

# 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+	5-8 min/side	8-10 min/side
	3-inch	160°F/71°C+	5-8 min/side	N/A
	3-inch	160°F/71°C+	5-8 min/side	10-12 min/side
	3-inch	145°F/62°C+	5-8 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+	5-8 min/side	8-10 min/side
	3-inch	160°F/71°C+	5-8 min/side	N/A
	3-inch	160°F/71°C+	5-8 min/side	10-12 min/side
	3-inch	145°F/62°C+	5-8 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/lb per 1/4-in.)

Chicken, Whole: 2-8 lbs.

Turkey, Whole: 8-12 lbs.

Turkey, Whole: 11-16 lbs.

Turkey, Breasts: 5-7 lbs.

Eggs

	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
	1/2-in. min/lb	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+	5-8 min/side	7-9 min/side
	3-inch	145°F/62°C+	3-4 min/side	4-5 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	8-13 min/side

## Vegetables

Home Fries: (1/2-in. thick)

Potato, whole: Med. Size

Steamed Broccoli & Cauliflower  
(Frozen: Both items with Green Leaf on Flew)

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+	5-8 min/side
	3-inch	165°F/73°C+	5-8 min/side
	3-inch	165°F/73°C+	5-8 min/side
	3-inch	165°F/73°C+	5-8 min/side

**NOTE:** Flip larger items several times thoroughly throughout cooking.

Consuming raw or undercooked meats, poultry, seafood, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. General Disinfectant Only. Please see food source for best practices. For cooking guidelines refer to [www.fsis.usda.gov](http://www.fsis.usda.gov) or [www.fda.gov](http://www.fda.gov).

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# Nuwave Cooking Guide

**Shanet Cunanan**

## Nuwave 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 **Complete Guide for Your Nuwave Oven** Judy Preston,2018-05-11 This book will completely change your understanding of healthy food From now on you will know that fried food can be useful Take the dust off your NuWave Oven and start to create amazing oil free fried food for two Delicious quick and healthy budget friendly meals with the help of the most popular kitchen appliance NuWave Oven When you hear about NuWave Oven you probably don t think about Low Fat Granola Rib Roast Bacon Wrapped Chicken and etc But it sounds not crazy at all with the help of this cookbook you will be able to prepare all these tasty meals Moreover this NuWave Oven Cookbook will help provide you main advantages of air fryer cooking To help you get all benefits from Nuwave Oven Cooking we designed this Cookbook where Collected most valuable breakfast poultry seafood and dessert recipes You will enrich your life with healthy meals Your cooking level will increase You will cook delicious oil free meals and lose your weight Under the cover of this book you ll find Savory recipes for your family for any occasion Most delicious NuWave Oven Recipes Preparation cooking time Complete list of ingredients for each recipe Only simple and tasty recipes which can be applied to any experience level in cooking Go ahead and grab you valuable copy right away **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

[NuWave Oven Cookbook](#) Dylanna Press, 2016-07-23 Many people are excited when they first purchase a NuWave Oven but aren't really sure what to do with it. While the NuWave Oven is great for roasting chicken and other meats, it has the potential to be used for so much more. This book contains a plethora of recipes that can all be made quickly and easily right in your NuWave Oven.

**Nuwave Air Fryer Oven Cookbook for Beginners** Clifton P. Maddox, 2021-06-05 Air Fryer Oven is an amazing tool to save time and money cooking delicious meals that otherwise would take hours to make. However, sometimes we get bored preparing the same meals every day. In this best seller, you'll learn how to cook 2021's most affordable 1000 Days of Quick And Easy Budget Friendly Recipes for beginners. You will learn An Nuwave Air Fryer Oven Cookbook for Beginners. Together with detailed instructions on how to start using your Air Fryer Oven, you will find mouth watering recipes that are very simple to make. Just get your Air Fryer Oven ready and let my cookbook guide you through the simplified steps required to cook each meal. Nutritional Information: All meals included nutritional information which will make it ideal to organize how many serves you want to cook depending on how many people are going to enjoy the delicious meals included in this Air Fryer Oven Cookbook. A wide variety of recipes for all tastes. You will never get tired of the variety of recipe included in the cookbook. So don't wait, get it now and start your healthy lifestyle.

**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 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

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**Complete Guide for Your Nuwave Oven** Judy Preston,2018-05-07 This book will completely change your understanding of healthy food From now on you will know that fried food can be useful Take the dust off your NuWave Oven and start to create amazing oil free fried food for two Delicious quick and healthy budget friendly meals with the help of the most popular kitchen appliance NuWave Oven When you hear about NuWave Oven you probably don t think about Low Fat Granola Rib Roast Bacon Wrapped Chicken and etc But it sounds not crazy at all with the help of this cookbook you will be able to prepare all these tasty meals Moreover this NuWave Oven Cookbook will help provide you main advantages of air fryer cooking To help you get all benefits from Nuwave Oven Cooking we designed this Cookbook where Collected most valuable breakfast poultry seafood and dessert recipes You will enrich your life with healthy meals Your cooking level will increase You will cook delicious oil free meals and lose your weight Under the cover of this book you ll find Savory recipes for your family for any occasion Most delicious NuWave Oven Recipes Preparation cooking time Complete list of ingredients for each recipe Only simple and tasty recipes which can be applied to any experience level in cooking Go ahead and grab you valuable copy right away [\*\*NuWave Oven Heavenly Cookbook\*\*](#) Angelica B Anderson,2014-09-08 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 These recipes from the countertop kitchen of NuWave Oven cooking expert Angela B Anderson are indeed Heavenly The Food Network Bravo Delicious easy and oh so good Good Housekeeping     **Best Nuwave Cookbook** Judy Preston,2018-05-08 This book will completely change your understanding of healthy food From now on you will know that fried food can be useful Take the dust off your NuWave Oven and start to create amazing oil free fried food for two Delicious quick and healthy budget friendly meals with the help of the most popular kitchen appliance NuWave Oven When you hear about NuWave Oven you probably don t think about Low Fat Granola Rib Roast Bacon Wrapped Chicken and etc But it sounds not crazy at all with the help of this cookbook you will be able to prepare all these tasty meals Moreover this NuWave Oven Cookbook will help provide you main advantages of air fryer cooking To help you get all benefits from Nuwave Oven Cooking we designed this Cookbook where Collected most valuable breakfast poultry seafood and dessert recipes You will enrich your life with healthy meals Your cooking level will increase You will cook delicious oil free meals and lose your weight Under the cover of this book you ll find Savory recipes for your family for any occasion Most delicious NuWave Oven Recipes Preparation cooking time Complete list of ingredients for each recipe Only simple and tasty recipes which can be applied to any experience level in cooking Go ahead and grab you valuable copy right away     **NuWave Oven Cookbook** Shanet Cunanan,2017-08-14 Nuawave Oven Cookbook Your Guide to a Fast and Delicious Way of Cooking was made to help you know more about your NuWave Oven and maximize its usage This cookbook also provides you with 80 delicious recipes that are divided into eight different categories to complete your experience with your NuWave Oven Here is a Preview of What to See Inside Advantages in cooking with the NuWave Oven Temperature Conversion Guide Tips for Cooking and Cleaning your NuWave Oven Specific Recipes All that and more when you buy this NuaWave Oven Cookbook     **Nuwave Oven Cookbook**

Judy Preston,2018-04-26 This book will completely change your understanding of healthy food From now on you will know that fried food can be useful Take the dust off your NuWave Oven and start to create amazing oil free fried food for two Delicious quick and healthy budget friendly meals with the help of the most popular kitchen appliance NuWave Oven When you hear about NuWave Oven you probably don t think about Low Fat Granola Rib Roast Bacon Wrapped Chicken and etc But it sounds not crazy at all with the help of this cookbook you will be able to prepare all these tasty meals Moreover this NuWave Oven Cookbook will help provide you main advantages of air fryer cooking To help you get all benefits from Nuwave Oven Cooking we designed this Cookbook where Collected most valuable breakfast poultry seafood and dessert recipes You will enrich your life with healthy meals Your cooking level will increase You will cook delicious oil free meals and lose your weight Under the cover of this book you ll find Savory recipes for your family for any occasion Most delicious NuWave Oven Recipes Preparation cooking time Complete list of ingredients for each recipe Only simple and tasty recipes which can be

applied to any experience level in cooking Go ahead and grab you valuable copy right away [NuWave Air Fryer Oven Cookbook](#) Amy Whitelegge,2020-12-02 Nuwave Air Fryer Oven Cookbook 2020 The best of Nuwave Air Fryer Oven Cookbook You Will Need in Your Kitchen What will you look find in this book An Nuwave Air Fryer Oven Cookbook for Beginners Follow detailed instructions on how to start using your Nuwave Air Fryer Toaster Oven you will find mouth watering recipes that are very easily and quickly to make Just get your Nuwave Air Fryer Toaster Oven ready and open cookbook it will guide you cook your like meal through the simplified steps About Nutritional Information All meals included nutritional information which will be useful if you are following a diet or simply want to check your daily calorie intake in check Also keep track of your healthy state A variety of recipes for all tastes In this book included 500 recipes you will never get tired of the daily meals also you can cook it use different ways such as crisp bake roaster and so on I hope you will enjoy this Nuwave Air Fryer Oven Cookbook for your daily meals Now start cooking [Nuwave Oven Cookbook](#) Lorraine Benedict,2013-04 The NuWave oven is one of the world s most amazing countertop cooking devices By combining the power of conduction convection and infrared cooking the NuWave Oven cooks foods thoroughly and quickly You may have purchased one of these ovens as a result of the many tantalizing infomercials you ve seen on TV but if you have one you know it includes only a small pamphlet of recipes well now there is a cookbook of 101 fantastic mouth watering recipes that allows you really maximize the versatility of your Nu Wave oven The Nu Wave oven allows you to cook delicious meals in half the time of a regular oven You ll be amazed at what you can cook in your Nu Wave oven recipes you never before dreamed possible The Nu Wave Oven Cookbook covers it all Beef Lamb Pork Chicken Turkey Seafood Casseroles Vegetarian Pastry Breakfast Biscuits Puddings and Desserts Muffins even Pizza So treat yourself to this wonderful cookbook that wil serve you and your family for years to come with 101 tried and tested recipes that will put you in culinary heaven About The Author Lorraine Benedict is a well known chef and a graduate of the presigious Le Cordon Bleu Academy Testimonials A comprehensive and delicious collection of recipes for an amazing device Jacques Pepin [Nuwave Oven Cookbook: Over 100 Quick and Easy Recipes](#) April Stewart,2017-01-25 Over 100 Simple and Delicious Recipes Do you want to prepare meals MESS FREE Are you interested in learning easy and fast recipes for your NuWave Cooker Mess free easy quick and nutritious cooking is said to be the stuff from myths and legends After all if it is quick how can it be nutritious And if it is easy how can it be mess free Presenting to you the NuWave oven that cooks quickly allows food to hold its nutritional value easy to clean and all you have to do is dump your ingredients in it and sit back on the couch while it does the cooking As easy as that With the NuWave oven you can bake roast grill and steam all of your food in half the time This book contains over 100 recipes that can easily be made using the NuWave oven These are regular and familiar recipes like Shepherd s Pie that have been adapted to the NuWave style of cooking A whole new world of cooking is waiting to welcome you So what are you waiting for let s get started [NuWave Oven Cookbook for Beginners](#) Frankie Nicholson,2018-06-02 This is a collection of healthy and tasty recipes that you can

quickly prepare with your NuWave Oven recipes cookbook The NuWave Oven is a multi purpose kitchen appliance that sits on your countertop offering three styles of heat convection infrared and conduction This unique NuWave Oven Cookbook results in saving a whole lot of time and energy while at the same time trims extra fats and calories from your foods No need to worry about preheating your foods with your NuWave Oven nor will you have to defrost foods before placing them in the oven With the use of the NuWave Oven you can prepare many different food items Red meat Poultry Vegetables Seafood And a whole lot more Imagine your NuWave oven will not only re heat food but it will breathe new life into it Picture re heating some refrigerated fried chicken breast leftovers The extra fat drips away leaving you with a beautiful piece of fat free crispy chicken to enjoy *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 timer Enjoy Get your copy NOW

**Nuwave Oven Cookbook** Jesse Adler,2017-01-29 Welcome to the world of the NuWave Oven This ingenious new idea is designed to save you time and effort and uses a unique combination of three types of heat convection conduction and infrared No pre heating and no need to defrost food before placing it in the oven All you have to do is take the food from the freezer and place it into your NuWave oven Once you ve set the timer you don t have to do anything else other than enjoy your meal And it s healthy No extra fat is needed for cooking in a NuWave oven making this new idea a healthy choice for your family The unique design also ensures that all the excess fat from your food drains away leaving you with succulent and delicious low fat food The advantages don t stop there The NuWave Oven also Saves you time Makes meat and fish irresistible Saves energy Reheats leftovers to their original standard NuWave Oven Cookbook also provides you with dozens of great recipes to get you started making this the only book you will ever need for the complete experience with your new NuWave Oven Get your copy now **Nuwave Air Fryer Cookbook for Beginners** Noah Williams,2020-11-25 600 Easy Healthy and Drool worthy Nuwave Air Fryer Recipes for Quick Hassle Free Frying The Nuwave Air Fryer Cookbook turns

your air fryer into an all purpose cooking machine With 600 recipes the Cookbook goes beyond Air fry to give you inspired meals that are Air Roast Air Broil Bake Dehydrate Keep Warm Toast Bagel and more The cookbook is comprised of delicious collection of recipes that are suitable for all tastes Each recipe is simple to make full of flavor and offers healthier alternatives to traditionally fried foods In this fantastic cookbook you will find hot tips and tasty recipes for cooking with this incredible cooking appliance The cookbook has plenty of content in the following categories Lots of Poultry Beef and Pork air fryer recipes Great variety of Breakfast Lunch recipes Quick Snacks and Side Dishes Vegetables and Vegetarian air fryer recipes The Most Wanted healthy air fryer recipes for Sweets Desserts look inside and see all categories It's time to discover new ways to bring your cooking skill to new heights Pick up The Nuwave Air Fryer Cookbook and transform the way you cook Get a copy of this Cookbook and makes mouthwatering delicious easy for you to enjoy for every day Click the BUY NOW button to start your new Air Fryer lifestyle

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