



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/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-in. (boneless/skinless) Breasts
(Thickness added 2 min/lb per 1/2-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
	1/2-in. min/lb	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	160°F/71°C+	13 min at 300°F	N/A

Turkey, Whole 8-10 lbs.

Turkey, Whole 11-16 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
	1/2-in. min/lb	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	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 min/lb	N/A

Vegetables

Home Fries (1/2-in. thick)

Potato, whole Med. Size

Steamed Broccoli & Cauliflower
(Cook Both Items with Green Leaf if Fresh)

Steamed, Ascor, Brussels Sprouts

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/71°C+	10 min/lb

NOTE: Flip larger sized items halfway through cooking.

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Nuwave Meat Cooking Guide

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