



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

Judy Preston



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