

SILEX® MENU IDEAS

Contact grilling – save time, increase profit and meal turnover in any kitchen!

The Result

Grilling with a Silex has been proven to take 1/3 of the time, compared with pan-frying, traditional cooking and other conventional methods. This means you benefit with:

- A meal turnover of up to 120 meals per hour (dependent on Silex model)
- Efficiency – saving food and staff costs
- Consistent results every time.

Some menu ideas:

- Thick toast
- Cinnamon toast
- Fruit loaf
- French toast
- Ham and cheese croissant
- BLT on Panini
- Eggs benedict
- Big breakfast with bacon, eggs, sausages, tomatoes and mushrooms
- Pancakes
- Bruschetta
- Stir-fry
- Steak
- Garlic prawns
- Whole snapper
- Chicken breasts
- Burgers

A few typical cooking times:

MEAT	CONVENTIONAL COOKING	SILEX COOKING
Steaks	10-15 minutes	2 minutes
Hamburger Patties	3-8 minutes	1.5 minutes
Chicken Fillets	3-8 minutes	1-1.5 minutes
Chicken Schnitzels	5-8 minutes	1-1.5 minutes
Kebabs & Satays	10-15 minutes	3 minutes
Sausages	10-15 minutes	3 minutes
Cutlets	10-15 minutes	4 minutes
FISH/SEAFOOD		
Salmon Fillets	10 minutes	3 minutes
Swordfish Fillets	10 minutes	2 minutes
Whole Baby Snapper	15-20 minutes	8 minutes
Octopus	15-20 minutes	5 minutes
King Prawns	5-8 minutes	2 minutes
LIGHT MEALS		
Omelettes	1-2 minutes	35 seconds
Toasted Sandwiches	3-4 minutes	45 seconds
Focaccia	6-7 minutes	2 minutes
Bacon & Eggs	3 minutes	45 seconds

* Cooking times are approximate according to quality, thickness and preference of food. As many of these items can be cooked at the same time as can fit on the cooking surface, the cooking times remain the same.