

Quick & Easy Cooking Guide

All cooking times are based on a temperature of 350°F/175°C



Beef & Lamb

Ribs: 2-10 lbs.

	Rack Height	Internal Temp.	Fresh	Frozen
	1-inch	125-130°F/51-54°C	15-17 min/lb Rare	20-21 min/lb Rare
		130-135°F/54-57°C	17-19 min/lb Med. Rare	21-23 min/lb Med. Rare
		135-140°F/57-60°C	19-20 min/lb Medium	22-23 min/lb Medium
		155°F/68°C+	21+ min/lb Well Done	24+ min/lb Well Done

Burgers: 1/2-in. thick

	3-inch	160°F/71°C+	5-7 min/side	8-9 min/side
	3-inch	125-130°F/51-54°C	9-10 min/side Rare	10-11 min/side Rare
		130-135°F/54-57°C	10-12 min/side Med. Rare	11-12 min/side Med. Rare
		135-140°F/57-60°C	12-14 min/side Medium	12-13 min/side Medium
		155°F/68°C+	14+ min/side Well Done	14+ min/side Well Done

Pork

Ham (Precooked)

	1-inch	145°F/62°C+	16-18 min/lb	20-23 min/lb
	3-inch	160°F/71°C+	5-6 min/side	8-10 min/side
	3-inch	160°F/71°C+	5-6 min/side	N/A
	3-inch	160°F/71°C+	5-6 min/side	10-12 min/side
	3-inch	145°F/62°C+	5-6 min/side	7-9 min/side
	1-inch	145°F/62°C+	17-19 min/side	22-25 min/side
	3-inch	145°F/62°C+	12-14 min/side	18-20 min/side
	1-inch	160°F/71°C+	18-22 min/side	22-24 min/side

Sausage

Bacon

Salami, Bratwurst, Etc.

Chops

Ribs: 3-7 lbs.

Tenderloin: 2-4 lbs.

Spine Ribs

	1-inch	145°F/62°C+	16-18 min/lb	20-23 min/lb
	3-inch	160°F/71°C+	5-6 min/side	8-10 min/side
	3-inch	160°F/71°C+	5-6 min/side	N/A
	3-inch	160°F/71°C+	5-6 min/side	10-12 min/side
	3-inch	145°F/62°C+	5-6 min/side	7-9 min/side
	1-inch	145°F/62°C+	17-19 min/lb	22-25 min/lb
	3-inch	145°F/62°C+	12-14 min/lb	18-20 min/lb
	1-inch	160°F/71°C+	18-22 min/lb	22-24 min/lb

Poultry

Chicken, (Bone-in) Pieces

Chicken, 1/4-in. (Boneless/Skinless) Breasts
(Thickness added 2 min/s per 1/4-in.)

	3-inch	165°F/73°C+	13-14 min/side	15-17 min/side
	3-inch	165°F/73°C+	11-13 min/side	14-15 min/side
	1-inch	165°F/73°C+	17-21 min/lb	20-24 min/lb
	1-inch	165°F/73°C+	10-12 min/lb	14-16 min/lb
	1/4-in. (Boneless/Skinless)	165°F/73°C+	10-12 min/lb	14-16 min/lb
	1/4-in. (Boneless/Skinless)	165°F/73°C+	10-12 min/lb	14-16 min/lb
	1-inch	165°F/73°C+	10-12 min/lb	14-16 min/lb
	1-inch	160°F/71°C+	13 min at 300°F	N/A

Turkey, Whole: 8-10 lbs.

Turkey, Whole: 11-14 lbs.

Turkey, Breasts: 5-7 lbs.

Eggs

	1-inch	165°F/73°C+	10-12 min/lb	14-16 min/lb
	1-inch	165°F/73°C+	10-12 min/lb	14-16 min/lb
	1/4-in. (Boneless/Skinless)	165°F/73°C+	10-12 min/lb	14-16 min/lb
	1/4-in. (Boneless/Skinless)	165°F/73°C+	10-12 min/lb	14-16 min/lb
	1-inch	165°F/73°C+	10-12 min/lb	14-16 min/lb
	1-inch	160°F/71°C+	13 min at 300°F	N/A

Seafood

Fish, Steaks & Fillets: 1/2-in.

Shrimp & Scallops

Lobster Tails: 4 oz. (Small)

Crab Legs

	3-inch	145°F/62°C+	5-6 min/side	7-9 min/side
	3-inch	145°F/62°C+	3-4 min/side	4-6 min/side
	3-inch	145°F/62°C+	4-5 min/side	6-8 min/side
	3-inch	145°F/62°C+	4-6 min/side	6-10 min/side
	1-inch	145°F/62°C+	10-12 min/lb	14-16 min/lb
	1-inch	160°F/71°C+	15-20 min/lb	20-25 min/lb

Vegetables

Home Fries (1/2-in. thick)

Potato, whole: Med. Size

Steamed Broccoli & Cauliflower
(Cook Both Items with Green Leaf if Fresh)

Steamed, Asparagus, Brussels Sprouts & Broccoli

Roasted,

Onion, Garlic, Peppers,

Zucchini and Yellow Squash

	3-inch	140°F/60°C+	10 min/side	N/A
	3-inch	140°F/60°C+	30-40 min	N/A
	1-inch	140°F/60°C+	10-15 min	N/A
	1-inch	140°F/60°C+	25-35 min	30-40 min
	1-inch	140°F/60°C+	15-20 min	N/A

Frozen Ready-Made Foods

Chicken Wings, Tenders & Nuggets

Frozen Macaroni (In Onion-Rule Chunks)

Onion Rings

Mozzarella Sticks

	3-inch	165°F/73°C+	5-6 min/side
	3-inch	165°F/73°C+	5-6 min/side
	3-inch	165°F/73°C+	5-6 min/side
	3-inch	165°F/73°C+	5-6 min/side
	3-inch	160°F/71°C+	15-20 min/lb

NOTE: Flip larger sized items halfway through cooking.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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Nuwave Meat Cooking Guide

Air Fryer Lab

Nuwave Meat Cooking Guide:

The Complete NuWave Oven Cookbook Julia Scott,2016-07-24 The Complete NuWave Oven Cookbook will help you get the most out of your NuWave Oven Includes recipes for breakfast lunch and dinner as well as snacks appetizers and baked goods Instructions provide both power level and temperature conversion **Wave Oven Recipes Cookbook** Darnell McGavock Sr.,2021-02-26 100 recipes for countertop cookers **Nuwave Air Fryer Cookbook** Air Fryer Lab,2021-05-20 55% OFF for Bookstores NOW at 20 32 instead of 36 95 DISCOVER DELICIOUS TIME SAVING AND EASY TO COOK NUWAVE AIR FRYER RECIPES Your Customers Will Never Stop to Use This Cookbook Would you like to eat your favorite foods like pizza fried chicken onion rings and even cakes all in one place Do you feel sick and tired of the same old boring meals that take hours to cook If you answered Yes to at least one of these questions please read on Inside this Nuwave Cookbook you ll discover nicely structured and very detailed easy to cook recipes for just about any occasion you can think of And you won t even need 10 different kitchen appliances to cook them tons of kitchen space and cooking time saved In fact you ll only need one You DON T have to spend much time cooking because you can make a delicious meal for the whole family in just 30 minutes Take a look at what you ll discover inside Healthy and Low Fat NUWAVE Air Fryer Recipes for just about every occasion you desire Breakfast Recipes Amazing Poultry Meat and Fish Seafood Recipes Healthy collection of Vegetable and Soups Recipes Special categories about Snack Dessert Detailed instructions cooking time and even expanded nutritional information included this is how you don t lose your body shape while eating delicious and well balanced food Lots of photos of the final result find out immediately what you re going to cook And you don t have to be an experienced chef to make it work for you This cookbook will effortlessly put the cooking knowledge in your mind while you are already enjoying your first amazing convection oven meals So don t wait Buy it NOW and let your customers get addicted to this amazing book

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Nuwave Air Fryer Oven Cookbook for Beginners

Jeniffer Parker,2019-10-16 Nuwave Air Fryer Oven Cookbook for Beginners Amazingly Easy Recipes to Fry Bake Grill and Roast with Your Nuwave Air Fryer OvenThe Nuwave Air Fryer Oven is an easy way to cook delicious healthy meals Rather than cooking the food in oil and hot fat that may affect your health the machine uses rapid hot air to circulate around and cook meals This allows the outside of your food to be crispy and also makes sure that the inside layers are cooked through Nuwave Air Fryer Oven allows us to cook almost everything and a lot of dishes We can use the Nuwave Air Fryer Oven to cook Meat vegetables poultry fruit fish and a wide variety of desserts It is possible to prepare your entire meals starting from appetizers to main courses as well as desserts Not to mention Nuwave Air Fryer Oven also allows homemade preserves or even delicious sweets and cakes Benefits of the Nuwave Air Fryer Oven Healthier oil free meals It eliminates cooking odors through internal air filters Makes cleaning easier due to lack of oil grease Air Fryers are able to bake grill roast and fry providing more options A safer method of cooking compared to deep frying with exposed hot oil Has the ability to set and leave as most models and it includes a digital timerEnjoy

Nuwave Air Fryer Cookbook for Beginners

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dishes We can use the Nuwave air Fryer to cook Meat vegetables poultry fruit fish and a wide variety of desserts It is possible to prepare your entire meals starting from appetizers to main courses as well as desserts Not to mention Nuwave air fryer also allows home made preserves or even delicious sweets and cakes Benefits of the Nuwave Air Fryer Healthier oil free meals It eliminates cooking odors through internal air filters Makes cleaning easier due to lack of oil grease Air Fryers are able to bake grill roast and fry providing more options A safer method of cooking compared to deep frying with exposed hot oil Has the ability to set and leave as most models and it includes a digital timerEnjoy **NuWave Air Fryer Oven Cookbook for Beginners** Hubert Syed,2020-05-20 NuWave Air Fryer Oven Cookbook for Beginners 400 Tasty and Unique Recipes for Healthy Meals NuWave Air Fryer Oven Cookbook is the only recipe book you need to enjoy your favorite fried foods with a healthy twist The Nuwave Air Fryer Oven is an easy way to cook delicious healthy meals Rather than cooking the food in oil and hot fat that may affect your health the machine uses rapid hot air to circulate around and cook meals This allows the outside of your food to be crispy and also makes sure that the inside layers are cooked through Nuwave Air Fryer Oven allows us to cook almost everything and a lot of dishes We can use the Nuwave Air Fryer Oven to cook Meat vegetables poultry fruit fish and a wide variety of desserts It is possible to prepare your entire meals starting from appetizers to main courses as well as desserts Not to mention Nuwave Air Fryer Oven also allows homemade preserves or even delicious sweets and cakes Benefits of the Nuwave Air Fryer Oven Healthier oil free meals It eliminates cooking odors through internal air filters Makes cleaning easier due to lack of oil grease Air Fryers are able to bake grill roast and fry providing more options A safer method of cooking compared to deep frying with exposed hot oil Has the ability to set and leave as most models and it includes a digital timerEnjoy Get your copy NOW

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which cooks the food giving it a nice golden brown color and making the food crispy The greatest thing about NuWave Oven is that you can use them to make practically anything from heating frozen foods and making chicken wings to baking donuts and extra crispy cookies an air fryer is a perfect choice But what if you're not experienced in using an NuWave Oven or you're not that good at cooking Well that's what this NuWave Oven cookbook for beginners will help you out with It contains many delicious recipes that are written in a beginner friendly way The book will guide you step by step through the cooking process Just carefully follow the instructions and there is no way that you will make a mistake The end result will be perfectly prepared food every single time Here's what you can learn from our cookbook How to use an NuWave Oven like a pro The right way to prepare appetizers and snacks NuWave recipes for cooking poultry pork beef and lamb and seafood the healthy way Tasty vegetable recipes that can be served on any occasion Using a NuWave Oven is an excellent way to cook food the healthy way since it doesn't require much oil These recipes will allow you to get all the great tastes you love in your favorite fried foods without the fat Oh and if you have any dietary restrictions don't worry This cookbook has plenty of great recipes that cater to all your specific needs With the help of this cookbook you can impress your friends and family with your new cooking skills Numerous pages of mouth watering recipes are just one click away Scroll up click on Buy Now with 1 Click and Get Your Copy Now Click and Get Your Copy Now *NuWave Oven Heavenly Cookbook* Angelica Anderson,2017 With over 3 million units sold the NuWave Oven is the world's 1 countertop oven The Nu Wave Oven and The NuWave Oven Pro are simple and easy to use and they cook faster and healthier than a standard conventional ovens Best of all the NuWave Oven can cook foods directly from frozen so there's no need to defrost Let NuWave Oven Expert Chef Angela B Anderson show you how to make fast easy to prepare delicious recipes right on your countertop in your NuWave Oven or NuWave Oven Pro She'll cover everything you've dreamed of cooking in your NuWave oven From Meat Fish and Vegetarian dishes even Snacks and mouth watering Desserts *NuWave Air Fryer Oven Cookbook for Beginners* Hubert Syed,2020-05-20 NuWave Air Fryer Oven Cookbook for Beginners 400 Tasty and Unique Recipes for Healthy Meals NuWave Air Fryer Oven Cookbook is the only recipe book you need to enjoy your favorite fried foods with a healthy twist The Nuwave Air Fryer Oven is an easy way to cook delicious healthy meals Rather than cooking the food in oil and hot fat that may affect your health the machine uses rapid hot air to circulate around and cook meals This allows the outside of your food to be crispy and also makes sure that the inside layers are cooked through Nuwave Air Fryer Oven allows us to cook almost everything and a lot of dishes We can use the Nuwave Air Fryer Oven to cook Meat vegetables poultry fruit fish and a wide variety of desserts It is possible to prepare your entire meals starting from appetizers to main courses as well as desserts Not to mention Nuwave Air Fryer Oven also allows homemade preserves or even delicious sweets and cakes Benefits of the Nuwave Air Fryer Oven Healthier oil free meals It eliminates cooking odors through internal air filters Makes cleaning easier due to lack of oil grease Air Fryers are able to bake grill roast and fry providing more options A safer method of cooking compared to deep frying with

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