

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	0:50:00	350	80						
Appetizers & Sides	Battered mozzarella sticks	12	Frozen		Place 12 frozen cheese sticks in basket, place basket in oven and press appropriate setting.	475	0:05:00	450	100						
Appetizers & Sides	Biscuits - fresh dough	1.33 oz	Frozen or scratch			350	0:04:15	325	80	0:08:15	325	100	0:02:00	350	80
Appetizers & Sides	Bosco sticks		Frozen			350	0:10:00	350	90						
Appetizers & Sides	Breaded chicken tenderloins, fully cooked	20 tenders	Frozen		Place on parchment paper.	450	0:08:00	450	90						
Appetizers & Sides	Broccoli	1 pound	Fresh		Pour .25 L of water into pan, cover with lid.	425	0:08:00	400	50						
Appetizers & Sides	Brown rice	1 pound	Dry		Pour 1.5 L into pan and cover.	350	0:30:00	325	50						
Appetizers & Sides	Carrots	1 pound	Fresh		Cut carrots on bias - approximately 1/2 in long. Pour .25 L of water into pan and cover with lid.	425	0:12:00	400	50						
Appetizers & Sides	Chicken nuggets, breaded and cooked		Frozen			350	0:13:00	350	70						
Appetizers & Sides	Chicken wings	40 pieces/ 2 pounds	Frozen		Place on a sheet pan in a single layer.	400	0:04:30	375	80	0:05:30	400	100			
Appetizers & Sides	Corn dogs	4 oz (0.11 kg)	Thawed			350	0:10:00	350	30						
Appetizers & Sides	Crab cakes	6 at 3 oz each	Thawed		Place 6 thawed crab cakes on paper lined sheet tray.	450	0:05:00	425	80	0:02:00	425	100			
Appetizers & Sides	Diced roasted butternut squash		Fresh	Oil, salt, pepper		425	0:12:00	425	75						
Appetizers & Sides	Farro	1 pound	Dry		Pour 1.5 L into pan and cover.	350	0:30:00	325	50						
Appetizers & Sides	Flatbread pizza		Thawed			500	0:03:00	500	100						
Appetizers & Sides	French fries	12 oz	Frozen		Place fries on a pizza screen and spread out evenly. Place in oven and press appropriate setting.	475	0:04:45	450	70						
Appetizers & Sides	Grilled vegetables		Fresh			500	0:07:00	500	100						

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Appetizers & Sides	Half butternut squash		Fresh	1 T (15 mL) oil, pinch of salt and pepper		375	0:30:00	350	60						
Appetizers & Sides	Half butternut squash		Frozen			450	0:08:00	450	100						
Appetizers & Sides	Large soft pretzels	6	Frozen			450	0:03:00	425	60	0:01:30	425	90			
Appetizers & Sides	Meatballs	2 pounds (0.5 oz each)	Frozen		Place 2 pounds of frozen meatballs on paper lined sheet tray.	375	0:12:00	350	50						
Appetizers & Sides	Pork egg rolls		Frozen			350	0:15:00	350	50						
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	Quinoa	1 pound	Dry		Pour 1.5 L into pan and cover.	350	0:30:00	325	50						
Appetizers & Sides	Rice vermicelli	1/2 pound	Dry		Use a 2" half hotel pan with a lid. Cover pasta with 1.5 L water.	475	0:15:00	450	100						
Appetizers & Sides	Roasted broccoli and cauliflower	2 pounds	Frozen		Place 2 pounds frozen veggies on oil sprayed half sheet pan.	475	0:09:00	450	100						
Appetizers & Sides	Roasted brussels sprouts		Fresh	Brussels sprouts, olive oil, salt and pepper	Cut Brussels sprouts in half, toss with olive oil, salt and pepper.	450	0:08:00	425	80	0:01:00	425	100			
Appetizers & Sides	Roasted mushrooms		Fresh	Mushrooms, olive oil, salt and pepper	Cut mushrooms into 1/4's, toss in olive oil, salt and pepper.	450	0:05:00	425	80	0:01:00	425	100			
Appetizers & Sides	Roasted red potatoes		Fresh			450	0:30:00	425	40	0:12:00	425	70			
Appetizers & Sides	Spinach artichoke dip		Thawed	8 oz spinach artichoke dip, 2 tbsp mozzarella cheese	Place 1 cup of spinach dip into rarebit or cast iron dish, sprinkle with cheese.	475	0:04:15	450	100						
Appetizers & Sides	Stuffed mushrooms		Fresh	Cremini mushrooms, crab filling	Fill mushroom caps with crab filling, place in rarebit.	450	0:02:45	425	70	0:02:45	425	90			
Appetizers & Sides	Wheat berries	1 pound	Dry		Pour 1.5 L into pan and cover.	350	0:40:00	325	50						
Appetizers & Sides	Whole roasted butternut squash		Fresh		Halve squash. Roast on parchment-lined, half-size sheet pan.	350	0:45:00	325	60						

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Appetizers & Sides	Whole wheat pasta	1 pound	Dry		Use a 2" half hotel pan with a lid. Cover pasta with water [1/2 in above].	450	0:22:00	450	100						
Bakery	Buttermilk biscuits	1.2 oz [0.03 kg]	Frozen			325	0:06:00	325	60	0:06:00	325	80	0:02:00	325	100
Bakery	Croissants		Frozen			350	0:25:00	350	30						
Bakery	Mini scones		Frozen		Cut scones in half.	325	0:05:30	325	40	0:05:30	325	50	0:05:30	350	60
Breakfast	Bacon		Raw			450	0:06:30	450	75	0:00:30	450	100			
Breakfast	Belgian waffles		Frozen			350	0:07:00	350	50						
Breakfast	Biscuits	2.2 oz [0.06 kg]	Frozen			325	0:05:30	325	50	0:05:30	325	70	0:05:30	350	90
Breakfast	Breakfast muffins	6.25 oz	Frozen in cup/ wrapper		Slack out, sprinkle with sanding sugar, place in oven.	350	0:14:00	325	20	0:09:00	325	30	0:06:00	350	30
Breakfast	Breakfast pizza, raw dough		Room temp			450	0:02:15	450	60	0:01:55	450	80			
Breakfast	Breakfast sausage links	1 oz [0.03 kg]	Frozen			450	0:00:45	465	30	0:03:30	480	60			
Breakfast	Colby cheese omelets, cooked		Frozen			325	0:15:00	300	20						
Breakfast	French Toast		Fresh	Batter: 1 qt [2.8 L] cream 12 egg yolks 1 c [240 mL] sugar 1 vanilla bean 2 tsp [10 mL] vanilla extract	Spray pan liberally with oil.	350	0:11:00	350	100						
Breakfast	Fresh scones		Fresh			375	0:17:00	375	50						
Breakfast	Fried eggs		Fresh		Spray pan before use.	450	0:03:30	425	100						
Breakfast	Frittata w/ cheese and other fillings	1 in 6" sauté pan/6 oz of egg	Cold pan	16 whole eggs to 1 cup milk/cream	Spray pan. Add egg. Add 2 oz cheese and the other fillings.	450	0:02:00	450	20	0:03:00	450	50			
Breakfast	Mini omelet		Fresh			450	0:03:00	450	80						
Breakfast	Proof and bake cinnamon rolls		Thawed			350	0:06:45	325	50	0:01:30	325	100			
Desserts	Chocolate chip cookies	1.33 oz [0.04 kg]	Frozen		Half sheet pan with parchment paper, lay out cookies 3 x 4.	325	0:14:00	300	100						
Desserts	Chocolate chip cookies	3 oz [0.09 kg]	Frozen			350	0:12:00	325	60						
Desserts	Fudge brownies		Fresh		For cake style, divide batter into two half pans.	350	0:12:00	325	40	0:08:00	325	80			
Desserts	Mini fruit danish		Frozen			375	0:10:30	375	30						
Desserts	Mini pecan danish		Frozen			325	0:07:00	300	50	0:08:00	350	70			

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Desserts	White sheet cake	3 lb (1.4 kg) batter	Fresh			325	0:14:30	325	30	0:02:00	325	80			
Main Dish	4:1 hot dog		Thawed			425	0:04:30	425	40	0:02:30	460	50			
Main Dish	Beef and bean burritos	9	Thawed		Place 9 burritos on a paper lined sheet tray.	350	0:14:00	325	60						
Main Dish	Beef satay		Raw	Thin sliced beef marinated in bulgogi marinade	Marinate meat and skewer on bamboo sticks. Place on oiled grill plate and put in oven. Press appropriate setting.	500	0:03:00	500	100						
Main Dish	Boneless pork loin	2 lb (0.9 kg)	Thawed			350	0:40:00	350	50						
Main Dish	Brat		Thawed			450	0:03:30	465	30	0:03:00	465	50			
Main Dish	Breaded cod	5 oz (0.14 kg)	Frozen			425	0:15:00	425	100						
Main Dish	Calzone		Fresh	7" pizza dough, 5-6 oz filling, egg wash on top	Stretch dough, fill and fold over. Crimp edges, place on screen and egg wash top.	450	0:03:30	450	70	0:01:30	450	90			
Main Dish	Chicken satay		Raw		Slice chicken tenders in half lengthwise to create two thin pieces. Marinate in sambal marinade. Skewer on bamboo stick. Place on oiled grill plate, put in oven and press appropriate setting.	450	0:04:00	450	100						
Main Dish	Chicken wings, no seasoning	30/half-size sheet pan	Thawed		Cook stage 1, then chill wings. Finish to order with Stage 2 (7 wings/order).	500	0:12:00	500	100	0:07:30	525	80			
Main Dish	Chicken wings, raw, preseasoned, first & second wing joints, jumbo	30/half-size sheet pan	Thawed	3 tbsp (44 mL) vegetable oil, McCormick® Montreal Steak Seasoning, Skyy vodka	Cook Stage 1, then chill wings. Finish to order with Stage 2 (7 wings/order). Toss half way through cook time.	450	0:12:00	450	100	0:07:30	535	100			
Main Dish	Cornbread crusted catfish		Frozen			425	0:15:00	425	100						
Main Dish	Focaccia		Raw			450	0:05:00	450	20	0:08:00	425	30	0:02:00	400	40
Main Dish	Fresh pizza		Fresh			450	0:02:15	450	60	0:01:55	450	80			
Main Dish	Frozen pizza	Single 8" pizza/ 10.6oz	Frozen		Place frozen pizza on a screen. Place in oven and press appropriate setting.	450	0:05:00	425	100						

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



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Main Dish	Grilled cheese		Fresh		Spray pan Lay out bread Add cheese Add top bread Spray top Flip over and spray	425	0:05:00	400	90						
Main Dish	Grilled chicken		Fresh			450	0:06:00	450	80	0:03:00	450	100			
Main Dish	Grilled salmon		Fresh			500	0:05:45	525	100						
Main Dish	Grilled shrimp		Fresh			450	0:03:45	450	85						
Main Dish	Marinated tofu	1-3 pressed slices	Fresh	Marinade ingredients: 6 oz lime, 4 oz agave, 2 oz sriracha, 2 tablespoons garlic, 2 teaspoons pepper, 1 teaspoon salt		450	0:06:00	450	80	0:03:00	450	100			
Main Dish	Panini		Fresh		Press top grate down to ensure dark lines.	450	0:06:00	450	100						
Main Dish	Shrimp scampi	20-30 shrimp	Raw	Shrimp (30), salt, pepper and red pepper flakes (to taste), 6 cloves thinly sliced garlic, 6 teaspoons butter, juice of 1 lemon, parsley, muffin pan	Place 4-5 shrimp in each section of pan. Sprinkle salt, pepper and red pepper flakes over shrimp. Squeeze fresh lemon juice over shrimp. Add one clove of garlic and one teaspoon of melted butter to each section. Place tray in oven and cook at appropriate setting. Once completed, garnish with parsley.	450	0:03:45	450	80						
Main Dish	Toasted sub		Fresh		Slice sub roll to fold open. Place 4oz deli meat and cheese on roll. Place sub onto wire rack on top of sheet tray. Place tray in oven and press appropriate setting.	525	0:01:55	525	100						