



# Quick & Easy Cooking Guide

All cooking times are based on a temperature of 350°



	Rack Height	Internal Temp.	Fresh	Frozen
<b>Beef &amp; Lamb</b>				
Roasts 2-10 lbs	1-inch	125-130° 130-135° 135-140° 155+°	15-17 min/lbs Rare 17-19 min/lbs Med. Rare 19-20 min/lbs Medium 21+ min/lbs Well Done	20-21 min/lbs Rare 21-22 min/lbs Med. Rare 22-23 min/lbs Medium 24+ min/lbs Well Done
Burgers 1/2-inch thick	3-inch	160+°	5-7 min/side	8-9 min/side
Steaks 2-inch thick	3-inch	125-130° 130-135° 135-140° 155+°	5-6 min/side Rare 6-7 min/side Med. Rare 7-8 min/side Medium 9+ min/side Well Done	10-11 min/side Rare 11-12 min/side Med. Rare 12-13 min/side Medium 14+ min/side Well Done
<b>Pork</b>				
Ham (Precooked)	1-inch	140+°	16-18 min/lb	20-23 min/lb
Sausage	3-inch	140+°	5-8 min/side	8-10 min/side
Bacon	3-inch	180+°	5-6 min/side	N/A
Italian, Bratwurst, Etc.	3-inch	160+°	8-9 min/side	10-12 min/side
Chops	3-inch	145+°	5-6 min/side	7-9 min/side
Roasts 3-7 lbs	1-inch	145+°	17-19 min/side	22-25 min/side
Tenderloins	3-inch	145+°	12-14 min/side	18-22 min/side
Spare Ribs	1-inch	180+°	18-22 min/side	22-24 min/side
<b>Poultry</b>				
Chicken, (Bone-In) Pieces	3-inch	165+°	13-14 min/side	15-17 min/side
Chicken, 1/2-inch Boneless/Skinless (Thicker add 2 mins per 1/2 inch)	3-inch	165+°	11-13 min/side	14-15 min/side
Chicken, Whole 2-5 lbs	1-inch	165+°	17-21 min/lb	22-24 min/lb
Turkey, Whole 8-10 lbs	1-inch	165+°	10-12 min/lb	14-16 min/lb
Turkey, Whole 11-14 lbs	3-inch Ring	165+°	10-12 min/lb	14-16 min/lb
Turkey, Breasts 5-7 lbs	1-inch	165+°	10-12 min/lb	14-16 min/lb
<b>Seafood</b>				
Fish, Steaks & Fillets 1/2 lb	3-inch	145+°	5-6 min/side	7-9 min/side
Shrimp & Scallops	3-inch	145+°	3-4 min/side	4-5 min/side
Lobster Tails 4 oz (Small)	3-inch	145+°	4-5 min/side	6-8 min/side
Crab Legs	3-inch	145+°	4-6 min/side	8-13 min/side
<b>Vegetables</b>				
Home Fries (1/2-inch thick)	3-inch	140+°	10 min/side	N/A
Potato, Whole Med. Size	3-inch	140+°	30-40 min	N/A
Steamed Broccoli & Cauliflower (Oven-Safe Dish with Glass Lid or Foil)	1-inch	140+°	10-15 min	N/A
Squash, Acorn, Butternut & Spaghetti	1-inch	140+°	25-35 min	35-40 min
Roasted, Onion, Garlic, Peppers, Zucchini, and Yellow Squash	1-inch	140+°	15-20 min	N/A
<b>Frozen Ready-Made Foods</b>				
Chicken Tenders & Nuggets	3-inch	140+°		6-8 min/side
Frozen Vegetables (In Oven-Safe Dish)	3-inch	140+°		6-8 min/side
Onion Rings	3-inch	140+°		6-8 min/side
Mozzarella Sticks	3-inch	140+°		6-8 min/side
Hot Wings	3-inch	140+°		6-8 min/side

PLEASE READ BOOKLET FOR COMPLETE INSTRUCTIONS.  
General Guidelines Only. These are not meant to be recipes. All cooking guidelines may vary.  
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# Nuwave Mini Cooking Guide

**J Elliott**



## **Nuwave Mini Cooking Guide:**

**Nuwave Air Fryer Cookbook** Air Fryer Lab,2021-05-20 55% OFF for Bookstores NOW at 14 82 instead of 26 95  
DISCOVER DELICIOUS TIME SAVING AND EASY TO COOK NUWAVE AIR FRYER RECIPES Your Customers Will Never Stop to Use This Cookbook Would you like to eat your favorite foods like pizza fried chicken onion rings and even cakes all in one place Do you feel sick and tired of the same old boring meals that take hours to cook If you answered Yes to at least one of these questions please read on Inside this Nuwave Cookbook you ll discover nicely structured and very detailed easy to cook recipes for just about any occasion you can think of And you won t even need 10 different kitchen appliances to cook them tons of kitchen space and cooking time saved In fact you ll only need one You DON T have to spend much time cooking because you can make a delicious meal for the whole family in just 30 minutes Take a look at what you ll discover inside Healthy and Low Fat NUWAVE Air Fryer Recipes for just about every occasion you desire Breakfast Recipes Amazing Poultry Meat and Fish Seafood Recipes Healthy collection of Vegetable and Soups Recipes Special categories about Snack Dessert Detailed instructions cooking time and even expanded nutritional information included this is how you don t lose your body shape while eating delicious and well balanced food Lots of photos of the final result find out immediately what you re going to cook And you don t have to be an experienced chef to make it work for you This cookbook will effortlessly put the cooking knowledge in your mind while you are already enjoying your first amazing convection oven meals So don t wait Buy it NOW and let your customers get addicted to this amazing book      [Best Nuwave Cookbook](#) Judy Preston,2018-05-07 This book will completely change your understanding of healthy food From now on you will know that fried food can be useful Take the dust off your NuWave Oven and start to create amazing oil free fried food for two Delicious quick and healthy budget friendly meals with the help of the most popular kitchen appliance NuWave Oven When you hear about NuWave Oven you probably don t think about Low Fat Granola Rib Roast Bacon Wrapped Chicken and etc But it sounds not crazy at all with the help of this cookbook you will be able to prepare all these tasty meals Moreover this NuWave Oven Cookbook will help provide you main advantages of air fryer cooking To help you get all benefits from Nuwave Oven Cooking we designed this Cookbook where Collected most valuable breakfast poultry seafood and dessert recipes You will enrich your life with healthy meals Your cooking level will increase You will cook delicious oil free meals and lose your weight Under the cover of this book you ll find Savory recipes for your family for any occasion Most delicious NuWave Oven Recipes Preparation cooking time Complete list of ingredients for each recipe Only simple and tasty recipes which can be applied to any experience level in cooking Go ahead and grab you valuable copy right away      [NuWave Oven Cookbook for Beginners](#) Anthony Jones,2020-04-11 Discover How to Cook Mouth Watering NuWave Oven Recipes That Will Allow You to Fry Food in a Healthy Way Who said that pizza doughnuts and chicken wings can t be a part of a healthy diet With the help of an air fryer you can give your food a crispy fried texture without deep frying it actually NuWave Oven has become incredibly popular once people became aware of their

potential This appliance works by circulating super hot air which cooks the food giving it a nice golden brown color and making the food crispy The greatest thing about NuWave Oven is that you can use them to make practically anything from heating frozen foods and making chicken wings to baking donuts and extra crispy cookies an air fryer is a perfect choice But what if you re not experienced in using an NuWave Oven or you re not that good at cooking Well that s what this NuWave Oven cookbook for beginners will help you out with It contains many delicious recipes that are written in a beginner friendly way The book will guide you step by step through the cooking process Just carefully follow the instructions and there is no way that you will make a mistake The end result will be perfectly prepared food every single time Here s what you can learn from our cookbook How to use an NuWave Oven like a pro The right way to prepare appetizers and snacks NuWave recipes for cooking poultry pork beef and lamb and seafood the healthy way Tasty vegetable recipes that can be served on any occasion Using a NuWave Oven is an excellent way to cook food the healthy way since it doesn t require much oil These recipes will allow you to get all the great tastes you love in your favorite fried foods without the fat Oh and if you have any dietary restrictions don t worry This cookbook has plenty of great recipes that cater to all your specific needs With the help of this cookbook you can impress your friends and family with your new cooking skills Numerous pages of mouth watering recipes are just one click away Scroll up click on Buy Now with 1 Click and Get Your Copy Now Click and Get Your Copy Now

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Amazing Poultry Meat and Fish Seafood Recipes Healthy collection of Vegetable and Soups Recipes Special categories about Snack Dessert Detailed instructions cooking time and even expanded nutritional information included this is how you don't lose your body shape while eating delicious and well balanced food Lots of photos of the final result find out immediately what you're going to cook And you don't have to be an experienced chef to make it work for you This cookbook will effortlessly put the cooking knowledge in your mind while you are already enjoying your first amazing convection oven meals So don't wait Buy it NOW and let your customers get addicted to this amazing book [Nuwave Oven](#) Daniel Isaccs, 2017-06-19 NuWave Oven Recipes 100 Delicious Recipes for Clean Eating Party Food Everyday Family and Easy On The Go Do you want to cook great meals for your family and friends with the convenience of the revolutionary Nuwave Oven Are you wanting to eat more healthy but your struggling to find the time to cook at home The Nuwave Oven is helping families all over the world cook great tasting dishes with the convenience of extra time and a more versatile kitchen You Will Learn The Following What is the Nuwave Oven What the Benefits of the Nuwave oven are Party Food Recipes Everyday Family Favourites Recipes Easy On The Go Recipes Healthy Dishes How to maximise your relationship with your kitchen Whether you just want to learn more about the Nuwave Oven or already understand it and want extra help making Awesome Dishes this book is for you So don't delay it any longer Take this opportunity by buying this Nuwave Oven Recipe Book now You will be shocked by how many faces you can turn with your Amazing Dishes cooked in the Nuwave Oven Don't Delay And Scroll Up To Buy With 1 Click **Nuwave Air Fryer Oven Cookbook for Beginners** Katie Banks, 2020-10-03 Nuwave Air Fryer Oven Cookbook 2020 The Only Nuwave Air Fryer Oven Cookbook You Will Need in Your Kitchen New to Cosori Air Fryer Toaster Oven Cooking Well here you will find the detailed instructions summarized to understand the basics of your favourite kitchen tool Whether you are a complete beginner or an advanced user you will make great use of this cookbook and the recipes in it What will you find it this cookbook A guide for total beginners on how to use the Cosori Air Fryer Toaster Oven and its basic functions Delicious recipes organized by Ingredient A fantastic layout that will make you feel at ease reading your cookbook 1000 Days of Nuwave Air Fryer Oven Meal Schedules Cosori Air Fryer Toaster Oven recipes that work for complete beginners and advanced users An Nuwave Air Fryer Oven Cookbook for Beginners vTogether with detailed instructions on how to start using your Cosori Air Fryer Toaster Oven you will find mouth watering recipes that are very simple to make Just get your Cosori Air Fryer Toaster Oven ready and let my cookbook guide you through the simplified steps required to cook each meal Detailed Nutritional Information All meals included nutritional information which will make it ideal to organize how many serves you want to cook depending on how many people are going to enjoy the delicious meals included in this Cosori Air Fryer Toaster Oven Recipe Book The in depth nutritional information will be useful also if you are following a diet or simply want to check your daily calorie intake in check A wide variety of recipes for all tastes vYou will never get tired of the variety of recipe included in the cookbook here below you can find some examples but the diversity and

variety are not limited to it v Maple Chicken Thighs Buffalo Chicken Parmesan Pork Chops Roasted Turkey Legs Juicy Turkey Korean BBQ Beef Meatloaf Turkey Breast with Herb Butter Herbed Lamb BBQ rack of lamb Shortbread I hope you will enjoy this ideal Nuwave Air Fryer Oven Cookbook for Cosori Air Fryer Toaster Oven Beginners and Advance users Now get to the kitchen and start cooking [Simply Nuwave Air Fryer Cookbook](#) Air Fryer Lab,2021-05-20 55% OFF for Bookstores NOW at 14 82 instead of 26 95 DISCOVER DELICIOUS TIME SAVING AND EASY TO COOK NUWAVE AIR FRYER RECIPES Your Customers Will Never Stop to Use This Cookbook Would you like to eat your favorite foods like pizza fried chicken onion rings and even cakes all in one place Do you feel sick and tired of the same old boring meals that take hours to cook If you answered Yes to at least one of these questions please read on Inside this Nuwave Cookbook you ll discover nicely structured and very detailed easy to cook recipes for just about any occasion you can think of And you won t even need 10 different kitchen appliances to cook them tons of kitchen space and cooking time saved In fact you ll only need one You DON T have to spend much time cooking because you can make a delicious meal for the whole family in just 30 minutes Take a look at what you ll discover inside Healthy and Low Fat NUWAVE Air Fryer Recipes for just about every occasion you desire Breakfast Recipes Amazing Poultry Meat and Fish Seafood Recipes Healthy collection of Vegetable and Soups Recipes Special categories about Snack Dessert Detailed instructions cooking time and even expanded nutritional information included this is how you don t lose your body shape while eating delicious and well balanced food Lots of photos of the final result find out immediately what you re going to cook And you don t have to be an experienced chef to make it work for you This cookbook will effortlessly put the cooking knowledge in your mind while you are already enjoying your first amazing convection oven meals So don t wait Buy it NOW and let your customers get addicted to this amazing book **Nuwave Oven Cookbook** Cooking With a Foodie,2015-11-12 The Nuwave Oven Cookbook will change your life This quick easy to use recipe book will show you how to get the most out of the most revolutionary home kitchen appliance ever made Now you can prepare a nutritious meal for the family effortlessly because this machine is actually more like a 5 in 1 model You can air fry dehydrate bake and even cook using infrared radiation or induction cooking methods The Nuwave Oven Cookbook on how to prepare an entire meal under 20 minutes make homemade dehydrated fruits that don t suck create lunches and dinners with natural healing foods make nutritious and filling meals with nothing but a few ingredients and your Nuwave We even included the most popular recipes people search for gourmet pizza turkey enchiladas creamy eggs chicken casserole creamy german chocolate cake ookbook [Nuwave Air Fryer Oven Cookbook for Beginners](#) Clifton P. Maddox,2021-06-05 Air Fryer Oven is an amazing tool to save time and money cooking delicious meals that otherwise would take hours to make However sometimes we get bored preparing the same meals every day In this best seller you ll learn how to cook 2021 s most affordable 1000 Days of Quick And Easy Budget Friendly Recipes for beginners You will learn An Nuwave Air Fryer Oven Cookbook for Beginners Together with detailed instructions on how to start using your Air Fryer Oven you will find mouth

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## **Nuwave Mini Cooking Guide** Book Review: Unveiling the Power of Words

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