



A quick reference guide
to cooking in
microwave combination ovens.



Mealstream 401 & 501 Range

Guidelines for Combination cooking

The following methods have been performance tested in our Catering Advisory Service kitchen to achieve correct serving temperatures and to produce the best results in eating quality.

Adjust the settings for timings, temperature and microwave power level to suit your particular food products. Make the usual allowances for different start temperatures, portion sizes, seasonal variations and personal tastes, etc. Use only as a guide for establishing your own settings.




Standard settings may be programmed into the oven's memory (Series 5 versions) and a record kept on the programme selection chart.

Virtually all foods traditionally cooked in an oven can be successfully produced in a microwave combination oven – it is simply about 5 times quicker




NB: All temperatures given are for a preheated oven. The timings on the combination cooking pages are for the total time on convection and microwave together, i.e. combination cooking.

Always ensure correct kitchen standards are maintained and that staff are fully trained before using the oven.




If you should need further guidance, please contact the Catering Advisory Service at Merrychef Limited, who will be pleased to offer assistance.

Products	Oven	Qty				Method
BREAD AND PASTRIES						
Bread Rolls (frozen) Par Baked	401	6 x 2 oz	250°C	3m00s	25%	Brush with cold water prior to baking. Place directly onto hot turntable / grey tray. Serve immediately
	501	12 x 2oz	250°C	3m30s	25%	
Petit Pains (frozen) Par Baked	401	6 x 3oz	250°C	2m30s	50%	Place directly onto hot turntable / hot grey tray.
	501	12 x 3oz	250°C	3m30s	50%	
Baguettes (frozen)	401	2 x 8oz	250°C	3m00s	50%	Place directly onto hot turntable / hot grey tray.
	501	4 x 8oz	250°C	3m30s	50%	
Garlic Bread –fully cooked frozen	401	4-6 portions	250°C	1m15s	25%	Place directly onto hot turntable hot grey tray.
	501		250°C	1m15s	25%	
Pizza dough brushed with melted butter and sprinkled with chopped garlic and herb.	401	9" diameter	250°C	3-4min	50%	Place directly onto hot turntable / hot grey tray.
	501	9" diameter	250°C	3-4min	50%	
Croissants (frozen) Par baked	401	4 x 2 oz	225°C	4m00s	75%	Brush with cold water and place directly onto hot turntable/ grey tray.
	501	12 x 2oz	225°C	5m00s	50%	
Danish Whirls (frozen) Pre-proved	401	4 x 3oz	225°C	5-6min	50%	Brush with cold water and place directly onto hot turntable / grey tray.
	501	12 x 3oz	225°C	5mins	50%	




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Scones	401	12 x 2oz	225°C	3m00s	25%	Place directly onto turntable / grey tray, egg wash or dust with flour if desired. Finish off on convection only if further browning is required.
	501	12 x 2oz	225°C	3m00s	25%	
Vol-au-Vents	401	10-12 cocktail size	250°C	3-4 min	75%	Lightly brush tops with egg wash and place lightly oiled turntable / grey tray.
	501	24	250°C	3-4min	75%	
SNACKS AND SAVOURIES						
Burgers (frozen, uncooked)	401	4 x 4oz	250°C	4m15s	100%	Place on hot turntable / hot grey tray to seal then turn over.
	501	6 x 4oz	250°C	4m30s	100%	
Cornish Pastie Cooked filling, uncooked pastry – chilled	401	4 x 7oz	250°C	3–4 min	100%	Place directly onto hot turntable / hot grey tray.
	501	8 x 7oz	250°C	6-7min	100%	
Crispy Pancake Rolls frozen	401	6 x 90g	225°C	5m00s	100%	Lightly oil rolls and place directly onto hot turntable / hot grey tray.
	501	24 x 90g	225°C	6m30s	100%	
Dimsum Canapes (frozen) Prawn wonton Oriental Samosa Cocktail spring roll Seafood Shaomai	401	24 x ½ oz	250°C	2m30s	100%	Lightly oil and place directly onto hot turntable.
	401	24 x ½ oz	250°C	3m00s	100%	
	401	24 x ½ oz	250°C	3m30s	100%	
	401	24 x ½ oz	250°C	3m30s	100%	
	401	24 x ½ oz	250°C	3m30s	100%	
Omelette (frozen) Ready cooked filled	401	1 x 170g	225°C	3m15s	100%	Place in suitable dish with fitted lid to cover.
	501	1 x 170g	225°C	3m10s	100%	
	501	3 x 250g	225°C	6m30s	100%	
Onion Bhajis (frozen) Soft textured, ball shaped	401	3	250°C	1m45s	100%	Place directly onto hot turntable / hot grey tray. Note: for chilled products reduce oven to 225°C and use 50%
		6	250°C	2m15s	100%	
	501	16	225°C	5m00s	100%	
Pizza Ready made deep – frozen Frozen crust with fresh toppings Made up pizza chilled	401	9"	250°C	4m00s	100%	Place directly onto hot turntable / grey tray
	401	9"	225°C	3m40s	50%	
	501	9"	250°C	2m50s	50%	
Toasted Sandwich 3 bread layers made up with fillings.	401	12 oz	250 °C	2m00s	50%	Place directly onto hot turntable / hot grey tray.
	501	2 x 12oz	250°C	2m15s	75%	
Samosas (cooked) - chilled - frozen	401 / 501	1 x 4oz	225°C	1m30s	50%	Place directly onto hot turntable / hot grey tray.
		6 x 4 oz	225°C	2m30s	50%	
		1 x 4oz	225°C	1m30s	100%	
		6 x 4oz	225°C	5m00s	100%	
Sausage Rolls Uncooked – fresh Uncooked – frozen Uncooked – frozen Uncooked – frozen Uncooked – frozen	401	8 x 2oz	250°C	2-3 min	100%	Egg wash and place directly onto hot turntable / hot grey tray.
	401	8 x 2oz	250°C	3-4 min	100%	
	401	4 x 5oz	250°C	4-5 min	100%	
	401	10 cocktail	250°C	4m00s	100%	
	501	12 x 2oz	250°C	4m30s	50%	




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Products	Oven	Qty				Method
MEAT						
Bacon (fresh)	401 501	8 rashers 1lb rashers	250°C 250°C	2m30s 2m30s	100% 100%	Lay out evenly on pre-heated hot turntable / grey tray.
BEEF						
Topside (medium cooked)	401 501	9lb 7lb	200°C 225°C	45mins 30mins Turn 20mins	50% 50%	Place on trivet on turntable. Turn if necessary. Wrap in foil after cooking to rest 25 mins before carving.
T- Bone Steak (medium cooked)	401 401 501	10oz 14oz 20oz	250°C 250°C 250°C	3m20s 4m00s 4m00s	50% 75% 50%	Place directly on hot turntable / grey tray to seal, then turn over. Adjust timings to required taste.
Beef Wellington (medium cooked)	401 501 501	1 x 10oz 1 x 9oz 2 x 9oz	250°C 250°C 250°C	3-5min 2m30s 3m30s	100% 100% 100%	Egg wash and seal edges well. Place directly onto hot turntable / grey tray. Adjust timings to required taste
Gammon Steak	401 501	1 x 4oz 3 x 4oz	250°C 250°C	2m30s 2m30s	50% 100%	Place directly onto hot turntable / hot grey tray.
LAMB						
Rack of Lamb	401 401 501 501 501	Half rack 1 rack Half rack 1 rack 2 racks	250°C 250°C 250°C 250°C 250°C	3-4min 6-7min 4m55s 7m15s 14m00s	75% 75% 50% 50% 50%	Lightly brush lamb with oil. Place directly onto hot turntable / grey tray. Rest for a few minutes before carving.
Lamb Leg	401 501	1 x 5lb 1 x 5lb	225°C 225°C	30 – 40 mins	50% 50%	Place on trivet on turntable or rack in roasting tray. Add a little water. Cover with foil AFTER cooking and rest for 10 mins before carving.
Barnsley Chop	401 501 501	1 x 12oz 1 x 12oz 2 x 12oz	250°C 250°C 250°C	4m30s 4m30s 6m15s	50% 50% 50%	Secure flank ends with a long wooden skewer to form a crescent shape. Place onto hot pre-heated turntable
Lamb Cutlets	401 501	4 x 4oz 8 x 4oz	250°C 250°C	3m30s 3m30s	75% 100%	Brush with oil and place directly onto hot turntable / hot grey tray.
PORK						
Pork Chops	401 / 501	1 2	250°C 250°C	3m15s 4m45s	75% 75%	Place onto hot turntable to seal, then turn over.
Diced Pork made-up into 8oz kebabs on long wooden skewers	501 / 401	1 2 3 4	250°C 250°C 250°C 250°C	2m00s 2m45s 4m30s 5m00s	100% 100% 100% 100%	With seasoning sauces if desired. Place directly onto preheated grey tray / turntable.
Spare Ribs Cooked, frozen	401 501	14 oz portions 6 x 4 oz portions	250°C 250°C	4m30s 5m00s	100% 100%	Place directly onto hot turntable / grey tray.
Sausages chilled	401 501	1lb 2lb	250°C 250°C	2m00s 4m00s 2m00s 4m00s	50% Conv 50% conv	Place directly onto hot turntable / grey vitreous enamel tray.




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Products	Oven	Qty				Method
POULTRY						
Roasting Chicken Fresh – chilled	501 401	1 x 3lb 2 x 3lb 3 – 3.5 lb	250°C 250°C 250°C	12m00s 14m00s 12-15 mins	100% 100% 100%	Place directly onto hot turntable / grey tray. Turn over halfway through cooking cycle. Rest for 5 mins after cooking.
Chicken Breast	401 501	1 x 8oz 2 x 8oz	250°C 250°C	3m30s 4m15s	100% 100%	Place directly onto hot turntable / hot grey tray.
Chicken Leg	401 501	1 x 8oz 2 x 8oz	250°C 250°C	3m45s 4m30s	100% 100%	Place directly onto hot turntable / hot grey tray.
Cooked Chicken Chilled	401 / 501	1/2	250°C	3m30s	100%	Place directly onto hot turntable / hot grey tray.
Frozen	401 / 501	1/2	250°C	6m15s	100%	
Poussin Fresh – Chilled	401 501	2 x 1lb 2 x 1lb	225°C 225°C	10m00s 10m00s	100% 100%	Place directly onto hot pre-heated grey tray / turntable. Turn over Poussin halfway through cooking cycle. Stand for 1 or 2 mins after cooking.
Chicken Supreme Fresh – chilled	401 501	4 x 7oz 5 x 7oz	250°C 250°C	3m30s 3m30s	100% 100%	Place directly onto hot pre-heated grey tray / turntable. Stand for 1 or 2 mins after cooking.
Chicken en Croute Frozen	401	5.5oz	250°C	4m00s	100%	Place directly onto hot turntable or pre-heated grey tray. Stand for 1 or 2 mins after cooking.
Fresh – Chilled	501	2 x 8oz	200°C	5m30s	100%	
Duck Breast Fresh – Chilled	401 501	8oz 8-9 oz	250°C 250°C	3m30s 4m00s	50% 50%	Place directly onto hot turntable or pre-heated grey tray. Allow to rest for 1 or 2 mins before slicing.
Whole Crispy Peking Duck	401 501	950g 950g	250°C 250°C	5m45s 4m30s	50% 50%	Place directly onto hot turntable or pre-heated grey tray.
Turkey Fresh	401 501	9lb 15lb	175°C 175°C	40 – 45 mins 60 mins	100% 100%	Place turkey directly onto hot turntable or pre-heated grey tray. Turn over halfway through cooking
FISH						
Battered Cod Frozen	401 / 501	1 x 5oz 4 x 5oz	250°C 250°C	3-4mins 6-7mins	100% 100%	Place directly onto lightly oiled hot turntable / grey tray. Note: For chilled change power to 50%
Battered Haddock Frozen	401 / 501	1 x 9oz 2 x 9oz 3 x 9oz	250°C 250°C 250°C	6m00s 9m00s 9m15s	100% 100% 100%	Place haddock directly onto pre-heated grey tray / turntable.
Mussels – stuffed frozen	401 / 501	8-10	200°C	3m30s	100%	Space evenly in shallow dish and place onto hot turntable / grey tray.

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Products	Oven	Qty				Method
Salmon Darne	401 / 501	1 x 6oz 2 x 6oz	225°C 225°C	3m00s 4m30s	75% 75%	Lightly brush with butter and place on a lightly oiled turntable / grey tray.
Salmon en Croute	401 501 501	2 x 4oz 1 x 5oz 3 x 5oz	250°C 250°C 250°C	3-4min 3m45s 5m00s	100% 50% 50%	Egg Wash pastry and place on hot turntable / pre-heated grey tray.
Trout – Fresh	401 401 501 501	1 x 8-9 oz 2 x 8-9 oz 2 x 8-9 oz 4 x 8-9 oz	225°C 225°C 250°C 250°C	3m00s 4m45s 4m30s 6m00s	75% 75% 50% 50%	Lightly oil trout and place onto hot turntable / pre-heated grey tray. Top with flaked almonds one minute before end of cooking time, if desired.
PIES & ENTREES						
Fisherman's Pie – chilled	401 501	1 x 10oz 1 x 9" x 9"	250°C 225°C	4m30s 15m00s	75% 75%	Place directly in oven
Lancashire Hot Pot – Thawed	401 501	1 x 10 oz 1 x 9" x 9"	250°C 200°C	4m30s 12m00s	75% 100%	Place directly into oven.
Cottage Pie – Thawed	401 501	1 x 10 oz 1 x 9" x 9"	250°C 175°C	4m30s 14m00s	75% 100%	Make several small holes in potato topping. Place directly into oven.
Pies Filling and Pastry Top thawed	401 501	1 x 7 oz 2 x 7 oz 3 x 5 oz 1 x 9" x 9"	225°C 225°C 225°C 225°C	4-5mins 5-6mins 4m30s 9m00s	100% 100% 100% 100%	Brush pastry with cold water prior to cooking. Place directly into oven.
Pies Chilled Filling – Frozen top	401 501	1 x 5-6 oz 2 x 5-6 oz 3 x 5-6 oz 4 x 5-6 oz	250°C 250°C 250°C 250°C	2m30s 3m00s 3m45s 4m30s	100% 100% 100% 100%	Egg wash pastry tops prior to cooking. Place directly into oven.
Vegetable Lasagne - Chilled	401 501	1 x 10 oz 1 x 9" x 9" 2 x 340 g 4 x 340 g	250°C 225°C 225°C 225°C	3m30s 12m00s 9m00s 12m00s	75% 50% 50% 50%	Place directly into oven.
Beef Lasagne – chilled	401 501	1 x 10 oz 2 x 340 g 4 x 340 g	250°C 225°C 225°C	3m30s 8m00s 10m00s	75% 50% 50%	Place directly into oven
Macaroni Cheese – chilled	401 501	1 x 10 oz 2 x 340 g 4 x 340 g	250°C 225°C 225°C	2m45s 8m00s 12m00s	75% 50% 50%	Place directly into oven
Spinach and Ricotta Cannelloni – chilled	401 501	1 x 10 oz 2 x 340 g 4 x 340 g	250°C 225°C 225°C	3m30s 4m15s 13m00s	75% 50% 50%	Place directly into oven.
Cauliflower Cheese – chilled	401 501	1 x 10 oz 1 x 9" x 9"	250°C 200°C	4m30s 12m00s	75% 100%	Place directly into oven
Chicken Tikka Masala Frozen Chilled	501 501	1 x 9" x 9" 1 x 9" x 9"	175°C 175°C	15m00s 7m30s	100% 75%	Put directly into oven. From frozen, after 8 mins, separate chicken pieces and stir thoroughly.

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Chilli con Carne Frozen Chilled	501 501	1 x 9" x 9" 1 x 9" x 9"	200°C 200°C	15m00s 7m30s	100% 75%	Place directly into oven. From frozen, after 6 mins, break up and stir juices onto frozen pieces.
Celery and Cashew Nut Risotto Frozen Chilled	501 501	1 x 9" x 9" 1 x 9" x 9"	200°C 200°C	15m00s 7m30s	100% 75%	Place directly into oven. From frozen, after 6 mins, break up and stir.
VEGETABLES						
Jacket Potatoes – uncooked	501 501	9 x 8-9 oz 12 x 8-9oz 18 x 16oz	250°C 250°C 250°C	16-18 mins 17m00s 23m00s	100% 100% 100%	Place onto pre-heated turntable / grey tray. Adjust timing for seasonal variations
Cooked Jacket Potatoes – chilled	401 / 501	6 x 8-9 oz	250°C	5-6min	100%	Place directly onto pre-heated turntable / grey tray.
Hash Browns – frozen	401/ 501	20	250°C	6m00s	100%	Place directly onto pre-heated turntable / grey tray.
Roast Potatoes – Prepared for roasting	401 501	1.5lb 3lb	250°C 250°C	7-8mins 12 mins	100% 100%	Place directly onto hot turntable / grey tray and lightly coat with oil. Turn potatoes over during cooking cycle.
Chips – frozen	401 / 501	1lb	250°C	5m00s	100%	Spread evenly onto hot turntable / grey tray.
Potato Wedges – frozen	401 / 501	1 lb	250°C	5m00s	100%	Spread evenly onto hot turntable / grey tray.
PUDDINGS						
Baked Apples	401 501	4 x 10oz 4 x 10oz	250°C 250°C	3-5 min 3-5 min	75% 50%	Core and fill apple with fruit and spices to taste. Score skin around the middle and place in dish with 1 fl oz water.
Bread and Butter Pudding Ready made individual portions	401 501	1 x 5oz 4 x 5oz	250°C 250°C	4m00s 4m15s	75% 100%	Place directly into oven.
Christmas Pudding	401 501	8 x 3.5oz 1 x 3lb	250°C 175°C	2m30s 3m00s	100% 100%	Remove from packaging and place in suitable dish. Heat uncovered. Stand for a few minutes after cooking.
Fruit Crumble To prime cook fruit pie filling with crumble mix topping To reheat from chilled	401 501 501	7 oz 4.5lb 4.5lb	250°C 200°C 200°C	4m00s 12m00s 6m00s	75% 50% 100%	Place dish(es) into oven. Finish off on convection only if further browning is required
Sponge	401 501	1 portion 4 portion 2.25 lb	200°C 200°C 200°C	2m15s 3m30s 8m00s	100% 100% 25%	
Fruit Sponge	401 501	1 x 8 oz 4 x 8oz	250°C 250°C	2m30s 3m00s	100% 100%	

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