

mychef.

R e c i p e s

# QUICK AND EASY

with Mychef QUICK





# The best recipes for the best high speed oven.

---

- Mychef QUICK \_\_\_\_\_ pg.3
- Design \_\_\_\_\_ pg.5
- Technology \_\_\_\_\_ pg.8
- Recipes
  - Breakfast and coffee** \_\_\_\_\_ pg.10
    - Ham sandwich
    - Toast with eggs and bacon
    - Filled croissant
    - Chicken sandwich
    - French omelette
  - Fast food and snacks** \_\_\_\_\_ pg.17
    - Nachos with cheese
    - Hamburger with fries
    - French fries
    - Hot dog
    - Chicken wings
    - Frozen pizza
  - Casual and fine dining** \_\_\_\_\_ pg.24
    - Pulled pork tacos
    - Salmon wrap
    - Spanish potato omelette
    - Grilled prawns
    - Natural cockles
    - Quails in sauce
    - Provolone with breadsticks
  - Pastries and desserts** \_\_\_\_\_ pg.32
    - Frozen croissants
    - Chocolate chip cookies
    - Chocolate pancakes
    - Classic pancakes

# Our fastest oven.

Mychef QUICK is the new professional high speed oven, specially designed. To carry out quick easy cooking in minutes; even seconds. It works with impingement technology: cyclonic air that enables the oven to have the food ready to be served in no time at all. Achieve high-quality and standardised results, every time.

It has a robust, compact and easy-to-use design. Ideal for bars, COFFEE SHOPS, organised catering, food trucks, beach bars, etc. No installation or training required.

Simply plug it in and start cooking!



Restaurants



Gastrobars



Coffee shop



Fast food



Food trucks



Supermarkets



# A revolutionary design.

---

In addition to being highly efficient and very profitable for your business, the design of Mychef QUICK is revolutionary, daring; perfect to be placed in a visible location within your premises. It will be the first oven that draws your customers' eyes. Put it on show fearlessly and enjoy its speed!

## The most prizewinning high speed oven



reddot winner 2022



Bronze Delta  
ADI Awards 2022

## Models available

---

### QUICK 1T

- 6.8-inch touchscreen with customisable menu
- Quick access to 32 recipes
- Able to store up to 1,024 recipes

Available in three colours



### QUICK 1

- Electronic control panel
- Quick access to 8 recipes
- Able to store up to 100 recipes

Available in three colours



# Moving at speed.

The high speed technology that enables food to be ready for service in seconds combines two chamber heating technologies:

- 3D impingement air distribution system, or, in other words, a hot air outlet via the sides of the oven chamber, enveloping the food and raising its temperature ultra-fast, generating cooking in record time.
- Convection (allows up to 6 temperature settings from 100°C to 275°C).

## Technical specifications

<b>Interior capacity</b>	30 x 30 cm
<b>Exterior dimensions</b>	
Width	397 mm
Height	410 mm
Depth	629 mm
<b>Weight</b>	45 kg
<b>Power</b>	3600 W
<b>Voltage (V/Ph/Hz)</b>	230 V/L+N/50-60



# Say hello to a world of benefits with Mychef QUICK

---



## Hello, immediacy

Mychef QUICK does not require any installation, so it is possible to start up the service quickly thanks to its plug & play technology. By simply plugging it in, you can start cooking anywhere in your business.

## Hello, high speed cooking

Cyclonic air enables the oven to have the dish ready to be served in just a few minutes. Fewer queues and low waiting time, which benefits the business by increasing customer satisfaction and turnover.



## Hello, easy cleaning

Fully removable interior to enable cleaning each part deeply, avoiding contamination and technical issues and achieving good maintenance of the equipment. It is even possible to clean the parts (AISI 304) in the dishwasher.



## Hello, smoke-free space

Thanks to the catalytic filter, we prevent smoke and odours from the food cooked in the oven. This technology eliminates the need for external extraction. (Optional technology)





## Hello, compact design

That is also stackable, which enables doubling the production capacity in almost the same amount of space. Thanks to its dimensions, Mychef QUICK is ideal for placing in small spaces, such as a bar or counter in a bar, coffee shop, beach bar or food truck.

## Hello, simultaneous cooking

Cooking food simultaneously is possible with Mychef QUICK's MultiCook function. How does it work? Each ingredient is placed on a separate tray and the oven notifies visually and acoustically when each tray needs to be removed.

Easy, isn't it? (Technology only available in QUICK 1T model)

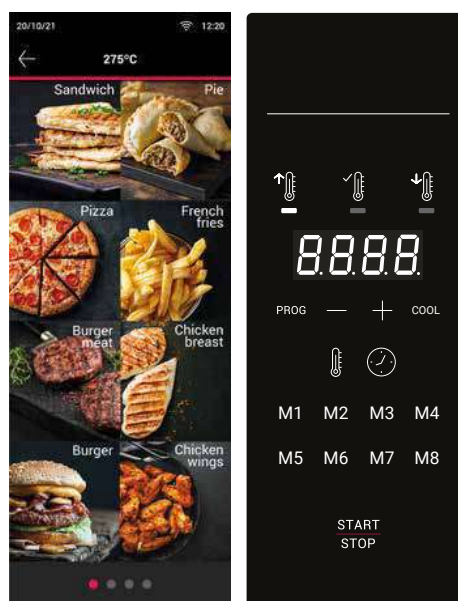


## Hello, consistent quality

With Mychef QUICK, you will always achieve the same results, thanks to consistent quality and homogeneous cooking across all recipes.

## Hello, quick recipe access

The configurable control panels enable saving your favourite recipes and accessing them quickly and as easily as possible. Quick access to 32 recipes with the touchscreen panel and quick access to 8 recipes with the electronic panel.



**This technology**  
**changes everything.**  
**Everything.**







Recipes

# Breakfast and coffee.



Option of making  
**1 to 4 servings**  
per cooking

# Ham sandwich

**1:00**  
MIN



**275°C**  
TEMP



**1**  
Pers.



## Ingredients

- 2 pcs sliced bread
- 1 slice of cheese
- 1 slice of ham
- 15g butter
- 14g rocket/lamb's lettuce
- 2 slices of tomato

## Preparation

- 1.** Place the butter on the bread
- 2.** Place the ham and cheese on the bread and place it in the basket
- 3.** Place the ham and cheese on the bread and place it in the basket
- 4.** Remove the basket when the oven notifies you
- 5.** Add the lettuce and tomato
- 6.** Plate and serve





Option of making  
**1 to 2 servings**  
per cooking

# Toast with eggs and bacon

**2:00**  
MIN



**275°C**  
TEMP



**1**

Pers.



**Multi**  
Cook



## Ingredients

- 2 fresh eggs
- 120g fresh bacon
- 100g frozen pre-fried potato (oven variety)
- 2 slices of bread
- 5ml olive oil
- 1 pinch of salt

## Preparation

- 1.** Place the bread, fresh eggs and fresh bacon in each of the baskets
- 2.** Add salt and oil to the fresh eggs
- 3.** Place the basket into the oven and select the preset recipe.
- 4.** Remove each basket when the oven notifies you
- 5.** Place the bacon and eggs on the bread
- 6.** Add pepper to taste and serve



Option of making  
**1 to 4 servings**  
per cooking

# Filled croissant

**00:30**  
SEC  **275°C**  
TEMP  **1**  
Pers. 

## Ingredients

- 1 croissant
- 2 slices of cheese
- 1 slice of ham

## Preparation

- 1.** Cut the croissant in half
- 2.** Add the ham and cheese and place it in the basket
- 3.** Insert the basket with the food and select the temperature and time
- 4.** Remove the basket when the oven notifies you
- 5.** Serve your croissant hot





Option of making  
**1 to 2 servings**  
per cooking

# Chicken sandwich

**2:30**  
MIN



**275°C**  
TEMP



**1**  
Pers.



**Multi**  
Cook



## Ingredients

- 1 bread baton
- 160g raw chicken breast
- 1 slice of cheese
- 20ml barbecue sauce
- 3 slices of tomato
- 5g rocket
- 8ml yoghurt
- 1ml olive oil
- 1 pinch of salt
- 1 pinch of pepper

## Preparation

- 1.** Place the chicken and bread in the baskets
- 2.** Add salt and oil to the raw chicken
- 3.** Insert the food in the basket and place the food in the oven
- 4.** Remove the basket when the oven notifies you
- 5.** Arrange the chicken, cheese, tomato, and rocket
- 7.** Add the yoghurt sauce and the barbecue sauce





Option of making  
**1 to 2 servings**  
per cooking

# French omelette

**1:30**  
MIN



**275°C**  
TEMP



**1**  
Pers.

## Ingredients

- 2 fresh eggs
- 1 slice of cheese
- 4 cherry tomatoes
- 0.5 lettuce heart
- 5ml olive oil
- 1 pinch of salt

## Preparation

- 1.** Beat the fresh eggs and add the salt
- 2.** Place the egg mix in a special oven container
- 3.** Place the omelette in the oven and select the preset recipe
- 4.** Remove the omelette when the oven notifies you
- 5.** Plate and serve



Recipes

# Fast food and snacks.



Option of making  
**1 to 2 servings**  
per cooking



# Nachos with cheese

**0:45**  
SEC



**275°C**  
TEMP



**2**  
Pers.



## Ingredients

- 300g nachos
- 120ml cheddar cheese
- 100g minced meat
- 140ml tomato sauce

## Preparation

- 1.** Add the nachos to an oven container
- 2.** Add the cheese, tomato, and meat to the nachos
- 3.** Place the container in the oven and select the preset recipe
- 4.** Remove the dish when the oven notifies you
- 5.** Plate and serve





Option of making  
**1 serving**  
per cooking



# Hamburger with fries

**3:30**  
MIN 

**275°C**  
TEMP 

**1**  Pers.

**Multi**  
Cook



## Ingredients

- 1 hamburger bun
- 150/180g fresh hamburger patty
- 2 slices of tomato
- 2 leaves of lettuce, rocket or lamb's lettuce
- 1 slice of cheese
- 100g frozen pre-fried potato (oven variety)
- Caramelised onion
- Oil and salt

## Preparation

- 1.** Add the bread, meat, and potatoes each to their own basket
- 2.** Place the baskets in the oven and select the preset recipe
- 3.** Take out the baskets when the oven notifies you
- 4.** Add the tomato, lettuce, and meat
- 5.** Arrange the cheese and the caramelised onion
- 6.** Serve the hamburger with the fries



Option of making  
**1 to 4 servings**  
per cooking

# French fries

**2:30**  
MIN



**275°C**  
TEMP



**1**  
Pers.



## Ingredients

- 200g frozen pre-fried fries
- 20ml mayonnaise
- 20ml brava sauce
- 1 pinch of salt

## Preparation

- 1.** Add the pre-fried potatoes to the basket
- 2.** Add salt and oil to the potatoes
- 3.** Place the basket in the oven and select the preset recipe
- 4.** Remove the basket when the oven notifies you
- 5.** Add the mayonnaise, brava sauce and salt
- 6.** Plate and serve





Option of making  
**1 to 2 servings**  
per cooking

# Hot dog

**2:00**  
MIN 

**275°C**  
TEMP 

**1**  
Pers. 

## Ingredients

- 1 Frankfurter-type sausage
- 1 hot dog roll
- 3ml mustard
- 3ml ketchup
- 3 ml mayonnaise

## Preparation

- 1.** Place the Frankfurter and the bread in a basket each
- 2.** Place the baskets in the oven and select the preset recipe
- 3.** Take out the baskets when the oven notifies you
- 4.** Place the Frankfurter on the bread
- 5.** Add the ketchup and mustard





Option of making  
**1 to 4 servings**  
per cooking

# Chicken wings

**2:30**  
MIN 

**275°C**  
TEMP 

**1**  
Pers. 

## Ingredients

- 6 precooked frozen chicken wings
- 20ml oil
- 20ml barbecue sauce
- 20ml mustard

## Preparation

- 1.** Marinate your wings with your favourite marinade
- 2.** Insert the basket in the oven and select the preset recipe
- 3.** Remove the basket when the oven notifies you
- 4.** Plate and serve





Option of making  
**1 serving**  
per cooking

# Frozen pizza

**3:00**  
MIN 

**275°C**  
TEMP 

**1**  
Pers. 

## Ingredients

- 30-cm precooked frozen pizza

## Preparation

- 1.** Add the pizza to the basket
- 2.** Insert the basket in the oven and select the preset recipe
- 3.** Remove the basket when the oven notifies you
- 4.** Plate and serve





Recipes

# Casual and fine dining.



Option of making  
**1 to 2 servings**  
per cooking

# Pulled pork tacos

**1:00**  
MIN



**275°C**  
TEMP



**1**  
Pers.

## Ingredients

- 1 small wheat or corn tortilla
- 40g grated cheese
- 50g precooked pulled pork
- 5g raw onion
- 1g dehydrated fried onion
- 0.5g fresh coriander
- 10 drops of lime

## Preparation

- 1.** Add the tortilla to the basket
- 2.** Add the cheese and meat to the tortilla
- 3.** Insert the basket in the oven and select the preset recipe
- 4.** Remove the basket when the oven notifies you
- 5.** Arrange the raw onion, fried onion, and a little coriander
- 6.** Add a few drops of lime
- 7.** Plate and serve





Option of making  
**1 serving**  
per cooking

# Salmon wrap

**1:00**  
MIN



**275°C**  
TEMP



**1**  
Pers.



## Ingredients

- 150g fresh salmon fillet
- 1 wheat tortilla 25 cm in diameter
- 60g grated cheese
- 14g rocket/lamb's lettuce
- 20ml yoghurt sauce
- 2g dehydrated fried onion
- 1 pinch of salt

## Preparation

- 1.** Add the tortilla to the basket
- 2.** Add the salmon, cheese, and salt
- 3.** Insert the basket in the oven and select the preset recipe
- 4.** Remove the basket when the oven notifies you
- 5.** Add the fried onion and the yoghurt sauce
- 6.** Plate and serve





Option of making  
**1 to 2 servings**  
per cooking

# Spanish potato omelette

**2:30**  
MIN 

**275°C**  
TEMP 

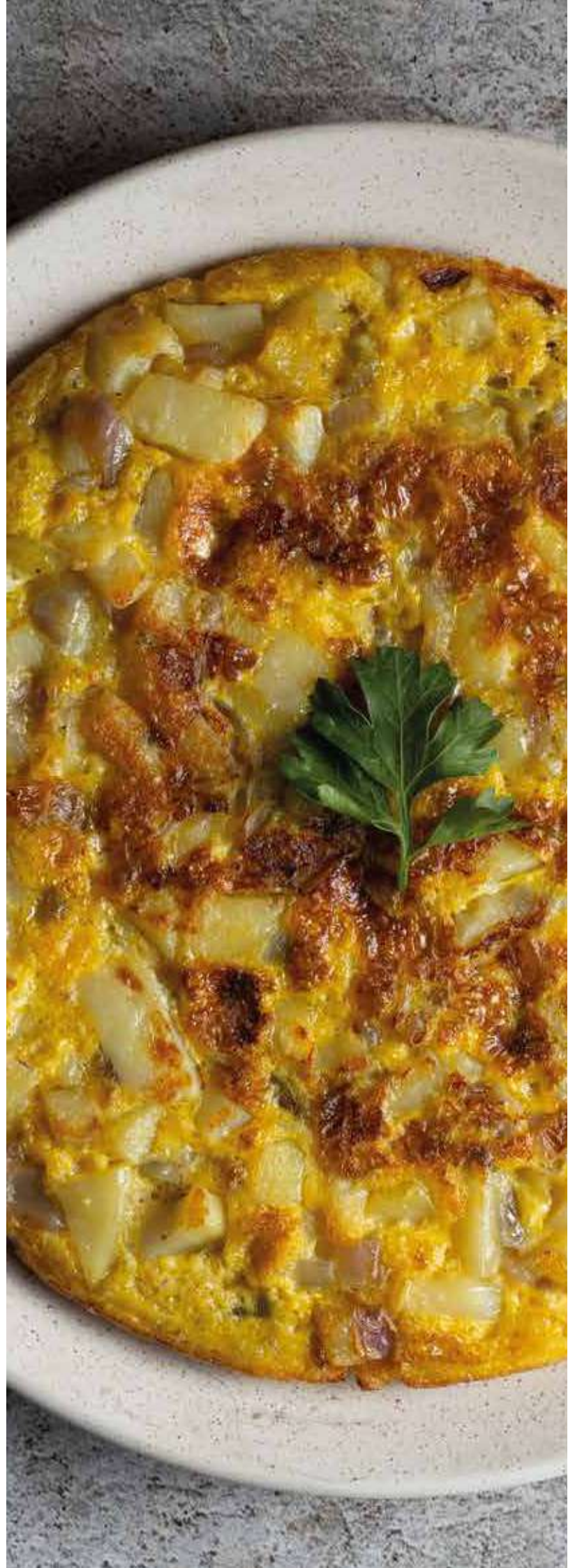
**1**  
Pers. 

## Ingredients

- 4 fresh eggs
- 220g potato and onion (precooked)
- 2 ml olive oil
- 1 pinch of salt

## Preparation

- 1.** Mix the eggs with the potato and onion
- 2.** Add salt and place the mixture in an oven tray
- 3.** Insert the tray in the oven and select the preset recipe
- 4.** Remove the tray when the oven notifies you
- 5.** Plate and serve





Option of making  
**1 to 4 servings**  
per cooking

# Grilled prawns

**2:30**  
MIN



**275°C**  
TEMP



**1**  
Pers.



## Ingredients

- 6 fresh prawns
- 5ml olive oil
- 1 pinch of salt
- 1 pinch of pepper
- 0.5ml lemon juice

## Preparation

- 1.** Add the fresh prawns to the basket
- 2.** Add salt, pepper, and a little oil
- 3.** Insert the basket in the oven and select the preset recipe
- 4.** Remove the basket when the oven notifies you
- 5.** Plate and serve





Option of making  
**1 to 2 servings**  
per cooking

# Natural cockles

**2:30**  
MIN 

**275°C**  
TEMP 

**2**  
Pers. 

## Ingredients

- 250g fresh cockles
- 1 pinch of salt
- 1 pinch of pepper
- Lemon to taste

## Elaboración

- 1.** Place the fresh cockles in an oven dish
- 2.** Add salt and pepper to the cockles
- 3.** Place the dish in the oven and select the preset recipe
- 4.** Remove the dish when the oven notifies you
- 5.** Add lemon to taste
- 6.** Plate and serve





Option of making  
**1 to 3 servings**  
per cooking

# Quails in sauce

**1:30**  
MIN



**275°C**  
TEMP



**1**  
Pers.



## Ingredients

- 8 fresh quail legs
- 10ml soy sauce
- 5ml honey
- 5ml tahini sauce
- 1g black sesame
- 3 ml olive oil
- 1 pinch of salt
- 1 pinch of pepper

## Preparation

- 1.** Add the fresh quail to the basket
- 2.** Add salt, pepper, and a little oil
- 3.** Insert the basket in the oven and select the preset recipe
- 4.** Remove the basket when the oven notifies you
- 5.** Mix the soy, honey and tahini
- 6.** Add the sauce on top of the quails
- 7.** Add the black sesame on top
- 8.** Plate and serve





Option of making  
**1 to 2 servings**  
per cooking

# Provolone with breadsticks

**3:00**  
MIN 

**275°C**  
TEMP 

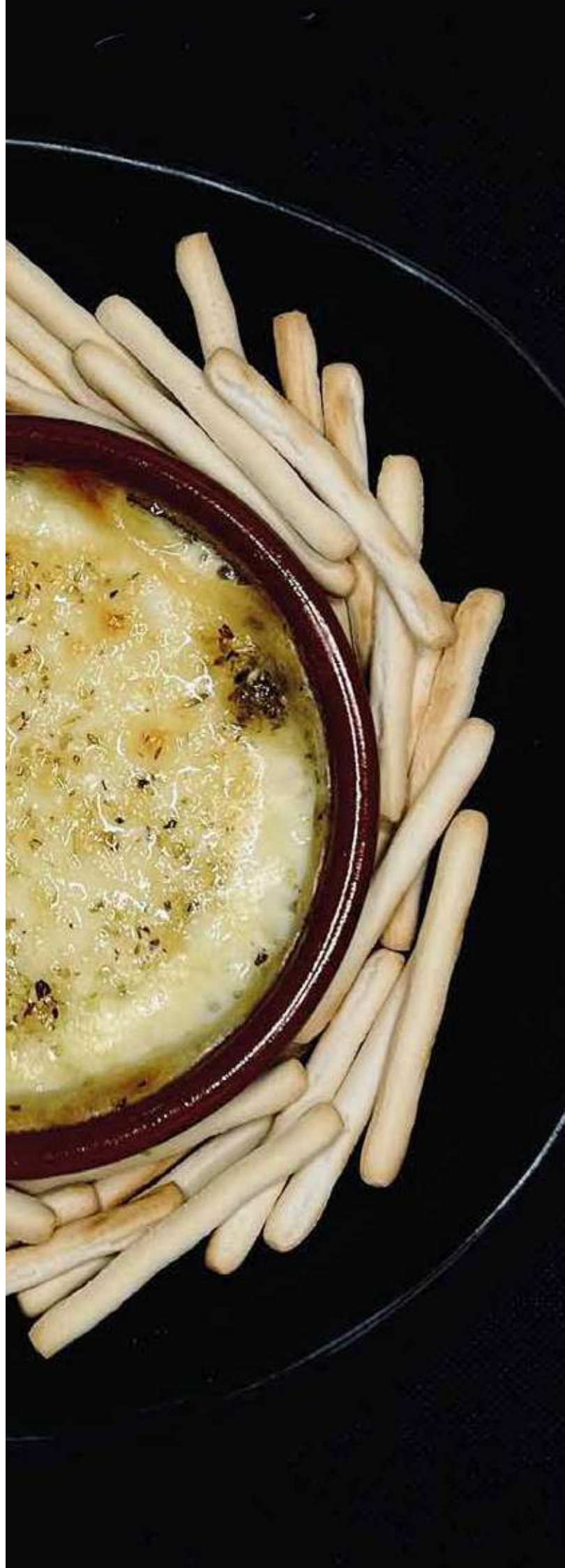
**2**  
Pers. 

## Ingredients

- 20g Provolone cheese
- 100g breadsticks

## Preparation

- 1.** Add the Provolone to an oven container
- 2.** Place the container in the oven and select the preset recipe
- 3.** Remove the container when the oven notifies you
- 4.** Plate with the breadsticks and serve





Recipes

# Pastries and desserts.



Option of making  
**1 to 3 servings**  
per cooking

# Frozen croissants

**16:00**  **175°C**  **3**   
MIN TEMP Pers.

## Ingredients

- 3 frozen croissants (fermented)

## Preparation

- 1.** Add the frozen croissants to a basket
- 2.** Insert the basket in the oven and set the temperature and time
- 3.** Remove the basket when the oven notifies you
- 4.** Plate and serve





Option of making  
**1 to 4 servings**  
per cooking

# Chocolate chip cookies

**2:30**  
MIN



**275°C**  
TEMP



**3**  
Pers.



## Ingredients

- 250g flour
- 150g sugar
- 2 fresh eggs
- 85g butter
- 1 teaspoon of baking powder (oven variety)
- 100g frozen chocolate chips
- 1 teaspoon of vanilla essence

## Preparation

- 1.** Mix the flour with the eggs and sugar
- 2.** Whisk and add the baking powder, butter, vanilla essence, and chocolate chips
- 3.** Let the dough rest in the refrigerator for 15 minutes
- 4.** Take out the dough, start making small balls of it and place them on the basket, leaving space between them
- 5.** Insert the basket in the oven and select the preset recipe
- 6.** Remove the basket when the oven notifies you
- 7.** Let the cookies cool and serve







Option of making  
**1 to 2 servings**  
per cooking

# Chocolate pancakes

**2:00**  
MIN 

**275°C**  
TEMP 

**1**  
Pers. 

## Ingredients

- 150g wheat flour
- 6g baking powder
- 15g sugar
- 1.5 fresh eggs
- 205ml cow's milk
- 38g butter
- 50ml chocolate syrup
- 10g crunchy candied nuts
- 10g nuts

## Preparation

- 1.** Mix the flour with the eggs and milk
- 2.** Beat and add the sugar, baking powder and butter
- 3.** Add the batter to the oven containers
- 4.** Place the containers in the oven and select the preset recipe
- 5.** Remove the containers when the oven notifies you
- 6.** Pile the pancakes on top of each other
- 7.** Add the chocolate syrup
- 8.** Plate with the nuts and serve





Option of making  
**1 to 2 servings**  
per cooking

# Classic pancakes

**2:00**  
MIN



**275°C**  
TEMP



**1**  
Pers.



## Ingredients

- 150g wheat flour
- 6g baking powder
- 15g sugar
- 1.5 fresh eggs
- 205ml cow's milk
- 38g butter
- 50ml red berries
- 50g maple syrup
- 10g red berries
- 10g nuts
- 40ml red fruit coulis

## Preparation

- 1.** Mix the flour with the eggs and milk
- 2.** Beat and add the sugar, baking powder and butter
- 3.** Add the batter to the oven containers
- 4.** Place the containers in the oven and select the preset recipe
- 5.** Remove the containers when the oven notifies you
- 6.** Add the syrup and coulis
- 7.** Serve with the berries and nuts



# mychef.



[mychefcooking.com](https://mychefcooking.com)