



COOKING CHART

To ensure even browning turn food at half cooking time. Internal temperature can be determined by use of meat thermometer.

BEEF/LAMB	Rack	Oven Temperature	Fresh Food	Frozen Food	Special Instructions and Internal Temperatures
Patties 1/2 inch thick	4 inch	400°F	10 min.	13-15 min.	160°F, 71°C
Patties 1 inch thick	4 inch	400°F	15 min.	18-20 min.	160°F, 71°C
Hot Dogs	4 inch	400°F	5 min.	7-8 min.	
Steaks 1 inch thick	4 inch	400°F	8 min/side 9 min/side	13 min/side 15 min/side	Medium-Rare 145°F, 63°C Medium 160°F, 71°C
Steaks 2 inches thick	4 inch	400°F	10 min/side 12 min/side	14 min/side 15 min/side	Medium-Rare 145°F, 63°C Medium 160°F, 71°C
Roasts 3-5 pounds	1 inch	400°F	18 min/lb. 20 min/lb.	28 min/lb. 30 min/lb.	Medium-Rare 145°F, 63°C Medium 160°F, 71°C
PORK					
Bacon	4 inch	400°F	10 min.		
Breakfast Sausage Links	4 inch	400°F	8 min.	10 min.	
Patties	4 inch	400°F	10 min.	13 min.	
Italian, Bratwurst etc.	4 inch	400°F	10 min.	15 min.	165°F, 73°C
Chops	4 inch	400°F	10 min/inch	18 -20 min/inch	165°F, 73°C
Roasts 3-7 pounds	1 inch	400°F	20-25 min/lb.	25 min/lb.	165°F, 73°C
Tenderloin	4 inch	400°F	20 min.	35 - 40 min.	165°F, 73°C
Spare Ribs	either	400°F	15 min/side	30 min/side	165°F, 73°C
Country Style Ribs	4 inch	400°F	10 min/inch	13-15 min/inch	165°F, 73°C
CHICKEN					
Pieces-Breasts	4 inch	400°F	18-20 min.	25 min.	165°F, 73°C
Legs, Thighs	4 inch	400°F	18-20 min.	25 min.	180°F, 82°C
Whole Chickens 3-5 pounds	1 inch	400°F	15 min/lb.	25 min/lb	185°F, 82°C
TURKEY					
Whole, 8-10 pounds	1 inch	400°F	12 min/lb.	15 min/lb.	180°F, 82°C Start breast side down, turn halfway
Breast, 5-7 pounds	1 inch	400°F	12 min/lb.	15 min/lb.	170°F, 77°C, Turn over halfway
Legs	1 inch	400°F	45 min.	60 min.	180°F, 82°C Turn over halfway
Wings	1 inch	400°F	45 min.	60 min	180°F, 82°C Turn over halfway
CORNISH					
1 - 1 1/2 pounds	1 inch	400°F	25-30 min.	50-60 min.	179°F, 79°C
DUCKLING					
5-6 pounds	1 inch	400°F	60 min.	120 min.	180°F, 82°C, Turn over halfway

FISH	Rack	Oven Temperature	Fresh Food	Frozen Food	Special Instructions and Internal Temperatures
Fillets, 1/2 inch thick	4 inch	400°F	4 min.	7 min.	150°F, 65°C
Steaks and Fillets 1 inch thick	4 inch	400°F	10 min.	18-20 min.	150°F, 65°C
Whole Fish 3- 4 inches thick	1 inch	400°F	25 min.	45 min.	150°F, 65°C
SHELLFISH					
Shrimp, Large	4 inch	400°F	5 min.	7 min.	
Scallops, Sea	4 inch	400°F	6 min.	8 min.	
Scallops, Bay	4 inch	400°F	5 min.	6-7min.	
Lobster, Live Maine	4 inch	400°F	13-16 min/lb.		Bring large pot of water to a boil. Drop in lobsters headfirst. Cook for 2 minutes. Finish cooking in Flavorwave Oven™.
Lobster Tails	4 inch	400°F	6 min.	8 min.	
VEGETABLES					
Corn on the cob	either	400°F	10 min.		
Root Vegetables such as: Potatoes, Carrots, Turnips, Rutabagas, etc.	4 inch	400°F	25 min.		Cut into 2 inch cubes Spray with oil
Potatoes, whole	4 inch	400°F	45 min.		8 ounces each
1/2 Lengthwise	4 inch	400°F	30 min.		
French Fries	4 inch	400°F	20 min.		
Sweet Potatoes	4 inch	400°F	45 min.		8 ounces each
Roasted Onions	4 inch	400°F	20 min.		Cut off 1/2 inch of top, brush with oil
Roasted Garlic	4 inch	400°F	25 min.		
Roasted Asparagus	4 inch	400°F	10 min.		Place in shallow dish
Acorn Squash	either	400°F	30 min.		Cut in half, remove seeds and membrane
Butter Nut Squash	either	400°F	35 min.		
Eggplant, 1/2 inch slices	4 inch	400°F	12-15 min.		Brush with oil
Eggplant, whole	1 inch	400°F	40 min.		
FRUITS					
Baked Apples	either	400°F	20 min.		Remove core
Baked Pears	either	400°F	25 min.		Cut in half, Remove core
Internal Temperature of Food:		Internal Temp.		Internal Temp.	
Ground Meat & Meat Mixtures:		Ham:			
Beef, Pork, Veal, Lamb		165°F/73°C		Fresh (raw) 160°F/71°C	
Turkey, Chicken		165°F/73°C		Precooked (to reheat) 140°F/60°C	
Fresh Pork:				Egg Dishes: 160°F/71°C	
Medium		160°F/71°C		Poultry:	
Well Done		170°F/77°C		Chicken, whole 180°F/82°C	
Fresh Beef, Veal, Lamb:				Turkey, whole 180°F/82°C	
Medium		160°F/71°C		Poultry, breast 170°F/77°C	
Well Done		170°F/77°C		Poultry thighs, wings 180°F/82°C	
				Duck & Goose 180°F/82°C	
				Stuffing (cooked alone or in bird) 165°F/73°C	

General Guidelines Only. These are not meant to be recipes. All cooking guidelines may vary.
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