luick	ltems 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
	ns 11-30 the Duet will automatically preheat	Grill C	ooking
	nin. at 450°F.		
irill Ite	ems	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	80:00
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
'egeta	bles	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
oultry		Temp	Time

### 100 Air Fry Cooking Presets

50.     Chicken Drums & Thighs, bone-in (1.75 lbs)     380°F     00:30       51.     Chicken Tenders     360°F     00:09       52.     Chicken Thighs, boneless (1.5 lbs)     380°F     00:12       53.     Chicken Thighs, boneless (1.5 lbs)     380°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     00:20       60.     Game Hen, frozen     390°F     00:50       61.     Turkey Breast, frozen     360°F     01:05       63.     Whole Chicken, fresh (3 lbs)     360°F     01:00       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     00:12       70.     Bacon (regular)     400°F     00:12       70.     Bacon (regular)     400°F <t< th=""></t<>
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     00:20       60.     Game Hen, (halved, 2 lbs)     380°F     00:20       60.     Game Hen, frozen     380°F     00:45       62.     Turkey Breast, frozen     360°F     01:05       63.     Whole Chicken, fresh (3 lbs)     360°F     01:00       Beef     Verkey Breast, (4 lbs)     390°F     00:50       65.     Flank Steak (1.5 lbs)     400°F     00:12       66.     Meatballs (1-inch)     380°F     00:10       68.     Ribeye, bone-in (1-inch, 8oz)     400°F     00:12       Pork/Lamb     Temp     Time     69
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     00:20       60.     Game Hen (halved, 2 lbs)     390°F     00:20       60.     Game Hen, frozen     360°F     00:45       62.     Turkey Breast, frozen     360°F     01:05       63.     Whole Chicken, fresh (3 lbs)     360°F     01:00       Beef     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     00:01       67.     Meatballs (3-inch)     380°F     00:12       68.     Ribeye, bone-in (1-inch, 8oz)     400°F     00:02       70.     Bacon (thick cut)     400°F     00:02
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     01:05       63.     Whole Chicken, fresh (3 lbs)     360°F     01:00       Beef     Temp     Time     00:50       64.     Beef Eye Round Roast (4 lbs)     390°F     00:07       65.     Flank Steak (1.5 lbs)     400°F     00:12       66.     Meatballs (1-inch)     380°F     00:07       67.     Meatballs (3-inch)     380°F     00:02       68.     Ribeye, bone-in (1-inch, 8oz)     400°F     00:02       70.     Bacon (regular)     400°F     00:022
Interface     Interface       55.     Duck Breast (1 lb)     400°F     00.25       56.     Frozen Chicken Breast, boneless (8oz)     360°F     00.25       57.     Frozen Chicken Breast, boneless (8oz)     360°F     00.25       58.     Frozen Whole Chicken (3 lbs)     360°F     00.115       59.     Game Hen (halved, 2 lbs)     390°F     00.250       61.     Turkey Breast (2 lbs)     360°F     01.155       62.     Turkey Breast, frozen     360°F     01.05       63.     Whole Chicken, fresh (3 lbs)     360°F     01.00       Beef     Temp     Time     00.250       64.     Beef Eye Round Roast (4 lbs)     390°F     00.07       65.     Flank Steak (1.5 lbs)     400°F     00.12       66.     Meatballs (1-inch)     380°F     00.07       67.     Meatballs (3-inch)     360°F     00.55       70.     Bacon (regular)     400°F     00.02       71.     Bacon (regular)     400°F     00.02       72.     Pork Chops, bone-in (1-inch, 6o
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)     390°F     00:20       60.     Game Hen (halved, 2 lbs)     390°F     00:20       60.     Game Hen, frozen     390°F     00:50       61.     Turkey Breast (2 lbs)     360°F     01:05       63.     Whole Chicken, fresh (3 lbs)     360°F     01:00       Beef     Turkey Breast, frozen     360°F     00:10       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     00:10       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 (regular)     400°F     00:12       73.
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     00:45       62.     Turkey Breast (2 lbs)     360°F     01:05       63.     Whole Chicken, fresh (3 lbs)     360°F     01:05       63.     Whole Chicken, fresh (3 lbs)     360°F     01:05       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     00:00       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 (regular)     400°F     00:02       72.     Pork Chops, bone-in (1-inch, 6oz)     400°F     00:12       73. <t< th=""></t<>
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     00:00       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 (hick 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     00:12     73.     Rack of Lamb (2 lbs)     380°F
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     Eeef 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     00:00       68.     Ribeye, bone-in (1-inch, 8oz)     400°F     00:12       90rk/Lamb     Temp     Time     69.     Loin (2 lbs)     360°F     00:55       70.     Bacon (regular)     400°F     00:12     73.     Rack of Lamb (2 lbs)     380°F     00:22       74.     Tenderloin (1 lb)     370°F     00:10     12       75.     Calamari (8oz)     400°F     00:04     15       Fish/Setod     Temp     Time     75.     Calamari (8oz)     400°F     00:10 <td< th=""></td<>
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     00:08     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/Seafod     Temp     Time     75.     Calamari (8oz)     400°F     00
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     00:08       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/Seafod     Temp     Time       75.     Calamari (8oz)     400°F     00:00       77.<
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 (trick cut)     400°F     00:02       71.     Bacon (trick cut)     400°F     00:02       73.     Rack of Lamb (2 lbs)     380°F     00:22       74.     Tenderloin (1 lb)     370°F     00:15       75.     Calamari (8oz)     400°F     00:04       76.     Fish Fillet (1-inch, 8oz)     400°F     00:10       77.     Swordfish Steak     400°F     00:10
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     00:08       71.     Bacon (thick cut)     400°F     00:12       73.     Rack of Lamb (2 lbs)     380°F     00:22       74.     Tenderloin (1 lb)     370°F     00:15       Fish/Seatood     Temp     Time     75.     Calamari (8oz)     400°F     00:10       77.     Swordfish Steak     400°F     00:10     77.     Swordfish Steak     400°F     00:10       78.     Onion Rings (12oz)     400°F
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 (regular)     400°F     00:08       72.     Pork Chops, bone-in (1-inch, 6oz)     400°F     00:12     73.       73.     Rack of Lamb (2 lbs)     380°F     00:22     74.     Tenderloin (1 lb)     370°F     00:15       75.     Calamari (8oz)     400°F     00:04     76.     Fish Fillet (1-inch, 8oz)     400°F     00:10       77.     Swordfish Steak     400°F     00:10     77.     Swordfish Steak     400°F     00:10       78.     Onion Rings (12oz)     400°F
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     00:08       71.     Bacon (thick cut)     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     00:00       77.     Swordfish Steak     400°F     00:10       77.     Swordfish Steak     400°F     00:10       77.     Swordfish Steak     400°F     00:10       78.     Fish Fillet (1-inch, 8oz)     400°F     00:10       7
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     00:08     71.     Bacon (thick cut)     400°F     00:08       71.     Bacon (thick cut)     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     77.     Swordfish Steak     400°F     00:10       78.     Onion Rings (12oz)     400°F     00:09     80.     Chicken Nuggets (8oz)     400°F     00:10     81.     Fish Fillets (1
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     00:12       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.       75.     Calamari (8oz)     400°F     00:10       77.     Swordfish Steak     400°F     00:10       78.     Onion Rings (12oz)     400°F     00:00       79.     Breaded Shrimp     400°F     00:10       81.     Fish Fillets (1.2-inch, 10oz)     400°F     00:10       83.     Frozen Burrito (10oz)     400°F     00:11
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 (regular)     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       78.     Onion Rings (12oz)     400°F     00:008       79.     Breaded Shrimp     400°F     00:00       80.     Chicken Nuggets (8oz)     400°F     00:10       81.     Fish Fillets (1.2-inch, 10oz)     400°F     00:10  <
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 (regular)     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       78.     Onion Rings (12oz)     400°F     00:008       79.     Breaded Shrimp     400°F     00:00       80.     Chicken Nuggets (8oz)     400°F     00:10       81.     Fish Fillets (1.2-inch, 10oz)     400°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     00:10       77.     Swordfish Steak     400°F     00:10       77.     Swordfish Steak     400°F     00:10       77.     Swordfish Steak     400°F     00:10       78.     Onion Rings (12oz)     400°F     00:008       79.     Breaded Shrimp     400°F     00:10       81.     Fish Fillets (1.2-inch, 10oz)     400°F     00:10       83.     Frozen Burrito (10oz)     400°F     00:11
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/Seatood     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       77.     Swordfish Steak     400°F     00:10       78.     Onion Rings (12oz)     400°F     00:09       80.     Chicken Nuggets (8oz)     400°F     00:10       81.     Fish Fillets (1.2-inch, 10oz)     400°F     00:10       83.     Frozen Burrito (10oz)     400°F     00:10       83.     Frozen Egg Rolls (8oz)     400°F     00:12 <tr< th=""></tr<>
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     00:10       77.     Swordfish Steak     400°F     00:10       78.     Onion Rings (12oz)     400°F     00:08       79.     Breaded Shrimp     400°F     00:10       80.     Chicken Nuggets (8oz)     400°F     00:10       81.     Fish Fillets (1.2-inch, 10oz)     400°F     00:10       83.     Frozen Burrito (10oz)     400°F     00:15 </th
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       77.     Swordfish Steak     400°F     00:10       78.     Onion Rings (12oz)     400°F     00:08       79.     Breaded Shrimp     400°F     00:10       80.     Chicken Nuggets (8oz)     400°F     00:10       81.     Fish Fillets (1.2-inch, 10oz)     400°F     00:10       83.     Frozen Burrito (10oz)     400°F     00:12       84.     Frozen Egg Rolls (8oz)     400°F     00:12       85.     Mozzarella Sticks (10oz)     400°F
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     00:10       77.     Swordfish Steak     400°F     00:10       78.     Onion Rings (12oz)     400°F     00:09       80.     Chicken Nuggets (8oz)     400°F     00:10       81.     Fish Fillets (1.2-inch, 10oz)     400°F     00:10       83.     Frozen Burrito (10oz)     400°F     00:10       83.     Frozen Egg Rolls (8oz)     400°F     00:12       84.     Frozen Egg Rolls (8oz)     400°F <td< th=""></td<>
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       78.     Onion Rings (12oz)     400°F     00:09       80.     Chicken Nuggets (8oz)     400°F     00:10       81.     Fish Fillets (1.2-inch, 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
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       78.     Onion Rings (12oz)     400°F     00:08       79.     Breaded Shrimp     400°F     00:10       80.     Chicken Nuggets (8oz)     400°F     00:10       81.     Fish Fillets (1.2-inch, 10oz)     400°F     00:10       82.     Fish Sticks (10oz)     400°F     00:10       83.     Frozen Burrito (10oz)     400°F     00:12       84.     Frozen Egg Rolls (8oz)     400°F     00:12       85.     Mozzarella Sticks (10oz)     400°F     00:08
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       78.     Onion Rings (12oz)     400°F     00:08       79.     Breaded Shrimp     400°F     00:10       80.     Chicken Nuggets (8oz)     400°F     00:10       81.     Fish Fillets (1.2-inch, 10oz)     400°F     00:11       82.     Fish Sticks (10oz)     400°F     00:12       83.     Frozen Burrito (10oz)     400°F     00:12       84.     Frozen Egg Rolls (8oz)     400°F     00:12       85.     Mozzarella Sticks (10oz)     400°F     00:08
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     00:09       80.     Chicken Nuggets (8oz)     400°F     00:09       80.     Chicken Nuggets (8oz)     400°F     00:10       81.     Fish Fillets (1.2-inch, 10oz)     400°F     00:10       83.     Frozen Burrito (10oz)     400°F     00:10       83.     Frozen Egg Rolls (8oz)     400°F     00:12       85.     Mozzarella Sticks (10oz)     400°F     00:08       86.     Pot Stickers (10oz)     400°F     00:08
75.   Calamari (8oz)   400°F   00:04     76.   Fish Fillet (1-inch, 8oz)   400°F   00:10     77.   Swordfish Steak   400°F   00:10     77.   Swordfish Steak   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   00:10     83.   Frozen Burrito (10oz)   400°F   00:10     83.   Frozen Burrito (10oz)   400°F   00:12     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
76.     Fish Fillet (1-inch, 8oz)     400°F     00:10       77.     Swordfish Steak     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
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
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
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
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
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
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
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
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
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
85.     Mozzarella Sticks (10oz)     400°F     00:08       86.     Pot Stickers (10oz)     400°F     00:08
86.     Pot Stickers (10oz)     400°F     00:08
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
94.     Kiwi     130°F     08:00       95.     Mango     135°F     10:00
94.     Kiwi     130°F     08:00       95.     Mango     135°F     10:00       96.     Orange     130°F     10:00
94.     Kiwi     130°F     08:00       95.     Mango     135°F     10:00       96.     Orange     130°F     10:00       97.     Peaches     135°F     10:00
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
94.     Kiwi     130°F     08:00       95.     Mango     135°F     10:00       96.     Orange     130°F     10:00       97.     Peaches     135°F     10:00

### 100 Combo Cooking Presets

Beef/				
	Veal	Pressure	Time	Temp
1.	Beef Blade Roast (3 lbs)	High	00:45	360°F
2.	Beef Bottom Round (3 lbs)	High	00:20	360°F
3.	Brisket (5 lbs)	High	01:20	400°F
4.	Beef Butt Steak, 2 (8oz)	High	00:03	400°F
5.	Beef Cheeks (21/4 lbs)	High	00:20	400°F
6.	Beef Chuck Roast (2 lbs)	High	00:25	360°F
7.	Corned Beef & Cabbage	High	01:05	350°F
8.	Beef Eye Round Roast (4 lbs)	High	00:25	360°F
9.	Short Ribs (3 lbs)	High	00:40	350°F
10.	N.Y. Steak, 2 (12oz)	High	00:01	400°F
11.	Rib Eye (bone-in, 16oz)	High	00:01	400°F
12.	Beef Filet, 2 (8oz)	High	00:01	400°F
13.	Flank Steak (1 lb)	High	00:01	400°F
14.	Flat Iron, 2 (10oz)	High	00:01	400°F
15.	Beef Hanging Tender, 2 (8oz)	High	00:05	400°F
16.	London Broil (2 lbs)	High	00:05	400°F
17.	Meatballs (1-inch, 2 lbs)	High	00:02	325°F
18.	Meatballs (3-inch, 2 lbs)	High	00:06	325°F
19.	Meatloaf (2 lbs)	High	00:15	360°F
20.	Porterhouse (24oz)	High	00:05	400°F
21.	Beef Round Steak (2 lbs)	High	00:08	400°F
22.	Beef Rump Roast (3 lbs)	High	00:23	400°F
23.	Sirloin Steak, 2 (12oz)	High	00:01	400°F
24.	Beef Stew (2 lbs)	High	00:35	360°F
25.	Beef Shanks (2 lbs)	High	00:15	360°F
26.	Beef Tongue	High	00:40	400°F
27.	Tri-Tip Roast (2 lbs)	High	00:25	400°F
			00.05	400°E
28.	T-Bone (24oz)	High	00:05	400°F
28. 29.	T-Bone (24oz) Oxtail (2 lbs)	High High	00:05	400°F
29.	Oxtail (2 lbs)	High	00:25	400°F
29. 30.	Oxtail (2 lbs) Veal Chops, 2 (16oz)	High High	00:25 00:10	400°F 360°F
29. 30. 31. 32.	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs)	High High High	00:25 00:10 00:22	400°F 360°F 400°F
29. 30. 31. 32.	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs)	High High High High	00:25 00:10 00:22 00:06	400°F 360°F 400°F 400°F
29. 30. 31. 32. Grain	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs) s	High High High High Pressure	00:25 00:10 00:22 00:06 Time	400°F 360°F 400°F 400°F <b>Temp</b>
29. 30. 31. 32. Grain 33.	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs) S Mac & Cheese	High High High High Pressure Low	00:25 00:10 00:22 00:06 <b>Time</b> 00:01	400°F 360°F 400°F 400°F <b>Temp</b> 360°F
29. 30. 31. 32. Grain 33. 34. 35.	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs) s Mac & Cheese Fried Rice Polenta Tomato Sauce	High High High High Pressure Low High	00:25 00:10 00:22 00:06 <b>Time</b> 00:01 00:04	400°F 360°F 400°F 400°F <b>Temp</b> 360°F 400°F
29. 30. 31. 32. Grain 33. 34. 35.	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs) s Mac & Cheese Fried Rice Polenta Tomato Sauce	High High High High Pressure Low High High	00:25 00:10 00:22 00:06 <b>Time</b> 00:01 00:04 00:05	400°F 360°F 400°F <b>Temp</b> 360°F 400°F 400°F
29. 30. 31. 32. Grain 33. 34. 35. Lamb	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs) S Mac & Cheese Fried Rice Polenta Tomato Sauce /Pork	High High High High Pressure Low High High Pressure	00:25 00:10 00:22 00:06 <b>Time</b> 00:01 00:04 00:05 <b>Time</b>	400°F 360°F 400°F <b>Temp</b> 360°F 400°F 400°F <b>Temp</b>
29. 30. 31. 32. Grain 33. 34. 35. Lamb 36.	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs) s Mac & Cheese Fried Rice Polenta Tomato Sauce /Pork Rack of Lamb (2 lbs)	High High High High Pressure Low High High Pressure High	00:25 00:10 00:22 00:06 <b>Time</b> 00:01 00:04 00:05 <b>Time</b> 00:03	400°F 360°F 400°F <b>Temp</b> 360°F 400°F 400°F <b>Temp</b> 360°F
29. 30. 31. 32. Grain 33. 34. 35. Lamb 36. 37.	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs) S Mac & Cheese Fried Rice Polenta Tomato Sauce /Pork Rack of Lamb (2 lbs) Lamb Stew Meat (3 lbs)	High High High Pressure Low High High Pressure High	00:25 00:10 00:22 00:06 <b>Time</b> 00:01 00:04 00:05 <b>Time</b> 00:03 00:40	400°F 360°F 400°F <b>Temp</b> 360°F 400°F 400°F <b>Temp</b> 360°F 360°F
29. 30. 31. 32. Grain 33. 34. 35. Lamb 36. 37. 38.	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs) S Mac & Cheese Fried Rice Polenta Tomato Sauce /Pork Rack of Lamb (2 lbs) Lamb Stew Meat (3 lbs)	High High High Pressure Low High High Pressure High High High	00:25 00:10 00:22 00:06 <b>Time</b> 00:01 00:05 <b>Time</b> 00:03 00:40 00:08	400°F 360°F 400°F <b>Temp</b> 360°F 400°F 400°F <b>Temp</b> 360°F 360°F 360°F
29. 30. 31. 32. Grain 33. 34. 35. Lamb 36. 37. 38. 39.	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs) S Mac & Cheese Fried Rice Polenta Tomato Sauce /Pork Rack of Lamb (2 lbs) Lamb Stew Meat (3 lbs) Lamb Leg (5 lbs) Lamb Chops, 6 (4oz)	High High High High Pressure Low High High High High High High	00:25 00:10 00:22 00:06 <b>Time</b> 00:04 00:05 <b>Time</b> 00:03 00:40 00:08 00:02	400°F 360°F 400°F <b>Temp</b> 360°F 400°F 400°F <b>Temp</b> 360°F 360°F 360°F 400°F
29. 30. 31. 32. Grain 33. 34. 35. Lamb 36. 37. 38. 39. 40.	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs) S Mac & Cheese Fried Rice Polenta Tomato Sauce /Pork Rack of Lamb (2 lbs) Lamb Stew Meat (3 lbs) Lamb Leg (5 lbs) Lamb Chops, 6 (4oz) Lamb Shank, 4 (1-lb shanks)	High High High Pressure Low High High Pressure High High High High	00:25 00:10 00:22 00:06 <b>Time</b> 00:01 00:04 00:05 <b>Time</b> 00:03 00:40 00:03 00:40 00:03	400°F 360°F 400°F <b>Temp</b> 360°F 400°F 400°F <b>Temp</b> 360°F 360°F 360°F 400°F 400°F
29. 30. 31. 32. Grain 33. 34. 35. Lamb 36. 37. 38. 39. 40. 41.	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs) S Mac & Cheese Fried Rice Polenta Tomato Sauce /Pork Rack of Lamb (2 lbs) Lamb Stew Meat (3 lbs) Lamb Leg (5 lbs) Lamb Lops, 6 (4oz) Lamb Shank, 4 (1-lb shanks) Lamb Shoulder (2 lbs)	High High High Pressure Low High High High High High High High High	00:25 00:10 00:22 00:06 <b>Time</b> 00:01 00:04 00:05 <b>Time</b> 00:03 00:40 00:08 00:02 00:10 00:40	400°F 360°F 400°F <b>Temp</b> 360°F 400°F 400°F <b>Temp</b> 360°F 360°F 360°F 400°F 400°F
29. 30. 31. 32. Grain 33. 34. 35. Lamb 36. 37. 38. 39. 40. 41.	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs) S Mac & Cheese Fried Rice Polenta Tomato Sauce /Pork Rack of Lamb (2 lbs) Lamb Stew Meat (3 lbs) Lamb Leg (5 lbs) Lamb Chops, 6 (4oz) Lamb Shank, 4 (1-lb shanks) Lamb Shoulder (2 lbs)	High High High Pressure Low High High High High High High High High	00:25 00:10 00:22 00:06 <b>Time</b> 00:01 00:04 00:05 <b>Time</b> 00:03 00:40 00:08 00:02 00:10 00:40	400°F 360°F 400°F <b>Temp</b> 360°F 400°F 400°F <b>Temp</b> 360°F 360°F 400°F 400°F 400°F 400°F
29. 30. 31. 32. Grain 33. 34. 35. Lamb 36. 37. 38. 39. 40. 41. 42.	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs) S Mac & Cheese Fried Rice Polenta Tomato Sauce /Pork Rack of Lamb (2 lbs) Lamb Stew Meat (3 lbs) Lamb Stew Meat (3 lbs) Lamb Chops, 6 (4oz) Lamb Chops, 6 (4oz) Lamb Shank, 4 (1-lb shanks) Lamb Shoulder (2 lbs) Pork Belly (2 lbs) Pork (Bratwurst, 2 lbs)	High High High Pressure Low High High High High High High High High	00:25 00:10 00:22 00:06 <b>Time</b> 00:04 00:05 <b>Time</b> 00:03 00:40 00:02 00:10 00:40 00:03	400°F 360°F 400°F <b>Temp</b> 360°F 400°F <b>Temp</b> 360°F 360°F 360°F 400°F 400°F 400°F 400°F 400°F 360°F
29. 30. 31. 32. Grain 33. 34. 35. Lamb 36. 37. 38. 39. 40. 41. 42. 43.	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs) S Mac & Cheese Fried Rice Polenta Tomato Sauce /Pork Rack of Lamb (2 lbs) Lamb Stew Meat (3 lbs) Lamb Leg (5 lbs) Lamb Chops, 6 (4oz) Lamb Shank, 4 (1-lb shanks) Lamb Shoulder (2 lbs) Pork Belly (2 lbs) Pork (Bratwurst, 2 lbs) Pork Carnitas (6 lbs, Pork Butt)	High High High Pressure Low High High High High High High High High	00:25 00:10 00:22 00:06 <b>Time</b> 00:01 00:04 00:05 <b>Time</b> 00:03 00:40 00:40 00:40 00:40 00:03	400°F 360°F 400°F <b>Temp</b> 360°F 400°F <b>Temp</b> 360°F 360°F 400°F 400°F 400°F 400°F 400°F 360°F 360°F 360°F
29. 30. 31. 32. Grain 33. 34. 35. Lamb 36. 37. 38. 39. 40. 41. 42. 43. 44.	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs) S Mac & Cheese Fried Rice Polenta Tomato Sauce /Pork Rack of Lamb (2 lbs) Lamb Stew Meat (3 lbs) Lamb Leg (5 lbs) Lamb Chops, 6 (4oz) Lamb Shank, 4 (1-lb shanks) Lamb Shank, 4 (1-lb shanks) Lamb Shoulder (2 lbs) Pork Belly (2 lbs) Pork (Bratwurst, 2 lbs) Pork Carnitas (6 lbs, Pork Butt) Pork Chops (bone-in, 10oz)	High High High Pressure Low High High High High High High High High	00:25 00:10 00:22 00:06 <b>Time</b> 00:01 00:04 00:05 <b>Time</b> 00:03 00:40 00:02 00:40 00:40 00:40 00:40 00:40	400°F 360°F 400°F <b>Temp</b> 360°F 400°F 400°F <b>Temp</b> 360°F 360°F 400°F 400°F 360°F 400°F 360°F 400°F 360°F
29. 30. 31. 32. Grain 33. 34. 35. Lamb 36. 37. 38. 39. 40. 41. 42. 43. 44. 45.	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs) S Mac & Cheese Fried Rice Polenta Tomato Sauce /Pork Rack of Lamb (2 lbs) Lamb Stew Meat (3 lbs) Lamb Leg (5 lbs) Lamb Chops, 6 (4oz) Lamb Shank, 4 (1-lb shanks) Lamb Shank, 4 (1-lb shanks) Lamb Shank, 4 (1-lb shanks) Pork Belly (2 lbs) Pork Belly (2 lbs) Pork (Bratwurst, 2 lbs) Pork Chops (bone-in, 10oz) Pork Chops (boneless, 6oz)	High High High Pressure Low High High High High High High High High	00:25 00:10 00:22 00:06 <b>Time</b> 00:01 00:05 <b>Time</b> 00:03 00:40 00:08 00:02 00:10 00:40 00:40 00:40 00:40 00:40 00:40	400°F 360°F 400°F <b>Temp</b> 360°F 400°F 400°F <b>Temp</b> 360°F 360°F 400°F 400°F 400°F 400°F 360°F 400°F 400°F 400°F
29. 30. 31. 32. Grain 33. 34. 35. Lamb 36. 37. 38. 39. 40. 41. 42. 43. 44. 43. 44. 45. 46.	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs) S Mac & Cheese Fried Rice Polenta Tomato Sauce /Pork Rack of Lamb (2 lbs) Lamb Stew Meat (3 lbs) Lamb Chops, 6 (4oz) Lamb Chops, 6 (4oz) Lamb Shank, 4 (1-lb shanks) Lamb Shoulder (2 lbs) Pork Belly (2 lbs) Pork Belly (2 lbs) Pork (Bratwurst, 2 lbs) Pork Chops (bone-in, 10oz) Pork Chops (boneless, 6oz) Pork Neck Bones (for crispy)	High High High Pressure Low High High High High High High High High	00:25 00:10 00:22 00:06 <b>Time</b> 00:04 00:05 <b>Time</b> 00:03 00:40 00:40 00:40 00:40 00:40 00:03 00:50 00:50 00:02	400°F 360°F 400°F <b>Temp</b> 360°F 400°F <b>Temp</b> 360°F 360°F 360°F 400°F 400°F 400°F 360°F 400°F 360°F 400°F 400°F 400°F 400°F 400°F
29. 30. 31. 32. Grain 33. 34. 35. Lamb 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 44. 45. 46. 47.	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs) S Mac & Cheese Fried Rice Polenta Tomato Sauce /Pork Rack of Lamb (2 lbs) Lamb Stew Meat (3 lbs) Lamb Chops, 6 (4oz) Lamb Shank, 4 (1-lb shanks) Lamb Shoulder (2 lbs) Pork Belly (2 lbs) Pork Belly (2 lbs) Pork (Bratwurst, 2 lbs) Pork Chops (bone-in, 10oz) Pork Chops (boneless, 6oz) Pork Neck Bones (for crispy) Italian Sausage (2 lbs links)	High High High Pressure Low High High High High High High High High	00:25 00:10 00:22 00:06 <b>Time</b> 00:01 00:04 00:05 <b>Time</b> 00:03 00:40 00 00:40 000 00	400°F 360°F 400°F <b>Temp</b> 360°F 400°F <b>Temp</b> 360°F 360°F 360°F 400°F 400°F 400°F 400°F 360°F 400°F 400°F 400°F 400°F 400°F 400°F
29. 30. 31. 32. Grain 33. 34. 35. Lamb 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 44. 45. 44. 45. 44.	Oxtail (2 lbs) Veal Chops, 2 (16oz) Veal Roast (4 lbs) Veal Sweetbreads (3 lbs) S Mac & Cheese Fried Rice Polenta Tomato Sauce /Pork Rack of Lamb (2 lbs) Lamb Stew Meat (3 lbs) Lamb Leg (5 lbs) Lamb Chops, 6 (4oz) Lamb Shank, 4 (1-lb shanks) Lamb Shoulder (2 lbs) Pork Belly (2 lbs) Pork Belly (2 lbs) Pork (Bratwurst, 2 lbs) Pork Chops (bone-in, 10oz) Pork Chops (bone-in, 10oz) Pork Chops (boneless, 6oz) Pork Neck Bones (for crispy) Italian Sausage (2 lbs links) Polish Sausage, smoked (3 lbs)	High High High Pressure Low High High High High High High High High	00:25 00:10 00:22 00:06 <b>Time</b> 00:01 00:05 <b>Time</b> 00:03 00:40 00:02 00:40 00 00:40 000 00	400°F 360°F 400°F <b>Temp</b> 360°F 400°F <b>Temp</b> 360°F 360°F 360°F 400°F 360°F 400°F 360°F 400°F 360°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F

53.	Pork Ham Shoulder (8 lbs)	High	00:25	360°F	L.
	· · ·	nigri	00.25	300°F	ł
54.	Pork Shanks or Hocks, 2 (cut in half)	High	00:50	360°F	
55.	Pork Ribs (3½ lbs)	High	00:19	400°F	Ļ
56.	Pork Tenderloin (1½ lbs)	High	00:03	400°F	ļ
57.	Pork Butt Roast	High	00:40	390°F	ļ
Poul		Pressure	Time	Temp	l
58.	Chicken (5 lbs)	High	00:22	400°F	╀
59. 60.	Chicken Wings (2 lbs) Frozen Chicken Breast, 2	High	00:05	390°F	╀
60.	(12oz)	High	00:22	400°F	
61.	Fresh Chicken Breast, 2 (8oz)	High	00:10	400°F	┦
62.	Chicken Thighs, 4 (bone-in, 6oz)	High	00:04	400°F	
63.	Boneless Chicken Thighs (2 lbs)	High	00:04	400°F	
64.	Chicken Legs (4)	High	00:12	400°F	İ
65.	Cornish Game Hen, fresh	High	00:20	400°F	İ
66.	Cornish Game Hen, frozen	High	00:50	400°F	1
67.	Duck (whole, 4 lbs)	High	00:25	400°F	1
68.	Duck Breast, 2 (8oz)	High	00:03	400°F	t
69.	Duck Legs (4)	High	00:08	400°F	İ
70.	Pheasant	High	00:30	400°F	İ
71.	Quail, 4 (whole, 16oz)	High	00:30	400°F	1
72.	Turkey Legs (bone-in, 5 lbs)	High	00:20	400°F	1
73.	Turkey Breast, boneless	High	00:20	400°F	İ
74.	Turkey Breast, bone-in	High	00:15	400°F	1
Fish	1				
1 1311		Pressure	Time	Temp	
75.	Chilean Sea Bass, 2 (7oz)	Pressure High	Time 00:02	Temp 360°F	
	Chilean Sea Bass, 2 (7oz) Grouper, 2 (7oz)				
75.		High	00:02	360°F	
75. 76.	Grouper, 2 (7oz)	High High	00:02 00:04	360°F 400°F	
75. 76. 77.	Grouper, 2 (7oz) Golden Bass, 2 (7oz)	High High High	00:02 00:04 00:04	360°F 400°F 400°F	
75. 76. 77. 78.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz)	High High High High	00:02 00:04 00:04 00:02	360°F 400°F 400°F 400°F	
75. 76. 77. 78. 79.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz)	High High High High High	00:02 00:04 00:04 00:02 00:02	360°F 400°F 400°F 400°F 360°F	
75. 76. 77. 78. 79. 80.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz)	High High High High High High	00:02 00:04 00:04 00:02 00:02 00:04	360°F 400°F 400°F 400°F 360°F 400°F	
75. 76. 77. 78. 79. 80. 81.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz) Shrimp	High High High High High High	00:02 00:04 00:04 00:02 00:02 00:04 00:01	360°F 400°F 400°F 360°F 400°F 375°F	
75. 76. 77. 78. 79. 80. 81. 82.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz) Shrimp Swordfish, 2 (7oz)	High High High High High High High	00:02 00:04 00:02 00:02 00:04 00:04 00:01 00:02	360°F 400°F 400°F 360°F 400°F 375°F 400°F	
75. 76. 77. 78. 79. 80. 81. 82. 83.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz) Shrimp Swordfish, 2 (7oz) Mackerel, 2 (7oz)	High High High High High High High High	00:02 00:04 00:04 00:02 00:02 00:04 00:01 00:02 00:04	360°F 400°F 400°F 360°F 400°F 375°F 400°F 400°F	
75. 76. 77. 78. 79. 80. 81. 82. 83. 83.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz) Shrimp Swordfish, 2 (7oz) Mackerel, 2 (7oz) Mahi Mahi, 2 (7oz)	High High High High High High High High	00:02 00:04 00:02 00:02 00:04 00:01 00:02 00:04 00:02	360°F 400°F 400°F 360°F 360°F 375°F 400°F 400°F 400°F	
75. 76. 77. 78. 79. 80. 81. 82. 83. 83. 84. 85.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz) Shrimp Swordfish, 2 (7oz) Mackerel, 2 (7oz) Mahi Mahi, 2 (7oz) Cod, 2 (6oz)	High High High High High High High High	00:02 00:04 00:02 00:02 00:04 00:01 00:02 00:04 00:02 00:02	360°F 400°F 400°F 360°F 400°F 400°F 375°F 400°F 400°F 400°F 360°F	
75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz) Shrimp Swordfish, 2 (7oz) Mackerel, 2 (7oz) Mahi Mahi, 2 (7oz) Cod, 2 (6oz) Red Snapper, whole (4 lbs)	High High High High High High High High	00:02 00:04 00:02 00:02 00:04 00:01 00:02 00:04 00:02 00:02 00:02	360°F 400°F 400°F 360°F 400°F 375°F 400°F 400°F 400°F 400°F 360°F	
75. 76. 77. 80. 81. 82. 83. 84. 85. 86. 87.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz) Shrimp Swordfish, 2 (7oz) Mackerel, 2 (7oz) Mahi Mahi, 2 (7oz) Cod, 2 (6oz) Red Snapper, whole (4 lbs) Salmon Steak, 2 (7-oz fillets)	High High High High High High High High	00:02 00:04 00:02 00:02 00:04 00:01 00:02 00:02 00:02 00:08 00:02	360°F 400°F 400°F 360°F 360°F 400°F 400°F 400°F 400°F 360°F 400°F	
75 76. 77. 78. 79. 80. 81. 83. 84. 83. 84. 85. 86. 87. 88. 89.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz) Shrimp Swordfish, 2 (7oz) Mackerel, 2 (7oz) Mahi Mahi, 2 (7oz) Cod, 2 (6oz) Red Snapper, whole (4 lbs) Salmon Steak, 2 (7-oz fillets) Smelt (1 lb)	High High High High High High High High	00:02 00:04 00:02 00:02 00:04 00:01 00:02 00:02 00:02 00:02 00:02	360°F 400°F 400°F 360°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F	
75. 76. 77. 78. 80. 81. 82. 83. 84. 85. 86. 87. 88. 88. 89.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz) Shrimp Swordfish, 2 (7oz) Mackerel, 2 (7oz) Mahi Mahi, 2 (7oz) Cod, 2 (6oz) Red Snapper, whole (4 lbs) Salmon Steak, 2 (7-oz fillets) Smelt (1 lb) Tuna Steak, 2 (7oz)	High High High High High High High High	00:02 00:04 00:02 00:02 00:04 00:02 00:02 00:02 00:02 00:02 00:02 00:02	360°F 400°F 400°F 360°F 400°F 375°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F	
75 76. 77. 78. 80. 81. 82. 83. 84. 85. 86. 87. 88. 88. 89. Vege	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz) Shrimp Swordfish, 2 (7oz) Mackerel, 2 (7oz) Mackerel, 2 (7oz) Cod, 2 (6oz) Red Snapper, whole (4 lbs) Salmon Steak, 2 (7-oz fillets) Smelt (1 lb) Tuna Steak, 2 (7oz) tables	High High High High High High High High	00:02 00:04 00:02 00:02 00:04 00:02 00:04 00:02 00:02 00:08 00:02 00:02 00:02	360°F 400°F 400°F 360°F 400°F 375°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F	
75 76. 77. 78. 80. 81. 82. 83. 83. 84. 85. 86. 87. 88. 88. 89. Vege 90.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz) Shrimp Swordfish, 2 (7oz) Mackerel, 2 (7oz) Mahi Mahi, 2 (7oz) Cod, 2 (6oz) Red Snapper, whole (4 lbs) Salmon Steak, 2 (7-oz fillets) Smelt (1 lb) Tuna Steak, 2 (7oz) ables Sweet Acorn Squash	High High High High High High High High	00:02 00:04 00:02 00:02 00:04 00:01 00:02 00:02 00:02 00:02 00:02 00:02 00:02 00:02 00:02 00:02	360°F 400°F 400°F 360°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F <b>100°F</b> <b>100°F</b>	
75 76. 77. 78. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 90. 91.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz) Shrimp Swordfish, 2 (7oz) Mackerel, 2 (7oz) Mahi Mahi, 2 (7oz) Cod, 2 (6oz) Red Snapper, whole (4 lbs) Salmon Steak, 2 (7-oz fillets) Smelt (1 lb) Tuna Steak, 2 (7oz) tables Sweet Acorn Squash Brussels Sprouts	High High High High High High High High	00:02 00:04 00:02 00:02 00:04 00:01 00:02 00:02 00:02 00:02 00:02 00:02 00:02 00:02 00:02 00:02	360°F 400°F 400°F 360°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F <b>100°F</b> 400°F <b>100°F</b>	
75 76. 77. 78. 80. 81. 82. 83. 84. 85. 86. 85. 86. 87. 88. 89. 90. 91. 91. 92.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz) Shrimp Swordfish, 2 (7oz) Mackerel, 2 (7oz) Mahi Mahi, 2 (7oz) Cod, 2 (6oz) Red Snapper, whole (4 lbs) Salmon Steak, 2 (7-oz fillets) Smelt (1 lb) Tuna Steak, 2 (7oz) ables Sweet Acorn Squash Brussels Sprouts Butternut Squash (20oz)	High High High High High High High High	00:02 00:04 00:02 00:02 00:04 00:02 00:02 00:02 00:02 00:02 00:02 00:02 00:03 00:01 <b>Time</b> 00:02	360°F 400°F 400°F 360°F 400°F 375°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F	
75 76. 77. 78. 80. 81. 82. 83. 84. 85. 86. 87. 88. 88. 89. Vege 90. 91. 92. 93.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz) Shrimp Swordfish, 2 (7oz) Mackerel, 2 (7oz) Mahi Mahi, 2 (7oz) Cod, 2 (6oz) Red Snapper, whole (4 lbs) Salmon Steak, 2 (7-oz fillets) Smelt (1 lb) Tuna Steak, 2 (7oz) tables Sweet Acorn Squash Brussels Sprouts Butternut Squash (20oz) Glazed Carrots	High High High High High High High High	00:02 00:04 00:02 00:02 00:04 00:02 00:02 00:02 00:02 00:02 00:03 00:03 00:03 00:01 Time 00:03 00:02	360°F 400°F 400°F 360°F 400°F 375°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F	
75 76. 77. 78. 80. 81. 82. 83. 84. 85. 88. 85. 88. 88. 89. Vege 90. 91. 92. 93. 93. 94.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz) Shrimp Swordfish, 2 (7oz) Mackerel, 2 (7oz) Maki Mahi, 2 (7oz) Cod, 2 (6oz) Red Snapper, whole (4 lbs) Salmon Steak, 2 (7-oz fillets) Smelt (1 lb) Tuna Steak, 2 (7oz) ables Sweet Acorn Squash Brussels Sprouts Butternut Squash (20oz) Glazed Carrots Sweet Potato	High High High High High High High High	00:02 00:04 00:02 00:02 00:04 00:01 00:02 00:03 00:05 00	360°F 400°F 400°F 360°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F <b>100°</b> F <b>100°</b> F <b>100°</b> F <b>100°</b> F <b>100°</b> F <b>100°</b> F <b>100°</b> F <b>100°</b> F	
75 76. 77. 78. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz) Shrimp Swordfish, 2 (7oz) Mackerel, 2 (7oz) Mackerel, 2 (7oz) Cod, 2 (6oz) Red Snapper, whole (4 lbs) Salmon Steak, 2 (7-oz fillets) Smelt (1 lb) Tuna Steak, 2 (7oz) ables Sweet Acorn Squash Brussels Sprouts Butternut Squash (20oz) Glazed Carrots Sweet Potato Potato Wedges	High High High High High High High High	00:02 00:04 00:02 00:02 00:04 00:02 00:02 00:02 00:02 00:02 00:02 00:03 00:01 00:02 00:03 00:01 00:01 00:01	360°F 400°F 400°F 360°F 400°F 375°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 360°F 400°F 360°F	
75 76. 77. 78. 80. 81. 82. 83. 84. 85. 86. 87. 88. 88. 89. 90. 91. 92. 92. 93. 95. 95. 95.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz) Shrimp Swordfish, 2 (7oz) Mackerel, 2 (7oz) Mahi Mahi, 2 (7oz) Cod, 2 (6oz) Red Snapper, whole (4 lbs) Salmon Steak, 2 (7-oz fillets) Smelt (1 lb) Tuna Steak, 2 (7oz) Butternut Squash Brussels Sprouts Butternut Squash (20oz) Glazed Carrots Sweet Potato Potato Wedges Broccoli Gratin	High High High High High High High High	00:02 00:04 00:02 00:02 00:02 00:02 00:02 00:02 00:02 00:03 00:01 <b>Time</b> 00:03 00:01 00:02 00:03 00:01 00:02 00:03 00:01 00:02 00:02 00:02 00:02 00:02 00:02 00:03 00:02 0	360°F 400°F 400°F 360°F 400°F 375°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 360°F 400°F 360°F 400°F	
75 76. 77. 78. 80. 81. 82. 83. 84. 85. 86. 87. 88. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz) Shrimp Swordfish, 2 (7oz) Mackerel, 2 (7oz) Mackerel, 2 (7oz) Cod, 2 (6oz) Red Snapper, whole (4 lbs) Salmon Steak, 2 (7-oz fillets) Smelt (1 lb) Tuna Steak, 2 (7-oz fillets) Smelt (1 lb) Tuna Steak, 2 (7oz) ables Sweet Acorn Squash Brussels Sprouts Butternut Squash (20oz) Glazed Carrots Sweet Potato Potato Wedges Broccoli Gratin Potato Cheddar Baked (8)	High High High High High High High High	00:02 00:04 00:02 00:02 00:04 00:02 00:04 00:02 00:02 00:02 00:03 00:01 <b>Time</b> 00:03 00:01 00:03 00:01 00:03 00:03	360°F 400°F 400°F 360°F 400°F 375°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 360°F 400°F 360°F 400°F 360°F	
75. 76. 77. 78. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 92. 93. 94. 95. 95. 96. 97. 98.	Grouper, 2 (7oz) Golden Bass, 2 (7oz) Haddock, 2 (7oz) Halibut, 2 (7oz) Lobster Tail, 2 (7oz) Shrimp Swordfish, 2 (7oz) Mackerel, 2 (7oz) Mackerel, 2 (7oz) Cod, 2 (6oz) Red Snapper, whole (4 lbs) Salmon Steak, 2 (7-oz fillets) Smelt (1 lb) Tuna Steak, 2 (7-oz fillets) Smelt (1 lb) Tuna Steak, 2 (7oz) ables Sweet Acorn Squash Brussels Sprouts Butternut Squash (20oz) Glazed Carrots Sweet Potato Potato Wedges Broccoli Gratin Potato Cheddar Baked (8)	High High High High High High High High	00:02 00:04 00:02 00:02 00:04 00:02 00	360°F 400°F 400°F 360°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 400°F 360°F 400°F 360°F 400°F 400°F 400°F	

## nuwave **Duet** *Quickstart Guide* What you get Air Fryer Lid Part #: 34805 **Pressure Cooker Lid** Part #: 34839 **Stainless Steel Inner Pot**

**Grill/Griddle Plate** Part #: 34833



Rib Rack Part #: 34835

# **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.

MEDDAMI COMPO COOR COOR AN FRY

Turn the Duet<sup>™</sup> 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.



(2) Black Silicone Mitts Part #: 34837



Part #: 34803

Multipurpose

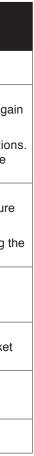
Part #: 34834

**Reversible Rack** 

Stainless Steel Air Fry Basket Part #: 34818

Lid Holder Part #: 34815





## nuwave Dueľ

### **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 nee Prepackaged Foods: Follow the directi					%. Check perio	dically.	
Beef/Lamb	Pressure Setting	Pressure Cook Time - Min.	Air Fry Cook Temp	Fresh - Min.	Frozen - Min.	Internal Temp. (Thermometer	
Patties 1/2 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	*Combo Cookir applied.	ng can be
Cornish Hen, Whole (1-1.5 lbs)	High	00:28	375°F	00:25 - 00:30	00:45 - 00:50	ALL POULTRY	
Turkey Breast (4-6 lbs)	High	00:30	360°F	00:12 per lb.	00:15 per lb.	COOKED TO A	
Turkey Legs (2 pcs)	High	00:22	360°F	00:45	00:50	TEMP OF 165°	F.
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.		

\*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.

Pork	Pressure	Pressure Cook	Air Fry	Fresh - Min.	Frozen - Min.	Internal Temp.
FOIR	Setting	Time - Min.	Cook Temp	FICSII - MIII.	FIOZEII - MIIII.	(Thermometer) / Notes
Bacon (4-8 slices)	N/A	N/A	400°F	00:08	Extra-crispy.*	
*For extra-crispy cook an additional 2-3 min	nutes.	·				
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.	*Combo Cooking can be
Tenderloins (2 lbs)	High	00:20	400°F	00:18	00:28	applied.
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 adjustments may be necessary until you					ownness. Cook	time WILL vary so
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 opague when cooking
Lobster Tails 4oz	Low	00:03	360°F	00:06	00:08	is complete.
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. Dro	p in the lobs	ters headfirst. Coo	k for 2 minutes	before placing ir	n 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 brownness is achieved.	only fresh, ra	aw potatoes. Comb	oo cooking can	be used: Cut air	-frying time in ha	If or cook until preferred
Roasted Onion	N/A	N/A	400°F	00:18		Cut 1/2 inch top, brush
Roasted Garlic	N/A	N/A	400°F	00:22		with oil.
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
Eggplant, Whole	High	00:03 - 00:04	400°F	00:36		and membrane, place in shallow dish, during air-fry,
Eggplant, ½ inch slices	N/A	N/A	400°F	00:10 - 00:14		brush with oil.
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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### Cooking Guide

ملمند∩	n slow cooking, use Slow Cook L Items Pressure Cooker Lid	Pressure	Default Time
QUICK	Meat/Poultry	High	00:40
2.	Grains	High	00:40
3.	Rice	Low	00:20
4.	Steam	Low	00:05
4. 5.	Beans	High	00:00
6.	Slow Cook*	OFF	00:20
Beef/V		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
	Pork Carnitas (6 lbs, pork butt)	High	00:55
45.		High	00:50
45. 46.	Pork Butt Roast		
	Pork Butt Roast Pork Belly (2 lbs)	High	00:50
46.			00:50 00:06
46. 47.	Pork Belly (2 lbs)	High	

### 100 Pressure Cooking Presets

υ	Pressure Cool	кшу	<b>FIESE</b>
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-Ib links)	High	00:08
57.	Pork (Bratwurst 2 lbs)	High	00:08
Poultr	y	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
77. 78.	Smelt (1 lb) Shrimp (6-12 large)	High High	00:12 00:08
77. 78. 79.	Smelt (1 lb) Shrimp (6-12 large) Salmon Steak, 2 (7-oz fillet)	High High High	00:12 00:08 00:09
77. 78. 79. 80.	Smelt (1 lb) Shrimp (6-12 large) Salmon Steak, 2 (7-oz fillet) Red Snapper, whole (4 lbs)	High High High High	00:12 00:08 00:09 00:16
77. 78. 79. 80. 81.	Smelt (1 lb) Shrimp (6-12 large) Salmon Steak, 2 (7-oz fillet) Red Snapper, whole (4 lbs) Mahi Mahi, 2 (7oz)	High High High High High	00:12 00:08 00:09 00:16 00:08
77. 78. 79. 80. 81. 82.	Smelt (1 lb) Shrimp (6-12 large) Salmon Steak, 2 (7-oz fillet) Red Snapper, whole (4 lbs) Mahi Mahi, 2 (7oz) Mackerel, 2 (7oz)	High High High High High High	00:12 00:08 00:09 00:16 00:08 00:14
77. 78. 79. 80. 81. 82. 83.	Smelt (1 lb) Shrimp (6-12 large) Salmon Steak, 2 (7-oz fillet) Red Snapper, whole (4 lbs) Mahi Mahi, 2 (7oz) Mackerel, 2 (7oz) Lobster Tail, 2 (7oz)	High High High High High High High	00:12 00:08 00:09 00:16 00:08 00:14 00:08
77. 78. 79. 80. 81. 82.	Smelt (1 lb) Shrimp (6-12 large) Salmon Steak, 2 (7-oz fillet) Red Snapper, whole (4 lbs) Mahi Mahi, 2 (7oz) Mackerel, 2 (7oz) Lobster Tail, 2 (7oz) Halibut, 2 (7oz)	High High High High High High High High	00:12 00:08 00:09 00:16 00:08 00:14 00:08 00:10
77. 78. 79. 80. 81. 82. 83. 84.	Smelt (1 lb) Shrimp (6-12 large) Salmon Steak, 2 (7-oz fillet) Red Snapper, whole (4 lbs) Mahi Mahi, 2 (7oz) Mackerel, 2 (7oz) Lobster Tail, 2 (7oz)	High High High High High High High	00:12 00:08 00:09 00:16 00:08 00:14 00:08
77. 78. 79. 80. 81. 82. 83. 83. 84.	Smelt (1 lb)Shrimp (6-12 large)Salmon Steak, 2 (7-oz fillet)Red Snapper, whole (4 lbs)Mahi Mahi, 2 (7oz)Mackerel, 2 (7oz)Lobster Tail, 2 (7oz)Halibut, 2 (7oz)Mussels (2 lbs)	High High High High High High High Low	00:12 00:08 00:09 00:16 00:08 00:14 00:08 00:10 00:08
77. 78. 79. 80. 81. 82. 83. 84. 85. 86.	Smelt (1 lb) Shrimp (6-12 large) Salmon Steak, 2 (7-oz fillet) Red Snapper, whole (4 lbs) Mahi Mahi, 2 (7oz) Mackerel, 2 (7oz) Lobster Tail, 2 (7oz) Halibut, 2 (7oz) Mussels (2 lbs) Grouper, 2 (7oz)	High High High High High High High Low High	00:12 00:08 00:09 00:16 00:08 00:14 00:08 00:10 00:08 00:12
77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87.	Smelt (1 lb)Shrimp (6-12 large)Salmon Steak, 2 (7-oz fillet)Red Snapper, whole (4 lbs)Mahi Mahi, 2 (7oz)Mackerel, 2 (7oz)Lobster Tail, 2 (7oz)Halibut, 2 (7oz)Mussels (2 lbs)Grouper, 2 (7oz)Clams (Littleneck, 2 lbs)	High High High High High High High Low High High	00:12 00:08 00:09 00:16 00:08 00:14 00:08 00:10 00:08 00:12 00:06
77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88.	Smelt (1 lb)Shrimp (6-12 large)Salmon Steak, 2 (7-oz fillet)Red Snapper, whole (4 lbs)Mahi Mahi, 2 (7oz)Mackerel, 2 (7oz)Lobster Tail, 2 (7oz)Halibut, 2 (7oz)Mussels (2 lbs)Grouper, 2 (7oz)Clams (Littleneck, 2 lbs)Cod, 2 (6oz)Chilean Sea Bass, 2 (7oz)	High High High High High High High Low High High High	00:12 00:08 00:09 00:16 00:08 00:14 00:08 00:10 00:08 00:12 00:06 00:08
77. 78. 79. 80. 81. 83. 83. 84. 85. 86. 87. 88. 89.	Smelt (1 lb)Shrimp (6-12 large)Salmon Steak, 2 (7-oz fillet)Red Snapper, whole (4 lbs)Mahi Mahi, 2 (7oz)Mackerel, 2 (7oz)Lobster Tail, 2 (7oz)Halibut, 2 (7oz)Mussels (2 lbs)Grouper, 2 (7oz)Clams (Littleneck, 2 lbs)Cod, 2 (6oz)Chilean Sea Bass, 2 (7oz)	High High High High High High High Low High High High High	00:12 00:08 00:09 00:16 00:08 00:14 00:08 00:10 00:08 00:12 00:06 00:08 00:10
77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. Vegeta	Smelt (1 lb)Shrimp (6-12 large)Salmon Steak, 2 (7-oz fillet)Red Snapper, whole (4 lbs)Mahi Mahi, 2 (7oz)Mackerel, 2 (7oz)Lobster Tail, 2 (7oz)Halibut, 2 (7oz)Mussels (2 lbs)Grouper, 2 (7oz)Clams (Littleneck, 2 lbs)Cod, 2 (6oz)Chilean Sea Bass, 2 (7oz)	High High High High High High High Low High High High High High	00:12 00:08 00:09 00:16 00:08 00:14 00:08 00:10 00:08 00:12 00:06 00:08 00:12 00:06 00:08 00:10 Default Time
77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. Vegeta 90.	Smelt (1 lb)Shrimp (6-12 large)Salmon Steak, 2 (7-oz fillet)Red Snapper, whole (4 lbs)Mahi Mahi, 2 (7oz)Mackerel, 2 (7oz)Lobster Tail, 2 (7oz)Halibut, 2 (7oz)Mussels (2 lbs)Grouper, 2 (7oz)Clams (Littleneck, 2 lbs)Cod, 2 (6oz)Chilean Sea Bass, 2 (7oz)blesWhole Cauliflower (1)	High High High High High High High Low High High High High High Elow	00:12 00:08 00:09 00:16 00:08 00:14 00:08 00:10 00:08 00:12 00:06 00:08 00:08 00:08 00:08 00:10 <b>Default Time</b> 00:13
777. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. Vegeta 90. 91.	Smelt (1 lb)Shrimp (6-12 large)Salmon Steak, 2 (7-oz fillet)Red Snapper, whole (4 lbs)Mahi Mahi, 2 (7oz)Mackerel, 2 (7oz)Lobster Tail, 2 (7oz)Halibut, 2 (7oz)Mussels (2 lbs)Grouper, 2 (7oz)Clams (Littleneck, 2 lbs)Cod, 2 (6oz)Chilean Sea Bass, 2 (7oz)blesWhole Cauliflower (1)Acorn Squash (halved, 2)	High High High High High High High Low High High High High High Evessure Low	00:12 00:08 00:09 00:16 00:08 00:14 00:08 00:10 00:08 00:12 00:06 00:08 00:08 00:10 Default Time 00:13 00:07
77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. Vegeta 90. 91. 92.	Smelt (1 lb)Shrimp (6-12 large)Salmon Steak, 2 (7-oz fillet)Red Snapper, whole (4 lbs)Mahi Mahi, 2 (7oz)Mackerel, 2 (7oz)Lobster Tail, 2 (7oz)Halibut, 2 (7oz)Mussels (2 lbs)Grouper, 2 (7oz)Clams (Littleneck, 2 lbs)Cod, 2 (6oz)Chilean Sea Bass, 2 (7oz)blesWhole Cauliflower (1)Acorn Squash (halved, 2)Potato Wedges, 8 (12oz)	High High High High High High High Low High High High High Exsure Low Low	00:12 00:08 00:09 00:16 00:08 00:14 00:08 00:10 00:08 00:12 00:06 00:08 00:12 00:06 00:08 00:10 <b>Default Time</b> 00:13 00:07 00:22
77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. Vegeta 90. 91. 92. 93.	Smelt (1 lb)Shrimp (6-12 large)Salmon Steak, 2 (7-oz fillet)Red Snapper, whole (4 lbs)Mahi Mahi, 2 (7oz)Mackerel, 2 (7oz)Lobster Tail, 2 (7oz)Halibut, 2 (7oz)Mussels (2 lbs)Grouper, 2 (7oz)Clams (Littleneck, 2 lbs)Cod, 2 (6oz)Chilean Sea Bass, 2 (7oz)blesWhole Cauliflower (1)Acorn Squash (halved, 2)Potato Wedges, 8 (12oz)Sweet Potato (whole, 1-2)	High High High High High High High Low High High High High High High High	00:12 00:08 00:09 00:16 00:08 00:14 00:08 00:10 00:08 00:12 00:06 00:08 00:12 00:06 00:08 00:10 <b>Default Time</b> 00:13 00:07 00:22 00:07
77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. Vegeta 90. 91. 92. 93. 93.	Smelt (1 lb)Shrimp (6-12 large)Salmon Steak, 2 (7-oz fillet)Red Snapper, whole (4 lbs)Mahi Mahi, 2 (7oz)Mackerel, 2 (7oz)Lobster Tail, 2 (7oz)Halibut, 2 (7oz)Mussels (2 lbs)Grouper, 2 (7oz)Clams (Littleneck, 2 lbs)Cod, 2 (6oz)Chilean Sea Bass, 2 (7oz)blesWhole Cauliflower (1)Acorn Squash (halved, 2)Potato Wedges, 8 (12oz)Sweet Potato (whole, 1-2)Potatoes, Red (1½ lbs)	High High High High High High High Low High High High High Low Low Low High	00:12 00:08 00:09 00:16 00:08 00:14 00:08 00:10 00:08 00:12 00:06 00:08 00:08 00:12 00:06 00:08 00:10 <b>Default Time</b> 00:13 00:07 00:22 00:07
777. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. Vegeta 90. 91. 92. 93. 94. 95.	Smelt (1 lb)Shrimp (6-12 large)Salmon Steak, 2 (7-oz fillet)Red Snapper, whole (4 lbs)Mahi Mahi, 2 (7oz)Mackerel, 2 (7oz)Lobster Tail, 2 (7oz)Halibut, 2 (7oz)Mussels (2 lbs)Grouper, 2 (7oz)Clams (Littleneck, 2 lbs)Cod, 2 (6oz)Chilean Sea Bass, 2 (7oz)blesWhole Cauliflower (1)Acorn Squash (halved, 2)Potato Wedges, 8 (12oz)Sweet Potato (whole, 1-2)Potatoes, Red (1½ lbs)Glazed Carrots, 8 (12oz)	High High High High High High High Low High High High High High Low Low Low High High	00:12 00:08 00:09 00:16 00:08 00:14 00:08 00:14 00:08 00:10 00:08 00:12 00:06 00:08 00:10 <b>Default Time</b> 00:13 00:07 00:22 00:07 00:07 00:07
77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. Vegeta 90. 91. 92. 93. 94. 95. 95.	Smelt (1 lb)Shrimp (6-12 large)Salmon Steak, 2 (7-oz fillet)Red Snapper, whole (4 lbs)Mahi Mahi, 2 (7oz)Mackerel, 2 (7oz)Lobster Tail, 2 (7oz)Halibut, 2 (7oz)Mussels (2 lbs)Grouper, 2 (7oz)Clams (Littleneck, 2 lbs)Cod, 2 (6oz)Chilean Sea Bass, 2 (7oz)blesWhole Cauliflower (1)Acorn Squash (halved, 2)Potato Wedges, 8 (12oz)Sweet Potato (whole, 1-2)Potatoes, Red (1½ lbs)Glazed Carrots, 8 (12oz)Butternut Squash (20oz)Brussels Sprouts, 10 (12oz)	High High High High High High High Low High High High High High High High Low Low Low	00:12 00:08 00:09 00:16 00:08 00:14 00:08 00:14 00:08 00:10 00:08 00:12 00:06 00:08 00:10 <b>Default Time</b> 00:13 00:07 00:22 00:07 00:07 00:08 00:06
77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. Vegeta 90. 91. 91. 92. 93. 94. 95. 96. 97.	Smelt (1 lb)Shrimp (6-12 large)Salmon Steak, 2 (7-oz fillet)Red Snapper, whole (4 lbs)Mahi Mahi, 2 (7oz)Mackerel, 2 (7oz)Lobster Tail, 2 (7oz)Halibut, 2 (7oz)Mussels (2 lbs)Grouper, 2 (7oz)Clams (Littleneck, 2 lbs)Cod, 2 (6oz)Chilean Sea Bass, 2 (7oz)blesWhole Cauliflower (1)Acorn Squash (halved, 2)Potato Wedges, 8 (12oz)Sweet Potato (whole, 1-2)Potatoes, Red (1½ lbs)Glazed Carrots, 8 (12oz)Butternut Squash (20oz)Brussels Sprouts, 10 (12oz)	High High High High High High Low High High High High High Low Low High High High Low	00:12 00:08 00:09 00:16 00:08 00:14 00:08 00:14 00:08 00:10 00:08 00:12 00:06 00:08 00:08 00:10 <b>Default Time</b> 00:13 00:07 00:07 00:07 00:07 00:07 00:08 00:06 00:06
77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. Vegeta 90. 91. 92. 93. 94. 95. 96. 97. Desse	Smelt (1 lb)Shrimp (6-12 large)Salmon Steak, 2 (7-oz fillet)Red Snapper, whole (4 lbs)Mahi Mahi, 2 (7oz)Mackerel, 2 (7oz)Lobster Tail, 2 (7oz)Halibut, 2 (7oz)Mussels (2 lbs)Grouper, 2 (7oz)Clams (Littleneck, 2 lbs)Cod, 2 (6oz)Chilean Sea Bass, 2 (7oz)blesWhole Cauliflower (1)Acorn Squash (halved, 2)Potato Wedges, 8 (12oz)Sweet Potato (whole, 1-2)Potatoes, Red (1½ lbs)Glazed Carrots, 8 (12oz)Butternut Squash (20oz)Brussels Sprouts, 10 (12oz)rt	High High High High High High High Low High High High Low Low High High Low Low Cow	00:12 00:08 00:09 00:16 00:08 00:14 00:08 00:14 00:08 00:10 00:08 00:12 00:06 00:08 00:10 <b>Default Time</b> 00:13 00:07 00:07 00:07 00:07 00:07 00:07 00:08 00:06 00:05 <b>Default Time</b>
77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. Vegeta 90. 91. 92. 93. 94. 95. 96. 97. Desse 98.	Smelt (1 lb)Shrimp (6-12 large)Salmon Steak, 2 (7-oz fillet)Red Snapper, whole (4 lbs)Mahi Mahi, 2 (7oz)Mackerel, 2 (7oz)Lobster Tail, 2 (7oz)Halibut, 2 (7oz)Mussels (2 lbs)Grouper, 2 (7oz)Clams (Littleneck, 2 lbs)Cod, 2 (6oz)Chilean Sea Bass, 2 (7oz)blesWhole Cauliflower (1)Acorn Squash (halved, 2)Potato Wedges, 8 (12oz)Sweet Potato (whole, 1-2)Potatoes, Red (1½ lbs)Glazed Carrots, 8 (12oz)Butternut Squash (20oz)Brussels Sprouts, 10 (12oz)rtBlueberry Walnut Cobbler	High High High High High High High High	00:12 00:08 00:09 00:16 00:08 00:14 00:08 00:14 00:08 00:10 00:08 00:12 00:06 00:08 00:10 <b>Default Time</b> 00:13 00:07 00:22 00:07 00:07 00:07 00:08 00:06 00:08 00:06 00:05 <b>Default Time</b> 00:07

