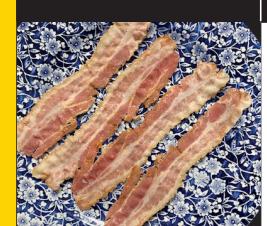


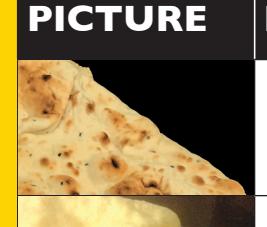
MICROWAVE QUICK SPEC GUIDE – SUMMER 25

PICTURE	PRODUCT	TIME	MULTICOOK/COOKING TIPS
	Beans	40 secs (min. core temp 82°C)	2 = 1 min 3 = 1 min 40 secs
	Beans - bulk cook whole tin	9 mins (min. core temp 82°C)	Empty 1 x tin into a clean microwaveable container and stir. Loosely cover with a lid. Heat for 6 mins. Handle carefully using a heat resistant glove/oven cloth, keeping container level. Stir using a clean spoon. Replace lid loosely. Heat for 3 mins.
	Beans - bulk cook half tin	5 mins (min. core temp 82°C)	Empty 1/2 x tin into a clean microwaveable container and stir. Loosely cover with a lid. Heat for 3 mins. Handle carefully using a heat resistant glove/oven cloth, keeping container level. Stir using a clean spoon. Replace lid loosely. Heat for 2 mins.
	Beef brisket with BBQ sauce	1 portion - 30 secs 2 portions - 45 secs 6 portions - 2 mins (min. core temp 82°C)	Mix 50g x beef brisket with 1 x cold sachet BBQ sauce. Place into a portion pot and then microwave. The mix can be pre-prepared. One pack contains 6 portions of brisket, mix with 6 sachets of BBQ sauce and separate equally into 6 portion pots. Apply a 3 day shelf life.
	Coconut flavour rice	2 mins (min. core temp 82°C)	2 = 2 mins 45 secs 3 = 3 mins 40 secs 4 = 4 mins 15 secs 6 = 6 mins Loosen clumps of frozen rice before heating
	Chicken breast	1 min 30 secs (min. core temp 82°C)	1/2 breast - 1 min 2 = 2 mins Place onto a microwaveable plate and cover before heating.
	Chilli bean non-carne	3 mins 10 secs (min. core temp 82°C)	1/2 portion = 1 min 45 secs 2 = 4 mins 3 = 5 mins 50 secs 2 chilli + 2 rice combined = 6 mins 40 secs
	Curries	3 mins 30 secs (min. core temp 82°C)	2 = 4 mins 50 secs 3 = 7 mins 10 secs 4 = 9 mins 50 secs 1 curry + 1 rice combined = 4 mins 30 secs
	Children's spaghetti bolognese	2 mins 45 secs / 1 min 30 secs defrosted (min. core temp 82°C)	2 = 4 mins 30 secs / 2 mins 30 secs defrosted Stir thoroughly before serving
	Lasagne	3 mins 45 secs (min. core temp 82°C)	Loosen film lid before heating

PICTURE	PRODUCT	TIME	MULTICOOK/COOKING TIPS
	Maple bacon	4 slices - 10 secs 2 slices - 5 secs	For bulk heating a full pack, decant into a clean microwavable container and loosely cover with a lid. Heat for 1 min 45 secs.
	Mushy peas	1 min 45 secs (min. core temp 82°C)	A side of mushy peas should be 2 portions (340g) served in a small blue bowl, on a napkin lined side plate. 2 = 2 mins 30 secs 3 = 3 mins 4 = 3 mins 30 secs
	Mushy peas - bulk cook	7 mins (min. core temp 82°C)	Empty 2 x tins into a clean microwaveable container and stir. Loosely cover with a lid. Heat for 4 mins. Handle carefully using a heat resistant glove/oven cloth, keeping container level. Stir using a clean spoon. Replace lid loosely. Heat for 3 mins.
	Pasta alfredo	2 mins 45 secs (min. core temp 82°C)	Mix thoroughly before serving
	Pilau rice	1 min 40 secs (min. core temp 82°C)	2 = 2 mins 45 secs 3 = 3 mins 40 secs 4 = 4 mins 15 secs 6 = 6 mins Loosen clumps of frozen rice before heating
	Ramen	2 mins 30 secs (min. core temp 63°C)	Peel back film lid, add 450ml of cold water using a measuring jug, replace film lid before heating. Once heated, stir thoroughly to ensure stock is all dissolved in the water, then carefully tip into the ramen bowl.
	Roasted vegetable mix	150g portion - 1 min (min. core temp 82°C)	100g portion = 50 secs
	Scrambled egg	2 mins (50% power) (min. core temp 75°C)	BBD 3 x fresh shell eggs cracked into a microwavable container. Add 50ml (full 2oz ramekin) of semi skimmed milk and mix thoroughly. Loosely cover with a lid or microwave cover. After cook mix thoroughly.
	Spicy rice	1 min 40 secs (min. core temp 82°C)	2 = 2 mins 45 secs 3 = 3 mins 40 secs 4 = 4 mins 15 secs 6 = 6 mins Loosen clumps of frozen rice before heating
	Sweet potato curry	3 mins 30 secs (defrosted) OR 4 mins 40 secs CFF (min. core temp 82°C)	If cooking from frozen, stir after 2 mins.

MEALSTREAM QUICK SPEC GUIDE

PICTURE	PRODUCT	TIME	MULTICOOK/COOKING TIPS
	Vegan burger	2 mins 30 secs (min. core temp 82°C)	Cook in a baking pan. After heating, using a heat resistant glove/oven cloth, transfer the hot pan onto a designated work surface. Decant the cooked burger using a green handled spatula.
	Garlic naan	40 secs	2 = 50 secs 3 = 55 secs 4 = 1 min Add garlic butter before heating.
	Jacket potato	3 mins (min. core temp 82°C)	For pubs without a mealstream, jackets can be microwaved for 2 mins 30 secs, or cooked in the Rational. Refer to the Rational QSG.
	Mushroom with vegan spread	50 secs (min. core temp 82°C)	2-3 = 1 min 4-6 = 2 mins Mushrooms should be cooked in the mealstream or Rational. Refer to the Rational QSG. For pubs without a mealstream or Rational, refer to the Breakfast and Grills spec books.

PICTURE	PRODUCT	TIME	MULTICOOK/COOKING TIPS
	Naan bread	30 secs	2 = 40 secs 3 = 45 secs 4 = 50 secs
	Poppadums	18 secs	For best quality, poppadums should be fried as part of daily prep. Refer to the Fryer QSG.
	Vegan sausages	3 mins (min. core temp 82°C)	Spray with oil before cooking

ESSENTIALS	CROCKERY	CHILLED PRODUCTS	FROZEN ITEMS	AMBIENT	UTENSILS & NON CON
Clean utensils tub	Balti bowl	2 Baked beans	5 Roasted veg mix	CFF / 5 Children's spaghetti	BBD Poppadums
Dirty utensils tub	2oz ramekins	3 Beef brisket with BBQ sauce	BBD Vegan spread	CFF Coconut rice	3 Tortilla chips
Food recycling bin	4oz ramekins	5 Beef lasagne		CFF Naan bread	Black scissors
General waste bin	Small bowl	5 Chicken breast		CFF Pilau rice	Green handled spatula
Oven cloths	Children's plate	5 Chicken tikka		CFF Spicy rice	Microwave plate cover
Probe & Probe wipes	Large bowl	5 Chilli bean non-carne		CFF / 5 Sweet potato curry	Spoons, Forks
Sanitiser	Large plate	28 Garlic butter		CFF Vegan burger	Stainless steel spatula
Yellow cloths	Medium plate	3 Jacket potato		CFF Vegan sausages	Tan or green tongs (veg)
	Sauce boat	5 Lasagne			Yellow board/knife
	Side plate	3 Mushy peas			Yellow tongs
		5 Pasta alfredo			
		3 Prepped mushrooms			
		5 Ramen			
				RECYCLING FOCUS: Food (eg hot cold waste). Cardboard. Plastic (eg mushroom trays). Steel cans. All packaging must be rinsed of food debris and dried prior to recycling.	

