



# Cookbook

## SCHOOLS



**Prática**  
HIGH SPEED OVENS

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# Prática's High-Speed Ovens

## Your ideal partner for school kitchens

- Lightning-fast cooking times, eliminate long queues, and ensure students receive their meals promptly
- With efficient operations, kitchen staff can handle higher volumes of food without compromising quality
- Versatility to cook a wide range of food items, from pizzas to delicate soufflés
- Precise temperature and humidity control for consistent and uniform results
- Advanced safety features, including cool-touch surfaces and automated shut-off mechanisms
- Energy-efficient design for sustainability and reduced utility costs

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

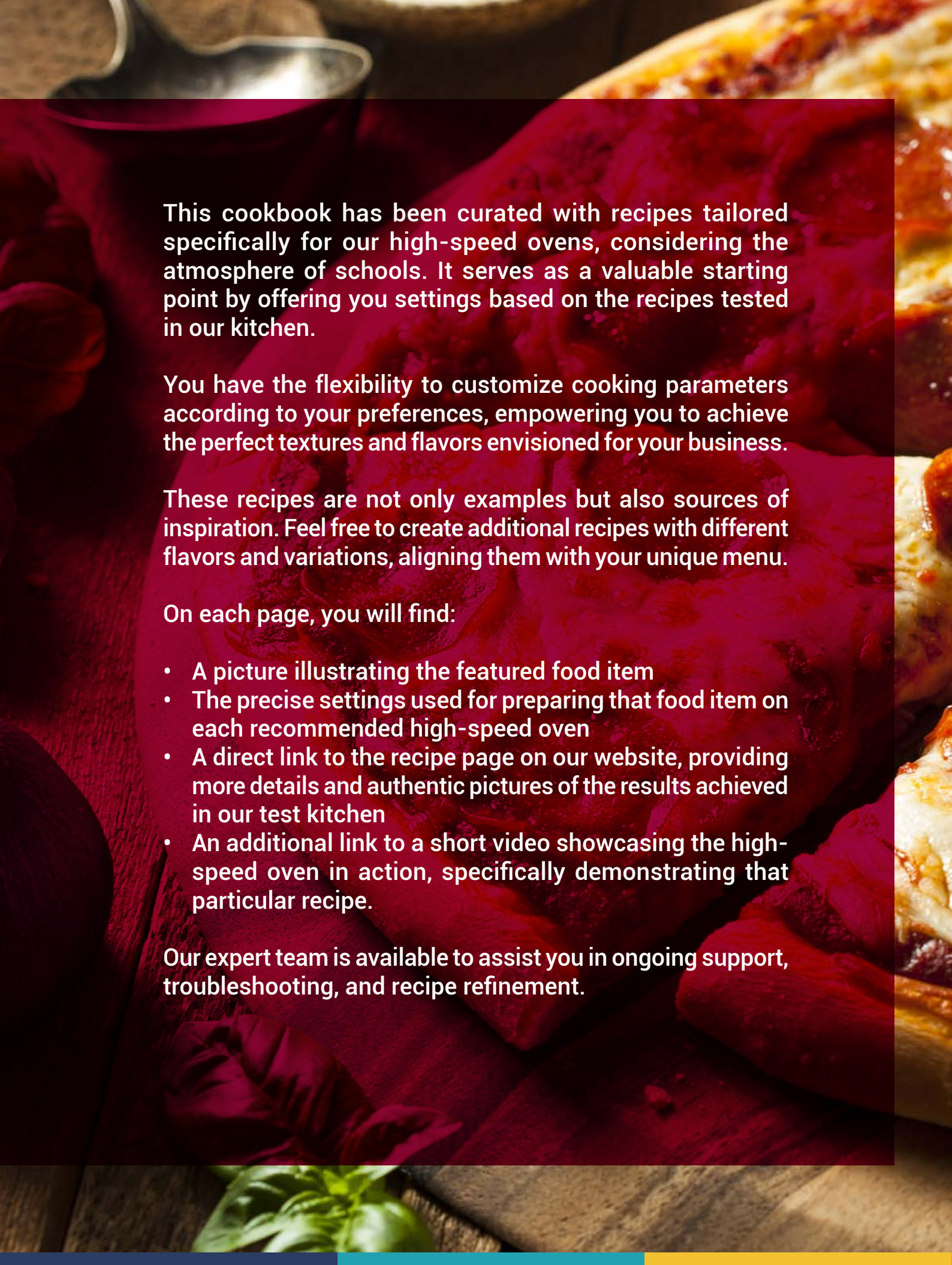




We recognize that schools are bustling hubs of activity, and that's why our ovens are crafted to meet the demands of a dynamic environment. They are built to handle high volumes without compromising on quality, ensuring that each meal is prepared to perfection.

With our ovens, you can create a flexible menu that caters to different tastes and dietary preferences. Students and staff alike can enjoy wholesome meals, fostering a sense of community and well-being within the school environment. Our ovens empower school kitchens to efficiently provide nutritious options, contributing to the overall health and happiness of the school community.

By choosing our innovative culinary technology, you're not just making an investment in state-of-the-art equipment; you're investing in the well-being of everyone within the school community. We believe that good food is a cornerstone of a thriving educational environment, and our ovens are here to support that vision.



This cookbook has been curated with recipes tailored specifically for our high-speed ovens, considering the atmosphere of schools. 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 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.



# INDEX

## FOOD

- 6** Pizza by the slice
- 7** Whole pizzas
- 8** Chicken nuggets
- 9** Sandwiches
- 10** Breakfast Sandwich
- 11** Egg Bites
- 12** Panini
- 13** Quesadilla
- 14** Tacos
- 15** Burritos

## HIGH SPEED OVENS

- 16** Fit Express
  - 18** Forza STi
- 
- 20** IOK - Internet of Kitchen
  - 22** Cleaning products
  - 23** Accessories
  - 24** Company
  - 28** Price list and warranty



## 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.

**Settings for baking  
a frozen slice:**

**FIT EXPRESS**

1°	100% 🔥
🕒 0:50sec	30% ☺ 536°F 🌡️

[> LEARN MORE](#)

[> WATCH THE VIDEO](#)

[BACK TO MENU](#)











## 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 STi

1°	5% 
 1min30sec	85%  626°F 

2°	55% 
 1min30sec	80%  626°F 

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 [WATCH THE VIDEO](#)

 BACK TO MENU







# Chicken Nuggets

Our high-speed ovens transform frozen chicken nuggets into mouthwatering, ready-to-eat perfection in less than 3 minutes. No more long waits for your students to get crispy, tender, flavor-packed nuggets. And the best part? No oil is needed, making it a healthier option for everyone to enjoy.

**Settings for cooking a 16 oz pack of frozen chicken nuggets:**

## FIT EXPRESS

1°	80% 
 2min30 sec	30%  500°F 

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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. 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:**

**FIT EXPRESS**

1°	80% 
 0:40sec	40% 
	500°F 

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BACK TO MENU







## Breakfast Sandwich

Crispy bread, melted cheese, and flavorful fillings create a mouthwatering dish. These sandwiches are quick, convenient, and satisfying. Reduce waste by storing them frozen or refrigerated and utilize our high-speed ovens for fresh, made-to-order sandwiches.

**Settings for 4 refrigerated breakfast sandwiches:**

**FIT EXPRESS**

1°	20% 
 1min20 sec	80% 
	500°F 









## Egg Bites

An amazing combination of fluffy eggs and savory ingredients, egg bites are a healthy and quick option for your students. Whether freshly cooked or warmed from refrigeration, our high-speed ovens offer versatility for making egg bites.

**Settings for 4 refrigerated egg bites:**

**FIT EXPRESS**

1°	50% 
 0:45sec	40% 
	500°F 

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BACK TO MENU 







## Panini

The cheese melts, the fillings warm up, and the bread gets perfectly toasted. Our high-speed ovens make it quick and easy for your students to savor delicious, toasted panini in no time.

**Settings for a ham and cheese panini:**

**FIT EXPRESS**

1°	90% 
 0:40sec	40%  500°F 





# Quesadilla

Treat your students to flawlessly toasted quesadillas with a perfect balance of crispy and soft textures. From melted cheese to succulent chicken or beef, infused with a variety of spices, these customizable culinary masterpieces are a favorite choice. No more long waits, serve quick, satisfying quesadillas that keep students energized for their studies.

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[WATCH THE VIDEO](#)

## Settings for a cheese quesadilla:

### FIT EXPRESS

1°	70%	🔥🔥🔥
🕒	40%	🔥
0:35sec	530°F	🌡️

2°	70%	🔥🔥🔥
🕒	40%	🔥
0:35sec	530°F	🌡️

[BACK TO MENU](#)







## Tacos

Fuel your students with quick and fulfilling tacos, perfect for school snacking or even lunchtime. Our high-speed ovens prepare these tasty treats in no time. Savor the flavors of sizzling meats, fresh toppings, and warm tortillas that will keep your students energized throughout the day.

### Settings for 8 chicken tacos:

#### FIT EXPRESS

1°	50% 
 1min	40% 
	500°F 





# 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 students.

Settings for 2 breakfast burritos:

**FIT** EXPRESS

1°	0% 🔥
🕒	70% 🔥
0:30sec	500°F 🌡️

2°	10% 🔥
🕒	70% 🔥
0:30sec	500°F 🌡️

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# FIT EXPRESS

[▶ LEARN MORE](#)

FIT EXPRESS BLACK



FIT EXPRESS ORANGE



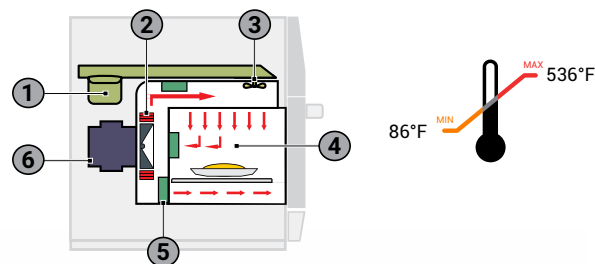
FIT EXPRESS SILVER





- 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



### 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"



# FORZA STi

[▶ LEARN MORE](#)



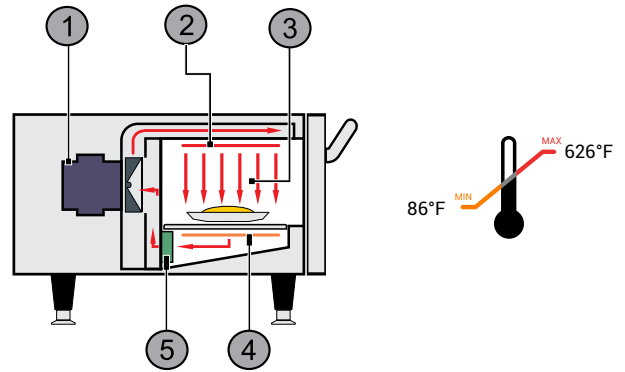
Forza STi



Forza STi Double Stacked

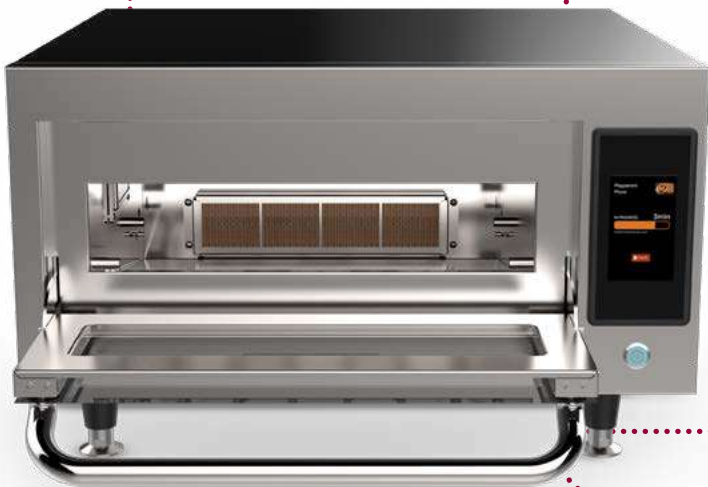
- Secures consistent results: through precise control, even heat distribution, rapid cooking, built-in sensors, and customization options, ensuring uniform and efficient cooking for reliable outcomes.
- Pizzas up to 16": fresh, or par-baked dough, thin or thick crust.
- Stackable: can be stacked up to 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.



1. Blower Motor
2. Impingement Heater
3. Impinged Air
4. IR heater
5. Catalytic Converter

CERTIFIED  
**VENTLESS**  
 WITH EASILY REMOVABLE  
 CATALYTIC CONVERTER.



### STANDARD ACCESSORIES



• **1 year warranty** for parts and labor, with the exception 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	Single	60	5.6	30	3x10 AWG		Without feet 13.4 x 27.7 x 31 (") <b>148 lbs.</b>	25.2 x 33.2 x 37.6 (") <b>209.4 lbs.</b>	3.6 x 18.1 x 17.1 (") <b>0.65 cu.ft</b>	0" / 0" / 1"
	240			7.2				With feet 17.4 x 27.7 x 31 (") <b>148 lbs.</b>			

# IOK

## INTERNET OF KITCHEN

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

We understand that efficiency is key in a school kitchen. 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



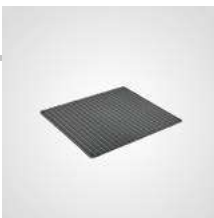
### Speed Grill

<b>Part Number:</b> 200601	800526
<b>Description:</b> 13" x 14" x 0.25"	12 x 12" x 0.25"
<b>Compatibility:</b> Rocket	Fit



### Speed Grill - Small

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



### Solid Basket

<b>Part Number:</b> 200201	200205
<b>Description:</b> 13.5" x 13.5" x 1"	11" x 11" x 1.25"
<b>Compatibility:</b> 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

<b>Part Number:</b> 200204	200211
<b>Description:</b> 9" x 12" x 1"	11" x 11" x 1"
<b>Compatibility:</b> Copa	Fit Express



### Pizza Screen

<b>Part Number:</b> 200602	760466
<b>Description:</b> 13.5"	16"
<b>Compatibility:</b> Forza STi / Forza Express	Forza STi



### Aluminum Paddle

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



### Cleaning Tool

**Part Number:** 618213  
**Compatibility:** Forza STi



### Prática Oven Cleaner

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



### Prática Oven Protector

<b>Case of 6 bottles</b>	<b>1 bottle</b>
<b>Part Number:</b> 200901CS	200901
<b>Compatibility:</b> 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

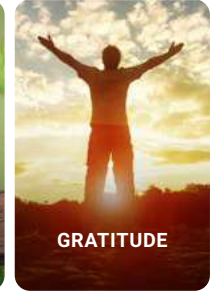
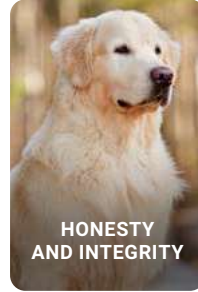
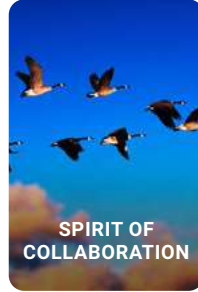
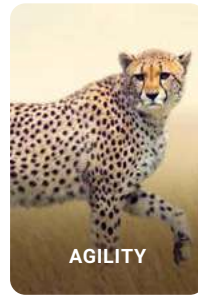
Prática, founded in 1991, offers cutting-edge equipment for the food preparation market, including an extensive product portfolio in the category of speed ovens. With over 600 employees, including 55 in Research & Development in its fully operational 250,000 sq ft factory located in Minas Gerais, Brazil, 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



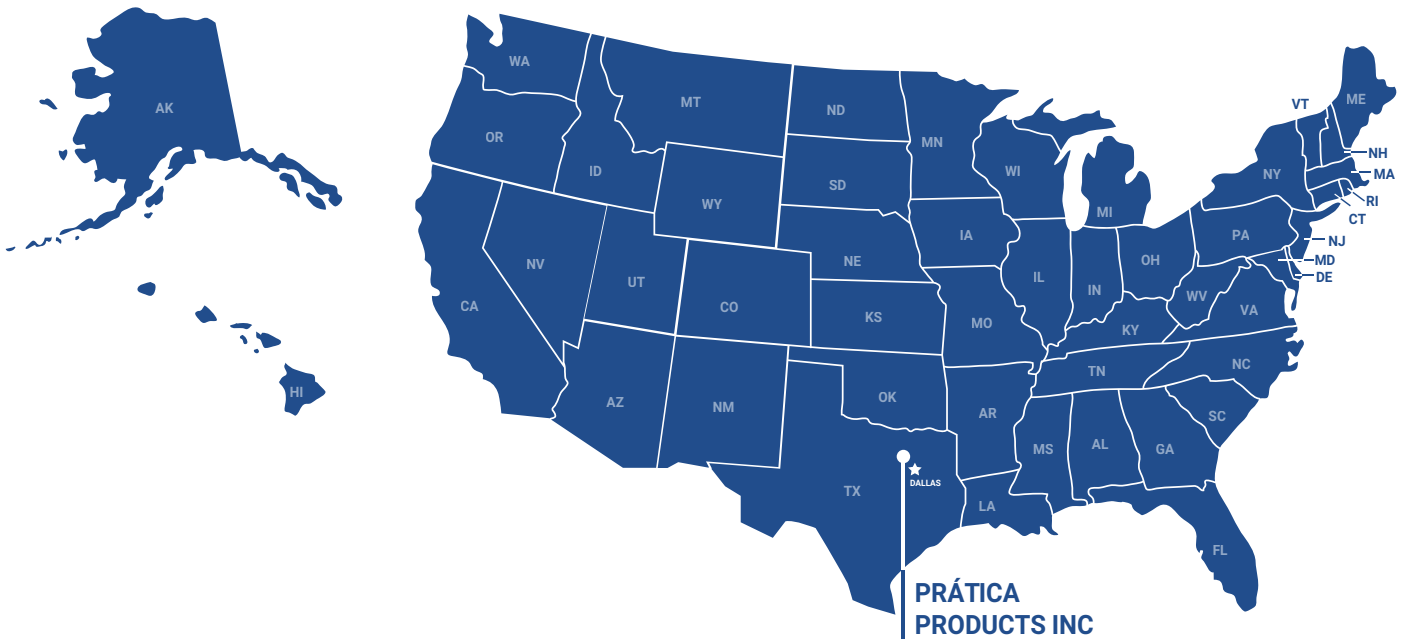
MANUFACTURING PLANT  
State of Minas Gerais - Brazil

# 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

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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

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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

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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

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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](http://www.praticausa.com)

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 [Info@praticausa.com](mailto:Info@praticausa.com)  +1 214-584-6269