



Quick & Easy Cooking Guide

All cooking times are based on a temperature of 350°



Beef & Lamb

Roasts 2-10 lbs

Rack Height

1-inch

Internal Temp.

125-130°

130-135°

135-140°

155+°

Fresh

15-17 min/lbs Rare

17-19 min/lbs Med. Rare

19-20 min/lbs Medium

21+ min/lbs Well Done

Frozen

20-21 min/lbs Rare

21-22 min/lbs Med. Rare

22-23 min/lbs Medium

24+ min/lbs Well Done

Burgers 1/2-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 Rare

6-7 min/side Med. Rare

7-8 min/side Medium

9+ min/side Well Done

10-11 min/side Rare

11-12 min/side Med. Rare

12-13 min/side Medium

14+ min/side Well Done

Pork

Ham (Precooked)

1-inch

140+°

16-18 min/lb

20-23 min/lb

Sausage

3-inch

140+°

5-8 min/side

8-10 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/side

Roasts 3-7 lbs

1-inch

145+°

17-19 min/side

22-23 min/side

Tenderloins

3-inch

145+°

12-14 min/side

18-22 min/side

Spare Ribs

1-inch

180+°

18-22 min/side

22-24 min/side

Poultry

Chicken, (Bone-In) Pieces

3-inch

165+°

13-14 min/side

15-17 min/side

Chicken, 1/2-inch Boneless/Skinless
(Thicker add 2 mins per 1/2 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/lb

Turkey, Whole 8-10 lbs

1-inch

165+°

10-12 min/lb

14-16 min/lb

Turkey, Whole 11-14 lbs

3-inch Ring

165+°

10-12 min/lb

14-16 min/lb

Turkey, Breasts 5-7 lbs

1-inch

165+°

10-12 min/lb

14-16 min/lb

Seafood

Fish, Steaks & Fillets 1/2 lb

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-inch

145+°

4-5 min/side

6-8 min/side

Crab Legs

3-inch

145+°

4-6 min/side

8-13 min/side

Vegetables

Home Fries (1/2-inch thick)

3-inch

140+°

10 min/side

N/A

Potato, Whole Med. Size

3-inch

140+°

30-40 min

N/A

Steamed Broccoli & Cauliflower
(Oven-Safe Dish with Glass Lid or Foil)

1-inch

140+°

10-15 min

N/A

Squash, Acorn, Butternut & Spaghetti

1-inch

140+°

25-35 min

35-40 min

Roasted,

1-inch

140+°

15-20 min

N/A

Onion, Garlic, Peppers,

Zucchini, and Yellow Squash

Frozen Ready-Made Foods

Chicken Tenders & Nuggets

3-inch

140+°

6-8 min/side

6-8 min/side

Frozen Vegetables (in Oven-Safe Dish)

3-inch

140+°

6-8 min/side

6-8 min/side

Onion Rings

3-inch

140+°

6-8 min/side

6-8 min/side

Mozzarella Sticks

3-inch

140+°

6-8 min/side

6-8 min/side

Hot Wings

3-inch

140+°

6-8 min/side

6-8 min/side

PLEASE READ BOOKLET FOR COMPLETE INSTRUCTIONS.

General Guidelines Only. These are not meant to be recipes. All cooking guidelines may vary.
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New Wave Oven Cooking Chart Quick Guide

Patrick Vollmar



New Wave Oven Cooking Chart Quick Guide:

The Best of New Wave Cooking Pam Collacott,1992 Food and Nutrition Quarterly Index ,1987 Food and Nutrition Information and Educational Materials Center catalog Food and Nutrition Information Center (U.S.),1976 The New Doubleday Cookbook Jean Anderson,Elaine Hanna,1985 The complete guide to the modern kitchen that swept the R T French Tastemaster Awards now updated and revised to reflect America s new nutritional awareness and the trend toward healthier cooking B W illustrations throughout *Popular Mechanics* ,2000-06 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 Popular Science ,1973-02 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better Print Media Editorial Calendars ,1988-10

The Magic of Microwave Joanne Crocker,1976 **Housecraft** ,1978 **Catalog** Food and Nutrition Information Center (U.S.),1974

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