



Quick & Easy Cooking Guide

All cooking times are based on a temperature of 350°F



Beef & Lamb

	Rack Height	Internal Temp.	Fresh	Frozen
Roasts 2-10 lbs	1-in	125-130° 130-135° 135-140° 155+°	15-17 min/lb Rare 17-19 min/lb Med. Rare 19-20 min/lb Medium 21+ min/lb Well Done	20-21 min/lb Rare 21-22 min/lb Med. Rare 22-23 min/lb Medium 24+ min/lb Well Done
Burgers ½-in thick	3-in	160+°	5-7 min/side	8-9 min/side
Steaks 1-in thick	3-in	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

Pork

Ham [Precooked]	1-in	140+°	16-18 min/lb	20-23 min/lb
Sausage	3-in	140+°	5-8 min/side	8-10 min/side
Bacon	3-in	180+°	5-6 min/side	N/A
Italian, Bratwurst, Etc.	3-in	160+°	8-9 min/side	10-12 min/side
Chops	3-in	145+°	5-6 min/side	7-9 min/side
Roasts 3-7 lbs	1-in	145+°	17-19 min/side	22-25 min/side
Tenderloin 2-4 lbs	3-in	145+°	12-14 min/side	18-22 min/side
Spare Ribs	1-in	180+°	18-22 min/side	22-24 min/side

Poultry

Chicken, [Bone-in] Pieces	3-in	165+°	13-14 min/side	15-17 min/side
Chicken, ½-in Boneless/Skinless Breasts [Thicker add 2 mins per ½ in]	3-in	165+°	11-13 min/side	14-15 min/side
Chicken, Whole 2-5 lbs	1-in	165+°	17-21 min/lb	22-24 min/lb
Turkey, Whole 8-10 lbs	1-in	165+°	10-12 min/lb	14-16 min/lb
Turkey, Whole 11-16 lbs	1-in rack, 3-in SS Ring	165+°	10-12 min/lb	14-16 min/lb
Turkey, Breasts 5-7 lbs	1-in	165+°	10-12 min/lb	14-16 min/lb
Eggs	1-in		13 min at 300°F	N/A

Seafood

Fish, Steaks & Fillets ½ lb	3-in	145+°	5-6 min/side	7-9 min/side
Shrimp & Scallops	3-in	145+°	3-4 min/side	4-5 min/side
Lobster Tails 4 oz [Small]	3-in	145+°	4-5 min/side	6-8 min/side
Crab Legs	3-in	145+°	4-6 min/side	8-13 min/side

Vegetables

Home Fries [½-in thick]	3-in	140+°	10 min/side	N/A
Potato, Whole Med. Size	3-in	140+°	30-40 min	N/A
Steamed Broccoli & Cauliflower [Oven-Safe Dish with Glass Lid or Foil]	1-in	140+°	10-15 min	N/A
Squash, Acorn, Butternut & Spaghetti	1-in	140+°	25-35 min	35-40 min
Roasted, Onion, Garlic, Peppers, Zucchini, and Yellow Squash	1-in	140+°	15-20 min	N/A

Frozen Ready-Made Foods

Chicken Tenders & Nuggets	3-in			6-8 min/side
Frozen Vegetables [In Oven-Safe Dish]	3-in			6-8 min/side
Onion Rings	3-in			6-8 min/side
Mozzarella Sticks	3-in			6-8 min/side
Hot Wings	3-in			6-8 min/side

TIP: Flip larger food items over halfway through cooking.

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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Tabla de Preparación Rápida y Fácil 350°F para todos los alimentos



Res & Cordero

	Altura de la Parrilla	Temp. Interno	Fresca	Congelada
Roasts 2-10 lbs	1-pulg	125-130° 130-135° 135-140° 155+°	15-17 min/lb Rare 17-19 min/lb Med. Rare 19-20 min/lb Medium 21+ min/lb Well Done	20-21 min/lb Rare 21-22 min/lb Med. Rare 22-23 min/lb Medium 24+ min/lb Well Done
Hamburguesas de ½-pulgada de grueso	3-pulg	160+°	5-7 c/lado	8-9 c/lado
Bistec de 1-pulgada de grueso	3-pulg	125-130° 130-135° 135-140° 155+°	5-6 c/lado Rare 6-7 c/lado Med. Rare 7-8 c/lado Medium 9+ c/lado Well Done	10-11 c/lado Rare 11-12 c/lado Med. Rare 12-13 c/lado Medium 14+ c/lado Well Done

Puerco

Jamón	1-pulg	140+°	16-18 min/lb	20-23 min/lb
Salchicha	3-pulg	140+°	5-8 c/lado	8-10 c/lado
Tocino	3-pulg	180+°	5-6 c/lado	N/A
Salchicha Italiana, Bratwurst, Etc.	3-pulg	160+°	8-9 c/lado	10-12 c/lado
Chuleta	3-pulg	145+°	5-6 c/lado	7-9 c/lado
Asada 3-7 lbs	1-pulg	145+°	17-19 c/lado	22-25 c/lado
Lomo 2-4 lbs	3-pulg	145+°	12-14 c/lado	18-22 c/lado
Costilla al gusto	1-pulg	180+°	18-22 c/lado	22-24 c/lado

Aves

Pollo, [Con Hueso] Piezas	3-pulg	165+°	13-14 c/lado	15-17 c/lado
Pollo, ½-pulgada Sin Hueso/Sin Piel [Si es mas gruesa agregue 2 min. por ½ pulg]	3-pulg	165+°	11-13 c/lado	14-15 c/lado
Pollo, Completo 2 lbs	1-pulg	165+°	17-21 min/lb	22-24 min/lb
Pavo, Completo 8-10 lbs	1-pulg	165+°	10-12 min/lb	14-16 min/lb
Pavo, Completo 11-16 lbs	1-in Altura de la Parrilla, 3-pulg Anillo Extensor	165+°	10-12 min/lb	14-16 min/lb
Pavo, Pechuga 5-7 lbs	1-pulg	165+°	10-12 min/lb	14-16 min/lb
Huevos	1-pulg		13 min a 300°F	N/A

Mariscos

Pescado, Steaks & Filets 1-pulgada de grueso	3-pulg	145+°	5-6 min/lado	7-9 min/lado
Camarones & Vieiras	3-pulg	145+°	3-4 c/lado	4-5 c/lado
Cola de Langosta 4 onzas [Pequeño]	3-pulg	145+°	4-5 c/lado	6-8 c/lado
Patas de Cangrejo	3-pulg	145+°	4-6 c/lado	8-13 c/lado

Vegetales

Papas Fritas	3-pulg	140+°	10 c/lado	N/A
Papas, Entera Mediana	3-pulg	140+°	30-40 min	N/A
Broccoli y Coliflor al Vapor [Un plato apto para horno con tapa de vidrio o lámina]	1-pulg	140+°	10-15 min	N/A
Calabaza	1-pulg	140+°	25-35 min	35-40 min
Asado, Cebolla, Ajo, Chile Morron Rojo, Calabacin, y Calabacin Amarillo	1-pulg	140+°	15-20 min	N/A

Alimentos Congelados ya Preparados

Chicken Tenders & Nuggets	3-pulg			6-8 min/lado
Vegetales Frisados [En un Plato para Horno]	3-pulg			6-8 min/lado
Onion Rings	3-pulg			6-8 min/lado
Mozzarella Sticks	3-pulg			6-8 min/lado
Hot Wings - Alitas de Pollo	3-pulg			6-8 min/lado

Sugerencia: Volteé alimentos más grandes a la mitad de la cocción.

LEA EL INSTRUCTIVO PARA INSTRUCCIONES COMPLETAS.
Estas son instrucciones únicamente. No utilizar como recetas. Las instrucciones pueden variar.
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