

XpressChef[®]

MRX

COOKING GUIDE



CONTENTS

XpressChef® MRX



Appetizers **8**

Vegetables **13**

Pizza/Pasta **23**

Protien **26**

Seafood **30**

Sandwiches **34**

Desserts **38**

Bakery **42**

Breakfast **46**



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INTRODUCTION

Cook times on the following pages are approximation only.

This is meant as a guide. As product starting temperature, weight, density, thickness, moisture and fat content are critical when using a high speed oven, changes to the suggested cook settings may be needed. Please refer to the Quick Start Guide or Owner's Manual for programming procedures.

- For best results, cook for minimum time indicated. Inspect food and cook for additional time if needed.
- Stage cooking enables several different cooking cycles, or stages, to be used consecutively without repeated input from the user. Stage cooking can be used to defrost food initially and then cook it, and to improve cooking performance of a particular food. 11 different power levels control intensity of microwave and fan.

Example: Roasted Red Potatoes

- Aids in retaining the quality of frozen and delicate foods.
- The two cooking technologies Microwave and Fan can vary through the cooking process as required to achieve desired results.

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>
1	3:00	100	10
2	1:00	100	100

Be sure to stir and inspect food after each stage and at cycle completion when cooking dense product.

Food containing high water, fat and salt content raises its temperature faster with high microwave power level.

Use lower temperatures for more delicate items or long cook times.

Frequent cleaning prevents unnecessary buildup that may affect the microwave performance.

INTRODUCTION

DO NOT USE METAL PANS, METAL LIDS, METAL UTENSILS, ALUMINUM FOIL, OR ANY METAL VESSEL IN THE OVEN.



Recommended Cooking Accessories:

- Non-stick basket (SB10, TB10, SB10S, TB10S)
- Oven Paddle (PA10, PA10R)
- Panini Grill (RGR10)
- Panini Press (PRS10R)
- Microwave safe plastic bags for individualized serving portions
- Microwave safe ceramic dishes
- Microwave safe glass dishes



COOKING TIPS

Tips for MRX Operation

Microwave settings

- 11 different power levels (0% lowest to 100% highest) control intensity of microwave.
- Microwave helps cooking and re-therming the food and increases the internal food temperature.
- Food containing high water, fat and salt content raises its temperature faster with high microwave power level.
- It's recommended to decrease microwave power level when product is thick and takes longer time to cook in order to avoid drying food.

Fan settings

- 11 different speed settings (0%-slowest to 100%-fastest) control forced air.
- The fan is a major source of food toasting, crisping and browning, especially for short cook times.
- Aids in the quick heating of food.
- If no browning is desired, 0% fan can be chosen.
- Reduce fan speed for more evenly controlled browning, particularly when food is cooked for long period of time.

Oven Temperature

- Oven can be preheated between 200-520°F (95-270°C).
- Use only one temperature for all your menu items to avoid inconsistent food results.
- Use lower temperatures for more delicate items or long cook times.

Oven Cleaning

- Frequent cleaning prevents unnecessary build up that may affect the microwave performance.
- Refer to cleaning instructions in the MRX manual for proper procedure.
- Use Teflon liners for best results.
- Use a cleaner that does not contain ammonia, phosphates, chlorine, potassium or sodium hydroxide as they can damage critical oven parts and may void the warranty on those parts.
- Do not use metal scouring pads or utensils to clean.

COOKING TIPS

Food	MRX Operation
Needs to be hotter	<ul style="list-style-type: none">• Increase microwave power level and/or time.
Needs more even cooking	<ul style="list-style-type: none">• Place food in center of the oven to ensure heating absorption.• Wrap in parchment paper.
Has high moisture content	<ul style="list-style-type: none">• Reduce cooking time when using high microwave power.
Is very dense and thick	<ul style="list-style-type: none">• Lower microwave power or stage cooking level so food will not dry.
Needs more top toasting	<ul style="list-style-type: none">• Increase fan speed and/or increase time.• If less toasting is needed and fan settings are already low, decrease oven temperature or cover with parchment paper.
Bottom of product is burning	<ul style="list-style-type: none">• Reduce cook time.• Reduce oven temperature.• Use different accessory.
Needs more bottom toasting	<ul style="list-style-type: none">• Increase cook time.• Use different accessory.• Increase temperature.
Overcooked	<ul style="list-style-type: none">• If food is left in oven after cook cycle expires, food continues to brown.• Remove food immediately to prevent overcooking.• Let highly dense foods like proteins rest 1-2 min, after removal from oven, to equilibrate to final temperature.
Messy	<ul style="list-style-type: none">• Line pan/screen with parchment paper.

COOKING TIPS

Measurement abbreviations found in the cooking guide:

- lb: pound
- g: gram
- oz: ounce
- tbsp: tablespoon
- tsp: teaspoon
- pc: piece
- pcs: pieces
- N/A: not applicable
- ea: each

ABBREVIATION DEFINITIONS: %MW : Microwave Energy



APPETIZERS

CRAB RANGOONS

Quantity: 6 ea.

Start Food Temperature: 0°F (-18°C)

Oven Temperature: 520°F (270°C)

Accessory: SB10S Solid Bottom Basket

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>
1	2:00	50	0
2	1:00	30	0



TOTAL COOK TIME:
3:00

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APPETIZERS

CHICKEN WINGS (PRE COOKED)

Quantity: 5 wings

Start Food Temperature: 0°F (-18°C)

Oven Temperature: 520°F (270°C)

Accessory: SB10S Solid Bottom Basket

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>
1	1:00	100	0
2	1:15	80	0



TOTAL COOK TIME:

2:15



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APPETIZERS

DILL PICKLE CHIPS, FRIED

Quantity: 6 oz. (170 g)

Start Food Temperature: 0°F (-18°C)

Oven Temperature: 520°F (270°C)

Accessory: TB10S Solid Bottom Basket

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>
1	2:00	60	40
2	1:00	40	60



TOTAL COOK TIME:

3:00



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APPETIZERS

SPINACH AND ARTICHOKE DIP

Quantity: 8 oz. (266g)
Start Food Temperature: 0°F (-18°C)
Oven Temperature: 520°F (270°C)
Accessory: Ceramic bowl

STAGE	TIME	% MW	% FAN
1	0:45	100	0
2	0:45	50	10
3	0:30	90	40



TOTAL COOK TIME:
2:00



APPETIZERS

MOZZARELLA CHEESE STICKS

Quantity: 7 sticks, 6.0 oz. (170 g) total
Start Food Temperature: 0°F (-18°C)
Oven Temperature: 520°F(270°C)
Accessory: SB10S Solid Bottom Basket

STAGE	TIME	% MW	% FAN
1	0:25	50	90
2	0:10	20	80
3	0:15	0	50



TOTAL COOK TIME:
0:50



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VEGETABLES

ASPARAGUS

Quantity: 5 oz. (140 g)

Start Food Temperature: 40°F (4°C)

Oven Temperature: 520°F (270°C)

Accessory: SB10 with parchment paper

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>
1	0:25	60	0
2	0:40	40	0



TOTAL COOK TIME:

1:05

NOTES: Toss asparagus in 3 tbsp. (45 mL) olive oil and 1 tsp. (60 g) of seasoned salt before heating.



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VEGETABLES

GARLIC ROASTED (FRESH)

Quantity: 5 whole heads

Start Food Temperature: 70°F (21°C)

Oven Temperature: 520°F(270°C)

Accessory: SB10S Solid Bottom Basket

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>
1	2:30	50	40



TOTAL COOK TIME:
2:30

NOTES: Cut tops and bottoms of heads to allow for a smooth surface.



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VEGETABLES

BUTTERNUT SQUASH

Quantity: 2 lbs. (1 kg)
Start Food Temperature: 70°F (21°C)
Oven Temperature: 520°F(270°C)
Accessory: TB10S Solid Bottom Basket

STAGE	TIME	% MW	% FAN
1	3:30	100	0
2	1:00	50	30



TOTAL COOK TIME:
4:30

NOTES: Cut squash in 1" (2.5 cm) cubes. Toss in 1/3 cup (80 mL) olive oil, 1 tsp (2 g) pepper, 1.5 tsp (9 g) salt, ½ tsp (0.7 g) thyme and ½ tsp (0.4 g) ground sage.



VEGETABLES

GREEN BEANS (FRESH)

Quantity: 6 oz. (170 g)

Start Food Temperature: 40°F (4°C)

Oven Temperature: 520°F(270°C)

Accessory: SB10 with parchment paper

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>
1	1:00	80	20



TOTAL COOK TIME:

1:00

NOTES: Toss beans in 3 tbsp. (45 mL) olive oil and 1 tsp. (60 g) of seasoned salt before heating.



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VEGETABLES

MEDITERRANEAN ROASTED VEGETABLES

Quantity: 1 lb.

Start Food Temperature: 40°F (4°C)

Oven Temperature: 520°F(270°C)

Accessory: 1/8 sheet pan

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>
1	1:30	100	100



TOTAL COOK TIME:

1:30



INGREDIENTS:

- Zucchini
- White button mushrooms
- Green peppers
- Red peppers
- Onions
- Olive oil
- Sea Salt

METHOD:

1. Slice 2.5 lbs. (1 kg) mixed vegetables.
2. Place on non-stick basket with parchment paper.
3. Drizzle enough olive oil to lightly coat vegetables and sprinkle with sea salt.
4. Place in the preheated oven.
5. Cook at the recommended settings.

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VEGETABLES

CARMELIZED ONIONS

Quantity: 12oz. (340g)
Start Food Temperature: 40°F (4°C)
Oven Temperature: 520°F(270°C)
Accessory: TB10S with parchment paper

STAGE	TIME	% MW	% FAN
1	1:00	100	50
2	1:30	80	100



TOTAL COOK TIME:
2:30

NOTES: Cut sweet onions ¼" (0.6 cm) thick. Mix onions with 2 tbsp. (30 mL) oil and 1 tsp. (60g) seasoned salt before heating.



VEGETABLES

ROASTED ROOT VEGETABLES

Quantity: 16 oz. (0.45 kg)

Start Food Temperature: 40°F (4°C)

Oven Temperature: 520°F(270°C)

Accessory: TB10S with parchment paper

STAGE	TIME	% MW	% FAN
1	1:00	100	50
2	1:30	70	50



TOTAL COOK TIME:

2:30



INGREDIENTS:

- Sweet Onions –cut ¼" (0.6 cm) thick
- Carrots –cut into ½" (1.3 cm) medallions
- Turnips –cut into 2" (5 cm) long pieces
- Beets –cut into 2" (5 cm)cubes
- Olive Oil –2 tbsp. (30mL)

METHOD:

1. Slice 1 lb. (0.5 kg)mixed vegetables
2. Place on non-stick basket with parchment paper
3. Drizzle enough olive oil to lightly coat vegetables..
4. Place in the preheated oven.
5. Cook at recommended settings.

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VEGETABLES

BAKED POTATO

Quantity: 13 oz. (370 g)
Start Food Temperature: 70°F (21°C)
Oven Temperature: 520°F(270°C)
Accessory: CP10 Cook Plate Shelf

STAGE	TIME	% MW	% FAN
1	0:40	100	100
2	2:30	100	50
3	0:15	100	50

 **TOTAL COOK TIME:**
3:25

NOTES: Lightly coat entire potato with a thin layer of olive oil and generously sprinkle with sea salt before placing on ¼ sheet pan.



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VEGETABLES

FRENCH FRIES

Quantity: 6 oz. (170 g)
Start Food Temperature: 0°F (-18°C)
Oven Temperature: 520°F(270°C)
Accessory: SB10S with parchment paper

STAGE	TIME	% MW	% FAN
1	1:00	100	0



TOTAL COOK TIME:
1:00



VEGETABLES

POTATOES, RED, ROASTED HERB (RAW)

Quantity: 1 lb. 7 oz. (0.65 kg)
Start Food Temperature: 70°F (21°C)
Oven Temperature: 520°F(270°C)
Accessory: TB10S with parchment paper

STAGE	TIME	% MW	% FAN
1	3:00	100	50
2	1:00	100	60



TOTAL COOK TIME:
4:00



PIZZA/PASTA

FLATBREAD, VEGETARIAN

Quantity: 12" (30 cm) round flatbread

Start Food Temperature: 40°F (4°C)

Oven Temperature: 520°F (270°C)

Accessory: CP10 Cook Plate Shelf

STAGE	TIME	% MW	% FAN
1	0:30	100	0
2	1:00	60	20



TOTAL COOK TIME:

1:30



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INGREDIENTS:

- Boboli pizza crust –1 ea., 12" crust (30cm)
- Basil Pesto Sauce –1.5 oz. (42g)
- Green and red pepper mix (roasted) –6 oz. (170g)
- Mozzarella cheese –4 oz. (115g)
- Parmesan –0.5 oz. (14g)

METHOD:

1. Top pizza crust with pesto sauce, vegetables, mozzarella cheese, and parmesan cheese.
2. Place on preheated panini accessory. Place in the preheated oven.
3. Drizzle enough olive oil to lightly coat vegetables.
4. Heat at recommended MRX settings.
5. Serve immediately after cook cycle.

PIZZA/PASTA

FETTUCCINE ALFREDO

Quantity: 8.5 oz. (240 g)
Start Food Temperature: 0°F (-18°C)
Oven Temperature: 520°F(270°C)
Accessory: Ceramic bowl, with non-stick spray

STAGE	TIME	% MW	% FAN
1	2:05	100	0



TOTAL COOK TIME:
2:05

NOTES: Pasta noodles need to be covered with sauce to prevent drying. Stir at end of cook cycle.



PIZZA/PASTA

NY STYLE PIZZA (FRESH DOUGH)

Quantity: 10" (25.4cm) pizza, 9oz (0.25 kg) dough ball
Start Food Temperature: 70°F (21°C)
Oven Temperature: 520°F(270°C)
Accessory: CP10 with parchment paper

STAGE	TIME	% MW	% FAN
1	1:45	30	10
2	1:30	20	20



TOTAL COOK TIME:
3:15

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PROTEIN

BBQ PORK RIBS (PRE-COOKED)

Quantity: ½ rack = 15 oz. (425 g)

Start Food Temperature: 40°F (4°C)

Oven Temperature: 400°F(200°C)

Accessory: TB10S with parchment paper

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>
1	1:20	80	0
2	1:00	80	20



TOTAL COOK TIME:

2:20

NOTES: Turn over after 1 minute of heating.



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PROTEIN

CHICKEN AND VEGETABLE KABOBS

Quantity: 2 kabobs

Start Food Temperature: 40°F (4°C)

Oven Temperature: 520°F(270°C)

Accessory: Panini Grill

STAGE	TIME	% MW	% FAN
1	1:00	90	30
2	0:30	40	20



TOTAL COOK TIME:

1:30



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INGREDIENTS:

- Chicken breast –cut in 1" (2.5 cm) squares, ¼" (0.6 cm)thick
- Green and red peppers –cut into 1" (2.5 cm)squares
- Onions –cut into 1" (2.5 cm)squares
- Olive oil spray
- Salt and pepper, to taste

METHOD:

1. Alternate chicken and vegetables on kabob (4 chicken pieces on stick).
2. Spray kabob with olive oil and place on preheated panini accessory.
3. Heat at recommended MRX settings.
4. Serve immediately.

PROTEIN

BURRITOS

Quantity: 6 oz. (170 g)

Start Food Temperature: 0°F (-18°C)

Oven Temperature: 400°F(200°C)

Accessory: SB10S with parchment paper

STAGE	TIME	% MW	% FAN
1	0:40	70	20
2	1:30	50	10



TOTAL COOK TIME:
2:10

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PROTEIN

CHICKEN POT PIE

Quantity: 10 oz. (285 g)

Start Food Temperature: 40°F (4°C)

Oven Temperature: 400°F (200°C)

Accessory: SB10S with parchment paper

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>
1	1:15	70	20
2	2:15	40	0



TOTAL COOK TIME:

3:30



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SEAFOOD

BAJA ORANGE CITRUS SHRIMP

Quantity: 1 lb. 16/20 shrimp (0.45 kg)

Start Food Temperature: 40°F (4°C)

Oven Temperature: 520°F(270°C)

Accessory: TB10S with parchment paper

STAGE	TIME	% MW	% FAN
1	1:25	60	10



TOTAL COOK TIME:

1:25



INGREDIENTS:

- Shrimp, raw (jumbo) –1 lb. (0.45kg)
- Baja Citrus seasoning –(McCormick Grill Mates) packet
- Olive Oil –½ cup (120mL)

METHOD:

1. In plastic zip lock bag, marinate peeled and deveined shrimp in seasonings and olive oil for 2-5 hours.
2. Place on non-stick basket.
3. Heat at recommended MRX settings.
4. Serve immediately.

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SEAFOOD

CRAB CAKES

Quantity: 2 pcs. 4oz (114g)

Start Food Temperature: 40°F (4°C)

Oven Temperature: 520°F(270°C)

Accessory: SB10S with parchment paper

STAGE	TIME	% MW	% FAN
1	0:40	90	10
2	0:25	60	40
3	0:20	100	100



TOTAL COOK TIME:

1:25

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SEAFOOD

FISH TACOS

Quantity: 2-4 oz. (55-115 g) flounder filets

Start Food Temperature: 40°F (4°C)

Oven Temperature: 520°F(270°C)

Accessory: SB10S with parchment paper

STAGE	TIME	% MW	% FAN
1	1:30	50	30



TOTAL COOK TIME:

1:30

INGREDIENTS:

- Flounder, thawed –approx. 4oz.(110 g)
- Reduced fat sour cream -½cup(113 g)
- Juice of 1lime
- 1 can Rotel Mexican Diced Tomatoes with Lime Juice, juice drained and saved –10 oz. (280g)
- Angel hair shredded cabbage -3 cups (210g)
- Cumin -½ tsp. (1.3g)
- Taco seasoning -1 ¼ tsp. (3.2g) Salt -½ tsp. (3g)
- Olive oil -1 tbsp. (15mL)
- Flour tortillas -6" (15cm)
- Chopped cilantro
- Pepper -½ tsp. (3g)
- Olive oil spray

METHOD:

- 1.Place fish on ¼ sheet pan lined with parchment paper.
2. Sprinkle fish filets with salt, pepper and cumin (both sides). Spray with olive oil.
3. Place in MRX at the recommended setting.
4. Place taco shells, sprayed with olive oil, in the MRX for about 30 seconds, no settings, until light golden brown.
5. Remove taco shells from oven and sprinkle with 1/3 cup (23g) cabbage mix.
6. Flake fish with fork and place on top of cabbage mix.
7. Drizzle approximately ¼ cup of lime dressing over taco.
8. Sprinkle with chopped, fresh cilantro.



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SEAFOOD

SALMON 8oz (RAW)

Quantity: 8 oz. (170 g)

Start Food Temperature: 40°F (4°C)

Oven Temperature: 520°F(270°C)

Accessory: SB10 with parchment paper

STAGE	TIME	% MW	% FAN
1	2:00	40	20
2	0:10	100	20



TOTAL COOK TIME:

2:10



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SANDWICHES

REUBEN PANINI

Quantity: 1 sandwich, 10 oz. (285 g)

Start Food Temperature: : 40°F (4°C)

Oven Temperature: 520°F(270°C)

Accessory: Panini Grill

STAGE	TIME	% MW	% FAN
1	0:40	60	10



TOTAL COOK TIME:

0:40

METHOD:

- 1.Preheat panini accessory in the oven for at least 15 minutes
2. Drain and dry sauerkraut with paper towels.
3. Spread 0.5 oz. (14 g) Thousand island dressing on each slice
4. Place one slice of cheese on each piece of bread.
5. Top one slice with dried sauerkraut, and the other with pastrami. (Note: make sure toppings are drained well. Wet sauerkraut will result in a soggy sandwich.)
6. Place on preheated Panini grill at the recommended settings, open-faced.
7. Serve immediately.



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SANDWICHES

ENGLISH MUFFIN EGG CHEESE AND BACON

Quantity: 1 Sandwich

Start Food Temperature: 0°F (-18°C)

Oven Temperature: 520°F(270°C)

Accessory: TB10 nonstick basket

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>
1	0:25	80	80
2	0:10	10	20



TOTAL COOK TIME:

0:35



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SANDWICHES

PANINI ROASTED VEGETABLE

Quantity: 1 ea.

Start Food Temperature: 40°F (4°C)

Oven Temperature: 520°F(270°C)

Accessory: Panini Grill

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>
1	0:30	50	50
2	0:05	70	70



TOTAL COOK TIME:

0:35



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SANDWICHES

CUBANO

Quantity: 1 ea.

Oven Temperature: 475°F

Start Food Temperature: 40°F (4°C)

Accessory: Panini Grill

STAGE	TIME	% MW	% FAN
1	1:00	100	0



TOTAL COOK TIME:

1:00



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DESSERTS

BAKED ALASKA

Quantity: 2 ea.

Start Food Temperature: 0°F (-18°C)

Oven Temperature: 520°F(270°C)

Accessory: SB10 with parchment paper

STAGE	TIME	% MW	% FAN
1	0:20	10	20
2	0:15	0	30



TOTAL COOK TIME:
0:35



INGREDIENTS:

- Strawberry ice cream
- Individual round sponge cakes (dessert cups) or 2.7" (6.9 cm)diameter
- ½" (1.3 cm) thickness of pound cake (see recipe below)

For whipped egg whites

- Egg whites –4ea.
- Vanilla –½ tsp. (3mL)
- Cream of tartar –¼ tsp (0.8g)
- Sugar –½ cup (100g)

METHOD:

- 1.Place 1 scoop of ice cream (2.5 oz. approximately) on each cake and freeze.
2. Cover with sweetened whipped egg whites before baking.
3. If fresh pound cake is used, after cooling it down, place cake in refrigerator for 6 hours before slicing it.
4. After 6 hours, slice the bread ½" (1.3 cm) thick and cut circles of 2.5" (6.4 cm) diameter.

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DESSERTS

BROWNIES

Manufacturer: Duncan Hines

Quantity: 1 package

Start Food Temperature: 70°F (21°C)

Oven Temperature: 350°F(175°C)

Accessory: High Temperature Glass Pan(Pyrex)

8x8" (20x20cm)

STAGE	TIME	% MW	% FAN
1	8:30	20	10



TOTAL COOK TIME:

8:30



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DESSERTS

CHEESECAKE

Quantity: 1 pie

Start Food Temperature: 40°F (4°C)

Accessory: 9" (23 cm) pie pan

Crust: Oven Temperature: 350°F(175°C)

STAGE	TIME	% MW	% FAN
1	5:00	0	0

Filling: Oven Temperature: 350°F(175°C)

1	4:00	50	0
2	1:00	10	0



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INGREDIENTS:

Crust:

- Graham cracker crumbs –½ cup (42g)
- Unsalted butter, melted –¼ cup (57g)
- Sugar –1 tbsp. (12g)

Filling:

- Philadelphia cream cheese –4 (8 oz. or 227 g) packages
- Granulated sugar –¾ cup (170g)
- Large eggs –4ea.
- Cornstarch –1 tbsp. (8g)
- Salt –½ tsp. (3g)
- Vanilla –1 tbsp. (13g)

METHOD:

To make crust:

1. Mix the cracker crumbs, butter and sugar until evenly moistened.
2. Place crumb mixture onto a 9" (23 cm) spring form pan and press mixture.
3. Bake the crust.
4. Let it cook and store in refrigerator until ready to use.

To make base:

1. Beat room temperature cream cheese until smooth.
2. Add sugar and beat until smooth.
3. Add eggs, 1 at a time.
4. Add cornstarch, salt and vanilla.
5. Beat on low to combine.
6. Once all is well mixed, pour the cream based into a prepared pan with baked crust.
7. Place in MRX at the recommended settings.



TOTAL COOK TIME:

10:00

DESSERTS

CHOCOLATE CHIP COOKIES

Manufacturer: Nestle Toll House

Quantity: 6 cookies, 1.5 oz. (43 g) ea.

Start Food Temperature: 40°F (4°C)

Oven Temperature: 350°F(175°C)

Accessory: TB10 with parchment paper

STAGE	TIME	% MW	% FAN
1	0:36	10	0
2	2:10	0	0
3	0:36	10	0
4	2:10	0	10



TOTAL COOK TIME:

5:47

NOTES: For a crispier cookie, add 2 minutes to cook time.

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BAKERY

BREAD LOAF (RAW)

Manufacturer: Rhode's

Quantity: 16 oz. (0.45 kg)

Start Food Temperature: 70°F (21°C)

Oven Temperature: 350°F(175°C)

Accessory: TB10 with parchment paper

STAGE	TIME	% MW	% FAN
1	7:45	20	0



TOTAL COOK TIME:

7:45

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BAKERY

BUTTERMILK BANANA BREAD

Quantity: 1 box

Start Food Temperature: 40°F (4°C)

Oven Temperature: 350°F(175°C)

Accessory: SB10 with parchment paper

STAGE	TIME	% MW	% FAN
1	8:00	30	0

INGREDIENTS:

- Ripe bananas –3ea.
- Butter, softened –½ cup (113g)
- Sugar –1 cup (200g)
- Buttermilk –4 tbsp. (60mL)
- Baking soda –1 tsp. (4.6g)
- Eggs –2ea.
- Flour –2 cups (250g)
- Chopped pecans –½ cup (50g)
- Salt –1/8 tsp. (0.8g)



TOTAL COOK TIME:

8:00

METHOD:

1. Cream butter and sugar.
2. Add bananas and mix well.
3. Add eggs and continue mixing.
4. Add baking soda that has been dissolved in buttermilk.
5. Finally, add flour and salt and fold in nuts.
6. Grease loaf pan before adding the batter.
7. Pour approximately 1lb of batter per pan.

NOTES: loaf pan size –8”(20.3cm) X3
7/8” (9.8cm) X2 15/32”(6.3cm)



XpressChefTM

BAKERY

CINNAMON ROLLS

Manufacturer: Pillsbury, Grands Cinnabon
Quantity: 5 rolls, 3.2 oz. (90 g) ea.
Start Food Temperature: 40°F (4°C)
Oven Temperature: 400°F(200°C)
Accessory: TB10 with parchment paper

STAGE	TIME	% MW	% FAN
1	3:30	30	0



TOTAL COOK TIME:
3:30



BAKERY

DINNER ROLLS FROM DOUGH

Quantity: 6 oz. (170 g)
Start Food Temperature: 70°F(21°C)
Oven Temperature: 400°F(200°C)
Accessory: TB10 with parchment paper

STAGE	TIME	% MW	% FAN
1	0:50	10	0
2	3:30	0	0



TOTAL COOK TIME:
4:20



XpressChef

BREAKFAST

CROISSANT BREAKFAST SANDWICH

Manufacturer: Jimmy Dean

Quantity: 1 sandwich, 5 oz. (142 g)

Start Food Temperature: 0°F (-18°C)

Oven Temperature: 520°F(270°C)

Accessory: TB10 with parchment paper

STAGE	TIME	% MW	% FAN
1	0:25	90	0
2	0:40	60	0



TOTAL COOK TIME:

1:05

NOTES: Wrap sandwich in parchment before heating.

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BREAKFAST

FRENCH TOAST

Manufacturer: Krusteaz #10370

Quantity: 4 slices

Start Food Temperature: 0°F (-18°C)

Oven Temperature: 520°F(270°C)

Accessory: TB10 with parchment paper

STAGE	TIME	% MW	% FAN
1	1:10	70	30



TOTAL COOK TIME:

1:10



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BREAKFAST

HASH BROWNS (RAW)

Quantity: 1 lb. (0.45 kg)

Start Food Temperature: 40°F (4°C)

Oven Temperature: 520°F(270°C)

Accessory: TB10S Solid Bottom Basket

STAGE	TIME	% MW	% FAN
1	3:00	80	30



TOTAL COOK TIME:

3:00

NOTES: Mix hash browns with 3 tbsp. olive oil and 1 tsp. of seasoned salt.

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BREAKFAST

OMELETTE SPINACH AND MUSHROOM

Quantity: 1 serving

Start Food Temperature: 40°F (4°C)

Oven Temperature: 400°F(200°C)

Accessory: 6" (15 cm) metal circular pan

STAGE	TIME	% MW	% FAN
1	1:00	60	0
2	0:50	50	10



TOTAL COOK TIME:

1:50



INGREDIENTS:

- Large Eggs –3 ea. (140g)
- Finely diced mushrooms –0.5 oz. (14g)
- Shredded cheese –¼ cup (30 g) to top finished omelet
- Non-stick cooking spray

METHOD:

1. Spray circular metal pan with a non-stick grease/spray.
2. Beat eggs and pour into dish.
3. Sprinkle mushrooms throughout egg mixture.
4. Place in the preheated MRX, and set to the recommended settings.
5. Once timer ends, remove from oven, work omelet away from the dish with spatula and fold in half.
6. Sprinkle shredded cheese over the top evenly and allow it to melt.

XpressChefTM

OUR COMMITMENT



ACP has a long history of creating solutions that help operators serve high quality food, faster. Our high speed oven range has come a long way since the introduction of the Jetwave® in the 1980s.

Today, ACP, Inc. is proud to offer a diverse range of high speed ovens, in a variety of footprints, capacities, and cooking technologies. The XpressChef® brand encapsulates the latest generation of high-speed ovens. XpressChef® ovens feature design and performance enhancements operators are sure to love.

Just like the Amana® and Menumaster® brands, XpressChef® products offer exceptional performance and reliability, and are backed by the best 24/7/365 service and support in the business.

Let us show you how we cook.



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