



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 Pámita)	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)	8 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)
Pork (Puerco)				
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)
Chicken (Pollo)				
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)
Eggs (Huevos)				
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, enfriar con agua fría, pelar, servir.)	
Turkey (Pavo)				
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)
Poultry				
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 Infrared Oven Cooking Guide

Cooking With a Foodie

Nuwave Infrared Oven 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

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

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About The Author Lorraine Benedict is a well known chef and a graduate of the presigious Le Cordon Bleu Academy

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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

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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

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 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 Copy Now Click and Get Your Copy Now

The 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

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

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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 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

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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 Shanet Cunanan,2017-08-14 Nuwave 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

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Nuwave Infrared Oven Cooking Guide Introduction

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