



# QUICK REFERENCE GUIDE

ITEM	COOKING TIME (for reference only)	OVEN TEMP. SETTING	COOKING TIPS
<b>MEAT</b>			
Meat Loaf	35 - 40 minutes	355°F (180°C)	Low rack
Boneless Rib Roast	24 - 26 minutes per 1 lbs (450g)	400°F (205°C)	Low rack
Grilled Filet Mignon	20 - 25 minutes	445°F (230°C)	High rack
Grilled Sirloin Steak	20 - 25 minutes	445°F (230°C)	High rack
Hamburgers & Hot Dogs	20 - 25 minutes	400°F (205°C)	High rack
Roast Leg of Lamb	25 - 30 minutes per 1 lbs (450g)	390°F (200°C)	High rack
<b>POULTRY</b>			
Spicy Wings	30 minutes per 2 lbs (900g)	445°F (230°C)	Half on high rack, half on low rack
Whole Chicken (or half of Turkey)	15 - 20 minutes per 1 lbs (450g)	445°F (230°C)	Low rack, use with Extender Ring (optional item)
Barbeque Chicken	25 - 30 minutes	400°F (205°C)	High rack
Cornish Hens	25 - 30 minutes	445°F (230°C)	Low rack
Curry Chicken	25 - 30 minutes	400°F (205°C)	High rack
Lemon Chicken	25 - 30 minutes	400°F (205°C)	High rack
<b>SEAFOOD</b>			
BBQ Shrimp	10 - 15 minutes per 1 lbs (450g)	435°F (225°C)	High rack
Grilled Fish Steaks	20 minutes	400°F (205°C)	High rack
Fish in a Sack	25 - 30 minutes	360°F (180°C)	High or low rack
Whole Salmon	20 - 25 minutes	400°F (205°C)	Low rack
<b>VEGETABLES</b>			
Baby Rosemary Potatoes	45 minutes	355°F (180°C)	High rack
Cauliflower Au Gratin	15 - 20 minutes	330°F (165°C)	High rack
French Fries	20 minutes	445°F (230°C)	High rack
Potatoes, Baked in Jackets	35 - 40 minutes	400°F (205°C)	Low rack
Roasted Vegetables	20 - 25 minutes	445°F (230°C)	Low rack
<b>DESERT</b>			
Apple Tart	30 minutes	400°F (205°C)	High rack
Apple-Almond Pudding	30 minutes	345°F (175°C)	High rack
Baked Apples	25 - 35 minutes	435°F (225°C)	High rack
Pear-Peach Tart	20 minutes	400°F (205°C)	High rack

• All cooking times and temperatures are approximate

• Variable results are possible due to differences in food weight, thickness, starting temperature, fat and water content, food quantity and other factors

• Depending on recipe and food type, food should be flipped during the cooking cycle

• Adjust cooking time to 30-50% more for frozen food. For best results thaw frozen food prior to cooking.