



Quick & Easy Cooking Guide

Great Tasting Food Naturally™



Beef/Lamb	Rack Height	Power Level	Fresh Food	Frozen Food	Special Instructions	
Patties 1/2 inch thick	4 inch	HI	4 min./side	6 min./side	150°F (65°C)	
Patties 1 inch thick	4 inch	HI	6 min./side	11 min./side	150°F (65°C)	
Hot Dogs	4 inch	HI	5 min.	7-8 min.		
Steaks 1 inch thick	4 inch	HI	5 min./side	9 min./side	Rare	130°F-139°F, (60°C)
			6 min./side	12 min./side	Medium-Rare	140°F-149°F, (65°C)
			7 min./side	15 min./side	Medium	150°F-159°F, (71°C)
			9 min./side	17 min./side	Well-Done	160°F-169°F, (77°C)
Steaks 2 inches thick	4 inch	HI	7 min./side	15 min./side	Rare	130°F-139°F, (60°C)
			9 min./side	17 min./side	Medium-Rare	140°F-149°F, (65°C)
			10 min./side	20 min./side	Medium	150°F-159°F, (71°C)
			12 min./side	23 min./side	Well-Done	160°F-169°F, (77°C)
Roasts 3-5 pounds (Let rest 10min. before serving)	1 inch	HI	15 min./lb.	25 min./lb.	Rare	120°F-129°F, (50°C)
			18 min./lb.	28 min./lb.	Medium-Rare	130°F-139°F, (57°C)
			20 min./lb.	30 min./lb.	Medium	140°F-149°F, (63°C)
			23 min./lb.	33 min./lb.	Well-Done	150°F-159°F, (68°C)

Pork

Bacon	4 inch	HI	8 min.		
Breakfast Sausage Links	4 inch	HI	8 min.	10 min.	
Patties	4 inch	HI	10 min.	13 min.	165°F (73°C)
Italian, Bratwurst etc.	4 inch	HI	10 min.	15 min.	165°F (73°C)
Chops	4 inch	HI	13 min./inch	18-22 min./inch	160°F (71°C)
Roasts 3-7 pounds	1 inch	HI	20-25 min./lb.	30 min./lb.	160°F (71°C)
Tenderloin	4 inch	HI	20 min.	35 min.	160°F (71°C)
Spare Ribs	either	HI	15 min./side	25 min./side	160°F (71°C)
Country Style Ribs	4 inch	HI	12 min./inch	18-20 min./inch	160°F (71°C)

Chicken - Whole poultry, start breast side down and turn halfway

Pieces-Breasts, Legs, Thighs	4 inch	HI	8 min./side	12 min./side	170°F (76°C)
Whole Chicken	1 inch	HI	15 min./lb.	25 min./lb.	180°F (82°C)
Boneless / Skinless Breast	4 inch	HI	6 min./side	8 min./side	170°F (76°C)

Turkey

Whole, 8-10 pounds	1 inch	HI	12 min./lb.	15 min./lb.	180°F (82°C)
Breast, 5-7 pounds	1 inch	HI	12 min./lb.	15 min./lb.	170°F (76°C)
Legs	1 inch	HI	45 min.	60 min.	170°F (76°C)
Wings	1 inch	HI	45 min.	60 min.	170°F (76°C)

Cornish Hens

1 - 1 1/2 pounds	1 inch	HI	25-30 min.	50 min.	165°F (73°C)
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Duckling

5-6 pounds	1 inch	HI	60 min.	120 min.	180°F (82°C)
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Quick Easy Cooking Guide New Wave Oven

L Reisser



Quick Easy Cooking Guide New Wave Oven:

This book delves into Quick Easy Cooking Guide New Wave Oven. Quick Easy Cooking Guide New Wave Oven is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Quick Easy Cooking Guide New Wave Oven, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Quick Easy Cooking Guide New Wave Oven
 - Chapter 2: Essential Elements of Quick Easy Cooking Guide New Wave Oven
 - Chapter 3: Quick Easy Cooking Guide New Wave Oven in Everyday Life
 - Chapter 4: Quick Easy Cooking Guide New Wave Oven in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Quick Easy Cooking Guide New Wave Oven. The first chapter will explore what Quick Easy Cooking Guide New Wave Oven is, why Quick Easy Cooking Guide New Wave Oven is vital, and how to effectively learn about Quick Easy Cooking Guide New Wave Oven.
 3. In chapter 2, this book will delve into the foundational concepts of Quick Easy Cooking Guide New Wave Oven. This chapter will elucidate the essential principles that need to be understood to grasp Quick Easy Cooking Guide New Wave Oven in its entirety.
 4. In chapter 3, this book will examine the practical applications of Quick Easy Cooking Guide New Wave Oven in daily life. This chapter will showcase real-world examples of how Quick Easy Cooking Guide New Wave Oven can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Quick Easy Cooking Guide New Wave Oven in specific contexts. This chapter will explore how Quick Easy Cooking Guide New Wave Oven is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Quick Easy Cooking Guide New Wave Oven. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Quick Easy Cooking Guide New Wave Oven.

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