



by **Lincat**

QUICK
START GUIDE
& RECIPE
BOOK





WELCOME TO THE WORLD OF CIBO+!

We are confident that you will soon learn the advantages of **CIBO+** for yourself, however to help you get cooking, let us introduce **CIBO+** to you.



INTRODUCING TRI-HEAT TECHNOLOGY

Understanding the technology is a great start in learning how to use your **CiBO+**. A unique combination of three heat sources; **TurboAir** (convection), **ContactBase** and **Microwave** deliver fast, quality and consistent results.

TurboAir distributes high speed, convected air in a cylindrical pattern over the food, to deliver consistent colouration.

ContactBase is the temperature controlled neoceram glass base. Contact with the glass gives better base colouration, repeatability and crispiness as well as faster oven heat up.

Microwave technology adds speed to the cooking process.

WHAT CAN I COOK?

CiBO+ can cook all types of food, however the oven is fitted with a catalytic converter which can become blocked and ineffective if excessive amounts of fatty raw meat such as burgers and sausages are cooked. **CiBO+** works best for re-heating cooked meats.

We recommend you always cook on the Teflon sheet if you are cooking directly on the glass base.



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HOW TO GET THE BEST FROM YOUR CiBO+

There are a few simple rules to help you get the best results.

- Never cook directly on the base always use a tray or Teflon sheet.
- Consistency in = consistency out. Foods need to be the same thickness and weights.
- Microwaves are poor at heating frozen products so allow the oven and base heat to thaw the product before heating the centre with microwave.
- Too much microwave is bad for bread products causing it to dry out and crumble.
- To maximise on efficiency and consistency, group together menu items which require similar temperatures. This will minimise the time the oven spends heating up/cooling down.
- Keep your oven clean with **CiBO+ Sparkle**, build-up of food deposits will increase cooking times.
- After cleaning your oven, apply **CiBO+ Protect**, this creates a barrier to minimise cleaning in the future.

SWITCHING ON YOUR CiBO+

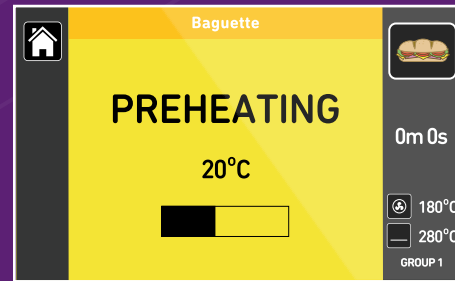
- 1 Before the first use, spray the inside walls, base and door inner with **CiBO+ Protect**.
- 2 **Plug the oven** into a wall socket and turn on the socket.
- 3 Turn on the oven by touching and holding the **On/Off button**.



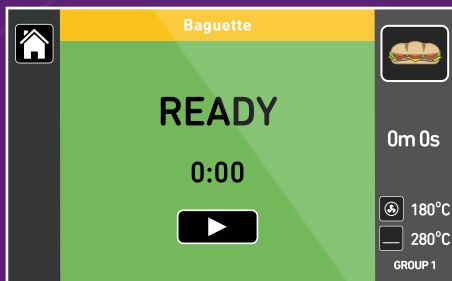
COOKING USING THE PRESET MENU ITEMS EXPLAINED



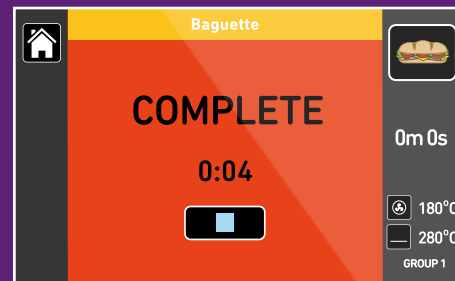
TOUCH MENU ITEM



OVEN WILL PREHEAT



PUT FOOD IN OVEN AND TOUCH PLAY



SCREEN WILL GO RED AND BEEP
WHEN COMPLETE.



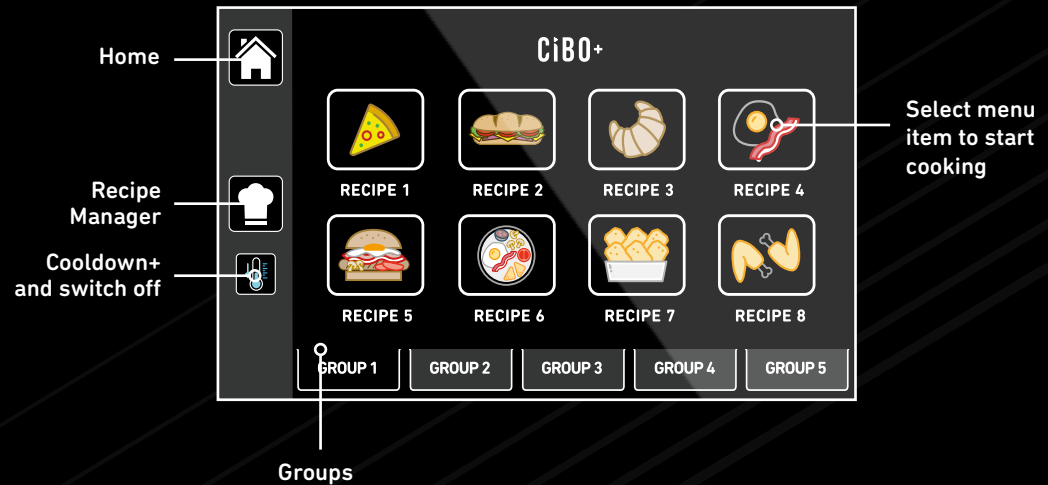
RECIPE GUIDELINES

It may be necessary to make some adjustments to the preset temperatures/times, as ingredients/food used will vary in size and thickness.



THE HOME SCREEN EXPLAINED

The concept behind operating the **CiBO+** touch screen is that you simply touch whatever you want to select/change.



GROUPS EXPLAINED

On the home screen you will find five recipe groups that you can name.

Each group of eight recipes within the group share the same oven and base temperature settings, changing the settings will change the whole group.



COPYING AND MOVING RECIPES EXPLAINED

Touch the Recipe Manager icon on the home screen to access the Recipe Manager.

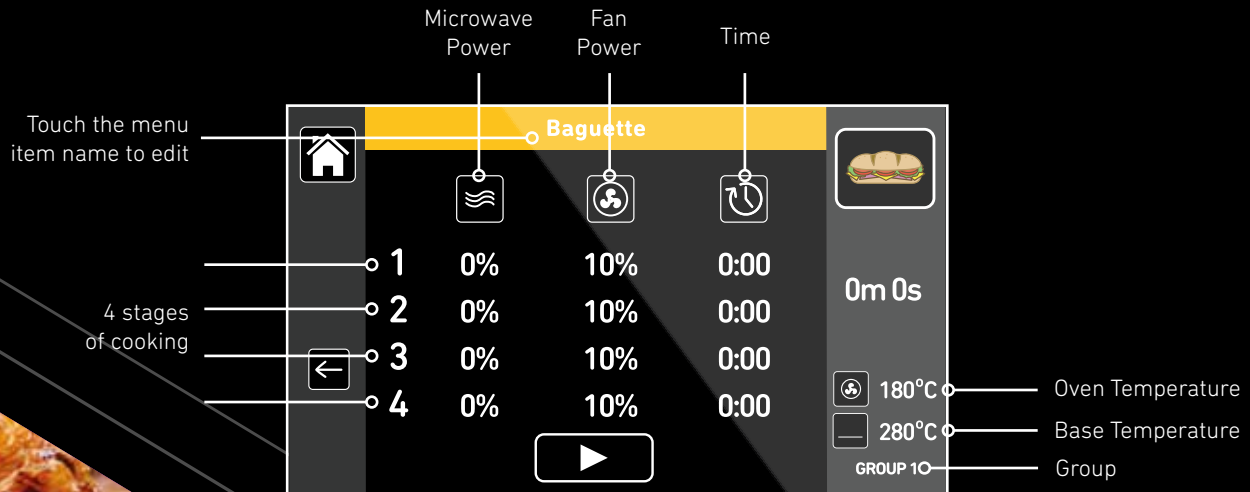
COPY: Touch the copy button and select the menu item to copy. Then select the position to copy the item to, this can be in any group.


MOVE: Touch the move button and select the recipe to move. Move only works in the group you are working in.



RECIPE EDITING EXPLAINED

In Recipe Manager, touch the menu item setting you want to edit.



	Microwave Power	Fan Power	Time	
Touch the menu item name to edit	Baguette			
4 stages of cooking	1	0%	10%	0:00
	2	0%	10%	0:00
	3	0%	10%	0:00
	4	0%	10%	0:00
				0m 0s
				180°C
				280°C
				GROUP 10



HOW TO ADJUST THE PROGRAMMES FOR OPTIMAL RESULTS

In simple terms the oven temperature and fan speed control the outer colouration of the product and the microwave heats the centre.



IF THE PRODUCT IS TOO DARK

Reduce the time and / or oven fan speed



IF THE BASE IS TOO DARK

Reduce base heat temperature



IF THE PRODUCT IS TOO LIGHT

Increase the time and / or oven fan speed



IF THE PRODUCT CENTRE IS TOO COLD

Increase the microwave percentage



IF THE PRODUCT CENTRE IS TOO HOT

Reduce the microwave percentage



COOKWARE

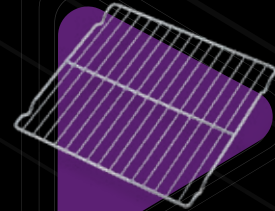
Designed for use in your **CiBO+** for perfect results



Paddle with handguard and sides **LT02**



CiBO+ Sparkle Oven Cleaner **OC01**
CiBO+ Protect Oven Shield **OS01**



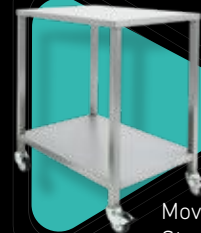
Wire Rack **SH136**



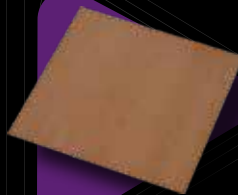
Non-stick Teflon Tray **CIBO/TT**



Non-stick Baking Tray **NSBT23**



Moveable Stacking Stand, with front lock castors **SK05**



Non-stick Teflon Sheets **TFS05**



Multi-tray **CIBO/ET**





Magnetic Paddle Hanger **LTH01**


Available from all good **Lincat** stockists.


QUICK CLEANING GUIDE


- 1** Open the door and press the Cooldown+ icon. Once cooldown is complete turn off oven.



- 2** Wear PPE. Place tea towel over open oven door, it could still be hot.



- 3** Apply CiBO+ Sparkle Oven Cleaner to base, top and sides of the oven cavity.



- 4** Spray onto a cloth and wipe inside door, door sides and seal.



- 5** Leave for 3 minutes



- 6** Wipe out oven cavity to remove dirt. Apply further spray if necessary.


- 7** Wipe out with a cloth and warm water.


- 8** Dry with paper towel and leave door open.


- 9** Spray with CiBO+ Protect Oven Shield.


- 10** Remove filter below door and rinse alternatively put through dishwasher.





RECIPES FOR SUCCESS



**HOT
SNACKS**

/ 14



PIZZA

/ 37



PASTRIES

/ 46



**SWEET
FOOD**

/ 51



APPETISERS

/ 66



**MAIN
DISHERS**

/ 78



**SIDE
DISHERS**

/ 95



**BREAKFAST
DISHERS**

/ 106



FALAFEL AVOCADO WRAP

INGREDIENTS:

- 1 x 10" Tortilla wrap
- 60g Falafel
- 30g Avocado, crushed
- 20g Cheese, grated

DIRECTIONS:

1. Top the wrap with crushed avocado, slices of Falafel and cheese.
2. Fold in the base and top and then tightly roll.
3. Place on Teflon tray and cook.

SECTORS:



Bars



Cafés



QSR



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Food Trucks



Forecourts

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

1



80% 60% 0:00:55

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:



1



HOT SNACKS



HOISIN QUORN WRAP

INGREDIENTS:

- 1 x 10" Tortilla wrap
- 2 Quorn pieces chopped
- 5g Spring onion
- 25g Hoi Sin sauce

DIRECTIONS:

1. Combine the Quorn pieces with sauce and spring onion.
2. Spread the mixture on the wrap.
3. Fold in the base and top and then tightly roll.
4. Place on Teflon tray and cook.

SECTORS:



Bars



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TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

1



80% 60% 0:00:55

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:



MEDITERRANEAN VEG PESTO WRAP



INGREDIENTS:

- 1 x 10" Tortilla wrap
- 70g Roasted med vegetables
- 1 tsp Pesto – green
- 20g Mozzarella cheese, grated

DIRECTIONS:

1. Spread wrap with pesto, vegetables cheese.
2. Fold in the base and top and then tightly roll.
3. Place on Teflon tray and cook.

SECTORS:



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TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

1



80% 60% 0:00:55

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:



1



HOT SNACKS



HAM AND CHEESE WRAP

INGREDIENTS:

- 1 x 10" Tortilla wrap
- 2 Slices of ham
- 25g Cheese, grated (Cheddar mozzarella mix)

DIRECTIONS:

1. Top the wrap with ham and cheese.
2. Fold in the base and top and then tightly roll.
3. Place rolled wrap on Teflon tray and cook.

SECTORS:



Bars



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TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

1



100% 10% 0:00:45

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:



1



CHICKEN, BACON AND CHEESE WRAP

INGREDIENTS:

- 1 x 10" Tortilla wrap
- 20g Bacon chopped, cooked
- 30g Chicken diced, cooked
- 25g Cheese grated (Cheddar mozzarella mix)

DIRECTIONS:

1. Top the wrap with bacon, chicken and cheese.
1. Fold in the base and top then tightly roll.
1. Place rolled wrap on Teflon tray. Cook.

SECTORS:



Bars



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TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS: 1



80% 60% 0:00:55

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:



1



HOT SNACKS



MEXICAN CHICKEN BLACK BEAN WRAP

INGREDIENTS:

- 1 x 10" Tortilla wrap
- 50g Chicken, diced, cooked
- 20g Black beans
- 20g Salsa

DIRECTIONS:

1. Combine chicken, black beans and salsa. Place mixture down the centre of the wrap.
2. Fold sides of the wrap in, then roll, keeping reasonably tight.
3. Place on Teflon tray. Cook.

SECTORS:



Bars



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TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

1



100% 80% 0:01:10

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Reheat

PORTIONS:



1



CHICKEN QUESADILLA

INGREDIENTS:

- 2 x 10" Tortilla wraps
- 150g Spiced chicken, cooked and chopped (Mexican spice blend – 1 tsp each, oregano, salt, cayenne, onion powder, black pepper, cumin, paprika)
- 10g Sautéed onions
- 75g Cheese, grated
- 50g Salsa

DIRECTIONS:

1. Place tortilla onto Teflon tray, and spread over the salsa. Evenly spread chicken and onions, then sprinkle cheese over the top.
2. Place the second wrap on top. Cook.

SECTORS:



Bars



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TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

1



30% 70% 0:01:15

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:



1



HOT SNACKS



CHILLI VEGETABLE BLACK BEAN WRAP

INGREDIENTS:

- 1 x 10" Tortilla wrap
- 50g Roasted vegetables
- 30g Mozzarella, grated
- 20g Black bean chilli sauce
- 40g Mexican rice, precooked

DIRECTIONS:

1. Top wrap with the spiced rice mixture and roasted vegetables.
2. Fold in the base and top and then tightly roll.
3. Place on Teflon tray. Cook.

SECTORS:



Bars



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TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

1



80% 60% 0:01:25

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





MEATBALL MARINARA PANINIS

INGREDIENTS:

- 1 x 100g Panini
- 30g Tomato pizza base sauce
- 4 x 90g Meatballs, cooked
- 30g Cheddar and mozzarella cheese mix, grated

DIRECTIONS:

1. Slice open Panini and spread tomato sauce over the base. Top with meatballs and cheese, place the top half of the Panini on. Place on Teflon tray. Cook.

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TAB SETTINGS:



250°C 360°C

RECIPE SETTINGS:

2



100% 20% 0:01:30
0% 50% 0:00:45

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:



1



HOT SNACKS



TOMATO AND MOZZARELLA BAGUETTE

INGREDIENTS:

- 1 x 140g Baguette
- 65g Tomato, sliced
- 60g Mozzarella, sliced
- 10g Pesto

DIRECTIONS:

1. Slice baguette lengthways, leaving them attached, and lay on Teflon tray.
2. Spread the base and top with pesto, then layer with the tomatoes, and mozzarella. Season with black pepper. Place on Teflon tray. Cook.

SECTORS:



Bars



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TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS: 1



70% 30% 0:01:15

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





CHICKEN PANINI

INGREDIENTS:

- 1 x 100g Panini
- 10g Pesto
- 4 Slices of cooked chicken
- 30g Cheddar and mozzarella cheese mix, grated

DIRECTIONS:

1. Cut the Panini in half, spread base with pesto, arrange sliced chicken and cheese.
2. Leave open. Place on the Teflon tray. Cook.

SECTORS:



Bars



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TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS: 1



100% 60% 0:00:45

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:



1



HOT SNACKS



CHICKEN, BACON AND CHEESE BAGUETTE

INGREDIENTS:

- 1 x 140g Baguette
- 25g Bacon, cooked
- 70g Chicken breast, cooked, sliced
- 45g Cheese, grated

DIRECTIONS:

1. Slice open the baguette, layer with bacon and chicken, then cheese.
2. Close the baguette. Place on Teflon tray. Cook.

SECTORS:



Bars



Cafés



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Forecourts

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS: 1



80% 10% 0:01:45

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





TUNA AND CHEESE BAGUETTE

INGREDIENTS:

- 1 x 140g Baguette
- 70g Tinned tuna, drained
- 40g Cheese, grated

DIRECTIONS:

1. Slice open the baguette lengthways and place on Teflon tray.
2. Combine the tuna and cheese, fill the baguette. Place on Teflon tray. Cook.

SECTORS:



Bars



Cafés



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TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS: 1



80% 20% 0:01:15

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Teflon tray

FORM:



Prebaked raw

PORTIONS:



1



HOT SNACKS



BACON AND CHEESE BAGUETTE

INGREDIENTS:

- 1 x 140g Baguette
- 30g Bacon, cooked
- 50g Cheese, grated

DIRECTIONS:

1. Slice open the baguette, and lay on the bacon and top with grated cheese. Place on Teflon tray. Cook.

SECTORS:



Bars



Cafés



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Forecourts

TAB SETTINGS:



275°C 320°C

RECIPE SETTINGS:

1



80% 10% 0:01:30

2 Baguettes



0:02:30

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Precooked

PORTIONS:



1



CHEESE AND HAM TOASTIE

INGREDIENTS:

- 2 x Slices of bloomer bread
- 1 x Slice of ham
- 1 x Slice of cheese

DIRECTIONS:

1. Build the sandwich. Place on Teflon tray. Cook.

SECTORS:



Bars



Cafés



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TAB SETTINGS:



275°C



360°C

RECIPE SETTINGS:

2



90%



100%



0:01:00

0%

100%

0:00:20

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



From scratch

PORTIONS:



1



HOT SNACKS



CHEESE AND ONION TOASTIE

INGREDIENTS:

- 2 x Slices bloomer bread
- 10g Butter
- 1 Cheese slice
- 10g Onion, thinly sliced

DIRECTIONS:

1. Butter bread and top with cheese and onion slices. Season if required, then add second slice of bread butter side down.
2. Place on Teflon tray. Cook.

SECTORS:



Bars



Cafés



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Forecourts

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

2



70% 100% 0:01:00
80% 60% 0:00:20

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





GOATS CHEESE AND PESTO FOCACCIA

INGREDIENTS:

- 1 x 150g Focaccia
- 60g Goats cheese
- 15g Pesto

DIRECTIONS:

1. Slice focaccia in half and fill with the Parma ham and tomatoes. Top with mozzarella and pesto, then put the top on. Place on Teflon tray. Cook.

SECTORS:



Bars



Cafés



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Forecourts

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

2



20% 70% 0:01:00
80% 60% 0:00:15

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:



1



HOT SNACKS



PARMA HAM, TOMATO, MOZZARELLA AND PESTO FOCACCIA

INGREDIENTS:

- 1 x 150g Focaccia
- 30g Parma ham
- 30g Tomato, sliced
- 70g Mozzarella
- 15g Pesto

DIRECTIONS:

1. Place focaccia on Teflon tray and fill with the pesto and tomato slices. Top with sliced or grated mozzarella. Cook.

SECTORS:



Bars



Cafés



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Forecourts

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

2



30% 60% 0:01:25
80% 60% 0:00:15

START TEMPERATURE:



Ambient chilled

COOKING MEDIUM:



Teflon tray

FORM:



Reheat

PORTIONS:





BBQ PULLED PORK FOCACCIA

INGREDIENTS:

- 1 x 150g Focaccia
- 50g Pulled pork
- 20g BBQ sauce
- 50g Mozzarella

DIRECTIONS:

1. Mix pulled pork with BBQ sauce.
2. Place focaccia on Teflon tray and fill with the pulled pork. Top with sliced or grated mozzarella. Cook.

SECTORS:



Bars



Cafés



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Food Trucks



Forecourts

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

2



40% 60% 0:01:00
80% 60% 0:00:35

START TEMPERATURE:



Ambient chilled

COOKING MEDIUM:



Teflon tray

FORM:



Precooked

PORTIONS:



1



HOT SNACKS



NACHOS

INGREDIENTS:

- 100g Tortilla chips
- 75g Cheddar and mozzarella cheese mix, grated
- 50g Salsa
- Sour cream and guacamole to serve

DIRECTIONS:

1. Place tortilla chips in ceramic bowl on Teflon tray. Top with salsa and sprinkle with cheese. Cook.

SECTORS:



Bars



Cafés



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Education



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Food Trucks



Forecourts

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

1



20% 80% 0:01:00

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Ceramic bowl
& Teflon tray

FORM:



Precooked

PORTIONS:





FRITTATA

INGREDIENTS:

- 2 Eggs, Large
- 20g Potato, cooked
- 20g Mushroom, sliced
- 20g Red pepper, chopped
- 20g Onion, diced

DIRECTIONS:

1. Beat the eggs, season and add the chopped vegetables. Pour into a lined tin.
2. Place on Teflon tray. Cook.

SECTORS:



Bars



Cafés



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Education



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Food Trucks



Forecourts

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

1



60% 80% 0:02:45

START TEMPERATURE:



Ambient

COOKING MEDIUM:



12cm tin in a
Teflon tray

FORM:



Raw

PORTIONS:





**HOT
SNACKS**



CORNISH PASTY

INGREDIENTS:

- 1 x 230g Cornish Pasty

DIRECTIONS:

1. Place on Teflon tray. Cook.

SECTORS:



Bars



Cafés



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Education



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Food Trucks



Forecourts

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

1



60% 80% 0:02:45

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Precooked

PORTIONS:





SAUSAGE ROLL

INGREDIENTS:

1 Sausage Roll

- 130g Sausage roll, precooked and chilled

4 Sausage Rolls

- 4 x 130g Sausage roll, precooked and chilled

DIRECTIONS:

1. Place on Teflon tray. Cook.

SECTORS:



Bars



Cafés



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Education



Pop-Ups & Food Trucks



Forecourts

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

1



100% 80% 0:01:00

4 Sausage Rolls

100% 80% 0:01:30

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

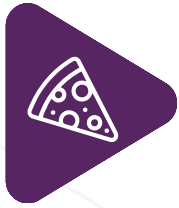
FORM:



Precooked

PORTIONS:





PIZZA



12" THIN CRUST

CHEESE AND TOMATO PIZZA

INGREDIENTS:

- 220g Ball of dough
- 100g Pizza sauce
- 100g Mozzarella and cheddar cheese mix, grated

DIRECTIONS:

1. Stretch dough into 30cm disc on Teflon tray. Rest for 5 minutes then spread over the tomato sauce, and top with cheese. Cook.

SECTORS:



Restaurants



Cafés



Pop-Ups & Food Trucks



Takeaways

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

3



0%	70%	0:01:30
50%	80%	0:01:00
0%	100%	0:01:30

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



From Scratch

PORTIONS:





9" THIN CRUST

HAM AND MUSHROOM PIZZA

INGREDIENTS:

- 325g x Ham and Mushroom Pizza, chilled

DIRECTIONS:

1. Place onto Teflon tray. Cook.

SECTORS:



Restaurants



Bars



Cafés



QSR



Convenience Stores



Education



Pop Ups & Food Trucks



Forecourts



Hotel Room Service



Takeaways

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

2



70% 70% 0:01:00
0% 80% 0:01:00

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

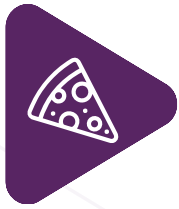
FORM:



Precooked

PORTIONS:





PIZZA



6"

CHEESE AND TOMATO MINI PIZZA

INGREDIENTS:

- 1 x 6" Cheese and Tomato Pizza, chilled

DIRECTIONS:

1. Place pizza on Teflon tray. Cook.

SECTORS:



Restaurants



Bars



Cafés



QSR



Convenience Stores



Education



Pop Ups & Food Trucks



Forecourts



Hotel Room Service



Takeaways

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

1



50% 80% 0:01:20

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Prebaked

PORTIONS:





9"

GARLIC AND HERB CHEESE STUFFED CRUST PIZZA

INGREDIENTS:

- 1 x 588g Cheese Pizza with Garlic and Herb Cheese Stuffed Crust

DIRECTIONS:

1. Place on Teflon sheet. Cook.

SECTORS:



Restaurants



Bars



Cafés



QSR



Convenience
Stores



Education



Pop Ups &
Food Trucks



Forecourts



Hotel Room
Service



Takeaways

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

2



40% 60% 0:01:00
80% 60% 0:00:45

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon sheet

FORM:



Raw

PORTIONS:





PIZZA



PIZZA TOPPED CIABATTA CHEESE AND TOMATO

INGREDIENTS:

- 1 x Ciabatta, halved
- 50g Tomato and Herb Pizza sauce
- 50g Cheddar and mozzarella cheese mix, grated

DIRECTIONS:

1. Place the two halves on Teflon tray, cut side up. Spread over the tomato sauce, then sprinkle with cheese. Cook.

SECTORS:



Restaurants



Bars



Cafés



QSR



Convenience
Stores



Education



Pop Ups &
Food Trucks



Forecourts



Hotel Room
Service



Takeaways

TAB SETTINGS:



270°C 360°C

RECIPE SETTINGS:

3



0% 60% 0:01:10

80% 60% 0:01:00

0% 100% 0:00:35

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Precooked

PORTIONS:





9" THIN CRUST

CHEESE AND TOMATO PIZZA

INGREDIENTS:

- 1 x 9" Thin Crust Cheese and Tomato Pizza

DIRECTIONS:

1. Place onto Teflon tray. Cook.

SECTORS:



Restaurants



Bars



Cafés



QSR



Convenience Stores



Education



Pop Ups & Food Trucks



Forecourts



Hotel Room Service



Takeaways

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS: 3



0%	70%	0:00:40
80%	80%	0:01:15
0%	100%	0:00:30

START TEMPERATURE:



Frozen

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





PIZZA



9" THIN CRUST

CHICKEN AND SPINACH PIZZA

INGREDIENTS:

- 1 x 9" Thin Crust Chicken and Spinach Pizza

DIRECTIONS:

1. Place on Teflon sheet. Cook.

SECTORS:



Restaurants



Bars



Cafés



QSR



Convenience Stores



Education



Pop Ups & Food Trucks



Forecourts



Hotel Room Service



Takeaways

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

3



0% 70% 0:00:45

80% 80% 0:01:15

0% 100% 0:00:45

START TEMPERATURE:



Frozen

COOKING MEDIUM:



Teflon sheet

FORM:



Raw

PORTIONS:





12"

CHEESE AND TOMATO STUFFED CRUST PIZZA

INGREDIENTS:

- 1 x 12" Cheese Pizza with Tomato Stuffed Crust

DIRECTIONS:

1. Place on Teflon sheet. Cook.

SECTORS:



Restaurants



Bars



Cafés



QSR



Convenience Stores



Education



Pop Ups & Food Trucks



Forecourts



Hotel Room Service



Takeaways

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

3



0% 70% 0:01:10

80% 80% 0:02:15

0% 100% 0:01:15

START TEMPERATURE:



Frozen

COOKING MEDIUM:



Teflon sheet

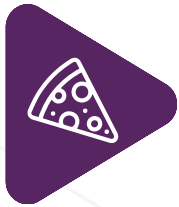
FORM:



Raw

PORTIONS:





PIZZA



MEAT FEAST PIZZA SUB

INGREDIENTS:

- 1 x Meat Feast Pizza Sub
- 3 x Meat Feast Pizza Sub

DIRECTIONS:

1. Place on Teflon tray. Cook.

SECTORS:



Restaurants



Bars



Cafés



QSR



Convenience
Stores



Education



Pop Ups &
Food Trucks



Forecourts



Hotel Room
Service



Takeaways

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

3



1 Meat Feast Pizza Sub

0%	60%	0:00:45
80%	60%	0:01:30
0%	100%	0:00:45

3 Meat Feast Pizza Subs

0%	60%	0:01:15
80%	60%	0:01:45
0%	100%	0:00:45

START TEMPERATURE:



Frozen

COOKING MEDIUM:



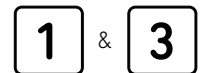
Teflon tray

FORM:



Raw

PORTIONS:





MAPLE AND PECAN PLAITS

INGREDIENTS:

- 6 x 90g Maple and Pecan Plaits

DIRECTIONS:

1. Place onto Teflon tray. Cook.

SECTORS:



Bars



Cafés



Convenience Stores



Education



Pop-Ups & Food Trucks



Forecourts



Hotel Room Service

TAB SETTINGS:



160°C 250°C

RECIPE SETTINGS: 1



0% 80% 0:17:00

START TEMPERATURE:



Frozen

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





PASTRIES



CINNAMON SWIRL

INGREDIENTS:

- 6 x 80g Cinnamon Swirls

DIRECTIONS:

1. Place on Teflon tray. Cook.

SECTORS:



Bars



Cafés



Convenience Stores



Education



Pop-Ups & Food Trucks



Forecourts



Hotel Room Service

TAB SETTINGS:



170°C 220°C

RECIPE SETTINGS: 1



0% 80% 0:19:00

START TEMPERATURE:



Frozen

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





CROISSANTS

INGREDIENTS:

- 6 x Croissants, frozen

DIRECTIONS:

1. Place on Teflon tray.
2. Leave to defrost for 5 minutes.
3. Cook.

SECTORS:



Bars



Cafés



Convenience
Stores



Education



Pop-Ups &
Food Trucks



Forecourts



Hotel Room
Service

TAB SETTINGS:



170°C 220°C

RECIPE SETTINGS:

1



0% 80% 0:16:00

START TEMPERATURE:



Frozen

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:



6



PASTRIES



PAIN AU CHOCOLAT

INGREDIENTS:

- 6 x 60g Pain au Chocolat

DIRECTIONS:

1. Place on Teflon tray. Cook.

SECTORS:



Bars



Cafés



Convenience Stores



Education



Pop-Ups & Food Trucks



Forecourts



Hotel Room Service

TAB SETTINGS:



170°C 220°C

RECIPE SETTINGS:

1



0% 80% 0:15:30

START TEMPERATURE:



Frozen

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





PRE COOKED CROISSANT, MAPLE AND PECAN PLAIT OR PAIN AU CHOCOLATE

REHEAT ONE PORTION

INGREDIENTS:

- 1 x 60 – 80g Pastry

DIRECTIONS:

1. Place on Teflon tray, cook.

SECTORS:



Bars



Cafés



Convenience
Stores



Education



Pop-Ups &
Food Trucks



Forecourts



Hotel Room
Service

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS: 1



40% 80% 0:00:25

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Teflon tray

FORM:



Prebaked Reheat

PORTIONS:





SWEET FOOD



APPLE STRUDEL

SECTORS:

- Cafés
- Restaurants
- Education

INGREDIENTS:

- 1 x 600g Strudel, frozen

DIRECTIONS:

1. Place on Teflon tray. Cook.

SECTORS:



Cafés

Restaurants

Education

TAB SETTINGS:



180°C 260°C

RECIPE SETTINGS:

3



0%	80%	0:16:30
60%	10%	0:02:30
0%	100%	0:05:00

START TEMPERATURE:



Frozen

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:



APPLE TART TATIN

INGREDIENTS:

- ½ Dessert apple – peeled and cut in eight slices
- 20g Salted butter
- Dessert spoon light brown sugar mixed with a pinch of cinnamon
- 1 Disc pre-made rolled puff pastry, chilled

DIRECTIONS:

1. Place butter in the bottom of the tray, sprinkle sugar and cinnamon mix evenly across the base.
2. Arrange apple slices and top with the disc of pastry. Bake.
3. Remove and allow to cool slightly before serving.

SECTORS:



Cafés



Restaurants



Education

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

3



0%	60%	0:01:30
60%	50%	0:01:15
80%	40%	0:00:35

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Multi-tray (CiBO/ET)

FORM:



From Scratch

PORTIONS:



1



**SWEET
FOOD**



BREAD AND BUTTER PUDDING

INGREDIENTS:

- 400g Bread, sliced into triangle quarters
- 150g Butter, melted
- 175g Raisins
- 3 Eggs, medium
- 300ml Milk
- 150ml Double cream
- 100g Caster sugar
- Vanilla, optional

DIRECTIONS:

1. Butter the loaf tin and layer the bread slices, butter and raisins.
2. Combine sugar, eggs, milk, cream and vanilla, and strain into a jug. Pour over the bread and sprinkle with a little extra sugar if required.
3. Place loaf tin on Teflon tray. Cook.

SECTORS:



Cafés



Restaurants



Education

TAB SETTINGS:



220°C 280°C

RECIPE SETTINGS:

2



0% 60% 0:05:30
40% 60% 0:03:00

START TEMPERATURE:



Ambient Chilled

COOKING MEDIUM:



Loaf tin on Teflon tray

FORM:



From scratch

PORTIONS:



10



BREAD AND BUTTER PUDDING

REHEAT SINGLE PORTION

INGREDIENTS:

- 1/10 of Bread and Butter Pudding loaf

DIRECTIONS:

1. Place slice on Teflon tray. Cook.

SECTORS:



Cafés



Restaurants



Education

TAB SETTINGS:



220°C 280°C

RECIPE SETTINGS:

1



60% 20% 0:01:30

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Reheat

PORTIONS:





SWEET
FOOD



BRIOCHE BREAD AND BUTTER PUDDING

INGREDIENTS:

- 200g Brioche, sliced
- 100g Butter, melted
- 80g White chocolate chips
- 80g Raspberries
- 1 Egg, medium
- 100ml Milk
- 50ml Double cream.
- 75g Caster sugar
- Vanilla extract

DIRECTIONS:

1. Butter ramekins and lay a slice of brioche in the base. Brush with butter and sprinkle over chocolate chips and raspberries. Repeat twice to the top of the ramekin.
2. Combine egg, sugar, milk, cream and a dash of vanilla. Pour over the puddings and leave to stand for 5 minutes to fully soak.
3. Place ramekins on Teflon tray. Cook.

SECTORS:



Cafés



Restaurants



Education

TAB SETTINGS:



220°C 220°C

RECIPE SETTINGS:

2



0% 60% 0:03:30
40% 60% 0:02:00

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Ramekin on Teflon tray

FORM:



From scratch

PORTIONS:





BRIOCHE BREAD AND BUTTER PUDDING

REHEAT SINGLE PORTION

INGREDIENTS:

- 1 x 150g Portion, chilled

DIRECTIONS:

1. Remove pudding from ramekin and place on Teflon sheet on Teflon tray. Cook.

SECTORS:



Cafés



Restaurants



Education

TAB SETTINGS:



220°C 280°C

RECIPE SETTINGS:

1



60% 20% 0:01:45

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon sheet in Teflon tray

FORM:



Precooked

PORTIONS:





**SWEET
FOOD**



JAM SPONGE PUDDING

INGREDIENTS:

- Sponge mixture (makes 8 puddings)
 - 120g Butter, softened
 - 120g Caster sugar
 - 2 Eggs, beaten
 - 120g Plain flour
 - 1 level tsp Baking powder
 - Vanilla extract to taste
- 60g Sponge mixture
- 15g Jam, treacle, or syrup

DIRECTIONS:

1. Lightly butter an individual metal Dariole mould, and add the jam/ syrup of choice to the base.
2. Cream together softened butter and caster sugar, then add the beaten eggs, vanilla, flour and baking powder and mix- Put 60g of cake mixture on top of the sauce.
3. Place mould on Teflon tray. Cook.

SECTORS:



Cafés



Restaurants



Education

TAB SETTINGS:



170°C 220°C

RECIPE SETTINGS:

2



40% 80% 0:03:00
40% 60% 0:01:25

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Dariole mould on
Teflon tray

FORM:



From scratch

PORTIONS:





CHERRY CRUMBLE

INGREDIENTS:

- 125g Cherry pie filling
- 120g Crumble mix
 - 60g Plain flour
 - 40g Butter
 - 20g Caster sugar

DIRECTIONS:

1. Place pie filling in ceramic dish.
2. Blend together the crumble mix to resemble breadcrumbs, then spread evenly across the top of the filling. Cook.

SECTORS:



Cafés



Restaurants



Education

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

2



60% 90% 0:01:00
40% 70% 0:00:30

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Ceramic dish

FORM:



From Scratch

PORTIONS:





**SWEET
FOOD**



PRE MADE CREPES

INGREDIENTS:

- 2 Premade crepes, 62g each
- Toppings of choice – syrups, fresh fruits

DIRECTIONS:

1. Fold crepe into quarters and place on Teflon tray. Cook.

SECTORS:



Cafés



Convenience
Stores



Education



Pop-Ups &
Food Trucks

TAB SETTINGS:



275°C 350°C

RECIPE SETTINGS:

1



40% 90% 0:00:45

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Precooked

PORTIONS:



TRIPLE CHOCOLATE COOKIES

INGREDIENTS:

- 350g Caster sugar
- 225g Salted butter, softened
- 400g Plain flour
- 50g Cocoa powder
- 1 tsp Bicarbonate of soda
- 1 tsp Salt
- 2 Eggs, medium
- 300g Mixed white, milk and dark chocolate chips or pieces

DIRECTIONS:

1. Cream sugar and butter together, then add eggs.
2. Mix in the dry ingredients then add chocolate chips.
3. Spoon or pipe on Teflon sheet on Teflon tray. Cook.

SECTORS:



Cafés



Convenience Stores



Education



Pop-Ups & Food Trucks

TAB SETTINGS:



190°C 180°C

RECIPE SETTINGS:

1

9 Cookies



0% 80% 0:14:00

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Teflon sheet in Teflon tray

FORM:



From Scratch

PORTIONS:



(across 2 bakes)



**SWEET
FOOD**



DARK CHOCOLATE AND NUT BISCOTTI

INGREDIENTS:

- 250g Plain flour
- 250g Caster sugar
- 150g Dark chocolate
- 2 Eggs, large
- 2 Egg yolks
- 150g Mixed nuts – walnuts, chopped almonds, pistachio
- 100g ground almonds
- 1 dessert spoon Baking powder

DIRECTIONS:

1. Sieve flour and sugar into a large mixing bowl. Mix in the eggs and additional yolks, and incorporate into the flour mix. Mix through the nuts and chocolate.
2. Make the dough into a large sausage, and place onto lightly oiled Teflon tray. Press down slightly to make an oblong shape. Cook.
3. Once the programme finishes, leave to rest for five minutes and transfer to a cooling rack.
4. Once cool, slice into biscuits and lay on Teflon tray. Cook.

SECTORS:



Cafés

TAB SETTINGS:



170°C 220°C

RECIPE SETTINGS:

1



First Cook

0% 80% 0:30:00

Second Cook

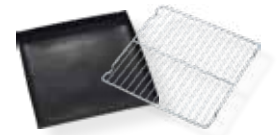
0% 80% 0:15:00

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray on wire rack.

FORM:



From Scratch

PORTIONS:





BLUEBERRY MUFFINS

INGREDIENTS:

- 280g Caster sugar
- 500g Self-raising flour
- 24g Bicarbonate of soda
- 170ml Vegetable oil
- 4 Eggs, large
- 450ml Full fat milk
- 1 tsp Salt
- ½ tsp Vanilla extract

DIRECTIONS:

1. Mix all wet ingredients together.
2. Mix all dry ingredients together, then add the wet mix. Blend together and add the berries.
3. Pour mixture into paper cases in muffin tray. Place tray on wire rack. Cook.

SECTORS:



Cafés



Convenience
Stores



Education



Pop-Ups &
Food Trucks

TAB SETTINGS:



170°C 220°C

RECIPE SETTINGS:

1



0% 80% 0:20:00

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Muffin tray on wire rack

FORM:



From Scratch

PORTIONS:



12



**SWEET
FOOD**



WHITE CHOCOLATE AND CRANBERRY CAKE

INGREDIENTS:

- Sponge mixture – makes 3 cakes
 - 120g Butter
 - 120g Caster sugar
 - 2 Eggs, beaten
 - 120g Plain flour
 - 1 level tsp Baking powder
 - Vanilla extract to taste
- 140g Sponge mixture
- 20g Dried cranberries
- 45g White chocolate chunks

DIRECTIONS:

1. Lightly butter an individual metal savarin ring.
2. Cream butter and caster sugar, then add the beaten eggs, vanilla, flour and baking powder.
3. Mix 140g of the mixture with the cranberries and white chocolate, and spoon in to the savarin ring. Cook.

SECTORS:



Cafés



Education

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

2



40% 80% 0:02:35
30% 50% 0:01:15

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Savarin ring

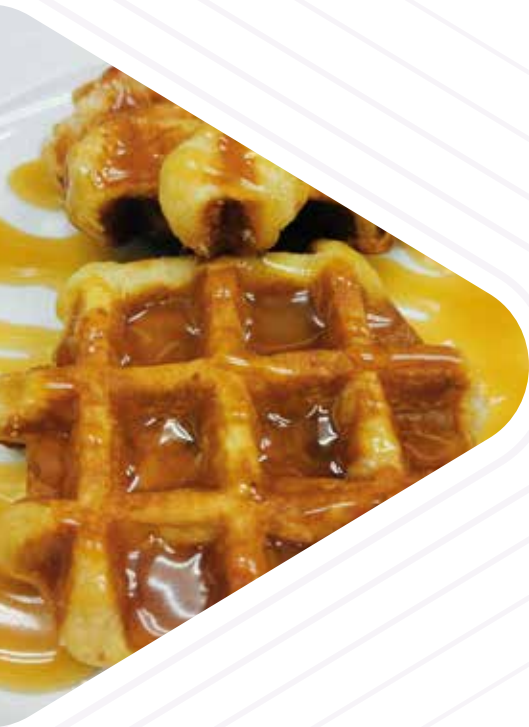
FORM:



From Scratch

PORTIONS:





BELGIAN SUGAR WAFFLES

INGREDIENTS:

- 2 x 55g Waffles
- 40g Sauce – salted caramel, chocolate, or fruit sauce to serve

DIRECTIONS:

1. Place waffles on Teflon tray. Cook.

SECTORS:



Cafés



QSR



Pop-Ups &
Food Trucks



Takeaways

TAB SETTINGS:



250°C 280°C

RECIPE SETTINGS:

1



80% 30% 0:00:30

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Teflon sheet

FORM:



Reheat

PORTIONS:





**SWEET
FOOD**



TOASTING WAFFLES

INGREDIENTS:

- 2 Toasting waffles
- 40g Chocolate sauce to serve

DIRECTIONS:

1. Place waffles on Teflon Tray. Cook.

SECTORS:



Cafés



QSR



Pop-Ups &
Food Trucks



Takeaways

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

1



80% 30% 0:00:25

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Teflon tray

FORM:



Reheat

PORTIONS:





CHICKEN TIKKA SKEWERS

INGREDIENTS:

- 1 tsp Tikka paste
- 1 tsp Lemon juice
- 1 dessert spoon Natural yoghurt
- 200g Chicken breast, sliced

DIRECTIONS:

1. Blend together tikka paste, lemon juice and yoghurt, then add the chicken.
2. Place chicken on skewers, cover and refrigerate, for best results, overnight.
3. When required, place on Teflon tray. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &
Food Trucks



Hotel Room
Service

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

3



60%	80%	0:00:50
40%	100%	0:01:00
0%	100%	0:00:40

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



From Scratch

PORTIONS:





APPETISERS



BBQ CHICKEN WINGS

INGREDIENTS:

- 200g Chicken wings, precooked
- 2 tbsp BBQ sauce
- 1 tbsp Olive oil
- 1 tbsp Balsamic vinegar

DIRECTIONS:

1. Place wings on Teflon tray and brush with some of the BBQ sauce. Cook.
2. Place remaining BBQ sauce in bowl with oil and balsamic vinegar. Once cooked, mix the wings through glaze.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups & Food Trucks



Hotel Room Service

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

2



100% 70% 0:01:30
40% 100% 0:00:30

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Precooked

PORTIONS:





FALAFEL

INGREDIENTS:

- 150g Falafel, chilled

DIRECTIONS:

1. Place Falafel on Teflon tray. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &
Food Trucks



Hotel Room
Service

TAB SETTINGS:



250°C 300°C

RECIPE SETTINGS:

1



100% 20% 0:00:45

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Precooked

PORTIONS:





APPETISERS



CHICKEN GYOZAS

INGREDIENTS:

- 6 Chicken Gyozas, frozen

DIRECTIONS:

1. Place into small ceramic dish with 150ml cold water. Place ceramic dish on Teflon tray. Cook.

SECTORS:



Restaurants



QSR



Pop-Ups &
Food Trucks



Takeaways

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

1



100% 70% 0:01:30

START TEMPERATURE:



Frozen

COOKING MEDIUM:



Ceramic dish in
Teflon tray

FORM:



Raw

PORTIONS:





GARLIC BREAD SLICES

INGREDIENTS:

2 Garlic bread slices

- 2 x Garlic bread slices, chilled

6 Garlic bread slices

- 6 x Garlic bread slices, chilled

DIRECTIONS:

1. Place slices on Teflon tray. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &
Food Trucks



Hotel Room
Service

TAB SETTINGS:



275°C



360°C

RECIPE SETTINGS:

1



2 Slices

30% 100% 0:01:00



6 Slices

30% 100% 0:01:30



START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:



&





APPETISERS



GARLIC CIABATTA

INGREDIENTS:

- 2 x 45g Garlic Ciabatta slices, chilled

DIRECTIONS:

1. Place on Teflon tray. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &
Food Trucks



Hotel Room
Service

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

2



80% 40% 0:01:30
0% 100% 0:00:20

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





BREADED MACARONI CHEESE BITES

INGREDIENTS:

- 6 x 20g Macaroni and Cheese bites, breaded

DIRECTIONS:

1. Place onto Teflon tray. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &
Food Trucks



Hotel Room
Service

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS: 2



70% 80% 0:00:40
80% 100% 0:00:50

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





APPETISERS



BREADED MOZZARELLA STICKS

INGREDIENTS:

- 6 Mozzarella Sticks, breaded

DIRECTIONS:

1. Place onto Teflon tray. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &
Food Trucks



Hotel Room
Service

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

3



100%	80%	0:01:00
70%	90%	0:01:15
80%	100%	0:00:35

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





FRESH CRAB CAKES

INGREDIENTS:

- 200g Mash potato
- 75g Crab meat – tinned
- Zest and juice of 1 lemon
- 4g Red Chilli, finely diced
- 50g Panko breadcrumbs
- Seasoning – black pepper and salt

DIRECTIONS:

1. Combine all the ingredients and season with salt and pepper.
2. Divide mixture into six and mould into patties.
3. Place onto a lightly oiled Teflon tray and cook.
4. Serve with salad and sweet chilli sauce.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &
Food Trucks



Hotel Room
Service

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

2



30% 100% 0:01:00
80% 60% 0:00:20

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



From Scratch

PORTIONS:



3



APPETISERS



GARLIC PRAWNS

INGREDIENTS:

- 100g King prawns, raw
- 30g Butter
- Crushed garlic to taste
- Parsley, chopped

DIRECTIONS:

1. Place prawns on Teflon tray. Mix together butter, garlic and parsley and spread over the prawns, then season. Cook.

SECTORS:



TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

2



50% 100% 0:01:00
0% 100% 0:00:20

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





VEGETABLE SPRING ROLLS

INGREDIENTS:

- 2 x 60g Vegetable Spring Rolls
- Dipping sauce of choice to serve

DIRECTIONS:

1. Place on Teflon tray. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &
Food Trucks



Hotel Room
Service

TAB SETTINGS:



250°C 300°C

RECIPE SETTINGS:

1



50% 100% 0:01:20

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Reheat

PORTIONS:





APPETISERS



DUCK SPRING ROLLS

INGREDIENTS:

- 2 x 50g Duck Spring Rolls, chilled

DIRECTIONS:

1. Place spring rolls on Teflon tray. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &
Food Trucks



Hotel Room
Service

TAB SETTINGS:



260°C 300°C

RECIPE SETTINGS:

1



60% 100% 0:01:30

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Precooked

PORTIONS:





BBQ RIBS

INGREDIENTS:

- 6 x Ribs sliced
- 40g BBQ sauce

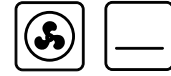
DIRECTIONS:

1. Place ribs on Teflon tray and brush with some of the BBQ sauce. Cook.

SECTORS:



TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS: 2



100% 70% 0:01:00
100% 100% 0:00:20

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Precooked

PORTIONS:





MAIN DISHES



BEEF BURGER

INGREDIENTS:

- 113g (4oz) Beef burger, chilled
- 1 x Brioche burger bun
- Cheese slices, optional
- Lettuce
- Tomato
- Pickles
- Sauce

DIRECTIONS:

1. Place burger on Teflon tray. Cook.
2. While burger rests, add cheese if required. Meanwhile place sliced bun on Teflon sheet, place in oven to toast.
3. Assemble burger.

SECTORS:



TAB SETTINGS:



260°C 340°C

RECIPE SETTINGS: 1



Burger

70% 100% 0:03:00

Bun Toasting

0% 100% 0:00:10

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Teflon tray & Teflon sheet

FORM:



Raw

PORTIONS:





VEGAN BURGER

INGREDIENTS:

- 1 Quarter Pounder Vegan Burger
- 1 Vegan burger bun
- Salad to serve, lettuce, sliced tomatoes
- Vegan dressing to serve

DIRECTIONS:

1. Place burger on Teflon tray. Cook.
2. Place sliced bun on Teflon sheet. Cook.
3. Assemble burger.

SECTORS:



TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

1



Burger

80% 80% 0:02:25

Bun Toasting

0% 100% 0:00:10

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray &
Teflon sheet

FORM:



Raw

PORTIONS:





MAIN DISHES



HALLOUMI BURGER

INGREDIENTS:

- Halloumi, sliced
- Brioche burger bun, sliced
- Salad leaves and tomato slices to serve

DIRECTIONS:

1. Place halloumi onto Teflon tray. Cook.
2. Place sliced bun on Teflon sheet. Cook.
3. Assemble burger.

SECTORS:



TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS: 2 + 1



Burger

80%	60%	0:00:40
60%	80%	0:00:20

Bun Tosting

0%	100%	0:00:20
----	------	---------

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray & Teflon sheet

FORM:



Raw

PORTIONS:





CHICKEN ESCALOPE

INGREDIENTS:

- 1 x 180g Breaded Chicken Escalope, raw

DIRECTIONS:

1. Lightly oil underside of escalope and place on Teflon tray. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &
Food Trucks



Hotel Room
Service

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

1



60% 80% 0:02:50

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:

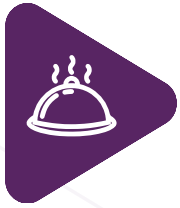


Raw

PORTIONS:



1



MAIN DISHES



BREADED CHICKEN GOUJONS

INGREDIENTS:

- 1 x 140g Breaded Chicken Goujons, chilled

DIRECTIONS:

1. Place on Teflon sheet. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups & Food Trucks



Hotel Room Service

TAB SETTINGS:



250°C 350°C

RECIPE SETTINGS:

1



80% 60% 0:01:45

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon sheet

FORM:



Raw

PORTIONS:





PLAIN GRILLED CHICKEN BREAST

INGREDIENTS:

- 1 x 185g Chicken breast

DIRECTIONS:

1. Lightly oil and season with salt and pepper, place on Teflon tray. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &
Food Trucks



Hotel Room
Service

TAB SETTINGS:



275°C 300°C

RECIPE SETTINGS:

1



40% 80% 0:03:30

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

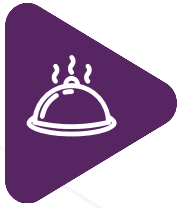
FORM:



Raw

PORTIONS:





MAIN DISHES



VEGETABLE KEBABS

INGREDIENTS:

- 100g Red onion, 2cm dice
- 100g Red and yellow pepper, 2cm dice
- 80g Courgette, 2cm dice
- 80g Chestnut mushrooms, halved
- Fresh thyme
- Lemon zest

DIRECTIONS:

1. Mix the vegetables with oil, season with salt and pepper, and add thyme and lemon zest.
2. Allow to marinate for a few minutes, place on skewers and drizzle over any leftover oil. Place on Teflon tray. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups & Food Trucks



Hotel Room Service

TAB SETTINGS:



260°C 320°C

RECIPE SETTINGS:

3



0%	80%	0:02:00
80%	80%	0:01:30
0%	100%	0:01:30

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





VEGETABLE STIR FRY

INGREDIENTS:

- 320g Mixed shredded stir fry vegetables – peppers, beansprouts, Chinese cabbage
- 8g Ginger, finely chopped
- 1 Clove Garlic, crushed
- 2 tbsp Sesame oil

DIRECTIONS:

1. Place empty Teflon tray in oven to warm for 2 minutes.
2. Meanwhile mix all ingredients together, season with salt and pepper, then add to hot tray. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &
Food Trucks



Hotel Room
Service

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS: 2



20% 60% 0:01:30
80% 0% 0:00:55

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





MAIN DISHES



HERB CRUSTED COD ON ROASTED VEGETABLES

INGREDIENTS:

- 1 x 150g Cod loin
- 200g Mediterranean roasted vegetables (page 98), precooked
- 25g White breadcrumbs
- 25g Parmesan cheese
- Parsley, chopped

DIRECTIONS:

1. Place precooked vegetables on Teflon tray and place the cod alongside on the same tray.
2. Mix remaining ingredients together and season. Oil the top of the cod and add the breadcrumb mix to form the crust. Cook.

SECTORS:



TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

2



30% 20% 0:01:00
40% 70% 0:00:50

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw / Reheat

PORTIONS:





SALMON FILLET

INGREDIENTS:

- 1 x 110g Boneless Salmon Fillet

DIRECTIONS:

1. Lightly oil and place skin side down on the Teflon tray.
2. Season with salt and pepper.
3. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &
Food Trucks



Hotel Room
Service

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

1



40% 70% 0:01:50

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

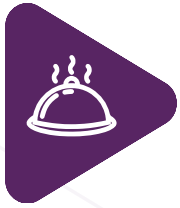
FORM:



Raw

PORTIONS:





MAIN DISHES



MACARONI CHEESE

INGREDIENTS:

- 1 x 375g Portion

DIRECTIONS:

1. Place the macaroni cheese into a ceramic dish and then place on Teflon tray.
2. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups & Food Trucks



Hotel Room Service

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS: 1



80% 70% 0:02:30

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Ceramic dish and Teflon tray

FORM:



Precooked

PORTIONS:





LASAGNE

INGREDIENTS:

- 1 x 400g Portion

DIRECTIONS:

1. Place the lasagne in ceramic dish and then place on Teflon tray.
2. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &
Food Trucks



Hotel Room
Service

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS: 1



80% 40% 0:03:30

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Ceramic dish and
Teflon tray

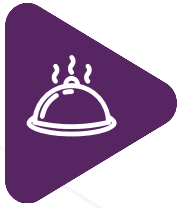
FORM:



Precooked

PORTIONS:





MAIN DISHES



MOUSSAKA

INGREDIENTS:

- 1 x 350g Portion

DIRECTIONS:

1. Place moussaka in ceramic dish and then place on Teflon tray.
2. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &
Food Trucks



Hotel Room
Service

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

2



50% 100% 0:02:15
100% 30% 0:01:45

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Ceramic dish and
Teflon tray

FORM:



Reheat

PORTIONS:





STEAK PIE

INGREDIENTS:

- 240g Stewed Steak Pie filling, chilled
- Disc of rolled puff pastry

DIRECTIONS:

1. Place Stewed Steak in pie dish. Wet the edges of the dish and top with the puff pastry disc, pushing slightly to seal. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &
Food Trucks



Hotel Room
Service

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

3



100%	30%	0:00:50
100%	20%	0:00:50
80%	30%	0:01:15

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Ceramic pie dish

FORM:



Raw

PORTIONS:





MAIN DISHES



COTTAGE PIE

INGREDIENTS:

- 1 x 400g Portion

DIRECTIONS:

1. Place the Cottage pie into a ceramic dish and then place on Teflon tray.
2. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &
Food Trucks



Hotel Room
Service

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS: 1



80% 70% 0:03:30

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Ceramic dish and
Teflon tray

FORM:



Precooked

PORTIONS:





QUICHE LORRAINE

INGREDIENTS:

- 170g Quiche Lorraine

DIRECTIONS:

1. Place quiche on Teflon tray. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &
Food Trucks



Hotel Room
Service

TAB SETTINGS:



260°C



360°C

RECIPE SETTINGS:

2



80%

60%



60%

80%



0:00:40

0:00:20

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Reheat

PORTIONS:





SIDE DISHES



GRILLED ASPARAGUS

INGREDIENTS:

- 70g Asparagus
- 20g Salted butter

DIRECTIONS:

1. Wash the asparagus and leave wet, place on Teflon tray. Sprinkle over the butter. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Hotel Room Service

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

2



80% 60% 0:00:40
60% 80% 0:00:20

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





TENDER STEM BROCCOLI WITH BUTTERED ALMONDS

INGREDIENTS:

- 4 Tenderstem broccoli, trimmed
- 10g Flaked almonds
- 20g Salted butter

DIRECTIONS:

1. Wash the broccoli and leave wet, place on Teflon tray. Sprinkle over the almonds and butter. Cook.

SECTORS:



Restaurants



Bars



Cafés



Education



Hotel Room
Service

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

2



80% 60% 0:00:40
60% 80% 0:00:20

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





SIDE DISHES



ROASTED ROOT VEGETABLES

INGREDIENTS:

- 600g mixed root vegetables of choice – carrots, red onion, parsnips, potato, diced into 2cm pieces
- Thyme sprigs
- Honey to finish

DIRECTIONS:

1. Place onto Teflon tray, mix with oil and season with salt and pepper, and then add thyme sprigs. Cook.
2. Once cooked, drizzle over a little honey.

SECTORS:



Restaurants



Cafés



Education

TAB SETTINGS:



280°C 330°C

RECIPE SETTINGS:

2



80% 60% 0:04:30
100% 80% 0:02:30

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





MEDITERRANEAN ROAST VEGETABLES

INGREDIENTS:

- 400g of mixed fresh vegetables of choice - red onion, courgette, pepper and tomato, diced into 2cm pieces
- Garlic sliced
- Fresh herbs - oregano, basil, chopped
- Oil
- Salt
- Pepper

DIRECTIONS:

1. Mix the vegetables with the oil and season to taste with salt and pepper. Lay out evenly on tray. Cook.

SECTORS:



Restaurants



Cafés



Education

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

2



90% 100% 0:01:30
0% 100% 0:02:30

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





SIDE DISHES



POTATO WEDGES

INGREDIENTS:

- 150g washed potatoes - wedged
- Herbs, chopped
- Salt
- Pepper
- Vegetable oil

DIRECTIONS:

1. Place onto Teflon tray, mix with oil and season with salt and pepper. Cook.

SECTORS:



Restaurants



Cafés



Education



Pop-Ups &
Food Trucks

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

1



60% 100% 0:04:30

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





SWEET POTATO WEDGES

INGREDIENTS:

- 600g Sweet Potato, peeled and cut into 2.5cm wedges.

DIRECTIONS:

1. Place on Teflon tray, mix with oil and season with salt and pepper. Cook.

SECTORS:



Restaurants



Cafés



Education



Pop-Ups & Food Trucks

TAB SETTINGS:



260°C



360°C

RECIPE SETTINGS:

1



70%



100%



0:06:00

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





SIDE DISHES



SAUTEED POTATOES

INGREDIENTS:

- 125g Potatoes pre-steamed and chilled, sliced
- 1 tbsp Vegetable oil
- 20g Butter

DIRECTIONS:

1. Oil and season the potatoes then place in a single layer on the Teflon tray, add butter. Cook.

SECTORS:



Restaurants



Cafés



Education



Pop-Ups & Food Trucks

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

2



80% 100% 0:01:20
10% 100% 0:00:40

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Precooked

PORTIONS:





POTATO CROQUETTE

INGREDIENTS:

- 150g Potato Croquettes, frozen (roughly 4)

DIRECTIONS:

1. Place croquettes in a single layer on Teflon tray. Cook.

SECTORS:



Restaurants



Cafés



Education



Pop-Ups & Food Trucks

TAB SETTINGS:



250°C



360°C

RECIPE SETTINGS:

1



80%



60%



0:03:00

START TEMPERATURE:



Frozen

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





SIDE DISHES



BOULANGERE POTATOES

INGREDIENTS:

- 1 x 250g Boulangere potatoes, precooked

DIRECTIONS:

1. Place Boulangere potatoes in ceramic pot on Teflon tray.
2. Cook.

SECTORS:



Restaurants



Cafés



Education

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS: 3



100% 60% 0:01:00

100% 80% 0:00:40

80% 60% 0:00:40

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Ceramic pot and Teflon tray

FORM:



Reheat

PORTIONS:





JACKET POTATOES

INGREDIENTS:

1 Potato

- 1 x 300g Baking Potato

2 Potatoes

- 2 x 300g Baking Potato

DIRECTIONS:

1. Wash potatoes and prick the outer skin. Lightly oil and season. Place into Teflon tray. Cook.

SECTORS:



Restaurants



Cafés



QSR



Convenience
Stores



Education



Pop-Ups &
Food Trucks



Takeaways

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

3



1 Potato

100% 10% 0:05:00

0% 100% 0:02:30

100% 10% 0:03:00

2 Potatoes

100% 10% 0:07:30

0% 100% 0:04:00

100% 10% 0:05:00

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Teflon tray

FORM:

PORTIONS:



Raw



&





SIDE DISHES



JACKET POTATOES

REHEAT TWO PORTIONS

INGREDIENTS:

- 2 x Precooked baked potatoes, chilled.

DIRECTIONS:

1. Place on Teflon tray. Cook.

SECTORS:



Restaurants



Cafés



QSR



Convenience Stores



Education



Pop-Ups & Food Trucks



Takeaways

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

2



100% 10% 0:02:45
0% 100% 0:01:15

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Precooked

PORTIONS:





PLAIN BAGEL

INGREDIENTS:

- 1 Plain Bagel, sliced.

DIRECTIONS:

1. Place cut side down onto Teflon tray. Cook.

SECTORS:



Restaurants



Cafés



QSR



Education



Pop-Ups & Food Trucks



Takeaways



Hotel Room Service

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS: 2



10% 100% 0:01:00
0% 100% 0:00:10

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Teflon tray

FORM:



Prebaked

PORTIONS:





BREAKFAST DISHES



BLOOMER TOAST

INGREDIENTS:

- 2 x Slices of bloomer bread.

DIRECTIONS:

1. Place on to the black tray, cook.

SECTORS:



Restaurants



Cafés



QSR



Education



Pop-Ups & Food Trucks



Takeaways



Hotel Room Service

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS: 2



20% 100% 0:01:00
0% 100% 0:00:20

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Teflon tray

FORM:



From Scratch

PORTIONS:





ENGLISH MUFFINS

INGREDIENTS:

- English muffin(s).

DIRECTIONS:

1. Slice muffin(s) in half and place cut side down on Teflon tray. Cook.

SECTORS:



Restaurants



Cafés



QSR



Education



Pop-Ups &
Food Trucks



Takeaways



Hotel Room
Service

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

1



0% 100% 0:01:15

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Teflon tray

FORM:



Prebaked

PORTIONS:





BREAKFAST DISHERS



CRUMPETS

INGREDIENTS:

- 2 x Crumpets, precooked

DIRECTIONS:

1. Place crumpets on Teflon tray. Cook.

SECTORS:



Restaurants



Cafés



QSR



Education



Pop-Ups &
Food Trucks



Takeaways



Hotel Room
Service

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

1



50% 80% 0:00:45

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Teflon tray

FORM:



Prebaked

PORTIONS:





SCOTCH PANCAKES

INGREDIENTS:

- 2 x 42g Scotch pancakes
- 25g Fresh fruit to serve
- 30ml Maple syrup to serve

DIRECTIONS:

1. Place pancakes on Teflon tray. Cook.

SECTORS:



Restaurants



Cafés



QSR



Education



Pop-Ups &
Food Trucks



Takeaways



Hotel Room
Service

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

1



40% 90% 0:00:40

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Precooked

PORTIONS:



1



BREAKFAST DISHES



BACON ROLL

INGREDIENTS:

- 1 x 120g Bacon Roll, chilled

DIRECTIONS:

1. Place bacon roll on Teflon tray. Cook.

SECTORS:



Restaurants



Cafés



QSR



Education



Pop-Ups &
Food Trucks



Takeaways



Hotel Room
Service

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

1



80% 90% 0:00:40

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Precooked

PORTIONS:





BACK BACON

INGREDIENTS:

- Back bacon slices, chilled

DIRECTIONS:

1. Lightly oil the underside and place slices on Teflon tray. Cook.

SECTORS:



Restaurants



Cafés



QSR



Education



Pop-Ups &
Food Trucks



Takeaways



Hotel Room
Service

TAB SETTINGS:



275°C 290°C

RECIPE SETTINGS:

1



2 Slices

80% 80% 0:01:00

6 Slices

80% 80% 0:01:30

START TEMPERATURE:



Chilled

COOKING MEDIUM:



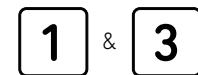
Teflon tray

FORM:



Raw

PORTIONS:





BREAKFAST DISHES



PORK SAUSAGES

INGREDIENTS:

- 2 x Sausages, size 8

DIRECTIONS:

1. Lightly oil the underside and place sausages on Teflon tray. Cook.

SECTORS:



Restaurants



Cafés



QSR



Education



Pop-Ups &
Food Trucks



Takeaways



Hotel Room
Service

TAB SETTINGS:



275°C 290°C

RECIPE SETTINGS:

1



50% 80% 0:01:45

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





SCRAMBLED EGGS

INGREDIENTS:

- 2 Eggs, large
- 25ml milk
- 10g butter

DIRECTIONS:

1. Mix the eggs with milk and butter in a heatproof bowl, then place the bowl on the Teflon tray. Cook on one cycle, then whisk. Cook again on the same programme, then mix.

SECTORS:



Restaurants



Cafés



Education



Pop-Ups &
Food Trucks



Takeaways

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS: 1



100% 0% 0:00:30

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Heatproof bowl
in Teflon tray

FORM:



Raw

PORTIONS:





BREAKFAST DISHES



HASH BROWN

INGREDIENTS:

- 2 x 55g Hash Browns

DIRECTIONS:

1. Place hash browns on Teflon tray. Cook.

SECTORS:



Restaurants



Cafés



QSR



Education



Pop-Ups &
Food Trucks



Takeaways

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

1



100% 100% 0:02:30

START TEMPERATURE:



Frozen

COOKING MEDIUM:



Teflon tray

FORM:



Precooked

PORTIONS:





FRIED EGGS

INGREDIENTS:

- 4 Eggs, large

DIRECTIONS:

1. Lightly oil the Multi-tray, break in the eggs. Place Multi-tray on Teflon tray.
2. Cook.

SECTORS:



Restaurants

Cafés

Education

Pop-Ups &
Food Trucks

Takeaways

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS: 1



20% 70% 0:01:35

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Multi-tray (CiBO/ET)
and Teflon tray

FORM:



Raw

PORTIONS:





BREAKFAST DISHES



OMELETTE

INGREDIENTS:

- 4 Eggs, large
- Seasoning

DIRECTIONS:

1. Lightly beat the eggs with a little seasoning.
2. Lightly oil the Multi-tray.
3. Pour eggs in Multi-tray.
4. Place Multi-tray on Teflon tray.
5. Cook.

Ideal accompaniment for breakfast muffins.

SECTORS:



Restaurants



Cafés



Education



Pop-Ups &
Food Trucks



Takeaways

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

1



20% 90% 0:01:30

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Multi-tray (CIBO/ET)
and Teflon tray

FORM:



From Scratch

PORTIONS:





CHEESE OMELETTE

INGREDIENTS:

- 2 Eggs, large
- 50g Cheddar Cheese

DIRECTIONS:

1. Oil the base of the pan.
2. Whisk the eggs, season with salt and pepper, then pour in to tin. Sprinkle over the cheese.
3. Cook within a 8" sandwich tin or handleless pan.

SECTORS:



TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS: 1



20% 70% 0:01:10

START TEMPERATURE:



Ambient

COOKING MEDIUM:



8" sandwich tin or
handleless pan

FORM:



From Scratch

PORTIONS:





BREAKFAST DISHES



BLACK PUDDING

INGREDIENTS:

- Black Pudding slices

DIRECTIONS:

1. Lightly oil the underside of the slices and place on Teflon tray. Cook.

SECTORS:



Restaurants



Cafés



Pop-Ups &
Food Trucks



Takeaways

TAB SETTINGS:



275°C 320°C

RECIPE SETTINGS:

1



70% 80% 0:01:20

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





FRESH TOMATO HALVES

INGREDIENTS:

- 2 Tomatoes, halved

DIRECTIONS:

1. Lightly oil the Teflon sheet and place tomatoes cut side down. Cook.

SECTORS:



Restaurants



Cafés



Education



Pop-Ups &
Food Trucks



Takeaways

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

1



50% 80% 0:01:00

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon sheet

FORM:



Raw / Reheat

PORTIONS:





BREAKFAST DISHES



FIELD MUSHROOMS

INGREDIENTS:

- 2 x Mushrooms, whole, cleaned, chilled
- Vegetable oil

DIRECTIONS:

1. Lightly oil the mushrooms and place on tray. Cook.

SECTORS:



Restaurants



Cafés



Pop-Ups &
Food Trucks



Takeaways

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

1



80% 80% 0:01:00

START TEMPERATURE:



Ambient

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





BUTTON MUSHROOMS

INGREDIENTS:

- 250g Button Mushrooms

DIRECTIONS:

1. Lightly oil and season the mushrooms. Place in Teflon tray. Cook.

SECTORS:



Restaurants



Cafés



Education



Pop-Ups &
Food Trucks



Takeaways

TAB SETTINGS:



275°C 360°C

RECIPE SETTINGS:

1



80% 80% 0:01:00

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





BREAKFAST DISHES



FULL BREAKFAST

INGREDIENTS:

- 1 Mushroom, large, precooked and chilled
- 2 slices Back Bacon, precooked and chilled
- 2 Sausages, precooked and chilled
- 1 slice Black pudding, precooked and chilled
- 2 Tomato halves, precooked and chilled
- 1 Hash brown, precooked and chilled
- 1 Egg, large

DIRECTIONS:

1. Place a lightly oiled egg ring in the centre of the Teflon sheet and crack in the egg. Place the remaining items around the egg ring on the Teflon tray. Cook.

SECTORS:



Restaurants



Cafés



Education



Pop-Ups &
Food Trucks



Takeaways

TAB SETTINGS:



260°C 360°C

RECIPE SETTINGS:

1



50% 80% 0:01:45

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Precooked

PORTIONS:



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UPDATING YOUR CiBO+!

You can use a USB stick to:

- Backup recipes
- Load / Restore recipes
- Save / Load settings to clone the oven parameters to a new oven
- Update the display and control software





by **lincat**



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