

XpressChef[®]

MXP

COOKING GUIDE



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XpressChef® MXP



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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 3 cooking technologies Microwave and Fan and IR can vary through the cooking process as required to achieve desired results.

STAGE	TIME	% MW	% FAN	% IR
1	3:00	100	10	100
2	1:00	100	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

Recommended Cooking Accessories:

- Non-stick basket (NB10, SB10, TB10, SB10S, TB10S)
- Oven Paddle (PA10, PA10R)
- Pizza Stone (ST10X)
- Panini Grill (GR10)
- Microwave safe ceramic dishes
- Microwave safe glass dishes
- Pizza Screen (up to 15 inch or 38 cm diameter)
- Ceramic dish
- High Temperature Glass baking containers



COOKING TIPS

Tips for MXP Operation

Microwave settings	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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.
IR Settings	<ul style="list-style-type: none">• 11 different power levels (0%-lowest to 100%-highest) control radiant heat.• Helps improve crispness and browning on the bottom of foods and overall browning.
Oven Temperature	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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	MXP 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 IR (Infra-Red) level and/or time.• Use pizza stone (ST10X) when extra crispness and browning is needed.
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
% Fan: Convection
% IR: Infra-red Radiant



APPETIZERS

BAKED BRIE

Manufacturer: N/A

Qty: 6 oz.

Start Food Temperature: 35-40°F

Oven Temperature: 520°F

Accessory: Ceramic dish

STAGE	TIME	% MW	% FAN	% IR
1	0:15	80	30	100
2	0:30	20	90	100



TOTAL COOK TIME:

0:45



INGREDIENTS:

- 1 oz. sautéed chopped onions, shallots, and mushrooms
- 5 oz. Brie cheese
- 1 cup white wine
- 2 tsp. cornstarch

STAGE 1

1. In a ceramic dish add vegetables, cheese, and wine.

2. Place it in the MXP and cook following stage 1 settings.

STAGE 2

1. After cooking it for 15 sec, remove dish out of the oven.

2. Add 2 tsp. cornstarch and stir.

3. Place it back to the oven and follow stage 2 settings.

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APPETIZERS

CHICKEN WINGS (PRE-COOKED)

Manufacturer: Tyson # 1059-0928

Qty: 6 pieces

Start Food Temperature: 0-5°F

Oven Temperature: 520°F

Accessory: Non-stick basket

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>	<i>% IR</i>
1	1:00	80	0	100
2	0:35	100	0	100
3	0:20	100	50	100



TOTAL COOK TIME:

1:54



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APPETIZERS

JALAPENO POPPERS (PRE-COOKED)

Manufacturer: Poppers, 15 oz. box

Qty: 8 pieces (.9-1.2 oz. ea.)

Start Food Temperature: 0-5°F

Oven Temperature: 520°F

Accessory: Non-stick basket

STAGE	TIME	% MW	% FAN	% IR
1	1:15	60	100	100



TOTAL COOK TIME:

1:15



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APPETIZERS

CHEDDAR CHEESE CURDS

Manufacturer: Lamb Weston # P40

Qty: 24 pieces

Start Food Temperature: 0-5°F

Oven Temperature: 520°F

Accessory: Non-stick basket

STAGE	TIME	% MW	% FAN	% IR
1	1:20	90	30	100



TOTAL COOK TIME:

1:20



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APPETIZERS

SPINACH & ARTICHOKE DIP (PRE-COOKED)

Manufacturer: N/A

Qty: 6 oz.

Start Food Temperature: 35-40°F

Oven Temperature: 520°F

Accessory: Ceramic dish

STAGE	TIME	% MW	% FAN	% IR
1	1:00	90	60	10



TOTAL COOK TIME:

1:00



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VEGETABLES/VEGETARIAN

ASPARAGUS (FRESH)

Manufacturer: N/A -- Fresh Produce

Qty: 8 oz.

Start Food Temperature 35-40°F

Oven Temperature: 520°F

Accessory: Ceramic dish

STAGE	TIME	% MW	% FAN	% IR
1	0:54	100	0	100



TOTAL COOK TIME:

0:54



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VEGETABLES/VEGETARIAN

BAKED BEANS (PRE-COOKED)

Manufacturer: N/A

Qty: 8 oz.

Start Food Temperature: 65-75°F

Oven Temperature: 520°F

Accessory: Ceramic dish

STAGE	TIME	% MW	% FAN	% IR
1	0:50	100	20	100



TOTAL COOK TIME:
0:50



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VEGETABLES/VEGETARIAN

CORN COBB, PETITE (FROZEN)

Manufacturer: N/A -- Frozen Produce

Qty: 3.5-4 oz.

Start Food Temperature: 0-5°F

Oven Temperature: 520°F

Accessory: Ceramic dish

STAGE	TIME	% MW	% FAN	% IR
1	1:25	100	0	100



TOTAL COOK TIME:

1:25



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VEGETABLES/VEGETARIAN

CARROTS, BABY (FRESH)

Manufacturer: Bolt House Farm, 16 oz. bag

Qty: 4 oz.

Start Food Temperature: 35-40°F

Oven Temperature: 520°F

Accessory: Ceramic dish

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>	<i>% IR</i>
1	0:50	100	0	100



TOTAL COOK TIME:

1:00



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VEGETABLES/VEGETARIAN

VEGETABLES, ROASTED (FRESH)

Manufacturer: N/A -- Fresh Produce

Qty: 5 oz.

Start Food Temperature: 35-40°F

Oven Temperature: 520°F

Accessory: Ceramic dish

STAGE	TIME	% MW	% FAN	% IR
1	0:40	50	80	100



TOTAL COOK TIME:

0:40

INGREDIENTS:

- 1.5 oz. yellow squash, 0.5" thick
- 1.5 oz. zucchini, 0.5" thick
- 0.2 oz. shiitake mushrooms
- 1.0 oz. asparagus
- 0.8 oz. green beans
- 2 Tbsp. olive oil
- Salt and pepper to taste

METHOD:

Combine all vegetables in a ceramic dish. Season vegetables with oil, salt and pepper.



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VEGETABLES/VEGETARIAN

VEGGIE BURGER

Manufacturer: Impossible

Qty: 1 (2.9 oz. ea.)

Start Food temperature: 35-40°F

Oven Temperature: 520°F

Accessory: Non-stick basket

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>	<i>% IR</i>
1	0:30	100	20	100



TOTAL COOK TIME:

0:30



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VEGETABLES/VEGETARIAN

POTATO WEDGES, GARLIC & PARMESAN (FROZEN)

Manufacturer: Ore-Ida - Garlic & Parmesan

Qty: 9 oz.

Start Temperature: Frozen 0-5°F

Oven Temperature: 520°F

Accessory: Non-stick basket

STAGE	TIME	% MW	% FAN	% IR
1	1:30	100	70	100
2	0:30	0	100	100



TOTAL COOK TIME:

2:00



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VEGETABLES/VEGETARIAN

SWEET POTATOES (RAW)

Manufacturer: N/A – Fresh Produce

Qty: 1 (12 oz.)

Start Food Temperature: 65-75°F

Oven Temperature: 520°F

Accessory: Non-stick basket

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>	<i>% IR</i>
1	3:30	100	0	100



TOTAL COOK TIME:

3:30



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VEGETABLES/VEGETARIAN

QUICHE, LORRAINE (PRE-BAKED)

Manufacturer: N/A

Qty: 1 (12 oz.)

Start Food Temperature: 65-75°F

Oven Temperature: 500°F

Accessory: Ceramic pan

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>	<i>% IR</i>
1	0:30	60	30	100
2	0:45	40	30	100



TOTAL COOK TIME:

1:15



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VEGETABLES/VEGETARIAN

ONION RINGS (PAR-BAKED)

Manufacturer: Lamb Weston # 44979

Qty: 6 oz.

Start Food Temperature: 0-5°F

Oven Temperature: 520°F

Accessory: Non-stick basket

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>	<i>% IR</i>
1	0:45	100	30	100



TOTAL COOK TIME:

0:45



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PIZZA/PASTA

6" CHEESE PIZZA (RAW DOUGH)

Manufacturer: N/A

Qty: 5 oz. dough ball

Start Food Temperature: dough at 95°F, cheese and sauce at 40°F

Oven Temperature: 520°F

Accessory: Pizza stone

STAGE	TIME	% MW	% FAN	% IR
1	1:00	40	20	100
2	0:15	0	10	100



TOTAL COOK TIME:

1:15



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INGREDIENTS:

- 1 Jiffy Pizza Crust mix
- 2 Tbsp. Tomato sauce
- ½ cup Mozzarella cheese

METHOD:

1. Preheat pizza stone and oven for 20 minutes.
2. Make fresh pizza crust dough, top with tomato sauce and cheese.
3. Use pizza peel to place and remove pizza from oven.
4. Use corn meal on pizza peel when placing in the oven to avoid sticking.

PIZZA/PASTA

8" PEPPERONI PIZZA (FROZEN DOUGH)

Manufacturer: Freschetta # 73131

Qty: 1 ea.

Start Food Temperature: -5 - 0°F

Oven Temperature: 520°F

Accessory: None, place on rack

STAGE	TIME	% MW	% FAN	% IR
1	0:40	90	0	100
2	0:35	100	0	100
3	0:20	100	100	100



TOTAL COOK TIME:

1:35



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PIZZA/PASTA

10" HAND TOSSED SUPREME PIZZA

Manufacturer: Red Baron

Qty: 1 ea.

Start Food Temperature: 0-5°F

Oven Temperature: 520°F

Accessory: Pizza stone

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>	<i>% IR</i>
1	1:40	80	0	100
2	0:25	80	60	100



TOTAL COOK TIME:

2:05



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PIZZA/PASTA

CALZONE, PEPPERONI (RAW DOUGH)

Manufacturer: N/A

Qty: 1 lb. 1 oz.

Start Food Temperature: 70-75°F

Oven Temperature: 520°F

Accessory: Pizza screen

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>	<i>% IR</i>
1	2:00	40	0	100
2	0:15	40	10	100



TOTAL COOK TIME:

2:15



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PIZZA/PASTA

FOUR CHEESE RAVIOLI (RAW)

Manufacturer: Buitoni

Qty: 6 oz.

Start Food Temperature: 35-40°F

Oven Temperature: 520°F

Accessory: Ceramic dish

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>	<i>% IR</i>
1	0:45	100	20	100



TOTAL COOK TIME:

2:15



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PIZZA/PASTA

PENNE WITH PESTO

Manufacturer: N/A

Qty: 8.8 oz.

Start Food Temperature: 0-10°F

Oven Temperature: 520°F

Accessory: Ceramic dish

STAGE	TIME	% MW	% FAN	% IR
1	1:15	100	0	100



TOTAL COOK TIME:

1:15



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MEAT/BEEF

MEAT LOAF (PRE-MADE PORTIONS)

Manufacturer: Portion Classics

Qty: 6 oz.

Start Food Temperature: 35-40°F

Oven Temperature: 520°F

Accessory: Ceramic pan

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>	<i>% IR</i>
1	1:30	100	0	100



TOTAL COOK TIME:

1:30



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MEAT/BEEF

SLIDERS

Manufacturer: N/A

Qty: 6 ea.

Start Food Temperature: 35-40°F

Oven Temperature: 520°F

Accessory: Non-stick basket

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>	<i>% IR</i>
1	1:30	100	0	100
2	0:10	0	0	0



TOTAL COOK TIME:

1:10

NOTES: After 1 minute, add cheese on top and finish cooking.

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MEAT/PORK

BONELESS PORK CHOP (PRE-COOKED)

Manufacturer: N/A

Qty: 3.6 oz.

Start Food Temperature: 0-10°F

Oven Temperature: 520°F

Accessory: Non-stick basket

STAGE	TIME	% MW	% FAN	% IR
1	0:30	100	0	100
2	1:35	60	0	100



TOTAL COOK TIME:

2:05

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MEAT/PORK

SPIRAL HAM (PRE-COOKED)

Manufacturer: Hormel

Qty: 1 ham of 7lbs

Start Food Temperature: 35-40°F

Oven Temperature: 350°F

Accessory: Glass High heat pan

STAGE	TIME	% MW	% FAN	% IR
1	4:00	80	0	20
2	4:00	80	0	20



TOTAL COOK TIME:

8:00

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MEAT/CHICKEN

CHICKEN BREAST, GRILLED (PRE-COOKED)

Manufacturer: Cuisine Solutions

Qty: 3.5 oz. ea.

Start Food Temperature: 35-40°F

Oven Temperature: 450°F

Accessory: Non-stick basket

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>	<i>% IR</i>
1	1:20	100	0	100



TOTAL COOK TIME:

1:20



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MEAT/CHICKEN

CHICKEN POT PIE (PRE-COOKED)

Manufacturer: Marie Callendar's

Qty: 1 (10 oz.)

Start Food Temperature: 35-40°F

Oven Temperature: 400°F

Accessory: Non-stick basket

STAGE	TIME	% MW	% FAN	% IR
1	2:15	100	0	100



TOTAL COOK TIME:

2:15



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SEAFOOD

SALMON (RAW)

Manufacturer: N/A

Qty: 5-6 oz.

Start Temperature: 35-40°F

Oven Temperature: 520°F

Accessory: Non-stick basket

STAGE	TIME	% MW	% FAN	% IR
1	1:45	40	0	100



TOTAL COOK TIME:

1:45

INGREDIENTS:

- 1 Tbsp. Olive Oil
- 1 tsp. Chili Powder
- 1 tsp. garlic powder
- ½ tsp. salt

METHOD:

1. Brush salmon with seasonings.
2. Place salmon in a baking sheet
3. After cooking, let it rest for 4 min.



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SEAFOOD

SCALLOPS (RAW)

Manufacturer: N/A

Qty: 6 pieces (0.6-0.7 oz. ea.)

Start Food Temperature: 35-40°F

Oven Temperature: 520°F

Accessory: Non-stick basket

STAGE	TIME	% MW	% FAN	% IR
1	1:10	80	80	100



TOTAL COOK TIME:

1:10

INGREDIENTS:

- 6 large scallops
- 1 cup Teriyaki sauce
- ¼ cup soy sauce
- 1 Tbsp. of sesame oil
- 1 tsp. garlic powder

METHOD:

Marinate scallops with listed ingredients for at least 1 hour.



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SEAFOOD

SHRIMP SKEWERS (RAW)

Manufacturer: N/A

Qty: 3 skewers (1.5-2 oz. ea.)

Start Food Temperature: 35-40°F

Oven Temperature: 520°F

Accessory: Non-stick basket

STAGE	TIME	% MW	% FAN	% IR
1	1:10	30	70	100

INGREDIENTS:

- 9 large shrimps (peeled, deveined)
- 3 cloves of garlic
- ½ red onion
- ½ cup cilantro
- 1 lemon
- 2 Tbsp. salt
- 1 tsp. pepper
- 1 red bell pepper (cut in 12 pieces)
- 3 skewers (previously soaked in water for 30 min.)



TOTAL COOK TIME:

1:10

METHOD:

1. Marinate shrimp with chopped garlic, onion, salt, cilantro, lemon, and pepper for 1 hour.
2. Alternate bell pepper and shrimp. Each skewer has 3 large shrimp and 2 pieces of red pepper.



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SEAFOOD

LOBSTER TAIL

Manufacturer: N/A

Qty: 2 (5 oz.)

Start Food Temperature: 35-40°F

Oven Temperature: 520°F

Accessory: Non-stick basket

STAGE	TIME	% MW	% FAN	% IR
1	1:30	40	0	100



TOTAL COOK TIME:

1:30



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SANDWICHES

GRILLED HAM & CHEESE SANDWICH

Manufacturer: N/A

Qty: 1 sandwich

Start Food Temperature: 35-40°F

Oven Temperature: 520°F

Accessory: Pizza stone

INGREDIENTS:

- 2 slices cheese
- 6 slices deli ham, smoked
- 2 slices of bread

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>	<i>% FAN</i>	<i>% IR</i>
1	0:35	100	60	100

METHOD:

Add ham and cheese between 2 buttered slices of bread.



TOTAL COOK TIME:

0:35



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SANDWICHES

ITALIAN SUB, 6"

Manufacturer: N/A

Qty: 6" sub

Start Food Temperature: 35-40°F

Oven Temperature: 520°F

Accessory: Pizza screen

STAGE	TIME	% MW	% FAN	% IR
1	0:30	80	100	90

INGREDIENTS:

- 1-6" filone roll
- 2 slices of capocola
- 2 slices of salami
- 1 slice of prosciutto
- 1 slice of provolone cheese, halved
- ¼ cup sautéed onions
- ¼ cup peppers
- ¼ cup mushrooms

METHOD:

Place sandwich open face on pizza screen, ingredients on heel side.



TOTAL COOK TIME:

0:35



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SANDWICHES

MUFFULETTA PANINI

Manufacturer: N/A

Qty: 1 sandwich

Start temperature: 35-40°F

Oven Temperature: 520°F

Accessory: Panini accessory GR10

STAGE	TIME	% MW	% FAN	% IR
1	0:45	60	40	100



TOTAL COOK TIME:

0:35

INGREDIENTS:

- French bread cut 1" thick, diagonal slices
- 4 slices ham
- 2 slices hard salami
- 2 slices Swiss cheese
- 2 oz. Giardiniera mix

Giardiniera mix:

- 18 oz. finely chopped drained Giardiniera mix
- 1 tsp. garlic powder
- 5 oz. light mayo



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SANDWICHES

CHICKEN BACON SANDWICH

Manufacturer: N/A

Qty: 1 sandwich

Start Food Temperature: 35-40°F

Oven Temperature: 450°F

Accessory: Pizza screen

STAGE	TIME	% MW	% FAN	% IR
1	1:10	80	20	100



TOTAL COOK TIME:

1:10



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DESSERTS

BROWNIE (RAW BATTER)

Manufacturer: Betty Crocker

Qty: 1 package

Start Temperature: Room Temp. 75°F

Oven Temperature: 350°F

Accessory: High temperature Glass pan

STAGE	TIME	% MW	% FAN	% IR
1	15:00	0	10	0



TOTAL COOK TIME:
15:00

NOTES: Follow instructions from brownie mix box.

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DESSERTS

CHEESECAKE, NY STYLE (RAW)

Manufacturer: N/A

Qty: 1 pie

Start Temperature: 35-40°F

Oven Temperature: 350°F

Accessory: 9" glass high temperature pie pan

STAGE	TIME	% MW	% FAN	% IR
1	20:00	0	0	0

INGREDIENTS:

Crust:

- 1 cup graham cracker crumbs
- ¼ cup unsalted butter, melted
- 1 tbsp. sugar

Filling:

- 4(8oz.) packages of Philadelphia Cream Cheese
- ¾ cup granulated sugar
- 4 large eggs
- 1 tbsp. cornstarch
- ½ tsp. salt
- 1 Tbsp. vanilla

METHOD:



TOTAL COOK TIME:

20:00

To make crust:

1. Mix the cracker crumbs, butter and sugar until evenly moistened.
2. Place crumb mixture onto a 9-inch spring form pan and press mixture.
3. Bake the crust for 10 min. Let it cool and store in Refrigerator until ready to use

To make filling:

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



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DESSERTS

CINNAMON ROLLS (RAW DOUGH)

Manufacturer: Pillsbury – 1 lb. tube

Qty: 5 pieces

Start Food Temperature: 35-40°F

Oven Temperature: 400°F

Accessory: Ceramic dish

STAGE	TIME	% MW	% FAN	% IR
1	3:30	30	0	100



TOTAL COOK TIME:

3:30



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BAKERY

BISCUITS, BUTTERMILK (RAW)

Manufacturer: Pillsbury Grands

Qty: 8 pieces (2 1/4" diameter)

Start Food Temperature: 65-75°F

Oven Temperature: 520°F

Accessory: Ceramic dish

STAGE	TIME	% MW	% FAN	% IR
1	1:10	80	10	100



TOTAL COOK TIME:

1:10



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BAKERY

BREAD, LOAF (RAW)

Manufacturer: Food Club

Qty: 1 loaf

Start Food Temperature: 65-75°F

Oven Temperature: 350°F

Accessory: Oven-safe glass loaf pan

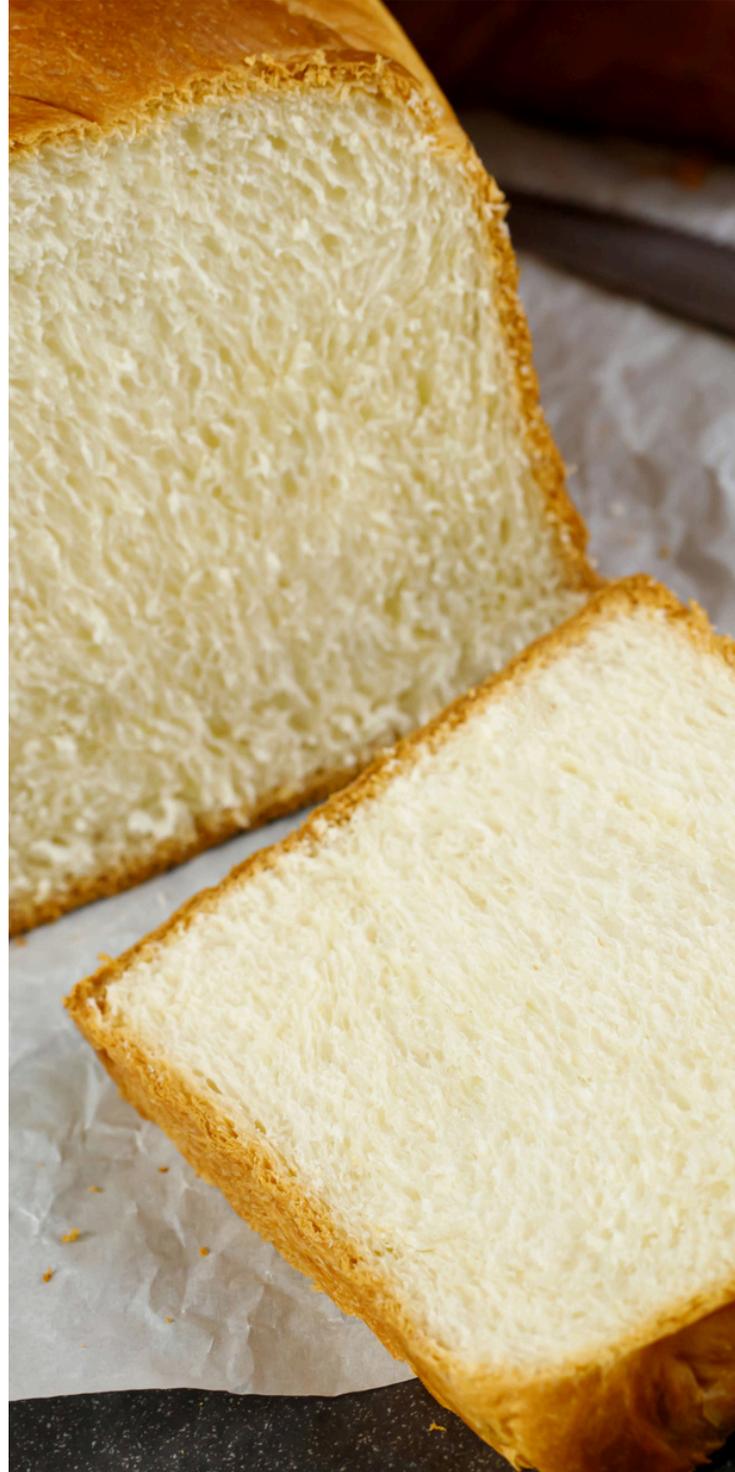
STAGE	TIME	% MW	% FAN	% IR
1	8:30	0	0	50



TOTAL COOK TIME:

3:00

NOTES: Let rise at room temp, spray with oil after baking.



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BAKERY

BUTTERMILK BANANA NUT BREAD

Manufacturer: N/A

Qty: 1 box

Start Food Temperature: 65-75°F

Oven Temperature: 350°F

Accessory: Oven-safe glass loaf pan

STAGE	TIME	% MW	% FAN	% IR
1	8:30	0	0	50



TOTAL COOK TIME:

1:50



INGREDIENTS:

- 3 ripe bananas
- ½ cup butter (softened)
- 1 cup sugar 4 Tbsp. buttermilk
- 1 tsp. baking soda
- 2 eggs
- 2 cups flour
- ½ cups chopped pecans
- 1/8 tsp. salt

METHOD:

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

XpressChef®

BAKERY

CRESCENT ROLLS, GARLIC BUTTER (RAW)

Manufacturer: Pillsbury

Qty: 8 pieces (.98-1.1 oz.)

Start Food Temperature: 38-42°F

Oven Temperature: 400°F

Accessory: Non-stick basket

STAGE	TIME	% MW	% FAN	% IR
1	3:00	40	0	100



TOTAL COOK TIME:

3:00



XpressChef[®]

BREAKFAST

EGGS, SCRAMBLED (RAW)

Manufacturer: N/A

Qty: 4 large eggs (2oz. ea.)

Start Temperature: 35-40°F

Oven Temperature: 420°F

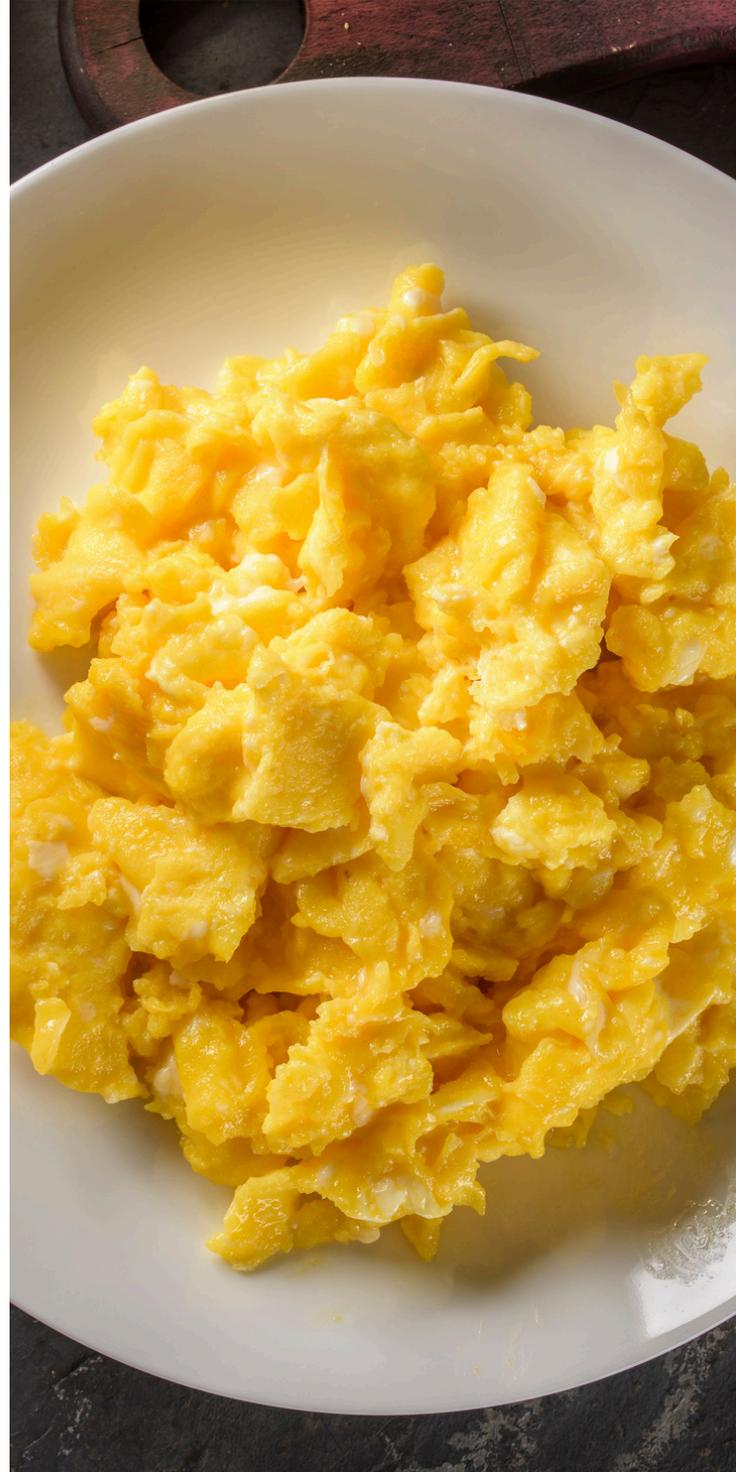
Accessory: Non-stick basket

STAGE	TIME	% MW	% FAN	% IR
1	1:00	80	70	100



TOTAL COOK TIME:

1:00



XpressChef[®]

BREAKFAST

OMELET, HAM, CHEESE & PEPPER (RAW)

Manufacturer: N/A

Qty: 1

Start Food Temperature: 35-40°F

Oven Temperature: 520°F

Accessory: Ceramic dish

STAGE	TIME	% MW	% FAN	% IR
1	1:00	60	0	100
2	0:50	40	20	100



TOTAL COOK TIME:

1:50



INGREDIENTS:

- 3 eggs
- 3 oz. shredded cheese
- 1 oz. ham, diced
- ½ oz. mushrooms, sliced
- ½ oz. onions, diced
- ½ oz. green peppers, diced

METHOD:

1. Spray circular dish (approximately 5 inch diameter) with a non-stick grease spray.
2. Beat the eggs and pour them into dish.
3. Sprinkle mushrooms, onions, peppers, and ham throughout egg mixture.
4. After cooking, remove from oven, work omelet away from dish with spatula and fold in half.
5. Sprinkle shredded cheese over the top evenly and allow melting.

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BREAKFAST

ENGLISH MUFFIN, EGG, CHEESE & BACON

Manufacturer: Jimmy Dean

Qty: 1 piece (4.5 -4.7 oz.)

Start Temperature: 35-40°F

Oven Temperature: 520°F

Accessory: Non-stick basket

STAGE	TIME	% MW	% FAN	% IR
1	0:25	80	100	0
2	0:10	20	10	0



TOTAL COOK TIME:

0:35



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BREAKFAST

POTATO, HASH BROWN (RAW)

Manufacturer: N/A

Qty: 1 lb. 4 oz.

Start Temperature: 65-75°

Oven Temperature: 475°F

Accessory: Non-stick basket

STAGE	TIME	% MW	% FAN	% IR
1	1:35	100	80	100



TOTAL COOK TIME:

1:35



XpressChef®

OUR COMMITMENT

XpressChef®

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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