

# VECTOR™ F MULTI-COOK OVEN COOKING GUIDELINES

DISH TYPE	FOOD	QUANTITY/ WEIGHT	STARTING STATE	INGREDIENTS	PROCEDURE	PREHEAT TEMP °F	STAGE 1 TIME	STAGE 1 TEMP °F	STAGE 1 AIR %	STAGE 2 TIME	STAGE 2 TEMP °F	STAGE 2 AIR %	STAGE 3 TIME	STAGE 3 TEMP °F	STAGE 3 AIR %
Appetizers & Sides	Baked potatoes	70 ct	Room temp			350	1:00:00	350	100						
Appetizers & Sides	Battered mozzarella sticks	Full pan	Frozen		Place on a full-size sheet pan lined with parchment paper.	450	0:07:00	450	100						
Appetizers & Sides	Biscuits — fresh dough	2.2 oz (0.06 kg)	Frozen or scratch	54 biscuits	Place on a full-size sheet pan lined with parchment paper.	350	0:05:30	325	50	0:05:30	325	70	0:05:30	350	90
Appetizers & Sides	Bosco sticks	15, 7-inch (18 cm) sticks	Frozen		Place on a full-size sheet pan lined with parchment paper.	350	0:10:00	350	90						
Appetizers & Sides	Breaded chicken tenderloins, fully cooked	5-pound (2.26 kg) bag	Frozen		Place on a full-size sheet pan lined with parchment paper.	450	0:12:00	400	100						
Appetizers & Sides	Jazzmen rice	1 pound (0.45 kg)	Dry		Pour 1.5 L into pan, add rice and cover.	450	0:20:00	450	100						
Appetizers & Sides	Roasted veggies	Full pan	Fresh	Season to taste	Place on a full-size sheet pan lined with parchment paper.	450	0:9:00	450	100						
Appetizers & Sides	Chicken nuggets, breaded and cooked	5-pound (2.26 kg) bag	Frozen		Place on a full-size sheet pan lined with parchment paper.	350	0:13:00	350	70						
Appetizers & Sides	Chicken wings	40 pieces/ 2 pounds (0.9 kg)	Fresh (raw)		Place on a full-size sheet pan lined with parchment paper.	450	0:18:00	450	100						
Appetizers & Sides	Corn dogs	4 oz (0.11 kg) 28 count	Thawed		Place on a full-size sheet pan lined with parchment paper.	350	0:10:00	350	30						
Appetizers & Sides	Steak fries	5-pound bag	Frozen		Place on a full-size sheet pan lined with parchment paper.	450	0:18:00	450	100						
Appetizers & Sides	Roasted vegetables	Full pan	Fresh	Julienne slice peppers and onions. Lightly coat vegetables with olive oil, and season with desired seasoning	Place on a full-size sheet pan lined with parchment paper.	450	0:09:00	450	100						
Appetizers & Sides	Pretzel bites	Full pan	Frozen	Salt and non-stick spray	Place on a full-size sheet pan lined with parchment paper. Spray pretzels with non-stick spray and sprinkle with salt.	425	0:01:15	425	50	0:01:00	425	100			

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Appetizers & Sides	Quesadilla		Fresh	12" flour tortilla, 6 oz chicken/cheese mixture	Place chicken/cheese mixture in tortilla and fold over. Spray pan and quesadilla with non-stick spray.	475	0:03:00	450	100						
Appetizers & Sides	Roasted, diced red potatoes		Fresh	Oil and season to taste	Place on a full-size sheet pan lined with parchment paper.	450	0:30:00	425	40	0:12:00	425	70			
Appetizers & Sides	Corn	4 quarts (4 liters)	Frozen		Place frozen corn in a 2-inch deep hotel pan. Cover with pan with lid.	350	0:20:00	350	100						
Appetizers & Sides	Green beans	4 quarts (4 liters)	Frozen		Place frozen corn in a 2-inch deep hotel pan. Cover with pan with lid.	350	0:22:00	350	100						
Appetizers & Sides	Garlic cheese bread	6-inch (15 cm) 12-count	Frozen		Place frozen garlic cheese bread on a sheet pan lined with parchment paper.	350	0:10:00	325	100						
Appetizers & Sides	Tator tots	5 lb. bag (2.27 kg)	Frozen		Place a bag of frozen tator tots on a sheet pan lined with parchment paper.	450	0:12:00	450	100						
Appetizers & Sides	Mozzarella sticks	4 pounds (1.8 kg)	Frozen		Place frozen mozzarella sticks on a sheet pan lined with parchment paper.	450	0:07:00	450	100						
Breakfast	Bacon	14/18	Raw		Spread bacon on sheet pan.	450	0:07:00	425	75						
Breakfast	Waffles	1.59 oz. (0.045 kg) 24-count	Frozen		Place on a full-size sheet pan lined with parchment paper.	450	0:05:00	450	10						
Breakfast	Biscuits	2.2 oz (0.06 kg)	Frozen		Place on a full-size sheet pan lined with parchment paper.	325	0:05:30	325	50	0:05:30	325	70	0:05:30	350	90
Breakfast	Breakfast sausage patties	1.5 oz (0.04 kg)	Frozen	30 total 3-inch (76mm) diameter	Place on a full-size sheet pan lined with parchment paper.	450	0:04:00	450	100						
Breakfast	French Toast Sticks	45 sticks	Frozen		Place on a full-size sheet pan lined with parchment paper.	450	0:05:00	425	100						
Breakfast	Fried eggs		Fresh		Spray pan before use.	450	0:03:30	425	100						
Breakfast	Bagel	20-count	Frozen		Place bagels open faced with the cut side facing up on a sheet pan lined with parchment paper.	450	0:02:30	450	100						
Breakfast	Hash brown patty	2.25 oz. (0.06 kg) 25-count	Frozen		Place on a full-size sheet pan lined with parchment paper.	500	0:13:00	500	100						

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Breakfast	English muffin	2.0 oz. [0.06 kg] 12-count	Thawed		Place 12 ea. English Muffins, open faced with the cut side down on a sheet pan lined with parchment paper.	475	0:2:30	475	100						
Breakfast	Toasted bread	18 slices	Thawed		Place slices of bread on a sheet pan that has been sprayed with non-stick spray.	350	0:4:45	350	100						
Deserts	Bake N Joy Muffins	2.5 oz. [0.07 kg]	Mix		Mix batter. Place into tins.	350	0:16:30	350	100	350	0:02:00	50			
Desserts	Chocolate chip cookies	1.33 oz [0.04 kg] 24-count	Frozen		Half-size sheet pan with parchment paper, lay out cookies 3 x 4.	350	0:12:00	325	100						
Desserts	Apple pie	10-inch [25 cm]	Frozen		Place frozen pie on a full size sheet pan. Pies must be placed in the bottom chamber in order for the pies to cook correctly.	350	0:55:00	325	100						
Main Dish	Hot dog	6:1	Thawed		Place on a full-size sheet pan lined with parchment paper.	350	0:07:30	325	10						
Main Dish	French bread pizza	5 oz. [0.14 kg]	Frozen		Place on a full-size sheet pan lined with parchment paper.	450	0:08:00	450	60	0:01:55	450	80			
Main Dish	Grilled cheese	15	Fresh	Two, 160-count slices, American cheese. Two slices per sandwich.	Spray sheet pan with non-stick spray. Lay out bread. Add 2 slices of cheese to each slice of bread. Add second slice of bread to each sandwich. Spray top slice of bread with non-stick spray.	350	0:05:30	300	100						
Main dish	Breaded chicken breast	24-count	Frozen		Place on a full-size sheet pan lined with parchment paper.	475	0:07:00	450	45	450	0:04:00	100			
Main Dish	Grilled chicken breast	6 oz. [0.17 kg]	Fresh		Spray grill plate with non-stick spray.	450	0:08:00	450	100						
Main Dish	Grilled salmon	6 oz. [0.17 kg]	Fresh		Spray grill plate with non-stick spray.	450	0:08:00	450	100						
Main Dish	Grilled shrimp	Full pan	Fresh		Spray grill plate with non-stick spray.	450	0:03:45	450	85						
Main dish	Turkey (whole)	12 - 20 pound [5 - 9 kg]	Thawed		Join chambers. Place on a sheet pan with a wire rack. Cook with probe.	300	Probe	250	30						

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Main dish	Hamburgers	2 oz. [.06 kg] 24-count	Frozen		Place 24 ea. frozen hamburgers on a sheet pan lined with parchment paper.	450	0:06:00	450	100						
Main dish	Hamburger buns (toasted)	2 oz. [.06 kg] 12-count	Thawed		Place hamburger buns, open faced with the cut side down on a sheet pan lined with parchment paper.	475	0:02:00	475	100						

\*Note: Times and temperatures may vary based on product specifications.

