

Note: Preset temperatures and times may need minor adjustments to best suit your desired results.

Quick Meals	Temp.	Time Minutes		Temp.	Time Minutes
1. Bacon (4 oz) (113g)	400°F 204°C	00:08	53. Frozen Chicken Breast, boneless (8 oz) (227g)	360°F 182°C	00:20
2. Bake (8 oz) (227g)	350°F 177°C	00:15	54. Frozen Whole Chicken (3 lbs) (1.360 kg)	360°F 182°C	1 hr
3. Baked Eggs (2 oz) (57g)	300°F 177°C	00:10	55. Game Hen (14-16 oz) (397-454g)	390°F 199°C	00:25
4. Baked Potato	400°F 204°C	00:35	56. Chicken Wings Frozen (1 lb) (454g)	390°F 199°C	00:45
5. Chicken Breast (8 oz) (227g) Flip Halfway	360°F 182°C	00:12	57. Fresh Chicken Wings (1 lb) (454g)	360°F 182°C	00:40
6. Chicken Thighs (8 oz) (227g) Flip Halfway	360°F 182°C	00:12	58. Turkey Breast (2 lbs) (907g)	360°F 182°C	00:50
7. Dehydrate (8 oz) (227g)	120°F 50°C	00:08	59. Whole Chicken (3 lbs) (1.360 kg)	360°F 182°C	00:50
8. Dessert (8 oz) (227g)	350°F 177°C	00:15	<b>Beef</b>	<b>Temp.</b>	<b>Time Minutes</b>
9. Fish (6 oz) (170g) Flip Halfway	380°F 193°C	00:10	60. Burger (4 oz) (113g)	370°F 204°C	00:04
10. Fries, Fresh (16 oz) (454g) Shake Halfway	360°F 182°C	00:10	61. Beef Eye Round Roast (4 lbs) (1.814 kg)	390°F 199°C	00:35
11. Fries, Frozen (16 oz) (454g) Shake Halfway	360°F 182°C	00:11	62. Beef Tenderloin Medallion (2-3 oz) (57-85g)	400°F 204°C	00:04
12. Frozen Food (16 oz) (454g)	375°F 191°C	00:18	63. Reheat Steaks (6 oz) (170g)	400°F 204°C	00:03
13. Pork (16 oz) (454g)	400°F 204°C	00:08	64. London Broil (2 lbs) (907g)	400°F 204°C	00:35
14. Reheat (8 oz) (227g)	325°F 160°C	00:08	65. Meatballs (1-inch) (25mm)	380°F 193°C	00:10
15. Roast (32 oz) (907g)	375°F 191°C	00:45	66. Meatballs (3-inch) (76mm)	380°F 193°C	00:15
16. Shrimp (8 oz) (227g)	360°F 182°C	00:08	67. Beef Ribs (1.5 lbs) (680g)	400°F 204°C	00:50
17. Steak (8 oz) (227g) Flip Halfway	375°F 191°C	00:08	68. Sirloin Steak, fresh (1-inch, 12 oz) (25mm, 340g)	400°F 204°C	00:06
18. Sweet Potato (32 oz) (907g)	400°F 204°C	00:35			
19. Toast/ Bagel (4 slices)	350°F 177°C	00:04	<b>Pork / Lamb</b>	<b>Temp.</b>	<b>Time Minutes</b>
20. Vegetables (8 oz) (227g)	375°F 191°C	00:10	69. Loin (2 lbs) (907g)	360°F 182°C	00:55
■ Preheat prior - The Brio will beep to alert to shake and flip food halfway.			70. Bacon (regular)	400°F 204°C	00:06
<b>Vegetables</b>	<b>Temp.</b>	<b>Time Minutes</b>	71. Bacon (thick cut)	400°F 204°C	00:08
21. Asparagus (jumbo split in half, 12-14 oz) (340-397g)	400°F 204°C	00:05	72. Lamb Loin Chops (1-inch thick) (25mm)	400°F 204°C	00:12
22. Beets (2-4, wrapped in foil)	400°F 204°C	00:40	73. Pork Chops, bone-in (1-inch, 6 oz) (25mm, 170g)	400°F 204°C	00:12
23. Broccoli (florets, 12-14 oz) (340-397g)	400°F 204°C	00:06	74. Pork Chops, boneless (1-inch, 6 oz) 25mm, 170g)	400°F 204°C	00:10
24. Brussels Sprouts (halved, 10-12 oz) (227-340g)	380°F 193°C	00:15	75. Rack of Lamb (2 lbs) (907g)	380°F 193°C	00:22
25. Carrots (8-12 oz) (227-340g)	380°F 193°C	00:15	76. Sausage (4 oz links)	380°F 193°C	00:10
26. Cauliflower (florets, 8-12 oz) (227-340g)	400°F 204°C	00:12	77. Tenderloin (1 lb) (454g)	370°F 204°C	00:15
27. Corn on the Cob (wrapped in foil, 2-4 pc.)	390°F 199°C	00:06			
28. Eggplant (Halved, 2 pc.)	400°F 204°C	00:15	<b>Fish / Seafood</b>	<b>Temp.</b>	<b>Time Minutes</b>
29. Fennel (quartered, 2-4 pc.)	370°F 204°C	00:15	78. Cajun Shrimp (8 oz, medium size) (227g)	400°F 204°C	00:04
30. Green Beans (8-12 oz) (227-340g)	400°F 204°C	00:05	79. Fish Fillet (1-inch, 8 oz) (25mm, 227g)	400°F 204°C	00:10
31. Kale Leaves (1-2 c)	250°F 120°C	00:12	80. Salmon, fillet (6 oz) (170g)	380°F 193°C	00:12
32. Mushrooms (8-12 oz) (227-340g)	400°F 204°C	00:05	81. Scallops	400°F 204°C	00:06
33. Onions (pearl, (8-12 oz) (227-340g)	400°F 204°C	00:10	82. Swordfish Steak (8 oz) (227g)	400°F 204°C	00:10
34. Parsnips (½-inch cubes, 8-12 oz) (13mm, 227-340g)	400°F 204°C	00:15	83. Tuna Steak (8 oz) (227g)	400°F 204°C	00:08
35. Peppers (½-inch cubes, 8-12 oz) (13mm, 227-340g)	400°F 204°C	00:15	<b>Frozen Food</b>	<b>Temp.</b>	<b>Time Minutes</b>
36. Potatoes (small baby, 1 lb) (454g)	400°F 204°C	00:15	84. Onion Rings (12 oz) (340g)	400°F 204°C	00:08
37. Potatoes (1-inch cubes, 8-12 oz) (25mm, 227-340g)	400°F 204°C	00:12	85. Breaded Shrimp (5-10, large)	400°F 204°C	00:09
38. Squash (½-inch cubes, 8-12 oz) (13mm, 227-340g)	400°F 204°C	00:12	86. Chicken Nuggets (8 oz) (227g)	400°F 204°C	00:10
39. Sweet Potato (baked, whole 1-2)	400°F 204°C	00:32	87. Fish Sticks (10 oz) (283g)	400°F 204°C	00:10
40. Tomatoes (cherry, 8-10 oz) (227-283g)	400°F 204°C	00:04	88. Frozen Burrito (10 oz) (283g)	400°F 204°C	00:15
41. Zucchini (½-inch sticks, 8-10 oz) (13mm, 227-283g)	400°F 204°C	00:12	89. Frozen Chicken Patty (4 oz) (113g)	400°F 204°C	00:08
			90. Mozzarella Sticks (10 oz) (283g)	400°F 204°C	00:08
<b>Poultry</b>	<b>Temp.</b>	<b>Time Minutes</b>	<b>Dehydrated Food</b>	<b>Temp.</b>	<b>Time Minutes</b>
42. Chicken Breast, bone-in (1.25 lbs) (567g)	370°F 193°C	00:25	91. Kale Chips	125°F 52°C	2½ hrs
43. Chicken Breast, boneless (6 oz) (170g)	380°F 193°C	00:10	92. Fruit Leather	150°F 66°C	12 hrs
44. Chicken Drums & Thighs, bone-in (1.75 lbs) (567g)	380°F 193°C	00:25	93. Apple	135°F 57°C	8 hrs
45. Chicken Drumsticks (2.5 lbs) (1.133 kg)	370°F 193°C	00:20	94. Banana	135°F 57°C	8 hrs
46. Chicken Tenders (6-8 tenders)	360°F 182°C	00:09	95. Beef Jerky	160°F 71°C	8 hrs
47. Chicken Thighs, bone-in (2 lbs) (907g)	380°F 193°C	00:25	96. Granola	115°F 46°C	8 hrs
48. Chicken Thighs, boneless (1.5 lbs) (680g)	380°F 193°C	00:15	97. Kiwi	135°F 57°C	6 hrs
49. Quail (butterfly)	400°F 204°C	00:12	98. Mango	135°F 57°C	10 hrs
50. Duck Breast (1 lb) (454g)	400°F 204°C	00:30	99. Orange	125°F 52°C	10 hrs
51. Frozen Chicken Kiev (5 oz) (142g)	360°F 182°C	00:30	100. Sun-Dried Tomatoes	145°F 60°C	8 hrs
52. Frozen Chicken Tenders (8 oz) (227g)	360°F 182°C	00:15			

What you get



Getting Started

Temperatures and times can be adjusted on all functions before and during the cooking process. Press the up and down arrows above and below the Temp and Time icons to set or adjust. To switch from Fahrenheit to Celsius: Press SEAR + TEMP arrow.

**Turn the Brio® ON and OFF.**  
Press ON/OFF. This button also stops any cooking function. While cooking, press ON/OFF to cancel.

**Start cooking. 350°F (177°C) for 00:15 minutes are the defaults.**  
Select a cooking function, press START/PAUSE to begin cooking.  
**Note:** Press START/PAUSE during cooking to pause the Brio. Press again to resume.

**Quickly warm your favorite leftovers. 140°F for 1 hour are the defaults.**  
Press and hold down WARM for 2 seconds. The Brio will begin automatically.  
**Note:** Refer to the owner's manual for details.

**Preheat for crispier results. 350°F (177°C) is the default.**  
Press PREHEAT. The temp and time is adjustable by pressing up and down arrows above and below icons. To begin, press START/PAUSE. Once it has reached the set temperature the Brio will beep. A 5-minute countdown to place your food into Brio will begin. The Brio will begin automatically. To set to AUTO PREHEAT, press and hold "PROG" and "PREHEAT" at the same time. Press "PROG" and "PREHEAT" to turn off AUTO PREHEAT.  
**Note:** Refer to the owner's manual for details.

**Sear your food before the initial cooking process. 400°F (204°C) for 5 minutes are the defaults.**  
Press SEAR. If preferred, adjust Sear temp and time and press START/PAUSE.  
**Note:** The Sear function can be set for before or after regular cooking cycle. Refer to owner's manual for details.

**Program gives you access to 100 cooking presets and can store an additional 50 of your own. Refer to the 100 Presets on the back of the Quick Start Guide.**  
Press PROG and press up or down arrows to choose preset items (1-100) to cook. Press up or down arrows when in each cooking function to adjust temps and times. Press START/PAUSE to begin the chosen program.

**Note:** “1-100” can be adjusted, the presets will go back to the default temps and times after cooking has completed.

**Quickly warm or reheat your favorite leftovers. 360°F (182°F) for 4 minutes are the defaults for REHEAT.**  
For REHEAT, press and hold down REHEAT for 2 seconds. The Brio will begin automatically.

**Note:** Refer to the owner’s manual for details.

**Stage lets you cook at different temps and times throughout the cooking process. 350°F for 15 minutes are the defaults.**  
To add a cooking stage, press STAGE once and adjust by pressing the up or down arrows above and below icons.

**Note:** Repeat this step to set up to 5 stages.

**Delay cooking to your desired start time. 1 hour is the default.**  
Press PROG and LIGHT. Turn START/PAUSE to adjust Delay time. Adjustable up to 99:59 hours. After setting cooking function and Delay time, press START/PAUSE. Press PROG and LIGHT at any time to cancel Delay.

**Control the power consumption of your Brio. The default wattage on the Brio is 1800W.**  
The lower wattage will consume less energy, ideal if your home does not take 1800 watts. Press “WATTS” to adjust from 1800W, 900W to 1500W.

**Note:** Lower wattages may affect cooking times.

**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	Temp.	Fresh - Minutes	Frozen - Minutes	Internal Temp. (Thermometer)
Patties ½ inch thick (12mm)	370°F 188°C	0:07	00:10 - 00:13	125°F - 160°F/ 52°C - 71°C
Patties 1 inch thick (25mm)	370°F 188°C	00:10	00:18 - 00:20	125°F - 160°F/ 52°C - 71°C
Steaks 1 inch thick (25mm)	400°F 204°C	00:07 - 00:09	00:11 - 00:12	<b>Rare:</b> 125°F - 134°F/ 51°C - 57°C
		00:09 - 00:10	00:12 - 00:14	<b>Med. Rare:</b> 135°F - 144°F/ 57°C - 62°C
Steaks 2 inches thick (50mm)	400°F 204°C	00:10 - 00:13	00:14 - 00:16	<b>Medium:</b> 145°F - 149°F/ 63°C - 65°C
		00:13 - 00:16	00:16 - 00:19	<b>Med. Well:</b> 150°F - 159°F/ 66°C - 71°C
		00:16 - 00:18	00:19 - 00:23	<b>Well:</b> 160°F/ 71°C
		00:11 - 00:12	00:21 - 00:27	<b>Rare:</b> 125°F - 134°F/ 51°C - 57°C
Roasts (3-5 lbs) (1.5 - 2.2 kg)	390°F 199°C	00:12 - 00:14	00:27 - 00:31	<b>Med. Rare:</b> 135°F - 144°F/ 57°C - 62°C
		00:14 - 00:16	00:31 - 00:34	<b>Medium:</b> 145°F - 149°F/ 63°C - 65°C
		00:16 - 00:19	00:34 - 00:38	<b>Med. Well:</b> 150°F - 159°F/ 66°C - 71°C
		00:19 - 00:23	00:38 - 00:41	<b>Well:</b> 160°F/ 71°C
Roasts (3-5 lbs) (1.5 - 2.2 kg)	390°F 199°C	00:10 per lb. (kg)	00:20 per lb. (kg)	<b>Rare:</b> 125°F - 134°F/ 51°C - 57°C
		00:13 per lb. (kg)	00:22 per lb. (kg)	<b>Med. Rare:</b> 135°F - 144°F/ 57°C - 62°C
		00:15 per lb. (kg)	00:24 per lb. (kg)	<b>Medium:</b> 145°F - 149°F/ 63°C - 65°C
		00:18 per lb. (kg)	00:26 per lb. (kg)	<b>Med. Well:</b> 150°F - 159°F/ 66°C - 71°C
		00:20 per lb. (kg)	00:27 per lb. (kg)*	<b>Well:</b> 160°F/ 71°C

\*Let rest 10 minutes before serving.

Poultry	Temp.	Fresh - Minutes	Frozen - Minutes	Internal Temp. (Thermometer)
Chicken Breasts, Legs, Thighs	380°F 193°C	00:07 - 00:09	00:09 - 00:13	165°F/ 74°C
Whole Chicken (5 lb.) (2.6 kg)	375°F 191°C	00:09 - 00:11 per lb. (kg)	00:18 - 00:22 per lb. (kg)	165°F/ 74°C
Boneless/Skinless Chicken Breasts	380°F 193°C	00:09 - 00:11	00:14 - 00:16	165°F/ 74°C
Cornish Hen, Whole (1-1.5 lbs.) (453 - 680g)	360°F 182°C	00:25 - 00:30	00:45 - 00:50	165°F/ 74°C
Turkey Breast (4-6 lbs.) (2-2.7 kg)	360°F 182°C	00:12 per lb. (kg)	00:15 per lb. (kg)	165°F/ 74°C
Turkey Legs	360°F 182°C	00:45	00:50	165°F/ 74°C
Turkey Wings	360°F 182°C	00:30	00:40	165°F/ 74°C
Duck, Whole (5 lbs) (2.2 kg)	375°F 191°C	00:45 per lb. (kg)	1 hr per lb. (kg)	160°F/ 74°C

Pork	Temp.	Fresh - Minutes	Frozen - Minutes	Internal Temp. (Thermometer)
Bacon	400°F 204°C	00:08	Extra crispy.*	
*For extra crispy cook an additional 2-3 minutes.				
Ham	350°F 177°C	00:12 - 00:13 per lb. (kg)	Glaze*	
*Apply glaze before the last 5 minutes of the cooking time.				
Sausage Links	350°F 177°C	00:06	00:09	165°F/ 74°C
Sausage Patties	350°F 177°C	00:09	00:12	165°F/ 74°C
Italian, Bratwurst, etc.	375°F 191°C	00:09	00:17	160°F/ 71°C
Chops	400°F 204°C	00:10	00:18	160°F/ 71°C
Roasts (3-7 lbs.) (1.4 - 3 kg)	400°F 204°C	00:22 per lb. (kg)	00:30 per lb. (kg)	160°F/ 71°C
Tenderloins	400°F 204°C	00:18	00:28	160°F/ 71°C
Spare Ribs	350°F 177°C	00:25 - 00:30	00:45 - 00:50	160°F/ 71°C
Country-Style Ribs	350°F 177°C	00:23 - 00:28	00:36 - 00:42	160°F/ 71°C
Hot Dogs	350°F 177°C	00:02	00:10	150°F/ 71°C
Seafood	Temp.	Fresh - Minutes	Frozen - Minutes	Internal Temp. (Thermometer)
Fish: Fillets, ½ inch thick (12mm)	400°F 204°C	00:06	00:10	150°F/ 65°C
Fish: Steaks and Fillets, 1 inch thick (25mm)	400°F 204°C	00:08	00:14	150°F/ 65°C
Whole Fish, 3-4 inches thick (76-102mm)	380°F 204°C	00:25	00:45	150°F/ 65°C
Shrimp	400°F 204°C	00:05	00:07	Cooking time may vary with size.
Scallops, Sea	400°F 204°C	00:08	00:10	Scallops and/or lobster turn opaque when cooking is complete.
Scallops, Bay	400°F 204°C	00:06	00:08	
Lobster Tails 4 oz. (114g)	360°F 182°C	00:06	00:08	
Lobster, Live Maine	360°F 182°C	00:14 per lb. (kg)	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 Brio®.				
Vegetables	Temp.	Fresh - Minutes	Frozen - Minutes	
Corn on the Cob	400°F 204°C	00:09	Alternative, season to taste and wrap in foil.	
Root Vegetables	400°F 204°C	00:18 - 00:27	Cut into 2-inch (50mm) cubes and spray with oil.	
Potatoes: Whole Cut in ½ lengthwise	400°F 204°C	00:40	8 oz each (227g)	
French Fries		00:27		
		00:18		
Roasted Onion	400°F 204°C	00:18	Cut ½ inch (12mm) off the top, brush with oil.	
Roasted Garlic	400°F 204°C	00:22	Cut in ½ and brush cut side with oil.	
Broccoli	400°F 204°C	00:10	Varies with thickness.	
Squash	400°F 204°C	00:27 - 00:32	Cut in half, remove seeds and membrane, place in shallow dish, brush with oil. 8-12 oz (227-340g)	
Eggplant, Whole	400°F 204°C	00:36		
Eggplant, ½-inch (12mm) slices	400°F 204°C	00:10 - 00:14		
Baked Apples	400°F 204°C	00:18	Remove core.	
Baked Pears	400°F 204°C	00:23	Cut in half and remove core.	
Pizza (Slices)/Quesadillas	Temp.	Fresh - Minutes	Frozen - Minutes	
Thin Crust	350°F 177°C	00:15	Temperatures and times are for your guidance. You may need to adjust to your preferred doneness.	
Regular Crust	350°F 177°C	00:18		
Thick Crust	350°F 177°C	00:20		
Quesadilla	350°F 177°C	00:06		