

Prática
TECHNICOOK

Speed Ovens Cooking References



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Note: The following recipes must be used as references for programming. Differences regarding temperature, size, weight, quantity of product and even the difference in the food composition will make adjustments necessary.

Prática
TECHNICOOK

Snacks

Frozen Empanada



Product Description: Pre cooked empanada

Weight/ amount: 1 empanada

Starting state: Frozen

Directions: set over over the non stick cooking basket and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings

1°	30%	🔥
🕒	60%	🔥
01:00	0%	📺
	270°C	🌡️

Refrigerated Empanada



Product Description: Pre cooked empanada

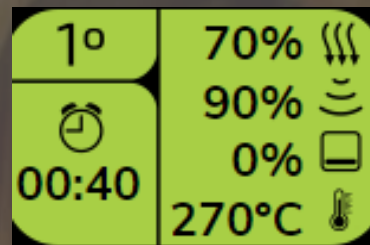
Weight/ amount: 1 empanada

Starting state: Refrigerated

Directions: set over over the non stick cooking basket and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings



Refrigerated Individual Quiche



Product Description: Pre cooked individual quiche

Weight/ amount: 1 quiche

Starting state: Refrigerated

Directions: set over over the non stick cooking basket and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings

1°	40%	🔥
🕒	90%	🔥
00:40	70%	🔥
	270°C	🌡️

Frozen Individual Quiche



Product Description: Pre cooked individual quiche

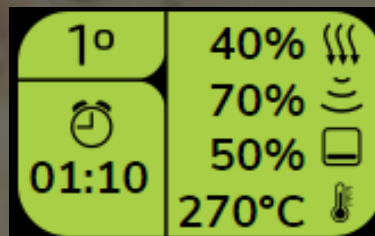
Weight/ amount: 1 quiche

Starting state: Frozen

Directions: set over over the non stick cooking basket and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings



Frozen Party Quiches



Product Description: Pre cooked party quiches

Weight/ amount: 10 quiches

Starting state: frozen

Directions: set over over the non stick cooking basket and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings

1°	20%	🔥
🕒	60%	🔥
02:30	40%	🔥
	270°C	🌡️

Refrigerated Party Quiches



Product Description: Pre cooked party quiches

Weight/ amount: 10 quiches

Starting state: refrigerated

Directions: set over over the non stick cooking basket and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings

1°	40%	☰
🕒	80%	☷
01:20	0%	☐
	270°C	🌡️

Refrigerated Corn Dog



Product Description: Corn dog

Weight/ amount: 1 unit

Starting state: Refrigerated

Directions: Set in the non stick basket over the flat side of the grill plate

Oven pre-heating temperature: 270°C

Oven settings

1°	80%	🔥
🕒	20%	🔥
01:10	100%	📺
	270°C	🌡️

Frozen Corn Dog



Product Description: Corn dog

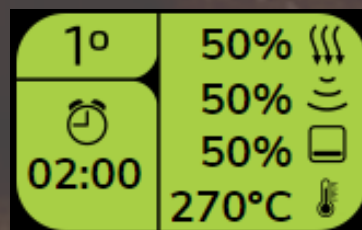
Weight/ amount: 1 unit

Starting state: Frozen

Directions: Set in the non stick basket over the flat side of the grill plate

Oven pre-heating temperature: 270°C

Oven settings



Refrigerated Individual Pie



Product Description: Pre cooked individual pie

Weight/ amount: 1 pie

Starting state: Refrigerated

Directions: set over over the non stick cooking basket and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings

1°	40%	🌀
🕒	90%	☰
00:40	70%	📺
	270°C	🌡️

Frozen Individual Pie



Product Description: Pre cooked individual pie

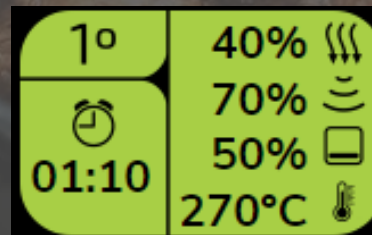
Weight/ amount: 1 pie

Starting state: Frozen

Directions: set over over the non stick cooking basket and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings



Frozen Party Pies



Product Description: Pre cooked party pies

Weight/ amount: 10 pies

Starting state: frozen

Directions: set over over the non stick cooking basket and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings

1°	20%	🌀
🕒	60%	🌀
02:30	40%	📺
	270°C	🌡️

Refrigerated Party Pies



Product Description: Pre cooked party pies

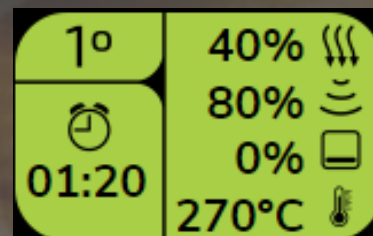
Weight/ amount: 10 pies

Starting state: refrigerated

Directions: set over over the non stick cooking basket and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings



Sandwiches

Brioche Sandwich



Product Description: Refrigerated brioche sandwich

Weight/ amount: 1 sandwich

Starting state: refrigerated

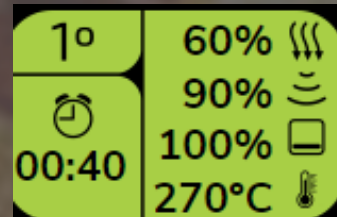
Directions: Set over the flat or grill side of the preheated grill plate

Oven pre-heating temperature: 270°C

Ingredients

- 2 brioche slices
- 2 ham slices
- 2 cheese slices

Oven settings



Croissant Sandwich



Product Description: Refrigerated croissant sandwich

Weight/ amount: 1 sandwich

Starting state: refrigerated

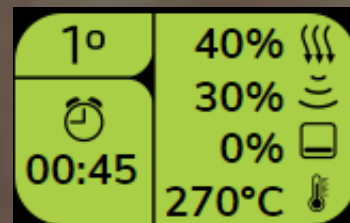
Directions: Set over the non stick cooking basket over the flat side of the preheated grill plate

Oven pre-heating temperature: 270°C

Ingredients

- 1 baked croissant
- 2 ham slices
- 2 cheese slices

Oven settings



Croque Monsieur



Product Description: Refrigerated croque monsieur

Weight/ amount: 1 unit

Starting state: Refrigerated

Directions: set in the non stick basket and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings

1°	80%	☰
🕒	80%	☷
01:30	100%	☐
	270°C	🌡️

Cheeseburger



Product Description: Frozen hamburger, fresh bread, refrigerated cheese

Weight/ amount: 1 sandwich

Starting state: frozen/ fresh/ refrigerated

Directions: Set the hamburger over the non stick basket and take it to the oven, put the bread with the cut faces to the top over a non stick basket , follow the recipe directions in the oven: Heat meat > add cheese> remove hamburger> toast bread

Oven pre-heating temperature: 270°C

Ingredients

- 1 hamburger bread
- 1 cooked hamburger
- 2 cheese slices

Oven settings

1°	50%	🔥
🕒	80%	🔥
01:00	100%	📄
	280°C	🌡️

📄
INFORMATION

ADD
CHEESE

2°	50%	🔥
🕒	60%	🔥
00:20	100%	📄
	280°C	🌡️

📄
INFORMATION

REMOVE MEAT/
PUT BREAD

3°	100%	🔥
🕒	10%	🔥
00:30	0%	📄
	280°C	🌡️

Ham and Cheese Panini



Product Description: Refrigerated sandwich

Weight/ amount: 1 sandwich

Starting state: refrigerated

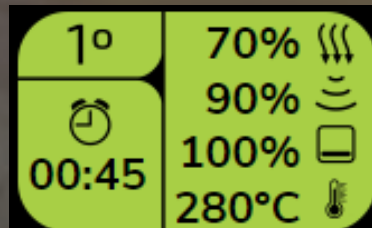
Directions: Set over over the flat or grill side of the preheated grill plate

Oven pre-heating temperature: 270°C

Ingredients

- 2 bread slices
- 2 ham slices
- 2 cheese slices

Oven settings



Prosciutto Baguette



Product Description: Refrigerated sandwich

Weight/ amount: 1 sandwich

Starting state: refrigerated

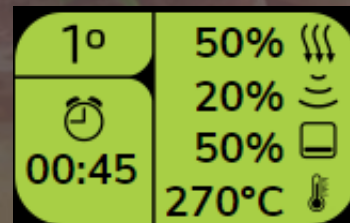
Directions: Assemble putting in layers, the lower arugula, the middle prosciutto and the top mozzarella, set over over the non stick cooking basket and take to the oven

Oven pre-heating temperature: 270°C

Ingredients

- 1 Baguette
- 2 prosciutto slices
- 1 mozzarella ball
- Arugula

Oven settings



Chicken Ciabatta



Product Description: Refrigerated sandwich

Weight/ amount: 1 sandwich

Starting state: refrigerated

Directions: set over over the non stick cooking basket and take to the oven

Oven pre-heating temperature: 270°C

Oven settings

1°	40%	☼☼☼
🕒	80%	☼☼☼
00:40	0%	☐
	270°C	🌡️

Club Sandwich



Product Description: Refrigerated sandwich

Weight/ amount: 1 sandwich

Starting state: refrigerated

Directions: set over over the non stick cooking basket and take to the oven over the grill plate flat side

Oven pre-heating temperature: 270°C

Oven settings

1°	80%	☰
🕒	0%	☷
00:40	100%	☐
	280°C	🌡️

Pizzas

Personal Pizza



Product Description: Frozen cooked personal pizza

Weight/ amount: 1 pizza

Starting state: frozen

Directions: set over the pre heated grill plate flat side

Oven pre-heating temperature: 270°C

Oven settings

1°	60%	☺☺☺
🕒	50%	☺☺
02:00	100%	☐
	280°C	🌡️

12" Pizza



Product Description: Frozen cooked 12" pizza

Weight/ amount: 1 pizza

Starting state: frozen

Directions: set over the pre heated grill plate flat side

Oven pre-heating temperature: 270°C

Oven settings

1°	50%	🔥
🕒	50%	🔥
02:20	100%	🔥
	280°C	🌡️

Breakfast

Baked Refrigerated Plain Croissant



Product Description: Baked plain croissant

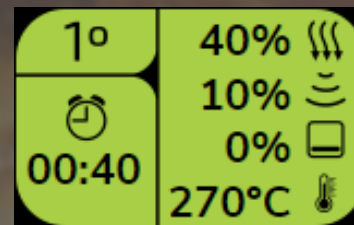
Weight/ amount: 1 unit

Starting state: Refrigerated

Directions: Set in the non stick basket over the flat side of the grill plate

Oven pre-heating temperature: 270°C

Oven settings



Baked Frozen Plain Croissant



Product Description: Baked plain croissant

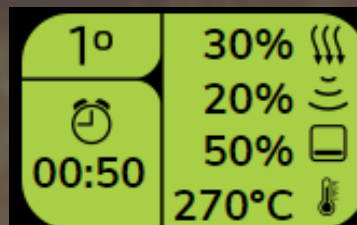
Weight/ amount: 1 unit

Starting state: Frozen

Directions: Set in the non stick basket over the flat side of the grill plate

Oven pre-heating temperature: 270°C

Oven settings



Cinnamon Rolls



Product Description: Pillsbury cinnamon rolls

Weight/ amount: 4 units

Starting state: refrigerated

Directions: Set in the teflon basket over the flat side of the grill plate

Oven pre-heating temperature: 270°C

Oven settings

1°	20%	🔥
🕒	30%	🔥
02:10	50%	🔥
	270°C	🌡️

Bread Toast



Product Description: Sliced white bread

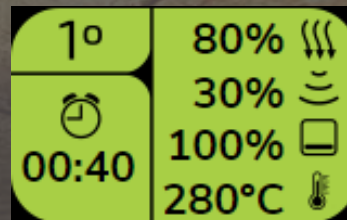
Weight/ amount: 2 slices

Starting state: room temperature

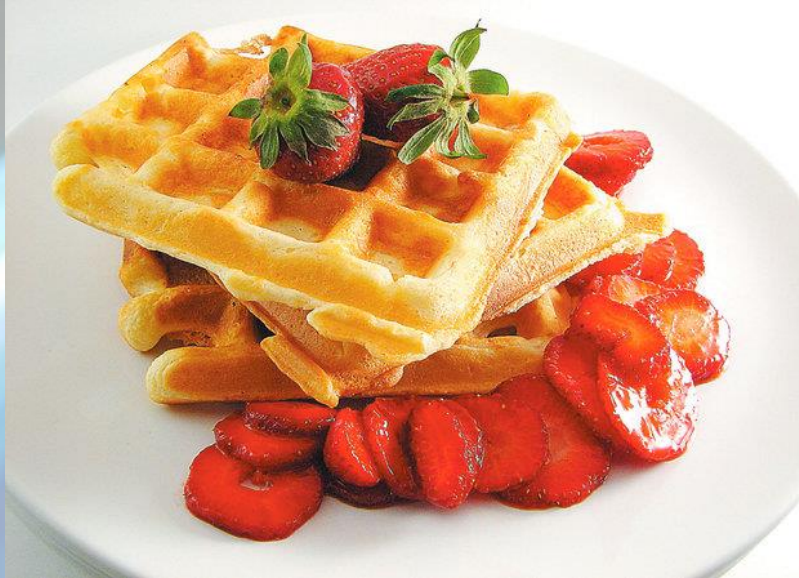
Directions: Set over the flat side of the pre heated grill plate

Oven pre-heating temperature: 270°C

Oven settings



Waffles



Product Description: Pre cooked waffles

Weight/ amount: 2 waffles

Starting state: frozen

Directions: set over over the non stick cooking basket and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings

1°	70%	🔥
🕒	20%	🔥
01:00	100%	📺
	270°C	🌡️

Omelette



Product Description: Fresh omelette

Weight/ amount: 1 unit / 2 eggs

Starting state: Fresh

Directions: pre heat an iron skillet inside the oven and pour the egg mix

Oven pre-heating temperature: 270°C

Oven settings

1°	70%	🔥
🕒	20%	🔥
01:50	100%	📺
	280°C	🌡️

Fried Eggs



Product Description: Fresh fried eggs

Weight/ amount: 1 egg

Starting state: Fresh

Directions: pre heat a small iron skillet inside the oven, put some butter on it and put the egg

Oven pre-heating temperature: 270°C

Oven settings

1°	60%	🔥
🕒	40%	🔥
01:30	100%	📺
	270°C	🌡️

Frozen Hash Browns



Product Description: Frozen pre fried hash brown patties

Weight/ amount: 2 units

Starting state: frozen

Directions: set in the non stick basket and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings

1°	70%	🔥
🕒	50%	🔥
02:30	100%	📺
	270°C	🌡️

Breakfast Biscuits



Product Description: Pillsbury breakfast biscuits

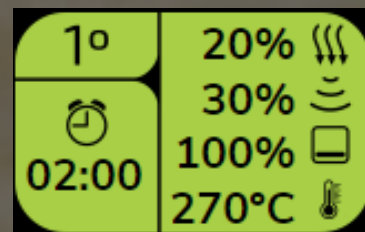
Weight/ amount: 4 units

Starting state: refrigerated

Directions: Set in the teflon basket over the flat side of the grill plate

Oven pre-heating temperature: 270°C

Oven settings



Appetizers

French Fries



Product Description: Frozen ovenable french fries

Weight/ amount: 250 g

Starting state: Frozen

Directions: Set in the non stick basket over the flat side of the grill plate

Oven pre-heating temperature: 270°C

Oven settings

1°	70%	☰
🕒	40%	☷
03:30	50%	☐
	270°C	🌡️

Spinach Dip



Product Description: Refrigerated spinach dip

Weight/ amount: 150grams

Starting state: Refrigerated

Directions: set in an oven proof recipient and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings

1°	70%	🔥
🕒	70%	🔥
01:20	50%	📺
	280°C	🌡️

Glazed Chicken Wings



Product Description: Pre cooked glazed wings

Weight/ amount: 8 units

Starting state: Frozen

Directions: Set in the non stick basket over the flat side of the grill plate

Oven pre-heating temperature: 270°C

Oven settings

1°	50%	🔥
🕒	50%	🔥
03:30	50%	🔥
	270°C	🔥

Breaded Chicken Wings



Product Description: Pre cooked breaded wings

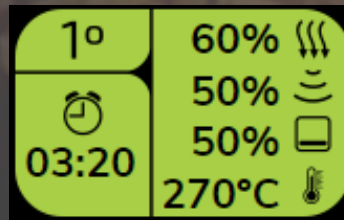
Weight/ amount: 8 units

Starting state: Frozen

Directions: Set in the non stick basket over the flat side of the grill plate

Oven pre-heating temperature: 270°C

Oven settings



Breaded Chicken Tenders



Product Description: Pre cooked breaded chicken tenders.

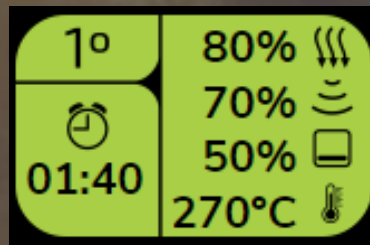
Weight/ amount: 4 units

Starting state: Frozen

Directions: Set in the non stick basket over the flat side of the grill plate

Oven pre-heating temperature: 270°C

Oven settings



Nachos



Product Description: Home Assembled Nachos

Weight/ amount: 1 unit

Starting state: Refrigerated

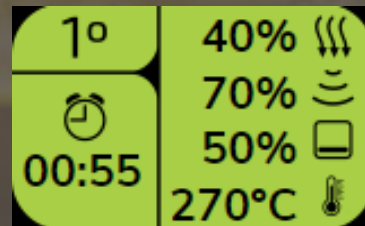
Directions: Place parchment paper over the non stick basket, place the chips over the paper, spoon ground beef, tomatoes, onion and cheese and take to the oven. Serve with sour cream and guacamole.

Oven pre-heating temperature: 270°C

Ingredients

200g pre cooked corn tortilla chips
150g hot cooked ground beef
80g diced tomatoes
30g sliced red onion
8 oz shredded cheddar cheese

Oven settings



Mozzarella Sticks



Product Description: Mozzarella sticks.

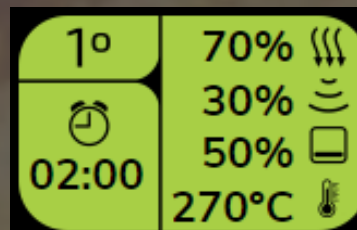
Weight/ amount: 8 units

Starting state: Frozen

Directions: Set in the non stick basket over the flat side of the grill plate

Oven pre-heating temperature: 270°C

Oven settings



Onion Rings



Product Description: Frozen onion rings

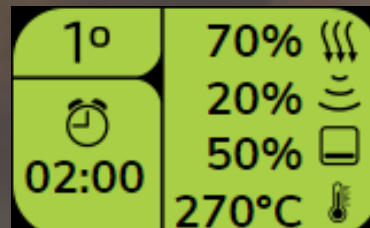
Weight/ amount: 150 grams

Starting state: frozen

Directions: set in the non stick basket and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings



Side and Main Dishes

Refrigerated Salmon en croute



Product Description: Refrigerated salmon en croute

Weight/ amount: 130 grams

Starting state: Refrigerated

Directions: set in the non stick basket and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings

1°	50%	🔥
🕒	30%	🔥
02:20	50%	📺
	270°C	🌡️

Frozen Salmon en croute



Product Description: Frozen salmon en croute

Weight/ amount: 130 grams

Starting state: Refrigerated

Directions: set in the non stick basket and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings

1°	20%	🔥	2°	20%	🔥
🕒	50%	🔥	🕒	30%	🔥
01:30	50%	🔥	00:50	50%	🔥
	270°C	🔥		270°C	🔥

Fish Papillote



Product Description: Fresh Fish Papillote

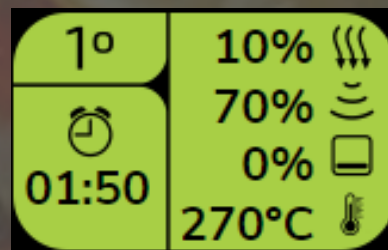
Weight/ amount: 200 grams

Starting state: fresh

Directions: set in the non stick basket and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings



Grilled Vegetables



Product Description: Fresh sliced vegetables

Weight/ amount: 200 grams

Starting state: Fresh

Directions: set over the pre heated grill plate with grill side to the top

Oven pre-heating temperature: 270°C

Oven settings

1°	80%	🔥
🕒	70%	🔥
01:50	100%	🔥
	280°C	🌡️

Lasagna



Product Description: Refrigerated Lasagna

Weight/ amount: 300 grams

Starting state: refrigerated

Directions: put in a ovenable recipient and take to the oven

Oven pre-heating temperature: 270°C

Oven settings

1°	0%	🔥	2°	10%	🔥
🕒	70%	🔥	🕒	90%	🔥
02:20	50%	📺	01:00	50%	📺
	270°C	🌡️		270°C	🌡️



Desserts

Refrigerated Brownie



Product Description: Refrigerated cooked brownie

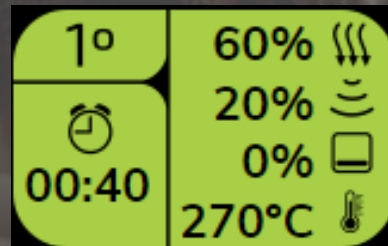
Weight/ amount: individual portion

Starting state: refrigerated

Directions: set in the non stick basket and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings



Frozen Brownie



Product Description: Frozen cooked brownie

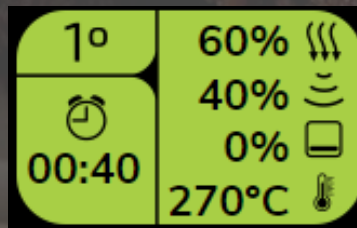
Weight/ amount: individual portion

Starting state: frozen

Directions: set in the non stick basket and take to the oven over the grill plate

Oven pre-heating temperature: 270°C

Oven settings



Chocolate lava cake



Product Description: Chocolate lava cake

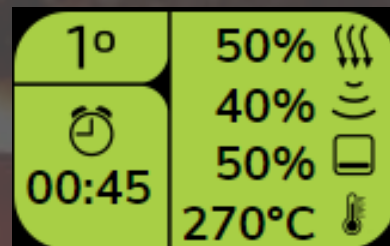
Weight/ amount: 1 unit

Starting state: frozen

Directions: Set in the teflon basket over the flat side of the grill plate

Oven pre-heating temperature: 270°C

Oven settings



Refrigerated Cookie



Product Description: Baked cookie

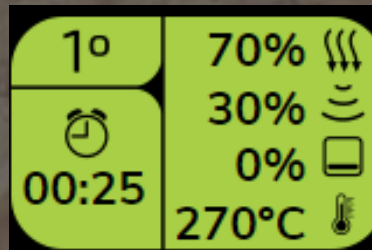
Weight/ amount: 1 unit

Starting state: Refrigerated

Directions: Set in the non stick basket over the flat side of the grill plate

Oven pre-heating temperature: 270°C

Oven settings



Frozen Cookie



Product Description: Baked cookie

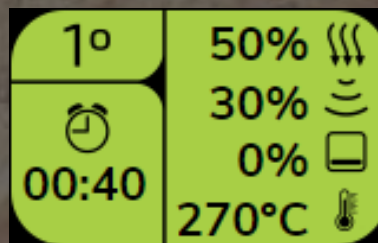
Weight/ amount: 1 unit

Starting state: Frozen

Directions: Set in the non stick basket over the flat side of the grill plate

Oven pre-heating temperature: 270°C

Oven settings



Frozen Muffin



Product Description: Baked muffin

Weight/ amount: 1 unit

Starting state: Frozen

Directions: Set in the teflon basket over the flat side of the grill plate

Oven pre-heating temperature: 270°C

Oven settings

1°	50%	🔥
🕒	20%	🔥
00:25	0%	🔥
	270°C	🌡️

Refrigerated Muffin



Product Description: Baked muffin

Weight/ amount: 1 unit

Starting state: Refrigerated

Directions: Set in the teflon basket over the flat side of the grill plate

Oven pre-heating temperature: 270°C

Oven settings

1°	60%	🔥
🕒	10%	🔥
00:25	0%	🔥
	270°C	🌡️