



The NuWave Oven Elite Quick & Easy Cooking Guide

Beef & Lamb

	Rack Height	Oven Temp.	Fresh	Frozen
Roasts 2-10 lbs	1 inch	Sear 5 min one side only then cook at 350°F/176°C	13 min/lbs Rare 15 min/lbs Med. Rare 18 min/lbs Medium 20 min/lbs Well Done	23 min/lbs Rare 25 min/lbs Med. Rare 27 min/lbs Medium 30 min/lbs Well Done
Patties 1/2 inch thick	3 inch	420°F/245°C	2 min/side	3 min/side
Patties 1 inch thick	3 inch	420°F/245°C	3-4 min/side	5-6 min/side
Steaks 1 inch thick	3 inch	420°F/245°C or Sear	2 min/side Rare 3 min/side Med. Rare 4 min/side Medium 5 min/side Well Done	5 min/side Rare 6 min/side Med. Rare 7 min/side Medium 8 min/side Well Done
Steaks 2 inch thick	3 inch	420°F/245°C or Sear	3-4 min/side Rare 5-6 min/side Med. Rare 7-8 min/side Medium 10-11 min/side Well Done	5-6 min/side Rare 7-8 min/side Med. Rare 9-10 min/side Medium 12-13 min/side Well Done

Pork

Ham	1 inch	375°F/190°C	10 min per lb/side	12 min per lb/side
Sausage	3 inch	400°F/204°C	3 min/side	4 min/side
Bacon	3 inch	400°F/204°C	3 min/side	N/A
Patties	3 inch	400°F/204°C	4 min/side	5 min/side
Italian, Bratwurst, Etc.	3 inch	400°F/204°C	4-5 min/side	5-6 min/side
Chops	3 inch	375°F/190°C	3-4 min/side	5-6 min/side
Roasts 3-7 lbs	1 inch	375°F/190°C	15-17 min/side	22-24 min/side
Tenderloins	3 inch	Sear then cook at 375°F/190°C	Sear 3 min/side 5-6 min/side	Sear 3 min/side 9-10 min/side
Spare Ribs	3 inch	Sear then cook at 375°F/190°C	Sear 2 min/side 8-10 min/side	Sear 3 min/side 12-14 min/side
Country Style Ribs	1 inch	Sear then cook at 375°F/190°C	Sear 2 min/side 10-12 min/side	Sear 3 min/side 12-14 min/side

Poultry

Chicken, [Bone-in] Pieces	3 inch	400°F/204°C	7-8 min/side	10-13 min/side
Chicken, 1/2 inch Boneless/Skinless [Thicker add 2 mins per 1/2 inch]	3 inch	400°F/204°C	4-5 min/side	6-7 min/side
Chicken, Whole	1 inch	375°F/190°C	10-12 min/lbs	15-17 min/lbs
Cornish Hen, Whole 1 - 1 1/2 lbs	1 inch	400°F/204°C	20 min/side	45 min/side
Duck, Whole 5-6 lbs	1 inch	400°F/204°C	30 min/side	30 min/side
Turkey, Whole 8-10 lbs	No Extender Ring	375°F/190°C	9-10 min per pound	12-14 min per pound
Turkey, Whole 11-16 lbs	(1) 3 inch Ring	375°F/190°C	9-10 min per pound	12-14 min per pound
Turkey, Whole 17-24 lbs	(1) 3 or 5 inch Ring	375°F/190°C	9-10 min per pound	12-14 min per pound
Turkey, Whole 25-30 lbs	(2) 3 or 5 inch Ring	375°F/190°C	9-10 min per pound	12-14 min per pound
Turkey, Breasts	1 inch	375°F/190°C	10 min per pound	12-14 min per pound
Turkey, Legs	1 inch	375°F/190°C	15-17 min/side	18-20 min/side
Eggs	1 inch	275°F/135°C	11-13 min total	N/A

Seafood

Fish, Fillets 1/2 inch thick	3 inch	375°F/190°C	2 min/side	3 min/side
Fish, Steaks & Fillets 1 inch thick	3 inch	375°F/190°C	3 min/side	4 min/side
Shrimp & Scallops	3 inch	400°F/204°C	2 min/side	3 min/side
Lobster Tails 4 oz [Small]	3 inch	400°F/204°C	2 min/side	3 min/side
Lobster Tails 10 oz [Large]	3 inch	400°F/204°C	6-7 min/side	8-9 min/side
Lobster*, Whole [Claws & all]	3 inch	400°F/204°C	10-12 min/side	13-14 min/side

[*Live Lobsters: Bring large pot of water to a boil. Drop in lobsters head first. Cook for 2 minutes before placing in NuWave Oven.]



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Vegetables

	Rack Height	Oven Temp.	Fresh	Frozen
Home Fries [wedges]	3 inch	400°F/204°C	5 min/side	N/A
Potato, Whole Med. Size	3 inch	420°F/215°C	27 mins total	N/A
Steamed Broccoli & Cauliflower [Oven Safe Dish with Glass lid or Foil]	1 inch	420°F/215°C	10-12 mins total	N/A
Squash, Acron, Butternut & Spagetti	1 inch	420°F/215°C	10 min/side	N/A
Corn, in Husk	1 inch	420°F/215°C	10 min/side	N/A
Corn, Frozen on Cob	1 inch	375°F/190°C	3 min/side	4-5 min/side
Roasted Onion, Garlic, Red Bell Peppers, Zucchini, and Yellow Squash	1 inch	420°F/215°C	5 min/side	N/A

Frozen Ready-Made Foods

	Rack Height	Oven Temp.	Frozen
Single Serving T.V. Dinners	1 inch	400°F/204°C	22-25 min/side
Individual Pot Pies	1 inch	375°F/190°C	16-18 min/side
Chicken Tenders & Nuggets	3 inch	350°F/176°C	6-8 min/side
Frozen Vegetables [In Oven Safe Dish]	1 inch	325°F/162°C	12 min/side
All-Ready Baked Rolls	1 inch	350°F/176°C	8 min/side
Bagel Bites	3 inch	350°F/176°C	6-8 min/side
Hot Pockets	3 inch	375°F/190°C	9 min/side
Poppers	3 inch	350°F/176°C	6-8 min/side
Onion Rings	3 inch	350°F/176°C	6-8 min/side
Stuffed Mushrooms	3 inch	350°F/176°C	6-8 min/side
Mozzarella Sticks	3 inch	350°F/176°C	6-8 min/side
Hot Wings	3 inch	375°F/190°C	6-8 min/side
Frozen Pies	1 inch	325°F/162°C	30 min/side

Non-Frozen Ready-Made Foods

	Rack Height	Oven Temp.	Fresh
Toast	3 inch	375°F/190°C	2 min/side
Cinnamon Rolls [In Oven Safe Pie Dish]	1 inch	350°F/176°C	15-17 min/side
Canned Rolls/Crescent Rolls	Liner Pan	375°F/190°C	10-13 min/side
Grilled Cheese	3 inch	375°F/190°C	3-5 min/side
Pop Tarts	3 inch	350°F/176°C	4 min total
Hot Dogs	3 inch	420°F/215°C	1 min/side

Pizza & Quesadilla

	Rack Height	Oven Temp.	Frozen
Thin Crust	3 inch	420°F/215°C	7-9 min crust side up/ 3-4 min cheese side up
Regular Crust	3 inch	420°F/215°C	9-11 min crust side up/ 3-5 min cheese side up
Thick Crust	3 inch	420°F/350°F/215°C/176°C	12-16 min crust side up/ 3-5 min cheese side up
Deep Dish	3 inch	350°F/176°C	25 min crust side up/ 10 min cheese side up
Quesadilla	3 inch	375°F/190°C	2 min/side

Directions

- 1) Place pizza, cheese side down, on NuWave Silicone Pizza Liner.
- 2) Bake crust per time indications or until desired doneness.
- 3) Flip pizza, cheese side up, and remove NuWave Silicone Pizza Liner.
- 4) Bake pizza 3-5 more minutes or until desired doneness.