

# CiBO



## Quick start guide

## **CIBO uses a patent pending combination of three different heat sources – convection, grill and a heated base.**

Phased cooking programmes enable each of the three heat sources to switch on and off during the cook cycle to deliver fast results. This produces high-quality, perfectly-cooked food in 2-3 minutes.

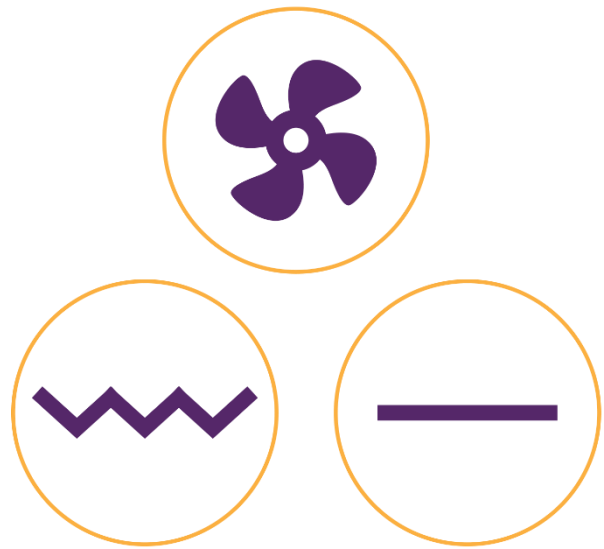
To help you get the best results this quick start guide will explain:

- **How CIBO works**
- **What you can cook**
- **How to programme CIBO**
- **How to get the best from CIBO**
- **How to adjust the programmes to get optimal results**
- **Updating your CIBO**



## How CIBO works

CIBO has three heat sources – convection, grill and a heated base. The total power of all the heat sources is 4900W. Not all the elements can be powered on at same time (the controller prevents this) and power is limited to less than 13Amps, so a normal plug can be used.



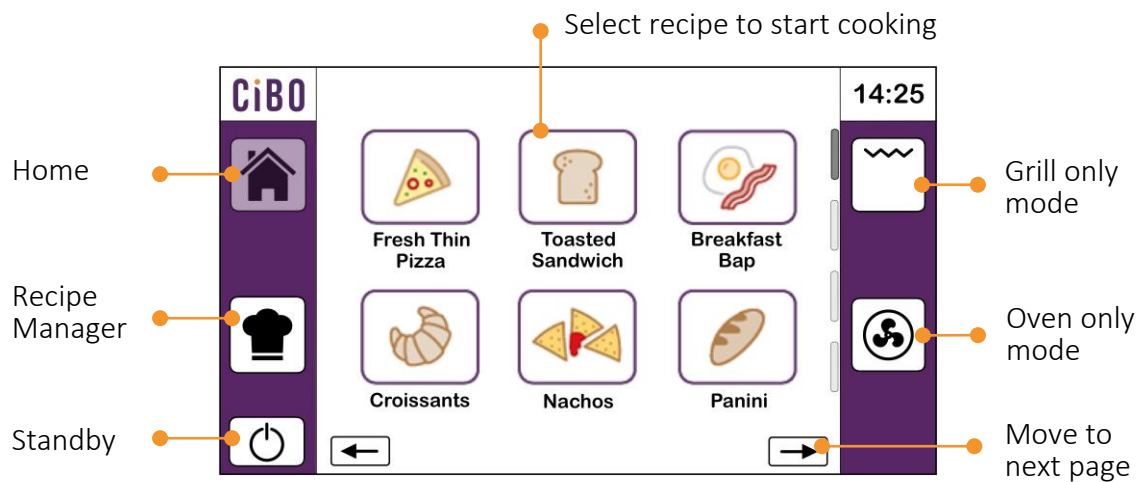
## What you can cook

CIBO can cook all types of food, however with a small cavity we advise against the continual use for cooking proteins high in fat content. We recommend you always cook on the Teflon sheet if you are cooking directly on the glass base.

# How to programme your CIBO

## Home screen

This is where you run recipes from (just press the recipe you want). You can also switch on the grill or operate a timed fan oven function from here. Pressing recipe manager takes you into the programming area.



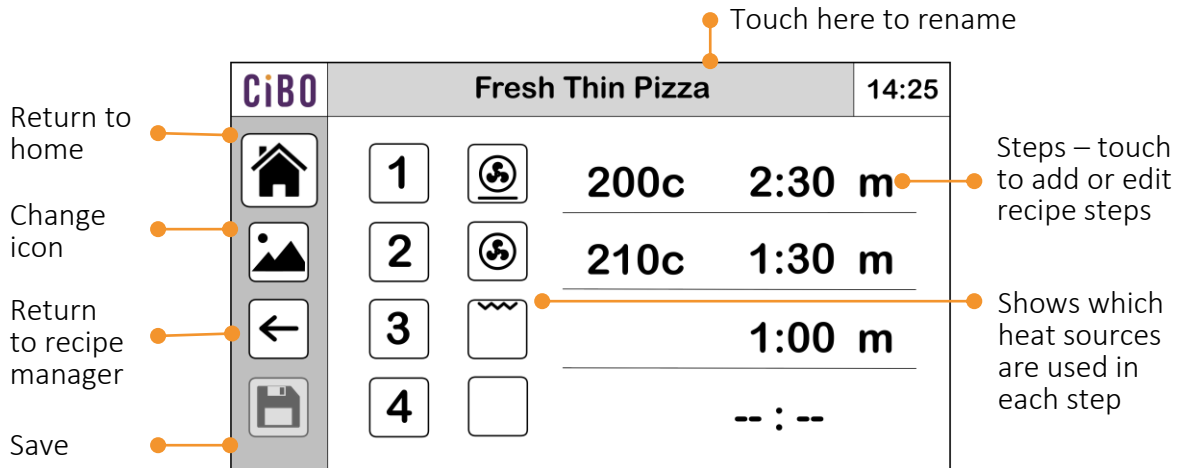
## Recipe Manager

This lets you select a recipe to edit (just press the recipe). Here you can also reassign the order recipes are presented in, access further machine settings and run updates through the USB port.



## Recipe summary and edit screen

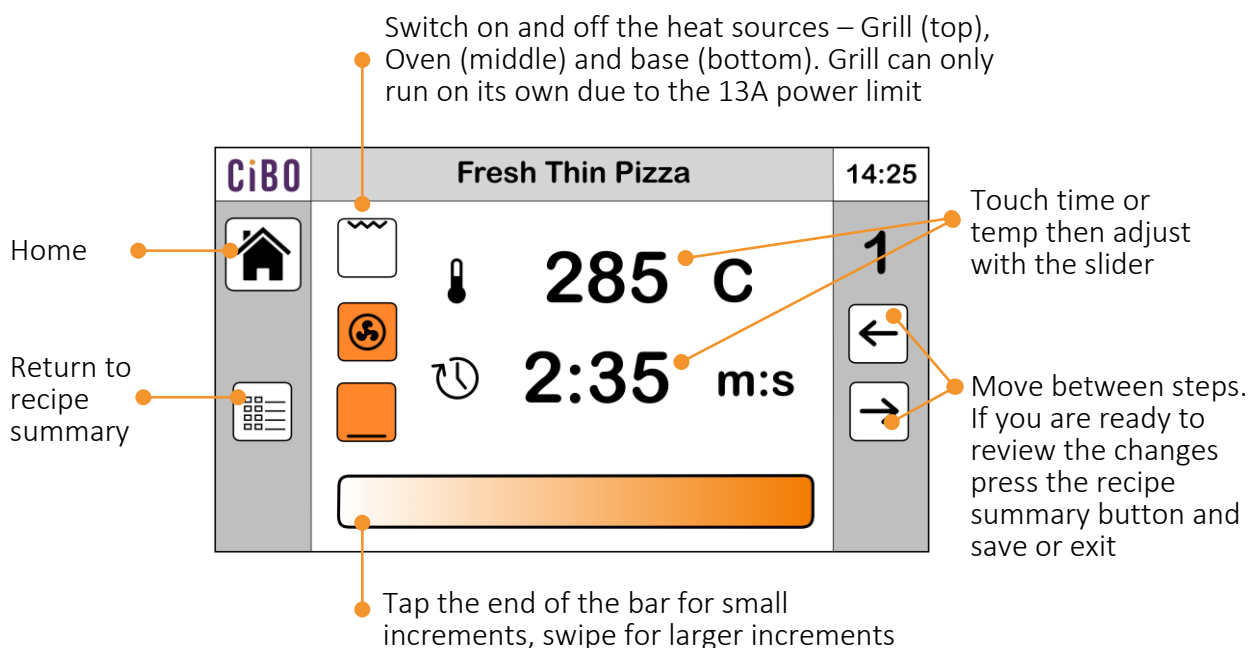
This is where you view your recipe with changes highlighted in orange. Press on the steps to edit them. Press on the name bar to rename the recipe. Attach or change an icon from the library. Click on to save to keep your recipe. Or exit without saving.



The settings you have changed will be highlighted in orange. Once saved they return to black

## Step screen

This is where you adjust the times, temperature and select the heat sources. The recipe summary button takes you back so you can review changes and save or exit.



# How to get the best from CIBO

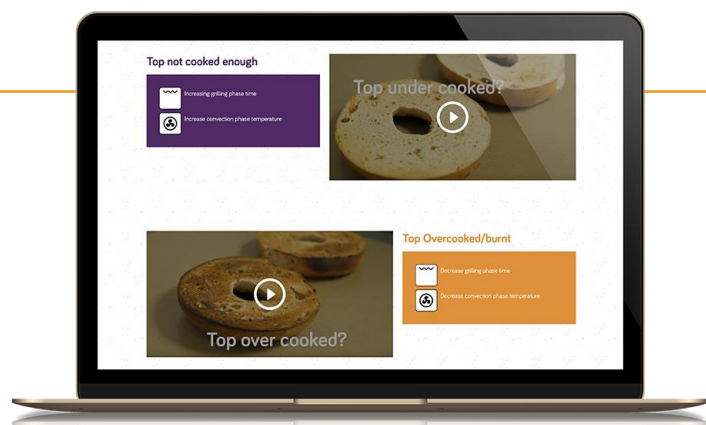
As with many products there are a few simple rules to help you get the best results.

- For most recipes the first stage should use the oven and base elements to fully heat the oven cavity. For speed and consistency in service we recommend you develop recipes using the same start temperatures.
- Most programs will consist of an oven/base cycle followed by a grill cycle. See the default examples over page
- The grill cannot be selected with base heat and convection as it would exceed the available inlet supply. (This is prevented by the controller)
- There is a default pre-heat temperature in the settings that can be adjusted to your preference. This is the oven set temperature when programmes are not running. If your programmes are typically higher than 180°C this should be increased. It will help prevent long pre-heating before a recipe can start.
- The oven has time and temperature settings. The base and grill only require time settings.

## And some basic tips

- Consistency in = consistency out. Foods need to be the same thickness and weights
- Keep meats and cheeses thin.
- Paninis and sandwiches should be cooked open for the fastest results.
- Keep the product loading uniform.
- For the best results baked products should be placed on the baking tray placed on the rack.
- Baking times are similar to a good fan oven.

Go to [cibo-oven.com](http://cibo-oven.com)  
for easy to follow  
instructional videos



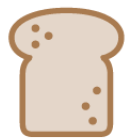
# How to optimise programmes

For video guides please visit [cibo-oven.com/optimising-your-cibo/](http://cibo-oven.com/optimising-your-cibo/)

## Default recipe settings (recipes can be re-entered in the settings)



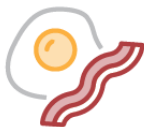
Fresh thin crust pizza – Cheese and Tomato – 3:25 cook time						
	Oven	Base	Grill	Temperature	Time	Cook on?
Step 1	Y	Y		285	2:35	Teflon on base
Step 2	Y			275	0:50	



Toasted Sandwich – Open – 1:10 cook time						
	Oven	Base	Grill	Temperature	Time	Cook on?
Step 1	Y	Y		280	0:40	Teflon on base
Step 2			Y	-	0:30	



Nachos – 1:30 cook time						
	Oven	Base	Grill	Temperature	Time	Cook on?
Step 1	Y	Y		260	0:55	Teflon on tray
Step 2			Y	-	0:35	



Breakfast bap – 2:35 cook time						
	Oven	Base	Grill	Temperature	Time	Cook on?
Step 1	Y	Y		210	0:45	Teflon on tray
Step 2	Y	Y		215	1:20	
Step 3			Y	-	0:30	



Croissants – 16:00 cook time						
	Oven	Base	Grill	Temperature	Time	Cook on?
Step 1	Y			165	16:00	Tray on rack



Panini – Open (pre-branded) – 2:30 cook time						
	Oven	Base	Grill	Temperature	Time	Cook on?
Step 1	Y	Y		260	1:55	Tray with teflon
Step 1			Y		0:35	



Bagel – Halved and open – 1:05 cook time						
	Oven	Base	Grill	Temperature	Time	Cook on?
Step 1	Y	Y		280	0:40	Tray with teflon
Step 2			Y		0:25	



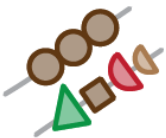
Hot Dogs – in metal gastronorm covered in brine – 7:00 cook time						
	Oven	Base	Grill	Temperature	Time	Cook on?
Step 1	Y	Y		245	7:00	Gastronorm



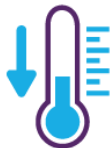
Cookies – 16:00 cook time						
	Oven	Base	Grill	Temperature	Time	Cook on?
Step 1	Y			165	16:00	Teflon on tray on rack



Muffins – 20:00 cook time						
	Oven	Base	Grill	Temperature	Time	Cook on?
Step 1	Y			160	20:00	Muffin tray on rack



Kebabs – 3:50 cook time						
	Oven	Base	Grill	Temperature	Time	Cook on?
Step 1	Y	Y		285	2:35	Teflon on tray
Step 2	Y			280	0:50	
Step 3			Y	-	0:25	



Cool down (with door open) – 10:00 time						
	Oven	Base	Grill	Temperature	Time	Cook on?
Step 1	Y			30	10:00	-

## Updating your CIBO

The CIBO controller can be updated with the USB key supplied. You can:

1. Update the controller and we may ask you to do this if you call for support. The files can be downloaded from [cibo-oven.com](http://cibo-oven.com) or we can send you a new USB key. Our service desk will take you through the stages.
2. Recipes can be saved and loaded into another CIBO. Call us for help.