

**IMPORTANT: TO USE THIS GUIDE PROPERLY, ALWAYS SELECT POWER LEVEL "HI"**  
**Importante: Para Utilizar la guía correctamente, siempre elija nivel de potencia "HI"**

Beef/Lamb (Res/Cordero)	Rack Height (Altura de la Parrilla)	Fresh (Fresca)	Frozen (Congelada)	Internal Meat Temp. (by thermometer) / Notes (temperatura interna de el termómetro)
Patties 1/2 inch thick (Trozo de 1/2 pulgada de grueso)	4 inch (pulg)	4-5 min/side (c/lado)	6-7 min/side (c/lado)	150°F (65°C)
Patties 1 inch thick (Trozo de 1 pulgada de grueso)	4 inch (pulg)	6 min/side (c/lado)	11 min/side (c/lado)	150°F (65°C)
Steaks 1 inch thick (Bistec de 1 pulgada de grueso)	4 inch (pulg)	5-6 min/side (c/lado) 6-7 min/side (c/lado) 7-8 min/side (c/lado) 9-10 min/side (c/lado)	11 min/side (c/lado) 13 min/side (c/lado) 14 min/side (c/lado) 16 min/side (c/lado)	Rare (Poco Cocido) 135°-140°F (60°C) Med. Rare (T. Medio) 140°-150°F (65°C) Medium (Cocido) 150°-160°F (71°C) Well-Done (Bien Cocido) 160°-170°F (77°C)
Steaks 2 inch thick (Bistec de 2 pulgada de grueso)	4 inch (pulg)	7 min/side (c/lado) 9 min/side (c/lado) 10 min/side (c/lado) 12 min/side (c/lado)	15-17 min/side (c/lado) 17-19 min/side (c/lado) 20-22 min/side (c/lado) 23-25 min/side (c/lado)	Rare (Poco Cocido) 135°-140°F (60°C) Med. Rare (T. Medio) 140°-150°F (65°C) Medium (Cocido) 150°-160°F (71°C) Well-Done (Bien Cocido) 160°-170°F (77°C)
Roasts* 3-5 lbs (Asado* 3-5 lb.) Let rest 10 min. before serving (Deje reposar 10 min. antes de servir)	1 inch (pulg)	15 min/lb. 18 min/lb. 20 min/lb. 23 min/lb.	25 min/lb. 28 min/lb. 30 min/lb. 33 min/lb.	Rare (Poco Cocido) 120°-129°F (54°C) Med. Rare (T. Medio) 130°-139°F (60°C) Medium (Cocido) 140°-149°F (65°C) Well-Done (Bien Cocido) 150°-159°F (71°C)
Pork (Puerco)				
Bacon (Tocino)	4 inch (pulg)	8 min	For Extra Crispy, flip and cook an additional 2 minutes. (Para más crujiente volteé y cocine por 2 minutos adicionales.)	
Ham* (Jamón*)	1 inch (pulg)	15 min/lb.	Apply glaze before the last 5 minutes of the cooking time. (Agregué el glaseado antes de los últimos 5 minutos de cocción.)	
Sausage Links (Salchichas)	4 inch (pulg)	4 min/side (c/lado)	5 min/side (c/lado)	
Patties (Trozo)	4 inch (pulg)	5 min/side (c/lado)	7 min/side (c/lado)	165°F (74°C)
Italian, Bratwurst, Etc. (Italiano)	4 inch (pulg)	5 min/side (c/lado)	8 min/side (c/lado)	165°F (74°C)
Chops (Chuleta)	4 inch (pulg)	5 min/side (c/lado)	10-12 min/side (c/lado)	160°-170°F (71°-77°C)
Roasts* 3-7 lbs (Asada* 3-7 lb.)	1 inch (pulg)	20-25 min/lb.	30 min/lb.	160°-170°F (71°-77°C)
Tenderloins* (Lomo*) Small, Pequeño	4 inch (pulg)	10-12 min/side (c/lado)	20 min/side (c/lado)	160°-170°F (71°-77°C)
Spare Ribs* (Costilla al gusto*)	Either (Cualquiera)	15 min/side (c/lado)	25 min/side (c/lado)	160°-170°F (71°-77°C)
Country Style Ribs* (Costilla Estilo Country*)	4 inch (pulg)	13 min/side (c/lado)	20 min/side (c/lado)	160°-170°F (71°-77°C)
Hot Dogs	4 inch (pulg)	6 min/side (c/lado)	10 min/side (c/lado)	150°F (65°C)
Chicken (Pollo)				
Pieces: Breasts, Legs, Thighs (Piezas: Pechugas, piernas, muslos)	4 inch (pulg)	10 min/side (c/lado)	13 min/side (c/lado)	170°F (76°C)
Whole** (Completo**)	1 inch (pulg)	15-17 min/lb.	25-30 min/lb.	180°F (82°C)
Boneless/Skinless Breasts (Pechuga sin hueso y piel)	4 inch (pulg)	7-8 min/side (c/lado)	10 min/side (c/lado)	170°F (76°C)
Eggs (Huevos)				
Boiled (Hervidos)	1 inch (pulg)	8-11 min/lado)	Cook time based on doneness, let cool, rinse with cool water, peel, serve. (Terminar de Cocinar, enfriar con agua fría, pelar, servir.)	
Turkey (Pavo)				
Whole** 8-10 lb. (Completo** 8-10 lb.)	1 inch (pulg)	12 min/lb.	15 min/lb.	180°F (82°C)
Breasts** 5-7 lb. (Pechuga** 5-7 lb.)	1 inch (pulg)	12 min/lb.	15 min/lb.	180°F (82°C)
Legs (Piernas)	1 inch (pulg)	23 min/side (c/lado)	30 min/side (c/lado)	180°F (82°C)
Wings (Alas)	1 inch (pulg)	15 min/side (c/lado)	23 min/side (c/lado)	180°F (82°C)
Poultry				
Corish Hen, Whole** 1-1½ lb. (Godomiz, Completo** 1-1½ lb.)	1 inch (pulg)	25-30 min/lb.	50 min/lb.	170-180°F (77°-82°C)
Duck, Whole** 5-6 lb. (Pato, Completo** 5-6 lb.)	1 inch (pulg)	60 min/lb.	120 min/lb.	170-180°F (77°-82°C)

\*Beef and Pork Roasts, Tenderloins and Ribs, start with the fatty side up and turn meat when halfway through the cooking time. (Asados de Res y cerdo, Lomo y Costillas, coloque la parte con grasa hacia arriba y volteela cuando el tiempo llegue ala mitad.)

\*\*Whole poultry, start with the breast side down and turn meat when halfway through the cooking time. (Ave completa comenzando por el lado de la pechuga hacia abajo, volteádolo a la mitad del tiempo.)

# Nuwave Infrared Oven Cooking Guide

**April Stewart**



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