

VECTOR™ H SERIES MULTI-COOK OVEN COOKING GUIDELINES

CATEGORY	FOOD	QUANTITY/ WEIGHT	STARTING STATE	INGREDIENTS	PROCEDURE	PREHEAT TEMP	STAGE 1 TIME	STAGE 1 TEMP	STAGE 1 AIR %	STAGE 2 TIME	STAGE 2 TEMP	STAGE 2 AIR %	STAGE 3 TIME	STAGE 3 TEMP	STAGE 3 AIR %
Sides, Potatoes	Baked potatoes	70 ct	Room temp	70 ct Russet/Idaho Potatoes.	Preheat chamber to 350 °F (175 °C). Arrange 8 to 10 room temperature potatoes on parchment-lined pan. Load pan into oven and cook until done.	350 °F (175 °C)	0:50:00	350 °F (175 °C)	80	—	—	—	—	—	—
Appetizers	Battered mozzarella sticks	12 ea.	Frozen	Twelve (12) frozen mozzarella sticks	Preheat chamber to 475 °F (245 °C). Arrange frozen mozzarella sticks on parchment-lined pan. Load pan into oven and cook until done.	475 °F (245 °C)	0:05:00	450 °F (235 °C)	100	—	—	—	—	—	—
Appetizers	Cheese filled breadsticks (Bosco® sticks)	12 ea.	Thawed	Ten (10) 7-inch (178 mm) thawed bread sticks filled with mozzarella cheese	Preheat chamber to 350 °F (175 °C). Arrange Bosco sticks on a parchment-lined pan. Load the pan into the oven and cook until done.	350 °F (175 °C)	0:10:00	350 °F (175 °C)	90	—	—	—	—	—	—
Appetizers, Chicken	Chicken tenders	21 ea.	Frozen	Twenty (21) frozen, fully cooked, chicken breast tenderloins	Preheat chamber to 450 °F (235 °C). Arrange frozen chicken tenders on a parchment-lined pan. Load pan into oven and cook until done.	450 °F (235 °C)	0:09:00	450 °F (235 °C)	90	—	—	—	—	—	—
Grains	Brown rice	1 pound (450 g)	Dry	1 lb. (450 g) dry brown rice 1.5 L water or stock	Preheat chamber to 350 °F (175 °C). Combine rice and cooking liquid in a covered hotel pan. Load pan into oven and cook until done.	350 °F (175 °C)	0:30:00	325 °F (165 °C)	50	—	—	—	—	—	—
Appetizers, Chicken	Chicken Nuggets	55 ea.	Frozen	Fifty-five (55) 1.1 oz. (30 g) frozen, fully cooked and breaded chicken nuggets	Preheat chamber to 350 °F (175 °C). Arrange chicken nuggets on a parchment-lined pan. Load pan into oven and cook until done.	350 °F (175 °C)	0:13:00	350 °F (175 °C)	70	—	—	—	—	—	—
Appetizers	Corn dogs	4 oz (110 g)	Thawed	Six (6) 4 oz. (110 g) corn dogs, thawed	Preheat chamber to 350 °F (175 °C). Arrange corn dogs on a parchment-lined pan. Load pan into oven and cook until done.	350 °F (175 °C)	0:10:00	350 °F (175 °C)	30	—	—	—	—	—	—
Appetizers	Crab Cakes	6 at 3 oz (85 g) each	Thawed	Six (6) 3 oz. (85 g) crab cakes, thawed	Preheat chamber to 450 °F (230 °C). Arrange crab cakes on a parchment-lined pan. Load pan into oven and cook until done.	450 °F (230 °C)	0:05:00	425 °F (220 °C)	80	0:02:00	425 °F (220 °C)	100	—	—	—
Sides, Vegetables	Roasted butternut squash	Single layer	Fresh	Fresh butternut squash, Cooking oil Salt and pepper	Preheat chamber to 425 °F (220 °C). Lightly oil and season butternut squash with salt and pepper. Arrange squash in an even layer on a parchment-lined pan. Load pan into oven and cook until done.	425 °F (220 °C)	0:12:00	425 °F (220 °C)	75	—	—	—	—	—	—
Grains	Farro	1 lb (450 g)	Dry	1 lb. (450 g) farro 1.5 L water or stock	Preheat chamber to 350 °F (175 °C). Combine farro and cooking liquid in a covered hotel pan. Load pan into oven and cook until done.	350 °F (175 °C)	0:30:00	325 °F (165 °C)	50	—	—	—	—	—	—
Appetizers, Pizza	Flatbread pizza	1 ea.	Thawed	One (1) 12" (30 cm) square, par-baked, flat-bread pizza crust, thawed	Preheat chamber to 500 °F (260 °C). Place desired toppings and cheese on flatbread. Place assembled flat bread on a pizza screen. Load pizza screen into oven and cook until done.	500 °F (260 °C)	0:03:00	500 °F (260 °C)	100	—	—	—	—	—	—
Sides, Vegetables	Grilled vegetables	Single layer	Fresh	Fresh bell peppers, red onion, zucchini, and yellow squash	Preheat the chamber to 500 °F (260 °C). Cut bell peppers and red onions into 1-1/2" (27 mm) pieces. Cut zucchini and yellow squash into 1/4" (6 mm) slices. Lightly toss with oil, salt, and pepper. Arrange in an even layer on a grill pan. Load the grill pan into the oven and cook until done.	500 °F (260 °C)	0:07:00	500 °F (260 °C)	100	—	—	—	—	—	—
Sides, Vegetables	Half butternut squash	1 ea. Butternut Squash	Fresh	One (1) fresh, butternut squash, 1 T. (15 ml) oil Salt and pepper	Preheat the chamber to 375 °F (190 °C). Cut squash in half and season with oil, salt, and pepper. Place squash halves-flesh side down-in a parchment-lined pan. Load the pan into the oven and cook until done.	375 °F (190 °C)	0:40:00	350 °F (175 °C)	60	—	—	—	—	—	—
Appetizers & Sides	Large soft pretzels	4 ea.	Thawed	Four (4) fully cooked, frozen, soft pretzels, thawed	Preheat chamber to 400 °F (205 °C). Arrange pretzels on a parchment-lined pan. Load pan into oven and cook until done.	400 °F (205 °C)	0:03:00	375 °F (190 °C)	60	—	—	—	—	—	—

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Appetizers, Entrée	Meatballs	2 pounds.— 0.5 oz each (.9 kg.—142g each)	Frozen	2 lbs.; 5 oz. each (.9 kg;142 g each) meatballs, frozen	Preheat chamber to 375 °F (190 °C). Place frozen meatballs on a parchment-lined pan. Load pan into oven and cook until done.	375 °F (190 °C)	0:12:00	350 °F (175 °C)	50	—	—	—	—	—	—
Appetizers	Egg rolls	12 ea.	Frozen	Twelve (12) egg rolls, frozen	Preheat chamber to 350 °F (175 °C). Arrange egg rolls on a parchment lined-pan. Load pan into oven and cook until done.	350 °F (175 °C)	0:15:00	350 °F (175 °C)	50	—	—	—	—	—	—
Appetizers	Quesadilla	2 ea.	Fresh	12" (305 mm) flour tortilla, 6 oz. (28g) chicken/cheese mixture, fresh	Preheat chamber to 475 °F (245 °C). Place chicken/cheese mixture in tortilla and fold over. Spray pan and quesadilla with non-stick spray. Load pan into oven and cook until done.	475 °F (245 °C)	0:03:00	450 °F (235 °C)	100	—	—	—	—	—	—
Sides, Vegetables	Roasted broccoli and cauliflower	2 pounds (1 kg)	Frozen	2 lbs. (1 kg) frozen broccoli and cauliflower florets Cooking oil Salt and pepper	Preheat chamber to 475 °F (245 °C). Lightly season vegetables with oil, salt, and pepper. Place vegetables on a parchment-lined pan. Load pan into oven and cook until done.	475 °F (245 °C)	0:09:00	450 °F (235 °C)	100	—	—	—	—	—	—
Sides, Vegetables	Roasted Brussels sprouts	Single layer	Fresh	Fresh Brussels sprouts Cooking oil Salt and pepper	Preheat chamber to 450 °F (230 °C). Cut Brussels sprouts in half. Toss with olive oil, salt, and pepper. Arrange in a single, even layer on a parchment-lined pan. Load pan into oven and cook until done.	450 °F (230 °C)	0:08:00	425 °F (220 °C)	80	0:01:00	425 °F (220 °C)	100	—	—	—
Sides, Vegetables	Roasted mushrooms	Single layer	Fresh	Fresh mushrooms, Olive oil Salt and pepper	Preheat chamber to 450 °F (230 °C). Cut mushrooms into quarters. Toss with olive oil, salt, and pepper. Arrange in a single layer on a parchment-lined pan. Load pan into oven and cook until done.	450 °F (230 °C)	0:05:00	425 °F (220 °C)	80	0:01:00	425 °F (220 °C)	100	—	—	—
Appetizers	Spinach artichoke dip	8 ea.	Thawed	Eight (8) oz. (56 g) thawed spinach artichoke dip 2 T. (28 g) mozzarella cheese	Preheat chamber to 475 °F (245 °C). Place 1 C. (236 ml) dip into oven-safe ramekin or cast iron dish. Cover the dip with mozzarella cheese. Load the dish into the oven and cook until done.	475 °F (245 °C)	0:04:15	450 °F (235 °C)	100	—	—	—	—	—	—
Grains	Wheat berries	1 pound (450 g) wheat berries, 1.5L water or stock	Dry	1 lb. (450 g) dry wheat berries 1.5 L water or stock	Preheat oven to 350 °F (175 °C). Combine wheat berries and cooking liquid in a covered hotel pan. Load pan into oven and cook until done.	350 °F (175 °C)	0:40:00	325 °F (165 °C)	50	—	—	—	—	—	—
Bakery	Croissants	8 ea. 1.6 oz croissants	Frozen	Eight (8) 1.6 oz (45 g). pre-proofed, frozen croissants	Preheat chamber to 350 °F (175 °C). Arrange 8 croissants on parchment-lined pan. Load pan into oven and cook until done.	350 °F (175 °C)	0:25:00	350 °F (175 °C)	30	—	—	—	—	—	—
Protein, Breakfast	Bacon	Single layer	Raw	14-16 slices of raw bacon	Preheat chamber to 450 °F (230 °C). Arrange bacon in a single layer on a parchment-lined pan. Load pan into oven and cook until done.	450 °F (230 °C)	0:06:30	450 °F (235 °C)	75	0:00:30	450 °F (235 °C)	100	—	—	—
Breakfast, Bakery	Biscuits	2.2 oz (0.06 kg)	Frozen	Twenty (20) 2.2 oz (62 g), 2.8" (71 mm), frozen, freezer-to-oven buttermilk biscuits	Preheat chamber to 325 °F (165 °C) On a parchment-lined pan, arrange biscuits in rows and columns so that they are slightly touching. Load pan into oven and cook until done.	325 °F (165 °C)	0:05:30	325 °F (165 °C)	50	0:05:30	325 °F (165 °C)	70	0:05:30	350 °F (175 °C)	90
Breakfast	French toast	6 ea. Slices	Fresh	Six (6) slices of Texas Toast (thickly sliced bread) Batter: 1 qt (1 L) cream 12 egg yolks 1 c (240 mL) sugar 1 vanilla bean 2 tsp (10 mL) vanilla extract	Preheat chamber to 350 °F (175 °C). Combine batter ingredients. Spray pan liberally with oil. Briefly submerge slices of Texas toast in prepared batter. Arrange soaked Texas toast on an oiled pan. Load pan into oven and cook until done.	350 °F (175 °C)	0:11:00	350 °F (175 °C)	100	—	—	—	—	—	—
Breakfast	Fried eggs	6 ea. Shell Eggs	Fresh	Six (6) fresh eggs	Preheat chamber to 450 °F (230 °C). Spray egg/muffin top pan with food release spray. Crack eggs into pan. Load pan into oven and cook until done.	450 °F (230 °C)	0:03:30	425 °F (220 °C)	100	—	—	—	—	—	—

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Breakfast	Frittata w/ cheese and other fillings	1 in 6" sauté pan/6 oz (170 g) of egg	Cold pan	16 whole eggs 1 C. (237 ml) cream 2 oz. (57 g) cheese Desired fillings	Preheat chamber to 450 °F (230 °C). Mix eggs and cream. Spray a 1-inch (25 mm) deep, 6-inch (152 mm) sauté pan with food release spray. Add egg mixture, cheese, and desired fillings. Load pan into oven and cook until done.	450 °F (230 °C)	0:02:00	450 °F (235 °C)	20	0:03:00	450 °F (235 °C)	50	—	—	—
Desserts	Chocolate chip cookies	1.33 oz (40 g)	Frozen	1.33 oz. (40 g) chocolate chip cookie dough, frozen	Preheat chamber to 325 °F (163 °C). Arrange cookie dough 3 x 4 on a parchment lined pan. Load pan into oven and cook until done.	325 °F (165 °C)	0:14:00	300 °F (150 °C)	100	—	—	—	—	—	—
Entrée, Protein	Hot Dog 4:1	12 ea.	Thawed	Twelve (12) 4:1 Hot Dogs	Preheat chamber to 425 °F (220 °C). Arrange hot dogs on a parchment-lined pan. Load pan into oven and cook until done.	425 °F (220 °C)	0:04:30	425 °F (220 °C)	40	0:02:30	460	50	—	—	—
Appetizer	Beef and bean burritos	9	Thawed	Nine (9) beef and bean burritos, thawed	Preheat chamber to 350 °F (175 °C). Place burritos on a parchment-lined pan. Load pan into oven and cook until done.	350 °F (175 °C)	0:14:00	325 °F (165 °C)	60	—	—	—	—	—	—
Appetizer, Entrée	Beef satay	Single layer	Raw	Raw, thinly sliced beef marinated in bulgogi marinade	Preheat chamber to 500 °F (260 °C). Marinate meat and skewer on bamboo sticks. Place skewers on oiled grill plate. Load grill plate into oven and cook until done.	500 °F (260 °C)	0:03:00	500 °F (260 °C)	100	—	—	—	—	—	—
Appetizer, Entrée	Calzone	2 ea.	Fresh	7" (16 mm) pizza dough 5-6 oz. (150-180 ml) filling Egg wash	Preheat the chamber to 450 °F (230 °C). Stretch dough, fill, fold over and crimp edges. Place dough on parchment-lined pan. Apply egg wash to the top of dough. Load pan into oven and cook until done.	450 °F (230 °C)	0:03:30	450 °F (235 °C)	70	0:01:30	450	90	—	—	—
Main Dish	Chicken satay	12 ea. Skewers	Raw	Raw chicken tenders marinated in sambal marinade	Preheat chamber to 450 °F (230 °C). Slice chicken tenders in half lengthwise to create two thin pieces. Marinate in sambal marinade. Skewer chicken on bamboo sticks. Place skewers on oiled grill plate. Load grill plate into oven and cook until done.	450 °F (230 °C)	0:04:00	450 °F (235 °C)	100	—	—	—	—	—	—
Pizza, Appetizer	Frozen pizza	Single 8" pizza/ 10.6 oz (301 g)	Frozen	Single 8" (20 cm), 10.6 oz. (301 g) frozen pizza	Preheat chamber to 450 °F (230 °C). Place frozen pizza on a screen. Load screen into oven and cook until done.	450 °F (230 °C)	0:05:00	425 °F (220 °C)	100	—	—	—	—	—	—
Sandwich, Entrée	Grilled cheese	6 ea. Sandwiches	Fresh	Twelve (12) slices of Texas Toast (thickly sliced bread) Pan spray or butter, Sliced cheese of choice	Preheat chamber to 425 °F (218 °C). Coat sheet pan with pan spray. Assemble sandwiches and spray outside of bread with pan spray or coat with butter. Load pan into oven and cook until done.	425 °F (220 °C)	0:05:00	400 °F (205 °C)	90	—	—	—	—	—	—
Entrée, Protein	Grilled chicken	6 ea. 6 oz. Chicken Breasts	Fresh	Six (6) 6 oz. (170 g) boneless, skinless chicken breasts Cooking oil, Salt and pepper	Preheat chamber to 450 °F (230 °C). Lightly coat chicken breasts with oil, salt, and pepper. Arrange chicken breasts on grill pan. Load pan into oven and cook until done.	450 °F (230 °C)	0:06:00	450 °F (235 °C)	80	0:03:00	450	100	—	—	—
Entrée, Protein	Grilled salmon	6 ea. 5 oz. Salmon Portions	Fresh	Six (6) 5 oz. (142 g) skinless salmon portions	Preheat chamber to 500 °F (260 °C). Lightly oil salmon portions and season with salt and pepper. Place salmon portions presentation side down on grill pan. Load grill pan into oven and cook until done.	500 °F (260 °C)	0:05:45	525	100	—	—	—	—	—	—
Entrée	Marinated tofu	1-3 pressed slices	Fresh	1-3 pressed slices of tofu Marinade: 6 oz. (177 ml) lime 4 oz. (118 ml) agave 2 oz. (59 ml) sriracha 2 tablespoons (28 g) garlic 2 teaspoons (8.5 g) pepper 1 teaspoon (4.3 g) salt)	Preheat chamber to 450 °F (230 °C). Arrange slices of pressed marinated tofu on an oiled grill pan. Load pan into oven and cook until done.	450 °F (230 °C)	0:06:00	450 °F (235 °C)	80	0:03:00	450	100	—	—	—

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Sandwich, Entrée	Panini	6 ea. panini's	Fresh	Twelve (12) slices of bread Assorted deli meats Sliced cheese Vegetables	Preheat chamber to 450 °F (230 °C). Assemble sandwiches and brush with oil or butter. Place sandwiches between two grill pans. Press top grate down to ensure dark lines. Load pan into oven and cook until done.	450 °F (230 °C)	0:06:00	450 °F (235 °C)	100	—	—	—	—	—	—
Entrée	Shrimp scampi	20-30 16/20 size shrimp	Raw	Raw shrimp (20-30) Salt, pepper and red pepper flakes (to taste) 6 cloves of thinly sliced garlic 6 teaspoons (4 g) butter Juice of 1 lemon Parsley	Preheat chamber to 450 °F (230 °C). Place 4-5 shrimp in each section of a muffin 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. Load pan into oven and cook until done. Garnish with parsley.	450 °F (230 °C)	0:03:45	450 °F (235 °C)	80	—	—	—	—	—	—
Entrée, Protein, Chicken	Whole roasted chicken	4 ea. 3.25 lb (1.5 kg) to 3.5 lb (1.6 kg) trussed chickens	Raw	Four (4) 3.25 lb–3.5 lb (1.5 kg–1.6 kg) trussed chickens	Preheat chamber to 400 °F (205 °C). Arrange chickens on a parchment-lined pan. Load pan into oven and cook until done.	400 °F (205 °C)	0:35:00	375 °F (190 °C)	80	0:05:00	—	100	0:10:00	400 °F (205 °C)	100
Sandwich	Toasted sub	2 ea. Sub Sandwiches	Fresh	Two (2) sub sandwich rolls 4 oz. (110 g) assorted deli meat and cheese	Preheat chamber to 525 °F (275 °C). Slice sub roll to fold open. Place deli meat and cheese on roll. Place sub onto wire rack on top of sheet tray. Load tray into oven and cook until done.	525 °F (275 °C)	0:01:55	525 °F (275 °C)	100	—	—	—	—	—	—

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