

CONVECTION OVENS

Menu Items by Time, Shelves, Portions & Portions per Hour:

	Cooking	Number of	Size	Number of
Food	Time	Shelves	Portion	Portions per Hr.
MEAT, FISH, POULTRY				
Bottom of Round	2-3 hrs.	3	3 oz.	425
Baked Breast of Chicken	45 min.	5	5 oz.	150
Hamburgers	5-6 min.	5	3 oz.	950
Meatballs	20-25 min.	5	4 1/2 oz.	600
Fish Sticks	8-10 min.	5	3 oz.	800
BAKED GOODS				
Hamburg Rolls	12 min.	3	1 1/2 oz.	35 doz.
Loaf Bread	25 min.	3	1 oz.	48 lvs.
Brownies	30-40 min.	5	2 1/2 oz.	45 doz.
Custard	25-30 min.	5	5 oz.	800
Cookies	12-15 min.	5	1 oz.	600
MISCELLANEOUS				
Oven Brownd Cheese Sand.	10-12 min.	3	1 ea.	250
Pizza	15-18 min.	3	1 piece	225

Half Size Convection Oven Cooking Guide:

			Number	
	Cooking	Number of	Size	Portions
Item	Time	Shelves	Portion	Per Hour
MEAT, FISH, POULTRY				
Baked Stuffed Lobster	10-15 min.	2	1 1/2 #	20
Chicken Breasts	40-50 min.	3	8 oz.	30-35
Cornish Hens	45-60 min.	2	8-10 oz.	24
Meatballs	30-45 min.	3	1 1/2 oz.	100
Roast Sirloin	1-2 hrs. *	1-3	4 oz.	60-150*
BAKED GOODS				
Danish Pastry	12-15 min.	3	1 1/2 oz.	15 doz.
Puff Pastry	25 min.	2	4 oz.	32
Mini Loaves	12-15 min.	2	7 oz.	6 doz.
Pies - Frozen	1 hr.	3	8" pies	9 pies
Pies - Meringue	5-7 min.	2	10" pies	25 pies
MISCELLANEOUS				
Pizza	10-12 min.	3	2 oz.	175
Grilled Cheese Sandwich	8-11 min.	3	1 each	180
*60-150 portions in 1-2 hrs. depending on size of roast(s).				



Operating Hints for Full Size Convection Ovens:

- Position the racks according to the cooking load to be prepared.
- On models with an independent blower switch, snap on the power switch with the doors open. If the blower starts, depress the blower switch so that it only operates when the doors are closed.
- On all other models, close the doors before snapping on the power switch.
- Set the thermostat dial to the required temperature. The signal light will go on.
- You can now preheat the oven in 10 - 15 minutes to reach temperatures from 300 - 400 F.
- If so equipped, preheat with the load control set at high.
- The oven should not be loaded for baking until the signal light has flashed off and on at least twice.
- To preheat for baking, set the temperature to 50F higher than required to compensate for heat loss when opening the doors for loading. Adjust to the correct temperature after loading. Then set load control dial (if so equipped) to correct setting for the product and load to be cooked (see manufacturer's manual).
- Always load quickly to conserve heat, centering the pans on the racks. With light bake products, it is advisable to position pans as far as possible from the blower mechanism to reduce spattering.
- Care should be taken to avoid spillage of batter or liquids while loading.
- Cooking action starts as soon as you close the doors. Set the timer.
- The timer does not control the oven function, so check for doneness as soon as the bell or buzzer sounds.
- Avoid unnecessary door opening during cooking; it disrupts the temperature pattern. Observe cooking progress through the door windows. Use interior oven lights only when necessary.
- You can roast beef, lamb, poultry, and ham in a convection oven at 225-325F. When roasting, place a pan of water at the bottom of the oven. This supplies humidity to reduce shrinkage.
- Load and unload rapidly to conserve heat.
- Unloading is easier if the racks are pulled forward.

Time and Temperature Guide for Full Size Convection Ovens:

	Temp. Setting		
Food	Degrees F.	Time Setting	No. of Racks**
Frozen Fruit Pies	350	45-50 min.	5 racks
Fresh Apple Pies	350-375	25-30 min.	5 racks
Sheet Cake (5 lbs./Pan)	335	18 min.	5 racks
Beef Pot Pies	400	30-35 min.	5 racks
Turkey Pot Pies	400	10 min.	5 racks
Toasted Cheese Sandwiches	400	10 min.	11 racks
Fish Sticks	335	16-18 min.	5 racks
Chicken Back or Wing	350	35 min.	5 racks
Chicken (Quarter)	350	30 min.	5 racks
Lamb Chops	400	6 min.	5 racks
Sugar Cookies	300	15 min.	5 racks
Baked Potatoes	400	50 min.	11 racks
Hamburgers (3 1/2 oz. Patties)	400	10 min.	6 racks
Pizza (7" Frozen - Preheat Pans)	435	11 min.	5 racks
Halibut (Frozen 5 oz.)	350	30 min.	5 racks
Chicken Breasts	350	33 min.	5 racks
Macaroni and Cheese	350	30 min.	5 racks
Meatloaf	325	40 min.	5 racks

** Where the number of racks is 5, insert the first rack on the bottom position and place the others on every other rung.

Full Size Convection Oven Production:

			Approx. No.	Approx. No.
	Number	Total	Servings	Servings
Food	Shelves	Pans	Per Oven Load	Per Hour**
BREADS				
Loaf	4	32	512 - 1 oz.	1024 - 1 oz.
Dinner Rolls	4	4	240 - 1 1/4 oz.	960 - 1 1/4 oz.
Hamburger Rolls	4	4	144 - 1 1/2 oz.	576 - 1 1/2 oz.
Sweet Rolls	4	4	144 - 1 1/2 oz.	576 - 1 1/2 oz.
DESSERTS				
Cake	6	6	420	1260
Cake	6	6	480	1440
Cookies	6	6	144	720
Custard or Pudding	6	12	480	960
Pies - Deep Dish Fruit	6	12	480	960
Fruit	6	36	216	432
MEATS				
			meat only	meat only
Bottom Round	4	4	800 - 2 oz.	--
Chicken Parts	6	12	300 - 2 oz.	900 - 2 oz.
Deep Dish Meat Pie	6	12	500 - 2 oz.	1000 - 2 oz.
Meatballs	11	11	264 - 2 oz.	1500 - 2 oz.
Hamburgers	6	12	450 - 2 oz.	900 - 2 oz.
Prime Ribs	2	2	275 - 8 oz.	--
Sausages	6	6	250 - 2 oz.	500 - 2 oz.
Sirloin Strips	4	8	600 - 3 oz.	--
Steaks - Strip pre-scored	6	6	120 - 6 oz.	350 - 6 oz.
Steamship Round	2	2	500 - 2 oz.	--
Turkey (off carcass)	6	12	800 - 2 oz.	--

Turkey (on carcass)	2	4	325 - 2 oz.	--
SEAFOOD				
Baked Stuffed Lobster	4	4	64 - 1 1/4 lb.	125 - 1 1/2 lb.
Haddock Fillets	6	6	240 - 4 oz.	725 - 4 oz.
Halibut Steak	6	6	175 - 4 oz.	525 - 4 oz.
MISCELLANEOUS				
Baked Macaroni & Cheese	6	12	275 - 6 oz.	550 - 2 oz.
Grilled Cheese Sandwich	6	6	144 - 2 oz.	556 - 2 oz.
Idaho Potatoes	4-6	4-6	160-360	160 - 360
Pizza	6	6	70 - 2 oz.	200 - 2 oz.

** Proper loading and unloading time has been allowed when figuring amount of food cooked per hour.

Pan Capacities for Full Size Convection Ovens (18" x 26" pans):

		Number	Total
Food Item	Per Pan	Of Shelves	Oven Load
Rolls	5 dz. - 1 1/4 oz.	4	240 rolls
Sheet Cake	70 cut	6	420 pieces
Cookies	1 1/2 - #24 scoop	6	144
Hamburgers	24 - 3 oz.	11	264
Baked Lobster	20 lbs.	4	64 1/4 lbs.
Baked Potatoes	40 - 80	4-6	160-360

Convection Oven Selection Guide:

Meals Served	
50 to 100	1-1/2 size convection oven
100 to 400	1 - Full convection oven
400 to 750	1 - Double convection oven
750 up	1 - Double convection oven plus 1 single convection oven