



COOK BOOK

Everything You Want To Know About

Roasting and Rethermalizing

With Your Cres Cor Oven

- **Chef-Developed Recipes**
- **Time/Temperature Charts**
- **Preparation Tips**

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SECTION 1

INTRODUCTION and OPERATING INSTRUCTIONS for



ROAST-N-HOLD™ and RETHERM OVENS

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INTRODUCTION TO YOUR



ROAST-N-HOLD™ and RE THERM OVENS

This cooking guide for **CRES COR** Roast-N-Hold/ ReTherm Convection Ovens was developed for you as a useful reference when using your new unit.

The enclosed information will help you become familiar with your new piece of equipment and should answer many of your questions.

Experiment with your own house specialties and you'll see that the **CRES COR** slow-roasting oven can do much more than produce an excellent roast with minimum shrinkage.

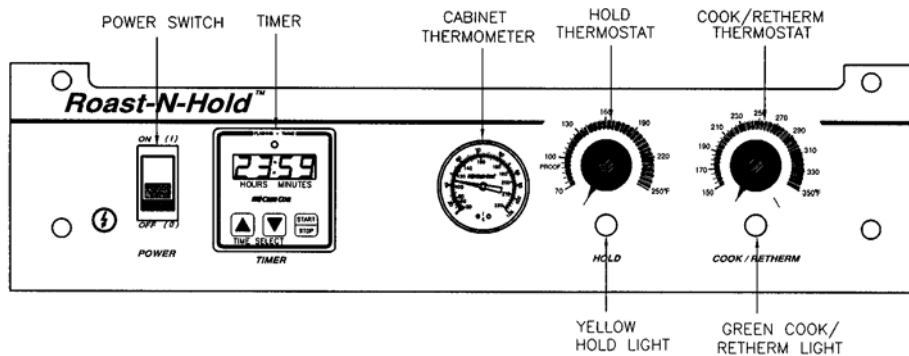
For additional assistance, please contact your Customer Care Department.

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HOW TO OPERATE YOUR



ROAST-N-HOLD™ and RETHERM OVEN



FRONT PANEL OF HOT TOP UNIT

HOW TO START UNIT

(for first time operation only):

A new oven needs to “burn off” factory oils before it is used for the first time.

DO NOT load food into oven until this is done!

1. Push **ON/OFF** switch to “**ON**”. Yellow hold light will light.
2. Set **ROASTING** thermostat to 350° F/177° C.
3. Set **HOLDING** thermostat to 150° F/66° C.
4. Set timer to one (1) hour. (See timer instructions in *To Set Cooking Time* under Manual Operations.)
5. Close oven vents. (Ref. pg. 7)
6. Allow oven to run automatically for one hour of **ROAST** cycle and 30 minutes of **HOLD** cycle.

COOKING PROCEDURE

1. Turn Power Switch to On.
Pilot light will go on.
2. Set **ROASTING** thermostat to desired temperature.

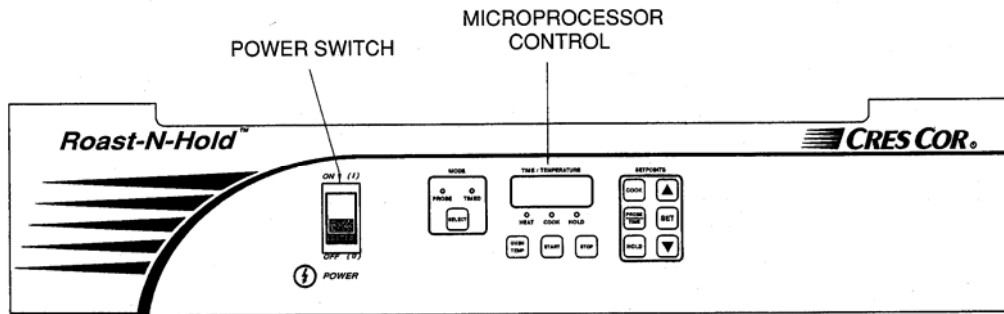
3. Set **HOLDING** thermostat to desired temperature (140°F/60°C).
4. Set **TIMER** for desired number of hours. This will activate **ROASTING** thermostat.
5. After preheat period:
 - a) Load oven with food product
 - b) Close doors, making sure that oven vents are *closed* when roasting meats (Ref. pg. 7).
 - c) Check **TIMER** for proper cooking time.

NOTES:

1. Be sure to allow for a *minimum* holding time of 2-3 hours for roasted meats.
2. Do not load oven with frozen meat products. If, *in an emergency*, this situation does occur, increase roasting time by 50 percent to allow for thawing period.
3. When **TIMER** is not engaged, the oven will remain in the **HOLDING** mode at whatever temperature is set.



MICROPROCESSOR WITH PROBE MODEL OPERATING INSTRUCTIONS



PROBE MODEL CONTROL PANEL

HOW TO START UNIT (for first time operation only):

A new oven needs to “burn off” factory oils before it is used for the first time.

DO NOT load food into oven until this is done!

1. Push **ON/OFF** switch to “**ON**”. Yellow hold light will light.
2. Set **ROASTING** thermostat to 350° F/177° C.
3. Set **HOLDING** thermostat to 150° F/66° C.
4. Set timer to one (1) hour (see timer instructions in *To Set Cooking Time* under Manual Operation).
5. Close oven vents (Ref. pg. 7).
6. Allow oven to run automatically for one hour of **ROAST** cycle and 30 minutes of **HOLD** cycle.

FOR MANUAL (Timer) OPERATON:

1. Push **TIMER/PROBE** switch to **TIMER**.
2. Push **ON/OFF** switch to “**ON**”. Yellow hold light will light and **POWER LIGHT** will come on.
3. Set the **ROAST** thermostat and the **HOLD** thermostat to desired temperatures.
4. **TO SET COOKING TIME:**
 - a) Press the **UP** Arrow-button (on the **TIMER**) to increase the time. The

longer the button is held down, the faster the time will increase.

Pressing the **DOWN** Arrow-button (using the same method) will cause the time to decrease.

- b) Press **START/STOP** button on **TIMER** to begin cooking cycle. Red roast light will light up. **TIMER** will count down to 0.00. The timing light on the **TIMER** will flash.
 - c) Cooking time can be changed while oven is in **ROAST** mode.
 - 1) Press **START/STOP** button.
 - 2) Adjust time by using **UP** and **DOWN** Arrow-buttons.
 - 3) Press **START/STOP** button to restart oven.
5. Preheat oven for 30 minutes before loading food.
 6. Place food into preheated oven. Close doors and double-check cooking time and the **ROAST** and **HOLD** thermostats. Make sure oven is in **ROAST** mode with red light on.
 7. Oven will automatically switch to **HOLD** at end of cooking time. The timer will “beep” and the yellow **HOLD** light will light up. The timer display will be 00.00.

MICROPROCESSOR WITH PROBE MODEL OPERATING INSTRUCTIONS (*cont'd.*)

FOR AUTOMATIC (Probe) OPERATION:

1. Push ON/OFF switch to ON. Yellow hold light will light up.
2. Push TIMER/PROBE switch to *PROBE*.
3. Preheat oven for 30 minutes on hold thermostat.
4. Insert probe jack into receptacle located inside the oven top, near fans. The probe temperature display will show the digital temperature of probe.
5. Set the roast, hold and probe thermostats to desired temperatures.
6. Put *sanitized* probe into the center of the food product. Make sure the food is in the center of the pan, in the center of the oven.
7. Push PROBE START button. Oven will switch to roast mode and red roast light will light up. The probe temperature display will show internal temperature of food being cooked.
8. Oven will automatically switch to hold when the food reached the temperature you set on the probe thermostat. The yellow hold light will light up. The probe display will continue to show the internal temperature of the food.

NOTE: Always set the probe thermostat below the desired final internal temperature to allow for cooking “carryover” or “setup” of food. The internal temperature will rise as food absorbs heat from the oven during cool down to the hold temperature.

Do not change the mode of TIMER/PROBE switch while oven is operating in Roasting Cycle. Oven must be OFF, or in the Hold Cycle, to change the timer or probe operation.

FOR HOLDING OPERATION ONLY:

1. Push TIMER/PROBE switch to *TIMER*.
2. Push ON/OFF switch to *ON*. Yellow hold light will light up.
3. Set hold thermostat to desired temperature.
4. Allow for preheat. Do not set timer.

TO SHUT DOWN UNIT:

Push ON/OFF switch to *OFF*.

NOTE: Ventilating fans will continue to run until cabinet is cool. **Do not** disconnect the power supply to the cabinet while the ventilating fans are still operating.

ADVANTAGES OF SLOW, LOW-TEMPERATURE COOKING IN

CRES COR[®] **ROAST-N-HOLD[™] OVENS**

- ☑ Reduces meat shrinkage and food costs.
- ☑ Enhances flavor development.
- ☑ Retains natural meat juices within the product.
- ☑ Allows maximum enzyme action on meat products.
- ☑ Uniformly coked meat from center to exterior.
- ☑ Requires less total energy consumption.
- ☑ Easy clean-up due to less spattering inside walls.
- ☑ Exhaust hoods and vents* unnecessary.
- ☑ Achieves proper browning and carmelization.
- ☑ Safely conforms with all health standards.
- ☑ Cooks and holds in one unit, “*Set it and forget it.*”
- ☑ Saves labor when roasting overnight.
- ☑ Mobile unit; may be located wherever needed.

**Local codes may vary.*

LOW TEMPERATURE COOKING

When was the last time you received an invoice where all the prices were less than the week before? We constantly see our costs increasing and are forced to raise menu prices. The customer in turn looks for the quality and/or quantity that he or she expects for the price that is paid.

To provide our clientele with a satisfying product is the main task we all face day in and day out. That is why the *Roast-N-Hold* Convection Oven has been developed. Our **CRES COR** Oven will make your job more enjoyable when you can depend on a consistently well-prepared product.

In addition, these ovens provide labor and energy savings that further increase the profitability of serving high cost items, such as red meats and fowl.

When cooking a 20 lb. Roast at 350° F. in a standard convection oven, the meat shrinkage will average 25%. In most cases the loss will be higher. This means a loss in the number of portions served *and* in actual dollars.

This shrinkage is not simply a loss from rendering fats but an actual loss in meat fluids and a reduction in size. The meat is composed of approximately 70% water and at higher temperatures this moisture is cooked off and lost in the atmosphere.

With the **CRES COR** *Roast-N-Hold* Oven you will prepare your roasts at lower temperatures which will prevent the loss. The average shrinkage will be 7 to 10% and the additional portions served will reduce the food cost on that product.

The **CRES COR** *Roast-N-Hold* is a convection oven with a gentle air flow which removes the thermal blanket of insulating cold air surrounding the meat. There is no strong blast of hot air to force the product to cook, but a continuous circulation around the product which results in an evenly cooked roast with excellent browning and appearance.

This is the reason for placing the food up on raised wire grids.

Being a convection oven, the flavor of the meat produced is truly that of a roasted meat; not steamed or simmered. The hold cycle of the **CRES COR** Oven produces a tender, flavorful roast with the convenience of holding the meat without additional cooking or increased doneness. The natural enzymes within the meat are allowed to tenderize by breaking down connective tissues. The suggested minimum holding time on beef products is two to three hours to allow for this enzyme action. During this period the meat also has a chance to develop its own flavor within the roast. This flavor development is similar to the time allowed for simmering a stew on the stove. As time is allowed for the roast to hold, the meat takes on a better flavor. Seasoning a roast becomes unnecessary – an important advantage when dealing with low-sodium diets.

The elimination of waste also helps to reduce the food cost. The oven will hold the meat at the same degree of doneness for a lunch period and then for the dinner hour. Leftover meat will be tender and tasty for the next serving period. Also, by using a proper handling technique for reheating, unserved roasts are not lost to the stock pot or soup, but sold for their original mark-up.

Once programmed, the roast placed in the oven in the evening will be perfectly prepared for service the following day. The chef does not need to check the meat, thus saving valuable time.

Any meat cooked overnight may also be placed in a separate holding cabinet in the morning, thus freeing the oven to prepare additional items such as demi-loaves, pies, custards and braised items. With a temperature range to 350°F. you'll find the **CRES COR** *Roast-N-Hold* Oven is a versatile piece of equipment in any operation.

ADDING WATER TO SHEET PANS

With some less dense products like spare-ribs you will find that we achieve better results by adding a little warm water to the sheet pans directly beneath the raised wire grids holding the food item.

When roasting and holding one or two roasts in a full-size oven overnight, placing water in the sheet pans is also recommended.

THE ALL IMPORTANT HOLD CYCLE

When inspecting your next delivery of beef from your purveyor, pay close attention to the amount of marbling and the color of the fat covering. As we continue to purchase and serve vast amounts of beef in our operations, the suppliers are providing a different product today than that of ten years ago. The grazing time has been increased and the grain feed lot time reduced. This results in less marbling and a yellow tint to fat coverings. To counteract the resulting less tender product, many operations inject the live cattle with enzyme solutions such as papain.

Enzymes and co-enzymes (or activators) are naturally present in some meat products, but by increasing their concentration we increase the tenderizing action. Enzymes are characteristically heat labile or subject to inactivation by high temperatures. They are most active in temperature ranges of approximately 100-130° F / 38-54° C. Once a temperature above 160° F / 71° C is attained, they become inactive.

The automatic hold cycle on the *Roast-N-Hold* ovens allows the enzymes the opportunity to break down (hydrolyze) tough connective tissue. Once the internal temperature of the meat is above 160° F / 71° C, no further tenderization takes place. We suggest a minimum holding time of three hours. When planning your roasting time, allow for the additional holding time before the meat is needed for service.

By roasting overnight you will have helped tenderize your meat as well as allowed time for flavor development. The flavor development is similar to the change in taste of a pot of stew simmering on the stove. To test the flavor of a stew now, then again after simmering for an hour or two, there is a noticeable difference without any ingredients being added; it is a natural process.

Convenience is also an added asset of automatic hold cycles on the *Roast-N-Hold*, especially, if the service of a banquet is delayed through no fault of your own. In testing we have held for 24 hours, without any further cooking or doneness of meat and without any bacterial growth or souring. FDA's recommended holding time for beef with an internal doneness of 130° F / 54° C is 121 minutes for properly destroying harmful organisms. Once destroyed, they are not reactivated but can be introduced later by improper handling.

NOTE: Recipes in this manual include Manufacturer's suggested holding times and temperatures. ALWAYS comply with your local Health Code's regulations.

SECTION 2

PREPARING BEEF PRODUCTS

in



ROAST-N-HOLD™ OVENS

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PRIME RIB – NAMP #109



Roast-N-Hold™ Oven

- INITIAL PREPARATION..... Seasoning at personal discretion.
- PIECES PER TRAY..... Two, 20-22 lb. each.
- TRAYS PER OVEN LOAD Seven 18”x26” pans w/ wire grid, maximum
- TOTAL WEIGHT 310 lb./140.6 kg.
- COOKING TEMPERATURE..... Preheat oven to 250° F/121° C.
- APPROXIMATE COOKING TIME 8 hours.
- HOLDING TEMPERATURE..... 140° F/60° C.
- HOLDING TIME 3-4 hours minimum.
- DEGREE OF DONENESS Medium rare.
- OVEN VENT Closed.
- HELPFUL HINTS
 1. Reheat at 250° F/121° C, to desired internal temperature.
 2. For roasting fewer pieces, see chart below.
 3. When roasting and holding 1 or 2 roasts overnight, use of warm water placed in the sheet pans is highly recommended. (ref. Sec. 1, page 7.)
 4. There will be NO pan drippings for “scratch” au jus
 5. For extended holding (over 6 hours), use 150° F/66° C holding temperature.

NOTE: Cooking times may vary with individual circumstances.

Total pieces per load	1-3	4-6	7-9	10-12	13-14
Total Weight (lbs.)	22-66	88-132	154-198	220-264	286-310
Cook Time (hrs.)	3.5	4.5	6	7	8
Chef’s Added Notes:					

OUTSIDE ROUND WHOLE TOP ROUND – NAMP #168



Roast-N-Hold™ Oven

- INITIAL PREPARATION Seasoning at personal discretion.
- PIECES PER TRAY Two, 18-20 lb. each.
- TRAYS PER OVEN LOAD..... Seven 18”x26” pans w/ wire grid, maximum
- TOTAL WEIGHT..... 280 lb./127 kg.
- COOKING TEMPERATURE Preheat oven to 250° F/121° C.
- APPROXIMATE COOKING TIME..... 8 hours.
- HOLDING TEMPERATURE 140° F/60° C.
- HOLDING TIME..... 3-4 hours minimum.
- DEGREE OF DONENESS..... Medium rare.
- OVEN VENT..... Closed.
- HELPFUL HINTS
 1. Reheat at 250° F/121° C, to desired internal temperature.
 2. For roasting fewer pieces, see chart below.
 3. When roasting and holding 1 or 2 roasts overnight, use of warm water placed in the sheet pans is highly recommended. (ref. Sec. 1, page 7.)
 4. For extended holding (over 6 hours), use 150° F/66° C holding temperature.

NOTE: Cooking times may vary with individual circumstances.

Total pieces per load	1-3	4-6	7-9	10-12	13-14
Total Weight (lbs.)	20-60	80-120	140-180	200-240	260-280
Cook Time (hrs.)	3.5	4.5	6	7	8
Chef’s Added Notes:					

RIB EYE, LIP ON – NAMP #112A



Roast-N-Hold™ Oven

- INITIAL PREPARATION..... Seasoning at personal discretion.
- PIECES PER TRAY..... Three, 12-14 lb. each.
- TRAYS PER OVEN LOAD Eight 18”x26” pans w/ wire grid, maximum
- TOTAL WEIGHT 288 lb./130.6 kg.
- COOKING TEMPERATURE..... Preheat oven to 250° F/121° C.
- APPROXIMATE COOKING TIME 7 hours.
- HOLDING TEMPERATURE..... 140° F/60° C.
- HOLDING TIME 3-4 hours minimum.
- DEGREE OF DONENESS Medium rare.
- OVEN VENT Closed.
- HELPFUL HINTS.....
 1. Reheat at 250° F/121° C, to desired internal temperature.
 2. For roasting fewer pieces, see chart below.
 3. When roasting and holding 1 or 2 roasts overnight, use of warm water placed in the sheet pans is highly recommended. (ref. Sec. 1, page 7.)
 4. For extended holding (over 6 hours), use 150° F/66° C holding temperature.

NOTE: Cooking times may vary with individual circumstances.

Total pieces per load	1-3	4-8	9-12	13-18	19-24
Total Weight (lbs.)	14-42	56-112	126-168	182-252	266-336
Cook Time (hrs.)	3.5	4.25	5	6	7
Chef’s Added Notes:					

STEAMSHIP ROUND w/ HANDLE; RUMP And SHANK OFF – NAMP #160



Roast-N-Hold™ Oven

- INITIAL PREPARATION..... Seasoning at personal discretion.
- PIECES PER TRAY..... One per each 18” x 26” pan (50 to 60 lbs.)
- TRAYS PER OVEN LOAD Three pans, maximum.
- TOTAL WEIGHT 180 lb./81.6 kg.
- COOKING TEMPERATURE..... Preheat oven to 250° F/121° C.
- APPROXIMATE COOKING TIME 14 hours.
- HOLDING TEMPERATURE..... 150° F/66° C.
- HOLDING TIME 3-4 hours minimum.
- DEGREE OF DONENESS Medium rare – 140°F/60°C internal temp.
- OVEN VENT Closed.
- HELPFUL HINTS.....
 1. Cooking time for one roast; 9 hours.
 - Cooking time for two roasts; 12 hours.
 - Cooking time for three roasts; 14 hours.
 2. When roasting a single piece, place toward center of oven.

NOTE: Cooking times may vary with individual circumstances.

Total pieces per load	1	2	3		
Total Weight (lbs.)	60	120	180		
Cook Time (hrs.)	9	12	14		
Chef’s Added Notes:					

STRIP LOIN BONELESS – NAMP #180



Roast-N-Hold™ Oven

- INITIAL PREPARATION..... Seasoning at personal discretion.
- PIECES PER TRAY..... Three, 10-12 lb. each.
- TRAYS PER OVEN LOAD Eight 18”x26” pans w/ wire grid, maximum
- TOTAL WEIGHT 288 lb./130.6 kg.
- COOKING TEMPERATURE..... Preheat oven to 250° F/121° C.
- APPROXIMATE COOKING TIME 6 hours.
- HOLDING TEMPERATURE..... 140° F/60° C.
- HOLDING TIME 3-4 hours minimum.
- DEGREE OF DONENESS Medium rare.
- OVEN VENT Closed.
- HELPFUL HINTS.....
 1. For roasting fewer pieces, see chart below.
 2. Do not overcrowd pans or allow roasts to rest against each other. Restriction of air-flow will produce uneven cooking.
 3. Try marinating in a red wine-and-herb brine prior to roasting.
 4. When roasting and holding 1 or 2 roasts overnight, use of warm water placed in the sheet pans is highly recommended. (ref. Sec. 1, page 7.)

NOTE: Cooking times may vary with individual circumstances.

Total pieces per load	1-3	4-8	9-12	13-18	19-24
Total Weight (lbs.)	12-36	48-96	108-144	156-216	228-288
Cook Time (hrs.)	3	3.50	4.25	5	6
Chef’s Added Notes:					

PULLED TENDERLOIN – NAMP #189



Roast-N-Hold™ Oven

- INITIAL PREPARATION..... Season or bard as desired. Coating with oil is recommended
- PIECES PER TRAY..... Five, 5-7 lb. each.
- TRAYS PER OVEN LOAD Eight 18”x26” pans w/ wire grids.
- TOTAL WEIGHT 200 lb./90.72 kg.
- COOKING TEMPERATURE..... Preheat oven to 350° F/177° C.
- APPROXIMATE COOKING TIME 2.5 hours.
- HOLDING TEMPERATURE..... 140° F/60° C.
- HOLDING TIME For convenience only (see Helpful Hint #4).
- DEGREE OF DONENESS Medium rare.
- OVEN VENT Closed.
- HELPFUL HINTS.....
1. With quality tenderloin, holding time for allowing meat to set up is unnecessary.
 2. For roasting fewer pieces, see chart below.
 3. Room tempering not included in cooking time consideration.
 4. If holding for service, open doors, allowing 350°F/177°C air to escape as quickly as possible. Hold at 140°F/60°C.

NOTE: Cooking times may vary with individual circumstances.

Total pieces per load	10	20	30	40	
Total Weight (lbs.)	28-70	140	210	280	
Cook Time (hrs.)	1	1.5	2	2.5	
Chef’s Added Notes:					

SHORT RIBS – NAMP #123



Roast-N-Hold™ Oven

- INITIAL PREPARATION..... Pre-brown and lay out in 12” x 20” hotel pan w/ brown sauce; cover with foil or plastic film.
- TRAYS PER OVEN LOAD Eight pans (in CO-151-F-1818B); thirty to Forty 8 to 10-oz. Portions per 12” x 20” x 4” Pan (16 pans in CO-151-FUA12B).
- COOKING TEMPERATURE..... Preheat oven to 250° F/121° C.
- APPROXIMATE COOKING TIME 4.5 hours.
- HOLDING TEMPERATURE..... 170° F/77° C.
- HOLDING TIME 3-4 hours; may be held overnight
- DEGREE OF DONENESS Well.
- OVEN VENT Closed.
- HELPFUL HINTS.....
 1. When braising with this method you will not experience burning around sided or top of pan.
 2. May be cooked ahead and reheated for service.

NOTE: Cooking times may vary with individual circumstances.

Oven Model	CO-151-F-1818B	CO-151-FUA12B
Total pans per load	8	16
Total portions	240-320	320-640
Cook Time (hrs.)	3.25	4.5
Chef’s Added Notes:		

SWISS STEAK



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Season, flour, pre-brown. Shingle in 12" x 20" x 4" hotel pan, cover in brown sauce; cover pan with foil or plastic film.
PIECES PER TRAY	30-40 portions of 6-8 oz. per 12" x 20" x 4" pan.
TRAYS PER OVEN LOAD	8 in CO-151-F-1818B; 16 in CO-151-FUA12B
COOKING TEMPERATURE	Preheat oven to 250° F/121° C.
APPROXIMATE COOKING TIME	4 hours.
HOLDING TEMPERATURE.....	170° F/77° C.
HOLDING TIME.....	3-4 hours; may be held overnight
DEGREE OF DONENESS	Well.
OVEN VENT	Closed.
HELPFUL HINTS.....	1. May be served or precooked and reheated. 2. Jardinere of vegetables may be prepared separately and used at plating.

NOTE: Cooking times may vary with individual circumstances.

Oven Model	CO-151-F-1818B	CO-151-FUA12B
Total pans per load	8	16
Total portions	240-320	320-640
Cook Time (hrs.)	3	4
Chef's Added Notes:		

CORNERED BEEF BRISKET



Roast-N-Hold™ Oven

METHOD 1

INITIAL PREPARATION.....	Remove Cryovac packaging. Place in 12"x20"x4" steamtable pan, add water to cover two-thirds; cover pan with plastic wrap.
TRAYS PER OVEN LOAD	Eight
COOKING TEMPERATURE.....	Preheat oven to 250° F/121° C.
APPROXIMATE COOKING TIME	6.5 hours.
HOLDING TEMPERATURE.....	170° F/77° C.
HOLDING TIME	4-6 hours; at chef's convenience.
OVEN VENT	Closed.
HELPFUL HINTS	1. May be served, or reheated as needed to internal temperature of 170°F/77°C 2. May be finished by baking on a glaze mixture of ketchup, mustard and brown sugar.

METHOD 2

INITIAL PREPARATION.....	Place brisket directly on an 18"x26" sheet pan. Leave corned beef in the bag it came in or wrap in plastic film. Add water to sheet pan.
TRAYS PER OVEN LOAD	Eight
COOKING TEMPERATURE.....	Preheat oven to 250° F/121° C.
APPROXIMATE COOKING TIME	5 hours
HOLDING TEMPERATURE.....	170° F/77° C.
HOLDING TIME	4-6 hours; at chef's convenience.
OVEN VENT	Closed.
HELPFUL HINTS	1. Cook to internal temperature of 170°F/77°C. 2. When cooking overnight, use of warm water placed in the sheet pan is highly recommended (Ref. Sec. 1, page 7).

COOKED SLICED BEEF W/ GRAVY



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Refrigerated, pre-sliced, shingled in 12"x20"x2 1/2" hotel pan, covered with cold sauce. Cover with foil tent.
TRAYS PER OVEN LOAD	Eight in CO-151-F-1818B; 16 in CO-151-FUA12B.
COOKING TEMPERATURE.....	Preheat oven to 250° F/121° C.
APPROXIMATE COOKING TIME	2 1/2 hours with 8 pans; 3 1/2 hours with 16 pans
HOLDING TEMPERATURE.....	170° F/77° C.
HOLDING TIME	3 hours maximum.
DEGREE OF DONENESS	Well done; 165° F/74° C. internal
OVEN VENT	Closed.
HELPFUL HINTS	1. Do not overheat or overfill pans with sauce. 2. Foil tent should not touch sauce. 3. Make sure oven is on level surface when dealing with hot liquids or sauces.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

REHEATING PRIME RIBS

When whole or partial roasts have not been served during the course of that evening's business, simply remove from the oven. The meat should be cooled down as quickly as possible. Do not stack the meat on a shelf in the walk-in cooler, but place on raised racks to allow cool air movement around all sides of the roast. This will speed up the cooling process and help avoid possible bacteria buildup and spoilage. Once cooled, wrap with plastic wrap.

To reheat, separate and follow same procedure as for roasting, but deduct 45 minutes from roasting time and allow to hold as before. The use of a meat thermometer or pocket thermometer becomes very useful in this process. When the internal temperature reaches 100-105°F, approximately ½ hour of roasting time at 250°F is left. Allow the oven to go into the hold cycle for at least 2 hours. The product should result in an

internal temperature of 140°F (medium rare). Remember, the internal temperature of the meat will climb during the first hour of the hold cycle while the oven cavity cools down and the meat has time to set up (under full load conditions).

To reheat pre-cooked roasts with raw product, remove plastic and place on wire grid in an 18" x 26" pan. Load into oven approximately 2 hours after the raw meat began roast cycle and handle the same as a new roast. Again, a pocket thermometer will help give you a properly roasted meat.

For smaller products such as poultry, spare ribs, or rack of lamb, the items may be quickly heated in a "high heat" oven at 350-400° F then placed into the preheated **CRES COR** oven on the hold cycle. These items can either be served directly out of the unit or finished with a glaze and placed under a broiler or food finisher for plating.

STEAK PROOFING

METHOD 1:

For large banquet service, pre-portioned strip steaks or fillets can be scored or marked on a hot broiler then placed on edge in either 12" x 20" hotel pans or 18" x 26" sheet pans. Place in the Roast-N-Hold Oven at 250°F. Insert a meat thermometer into the center of one of the steaks to indicate the desired internal doneness. The approximate roasting time for 300 eight ounce steaks would be 45 minutes, then held for no more than 1 hour to assure quality retention.

METHOD 2:

The portions of steak are placed on the wire grids in the 18" x 26" sheet pan. Preheat the oven to 250°F and place the meat inside. Roast for approximately 1 hour for 300 portions. The steaks can either be held at this time or finished and

served. If desired, the meat can be finished by marking on the broiler. For less handling, the meat can be brushed or sprayed with a mixture of oil and carmel color in the raw state, then finished with the oven.

If your process requires holding, you may leave the doors ajar to lower the temperature inside the oven more quickly.

METHOD 3:

If preparing steaks from raw state, dip in mixture of browning agent, oil and granulated garlic. Place on raised wire grid to drain. Load in oven preheated to 350° F (8-10 oz. steaks require 25-30 minutes for medium rare). Cook to internal temperature of 130° F. Open doors to cool oven, then hold at 140° F for service.

SECTION 3

PREPARING PORK PRODUCTS in



ROAST-N-HOLD™ OVENS

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FRESH HAM B.R.T. – NAMP #402B



Roast-N-Hold™ Oven

- INITIAL PREPARATION..... Season with salt, pepper, garlic.
- PIECES PER TRAY..... Three – 10-12 lb.
- TRAYS PER OVEN LOAD Seven – 18” x 26” w/ wire grids, maximum
- TOTAL WEIGHT 252 lb./114.3 kg.
- COOKING TEMPERATURE..... Preheat oven to 250° F/121° C.
- APPROXIMATE COOKING TIME 6.5 hours.
- HOLDING TEMPERATURE..... 170° F/77° C.
- HOLDING TIME At operator’s convenience.
- DEGREE OF DONENESS Well done, 165°F/74° C internal.
- OVEN VENT Closed.
- HELPFUL HINTS.....
 1. Unlike beef, pork has little need for tenderizing. There is only slight flavor development during holding.
 2. For preparing pork at internal temperatures *lower* than 165°F/74°C, follow FDA guidelines.

NOTE: Cooking times may vary with individual circumstances.

Total pieces per load	1-6	7-12	13-21		
Total Weight (lbs.)	60-72	120-144	210-252		
Cook Time (hrs.)	4.75	5.5	6.5		
Chef’s Added Notes:					

FRESH HAM, BONE-IN – NAMP #402A



Roast-N-Hold™ Oven

- INITIAL PREPARATION Season to preference; salt, pepper, garlic.
- PIECES PER TRAY..... Two – 12-15 lb.
- TRAYS PER OVEN LOAD Seven – 18” x 26” w/ wire grids, maximum
- TOTAL WEIGHT 210 lb. /95.24 kg.
- COOKING TEMPERATURE..... Preheat oven to 250° F/121° C.
- APPROXIMATE COOKING TIME 7.5 hours.
- HOLDING TEMPERATURE..... 170° F/77° C.
- HOLDING TIME At operator’s convenience.
- DEGREE OF DONENESS Well, 165° F internal
- OVEN VENT Closed.
- HELPFUL HINTS.....
 1. Unlike beef, pork has little need for tenderizing. There is only slight flavor development during holding.
 2. For preparing pork at internal temperatures *lower* than 165°F/74°C, follow FDA guidelines.

NOTE: Cooking times may vary with individual circumstances.

Total pieces per load	1-4	5-8	10-14		
Total Weight (lbs.)	15-60	75-120	150-210		
Cook Time (hrs.)	5	6.5	7.5		
Chef’s Added Notes:					

PORK LOIN, BONELESS – NAMP #413A



Roast-N-Hold™ Oven

- INITIAL PREPARATION..... Season as desired; salt, pepper, garlic.
- PIECES PER TRAY..... Four – 6-8 lb.
- TRAYS PER OVEN LOAD Seven – 18” x 26” w/ wire grid.
- TOTAL WEIGHT 224 lb. /101.6 kg.
- COOKING TEMPERATURE..... Preheat oven to 250° F/121° C.
- APPROXIMATE COOKING TIME 5 hours.
- HOLDING TEMPERATURE..... 170° F/77° C.
- HOLDING TIME At operator’s convenience.
- DEGREE OF DONENESS Well, 165° F/ 74° C internal
- OVEN VENT Closed.
- HELPFUL HINTS.....
 1. Product may be refrigerated, sliced cold and rethermalized in oven or sliced hot and served.
 2. Stuffing loin with forcemeat does not change procedure. Cook to well done
 3. Unlike beef, pork has little need for tenderizing. There is only slight flavor development during holding.
 4. For preparing pork at internal temperatures *lower* than 165°F/74°C, follow FDA guidelines.

NOTE: Cooking times may vary with individual circumstances.

Total pieces per load	1-8	9-16	17-28		
Total Weight (lbs.)	6-64	72-128	136-224		
Cook Time (hrs.)	2.25	3.75	5		
Chef’s Added Notes:					

PORK CHOPS, 1-Lb., DOUBLE BONE – NAMP #1412



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Score fat with boning knife for eye appeal. Season with salt, pepper and paprika.
PIECES PER TRAY.....	Thirty – 1-lb. center cut.
TRAYS PER OVEN LOAD	Ten – 18” x 26” w/ wire grid.
TOTAL WEIGHT	300 lb. / 136 kg.
COOKING TEMPERATURE.....	Preheat oven to 250° F/121° C.
APPROXIMATE COOKING TIME	4.5 hours or internal temperature of 165°F / 74°C. Remove from oven, allow to cool. Place in deep container to marinate.
OVEN VENT	Closed.
HELPFUL HINTS.....	Marinade: Fresh garlic, minced and sautéed in salad oil. Mix with additional oil to cover quantity of chops prepared. Pour over chops and refrigerate. Allow for 24 hours in marinade. (Chops can remain in marinade for up to six days.) To finish: Remove chops from oil. Season. Place on broiler to score; finish in 350°F / 177°C oven for 10 minutes Advantages: 1. All chops are evenly browned. 2. Chops remain moist, tender and flavorful.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

BBQ SPARE RIBS – NAMP #416A or BABY-BACK RIBS – NAMP #422 (to bite)



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Remove layer of (back) skin. Season as desired.
PIECES PER TRAY.....	Five – 1 ½ lb. and down.
TRAYS PER OVEN LOAD	Ten – 18” x 26” w/ wire grid.
TOTAL WEIGHT	75 lb. / 34 kg.
COOKING TEMPERATURE.....	Preheat oven to 250° F/121° C.
APPROXIMATE COOKING TIME	2.5 hours.
OVEN VENT	Closed.
SPECIAL INSTRUCTIONS	<ol style="list-style-type: none">1. Place ribs on wire grids placed in an 18” x 26” pan.2. Add hot water (to a 3/8” depth) to the pan for additional humidity during cooking. A liquefied smoke agent may be added to water if you wish.3. After initial 1.25 hours of roasting, remove the ribs and baste lightly on both sides; return to oven4. With 1.25 hours additional cooking, repeat basting procedure with final coat.5. Ribs will be fully cooked and will not need glazing on the grill.6. For extended holding, cover the ribs.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

BBQ SPARE RIBS – NAMP #416A or BABY-BACK RIBS – NAMP #422 (fall from bone)



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Remove layer of (back) skin. Season as desired.
PIECES PER TRAY.....	Five – 1 ½ lb. and down.
TRAYS PER OVEN LOAD	Ten – 18” x 26” w/ wire grid.
TOTAL WEIGHT	75 lb. / 34 kg.
COOKING TEMPERATURE.....	Preheat oven to 250° F/121° C.
APPROXIMATE COOKING TIME	3 hours.
OVEN VENT	Closed.
SPECIAL INSTRUCTIONS	1. In 18” x 26” pan beneath the meat, place 3/8” of hot water for additional humidity during cooking. A liquefied smoke agent may be added to water if you wish. 2. After initial 1.50 hours of roast time, remove the ribs from the oven. Using 18” plastic wrap, tear off piece, place ribs in middle, baste both sides with sauce, and wrap tightly. Place ribs back on rack and return to oven for additional 1.5 hours. 3. For bulk production, ribs may be layered in roasting pans or 12” x 20” x 4” hotel pans. Cover entire pan NOTE: Ribs may be cooled, refrigerated, then cooked to order by basting and finishing in a hot oven, broiler, or food finisher for 12 to 15 minutes. This process eliminates any waste of unsold product by finishing only as needed and not pre-heating in batches.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

CURED HAM (Smoked or Canned)



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Glaze with any combination preferred: brown sugar, honey, mustard, cloves, etc.
PIECES PER TRAY.....	Two – 14-16 lb.
TRAYS PER OVEN LOAD	Seven – 18” x 26” w/ wire grid.
TOTAL WEIGHT	224 lb. /101.6 kg.
COOKING TEMPERATURE.....	Preheat oven to 250° F/121° C.
APPROXIMATE COOKING TIME	3.5 hours
HOLDING TEMPERATURE.....	165° F/74° C.
HOLDING TIME	At operator’s convenience.
DEGREE OF DONENESS	Fully cooked.
OVEN VENT	Closed.
HELPFUL HINTS.....	1. Ham may be scored with sharp knife for eye appeal; place pineapple rings on ham during last half hour and baste 2. Ground cloves will give more even flavor distribution than whole cloves which flavor for a radius of ½”.

NOTE: Cooking times may vary with individual circumstances.

Total pieces per load	1-7	8-14			
Total Weight (lbs.)	32-112	128-224			
Cook Time (hrs.)	3	3.5			
Chef’s Added Notes:					

BACON



Roast-N-Hold™ Oven

INITIAL PREPARATION	With bacon layered on baking paper, place in an 18" x 26" pan.
PIECES PER TRAY.....	Approximately 1 to 1.5 lb. per pan, depending on slice-count per pound.
TRAYS PER OVEN LOAD	Ten – 18" x 26" pans.
TOTAL WEIGHT	10-15 lb.
COOKING TEMPERATURE	300° F / 150° C.
APPROXIMATE COOKING TIME	25-30 minutes.
HOLDING TEMPERATURE.....	165° F/74° C.
HOLDING TIME	None.
DEGREE OF DONENESS	Well done, crisp.
OVEN VENT	Closed.
HELPFUL HINTS	Higher temperatures may be used, but will result in more shrinkage and splattering.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

FRESH SAUSAGE (Rope, Italian, Polish)



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Line in 18” x 26” pan; no wire grid. Bend sausage - do not cut – to retain moisture.
PIECES PER TRAY.....	8-lb. rope.
TRAYS PER OVEN LOAD	Fourteen – 18” x 26”
TOTAL WEIGHT	112 lb. /50.8 kg.
COOKING TEMPERATURE.....	Preheat oven to 250° F/121° C.
APPROXIMATE COOKING TIME	3 hours. No less than 2 hours for smaller quantities of sausage.
HOLDING TEMPERATURE.....	165° F/74° C.
HOLDING TIME	At operator’s convenience.
DEGREE OF DONENESS	Well done; 165° F / 74° C internal
OVEN VENT	Closed.
HELPFUL HINTS.....	<ol style="list-style-type: none"> 1. Remove from pan and portion; some liquid in pans may be retained for peppers and onions on Italian or with sauerkraut on Polish sausage. 2. Meat may be layered in 12” x 20” pans and reheated for buffet service or held for individual reheating on restaurant serving line. 3. Purpose is to roast low and slow to prevent drying of the meat. 4. For fewer than 5 pans, add small amount of water to each pan.

NOTE: Cooking times may vary with individual circumstances.

Total pieces per load	1-5	6-14			
Total Weight (lbs.)	8-40	48-112			
Cook Time (hrs.)	2	2.5			
Chef’s Added Notes:					

ROAST SUCKLING PIG (30-Lb. Average Weight)



Roast-N-Hold™ Oven

- INITIAL PREPARATION Prop pig on raised wire grid.
Oil skin and season.
- PIECES PER TRAY One
- TRAYS PER OVEN LOAD Four 18" x 26" bun pans
- TOTAL WEIGHT 120 lb.
- COOKING TEMPERATURE..... 250° F/121° C.
- APPROXIMATE COOKING TIME 5-6 hours.
- HOLDING TEMPERATURE..... 165° F/74° C.
- HOLDING TIME At operator's convenience.
- DEGREE OF DONENESS Well done.
- OVEN VENT Closed.
- HELPFUL HINTS
 1. If a larger pig is used, it can be propped in upright position for roasting.
 2. Occasionally baste pig with melted butter. Oiled surface may not require basting.
 3. Finish at high temperature if more browning is required.

NOTE: Cooking times may vary with individual circumstances.

Total pieces per load	1-2	3-4			
Total Weight (lbs.)	30-60	90-120			
Cook Time (hrs.)	4-5	5-6			
Chef's Added Notes:					

SECTION 4

PREPARING POULTRY PRODUCTS in



ROAST-N-HOLD™ OVENS

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CHICKEN; SPLITS, QUARTERS



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Season, lay skin side up; for additional coloring, use paprika.
PIECES PER TRAY.....	Twelve halves.
TRAYS PER OVEN LOAD	Eight - 18" x 26" bun pans
TOTAL WEIGHT	120 lb. / 54.4 kg.
COOKING TEMPERATURE.....	Preheat oven to 325°F / 163° C.
APPROXIMATE COOKING TIME	60 minutes.
HOLDING TEMPERATURE.....	165° F/74° C.
HOLDING TIME	Not necessary; we suggest a 2 hour maximum.
DEGREE OF DONENESS	Well done; 165° F/74° C internal
OVEN VENT	See <i>Helpful Hint #5</i> , below
HELPFUL HINTS.....	<ol style="list-style-type: none"> 1. To prevent drying, do not hold for extended period of time. 2. Will hold better if transferred to a 12" x 20" x 2.5" pan (and covered) until service. 3. A higher cooking temperature requires less time. 4. For crisp exterior, season both sides, dust with flour, then spray or brush with oil or liquid margarine. 5. For extra browning, open oven vent – <i>only during final 30 minutes of cooking cycle</i> – to allow escape of moisture on full oven loads

NOTE: Cooking times may vary with individual circumstances.

Total pieces per load	48	96			
Total Weight (lbs.)	60	120			
Cook Time (min.)	45-50	60			
Chef's Added Notes:					

CHICKEN BREAST, BONELESS



Roast-N-Hold™ Oven

- INITIAL PREPARATION..... Season, dust with flour, then brush or spray with liquid margarine or butter.
- PIECES PER TRAY..... Thirty, 6 oz. each.
- TRAYS PER OVEN LOAD Eight - 18" x 26" bun pans
- TOTAL WEIGHT 90 lb., 240 6-oz. portions
- COOKING TEMPERATURE..... Preheat oven to 325°F / 163° C.
- APPROXIMATE COOKING TIME 35-40 minutes.
- HOLDING TEMPERATURE..... 165° F/74° C.
- HOLDING TIME 2 hours – maximum.
- DEGREE OF DONENESS Well done; 165° F/74° C internal
- OVEN VENT See *Helpful Hint #4*, below
- HELPFUL HINTS.....
 1. May be transferred to 12" x 20" hotel pan, and covered, if longer holding time is necessary.
 - 2 If breast is stuffed, cooking time may be extended by 10 minutes.
 3. For breaded, pre-browned breast, use same procedure at 350° F/177° C.
 4. For extra browning, open oven vent – *only during final 30 minutes of cooking cycle* – to allow escape of moisture.

NOTE: Cooking times may vary with individual circumstances.

Total pieces per load	60	120	240		
Total Weight (lbs.)	23	45	90		
Cook Time (min.)	25-30	30-35	35-40		
Chef's Added Notes:					

DUCK, HALVES



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Season, put in 18” x 26” bun pan.
PIECES PER TRAY.....	Ten halves per pan.
TRAYS PER OVEN LOAD	Eight trays
TOTAL WEIGHT	100 lb. / 45.36 kg.
COOKING TEMPERATURE.....	Preheat oven to 325°F / 163° C.
APPROXIMATE COOKING TIME	2.5 hours.
HOLDING TEMPERATURE.....	165° F/74° C.
HOLDING TIME	2 hours – maximum.
DEGREE OF DONENESS	Well done; 165° F/74° C internal
OVEN VENT	Closed
HELPFUL HINTS.....	1. Skin may be oiled for additional browning or raise temperature to 350° F /177° C. 2. Ducks may be pre-cooked for finishing to order in broiler, salamander, hot convection oven, or tunnel oven.

NOTE: Cooking times may vary with individual circumstances.

Total pieces per load	40	80			
Total Weight (lbs.)	50	100			
Cook Time (hrs.)	2	2.5			
Chef’s Added Notes:					

TURKEY, WHOLE, 20-22 - Lb. AVERAGE, THAWED



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Rinse, season cavity and place on wire grids in 18” x 26” pan. Rub skin with oil.
PIECES PER TRAY.....	Two per 18” x 26” pan.
TRAYS PER OVEN LOAD	Five.
TOTAL WEIGHT	200 lb. / 90.7 kg.
COOKING TEMPERATURE.....	Preheat oven to 275°F / 135° C.
APPROXIMATE COOKING TIME	6.5 hours.
HOLDING TEMPERATURE.....	165° F/74° C.
HOLDING TIME	At operator’s convenience.
DEGREE OF DONENESS	Well done; 165-170° F/74-77° C internal
OVEN VENT	Closed
HELPFUL HINTS	1. Turkey may be basted with melted butter and drippings. 2. Dressing/stuffing should be cooked separately. 3. Raw breasts may be done in same manner. Full oven load of 2 per pan, eight 18” x 26” pans. Boneless or slabs, 3 per pan. Cooking time of 5 hours. 4. For smaller birds of 14-16 lbs., reduce cooking time to 3.5 hours for 2 to 6 turkeys or 5 hours for full oven load of 6 pans, 12 turkeys.

NOTE: Cooking times may vary with individual circumstances.

Total pieces per load	2.5	6-10			
Total Weight (lbs.)	40-100	120-200			
Cook Time (hrs.)	5	6.50			
Chef’s Added Notes:					

TURKEY BREASTS, 8.5- Lb. AVERAGE (Foil-wrapped, Boneless, Frozen)



Roast-N-Hold™ Oven

- INITIAL PREPARATION..... Thaw breasts 24 hours in refrigerator.
- PIECES PER TRAY..... Three per 18” x 26” pan.
- TRAYS PER OVEN LOAD Eight trays.
- TOTAL WEIGHT 204 lb. / 92.53 kg.
- COOKING TEMPERATURE..... Preheat oven to 275°F / 135° C.
- APPROXIMATE COOKING TIME 6 hours
- HOLDING TEMPERATURE..... 170° F/77° C.
- HOLDING TIME At operator’s convenience.
- DEGREE OF DONENESS Well done; 165° F/74° C internal
- OVEN VENT Closed
- HELPFUL HINTS.....
 1. Remove plastic Cryovac and leave breasts in foil wrap.
 2. Use of wire grids is highly recommended for even cooking.

NOTE: Cooking times may vary with individual circumstances.

Total pieces per load	3-6	7-12	13-18	19-24	
Total Weight (lbs.)	26-51	60-102	110-153	162-204	
Cook Time (hrs.)	4.5	5	5.5	6	
Chef’s Added Notes:					

SECTION 5

**PREPARING
LAMB PRODUCTS
in**



ROAST-N-HOLD™ OVENS

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LEG OF LAMB, BONELESS AND TIED – NAMP #234A



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Season, put on raised wire grid in 18” x 26” bun pan.
PIECES PER TRAY.....	Four – 8 lbs.
TRAYS PER OVEN LOAD	Seven
TOTAL WEIGHT	224 lb. / 101.6 kg.
COOKING TEMPERATURE.....	Preheat oven to 250°F / 121° C.
APPROXIMATE COOKING TIME	5.5 hours
HOLDING TEMPERATURE.....	150° F/66° C.
HOLDING TIME	3 hours minimum.
DEGREE OF DONENESS	Medium, 150°F / 66°C
OVEN VENT	Closed
HELPFUL HINTS.....	1. Bone-in Leg of Lamb will require an additional 10 minutes per pan.

NOTE: Cooking times may vary with individual circumstances.

Total pieces per load	1-4	5-12	13-20	21-28	
Total Weight (lbs.)	8-32	40-96	104-160	168-224	
Cook Time (hrs.)	3	3.75	4.5	5.5	
Chef's Added Notes:					

HOTEL RACK OF LAMB – NAMP #1204



Roast-N-Hold™ Oven

- INITIAL PREPARATION..... Trim, season, put on wire rack in 18” x 26”
bun pan.
- PIECES PER TRAY..... Fifteen portions / 14-oz. average, four-bone,
Frenched.
- TRAYS PER OVEN LOAD Eight pans.
- COOKING TEMPERATURE..... Preheat oven to 250°F / 121° C.
- APPROXIMATE COOKING TIME 3 hours
- HOLDING TEMPERATURE..... 145° F/63° C.
- HOLDING TIME At operator’s convenience.
- DEGREE OF DONENESS Medium Rare, 140° F / 60° C.
- OVEN VENT Closed
- HELPFUL HINTS.....
 1. May be finished (browned) for banquet service in hot convection oven.
 2. For individual orders, finish in broiler.
 3. Individual portions should be wrapped in plastic and held under refrigeration, after being thoroughly chilled.

NOTE: Cooking times may vary with individual circumstances.

Total Pieces/Portions	15-30	31-60	61-90	91-120	
Total Weight (lbs.)	13-26	27-52	53-79	80-105	
Cook Time (hrs.)	1.25	1.75	2.5	3	
Chef’s Added Notes:					

LAMB SHANKS, BRAISED – NAMP #210



Roast-N-Hold™ Oven

INITIAL PREPARATION..... Season, dredge in flour, brown, place in 12” x 20” x 4” pan; cover with sauce. Cover with foil tent.

PIECES PER TRAY..... Twenty portions per pan, 16-oz. average.

TRAYS PER OVEN LOAD Eight.

TOTAL WEIGHT 160 lbs. / 72.6 kg.

COOKING TEMPERATURE..... Preheat oven to 250°F / 121° C.

APPROXIMATE COOKING TIME 4 hours

HOLDING TEMPERATURE..... 165° F/74° C.

HOLDING TIME 3 hours minimum

DEGREE OF DONENESS Well done, 165° F/ 74° C.

OVEN VENT Closed

HELPFUL HINTS..... Do not overload pans.

NOTE: Cooking times may vary with individual circumstances.

Total Pieces per Load	20-40	41-80	81-120	121-160	
Total Weight (lbs.)	20-40	41-80	81-120	121-160	
Cook Time (hrs.)	3.5	3.5	4	4	
Chef's Added Notes:					

SECTION 6

PREPARING BAKED GOODS in



ROAST-N-HOLD™ OVENS

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DEMI-LOAVES



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Thaw, place in greased loaf pans, proof.
PIECES PER TRAY.....	Two 6-loaf pans per 18" x 26" bun pans.
TRAYS PER OVEN LOAD	Eight.
TOTAL WEIGHT	N/A
COOKING TEMPERATURE.....	Preheat oven to 350° F / 177° C.
APPROXIMATE COOKING TIME	30-40 minutes.
HOLDING TEMPERATURE.....	N/A
HOLDING TIME	N/A
DEGREE OF DONENESS	N/A
OVEN VENT	Closed.
HELPFUL HINTS.....	1. Product should be brushed with butter upon removal from oven. 2. Allow product to relax and begin raising at room temperature before placing in proof box. 3. If making dinner rolls from demi-loaf dough, baking time will be decreased.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

SHEET PIZZA



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Using pre-baked pizza crust, place in 18" x 26" sheet pan. Cover with favorite toppings. If using fresh pork, pre-cook.
PIECES PER TRAY.....	One.
TRAYS PER OVEN LOAD	Twelve 18" x 26" sheet pans.
TOTAL WEIGHT	N/A
COOKING TEMPERATURE.....	350° F / 177° C.
APPROXIMATE COOKING TIME	20-30 minutes.
HOLDING TEMPERATURE.....	180°F/82° C.
HOLDING TIME	N/A
DEGREE OF DONENESS	N/A
OVEN VENT	Closed.
HELPFUL HINTS	1. This is for volume production and will provide a heated-through product. 2. Experiment with various topping and cheeses for a house specialty. 3. Crust may be pre-baked at 350°F/177° C for 35 minutes.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

BREAD PUDDING



Roast-N-Hold™ Oven

INGREDIENTS:

(yields one 12" x 20" x 2" pan):

- 1 Loaf white Pullman bread, 20 or 24 oz.
- 16 Large eggs, whole
- 4 cups Granulated sugar
- 1 gal. Homogenized milk
- 1 tsp. Salt
- 3 tsp. Vanilla
- 4 tsp. Cinnamon, ground
- 8 Tbsp. Unsalted butter (1/4 lb.)

METHOD:

1. Cube bread and layer in hotel pan (12" x 20" x 2").
2. In bowl, mix eggs, sugar, milk, salt, vanilla and cinnamon until thoroughly blended
3. Pour mixture over bread in pan
4. Spot raw butter on top and sprinkle with ground cinnamon.
5. Bake in **CRES COR Roast-N-Hold** oven at 350°F/177°C for 2 hours or until firm

NOTES:

- a) Be sure oven is level to avoid spillage or overbake.
- b) To lower cholesterol, an egg substitute may be used and margarine substituted for butter.
- c) Try sliced French bread instead of Pullman bread.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

CROISSANTS



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Place on parchment paper, proof, egg wash.
PIECES PER TRAY.....	Fifteen 3 oz. per 18" x 26" pan.
TRAYS PER OVEN LOAD	Eight
TOTAL OVEN LOAD.....	10 dozen
COOKING TEMPERATURE.....	Preheat oven to 350° F / 177° C.
APPROXIMATE COOKING TIME	25-35 minutes.
HOLDING TEMPERATURE.....	N/A
HOLDING TIME	N/A
DEGREE OF DONENESS	N/A
OVEN VENT	Closed.
HELPFUL HINTS.....	<ol style="list-style-type: none">1. Proof at 85°F / 29°C with 65% relative humidity to avoid water saturation and melting the butter layers2. Fewer pans will decrease cooking time by very little.3. When using frozen croissants, allow a minimum of one hour at room temperature to temper dough before proofing.4. Volume will be less than higher temperature baking oven or fast fan convection oven.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

NEW YORK-STYLE CHEESECAKE



Roast-N-Hold™ Oven

INGREDIENTS for one 9" cake:

Filling:

24 oz. baker's cheese
1 cup granulated sugar
¼ cup lemon juice
2 tsp. grated lemon peel
2 tsp. vanilla extract
¼ tsp. salt
6 whole eggs

Topping:

1 cup sour cream
2 Tbsp. granulated sugar
¼ tsp. vanilla extract

Crust:

2 cups graham cracker or cookie crumbs
½ cup softened butter
¼ cup granulated sugar
¼ tsp. nutmeg (optional)

METHOD:

1. Beat cream cheese until soft. Add sugar, lemon juice, lemon peel, vanilla and salt.
2. Add eggs on at a time. Constantly scrape down sides of mixing bowl to avoid lumps. Beat well.

METHOD, *continued*:

3. Mix ingredients for crust and pat down firmly and evenly in 9" spring-form pan. Pour in filling and place in 300°F / 149° C **CRESCOR** oven. After first 15 minutes, lower oven temperature to 225° F/107° C and bake for 2 hours or until firm.

4. Blend sour cream, sugar and vanilla; smooth on top of cake.

5. Return to oven for 15 minutes to firm topping.

NOTES:

Cheesecake should be prepared on day before serving; garnish at time of service.

For Amaretto-flavored cheesecake:

1. Substitute 1/3 cup of Amaretto liqueur for the lemon juice and grated peel. Use only ¼ tsp. lemon juice for acidity.

2. For crust, use 1 quart of chocolate cookie crumbs and omit nutmeg.

3. Garnish with semi-sweet chocolate shavings.

Try the same procedure for a variety of house specialties. For example; use strawberry liqueur, vanilla cookie crumb crust, and garnish with fresh strawberries. Or try another version of the Amaretto cheesecake, using Kahlua or other coffee-flavored liqueur.

NOTE: Cooking times may vary with individual circumstances.

FRUIT-FILLED TURNOVERS, FROZEN



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Wash with water, sprinkle with sugar. Line 18" x 26" pan with parchment paper.
PIECES PER TRAY.....	Eighteen
TRAYS PER OVEN LOAD	Eight pans.
TOTAL WEIGHT	N/A
COOKING TEMPERATURE.....	Preheat oven to 350° F / 177° C.
APPROXIMATE COOKING TIME	18-20 minutes.
HOLDING TEMPERATURE.....	N/A
HOLDING TIME	N/A
DEGREE OF DONENESS	N/A
OVEN VENT	Closed.
HELPFUL HINTS.....	1. May also use egg-wash on puff pastry. 2. Allow proper browning and full volume. 3. Light cinnamon sugar may be used for apple turnovers.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

FRUIT PIES (9”), FROZEN



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Wash with water, sprinkle with granulated sugar.
PIECES PER TRAY.....	Five pies per 18” x 26” pan.
TRAYS PER OVEN LOAD	Eight
TOTAL WEIGHT	N/A
COOKING TEMPERATURE.....	Preheat oven to 350° F / 177° C.
APPROXIMATE COOKING TIME	1.5 to 2 hours
HOLDING TEMPERATURE.....	N/A
HOLDING TIME	N/A
DEGREE OF DONENESS	N/A
OVEN VENT	Closed.
HELPFUL HINTS.....	1. Be sure fruit filling comes to a simmer to thicken 2. Pies may also be egg-washed instead of sugar.

Chef’s Notes: _____

NOTE: Cooking times may vary with individual circumstances.

COOKIES



Roast-N-Hold™ Oven

INITIAL PREPARATION	Pre-pan the cookies.
PIECES PER TRAY.....	Two dozen 1-oz. cookies per 18" x 26" pan (4 x 6 rows).
TRAYS PER OVEN LOAD	10 pans/20 oz.
TOTAL WEIGHT	12.5 lbs./5.7 kg.
COOKING TEMPERATURE.....	Bake in preheated oven at 350° F/177° C.
APPROXIMATE COOKING TIME	20-25 minutes.
HOLDING TEMPERATURE.....	N/A
HOLDING TIME	N/A
DEGREE OF DONENESS	N/A
OVEN VENT	Closed.
HELPFUL HINTS.....	1. Length of baking time will depend on type of cookie batter and whether using fresh or frozen dough. 2. Fewer pans of cookie dough will require minimum 18 minutes baking time.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

SECTION 7

PREPARING MISCELLANEOUS PRODUCTS in



ROAST-N-HOLD™ OVENS

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LOBSTER TAILS



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	For volume banquet production of surf and turf, use 4 oz. cold-water tails. Split and lay meat on top of inverted shell. Season, coat with melted butter and light paprika.
PIECES PER TRAY.....	Thirty 4-oz. tails per each 18" x 26" bun pan.
TRAYS PER OVEN LOAD	Ten 18" x 26" pans.
TOTAL WEIGHT	(300) 4 oz. portions = 75 lbs/34 kg.
COOKING TEMPERATURE.....	Preheated oven at 350° F/177° C.
APPROXIMATE COOKING TIME	35 minutes.
HOLDING TEMPERATURE.....	165° F/74° C.
HOLDING TIME	20 minutes; do not hold for an extended time.
DEGREE OF DONENESS	Well, 165° F/74° C.
OVEN VENT	Closed.
HELPFUL HINTS.....	1. Temper lobster tails at room temperature for approximately 30 minutes prior to loading. 2. There's no need to use raised wire grids; inverted shell raises meat from pan. 3. Finished product will appear steamed.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

POACHED SALMON



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Fillet fresh whole salmon and remove bones. Place on pan and season with herbs, lemon, or onion, at your discretion. Wrap pan tightly with standard plastic film.
PIECES PER TRAY.....	Four, 2-2.5 lbs. each.
TRAYS PER OVEN LOAD	Twelve 18" x 26" pans.
TOTAL WEIGHT	120 lbs/54.4 kg.
COOKING TEMPERATURE.....	Preheated oven at 210° F/99° C.
APPROXIMATE COOKING TIME	1.5-2 hours.
HOLDING TEMPERATURE.....	165° F/74° C.
HOLDING TIME	Not required; ½ hour maximum.
DEGREE OF DONENESS	Well, 165° F/74° C.
OVEN VENT	Closed.
HELPFUL HINTS.....	1. If fillet is to be served chilled, refrigerate wrapped to retain juices. 2. Salmon steaks can be prepared in the same manner for banquets. 200, 6-oz. portions will take 1.5 hrs. at 210° F/99° C. 3. For cold platter presentation, garnish on silver tray; serve with a lemon-cucumber sauce or mayonnaise-mustard sauce with a hint of lime.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

FILLETS (SCROD, SNAPPER) 9-oz.



Roast-N-Hold™ Oven

INITIAL PREPARATION	Season, drizzle with melted butter.
PIECES PER TRAY.....	20 9-oz. portions per 18" x 26" pan.
TRAYS PER OVEN LOAD	Ten
TOTAL WEIGHT	112.5 lbs/51 kg.
COOKING TEMPERATURE.....	Preheated oven at 325° F/163° C.
APPROXIMATE COOKING TIME	20 minutes. See <i>Helpful Hint #2</i> , below.
HOLDING TEMPERATURE.....	165° F/74° C.
HOLDING TIME	½ hour maximum.
DEGREE OF DONENESS	Well, 165° F/74° C.
OVEN VENT	Closed.
HELPFUL HINTS.....	1. Toasted bread crumbs optional, also white wine. 2. Cooking times vary with thickness of fillets. 3. Smaller quantities will require less cooking time and a watchful eye. For a different poached fillet, try spreading Dijon-style mustard on raw fillets, then coat with real mayonnaise. With the fish in an 18" x 26" pan, add some lemon-lime carbonated beverage (<i>7-Up</i> , for example) half covering the fillets. Bake in a CRESCOR Oven at 350° F/177° C for approximately 22 minutes, or until done.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

BREAD DRESSING



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Combine all ingredients; turn into 12" x 20" x 4" steam table pans.
PIECES PER TRAY.....	N/A
TRAYS PER OVEN LOAD	16 pans.
TOTAL WEIGHT	N/A
COOKING TEMPERATURE.....	Preheated oven at 250° F/121° C.
APPROXIMATE COOKING TIME	5 hours.
HOLDING TEMPERATURE.....	180° F/82° C.
HOLDING TIME	2 hours.
DEGREE OF DONENESS	175-180° F/79-82° C internal temperature.
OVEN VENT	Closed.
HELPFUL HINTS.....	1. Covering the dressing with foil is optional, depending on the mixture's moisture content.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

STUFFED CABBAGE ROLLS



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Refrigerated (not frozen), pre-assembled, 12" x 20" x 4" steam table pan. Cover with foil tent.
PIECES PER TRAY.....	N/A
TRAYS PER OVEN LOAD	16 pans.
TOTAL WEIGHT	N/A
COOKING TEMPERATURE.....	Preheated oven at 250° F/121° C.
APPROXIMATE COOKING TIME	6 hours.
HOLDING TEMPERATURE.....	175° F/79° C.
HOLDING TIME	3 hours maximum.
DEGREE OF DONENESS	Well done, cabbage tender (165° F/74° C).
OVEN VENT	Closed.
HELPFUL HINTS.....	1. Do not allow foil tent to touch product. 2. Cover rolls with tomato sauce. 3. To soften fresh cabbage (for assembling), the heads may be cored and frozen 2 days prior to assembly to avoid par-boiling process.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

LASAGNA (refrigerated, not frozen)



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Refrigerated temperature, not frozen. Pre-assembled in 12" x 20" x 2.5" hotel pan. Cover with aluminum foil tent.
PIECES PER TRAY.....	N/A
TRAYS PER OVEN LOAD	16 pans.
TOTAL WEIGHT	N/A
COOKING TEMPERATURE.....	Preheated oven at 250° F/121° C.
APPROXIMATE COOKING TIME	2.5 hours.
HOLDING TEMPERATURE.....	170° F/77° C.
HOLDING TIME	2 hours maximum, to avoid drying.
DEGREE OF DONENESS	165° F/74° C internal temperature.
OVEN VENT	Closed.
HELPFUL HINTS.....	1. Do not allow foil tent to touch product with acidity of tomato sauce. 2. If using higher temperature to decrease cooking time, put water in an 18" x 26" bun pan holding the 12" x 20" pan with lasagna.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

VEGETABLES, CANNED



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Drain, season, add melted margarine or butter in 12" x 20" x 2.5" hotel pan. Cover with foil.
PIECES PER TRAY.....	Two #10 cans per pan, depending on liquid content and product.
TRAYS PER OVEN LOAD	Twelve pans atop 18" x 26" bun pan.
TOTAL WEIGHT	N/A
COOKING TEMPERATURE.....	Preheated oven at 250° F/121° C.
APPROXIMATE COOKING TIME	2 hours.
HOLDING TEMPERATURE.....	175° F/79° C.
HOLDING TIME	2 hours maximum.
DEGREE OF DONENESS	165° F/74° C.
OVEN VENT	Closed.
HELPFUL HINTS.....	A higher temperature of 300° F/149° C will require less time; approximately 90 minutes.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

VEGETABLES, FROZEN



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Thaw vegetables, place in 12" x 20" x 2.5" steamtable pan. Season, drizzle or spot with butter, add water or stock to vegetable. Cover with foil.
PIECES PER TRAY.....	N/A
TRAYS PER OVEN LOAD	18 pans in half-size oven; 36 pans in full-size.
TOTAL WEIGHT	N/A
COOKING TEMPERATURE.....	Preheated oven at 250° F/121° C.
APPROXIMATE COOKING TIME	2.5 to 3 hours.
HOLDING TEMPERATURE.....	165° F/74° C.
HOLDING TIME	3 hours maximum.
DEGREE OF DONENESS	165° F/74° C.
OVEN VENT	Closed.
HELPFUL HINTS.....	Do not overcook. Most vegetables need only to be heated through to retain color and bite.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

BAKED POTATO



Roast-N-Hold™ Oven

INITIAL PREPARATION.....	Brush skin with oil coating and load onto 18" x 26" sheet pan.
PIECES PER TRAY.....	Thirty, 80-90 count size
TRAYS PER OVEN LOAD	Eight (maximum) 18" x 26".
TOTAL	Approximately 250 potatoes.
COOKING TEMPERATURE.....	Preheated oven at 350° F/177° C.
APPROXIMATE COOKING TIME	2.5 to 3 hours.
HOLDING TEMPERATURE.....	Hold at 180° F/82° C for service.
HOLDING TIME	2 hours maximum.
DEGREE OF DONENESS	Test doneness by inserting thermometer in a potato in center of pan; 190° F/88° C internal temperature.
OVEN VENT	Closed.
HELPFUL HINTS.....	<ol style="list-style-type: none">1. Do not wrap in foil; this produces a steamed product.2. Potatoes may be put on raised wire grids to reduce cooking time. Do not pack tightly.3. Foil line sheet pan to avoid extensive cleaning of baked on oil.4. Twice-baked potatoes may be heated in oven at 350° F/177° C to internal temperature of 180° F/82° C. Approximately 25 minutes from refrigerated state.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

OVEN-ROASTED GARLIC BASE



Roast-N-Hold™ Oven

INGREDIENTS:

(yields approximately 7 lbs.)

5 lbs. fresh garlic, peeled

1 qt. olive oil

1 Tbsp. salt

1 tsp. white pepper

METHOD:

1. Pre-heat your **CRES COR** oven to 250° F / 121° C.
2. In a 12" x 20" x 4" stainless half-pan, place the peeled garlic and olive oil. Cover pan with standard plastic film.
3. Place in oven and roast at 250° F / 121° C for 1.5 hours.
4. Remove from oven after 1.5 hours and puree in food processor while adding the salt and white pepper.
5. Transfer to sterile containers and hold under refrigeration for use.

NOTES:

- a) Ideal for added flavor in pasta dishes or in whipped potatoes.
- b) Add to, or brush on, entrees just prior to plating for flavor enhancement.

Chef's Notes: _____

NOTE: Cooking times may vary with individual circumstances.

SECTION 8

**RETHEMALIZING
in**



RETHERM OVENS

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RE THERMALIZATION IN



RE THERM OVENS

The word *RE THERMALIZE* is another term for reheating.

Foods that have been previously cooked, then chilled or frozen for service at a later date, are labeled *RE THERM FOODS*. This system is an optional method of volume food production, as opposed to “scratch” cooking and serving immediately or holding warm for short-term service.

SCHOOL FOODSERVICE

CRES COR Retherm Ovens are ideal for school foodservice. When remote locations have little or no production equipment and hot foods are required to be heated and held safely, the **Retherm Ovens** are the answer. Foods that are assembled and shipped from one central location can be reheated in 12” x 20” pans, 18” x 26” pans or school lunch 13” x 26” wire baskets in various size **CRES COR** ovens that are available.

Currently, school districts utilize varieties of pre-portioned and frozen individual meals or convenience items like pizza and burritos to provide nutrition to their clientele. Others prepare and blast-chill 12” x 20” x 2” pans of “Sloppy-Joe” or lasagna, transport chilled and then *automatically* retherm *and* hold in one single oven. The ovens are ideal in production of chicken nuggets, tater-tots, oven fries and various breakfast items for school-lunch programs. When no ventilation hood is required for the closed-cooking chamber, they can be located directly on, or behind, the serving line.

HEALTH CARE / ELDER CARE

As health care operations continue to merge and streamline their foodservices as profit centers,

the growth of cook/chill and central kitchen production methods require the use of rethermalization equipment. Once again the flexibility of **CRES COR Retherm Ovens** provides the dual-purpose use of safe reheating with proper holding of foods. The ovens are utilized for baking chicken breasts, cooking roasts overnight, braising and of course, the daily rethermalizing of bulk foods for service. Common today is the need to provide hot, nutritious foods to satellite properties. These may be elder care units or sister hospitals. Again, the **CRES COR Retherm Ovens** are positioned at the receiving location to retherm the chilled or frozen foods. The food quality is higher with this method and the ease of safe transport is also simplified.

CORRECTIONAL/PENAL INSTITUTIONS

Similar to health care operations, the need to generate three meals per day for 365 days per year, makes **CRES COR Retherm Ovens** ideal for hot food production. When undertaking overnight roasting of primal meat cuts or advance production of meats and entrees, the ovens become the final heat source to retherm *and* hold the portioned foods hot for service. Compartmented, oven-proof serving trays are commonly used as the means of providing delivery of food to the inmates. They are filled with cold food, loaded into a pre-heated oven, held hot for service, delivered, retrieved, washed/sanitized and utilized again for future meals. For institutions that plate-up hot, the 12” x 20” pans or 18” x 26” pans are heated and held in a **CRES COR Retherm Oven** with a different interior shelf design.

SECTION 9

GENERAL INFORMATION and REFERENCE SHEETS for



ROAST-N-HOLD™ and RETHERM OVENS

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CLEANING YOUR



Roast-N-Hold™ / Retherm Oven

The **CRES COR** oven you have purchased may have been in storage for an extended period of time. For your own protection and to abide by health codes, please have the equipment cleaned before using. **CRES COR** ovens should be properly cleaned and given a test run of at least two hours to eliminate possible odors from heaters, controls, etc.

EFFECTIVE METHODS FOR CLEANING STAINLESS STEEL

Maintaining the cleanliness and appearance of your oven will help it to work better and last longer. Depending on how often it is used, you may choose to sanitize the oven on a daily or weekly schedule.

The **CRES COR** oven's stainless steel interior is totally removable for safe and easy cleaning without danger to any electrical components. If a regular cleaning schedule is maintained, washing with a simple soap solution, followed by a rinse and wipe, will keep your oven looking brand new. If there are any stubborn areas where spillage has carbonized over a period of time, a quality oven cleaner will remove the hardened deposits for you, without etching the interior walls.

Clean the oven's exterior with a stainless steel cleaner. Follow this by spraying polish on a soft cloth, then wipe oven – *with the grain*.

Cleaners that may be used vary from plain water to mild abrasives. The method chosen should be governed by the type of finish, the degree of soiling and the size and shape of the area to be cleaned.

The following cleaning materials and procedures are listed in descending order of mildness. It is recommended that the first, or mildest treatment be tried on a small area; if this does not produce satisfactory results, then the next method should be tried, and so on, as far down the list as required.

It should be kept in mind that when abrasive scrub pads are used, the appearance of the finish may be altered. To minimize change in the finish of the metal, always rub in the direction of the finished grain – *never* across the grain.

1. **STEAM** – for removing dirt, grease deposits and common atmosphere soil. **FIRST, REMOVE TOP POWER UNIT.** Cleaning additives may be used, but strong alkaline solutions should be avoided. Following steam cleaning, surfaces should be rinsed thoroughly with clean water and dried with a clean cloth. Make sure there is no accumulation of moisture at the bottom edges.
2. **MILD SOAPS OR DETERGENTS** - are safe for most uses. Rinse thoroughly, then wipe dry with a clean cloth. Strong detergent solutions, if not thoroughly rinsed, may cause surface staining.
3. **WAX-BASE CLEANERS** – are good cleaners but do not offer permanent protective coatings. All wax-base cleaners should be applied with a clean soft cloth as directed by the manufacturer.
4. **ABRASIVE WAXES** – are used for removing medium grime deposits. They are usually applied with a clean soft cloth or pad.
5. **MILD ABRASIVE CLEANERS** – are effective for cleaning dirty surfaces. Application is made with cloth dampened with water. Surface must be rinsed well and wiped dry. Always work *with* the grain of the metal.

WE SUGGEST THAT YOU HAVE YOUR LOCAL DETERGENT REPRESENTATIVE EXPLAIN HIS PRODUCTS AND THE PROPER PROCEDURES FOR CLEANING CRES COR EQUIPMENT.

HELPFUL INFORMATION

PORTION GUIDE

Container Size	Portion Size, in ounces			
	2.5	4	6	8
No. 2 Can	7	5	3	2
No. 2.5 Can	10	6	4	3
One Quart	13	8	5	4
5-lb. Tin (80 oz.)	32	20	13	10
7-lb. Tin (#10 Can)	45	28	19	14
1 Gallon	51	32	21	16
10-lb. Can	64	40	27	20

SCOOP and LADLE SIZES

SCOOPS:		LADLES:		
*size	Amount	Size, in oz.	Fraction of cup	No. in 1 Qt.
No. 6	2/3 cup	1	1/8	32
No. 8	1/2 cup	2	1/4	16
No. 10	2/5 cup	2.66	1/3	12
No. 12	1/3 cup	4	1/2	8
No. 16	1/4 cup	6	3/4	5.33
No. 20	3.20 tbsp.	8	1 cup	4
No. 24	2.66 tbsp.			

*Scoop Size No. refers to approximate number of servings yielded per quart of filling.

COMMON CONTAINER SIZES

Industry Terms	Approx. Net Wt. (check label)	Approx. Cups
8 ounces	8 oz.	1
Picnic	10.5 to 12 oz.	1.25
12 oz. (vacuum)	12 oz.	1.5
No. 300	14 to 16 oz.	1.75
No. 303	16 to 17 oz.	2
No. 2	1lb., 4 oz. or 1pt., 2 fl oz.	2.5
No. 2.5	1 lb., 13 oz.	3.5
No. 3 Cyl.	3 lb., 3 oz. or 1qt., 14 fl oz.	5.75
No. 10	6 lb., 8 oz. to 7 lb., 5 oz.	12-13

CALORIE VALUES OF COMMON FOODS

Food	Portion	Calories
Bacon, fried	4 slices	190
Beans, snap	1 cup	25
Beef, hamburger	3 oz.	315
Beef, round	3 oz.	197
Beef, sirloin	3 oz.	255
Bread, rye	1 slice	55
Bread, white	1 slice	65
Chicken, broiled	8 oz.	332
Chicken, roast	4 oz.	227
Corn, fresh	5" ear	85
Corned Beef	3 oz.	180
Cornflakes	8 oz.	95
Eggs, boiled	1 med.	75
Eggs, fried	1 med.	100
Eggs, scrambled	1 med.	106
Frankfurters	1 ave.	125
Halibut, broiled	4" x 3.5"	200
Ham	3 oz.	340
Lamb chop	3 oz.	356
Liver, calves	3 oz., raw	120
Mackerel	3 oz.	155
Milk, whole	1 cup	166
Milk, skim	1 cup	87
Oysters, raw	1 cup	160
Peas	1/2 cup	55
Pork, loin	3 oz.	285
Pork, sausage	4 oz.	510
Potato, baked	2.5"	95
Potato, mashed	1 cup	240
Potatoes, fried	1 cup	479
Spinach, cooked	1 cup	45

MEASURES, WEIGHTS

Amount/ Substance	Avg. Wt.
1 quart, liquid	32 oz.
1 pint, liquid	16 oz.
1 cup, liquid	8 oz.
1 cup, butter or shortening	8 oz.
1 cup, sugar	7 oz.
1 cup, molasses	11 oz.
1 cup, flour	4 oz.
1 tablespoon, dry measure	1 oz.
1 teaspoon, dry measure	1/2 oz.
1 tablespoon, liquid measure	1/2 oz.
8-10 egg whites	1 cup
5 eggs (good size)	1 cup
20 eggs (good size)	1 qt.
16-18 egg whites	1 pt.
10 eggs (full size)	16 oz.
1 pound, sugar	16 oz.
1 quart, molasses	44 oz.

DETERMINING MEAT SHRINKAGE/ TOOLS for PROGRESS; Three steps to cooking success

DETERMINING MEAT SHRINKAGE

Measuring meat shrinkage (weight lost during roasting) is a simple procedure.

Starting Weight100 lbs.
 (Raw weight when placed in oven)
 Finished Weight93 lbs.
 (Finished weight when taken from oven)
 Weight Loss7 lbs.

$$\begin{array}{r} \text{Starting Weight} \quad \sqrt{\text{Weight Loss}} \\ \quad \quad \quad \quad \quad \quad .07 \text{ or } 7\% \text{ shrinkage} \\ 100 \sqrt{\quad \quad \quad} \quad \quad \quad 7.00 \end{array}$$

With fractions of pounds, convert *TOTAL* weight to ounces.

$$\begin{array}{r} \quad \quad \quad \quad \quad \quad .07 \text{ or } 7\% \text{ shrinkage} \\ 1600 \sqrt{\quad \quad \quad} \quad \quad \quad 112.00 \end{array}$$

NOTE: Rendering of fat caps will result in inconsistent results for meat yields, depending on thickness and ratio of servable meat-to-fat trim. More accurate results are achieved when weighing pan with meat ready to load into oven. Then weigh the entire set-up. The difference will be your *true* meat loss.

TOOLS FOR PROGRESS; Three Steps to Cooking Success

For reduced meat shrinkage – to as low as 7 to 10% - when using the **Cres Cor** Roast-N-Hold Ovens, we recommend using the following tools:



- SCALE:** Have a reliable, accurate scale that will accommodate the total raw weight of various cuts of meat. Scale must read

ounces and be accurate to the ounce. In most operations, a 25-pound scale will suffice.

- OVEN THERMOMETER:**

Have a reliable, accurate oven thermometer that will hang in an easy-to-read location. This is necessary to insure proper calibration and roasting temperatures.



- MEAT THERMOMETER:**

Have a reliable, accurate meat thermometer (to measure meat's internal temperature) to determine the meat's degree of doneness. It should be inserted in center of clear meat, prior to starting the roasting process.



NOTE: If available, use digitized thermometers for greater accuracy.



MEAT SHRINKAGE WORK SHEET

Date	Meat Description/Grade	TIMES			INTERNAL TEMPS		WEIGHTS			Percent (%) Shrink
		In	Out	Total	Start	Roasted	Raw	Roasted	Lost	

DEFINITIONS:

Raw Weight: Meat’s *exact weight* when it is put into the oven

Roasted Weight: Meat’s weight when it reaches desired degree of doneness (*Roasted Internal Temperature*).

Meat Shrinkage (pounds): Total weight lost from meat during the roasting process.

Meat Shrinkage (percentage): Percentage of raw weight lost during roasting process; i.e., *Roasted Weight* divided by *Raw Weight*.

$$\frac{\text{Roasted Weight Loss}}{\text{Raw Weight}} = \text{_____\% Shrinkage}$$

