

# SpeedDelight Recipe Book

Volume 2

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with SPEEDELIGHT



**Electrolux**

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## Shishito Peppers

### Ingredients

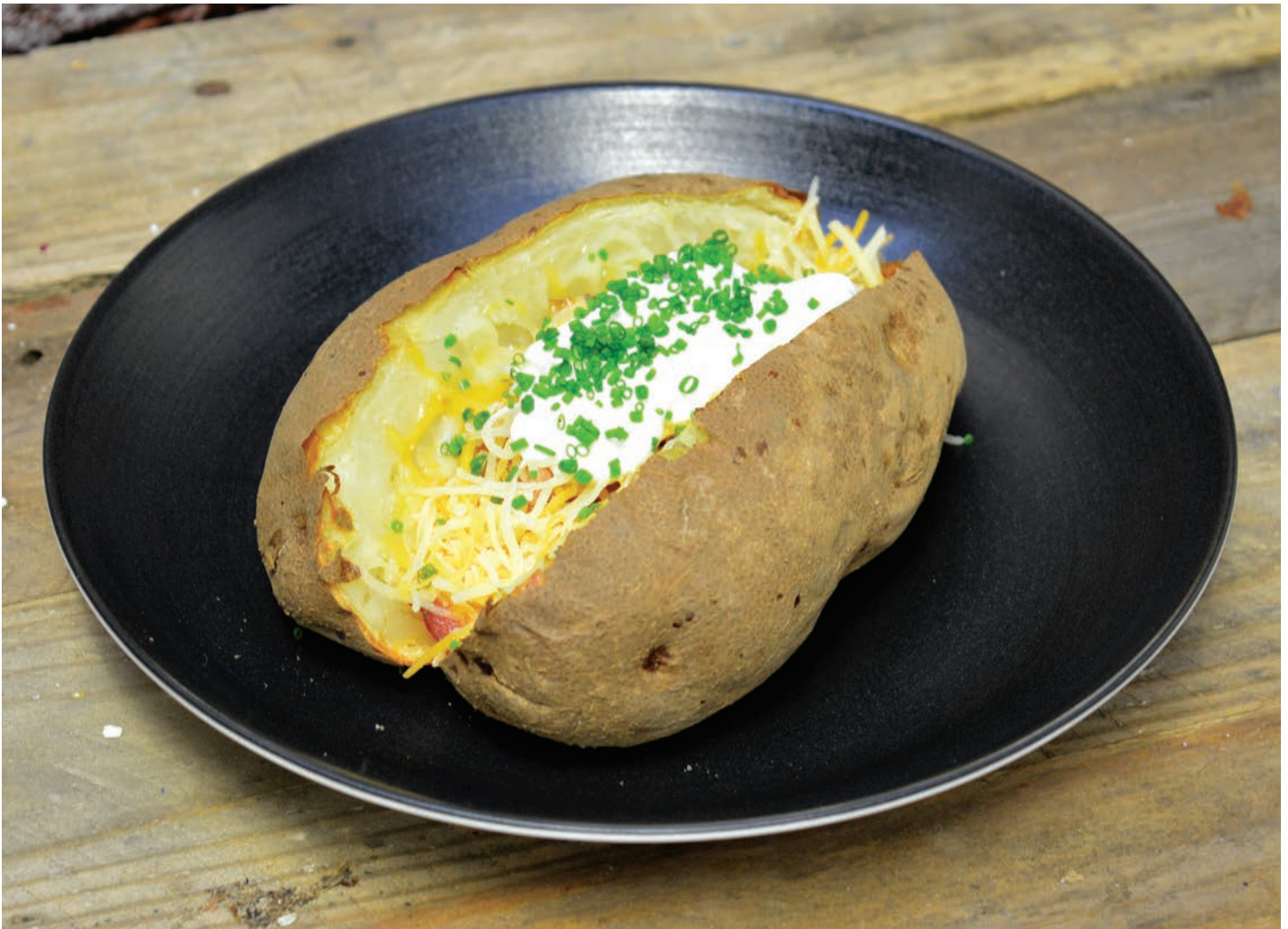
- Large Handful of Shishito Peppers
- 7g Sesame Seeds
- 10g Olive Oil
- 2g Smoked Salt

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
480°F	430°F	1:00	1:00	Before	On	165°F

### Procedure

- 1) Place peppers on SpeedLight and close the lid to cook.
- 2) Remove the peppers and place into a bowl.
- 3) Toss peppers with olive oil, sesame seeds and smoked salt.



## Baked Potato

### Ingredients (yield 1)

- 1 Baked Potato
- 20g Cheddar Cheese
- 2 Slices Cooked Bacon
- 2g Fresh Diced Chives
- 30g Sour Cream

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
480°F	430°F	2:00	1:00	Before	On	165°F

### Procedure

- 1) With a dry towel, push up the top cooking plate.
- 2) Split baked potato lengthwise and reheat in SpeedDelight.
- 3) Add all of the toppings and enjoy.



## Bratwurst With Sauerkraut

### Ingredients (yield 4)

- 4 Bratwurst
- 4 Buns
- 150g Sauerkraut
- 40g Yellow Mustard

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
480°F	430°F	1:30	:20	Before	On	145°F

### Procedure

- 1) Place 4 bratwursts on SpeedLight and close the lid to cook.
- 2) Place each bratwurst on a bun and top with sauerkraut and mustard.



## Grilled Chicken Burrito

### Ingredients (yield 1)

- 8 Inch Tortilla
- 40g Rice (cooked)
- 50g Refried Beans
- 10g Lettuce
- 200g Cheese Blend
- 40g Salsa
- 40g Grilled Chicken

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
480°F	430°F	1:00	:30	Before	On	145°F

### Procedure

- 1) Lay the tortilla flat on a cutting board.
- 2) Add the rice, refried beans, lettuce, cheese, salsa and chicken.
- 3) Fold in the sides and roll up burrito to cook on SpeedLight.
- 4) Cut in half and serve.



## Chicken Tamales

### Ingredients (yield 2)

- 2 Chicken Tamales
- 75g Salsa Verde
- 2 Sprigs of Cilantro

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
480°F	430°F	1:30	1:00	Before	On	145°F

### Procedure

- 1) Place tamales on SpeeDelight and reheat to perfection.
- 2) Serve with a side of salsa verde and top with cilantro.



## Grilled Corn On The Cob

### Ingredients (yield 1)

- 1 Ear of Corn
- 20g Smoked Chili Butter
- 40g Queso Fresco
- 3g Cilantro

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
480°F	430°F	2:00	1:00	Before	On	165°F

### Procedure

- 1) Place corn in husk on SpeeDelight and cook.
- 2) Cut the end off of the corn and peel away the husk.
- 3) Spread the butter over the corn, topping with queso fresco and cilantro.



## Turkey Sandwich

### Ingredients (yield 1)

- 4 Pieces Sliced Turkey
- 2 Slices Bacon
- 2 Slices Sourdough Bread
- 2 Slices Provolone Cheese
- 1 Leaf of Lettuce
- 2 Slices Tomato

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
480°F	430°F	1:00	:35	Before	On	145°F

### Procedure

- 1) Place a piece of bread on a cutting board and top it with sliced turkey, bacon, cranberry sauce, provolone cheese and lettuce.
- 2) Cook on SpeedDelight.
- 3) Cut in half and enjoy.





## Grilled Zucchini

### Ingredients (yield 1)

- 1 Zucchini (sliced in half)
- 2g Olive Oil
- 2g Balsamic Vinegar
- 20g Goat Cheese
- 2g Dill

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
480°F	430°F	2:00	1:00	Before	On	165°F

### Procedure

- 1) Rub the flesh of the zucchini with olive oil and season with salt and pepper.
- 2) Cook in SpeedLight
- 3) Transfer to a plate and top with olive oil, balsamic vinegar, goat cheese and dill.



## Chocolate Cake

### Ingredients (yield 1)

- 400g Whole Eggs
- 1 each Egg Yolk
- 200g Sugar
- 3g Salt
- 142g Flour
- 210g Melted Dark Chocolate

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
480°F	430°F	:25	:15	Before	On	165°F

### Procedure

- 1) Combine all ingredients together and mix using the Electrolux Bermixer immersion blender.
- 2) Disperse the mix half way up into the 4oz ramekin.
- 3) Cook for 25 seconds in SpeedLight
- 4) Top with whipped cream, cocoa powder and a raspberry.



## Toffee Pudding

### Ingredients (yield 1)

- 1 Egg
- 17g Water
- 2g Baking Soda
- .5g Cinnamon
- 80g Brown Sugar
- .5g Salt
- 44g Flour

### Cooking Cycle (settings)

Top Temp	Bottom Temp	Total Time	Microwave	Before/After	Flex	Food Temp
480°F	430°F	:25	:15	Before	On	165°F

### Procedure

- 1) Combine all ingredients in a bowl and whisk until uniform.
- 2) Fill a 4oz ramekin half way and cook in SpeedLight
- 3) Finish with a dusting of powdered sugar and a drizzle of caramel sauce.
- 4) Top with chopped pecans if desired.



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