



## Beef & Lamb

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

**Judy Preston**



## **Nuwave Pic Cooking Guide:**

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DISCOVER DELICIOUS TIME SAVING AND EASY TO COOK NUWAVE AIR FRYER RECIPES Your Customers Will Never Stop to Use This Cookbook Would you like to eat your favorite foods like pizza fried chicken onion rings and even cakes all in one place Do you feel sick and tired of the same old boring meals that take hours to cook If you answered Yes to at least one of these questions please read on Inside this Nuwave Cookbook you ll discover nicely structured and very detailed easy to cook recipes for just about any occasion you can think of And you won t even need 10 different kitchen appliances to cook them tons of kitchen space and cooking time saved In fact you ll only need one You DON T have to spend much time cooking because you can make a delicious meal for the whole family in just 30 minutes Take a look at what you ll discover inside Healthy and Low Fat NUWAVE Air Fryer Recipes for just about every occasion you desire Breakfast Recipes Amazing Poultry Meat and Fish Seafood Recipes Healthy collection of Vegetable and Soups Recipes Special categories about Snack Dessert Detailed instructions cooking time and even expanded nutritional information included this is how you don t lose your body shape while eating delicious and well balanced food Lots of photos of the final result find out immediately what you re going to cook And you don t have to be an experienced chef to make it work for you This cookbook will effortlessly put the cooking knowledge in your mind while you are already enjoying your first amazing convection oven meals So don t wait Buy it NOW and let your customers get addicted to this amazing book     **The Advertising Red Books: Indexes** ,2004     The Advertising Red Books ,2004     **Nuwave Oven Cookbook** Cooking With a Foodie,2015-11-12 The Nuwave Oven Cookbook will change your life This quick easy to use recipe book will show you how to get the most out of the most revolutionary home kitchen appliance ever made Now you can prepare a nutritious meal for the family effortlessly because this machine is actually more like a 5 in 1 model You can air fry dehydrate bake and even cook using infrared radiation or induction cooking methods The Nuwave Oven Cookbook on how to prepare an entire meal under 20 minutes make homemade dehydrated fruits that don t suck create lunches and dinners with natural healing foods make nutritious and filling meals with nothing but a few ingredients and your Nuwave We even included the most popular recipes people search for gourmet pizza turkey enchiladas creamy eggs chicken casserole creamy german chocolate cake ookbook     *The Ultimate Nuwave Air Fryer Cookbook* Air Fryer Lab,2021-05-25 55% OFF for Bookstores NOW at 20 32 instead of 36 95 DISCOVER DELICIOUS TIME SAVING AND EASY TO COOK NUWAVE AIR FRYER RECIPES Your Customers Will Never Stop to Use This Cookbook Would you like to eat your favorite foods like pizza fried chicken onion rings and even cakes all in one place Do you feel sick and tired of the same old boring meals that take hours to cook If you answered Yes to at least one of these questions please read on Inside this Nuwave Cookbook you ll discover nicely structured and very detailed easy to cook recipes for just about any occasion you can think of And you won t even need 10 different kitchen appliances to cook them tons of kitchen space and

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