



Quick & Easy Cooking Guide

Great Tasting Food Naturally™



Fish	Rack Height	Power Level	Fresh Food	Frozen Food	Special Instructions
Filets, 1/2 inch thick	4 inch	Hi	4 min.	7 min.	150°F (65°C)
Steaks and Filets 1 inch thick	4 inch	Hi	8 min.	15 min.	150°F (65°C)
Whole Fish 3- 4 inches thick	1 inch	Hi	25 min.	45 min.	150°F (65°C)

Shellfish

Shrimp	4 inch	Hi	5-7min.	7-12 min.	Cook time may vary with size
Scallops, Sea	4 inch	Hi	7 min.	9 min.	
Scallops, Bay	4 inch	Hi	5 min.	6-7min.	
Lobster, Live Maine	4 inch	Hi	13-16 min/lb.		Bring large pot of water to a boil. Drop in Lobsters headfirst. Cook for 2 minutes before placing in Nu-Wave Oven
Lobster Tails - 4oz.	4 inch	Hi	6 min.	8 min.	

Vegetables

Corn on the cob	either	Hi	10 min.		
Root Vegetables such as: Potatoes, Carrots, Turnips, Rutabagas, etc.	4 inch	Hi	25 min.		Cut into 2 inch cubes. Spray with oil.
Potatoes, Whole	either	Hi	45-60 min.		8 ounces each
1/2 Lengthwise	either	Hi	30 min.		
French Fries	4 inch	Hi	20 min.		
Sweet Potatoes	either	Hi	45-60 min.		8 ounces each
Roasted Onions	4 inch	Hi	20 min.		Cut 1/2 inch off top, brush with oil.
Roasted Garlic	4 inch	Hi	25 min.		
Roasted Asparagus	4 inch	Hi	5-8 min.		Varies with thickness
Acorn Squash	either	Hi	30 min.		Cut in half, remove seeds and membrane, place in shallow dish, brush with oil.
Butter Nut Squash	either	Hi	35 min.		
Eggplant, 1/2 inch slices	4 inch	Hi	12-15 min.		
Eggplant, Whole	1 inch	Hi	40 min.		

Fruits

Baked Apples	either	Hi	20 min.		Remove core
Baked Pears	either	Hi	25 min.		Cut in half. Remove core

HELPFUL HINTS

Times and Temperatures are approximate and are to be used as guideline only.

For most accurate cooking, a **meat thermometer** should be used.

Any pan or utensil that can go into a regular oven can go into the Nu-Wave Oven.

When cooking most food items, **turn over** at halfway point to ensure even browning.

When using dry seasonings on frozen food, apply a non-stick cooking spray or wet with water first so seasonings will adhere.

The use of **oven mitts** is recommended.

PLEASE READ BOOKLET FOR COMPLETE INSTRUCTIONS

Nuwave Mini Cooking Guide

Hubert Syed



Nuwave Mini Cooking Guide:

Nuwave Air Fryer Cookbook Air Fryer Lab,2021-05-20 55% OFF for Bookstores NOW at 20 32 instead of 36 95

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NuWave Oven Cookbook for Beginners Anthony Jones,2020-04-11 Discover How to Cook Mouth Watering NuWave Oven Recipes That Will Allow You to Fry Food in a Healthy Way Who said that pizza doughnuts and chicken wings can t be a part of a healthy diet With the help of an air fryer you can give your food a crispy fried texture without deep frying it actually NuWave Oven has become incredibly popular once people became aware of their potential This appliance works by circulating super hot air 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

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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 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 **Nuwave Oven Cookbook** Cooking With a Foodie,2015-11-12 The Nuwave Oven Cookbook will change your life This quick easy to use recipe book will show you how to get the most out of the most revolutionary home kitchen appliance ever made Now you can prepare a nutritious meal for the family effortlessly because this machine is actually more like a 5 in 1 model You can air fry dehydrate bake and even cook using infrared radiation or induction cooking methods The Nuwave Oven Cookbook on how to prepare an entire meal under 20 minutes make homemade dehydrated fruits that don t suck create lunches and dinners with natural healing foods make nutritious and filling meals with nothing but a few ingredients and your Nuwave We even included the most popular recipes people search

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