



# Quick & Easy Cooking Guide

Great Tasting Food Naturally™



## Fish

|                                | Rack Height | Power Level | Fresh Food | Frozen Food | Special Instructions |
|--------------------------------|-------------|-------------|------------|-------------|----------------------|
| Filets, 1/2 inch thick         | 4 inch      | Hi          | 4 min.     | 7 min.      | 150°F (65°C)         |
| Steaks and Filets 1 inch thick | 4 inch      | Hi          | 8 min.     | 15 min.     | 150°F (65°C)         |
| Whole Fish 3- 4 inches thick   | 1 inch      | Hi          | 25 min.    | 45 min.     | 150°F (65°C)         |

## Shellfish

|                       |        |    |               |           |  |
|-----------------------|--------|----|---------------|-----------|--|
| Shrimp                | 4 inch | Hi | 5-7 min.      | 7-12 min. | Cook time may vary with size   |
| Scallops, Sea         | 4 inch | Hi | 7 min.        | 9 min.    |  |
| Scallops, Bay         | 4 inch | Hi | 5 min.        | 6-7 min.  |  |
| Lobster, Live Maine   | 4 inch | Hi | 13-16 min/lb. |           | Bring large pot of water to a boil. Drop in Lobsters headfirst. Cook for 2 minutes before placing in Nu-Wave Oven. |
| Lobster Tails - 4 oz. | 4 inch | Hi | 6 min.        | 8 min.    |  |

## Vegetables

|   |        |    |            |  |  |
|---|--------|----|------------|--|--|
| Corn on the cob   | either | Hi | 10 min.    |  |  |
| Root Vegetables such as:<br>Potatoes, Carrots, Turnips,<br>Rutabagars, etc. | 4 inch | Hi | 25 min.    |  | Cut into 2 inch cubes. Spray with oil. |
| Potatoes, Whole<br>1/2 Lengthwise   | either | Hi | 45-60 min. |  |  |
| French Fries  | either | Hi | 30 min.    |  |  |
| Sweet Potatoes  | 4 inch | Hi | 20 min.    |  |  |
| Roasted Onions  | either | Hi | 45-60 min. |  |  |
| Roasted Garlic  | 4 inch | Hi | 20 min.    |  |  |
| Roasted Asparagus   | 4 inch | Hi | 25 min.    |  |  |
| Acorn Squash  | either | Hi | 5-8 min.   |  | Varies with thickness.                 |
| Butter Nut Squash   | either | Hi | 30 min.    |  | Cut in half, remove seeds              |
| Eggplant, 1/2 inch slices   | 4 inch | Hi | 35 min.    |  | and membrane, place in                 |
| Eggplant, Whole   | 1 inch | Hi | 12-15 min. |  | shallow dish, brush with oil.          |
|   |        |    | 40 min.    |  |  |

## Fruits

|              |        |    |         |  |                           |
|--------------|--------|----|---------|--|---------------------------|
| Baked Apples | either | Hi | 20 min. |  | Remove core.              |
| Baked Pears  | either | Hi | 25 min. |  | Cut in half. Remove core. |

## HELPFUL HINTS

Times and Temperatures are approximate and are to be used as guideline only.

For most accurate cooking, a meat thermometer should be used.

Any pan or utensil that can go into a regular oven can go into the Nu-Wave Oven.

When cooking most food items, turn over at halfway point to ensure even browning.

When using dry seasonings on frozen food, apply a non-stick cooking spray or wet with water first so seasonings will adhere.

The use of oven mitts is recommended.

PLEASE READ BOOKLET FOR COMPLETE INSTRUCTIONS

# Nuwave Mini Cooking Guide

**Peipei Pang**

## **Nuwave Mini Cooking Guide:**

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## **Nuwave Mini Cooking Guide Introduction**

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