

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	8
2. Baked Potato (12oz)	400°F	35
3. Chicken Breast (6oz)	380°F	12
4. Dehydrate	120°F	12 hr.
5. Fish (6oz)	350°F	6
6. French Fries (8oz)	400°F	12
7. Frozen Food (12oz)	400°F	15
8. Reheat (8oz)	325°F	8
9. Roast (32oz)	375°F	45
10. Steak (8oz)	375°F	8
For items 11-30 the Duet will automatically preheat for 15 min. at 450°F		
Grill Items	Temp	Time
11. Asparagus (8oz, medium)	400°F	5
12. Bell Peppers, quartered	400°F	6
13. Zucchini (¼", sliced)	400°F	6
14. Beef Filet (8oz)	400°F	10
15. Beef Sirloin (7oz)	400°F	12
16. Beef Burger (8oz)	400°F	8
17. Polish Sausage, 4 (4-oz links)	400°F	5
18. Italian Sausage, 4 (4-oz links)	400°F	9
19. Hot Dogs (6 links)	400°F	4
20. Pork Chop (boneless, 10oz)	400°F	16
21. Lamb Chop, 4 (5oz)	400°F	6
22. Ham Steak (½" thick)	400°F	5
23. Chicken Breast, 2 (10oz)	400°F	13
24. Chicken Legs, 2 (8oz)	400°F	10
25. Tuna Steak (1" thick)	400°F	5
26. Salmon (7oz)	400°F	6
27. Shrimp (10/15ct.)	400°F	3
28. Scallops (10/15ct.)	400°F	3
29. Quesadilla	400°F	2
30. Grilled Sandwich	400°F	6
Vegetables	Temp	Time
31. Beets, whole	400°F	40
32. Broccoli (florets)	400°F	6
33. Brussels Sprouts, halved	380°F	15
34. Carrots	380°F	15
35. Cauliflower (florets)	400°F	12
36. Corn on the Cob	390°F	12
37. Eggplant (1½-inch cubes)	400°F	15
38. Fennel, quartered	370°F	15
39. Green Beans	400°F	5
40. Mushrooms	400°F	5
41. Onions (pearl)	400°F	10
42. Potatoes (small, baby, 1.5 lbs)	400°F	15
43. Potatoes (1-inch cubes)	400°F	12
44. Potatoes (baked, whole)	400°F	40
45. Squash (½-inch cubes)	400°F	12
46. Sweet Potato (baked, whole)	400°F	12
47. Tomatoes (cherry)	400°F	4
48. Tomatoes, halved	400°F	10
Poultry	Temp	Time
49. Chicken Breast, bone-in (1.25 lbs)	370°F	25

50. Chicken Drums & Thighs, bone-in (1.75 lbs)	380°F	30
51. Chicken Tenders	360°F	9
52. Chicken Thighs, bone-in (2.5 lbs)	380°F	22
53. Chicken Thighs, boneless (1.5 lbs)	380°F	19
54. Chicken Wings (2 lbs)	400°F	12
55. Duck Breast (1 lb)	400°F	25
56. Frozen Chicken Breast, bone-in (1 lb)	360°F	25
57. Frozen Chicken Breast, boneless (8oz)	360°F	25
58. Frozen Whole Chicken (3 lbs)	360°F	1 hr. 15 min.
59. Game Hen (halved, 2 lbs)	390°F	20
60. Game Hen, frozen	390°F	50
61. Turkey Breast (2 lbs)	360°F	45
62. Turkey Breast, frozen	360°F	1 hr. 5 min.
63. Whole Chicken, fresh (3 lbs)	360°F	1 hr.
Beef	Temp	Time
64. Beef Eye Round Roast (4 lbs)	390°F	50
65. Flank Steak (1.5 lbs)	400°F	12
66. Meatballs (1-inch)	380°F	7
67. Meatballs (3-inch)	380°F	10
68. Ribeye, bone-in (1-inch, 8oz)	400°F	12
Pork/Lamb	Temp	Time
69. Loin (2 lbs)	360°F	55
70. Bacon (regular)	400°F	6
71. Bacon (thick cut)	400°F	8
72. Pork Chops, bone-in (1-inch, 6oz)	400°F	12
73. Rack of Lamb (2 lbs)	380°F	22
74. Tenderloin (1 lb)	370°F	15
Fish/Seafood	Temp	Time
75. Calamari (8oz)	400°F	4
76. Fish Fillet (1-inch, 8oz)	400°F	10
77. Swordfish Steak	400°F	10
Frozen Foods	Temp	Time
78. Onion Rings (12oz)	400°F	8
79. Breaded Shrimp	400°F	9
80. Chicken Nuggets (8oz)	400°F	10
81. Fish Filets (1.2-inch, 10oz)	400°F	14
82. Fish Sticks (10oz)	400°F	10
83. Frozen Burrito (10oz)	400°F	15
84. Frozen Egg Rolls (8oz)	400°F	12
85. Mozzarella Sticks (10oz)	400°F	8
86. Pot Stickers (10oz)	400°F	8
87. Steak Fries (12oz)	400°F	18
Dehydrated Foods	Temp	Time
88. Kale Chips	130°F	20
89. Apple	135°F	8 hr.
90. Banana	135°F	8 hr.
91. Beef Jerky	160°F	6 hr.
92. Dried Herbs	100°F	2 hr.
93. Granola	220°F	40
94. Kiwi	130°F	8 hr.
95. Mango	135°F	10 hr.
96. Orange	130°F	10 hr.
97. Peaches	135°F	10 hr.
98. Pineapple	135°F	10 hr.
99. Strawberry	115°F	10 hr.
100. Sun-Dried Tomatoes	140°F	8 hr.

100 Combo Cooking Presets

Beef/Veal	Pressure	Time (Min.)	Temp	Time (Min.)
1. Beef Blade Roast (3 lbs)	High	45	360°F	10
2. Beef Bottom Round (3 lbs)	High	20	360°F	10
3. Brisket (5 lbs)	High	1 hr. 20 min.	400°F	15
4. Beef Butt Steak, 2 (8oz)	High	3	400°F	10
5. Beef Cheeks (2¼ lbs)	High	20	400°F	5
6. Beef Chuck Roast (2 lbs)	High	25	360°F	15
7. Corned Beef & Cabbage	High	1 hr. 5 min.	350°F	10
8. Beef Eye Round Roast (4 lbs)	High	25	360°F	10
9. Short Ribs (3 lbs)	High	40	350°F	15
10. N.Y. Steak, 2 (12oz)	High	1	400°F	7
11. Rib Eye (bone-in, 16oz)	High	1	400°F	10
12. Beef Filet, 2 (8oz)	High	1	400°F	6
13. Flank Steak (1 lb)	High	1	400°F	8
14. Flat Iron, 2 (10oz)	High	1	400°F	6
15. Beef Hanging Tender, 2 (8oz)	High	5	400°F	10
16. London Broil (2 lbs)	High	5	400°F	8
17. Meatballs (1-inch, 2 lbs)	High	2	325°F	5
18. Meatballs (3-inch, 2 lbs)	High	6	325°F	8
19. Meatloaf (2 lbs)	High	15	360°F	7
20. Porterhouse (24oz)	High	5	400°F	12
21. Beef Round Steak (2 lbs)	High	8	400°F	12
22. Beef Rump Roast (3 lbs)	High	23	400°F	18
23. Sirloin Steak, 2 (12oz)	High	1	400°F	8
24. Beef Stew (2 lbs)	High	35	360°F	10
25. Beef Shanks (2 lbs)	High	15	360°F	8
26. Beef Tongue	High	40	400°F	8
27. Tri-Tip Roast (2 lbs)	High	25	400°F	12
28. T-Bone (24oz)	High	5	400°F	12
29. Oxtail (2 lbs)	High	25	400°F	6
30. Veal Chops, 2 (16oz)	High	10	360°F	6
31. Veal Roast (4 lbs)	High	22	400°F	10
32. Veal Sweetbreads (3 lbs)	High	6	400°F	10
Grains	Pressure	Time (Min.)	Temp	Time (Min.)
33. Mac & Cheese	Low	1	360°F	7
34. Fried Rice	High	4	400°F	9
35. Polenta Tomato Sauce	High	5	400°F	10
Lamb/Pork	Pressure	Time (Min.)	Temp	Time (Min.)
36. Rack of Lamb (2 lbs)	High	3	360°F	8
37. Lamb Stew Meat (3 lbs)	High	40	360°F	8
38. Lamb Leg (5 lbs)	High	8	400°F	10
39. Lamb Chops, 6 (4oz)	High	2	400°F	5
40. Lamb Shank, 4 (1-lb shanks)	High	10	400°F	10
41. Lamb Shoulder (2 lbs)	High	40	360°F	10
42. Pork Belly (2 lbs)	High	40	400°F	10
43. Pork (Bratwurst, 2 lbs)	High	3	400°F	5
44. Pork Carnitas (6 lbs, Pork Butt)	High	50	360°F	15
45. Pork Chops (bone-in, 10oz)	High	2	400°F	8
46. Pork Chops (boneless, 6oz)	High	1	400°F	6
47. Pork Neck Bones (for crispy)	High	1 hr. 30 min.	400°F	10
48. Italian Sausage (2 lbs links)	High	3	400°F	5
49. Polish Sausage, smoked (3 lbs)	High	1	400°F	5
50. Polish Sausage, fresh (3 lbs)	High	3	360°F	8
51. Pork Shoulder (boneless, 3 lbs)	High	35	350°F	8
52. Pork Loin (2½ lbs)	High	35	400°F	10

53. Pork Ham Shoulder (8 lbs)	High	25	360°F	6
54. Pork Shanks or Hocks, 2 (cut in half)	High	50	360°F	10
55. Pork Ribs (3½ lbs)	High	19	400°F	15
56. Pork Tenderloin (1½ lbs)	High	3	400°F	10
57. Pork Butt Roast	High	40	390°F	10
Poultry	Pressure	Time (Min.)	Temp	Time (Min.)
58. Chicken (5 lbs)	High	22	400°F	10
59. Chicken Wings (2 lbs)	High	5	390°F	15
60. Frozen Chicken Breast, 2 (12oz)	High	22	400°F	10
61. Fresh Chicken Breast, 2 (8oz)	High	10	400°F	10
62. Chicken Thighs, 4 (bone-in, 6oz)	High	4	400°F	10
63. Boneless Chicken Thighs (2 lbs)	High	4	400°F	7
64. Chicken Legs (4)	High	12	400°F	8
65. Cornish Game Hen, fresh	High	20	400°F	8
66. Cornish Game Hen, frozen	High	50	400°F	8
67. Duck (whole, 4 lbs)	High	25	400°F	10
68. Duck Breast, 2 (8oz)	High	3	400°F	10
69. Duck Legs (4)	High	8	400°F	10
70. Pheasant	High	30	400°F	10
71. Quail, 4 (whole, 16oz)	High	30	400°F	10
72. Turkey Legs (bone-in, 5 lbs)	High	20	400°F	15
73. Turkey Breast, boneless	High	20	400°F	10
74. Turkey Breast, bone-in	High	15	400°F	10
Fish	Pressure	Time (Min.)	Temp	Time (Min.)
75. Chilean Sea Bass, 2 (7oz)	High	2	360°F	8
76. Grouper, 2 (7oz)	High	4	400°F	8
77. Golden Bass, 2 (7oz)	High	4	400°F	8
78. Haddock, 2 (7oz)	High	2	400°F	6
79. Halibut, 2 (7oz)	High	2	360°F	8
80. Lobster Tail, 2 (7oz)	High	4	400°F	4
81. Shrimp	High	1	375°F	8
82. Swordfish, 2 (7oz)	High	2	400°F	8
83. Mackerel, 2 (7oz)	High	4	400°F	10
84. Mahi Mahi, 2 (7oz)	High	2	400°F	6
85. Cod, 2 (6oz)	High	2	360°F	6
86. Red Snapper, whole (4 lbs)	High	8	400°F	8
87. Salmon Steak, 2 (7-oz filets)	High	2	400°F	7
88. Smelt (1 lb)	High	2	400°F	10
89. Tuna Steak, 2 (7oz)	High	1	400°F	5
Vegetables	Pressure	Time (Min.)	Temp	Time (Min.)
90. Sweet Acorn Squash	Low	3	360°F	4
91. Brussels Sprouts	Low	1	400°F	4
92. Butternut Squash (20oz)	Low	2	400°F	4
93. Glazed Carrots	Low	3	400°F	5
94. Sweet Potato	High	1	390°F	4
95. Potato Wedges	High	15	360°F	7
96. Broccoli Gratin	Low	3	400°F	2
97. Potato Cheddar Baked (8)	High	12	360°F	4
98. Whole Cauliflower	Low	3	390°F	10
Dessert	Pressure	Time (Min.)	Temp	Time (Min.)
99. Blueberry Walnut Cobbler	High	7	350°F	10
100. Apple Tatin (6-inch)	High	12	325°F	10

nuwave Duet®

Quick Start Guide

What you get



Grill/Griddle Plate
Part #: 34833



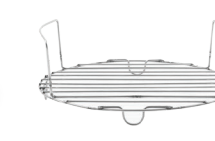
Slow Cook Lid
Part #: 34838



Air Fryer Lid
Part #: 34805

Pressure Cooker Lid
Part #: 34839

Stainless Steel Inner Pot
Part #: 34803



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). Temperature and time 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 it on and unplug it to turn it off.

Duet Safety Feature
The Duet can be locked to prevent children from accidentally turning it on. While the Duet is plugged in, press **MENU + STAGE** for 1 second. This will lock the control panel. Press **MENU + STAGE** again to unlock the appliance.

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 temperatures and times, or to scroll through Menu options. Pause is disabled when using the Pressure Cook function. Press and hold down **STAGE + SAUTE/SEAR** for 1 sec. to mute and unmute the Duet (beeping).

Using the PRESSURE COOK function with the Duet.
Press **PRESSURE COOK**. The pressure, temperature, and time are adjustable by using the **START/PAUSE** dial. Use only the Pressure Cooker Lid when pressure-cooking. **Note:** 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 the AIR FRY function with the Duet.
Press **AIR FRY**. The temperature and time are 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**. The Combo cooking function first cooks food using pressure-cooking and then finishes with air-frying for perfect crisping.

YOGURT
Make homemade yogurt using the **YOGURT** function. Follow the steps on **COMBO COOK** Instructions in your manual.

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



Getting Started

DELAY cooking to your desired start time. Set the cooking temperature and time. Press and hold WARM/DELAY for 1 second. Use the START/PAUSE dial to adjust. Note: You can delay cooking for up to 24 hrs.
Use the PREHEAT function to heat the Duet before adding food and for crispier results. Default is 350°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 450°F. Press SEAR. Allow the Duet to heat up with added oil, and then place the food in the Inner Pot to sear. Note: The Sear function can be set for before or after the regular cooking cycle when using the 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.
MENU (Program) gives you access to 300 cooking presets and can store an additional 150 of your own. Refer to the Presets section. Press MENU and use the START/PAUSE dial to choose preset items to cook. Use the START/PAUSE dial to adjust to the temperature and time for each cooking function. Press START/PAUSE to begin your chosen program. Note: Preset programs can be adjusted but cannot be saved to their original program numbers. These edits can only be saved into program numbers 101-150.

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	7	10 - 13	150°F
Patties (1-inch thick)	N/A	N/A	370°F	10 - 13	18 - 20	150°F
Steaks (1-inch thick)	High	10	400°F	7 - 9 9 - 10 10 - 13 13 - 16 16 - 18	11 - 12 12 - 14 14 - 16 16 - 19 19 - 23	Rare: 125°F - 134°F Med. Rare: 135°F - 144°F Medium: 145°F - 149°F Med. Well: 150°F - 159°F Well: 160°F
Steaks (2-inch thick)	High	20	400°F	11 - 12 12 - 14 14 - 16 16 - 19 19 - 23	21 - 27 27 - 31 31 - 34 34 - 38 38 - 41	Rare: 125°F - 134°F Med. Rare: 135°F - 144°F Medium: 145°F - 149°F Med. Well: 150°F - 159°F Well: 160°F
Roasts (3-5 lbs) Let rest 10 minutes before serving.	High	40	390°F	10 per lb. 13 per lb. 15 per lb. 18 per lb. 20 per lb.	20 per lb. 22 per lb. 24 per lb. 26 per lb. 27 per lb.	Rare: 125°F - 134°F Med. Rare: 135°F - 144°F Medium: 145°F - 149°F Med. Well: 150°F - 159°F Well: 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	20	380°F	7 - 9	9 - 13	*Combo Cooking can be applied. ALL POULTRY SHOULD BE COOKED TO AN INTERNAL TEMP OF 165°F
Whole Chicken	High	6 per lb.	375°F	8 - 10	18 - 22	
Boneless/Skinless Chicken Breasts (2 pcs)	High	12	380°F	9 - 11	14 - 16	
Cornish Hen, Whole (1-1.5 lbs)	High	28	375°F	25 - 30	45 - 50	
Turkey Breast (4-6 lbs)	High	30	360°F	12 per lb.	15 per lb.	
Turkey Legs (2 pcs)	High	22	360°F	45	50	
Turkey Wings (4 pcs)	High	20	360°F	30	40	
Duck, Whole (5 lbs)	High	25 - 30	375°F	45 per lb.	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.						

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	8	Extra-crispy.*	
*For extra-crispy cook an additional 2-3 minutes.						
Ham (3 lbs)	High	15	350°F	12 - 13 per lb.		*Combo Cooking can be applied.
Sausage Links (2-6)	High	1	350°F	6	9	160°F
Sausage Patties (2-6)	N/A	N/A	350°F	9	12	160°F
Italian, Bratwurst, etc. (2-6)	High	2	375°F	9	17	
Chops, 2-4 (14oz)	High	5 - 6	400°F	10	18	
Roasts (3-7 lbs)	High	30 - 40	400°F	22 per lb.	30 per lb.	*Combo Cooking can be applied.
Tenderloins (2 lbs)	High	20	400°F	18	28	
Spare Ribs (1-2 slabs)	High	19	350°F	25 - 30	45 - 50	
Country-Style Ribs (2 lbs)	High	19	350°F	23 - 28	36 - 42	
Hot Dogs (2-8)	High	1	350°F	2	10	140°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	2 - 3	400°F	6	10	145°F
Fish: Steaks and Fillets (1-inch thick)	Low	3 - 4	400°F	8	14	145°F
Whole Fish (3-4-inches thick)	Low	5 - 6	380°F	25	45	145°F
Shrimp (6-12 pcs)	Low	1	400°F	5	7	Cook time may vary with size.
Scallops, Sea (6-12 pcs)	Low	2	400°F	8	10	
Scallops, Bay (8oz)	Low	1	400°F	6	8	Scallops and/or Lobster turn opaque when cooking is complete.
Lobster Tails (4oz)	Low	3	360°F	6	8	
Lobster, Live Maine	N/A	N/A	360°F	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	2	400°F	9		Alternative: Season to taste and wrap in foil.
Root Vegetables	High	15	400°F	18 - 27		Cut into 2-inch cubes and spray with oil.
Potatoes Whole (8oz each): Cut in ½ lengthwise: French Fries:	High	20 10 6	400°F	40 27 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	18		Cut ½ inch top, brush with oil.
Roasted Garlic	N/A	N/A	400°F	22		
Broccoli	High	3 - 4	400°F	10		Varies with thickness.
Squash	High	5 - 7	400°F	27 - 32		Cut in half, remove seeds and membrane, place in reversible rack, during air-fry, brush with oil.
Eggplant, Whole	High	3 - 4	400°F	36		
Eggplant (½-inch slices)	N/A	N/A	400°F	10 - 14		
Baked Apples	High	10 - 14	400°F	18		Remove core.
Baked Pears	High	12 - 15	400°F	23		Cut in half and remove core for air-frying.

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	Time (Min)
1. Meat/Poultry	High	40
2. Grains	High	25
3. Rice	Low	10
4. Steam	Low	5
5. Beans	High	20
6. Slow Cook*	OFF	4 hrs.
Beef/Veal	Pressure	Time (Min)
7. Veal Sweetbreads (3 lbs)	High	15
8. Veal Roast (4 lbs)	High	32
9. Veal Chops, 2 (16 oz)	High	16
10. Tri-Tip Roast (2 lbs)	High	37
11. T-Bone (24 oz)	High	17
12. Sirloin Steak, 2 (12 oz)	High	9
13. Beef Short Ribs (3 lbs)	High	55
14. Beef Shanks (2 lbs)	High	23
15. Beef Rump Roast (3 lbs)	High	31
16. Beef Round Steak (2 lbs)	High	20
17. Rib Eye (bone-in, 16 oz)	High	11
18. Porterhouse (24 oz)	High	17
19. Beef Oxtail (2 lbs)	High	31
20. N.Y. Steak, 2 (12 oz)	High	08
21. Meatloaf (2 lbs)	High	22
22. Meatballs (2 lbs, 3-inch)	High	14
23. Meatballs (2 lbs, 1-inch)	High	07
24. London Broil (2 lbs)	High	13
25. Beef Hanging Tender (2-8 oz)	High	15
26. Flat Iron, 2 (10 oz)	High	7
27. Flank Steak (1 lb)	High	9
28. Beef Filet, 2 (8 oz)	High	6
29. Beef Eye Round Roast (4 lbs)	High	35
30. Corned Beef & Cabbage (4 lbs)	High	1 hr. 15 min.
31. Chuck Roast (2 lbs)	High	40
32. Butt Steak, 2 (8 oz)	High	13
33. Brisket (5 lbs)	High	1 hr. 35 min.
34. Beef Bottom Round (3 lbs)	High	30
35. Beef Blade Roast (3 lbs)	High	55
Lamb/Pork	Pressure	Time (Min)
36. Pork Tenderloin (1½ lbs)	High	13
37. Pork Shoulder (3 lbs, boneless)	High	43
38. Pork Shanks or Hocks, 2 (cut in half)	High	1 hr.
39. Pork Ribs (3½ lbs)	High	33
40. Pork Neck Bones	High	1 hr. 33 min.
41. Pork Loin (2½ lbs)	High	45
42. Pork Ham Shoulder (8 lbs)	High	31
43. Pork Chops (boneless, 6 oz)	High	6
44. Pork Chops (bone-in, 10 oz)	High	10
45. Pork Carnitas (6 lbs, pork butt)	High	55
46. Pork Butt Roast	High	50
47. Pork Belly (2 lbs)	High	50
48. Polish Sausage, smoked (3 lbs)	High	6
49. Polish Sausage, fresh (3 lbs)	High	10

50. Lamb Stew Meat (3 lbs)	High	48
51. Lamb Shoulder (2 lbs)	High	50
52. Lamb Shank, 4 (1-lb shanks)	High	20
53. Rack of Lamb (2 lbs)	High	11
54. Lamb Leg (5 lbs)	High	18
55. Lamb Chops, 6 (4 oz)	High	7
56. Italian Sausage (2-lb links)	High	8
57. Pork Bratwurst (2 lbs)	High	8
Poultry	Pressure	Time (Min)
58. Turkey Legs, bone-in (5 lbs)	High	35
59. Turkey Breast, boneless	High	30
60. Turkey Breast, bone-in	High	35
61. Quail, 4 (whole, 16oz)	High	30
62. Pheasant	High	40
63. Frozen Chicken Breast, 2 (12 oz)	High	32
64. Fresh Chicken Breast, 2 (8 oz)	High	20
65. Duck Legs (4 legs)	High	18
66. Duck Breast, 2 (8 oz)	High	13
67. Duck (whole, 4 lbs)	High	35
68. Cornish Game Hen (frozen)	High	1 hr.
69. Cornish Game Hen (fresh)	High	28
70. Chicken Wings (2 lbs)	High	20
71. Chicken Thighs, 4 (bone-in, 6 oz)	High	14
72. Chicken Legs (4)	High	20
73. Chicken (5 lbs)	High	32
74. Boneless Chicken Thighs (2 lbs)	High	11
Fish	Pressure	Time (Min)
75. Tuna Steak, 2 (7oz)	High	5
76. Swordfish, 2 (7oz)	High	10
77. Smelt (1 lb)	High	12
78. Shrimp (6-12 large)	High	8
79. Salmon Steak, 2 (7-oz fillet)	High	9
80. Red Snapper, whole (4 lbs)	High	16
81. Mahi Mahi, 2 (7oz)	High	8
82. Mackerel, 2 (7oz)	High	14
83. Lobster Tail, 2 (7oz)	High	8
84. Halibut, 2 (7oz)	High	10
85. Mussels (2 lbs)	Low	8
86. Grouper, 2 (7oz)	High	12
87. Clams (Littleneck, 2 lbs)	High	6
88. Cod, 2 (6oz)	High	8
89. Chilean Sea Bass, 2 (7oz)	High	10
Vegetables	Pressure	Time (Min)
90. Whole Cauliflower (1)	Low	13
91. Acorn Squash (halved, 2)	Low	7
92. Potato Wedges, 8 (12oz)	High	22
93. Sweet Potato (whole, 1-2)	High	7
94. Potatoes, Red (1½ lbs)	High	7
95. Glazed Carrots, 8 (12oz)	Low	8
96. Butternut Squash (20oz)	Low	6
97. Brussels Sprouts, 10 (12oz)	Low	5
Dessert	Pressure	Time (Min)
98. Blueberry Walnut Cobbler	High	7
99. Pot du Crème	High	8
100. Cheesecake (6-inch pan)	High	1 hr. 5 min.