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Culinary Training Merrychef distribution Partners

COOKING DEMONSTRATION RECIPIES



SHOPPING LIST

eikon™
cooking redefined

MEATS



Chicken Wings x 9



Chicken Breasts x 4



Cooked Sliced Ham



Cooked Sliced Chicken

VEGETABLES



Mixed Peppers



Sliced Tomatoes



Red Onions



Zucchini



Fresh Rosemary & Parsley



Mixed Salad Leaves



Clove of Garlic



Egg Plant

FROZEN & BREADS



Frozen Pizza



Frozen Potato Wedges



Cibattia Bread



Sliced Bread

DAIRY



Butter



Sliced Cheese



Grated Cheese

DRY GOODS



BBQ Sauce



Pesto Sauce



Olive Oil



Salt & Pepper

Merrychef

Manitowoc
Foodservice



Culinary

Practical demonstration



e3 Roasted Vegetables

eikonTM
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Olive Oil



Garlic x 1 clove

Red, Green and
Yellow Pepper x
1 of each

Aubergine x 1



Courgette x 1



Red Onion x 1



- Cut vegetables as shown in picture above.
- Mix with olive oil and chopped garlic.
- Add salt and pepper.
- Lay onto a warm round griddle pan.



(40H0240)

Program the oven with the following profile:-

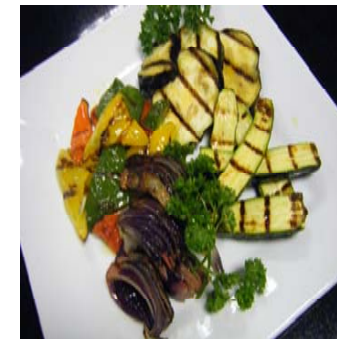
	275 °C
	02:45 MM:SS
	HIGH
	100 %

Remove the tray from the oven using the handle(MC2315)



Present on a clean plate with the bar marks showing.

Drizzle with Olive Oil for final presentation.



e3 Toasted Sandwich

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Slice Bread



Sliced Cheese



Sliced Tomato



Sliced Ham



Butter



Sliced Ham






- Brush the bread with butter
- Layer the bread with the cheese, tomato and ham
- Place onto a HOT round tray.



(RMC7347X01)

Program the oven with the following profile:-

	275 °C
	02:15 MM:SS
	HIGH
	50 %

Remove the tray from the oven using the handle(MC2315)




Present on a clean plate, cut in half.

Serve with a lightly tossed green salad.




e3 9" Frozen Pizza

eikon™
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9" Frozen Pizza


Additional Toppings





Mixed Peppers




Sliced Pepperoni




Grated Cheese

- Remove all packaging from the pizza product
- Add additional toppings if desired
- Place directly into the round tray




(RMC7347X01)




Program the oven with the following profile:-

	225 °C
	03:40 MM:SS
	HIGH
	50 %

Remove the tray from the oven using the handle(MC2315)



Present on a clean plate, cut into 6 equal pieces.



 **Merrychef**

Manitowoc
Foodservice

e3 Frozen Potato Wedges

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Potato Wedges

Chefs Tips

Toss the wedges in the following flavourings before cooking:-



Garlic x 1 clove



Olive Oil



Fresh Rosemary Sprigs



- Remove the wedges from the packaging
- Place approx 350grams directly onto the round tray



(RMC7347X01)

Program the oven with the following profile:-



Remove the tray from the oven using the handle(MC2315)



Place wedges into a cleaning serving bowl. Can be served with a BBQ sauce or Chive mayonnaise dip.



Merrychef

Manitowoc
Foodservice

e3 Raw Chicken Breasts

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Chicken Breasts x 2



Olive Oil



Salt & Pepper

Chefs Tips

Marinate the breasts in some sweet chilli or Cajun spices before cooking.



- Use 2 x 150gram/180gram Breasts
- Brush the chicken with Oil
- Season with salt and pepper
- Place onto a HOT round griddle



(40H0240)

Program the oven with the following profile:-



Remove the tray from the oven using the handle(MC2315)



Serve either sliced for a salad or in a hot sandwich.



Merrychef

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Foodservice




Culinary

Practical demonstration




e4 Roasted Vegetables


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Olive Oil




Garlic x 1 clove




Red, Green and Yellow Pepper x 1 of each




Aubergine x 1



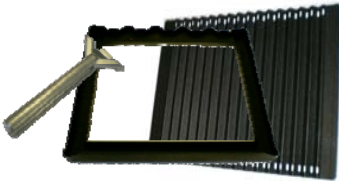
Courgette x 1



Red Onion x 1









- Cut vegetables as shown in picture above.
- Mix with olive oil and chopped garlic.
- Add salt and pepper.
- Lay onto the griddle pan set



(PSA1108)

Program the oven with the following profile:-


	275 °C
	02:45 MM:SS
	100 %
	100 %

↩


➡

Remove the tray from the oven using the handle supplied


Present on a clean plate with the bar marks showing.

Drizzle with Olive Oil for final presentation.




e4 Toasted Sandwich


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Slice Bread




Sliced Cheese




Sliced Tomato





Sliced Ham




Butter

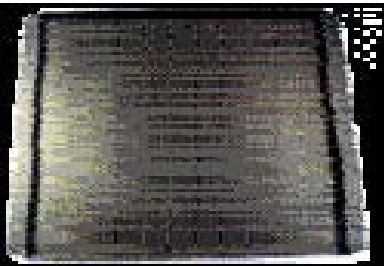


Sliced Ham





- Brush the bread with butter
- Layer the bread with the cheese, tomato and ham
- Place onto a HOT aluminium tray.



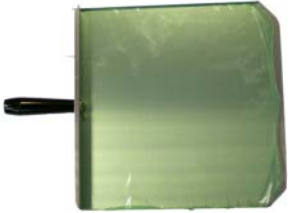
(40H0230)

Program the oven with the following profile:-






Remove the tray from the oven using the paddle(32Z4029)




Present on a clean plate, cut in half.

Serve with a lightly tossed green salad.




e4 10" Frozen Pizza

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10" Frozen Pizza


Additional Toppings




Mixed Peppers




Sliced Pepperoni





Grated Cheese
















- Remove all packaging from the pizza product
- Add additional toppings if desired
- Place directly into the cooking rack



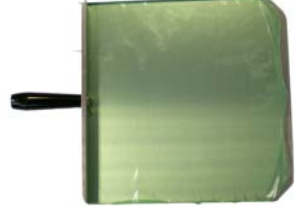


Program the oven with the following profile:-


	
	275 °C
	02:15 MM:SS
	80 %
	100 %
	
   	



Remove the tray from the oven using the paddle(32Z4029)



Present on a clean plate, cut into 8 equal pieces.



e4 Frozen Potato Wedges

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Potato Wedges

Chefs Tips

Toss the wedges in the following flavourings before cooking:-



Garlic x 1 clove



Olive Oil



Fresh Rosemary Sprigs

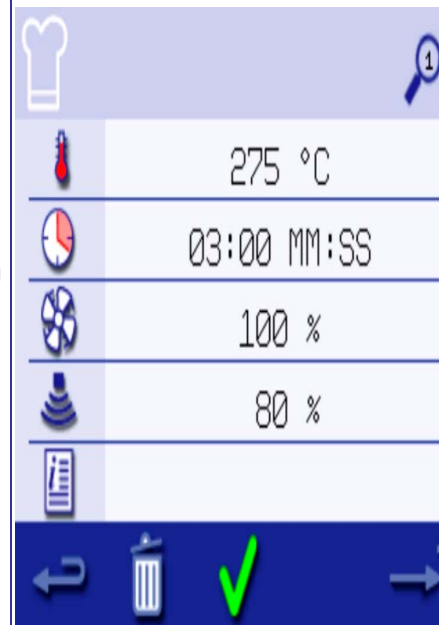


- Remove the wedges from the packaging
- Place approx 350grams directly into the weaved basket
- Place directly on the cooking rack

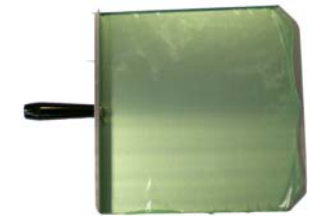


(32Z4031)

Program the oven with the following profile:-



Remove the tray from the oven using the paddle(32Z4029)



Place wedges into a cleaning serving bowl. Can be served with a BBQ sauce or Chive mayonnaise dip.



e4 Raw Chicken Breasts

eikon™
cooking redefined



Chicken Breasts x 2



Olive Oil



Salt & Pepper

Chefs Tips

Marinate the breasts in some sweet chilli or Cajun spices before cooking.

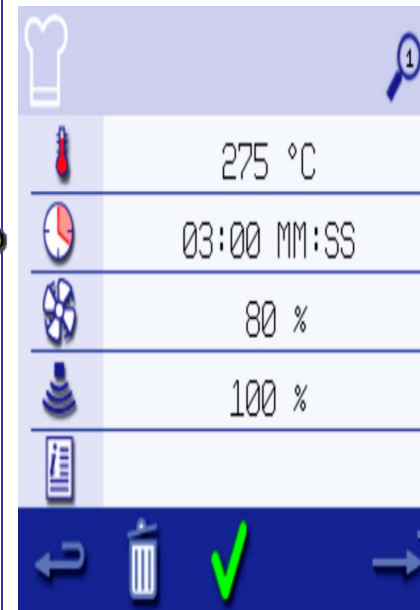


- Use 2 x 150gm/180gm Breasts
- Brush the chicken with Oil
- Season with salt and pepper
- Place onto a HOT griddle



(PSA1108)

Program the oven with the following profile:-



Remove the tray from the oven using the handle supplied.

Serve either sliced for a salad or in a hot sandwich.



e4 Ciabattia Bites

eikon™
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Basil Pesto



Sliced Chicken



Sliced Tomato



Sliced Ham



Ciabattia Roll



Grated Cheese



- Cut the roll in half
- Spread with the Pesto, this can be different flavours to suit
- Top with any cooked meats and then the grated cheese.
- Place onto the black aluminium tray.



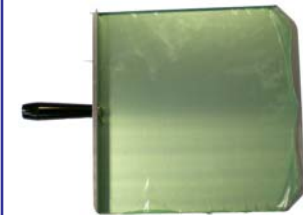
(40H0230)



Program the oven with the following profile:-



Remove the tray from the oven using the paddle(32Z4029)



You can use a variety of toppings to suit your local tastes



e4 chicken Wings x 9

eikon™
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Raw Chicken Wings
x 9



BBQ Sauce



Salt & Pepper



Parsley for Garnish

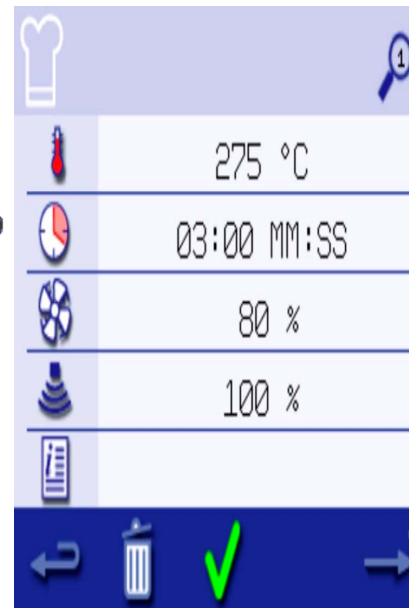


- Toss the chicken wings in the BBQ sauce.
- Arrange on the black aluminium tray.
- Place directly onto the cooking rack



(40H0230)

Program the oven with the following profile:-



Remove the tray from the oven using the paddle(32Z4029)



You can toss the chicken with different flavourings



