



# Quick & Easy Cooking Guide

(Tabla de Preparación Rápida y Fácil)

Great Tasting Food Naturally (Gran Sabor Natural de Comida)



**IMPORTANT: TO USE THIS GUIDE PROPERLY, ALWAYS SELECT POWER LEVEL "HI".**  
**Importante: Para Utilizar la guía correctamente, siempre elija nivel de potencia "HI".**

Seafood (Mariscos)	Rack Height (Altura de la Pernita)	Fresh (Fresca)	Frozen (Congelada)	Internal Meat Temp. (by thermometer) / Notes (Temperatura interna de el termómetro)
Fish: Fillets, 1/2 inch thick. (Pescado: Filetes, 1/2 pulgada de grueso)	4 inch (pulg)	3-4 min/side (cifrado)	5-7 min/side (cifrado)	150°F (65°C)
Fish: Steaks and Fillets, 1 inch thick (Pescado: Filetes, 1 pulgada de grueso)	4 inch (pulg)	4-5 min/side (cifrado)	7-9 min/side (cifrado)	150°F (65°C)
Whole Fish, 3-4 inch thick (Pieza completa, 3-4 pulgadas grueso)	4 inch (pulg)	15 min/side (cifrado)	25 min/side (cifrado)	150°F (65°C)
Shrimp - Medium 21/25 size (Camarones, tamaño mediano 21/25)	4 inch (pulg)	3-4 min/side (cifrado)	4-6 min/side (cifrado)	Cooking time may vary with size. (El tiempo de cocción puede variar de acuerdo al tamaño.)
Scallops, Sea (Callos de Hacha de mar)	4 inch (pulg)	4 min/side (cifrado)	5 min/side (cifrado)	Scallops and/or Lobster turn opaque when cooking is complete.
Scallops, Bay (Callos de Hacha de muelle)	4 inch (pulg)	3 min/side (cifrado)	3-4 min/side (cifrado)	(La langosta y venas (muslo) se tornan de color opaco cuando se termina de cocinar.)
Lobster Tails 4oz. (Cola de Langosta 4 onzas)	4 inch (pulg)	4 min/side (cifrado)	6 min/side (cifrado)	
Lobster, Live Maine (Langosta entera)	4 inch (pulg)	13-16 min/tail.		Bring large pot of water to a boil. (Drop in lobsters head first. Cook for 2 minutes before placing in NuWave Oven. (Poner la langosta en una cacerola con agua hirviendo y cocer por 2 min. Antes de colocar en el horno.)

## Vegetables (Verduras) / Fruits (Frutas)

Corn on the Cob (Elote)	Either (Cualquiera)	5 min/side (cifrado)	Alternative, season to taste and wrap in foil. (También puede sazonar al gusto y envolver en papel aluminio como otra opción.)
Root Vegetables (Verduras crudas)	Either (Cualquiera)	20-30 min.	Cut into 2 inch cubes, spray with oil. (Cortar en cuadritos de 2 pulgadas. Rocíarlos con aceite.)
Potatoes: Whole (Papas, Enteras) 1/2 Lengthwise (Mitad, o al lo largo); French Fries (A la francesa)	Either (Cualquiera) Either (Cualquiera) Either (Cualquiera)	45-47 min. 30 min. 20 min.	8 ounces each. (8 onzas cada uno.)
Roasted Onions (Cebollas Asadas); Roasted Garlic (Ajos Asados)	4 inch (pulg)	20 min.	Cut 1/2 inch top, brush with oil. (Cortar y quitar 1/2 pulg. de arriba y cepillar con aceite.)
Steamed Broccoli (Espárragos Asados)	4 inch (pulg)	5-6 min.	Varies with thickness. (Varía de acuerdo a lo grueso.)
Squash (Calabaza) Eggplant Whole (Berenjena Entera) Eggplant 1/2 inch slices (Berenjena, rodajas 1/2 pulg)	Either (Cualquiera) Either (Cualquiera) 4 inch (pulg)	30-35 min. 30 min. 12-15 min.	Cut in half, remove seeds and membrane, place in shallow dish, brush with oil. (Cortar a la mitad, quitar cáscara y semillas, colocar en un plato, rociar con aceite.)
Baked Apples (Manzanas Horneadas)	Either (Cualquiera)	18-20 min.	Remove core. (Quitar corazón.)
Baked Pears (Peras Horneadas)	Either (Cualquiera)	20-25 min.	Cut in half, remove core. (Cortar a la mitad, quitar corazón.)

## Pizza / Quesadillas

Pizza / Quesadillas	Rack Height (Altura de la Pernita)	Frozen (Congelada)	Baking Recommendations (Recomendaciones para Hornear) Directions (Indicaciones)
Thin Crust (Pan Delgada)	4 inch (pulg)	15-18 min. (+)	1) Place pizza, cheese side down on NuWave Silicone Pizza Liner. (Coloque la pizza en el sartén de silicona con el queso hacia abajo.)
Regular Crust (Pan Regular)	4 inch (pulg)	18-20 min. (+)	2) Bake crust per time indicated to left or until desired doneness. (Hornear el pan por tiempo indicado o hasta su preferencia.)
Thick Crust (Pan Gruesa)	4 inch (pulg)	20-25 min. (+)	3) Flip pizza, cheese side up and remove NuWave Silicone Pizza Liner. (Gire la pizza con el queso hacia arriba y remueva el sartén de silicona.)
Quesadilla	4 inch (pulg)	4 min/side (cifrado)	4) Bake pizza 3-5 more minutes or until desired doneness. (Hornear la pizza 3-5 minutos más o hasta su preferencia.)

## Helpful Hints (Consejos útiles)

- Times and temperatures are approximate and are to be used as a guideline only.
- For more accurate cooking, an instant read meat thermometer is recommended.
- Any pan or utensil that can be used in a regular oven can also be used in the NuWave Oven.
- In order to ensure even browning, it is recommended that you turn over your food halfway through the cooking time.
- When applying dry seasonings on frozen food, lightly spray cooking oil or wet surface with water so that the seasonings will adhere to the surface.

- Los tiempos y las temperaturas son aproximadas y se utilizan solo como una guía.
- Para cocinar más correctamente debe utilizarse termómetro de carne.
- Cualquier cacerola o utensilio usado en un horno convencional puede ser utilizado en el Horno NuWave.
- Al cocinar la mayoría de los productos, volteelos a la mitad del tiempo para asegurar que se done.
- Cuando ponga sazonadores en comida congelada, aplique un spray anti-adherente o thermoflash la comida primero para que el sazonador se pueda adherir.

# New Wave Oven Cooking Chart Quick Guide

**Daniel F McAuley**

## New Wave Oven Cooking Chart Quick Guide:

*The Innovation Manual* David Midgley,2010-12-03 The Innovation Manual provides a solution to the problems faced by those at the forefront of innovation It takes you through the seven topics that have the highest impact on the success of value innovation be this innovation a new product a new service or a new business model The seven topics are Creating advantage in the minds of many Chartering innovation within the organization Preparing developing and supporting the right team Placing customers at the centre of innovation Changing the organization to deliver the innovation Motivating the right partners and sharing the returns Building momentum in the market Each topic is linked to an organized toolkit that allows managers to apply this knowledge immediately The tools sit within an overall framework to show how they build on and reinforce one another Along with this the book guides busy managers on applying the tools properly detailing the relevance of each for specific industries and how to customize them when necessary *Changing Times* ,1985 **New G. E.**

**Microwave Cookbook** General Electric Company,1983 Food and Nutrition Quarterly Index ,1987 *Microwave Cook Book* ,1976 **The New Yorker** Harold Wallace Ross,William Shawn,Tina Brown,David Remnick,Katharine Sergeant Angell White,Rea Irvin,Roger Angell,1989 The New York Times Magazine ,1990-11 *Kitchen Industry Technical Manual*

National Kitchen and Bath Association Staff,1996-05 **Quick & Easy Cooking** Pamela Westland,1985 **Catalog** Food and Nutrition Information Center (U.S.),1974 **The Consultant** ,1997 **Food and Nutrition Information and**

**Educational Materials Center catalog** Food and Nutrition Information Center (U.S.),1976 **Catalog. Supplement** Food and Nutrition Information and Educational Materials Center (U.S.),1975 *The Magic of Microwave* Joanne

Crocker,1976 **Food Journeys** Barrett Williams,ChatGPT,2024-08-27 Discover the World Through Flavors with Food Journeys Embark on a tantalizing global adventure with Food Journeys an exploration into how food shapes cultures traditions and histories around the world Through meticulous research and vivid storytelling this book takes you on a culinary voyage spanning continents and epochs Uncover the Origins of Ingredients Dive deep into the annals of history with compelling tales of the Spice Trade the Columbian Exchange and the ancient grains that have fed civilizations Learn how these ingredients traveled across the globe influencing and merging into new culinary traditions Master Traditional Cooking Techniques From the bubbling pots of fermented delicacies to the art of baking in ancient hearth ovens Food Journeys delves into the techniques that have been perfected over centuries Discover the secrets behind roasting grilling and other methods that cross cultural boundaries Experience Regional Specialties Indulge your senses with the saucy delights of Europe the vibrant street foods of Southeast Asia and the rich stews and soups of Africa Each region's unique flavors and cooking styles are meticulously profiled offering readers an immersive and mouth watering experience Celebrate with Food and Feasts Join in the festivities with Mexican fiestas Chinese New Year banquets and Moroccan wedding feasts Food Journeys explores how cultures celebrate life's milestones through food capturing the essence of joy and communal spirit Understand the Influence

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