



COOKBOOK

CONVENIENT COOKING
WITH HIGHSPEED



powered by Konzeptlounge | Block Menü

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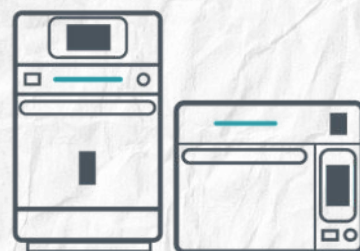


ENJOYMENT MEETS INNOVATION

When top quality meets maximum speed, the result is a real recipe for success: together with Block Menü, we have combined delicious dishes that are both culinary delights and can be prepared in record time.

The combination of high-quality convenience products from Block Menü and the innovative technology of our FIT highsPEED ovens takes the food industry to the next level.

Whether tender meat dishes, creamy pasta, or crispy snacks - more efficiency, less effort, maximum enjoyment - that's modern cooking today!



Recipes for FIT SM & FIT ST (230 V).

powered by

K KONZEPT
LOUNGE

**BLOCK
MENÜ**
Frische Küche



Zander fillet on aromatic rice

Delicately steamed walleye fillet meets fragrant wild rice in a spicy marinade.

5122 033	Pikeperch fillet, raw, frozen, 180 g
2115 042	Pommery mustard sauce
2120 030	Long grain wild rice blend, cooked



Perfect in one go! Pre-cooked rice was prepared to perfection in the FIT Express together with frozen vegetables and pike-perch fillet.



step 1	0%	
	100%	
02:30	260°C	

Duck breast with potato gratin

Crispy crust and pink roasted duck breast. Served with aromatic potato gratin, a real treat.

2721 109	Natural duck breast, sous vide cooked, approx. 190 g
2115 169	port wine sauce
2116 024	Gratin potatoes, topped with cheese



The sous vide cooked duck has a crispy, golden brown crust, yet remains tender and juicy. The potato gratin is heated to perfection without drying out.



step 1	50%	
	70%	
02:15	260°C	

Orecchiette with beef ragout

Delicate orecchiette with succulent sugo di peposo transport you to sunny Italy, bite by bite.

2121 247	Sugo di Peposo, beef tripe in red wine and pepper sauce
2120 111	Orecchiette pasta



The orecchiette are gently heated without drying out, and the sugo di peposo is heated to perfection, leaving the meat tender and juicy.



step 1	0%	
	100%	
01:45	260°C	

Tagliatelle with garlic and prawns





Tagliatelle, tender prawns in garlic broth, refined with herbs – pure Mediterranean delight!

2120 069	Tagliarini green, green ribbon noodles with fresh eggs, 4 mm
2722 003	King prawns in garlic broth



The king prawns remain juicy and the tagliatelle stays al dente – the FIT Express ensures optimal heat and consistent enjoyment!



step 1	0%	
	50%	
01:20	260°C	

Tagliatelle with Gorgonzola sauce & Spinach

Velvety Gorgonzola sauce coats delicate tagliatelle, combined with leaf spinach - creamy, spicy, delicious!

2120 076	Tagliarini, white ribbon noodles with fresh eggs, 4 mm
2115 014	Gorgonzola sauce, made from gorgonzola, cream, milk, and white wine
2113 013	Brasserie leaf spinach



Success guaranteed with FIT Express. The creamy Gorgonzola sauce coats the tagliatelle and gently heats the spinach. In one step!



step 1	0%	
	100%	
01:45	260°C	

Pikeperch & prawns

A delicious combination of spicy king prawns, tender salmon fillet, and wild rice, refined with a crunchy bean mix.

5122 033	Pikeperch fillet, raw, frozen, 180 g
2722 003	King prawns in garlic broth
2115 042	Pommery mustard sauce
2120 030	Long grain wild rice blend, cooked
2113 143	green bean variation



The FIT Express conjures up a delicious meal in seconds. Cooked to perfection, highest quality, and all in one program.



step 1	0%	🔥
🕒	100%	🌊
01:30	260°C	🌡️
➡ Take out the veggies.		

step 2	70%	🔥
🕒	20%	🌊
01:30	260°C	🌡️

Smash Burger Chili Cheese

Juicy beef patty, soft bun, spicy chili cheese sauce - a burger experience in a class of its own!

0015 519	Brioche buns
1000 5125	Block burger, made from 100% beef, 125 g
1219 218	Chili cheese sauce, creamy and smooth, refined with aromatic jalapeños



The FIT Express ensures rich roasted flavors without toasting. The meat stays juicy and the cheese is heated to perfection. Served hot in minutes!



step 1	70%	🔥
🕒 00:45	20%	🌀
	260°C	🌡️
	➡️ Turn + sauce.	

step 2	70%	🔥
🕒 00:45	20%	🌀
	260°C	🌡️

Potato rösti

Bacon and eggs

Golden brown rösti, crispy bacon, perfectly cooked egg. A hearty dish for any time of day!

5616 001	Potato rösti/grated potato pancakes, ready-fried, 180 g
9000 2011	Beef bacon, juicy, smoky beef bacon, sliced



The rösti is baked crispy in the FIT Express, while the bacon becomes nice and crispy. And the fried egg remains clear and wonderfully creamy.



step 1	30%	🔥
🕒	30%	🔥
1:20	260°C	🌡️
➡ Remove the egg.		

step 2	100%	🔥
🕒	0%	🔥
00:45	280°C	🌡️

Potato rösti with mushroom cream sauce





Crispy potato rösti meets creamy mushroom cream sauce.
A hearty treat for gourmets!

5616 001	Potato rösti/grated potato pancakes, ready-fried, 180 g
2113 162	Mushrooms in herb sauce
9000 2011	Beef bacon, juicy, smoky beef bacon, sliced



Golden brown on the outside, tender and juicy on the inside. Hot air and microwave technology guarantees even heat and perfect consistency!



step 1	100%	
	60%	
01:20	260°C	

Beef cheeks with purée & green beans

Buttery tender ox cheeks with creamy mashed potatoes and delicate green beans – pure elegance on a plate!

2121 216	Beef cheeks, cooked sous vide
1116 030	Mashed potatoes, made from fresh potatoes, with milk, cream and pasture butter
2113 143	green bean variation



The FIT Express keeps the ox cheeks juicy, the purée creamy and hot, while the beans remain crisp. And all in such a short time!



step 1	0%	
	100%	
01:45	260°C	

Beef ragout on risotto

Tender braised beef ragout on creamy risotto. Harmonious flavors that delight the palate!

2120 102	Risotto, creamy and aromatic risotto with a delicate white wine note as a base
2121 169	Veal shank ragout, sous vide cooked veal shank, and braised vegetables in a rich red wine sauce



Perfect temperature control in the FIT Express ensures tender meat and al dente rice – ready to serve without any loss of quality!



step 1	0%	
	100%	
01:45	260°C	

Loaded Chili Cheese Nachos

Crispy nachos covered with spicy chili, creamy cheese sauce, and fresh toppings. A pure snack for when you're feeling peckish.

2110 014	Chili con carne Beef with beans, corn, onions, tomatoes, and bell peppers
1219 218	Chili cheese sauce, creamy and smooth, refined with aromatic jalapeños



Crispy, hot, irresistible – perfectly browned, melted cheese, full flavors in such a short time. Ideal for hotels, bars, and more.



step 1	0%	
	100%	
01:35	260°C	

Bacon Royal Cheeseburger

Fluffy brioche, juicy patty, crispy bacon, and fried egg. The perfect burger for hearty enjoyment.

0015 519	Brioche buns
1000 5125	Block burger, made from 100% beef, 125 g
9000 2011	Beef bacon, juicy, smoky beef bacon, sliced



Crispy, spicy, and tender. A premium burger with everything to delight the palate. All components cooked to perfection.



step
1

100%

70%

00:20

260°C

Take out the bread.

🔥

👉

🌡️

step
2

100%

70%

00:40

260°C

Remove egg + Turn + Cheese.

🔥

👉

🌡️

step
3

100%

70%

00:55

260°C

🔥

👉

🌡️

Crêpe with orange caramel sauce

Delicate crêpe covered in a fruity orange caramel sauce, garnished with roasted almonds and powdered sugar.

2114 032

Crêpe in orange
Caramel sauce, 120 g

Tip: Garnish with roasted almond flakes from the FIT and powdered sugar.



Evenly heated, buttery soft, and aromatic. No more annoying burning! A light and delicate crêpe for a sweet treat!









step 1	0%	
	100%	
01:20	260°C	

FIT SM

HIGHSPEED-OVEN



Features:

-  Space for 1024 recipes with 8 steps each, divided into 16 groups
-  Adjustable temperature from 30°C to 280°C
-  Can be connected via USB, LAN, and Wi-Fi using the IOK online platform
-  Large baking chamber but with a small footprint - maximum productivity even in the smallest of spaces
-  Cool to the touch; high temperature inside, completely cool outside
-  Particularly energy-efficient; lowest energy consumption in the large concept lounge High-speed oven test

FIT SM



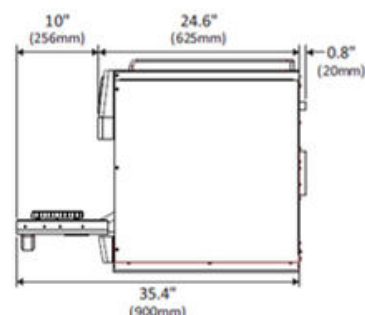
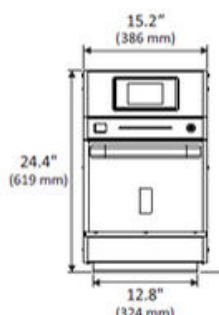
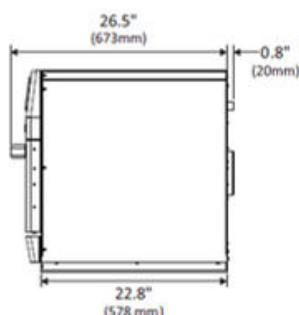
TECHNICAL DATA

	FIT SM 230 V
External dimensions (W x D x H)	523 x 696 x 423 mm
Baking chamber (W x D x H)	315 x 308 x 133 mm
Max. power	3 kW
Microwave power (baking chamber)	1.100 W
Frequency	50 Hz
Cable	3 x 1,5 mm2
Fuse	C 16A
Weight	72 kg
Included accessories	Aluminum paddle, fixed PTFE basket, USB stick
Panini press	Yes, as an accessory
Removable catalytic converter	Yes
Networking	USB, Wi-Fi, LAN
Cloud solution	IoK, free of charge
Cleaning instructions on display	Yes
Power consumption switched off, approx. 11.25 h	0,00 kW
Power consumption when heating up	0,68 kW
approx. 10 h at full capacity*	8,30 kW
Power consumption when cooling down	0,24 kW
Power consumption/day**	9,22 kW
Power costs/day at 0,30€/kW	2,77 €
Average consumption/year	2.876,64 kW
Average power costs/year	862,99 €

All information is provided without guarantee and subject to error.

*70 snacks, 1-minute program, 100% air, 100% microwave

**Tested with the Shop-iQ energy management system in full operation as part of the 2023 model test.









FIT ST

HIGHSPEED-OVEN



Features:

-  Space for 1024 recipes with 8 steps each, divided into 16 groups
-  Adjustable temperature from 30°C to 280°C
-  Can be connected via USB, LAN, and Wi-Fi using the IOK online platform
-  Stackable, with up to one additional FIT ST (1+1)
-  Cool to the touch; high temperature inside, completely cool outside
-  Particularly energy-efficient; lowest energy consumption in the large concept lounge High-speed oven test

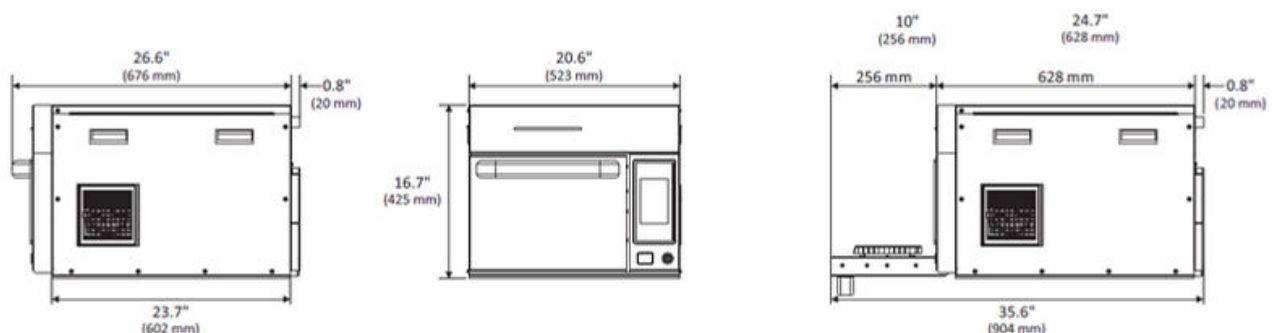


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Click on the article
or order at:

www.highspeedofen.shop



Accessories

IT DOESN'T GET ANY HOTTER THAN THIS!



Snack shovel

5-35



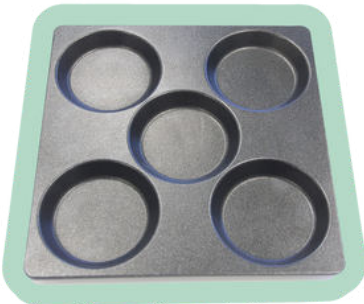
Silicone coasters

5-13



Stainless steel handle

5-48



5-piece pan set

5-23



Frying egg pan

5-36



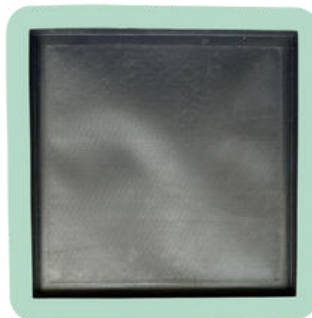
Grill pan, ribbed

5-46



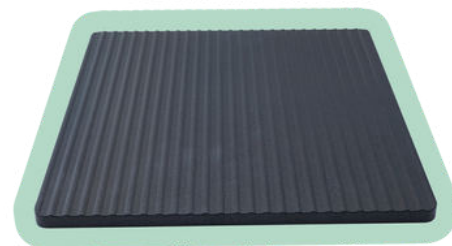
Small pan, rectangular

5-47



Teflon-basket

5-53



HotSpot plate

5-17



Silicone tongs

5-49



Silicone spatula

5-51



Silicone spoon

5-50

Contact

ANY QUESTIONS?



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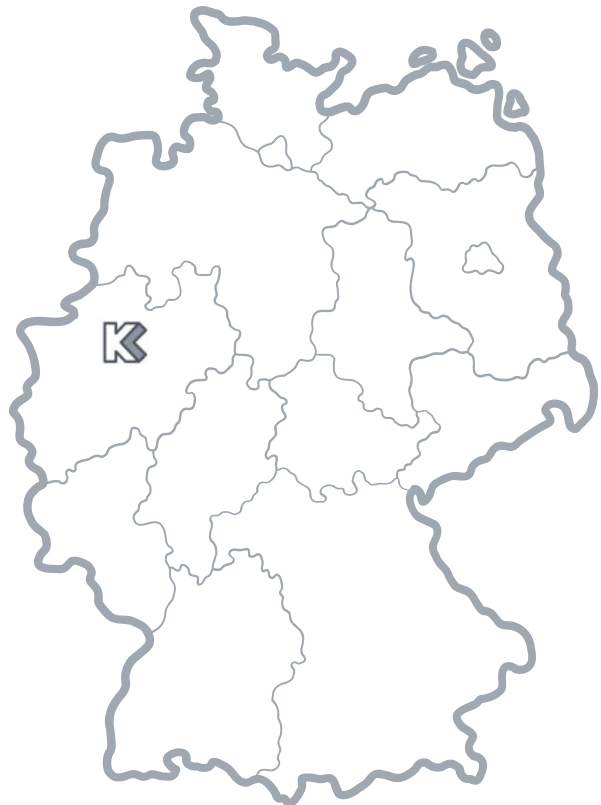
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ANY QUESTIONS?



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