



# Merrychef E4 Recipe and Demonstration Guidelines

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## Guidelines for Successful Merrychef Demonstrations:

### Rules of Thumb:

1. If the outcome is shriveled up, dried out or contains hard spots. Lower the microwave % (which may mean extended time).
2. If it's too dark or charred too much, Lower the Air Impingement Fan %.
3. If low internal temperature and can take more microwaves, increase microwave %.
4. If it's not crisp enough or enough color, Increase the Air Fan %.

### Recommended Key Accessories:

- Cutting Board, Spatulas, Tongs, MerryChef Paddle, Merrychef Basket, ¼ size sheet tray, Grill Pan, Silicone Forms or Ramekin, Pastry Brush, Gloves, Towels, Serving Utensils and Plates, Napkins, Beverages, etc.
- Food ingredients prepared and stored properly.
- Data Collection tools.

### Recommended Demo Recipes:

The following is a collection of 4 recipes designed to highlight the speed, versatility and performance of the E3 and E4. Spanning the entire day-menu encompassing Breakfast, Lunch, Snack/Appetizer and Dinner Entrée, these recipes illustrate the features and benefits of the Merrychef Eikon Series.

### E4 Recipes:

- **Eggs Benedict:** Demonstrates the ability to cook fresh eggs while toasting muffins and reheating a cooked protein such as Canadian Bacon. This application can be served classically or assembled as a sandwich.
- **Monte Cristo Panini:** Illustrates the grilled or Panini Style sandwich eliminating the need for a Panini press.
- **Stuffed Mushrooms:** Presents the speed and versatility using a variety of traditional restaurant accessories to prepare and serve appetizers.
- **Salmon Saltimbocca:** Showcases “good Food Fast” as a complete meal for maximum day part coverage.

### E3 Recipes:





- **Cinnamon Rolls:** Demonstrates the ability to cook fresh pastries. This application can be executed as a cook and merchandise or cook and serve.
- **Breakfast Skillet:** Illustrates the complete meal as a breakfast offering eliminating the need for multiple pieces of equipment.
- **TBLAST Wrap:** Presents the speed of serving lunch, hand held or ‘Grab n Go’ snacks using signature features of a local chain restaurant.
- **Ribs & Fries Retherm:** Showcases “Good Food Fast” as a complete meal for maximum day-part coverage as well as “speed scratch” and convenience product execution.





## TOP Reasons to Spec Merrychef Speed Ovens

(See Merrychef Competitive Handbook for Turbochef comparisons)

1. **Patented Planer Plume Technology (e2, e6)**: Patented Planer Plume technology offers superior heat transfer method by directing air into planes which collide above the food surface and then drawn around the food.
  - Saves up to 33% in energy compared to competitive models.
  - Quieter cooking performance over competitive models.
  - Superior air and temperature circulation improves food quality.
2. **Superior Dual Technology Design (e4)**: Merrychef's combination of "Convection Heat", top and bottom "Air Impingement" and side to side "Microwave Heat" is a more effective air and temperature heat transfer resulting in superior food quality.
3. **Exclusive easyToUCH touch screen controls offers more standard features**: All Merrychef models offers the same simple, easy to use "easyToUCH" touch screen controls resulting in:
  - Easy Manual Cooking.
  - Easy Recipe Programming.
  - Easy "One Touch" picture icon operation.
  - Easy cookbook recipe access.
  - Easy "One Touch" favorite recipe access (Press n Go).
  - Easy on screen step by step cleaning instructions.
  - Easy and superior built-in self diagnostics.
4. **Exclusive MenuConnect PC Recipe Software**:
  - Allows recipe changes to be made on your computer, and then updated to Merrychef Oven via USB memory stick.
5. **Simple to Use Cleaning Icon with "On-Screen" Cleaning Instructions**.
  - Step by step "On Screen" instructions simplify and speed up cleaning.
  - Fewer parts to take out of oven to clean compared to competitive models.
6. **Standard with Internal and External Filters which extends life of the oven**.
  - Exclusive external filter interlock prevents operation until filter is in place.
  - Internal Filters extends life of unit and internal components.
7. **Exclusive "Air Curtain" Safety Shield**.
  - Prevents burns from steam and heat escaping when door is opened.
8. **Uniform design across product line**.
  - Standardized operation, maintenance and replacement parts with all models reduce training and maintenance costs.
9. **Superior before and after sale support**:
  - Factory trained and certified rep network and Field Marketing Managers.
  - Superior factory trained chefs and local culinary network.
  - Extensive Manitowoc "Star Certified" Authorized Service Agency network.

## E4, E3 Demo Recipes

E4 Demo Recipes			
<b>Eggs Benedict Traditional or Breakfast Sandwich</b>	<i>Oven Preheat</i>	475F	
1 Each (or 2 for Sandwich Application) English Muffin, Split for Toasting	<i>Utensil:</i>	Egg Rings, Pan, Basket	
2 Each Eggs, Whole, Placed in Forms	<i>Yield:</i>	2	
1 T Spinach and Tomato Placed below Eggs	<i>Stage 1 (Time/Fan/Mic)</i>	1:00/80%/80%	
2 oz Canadian Bacon, Ham or Roast Beef, Sliced, Placed on Pan	<i>Stage 2 (Time/Fan/Mic)</i>		
2 t Cheese, Feather Shred Sprinkled over Eggs	<i>Stage 3 (Time/Fan/Mic)</i>		
<b>Monte Cristo Panini</b>	<i>Oven Preheat</i>	475F	
4 Each Cinnamon Swirl Bread Slices	<i>Utensil:</i>	High Rack	
1 oz Each Bacon, Ham, Turkey, Swiss-Slices	<i>Yield:</i>	2	
1 oz Dijonaise	<i>Stage 1 (Time/Fan/Mic)</i>	1:00/50%/80%	
Build Sandwiches and Prepare Closed.	<i>Stage 2 (Time/Fan/Mic)</i>		
	<i>Stage 3 (Time/Fan/Mic)</i>		
<b>Stuffed Mushrooms</b>	<i>Oven Preheat</i>	500F	
3-5 Each Stuffed Mushrooms	<i>Utensil:</i>	Casserole Pan	
Boursin-Parmesan Cheese Stuffing	<i>Yield:</i>	1 Portion	
Fresh Tomatoes, Shallots, Thyme, Butter	<i>Stage 1 (Time/Fan/Mic)</i>	2:00/50%/50%	
Fresh Herbs, Chopped	<i>Stage 2 (Time/Fan/Mic)</i>		
Prepare Sauce and Mushrooms in Dish. Garnish with Fresh Herbs	<i>Stage 3 (Time/Fan/Mic)</i>		
<b>Salmon Saltimbocca</b>	<i>Oven Preheat</i>	475F	
5 oz Raw Salmon Wrapped in Prosciutto and Sage	<i>Utensil:</i>	1/4 Sheet/Parchment	
3 oz Fresh Green Beans	<i>Yield:</i>	1	
3 oz Ready Rice	<i>Stage 1 (Time/Fan/Mic)</i>	2:00/75%/70%	
Place Green Beans and Rice in Parchment Paper and Wrap.	<i>Stage 2 (Time/Fan/Mic)</i>		
Prepare Complete Meal and Serve	<i>Stage 3 (Time/Fan/Mic)</i>		

E3 Demo Recipes			
<b>Cinnamon Rolls</b>	<i>Oven Preheat</i>	500F	
Pillsbury Cinnamon Rolls, Refrigerated Pack	<i>Utensil:</i>	8-inch Cake Pan	
	<i>Yield:</i>	8	
	<i>Stage 1 (Time/Fan/Mic)</i>	:45/10%/100%	
	<i>Stage 2 (Time/Fan/Mic)</i>	:45/10%/75%	
	<i>Stage 3 (Time/Fan/Mic)</i>	:30/10%/0%	
<b>Breakfast Skillet</b>	<i>Oven Preheat</i>	500F	
1/4 Cup Potato, Precooked	<i>Utensil:</i>	Casserole Pan or Dish	
1/4 Cup Veg Medley-Peppers, Mushrooms, Onions	<i>Yield:</i>	1	
1/4 Cup Sausage, Precooked and Medium Dice	<i>Stage 1 (Time/Fan/Mic)</i>	2:00/50%/50%	
1 Each Whole Egg	<i>Stage 2 (Time/Fan/Mic)</i>		
1 T Cheese as Desired, Shredded	<i>Stage 3 (Time/Fan/Mic)</i>		
<b>TBLAST Wrap</b>	<i>Oven Preheat</i>	500F	
2 each 8" Wheat Tortillas	<i>Utensil:</i>	Solid Basket or 1/4 Tray	
1 oz each Bacon, Turkey, Swiss, Avocado Slices	<i>Yield:</i>	2	
Salad Garnish	<i>Stage 1 (Time/Fan/Mic)</i>	1:00/70%/100%	
	<i>Stage 2 (Time/Fan/Mic)</i>		
	<i>Stage 3 (Time/Fan/Mic)</i>		
<b>Ribs and Fries Retherm</b>	<i>Oven Preheat</i>	500F	
1/2 Rack of Baby Back Ribs, Precooked and Sauced	<i>Utensil:</i>	1/4 Tray	
5 oz FF, Frozen	<i>Yield:</i>	1/2 Rack	
Honey Mustard Cole Slaw	<i>Stage 1 (Time/Fan/Mic)</i>	1:00/10%/70%	
	<i>Stage 2 (Time/Fan/Mic)</i>	1:00/50%/30%	
	<i>Stage 3 (Time/Fan/Mic)</i>		

## More MerryChef E4 Recipe Guidelines

Recipe And Method:	Programming: 4	E4	Picture:
<b>BREAKFAST ITEMS</b>			
<b>Toast/Bagel</b>	Oven Preheat	500F	
Sliced Bread or Bagel	Utensil:	Rack	
	Yield:	1 Portion	
	Stage 1 (Time/Fan/Mic)	:20/100%/0%	
	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>Omelet/Frittata</b>	Oven Preheat	500F	
4 oz Liquid Egg, Chilled and Mixed with following:	Utensil:	Casserole Pan	
1 T Bacon, Precooked, Sliced and Chilled	Yield:	1 Portion	
1 T Herbs, such as Parsley or Chive	Stage 1 (Time/Fan/Mic)	1:10/90%/100%	
1 oz Cheese, Feather Shred	Stage 2 (Time/Fan/Mic)		
Garnish with Fresh Herb and Tomato Salad	Stage 3 (Time/Fan/Mic)		
<b>Eggs Benedict Traditional or Breakfast Sandwich</b>	Oven Preheat	475F	
1 Each (or 2 for Sandwich Application) English Muffin, Split for Toasting	Utensil:	Egg Rings, Pan, Basket	
2 Each Eggs, Whole, Placed in Forms	Yield:	2	
1 T Spinach and Tomato Placed below Eggs	Stage 1 (Time/Fan/Mic)	1:00/80%/80%	
2 oz Canadian Bacon, Ham or Roast Beef, Sliced, Placed on Pan	Stage 2 (Time/Fan/Mic)		
2 t Cheese, Feather Shred Sprinkled over Eggs	Stage 3 (Time/Fan/Mic)		
<b>Breakfast Ranchero Skillet</b>	Oven Preheat	475F	
1/4 Cup Potato, Precooked	Utensil:	Casserole Pan or Dish	
1/4 Cup Veg Medley-Peppers, Mushrooms, Onions, Medium Dice	Quantity	1	
1/4 Cup Sausage, Precooked and Medium Dice	Stage 1 (Time/Fan/Mic)	2:00/75%/60%	
1 Each Whole Egg	Stage 2 (Time/Fan/Mic)		
1 T Cheese as Desired, Shredded	Stage 3 (Time/Fan/Mic)		
<b>Breakfast Cristo Panini, Refrigerated</b>	Oven Preheat	475F	
4 Each Cinnamon Swirl Bread Slices	Utensil:	High Rack	
1 T Maple Mayo and Raisin Jam	Quantity	2	
1 Oz Each Bacon, Ham, Turkey, Swiss-Slices	Stage 1 (Time/Fan/Mic)	1:00/50%/80%	
1 T Lemon and Blueberry Compote	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>Shirred Eggs</b>	Oven Preheat	475F	
1 T Ham or Bacon, Small Dice	Utensil:	Dish or Crock	
1 T Tomato	Quantity	1	
1 T Green Onion or Fresh Herbs, Chopped	Stage 1 (Time/Fan/Mic)	1:10/50%/80%	
1 T Cheese, Feather Shred	Stage 2 (Time/Fan/Mic)		
1 Each Whole Egg	Stage 3 (Time/Fan/Mic)		
<b>Eggs Strata, Savory</b>	Oven Preheat	475F	
Custard Base	Utensil:	Crock	
Bread, Sliced	Quantity	1	
Sofrito	Stage 1 (Time/Fan/Mic)	2:30/10%/50%	
Bacon	Stage 2 (Time/Fan/Mic)		
Cheese	Stage 3 (Time/Fan/Mic)		
<b>Mini Crustless Quiche</b>	Oven Preheat	500F	
4 oz Liquid Egg, Chilled and Mixed with following:	Utensil:	Muffin Forms	
1 t Each Peppers-Onions-Mushrooms, Precooked	Yield:	6 Portion	
1 T Chicken-Apple Sausage, Precooked, Diced and Chilled	Stage 1 (Time/Fan/Mic)	2:00/75%/60%	
1 oz Cheese, Feather Shred	Stage 2 (Time/Fan/Mic)		
Herb Garnish or Choice	Stage 3 (Time/Fan/Mic)		

### More MerryChef E4 Recipe Guidelines (continued)

Recipe And Method:	Programming: 4	E4	Picture:
<b>BREAKFAST ITEMS</b>			
<b>Breakfast Skillet</b>	Oven Preheat	500F	
1/4 Cup Potato, Precooked	Utensil:	Casserole Pan or Dish	
1/4 Cup Veg Medley-Peppers, Mushrooms, Onions	Yield:	1	
1/4 Cup Sausage, Precooked and Medium Dice	Stage 1 (Time/Fan/Mic)	2:00/50%/50%	
1 Each Whole Egg	Stage 2 (Time/Fan/Mic)		
1 T Cheese as Desired, Shredded	Stage 3 (Time/Fan/Mic)		
<b>Shirred Eggs</b>	Oven Preheat	500F	
1 T Ham or Bacon, Small Dice	Utensil:	Dish or Crock	
1 T Tomato	Yield:	1	
1 T Green Onion or Fresh Herbs, Chopped	Stage 1 (Time/Fan/Mic)	1:10/70%/80%	
1 T Cheese, Feather Shred	Stage 2 (Time/Fan/Mic)		
1 Each Whole Egg	Stage 3 (Time/Fan/Mic)		
<b>Complete Breakfast</b>	Oven Preheat	500F	
1 Each Whole Egg, English Muffin, Crock of Beans	Utensil:	1/4 Tray	
1/2 Each Tomato	Yield:	1	
5 Each Small Mushrooms	Stage 1 (Time/Fan/Mic)	1:10/85%/80%	
3 Each Potato Cakes	Stage 2 (Time/Fan/Mic)		
3 Pieces Each Bacon or Sausage	Stage 3 (Time/Fan/Mic)		
<b>Quiche, Retherm</b>	Oven Preheat	500F	
Prebaked Quiche	Utensil:	High Rack	
Pie Shell	Yield:	1	
Savory Custard Batter	Stage 1 (Time/Fan/Mic)	1:00/10%/100%	
Garnish such as Cheese, Bacon, Onion, Herbs	Stage 2 (Time/Fan/Mic)	:45/10%/20%	
	Stage 3 (Time/Fan/Mic)		
<b>Hashbrowns</b>	Oven Preheat	500F	
6 each Precooked Shredded Potato Cakes	Utensil:	Basket	
	Yield:	6	
	Stage 1 (Time/Fan/Mic)	:30/50%/100%	
	Stage 2 (Time/Fan/Mic)	:45/100%/30%	
	Stage 3 (Time/Fan/Mic)		
<b>Breakfast Sandwich</b>	Oven Preheat	500F	
English Muffin or Sourdough Rounds	Utensil:	Solid Basket or 1/4 Tray	
Egg, Precooked	Yield:	2	
Sausage Patty or Bacon Strips	Stage 1 (Time/Fan/Mic)	1:00/80%/80%	
Sliced Cheese	Stage 2 (Time/Fan/Mic)		
Finish Assembled	Stage 3 (Time/Fan/Mic)		
<b>Breakfast Burrito/Snack Wrap</b>	Oven Preheat	500F	
3 Each 6" Tortillas	Utensil:	Solid Basket or 1/4 Tray	
1 T Cheese, Feather Shred	Yield:	2	
1 T Each-Egg Prescrambled, Bacon, Potato, Veg Precooked	Stage 1 (Time/Fan/Mic)	1:00/70%/100%	
Combine all ingredients. Layer on Tortilla and Roll.	Stage 2 (Time/Fan/Mic)		
Top with Feather Shredded Cheese	Stage 3 (Time/Fan/Mic)		
<b>Cinnamon Rolls</b>	Oven Preheat	500F	
Pillsbury Cinnamon Rolls, Refrigerated Pack	Utensil:	8-inch Cake Pan	
	Yield:	8	
	Stage 1 (Time/Fan/Mic)	:45/10%/100%	
	Stage 2 (Time/Fan/Mic)	:45/10%/75%	
	Stage 3 (Time/Fan/Mic)	:30/10%/0%	

### More MerryChef E4 Recipe Guidelines (continued)

<b>Cinnamon Rolls, Individual</b>	Oven Preheat	475F	
Pillsbury Grands Cinnamon Rolls, Refrigerated Pack, 1 Each	Utensil:	Egg Cups, Basket	
Place single Roll inside dish	Yield:	2	
Finish with Cream Cheese Icing	Stage 1 (Time/Fan/Mic)	1:10/80%/80%	
	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>Breakfast Breads</b>	Oven Preheat	500F	
Precooked Muffin or Coffee Cake or Biscuit	Utensil:	Solid Basket or 1/4 Tray	
	Yield:	2	
	Stage 1 (Time/Fan/Mic)	:30/10%/50%	
	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>Biscuits, Fresh</b>	Oven Preheat	500F	
Biscuits, Refrigerated, Pillsbury Grands	Utensil:	Solid Basket or 1/4 Tray	
	Yield:	12	
	Stage 1 (Time/Fan/Mic)	1:00/10%/100%	
	Stage 2 (Time/Fan/Mic)	1:00/10%/50%	
	Stage 3 (Time/Fan/Mic)	:30/10%/0%	
<b>Fruit Filled Pastries</b>	Oven Preheat	500F	
Pastry Dough filled with Fruit or Sweet Filling, Frozen	Utensil:	Solid Basket or 1/4 Tray	
	Yield:	6	
	Stage 1 (Time/Fan/Mic)		
	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>LUNCH - SANDWICH'S @ WRAPS</b>			
<b>Monte Cristo Panini</b>	Oven Preheat	475F	
4 Each Cinnamon Swirl Bread Slices	Utensil:	High Rack	
1 oz Each Bacon, Ham, Turkey, Swiss-Slices	Yield:	2	
1 oz Dijonaise	Stage 1 (Time/Fan/Mic)	1:00/50%/80%	
Build Sandwiches and Prepare Closed.	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>Open Face Sandwich/Crostini</b>	Oven Preheat	500F	
Toasted Ciabatta	Utensil:	Basket or Tray	
Mozzarella and Prosciutto	Yield:	6	
	Stage 1 (Time/Fan/Mic)	1:00/80%/80%	
	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>Griddled Sandwich, Global Flavors</b>	Oven Preheat	500F	
2 Each Sliced Bread	Utensil:	1/4 Sheet Tray	
Reuben, Black Forest, Cuban, Ham-Brie-Mushroom,	Yield:	2	
	Stage 1 (Time/Fan/Mic)	1:00/80%/80%	
	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>TBLAST Wrap</b>	Oven Preheat	500F	
2 each 8" Wheat Tortillas	Utensil:	Solid Basket or 1/4 Tray	
1 oz each Bacon, Turkey, Swiss, Avocado Slices	Yield:	2	
Salad Garnish	Stage 1 (Time/Fan/Mic)	1:00/70%/100%	
	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		



### More MerryChef E4 Recipe Guidelines (continued)

<b>Toasted Sandwich, Global Flavors</b>	Oven Preheat	500F	
2 Each Ciabatta or Sub Roll, 6"	Utensil:	Mesh Basket	
Banh Mi, Cubano, Torta, Italian, TBLAST, Cheese Steak, Po Boy	Yield:	2	
	Stage 1 (Time Fan Mic)	1:00/80%/80%	
	Stage 2 (Time Fan Mic)		
	Stage 3 (Time Fan Mic)		
<b>Toasted Sandwich, Global Flavors</b>	Oven Preheat	500F	
2 Each Ciabatta or Sub Roll, 12"	Utensil:	Mesh Basket	
Banh Mi, Cubano, Torta, Italian, TBLAST, Cheese Steak, Po Boy	Yield:	2	
	Stage 1 (Time Fan Mic)	1:00/80%/80%	
	Stage 2 (Time Fan Mic)		
	Stage 3 (Time Fan Mic)		
<b>Quesadilla</b>	Oven Preheat	500F	
2 Each Tortillas	Utensil:	1/4 Tray or Solid Basket	
2 T Cheese, Feather Shred	Yield:	2	
1 T Chicken, Diced	Stage 1 (Time Fan Mic)	:45/80%/80%	
1 T Each Jalapeno, Onions, Mushrooms	Stage 2 (Time Fan Mic)		
Mango Lime Salsa and Cilantro Salad	Stage 3 (Time Fan Mic)		
<b>Piadina</b>	Oven Preheat	500F	
2 Each Flatbreads Such as Flour Tortillas, Naan, Pita, Flatouts™	Utensil:	1/4 Tray or Solid Basket	
2 T Cheese, Feather Shred	Yield:	2	
2 oz Deli Meats, Sliced Thin	Stage 1 (Time Fan Mic)	:45/80%/80%	
1 Oz Deli Cheese, Sliced Thin	Stage 2 (Time Fan Mic)		
2 T Salad or Vegetable Garnish with Dressing	Stage 3 (Time Fan Mic)		
<b>Hotdogs</b>	Oven Preheat	500F	
Fully Cooked	Utensil:	1/4 Tray or Solid Basket	
Garnish with appropriate items	Yield:	2	
	Stage 1 (Time Fan Mic)	:45/80%/80%	
	Stage 2 (Time Fan Mic)		
	Stage 3 (Time Fan Mic)		
<b>Cheeseburgers, Convenience Products</b>	Oven Preheat	500F	
4 each C-Store style prepackaged Sandwich or Burger	Utensil:	1/4 Tray or Solid Basket	
Garnish with appropriate items	Yield:	4	
	Stage 1 (Time Fan Mic)	2:00/10%/70%	
	Stage 2 (Time Fan Mic)		
	Stage 3 (Time Fan Mic)		
<b>Sliders</b>	Oven Preheat	500F	
6 Each Slider Rolls	Utensil:	1/4 Tray or Solid Basket	
6 Each 1.5 oz Sausage Patties	Yield:	6	
6 T Herb-Parmesan Dijonaise	Stage 1 (Time Fan Mic)	1:00/80%/100%	
6 T Spicy Pickles	Stage 2 (Time Fan Mic)		
	Stage 3 (Time Fan Mic)		
<b>Quarter Pound Hamburger, Raw</b>	Oven Preheat	500F	
4 oz Burger Patty, Refrigerated, Raw	Utensil:	1/4 Tray or Solid Basket	
	Yield:	4	
	Stage 1 (Time Fan Mic)	2:00/70%/50%	
	Stage 2 (Time Fan Mic)		
	Stage 3 (Time Fan Mic)		

### More MerryChef E4 Recipe Guidelines (continue)

<b>French Fries, Ovenable</b>	Oven Preheat	500F	
Ovenable Fries, Frozen	Utensil:	Basket	
	Yield:	1/2#	
	Stage 1 (Time/Fan/Mic)	1:00/100%/100%	
	Stage 2 (Time/Fan/Mic)	1:00/100%/0%	
	Stage 3 (Time/Fan/Mic)		
<b>APPETTIERS</b>			
<b>Buffalo Chicken Wings</b>	Oven Preheat	500F	
12 Each Chicken Wings	Utensil:	1/4 Tray or Solid Basket	
Celery Salad	Yield:	12	
Blue Cheese Crumbles	Stage 1 (Time/Fan/Mic)	1:00/10%/100%	
Buffalo Sauce	Stage 2 (Time/Fan/Mic)	:30/100%/30%	
	Stage 3 (Time/Fan/Mic)		
<b>Chicken Tenders, Refrigerated</b>	Oven Preheat	500F	
6 each Precooked, Breaded Tenders	Utensil:	Basket	
	Yield:	6	
	Stage 1 (Time/Fan/Mic)	:30/50%/100%	
	Stage 2 (Time/Fan/Mic)	:45/100%/30%	
	Stage 3 (Time/Fan/Mic)		
<b>Egg Rolls, Frozen</b>	Oven Preheat	500F	
Egg Rolls, Frozen	Utensil:	Basket	
	Yield:	2	
	Stage 1 (Time/Fan/Mic)	:30/50%/100%	
	Stage 2 (Time/Fan/Mic)	:45/100%/30%	
	Stage 3 (Time/Fan/Mic)		
<b>Mozzarella Sticks</b>	Oven Preheat	500F	
6 each Precooked, Breaded Mozz Sticks	Utensil:	Basket	
	Yield:	6	
	Stage 1 (Time/Fan/Mic)	:30/50%/100%	
	Stage 2 (Time/Fan/Mic)	:45/100%/30%	
	Stage 3 (Time/Fan/Mic)		
<b>Tornados</b>	Oven Preheat	500F	
6 each Precooked, Breaded Tenders	Utensil:	Basket	
	Yield:	2	
	Stage 1 (Time/Fan/Mic)	:30/50%/100%	
	Stage 2 (Time/Fan/Mic)	:45/100%/30%	
	Stage 3 (Time/Fan/Mic)		
<b>Taquitos</b>	Oven Preheat	500F	
6 each Precooked, Taquitos, Frozen	Utensil:	Basket	
	Yield:	2	
	Stage 1 (Time/Fan/Mic)	:30/50%/100%	
	Stage 2 (Time/Fan/Mic)	:45/100%/30%	
	Stage 3 (Time/Fan/Mic)		
<b>Tostada</b>	Oven Preheat	500F	
Tostada	Utensil:	1/4 Tray	
Shredded Cheese	Yield:	1 Portion	
Jalapenos, Black Olives, Green Onions, Tomatoes	Stage 1 (Time/Fan/Mic)	:35/70%/100%	
Shredded Cheese	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		

### More MerryChef E4 Recipe Guidelines (continued)

<b>Jalapeno Poppers</b>	Oven Preheat	500F	
	Utensil:	Basket or Tray	
	Yield:	6 Portion	
	Stage 1 (Time/Fan/Mic)	:45/10%/100%	
	Stage 2 (Time/Fan/Mic)	1:00/50%/40%	
	Stage 3 (Time/Fan/Mic)		
<b>Potato Skins</b>	Oven Preheat	500F	
	Utensil:	Basket or Tray	
	Yield:	6 Portion	
	Stage 1 (Time/Fan/Mic)	:45/10%/100%	
	Stage 2 (Time/Fan/Mic)	1:00/50%/40%	
	Stage 3 (Time/Fan/Mic)		
<b>Nachos</b>	Oven Preheat	500F	
Corn Chips	Utensil:	Basket	
Shredded Cheese	Yield:	1 Portion	
Jalapenos, Black Olives, Green Onions, Tomatoes	Stage 1 (Time/Fan/Mic)	:35/70%/100%	
Shredded Cheese	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>Vegetarian Nachos</b>	Oven Preheat		
1 Each Tostada	Utensil:		
1 oz Shredded Cheese	Yield:		
1 oz each Black Beans (Cooked), Mushrooms (Cooked), Jalapenos, Black Olives, Tomatoes	Stage 1 (Time/Fan/Mic)		
1 oz Shredded Cheese	Stage 2 (Time/Fan/Mic)		
Assemble in Order and Prepare. Garnish with Green Onions and Sour Cream	Stage 3 (Time/Fan/Mic)		
<b>Pretzels, Frozen</b>	Oven Preheat	500F	
3 Each Salted Jumbo Pretzels	Utensil:	Basket	
	Yield:	3	
	Stage 1 (Time/Fan/Mic)	1:30/50%/50%	
	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>Pretzel Bites</b>	Oven Preheat	500F	
J&J Snack Foods Stuffed Pretzel Bites	Utensil:	Basket	
Marinara Crock	Yield:	12	
	Stage 1 (Time/Fan/Mic)	1:30/50%/50%	
	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>Satays</b>	Oven Preheat	500F	
3 Skewers each with 2-3oz Proteins such as Chicken or Shrimp	Utensil:	1/4 Tray or Solid Basket	
	Yield:	3	
	Stage 1 (Time/Fan/Mic)	1:30/70%/70%	
	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>Soup En Croute</b>	Oven Preheat	500F	
8 oz Crock	Utensil:	Crock	
6 oz Soup	Yield:	1 Portion	
1 6" Puff Pastry Circle	Stage 1 (Time/Fan/Mic)	1:40/10%/100%	
1 T Egg Wash	Stage 2 (Time/Fan/Mic)	:12/100%/60%	
	Stage 3 (Time/Fan/Mic)		

### More MerryChef E4 Recipe Guidelines (continued)

<b>Stuffed Mushrooms</b>	Oven Preheat	500F	
3-5 Each Stuffed Mushrooms	Utensil:	Casserole Pan	
Boursin-Parmesan Cheese Stuffing	Yield:	1 Portion	
Fresh Tomatoes, Shallots, Thyme, Butter	Stage 1 (Time/Fan/Mic)	2:00/50%/50%	
Fresh Herbs, Chopped	Stage 2 (Time/Fan/Mic)		
Prepare Sauce and Mushrooms in Dish. Garnish with Fresh Herbs	Stage 3 (Time/Fan/Mic)		
<b>Spinach Dip</b>	Oven Preheat	500F	
Spinach Artichoke Dip	Utensil:	Casserole Pan	
Crostinis	Yield:	1 Portion	
	Stage 1 (Time/Fan/Mic)	2:00/50%/50%	
	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>Crab Cakes, Frozen</b>	Oven Preheat	500F	
2 Each Jumbo Lump Crab Cakes	Utensil:	1/4 Tray or Solid Basket	
Matignon	Yield:	2 Each	
Dressed Greens and Herb Salad	Stage 1 (Time/Fan/Mic)	1:00/30%/100%	
Creole Mustard Aioli	Stage 2 (Time/Fan/Mic)	1:00/100%/50%	
	Stage 3 (Time/Fan/Mic)		
<b>Pot Pie</b>	Oven Preheat	500F	
Prepared Pot Pie	Utensil:	1/4 Tray or Solid Basket	
	Yield:	1	
	Stage 1 (Time/Fan/Mic)	:45/30%/100%	
	Stage 2 (Time/Fan/Mic)	1:15/30%/50%	
	Stage 3 (Time/Fan/Mic)		
<b>Baked Pasta</b>	Oven Preheat	500F	
Prepared Pasta	Utensil:	Dish or Crock	
Cheese for Topping and Finishing	Yield:	1	
Fresh Herbs to Garnish	Stage 1 (Time/Fan/Mic)	1:30/100%/100%	
	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>MEATS</b>			
<b>Steak</b>	Oven Preheat	500F	
8 oz Strip Steak, Raw	Utensil:	Sizzle Platter	
Prepared Medium	Yield:	1 Portion	
	Stage 1 (Time/Fan/Mic)	2:45/100%/40%	
	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>Ribs and Fries Retherm</b>	Oven Preheat	500F	
1/2 Rack of Baby Back Ribs, Precooked and Sauced	Utensil:	1/4 Tray	
5 oz FF, Frozen	Yield:	1/2 Rack	
Honey Mustard Cole Slaw	Stage 1 (Time/Fan/Mic)	1:00/10%/70%	
	Stage 2 (Time/Fan/Mic)	1:00/50%/30%	
	Stage 3 (Time/Fan/Mic)		
<b>Meatloaf, Retherm</b>	Oven Preheat	500F	
4 oz Precooked Meatloaf Portion	Utensil:	1/4 Tray	
	Yield:	1 Portion	
	Stage 1 (Time/Fan/Mic)	1:00/50%/50%	
	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		

### More MerryChef E4 Recipe Guidelines (continued)

<b>Lamb Chops</b>	Oven Preheat	500F	
2 Each 2-Bone Lamb Chops, Mustard-Garlic Persillade	Utensil:	1	
3 Each Zucchini Rounds, Pearl Onions	Yield:	2:45/75%/70%	
Minted Cous Cous Salad	Stage 1 (Time/Fan/Mic)		
Raisin and Fennel Vinaigrette	Stage 2 (Time/Fan/Mic)		
Prepared Medium	Stage 3 (Time/Fan/Mic)		
<b>FISH - SEAFOOD</b>			
<b>Fish in Parchment</b>	Oven Preheat	500F	
Parchment Paper	Utensil:	1/4 Sheet Tray	
5oz Salmon	Yield:	1 Portion	
3 oz Ratatouille-style Vegetables	Stage 1 (Time/Fan/Mic)	2:00/10%/30%	
2 oz Precooked starch	Stage 2 (Time/Fan/Mic)		
Wrap and cook per program	Stage 3 (Time/Fan/Mic)		
<b>Shrimp and Rice</b>	Oven Preheat	500F	
Ready Rice or Precooked and Chilled Rice	Utensil:	Dish or Crock	
Shrimp	Yield:	1	
Tomato and Lemon	Stage 1 (Time/Fan/Mic)	1:30/50%/100%	
Fresh Herbs	Stage 2 (Time/Fan/Mic)		
Butter	Stage 3 (Time/Fan/Mic)		
<b>Salmon-Boca</b>	Oven Preheat		
5 oz Raw Salmon Wrapped in Prosciutto and Sage	Utensil:		
3 oz Ratatouille-style Vegetables	Yield:		
1 Polenta Cake	Stage 1 (Time/Fan/Mic)		
Garnish with Tomato and Herb Salad	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>Grilled Salmon</b>	Oven Preheat	500F	
5 oz Raw Salmon Filet	Utensil:	Grill Plate	
3 oz Onion, Zuc, Mushrooms, All Large dice or fabrication	Yield:	1	
3 oz Fingerling Potatoes, 1/4'd or left whole and precooked	Stage 1 (Time/Fan/Mic)	2:00/70%/70%	
Garnish with Tomato and Herb Salad	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>Frozen Fish</b>	Oven Preheat	500F	
8 oz Tilapia, Frozen	Utensil:	1/4 Tray or Solid Basket	
	Yield:	1	
	Stage 1 (Time/Fan/Mic)	:30/100%/10%	
	Stage 2 (Time/Fan/Mic)	:30/70%/10%	
	Stage 3 (Time/Fan/Mic)	1:30/70%/50%	
<b>Fresh Fish</b>	Oven Preheat	500F	
5 oz Raw Salmon Wrapped in Prosciutto and Sage	Utensil:	1/4 Tray or Solid Basket	
3 oz Ratatouille-style Vegetables	Yield:	1	
1 Polenta Cake	Stage 1 (Time/Fan/Mic)	2:00/70%/70%	
Garnish with Tomato and Herb Salad	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>Shrimp Scampi</b>	Oven Preheat	500F	
	Utensil:	Sizzle Platter	
	Yield:	1 Portion	
	Stage 1 (Time/Fan/Mic)	1:30/100%/60%	
	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		

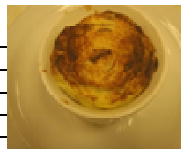



### More MerryChef E4 Recipe Guidelines (continued)

<b>Salmon Soft Tacos or Cones</b>			
3 Each Salmon Skewers	Oven Preheat		
3 Each Flour Tortillas	Utensil:		
3 oz Queso Fresca	Yield:		
3 T Spicy Slaw	Stage 1 (Time Fan Mic)		
Veracruz Salsa and Limes	Stage 2 (Time Fan Mic)		
	Stage 3 (Time Fan Mic)		
<b>Salmon Saltimbocca</b>			
5 oz Raw Salmon Wrapped in Prosciutto and Sage	Oven Preheat	475F	
3 oz Fresh Green Beans	Utensil:	1/4 Sheet/Parchment	
3 oz Ready Rice	Yield:	1	
Place Green Beans and Rice in Parchment Paper and Wrap.	Stage 1 (Time Fan Mic)	2:00/75%/70%	
Prepare Complete Meal and Serve	Stage 2 (Time Fan Mic)		
	Stage 3 (Time Fan Mic)		
<b>CHICKEN</b>			
<b>Chicken Oscar-Modern</b>			
Roulade of Chicken Stuffed with Crab	Oven Preheat	500F	
Bacon Wrapped Green Beans and Onions	Utensil:	1/4 Sheet Tray	
Roasted Carrots, Oblique Cut	Yield:	1	
Fingerlings	Stage 1 (Time Fan Mic)	2:30/70%/70%	
Tomato-Tarragon Aioli	Stage 2 (Time Fan Mic)		
	Stage 3 (Time Fan Mic)		
<b>Chicken Margherita Crostini</b>			
Baguette, Sliced Into Rounds or on Bias	Oven Preheat		
Drizzle with XVOO and Layer with Chicken and Sliced Mozz	Utensil:		
Place Directly on Carousel and Finish with Tomato Salad and Basil	Yield:		
	Stage 1 (Time Fan Mic)		
	Stage 2 (Time Fan Mic)		
	Stage 3 (Time Fan Mic)		
<b>Canned Chicken</b>			
1 Each Cornish Hen, Seasoned	Oven Preheat	500F	
7 Each Fingerling Potatoes, Raw	Utensil:	1/4 Tray or Solid Basket	
Tomato Paste Can Filled 2/3 with Stout Beer	Yield:	1	
Cold Green Bean Salad with Sauce Gribiche	Stage 1 (Time Fan Mic)	5:00/30%/100%	
	Stage 2 (Time Fan Mic)		
	Stage 3 (Time Fan Mic)		
<b>POTATOE'S &amp; VEGETABLES</b>			
<b>Roasted Vegetables</b>			
8 oz Assorted Raw Vegetables	Oven Preheat	500F	
	Utensil:	Sizzle Platter	
	Yield:	1 Portion	
	Stage 1 (Time Fan Mic)	2:00/100%/60%	
	Stage 2 (Time Fan Mic)		
	Stage 3 (Time Fan Mic)		
<b>Baked Potato, Individual</b>			
1 Each 60 Count Potato	Oven Preheat	500F	
	Utensil:	Sizzle Platter	
	Yield:	1 Portion	
	Stage 1 (Time Fan Mic)	5:00/50%/100%	
	Stage 2 (Time Fan Mic)		
	Stage 3 (Time Fan Mic)		
<b>Baked Potato x 12</b>			
12 Each 60 Count Potato	Oven Preheat	500F	
	Utensil:	Sizzle Platter	
	Yield:	6	
	Stage 1 (Time Fan Mic)	10:00/10%/100%	
	Stage 2 (Time Fan Mic)		
	Stage 3 (Time Fan Mic)		

### More MerryChef E4 Recipe Guidelines (continued)

<b>DESSERTS</b>			
<b>Molten Chocolate Cake, Frozen</b>	<i>Oven Preheat</i>	500F	
6 Each Molten Chocolate Cakes, Sweet Street, Frozen	<i>Utensil:</i>	Basket	
Almond Tiles	<i>Yield:</i>	3	
Seasonal Garnish	<i>Stage 1 (Time/Fan/Mic)</i>	:45/10%/100%	
	<i>Stage 2 (Time/Fan/Mic)</i>	:30/30%/30%	
	<i>Stage 3 (Time/Fan/Mic)</i>		
<b>Caramelized Fruit with Yogurt</b>	<i>Oven Preheat</i>	500F	
6 Each Mini Phyllo Cups	<i>Utensil:</i>	Casserole Pan	
1 Each Banana, Small Dice	<i>Yield:</i>	1	
1 t Each Vanilla Extract, Orange Zest, Orange Juice, Whole Butter	<i>Stage 1 (Time/Fan/Mic)</i>	:45/100%/100%	
1 T Cinnamon-Cardomom-Brown Sugar	<i>Stage 2 (Time/Fan/Mic)</i>		
Greek Honey Yogurt and Crunch Granola to Garnish	<i>Stage 3 (Time/Fan/Mic)</i>		
<b>Cookie Tart</b>	<i>Oven Preheat</i>	500F	
Chocolate Chip Cookie Dough	<i>Utensil:</i>	Skillet	
	<i>Yield:</i>	1	
	<i>Stage 1 (Time/Fan/Mic)</i>	2:00/10%/50%	
	<i>Stage 2 (Time/Fan/Mic)</i>		
	<i>Stage 3 (Time/Fan/Mic)</i>		
<b>German Chocolate Cake</b>	<i>Oven Preheat</i>	500F	
German Chocolate Cake Mix	<i>Utensil:</i>	Silicon Muffin Molds	
Chocolate Buttons	<i>Yield:</i>	6	
Sweetened Condensed Milk	<i>Stage 1 (Time/Fan/Mic)</i>	1:00/10%/60%	
Coconut, Shredded	<i>Stage 2 (Time/Fan/Mic)</i>	1:00/10%/40%	
Walnuts	<i>Stage 3 (Time/Fan/Mic)</i>		
<b>Fruit Crumble</b>	<i>Oven Preheat</i>	500F	
Fresh Fruit and Cranberries	<i>Utensil:</i>	Ramekins	
Cinnamon, Sugar, Citrus Zest, Vanilla	<i>Yield:</i>	6	
Granola or	<i>Stage 1 (Time/Fan/Mic)</i>	2:00/50%/70%	
Cookie Dough	<i>Stage 2 (Time/Fan/Mic)</i>		
Betty, Grunts, Slump, Buckle, Crisp, Pandowdy	<i>Stage 3 (Time/Fan/Mic)</i>		
<b>Cookie, Retherm</b>	<i>Oven Preheat</i>	500F	
Chocolate Chip Cookie Dough	<i>Utensil:</i>	Basket	
	<i>Yield:</i>	6	
	<i>Stage 1 (Time/Fan/Mic)</i>	:30/10%/40%	
	<i>Stage 2 (Time/Fan/Mic)</i>		
	<i>Stage 3 (Time/Fan/Mic)</i>		
<b>Churros, Frozen</b>	<i>Oven Preheat</i>	500F	
Frozen Churros	<i>Utensil:</i>	Basket	
	<i>Yield:</i>	3	
	<i>Stage 1 (Time/Fan/Mic)</i>	:45/30%/100%	
	<i>Stage 2 (Time/Fan/Mic)</i>	:30/30%/30%	
	<i>Stage 3 (Time/Fan/Mic)</i>		
<b>Cookies</b>	<i>Oven Preheat</i>	350	
Chocolate Chip Cookie Dough, Raw,	<i>Utensil:</i>	1/4 Tray	
	<i>Yield:</i>	12	
	<i>Stage 1 (Time/Fan/Mic)</i>	6:00/10%/0%	
	<i>Stage 2 (Time/Fan/Mic)</i>		
	<i>Stage 3 (Time/Fan/Mic)</i>		

### More MerryChef E4 Recipe Guidelines (continued)

<b>Bread and Butter Pudding</b>	Oven Preheat	475F	
Custard Base	Utensil:	Crock	
Bread, Sliced	Quantity	1	
Dried Fruit and Nuts	Stage 1 (Time/Fan/Mic)	2:30/10%/50%	
	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>Bananas Foster Tartlet</b>	Oven Preheat	475F	
6 Each Mini Phyllo Cups	Utensil:	Casserole Pan	
1 Each Banana, Small Dice	Quantity	1	
1 t Each Vanilla Extract, Orange Zest, Orange Juice, Whole Butter	Stage 1 (Time/Fan/Mic)	:45/100%/100%	
1 T Cinnamon-Cardomom-Brown Sugar	Stage 2 (Time/Fan/Mic)		
Greek Honey Yogurt and Crunch Granoloa to Garnish	Stage 3 (Time/Fan/Mic)		
<b>PIZZA'S</b>			
<b>Pizza, Individual, Parbaked and Refrigerated</b>	Oven Preheat	500F	
Connies Pizza	Utensil:	High Rack	
Additional Cheese for Topping	Yield:	1	
	Stage 1 (Time/Fan/Mic)	1:20/80%/90%	
	Stage 2 (Time/Fan/Mic)		
	Stage 3 (Time/Fan/Mic)		
<b>Pizza, Individual, Parbaked and Frozen</b>	Oven Preheat	500F	
Digiorno for One	Utensil:	High Rack	
Additional Cheese for Topping	Yield:	1	
	Stage 1 (Time/Fan/Mic)	1:00/30%/80%	
	Stage 2 (Time/Fan/Mic)	1:30/10%/50%	
	Stage 3 (Time/Fan/Mic)		





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