

# CONVECTION COOKING GUIDE 1/3

## Tips for Baking in Convection

- Always reduce the recipe temperature by 25 degrees.
- Cookies will bake in 9 - 12 minutes depending on density. For recipes with a longer cooking time, set the timer 8 - 10 minutes in advance of the recipe time to determine doneness.
- Use the Finishing Modes to achieve the perfect result.

Convection Ovens BO & EB Models	Oven Mode	Finishing Mode	Oven Temp °F	Cooking Time	Oven Trays
Cakes	Convection	Bottom Heat			Wire Rack
Cookies	Convection				Wire Rack or Oven Tray
Frittata	Convection	Bottom Heat			Wire Rack
Meringue Topped Pies	Convection	Top Heat			Wire Rack
Pies	Convection + Bottom Heat	Bottom Heat			Wire Rack
Pizza	Convection + Bottom Heat				Wire Rack or Oven Tray
Quiche	Convection + Bottom Heat				Wire Rack
Quick Breads, Banana, Zucchini	Convection	Bottom Heat			Wire Rack
Scones	Convection				Wire Rack or Oven Tray
Yeast Breads	Convection	Bottom Heat			Wire Rack or Oven Tray

## Casseroles and Gratins

Bake covered, remove the foil 10 minutes before end of cooking time, use the Finishing mode for browning.

Convection Ovens BO & EB Models	Oven Mode	Finishing Mode	Oven Temp °F	Cooking Time	Oven Trays
Casseroles	Convection	Top Heat	340	35 - 45 mins	Wire Rack
Scalloped Potatoes	Convection	Top Heat	340	40 - 50 mins	Wire Rack

Detailed cooking information can be found in the product User Guide.

# CONVECTION COOKING GUIDE 2/3

## Tips for Roasting in Convection

- Roast large cuts of meat on a rack in the oven tray.
- Use the core temperature probe for accurate cooking, the estimated cooking time will be shown after 20 mins.
- The internal temperature will rise during the resting time.
- Allow meats to rest for 10-15 mins before carving.

### Core Temperature Settings

Beef and Lamb	Medium Rare 125-130°F
	Medium 130-140°F
Chicken , Duck, Turkey	165°F
Pork	145°F

Convection Ovens BO & EB Models	Oven Mode	Finishing Mode	Oven Temp °F	Cooking Time	Oven Trays
<b>Beef</b>					
Brisket, Braised	Convection		280 - 300	2 hrs	Braise in a covered pan
Short Ribs, Braised	Convection		280 - 300	1 ½ - 2 hrs	Braise in a covered pan
Standing Rib Roast, Boneless Step 1	Convection		425	15 mins	Oven Tray + Wire Rack
Standing Rib Roast, Boneless Step 2	Convection		325	Until probe temp is reached	
Sirloin Roast	Convection		325	Until probe temp is reached	Oven Tray + Wire Rack
Tenderloin, pan seared	Convection		325	Until probe temp is reached	Oven Tray
N.Y. Steak	Broil + Circulated Air		500	6-7 mins, turn 4 - 5 mins	Broil Pan
Rib Eye Steak	Broil + Circulated Air		500	6-7 mins, turn 4 - 5 mins	Broil Pan
<b>Chicken</b>					
Pieces	Convection		355	30 - 40 mins	Oven Tray
Whole, Roast, Step 1	Convection		425	15 mins	Oven Tray + Wire Rack
Whole, Roast, Step 2	Convection		340	55 mins	
<b>Duck</b>					
Legs, Braised, pan seared	Convection		320	90 mins	Ovenproof skillet
Whole, Roast, Step 1	Convection		320	70 mins, pour off fat	Oven Tray + Wire Rack
Whole, Roast, Step 2	Convection		400	20 mins	
<b>Lamb</b>					
Leg of Lamb, Step 1	Convection		425	15 mins	Oven Tray + Wire Rack
Leg of Lamb, Step 2	Convection		325	Until probe temp is reached	
Lamb Shoulder	Convection		280 - 300	4 hrs	Slow roast covered
Rack of Lamb	Convection		400 - 20	25 mins	Oven Tray
Lamb Chops	Broil + Circulated Air		500	7 mins, turn 4 - 5 mins	Broil Pan

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# CONVECTION COOKING GUIDE 3/3

Convection Ovens BO & EB Models	Oven Mode	Finishing Mode	Oven Temp °F	Cooking Time	Oven Trays
<b>Pork</b>					
Baked Pork Chops, pan seared	Convection		325	8 mins	Ovenproof skillet
Loin Roast	Convection		325	Until probe temp is reached	Oven Tray
Tenderloin, pan seared	Convection		325	15 mins	Ovenproof skillet
Shoulder Roast	Convection		325	4 hrs	Oven Tray + Wire Rack
<b>Turkey</b>					
Breast	Convection		340	Until probe temp is reached	Oven Tray
Whole roast, Step 1	Convection		400	15 mins	Oven Tray + Wire Rack
Whole roast, Step 2	Convection		340	Until probe temp is reached	
<b>Seafood</b>					
Baked Fish fillets and steaks	Convection		340	10 - 12 mins	Oven Tray
Broiled Fish fillets and steaks	Broil + Circulated Air		475	6 - 8 mins, no turning	Oven Tray
Broiled Shrimp and Scallops	Broil		475	4 - 6 mins	Oven Tray
<b>Vegetables</b>					
Assorted Roast Root Vegetables	Convection + Bottom Heat		340	35 - 40 mins	Oven Tray
Baked Potato	Convection		340	50 mins	Oven Tray or Rack
Baked Sweet Potato	Convection		340	30 - 35 mins	Oven Tray or Rack
Roast Cauliflower	Convection + Bottom Heat		375	15 mins	Oven Tray
Roast Potatoes	Convection + Bottom Heat		365	25 - 30 mins	Oven Tray
Roast Ratatouille	Convection		365	30 mins	Oven Tray
Sliced Hard Squash	Convection		340	20 - 25 mins	Oven Tray
Slow Roasted Tomatoes	Convection		200	2 hours	Oven Tray
Grilled Vegetables: Asparagus, Corn, Mushrooms, Onions, Peppers, Zucchini	Broil		475	5 - 8 minutes	Oven Tray

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