Cookbook HOSPITALS

GUESTS VISITING PATIENTS AND HOSPITAL STAFF





Prática's High-Speed Ovens

Boosting culinary excellence in hospitals' cafes and restaurants

- Lightning-fast cooking times, ensuring prompt meal service for guests visiting patients and hospital staff
- Reliable and efficient, capable of handling high volumes without compromising quality
- Versatility to cook a wide range of dishes, from comforting meals to delicate entrees
- Precise temperature and humidity control for consistent and exceptional culinary results
- Advanced safety features, including cool-touch surfaces and automated shut-off mechanisms
- Energy-efficient design, contributing to sustainability initiatives, and reducing costs

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













Good food is more than just sustenance; it has the power to uplift spirits, aid in the healing process, and create a comforting atmosphere. Our ventless smart high-speed ovens bring the magic of delicious and energizing meals right to the heart of the hospital. Not only do they deliver mouthwatering dishes, but they also save valuable time and effort in the kitchen.

We understand that hospitals operate around the clock, and that's why our ovens are designed to withstand the demands of a fast-paced environment. They are built to handle high volumes without compromising on quality, ensuring that each meal is prepared to perfection.

You can create a flexible menu that caters to different tastes and dietary preferences. Guests can enjoy good meals while visiting patients. Hospital staff can enjoy a revitalizing meal during their busy shifts, feeling recharged and ready to provide the best care possible.

By partnering with us, you're not only investing in cutting-edge culinary technology but also in the well-being of everyone who walks through your hospital's doors.

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



INDEX

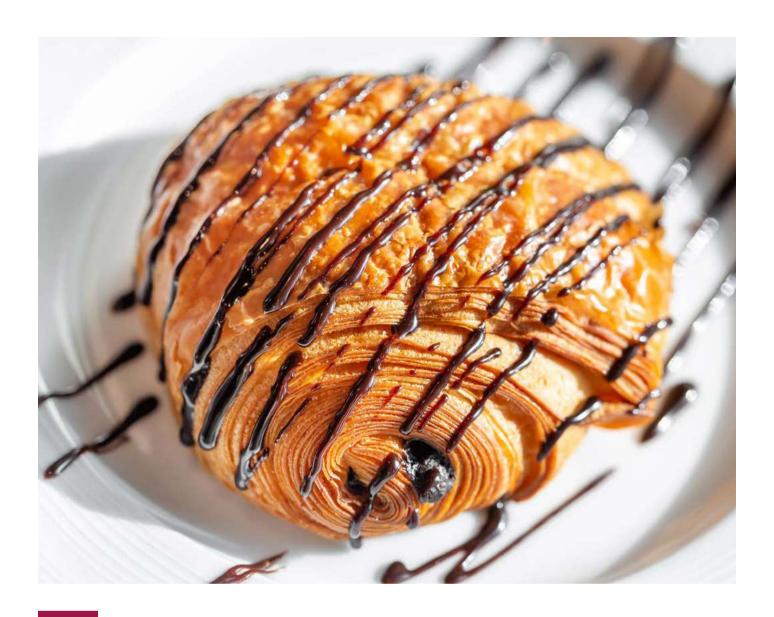
FOOD

- 6 Pastries
- 7 Breakfast Sandwich
- 8 Pizza by the slice
- 9 Whole Pizzas
- 10 Flatbreads
- 11 Sandwiches
- 12 Fresh fish
- 13 Grilled Veggies
- 14 Pork rib
- 15 Pancakes
- 16 Waffles
- 17 Nachos

HIGH SPEED OVENS

- 18 Fit Express
- 20 Forza STi
- 22 Copa Express
- 24 Rocket Express
- 26 IOK Internet of Kitchen
- 28 Cleaning products
- 29 Accessories
- 30 Company
- **34** Price list and warranty





Pastries

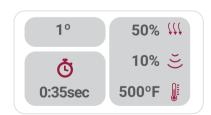
Freshly warmed pastries. Our high-speed ovens efficiently heat refrigerated pastries, ensuring quick and fresh serving. Your customers will enjoy the enticing aroma and delicious taste of these delightful treats.





Settings for warming up 2 chocolate croissants:

FIT EXPRESS





Capasxpress

1º	50% \
Č 0:35sec	10% ≤ 80% □ 500°F !





Breakfast Sandwich

Crispy bread, melted cheese, and flavorful fillings create a mouthwatering dish. Perfect for guests visiting patients and hospital staff, these sandwiches are quick, convenient, and satisfying. Reduce waste by storing them frozen or refrigerated and utilize our highspeed ovens for fresh, made-to-order sandwiches.

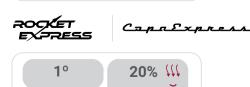




Settings for 4 refrigerated breakfast sandwiches:

FIT EXPRESS









Pizza by the slice

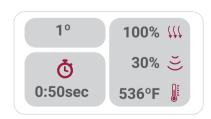
Reheat a single pizza slice in just 15 seconds or even bake a single slice from frozen dough to perfection in only 50 seconds. Our high-speed ovens are incredibly versatile, and customizable, allowing you to meet various preferences and needs.





Settings for baking a frozen slice:

FIT EXPRESS





1º	100% \
Ğ	30% ≤ 100% □
0:50sec	536°F ♣





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



2 °	55%	ttt
Ġ	80%	
1min30sec	626°F	



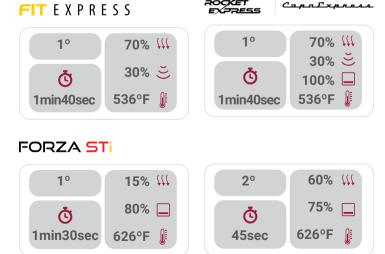
Flatbreads

The thin and crispy crust is toasted to goldenbrown 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):





Sandwiches

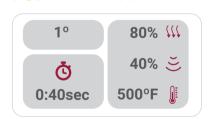
Whether it's a classic grilled cheese, an Italian sub, or a savory steak sandwich, our high-speed ovens ensure outstanding results. With precise heating, the cheese melts to perfection, the fillings are warmed to enhance their flavors, and the bread is toasted to a delightful crunch.





Settings for a refrigerated 12" sub sandwich:

FIT EXPRESS





Capasxpress

1°	80% \
Ğ	40% ≤ 60% □
0:40sec	500°F !





Fresh fish

Sometimes hospital visitors require more than a snack – they need a nutritious meal. Our high-speed ovens make it possible. With precise cooking, fish retains its flavors and moisture, while developing a crispy exterior. Whether it's salmon, cod, or other seafood, our ovens consistently deliver exceptional results.





Settings for a grilled Salmon:

FIT EXPRESS



ROCKET

Capasxpress

1º	20% \	2 °	10% \{\}
Ġ	60% ≤ 50% ■	Ğ	50% ≤ 50% =
1min	536°F ₽	1min	500°F ₽





Grilled Veggies





With efficient cooking, the veggies retain their natural flavors, textures, and nutrients. From roasted root vegetables to grilled asparagus, our ovens ensure that every vegetable dish is cooked to perfection, offering a healthy and delicious choice for hospital visitors and staff.

Settings for grilled veggies:

FIT EXPRESS



80% !!!
20% ⋵
500°F

3°	70% !!!
Ğ	20% ⋛
0:30sec	500°F [



C-------

1º	70% (((2 °	80% 1
Č 1min	30% ≤ 100% □ 500°F 	Č 1min	20% S 100% S 500°F







Pork rib

Our ventless smart high-speed ovens bring the barbecue taste to hospital visitors and staff. With precise temperature control, the steak is finished to perfection, tender and juicy, while retaining its natural flavors.





Settings for finishing a fully cooked pork rib:

FIT EXPRESS



2 °	50% \	
Ğ	50 % ≥	
0:30sec	500°F ↓	

3°	70% \
Ğ	40% ⋽
0:30sec	500°F ↓

ROCKET EXPRESS

Capasxpress

1º	10%	
	60%	Ξ
Ğ	40%	
1min	500°F	

2 °	50% \
•	50% Č
Ŏ	40%
0:30sec	500°F ▮







Pancakes

Our high-speed ovens turn frozen pancakes into warm and fluffy delights. Your customers will enjoy the comforting aroma and delicious taste as each pancake cooks to perfection. Quick and efficient, these pancakes are a convenient option.





Settings for reheating 6 frozen pancakes:

FIT EXPRESS











Waffles

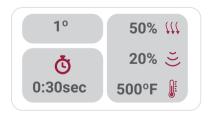
Quick and convenient, these waffles are a tasty option for a satisfying breakfast. Utilize our high-speed ovens to efficiently heat and revive frozen waffles, serving your customers with speed and efficiency. Improve your breakfast menu with these tempting treats, minimizing waste by storing them frozen until ready to serve.





Settings for reheating 4 frozen waffles:

FIT EXPRESS



ROCKET EXPRESS

CapaSxpress

1º	50% \
Ğ	20% ≤ 70% □
0:35sec	500°F





Nachos

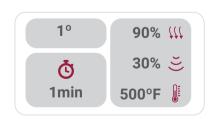
With precise heating settings, our high-speed ovens excel at melting cheese, warming toppings, and maintaining the crispiness of tortilla chips. Each bite of our delicious nachos offers a perfect blend of flavors and textures.

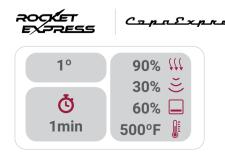




Settings for heating up loaded nachos:

FIT EXPRESS













FIT EXPRESS SILVER

FIT EXPRESS BLACK

- 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.
- 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



• 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.f t	0" / 0" / 0"









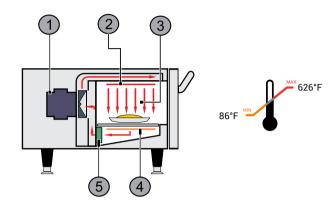
Forza STi Double Stacked

- 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.

CERTIFIED

WITH EASILY REMOVABLE CATALYTIC CONVERTER.

- · 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
- 4. IR heater
- 2. Impingement Heater
- 5. Catalytic Converter
- 3. Impinged Air

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	208 240	Single	60	5.6 7.2	30	3x10 AWG		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"





COPA EXPRESS ORANGE

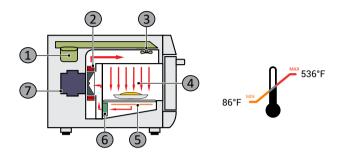
COPA EXPRESS BLACK

COPA EXPRESS SILVER

- 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.

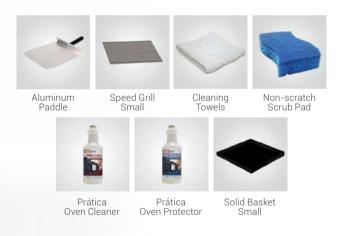


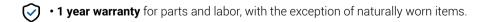
- Side vents that allow 1" side clearance.
- Up to 1024 recipes, with 8 steps each in 16 groups.
- Adjustable temperature from 86°F (30°C) to 536°F (280°C).
- Capable of utilizing common pan sizes including 1/2 hotel pan (gastronorm pan), and a 1/4 sheet pan.



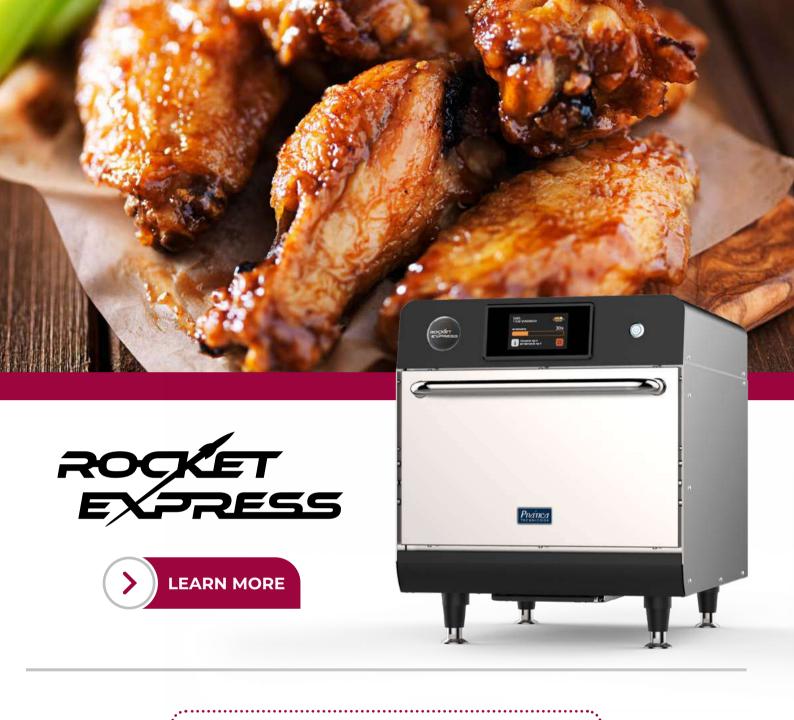
- 1. Magnetron
- 5. IR heater
- 2. Impingement Heater
- 6. Catalytic Converter
- 3. Stirrer
- 7. Blower Motor
- 4. Impinged Air

STANDARD ACCESSORIES





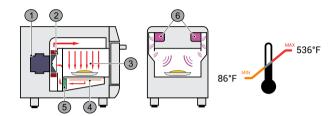
Region	Voltage (V)	Phases	Freq. (Hz)	Power (kW)	Circuit Breaker (A)	Cable	Socket	Product dimensions (Height x Width x Depth)	Boxed product dimensions (Height x Width x Depth)	Chamber dimensions (Height x Width x Depth)	Clearance (Left / back / right sid
USA / Canada	208 240	Single	60	6.2 7.2	30	3x10 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"





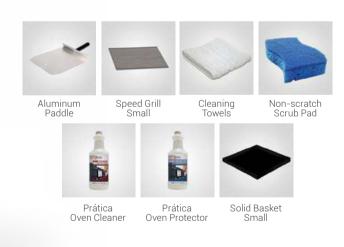
- Touchscreen display with intuitive and multi-language software, making it easy to set up, operate, and create recipes.
- USB loading capabilities for programming and sharing settings between ovens.
- Catalytic converter filter technology allows the oven to operate in any indoor area without the use 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
- 4. IR heater
- 2. Impingement Heater
- 5. Catalytic Converter
- 3. Impinged Air
- 6. Magnetrons

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	25 x 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"









- 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.





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).

SPFFD OVFNS ACCESSORIES

Panini Press

Part Number: 800552

Description: 11.8" x 11.9" x 2.4"

Compatibility: Fit Express



Perforated Basket - Small

 Part Number:
 200204
 200211

 Description:
 9" x 12" x 1"
 11" x 11" x 1"

 Compatibility:
 Copa
 Fit Express

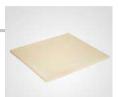


Ceramic Stone

Part Number: 200102

Description: 12.75" x 14.75" x 0.38"

Compatibility: Rocket / Forza Express



Pizza Screen

Part Number: 200602 760466

Description: 13.5" 16"

Compatibility: Forza STi / Forza Express Forza STi



Ceramic Stone - Small

Part Number: 200104

Description: 9.75" x 12.25" x 0.38"

Compatibility: Copa



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

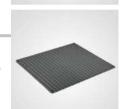


Speed Grill

Part Number: 200601 800526

Description: 13" x 14" x 0.25" 12 x 12" x 0.25"

Compatibility: Rocket Fit



Cleaning Tool

Part Number: 618213
Compatibility: Forza STi

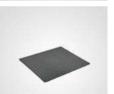


Speed Grill - Small

Part Number: 200604

Description: 8.25" x 11" x 1"

Compatibility: Copa



Prática Oven Cleaner

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



Solid Basket

 Part Number:
 200201
 200205

 Description:
 13.5" x 13.5" x 1"
 11" x 11" x 1.25"

 Compatibility:
 Rocket
 Fit Express



Prática Oven Protector

 Case of 6 bottles
 1 bottle

 Part Number:
 200901CS
 200901

 Compatibility:
 Rocket / Copa / Fit / Forza STi



Solid Basket - Small

Part Number: 200203

Description: 9" x 12" x 1"

Compatibility: Copa



Standard Trigger Sprayer

Part Number: 200903

Foaming Trigger Sprayer

Part Number: 200906

Compatibility: Rocket / Copa / Fit / Forza STi



Perforated Basket

Part Number: 200202

Description: 13.5" x 14.5" x 1"

Compatibility: Rocket



Cleaning kit

- 1 Standard Trigger Sprayer
- 1 Foaming Trigger Sprayer
- 1 Prática Oven Cleaner
- 1 Prática Oven Protector1 Non-scratch Scrub Pad
- 2 Cleaning Towels







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 PURPOSE

QUALITY FOOD WITHOUT WASTE







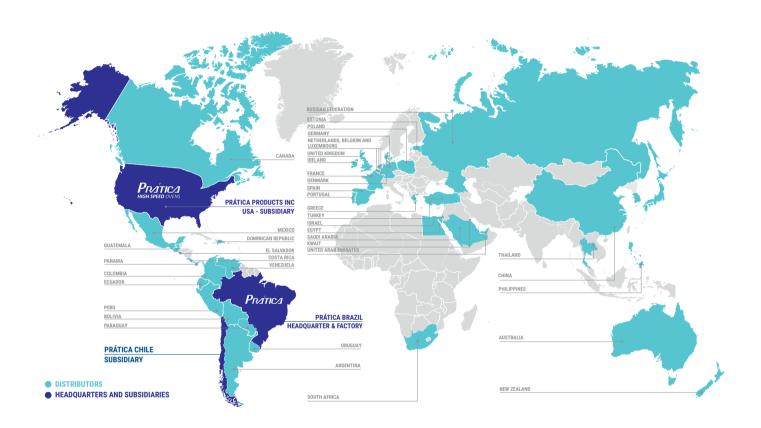




SUSTAINABILITY



PRESENT IN OVER 50 COUNTRIES

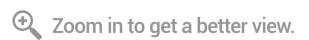


Zoom in to get a better view.

COVERAGE IN ALL 50 STATES



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



←

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.



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

424 E Church Street | Lewisville, TX 75057

www.praticausa.com











