



a product of **mti**

## **MultiChef XL Recipe Book**



**A high-speed oven that truly delivers**



*a product of  
Motion Technology, Inc.*

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[www.MultiChef.com](http://www.MultiChef.com) | [www.MTLproducts.com](http://www.MTLproducts.com)

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**PLEASE NOTE:** This is a sample cook book intended to be a guide in assisting new users with creating their own menu while using the MultiChef XL oven.

All cook times are estimates; you should test any recipe before serving to a customer. It is important to remember that recipe results may vary depending on some key factors such as the frozen state of a product, product brand, or freshness. The menu items used in this recipe book are pre-programmed in the MultiChef XL.

For best results, the pizza stone must remain in the MultiChef XL at all times, except for cleaning purposes. All other trays can be placed directly on top of the pizza stone.

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## General Cook Time Discovery

Food safety is one of our top concerns. We always advise using a food thermometer to ensure that your poultry, pork, seafood and other foods reach an internal temperature that is safe for consumption.

It is good to keep in mind that it is difficult to tell just by looking if your product has cooked properly to be safely eaten. While chicken should have no pink, some meat, like pork are allowed to have a slightly pink center.

Let's not forget about resting! Once you remove meat from the oven, you must allow for proper rest time. While resting, the temperature stays consistent or continues to rise, which helps destroy harmful bacteria or germs that may remain. Resting also ensures the meat you are serving retains its juices and flavor.

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### Minimum Internal Cooking Temperatures

It is extremely important that you adhere to the following minimum internal temperatures on foods to be considered safe to eat, no matter how you prepare them. All temperatures are as recommended by the USDA.

#### Fresh Pork - Tenderloins, Steaks, Chops (Boneless)

Medium .....	160° F
Well done .....	107° F

#### Ham

Cook before eating .....	160° F
Fully cooked, to reheat .....	140° F

#### Poultry

Ground Chicken, Turkey .....	165° F
Chicken Breast (Boneless) .....	165° F

#### Fish

Cook until opaque and flakes easily with a fork .....	145° F
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Egg dishes, casseroles .....	160° F
Leftovers .....	165° F

## Breakfast

### Toasted Bagel

Batch Size: 1-3

Cook Time: 50 Seconds

Temp: 525°

Micro: 70%

Air: 50%

Pan Type: Mesh Teflon Tray

Tip: For extra toasty add 10 seconds

### French Toast Sticks

Batch Size: 1-5

Step 1:

Cook Time: 50 Seconds

Temp: 525°

Micro: 50%

Step 2:

Cook Time: 10 Seconds

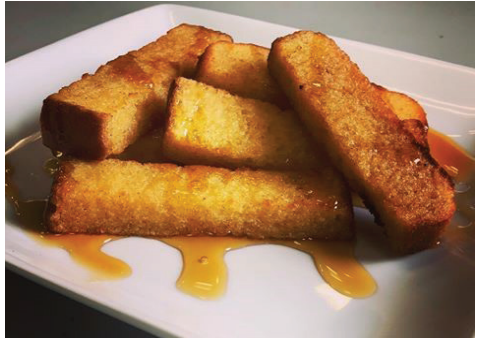
Temp: 525°

Micro: N/A

Pan Type: Mesh Teflon Tray

Tip: Serve in hand-held parchment pouch for easy eating

#### NOTES

### Breakfast Burrito (Frozen)

Batch Size: 1-2

Step 1:

Cook Time: 35 Seconds

Temp: 525°

Micro: 100%

Air: 10%

Step 2:

Cook Time: 30 Seconds

Temp: 525°

Micro: 100%

Air: 60 %

Pan Type: Metal Griddle or Solid Teflon Tray

Tip: Serve with an egg sandwich for a combo deal

### Hash Browns (Frozen)

Batch 1-3 Ounces

Step 1:

Time: 40 Seconds

Temp: 525°

Micro: 80%

Air: 100%

Step 2:

Time: 20 Seconds

Temp: 525°

Micro: 70%

Air: 100%

Step 3:

Time: 15 Seconds

Temp: 525°

Micro: 10%

Air: 100%

Pan Type: Metal Griddle

Tip: Serve with an egg sandwich for a combo deal

## Breakfast

### Breakfast Sausage (Frozen)

Batch 1-5

Cook Time: 50 Seconds

Temp: 525°

Micro: 70%

Air: 50%

Pan Type: Metal Griddle

Tip: Serve on a breakfast sandwich

### Toasted English Muffins

Batch 1-3

Cook Time: 35 Seconds

Temp: 525°

Micro: 10%

Air: 90%

Pan Type: Mesh Teflon Tray

Tip: For extra crispy add 10 seconds to cook

#### NOTES




### Bisquits (Refrigerated)

Batch Size: 1-3

Step 1:	Step 2:	Step 3:
Time: 10 Seconds	Time: 10 Seconds	Time: 10 Seconds
Temp: 525°	Temp: 525°	Temp: 525°
Micro: 30%	Micro: 20%	Micro: 30%
Air: 60%	Air: 40%	Air: 60%

Pan Type: Solid Teflon Tray with parchment paper

Tip: Serve with jam or honey

### Tater Tots (Frozen)

Serving Size: 1-2

Step 1:	Step 2:
Time: 2 Minutes	Time: 1 Minutes
Temp: 525°	Temp: 525°
Micro: N/A	Micro: N/A

Pan Type: Solid Teflon

Tip: Make loaded tots by adding cheese and chopped bacon.

## Breakfast

### Frittatas (Frozen)

Serving Size: 1-2

Step 1:

Cook Time: 50 Seconds

Temp: 525°

Micro: 100%

Air: 30%

Pan Type: Griddle Pan

Tip: Serve with hash browns for breakfast combo

### Fresh Scrambled Eggs

Serving Size: 4 Eggs

Step 1:

Cook Time: 1 Minute

Temp: 525°

Micro: 60%

Air: 40%

Step 2:

Cook Time: 30 Seconds

Temp: 525°

Micro: 100%

Air: 10%

Pan Type: 4 Cup - Egg Pan

Tip: Make as a sandwich. Add hashbrowns for a combo meal

## NOTES


### Cinnamon Rolls (Refrigerated)

Batch 1-4

Step 1:

Cook Time: 17 Seconds

Temp: 525°

Micro: 40%

Air: 50%

Step 2:

Cook Time: 17 Seconds

Temp: 525°

Micro: 40%

Air: 40%

Pan Type: Solid Teflon Tray with parchment

Tip: Serve with an egg sandwich for a combo deal



## Pancakes (Frozen)

Serving Size: 3 Pancakes

Cook Time: 50 Seconds

Temp: 525°

Micro: 50%

Air: 10%

Pan Type: Solid Teflon Tray

Tip: Serve with hashbrowns for a combo meal



## NOTES


## Fresh Sunny Side Up Eggs

Serving Size: 4 Eggs

Step 1:

Cook Time: 1 Minute

Temp: 525°

Micro: 60%

Air: 40%

Step 2:

Cook Time: 30 Seconds

Temp: 525°

Micro: 100%

Air: 10%

Pan Type: 4 Cup - Egg Pan

Tip: Make as a sandwich. Add hashbrowns for a combo meal

## Potato Pancakes (Frozen)

Serving Size: 1-3 Pancakes

Step 1:

Time: 40 Seconds

Temp: 525°

Micro: 80%

Air: 100%

Step 2:

Time: 20 Seconds

Temp: 525°

Micro: 70%

Air: 100%

Step 3:

Time: 15 Seconds

Temp: 525°

Micro: 10%

Air: 100%

Pan Type Solid Teflon Tray

Tip: Serve with an egg sandwich for a combo meal

## Appetizers

### Sweet Potatoe Fries (Frozen)

Serving Size: 1-2

Step 1:

Time: 1 Minute 50 Seconds

Temp: 525°

Micro: N/A

Air: 50%

Step 2:

Time: 30 Seconds

Temp: 525°

Micro: N/A

Air: 60%

Pan Type: Metal Griddle or Solid Teflon Tray

Tip: Drizzle maple syrup and cinnamon

### Pigs in a Blanket (Frozen)

Batch Size: 1-6

Step 1 :

Cook Time: 30 Seconds

Temp: 525°

Micro: 80%

Air: 80%

Step 2:

Cook Time: 30 Seconds

Temp: 525°

Micro: 60%

Air: 80%

Pan Type: Solid Teflon Tray

Tip: Serve with honey mustard for dipping

#### NOTES



### Cheese Quesadilla

Batch Size: 1 Quesadilla

Time: 55 Seconds

Temp: 525°

Micro: 20%

Air: 60%

Pan Type: Pizza Stone

Tip: Fill with fresh vegetables for a vegetarian option

### Chicken Quesadilla

Batch Size: 1 Quesadilla

Time: 55 Seconds

Temp: 525°

Micro: 70%

Air: 20%

Pan Type: Pizza Stone

Tip: Add BBQ sauce for a tasty twist



# Appetizers

## Nachos

Serving Size: 1-3

Time: 30 Seconds

Temp: 525°

Micro: 20%

Air: 60%

Pan Type: Solid Teflon Tray

Ingredients: Use your favorite tortilla chips and mixed cheeses  
Add chicken or chili for a tasty topping

## Egg Rolls (Frozen)

Serving Size: 1-5

Step 1:

Time: 40 Seconds

Temp: 525°

Micro: 100%

Air: 10%

Step 2:

Time: 40 Seconds

Temp: 525°

Micro: 100%

Air: 100%

Step 3:

Time: 15 Seconds

Temp: 525°

Micro: 70%

Air: 80%

Pan Type: Solid Teflon Tray

Tip: Serve with sweet & sour or soy sauce for dipping

## NOTES




## French Fries (Frozen)

Serving Size: 1-2

Step 1:

Cook Time: 1 Minute 50 Seconds

Temp: 525°

Micro: 0%

Air: 50%

Step 2:

Cook Time: 50 Seconds

Temp: 525°

Micro: 0%

Air: 100%

Pan Type: Metal Griddle or Solid Teflon Tray

Tip: Pair with a burger or sandwich

## Jalapeno Poppers (Frozen)

Serving Size: 1-6

Step 1:

Time: 1 Minute 5 Seconds

Temp: 525°

Micro: 100%

Air: 100%

Step 2:

Time: 40 Seconds

Temp: 525°

Micro: 100%

Air: 100%

Step 3:

Time: 10 Seconds

Temp: 525°

Micro: 0%

Air: 100%

Pan Type: Mesh Teflon Tray

Tip: Serve with sour cream

## Appetizers

### Onion Rings (Frozen)

Serving Size: 1-2

Cook Time: 1 Minute 55 Seconds

Temp: 525°

Micro: 90%

Air: 50%

Pan Type: Metal Griddle or Solid Teflon Tray

Tip: Pair with a burger or sandwich

### Soft Pretzels (Frozen)

Serving Size: 1-2

Step 1:

Time: 15 Seconds

Temp: 525°

Micro: 80%

Air: 10%

Step 2:

Time: 35 Seconds

Temp: 525°

Micro: 40%

Air: 50%

Step 3:

Time: 15 Seconds

Temp: 525°

Micro: 60%

Air: 30%

Pan Type: Solid Teflon Tray

Tip: Serve with spicy mustard or melted cheese

### NOTES




### Potato Skins (Frozen)

Batch Size: 1-5

Time: 1 Minute

Temp: 525°

Micro: 50%

Air: 50%

Pan Type: Metal Griddle

Tip: Serve with sour cream

### Meatballs (Frozen)

Serving Size: 1-5

Step 1:

Time: 35 Seconds

Temp: 525°

Micro: 100%

Air: 10%

Step 2:

Time: 25 Seconds

Temp: 525°

Micro: 20%

Air: 50%

Pan Type: Metal Griddle

Tip: Load onto a toasted sub roll with sauce and mozzarella cheese

## Frozen Favorites

### Garlic Breadsticks (Frozen)

Serving Size: 1-5

**Step 1:**

Time: 25 Seconds

Temp: 525°

Micro: 0%

Air: 10%

**Step 3:**

Time: 24 Seconds

Temp: 525°

Micro: 70%

Air: 80%

**Step 2:**

Time: 10 Seconds

Temp: 525°

Micro: 0%

Air: 10%

**Step 4:**

Time: 15 Seconds

Temp: 525°

Micro: 70%

Air: 80%

Pan Type: Solid Teflon Try

Tip: Serve with sweet & sour or soy sauce for dipping

### Mac & Cheese Bites (Frozen)

Batch Size: 1-6

Time: 40 Seconds

Temp: 525°

Micro: 80%

Air: 80%

Pan Type: Metal Griddle

Tip: Serve with sour cream for dipping

### NOTES




### 6" Supreme Pizza (Frozen)

Serving Size: 1

Time: 2 Minutes 5 Seconds

Temp: 525°

Micro: 60%

Air: 60%

Pan Type: Pizza Stone

Tip: Perfect for Convenience Stores

### Pizza Bagels (Frozen)

Serving Size: 1

Time: 3 Minutes

Temp: 525°

Micro: 50%

Air: 50%

Pan Type: Pizza Stone

Tip: Perfect for theaters

## Frozen Favorites

### Bean & Beef Burrito (Frozen)

Serving Size: 1-2

Step 1:	Step 2:
Time: 1 Minute 10 Seconds	Time: 33 Seconds
Temp: 525°	Temp: 525°
Micro: 100%	Micro: 100%
Air: 10%	Air: 60%

Pan Type: Solid Teflon Tray  
Tip: Serve with salsa and guacamole

### Smile Fries (Frozen)

Serving Size: 1-2

Step 1:	Step 2:
Time: 35 Seconds	Time: 25 Seconds
Temp: 525°	Temp: 525°
Micro: 100%	Micro: 100%
Air: 10%	Air: 60%

Pan Type: Metal Griddle or Solid Teflon Tray  
Tip: Serve with salsa and guacamole



### Mini Corn Dogs (Frozen)

Serving Size: 5-10

Step 1	Step 2
Time: 40	Time: 15
Seconds	Seconds
Temp: 525°	Temp: 525°
Micro: 80%	Micro: 100%

Pan Type: Metal Griddle  
Tip: Serve with melted cheese or honey mustard

### 14" Pizza (Frozen)

Serving Size: 1

Time: 3 Minutes  
Temp: 525°  
Micro: 50%  
Air: 50%

Pan Type: Pizza Stone  
Tip: Same recipe works for pepperoni or cheese

### 8" Pizza (Frozen)

Serving Size: 1

Time: 2 Minutes 15 Seconds  
Temp: 525°  
Micro: 60%  
Air: 70%

Pan Type: Pizza Stone  
Tip: Same recipe works for pepperoni

## Handheld Favorites

### 6" Pizza (Frozen)

Serving Size: 1

Time: 2 Minutes

Temp: 525°

Micro: 60%

Air: 60%

Pan Type: Pizza Stone

Tip: Same recipe works for pepperoni pizza

### French Bread Pizza (Frozen)

Serving Size: 1

Step 1:

Time: 22 Seconds

Temp: 525°

Micro: 60%

Air: 60%

Step 2:

Time: 10 Seconds

Temp: 525°

Micro: 0%

Air: 70%

Step 3:

Time: 22 Seconds

Temp: 525°

Micro: 60%

Air: 60%

Pan Type: Pizza Stone

Tip: Perfect for Convenience Stores

### Naan Bread Pizza (Fresh)

Serving Size: 1

Time: 1 Minute 30 Seconds

Temp: 525°

Micro: 60%

Air: 60%

Pan Type: Pizza Stone

Tip: Pre-made naan 6" X 13"

#### NOTES


### Fresh Flatbread Pizza

Serving Size: 1

Time: 1 Minute 30 Seconds

Temp: 525°

Micro: 60%

Air: 60%

Pan Type: Pizza Stone

Tip: Pre-made crust 6" X 13"

### Pizza Crust (Refrigerated)

Serving Size: 1

Time: 3 Minutes

Temp: 525°

Micro: 0%

Air: 70%

Pan Type: Solid Teflon with parchment paper

Tip: We recommend ready-to-use Wewalka

## Handheld Favorites

### Taquitos (Frozen)

Serving Size: 3-6

Time: 1 Minute 10 Seconds

Temp: 525°

Micro: 100%

Air: 10%

Pan Type: Pizza Stone

Tip: Serve with fresh salsa & guacamole

### Grilled Cheese

Serving Size: 1-2

Step 1:

Time: 40 Seconds

Temp: 525°

Micro: 40%

Air: 100%

Step 2:

Time: 40 Seconds

Temp: 525°

Micro: 40%

Air: 10%

Pan Type: Solid Teflon Tray

Tip: Must flip after Step 1 (40 seconds)



#### NOTES


### Toasted Deli Meat Wrap

Serving Size: 1

Time: 45 Seconds

Temp: 525°

Micro: 60%

Air: 20%

Pan Type: Solid Teflon Tray

Tip: Serve with your favorite side

### Burger Patty (Fully Cooked)

Serving Size: 1

Time: 50 Seconds

Temp: 525°

Micro: 70%

Air: 30%

Pan Type: Griddle Pan

Tip: Serve with french fries and your favorite toppings

## Handheld Favorites

### 8" Cold Cut Sub

Serving Size: 1

Time: 1 Minute 25 Seconds

Temp: 525°

Micro: 50%

Air: 70%

Pan Type: Solid Teflon Tray

Tip: Serve with french fries or chips

### Open Faced Sandwich

Serving Size: 1

Time: 1 Minute 25 Seconds

Temp: 525°

Micro: 50%

Air: 70%

Pan Type: Solid Teflon Tray

Tip: Serve with your favorite deli meats and

### Panini (Fresh)

Serving Size: 1-2

Step 1:

Time: 40 Seconds

Temp: 525°

Micro: 40%

Air: 100%

Step 2:

Time: 40 Seconds

Temp: 525°

Micro: 40%

Air: 10%

Pan Type: Metal Griddle

Tip: Must flip after Step 1 (40 seconds)



### Veggie Burger (Frozen)

Serving Size: 1

Step 1:

Time: 40 Seconds

Temp: 525°

Micro: 60%

Air: 40%

Step 2:

Time: 30 Seconds

Temp: 525°

Micro: 40%

Air: 60%

Step 3:

Time: 20 Seconds

Temp: 525°

Micro: 0%

Air: 100%

Pan Type: Metal Griddle

Tip: Serve with your favorite side

### Hot Dog

Serving Size: 1

Time: 50 Seconds

Temp: 525°

Micro: 70%

Air: 30%

Pan Type: Metal Griddle

Tip: Toasted rolls for a fresh grill taste

## 3 Chicken Tenders (Frozen)

Batch Size: 3

Step 1:	Step 2:
Time: 1 Minute 10 Seconds	Time: 30 Seconds
Temp: 525°	Temp: 525°
Micro: 50%	Micro: 80%
Air: 70%	Air: 80%

Pan Type: Metal Griddle  
Tip: Use for sandwiches or a salad topper

## Grilled Chicken Strips (Frozen)

Batch Size: 8-10

Step 1:	Step 2:
Time: 1 Minute	Time: 25 Seconds
Temp: 525°	Temp: 525°
Micro: 100%	Micro: 0%
Air: 30%	Air: 50%

Pan Type: Metal Griddle  
Tip: Use for paninis, quesadillas, or salads

### NOTES




## Raw Chicken Tenders (Fresh)

Batch Size: 3-5

Time: 3 Minutes 20 Seconds
Temp: 525°
Micro: 40%
Air: 70%

Pan Type: Metal Griddle  
Tip: Use your favorite seasonings and spices

## 6 Chicken Tenders (Frozen)

Batch Size: 6

Time: 3 Minutes 15 Seconds
Temp: 525°
Micro: 80%
Air: 60%

Pan Type: Metal Griddle  
Tip: Use for sandwiches or a salad topper



## Raw Chicken Breast (Fresh)

Batch Size: 1

Step 1:	Step 2:
Time: 3 Minutes 20 Seconds	Time: 3 Minutes 20 Seconds
Temp: 525°	Temp: 525°
Micro: 40%	Micro: 40%
Air: 70%	Air: 70%

Pan Type: Metal Griddle  
Tip: Butterfly or pound chicken before cooking

## Chicken Cutlets (Refrigerated)

Batch Size: 1-2

Time: 3 Minutes 20 Seconds
Temp: 525°
Micro: 40%
Air: 70%

Pan Type: Metal Griddle  
Tip: Use in sandwiches, wraps, or salads

### NOTES




## Chicken Tenders (Refrigerated)

Batch Size: 4-6

Step 1:	Step 2:	Step 3:
Time: 30 Seconds	Time: 30 Seconds	Time: 15 Seconds
Temp: 525°	Temp: 525°	Temp: 525°
Micro: 50%	Micro: 50%	Micro: 0%
Air: 70%	Air: 90%	Air: 100%

Pan Type: Metal Griddle  
Tip: Use in sandwiches, wraps, or salads

## Popcorn Chicken (Refrigerated)

Batch Size: 3-6

Time: 40 Seconds
Temp: 525°
Micro: 50%
Air: 100%

Pan Type: Metal Griddle  
Tip: Use your favorite sauces for dipping

## Roasted Veggies (Fresh)

Serving Size: 1-2

Time: 2 Minutes 30 Seconds

Temp: 525°

Micro: 40%

Air: 100%

Pan Type: Metal Griddle

Tip: These parameters are set for the following: Brussel Sprouts, Carrots, Summer Squash, Peppers, Onions, Tomatoes, Broccoli

## Roasted Asparagus

Serving Size: 1-2

Time: 1 Minute

Temp: 525°

Micro: 80%

Air: 10%

Pan Type: Metal Griddle

Tip: Add fresh lemon and garlic flavor

## NOTES




## Steamed Asparagus

Serving Size: 1-2

Time: 2 Minutes 45 Seconds

Temp: 525°

Micro: 80%

Air: 10%

Pan Type: Metal Griddle

Prep: Wrap in damp paper towel to help complete steaming process

## Red Potatoes (Frozen)

Serving Size: 1-2

Step 1:	Step 2:	Step 3:
Time: 40 Seconds	Time: 1 Minute	Time: 1 Minute
Temp: 525°	Temp: 525°	Temp: 525°
Micro: 80%	Micro: 70%	Micro: 10%
Air: 100%	Air: 100%	Air: 100%

Pan Type: Metal Griddle

Tip: Serve for Breakfast, Lunch or Dinner

## Seafood & Pork

### Fresh Salmon (Raw)

Serving Size: 1-2

Time: 1 Minute 50 Seconds

Temp: 525°

Micro: 50%

Air: 80%

Pan Type: Metal Griddle

Tip: Use your favorite seasonings and spices

### Fresh Shrimp (Raw)

Serving Size: 1-2

Time: 1 Minute 35 Seconds

Temp: 525°

Micro: 50%

Air: 80%

Pan Type: Metal Griddle

Tip: Makes up to 12 shrimp

NOTES




### Pork Tenderloin (Raw)

Serving Size: 1-4

Step 1:

Time: 1 Minute 40 Seconds

Temp: 525°

Micro: 10%

Air: 100%

Step 2:

Time: 3 Minutes 30 Seconds

Temp: 525°

Micro: 60%

Air: 30%

Step 3:

Time: 1 Minute

Temp: 525°

Micro: 0%

Air: 100%

Pan Type: Metal Griddle

Tip: Serve with roasted veggies

## Troubleshooting Guide

When creating a new recipe from scratch, we suggest you start with a single cook cycle. For a cook time, we suggest starting at 20% of the recommended cook time for a conventional oven.

For example, if your chicken tenders take 5 minutes to cook in a traditional oven, start with one minute in the MultiChef XL. Set microwave and air percentages to 40% and see how your food comes out. Based on the results of this test, you can then follow the MultiChef XL Recipe Troubleshooting Guide shared below, to simplify even the most trying trial and errors.



## RECIPE TROUBLESHOOTING



## User Recipe Log

[illegible]

## User Recipe Log

[illegible]



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