

# Food Guide



**Prática**  
— EUROPE —

# Prática's highspeed ovens

## Taking food service to the next level

- Lightning-fast cooking times for speedy service in bustling store environments:  
bakery - gastronomy - hotel - gas station - hospital
- 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







Prática's highspeed ovens are the perfect choice for your food concept and store, offering rapid cooking times that allow you to serve up your delicious snacks and meals in no time. Your customers will love the convenience and taste, ensuring they keep coming back for more.



Our cookbook provides a selection of recipes meticulously designed for our highspeed ovens. You can tailor cooking parameters to achieve desired textures and flavors. Our expert team is available to assist you in creating and refining recipes for exceptional results.



Operating our highspeed 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.

Prática's highspeed ovens are here to transform your food concept, supercharging your culinary offerings, maximizing efficiency, and wowing customers in record time. Get ready to take your cuisine to a whole new level. It's time to unleash your creativity, redefine the standards, and create a better food experience.







## 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 highspeed ovens for fresh, made-to-order sandwiches.






Settings for 4 refrigerated breakfast sandwiches:

### FIT EXPRESS

1°	20% 
 1min20sec	80%  260°C 

ROCKET  
EXPRESS

CapriExpress

1°	20% 
 1min20sec	80%  40%  260°C 



# 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 highspeed 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% 🔥
🕒	70% 🔥	🕒	70% 🔥
0:30sec	260°C 🌡️	0:30sec	260°C 🌡️

ROCKET EXPRESS

CapriExpress

1°	0% 🔥	2°	10% 🔥
🕒	70% 🔥	🕒	70% 🔥
0:30sec	100% 📦	0:30sec	40% 📦
	260°C 🌡️		260°C 🌡️



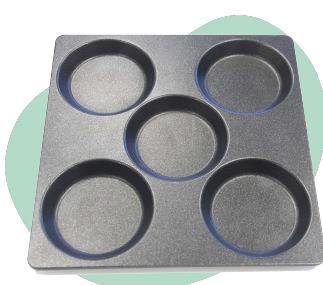


## Egg Bites

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 highspeed ovens offer versatility for making egg bites.

**pro tip**

use the special Konzeptlounge  
mould pan for your highspeed oven



**Settings for 4 refrigerated  
egg bites:**

**FIT EXPRESS**

1°

50% 



0:45sec

40% 

260°C 







## Sandwiches

Whether it's a classic grilled cheese, an Italian sub, or a savory steak sandwich, our highspeed 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  
30 cm sub sandwich:

### FIT EXPRESS

1°	80% 
 0:40sec	40% 
	260°C 

**ROCKET  
EXPRESS**

*CapriExpress*

1°	80% 
 0:40sec	40% 
	60% 
	260°C 





## Panini

The cheese melts, the fillings warm up, and the bread gets perfectly toasted. Our highspeed ovens make it quick and easy for your customers to savor delicious, toasted panini in no time.

**Settings for a ham  
and cheese panini:**

**FIT EXPRESS**

1°

90% 



0:40sec

40% 

260°C 









## 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%  280°C 





### ROCKET EXPRESS

CapriExpress

1°	70% 
 1min40sec	30%  100%  280°C 

### FORZA STi

1°	15% 
 1min30sec	80%  330°C 

2°	60% 
 45sec	75%  330°C 



## Fried eggs

Utilize highspeed 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.





### pro tip

use the special Konzeptlounge egg pan for your highspeed oven








Settings for frying 2 eggs:

### FIT EXPRESS

1°	50% 
 1min25sec	10%  260°C 

ROCKET  
EXPRESS

CapriExpress

1°	50% 
 1min25sec	10%  60%  260°C 









# Toasts

Our highspeed 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

1°	100% 
 0:35sec	60%  235°C 

**ROCKET  
EXPRESS**

*CapriExpress*

1°	100% 
 0:35sec	60%  100%  235°C 







# 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°	70% 
	40% 
1min30sec	260°C 

ROCKET  
EXPRESS

CapriExpress

1°	70% 
	40% 
1min30sec	100%  260°C 





## 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°	0% 🔥
🕒 1min	40% 🔥 260°C 🌡️

**ROCKET**  
EXPRESS

*CapriExpress*

1°	0% 🔥
🕒 1min	40% 🔥 10% 📺 260°C 🌡️







## 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 highspeed 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%  280°C 









## Personal size pizza

The FIT Express works its magic on a personal-size pizza from frozen in only 1 minute and 45 seconds. Our highspeed 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%  260°C 

**ROCKET  
EXPRESS**

*CapriExpress*

1°	100% 
 1min45sec	50%  100%  260°C 



## Whole Pizzas

The Forza STi can flawlessly bake a 40 cm pizza from fresh dough in just 3 minutes, while the FIT Express works its magic on a 30 cm pizza from frozen in only 2 minutes. Our highspeed ovens can cater to various pizza toppings, allowing your business to customize and meet the unique preferences of your menu.

Settings for baking a 40 cm fresh dough pizza:

**FORZA STi**

1°	5% 🔥
🕒 1min30sec	85% 📺 330°C 🌡️

2°	55% 🔥
🕒 1min30sec	80% 📺 330°C 🌡️













## Fresh fish

Sometimes customers require more than a snack – they need a nutritious meal. Our highspeed 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% 	2°	10% 
	60% 		50% 
1min	280°C 	1min	260°C 

**ROCKET  
EXPRESS**

*CapriExpress*

1°	20% 	2°	10% 
	60% 		50% 
1min	50%  280°C 	1min	50%  260°C 



## Pork rib

Our ventless smart highspeed ovens bring the barbecue taste to your customers. 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%	2°	50%	3°	70%
	60%		50%		40%
1min	260°C	0:30sec	260°C	0:30sec	260°C

**ROCKET**  
EXPRESS

*CapriExpress*

1°	10%	2°	50%	3°	70%
	60%		50%		40%
1min	40%	0:30sec	40%	0:30sec	40%
	260°C		260°C		260°C





# Pastas

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 300 g frozen lasagna:

## FIT EXPRESS

<div>1°</div> <div>0%</div> <div>50%</div> <div>0:30sec</div> <div>260°C</div>	<div>2°</div> <div>0%</div> <div>60%</div> <div>0:30sec</div> <div>260°C</div>	<div>3°</div> <div>0%</div> <div>60%</div> <div>0:30sec</div> <div>260°C</div>	<div>4°</div> <div>0%</div> <div>60%</div> <div>0:30sec</div> <div>260°C</div>
<div>5°</div> <div>10%</div> <div>60%</div> <div>0:30sec</div> <div>260°C</div>	<div>6°</div> <div>20%</div> <div>70%</div> <div>0:30sec</div> <div>260°C</div>	<div>7°</div> <div>50%</div> <div>60%</div> <div>0:30sec</div> <div>260°C</div>	<div>8°</div> <div>50%</div> <div>50%</div> <div>0:30sec</div> <div>260°C</div>

ROCKET EXPRESS

CapriExpress

<div>1°</div> <div>0%</div> <div>50%</div> <div>10%</div> <div>0:30sec</div> <div>260°C</div>	<div>2°</div> <div>0%</div> <div>60%</div> <div>10%</div> <div>0:30sec</div> <div>260°C</div>	<div>3°</div> <div>0%</div> <div>60%</div> <div>20%</div> <div>0:30sec</div> <div>260°C</div>	<div>4°</div> <div>0%</div> <div>60%</div> <div>20%</div> <div>0:30sec</div> <div>260°C</div>
<div>5°</div> <div>10%</div> <div>60%</div> <div>30%</div> <div>0:30sec</div> <div>260°C</div>	<div>6°</div> <div>20%</div> <div>70%</div> <div>40%</div> <div>0:30sec</div> <div>260°C</div>	<div>7°</div> <div>50%</div> <div>60%</div> <div>50%</div> <div>0:30sec</div> <div>260°C</div>	<div>8°</div> <div>50%</div> <div>50%</div> <div>50%</div> <div>0:30sec</div> <div>260°C</div>







## 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 680 g portion of pre-cooked Mac & Cheese:

### FIT EXPRESS

1°	0% 
 2min	80%  260°C 

**ROCKET  
EXPRESS**

*CapriExpress*

1°	0% 
 2min	80%  10%  260°C 





# Gnocchi

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 370 g portion of pre-cooked frozen Gnocchi:**

## FIT EXPRESS

1°	0% 🔥	2°	0% 🔥	3°	20% 🔥
🕒	60% ☹️	🕒	80% ☹️	🕒	60% ☹️
0:45sec	260°C 🌡️	0:45sec	260°C 🌡️	0:30sec	260°C 🌡️

**ROCKET  
EXPRESS**

*CapriExpress*

1°	0% 🔥	2°	0% 🔥	3°	20% 🔥
🕒	60% ☹️	🕒	80% ☹️	🕒	60% ☹️
0:45sec	40% 📺	0:45sec	40% 📺	0:30sec	50% 📺
260°C 🌡️	260°C 🌡️	260°C 🌡️	260°C 🌡️	260°C 🌡️	260°C 🌡️



## 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 250 g each:

### FIT EXPRESS

1°	0%	2°	0%
1min	80%  260°C	0:45sec	70%  260°C

ROCKET EXPRESS

CapriExpress

1°	0%	2°	0%
1min	80%  30%  260°C	0:45sec	70%  20%  260°C



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WATCH THE VIDEO





# Grilled Veggies

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 customers.

## Settings for grilled veggies:

### FIT EXPRESS

1°	70%
1min	30% 260°C

2°	80%
1min	20% 260°C

3°	70%
0:30sec	20% 260°C

### ROCKET EXPRESS

### CapriExpress

1°	70%
1min	30% 100% 260°C

2°	80%
1min	20% 100% 260°C

3°	70%
0:30sec	20% 100% 260°C







## 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% 
	280°C 

**ROCKET**  
EXPRESS

*CapriExpress*

1°	30% 
 2min	0% 
	100%  280°C 





# Chicken Wings

Our highspeed 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	275°C 🌡️	30sec	275°C 🌡️

ROCKET  
EXPRESS

CapriExpress

1°	100% 🔥	2°	100% 🔥
🕒	60% ☹️	🕒	30% ☹️
2min15sec	100% 📺	30sec	100% 📺
	275°C 🌡️		275°C 🌡️











# 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 625 g honey chicken portion:

## FIT EXPRESS

1°	10% 	2°	40% 
	80% 		70% 
1min	260°C 	0:30sec	260°C 

**ROCKET  
EXPRESS**

*CapriExpress*

1°	10% 	2°	40% 
	80% 		70% 
1min	60%  260°C 	0:30sec	50%  260°C 









# Chicken Strips

With our highspeed 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 400 g portion of pre-cooked chicken strips:

## FIT EXPRESS

1°	90% 
	40% 
2min40sec	260°C 

ROCKET  
EXPRESS

CapriExpress

1°	90% 
	40% 
2min40sec	90% 
	260°C 



## Chicken Nuggets

Our highspeed ovens transform frozen chicken nuggets into mouthwatering, ready-to-eat perfection in less than 3 minutes. No more long waits for your customers 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 450 g pack of frozen chicken nuggets:**

**FIT EXPRESS**

1°

80% 



2min30 sec

30% 

260°C 













## Quesadilla

Treat your customers 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.

**Settings for a  
cheese quesadilla:**

### **FIT** EXPRESS

1°	70% 
 0:35sec	40%  277°C 
2°	70% 
 0:35sec	40%  277°C 




## Tacos

Fuel your customers with quick and fulfilling tacos, perfect for snacking or even lunchtime. Our highspeed ovens prepare these tasty treats in no time. Savor the flavors of sizzling meats, fresh toppings, and warm tortillas that will keep your customers energized throughout the day.

### Settings for 8 chicken tacos:

#### FIT EXPRESS

1°

50% 



40% 

1min

260°C 





# 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	260°C

ROCKET  
EXPRESS

CapriExpress

1°	70%
	40%
1min30sec	100%
	260°C



# 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	260°C 🌡️	1min10sec	260°C 🌡️

## ROCKET EXPRESS

1°	70% 🔥	2°	70% 🔥
🕒	40% 🌀	🕒	10% 🌀
2min45sec	100% 📺	1min10sec	100% 📺
	260°C 🌡️		260°C 🌡️

## CapriExpress

1°	70% 🔥	2°	70% 🔥
🕒	40% 🌀	🕒	10% 🌀
2min45sec	100% 📺	1min10sec	100% 📺
	260°C 🌡️		260°C 🌡️









# Nachos

With precise heating settings, our highspeed 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%  260°C 

**ROCKET**  
**EXPRESS**

*CapriExpress*

1°	90% 
 1min	30%  60%  260°C 









## 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	260°C 

**ROCKET  
EXPRESS**

*CapriExpress*

1°	100% 
	70% 
1min35sec	100% 
	260°C 









## 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% 
	260°C 

**ROCKET**  
**EXPRESS**

*CapriExpress*

1°	90% 
 2min	30% 
	70% 
	260°C 













## Cookies

Easily bake a batch of perfect cookies with our highspeed 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%  177°C 

2°	25% 
 4min	25%  177°C 









## Pastries

Freshly warmed pastries. Our highspeed 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% 
	260°C 

**ROCKET EXPRESS**

*CapriExpress*

1°	50% 
 0:35sec	10% 
	80% 
	260°C 







## Pancakes

Our highspeed 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%  260°C 

**ROCKET  
EXPRESS**

*Captain Express*

1°	30% 
 0:35sec	60%  80%  260°C 





## Waffles

Quick and convenient, these waffles are a tasty option for a satisfying breakfast. Utilize our highspeed ovens to efficiently heat and revive frozen waffles, serving your customers with speed and efficiency. Improve your 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% 🔥
🕒 0:30sec	20% ☁️
	260°C 🌡️

**ROCKET  
EXPRESS**

*CapriExpress*

1°	50% 🔥
🕒 0:35sec	20% ☁️
	70% 📺
	260°C 🌡️



# FIT EXPRESS

F I T S   A N Y W H E R E

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MORE



FIT EXPRESS BLACK



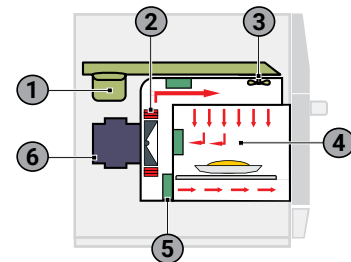
FIT EXPRESS SILVER

FIT EXPRESS ORANGE



- Bigger cavity, smaller footprint: fits on 38,61 cm width countertops and cooks 30 cm 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 impinged 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 280°C: The impinged 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          | 4. Impinged Air        |
| 2. Impingement Heater | 5. Catalytic Converter |
| 3. Stirrer            | 6. Blower Motor        |



# FORZA STi

LEARN



MORE



Forza STi\*



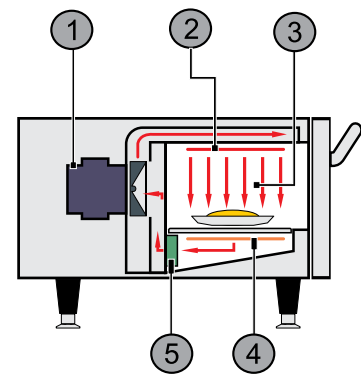
Forza STi Double Stacked

\*feet sold separately



- 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 40 cm: 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 330°C 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       | 4. IR heater           |
| 2. Impingement Heater | 5. Catalytic Converter |
| 3. Impinged Air       |                        |





*CopaExpress*

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**COPA EXPRESS  
ORANGE**

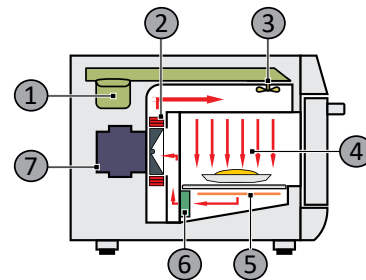
**COPA EXPRESS  
BLACK**

**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 2,5 cm side clearance.
- Up to 1024 recipes, with 8 steps each in 16 groups.
- Adjustable temperature from 30°C to 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       |                        |



# ROCKET EXPRESS

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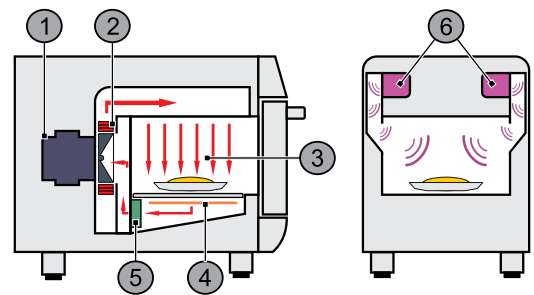
EASY OPERATION





- 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 30°C to 280°C.
- Exterior, cool to the touch.



- |                       |                        |
|-----------------------|------------------------|
| 1. Blower Motor       | 4. IR heater           |
| 2. Impingement Heater | 5. Catalytic Converter |
| 3. Impinging Air      | 6. Magnetrons          |

# IOK

## INTERNET OF KITCHEN

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

Prática's ventless smart highspeed 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 store 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.



**your european distributor**



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LOUNGE**

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