

# Cooking Profile Guide



## **eikon® e2s**

The smallest unit with  
the biggest performance

***Fresh ideas. Flexible ovens.***

 **Merrychef**

# Variety doesn't need much space



The cooking profile guide will enable you to take full advantage of the culinary capabilities of your Merrychef eikon® e2s. It includes a range of delicious recipes that have been specially designed for your particular high-speed oven. The methods used have been performance-tested in our Merrychef culinary centers to achieve perfect serving temperatures and top-quality results.

Let Merrychef inspire you! Establish your own individual menus by adjusting the settings to your particular food products!

The eikon® e2s is the first choice for anyone who wants to prepare fresh, hot food on demand in surroundings where space is at a premium. This high-speed oven is user-friendly, versatile and provides consistent levels of performance that continually exceed expectations. It is the ideal way to cook, toast, grill, bake and regenerate a wide range of fresh or frozen food, such as sandwiches, pastries, pizzas, fish, vegetables and meat. This flexibility supports your business growth by allowing rapid menu changes and additional food offerings from a single unit.

## Accessories:



Flat Cook Plate



Solid Base Basket



Guarded Paddle

# Index

Introduction .....	2
Bacon .....	4
Black Pudding .....	5
Chicken Breast .....	6
French Fries .....	7
Full English Breakfast .....	8
Hash Browns .....	9
Mushrooms halved .....	10
Open Ciabatta with various fillings .....	11
Pizza .....	12
Quesadilla with various fillings .....	13
Reheat Cornish Pasty .....	14
Reheat Muffin .....	15
Reheat Pie .....	16
Reheat Sausage Roll .....	17
Salmon Steak .....	18
Sausages .....	19
ThickCut Fries .....	20
Toast .....	22
Toasted Sandwich .....	22
Tomatoes halved .....	23
Wedges .....	24
Wrap with various fillings .....	25

# Bacon



**Quantity:** 8 pcs

**Starting State:** chilled +4°C

**Temperature:** 275°C

<b>1000 W</b>			
<b>Stage 1</b>	02:15	100%	50%

<b>2000 W</b>			
<b>Stage 1</b>	01:30	100%	70%

**Accessories:** Flat Cook Plate + Solid Base Basket

# Black Pudding



**Quantity:** 9 pcs

**Starting State:** chilled +4°C

**Temperature:** 275°C

<b>1000 W</b>			
<b>Stage 1</b>	01:15	100%	90%

<b>2000 W</b>			
<b>Stage 1</b>	01:10	100%	100%

**Accessories:** Flat Cook Plate + Solid Base Basket

# Chicken Breast



**Quantity:** 1 pcs (130g-150g)  
**Starting State:** chilled +4°C

**Temperature:** 275°C

<b>1000 W</b>			
<b>Stage 1</b>	02:15	100%	40%

<b>2000 W</b>			
<b>Stage 1</b>	02:00	100%	50%

**Accessories:** Flat Cook Plate + Solid Base Basket

# French Fries



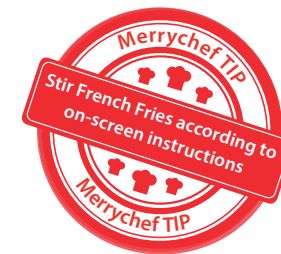
**Quantity:** Full Tray (400g)  
**Starting State:** frozen -18°C

**Temperature:** 275°C

<b>1000 W</b>			
<b>Stage 1</b>	01:30	100%	100%
<b>Stage 2</b>	01:30	100%	0%

<b>2000 W</b>			
<b>Stage 1</b>	01:15	100%	100%
<b>Stage 2</b>	01:15	100%	0%

**Accessories:** Flat Cook Plate + Solid Base Basket





# Full English Breakfast



**Quantity:** 2 pcs Bacon Rashers, 1 pcs Black Pudding, 1 pcs Field Mushroom, 1 pcs Hash Brown, 1 pcs Omelette (precooked), 1 pcs Sausage, 1 pcs Tomato  
**Starting State:** chilled +4 °C

**Temperature:** 275°C

**1000 W**     
**Stage 1** 01:40 100% 100%

**2000 W**     
**Stage 1** 01:10 100% 100%

**Accessories:** Flat Cook Plate + Solid Base Basket

# Hash Browns



**Quantity:** 10 pcs  
**Starting State:** frozen -18°C

**Temperature:** 275°C

**1000 W**     
**Stage 1** 03:00 100% 100%

**2000 W**     
**Stage 1** 02:00 100% 100%

**Accessories:** Flat Cook Plate + Solid Base Basket

## Mushrooms halved



**Quantity:** Full Tray (500g)  
**Starting State:** chilled +4°C

**Temperature:** 275°C

<b>1000 W</b>			
<b>Stage 1</b>	01:30	100%	100%

<b>2000 W</b>			
<b>Stage 1</b>	01:00	100%	100%

**Accessories:** Flat Cook Plate + Solid Base Basket

## Open Ciabatta, with var. fillings



**Quantity:** 1 pcs  
**Starting State:** chilled +4°C

**Temperature:** 275°C

<b>1000 W</b>			
<b>Stage 1</b>	00:45	50%	100%

<b>2000 W</b>			
<b>Stage 1</b>	00:30	80%	100%

**Accessories:** Flat Cook Plate + Solid Base Basket

# Pizza



**Quantity:** 1 pcs  
**Starting State:** chilled +4°C

**Temperature:** 275°C  
**1000 W**   
**Stage 1** 01:35 100% 30%

**2000 W**   
**Stage 1** 00:50 100% 50%

**Accessories:** Flat Cook Plate

# Quesadilla with various fillings



**Quantity:** 1 pcs (120-140g)  
**Starting State:** chilled +4°C

**Temperature:** 275°C  
**1000 W**   
**Stage 1** 00:40 40% 100%

**2000 W**   
**Stage 1** 00:25 50% 100%

**Accessories:** Flat Cook Plate



## Reheat Cornish Pasty



**Quantity:** 1 pcs  
**Starting State:** chilled +4°C

**Temperature:** 275°C

<b>1000 W</b>			
<b>Stage 1</b>	01:00	80%	90%

<b>2000 W</b>			
<b>Stage 1</b>	00:50	100%	75%

**Accessories:** Flat Cook Plate + Solid Base Basket


## Reheat Muffin



**Quantity:** 5 pcs  
**Starting State:** ambient

**Temperature:** 275°C

<b>1000 W</b>			
<b>Stage 1</b>	00:30	100%	80%

<b>2000 W</b>			
<b>Stage 1</b>	00:30	100%	50%

**Accessories:** Flat Cook Plate + Solid Base Basket



## Reheat Pie



**Quantity:** 1 pcs  
**Starting State:** chilled +4°C

**Temperature:** 275°C

<b>1000 W</b>			
<b>Stage 1</b>	01:50	10%	100%

<b>2000 W</b>			
<b>Stage 1</b>	01:20	10%	100%

**Accessories:** Flat Cook Plate + Solid Base Basket

## Reheat Sausage Roll



**Quantity:** 1 pcs  
**Starting State:** chilled +4°C

**Temperature:** 275°C

<b>1000 W</b>			
<b>Stage 1</b>	01:00	100%	70%

<b>2000 W</b>			
<b>Stage 1</b>	01:00	100%	60%

**Accessories:** Flat Cook Plate + Solid Base Basket

# Salmon Steak



**Quantity:** 1 pcs (140-160g)  
**Starting State:** chilled +4°C

**Temperature:** 275°C

<b>1000 W</b>			
<b>Stage 1</b>	01:45	100%	70%

<b>2000 W</b>			
<b>Stage 1</b>	01:10	100%	30%

**Accessories:** Flat Cook Plate + Solid Base Basket

# Sausages



**Quantity:** 12 pcs  
**Starting State:** chilled +4°C

**Temperature:** 275°C

<b>1000 W</b>			
<b>Stage 1</b>	02:15	100%	100%

<b>2000 W</b>			
<b>Stage 1</b>	01:45	100%	90%

**Accessories:** Flat Cook Plate + Solid Base Basket

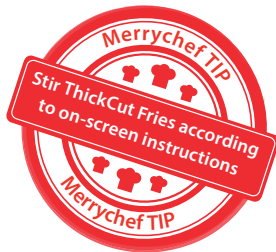
# ThickCut Fries



**Quantity:** Full tray (400 g)  
**Starting State:** frozen -18°C

**Temperature:** 275°C

Power	Icon 1	Icon 2	Icon 3
<b>1000 W</b>			
<b>Stage 1</b>	01:45	100%	100%
<b>Stage 2</b>	01:45	100%	0%
<b>2000 W</b>			
<b>Stage 1</b>	01:30	100%	100%
<b>Stage 2</b>	01:30	100%	0%



**Accessories:** Flat Cook Plate + Solid Base Basket

# Toast



**Quantity:** 2 pcs  
**Starting State:** ambient

**Temperature:** 275°C

Power	Icon 1	Icon 2	Icon 3
<b>1000 W</b>			
<b>Stage 1</b>	01:00	100%	10%
<b>2000 W</b>			
<b>Stage 1</b>	01:00	100%	10%

**Accessories:** Flat Cook Plate



# Toasted Sandwich



**Quantity:** 1 pcs

**Starting State:** chilled +4°C

**Temperature:** 275°C

<b>1000 W</b>			
<b>Stage 1</b>	00:50	100%	60%

<b>2000 W</b>			
<b>Stage 1</b>	00:40	100%	40%

**Accessories:** Flat Cook Plate + Solid Base Basket

# Tomatoes halved



**Quantity:** 16 pcs

**Starting State:** chilled +4°C

**Temperature:** 275°C

<b>1000 W</b>			
<b>Stage 1</b>	01:30	100%	100%

<b>2000 W</b>			
<b>Stage 1</b>	01:00	100%	100%

**Accessories:** Flat Cook Plate + Solid Base Basket

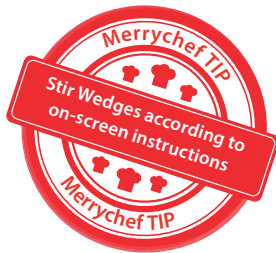
# Wedges



**Quantity:** Full tray (400 g)  
**Starting State:** frozen -18°C

**Temperature:** 275°C

Power	Time	Stirring	Flipping
<b>1000 W</b>		☞	☞
<b>Stage 1</b>	01:45	100%	100%
<b>Stage 2</b>	01:45	100%	0%
<b>2000 W</b>		☞	☞
<b>Stage 1</b>	01:00	100%	100%
<b>Stage 2</b>	01:00	100%	0%



**Accessories:** Flat Cook Plate + Solid Base Basket

# Wrap with various fillings



**Quantity:** 1 pcs (150-170g)  
**Starting State:** chilled +4°C

**Temperature:** 275°C

Power	Time	Stirring	Flipping
<b>1000 W</b>		☞	☞
<b>Stage 1</b>	01:00	10%	100%
<b>2000 W</b>		☞	☞
<b>Stage 1</b>	00:40	30%	100%

**Accessories:** Flat Cook Plate + Solid Base Basket





Note:

Information emanating from Manitowoc Ltd is given after exercise of all reasonable care and skills in its compilation, preparation and issue, but is provided without liability in its application and use. All cooking settings are guides only. Adjust cooking settings to allow for differing product weights and start temperatures. Always ensure that food save core temperature has been achieved prior to service.

Manitowoc Foodservice is a global leader in foodservice operations that speaks the language of our partners from sales to aftercare. Manitowoc KitchenCare® helps service, maintain, and protect your foodservice equipment and facility throughout the lifecycle of your business. Being fluent is more than understanding equipment; it is an understanding of your foodservice business. If you're ready to talk foodservice, Manitowoc speaks your language.

Our best in class brands include: Cleveland, Convotherm®, Dean®, Delfield®, Frymaster®, Garland®, Kolpak®, Koolaire®, Kysor Panel Systems®, Lincoln, Manitowoc® Beverage Systems, Manitowoc® Ice, Merco®, Merrychef®, Multiplex®, RDI Systems, Servend® U.S. Range & Welbilt®