



## Beef & Lamb

|                    | Rack Height | Internal Temp.   | Fresh   | Frozen   |
|--------------------|-------------|--|---|--|
| Roasts 2-10 lbs    | 1-inch      | 125-130°F/51-54°C<br>130-135°F/54-57°C<br>135-140°F/57-60°C<br>155°F/68°C+ | 15-17 min/lb Rare<br>17-19 min/lb Med. Rare<br>19-20 min/lb Medium<br>21+ min/lb Well Done  | 20-21 min/lb Rare<br>21-22 min/lb Med. Rare<br>22-23 min/lb Medium<br>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<br>130-135°F/54-57°C<br>135-140°F/57-60°C<br>155°F/68°C+ | 5-6 min/side Rare<br>6-7 min/side Med. Rare<br>7-8 min/side Medium<br>9+ min/side Well Done | 10-11 min/side Rare<br>11-12 min/side Med. Rare<br>12-13 min/side Medium<br>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<br>(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-inch<br>1-in neck,<br>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 | 6-13 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<br>(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,<br>Onion, Garlic, Peppers,<br>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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Rev. 1.0, 1/2014, Rev. 1.1

# Nuwave Meat Cooking Guide

**Frankie Nicholson**



## **Nuwave Meat Cooking Guide:**

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