Cookbook





Prática's High-Speed Ovens Taking C-Store offerings to the next level

- Lightning-fast cooking times for speedy service in bustling convenience store environments
- Streamlined operations to handle high volumes without compromising on flavor
- Versatile cooking capabilities for a mouthwatering range of grab-and-go options
- Precise temperature and humidity control for consistently delicious results
- Advanced safety features ensure a worry-free cooking environment
- Energy-efficient design supports sustainability and cost savings

Expand your menu, maximize your profits, and minimize your operational costs.











Prática's high-speed ovens are the perfect choice for your C-Store, offering rapid cooking times that allow you to serve up delicious grab-and-go options in no time. Your customers will love the convenience and taste, ensuring they keep coming back for more.

Operating our high-speed ovens is a breeze, allowing you to deliver delightful treats in no time. Once your personalized settings and recipes are set, simply select the desired recipe from the user-friendly interface to initiate the cooking process. The oven will seamlessly execute the recipe based on the established settings, guaranteeing consistent quality and flavors.

Get ready to take your convenience store cuisine to a whole new level. It's time to unleash your creativity, redefine the standards, and create a better C-Store experience.

This cookbook has been curated with recipes tailored specifically for our high-speed ovens, considering the atmosphere of C-Stores. It serves as a valuable starting point by offering you settings based on the recipes tested in our kitchen.

You have the flexibility to customize cooking parameters according to your preferences, empowering you to achieve the perfect textures and flavors envisioned for your business.

These recipes are not only examples but also sources of inspiration. Feel free to create additional recipes with different flavors and variations, aligning them with your C-Stores's unique menu.

On each page, you will find:

- A picture illustrating the featured food item
- The precise settings used for preparing that food item on each recommended high-speed oven
- A direct link to the recipe page on our website, providing more details and authentic pictures of the results achieved in our test kitchen
- An additional link to a short video showcasing the highspeed oven in action, specifically demonstrating that particular recipe.

Our expert team is available to assist you in ongoing support, troubleshooting, and recipe refinement.



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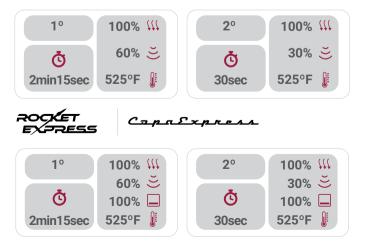


Chicken Wings

Our high-speed ovens transform 10 frozen wings into delicious, mouthwatering, ready-toeat perfection in just 3:30 min. Say goodbye to long waits and hello to crispy, tender, flavorpacked wings that will have your customers coming back for more. And the best part? No oil is needed, making it a healthier option for everyone to enjoy.



Settings for baking 8 pre-cooked chicken wings:



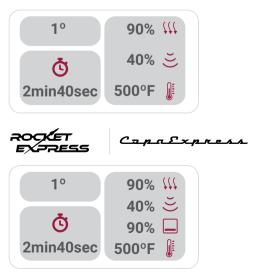


Chicken Strips

With our high-speed ovens, frozen chicken strips are cooked to crispy perfection in a matter of minutes. Each strip is golden on the outside and juicy on the inside, delivering a flavorful experience that will keep your customers coming back for more. No oil needed, making them a healthier alternative



Settings for baking a 14oz-portion of pre-cooked chicken strips:





Pizza by the slice

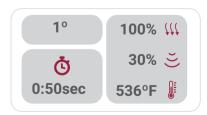
Reheat a single pizza slice in just 15 seconds or even bake a single slice from frozen dough to perfection in only 50 seconds. Our high-speed ovens are incredibly versatile, and customizable, allowing you to meet various preferences and needs. Each pizza slice served will be a delicious delight, leaving your customers craving more.





Settings for baking a frozen slice:

FIT E X P R E S S





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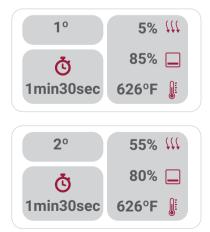
Whole Pizzas

The Forza STi can flawlessly bake a 16" pizza from fresh dough in just 3 minutes, while the FIT Express works its magic on a 12" pizza from frozen in only 2 minutes. Our high-speed ovens can cater to various pizza toppings, allowing your business to customize and meet the unique preferences of your menu.



Settings for baking a 16"fresh dough pizza:

FORZA <mark>ST</mark>i



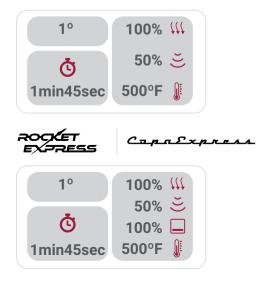


Personal size pizza

The FIT Express works its magic on a personalsize pizza from frozen in only 1 minute and 45 seconds. Our high-speed ovens can cater to various pizza toppings, allowing your business to customize and meet the unique preferences of your menu.



Settings for baking a frozen personal-size pizza:





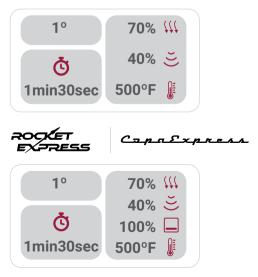
Taquitos

Prepare your flavorful taquitos ahead of time and reheat them on demand. They will taste as if they were just made – the fillings remain juicy, and the tortillas stay perfectly crisp. Embrace the convenience of pre-preparation while delivering authentic flavors in every bite of this Mexican classic.





Settings for reheating 8 refrigerated taquitos:





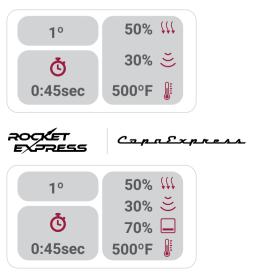
Hamburgers

You can prepare the patties in advance and reheat them on demand, ensuring they taste just as fresh as the moment they were cooked. Experience juicy fillings and perfectly crisp buns with each bite, all thanks to our precise temperature control. Embrace the convenience of pre-preparation without compromising on the authentic flavors that make these classic favorites truly exceptional.





Settings for reheating 4 fully cooked patties, with the cheese and the buns:





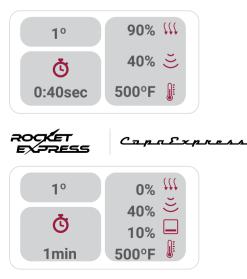
Hot Dogs

Prepare these classic favorites in advance and reheat them on demand, guaranteeing that each bite is as delicious and fresh as can be. Our ovens' precise temperature control ensures the juicy wieners and soft buns stay perfectly warm and ready to serve. Impress your customers with quick service and delectable taste.





Settings for 2 hot dogs:



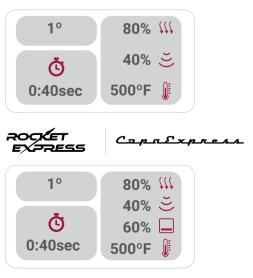


Sandwiches

Whether it's a classic grilled cheese, an Italian sub, or a savory steak sandwich, our high-speed ovens ensure outstanding results. Consistent quality and delicious results. Customize each sandwich to perfection with our versatile oven settings, allowing you to unleash your creativity and deliver sandwiches just as you envisioned them.



Settings for a refrigerated 12" sub sandwich:





Cookies

Easily bake a batch of perfect cookies with our high-speed ovens. Simply place the cookie dough on the tray, and watch as multiple units of delicious cookies bake to perfection. Enjoy the aroma of freshly baked cookies filling the air, enticing your customers with their irresistible scent.

Settings for baking 12 cookies:

FORZA <mark>ST</mark>i







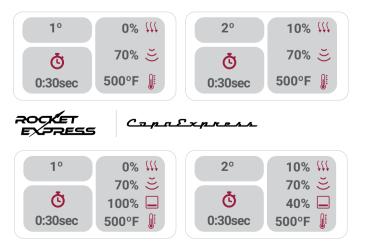


Burritos

The tortillas are warmed and maintained at a soft texture, while the fillings are heated to a satisfying temperature. With their efficient cooking times, our ventless smart high-speed ovens can handle continuous operations, ensuring a steady supply of flavorful burritos for your hungry customers.



Settings for 2 breakfast burritos:





Nachos

With precise heating settings, our high-speed ovens excel at melting cheese, warming toppings, and maintaining the crispiness of tortilla chips. Each bite of our delicious nachos offers a perfect blend of flavors and textures. Settings for heating up nachos:











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FIT EXPRESS SILVER

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FIT EXPRESS BLACK

• Bigger cavity, smaller footprint: fits on 15.2" width countertops and cooks 12" pizzas.

• User interface: full-color user-friendly touchscreen display. Drag and drop features.

• IOK: Create, edit, and organize groups, recipes, and complete menus directly on the oven or from your computer using Wi-Fi or USB Flash Drive and send them to all connected ovens.

• Multi-language system: Portuguese, English, Spanish, French, German, Polish, Russian, Mandarin, Greek.

Ventless: no hoods needed.

• The removable catalytic converter allows operators to perform the cleaning without the need for a maintenance service call.

• Secures consistent results: through precise control, even heat distribution, rapid cooking, built-in sensors, and customization options, ensuring uniform and efficient cooking for reliable outcomes. • Independently adjust microwave power, temperature, and impinged air while programming recipes on the oven.

• No side vents, allowing zero side clearance.

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• Elegant & Intuitive: Stores up to 1024 recipes, with their own steps, settings, icons, or photos.

• Temperatures up to 536°F: The impinged air convection technology combined with microwave capabilities enables users to cook food faster than when using traditional processes.

• Heat insulation: prevents the surrounding area from heating up and keeps the surface cool to the touch.

536°F



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• 1 year warranty for parts and labor, with the exception of naturally worn items.

Region	Voltage (V)	Phases	Freq. (Hz)	Power (kW)	Circuit Breaker (A)	Cable	Socket	Product dimensions (Height x Width x Depth)	Boxed product dimensions (Height x Width x Depth)	Chamber dimensions (Height x Width x Depth)	Clearance (Left / back / right side)
USA / Canada	208 240	Single	60	6.2 7.0	30	3x10 AWG	• • • NEMA 6-30	25.9 x 15.2 x 27.3 (") 147.7 lbs.	35.8 x 20.1 x 35.6 (") 200 lbs.	5.2 x 12.4 x 12.1 (") 0.45 cu.ft	0" / 0" / 0"







Forza STi Double Stacked

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• Secures consistent results: through precise control, even heat distribution, rapid cooking, built-in sensors, and customization options, ensuring uniform and efficient cooking for reliable outcomes.

• Pizzas up to 16": fresh, or par-baked dough, thin or thick crust.

• Stackable: can be stacked up to two ovens.

• Each cavity has its own independent controls, allowing the temperature to be set individually, up to 626°F each.

• Elegant & Intuitive: stores up to 1024 recipes, with their own steps, settings, icons, or photos.

• User interface: full-color user-friendly touchscreen display. Drag and drop features.

• Multi-language system: Portuguese, English, Spanish, French, German, Polish, Russian, Mandarin, Greek.

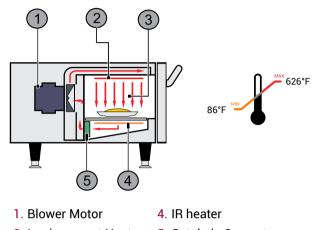
• IOK: Create, edit, and organize groups, recipes, and complete menus directly on the oven or from your computer using Wi-Fi or USB Flash Drive and send them to all connected ovens.



Ventless: no hoods needed.

• The removable catalytic converter allows operators to perform the cleaning without the need for a maintenance service call.

• Heat insulation: prevents the surrounding area from heating up and keeps the surface cool to the touch.



- 2. Impingement Heater 5. Catalytic Converter
- 3. Impinged Air

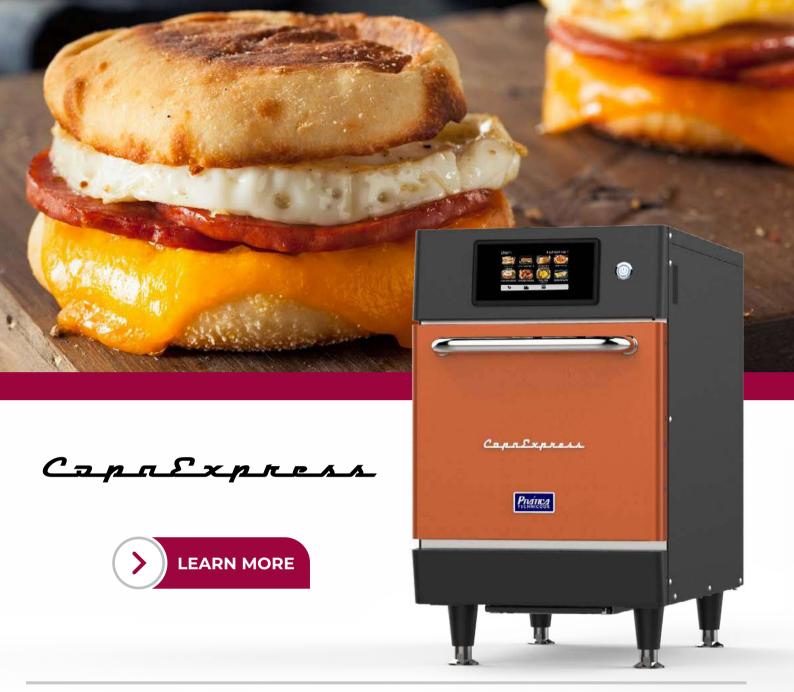
STANDARD ACCESSORIES



1 year warranty for parts and labor, with texception of naturally worn items.

🕀 OPTIONAL ADJUSTABLE FEET

Region	Voltage (V)	Phases	Freq. (Hz)	Power (kW)	Circuit Breaker (A)	Cable	Socket	Product dimensions (Height x Width x Depth)	Boxed product dimensions (Height x Width x Depth)	Chamber dimensions (Height x Width x Depth)	Clearance (Left / back / right side)
USA / Canada	208 240	Single	60	5.6 7.2	30	3x10 AWG	•• • • • NEMA 6-30	Without feet 13.4 x 27.7 x 31 (") 148 lbs. With feet 17.4 x 27.7 x 31 (") 148 lbs.	25.2 x 33.2 x 37.6 (") 209.4 lbs .	3.6 x 18.1 x 17.1 (") 0.65 cu.ft	0" / 0" / 1"





• Touchscreen display with intuitive and multi-language software, making it easy to set up, operate, and create recipes.

• USB loading capabilities for programming and sharing settings between ovens.

• Catalytic converter filter technology allows the oven to operate in any indoor area without the use of a hood.

• Easy access to the removable catalytic converter that allows cleaning and maintenance to be performed by the end-user.

• Manual cooking mode allows quick and intuitive cooking of unexpected menu items.

• Infrared bottom heating element with independent temperature control.

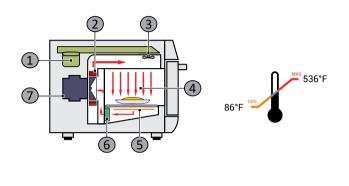
Easily removable bottom filter for cleaning and maintenance.
Includes a daily cleaning function that cools the oven to safe temperatures and shows a video with recommended cleaning steps.

CERTIFIED

WITH EASILY REMOVABLE CATALYTIC CONVERTER.

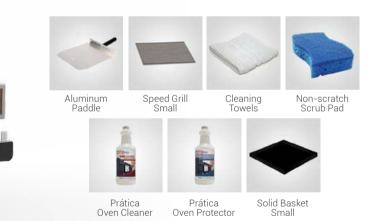
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- Side vents that allow 1" side clearance.
- Up to 1024 recipes, with 8 steps each in 16 groups.
- Adjustable temperature from 86°F (30°C) to 536°F (280°C).
- Capable of utilizing common pan sizes including 1/2 hotel pan (gastronorm pan), and a 1/4 sheet pan.





STANDARD ACCESSORIES



• 1 year warranty for parts and labor, with the exception of naturally worn items.

Region	Voltage (V)	Phases	Freq. (Hz)	Power (kW)	Circuit Breaker (A)	Cable	Socket	Product dimensions (Height x Width x Depth)	Boxed product dimensions (Height x Width x Depth)	Chamber dimensions (Height x Width x Depth)	Clearance (Left / back / right side)
USA / Canada	208 240	Single	60	6.2 7.2	30	3x10 AWG	••• ••• NEMA 6-30	27.3 x 15.9 x 30.7 (") 174 lbs.	35.8 x 20.1 x 35.6 (") 235 lbs.	7.2 x 13.2 x 11.2 (") 0.61 cu.ft	1" / 0" / 1"

BACK TO MENU





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 Touchscreen display with intuitive and multi-language software, making it easy to set up, operate, and create recipes.

• USB loading capabilities for programming and sharing settings between ovens.

 Catalytic converter filter technology allows the oven to operate in any indoor area without the use of a hood.

· Easy access to the removable catalytic converter that allows cleaning and maintenance to be performed by the end-user.

 Manual cooking mode allows guick and intuitive cooking of unexpected menu items.

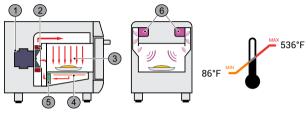
• Infrared bottom heating element with independent temperature control.

(1)CERTIFIED WITH EASILY REMOVABLE CATALYTIC CONVERTER. 0

· Bottom filter can be easily removed for cleaning and maintenance.

• Includes a daily cleaning function that cools the oven to safe temperatures and shows a video with recommended cleaning steps.

- No side vents, allowing zero side clearance.
- Up to 1024 recipes with 8 steps each in 16 groups.
- Adjustable temperature from 86°F (30°C) to 536°F (280°C).
- Exterior, cool to the touch.





- 3. Impinged Air
- 6. Magnetrons

STANDARD ACCESSORIES



• 1 year warranty for parts and labor, with the exception of naturally worn items.

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Region	Voltage (V)	Phases	Freq. (Hz)	Power (kW)	Circuit Breaker (A)	Cable	Socket	Product dimensions (Height x Width x Depth)	Boxed product dimensions (Height x Width x Depth)	Chamber dimensions (Height x Width x Depth)	Clearance (Left / back / right side)
USA / Canada	208 240	Single	60	6.2 7.2	30	3x10 AWG	• • • • NEMA 6-30	25x 20.9 x 31.7 (") 194 lbs.	34 x 25.2 x 36.2 (") 250 lbs .	5.7·x15.5 x14.2 (") 0.74 cu.ft	0" / 0" / 0"



PRÁTICA'S SMART HIGH-SPEED OVENS THE FUTURE OF COOKING

Prática's ventless smart high-speed ovens are specifically designed to streamline your operations. With the convenient recipe distribution feature, you can effortlessly create recipes on one unit and seamlessly transfer them to all connected ovens using either a USB flash drive or Wi-Fi. This time-saving functionality ensures consistency and uniformity across all your C-store locations, enabling you to uphold the highest standard of culinary excellence while maximizing productivity.

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All our touchscreen models now come with the IOK: Forza STi, FIT, Rocket, and Copa Express.



With the IOK, you can easily monitor and access your ovens remotely from various devices such as PCs, MACs, mobile phones, and tablets, regardless of your location.



Manage all your ovens and menus from one place.



Create, edit, and organize groups, recipes, and complete menus directly on the oven or from your computer, and seamlessly send them to all connected ovens.



Personalize the recipe icons by adding photos of your own dishes.



The IOK ensures consistent recipe programming, ensuring that your menu and recipes maintain a seamless and uniform experience from beginning to end.



Receive the latest updates on IOK features, interface, and display configuration for your ovens, no matter where they are located.



Gain access to exclusive Cookbooks featuring recipe suggestions carefully crafted by Prática's chefs.



Receive customer support conveniently through the IOK platform via chat.

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CLEANING KIT BENEFITS

Specially formulated for Prática High-Speed Ovens

OVEN CLEANER

- Non-caustic, non-corrosive, and non-flammable
- Dissolves heavy soils, carbonized buildup, fat, oil, and grease.
- Use it in commercial kitchens to save time and labor.
- Excellent cleaning and degreasing power.
- Safe for use on aluminum.

OVEN PROTECTOR

- Prevents carbonized buildup, fat, oil, and grease from sticking to oven walls.
- It makes oven cleaning easier, saving time and labor.
 Use it in commercial kitchens to keep ovens looking
- like new.
- Blend of all GRAS ingredients (GRAS Generally Recognized As Safe by the FDA).

SPEED OVENS ACCESSORIES

Panini Press

Part Number: 800552 Description: 11.8" x 11.9" x 2.4" Compatibility: Fit Express

Ceramic Stone

Part Number: 200102 Description: 12.75" x 14.75" x 0.38" Compatibility: Rocket / Forza Express

Ceramic Stone - Small

Part Number: 200104 Description: 9.75" x 12.25" x 0.38" Compatibility: Copa

Speed Grill

Part Number: 200601 800526 12 x 12" x 0.25" Description: 13" x 14" x 0.25" Compatibility: Rocket Fit

Speed Grill - Small

Part Number: 200604 Description: 8.25" x 11" x 1" Compatibility: Copa

Solid Basket

Part Number: 200201 Description: 13.5" x 13.5" x 1" **Compatibility:** Rocket

200205 11" x 11" x 1.25" Fit Express



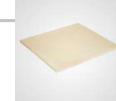
Solid Basket - Small

Part Number: 200203 Description: 9" x 12" x 1" Compatibility: Copa

Perforated Basket

Part Number: 200202 Description: 13.5" x 14.5" x 1" Compatibility: Rocket







Perforated Basket - Small

Part Number: 200204 Description: 9" x 12" x 1" Compatibility: Copa

200211 11" x 11" x 1" Fit Express



Pizza Screen

Part Number:	200602	760466
Description:	13.5"	16″
Compatibility:	Forza STi / Forza Express	Forza STi

Aluminum Paddle

Part Number: 200603	800512	800507
Description: 12" x 13.5"	12" x 13.75"	10" x 19"
Compatibility: Rocket	Forza STi	Fit / Copa

Cleaning Tool

Part Number: 618213 Compatibility: Forza STi

Prática Oven Cleaner

Case of 6 bottle	1 bottle	
Part Number:	20090CS	200902
Compatibility:	Rocket / Copa /	Fit / Forza STi

Prática Oven Protector

Case of 6 bottle	1 bottle	
Part Number:	200901CS	200901
Compatibility:	Rocket / Copa /	Fit / Forza STi

Standard Trigger Sprayer

Part Number: 200903 **Foaming Trigger Sprayer**

Part Number: 200906 Compatibility: Rocket / Copa / Fit / Forza STi

Cleaning kit

- 1 Standard Trigger Sprayer
- 1 Foaming Trigger Sprayer
- 1 Prática Oven Cleaner • 1 Prática Oven Protector
- 1 Non-scratch Scrub Pad
- 2 Cleaning Towels

















WELCOME TO PRÁTICA

Prática, founded in 1991, offers cutting-edge equipment for the food preparation market, including an extensive product portfolio in the category of speed ovens. With over 600 employees, including 55 in Research & Development in its fully operational 250,000 sq ft factory located in Minas Gerais, Brazil, where it is the market leader. Additionally, the company has a strong presence in the international market, with branches in the United States and Chile, and exports its products to more than 50 countries.

At Prática, our purpose is to help our customers prepare high-quality food without waste. We understand the crucial role we play in the chain that begins with fields and crops and ends with providing prepared food to people. With our state-of-the-art technology and integrated product solutions, as well as pre- and post-sales support networks, we truly improve our customers' operations in quality food preparation, productivity, and profitability.

A well-aligned team, driven by strong values and a positive vision for the future, is propelling Prática towards an increasingly prominent position in the world.



QUALITY FOOD WITHOUT WASTE





WELL-BEING

PRODUCTIVITY

Manufacture Contraction of the

SUSTAINABILITY

our Values

OUR PURPOSE

MANUFACTURING PLANT State of Minas Gerais - Brazil BACK TO MENU

PRESENT IN OVER 50 COUNTRIES





Example 2 Soom in to get a better view.

COVERAGE IN ALL 50 STATES



- * Nationwide parts distribution Partstown USA
- * Nationwide Service Network NSC
- * Nationwide Sales coverage by independent sales representatives





SWARRANTY

PRICE LIST

Prática Products Inc. warranties all high-speed ovens for a period of one (1) year covering manufacturer defects, part failures, and pre-approved labor, and two (2) years on all the heating elements, magnetrons, and blower motor of the oven. The warranty period starts on the installation day.

The warranty excludes user abuse, ordinary wear, tear, and other conditions described in full in the product user's manual.

FREIGHT AND **SHIPPING**

Prática Products Inc. provides the most economical ground transportation possible, consistent with guaranteed freight and minimal terminal switching. Any special request, as in residential delivery, lift gate, or phone appointment, will have an additional charge. Prática Products Inc. imposes no hidden mark-ups; all freight charges are passed through the customer at our cost.

Any missing product, loss, or damage in shipment must be reported to Prática Products Inc. and the delivery common carrier immediately on receipt of shipment, and noted on the delivery receipt.

Shipments should be inspected before accepting delivery; if any damage is noticed, shipment should be refused. Any concealed damage noticed within 2 days of accepting delivery should be reported by consignee to the common carrier. Freight claims are the responsibility of the cosigner.

For information on terms and conditions please click on following link.



TERMS AND CONDITIONS

All prices are quoted in \$ U.S. dollars and are subject to change without notice. State sales tax will be added to the invoice if resale tax certificate is not on file.

Terms are net 30-days upon approved and established credit. Prices are quoted F.O.B from our warehouse in Lewisville, TX. Prática Products Inc. reserves the right to review, accept, or reject all purchase orders.

Purchase orders are only considered valid after written acknowledgement is received by the customer.

Prática Products Inc. reserves the right to change or modify the design, specification and substitute materials in construction of any product manufactured without notice.

All product dimensions are nominal and are subject to change.

RETURN POLICY

Any missing product, loss, or damage in shipment must be reported to Prática Products Inc. and the delivery common carrier immediately on receipt of shipment, and noted on the delivery receipt.

Shipments should be inspected before accepting delivery; if any damage is noticed, shipment should be refused. Any concealed damage noticed within 2 days of accepting delivery should be reported by consignee to the common carrier. Freight claims are the responsibility of the cosigner.

Unless Prática agrees otherwise, specifically in writing, sales are final. Returns of products will not be accepted unless Prática has provided written authorization. Returns are subject to a 25% restocking fee of the total order.



Prática Products, Inc. - USA

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www.praticausa.com

