

# HALOGEN OVEN COOKING CHART

\* Set cooking temperature at 400F.

<b>Beef/Lamb</b>	<b>Fresh</b>	<b>Frozen</b>
1 inch thick	15 ~ 17 minutes	24 ~ 26 minutes
2 inches thick	20 ~ 22 minutes	28 ~ 30 minutes
<b>Chicken</b>		
Whole chicken(3 ~ 6Lbs)	15 ~ 16 Min./Lbs	25 ~ 26 Min./Lbs
Breast	18 ~ 20 minutes	24 ~ 26 minutes
Legs/thighs	18 ~ 20 minutes	24 ~ 26 minutes
<b>Pork</b>		
Bacon	8 ~ 11 minutes	
Patty	10 ~ 11 minutes	13 ~ 14 minutes
Pork chop	9 ~ 11 Min./inch	18 ~ 20 Min./inch
BBQ Ribs	15 ~ 17 Min./side	29 ~ 31 Min./side
<b>Turkey</b>		
Whole turkey	12 ~ 14 Min./Lbs	15 ~ 17 Min./Lbs
Breast	12 Min./Lbs	15 Min./Lbs
<b>Fish</b>		
Fillet (1" thick)	8 ~ 10 minutes	16 ~ 20 minutes
Whole (3" thick)	23 ~ 25 minutes	40 ~ 45 minutes
<b>Vegetable</b>		
Corn (on the cob)	10 ~ 12 minutes	
Carrot	25 ~ 27 minutes	
Asparagus	10 ~ 12 minutes	
Whole Potato	44 ~ 46 minutes	
French Fries	20 ~ 22 minutes	
Roasted Onion	20 ~ 22 minutes	

**MORNING**  
**WARE**