Speed Oven
Cooking Guide

This guide offers cooking recommendations for a variety of foods to assist you in understanding which mode is ideal for the dish you are preparing. For additional food options, explore the Gourmet menu.

FOOD	QUANTITY	MODE*	TEMPERATURE/ POWER LEVEL	COOK TIME	ACCESSORY**	PREPARATION & COOKING NOTES
VEGETABLES						
Beets	1 medium-sized	Microwave	100%	6-8 minutes	Turntable only	Rinse and poke holes with fork before cooking. Peel after cooking.
Broccoli, Roasted	1-2 cups florets	Micro Roast	400°F	16-22 minutes	High Riser	Toss with oil and seasoning. Cook in a single layer.
Brussels Sprouts, Roasted	2 cups	Convection	400°F	20-25 minutes	Low Riser	Slice sprouts in half before cooking.
Cauliflower Steak	¾" slices	Convection, Microwave	450°F, 100%	15-20 minutes, 1-2 minutes	Low Riser	Apply oil and seasoning. Use Convection until desired browning, then Microwave for 1-2 minutes to cook thoroughly.
Corn on the Cob	1-5 ears	Microwave	100%	4-12 minutes	Turntable only	Keep corn in the husk, and place directly on turntable. After cooking, cut off stem end to easily remove corn from husk.
Onions, Roasted	½" slices	Micro Roast	450°F	20-25 minutes	High Riser	Cook in a single layer with 1 tbsp oil or butter. Flip halfway through cook time.
Root Vegetables/Potatoes, Roasted	2-3 cups	Convection	425°F	25-30 minutes	Upper Rack	Cut into ½" pieces. Cook in a single layer.
Tomatoes, Roasted	2-3 cups	Convection	400°F	15-25 minutes	Low Riser	Best for cherry or grape tomatoes. Keep tomatoes whole, placed in a single layer.
MEATS, POULTRY, AND SEAFOOD						
Bacon	1 lb	Convection	400°F	15-20 minutes	Upper and Lower Racks	Thicker bacon may require more time for crispy results. Spread bacon evenly across two pans.
Breakfast Sausage Links	12-15 each	Micro Roast	450°F	15-20 minutes	High Riser	Cook in a single layer.
Chicken, Whole	3-5 lbs	Micro Roast	450°F	50-70 minutes	Low Riser	
Chorizo, Ground	1 lb	Convection	400°F	12-17 minutes	Upper Rack	Spread evenly across rimmed baking pan.
Fish Filet	½"-1" thick	Micro Bake	375°F	8-12 minutes	Low Riser	Use parchment-lined baking pan.
Hot Dogs	2-6 each	Microwave	100%	1-3 minutes	Turntable only	
Meatloaf	2-3 lbs	Convection	375°F	55-65 minutes	Upper Rack	Glaze meatloaf as desired for final 15-20 minutes of cook time.
Sausages/Brats	2-6 each	Broil	On	25-35 minutes	High Riser	Flip ⅔ through cook time.
Shrimp, Raw	8-12 each	Broil	On	5-10 minutes	High Riser	Use parchment-lined baking pan. Flip halfway through cook time.

*Micro Bake and Micro Roast require non-metallic cookware designed for oven use, such as heatproof glass or ceramic.

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GRAINS AND STARCHES						
Lentils, Red	1 cup : 2 cups water	Microwave	100%	20-25 minutes	Turntable only	Cover with plate or plastic wrap.
Pasta, Dried	1 cup	Microwave	100%	7-10 minutes	Turntable only	Cover noodles with water, and cover with plate or plastic wrap.
Pasta, Fresh	2 cups	Microwave	100%	6-8 minutes	Turntable only	Cover noodles with water, and cover with plate or plastic wrap.
Potatoes, Boiled	2-3 cups	Microwave	100%	8-10 minutes	Turntable only	Cut into ½" cubes.
Quinoa, Red	1 cup : 2¼ cups water	Microwave	100%	18-22 minutes	Turntable only	Cover with plate or plastic wrap. Stir halfway, and let rest covered for 10 minutes after cook time.
Quinoa, White	1 cup : 2 cups water	Microwave	100%	12-16 minutes	Turntable only	Cover with plate or plastic wrap. Stir halfway, and let rest covered for 10 minutes after cook time.
Rice, Brown	1 cup : 2½ cups water	Microwave	100%, 30%	7 minutes, 40-50 minutes	Turntable only	Cover with plate or plastic wrap. Stir between power level change, and let rest covered for 10 minutes after cook time.
Rice, Wild	1 cup : 4 cups water	Microwave	100%, 30%	10 minutes, 70-80 minutes	Turntable only	Cover with plate or plastic wrap. Stir between power level change, and let rest covered for 10 minutes after cook time.
EGGS						
Poached	1 egg	Microwave	80%	45 seconds	Turntable only	Crack egg into dish and poke hole in yolk. After cooking, add 10 seconds at a time until egg reaches desired doneness.
Frittata	6 eggs	Micro Bake	375°F	20-25 minutes	Low Riser	
Over-Easy	1 egg	Microwave	80%	50-60 seconds	Turntable only	Poke 2 holes in yolk.
Quiche, Crust	6 eggs	Micro Bake	400°F	20-30 minutes	Low Riser	Pre-bake crust before adding filling.
Scrambled	1-4 eggs	Microwave	100%	1-3 minutes	Turntable only	Stir halfway through cook time.
BAKED GOODS						
Angel Food Cake	1 pan	Convection	350°F	40-45 minutes	Upper Rack	
Brownies	1 pan	Micro Bake	325°F	30-40 minutes	Low Riser	
Muffins	12 muffins	Convection	400°F	15-20 minutes	Low Riser	
Pie, Double Crust	9" pie plate	Convection	425°F, 350°F	15 minutes, 45-50 minutes	Low Riser	Initial higher temperature aids in browning. Reduce temperature for remaining time to cook through.
Pie, Single Crust	9" pie plate	Convection	350°F	60-70 minutes	Low Riser	
Pie Crust, Par Baked	Single crust	Convection	450°F	10-12 minutes	Low Riser	Poke holes in crust with fork after placing in pie plate.
OTHER						
Dinner Rolls, Fresh	4-12 each	Micro Bake	350°F	10-20 minutes	Low Riser	Use parchment-lined baking pan.
Kale Chips	1 cup	Micro Roast	275°F	8-10 minutes	Low Riser	Remove stems and tear leaves into similar-size pieces. Massage with 1 tsp of oil, then season with salt and pepper.
Pizza, Frozen	12" pizza	Convection	425°F	Follow package instructions	High Riser	After cooking, carefully remove riser and pizza together and allow pizza to rest directly on riser for 2-3 minutes.

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