

# 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 Rare 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 min/side
Steaks 2-inch thick	3-inch	125-130" 130-135" 135-140" 155+"	5-6 min/side Bare 6-7 min/side Medium 7-8 min/side Medium 9+ min/side Well Done	10-11 min/side Rane 11-12 min/side Med. Ran 12-13 min/side Medium 14+ min/side Well Done
Pork				
Harm (Prespoked)	1-inch	140+	16-18 min/8b	20-23 min/fb
Saurage	3-inch	140+*	5-8 min/side	B-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/sidie
Roasts 3-7 lbs	1-inch	145+"	17-19 min/side	22-25 min/side
Tenderloins	3-inch	1.45 **	1.2-14 min/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, Vo-inch Boneless/Skinless (Bhicker add 2 mins per Yr 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
Turriorry, Whole 8-10 lins	1-imch	165+"	10-12 min/lb	14-16 min/%
Turkery, whose 11-16-lbs.	3-inch Ring	165+"	10-12 min/8b	14-16 min/fib
Tuerkery, theasts 5-7 fm	1-inch	165+*	10-12 min/lb	14-16 min/95
Seafood				
Fish, Sonaka & 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-irech	1.45+*	4-5 mim/side	6-8 min/side
Crab Legs	3-inch	145+	4-6 minuside	B-13 mim/side
Vegetables				
Home Fries (% -inch shick)	3-inch	140+*	10 min/side	NAME
Potato, Whole Med. Size	3-inch	140+*	30-40 min	N/A
Steamed Broccoli & Cauliflower Oven-Safe Dish with Glass Lid or Foli	1-inch	140+*	10-15 min	N/A
Squash, Acom, Butternut & Spoghetti	1-inch	140+	25-35 min	35-40 min
Rousted, Onion, Garlic, Peppers. Zuochini, and Willow Squash	1-inch	140+*	15-20 min	NVA
Frozen Ready-Made Foods				
Chicken Tenders & Nuggets	3-irach	140+*		6-8 min/side
Frozen Vegetables (in Oven-Safe Dish)	3-inch	1-90+*		6-8-min/side
Onion Rings	3-inch	140+*		6-8 min/side
Mozzarella Sticks	3-inch	140+*		6-8 min/side
Hot Wings	3-inch	140+*		6-8 min/side

PLEASE READ BOOKLET FOR COMPLETE INSTRUCTIONS. General Guidelines Only, These are not recent to be recipes. All cocking guidelines may vary.

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