

CONVERGE™ MULTI-COOK OVEN COOKING GUIDELINES

CATEGORY	FOOD	QUANTITY/ WEIGHT	STARTING STATE	INGREDIENTS	PROCEDURE	TOTAL COOKING TIME	PREHEAT TEMP	STAGE 1 MODE	STAGE 1 HUMIDITY	STAGE 1 TEMP	STAGE 1 TIME	STAGE 1 AIR %
Breakfast Protein	Bacon	10 strips, 17-count	Room temperature	10 strips, 17-count	Preheat chamber to 450 °F (175 °C). Use parchment-lined sheet tray. Lay out 10 strips. Load pan into oven.	00:06:00	450 °F (230 °C)	Combi	100%	450 °F (230 °C)	00:02:00	100%
								STAGE 2 MODE	STAGE 2 HUMIDITY	STAGE 2 TEMP	STAGE 2 TIME	STAGE 2 AIR %
								Convection	0%	425 °F (218 °C)	00:03:00	100%
								STAGE 3 MODE	STAGE 3 HUMIDITY	STAGE 3 TEMP	STAGE 3 TIME	STAGE 3 AIR %
								Convection	0%	425 °F (218 °C)	00:01:00	100%
CATEGORY	FOOD	QUANTITY/ WEIGHT	STARTING STATE	INGREDIENTS	PROCEDURE	TOTAL COOKING TIME	PREHEAT TEMP	STAGE 1 MODE	STAGE 1 HUMIDITY	STAGE 1 TEMP	STAGE 1 TIME	STAGE 1 AIR %
Starch/Grains Potatoes	Baked Potatoes	15 potatoes, 60-count	Room temperature	15 potatoes, 60-count Oil Seasoning	Preheat chamber to 450 °F (175 °C). Use parchment-lined sheet tray. Lay out 15 potatoes. Oil and season to taste. Load pan into oven.	00:25:00	450 °F (230 °C)	Convection	0%	450 °F (230 °C)	00:01:00	100%
								STAGE 2 MODE	STAGE 2 HUMIDITY	STAGE 2 TEMP	STAGE 2 TIME	STAGE 2 AIR %
								Combi	100%	400 °F (175 °C)	00:21:00	100%

CATEGORY	FOOD	QUANTITY/ WEIGHT	STARTING STATE	INGREDIENTS	PROCEDURE	TOTAL COOKING TIME	PREHEAT TEMP	STAGE 1 MODE	STAGE 1 HUMIDITY	STAGE 1 TEMP	STAGE 1 TIME	STAGE 1 AIR %
Convenience Items	Fries	2.5 lb (1.1kg)	Frozen	2.5 lb (1.1kg)	Preheat chamber to 425 °F (218 °C). Use parchment-lined sheet tray. Load into oven.	00:11:00	425 °F (218 °C)	Convection	0%	425 °F (218 °C)	00:11:00	100%
CATEGORY	FOOD	QUANTITY/ WEIGHT	STARTING STATE	INGREDIENTS	PROCEDURE	TOTAL COOKING TIME	PREHEAT TEMP	STAGE 1 MODE	STAGE 1 HUMIDITY	STAGE 1 TEMP	STAGE 1 TIME	STAGE 1 AIR %
Vegetables Roasted	Roasted Sweet Potatoes	2.5 lb (1.1kg) sweet potatoes.	Room temperature	2.5 pounds (1.1kg) sweet potatoes. Oil Seasoning	Preheat chamber to 450 °F (175 °C). Use parchment-lined sheet tray. Lay out potatoes. Oil and season to taste. Load pan into oven.	00:13:00	450 °F (230 °C)	Convection	0%	450 °F (230 °C)	00:13:00	100%
CATEGORY	FOOD	QUANTITY/ WEIGHT	STARTING STATE	INGREDIENTS	PROCEDURE	TOTAL COOKING TIME	PREHEAT TEMP	STAGE 1 MODE	STAGE 1 HUMIDITY	STAGE 1 TEMP	STAGE 1 TIME	STAGE 1 AIR %
Vegetables Steamed	Bok Choy	4 lb (1.8kg)	Room temperature	4 lb (1.8kg)	Preheat chamber to 212 °F (175 °C). Spread bok choy on perforated pan. Load into oven.	00:05:00	212 °F (100 °C)	Steam	100%	212 °F (100 °C)	00:01:00	80%
CATEGORY	FOOD	QUANTITY/ WEIGHT	STARTING STATE	INGREDIENTS	PROCEDURE	TOTAL COOKING TIME	PREHEAT TEMP	STAGE 1 MODE	STAGE 1 HUMIDITY	STAGE 1 TEMP	STAGE 1 TIME	STAGE 1 AIR %
Vegetables Steamed	Broccoli	4 lb (1.8kg)	Room temperature	4 lb (1.8kg)	Preheat chamber to 200 °F (175 °C). Spread broccoli on perforated pan. Load into oven.	00:08:00	220 °F (105 °C)	Steam	100%	220 °F (105 °C)	00:08:00	100%
CATEGORY	FOOD	QUANTITY/ WEIGHT	STARTING STATE	INGREDIENTS	PROCEDURE	TOTAL COOKING TIME	PREHEAT TEMP	STAGE 1 MODE	STAGE 1 HUMIDITY	STAGE 1 TEMP	STAGE 1 TIME	STAGE 1 AIR %
Convenience Items	Chicken Tenders	2.5 lb (1.1kg)	Chilled	2.5 lb (1.1kg)	Preheat chamber to 375 °F (175 °C). Load 2.5 lb (1.1kg) of chicken tenders. Use parchment-lined covered sheet tray Load into oven.	00:12:00	375 °F (190 °C)	Convection	0%	375 °F (190 °C)	00:12:00	100%
CATEGORY	FOOD	QUANTITY/ WEIGHT	STARTING STATE	INGREDIENTS	PROCEDURE	TOTAL COOKING TIME	PREHEAT TEMP	STAGE 1 MODE	STAGE 1 HUMIDITY	STAGE 1 TEMP	STAGE 1 TIME	STAGE 1 AIR %
Vegetables Steamed	Green Beans	4 lb (1.8kg)	Room temperature	4 lb (1.8kg)	Preheat chamber to 200 °F (175 °C). Spread green beans on perforated pan. Load into oven.	00:08:00	220 °F (105 °C)	Steam	100%	220 °F (105 °C)	00:08:00	100%
CATEGORY	FOOD	QUANTITY/ WEIGHT	STARTING STATE	INGREDIENTS	PROCEDURE	TOTAL COOKING TIME	PREHEAT TEMP	STAGE 1 MODE	STAGE 1 HUMIDITY	STAGE 1 TEMP	STAGE 1 TIME	STAGE 1 AIR %
Breakfast Bakery	Biscuits	2.2oz (62g)	Frozen	2.2oz (62g) Pillsbury frozen puck	Preheat chamber to 330 °F (175 °C). Load pucks onto parchment-lined sheet tray. Load into oven.	00:16:30	330 °F (170 °C)	Convection	0%	330 °F (170 °C)	00:16:30	100%
CATEGORY	FOOD	QUANTITY/ WEIGHT	STARTING STATE	INGREDIENTS	PROCEDURE	TOTAL COOKING TIME	PREHEAT TEMP	STAGE 1 MODE	STAGE 1 HUMIDITY	STAGE 1 TEMP	STAGE 1 TIME	STAGE 1 AIR %
Breakfast Bakery	Muffins	2oz (57g), 12 quantity	Room temperature	2oz (57g) muffin batter	Preheat chamber to 335 °F (175 °C). Fill 12-cup muffin tin with batter. Load into oven.	00:12:00	335 °F (170 °C)	Combi	30%	335 °F (170 °C)	00:12:00	100%

CATEGORY	FOOD	QUANTITY/ WEIGHT	STARTING STATE	INGREDIENTS	PROCEDURE	TOTAL COOKING TIME	PREHEAT TEMP	STAGE 1 MODE	STAGE 1 HUMIDITY	STAGE 1 TEMP	STAGE 1 TIME	STAGE 1 AIR %
Steak/Chops Proteins	Ribeye Steaks Cooked to Medium Rare	Four, 24-oz (680g) ribeye steaks	Room temperature	Four, 24-oz (680g) ribeye steaks	Preheat chamber to 425 °F (175 °C). Place steaks on grill pan. Season to taste. Load into oven.	00:17:00	425 °F (218 °C)	Convection	0%	425 °F (218 °C)	00:10:00	100%
								STAGE 2 MODE	STAGE 2 HUMIDITY	STAGE 2 TEMP	STAGE 2 TIME	STAGE 2 AIR %
								Turn 90° Convection	0%	425 °F (218 °C)	00:07:00	100%
CATEGORY	FOOD	QUANTITY/ WEIGHT	STARTING STATE	INGREDIENTS	PROCEDURE	TOTAL COOKING TIME	PREHEAT TEMP	STAGE 1 MODE	STAGE 1 HUMIDITY	STAGE 1 TEMP	STAGE 1 TIME	STAGE 1 AIR %
Proteins Poultry	Roasted Grilled Chicken	Four chicken halves	Chilled	Four chicken halves	Preheat chamber to 375 °F (175 °C). Place chicken halves on parchment-lined sheet tray or use chicken grid. Load into oven.	00:24:00	375 °F (190 °C)	Combi	100%	375 °F (190 °C)	00:10:00	100%
								STAGE 2 MODE	STAGE 2 HUMIDITY	STAGE 2 TEMP	STAGE 2 TIME	STAGE 2 AIR %
								Convection	0%	375 °F (190 °C)	00:10:00	100%
								STAGE 3 MODE	STAGE 3 HUMIDITY	STAGE 3 TEMP	STAGE 3 TIME	STAGE 3 AIR %
								Convection	0%	375 °F (190 °C)	00:04:00	100%
CATEGORY	FOOD	QUANTITY/ WEIGHT	STARTING STATE	INGREDIENTS	PROCEDURE	TOTAL COOKING TIME	PREHEAT TEMP	STAGE 1 MODE	STAGE 1 HUMIDITY	STAGE 1 TEMP	STAGE 1 TIME	STAGE 1 AIR %
Starch/Grains Potatoes	Roasted Potatoes	4 lb (1.8kg)	Room temperature	4 lb (1.8kg)	Preheat chamber to 450 °F (175 °C). Use parchment-lined sheet tray. Lay out potatoes. Oil and season to taste. Load pan into oven.	00:18:00	450 °F (230 °C)	Convection	0%	450 °F (230 °C)	00:01:00	100%
								STAGE 2 MODE	STAGE 2 HUMIDITY	STAGE 2 TEMP	STAGE 2 TIME	STAGE 2 AIR %
								Convection	0%	450 °F (230 °C)	00:17:00	100%