

Quick & Easy Cooking Guide (Tabla de Preparación Rápida y Fácil)





Great Tasting Food Naturally (Gran Sabor Natural de Comida)

IMPORTANT: TO USE THIS GUIDE PROPERLY, ALWAYS SELECT POWER LEVEL "HI" Importante: Para Utilizar la quia correctamente, siempre ellia nivel de potencia "HI"

Beef/Lamb (Res/Cordero)	Rack Height Altura de la Parri	Fresh (Fresca)	Frozen In (Congelada)	ternal Meat Temp. (by thermometer) / Nor (temperatura interna de el termometro)
Patties 1/2 inch thick (Trozo de 1/2 pulgada de grueso)	4 inch (pulg)	4-5 min/side (c/lado)	6-7 min/side (c/lado)	150°F (65°C)
Patties 1 inch thick (Trozo de 1 pulgada de grueso)	4 inch (pulg)	6 min/side (oflado)	11 mirv/side (c/lado)	150°F (65°C)
Steaks 1 inch thick (Bistec de 1 pulgada de grueso)	4 inch (pulg)	5-6 min/side (c/lado) 6-7 min/side (c/lado) 7-8 min/side (c/lado) 9-10 min/side (c/lado)	11 min/side (c/lado) 13 min/side (c/lado) 14 min/side (c/lado) 18 min/side (c/lado)	Rare (Poco Cocido) 135"-140"F (60"C) Med. Rare (T. Medio) 140"-150"F (66"C) Medium (Cocido) 150"-160"F (71"C) Well-Done (Bien Cocido)160"-170"F (77"C)
Steaks 2 inch thick (Bistec de 2 pulgada de grueso)	4 inch (pulg)	7 min/side (c/lado) 9 min/side (c/lado) 10 min/side (c/lado) 12 min/side (c/lado)	15-17 min/side (c/lado) 17-19 min/side (c/lado) 20-22 min/side (c/lado) 23-25 min/side (c/lado)	Rare (Poco Cocido) 135'-140'F (60'C) Med. Rare (T. Medio) 140'-150'F (66'C) Medill (Cocido) 150'-160'F (77'C) Well-Done (Bien Cocido) 150'-170'F (77'C)
Roasts* 3-5 lbs (Asado* 3-5 lb.) Let rest 10 min. before serving (Deje reposar 10 min. antes de servir)	1 inch (pulg)	15 min/lb. 18 min/lb. 20 min/lb. 23 min/lb.	25 min/lb 28 min/lb. 30 min/lb. 33 min/lb.	Rare (Poco Cocido) 120'-129'F (54'C) Med. Rare (T. Medio) 130'-139'F (60'C) Medium (Cocido) 140'-149'F (65'C) Well-Done (Bien Cocido)150'-159'F (71'C)
Pork (Puerco)	The same of the sa		<u> </u>	talian and the second s
Bacon (Tocino)	4 inch (pulg)	8 min	For Extra Crispy, flip and cook an additional 2 minutes. (Para más crujiente volteé y cocine por 2 minutos adicionales.)	
Ham" (Jamön")	1 inch (pulg)	15 min/lb.	Apply glaze before the last 5 minutes of the cooking time. (Agregué el glaseado antes de los últimos 5 minutos de cocción.)	
Sausage Links (Salchicas)	4 inch (pulg)	4 min/side (c/lado)	5 min/side (c/tado)	
Patties (Trozo)	4 inch (pulg)	5 min/side (c/lado)	7 min/side (c/lado)	165°F (74°C)
Italian, Bratwurst, Etc. (Italiano)	4 inch (pulg)	5 min/side (c/lado)	8 min/side (c/lado)	165°F (74°C)
Chops (Chuleta)	4 inch (pulg)	5 min/side (c/lado)	10-12 min/side (c/lado)	160'-170'F (71'-77'C)
Roasts* 3-7 lbs (Asada* 3-7 lb.)	1 inch (pulg)	20-25 min/to.	30 min/lb	160°-170°F (71°-77°C)
Tenderloins* (Lomo*) Small, Pequer	to 4 inch (pulg)	10-12 min/side (c/lado)	20 min/side (o/lado)	160"-170"F (71"-77"C)
Spare Ribs* (Costilla al gusto*)	(Cualquiera)	15 min/side (c/lade)	25 min/side (c/lado)	160'-170'F (71'-77'C)
Country Style Ribs* (Costilla Estilo Country*)	4 inch (pulg)	13 min/side (c/lado)	20 min/side (c/lado)	160°-170°F (71°-77°C)
Hot Dogs	4 inch (pulg)	6 min/side (c/ladio)	10 min/side (c/lado)	150°F (65°C)
Chicken (Pollo)				
Pieces: Breasts, Legs, Thighs (Piezas: Pachugas, piemas, musio	s) 4 inch (pulg)	10 min/side (c/lado)	13 min/side (c/lado)	170°F (76°C)
Whole" (Completo")	1 inch (pulg)	15-17 min/lb.	25-30 min/lb.	180°F (82°C)
Boneless/Skinless Breasts (Pechuga sin hueso y piel)	4 inch (pulg)	7-8 min/side (c/lado)	10 min/side (c/lado)	170°F (76°C)
Eggs (Huevos)				
Boiled (Hervidos)	1 inch (pulg)	8-11 min/(lado)		ness, let cool, rinse with cool water, peel, serve. ar, enfriar conagua fria, pelar, servir.)
Turkey (Pavo)				
Whole" 8-10 lb. (Completo" 8-10 lb.)	1 inch (pulg)	12 min/lb.	15 min/lb.	180°F (82°C)
Breasts** 5-7 lb. (Pechuga** 5-7 lb.	i.) 1 inch (pulg)	12 min/lb.	15 min/lb.	180°F (82°C)
Legs (Piernas)	1 inch (pulg)	23 min/side (c/lado)	30 min/side (c/fado)	180°F (82°C)
Wings (Alas)	1 inch (pulg)	15 min/side (c/lado)	23 min/side (c/lado)	180°F (82°C)
Poultry				
Cornish Hen, Whole** 1-15 lb. (Godomiz, Completo** 1-15 lb.)	1 inch (pulg)	25-30 min/lb.	50 min/lb.	170-180°F (77°-82°C)
Duck, Whole" 5-6 lb. (Pato, Completo" 5-6 lb.)	1 inch (pulg)	60 min/fb.	120 min/lb.	170-180°F (77°-82°C)

[&]quot;Beef and Pork Roasts, Tenderloins and Ribs, start with the faity side up and turn meat when halfway through the cooking time. (Asados de Rés y cerdo, Lomo y Costillas, coloque is parte con grass hacia arribs y voltéria cuando el tiempo llegue als mitad.)
""Whole poultry, start with the breast side down and turn meat when halfway through the cooking time. (Ave complete comenzando por el lado de la pechuga hacia abajo. Voltesidolo a la mitad del tiempo.)

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Rosina Ehmann

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