



# Merrychef E2 Recipe Guidelines

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## Table of Contents

<b>1. Guidelines for a Successful Demonstration</b>	<b>3</b>
a. Rules of Thumb	3
b. Recommended Key Accessories	3
<b>2. Top Reasons to Spec Merrychef Ovens</b>	<b>4</b>
<b>3. E2 Recipes</b>	
Asparagus	5
Advanced Raw Unbreaded Breakaway Philly Puck	6
Grilled Ahi Salad	7
Biscuits	8
Organic Bone-In ½ Chicken	9
Pierre's Breakfast Bacon Egg and Cheese Sandwich	10
Tyson Chicken Breast Fillet Frozen, Breaded	11
Spicy Chicken Wings	12
Philly Crab Cake Mini's	13
Minh Egg Rolls	14
Egg Soufflé Dish	15
French Fries	16
Pepperoni Pizza	17
Lemon Pepper Shrimp	18
Panko Shrimp	19
Roasted Pork Tenderloin	20
Ratatouille	21
Roasted Corn on the Cob	22
Roasted Potatoes	23
Salmon en Croute	24
Sea Scallops	25
Seared Salmon Fillet	26
Baked Sub Sandwich	27
Baked Sweet Potato	28
Tempura Shrimp	29

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## Guidelines for Successful Merrychef Demonstrations:

### Rules of Thumb:

1. If the outcome is shriveled up, dried out or contains hard spots. Lower the microwave % (which may mean extended time).
2. If it's too dark or charred too much, Lower the Air Impingement Fan %.
3. If low internal temperature and can take more microwaves, increase microwave %.
4. If it's not crisp enough or enough color, Increase the Air Fan %.

### Recommended Key Accessories:

- Cutting Board, Spatulas, Tongs, MerryChef Paddle, Merrychef Basket, ¼ size sheet tray, Grill Pan, Silicone Forms or Ramekin, Pastry Brush, Gloves, Towels, Serving Utensils and Plates, Napkins, Beverages, etc.
- Food ingredients prepared and stored properly.
- Data Collection tools.

**Special note:** Cooking time and temperatures may vary depending on the size of the product.

## TOP Reasons to Spec Merrychef Speed Ovens

(See Merrychef Competitive Handbook for Turbochef comparisons)

1. **Patented Planer Plume Technology (e2, e6):** Patented Planer Plume technology offers superior heat transfer method by directing air into planes which collide above the food surface and then drawn around the food.
  - Saves up to 33% in energy compared to competitive models.
  - Quieter cooking performance over competitive models.
  - Superior air and temperature circulation improves food quality.
2. **Superior Dual Technology Design (e4):** Merrychef's combination of "Convection Heat", top and bottom "Air Impingement" and side to side "Microwave Heat" is a more effective air and temperature heat transfer resulting in superior food quality.
3. **Exclusive easyToUCH touch screen controls offers more standard features:** All Merrychef models offers the same simple and easy to use "easyToUCH" touch screen controls resulting in:
  - Easy Manual Cooking.
  - Easy Recipe Programming.
  - Easy "One Touch" picture icon operation.
  - Easy cookbook recipe access.
  - Easy "One Touch" favorite recipe access (Press n Go).
  - Easy on screen step by step cleaning instructions.
  - Easy and superior built-in self diagnostics.
4. **Simple to Use Cleaning Icon with "On-Screen" Cleaning Instructions.**
  - Step by step "On Screen" instructions simplify and speed up cleaning.
  - Fewer parts to take out of oven to clean compared to competitive models.
5. **Standard with Internal and External Filters which extends life of the oven.**
  - Exclusive external filter interlock prevents operation until filter is in place.
  - Internal Filters extends life of unit and internal components.
6. **Exclusive "Air Curtain" Safety Shield.**
  - Prevents burns from steam and heat escaping when door is opened.
7. **Uniform design across product line.**
  - Standardized operation, maintenance and replacement parts with all models reduce training and maintenance costs.
8. **Superior before and after sale support:**
  - Factory trained and certified rep network and Field Marketing Managers.
  - Superior factory trained chefs and local culinary network.
  - Extensive Manitowoc "Star Certified" Authorized Service Agency network.

## ASPARAGUS

ITEM:	Fresh Roasted Asparagus
SERVING SIZE:	1/2#
OVEN TOOLS:	Peel, Mat

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	100%	100%		1:30
2				
3				
4				
5				
6				



**Recipe:** This item was cooked at 500° for 1:30.  
The start temperature is 40°.

**Special note:** Cooking time and temperatures may vary depending on the size of the asparagus.

INGREDIENTS	MEASUREMENT	PROCEEDURE
1. Asparagus	1/2 #	<ol style="list-style-type: none"> <li>Trim the ends of the asparagus.</li> <li>Lightly toss trimmed asparagus with Olive Oil.</li> <li>Lightly season 1/2 teaspoon of each Salt and Pepper.</li> <li>Place asparagus on black mat.</li> <li>Using the peel, slide the the black mat onto the peel.</li> <li>Open oven slide black mat in oven, close the door.</li> <li>Select the asparagus setting on the oven push the button and begin cooking.</li> <li>Oven will flash done when cooking is finished.</li> </ol>
2. Olive Oil	2 Tbs	
3. Salt & Pepper	1/2 teas	
4. Place on black mat		

## ADVANCED RAW UNBREADED PHILLY BREAKAWAY Puck #1140-001

ITEM:	Advanced Raw Unbreaded Philly Breakaway # 1140-001 SLACKED Puck
SERVING SIZE:	1 each/ 3.46 oz
OVEN TOOLS:	Mat/ Peel



STAGE	MICROWAVE	AIR	RADIANT	TIME
1	60%	15%		:30
2	80%	15%		:30
3				
4				
5				
6				
7				
8				



**Recipe:** This item was cooked at 450° on a mat; the start temperature was 45°.

INGREDIENTS	MEASUREMENT	PROCEDURE
1. One each/ 3.46 oz Philly Steak/ Breakaway		1. Remove Philly Steak from refrigerator, Place on Mat.
2.		2. Using a peel slide mat onto peel, then slide in oven.
3.		3. Push Button labeled raw Unbreaded, the next screen will appear.
4.		4. The next screen will show 1140, stezbf will appear, push this button and begin cooking.
5.		5. The oven will beep and flash "Done" when cooking is finished.
6.		6. Remove from oven and serve with appropriate cheese, bread vegetables.
7.		

**Special Notes:** When cooking with advanced representative the final outcome desired was very little color and an internal temperature of 155°.

## GRILLED AHI SALAD

ITEM:	Ahi steak / 7.5oz-8.0oz
SERVING SIZE:	7.5oz-8.0oz
OVEN TOOLS:	cast iron grill pan, oven mitt

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	10%	100%		1:00
2	20%	100%		:40
3				
4				
5				
6				



**Recipe:** This item was cooked at 450° for 1:40. Starting temperature is 40° and was cooked on a heated cast iron grill pan.

**Special note:** Different diameters and thickness will affect desired outcome, along with different starting temperatures.

INGREDIENTS	MEASUREMENT	PROCEDURE
1. Ahi tuna steak	7.5- 8.0 oz	<ol style="list-style-type: none"> <li>Heat cast iron grill pan in oven for 3:00 minutes.</li> <li>In a bowl lightly marinate tuna steak with sesame oil while pan is heating in oven.</li> <li>When grill plate is hot, S&amp;P tuna steak. Open oven door and place tuna on grill pan. Close the door, select appropriate button labeled tuna and push to start cooking.</li> <li>Oven will beep and flash" done" when cooking is finished. Remove from oven. Let tuna rest.</li> <li>In a mixing bowl, combine Asian vinaigrette and Mesculin greens. Gentle toss and mound in the center of the plate.</li> <li>Slice tuna steak, fan around the mounded salad greens.</li> </ol>
2. Sesame oil	¼ cup	
3. Salt and Pepper	pinch	
4. Mesculin greens	6 oz	
5. Asian vinaigrette		



## BISCUITS

ITEM:	Grand's Biscuits Local Grocery Store
SERVING SIZE:	6 each
OVEN TOOLS:	Mat, peel

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	60%	50%		:30
2	70%	40%		:25
3	80%	50%		:30
4	90%	50%		:25
5				
6				



**Recipe:** This item was cooked at 450° for 1:50. Starting temperature was 40°. This was cooked on a mat.

INGREDIENTS	MEASUREMENT	PROCEEDURE
1. One can Grand's Biscuits	6 each	<ol style="list-style-type: none"> <li>1. Open can of biscuits and put 6 each biscuits on a mat.</li> <li>2. Using a peel slide biscuits onto peel, then slide in oven.</li> <li>3. Select button on oven labeled biscuits and push and begin cooking.</li> <li>4. Oven will beep and flash, "Done cooking", when cooking is done.</li> <li>5. Remove from the oven, and serve.</li> </ol>



## ORGANIC BONE IN ½ CHICKEN

ITEM:	Bone in ½ roasted Chicken
SERVING SIZE:	1/2 chicken ( Approx 1.1-1.3 #)
OVEN TOOLS:	Peel, Mat

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	100%	30%		4;30
2				
3				
4				
5				
6				



**Recipe: Roasted ½ Organic Chicken (Whole Foods) cooked at 500° for 4:30.**  
Cook this item on a mat. The start temperature was 40°.

**Special notes:** Cooking times and temperatures will vary w/different specification of chickens. This is a free range organic chicken; chickens injected or pumped will take longer.

INGREDIENTS	MEASUREMENT	PROCEEDURE
1. ½ Bone in Chicken rib cage removed, Leg and thigh bone in	1.1#-1.3#	<ol style="list-style-type: none"> <li>1. Take ½ chicken and rub with Olive Oil.</li> <li>2. Season ½ chicken with salt and pepper.</li> <li>3. Place chicken on mat, skin side up.</li> <li>4. Place mat on peel and place in oven.</li> <li>5. Using the peel, slide the black mat on to the peel.</li> <li>6. Open oven door and slide black mat into the oven and close the door.</li> <li>7. Select the ½ Roasted Chicken setting on the oven, push the button and begin cooking.</li> <li>8. Oven will flash done when cooking is finished.</li> <li>9. Let chicken rest for 7-9 minutes, and then serve. The internal temperature should be minimum of 165°.</li> </ol>
2. Olive Oil	¼ cup	
3. Salt and Pepper	1teas each	

## PIERRE'S BREAKFAST BACON EGG-N-CHEESE SANDWICH

ITEM:	Breakfast sandwich
SERVING SIZE:	5oz serving
OVEN TOOLS:	Peel, mat

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	100%	5%		:40
2	90%	5%		:20
3				
4				
5				
6				



**Recipe: BREAKFAST SANDWICH at 500° for 1:00. The starting temperature was 40°.**

**Special note: This is a refrigerated product. Different sizes will affect cooking time and temperatures.**

INGREDIENTS	MEASUREMENT	PROCEEDURE
1. One each breakfast sandwich 5 oz		<ol style="list-style-type: none"> <li>1. Place sandwich on mat, then place mat on peel.</li> <li>2. Place in oven, push button labeled Breakfast sandwich. Begin cooking.</li> <li>3. Oven will flash "done", sound an alert when done cooking.</li> <li>4. Remove from oven and plate.</li> </ol>

## TYSON'S CHICKEN BREAST FILLET FROZEN/BREADED

<b>ITEM:</b>	Tyson Chicken Breast Fillets (fully cooked) frozen lightly breaded
<b>SERVING SIZE:</b>	2 each, approximately 6 to 8 oz each
<b>OVEN TOOLS:</b>	Mat, peel

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	100%	50%		:30
2	80%	40%		:30
3	100%	30%		:30
4	80%	20%		:30
5				
6				



**Recipe:** This was cooked at 500° for 2:00 minutes. Starting temperature is 18°.

### Special note:

INGREDIENTS	MEASUREMENT	PROCEDURE
1. Chicken breast fillets	2 each / approximately 6-8 oz	<ol style="list-style-type: none"> <li>1. Remove chicken breast fillets from freezer. Place 2 each on a mat.</li> <li>2. Using the peel, slice place mat in oven.</li> <li>3. Look for chicken breast fillet button on the oven and push to begin cooking.</li> <li>4. The oven will beep and flash "Done cooking" when item is finished.</li> <li>5. Remove item from oven and serve.</li> </ol>

## SPICY CHICKEN WINGS

<b>ITEM:</b>	Wings ( wing/zing)
<b>SERVING SIZE:</b>	12 to 14 each 16oz to 20oz
<b>OVEN TOOLS:</b>	mat, peel

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	90%	40%		:55
2	100%	40%		:60
3	100%	50%		:50
4	100%	50%		:70
5				
6				



**Recipe:** This item was cooked at 500° 3:55. Starting temperature is 18°.

**Special note:** Different size wings and different start temps will affect the desired outcome.

INGREDIENTS	MEASUREMENT	PROCEDURE
1.Wings (Wing Zings)	12 ea	<ol style="list-style-type: none"> <li>1. Evenly assemble wings on mat.</li> <li>2. Place mat on peel, place wings in oven.</li> <li>3. Select button labeled wings and push button to start cooking.</li> <li>4. Oven will beep and flash done cooking when finished cooking.</li> <li>5. Remove item from oven and serve.</li> </ol>

## PHILLIPS CRAB CAKES MINI'S

<b>ITEM:</b>	Phillips Crab cakes minis, (Tom Thumb)
<b>SERVING SIZE:</b>	8 each/ Approx 5 3/4 oz Frozen
<b>OVEN TOOLS:</b>	Peel, mat

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	90%	40%		40%
2	50%	60%		30%
3	80%	70%		40%
4				
5				
6				
7				
8				



**Recipe:** This item was cooked at 450° for 1:50; it was cooked on a mat. The start temperature for this was 18°.

INGREDIENTS	MEASUREMENT	PROCEEDURE
1. Eight each mini crab cakes		1. Remove crab cakes from freezer, place 8 each on a mat.
2.		2. Using a peel slide the mat on to peel, then slide crab cakes in the oven.
3.		3. Select appropriate button labeled crab cake, push button and begin cooking.
4.		4. The oven will beep and flash "done "when cooking is finished.
5.		5. Remove from oven and serve with appropriate sauce and condiments.
6.		
7.		
8.		

**Special Notes:**

## MINH EGG ROLLS

<b>ITEM:</b>	2 EA/ 3oz /pork &vegetable egg rolls / Minh/ Costco
<b>SERVING SIZE:</b>	2 EA/ 3oz /
<b>OVEN TOOLS:</b>	Peel, Mat

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	90%	100%		:25
2	60%	100%		:30
3	80%	100%		:40
4				
5				
6				



**Recipe:** This recipe was cooked at 450° for 1:35 on a cooking mat. Starting temperature was 18°.

### Special Notes:

INGREDIENTS	MEASUREMENT	PROCEEDURE
1.Minh egg rolls	2each/3oz each frozen	<ol style="list-style-type: none"> <li>1. Remove egg rolls from freezer, assemble on cooking mat.</li> <li>2. Using the peel, slide the mat on to the peel. Open oven door and place egg rolls in oven.</li> <li>3. Select appropriate setting on the oven and push button to begin cooking.</li> <li>4. Oven will beep and Flash" done" when cooking has finished.</li> <li>5. Remove from oven and serve with appropriate condiments and sauces.</li> </ol>



## EGG SOUFFLE DISH

ITEM:	Breakfast Egg Soufflé
SERVING SIZE:	3 oz
OVEN TOOLS:	Silicone muffin molds, peel

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	80%	10%		1:15
2	60%	100%		:50
3				
4				
5				
6				



**Recipe: Breakfast Egg Soufflé at 500 degrees for 2:05**

### Special notes:

INGREDIENTS	MEASUREMENT	PROCEDURE
1. Egg Beaters	2 cups	<ol style="list-style-type: none"> <li>1. In a mixing bowl combine egg beaters, salt and pepper and shredded cheese.</li> <li>2. Mix thoroughly.</li> <li>3. Spray silicone mold with pan spray. Distribute egg beater mix evenly in the silicon muffin molds evenly.</li> <li>4. Place silicone on peel and slide into oven.</li> <li>5. Push button labeled egg soufflé and begin cooking.</li> <li>6. The oven will flash done and will sound when cooking is finished.</li> <li>7. Let soufflé sit for 3 minutes, then place on center of plate.</li> <li>8. Garnish with salsa and fresh cilantro.</li> </ol>
2. Shredded Cheddar	½ cup	
3. Salt and Pepper	2 teas each	
4. chopped vegetables optional, mushrooms, asparagus		



## FRENCH FRIES

ITEM:	French Fries
SERVING SIZE:	12-16 oz
OVEN TOOLS:	Mat, Peel

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	100%	100%		2:00
2				
3				
4				
5				
6				



**Recipe:** This recipe was cooked at 500° for 2:00. Starting temperature was 18°.

**Special notes:** Different weights and temperature will affect the results.

INGREDIENTS	MEASUREMENT	PROCEEDURE
1.French Fries	4-5 oz	<ol style="list-style-type: none"> <li>1. Open bag of fries, lay out on a mat, using a peel place them in the oven</li> <li>2. Select the button on the oven labeled oven, push the button and begin cooking.</li> <li>3. The oven will beep and flash "done cooking "when finished cooking.</li> <li>4. Remove from oven and serve.</li> </ol>

## PEPPERONI PIZZA

ITEM:	Freschetta Pizza 8 inch
SERVING SIZE:	1 ea
OVEN TOOLS:	Peel

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	80%	20%		:35
2	30%	50%		:35
3	50%	30%		:25
4	80%	20%		:35
5	50%	60%		:35
6				



**Recipe:** This item was cooked at 450° for 2:45. Starting temperature is 18°.

**Special notes:**

INGREDIENTS	MEASUREMENT	PROCEEDURE
1. One each Pepperoni Pizza		<ol style="list-style-type: none"> <li>1. Remove pizza from box, place in oven on cooking plate.</li> <li>2. Push pizza button, and begin cooking.</li> <li>3. The oven will beep and flash "done" when cooking is done.</li> <li>4. Remove from oven and serve.</li> </ol>

## LEMON PEPPER SHRIMP

ITEM:	Shrimp
SERVING SIZE:	½ #, 6 TO 8 EACH SHRIMP
OVEN TOOLS:	Peel, mat

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	100%	20%		:30
2				
3				
4				
5				
6				



**Recipe:** This was cooked at 500° for 30 seconds.

**Special note:** Different size and weights of shrimp will affect the cooking times and temperatures.

INGREDIENTS	MEASUREMENT	PROCEDURE
1. U10-15 shrimp	6 each	<ol style="list-style-type: none"> <li>1. Peel and devein shrimp, leaving tails on.</li> <li>2. In a mixing bowl toss shrimp with 2TBS of olive oil and season with 1 TEAS each salt and pepper.</li> <li>3. Place shrimp on mat, using a peel slide shrimp into oven.</li> <li>4. Push Lemon Peppered Shrimp button.</li> <li>5. Oven will sound and flash done when cooking is finished.</li> <li>6. Remove from oven and season with juice of one lemon and 1TBS of lemon pepper</li> </ol>
2. Olive Oil	2 Tbs	
3. Lemon Pepper	1 Tbs	
4. Salt & Pepper	1 teas each	
5. One lemon		

## PANKO SHRIMP

ITEM:	Panko Shrimp
SERVING SIZE:	10 ea/8oz/ frozen/ Costco/Kirkland, Sea Pak
OVEN TOOLS:	peel, mat

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	70%	40%		:40
2	20%	60%		:30
3	70%	70%		:45
4				
5				
6				



**Recipe:** This recipe was cooked at 450° for 1:55. Starting temperature for the shrimp is 18°.

**Special note:**

INGREDIENTS	MEASUREMENT	PROCEEDURE
1. Panko shrimp	10 each	<ol style="list-style-type: none"> <li>1. Remove shrimp from freezer.</li> <li>2. Assemble shrimp on mat.</li> <li>3. Using a peel, slide peel under mat.</li> <li>4. Open oven door and slide shrimp in the oven and close the door.</li> <li>5. On the oven select the fish setting and push the button.</li> <li>6. The next screen on the oven will give you different selections, salmon, tuna, shrimp, etc. Select the appropriate selection.</li> <li>7. The next screen will appear, select the button and begin cooking.</li> <li>8. The oven will beep and Flash "done" when cooking is finished.</li> </ol>

## ROASTED PORK TENDERLOIN

<b>ITEM:</b>	Pork Tenderloin/ Costco/
<b>SERVING SIZE:</b>	18 to 20 oz , cleaned
<b>OVEN TOOLS:</b>	Mat, peel or Pyrex

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	50%	100%		3:00
2	30%	100%		2:00
3	10%	100%		1:30
4				
5				
6				



**Recipe:** This recipe was cooked at 450° for 6:30. Starting temperature is 40°.

**Special note:** Different weights and diameters will require an adjustment of time.

INGREDIENTS	MEASUREMENT	PROCEEDURE
1. One pork tenderloin, 18-20 oz	18-20 oz	<ol style="list-style-type: none"> <li>1. Remove pork tenderloin from cooler.</li> <li>2. Clean tenderloin, removing all silver skin.</li> <li>3. Lightly coat and season pork tenderloin with Olive Oil and S&amp;P.</li> <li>4. Place on a cooking mat or a glass 8x8 Pyrex and place in oven.</li> <li>5. Select appropriate button labeled Pork tenderloin and push button to start cooking.</li> <li>6. The oven will beep and flash" done" when cooking is finished.</li> <li>7. Remove item from oven, LET PORK TENDERLOIN REST FOR 5 MINUTES BEFORE CARVING. NOTE WE COOKED THIS ITEM TO AN INTERNAL TEMP OF 138- 150.</li> </ol>
2. Olive Oil	2 TBS	
3. Salt & Pepper	pinch	

## RATATOUILLE

ITEM:	Traditional Ratatouille
SERVING SIZE:	2#- 2 1/2#
OVEN TOOLS:	oven mitts, 8x8 Pyrex

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	100%	60%		3:00
2	100%	80%		2:00
3				
4				
5				
6				



**Recipe:** This recipe was cooked at 450° for 5:00 for 2 pounds of vegetables.  
**Special note:** Different sizes of vegetables and cuts will affect the desired outcome.

INGREDIENTS	MEASUREMENT	PROCEEDURE
1. One each Zucchini/ medium diced	1 each medium size	<ol style="list-style-type: none"> <li>1. Dice all vegetables to a medium dice.</li> <li>2. Lightly coat vegetables with olive oil. Add diced tomato, dried basil and oregano, salt and pepper to taste.</li> <li>3. Put vegetables in an 8x8 Pyrex.</li> <li>4. With an oven mitt, place Pyrex in oven and select the appropriate setting.</li> <li>5. The oven will beep and flash" Done" when cooking is finished, remove from oven. Let rest for 2 minutes. Gently fold in ¾ cup of fresh basil.</li> <li>6. Garnish with appropriate herbs or Parmesan.</li> </ol>
2. One each yellow squash/medium diced	1 each medium size	
3. One each eggplant/ medium diced	1 each medium size	
4. One each Spanish onion/ medium diced	1 each medium size	
5. Two medium sized cloves of garlic slices	2each medium size	
6. One can of diced tomato 14.5oz	1 can 14.5 oz	
7. Olive Oil	½ cup	
8. Dried Basil/ Oregano	1 ½ TBS each	
9. Fresh Basil chiffonade	¾ cup	



## ROASTED CORN ON THE COB

ITEM:	Corn on the cob
SERVING SIZE:	3 each/30-32oz/2#, ½ husks on
OVEN TOOLS:	Mat , peel

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	100%	20%		3:00
2	50%	40%		1:00
3	100%	80%		2:00
4				
5				
6				



**Recipe:** This item was cooked at 450° for 6:00, on a mat, start temperature was 40°.

### Special note:

INGREDIENTS	MEASUREMENT	PROCEEDURE
1. Corn on the cob, ½ husks on	3each/ 30-32oz/ 2#	<ol style="list-style-type: none"> <li>1. Shuck 3 ears of corn on the con leaving husk n½ on, lightly season with olive oil and S&amp;P.</li> <li>2. Place husk side down on mat, using a peel slide the mat into oven and cook.</li> <li>3. Select appropriate selection" Roast vegetable" in your next window you have to select what vegetables, EXAMPLE, 1- ASPARAGUS, 2 RATATOUILLE, 3- CORN ON THE COB. Make your selection of corn on the cob and push the button to start cooking.</li> <li>4. The oven will beep and Flash"Done" when cooking is done. Remove corn from oven and serve with appropriate condiments.</li> </ol>
2. Olive oil	¼ cup	
3. Salt and Pepper	Season to taste	



## ROASTED POTATOES

ITEM:	1# Fingerling Potatoes
SERVING SIZE:	1#
OVEN TOOLS:	Peel , Mat

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	100%	100%		3:00
2				
3				
4				
5				
6				



**Recipe:** This recipe was cooked at 500° for 3:00; this was cooked on a mat. The start temperature for this recipe was 40°.

**Special note:** These potatoes were sliced, different thickness and cuts will affect the desired outcome.

INGREDIENTS	MEASUREMENT	PROCEEDURE
1. Fingerling Potato's	1#	<ol style="list-style-type: none"> <li>1. Wash and slice Fingerling Potatoes.</li> <li>2. In a mixing bowl combine salt and pepper and Olive Oil and mix the Potatoes.</li> <li>3. Lay potato's on a mat, evenly distributing on the mat.</li> <li>4. Using a peel, slide mat onto a peel, place in oven.</li> <li>5. Open oven door, slide mat into oven, close door.</li> <li>6. Select Potato setting on the oven, push the button and begin cooking.</li> <li>7. Oven will flash done when cooking is finished.</li> </ol>
2. Olive Oil	¼ cup	
3. Salt and Pepper	1 teaspoon each	

## SALMON EN CROUTE

<b>ITEM:</b>	Salmon En Croute
<b>SERVING SIZE:</b>	5 oz filet of Salmon
<b>OVEN TOOLS:</b>	Peel, Mat



STAGE	MICROWAVE	AIR	RADIANT	TIME
1	80%	10%		2:20
2				
3				
4				
5				
6				

**Recipe:** This was cooked at 500° for 2:20. Starting temperature is 40°.

**Special note:** Internal temperature of Salmon should be 145°; external pastry should be fully developed and golden brown.

INGREDIENTS	MEASUREMENT	PROCEDURE
1. One Sheet Pepperidge farms Puff Pastry dough	1 ea sheet of Puff Pastry dough	<ol style="list-style-type: none"> <li>On a cutting board dusted with flour, lay out your sheet of Puff pastry, with a rolling pin roll out the dough. Stretch the dough length so it is twice the length of the salmon filet.</li> <li>Cut dough in half, length wise.</li> <li>Using one half of the dough place salmon in center of the dough.</li> <li>Make an incision in the salmon so you are cutting a small pocket in the top length wise.</li> <li>Place two pieces of pencil asparagus in the pocket or incision.</li> <li>Top the asparagus with 2 TBS of herbed cream cheese.</li> <li>Using a microplaner or grater, grate 1 TBS of lemon zest on top of the salmon filet.</li> <li>Season with 1 TEAS of each salt and pepper.</li> <li>Fold other ½ of dough over the top and crimp the edges of the dough with a fork to seal the dough. Brush the En Croute with egg wash.</li> <li>Place on mat, using a peel place in oven and push the button labeled Salmon En Croute. Oven will flash done cooking when finished.</li> </ol>
2. One ea 5oz filet of salmon skinned and pin bones removed	1 5oz filet of Salmon	
3. Cream cheese	2 Tbs	
4. Two fresh pieces of asparagus	2 each	
5. One egg		
6. One lemon		
7. Salt & Pepper		

## SEA SCALLOPS

ITEM:	IQF Sea Scallops
SERVING SIZE:	8 ea/weight 10 oz-12 oz
OVEN TOOLS:	mat, peel

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	20%	100%		:50
2	40%	100%		:40
3				
4				
5				
6				



**Recipe:** This item was cooked at 450° for 1:30. Starting temperature is 40 °.

**Special note:** Scallops used IQF.

INGREDIENTS	MEASUREMENT	PROCEEDURE
1. Sea Scallops	8 each/ 10-12oz	<ol style="list-style-type: none"> <li>1. Remove the adductor muscle from the scallops.</li> <li>2. In a mixing bowl combine zest of one lemon, ¼ cup of olive oil and scallops, gentle toss.</li> <li>3. Lay scallops out on the mat and lightly season them with salt and pepper.</li> <li>4. Using a peel, gently slide scallops on to peel and open oven door and slide the mat in.</li> <li>5. Select appropriate setting on oven labeled scallops, push button and begin to cook.</li> <li>6. Oven will beep and flash "done" when cooking is finished. Remove scallops from oven and serve with appropriate garnish and sauces.</li> </ol>
2. Lemon zest	1 lemon	
3. Salt and Pepper	pinch	
4. Olive oil	¼ cup	

## SEARED SALMON FILET

<b>ITEM:</b>	Seared Salmon Filet
<b>SERVING SIZE:</b>	1 each, 5-6oz
<b>OVEN TOOLS:</b>	Mat, Peel

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	60%	30%		:45
2	70%	30%		:30
3	50%	40%		:40
4				
5				
6				



**Recipe:** This item was cooked at 500° for 1:55.

**Special note:** Different size filets will alter the cook time.

INGREDIENTS	MEASUREMENT	PROCEEDURE
1.Salmon Fillet	5-6 oz	<ol style="list-style-type: none"> <li>1. Lightly coat Salmon with Olive Oil.</li> <li>2. Sprinkle Salmon with 1 teaspoon of salt and pepper.</li> <li>3. Place Salmon on mat, using a peel place mat in oven.</li> <li>4. Locate the button on the oven labeled Salmon, push the button and begin cooking.</li> <li>5. The oven will beep and flash "done cooking" when item is finished.</li> <li>6. Remove item from oven and serve.</li> </ol>
2. Olive Oil	2 oz / ¼ cup	
3. Salt and Pepper	1 teaspoon each	

## BAKED SUB SANDWICH

ITEM:	Submarine
SERVING SIZE:	1 ea
OVEN TOOLS:	Peel, mat

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	40%	100%		:30
2				
3				
4				
5				
6				



**Recipe:** This Sandwich was cooked at 500° for 30 seconds. Starting temperature is 40°.

**Special notes:** This recipe was cooked on a screen.

INGREDIENTS	MEASUREMENT	PROCEEDURE
1. One Sub Roll 12 inch		<ol style="list-style-type: none"> <li>1. Cut open sub roll, as shown in picture above.</li> <li>2. Assemble deli meat by folding in half, shingling down the sub roll.</li> <li>3. Cut the 2 slices of meat on a bias and shingle on top of the meat.</li> <li>4. Place sub on mat, then slide the peel under the mat and place in oven.</li> <li>5. Push button labeled sub, and begin cooking.</li> <li>6. Oven will sound and flash done when finished.</li> <li>7. Dress sub sand with appropriate condiments, lettuce, tomato, oil, vinegar.</li> </ol>
2. Eight slices of deli		
3. Two slices of cheese		

## BAKED SWEET POTATOES

<b>ITEM:</b>	Sweet Potato
<b>SERVING SIZE:</b>	2 each/ 16 oz each
<b>OVEN TOOLS:</b>	oven mitts, 8x8 Pyrex

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	100%	20%		4:00
2	80%	30%		4:00
3	100%	60%		1:30
4				
5				
6				



**Recipe:** This item was cooked at 450° for 9:30 in an 8x8 Pyrex dish.

**Special notes:** Different sizes and diameters will affect the cooking process.

INGREDIENTS	MEASUREMENT	PROCEDURE
1. Sweet Potato	2 each/ 16oz each	<ol style="list-style-type: none"> <li>1. Wash sweet potatoes, lightly puncture potato with a pairing knife, lightly coat potatoes with olive oil and S&amp;P.</li> <li>2. Place potatoes in Pyrex, then place in oven.</li> <li>3. Select appropriate selection labeled sweet potato, push button and begin to cook.</li> <li>4. The oven will beep and flash" done" when cooking is finished.</li> <li>5. Remove from oven, lightly drizzle maple syrup over potatoes and serve.</li> </ol>
2. Olive Oil	2 TBS	
3. S&P	Pinch	



## TEMPURA SHRIMP

ITEM:	Tempura Shrimp
SERVING SIZE:	5ea/6-7oz/total weight/Costco brand/ Tiger Thai
OVEN TOOLS:	Peel, Mat

STAGE	MICROWAVE	AIR	RADIANT	TIME
1	70%	40%		:40
2	10%	80%		:30
3	70%	90%		:45
4				
5				
6				



**Recipe:** This recipe was cooked at 450° for 1:55.

**Special notes:** The start temperature on this recipe was 18°; this was cooked on a mat.

INGREDIENTS	MEASUREMENT	PROCEEDURE
1. Five each tempura shrimp frozen		<ol style="list-style-type: none"> <li>1. Remove shrimp from freezer and unwrap.</li> <li>2. Place 5 tempura shrimp on a mat.</li> <li>3. Open oven door, select proper setting and begin to cook.</li> <li>4. Oven will beep and Flash "done" when cooking is finished.</li> <li>5. Remove from oven and serve with appropriate.</li> </ol>





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