



# Quick & Easy Cooking Guide

Great Tasting Food Naturally™



Beef/Lamb	Rack Height	Power Level	Fresh Food	Frozen Food	Special Instructions	
Patties 1/2 inch thick	4 inch	HI	4 min./side	6 min./side	150°F (65°C)	
Patties 1 inch thick	4 inch	HI	6 min./side	11 min./side	150°F (65°C)	
Hot Dogs	4 inch	HI	5 min.	7-8 min.		
Steaks 1 inch thick	4 inch	HI	5 min./side	9 min./side	Rare	130°F-139°F, (60°C)
			6 min./side	12 min./side	Medium-Rare	140°F-149°F, (65°C)
			7 min./side	15 min./side	Medium	150°F-159°F, (71°C)
			9 min./side	17 min./side	Well-Done	160°F-169°F, (77°C)
Steaks 2 inches thick	4 inch	HI	7 min./side	15 min./side	Rare	130°F-139°F, (60°C)
			9 min./side	17 min./side	Medium-Rare	140°F-149°F, (65°C)
			10 min./side	20 min./side	Medium	150°F-159°F, (71°C)
			12 min./side	23 min./side	Well-Done	160°F-169°F, (77°C)
Roasts 3-5 pounds (Let rest 10min. before serving)	1 inch	HI	15 min./lb.	25 min./lb.	Rare	120°F-129°F, (50°C)
			18 min./lb.	28 min./lb.	Medium-Rare	130°F-139°F, (57°C)
			20 min./lb.	30 min./lb.	Medium	140°F-149°F, (63°C)
			23 min./lb.	33 min./lb.	Well-Done	150°F-159°F, (68°C)

## Pork

Bacon	4 inch	HI	8 min.		
Breakfast Sausage Links	4 inch	HI	8 min.	10 min.	
Patties	4 inch	HI	10 min.	13 min.	165°F (73°C)
Italian, Bratwurst etc.	4 inch	HI	10 min.	15 min.	165°F (73°C)
Chops	4 inch	HI	13 min./inch	18-22 min./inch	160°F (71°C)
Roasts 3-7 pounds	1 inch	HI	20-25 min./lb.	30 min./lb.	160°F (71°C)
Tenderloin	4 inch	HI	20 min.	35 min.	160°F (71°C)
Spare Ribs	either	HI	15 min./side	25 min./side	160°F (71°C)
Country Style Ribs	4 inch	HI	12 min./inch	18-20 min./inch	160°F (71°C)

## Chicken - Whole poultry, start breast side down and turn halfway

Pieces-Breasts, Legs, Thighs	4 inch	HI	8 min./side	12 min./side	170°F (76°C)
Whole Chicken	1 inch	HI	15 min./lb.	25 min./lb.	180°F (82°C)
Boneless / Skinless Breast	4 inch	HI	6 min./side	8 min./side	170°F (76°C)

## Turkey

Whole, 8-10 pounds	1 inch	HI	12 min./lb.	15 min./lb.	180°F (82°C)
Breast, 5-7 pounds	1 inch	HI	12 min./lb.	15 min./lb.	170°F (76°C)
Legs	1 inch	HI	45 min.	60 min.	170°F (76°C)
Wings	1 inch	HI	45 min.	60 min.	170°F (76°C)

## Cornish Hens

1 - 1 1/2 pounds	1 inch	HI	25-30 min.	50 min.	165°F (73°C)
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## Duckling

5-6 pounds	1 inch	HI	60 min.	120 min.	180°F (82°C)
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# Mini Nuwave Quick And Easy Cooking Guide

**Daniel F McAuley**



## **Mini Nuwave Quick And Easy Cooking Guide:**

## Unveiling the Magic of Words: A Overview of "**Mini Nuwave Quick And Easy Cooking Guide**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Mini Nuwave Quick And Easy Cooking Guide**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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