

Quick & Easy Cooking Guide



Beef & Lamb	Rack Height	Internal Temp.	Fresh	Frozen
Roasts 2-10 lbs	1-inch	125-130" 130-135" 135-140" 155+"	15-17 min/fbs Rare 17-19 min/fbs Med Rare 19-20 min/fbs Medium 21+ min/fbs Well Done	20-21 min/libs Rare 21-22 min/libs Med. flare 22-23 min/libs Medium 24+ min/libs Well Done
Burgers %-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 Rane 11-12 min/side Med. Ran 12-13 min/side Medium 14+ min/side Well Done
Pork				
Ham (Precooked)	1-imch	140+	16-18 min/%	20-23 min/fb
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+*	6-9 min/side	10-12 min/yide
Chops	3-inch	145+"	5-6 min/side	7-9 min/side
Roasts 3-7 lbs	1-inch	145+"	17-19 min/side	2:2-25 min/side
Tenderloins	3-inch	1.45	12-14 miln/sidle	18-22 min/side
Spare Ribs	1-inch	180+*	18-32 min/side	22-24 min/side
Poultry				
Chicken, (Bone in) Pieces	3-inch	165+"	13-14 min/side	15-17 min/vide
Chicken, Vi-inch Boneless/Skinless (Thicker add 2 mins per Vs inch)	3-inch	165+"	11-13 min/side	14-15 min/side
Chicken, Whole 2-5 lbs	1-inch	165+"	17-21 min/85	22-24 min/fb
Turkery, Whole 8-10 lbs	1-inch	165+"	10-12 min/lb	14-16 min/9b
Turkey, whose 11-16 its	3-inch Ring	165+	10-12 min/fb	14-16 min/fib
Turkery, Breasts 5-7 lbs	1-inch	165+*	10-12 min/lb	14-16 min/lb
Seafood				
Fish: Steaks & Fillets Valto	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 mim/side
Vegetables				
Home Fries (% -inch shick)	3-inch	140+*	10 min/side	NVA
Potato, Whole Med. Size	3-inch	140+*	30-40 min	N/A
Steamed Broccoli & Cauliflower (Over-Safe Dish with Glass Lid or Folia	1-inch	140+*	10-15 min	N/A
Squash, Acom, 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
Frozen Ready-Made Foods				
Chicken Tenders & Nuggets	3-inch	140+		6-8 min/side
Frozen Vegetables (In Oven-Safe Dish)	3-irich	140+*		6-8 min/side
Onion Rings	3-irrich	140+*		6-8 min/side
Mozzarella Sticks	3-linch	140+*		6-8 min/side
Hot Wings	3-inch	140+*		6-8 min/side

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Nuwave Oven Baking Guide

Yijin Wang

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