The TurboChef® Cookbook
The objective in creating the TurboChef Cookbook was to provide a collection of consistent settings for items regularly demonstrated as well as those used in more specific situations.

A great tool for product demonstrations, the TurboChef Cookbook provides accurate information and settings for a variety of food products widely used throughout various business channels and markets. Many recipes use products made by various manufacturers – ready for baking or heating. Others are “scratch” recipes and require some preparation prior to cooking.

**SOURCE**
Each recipe specifies if the product comes from a retail (pick up at the grocery store) or commercial (purchased through a broker or distributor for foodservice) source. Using the same product every time will help ensure consistent results.

**MANUFACTURER**
The manufacturer and product codes (where available) have been provided to further specify the exact product used in each recipe.

For example, don’t assume that the Tyson chicken wings at the grocery store are the same as the food-service wings. Often the size is varied, which may cause a change in the settings. For best results, use the product specified.

**WEIGHT**
The exact weight – in both ounces/pounds (for U.S. markets) or grams/kilograms (for international markets) – is specified for every item.

If the product to be cooked does not match a recipe’s specifications, it will be easier to adjust for products of similar weights than those with a greater difference.

**STARTING TEMPERATURE**
A product’s starting temperature is very important when using speed cook technology. As a general rule, more even heating results when cooking from refrigerated or ambient temperatures rather than from a frozen state. This results from both the way microwaves cook frozen products as well as the fact that freezer temperatures tend to vary more than refrigerated temperatures. If one freezer is kept at (-10)°F ((-23)°C) and another at 20°F ((-7°C), there will be a difference in the required cook time.

Throughout this cookbook, starting temperatures have been specified. If a starting temperature is lower than specified, additional time may need to be added to the same set of settings. Start by increasing the time by 5-15 seconds, and then testing the product for doneness. If the starting temperature is higher, reduce the time and test in a similar manner.

**QUANTITY (PORTION SIZE)**
TurboChef Cookbook settings were established for specifically stated portion sizes. If a portion size differs from what is specified, the recipe settings may need to be adjusted.

Larger portions will require more time. Start by increasing the cook time by 10-12%. Then test the product for acceptability.
**COOKING VESSEL**
The cooking vessel – screen, mesh basket, parchment paper, casserole dish – used and the item’s placement in the oven can impact the final results.

In the C3, items placed directly in the center cook best due to the “shrouding” effect. In the Tornado®
larger loads placed in all four corners yield the best results. Single items should be placed to one side.

**CONVENTIONAL COOK TIME**
For comparative purposes, conventional cooking times have been provided. In most cases, these times were taken from the information published on the product’s packaging. If the time was not available, the product has been tested to establish a conventional cook time.

**DESIRED OUTCOME**
Through testing, and adhering to conventional cooking techniques, optimal final temperatures and outcomes have been established for each product in the TurboChef Cookbook. If a customer wants slightly different results, a simple adjustment may be required.

**C3, TORNADO AND HIGH H BATCH SETTINGS**
One of the primary purposes behind creating the TurboChef Cookbook was to provide settings that would yield acceptable results every time. However, simple adjustments can produce different results depending on the objective.

If a customer wants a product faster, crisper, hotter or browned more, adjusting the settings slightly usually achieves the desired results.

NOTE: Not all items can be cooked in all three ovens. The Tornado is a great toasting oven and does an excellent job with items such as pizzas, sandwiches, appetizers, and melting cheese. Unlike the C3, it is not intended for use with raw proteins such as chicken, steak, lamb or turkey.
While we intend to update this recipe list on an ongoing basis, this first round of recipes covers products that are often requested by customers and/or demonstrate the oven’s capabilities exceptionally well. Listed below are some examples of demonstration menus using these recipes. Feel free to mix and match these suggestions for your personalized demonstrations. Enjoy!

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# Table of Contents

Recipes are listed alphabetically within their appropriate food group. The “x” in the left column(s) indicates the oven(s) for which the recipe is written. The “o” indicates a recipe is currently in development.

\[ C = C3, T = \text{Tornado}^\text{TM}, H = \text{High h Batch} \]

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NOTE:
All food pictured was cooked in a TurboChef speed cook oven.
Appetizers

Pretzel, Stuffed, A.5
**THE C3**

**PRODUCT:** Bread Sticks  
**QUANTITY:** 4 Bread Sticks (1 Serving)  
**COOKING VESSEL:** Mesh Screen or Parchment Paper  
**SET TEMPERATURE:** 500°F (260°C)  
**TOTAL COOK TIME:** 1:50

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**THE TORNADO**

**PRODUCT:** Bread Sticks  
**QUANTITY:** 4 Bread Sticks (1 Serving)  
**COOKING VESSEL:** Mesh Screen or Parchment Paper  
**SET TEMPERATURE:** 500°F (260°C)  
**IR TEMPERATURE:** 800°F (427°C)  
**TOTAL COOK TIME:** 1:20

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**SPECIFICATIONS**

Product Description: Par-baked bread sticks  
Source: Commercial and Retail  
Manufacturer: Rich’s  
Product Code: 35/36  
Weight: 2 oz. (57 g.); 4 bread sticks

**PREPARATION**

Starting State: Frozen  
Temperature: (-10)-10ºF ((-23)-(-12ºC))  
Quantity: 4 bread sticks (1 serving)  
Cooking Vessel: Mesh screen or parchment paper with a light brushing of oil

**CONVENTIONAL COOK TIME**

Oven Type: Conventional  
Cook Time: 15 minutes  
Temperature: 350ºF (175ºC)

**TURBOCHEF COOK TIME**

C3: I min 50 sec (88% faster)  
Tornado: I min 20 sec (91% faster)

**DESIRED OUTCOME**

Temperature Range: 180-195ºF (82-91ºC)  
Product Attributes: Crispy outside with soft warm center

**COMMENTS**

Best if brushed with oil or garlic butter after cooking.
**SPECIFICATIONS**

**Product Description:** Mini egg rolls with various fillings

**Source:** Commercial

**Manufacturer:** Minh

**Product Code:**
- Vegetables: 69057
- Buffalo Chicken: 69488
- Pork: 69021

**Weight:** .8 oz. (2.3 g.) per egg roll

**PREPARATION**

**Starting State:** Frozen

**Temperature:** (-10)-10ºF ((-23)-(-12ºC))

**Quantity:** 8 egg rolls

**Cooking Vessel:** Mesh screen

**CONVENTIONAL COOK TIME**

**Oven Type:** Conventional

**Cook Time:** 11 minutes

**Temperature:** 400ºF (205ºC)

**TURBOCHEF COOK TIME**

**C3:** 1 min 10 sec (89% faster)

**Tornado:** 1 minute (91% faster)

**DESIRED OUTCOME**

**Temperature Range:** 175-200ºF (80-95ºC)

**Product Attributes:** Crispy on outside and hot on the inside

**COMMENTS**
SPECIFICATIONS

- **Product Description:** Ovenable cheddar cheese breaded stuffed jalapenos
- **Source:** Commercial
- **Manufacturer:** McCain Foods
- **Product Code:** 30007975
- **Weight:** 1.1 oz. (32.5 g.) per popper

PREPARATION

- **Starting State:** Frozen
- **Temperature:** (-10)-10ºF ((-23)-(-12ºC))
- **Quantity:** 8 poppers (1 serving)
- **Cooking Vessel:** Mesh screen

CONVENTIONAL COOK TIME

- **Oven Type:** Conventional
- **Cook Time:** 12 minutes
- **Temperature:** 450ºF (260ºC)

TURBOCHEF COOK TIME

- **C3:** 1 min 30 sec (88% faster)
- **Tornado:** 1 min 15 sec (90% faster)
- **High h Batch:** 4 min 30 sec (63% faster)

DESIRED OUTCOME

- **Temperature Range:** 150-180ºF (65-80ºC)
- **Product Attributes:** Crispy outside with the cheese melted on the inside and minimal cheese leakage

COMMENTS

If excessive blowouts (cheese leakage) occur, reduce the microwave amount.
Mozzarella Cheese Sticks

SPECIFICATIONS

Product Description: Breaded, bakeable mozzarella cheese sticks
Source: Retail and Commercial
Manufacturer: Retail: Farm Rich
Commercial: Sysco
Product Code: Farm Rich: 4670408402
Sysco: 65215
Weight: .8 oz. (23 g.) per cheese stick

PREPARATION

Starting State: Frozen
Temperature: (-10)-10ºF ((-23)-(-12ºC))
Quantity: 6 cheese sticks (1 serving)
Cooking Vessel: Mesh screen – distribute evenly in a single layer

CONVENTIONAL COOK TIME

Oven Type: Fryer or Conventional oven
Cook Time: Fryer: 2 min 30 sec
Commercial: 4 min 30 sec
Temperature: Fryer: 350ºF (175ºC)
Commercial: 450ºF (230ºC)

TURBOCHEF COOK TIME*

C3: 2 minutes (56% faster)
Tornado: 1 minute (78% faster)
High h Batch: 4 min 40 sec

DESIRED OUTCOME

Temperature Range: Minimum of 135ºF (57ºC)
Product Attributes: Hot and soft through the center with slight browning of the breading and some ability to stretch the cheese

COMMENTS

*Compared to the conventional cook time.
Let cheese stick rest for 1 minute before serving.
**SPECIFICATIONS**

**Product Description:** Frozen, par-baked stuffed pretzel

**Source:** Commercial

**Manufacturer:** JJ Snack Foods

**Product Code:** 7167

**Weight:** 6.25 oz. (177 g.) per pretzel

**PREPARATION**

**Starting State:** Frozen

**Temperature:** (-10)-10ºF ((-23)-(-12ºC))

**Quantity:** 1 pretzel

**Cooking Vessel:** Mesh screen

**CONVENTIONAL COOK TIME**

**Oven Type:** Conventional

**Cook Time:** 3 minutes

**Temperature:** 375ºF (190ºC)

**TURBOCHEF COOK TIME**

**C3:** 40 seconds (78% faster)

**Tornado:** 35 seconds (81% faster)

**DESIRED OUTCOME**

**Temperature Range:** 140-185ºF (60-85ºC)

**Product Attributes:** Hot and soft through the center with slight browning on outside

**COMMENTS**

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## SPECIFICATIONS

**Product Description:** Fresh made cheese quesadilla  
**Source:** Local  
**Weight:** Tortilla: 1 - 12” Tortilla  
Cheese: 4 oz. (113 g.) shredded Colby Jack Cheese

## PREPARATION

**Starting State:** Refrigerated  
**Temperature:** 32-41ºF (0-5ºC)  
**Quantity:** 1 - 12” quesadilla  
**Preparation:** Spread cheese evenly between tortillas  
**Cooking Vessel:** Mesh screen

## CONVENTIONAL COOK TIME

**Oven Type:** Griddle  
**Cook Time:** 3 minutes (1:30 per side)

## TURBOCHEF COOK TIME

**C3:** 1 min 10 sec (61% faster)  
**Tornado:** 55 seconds (69% faster)  
**High h Batch:** 1 min 40 sec (44% faster)

## DESIRED OUTCOME

**Temperature Range:** 145-150ºF (63-66ºC)  
**Product Attributes:** Crispy texture with melted cheese

## COMMENTS

For a chicken quesadilla, add diced precooked fajita chicken (1/4 cup or 2 oz. (57 g.)) to the quesadilla before cooking and extend cook time to 1:30 for the C3, 1:15 for the Tornado, 2:00 for the High h Batch.
Beef

Hot Dogs (Beef), B.2
Châteaubriand

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**SPECIFICATIONS**
- **Product Description:** Beef tenderloin, whole muscle cut
- **Source:** Retail or Commercial
- **Manufacturer:** See recipe page PR.4
- **Weight:** 2 lbs. (1 kg.)

**PREPARATION**
- **Starting State:** Refrigerated
- **Temperature:** 32-41°F (0-5°C)
- **Quantity:** 1 tenderloin (8-10 servings)
- **Preparation:** See recipe on page PR.4
- **Cooking Vessel:** Mesh screen with parchment paper between the meat and screen

**CONVENTIONAL COOK TIME**
- **Oven Type:** Conventional
- **Cook Time:** 30-40 minutes
- **Temperature:** 300°F (150°C)

**TURBOCHEF COOK TIME**
- **C3:** 8 minutes (77% faster)

**DESIRED OUTCOME**
- **Temperature Range:** 135-140°F (58-60°C)
- **Product Attributes:** Medium rare

**COMMENTS**

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**SPECIFICATIONS**

Product Description: Beef franks  
Source: Commercial  
Manufacturer: Sysco  
Product Code: 2502268  
Weight: 3.2 oz. (91 g.) per hot dog

**PREPARATION**

Starting State: Frozen  
Temperature: (-10)-10°F ((-23)-(-12°C))  
Quantity: 4 hot dogs  
Cooking Vessel: Wrap in parchment paper

**CONVENTIONAL COOK TIME**

Oven Type: Conventional  
Cook Time: 10-15 minutes  
Temperature: 375°F (190°C)

**TURBOCHEF COOK TIME**

C3: 3 min 45 sec (70% faster)  
Tornado: 3 min 30 sec (72% faster)

**DESIRED OUTCOME**

Temperature Range: Minimum of 160°F (70°C)  
Product Attributes: Hot interior with a somewhat firm but not crisp or overcooked exterior

**COMMENTS**
**SPECIFICATIONS**

Product Description: Fully cooked, flame broiled, chop house beefsteak brand

Source: Commercial

Manufacturer: Pierre Foods

Product Code: 9556

Weight: 3.7 oz. (105 g.) per burger

**PREPARATION**

Starting State: Frozen

Temperature: (-10)-10ºF ((-23)-(-12ºC))

Quantity: 1 burger

Cooking Vessel: Mesh screen

**CONVENTIONAL COOK TIME**

Oven Type: Conventional

Cook Time: 15 minutes

Temperature: 350ºF (175ºC)

**TURBOCHEF COOK TIME**

C3: 2 min 45 sec  (82% faster)
Tornado: 2 minutes  (87% faster)

**DESIRED OUTCOME**

Temperature Range: 140-165ºF (60-75ºC)

Product Attributes: Grilled exterior with a moist interior

**COMMENTS**

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SPECIFICATIONS

Product Description: Choice grade or better rib-eye steak
Source: Retail or Commercial
Manufacturer: Local
Weight: 12-16 oz. (340-453 g.)

PREPARATION

Starting State: Refrigerated
Temperature: 32-41ºF (0-5ºC)
Quantity: 1 rib-eye steak
Preparation: Season with kosher salt and pepper, finish with butter
Cooking Vessel: Mesh screen

CONVENTIONAL COOK TIME

Oven Type: Grill
Cook Time: 8 minutes for medium rare
Temperature: Above 138ºF (59ºC)

TURBOCHEF COOK TIME

C3: 2 min 10 sec (73% faster)
Rare: 1 min 50 sec
Medium: 2 min 30 sec
Medium Well: 2 min 40 sec
Well: 2 min 45 sec

DESIRED OUTCOME

Temperature Range: Per customer request
Product Attributes: Caramelized exterior with bright white bones, a tender, moist interior and cooked to the proper degree of doneness

COMMENTS
**THE C3**

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<td>SET TEMPERATURE:</td>
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**SPECIFICATIONS**

- **Product Description:** Choice grade beef strip steak, center cut
- **Source:** Retail or Commercial
- **Manufacturer:** Local
- **Weight:** 14 oz. (280 g.)

**PREPARATION**

- **Starting State:** Refrigerated
- **Temperature:** 32-41ºF (0-5ºC)
- **Quantity:** 1 strip steak
- **Preparation:** Season with salt and pepper, finish with butter
- **Cooking Vessel:** Mesh screen

**CONVENTIONAL COOK TIME**

- **Oven Type:** Grill
- **Cook Time:** 8 minutes for medium rare

**TURBOCHEF COOK TIME**

- **C3:** 2 min 45 sec (66% faster)
  - Rare: 2 min 30 sec
  - Medium: 3 minutes
  - Medium Well: 3 min 10 sec
  - Well: 3 min 30 sec

**DESIRED OUTCOME**

- **Temperature Range:** 133-136ºF (56-58ºC) for medium rare
- **Product Attributes:** Caramelized surface with a tender and moist interior

**COMMENTS**

Allow at least 3 minutes rest time to allow moisture to redistribute within the cut of meat.
Breakfast and Pastries

Apple Lattice Danish, BP.1
THE C3
PRODUCT: Apple Lattice Danish
QUANTITY: 4 Danishes
COOKING VESSEL: Parchment Paper
SET TEMPERATURE: 500°F (260°C)
TOTAL COOK TIME: 2:30
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THE TORNADO
PRODUCT: Apple Lattice Danish
QUANTITY: 4 Danishes
COOKING VESSEL: Parchment Paper
SET TEMPERATURE: 500°F (260°C)
IR TEMPERATURE: 1150°F (621°C)
TOTAL COOK TIME: 2:00
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THE HIGH H BATCH
PRODUCT: Apple Lattice Danish
QUANTITY: 8 Danishes
COOKING VESSEL: Mesh Basket
SET TEMPERATURE: 350°F (176°C)
TOTAL COOK TIME: 7:00
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**Apple Turnovers, Cinnamon**

**SPECIFICATIONS**

- **Product Description:** Apple turnovers made with phyllo dough and sprinkled with cinnamon sugar
- **Source:** Retail
- **Manufacturer:** See recipe on page PR.2
- **Weight:** See recipe on page PR.2

**PREPARATION**

- **Starting State:** Refrigerated
- **Temperature:** 32-41ºF (0-5ºC)
- **Quantity:** 1 recipe (approximately 15 pieces)
- **Preparation:** See recipe on page PR.2
- **Cooking Vessel:** Parchment paper or mesh screen
- **Finish:** After baking, brush with melted butter and sprinkle with cinnamon sugar

**CONVENTIONAL COOK TIME**

- **Oven Type:** Conventional
- **Cook Time:** 15 minutes
- **Temperature:** 350ºF (175ºC)

**TURBOCHEF COOK TIME**

- **C3:** 1 minute (93% faster)

**DESired Outcome**

- **Temperature Range:** 165-200ºF (75-95ºC)
- **Product Attributes:** Outer crust crisp and browned

**COMMENTS**
Bagel, Toasted

**SPECIFICATIONS**

Product Description: Bagel of any flavor cut in half (split)

Source: Commercial

**PREPARATION**

Starting State: Refrigerated

Temperature: 32-41ºF (0-5ºC)

Amount: 1 bagel

Cooking Vessel: C3/Tornado: Mesh screen - cut sides up

High h Batch: None - cut sides up

**CONVENTIONAL COOK TIME**

Oven Type: Toaster or Salamander

Cook Time: 2-3 minutes

Temperature: 350ºF (175ºC)

**TURBOCHEF COOK TIME**

C3: 35 seconds (77% faster)

Tornado: 25 seconds (83% faster)

High h Batch: 20 seconds (87% faster)

**DESIRED OUTCOME**

Temperature Range: 150ºF (66ºC)

Product Attributes: Crisp, golden brown exterior with a warm soft interior

**COMMENTS**

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**THE C3**

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Property of TurboChef Technologies, Inc. / © 2005 / Revised March 2005
**SPECIFICATIONS**

Product Description: Buttermilk biscuits from refrigerated dough  
Source: Retail  
Manufacturer: Pillsbury  
Product Code: 06235 or 181820  
Weight: 2.3 oz. (64 g.) per biscuit; 8 biscuits per package

**PREPARATION**

Starting State: Refrigerated  
Temperature: 32-41ºF (0-5ºC)  
Quantity: 8 biscuits (1 package)  
Cooking Vessel: C3/Tornado: Parchment paper - spray with cooking oil, place biscuits in a circle  
High h Batch: 1/2 Sheet pan

**CONVENTIONAL COOK TIME**

Oven Type: Conventional  
Cook Time: 13 minutes  
Temperature: 425ºF (220ºC)

**TURBOCHEF COOK TIME**

C3: 2 min 15 sec (83% faster)  
Tornado: 2 minutes (85% faster)  
High h Batch: 7 minutes (46% faster)

**DESIRED OUTCOME**

Temperature Range: 160-180ºF (70-80ºC)  
Product Attributes: Evenly browned on both the top and bottom with fully cooked inside

**COMMENTS**

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**THE C3**

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**Breakfast Burrito**

**SPECIFICATIONS**
- **Product Description:** Egg, fresh vegetables and American cheese wrapped in a tortilla
- **Source:** Retail
- **Manufacturer:** See Breakfast Croissant on page PR.3.
- **Weight:** See Breakfast Croissant on page PR.3.

**PREPARATION**
- **Starting State:**
  - Tortilla: Room temperature
  - Egg, vegetable, & cheese: Refrigerated
- **Temperature:** Egg, vegetable, & cheese: 32-40°F (0-5°C)
- **Quantity:** 1 recipe (3 tortillas)
- **Preparation:** See Breakfast Croissant on page PR.3.
- **Cooking Vessel:** Nordicware cup - sprayed with pan release
- **Finishing:** Wrap prepared egg/vegetables and cheese in a 12” tortilla

**CONVENTIONAL COOK TIME**
- **Oven Type:** Frying pan or stovetop
- **Cook Time:** 5 minutes
- **Temperature:** Approximately 300°F (149°C)

**TURBOCHEF COOK TIME**
- **C3:** 2 minutes (60% faster)

**DESIRED OUTCOME**
- **Temperature Range:** 180-200°F (80-95°C)
- **Product Attributes:** Hot, warm, firm egg mixture

**COMMENTS**

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**THE C3**

**PRODUCT:** Egg/Vegetable Mixture

**QUANTITY:** 1 Recipe (makes 3 croissants)

**COOKING VESSEL:** Nordicware Cup

**SET TEMPERATURE:** 500°F (260°C)

**TOTAL COOK TIME:** 2:00

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**CONVENTIONAL COOK TIME**

**Oven Type:** Frying pan or stovetop

**Cook Time:** 5 minutes

**Temperature:** Approximately 300°F (149°C)

**TURBOCHEF COOK TIME**

**C3:** 2 minutes (60% faster)

**DESIRED OUTCOME**

**Temperature Range:** 180-200°F (80-95°C)

**Product Attributes:** Hot, warm, firm egg mixture

**SPECIFICATIONS**

**Product Description:** Croissant with egg, fresh vegetables and American cheese

**Source:** Retail

**Manufacturer:** See recipe on page PR.3

**Weight:** See recipe on page PR.3

**PREPARATION**

**Starting State:** Tortilla: Room temperature

Egg, vegetable, & cheese: Refrigerated

**Temperature:** Egg, vegetable, & cheese: 32-40°F (0-5°C)

**Quantity:** 1 recipe (3 croissants)

**Preparation:** See recipe on page PR.3

**Cooking Vessel:** Nordicware cup - sprayed with pan release

**Finishing:** Cut egg/vegetables into 3 sections and place on croissant with a piece of cheese

**COMMENTS**

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**Breakfast Croissant**

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**Cinnamon Rolls (Grands®)**

**SPECIFICATIONS**

- **Product Description:** Cinnamon rolls with frosting
- **Source:** Retail
- **Manufacturer:** Pillsbury
- **Weight:** 3.3 oz. (92 g.) per roll; 5 rolls per package

**PREPARATION**

- **Starting State:** Refrigerated
- **Temperature:** 32-41ºF (0-5ºC)
- **Quantity:** 5 rolls (1 package)
- **Cooking Vessel:** C3/Tornado: Parchment paper - spray with cooking oil, place rolls in a circle
- **High h Batch:** 1/2 sheet pan
- **Finishing:** Ice after baking

**CONVENTIONAL COOK TIME**

- **Oven Type:** Conventional
- **Cook Time:** 18-20 minutes
- **Temperature:** 375ºF (190ºC)

**TURBOCHEF COOK TIME**

- **C3:** 2 min 10 sec (89% faster)
- **Tornado:** 2 min 15 sec (88% faster)
- **High h Batch:** 7 minutes (63% faster)

**DESIRED OUTCOME**

- **Temperature Range:** 165-185ºF (75-85ºC)
- **Product Attributes:** Hot and soft through the center with slight browning on outside and melted icing

**COMMENTS**
MUFFINS:
Banana Nut

SPECIFICATIONS
Product Description: Banana nut muffins made from mix
Source: Retail
Manufacturer: Pillsbury
Weight: 3 oz. (85 g.) per muffin

PREPARATION
Starting State: Raw dough, refrigerated
Temperature: 32-41ºF (0-5ºC)
Quantity: 12 muffins
Preparations: Follow recipe on back of Pillsbury box
Cooking Vessel: Metal muffin tin

CONVENTIONAL COOK TIME
Oven Type: Conventional
Cook Time: 20 minutes
Temperature: 350ºF (175ºC)

TURBOCHEF COOK TIME
High h Batch: 12 minutes (40% faster)

DESIRED OUTCOME
Temperature Range: 185ºF (85ºC) +
Product Attributes: Moist and fluffy

COMMENTS
Chicken, Roasted

SPECIFICATIONS
Product Description: Half of a fresh chicken roasted
Source: Retail
Manufacturer: Local
Weight: 25 oz. (708 g.)

PREPARATION
Starting State: Refrigerated
Temperature: 32-41ºF (0-5ºC)
Quantity: Half of a chicken
Preparation: Wash chicken off in cold water and pat dry, brush with oil and sprinkle with seasoning mixture of choice
Cooking Vessel: Parchment paper

CONVENTIONAL COOK TIME
Oven Type: Conventional
Cook Time: 60 minutes
Temperature: 350ºF (175ºC)

TURBOCHEF COOK TIME
C3: 5 min 20 sec (91% faster)

DESIRED OUTCOME
Temperature Range: Minimum of 165ºF (75ºC)
Product Attributes: Semi-crisp skin, hot throughout the center and moist

COMMENTS

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**The C3**

**Product:** Chicken Breast, Breaded  
**Quantity:** 1 - 14 oz. (112 g.) Breast  
**Cooking Vessel:** Mesh Screen  
**Set Temperature:** 500°F (260°C)  
**Total Cook Time:** 2:10

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**The Tornado**

**Product:** Chicken Breast, Breaded  
**Quantity:** 1 - 14 oz. (112 g.) Breast  
**Cooking Vessel:** Mesh Screen  
**Set Temperature:** 500°F (260°C)  
**IR Temperature:** 750°F (399°C)  
**Total Cook Time:** 2:15

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**Specifications**

Product Description: Breaded chicken breast patty  
Source: Retail  
Manufacturer: Tyson  
Product Code: 2454-0928  
Weight: 4 oz. (112 g.) per breast

**Preparation**

Starting State: Frozen  
Temperature: (-10)-10°F ((-23)-(-12°C))  
Quantity: 1 breast  
Cooking Vessel: Mesh screen

**Conventional Cook Time**

Oven Type: Conventional  
Cook Time: 15-20 minutes  
Temperature: 350°F (175°C)

**TurboChef Cook Time**

C3: 2 min 10 sec (88% faster)  
Tornado: 2 min 15 sec (87% faster)

**Desired Outcome**

Temperature Range: Minimum of 165°F (75°C)  
Product Attributes: Hot throughout the center with a semi-crisp outside

**Comments**
CHICKEN

THE C3

PRODUCT: Chicken Fingers
QUANTITY: 8 Chicken Fingers
COOKING VESSEL: Mesh Screen
SET TEMPERATURE: 500°F (260°C)
TOTAL COOK TIME: 3:30

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THE TORNADO

PRODUCT: Chicken Fingers
QUANTITY: 8 Chicken Fingers
COOKING VESSEL: Mesh Screen
SET TEMPERATURE: 500°F (260°C)
IR TEMPERATURE: 900°F (482°C)
TOTAL COOK TIME: 2:00

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Chicken Fingers

SPECIFICATIONS
Product Description: Breaded chicken strips
Source: Retail
Manufacturer: Tyson
Product Code: 1656
Weight: 1.5 oz. (43 g.) per chicken finger

PREPARATION
Starting State: Frozen
Temperature: (-10)-10°F ((-23)-(-12°C))
Quantity: 8 chicken fingers
Cooking Vessel: Mesh screen

CONVENTIONAL COOK TIME
Oven Type: Conventional
Cook Time: 15-20 minutes
Temperature: 350°F (176°C)

TURBOCHEF COOK TIME
C3: 3 min 30 sec (80% faster)
Tornado: 2 minutes (89% faster)

DESIRED OUTCOME
Temperature Range: 165°F (74°C) +
Product Attributes: Crisp breading/ exterior with a moist and hot interior

COMMENTS
**SPECIFICATIONS**

**Product Description:** Grilled fajita meat and vegetables served with tortillas, salsa, sour cream, guacamole and cheese

**Source:** Local

**Weight:** See recipe on page PR.4

**CONVENTIONAL COOK TIME**

- **Oven Type:** Grill
- **Cook Time:** 3-5 minutes
- **Temperature:** 650ºF (149ºC)

**TURBOCHEF COOK TIME**

- **C3:** 2 minutes (50% faster)

**DESIRED OUTCOME**

- **Temperature Range:** 165ºF (74ºC) +
- **Product Attributes:** Meat and vegetables heated throughout

**COMMENTS**
Chicken Nuggets

**SPECIFICATIONS**

Product Description: Ovenable chicken nuggets, breaded

Source: Commercial

Manufacturer: Tyson

Product Code: 30544-571

Weight: 2 oz. (57 g.) per nugget

**PREPARATION**

Starting State: Frozen

Temperature: (-10)-10°F ((-23)-(-12°C))

Quantity: 10 nuggets (2 servings)

Cooking Vessel: Mesh screen - place nuggets in a single layer

**CONVENTIONAL COOK TIME**

Oven Type: Conventional

Cook Time: 12 minutes

Temperature: 450°F (260°C)

**TURBOCHEF COOK TIME**

C3: 3 minutes (75% faster)

Tornado: 1 min 35 sec (87% faster)

**DESIRED OUTCOME**

Temperature Range: 165-185°F (75-85°C)

Product Attributes: Crispy outside with hot interior

**COMMENTS**
**SPECIFICATIONS**

**Product Description:** Pre-made chicken pot pie

**Source:** Retail

**Manufacturer:** Marie Callendar's

**Weight:** 10 oz. (283 g.)

**PREPARATION**

**Starting State:** Frozen

**Temperature:** (-10)-10°F ((-23)-(-12°C))

**Quantity:** 1 pot pie

**Cooking Vessel:** Product's own packaging

**CONVENTIONAL COOK TIME**

- **Oven Type:** Conventional
- **Cook Time:** 60 minutes
- **Temperature:** 350°F (175°C)

**TURBOCHEF COOK TIME**

- **C3:** 3 min 30 sec (94% faster)

**DESIRED OUTCOME**

- **Temperature Range:** Minimum of 165-185°F (73-85°C)
- **Product Attributes:** Browned crust and hot throughout

**COMMENTS**

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CHICKEN WINGS: Buffalo Style

SPECIFICATIONS
Product Description: Wings of fire, wings and drummettes
Source: Commercial
Manufacturer: Tyson or Sysco
Product Code: Tyson: 2078319
Sysco: 5210-895
Weight: Approximately 1.0 oz. (28 g.) per wing and 1.2 oz. (34 g.) per drummette

PREPARATION
Starting State: Frozen
Temperature: (-10)-10°F ((-23)-(-12°C))
Quantity: C3/Tornado: 8 - 4 wings & 4 drummettes
High h Batch: 4 lbs. (1.8 kg.)
Cooking Vessel: C3/Tornado: Mesh screen
High h Batch: 1/2 sheet pan

CONVENTIONAL COOK TIME
Oven Type: Conventional
Cook Time: 15-20 minutes
Temperature: 375°F (190°C)

TURBOCHEF COOK TIME
C3: 2 min 30 sec (86% faster)
Tornado: 2 min 30 sec (86% faster)
High h Batch: 5 minutes (71% faster)

DESIRED OUTCOME
Temperature Range: Minimum of 165°F (75°C)
Product Attributes: Hot interior with slight crispness to the skin

COMMENTS

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THE TORNADO

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THE HIGH H BATCH

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THE C3

PRODUCT: Chicken Wings: Buffalo Style, Jumbo
QUANTITY: 8 - 4 Wings & 4 Drummettes
COOKING VESSEL: Mesh Screen
SET TEMPERATURE: 500°F (260°C)
TOTAL COOK TIME: 3:00

Event | % Time | % Air | % Wave
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1 | 50 | 100 | 100
2 | 25 | 100 | 90
3 | 25 | 100 | 30
4 | 0 | 10 | 0
5 | 0 | 10 | 0
6 | 0 | 10 | 0

THE TORNADO

PRODUCT: Chicken Wings: Buffalo Style, Jumbo
QUANTITY: 8 - 4 Wings & 4 Drummettes
COOKING VESSEL: Mesh Screen
SET TEMPERATURE: 500°F (260°C)
IR TEMPERATURE: 750°F (399°C)
TOTAL COOK TIME: 2:30

Event | % Time | % Air | % Wave
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1 | 50 | 100 | 100
2 | 25 | 100 | 90
3 | 25 | 100 | 30
4 | 0 | 10 | 0
5 | 0 | 10 | 0
6 | 0 | 10 | 0

THE HIGH H BATCH

PRODUCT: Chicken Wings: Buffalo Style
QUANTITY: 4 lbs. (1.8 kg.)
COOKING VESSEL: 1/2 Sheet Pan
SET TEMPERATURE: 500°F (260°C)
TOTAL COOK TIME: 5:00

Event | % Time | % Air
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1 | 100 | 100
2 | 0 | 100
3 | 0 | 100
4 | 0 | 100

CHICKEN WINGS:
Buffalo Style, Jumbo

SPECIFICATIONS
Product Description: Wings of fire, wings and drumettes
Source: Commercial
Manufacturer: Sysco or Tyson
Product Code: Sysco: 658994 Tyson: 5255-895E
Weight: Approximately 1.6 oz. (25 g.) per wing and 2.1 oz. (60 g.) per drummette

PREPARATION
Starting State: Refrigerated
Temperature: 32-41ºF (0-5ºC)
Quantity: C3/Tornado: 8 - 4 wings & 4 drummettes
High h Batch: 4 lbs. (1.8 kg.)
Cooking Vessel: C3/Tornado: Mesh screen
High h Batch: 1/2 sheet pan

CONVENTIONAL COOK TIME
Oven Type: Conventional
Cook Time: 25-30 minutes
Temperature: 375ºF (190ºC)

TURBOCHEF COOK TIME
C3: 3 minutes (89% faster)
Tornado: 2 min 30 sec (91% faster)
High h Batch: 5 minutes (82% faster)

DESIRED OUTCOME
Temperature Range: Minimum of 165ºF (75ºC)
Product Attributes: Hot interior with slight crispness to the skin

COMMENTS
Pasta
### SPECIFICATIONS

**Product Description:** Classic lasagna with sausage and ricotta cheese

**Source:** Retail or Commercial

**Manufacturer:** Stouffer’s

**Product Code:** Commercial: #1513

* Retail: 1380010321 (UPC Code)

**Weight:** 10.5 oz. (297 g.) per serving

### PREPARATION

**Starting State:** C3: Frozen / High h Batch: Refrigerated

**Temperature:** (-10)-(-5°F) (-23-(-12°C)) / 32-41°F (0-5°C)

**Quantity:**
- C3: 1 - 10.5 (297 g.) serving
- High h Batch: 5 lbs., 14 oz. (2.7 kg.)

**Preparation:** Place in cooking vessel and sprinkle with 1 oz. (28 g.) shredded mozzarella cheese

**Cooking Vessel:**
- C3: Ovenware baking dish
- High h Batch: Aluminum pan

### CONVENTIONAL COOK TIME

**Oven Type:** Conventional

**Cook Time:** 50 minutes

**Temperature:** 350°F (175°C)

### TURBOCHEF COOK TIME

**C3:** 3 min 30 sec (93% faster)

**High h Batch:** 20 minutes (60% faster)

### DESIRED OUTCOME

**Temperature Range:** Minimum of 140°F (60°C) in center, 165-190°F (74-88°C) on the edges

**Product Attributes:** Uniformly heated throughout, cheese completely melted and somewhat browned

### COMMENTS

Let cooked lasagna rest 3 minutes before cutting. If using commercial product, cut into 10 oz. (283 g.) servings.
**Tortellini Alfredo**

**SPECIFICATIONS**
- **Product Description:** Baked pasta with cheese, sauce and meat
- **Source:** Retail
- **Manufacturer:** See recipe on page PR.8
- **Weight:** Approximately 7 oz. (200 g.) per serving

**PREPARATION**
- **Starting State:** Refrigerated
- **Temperature:** 32-41ºF (0-5ºC)
- **Quantity:** 1 serving (1 recipe’s worth)
- **Preparation:** See recipe on page PR.8
- **Cooking Vessel:** Baking dish

**CONVENTIONAL COOK TIME**
- **Oven Type:** Conventional
- **Cook Time:** 30 minutes
- **Temperature:** 350ºF (175ºC)

**TURBOCHEF COOK TIME**
- **C3:** 2 min 15 sec (92% faster)
- **Tornado:** 2 minutes (93% faster)

**DESIRED OUTCOME**
- **Temperature Range:** 160-180ºF (70-82ºC)
- **Product Attributes:** Browned on top and hot throughout

**COMMENTS**
**CALZONES:**

**Ham and Cheese**

**SPECIFICATIONS**

- **Product Description:** Ham, cheese and other fillings stuffed in a calzone crust
- **Source:** Commercial
- **Manufacturer:** Lamb Weston (Handfuls)
- **Product Code:** Ham and Swiss
- **Weight:** Approximately 6 oz. (170 g.) per calzone

**PREPARATION**

- **Starting State:** Refrigerated
- **Temperature:** 32-41ºF (0-5ºC)
- **Quantity:** 2 calzones
- **Cooking Vessel:** Mesh screen

**CONVENTIONAL COOK TIME**

- **Oven Type:** Conventional
- **Cook Time:** 8 minutes
- **Temperature:** 350ºF (175ºC)

**TURBOCHEF COOK TIME**

- **C3:** 1 min 15 sec (84% faster)
- **Tornado:** 1 min 10 sec (85% faster)

**DESIRED OUTCOME**

- **Temperature Range:** 175-195ºF (80-90ºC)
- **Product Attributes:** Crispy crust with inside ingredients completely heated and melted

**COMMENTS**
**PIZZA AND PIZZA PRODUCTS**

**PIZZA: 16” Pan Pizza**

**SPECIFICATIONS**

Product Description: 16 in. (41 cm.) pan pizza  
Source: Retail  
Manufacturer: Any

**PREPARATION**

Starting State: Raw dough, refrigerated  
Temperature: 32-41ºF (0-5ºC)  
Quantity: 1 pizza  
Cooking Vessel: Metal screen

**CONVENTIONAL COOK TIME**

Oven Type: Convection  
Cook Time: 20 minutes  
Temperature: 190ºF (88ºC)

**TURBOCHEF COOK TIME**

High h Batch: 4 minutes (80% faster)

**DESIRED OUTCOME**

Temperature Range: 190ºF (88ºC)  
Product Attributes: Crisp crust with hot melted cheese and cooked toppings

**COMMENTS**

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**SPECIFICATIONS**

Product Description: 8 in. (20 cm.) par-baked cheese pizza
Source: Commercial
Manufacturer: Nation Pizza Products
Product Code: #10568
Weight: 11.7 oz. (334 g.)

**PREPARATION**

Starting State: Refrigerated
Temperature: 32-41ºF (0-5ºC)
Quantity: 1 Pizza
Cooking Vessel: None - place pizza directly into oven

**CONVENTIONAL COOK TIME**

Oven Type: Conventional
Cook Time: 10 minutes
Temperature: 425ºF (220ºC)

**TURBOCHEF COOK TIME**

C3: 1 min 15 sec (88% faster)
Tornado: 1 min 15 sec (88% faster)

**DESIRED OUTCOME**

Temperature Range: 160-200ºF (70-95ºC)
Product Attributes: A slightly browned crust with melted and browned cheese

**COMMENTS**
**SPECIFICATIONS**

**Product Description:** Pepperoni pizza with self rising crust

**Source:** Retail

**Manufacturer:** Kraft

**Weight:** 12.7 oz. (360 g.); 7 in. (17.8 cm.)

---

**PREPARATION**

**Starting State:** Frozen

**Temperature:** (-10)-10°F ((-23)-(-12°C))

**Quantity:** 1 - 7 in. (17.8 cm.) pizza

**Cooking Vessel:** None - place directly into the oven

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**CONVENTIONAL COOK TIME**

**Oven Type:** Conventional

**Cook Time:** 18-25 minutes

**Temperature:** 400°F (204°C)

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**TURBOCHEF COOK TIME**

**C3:** 2 minutes (91% faster)

**Tornado:** 4 min 15 sec (80% faster)

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**DESIRED OUTCOME**

**Temperature Range:** 155-205°F (60-85°C)

**Product Attributes:** Hot, soft throughout the center with a slight browning of the cheese and crust

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**COMMENTS**

Let pizza rest 1 minute before cutting.

For a 12 in. (31 cm.) pizza, change the C3 time to 3:10 and the Tornado time to 4:45.
**Product Description:** Pepperoni pizza with a self rising crust

**Source:** Retail

**Manufacturer:** Schwan’s

**Product Code:** 72180 63039

**Weight:** 11.5 oz. (326 g.); 7 in. (17.8 cm.)

**PREPARATION**

**Starting State:** Frozen

**Temperature:** (-10)-10ºF ((-23)-(-12ºC))

**Quantity:** 1 pizza

**Cooking Vessel:** None - place directly into oven

**CONVENTIONAL COOK TIME**

**Oven Type:** Conventional

**Cook Time:** 18-20 minutes

**Temperature:** 350ºF (175ºC)

**TURBOCHEF COOK TIME**

**C3:** 2 min 30 sec (87% faster)

**Tornado:** 4 minutes (79% faster)

**DESIRED OUTCOME**

**Temperature Range:** 145-185ºF (60-85ºC)

**Product Attributes:** Semi-crisp crust, hot through the center and slight browning of cheese and crust

**COMMENTS**

Allow pizza to rest for 1 minute before cutting.

For a 12 in. (31 cm.) pizza, change the C3 time to 3:15 and the Tornado time to 4:30.
**SPECIFICATIONS**

Product Description: 8 in. (20 cm.) pepperoni pizza

Source: Commercial

Manufacturer: Rich's

**PREPARATION**

Starting State: Frozen

Temperature: (-10)-10ºF ((-23)-(-12ºC))

Quantity: 1 - 8 in. (20 cm.) pizza

Cooking Vessel: Mesh screen or none

**CONVENTIONAL COOK TIME**

Oven Type: Conventional

Cook Time: 18-20 minutes

Temperature: 350ºF (175ºC)

**TURBOCHEF COOK TIME**

**C3:** 2 minutes (89% faster)

**Tornado:** 1 min 40 sec (91% faster)

**DESIRED OUTCOME**

Temperature Range: 185-200ºF (85-93ºC)

Product Attributes: Semi-crisp crust, hot through the center with cheese slightly brown

**COMMENTS**

Allow pizza to rest for 1 minute before cutting.

Oven Program (on factory programmed oven):

Group: Pizza; Item: 8” Other
## THE C3

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<td>IR Temperature</td>
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## PIZZA: Rich’s 12”

### SPECIFICATIONS
- **Product Description:** 12 in. (30.5 cm.) pepperoni pizza
- **Source:** Commercial
- **Manufacturer:** Rich’s

### PREPARATION
- **Starting State:** Frozen
- **Temperature:** (-10)-10ºF ((-23)-(-12ºC))
- **Quantity:** 1 - 12 in. (31 cm.) pizza
- **Cooking Vessel:** Mesh screen or none

### CONVENTIONAL COOK TIME
- **Oven Type:** Conventional
- **Cook Time:** 18-20 minutes
- **Temperature:** 350ºF (175ºC)

### TURBOCHEF COOK TIME
- **C3:** 3 min 15 sec (83% faster)
- **Tornado:** 3 min 10 sec (84% faster)

### DESIRED OUTCOME
- **Temperature Range:** 185-200ºF (85-93ºC)
- **Product Attributes:** Semi-crisp crust, hot through the center with cheese slightly brown

### COMMENTS
- Add 10 seconds on “Brown More” for crisp crust.

### Oven Program (on factory programmed oven):
- **Group:** Pizza
- **Item:** 12” Other
Product Description: Stuffed pizza slice
Source: Retail or Commercial
Manufacturer: Red Baron (Schwan’s)
Weight: 4 oz. (113.4 g.) per slice

PREPARATION
Starting State: Frozen
Temperature: (-10)-10ºF ((-23)-(-12ºC))
Quantity: 2 slices
Cooking Vessel: Mesh screen

CONVENTIONAL COOK TIME
Oven Type: Microwave
Cook Time: 3 min 30 sec (on high)

TURBOCHEF COOK TIME
C3: 1 min 10 sec (67% faster)
Tornado: 1 min 10 sec (67% faster)

DESIRED OUTCOME
Temperature Range: 165-195ºF (75-90ºC)
Product Attributes: Slightly crisp outer crust with fully melted cheese in the middle

COMMENTS
Pork and Other Meats
**SPECIFICATIONS**

**Product Description:** Par-cooked and frozen bacon

**Source:** Commercial

**Manufacturer:** ASE

**Product Code:** 45300-33334

**Weight:** 4.5 oz. (128 g.) per slice

**PREPARATION**

**Starting State:** Frozen

**Temperature:** (-10)-10°F ((-23)-(-12°C))

**Quantity:** 10 slices (5 servings)

**Cooking Vessel:** Ovenable plate with fresh paper towel underneath bacon

**CONVENTIONAL COOK TIME**

**Oven Type:** Conventional

**Cook Time:** 15 minutes

**Temperature:** 350°F (175°C)

**TURBOCHEF COOK TIME**

**Event** | **% Time** | **% Air** | **% Wave**
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1 | 100 | 100 | 100
2 | 0 | 10 | 0
3 | 0 | 10 | 0
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5 | 0 | 10 | 0
6 | 0 | 10 | 0

**C3:** 30 seconds (97% faster)

**DESIRED OUTCOME**

**Temperature Range:** 155-180°F (68-82°C)

**Product Attributes:** Crispy and hot

**COMMENTS**
THE C3

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**PRODUCT:** Duck  
**QUANTITY:** 1 - 5 lbs. (2.3 kg.) Duck  
**COOKING VESSEL:** Pyrex Dish  
**SET TEMPERATURE:** 500°F (260°C)  
**TOTAL COOK TIME:** 15:00

**SPECIFICATIONS**

**Product Description:** Duck  
**Source:** Local  
**Weight:** 5 lbs. (2.3 kg.)

**PREPARATION**

**Starting State:** Refrigerated  
**Temperature:** 32-41ºF (0-5ºC)  
**Quantity:** 1 duck  
**Cooking Vessel:** Pyrex dish

**CONVENTIONAL COOK TIME**

**Oven Type:** Convection  
**Cook Time:** 25-30 minutes  
**Temperature:** 350-375ºF (175-189ºC)

**TURBOCHEF COOK TIME**

**C3:** 15 minutes  (45% faster)

**DESIRED OUTCOME**

**Temperature Range:**  
- 135°F (57ºC) for medium rare  
- 165°F (79ºC) for well done  
**Product Attributes:** Crisp golden brown skin, moist and tender internal texture

**COMMENTS**

________________________________________________________________________________________

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Rack of Lamb

SPECIFICATIONS

Product Description: Domestic rack of lamb, frenched bones, dry aged 2 weeks
Source: Commercial or Retail
Manufacturer: Local
Weight: 20 oz. (567 g.)

PREPARATION

Starting State: Refrigerated
Temperature: 32-41ºF (0-5ºC)
Quantity: 1 rack of lamb (4-6 servings)
Preparation: Brush with olive oil then a blended seasoning rub, fresh ground black pepper, rosemary, thyme, kosher and sea salt just before cooking
Cooking Vessel: Large pressware container

CONVENTIONAL COOK TIME

Oven Type: Conventional
Cook Time: 18-20 minutes for medium rare (after searing for 2 minutes)
Temperature: 350ºF (175ºC)

TURBOCHEF COOK TIME

C3: 3 min 15 sec (83% faster)
Rare: 3 minutes
Medium: 3 min 30 sec
Medium Well: 3 min 45 sec
Well: 4 minutes

DESIRED OUTCOME

Temperature Range: Per customer request
Product Attributes: Caramelized exterior with bright white bones, a tender, moist interior and cooked to the proper degree of doneness

COMMENTS

Allow at least 5 minutes rest time to allow moisture to redistribute around the muscle.
**THE C3**

**PRODUCT:** Sausage: Links  
**QUANTITY:** 10 Links (5 Servings)  
**COOKING VESSEL:** Ovenable Plate  
**SET TEMPERATURE:** 500°F (260°C)  
**TOTAL COOK TIME:** 1:30

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**SAUSAGE:**  
**Product Description:** Par-cooked and frozen sausage links  
**Source:** Commercial  
**Manufacturer:** Webbers  
**Product Code:** 45300-22300  
**Weight:** 1.1 oz. (31 g.) per link

**PREPARATION**  
**Starting State:** Frozen  
**Temperature:** (-10)-10°F (-23)-(12°C)  
**Quantity:** 10 links (5 servings)  
**Cooking Vessel:** Ovenable plate

**CONVENTIONAL COOK TIME**  
**Oven Type:** Conventional  
**Cook Time:** 8-10 minutes  
**Temperature:** 450°F (260°C)

**TURBOCHEF COOK TIME**  
**C3:** 1 min 30 sec (83% faster)

**DESIRABLE OUTCOME**  
**Temperature Range:** 155-190°F (68-88°C)  
**Product Attributes:** Slightly crisp outside casing with a moist, soft interior

**COMMENTS**
**SAUSAGE: Patties**

**SPECIFICATIONS**
- **Product Description:** Par-cooked sausage patties
- **Source:** Commercial
- **Manufacturer:** Webbers
- **Product Code:** 41830-01803
- **Weight:** 1.5 oz. (43 g.) per patty

**PREPARATION**
- **Starting State:** Frozen
- **Temperature:** (-10)-10ºF ((-23)-(-12ºC))
- **Quantity:** 6 patties (3 servings)
- **Cooking Vessel:** Ovenable dish

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**CONVENTIONAL COOK TIME**
- **Oven Type:** Conventional
- **Cook Time:** 18-20 minutes
- **Temperature:** 375ºF (190ºC)

**TURBOCHEF COOK TIME**
- **C3:** 1 min 55 sec  (90% faster)

**DESIRED OUTCOME**
- **Temperature Range:** 155-180ºF (68-82ºC)
- **Product Attributes:** Slight bite to the outside with a warm, moist interior

**COMMENTS**
SPECIFICATIONS
Product Description: Whole turkey without stuffing
Source: Local
Manufacturer: Any
Weight: 11-12 lbs. (5-5.5 kg.)

PREPARATION
Starting State: Refrigerated
Temperature: 32-41ºF (0-5ºC)
Quantity: 1 turkey
Cooking Vessel: Pyrex dish

CONVENTIONAL COOK TIME
Oven Type: Convection
Cook Time: 15 minutes per pound (3 hours for 12 lb. (5.5 kg.) turkey)
Temperature: 165ºF (74ºC) +

TURBOCHEF COOK TIME
C3: 37 min 30 sec (79% faster)

DESIRED OUTCOME
Temperature Range: 165ºF (74ºC) +
Product Attributes: Crisp golden brown skin, moist and tender internal texture

COMMENTS
THE C3
PRODUCT: Buffalo Chicken Sandwich
QUANTITY: 1 Sandwich
COOKING VESSEL: Wrapped in Parchment Paper
SET TEMPERATURE: 500°F (260°C)
TOTAL COOK TIME: 1:00

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THE TORNADO
PRODUCT: Buffalo Chicken Sandwich
QUANTITY: 2 Sandwiches
COOKING VESSEL: Wrapped in Parchment Paper
SET TEMPERATURE: 500°F (260°C)
IR TEMPERATURE: 1150°F (621°C)
TOTAL COOK TIME: 1:00

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Buffalo Chicken Sandwich

SPECIFICATIONS
Product Description: Pre-made sandwich with breaded chicken and buffalo sauce
Source: Commercial
Manufacturer: Pierre Foods
Weight: 8-9 oz. (227-255 g.) per sandwich

PREPARATION
Starting State: Refrigerated
Temperature: 32-41°F (0-5°C)
Quantity: C3: 1 sandwich
Tornado: 2 sandwiches
Cooking Vessel: Parchment paper - wrap sandwich in paper

CONVENTIONAL COOK TIME
Oven Type: Microwave
Cook Time: 3-5 minutes

TURBOCHEF COOK TIME
C3: 1 minute (75% faster)
Tornado: 1 minute (75% faster)

DESIRED OUTCOME
Temperature Range: 165-180°F (75-82°C)
Product Attributes: Hot chicken in a soft bun

COMMENTS

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**SPECIFICATIONS**

**Product Description:** Meat & cheese sandwich on a ciabatta roll

**Source:** Retail or Commercial

**Manufacturer:** See recipe on page PR.5

**Weight:** See recipe on page PR.5

---

**PREPARATION**

**Starting State:** Refrigerated

**Temperature:** 32-41ºF (0-5ºC)

**Quantity:**
- C3: 1 sandwich
- Tornado: 4 sandwiches

**Preparation:** See recipe on page PR.5

**Cooking Vessel:** Mesh screen

---

**CONVENTIONAL COOK TIME**

**Oven Type:** Conventional

**Cook Time:** 6-8 minutes for 4 sandwiches

**Temperature:** 375ºF (190ºC)

---

**TURBOCHEF COOK TIME**

**C3:** 40 seconds (90% faster)

**Tornado:** 1 min 30 sec (79% faster)

---

**DESIRED OUTCOME**

**Temperature Range:** 155-180ºF (68-82ºC)

**Product Attributes:** Toasted face on top with melted cheese and warm meat inside

---

**COMMENTS**

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---
**THE C3**

**PRODUCT:** Cheese and Meat Sub  
**QUANTITY:** 2 - 6” (15 cm.); 1 - 12” (31 cm.)  
**COOKING VESSEL:** Mesh Screen  
**SET TEMPERATURE:** 500°F (260°C)  
**TOTAL COOK TIME:** 0:35  

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**THE TORNADO**

**PRODUCT:** Cheese and Meat Sub  
**QUANTITY:** 2 - 6” (15 cm.); 1 - 12” (31 cm.)  
**COOKING VESSEL:** Mesh Screen  
**SET TEMPERATURE:** 500°F (260°C)  
**IR TEMPERATURE:** 1150°F (621°C)  
**TOTAL COOK TIME:** 0:30  

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**THE HIGH H BATCH**

**PRODUCT:** Cheese and Meat Sub  
**QUANTITY:** Any  
**COOKING VESSEL:** Mesh Screen  
**SET TEMPERATURE:** 400°F (204°C)  
**TOTAL COOK TIME:** 1:30  

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**SUB SANDWICH:**  
Cheese and Meat Sub

**SPECIFICATIONS**  
Product Description: Sub sandwich with sliced meat & cheese  
Source: Retail or Commercial  
Manufacturer: See recipe on page PR.7  
Weight: 8-12 oz. (226-340 g.)

**PREPARATION**  
Starting State: Refrigerated  
Temperature: 32-41ºF (0-5ºC)  
Quantity: 2 - 6 in (15 cm.) subs or 1 - 12 in (31 cm.) sub  
Preparation: See recipe on page PR.7  
Cooking Vessel: Mesh screen - place meat and cheese on the bottom slice of bread, place top of bread on mesh screen face up

**CONVENTIONAL COOK TIME**  
Oven Type: Conventional  
Cook Time: 5 minutes  
Temperature: 400ºF (149ºC)

**TURBOCHEF COOK TIME**  
C3: 35 seconds (88% faster)  
Tornado: 30 seconds (90% faster)  
High h Batch: 1 min 30 sec (70% faster)  

**DESIRED OUTCOME**  
Temperature Range: 145-185ºF (62-85ºC)  
Product Attributes: Top piece of bread should be slightly browned and toasted, cheese should be completely melted

**COMMENTS**
Seafood

Salmon en Croute, SF.5
Product Description: Ovenable “Pub Style Cod Loin”
Source: Commercial
Manufacturer: Icelandic
Product Code: 23383
Weight: 8 oz. (227 g.) per filet

CONVENTIONAL COOK TIME
Cooking Vessel: Mesh screen
Oven Type: Conventional
Cook Time: 12 minutes
Temperature: 350ºF (175ºC)

TURBOCHEF COOK TIME
C3: 4 min 30 sec (63% faster)

DESIRED OUTCOME
Temperature Range: 145-160ºF (63-71ºC)
Product Attributes: Crispy outside with flaky, moist interior

COMMENTS
**Catfish, Blackened**

**SPECIFICATIONS**

- **Product Description:** Fresh catfish filet prepared blackened style
- **Source:** Local
- **Weight:** 6 oz. (170 g.)

**PREPARATION**

- **Starting State:** Refrigerated
- **Temperature:** 32-41ºF (0-5ºC)
- **Quantity:** 1 filet
- **Preparation:** Lightly brush filet with olive oil and dredge in blackening seasoning
- **Cooking Vessel:** Ovenable plate/dish

**CONVENTIONAL COOK TIME**

- **Cooking Type:** Saute pan
- **Cook Time:** 5-6 minutes
- **Temperature:** 145ºF (63ºC) +

**TURBOCHEF COOK TIME**

- **C3:** 2 min 10 sec (61% faster)

**DESIRED OUTCOME**

- **Temperature Range:** 145ºF (63ºC)
- **Product Attributes:** Crisp blackened coating, most interior and tender flesh

**COMMENTS**

---

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Fish Tenders

SPECIFICATIONS

Product Description: Crispy, battered fish tenders
Source: Retail
Manufacturer: Mrs. Paul’s
Weight: 1 oz. (28 g.) per tender

PREPARATION

Starting State: Frozen
Temperature: (-10)-10ºF ((-23)-(-12ºC))
Quantity: 8 tenders
Cooking Vessel: Mesh screen

CONVENTIONAL COOK TIME

Oven Type: Conventional
Cook Time: 13 minutes
Temperature: 450ºF (230ºC)

TURBOCHEF COOK TIME

C3: 1 min 30 sec (88% faster)
Tornado: 2 minutes (85% faster)

DESIRED OUTCOME

Temperature Range: 170-190ºF (75-80ºC)
Product Attributes: Crispy on the outside, tender on the inside

COMMENTS
**THE C3**

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<th>Product Description: Salmon: Salmon Filet</th>
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<td>Quantity: 1 - 6-8 oz. (170-225 g.) Filet</td>
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<tr>
<td>Cooking Vessel: Parchment Paper</td>
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<td>Set Temperature: 500°F (260°C)</td>
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**SPECIFICATIONS**

**Product Description:** Salmon filet

**Source:** Retail or Commercial

**Manufacturer:** Local

**Weight:** 6-8 oz. (170-225 g.); 1 in. (2.5 cm.) thick

**PREPARATION**

**Starting State:** Refrigerated

**Temperature:** 32-41ºF (0-5ºC)

**Quantity:** 1 filet

**Preparation:** Rub salmon with olive oil and sprinkle with salt and pepper

**Cooking Vessel:** Parchment paper

**CONVENTIONAL COOK TIME**

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<th>Oven Type: Conventional</th>
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<td>Cook Time: 8-10 minutes</td>
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<tr>
<td>Temperature: 350ºF (175ºC)</td>
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**TURBOCHEF COOK TIME**

**C3:** 1 min 30 sec (83% faster)

**DESIRED OUTCOME**

**Temperature Range:** Approximately 125ºF (52ºC)

**Product Attributes:** Hot, soft and flaky flesh with a moist texture and without a bite to the texture

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**COMMENTS**

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---
**THE C3**

**PRODUCT:** Salmon: Salmon en Croute  
**QUANTITY:** 1 Serving  
**COOKING VESSEL:** Mesh Screen  
**SET TEMPERATURE:** 500°F (260°C)  
**TOTAL COOK TIME:** 2:30

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**SPECIFICATIONS**

- **Product Description:** Salmon filet and lemon dill cream cheese wrapped in puff dough pastry  
- **Source:** Retail or Commercial  
- **Manufacturer:** See recipe on page PR.6  
- **Product Code:** See recipe on page PR.6  
- **Weight:** 7 oz. (198 g.) per serving

**PREPARATION**

- **Starting State:** Refrigerated  
- **Temperature:** 32-41°F (0-5°C)  
- **Quantity:** 1 serving  
- **Preparation:** See recipe on page PR.6  
- **Cooking Vessel:** Mesh screen

**CONVENTIONAL COOK TIME**

- **Oven Type:** Conventional  
- **Cook Time:** 20-25 minutes  
- **Temperature:** 375°F (190°C)

**TURBOCHEF COOK TIME**

- **C3:** 2 min 30 sec  
  (89% faster)

**DESIRED OUTCOME**

- **Temperature Range:** Approximately 135°F (60°C)  
- **Product Attributes:** Hot interior with a light and flaky crust

**COMMENTS**

Let stand 2 to 3 minutes before serving.
**Product Description:** Medium sized shrimp with lightly acidic marinade, background of garlic and herbs

**Source:** Retail or Commercial

**Manufacturer:** Local

**Weight:** 1 lb. (.45 kg.); 21-25 fresh shrimp per pound

---

**Starting State:** Refrigerated

**Temperature:** 32-41°F (0-5ºC)

**Quantity:** 1 lb. (.45 kg.) of shrimp

**Preparation:** See recipe on page PR.7

**Cooking Vessel:** Parchment paper - place shrimp in one flat layer

---

**Oven Type:** Conventional

**Cook Time:** 10-12 minutes

**Temperature:** 350°F (175ºC)

---

**C3:** 2 minutes (82% faster)

---

**Temperature Range:** 110-120°F (43-49ºC)

**Product Attributes:** Cooked throughout with a moist but not rubbery texture and a slight herb flavor

---

**COMMENTS**
**THE C3**

**PRODUCT:** Shrimp: Garlic Shrimp  
**QUANTITY:** 2 lb. (.9 kg.) of Shrimp  
**COOKING VESSEL:** Large Pressware Container  
**SET TEMPERATURE:** 500°F (260°C)  
**TOTAL COOK TIME:** 2:30

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**SHRIMP:**  
**Garlic Shrimp**

**SPECIFICATIONS**  
**Product Description:** Sea-Pak marinated shrimp  
**Source:** Commercial  
**Manufacturer:** Sea-Pak  
**Weight:** 2 lb. (.9 kg.); 35 frozen shrimp per pound

**PREPARATION**  
**Starting State:** Refrigerated  
**Temperature:** 32-41°F (0-5°C)  
**Quantity:** 2 lb. (.9 kg.) of shrimp  
**Cooking Vessel:** Large pressware container

**CONVENTIONAL COOK TIME**  
**Oven Type:** Stovetop  
**Cook Time:** 6-8 minutes  
**Temperature:** Above 135°F (57°C)

**TURBOCHEF COOK TIME**  
**C3:** 2 min 30 sec  
(64% faster)

**DESIRED OUTCOME**  
**Temperature Range:** 135-145°F (57-63°C)  
**Product Attributes:** Soft cooked pieces of shrimp with a melted butter sauce

**COMMENTS**  
**Oven Program (on factory programmed oven):**  
**Group: Grill; Item: Fish**
**SPECIFICATIONS**

Product Description: Sea-Pak marinated shrimp

Source: Commercial

Manufacturer: Sea-Pak

Product Code: 2 594 32

Weight: 2 lb. (.9 kg.); 35 frozen shrimp per pound

**PREPARATION**

Starting State: Refrigerated

Temperature: 32-41ºF (0-5ºC)

Quantity: 2 lb. (.9 kg.) of shrimp

Cooking Vessel: Large pressware container

**CONVENTIONAL COOK TIME**

Oven Type: Stovetop

Cook Time: 6-8 minutes

Temperature: Above 135ºF (57ºC)

**TURBOCHEF COOK TIME**

C3: 2 min 30 sec  (64% faster)

**DESIRED OUTCOME**

Temperature Range: 135-145ºF (57-63ºC)

Product Attributes: Soft cooked pieces of shrimp with a melted butter sauce

**COMMENTS**

Oven Program (on factory programmed oven):
Group: Grill; Item: Fish

---

**THE C3**

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<th>Shrimp: Shrimp Scampi</th>
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<tr>
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Vegetables and Side Dishes

Asparagus, VS.1
Asparagus, Steamed

SPECIFICATIONS

Product Description: Fresh asparagus, steamed
Source: Retail or Commercial
Manufacturer: Local
Weight: Approximately 7 oz. (200 g.); 20 pieces

PREPARATION

Starting State: Refrigerated
Temperature: 32-41ºF (0-5ºC)
Quantity: 20 pieces of asparagus
Preparation: Clean asparagus, wrap in a paper towel soaked with water and then wrap again in parchment paper
Cooking Vessel: Wrap in paper towel and parchment paper

CONVENTIONAL COOK TIME

Oven Type: Conventional
Cook Time: 3 minutes
Temperature: 375ºF (190ºC)

TURBOCHEF COOK TIME

C3: 1 min 20 sec (56% faster)
Tornado: 50 seconds (72% faster)

DESIRED OUTCOME

Temperature Range: 140-165ºF (60-74ºC)
Product Attributes: Slightly crisp exterior (al dente) with a tender interior

COMMENTS
**SPECIFICATIONS**

- **Product Description:** Sliced fresh carrots in a brown sugar glaze
- **Source:** Retail
- **Manufacturer:** Local
- **Weight:** 1 lb. (2.2 kg.) per batch

**PREPARATION**

- **Starting State:** Refrigerated
- **Temperature:** 32-41ºF (0-5ºC)
- **Quantity:** 1 batch
- **Preparation:** See recipe on page PR.4
- **Cooking Vessel:** Baking dish

**CONVENTIONAL COOK TIME**

- **Oven Type:** Conventional
- **Cook Time:** 1 hour
- **Temperature:** 375ºF (190ºC)

**TURBOCHEF COOK TIME**

- **C3:** 3 min 30 sec (94% faster)
- **Tornado:** 3 minutes (95% faster)

**DESIRED OUTCOME**

- **Temperature Range:** 190-200ºF (88-93ºC)
- **Product Attributes:** Slight browning with melted glaze and a soft but not mushy inside

**COMMENTS**
**French Fries**

**SPECIFICATIONS**
- **Product Description:** Regular cut french fries with the skin on
- **Source:** Commercial
- **Manufacturer:** Lamb Weston Generation 7
- **Product Code:** X23
- **Weight:** 6 oz. (170 g.)

**PREPARATION**
- **Starting State:** Frozen
- **Temperature:** (-10)-10ºF ((-23)-(-12ºC))
- **Quantity:** C3/Tornado: 6 oz. (170 g.)
  - High h Batch: 2 lbs. (.9 kg.)
- **Cooking Vessel:**
  - C3/Tornado: Mesh screen
  - High h Batch: Metal sheet pan
- **Distribute evenly in a single layer**

**CONVENTIONAL COOK TIME**
- **Oven Type:** Conventional
- **Cook Time:**
  - 6 oz. (170 g.): 8 minutes
  - 2 lbs. (.9 kg): 20 minutes
- **Temperature:** 350ºF (175ºC)

**TURBOCHEF COOK TIME**
- **C3:** 2 min 30 sec  (69% faster)
- **Tornado:** 1 min 45 sec  (78% faster)
- **High h Batch:** 2 minutes  (90% faster)

**DESIRED OUTCOME**
- **Temperature Range:** 165-195ºF (74-90ºC)
- **Product Attributes:** Hot and crisp on the outside, slightly soft on the inside

**COMMENTS**

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**Product Description:** Ovenable hash browns

**Source:** Commercial

**Manufacturer:** McCain Foods

**Product Code:** KK75106J

**Weight:** 2 oz. (57 g.) per patty

**Starting State:** Frozen

**Temperature:** (-10)-10ºF (-23)-(-12ºC)

**Quantity:** 8 patties (8 servings)

**Cooking Vessel:** Mesh screen

**Oven Type:** Conventional

**Cook Time:** 12-14 minutes

**Temperature:** 375ºF (190ºC)

**C3:** 3 min 30 sec (73% faster)

**Temperature Range:** 155-190ºF (68-88ºC)

**Product Attributes:** Crispy, golden brown outside with a warm and fluffy center

**Comments**

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**THE C3**

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Photo currently not available
### Specifications

**Product Description:** Baked potatoes  
**Source:** Retail or Commercial  
**Manufacturer:** Local  
**Weight:** 13-15 oz. (370-425 g.)

### Preparation

**Starting State:** Ambient  
**Temperature:** 70-80ºF (21-27ºC)  
**Quantity:**  
- C3: 1 potato  
- Tornado: 4 potatoes  
**Cooking Vessel:** None - place directly into oven

### Conventional Cook Time

**Oven Type:** Conventional  
**Cook Time:** 45 minutes  
**Temperature:** 450ºF (230ºC)

### TurboChef Cook Time

- **C3:** 6 min 30 sec (86% faster)  
- **Tornado:** 6 minutes (87% faster)

### Desired Outcome

**Temperature Range:** Minimum of 190ºF (88ºC)  
**Product Attributes:** Soft fully cooked in the center with a somewhat crunchy skin

### Comments

---

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SPECIFICATIONS

Product Description: Fresh red potatoes baked
Source: Retail
Manufacturer: Local
Weight: 3 lbs. (6.6 kg.)

PREPARATION

Starting State: Ambient
Temperature: 70-80ºF (21-27ºC)
Quantity: 3 lbs. (6.6 kg.) (approximately 12 servings)
Preparation: See recipe on page PR.6
Cooking Vessel: Mesh screen

CONVENTIONAL COOK TIME

Oven Type: Conventional
Cook Time: 60 minutes
Temperature: 425ºF (220ºC)

TURBOCHEF COOK TIME

C3: 6 minutes (90% faster)
Tornado: 6 minutes (90% faster)

DESIRED OUTCOME

Temperature Range: 190-210ºF (88-100ºC)
Product Attributes: Potatoes should be tender inside with slight browning on the outside

COMMENTS
**Product Description:** Baked sweet potatoes

**Source:** Retail or Commercial

**Manufacturer:** Local

**Weight:** 6-8 oz. (170-227 g.) per potato

---

**PREPARATION**

**Starting State:** Ambient

**Temperature:** 70-80°F (21-27°C)

**Quantity:** 6 potatoes

**Cooking Vessel:** None - place directly in oven

---

**CONVENTIONAL COOK TIME**

**Oven Type:** Conventional

**Cook Time:** 45 minutes

**Temperature:** 450°F (230°C)

---

**TURBOCHEF COOK TIME**

**C3:** 5 minutes (89% faster)

**Tornado:** 4 minutes (91% faster)

---

**DESIRED OUTCOME**

**Temperature Range:** Minimum of 190°F (88°C)

**Product Attributes:** Soft and fully cooked center with a somewhat crunchy skin

---

**COMMENTS**
Potato Wedges

SPECIFICATIONS
Product Description: Generation 7 ovenable krinkle cut wedges
Source: Commercial
Manufacturer: Ore Ida Texas Crispers
Product Code: X24
Weight: 8 oz. (226 g.)

PREPARATION
Starting State: Frozen
Temperature: (-10)-10ºF ((-23)-(-12ºC))
Quantity: 8 oz. (226 g.) (1 serving)
Cooking Vessel: Mesh screen
Finishing: Sprinkle with salt and pepper mixture

CONVENTIONAL COOK TIME
Oven Type: Conventional
Cook Time: 20-30 minutes
Temperature: 375ºF (190ºC)

TURBOCHEF COOK TIME
C3: 2 min 15 sec (91% faster)
Tornado: 1 min 45 sec (93% faster)

DESIRED OUTCOME
Temperature Range: 160-200ºF (70-95ºC)
Product Attributes: Crisp exterior with a soft and fully cooked interior

COMMENTS
Desserts
**Apples Pie**

**SPECIFICATIONS**

| Product Description: | Standard full size apple pie
| Source: | Retail
| Manufacturer: | Marie Callendar's
| Weight: | 46 oz. (1.3 kg.)

**PREPARATION**

- **Starting State:** Frozen
- **Temperature:** (-10)-10°F (-23)-(-12°C)
- **Quantity:** 1 pie
- **Preparation:** Sprinkle pie with sugar
- **Cooking Vessel:** Ceramic pie dish

**CONVENTIONAL COOK TIME**

- **Oven Type:** Conventional
- **Cook Time:** 60-75 minutes
- **Temperature:** 400°F (205°C)

**TURBOCHEF COOK TIME**

- **C3:** 7 min 30 sec (89% faster)

**DESIGNED OUTCOME**

- **Temperature Range:** 150-165°F (65-75°C)
- **Product Attributes:** Light browning on the top and bottom with a completely warm inside

**COMMENTS**
THE C3

PRODUCT: Baked Alaska
QUANTITY: 4 servings
COOKING VESSEL: Plate
SET TEMPERATURE: 500ºF (260ºC)
TOTAL COOK TIME: 0:50

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THE TORNADO

PRODUCT: Baked Alaska
QUANTITY: 4 servings
COOKING VESSEL: Plate
SET TEMPERATURE: 500ºF (260ºC)
IR TEMPERATURE: 500ºF (260ºC)
TOTAL COOK TIME: 0:50

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Baked Alaska

SPECIFICATIONS

Product Description: Pound cake layered with raspberry sorbet topped with caramelized meringue

Source: Retail
Manufacturer: See recipe on page PR.2
Product Code: See recipe on page PR.2
Weight: See recipe on page PR.2

PREPARATION

Starting State: Frozen
Temperature: (-10)-10ºF ((-23)-(-12ºC))
Quantity: 4 servings
Preparation: See recipe on page PR.2
Cooking Vessel: Plate

CONVENTIONAL COOK TIME

Oven Type: Conventional
Cook Time: 8-10 minutes
Temperature: 400ºF (205ºC)

TURBOCHEF COOK TIME

C3: 50 seconds (91% faster)
Tornado: 50 seconds (91% faster)

DESIRED OUTCOME

Temperature Range: Outside: 120-130ºF (49-54ºC)
Inside: 10ºF ((-12)ºC)
Product Attributes: Soft tender pound cake bottom, with a soft but still frozen sorbet and a warm browned meringue

COMMENTS
**THE C3**

**PRODUCT:** Bananas Foster  
**QUANTITY:** 1 Recipe (16 Pieces)  
**COOKING VESSEL:** Parchment Paper on Mesh Screen  
**SET TEMPERATURE:** 500°F (260°C)  
**TOTAL COOK TIME:** 1:00

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**SPECIFICATIONS**

- **Product Description:** Fresh banana bites rolled in rum and brown sugar and baked until crispy and brown
- **Source:** Retail
- **Manufacturer:** See recipe on page PR.3
- **Weight:** See recipe on page PR.3

**PREPARATION**

- **Starting State:** Refrigerated
- **Temperature:** 32-41°F (0-5°C)
- **Quantity:** 1 recipe (16 pieces)
- **Preparation:** See recipe on page PR.3
- **Cooking Vessel:** Place prepared rolls on parchment paper on a mesh screen

**CONVENTIONAL COOK TIME**

- **Oven Type:** Conventional  
- **Cook Time:** 15 minutes  
- **Temperature:** 350°F (175°C)

**TURBOCHEF COOK TIME**

- **C3:** 1 minute (93% faster)

**DESIRED OUTCOME**

- **Temperature Range:** 180-200°F (80-95°C)
- **Product Attributes:** Outer crust crisp and browned with the brown sugar slightly melted

**COMMENTS**
Chocolate Volcano

**SPECIFICATIONS**

- **Product Description**: Chocolate cake with molten center
- **Source**: See recipe page PR.5
- **Manufacturer**: See recipe page PR.5
- **Weight**: See recipe page PR.5
- **Yield**: 12 servings; 1.25 oz. (149 g.) per serving

**PREPARATION**

- **Starting State**: Refrigerated
- **Temperature**: 32-41ºF (0-5ºC)
- **Quantity**: 12 servings
- **Preparation**: See recipe page PR.5
- **Cooking Vessel**: Silpat muffin tray

**CONVENTIONAL COOK TIME**

- **Oven Type**: Conventional
- **Cook Time**: 15-20 minutes
- **Temperature**: 350ºF (175ºC)

**TURBOCHEF COOK TIME**

- **C3**: 1 min 30 sec (91% faster)

**DESIRED OUTCOME**

- **Temperature Range**: 130ºF (54ºC)
- **Product Attributes**: Moist cake with slightly underbaked center

**COMMENTS**

For extra sweetness and more of a “molten” center, place 2-3 chocolate chips in the center before baking.
COOKIES: Chocolate Chip

SPECIFICATIONS
Product Description: Traditional chocolate chip cookies
Source: Retail
Manufacturer: Nestle
Weight: 1.5 oz. (42.5 g.) per cookie

PREPARATION
Starting State: Raw dough, refrigerated
Temperature: 32-41ºF (0-5ºC)
Quantity: 20 cookies
Preparation: Follow recipe on back of Nestle’s chocolate chips package
Cooking Vessel: 1/2 Sheet pan

CONVENTIONAL COOK TIME
Oven Type: Conventional
Cook Time: 14 minutes

TURBOCHEF COOK TIME
High h Batch: 7 minutes (50% faster)

DESIRED OUTCOME
Product Attributes: Warm centers, semi-molten chocolate and dough baked to setting point

COMMENTS
Preparation Recipes

Roasted Red Potatoes, PR.6
### Common Cooking Conversions

#### Volumes

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\[ ^\circ C = (^\circ F - 32) \times 0.555 \]

\[ ^\circ F = (^\circ C / 0.555) + 32 \]
**APPLE TURNOVERS, CINNAMON - Page BP.2**

**Ingredients**
- 16 oz (450 g) Harvest Cinnamon Apples – Chopped 1/4 in. (7 mm) (Stouffer's)
- 2 oz (56 g) Cinnamon Sugar (Sub)
- 1 each Phyllo Dough Sheet (Athens)
- .5 oz (14 g) Caramel Sauce (Sub)
- Melted Butter (Local)
- Garnish (Local)

**Directions**
1. Place 1 sheet of phyllo dough onto table.
2. Brush with melted butter.
3. Fold dough in half and brush with melted butter.
4. Fold dough in half for the second time and brush with melted butter.
5. In the bottom corner of the dough place 1 - #70 scoop (1 oz. (450 g.)) of cinnamon apples.
6. Fold dough over to make a triangle.
7. Flip dough over to make another triangle and continue until the dough cannot make a complete triangle.
8. There will be about 1/4 in. (7 mm) of dough left.
9. Brush the leftover portion with melted butter and fold over corner to make the last triangle.
10. Cover and hold for baking.
11. Bake according to settings on page BP.2.
12. After baking, brush with melted butter and sprinkle with cinnamon sugar.

**BAKED ALASKA - Page D.2**

**Ingredients**
- 8 Pieces Pound Cake – Cut in 1/4 in. (6.5 mm) pieces (Sara Lee)
- 1 Pint Raspberry Sorbet (Local)
- 6 Egg Whites (Local)
- 6 Tbsp Sugar (Local)

**Directions**
1. Line a 6 oz (42.5 g) ramekin cup with plastic wrap.
2. Place 1 - 1/4 in. (7 mm) thick round of pound cake into the bottom of the ramekin.
3. Place approximately 1/2 cup of softened raspberry sorbet on top of the pound cake.
4. Place a second slice of pound cake on top of the sorbet.
5. Cover with plastic wrap. Freeze until needed.
6. In a cold metal bowl, whip egg whites until they begin to form volume.
7. Rain in sugar. Continue mixing to soft peaks.
8. Un-mold the pound cake and sorbet from the ramekin and place on a plate.
9. Scoop meringue onto the Baked Alaska and cook right away according to the recipe on page D.2 or hold in freezer until ready to bake.
**BANANAS FOSTER - Page D.3**

**Ingredients**

1. Tyj Spring Roll Pastry (Spring Home)
2. Bananas (Local)
0.1 oz. (3 g.) Natural Spiced Rum Flavor (Kerry; Ref MC004966, Lot 31212-960 2004-07-23)
1 oz. (28 g.) Non-Stick PAM Spray, Butter Flavored
1 oz. (28 g.) Brown Sugar (Any)

**Directions**

1. Cut each banana in half crosswise. Then cut each half into quarters, lengthwise. This should yield 8 pieces per banana approximately 1/4 in. x 2 in. x 3 in. (.635 cm. x 5.08 cm x 7.62 cm.).
2. In a mixing bowl, mix the rum flavoring into the brown sugar.
3. Roll each banana piece into the brown sugar to fully coat the outside of the banana with brown sugar and rum.
4. Place one banana piece in the center of the dough and fold dough over like a burrito.
5. Place dough on a sheet pan, cover with plastic wrap, spray with butter flavored PAM non-stick spray and store in the refrigerator until ready to cook.
6. When ready to cook, place on parchment paper on a mesh screen, spray again with butter flavored PAM and cook according to the settings on page D.3.

**Notes**

1. Artificial Spiced Rum (from Mastertaste) may be used as well.
2. Dough can also be stored in the freezer, but it will be necessary to return the product to a refrigerated state prior to cooking.

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**BREAKFAST CROISSANT - Page BP.6**

**Ingredients**

3. Croissants (Local)
4. Eggs, Fresh (Local)
1 oz. (28 g.) Green Peppers, Diced (Local)
1 oz. (28 g.) Yellow Peppers, Diced (Local)
1 oz. (28 g.) Red Peppers, Diced (Local)
1 slice American Cheese (Local)
Salt & Pepper (Local)

**Directions**

1. Place egg and vegetables into Nordicware baking dish that has been sprayed with pan release.
2. Bake egg and vegetable mixture at recommended settings on page BP.6.*
3. When finished, remove from oven, separate into three servings. Place on 3 sliced croissants with a slice of American cheese.

**Notes**

1. Approximately 8 oz. (225 g.) of liquid egg product can be substituted for the 4 fresh eggs.

*If preparing the Breakfast Burrito, settings and finishing instructions are on page BP.5.
CARROTS, ROASTED - Page VS.2

**Ingredients**

1 lb. (2.2 kg.) Fresh Carrots, Peeled (Local)
1.5 oz. (43 g.) Brown Sugar (Local)
1 oz. (28 g.) Butter (Local)

**Directions**

1. Cut carrots into 1 in. (28 cm.) pieces.
2. Toss cut carrots, brown sugar and butter in a bowl to coat.
3. After carrots are well coated, place in a baking dish. Cook according to settings on page VS.2.

CHÂTEAUBRIAND - Page B.1

**Ingredients**

2 lb. (4.4 kg.) Beef Tenderloin – Whole Muscle Center Cut (Local)
2 Tbsp. Worcestershire Sauce (Local)
2 Tbsp. Soy Sauce (Local)
1 Tsp. Black Pepper (Local)
1 Tsp. Garlic, Granulated (Local)

**Directions**

1. Mix together soy sauce, worcestershire sauce, garlic and pepper.
2. Add mixture and tenderloin to ziplock bag and let marinate for at least 2 hours.
3. Remove tenderloin from marinade and place on mesh screen and parchment paper. Cook according to settings on page B.1.
4. Check roast. Remove when center temperature is 120°F (48°C).
5. Tent with foil, slice and serve warm with a demi glace.
6. Center should equilibrate to 135-140°F (57-60°C) (medium rare to medium).
7. Slice tenderloin into 1/8 in. (.5 cm) slices and arrange in a shingled fashion on a serving plate, drizzle with demi glace over the slices and serve with additional demi glace offered on the side.

CHICKEN FAJITAS - Page C.4

**Ingredients**

8 oz. (820 g.) Marinated Chicken Breast (Local)
3 oz. (85 g.) Red Bell Peppers (Local)
3 oz. (85 g.) Green Bell Peppers (Local)
2 oz. (55 g.) Fresh Red Onion (Local)

**Directions**

1. Cut chicken, bell peppers and red onion into 1/2 in. x 2 in. (1.25 cm. x 5 cm.) strips.
2. Place all ingredients in bakeware to heat.
3. Serve with cheese, sour cream, guacamole, salsa and tortillas.
**CHOCOLATE VOLCANO - Page D.4**

**Ingredients**
1/4 lb. (.55 kg.) Semi-Sweet Chocolate Chips (Any)
1/4 lb. (.55 kg.) Unsalted Butter (Local)
1/3 cup Sugar (Local)
1/4 cup Flour (Local)
2 Eggs (Local)
Non-Stick PAM Spray – Butter Flavored or Original

**Directions**
1. Mix semi-sweet chocolate chips and unsalted butter together over a double boiler.
2. In a separate bowl, mix sugar and flour.
4. Add eggs to dry ingredient. Mix thoroughly.
5. Fold in chocolate mixture.
6. Spray PAM into a silpat ovenable plastic mini muffin tray (12 per tray).
7. Sprinkle about 1/2 Tsp. sugar into each well of the tray.
8. If desired, add 2-3 chocolate chips to the center of each well to give a great amount of “molten chocolate” in the center.
9. Bake according to the settings on page D.4 or until the top is set while the center is still slightly loose.

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**CIABATTA SANDWICH - Page S.2**

**Ingredients**
4-5 oz. (113-142 g.) Ciabatta Roll (Rich)
1.7 oz. (48 g.) Ham – Black Forest, Sliced (Local)
1.5 oz. (43 g.) Salami – Dry, Sliced (Local)
1.6 oz. (45 g.) Provolone Cheese, Sliced (Local)
.1 oz. (3 g.) Fresh Basil (Local)
1.5 oz. (43 g.) Tomatoes, Sliced (Local)
1 oz. (28 g.) Leaf Lettuce (Local)
.3 oz. (8.5 g.) Parmesan Mayonnaise (Local)

**Needed per Sandwich**
1 Ciabatta Roll, 2 Slices Ham, Cheese and Tomatoes, 4 Slices Salami, 3-4 Leaves Fresh Basil
1 Tbsp. Mayonnaise

**Directions**
1. Place ham, salami and cheese on the bottom half of the roll.
2. Spray cut surface of the top roll with olive oil.
3. Place both the top (face up) and bottom on mesh screen and cook according to the settings on page S.2.
4. Add tomatoes, lettuce, basil and mayonnaise once sandwich comes out of the oven.
**POTATO: ROASTED RED POTATOES - Page VS.6**

**Ingredients**
- 3 lbs. (6.6 kg.) Red Potatoes (Local)
- 1 Tsp. Dry Italian Seasoning (McCormick)
- 1 Tsp. Kosher Salt (Local)
- 1 Tsp. Black Pepper (Local)
- 1/4 cup Olive Oil (Local)

**Directions**
1. Wash and clean red potatoes.
2. Cut potatoes in half. (If potatoes are larger, cut in quarters.)
3. Place potatoes in a sealable plastic bag. Add olive oil, Italian seasoning, salt and pepper to the bag.
4. Toss to coat.
5. Remove coated potatoes from bag and place on mesh screen. Cook according to settings on page VS.6.

**NOTE:** More olive oil can be used if desired.

**SALMON: SALMON EN CROUTE - Page SF.5**

**Ingredients**
- 5 oz. (142 g.) Salmon Filet (Local)
- 2 oz. (55 g.) Cream Cheese Mixture (See Below)
- 1 Puff Pastry – 10 in. x 15 in. (25.5 cm. x 38 cm.) (Pepperidge Farms)

**Cream Cheese Mixture**
Combine 8 oz. (224 g.) cream cheese, 2 Tsp. dried dill weed and 2 Tsp. lemon juice.

**Directions**
1. Cut sheet of puff pastry to fall 1 in. (2.5 cm.) around salmon pieces.
2. Place salmon on puff pastry.
3. Spread about 1.5-2 oz. (43-57 g.) of cream cheese mixture on top of salmon.
4. Cover with additional pieces of salmon mixture.
5. Cut edges to 1/2 in. (1.25 cm.) around salmon.
6. Bake according to settings on page SF.5.
**SUB SANDWICH: CHEESE AND MEAT SUB - Page S.3**

**Ingredients**
- 3-4 oz. (84-112 g.) Sub Roll (Local)
- 2 oz. (48 g.) Ham (Local)
- 1.6 oz. (43 g.) Cheese (Local)
- 1.5 oz. (45 g.) Tomatoes (Local)
- 1 oz. (3 g.) Shredded Lettuce (Local)
- .3 oz. (43 g.) Mayonnaise (Local)
- .1 oz. (28 g.) Italian Spices (Local)

**Per sandwich you will need:**
- 1 Sub Roll, 2 Slices Ham, Cheese and Tomatoes,
- 3-4 Leaves Fresh Basil, 1 Tbsp. Mayonnaise

**Directions**
1. Place ham and cheese on bottom half of roll.
2. Place both the top (face up) and bottom on mesh screen and cook according to the settings on page S.3.
3. Add tomatoes, lettuce, Italian spice and mayonnaise once sandwich comes out of the oven.

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**SHRIMP: MARINATED SHRIMP - Page SF.6**

**Ingredients**
- 1 lb. (.45 kg.) Medium Shrimp (Local)
- 2 cloves Garlic, Minced (Local)
- 1.5 cups Olive Oil (Local)
- 1 Lemon, Juiced (Local)
- 1 Tbsp. Chervil (Local)
- 1/2 Tsp. Fresh Thyme (Local)
- 1/4 Tsp. Salt (Local)
- 1/4 Tsp. Pepper (Local)

**Directions**
1. Peel shrimp leaving the tails on.
2. Whip together garlic, olive oil, lemon juice, chervil, thyme, salt and pepper to an emulsified state.
3. Pour mixture over shrimp and let stand for 8-10 minutes.
4. Place shrimp in one flat layer on parchment paper and bake.
Ingredients
5 oz. (142 g.)* Tortellini, Cooked (Local)
2 oz. (57 g.) Alfredo Sauce (Local)
1 Tbsp. Alfredo Sauce (Local)
.25 oz. (7 g.) Prosciutto, Minced (Local)
1 oz. (28 g.) Mozzarella Cheese, Shredded (Local)

Directions
1. Spray rarebit dish with oil.
2. Place 1 Tbsp. alfredo sauce onto the bottom of the rarebit dish and spread evenly.
3. In a separate bowl, measure and mix together the tortellini, 2 oz. (57 g.) alfredo sauce and prosciutto.
4. Place mixture into rarebit dish. Spread evenly.
5. Sprinkle mozzarella cheese over top of the tortellini. Make sure to cover all of the tortellini.
6. Cover with plastic wrap and refrigerate until ready to cook.
7. Cook according to the settings on page PA.2.

Notes
1. Ham can be used in place of prosciutto.

*Cooked Weight