

Cookbook

DELI AND GRAB-AND-GO



Pratica
HIGH SPEED OVENS

Prática's High-Speed Ovens

Elevating deli and grab-and-go experiences

- **Lightning-fast cooking times, ensuring quick service for busy deli and grab-and-go establishments**
- **Streamlined operations, capable of handling high volumes without compromising quality**
- **Versatility to cook a wide range of delectable items, from sandwiches to pastries and more**
- **Precise temperature and humidity control for consistent and mouthwatering results**
- **Advanced safety features, ensuring a secure cooking environment**
- **Energy-efficient design, minimizing costs, and supporting sustainability initiatives**

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






Experience the game-changing capabilities of Prática's ventless smart high-speed ovens for deli and grab-and-go establishments! We understand the need for fast and flavorful options that cater to customers on the go. Our ovens are the perfect solution, revolutionizing the way you prepare and serve your menu offerings.



Operating our high-speed ovens is simple and efficient. Once your customized settings and recipes are established, it's a breeze to deliver delicious food items in a fraction of the time. The user-friendly interface allows for an easy selection of recipes, ensuring consistent quality and outstanding flavors with every order.



With our support, you can unleash your culinary creativity and deliver unforgettable flavors that keep customers coming back for more.



This cookbook has been curated with recipes tailored specifically for our high-speed ovens, considering the atmosphere of delis and grab-and-go establishments. 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 deli and grab-and-go establishment'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 high-speed 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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Panini





Serve up a delicious toasted panini in no time. The savory fillings, perfectly nestled between toasted bread, create a satisfying and convenient dining experience for your customers. Say goodbye to long waits and hello to quick and tasty paninis.

[> LEARN MORE](#)

[> WATCH THE VIDEO](#)






Settings for toasting a ham and cheese panini:

FIT EXPRESS

1°	90% 
 0:40sec	40%  500°F 

ROCKET EXPRESS

CapriExpress

1°	90% 
 0:40sec	40%  100%  500°F 

[↑](#)
BACK TO MENU



Chicken breast





Refrigerate and reheat pre-cooked chicken breast to minimize waste in delis and grab-and-go restaurants. Our high-speed ovens efficiently warm the chicken to perfection, preserving its juicy and tender texture. Deliver flavorful and convenient chicken dishes that maintain their quality and taste.

[LEARN MORE](#)

[WATCH THE VIDEO](#)






Settings for reheating 2 pre-cooked chicken breasts:

FIT EXPRESS

1°	90% 
 0:50sec	40% 
	500°F 

ROCKET EXPRESS

CapriExpress

1°	90% 
 0:50sec	40% 
	70% 
	500°F 

BACK TO MENU 



Chicken Wings

Our high-speed ovens transform 10 frozen wings into delicious, mouthwatering, ready-to-eat perfection in just 3:30 min. Say goodbye to long waits and hello to crispy, tender, flavor-packed 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:

FIT EXPRESS

1°	100%	60%	525°F	2min15sec
2°	100%	30%	525°F	30sec

ROCKET EXPRESS

CapriExpress

1°	100%	60%	100%	525°F	2min15sec
2°	100%	30%	100%	525°F	30sec

[LEARN MORE](#)

[WATCH THE VIDEO](#)

BACK TO MENU



French Fries

With our ventless high-speed ovens, frozen French fries become crispy and golden in no time. They're perfectly cooked on the outside and tender on the inside. No need for a large kitchen or complex ventilation systems. Plus, no extra oil is needed, making it a healthier choice for all.

[LEARN MORE](#)

[WATCH THE VIDEO](#)

Settings for baking frozen french fries:

FIT EXPRESS

1°	70%	2°	70%
	40%		10%
2min45sec	500°F	1min10sec	500°F

ROCKET EXPRESS

CapriExpress

1°	70%	2°	70%
	40%		10%
2min45sec	100%	1min10sec	100%
500°F		500°F	

BACK TO MENU



Tater tots

Each tot is cooked to perfection, with a crispy exterior and a fluffy interior. Our ovens ensure quick and consistent results, making them the perfect choice for tater tot lovers everywhere.

Settings for baking frozen tater tots:

FIT EXPRESS

1°	100% 🔥
🕒	70% 🌀
1min35sec	500°F 🌡️

ROCKET EXPRESS

CapriExpress

1°	100% 🔥
🕒	70% 🌀
1min35sec	100% 📺 500°F 🌡️

[LEARN MORE](#)

[WATCH THE VIDEO](#)

[BACK TO MENU](#)



Sandwiches

Whether it's a classic grilled cheese, an Italian sub, or a savory steak sandwich, our high-speed ovens ensure outstanding results. With precise heating, the cheese melts to perfection, the fillings are warmed to enhance their flavors, and the bread is toasted to a delightful crunch.

[LEARN MORE](#)

[WATCH THE VIDEO](#)

Settings for a refrigerated 12" sub sandwich:

FIT EXPRESS

1°	80%
0:40sec	40% 500°F

ROCKET EXPRESS

CapriExpress

1°	80%
0:40sec	40% 60% 500°F

BACK TO MENU



Keeping salad cold while heating the meat

If you prefer keeping your sandwiches fully assembled and refrigerated, including the salad, instead of adding it after toasting, our high-speed ovens make it possible. With precise temperature control, the meat is heated perfectly, while the salad stays chilled and crisp. The sandwiches should be assembled in the correct order. For assistance in programming this recipe, please contact our team.

[LEARN MORE](#)

[WATCH THE VIDEO](#)

Settings for toasting a 12" salad sub sandwich:

FIT EXPRESS

1°	100%	🔥🔥🔥
🕒	50%	🔥
0:35sec	500°F	🌡️

ROCKET EXPRESS

CapriExpress

1°	100%	🔥🔥🔥
🕒	100%	🔥
0:35sec	500°F	🌡️

BACK TO MENU



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:

FIT EXPRESS

1°	0% 🔥	2°	10% 🔥
0:30sec	70% 🍷	0:30sec	70% 🍷
	500°F 🌡️		500°F 🌡️

ROCKET EXPRESS

Capri Express

1°	0% 🔥	2°	10% 🔥
0:30sec	70% 🍷	0:30sec	70% 🍷
	100% 🍷		40% 🍷
	500°F 🌡️		500°F 🌡️

[LEARN MORE](#)

[WATCH THE VIDEO](#)

BACK TO MENU



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 students craving more.

[LEARN MORE](#)

[WATCH THE VIDEO](#)

Settings for baking a frozen slice:

FIT EXPRESS

1°	100%
0:50sec	30% 536°F

ROCKET EXPRESS

CapriExpress

1°	100%
0:50sec	30% 100% 536°F

BACK TO MENU



Flatbreads

The thin and crispy crust is toasted to golden-brown perfection, while the toppings are heated just right. Whether you prefer traditional or innovative combinations, our ovens deliver consistent and delicious results.

Settings for baking a frozen flatbread focaccia style (unthaw first):

FIT EXPRESS

1°	70%
1min40sec	30% 536°F

ROCKET EXPRESS

Capo Express

1°	70%
1min40sec	30% 100% 536°F

[LEARN MORE](#)

[WATCH THE VIDEO](#)

BACK TO MENU



FIT EXPRESS

[▶ LEARN MORE](#)

FIT EXPRESS BLACK



FIT EXPRESS ORANGE

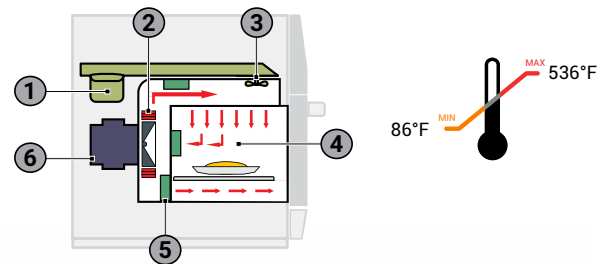


FIT EXPRESS SILVER



- 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 impinging air while programming recipes on the oven.
- No side vents, allowing zero side clearance.
- Elegant & Intuitive: Stores up to 1024 recipes, with their own steps, settings, icons, or photos.
- Temperatures up to 536°F: The impinging 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.



1. Magnetron
2. Impingement Heater
3. Stirrer
4. Impinging Air
5. Catalytic Converter
6. Blower Motor

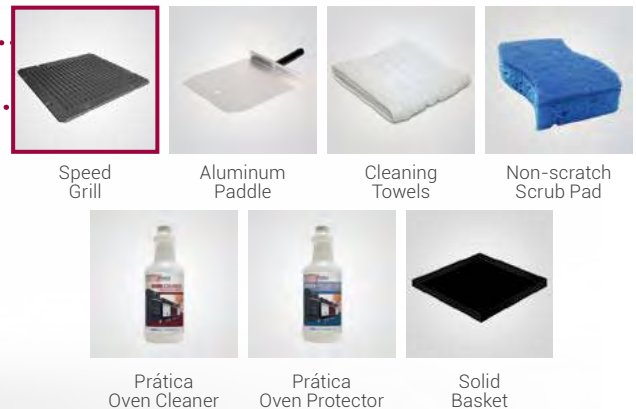


CERTIFIED
VENTLESS

WITH EASILY REMOVABLE
CATALYTIC CONVERTER.

BUILT-IN

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 7.0	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"



Copa Express

[> LEARN MORE](#)



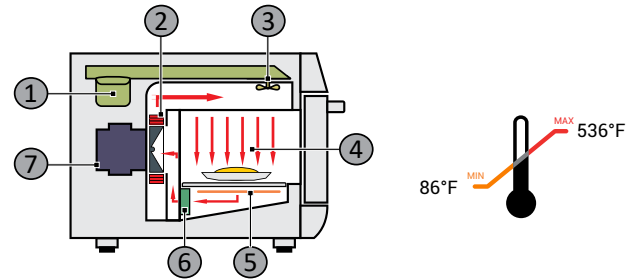
**COPA EXPRESS
ORANGE**

**COPA EXPRESS
BLACK**

**COPA EXPRESS
SILVER**

- 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.

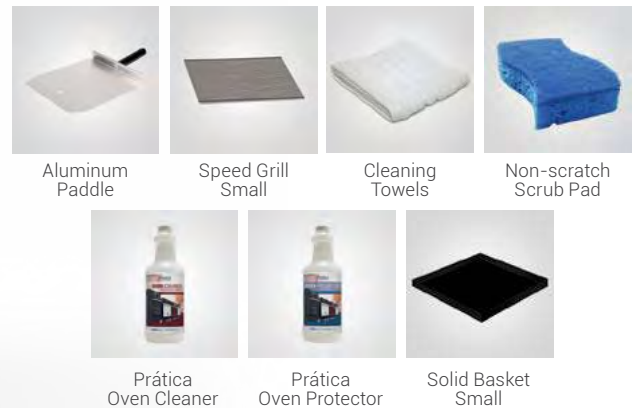
- Side vents that allow 1" side clearance.
- Up to 1024 recipes, with 8 steps each in 16 groups.
- Adjustable temperature from 86°F (30°C) to 536°F (280°C).
- Capable of utilizing common pan sizes including 1/2 hotel pan (gastronorm pan), and a 1/4 sheet pan.



- | | |
|-----------------------|------------------------|
| 1. Magnetron | 5. IR heater |
| 2. Impingement Heater | 6. Catalytic Converter |
| 3. Stirrer | 7. Blower Motor |
| 4. Impinged Air | |



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"



ROCKET EXPRESS

 [LEARN MORE](#)

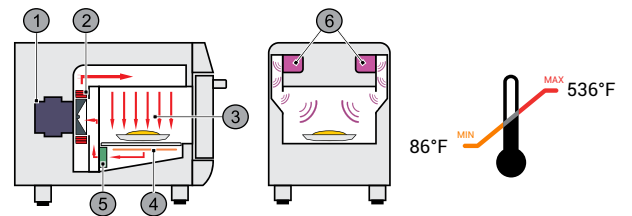
EASY OPERATION



 BACK TO MENU

- 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.

- 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.



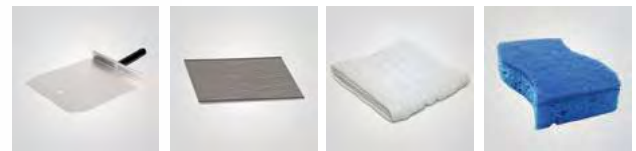
1. Blower Motor
2. Impingement Heater
3. Impinging Air
4. IR heater
5. Catalytic Converter
6. Magnetrons

CERTIFIED
VENTLESS

WITH EASILY REMOVABLE
CATALYTIC CONVERTER.



STANDARD ACCESSORIES



Aluminum Paddle

Speed Grill Small

Cleaning Towels

Non-scratch Scrub Pad



Prática Oven Cleaner

Prática Oven Protector

Solid Basket Small

• 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	25x 20.9 x 31.7 (") 194 lbs.	34 x 25.2 x 36.2 (") 250 lbs.	5.7 x 15.5 x 14.2 (") 0.74 cu.ft	0" / 0" / 0"

IOK

INTERNET OF KITCHEN

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

We understand the importance of efficiency and consistency in deli and grab-and-go establishments. Our high-speed ovens offer seamless recipe distribution across multiple units, simplifying your operations. Whether it's through Wi-Fi connectivity or USB flash drives, you can effortlessly create recipes on one unit and distribute them to all connected ovens. This feature saves time and ensures uniformity across your various locations, providing an exceptional dining experience for every customer.





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.

The best way to clean and protect your speed ovens

Prática



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
Description: 13" x 14" x 0.25"	12 x 12" 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	200205
Description: 13.5" x 13.5" x 1"	11" x 11" x 1.25"
Compatibility: Rocket	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	200211
Description: 9" x 12" x 1"	11" x 11" x 1"
Compatibility: Copa	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 bottles	1 bottle
Part Number: 20090CS	200902
Compatibility: Rocket / Copa / Fit / Forza STi	



Prática Oven Protector

Case of 6 bottles	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





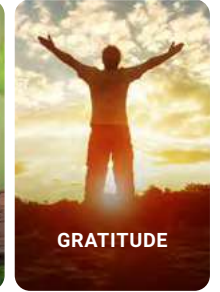
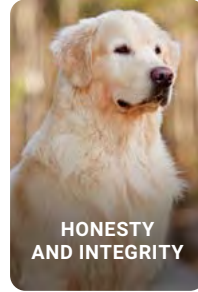
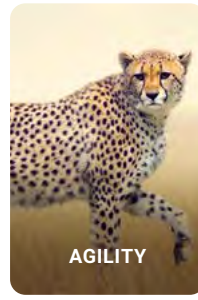
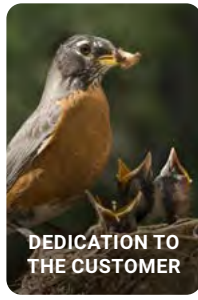
WELCOME TO PRÁTICA

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.

OUR VALUES



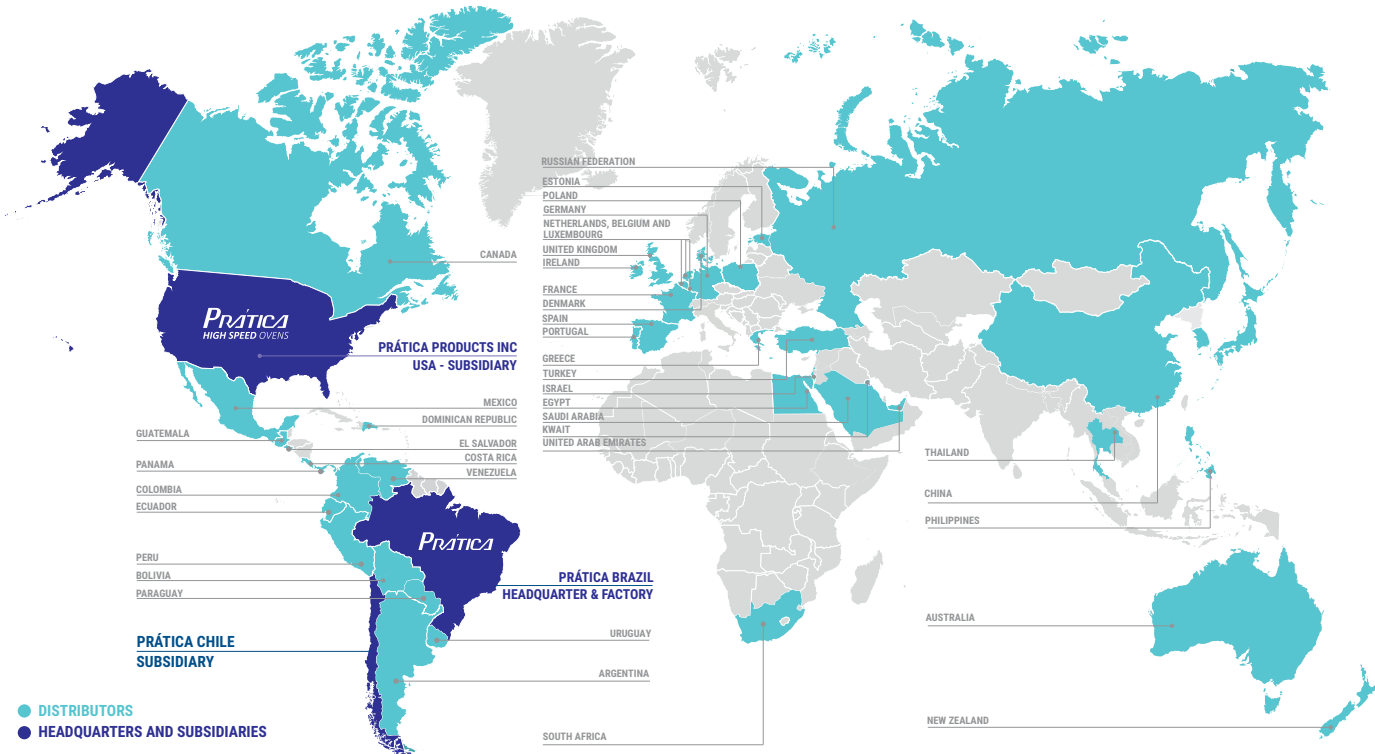
QUALITY FOOD WITHOUT WASTE

OUR PURPOSE



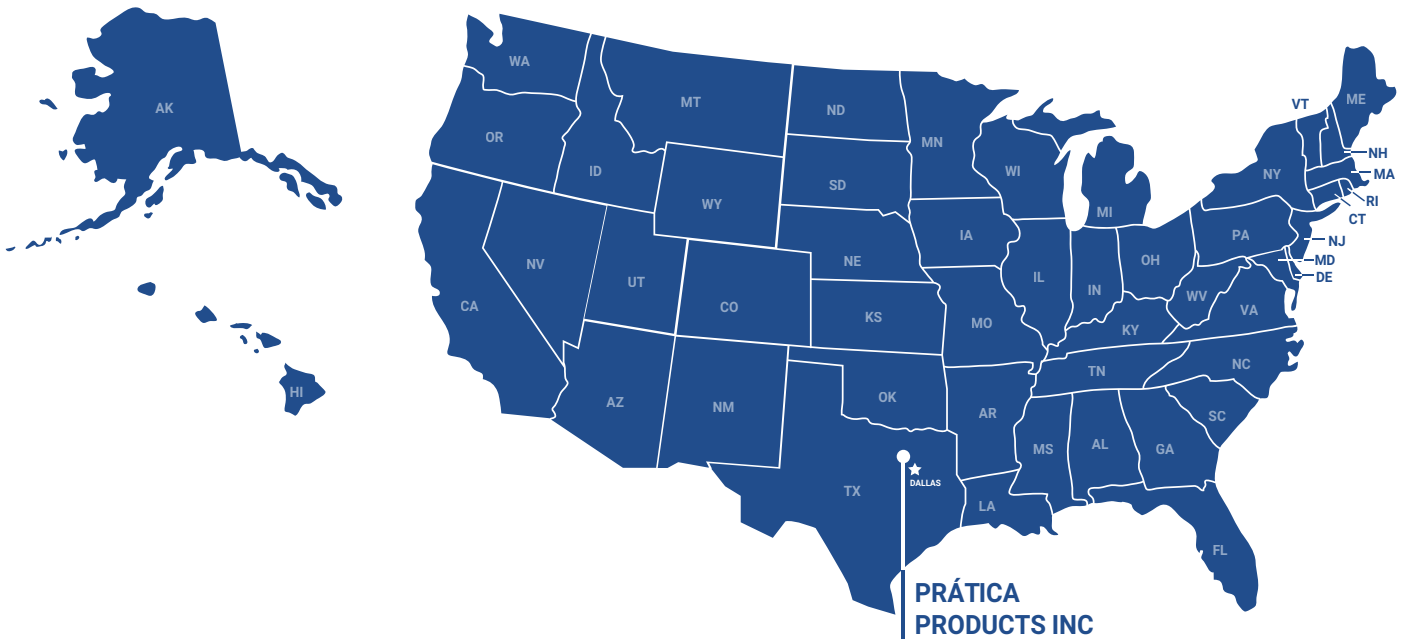
MANUFACTURING PLANT
State of Minas Gerais - Brazil

PRESENT IN OVER 50 COUNTRIES



 Zoom 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

 Zoom in to get a better view.

PRICE LIST



WARRANTY

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 HIGH SPEED OVENS

Prática Products, Inc. - USA

424 E Church Street | Lewisville, TX 75057

www.praticausa.com

 [praticausa](#)  [praticaus](#)  [praticausa](#)  [praticahighspeedovens](#)

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