



HIGH SPEED COMBINATION OVEN COOKING GUIDE

MXP5221 / MXP5223



New

HIGH PERFORMANCE HAS A 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.



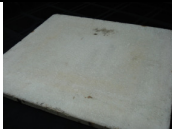
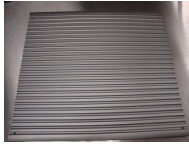
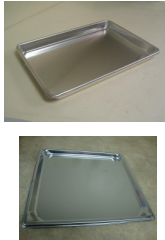


Tips for	MXP5221 / MXP5223 Operation																				
Microwave settings	<ul style="list-style-type: none"> • 11 different power levels (0% lowest to 100% highest) control intensity of microwave. • Microwave helps cooking the food and increases the internal food temperature. • Food containing high 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 not 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. • If no radiant is desired, 0% can be chosen. 																				
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. <p>Example: Roasted red potatoes Temperature 270°C</p> <table style="margin-left: 40px;"> <tr> <td>Stage</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">Total cook time: 4:00</td> </tr> <tr> <td>Time</td> <td style="text-align: center;">3:00</td> <td style="text-align: center;">1:00</td> <td></td> </tr> <tr> <td>Microwave</td> <td style="text-align: center;">100%</td> <td style="text-align: center;">100%</td> <td>(Only 25% of the cook time uses higher</td> </tr> <tr> <td>Fan</td> <td style="text-align: center;">10%</td> <td style="text-align: center;">100%</td> <td>fan power to avoid the potatoes from</td> </tr> <tr> <td>IR</td> <td style="text-align: center;">100%</td> <td style="text-align: center;">100%</td> <td>burning)</td> </tr> </table>	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)
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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 95-270 °C (200-520 °F) • Use only one temperature for all your menu items to avoid any cooking inconsistency. 																				
Oven Cleaning	<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. 																				



Important topics about food

For food that:	MXP5221 / MXP5223 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"> • Decrease the 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 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 with parchment paper.

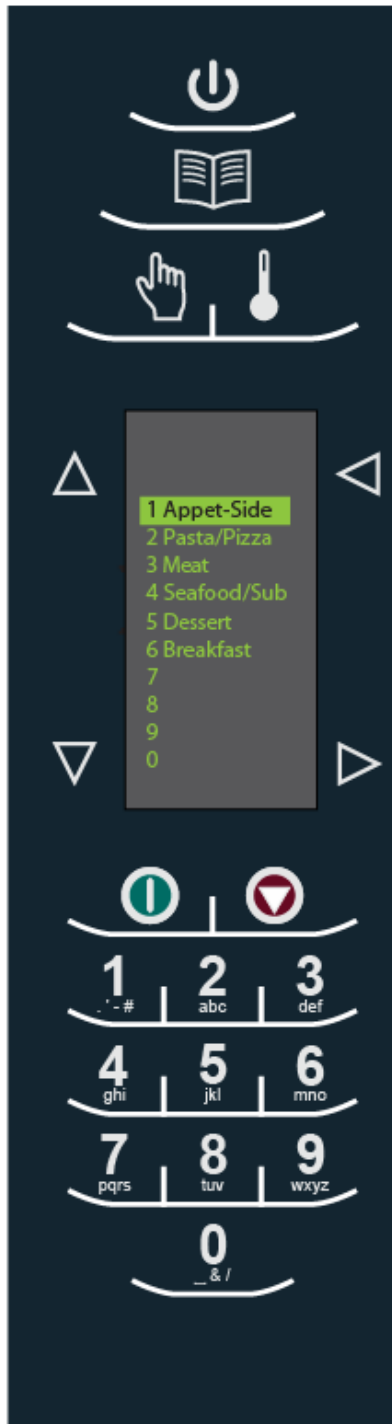
Cooking Accessories

Accessories offered by ACP, Inc.	
<p>Non-stick basket (SB10 or TB10)</p> <ul style="list-style-type: none"> • Dimensions: SB10: 150 x 300 x 18 mm (6 x 12 x ¾ in) TB10: 250 x 300 x 25 mm (10 x 12 x 1 in) • 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. 	
<p>Oven Paddle (PA10)</p> <ul style="list-style-type: none"> • Aids in easy and safe removal of sandwiches and pizza from MXP ovens. 	
<p>Pizza Stone (ST10X)</p> <ul style="list-style-type: none"> • Dimensions: 359 x 359 mm (14 3/8 x 14 3/8 in) • Aids in crisping and browning breads and pizzas. 	
<p>Grill pan (GR10)</p> <ul style="list-style-type: none"> • Dimensions: 325 x 354 mm (12.8 x 13.94 in) • Aids in adding grill marks on a product, in a panini sandwich for example. 	
Generic accessories (Not offered by ACP, Inc)	
<p>Metal containers</p> <p><u>Aluminum Sheet pan, 1/4 size</u> = 241 x 330 x 25 mm (9.5 x 13 x 1 in)</p> <p><u>2/3 size pan, stainless steel pan from Vollrath S/N 90102 Super Pan 3</u> = 325 x 354 mm x 0.75mm (12 ¾ x 13 ¾ x ¾ in)</p> <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 MXP. Different types of metal conduct heat at different speeds. Aluminum heats faster than stainless steel. 	
<p>Pizza Screen (up to 375mm diameter =15inch diameter)</p> <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. 	
<p>Ceramic dish</p> <ul style="list-style-type: none"> • Great for foods that need to be contained such as ready-to-serve foods, cut vegetables or soups. 	
<p>High Temperature Glass baking containers</p> <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



Examples of Preprogrammed Menu Items Include:

1. Appetizer/Side

- Meat
- Non-meat
- Potatoes
- Vegetables

2. Pasta/Pizza

- Pizza
- Miscellaneous
- Pasta

3. Meat

- Poultry
- Pork
- Beef

4. Seafood/Sub

- Fish
- Prawn
- Sub

5. Dessert

- Chocolate
- Miscellaneous

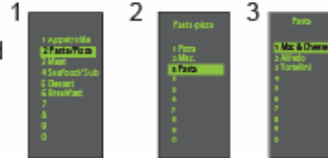
6. Breakfast

- Meat
- Non-meat
- Sandwich

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.

Note: Menu Items may vary by model.



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Note: The menu groups follow what is on the screen.

Abbreviations:

g: gram

mL: milliliter

tsp: teaspoon

Kg: Kilogram

oz: once

Tbsp: tablespoon

L: Liter

Qty: quantity

Temp: temperature



Menu: Appetizer/Sides

Menu Item Group: Meat

Chicken Wings (pre-cooked)

Qty: 6 pieces: 23-34 g (0.8-1.2 oz each)

Start Food Temp: Frozen -12- -9°C

Accessory: ¼ size sheet pan

Total Cook time: 1:20

Oven Temp	270 °C
Stage	1
Time	1:20
Microwave	100%
Fan	0%
IR	100%

Chicken Wings, (pre-cooked)

Qty: 10 pieces, 23-34 g each (0.8-1.2 oz)

Start Food Temp.: Refrigerated 3-6°C

Accessory: ¼ size sheet pan

Total Cook Time: 1:10

Oven Temp	270 °C
Stage	1
Time	1:10
Microwave	100%
Fan	0%
IR	100%

Empanadas, Beef

Qty: 4 pieces: 40g each (1.4 oz)

Start Food Temp.: Refrigerated 3-6°C

Accessory: ¼ size sheet pan

Total Cook Time: 3:20

Oven Temp	270 °C		
Stage	1	2	3
Time	1:20	1:00	1:00
Microwave	20%	10%	0%
Fan	0%	0%	0%
IR	100%	0%	0%

Recipe

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

Ingredients:

A. Dough:

- 480 g (4 cups) of flour
- 225 g (1 cup) of butter
- 225 g (1 cup) of margarine
- 1 tsp salt
- 1 tsp baking powder
- 236 mL (1 cup) cold water

B. Filling:

- 160 g (1 cup) chopped onion
- 454 g ground beef
- 17 g (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 and fold into a half circle.
5. Place 4 empanadas on a ¼ size pan, brush surface with egg and cook.

Nachos

Qty: 142 g (5oz)

Start Food Temp: Refrigerated 3-6°C

Accessory: ¼ size sheet pan

Total Cook Time: :15

Oven Temp	270 °C
Stage	1
Time	:15
Microwave	90%
Fan	30%
IR	100%

Recipe:

Ingredients:

- 42.5 g nacho chips
- 85 g cooked ground beef
- 29 g shredded cheese (mozzarella or cheddar)

Procedure:

1. Place nachos on sheet pan.
2. Top with ground beef and cheese.



Menu: Appetizer/Sides

Menu Item Group: Meat

Samosas, filled with fish, potato & shrimp (pre-cooked)

Qty: 6 pieces, 14 g each (0.5 oz)
Start Food Temp.: Frozen -12- -9°C
Accessory: ¼ size sheet pan

Total Cook Time: :30

Oven Temp	270 °C
Stage	1
Time	:30
Microwave	80%
Fan	20%
IR	100%

Procedure:

Let it rest for 1 min

Tacos, Chicken & Cheese (pre-cooked)

Qty: 4 pieces, 42.5-51 g each (1.5-1.8 oz)
Start Food Temp: Frozen -12- -9°C
Accessory: ¼ size sheet pan

Total Cook Time: :40

Oven Temp	270 °C
Stage	1
Time	:40
Microwave	100%
Fan	100%
IR	100%

Menu: Appetizer/Side

Menu Item Group: Non-Meat

Butternut Squash (fresh)

Qty: 624g (1lb 6oz)
Start Food Temp: Refrigerated 3-6°C
Accessory: ¼ size sheet pan

Total Cook Time: 6:00

Oven Temp	190 °C	
Stage	1	2
Time	1:30	4:30
Microwave	80%	80%
Fan	10%	0%
IR	100%	100%

Procedure:

1. Add 4 Tbsp water, cut squash
In half and place cut side down

Cheese, Brie (Melted) Part 1

Qty: 170g (6oz)
Start Food Temp: Refrigerated 3-6°C
Accessory: Ceramic dish

Oven Temp	270 °C
Stage	1
Time	:15
Microwave	80%
Fan	30%
IR	100%

Recipe:

Ingredients:

28.5 g sautéed chopped onions, shallots and mushrooms
142 g Brie cheese
30 mL (1 cup) white wine

Procedure:

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

Cheese, Brie (Melted) Part 2

Qty: 170 g (6oz)
Start Food Temp: Refrigerated 3-6°C
Accessory: Ceramic dish

Oven Temp	270 °C
Stage	1
Time	:30
Microwave	20%
Fan	90%
IR	100%

Procedure:

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.



Menu: Appetizer/Side

Menu Item Group: Non-Meat

Petite Quiche (pre-cooked)

Qty: 6 pieces, 20 g each (0.7oz)
 Start Food Temp: Frozen -12- -9°C
 Accessory: ¼ size sheet pan
Total Cook Time: :40

Oven Temp	270 °C
Stage	1
Time	:40
Microwave	60%
Fan	0%
IR	100%

Spinach & Artichoke Dip (pre-cooked)

Qty: 284 g (10 oz)
 Start Food Temp: Refrigerated 3-6 °C
 Accessory: Ceramic dish
Total Cook Time: 1:00

Oven Temp	270 °C
Stage	1
Time	1:00
Microwave	100%
Fan	20%
IR	100%

Menu: Appetizer/Side

Menu Item Group: Potatoes

Baked Potatoes (raw)

Qty: 1 each = 184 g (6.5 oz)
 Start Food Temp: Room Temp 21 °C
 Accessory: ¼ size sheet pan
Total Cook Time: 2:00

Oven Temp	270 °C
Stage	1
Time	2:00
Microwave	80%
Fan	0%
IR	100%

Procedure:

Pierce potatoes 4 times, add salt and pepper.

Baked Potatoes (raw)

Qty: 2 each = 368 g
 Start Food Temp: Room Temp 21 °C
 Accessory: ¼ size sheet pan
Total Cook Time: 3:00

Oven Temp	270 °C
Stage	1
Time	3:00
Microwave	80%
Fan	0%
IR	100%

Procedure:

Pierce potatoes 4 times, add salt and pepper.

Fries, French – thin (raw)

Qty: 170 g (6 oz)
 Start Food Temp: Frozen -12- -9°C
 Accessory: ¼ size sheet pan
Total Cook Time: 1:25

Oven Temp	270 °C	
Stage	1	2
Time	1:00	:25
Microwave	60%	30%
Fan	90%	100%
IR	100%	100%

Fries, French - seasoned (raw)

Qty: 170 g (6 oz)
 Start Food Temp: Frozen -12- -9°C
 Accessory: Non-stick basket
Total Cook Time: 1:05

Oven Temp	270 °C
Stage	1
Time	1:05
Microwave	70%
Fan	100%
IR	100%

Hashbrowns (raw)

Qty: 113 g (20 oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 3:30

Oven Temp	270 °C	
Stage	1	2
Time	2:00	1:30
Microwave	100%	100%
Fan	0%	100%
IR	100%	100%

Procedure:

Add 3 Tbsp oil, toss with seasoning.



Menu: Appetizer/Side

Menu Item Group: Potatoes

Potato Wedges (raw)

Qty: 454 g (1 lb)
 Start Food Temp: Room Temp 70°F
 Accessory: ¼ size sheet pan
Total Cook Time: 4:00

Recipe:

Ingredients:

454 g Russet potato wedges
 25 g (¼ cup) shredded Parmesan cheese
 3 Tbsp olive oil
 1 clove garlic
 ½ tsp Italian seasonings
 ¼ tsp Kosher salt

Oven Temp	270 °C	
Stage	1	2
Time	2:00	2:00
Microwave	100%	0%
Fan	100%	100%
IR	100%	100%

Procedure:

1. Cut potatoes in wedges.
2. Mix potatoes with rest of ingredients.

Roasted Herb Potatoes, raw

Qty: 227 g - 339 g
 Start Food Temp: Refrigerated 4-8°C
 Accessory: ¼ size sheet pan
Total Cook Time: 2:00

Recipe:

Ingredients:

227 g washed red potatoes
 1 Tbsp olive oil
 28 g fresh minced rosemary
 28 g fresh minced savory
 28 g fresh minced sage
 1 tsp dried thyme
 1 tsp dried oregano
 1 tbsp minced garlic
 ½ tsp salt/pepper

Oven Temp	270 °C	
Stage	1	
Time	2:00	
Microwave	100%	
Fan	80%	
IR	100%	

Procedure:

1. Mix together olive oil, herbs, garlic, salt, and pepper in a bowl.
2. Slice potatoes into bite size pieces.
3. Add potatoes to bowl and toss coating all pieces.
4. Place seasoned potatoes on parchment paper then onto pan.

Sweet Potatoes (raw)

Qty: 340 g approx (12 oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan or non-stick basket
Total Cook Time: 3:30

Oven Temp	270 °C	
Stage	1	
Time	3:30	
Microwave	100%	
Fan	0%	
IR	100%	

Menu: Appetizer/Side

Menu Item Group: Vegetables

Carrots, baby (fresh)

Qty: 113 g (4oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: Ceramic dish
Total Cook Time: :50

Procedure:

Add 1 tbsp of water

Oven Temp	270 °C	
Stage	1	
Time	:50	
Microwave	100%	
Fan	0%	
IR	0%	

Garlic, Roasted (fresh)

Qty: 1 bulb
 Start Food Temp: Room Temp 21 °C
 Accessory: ¼ size sheet pan
Total Cook Time: 2:00

Oven Temp	270 °C	
Stage	1	
Time	2:00	
Microwave	40%	
Fan	50%	
IR	100%	

Menu: Appetizer/Side

Menu Item Group: Vegetables

Mixed Vegetables, peas, corn, carrots

Qty: 153 g (5.4 oz)
 Start Food Temp: Frozen -12- -9°C
 Accessory: Ceramic dish
Total Cook Time: :50

Oven Temp	270°C
Stage	1
Time	:50
Microwave	100%
Fan	10%
IR	100%

Procedure:
 Add 1 tbsp water

Onion, Caramelized (fresh)

Qty: 570 g (20 oz)
 Start Food Temp: Room Temp 21°C
 Accessory: ¼ size sheet pan
Total Cook Time: 2:00

Oven Temp	230°C
Stage	1
Time	2:00
Microwave	100%
Fan	0%
IR	100%

Procedure:
 Cut onion into 0.5 cm slices, add oil and seasonings

Roasted Vegetables (fresh)

Qty: 142 g (5oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: :40

Oven Temp	270°C
Stage	1
Time	:40
Microwave	50%
Fan	80%
IR	100%

Recipe

Ingredients:

42 g yellow squash cut in rounds, 1cm thick
 42 g zucchini cut in rounds, 1cm thick
 28 g asparagus
 23 g green beans
 5 g Shiitake mushrooms
 2 Tbsp olive oil

Procedure:

1. Mix vegetables and rest of ingredients in a ceramic bowl.



Menu: Pasta/Pizza

Menu Item Group: Pizza

30 cm Cheese Pizza (fresh dough)

Qty: 510 g dough ball (1.2 lb)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: Pizza stone
Total Cook Time: 2:30

Oven Temp	270°C	
Stage	1	2
Time	1:30	1:00
Microwave	40%	10%
Fan	0%	0%
IR	100%	100%

Recipe:

Ingredients:

510 g (1.2 lb) dough ball
 240 g (1 cup) pizza sauce
 224 g (2 cups) mozzarella cheese, shredded
 Corn meal (to coat bottom of pie and use on the surface where kneading dough)

Procedure:

1. Pre-heat pizza stone for at least 25 min.
2. Once the dough is kneaded, rolled and stretched to a 30 cm diameter, add sauce and then cheese.
3. Use oven paddle to place pizza on the stone. It's recommended to add corn meal on the peel and bottom of pizza to avoid any stickiness.
4. Place pizza right on the stone and cook.



Menu: Pasta/Pizza

Menu Item Group: Pizza

30 cm Roasted Portabella Mushrooms and Spinach Pizza (par-baked)

Qty: 1 pizza
Start Food Temp: Frozen -12- -9°C
Accessory: Pizza screen

Total Cook Time: 3:00

Oven Temp	270°C	
Stage	1	2
Time	1:00	2:00
Microwave	40%	40%
Fan	0%	20%
IR	100%	100%

Flat Bread Cheese Pizza

Qty: 340 g (19 oz)
Start Food Temp: Refrigerated 3-6°C
Accessory: Pizza stone

Total Cook Time: 1:10

Oven Temp	bread only	Bread w/ toppings
	270°C	
Stage	1	1
Time	:40	:30
Microwave	0%	30%
Fan	50%	60%
IR	100%	100%

Recipe:

Ingredients:

1 flat bread (198 g approximately)
90 g fresh mozzarella cheese
5 thin slices fresh tomato
8 leaves of basil

Procedure

1. After toasting flat bread for 40 sec, brush bread with olive oil.
2. Add tomatoes and pieces of mozzarella cheese.
3. Add basil after cooking.

Flat Bread Vegetarian Pizza

Qty: 142 g, personal size
Start Food Temp: Refrigerated 3-6°C
Accessory: Pizza stone

Total cook time: 1:30

Oven Temp	270°C	
Stage	1	2
Time	1:10	:20
Microwave	20%	20%
Fan	20%	40%
IR	100%	100%

Recipe:

Ingredients:

142 g Naan loaf
2 Tbsp infused oil
42 g mixed greens
14 g sliced mushrooms
14 g sliced red onion
14 g sliced red pepper
14 g sliced red tomato
85 g fresh mozzarella cheese

Procedure:

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

Menu: Pasta/Pizza

Menu Item Group: Miscellaneous

Calzone, Cheese (with raw dough)

Qty: 454 g (1lb)
Start Food Temp.: Room temperature 21°C
Accessory: Pizza screen

Total Cook Time: 2:30

Oven Temp	270°C	
Stage	1	2
Time	2:00	:30
Microwave	40%	40%
Fan	0%	10%
IR	100%	100%

Calzone, Pepperoni (with raw dough)

Qty: 454 g (1lb)
Start Food Temp: Room Temp 21°C
Accessory: Pizza screen

Total cook time: 2:30

Oven Temp	270°C	
Stage	1	2
Time	2:00	:30
Microwave	40%	40%
Fan	0%	10%
IR	100%	100%

Menu: Pasta/Pizza

Menu Item Group: Pasta

Mac and Cheese (pre-cooked)

Qty: 227 g (8 oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: Ceramic dish
Total Cook Time: 1:00

Oven Temp	270 °C
Stage	1
Time	1:00
Microwave	100%
Fan	0%
IR	100%

Pasta Alfredo (pre-cooked)

Qty: 284 g (10 oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: Ceramic dish
Total Cook Time: 1:10

Oven Temp	270 °C
Stage	1
Time	1:10
Microwave	100%
Fan	50%
IR	100%

Recipe

Ingredients (serves 3 portions)
 454 g Fettuccine pasta, cooked and refrigerated
 650 g Alfredo sauce

Procedure:

1. Mix cooked pasta with Alfredo sauce.
2. Pour 284g of pasta and sauce in a ceramic dish and refrigerate.
3. Once pasta is refrigerated, cook.

Tortellini, Three Cheese with Tomato Sauce (pre-cooked)

Qty: 255 g (9oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: Ceramic dish
Total Cook Time: :50

Oven Temp	270 °C
Stage	1
Time	:50
Microwave	100%
Fan	30%
IR	100%



Menu: Meat

Menu Item Group: Poultry

Chicken, Half (raw)

Qty: 680 g (1lb8oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 2:40

Oven Temp	270 °C	
Stage	1	2
Time	2:10	:30
Microwave	80%	80%
Fan	0%	10%
IR	100%	100%

Procedure:

Separate breast, wing and thigh
 Let it rest for 2 min

Chicken, Whole (raw)

Qty: 1.4 Kg (3 lbs)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 10:00

Oven Temp	270 °C	
Stage	1	2
Time	8:00	2:00
Microwave	100%	100%
Fan	10%	20%
IR	100%	100%

Procedure:

Turn over with 2 min left of cooking and let it rest for 5 min.



Menu: Meat

Menu Item Group: Poultry

Chicken Kabobs (raw)

Qty: 227 g (8oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: Non-stick basket
Total Cook Time: 1:10

Recipe:

Ingredients:

3 cubes of chicken (42-56 g each)
 3 slices red pepper
 3 slices green pepper
 3 slices onion
 1 skewer

Oven Temp 270 °C
Stage 1
 Time 1:10
 Microwave 100%
 Fan 40%
 IR 100%

Procedure:

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

Chicken Thighs, with sun dried tomato (raw)

Qty: 1.13 Kg (2.5 lbs)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 6:30

Recipe:

Ingredients:

4 chicken thighs
 1 onion, julienne cut
 2 Tbsp butter (1/4 stick)
 2 Tbsp minced garlic
 480 mL (2 cups) chicken stock
 118 mL (½ cup) balsamic vinegar
 124 g (½ cup) chopped sun-dried tomatoes
 salt and pepper to taste

Oven Temp 230 °C
Stage 1 2
 Time 5:00 1:30
 Microwave 80% 100%
 Fan 20% 20%
 IR 50% 50%

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.

Chicken Pot Pie (pre-cooked)

Qty: 284 g (10oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 2:15

Oven Temp 205 °C
Stage 1
 Time 2:15
 Microwave 100%
 Fan 0%
 IR 100%

Turkey breast tenderloin (raw)

Qty: 424 g (15oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 21:00

Procedure:

Best results if tenderloin is previously marinated for a more soft texture

Oven Temp 165 °C
Stage 1 2
 Time 10:00 11:00
 Microwave 0% 20%
 Fan 0% 0%
 IR 0% 100%

Chicken Cutlet (raw)

Qty: 236 g breast
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 1:15

Recipe:

Ingredients:

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

Oven Temp 270 °C
Stage 1 2
 Time 1:00 :15
 Microwave 70% 80%
 Fan 40% 40%
 IR 100% 100%

Procedure:

1. Mix together olive oil, herbs, salt and pepper in bowl.
2. Pound chicken breast with tenderizer until it's about .63 cm thick.
3. Pour mixture over cutlet.
4. Place chicken on parchment paper then onto pan and cook.



Menu: Meat

Menu Item Group: Poultry

Lamb (raw)

Qty: Rack of 4 (283-340g total)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 1:40

Recipe:

Ingredients:

425 g of rack of lamb = 4 ribs (14-16 oz approx)
 59 mL (¼ cup) olive oil
 59 mL (¼ cup) Worcestershire sauce
 31 g (¼ cup) dried Italian seasoning
 ½ Tbsp onion powder
 4 Tbsp (half a stick) of melted butter
 salt and pepper to taste

Procedure:

1. Trim all fat off of lamb.
2. In a small sauce pan, melt butter.
3. Add rest of the ingredients.
4. Place lamb in plastic sealed bag.
5. Let lamb marinated in the refrigerator for at least 1 hour.
6. Season lamb with salt and pepper before cooking.

Oven Temp	270 °C		
Stage	1	2	3
Time	:50	:20	:30
Microwave	100%	100%	100%
Fan	40%	80%	50%
IR	100%	100%	100%

Menu: Meat

Menu Item Group: Pork

BBQ Pork Ribs (pre-cooked)

Qty: 425 g (15 oz) ---half a rack
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 2:00

Procedure:

Turn over after 1 min

Oven Temp	205 °C	
Stage	1	
Time	2:00	
Microwave	100%	
Fan	0%	
IR	100%	

Pork Chops. Marinated (raw)

Qty: 1 chop = 255 g (9 oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 4:13

Recipe:

Ingredients:

This marinade is for 10 chops but settings are for 1 each.
 472 mL (2 cups) soy sauce
 708 mL (3 cups) apple sauce
 1.2 L (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.

Oven Temp	215 °C	
Stage	One side	Turn side
Time	2:20	1:53
Microwave	50%	50%
Fan	0%	0%
IR	100%	100%

Pork Chops, Breaded (raw)

Qty: 1 chops, 227-230 g each (9-10oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 3:45

Recipe:

Ingredients:

(serves 4 but settings are for 2)
 3 eggs
 186 g (1 ½ cups) Italian seasoned bread crumbs
 50 g (½ cups) grated parmesan cheese
 2 Tbsp minced Parsley
 2 Tbsp olive oil
 4 cloves garlic, peeled and minced
 4 Pork chops
 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.

Oven Temp	205 °C	
Stage	1	2
Time	3:00	:45
Microwave	80%	100%
Fan	10%	10%
IR	50%	50%



Menu: Meat

Menu Item Group: Beef

Beef Skewers (raw)

Qty: 4 skewers

Start Food Temp: Refrigerated 3-6°C

Accessory: ¼ size sheet pan

Total Cook Time: 1:00

Recipe

Ingredients:

2 Tbsp Spanish olive oil

2-3 chopped garlic cloves

1 orange

4 beef cubes (1.3 oz =37 g)

4 pearl onions

4 cherry tomatoes

Oven Temp	270 °C	
Stage	1	2
Time	:30	:30
Microwave	40%	40%
Fan	20%	30%
IR	100%	100%

Procedure:

1. Mix juice from orange, olive oil and garlic. Add salt and pepper to taste.
2. Marinate beef with mix for approximately 2 hours.
3. Use four (4) small skewers to thread the beef, onion, and tomatoes alternately.
4. The cook settings are for a medium rare result.

Filet mignon (raw, medium rare doneness)

Qty: 227g (8 oz)

Start Food Temp: Refrigerated 3-6°C

Accessory: ¼ size sheet pan

Total Cook Time: 2:40

Procedure:

Sprinkle with salt and pepper (Let it rest for 3 min)

Oven Temp	230 °C	
Stage	1	2
Time	:40	2:00
Microwave	40%	40%
Fan	20%	0%
IR	100%	100%

Ribeye (raw, medium doneness)

Qty: 340 g (12 oz)

Start Food Temp: Refrigerated 3-6°C

Accessory: ¼ size sheet pan

Total Cook Time: 2:45

Procedure:

Brush with butter, sprinkle with salt and pepper.

Let it rest for 4 min

Oven Temp	230 °C	
Stage	1	2
Time	1:30	1:15
Microwave	40%	40%
Fan	0%	10%
IR	100%	100%

Skirt Steak (raw)

Qty: 397 g (14 oz)

Start Food Temp: Refrigerated 3-6°C

Accessory: ¼ size sheet pan

Total Cook Time: 3:10

Recipe

Ingredients:

354 mL (1 ½ cup) hot sauce

100 g (¾ cup) chopped garlic

salt and pepper to taste

397 g 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.

Oven Temp	205 °C	
Stage	1	2
Time	:40	2:30
Microwave	100%	40%
Fan	10%	0%
IR	100%	100%

Strip sirloin (raw, cooked to medium rare doneness)

Qty: 227 g (8 oz)

Start Food Temp: Refrigerated 3-6°C

Accessory: ¼ size sheet pan

Total Cook Time: 1:50

Procedure:

Sprinkle with salt and pepper. Let it rest for 3 min.

Oven Temp	270 °C	
Stage	1	2
Time	1:00	:50
Microwave	40%	20%
Fan	0%	20%
IR	100%	100%



Menu: Meat

Menu Item Group: Beef

Top sirloin, (raw, medium rare doneness)

Qty: 312 g (11 oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 3:25

Oven Temp	230 °C	
Stage	1	2
Time	2:00	1:25
Microwave	40%	20%
Fan	0%	0%
IR	100%	100%

Procedure:

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

Veal, cutlets breaded (raw)

Qty: approx 184 - 195 g (6.5 – 7oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 1:50

Oven Temp	270 °C	
Stage	1	2
Time	1:35	:15
Microwave	40%	0%
Fan	40%	0%
IR	100%	100%

Recipe

Ingredients:

Flour
 2 large eggs
 2 Tbsp whole milk
 56.5 g (1/4 cup) unsalted butter
 4 Tbsp of melted butter (half stick) or oil
 240 g (2 cups) of flour
 248 g (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.

Hamburger Patty, (raw)

Qty: 4 patties, 113-116 g ea (4 oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 1:35

Oven Temp	270 °C	
Stage	1	
Time	1:35	
Microwave	100%	
Fan	60%	
IR	70%	

Beef cutlet, peppered (raw)

Qty: 1 filet = 227 g (8oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 2:00

Oven Temp	270 °C	
Stage	1	2
Time	1:15	:45
Microwave	30%	50%
Fan	50%	50%
IR	100%	100%

Recipe

Ingredients:

227 g 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: Seafood/Sub sandwich

Menu Item Group: Miscellaneous

Crab Cakes (raw)

Qty: 2 pieces = 85 g ea (3 oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 1:00

Oven Temp 270 °C
 Stage 1
 Time 1:00
 Microwave 100%
 Fan 0%
 IR 100%

Fish Sticks (pre-cooked)

Qty: 6 pieces = 17-20 g (0.6-0.7oz)
 Start Food Temp: Frozen -12- -9°C
 Accessory: Non-stick basket
Total Cook Time: 1:00

Oven Temp 270 °C
 Stage 1
 Time 1:00
 Microwave 80%
 Fan 10%
 IR 100%

Scallops (raw)

Qty: 6 pieces 10/20 size= 22-45g each
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 1:10

Oven Temp 270 °C
 Stage 1
 Time 1:10
 Microwave 80%
 Fan 80%
 IR 100%

Recipe

Ingredients:

6 large scallops
 236 mL(1 cup) Teriyaki sauce
 59 mL(¼ cup) soy sauce
 1 Tbsp sesame oil
 1 tsp garlic powder

Procedure:

1. Marinate scallops with rest of ingredients for approximately 1hour.

Menu: Seafood/Sub sandwich

Menu Item Group: Fish

Orange Roughy (raw)

Qty: 595 g (21 oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 2:00

Oven Temp 230 °C
 Stage 1
 Time 2:00
 Microwave 100%
 Fan 10%
 IR 100%

Salmon (raw)

Qty: 170 g (6 oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 1:45

Oven Temp 270 °C
 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
 142-170g fillet salmon

Procedure:

1. Brush salmon with seasonings previously mixed in a bowl.
 2. After cooking, let it rest for 4 min.



Menu: Seafood/Sub sandwich

Menu Item Group: Fish

Salmon & mango en Papillote (raw)

Qty: 185 g (6.5 oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 1:25

Recipe

Ingredients

170 (6 oz) fresh Alaskan Salmon
 57 g (2 oz) fresh mango
 1 Tbsp butter
 salt/white Pepper
 1 sheet of parchment paper

Oven Temp	270 °C
Stage	1
Time	1:25
Microwave	100%
Fan	0%
IR	100%

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.

Tilapia (Raw)

Settings for less browning and soft texture

Qty: 175-185 g (6.5 oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 1:50

	1	2	3
Time	:30	1:00	:20
Oven Temp	270 °C	270 °C	270 °C
Microwave	30%	40%	30%
Fan	0%	0%	0%
IR	100%	100%	100%

Procedure:

Sprinkle with salt and pepper.

Tilapia (raw)

Settings for more browning and crispy texture

Qty: 175-185g filet
 Start Food temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 1:00

Oven Temp	270 °C
Stage	1
Time	1:00
Microwave	80%
Fan	40%
IR	100%

Procedure:

Sprinkle with salt and pepper.

Tuna steaks (raw, cooked to medium doneness)

Qty: 1 each= 113 g (4 oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 2:05

Oven Temp	270 °C
Stage	1
Time	1:15
Microwave	60%
Fan	0%
IR	100%

Procedure:

Brush with butter and let it rest for 2 min.

Menu: Seafood/Sub sandwich

Menu Item Group: Prawn

Prawns, in shell med size (raw)

Qty: 680 g (24 oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: Ceramic dish
Total Cook Time: 2:10

Oven Temp	220 °C
Stage	1
Time	2:10
Microwave	80%
Fan	0%
IR	100%



Menu: Seafood/Sub sandwich

Menu Item Group: Prawn

Prawn skewers, no shell (raw)

For crispy texture

Qty: 3 skewers, 42.5-56.7 g each skewer
(1.5-2 oz ea)

Start Food Temp: Refrigerated 3-6°C

Accessory: ¼ size sheet pan

Total Cook Time: 1:10

Oven Temp	270 °C
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
- 6 g (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.

Prawn skewers, with shell (raw)

For soft texture

Qty: 198 g prawns, fresh and deveined

Start Food Temp: Refrigerated 3-6°C

Accessory: ¼ size sheet pan and 2 wooden skewers,
parchment paper

Total Cook Time: :45

Oven Temp	270 °C
Stage	1
Time	:45
Microwave	60%
Fan	70%
IR	100%

Recipe

Ingredients:

- 198 g fresh cleaned and deveined prawns
- 59 mL orange juice
- 1 tsp orange zest
- 1 tsp herbs de Provence
- ½ tsp salt

Procedure:

1. Mix together orange juice, orange zest, herb de province and salt in bowl.
2. Add prawns and let marinade at least 3 hours.
3. Place prawns onto skewers (about 5 per skewer).

Menu: Seafood/Sub sandwich

Menu Item Group: Sub

Toasted Italian Sub

Qty: 152 mm sub

Start Food Temp: Bread at room temperature 21 °C

Meats and cheese from Refrigerated 3-6°C

Accessory: Pizza screen

Total Cook Time: :30

Oven Temp	270 °C
Stage	1
Time	:30
Microwave	80%
Fan	100%
IR	90%

Recipe:

Ingredients:

- 152 mm sub roll
- 2 slices of capoccola
- 2 slices of salami
- 1 slice of prosciutto
- 1 slice of provolone cheese, halved
- 53 g (¼ cup) sautéed onions
- 92 g (¼ cup) sliced peppers
- 17.5 g (¼ cup) sliced mushrooms

Procedure:

1. Place sandwich open face on screen, ingredients on heel side.
2. Place meat first and cheese on top.
3. Vegetables can be placed on top of cheese or after toasting the sub.



Menu: Seafood/Sub sandwich

Menu Item Group: Sub

Toasted Turkey Sub

Qty: 152 mm sub

Start Food Temp: Bread at room temperature 21 °C

Meat and cheese from Refrigerated 3-6 °C

Accessory: Pizza screen

Total Cook Time: :35

Recipe

Ingredients:

152 mm sub roll

4 slices turkey

1 slice halved, provolone cheese

Oven Temp 270 °C

Stage 1

Time :35

Microwave 60%

Fan 60%

IR 100%

Procedure:

1. Place sandwich open face on screen, ingredients on heel side.
2. Place slices of turkey first and cheese on top.

Meatball Sub

Qty: 152 mm sub

Start Food Temp: Refrigerated 3-6 °C

Accessory: Pizza screen

Total Cook Time: :30

Recipe

Ingredients:

15 mm sub roll

5 pre-cooked meatballs, refrigerated

2 slices cheese

Oven Temp 270 °C

Stage 1

Time :30

Microwave 30%

Fan 70%

IR 100%

Procedure:

1. Place sub open face on screen, ingredients on heel side.
2. Add meatballs first and cheese on top.

Tuna Melt

Qty: 1 sandwich

Start Food Temp: Bread at Room Temp 21 °C

Tuna from Refrigerated 3-6 °C

Accessory: Pizza screen

Total Cook Time: :35

Recipe

Ingredients:

28 g (1.1 oz) homemade tuna salad

2 slices whole wheat bread

2 slices provolone cheese

Oven Temp 270 °C

Stage 1

Time :35

Microwave 50%

Fan 20%

IR 100%

Procedure:

1. Place tuna salad top with cheese on a slice of whole wheat bread.
2. Second slice of bread is toasted with no ingredients.

Panino Imbottito

Qty: 1 sandwich (128 g approx)

Start Food Temp: Bread at room temperature 21 °C

Meats and cheese from Refrigerated 3-6 °C

Accessory: Pizza stone

Total Cook Time: :40

Recipe

Ingredients:

1 slices rosemary bread or substitute

1 Tbsp butter

2 Tbsp pesto

28 g shaved prosciutto

14 g sliced salami

2 slices cheese

28 g mixed greens

Oven Temp 270 °C

Stage 1

Time :40

Microwave 60%

Fan 0%

IR 100%

Procedure:

1. Brush one side of each slice with butter.
2. On the opposite side of the bread spread pesto equally on both halves.
3. Place sliced meats on top and finish with cheese to cover.
4. Place open faced directly on pizza stone.
5. Remove and add mixed greens.
6. Ensemble sandwich and cut in half if needed.



Menu: Desserts

Menu Item Group: Chocolate

Chocolate Croissant Bread Pudding

Qty: 6 muffins
 Start Food Temp: Refrigerated 3-6°C
 Accessory: Muffin pan
Total Cook Time: 20:00

Oven Temp **180°C**
 Stage **1**
 Time 20:00
 Microwave 0%
 Fan 0%
 IR 0%

Recipe

Ingredients:

4-6 croissants (1-2 days old)
 470 mL (2 cups) half-and-half
 470 mL (2 cups) heavy cream
 113 g (4 oz) semisweet or bittersweet chocolate, chopped
 1/3 tsp salt
 6 eggs
 200 g (1 cup) sugar

Procedure:

1. Cut croissants into 25 mm cube. Place cubes in a baking dish.
2. Before pre-heating the oven, heat the half-and half, cream and salt in the MXP (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 170g of the mixture into one muffin cup for a total of 6 muffins (recommended to use silicone pan).

Chocolate chip cookies (raw dough)

Qty: 6 pieces, 28.3 g each (1 oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 10:00

Oven Temp **180°C**
 Stage **1**
 Time 10:00
 Microwave 0%
 Fan 0%
 IR 100%

Chocolate fondue

Qty: 255-284 g (9-10 oz)
 Start Food Temp: Room Temp 21°C
 or from Refrigerated 3-6°C
 Accessory: Ceramic bowl
Total Cook Time: :35

Oven Temp **270°C**
 Stage **1**
 Time :35
 Microwave 80%
 Fan 0%
 IR 0%

Recipe

Ingredients:

165 g (1 cup) semisweet chocolate chips
 60 g (½ cup) whipping cream

Procedure:

1. Add chocolate chips and whipping cream in a ceramic dish.
2. After cooking it for 30 sec., whisk the mix and place dish back to the oven to finish cooking.

Baked Alaska

Qty: 2 portion
 Start Food Temp: Frozen -12- -9°C
 Accessory: ¼ size sheet pan
Total Cook Time: :35

Oven Temp **270°C**
 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 70 mm diameter x 13 mm thickness of pound cake (see recipe below)
 For whipped egg whites:
 4 egg whites
 1/2 tsp vanilla
 1/4 tsp cream of tartar
 97 g (½ cup sugar)

Procedure:

1. Place 1 scoop of ice cream (70 g approximately) on each cake and freeze.
2. Cover with sweetened whipped egg whites before baking in MXP.
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 12 mm thick and cut circles of 80 mm diameter.



Menu: Desserts

Menu Item Group: Chocolate

Crème Brulée, Part 1

Qty: 2 portion
 Start Food Temp: Room Temp 21°C
 Accessory: Pyrex and ramekins
Total Cook Time: 6:40

Recipe

Ingredients:

2 large eggs
 4 large egg yolks
 193 g (1 cup) granulated sugar
 180 g (2 3/4 cups) heavy whipping cream
 295 mL (1 1/4 cups) milk
 1 tsp vanilla
 pinch of salt

Crème Brulée Part 2

Qty: 2 portions
 Start Food Temp: Frozen -12- -9°C
 Accessory: 1/4 sheet pan
Total Cook Time: 2:00

Oven Temp	180 °C	
Stage	1	2
Time	5:00	1:40
Microwave	30%	50%
Fan	0%	0%
IR	0%	0%

Procedure:

Part I

1. Beat eggs and egg yolks with sugar.
2. Add the rest of ingredients. Pour 118 mL (1/2 cup) mixture into crème brulée dishes. Place in glass or ceramic pan that is filled with hot water (at least up to the middle of the dish).
3. Place it in oven and cook following settings for Part I and Freeze overnight.

Oven Temp	270 °C		
Stage	1	2	3
Time	1:15	:15	:30
Microwave	30%	20%	0%
Fan	100%	100%	100%
IR	0%	0%	0%

Procedure:

Part II

1. Pour about 1/2 tsp light brown sugar over top of frozen dishes. Bake following Settings of Part II.

Cheesecake Part 1

Qty: pie crust of 229 mm (9") diameter
 Start Food Temp: Room temperature 21°C
 Accessory: 23 cm spring form pan
Total Cook Time: 10:00

Recipe:

Ingredients:

Crust:
 84 g (1 cup) graham cracker crumbs
 56.2 g (1/4 cup) unsalted butter, melted
 1 Tbsp sugar

Filling:

227 g cream cheese
 145 g (3/4 cup) granulated sugar
 4 large eggs
 1 Tbsp cornstarch
 1 Tbsp vanilla
 1/2 tsp salt

Oven Temp	180 °C	
Stage	1	
Time	10:00	
Microwave	0%	
Fan	0%	
IR	0%	

Procedure:

To make crust:

1. Mix the cracker crumbs, butter and sugar until evenly moistened.
2. Place crumb mixture onto a 23 cm (9-inch) spring form pan and press mixture.
3. Bake the crust in MXP. Let it cool and store in Refrigerator until ready to use.

Cheesecake, Part 2

Qty: 1 pie of 25.4 cm diameter
 Start Food Temp: Room Temp 21°C
 Accessory: 23 cm spring form pan
Total Cook Time: 6:50

Oven Temp	180 °C	
Stage	1	2
Time	5:50	1:00
Microwave	50%	10%
Fan	0%	0%
IR	0%	0%

Procedure:

To make the base:

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

Menu: Desserts

Menu Item Group: Chocolate

Pound Cake (raw batter)

Qty: 1 cake (see recipe below)
 Start Food Temp: Room Temp 21°C
 Accessory: 22 x 12 cm glass pan
Total Cook Time: 24:00

Recipe

Ingredients:

454 g (1 lb) unsalted butter
 454 g sugar
 454 g eggs approximately 8 large eggs
 454 g all purpose flour (non- bleach)
 1 Tbsp vanilla extract
 1 tsp baking powder
 ¼ tsp salt

Oven Temp	180 ° C	
Stage	1	2
Time	20:00	4:00
Microwave	0%	30%
Fan	0%	0%
IR	0%	0%

Procedure:

1. Beat butter (Approx at 15°C) and vanilla extract until creamy (2 min approximately).
2. Add sugar ¼ cup at a time until it gets light and fluffy (approx. 5-6 min) at medium speed.
3. 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.
4. Change beating speed to low and slowly add dry blend mixing until well blended.
5. Brush inside of 2 loaf pans of 220 x 120 mm with butter.
6. Line the loaf bottoms with parchment paper and brush paper with butter. Add half of batter into each loaf pan.
7. Bake in MXP and let it rest for 15 min.
8. Remove pan and let it rest for at least 30 min before slicing bread.



Menu: Breakfast

Menu Item Group: Meat

Bacon, thick cut (raw)

Qty: 4 strips, 28-30 g each (1 oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: 1:10

Oven Temp	270 ° C	
Stage	1	
Time	1:10	
Microwave	90%	
Fan	60%	
IR	100%	

Sausage Patties (pre-cooked)

Qty: 6 pieces, 25.5-34 g each (0.9-1.2 oz)
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan
Total Cook Time: :50

Oven Temp	270 ° C	
Stage	1	
Time	:50	
Microwave	100%	
Fan	50%	
IR	100%	

Menu: Breakfast

Menu Item Group: Non-meat

Buttermilk Banana Nut Bread

Qty: 454 g raw dough
 Start Food Temp: Room Temp 21°C
 Accessory: 1.1 L Loaf glass container (155 x 100 x 70 mm)
Total Cook Time: 8:00

Oven Temp	180 ° C	
Stage	1	
Time	8:00	
Microwave	30%	
Fan	0%	
IR	70%	



Menu: Breakfast

Menu Item Group: Non-meat

Recipe

Ingredients:

3 ripe bananas
 113 g (½ cup) butter (softened)
 193 g (1 cup) sugar
 4 Tbsp buttermilk
 1 tsp soda
 2 eggs
 240 g (2 cups) flour
 55 g (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.

Fresh French Toast

Qty: 2 slices of bread coated with egg and seasonings
 Start Food Temp: Refrigerated 3-6°C
 Accessory: ¼ size sheet pan

Total Cook Time: 2:20

Oven Temp	270 °C	
Stage	1	2
Time	2:00	:20
Microwave	10%	80%
Fan	20%	100%
IR	100%	100%

Procedure:

Flip after 2 min

Omelet (raw)

Qty: 1 portion
 Start Food Temp: Refrigerated 3-6°C
 Accessory: Circular Metal Dish 15 cm diameter

Total Cook Time: 1:50

Oven Temp	270 °C	
Stage	1	2
Time	1:00	:50
Microwave	60%	50%
Fan	0%	10%
IR	100%	100%

Recipe

Ingredients:

3 eggs
 85 g (3 oz) shredded cheese
 28 g (1 oz) ham, diced
 14 g (0.5 oz) mushrooms, sliced
 14 g (0.5 oz) onions, diced
 14 g (0.5 oz) green peppers, diced

Procedure:

1. Spray circular dish (approximately 12cm 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. Place in oven.
5. After cooking, remove from oven, work omelet away from dish with spatula and fold in half.
6. Sprinkle shredded cheese over the top evenly and allow melting.

Pretzels, (pre-baked)

Qty: 6pieces= 62-65 g ea (2.2 oz)
 Start Food Temp: Frozen -12- -9°C
 Accessory: ¼ size sheet pan

Total Cook Time: :45

Oven Temp	270 °C	
Stage	1	
Time	:45	
Microwave	80%	
Fan	50%	
IR	100%	

Scrambled Eggs (raw)

Qty: 2 large eggs, approx 56 g each
 Start Food Temp: Refrigerated 3-6°C
 Accessory: Ceramic ramekin

Total Cook Time: :40

Oven Temp	230 °C	
Stage	1	2
Time	:30	:10
Microwave	80%	60%
Fan	0%	0%
IR	100%	100%

Toasted bagel (halved open face)

Qty: 2 bagels
 Start Food Temp: Room Temp 21°C
 Accessory: Metal Screen

Total Cook Time: :25

Oven Temp	270 °C	
Stage	1	
Time	:25	
Microwave	30%	
Fan	100%	
IR	100%	



Menu: Breakfast

Menu Item Group: **Non-meat**

Toasted slices of baguette

Qty: 5 slices, 74 g each (2.6 oz)
Start Food Temp: Room Temp 21°C
Accessory: Metal Screen
Total Cook Time: :25

Oven Temp	270 °C
Stage	1
Time	:25
Microwave	30%
Fan	30%
IR	100%

Banana Nut Muffin

Qty: 6 muffins (168g dry mix)
Start Food Temp: Refrigerated 3-6°C
Accessory: 273mm x 184mm x 32mm baking muffin tin or silicone pan
Total Cook Time: 8:30

Oven Temp	125 °C	
Stage	1	2
Time	5:00	3:30
Microwave	20%	30%
Fan	0%	0%
IR	100%	100%

Recipe:

Ingredients:

168 g muffin mix
2 eggs
78 mL milk
78 mL oil

Procedure:

1. Brush baking pan with butter.
2. Mix together muffin mix, eggs, milk, and oil.
3. Fill baking tin with mix.
4. Let them rest for 5 min before removing from baking tin.

Menu: Breakfast

Menu Item Group: **Sandwich**

Egg, Cheese Croissant Sandwich (open face, pre-cooked)

Qty: 1 sandwich, 128-130 g (4.5 oz)
Start Food Temp: Refrigerated 3-6°C
Accessory: ¼ size sheet pan
Total Cook Time: :35

Oven Temp	270 °C	
Stage	1	2
Time	:25	:10
Microwave	80%	10%
Fan	0%	10%
IR	0%	0%

English Muffin, Egg, Cheese & Bacon, (pre-cooked)

Qty: 1 sandwich, 127-133 g (4.5 -4.7 oz)
Start Food Temp: Refrigerated 3-6°C
Accessory: Non-stick basket
Total Cook Time: :35

Oven Temp	270 °C	
Stage	1	2
Time	:25	:10
Microwave	80%	20%
Fan	80%	10%
IR	0%	0%



Programmed menu display in the MXP5221 / MXP5223

Category 1 Appet-Sides						
Pad#	1. Meat	2. Non-Meat	3. Potatoes	4. Vegetables	5.	6.
1	Chick wings frzn6	Butternut Squas	Baked 1	Carrots-Baby		
2	Chick wings ref10	Brie Part 1	Baked 2	Garlic		
3	Empanadas	Brie Part 2	Fries Thin	Mixed Veggies		
4	Nachos	Quiche petite	Fries Seasoned	Onion Caram		
5	Samosas	Spin Artich Dip	Hashbrowns	Roasted Veggies		
6	Tacos		Potato wedges			
7			Roasted herb pota			
8			Sweet potatoes			
9						
0						

Category 2 Pasta-pizza						
#	1. Pizza	2. Misc.	3. Pasta	4.	5	6
1	30cm Cheese Pizz	Calzone cheese	Mac & Cheese			
2	30cm Spinach Piz	Calzone pepper	Alfredo			
3	Flat Br part 1		Tortellini			
4	Flat Br part 2					
5	Flat Br Veggie					
6						
7						
8						
9						
0						

Category 3 Meat						
#	1. Poultry	2. Misc.	3. Pork	4. Beef	5	6
1	Chicken-half	Lamb	BBQ	Skewers		
2	Chicken-whole		Chops marinated	Filet mignon		
3	Chick kabobs		Chops breaded	Ribeyes		
4	Chick thighs			Skirt steak		
5	Chick pot pie			Strip sirloin		
6	Turkey bre 424g			Top sirloin		
7	Chicken cut 236g			Veal cutlets		
8				Burger patties		
9				Beef cutlet		
0						



Programmed menu display in the MXP5221 / MXP5223

Category 4 Seaf-Sand

Pad #	1. Misc.	2. Fish	3. Prawn	4. Sandwich	5	6
1	Crab Cakes	Orange Roughy	Prawns in shell	Italian sandwich		
2	Fish Sticks	Salmon	Skewers no shell	Turkey sandwich		
3	Scallops	Salmon-mango papi	Skewers w/shell	Meatball sandwic		
4		Tilapia light brwn		Tuna melt		
5		Tilapia dark brwn		Panino Imbottito		
6		Tuna steaks				
7						
8						
9						
0						

Category 5 Dessert

#	1. Chocolate	2. Misc.	3.	4	5	6.
1	Choc bread pud	Baked Alaska				
2	Choc chip cookie	Crème brulee pt1				
3	Choc fondue	Crème brulee pt2				
4		Cheesecake pt1				
5		Cheesecake pt2				
6		Pound Cake				
7						
8						
9						
0						

Category 6 Breakfast

#	1. Meat	2. Non-Meat	3. Sandwich	4	5	6.
1	Bacon	Banana nut bread	Egg/cheese crois			
2	Sausage Patties	French Toast	English muffin			
3		Omelet				
4		Pretzels				
5		Scrambled eggs				
6		Toasted bagel				
7		Sliced baguette				
8		Banana nut muff				
9						
0						