



Multi^{••}Chef



Sample Recipe Book



a patented product of Motion Technology, Inc.

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PLEASE NOTE: This sample recipe book is intended to be a guide to assist new users in creating their menu using the MultiChef oven.

All cook times are estimates, you should test any recipe before serving to a customer.

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General Cook Time Discovery

If you're even unsure about the cook time of an item, we recommend trying the 460/2 Minute test: set your machine to 460° with browning OFF and fan set to HIGH, and cook your item for 2 minutes.

During that time, check cooking progress by opening the oven door to make sure no burning is occurring. If you'd like to see things toast up to a darker color, turn browning ON.

Once you've cooked for two minutes you can see if you need to cook longer or cut back the cook time. This is the easiest way to determine cook times for new foods in your machine.

Minimum Internal Cooking Temperatures

It is extremely important that you adhere to the following minimum internal temperatures on foods to be considered safe to eat, no matter how you prepare them. All temperatures are as recommended by the USDA.

Table with food categories and temperatures: Fresh ground beef, veal, lamb, pork (160° F); Beef, veal, lamb - roasts, steaks, chops (Medium Rare 145° F, Medium 160° F, Well done 170° F); Fresh Pork - roasts, steaks, chops (Medium 160° F, Well done 170° F); Ham (Cook before eating 160° F, Fully cooked, to reheat 140° F); Poultry (Ground Chicken, Turkey 165° F, Whole Chicken, Turkey 180° F); Thighs and Wings (Cook until juices run clear); Fish (Cook until opaque and flakes easily with a fork (145° F)); Stuffing - cooked alone or in a bird (165° F); Egg dishes, casseroles (160° F); Leftovers (165° F)

Super Pretzels - Soft Pretzels

Temperature: 460°

Pan Type: Basket tray

Batch Size: 2 pretzels

Browning: Off

Fan Speed: High

Time: 3 minutes

Location: Bottom rack

Notes: Place pretzels directly on basket tray. For double batch bake for 4 minutes.

Regular Oven Comparison:
6 minutes at 400°



Rich's Food Service Powdered Donuts

Temperature: 460°

Pan Type: Sheet pan

Batch Size: 6 donuts

Browning: On

Fan Speed: High

Time: 1:15 minutes

Location: Bottom rack

Notes: Thaw product before cooking. Sprinkle with powdered sugar once cooked.



Pepperidge Farm Garlic Toast

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: 4 Slices

Browning: On

Fan Speed: High

Time: 3 minutes

Location: 2nd rack from top

Notes: Place toast on sheet pan lined with parchment paper for easy cleanup.

Regular Oven Comparison:
6 minutes at 425°



Cole's Garlic Breadsticks

Temperature: 350°

Pan Type: Sheet Pan

Batch Size: 6 Breadsticks

Browning: Off

Fan Speed: High

Time: 3 minutes

Location: Bottom rack

Notes: Place breadsticks on sheet pan lined with parchment paper

Regular Oven Comparison:
8-10 minutes at 375°



Pillsbury Crescent Rolls

Temperature: 350°

Pan Type: Sheet Pan

Batch Size: 6 Rolls

Browning: Off

Fan Speed: High

Time: 6 minutes

Location: 3rd from bottom rack

Notes: Place rolls on sheet pan lined with parchment paper

Regular Oven Comparison:
10-12 minutes at 375°



Pillsbury Homestyle Biscuits

Temperature: 350°

Pan Type: Sheet Pan

Batch Size: 6 Biscuits

Browning: Off

Fan Speed: High

Time: 7 minutes

Location: 3rd from bottom rack

Notes: Place biscuits on sheet pan lined with parchment paper

Regular Oven Comparison:
13-17 minutes at 350°



Sister Shuber Rolls

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: 4 Rolls

Browning: On

Fan Speed: High

Time: 1 minute

Location: Middle Rack

Notes: Place rolls on sheet pan lined with parchment paper. Only bake for 45 seconds if thawed.



Toasting Times - at 460°

Hot Dog Roll	15 Seconds
Hamburger Bun with Cheese	30 Seconds
Cheese Bread	30 Seconds
Small Buns	20 Seconds
Large Buns	40 Seconds
Bagle	1:30 Minutes
English Muffin	1 Minute



Three Egg Omelet

Temperature: 375°

Pan Type: Sheet Pan

Batch Size: One, three egg

Browning: Off

Fan Speed: Low

Time: 4 minutes

Location: Middle rack

Notes: After 3 minutes, add cheese, fold and cook for additional minute.

Regular Oven Comparison:
15-20 minutes at 350°



Three Egg Omelet with Peppers & Onion

Temperature: 375°

Pan Type: Sheet Pan

Batch Size: One, three egg

Browning: Off

Fan Speed: Low

Time: 5 minutes

Location: Middle rack

Notes: After 3 minutes, add cheese, fold and cook for additional 2 minutes.

Regular Oven Comparison:
20-25 minutes at 350°



Sysco Egg Patties (Frozen)

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: 6 patties

Browning: Off

Fan Speed: High

Time: 2:30 minutes

Location: Top rack

Notes: Grease sheet pan to prevent egg patties from sticking

Regular Oven Comparison:
20-25 minutes at 350°



Scrambled Eggs (Fresh)

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: 1 cup

Browning: On

Fan Speed: High

Time: 5 minutes

Location: Middle rack

Notes: Made Using the ACO cup liner to hold eggs. Cup sprayed with cooking spray for easy egg removal.

Regular Oven Comparison:
20-25 minutes at 350°



Pancakes (Fresh)

Temperature: 375°

Pan Type: Sheet Pan

Batch Size: 4, 4" Pancakes

Browning: On

Fan Speed: High

Time: 4 minutes

Location: Top/Middle rack

Notes: Heat pan in oven first. Flip panakes after 3 minutes, cook for additional minute.

Regular Oven Comparison:
20 minutes at 350°



Jimmy Dean Ham & Cheese Croissant

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: 2

Browning: On

Fan Speed: High

Time: 1:30 minutes

Location: Middle rack

Notes: Separate into halves between ham slices.

Regular Oven Comparison:
15 Minutes at 350°



Jimmy Dean Sausage & Egg Biscuit

Temperature: 425°

Pan Type: Sheet Pan

Batch Size: 2

Browning: Off

Fan Speed: High

Time: 5 minutes

Location: Middle Rack

Notes: Separate in half between the sausage and egg.

Regular Oven Comparison:
20 Minutes at 350°



Hash Browns (Frozen)

Temperature: 460°

Pan Type: Pizza Screen

Batch Size: Full Tray

Browning: On

Fan Speed: High

Time: 2-3 minutes

Location: Top rack

Notes: Spray pizza screen with cooking spray for easy removal after baking. Cook time varies by size.

Regular Oven Comparison:
16-18 minutes at 425°



Thin French Fries (Frozen)

Temperature: 460°

Pan Type: Basket Tray

Batch Size: Full tray

Browning: On

Fan Speed: High

Time: 4 minutes

Location: Middle rack

Notes: Spray with Olive Oil prior to baking for a crispier fry.

Regular Oven Comparison:
15-20 minutes at 425°



Baked Potato

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: 1 Potato

Browning: Off

Fan Speed: High

Time: 25-30 minutes

Location: Middle rack

Notes: Rub potato with olive oil, salt and pepper. Prick with the tines of a fork.

Regular Oven Comparison:
60-90 minutes at 425°



Hash Browns (Frozen)

Temperature: 460°

Pan Type: Pizza Screen

Batch Size: Full Tray

Browning: On

Fan Speed: High

Time: 2-3 minutes

Location: Top rack

Notes: Spray pizza screen with cooking spray for easy removal after baking. Cook time varies by size.

Regular Oven Comparison:
16-18 minutes at 425°



Thick French Fries (Frozen)

Temperature: 460°

Pan Type: Basket Tray

Batch Size: Full tray

Browning: On

Fan Speed: High

Time: 5 minutes

Location: Middle rack

Notes: Spray with Olive Oil prior to baking for a crispier fry.

Regular Oven Comparison:
15-20 minutes at 425°



Hot Dogs

Temperature: 460°

Pan Type: Basket Tray

Batch Size: 4

Browning: On

Fan Speed: High

Time: 2:30

Location: Top/Middle rack

Notes: Flip half way through for even darkness of hot dog. Slice hot dog half way through for easier topping.

Regular Oven Comparison:
15minutes at 400°



Corn Dogs (Frozen)

Temperature: 460°

Pan Type: Basket Tray

Batch Size: 6 Corn Dogs

Browning: Off

Fan Speed: High

Time: 4 minutes

Location: Middle rack

Notes: Spray with Olive Oil prior to baking for a crispier coating.

Regular Oven Comparison:
18-20 Minutes at 350°



6" Bratwurst (Frozen)

Temperature: 460°

Pan Type: Basket Tray

Batch Size: 6 Brats

Browning: On

Fan Speed: High

Time: 3:30 minutes

Location: Bottom Rack

Notes: Flip half way through for even darkness of bratwurst.

Regular Oven Comparison:
10-15 Minutes at 375°



Bacon (Precooked, Frozen)

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: 6 Slices

Browning: Off

Fan Speed: High

Time: 1 minutes

Location: Middle rack

Notes: Flip half way through for even darkness of bacon.

Regular Oven Comparison:
3-5 Minutes at 400°



Tyson Breaded Chicken Breast (Frozen)

Temperature: 460°

Pan Type: Basket Tray

Batch Size: Half Tray

Browning: On

Fan Speed: High

Time: 7:30 minutes

Location: Middle rack

Notes: Spray with Olive Oil prior to baking for crispier chicken.

Regular Oven Comparison:
18-22 minutes at 425°



Tyson Boneless Chicken Wings (Frozen)

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: Half Tray

Browning: On

Fan Speed: High

Time: 6 minutes

Location: Middle rack

Notes: Flip half way through for even crispness of chicken. Spray sheet pan with cooking spray to prevent sticking.

Regular Oven Comparison:
18-22 minutes at 425°



Bone-In Chicken Wings (Frozen)

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: Half Tray

Browning: On

Fan Speed: High

Time: 5 minutes

Location: Middle rack

Notes: Flip half way through for even crispness of chicken. Spray sheet pan with cooking spray to prevent sticking.

Regular Oven Comparison:
18-22 minutes at 425°



Bone-In Chicken Wings (Fresh)

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: Half Tray

Browning: On

Fan Speed: High

Time: 5:45 minutes

Location: Middle rack

Notes: Lightly coat chicken in seasoned flour. Place on tray with grease baffle and place into oven.

Regular Oven Comparison:
20-40 minutes at 425°



Chicken Quesadilla

Temperature: 460°

Pan Type: Basket Tray

Batch Size: 1

Browning: On

Fan Speed: High

Time: 4:30 minutes

Location: Top/Middle rack

Notes: Flip half way through for even crispness of quesadilla shell.

Regular Oven Comparison:
9 minutes at 450°



Breaded Gizzards (Frozen, Raw)

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: 6

Browning: Off

Fan Speed: High

Time: 6 minutes

Location: Bottom rack

Notes: Flip half way through for even.



BBQ Drumsticks (Thawed from Frozen)

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: 2 Legs

Browning: Off

Fan Speed: High

Time: 5 minutes

Location: Bottom Rack

Notes: Flip half way through for even crispness.

Regular Oven Comparison:
15-20 Minutes at 375°



Pre-cooked Chicken Patties (Frozen)

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: Half Tray

Browning: On

Fan Speed: High

Time: 2:30 minutes

Location: Middle rack

Notes: Flip half way through for even crispness of chicken.

Regular Oven Comparison:
17-20 minutes at 400°



SeaPak Popcorn Shrimp

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: Full sheet pan

Browning: On

Fan Speed: High

Time: 4 minutes

Location: Middle rack

Notes: Spread shrimp evenly on sheet pan without overlap.

Regular Oven Comparison:
12 minutes at 450°



Crab Rangoons

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: Full sheet pan

Browning: On

Fan Speed: High

Time: 4 minutes

Location: Middle rack

Notes: For best results, flip crab rangoons after 2 minutes.

Regular Oven Comparison:
20-22 minutes at 350°



Shrimp (Peeled & De-Veined)

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: 10 shrimp

Browning: On

Fan Speed: High

Time: 4 minutes

Location: Bottom rack

Notes: Spray product and bottom fan with water spray bottle, 7-8 sprays each. DO NOT SPRAY MOTOR. Melt butter mixed with seasoning and brush lightly on shrimp when product is cooked.



Breaded Calamari Strips

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: Full sheet pan

Browning: On

Fan Speed: High

Time: 4 minutes

Location: Middle rack

Notes: Spread calamari evenly on sheet pan without overlap.

Regular Oven Comparison:
10-12 minutes at 400°



Grilled Cheese

Temperature: 460°

Pan Type: Pizza Screen

Batch Size: One Sandwich

Browning: Off

Fan Speed: High

Time: 2 minutes

Location: Top or Bottom rack

Notes: Butter bread thoroughly, stack as ready made sandwich for cooking. No need to flip.

Regular Oven Comparison:
10-15 minutes at 450°



Nancy's Quiche

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: One Quiche

Browning: On

Fan Speed: Low

Time: 9 minutes

Location: Bottom rack

Notes: Line sheet pan with parchment paper for easy cleanup.

Regular Oven Comparison:
25 Minutes at 400°



Sweet Street Turkey Provolone Pretzel

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: One Pretzle

Browning: On

Fan Speed: High

Time: 3:30 minutes

Location: Bottom rack

Notes: Allow product to thaw under refrigeration before cooking. Let product rest 30 seconds before serving.



Sweet Street Ham & Cheese Pretzel

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: One Pretzle

Browning: On

Fan Speed: High

Time: 3:30 minutes

Location: Bottom rack

Notes: Allow product to thaw under refrigeration before cooking. Let product rest 30 seconds before serving.



Newman's Own Thin & Crispy

Temperature: 460°

Pan Type: Pizza Screen

Batch Size: 1 12" Pizza

Browning: On

Fan Speed: Low

Time: 3:30 minutes

Location: Middle rack

Notes: For best results, rotate pizza after 1:30 minutes. To bake two pizzas at once, increase cook time to 7 minutes.

Regular Oven Comparison:
10-12 minutes at 425°



Red Baron Classic Pizza

Temperature: 460°

Pan Type: Pizza Screen

Batch Size: 1 12" Pizza

Browning: On

Fan Speed: High

Time: 3 minutes

Location: Middle rack

Notes: For best results, rotate pizza after 1:30 minutes. To bake two pizzas at once, increase cook time to 7 minutes.

Regular Oven Comparison:
17-21 minutes at 400°



Pepperidge Farm Garlic Toast

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: 4 Slices

Browning: On

Fan Speed: High

Time: 3 minutes

Location: 2nd rack from top

Notes: Place toast on sheet pan lined with parchment paper for easy cleanup.

Regular Oven Comparison:
6 minutes at 425°



Cole's Garlic Breadsticks

Temperature: 350°

Pan Type: Sheet Pan

Batch Size: 6 Breadsticks

Browning: Off

Fan Speed: High

Time: 3 minutes

Location: Bottom rack

Notes: Place breadsticks on sheet pan lined with parchment paper

Regular Oven Comparison:
8-10 minutes at 375°



Asparagus

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: Half tray

Browning: On

Fan Speed: High

Time: 2:30

Location: Middle rack

Notes: Spread asparagus on pan evenly, lightly drizzle olive oil over top and season.

Regular Oven Comparison:
10-12 minutes at 400°



Bell Peppers

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: Full Pan

Browning: On

Fan Speed: High

Time: 1:45 minutes

Location: Bottom rack

Notes: Spread cut peppers on pan evenly, lightly drizzle olive oil over top and season.

Regular Oven Comparison:
15-20 Minutes at 400°



Roasted Red Potatoes

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: Full Pan

Browning: On

Fan Speed: High

Time: 9:30 minutes

Location: Bottom Rack

Notes: Cut potatoes into one inch cubes, toss cut potatoes in olive oil and choice of seasoning and place evenly on pan.

Regular Oven Comparison:
25-30 Minutes at 425°



Zucchini Squash

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: Full Pan

Browning: On

Fan Speed: High

Time: 1:45 minutes

Location: Bottom rack

Notes: Spread cut peppers on pan evenly, lightly drizzle olive oil over top and season.

Regular Oven Comparison:
15-20 Minutes at 400°



Minh Pork Egg Rolls

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: One Egg Roll

Browning: On

Fan Speed: High

Time: 3 Minutes

Location: Middle rack

Notes: For best results, flip after two minutes of bake time.

Regular Oven Comparison:
15-17 minutes at 400°



Mini Tacos

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: 6 Tacos

Browning: Off

Fan Speed: High

Time: 1:45 minutes

Location: Middle rack

Notes: For best results, flip after one minute of bake time.

Regular Oven Comparison:
10-12 minutes at 425°



Crispy Quesadilla

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: 1 Quesadilla

Browning: Off

Fan Speed: Low

Time: 4:30 minutes

Location: Middle rack

Notes: For best results, flip after three minutes of bake time.

Regular Oven Comparison:
10-12 minutes at 425°



Monster Chicken and Cheese Taquitos

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: 4 Taquitos

Browning: On

Fan Speed: High

Time: 5 minutes

Location: Middle rack

Notes: For best results, flip after 2:30 minutes of bake time.

Regular Oven Comparison:
12-15 minutes at 425°



Chocolate Chip Cookies

Temperature: 350°

Pan Type: Sheet Pan

Batch Size: 6 Cookies

Browning: On/Off

Fan Speed: High

Time: 6 minutes

Location: Bottom rack

Notes: Line pan with parchment paper. Cook cookies with browning on for first 4 minutes, off for last 2 minutes

Regular Oven Comparison:
11-13 Minutes at 350°



Sweet Street Chocolate Filled Croissants

Temperature: 350°

Pan Type: Sheet Pan

Batch Size: 3 Croissants

Browning: Off

Fan Speed: High

Time: 6 minutes

Location: Bottom rack

Notes: Place croissants on sheet pan lined with parchment paper, let rest for five minutes before baking.



Double Chocolate Brownie Bites

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: Six Brownie Bites

Browning: Off

Fan Speed: High

Time: 3 minutes

Location: Middle rack

Notes: Place frozen product in a single layer on a sheet pan.

Regular Oven Comparison:
6-8 Minutes at 450°



Breaded Pumpkin Cheesecake Bites

Temperature: 460°

Pan Type: Sheet Pan

Batch Size: Six Cheesecake Bites

Browning: Off

Fan Speed: High

Time: 3 minutes

Location: Middle rack

Notes: Place frozen product in a single layer on a sheet pan.

Regular Oven Comparison:
7-8 Minutes at 400°



User Recipe Log

Product	Portion Size	Cook Temp.	Cook Time	Frozen/Thawed	Rack	Browning On/Off	Fan H/L	Notes

User Recipe Log

Product	Portion Size	Cook Temp.	Cook Time	Frozen/Thawed	Rack	Browning On/Off	Fan H/L	Notes



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