

CONVECTION OVEN COOKING GUIDE

COOKING MODES:

CONVECTION COOKING

Food products bake in hot, moving air. This moving air removes the cool air barrier between the cool food being cooked, and the heat of the oven chamber. It also helps food products to cook evenly and quickly. Foods cook faster with convection.

UNIFORM BAKING

This oven is designed to bake evenly on all levels. Please be sure that the oven is preheated to the proper temperature and the baking recipe has been adjusted to the lower temperature required for convection oven baking.

COOKING VARIABLES:

TEMPERATURE

The exact setting of the oven temperature assures proper cooking of food, both inside and outside:

Too low – your food cooks too slowly and will dry out.

Too High – your food burns and cooks unevenly.

If you are new to convection cooking, set the Convection Oven to a temperature of about 30°F - 50°F lower than what you would set it in a conventional oven. Let the food tell you what it needs; if it browns too fast, turn the oven temperature down.

If you experience uneven cooking, the solution is usually as simple as turning the oven temperature down a few degrees (10°F – 25°F).

TIME

Higher temperature cooks the food quicker & will cause more food shrinkage.

The quicker the food cooks, the more moisture is lost (especially protein products).

Most bakery products can withstand higher temperatures better than protein products.

HUMIDITY

The more humidity in the cooking cavity, the harder it will be for your food products to brown.

QUANTITY OF FOOD

One piece of chicken will take less time to cook than 2 or 3 pans of chicken.

Overloading the oven can result in uneven cooking.

Avoid placing baked goods touching each other on the pan before baking.

USE OF WIRE GRIDS AND SHEET PANS

Use wire grids for meat to elevate it and allow air to circulate all around during the cooking process. Place your wire rack in a sheet pan to collect the juice.

Use sheet pans for bakery items such as pastries, bread and rolls, and cookies. Shallow sided pans or bake sheets will enhance the air flow to your food.

COOKING HINTS

- Use these cooking hints to help determine which time and temperature works best for your food items.
- If your specific food isn't addressed, you will probably find something similar.
- The Convection Oven works on the principle of moving air.
- This air movement removes "Hot Spots" to get very even browning, rapid preheats (10 minutes), and faster cooking.

Here are some basic guidelines for convection cooking:

- Use pans that have sides no higher than a common sheet pan.
- Preheat the oven to approximately 40°-50°F above your baking temperature. You will lose some heat when loading the food.

After loading the food, remember to reset the oven to the desired baking temperature.

- If you notice uneven cooking, set the oven temperature down 25°-30°F. Let the product tell you if it needs more or less heat.
- DO NOT use Aluminum foil, it can get pulled into the fan and cause damage.
- Don't overload the oven.
- Maintain a minimum 2" between the food being cooked and the next shelf. Remove shelves if necessary.
- Keep the oven clean. Wipe up spills as they occur. Never allow grease to build up on the interior of the oven, or collect on the bottom of the cooking cavity.
- Frozen food draws more heat from the oven and may require a longer recovery time.
- When roasting meat, use a cooking rack to elevate the meat and facilitate even roasting. Smaller cuts such as boneless chicken breast or seafood portions may be baked directly on the sheet pan if desired.
- Lower temperatures will reduce shrinkage and save money with all of your roasted meat products.
- Higher geographical elevations will affect cooking times and temperature settings.

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