



XpressChef[®]

JETWAVE[®]

COOKING GUIDE

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XpressChef® JETWAVE



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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.

Example: Toasted Ravioli

- Stages and power levels aid in retaining the quality of frozen and delicate foods.
- The microwave levels can vary through the cooking process as required to achieve desired results.

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	0:30	80
2	0:40	50
3	1:45	0

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 (SB10, TB10, SB10S and TB10S)
- Oven Paddle (PA10 and PA10R)
- Panini Grill Plate (JR10)
- Pizza Stone (ST10C)
- Microwave safe plastic bags for individualized serving portions
- Microwave safe ceramic dishes
- Microwave safe glass dishes



COOKING TIPS

Tips for JETWAVE 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.
Oven Temperature	<ul style="list-style-type: none">• Oven can be preheated between 150-475°F (65-250°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 JETWAVE manual for proper procedure (please visit our YouTube page for instruction videos.)• Use our teflon liners (TL12) 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. Our cleaner part number is CL10.• Do not use metal scouring pads or utensils to clean.

COOKING TIPS

Food	JETWAVE 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.• Or reduce microwave power and add time.
Is very dense and thick	<ul style="list-style-type: none">• Lower microwave power or stage cooking level so food will not dry.• Lower oven temperature may be needed.
Needs more top toasting	<ul style="list-style-type: none">• Increase time or temperature.
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 accessory 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 : Percentage of microwave power



APPETIZERS

MOZZARELLA CHEESE STICKS (PRE-COOKED)

Quantity: 6 ea.

Start Food Temperature: 0°F (-18°C)

Oven Temperature: 475°F (246°C)

Accessory: Solid Basket (TB10S) on Pizza Stone (ST10C)

STAGE	TIME	% MW
1	1:45	60
2	0:45	30
3	0:30	0



TOTAL COOK TIME:

3:00

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APPETIZERS

JALAPENO POPPERS (PRE-COOKED)

Quantity: 6 ea.

Start Food Temperature: 0°F (-18°C)

Oven Temperature: 475°F (246°C)

Accessory: Solid Basket (TB10S) on Pizza Stone (ST10C)

STAGE	TIME	% MW
1	1:35	50
2	0:50	10
3	0:35	0



TOTAL COOK TIME:

3:00



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APPETIZERS

SPINACH AND ARTICHOKE DIP

Quantity: 8 oz. (266g)

Start Food Temperature: 35-40°F(3-6°C)

Oven Temperature: 425°F (220°C)

Accessory: Ceramic bowl

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	2:20	60



TOTAL COOK TIME:

2:20

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APPETIZERS

FRIED RAVIOLI

Quantity: 12 ea.

Start Food Temperature: 0°F (-18°C)

Oven Temperature: 475°F (246°C)

Accessory: Solid Basket (TB10S) on Pizza Stone (ST10C)

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	0:30	80
2	0:40	50
3	1:45	0



TOTAL COOK TIME:

2:55

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BREAKFAST

CROISSANT BREAKFAST SANDWICH (EGG, CHEESE, AND BACON)

Quantity: 1 pc, 5 oz. (140 g)

Start Food Temperature: 0°F (-18°C)

Oven Temperature: 475°F (246°C)

Accessory: Solid Basket (TB10S) on Pizza Stone
(ST10C)

STAGE	TIME	% MW
1	0:30	70
2	0:40	50
3	0:30	30



TOTAL COOK TIME:

1:40

NOTES: Open- faced: Separate bacon on one half and egg patty on top of cheese on other half.

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BREAKFAST

CINNAMON ROLLS

Quantity: 5 rolls, 3.2 oz. ea.

Start Food Temperature: 40°F (4°C)

Oven Temperature: 475°F (246°C)

Accessory: Solid Basket (TB10S) (use non-stick cooking spray)

STAGE	TIME	% MW
1	3:00	30



TOTAL COOK TIME:

3:00



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BREAKFAST

HASH BROWNS (RAW)

Quantity: 1 lb. (450 g)

Start Food Temperature: 35-40°F (3-6°C)

Oven Temperature: 475°F (246°C)

Accessory: Solid Basket (TB10S) on Pizza Stone (ST10)

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	5:00	100
2	1:00	0



TOTAL COOK TIME:

6:00

NOTES: Add 3 tbsp. olive oil and 1 tsp. seasoned salt to hash browns before cooking.



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BREAKFAST

OMELETTE, HAM AND VEGETABLE

Quantity: 1 serving

Start Food Temperature: 35-40°F (3-6°C)

Oven Temperature: 475°F (246°C)

Accessory: TCI Cookware EverForm bowl (20773)

STAGE	TIME	% MW
1	1:00	50
2	1:00	40



TOTAL COOK TIME:

2:00



INGREDIENTS:

- Egg Beaters -³/₄ cup (5 oz.)
- Ham (diced) -1 tbsp. (1 oz.)
- One whole mushroom, sliced -(1 oz.)
- Onion, diced -1 rounded tsp. (0.5 oz.)
- Green peppers, diced -1 tbsp. (0.5 oz.)
- Shredded cheese -¹/₄ cup (1.1 oz.) to top finished omelet
- Non-stick cooking spray

METHOD:

1. Spray EverForm bowl with a non-stick cooking spray.
2. Pour egg beaters into dish.
3. Sprinkle mushrooms, onions, peppers, and ham throughout egg beater mixture.
4. Place in the preheated JET, and set to the recommended settings.
5. Once timer ends, remove from oven, work omelet away from the dish with a spatula and fold in half.
6. Sprinkle shredded cheese over the top evenly and allow it to melt.
7. Serve immediately.

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SANDWICHES

MEATBALL SUB

Quantity: 10" (25 cm) sub

Start meatballs and marinara Temperature: 135°F (57°C)

Oven Temperature: 475°F (246°C)

Accessory: Solid Basket (TB10S) on Pizza Stone (ST10C)

STAGE	TIME	% MW
1	0:30	40
2	0:30	20
3	0:30	0



TOTAL COOK TIME:

1:30

NOTES: Place 4 x 1 oz. Meatballs with marinara sauce on one side of the bun. Cut a thin slice of provolone cheese in half and place the other half of the bun, opposite meatballs. Toast open face.



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SANDWICHES

PANINI, MUFFULETTA

Quantity: 1 sandwich 10 oz. (280 g)

Start Food Temperature: 40°F (4°C)

Oven Temperature: 475°F (246°C)

Accessory: Panini grill (JR10)

STAGE	TIME	% MW
1	0:35	60
2	0:20	80



TOTAL COOK TIME:

0:55



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INGREDIENTS:

Panini

- French bread, cut in 1" (2.5 cm) thick, diagonal slices
- Giardiniera sauce -2 oz. (see below)
- Thinly sliced ham -4 slices (2 oz.)
- Hard salami -2 slices(1 oz.)
- Swiss cheese –2 slices

Giardiniera Sauce (Hold time –3 days)

- Giardiniera mix -18 oz. drained, finely chopped
- Garlic powder -1 teas. (2 g)
- Light mayo -½ cup(5 oz.)

METHOD:

1. Spread 1 oz. Giardiniera sauce on each side of French bread slice.
2. Place 2 slices ham, folded over, on each side.
3. Place 1 slice of Swiss cheese on each side.
4. Place 1 slice of salami on top of cheese.
5. Place both halves, open face, directly in the JET on the above settings.
6. Remove from oven with oven paddle (PA10). (Note: Salami will be caramelized on top for added flavor.)

SANDWICHES

ENGLISH MUFFIN EGG, CHEESE, SAUSAGE

Quantity: 1 pc.

Start Food Temperature: 40°F (4°C)

Oven Temperature: 475°F (246°C)

Accessory: Solid Basket (TB10S)

STAGE	TIME	% MW
1	0:42	60



TOTAL COOK TIME:

0:42

NOTES: Open- faced: Separate sausage on one half and egg patty on top of cheese on other half.



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SANDWICHES

TOASTED TURKEY CHEDDAR SUB

Quantity: 1 ea.

Start Food Temperature: 40°F (4°C)

Oven Temperature: 475°F (246°C)

Accessory: Solid Basket (TB10S)

STAGE	TIME	% MW
1	1:00	50
2	:20	0



TOTAL COOK TIME:

1:20

NOTES: Open- faced: place half of meat on each half of bread/one slice of cheese cut in half on each half of bread (two slices total.)



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PIZZA/PASTA

12" THIN CRUST DIGIORNO PEPPERONI PIZZA (PRE-BAKED CRUST)

Quantity: 1 ea.

Start Food Temperature: 0°F (-18°C)

Oven Temperature: 475°F (246°C)

Accessory: Pizza Stone (ST10C)

STAGE	TIME	% MW
1	0:30	90
2	1:00	60
3	1:15	30
4	1:00	0



TOTAL COOK TIME:

3:45



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PIZZA/PASTA

MACARONI AND CHEESE (PRE-COOKED)

Quantity: 8 oz. (225 g)

Start Food Temperature: 38-42°F (3--5°C)

Oven Temperature: 425°F (180°C)

Accessory: Ceramic Dish (use cooking spray)

STAGE	TIME	% MW
1	0:40	80
2	0:45	60
3	1:30	30
4	0:20	20



TOTAL COOK TIME:

3:15

NOTES: Make sure sauce covers all of the pasta noodles to prevent dry noodles.

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PIZZA/PASTA

3 CHEESE TORTELLINI (PRE-COOKED)

Quantity: 5 oz. (140 g)

Start Food Temperature: 0-10°F (-17--12°C)

Oven Temperature: 400°F (250°C)

Accessory: Ceramic Dish (use cooking spray)

STAGE	TIME	% MW
1	1:10	100



TOTAL COOK TIME:

1:10



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SEAFOOD

FISH TACOS

Quantity: 2 pcs., 4 oz. (110 g) ea.

Start Food Temperature: 35-40°F (3-6°C)

Oven Temperature: 475°F (246°C)

Accessory: Solid Basket (SB10S)

STAGE	TIME	% MW
1	1:30	50



TOTAL COOK TIME:

1:30



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INGREDIENTS:

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

METHOD:

Sauce (prepared before, in squeeze bottle):

1. Stir together sour cream, taco seasoning, and ¼ cup juice from Rotel tomatoes.

Slaw (prepared before, in Tupperware container):

2. Mix together: angel hair slaw mix, drained Rotel tomatoes, and juice of one lime.

Fish:

1. Place fish on solid basket lined with parchment paper.
2. Sprinkle fish filets with salt, pepper and cumin (both sides). Spray with olive oil.
3. Place in JET on the above setting.
4. Place taco shells, sprayed with olive oil, in the JET for about 30 seconds, no settings, until light golden brown.
5. Remove taco shells from oven and sprinkle with 1/3 cup (23 g) 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
9. Serve immediately.

SEAFOOD

CRAB CAKES

Quantity: 2 pcs. (3.5g each)

Start Food Temperature: 35-40°F (3-6°C)

Oven Temperature: 475°F (246°C)

Accessory: Solid Basket (SB10S) on Pizza Stone (ST10C)

STAGE	TIME	% MW
1	0:45	40
2	1:00	30



TOTAL COOK TIME:

1:45



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SEAFOOD

SALMON 4OZ. (113g)

Quantity: 4oz. (113 g)

Start Food Temperature: 35-40°F (3-6°C)

Oven Temperature: 475°F (246°C)

Accessory: Solid Basket (TB10S)

STAGE	TIME	% MW
1	1:00	40
2	0:10	80
3	0:20	20



TOTAL COOK TIME:

1:30

NOTES: Brush salmon with olive oil and sprinkle with salt and pepper before baking.



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SEAFOOD

SHRIMP SKEWERS (RAW)

Quantity: 2 skewers 3 shrimp each
(peeled and deveined) (16/20 count size)
Start Food Temperature: 35-40°F (3-6°C)
Oven Temperature: 475°F (246°C)
Accessory: Grill Plate (JR10)

STAGE	TIME	% MW
1	0:20	50
2	0:50	10
3	0:15	0



TOTAL COOK TIME:

1:25

NOTES: Sprinkle with Old Bay seasoning before cooking.



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POTATOES

POTATO WEDGES (FRESH)

Quantity: 15 oz. (425 g)

Start Food Temperature: 35-40°F (3-6°C)

Oven Temperature: 400°F (204°C)

Accessory: Solid Basket (TB10S)

STAGE	TIME	% MW
1	4:00	80
2	1:00	0



TOTAL COOK TIME:

5:00



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POTATOES

SWEET POTATO (FRESH)

Quantity: 12 oz. (340 g)

Start Food Temperature: 65-75°F (18-24°C)

Oven Temperature: 400°F (204°C)

Accessory: Solid Basket (TB10S)

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	4:00	80
2	1:00	0



TOTAL COOK TIME:

5:00



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PROTEIN

CHICKEN AND VEGETABLE KABOB

Quantity: 2 pc.

Start Food Temperature: 35-40°F(3-6°C)

Oven Temperature: 475°F (246°C)

Accessory: Panini grill plate (JR10)

STAGE	TIME	% MW
1	1:00	50
2	0:45	40
3	1:15	20



TOTAL COOK TIME:

3:00



INGREDIENTS:

- Raw chicken breast – cut into 1" (2.5 cm) squares, ¼"(0.6 cm) thick
- Green and Red peppers –cut into 1" (2.5 cm) squares, 4 pcs.
- Onion –cut into 1" (2.5 cm) squares
- Olive oil spray
- Salt and pepper (for seasoning)

METHOD:

1. Preheat JR10 inside oven for at least 15 minutes
2. Soak wooden skewers in water for at least one hour.
3. Alternate chicken breast, peppers, and onions so that there are 4 pieces each on a kabob.
4. Sprinkle salt and pepper to taste.
5. Lightly coat kabob with olive oil spray.
6. Carefully place 2 prepared kabobs on preheated JR10 and heat at the suggested cook time.

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PROTEIN

CHICKEN POT PIE MARIE CALLENDARS

Quantity: 10 oz. (280 g)

Start Food Temperature: 40°F (4°C)

Oven Temperature: 475°F (246°C)

Accessory: Solid Basket (TB10S) on Pizza Stone (ST10C)

STAGE	TIME	% MW
1	0:30	80
2	1:15	60
3	1:15	40
4	0:30	0



TOTAL COOK TIME:

3:30

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PROTEIN

CHICKEN STRIPS

Quantity: 9 oz.

Start Food Temperature: 0-10°F (-17--12°C)

Oven Temperature: 475°F (246°C)

Accessory: Solid Basket (ST10)

STAGE	TIME	% MW
1	1:00	80
2	1:00	60
3	1:00	40
4	0:30	20



TOTAL COOK TIME:

3:30



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VEGETABLES

MEDITERRANEAN ROASTED VEGETABLES

Quantity: 1 lb. (450 g)

Start Food Temperature: 40°F (4°C)

Oven Temperature: 475°F (246°C)

Accessory: Solid Basket (TB10S)

STAGE	TIME	% MW
1	1:00	100
2	1:00	70
3	0:30	30



TOTAL COOK TIME:

2:30



INGREDIENTS:

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

METHOD:

1. Slice 1 lb.(450 g) of fresh vegetables.
2. Place on solid basket.
3. Toss with olive oil to lightly coat the vegetables, then sprinkle with sea salt and pepper and toss.
4. Place in the preheated oven to the recommended settings. (Note: If extra 'charring' is desired, place tray back in JET for 30 seconds with no MW.)
5. Serve immediately.

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VEGETABLES

GREEN BEANS (FRESH)

Quantity: 6 oz. (170 g)

Start Food Temperature: 35-40°F (3-6°C)

Oven Temperature: 475°F (246°C)

Accessory: Solid Basket (TB10S)

STAGE	TIME	% MW
1	1:10	50



TOTAL COOK TIME:

1:10

NOTES: Toss with olive oil and pepper, sea salt, and garlic mix before cooking.



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VEGETABLES

ROASTED CORN (FRESH)

Quantity: 8 oz. (225 g)

Start Food Temperature: 35-40°F (3-6°C)

Oven Temperature: 475°F (246°C)

Accessory: Ceramic dish

STAGE	TIME	% MW
1	1:10	50



TOTAL COOK TIME:

1:10



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VEGETABLES

ASPARAGUS (FRESH)

Quantity: 5 oz. (140 g)

Start Food Temperature: 35-40°F (3-6°C)

Oven Temperature: 475°F (246°C)

Accessory: Solid Basket (TB10S)

STAGE	TIME	% MW
1	1:00	50



TOTAL COOK TIME:

1:00

NOTES: Toss with 1/2 tbsp. olive oil and 1 tsp. seasoned salt and pepper to asparagus before cooking.



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DESSERTS

CHOCOLATE FONDUE

Quantity: 1.5 cups (175 g)

Start Food Temperature: 65-75°F (18-24°C)

Oven Temperature: 300°F (150°C)

Accessory: Ceramic Dish

STAGE	TIME	% MW
1	0:45	60
2	0:25	50



TOTAL COOK TIME:

1:10



INGREDIENTS:

- 1 cup (180 g) semisweet chocolate chips
- ½ cup (125 mL) whipping cream

METHOD:

1. Place chocolate chips in a ceramic bowl. Pour whipping cream over.
2. Preheat JET to 300°F (150°C), and place bowl inside at the suggested settings.
3. Stir well with high heat spatula, being careful to break up chocolate lumps.
4. Serve immediately.

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DESSERTS

GRILLED BANANA BREAD

Quantity: 2 ea., 1" (2.5 cm) slices

Start Food Temperature: 65-75°F (18-24°C)

Oven Temperature: 475°F (246°C)

Accessory: Panini grill plate (JR10)

STAGE	TIME	% MW
1	0:35	30



TOTAL COOK TIME:

0:35

NOTES: Slice bread loaf into 1" slices.
Make sure slices are smoothly cut to ensure grill marks appear after cooking.

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DESSERTS

SUGAR COOKIES

Manufacturer: Pillsbury

Quantity: 6 cookies

Start Food Temperature: 30°F

Oven Temperature: 350°F (175°C)

Accessory: TB10 with parchment paper

STAGE	TIME	% MW
1	5:00	0



TOTAL COOK TIME:

5:00

NOTES: Slice dough into half inch disks. Place evenly, directly onto TB10 basket.
Allow to cool after baking on basket before transferring to rack.

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BAKERY

BREAD LOAF (RAW DOUGH)

Quantity: 1 lb. (450 g) (1 loaf)

Start Food Temperature: 40°F (4°C)

Oven Temperature: 350°F (177°C)

Accessory: Solid basket (TB10S) (spray with cooking spray) on Pizza Stone (ST10C)

<i>STAGE</i>	<i>TIME</i>	<i>% MW</i>
1	10:00	20



TOTAL COOK TIME:

10:00

NOTES: Spray top and sides of dough with cooking spray.

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BAKERY

BLUEBERRY MUFFINS

Quantity: 12 pc, 1.9 oz. (55 g) ea.

Start Food Temperature: 35-40°F (3-6°C)

Oven Temperature: 400°F (200°C)

Accessory: Sprayed High Heat Silicone 12-slot Muffin Pan

STAGE	TIME	% MW
1	8:15	10
2	:30	0



TOTAL COOK TIME:

8:45



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BAKERY

CORN MUFFIN

Quantity: 6 pcs, 1.6 oz. (45 g) ea.

Start Food Temperature: 35-40°F (3-6°C)

Oven Temperature: 400°F (200°C)

Accessory: Sprayed High Heat Silicone 6-slot Muffin Pan

STAGE	TIME	% MW
1	1:00	60
2	1:30	40
3	1:00	0



TOTAL COOK TIME:

3:30



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BAKERY

PUFF PASTRY, CHOCOLATE

Quantity: $\frac{1}{3}$ of Sheet Cut Into 2 Pieces
Start Food Temperature: 0-10°F(-17--12°C)
Oven Temperature: 400°F (200°C)
Accessory: Solid basket (TB10S) on Pizza Stone (ST10C)

STAGE	TIME	% MW
1	0:15	70
2	2:00	0
3	0:20	10
4	1:50	40



TOTAL COOK TIME:

4:25

NOTES: Optional: Fill with flavor of choice in the center or on top.

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OUR COMMITMENT

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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 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 our Amana® Commercial 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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