

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+	5-6 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/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

Poultry

Chicken, (Bone-in) Pieces

Chicken, 1/4-in. Boneless/Skinless Breasts
(Thickness added 2 min/s per 1/4-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
	1/4-in. thick	165°F/73°C+	10-12 min/lb	14-16 min/lb
	1/4-in. thick	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

Turkey, Whole: 8-10 lbs.

Turkey, Whole: 11-14 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
	1/4-in. thick	165°F/73°C+	10-12 min/lb	14-16 min/lb
	1/4-in. thick	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+	5-6 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+	10-12 min/lb	14-16 min/lb
	1-inch	160°F/71°C+	15-20 min/lb	20-25 min/lb

Vegetables

Home Fries: (1/2-in. thick)

Potato, whole: Med. Size

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

Steamed, Asparagus, Brussels Sprouts & Broccoli

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/60°C+	10-15 min

NOTE: Flip larger items several times for thorough cooking.

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

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applied to any experience level in cooking Go ahead and grab you valuable copy right away [**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 [**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 your 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 [**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

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Table of Contents Nuwave Pic Cooking Guide

1. Understanding the eBook Nuwave Pic Cooking Guide
 - The Rise of Digital Reading Nuwave Pic Cooking Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Nuwave Pic Cooking Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nuwave Pic Cooking Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nuwave Pic Cooking Guide
 - Personalized Recommendations
 - Nuwave Pic Cooking Guide User Reviews and Ratings
 - Nuwave Pic Cooking Guide and Bestseller Lists
5. Accessing Nuwave Pic Cooking Guide Free and Paid eBooks
 - Nuwave Pic Cooking Guide Public Domain eBooks
 - Nuwave Pic Cooking Guide eBook Subscription Services
 - Nuwave Pic Cooking Guide Budget-Friendly Options
6. Navigating Nuwave Pic Cooking Guide eBook Formats

- ePub, PDF, MOBI, and More
- Nuwave Pic Cooking Guide Compatibility with Devices
- Nuwave Pic Cooking Guide Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Nuwave Pic Cooking Guide
- Highlighting and Note-Taking Nuwave Pic Cooking Guide
- Interactive Elements Nuwave Pic Cooking Guide

8. Staying Engaged with Nuwave Pic Cooking Guide

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Nuwave Pic Cooking Guide

9. Balancing eBooks and Physical Books Nuwave Pic Cooking Guide

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Nuwave Pic Cooking Guide

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Nuwave Pic Cooking Guide

- Setting Reading Goals Nuwave Pic Cooking Guide
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Nuwave Pic Cooking Guide

- Fact-Checking eBook Content of Nuwave Pic Cooking Guide
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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