



TURBOCHEF COOKING TIME EXAMPLES

Food Items	Cook Time TurboChef	Cook Time Traditional
Whole Roasted Chicken	12 minutes	1 hour 15minutes
English Breakfast	2 minutes 30	20 minutes
Roast Rack of Lamb with Roast Vegetables	4 minutes 40	25 minutes
Whole Bakes Trout	3 minutes 30	20 minutes
Baked Fillet of Cod with Herb Crust	2 minutes 30	15 minutes
Fresh Salmon en Croute	2 minutes	18 minutes
Chicken Fajitas	3 minutes 30	15 minutes
2 Stuffed Chicken Supremes	3 minutes 50	25 minutes
Roasted New Potatoes	3 minutes	35 minutes
Poached Haddock on Potato Mash	2 minutes 20	12 minutes
Frozen Rising Dough Pizza	2 minutes	25 minutes
Mexican Nachos with Salsa	45 seconds	7 minutes
Baby Onions in Balsamic	3 minutes	25 minutes
Roasted Mixed Vegetables	3 minutes	45 minutes
Dover Sole Fillets	1 minute	15 minutes
Scones	9 minutes	15 minutes

All times are approximate and would depend on portion sizes