



Beef & Lamb

	Rack Height	Internal Temp.	Fresh	Frozen
Roasts 2-10 lbs	1-inch	125-130°F/51-54°C 130-135°F/54-57°C 135-140°F/57-60°C 155°F/68°C+	15-17 min/lb Rare 17-19 min/lb Med. Rare 19-20 min/lb Medium 21+ min/lb Well Done	20-21 min/lb Rare 21-22 min/lb Med. Rare 22-23 min/lb Medium 24+ min/lb Well Done
Burgers ½-in thick	3-inch	160°F/71°C+	5-7 min/side	8-9 min/side
Steaks 1-in thick	3-inch	125-130°F/51-54°C 130-135°F/54-57°C 135-140°F/57-60°C 155°F/68°C+	5-6 min/side Rare 6-7 min/side Med. Rare 7-8 min/side Medium 9+ min/side Well Done	10-11 min/side Rare 11-12 min/side Med. Rare 12-13 min/side Medium 14+ min/side Well Done

Pork

Ham (Precooked)	1-inch	145°F/63°C+	15-18 min/lb	20-23 min/lb
Sausage	3-inch	160°F/71°C+	5-8 min/side	8-10 min/side
Bacon	3-inch	160°F/71°C+	5-6 min/side	N/A
Italian, Bratwurst, Etc.	3-inch	160°F/71°C+	5-9 min/side	10-12 min/side
Chops	3-inch	145°F/62°C+	5-6 min/side	7-8 min/side
Roasts 3-7 lbs	1-inch	145°F/62°C+	17-19 min/side	22-25 min/side
Tenderloin 2-4 lbs	3-inch	145°F/62°C+	12-14 min/side	18-22 min/side
Spare Ribs	1-inch	160°F/71°C+	18-22 min/side	22-24 min/side

Poultry

Chicken, (Bone-in) Pieces	3-inch	165°F/73°C+	13-14 min/side	15-17 min/side
Chicken, ½-in Boneless/Skinless Breasts (Thicker add 2 mins per ½ in)	3-inch	165°F/73°C+	11-13 min/side	14-15 min/side
Chicken, Whole 2-5 lbs	1-inch	165°F/73°C+	17-21 min/lb	22-24 min/lb
Turkey, Whole 8-12 lbs	1-inch	165°F/73°C+	10-12 min/lb	14-16 min/lb
Turkey, Whole 11-14 lbs	1-in neck, 3-in SS Ring	165°F/73°C+	10-12 min/lb	14-16 min/lb
Turkey, Breasts 5-7 lbs	1-inch	165°F/73°C+	10-12 min/lb	14-16 min/lb
Eggs	1-inch	160°F/71°C+	13 min at 300°F	N/A

Seafood

Fish, Steaks & Fillets ½ lb	3-inch	145°F/62°C+	5-6 min/side	7-9 min/side
Shrimp & Scallops	3-inch	145°F/62°C+	3-4 min/side	4-6 min/side
Lobster Tails 4 oz (Small)	3-inch	145°F/62°C+	4-6 min/side	6-8 min/side
Crab Legs	3-inch	145°F/62°C+	4-6 min/side	8-13 min/side

Vegetables

Home Fries (½-in thick)	3-inch	140°F/60°C+	10 min/side	N/A
Potato, Whole Med. Size	3-inch	140°F/60°C+	30-40 min	N/A
Steamed Broccoli & Cauliflower (Oven-Safe Dish with Glass Lid or Foil)	1-inch	140°F/60°C+	10-15 min	N/A
Squash, Acorn, Butternut & Spaghetti	1-inch	140°F/60°C+	25-35 min	35-40 min
Roasted, Onion, Garlic, Peppers, Zucchini, and Yellow Squash	1-inch	140°F/60°C+	15-20 min	N/A

Frozen Ready-Made Foods

Chicken Wings, Tenders & Nuggets	3-inch	165°F/73°C+		8-9 min/side
Frozen Vegetables (in Oven-Safe Dish)	3-inch			8-9 min/side
Onion Rings	3-inch			8-9 min/side
Mozzarella Sticks	3-inch			8-9 min/side

TIP: Flip larger food items halfway through cooking.

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

PLEASE READ BOOKLET FOR COMPLETE INSTRUCTIONS. General Guidelines Only. These are not meant to be recipes. All cooking guidelines may vary.
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Nuwave Cooking Guide

Clifton P. Maddox



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 your 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 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 Copy Now Click and

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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

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

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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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