



Recipes for the
Solwave G1-RCO-H
Countertop
Rapid Cook Oven

FAST TRACK TO FLAVOR



SOLWAVE[®]

**Get inspired with this recipe book
for your Solwave rapid cook oven.**

Offering tons of programmable options, our recipes have been tested in our kitchen to ensure your foods deliver perfect texture and maximum flavor.

Touchscreen controls on this model make it easy to use these recipes as a starting point, then customize programs to your specific tastes. Download over 1,000 recipes with up to six steps for each to easily recreate your favorite dishes.

Explore the recipes in this book to see how your Solwave rapid cook oven will allow you to serve consistently baked treats and mouthwatering dishes—all while cooking up to 20 times faster than a conventional countertop oven.

**20x
FASTER
THAN A
CONVENTIONAL
COUNTERTOP
OVEN**



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**POULTRY
PORK
BEEF
FISH
VEGETARIAN**

SOLWAVE

ENTRÉES

Chicken Lo Mein

Bring the flavors of chicken lo mein home. Simply add a frozen package of chicken lo mein to your rapid-cook oven and use this programmed recipe to create a delicious meal with made-from-scratch taste.

INGREDIENTS

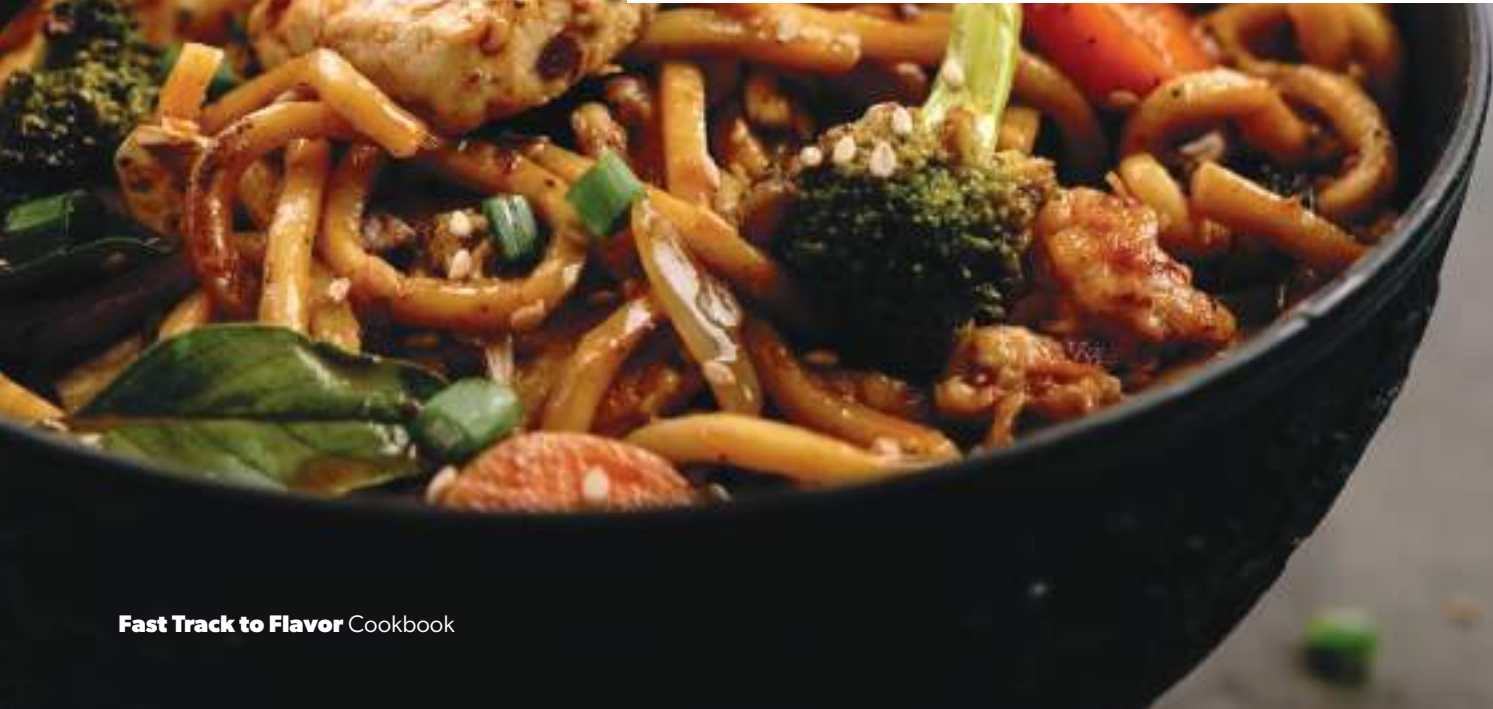
Chicken lo mein, frozen

MEAL TYPE: **FROZEN** ❄️

PROGRAM THIS RECIPE



STAGE 1	COOK TIME	1 min 30 sec
	WAVE %	80
	AIR %	0
	TEMPERATURE	500°F
STAGE 2	COOK TIME	1 min
	WAVE %	70
	AIR %	0
	TEMPERATURE	500°F



Crispy Chicken Strips

Quickly cook a 10-piece serving of frozen, precooked chicken strips with this program. Designed to deliver exceptionally crispy texture, this recipe recommends the use of an open weave basket.

INGREDIENTS

10 pieces (25 oz.) precooked chicken strips, frozen

MEAL TYPE: FROZEN 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	3 min
	WAVE %	50
	AIR %	90
	TEMPERATURE	500°F
STAGE 2	COOK TIME	2 min 30 sec
	WAVE %	30
	AIR %	70
	TEMPERATURE	500°F



Chicken Quesadilla

Combining soft tortillas with shredded Mexican blend cheese and fully cooked, pre-grilled chicken, this quesadilla is best served with salsa and sour cream on the side.

INGREDIENTS

- 2 tortillas
- Grilled chicken
- Mexican-style shredded cheese mix

NOTE: Flip quesadilla over before beginning the second cooking stage.

MEAL TYPE: FRESH 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	15 sec
	WAVE %	100
	AIR %	50
	TEMPERATURE	527°F
STAGE 2	COOK TIME	15 sec
	WAVE %	100
	AIR %	50
	TEMPERATURE	527°F



Chicken Wings

When it’s game time, your guests want perfectly cooked, saucy wings. Make them in a flash with this recipe for frozen parbaked chicken wings. Use an open basket during cooking for best results.

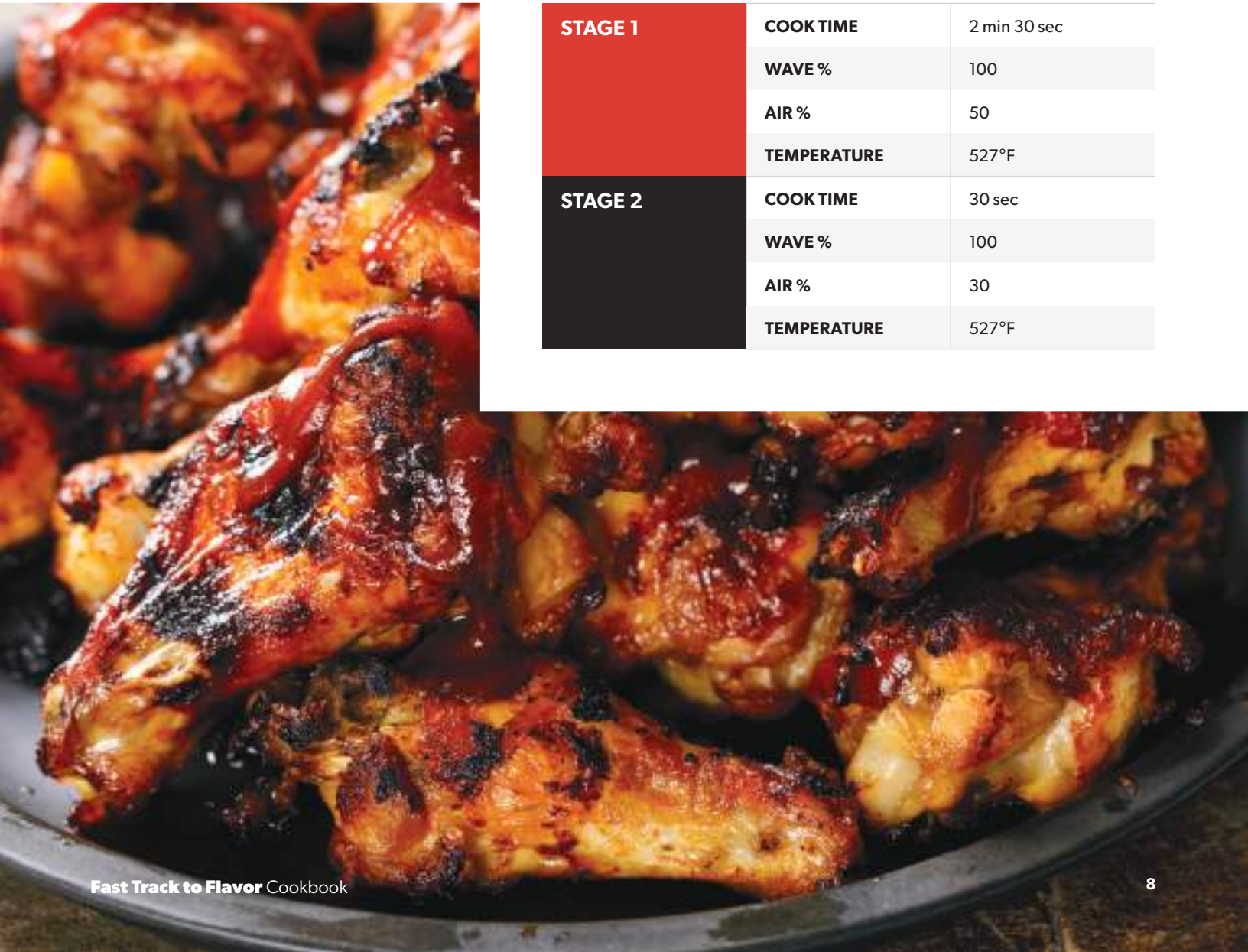
INGREDIENTS

6 pieces parbaked chicken wings, frozen

MEAL TYPE: **FROZEN** ❄️

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	2 min 30 sec
	WAVE %	100
	AIR %	50
	TEMPERATURE	527°F
STAGE 2	COOK TIME	30 sec
	WAVE %	100
	AIR %	30
	TEMPERATURE	527°F



Open-Face Turkey Sub

Starting with a fresh sub roll, add provolone cheese and sliced turkey. Bake in a closed weave basket to create a warm, toasty sandwich that can be dressed up with signature sauces and other toppings to add a unique twist.

INGREDIENTS

For one sandwich

- 1 pre-baked hoagie bun
- 2 slices provolone cheese
- 2 oz. sliced turkey

MEAL TYPE: **FRESH** 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	40 sec
	WAVE %	100
	AIR %	70
	TEMPERATURE	527°F



Chicken Wrap

On a tortilla, layer your preferred aioli, precooked chicken breast, and grated cheese. Bake and serve garnished with fresh herbs.

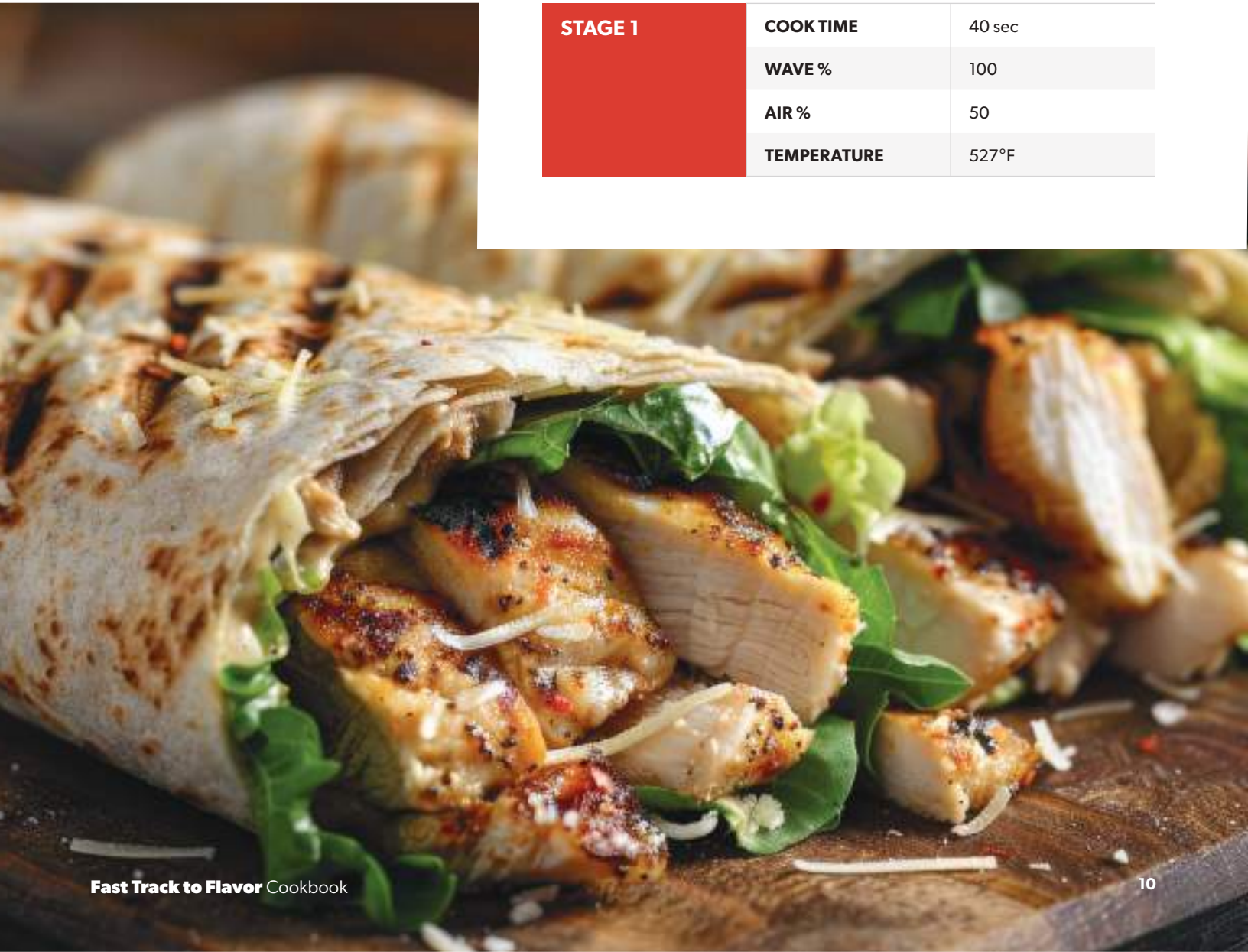
INGREDIENTS

- For one wrap*
- One 10"-12" tortilla
 - ½ oz. aioli of choice
 - 2.5 oz. chicken breast, cooked
 - 2 oz. grated cheese
 - Fresh herbs for garnish

MEAL TYPE: **FRESH** 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	40 sec
	WAVE %	100
	AIR %	50
	TEMPERATURE	527°F



Grilled Chicken Sub

On a fresh sub roll, layer precooked chicken and three slices of your choice of cheese. Experiment with your favorite sauces and condiments to give this grilled chicken sub a unique twist. Cook in a closed weave basket for best results.

INGREDIENTS

- 1 sub roll, fresh
- Grilled chicken
- 3 slices cheese, any kind

MEAL TYPE: **FRESH** 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	40 sec
	WAVE %	100
	AIR %	70
	TEMPERATURE	527°F



Chicken Patty

Chicken patties are versatile ingredients that can be enjoyed dressed up on a bun or cut up for use in other recipes. Cook in an open basket for best results.

INGREDIENTS

One 4–5 oz. precooked chicken patty, frozen

MEAL TYPE: FROZEN 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	3 min
	WAVE %	50
	AIR %	90
	TEMPERATURE	500°F
STAGE 2	COOK TIME	2 min 30 sec
	WAVE %	30
	AIR %	70
	TEMPERATURE	500°F

Breakfast Burrito

Add an easy breakfast option to your menu. A pre-made frozen breakfast burrito with sausage, egg, and cheese can be delivered hot and crisp in just minutes with this recipe. Cook in an open basket for best results.

INGREDIENTS

Sausage, egg & cheese
breakfast burrito, frozen

MEAL TYPE: **FROZEN** ❄️

PROGRAM THIS RECIPE



STAGE 1	COOK TIME	45 sec
	WAVE %	80
	AIR %	0
	TEMPERATURE	500°F
STAGE 2	COOK TIME	45 sec
	WAVE %	70
	AIR %	20
	TEMPERATURE	500°F

Breakfast Sandwich

Add an easy breakfast option to your menu. A pre-made frozen breakfast sandwich offers a mouthwatering blend of sausage, egg, and cheese—all piled on a fluffy English muffin. Cook in an open basket for best results.

INGREDIENTS

Sausage, egg & cheese
breakfast sandwich, frozen

MEAL TYPE: FROZEN 

PROGRAM THIS RECIPE



STAGE 1	COOK TIME	1 min
	WAVE %	80
	AIR %	0
	TEMPERATURE	527°F
STAGE 2	COOK TIME	30 sec
	WAVE %	80
	AIR %	30
	TEMPERATURE	527°F

Ham & Cheese Croissant

Slice up a fresh-baked croissant. Add 2 slices of cooked ham and 2 slices of your choice of cheese. This warm, fluffy favorite is perfect for breakfast or lunch menus and can be customized with sauces and other ingredients to create new flavor combinations.

INGREDIENTS

- 1 croissant, baked, room temperature
- 2 slices ham, cooked
- 2 slices cheese

MEAL TYPE: **FRESH** 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	40 sec
	WAVE %	100
	AIR %	70
	TEMPERATURE	527°F



Hot Dog

Grab your favorite brand of hot dog and get ready to enjoy that signature ballpark flavor. Cook only the hot dog in stage 1 of this recipe, and then add the bun in stage 2 for a just-toasted texture. Top with your favorite condiments and enjoy.

INGREDIENTS

- 1 hot dog roll
- 1 hot dog

MEAL TYPE: **FRESH** 

PROGRAM THIS RECIPE



STAGE 1	COOK TIME	1 min
	WAVE %	80
	AIR %	0
	TEMPERATURE	527°F
STAGE 2	COOK TIME	30 sec
	WAVE %	80
	AIR %	30
	TEMPERATURE	527°F



Hamburger

In stages 1 and 2 of this recipe, take a precooked hamburger from frozen to hot and juicy using an open weave basket. Then, place the cooked burger on a soft potato roll, add a slice of your preferred cheese, and finish it off in stage 3. Add other toppings after cooking as desired.

INGREDIENTS

- 1 pre-cooked hamburger, frozen
- 1 slice of cheese
- 1 potato roll

MEAL TYPE: **FROZEN** 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	30 sec
	WAVE %	100
	AIR %	0
	TEMPERATURE (°F)	527°F
STAGE 2	COOK TIME	30 sec
	WAVE %	30
	AIR %	30
	TEMPERATURE (°F)	527°F
STAGE 3	COOK TIME	10 sec
	WAVE %	100
	AIR %	100
	TEMPERATURE (°F)	527°F



Meatballs

Meatballs can be served savory with pasta, sweet with Asian-inspired sauces, and even on a roll for meatball subs. This recipe allows you to turn 10 fully cooked frozen meatballs into hot and ready options for all your menu items. Cook in a closed weave basket for best results.

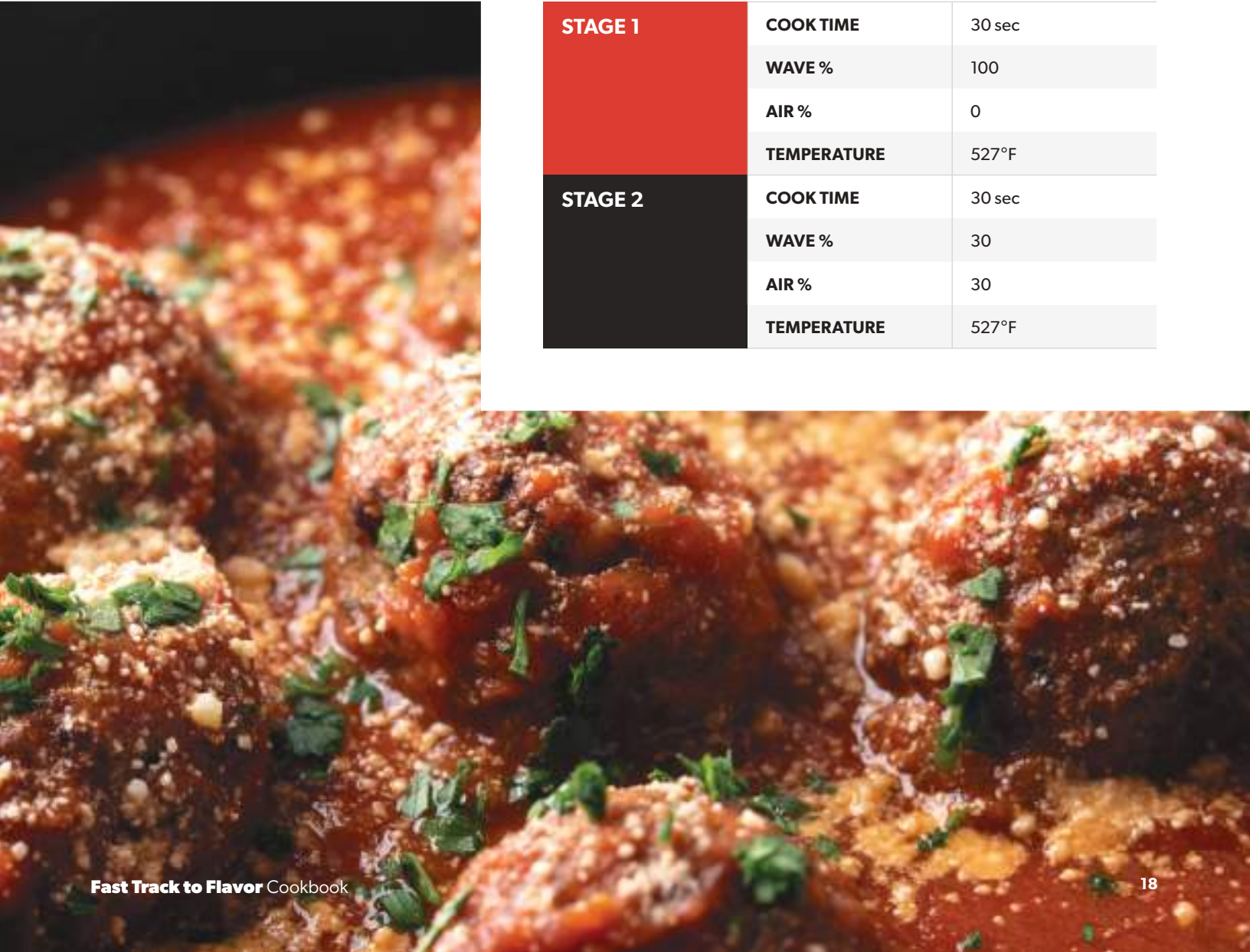
INGREDIENTS

10 cooked meatballs, frozen

MEAL TYPE: FROZEN 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	30 sec
	WAVE %	100
	AIR %	0
	TEMPERATURE	527°F
STAGE 2	COOK TIME	30 sec
	WAVE %	30
	AIR %	30
	TEMPERATURE	527°F



Crab Cakes

Make crab-inspired dishes the quick and easy way with this recipe. Whether you plan to serve them as a standalone main dish or on a bun, crab cakes are a customer favorite.

INGREDIENTS

3 crabcakes, frozen

MEAL TYPE: FROZEN 

PROGRAM THIS RECIPE



STAGE 1	COOK TIME	1 min
	WAVE %	90
	AIR %	10
	TEMPERATURE (°F)	520°F
STAGE 2	COOK TIME	35 sec
	WAVE %	60
	AIR %	40
	TEMPERATURE (°F)	520°F
STAGE 3	COOK TIME	10 sec
	WAVE %	100
	AIR %	100
	TEMPERATURE (°F)	520°F

Grilled Salmon

Generously salt and pepper a fresh piece of salmon, then cook in a solid basket. Serve the fish as a hot, flaky filet with side dishes or chop it up to use in salads or tacos with other fresh ingredients.

INGREDIENTS

6 oz. piece of salmon

MEAL TYPE: **FRESH** 

PROGRAM THIS RECIPE



STAGE 1	COOK TIME	40 sec
	WAVE %	65
	AIR %	100
	TEMPERATURE (°F)	527°F
STAGE 2	COOK TIME	40 sec
	WAVE %	45
	AIR %	100
	TEMPERATURE (°F)	527°F
STAGE 3	COOK TIME	40 sec
	WAVE %	30
	AIR %	100
	TEMPERATURE (°F)	527°F



Shrimp

Shrimp is a versatile protein that can be used in a variety of cuisine, from Asian-inspired dishes to Cajun staples to classic pasta. This recipe takes 20–25 size raw shrimp from frozen to hot and ready to add to your top selling dishes. Cook in a closed basket for best results.

INGREDIENTS

20–25 raw shrimp, frozen

MEAL TYPE: FROZEN 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	2 min
	WAVE %	10
	AIR %	100
	TEMPERATURE	527°F
STAGE 2	COOK TIME	30 sec
	WAVE %	10
	AIR %	100
	TEMPERATURE	527°F

Cheese Pizza

Put your pizza stone accessory to good use when you bake up a delightfully cheesy, perfectly sauced 12" pizza. Simply place your premade frozen cheese pizza on the pizza stone and pop it into the oven to enjoy this favorite in minutes. For best results, run a single stage 1 cycle with just the pizza stone in the oven cavity first, then run stages 1-3 with your pizza on the stone.

INGREDIENTS

Cheese pizza, frozen

MEAL TYPE: **FROZEN** ❄️

PROGRAM THIS RECIPE



STAGE 1	COOK TIME	2 min
	WAVE %	40
	AIR %	10
	TEMPERATURE (°F)	520°F
STAGE 2	COOK TIME	45 sec
	WAVE %	70
	AIR %	40
	TEMPERATURE (°F)	520°F
STAGE 3	COOK TIME	45 sec
	WAVE %	70
	AIR %	60
	TEMPERATURE (°F)	520°F



Omelet

Making this breakfast favorite can be a breeze with your rapid cook oven. Whisk 3 fresh eggs and a splash of milk in a bowl until fluffy. Grease the closed basket with butter. Pour the eggs into the basket, add your favorite omelet mix-ins, then cook.

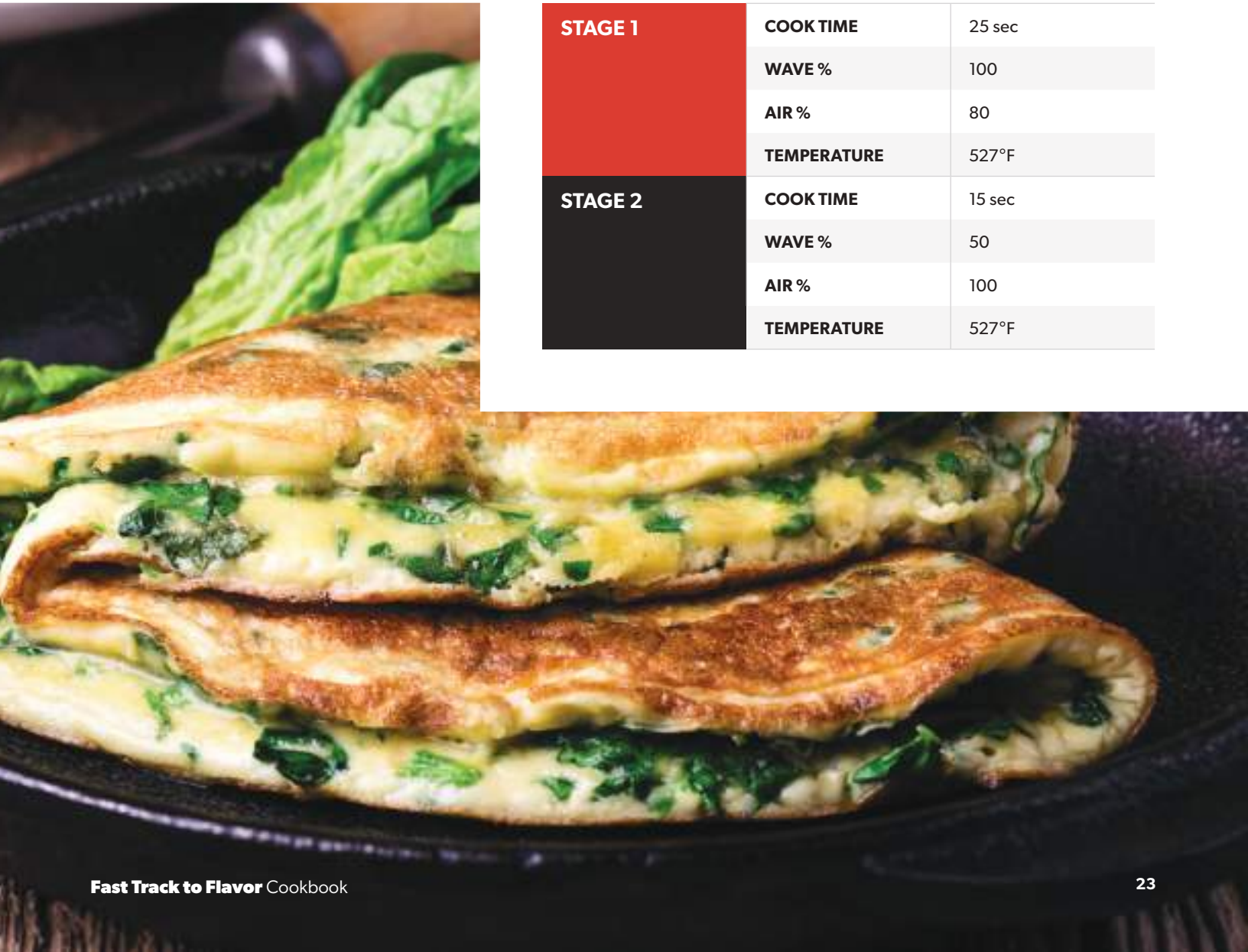
INGREDIENTS

3 fresh eggs

MEAL TYPE: FRESH 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	25 sec
	WAVE %	100
	AIR %	80
	TEMPERATURE	527°F
STAGE 2	COOK TIME	15 sec
	WAVE %	50
	AIR %	100
	TEMPERATURE	527°F





**ROASTED VEGETABLES
STUFFED MUSHROOMS
MAC & CHEESE
ONION RINGS
FRENCH FRIES
BAKED POTATO
HASH BROWNS
POTATO WEDGES
TATER TOTS**

SOLWAVE

S E R V E

Roasted Vegetables

Gather and prep your fresh vegetables, including zucchini, onion, and green, yellow, and orange peppers. Once the vegetables are cut, add them to your solid basket with your desired seasoning and cook.

INGREDIENTS

- Multi-colored bell peppers
- Zucchini
- Onions

MEAL TYPE: **FRESH** 

PROGRAM THIS RECIPE



STAGE 1	COOK TIME	1 min
	WAVE %	30
	AIR %	70
	TEMPERATURE (°F)	500°F
STAGE 2	COOK TIME	1 min
	WAVE %	20
	AIR %	80
	TEMPERATURE (°F)	500°F
STAGE 3	COOK TIME	45 sec
	WAVE %	20
	AIR %	70
	TEMPERATURE (°F)	500°F



Stuffed Mushrooms

Clean and remove the stems from 4-6 baby portabella mushrooms. Create a mixture of breadcrumbs, your favorite diced vegetables, herbs, and cheese. Add the mixture to the baby portabella caps. Bake in the closed basket for best results.

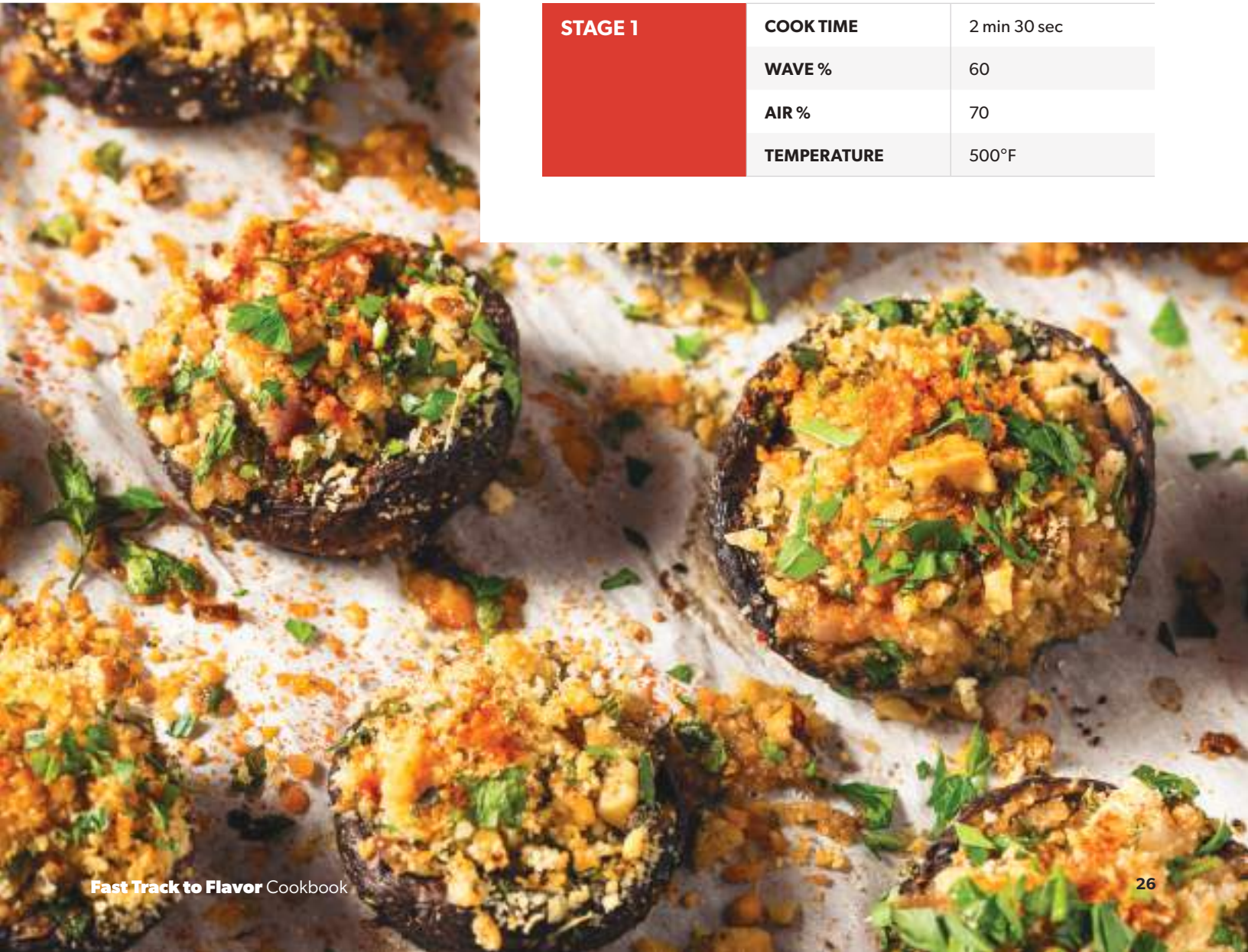
INGREDIENTS

- 4-6 baby portobella mushrooms
- Breadcrumbs
- Diced vegetables
- Herbs for seasoning and garnish
- Cheese

MEAL TYPE: FRESH 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	2 min 30 sec
	WAVE %	60
	AIR %	70
	TEMPERATURE	500°F



Mac & Cheese

Mac & cheese is a famous crowd pleaser. Offer this side dish by cooking up pre-portioned packages instead of full batches. Add a package of frozen mac & cheese to your oven and cook using this recipe.

INGREDIENTS

10 oz. mac & cheese, frozen

MEAL TYPE: FROZEN 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	1 min 30 sec
	WAVE %	80
	AIR %	0
	TEMPERATURE	500°F
STAGE 2	COOK TIME	1 min
	WAVE %	70
	AIR %	0
	TEMPERATURE	500°F

Onion Rings

Whether customers are looking for a crunchy side dish or a quick appetizer, crispy onion rings are a great addition to your menu. Add 4–6 frozen onion rings evenly spaced in the open basket, then cook. Serve hot with your signature sauce.

INGREDIENTS

4–6 onion rings, frozen

MEAL TYPE: FROZEN 

PROGRAM THIS RECIPE



STAGE 1	COOK TIME	1 min 15 sec
	WAVE %	100
	AIR %	100
	TEMPERATURE	527°F
STAGE 2	COOK TIME	1 min 30 sec
	WAVE %	0
	AIR %	100
	TEMPERATURE	527°F



French Fries

Fry up hot and crispy french fries to accompany your customers' meals or as a base for appetizers fully loaded with bacon, sour cream, and scallions. Add fries to the open basket in a flat, single layer for best results.

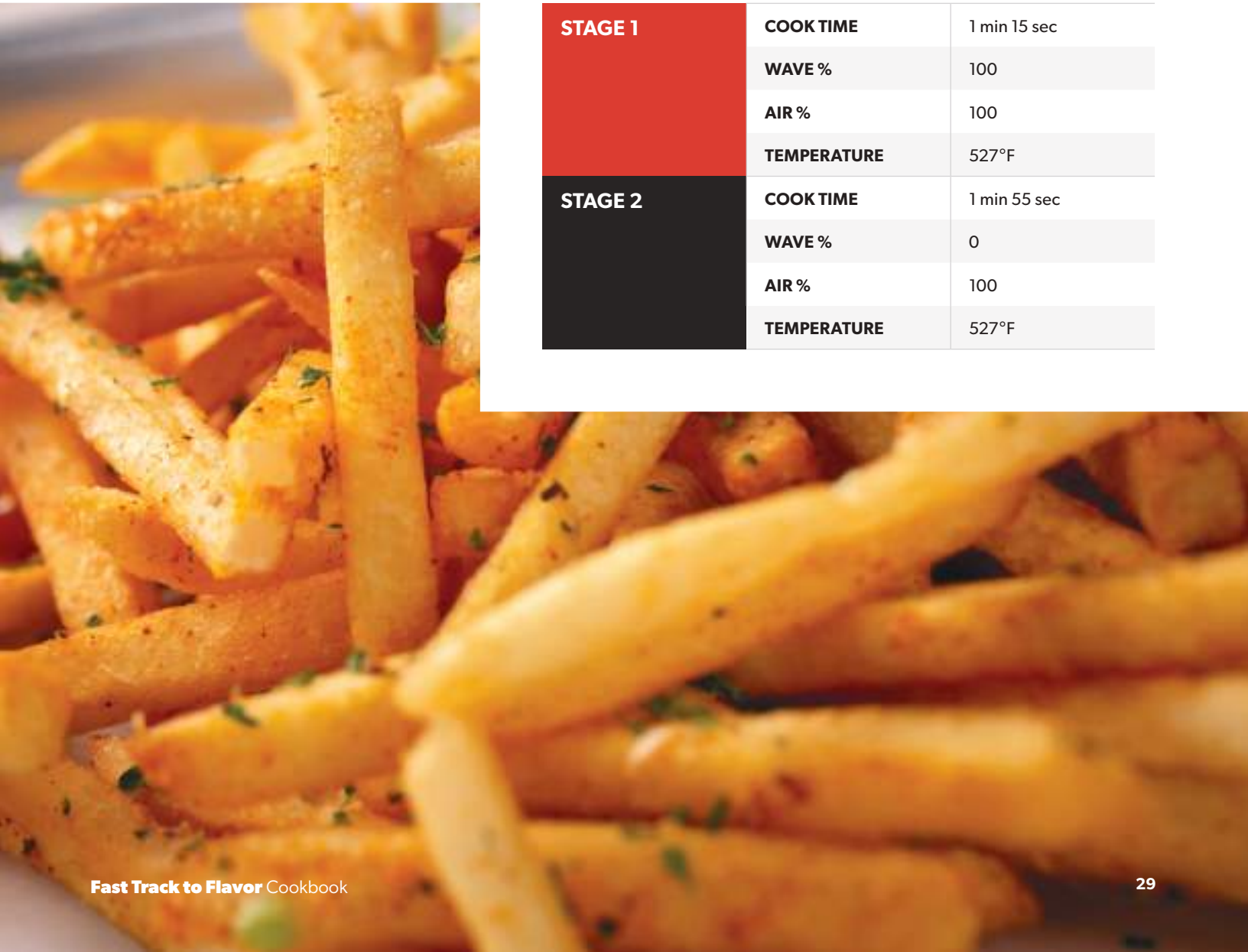
INGREDIENTS

French fries, frozen

MEAL TYPE: FROZEN 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	1 min 15 sec
	WAVE %	100
	AIR %	100
	TEMPERATURE	527°F
STAGE 2	COOK TIME	1 min 55 sec
	WAVE %	0
	AIR %	100
	TEMPERATURE	527°F



Baked Potato

A comfort-food classic, baked potatoes are the perfect accompaniment to steaks, pork chops, ribs, and more. Pierce a fresh potato and place it in the open basket to cook. Add your favorite toppings and serve.

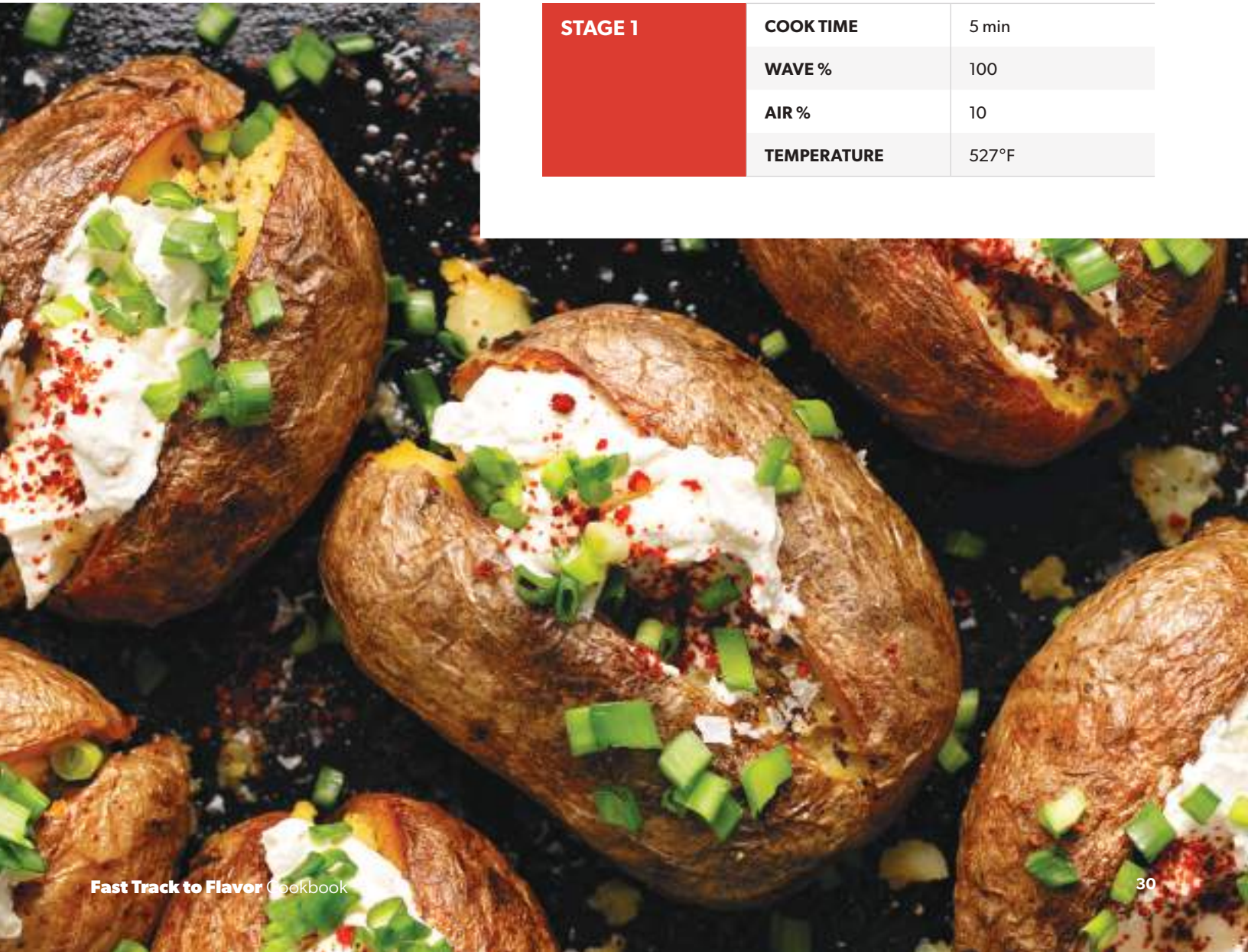
INGREDIENTS

One 20 oz. potato

MEAL TYPE: FRESH 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	5 min
	WAVE %	100
	AIR %	10
	TEMPERATURE	527°F



Hash Browns

Although traditionally a breakfast side, hash browns can be served any time of day with a variety of toppings and dipping sauces. Place up to 5 frozen hash browns in the open weave basket, then cook using this recipe.

INGREDIENTS

5 hash browns, frozen

MEAL TYPE: FROZEN 

PROGRAM THIS RECIPE



STAGE 1	COOK TIME	1 min 45 sec
	WAVE %	100
	AIR %	100
	TEMPERATURE	527°F
STAGE 2	COOK TIME	30 sec
	WAVE %	0
	AIR %	100
	TEMPERATURE	527°F



Potato Wedges

Potato wedges are a trendy alternative to traditional french fries and can be served with a variety of dipping sauces. Add 14 oz. of frozen potato wedges to the open basket, then cook using this recipe for consistent results every time.

INGREDIENTS

14 oz. potato wedges, frozen

MEAL TYPE: FROZEN 

PROGRAM THIS RECIPE



STAGE 1	COOK TIME	1 min 45 sec
	WAVE %	100
	AIR %	100
	TEMPERATURE	527°F
STAGE 2	COOK TIME	2 min
	WAVE %	0
	AIR %	100
	TEMPERATURE	527°F



Tater Tots

Customers enjoy tater tots as a side dish or as a base for a host of fully loaded appetizer options. Place 10 oz. of frozen tater tots in the open basket, then cook using this recipe. Serve with your signature sauce or toppings.

INGREDIENTS

10 oz. tater tots, frozen

MEAL TYPE: FROZEN 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	1 min 15 sec
	WAVE %	100
	AIR %	100
	TEMPERATURE	527°F
STAGE 2	COOK TIME	1 min 55 sec
	WAVE %	0
	AIR %	100
	TEMPERATURE	527°F



**NACHOS
TAQUITOS
MOZZARELLA STICKS
SOFT PRETZEL**

SOLWAVE

SNACKS

Nachos

Nachos are a perfectly customizable appetizer, and this recipe helps you whip them up as quickly as possible. Start with a layer of tortilla chips and top it with a generous amount of shredded cheese. Add other favorite toppings, like onions, jalapenos, and tomatoes, then cook.

INGREDIENTS

- Tortilla chips
- Shredded cheese
- Various toppings

MEAL TYPE: FRESH 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	1 min
	WAVE %	30
	AIR %	30
	TEMPERATURE	500°F



Taquitos

A popular appetizer, taquitos are perfect for serving with a variety of dipping sauces, including salsa and sour cream. Place up to 10 frozen taquitos into the open weave basket, then cook using this recipe.

INGREDIENTS

10 taquitos, frozen

MEAL TYPE: FROZEN 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	1 min 45 sec
	WAVE %	50
	AIR %	70
	TEMPERATURE	500°F



Mozzarella Sticks

Serve hot mozzarella sticks with marinara sauce to provide a hearty appetizer or snack to your customers. Place up to 10 frozen mozzarella sticks into the open weave basket, then cook using this recipe.

INGREDIENTS

5 mozzarella sticks, frozen

MEAL TYPE: FROZEN 

PROGRAM THIS RECIPE



STAGE 1	COOK TIME	30 sec
	WAVE %	85
	AIR %	30
	TEMPERATURE (°F)	527°F
STAGE 2	COOK TIME	1 min 15 sec
	WAVE %	50
	100	100
	TEMPERATURE (°F)	527°F
STAGE 3	COOK TIME	30 sec
	WAVE %	85
	AIR %	30
	TEMPERATURE (°F)	527°F

Soft Pretzel

Offer chewy, salty soft pretzels to your customers with dipping mustard or cheese sauce. Simply add a frozen soft pretzel to your rapid cook oven and use this recipe to cook it to consistent softness every time.

INGREDIENTS

6 oz. soft pretzels

MEAL TYPE: FROZEN 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	20 sec
	WAVE %	100
	AIR %	0
	TEMPERATURE	527°F
STAGE 2	COOK TIME	15 sec
	WAVE %	85
	AIR %	50
	TEMPERATURE	527°F





**APPLE PIE SLICE
CINNAMON ROLLS
CRESCENT ROLLS
LAVA CAKE
MUFFIN
BROWNIE**

SOLWAVE

BAKED'S

Apple Pie Slice

Rather than serve a room temperature apple pie slice, warm it up to release that delicious aroma and gooey mouthfeel. Place one slice of fresh apple pie into your rapid cook oven and cook using this recipe. Top with ice cream if desired.

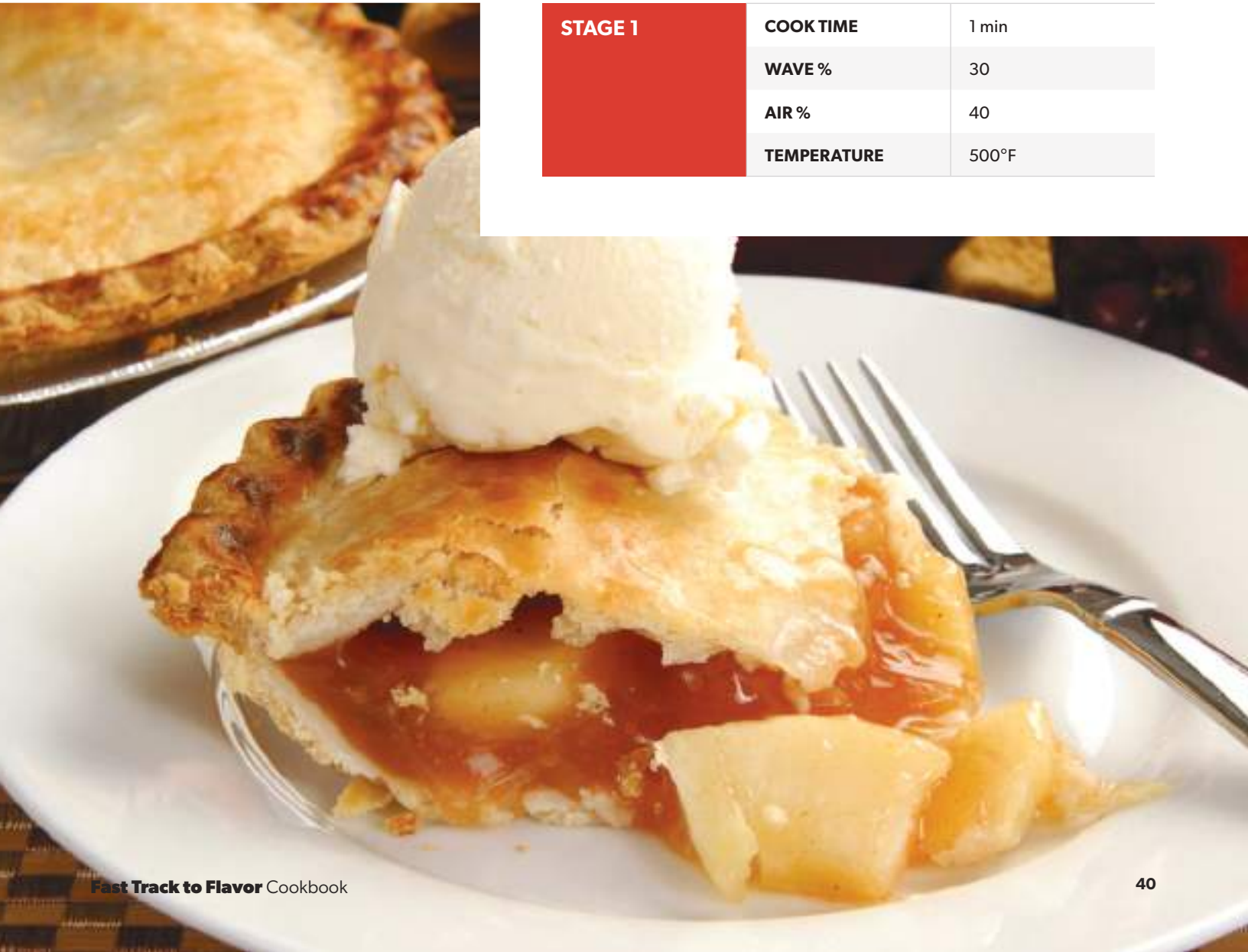
INGREDIENTS

Fresh apple pie

MEAL TYPE: FRESH 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	1 min
	WAVE %	30
	AIR %	40
	TEMPERATURE	500°F



Cinnamon Rolls

Provide warm, gooey cinnamon rolls to your guests as a sweet breakfast option or for dessert. Arrange up to 5 pieces of pre-made cinnamon roll dough in your rapid cook oven and use this recipe to bake it to perfection.

INGREDIENTS

5 pieces cinnamon roll dough

MEAL TYPE: FRESH 

PROGRAM THIS RECIPE



STAGE 1	COOK TIME	40 sec
	WAVE %	20
	AIR %	10
	TEMPERATURE (°F)	527°F
STAGE 2	COOK TIME	35 sec
	WAVE %	80
	AIR %	10
	TEMPERATURE (°F)	527°F
STAGE 3	COOK TIME	25 sec
	WAVE %	75
	AIR %	10
	TEMPERATURE (°F)	527°F

Crescent Rolls

Provide warm, flaky crescent rolls for your guests as a complimentary pre-dinner item or as an accompaniment to dinner entrees. Arrange up to 4 pieces of pre-made crescent roll dough in your rapid cook oven and use this recipe to bake it to perfection.

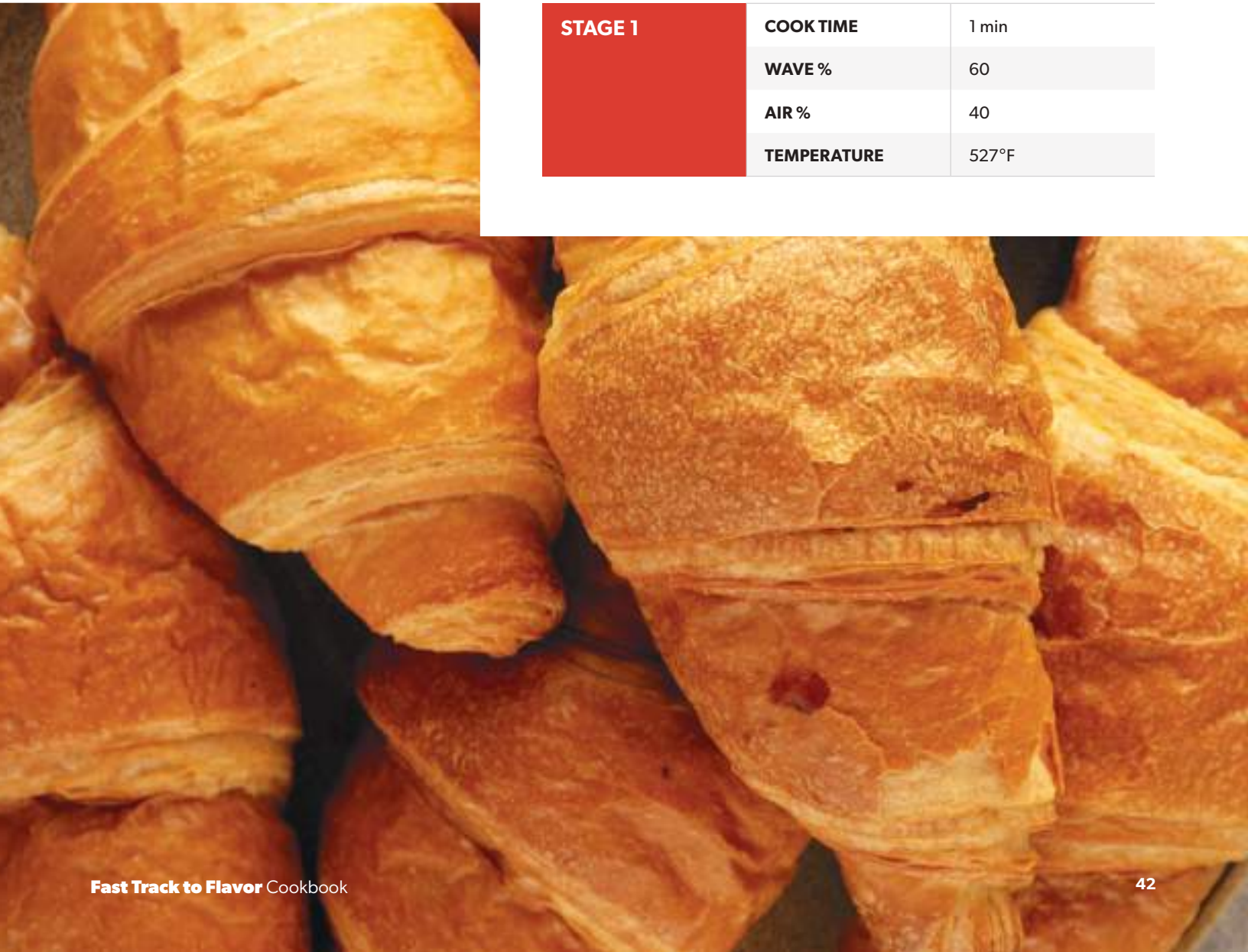
INGREDIENTS

4 crescent rolls

MEAL TYPE: FRESH 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	1 min
	WAVE %	60
	AIR %	40
	TEMPERATURE	527°F



Lava Cake

Lava cake has become an increasingly popular dessert item that’s easy to add to your menu. For this recipe, simply add 1 frozen lava cake to your rapid cook oven and follow this program to reach the warm, gooey texture customers expect.

INGREDIENTS

1 lava cake, frozen

MEAL TYPE: FROZEN 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	30 sec
	WAVE %	50
	AIR %	30
	TEMPERATURE	527°F
STAGE 2	COOK TIME	25 sec
	WAVE %	50
	AIR %	50
	TEMPERATURE	527°F



Muffin

Increase the appeal of your muffin selection by offering to warm them before providing them to customers. Take a room temperature muffin and add it to your rapid cook oven, then follow this recipe to warm it up without affecting the texture.

INGREDIENTS

1 muffin, room temperature

MEAL TYPE: FRESH 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	15 sec
	WAVE %	30
	AIR %	30
	TEMPERATURE	500°F



Brownie

As a dessert, brownies can be served alone or with complementary foods like ice cream. Prepare dessert on demand with this recipe. Simply add 1 frozen brownie to your rapid cook oven, follow this program, and enjoy.

INGREDIENTS

1 brownie, frozen

MEAL TYPE: FROZEN 

PROGRAM THIS RECIPE

STAGE 1	COOK TIME	30 sec
	WAVE %	50
	AIR %	30
	TEMPERATURE (°F)	527°F
STAGE 2	COOK TIME	25 sec
	WAVE %	50
	AIR %	50
	TEMPERATURE (°F)	527°F



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