100 Air Fry Cooking Presets

Cooking times may vary. Adjust until you find the perfect setting for your preference. Use Air Fryer Lid with numbered items 1-100.

	Quick Items Air Fryer Lid	Temp	Time
1.	Bacon (4oz)	400°F	00:08
2.	Baked Potato (12oz)	400°F	00:35
3.	Chicken Breast (6oz)	380°F	00:12
4.	Dehydrate	120°F	12:00
5.	Fish (6oz)	350°F	00:06
6.	French Fries (8oz)	400°F	00:12
7.	Frozen Food (12oz)	400°F	00:15
8.	Reheat (8oz)	325°F	00:08
9.	Roast (32oz)	375°F	00:45
10.	Steak (8oz)	375°F	00:08
	For items 11-30 the Duet will automatically preheat for 15 min. at 450°F.	**Grill Cooking**	
	Grill Items	**Temp**	**Time**
11.	Asparagus (8oz, medium)	400°F	00:05
12.	Bell Peppers, quartered	400°F	00:06
13.	Zucchini (¼", sliced)	400°F	00:06
14.	Beef Filet (8oz)	400°F	00:10
15.	Beef Sirloin (7oz)	400°F	00:12
16.	Beef Burger (8oz)	400°F	00:08
17.	Polish Sausage, 4 (4-oz links)	400°F	00:05
18.	Italian Sausage, 4 (5-oz links)	400°F	00:09
19.	Hot Dogs (6 links)	400°F	00:04
20.	Pork Chop (boneless, 10oz)	400°F	00:16
21.	Lamb Chop, 4 (5oz)	400°F	00:06
22.	Ham Steak (½" thick)	400°F	00:05
23.	Chicken Breast, 2 (10oz)	400°F	00:13
24.	Chicken Legs, 2 (8oz)	400°F	00:10
25.	Tuna Steak (1" thick)	400°F	00:05
26.	Salmon (7oz)	400°F	00:06
27.	Shrimp (10/15ct.)	400°F	00:03
28.	Scallops (10/15ct.)	400°F	00:03
29.	Quesadilla	350°F	00:02
30.	Grilled Sandwich	400°F	00:06
	Vegetables	**Temp**	**Time**
31.	Beets, whole	400°F	00:40
32.	Broccoli (florets)	400°F	00:06
33.	Brussels Sprouts, halved	380°F	00:15
34.	Carrots	380°F	00:15
35.	Cauliflower (florets)	400°F	00:12
36.	Corn on the Cob	390°F	00:12
37.	Eggplant (1½-inch cubes)	400°F	00:15
38.	Fennel, quartered	370°F	00:15
39.	Green Beans	400°F	00:05
40.	Mushrooms	400°F	00:05
41.	Onions (pearl)	400°F	00:10
42.	Potatoes (small, baby, 1.5 lbs)	400°F	00:15
43.	Potatoes (1-inch cubes)	400°F	00:12
44.	Potatoes (baked, whole)	400°F	00:40
45.	Squash (½-inch cubes)	400°F	00:12
46.	Sweet Potato (baked, whole)	400°F	00:12
47.	Tomatoes (cherry)	400°F	00:04
48.	Tomatoes, halved	400°F	00:10
	Poultry	**Temp**	**Time**
49.	Chicken Breast, bone-in (1.25 lbs)	370°F	00:25
50.	Chicken Drums & Thighs, bone-in (1.75 lbs)	380°F	00:30
51.	Chicken Tenders	360°F	00:09
52.	Chicken Thighs, bone-in (2.5 lbs)	380°F	00:22
53.	Chicken Thighs, boneless (1.5 lbs)	380°F	00:19
54.	Chicken Wings (2 lbs)	400°F	00:12
55.	Duck Breast (1 lb)	400°F	00:25
56.	Frozen Chicken Breast, bone-in (1 lb)	360°F	00:25
57.	Frozen Chicken Breast, boneless (8oz)	360°F	00:25
58.	Frozen Whole Chicken (3 lbs)	360°F	01:15
59.	Game Hen (halved, 2 lbs)	390°F	00:20
60.	Game Hen, frozen	390°F	00:50
61.	Turkey Breast (2 lbs)	360°F	00:45
62.	Turkey Breast, frozen	360°F	01:05
63.	Whole Chicken, fresh (3 lbs)	360°F	01:00
	Beef	**Temp**	**Time**
64.	Beef Eye Round Roast (4 lbs)	390°F	00:50
65.	Flank Steak (1.5 lbs)	400°F	00:12
66.	Meatballs (1-inch)	380°F	00:07
67.	Meatballs (3-inch)	380°F	00:10
68.	Ribeye, bone-in (1-inch, 8oz)	400°F	00:12
	Pork/Lamb	**Temp**	**Time**
69.	Loin (2 lbs)	360°F	00:55
70.	Bacon (regular)	400°F	00:06
71.	Bacon (thick cut)	400°F	00:08
72.	Pork Chops, bone-in (1-inch, 6oz)	400°F	00:12
73.	Rack of Lamb (2 lbs)	380°F	00:22
74.	Tenderloin (1 lb)	370°F	00:15
	Fish/Seafood	**Temp**	**Time**
75.	Calamari (8oz)	400°F	00:04
76.	Fish Fillet (1-inch, 8oz)	400°F	00:10
77.	Swordfish Steak	400°F	00:10
	Frozen Foods	**Temp**	**Time**
78.	Onion Rings (12oz)	400°F	00:08
79.	Breaded Shrimp	400°F	00:09
80.	Chicken Nuggets (8oz)	400°F	00:10
81.	Fish Fillets (1.2-inch, 10oz)	400°F	00:14
82.	Fish Sticks (10oz)	400°F	00:10
83.	Frozen Burrito (10oz)	400°F	00:15
84.	Frozen Egg Rolls (8oz)	400°F	00:12
85.	Mozzarella Sticks (10oz)	400°F	00:08
86.	Pot Stickers (10oz)	400°F	00:08
87.	Steak Fries (12oz)	400°F	00:18
	Dehydrated Foods	**Temp**	**Time**
88.	Kale Chips	130°F	00:20
89.	Apple	135°F	08:00
90.	Banana	135°F	08:00
91.	Beef Jerky	160°F	06:00
92.	Dried Herbs	100°F	02:00
93.	Granola	220°F	00:40
94.	Kiwi	130°F	08:00
95.	Mango	135°F	10:00
96.	Orange	130°F	10:00
97.	Peaches	135°F	10:00
98.	Pineapple	135°F	10:00
99.	Strawberry	115°F	10:00
100.	Sun-Dried Tomatoes	140°F	08:00

100 Combo Cooking Presets

	Beef/Veal	Pressure	Time	Temp	Time
1.	Beef Blade Roast (3 lbs)	High	00:45	360°F	00:10
2.	Beef Bottom Round (3 lbs)	High	00:20	360°F	00:10
3.	Brisket (5 lbs)	High	01:20	400°F	00:15
4.	Beef Butt Steak, 2 (8oz)	High	00:03	400°F	00:10
5.	Beef Cheeks (2¼ lbs)	High	00:20	400°F	00:05
6.	Beef Chuck Roast (2 lbs)	High	00:25	360°F	00:15
7.	Corned Beef & Cabbage	High	01:05	350°F	00:10
8.	Beef Eye Round Roast (4 lbs)	High	00:25	360°F	00:10
9.	Short Ribs (3 lbs)	High	00:40	350°F	00:15
10.	N.Y. Steak, 2 (12oz)	High	00:01	400°F	00:07
11.	Rib Eye (bone-in, 16oz)	High	00:01	400°F	00:10
12.	Beef Filet, 2 (8oz)	High	00:01	400°F	00:06
13.	Flank Steak (1 lb)	High	00:01	400°F	00:08
14.	Flat Iron, 2 (10oz)	High	00:01	400°F	00:06
15.	Beef Hanging Tender, 2 (8oz)	High	00:05	400°F	00:10
16.	London Broil (2 lbs)	High	00:05	400°F	00:08
17.	Meatballs (1-inch, 2 lbs)	High	00:02	325°F	00:05
18.	Meatballs (3-inch, 2 lbs)	High	00:06	325°F	00:08
19.	Meatloaf (2 lbs)	High	00:15	360°F	00:07
20.	Porterhouse (24oz)	High	00:05	400°F	00:12
21.	Beef Round Steak (2 lbs)	High	00:08	400°F	00:12
22.	Beef Rump Roast (3 lbs)	High	00:23	400°F	00:18
23.	Sirloin Steak, 2 (12oz)	High	00:01	400°F	00:08
24.	Beef Stew (2 lbs)	High	00:35	360°F	00:10
25.	Beef Shanks (2 lbs)	High	00:15	360°F	00:08
26.	Beef Tongue	High	00:40	400°F	00:08
27.	Tri-Tip Roast (2 lbs)	High	00:25	400°F	00:12
28.	T-Bone (24oz)	High	00:05	400°F	00:12
29.	Oxtail (2 lbs)	High	00:25	400°F	00:06
30.	Veal Chops, 2 (16oz)	High	00:10	360°F	00:06
31.	Veal Roast (4 lbs)	High	00:22	400°F	00:10
32.	Veal Sweetbreads (3 lbs)	High	00:06	400°F	00:10
	Grains	**Pressure**	**Time**	**Temp**	**Time**
33.	Mac & Cheese	Low	00:01	360°F	00:07
34.	Fried Rice	High	00:04	400°F	00:09
35.	Polenta Tomato Sauce	High	00:05	400°F	00:10
	Lamb/Pork	**Pressure**	**Time**	**Temp**	**Time**
36.	Rack of Lamb (2 lbs)	High	00:03	360°F	00:08
37.	Lamb Stew Meat (3 lbs)	High	00:40	360°F	00:08
38.	Lamb Leg (5 lbs)	High	00:08	400°F	00:10
39.	Lamb Chops, 6 (4oz)	High	00:02	400°F	00:05
40.	Lamb Shank, 4 (1-lb shanks)	High	00:10	400°F	00:10
41.	Lamb Shoulder (2 lbs)	High	00:40	360°F	00:10
42.	Pork Belly (2 lbs)	High	00:40	400°F	00:10
43.	Pork (Bratwurst, 2 lbs)	High	00:03	400°F	00:05
44.	Pork Carnitas (6 lbs, Pork Butt)	High	00:50	360°F	00:15
45.	Pork Chops (bone-in, 10oz)	High	00:02	400°F	00:08
46.	Pork Chops (boneless, 6oz)	High	00:01	400°F	00:06
47.	Pork Neck Bones (for crispy)	High	01:30	400°F	00:10
48.	Italian Sausage (2 lbs links)	High	00:03	400°F	00:05
49.	Polish Sausage, smoked (3 lbs)	High	00:01	400°F	00:05
50.	Polish Sausage, fresh (3 lbs)	High	00:03	360°F	00:08
51.	Pork Shoulder (boneless, 3 lbs)	High	00:35	350°F	00:08
52.	Pork Loin (2½ lbs)	High	00:35	400°F	00:10
53.	Pork Ham Shoulder (8 lbs)	High	00:25	360°F	00:06
54.	Pork Shanks or Hocks, 2 (cut in half)	High	00:50	360°F	00:10
55.	Pork Ribs (3½ lbs)	High	00:19	400°F	00:15
56.	Pork Tenderloin (1½ lbs)	High	00:03	400°F	00:10
57.	Pork Butt Roast	High	00:40	390°F	00:10
	Poultry	**Pressure**	**Time**	**Temp**	**Time**
58.	Chicken (5 lbs)	High	00:22	400°F	00:10
59.	Chicken Wings (2 lbs)	High	00:05	390°F	00:15
60.	Frozen Chicken Breast, 2 (12oz)	High	00:22	400°F	00:10
61.	Fresh Chicken Breast, 2 (8oz)	High	00:10	400°F	00:10
62.	Chicken Thighs, 4 (bone-in, 6oz)	High	00:04	400°F	00:10
63.	Boneless Chicken Thighs (2 lbs)	High	00:04	400°F	00:07
64.	Chicken Legs (4)	High	00:12	400°F	00:08
65.	Cornish Game Hen, fresh	High	00:20	400°F	00:08
66.	Cornish Game Hen, frozen	High	00:50	400°F	00:08
67.	Duck (whole, 4 lbs)	High	00:25	400°F	00:10
68.	Duck Breast, 2 (8oz)	High	00:03	400°F	00:10
69.	Duck Legs (4)	High	00:08	400°F	00:10
70.	Pheasant	High	00:30	400°F	00:10
71.	Quail, 4 (whole, 16oz)	High	00:30	400°F	00:10
72.	Turkey Legs (bone-in, 5 lbs)	High	00:20	400°F	00:15
73.	Turkey Breast, boneless	High	00:20	400°F	00:10
74.	Turkey Breast, bone-in	High	00:15	400°F	00:10
	Fish	**Pressure**	**Time**	**Temp**	**Time**
75.	Chilean Sea Bass, 2 (7oz)	High	00:02	360°F	00:08
76.	Grouper, 2 (7oz)	High	00:04	400°F	00:08
77.	Golden Bass, 2 (7oz)	High	00:04	400°F	00:08
78.	Haddock, 2 (7oz)	High	00:02	400°F	00:06
79.	Halibut, 2 (7oz)	High	00:02	360°F	00:08
80.	Lobster Tail, 2 (7oz)	High	00:04	400°F	00:04
81.	Shrimp	High	00:01	375°F	00:08
82.	Swordfish, 2 (7oz)	High	00:02	400°F	00:08
83.	Mackerel, 2 (7oz)	High	00:04	400°F	00:10
84.	Mahi Mahi, 2 (7oz)	High	00:02	400°F	00:06
85.	Cod, 2 (6oz)	High	00:02	360°F	00:06
86.	Red Snapper, whole (4 lbs)	High	00:08	400°F	00:08
87.	Salmon Steak, 2 (7-oz fillets)	High	00:02	400°F	00:07
88.	Smelt (1 lb)	High	00:02	400°F	00:10
89.	Tuna Steak, 2 (7oz)	High	00:01	400°F	00:05
	Vegetables	**Pressure**	**Time**	**Temp**	**Time**
90.	Sweet Acorn Squash	Low	00:03	360°F	00:04
91.	Brussels Sprouts	Low	00:01	400°F	00:04
92.	Butternut Squash (20oz)	Low	00:02	400°F	00:04
93.	Glazed Carrots	Low	00:03	400°F	00:05
94.	Sweet Potato	High	00:01	390°F	00:04
95.	Potato Wedges	High	00:15	360°F	00:07
96.	Broccoli Gratin	Low	00:03	400°F	00:02
97.	Potato Cheddar Baked (8)	High	00:12	360°F	00:04
98.	Whole Cauliflower	Low	00:03	390°F	00:10
	Dessert	**Pressure**	**Time**	**Temp**	**Time**
99.	Blueberry Walnut Cobbler	High	00:07	350°F	00:10
100.	Apple Tatin (6-inch)	High	00:12	325°F	00:10

nuwave Duet® Quickstart Guide

What you get



Air Fryer Lid
Part #: 34805



Pressure Cooker Lid
Part #: 34839



Stainless Steel Inner Pot
Part #: 34803



Slow Cook Lid
Part #: 34838



Grill/Griddle Plate
Part #: 34833



(2) Black Silicone Mitts
Part #: 34837



Rib Rack
Part #: 34835



Multipurpose Reversible Rack
Part #: 34834



Stainless Steel Air Fry Basket
Part #: 34818



Lid Holder
Part #: 34815

Getting Started

Display: The time format is HH:MM (hours and minutes).
Temperatures and times can be adjusted before and during the cooking process.
Press TEMP or TIME and use the START/PAUSE dial to adjust.

Turn the Duet™ ON and OFF.
Plug in your Duet to turn on and unplug to turn off.

Start cooking.
Select a cooking function. Press START/PAUSE to begin cooking. Press START/PAUSE during cooking to pause the Duet. Press again to resume cooking.

Notes: Use the START/PAUSE dial to adjust/select cooking functions including temps and times or to scroll through Menu options. Pause is disabled when using Pressure Cook function. Press and hold down START/PAUSE for 3 sec. to mute and unmute the Duet (beeping).

Using Pressure Cook function with the Duet.
Press PRESSURE COOK. The pressure, temperature, and time is adjustable by using the START/PAUSE dial. Use only the Pressure Cooker Lid when pressure-cooking.

Notes: The cooking process can create a seal between the Pressure Cooker Lid and the Stainless Steel Inner Pot. To prevent lifting the pot along with the lid, gently shake the handle to separate the lid from the pot before opening.

Adjust the pressure inside the Duet when pressure-cooking.
Press PRESSURE to choose between high and low pressure.

Note: The PRESSURE button is disabled during air-frying.

Using Air Fry function with the Duet.
Press AIR FRY. The temperature and time is adjustable by using the START/PAUSE dial. Use the Air Fryer Lid with the Air Fry Basket when air-frying.

Using the Combo Cook function.
Press COMBO COOK. Combo cooking function first cooks food using pressure-cooking and then finishes with air-frying for perfect crisping.

Cancel the cooking process or clear out functions.
Press CANCEL at any time to stop the cooking process or to clear out any function.

nuwave Duet®

Getting Started

Delay cooking to your desired start time.
Set cooking temp and time. Press DELAY. Use the START/PAUSE dial to adjust.

Note: Delay cooking for up to 24 hrs.

Use Preheat function to heat the Duet before adding food and for crispier results. Default is 360˚F.
Press PREHEAT and adjust preheating time. To cancel preheat press PREHEAT at any time.

Note: Preheat is disabled during pressure-cooking.

Sear your food before the initial cooking process. Default is 400˚F.
Press SEAR. Allow the Duet to heat up with added oil, and then place in food to sear.

Note: Sear function can be set for before or after the regular cooking cycle when using Stage function.

Stage lets you cook at different temps and times throughout the cooking process.
To add a cooking stage press STAGE once and adjust by using the START/PAUSE dial.

Prog (Program) gives you access to 300 cooking presets and can store an additional 240 of your own. Refer to Presets sections.
Press PROG and use START/PAUSE dial to choose preset items to cook. Use the dial when in each cooking function to adjust temps and times. Press START/PAUSE to begin your chosen program.

Note: Preset programs can be adjusted but cannot be saved to original program numbers. These edits can only be saved into program numbers 101-180.

Cooking Guide

Note: Temperatures and times may need minor adjustments to best suit your desired results.

Prepackaged Foods: Follow the directions on the package and reduce temps and times by 15%. Check periodically.

Beef/Lamb	Pressure Setting	Pressure Cook Time - Min.	Air Fry Cook Temp	Fresh - Min.	Frozen - Min.	Internal Temp. (Thermometer) / Notes	
Patties ½ inch thick	N/A	N/A	370°F	00:07	00:10 - 00:13	150°F	
Patties 1 inch thick	N/A	N/A	370°F	00:10 - 00:13	00:18 - 00:20	150°F	
Steaks 1 inch thick	High	00:10	400°F	00:07 - 00:09 00:09 - 00:10 00:10 - 00:13 00:13 - 00:16 00:16 - 00:18	00:11 - 00:12 00:12 - 00:14 00:14 - 00:16 00:16 - 00:19 00:19 - 00:23	**Rare:** **Med. Rare:** **Medium:** **Med. Well:** **Well:**	125°F - 134°F 135°F - 144°F 145°F - 149°F 150°F - 159°F 160°F
Steaks 2 inches thick	High	00:20	400°F	00:11 - 00:12 00:12 - 00:14 00:14 - 00:16 00:16 - 00:19 00:19 - 00:23	00:21 - 00:27 00:27 - 00:31 00:31 - 00:34 00:34 - 00:38 00:38 - 00:41	**Rare:** **Med. Rare:** **Medium:** **Med. Well:** **Well:**	125°F - 134°F 135°F - 144°F 145°F - 149°F 150°F - 159°F 160°F
Roasts (3-5 lbs) Let rest 10 minutes before serving.	High	00:40	390°F	00:10 per lb. 00:13 per lb. 00:15 per lb. 00:18 per lb. 00:20 per lb.	00:20 per lb. 00:22 per lb. 00:24 per lb. 00:26 per lb. 00:27 per lb.	**Rare:** **Med. Rare:** **Medium:** **Med. Well:** **Well:**	125°F - 134°F 135°F - 144°F 145°F - 149°F 150°F - 159°F 160°F
Poultry	**Pressure Setting**	**Pressure Cook Time - Min.**	**Air Fry Cook Temp**	**Fresh - Min.**	**Frozen - Min.**	**Internal Temp. (Thermometer) / Notes**	
Chicken Breasts, Legs, Thighs (2 pcs)	High	00:20	380°F	00:07 - 00:09	00:09 - 00:13		
Whole Chicken	High	00:06 per lb.	375°F	00:08 - 00:10	00:18 - 00:22		
Boneless/Skinless Chicken Breasts (2 pcs)	High	00:12	380°F	00:09 - 00:11	00:14 - 00:16		
Cornish Hen, Whole (1-1.5 lbs)	High	00:28	375°F	00:25 - 00:30	00:45 - 00:50		
Turkey Breast (4-6 lbs)	High	00:30	360°F	00:12 per lb.	00:15 per lb.		
Turkey Legs (2 pcs)	High	00:22	360°F	00:45	00:50		
Turkey Wings (4 pcs)	High	00:20	360°F	00:30	00:40		
Duck, Whole (5 lbs)	High	00:25 - 00:30	375°F	00:45 per lb.	00:60 per lb.		

*Combo Cooking can be applied.

ALL POULTRY SHOULD BE COOKED TO AN INTERNAL TEMP OF 165°F.

*Pressure-cook at listed setting then cut air-frying cook time in half or until food reaches your preferred brownness. **Cook time WILL vary so adjustments may be necessary until you find the perfect setting for your individual preference. Use the Sear function on Pressure Cook to brown meats before pressure-cooking.**

Cooking Guide

Pork	Pressure Setting	Pressure Cook Time - Min.	Air Fry Cook Temp	Fresh - Min.	Frozen - Min.	Internal Temp. (Thermometer) / Notes
Bacon (4-8 slices)	N/A	N/A	400°F	00:08	Extra-crispy.*	
*For extra-crispy cook an additional 2-3 minutes.						
Ham (3 lbs)	High	00:15	350°F	00:12 - 00:13 per lb.		*Combo Cooking can be applied.
Sausage Links (2-6)	High	00:01	350°F	00:06	00:09	165°F
Sausage Patties (2-6)	N/A	N/A	350°F	00:09	00:12	165°F
Italian, Bratwurst, etc. (2-6)	High	00:02	375°F	00:09	00:17	
Chops, 2-4 (14oz)	High	00:05 - 00:06	400°F	00:10	00:18	
Roasts (3-7 lbs)	High	00:30 - 00:40	400°F	00:22 per lb.	00:30 per lb.	
Tenderloins (2 lbs)	High	00:20	400°F	00:18	00:28	
Spare Ribs (1-2 slabs)	High	00:19	350°F	00:25 - 00:30	00:45 - 00:50	
Country-Style Ribs (2 lbs)	High	00:19	350°F	00:23 - 00:28	00:36 - 00:42	
Hot Dogs (2-8)	High	00:01	350°F	00:02	00:10	150°F

*Pressure-cook at listed setting then cut air-frying cook time in half or until food reaches your preferred brownness. **Cook time WILL vary so adjustments may be necessary until you find the perfect setting for your individual preference.**

Seafood	Pressure Setting	Pressure Cook Time - Min.	Air Fry Cook Temp	Fresh - Min.	Frozen - Min.	Internal Temp. (Thermometer) / Notes
Fish: Fillets, ½ inch thick	Low	00:02 - 00:03	400°F	00:06	00:10	150°F
Fish: Steaks and Fillets, 1 inch thick	Low	00:03 - 00:04	400°F	00:08	00:14	150°F
Whole Fish, 3-4 inches thick	Low	00:05 - 00:06	380°F	00:25	00:45	150°F
Shrimp (6-12 pcs)	Low	00:01	400°F	00:05	00:07	Cook time may vary with size.
Scallops, Sea (6-12 pcs)	Low	00:02	400°F	00:08	00:10	
Scallops, Bay (8oz)	Low	00:01	400°F	00:06	00:08	Scallops and/or Lobster turn opaque when cooking is complete.
Lobster Tails 4oz	Low	00:03	360°F	00:06	00:08	
Lobster, Live Maine	N/A	N/A	360°F	00:14 per lb.	Large pot*	
*Bring a large pot of water up to a boil. Drop in the lobsters headfirst. Cook for 2 minutes before placing in the Duet.						

Vegetables	Pressure Setting	Pressure Cook Time - Min.	Air Fry Cook Temp	Fresh - Min.	Frozen - Min.	Internal Temp. (Thermometer) / Notes
Corn on the Cob	High	00:02	400°F	00:09		Alternative: Season to taste and wrap in foil.
Root Vegetables	High	00:15	400°F	00:18 - 00:27		Cut into 2-inch cubes and spray with oil.
Potatoes (8oz each), Whole: Cut in ½ lengthwise: French Fries:	High	00:20 00:10 00:06	400°F	00:40 00:27 00:18		*Combo Cooking can be applied.
* When pressure-cooking French fries use only fresh, raw potatoes. Combo cooking can be used: Cut air-frying time in half or cook until preferred brownness is achieved.						
Roasted Onion	N/A	N/A	400°F	00:18		Cut ½ inch top, brush with oil.
Roasted Garlic	N/A	N/A	400°F	00:22		
Broccoli	High	00:03 - 00:04	400°F	00:10		Varies with thickness.
Squash	High	00:05 - 00:07	400°F	00:27 - 00:32		Cut in half, remove seeds and membrane, place in shallow dish, during air-fry, brush with oil.
Eggplant, Whole	High	00:03 - 00:04	400°F	00:36		
Eggplant, ½ inch slices	N/A	N/A	400°F	00:10 - 00:14		
Baked Apples	High	00:10 - 00:14	400°F	00:18		Remove core.
Baked Pears	High	00:12 - 00:15	400°F	00:23		Cut in half and remove core for air-frying.

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Print No: QG33816b • Rev. 03-OG • 12-09-19 • RB01 - DV01

100 Pressure Cooking Presets

Cooking time WILL vary so you may have to adjust until you find the perfect setting for your individual preference.
When slow cooking, use Slow Cook Lid. Part #: 34838.

Quick Items Pressure Cooker Lid		Pressure	Default Time
1.	Meat/Poultry	High	00:40
2.	Grains	High	00:25
3.	Rice	Low	00:10
4.	Steam	Low	00:05
5.	Beans	High	00:20
6.	Slow Cook*	OFF	04:00
Beef/Veal		**Pressure**	**Default Time**
7.	Veal Sweetbreads (3 lbs)	High	00:15
8.	Veal Roast (4 lbs)	High	00:32
9.	Veal Chops (2, 16 oz)	High	00:16
10.	Tri-Tip Roast (2 lbs)	High	00:37
11.	T-Bone (24 oz)	High	00:17
12.	Sirloin Steak, 2 (12 oz)	High	00:09
13.	Beef Short Ribs (3 lbs)	High	00:55
14.	Beef Shanks (2 lbs)	High	00:23
15.	Beef Rump Roast (3 lbs)	High	00:31
16.	Beef Round Steak (2 lbs)	High	00:20
17.	Rib Eye (bone-in, 16 oz)	High	00:11
18.	Porterhouse (24 oz)	High	00:17
19.	Beef Oxtail (2 lbs)	High	00:31
20.	N.Y. Steak, 2 (12 oz)	High	00:08
21.	Meatloaf (2 lbs)	High	00:22
22.	Meatballs (2 lbs, 3-inch)	High	00:14
23.	Meatballs (2 lbs, 1-inch)	High	00:07
24.	London Broil (2 lbs)	High	00:13
25.	Beef Hanging Tender (2-8 oz)	High	00:15
26.	Flat Iron, 2 (10 oz)	High	00:07
27.	Flank Steak (1 lb)	High	00:09
28.	Beef Filet, 2 (8 oz)	High	00:06
29.	Beef Eye Round Roast (4 lbs)	High	00:35
30.	Corned Beef & Cabbage (4 lbs)	High	01:15
31.	Chuck Roast (2 lbs)	High	00:40
32.	Butt Steak, 2 (8 oz)	High	00:13
33.	Brisket (5 lbs)	High	01:35
34.	Beef Bottom Round (3 lbs)	High	00:30
35.	Beef Blade Roast (3 lbs)	High	00:55
Lamb/Pork		**Pressure**	**Default Time**
36.	Pork Tenderloin (1½ lbs)	High	00:13
37.	Pork Shoulder (3 lbs, boneless)	High	00:43
38.	Pork Shanks or Hocks, 2 (cut in half)	High	01:00
39.	Pork Ribs (3½ lbs)	High	00:33
40.	Pork Neck Bones	High	01:30
41.	Pork Loin (2½ lbs)	High	00:45
42.	Pork Ham Shoulder (8 lbs)	High	00:31
43.	Pork Chops (boneless, 6 oz)	High	00:06
44.	Pork Chops (bone-in, 10 oz)	High	00:10
45.	Pork Carnitas (6 lbs, pork butt)	High	00:55
46.	Pork Butt Roast	High	00:50
47.	Pork Belly (2 lbs)	High	00:50
48.	Polish Sausage, smoked (3 lbs)	High	00:06
49.	Polish Sausage, fresh (3 lbs)	High	00:10
50.	Lamb Stew Meat (3 lbs)	High	00:48
51.	Lamb Shoulder (2 lbs)	High	00:50
52.	Lamb Shank, 4 (1-lb shanks)	High	00:20
53.	Rack of Lamb (2 lbs)	High	00:11
54.	Lamb Leg (5 lbs)	High	00:18
55.	Lamb Chops, 6 (4 oz)	High	00:07
56.	Italian Sausage (2-lb links)	High	00:08
57.	Pork (Bratwurst 2 lbs)	High	00:08
Poultry		**Pressure**	**Default Time**
58.	Turkey Legs, bone-in (5 lbs)	High	00:35
59.	Turkey Breast, boneless	High	00:30
60.	Turkey Breast, bone-in	High	00:35
61.	Quail, 4 (whole, 16oz)	High	00:30
62.	Pheasant	High	00:40
63.	Frozen Chicken Breast, 2 (12 oz)	High	00:32
64.	Fresh Chicken Breast, 2 (8 oz)	High	00:20
65.	Duck Legs (4 legs)	High	00:18
66.	Duck Breast, 2 (8 oz)	High	00:13
67.	Duck (whole, 4 lbs)	High	00:35
68.	Cornish Game Hen (frozen)	High	01:00
69.	Cornish Game Hen (fresh)	High	00:28
70.	Chicken Wings (2 lbs)	High	00:20
71.	Chicken Thighs, 4 (bone-in, 6 oz)	High	00:14
72.	Chicken Legs (4)	High	00:20
73.	Chicken (5 lbs)	High	00:32
74.	Boneless Chicken Thighs (2 lbs)	High	00:11
Fish		**Pressure**	**Default Time**
75.	Tuna Steak, 2 (7oz)	High	00:05
76.	Swordfish, 2 (7oz)	High	00:10
77.	Smelt (1 lb)	High	00:12
78.	Shrimp (6-12 large)	High	00:08
79.	Salmon Steak, 2 (7-oz fillet)	High	00:09
80.	Red Snapper, whole (4 lbs)	High	00:16
81.	Mahi Mahi, 2 (7oz)	High	00:08
82.	Mackerel, 2 (7oz)	High	00:14
83.	Lobster Tail, 2 (7oz)	High	00:08
84.	Halibut, 2 (7oz)	High	00:10
85.	Mussels (2 lbs)	Low	00:08
86.	Grouper, 2 (7oz)	High	00:12
87.	Clams (Littleneck, 2 lbs)	High	00:06
88.	Cod, 2 (6oz)	High	00:08
89.	Chilean Sea Bass, 2 (7oz)	High	00:10
Vegetables		**Pressure**	**Default Time**
90.	Whole Cauliflower (1)	Low	00:13
91.	Acorn Squash (halved, 2)	Low	00:07
92.	Potato Wedges, 8 (12oz)	High	00:22
93.	Sweet Potato (whole, 1-2)	High	00:07
94.	Potatoes, Red (1½ lbs)	High	00:07
95.	Glazed Carrots, 8 (12oz)	Low	00:08
96.	Butternut Squash (20oz)	Low	00:06
97.	Brussels Sprouts, 10 (12oz)	Low	00:05
Dessert		**Pressure**	**Default Time**
98.	Blueberry Walnut Cobbler	High	00:07
99.	Pot du Crème	High	00:08
100.	Cheesecake (6-inch pan)	High	01:05