



AXP & MXP Cooking Guide



COOKING TIPS











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

Tips for AXP/MXP Operation																
Microwave settings	<ul style="list-style-type: none"> • 11 different power levels (0% lowest to 100% highest) control intensity of microwave • Microwave helps cooking the food and increases the internal food temperature. • Food containing high water, fat and salt content raises its temperature faster with high microwave power level. • It’s recommended to decrease microwave power level when product is thick and takes longer time to cook in order to avoid drying food. 															
Fan settings	<ul style="list-style-type: none"> • 11 different speed settings (0%-slowest to 100%-fastest) control forced air. • Convection is a major source of food toasting, crisping and browning, especially for short cook times. • Aids in the quick heating of food. • If no browning is desired, 0% convection can be chosen. • Reduce convection for more evenly controlled browning, particularly when food is cooked for long period of time. 															
Infra Red (IR) settings	<ul style="list-style-type: none"> • 11 different power levels (0%-lowest to 100%–highest) control radiant heat. • Helps improving crispness and browning on the bottom of foods and overall browning. 															
Stage cooking	<ul style="list-style-type: none"> • Enables to use up to four different cooking cycles or stages to be used consecutively without repeated input from the user. • Aids in retaining the quality of frozen and delicate foods. • The three cooking technologies Microwave, Convection and IR can vary through the cooking process as required for best results. • Example: Roasted redpotatoes • <p>Oven Temperature: 520°F (270°C)</p> <table border="1"> <thead> <tr> <th>STAGE</th> <th>TIME</th> <th>MW %</th> <th>FAN %</th> <th>IR %</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>3:00</td> <td>100</td> <td>10</td> <td>100</td> </tr> <tr> <td>2</td> <td>1:00</td> <td>100</td> <td>100</td> <td>100</td> </tr> </tbody> </table> <p>Total Cook Time: 4:00 (Only 25% of total cook time uses higher convection power to prevent potatoes from burning)</p>	STAGE	TIME	MW %	FAN %	IR %	1	3:00	100	10	100	2	1:00	100	100	100
STAGE	TIME	MW %	FAN %	IR %												
1	3:00	100	10	100												
2	1:00	100	100	100												
Oven Temperature	<ul style="list-style-type: none"> • Oven can be preheated between 200-520°F (95-270°C) • Use only one temperature for all your menu items to avoid inconsistent food results. 															
Oven Cleaning	<ul style="list-style-type: none"> • Frequent cleaning prevents unnecessary buildup that may affect the microwave performance. • Use a cleaner that does not contain ammonia, phosphates, chlorine, potassium or sodium hydroxide as they can damage critical oven parts and may void the warranty on those parts. • Refer to cleaning instructions in the AXP/MXP manual for proper procedure. 															

General Cooking and Programming Tips

Food	AXP & MXP Operation
Needs to be hotter	<ul style="list-style-type: none"> • Increase microwave power level and/or time.
Needs more even cooking	<ul style="list-style-type: none"> • Place food in center of the oven to ensure heating absorption.
Has high moisture content	<ul style="list-style-type: none"> • Reduce cooking time when using high microwave power.
Is very dense and thick	<ul style="list-style-type: none"> • Lower microwave power level so food will not dry.
Needs more top toasting	<ul style="list-style-type: none"> • Increase convection speed and/or increase time. • If less toasting is needed and convection settings are already low, decrease oven temperature.
Needs more bottom toasting	<ul style="list-style-type: none"> • Increase IR (Infra Red) level and/or time. • Use pizza stone (ST10X) when extra crispness and browning is needed.
Overcooked	<ul style="list-style-type: none"> • If food is left in oven after cook cycle expires, food continues to brown. • Remove food immediately to prevent overcooking. • Let highly dense foods like proteins rest 1-2 min, after removal from oven, to equilibrate to final temperature.
Messy	<ul style="list-style-type: none"> • Line pan/screen with parchment paper.

Accessories

Accessories offered by ACP, Inc.	
<p>Non-stick basket (SB10, TB10, OB10, NB10)</p> <ul style="list-style-type: none"> • Dimensions: SB10: 6 x 12 x ¾ in (150 x 300 x 18 mm) TB10: 10 x 12 x 1 in (250 x 300 x 25 mm) OB10: 13 x 13 x 1 in (330 x 330 x 25 mm) NB10: 11 ½ x 13 ½ x 1 in. (292 x 343 x 25 mm) • Aids in browning and crisping of food. Also makes cleaning up easier. Oven paddle needs to be used in order to remove baskets from oven. 	
<p>Oven Paddle (PA10)</p> <ul style="list-style-type: none"> • Aids in easy and safe removal of sandwiches, pizza and non-stick baskets from AXP/MXP ovens. 	
<p>Pizza Stone (ST10X)</p> <ul style="list-style-type: none"> • Dimensions: 14 3/8 x 14 3/8 in (359 x 359 mm) • Aids in crisping and browning breads and pizzas. 	
<p>Panini Grill (GR10)</p> <ul style="list-style-type: none"> • Dimensions: 12.8 x 13.94 in (325 x 354 mm) • Aids in adding grill marks on a product, in a Panini sandwich for example. 	
<p>Square Aluminum Pan (SQ10)</p> <ul style="list-style-type: none"> • Dimensions: 14"x 14"x 1" (356 x 356 x 25 mm) • For holding and heating multiple portions of food items. 	
<p>Grill Plate (DR10)</p> <ul style="list-style-type: none"> • Dual purpose nonstick plate serves as a cooking surface or drip tray. 	
Generic Accessories (Not offered by ACP, Inc.)	
<p>Metal containers <u>Aluminum Sheet pan, 1/4 size</u> = 9.5 x 13 x1 in (24.1 x 33 x 2.54 cm)</p> <p><u>2/3 size pan, stainless steel pan from Vollrath S/N 90102 Super Pan 3</u> = 12 ¾ X 13 ¾ X ¾ in (325 x 354 mm x 0.75mm)</p> <ul style="list-style-type: none"> • For foods that do not need directed heat from the radiant element, and for foods that may drip grease or seasoning. • Metal containers with a height no more than 1.5 inches (2.5 cm) can be successfully used in the AXP/MXP. Different types of metal conduct heat at different speeds. Aluminum heats faster than stainless steel. 	
<p>Pizza Screen (up to 15 inch or 38 cm diameter)</p> <ul style="list-style-type: none"> • For browning and crisping for toasted sandwiches and pizzas, or any food that needs directed heat from the radiantelement. 	
<p>Ceramic dish</p> <ul style="list-style-type: none"> • For foods that need to be contained such as ready-to-serve foods, cut vegetables or soups. 	
<p>High Temperature Glass baking containers</p> <ul style="list-style-type: none"> • For baked goods. • To avoid any glass fractures, use low microwave power and Infrared (IR) (0-50%). 	

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Abbreviations found in the cooking guide:

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

BEFORE STARTING

Menu items listed in this cook guide are color coded by the level of preparation needed with each item.



Easy Prep



Some Prep



Multiple Items

Easy Prep items are one prepared food item (e.g. frozen pizza, tube of biscuits).
Some Prep items have two to five ingredients (e.g. banana bread ice cream sandwich).
Multiple items contain six or more ingredients (e.g. blueberry oatmeal casserole).

ABBREVIATION MEANINGS:

% MW	Microwave Energy
% AIR	Convection Energy
% IR	Infra-red Radiant Energy

APPENDIX:

The appendix listed at the end of this document supplements certain menu items listed in the guide. These recipes are prepared by hand and are meant as “made-from-scratch” recipes. If a menu item uses the appendix, it will be marked at the end of the menu item, under “Notes”.



Appetizers

● Baked Brie

Manufacturer: N/A
 Quantity: 6 oz. (170 g)
 Start Food Temperature: 40°F (4°C)
 Accessory: Ceramic Dish

Part 1: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:15	80	30	100

Part 2: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:30	20	90	100

Total Cook Time: 0:45

Notes: See Appendix for recipe/preparation methods.

● Crab Rangoon

Manufacturer: N/A
 Quantity: 6 ea.
 Start Food Temperature: 0°F (-18°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN%	IR %
1	2:00	50	0	100
2	1:00	30	0	100

Total Cook Time: 3:00

● Chicken Wings

Manufacturer: Tyson
 Quantity: 5 wings
 Start Food Temperature: 0°F (-18°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	100	0	100
2	1:15	80	0	100

Total Cook Time: 2:15

● Dill Pickle Chips, Fried

Manufacturer: N/A
 Quantity: 6 oz. (170 g)
 Start Food Temperature: 0°F (-18°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN%	IR %
1	2:00	60	40	100
2	1:00	40	60	100

Total Cook Time: 3:00

● Crab Cakes

Manufacturer: Seapak (thawed to refrigerated)
 Quantity: 2 pcs.
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:40	90	10	100
2	0:25	60	40	100
3	0:10	100	100	100

Total Cook Time: 1:15

● Dip, Crab

Manufacturer: N/A
 Quantity: 1.5 lbs. (0.7 kg)
 Start Food Temperature: 40°F (4°C)
 Accessory: Ceramic quiche baking dish, or casserole dish

Oven Temperature: 350°F (175°C)

STAGE	TIME	MW %	FAN%	IR %
1	3:00	70	20	100
2	1:00	40	10	100

Total Cook Time: 4:00

Notes: See Appendix for recipe/preparation methods.



Appetizers

● Dip, Spinach Artichoke
 Manufacturer: TGI Fridays
 Quantity: 8 oz. (226 g)
 Start Food Temperature: 0°F (-18°C)
 Accessory: Ceramic bowl

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN%	IR %
1	0:45	100	0	100
2	0:45	50	10	100
3	0:30	90	40	100

Total Cook Time: 2:00

● Naan Bread
 Manufacturer: N/A
 Quantity: 8 pieces
 Start Food Temperature: 70°F (21°C)
 Accessory: ST10X Pizza Stone

Oven Temperature: 450°F (230°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:35	60	80	100
2	0:35	30	20	100

Total Cook Time: 1:10

Notes: See Appendix for recipe/preparation methods.

● Mushroom Crostini
 Manufacturer: N/A
 Quantity: N/A
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, with non-stick spray

For Crostini Toasts: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:30	40	50	100

For Wild Mushroom Mix: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	2:30	30	40	100

For Serving: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:25	40	20	100

Total Time: 3:25

Notes: See Appendix for recipe/preparation methods.

● Tomato Bruschetta Rounds
 Manufacturer: N/A
 Quantity: Fill one pan in a single layer
 Start Food Temperature: 70°F (21°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	70	30	100

Total Cook Time: 1:00

● Mozzarella Cheese Sticks
 Manufacturer: Farm Rich
 Quantity: 7 sticks, 6.0 oz. (170 g) total
 Start Food Temperature: 0°F (-18°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:25	50	90	100
2	0:10	20	80	100
3	0:15	0	50	100

Total Cook Time: 0:5



Vegetables

● Asparagus

Manufacturer: Fresh Produce
 Quantity: 5 oz. (140 g)
 Start Food Temperature: 40°F (4°C)
 Accessory: 1/4 sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:25	60	0	100
2	0:40	40	0	100

Total Time: 1:05

Notes: Toss asparagus in 3 tbsp. (45 mL) olive oil and 1 tsp. (60 g) of seasoned salt before heating.

● Garlic, Roasted (fresh)

Manufacturer: Fresh Produce
 Quantity: 5 whole heads
 Start Food Temperature: 70°F (21°C)
 Accessory: 1/4 sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	2:30	50	40	100

Total Cook Time: 2:30

Notes: Cut tops and bottoms of heads to allow for a smooth surface.

● Butternut Squash

Manufacturer: Fresh Produce
 Quantity: 2 lbs. (1 kg)
 Start Food Temperature: 70°F (21°C)
 Accessory: SQ10 pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	3:30	100	0	100
2	1:00	50	30	100

Total Cook Time: 4:30

Notes: Cut squash in 1" (2.5 cm) cubes. Toss in 1/3 cup (80 mL) olive oil, 1 tsp (2 g) pepper, 1.5 tsp (9 g) salt, 1/2 tsp (0.7 g) thyme and 1/2 tsp (0.4 g) ground sage.

● Green Beans (fresh)

Manufacturer: Fresh Produce
 Quantity: 6 oz. (170 g)
 Start Food Temperature: 40°F (4°C)
 Accessory: 1/4 sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	80	0	100

Total Cook Time: 2:00

Notes: Toss beans in 3 tbsp. (45 mL) olive oil and 1 tsp. (60 g) of seasoned salt before heating.

● Dip, Spinach Artichoke

Manufacturer: TGI Fridays
 Quantity: 8 oz. (226 g)
 Start Food Temperature: 0°F (-18°C)
 Accessory: Ceramic bowl, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:45	100	0	100
2	0:45	50	10	100
3	0:30	90	40	100

Total Cook Time: 2:00

● Mediterranean Roasted Vegetables

Manufacturer: N/A
 Quantity: 2.5 lbs. (1.1 kg)
 Start Food Temperature: 40°F (4°C)
 Accessory: 1/4 sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	2:35	50	80	100

Total Cook Time: 2:35

Notes: See Appendix for recipe/preparation methods.



Vegetables

● Onions, Caramelized (fresh)

Manufacturer: Fresh Produce

Quantity: 12 oz. (340 g)

Start Food Temperature: 40°F (4°C)

Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	100	0	100
2	1:30	80	60	100

Total Time: 2:30

Notes: Cut sweet onions ¼" (0.6 cm) thick. Mix onions with 2 tbsp. (30 mL) oil and 1 tsp. (60 g) seasoned salt before heating.

● Roasted Root Vegetables

Manufacturer: Fresh Produce

Quantity: 16 oz. (0.45 kg)

Start Food Temperature: 40°F (4°C)

Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	100	0	100
2	1:30	70	50	100

Total Cook Time: 2:00

Notes: See Appendix for recipe/preparation methods.



Potatoes

● Baked Potato (6 oz.)

Manufacturer: Fresh Produce
 Quantity: 6 oz. (170 g)
 Start Food Temperature: 70°F (21°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:40	0	100	100
2	1:15	100	50	100
3	0:20	20	50	100

Total Time: 2:15

Notes: Lightly coat entire potato with a thin layer of olive oil and generously sprinkle with sea salt before placing on ¼ sheet pan.

● French Fries (6 oz.)

Manufacturer: Ore-Ida Extra Crispy, Crinkle Cut Fries
 Quantity: 6 oz. (170 g)
 Start Food Temperature: 0°F (-18°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	100	0	100

Total Cook Time: 1:00

● Baked Potato (13 oz.)

Manufacturer: Fresh Produce
 Quantity: 13 oz. (370 g)
 Start Food Temperature: 70°F (21°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:40	0	100	60
2	2:30	100	50	100
3	0:15	20	50	100

Total Cook Time: 3:25

Notes: Lightly coat entire potato with a thin layer of olive oil and generously sprinkle with sea salt before placing on ¼ sheet pan.

● French Fries, Seasoned (6 oz.)

Manufacturer: Ore-Ida Extra Crispy, Crinkle Cut Fries
 Quantity: 6 oz. (170 g)
 Start Food Temperature: 0°F (-18°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	100	0	100

Total Cook Time: 1:00

● Baked Potato (18 oz.)

Manufacturer: Fresh Produce
 Quantity: 18 oz. (0.5 kg)
 Start Food Temperature: 70°F (21°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	100	100	100
2	2:00	80	0	100
3	2:00	60	30	100

Total Cook Time: 5:00

Notes: Lightly coat entire potato with a thin layer of olive oil and generously sprinkle with sea salt before placing on ¼ sheet pan.

● Hash browns (raw)

Manufacturer: N/A
 Quantity: 16 oz. (0.45 kg)
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	3:00	80	30	100

Total Cook Time: 3:00

Notes: Mix hash browns with 3 tbsp. (45 mL) olive oil and 1 tsp. (60 g) of seasoned salt.



Potatoes

● Potato Wedge (raw)

Manufacturer: Ore-Ida – Garlic and Parmesan
 Quantity: 9 oz. (255 g)
 Start Food Temperature: 0°F (-18°C)
 Accessory: SB10 Non-stick basket

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:30	100	70	100
2	0:30	0	100	100

Total Time: 2:00

● Sweet Potatoes

Manufacturer: Fresh Produce
 Quantity: 12 oz. (340 g)
 Start Food Temperature: 70°F (21°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	3:30	100	0	100

Total Cook Time: 3:30

● Potatoes, Red - Roasted Herb (raw)

Manufacturer: N/A
 Quantity: 1 lb. 7 oz. (0.65 kg)
 Start Food Temperature: 70°F (21°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	3:00	100	10	100
2	1:00	100	100	100

Total Cook Time: 4:00

● Potato, Au Gratin

Manufacturer: Betty Crocker
 Quantity: 4.7 oz. (135 g)
 Start Food Temperature: 70°F (21°C)
 Accessory: Casserole dish

Oven Temperature: 450°F (230°C)

STAGE	TIME	MW %	FAN %	IR %
1	2:00	100	0	100
2	4:00	70	40	100
3	0:30	0	100	100

Total Cook Time: 6:30

Note: Steam may release from oven during cooking process.



Pizza/Pasta

● Flatbread, Cheese

Manufacturer:
Quantity: 12" (30 cm) round flatbread

Start Food Temperature: 40°F (4°C)
Accessory: GR10 Panini Grill

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:30	50	10	100
2	0:35	30	20	100

Total Cook Time: 2:15

● Flatbread, Steak and Bleu

Manufacturer: N/A
Quantity: 1 ea.
Start Food Temperature: 40°F (4°C)
Accessory: GR10 Panini Grill

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:15	80	10	100

Total Cook Time: 2:00

Notes: See Appendix for recipe/preparation methods.

● Fettuccine Alfredo

Manufacturer: *Michelina's*
Quantity: 8.5 oz. (240 g)
Start Food Temperature: 0°F (-18°C)
Accessory: Ceramic bowl, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:40	100	0	100
2	0:50	60	20	100
3	0:45	40	10	100
4	0:05	100	10	100

Total Cook Time: 2:20

Notes: Pasta noodles need to be covered with sauce to prevent drying.

● Flatbread, Vegetarian

Manufacturer: N/A
Quantity: 12" (30 cm) round flatbread
Start Food Temperature: 40°F (4°C)
Accessory: GR10 Panini Grill

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:30	80	0	100
2	0:45	60	20	100

Total Cook Time: 2:15

Notes: See Appendix for recipe/preparation methods.

● Flatbread, Two Cheese Chicken

Manufacturer: N/A
Quantity: 1 ea.
Start Food Temperature: 40°F (4°C)
Accessory: GR10 Panini Grill

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	80	30	100
2	0:30	60	10	100

Total Cook Time: 1:30

Notes: See Appendix for recipe/preparation methods.

● Lobster Mac and Cheese

Manufacturer: N/A
Quantity: 8 oz. (227 g)
Start Food Temperature: 0°F (-18°C)
Accessory: Ceramic bowl, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:40	100	0	100
2	0:50	60	20	100
3	0:45	40	10	100
4	0:05	100	10	100

Total Cook Time: 2:20

Notes: Ensure pasta noodles are covered with sauce to prevent drying.



Pizza/Pasta

● Macaroni and Cheese

Manufacturer: N/A
 Quantity: 8 oz. (227 g)
 Start Food Temperature: 0°F (-18°C)
 Accessory: Ceramic bowl, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:40	100	0	100
2	0:50	60	20	100
3	0:45	40	10	100
4	0:05	100	10	100

Notes: Pasta noodles need to be covered with sauce to prevent drying.

● Pizza, French Bread Pepperoni

Manufacturer: Stouffer's
 Quantity: 1 pc, 6 oz. (170 g)
 Start Food Temperature: 0°F (-18°C)
 Accessory: SB10 Teflon Basket

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN%	IR %
1	1:00	80	0	100
2	0:15	20	30	100

Total Cook Time: 1:15

● Pasta Bolognese

Manufacturer: N/A
 Quantity: 10 oz. (285 g)
 Start Food Temperature: 40°F (4°C)
 Accessory: Ceramic Dish, oiled

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:45	80	20	100
2	0:25	60	20	100

Total Cook Time: 1:10

Notes: Ensure pasta noodles are covered with sauce to prevent drying. Stir after heating.

● Pizza, Small

Manufacturer: DiGiorno
 Quantity: 1 ea., 6" (15 cm)
 Start Food Temperature: 0°F (-18°C)
 Accessory: ST10X Pizza Stone

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN%	IR %
1	0:30	90	0	100
2	1:30	70	0	100

Total Cook Time: 2:00

● Pizza, Cheese New York Style (fresh dough)

Manufacturer: N/A
 Quantity: 14" (36 cm) pizza, 1 lb. (0.45 kg) dough ball
 Start Food Temperature: 70°F (21°C)
 Accessory: ST10X Pizza Stone

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	2:10	20	0	100
2	1:30	10	0	100

Total Cook Time: 3:40

● Pizzeria DiGiorno Cheese (par-baked crust)

Manufacturer: DiGiorno Pizzeria Style Pizza
 Quantity: 11.5" (30 cm), 18 oz. (0.5 kg)
 Start Food Temperature: 0°F (-18°C)
 Accessory: GR10 Panini Grill

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	2:00	40	0	100
2	0:20	60	20	100
3	0:10	70	0	100
4	0:20	0	10	100

Total Cook Time: 2:50



Pizza/Pasta

Tortellini with 3 Cheese

Manufacturer: N/A

Quantity: 15-16 oz. (0.45 kg)

Start Food Temperature: 40°F (4°C)

Accessory: Ceramic bowl, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:45	100	0	100
2	0:45	80	0	100

Total Cook Time: 1:30

Note: Pasta noodles need to be covered with sauce to prevent drying.



Protein

● BBQ Pork Ribs (pre-cooked)

Manufacturer: *Archer Farms*, 30 oz. (0.85 kg) pack
 Quantity: ½ rack = 15 oz. (425 g)
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, with parchment paper

Oven Temperature: 400°F (200°C)

STAGE	TIME	MW %	FAN %	IR %
1	2:20	80	0	100

Total Time: 2:20

Notes: Turn over after 1 minute of heating.

● Chicken and Vegetable Kabob

Manufacturer: N/A
 Quantity: 4 kabobs
 Start Food Temperature: 40°F (4°C)
 Accessory: GR10 Panini Grill

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:40	60	0	100
2	0:40	40	0	100
3	0:10	20	30	100

Total Cook Time: 1:30

Notes: See Appendix for recipe/preparation methods.

● Beef Tacos (mini)

Manufacturer: *Jose Ole*
 Quantity: 10 mini tacos, 12 oz. (340 g) total
 Start Food Temperature: 0°F (-18°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:30	100	10	100

Total Cook Time: 0:30

● Chicken Kabob

Manufacturer: N/A
 Quantity: 9 oz. (255 g) total
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	90	30	100
2	0:30	30	20	100

Total Cook Time: 1:30

Notes: Pre-soak skewers for kabobs.

● Burrito

Manufacturer: *Amy's Organic Beans and Rice*
 Quantity: 6 oz. (170 g)
 Start Food Temperature: 0°F (-18°C)
 Accessory: ¼ sheet pan, with oiled parchment paper

Oven Temperature: 400°F (200°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:40	70	0	100
2	0:30	50	0	100

Total Cook Time: 1:10

● Chicken Parmesan

Manufacturer: *Bertolli Rustico Bakes*
 Quantity: 11 oz. (306 g)
 Start Food Temperature: 0°F (-18°C)
 Accessory: Ceramic Bowl

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:30	90	0	100
2	0:40	40	0	100
3	0:15	30	0	100

Total Cook Time: 2:25



Protein

● Chicken Pot Pie, 7 oz.

Manufacturer: *Banquet*
 Quantity: 7 oz. (200 g)
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, lined with parchment paper

Oven Temperature: 400°F (200°C)

STAGE	TIME	MW %	FAN	IR %
1	1:00	70	0	100
2	1:00	40	0	100

Total Cook Time: 2:00

● Chicken Wings

Manufacturer: *Tyson*
 Quantity: 5 wings
 Start Food Temperature: 0°F (-18°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN	IR %
1	1:00	100	0	100
2	1:15	80	0	100

Total Cook Time: 2:15

● Chicken Pot Pie, 10 oz.

Manufacturer: *Marie Callendar*
 Quantity: 10 oz. (285 g)
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, lined with parchment paper

Oven Temperature: 400°F (200°C)

STAGE	TIME	MW %	FAN	IR %
1	0:40	60	0	100
2	2:00	40	0	100

Total Cook Time: 2:40

● Chicken Quesadillas (mini)

Manufacturer: *Jose Ole*
 Quantity: 6 pc, 6 oz. (170 g) total
 Start Food Temperature: 0°F (-18°C)
 Accessory: ¼ sheet pan, lined with parchment paper

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:40	90	0	100

Total Cook Time: 0:40



Seafood

● Baja Orange Citrus Shrimp

Manufacturer: N/A
 Quantity: 1 lb. jumbo shrimp (0.45 kg)
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	20	0	100
2	0:15	10	70	100

Total Time: 1:15

Notes: See Appendix for recipe/preparation methods.

● Fish Sticks

Manufacturer: Gorton's
 Quantity: 6 pcs., 0.6 oz. (17 g) ea.
 Start Food Temperature: 0°F (-18°C)
 Accessory: SB10

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:55	80	20	100

Total Cook Time: 0:55

● Crab Cakes

Manufacturer: Seapak (thawed to refrigeration)
 Quantity: 2 pcs.
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:40	90	10	100
2	0:25	60	40	100
3	0:10	100	100	100

Total Cook Time: 1:15

● Fish Tacos

Manufacturer: N/A
 Quantity: 2-4 oz. (55-115 g) flounder filets
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:30	50	30	100

Total Cook Time: 1:30

Notes: See Appendix for recipe/preparation methods.

● Dip, Crab

Manufacturer: N/A
 Quantity: 1.5 lbs. (0.7 kg)
 Start Food Temperature: 40°F (4°C)
 Accessory: Ceramic quiche baking dish, or casserole dish

Oven Temperature: 350°F

STAGE	TIME	MW %	FAN %	IR %
1	3:00	70	20	100
2	1:00	40	10	100

Total Cook Time: 4:00

Notes: See Appendix for recipe/preparation methods.

● Grouper, wrapped in cedar paper

Manufacturer: N/A
 Quantity: 1 filet
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	60	0	100
2	0:45	40	20	100

Total Cook Time: 1:45

Notes: See Appendix for recipe/preparation methods.



Seafood

● Lobster Mac and Cheese

Manufacturer: N/A
 Quantity: 8 oz. (227 g)
 Start Food Temperature: 0°F (-18°C)
 Accessory: Ceramic bowl, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:40	100	0	100
2	0:50	60	20	100
3	0:45	40	10	100
4	0:05	100	10	100

Total Cook Time: 2:20

Notes: Ensure pasta noodles are covered with sauce to prevent drying.

● Salmon, 6 oz. (raw)

Manufacturer: N/A
 Quantity: 6 oz. (170 g)
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:40	40	20	100
2	0:10	30	20	100

Total Cook Time: 1:50

● Mediterranean Sole (raw)

Manufacturer: N/A
 Quantity: 6 oz. (170 g)
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:10	80	40	100

Total Cook Time: 1:10

● Salmon, 8 oz. (raw)

Manufacturer: N/A
 Quantity: 8 oz. (227 g)
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:50	40	20	100
2	0:15	30	20	100

Total Cook Time: 2:05

● Orange Roughy (raw)

Manufacturer: Packer #6212865
 Quantity: 1 lb. 5 oz. (0.6 kg)
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, lined with parchment paper

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	2:00	100	10	100

Total Cook Time: 2:00



Seafood

● Sea Scallops (raw)

Manufacturer: N/A
 Quantity: 6 pcs, 0.6 oz. (17 g) ea.
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, lined with parchment paper

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:10	80	80	100

Total Time: 1:10

Notes: See Appendix for recipe/preparation methods.

● Tilapia (raw)

Manufacturer: N/A
 Quantity: 6 oz. (170 g)
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, lined with parchment paper

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	80	40	100

Total Cook Time: 1:00

● Shrimp Skewers (raw)

Manufacturer: N/A
 Quantity: 3 skewers, 2 oz. (57 g) ea.
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:10	30	70	100

Total Cook Time: 1:10

Notes: See Appendix for recipe/preparation methods.

● Tuna Melt

Manufacturer: N/A
 Quantity: 1 sandwich
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:20	60	0	100
2	0:10	40	10	100

Total Cook Time: 0:30

Notes: See Appendix for recipe/preparation methods.

● Shrimp, 51-60 ct. (raw, peeled, deveined)

Manufacturer: N/A
 Quantity: 12 oz. (340 g)
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:05	30	60	100

Total Cook Time: 1:05

● Tuna Steaks (rare)

Manufacturer: N/A
 Quantity: 2 steaks, 4 oz. (113 g) ea.
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	60	0	100
2	0:40	70	20	100

Total Cook Time: 1:40

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



Subs/Sandwiches

● Biscuit Sandwich – Sausage, Egg

Manufacturer: N/A
 Quantity: 1 sandwich
 Start Food Temperature: 40°F (4°C)
 Accessory: TB10 nonstick basket with parchment paper

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:20	80	0	0
2	0:10	10	10	100

Total Time: 0:30

● Panini, Muffuletta

Manufacturer: N/A
 Quantity: 1 sandwich, 10 oz. (285 g)
 Start Food Temperature: 40°F (4°C)
 Accessory: GR10 Panini Grill

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:40	50	50	100
2	0:05	80	80	100

Total Cook Time: 0:45

● Croissant Breakfast Sandwich (frozen)

Manufacturer: Jimmy Dean
 Quantity: 1 sandwich, 5 oz. (140 g)
 Start Food Temperature: 0°F (-18°C)
 Accessory: TB10 nonstick basket

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:25	90	10	100
2	0:10	10	10	100

Total Cook Time: 0:35

Notes: Prepare sandwich open face on basket before heating.

● Panini, Reuben

Manufacturer: N/A
 Quantity: 1 sandwich, 10 oz. (285 g)
 Start Food Temperature: 40°F (4°C)
 Accessory: GR10 Panini Grill

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:40	50	20	100

Total Cook Time: 0:40

Notes: See Appendix for recipe/preparation methods.

● English Muffin - Egg, cheese, bacon

Manufacturer: Jimmy Dean
 Quantity: 1 sandwich
 Start Food Temperature: 0°F (-18°C)
 Accessory: TB10 nonstick basket

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:25	80	80	100
2	0:10	10	20	100

Total Cook Time: 0:35

● Panini, Roasted Vegetable

Manufacturer: N/A
 Quantity: 1 ea.
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:30	50	50	100
2	0:05	70	70	100

Total Cook Time: 0:35



Subs/Sandwiches

● Panini, Turkey

Manufacturer: N/A
 Quantity: 1 sandwich
 Start Food Temperature: 40°F (4°C)
 Accessory: GR10 Panini Grill

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:25	60	60	100

Total Time: 0:25

● Toasted Italian Sub

Manufacturer: N/A
 Quantity: 6" (15 cm) sub
 Start Food Temperature: 40°F (4°C)
 Accessory: Pizza Screen

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:30	80	100	90

Total Cook Time: 0:30

● Tuna Melt

Manufacturer: N/A
 Quantity: 1 melt
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, with parchment paper

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:20	60	0	100
2	0:10	40	10	100

Total Cook Time: 0:30

Notes: See Appendix for recipe/preparation methods.



Desserts/Sweets

● Baked Alaska

Manufacturer: N/A
 Quantity: 2 ea.
 Start Food Temperature: 0°F (-18°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:20	10	20	100
2	0:15	0	30	100

Total Time: 0:35

Notes: See Appendix for recipe/preparation methods.

● Chocolate Fondue

Manufacturer: N/A
 Quantity: 1 serving
 Start Food Temperature: 70°F (21°C)
 Accessory: Ceramic Bowl

Oven Temperature: 300°F (150°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:40	60	0	0
2	0:20	50	0	0

Total Cook Time: 1:00

Notes: See Appendix for recipe/preparation methods.

● Brownies

Manufacturer: *Duncan Hines*
 Quantity: 1 package
 Start Food Temperature: 70°F (21°C)
 Accessory: High Temperature Glass Pan (Pyrex)
 8x8" (20x20 cm)

Oven Temperature: 350°F (175°C)

STAGE	TIME	MW %	FAN %	IR %
1	8:30	20	10	100

Total Cook Time: 8:30

● Cinnamon Rolls

Manufacturer: *Pillsbury, Grands Cinnabon*
 Quantity: 5 rolls, 3.2 oz. (90 g) ea.
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 400°F (200°C)

STAGE	TIME	MW %	FAN %	IR %
1	3:30	30	0	100

Total Cook Time: 3:30

● Cheesecake

Manufacturer: N/A
 Quantity: 1 pie
 Start Food Temperature: 40°F (4°C)
 Accessory: 9" (23 cm) pie pan

Crust: Oven Temperature: 350°F (175°C)

STAGE	TIME	MW %	FAN %	IR %
1	10:00	0	0	0

Filling: Oven Temperature: 350°F (175°C)

STAGE	TIME	MW %	FAN %	IR %
1	5:50	50	0	0
2	1:00	10	0	0

Total Cook Time: 16:50

Notes: See Appendix for recipe/preparation methods.

● Cookies, Chocolate Chip

Manufacturer: *Nestle Toll House*
 Quantity: 6 cookies, 1.5 oz. (43 g) ea.
 Start Food Temperature: 40°F (4°C)
 Accessory: SQ10 sheet pan, lined with parchment paper

Oven Temperature: 350°F (175°C)

STAGE	TIME	MW %	FAN %	IR %
1	2:00	20	0	100
2	1:00	10	0	100
3	2:30	0	0	100

Total Cook Time: 5:30

Notes: For a crispier cookie, add 2 minutes to cook time.



Desserts/Sweets

● Cookies, Oatmeal Raisin

Manufacturer: *Nestle Toll House*
 Quantity: 6 cookies, 1.5 oz. (43 g) ea.
 Start Food Temperature: 40°F (4°C)
 Accessory: SQ10 sheet pan, lined with parchment paper

Oven Temperature: 350°F (175°C)

STAGE	TIME	MW %	FAN %	IR %
1	2:00	20	0	100
2	1:00	10	0	100
3	2:30	0	0	100

Total Cook Time: 5:30

Notes: For a crispier cookie, add 2 minutes to cook time.

● Grilled Banana Bread Ice Cream Sandwich

Manufacturer: N/A
 Quantity: 2 slices, cut ¾" (2 cm) thick
 Start Food Temperature: 70°F (21°C)
 Accessory: GR10 Panini Grill

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:35	30	20	100

Total Cook Time: 0:35

Notes: See Appendix for recipe/preparation methods.

● Cookies, Sugar

Manufacturer: *Pillsbury (in tube)*
 Quantity: 6 cookies, 2 oz. (57 g) ea.
 Start Food Temperature: 40°F (4°C)
 Accessory: SQ10 sheet pan, lined with parchment paper

Oven Temperature: 375°F (190°C)

STAGE	TIME	MW %	FAN %	IR %
1	5:00	0	0	9
2	0:15	10	10	80

Total Cook Time: 5:15

● Grilled Pineapple

Manufacturer: *Fresh Produce*
 Quantity: 4 slices, cut 1" (2.4 cm) thick
 Start Food Temperature: 70°F (21°C)
 Accessory: GR10 Panini Grill

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	50	20	100

Total Cook Time: 1:00

Notes: See Appendix for recipe/preparation methods.

● Crème Brulee (pre-baked)

Manufacturer: *Archer Farms*
 Quantity: 1 ea., 4.4 oz. (125 g)
 Start Food Temperature: 0°F (-18°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:15	30	80	0
2	0:15	20	80	0

Total Cook Time: 1:30

Notes: Add water in the pan.

● Mini Cheesecake

Manufacturer: *Assembled*
 Quantity: 6 mini cheesecakes
 Start Food Temperature: 40°F (4°C)
 Accessory: 6 muffin pan

Oven Temperature: 350°F (175°C)

STAGE	TIME	MW %	FAN %	IR %
1	3:00	40	0	100
2	0:45	30	10	100

Total Cook Time: 3:45

Notes: See Appendix for recipe/preparation methods.



Desserts/Sweets

● Mini Pies, Peach

Manufacturer: N/A
 Quantity: 4 pies
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 400°F (200°C)

STAGE	TIME	MW %	FAN %	IR %
1	3:00	20	0	100
2	0:30	30	0	100

Total Cook Time: 3:30



Bakery

● Bagel, toasted

Manufacturer: N/A
 Quantity: 2 ea.
 Start Food Temperature: 70°F (21°C)
 Accessory: Pizza Screen

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:25	30	100	100

Total Time: 0:25

● Bread loaf (raw dough)

Manufacturer: Rhode's
 Quantity: 16 oz. (0.45 kg)
 Start Food Temperature: 70°F (21°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 350°F (175°C)

STAGE	TIME	MW %	FAN %	IR %
1	7:45	20	0	100

Total Cook Time: 7:45

● Banana Nut Muffins

Manufacturer: Martha White
 Quantity: 6 muffins, 2 oz. (57 g) ea.
 Start Food Temperature: From mix, cold milk
 Accessory: Metal muffin pan

Oven Temperature: 400°F (200°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	30	0	0
2	0:45	0	20	60
3	2:45	20	0	0

Total Cook Time: 4:30

● Brownies

Manufacturer: Duncan Hines
 Quantity: 1 package
 Start Food Temperature: 70°F (21°C)
 Accessory: High Temperature Glass Pan (Pyrex)
 8x8" (20x20 cm)

Oven Temperature: 350°F (175°C)

STAGE	TIME	MW %	FAN %	IR %
1	8:30	20	10	100

Total Cook Time: 8:30

● Bran Muffins

Manufacturer: Martha White
 Quantity: 6 muffins, 2 oz. (57 g) ea.
 Start Food Temperature: From mix, cold milk
 Accessory: Metal muffin pan

Oven Temperature: 400°F (200°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	30	0	0
2	0:45	0	20	60
3	2:45	20	0	0

Total Cook Time: 4:30

● Buttermilk Banana Bread

Manufacturer: N/A
 Quantity: 1 box
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan

Oven Temperature: 350°F (175°C)

STAGE	TIME	MW %	FAN %	IR %
1	8:00	30	0	50

Total Cook Time: 8:00

Notes: See Appendix for recipe/preparation methods.



Bakery

● Cinnamon Rolls

Manufacturer: *Pillsbury, Grands Cinnabon*
 Quantity: 5 rolls, 3.2 oz. (90 g) ea.
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 400°F (200°C)

STAGE	TIME	MW %	FAN %	IR %
1	3:30	30	0	100

Total Cook Time: 3:30

● Cookies, Sugar

Manufacturer: *Pillsbury* (in tube)
 Quantity: 6 cookies, 2 oz. (57 g) ea.
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, with parchment paper

Oven Temperature: 375°F (190°C)

STAGE	TIME	MW %	FAN %	IR %
1	5:00	0	0	90
2	0:15	10	10	80

Total Cook Time: 5:15

● Cookies, Chocolate Chip

Manufacturer: *Nestle Toll House*
 Quantity: 6 cookies, 1.5 oz. (43 g) ea.
 Start Food Temperature: 40°F (4°C)
 Accessory: SQ10 sheet pan, lined with parchment paper

Oven Temperature: 350°F (175°C)

STAGE	TIME	MW %	FAN %	IR %
1	2:00	20	0	100
2	1:00	10	0	100
3	2:30	0	0	100

Total Cook Time: 6:30

Notes: For a crispier cookie, add 2 minutes to cook time.

● Corn Muffin

Manufacturer: *Jiffy Mix*
 Quantity: 6 muffins
 Start Food Temperature: 40°F (4°C)
 Accessory: Metal muffin pan, lined with paper cups

Oven Temperature: 400°F (200°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:45	80	0	100
2	0:55	60	60	100

Total Cook Time: 1:40

Notes: Weigh 1.6 oz. (45 g) of muffin batter into lined muffin pan before bake to ensure even baking.

● Cookies, Oatmeal Raisin

Manufacturer: *Nestle Toll House*
 Quantity: 6 cookies, 1.5 oz. (43 g) ea.
 Start Food Temperature: 40°F (4°C)
 Accessory: SQ10 sheet pan, lined with parchment paper

Oven Temperature: 350°F (175°C)

STAGE	TIME	MW %	FAN %	IR %
1	2:00	20	0	100
2	1:00	10	0	100
3	2:30	0	0	100

Total Cook Time: 6:30

Notes: For a crispier cookie, add 2 minutes to cook time.

● Crescent Rolls (raw)

Manufacturer: *Pillsbury*
 Quantity: 8 pcs. (1 oz. ea.)
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 400°F (200°C)

STAGE	TIME	MW %	FAN %	IR %
1	3:00	40	0	100

Total Cook Time: 3:00



Bakery

● Dinner Rolls (from dough)

Manufacturer: N/A
 Quantity: 6 oz. (170 g)
 Start Food Temperature: 70°F (21°C)
 Accessory: Ceramic Dish

Oven Temperature: 400°F (200°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:50	10	0	100
2	3:00	0	0	100

Total Time: 3:50

● Pretzel (frozen)

Manufacturer: *Super Pretzel*
 Quantity: 2 pretzels, 2 oz. (57 g) ea.
 Start Food Temperature: 0°F (-18°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:20	80	40	100

Total Cook Time: 0:20

● Grilled Banana Bread Ice Cream Sandwich

Manufacturer: N/A
 Quantity: 2 slices, ea. ¾" (2 cm) thick
 Start Food Temperature: 70°F (21°C)
 Accessory: GR10 Panini Grill

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:35	30	20	100

Total Cook Time: 0:35

Notes: See Appendix for recipe/preparation methods.

● Puff Pastry, Chocolate (raw)

Manufacturer: *Pepperidge Farms*
 Quantity: 2 puff pastries
 Start Food Temperature: 0°F (-18°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:10	70	0	100
2	2:00	0	0	50
3	0:15	10	30	50
4	1:35	40	0	100

Total Cook Time: 4:00

● Mini Pies, Peach

Manufacturer: N/A
 Quantity: 4 pies
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 400°F (200°C)

STAGE	TIME	MW %	FAN %	IR %
1	3:00	20	0	100
2	0:30	30	0	100

Total Cook Time: 3:30

Notes: See Appendix for recipe/preparation methods.

● Scones

Manufacturer: N/A
 Quantity: 2 ea., 6 oz. (170 g) total
 Start Food Temperature: 70°F (21°C)
 Accessory: ¼ sheet pan

Oven Temperature: 450°F (230°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:30	100	0	100
2	2:00	30	0	100
3	0:10	10	70	100

Total Cook Time: 2:40

Notes: See Appendix for recipe/preparation methods.



Breakfast

● Bagel, toasted

Manufacturer: N/A
 Quantity: 2 ea.
 Start Food Temperature: 70°F (21°C)
 Accessory: Pizza Screen

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:25	30	100	100

Total Time: 0:25

● Croissant Breakfast Sandwich (frozen)

Manufacturer: *Jimmy Dean*
 Quantity: 1 sandwich, 5 oz. (142 g)
 Start Food Temperature: 0°F (-18°C)
 Accessory: TB10 nonstick basket

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:25	90	10	100
2	0:10	10	10	100

Total Cook Time: 0:35

Notes: Prepare sandwich open face on basket before heating.

● Banana Nut Muffins

Manufacturer: *Martha White*
 Quantity: 6 muffins, 2 oz. (57 g) ea.
 Start Food Temperature: From mix, cold milk
 Accessory: Metal muffin pan, lined with paper cups

Oven Temperature: 400°F (200°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	30	0	0
2	0:45	0	20	60
3	2:45	20	0	0

Total Cook Time: 4:30

● Egg Cheese Croissant Sandwich

Manufacturer: N/A
 Quantity: 6 oz. (170 g)
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, lined with parchment

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:50	50	0	100

Total Cook Time: 0:50

● Cinnamon Rolls

Manufacturer: *Pillsbury, Grands Cinnabon*
 Quantity: 5 rolls, 3.2 oz. (90 g) ea.
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 400°F (200°C)

STAGE	TIME	MW %	FAN %	IR %
1	3:30	30	0	100

Total Cook Time: 3:30

● English Muffin - Egg, cheese, bacon

Manufacturer: *Jimmy Dean*
 Quantity: 1 sandwich
 Start Food Temperature: 0°F (-18°C)
 Accessory: TB10 nonstick basket

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:25	80	80	100
2	0:10	10	20	100

Total Cook Time: 0:35



Breakfast

● French Toast

Manufacturer: *Krusteaz #10370*
 Quantity: 4 slices
 Start Food Temperature: 0°F (-18°C)
 Accessory: ¼ sheet pan, with non-stick spray

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:10	70	30	100

Total Cook Time: 1:10

● Omelet, Spinach and Mushroom

Manufacturer:
 Quantity: 1 serving
 Start Food Temperature: 40°F (4°C)
 Accessory: 6" (15 cm) circular metal pan

Oven Temperature: 400°F (200°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	40	0	0
2	0:50	30	0	0

Total Cook Time: 1:50

Notes: See Appendix for recipe/preparation methods.

● Hash browns (raw)

Manufacturer: N/A
 Quantity: 1 lb. (0.45 kg)
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	3:00	80	30	100

Total Cook Time: 3:00

Notes: Mix hash browns with 3 tbsp. olive oil and 1 tsp. of seasoned salt.

● Omelet, Texas Western

Manufacturer: N/A
 Quantity: 1 serving
 Start Food Temperature: 40°F (4°C)
 Accessory: 6" (15 cm) metal circular pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	60	0	100
2	0:50	50	10	100

Total Cook Time: 1:50

Notes: See Appendix for recipe/preparation methods.

● Omelet, Mushroom and cheese

Manufacturer: N/A
 Quantity: 1 serving
 Start Food Temperature: 40°F (4°C)
 Accessory: 6" (15 cm) circular metal pan

Oven Temperature: 400°F (200°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	40	0	0
2	0:50	30	0	0

Total Cook Time: 1:50

Notes: See Appendix for recipe/preparation methods.

● Petite Quiche

Manufacturer: *Nancy's*
 Quantity: 6 mini quiche, 0.7 oz. (20 g) ea.
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan, lined with parchment paper

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:50	50	00	100
2	0:15	30	0	100

Total Cook Time: 1:05



Breakfast

● Scrambled eggs, raw

Manufacturer: N/A
 Quantity: 2 eggs, 2 oz. (57 g) ea.
 Start Food Temperature: 40°F (4°C)
 Accessory: Ramekin (ceramic dish)

Oven Temperature: 450°F (230°C)

STAGE	TIME	MW %	FAN %	IR %
1	0:30	80	0	100
2	0:10	60	0	100

Total Cook Time: 0:40

● Seasoned Hash browns (raw)

Manufacturer: N/A
 Quantity: 16 oz. (0.45 kg)
 Start Food Temperature: 40°F (4°C)
 Accessory: ¼ sheet pan

Oven Temperature: 520°F (270°C)

STAGE	TIME	MW %	FAN %	IR %
1	3:00	80	30	100

Total Cook Time: 3:00

Notes: Mix hash browns with 3 tbsp. (44 mL) olive oil and 1 tsp. (6 g) of seasoned salt.

● Spinach Quiche

Manufacturer: N/A
 Quantity: 1 ea. - 12 oz. (340 g)
 Start Food Temperature: 70°F (21°C)
 Accessory: 8" (20 cm) pan

Oven Temperature: 475°F (250°C)

STAGE	TIME	MW %	FAN %	IR %
1	1:00	100	30	100
2	0:45	40	30	100
3				

Total Cook Time: 1:45

APPENDIX

Appetizers

BAKED BRIE

Ingredients:

- Sautéed chopped onions, shallots and mushrooms – 1 oz. (28 g)
- Brie cheese – 5 oz. (140 g)
- White wine – 1 cup (240 mL)
- Cornstarch – 2 tsp. (2.7 g)

Directions:

PART I:

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

PART II:

1. After cooking it for 15 sec, remove dish out of the oven.
2. Add 2 tsp. (2.7 g) cornstarch and stir.
3. Place it back to the oven and follow part 2 oven settings.

DIP, CRAB

Ingredients:

- Sour Cream – $\frac{3}{4}$ cup (173 g)
- Lemon juice – 2 tbsp. (30 mL)
- Onion, freshly grated – 1 tbsp. (10 g)
- Worcestershire sauce – 1 tsp. (5 mL)
- Dry mustard – $\frac{3}{4}$ tsp. (1.5 g)
- Garlic Powder – $\frac{1}{4}$ tsp. (0.8 g)
- Cream cheese, softened – 8 oz. (227 g)
- Sharp cheddar cheese – $\frac{1}{2}$ cup (57 g)
- Lump crabmeat (or substitute 2 cans of canned crab meat) – 1 lb. (0.45 kg)
- Paprika or Old Bay seasoning

Directions:

1. Mix together sour cream, lemon juice, onion, Worcestershire, dry mustard, garlic powder, and cream cheese.
2. Mix well. Must be well blended
3. Fold in cheddar cheese and crabmeat.
4. Spoon mixture into casserole dish, or ceramic quiche baking dish, and sprinkle with Old Bay seasoning.
5. Bake in AXP/MXP at the recommended setting.
6. Serve with tortilla chips, crackers, or toast points.

MUSHROOM CROSTINI

For Crostini Toasts:

Ingredients:

- Baguette – 1 ea.

Directions:

1. Thinly slice the baguette on the diagonal into $\frac{1}{4}$ " (0.6 cm) slices. The slices should be no more than 2 inches (5.1 cm) long so they can be eaten in 1 or 2 bites.
2. Brush slices with olive oil on both sides and, with tongs, place on Panini accessory in AXP/MXP.

For Wild Mushroom Mix:

Ingredients:

- Shiitake mushrooms, caps sliced $\frac{1}{4}$ " thick (0.6 cm) – $\frac{1}{2}$ pound (226 g)

APPENDIX

- Oyster mushrooms, sliced ½" (1.3 cm) thick – ½ lb. (226 g)
- Shallot, finely chopped – 1 ea.
- Garlic cloves, finely chopped – 2 cloves
- Dry white wine – 1/8 cup (30 mL)
- Fresh lemon juice – 1 tbsp. (15 mL)
- Fresh thyme, finely chopped – 1 tsp. (1.4 g)
- Fresh rosemary, finely chopped – 1 tsp. (2 g)

Directions:

1. With gloved hands, toss above mixture with ¼ cup (60 mL) olive oil, coating all ingredients well.
2. Place in AXP/MXP.
3. Remove from oven, stir mixture well. Set aside to cool. May be made up to one day in advance and kept in refrigerated storage.

For serving:**Ingredients:**

- Crostini toasts
- Fresh Mozzarella cheese, 1 thin slice per toast
- Mushroom mix – 2 heaping tbsp. (96 g)
- Romano Pecorino cheese, grated – ½ tsp. (0.8 g)

Directions:

1. Place slice of fresh mozzarella on toast and top with mushroom mix.
2. Sprinkle with grated cheese. Place on ¼ sheet pan or SQ10 pan and place in AXP/MXP.
3. Heat at recommended settings.
4. Place on serving plate and garnish with fresh rosemary.

NAAN BREAD

Ingredients:

- Warm water – 1½ cup (355 mL)
- Sugar – 1 tbsp. (12 g)
- Active dry yeast – 2 tsp. (24 g)
- Salt – 1 tsp. (6 g)
- All-purpose flour – 3 cups (375 g) + a few tbsp. for the workspace

Directions:

1. Combine warm water, sugar, and yeast in a bowl. Let stand for 5 minutes until foamy.
2. Add salt and flour. Mix thoroughly. Knead dough on a floured surface about 20 times and form into a tight, soft ball.
3. Place dough in a well-oiled bowl and cover with a damp towel to rise for 45 minutes.
4. Turn dough out onto a floured surface. Divide it into 8 pieces.
5. Roll out each piece with rolling pin to about 1/8" (0.3 cm) thick, into an oval or oblong shape. The pieces do not have to be uniform size.
6. Place pieces on floured pizza paddle and place on hot pizza stone in AXP/MXP
7. This naan bread is best served immediately while it's hot.

APPENDIX

Vegetables

MEDITERANNEAN ROASTED VEGETABLES

Ingredients:

- Zucchini
- White button mushrooms
- Green peppers
- Red peppers
- Onions
- Olive oil
- Sea Salt

Mix and match 2.5 lbs. (1 kg) total seasonal fresh vegetables as available.

Directions:

1. Slice 2.5 lbs. (1 kg) mixed vegetables.
2. Place on shallow square metal cooking pan (SQ10).
3. Drizzle enough olive oil to lightly coat vegetables and sprinkle with seasalt.
4. Place in the preheated oven.
5. Cook at the recommended settings.

ROASTED ROOT VEGETABLES

Ingredients:

- Sweet Onions – cut $\frac{1}{4}$ " (0.6 cm) thick
- Carrots – cut into $\frac{1}{2}$ " (1.3 cm) medallions
- Turnips – cut into 2" (5 cm) long pieces
- Beets – cut into 2" (5 cm) cubes
- Olive Oil – 2 tbsp. (30 mL)

Mix and match 1 lb. (0.5 kg) in total, seasonal fresh vegetables as available.

Directions:

1. Slice 1 lb. (0.5 kg) mixed vegetables
2. Place on square pan (SQ10).
3. Drizzle enough olive oil to lightly coat vegetables.
4. Place in the preheated oven.
5. Cook at recommended settings.

APPENDIX

Pizza/Pasta

FLATBREAD, STEAK AND BLEU

Ingredients:

- Naan bread – 1 ea. (125 g)
- Shredded mozzarella cheese – 2 oz. (57 g)
- RTU *Tyson* seasoned steak strips, thawed – 3.5 oz. (100 g)
- Mushroom slices – 2 oz. (57 g)
- Bleu cheese, crumbled – 1 oz. (30 g)

Directions:

1. Top individual portion of naan bread with cheese, steak, mushroom, and bleu cheese (in that order).
2. Place on preheated GR10.
3. Heat at the recommended AXP/MXP settings.
4. Serve immediately.

FLATBREAD, VEGETARIAN

Ingredients:

- *Boboli* pizza crust – 1 ea., 12" crust (30 cm)
- Basil Pesto Sauce – 1.5 oz. (42 g)
- Green and red pepper mix (roasted) – 6 oz. (170 g)
- Mozzarella cheese – 4 oz. (115 g)
- Parmesan – 0.5 oz. (14 g)

Directions:

1. Top pizza crust with pesto sauce, vegetables, mozzarella cheese, and parmesan cheese.
2. Place on preheated GR10. Place in the preheated oven.
3. Heat at recommended AXP/MXP settings.
4. Serve immediately after cook cycle.

FLATBREAD, TWO CHEESE CHICKEN

Ingredients:

- Naan bread – 1 ea. (125 g)
- Shredded mozzarella cheese – 2 oz. (57 g)
- RTU *Tyson* seasoned steak strips, thawed – 3.5 oz. (100 g)
- Mushroom slices – 2 oz. (57 g)
- Bleu cheese, crumbled – 1 oz. (30 g)

Directions:

1. Top individual portion of naan bread with cheese, steak, mushroom, and bleu cheese (in that order).
2. Place on preheated GR10.
3. Heat at recommended AXP/MXP settings.
4. Serve immediately.

APPENDIX

PIZZA, CHEESE NY STYLE (FRESH DOUGH)

Ingredients:

- Fresh pizza dough – 1 lb. (450 g)
- Tomato sauce – 1 cup (240 mL)
- Shredded Mozzarella – 1 ½ cup (120 g)
- Shredded parmesan – 2 tbsp. (11 g)
- Olive oil – 2 tbsp. (30 mL)

Directions:

1. Roll out fresh pizza dough to 14" (36 cm) circle.
2. Spread tomato sauce and top with cheeses.
3. Drizzle olive oil over the top of the pizza.
4. Place on preheated pizzastone.
5. Heat at recommended AXP/MXP settings.
6. Serve immediately.

Protein

CHICKEN AND VEGETABLE KABOB

Ingredients:

- Chicken breast – cut in 1" (2.5 cm) squares, ¼" (0.6 cm) thick
- Green and red peppers – cut into 1" (2.5 cm) squares
- Onions – cut into 1" (2.5 cm) squares
- Olive oil spray
- Salt and pepper, to taste

Directions:

1. Alternate chicken and vegetables on kabob (4 chicken pieces on stick).
2. Spray kabob with olive oil and place on preheated GR10.
3. Heat at recommended AXP/MXP settings.
4. Serve immediately.

Seafood

BAJA ORANGE CITRUS SHRIMP

Ingredients:

- Shrimp, raw (jumbo) – 1 lb. (0.45 kg)
- Baja Citrus seasoning – (McCormick Grill Mates) packet
- Olive Oil – ½ cup (120 mL)

Directions

1. In plastic zip lock bag, marinate peeled and deveined shrimp in seasonings and olive oil for 2-5 hours.
2. Place on ¼ sheet pan.
3. Heat at recommended AXP/MXP settings.
4. Serve immediately.

APPENDIX

DIP, CRAB

Ingredients:

- Sour Cream – $\frac{3}{4}$ cup (173 g)
- Lemon juice – 2 tbsp. (30 mL)
- Onion, freshly grated – 1 tbsp. (10 g)
- Worcestershire sauce – 1 tsp. (5 mL)
- Dry mustard – $\frac{3}{4}$ tsp. (1.5 g)
- Garlic Powder – $\frac{1}{4}$ tsp. (0.8 g)
- Cream cheese, softened – 8 oz. (227 g)
- Sharp cheddar cheese – $\frac{1}{2}$ cup (57 g)
- Lump crabmeat (or substitute 2 cans of canned crab meat) – 1 lb. (0.45kg)
- Paprika or Old Bay seasoning

Directions:

1. Mix together sour cream, lemon juice, onion, Worcestershire, dry mustard, garlic powder, and cream cheese.
2. Mix well. Must be well blended
3. Fold in cheddar cheese and crabmeat.
4. Spoon mixture into casserole dish, or ceramic quiche baking dish, and sprinkle with Old Bay seasoning.
5. Bake in AXP/MXP at the recommended setting.
6. Serve with tortilla chips, crackers, or toast points.

FISH TACOS

Ingredients:

- Flounder, thawed – approx. 4 oz. (110 g)
- Reduced fat sour cream - $\frac{1}{2}$ cup (113 g)
- Juice of 1 lime
- 1 can *Rotel*/ Mexican Diced Tomatoes with Lime Juice, juice drained and saved – 10 oz. (280 g)
- Angel hair shredded cabbage - 3 cups (210 g)
- Cumin - $\frac{1}{2}$ tsp. (1.3 g)
- Taco seasoning - 1 $\frac{1}{4}$ tsp. (3.2 g)
- Salt - $\frac{1}{2}$ tsp. (3 g)
- Olive oil - 1 tbsp. (15 mL)
- Flour tortillas - 6" (15 cm)
- Chopped cilantro
- Pepper - $\frac{1}{2}$ tsp. (3 g)
- Olive oil spray

Directions:

Sauce (prepared before, in squeeze bottle):

1. Stir together sour cream, taco seasoning, and $\frac{1}{4}$ cup juice from *Rotel*/tomatoes.

Slaw (prepared before, in Tupperware container):

2. Mix together: angel hair slaw mix, drained *Rotel* tomatoes, and juice of one lime.

Fish:

1. Place fish on $\frac{1}{4}$ sheet pan lined with parchment paper.
2. Sprinkle fish filets with salt, pepper and cumin (both sides). Spray with olive oil.
3. Place in AXP/MXP at the recommended setting.
4. Place taco shells, sprayed with olive oil, in the AXP/MXP for about 30 seconds, no settings, until light golden brown.
5. Remove taco shells from oven and sprinkle with $\frac{1}{3}$ cup (23 g) cabbage mix.
6. Flake fish with fork and place on top of cabbage mix.
7. Drizzle approximately $\frac{1}{4}$ cup of lime dressing over taco.
8. Sprinkle with chopped, fresh cilantro

APPENDIX

GROUPER, WRAPPED IN CEDAR PAPER

Ingredients:

- Maple wood paper
- Water – 1 qt. (0.9 L)
- Red snapper filets – 5 to 6 ea.
- Bragg's amino acid (or lite soy sauce) – ½ cup (120 mL)
- Black sesame seeds – 1/8 cup (18 g)
- Olive oil – ¾ cup (180 mL)
- Garlic – 1 clove
- Rice wine vinegar – 3 tsp. (15 mL)
- Lime juice – 1 tsp. (5 mL)
- Lime zest – 1 tsp. (2 g)
- Ginger paste – 2 tbsp. (5 g)
- Parsley, chopped – 4 tbsp. (15 g)
- Dijon mustard – 1 tsp. (5 g)
- Sesame oil – 2 tsp (10 mL)
- Sea salt – ½ tsp (2.4 g)
- Black pepper – ½ tsp (1 g)
- Fresh watercress greens or filed greens
- Shaved radishes

Directions:

1. Place water in flat container with sides and push paper into water. It may be necessary to weight the paper to stay underwater. Soak for one hour or more.
2. Cut string approximately 2, 8" (20 cm) lengths.
3. Place Bragg's or soy sauce in flat container and immerse red snapper.
4. Place parchment paper on the sheet pan and place wet wood paper on top.
5. Place the soy drenched red snapper on top the wood paper.
6. Mix black and white sesame seeds together and sprinkle on red snapper, pressing down slightly.
7. Fold paper over snapper and tie with string in two places.
8. Place in AXP/MXP at the recommended settings.

Dressing

1. Measure olive oil, wine vinegar, lime juice, lime zest garlic clove, ginger paste, parsley, sesame oil, salt, pepper, and Dijon mustard into large Mason jar. Use immersion blender until all ingredients are incorporated and smooth.

Presentation

1. Pour dressing into squeeze bottle. Mix approximately 2 ½ cups greens and shaved radishes with ¼ cup dressing. Place on one side of plate. Drizzle dressing over plate and sprinkle mixed sesame seeds on the plate. When package is opened, drizzle dressing over fish.

SEA SCALLOPS

Ingredients:

- Large scallops – 6 ea.
- Teriyaki sauce – 1 cup (240 mL)
- Soy sauce – ¼ cup (60 mL)
- Sesame oil – 1 tbsp. (14 mL)
- Garlic powder – 1 tsp. (3g)

Directions:

1. Marinate scallops with rest of ingredients for at least 1 hour.
2. Place in ¼ sheet pan and heat at recommended AXP/MXP settings.

APPENDIX

SHRIMP SKEWERS

Ingredients:

- Large shrimp, peeled and deveined – 9 ea.
- Garlic – 3 cloves
- Red onion – ½ cup (80 g)
- Cilantro – ½ cup (8 g)
- Lemon – 1 ea.
- Salt – 2 tbsp. (36 g)
- Pepper – 1 tsp. (2.3 g)
- Red bell pepper – 1 ea. (cut into 12 pieces)
- Skewers (previously soaked in water for 30 minutes) – 3 ea.

Directions:

1. Marinate shrimp with chopped garlic, onion, salt, cilantro, lemon, and pepper for 1 hour.
2. Alternate bell pepper and shrimp. Each skewer has 3 large shrimp and 2 pieces of red pepper.
3. Place on ¼ sheet pan and cook in the AXP/MXP at the recommended settings.

Subs/Sandwiches

TUNA MELT

Ingredients:

Tuna salad (prepped beforehand)

- White solid albacore tuna, drained well – 2 cans (5 oz. or 140 g ea.)
- Light mayo, ¼ cup (85 g)
- Hard-boiled egg, chopped - 1 ea.
- Dill pickle relish – ¼ cup (65 g)
- Salt – 1/8 tsp (0.7 g)
- Pepper – 1/8 tsp (0.6 g)

Sandwich

- White bagel
- Cheddar cheese slice
- Tuna salad, 3 oz. scoop

Directions:

1. Place bagel on ¼ sheet pan lined with a parchment sheet.
2. Place 1 slice of cheese on bagel bottom.
3. Place 1, 3 oz. scoop of tuna on bagel top.
4. Place on bagel top.
5. Place in preheated AXP/MXP at the recommended settings.
6. When cook cycle ends, remove tuna melt.
7. Serve immediately.

APPENDIX

PANINI, REUBEN

Ingredients:

- Thousand island dressing – 1 oz. (28 g)
- Pastrami – 3.5 oz. (100 g)
- Swiss cheese – 2 pcs, 0.75 oz. (21 g) ea.
- Marble swirl rye bread
- Sauerkraut – 1 oz. (28 g)

Directions:

1. Preheat GR10 in the oven for at least 15 minutes
2. Drain and dry sauerkraut with paper towels.
3. Spread 0.5 oz. (14 g) Thousand island dressing on each slice
4. Place one slice of cheese on each piece of bread.
5. Top one slice with dried sauerkraut, and the other with pastrami.
(Note: make sure toppings are drained well. Wet sauerkraut will result in a soggy sandwich.)
6. Place on preheated Panini grill at the recommended settings, open-faced.
7. Serve immediately.

Desserts/Sweets

BAKED ALASKA

Ingredients:

- Strawberry ice cream
 - Individual round sponge cakes (dessert cups) or 2.7" (6.9 cm) diameter
 - ½" (1.3 cm) thickness of pound cake (see recipe below)
- For whipped egg whites
- Egg whites – 4 ea.
 - Vanilla – ½ tsp. (3 mL)
 - Cream of tartar – ¼ tsp (0.8 g)
 - Sugar – ½ cup (100 g)

Directions:

1. Place 1 scoop of ice cream (2.5 oz. approximately) on each cake and freeze.
2. Cover with sweetened whipped egg whites before baking.
3. If fresh pound cake is used, after cooling it down, place cake in refrigerator for 6 hours before slicing it.
4. After 6 hours, slice the bread ½" (1.3 cm) thick and cut circles of 2.5" (6.4 cm) diameter.

APPENDIX

CHEESECAKE

Ingredients:

Crust:

- Graham cracker crumbs – ½ cup (42 g)
- Unsalted butter, melted – ¼ cup (57 g)
- Sugar – 1 tbsp. (12 g)

Filling:

- Philadelphia cream cheese – 4 (8 oz. or 227 g) packages
- Granulated sugar – ¾ cup (170 g)
- Large eggs – 4 ea.
- Cornstarch – 1 tbsp. (8 g)
- Salt – ½ tsp. (3 g)
- Vanilla – 1 tbsp. (13 g)

Directions:

To make crust:

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

To make base:

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

CHOCOLATE FONDUE

Ingredients:

- Semi-sweet chocolate chips – 1 cup (180 g)
- Whipping cream – ½ cup (125 mL)

Directions:

1. Place chocolate chips in a ceramic bowl.
2. Pour whipping cream over the chips.
3. Place bowl inside the preheated oven at the settings provided.
4. Stir well with high heat spatula, being careful to break up chocolate lumps.

GRILLED BANANA BREAD ICE CREAM SANDWICH

Ingredients:

- Banana bread – sliced ¾" (2 cm) thick
- Vanilla Ice cream

Directions:

1. Slice banana bread with sharp Chef's knife.
(Note: Cut very smoothly. A smooth surface is needed to ensure grill marks show.)
2. With tongs, place banana bread slices in AXP/MXP on the Panini grill (GR10) at the settings provided.
3. Remove slices with paddle (PA10).
4. Spread dollop of ice cream on one slice.
5. Cover with second slice, grill marks on the outside.
6. Serve immediately or freeze.

APPENDIX

MINI PIES, PEACH

Ingredients:

- Peaches, peeled and cut into $\frac{1}{2}$ " (1.3 cm) pieces
- Sugar – divided into $\frac{1}{3}$ cup (67 g) and 1 tbsp. (13 g)
- Cornstarch – 2 tbsp. (16 g)
- Ground ginger – 1 tsp. (2 g)
- Lemon juice – 1 tsp. (5 mL)
- Refrigerated pie crusts – 1 package
- Egg white – 1 ea., beaten with 1 tbsp. (5 mL) water

Directions:

1. Heat AXP/MXP to 400°F (200°C).
2. Mix peaches, sugar, cornstarch, ginger, lemon juice.
3. Dust surface with flour. Roll dough to slightly larger circle, by 2" (5 cm) additional diameter.
4. Using a 3.5" (9 cm) round cutter (or top of appropriate size drinking glass), cut 8 rounds from each crust.
5. Spoon 1 heaping tablespoon of fruit filling in center of 8 rounds.
6. Using a pastry brush, brush around each bottom half (around filling) and place top half on bottom.
7. Seal edges with a fork in circular pattern.
8. Place 4 pies on a $\frac{1}{4}$ sheet pan, sprayed with vegetable oil.
9. Brush tops with egg wash and lightly sprinkle with sugar.
10. Heat in preheated AXP/MXP oven.
11. Let cool at least 10 minutes before serving. Filling will be hot.

GRILLED PINEAPPLE

Ingredients:

- Cored pineapple slices, cut 1" (2.5 cm) thick
- Sugar – 1 tsp. (4 g)
- Vegetable spray

Directions:

1. Lightly sprinkle each side of pineapple slice with sugar.
2. Spray each side with vegetable spray.
3. Place in AXP/MXP on preheated GR10 at the recommended settings.
4. When beeper sounds, with tongs, turn over pineapple rings.
5. Repeat cook cycle.
6. Remove slices with paddle.

MINI CHEESECAKES

Ingredients:

- Graham cracker crumbs – 1 cup (96 g)
- Sugar – divided into $\frac{3}{4}$ cup (150 g) and 2 tbsp. (25 g)
- Butter, melted – 3 tbsp. (43 g)
- Cream Cheese, softened – 3 packages, 8 oz. (227 g) ea.
- Vanilla – 1 tsp. (4 g)
- Eggs – 3 ea.
- Whipping cream – 1 cup (120 g)
- Blueberries – 2 cups (296 g)
- Lemon zest – 1 tbsp. (6 g)

Directions:

1. Mix graham crumbs, 2 tbsp. (25 g) sugar and butter and press onto bottoms of lined muffin cups
2. Beat cream cheese, vanilla and remaining sugar with mixer until blended. Add eggs, 1 at a time, mixing on low speed after each just until blended. Spoon over crusts.
3. Bake in the AXP/MXP for time recommended. Cool completely. Refrigerate 2 hours.
4. Beat whipping cream with mixer on high speed until stiff peaks form; spread onto cheesecakes. Top with blueberries and zest.

APPENDIX

POUND CAKE

Ingredients:

- Unsalted butter – 1 lb. (454 g)
- Sugar – 1 lb. (454 g)
- Eggs – 1 lb. (approx. 8 lg. eggs)
- All-purpose flour (non-bleached) – 1 lb. (454 g)
- Vanilla extract – 1 tbsp. (13 g)
- Baking powder – 1 tsp. (5 g)
- Salt – ¼ tsp. (1.5 g)

Directions:

1. Take butter out of refrigerator and wait until temperature rises close to 60°F (16°C) since it's easier to beat. Take eggs out as well.
2. Beat butter and vanilla extract until creamy (2 min. approx.)
3. Add sugar ¼ cup (50 g) at a time until it gets light and fluffy (approx. 5-6 min.) at medium speed.
4. Add eggs, 1 at a time with 5-10 seconds in between or until it's completely incorporated before adding the next one. Blend flour, salt and baking powder together
5. Change beating speed to low and slowly add dry blend mixing until well blended.
Brush inside of 2 loaf pans of 9x5 inch (23x13 cm) with butter.
6. Line the loaf bottoms with parchment paper and brush paper with butter. Add half of batter into each loaf pan.
7. Bake in the oven and let it rest for 15 min.
8. Remove pan and let it rest for at least 30 min. before slicing bread.

Bakery

BUTTERMILK BANANA BREAD

Ingredients:

- Ripe bananas – 3 ea.
- Butter, softened – ½ cup (113 g)
- Sugar – 1 cup (200 g)
- Buttermilk – 4 tbsp. (60 mL)
- Baking soda – 1 tsp. (4.6 g)
- Eggs – 2 ea.
- Flour – 2 cups (250 g)
- Chopped pecans – ½ cup (50 g)
- Salt – 1/8 tsp. (0.8 g)

Directions:

1. Cream butter and sugar.
2. Add bananas and mix well.
3. Add eggs and continue mixing.
4. Add baking soda that has been dissolved in buttermilk.
5. Finally, add flour and salt and fold in nuts.
6. Grease loaf pan before adding the batter.

APPENDIX

SCONES

Ingredients:

- All-purpose flour – 4 cups (0.5 kg) plus ¼ cup (30 g)
- Sugar – ¼ cup (50 g) plus additional for sprinkling
- Baking powder – 2 tbsp. (30 g)
- Kosher salt – 2 tsp. (12 g)
- Grated orange zest – 1 tbsp. (6 g)
- Unsalted Butter – ¾ lb. (340 g), diced
- Extra-large eggs – 4 ea., lightly beaten
- Heavy cream – 1 cup (240 mL)
- Dried cranberries – 1 cup (120 g)
- 1 egg beaten with 2 tbsp. (30 mL) water or milk (for egg wash)
- Confectioners' sugar – ½ cup (50 g) plus 2 tbsp. (16 g)
- Freshly squeezed orange juice – 4 tsp. (20 mL)

Directions:

1. Preheat oven to 450F.
2. Mix 4 cups (0.5 kg) flour, ¼ cup (50 g) sugar, baking powder, salt, and orange zest in an electric mixer with paddle.
3. Add cold butter and mix at low speed until butter is the size of peas.
4. Combine eggs and cream and slowly pour into flour and butter mixture. Mix until blended
5. Combine cranberries and ¼ cup (30 g) flour, add to dough, and mix on low speed until blended.
6. Place dough on well-floured surface and knead into a ball.
7. Flour surfaces and roll dough ¾ inch (2 cm) thick.
8. Flour a 3" (7.6 cm) round cutter and cut circles of dough.
9. Place scones on baking pan lined with parchment paper.
10. Brush tops of scones with egg wash, sprinkle with sugar and bake in AXP/MXP.
11. Allow scones to cool for 15 minutes and whisk together confectioners' sugar, orange juice and drizzle over scones.

Breakfast

OMELET, HAM, CHEESE, AND VEGETABLE

Ingredients:

- Egg Beaters – ¾ cup (177 mL)
- Ham, diced – 1 tbsp. (30 g)
- Whole mushroom, sliced – 1 ea.
- Onion, diced – 1 rounded tsp. (14 g)
- Green peppers, diced – ½ tbsp. (14 g)
- Shredded cheese – ¼ cup (30 g) to top finished omelet
- Non-stick cooking spray

Directions:

1. Spray circular metal pan with a non-stick grease/spray.
2. Pour egg beaters into dish.
3. Sprinkle mushrooms, onions peppers, and ham throughout egg beater mixture.
4. Place in the preheated AXP/MXP, and set to the recommended settings.
5. Once timer end, remove from oven, work omelet away from the dish with spatula and fold in half.
6. Sprinkle shredded cheese over the top evenly and allow it to melt.

APPENDIX

OMELET, MUSHROOM AND CHEESE

Ingredients:

- Large Eggs – 3 ea. (140 g)
- Finely diced mushrooms – 0.5 oz. (14 g)
- Shredded cheese – ¼ cup (30 g) to top finished omelet
- Non-stick cooking spray

Directions:

1. Spray circular metal pan with a non-stick grease/spray.
2. Beat eggs and pour into dish.
3. Sprinkle mushrooms throughout egg mixture.
4. Place in the preheated AXP/MXP, and set to the recommended settings.
5. Once timer end, remove from oven, work omelet away from the dish with spatula and fold in half.
6. Sprinkle shredded cheese over the top evenly and allow it to melt.

OMELET, SPINACH AND MUSHROOM

Ingredients:

- Large Eggs – 3 ea. (140 g)
- Finely diced mushrooms – 0.5 oz. (14 g)
- Spinach – 0.3 oz. (8.5 g)
- Shredded cheese – ¼ cup (30 g) to top finished omelet
- Non-stick cooking spray

Directions:

1. Spray circular metal pan with a non-stick grease/spray.
2. Beat eggs and pour into dish.
3. Sprinkle mushrooms and spinach throughout egg mixture.
4. Place in the preheated AXP/MXP, and set to the recommended settings.
5. Once timer end, remove from oven, work omelet away from the dish with spatula and fold in half.
6. Sprinkle shredded cheese over the top evenly and allow it to melt.