

Cookbooks

PER BUSINESS TYPE



Prática
HIGH SPEED OVENS



These cookbooks have been curated with recipes tailored specifically for our high-speed ovens, accounting for each business's atmosphere. 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 business 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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Cookbook

B R E W E R Y



Prática
HIGH SPEED OVENS

Prática's High-Speed Ovens

Pairing perfect food with craft brews at breweries

- Lightning-fast cooking times to keep up with the buzz of your bustling brewery
- Streamlined operations to handle high volumes without compromising on flavor
- Versatile cooking capabilities for a delectable range of dishes that complement craft brews
- Precise temperature and humidity control for consistently mouthwatering results
- Advanced safety features ensure a secure cooking environment
- Energy-efficient design supports sustainability and cost savings

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





Prática's high-speed ovens are the ideal culinary companion for breweries, expertly matching the craft of brewing with the art of exceptional food. With rapid cooking times, you can serve up delectable dishes that perfectly harmonize with your craft brews.



Operating our high-speed ovens is smooth and effortless, allowing you to swiftly present mouthwatering dishes that beautifully complement your craft brews. Once your personalized settings and recipes are established, simply select your desired recipe from the intuitive interface. Our oven will flawlessly execute the recipe, ensuring consistent quality and flavors that will leave a lasting impression on your brewery patrons.

Cheers to efficiency and style!





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

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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% 🔥	2°	100% 🔥
🕒	60% ☹️	🕒	30% ☹️
2min15sec	525°F 🌡️	30sec	525°F 🌡️

ROCKET EXPRESS

CapriExpress

1°	100% 🔥	2°	100% 🔥
🕒	60% ☹️	🕒	30% ☹️
2min15sec	100% 📺	30sec	100% 📺
525°F 🌡️		525°F 🌡️	



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BACK TO MENU



Hamburgers

You can prepare the patties in advance and reheat them on demand, ensuring they taste just as fresh as the moment they were cooked. Experience juicy fillings and perfectly crisp buns with each bite, all thanks to our precise temperature control. Embrace the convenience of pre-preparation without compromising on the authentic flavors that make these classic favorites truly exceptional.

[LEARN MORE](#)

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Settings for reheating 4 fully cooked patties, with the cheese and the buns:

FIT EXPRESS

1°	50%
0:45sec	30%
	500°F

ROCKET EXPRESS

CapriExpress

1°	50%
0:45sec	30%
	70%
	500°F

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 🌡️





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

1°	100% 
 0:50sec	30%  536°F 

**ROCKET
EXPRESS**

CapriExpress

1°	100% 
 0:50sec	30%  100%  536°F 





Personal size pizza

The FIT Express works its magic on a personal-size pizza from frozen in only 1 minute and 45 seconds. 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 frozen personal-size pizza:

FIT EXPRESS

1°	100% 
 1min45sec	50%  500°F 

**ROCKET
EXPRESS**

CapriExpress

1°	100% 
 1min45sec	50%  100%  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 customers to savor delicious, toasted panini in no time.

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 

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 BACK TO MENU



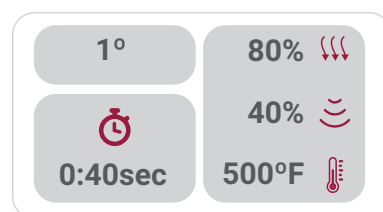
Sandwiches

Whether it's a classic grilled cheese, an Italian sub, or a savory steak sandwich, our high-speed ovens ensure outstanding results. 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.



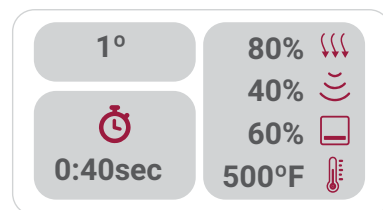
Settings for a refrigerated
12" sub sandwich:

FIT EXPRESS



ROCKET
EXPRESS

CapriExpress





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.

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



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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 🌡️



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Quesadillas

The tortillas become crispy on the outside while the cheese melts to ooey-gooey perfection. The result is a mouthwatering quesadilla with a perfect blend of textures and flavors. Whether it's a classic cheese quesadilla or one packed with delicious fillings, our high-speed ovens ensure a quick and delicious treat that will have your customers coming back for more.

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Settings for a cheese quesadilla:

FIT EXPRESS

1°	70% 🔥	2°	70% 🔥
🕒	40% ☁️	🕒	40% ☁️
0:35sec	530°F 🌡️	0:35sec	530°F 🌡️

ROCKET EXPRESS

CapriExpress

1°	70% 🔥	2°	70% 🔥
🕒	40% ☁️	🕒	40% ☁️
0:35sec	60% 📺	0:35sec	60% 📺
	531°F 🌡️		531°F 🌡️



Hot Dogs

Prepare these classic favorites in advance and reheat them on demand, guaranteeing that each bite is as delicious and fresh as can be. Our ovens' precise temperature control ensures the juicy wieners and soft buns stay perfectly warm and ready to serve. Impress your customers with quick service and delectable taste.



Settings for 2 hot dogs:

FIT EXPRESS

1°	90%
0:40sec	40%
	500°F

ROCKET EXPRESS

CapriExpress

1°	0%
1min	40%
	10%
	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 nachos:

FIT EXPRESS

1°	90% 
 1min	30%  500°F 

ROCKET EXPRESS

CapriExpress

1°	90% 
 1min	30%  60%  500°F 

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 BACK TO MENU



Roasted brussel sprouts

Achieve crispy exteriors and tender interiors, all in record time. The high-speed ovens' precise temperature control ensures even cooking, allowing the Brussel Sprouts to develop their natural flavors while retaining their desired texture.

Settings for roasting
brussel sprouts:

FIT EXPRESS

1°	30% 
 2min	0%  536°F 

ROCKET
EXPRESS

CapriExpress

1°	30% 
 2min	100%  536°F 

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 **BACK TO MENU**

Cookbook

C - S T O R E



Prática
HIGH SPEED OVENS

Prática's High-Speed Ovens

Taking C-Store offerings to the next level

- Lightning-fast cooking times for speedy service in bustling convenience store environments
- Streamlined operations to handle high volumes without compromising on flavor
- Versatile cooking capabilities for a mouthwatering range of grab-and-go options
- Precise temperature and humidity control for consistently delicious results
- Advanced safety features ensure a worry-free cooking environment
- Energy-efficient design supports sustainability and cost savings

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





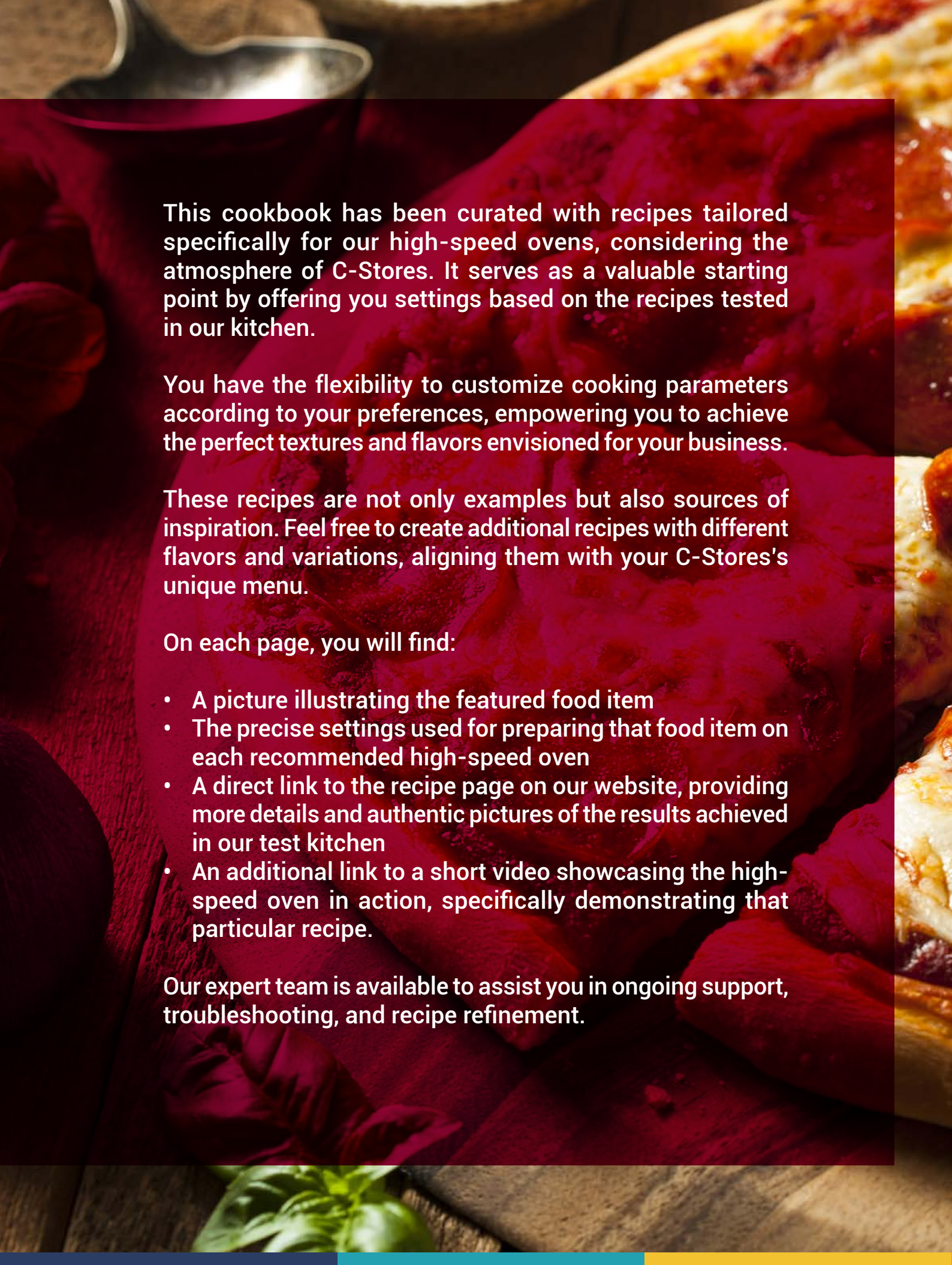
Prática's high-speed ovens are the perfect choice for your C-Store, offering rapid cooking times that allow you to serve up delicious grab-and-go options in no time. Your customers will love the convenience and taste, ensuring they keep coming back for more.



Operating our high-speed ovens is a breeze, allowing you to deliver delightful treats in no time. Once your personalized settings and recipes are set, simply select the desired recipe from the user-friendly interface to initiate the cooking process. The oven will seamlessly execute the recipe based on the established settings, guaranteeing consistent quality and flavors.



Get ready to take your convenience store cuisine to a whole new level. It's time to unleash your creativity, redefine the standards, and create a better C-Store experience.



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

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

**ROCKET
EXPRESS**

CapriExpress

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

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 BACK TO MENU



Chicken Strips

With our high-speed ovens, frozen chicken strips are cooked to crispy perfection in a matter of minutes. Each strip is golden on the outside and juicy on the inside, delivering a flavorful experience that will keep your customers coming back for more. No oil needed, making them a healthier alternative

Settings for baking a 14oz-portion of pre-cooked chicken strips:

FIT EXPRESS

1°	90% 
 2min40sec	40% 
	500°F 

ROCKET EXPRESS

CapriExpress

1°	90% 
 2min40sec	40% 
	90% 
	500°F 

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BACK TO MENU 



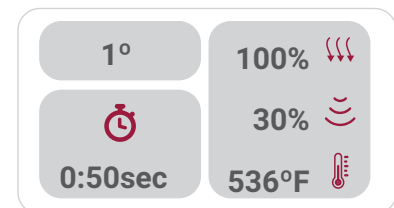
Pizza by the slice

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 customers craving more.



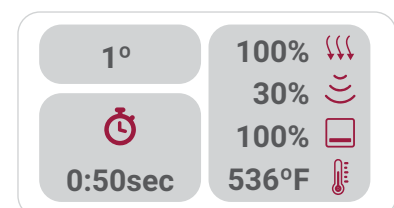
Settings for baking
a frozen slice:

FIT EXPRESS



ROCKET
EXPRESS

CapriExpress





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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Personal size pizza

The FIT Express works its magic on a personal-size pizza from frozen in only 1 minute and 45 seconds. 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 frozen personal-size pizza:

FIT EXPRESS

1°	100% 🔥
🕒	50% ☁️
1min45sec	500°F 🌡️

ROCKET EXPRESS | CapriExpress

1°	100% 🔥
🕒	50% ☁️
1min45sec	100% 📺
	500°F 🌡️



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BACK TO MENU



Taquitos

Prepare your flavorful taquitos ahead of time and reheat them on demand. They will taste as if they were just made – the fillings remain juicy, and the tortillas stay perfectly crisp. Embrace the convenience of pre-preparation while delivering authentic flavors in every bite of this Mexican classic.



Settings for reheating
8 refrigerated taquitos:

FIT EXPRESS

1°	70%
	40%
1min30sec	500°F

**ROCKET
EXPRESS**

CapriExpress

1°	70%
	40%
1min30sec	100%
	500°F



Hamburgers

You can prepare the patties in advance and reheat them on demand, ensuring they taste just as fresh as the moment they were cooked. Experience juicy fillings and perfectly crisp buns with each bite, all thanks to our precise temperature control. Embrace the convenience of pre-preparation without compromising on the authentic flavors that make these classic favorites truly exceptional.

Settings for reheating 4 fully cooked patties, with the cheese and the buns:

FIT EXPRESS

1°	50%
0:45sec	30%
	500°F

ROCKET
EXPRESS

CapriExpress

1°	50%
0:45sec	30%
	70%
	500°F

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BACK TO MENU



Hot Dogs

Prepare these classic favorites in advance and reheat them on demand, guaranteeing that each bite is as delicious and fresh as can be. Our ovens' precise temperature control ensures the juicy wieners and soft buns stay perfectly warm and ready to serve. Impress your customers with quick service and delectable taste.



Settings for 2 hot dogs:

FIT EXPRESS

1°	90%
0:40sec	40%
	500°F

ROCKET EXPRESS

CapriExpress

1°	0%
1min	40%
	10%
	500°F



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

ROCKET EXPRESS

CapriExpress

1°	80%
0:40sec	40%
	60%
	500°F

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BACK TO MENU



Cookies

Easily bake a batch of perfect cookies with our high-speed ovens. Simply place the cookie dough on the tray, and watch as multiple units of delicious cookies bake to perfection. Enjoy the aroma of freshly baked cookies filling the air, enticing your customers with their irresistible scent.

**Settings for baking
12 cookies:**

FORZA STi

1°	10% 
	35% 
5min	350°F 

2°	25% 
	25% 
4min	350°F 

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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.

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Settings for 2 breakfast burritos:

FIT EXPRESS

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

ROCKET EXPRESS

CapriExpress

1°	0% 🔥	2°	10% 🔥
🕒	70% 🔥	🕒	70% 🔥
0:30sec	100% 🔥	0:30sec	40% 🔥
500°F	500°F	500°F	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 nachos:

FIT EXPRESS

1°	90% 
 1min	30% 
	500°F 

ROCKET
EXPRESS

CapriExpress

1°	90% 
 1min	30% 
	60% 
	500°F 

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 BACK TO MENU



Onion Rings

Attain the ideal golden-brown crunch on the outside while keeping the onions tender and flavorful on the inside, all without the need for a large kitchen or complex ventilation systems. Plus, no extra oil is needed, making it a healthier choice for all.

Settings for cooking
frozen onion rings:

FIT EXPRESS

1°	90% 
 2min	30% 
	500°F 

ROCKET
EXPRESS

CapriExpress

1°	90% 
 2min	30% 
	70% 
	500°F 



Cookbook

COFFEE SHOP



Prática
HIGH SPEED OVENS

Prática's High-Speed Ovens

Enriching coffee shop culinary offerings

- Lightning-fast cooking times for efficient service in busy coffee shop environments
- Streamlined operations to handle high volumes without compromising quality
- Versatile cooking capabilities for a diverse range of delectable treats
- Precise temperature and humidity control for consistent and mouthwatering results
- Advanced safety features ensure a secure cooking environment
- Energy-efficient design reduces costs and supports sustainability

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





We understand the importance of providing more than just a perfect cup of coffee. Amplify your coffee shop's culinary offerings with Prática's ventless smart high-speed ovens! Expand your menu and delight your customers with an irresistible selection of treats that perfectly complement your beverage selection.



Operating our high-speed ovens is a breeze, allowing you to deliver delightful treats in no time. Once your personalized settings and recipes are set, simply select the desired recipe from the user-friendly interface to initiate the cooking process. The oven will seamlessly execute the recipe based on the established settings, guaranteeing consistent quality and flavors.



Unleash your creativity and craft a memorable dining experience that keeps customers returning for more.



This cookbook has been curated with recipes tailored specifically for our high-speed ovens, considering the atmosphere of coffee shops. 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 coffee shop's unique menu.

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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

1°	50% 
 0:35sec	10% 
	500°F 

ROCKET EXPRESS

CapriExpress

1°	50% 
 0:35sec	10% 
	80% 
	500°F 

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 **BACK TO MENU**



Sandwiches

By keeping sandwiches frozen or refrigerated and utilizing our high-speed ovens upon customer orders, coffee shops minimize food waste while serving fresh and hot sandwiches. With this efficient approach, coffee shops can streamline their operations, ensuring prompt service without compromising on quality.

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 





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 customers to savor delicious, toasted panini in no time.

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

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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% 
	80% 
1min20 sec	500°F 

ROCKET EXPRESS

CapriExpress

1°	20% 
	80% 
1min20 sec	40% 
	500°F 





Egg Bites

An amazing combination of fluffy eggs and savory ingredients, egg bites are a healthy and quick option for your customers. 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 

**ROCKET
EXPRESS**

CapriExpress

1°	50% 
 0:45sec	40% 
	30% 
	500°F 

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 BACK TO MENU



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

1°	30%
0:30sec	60%
	500°F

ROCKET EXPRESS

Captain Express

1°	30%
0:30sec	60%
	80%
	500°F

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[BACK TO MENU](#)



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

1°	50% 🔥
🕒	20% ☁️
0:30sec	500°F 🌡️

**ROCKET
EXPRESS**

CapriExpress

1°	50% 🔥
🕒	20% ☁️
0:30sec	70% 📺
	500°F 🌡️

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BACK TO MENU



Cookies

Easily bake a batch of perfect cookies with our high-speed ovens. Simply place the cookie dough on the tray, and watch as multiple units of delicious cookies bake to perfection. Enjoy the aroma of freshly baked cookies filling the air, enticing your customers with their irresistible scent.

**Settings for baking
12 cookies:**

FORZA STi

1°	10% 
	35% 
5min	350°F 

2°	25% 
	25% 
4min	350°F 



LEARN MORE



WATCH THE VIDEO



Fried eggs

Utilize high-speed ovens to “fry” eggs: convenient, consistent, and healthier. Save money, and space—no stovetop required. No oil, no frying smell. Embrace a time-saving, healthier cooking method.

Settings for frying 2 eggs:

FIT EXPRESS

1°	50%
 1min25sec	10% 500°F

**ROCKET
EXPRESS**

CapriExpress

1°	50%
 1min25sec	10% 60% 500°F





Toasts

[LEARN MORE](#)

[WATCH THE VIDEO](#)

Our high-speed ovens excel at toasting bread, whether for standalone toasts or as part of a delicious sandwich. Enjoy perfectly toasted bread that adds a delightful crunch to your meals.

Settings for toasting 2 toasts:

FIT EXPRESS	ROCKET EXPRESS	CapriExpress	FORZA STi
1° 100% 60% 0:35sec 455°F	1° 100% 60% 100% 0:35sec 455°F		1° 90% 90% 1min 626°F

Cookbook

DELI AND GRAB-AND-GO



Prática
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.

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

[LEARN MORE](#)

[WATCH THE VIDEO](#)

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.

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 

 LEARN MORE

 WATCH THE VIDEO

 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% 🔥	2°	100% 🔥
🕒	60% 🌬️	🕒	30% 🌬️
2min15sec	525°F 🌡️	30sec	525°F 🌡️

ROCKET
EXPRESS

CapriExpress

1°	100% 🔥	2°	100% 🔥
🕒	60% 🌬️	🕒	30% 🌬️
2min15sec	100% 📺	30sec	100% 📺
525°F 🌡️		525°F 🌡️	

> LEARN MORE

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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.

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



LEARN MORE



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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



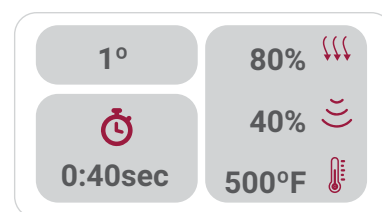
Sandwiches

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.



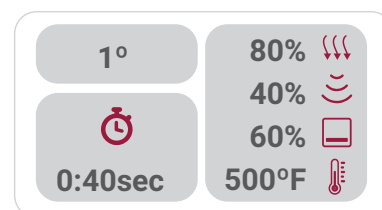
Settings for a refrigerated 12" sub sandwich:

FIT EXPRESS



ROCKET EXPRESS

CapriExpress





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%
0:35sec	50%
	500°F

ROCKET
EXPRESS

CapriExpress

1°	100%
0:35sec	50%
	100%
	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	500°F	500°F

ROCKET
EXPRESS

CapriExpress

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



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BACK TO MENU



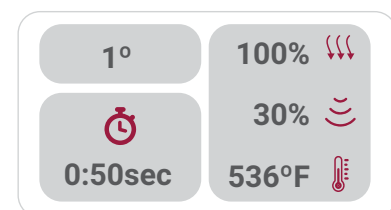
Pizza by the slice

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.



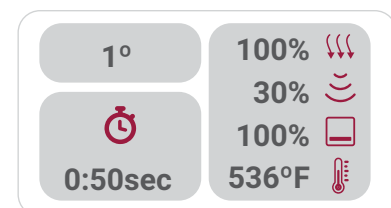
Settings for baking
a frozen slice:

FIT EXPRESS



ROCKET
EXPRESS

CapriExpress





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

CapriExpress

1°	70% 
 1min40sec	30%  100%  536°F 

> LEARN MORE

> WATCH THE VIDEO

Cookbook

FINE AND CASUAL RESTAURANTS



Prática
HIGH SPEED OVENS

Prática's High-Speed Ovens

Elevate your culinary experience at fine and casual restaurants

- Lightning-fast cooking times for swift service in hospitality settings
- Streamlined operations to effortlessly handle high volumes without compromising on quality
- Versatile cooking capabilities for a diverse range of delectable creations
- Precise temperature and humidity control for consistently mouthwatering results
- Advanced safety features ensure a secure and worry-free cooking environment
- Energy-efficient design that promotes sustainability and reduces costs

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





Prática's ventless smart high-speed ovens are the perfect fit for both fine and casual restaurants, offering fast service and top-notch food quality. Space-saving design, no need for vent hoods, and versatility consistently delivering outstanding results for various dishes. With just two touches of buttons, your chefs can effortlessly prepare delectable meals, ensuring efficiency without compromising on quality.



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.



Prática's high-speed ovens infuse a touch of culinary magic into your restaurant. Elevate your offerings, captivate your guests, and create unforgettable moments that will have them returning for more.



This cookbook has been curated with recipes tailored specifically for our high-speed ovens, considering the atmosphere of fine and casual restaurants. 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 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 high-speed oven in action, specifically demonstrating that particular recipe.

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Fresh fish

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Sometimes your guests 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
EXPRESS

CapriExpress

1°	20%
	60%
1min	536°F

2°	10%
	50%
1min	500°F

1°	20%
	60%
1min	536°F

2°	10%
	50%
1min	500°F



Shrimp

[> LEARN MORE](#)

[> WATCH THE VIDEO](#)

A succulent and flavorful seafood delicacy. With our high-speed ovens, they will be cooked to perfection, tender yet slightly firm, with a satisfying snap when bitten into.

Settings for cooking frozen shrimps:

FIT EXPRESS

1°	100% 
 2min	10%  536°F 

2°	100% 
 0:30sec	10%  536°F 

ROCKET
EXPRESS

1°	100% 
 2min	10%  100%  536°F 

CapriExpress

2°	100% 
 0:30sec	0%  100%  536°F 

BACK TO MENU 



Grilled Veggies



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WATCH THE VIDEO

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 your guests.

Settings for grilled veggies:

FIT EXPRESS

1°	70%
1min	30%
	500°F

2°	80%
1min	20%
	500°F

3°	70%
0:30sec	20%
	500°F

ROCKET EXPRESS

1°	70%
1min	30%
	100%
	500°F

CapriExpress

2°	80%
1min	20%
	100%
	500°F

3°	70%
0:30sec	20%
	100%
	500°F

BACK TO MENU



Pork rib



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Our ventless smart high-speed ovens bring the barbecue taste to your business. 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

1°	10%	60%	500°F
1min			

2°	50%	50%	500°F
0:30sec			

3°	70%	40%	500°F
0:30sec			

ROCKET EXPRESS

CapriExpress

1°	10%	60%	40%	500°F
1min				

2°	50%	50%	40%	500°F
0:30sec				

3°	70%	40%	40%	500°F
0:30sec				



BACK TO MENU



Lasagnas

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From classic favorites to customized creations, our high-speed ovens offer unparalleled versatility for pasta and lasagna dishes. With quick and efficient cooking, you can reduce customer wait times and serve up delicious meals in no time.

Settings for baking a 10.5 oz frozen lasagna:

FIT EXPRESS

1° 0% 0:30sec 500°F	0% 50% 500°F	2° 0% 0:30sec 500°F	0% 60% 500°F	3° 0% 0:30sec 500°F	0% 60% 500°F	4° 0% 0:30sec 500°F	0% 60% 500°F
5° 10% 0:30sec 500°F	10% 60% 500°F	6° 20% 0:30sec 500°F	20% 70% 500°F	7° 50% 0:30sec 500°F	50% 60% 500°F	8° 50% 0:30sec 500°F	50% 50% 500°F

ROCKET EXPRESS

CapriExpress

1° 0% 0:30sec 500°F	0% 50% 10% 500°F	2° 0% 0:30sec 500°F	0% 60% 10% 500°F	3° 0% 0:30sec 500°F	0% 60% 20% 500°F	4° 0% 0:30sec 500°F	0% 60% 20% 500°F
5° 10% 0:30sec 500°F	10% 60% 30% 500°F	6° 20% 0:30sec 500°F	20% 70% 40% 500°F	7° 50% 0:30sec 500°F	50% 60% 50% 500°F	8° 50% 0:30sec 500°F	50% 50% 50% 500°F



Gnocchi

[LEARN MORE](#)

[WATCH THE VIDEO](#)

Finish pre-cooked gnocchi in no time with our high-speed ovens, offering quick and efficient cooking that reduces customer wait times while serving up delicious meals that leave them craving for more.

Settings for finishing a 13 oz-portion of pre-cooked frozen Gnocchi:

FIT EXPRESS

1°	0% 🔥	2°	0% 🔥	3°	20% 🔥
🕒	60% 🔥	🕒	80% 🔥	🕒	60% 🔥
0:45sec	500°F	0:45sec	500°F	0:30sec	500°F

ROCKET EXPRESS

CapriExpress

1°	0% 🔥	2°	0% 🔥	3°	20% 🔥
🕒	60% 🔥	🕒	80% 🔥	🕒	60% 🔥
0:45sec	40% 📺	0:45sec	40% 📺	0:30sec	50% 📺
500°F	500°F	500°F	500°F	500°F	500°F

BACK TO MENU



Mac & Cheese

Serve up creamy, comforting mac and cheese in no time to your customers. Whether your menu has the classic version or customized recipe creations, our high-speed ovens offer unparalleled versatility to cater to every taste, keeping your menu's identity.

Settings for finishing a 24 oz-portion of pre-cooked Mac & Cheese:

FIT EXPRESS

1°	0% 
 2min	80%  500°F 

**ROCKET
EXPRESS**

CapriExpress

1°	0% 
 2min	80%  10%  500°F 



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BACK TO MENU



Fried eggs

Utilize high-speed ovens to “fry” eggs: convenient, consistent, and healthier. Save money, and space—no stovetop required. No oil, no frying smell. Embrace a time-saving, healthier cooking method.

Settings for frying 2 eggs:

FIT EXPRESS

1°	50%
 1min25sec	10% 500°F

ROCKET EXPRESS

CapriExpress

1°	50%
 1min25sec	10% 60% 500°F





Meatballs

Keep the meatballs fully cooked and frozen and make them on demand for your customers. They will taste as fresh as if they were just made. Enjoy tender and flavorful meatballs in no time, thanks to precise heating and efficient cooking.

Settings for cooking 10 fully-cooked frozen meatballs:

FIT EXPRESS

1°	80% 	2°	90% 
	40% 		10% 
1min	500°F 	30sec	500°F 

ROCKET
EXPRESS

CapriExpress

1°	80% 	2°	90% 
	40% 		10% 
1min	500°F 	30sec	500°F 



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BACK TO MENU



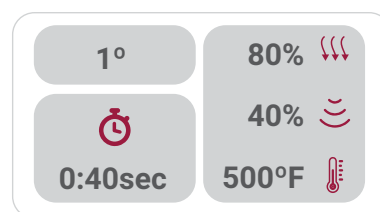
Sandwiches

Whether it's a classic grilled cheese, an Italian sub, or a savory steak sandwich, our high-speed ovens ensure outstanding results. 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.



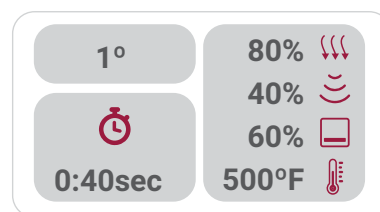
Settings for a refrigerated
12" sub sandwich:

FIT EXPRESS



**ROCKET
EXPRESS**

CapriExpress





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

ROCKET EXPRESS

CapriExpress

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



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BACK TO MENU



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 nachos:

FIT EXPRESS

1°	90% 
 1min	30% 
	500°F 

ROCKET EXPRESS

CapriExpress

1°	90% 
 1min	30% 
	60% 
	500°F 

 [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.

Settings for baking frozen french fries:

FIT EXPRESS

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

ROCKET EXPRESS

1°	70%
	40%
2min45sec	100%
	500°F

CapriExpress

2°	70%
	10%
1min10sec	100%
	500°F



LEARN MORE



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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

CapriExpress

1°	70%
1min40sec	30% 100% 536°F

FORZA STi

1°	15%
1min30sec	80% 626°F

2°	60%
45sec	75% 626°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

1°	5% 
	85% 
1min30sec	626°F 

2°	55% 
	80% 
1min30sec	626°F 





Personal size pizza

The FIT Express works its magic on a personal-size pizza from frozen in only 1 minute and 45 seconds. 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 frozen personal-size pizza:

FIT EXPRESS

1°	100% 🔥
🕒	50% ☁️
1min45sec	500°F 🌡️

ROCKET EXPRESS

CapriExpress

1°	100% 🔥
🕒	50% ☁️
1min45sec	100% 📺
	500°F 🌡️

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BACK TO MENU

Cookbook

FOOD TRUCK



Prática
HIGH SPEED OVENS

Prática's High-Speed Ovens

Elevating culinary excellence for food trucks

- Lightning-fast cooking times for efficient service in fast-paced food truck environments
- Streamlined operations to handle high volumes without compromising on taste
- Versatile cooking capabilities for a wide range of delectable dishes on-the-go
- Precise temperature and humidity control for consistent and mouthwatering results
- Advanced safety features such as cool-touch surfaces and automated shut-off mechanisms, ensure a secure cooking environment
- Energy-efficient design supports sustainability and cost savings

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





Prática's ventless smart high-speed ovens have a compact design that makes them a perfect fit for food trucks, optimizing space and allowing every inch of your kitchen to be utilized efficiently. Our ovens are durable, functional, and visually appealing, adding a touch of sophistication to your mobile kitchen.

Whether it's pizzas, Mexican cuisine, Chinese food, or any other culinary theme you embrace, our ovens are designed to bring out the best in every type of cuisine.



Our expert team is available to assist you in ongoing support, troubleshooting, and recipe refinement. You can expand your food truck menu using one of our high-speed ovens, maximizing profits and minimizing operational costs.

Operating our high-speed ovens is effortless, empowering you to swiftly serve mouthwatering dishes. Once your personalized settings and recipes are established, simply select the desired recipe from the intuitive interface. The oven will seamlessly execute the recipe, ensuring consistent quality and flavors that perfectly complement your food truck offerings.



Explore the possibilities, and showcase your unique flavors. Unleash your creativity and embark on a culinary journey that will keep foodies coming back for more.



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

1°	100% 
	30% 
0:50sec	536°F 

ROCKET
EXPRESS

CapriExpress

1°	100% 
	30% 
0:50sec	100%  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

1°	5% 
	85% 
1min30sec	626°F 

2°	55% 
	80% 
1min30sec	626°F 

 [LEARN MORE](#)

 [WATCH THE VIDEO](#)



Pastas

> LEARN MORE

> WATCH THE VIDEO

From classic favorites to customized creations, our high-speed ovens offer unparalleled versatility for pasta and lasagna dishes. With quick and efficient cooking, you can reduce customer wait times and serve up delicious meals in no time.

Settings for baking a 10.5 oz frozen lasagna:

FIT EXPRESS

1° 0% 50% 0:30sec 500°F	2° 0% 60% 0:30sec 500°F	3° 0% 60% 0:30sec 500°F	4° 0% 60% 0:30sec 500°F
5° 10% 60% 0:30sec 500°F	6° 20% 70% 0:30sec 500°F	7° 50% 60% 0:30sec 500°F	8° 50% 50% 0:30sec 500°F

ROCKET EXPRESS

CapriExpress

1° 0% 50% 10% 0:30sec 500°F	2° 0% 60% 10% 0:30sec 500°F	3° 0% 60% 20% 0:30sec 500°F	4° 0% 60% 20% 0:30sec 500°F
5° 10% 60% 30% 0:30sec 500°F	6° 20% 70% 40% 0:30sec 500°F	7° 50% 60% 50% 0:30sec 500°F	8° 50% 50% 50% 0:30sec 500°F



Gnocchi

[LEARN MORE](#)

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Finish pre-cooked gnocchi in no time with our high-speed ovens, offering quick and efficient cooking that reduces customer wait times while serving up delicious meals that leave them craving for more.

Settings for finishing a 13 oz-portion of pre-cooked frozen Gnocchi:

FIT EXPRESS

1°	0% 🔥	2°	0% 🔥	3°	20% 🔥
🕒	60% 🍷	🕒	80% 🍷	🕒	60% 🍷
0:45sec	500°F 🌡️	0:45sec	500°F 🌡️	0:30sec	500°F 🌡️

ROCKET EXPRESS

CapriExpress

1°	0% 🔥	2°	0% 🔥	3°	20% 🔥
🕒	60% 🍷	🕒	80% 🍷	🕒	60% 🍷
0:45sec	40% 📺	0:45sec	40% 📺	0:30sec	50% 📺
500°F 🌡️	500°F 🌡️	500°F 🌡️	500°F 🌡️	500°F 🌡️	500°F 🌡️

BACK TO MENU



Mac & Cheese

Serve up creamy, comforting mac and cheese in no time to your customers. Whether your menu has the classic version or customized recipe creations, our high-speed ovens offer unparalleled versatility to cater to every taste, keeping your menu's identity.

Settings for finishing a 24 oz-portion of pre-cooked Mac & Cheese:

FIT EXPRESS

1°	0% 🔥
🕒 2min	80% ☁️ 500°F 🌡️

**ROCKET
EXPRESS**

CapriExpress

1°	0% 🔥
🕒 2min	80% ☁️ 10% 📺 500°F 🌡️



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BACK TO MENU



Tacos

Our high-speed ovens effortlessly melt cheese in tacos, while keeping the tortillas crunchy or soft, according to the customer's preference. Additionally, all the other ingredients are perfectly warm, creating a delectable taco experience that caters to your menu.

[LEARN MORE](#)

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Settings for baking
8 chicken tacos:

FIT EXPRESS

1°	50%
1min	40%
	500°F

ROCKET EXPRESS

CapriExpress

1°	50%
1min	40%
	40%
	500°F

[BACK TO MENU](#)



Burritos

Our ventless smart high-speed ovens expertly warm burritos, ensuring the tortilla stays soft and the fillings are perfectly heated. With precise control over the cooking process, each bite offers a delicious combination of flavors and textures.

Settings for 2 breakfast burritos:

FIT EXPRESS

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

ROCKET
EXPRESS

CapriExpress

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



LEARN MORE



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BACK TO MENU



Quesadillas

The tortillas become crispy on the outside while the cheese melts to ooey-gooey perfection. The result is a mouthwatering quesadilla with a perfect blend of textures and flavors. Whether it's a classic cheese quesadilla or one packed with delicious fillings, our high-speed ovens ensure a quick and delicious treat that will have your customers coming back for more.

Settings for a cheese quesadilla:

FIT EXPRESS

1°	70%	2°	70%
	40%		40%
0:35sec	530°F	0:35sec	530°F

ROCKET
EXPRESS

CapriExpress

1°	70%	2°	70%
	40%		40%
0:35sec	60%	0:35sec	60%
	531°F		531°F



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BACK TO MENU



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 nachos:

FIT EXPRESS

1°	90% 
 1min	30% 
	500°F 

ROCKET
EXPRESS

CapriExpress

1°	90% 
 1min	30% 
	60% 
	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. Every bite is a symphony of taste and texture that will satisfy your customers' sandwich cravings.

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





Honey Chicken

Prepare honey chicken in advance and reheat it using our high-speed ovens for a fresh and delicious experience. The chicken retains its tender and juicy texture, and the sauce preserves its vibrant flavors.

Settings for a 22 oz honey chicken portion:

FIT EXPRESS

1°	10% 	2°	40% 
	80% 		70% 
1min	500°F 	0:30sec	500°F 

**ROCKET
EXPRESS**

CapriExpress

1°	10% 	2°	40% 
	80% 		70% 
1min	60% 	0:30sec	50% 
	500°F 		500°F 





Pad Thai

Prepare Pad Thai in advance and reheat it when your customers order. It will taste as fresh as if it was just made, with the meat remaining tender and the vegetables maintaining their crispiness. Embrace the convenience of pre-preparation while delivering the authentic flavors of this classic Thai dish to your customers.

Settings for 2 individual portions of 8.81 OZ each:

FIT EXPRESS

1°	0%	2°	0%
1min	80%	0:45sec	70%
500°F	500°F	500°F	500°F

ROCKET EXPRESS

CapriExpress

1°	0%	2°	0%
1min	80%	0:45sec	70%
500°F	30%	500°F	20%
	500°F		500°F



LEARN MORE



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BACK TO MENU



Pork rib

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High-speed ovens can quickly heat and finish the pre-cooked barbecue, reducing the waiting time for customers. This means faster service, which is essential for food trucks with limited space and high customer turnover. 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

1°	10%	50%
	60%	50%
1min	500°F	

2°	50%	50%
	50%	50%
0:30sec	500°F	

3°	70%	40%
	40%	50%
0:30sec	500°F	

ROCKET EXPRESS

1°	10%	60%
	40%	50%
1min	500°F	

CapriExpress

2°	50%	50%
	40%	50%
0:30sec	500°F	

3°	70%	40%
	40%	50%
0:30sec	500°F	

BACK TO MENU



Cookies

Easily bake a batch of perfect cookies with our high-speed ovens. Simply place the cookie dough on the tray, and watch as multiple units of delicious cookies bake to perfection. Enjoy the aroma of freshly baked cookies filling the air, enticing your customers with their irresistible scent.

**Settings for baking
12 cookies:**

FORZA STi

1°	10% 
	35% 
5min	350°F 

2°	25% 
	25% 
4min	350°F 



Cookbook

HOSPITALS

GUESTS VISITING PATIENTS AND HOSPITAL STAFF



Prática
HIGH SPEED OVENS

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 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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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

1°	50% 
 0:35sec	10% 
	500°F 

ROCKET EXPRESS

CapriExpress

1°	50% 
 0:35sec	10% 
	80% 
	500°F 



LEARN MORE



WATCH THE VIDEO

BACK TO MENU



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 high-speed ovens for fresh, made-to-order sandwiches.



Settings for 4 refrigerated breakfast sandwiches:

FIT EXPRESS

1°	20%
 1min20sec	80%
	500°F

ROCKET EXPRESS

CapriExpress

1°	20%
 1min20sec	80%
	40%
	500°F



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

1°	100% 
	30% 
0:50sec	536°F 

**ROCKET
EXPRESS**

CapriExpress

1°	100% 
	30% 
0:50sec	100% 
	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% 
	85% 
1min30sec	626°F 

2°	55% 
	80% 
1min30sec	626°F 

 [LEARN MORE](#)

 [WATCH THE VIDEO](#)



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

CapriExpress

1°	70%
1min40sec	30% 100% 536°F

FORZA STi

1°	15%
1min30sec	80% 626°F

2°	60%
45sec	75% 626°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.



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



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

1°	20%	10%
1min	60%	50%
	536°F	500°F

ROCKET
EXPRESS

CapriExpress

1°	20%	10%
1min	60%	50%
	536°F	500°F



Grilled Veggies

[> LEARN MORE](#)

[> WATCH THE VIDEO](#)

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

1°	70%
1min	30%
	500°F

2°	80%
1min	20%
	500°F

3°	70%
0:30sec	20%
	500°F

ROCKET EXPRESS

1°	70%
1min	30%
	100%
	500°F

Capri Express

2°	80%
1min	20%
	100%
	500°F

3°	70%
0:30sec	20%
	100%
	500°F

BACK TO MENU



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

1°	10%	500°F
1min	60%	500°F

2°	50%	500°F
0:30sec	50%	500°F

3°	70%	500°F
0:30sec	40%	500°F

ROCKET EXPRESS

CapriExpress

1°	10%	500°F
1min	60%	500°F
	40%	

2°	50%	500°F
0:30sec	50%	500°F
	40%	

3°	70%	500°F
0:30sec	40%	500°F
	40%	



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

1°	30% 
 0:30sec	60%  500°F 

ROCKET EXPRESS

CapriExpress

1°	30% 
 0:30sec	60%  80%  500°F 

 [LEARN MORE](#)

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 BACK TO MENU



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

1°	50% 
	20% 
0:30sec	500°F 

**ROCKET
EXPRESS**

CapriExpress

1°	50% 
	20% 
0:35sec	70% 
	500°F 

 [LEARN MORE](#)

 [WATCH THE VIDEO](#)

 BACK TO MENU



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

1°	90% 
 1min	30% 
	500°F 

ROCKET EXPRESS

CapriExpress

1°	90% 
 1min	30% 
	60% 
	500°F 

 [LEARN MORE](#)

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Cookbook

HOTELS AND RESORTS



Prática
HIGH SPEED OVENS

Prática's High-Speed Ovens

Elevate your culinary experience at hotels, resorts, cruises, and pool bars!

- Lightning-fast cooking times for swift service in the vibrant atmosphere of hotels, resorts, cruises, and pool bars
- Streamlined operations to effortlessly handle high volumes without compromising on excellence
- Versatile cooking capabilities for a diverse range of delectable creations
- Precise temperature and humidity control for consistently mouthwatering results
- Advanced safety features ensure a secure and worry-free cooking environment
- Energy-efficient design promotes sustainability and reduces costs

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



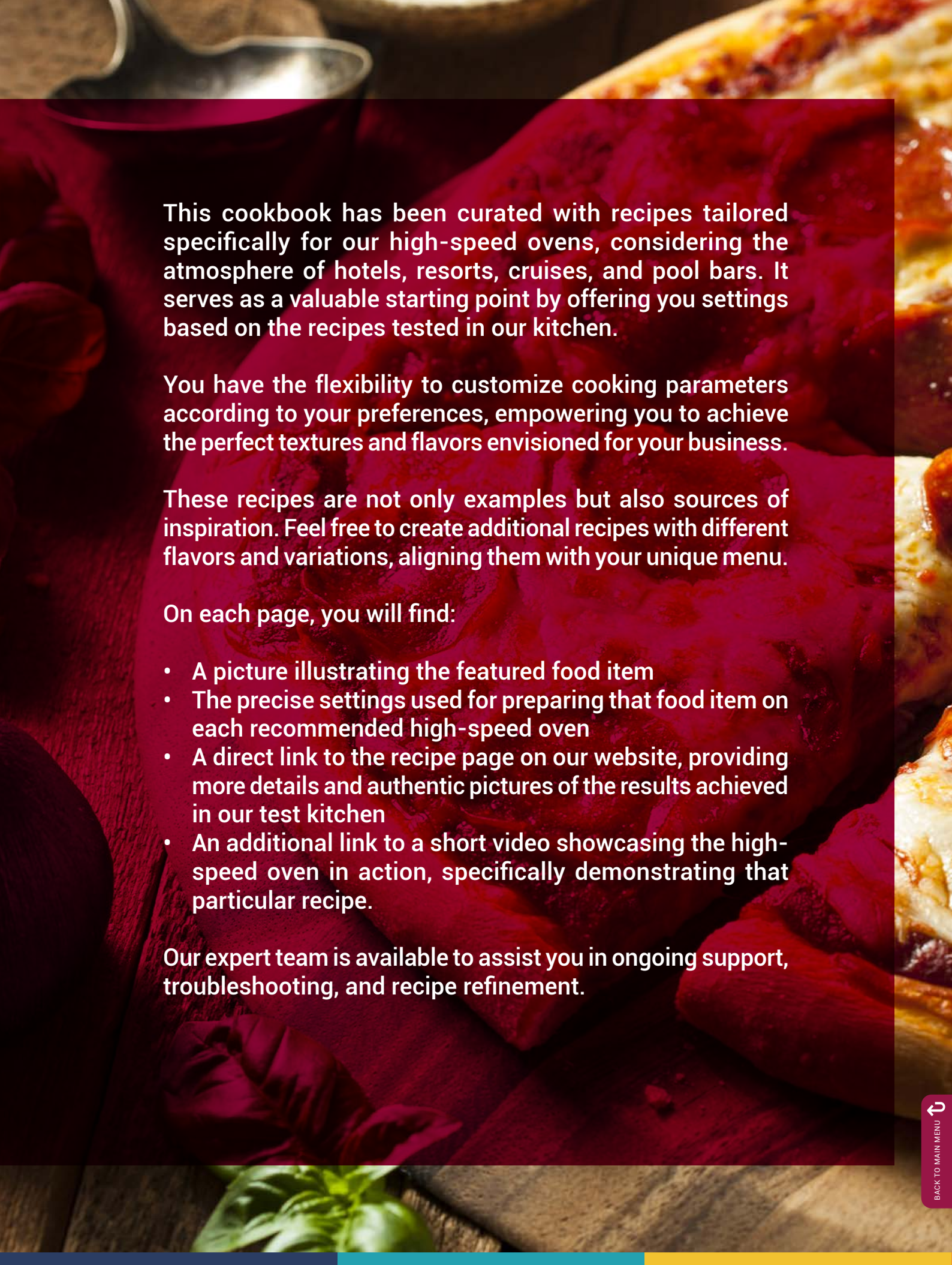


Experience fast service with top-quality food, all in a space-saving design with no vent hoods required. Our ventless smart high-speed ovens can prepare various food items flawlessly, even under high demands. With just two buttons, your operators can start cooking, ensuring efficiency and consistent results.



Prática's high-speed ovens infuse a touch of culinary magic into your hotel, resort, cruise, or pool bar. Elevate your offerings, captivate your guests, and create unforgettable moments that will have them returning for more. Embrace the sophistication and indulgence of our ovens as you embark on a culinary journey that sets your establishment apart from the rest.





This cookbook has been curated with recipes tailored specifically for our high-speed ovens, considering the atmosphere of hotels, resorts, cruises, and pool bars. 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
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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

1°	50% 
 0:35sec	10% 
	500°F 

ROCKET EXPRESS

CapriExpress

1°	50% 
 0:35sec	10% 
	80% 
	500°F 





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% 
 1min20sec	80%  500°F 

ROCKET EXPRESS

CapriExpress

1°	20% 
 1min20sec	80%  40%  500°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

1°	5% 
 1min30sec	85%  626°F 

2°	55% 
 1min30sec	80%  626°F 





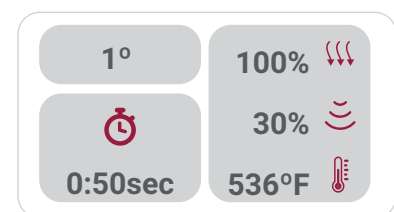
Pizza by the slice

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 customers craving more.



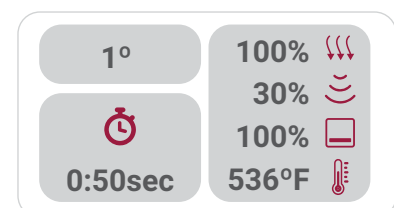
Settings for baking
a frozen slice:

FIT EXPRESS



**ROCKET
EXPRESS**

CapriExpress





Personal size pizza

The FIT Express works its magic on a personal-size pizza from frozen in only 1 minute and 45 seconds. 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 frozen personal-size pizza:

FIT EXPRESS

1°	100% 
 1min45sec	50%  500°F 

**ROCKET
EXPRESS**

CapriExpress

1°	100% 
 1min45sec	50%  100%  500°F 



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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

CapriExpress

1°	70%
1min40sec	30% 100% 536°F

FORZA STi

1°	15%
1min30sec	80% 626°F

2°	60%
0:45sec	75% 626°F

[LEARN MORE](#)

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BACK TO MENU



Lasagnas

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From classic favorites to customized creations, our high-speed ovens offer unparalleled versatility for pasta and lasagna dishes. With quick and efficient cooking, you can reduce customer wait times and serve up delicious meals in no time.

Settings for baking a 10.5 oz frozen lasagna:

FIT EXPRESS

1° 0% 0:30sec 500°F	0% 50% 500°F	2° 0% 0:30sec 500°F	0% 60% 500°F	3° 0% 0:30sec 500°F	0% 60% 500°F	4° 0% 0:30sec 500°F	0% 60% 500°F
5° 10% 0:30sec 500°F	10% 60% 500°F	6° 20% 0:30sec 500°F	20% 70% 500°F	7° 50% 0:30sec 500°F	50% 60% 500°F	8° 50% 0:30sec 500°F	50% 50% 500°F

ROCKET EXPRESS

CapriExpress

1° 0% 0:30sec 500°F	0% 50% 10% 500°F	2° 0% 0:30sec 500°F	0% 60% 10% 500°F	3° 0% 0:30sec 500°F	0% 60% 20% 500°F	4° 0% 0:30sec 500°F	0% 60% 20% 500°F
5° 10% 0:30sec 500°F	10% 60% 30% 500°F	6° 20% 0:30sec 500°F	20% 70% 40% 500°F	7° 50% 0:30sec 500°F	50% 60% 50% 500°F	8° 50% 0:30sec 500°F	50% 50% 50% 500°F



Gnocchi

[LEARN MORE](#)

[WATCH THE VIDEO](#)

Finish pre-cooked gnocchi in no time with our high-speed ovens, offering quick and efficient cooking that reduces customer wait times while serving up delicious meals that leave them craving for more.

Settings for finishing a 13 oz-portion of pre-cooked frozen Gnocchi:

FIT EXPRESS

1°	0%	2°	0%	3°	20%
	60%		80%		60%
0:45sec	500°F	0:45sec	500°F	0:30sec	500°F

ROCKET EXPRESS

CapriExpress

1°	0%	2°	0%	3°	20%
	60%		80%		60%
0:45sec	40%	0:45sec	40%	0:30sec	50%
500°F	500°F	500°F	500°F	500°F	500°F

BACK TO MENU



Mac & Cheese

Serve up creamy, comforting mac and cheese in no time to your customers. Whether your menu has the classic version or customized recipe creations, our high-speed ovens offer unparalleled versatility to cater to every taste, keeping your menu's identity.

Settings for finishing a 24 oz-portion of pre-cooked Mac & Cheese:

FIT EXPRESS

1°	0% 
 2min	80% 
	500°F 

ROCKET EXPRESS

CapriExpress

1°	0% 
 2min	80% 
	10% 
	500°F 



LEARN MORE



WATCH THE VIDEO



BACK TO MENU



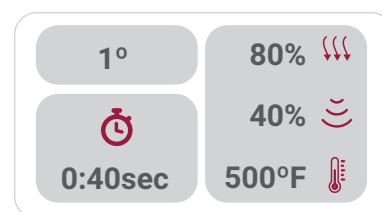
Sandwiches

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.



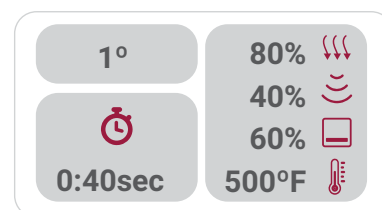
Settings for a refrigerated 12" sub sandwich:

FIT EXPRESS



ROCKET EXPRESS

CapriExpress





Fresh fish



Sometimes your guests 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

1°	20%	10%
	60%	50%
1min	536°F	500°F

ROCKET
EXPRESS

CapriExpress

1°	20%	10%
	60%	50%
1min	536°F	500°F



Grilled Veggies

[> LEARN MORE](#)

[> WATCH THE VIDEO](#)

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 your guests.

Settings for grilled veggies:

FIT EXPRESS

1°	70%
1min	500°F

2°	80%
1min	500°F

3°	70%
0:30sec	500°F

ROCKET EXPRESS

1°	70%
1min	500°F

Capri Express

2°	80%
1min	500°F

3°	70%
0:30sec	500°F

BACK TO MENU



Pork rib

[LEARN MORE](#)

[WATCH THE VIDEO](#)

Our ventless smart high-speed ovens bring the barbecue taste to your business. 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

1°	10%	50%	70%
1min	60%	50%	40%
	500°F	500°F	500°F

ROCKET EXPRESS

CapriExpress

1°	10%	50%	70%
1min	60%	50%	40%
	500°F	500°F	500°F

BACK TO MENU



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

1°	30%
0:30sec	60%
	500°F

ROCKET EXPRESS

CapriExpress

1°	30%
0:30sec	60%
	80%
	500°F

LEARN MORE

WATCH THE VIDEO

BACK TO MENU



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

1°	50% 
	20% 
0:30sec	500°F 

**ROCKET
EXPRESS**

CapriExpress

1°	50% 
	20% 
0:30sec	70% 
	500°F 

 [LEARN MORE](#)

 [WATCH THE VIDEO](#)

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

ROCKET
EXPRESS

CapriExpress

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



LEARN MORE



WATCH THE VIDEO

BACK TO MENU



Hamburgers

You can prepare the patties in advance and reheat them on demand, ensuring they taste just as fresh as the moment they were cooked. Experience juicy fillings and perfectly crisp buns with each bite, all thanks to our precise temperature control. Embrace the convenience of pre-preparation without compromising on the authentic flavors that make these classic favorites truly exceptional.

[> LEARN MORE](#)

[> WATCH THE VIDEO](#)

Settings for reheating 4 fully cooked patties, with the cheese and the buns:

FIT EXPRESS

1°	50%
0:45sec	30%
	500°F

ROCKET EXPRESS

CapriExpress

1°	50%
0:45sec	30%
	70%
	500°F

[BACK TO MENU](#)



Hot Dogs

Prepare these classic favorites in advance and reheat them on demand, guaranteeing that each bite is as delicious and fresh as can be. Our ovens' precise temperature control ensures the juicy weiners and soft buns stay perfectly warm and ready to serve. Impress your customers with quick service and delectable taste.



Settings for 2 hot dogs:

FIT EXPRESS

1°	90%
0:40sec	40% 500°F

ROCKET
EXPRESS

CapriExpress

1°	0%
1min	40% 10% 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

1°	90% 
 1min	30% 
	500°F 

ROCKET EXPRESS

CapriExpress

1°	90% 
 1min	30% 
	60% 
	500°F 

 [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.

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%  500°F 	1min10sec	100%  500°F 



Cookbook

KIOSKS / AIRPORTS



Prática
HIGH SPEED OVENS

Prática's High-Speed Ovens

Elevate your foods offerings at mall and airport kiosks!

- Lightning-fast cooking times, ensuring prompt meal service for mall and airport customers
- 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.





Prática's high-speed ovens are the perfect solution for mall and airport kiosks, meeting the diverse needs of busy individuals in these vibrant environments. In malls, where people shop and socialize, the demand for quick, delightful sustenance is paramount. Our high-speed ovens swiftly prepare delectable meals, allowing patrons to refuel efficiently, enhancing their experience while maintaining momentum. Similarly, at airport kiosks, weary travelers require nourishing meals in a limited time. The same oven can cook a range of savory options that satisfy hunger and contribute to a memorable journey. Their compact design seamlessly fits kiosks, optimizing functionality and appeal.

With remarkable versatility, our high-speed ovens create various dishes, catering to diverse tastes. Ventless operation eliminates the need for bulky vent hoods, streamlining setup and enhancing aesthetics. High-speed ovens revolutionize food preparation, serving, and savoring in the dynamic world of malls and airports, prioritizing speed, quality, and convenience. Let Prática's high-speed ovens revolutionize your kiosk.



This cookbook has been curated with recipes tailored specifically for our high-speed ovens, considering the atmosphere of mall and airport kiosks. 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 kiosk'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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- 167** Personal size pizza



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

1°	50% 
 0:35sec	10%  500°F 

**ROCKET
EXPRESS**

CapriExpress

1°	50% 
 0:35sec	10%  80%  500°F 





Cinnamon rolls

> LEARN MORE

> WATCH THE VIDEO

Experience rapid, consistent baking that delivers cinnamon rolls with a perfect balance of softness and golden crispiness. With our ovens, your delectable treats will be ready in no time, satisfying cravings and leaving your customers delighted. Embrace the efficiency of high-speed baking and elevate your customer experience to a whole new level.

Settings for baking 5 cinnamon rolls:

FIT EXPRESS

1°	10%	2°	20%	3°	20%
	40%		40%		10%
1min45sec	500°F	0:30sec	500°F	0:30sec	500°F

ROCKET EXPRESS

CapriExpress

1°	10%	2°	20%	3°	20%
	40%		40%		10%
1min45sec	100%	0:30sec	100%	0:30sec	100%
500°F	500°F	500°F	500°F	500°F	500°F

FORZA STi

1°	10%	2°	40%	3°	50%
	70%		60%		50%
5min	399°F	2min	399°F	1min	399°F



Croissants

From refrigerator to warmth in minutes, these flaky delights are ready when your customers are. Experience the convenience of serving warm, buttery croissants in no time.

Settings for warming up 5 croissants:

FIT EXPRESS

1°	50% 
 0:45sec	10%  500°F 

ROCKET EXPRESS

CapaExpress

1°	50% 
 0:45sec	10%  100%  500°F 

FORZA STi

1°	40% 
 0:35sec	30%  399°F 



LEARN MORE



WATCH THE VIDEO



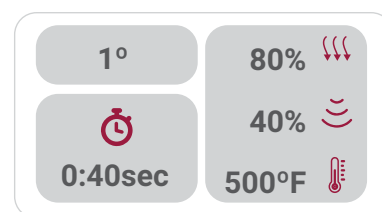
Sandwiches

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.



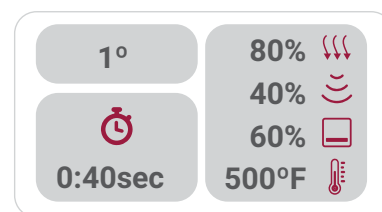
Settings for a refrigerated 12" sub sandwich:

FIT EXPRESS



ROCKET EXPRESS

CapriExpress





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 customers to savor delicious, toasted panini in no time.

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

[> LEARN MORE](#)

[> WATCH THE VIDEO](#)

BACK TO MENU



Cookies

Easily bake a batch of perfect cookies with our high-speed ovens. Simply place the cookie dough on the tray, and watch as multiple units of delicious cookies bake to perfection. Enjoy the aroma of freshly baked cookies filling the air, enticing your customers with their irresistible scent.

Settings for baking 12 cookies:

FORZA STi

1°	10% 
 5min	35% 
	350°F 

2°	25% 
 4min	25% 
	350°F 



LEARN MORE



WATCH THE VIDEO



Pretzels

Transform your kiosk into a haven of quick, delightful snacking, as the aroma of freshly warmed pretzels draws in delighted customers.

Settings for warming up 2 pretzels:

FIT EXPRESS

1°	70%
0:35sec	20% 500°F

ROCKET EXPRESS

CapriExpress

1°	70%
0:35sec	20% 60% 500°F

FORZA STi

1°	70%
1min	40% 399°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 customers craving more.



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 



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% 🔥
🕒	85% 📺
1min30sec	626°F 🌡️

2°	55% 🔥
🕒	80% 📺
1min30sec	626°F 🌡️





Personal size pizza

The FIT Express works its magic on a personal-size pizza from frozen in only 1 minute and 45 seconds. 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 frozen personal-size pizza:

FIT EXPRESS

1°	100% 
 1min45sec	50%  500°F 

**ROCKET
EXPRESS**

CapriExpress

1°	100% 
 1min45sec	50%  100%  500°F 



LEARN MORE



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Cookbook

SCHOOLS



Prática
HIGH SPEED OVENS

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.





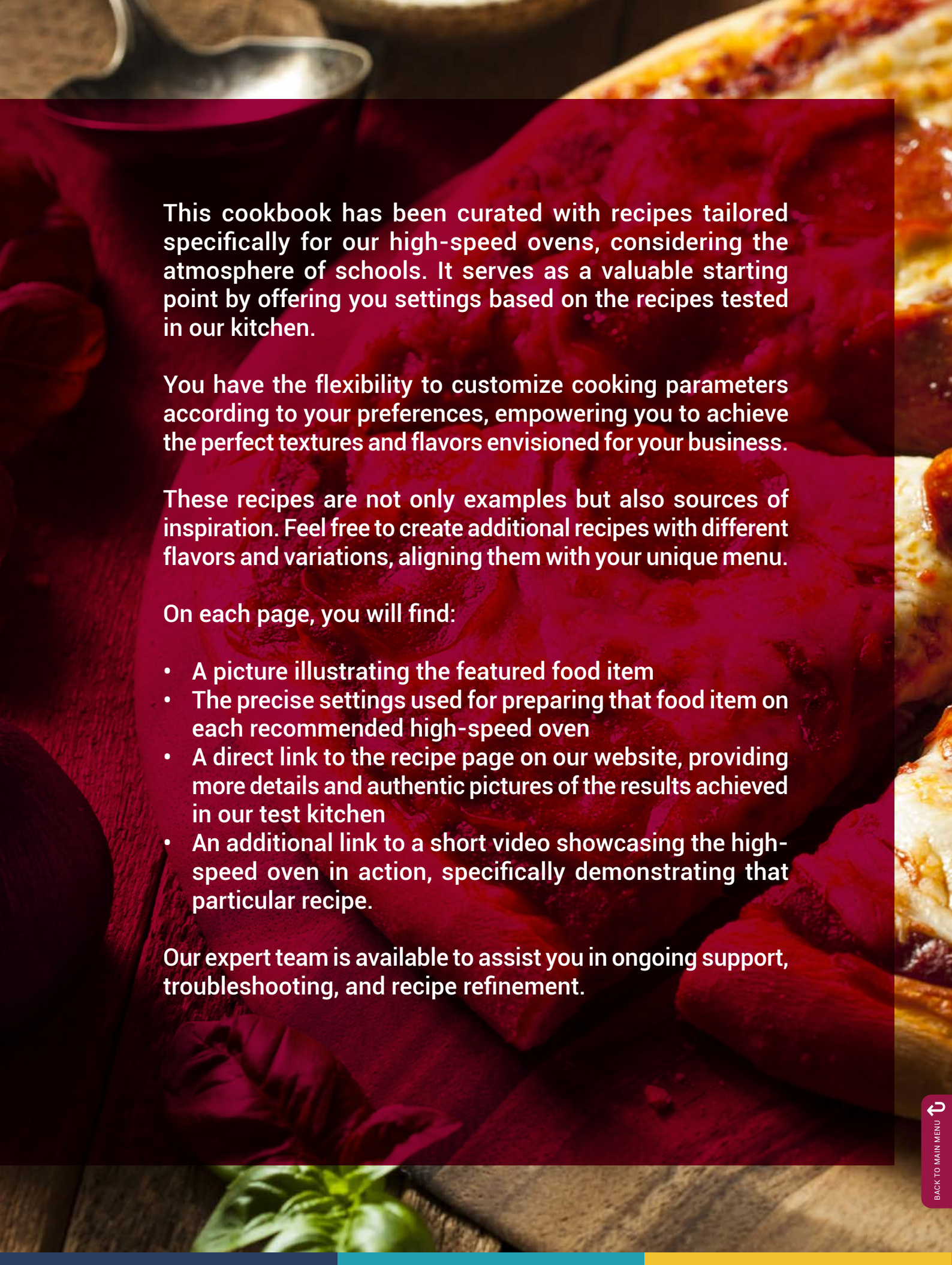
We recognize that schools are bustling hubs of activity, and that's why our ovens are crafted to meet the demands of a dynamic environment. They are built to handle high volumes without compromising on quality, ensuring that each meal is prepared to perfection.



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.

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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](#)



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 



LEARN MORE



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% 
	30% 
2min30sec	500°F 





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 





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% 
	80% 
1min20sec	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



LEARN MORE



WATCH THE VIDEO



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 



LEARN MORE



WATCH THE VIDEO



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.

**Settings for a
cheese quesadilla:**

FIT EXPRESS

1°	70% 
 0:35sec	40%  530°F 

2°	70% 
 0:35sec	40%  530°F 



LEARN MORE



WATCH THE VIDEO

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% 
	40% 
1min	500°F 

 [LEARN MORE](#)

 [WATCH THE VIDEO](#)

 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 students.

**Settings for 2
breakfast burritos:**

FIT EXPRESS

1°	0% 
 0:30sec	70% 
	500°F 

2°	10% 
 0:30sec	70% 
	500°F 





FIT EXPRESS



FIT EXPRESS BLACK

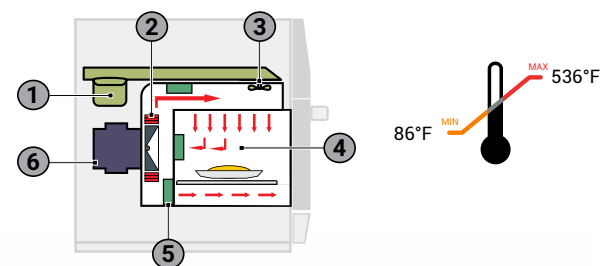


FIT EXPRESS SILVER

FIT EXPRESS ORANGE

- 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.

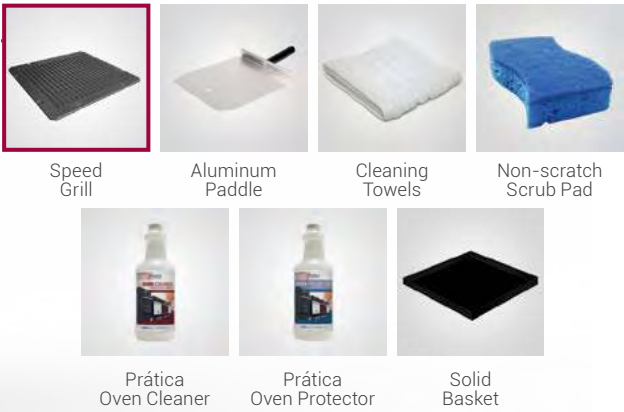
- Independently adjust microwave power, temperature, and impinging air while programming recipes on the oven.
- No side vents, allowing zero side clearance.
- Elegant & Intuitive: Stores up to 1024 recipes, with their own steps, settings, icons, or photos.
- Temperatures up to 536°F: The impinging air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



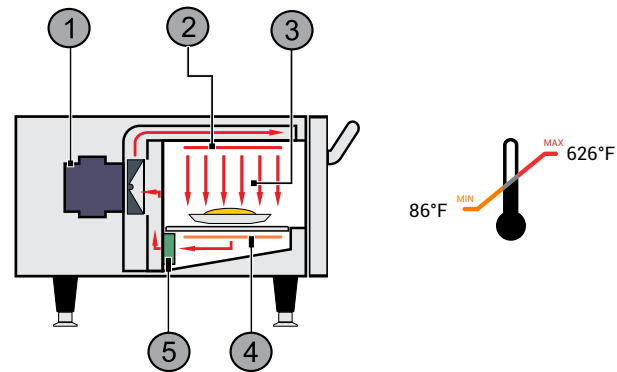
Forza STi



Forza STi Double Stacked

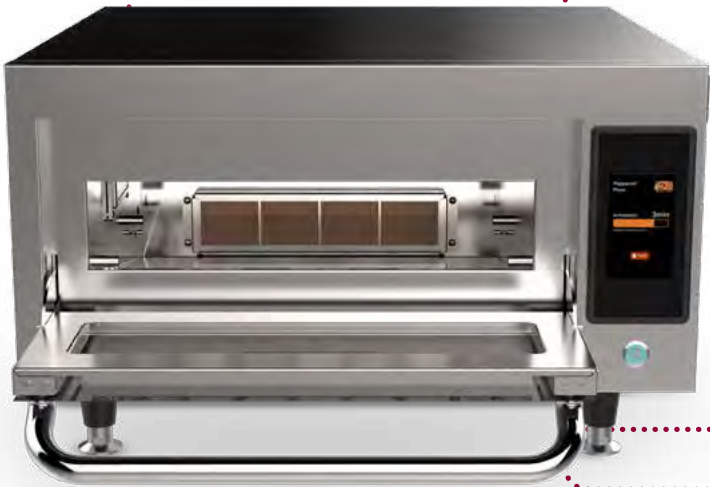
- Secures consistent results: through precise control, even heat distribution, rapid cooking, built-in sensors, and customization options, ensuring uniform and efficient cooking for reliable outcomes.
- Pizzas up to 16": fresh, or par-baked dough, thin or thick crust.
- Stackable: can be stacked up to 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. Impinging 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 (") 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"
	240			7.2				With feet 17.4 x 27.7 x 31 (") 148 lbs.			

NEMA 6-30



CopaExpress



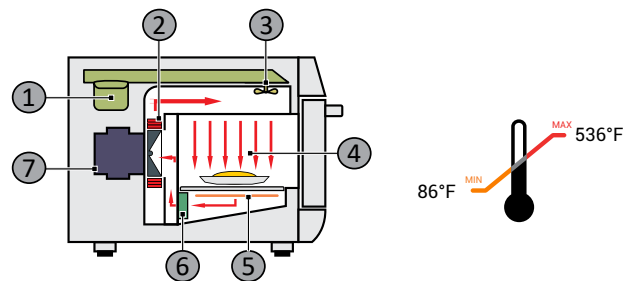
COPA EXPRESS
ORANGE

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.

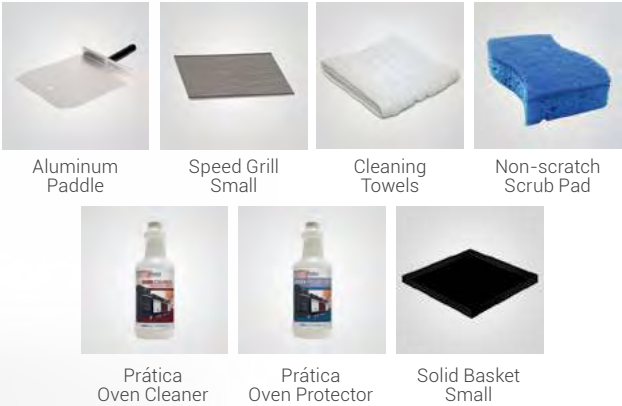


- | | |
|-----------------------|------------------------|
| 1. Magnetron | 5. IR heater |
| 2. Impingement Heater | 6. Catalytic Converter |
| 3. Stirrer | 7. Blower Motor |
| 4. Impinged Air | |

CERTIFIED
VENTLESS
WITH EASILY REMOVABLE
CATALYTIC CONVERTER.



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](#)

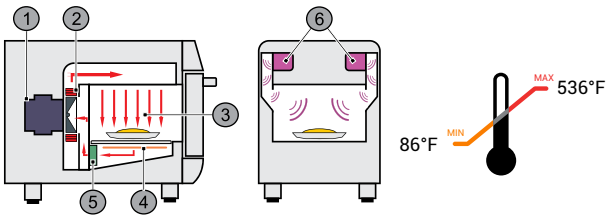


EASY OPERATION



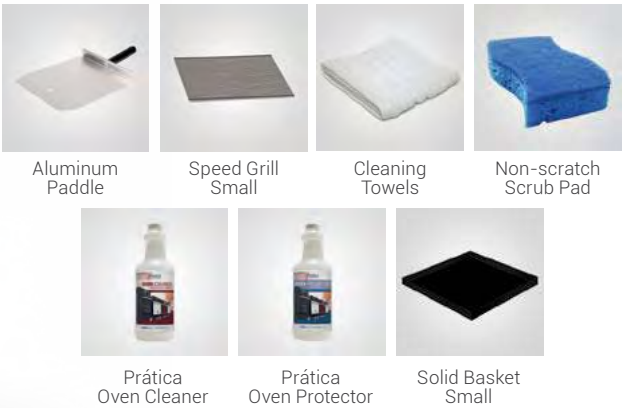
- Touchscreen display with intuitive and multi-language software, making it easy to set up, operate, and create recipes.
- USB loading capabilities for programming and sharing settings between ovens.
- Catalytic converter filter technology allows the oven to operate in any indoor area without the use 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

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		25x 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"

IOK

INTERNET OF KITCHEN

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

Prática's ventless smart high-speed ovens are specifically designed to streamline your operations. With the convenient recipe distribution feature, you can effortlessly create recipes on one unit and seamlessly transfer them to all connected ovens using either a USB flash drive or Wi-Fi. This time-saving functionality ensures consistency and uniformity across all your brewery locations, enabling you to uphold the highest standard of culinary excellence while maximizing productivity.





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



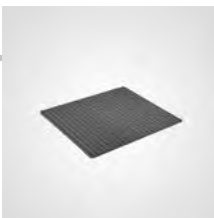
Speed Grill

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



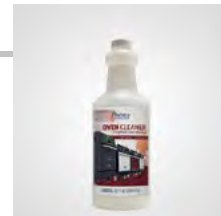
Cleaning Tool

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





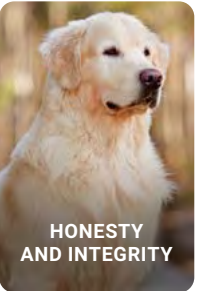
WELCOME TO PRÁTICA

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



WELL-BEING



PRODUCTIVITY



SUSTAINABILITY

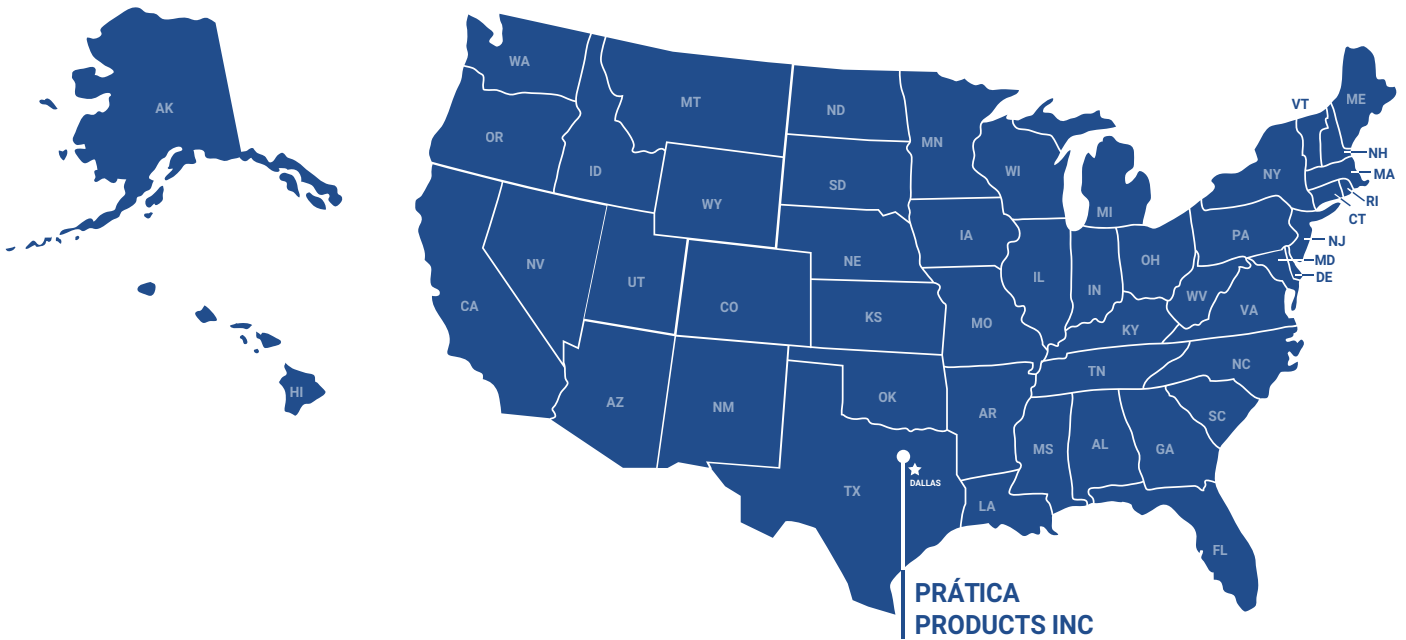
MANUFACTURING PLANT
State of Minas Gerais - Brazil

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



LEARN MORE



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.*



LEARN MORE

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

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