

Use a temperature probe through the port in the lid to check **internal food temperature** where noted.

Boneless Chicken Breast	10 - 12	165°	¾" thick	Adjust time for thickness
Shrimp	5 - 7	135°	1 lb.	
Turkey Sliders	8 - 12	165°	4 oz.	
Hamburger Sliders	7 - 9	155°	4 oz.	
Fresh Broccoli	5 - 6		1 lb.	
Fresh Asparagus	5 - 6		1 lb.	
Fresh Green Beans	6 - 7		1 lb.	
Salmon filets	8 - 10	135°	1" thick	Adjust time for thickness
Tuna filets	8 - 10	135°	1" thick	Adjust time for thickness
Mussels	8 - 10	Open	2 lbs.	Discard unopened
Frozen Snow Crab	15 - 18	165°	3 lbs.	
Clams	10 - 12	Open	2 lbs.	Discard unopened
Pork chops	7 - 10	165°	¾" thick	Adjust time for thickness
Tilapia	5 - 7	135°	½" thick	Adjust time for thickness
Catfish	5 - 7	135°	½" thick	Adjust time for thickness
Sliced Zucchini	3 - 5		1 lb.	
Sliced Yellow Squash	3 - 5		1 lb.	
Chinese Dumplings	3 - 5	165°	1 oz. ea.	
Cauliflower	7 - 9		1 lb.	
Whole Lobster	18 - 20	165°	1 ¼ lb.	
Lobster Tail	10 - 12	165°	6 oz.	

NOTE: Temperatures shown are Internal Food Temper

(Over ...)