

# **Merrychef**<sup>®</sup>

## **A quick reference guide to cooking with the Mealstream 402s**



- COOL TO TOUCH
- UP TO 15 X FASTER THAN CONVENTIONAL OVENS
- VENTLESS



# Introducing the latest innovation in Ventless Accelerated Cooking from Merrychef

## Guidelines for Combination cooking

The following methods have been performance tested in our Catering Advisory Service kitchen to achieve correct serving temperatures and to produce the best results in eating quality.

Adjust the settings for timings, temperature and microwave power level to suit your particular food products. Make the usual allowances for different start temperatures, portion sizes, seasonal variations and personal tastes, etc. Use only as a guide for establishing your own settings.

Standard settings may be programmed into the oven's memory and a record kept on the programme selection chart.

Virtually all foods traditionally cooked in an oven can be successfully produced in a microwave combination oven – it is simply about 5 times quicker




NB: All temperatures given are for a preheated oven. The timings on the combination cooking pages are for the total time on convection and microwave together, i.e. combination cooking.

Always ensure correct kitchen standards are maintained and that staff are fully trained before using the oven.

If you should need further guidance, please contact the Catering Advisory Service at Merrychef Limited, who will be pleased to offer assistance.






- Note:**
1. Information emanating from Merrychef Ltd is given after exercise of all reasonable care and skills in its compilation, preparation and issue, but is provided without liability in its application and use.
  2. The above regeneration times are guide only. Adjust timings to allow for differing product weights and start temperatures.
  3. Always ensure that the core temperature has been achieved prior to




Products	Food Temp	Qty		Oven Speed			Method
<b>BREAKFAST ITEMS</b>							
Sausages (Thick Link)	+4°C	14 x 56g	275°C	90%	90%	1m55s	
Sausages (Thick Link)	-18°C	14 x 56g	250°C	90%	90%	3m15s	
Cumberland Sausage	+4°C	12 x 56g	275°C	80%	80%	2m15s	
Back Bacon	+4°C	8 rashers	250°C	100%	90%	1m25s	Add additional fan speed only if additional colour is required <b>USE COLD TRAY</b>
Black Pudding Slices	-18°C	9 x 40g	250°C	80%	100%	1m55s	Lightly oil tray
Potato Rostie	-18°C	6x30g	250°C	80%	100%	1m55s	Place on to HOT tray
Hash Brown	-18°C	9 x 56g	250°C	90%	100%	2m15s	Place onto HOT tray
Quorn Vegetarian Sausages	-18°C	2 x 52g 4 x 52g	250°C 250°C	100% 100%	80% 80%	2m25s 3m15s	Lightly oil product to enhance colour
Oven Baked Fresh Tomato - Halved	+4°C	1 tray	250°C	90%	70%	1m20s	Lightly brush with oil
Flat Field Mushrooms	Ambient	X 9	250°C	80%	80%	1m15s	Brush with melted butter prior to cooking
All day breakfast Consisting of: 1 x Thick link Sausage 2 x Slices Black Pudding 2 x Rashers Bacon 1 x large field mushroom 1 x Hash Brown 1 x whole fresh Tomato 1 x 200g Omelette (Ferndale)	All chilled +4°C	1	275°C	90%	90%	1m25s	1) Brush field mushrooms with melted butter, place on tray black side up. 2) Lightly oil tray
Toast—Thick Slice	Ambient	2 slices	250°C	100%	Nil	45s	Place directly on to wire rack




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Products	Food Temp	Qty		Oven Speed			Method
<b>MEATS - LAMB</b>							
Half rack of lamb (un trimmed)	+4°C	1 x 220g	250°C	90%	90%	2m30s	Allow to stand for 2 mins after cooking
Rack of Lamb 6 bone French trimmed	+4°C	1 x 300g	275°C	60%	50%	3 mins	Allow to stand for 2 mins after cooking
Rack of Lamb 6 bone French trimmed Herb Crusted	+4°C	2 x 300g	250°C	20%	70%	4m10s	Allow to stand for 2 mins after cooking
Lamb Chops	+4°C	4 x 90g	275°C	90%	80%	1m50s	Allow to stand for 2 mins after cooking
Lamb Burgers (uncooked)	+4°C	1 x 160g 2 x 160g	250°C 250°C	60% 50%	90% 90%	1m30s 2 mins	
Lamb Noisettes	+4°C	6x65g	275°C	90%	80%	1m55s	
<b>MEATS - PORK</b>							
Pork Fillet	+4°C	2 x 190g	250°C	90%	90%	2m30s	1 fillet cut in half
Pork Chops	+4°C	2 x 200g	250°C	90%	70%	3 mins	Allow to stand for 2 mins after cooking
Cooked half rack of Ribs	+4°C	2 x 240g	250°C	70%	80%	2 mins	
Gammon Steak	+4°C	X 1	250°C	90%	100%	1m25s	
<b>MEATS - BEEF</b>							
Sirloin Steak Rare	+4°C	1 x 250g	250°C 275°C	100% 100%	50% Nil	1 min 1m30s	<b>2 STAGE COOKING PROCESS</b> Place directly on to VERY HOT tray or skillet Allow to rest at end of cooking cycle for 2 minutes
Sirloin Steak Medium	+4°C	1 x 250g	250°C 275°C	100% 100%	50% Nil	1m15s 1m10s	
Sirloin Steak Well done	+4°C	1 x 250g	250°C 275°C	100% 100%	50% Nil	1m15s 4 mins	
Beef Burger (Uncooked)	+4°C	1 x 160g	250°C	60%	90%	1m30s	
Beef Burger	-18°C	1 x 160g 2 x 160g	250°C	40% 40%	50% 50%	3m30s 4m30s	Turn half way through cooking cycle
Fillet Steak (Rare/Medium)	+4°C	2 x 150g	275°C	100% 100%	Nil 80%	45s 1 min	Place directly onto a VERY HOT tray or skillet Allow to rest at end of cooking cycle

Products	Food Temp	Qty		Oven Speed			Method
<b>MEATS - POULTRY</b>							
Chicken Supreme	+4°C	1 x 180g	250°C	60%	90%	1m45s Turn then 1m45s	Brush with butter or oil Turn half way through cooking cycle Allow to rest for 2 mins at end of cooking cycle
Chicken Kiev	+4°C	2 x 160g	275°C	10%	90%	2m20s	Uncooked flash fired product
Chicken Cordon Bleu	+4°C	2 x 180g	275°C	10%	90%	2m20s	Uncooked flash fired product
Butterfly Cajun Chicken	+4°C	1 x 140g	275°C	70%	80%	1m20s	
Cooked half Roast Chicken	+4°C	1 x 750g	250°C	100%	100%	2m30s	
Chicken Wings	+4°C	1 tray	275°C	70%	100%	2 mins	
Chicken Nuggets	-18°C	1 tray	275°C	30%	100%	3m10s	Do not over load tray Allow to stand at end of cooking cycle
Chicken Thighs on the bone	+4°C	6	275°C	70%	100%	3m15s	Brush with butter and oil Allow to rest for 2 mins
Duck Breast	+4°C	1 x 120g 2 x 120g	250°C 250°C	90% 90%	50% 50%	2m30s 3 mins	Allow to rest for minutes after cooking
<b>FISH</b>							
Salmon Steak	+4°C	1 x 112g 2 x 112g 3 x 112g	275°C 275°C 275°C	10% 10% 10%	50% 50% 60%	1m35s 1m50s 2mins	
Marinated Tuna Steak	+4°C	1 x 180g	250°C	90%	50%	1m15s	
Cod Fillet	+4°C	1 x 160g	250°C	10%	80%	1m45s	Brush with melted butter prior to cooking
Battered Haddock/Cod	+4°C	2x220g	250°C	100%	90%	2m30s	
Fresh trout (Head on)	+4°C	1 x 250g	275°C	60%	75%	1m50s	
Salmon Fish Cakes	+4°C	4 x 120g	250°C	90%	80%	1m55s	
Cod & Salmon Fish Cakes	-18°C	2 x 148g	250°C	90%	100%	3m15s	

Products	Food Temp	Qty		Oven Speed			Method
<b>PASTA BAKES</b>							
Macaroni Cheese	+4°C	1 x 320g	250°C	70%	100%	2m30s	Decant into ceramic dish
Beef Lasagne	+4°C	1 x 320g	250°C	70%	100%	2m30s	Decant into ceramic dish
Shepherds Pie	+4°C	1 x 320g	250°C	90%	100%	2m45s	Decant into ceramic dish
<b>PIZZA</b>							
Home made Pepperoni Pizza 10" (Medium Base) Par Baked	+4°C	1	275°C	40%	70%	1m25s	
Pre cooked Stone bake Pizza 10" with topping	+4°C	1	275°C	50%	80%	1m20s	
Pre cooked Stone Baked	-18°C	1	250°C	60%	100%	1m50s	Sprinkle with extra grated cheese
<b>PASTRIES</b>							
Pre cooked Cornish Pasty	+4°C	1 x 250g 2 x 250g	275°C 275°C	10% 10%	100% 100%	1m20s 1m35s	Place on to HOT tray
Pre cooked Steak & Stilton Pasty	+4°C	1 x 250g 2 x 250g	275°C 275°C	10% 10%	100% 100%	1m25s 1m40s	Place on to HOT tray
Pre cooked large lattice Sausage roll	+4°C	1 x 175g 2 x 175g	275°C 275°C	10% 10%	100% 90%	1 min 1m20s	Place on to HOT tray
Pre cooked Chicken Galette	+4°C	X 1 X 2	275°C 275°C	10% 15%	100% 90%	1m35s 1m55s	Place on to HOT tray
Pre cooked Spinach Galette	+4°C	X 1 X 2	275°C 275°C	10% 10%	100% 100%	1m40s 1m55s	Place on to HOT tray
<b>WRAPS</b>							
Breakfast wraps	+4°C +4°C	X 1 X 2	275°C 275°C	30% 20%	100% 100%	1m10s 1m40s	
Mediterranean Tuna Wrap	+4°C +4°C	X 1 X 2	275°C 275°C	10% 10%	90% 90%	1 min 1m25s	
Salsa Wrap	+4°C +4°C	X 1 X 2	275°C 275°C	20% 20%	100% 100%	1m25s 1m40s	
Steak Wrap	+4°C +4°C	X 1 X 2	275°C 275°C	50% 30%	90% 100%	1 min 1m20s	
Duck Wrap	+4°C +4°C	X 1 X 2	275°C 275°C	50% 30%	80% 80%	50s 1m15s	
Cookies & Cream	+4°C	X 1 X 2	275°C 275°C	50% 60%	50% 50%	45s 55s	

Products	Food Temp	Qty		Oven Speed			Method
<b>BREADS</b>							
Organic Brown Baguette	+4°C	1	250°C	20%	40%	40s	Place directly in to rack
	+4°C	2	250°C	20%	60%	50s	
Organic Brown Baguette	-18°C	1	250°C	30%	60%	50s	Allow to stand for 30 seconds
	-18°C	2	250°C	20%	70%	1m05s	
Par Baked White Baguette	+4°C	1/2	250°C	100%	20%	1m30s	Place directly in to rack
Par Baked White Baguette	-18°C	1/2	250°C	TBA	TBA	TBA	Place directly in to rack
Par baked petit pain	+4°C	6	250°C	100%	20%	1m30s	Place directly in to rack
Bacon Baguette	+4°C	1	275°C	30%	60%	1m10s	
		2	275°C	30%	60%	1m25s	
Chicken & Bacon Panini	+4°C	1	250°C	20%	50%	1 min	
		2	250°C	20%	80%	1m25s	
Open half Ciabatta Thai Chicken & Toasted Sandwich	+4°C	1	275°C	60%	90%	1m20s	If more colour is required just use fan speed only
Toast Thick cut	Ambient	2 slices	250°C	100%	Nil	45s	
<b>POTATOES/VEGETABLES</b>							
Par cooked Roast Potatoes	-18°C	1 tray	250°C	100%	100%	5 mins	
Chips (Chunky)	+4°C	400g	250°C	100%	720%	2 mins	
Parmentier Potatoes with parsley butter	+4°C	500g	250°C	100%	50%	1m30s	
Roasted Vegetables	-18°C	1 tray	250°C	100%	80%	3m45s	