

# SpeedDelight Recipe Book

**BACK**   
**TO THE CRISP**  
with SPEEDELIGHT



**Electrolux**

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**BACK  
TO  
THE CRISP**  
with SPEEDLIGHT

TRIPLE  
the SPEED  
TRIPLE the  
YUM!

+

PERFECT  
EVERY LAYER

+

Up to  
**60%**  
energy savings

=

1 minute  
to  
WOW!

## A 24/7 High Speed Solution

When you need solutions in a hurry, SpeedLight is the best choice. Speed is the name of the game in foodservice today. The challenge for operators is to provide quality food in a hurry.

Foodservice operators need to meet the demands of customers by delivering hot food items quickly all the while not increasing their kitchen equipment footprint, keeping their labor effective and staying energy efficient.

The latest in high speed cooking technology combines some of the best features from convection, microwave and infrared radiant heat cooking techniques to create and deliver some of the fastest quality foods on the market. Chefs need time to stay creative and not stress about delivering great tasting food in a hurry and SpeedLight provides the relief necessary to guarantee a happy customer.

As customers' food knowledge increase and taste palettes become more complex, SpeedLight can deliver any variety of food items any time of the day to meet those cravings.

Discover more about the new Electrolux high speed cooking solution:  
<http://professional.electroluxusa.com/food-service/speedlight>



**Electrolux**



## French Toast with Strawberry Sauce

### Ingredients (yield 2 slices)

- 2 Slices Brioche French Toast
- Whipped Cream
- 90g Maple Syrup
- 6 each Cooked Strawberries
- Powdered Sugar

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
480°F	460°F	:30	:30	After	On	165°F

### Procedure

- 1) With a dry towel, push the top cooking plate of the SpeedDelight all the way up.
- 2) Cook the French toast in SpeedDelight.
- 3) Cover with whipped cream, strawberries and powdered sugar.



## Bacon, Egg & Cheese Breakfast Sandwich

### Ingredients (yield 4)

- 4 English Muffins
- 4 Medium Cooked Eggs
- 8 Pieces of Bacon
- 4 Slices of American Cheese

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
460°F	440°F	1:00	:45	After	On	145°F

### Procedure

- 1) Place the egg on the bottom half of the English muffin followed by the bacon, cheese and second half of the English muffin.



## Corned Beef Hash

### Ingredients (yield 1)

- 125g Corned Beef Hash
- 1 Over Easy Egg

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
480°F	460°F	1:00	1:00	After	On	145°F

### Procedure

- 1) With a dry towel, push the top cooking plate of the SpeedDelight all the way up.
- 2) Fill the oven proof ceramic container with corned beef hash.
- 3) Cook in SpeedDelight and finish with an over easy egg.



## Reuben Sandwich

### Ingredients (yield 1)

- 2 Slices Marble Rye Bread
- 250g Corned Beef
- 75g Sauerkraut
- 100g Swiss Cheese
- 50g Thousand Island Dressing

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
460°F	440°F	1:00	:45	After	On	145°F

### Procedure

- 1) On the first half, put down the dressing, cheese and then sauerkraut.
- 2) On the other half, put the corned beef and cook.

#### **CHEF TIPS**

*Cook this sandwich as two open face slices and then combine after cooking to make a taller sandwich*



## Meatball Sub

### Ingredients (yield 1)

- 1 Sub Roll
- 3 Meatballs (50g each)
- 1 Slice Provolone Cheese
- 100g Tomato Sauce

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
480°F	460°F	1:00	:50	After	On	145°F

### Procedure

- 1) With a dry towel, push the top cooking plate of the Speedelight all the way up.
- 2) Open the roll and place 3 meatballs on the bottom half.
- 3) Place the provolone cheese over the meatballs.
- 4) Cook in Speedelight and finish with more tomato sauce.



## Open Face Tri Tip Sandwich

### Ingredients (yield 1)

- 1 Slice Sourdough Bread
- Sliced Tri Tip Beef
- 10g Prepared Horseradish
- 4 each Sliced Radishes
- Pinch of Shaved Chives
- 10g Brussels Sprouts Leaves
- 50g Caramelized Onions
- 18g Goat Cheese

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
480°F	460°F	:40	:30	After	On	165°F

### Procedure

- 1) With a dry towel, push the top cooking plate of the Speedelight all the way up.
- 2) Slather the bread with horseradish.
- 3) Next add the Brussels sprouts, caramelized onions, beef and cheese.
- 4) Cook in Speedelight and garnish with sliced radishes and shaved chives.





## BBQ Chicken Quesadilla

### Ingredients (yield 1)

- 1 each 10 inch Tortilla
- 28g Sharp Cheddar and Colby Cheese
- 25g BBQ Sauce
- 20g Diced Onion
- 100g Diced Grilled Chicken

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
480°F	460°F	:30	:30	After	On	165°F

### Procedure

- 1) Place all ingredients onto one half of the tortilla.
- 2) Fold the other half over and cook in SpeedLight



## Mozzarella and Prosciutto Flatbread

### Ingredients (yield 1)

- 1 each 8 inch Rectangle Flatbread
- 15g Pesto
- 30g Mozzarella Cheese
- 3 each Prosciutto Slices
- 3 each Basil Leaves
- 4 each Tomato Slices

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
480°F	460°F	:35	:30	After	On	165°F

### Procedure

- 1) With a dry towel, push the top cooking plate of the SpeedDelight all the way up.
- 2) Spread the pesto evenly along the flatbread.
- 3) Arrange the tomatoes and mozzarella alternating on the flatbread.
- 4) Cook in SpeedDelight and finish with prosciutto and basil.



## Eggplant Involtini

### Ingredients (yield 3)

- 3 each Eggplant Slices (cooking in oil on the griddle)
- 100g Goat Cheese
- 100g Cooked Mushrooms
- 100g Cooked Spinach (chopped)
- 10g Lemon Zest
- 100g Tomato Sauce
- 1 Basil Sprig

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
480°F	460°F	:30	:30	Before	On	145°F

### Procedure

- 1) With a dry towel, push the top cooking plate of the SpeedDelight all the way up.
- 2) Combine the goat cheese, mushrooms, spinach and lemon zest to make the filling and season with a little salt and pepper.
- 3) Add some filling into the larger end of the eggplant and roll the eggplant around it.
- 4) Add tomato sauce to the bottom of the oven proof ceramic container.
- 5) Add the involtini on top and cook them in SpeedDelight.
- 6) Finish with a sprig of basil and serve.



## Asparagus and Pecorino

### Ingredients (yield 1)

- 15 each Green Asparagus
- 10g Water
- 50g Shaved Pecorino
- 15g Toasted Pine Nuts
- 20g Lemon Olive Oil
- 1g Smoked Sea Salt

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
460°F	440°F	:30	:35	After	On	165°F

### Procedure

- 1) Place the asparagus on the cooking surface of SpeedLight with a little bit of water.
- 2) Run a 35 second cook cycle and remove it onto a serving vessel.
- 3) Season with lemon olive oil, smoked salt, toasted pine nuts and pecorino.



## Cinnamon Doughnut

### Ingredients (yield 1)

- 3 each Egg Yolk
- 90g Butter
- 75g Flour
- 60g Sugar
- 45g Milk
- 3g Baking Powder
- 3g Ground Cinnamon

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
480°F	460°F	:35	:15	Before	On	145°F

### Procedure

- 1) With a dry towel, push the top cooking plate of the SpeedDelight all the way up.
- 2) Combine all ingredients with a whisk.
- 3) Transfer the mix to a piping bag.
- 4) Lightly oil a silicone doughnut mold.
- 5) Fill the doughnut mixture 1/4 of the way up the mold.
- 6) Cook in SpeedDelight and unmold onto a plate.

*Take caution as the silicone mold will be very hot!*



## Peach Cobbler

### Ingredients (yield 1)

- 1 each Peach (diced)
- 2g Vanilla Sugar
- 24g Melted Butter
- 57g Almond Flour
- 12g Sugar
- 1g Baking Powder
- 18g Rolled Oats

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
480°F	460°F	:40	:40	After	On	145°F

### Procedure

- 1) With a dry towel, push the top cooking plate of the SpeedDelight all the way up.
- 2) Fill a 8oz oven proof ceramic container with diced peaches.
- 3) Sprinkle the peaches with vanilla sugar.
- 4) Mix all of the remaining ingredients in a bowl with a fork and cover the peaches up to the rim of the container. Press down to flatten.
- 5) Cook in SpeedDelight and finish with your favorite ice cream, sliced peaches and mint.





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