LongWave Cookbook



Middleby Marshall®

Welcome to the Power of the Sun In Your Kitchen

The Middleby Marshall LongWave infrared oven is a game changing solution for high-volume kitchens, operators, and chefs seeking performance, consistency, and culinary creativity. Harnessing the power of infrared heat, the LongWave oven delivers precise, even cooking across a wide temperature range from 149°C to 649°C. Its automated conveyor system is designed to sear, roast, bake, and broil with unmatched consistency, speed, and ease.

Whether you're crisping wings, grilling pork, blistering vegetables, or roasting sirloins, the LongWave oven gives you the tools to do it all with less labour, less cleanup, and more output. Every recipe in this collection has been developed to highlight how versatile, efficient, and flavour-focused your operation can be.

It's not just cooking — it's cooking reimagined.
Welcome to the Tunnel of Heat.



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Chicken *Wings*



Crispy seasoned wings tossed in sweet-heat Buffalo glaze with hints of brown sugar, garlic and paprika

Chicken Wings

SERVING	TIME	TEMP
10	10:00 MINS	T: 480°C B: 425°C



Ingredients

- 1.8 kg chicken wings, halved at joints, wingtips discarded
- 24 g baking powder
- ¾ teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon onion powder
- ¼ teaspoon cayenne pepper
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder

Buffalo sauce:

- 80 ml cup hot sauce
- 300 g light brown sugar
- 15 ml water

Directions

To prepare sauce:

1. Combine all ingredients in a medium saucepan. Heat until the sugar dissolves. Allow to cool to room temperature.

For wings:

1. Dry wings completely.
2. Combine the salt, spices and baking powder in a small bowl. Toss wings to evenly coat.
3. Spray a dark heavy pan with cooking spray. Arrange wings in a single layer. Place on belt as directed.
4. Remove from belt and let rest for 5 minutes. Transfer wings to bowl and toss with sauce. Serve and enjoy!

Chef Greg Tips

Enjoyed best when shared!



6 Prawn Tacos

Southwest seasoned prawn with Tajín roasted vegetables and zesty chipotle aioli

Prawn Tacos

SERVING	TIME	TEMP
12	4:00 MINS	T: 650°C B: 590°C

Ingredients

- 1.8 kg medium prawns, peeled, deveined and tails removed
- 1½ teaspoons salt
- ¾ teaspoon ground cumin
- 1½ teaspoons pure chilli powder
- 1 teaspoon dried chipotle powder
- ¾ teaspoon garlic powder
- ½ teaspoon onion powder
- 1.4 L red capsicum, julienned
- 2.4 L green capsicum, julienned
- 1.4 L red onion, julienned
- 60 ml olive oil
- 1 avocado, peeled and diced

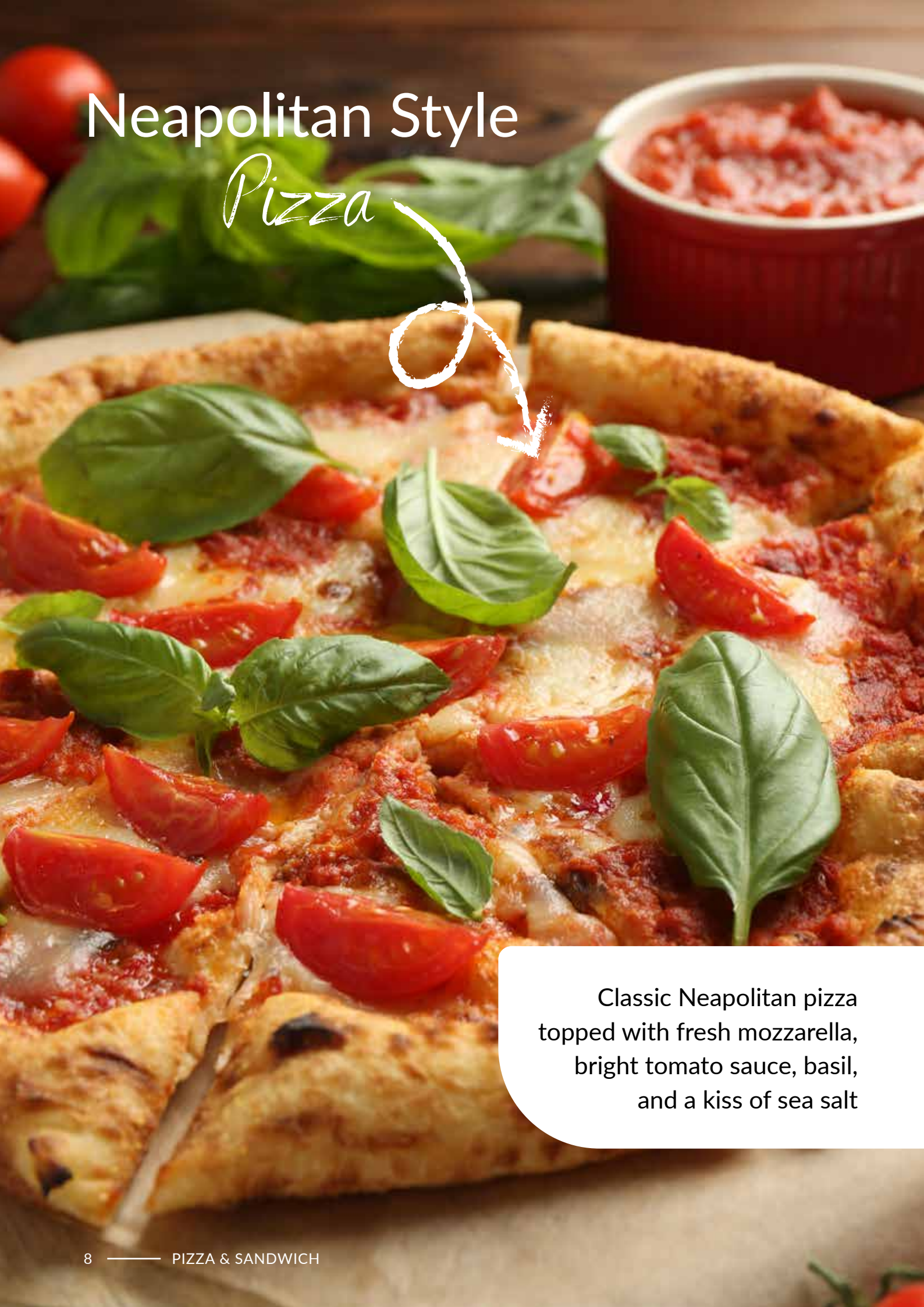
Chipotle Aioli:

- 295 ml mayonnaise
- 120 ml sour cream
- ¾ teaspoon salt
- ½ teaspoon ground black pepper
- 30 ml fresh lime juice
- 60 ml roasted garlic
- 90 ml honey
- 30 ml chipotle chillies in adobo sauce



Directions

1. Combine all ingredients for the chipotle aioli in a blender and blend until smooth. This can be prepared up to 7 days in advance.
2. Combine the salt, cumin, chilli powders, onion powder and garlic powder. Toss the prawns in the mixture and allow to marinate for 1–4 hours.
3. Combine the capsicum, onions, olive oil and Tajín. Toss to coat evenly.
4. For service, arrange 475 ml of the vegetable mixture on a cast-iron flat skillet. Arrange 6–8 prawns in an even layer on top of the vegetables. Run through the LongWave at a 4-minute belt speed, with the upper elements set to 650°C and the lower elements set to 590°C.
5. Serve in warm flour or corn tortillas. Add diced avocado, drizzle with chipotle aioli and garnish with fresh coriander.



Neapolitan Style *Pizza*

Classic Neapolitan pizza topped with fresh mozzarella, bright tomato sauce, basil, and a kiss of sea salt

Neapolitan Style Pizza

SERVING	TIME	TEMP
2	2:00 MINS	T: 540°C B: 540°C



Ingredients

- 1 Neapolitan pizza dough ball
- 80 ml pizza sauce
- 85 g fresh mozzarella cheese
- Salt, to taste
- 3 fresh basil leaves

Directions

1. Stretch the dough to 30–35 cm and place on a pizza screen.
2. Spread the pizza sauce evenly over the dough.
3. Evenly distribute the torn fresh mozzarella.
4. Place on the belt as directed.
5. Immediately top with fresh basil once the pizza comes out of the conveyor oven.
6. Slice and enjoy!

Chef Greg Tips

Use fresh ingredients whenever possible — the oven does the rest



Flatbread Pizza

Crisp flatbread layered with vibrant pesto, fresh mozzarella, and blistered Roma tomatoes

Flatbread Pizza

SERVING	TIME	TEMP
2	2:30 MINS	T: 455°C B: 510°C

Ingredients

- 1 flatbread (approximately 13 x 25 cm)
- 60 ml prepared pesto
- 115 g fresh mozzarella cheese
- 120 ml sliced Roma tomatoes
- 15 ml fresh basil, finely shredded (chiffonade)

Directions

1. Spread the pesto evenly over the flatbread.
2. Top with the cheese.
3. Distribute the sliced tomatoes evenly.
4. Place the flatbread directly on the conveyor belt (no pan required).
5. Add fresh basil immediately after removing it from the conveyor.
6. Slice and enjoy!

Chef Greg Tips

Layer cheese beneath the tomatoes to keep the flatbread from getting soggy.





A deli classic elevated, slow-roasted pastrami, Swiss cheese and sauerkraut, grilled until golden and crispy.

Reuben

Reuben

SERVING	TIME	TEMP
1	4:00 MINS	T: 427°C B: 510°C

Ingredients

- 85 g melted butter
- 2 slices marbled rye bread
- 28 g sliced Swiss cheese
- 140 g shaved pastrami
- 55 g sauerkraut
- 70 g Russian dressing (or Thousand Island dressing)

Directions

1. Brush the bottom of a flat, dark-coloured pan with melted butter.
2. Spread Russian dressing on both halves of bread.
3. Lay each slice of bread flat in the buttered pan, dressing side up.
4. Place sauerkraut in the pan alongside the bread slices.
5. Arrange pastrami, spread evenly on one of the bread slices, and add cheese slices to the other slice.
6. Build the sandwich with the bottom bread, pastrami and cheese, sauerkraut and top bread.
7. Place the pan on the conveyor belt. Immediately upon exit, use a spatula to place the sauerkraut on top of the pastrami and flip the cheese-topped slice of bread on top. Press lightly and serve.

Chef Greg Tips

Press the Reuben just long enough to crisp the rye and melt the Swiss – no soggy bottoms, just golden perfection.





Perfectly seared salmon with a crisp exterior and tender, flaky centre — simple, clean, and craveable

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Cedar Plank *Salmon*

Cedar Plank Salmon

SERVING	TIME	TEMP
4	7:00 MINS	T: 455°C B: 510°C

Ingredients

- Cedar planks for grilling
- 60 ml olive oil
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 teaspoons lemon zest (from 2 lemons)
- 1½ teaspoons finely chopped fresh rosemary
- 1½ teaspoons finely chopped fresh thyme
- 2 cloves garlic, minced
- 4 salmon fillets (170 g each), skin removed
- Lemon wedges, to serve



Directions

1. Soak cedar planks in water for up to one hour.
2. Combine olive oil, salt, pepper, zest and herbs.
3. Brush the herb and oil mixture over all sides of the salmon.
4. Place the seasoned salmon on the cedar planks.
5. Place the cedar planks directly on the conveyor belt, no pan needed.
6. Remove from the exit side of the conveyor. Allow the salmon to rest for 3 to 5 minutes.
7. Serve with lemon and enjoy!

Chef Greg Tips

Soak cedar planks for up to one hour before grilling to prevent burning and infuse a smoky flavour.

Citrus-Roasted Trout



Whole trout roasted with fresh citrus and herbs – light, flaky and bursting with bright flavour.

Citrus-Roasted Trout

SERVING	TIME	TEMP
4	8:00 MINS	T: 480°C B: 480°C

Ingredients

- 1 whole trout, scaled and gutted
- ½ orange, sliced
- ½ lemon, sliced
- ¼ yellow onion, julienned
- 2 teaspoons salt
- 2 teaspoons black pepper
- 15 ml fresh garlic, chopped
- 15 ml olive oil
- 2 sprigs fresh thyme

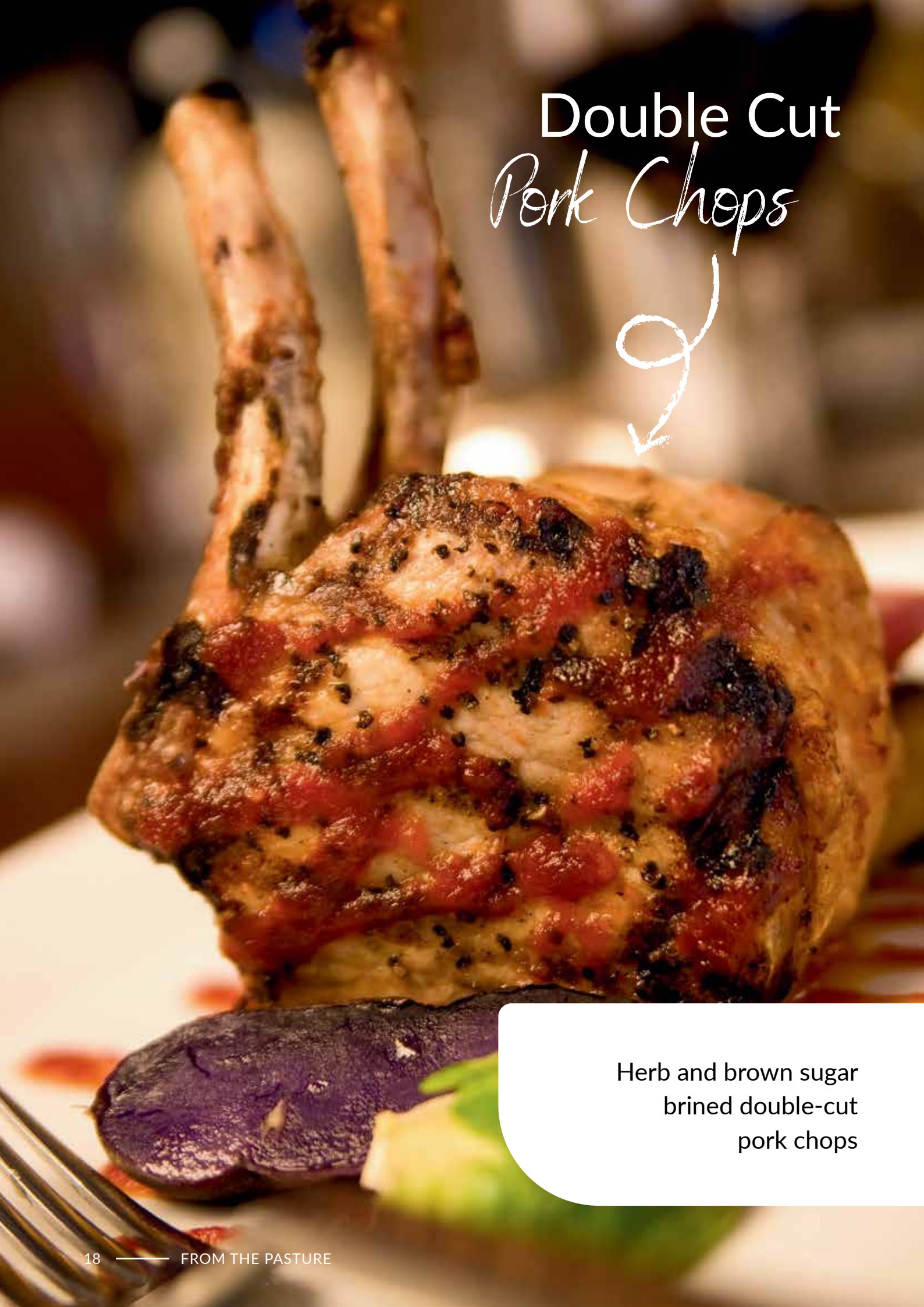


Directions

1. Rinse the fish under cool running water. Ensure all gills and scales are removed. Remove the fins.
2. Score the skin of the fish on both sides.
3. Season the fish with salt, pepper and garlic on all sides, including inside the cavity.
4. Fill the cavity with orange, lemon, onion and thyme. For increased flavour, allow to sit in the refrigerator overnight.
5. Roast the fish for 8 minutes with the top and bottom elements set to 480°C.

Chef Greg Tips

Trout is ideal for infrared heat –
the even top-down intensity crisps the skin
quickly without drying out the fillet.
It's all about balance: a hot exterior and a tender centre.



Double Cut *Pork Chops*

Herb and brown sugar brined double-cut pork chops

Double Cut Pork Chops

SERVING	TIME	TEMP
8	13:00 MINS	T: 480°C B: 427°C

Ingredients

- 1.9 litres cold water
- 1 cup kosher salt
- 500 g brown sugar
- 45 ml Dijon mustard
- 2 teaspoons crushed red chilli flakes
- 30 ml juniper berries
- ½ teaspoon whole cloves
- 6 sprigs fresh rosemary
- 4 sprigs fresh thyme
- 8 garlic cloves, crushed
- 45 ml fresh ginger, roughly chopped
- 1 navel orange, sliced
- 1 small onion, sliced
- 8 double-cut, bone-in pork chops

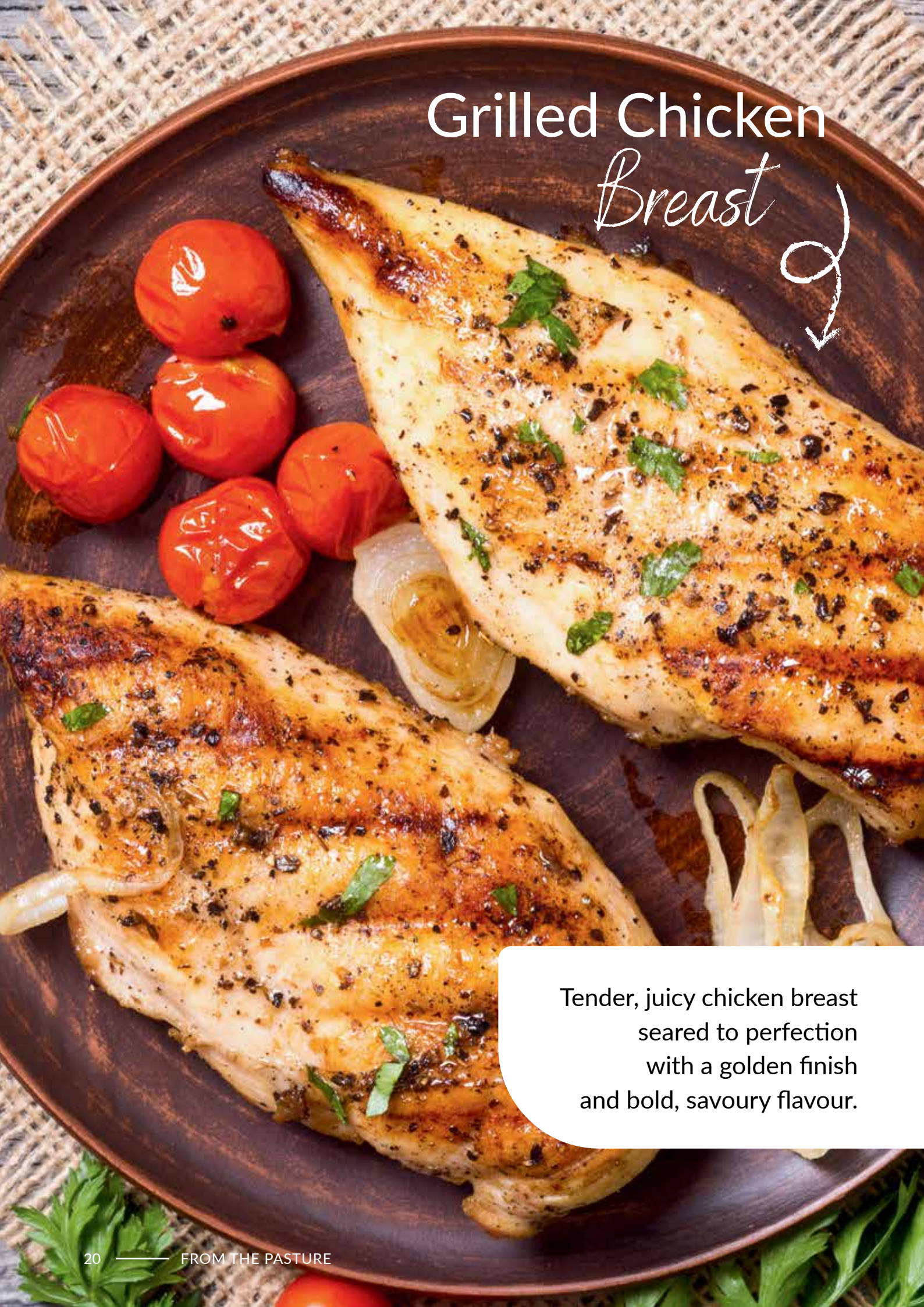


Directions

1. Combine the brine ingredients in a heavy stockpot. Bring to a simmer until the salt and sugar dissolve. Allow to cool completely.
2. Submerge the pork chops in the brine and refrigerate for 4–6 hours.
3. Cook on a dark grill pan for 13 minutes with the top elements set to 480°C and the bottom elements set to 427°C.
4. Allow the chops to rest for 10 minutes before serving.

Chef Greg Tips

Herb brine provides a deep flavour for these grilled pork chops.



Grilled Chicken Breast

Tender, juicy chicken breast seared to perfection with a golden finish and bold, savoury flavour.

Grilled Chicken Breast

SERVING	TIME	TEMP
4	7:00 MINS	T: 480°C B: 427°C

Ingredients

- 4 boneless, skinless chicken breasts (170 g each)
- 30 ml olive oil
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon smoked paprika

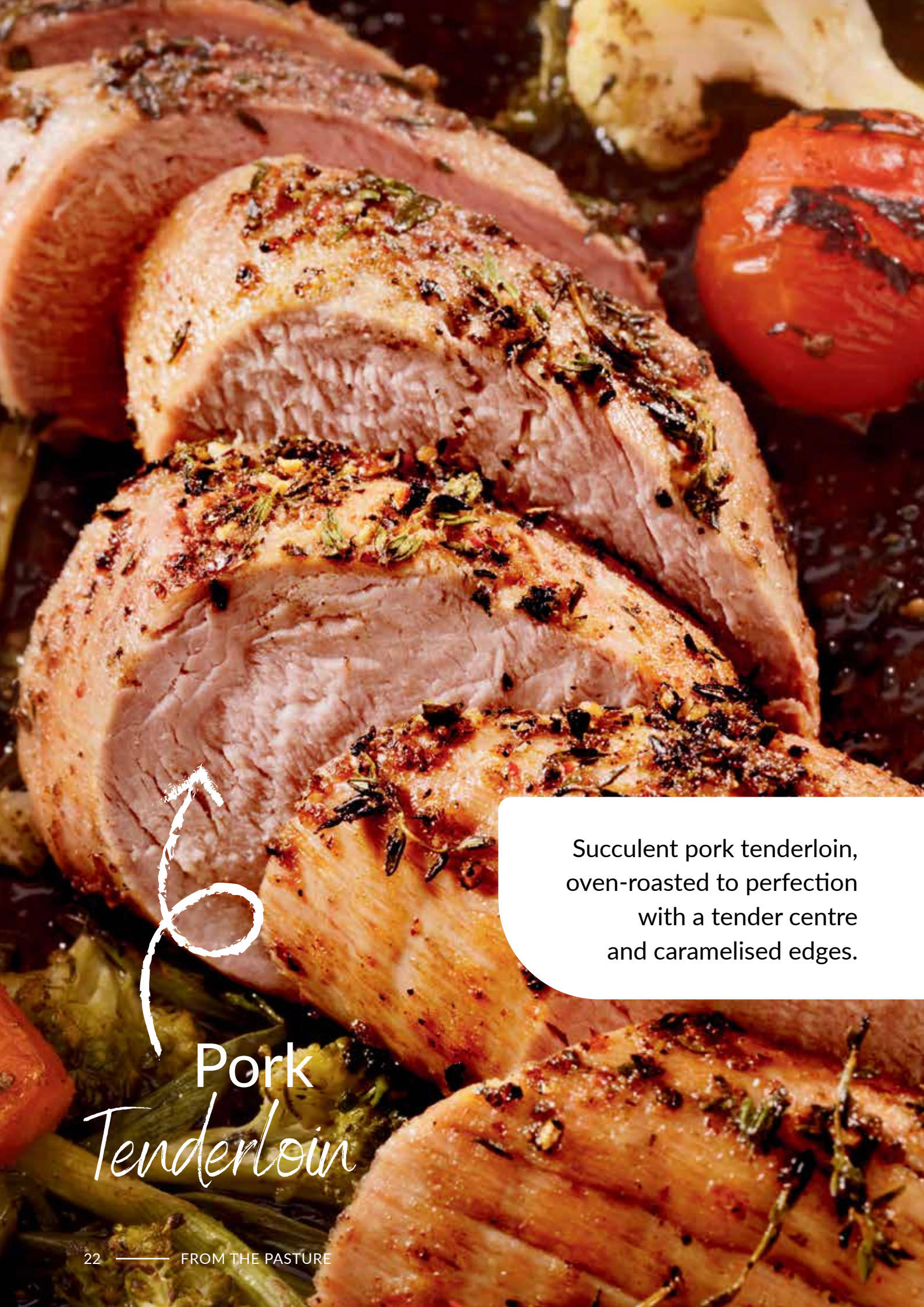
Directions

1. Combine the salt, pepper and spices. Mix well.
2. Sprinkle the spice blend over all sides of the chicken breasts. This can be done up to 24 hours in advance.
3. When ready to grill, brush the chicken with olive oil.
4. Place on a dark grill pan.
5. Place on the conveyor belt and allow to pass through completely.
6. Rest for 3–5 minutes before serving.

Chef Greg Tips

Allow the chicken to rest for 3–5 minutes after exiting the conveyor to retain its juices.





Pork Tenderloin

Succulent pork tenderloin, oven-roasted to perfection with a tender centre and caramelised edges.

Pork Tenderloin

SERVING	TIME	TEMP
4	10:00 MINS	T: 480°C B: 427°C

Ingredients

- 1 pork tenderloin, trimmed
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ¼ teaspoon dried thyme
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon salt
- 1 teaspoon chilli powder
- ½ teaspoon smoked paprika (optional, but highly recommended)
- ¼ teaspoon black pepper
- 30 ml fresh orange juice



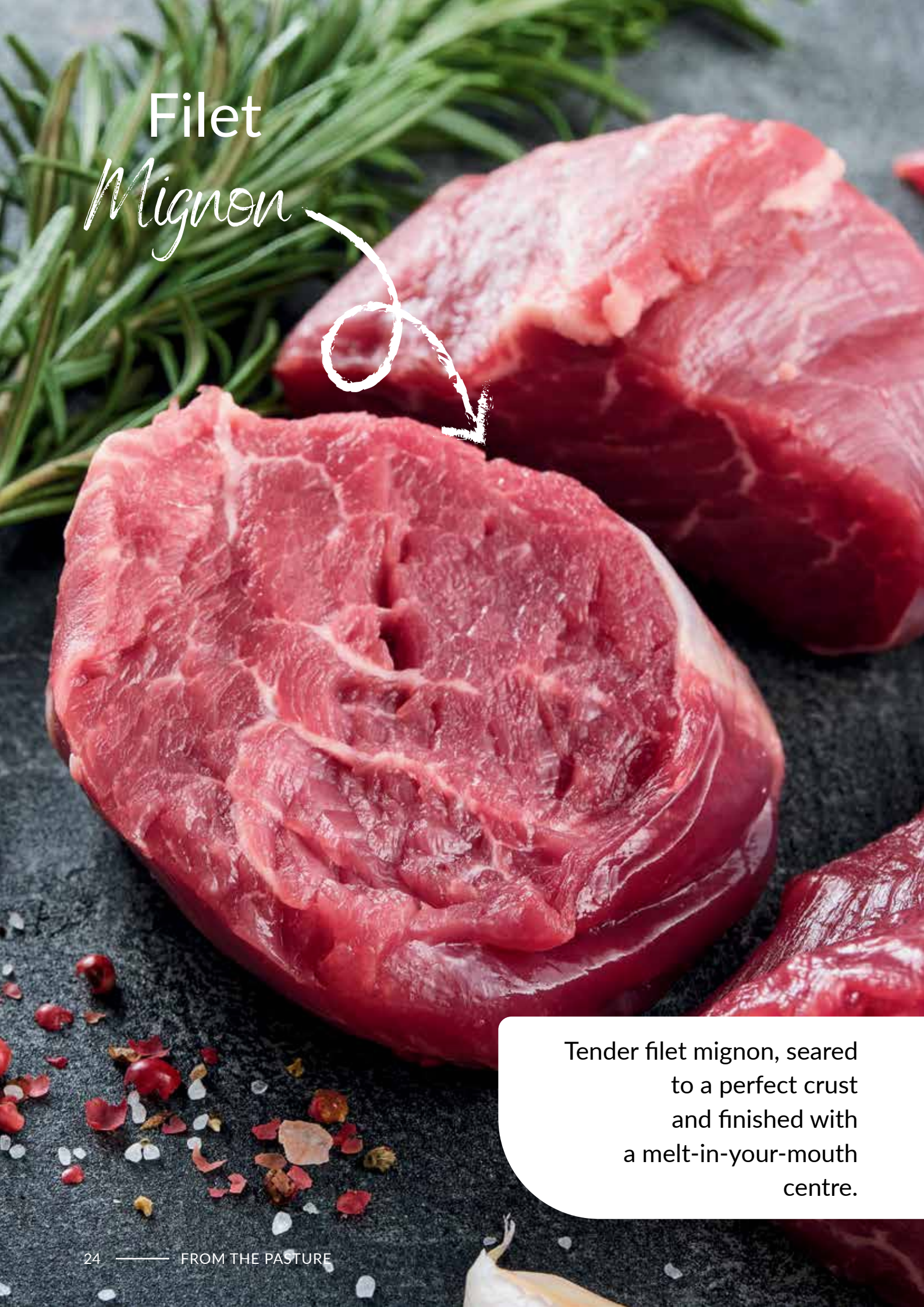
Directions

1. Whisk all the herbs and spices together.
2. Sprinkle the rub over all sides of the tenderloin to coat completely.
3. Drizzle the rubbed tenderloin with orange juice.
4. Arrange the tenderloin on a dark, heavy pan sprayed with cooking spray.
5. Cook as directed. Allow to rest for 5 minutes before serving.

Chef Greg Tips

Herb brining works well for this recipe too.

Filet *Mignon*



Tender filet mignon, seared to a perfect crust and finished with a melt-in-your-mouth centre.

Filet Mignon

SERVING	TIME	TEMP
2	4:00 MINS MED RARE	T: 649 °C B: 593 °C



Ingredients

- 2 filet mignon steaks (225 g each)
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 30 ml avocado oil
  (or another high-heat cooking oil)

Finishing butter

- 30 g butter
- 2 sprigs fresh rosemary
- 2 peeled garlic cloves

Directions

1. Soften the butter.
2. Blend in the rosemary and garlic.
3. Refrigerate until needed.
4. Allow to come to room temperature before use.

For the steaks:

1. Brush the fillets lightly with oil.
2. Sprinkle all sides with salt and pepper.
3. Pass through LongWave as directed.
4. Immediately after exiting,
   place approximately 15 g of finishing butter
   on each steak and allow it to melt.
5. Allow to rest for 5 minutes before serving.

Chef Greg Tips

Be sure to let steaks rest for 3–5 minutes before serving.

Mac & Cheese



Rich, velvety mac and cheese baked to bubbly perfection with tender pasta and gooey cheese.

Mac & Cheese

SERVING	TIME	TEMP
20	8:00 MINS	T: 371°C B: 482°C

Ingredients

- 2.85 L full-cream evaporated milk (unsweetened)
- 2.85 kg shredded cheddar cheese
- 737 g smoked Gouda cheese, grated
- 737 g mild cheddar cheese, grated
- 2.27 kg macaroni, cooked al dente (firm to the bite)

Directions

1. Combine the milk and cheeses in a heavy pot over medium heat. Heat, stirring frequently, until all the cheese has melted and the sauce is smooth.
2. Combine the pasta and cheese sauce. Divide into high-heat serving dishes (cast iron) and refrigerate until needed.
3. Set LongWave to 371°C for the top elements and 482°C for the bottom elements, with a belt speed of 8 minutes. Heat the assembled serving pans as needed.

Chef Greg Tips

Cook the pasta just al dente, as it will continue cooking when heated in the LongWave.





Scones

Buttery, golden-baked scones with a tender crumb – perfectly sweet, perfectly simple.

Scones

SERVING	TIME	TEMP
12	15:00 MINS	T: 343°C B: 288°C

Ingredients

- 795 g bakers flour
- 85 g caster sugar
- 41 g baking powder
- 6 g salt
- 830 ml thickened cream
- 113 g honey
- Fruit, nuts or chocolate chips of your choice

Directions

1. Set the LongWave oven to 343°C for the top elements and 288°C for the bottom elements, with a belt speed of 15 minutes.
2. Combine the dry ingredients. Whisk or sift to blend thoroughly.
3. Add the desired fruit, nuts, chocolate chips or a combination. Mix well.
4. Combine the cream and honey. Whisk to combine.
5. Add the cream mixture to the flour mixture.
6. Gently shape the dough into a strip approximately 10 cm wide and 2.5 cm thick. Cut into equal triangles and arrange on a baking tray.
7. Bake as needed.

Chef Greg Tips

Add your own twist for this sweet breakfast pastry.





LongWave Vessel 101

The LongWave oven cooks at extremely high temperatures up to 649°C using longwave infrared energy, the same type of energy produced by the sun. This means it interacts with food and materials much like sunlight does. Think of stepping into a car with dark leather seats after it's been sitting in the summer sun, or walking barefoot on hot pavement – both hold and radiate heat intensely.

Because of this, the cooking vessel you choose is especially important when using the LongWave. Dark pans absorb infrared energy and transfer more heat to the food, producing a deeper sear and more robust cook. Light-coloured pans, on the other hand, reflect some of that energy, resulting in a gentler cook and lighter finish.

Any vessel rated for high heat performs exceptionally well in the LongWave. Common options such as cast iron or high-heat ceramic can be pre-filled and cooked directly from refrigeration – no preheating required. This allows for consistent results throughout the day and precise portion control every time. The appearance and finish of the product can also be influenced by the type of pan. Grill pans with ridges or diamond patterns create that signature hashmark sear, while smooth-surfaced pans produce an even, dark crust from edge to edge.

The key to success with the LongWave is consistency. Once you've found the vessel and finish you love for a particular product, stick with it. Changing pan types will alter how the infrared energy interacts with the food, which means you'll need to adjust your cooking parameters accordingly.

ABOUT THE CHEF

Greg Retz

Chef Greg has been with Middleby Marshall since March 2024, bringing a diverse background in manufacturing, healthcare, restaurants and retail to the culinary team. Greg was born in Maryland and worked his way up and down the East Coast, finally landing in Dallas, Texas, to work with MM at the Middleby Innovation Kitchens.

Chef Greg loves developing new recipes and techniques, with a passion for artisan slow foods. He loves curing and cold-smoking his own bacon and creating new, innovative flavours.

Greg has been married to his wife Paula for 31 years, and they have two amazing children, Will and Abby.







Food

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