

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

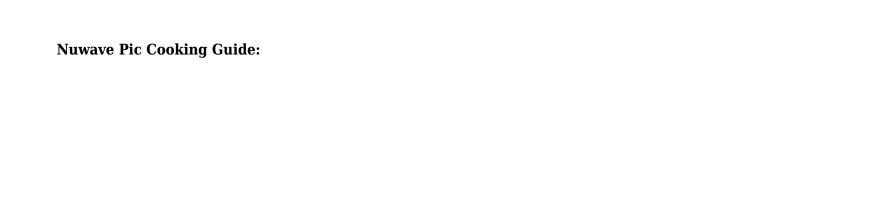


Beef & Lamb	Rack Height	Internal Temp.	Fresh	Frozen
Roasts 2-10 lbs	1-inch	125-130" 130-135" 135-140" 155+"	15-17 min/fbs Rare 17-19 min/fbs Med Rare 19-20 min/fbs Medium 21+ min/fbs Well Done	20-21 min/lbs Pare 21-22 min/lbs Med Rare 22-23 min/lbs Medium 24+ min/lbs Well Done
Burgers %-inch thick	3-inch	160+"	5-7 min/side	8-9 mirv/side
Steaks 2-inch thick	3-inch	125-130" 130-135" 135-140" 155+"	5-6 min/side Rare 6-7 min/side Medi Rare 7-8 min/side Medium 9+ min/side Well Done	10-11 min/hide Rare 11-12 min/hide Med. Rare 12-13 min/hide Medium 14+ min/hide Well Done
Pork				
Ham (Percooked)	1-inch	140+	16-18 min/8b	20-23 min/fb
Sausage	3-inch	140+	5-8 min/side	8-10 min/side
Bacon	3-inch	180+	S-6 min/side	59/A
Italian, Bratwurst, Etc.	3-inch	160+*	8-9 min/side	10-12 min/vide
Chops	3-inch	145+"	5-6 min/side	7-9 min/side
Roasts 3-7 lbs	1-inch	145+"	17-19 min/side	22-25 min/side
Tenderloins	3-linch	1.45.**	12-14 miln/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, Yo-inch Bonelesu/Skinless (Thicker add 2 mins per Ys 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
Turriory, Whole 8-10 lbs	1-inch	165+"	10-12 min/lb	14-16 min/9b
Turkey, whose 11-16 its.	3-inch Ring	165+	10-12 min/lb	14-16 min/fb
Turkery, threasts 5-7 tos	1-inch	165+*	10-12 min/lb	14-16 min/lb
Seafood				
Fish, Steaks & 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-inch	145+"	4-5 min/side	6-8 min/side
Crab Legs	3-inch	145+"	4-6 mirt/side	8-13 mim/side
Vegetables				
Home Fries (%-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 (Over-Safe Dish with Glass Lid or Foil)	1-inch	140+*	10-15 min	N/A
Squash, Acom, Butternut & Spaghetti	1-inch	140+*	25-35 min	35-40 min
Roasted, Onion, Garlic, Peppers. Zucchini, and Willow Squash	1-inch	140+*	15-20 min	N/A
Frozen Ready-Made Foods				
Chicken Tenders & Nuggets	3-inch	140+*		6-8 min/side
Frozen Vegetables (In Oven-Safe Dish)	3-irich	140+*		6-8 min/side
Onion Rings	3-irrich	140+*		6-8 min/side
Mozzarella Sticks	3-linch	140+		6-8 min/side
Hot Wings	3-inch	140+*		6-8 min/side

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Nuwave Pic Cooking Guide

J Elliott



Nuwave Pic Cooking Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has be more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Nuwave Pic Cooking Guide**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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