

# 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/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

## 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. thick	165°F/73°C+	10-12 min/lb	14-16 min/lb
	1/4-in. thick	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+	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. thick	165°F/73°C+	10-12 min/lb	14-16 min/lb
	1/4-in. thick	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	160°F/60°C+	10 min/side	N/A
	3-inch	160°F/60°C+	30-40 min	N/A
	1-inch	160°F/60°C+	10-15 min	N/A
	1-inch	160°F/60°C+	25-35 min	30-40 min
	1-inch	160°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/60°C+	15-20 min/lb

NOTE: Flip larger items several times for thorough 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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# Mini Nuwave Quick And Easy Cooking Guide

**Lei Huang**

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