



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

Julia Scott



Quick Easy Cooking Guide New Wave Oven:

The Complete NuWave Oven Cookbook Julia Scott, 2016-07-24 The Complete NuWave Oven Cookbook will help you get the most out of your NuWave Oven Includes recipes for breakfast lunch and dinner as well as snacks appetizers and baked goods Instructions provide both power level and temperature conversion **Knack Quick & Easy Cooking** Linda Larsen, 2009-05-05 Knack Quick Easy Cooking shows readers who may have little experience with cooking and or have little time how to prepare healthy meals quickly without sacrificing flavor *Quick & Easy Cooking* Pamela Westland, 1985

Not Your Mother's Microwave Cookbook Beth Hensperger, 2010-05-17 Almost everyone has a microwave oven but hardly anyone knows how to get the most out of this ubiquitous appliance Enter Not Your Mother's Microwave Cookbook Cookbook author extraordinaire Beth Hensperger has unlocked the secrets of the microwave and in this comprehensive volume she spills all Here you ll find all the tools you need to put speedy sophisticated delicious from scratch meals on the table morning noon and night Your day of microwave cooking might begin with an Avocado Cream Cheese Omelet Family Style Cream Maple Cranberry Oatmeal or a Cereal Bowl Vegetable Frittata Come lunchtime enjoy a satisfying Cream of Roasted Tomato Soup with a Grilled Cheese Sandwich or a One Minute Apple Quesadilla For dinner try the Petrale Sole Amandine or Barbeque Chicken Thighs accompanied by Asparagus in Wine or Roasted Potatoes with Garlic and Rosemary And for entertaining how about Middle Eastern Eggplant Dip with Pita Crisps or the indulgence of Hot Chocolate with Vanilla Whipped Cream for a Crowd Even dessert lovers get their due with Lemon Panna Cotta Coconut Macadamia Shortbread and much more If you ve been using your microwave just for basic kitchen tasks you don t know what you re missing Take fresh look at that powerful little oven on your countertop For mealtimes made easy there s simply no better solution **Quick and Easy Cooking at the Academy** Sally Smith, Jane Horn, 1993 **Popular Mechanics** , 1999-12 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle *The New High Protein Healthy Fast Food Diet* Charles Clark, Maureen Clark, 2012-05-01 We ve all heard of Jen and Madonna using high protein diets to lose weight It s a tricky one to follow safely but with Dr Clark s sensible approach us mere mortals can do it too New Woman Do you ever eat take away Indian Thai or Chinese food Do you usually resort to sandwiches at lunchtime Does your busy lifestyle mean you nip into M S to buy ready made meals Well if you do you are like most people But if you re used to living like this it can be difficult trying to follow a low carb diet Until now In this brilliant book Dr Charles Clark provides not only the groundrules for his bestselling New High Protein Diet but because he understands how busy people actually shop and eat he incorporates convenience and fast foods into it Analysing over 200 types of fast and convenience foods to help you choose the most suitable options this is essential reading for everyone who wants to be slim healthy but realistic about their lifestyle **The New American Plate**

Cookbook American Institute for Cancer Research,2005 Presents a collection of recipes for dishes that emphasize grains vegetables fruits and beans **The Kitchn Cookbook** Sara Kate Gillingham,Faith Durand,2014-10-07 From Apartment Therapy s cooking site The Kitchn comes 150 recipes and a cooking school with 50 essential lessons as well as a guide to organizing your kitchen plus storage tips tool reviews inspiration from real kitchens maintenance suggestions 200 photographs and much more WITH 18 RECIPES EXCLUSIVE TO THE EBOOK EDITION There is no question that the kitchen is the most important room of the home say Sara Kate Gillingham and Faith Durand of the beloved cooking site and blog The Kitchn The Kitchn offers two books in one a trove of techniques and recipes plus a comprehensive guide to organizing your kitchen so that it s one of your favorite places to be For Cooking 50 essential how to s from preparing perfect grains to holding a chef s knife like a pro 150 all new and classic recipes from The Kitchn including Breakfast Tacos Everyday Granola Slow Cooker Carnitas One Pot Coconut Chickpea Curry and No Bake Banana and Peanut Butter Caramel Icebox Cake For Your Kitchen A shopping list of essentials for your cabinets and drawers knives appliances cookware and tableware with insider advice on what s worth your money Solutions for common kitchen problems like limited storage space and quirky layouts A 5 minute a day plan for a clean kitchen Tips for no pressure gatherings A look inside the kitchens of ten home cooks around the country and how they enjoy their spaces The Kitchn Cookbook gives you the recipes tools and real life inspiration to make cooking its own irresistible reward **Consumer News** United States. Executive Office of the President. Office of Consumer Affairs,1971

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