

350F Normal Oven Cooking

Ribeye Steak, 1" Thick	55 minutes
Pork Loin	65 minutes
Chicken (Pieces)	75 minutes
Fish	N/A - Use 400F for fish

COLD OVEN START + Add 10 minutes

FROZEN FOOD START + Add 10 minutes

Using open-top glass or cast iron flat pan/griddle.

300F Slow Cooking

Lamb Leg 4 hours

Using glass container covered by aluminum foil.

400F Fast Cooking

Fish	20 minutes
Chicken	40 minutes
FROZEN START	+ Add 10 minutes
COLD OVEN START	+ Add 10 minutes

450F Crazy High-Temp Cooking

Fish	10 minutes
Burgers	20 minutes
Chicken	30 minutes
COLD OVEN START	+ Add 15 minutes
FROZEN FOOD START	+ Add 10 minutes

Do not use olive oil at this temperature.



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