100%	100%

12" Four Cheese Rising Crust Pizza (raw dough)

Manufacturer: Freschetta

Qty: 1 ea

Start Food Temperature: 0-15°F

Accessory: Pizza screen

Total Cook Time: 4:30

Oven Temp	450°F		
Stage	1	2	
Time	3:00	1:30	
Microwave	40%	20%	
Fan	0%	0%	
IR	100%	100%	

12" Roasted Portabella Mushrooms and Spinach Pizza (par-baked dough)

Manufacturer: Freschetta

Qty: 1 ea

Start Food Temperature: Frozen 0-5°F

Accessory: Pizza screen

Total Cook Time: 3:00

Oven Temp	520°F		
Stage	1	2	
Time	1:00	2:00	
Microwave	40%	40%	
Fan	0%	20%	
IR	100%	100%	

12" All Meat Pizza (raw dough)

Manufacturer: Papa Murphy's

Qty: 1 ea

Start Food Temperature: 65-70°F

Accessory: Pizza screen

Total Cook Time: 3:10

Oven Temp	520°F		
Stage	1	2	
Time	1:45	1:25	
Microwave	40%	0%	
Fan	0%	0%	
IR	100%	100%	



Menu 5: Pasta-Pizza

Menu Group 2: Large Pizza

12" Crispy Thin Crust White Pizza Manufacturer: California Pizza Kitchen Qty: 1 ea Start Food Temperature: Frozen 0-5°F Accessory: Pizza stone Total Cook Time: 2:15	Oven Temp 520°F Stage 1 Time 2:15 Microwave 40% Fan 0% IR 100%			
12" Crispy Thin Crust Sicilian Pizza (pre baked) Manufacturer: California Pizza Kitchen Qty: 1 ea Start Food Temperature: Frozen 0-5°F Accessory: Pizza stone Total Cook Time: 2:15	Oven Temp 520°F Stage 1 Time 2:15 Microwave 40% Fan 0% IR 100%			
12" Cheese Pizza (raw dough) Manufacturer: N/A Qty: 1.2 lb dough ball Start Food Temperature: dough: 90°F Cheese and sauce: 35-40°F Accessory: Pizza stone Total Cook Time: 2:30	Oven Temp 520°F Stage 1 2 Time 1:30 1:00 Microwave 40% 30% Fan 0% 60% IR 100% 100%			
12" Pizza Crust w/toppings (par-baked) Manufacturer: Pizza Crust: Freschetta #73036 Qty: 1 ea Starting Food Temperature: 0-10°F crust only Accessory: Pizza stone Total Cook Time: 2:25	Oven Temp 520°F Stage 1 2 3 Time 1:00 1:05 :20 Microwave 20% 80% 0% Fan 0% 40% 0% IR 100% 100% 100%			
14" Fresh Dough Cheese Pizza (raw dough) Manufacturer: N/A Qty: 14 oz dough ball Start Food temperature: 65-75°F Accessory: Pizza stone Total Cook time: 2:00	Oven Temp 520°F Stage 1 2 3 Time 1:00 :40 :20 Microwave 40% 40% 40% Fan 0% 50% 0% IR 100% 100% 100%			



Menu 5: Pasta-Pizza

Menu Group 3: Pasta

Baked Rigatoni (pre-cooked) Manufacturer: N/A Qty: 6 oz Start Food Temperature: 35-40°F Accessory: Ceramic Dish Total Cook Time: :50	Oven Temp 520°F Stage 1 Time :50 Microwave 100% Fan 0% IR 100%			
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Menu 5: Pasta-Pizza

Menu Group 3: Pasta

Four Cheese Ravioli (raw)

Manufacturer: Buitoni

Qty: 6 oz

Start Food Temperature: 35-40°F

Accessory: Ceramic dish

Total Cook Time: :45

Recommendation:

Top with ½ cup marinara sauce before cooking

Oven Temp	520° F
Stage	1
Time	:45
Microwave	100%
Fan	20%
IR	100%

Lasagna

Manufacturer: Stouffer's # 30321

Qty: 10 oz

Start Food Temperature: 35-40°F

Accessory: Ceramic dish

Total Cook Time: 2:30

Oven Temp	520° F
Stage	1
Time	2:30
Microwave	70%
Fan	10%
IR	100%

Macaroni & Cheese (pre-cooked)

Manufacturer: Stouffer's #1380030340

Qty: 10 oz

Start Food Temperature: 35-40°F

Accessory: Ceramic dish

Total Cook Time: 2:20

Oven Temp	520° F	
Stage	1	2
Time	2:00	:20
Microwave	80%	100%
Fan	0%	20%
IR	50%	50%

Pasta Alfredo (pre-cooked)

Manufacturer: N/A

Qty: 10 oz

Start Food Temperature: 35-40°F

Accessory: Ceramic dish

Total Cook Time: 1:10

Oven Temp	520° F
Stage	1
Time	1:10
Microwave	100%
Fan	50%
IR	100%

Recipe:

Ingredients: (serves 3 portions)

1 lb Fettuccini pasta, cooked and refrigerated

23 oz Alfredo sauce

Procedure:

1. Mix cooked pasta with Alfredo sauce.
2. Pour 10oz pasta in ceramic dish and refrigerate.
3. Once pasta is refrigerated, cook.

Penne with Vegetables (pre cooked)

Manufacturer: N/A

Qty: 10 oz

Start Food Temperature: 35-40°F

Accessory: Ceramic dish

Total Cook Time: :50

Oven Temp	520° F
Stage	1
Time	:50
Microwave	100%
Fan	50%
IR	100%

Recipe:

Ingredients:

4 lb cooked penne

2 lb mixed vegetable blend

14 oz can artichoke hearts(quartered)

5 oz parmesan cheese

4 oz extra virgin olive oil

Procedure:

1. Combine all of the ingredients together.
2. Portion out into 10 oz of penne mixture into ceramic bowls.

Spaghetti with sauce (pre-cooked)

Manufacturer: La Bella # 600723

Heinz # 57330

Qty: 10 oz

Start Food Temperature: 35-40°F

Accessory: Ceramic dish

Total Cook Time: :45

Oven Temp	520° F
Stage	1
Time	:45
Microwave	100%
Fan	0%
IR	100%

Three Cheese Tortellini (pre-cooked)

Manufacturer: N/A

Qty: 9 oz

Start Food Temperature: 35-40°F

Accessory: Ceramic dish

Total Cook Time: :50

See recipe on next page....

Oven Temp	520° F
Stage	1
Time	:50
Microwave	100%
Fan	30%
IR	100%



Menu 5: Pasta-Pizza

Menu Group 3: Pasta

Recipe:

Ingredients:

20 oz cooked tortellini
25 oz tomato basil sauce

Procedure:

1. Mix pasta and sauce in a ceramic dish.
2. Refrigerate until needed.
3. Portion out 9 oz of the pasta mix into ceramic dishes.

Toasted Ravioli, cheese & sausage (pre-cooked)	Oven Temp	520° F
Manufacturer: Louisa, 14.5 oz bag	Stage	1
Qty: 5 (.5-.7 oz ea)	Time	:40
Start Food Temperature: Frozen 0-5°F	Microwave	50%
Accessory: Non-stick basket	Fan	100%
Total Cook Time: :40	IR	100%

Menu 5: Pasta-Pizza

Menu Group 4: Miscellaneous

Bagel Bites, Pepperoni & Cheese (pre-cooked)	Oven Temp	520° F
Manufacturer: Ore-Ida (7 oz pack)	Stage	1
Qty: 8 (.8 oz ea)	Time	1:30
Start Food Temperature: Frozen 0-5°F	Microwave	30%
Accessory: ¼ Sheet pan	Fan	0%
Total Cook Time: 1:30	IR	100%

Calzone, Cheese (raw dough)	Oven Temp	520° F	
Manufacturer: N/A	Stage	1	2
Qty: 1 lb 1 oz	Time	2:00	:30
Start Food Temperature: 70-75°F	Microwave	40%	40%
Accessory: Pizza stone	Fan	0%	10%
Total Cook Time: 2:30	IR	100%	100%

Calzone, Pepperoni (raw dough)	Oven Temp	520° F	
Manufacturer: N/A	Stage	1	2
Qty: 1 lb 1 oz	Time	2:00	:15
Start Food Temperature: 70-75°F	Microwave	40%	40%
Accessory: Pizza screen	Fan	0%	10%
Total Cook Time: 2:15	IR	100%	100%

Calzone, Combo (raw dough)	Oven Temp	520° F	
Manufacturer: N/A	Stage	1	2
Qty: 1 lb 1 oz	Time	1:30	1:00
Start Food Temperature: 70-75°F	Microwave	30%	40%
Accessory: Pizza screen	Fan	0%	10%
Total Cook Time: 2:30	IR	100%	100%

Flat Bread Pizza (pre-baked bread)	Oven Temp	520° F	Bread w/toppings
Manufacturer: N/A	Bread Only		
Qty: 7 oz	Stage	1	1
Start Food Temperature: Flat bread: 65-75°F	Time	:40	:30
Rest of ingredients: 32-40°F	Microwave	0%	30%
Accessory: Pizza Stone	Fan	50%	60%
Total Cook Time: 1:10	IR	100%	100%

See recipe on next page...



Menu 5: Pasta-Pizza

Menu Group 4: Miscellaneous

Recipe:

Ingredients:

Flat Bread
2 tomatoes
3.2 oz Mozzarella cheese, sliced
8 leaves of basil

Procedure:

1. After toasting flat bread as outlined above.
2. Brush bread with olive oil and top with 5 thin slices of tomatoes.
3. Add cheese and cook.
4. Add 8 leaves of basil after finish cooking.

Flat Bread Vegetarian Pizza (pre-baked bread)

Manufacturer: N/A
Qty: 5oz
Start Food Temperature: 35-40 °C
Accessory: Pizza stone

Total Cook time: 1:30

Oven Temp	520° F	
Stage	1	2
Time	1:10	:20
Microwave	20%	20%
Fan	20%	40%
IR	100%	100%

Recipe:

Ingredients:

5 oz Naan loaf
3 oz Mozzarella Cheese
2 Tbsp infused oil
1.5 oz mixed greens
0.5 oz sliced mushrooms
0.5 oz sliced red onion
0.5 oz sliced red pepper
0.5 oz sliced red tomato

Procedure:

1. Brush Naan with infused oil (herb)
2. Top with missed greens, vegetables and cheese.
3. Place pizza on pizza stone and cook.

French Bread Cheese Pizza (pre baked)

Manufacturer: Red Baron, 8.8 oz box
Qty: 1 (4.4 oz)
Start Food Temperature: 0-5 °F
Accessory: Pizza Screen

Total Cook Time: :55

Oven Temp	520° F	
Stage	1	2
Time	:45	:10
Microwave	70%	0%
Fan	30%	0%
IR	100%	100%

French Bread Pepperoni Pizza (pre-baked)

Manufacturer: Red Baron
Qty: 1 (5.4 oz)
Start Food Temperature: 0-5 °F
Accessory: Pizza Screen

Total Cook Time: 1:05

Oven Temp	520° F	
Stage	1	2
Time	:55	:10
Microwave	100%	0%
Fan	0%	0%
IR	100%	100%

Pizza Rolls (pre-cooked)

Manufacturer: Totino's Pepperoni Trio
Qty: 6 pieces (0.5 oz ea)
Start Food Temperature: 0-5 °F
Accessory: ¼ sheet pan

Total Cook Time: :25

Oven Temp	520° F	
Stage	1	
Time	:25	
Microwave	70%	
Fan	100%	
IR	100%	



Menu 6: Bakery-Desserts

Menu Group 1: Bread

Garlic Bread (pre-baked)

Manufacturer: La Ramonella
Qty: ½ loaf (butter side up)
Start Food Temperature: 0-10 °F
Accessory: ¼ Sheet pan
Total Cook Time: :35

Oven Temp 520 °F
Stage 1
Time :35
Microwave 30%
Fan 100%
IR 100%

Bread, loaf (raw)

Manufacturer: Food Club
Qty: 1 loaf
Start Food Temperature: 65-75 °F
Accessory: ¼ Sheet pan with parchment paper
Total Cook Time: 8:30

Oven Temp 350 °F
Stage 1
Time 8:30
Microwave 0%
Fan 0%
IR 50%

Procedure:

Let rise at room temp., spray with oil after baking.

Breadsticks, French bread (par-baked)

Manufacturer: Rich's Food Service #87783
Qty: 4 x 1.7 oz (7" length ea)
Start Food Temperature: 20 °F
Accessory: Pizza stone
Total Cook Time: :40

Oven Temp	500 °F	
Stage	1	2
Time	:25	:15
Microwave	50%	60%
Fan	40%	20%
IR	100%	100%

Breadsticks (pre-baked)

Manufacturer:
Qty: 3 (1.85 oz ea)
Start Food Temperature: 0-5 °F
Accessory: Pizza Screen
Total Cook Time: :35

Oven Temp 520 ° F
Stage 1
Time :35
Microwave 80%
Fan 80%
IR 100%

Toasted slices of baguette

Manufacturer:
Qty: 5 (2.5 oz ea)
Start Temperature: 75 °F
Accessory: Pizza Screen
Total Cook Time: :25

Oven Temp 520 ° F
Stage 1
Time :25
Microwave 30%
Fan 30%
IR 100%

Dinner Rolls (raw)

Manufacturer: Rhodes
Qty: 5 rolls
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan
Total Cook Time: 3:00

Oven Temp	400 ° F	
Stage	1	2
Time	2:00	1:00
Microwave	30%	0%
Fan	0%	0%
IR	90%	90%

Procedure:

Let it thaw for approx. 3.5 h

Dinner Rolls (par-baked)

Manufacturer: Sister Schubert's # 71456
Qty: 4 (2oz ea)
Start Food Temperature: 35-40 °F
Accessory: ¼ Sheet pan
Total Cook Time: :40

Oven Temp	500 ° F	
Stage	1	2
Time	:25	:15
Microwave	40%	40%
Fan	40%	20%
IR	100%	90%



Menu 6: Bakery-Desserts

Menu Group 1: Bread

Rustic Roll (par-baked)

Manufacturer: Trader Joe's

Qty: 3 rolls

Start Food Temperature: 65-75 °F

Accessory: ¼ Sheet pan

Total Cook Time: :55

Oven Temp	520 °F
Stage	1
Time	:55
Microwave	30%
Fan	100%
IR	100%

Toast, Texas Garlic (pre-baked)

Manufacturer: New York

Qty: 4 pieces (1.3-1.6 oz ea.)

Start Temperature: 0-5 °F

Accessory: Pizza Screen

Total Cook Time: 1:05

Oven Temp	520 ° F
Stage	1
Time	1:05
Microwave	30%
Fan	40%
IR	100%

Menu 6: Bakery- Desserts

Menu Group 2: Desserts

Baked Alaska

Manufacturer: N/A

Qty: 2 ea

Start Food Temperature: 0-5 °F

Accessory: ¼ Sheet pan

Total Cook Time: :35

Oven Temp	520 ° F	
Stage	1	2
Time	:20	:15
Microwave	10%	0%
Fan	20%	30%
IR	100%	100%

Recipe

Ingredients:

Strawberry ice cream

Individual round sponge cakes (dessert cups) or 2.7 in diameter x 0.5 in thickness of pound cake (see recipe below)

For whipped egg whites:

4 egg whites

½ tsp vanilla

¼ tsp cream of tartar

½ cup sugar

Procedure:

1. Place 1 scoop of ice cream (2.5 oz approximately) on each cake and freeze.
2. Cover with sweetened whipped egg whites before baking.
3. If fresh pound cake is used, after cooling it down, place cake in refrigerator for 6 hours before slicing it.
4. After 6 hours, slice the bread 0.5 in thick and cut circles of 2.5 in diameter.

Bread Pudding, Chocolate Croissant

Manufacturer: N/A

Qty: 6 pieces

Start Food Temperature: 35-40 °F

Accessory: 6 Jumbo metal muffin pan

Total Cook Time: 20:00

Oven Temp	350 °F
Stage	1
Time	20:00
Microwave	0%
Fan	0%
IR	0%

Recipe

Ingredients:

4-6 croissants (1-2 days old)

2 cups half-and-half

2 cups heavy cream

4 oz semisweet or bittersweet chocolate, chopped

1/3 tsp salt

6 eggs

1 cup sugar

Procedure:

1. Cut croissants into 1 in cube. Place cubes in a baking dish.
2. Before pre-heating the oven, heat the half-and half, cream and salt in the oven under Microwave only mode for approximately 2-3 min. A microwave oven can be used as well (for 2000 Watts, cook for 2-3min).
3. Add chocolate and whisk until melted.
4. In a large mixing bowl, whisk the eggs and sugar together.
5. Add the hot chocolate-cream mixture and whisk constantly.
6. Strain the mixture over the croissant pieces.
7. Let it soak for at least 15 min. and fold the mixture several times to homogenize the mixture.
8. Place 6g of the mixture into one muffin cup for a total of 6 muffins (recommended to use silicone pan)



Menu 6: Bakery- Desserts

Menu Group 2: Desserts

Cheesecake, NY Style (raw)

Manufacturer: N/A

Qty: 1 pie

Start Temperature: 35-40°F

Accessory: 9" Pie pan

Total Cook Time: 16:50

Oven Temp	350°F	Filling	Filling
Crust	1	1	2
Stage	1		
Time	10:00	5:50	1:00
Microwave	0%	50%	10%
Fan	0%	0%	0%
IR	0%	0%	0%

Recipe:

Ingredients:

Crust:

1 cup graham cracker crumbs

¼ cup unsalted butter, melted

1 tbsp sugar

Filling:

4(8oz) packages of Philadelphia Cream Cheese,

¾ cup granulated sugar

4 large eggs, 1 tbsp cornstarch

½ tsp salt

1 Tbsp vanilla

Procedure:

To make crust:

1. Mix the cracker crumbs, butter and sugar until evenly moistened.
2. Place crumb mixture onto a 9-inch spring form pan and press mixture.
3. Bake the crust for 10 min. 0% MW, 0% Fan and 0% IR. Let it cool and store in Refrigerator until ready to use

To make base:

1. Beat room temperature cream cheese until smooth.
2. Add sugar and beat until smooth. Add eggs, 1 at a time.
3. Add cornstarch, salt and vanilla.
4. Beat on low to combine.
5. Once is all well mixed, pour the cream based into a prepared pan with baked crust.

Crème Brûlée (pre-baked)

Manufacturer: Archer Farms

Qty: 1 (4.4 oz ea)

Start Food Temperature: Frozen 0-5°F

Accessory: ¼ Sheet pan

Total Cook Time: 1:30

Oven Temp	520°F	
Stage	1	2
Time	1:15	:15
Microwave	30%	20%
Fan	80%	80%
IR	0%	0%

Procedure: Add water in the pan

Crème Brûlée, Strawberry (pre-baked)

Manufacturer: Trader Joe's

Qty: 1 ea.

Start Food Temperature: 0-5°F

Accessory: ¼ Sheet pan

Total Cook Time: 1:00

Oven Temp	520°F
Stage	1
Time	1:00
Microwave	0%
Fan	80%
IR	100%

Lava Cake (pre-baked)

Manufacturer: Archer Farms

Qty: 1 (4oz ea)

Start Food Temperature: 0-5°F

Accessory: Ceramic dish

Total Cook Time: 0:30

Oven Temp	520°F
Stage	1
Time	:30
Microwave	50%
Fan	0%
IR	100%

Pie, Cherry

Manufacturer: Marie Callender's

Qty: 1 pie (42 oz ea)

Start Food Temperature: 0-5°F

Accessory: Aluminum Pan (with product)

Total Cook Time: 14:00

Oven Temp	400°F		
Stage	1	2	3
Time	5:00	4:30	4:30
Microwave	0%	30%	20%
Fan	0%	0%	0%
IR	100%	100%	100%

Pie, Dutch Apple

Manufacturer: Sara Lee

Qty: 1 pie (37 oz ea)

Start Food Temperature: 0-5°F

Accessory: Aluminum Pan (with product)

Total Cook Time: 10:00

Oven Temp	400°F
Stage	1
Time	10:00
Microwave	30%
Fan	0%
IR	100%



Menu 6: Bakery- Desserts

Menu Group 2: Desserts

Pound Cake

Manufacturer: N/A
Qty: 9 x 5 inch loaf
Start Food Temperature: 65-75°F
Accessory: 9x5 inch loaf pan
Total Cook Time: 24:00

Recipe:

Ingredients:

1 lb unsalted butter
1 lb sugar
1 lb eggs, approx 8 large eggs
1 lb all purpose flour (non- bleach)
1 tbsp vanilla extract
1 tsp baking powder
¼ tsp salt

Oven Temp	350°F	
Stage	1	2
Time	20:00	4:00
Microwave	0%	30%
Fan	0%	0%
IR	0%	0%

Procedure:

1. Take butter out of refrigerator and wait until temperature rises close to 60°F since it's easier to beat. Take eggs out as well.
2. Beat butter and vanilla extract until creamy (2 min approximately).
3. Add sugar ¼ cup at a time until it gets light and fluffy (approx. 5-6 min) at medium speed.
4. Add eggs, 1 at a time with 5-10 sec in between or until it's completely incorporated before adding the next one. Blend flour, salt and baking powder together.
5. Change beating speed to low and slowly add dry blend mixing until well blended.
6. Brush inside of 2 loaf pans of 9x5 inch with butter.
7. Line the loaf bottoms with parchment paper and brush paper with butter. Add half of batter into each loaf pan.
8. Bake in the oven and let it rest for 15 min.
9. Remove pan and let it rest for at least 30 min before slicing bread.

Menu 6: Bakery- Desserts

Menu Group 3: Snacks

Apple Sticks

Manufacturer: Bosco # 2172
Qty: 1 ea
Start Food Temperature: 32-40°F
Accessory: ¼ Sheet pan
Total Cook Time: 1:55

Oven Temp	450°F	
Stage	1	2
Time	1:35	:20
Microwave	30%	20%
Fan	80%	90%
IR	100%	100%

Pretzel, Cheese (pre-baked)

Manufacturer: SuperPretzel, Softstix
Qty: 5 pieces (1 oz ea)
Start Temperature: 0-5°F
Accessory: ¼ Sheet pan
Total Cook Time: :40

Oven Temp	520° F	
Stage	1	2
Time	:20	:20
Microwave	90%	30%
Fan	20%	0%
IR	100%	100%

Pretzel, Plain (pre-baked)

Manufacturer: J&J Snacks #3014
Qty: 1 ea.
Start Food Temperature: 0-5°F
Accessory: ¼ Sheet pan
Total Cook Time: 30

Oven Temp	450°F	
Stage	1	
Time	:30	
Microwave	80%	
Fan	50%	
IR	100%	

Toasted Strudel

Manufacturer: Pillsbury
Qty: 2 ea
Start Food Temperature: 0-5°F
Accessory: Non-Stick Basket
Total Cook Time: 0:20

Oven Temp	520° F	
Stage	1	
Time	:20	
Microwave	100%	
Fan	10%	
IR	100%	



Menu 6: Bakery- Desserts

Menu Group 4: Breakfast

Cinnamon Rolls (raw) Manufacturer: Pillsbury Qty: 6 pieces Start Food Temperature: 35-40 °F Accessory: ¼ Sheet pan w/parchment Total Cook Time: 10:15	Oven Temp 350 °F Stage 1 Time 10:15 Microwave 0% Fan 0% IR 100%				
Cinnamon Rolls (raw) quick bake Manufacturer: Pillsbury – 1 lb tube Qty: 5 pieces Start Food Temperature: 35-40 °F Accessory: ¼ Sheet pan Total Cook Time: 3:30	Oven Temp 400 °F Stage 1 Time 3:30 Microwave 30% Fan 0% IR 100%				
Cinnamon Rolls (proofed) Manufacturer: Rich's # 3439 Qty: 4 ea. Start Food Temperature: Approx 90 °F Accessory: ¼ Sheet pan Total Cook Time: 1:20	Oven Temp 520 °F Stage 1 Time 1:20 Microwave 30% Fan 10% IR 100%				
Muffin, Chocolate Manufacturer: Pillsbury Qty: 6 (4 oz ea) Start Food Temperature: 35-40 °F Accessory: Muffin Pan Total Cook Time: 8:05	Oven Temp 400 ° F Stage 1 Time 7:20 Microwave 20% Fan 0% IR 0%	2 Time :45 Microwave 0% Fan 10% IR 0%			
Muffin, Blueberry Manufacturer: Pillsbury Qty: 6 (1.8 oz ea) Start Food Temperature: 65-75 °F Accessory: Muffin Pan Total Cook Time: 5:30	Oven Temp 400 ° F Stage 1 Time 1:00 Microwave 20% Fan 0% IR 0%	2 Time 1:45 Microwave 10% Fan 0% IR 0%	3 Time 1:45 Microwave 0% Fan 0% IR 0%	4 Time 1:00 Microwave 30% Fan 20% IR 0%	
Muffin, Banana Manufacturer: Pillsbury Qty: 6 (1.9 oz ea) Start Food Temperature: Room Temp 75 °F Accessory: Muffin Pan Total Cook Time: 4:15	Oven Temp 400 ° F Stage 1 Time 1:00 Microwave 30% Fan 0% IR 0%	2 Time :45 Microwave 0% Fan 0% IR 0%	3 Time 2:30 Microwave 20% Fan 0% IR 0%		
Turnover, cherry (pre-baked) Manufacturer: N/A Qty: 2 (3.2 oz ea) Start Food Temperature: 65-75 °F Accessory: ¼ Sheet pan Total Cook Time: :45	Oven Temp 400 °F Stage 1 Time :45 Microwave 30% Fan 30% IR 100%				
Bagel, Toasted (crispy) Manufacturer: N/A Qty: 2 ea. Start Food Temperature: 65-75F. Accessory: Pizza Screen Total Cook Time: 0:25	Oven Temp 520 ° F Stage 1 Time :25 Microwave 30% Fan 100% IR 100%				



Menu 6: Bakery- Desserts

Menu Group 4: Breakfast

Buttermilk Banana Nut Bread

Manufacturer:

Qty: 1 box

Start Food Temperature: 65-75°F

Accessory: High Temperature Loaf Glass (Pyrex)

Total Cook Time: 8:00

Oven Temp 350° F

Stage 1

Time 8:00

Microwave 30%

Fan 0%

IR 50%

Recipe:

Ingredients:

3 ripe bananas

½ cup butter (softened)

1 cup sugar

4 Tbsp buttermilk

1 tsp soda

2 eggs

2 cups flour

½ cups chopped pecans

1/8 tsp salt

Procedure:

1. Cream butter and sugar.

2. Add bananas and mix well. Next add eggs and continue mixing.

3. Add soda that has been dissolved in buttermilk.

4. Finally, add flour and salt and fold in nuts.

5. Grease loaf pan before adding the batter.

Menu 6: Bakery- Desserts

Menu Group 5: Sweet

Brownie (raw batter)

Manufacturer: Betty Crocker

Qty: 1 package

Start Temperature: Room Temp. 75°F

Accessory: High temperature Glass pan (Pyrex)

Total Cook Time: 25:00

Oven Temp 350° F

Stage 1

Time 25:00

Microwave 0%

Fan 0%

IR 0%

Procedure:

Follow instructions from brownie mix box.

Cookie, Chocolate Chip (raw dough)

Manufacturer: Nestle Toll House

Qty: 6 (1 oz ea)

Start Food Temperature: 35-40°F

Accessory: ¼ Sheet pan

Total Cook Time: 10:00

Oven Temp 350° F

Stage 1

Time 10:00

Microwave 0%

Fan 0%

IR 100%

Tip:

For a crispier cookie add 2 minutes to cook time

Cookies, sugar (raw dough)

Manufacturer: Pillsbury

Qty: 6 (1 oz ea)

Start Food Temperature: 0-10°F

Accessory: ¼ Sheet pan w/parchment

Total Cook Time: 7:00

Oven Temp 350° F

Stage 1

Time 7:00

Microwave 0%

Fan 0%

IR 100%

Triple Chocolate Treasures

Manufacturer: Eagle Brand

Qty: 4 ea.

Start Food Temperature: 65-75°F

Accessory: ¼ Sheet pan

(follow directions on box)

Total Cook Time: 4:15

Oven Temp 400° F

Stage 1

Time 2:00

Microwave 20%

Fan 0%

IR 100%

2

Time 1:30

Microwave 0%

Fan 0%

IR 0%

3

Time :45

Microwave 10%

Fan 10%

IR 0%



Menu 6: Bakery- Desserts

Menu Group 6: Miscellaneous

Sweet Potato Soufflé

Manufacturer: N/A

Qty: 1 pie

Start Food Temperature: 35-40°F

Accessory: High Temperature Glass (Pyrex)

Total Cook Time: 11:30

Oven Temp	350° F			
Stage	1	2	3	4
Time	3:00	3:30	2:00	3:00
Microwave	60%	80%	100%	100%
Fan	0%	0%	10%	0%
IR	0%	0%	0%	0%

Biscuits, Buttermilk (raw)

Manufacturer:

Qty: 8 pieces (2 ¼" diameter)

Start Food Temperature: 65-75°F

Accessory: ¼ Sheet pan

Total Cook Time: 1:10

Oven Temp	520°F
Stage	1
Time	1:10
Microwave	80%
Fan	10%
IR	100%

Crescent Rolls, Garlic Butter (raw)

Manufacturer: Pillsbury

Qty: 8 pieces (.98-1.1 oz)

Start Food Temperature: 38-42°F

Accessory: ¼ Sheet pan

Total Cook Time: 3:00

Oven Temp	400° F
Stage	1
Time	3:00
Microwave	40%
Fan	0%
IR	100%

Croissant, French Style (pre-baked)

Manufacturer: Sara Lee

Qty: 4-6 pieces, 1oz ea.

Start Food Temperature: 5°F

Accessory: ¼ Sheet pan

Total Cook Time: 5:00

Oven Temp	400°F
Stage	1
Time	5:00
Microwave	0%
Fan	0%
IR	50%

Corn muffin

Manufacturer: N/A

Qty: 6 (1.6 oz ea)

Start Temperature: 65-75°F

Accessory: Muffin tin

Total Cook Time: 1:30

Oven Temp	520°F
Stage	1
Time	1:30
Microwave	80%
Fan	0%
IR	100%

Corn bread

Manufacturer: Archer Farms

Qty: 1 box

Start Temperature: 65-75°F

Accessory: Glass container (Pyrex)

Total Cook Time: 7:00

Oven Temp	350° F		
Stage	1	2	3
Time	2:30	2:00	2:30
Microwave	30%	20%	30%
Fan	0%	10%	10%
IR	0%	0%	0%

Procedure: Follow package instructions



Preprogrammed Menu Display in the High Speed Combination oven

Category 1 Sandwich						
Pad #	1. Breakfast	2. Poultry	3 Meat	4 Seafood	5 Vegetarian	6
1	Biscuit E.B.C	Chicken Panini	Cheeseburger	Tuna Melt	Grilled Cheese	
2	B. fast Croissant	Chicken Sandwich	Ham & Cheese	Tuna Melt Panini		
3	Croissant sand	Turkey Sub	Italian Sub 6"			
4	English Muffin Sand	Smod Turkey Sub	Meatball Sub			
5	Biscuit S.E.C	Turk Eng Muff	Philly Steak Sub			
6			Roast Beef Sand			
7						
8						
9						
0						

Category 2 Meat						
Pad #	1. Poultry	2. Beef	3. Pork	4. Appetizers	5 Breakfast	6 Misc
1	Chicken Half	Beef Cutlet	BBQ Ribs - pre-C	Egg Rolls - chx	Omelette	Veal - Breaded
2	Chx Breast 6oz	Beef Skewers	Pork Chops - raw	Chicken Fries		Veal Cutlet
3	Chx Breast Grill	Strip Sirloin - MD	Pork Chops - BRD	Chx wings frz		Lamb Rack - 2
4	Chx Breast pre-C	Chateaubriand	Spiral Ham	Chx wings-refrdz		Lamb Rack - 4
5	Chx Cordon Bleu	Filet Mignon - MD	Bacon-thick raw	Empanadas - Beef		Corn Dog
6	Chx Tenders	Hamburger - raw	Bacon - precook	Nachos		Hot Dog
7	Chicken Kabobs	Meatballs - raw	Saug. Links-pre-C	Quesadilla - Chx		Chick Pot Pie
8	Chicken Cutlet	Meatballs/sauce	Saug. Links raw	Taquito		Chicken Nuggets
9	Chicken Thighs	Ribeye - med	Sausage Patties	Sliders		Chick Fajitas
0	Turkey Breast	Skirt Steak - MD				Chicken Burrito

Category 3 Vegetarian						
Pad #	1. Breakfast	2. Lunch	3. Vegetables	4. Appetizers	5 Potatoes	6 Misc
1	Belgian waffle	French Oni. Soup	Asparagus	Baked Brie	Fries - Fast Food	Sweet Potatoes
2	Potatoes	Quiche Lorraine	Butternut Squ.	Broccoli Bites	Fries - Lamb West	Tater Tots
3	Scrambled Eggs	Veg Burger- frzn	Baby Carrots	Cheese Rounds	Fries-crink. cut	
4	French Toast	Veggie Burger	Corn cob 4 oz	Cheese Sticks	Fries - seasoned	
5	Hash Browns	Enchiladas	Grape Tomatoes	Jalapeno Munch.	Fries - waffle	
6	Cheese Omelette		Green Beans	Petite Quiche	Fries - twist	
7	Pancakes		Carrots-Crinkle	Spinach Dip	Baked Potato	
8	Potatoes O'Brien		Peas	Tortilla Points	Roasted Potatoe	
9			Mixed Vegetable	Onion Rigs	Mashed Potatoes	
0			Roasted Veg	Jalapeno Popper	Potato Wedges	



Preprogrammed Menu Display in the High Speed Combination oven

Category 4 Seafood						
Pad #	1. Fish A-R	2 Fish S	3 Fish T-Z	4. Shellfish	5. Misc	6
1	Catfish	Salmon - 5 oz	Tilapia	Scallops	Crab Cakes	
2	Cod	Salmon - 8oz	Tilapia on Cedar	Shrimp 51-60	Fish Sticks	
3	Fish - battered	Salmon - precook	Tuna Steak 4oz	Shrimp 21-25	Samosas	
4	Flounder	Salmon en Papil.	Tuna 2x4oz	Shrimp 16-20		
5	Haddock	Salmon Garbanzo	Walleye	Shrimp - breaded		
6	Mahi Mahi	Salmon on Cedar	Walleye - crusted	Shrimp - popcorn		
7	Orange Roughy	Sea Bass		Shrimp Scampi		
8	Pollock	Sole		Shrimp Skewers		
9		Swordfish				
0						

Category 5 Pasta-Pizza						
Pad #	1. Sm Pizza	2. Lg Pizza	3. Pasta	4 Misc	5	6
1	6 in Rising Crust	12 in Pepperoni	Baked Rigatoni	Bagel Bites		
2	6 in Fresh Dough	12 in Rising Crust	4 Cheese Ravioli	Cheese Calzone		
3	7 in Deep Dish	12 in Mushroom	Lasagna	Pepp. Calzone		
4	8 in Four Cheese	12 in Meat-fresh	Mac & Cheese	Combo Calzone		
5	8 in Pepperoni	12 in White-thin	Pasta Alfredo	Flat Bread Pizza		
6	9 in Pepp-Sausge	12 in Sicilian	Penne w Veg	Flat Bread Veg		
7		12 in Cheese-fre	Spaghetti-sauce	French Brd. Chz		
8		12 in Par-baked	3 Cheese Tortellini	French Bread Pepp		
9		14 in Cheese-fre	Toasted Ravioli	Pizza Rolls		
0						

Category 6 Bake-Dess						
Pad #	1. Bread	2. Desserts	3 Snacks	4 Breakfast	5 Sweet	6 Misc
1	Garlic Bread	Baked Alaska	Apple sticks	Cinn Rolls	Brownie	Swt. Pot. Souffle
2	Bread Loaf	Bread Pud. Choc.	Cheese Pretzel	Cinn Rolls Quk Bk	Cookie-choc chip	Biscuits
3	French Brd. Stx	Chz. Cake Crust	Regular Pretzel	Cinn Rolls-proof	Sugar Cookie	Crescent Rolls
4	Breadsticks	Chz. Cake Filling	Toasted Strudel	Choc Muffin	Choc Treasures	Croissants
5	Toasted Baguett	Crepe Brulee		Blueberry Muffin		Corn Muffin
6	Roll - raw	Strawber. Crème		Banana Muffin		Corn Bread
7	Roll - parbaked	Lava Cake		Cherry Turnover		
8	Rustic Roll	Cherry Pie		Bagel - toasted		
9	Texas Gar. toast	Dutch apple Pie		Banana Bread		
0		Pound Cake				