



RECIPE TRAINING MANUAL





Welcome

As you may be aware, Winston's CVap® product lines have been upgraded. Our ovens and holding cabinets have undergone improvements in both aesthetics and functionality.

The latest generation of CVap equipment deserves refreshed recipes to highlight its enhanced capabilities. These recipes provide clear examples of what CVap ovens can do.

This manual is intended for folks who may not be familiar with CVap technology. It can also serve as a refresher for those who need to brush up on their CVap skills.

A few things to note:

- *We utilized CVap Retherm Ovens (RTV) and a Cook and Hold Ovens (CHV). In both cases, the 5-shelf configuration. Since each kitchen is equipped differently, we elected to test with the most popular models. Recipes may need adjustment for other sizes and configurations.*
- *Food products and ingredients are available throughout the United States. National brands are highly recommended, but generic or store brands are suitable substitutes.*
- *Recipes are simple but impactful. Ingredients listed throughout this manual are ubiquitous, but feel free to modify flavor profiles as desired.*
- *This manual is intended to be user-friendly. It is a work in progress. We welcome feedback.*

Contents

Breakfast Foods

All your breakfast favorites, from eggs to bacon to sausage.
And hot biscuits to round out the morning.

05

Meats

Popular proteins. The best of beef, poultry, and pork.

13

Starch and Vegetables

The full range of veggies, rice, potatoes, and more.

27

School Foods

All the school staples, from tater tots to chicken patties, to
cinnamon rolls.

37

Breads and Desserts

From bread to bread pudding, to cheesecake. It's all here.

47

Specialty Processes

The recipes that didn't quite fit in other categories.
Dehydrated fruit, jerky, and other weird stuff.

65

Breakfast Foods



Bacon

Product:



Wright's Branded, Stack-pack Thick Cut Bacon*

Process:



1. Preheat CVap® Oven.

—Retherm (RTV)

- Cook Time: 35 Minutes
- Vapor Temp: 200°F (93°C)
- Air Temp: 300°F (149°C)

—Cook and Hold (CHV)

- Cook Time: 35 Minutes
- Vapor Temp: 150°F (66°C)
- Air Temp: 350°F (177°C)

—Holding Program

- Holding Time: 4 hours**
- Vapor Temp: 150°F (66°C)
- Air Temp: 180°F (82°C)***

2. Place bacon slices onto a lined sheet pan with minimal spacing. Do not overlap slices.

3. Place the pan into the oven.

- Press **ENTER**.

4. Remove bacon from the oven when the program is complete, or until the desired doneness is reached.

5. Transfer slices to another pan and serve immediately, or transfer to a preheated unit for hot holding.

Chef's Tips

*Thick-cut bacon will typically hold longer than thin-cut.

**The optimal holding time for this type of product is between 2-4 hours. We do not recommend holding in the same oven. This limits cooking flexibility and risks overcooking by carryover heat.

***Decrease holding air temp if you prefer a softer texture. Increase holding air temp if you prefer a firmer texture.

EQUIPMENT:	
	RTV_05 CHV_05 HOV_05 HBB

COOKING TIME:	
	35 Minutes

SETTINGS:	
	RTV 200°F (93°C) Vapor 300°F (149°C) Air CHV 150°F (66°C) Vapor 350°F (177°C) Air

HOLDING:	
	4 Hours** 150°F (66°C) Vapor 180°F (82°C) Air ***



Sausage Patties

Product:



Bob Evans – Refrigerated OR Frozen, Pre-Sliced Sausage

Process:





- 1. Preheat CVap® Oven.**
—**Retherm (RTV)/Cook and Hold (CHV)**
 - RTV Cook Time: 25 Minutes
 - CHV Cook Time: 35 Minutes
 - Vapor Temp: 200°F (93°C)
 - Air Temp: 350°F (177°C)—**Holding Program**
 - Holding Time: 4 hours*
 - Vapor Temp: 150°F (66°C)
 - Air Temp: 160°F (71°C)
- 2. If using frozen sausage patties, thaw the product before cooking.**
- 3. Place patties on a lined sheet pan with ½" spacing between patties. Do not crowd.**
- 4. Place the pan into the oven.**
 - Press **ENTER**.
- 5. Remove sausage from the oven when the program is complete, or until the desired doneness is reached. Ensure a minimum safe internal temperature of 160°F (71°C).****
- 6. Transfer slices to another pan and serve immediately, or transfer to a preheated unit for hot holding.**


Chef's Tips


*The optimal holding time for this type of product is 2 to 4 hours. We do not recommend holding in the same oven. This limits cooking flexibility and risks overcooking by carryover heat.

**USDA Safe Food Handling and Preparation mandates that pork sausage must be cooked to at least 160°F (71°C) ([USDA – Sausages and Food Safety](#)).

EQUIPMENT:	
	RTV_05 CHV_05 HOV_05 HBB

COOKING TIME:	
	RTV 25 Minutes CHV 35 Minutes

SETTINGS:	
	200°F (93°C) Vapor 350°F (177°C) Air

HOLDING:	
	4 Hours* 150°F (66°C) Vapor 160°F (71°C) Air



Biscuits

Product:



Pillsbury Grands - Frozen Dough, Southern-Style or Buttermilk

Process:




1. **Preheat CVap® Oven.**
 —**Retherm (RTV)/Cook and Hold (CHV)**
 - Cook Time: 35 Minutes
 - Vapor Temp: 200°F (93°C)
 - Air Temp: 350°F (177°C)
 —**Holding Program**
 - Holding Time: 1-2 Hours*
 - Vapor Temp: 150°F (65°C)
 - Air Temp: 170°F (76°C)
2. **Place frozen biscuits in a single layer on a parchment-lined perforated half-size sheet pan.****
Biscuits should be touching.
 - Use a 3x4 pattern for a 12-count bag or a 4x5 pattern for a 20-count bag.
3. **Place the pan into the oven.**
 - Press **ENTER**.
4. **Bake for program time or until the desired doneness is achieved.**
5. **Transfer to a preheated unit for holding.**

Chef's Tips


*The optimal holding time for this type of product would be between 1-2 hours. We do not recommend holding in the same oven. This limits cooking flexibility and risks overcooking by carryover heat.


**Use a parchment lined perforated sheet pan to achieve more browning on the bottom of the biscuit, especially center biscuits.

- For a richer flavor, brush the tops of biscuits before and after baking with melted butter.

EQUIPMENT:	
	RTV_05 CHV_05 HOV_05 HBB

COOKING TIME:	
	35 Minutes

SETTINGS:	
	200°F (93°C) Vapor 350°F (177°C) Air

HOLDING:	
	1-2 Hours* 150°F (65°C) Vapor 170°F (76°C) Air



Eggs - Holding

Product:







Fresh Large Eggs

Process:



1. **Preheat CVap® Oven, Holding Cabinet, or Drawer.**
—**Holding Program**
 - Holding Time: 1 Hour
 - Vapor Temp: 136°F (58°C)
 - Air Temp: 136°F (58°C)
2. **Spray a 2" full hotel pan with pan release and place it into the CVap unit to preheat.**
3. **Prepare eggs on the stovetop as desired; sunny side up, over easy, poached, etc.***
4. **Transfer to a preheated unit for holding.**
 - Press **ENTER**.

EQUIPMENT:	
	RTV_05 CHV_05 HOV_05 HBB
COOKING TIME:	
	None
SETTINGS:	
	136°F (58°C) Vapor 136°F (58°C) Air
HOLDING:	
	1 Hour

Chef's Tips

*This program is great for holding any type of egg preparation.



Waffles

Product:



Frozen waffles, any brand

Process:



1. Preheat CVap® Oven.

—**Retherm (RTV)/Cook and Hold (CHV)**

- Cook Time: 20-25 Minutes
- Vapor Temp: 170°F (77°C)
- Air Temp: 350°F (177°C)

—**Holding Program**


- Holding Time: 1 Hour*
- Vapor Temp: 150°F (66°C)
- Air Temp: 170°F (77°C)

2. Place frozen waffles on a perforated sheet pan, single layer with minimal spacing.


3. Place the pan into the oven.


- Press **ENTER**.

4. Remove pan from oven and use immediately or hold in a preheated CVap oven or holding cabinet.

EQUIPMENT:	
	RTV_05 CHV_05 HOV_05 HBB

COOKING TIME:	
	20-25 Minutes

SETTINGS:	
	170°F (77°C) Vapor 350°F (177°C) Air

HOLDING:	
	Up to 1 Hour* 150°F (66°C) Vapor 170°F (77°C) Air

Chef's Tips

*The optimal holding time for this type of product is up to 1 hour. We do not recommend holding in the same oven. This limits cooking flexibility and risks overcooking by carryover heat.



Scrambled Eggs

Ingredients:



Standard Metric

Large Eggs _____ **18 each** **18 each**

Kosher Salt _____ **2 tsp** **8 g**

Black Pepper _____ **¼ tsp** **1 g**

Process:



1. Preheat CVap® Oven.

—Retherm (RTV)

- Cook Time: 20-30 Minutes
- Vapor Temp: 200°F (93°C)
- Air Temp: 230°F (110°C)

—Holding Program

- Holding Time: 4 Hours*
- Vapor Temp: 136°F (58°C)
- Air Temp: 136°F (58°C)

—Cook and Hold (CHV)

- Cook Time: 20-30 Minutes
- Vapor Temp: 200°F (93°C)
- Air Temp: 250°F (121°C)

2. Spray a 4" third pan with cooking spray.

3. Crack eggs into a bowl and whisk until thoroughly combined and aerated.

4. Pour eggs into the pan

5. Place the pan into the oven.

- Press **ENTER**.

6. Check the status of eggs every five minutes or so. Use a heat-resistant spatula to turn and scrape the sides of the pan.

7. Once the program ends, or eggs are cooked to appropriate doneness, remove the pan from the oven and fold in seasoning.**

8. Serve immediately or transfer to holding cabinet.

Chef's Tips

*The optimal holding time for this type of product is up to 4 hours. We do not recommend holding in the same oven. This limits cooking flexibility and risks overcooking by carryover heat.

**We recommend adding seasonings at or near the end of the cook cycle. This will ensure a firmer egg texture. Additionally, seasoning early in the cooking process may result in egg discoloration.

EQUIPMENT:	
	RTV_05 CHV_05 HOV_05 HBB

COOKING TIME:	
	20-30 Minutes

SETTINGS:	
	RTV 200°F (93°C) Vapor 230°F (110°C) Air
	CHV 200°F (93°C) Vapor 250°F (121°C) Air

HOLDING:	
	4 Hours* 136°F (58°C) Vapor 136°F (58°C) Air



Meats



EQUIPMENT:



RTV_05
CHV_05
HOV_05

COOKING TIME:



1.5-2 Hours*

SETTINGS:



160°F (71°C) Vapor
350°F (177°C) Air

HOLDING:



2 Hours
150°F (66°C) Vapor
180°F (82°C) Air



Chef's Tips

*If roasting more than two birds, increase cook time accordingly.

**USDA Safe Food Handling recommends to cook chicken to 165°F internal temperature.

Roasted Whole Chicken

Product:



Standard	Metric
5-6 lbs. per bird	2.3-2.7 kg per bird

Whole Fresh Chicken _____

Seasoning Ingredients:



Standard	Metric
----------	--------

Butter _____	½ Cup	115 g
Brown Sugar _____	2 Cups	450 g
McCormick Montreal _____	1 Cup	200 g
Smoked Paprika _____	½ Cup	70 g
Granulated Garlic _____	¼ Cup	35 g
Granulated Onion _____	¼ Cup	35 g

Process:



1. Preheat CVap® Oven.

—Retherm (RTV)/Cook and Hold (CHV)

- Cook Time: 1.5 to 2 hours or until internal temperature reaches 165°F (74°C)*
- Vapor Temp: 160°F (71°C)
- Air Temp: 350°F (177°C)

—Holding Program

- Holding Time: 2 Hours
- Vapor Temp: 150°F (66°C)
- Air Temp: 180°F (82°C)

2. Prepare the bird by removing any giblets from inside the cavity, and pat outside dry.

3. To truss the chicken (without string).

- Bend the wing tips back behind the shoulder blade.
- Using a paring knife, make a 2" (5 cm) incision on the underside of one leg then push the opposite leg tip through the slit.

4. Coat the chicken with soft butter then generously sprinkle seasoning mix all over the outside.

- Store leftover spice rub in an air tight container

5. Place the bird on a rack-lined hotel pan or rack-lined half sheet pan.

6. Place the pan into the oven.

- Press **ENTER**.

7. Once the chicken is done, remove it from the oven and allow it to rest slightly before carving to serve or transfer to a preheated holding cabinet**

Pulled Pork

Product:



Standard

Metric

1 Fresh Bone-In Pork Shoulder,
Boston Butt, or Picnic _____

8-9 lbs.
each

3.5-4.0 kg
each

Seasoning Ingredients:



Standard

Metric

Brown Sugar _____

2 Cups

450 g

McCormick Montreal _____

1 Cup

200 g

Smoked Paprika _____

½ Cup

70 g

Granulated Garlic _____

¼ Cup

35 g

Granulated Onion _____

¼ Cup

35 g

Process:



1. Preheat CVap® Oven.

—Retherm (RTV)

- Cook Time: 6 Hours
- Vapor Temp: 200°F (93°C)
- Air Temp: 230°F (110°C)

—Cook and Hold (CHV)

- Cook Time: 6 Hours
- Vapor Temp: 200°F (93°C)
- Air Temp: 250°F (121°C)

—Holding Program

- Holding Time: Infinite*
- Vapor Temp: 140°F (60°C)
- Air Temp: 145°F (63°C)

2. Prepare seasoning mix, and set aside.

3. Liberally season on all sides of the roast. Allow to set for at least 10-15 minutes. Overnight is better if time permits.

4. Place roast on a rack inside of a full size hotel pan.





5. Place the pan into the oven.

- Press **ENTER**.

6. When the cook cycle is complete, either remove the butts from the oven and pull them or allow the butts to hold until you are ready to pull them.





EQUIPMENT:	
	RTV_05 CHV_05
COOKING TIME:	
	6 Hours
SETTINGS:	
	RTV 200°F(93°C) Vapor 230°(110°C) Air
	CHV 200°F(93°C) Vapor 250°(121°C) Air
HOLDING:	
	Infinite* 140°F (60°C) Vapor 145° (63°C) Air

Chef's Tips

*Hold up to 24 hours, whole or pulled (covered).

- This is a great candidate for an overnight cook. Allow the pork roasts to cook for 6 hours, then hold at a safe temperature (for an extended period) until you are ready.
- If using an overnight cook and hold process, we recommend a water line be connected, and both "Auto Fill System" features are engaged under Settings.

Beef Short Ribs

Product:



Standard	Metric
2 lbs. approx.	1 kg approx.

Beef Short Ribs -Bone-in _____

Seasoning Ingredients:



Standard	Metric
1-2 tsp	5-10 g

Kosher Salt _____

Process:



- 1. Preheat CVap® Oven.**
—**Retherm (RTV)/Cook and Hold (CHV)**
 - Cook Time: 22-24 Hours*
 - Vapor Temp: 140°F (60°C)
 - Air Temp: Sous Vide
- 2. Lightly salt all sides.**
- 3. Place the ribs into a 2" or 4" half hotel pan.**
- 4. Place the pan into the oven.**
 - Press **ENTER**.
- 5. When the cook time is complete, remove ribs from oven or continue holding until needed.**
- 6. Prepare to finish by patting the outside dry of any moisture and season with salt and pepper.**
- 7. Finally, give ribs a proper searing on a plancha, chargrill, flat grill, broiler, etc.**

Chef's Tips

- Don't remove the bone-side cartilage. There's no need to "peel" the rib. Keeping the membrane intact prevents the meat portion from curling, and makes the post-sear step more consistent.
- Refrigerate ribs overnight. uncovered and racked. This allows drying.
- Once the cooking cycle is complete, remove ribs from oven, pat dry, season as desired, and finish with a post-sear before serving.
- If using an overnight cook and hold process, we recommend a water line be connected, and both "Auto Fill System" features are engaged under Settings.

EQUIPMENT:	
	RTV_05 CHV_05

COOKING TIME:	
	22-24 Hours

SETTINGS:	
	140°F(60°C) Vapor Sous Vide Air

HOLDING:	
	None



Baby Back Ribs

Product:



Standard Metric

4 Fresh Pork Back Ribs 2.75 - 3.25 lbs. each 1.25 - 1.50 kg each

Seasoning Ingredients:



Standard Metric

Brown Sugar 2 Cups 450 g

McCormick Montreal 1 Cup 200 g

Smoked Paprika ½ Cup 70 g

Granulated Garlic ¼ Cup 35 g

Granulated Onion ¼ Cup 35 g

Process:



1. Preheat CVap® Oven.

—Retherm (RTV)

- Cook Time: For Pull-off-the-Bone - 4 Hours
For Fall-off-the-Bone - 4.5 Hours

- Vapor Temp: 190°F (88°C)
- Air Temp: 220°F (116°C)

—Cook and Hold (CHV)

- Cook Time: For Pull-off-the-Bone - 4.5 Hours
For Fall-off-the-Bone - 5 Hours

- Vapor Temp: 190°F (88°C)
- Air Temp: 240°F (104°C)

—Holding Program

- Holding Time: 12 Hours
- Vapor Temp: 135°F (57°C)
- Air Temp: 145°F (63°C)

2. Prepare seasoning mix, and set aside.

3. Score the back side (or bone side) with a paring knife.

4. Liberally season both sides of each rib. Let rest 10-15 minutes.

5. Place ribs onto a foil or parchment-lined baking sheet. Keep placement in a single layer, bone-side down.

6. Place the pan into the oven.

- Press **ENTER**.

7. When the cook time is complete, remove the ribs from the oven and sauce and slice them to serve or place into holding unit until you are ready to serve.

EQUIPMENT:	
	RTV_05 CHV_05

COOKING TIME:	
	RTV Pull-4 Hours/ Fall-4.5 Hours CHV Pull-4.5 Hours/ Fall-5 Hours

SETTINGS:	
	RTV 190°F (88°C) Vapor 220°F (116°C) Air CHV 190°F (88°C) Vapor 240°F (104°C) Air

HOLDING:	
	12 Hours 135°F (57°C) Vapor 145°F (63°C) Air








Chef's Tips


*Time is based on the CVap Rule of Thumb on protein diameter. This general rule says the CVap cooking rate is 1" per hour. For example, if a roast is 5" at the thickest portion of the muscle, the cooking time should be approximately five hours (when using braising or sous vide-type techniques).

- This program is also a great starting point for other similar whole roasts, for example, an inside round.
- Quality Grade DOES matter! Especially when it comes to yield and quality eating experience. In a single or half roast cook, Prime Grade consistently provides higher yield over Select or Choice.
- Quantity matters as well! The more product in the oven the better the yield. For demonstration purposes, however, running "full load" is not typically suggested.
- If using an overnight cook and hold process, we recommend a water line be connected, and both "Auto Fill System" features are engaged under Settings.

EQUIPMENT:	
	RTV_05 CHV_05

COOKING TIME:	
	6 Hours*

SETTINGS:	
	130°F (54°C) Vapor RTV 160° (71°C) Air HIGH YIELD ON 130°F (54°C) Vapor CHV 180° (82°C) Air HIGH YIELD ON

HOLDING:	
	Infinite 130°F (54°C) Vapor 132° (56°C) Air



Beef Roast

Product:



**Prime Grade Rib Roast, Boneless,
Whole or Portioned** _____

Standard

Metric

13-16 lbs.
whole

6-7 kg whole

6-8 lbs. half 3-3.5 kg half

Seasoning Ingredients:



Standard

Metric

Soy Sauce _____

¼ Cup

72 g

McCormick Montreal _____

½ Cup

80 g

Process:



1. Preheat CVap® Oven.

—Retherm (RTV)

- Cook Time: 6 Hours*
- Vapor Temp: 130°F (54°C)
- Air Temp: 160°F (71°C)
- High Yield: ON

—Cook and Hold (CHV)

- Cook Time: 6 Hours*
- Vapor Temp: 130°F (54°C)
- Air Temp: 180°F (82°C)
- High Yield: ON

—Holding Program

- Holding Time: Infinite
- Vapor Temp: 130°F (54°C)
- Air Temp: 132°F (56°C)

2. Cover the entire roast with a light layer of soy sauce, then apply an even layer of Montreal seasoning.

3. Place roast onto a rack lined 2" full hotel pan.

4. Place the pan into the oven.

- Press **ENTER**.

5. When cook time is complete, either slice for immediate service or hold until you are ready to slice and serve.

Chicken Thigh Confit

Product:



Standard Metric

Bone-in, Skin-on Thighs (fresh or thawed) _ 4-5 lbs. 1.5 - 2.5 kg

Seasoning Ingredients:



Standard Metric

Vegetable Oil (preferred) _____ 3 quarts 3 liters

Kosher Salt _____ 1-2 Tbs 15-30 g

Fresh Herbs _____ 5-6 sprigs 5-6 sprigs

Fresh Garlic Cloves _____ 10 each 10 each

Process:



1. **Preheat CVap® Oven.**
—**Retherm (RTV)/Cook and Hold (CHV)**
 - RTV Cook Time: 90 Minutes
 - CHV Cook Time: 2 Hours
 - Vapor Temp: 185°F (85°C)
 - Air Temp: 250°F (121°C)
2. **Salt both sides of the thighs and place into a 4" half hotel pan.**
3. **Smash the garlic and add to pan.**
4. **Add the herbs.**
5. **Ensure everything is covered with oil. Probe one of the mid-sized thighs with a thermocouple.**
6. **Place the pan into the oven.**
 - Press **ENTER**.
7. **Once thighs reach 190°F-195°F range, remove from oven. This will take approximately 1 ½ - 2 ½ hours, depending on size of thighs and oven type.**
 - Serve immediately or chill and refrigerate for future use.*

Chef's Tips

*The product will carryover cook until it is chilled, causing textural changes that may not be desirable. It is advantageous to chill immediately to stop carryover.

EQUIPMENT:	
	RTV_05 CHV_05

COOKING TIME:	
	RTV 90 Minutes CHV 2 Hours

SETTINGS:	
	185°F (85°C) Vapor 250° (121°C) Air

HOLDING:	
	None



Steaks

Product:



Steaks, Fresh Portioned Cuts: Filet, Strip, Ribeye, etc.

Seasoning Ingredients:



Standard

Metric

Kosher Salt _____ **to taste** **to taste**

Black Pepper _____ **to taste** **to taste**

Process:



- 1. Preheat CVap® Oven.**
—**Retherm (RTV)/Cook and Hold (CHV)**
 - Cook Time: 1 Hour
 - Vapor Temp: 130°F (54°C)*
 - Air Temp: Sous Vide**
- 2. Prepare the steaks by portioning as desired. Keep the thickness around 1" (2.5cm) or less.**
- 3. Place each steak in a single layer on a rack-lined half sheet pan. Leave a 1" space between steaks.**
- 4. Place the pan into the oven.**
 - Press **ENTER**.
- 5. When the cook time is complete, remove steaks from oven or continue holding until needed.**
- 6. Prepare to finish by patting the outside dry of any moisture and season with salt and pepper to taste.**
- 7. Finally, give steaks a proper sear on a plancha, chargrill, flat grill, broiler, etc.**

—**Holding Program*****

- Holding Time: 4 hours
- Vapor Temp: 130°F (54°C)
- Air Temp: Sous Vide**

Chef's Tips

*Set the Cook and Hold temperature to 130°F (54°C) for a medium rare interior. "Reverse sear" before serving. Vapor temperature can be increased or decreased to suit endpoint temperature preference.

**Sous Vide is an option in the "Air Temperature" program chain. Scroll to locate.

***Holding – the steaks do not need to be transferred to another holding cabinet if programmed to "Cook and Hold."

EQUIPMENT:	
	RTV_05 CHV_05

COOKING TIME:	
	1 Hour

SETTINGS:	
	130°F (54°C) Vapor* Sous Vide Air**

HOLDING:	
	4 Hours 130°F (54°C) Vapor Sous Vide Air**



Whole Turkey Sous Vide-Style

Product:



Standard

Metric

1 Fresh or Frozen Whole Turkey _____ 10 - 14 lbs. 4.5 - 6.3 kg





Process:



1. **Preheat CVap® Oven.**
—**Retherm (RTV)/Cook and Hold (CHV)**
 - RTV Cook Time: 6 Hours
 - CHV Cook Time: 6.5 Hours
 - Vapor Temp: 185°F (85°C)
 - Air Temp: 185°F (85°C)—**Holding Program**
 - Holding Time: Infinite
 - Vapor Temp: 140°F (60°C)
 - Air Temp: 150°F (66°C)
2. **If the turkey is frozen, be sure to thaw completely before cooking.**
3. **Remove turkey from packaging and allow to drain off any excess liquid. Remove the neck and giblet package from the cavity. Remove the pop-up timer, if applicable.**
4. **Keep the plastic heat-resistant leg truss piece intact, if applicable.**
5. **Fold the turkey wings back behind the shoulder blades, then bind the legs together (if not already trussed).**
6. **Place turkey in a rack-lined hotel pan.***
7. **Place the pan into the oven.**
 - Press **ENTER**.
8. **Before the cooking program is complete, probe the wing, thigh, and thickest part of the breast to ensure that the internal temperature has reached 165°F. The turkey can be held until it is ready to address. Holding overnight is safe.****
9. **Remove turkey from oven and slice to serve, or prepare to “finish” by crisping or browning the outside as desired. *****





EQUIPMENT:	
	RTV_05 CHV_05
COOKING TIME:	
	RTV 6 Hours CHV 6.5 Hours
SETTINGS:	
	185°F(85°C) Vapor 185°F(85°C) Air
HOLDING:	
	Infinite 140°F (60°C) Vapor 150° (66°C) Air

Chef's Tips

*We do not recommend a sheet pan for this process. Turkey produces a lot of au jus, which can overflow a sheet pan.

**USDA Safe Food Handling practices recommend that turkey cook to an internal temperature of 165°F. To verify this, probe a wing, thigh, and thickest part of the turkey breast before serving.

***A couple of great ways to “finish” the turkey are to open deep fry it at 350°F or to high-temperature roast it at 425°F until the outside color is golden. These finishing steps should only take 10-15 minutes.

- If using an overnight cook and hold process, we recommend a water line be connected, and both “Auto Fill System” features are engaged under Settings.

Starch and Vegetables



Roasted Cauliflower

Ingredients:



Standard

Metric

Fresh Head of Cauliflower _____ 1 each 1 each


Olive Oil _____ 2 Tbsp 30 ml

Kosher Salt _____ ½ tsp 3g


Process:



1. **Preheat CVap® Oven.**
—**Retherm (RTV)/Cook and Hold (CHV)**
 - RTV Cook Time: 25 Minutes
 - CHV Cook Time: 30 Minutes
 - Vapor Temp: 200°F (93°C)
 - Air Temp: 350°F (177°C)
2. **Cut cauliflower down into 1-2" bite-sized pieces.**
3. **Toss with olive oil and salt.**
4. **Place onto a parchment-lined half sheet pan.**
5. **Place pan into the oven.**
 - Press **ENTER**
6. **Remove at program time or when the desired texture is reached. Serve immediately.**

EQUIPMENT:	
	RTV_05 CHV_05

COOKING TIME:	
	RTV 25 Minutes CHV 30 Minutes

SETTINGS:	
	200°F (93°C) Vapor 350°F (177°C) Air

HOLDING:	
	None



Roasted Broccoli

Ingredients:



Standard

Metric

Fresh Head of Broccoli _____ 1 each 1 each


Olive Oil _____ 2 Tbsp 30 ml

Kosher Salt _____ ½ tsp 3g


Process:



1. **Preheat CVap® Oven.**
—Retherm (RTV)/Cook and Hold (CHV)
 - Cook Time: 25 Minutes
 - Vapor Temp: 200°F (93°C)
 - Air Temp: 350°F (177°C)
2. **Cut broccoli into 1-2" bite-sized pieces.**
3. **Toss with olive oil and salt.**
4. **Place onto a parchment-lined half sheet pan.**
5. **Place pan into the oven.**
 - Press **ENTER**
6. **Remove at program time or when the desired texture is reached. Serve immediately.**

EQUIPMENT:	
	RTV_05 CHV_05

COOKING TIME:	
	25 Minutes

SETTINGS:	
	200°F (93°C) Vapor 350°F (177°C) Air

HOLDING:	
	None



Roasted Butternut Squash

Ingredients:



Standard Metric

Butternut Squash, Medium _____ **1 each** **1 each**


Olive Oil _____ **2 Tbsp** **30 ml**

Kosher Salt _____ **½ tsp** **3 g**


Process:



1. **Preheat CVap® Oven.**
—**Retherm (RTV)/Cook and Hold (CHV)**
 - RTV Cook Time: 40 Minutes
 - CHV Cook Time: 45 Minutes
 - Vapor Temp: 200°F (93°C)
 - Air Temp: 350°F (177°C)
2. **Peel the butternut squash, half and deseed.**
3. **Dice into ½ - 1" bite-sized pieces.**
4. **Toss with olive oil and salt.**
5. **Place onto a parchment-lined half sheet pan.**
6. **Place pan into the oven.**
 - Press **ENTER**
7. **Remove at program time or when desired doneness is reached.**

EQUIPMENT:	
	RTV_05 CHV_05

COOKING TIME:	
	RTV 40 Minutes CHV 45 Minutes

SETTINGS:	
	200°F (93°C) Vapor 350°F (177°C) Air

HOLDING:	
	None



Baked Potatoes

Ingredients:



Standard Metric

Russet Baking Potatoes 70-80 count*	4 each	4 each
Vegetable Oil	1 Tbsp	15 g
Kosher Salt	2 tsp	10 g

Process:







- Preheat CVap® Oven.**
 - Retherm (RTV)/Cook and Hold (CHV)**
 - Cook Time: approximately 1 Hour for a full case or less.**
 - Vapor Temp: 200°F (93°C)
 - Air Temp: 350°F (177°C)
 - Holding Program (RTV/CHV/HOV/HBB)**
 - Holding Time: Up to 3 Hours**
 - Vapor Temp: 135°F (57°C)
 - Air Temp: 195°F (91°C)
- Wash potatoes. Allow them to dry.**
- Pierce the skin of each potato with a fork or knife.**
- Coat each potato with vegetable oil and sprinkle kosher salt over its entire surface. Place potatoes onto an unlined baking sheet.**
- Place pan into the oven.**
 - Press **ENTER**
- A few minutes before the program completes, probe a center potato and an outside potato to ensure the internal temperature is between 205°F and 210°F (96°C and 99°C), plus or minus two degrees.**
- Transfer potatoes to another preheated unit for holding.**

Chef's Tips

*70-80 potatoes weigh approximately 0.5 -0.75 lbs or 0.2-0.3 kg.

**Bigger potatoes (larger than a 70 or 80-count baker) may require additional cooking time. Although the recipe specifies four potatoes, cook time will be roughly the same whether it is four or an entire oven full.

**The optimal holding time for baked potatoes is no more than three hours. Ultimately, the preferences and expectations of the end user will determine the maximum hold time.

EQUIPMENT:	
	RTV_05 CHV_05 HOV_05 HBB
COOKING TIME:	
	1 Hour*
SETTINGS:	
	200°F (93°C) Vapor 350°F (177°C) Air
HOLDING:	
	3 Hours** 135°F (57°C) Vapor 195°F (91°C) Air



Long-Grain White Rice – Basmati

Ingredients:



Standard Metric

Basmati Rice _____ **4 Cups** **720 g**
Water _____ **5½ Cups** **1.3 liters**

Process:



1. **Preheat CVap® Oven.**
 —**Retherm (RTV)/Cook and Hold (CHV)**
 - Cook Time: 25 Minutes*
 - Vapor Temp: 200°F (93°C)
 - Air Temp: 350°F (177°C)
 —**Holding Program (RTV/CHV/HOV)**
 - Holding Time: Up to 12 Hours**
 - Vapor Temp: 140°F (60°C)
 - Air Temp: 150°F (66°C)
2. **Rinse rice thoroughly.**
3. **Allow to drain for one minute before adding to a 2" full hotel pan.**
4. **Add cool water to the rice.**
5. **Cover the pan with parchment and foil. Crimp foil around the edges to create a tight seal.*****
6. **Place pan into the oven.**
 - Press **ENTER**
7. **At the end of the cook cycle remove the pan from the oven. Allow rice to rest or cure for ten minutes, either on a counter top or in a holding cabinet before removing the cover and fluffing with a fork.******
8. **Serve immediately, or re-cover and to a holding cabinet.**

Chef's Tips

*Cook time will vary depending on the type of rice, the pan utilized, and the rice/water ratio. Be mindful of these variables.

**Hold time will vary. Ultimately, the end user determines acceptable quality limits. Holding rice is a precarious task. Holding too cool increases food safety risks. On the other hand, holding too hot can diminish food quality. For best hold results set vapor and air temps between 140°F (60°C) and 150°F (66°C).

***We do not recommend using plastic wrap to cover the pans.

****Limit curing time. Extended curing can allow the food temperature to drop below 135F, leading to food safety concerns.

EQUIPMENT:	
	RTV_05 CHV_05 HOV_05

COOKING TIME:	
	25 Minutes

SETTINGS:	
	200°F(93°C) Vapor 350°F(177°C) Air

HOLDING:	
	Up to 12 Hours** 140°F (60°C) Vapor 150°F (66°C) Air



Long-Grain White Rice – Jasmine

Ingredients:



Standard Metric

Jasmine Rice _____ 4 Cups 720 g
Water _____ 5½ Cups 1.3 liters

Process:



1. **Preheat CVap® Oven.**
—**Retherm (RTV)/Cook and Hold (CHV)**
 - Cook Time: 20 Minutes*
 - Vapor Temp: 200°F (93°C)
 - Air Temp: 350°F (177°C)
—**Holding Program (RTV/CHV/HOV)**
 - Holding Time: Up to 12 Hours**
 - Vapor Temp: 140°F (60°C)
 - Air Temp: 150°F (66°C)
2. **Rinse rice thoroughly.**
3. **Allow to drain for one minute before adding to a 2" full hotel pan.**
4. **Add cool water to the rice.**
5. **Cover the pan with parchment and foil. Crimp foil around the edges to create a tight seal.*****
6. **Place pan into the oven.**
 - Press **ENTER**
7. **At the end of the cook cycle remove the pan from the oven. Allow rice to rest or cure for ten minutes, either on a counter top or in a holding cabinet before removing the cover and fluffing with a fork.******
8. **Serve immediately, or re-cover and to a holding cabinet.**


Chef's Tips


*Cook time will vary depending on the type of rice, the pan utilized, and the rice/water ratio. Be mindful of these variables.


**Hold time will vary. Ultimately, the end user determines acceptable quality limits. Holding rice is a precarious task. Holding too cool increases food safety risks. On the other hand, holding too hot can diminish food quality. For best hold results set vapor and air temps between 140°F (60°C) and 150°F (66°C).


***We do not recommend using plastic wrap to cover the pans.

****Limit curing time. Extended curing can allow the food temperature to drop below 135F, leading to food safety concerns.

EQUIPMENT:	
	RTV_05 CHV_05 HOV_05

COOKING TIME:	
	20 Minutes

SETTINGS:	
	200°F(93°C) Vapor 350°F(177°C) Air

HOLDING:	
	Up to 12 Hours** 140°F (60°C) Vapor 150°F (66°C) Air



Tortilla Chips

Product: 

Tortilla Chips, commercial product (e.g., Tostitos)


Process: 


- 1. **Preheat CVap® Oven, Holding Cabinet, or Drawer.**
—Holding Program
 - Holding Time: Infinite
 - Vapor Temp: 90°F (32°C)
 - Air Temp: 180°F (82°C)
- 2. **Place chips into a 4-inch or 6-inch full hotel pan.**
- 3. **Place the pan into the preheated oven.***
 - Press **ENTER** (Start the program in an oven or holding cabinet. Drawers are ready when preheated.)





Chef's Tips

*Do not put the chips in the CVap unit before it has preheated.

EQUIPMENT:	
	RTV_05 CHV_05 HOV_05 HBB

COOKING TIME:	
	None

SETTINGS:	
	90°F (32°C) Vapor 180°F (82°C) Air

HOLDING:	
	Infinite





School Foods



Chicken Tenders

Product:



Frozen Crispy Chicken Tenders or Strips

Process:



1. Preheat CVap® Oven.

—Retherm (RTV)

- Cook Time: 25-30 Minutes
- Vapor Temp: 130°F (54°C)
- Air Temp: 350°F (177°C)

—Cook and Hold (CHV)

- Cook Time: 25-30 Minutes
- Vapor Temp: OFF – Water Removed*
- Air Temp: 350°F (177°C)
- Ensure that the Auto-Water Fill options Level Sensor and Water Valve, are **DISABLED** under “Settings-->Fill System.”

—Holding Program (RTV/CHV/HOV)

- Holding Time: Up to 2 Hours**
- Vapor Temp: 150°F (66°C)
- Air Temp: 180°F (82°C)

2. Arrange product onto a perforated sheet pan in a single layer, spaced apart.**

3. Place the pan into the preheated oven.*

- Press **ENTER**

4. Remove tenders from the oven when the cook program is completed.

5. Serve immediately, or transfer chicken strips to a hot holding cabinet.

Chef's Tips

*CHV - Use the drain valve at the oven's bottom front to drain water from the evaporator. Although most CHV recipes require water in the evaporator, frozen breaded products are an exception. Optimal results for these products will be obtained by running the oven dry.

**Solid sheet pans will work also but perforated sheet pans work best with frozen, breaded products and are recommended if available.

EQUIPMENT:	
	RTV_05 CHV_05 HOV_05

COOKING TIME:	
	25-30 Minutes

SETTINGS:	
	RTV 130°F (54°C) Vapor 350°F (177°C) Air
	CHV Off (No water) Vapor* 350°F (177°C) Air

HOLDING:	
	Up to 2 Hours 150°F (66°C) Vapor 180°F (82°C) Air



Chicken Patties

Product:



Frozen, Breaded Chicken Patties

Process:



1. Preheat CVap® Oven.

—Retherm (RTV)

- Cook Time: 25-30 Minutes
- Vapor Temp: 130°F (54°C)
- Air Temp: 350°F (177°C)

—Cook and Hold (CHV)

- Cook Time: 25-30 Minutes
- Vapor Temp: OFF – Water Removed*
- Air Temp: 350°F (177°C)
- Ensure that the Auto-Water Fill options Level Sensor and Water Valve, are **DISABLED** under “Settings-->Fill System.”

—Holding Program (RTV/CHV/HOV)

- Holding Time: Up to 2 Hours**
- Vapor Temp: 150°F (66°C)
- Air Temp: 180°F (82°C)

2. Arrange product onto a perforated sheet pan in a single layer, spaced apart.**

3. Place the pan into the preheated oven.*

- Press **ENTER**

4. Remove patties from the oven when the cook program is completed.

5. Serve immediately, or transfer patties to a hot holding cabinet.

Chef's Tips

*CHV - Use the drain valve at the oven's bottom front to drain water from the evaporator.

**Solid sheet pans will work also but perforated sheet pans work best with frozen, breaded products and are recommended if available.

EQUIPMENT:	
	RTV_05 CHV_05 HOV_05

COOKING TIME:	
	25-30 Minutes

SETTINGS:	
	RTV 130°F (54°C) Vapor 350°F (177°C) Air
	CHV Off (No water) Vapor* 350°F (177°C) Air

HOLDING:	
	Up to 2 Hours 150°F (66°C) Vapor 180°F (82°C) Air



Macaroni & Cheese

Product:



Refrigerated, Ready-To-Heat Options:

Bob Evans Tasteful Sides Macaroni & Cheese, 20 oz CPET Tray

Frozen, Ready-To-Cook Options:

Stouffer's Macaroni & Cheese, Party Size 76 oz Foil Tray

Process:



1. Preheat CVap® Oven.

—**Retherm (RTV)/Cook and Hold (CHV)**

- **Cook Time: Refrigerated Items**
–30-40 Minutes or until internal temp reaches 165°F (74°C)
- **Cook Time: Frozen Items**
–RTV: 60 Minutes or until internal temp reaches 165°F (74°C)
–CHV: 70 Minutes or until internal temp reaches 165°F (74°C)
- **Vapor Temp: 200°F (93°C)**
- **Air Temp: 200°F (93°C)**

—**Holding Program (RTV/CHV/HOV)**

- **Holding Time: Up to 3 Hours**
- **Vapor Temp: 140°F (60°C)**
- **Air Temp: 150°F (66°C)**

2. Remove macaroni and cheese containers from sleeve or box packaging. Remove plastic or foil lid and place trays onto a perforated sheet pan.


3. Place the pan into the oven.


- Press **ENTER**.


4. After 75% of the cook time has passed, open the oven door and carefully remove the tray. Stir mac & cheese to ensure thorough heating. Check the temperature.


5. Return pans to the oven to complete retherm if the internal temp is less than the target temperature of 165°F (74°C).

6. Once completed, remove from oven. Serve immediately or transfer to a preheated holding unit for hot holding.

EQUIPMENT:	
	RTV_05 CHV_05 HOV_05

COOKING TIME:	
	RTV Refrigerated 30-40 Mins Frozen 60 Mins
	CHV Refrigerated 30-40 Mins Frozen 70 Mins

SETTINGS:	
	200°F (93°C) Vapor 200°F (93°C) Air

HOLDING:	
	Up to 3 Hours 140°F (60°C) Vapor 150°F (66°C) Air



Cinnamon Rolls

Product:



Frozen Cinnamon Roll Dough -Thaw, Rise & Bake product

Process:



1. **Preheat CVap® Oven – Proofing.**
—Retherm (RTV)/Cook and Hold (CHV)/Holding Cabinet (HOV)
Thawed
 - Proof Time: 45 Minutes*
 - Vapor Temp: 90°F (32°C)
 - Air Temp: 92°F (33°C)**Frozen**
 - Proof Time: 90 Minutes*
 - Vapor Temp: 90°F (32°C)
 - Air Temp: 92°F (33°C)
2. **Preheat CVap Oven – Baking.**
—Retherm (RTV)
 - Cook Time: 15 Minutes
 - Vapor Temp: 200°F (93°C)
 - Air Temp: 310°F (154°C)**—Cook and Hold (CHV)**
 - Cook Time: 15 Minutes
 - Vapor Temp: 200°F (93°C)
 - Air Temp: 350°F (177°C)
3. **Place dough onto a heavily sprayed solid half sheet pan spaced at least 2" apart.**
4. **Dough can be proofed thawed or frozen.**
 - **If thawing first**, spray the tops of each roll and lay plastic wrap over top. Thaw on a countertop or refrigerate overnight.
 - **If preparing frozen**, place the pan directly into the proofing unit and allow rolls to rise until they have approximately doubled in size.**
5. **Once properly proofed, place the pan into the oven.**
 - Press **ENTER**.
6. **Remove the pan from the oven when cook cycle completes or when desired doneness is reached. Move pan onto a cooling rack.**
7. **Allow cinnamon rolls to cool before adding icing.**

Chef's Tips

*Proofing time is dependent on many factors. Times listed are approximate. Be sure to monitor status periodically.

**When dough has completed rising and is ready to be baked, it should have roughly doubled in size. Dough should have a bit of bounce back when you make an indentation with your finger.

EQUIPMENT:	
	RTV_05 CHV_05 HOV_05

COOKING TIME:	
	15 Minutes

SETTINGS:	
	RTV 200°F (93°C) Vapor 310°F (154°C) Air
	CHV 200°F (93°C) Vapor 350°F (177°C) Air

PROOFING:	
	Thawed 45 Minutes Frozen 90 Minutes 90°F (32°C) Vapor 92°F (33°C) Air



Tater Tots

Product:



Ore-Ida Golden Tater Tots, or equivalent frozen product

Process:



1. **Preheat CVap® Oven.***
 - Retherm (RTV)**
 - Cook Time: 50-60 Minutes
 - Vapor Temp: 160°F (71°C)
 - Air Temp: 350°F (177°C)
 - Holding Program (CVap Oven, Holding Cabinet, or Drawer)**
 - Holding Time: Up to 2 Hours
 - Vapor Temp: 150°F (66°C)
 - Air Temp: 180°F (82°C)
2. **Spread out 4 to 5 lbs. of frozen tots in a single layer onto a sprayed perforated sheet pan.**
3. **Place the pan into the oven.**
 - Press **ENTER**.
4. **Remove from oven once the program is complete.**
5. **Use a straight spatula to remove tots from the pan. Serve immediately, or transfer tots to another pan for hot holding.**

Chef's Tips

*Preparation in a CVap Cook and Hold Oven (CHV) is not recommended.

EQUIPMENT:	
	RTV_05 HOV_05 HBB

COOKING TIME:	
	50-60 Minutes

SETTINGS:	
	160°F (71°C) Vapor 350°F (177°C) Air

HOLDING:	
	Up to 2 Hours 150°F (66°C) Vapor 180°F (82°C) Air



Pizza

Product:



Red Baron Frozen Pizzas – Classic Crust – Pepperoni

Process:



1. Preheat CVap® Oven.

—Retherm (RTV)

- Cook Time: 15-20 Minutes
- Vapor Temp: 200°F (93°C)
- Air Temp: 325°F (163°C)

—Cook and Hold (CHV)

- Holding Time: 15-20 Minutes
- Vapor Temp: 200°F (93°C)
- Air Temp: 350°F (177°C)

2. Place two pizzas onto a solid sheet pan lined with parchment paper or sprayed with pan release.*

3. Allow pizzas to slack or thaw up to 30 minutes prior to baking.**

4. Place the pan into the oven.

- Press **ENTER**.

5. Once cook time is complete, remove from the oven and slice before serving.

Chef's Tips

*Using a perforated sheet pan instead of a solid sheet pan (sprayed with pan release) can help decrease cook time and increase crust crispiness.

**Defrosting the pizza reduces cooking time. The more frozen the pizza, the longer it will take to cook.

EQUIPMENT:	
	RTV_05 CHV_05

COOKING TIME:	
	15-20 Minutes

SETTINGS:	
	RTV 200°F (93°C) Vapor 325°F (163°C) Air
	CHV 200°F (93°C) Vapor 350°F (177°C) Air

HOLDING:	
	None



Hamburger – Fully Cooked Patty

Product:



Standard

Metric

Fully Cooked Burger Patty* _____ 4 oz. 0.1 kg

Process:



1. **Preheat CVap® Oven.**
—Retherm (RTV)/Cook and Hold (CHV)
 - Cook Time: 15-20 Minutes
 - Vapor Temp: 190°F (88°C)
 - Air Temp: 320°F (160°C)**—Holding Program (CVap Oven, Holding Cabinet, or HBB)**
 - Holding Time: 2 Hours**
 - Vapor Temp: 150°F (66°C)
 - Air Temp: 160°F (71°C)***
2. **Place frozen burger patties onto a parchment-lined sheet pan in a single layer, spaced apart.**
3. **Place the pan into the oven.**
 - Press **ENTER**.
4. **Remove burgers from the oven when the cook cycle completes. Ensure the internal temperature of center patties is at least 165°F (74°C).**
5. **Serve patties immediately or transfer them to another container and into another preheated unit for hot holding.**

Chef's Tips

*The size of the burger will affect the cook/retherm time. Smaller patties take less time. Larger burgers require longer cook times.

**Holding time, ultimately, is dependent on the product, as well as individual expectations of the product.

***Adjusting holding air temperature can affect the external properties of the product. Increase air temperature for a firmer and drier exterior. Decrease the air temperature for a softer and moister exterior.

EQUIPMENT:	
	RTV_05 CHV_05 HOV_05 HBB

COOKING TIME:	
	15-20 Minutes

SETTINGS:	
	190°F (88°C) Vapor 320°F (160°C) Air

HOLDING:	
	2 Hours** 150°F (66°C) Vapor 160°F (71°C) Air***





Breads and Desserts



Cheesecake – 10" Round

Crust Ingredients:



Standard Metric

Graham Cracker Crumbs	1½ Cups	110 g
Sugar	3 Tbs	38 g
Melted Butter	½ Cups	75 g

Filling Ingredients:



Standard Metric

Cream Cheese*	32 oz.	1 kg
Sugar	1 Cup	200 g
Large Eggs	4 each	4 each
Vanilla Extract	1 tsp	5 g

Process:



- 1. Preheat CVap® Oven.**
—Retherm (RTV)/Cook and Hold (CHV)
 - Cook Time: 1 Hour
 - Vapor Temp: 200°F (93°C)
 - Air Temp: 200°F (93°C)
- 2. Prepare the crust.****
 - Mix the graham cracker crumbs, sugar, and melted butter together.
 - Press into the bottom of a 10" springform pan.
- 3. Prepare the filling.**
 - Add the cream cheese, sugar, and vanilla to a mixer fitted with a paddle attachment.
 - Mix on LOW until smoother, be sure to scrape down sides to ensure a homogeneous mix.
 - Add eggs, one at a time, until all are incorporated.
 - Pour mixture into prepared crust.
- 4. Place into the oven.**
 - Press [ENTER](#).
- 5. Once completed, allow cheesecake to cool to room temperature before refrigerating.**
 - Refrigerate for at least 3 hours before serving. We recommend overnight refrigeration.

Cheesecake Minis – Appox. 30

Crust Ingredients:



Standard Metric

Oreo, or similar shape cookie	15 oz. pkg or greater	432 g or greater
-------------------------------	-----------------------	------------------

Filling Ingredients:




Standard Metric


Cream Cheese*	32 oz.	1 kg
Sugar	1 Cup	200 g
Large Eggs	4 each	4 each
Vanilla Extract	1 tsp	5 g


Process:




- 1. Preheat CVap Oven.**
—Retherm (RTV)/Cook and Hold (CHV)
 - Cook Time: 20-30 Minutes
 - Vapor Temp: 200°F (93°C)
 - Air Temp: 200°F (93°C)
- 2. Prepare the pan.**
 - Using a 24-compartment cupcake pan, line with a grease resistant or foil-parchment duo liner.
 - Add a whole cookie to the bottom of each cupcake liner.
- 3. Prepare the filling.**
 - Add the cream cheese, sugar and vanilla to a mixer fitted with a paddle attachment.
 - Mix on low until smooth. Be sure to scrape down sides to ensure homogenous mix.
 - Add eggs, one at a time, until all are incorporated.
 - Add desired flavoring.***
 - Scoop mixture evenly into cupcake pan. Using a #20 size portion scoop works perfectly for this application.
- 4. Place into the oven.**
 - Press [ENTER](#).
- 5. Once completed, allow cheesecake to cool to room temperature before refrigerating.**
 - Refrigerate for at least 3 hours before serving. We recommend overnight refrigeration.

EQUIPMENT:	
	RTV_05 CHV_05

COOKING TIME:	
	Round 1 Hour Minis 20-30 Minutes

SETTINGS:	
	200°F (93°C) Vapor 200°F (93°C) Air

HOLDING:	
	None



Chef's Tips

* Add cream cheese to preheating CVap oven to allow it to heat up and soften. This makes for a much smoother, pourable consistency, and ensures a more homogenous mix.

** If making your own crust, try baking it for crispier texture in the finished product. Allow to cool before filling.

***Adding flavors to the minis? The possibilities are endless! We've tried many different varieties. Here are a few of our favorites:

- **Chocolate Peanut Butter Cup** – flavor base with peanut butter, and add a mini Reese's Peanut Butter Cup to center.
- **White Chocolate Raspberry** – add a premium white chocolate chip to the bottom of the cup, atop the crust/cookie, then 1-3 fresh raspberries (depending on the size).
- **Coconut Guava** – use a coconut cookie crust, and blend guava paste into the cheesecake base until thoroughly blended. We used an immersion blender.
- **S'more** –traditional graham cracker crust, chocolate chips and mini marshmallows.

Cookies

Product:



*Pillsbury, Refrigerated, Ready-To-Bake Sugar Cookie Dough**

Process:



1. **Preheat CVap® Oven.**
—**Retherm (RTV)/Cook and Hold (CHV)**
 - Cook Time: 10-20 Minutes**
 - Vapor Temp: 200°F (93°C)
 - Air Temp: 350°F (177°C)
2. **Place cookies onto a parchment-lined solid sheet pan, spaced at least 2" apart.*****
 - Orientation can vary, depending on the type and size of the cookies.
3. **Check the cookies around the 5-minute mark.**
Cookies are completely baked once you start to see light browning around the perimeter of most cookies.
4. **Remove from the oven and allow to cool on a rack for a few minutes before using a spatula to transfer cookies off the pan to cool completely.**


Chef's Tips

*We tested two types of Pillsbury pre-packaged, refrigerated sugar cookie dough: pre-portioned, and slice-n-bake roll. If you plan on using frozen, pre-portioned pucks, you'll need to adjust the time accordingly.


**This program is great for cookies. The bake time range is approximate since factors such as cookie type, size, and desired doneness can affect baking time.

***If you use perforated pans, decrease baking time by a few minutes. This will vary, depending on the variables mentioned above.

EQUIPMENT:	
	RTV_05 CHV_05

COOKING TIME:	
	10-20 Minutes**

SETTINGS:	
	200°F (93°C) Vapor 350°F (177°C) Air

HOLDING:	
	None



Crème Brulée – 6-4oz. Servings

Ingredients:



Standard Metric

Heavy Cream _____ 2½ Cups 360 ml

Egg Yolks _____ 6 each 6 each

Vanilla Extract _____ 1 tsp 5 ml

Sugar _____ 4 Tbs 50 g

Extra Sugar for Finishing _____

Process:




- Preheat CVap® Oven.**
—Retherm (RTV)/Cook and Hold (CHV)
 - Cook Time: 20 - 30 Minutes*
 - Vapor Temp: 200°F (93°C)
 - Air Temp: 200°F (93°C)
- In a bowl, beat the yolks, sugar, and vanilla until thick, pale yellow, and creamy.**
- Pour the heavy cream into a saucepan and heat to just under a boil, stirring frequently.**
- Remove the cream from heat and slowly add to the yolk mixture, stirring to combine.**
 - If preparing immediately - pour custard mixture evenly into ramekins. If preparing later, refrigerate the base until needed.**
- Place ramekins directly onto a sheet pan or hotel pan.**
- Place in preheated CVap oven. Use caution not to spill.**
 - Press **ENTER**.
- Once the program is completed and custard is set, remove crème brulées from the oven and allow them to cool to room temperature before refrigerating.**
- Refrigerate for at least 2-3 hours before serving.**
- When ready to serve, sprinkle about 1 teaspoon of sugar onto the top of custard and caramelize with a chef's torch or under a broiler.**


Chef's Tips

*Cook time is dependent on the base temperature and size of the container.

**Refrigerated bases will result in a softer crème brulée texture.

EQUIPMENT:	
	RTV_05 CHV_05

COOKING TIME:	
	20-30 Minutes*

SETTINGS:	
	200°F (93°C) Vapor 200°F (93°C) Air

HOLDING:	
	None



White Bread Loaves

Product:



Standard

Metric

Frozen White Bread Dough 1lb _____ 2 each 2 each

Egg Wash:



Standard

Metric

Large Eggs _____ 1 each 1 each

Half-n-Half or Heavy Cream _____ 1 Tbsp 15 ml

Process:



1. **Preheat CVap® Oven – Proofing.**
—Retherm (RTV)/Cook and Hold (CHV)/Holding(HOV)

Thawed

Frozen

- Proof Time: 1 Hour*
- Vapor Temp: 90°F (32°C)
- Air Temp: 92°F (33°C)
- Proof Time: 2 Hours*
- Vapor Temp: 90°F (32°C)
- Air Temp: 92°F (33°C)

2. **Preheat CVap Oven – Baking.**

—Retherm (RTV)

- Cook Time: 15 - 20 Minutes
- Vapor Temp: Off
- Air Temp: 325°F (163°C)

—Cook and Hold (CHV)

- Cook Time: 25 - 30 Minutes
- Vapor Temp: Off
- Air Temp: 350°F (177°C)

3. **Allow water to remain in the evaporator. Select OFF in the program chain for “Cook Vapor Temperature.”**

4. **Prepare the egg wash by whisking together egg and cream. Set aside.**

5. **Place two loaves on a heavily sprayed solid half sheet pan.**

6. **Dough can be proofed thawed or frozen.**

- **If thawing first**, spray the tops of each loaf and lay plastic wrap over top. Thaw on a countertop, or refrigerate overnight. Once thawed, remove the plastic and place the pan into the proofing unit. Allow rolls to rise until they have roughly doubled in size.**
- **If preparing frozen**, place the pan directly into the proofing unit and allow loaves to rise until they have approximately doubled in size.**

7. **Once properly proofed, apply egg wash to the loaves' exterior before placing them into the preheated oven.*****

8. **Place the pan into the oven.**

- Press **ENTER**.

9. **Remove loaves from the oven when completed.******

Chef's Tips

*Proofing time is dependent on many factors. Times listed are approximate. Be sure to monitor status periodically.

**When dough has completed rising and is ready to be baked, it should have roughly doubled in size. Dough should have a bit of bounce back when you make an indentation with your finger.

***Egg Wash is an optional step but highly recommended, it gives the bread a lacquered and more refined aesthetic.

****Internal temp of bread should reach 190°F to 200°F (88°C to 93°C) when done.

EQUIPMENT:



RTV_05
CHV_05
HOV_05

COOKING TIME:



RTV 15-20 Minutes

CHV 25-30 Hours

SETTINGS:



RTV **Off Vapor**
325°F (163°C) Air


CHV **Off Vapor**
350°F (177°C) Air


PROOFING:





Thawed 1 Hour*
Frozen 2 Hours*
90°F (32°C) Vapor
92°F (33°C) Air



EQUIPMENT:	
	RTV_05 CHV_05

COOKING TIME:	
	60- 90 Minutes

SETTINGS:	
	200°F (93°C) Vapor 350°F (177°C) Air

HOLDING:	
	4 Hours 140°F (60°C) Vapor 145°F (63°C) Air



Chef's Tips

*The type of bread is up to you. Be sure to keep bread selection plain or sweet. Do not use a bread that has garlic, herb, cheese, or strong sweet or savory flavors.

**If you plan to use dried fruit like raisins or diced apricots, be sure to rehydrate in a warm liquid (typically water) before adding to the mix.

***Bread pudding is an egg-based custard and may jiggle or wobble when set. To test the wobbliness, carefully shake the pan to observe movement at the center of the pan. Bread pudding (and all egg-heavy dishes) should be cooked to a minimum internal temperature of 160°F (71°C), per USDA standards.

****Bread pudding benefits from complementary toppings, such as bourbon sauce, whipped cream, or any applicable dessert sauce.

Bread Pudding – One full 2" Hotel Pan

Ingredients:



Standard Metric

Bread, cut into 1" cubes*	8 quarts	7.5 liters
Milk	2½ quarts	2.4 liters
Sugar	1½ Cups	340 g
Large Eggs	5 each	5 each
Cinnamon	1 Tbsp	8 g
Dried Fruit, optional**	1 Cup	150 g

Process:



- 1. Preheat CVap® Oven.**
—**Retherm (RTV)/Cook and Hold (CHV)**
 - Cook Time: 60 to 90 Minutes, or until internal temperature reaches 160°F (71°C)
 - Vapor Temp: 200°F (93°C)
 - Air Temp: 350°F (177°C)—**Holding Program**
 - Holding Time: 4 Hours
 - Vapor Temp: 140°F (60°C)
 - Air Temp: 145°F (63°C)
- 2. Slice bread into approximately 1" (25mm) cubes and place into a 2" full hotel pan.***
- 3. Prepare the custard by mixing the remaining ingredients together in a bowl until blended. Pour the custard over the bread cubes.**
- 4. Blend the mixture until the bread is saturated with the custard mix. Allow to set about 30 minutes for full hydration.**
- 5. Place into the oven.**
 - Press [ENTER](#).
- 6. Remove from the oven and allow to cool slightly before portioning.**
 - The bread pudding custard is set when the center is slightly wobbly when shaken. The internal temperature should be at least 160°F (71°C).***
- 7. Serve bread pudding plain or a complimentary topping.******

Optional Ingredients:

Bourbon Sauce:



Standard Metric

Butter	1 Cup	240 g
Brown Sugar	1 Cup	227 g
Heavy Cream	1 Cup	240 ml
Bourbon	½ Cup	120 ml

Bourbon Sauce Process:



- 1. In 1-quart heavy saucepan, heat all sauce ingredients to boiling over medium heat, stirring constantly until sugar is dissolved.**
- 2. Remove from heat and let cool slightly before serving.**

Whipped Cream:



Standard Metric

Heavy Cream	1 Cup	240 ml
Powdered Sugar	1 Cup	200 g
Vanilla Extract	1 tsp	5 g

Whipped Cream Process:



- 1. Place heavy cream, sugar and vanilla into the mixing bowl and whisk just until the cream reaches stiff peaks.**

Brioche

Ingredients:

Sponge:	←		
		Standard	Metric
All Purpose Flour _____	1 Cup		128 g
Active Dry Yeast (1 - 0.25 oz packet) _____	2¼ tsp		7 g
Whole Milk, lukewarm _____	½ Cup		120 g
Egg Wash:	←		
		Standard	Metric
Large Egg _____	1 Each		1 Each
Cream/Milk _____	1 Tbsp		15 g

Dough:	←		
		Standard	Metric
Large Eggs, room temp _____	6 Each		6 Each
All Purpose Flour _____	4 Cups		512 g
Granulated Sugar _____	½ Cup		100 g
Kosher Salt _____	4 tsp		16 g
Butter, softened _____	1 Cup		227 g

Process:

- 1. Preheat CVap® Oven – Proofing.**
—Retherm (RTV)/Cook and Hold (CHV)/Holding Cabinet (HOV)
 - Proof Time: 1 Hour
 - Vapor Temp: 90°F (32°C)
 - Air Temp: 92°F (33°C)
- 2. Prepare the sponge by mixing all three sponge ingredients together. Place in the CVap to proof for about an hour, or until the sponge has produced air bubbles.**
- 3. When the sponge is ready, prepare the dough by adding the remaining flour, sugar, salt, and eggs.**
- 4. Mix on low speed with a dough hook until the dough has formed.**
- 5. Increase mixer speed to medium and continue mixing until the dough pulls away from the sides of the bowl and has become elastic. Be sure to stop intermittently to scrape down the sides of the bowl as needed. This will take approximately 7-10 minutes.**
- 6. Once the dough becomes elastic, add the softened butter, a tablespoon at a time (1 cup total). Ensure it is well-incorporated before adding another tablespoon. Keep the mixer on medium speed. This step will take another 5-7 minutes.**
- 7. When all the butter is incorporated, continue to mix another 3-5 minutes, or until the dough passes the windowpane test.***
- 8. Return completed dough (in its bowl or transferred to a buttered bowl) to the CVap to proof for about an hour, or until dough doubles in size.**
- 9. Preheat CVap Oven – Baking.**
—Retherm (RTV)/Cook and Hold (CHV)

Loaves	Rolls
• Bake Time: 25-35 Minutes	• Bake Time: 6-10 Minutes
• Vapor Temp: 200°F (93°C)	• Vapor Temp: 200°F (93°C)
• Air Temp: 350°F (177°C)	• Air Temp: 350°F (177°C)



10. At this point, you have two options:

- **Bake the next day**
 - Punch down the dough to deflate, cover with plastic wrap and refrigerate overnight until you are ready to continue the next day.
 - Next day – remove the dough from the refrigerator, remove the plastic wrap and move on to (cold) shaping the dough.
- **Bake the same day – Shape the dough into loaves or rolls or whatever you prefer.**
 - Loaves – this recipe will make two 1.5 lb. loaves.
 1. Divide the dough in half.
 2. Press dough into a rough rectangle the length of your loaf pan. We used 8 ½" x 4 ½" pans.
 3. Tightly roll into a log, pinching together seam, shaping to smooth, and place into buttered loaf pan seam side down.
 - Rolls – or approximately 48 – 50 each, 1 oz. rolls.
 1. Cut dough and weigh out each piece to ensure consistency.
 2. Shape each piece into a rounded ball. Place onto a parchment-lined half sheet pan in a 4 x 6 orientation – makes two pans.

EQUIPMENT:	
	RTV_05 CHV_05 HOV_05
COOKING TIME:	
	Loaves 25-30 Minutes Rolls 6-10 Minutes
SETTINGS:	
	200°F (93°C) Vapor 350°F (177°C) Air
PROOFING:	
	1 Hour 90°F (32°C) Vapor 92°F (33°C) Air

11. When the dough has risen properly, egg wash the tops of loaves or rolls. Bake until the outside is golden brown and the internal temp reaches at least 195°F (91°C).

12. Remove from oven and allow to cool slightly before removing from loaf pans and continuing to cool on a rack.

Chef's Tips


***Windowpane Test** – Take a handful of dough and pull the sides out creating a thin sheet of dough, like a windowpane. The test demonstrates the gluten structure of the dough that has formed by mixing over time. If the dough can withstand the stretch, it is good to go. But if the dough breaks easily, more mixing time is required. Redo test until proper gluten structure has formed.

Flour Tortilla


Product: 
Soft Flour Tortillas, any commercial product


Process: 

1. **Preheat CVap® Oven, Holding Cabinet, or Drawer.**
—**Holding Program**
 - Holding Time: Up to 4 Hours
 - Vapor Temp: 180°F (82°C)
 - Air Temp: 180°F (82°C)
2. **Place tortillas into a perforated hotel pan.**
3. **Place the pan into the oven.**
 - Press **ENTER** (Start the program in an oven or holding cabinet. Drawers are ready when preheated.)

EQUIPMENT:	
	RTV_05 CHV_05 HOV_05 HBB





COOKING TIME:	
	None

SETTINGS:	
	170-180°F (76-82°C) Vapor 170-180°F (76-82°C) Air

HOLDING:	
	Up to 4 Hours





EQUIPMENT:	
	RTV_05 CHV_05 HOV_05
COOKING TIME:	
	15 Minutes
SETTINGS:	
	RTV Off Vapor 325°F (163°C) Air CHV Off Vapor 350°F (177°C) Air
PROOFING:	
	Thawed 1 Hour Frozen 2 Hours 90°F (32°C) Vapor 92°F (33°C) Air



Yeast Dinner Rolls

Product:



Standard

Metric

Frozen Yeast Dinner Rolls 1oz. _____ 24 each 24 each

Egg Wash:



Standard

Metric

Large Eggs _____ 1 each 1 each

Half-n-Half or Heavy Cream _____ 1 Tbsp 15 ml

Process:



1. **Preheat CVap® Oven – Proofing.**
—Retherm (RTV)/Cook and Hold (CHV)/Holding (HOV)
Thawed
 - Proof Time: 1 Hour*
 - Vapor Temp: 90°F (32°C)
 - Air Temp: 92°F (33°C)**Frozen**
 - Proof Time: 2 Hours*
 - Vapor Temp: 90°F (32°C)
 - Air Temp: 92°F (33°C)
2. **Preheat CVap Oven – Baking.**
—Retherm (RTV)
 - Cook Time: 15 Minutes
 - Vapor Temp: Off
 - Air Temp: 325°F (163°C)
 —Cook and Hold (CHV)
 - Cook Time: 15 Minutes
 - Vapor Temp: Off
 - Air Temp: 350°F (177°C)
3. **Allow water to remain in the evaporator. Select OFF in the program chain for “Cook Vapor Temperature.”**
4. **Prepare the egg wash, whisk together egg and cream, then set aside.**
5. **Place 24 rolls in a 6x4 pattern on a heavily sprayed solid half sheet pan.**
6. **Dough can be proofed thawed or frozen.**
 - **If thawing first**, spray the tops of each roll and lay plastic wrap over top. Thaw on a countertop, or refrigerate overnight. Once thawed, remove the plastic and place the pan into the proofing unit. Allow rolls to rise until they have roughly doubled in size**
 - **If preparing frozen**, place the pan directly into the proofing unit and allow rolls to rise until they have approximately doubled in size.**
7. **Once properly proofed, apply egg wash to the loaves’ exterior before placing them into the preheated oven.*****
8. **Place the pan into the oven.**
 - Press [ENTER](#).
9. **Remove rolls from the oven when completed.******

Chef's Tips

*Proofing time is dependent on many factors. Times listed are approximate. Be sure to monitor status periodically.

**When dough has completed rising and is ready to be baked, it should have roughly doubled in size. Dough should have a bit of bounce back when you make an indentation with your finger.

***Egg Wash is an optional step but highly recommended, it gives the bread a lacquered and more refined aesthetic.

****Internal temp of bread should reach 190°F to 200°F (88°C to 93°C) when done.

Pumpkin Pie – Makes 2 Pies

Ingredients:



Standard

Metric

2 Frozen Prepared Pie Crusts _____	4 oz.	396 g
Pumpkin, Prepared _____	15 oz. can	425 g can
Brown Sugar _____	1 ¼ Cups	340 g
Large Eggs _____	3 each	3 each
Heavy Cream _____	1 Cup	250 ml
Whole Milk _____	¼ Cup	73 ml
Cornstarch _____	1 Tbsp	7 g
Ground Cinnamon _____	1 ½ tsp	4 g
Salt _____	½ tsp	2 g
Ground Ginger _____	½ tsp	1 g
Ground Nutmeg _____	¼ tsp	0.5 g
Ground Clove _____	⅛ tsp	0.3 g
Ground Black Pepper* _____	⅛ tsp	0.3 g

Process:



1. Preheat CVap® Oven.

—Retherm (RTV)/Cook and Hold (CHV)

- Cook Time: 50 to 60 Minutes or until custard is set
- Vapor Temp: 160°F (71°C)
- Air Temp: 350°F (177°C)

2. Prepare to par-bake the crust.**

- Place the slacked, unbaked pie crusts on a sheet pan and dock the bottom of the crust with a docking tool or fork.
- Lay a piece of parchment over top of the crust with baking beads, beans, or rice to weigh down the crust for a blind bake.
- Place the pan in the preheated oven for 10 minutes.
- Remove crusts from oven and allow to cool before removing the parchment and weight.

3. Prepare the custard filling.

- Use a whisk to mix all the remaining ingredients together until well incorporated.
- Evenly pour pumpkin pie batter into the two cool crusts.

4. Place the pan (carefully) into the oven.

- Press **ENTER**

5. Bake for about an hour (give or take five minutes), or until the custard is set and “jiggles like Jell-O” when shaking the pan slightly.***

6. Remove the pan once the pies are baked. Rest pies on a rack to cool.

7. Allow pies to cool for at least an hour before serving warm, or continue to cool to room temperature. *

8. Wrap pies to store in the refrigerator.



EQUIPMENT:	
	RTV_05 CHV_05

COOKING TIME:	
	50-60 Minutes

SETTINGS:	
	160°F (71°C) Vapor 350°F (177°C) Air

HOLDING:	
	None

Chef's Tips

*Black Pepper? YES! It is optional, but makes this pie rememberable and is a great addition to the pie's spiciness. We encourage you to try it.

**Par-baking the crust establishes a better texture. Not par-baking can result in doughy or underbaked crust. Par-baking helps eliminate those issues.

***The pie has completed baking when the custard is "set." This means that the texture has gone from a raw liquid stage to a fully baked pudding-like custard. The filling will "jiggle like Jell-O" if you shake the sheet pan slightly.

Specialty Processes



Crispy Meringue

Ingredients:



Standard

Metric

Eggs, Large	12 each	12 each
Sugar	3 Cups	565 g
Lemon Juice	1 Tbsp	16 g
Cornstarch	1 Tbsp + 1 tsp	11 g
Vanilla	1 Tbsp	13 g





Process:



- 1. Preheat CVap® Oven.**
—(Retherm (RTV)/Cook and Hold (CHV)
 - Cook Time: 10 to 12 Hours*
 - Vapor Temp: Off and water drained from evaporator.**
 - Air Temp: 120°F (67°C)
 - Ensure that the Auto-Water Fill options Level Sensor and Water Valve, are **DISABLED** under "Settings-->Fill System."
- 2. Start with room temperature eggs. Crack and separate the whites from the yolks.**
- 3. In a mixing bowl fixed with a whisk attachment, whip whites until frothy.**
- 4. Slowly add sugar until all is incorporated.**
- 5. Add the remaining ingredients, one at a time until thoroughly combined. Stopping to scrape sides of bowl intermittently, as needed.**
- 6. Increase speed on the mixer until whites have formed a thick and creamy meringue that holds stiff peaks.**
- 7. Remove from mixer and transfer to a piping bag with piping tip of choice.*****
- 8. Pipe desired shapes onto a parchment-lined perforated sheet pan.**
- 9. Place the pan into the oven.**
 - Press **ENTER**.
- 10. When the program is complete or desired texture has been reached, remove from oven. Allow to cool completely before packaging to store.**





EQUIPMENT:	
	RTV_05 CHV_05
COOKING TIME:	
	10 to 12 Hours*
SETTINGS:	
	Off (No water) Vapor ** 120°F (67°C) Air
HOLDING:	
	None

Chef's Tips

*Dehydration time is dependent on the size and shape of the meringue. We made a large Pavlova that took overnight to set. This is a perfect application for an overnight process.

**Use the drain valve at the bottom front of the oven to drain water from the evaporator.

***If you don't have a piping bag or piping tip, just use a gallon food storage bag with the corner cut off with a ¼ inch diameter.

Dehydrated Citrus

Product:



Any citrus fruit; oranges, lemons, limes, grapefruit, etc.

Process:



1. **Preheat CVap® Oven.**
—**Retherm (RTV)/Cook and Hold (CHV)**
 - Cook Time: Infinite*
 - Vapor Temp: Off and water drained from evaporator.**
 - Air Temp: 120°F (67°C)***
 - Ensure that the Auto-Water Fill options Level Sensor and Water Valve, are **DISABLED** under “Settings-->Fill System.”
2. **Wash fruit and slice to approximately ¼” (13mm) thickness.**
3. **Using perforated sheet pans, lay out each slice in a single layer, spaced slightly apart. ******
4. **Place the pan into the oven.**
 - Press **ENTER**.
5. **Keep an eye on the fruit by checking progress hourly.**
6. **Remove the fruit when it reaches the desired level of dehydration.**
7. **Allow to cool before packaging into airtight containers.**

Chef's Tips

*Dehydration time varies, depending on the type and size of the product and desired degree of dryness. For us, it took about six hours for sliced oranges, lemons, and limes, and about eight hours for pink grapefruit.

**Use the drain valve at the oven's bottom front to drain water from the evaporator.





***There is room to tweak the Air Temperature as desired. If you feel 120°F (49°C) is too high and is negatively affecting product quality, decrease Air Temp, be aware that the lowest Air Temp possible in a CVap oven is 90°F (32°C). If you feel that 120°F (49°C) is too low, increase Air Temp. Keep in mind that the goal is to dehydrate, not to cook. We recommend a maximum dehydrating temperature of 140°F (60°C).

****For best results, do not use pan liners. We tested parchment paper but found that it hindered the dehydration process, even on a perforated sheet pan.

- Feel free to add any flavor enhancers or seasonings to the product at the panning stage. We sprinkled one pan of grapefruit with granulated sugar. Sugar is hygroscopic (it tends to absorb moisture from the air). Consequently, it extended the necessary dehydration time on that grapefruit.





EQUIPMENT:	
	RTV_05 CHV_05
COOKING TIME:	
	Infinite*
SETTINGS:	
	Off (No water) Vapor ** 120°F (67°C) Air***
HOLDING:	
	None

Eggs – Sous Vide in Shell

Product: 
Fresh Large Eggs

Process: 


1. **Preheat CVap® Oven.**
 - Retherm (RTV)/Cook and Hold (CHV)**
 - Cook Time: 1 Hour
 - Vapor Temp: 143°F (60°C)
 - Air Temp: Sous Vide*
 - Holding Program: Retherm (RTV)/Cook and Hold (CHV)**
 - Holding Time: 5 Hours**
 - Vapor Temp: 135°F (57°C)
 - Air Temp: Sous Vide*
 - Holding Program: Holding Cabinet (HOV)**
 - Vapor Temp: 135°F (57°C)
 - Air Temp: 135°F (57°C)
2. **Place eggs in a single layer on a shallow hotel pan lined with a clean towel. *****
3. **Place the pan into the oven.**
 - Press **ENTER**.
4. **Once the cooking process is complete, eggs can be served immediately, held in the oven, or transferred to a preheated holding cabinet.**


Chef's Tips


*Sous Vide is an option in the "Air Temperature" program chain, scroll to locate.


**We recommend holding the eggs no longer than five hours.

***If you do not have a shallow hotel pan available, use a muffin pan (minus the towel). Alternatively, remove the lid from a paper or cardboard egg carton and utilize the carton base as a pan.

EQUIPMENT:	
	RTV_05 CHV_05 HOV_05

COOKING TIME:	
	1 Hour

SETTINGS:	
	143°F (60°C) Vapor Sous Vide Air*

HOLDING:	
	RTV 5 Hours
	CHV 143°F (60°C) Vapor
	Sous Vide*
	5 Hours
HOV 135°F (57°C) Vapor	
135°F (57°C) Air	



Chicken Wings – Staging

Product:



Standard Metric

Fresh, Whole, Bone-In, Skin-On Wings,
14-17 count _____

4½ lbs. 2 kg

Brine Ingredients*:



Standard Metric %

Water _____ **1 Gallon 3.8 kg 93.6**

Kosher Salt _____ **¾ Cup 150 g 3.7**

Sugar _____ **⅔ Cup 110 g 2.7**

Total _____ **100%**

Process:



1. Preheat CVap® Oven.

—**Retherm (RTV)/Cook and Hold (CHV)**

- Cook Time: 1 Hour
- Vapor Temp: 200°F (93°C)
- Air Temp: 200°F (93°C)

—**Holding Program**

- Hold Time: 4 Hours
- Vapor Temp: 160°F (71°C)
- Air Temp: 170°F (77°C)

2. Using a knife or kitchen shears, separate the wing drums from the flats. Discard the wing tips.**

3. If using the brine, prepare it first. Add the wings and refrigerate overnight for best results.

4. Prepare a full-size solid sheet pan with an elevated bun pan rack.

5. Place wings side by side on the rack in a single layer.

6. Place the pan into the oven.

- Press **ENTER**.

7. When the cook program is complete there are several options:

- Either fry or grill or finish as desired, for immediate service.
- Hold the wings until needed, especially through service.
- Refrigerate the wings for service later.

Chef's Tips

*Brining wings is optional.

**Minimize waste by using the tips to make chicken stock. They are a great addition with tons of flavor and gelatin to extract.

EQUIPMENT:	
	RTV_05 CHV_05

COOKING TIME:	
	1 Hour

SETTINGS:	
	200°F (93°C) Vapor 200°F (93°C) Air

HOLDING:	
	4 Hours 160°F (71°C) Vapor 170°F (77°C) Air



Beef Jerky

Product:



Standard Metric

Lean Beef* _____ 2 lbs. 0.9 kg

Process:



1. **Preheat CVap® Oven.**
—**Retherm (RTV)/Cook and Hold (CHV)**
 - Cook Time: 3-4.5 Hours**
 - Vapor Temp: Off and water removed
 - Air Temp: 170°F (77°C)
 - Ensure that the Auto-Water Fill options Level Sensor and Water Valve, are **DISABLED** under “Settings-->Fill System.”***
2. **Prepare the beef by slicing it into ¼” to ½” (6-8 mm) thick pieces.****
 - Cut with the grain for a chewier jerky
 - Cut **AGAINST** the grain for a more tender jerky.
3. **Prepare the marinade by mixing everything together in a bowl.**
4. **Add the sliced beef and toss well to completely coat each piece.**
5. **Marinate for at least an hour before preparing to dehydrate. For best results refrigerate overnight.******
6. **Place marinated beef slices in a single layer on a perforated sheet pan. Allow plenty of space, and do not overlap slices.**
7. **Place the pan into the oven.**
 - Press **ENTER**.
8. **Remove the product when the program is complete, or when the desired texture has been reached.**
9. **Allow jerky to cool completely before packaging in airtight containers for cold storage.*******

Seasoning Ingredients:



Standard Metric

Low Sodium Soy Sauce _____ ¼ Cup 25 g

Worcestershire _____ 2 Tbsp 20 g

Liquid Smoke _____ 2 Tbsp 20 g

Brown Sugar _____ 2 Tbsp 20 g

Salt _____ 2 tsp 5 g

Black Pepper _____ 1 tsp 3 g

Garlic Powder _____ 1 tsp 3 g

Onion Powder _____ 1 tsp 3 g

Smoked Paprika _____ 1 tsp 3 g

Chef's Tips

*Choose a lean cut of beef for jerky, such as eye of round, top round, bottom round, sirloin, flank, flat iron, etc. While it is true that fat (or marbling) enhances steak flavor, fat will oxidize over time and will ruin the jerky. Stay away from fattier cuts.





**Cook time is dependent on how thick the meat is sliced, the preferred degree of dehydration, and the air temperature setting. Air Temperature affects the texture of the final product. Higher temps will “set a crust” on the exterior of the protein. The recipe setpoint is a good starting point for any type of jerky.

***Use the drain valve at the oven’s bottom front to drain water from the evaporator.

****Marinating the beef for at least an hour will transfer lots of flavor, but overnight marination will give the best results.

*****Best practice for storing “house-made” jerky is to vacuum package and then refrigerate.



EQUIPMENT:	
	RTV_05 CHV_05
COOKING TIME:	
	3-4.5 Hours
SETTINGS:	
	Off (No water) Vapor *** 170° (77°C) Air
HOLDING:	
	None