

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+ | 13-14 min/side | 18-19 min/side |
| | 3-inch | 160°F/71°C+ | 8-10 min/side | 14-15 min/side |
| | 3-inch | 160°F/71°C+ | 8-10 min/side | N/A |
| | 3-inch | 160°F/71°C+ | 8-10 min/side | 10-12 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-inch | 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 |

Poultry

Chicken, (Bone-in) Pieces

Chicken, 1-in. (Boneless/Skinless, Breasts, (Thicker add 2 mins per 1/2 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 | 18-19 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-inch | 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 | 7-8 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 | 6-13 min/side |

Vegetables

Home Fries: (1/2-in thick)

Potato, whole: Med. Size

Steamed Broccoli & Cauliflower

(Cook Both with Green Leaf if Fresh)

Steamed, Asparagus, Brussels Sprouts

Roasted,

Onion, Garlic, Peppers,

Zucchini, and Yellow Squash

| | | | | |
|--|--------|-------------|-------------|-----------|
| | 3-inch | 140°F/60°C+ | 10 min/side | N/A |
| | 3-inch | 140°F/60°C+ | 30-40 min | N/A |
| | 1-inch | 140°F/60°C+ | 10-15 min | N/A |
| | 1-inch | 140°F/60°C+ | 25-35 min | 30-40 min |
| | 1-inch | 140°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 |

NOTE: Flip larger sized items halfway through cooking.
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Nuwave Cooking Guide

Judy Preston

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