



LongWave *Cookbook*

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 300°F to 1200°F. 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 labor, less cleanup, and more output. Every recipe in this collection has been developed to highlight how versatile, efficient, and flavor-focused your operation can be.

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



GETTING STARTED

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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

10



TIME

10:00
MINS



TEMP

T: 900°F
B: 800°F

Ingredients

- 4 pounds chicken wings, halved at joints, wingtips discarded
- 2 Tablespoons baking powder
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon onion powder
- 1/4 cayenne pepper
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- Buffalo sauce:
 - 1/3 cup hot sauce
 - 1 1/2 cups light brown sugar
 - 1 tablespoon water

Directions

To prepare sauce:

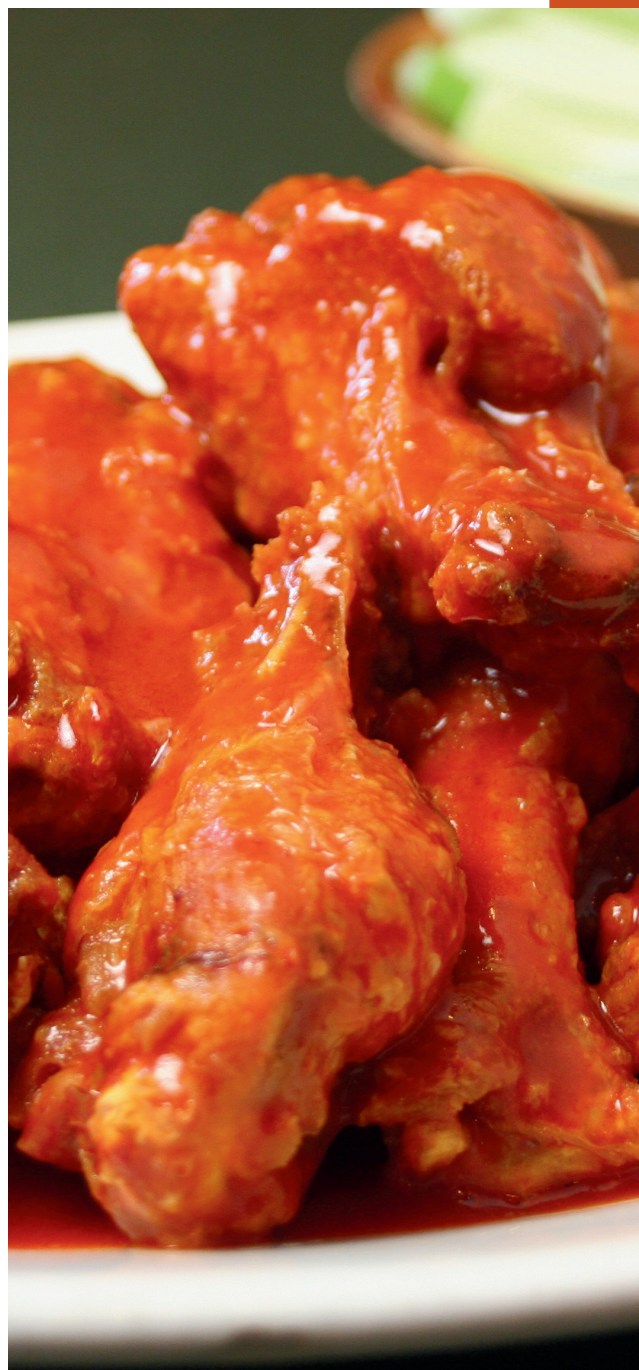
1. Combine all ingredients in a medium saucepan. Heat to dissolve sugar. Allow to cool to room temperature.

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 pan 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!





Shrimp Tacos

Southwest seasoned shrimp
with Tajin roasted vegetables
and zesty chipotle aioli

Shrimp Tacos

Ingredients

- 4 lbs medium shrimp, peeled, deveined, tail off
- 1 ½ teaspoons salt
- ¾ teaspoon ground cumin
- 1 ½ teaspoons pure chili powder
- 1 teaspoon dried chipotle powder
- ¾ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 ½ quarts red bell peppers, julienned
- 2 ½ quarts green bell peppers, julienned
- 1 ½ quarts red onions, julienned
- 4 tablespoons olive oil
- 1 avocado peeled and diced

CHIPOTLE AIOLI

- 1 ¼ cups mayonnaise
- ½ cup sour cream
- ¾ teaspoon kosher salt
- ½ teaspoon black pepper
- 2 tablespoons fresh lime juice
- ¼ cup garlic, roasted
- 3 fluid ounces honey
- 2 tablespoons chipotle chiles in adobo

Directions

1. Combine all ingredients for chipotle aioli in a blender and blend until smooth. This can be done up to 7 days in advance.
2. Combine salt, cumin, chili powders, onion and garlic powders. Toss shrimp in this mixture and allow to sit for one to four hours.
3. Combine peppers, onions, olive oil and Tajin. Toss to coat.
4. For service, arrange 1 pint vegetable blend on cast iron flat skillet. Arrange 6-8 shrimp in an even layer on top of vegetable blend. Run through Longwave on 4-minute belt speed with 1200 degree upper elements and 1100 degree lower elements.
5. Serve in warm flour or corn tortillas, add diced avocado, drizzled with chipotle aioli and fresh cilantro.



SERVING

12



TIME

4:00

MINS



TEMP

T: 1200°F

B: 1100°F



Neapolitan Style Pizza



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

Neapolitan Style Pizza



SERVING

2



TIME

2:00

MINS



TEMP

T: 1000°F

B: 1000°F

Ingredients

- 1 Neapolitan pizza dough ball
- 1/3 cup pizza sauce
- 3 ounces fresh mozzarella cheese
- kosher salt
- 3 basil leaves

Directions

1. Stretch dough to 12-14 inches and place on a pizza screen.
2. Evenly apply sauce.
3. Evenly space torn fresh mozzarella cheese.
4. Place on belt as directed.
5. Immediately top with fresh basil after exiting the conveyor.
6. Slice and enjoy!

Chef Greg Tips

Use fresh ingredients whenever possible—the oven does the rest





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

Flatbread

Flatbread Pizza



SERVING
2



TIME
2:30
MINS



TEMP
T: 850°F
B: 900°F

Ingredients

- 1 flatbread (roughly 5 x 10 inches)
- 1/4 cup prepared pesto
- 4 oz fresh mozzarella cheese
- 1/2 cup Roma tomatoes, sliced
- 1 tablespoon fresh basil, chiffonade

Directions

1. Evenly spread pesto on flatbread crust.
2. Top pesto with cheese.
3. Distribute sliced tomatoes evenly.
4. Place flatbread directly on the belt (no pan required).
5. Immediately top with fresh basil after exiting 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 corned beef,
Swiss, and sauerkraut grilled
to a golden crunch

Reuben

Reuben



SERVING
1



TIME
4:00
MINS



TEMP
T: 800°F
B: 950°F

Ingredients

- 3 ounces butter, melted
- 2 slices rye bread, marbled
- 1 ounce swiss cheese, sliced
- 5 ounces pastrami, shaved
- 2 ounces sauerkraut
- 2 ½ ounces Russian salad dressing

Directions

1. Brush bottom of flat dark colored pan with melted butter.
2. Spread Russian dressing on both halves of bread.
3. Lay each slice of bread flat in buttered pan, dressing side up.
4. Place sauerkraut in pan alongside bread slices.
5. Arrange pastrami, spread evenly on one of the bread slices and add cheese slices on the other slice.
6. Build bottom bread, pastrami and cheese, sauerkraut top bread.
7. Place pan on belt. Immediately upon exit, use a spatula to place sauerkraut on top of pastrami and flip cheesy 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 center—simple, clean, and craveable

↻
Salmon

Cedar Plank Salmon



SERVING

4



TIME

7:00

MIN



TEMP

T: 850°F

B: 900°F

Ingredients

- Cedar plank(s) for grilling
- ¼ cup 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 (6-oz) salmon fillets, skin removed
- Lemon wedges, for serving

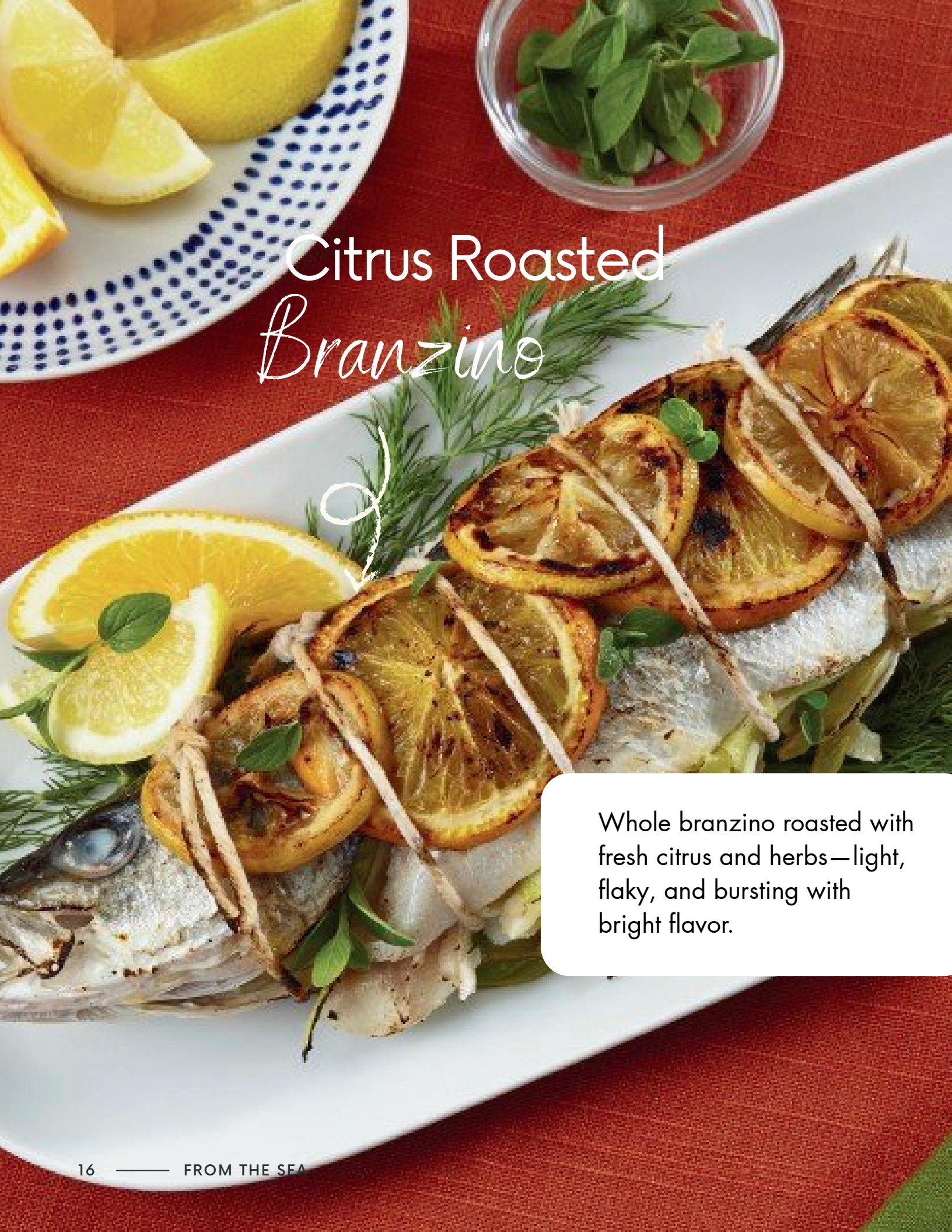
Directions

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

Chef Greg Tips

Soak cedar planks for at least an hour before grilling to prevent burning and infuse smoky flavor.





Citrus Roasted *Branzino*

Whole branzino roasted with fresh citrus and herbs—light, flaky, and bursting with bright flavor.

Citrus Roasted Branzino



SERVING

4



TIME

8:00
MINS



TEMP

T: 900°F
B: 900°F

Ingredients

- 1 fish, branzino, whole, scales and gills removed
- ½ orange, sliced
- ½ lemon, sliced
- ¼ yellow onion, julienne
- 2 teaspoons kosher salt
- 2 teaspoons black pepper
- 1 tablespoon fresh garlic, chopped
- 1 tablespoon olive oil
- 2 sprigs fresh thyme

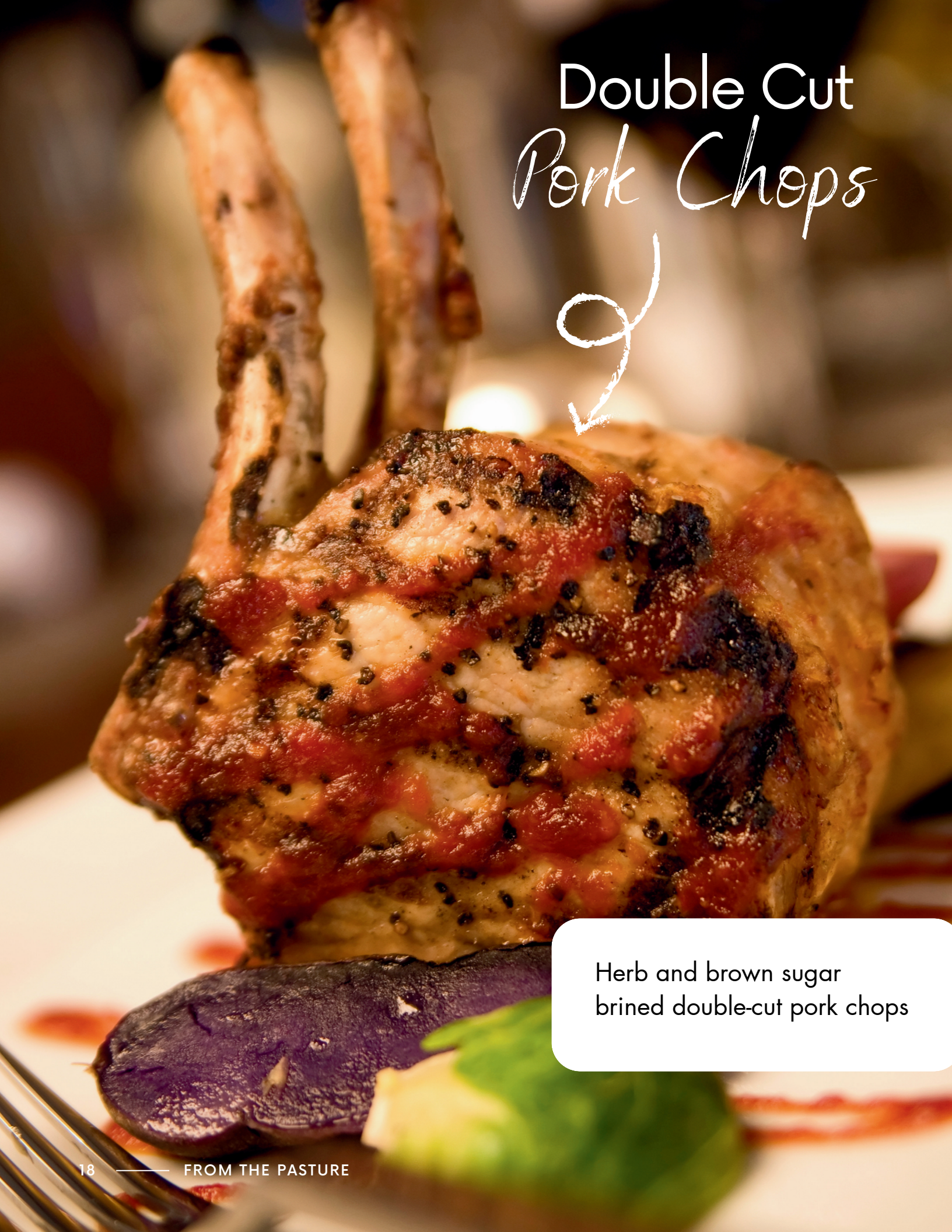
Directions

1. Rinse fish under cool running water. Ensure all gills and scales are removed. Remove fins.
2. Score skin of fish on both sides.
3. Season fish with salt, pepper and garlic on all sides including inside the cavity.
4. Fill cavity with orange, lemon, onion and thyme. For increased flavor allow to sit in refrigerator over night.
5. Roast fish for 8 minutes with top and bottom elements at 900 degrees (F).

Chef Greg Tips

Branzino is ideal for infrared heat—the even top-down intensity crisps the skin fast without drying out the fillet. It's all about balance: hot exterior, tender inside.





Double Cut Pork Chops

Herb and brown sugar
brined double-cut pork chops

Pork Chops



SERVING

8



TIME

13:00



TEMP

T: 900°F

B: 800°F

Ingredients

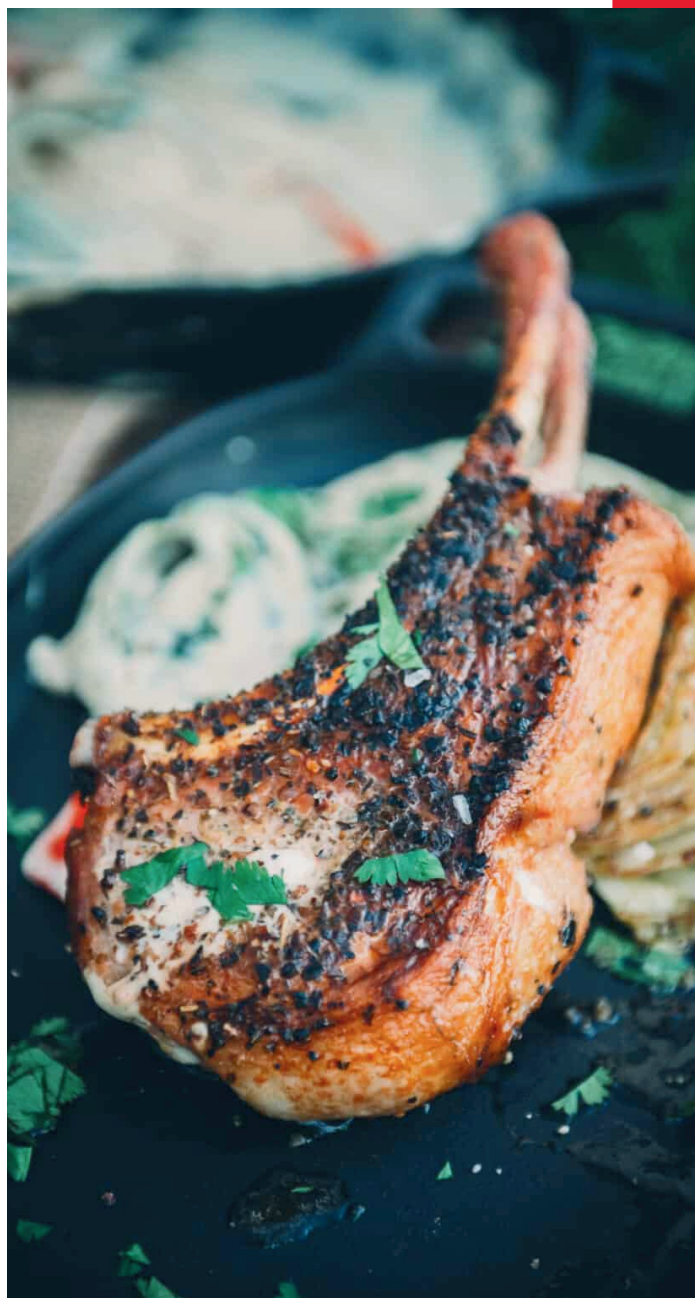
- ½ gallon cold water
- 1 cup kosher salt
- 2 ½ cups brown sugar
- 3 tablespoons Dijon mustard
- 2 teaspoons crushed red pepper flakes
- 2 tablespoons juniper berries
- ½ teaspoon whole cloves
- 6 sprigs fresh rosemary
- 4 sprigs fresh thyme
- 8 garlic cloves (crushed)
- 3 tablespoons fresh gingerroot (rough chopped)
- 1 navel orange, sliced
- 1 small onion, sliced
- 8 double cut pork chops, bone in

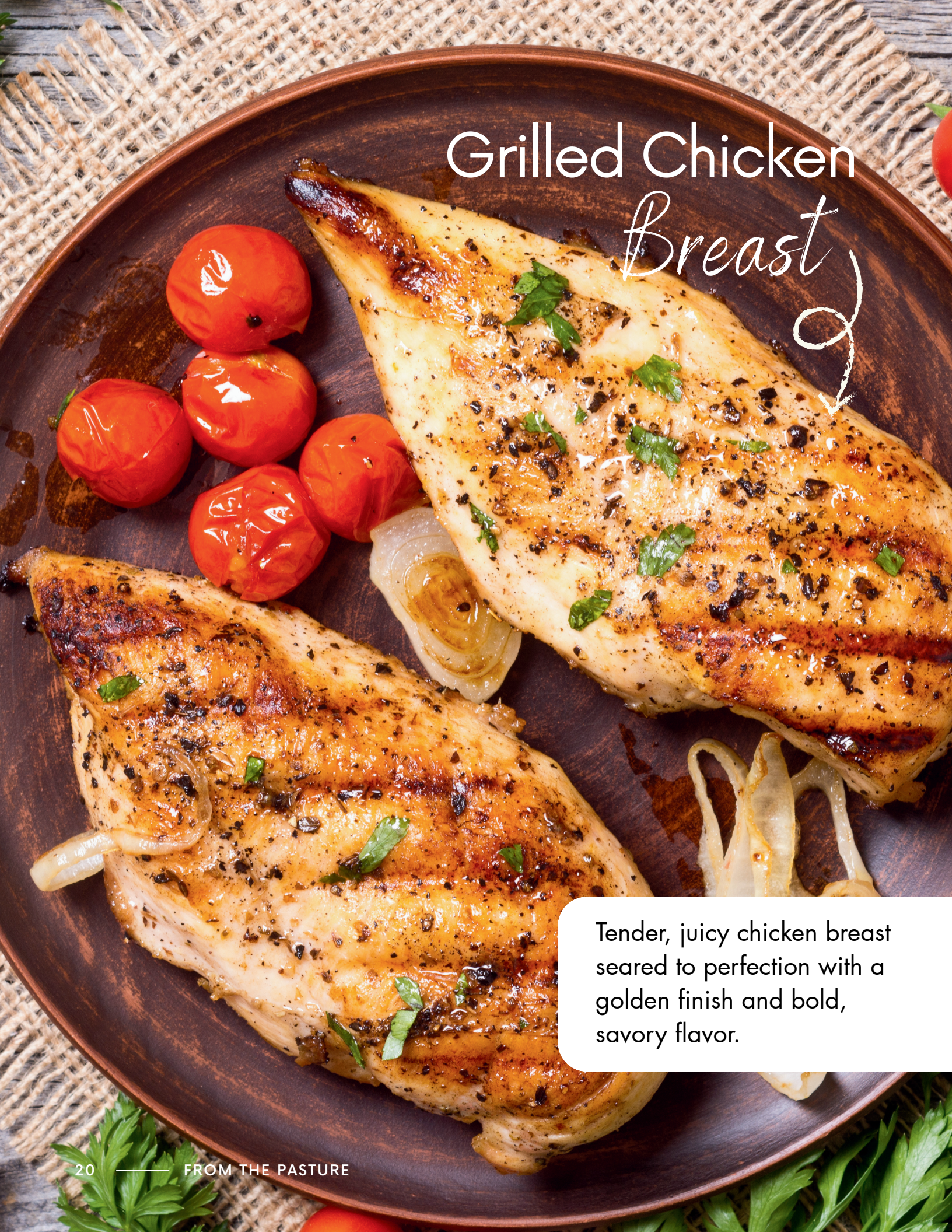
Directions

1. Combine brine ingredients in a heavy stock pot. Bring to a simmer just until the salt and sugar dissolve. Allow to cool completely.
2. Submerge pork chops in the brine, under refrigeration, for 4 - 6 hours.
3. Cook on a dark grill pan for 13 minutes at 900-degree top elements and 800-degree bottom.
4. Allow chops to rest for 10 minutes before service.

Chef Greg Tips

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



A top-down view of a rustic wooden plate containing two grilled chicken breasts. The chicken is golden-brown with visible grill marks and is garnished with fresh green herbs and black pepper. Accompanying the chicken are several bright red cherry tomatoes and sliced onions. The plate is set on a light-colored, textured burlap surface. The title 'Grilled Chicken Breast' is written in the upper right corner, with 'Grilled Chicken' in a clean sans-serif font and 'Breast' in a large, elegant script font.

Grilled Chicken *Breast*

Tender, juicy chicken breast seared to perfection with a golden finish and bold, savory flavor.

Grilled Chicken Breast



SERVING

4



TIME

7:00

MINS



TEMP

T: 900°F

B: 800°F

Ingredients

- 4 ea 6 oz boneless, skinless chicken breast
- 2 tablespoon olive oil
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon smoked paprika

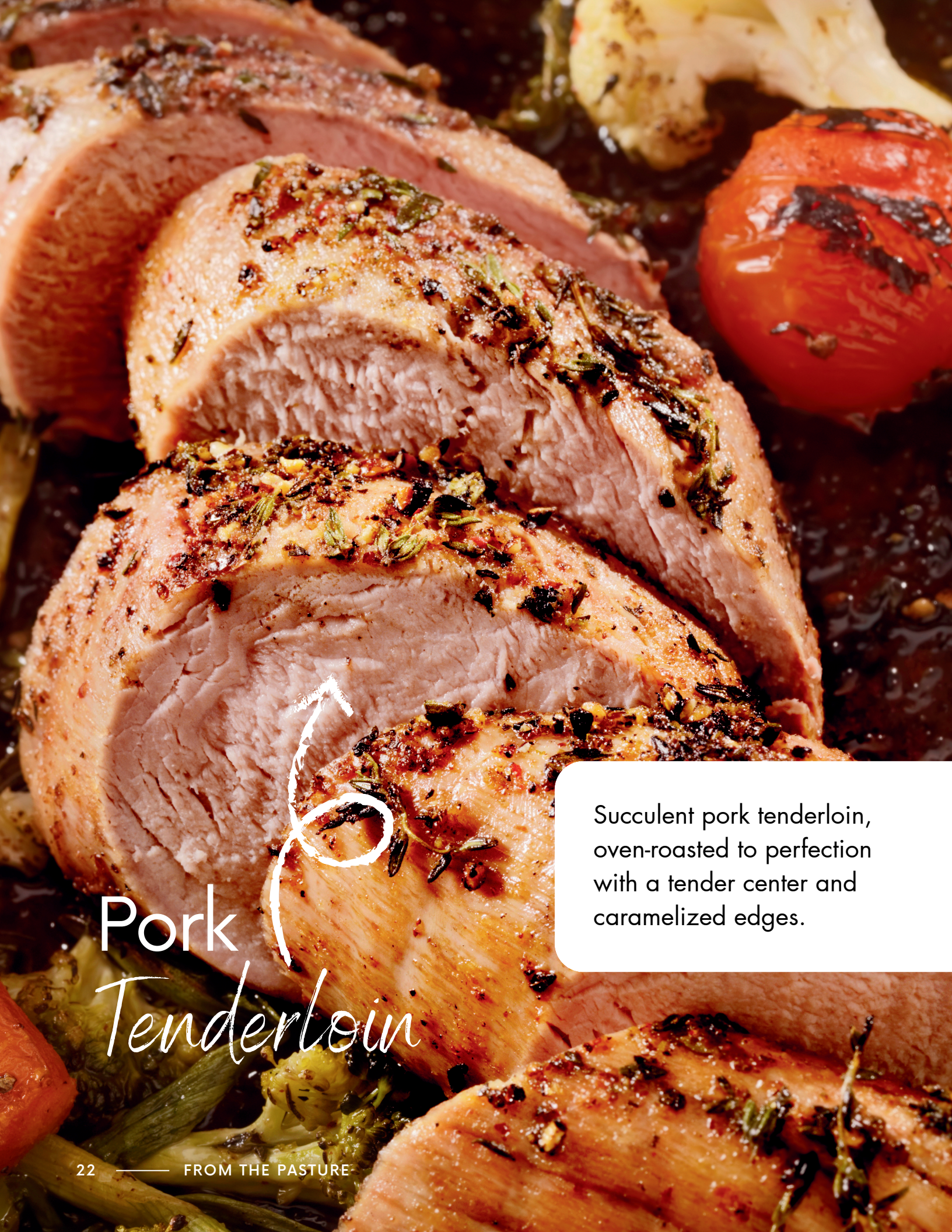
Directions

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

Chef Greg Tips

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





Pork *Tenderloin*

Succulent pork tenderloin, oven-roasted to perfection with a tender center and caramelized edges.

Pork Tenderloin

Ingredients

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

Directions

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

Chef Greg Tips

Herb brine works great for this recipe too.



SERVING

4



TIME

10:00

MINS



TEMP

T: 900°F

B: 800°F





Filet *Mignon*

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

Filet Mignon



SERVING

2



TIME

4:00

MINS /
MED RARE



TEMP

T: 1200°F

B: 1100°F

Ingredients

- 2 (8-ounce) filet mignon steaks
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 2 tablespoons avocado oil (or other high heat oil)

FINISHING BUTTER

- 2 tablespoons butter
- 2 sprigs fresh rosemary
- 2 peeled garlic cloves

Directions

For finishing butter:

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

For steaks:

1. Brush fillets lightly with oil
2. Sprinkle on all sides with salt and pepper
3. Pass through Longwave as directed.
4. Immediately after exit, drop approximately 1 TBS of finishing butter on each steak and allow 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
20



TIME
8:00
MINS



TEMP
T: 700°F
B: 900°F

Ingredients

- 100 ounces condensed milk
- 100 ounces American cheese, white, shredded
- 26 ounces smoked gouda cheese, shredded
- 26 ounces cheddar cheese, shredded
- 80 ounces cavatappi pasta, frozen

Directions

1. Combine milk and cheeses in a heavy pot over medium heat. Heat, stir frequently until all cheese has melted and sauce is smooth.
2. Combine pasta and cheese sauce. Distribute into high heat service vessels (cast iron) and refrigerate until needed.
3. Heat LongWave to 700 degrees top elements and 900 degrees bottom elements with a belt speed of 8 minutes. Fire assembled service pans as needed.

Chef Greg Tips

If frozen pasta isn't available, cook dried pasta to al dente, chill and use when ready.





Scones

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

Scones



SERVING
12



TIME
15:00
MINS



TEMP
T: 650°F
B: 550°F

Ingredients

- 1 ¾lbs bread flour
- 3 ounces sugar
- 41g baking powder
- 6g kosher salt
- 28 fluid ounces heavy cream
- 4 ounces honey
- Desired fruits, nuts or chips

Directions

1. Heat LongWave oven to 650-degree top elements and 550-degree bottom elements with a belt speed of 15 minutes.
2. Combine dry ingredients. Whisk or sift to blend fully.
3. Add desired fruits, nuts, chips or a combination to taste. Blend completely.
4. Combine cream and honey. Whisk to combine.
5. Add cream mixture to flour mixture.
6. Gently form the dough into a 4" wide and 1" thick strip. Cut into equal triangles and arrange on a baking sheet.
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 1200°F 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-colored 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 of 2024, bringing a diverse background including 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, TX to work with MM at the Middleby Innovation Kitchens.

Chef Greg loves to work on developing new recipes and techniques with a passion for artisan slow foods. He loves to cure and cold smoke his own bacon and create new innovative flavors.

Greg has been married to his wife Paula for 31 years and they have 2 amazing children, Will and Abby.



Food
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YOUR MOOD.



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