



# 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"**

Beef/Lamb (Res/Cordero)	Rock Height (Altura de la Pampa)	Fresh (Fresca)	Frozen (Congelada)	Internal Meat Temp. (by thermometer) / Notes (Temperatura interna de el termómetro)
Patties, 1/2 inch thick. (Trozo de 1/2 pulgada de grueso)	4 inch (pulg)	4-5 min/side (c/fondo)	6-7 min/side (c/fondo)	150°F (65°C)
Patties 1 inch thick. (Trozo de 1 pulgada de grueso)	4 inch (pulg)	6 min/side (c/fondo)	11 min/side (c/fondo)	150°F (65°C)
Steaks 1 inch thick. (Bistec de 1 pulgada de grueso)	4 inch (pulg)	5-6 min/side (c/fondo) 6-7 min/side (c/fondo) 7-8 min/side (c/fondo) 9-10 min/side (c/fondo)	11 min/side (c/fondo) 13 min/side (c/fondo) 14 min/side (c/fondo) 16 min/side (c/fondo)	Rare (Poco Cocido) 135°-140°F (60°C) Med. Rare (T. Medio) 140°-150°F (65°C) Medium (Cocido) 150°-160°F (71°C) Well-Done (Bien Cocido) 160°-170°F (77°C)
Steaks 2 inch thick. (Bistec de 2 pulgadas de grueso)	4 inch (pulg)	7 min/side (c/fondo) 9 min/side (c/fondo) 10 min/side (c/fondo) 12 min/side (c/fondo)	15-17 min/side (c/fondo) 17-19 min/side (c/fondo) 20-22 min/side (c/fondo) 23-25 min/side (c/fondo)	Rare (Poco Cocido) 135°-140°F (60°C) Med. Rare (T. Medio) 140°-150°F (65°C) Medium (Cocido) 150°-160°F (71°C) Well-Done (Bien Cocido) 160°-170°F (77°C)
Roasts* 3-5 lbs. (Asada* 3-5 lb.) Let rest 10 min. before serving. (Deje reposar 10 min. antes de servir)	1 inch (pulg)	15 min/lb. 18 min/lb. 20 min/lb. 23 min/lb.	25 min/lb. 28 min/lb. 30 min/lb. 33 min/lb.	Rare (Poco Cocido) 120°-129°F (54°C) Med. Rare (T. Medio) 130°-139°F (60°C) Medium (Cocido) 140°-149°F (65°C) Well-Done (Bien Cocido) 150°-159°F (71°C)
<b>Pork (Puerco)</b>				
Bacon (Tocino)	4 inch (pulg)	6 min.	For Extra Crispy, flip and cook an additional 2 minutes. (Para más crujiente volteé y cocine por 2 minutos adicionales.)	
Ham* (Jamon*)	1 inch (pulg)	15 min/lb.	Apply glaze before the last 5 minutes of the cooking time. (Agregue el glaseado antes de los últimos 5 minutos de cocción.)	
Sausage Links (Salchichas)	4 inch (pulg)	4 min/side (c/fondo)	5 min/side (c/fondo)	
Patties (Trozo)	4 inch (pulg)	5 min/side (c/fondo)	7 min/side (c/fondo)	165°F (74°C)
Italian, Bratwurst, Etc. (Italiano)	4 inch (pulg)	5 min/side (c/fondo)	8 min/side (c/fondo)	165°F (74°C)
Chops (Chuletas)	4 inch (pulg)	5 min/side (c/fondo)	10-12 min/side (c/fondo)	160°-170°F (71°-77°C)
Roaster* 3-7 lbs. (Asada* 3-7 lb.)	1 inch (pulg)	20-25 min/lb.	30 min/lb.	160°-170°F (71°-77°C)
Tenderloins* (Lomo*) Small, Pequeño	4 inch (pulg)	10-12 min/side (c/fondo)	20 min/side (c/fondo)	160°-170°F (71°-77°C)
Spare Ribs* (Costilla al gusto*)	Either (Cualquier)	15 min/side (c/fondo)	25 min/side (c/fondo)	160°-170°F (71°-77°C)
Country Style Ribs* (Costilla Estilo Country*)	4 inch (pulg)	13 min/side (c/fondo)	20 min/side (c/fondo)	160°-170°F (71°-77°C)
Hot Dogs	4 inch (pulg)	6 min/side (c/fondo)	10 min/side (c/fondo)	150°F (65°C)
<b>Chicken (Pollo)</b>				
Pieces: Breasts, Legs, Thighs (Piezas: Pechugas, piernas, muslos)	4 inch (pulg)	10 min/side (c/fondo)	13 min/side (c/fondo)	170°F (76°C)
Whole** (Completo**)	1 inch (pulg)	15-17 min/lb.	25-30 min/lb.	180°F (82°C)
Boneless/Skinless Breasts (Pechuga sin hueso y piel)	4 inch (pulg)	7-8 min/side (c/fondo)	10 min/side (c/fondo)	170°F (76°C)
<b>Eggs (Huevos)</b>				
Boiled (Hervidos)	11 inch (pulg)	8-11 min/(lado)	Cook time based on doneness, let cool, rinse with cool water, peel, serve. (Tiempo de cocinar basado en la madurez, dejar enfriar, lavar con agua fría, pelar, servir.)	
<b>Turkey (Pavo)</b>				
Whole** 8-10 lb. (Completo** 8-10 lb.)	1 inch (pulg)	12 min/lb.	15 min/lb.	180°F (82°C)
Breasts** 5-7 lb. (Pechuga** 5-7 lb.)	1 inch (pulg)	12 min/lb.	15 min/lb.	180°F (82°C)
Legs (Piernas)	1 inch (pulg)	23 min/side (c/fondo)	30 min/side (c/fondo)	180°F (82°C)
Wings (Alas)	1 inch (pulg)	15 min/side (c/fondo)	23 min/side (c/fondo)	180°F (82°C)
<b>Poultry</b>				
Cornish Hen/Whole*** 1-1½ lb. (Gordomiz, Completo*** 1-1½ lb.)	1 inch (pulg)	25-30 min/lb.	50 min/lb.	170-180°F (77°-82°C)
Duck, Whole*** 5-6 lb. (Pato, Completo*** 5-6 lb.)	1 inch (pulg)	60 min/lb.	120 min/lb.	170-180°F (77°-82°C)

\*Beef and Pork Roasts, Tenderloins and Ribs, start with the fatty side up and turn meat when halfway through the cooking time. (Asados de Res y cerdo, Lomo y Costillas, coloque la parte con grasa hacia arriba y volteé cuando el tiempo llegue a la mitad.)

\*\*Whole poultry, start with the breast side down and turn meat when halfway through the cooking time. (Aves completa comenzando por el lado de la pechuga hacia abajo, volteélo a la mitad del tiempo.)

# Nuwave Oven Cooking Guide

**RD Boyd**

## **Nuwave Oven Cooking Guide:**

## Unveiling the Magic of Words: A Report on "**Nuwave Oven 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 truly awe-inspiring. Enter the realm of "**Nuwave Oven Cooking Guide**," a mesmerizing literary masterpiece penned with 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 into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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