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LIVE WELL FOR LESS



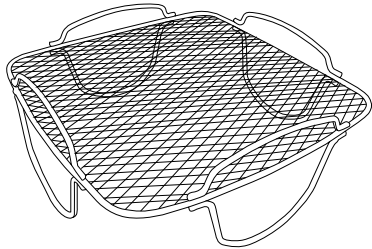
30 Easy To Follow
Recipes



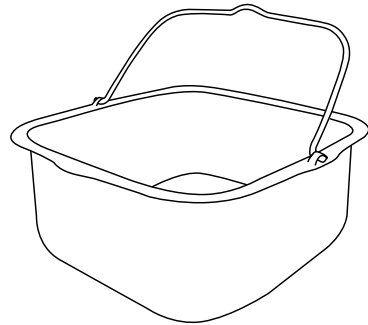
GOURMET ACCESSORY KIT

For The NuWave Brio® 6Q Digital Air Fryer

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Stainless Steel Reversible Rack
6Q Model: 37211



Non-Stick Baking Pan
6Q Model: 37212

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Thank you for purchasing the NuWave Brio® Non-Stick Baking Pan and Stainless Steel Reversible Rack. Now you can bake everything from cakes to breads and even appetizers in your NuWave Brio Digital Air Fryer. Plus, you can make the most of the Baking Pan capacity, and cook multiple layers of food.

Vegetarian

Care & Maintenance

DO NOT USE THE ACCESSORY KIT FOR OTHER THAN INTENDED USE.

The Baking Pan and Reversible Rack become extremely HOT during the cooking process. Do not touch the accessories during and immediately after cooking. Use caution when removing these items from the unit. Always wear oven mitts or use pot holders when handling potentially hot accessories. Allow everything to cool completely before cleaning.

Before Use:

1. Remove any labels that may be on the accessories.
2. Clean the Non-Stick Baking Pan and Stainless Steel Reversible Rack thoroughly with hot water, a nonabrasive sponge and a mild dish detergent or in the dishwasher, top rack only. For easy cleanup, soak the reversible rack in water, use a nylon brush.

WARNING:

Extreme caution must be used when handling the Non-Stick Baking Pan or Stainless Steel Reversible Rack containing hot oil or other hot liquids.

The use of other accessories that are not intended to be used with this unit is not recommended. Doing so may damage the unit and can cause accidents.

Do not use the Non-Stick Baking Pan or Stainless Steel Reversible Rack in a microwave, toaster oven, convection oven, conventional oven, ceramic cooktop, electric coil, gas burner range, or an outdoor grill.

Do not use sharp-edged metal utensils or knives as doing so will scratch the non-stick surface.

The Non-Stick Baking Pan and Stainless Steel Reversible Rack should not be used in place of the Fry Pan Basket or Base.

Please see NuWave Brio Digital Air Fryer manual for detailed instructions and warranty information.



Avocado and Egg Bake

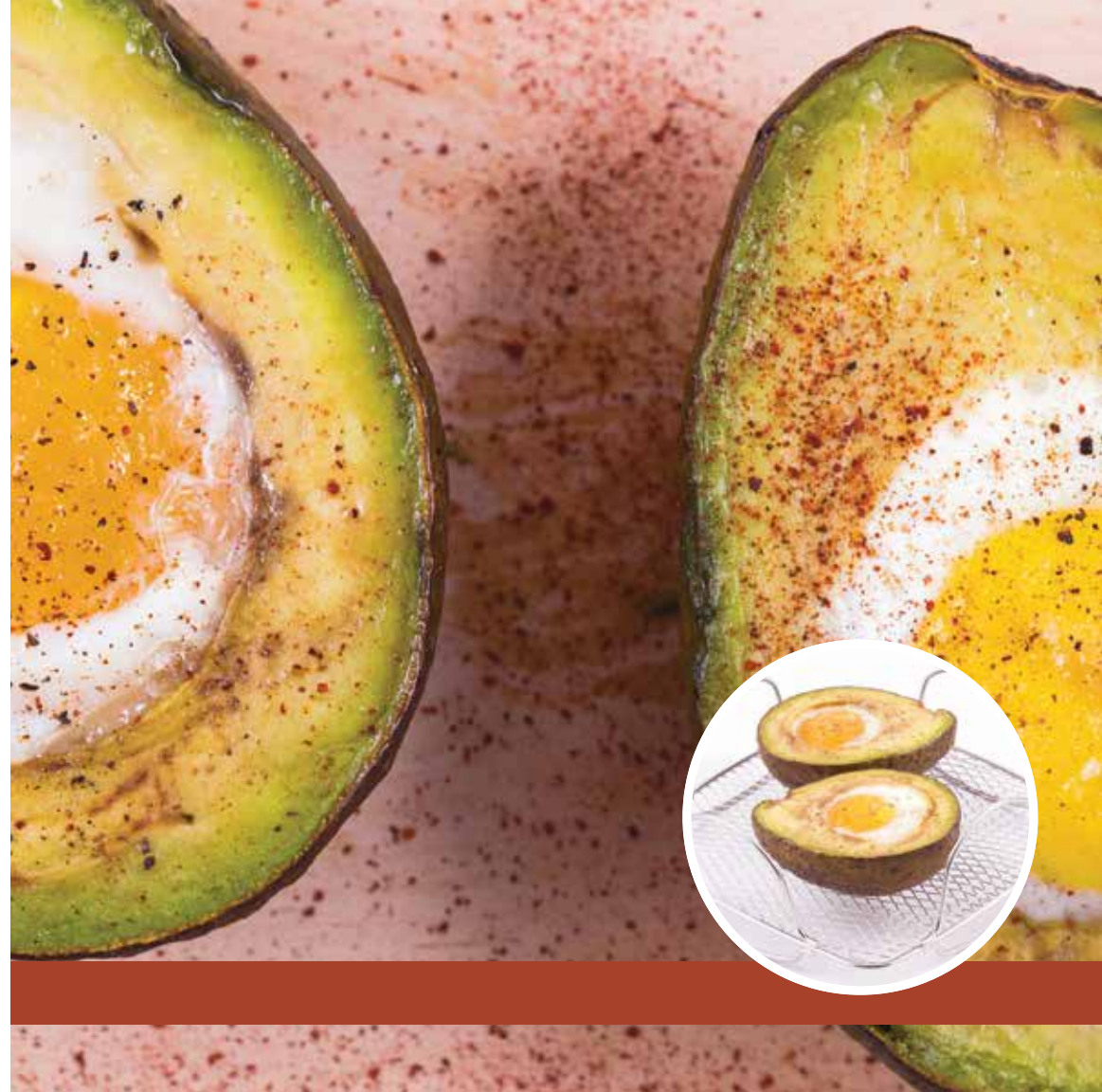
Serves: 2

Ingredients:

- 1 avocado
- 2 eggs
- Salt and black pepper to taste
- ¼ teaspoon paprika

Directions:

1. Preheat Brio to 250°F and set cooking time for 12 minutes.
2. Cut the avocado in half and carefully remove the pit.
3. Carefully cut a small section in center of each avocado half to give adequate space for an egg.
4. Crack an egg into center of each avocado half.
5. Once ready, place 1 avocado half directly in the NuWave Brio Basket, then add the Reversible Rack and place the remaining avocado half on the Reversible Rack, and cook.
6. Garnish with paprika, salt, and pepper.



Avocado Fries

Serves: 2

Ingredients:

- 1 avocado
- Salt and pepper to taste
- 1 egg
- 1 cup panko breadcrumbs

Directions:

1. Preheat Brio to 360°F and set cooking time for 10 minutes.
2. Slice avocado in half and carefully remove the pit and skin.
3. Slice avocado into ¼-inch slices; set aside.
4. Beat 1 egg in small bowl; set aside.
5. Place breadcrumbs in separate bowl.
6. Season avocado slices with salt and pepper and dip in egg, then breadcrumbs, ensuring each piece is completely coated.
7. Once ready, place avocado slices directly in the NuWave Brio Basket, then add the Reversible Rack and place slices on the Reversible Rack and cook.



Gratin of Cauliflower

Serves: 4

Ingredients:

- 3 quarts water
- 1 whole cauliflower head cut into florets
- 2 cups shredded Swiss cheese
- 1 cup heavy cream
- Pinch nutmeg
- Salt & freshly cracked black pepper
- 1 cup toasted Japanese style breadcrumbs

Directions:

1. Bring 3 quarts of water to a boil.
2. Carefully add florets to boiling water and cook for 8 minutes.
3. Strain cauliflower and transfer to NuWave Brio Baking Pan.
4. Top cauliflower with cheese.
5. Pour cream into pan and sprinkle with salt, pepper, and nutmeg.
6. Place baking pan in the NuWave Brio Basket and bake at 375°F for 15 minutes.
7. Remove and top with toasted breadcrumbs.



Tips:

To toast your own breadcrumbs, melt 1 tablespoon of butter in a sauté pan over medium heat, then mix in breadcrumbs and stir continuously until evenly browned.

Grilled Asparagus

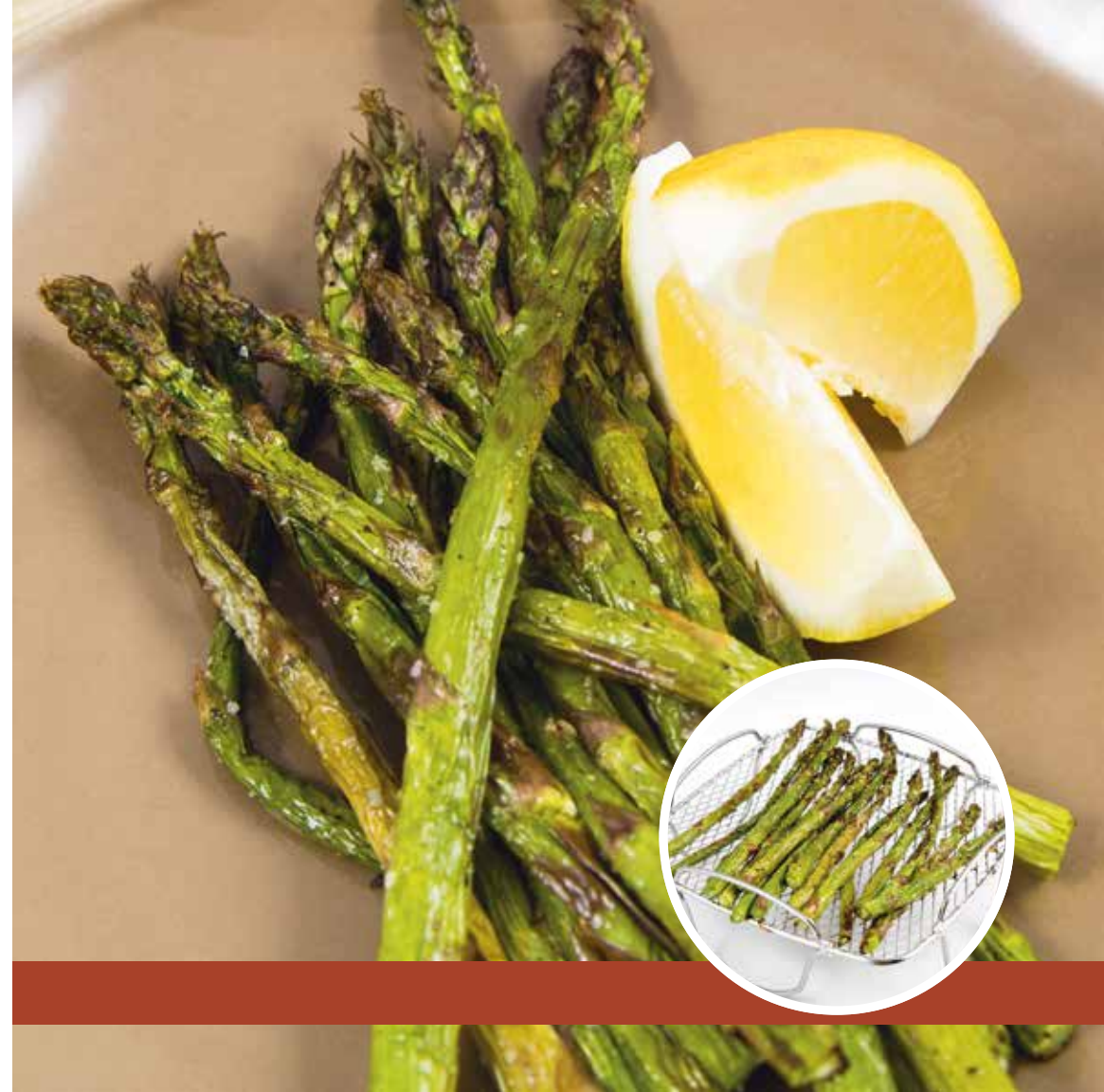
Serves: 4

Ingredients:

1 pound asparagus
2 tablespoons extra virgin olive oil
Salt & pepper to taste

Directions:

1. Trim asparagus and place in a bowl.
2. Drizzle asparagus with olive oil, sprinkle on salt and pepper, then lightly toss.
3. Place half of the asparagus directly in NuWave Brio Basket, then add the Reversible Rack and place remaining asparagus on the rack.
4. Cook at 375°F for 9 minutes.



Hasselback Potatoes

Yields: 4 potatoes

Ingredients:

4 (3-4-ounce) baking potatoes

2 tablespoons canola oil

8 slices provolone cheese or your favorite cheese

Coarse sea salt to taste

Freshly cracked black pepper to taste

Fresh chopped parsley or chives for garnish

Sour cream for garnish

Directions:

1. Stand potato up vertically on its end.
2. Push a small skewer lengthwise through bottom third of the potato to serve as a slicing guide.
3. Place potato on cutting board horizontally and cut $\frac{1}{8}$ -inch slices into potato.
4. Repeat steps 1-3 with remaining potatoes.
5. Drizzle potatoes with canola oil, place on Reversible Rack and bake at 325°F for 30 minutes.
6. Carefully remove potatoes from the NuWave Brio. Potatoes will be very hot so use caution.
7. Remove skewers
8. Place small slice of cheese in each cut in the potatoes.
9. Place potatoes back on the Reversible Rack in the NuWave Brio Basket and cook at 325°F for additional 5 minutes.
10. Carefully transfer potatoes to serving plate.
11. Sprinkle potatoes with sea salt, black pepper, and parsley and top with sour cream.

Tips:

Any baking potato will work with this recipe, but russet potatoes are recommended.



Smoked Ham, Scallion & Gruyere Potato Croquettes

Yields: 12-18 croquettes

Mashed Potato Ingredients:

3 cups plain mashed potatoes
2 eggs
¼ cup parmesan cheese
¼ cup scallion, thinly sliced

1 cup shredded gruyere cheese
1 cup diced smoked ham (optional)
2 teaspoons black pepper
1 teaspoon salt
Pinch nutmeg

Breading Ingredients:

2 cups Japanese style breadcrumbs
½ cup finely chopped pecans
1 teaspoon granulated garlic
¼ teaspoon paprika

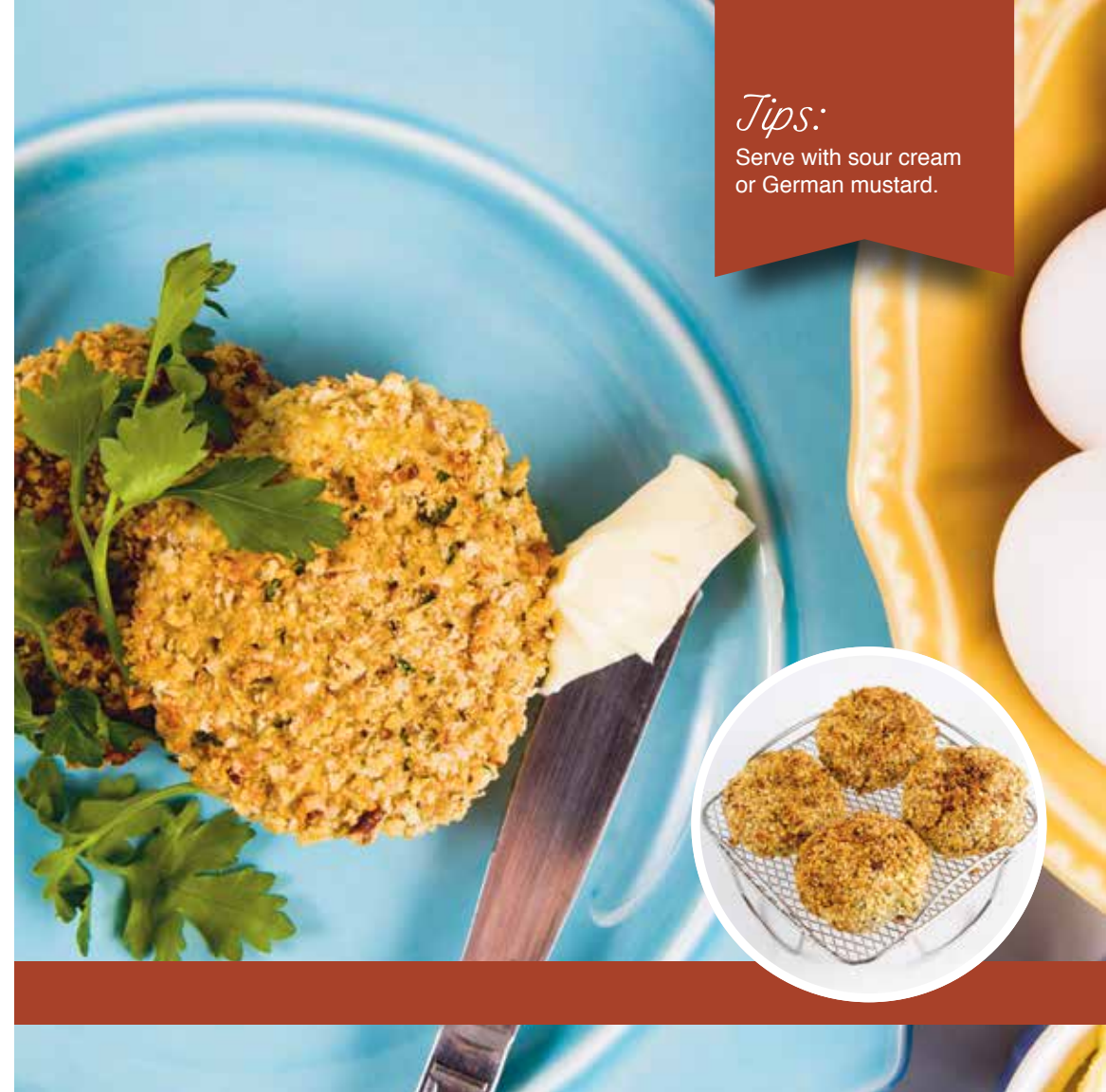
1 tablespoon chopped fresh Italian style parsley
1 cup flour
2 eggs, beaten

Directions:

1. Combine all mashed potato ingredients and form into 3-inch patties.
2. Combine breadcrumbs, pecans, garlic, paprika, and parsley; set aside.
3. Place 3 bowls in a row on your kitchen counter. Place flour in the first bowl, beaten eggs in the second bowl, and place prepared breadcrumbs in the third bowl.
4. Bread the croquettes by dipping in flour, then egg, and lastly the breadcrumbs.
5. Place breaded croquettes directly in NuWave Brio Basket, then add the Reversible Rack and place additional croquettes on the rack. Do not overlap.
6. Bake at 350°F for 8-10 minutes.
7. Repeat air frying process with remaining croquettes.

Tips:

Serve with sour cream or German mustard.



Stuffed Bell Peppers

Serves: 4

Ingredients:

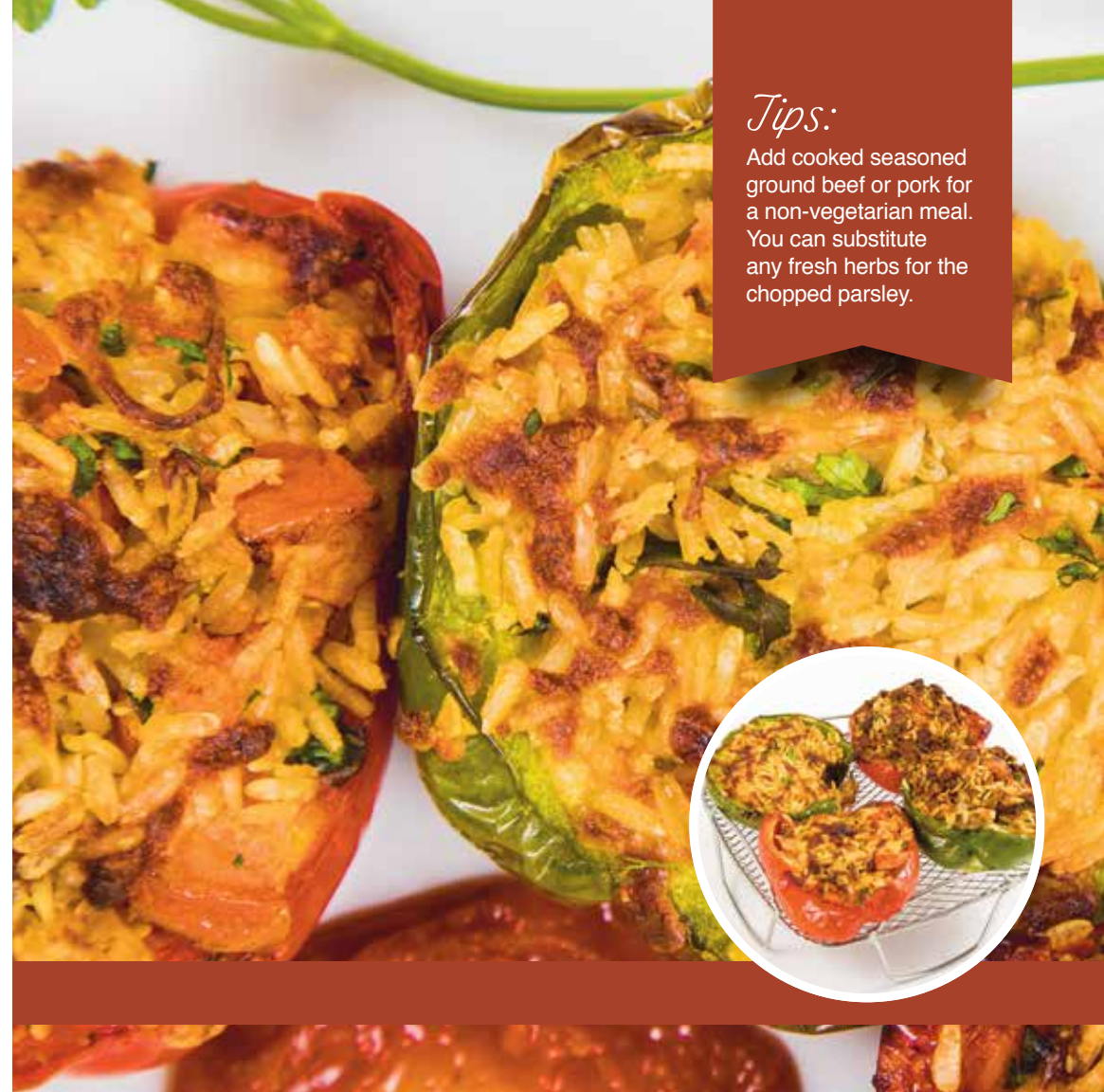
- 2 cups cooked white or brown rice
- 2 tablespoons dark sesame oil
- ½ cup grated Parmesan
- 1 cup shredded mozzarella
- 2 tomatoes, small diced
- 2 tablespoons chopped fresh parsley
- 2 whole bell peppers, cut in half and cleaned
- 2 cups marinara sauce

Directions:

1. Combine rice, sesame oil, cheeses, tomato and parsley in a bowl.
2. Add rice mixture to prepared pepper halves, dividing mixture evenly between peppers.
3. Place 2 peppers directly in the NuWave Brio Basket, then add the Reversible Rack and place the remaining 2 peppers on the Reversible Rack.
4. Cook at 350°F for 12 minutes.
5. Serve with marinara sauce.

Tips:

Add cooked seasoned ground beef or pork for a non-vegetarian meal. You can substitute any fresh herbs for the chopped parsley.



Ultimate Sourdough Grilled Cheese

Serves: 2

Ingredients:

4 slices sourdough bread
6 ounces Chevre (fresh goat cheese)
6 ounces shredded mozzarella cheese
4 tomato slices
2 tablespoons chopped Italian style parsley
Salt and fresh cracked black pepper to taste
2 tablespoons extra virgin olive oil

Directions:

1. Spread goat cheese evenly onto each bread slice and top with mozzarella cheese.
2. Top each slice with tomato, then drizzle with olive oil and season with salt and pepper.
3. Close each sandwich, place one sandwich directly in the NuWave Brio Basket, then add the Reversible Rack and place the other sandwich on the rack.
4. Bake at 400°F for 8 minutes, or until golden brown.

Tips:

For a gluten-free option, use portabella mushrooms instead of sourdough bread.
Use fresh heirloom or garden tomatoes.



Pastas



Deep Dish Lasagna

Serves: 4

Ingredients:

Non-stick cooking spray
12 ounces ricotta cheese
1 egg yolk
¼ cup parmesan cheese
½ cup shredded mozzarella cheese
Salt and pepper to taste

2 tablespoons chopped fresh Italian style
parsley
1 jar marinara sauce, reserve 2 tablespoons
½ box oven-ready lasagna noodles
1 pound ground beef
1 teaspoon dried oregano
½ teaspoon granulated garlic

Directions:

1. Liberally spray NuWave Brio Baking Pan with non-stick cooking spray; set aside.
2. Combine ricotta, egg yolk, parmesan, mozzarella, salt, pepper, and chopped parsley in a bowl; set aside.
3. In a fry pan, brown ground beef and drain excess fat.
4. Add salt and pepper to taste, oregano, and 2 tablespoons of marinara sauce.
5. Spread ¼ cup sauce in bottom of prepared baking pan.
6. Layer lasagna noodles, ½ cup cheese mix, ¼ cup marinara sauce, and ½ cup meat mixture in baking pan. Continue layering ingredients until baking pan is full.
7. Top pan with foil and place directly in the NuWave Brio Basket.
8. Bake at 325°F for 45 minutes.
9. Remove foil, and bake lasagna at 325°F for additional 5 minutes, or until top is golden brown.
10. Let lasagna rest for 10-15 minutes before serving.

Mac & Cheese

Serves: 6 as a side, 4 as an entrée

Ingredients:

- 1 pound cooked pasta of choice (6 ounce dried pasta)
- ½ cup butter
- ½ cup flour
- 4 cups whole milk
- 2 cups shredded cheddar cheese
- 1 cup shredded mozzarella cheese
- ¼ teaspoon granulated garlic
- 1 teaspoon salt
- 1 cup toasted Japanese style breadcrumbs

Directions:

1. Combine butter and flour in saucepan and stir over medium heat until well combined.
2. Gradually whisk in milk. Bring to a gentle simmer and cook for about 8 minutes, stirring continuously, until thickened.
3. Add cheese, garlic, and salt and stir to combine.
4. Pour cheese sauce over cooked noodles and stir to combine.
5. Butter NuWave Brio Baking Pan and add pasta to pan.
6. Place Baking Pan in NuWave Brio Basket and cook at 350°F for 20 minutes.
7. Top with toasted breadcrumbs and serve.

Tips:

To toast breadcrumbs, melt 1 tablespoon of butter in a sauté pan over medium heat, then mix in breadcrumbs and stir continuously until evenly browned.



Pork & Poultry

Tips:

Always use caution when working with raw chicken. Clean and sanitize all work surfaces, utensils, and hands.

Stuffed Chicken Parmesan

Serves: 4

Ingredients:

4 boneless, skinless chicken breasts
2 cups flour
2 eggs, beaten
2 cups Japanese style breadcrumbs
½ cup chopped Italian parsley

½ teaspoon granulated garlic
½ teaspoon paprika
½ teaspoon salt
½ teaspoon black pepper
4 slices provolone cheese
2 cups marinara sauce

Directions:

1. Arrange 3 bowls in a row on your kitchen counter.
2. Place flour in the first bowl, beaten eggs in the second bowl, and breadcrumbs and seasonings in the third bowl.
3. Place each chicken breast horizontally on a cutting board and cut a slit into each.
4. Stuff each chicken breast with provolone cheese.
5. One at a time, place chicken in flour, then egg and finally seasoned breadcrumbs, ensuring all sides are evenly coated.
6. Place 2 coated chicken breasts directly in NuWave Brio Basket, then add the Reversible Rack and place the remaining 2 chicken breasts on the rack.
7. Bake at 350°F for 25 minutes, or until chicken reaches 165°F.
8. Carefully open the basket and top the chicken with marinara sauce and additional provolone cheese.
9. Bake chicken at 350°F for an additional 5 minutes, or until bubbly and golden brown.



Asian Style Crispy Pork Belly

Serves: 4-6

Ingredients:

- | | |
|---|--|
| 3 quarts water | 1 tablespoon peppercorns |
| 1 (3-pound) pork belly, rolled tightly and tied with butcher string | 1 lime, cut into half |
| 6 garlic cloves | ½ a cup of soy sauce |
| 2 tablespoons rice vinegar | 2 tablespoons Thai fish sauce (optional) |
| | 2 stalks lemon grass (optional) |
| | 1 piece of fresh ginger |

Directions:

1. Add water to a large pot and bring to a simmer.
2. Add all remaining ingredients to water and simmer covered for 3 hours, until fork tender.
3. Remove pork belly from the broth and pat dry. Strain the broth and reserve.
4. Place Reversible Rack directly in the NuWave Brio Basket and place pork belly on the rack.
5. Cook at 400°F for 10 minutes.
6. Serve with your favorite rice and reserved broth.



Tips:

Ask your local butcher to tie the pork belly for you if you need assistance.

Pecan Crusted Chicken Tenders

Serves: 4

Ingredients:

2 cups panko or Japanese breadcrumbs
½ cup chopped pecans
2 tablespoons chopped parsley
1 teaspoon garlic powder
¼ teaspoon paprika

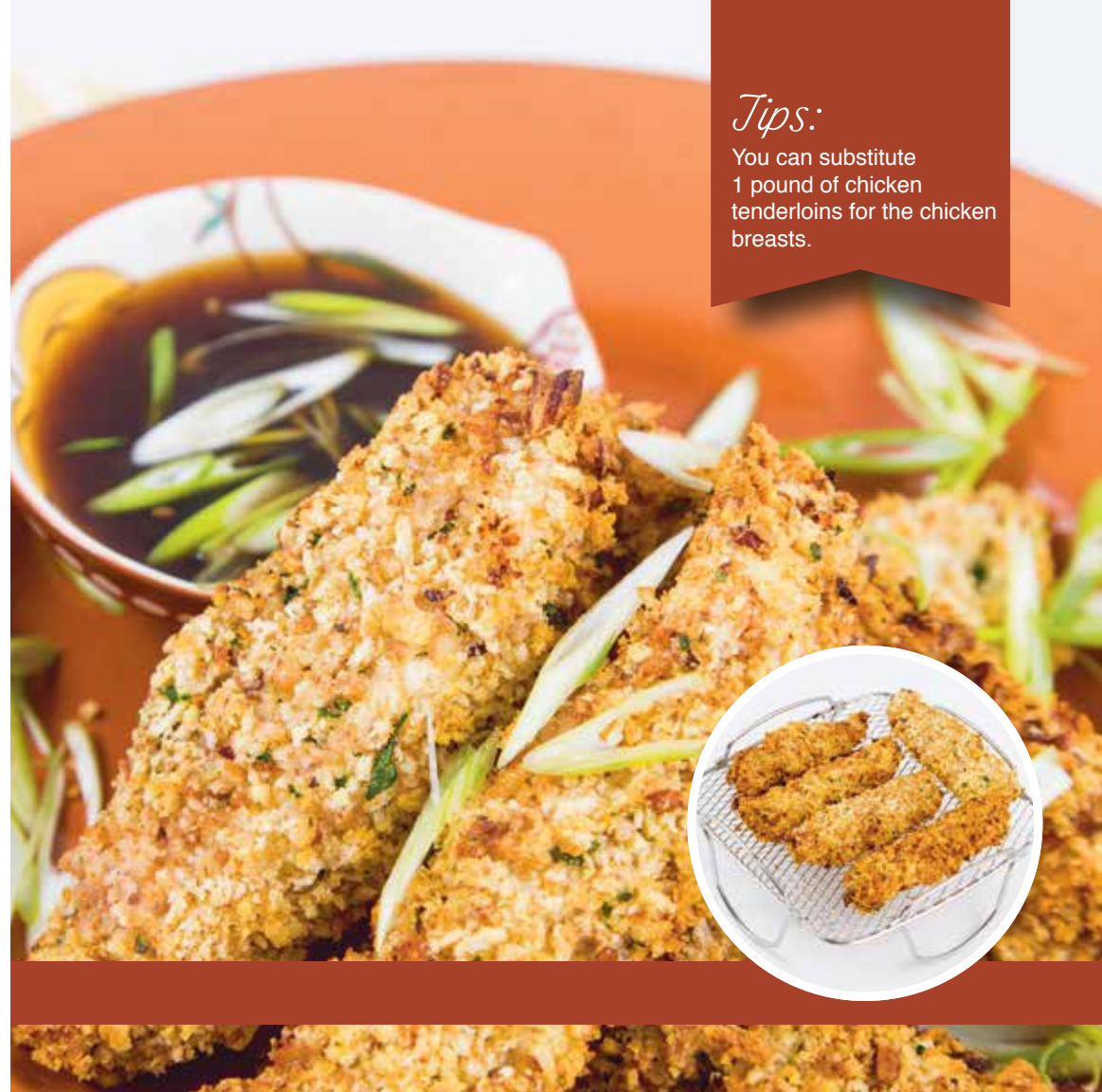
Salt and white pepper to taste
1 cup flour
2 eggs, beaten
3 (6-8-ounce) boneless chicken breasts,
cut lengthwise into 3 strips each

Directions:

1. Combine breadcrumbs, pecans, parsley, garlic powder, paprika, salt, and pepper; set aside.
2. Place 3 bowls in a row on your kitchen counter. Place flour in the first bowl, beaten eggs in the second bowl, and place prepared breadcrumbs in the third bowl.
3. Dredge each chicken piece in flour, shaking off excess flour, then dip in beaten egg.
4. Roll coated chicken strips in seasoned breadcrumbs, covering all sides.
5. Place 4 tenders directly in NuWave Brio Basket, then add the Reversible Rack and place 4 tenders on the rack.
6. Cook chicken at 375°F for 18-20 minutes, or until center is 165°F.
7. Serve cooked tenders and repeat air frying process with remaining tenders.

Tips:

You can substitute 1 pound of chicken tenderloins for the chicken breasts.



Bacon & Sausage

Ingredients:

16 ounces sliced bacon
8 (4 ounce each) sausage patties

Directions:

1. Place bacon or sausage directly in NuWave Brio Basket, then add the Reversible Rack and place bacon or sausage on the rack. Do not overcrowd.
2. Cook at 350°F for 8 minutes.
3. Repeat steps with remaining bacon and sausage.

Tips:

When making thick cut bacon, cook at 350°F for 15 minutes.



Seafood



Spicy Chili & Lemongrass Shrimp

Serves: 4-6 as an appetizer or 2 as an entrée

Ingredients:

3 tablespoons soy sauce
1 tablespoon sugar
½ teaspoon chili flakes
Juice of 1 lime
12-15 large shrimp, peeled and deveined
6 lemongrass stalks cut into quarters or use bamboo skewers
Sesame seeds, white or black

Directions:

1. Combine soy sauce, sugar, chili flakes, and lime juice in a bowl.
2. Remove ⅓ cup of the marinade and set aside for later.
3. Add shrimp to marinade and refrigerate for 1-2 hours.
4. Remove shrimp from marinade and skewer about 2-3 shrimp with lemongrass or bamboo skewers and repeat until all shrimp have been skewered.
5. Place 1-2 skewers directly in NuWave Brio Basket, then add the Reversible Rack and place the remaining skewers on the rack.
6. Cook shrimp at 375°F for 8 minutes.
7. Serve with sticky rice and the reserved marinade.
8. Sprinkle sesame seeds.

Crab Cakes

Serves: 4

Creole Mustard Sauce Ingredients:

2 tablespoons butter, divided
2 tablespoons Dijon mustard
½ cup grain mustard
¼ cup white wine
1 cup heavy cream
1 tablespoon chives, finely minced

Crab Cake Ingredients:

16 ounces pasteurized crab meat (lump or claw meat)
1 tablespoon chives, finely diced
2 tablespoons red pepper, finely diced
¾ cup celery, finely diced
3 ounces Japanese panko breadcrumbs
1 egg
Salt and pepper to taste
Old Bay Seasoning to taste

Directions:

1. Melt 1 tablespoon butter in a saucepan.
2. Add Dijon mustard, grain mustard, and white wine to saucepan and bring to a simmer.
3. Add cream and stir until blended.
4. Reduce heat and cook for about 8 minutes, or until sauce easily coats the back of a spoon.
5. Add chives and remaining butter to sauce; set aside and keep warm.
6. In a separate bowl, gently mix all crab cake ingredients together.
7. Form crab mixture into patties that are 1-inch thick and 3 inches wide.
8. Place 3 crab cakes directly in the NuWave Brio Basket, then add the Reversible Rack and place 3 crab cakes on the Reversible Rack.
9. Bake at 350°F for 6 minutes.
10. Serve with prepared mustard sauce.



Tips:

When working with crab, always check for shells.

For a crunchy feel and extra crust, re-dip crab cakes into breadcrumbs, mix before cooking.

Breads & Sweets



Tips:

Use potato flakes, not potato powder. Bake in batches no larger than 4-6 rolls at a time.

After baking, the rolls will be done if they are golden brown. If they aren't, continue baking in 3-minute increments until golden brown.

Ingredients:

¼ cup warm milk (100-110°F)
½ cup warm water (100-110°F)
¼ cup unsalted butter, softened
¾ cup mashed potato flakes

1 egg
¼ cup sugar
3¾ cups all-purpose flour
1 teaspoon kosher salt
1 packet yeast

Amish Dinner Rolls

Yields: 16-20 Rolls

Directions:

1. In a mixing bowl, combine milk, water, butter, mashed potato flakes, egg, sugar, flour, salt, and yeast.
2. Using a stand mixer fitted with a dough hook, knead the mixture for 6-8 minutes or until smooth and soft without being too sticky. The dough should be clear on the sides of the bowl but slightly stick to the bottom.
3. Add additional flour one tablespoon at a time if dough is too wet. Add additional milk 1 tablespoon at a time if dough is too dry.
4. Remove dough from bowl and transfer to flat work surface.
5. Using the heel of your hand, knead the dough briefly until it forms a nice round ball. Alternately, you can knead by hand on a floured surface until you have a smooth soft dough.
6. Place dough in a greased bowl and let sit at room temperature for 60-90 minutes to rise, until dough has doubled in size.
7. Separate dough into 16-20 equal pieces and, using the heel of your hand, quickly and firmly roll each piece around in circles until it forms a tight little ball.
8. Arrange dough balls on a greased 9x13-inch pan.
9. Cover pan with greased plastic wrap and let dough balls rise for about 1½ hours, until doubled in size and puffy.
10. Preheat Brio to 360°F and set cooking time for 12 minutes.
11. Once ready, place 2 rolls directly in NuWave Brio Basket, then add the Reversible Rack and place 2 rolls on the rack and bake.
12. Repeat baking process with remaining rolls.

Bread Pudding

Serves: 6

Ingredients:

Non-stick cooking spray
6 eggs
2 cups milk
1 cup sugar
2 teaspoons vanilla
2 teaspoons cinnamon
½ teaspoon salt
4 cups cubed bread of choice
1 cup dried cranberries

Directions:

1. Spray NuWave Baking Pan with non-stick cooking spray; set aside.
2. In a mixing bowl, beat together eggs, milk, sugar, vanilla, cinnamon, and salt until combined.
3. Add bread cubes to separate bowl and pour egg mixture over bread cubes.
4. Mix in cranberries.
5. Pour entire bread mixture into Baking Pan, pressing down lightly.
6. Top bread mixture with foil and place pan directly in NuWave Brio Basket.
7. Bake at 325°F for 45 minutes.
8. Carefully remove foil and bake at 325°F for additional 10 minutes, or until custard is set and top is a golden brown.

Tips:

For best results, use challah or brioche bread.



Cheesecake Cookies

Yields: 44 cookies

Fruit Filling Ingredients:

8 ounces cream cheese at room temperature
½ cup butter at room temperature
1¼ cups granulated sugar
2 eggs
1 teaspoon vanilla extract
2½ cups flour
2 teaspoons baking powder
½ teaspoon salt
Powdered sugar

Glaze Ingredients:

2 cups confectioners' sugar
1 teaspoon vanilla extract
2 tablespoons lemon juice

Directions:

1. Add cream cheese and butter to mixing bowl and beat together at high speed for about 3 minutes until fluffy and smooth.
2. Add sugar to butter mixture and beat for 1-2 minutes until fully incorporated and fluffy.
3. Beat in eggs and vanilla for about 1 minute; set aside.
4. In a separate, medium bowl, whisk together flour, baking powder, and salt.
5. Gradually add dry ingredients to butter mixture and stir just until incorporated. Do not over-mix.
6. Refrigerate dough for 1 hour.
7. Divide dough into 44 balls.
8. Roll each dough ball with floured hands and press with the bottom of a glass to flatten each one until they are ½ inch thick.
9. Preheat Brio to 350°F and set cooking time for 10 minutes.



10. Once ready, place 9 cookies directly in NuWave Brio Basket, then add the Reversible Rack and place 9 cookies on the rack and bake.
11. While cookies bake, combine all glaze ingredients in a bowl and mix to combine; set aside.
12. Open the basket and let the cookies cool for a few minutes before transferring to a wire rack to cool completely.
13. Repeat baking process with remaining cookies.
14. Once cookies are cooled, dip into prepared glaze and let dry before serving.

Confetti Cornbread

Serves: 4-6

Cornbread Ingredients:

1 cup cornmeal
1 cup flour
2 tablespoons sugar
4 teaspoons baking powder
½ teaspoon salt
1 cup milk
1 egg, beaten
¼ cup canola oil
1 cup frozen corn, thawed and drained
½ cup diced red and green bell pepper
¼ cup freshly grated cheddar cheese
2 tablespoons melted butter

Directions:

1. Preheat Brio to 300°F and set cooking time for 25 minutes.
2. Add all dry ingredients to a mixing bowl and mix to combine.
3. Add milk, egg, and oil to bowl and mix until combined.
4. Fold in corn and diced peppers.
5. Pour cornbread mixture into NuWave Brio Baking Pan.
6. Once ready, place pan directly in NuWave Brio Basket and bake.
7. While cornbread bakes, whisk all dipping sauce ingredients together in a bowl; set aside.
8. Once finished, carefully remove pan from Brio.
9. Brush cornbread with melted butter and sprinkle with shredded cheese.

Chili Lime Yogurt Dipping Sauce

Ingredients:

½ cup Greek yogurt
Juice and zest from 1 lime
½ teaspoon chili powder
¼ teaspoon sea salt



10. Replace pan in NuWave Brio Basket and bake at 300°F for 3 minutes or until golden brown.

11. Serve with prepared Chili Lime Yogurt Dipping Sauce.

Espresso Fudge Brownies

Yields: 12 brownies

Cornbread Ingredients:

Non-stick cooking spray
¾ cup butter
12 ounces melted unsweetened chocolate
2 cups sugar
3 eggs, beaten
1 teaspoon vanilla
1 cup flour
1 tablespoon espresso powder
1 cup chopped walnuts

Directions:

1. Spray NuWave Brio Baking Pan with non-stick cooking spray and set aside.
2. In a medium mixing bowl, beat eggs and sugar together until fluffy and light yellow in color.
3. Stir vanilla and espresso powder into egg mixture.
4. Melt chocolate and butter in a saucepan on low heat and stir until melted.
5. Gently fold in melted chocolate and flour in small batches, stirring after each addition.
6. Add nuts to batter and stir to combine.
7. Fill prepared baking pan halfway with brownie batter.
8. Place baking pan directly in NuWave Brio Basket and bake at 315°F for 42 minutes, or until inserted toothpick comes out clean.
9. Let brownies cool completely before cutting into squares and serving.
10. Repeat baking process with remaining batter or transfer to re-sealable plastic bag and refrigerate for 24 hours or freeze for 30 days.



Tips:

This recipe makes enough batter to bake 2 batches of brownies in the 6-quart Air Fryer.

Greek Yogurt Lemon Blueberry Bread

Serves: 8

Blueberry Bread Ingredients:

Non-stick cooking spray
1¾ cups flour
¾ cup sugar
1 teaspoon baking powder
Pinch salt
1 beaten egg
1 cup milk
¼ cup melted butter
Juice and zest of 1 lemon

4 ounces plain Greek yogurt
1 cup fresh or frozen blueberries

Lemon Icing Ingredients:

½ cup confectioner's sugar
1 teaspoon lemon juice
1 teaspoon milk
1 teaspoon lemon zest

Directions:

1. Preheat Brio to 315°F and set cooking time for 35 minutes.
2. Spray bottom and sides of NuWave Brio Baking Pan with non-stick cooking spray.
3. Combine all dry ingredients in a bowl; set aside.
4. In a separate bowl, mix together egg, milk, butter, lemon juice, lemon zest, and Greek yogurt.
5. Gently add wet ingredients into dry ingredients, then fold in blueberries.
6. Pour half of the batter into prepared baking pan; set remaining batter aside.
7. Once ready, place baking pan directly in the NuWave Brio Basket and bake. If toothpick does not come out clean, continue baking in 3 minute increments.
8. While bread bakes, add all lemon icing ingredients to a bowl and whisk to combine. Cover and set aside until ready to serve.
9. Let bread cool and top with lemon icing.



Tips:

To use the remaining batter, simply re-spray the Baking Pan, pour in the batter and repeat the baking process.

If you wish to save batter for another time, it can last 24 hours in the refrigerator or 30 days in the freezer.

One Bowl Chocolate Cake

Serves: 4

Cake Ingredients:

Non-stick cooking spray	1 teaspoon salt
2 cups sugar	2 eggs
1¾ cup flour	1 cup milk
¾ cup cocoa powder	½ cup canola oil
1½ teaspoons baking powder	2 teaspoons vanilla
1½ teaspoons baking soda	1 cup boiling water

Directions:

1. Preheat Brio to 315°F and set cooking time for 25 minutes.
2. Spray NuWave Brio Baking Pan with non-stick cooking spray; set aside.
3. Combine flour, cocoa, sugar, baking soda, baking powder, and salt in a mixing bowl.
4. Add milk, oil, eggs, and vanilla to bowl and mix until everything is thoroughly incorporated.
5. Stir in boiling water and mix until combined.
6. Divide batter into thirds and pour one third into prepared Baking Pan.
7. Once ready, place Baking Pan directly in the NuWave Brio Basket and bake.
8. If toothpick does not come out clean, continue baking in 3 minute increments.
9. While cake bakes, add butter and powdered sugar for chocolate butter cream to stand mixer and whip until light and fluffy.
10. While mixer is running on low speed, gradually add melted chocolate and whip until combine; set aside.
11. Let cake cool completely and frost with prepared chocolate butter cream.



Tips:

To use the remaining batter, simply re-spray the Baking Pan, pour in the batter and repeat baking process.

If you wish to save batter for another time, it can last 24 hours in the refrigerator or 30 days in the freezer.

Peach Berry Crisp

Serves: 6

Fruit Filling Ingredients:

3 cups sliced peaches
1 cup fresh or frozen berries of choice
2 tablespoons corn starch
2 tablespoons brown sugar
½ teaspoon cinnamon
¼ teaspoon cardamom

Oat Topping Ingredients:

½ cup brown sugar
¼ cup flour
¼ cup old-fashioned oats
¼ cup softened butter
1 teaspoon cinnamon
½ teaspoon cardamom
½ teaspoon sea salt

Directions:

1. Preheat Brio to 350°F and set cooking time for 24 minutes.
2. Mix fruit filling ingredients all together in a mixing bowl.
3. Butter the NuWave Brio Baking Pan and add fruit filling to the pan; set aside.
4. Add all oat topping ingredients to a separate bowl and mix to combine, incorporating the butter throughout the dry ingredients.
5. Top fruit filling with oat topping.
6. Once ready, place Baking Pan directly in NuWave Brio Basket and bake for 24 minutes.



Vanilla Cupcakes

Yields: 24 cupcakes

Cupcake Ingredients:

¾ cup softened butter
1½ cups sugar
2 eggs
2 teaspoons vanilla
2½ teaspoons baking powder
¼ teaspoon salt
2½ cups flour
1¼ cups milk

Directions:

1. Preheat Brio to 325°F and set cooking time for 18 minutes.
2. In a stand mixer, beat together butter and sugar until light and fluffy.
3. Add eggs one at a time, mixing well between each addition.
4. Mix in vanilla.
5. In a separate bowl, combine flour, baking powder and salt.
6. Add dry ingredients and milk to butter mixture, alternating little by little and mixing gently until everything is combined.
7. Scoop batter into Silicone Cupcake Liners.
8. Once ready, place 4 cupcakes directly in NuWave Brio Basket, then add the Reversible Rack and place 4 cupcakes on the rack and bake.
9. While cupcakes bake, beat all butter cream ingredients together in a mixing bowl until light and fluffy; set aside until ready to frost.
10. Let cupcakes cool completely and frost with prepared lemon butter cream.
11. Repeat baking process with remaining cupcakes.

Lemon Buttercream Ingredients:

½ cup softened butter
2 tablespoons fresh lemon juice
½ teaspoon vanilla extract
3 cups confectioners' sugar

Tips:

When making the lemon butter cream, add additional heavy cream or confectioners' sugar as needed to achieve the perfect consistency.



White Chocolate Raspberry Scones

Yields: 16 scones

Ingredients:

4 cups flour
¾ cup sugar
2 tablespoons baking powder
1 teaspoon salt
1 cup cold butter
1 cup white chocolate chips
¾ cup milk
½ cup cream

2 eggs
1½ teaspoons almond extract
1 teaspoon vanilla extract
2 cups fresh raspberries
½ cup melted white chocolate

Directions:

1. Whisk together flour, sugar, baking powder, and salt in a large mixing bowl.
2. Cut in butter, then stir in white chocolate chips; set aside.
3. In a small bowl, whisk together milk, cream, eggs, almond extract, and vanilla extract.
4. Add wet ingredients to the flour mixture and gently stir until combined.
5. Carefully fold in the raspberries.
6. Divide dough in half.
7. On a floured countertop, roll out dough portion into 2 separate 8-inch circles, 1½-inch thick.
8. Cut each dough circle into 8 wedges.
9. Place wedges directly in the NuWave Brio Basket, then add the Reversible Rack and place the more wedges on the rack. Be sure not to overcrowd.
10. Bake at 375°F for 15-20 minutes, or until lightly browned.
11. Remove scones and drizzle with melted white chocolate, if desired.
12. Repeat baking process with remaining scones.



Tips:

Instead of raspberries, you can substitute raisins and cinnamon, fresh or dried blueberries or even lemon zest.

If you wish to save the dough for another time, it can last 3 days in the refrigerator or 30 days in the freezer.

Accompaniments & Sauces



English Clotted Cream

Ingredients:

2 cups heavy whipping cream

Directions:

1. Add cream to stand mixer and whip until middle to stiff peaks.

Tips:

Use as a condiment with the Raspberry White Chocolate Scones.

To sweeten the cream, add 1 tablespoon powdered sugar. Serve with our Scones.

Honey Butter

Ingredients:

½ cup softened unsalted butter

½ honey

1 teaspoon sea salt

Directions:

1. Whip all ingredients together until light and fluffy.

Tips:

Serve with Amish Rolls or our Scones.

Caramel Sauce

Yields: 2 cups

Ingredients:

- 1 cup brown sugar
- ½ cup butter
- ¾ cup heavy cream
- Pinch sea salt
- ½ teaspoon vanilla extract

Directions:

1. In a medium saucepan melt sugar on med-high. Do not stir or shake pan. Allow to cook until it begins to darken to a caramel color.
2. Remove from heat, add butter, and cream. (Use caution, to prevent splatter). Stir to combine.
3. Allow to cool before tasting.
4. Will keep up to 2 weeks in refrigerator.

Great on all desserts and ice-cream!

Tips:
After removing the caramel from the heat, it will get thicker as it cools.



Dehydrate



Tips:

Ask your local butcher to slice your beef to the perfect thickness.

You can store jerky in a cool dry place using a tightly sealed container for up to 30 days.



Beef Jerky

Serves: 4

Ingredients:

1 pound top sirloin, sliced against the grain into 1/8-inch thick slices
1 1/2 cups Worcestershire sauce
1/2 cup soy sauce
Juice of 2 limes
1 tablespoon toasted sesame oil

Directions:

1. Place sliced beef in a plastic storage container.
2. Mix remaining ingredients together and pour over beef and refrigerate overnight to marinate.
3. Drain and discard marinade.
4. Place beef slices directly in NuWave Brio Basket, then add the Reversible Rack and place remaining beef slices on the rack. Do not overlap.
5. Cook at 155°F for 3-4 hours, depending on your preference of dryness.
6. Repeat air frying process with remaining beef.

Brio Dried-Tomatoes

Yields: 8 tomato halves

Ingredients:

- 2 pounds roma tomatoes, halved
- 2 tablespoons olive oil
- 2 tablespoons sugar
- 1 tablespoon salt
- ¼ teaspoon granulated garlic
- ¼ teaspoon black pepper

Directions:

1. Place tomatoes in a medium bowl.
2. Add oil, sugar, salt, garlic, and black pepper to bowl and toss to combine.
3. Place tomatoes directly in NuWave Brio Basket, then add the Reversible Rack and place remaining tomatoes on the rack. Do not overcrowd.
4. Cook at 125°F for 24 hours, or until the consistency of sun-dried tomatoes.

Tips:

The 6-quart NuWave Brio Digital Air Fryer will cook for a maximum of 16 hours. After 16 hours, set the Brio to cook at 125°F for an additional 8 hours.



PLEASE NOTE: Drying time depends on several factors:

- **Thick or Thin Slices** - the thinner the slice of item being dried, the quicker the drying time.
- **Temperature** - The lower the temperature the longer the drying time. When dehydrating fruits, vegetables and nuts, we recommend dehydrating at 105-110°F degrees to preserve enzymes and nutrients.
- **Humidity** - the higher the humidity, the longer the drying time
- **Water content** - the higher the water (liquid) content of the item being dehydrated, the longer the drying time.
- **Crispness** - some people like their dehydrated items still a bit soft, while others like it “crunchy or crispy”. If you want it more crunchy-crispy, it will increase the time it takes to dry all the water out.
- **Product** - Of course the product being dehydrated also will dictate how long it takes to dry, as shown by the chart below as a reference.

<i>Fruits:</i>	<i>Times:</i>	<i>Vegetables:</i>	<i>Times:</i>
Apples	7-15 hours	Asparagus	5-6 hours
Apricots	20-28 hours	Beans, Green or Wax	8-12 hours
Bananas	6-10 hours	Beets	8-12 hours
Berries	10-15 hours	Broccoli	10-14 hours
Cherries	13-21 hours	Cabbage	7-11 hours
Cranberries	10-12 hours	Carrots	6-10 hours
Figs	22-30 hours	Celery	3-10 hours
Grapes	22-30 hours	Corn	6-10 hours
Kiwi	7-15 hours	Cucumber	4-8 hours
Nectarines	8-16 hours	Eggplant	4-8 hours
Peaches	8-16 hours	Greens	3-7 hours

<i>Fruits:</i>	<i>Times:</i>	<i>Vegetables:</i>	<i>Times:</i>
Pears	8-16 hours	Mushrooms	3-7 hours
Persimmons	11-19 hours	Okra	4-8 hours
Pineapple	10-18 hours	Onions	4-8 hours
Prune Plums	22-30 hours	Parsnips	7-11 hours
Rhubarb	6-10 hours	Peas	4-8 hours
Strawberries	7-15 hours	Peppers / Hot Peppers	4-8 hours
Watermelon	8-10 hours	Popcorn	4-8 hours
<i>Other:</i>	<i>Times:</i>	Potatoes	6-14 hours
Leather & Fruit Rolls	4-6 hours	Pumpkin	7-11 hours
Jerky	4-6 hours	Summer Squash	10-14 hours
Fish Jerky	12-14 hours	Tomatoes	5-9 hours
Herbs & Spices	2-4 hours	Turnips	8-12 hours
Nuts	10-14 hours	Winter Squash	7-11 hours
Recrisping	1 hour	Yams	7-11 hours
		Zucchini	7-11 hours

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