

## COOKING GUIDE *Pasta, Frozen Entrees & Casseroles*

Product	# of Racks Used	Temperature Range / F°	Time in Minutes
Scalloped Potatoes	5	330° - 355°	35
Macaroni & Cheese	5	330° - 355°	30
Stuffed Peppers	5	330° - 355°	18
Toasted Cheese Sandwich	5	360° - 385°	8
Meat Pot Pies	5	360° - 385°	40
Hamburger Patties - 4 oz.	5	385° - 415°	8
Fish Sticks	5	330° - 355°	16
Chicken Pieces	5	330° - 355°	35

## COOKING GUIDE *Vegetables*

Product	Temperature Range / F°	Time in Minutes
Baked Potatoes	425° - 450°	45
Sweet Potatoes	425° - 450°	35
Peppers	425° - 450°	20
Tomatoes	350° - 375°	15 - 18
Fresh Garlic Bulbs	350° - 375°	30
Acorn Squash - Halves	350° - 375°	40
Eggplant - Japanese or Quartered	400° - 425°	20 - 23
Mixed/Sliced	400° - 425°	15 - 18

*Helpful Hints*

### Pasta, Frozen Entrees, Casseroles & Vegetables

- Full complements of racks may be used for items which have a low height profile. These items include fish, meat patties, bacon, sausage, sheet cakes, cookies, sandwiches, et al.
- Any food item prepared in hotel pans such as pastas, casseroles or vegetables, etc., can be held for service at 160° F. Covering the pans will preserve appearance and extend shelf life
- To prevent over browning or over caramelization of top surface, some casseroles, especially when topped with bread crumbs or cheese, may need to be covered until internal temperature is achieved. When internal temperature nears required level, remove cover and allow browning to occur. This method is useful for fresh dough pan pizza too
- When roasting vegetables a light coating of oil and seasoning will improve flavor and appearance of the finished product. Try brushing on or tossing in olive oil and seasoning with Rosemary and garlic salt, or use your imagination!
- When roasting sliced or mixed medley of vegetables, larger cuts will maintain a nicer appearance
- When pan roasting vegetables, coat roasting pan with a thin layer of oil and preheat thoroughly before adding vegetables. Be sure vegetables are relatively dry to prevent water droplets from splattering hot oil

# COOKING GUIDE *Baked Goods*

Product	# of Racks Used	Temperature Range / F°	Time in Minutes
Bread - 1 lb. Loaf	3 - 24 loaves	325° - 345°	30
Biscuits - Soda	5	380° - 420°	6
Corn Bread	5	330° - 355°	20
Yeast Rolls Sheet Pan	5	300° - 330°	15
Brown & Serve Rolls	5	340° - 360°	10 - 12
Coffee Cake	5	280° - 320°	45
Chocolate Cake	5	300° - 330°	20
Layer Sheet Cake - 5 lb. Pans	5	280° - 320°	20
Apple Turnovers	5	330° - 355°	15
Fruit Cobbler	5	360° - 385°	25
Brownies	5	340° - 360°	15
Danish Pastry	5	280° - 320°	12
Pie Shells	5	330° - 355°	12
Fruit Pies	5 - 30 pies	330° - 355°	40
Frozen Fruit Pies	5 - 30 pies	360° - 385°	45

## Helpful Hints **Baked Goods**

- Choose the proper pan to achieve desired results. Dark pans will impart more color to the product while silver pans impart less color
- Do not use deep pans for shallow cakes or cookies
- For better results space pans evenly and do not overload the oven
- Use 5 racks for shallow cakes, cookies and pies
- Use 3 racks only for deeper cakes and breads to provide space for rising
- Choose the correct fan speed for batter products or meringues - use the low speed fan setting until the product is "set", then use the high speed setting

## Troubleshooting

- Cakes are dark on the sides, but not cooked in the center - Lower oven temperature
- Cake edges are too brown - Reduce number of pans, or lower oven temperature
- Cakes have light outer color - Raise temperature
- Cake center settles - Bake longer, or raise temperature slightly; avoid opening doors often or for long periods
- Cake ripples - Overloaded pans or batter too thin, use low speed fan until batter sets
- Cakes are too coarse - Lower oven temperature
- Pies have uneven color - Reduce number of pies per rack or eliminate use of bake pans
- Brown sugar topping or meringue blow off - After oven is preheated, turn off oven and put in meringue until set
- Rolls have uneven color - Reduce number or size of pans



# COOKING GUIDE *Meat & Poultry*

Product	SEARING		ROASTING		Interior when Removed / F°
	Time / Minutes	Temperature / F°	Time / Minutes	Temperature / F°	
<i>Beef</i>	15 - 20	400° - 450°	18 - 20	250° - 300°	140° (rare)
			22 - 24	250° - 300°	160° (medium)
			26 - 28	250° - 300°	170° (well)
<i>Veal</i>	15 - 20	400° - 450°	20 - 36	250° - 300°	170°
<i>Pork</i>	Fresh	400° - 450°	20 - 24	300° - 325°	180°
	Smoked	400° - 450°	14 - 18	250° - 300°	160°
<i>Lamb</i>	15 - 20	400° - 450°	20 - 24	275° - 300°	140° (rare)
					160° (medium)
					180° (well)
<i>Poultry</i>	15 - 20	400° - 450°	20 - 24	250° - 300°	180°

\*Use high end of Roasting Range when product contains bone, or well done finish is desired.  
 \*See Helpful Hints for Searing Guidelines.

## Helpful Hints **Meat & Poultry**

- Higher grade cuts of meat allow for roasting at higher temperatures
- Tougher cuts of meat require slower cooking methods such as braising, stewing or slow roasting at lower temperatures
- Roasting at lower temperatures will increase yield by reducing the amount of shrinkage and can be used for higher grade cuts as well
- Searing the outer layer or skin of a roast is recommended. This will lock in the natural juices and moisture of the product
- Searing is accomplished by increasing the roasting temperature 100- 150°F for the first 15-20 minutes and is achieved more rapidly by using high speed setting on fan. *Be sure to reduce temperature after the searing has been accomplished.*
- Variations in roasting temperatures, fat content, bone, aging, shape of roast, pre-roasting temperature of product will all effect roasting times, so be sure to use a thermometer
- While timetables are helpful for estimating roasting times, a thermometer should be used to ultimately determine doneness. Insert thermometer into the muscle away from any bone, fat, or the heat source

## Troubleshooting

- Brownd but not done in center - Lower oven temperature and roast longer
- Well done but not browned - Raise oven temperature to sear, then reduce heat to continue roasting
- Hard crust - Lower temperature or place pan of water in oven
- Excessive shrinkage - Lower oven temperature