

Quick & Easy Cooking Guide All cooking times are based on a temperature of 350°



Beef & Lamb	Rack Height	Internal Temp.	Fresh	Frozen
Roasts 2-10 lbs	1-inch	125-130" 130-135" 135-140" 155+"	15-17 min/fbs Rare 17-19 min/fbs Med Rare 19-20 min/fbs Medium 21+ min/fbs Well Done	20-21 min/lbs Rare 21-22 min/lbs Med. Rare 22-23 min/lbs Medium 24+ min/lbs Well Done
Burgers %-inch thick	3-inch	160+*	5-7 min/side	8-9 min/side
Steaks 2-inch thick	3-inch	125-130" 130-135" 135-140" 155+"	5-6 min/side Bare 6-7 min/side Medium 7-8 min/side Medium 9+ min/side Well Done	10-11 min/side Rane 11-12 min/side Med. Ran 12-13 min/side Medium 14+ min/side Well Done
Pork				
Harm (Prespoked)	1-inch	140+	16-18 min/8b	20-23 min/fb
Saurage	3-inch	140+*	5-8 min/side	B-10 min/side
Bacon	3-inch	180+*	5-6 min/side	N/A
Italian, Bratwurst, Etc.	3-inch	160+*	8-9 min/side	10-12 min/side
Chops	3-inch	145+"	5-6 min/side	7-9 min/sidie
Roasts 3-7 lbs	1-inch	145+"	17-19 min/side	22-25 min/side
Tenderloins	3-inch	1.45 **	1.2-14 min/side	18-22 min/side
Spare Ribs	1-inch	180+*	18-32 min/side	22-24 min/side
Poultry				
Chicken, (Bone in) Pieces	3-inch	165+*	13-14 min/side	15-17 min/vide
Chicken, Vo-inch Boneless/Skinless (Bhicker add 2 mins per Yr inch)	3-inch	165+"	11-13 min/side	14-15 min/side
Chicken, Whole 2-5 lbs	1-inch	165+"	17-21 min/lb	22-24 min/9b
Turriorry, Whole 8-10 lins	1-imch	165+"	10-12 min/lb	14-16 min/%
Turkery, whose 11-16-lbs.	3-inch Ring	165+"	10-12 min/8b	14-16 min/fib
Tuerkery, theasts 5-7 fm	1-inch	165+*	10-12 min/lb	14-16 min/95
Seafood				
Fish, Sonaka & Fillets Valls	3-inch	145+*	5-6 min/side	7-9 min/side
Shrimp & Scallops	3-inch	145+	3-4 min/side	4-5 min/side
Lobster Tails 4 oz (Small)	3-irech	1.45+*	4-5 mim/side	6-8 min/side
Crab Legs	3-inch	145+	4-6 minuside	B-13 mim/side
Vegetables				
Home Fries (% -inch shick)	3-inch	140+*	10 min/side	NAME
Potato, Whole Med. Size	3-inch	140+*	30-40 min	N/A
Steamed Broccoli & Cauliflower Oven-Safe Dish with Glass Lid or Foli	1-inch	140+*	10-15 min	N/A
Squash, Acom, Butternut & Spoghetti	1-inch	140+	25-35 min	35-40 min
Rousted, Onion, Garlic, Peppers. Zuochini, and Willow Squash	1-inch	140+*	15-20 min	NVA
Frozen Ready-Made Foods				
Chicken Tenders & Nuggets	3-irach	140+*		6-8 min/side
Frozen Vegetables (in Oven-Safe Dish)	3-inch	1-90+*		6-8-min/side
Onion Rings	3-inch	140+*		6-8 min/side
Mozzarella Sticks	3-inch	140+*		6-8 min/side
Hot Wings	3-inch	140+*		6-8 min/side

PLEASE READ BOOKLET FOR COMPLETE INSTRUCTIONS. General Guidelines Only, These are not recent to be recipes. All cocking guidelines may vary.

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New Wave Oven Cooking Guide

Siddappa N.Byrareddy

New Wave Oven Cooking Guide:

New Wave Oven Cooking Guide: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have captivated audiences this year. New Wave Oven Cooking Guide: Colleen Hoovers "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best: Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic: Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and thrilling novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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