



by Lincat

# QUICK START GUIDE & RECIPE BOOK





# WELCOME TO THE WORLD OF CiBO+!

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



# INTRODUCING TRI-HEAT TECHNOLOGY

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

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

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

**Microwave** technology adds speed to the cooking process.


## WHAT CAN I COOK?

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

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



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# HOW TO GET THE BEST FROM YOUR CiBO+

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

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



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## SWITCHING ON YOUR CiBO+

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



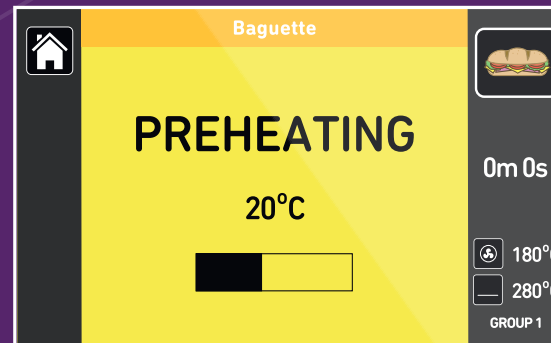
# COOKING USING THE PRESET MENU ITEMS EXPLAINED



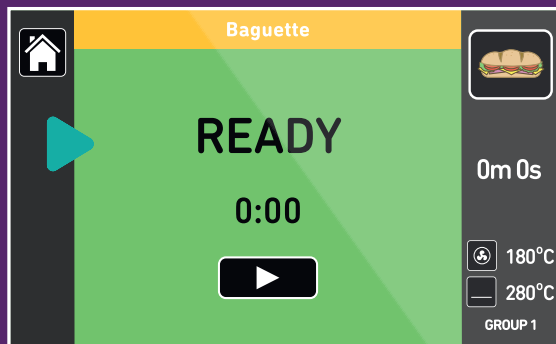
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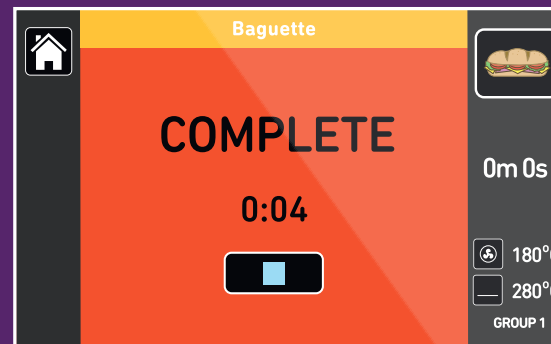
TOUCH MENU ITEM



OVEN WILL PREHEAT



PUT FOOD IN OVEN AND TOUCH PLAY



SCREEN WILL GO RED AND BEEP WHEN COMPLETE.



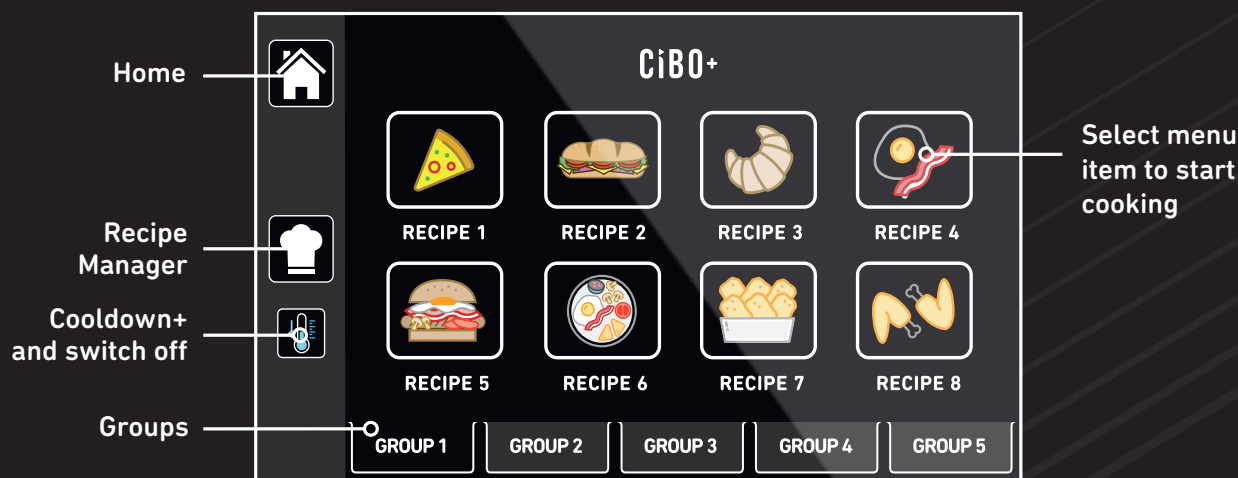
## RECIPE GUIDELINES

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



# THE HOME SCREEN EXPLAINED

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



# GROUPS EXPLAINED

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

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



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## COPYING AND MOVING RECIPES EXPLAINED

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

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

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



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# RECIPE EDITING EXPLAINED

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

Touch the menu item name to edit

4 stages of cooking

	Microwave Power	Fan Power	Time	
	<b>Baguette</b>			
1	0%	10%	0:00	0m 0s
2	0%	10%	0:00	
3	0%	10%	0:00	
4	0%	10%	0:00	
				 180°C — Oven Temperature  280°C — Base Temperature GROUP 10 — Group





# HOW TO ADJUST THE PROGRAMMES FOR OPTIMAL RESULTS

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

**i** **IF THE PRODUCT IS TOO DARK**  
Reduce the time and / or oven fan speed

**i** **IF THE PRODUCT CENTRE IS TOO COLD**  
Increase the microwave percentage

**i** **IF THE BASE IS TOO DARK**  
Reduce base heat temperature

**i** **IF THE PRODUCT CENTRE IS TOO HOT**  
Reduce the microwave percentage

**i** **IF THE PRODUCT IS TOO LIGHT**  
Increase the time and / or oven fan speed



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# COOKWARE

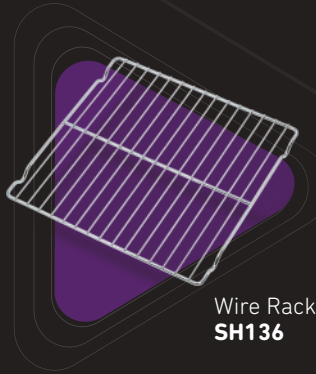
Designed for use in your **CiBO+** for perfect results.  
Available from all good **Lincat** stockists.



Paddle with handguard and sides **LT02**



CiBO+ Heavy Duty Oven Cleaner **OD01-6**  
CiBO+ Sparkle Oven Cleaner **OC01**  
CiBO+ Protect Oven Shield **OS01**



Wire Rack **SH136**



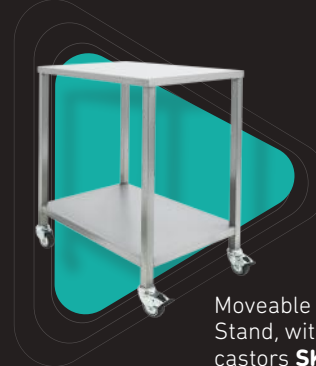
CiBO+ Oven Cavity Back Plate\* **RC05**



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



Non-stick Baking Tray **NSBT23**



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



Fitting Kit\* for RC05 **RCP1**



Non-stick Teflon Sheets **TFS05**



Multi-tray **CIBO/ET**



Magnetic Paddle Hanger **LTH01**


RCP1 Fitting Kit required for RC05 Oven Cavity Back Plate for units **predating April 2024**



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# CLEANING GUIDE



**FOR YOUR SAFETY YOU MUST** wear suitable PPE when using these cleaners. 

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To ensure the best performance and longevity of your CiBO+, **it must be cleaned daily and regularly deep cleaned.**


Deep clean as required using the heavy duty cleaner to remove the toughest carbon, grease and fat deposits.


The below instructions are for use with our CiBO+ Sparkle Oven Cleaner for daily use and CiBO+ Heavy Duty Oven Cleaner as required.


- 1** Press the cleaning icon and follow the on screen prompt to open door. Place a tea towel over the oven door as it could still be hot.

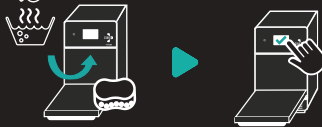

- 2** Wait for the oven to cooldown to 50 degrees.



- 3** The oven will prompt you to apply cleaner. Spray oven cleaner on cavity sides, back and base. **DO NOT** spray on the roof inside the CiBO+ as it may damage the catalytic convertor. Remove tea towel and spray inside oven door.



- 4** Press the green tick on the screen to confirm cleaner has been applied. Follow the on screen prompts to close the oven door, and leave to work for three minutes.



- 5** Agitate any stubborn deposits on the inside of the oven door with a non-metallic scourer. Wipe the inside of the oven door with a clean damp cloth.



- 6** Agitate any stubborn deposits on the cavity sides, back and base with a non-metallic scourer. Wipe out the oven with a clean damp cloth. Press the tick on screen to confirm the oven has been wiped.


- 7** Dry oven cavity and inside oven door with a paper towel.


- 8** Follow on screen prompt and spray CiBO+ Protect Oven Shield on the inside of the oven door, sides, back and base. Wipe any excess shield off with a paper towel.


- 9** Press tick to confirm CiBO+ Protect Oven Shield has been applied, and close door.


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





**Do you have questions on how to get the best from your CiBO+?**

Reach our chef team on 01522 875581 or email [culinary@lincat.co.uk](mailto:culinary@lincat.co.uk)



Follow us on Instagram for the latest recipes

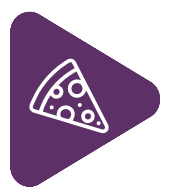
Recipes are to be used as a guide only, settings and results achieved will be dependent on the ingredients used.

# RECIPES FOR SUCCESS



**HOT SNACKS**

/ 14



**PIZZA**

/ 37



**PASTRIES**

/ 46



**SWEET FOOD**

/ 51



**APPETISERS**

/ 66



**MAIN DISHES**

/ 78



**SIDE DISHES**

/ 93



**BREAKFAST DISHES**

/ 104



# FALAFEL AVOCADO WRAP

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



≡BOOSTED

## TAB SETTINGS:



270°C 360°C

## TAB SETTINGS:



270°C 360°C

## RECIPE SETTINGS: 1



80% 60% 0:00:55

## RECIPE SETTINGS: 1



80% 60% 0:00:45

## START TEMPERATURE:



Chilled

## COOKING MEDIUM:



Teflon tray

## FORM:



Raw

## PORTIONS:





## HOT SNACKS



# HOISIN QUORN WRAP

### INGREDIENTS:

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

### DIRECTIONS:

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

### SECTORS:



Bars



Cafés



QSR



Convenience Stores



Education



Pop-Ups & Food Trucks



Forecourts



### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS:

1



80% 60% 0:00:55

### START TEMPERATURE:



Chilled

### FORM:



Raw



≡BOOSTED

### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS:

1



80% 60% 0:00:45

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





# MEDITERRANEAN VEG PESTO WRAP

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



## TAB SETTINGS:



270°C 330°C

## RECIPE SETTINGS:

1



80% 60% 0:00:55

## START TEMPERATURE:



Chilled

## FORM:



Raw



≡BOOSTED

## TAB SETTINGS:



270°C 330°C

## RECIPE SETTINGS:

1



80% 60% 0:00:45

## COOKING MEDIUM:



Teflon tray

## PORTIONS:







## HOT SNACKS



# HAM AND CHEESE WRAP

### INGREDIENTS:

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

### DIRECTIONS:

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

### SECTORS:



Bars



Cafés



QSR



Convenience Stores



Education



Pop-Ups & Food Trucks



Forecourts



### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS:

1



80% 20% 0:00:55

### START TEMPERATURE:



Chilled

### FORM:



Raw



≡BOOSTED

### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS:

1



80% 20% 0:00:45

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





# CHICKEN, BACON AND CHEESE WRAP

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Bars



Cafés



QSR



Convenience Stores



Education



Pop-Ups & Food Trucks



Forecourts



## TAB SETTINGS:



270°C



330°C

## RECIPE SETTINGS:

1



80%



60%



0:00:55

## START TEMPERATURE:



Chilled

## FORM:



Raw



≡BOOSTED

## TAB SETTINGS:



270°C



330°C

## RECIPE SETTINGS:

1



80%



60%



0:00:50

## COOKING MEDIUM:



Teflon tray

## PORTIONS:



1



**HOT  
SNACKS**



# MEXICAN CHICKEN BLACK BEAN WRAP

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Bars



Cafés



QSR



Convenience  
Stores



Education



Pop-Ups &  
Food Trucks



Forecourts



**TAB  
SETTINGS:**



270°C 330°C

**RECIPE  
SETTINGS:** 1



80% 60% 0:01:10

**START  
TEMPERATURE:**



Chilled

**FORM:**



Reheat



**≡BOOSTED**

**TAB  
SETTINGS:**



270°C 330°C

**RECIPE  
SETTINGS:** 1



100% 80% 0:01:00

**COOKING  
MEDIUM:**



Teflon tray

**PORTIONS:**





# CHICKEN QUESADILLA

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



≡BOOSTED

## TAB SETTINGS:



260°C 330°C

## TAB SETTINGS:



260°C 330°C

## RECIPE SETTINGS:

1



30% 70% 0:01:15

## RECIPE SETTINGS:

1



40% 70% 0:01:00

## START TEMPERATURE:



Chilled

## COOKING MEDIUM:



Teflon tray

## FORM:



Raw

## PORTIONS:





**HOT  
SNACKS**



# CHILLI VEGETABLE BLACK BEAN WRAP

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Bars



Cafés



QSR



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Stores



Education



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Food Trucks



Forecourts



**TAB  
SETTINGS:**



270°C 330°C

**RECIPE  
SETTINGS:**

1



80% 30% 0:01:25

**START  
TEMPERATURE:**



Chilled



**≡BOOSTED**

**TAB  
SETTINGS:**



270°C 330°C

**RECIPE  
SETTINGS:**

1



90% 30% 0:01:05

**COOKING  
MEDIUM:**



Teflon tray

**FORM:**



Raw

**PORTIONS:**





# MEATBALL MARINARA PANINIS

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Bars



Cafés



QSR



Convenience  
Stores



Education



Pop-Ups &  
Food Trucks



Forecourts



## TAB SETTINGS:



260°C 330°C

## RECIPE SETTINGS: 2



80% 20% 0:01:30  
40% 50% 0:00:45

## START TEMPERATURE:



Chilled



≡BOOSTED

## TAB SETTINGS:



260°C 330°C

## RECIPE SETTINGS: 2



90% 20% 0:01:00  
30% 50% 0:00:30

## COOKING MEDIUM:



Teflon tray

## FORM:



Raw

## PORTIONS:





**HOT  
SNACKS**



# TOMATO AND MOZZARELLA BAGUETTE

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Bars



Cafés



QSR



Convenience  
Stores



Education



Pop-Ups &  
Food Trucks



Forecourts



**TAB  
SETTINGS:**



270°C 330°C

**RECIPE  
SETTINGS:**

1



60% 30% 0:01:15

**START  
TEMPERATURE:**



Chilled

**FORM:**



Raw



**≡BOOSTED**

**TAB  
SETTINGS:**



270°C 330°C

**RECIPE  
SETTINGS:**

1



60% 30% 0:01:00

**COOKING  
MEDIUM:**



Teflon tray

**PORTIONS:**





# CHICKEN PANINI

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



## TAB SETTINGS:



270°C 330°C

## TAB SETTINGS:



270°C 330°C

## RECIPE SETTINGS: 1



80% 60% 0:00:45

## RECIPE SETTINGS: 1



40% 100% 0:00:30

## START TEMPERATURE:



Chilled

## COOKING MEDIUM:



Teflon tray

## FORM:



Raw

## PORTIONS:







**HOT  
SNACKS**



# CHICKEN, BACON AND CHEESE BAGUETTE

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Bars



Cafés



QSR



Convenience  
Stores



Education



Pop-Ups &  
Food Trucks



Forecourts



**TAB  
SETTINGS:**



270°C 330°C

**RECIPE  
SETTINGS:**

1



80% 10% 0:01:45

**START  
TEMPERATURE:**



Chilled



**≡BOOSTED**

**TAB  
SETTINGS:**



270°C 330°C

**RECIPE  
SETTINGS:**

1



100% 10% 0:01:20

**COOKING  
MEDIUM:**



Teflon tray

**FORM:**



Raw

**PORTIONS:**





# TUNA AND CHEESE BAGUETTE

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



≡BOOSTED

## TAB SETTINGS:



270°C 330°C

## TAB SETTINGS:



270°C 330°C

## RECIPE SETTINGS: 1



80% 20% 0:01:15

## RECIPE SETTINGS: 1



80% 20% 0:01:05

## START TEMPERATURE:



Ambient

## COOKING MEDIUM:



Teflon tray

## FORM:



Prebaked raw

## PORTIONS:





**HOT  
SNACKS**



# BACON AND CHEESE BAGUETTE

### INGREDIENTS:

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

### DIRECTIONS:

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

### SECTORS:



Bars



Cafés



QSR



Convenience  
Stores



Education



Pop-Ups &  
Food Trucks



Forecourts



**TAB  
SETTINGS:**



270°C 360°C

**RECIPE  
SETTINGS:**

1



80% 10% 0:01:30

**2 Baguettes**



0:02:30

**START  
TEMPERATURE:**



Chilled

**FORM:**



Precooked



**BOOSTED**

**TAB  
SETTINGS:**



270°C 360°C

**RECIPE  
SETTINGS:**

1



90% 10% 0:01:15

**2 Baguettes**



0:02:15

**COOKING  
MEDIUM:**



Teflon tray

**PORTIONS:**





# CHEESE AND HAM TOASTIE

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Bars



Cafés



QSR



Convenience Stores



Education



Pop-Ups & Food Trucks



Forecourts



≡ **BOOSTED**

## TAB SETTINGS:



270°C 330°C

## TAB SETTINGS:



270°C 330°C

## RECIPE SETTINGS: 2



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

## RECIPE SETTINGS: 2



90% 100% 0:00:50  
40% 100% 0:00:10

## START TEMPERATURE:



Chilled

## COOKING MEDIUM:



Teflon tray

## FORM:



From scratch

## PORTIONS:



1



**HOT  
SNACKS**



# CHEESE AND ONION TOASTIE

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Bars



Cafés



QSR



Convenience  
Stores



Education



Pop-Ups &  
Food Trucks



Forecourts



**TAB  
SETTINGS:**



270°C 330°C

**RECIPE  
SETTINGS:** 2



70% 100% 0:01:00  
80% 60% 0:00:15

**START  
TEMPERATURE:**



Chilled

**FORM:**



Raw



**BOOSTED**

**TAB  
SETTINGS:**



270°C 330°C

**RECIPE  
SETTINGS:** 2



80% 100% 0:00:50  
60% 100% 0:00:10

**COOKING  
MEDIUM:**



Teflon tray

**PORTIONS:**





# GOATS CHEESE AND PESTO FOCACCIA

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



## TAB SETTINGS:



270°C 330°C

## TAB SETTINGS:



270°C 330°C

## RECIPE SETTINGS:

2



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

## RECIPE SETTINGS:

2



20% 70% 0:00:50  
80% 60% 0:00:15

## START TEMPERATURE:



Chilled

## COOKING MEDIUM:



Teflon tray

## FORM:



Raw

## PORTIONS:





**HOT  
SNACKS**



# PARMA HAM, TOMATO, MOZZARELLA AND PESTO FOCACCIA

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Bars



Cafés



QSR



Convenience  
Stores



Education



Pop-Ups &  
Food Trucks



Forecourts



TAB  
SETTINGS:



270°C 330°C

RECIPE  
SETTINGS: 2



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

START  
TEMPERATURE:



Ambient chilled

FORM:



Reheat



≡BOOSTED

TAB  
SETTINGS:



270°C 330°C

RECIPE  
SETTINGS: 2



40% 60% 0:01:15  
80% 60% 0:00:15

COOKING  
MEDIUM:



Teflon tray

PORTIONS:





# BBQ PULLED PORK FOCACCIA

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



≡ **BOOSTED**

## TAB SETTINGS:



270°C 330°C

## TAB SETTINGS:



270°C 330°C

## RECIPE SETTINGS:

2



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

## RECIPE SETTINGS:

2



70% 60% 0:00:50  
80% 60% 0:00:20

## START TEMPERATURE:



Ambient chilled

## COOKING MEDIUM:



Teflon tray

## FORM:



Precooked

## PORTIONS:







**HOT  
SNACKS**



# NACHOS

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



**TAB  
SETTINGS:**



270°C 330°C

**RECIPE  
SETTINGS:** 1



20% 80% 0:01:00

**START  
TEMPERATURE:**



Ambient

**FORM:**



Precooked



**BOOSTED**

**TAB  
SETTINGS:**



270°C 330°C

**RECIPE  
SETTINGS:** 1



40% 80% 0:00:40

**COOKING  
MEDIUM:**



Ceramic bowl  
& Teflon tray

**PORTIONS:**





# FRITTATA

## INGREDIENTS:

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

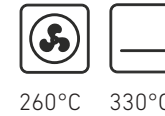
## DIRECTIONS:

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

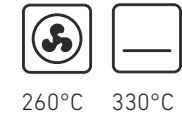
## SECTORS:



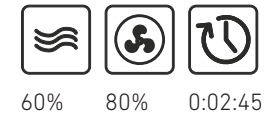
## TAB SETTINGS:



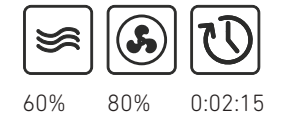
## TAB SETTINGS:



## RECIPE SETTINGS: 1



## RECIPE SETTINGS: 1

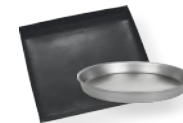


## START TEMPERATURE:



Ambient

## COOKING MEDIUM:



12cm tin in a Teflon tray

## FORM:



Raw

## PORTIONS:





**HOT  
SNACKS**



# CORNISH PASTY

### INGREDIENTS:

- 1 x 230g Cornish Pasty

### DIRECTIONS:

1. Place on Teflon tray. Cook.

### SECTORS:



Bars



Cafés



QSR



Convenience  
Stores



Education



Pop-Ups &  
Food Trucks



Forecourts



**TAB  
SETTINGS:**



260°C 330°C

**RECIPE  
SETTINGS:** 1



60% 80% 0:02:45

**START  
TEMPERATURE:**



Chilled



**BOOSTED**

**TAB  
SETTINGS:**



260°C 330°C

**RECIPE  
SETTINGS:** 1



60% 80% 0:02:25

**COOKING  
MEDIUM:**



Teflon tray

**FORM:**



Precooked

**PORTIONS:**





# SAUSAGE ROLL

## INGREDIENTS:

### 1 Sausage Roll

- 130g Sausage roll, precooked and chilled

## DIRECTIONS:

1. Place on Teflon tray. Cook.

## SECTORS:



## TAB SETTINGS:



270°C 330°C

## TAB SETTINGS:



270°C 330°C

## RECIPE SETTINGS: 2



70% 50% 0:00:40  
20% 80% 0:00:20

## RECIPE SETTINGS: 1



100% 80% 0:00:45

## START TEMPERATURE:



Chilled

## COOKING MEDIUM:



Teflon tray

## FORM:



Precooked

## PORTIONS:





PIZZA



## 12" THIN CRUST

# CHEESE AND TOMATO PIZZA

### INGREDIENTS:

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

### DIRECTIONS:

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

### SECTORS:



Restaurants



Cafés



Pop-Ups & Food Trucks



Takeaways



TAB SETTINGS:



270°C 330°C

RECIPE SETTINGS: 3



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

START TEMPERATURE:



Chilled

FORM:



From Scratch



BOOSTED

TAB SETTINGS:



270°C 330°C

RECIPE SETTINGS: 3



0%	70%	0:01:30
50%	80%	0:00:50
0%	100%	0:01:15

COOKING MEDIUM:



Teflon sheet

PORTIONS:





## 9" THIN CRUST

# HAM AND MUSHROOM PIZZA

### INGREDIENTS:

- 325g x Ham and Mushroom Pizza, chilled

### DIRECTIONS:

1. Place onto Teflon tray. Cook.

### SECTORS:



≡BOOSTED

### TAB SETTINGS:



270°C 330°C

### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS: 2



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

### RECIPE SETTINGS: 2



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

### START TEMPERATURE:



Chilled

### COOKING MEDIUM:



Teflon sheet

### FORM:



Precooked

### PORTIONS:





PIZZA



6"

# CHEESE AND TOMATO MINI PIZZA

### INGREDIENTS:

- 1 x 6" Cheese and Tomato Pizza, chilled

### DIRECTIONS:

1. Place pizza on Teflon tray. Cook.

### SECTORS:



≡BOOSTED

### TAB SETTINGS:



270°C   330°C

### TAB SETTINGS:



270°C   330°C

### RECIPE SETTINGS:

1



50%   80%   0:01:20

### RECIPE SETTINGS:

1



60%   90%   0:01:00

### START TEMPERATURE:



Chilled

### COOKING MEDIUM:



Teflon tray

### FORM:



Prebaked

### PORTIONS:





9"

# GARLIC AND HERB CHEESE STUFFED CRUST PIZZA

**INGREDIENTS:**

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

**DIRECTIONS:**

1. Place on Teflon sheet. Cook.

**SECTORS:**



≡ **BOOSTED**

**TAB SETTINGS:**



270°C 330°C

**TAB SETTINGS:**



270°C 330°C

**RECIPE SETTINGS:** 2



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

**RECIPE SETTINGS:** 2



40% 60% 0:01:00  
80% 100% 0:00:30

**START TEMPERATURE:**



Chilled

**COOKING MEDIUM:**



Teflon sheet

**FORM:**



Raw

**PORTIONS:**







PIZZA



# PIZZA TOPPED CIABATTA CHEESE AND TOMATO

### INGREDIENTS:

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

### DIRECTIONS:

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

### SECTORS:



TAB  
SETTINGS:



270°C   330°C

RECIPE  
SETTINGS:                    3



0%	60%	0:01:10
80%	60%	0:01:00
0%	100%	0:00:35

START  
TEMPERATURE:



Chilled



≡BOOSTED

TAB  
SETTINGS:



270°C   330°C

RECIPE  
SETTINGS:                    3



0%	60%	0:01:10
80%	60%	0:01:00
0%	100%	0:00:20

COOKING  
MEDIUM:



Teflon tray

FORM:



Precooked

PORTIONS:





## 9" THIN CRUST

# CHEESE AND TOMATO PIZZA

### INGREDIENTS:

- 1 x 9" Thin Crust Cheese and Tomato Pizza

### DIRECTIONS:

1. Place onto Teflon tray. Cook.

### SECTORS:



Restaurants



Bars



Cafés



QSR



Convenience Stores



Education



Pop Ups & Food Trucks



Forecourts



Hotel Room Service



Takeaways



### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS:

3



0% 70% 0:01:30  
50% 80% 0:01:10  
0% 100% 0:01:30

### START TEMPERATURE:



Frozen

### FORM:



Raw



BOOSTED

### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS:

3



0% 70% 0:01:30  
50% 80% 0:00:50  
0% 100% 0:01:15

### COOKING MEDIUM:



Teflon sheet

### PORTIONS:





PIZZA



## 9" THIN CRUST

# CHICKEN AND SPINACH PIZZA

### INGREDIENTS:

- 1 x 9" Thin Crust Chicken and Spinach Pizza

### DIRECTIONS:

1. Place on Teflon sheet. Cook.

### SECTORS:



### TAB SETTINGS:



270°C   330°C

### RECIPE SETTINGS:

3



0%   70%   0:01:30  
 50%   80%   0:01:10  
 0%   100%   0:01:30

### START TEMPERATURE:



Frozen

### FORM:



Raw



BOOSTED

### TAB SETTINGS:



270°C   330°C

### RECIPE SETTINGS:

3



0%   70%   0:01:30  
 50%   80%   0:00:50  
 0%   100%   0:01:15

### COOKING MEDIUM:



Teflon sheet

### PORTIONS:





12"

# CHEESE AND TOMATO STUFFED CRUST PIZZA

**INGREDIENTS:**

- 1 x 12" Cheese Pizza with Tomato Stuffed Crust

**DIRECTIONS:**

1. Place on Teflon sheet. Cook.

**SECTORS:**



**TAB SETTINGS:**



270°C 330°C

**TAB SETTINGS:**



270°C 330°C

**RECIPE SETTINGS:** 3



0% 70% 0:01:30  
50% 80% 0:01:10  
0% 100% 0:01:30

**RECIPE SETTINGS:** 3



0% 70% 0:01:30  
50% 80% 0:00:50  
0% 100% 0:01:15

**START TEMPERATURE:**



Frozen

**COOKING MEDIUM:**



Teflon sheet

**FORM:**



Raw

**PORTIONS:**





PIZZA



# MEAT FEAST PIZZA SUB

### INGREDIENTS:

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

### DIRECTIONS:

1. Place on Teflon tray. Cook.

### SECTORS:



TAB SETTINGS:



270°C   330°C

RECIPE SETTINGS:      3



1 Meat Feast Pizza Sub

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

3 Meat Feast Pizza Subs

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

START TEMPERATURE:



Frozen



≡BOOSTED

TAB SETTINGS:



270°C   330°C

RECIPE SETTINGS:      3



1 Meat Feast Pizza Sub

0%	60%	0:00:40
80%	60%	0:01:15
0%	100%	0:00:45

3 Meat Feast Pizza Subs

0%	60%	0:01:05
80%	60%	0:01:25
0%	100%	0:00:48

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





# MAPLE AND PECAN PLAITS

## INGREDIENTS:

- 6 x 90g Maple and Pecan Plaits

## DIRECTIONS:

1. Place onto Teflon tray. Cook.

## SECTORS:



Bars



Cafés



Convenience Stores



Education



Pop-Ups & Food Trucks



Forecourts



Hotel Room Service



≡ BOOSTED

## TAB SETTINGS:



160°C 250°C

## TAB SETTINGS:



160°C 250°C

## RECIPE SETTINGS:

1



0% 80% 0:17:00

## RECIPE SETTINGS:

1



0% 80% 0:17:00

## START TEMPERATURE:



Frozen

## COOKING MEDIUM:



Teflon tray

## FORM:



Raw

## PORTIONS:



6



## PASTRIES



# CINNAMON SWIRL

### INGREDIENTS:

- 6 x 80g Cinnamon Swirls

### DIRECTIONS:

1. Place on Teflon tray. Cook.

### SECTORS:



Bars



Cafés



Convenience Stores



Education



Pop-Ups & Food Trucks



Forecourts



Hotel Room Service



### TAB SETTINGS:



170°C 220°C

### RECIPE SETTINGS:



0% 80% 0:19:00

### START TEMPERATURE:



Frozen

### FORM:



Raw



≡BOOSTED

### TAB SETTINGS:



170°C 220°C

### RECIPE SETTINGS:



0% 80% 0:19:00

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





# CROISSANTS

## INGREDIENTS:

- 6 x Croissants, frozen

## DIRECTIONS:

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

## SECTORS:



≡ **BOOSTED**

## TAB SETTINGS:



170°C 220°C

## TAB SETTINGS:



160°C 250°C

## RECIPE SETTINGS: 1



0% 80% 0:16:00

## RECIPE SETTINGS: 1



0% 80% 0:16:00

## START TEMPERATURE:



Frozen

## COOKING MEDIUM:



Teflon tray

## FORM:



Raw

## PORTIONS:







## PASTRIES



# PAIN AU CHOCOLAT

### INGREDIENTS:

- 6 x 60g Pain au Chocolat

### DIRECTIONS:

1. Place on Teflon tray. Cook.

### SECTORS:



Bars



Cafés



Convenience Stores



Education



Pop-Ups & Food Trucks



Forecourts



Hotel Room Service



### TAB SETTINGS:



170°C 220°C

### RECIPE SETTINGS: 1



0% 80% 0:15:30

### START TEMPERATURE:



Frozen

### FORM:



Raw



≡BOOSTED

### TAB SETTINGS:



170°C 220°C

### RECIPE SETTINGS: 1



0% 80% 0:15:30

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





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

## REHEAT ONE PORTION

### INGREDIENTS:

- 1 x 60 – 80g Pastry

### DIRECTIONS:

1. Place on Teflon tray, cook.

### SECTORS:



≡BOOSTED

### TAB SETTINGS:



260°C 330°C

### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS: 1



40% 80% 0:00:25

### RECIPE SETTINGS: 1



40% 80% 0:00:25

### START TEMPERATURE:



Ambient

### COOKING MEDIUM:



Teflon tray

### FORM:



Prebaked Reheat

### PORTIONS:





**SWEET  
FOOD**



# APPLE STRUDEL

## SECTORS:

- Cafés
- Restaurants
- Education

## INGREDIENTS:

- 1 x 600g Strudel, frozen

## DIRECTIONS:

1. Place on Teflon tray. Cook.

## SECTORS:



Cafés



Restaurants



Education



## TAB SETTINGS:



180°C 260°C

## RECIPE SETTINGS:

3



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

## START TEMPERATURE:



Frozen

## FORM:



Raw



**BOOSTED**

## TAB SETTINGS:



180°C 260°C

## RECIPE SETTINGS:

3



0%	80%	0:16:30
70%	10%	0:02:00
0%	100%	0:05:00

## COOKING MEDIUM:



Teflon tray

## PORTIONS:





# APPLE TART TATIN

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Cafés Restaurants Education



≡BOOSTED

## TAB SETTINGS:



260°C 330°C

## TAB SETTINGS:



260°C 330°C

## RECIPE SETTINGS:

3



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

## RECIPE SETTINGS:

3



0% 70% 0:01:15  
60% 50% 0:01:00  
80% 40% 0:00:35

## START TEMPERATURE:



Chilled

## COOKING MEDIUM:



Multi-tray (CiBO/ET)

## FORM:



From Scratch

## PORTIONS:





**SWEET  
FOOD**



# BREAD AND BUTTER PUDDING

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Cafés



Restaurants



Education



**TAB  
SETTINGS:**



220°C 280°C

**RECIPE  
SETTINGS:**

2



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

**START  
TEMPERATURE:**



Ambient Chilled

**FORM:**



From scratch



**≡BOOSTED**

**TAB  
SETTINGS:**



220°C 280°C

**RECIPE  
SETTINGS:**

2



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

**COOKING  
MEDIUM:**



Loaf tin on Teflon tray

**PORTIONS:**

**10**



# BREAD AND BUTTER PUDDING

## REHEAT SINGLE PORTION

### INGREDIENTS:

- 1/10 of Bread and Butter Pudding loaf

### DIRECTIONS:

1. Place slice on Teflon tray. Cook.

### SECTORS:



≡BOOSTED

### TAB SETTINGS:



220°C 280°C

### TAB SETTINGS:



220°C 280°C

### RECIPE SETTINGS:

1



60% 20% 0:01:30

### RECIPE SETTINGS:

1



60% 20% 0:01:15

### START TEMPERATURE:



Chilled

### COOKING MEDIUM:



Teflon tray

### FORM:



Reheat

### PORTIONS:





SWEET  
FOOD



# BRIOCHE BREAD AND BUTTER PUDDING

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Cafés



Restaurants



Education



## TAB SETTINGS:



220°C 220°C

## RECIPE SETTINGS:

2



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

## START TEMPERATURE:



Ambient

## FORM:



From scratch



≡BOOSTED

## TAB SETTINGS:



220°C 220°C

## RECIPE SETTINGS:

2



0% 60% 0:03:30  
40% 60% 0:01:45

## COOKING MEDIUM:



Ramekin on Teflon tray

## PORTIONS:





# BRIOCHE BREAD AND BUTTER PUDDING

## REHEAT SINGLE PORTION

### INGREDIENTS:

- 1 x 150g Portion, chilled

### DIRECTIONS:

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

### SECTORS:



Cafés



Restaurants



Education



BOOSTED

### TAB SETTINGS:



220°C 280°C

### TAB SETTINGS:



220°C 280°C

### RECIPE SETTINGS: 1



60% 20% 0:01:45

### RECIPE SETTINGS: 1



60% 20% 0:01:45

### START TEMPERATURE:



Chilled

### COOKING MEDIUM:



Teflon sheet in Teflon tray

### FORM:



Precooked

### PORTIONS:



1





**SWEET  
FOOD**



# JAM SPONGE PUDDING

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Cafés



Restaurants



Education



## TAB SETTINGS:



170°C 220°C

## RECIPE SETTINGS:

2



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

## START TEMPERATURE:



Chilled

## FORM:



From scratch



**BOOSTED**

## TAB SETTINGS:



170°C 220°C

## RECIPE SETTINGS:

2



40% 80% 0:02:45  
40% 60% 0:01:15

## COOKING MEDIUM:



Dariole mould  
on Teflon tray

## PORTIONS:





# CHERRY CRUMBLE

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



≡BOOSTED

## TAB SETTINGS:



260°C 330°C

## TAB SETTINGS:



260°C 330°C

## RECIPE SETTINGS: 2



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

## RECIPE SETTINGS: 2



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

## START TEMPERATURE:



Ambient

## COOKING MEDIUM:



Ceramic dish

## FORM:



From Scratch

## PORTIONS:





**SWEET  
FOOD**



# PRE MADE CREPES

### INGREDIENTS:

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

### DIRECTIONS:

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

### SECTORS:



Cafés



Convenience  
Stores



Education



Pop-Ups &  
Food Trucks



**TAB  
SETTINGS:**



270°C 330°C

**RECIPE  
SETTINGS:** 1



40% 90% 0:00:45

**START  
TEMPERATURE:**



Chilled

**FORM:**



Precooked



**≡BOOSTED**

**TAB  
SETTINGS:**



270°C 330°C

**RECIPE  
SETTINGS:** 1



40% 90% 0:00:35

**COOKING  
MEDIUM:**



Teflon tray

**PORTIONS:**





# TRIPLE CHOCOLATE COOKIES

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Cafés



Convenience Stores



Education



Pop-Ups & Food Trucks



## TAB SETTINGS:



190°C 180°C

## RECIPE SETTINGS:

1

9 Cookies



0% 80% 0:14:00

## START TEMPERATURE:



Ambient

## FORM:



From Scratch



BOOSTED

## TAB SETTINGS:



190°C 180°C

## RECIPE SETTINGS:

1

9 Cookies



0% 80% 0:14:00

## COOKING MEDIUM:



Teflon sheet in Teflon tray

## PORTIONS:

18

(across 2 bakes)



**SWEET  
FOOD**



# DARK CHOCOLATE AND NUT BISCOTTI

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Cafés



**TAB  
SETTINGS:**



170°C 220°C

**RECIPE  
SETTINGS:**

1



**First Cook**

0% 80% 0:30:00

**Second Cook**

0% 80% 0:15:00

**START  
TEMPERATURE:**



Chilled

**FORM:**



From Scratch



**≡BOOSTED**

**TAB  
SETTINGS:**



170°C 220°C

**RECIPE  
SETTINGS:**

1



**First Cook**

0% 80% 0:30:00

**Second Cook**

0% 80% 0:15:00

**COOKING  
MEDIUM:**



Teflon tray on wire rack.

**PORTIONS:**





# BLUEBERRY MUFFINS

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Cafés



Convenience Stores



Education



Pop-Ups & Food Trucks



BOOSTED

## TAB SETTINGS:



170°C 220°C

## TAB SETTINGS:



170°C 220°C

## RECIPE SETTINGS: 1



0% 80% 0:20:00

## RECIPE SETTINGS: 1



0% 80% 0:20:00

## START TEMPERATURE:



Ambient

## COOKING MEDIUM:



Muffin tray on wire rack

## FORM:



From Scratch

## PORTIONS:

12



**SWEET  
FOOD**



# WHITE CHOCOLATE AND CRANBERRY CAKE

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Cafés



Education



**TAB  
SETTINGS:**



270°C 330°C

## RECIPE

**SETTINGS:**

2



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

**START  
TEMPERATURE:**



Ambient

**FORM:**



From Scratch



**BOOSTED**

**TAB  
SETTINGS:**



270°C 330°C

## RECIPE

**SETTINGS:**

2



40% 80% 0:02:35  
30% 50% 0:01:00

**COOKING  
MEDIUM:**



Savarin ring

**PORTIONS:**





# BELGIAN SUGAR WAFFLES

## INGREDIENTS:

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

## DIRECTIONS:

1. Place waffles on Teflon tray. Cook.

## SECTORS:



≡ **BOOSTED**

## TAB SETTINGS:



250°C 280°C

## TAB SETTINGS:



250°C 280°C

## RECIPE SETTINGS:

1



80% 30% 0:00:30

## RECIPE SETTINGS:

1



80% 30% 0:00:25

## START TEMPERATURE:



Ambient

## COOKING MEDIUM:



Teflon tray

## FORM:



Reheat

## PORTIONS:







**SWEET  
FOOD**



# TOASTING WAFFLES

### INGREDIENTS:

- 2 Toasting waffles
- 40g Chocolate sauce to serve

### DIRECTIONS:

1. Place waffles on Teflon Tray. Cook.

### SECTORS:



Cafés



QSR



Pop-Ups &  
Food Trucks



Takeaways



**TAB  
SETTINGS:**



260°C 330°C

**RECIPE  
SETTINGS:**

1



80% 30% 0:00:25

**START  
TEMPERATURE:**



Ambient

**FORM:**



Reheat



**≡BOOSTED**

**TAB  
SETTINGS:**



260°C 330°C

**RECIPE  
SETTINGS:**

1



80% 30% 0:00:20

**COOKING  
MEDIUM:**



Teflon tray

**PORTIONS:**





# CHICKEN TIKKA SKEWERS

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



≡BOOSTED

## TAB SETTINGS:



270°C 330°C

## TAB SETTINGS:



270°C 330°C

## RECIPE SETTINGS:

3



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

## RECIPE SETTINGS:

3



60% 80% 0:00:50  
40% 100% 0:01:00  
0% 100% 0:00:30

## START TEMPERATURE:



Chilled

## COOKING MEDIUM:



Teflon tray

## FORM:



From Scratch

## PORTIONS:





## APPETISERS



# BBQ CHICKEN WINGS

### INGREDIENTS:

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

### DIRECTIONS:

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

### SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups & Food Trucks



Hotel Room Service



≡BOOSTED

### TAB SETTINGS:



270°C 330°C

### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS: 2



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

### RECIPE SETTINGS: 2



100% 70% 0:01:20  
40% 100% 0:00:30

### START TEMPERATURE:



Chilled

### COOKING MEDIUM:



Teflon tray

### FORM:



Precooked

### PORTIONS:





# FALAFEL

## INGREDIENTS:

- 150g Falafel, chilled

## DIRECTIONS:

1. Place Falafel on Teflon tray. Cook.

## SECTORS:



## TAB SETTINGS:



250°C 300°C

## TAB SETTINGS:



250°C 300°C

## RECIPE SETTINGS: 1



80% 20% 0:00:55

## RECIPE SETTINGS: 1



80% 20% 0:00:55

## START TEMPERATURE:



Chilled

## COOKING MEDIUM:



Teflon tray

## FORM:



Precooked

## PORTIONS:





## APPETISERS



# CHICKEN GYOZAS

### INGREDIENTS:

- 6 Chicken Gyozas, frozen

### DIRECTIONS:

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

### SECTORS:



Restaurants



QSR



Pop-Ups & Food Trucks



Takeaways



### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS: 1



80% 70% 0:01:45

### START TEMPERATURE:



Frozen

### FORM:



Raw



≡BOOSTED

### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS: 1



80% 70% 0:01:45

### COOKING MEDIUM:



Ceramic dish in Teflon tray

### PORTIONS:





# GARLIC BREAD SLICES

## INGREDIENTS:

### 2 Garlic bread slices

- 2 x Garlic bread slices, chilled

### 6 Garlic bread slices

- 6 x Garlic bread slices, chilled

## DIRECTIONS:

1. Place slices on Teflon tray. Cook.

## SECTORS:



≡ BOOSTED

## TAB SETTINGS:



270°C 330°C

## TAB SETTINGS:



270°C 330°C

## RECIPE SETTINGS:

1



### 2 Slices

30% 100% 0:01:00

### 6 Slices

30% 100% 0:01:30

## RECIPE SETTINGS:

1



### 2 Slices

30% 100% 0:00:50

### 6 Slices

30% 100% 0:01:15

## START TEMPERATURE:



Chilled

## COOKING MEDIUM:



Teflon tray

## FORM:



Raw

## PORTIONS:





## APPETISERS



# GARLIC CIABATTA

### INGREDIENTS:

- 2 x 45g Garlic Ciabatta slices, chilled

### DIRECTIONS:

1. Place on Teflon tray. Cook.

### SECTORS:



### TAB SETTINGS:



270°C   330°C

### RECIPE SETTINGS:

2



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

### START TEMPERATURE:



Chilled

### FORM:



Raw



≡BOOSTED

### TAB SETTINGS:



270°C   330°C

### RECIPE SETTINGS:

2



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

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





# BREADED MACARONI CHEESE BITES

### INGREDIENTS:

- 6 x 20g Macaroni and Cheese bites, breaded

### DIRECTIONS:

1. Place onto Teflon tray. Cook.

### SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &  
Food Trucks



Hotel Room  
Service



### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS:

2



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

### START TEMPERATURE:



Chilled

### FORM:



Raw



≡BOOSTED

### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS:

2



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

### COOKING MEDIUM:



Teflon tray

### PORTIONS:







## APPETISERS



# BREADED MOZZARELLA STICKS

### INGREDIENTS:

- 6 Mozzarella Sticks, breaded

### DIRECTIONS:

1. Place onto Teflon tray. Cook.

### SECTORS:



### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS:

3



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

### START TEMPERATURE:



Chilled

### FORM:



Raw



BOOSTED

### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS:

3



80% 80% 0:01:15  
70% 90% 0:01:15  
80% 100% 0:00:20

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





# FRESH CRAB CAKES

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



## TAB SETTINGS:



260°C 330°C

## TAB SETTINGS:



260°C 330°C

## RECIPE SETTINGS:

2



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

## RECIPE SETTINGS:

2



30% 100% 0:00:50  
80% 60% 0:00:20

## START TEMPERATURE:



Chilled

## COOKING MEDIUM:



Teflon tray

## FORM:



From Scratch

## PORTIONS:



3



## APPETISERS



# GARLIC PRAWNS

### INGREDIENTS:

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

### DIRECTIONS:

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

### SECTORS:



### TAB SETTINGS:



260°C   330°C

### RECIPE SETTINGS:                    2



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

### START TEMPERATURE:



Chilled



≡BOOSTED

### TAB SETTINGS:



260°C   330°C

### RECIPE SETTINGS:                    2



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

### COOKING MEDIUM:



Teflon tray

### FORM:



Raw

### PORTIONS:





# VEGETABLE SPRING ROLLS

## INGREDIENTS:

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

## DIRECTIONS:

1. Place on Teflon tray. Cook.

## SECTORS:



≡BOOSTED

## TAB SETTINGS:



250°C 300°C

## TAB SETTINGS:



250°C 300°C

## RECIPE SETTINGS: 1



50% 100% 0:01:20

## RECIPE SETTINGS: 1



50% 100% 0:01:00

## START TEMPERATURE:



Chilled

## COOKING MEDIUM:



Teflon tray

## FORM:



Reheat

## PORTIONS:





APPETISERS



# DUCK SPRING ROLLS

### INGREDIENTS:

- 2 x 50g Duck Spring Rolls, chilled

### DIRECTIONS:

1. Place spring rolls on Teflon tray. Cook.

### SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups & Food Trucks



Hotel Room Service



BOOSTED

### TAB SETTINGS:



260°C 300°C

### TAB SETTINGS:



260°C 300°C

### RECIPE SETTINGS:

1



60% 100% 0:01:30

### RECIPE SETTINGS:

1



60% 100% 0:01:20

### START TEMPERATURE:



Chilled

### COOKING MEDIUM:



Teflon tray

### FORM:



Precooked

### PORTIONS:





# BBQ RIBS

### INGREDIENTS:

- 6 x Ribs sliced
- 40g BBQ sauce

### DIRECTIONS:

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

### SECTORS:



≡BOOSTED

### TAB SETTINGS:



270°C 330°C

### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS:

2



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

### RECIPE SETTINGS:

2



80% 70% 0:01:15  
80% 100% 0:00:20

### START TEMPERATURE:



Chilled

### COOKING MEDIUM:



Teflon tray

### FORM:



Precooked

### PORTIONS:





## MAIN DISHES



# HALLOUMI BURGER

### INGREDIENTS:

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

### DIRECTIONS:

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

### SECTORS:



### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS: 2 + 1



#### Burger

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

#### Bun Tosting

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

### START TEMPERATURE:



Chilled

### FORM:



Raw



≡BOOSTED

### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS: 2 + 1



#### Burger

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

#### Bun Tosting

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

### COOKING MEDIUM:



Teflon tray & Teflon sheet

### PORTIONS:





# CHICKEN ESCALOPE

## INGREDIENTS:

- 1 x 180g Breaded Chicken Escalope, raw

## DIRECTIONS:

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

## SECTORS:



≡ BOOSTED

### TAB SETTINGS:



260°C 330°C

### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS:

1



60% 80% 0:02:50

### RECIPE SETTINGS:

1



60% 80% 0:02:20

### START TEMPERATURE:



Chilled

### COOKING MEDIUM:



Teflon tray

### FORM:



Raw

### PORTIONS:



1





## MAIN DISHES



# BREADED CHICKEN GOUJONS

### INGREDIENTS:

- 1 x 140g Breaded Chicken Goujons, chilled

### DIRECTIONS:

1. Place on Teflon sheet. Cook.

### SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups & Food Trucks



Hotel Room Service



### TAB SETTINGS:



250°C 330°C

### RECIPE SETTINGS: 1



80% 60% 0:01:45

### START TEMPERATURE:



Chilled

### FORM:



Raw



≡BOOSTED

### TAB SETTINGS:



250°C 330°C

### RECIPE SETTINGS: 1



80% 60% 0:01:30

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





# PLAIN GRILLED CHICKEN BREAST

## INGREDIENTS:

- 1 x 185g Chicken breast

## DIRECTIONS:

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

## SECTORS:



## TAB SETTINGS:



270°C 300°C

## RECIPE SETTINGS:

1



40% 80% 0:03:30

## START TEMPERATURE:



Chilled

## FORM:



Raw



≡BOOSTED

## TAB SETTINGS:



270°C 300°C

## RECIPE SETTINGS:

1



40% 80% 0:03:10

## COOKING MEDIUM:



Teflon tray

## PORTIONS:





## MAIN DISHES



# VEGETABLE KEBABS

### INGREDIENTS:

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

### DIRECTIONS:

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

### SECTORS:



### TAB SETTINGS:



260°C   320°C

### RECIPE SETTINGS:

3



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

### START TEMPERATURE:



Chilled

### FORM:



Raw



≡BOOSTED

### TAB SETTINGS:



260°C   320°C

### RECIPE SETTINGS:

3



0%	80%	0:01:50
80%	80%	0:01:25
0%	100%	0:01:25

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





# VEGETABLE STIR FRY

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



≡BOOSTED

TAB SETTINGS:



270°C 330°C

TAB SETTINGS:



270°C 330°C

RECIPE SETTINGS:

2



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

RECIPE SETTINGS:

2



20% 60% 0:01:20  
80% 0% 0:00:50

START TEMPERATURE:



Chilled

COOKING MEDIUM:



Teflon tray

FORM:



Raw

PORTIONS:





## MAIN DISHES



# HERB CRUSTED COD ON ROASTED VEGETABLES

### INGREDIENTS:

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

### DIRECTIONS:

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

### SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups & Food Trucks



Hotel Room Service



### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS:

2



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

### START TEMPERATURE:



Chilled

### FORM:



Raw / Reheat



≡BOOSTED

### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS:

2



30% 20% 0:00:50  
40% 70% 0:00:45

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





# SALMON FILLET

## INGREDIENTS:

- 1 x 110g Boneless Salmon Fillet

## DIRECTIONS:

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

## SECTORS:



BOOSTED

## TAB SETTINGS:



270°C 330°C

## TAB SETTINGS:



270°C 330°C

## RECIPE SETTINGS: 1



40% 70% 0:01:50

## RECIPE SETTINGS: 1



40% 70% 0:01:50

## START TEMPERATURE:



Chilled

## COOKING MEDIUM:



Teflon tray

## FORM:



Raw

## PORTIONS:



1



## MAIN DISHES



# MACARONI CHEESE

### INGREDIENTS:

- 1 x 375g Portion

### DIRECTIONS:

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

### SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups & Food Trucks



Hotel Room Service



### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS: 1



80% 70% 0:02:30

### START TEMPERATURE:



Chilled

### FORM:



Precooked



≡BOOSTED

### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS: 1



80% 70% 0:02:20

### COOKING MEDIUM:



Ceramic dish and Teflon tray

### PORTIONS:





# LASAGNE

## INGREDIENTS:

- 1 x 400g Portion

## DIRECTIONS:

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

## SECTORS:



≡ **BOOSTED**

## TAB SETTINGS:



270°C 330°C

## TAB SETTINGS:



270°C 330°C

## RECIPE SETTINGS: 1



80% 40% 0:03:30

## RECIPE SETTINGS: 1



80% 40% 0:03:15

## START TEMPERATURE:



Chilled

## COOKING MEDIUM:



Ceramic dish and Teflon tray

## FORM:



Precooked

## PORTIONS:







## MAIN DISHES



# MOUSSAKA

### INGREDIENTS:

- 1 x 350g Portion

### DIRECTIONS:

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

### SECTORS:



### TAB SETTINGS:



260°C    330°C

### RECIPE SETTINGS:

2



50%    100%    0:02:15  
80%    30%    0:01:55

### START TEMPERATURE:



Chilled

### FORM:



Reheat



≡ BOOSTED

### TAB SETTINGS:



260°C    330°C

### RECIPE SETTINGS:

2



50%    100%    0:02:00  
80%    30%    0:01:30

### COOKING MEDIUM:



Ceramic dish and Teflon tray

### PORTIONS:





# STEAK PIE

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



≡ **BOOSTED**

## TAB SETTINGS:



260°C 330°C

## TAB SETTINGS:



260°C 330°C

## RECIPE SETTINGS: 3



60% 40% 0:00:40  
70% 30% 0:01:25  
50% 40% 0:00:50

## RECIPE SETTINGS: 3



60% 40% 0:00:40  
70% 30% 0:01:25  
50% 40% 0:00:50

## START TEMPERATURE:



Chilled

## COOKING MEDIUM:



Ceramic pie dish

## FORM:



Raw

## PORTIONS:





## MAIN DISHES



# COTTAGE PIE

### INGREDIENTS:

- 1 x 400g Portion

### DIRECTIONS:

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

### SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups & Food Trucks



Hotel Room Service



### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS:

1



80% 70% 0:03:30

### START TEMPERATURE:



Chilled

### FORM:



Precooked



≡BOOSTED

### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS:

1



80% 70% 0:03:10

### COOKING MEDIUM:



Ceramic dish and Teflon tray

### PORTIONS:





# QUICHE LORRAINE

### INGREDIENTS:

- 170g Quiche Lorraine

### DIRECTIONS:

1. Place quiche on Teflon tray. Cook.

### SECTORS:



Restaurants



Bars



Cafés



Education



Pop-Ups &  
Food Trucks



Hotel Room  
Service



### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS:



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

### START TEMPERATURE:



Chilled

### FORM:



Reheat



≡BOOSTED

### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS:



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

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





## SIDE DISHES



# GRILLED ASPARAGUS

### INGREDIENTS:

- 70g Asparagus
- 20g Salted butter

### DIRECTIONS:

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

### SECTORS:



Restaurants



Bars



Cafés



Education



Hotel Room Service



### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS: 2



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

### START TEMPERATURE:



Chilled

### FORM:



Raw



≡BOOSTED

### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS: 2



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

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





# TENDER STEM BROCCOLI WITH BUTTERED ALMONDS

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



## TAB SETTINGS:



260°C 330°C

## TAB SETTINGS:



260°C 330°C

## RECIPE SETTINGS: 2



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

## RECIPE SETTINGS: 2



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

## START TEMPERATURE:



Chilled

## COOKING MEDIUM:



Teflon tray

## FORM:



Raw

## PORTIONS:





## SIDE DISHES



# ROASTED ROOT VEGETABLES

### INGREDIENTS:

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

### DIRECTIONS:

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

### SECTORS:



### TAB SETTINGS:



275°C 360°C

### RECIPE SETTINGS:

2



80% 60% 0:04:30  
10% 80% 0:02:30

### START TEMPERATURE:



Ambient

### FORM:



Raw



≡BOOSTED

### TAB SETTINGS:



275°C 360°C

### RECIPE SETTINGS:

2



100% 60% 0:03:00  
50% 80% 0:00:10

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





# MEDITERRANEAN ROAST VEGETABLES

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Restaurants

Cafés

Education



BOOSTED

## TAB SETTINGS:



260°C 330°C

## TAB SETTINGS:



260°C 330°C

## RECIPE SETTINGS:

2



80% 100% 0:01:30  
10% 100% 0:02:30

## RECIPE SETTINGS:

2



100% 100% 0:01:10  
10% 100% 0:02:00

## START TEMPERATURE:



Ambient

## COOKING MEDIUM:



Teflon tray

## FORM:



Raw

## PORTIONS:



2





## SIDE DISHES



# POTATO WEDGES

### INGREDIENTS:

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

### DIRECTIONS:

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

### SECTORS:



Restaurants



Cafés



Education



Pop-Ups & Food Trucks



### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS:

1



60% 100% 0:04:30

### START TEMPERATURE:



Ambient

### FORM:



Raw



≡BOOSTED

### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS:

1



70% 100% 0:04:00

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





# SWEET POTATO WEDGES

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



≡BOOSTED

## TAB SETTINGS:



260°C 330°C

## TAB SETTINGS:



260°C 330°C

## RECIPE SETTINGS:

1



70% 100% 0:06:00

## RECIPE SETTINGS:

1



70% 100% 0:05:30

## START TEMPERATURE:



Ambient

## COOKING MEDIUM:



Teflon tray

## FORM:



Raw

## PORTIONS:





**SIDE  
DISHES**



# SAUTEED POTATOES

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Restaurants



Cafés



Education



Pop-Ups &  
Food Trucks



**TAB  
SETTINGS:**



275°C 330°C

**RECIPE  
SETTINGS:**

2



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

**START  
TEMPERATURE:**



Chilled

**FORM:**



Precooked



**≡BOOSTED**

**TAB  
SETTINGS:**



275°C 330°C

**RECIPE  
SETTINGS:**

2



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

**COOKING  
MEDIUM:**



Teflon tray

**PORTIONS:**





# POTATO CROQUETTE

## INGREDIENTS:

- 150g Potato Croquettes, frozen (roughly 4)

## DIRECTIONS:

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

## SECTORS:



≡ **BOOSTED**

## TAB SETTINGS:



260°C 330°C

## TAB SETTINGS:



260°C 330°C

## RECIPE SETTINGS:

1



80% 60% 0:03:00

## RECIPE SETTINGS:

1



80% 60% 0:02:45

## START TEMPERATURE:



Frozen

## COOKING MEDIUM:



Teflon tray

## FORM:



Raw

## PORTIONS:





SIDE  
DISHES



## BOULANGERE POTATOES

### INGREDIENTS:

- 1 x 250g Boulangere potatoes, precooked

### DIRECTIONS:

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

### SECTORS:



Restaurants



Cafés



Education



TAB  
SETTINGS:



260°C 330°C

RECIPE  
SETTINGS: 3



80%	60%	0:01:30
80%	80%	0:01:00
80%	60%	0:00:40

START  
TEMPERATURE:



Chilled

FORM:



Reheat



≡BOOSTED

TAB  
SETTINGS:



260°C 330°C

RECIPE  
SETTINGS: 3



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

COOKING  
MEDIUM:



Ceramic pot and  
Teflon tray

PORTIONS:





# JACKET POTATOES

## INGREDIENTS:

### 1 Potato

- 1 x 300g Baking Potato

### 2 Potatoes

- 2 x 300g Baking Potato

## DIRECTIONS:

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

## SECTORS:



## TAB SETTINGS:



260°C 330°C

## TAB SETTINGS:



260°C 330°C

## RECIPE SETTINGS:

3



### 1 Potato

100%	10%	0:05:00
0%	100%	0:02:30
100%	10%	0:03:00

### 2 Potatoes

100%	10%	0:07:30
0%	100%	0:04:00
100%	10%	0:05:00

## RECIPE SETTINGS:

3



### 1 Potato

100%	10%	0:05:00
0%	100%	0:02:30
100%	10%	0:03:00

### 2 Potatoes

100%	10%	0:07:30
0%	100%	0:04:00
100%	10%	0:05:00

## START TEMPERATURE:



Ambient

## COOKING MEDIUM:



Teflon tray

## FORM:



Raw

## PORTIONS:





SIDE  
DISHES



# JACKET POTATOES

## REHEAT TWO PORTIONS

### INGREDIENTS:

- 2 x Precooked baked potatoes, chilled.

### DIRECTIONS:

1. Place on Teflon tray. Cook.

### SECTORS:



### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS:

2



90% 10% 0:03:00  
10% 100% 0:01:15

### START TEMPERATURE:



Chilled

### FORM:



Precooked



≡BOOSTED

### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS:

2



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

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





# PLAIN BAGEL

## INGREDIENTS:

- 1 Plain Bagel, sliced.

## DIRECTIONS:

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

## SECTORS:



≡ **BOOSTED**

## TAB SETTINGS:



270°C 330°C

## TAB SETTINGS:



270°C 330°C

## RECIPE SETTINGS:

2



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

## RECIPE SETTINGS:

2



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

## START TEMPERATURE:



Ambient

## COOKING MEDIUM:



Teflon tray

## FORM:



Prebaked

## PORTIONS:







## BREAKFAST DISHES



# BLOOMER TOAST

### INGREDIENTS:

- 2 x Slices of bloomer bread.

### DIRECTIONS:

1. Place on to the black tray, cook.

### SECTORS:



### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS: 2



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

### START TEMPERATURE:



Ambient

### FORM:



From Scratch



≡ BOOSTED

### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS: 2



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

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





# ENGLISH MUFFINS

## INGREDIENTS:

- English muffin(s).

## DIRECTIONS:

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

## SECTORS:



## TAB SETTINGS:



260°C 330°C

## TAB SETTINGS:



260°C 330°C

## RECIPE SETTINGS: 1



0% 100% 0:01:15

## RECIPE SETTINGS: 1



0% 100% 0:01:10

## START TEMPERATURE:



Ambient

## COOKING MEDIUM:



Teflon tray

## FORM:



Prebaked

## PORTIONS:





## BREAKFAST DISHES



# CRUMPETS

### INGREDIENTS:

- 2 x Crumpets, precooked

### DIRECTIONS:

1. Place crumpets on Teflon tray. Cook.

### SECTORS:



Restaurants



Cafés



QSR



Education



Pop-Ups & Food Trucks



Takeaways



Hotel Room Service



### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS: 1



50% 80% 0:00:45

### START TEMPERATURE:



Ambient

### FORM:



Prebaked



≡BOOSTED

### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS: 1



50% 80% 0:00:45

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





# SCOTCH PANCAKES

## INGREDIENTS:

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

## DIRECTIONS:

1. Place pancakes on Teflon tray. Cook.

## SECTORS:



## TAB SETTINGS:



270°C 330°C

## TAB SETTINGS:



270°C 330°C

## RECIPE SETTINGS: 1



40% 90% 0:00:40

## RECIPE SETTINGS: 1



40% 90% 0:00:40

## START TEMPERATURE:



Chilled

## COOKING MEDIUM:



Teflon tray

## FORM:



Precooked

## PORTIONS:





## BREAKFAST DISHES



# BACON ROLL

### INGREDIENTS:

- 1 x 120g Bacon Roll, chilled

### DIRECTIONS:

1. Place bacon roll on Teflon tray. Cook.

### SECTORS:



Restaurants



Cafés



QSR



Education



Pop-Ups & Food Trucks



Takeaways



Hotel Room Service



### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS:

1



80% 90% 0:00:40

### START TEMPERATURE:



Chilled

### FORM:



Precooked



BOOSTED

### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS:

1



100% 90% 0:00:35

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





# SCRAMBLED EGGS

## INGREDIENTS:

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

## DIRECTIONS:

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

## SECTORS:



Restaurants



Cafés



Education



Pop-Ups &  
Food Trucks



Takeaways



≡BOOSTED

## TAB SETTINGS:



260°C 330°C

## TAB SETTINGS:



260°C 330°C

## RECIPE SETTINGS:

1



90% 0% 0:00:45

## RECIPE SETTINGS:

1



100% 0% 0:00:30

## START TEMPERATURE:



Chilled

## COOKING MEDIUM:



Heatproof bowl  
in Teflon tray

## FORM:



Raw

## PORTIONS:





## BREAKFAST DISHES



# HASH BROWN

### INGREDIENTS:

- 2 x 55g Hash Browns

### DIRECTIONS:

1. Place hash browns on Teflon tray. Cook.

### SECTORS:



### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS: 2



90% 100% 0:02:00  
80% 100% 0:01:00

### START TEMPERATURE:



Frozen

### FORM:



Precooked



≡BOOSTED

### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS: 1



100% 100% 0:02:30

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





# FRIED EGGS

## INGREDIENTS:

- 4 Eggs, large

## DIRECTIONS:

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

## SECTORS:



≡BOOSTED

## TAB SETTINGS:



275°C 330°C

## TAB SETTINGS:



275°C 330°C

## RECIPE SETTINGS: 1



30% 50% 0:02:00

## RECIPE SETTINGS: 1



30% 50% 0:02:00

## START TEMPERATURE:



Ambient

## COOKING MEDIUM:



Multi-tray (CiBO/ET) and Teflon tray

## FORM:



Raw

## PORTIONS:







## BREAKFAST DISHES



# OMELETTE

### INGREDIENTS:

- 3 Eggs, medium
- 30ml Milk
- Seasoning

### DIRECTIONS:

1. Lightly beat the eggs with milk and a little seasoning.
2. Lightly oil the sandwich tin.
3. Pour eggs in sandwich tin.
4. Cook.

Ideal accompaniment for breakfast muffins.

### SECTORS:



Restaurants



Cafés



Education



Pop-Ups & Food Trucks



Takeaways



### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS:

1



30% 50% 0:02:00

### START TEMPERATURE:



Ambient

### FORM:



From Scratch



≡BOOSTED

### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS:

1



30% 50% 0:02:00

### COOKING MEDIUM:



8" sandwich tin or handleless pan

### PORTIONS:





# CHEESE OMELETTE

## INGREDIENTS:

- 3 Eggs, medium
- 30ml Milk
- 50g Cheddar Cheese

## DIRECTIONS:

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

## SECTORS:



≡BOOSTED

## TAB SETTINGS:



270°C 330°C

## TAB SETTINGS:



270°C 330°C

## RECIPE SETTINGS: 1



30% 50% 0:02:00

## RECIPE SETTINGS: 1



30% 50% 0:02:00

## START TEMPERATURE:



Ambient

## COOKING MEDIUM:



8" sandwich tin or handleless pan

## FORM:



From Scratch

## PORTIONS:



1



## BREAKFAST DISHES



# BLACK PUDDING

### INGREDIENTS:

- Black Pudding slices

### DIRECTIONS:

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

### SECTORS:



Restaurants



Cafés



Pop-Ups & Food Trucks



Takeaways



### TAB SETTINGS:



270°C 320°C

### RECIPE SETTINGS:

1



70% 80% 0:01:20

### START TEMPERATURE:



Chilled

### FORM:



Raw



≡BOOSTED

### TAB SETTINGS:



270°C 320°C

### RECIPE SETTINGS:

1



70% 80% 0:01:10

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





# FRESH TOMATO HALVES

## INGREDIENTS:

- 2 Tomatoes, halved

## DIRECTIONS:

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

## SECTORS:



## TAB SETTINGS:



270°C 330°C

## TAB SETTINGS:



270°C 330°C

## RECIPE SETTINGS: 1



50% 80% 0:01:00

## RECIPE SETTINGS: 1



100% 80% 0:00:45

## START TEMPERATURE:



Chilled

## COOKING MEDIUM:



Teflon tray

## FORM:



Raw / Reheat

## PORTIONS:





## BREAKFAST DISHES



# FIELD MUSHROOMS

### INGREDIENTS:

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

### DIRECTIONS:

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

### SECTORS:



Restaurants



Cafés



Pop-Ups & Food Trucks



Takeaways



### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS:

1



80% 80% 0:01:00

### START TEMPERATURE:



Ambient

### FORM:



Raw



≡BOOSTED

### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS:

1



100% 80% 0:00:50

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





# BUTTON MUSHROOMS

## INGREDIENTS:

- 250g Button Mushrooms

## DIRECTIONS:

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

## SECTORS:



≡ **BOOSTED**

### TAB SETTINGS:



270°C 330°C

### TAB SETTINGS:



270°C 330°C

### RECIPE SETTINGS:

1



80% 80% 0:01:00

### RECIPE SETTINGS:

1



100% 80% 0:00:50

### START TEMPERATURE:



Chilled

### COOKING MEDIUM:



Teflon tray

### FORM:



Raw

### PORTIONS:





## BREAKFAST DISHES



# FULL BREAKFAST

### INGREDIENTS:

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

### DIRECTIONS:

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

### SECTORS:



### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS:

1



50% 80% 0:01:45

### START TEMPERATURE:



Chilled

### FORM:



Precooked



≡BOOSTED

### TAB SETTINGS:



260°C 330°C

### RECIPE SETTINGS:

1



50% 80% 0:01:45

### COOKING MEDIUM:



Teflon tray

### PORTIONS:





## HOT SNACKS

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# UPDATING YOUR CiBO+!

You can use a USB stick to:

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







# NOTES

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Do you have questions on preparation methods, settings or just how to get the best results from your CiBO+?

Whatever your question reach our team of chefs on **01522 875581** or email [culinary@lincat.co.uk](mailto:culinary@lincat.co.uk)



[lincat.co.uk](http://lincat.co.uk)