

**metos**  
kitchen intelligence®

## Metos SelfCookingCenter



**TOP QUALITY FOR  
PROFESSIONALS**

[www.metos.com](http://www.metos.com)

**Ideas change the world.**

Your wishes are what drives us.



**New XS model**



*Our promise to you:*

*We use all our efforts to concentrate on turning your ideas into reality.*

# Even the best ideas can be better.

From the combi-steamer to the SelfCooking Center®.



It has been our mission to offer you the best cooking tool. A tool with which you can realise your idea of cooking. One with which your food always turns out the way you want it. A tool that is easy to use and relieves you from routine tasks so you can master the day-to-day requirements of your kitchen with less stress – and one that at the end of the day pays off.

Metos System Rational SelfCooking Center® with five senses is an assistant fitted with true intelligence – much more than a conventional combi-steamer. It senses, recognises, thinks with you, learns and even communicates with you. A cooking assistant who stands by your side. Always.

In the past, chefs used to need special appliances like convection ovens, tilting pans, boilers, deep-fryers, steamers, pots or frying pans along with a lot of time and effort to prepare a good meal. The Metos SelfCooking Center® is currently the only appliance with which any kitchen can whip up a complete menu.

On less than 1 m<sup>2</sup> of space, you can grill, roast, bake, steam, stew, blanch or poach - and it can do that regardless of whether you want to prepare meat, fish, poultry, vegetables, egg dishes, baked goods or desserts, whether it is for thirty or several thousand meals.



Steam



Convection air



Combination



**Unique. Intelligent. Helpful.**

## Metos SelfCooking Center

It is simple, cooks delicious and healthy food with low costs.

Our motivation was and remains to make your work as easy as possible. That is why we have equipped the new SelfCooking Center® with four intelligent functions and turned it into an assistant that stands for quality, ease of use and efficiency.

Of course you can also operate the SelfCooking Center® manually. Whether convection, steam or combination – in manual mode you regulate all cooking parameters precisely.



### Simplicity through cooking intelligence iCookingControl



Select food, determine desired result – done! iCookingControl will prepare your food exactly as you specify, every time. It doesn't matter who is using the appliance. It recognises the size and condition of the products as well as the loaded quantity. It thinks ahead and constantly reprogrammes and automatically adapts the cooking ideal path to your desired result.

### Precision for top quality HiDensityControl®



Highly sensitive thermocouples detect and recognise the current conditions in the cooking chamber every second. HiDensityControl® adapts the energy level precisely to the food requirements and evenly and efficiently distributes the heat throughout the cooking chamber. The result is healthy top quality on every single rack with minimal consumption of resources.

### Clever mixed loads iLevelControl



With iLevelControl, you can prepare different foods at the same time. iLevelControl will show you on the display which dishes can be cooked together. This increases productivity and saves time, money, space and energy. Depending on the load size, quantity and duration of door openings, it adjusts the cooking time to the relevant food in the best possible way. This means nothing can be overcooked and the result is always consistent.

### Intelligent automated cleaning Efficient CareControl



Efficient CareControl is the unique automatic cleaning system that detects dirt and limescale and removes them at the touch of a button. The function adapts to your requirements and proposes the best clean at a given time. The result: sparkling, hygienic cleanliness, you save time, preserve the environment and protect your wallet.

**Modern technology. Gives a lot. Demands little.**

# Select desired result. Load. Done.

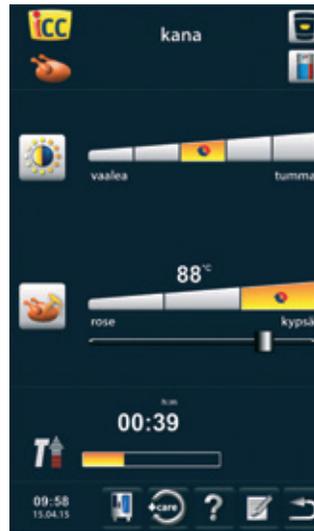
## iCookingControl.



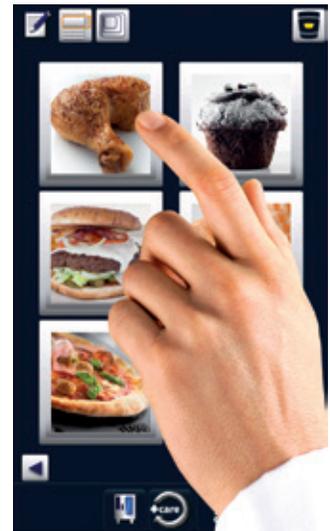
It has never been simpler to produce the food quality that you want. Whether it's fish, meat, poultry, baked goods, egg dishes or desserts – everything is cooked gently in the SelfCooking Center® and exactly how you want it. You specify the result and the SelfCooking Center® does what you say. Consistently and to the point. This is made possible by the unique cooking intelligence: iCookingControl.

With its thermocouples, iCookingControl recognises the size and condition of the products as well as the load size, and reprogrammes the best path to your desired result depending on the food. It makes all the necessary decisions and automatically sets the temperature, the cooking chamber climate and the cooking time. Every adjustment is shown to you on the display. That way you know exactly what is happening and can keep an eye on it.

iCookingControl also learns your cooking habits and preferences and adjusts the settings to your requirements. You no longer need to check or monitor anything and everything will turn out exactly how you want it. You can always rely on this chef's assistant.



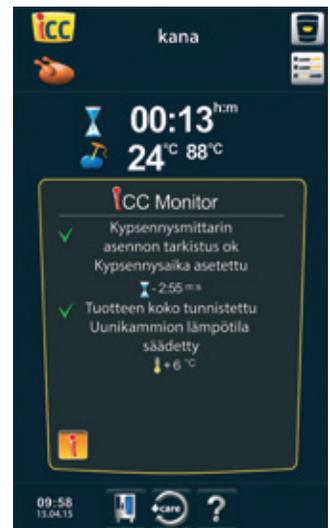
You specify your desired result. iCookingControl will implement your idea.



Access your personal desired result at the press of a button.



In the iCC Cockpit you will always be able to keep an eye on what your cooking system is doing.



The iCC Monitor shows you which settings are being applied.

*Unique intelligence that learns from you.*

# All at the same time and always at the right time.

## iLevelControl.



With iLevelControl you can master à la carte, mise en place or your breakfast service effortlessly, quickly and flexibly. On just 1 m<sup>2</sup> of space, you can use a large number of different cooking appliances such as pots, pans, a grill, roasting tray or deep-fat fryer simply one on top of the other. You can therefore prepare all kinds of different food in a single appliance, all at the same time.

Your SelfCooking Center® will show you which foods can be cooked together on the display. You specify what you want to prepare and iLevelControl will monitor each rack individually. According to the load size and how often and for how long the door stays open, iLevelControl intelligently corrects the cooking time and even informs you of it. So you can always keep an eye on what's happening.

If a dish is ready, iLevelControl will let you know and show the corresponding rack in the display. If you want, the system will also light up which rack can be loaded or removed. This excludes the possibility of operator errors. Your food will always be cooked perfectly and exactly how you want it.



### **Overview of advantages:**

- *Cook different types of foods at the same time: maximum flexibility and up to 70% in energy savings compared to conventional cooking technology*
- *Monitoring and intelligent adjustment of cooking time: high food quality without monitoring*
- *Displays which food can be cooked together: easy to use*
- *Multifunctional: up to 70 % energy savings*

**More capacity. More quality. More oversight.**

## Baking like a professional.

Quality your customers love.

Whether sweet or savoury baked goods, small or large, fresh or frozen, raw or semi-baked products – your SelfCooking Center® 5 Senses is equipped with all the main functions so that your baked goods will look and taste like they have just come from the baker's.

### Everyone can be a baking professional now.

All you have to do is set your desired baking result. According to which dough you are preparing and whether you want light or dark browning, the SelfCooking Center® 5 Senses will precisely adjust the humidity, temperature, air speed and baking time to your specifications.

### Your baking assistant with professional technology:

- Precise amount of steam injection, variable steaming quantities and proving times, adjusted to the requirements of your product.
- Humidity regulation and dynamic air mixing down to the percent for uniform results on every single rack.
- Perfect baking with core temperature probes through intelligent adjustments to the baking process in accordance with different shapes and sizes.
- Different fan wheel speeds according to how sensitive your baked goods are.
- Integrated proving stages for ideal formation of aromas and rising of fresh yeast dough.
- Rolling baking with intelligent humidity regulation and time extension, according to how often and how long the door stays open.
- Steam baking with special regulation for significant volume growth for croissants, danish or fresh dough.



- Bread rolls, baguettes or whole loaves with a crust – for fresh semi-baked or frozen dough
- Leavened cakes or crust formation – for fresh or pre-proved yeast dough products
- Biscuits – for biscuits, cookies or short pastry bases
- Cakes and sponges – for muffins, cakes and classic sponge bases
- Cheesecakes – suitable for springform tins, on the sheet or in other product sizes with or without browning
- Browned bread rolls – for sweet, airy and soft raisin rolls, burger and hot dog rolls with no crust
- Croissants, danish and puff pastry products – for golden brown and light and airy pastries with considerably more baking volume
- Choux pastries, cream puffs and eclairs – for a stable crust and light and airy texture
- Pretzel products – variable climate adjustment according to regional preferences
- Pizza and tarte flambée – for crispy juiciness for pre-baked and fresh dough

Always fresh. Just great.

## Your customer will taste the quality. Every day.

### HiDensityControl®



Unique food quality can only be achieved if there is always sufficient power, especially as it concerns preparing large quantities. This is what the patented HiDensityControl® does. It distributes the heat, air and humidity in the cooking chamber uniformly and intensively, and always in the best way for the quality and quantity of your products.

Every second, highly sensitive thermocouples detect and recognise the current cooking chamber conditions so that the required quantity of energy can be optimally adjusted to the food. This takes place precisely and efficiently. The result: Consistently good food quality with minimal use of resources, on every single rack.



### Overview of advantages:

- *Dynamic air mixing: outstanding uniformity on all levels*
- *Active dehumidification: crunchy crackling and crisp breaded coatings*
- *Maximum steam saturation: no drying even with delicate foods*
- *High performance and maximum temperature up to 300 °C: traditional grill pattern even with large quantities – short heating up times and thus minimal energy consumption*

**Fresh steam generator:** Precise steam temperatures and maximum steam saturation guarantee the best possible food quality for healthy and nutritious cuisine, without requiring any costly water softening.

**Active dehumidification:** Innovative vacuum technology quickly and efficiently dehumidifies the cooking chamber. For crispy crusts and crunchy breading.

**Dynamic air mixing:** The high-performance fan wheel intelligently adjusts the speed and rotation direction according to the product, quantity and cooking level. For optimal air distribution and consistent results.

**Intelligent climate management:** The humidity measurement also takes into account the food's own moisture and allows the cooking chamber climate to be set and regulated down to the percent. For crispy and succulent roasts and light textures.

### Powerful. Sensitive. Precise.

## Simply clean with no limescale.

Efficient CareControl.



With Efficient CareControl, the SelfCooking Center® will automatically clean and descale itself and also do this unsupervised overnight if desired. Depending on how dirty your unit is, it determines the necessary cleaning stage and proposes an optimum dose of cleaning agent and descaler. If desired, you can save a cleaning time schedule based on your operating hours. The SelfCooking Center® will automatically signal at the defined times and will always keep your unit hygienically clean and perfectly maintained.

Expensive and high-maintenance water softening is no longer necessary. The new Efficient CareControl needs around 30% less resources than the previous model. Therefore costs much less than a thorough manual clean and is also particularly safe due to the use of tabs.



### Overview of advantages:

- *Solid cleaning agent: health safety without the use of liquid cleaning agents*
- *Recognition of degree of dirt with intelligent cleaning proposal: minimal operating costs and workload*
- *Automatic descaling: no costs for descaling or water softening*
- *Creation of a customised cleaning plan: always clean and maintained with sparkling hygiene guarantee*

**Efficient. Hygienic. Safe.**



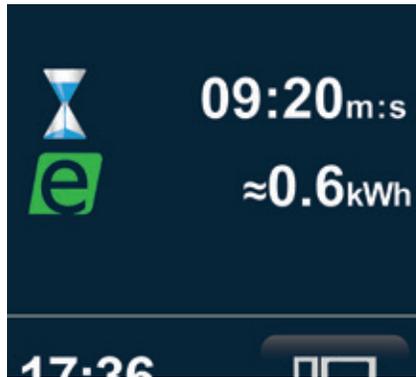
## Technology that does more.

Because details make the difference.



### LED lighting with rack signalling

The completely new LED lighting provides optimal illumination of the cooking chamber and of every single rack, from top to bottom and from back to front. The light neutrally reflects the browning of the products. Energy-saving, durable and low maintenance. The new optional rack signalling makes using iLevelControl even easier: a blinking light signals which rack needs to be loaded or unloaded and when.



### Integrated energy-consumption meter

You will always know how much energy an individual cooking process requires and how much energy per day has been consumed. The data is visible both on the display and as a download.



### Remote function

When your SelfCooking Center® is connected to a network, you can control and monitor it easily from your iPhone. You can keep an eye on everything and you are always well informed of what is happening.



### 300 °C maximum cooking chamber temperature

The extremely robust construction of the Self-Cooking Center® supports temperatures of up to 300 °C in the cooking chamber even in constant operation. Special cooking methods such as grilling or searing is no problem even with large quantities of food.



### Lengthwise loading

The longitudinal rack with the narrow door opening feature saves energy as less energy can escape, even when the door is opened frequently during à la carte service. The smaller opening radius requires less space. The 1/3 and 2/3-GN containers can be used for small quantities.



### Cooking chamber door with triple glazing

Triple glazing with cutting edge heat reflection coating ensures minimum heat loss. You save an additional 10% in energy costs as a result. Since all the panels can be cleaned, visibility remains good for well over a year.

### **Fresh steam generator**

The fresh steam generator is indispensable if you want to achieve top food quality when steaming. The 100% hygienic fresh steam guarantees maximum steam saturation even at low temperatures, such as when poaching. The steam generator is automatically descaled during the cleaning process. This makes expensive water softening measures unnecessary.



### **Intelligent 6-point probe**

Even if the core temperature probe is not inserted correctly, the probe can still reliably identify the coldest point in the food ensuring that all products are always cooked perfectly.



### **Positioning aid**

The patented positioning aid facilitates the correct placement of the core temperature probe in liquid, soft or very small products.



### **Integrated hand shower**

Infinitely-variable jet strength and ergonomic handling make it even easier to do a rough clean, or deglaze or add water to a dish. The integral automatic retraction system and automatic water shut-off mechanism offer optimum safety and hygiene.



### **ClimaPlus Control®**

The humidity is precisely measured using sensors in the cooking chamber and regulated to one percent accuracy in accordance with specifications. Where required, the system extracts excess humidity or adds extra humidity using the steam generator. Even with larger load sizes, you will get crispy crusts, crunchy breading, typical grill pattern and juicy roasts.



### **Centrifugal grease separator system**

No need to change or clean grease filters and the cooking chamber air is still clean. A pure taste experience.



### **Dynamic air circulation**

The heat is always optimally distributed thanks to the specific cooking chamber geometry and the powerful fan impeller drive, which intelligently adjusts the rotation direction and speed to the relevant food product. This ensures excellent food quality even with full loads. An integrated fan impeller brake reacts promptly and quickly stops the fan impeller when the door is opened. This provides added safety.

## **Bake version**

*Bake versions are supplied with guide rails suitable for bakery plates sized 400x600 mm. Guide rail distance is 80 mm and the guides are L-shaped. The heat is optimally distributed thanks to the specific baking baffle. Even the most sensitive products are perfectly cooked.*

*Guide rack is removable and it can be replaced with GN sized standard rack when cooking food. Standard rack is available as option for bake oven.*



## **Sous-vide version**

*Sous-vide version has a specific thin needle probe with only one measuring point. The needle is easy to place through the vacuum bag to the product. When using sous-vide probe you can only use processes suitable for sous-vide cooking. The oven delivery includes also standard 6 point probe.*

*The plug for all core probes is on the left from the door under the control panel.*



## **3 probe version**

*3 core probe version has three probes with two measuring points each. You can carefully control three products at the same time. Always with perfect result. The probes are clearly marked and different coloured for easier use. Perfectly suitable for iLevelControl.*

*You can also use standard 6 point probe included in the delivery. The plug for all core probes is on the left from the door under the control panel. The holder for probes is placed on the left side of the oven.*



# The new SelfCooking Center® XS.

Professional quality in small appearance.

We love challenges. And exactly why we ventured to something that seemed impossible until now. A small device, but with full capacity, intelligence and efficiency of our SelfCooking Center®. After intensive research by our physicists, engineers and cooks we have succeeded in the format reduce, without having to compromise. This offers completely new possibilities the use of this device.

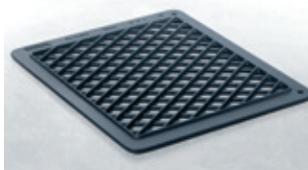
The new SelfCooking Center® XS – our intelligent cooking system in small size – fits in every kitchen and thanks to the sophisticated system solutions suitable for both front cooking spaces and for a specific department the restaurant kitchen. And of course you always also best quality, as you would expect.

Cooking means working with the SelfCooking Center® XS without compromise: 100% capacity, 100% quality, 100% intelligence.

**Chamber GN 2/3**



Suitable for 1/2, 2/3, 1/3 and 2/8 GN containers. The capacity with standard guide rails is 6x GN 2/3-40. Guide distance 46 mm.



Metos SelfCooking Center	Code	Dim. mm	Electric connection
SCC XS 623	4342001	655x555x567	400V 3N~ 5.7 kW 10A

Accessories	Code	
Grill and pizza tray GN2/3	4342300	Trilax
Cross stripe grill grid GN1/2	4342302	Trilax
Cross stripe grill grid GN2/3	4342304	Trilax
MultiBaker GN1/3	4342306	
MultiBaker GN2/3	4342308	
Roasting and baking tray GN2/3	4342310	Trilax
Roasting and baking pan S Ø16 cm	4342312	Trilax
Roasting and baking pan L Ø25 cm	4342314	Trilax
Stainless steel grid GN2/3	4342316	
CombiFry GN1/2	4342318	
CombiFry GN2/3	4342320	
Super Spike chicken grid H4 GN1/2	4342322	
Granite enamelled GN2/3-20 mm	4342340	
Granite enamelled GN2/3-40 mm	4342342	
Granite enamelled GN2/3-60 mm	4342344	
UltraVent XS	4342346	
Open stand UG I XS	4342348	
Open stand UG I Combi-Duo XS/XS	4342350	
Wall bracket XS	4342352	

# METOS SELFCOOKING CENTER 61



Metos SelfCookingCenter 61

Suitable for 1/1,1/2, 1/3, 2/3 and 2/8 GN containers. The capacity with standard guide rails is 6xGN1/1 (40 mm or 65mm depending on the product). Guide distance 68 mm. 61/5 and 61/5 Bake models are with 5 guides, distance 85 mm. The unit is installed on a stand available as an accessory. Two 61 units or one 61 and one 101 can be stacked with the CombiDuo stacking kit.

- cooking cabinet GN 1/1 lengthwise
- delivery includes removable GN guide rails
- Bake model has 5 guides for bakery plate 400x600 mm
- Sous Vide model has thin needle probe for sous-vide production
- 3x2 probe model has 3 probes with 2 measuring points for intelligent level control

Metos SelfCooking Center	Code	Dimensions mm	Electric connection
SCC 61	4342010	847x776x782	400V 3N~ 11 kW 16A
SCC 61/ 5	4342012	847x776x782	400V 3N~ 11 kW 16A
SCC 61/ 5 Bake	4342014	847x776x782	400V 3N~ 11 kW 16A
SCC 61 Sous-vide	4342026	847x776x782	400V 3N~ 11 kW 16A
SCC 61 3x2 probe	4342025	847x776x782	400V 3N~ 11 kW 16A



Metos SelfCookingCenter 101

## METOS SELFCOOKING CENTER 101

Suitable for 1/1,1/2, 1/3, 2/3 and 2/8 GN containers. The capacity with standard guide rails is 10 x GN1/1 (40 mm or 65mm depending on the product). Guide distance 68 mm. 101/8 and 101/8 Bake models are with 8 guides, distance 88 mm. The oven is installed on a stand available as an accessory. Two units – one 61 and one 101 – can be stacked with the CombiDuo stacking kit.

- cooking cabinet GN 1/1 lengthwise
- delivery includes removable GN guide rails
- Bake model has 8 guides for bakery plate 400x600 mm
- Sous Vide model has thin needle probe for sous-vide production
- 3x2 probe model has 3 probes with 2 measuring points for intelligent level control

Metos SelfCooking Center	Code	Dimensions mm	Electric connection
SCC 101	4342050	847x776x1042	400V 3N~ 18,6 kW 32A
SCC 101/ 8	4342052	847x776x1042	400V 3N~ 18,6 kW 32A
SCC 101/ 8 Bake	4342054	847x776x1042	400V 3N~ 18,6 kW 32A
SCC 101 Sous-vide	4342064	847x776x1042	400V 3N~ 18,6 kW 32A
SCC 101 3x2 probe	4342067	847x776x1042	400V 3N~ 18,6 kW 32A



Metos SelfCookingCenter 201

## METOS SELFCOOKING CENTER 201

Mobile rack model, size GN 1/1, suitable for 1/1,1/2, 1/3, 2/3 and 2/8 GN containers. Guide distance 63, 74, 80 or 84 mm. Capacity with 20 guide rack is 20xGN1/1-40 mm or 10xGN1/1 65 mm and with 15 guide rack 15xGN1/1 65 mm. One mobile rack is included in the delivery. The mobile rack is equipped with four double castors, two of them with locking brakes, detachable handle and water drip pan with drain.

- cooking cabinet GN 1/1 lengthwise
- in front and rear lockable guide racks
- guide distance 63 mm (20 guide racks), 74 mm (17 guide racks), 80 mm (16 guide racks), 84 mm (15 guide racks),
- 201/ 16 Bake model has 16 guides for bakery plate 400x600 mm
- Sous Vide model has thin needle probe for sous-vide production
- 3x2 probe model has 3 probes with 2 measuring points for intelligent level control

Metos SelfCooking Center	Code	Dimensions mm	Electric connection
SCC 201/20	4342082	879x791x1782	400V 3N~ 37 kW 63A
SCC 201/15	4342088	879x791x1782	400V 3N~ 37 kW 63A
SCC 201/16	4342089	879x791x1782	400V 3N~ 37 kW 63A
SCC 201/17	4342086	879x791x1782	400V 3N~ 37 kW 63A
SCC 201/16 Bake	4342098	879x791x1782	400V 3N~ 37 kW 63A
SCC 201/20 Sous-vide	4342091	879x791x1782	400V 3N~ 37 kW 63A
SCC 201/20 3x2 probe	4342081	879x791x1782	400V 3N~ 37 kW 63A

## METOS SELF-COOKING CENTER 62

Suitable for 2/1 and 1/1 GN containers. Guide distance 68 mm. Capacity 6 x GN2/1 (40 mm or 65mm depending on the product) or 12 x GN1/1 (40 mm or 65mm depending on the product). The unit is installed on a stand available optionally. Two 62 units or one 62 and one 102 can be stacked with the CombiDuo stacking kit.

- cooking cabinet GN 2/1 crosswise
- delivery includes removable GN guide rails
- accessory guide rails 5xGN 2/1 65 mm, guide distance 85 mm

Metos SelfCooking Center	Code	Dimensions mm	Electric connection
SCC 62	4342042	1069x976x782	400V 3N~ 22,3 kW 32A



Metos SelfCookingCenter 62

## METOS SELF-COOKING CENTER 102

Suitable for 2/1 and 1/1 GN containers. Guide distance 68 mm. Capacity 10 x GN2/1 (40 mm or 65mm depending on the product) or 20 x GN1/1 (40 mm or 65mm depending on the product). The unit is installed on a stand available optionally. One 62 unit and one 102 unit can be stacked with the CombiDuo stacking kit.

- cooking cabinet GN 2/1 crosswise
- delivery includes removable GN guide rails
- accessory guide rails 8xGN 2/1 65 mm, guide distance 85 mm

Metos SelfCooking Center	Code	Dimensions mm	Electric connection
SCC 102	4342074	1069x976x1042	400V 3N~ 36,7 kW 63A



Metos SelfCookingCenter 102

## METOS SELF-COOKING CENTER 202

Mobile rack model, mobile rack size GN2/1, suitable for 2/1 or 1/1 GN containers. Rail distance 63 mm or 84 mm. Capacity with 20 rack is 20 x GN2/1-40 mm or 10 x GN2/1-65 mm or 40 x GN1/1-40 mm or 20 x GN1/1-65 mm; with 15 guide rack 15 x GN2/1-65 mm or 30 x GN1/1-65 mm. One mobile rack is included in the delivery. The mobile rack is equipped with four double castors, two of them with locking brakes, detachable handle and water drip pan with drain.

- cooking cabinet GN 2/1 crosswise
- rack trolley included
- in front and rear lockable guide racks
- guide distance 63 mm (20 guide racks) or 84 mm (15 guide racks)

Metos SelfCooking Center	Code	Dimensions mm	Electric connection
SCC 202/20	4342092	1084x996x1782	400V 3N~ 65,5 kW 100A
SCC 202/15	4342096	1084x996x1782	400V 3N~ 65,5 kW 100A



Metos SelfCookingCenter 202

Ask for gas models.



**metos**  
kitchen intelligence®

**Metos Oy Ab**

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