

# 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)

Brussels Sprouts, Broccoli & Cauliflower

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 Disclaimers Only. Please see back cover for full disclosure. All cooking times are based on a temperature of 350°F/175°C.

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# Nuwave Pic Cooking Guide

**Lingjun Ying**

## Nuwave Pic Cooking Guide:

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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

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