

nuwave

LIVE WELL FOR LESS



NUWAVE[®] PRO PLUS INFRARED OVEN

Manual & Complete Cookbook

nuwave

Live Well For Less

Quick & Easy Cooking Guide

All cooking times are based on a temperature of 300°F



Beef & Lamb

Roasts 2-10 lbs	Roast Height	Internal Temp	Fresh	Frozen
	1 in	125-130°	15-17 minutes Fast	20-25 minutes Fast
		130-135°	17-19 minutes Med. Fast	21-23 minutes Med. Fast
		135-140°	19-21 minutes Medium	22-25 minutes Medium
		145+°	21+ minutes Med. Fast	24+ minutes Med. Fast
Burgers 1/2 in thick	3/4 in	160+°	5-7 minutes	8-9 minutes
Steaks 1 in thick	3/4 in	125-130°	5-6 minutes Fast	10-11 minutes Fast
		130-135°	6-7 minutes Med. Fast	11-12 minutes Med. Fast
		135-140°	7-8 minutes Medium	12-13 minutes Medium
		145+°	8+ minutes Med. Fast	14+ minutes Med. Fast

Pork

Ham (Precooked)	1 in	140+°	15-18 minutes	20-25 minutes
Sausage	3/4 in	140+°	5-6 minutes	8-10 minutes
Bacon	3/4 in	160+°	5-6 minutes	N/A
Salisbury, Braised, Etc.	3/4 in	160+°	5-6 minutes	10-12 minutes
Chops	3/4 in	140+°	5-6 minutes	7-8 minutes
Roasts 3-7 lbs	1 in	140+°	17-19 minutes	20-23 minutes
Tenderloin 2-4 lbs	3/4 in	140+°	12-14 minutes	15-20 minutes
Spare Ribs	1 in	160+°	18-22 minutes	22-24 minutes

Poultry

Chicken, Bone-in Piece	3/4 in	160+°	12-14 minutes	15-17 minutes
Chicken, 1/2 or Boneless/Skinless Breast (Chicken add 2 mins per 1/2 lb)	3/4 in	160+°	11-13 minutes	14-16 minutes
Chicken, whole 3-5 lbs	1 in	160+°	17-20 minutes	20-23 minutes
Turkey, whole 8-14 lbs	1 in	160+°	18-22 minutes	22-24 minutes
Turkey, whole 15-18 lbs	1 in	160+°	22-24 minutes	26-28 minutes
Turkey, Breast 3-7 lbs	1 in	160+°	17-20 minutes	20-23 minutes
Eggs				

Seafood

Fish, Steaks & Fillets 1/2 in
Shrimp & Scallops
Lobster Tails 4 oz (small)
Crab Legs

Vegetables

Roast Potatoes (1/2 in med)
Potatoes, whole med. size
Steamed Broccoli & Cauliflower
(Steam 1/2 lb per 1/2 in med)
Squash, Acorn, Butternut & Spaghetti
Roasted
Onion, Garlic, Peppers,
Eggplant, and Yellow Squash

Frozen Ready-Made Foods

Chicken Tenders & Nuggets
Frozen Vegetables 3/4 in med size
Onion Rings
Mozzarella Sticks
Hot Wings

TIP: Flip larger food items over halfway through cooking.



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Daniel F McAuley



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