

nuwave

**Brio**<sup>®</sup> **7.25Q**

Digital Air Fryer



**40** Easy To  
Follow Recipes



Read the Owner's Manual before using the Brio.

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## Probe Temperature Guide

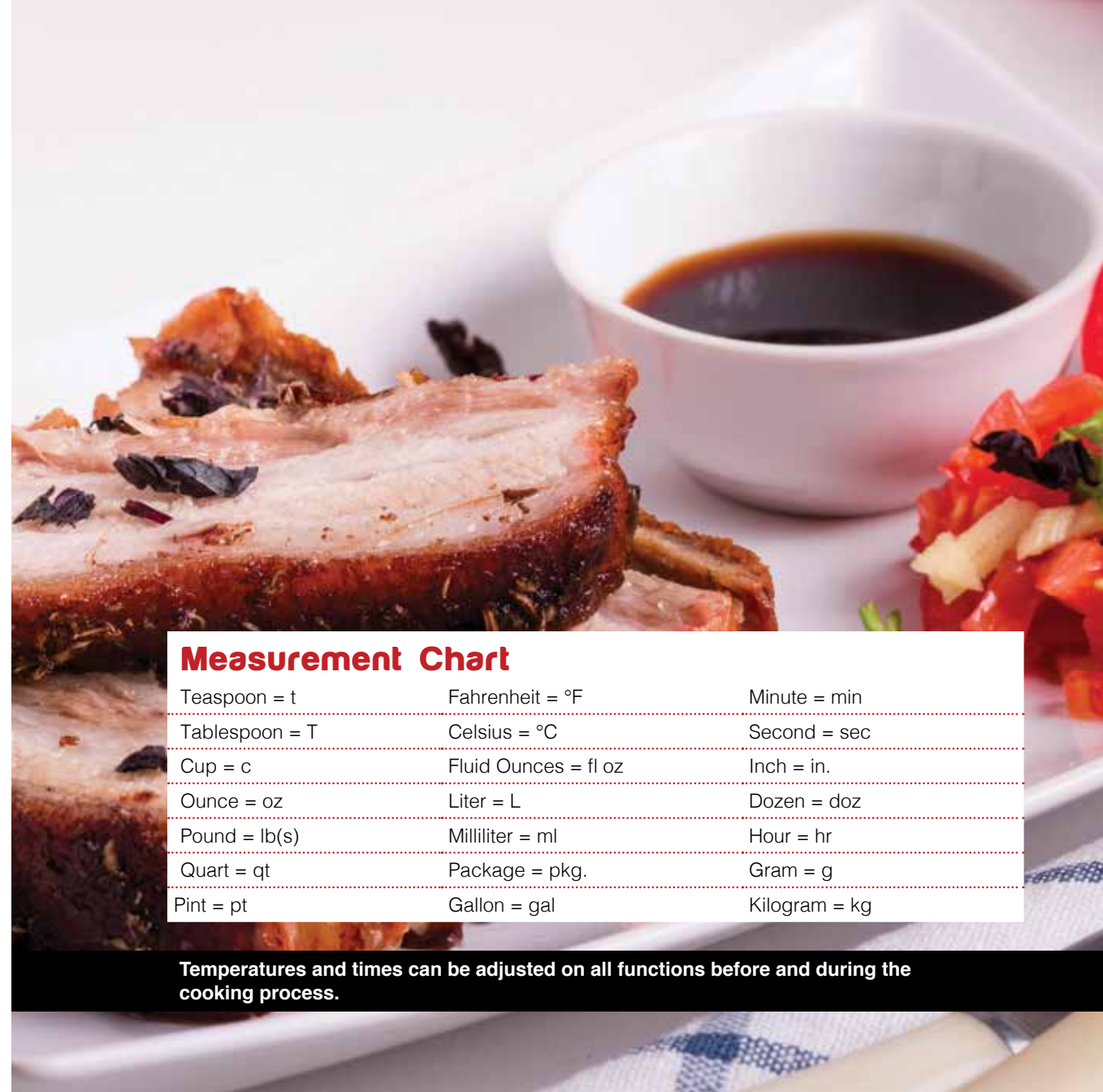
Meats	Temp. °F/ °C	Rare °F/ °C	Med Rare °F/ °C	Med °F/ °C	Med Well °F/ °C	Well °F/°C
Chicken, breast Turkey, breast Duck, breast	360/182					165/71*
Chicken, whole Turkey, whole Duck, whole	360/182					165/71*
Chicken, thigh Turkey, thigh Duck, thigh	360/182					165/71*
Steak 1" thick (25mm)	400/204	125/51	135/57	145/62*	150/65*	160/71*
Burgers ½ lb (227g)	350/177	125/51	135/57	145/62*	155/68*	160/71*
Roast Beef (bone-in) Roast Beef (boneless)	350/177	125/51	135/57	145/62*	150/65*	160/71*
Lamb (bone-in) Lamb (boneless)	350/177	125/51	135/57	145/62*	150/65*	160/71*
Pork (bone-in) Pork (boneless)	350/177			145/62*	150/65*	160/71*
Salmon, Tuna, Halibut, Swordfish	400/204			145/62*	150/65*	160/71*
Fish Steaks 1" thick (25mm)	400/204			145/62*	150/65*	160/71*
Sausage	400/204					160/71*

**Note:** Times may vary depending on cooking preference. Consuming raw or undercooked meats, poultry, or seafood may increase your risk of food borne illness. \*To reduce the risk, cook your food to USDA-safe temperatures.

### WARNING



Any changes or modifications to this equipment or use not expressly approved by NuWave LLC may cause injury or damage to property, and will void your warranty.



### Measurement Chart

Teaspoon = t	Fahrenheit = °F	Minute = min
Tablespoon = T	Celsius = °C	Second = sec
Cup = c	Fluid Ounces = fl oz	Inch = in.
Ounce = oz	Liter = L	Dozen = doz
Pound = lb(s)	Milliliter = ml	Hour = hr
Quart = qt	Package = pkg.	Gram = g
Pint = pt	Gallon = gal	Kilogram = kg

**Temperatures and times can be adjusted on all functions before and during the cooking process.**

# Air-Fried Spinach Ravioli with Pesto Sauce

Serves 4

## Ingredients:

2 c Italian bread crumbs  
¼ c Parmesan cheese  
1 t extra-virgin olive oil  
1 c buttermilk  
24 spinach ravioli, fresh

## For Pesto Sauce:

1 c basil, fresh  
3 cloves garlic  
3 T pine nuts, roasted  
½ c Parmesan cheese, grated  
Sea salt as needed  
Freshly ground black pepper as needed  
⅓ c extra-virgin olive oil

## Directions:

1. In a bowl, combine bread crumbs, Parmesan cheese, and olive oil; set aside.
2. Place the buttermilk in a shallow bowl and set up a breading station with the buttermilk and bread crumbs. Dip ravioli in buttermilk and then cover with breadcrumbs; set aside.
3. Arrange the ravioli in bottom of Reversible Rack. Do not overcrowd.
4. Set the air fryer to 350°F and cook for 9 min.
5. While ravioli are cooking, add basil, garlic, pine nuts, Parmesan cheese, salt, and black pepper to a blender or food processor. Pulse a couple of times and then leave food processor running and add olive oil in a steady slow stream until emulsified.
6. Serve spinach ravioli hot with pesto sauce.

# Air-Fried Shrimp with Cocktail Sauce

Serves 4

## Ingredients:

1 lb. raw shrimp (30-40 count), peeled, deveined, tails left on  
1 t garlic powder  
½ t black pepper  
1 t sea salt  
2 c panko bread crumbs  
2 eggs, lightly beaten  
1 c all-purpose flour  
Cooking spray  
Lemon slices (for serving)

## For Cocktail Sauce:

1 c ketchup  
2 T horseradish  
1 T lemon juice  
½ t Worcestershire sauce  
Sea salt, as needed  
Freshly ground black pepper, as needed

## Directions:

1. In a small bowl, mix together ketchup, horseradish, lemon juice, Worcestershire sauce, sea salt, and freshly ground black pepper. Refrigerate until ready to be used.
2. Rinse shrimp well and pat dry. Put in a large bowl and season with sea salt, freshly ground black pepper, and garlic powder. Toss to season shrimp; set aside.
3. Use 3 shallow dishes: in dish 1 place in flour, dish 2 put eggs, lightly beaten, and dish 3 bread crumbs.
4. Flour the shrimp first, follow by dipping in egg, and then bread with panko. Repeat until all shrimp are breaded.
5. Place Reversible Rack on top of Base Tray and Preheat Brio at 350°F.
6. Once preheated, spray Reversible Rack with cooking spray, arrange shrimp in one single layer on Reversible Rack, cooking shrimp in batches if needed. Spray tops with cooking spray. Set Brio at 350°F for 5-7 min. Cook until golden brown.
7. Serve with cocktail sauce and lemon wedges.



# Bacon-Wrapped Scallops

Serves 4

## Ingredients:

20 raw sea scallops  
10 slices bacon  
1 T paprika  
20 toothpicks  
Cooking spray as needed

## Directions:

1. Drain and rinse scallops. Place on paper towels to soak up moisture.
2. Season the scallops with paprika. Wrap each scallop with a piece of bacon, and then use toothpicks to hold bacon in place.
3. Spray the Reversible Rack with cooking spray. Place scallops in single layer into the Base Tray. Close Base Tray.
4. Air-fry at 400°F for 5-6 min., flipping halfway through.
5. Carefully remove from the Brio and gently remove toothpicks and place scallops on serving dish.



# BBQ Chicharrones

Serves 2

**Ingredients:**

½ c pork rind pellets  
Cooking spray, as needed

**BBQ Seasoning:**

1 T sea salt  
2 T sugar  
2 T smoked paprika  
1½ T freshly ground black pepper  
1 t onion powder  
1 t garlic powder  
1 t celery seeds  
¼ t cayenne pepper

**Directions:**

1. For seasoning, place all ingredients in a mixing bowl. Combine well.
2. Spray the Base Tray with cooking spray. Place pork rind pellets in the Base Tray and set to 400°F Cook until pellets puff up to 3-4 times their normal size, about 10-15 min.
3. Remove chicharrones from Base Tray and season with additional barbecue seasoning.



# BBQ Wings with Pink Peppercorns

Serves 2

## Ingredients:

1 lb chicken wings

1 t canola oil

Freshly ground black pepper, as needed

## For Sauce:

½ c barbecue sauce

1 T green onion, thinly sliced

1 T pink peppercorns, slightly crushed

## Directions:

1. In a large mixing bowl, add wings, oil, and pepper. Toss to coat wings.
2. Place wings on Base Tray and set to 400°F for 35-40 min.
3. While the wings are cooking, in another mixing bowl, add barbecue sauce, green onions, and peppercorns. To crush peppercorns, place in the palm of hand. Using fingers, crush each slightly. They will break apart easily.
4. When wings are done, using a handheld meat thermometer, check to see that the internal temperature of one of the wings has reached 165°F.
5. Serve with favorite dipping sauce or enjoy them on their own.



# Blue Cheese Bacon-Stuffed Mushrooms

Serves 2

## Ingredients:

6 large mushrooms  
3 strips bacon  
2 T butter  
¼ c white onions, small dice  
2 cloves garlic, minced  
½ c blue cheese, crumbled  
½ c cream cheese, large dice  
⅓ c bread crumbs

## Directions:

1. Clean and remove stems from mushrooms. Mince the stems and put in a bowl; set aside.
2. Cook bacon in a skillet until crispy. Transfer bacon to paper towels, leaving bacon fat in the skillet. Add butter, minced mushroom stems, onions, and garlic. Cook until onions caramelize.
3. In a food processor, add bacon, blue cheese, cream cheese, the mixture from the skillet, and bread crumbs. Pulse in food processor a couple times until everything is incorporated. Do not blend.
4. Fill mushroom caps with the cheese mixture and place on Reversible rack.
5. Set to 350°F for 15 min. Cook until bubbling and tops are light brown. Serve hot.





# Cajun-Roasted Potatoes

Serves 4

## Ingredients:

4 russet potatoes  
2 T Extra-virgin olive oil  
1 T Cajun spice  
Sea salt, as needed  
Freshly ground black pepper, as needed

## Directions:

1. Scrub potatoes and cut into wedges. Place in a bowl and toss with olive oil until completely covered.
2. Arrange potatoes in the Base Tray.
3. Press at 375°F for 15 min. Continue cooking for an additional 10 min., or until fully cooked. When done, knife inserted in center will slide out easily.
4. When done, place potatoes in a bowl and toss with Cajun spice, sea salt, and freshly ground black pepper. Serve hot with dipping sauce of choice.

# Cajun Salmon with Mustard Greens

Serves 2

## Ingredients:

2 (8-oz) salmon fillets  
1 T extra-virgin olive oil  
¼ t smoked paprika  
½ t seafood seasoning  
¼ t cayenne pepper  
Cooking spray as needed

## For Mustard Greens:

1 lb. mustard greens, washed, torn into large pieces  
3 cloves garlic, minced  
2 T extra-virgin olive oil  
½ c white onions, thinly sliced  
3 T chicken or vegetable stock  
Sea salt, as needed  
Freshly ground black pepper, as needed  
¼ t dark sesame oil

## Directions:

1. In a small bowl, mix together 1T olive oil, paprika, seafood seasoning, and cayenne pepper.
2. Meanwhile, in a skillet, heat 2T oil and add onions. Cook until soft. Add garlic.
3. When caramelized, add mustard greens and season with sea salt, freshly ground black pepper, stock, and dark sesame oil. Mix everything together and cook until mustard greens have softened.
4. Preheat Brio at 360°F.
5. When preheated, arrange salmon on Base Tray. Spray cooking oil on top of salmon. Set Brio to 360°F for 8 min.
6. When done, remove fish. Plate with mustard greens.

# Char Siu

Serves 4

## Ingredients:

4 lbs. pork belly, skin removed  
4 T char siu sauce (homemade)  
Sesame seeds as needed (for garnish)

## Homemade Char Siu Sauce:

2 T Shaoxing cooking wine  
2 T oyster sauce  
⅓ c sugar  
⅓ c hoisin sauce  
1½ T (honey)  
½ t 5-spice powder

## Directions:

1. Combine wine, oyster sauce, sugar, hoisin sauce, honey and 5-spice powder in a saucepan over medium heat. Bring up to a boil. Lower to a simmer and allow the sauce to thicken slightly, about 10 min.
2. Cut belly into 4 equal pieces and rinse. Pat dry with paper towels.
3. Add the belly pieces and 4T of the homemade char siu sauce to a resealable plastic bag. Marinate at least 24 hours in fridge.
4. Remove pork belly pieces and let sit at room temperature. About 1 to 1½ hrs before cooking, remove pork belly pieces from marinade. Reserve the marinade.
5. Place the pork belly pieces onto Reversible Rack. Set to 400°F for 10 min.
6. At the end of 10 min., baste pork belly with the remaining marinade and return onto Reversible Rack. Set to 320°F for an additional 10 min. Once cooked, remove pork belly and set aside to rest.
7. While pork belly is resting, add 3T of the homemade char siu sauce with 5T water to a small saucepan and bring up to a boil.
8. Slice pork belly and drizzle char siu from the saucepan over the top of sliced pork belly then top with sesame seeds.



# Chicago-Style Hot Dogs

Serves 4

**Ingredients:**

8 beef hot dogs  
8 poppy seed hot dog buns

**Condiments:**

½ c yellow mustard  
½ c neon-green relish  
½ c yellow onions, diced  
8 pickle spears  
16 sport peppers  
16 tomato wedges  
1 T celery salt

**Directions:**

1. Preheat at 400°F for 5 min.
2. Once preheated, place hot dogs in the Base Tray and cook at 400°F for 5 min. Remove.
3. Place the hot dogs in buns and top with the condiments.

# Chicken Cordon Bleu

Serves 2

## Ingredients:

2 chicken breasts, boneless  
1 slice ham, divided  
1 slice Swiss cheese, divided  
2 garlic cloves, minced, divided  
1 egg, beaten  
½ c bread crumbs  
1 T dried tarragon  
1 T dried thyme  
1 t parsley, finely chopped  
Sea salt as needed  
Freshly ground black pepper, as needed

## Directions:

1. Place chicken breasts flat on a cutting board. With a sharp knife, slice each chicken breast from the side, cutting about  $\frac{3}{4}$  the way through the chicken breast. Open up the chicken, exposing the insides of the breast.
2. Season all sides of the chicken with salt and pepper. Divide minced garlic between the 2 breasts and place in center of chicken. Lay  $\frac{1}{2}$  slice ham in the middle of each breast and top with  $\frac{1}{2}$  slice of Swiss cheese. Close up the chicken. Repeat for other chicken breast.
3. In a large bowl, combine the bread crumbs, thyme, tarragon, and parsley.
4. Dip chicken into egg and dip into bread crumbs after.
5. Place chicken on Base Tray. Set temperature to 375°F and time to 20 min. After 10 min., flip chicken breast to get golden brown on both sides.
6. With hand held instant thermometer cook to a internal temperature of 165°F has been reached remove and serve 18 to 20 min.

# Chicken Parmesan with Marinara

Serves 4

## Ingredients:

1 lb chicken breasts, boneless, skinless, sliced horizontally (makes 4 pieces)  
1 c panko bread crumbs  
 $\frac{3}{4}$  c marinara sauce  
 $\frac{1}{2}$  c mozzarella cheese, shredded  
 $\frac{1}{2}$  c Parmesan cheese, grated  
 $\frac{1}{8}$  c egg whites  
2 t Italian seasoning  
Sea salt as needed  
Freshly ground black pepper, as needed  
Cooking spray, as needed

## Directions:

1. Spray Reversible Rack with cooking spray.
2. Place each halved chicken breast between 2 sheets of plastic wrap and pound down to flatten to  $\frac{1}{8}$ -inch thick.
3. In a shallow dish, combine bread crumbs, mozzarella cheese, Parmesan cheese, Italian seasoning, salt, and black pepper.
4. Place egg whites in another bowl. Dip the chicken into the egg whites then dredge through the bread crumbs, completely covering the chicken in both egg whites and bread crumbs.
5. Set to 400°F and time for 10 min., place chicken breasts on Reversible Rack. Spray tops of chicken with cooking spray and cook until internal temperature reaches 165°F.
6. Once cooked through, slide Base Tray out and ladle marinara sauce over chicken. Top with mozzarella cheese. Slide back in and cook for an additional 3 min., or until cheese is melted. Serve over a bed of pasta with garlic bread.



# Chicken Fajita Egg Rolls

Serves 6

## Ingredients:

12 egg roll wrappers  
1 red bell pepper, small dice  
1 pkg. fajita seasoning  
8 oz black beans, rinsed, drained  
2 oz diced green chilies  
½ c chicken, cooked, shredded  
½ c pepper jack cheese, shredded  
½ c cheddar cheese, shredded  
Sea salt as needed  
Freshly ground black pepper as needed  
Cooking spray as needed  
1 egg, beaten (to seal egg roll)

## Directions:

1. In a large mixing bowl, combine bell pepper, fajita seasoning, black beans, green chilies, and chicken. Add salt, freshly ground black pepper, and both cheeses. Mix well.
2. On a flat surface, lay out each egg roll wrapper and brush with egg to aide in sealing the egg roll. Evenly divide the fajita mix to the bottom ⅓ of each wrapper.
3. Leave some space around edges of each wrapper. Fold the sides of the wrapper toward the middle over the filling then roll the wrap into an egg roll shape. Repeat for each.
4. Lay egg rolls on Base Tray seam-side down and spray lightly with cooking spray.
5. Set to 400°F for 10 min., and cook until egg rolls are crispy and golden brown. Serve with salsa or a dip.



# Chili-Coffee-Rubbed NY Strip Steak

Serves 2

## Ingredients:

2 (7-oz) NY strip steaks  
¼ c espresso coffee powder  
¼ c ancho chile powder  
¼ c brown sugar, packed  
1 T cumin  
2 T smoked paprika  
2 T sea salt

## Directions:

1. Preheat the unit to 400°F.
2. While preheating, in a small bowl, mix together espresso coffee powder, ancho chili powder, brown sugar, sea salt, cumin, and smoked paprika. Sprinkle mixture on both sides of steaks.
3. Set Brio at 400°F and time to 7 min. Cook steaks for 5 to 7 min., for medium-rare and flip at 3 min., to sear both sides of steak. Let steaks rest for 5 min. Serve.



# Crab Rangoon

Serves 4

## Ingredients:

8 oz Cream cheese  
½ c Crab meat, drained, and crumbled  
2 green onions, thinly sliced  
2 t garlic, minced  
2 t Worcestershire sauce  
½ t Soy sauce  
1 (12-oz) pkg. wonton wrappers 1 egg, beaten (to seal wonton)  
Sweet and sour dipping sauce (for serving)

## Directions:

1. In a bowl, combine cream cheese, crab meat, green onions, garlic, Worcestershire sauce, and soy sauce. Mix well.
2. Take one wonton skin and brush with egg to aid in sealing the wonton. Add ½T crab mixture in the center of each.
3. Moisten the edges of the wonton wrapper with water. Fold in a triangle and press to seal, removing air from inside. Take the left and right unsealed sides, turning them up, and place against existing seal on top. Press along edges to close the areas where the filling could be exposed. Repeat until all are done.
4. Place Crab Rangoon on Reversible Rack. Set to 400°F and cook for 15 min., or until golden brown. Serve hot with sweet and sour sauce.



# Crispy Beef

Serves 4

## Ingredients:

- 1 lb beef sirloin tip, cut into 1-in strips
- 1 16-oz jar cheese pasta sauce
- 1½ c soft bread crumbs
- 2 T extra-virgin olive oil
- ½ t dried marjoram

## Directions:

1. In a shallow dish, mix together bread crumbs, olive oil, and marjoram; set aside.
2. Pour cheese pasta sauce into a bowl and add sirloin meat. Toss until all meat is coated.
3. Toss meat in bread crumb mixture to coat thoroughly. Arrange on Base Tray, cooking in batches, if necessary.
4. Set the Brio at 360°F Cook for 6 to 8 min., until outsides are crisp and brown. Serve hot.



# Crispy Pork Chops with Roasted Broccoli Crowns

Serves 6

## Ingredients:

6 pork chops, boneless  
2 eggs, beaten  
½ c panko bread crumbs  
⅓ c corn flakes, crushed  
1¼t paprika  
½ t onion powder  
½ t garlic powder  
¼ t chili powder  
Freshly ground black pepper, as needed

Sea salt, as needed  
Cooking spray, as needed  
2-3 lbs. broccoli crowns  
2 T (27g) extra-virgin olive oil  
2 t lemon zest  
1 t sea salt REMOVE have sea salt as needed  
¼ c Parmesan cheese, grated, plus 2T extra (for bread crumbs)  
6 qt water

## Directions:

1. For the broccoli, in a large pot, add 6qt water and bring up to a boil. Blanch broccoli in water for 3 min. and remove. Drain well. Place broccoli in a large bowl and add oil, and 1t salt. Toss to coat broccoli.
2. Add broccoli to Base Tray. Set the air fryer to 400°F for 15 min. Cook, shaking Base halfway through to ensure even cooking.
3. When done, add lemon zest and Parmesan cheese and place onto large plate or bowl and cover with foil; set aside.
4. Lightly spray the Base Tray with cooking spray and preheat to 400°F.
5. Season the pork chops with sea salt.
6. In a bowl, combine bread crumbs, corn flakes, paprika, onion powder, garlic powder, chili powder, black pepper, salt, and 2T Parmesan cheese.
7. Dip pork chops in bowl with beaten eggs. Dip into bread crumb mixture to coat.
8. Place pork chops on Base Tray and set to 12 min. Cook in batches so as not to overcrowd.
9. Apply cooking spray to top of pork chops.
10. After 6 min. of cooking, flip pork chops and reapply cooking spray to the chops. Once all chops are cooked, place on a plate and serve with broccoli crowns.

# Croque Monsieur

Serves 4

## Ingredients:

### Sandwich:

8 slices hardy sourdough bread  
6 oz Gruyère cheese, grated, divided  
¼ c Parmesan cheese, grated, divided  
5 oz ham, thinly sliced

### Bechamel Sauce:

1½ c milk  
¼ c flour  
¼ c butter  
¼ t Dijon mustard  
Dash nutmeg, ground  
Sea salt, as needed  
Black pepper, as needed

## Directions:

1. In a saucepan, melt butter over medium heat and add flour, whisking constantly.
2. After 3-4 min., gradually whisk in milk and keep stirring until sauce thickens and becomes smooth.
3. Remove from heat and add mustard and nutmeg. Adjust seasoning with salt and pepper.

### Sandwich Assembly:

1. Remove Reversible Rack beforehand. Evenly spread bechamel over one side of each slice of bread. Place 4 slices bechamel side up on the Reversible Rack.
2. Add ham, Gruyère, and Parmesan cheese equally on the top of each slice, saving some cheese for the top of each. Place remaining 4 slices of bread on top with the bechamel facing up. Top bread with remaining Gruyère and Parmesan cheese.
3. Place Reversible Rack into the Brio and set to 400°F for 5 min. Cook sandwiches until cheese is melted and golden brown on top. Remove and serve.



# Devils on Horseback

Serves 10

## Ingredients:

40 dates, pitted, left whole  
½ c blue cheese, crumbled  
20 slices bacon, each cut in half  
Chives, thinly sliced (for garnish)  
Hoisin sauce, for dipping (optional)

## Directions:

1. Preheat the air fryer to 400°F.
2. Split dates in half lengthwise and open each date. Add 1t of blue cheese to the middle of each date and close the date around the cheese.
3. Lay a piece of bacon out on a flat surface and place the date at one end of the bacon. Roll up the date, wrapping bacon around the date. Periodically stretch the bacon slightly to ensure a tight wrap around the date. Repeat for each date.
4. Place dates in the Base Tray seam-side down, cooking in batches, if necessary. Set the fryer to 10 min.
5. When done, remove the Base Tray. The bacon should be brown and crispy and the cheese should be melting and slightly oozing from each date.
6. Plate the dates with Hoisin sauce or sauce of choice. Garnish with chives and enjoy.



# Filet Mignon

Serves 2

## Ingredients:

2 filet mignon steaks  
2 slices thick bacon  
Extra-virgin olive oil as needed  
Sea salt as needed  
Freshly ground black pepper as needed  
Toothpicks

## Directions:

1. Preheat Brio at 400°F.
2. Rub olive oil on the filets and season with sea salt and freshly ground black pepper.
3. Wrap the bacon around the filet Mignon's. Secure the bacon with a toothpick.
4. In a heated skillet, sear filets on both sides. Once seared and when the Brio is preheated, place filets on Base Tray of the Brio. Press time and set for 9 min.
5. Cook for 7 to 9 min. Flip half way to sear both sides. Check with hand held instant thermometer and cook to internal temperature of 135°F for medium rare.
6. Remove steaks and let rest 5 min., before serving.

# Fish and Chips with Homemade Tartar Sauce

Serves 2

## Ingredients:

2 (7-oz) catfish fillets  
¼ c tortilla chips (optional) or premade fries  
4 slices of wholemeal bread  
¼ c Parmesan cheese  
¼ t onion powder  
¼ t garlic powder  
1¼ t sea salt plus  
½ t extra  
¼ t freshly ground black pepper plus ½ t extra  
1 egg  
2 T milk

## For Tartar Sauce:

## Directions:

1. Cut fish fillets in half (for 4 pieces total). Season with ¼t sea salt and freshly ground black pepper; set aside
2. In a blender or food processor, add bread, tortilla chips, Parmesan cheese, onion powder, garlic powder, ½t sea salt, and freshly ground black pepper. Pulse until a bread crumb consistency is reached. Place in a shallow dish.
3. In another shallow dish, add egg and milk and beat lightly; set aside.
4. Take a piece of fish and wet with egg mixture and then coat with bread crumb mixture; set aside.
5. Preheat at 360°F.
6. Place breaded fish on Reversible Rack. Cook for 12-14 min., until golden brown.
7. While cooking, in a small bowl, mix together mayonnaise, pickles, red onions, white wine vinegar, capers, grain mustard, sea salt, and freshly ground black pepper. Place in the refrigerator to chill.
8. Serve fish warm with chips or tortilla chips (optional) and homemade tartar sauce.

½ c mayonnaise  
2 T pickles or cornichons, finely minced  
2 T red onions, finely minced  
1 T white wine vinegar  
1 T capers  
1 t grain mustard  
Sea salt, as needed  
Freshly ground black pepper, as needed

## Optional:

Potato chips or tortilla chips

# Five-Spice Duck Breast

Serves 2

## Ingredients:

2 duck breasts, boneless, skin on  
6 T soy sauce  
1 T Chinese five-spice  
1 T mirin  
1 T honey  
Sea salt as needed  
Freshly ground black pepper, as needed

## Directions:

1. Place duck breasts on a cutting board and score the duck's skin, making 3-4 diagonal cuts through skin. Do not cut into the meat.
2. Place duck into a resealable plastic bag and add soy sauce, five-spice, mirin, honey, salt, and pepper. Mix everything together to coat duck breasts. Place in refrigerator to marinate for 24 hours.
3. Set the Brio to preheat at 400°F.
4. When preheated, add ½ c water to bottom of Base Tray. Place in duck breasts skin-side up into the Base Tray.
5. Place in duck breasts skin-side up onto the Base Tray . Cook for 8 min., and flip duck breast. Continue to cook until an internal temperature of 120°F has been reached.
6. Remove duck and let rest for 10 min., before serving.



# Fried Pickles

Serves 4

## Ingredients:

- 1 (32-oz) jar pickles, whole
- 1 c panko bread crumbs
- 2 eggs, beaten
- ½ c Parmesan cheese, grated
- ¼ t dill, dried

## Directions:

1. Slice pickles on a bias, ¼-inch thick, and place slices on paper towels to dry.
2. In a shallow bowl, combine bread crumbs, Parmesan, and dill.
3. Dip one pickle slice in beaten egg then coat with the bread crumbs. Repeat until all pickle slices are breaded.
4. Arrange breaded pickle slices on Base Tray. Do not overcrowd.
5. Cook at 400°F for 10 min. Halfway through cooking, shake Base Tray. Serve hot.



# Homemade Chicken Tenders with Honey Mustard

Serves 2

## Ingredients:

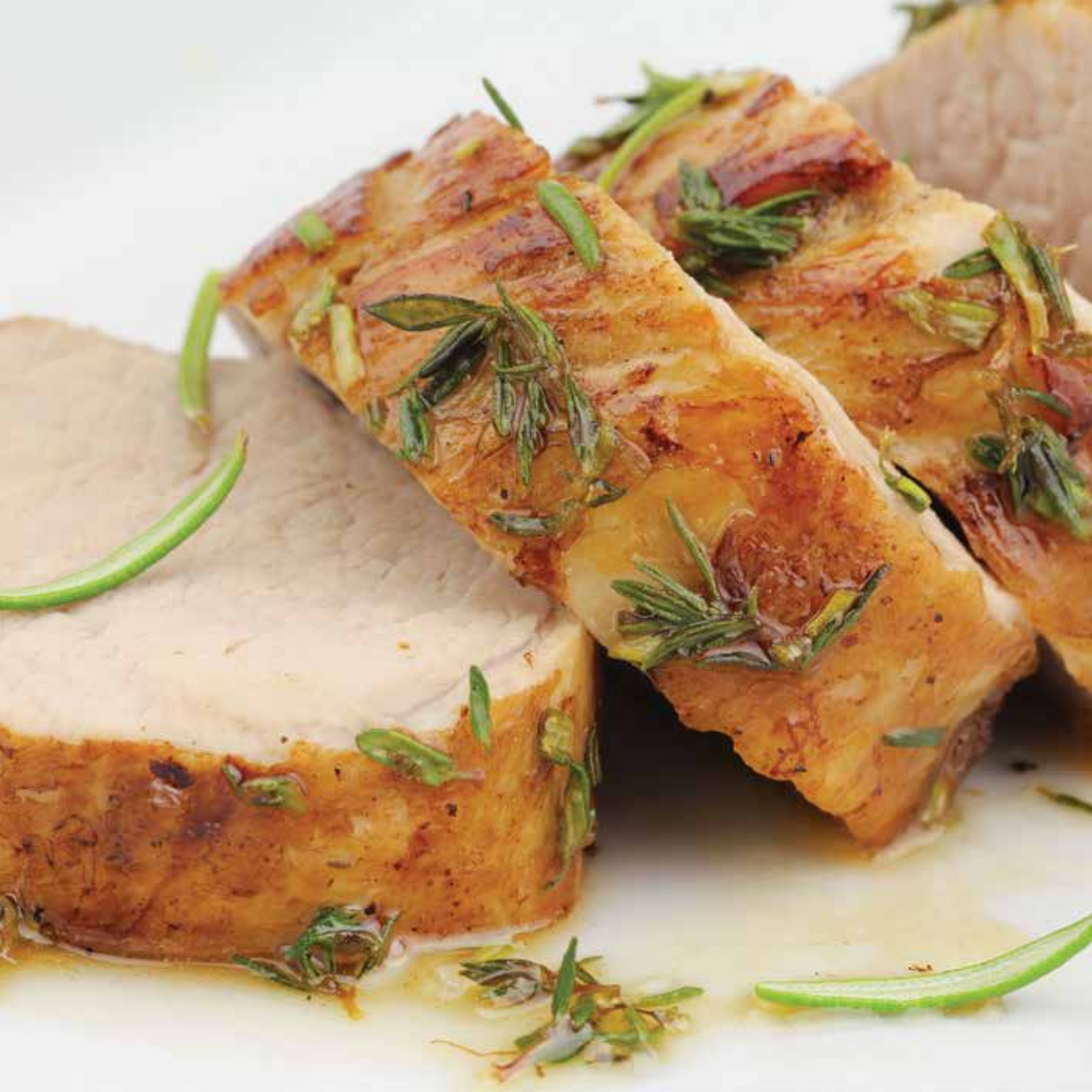
8 chicken tenderloins  
2 eggs, beaten  
1 c bread crumbs  
½ T dried rosemary  
½ T dried thyme  
1 t sea salt  
½ t freshly ground black pepper

## Honey-Mustard Sauce:

1 T Dijon mustard  
1 T honey  
1 T white vinegar  
1 t cracked black pepper

## Directions:

1. Combine well. In a mixing bowl, add bread crumbs, rosemary, and thyme.
2. Preheat to 375°F. Season chicken generously with salt and pepper. Dip and coat each in egg then coat with bread crumb mixture.
3. Place chicken on the Reversible Rack. Set time for 8 min.
4. While the chicken is cooking, combine Dijon mustard, honey, white vinegar, and pepper in a small mixing bowl.
5. Check after 6 min., with handheld thermometer, if not 165°F continue to cook.
6. When done and chicken reaches an internal temperature of 165°F, remove. Serve chicken with honey-mustard dipping sauce on side.



# Honey-Butter Pork Tenderloin

Serves 6

## Ingredients:

- 1- 1½-lb pork tenderloin, trimmed
- ¾ c water
- 4 t butter
- 2 t honey
- ½ t Cajun seasoning
- ½ t freshly ground black pepper

## Directions:

1. In a skillet, over medium heat, melt butter and honey.
2. Rub Cajun seasoning and black pepper on pork tenderloin. Add pork to the honey butter. Brown tenderloin in skillet on all sides.
3. Place tenderloin in the Base Tray and set the Brio to 360°F for 12 min. Cook time may be longer depending on size and thickness of tenderloin.
4. When cooked, remove tenderloin to a serving dish and cover with aluminum foil.
5. Pour juices remaining on Base Tray from cooked tenderloin into a saucepan. Add water and heat over medium heat on a stovetop. Slightly reduce liquid for about 5 min.
6. Slice tenderloin and serve with a drizzle of the sauce from saucepan.



# Italian Sausage with Rigatoni Pasta

Serves 2

## Ingredients:

1 lb rigatoni pasta  
1 lb Italian sausage, cooked and crumbled  
2 basil leaves, chiffonade (for garnish)  
1 bell pepper, sliced into strips  
1 c grape tomatoes, each halved  
Sea salt as needed  
¼ c fontina cheese, grated  
¼ c mozzarella cheese, shredded, divided  
1 c marinara sauce  
Cooking spray as needed

## Directions:

1. Cook pasta according to package. Strain pasta and place in a bowl. Add sausage, bell pepper, tomatoes, Fontina cheese, half the mozzarella cheese, sea salt, and marinara sauce. Stir together.
2. In a baking dish that will fit into the Brio, coat with cooking spray. Add pasta mixture.
3. Set to 400°F for 10 min. After 10 min., add remaining mozzarella cheese to the top.
4. Set temperature again to 400°F. Cook for an additional 3-4 min., until cheese is melted. Top with fresh basil.





# Jumbo Lump Crab Cakes

Serves 4

## Ingredients:

2 c cooked crab meat  
1 T all-purpose flour  
½ c mayonnaise  
3 green onions, finely chopped  
1 yellow onion, medium, finely chopped  
½ c roasted pepper, finely chopped  
1 egg  
½ c panko bread crumbs plus  
1c extra  
½ t garlic powder  
½ t sea salt

## Directions:

1. In a large bowl, add crab meat, flour, mayonnaise, onions, green onions, roasted pepper, egg, ½c bread crumbs, garlic powder, sea salt, and freshly ground black pepper. Combine all ingredients. Do not overwork mixture. Divide crab mixture into 16 equal portions and form crab cakes.
2. In a shallow dish, add remaining 1c of bread crumbs. Pat each crab cake into the bread crumbs. Place each crab cake on a tray or plate and put in freezer for 1 hour. (This will make them easier to handle.)
3. Preheat to 360°F.
4. Once preheated, place on Reversible Rack. Set to 360°F for 10 min. Cook until golden brown. Serve hot with dipping sauce of choice.



# Korean Wings

Serves 2

**Ingredients:**

1 lb chicken wings

1 t canola oil

¼ t freshly ground black pepper

**For Sauce:**

1½ T sambal

1 T Sriracha

1 T black bean paste

**Directions:**

1. In a large mixing bowl, add wings, oil, and pepper. Toss to coat wings.
2. Place wings on Base Tray and set to 400°F for 20 min.
3. While wings are cooking, in another mixing bowl, add sambal, Sriracha, and black bean paste. Mix well.
4. After 20 min., using a handheld meat thermometer, check to see that an internal temperature of 165°F has been reached. If not, continue cooking until 165°F is reached.
5. Remove wings and transfer to bowl with sauce. Add wings and toss to coat. Serve with your favorite dipping sauce.



# Mongolian Beef

Serves 2

## Ingredients:

- 2 lbs beef tenderloin or beef chuck, cut into strips
- ¼ c cornstarch
- 2 T cooking oil
- 1 T fresh ginger, minced
- 1 T garlic, minced
- ½ c rice vinegar
- ½ c soy sauce
- ½ c water
- 1 t hoisin sauce
- ½ c brown sugar
- 1 t red pepper flakes
- ½ c green onion, chopped into 1-inch pieces (25mm) (for garnish)

## Directions:

1. In a plastic zip bag, add cornstarch and beef. Coat evenly.
2. Add the remaining ingredients except green onions. Marinate beef for 2 hours.
3. Without overlapping place beef strips on the Base Tray and close. Press TEMP and adjust temperature to 400°F. Press TIME and adjust time to 10 min. Press START/PAUSE to begin.
4. Once cooked, place beef on a plate and top with green onions.

# Mozzarella Sticks

Serves 4

## Ingredients:

1lb mozzarella cheese, whole brick  
2 eggs  
3 T nonfat milk  
1c plain bread crumbs  
1 T fresh basil, minced  
1 T fresh oregano, minced  
1 T parsley, minced  
¼ c all-purpose flour  
1 t garlic powder  
1 t onion powder  
½ t cayenne pepper  
½ t paprika, smoked  
¼ t freshly ground black pepper  
½ t sea salt  
Marinara sauce (for serving)

## Directions:

1. Slice cheese into 3-by-½-inch sticks.
2. In a bowl, add eggs and milk. Whisk together.
3. In a shallow dish, add bread crumbs, basil, oregano, and parsley. In a third bowl, place in flour, garlic powder, onion powder, cayenne pepper, paprika, sea salt, and black pepper. Mix well.
4. Assembly line should be flour-egg-breadcrumbs. Bread each piece of cheese in this order.
5. Place breaded cheese sticks on a tray. Freeze for up to 2 hours or until solid.
6. Place small batches on the Base Tray. Do not overcrowd.
7. Set to 400°F and cook for 12 min. Serve hot with marinara sauce.

# Southern Fried Chicken Thighs

Serves 3

## Ingredients:

6-8 chicken thighs, bone-in  
2 c flour  
1 c buttermilk  
1 T garlic powder  
1 T freshly ground black pepper  
1 T paprika  
1 t sea salt  
1 t onion powder  
1 t cumin  
½ t cayenne pepper  
½ t dried oregano  
½ t dried thyme

## Directions:

1. Preheat Brio to 360°F.
2. In a resealable plastic bag, place in chicken thighs and buttermilk. Seal the bag. Place in refrigerator for at least 2-3 hours. In a resealable plastic bag, place in chicken thighs and buttermilk. Seal the bag. Place in refrigerator for at least 2-3 hours.
3. Remove chicken from the bag, reserving the buttermilk.
4. Combine flour and all spices and dried herbs in a large bowl. Dredge chicken piece in seasoned flour. Dip back into the buttermilk and dredge once again through the seasoned flour. Repeat for each piece. Place chicken on Base Tray .
5. After 15 min., flip chicken and continue cooking until an internal temperature of 165°F using meat thermometer is reached. Serve with corn on the cob and enjoy.



# Polish Kielbasa with Peppers & Onions

Serves 6

## Ingredients:

1 red bell pepper, sliced into strips  
1 green bell pepper, sliced into strips  
1 red onion, sliced into strips  
2 lbs Polish kielbasa, cut into coins  
Sea salt, as needed  
Freshly ground black pepper, as needed  
Cooking spray, as needed

## Directions:

1. Remove Base from the Brio. Spray Base Tray with cooking spray. Add kielbasa, peppers, and onions.
2. Add salt, pepper, and top with cooking spray. Toss to coat sausage and veggies. Slide Base back into the Brio.
3. Set to 400°F for 10 min. Halfway through, remove Base Tray and shake a couple times to separate and move sausage and veggies around. Serve with rice or as a side dish.



# Reuben Sandwich

Serves 2

## Ingredients:

4 slices rye bread  
10 slices corned beef  
3 T of sauerkraut (with caraway seeds)  
4 T Thousand Island dressing  
4 slices of Swiss cheese  
Butter-flavored cooking spray as needed

## Directions:

1. Spray the outer sides of each slice of rye bread with cooking spray.
2. Arrange the corned beef on two of the slices of bread. Evenly spread sauerkraut on top of the corned beef and drizzle on Thousand Island dressing.
3. Top the sauerkraut and dressing with Swiss cheese. Top each with other rye bread slice.
4. Carefully place sandwiches in the Base Tray close Base Tray.
5. Set Brio to 400°F for 4 min. After the 4 min., flip sandwiches over and set to 400°F for an additional 4 min.



# Scotch Eggs

Serves 6

## Ingredients:

6 hard-boiled eggs, peeled  
3 eggs, raw, divided  
1½ c bread crumbs, divided  
1½ lbs. pork sausage  
½ c flour  
Cooking spray, as needed

## Directions:

1. In a large mixing bowl, combine 1 raw egg, ½c bread crumbs, and pork sausage.
2. In a shallow bowl, beat the remaining raw eggs. In another shallow bowl, add flour; set aside.
3. Divide sausage mixture into six equal portions. Flatten each portion down into an oval shaped piece.
4. Roll each hard-boiled egg in flour then place egg in the middle of the oval sausage patty. Wrap the sausage around the egg so that it completely encloses the egg.
5. Once wrapped, roll the encircled egg in flour, dip into the beaten eggs, and then roll in the bread crumbs. Repeat for each egg.
6. Place breaded eggs on Base Tray in a single layer and apply cooking spray.
7. Set to 360°F for 10 min. After 5 min., of cooking, turn each egg over and spray tops again with cooking spray. Cook for an additional 5 min., or until sausage is cooked and the coating is brown.



# Sesame Beef

Serves 4

## Ingredients:

- 1 lb. beef strips, any cut of choice
- ¼ c soy sauce
- ¼ c ketchup
- 2 T honey
- 2 t sesame seed oil
- 1 T sesame seeds
- 2 t cornstarch

## Directions:

1. In a plastic zip bag, add beef strips, soy sauce, ketchup, honey, sesame seed oil, sesame seeds, and cornstarch. Mix all together and marinate overnight in the refrigerator.
2. When ready to cook, preheat at 400°F.
3. Once preheated, remove the strips of meat from bag; reserve the marinade. Arrange on Base Tray.
4. Cook sesame beef at 400°F for 5 to 7 min.
5. While cooking, pour remaining marinade from bag into a saucepan. Bring up to a boil until it thickens.
6. When done, serve sesame beef with heated marinade sauce on the side for dipping.



# Spiced Avocado Fries with Creole Sauce

Serves 2

## Ingredients:

2 avocados  
4 T ground coriander  
3 limes, juice and zest  
2 c oats  
1 T dried or fresh basil  
2 T taco seasoning  
Sea salt as needed  
Freshly ground black pepper as needed

## For Creole Dipping Sauce:

½ c mayonnaise  
1 T brown mustard  
2 t Cajun seasoning  
1 t lemon juice

## Directions:

1. Cut avocados in half and remove skin and pit (seed) for each. Slice avocado into wedges.
2. Squeeze lime juice over avocado and season with sea salt, freshly ground black pepper, and coriander.
3. In a food processor, add lime zest, oats, basil, and taco seasoning. Pulse until bread crumb consistency is reached. Put mixture into a shallow dish.
4. Take avocado slices and bread each with the oat mixture. Arrange slices on Base Tray. Do not overlap.
5. Set to 400°F for 6 min. Flip the avocado slices and set to cook for an additional 6 min.
6. While cooking, in a small bowl, add mayonnaise, brown mustard, Cajun seasoning, and lemon juice. Mix well and pour into a dipping sauce container or small serving bowl.
7. Before serving, squeeze any remaining lemon juice on top of Creole dipping sauce and serve on side with avocado fries.

# Spicy Rumaki

Serves 8

## Ingredients:

½ lb chicken livers, cleaned and rinsed, each cut into ½-inch cubes  
1 lb bacon slices, each cut into thirds  
1 -5 oz. can whole water chestnuts, each quartered  
1 jalapeño pepper, thinly sliced  
2 cloves garlic, minced  
2 t fresh ginger, minced  
4 T maple syrup  
3 T soy sauce  
2 T red pepper flakes  
Sweet chili sauce for dipping (optional)

## Directions:

1. Place chicken livers in a plastic resealable bag. Along with soy sauce, ginger, and garlic. Marinate for 2 hours.
2. Remove livers from marinade; set aside.
3. Lay bacon slices on a flat surface. Brush one side of bacon with maple syrup. Sprinkle some red pepper flakes over bacon then place a piece of liver at one end of the bacon. Top with piece of water chestnut and slice of jalapeño.
4. Wrap the bacon around the liver, chestnut, and jalapeño stack by rolling it up. Slightly stretch the bacon to ensure a tight wrap. Repeat until all liver is used.
5. Place rumaki seam-side down on Base Tray. Brush with more maple syrup. Set to 400°F.
6. Cook for 6 min., flip, and set to cook for an additional 6-7 min. Air-fry until an internal temperature of 165°F is reached. Use a handheld meat thermometer to check.
7. When done and bacon has cooked to desired crispiness, remove rumaki. Serve with sweet chili sauce (optional).



# Stuffed Peppers

Serves 4

## Ingredients:

4 red bell peppers  
1 lb ground beef  
1 white onion, minced  
3 cloves of garlic, minced  
1 c tomato sauce, divided  
2 t extra-virgin olive oil  
Sea salt, as needed  
Freshly ground black pepper, as needed  
2 t Worcestershire sauce  
2 c cheddar cheese, shredded, divided

## Directions:

1. Cut off upper parts of bell peppers and remove stems and seeds. In a pot of boiling water, place peppers in and cook for 3 min. Take out; set aside.
2. Preheat at 400°F.
3. In a skillet, heat oil and add onion and garlic. Season with sea salt and freshly ground black pepper. When onions are soft, turn off heat, remove, and allow to cool.
4. In a large bowl, add ground beef, ½c tomato sauce, Worcestershire sauce, 1c cheddar cheese, sea salt, freshly ground black pepper, and cooled onion mixture.
5. Fill up peppers with beef filling and top with remaining tomato sauce and shredded cheese.
6. Arrange peppers on Base Tray and set at 400°F cook for 20 min. Serve hot.

**Tip:** Serve with white rice.

# Sweet & Sour Chicken

Serves 4

## Ingredients:

4 chicken breasts, boneless, skinless, large dice	4 T ketchup
2 cloves garlic, minced	2 T cornstarch
1 red onion, large dice	1 T extra-virgin olive oil
1 red pepper, seeded, large dice	1 T soy sauce
1 green pepper, seeded, large dice	1 t red pepper flakes
1 c sugar	Sea salt as needed
½ c apple cider vinegar	Freshly ground black pepper as needed

## Directions:

1. In a large mixing bowl, add garlic, onions and bell peppers. Add oil and mix well to coat veggies. Place vegetables on Reversible Rack and set to 360°F. Cook for 7 min. Halfway through, slide out turnover contents.
2. In the same large mixing bowl, combine sugar, vinegar, ketchup, cornstarch, soy sauce, red pepper flakes, salt, and black pepper. Mix well; set aside.
3. Once vegetables have cooked for 7 min., add chicken to Reversible Rack. Cook for 10 min., or until chicken reaches an internal temperature of 165°F.
4. Once chicken reaches 165°F, remove chicken with vegetables. Add chicken and vegetables to the Brio Non-stick Baking Pan or a casserole dish that will fit in unit. Pour sauce on top.
5. Stir to coat. Place back into Brio and cook at 360°F for an additional 3-5 min., in Brio to thicken the sauce.
6. Remove and serve with rice.

# Yakitori

Serves 6

## Ingredients:

⅓ c rice wine  
½ c sugar  
2 T ginger, minced  
2 t garlic, minced  
⅓ c soy sauce  
2 lbs chicken (908g) cut into strips

## Directions:

1. Combine rice wine, soy sauce, sugar, ginger, and garlic into a saucepan. Bring up to a boil until thick; set aside to cool.
2. In a bowl, place in chicken. Pour marinade on top; reserving some marinade in saucepan. Mix well. Chill chicken in fridge for 2-3 hours.
3. Remove marinated chicken. Place chicken onto skewers.
4. Place on the Base Tray and set to 400°F.
5. Cook for 10 min. Halfway through, baste with marinade from saucepan.
6. Remove and serve with your choice of rice or sauce.

# 100 PRESETS

Quick Meals		Cooking Temp.	Time
1.	Bacon (4 oz)	400°F	8 min.
2.	Bake (8 oz)	350°F	15 min.
3.	Baked Eggs (2 oz)	300°F	10 min.
4.	Baked Potato	400°F	35 min.
5.	Chicken Breast (8 oz) Flip Halfway*	360°F	12 min.
6.	Chicken Thighs (8 oz) Flip Halfway*	360°F	12 min.
7.	Dehydrate (8 oz)	120°F	8 min.
8.	Dessert (8 oz)	350°F	15 min.
9.	Fish (6 oz) Flip Halfway*	360°F	10 min.
10.	Fries, Fresh (16 oz) Shake Halfway*	360°F	10 min.
11.	Fries, Frozen (16 oz) Shake Halfway*	360°F	11 min.
12.	Frozen Food (16 oz)	375°F	18 min.
13.	Pork (16 oz)	400°F	8 min.
14.	Reheat (8 oz)	325°F	8 min.
15.	Roast (32 oz)	375°F	45 min.
16.	Shrimp (8 oz)	360°F	8 min.
17.	Steak (8 oz) Flip Halfway*	375°F	8 min.
18.	Sweet Potato (32 oz)	400°F	35 min.
19.	Toast/Bagel (4 slices)	350°F	4 min.
20.	Vegetables (8 oz)	375°F	10 min.
Vegetables		Cooking Temp.	Time
21.	Asparagus (jumbo split in half, 12-14 oz))	400°F	5 min.
22.	Beets (2-4, wrapped in foil)	400°F	40 min.
23.	Broccoli (florets, 12-14 oz)	400°F	6 min.
24.	Brussels Sprouts (halved, 10-12 oz)	360°F	15 min.

Vegetables		Cooking Temp.	Time
25.	Carrots (8-12 oz)	360°F	15 min.
26.	Cauliflower (florets, 8-12 oz)	400°F	12 min.
27.	Corn on the Cob (wrapped in foil, 2-4 pc.)	390°F	6 min.
28.	Eggplant (halved, 2 pc.)	400°F	15 min.
29.	Fennel (Halved, 2-4 pc.)	370°F	15 min.
30.	Green Beans (8-12 oz)	400°F	5 min.
31.	Kale Leaves (1-2 c)	250°F	12 min.
32.	Mushrooms (8-12 oz)	400°F	5 min.
33.	Onions (pearl, (8-12 oz)	400°F	10 min.
34.	Parsnips (½-inch cubes, 8-12 oz)	400°F	15 min.
35.	Peppers (½-inch cubes, 8-12 oz)	400°F	15 min.
36.	Small Baby Potatoes (1 lb)	400°F	15 min.
37.	Potatoes (1-inch cubes, 8-12 oz)	400°F	12 min.
38.	Squash (½-inch cubes, 8-12 oz)	400°F	12 min.
39.	Squash (baked, whole 1-2)	400°F	32 min.
40.	Cherry Tomatoes (8-10 oz)	400°F	4 min.
41.	Zucchini (½-inch sticks, 8-10 oz)	400°F	12 min.
Poultry		Cooking Temp.	Time
42.	Chicken Breast, bone-in (1.25 lbs)	370°F	25 min.
43.	Chicken Breast, boneless (6 oz)	360°F	10 min.
44.	Chicken Drums & Thighs, bone-in (1.75 lbs)	360°F	25 min.
45.	Chicken Drumsticks (2.5 lbs)	370°F	20 min.
46.	Chicken Tenders (6-8 tenders)	360°F	9 min.
47.	Chicken Thighs, bone-in (2 lbs)	360°F	25 min.
48.	Chicken Thighs, boneless (1.5 lbs)	360°F	15 min.

\*The Brio will beep to alert to shake and flip food halfway.

<b>Poultry</b>		<b>Cooking Temp.</b>	<b>Time</b>
49.	<b>Quail</b> (butterfly)	400°F	12 min.
50.	<b>Duck Breast</b> (1 lb.)	400°F	30 min.
51.	<b>Frozen Chicken Kiev</b> (5 oz)	360°F	30 min.
52.	<b>Frozen Chicken Tenders</b> (8 oz)	360°F	15 min.
53.	<b>Frozen Chicken Breast, boneless</b> (8 oz)	360°F	20 min.
54.	<b>Frozen Chicken</b> (whole, 3 lbs.)	360°F	1 hour
55.	<b>Game Hen</b> (14-16 oz)	390°F	25 min.
56.	<b>Frozen Chicken Wings</b> (1 lb.)	390°F	45 min.
57.	<b>Fresh Chicken Wings</b> (1 lb.)	360°F	40 min.
58.	<b>Turkey Breast</b> (2 lbs.)	360°F	50 min.
59.	<b>Whole Chicken</b> (3 lbs.)	360°F	50 min.
<b>Beef</b>		<b>Cooking Temp.</b>	<b>Time</b>
60.	<b>Burger</b> (4 oz)	370°F	4 min.
61.	<b>Beef Eye Round Roast</b> (4 lbs.)	390°F	35 min.
62.	<b>Beef Tenderloin Medallion</b> (2-3 oz)	400°F	4 min.
63.	<b>Reheat Steak</b> (6 oz)	400°F	3 min.
64.	<b>London Broil</b> (2 lbs.)	400°F	35 min.
65.	<b>Meatballs</b> (1-inch)	360°F	10 min.
66.	<b>Meatballs</b> (3-inch)	360°F	15 min.
67.	<b>Beef Ribs</b> (1.5 lbs.)	400°F	50 min.
68.	<b>Sirloin Steak</b> (1-inch, 12oz)	400°F	6 min.
<b>Pork/Lamb</b>		<b>Cooking Temp.</b>	<b>Time</b>
69.	<b>Loin</b> (2 lbs.)	360°F	55 min.
70.	<b>Bacon</b> (regular)	400°F	6 min.
71.	<b>Bacon</b> (thick cut)	400°F	8 min.
72.	<b>Lamb Loin Chops</b> (1-inch thick)	400°F	12 min.
73.	<b>Pork Chops, bone-in</b> (1-inch, 6oz)	400°F	12 min.
74.	<b>Pork Chops, boneless</b> (1-inch, 6oz)	400°F	10 min.

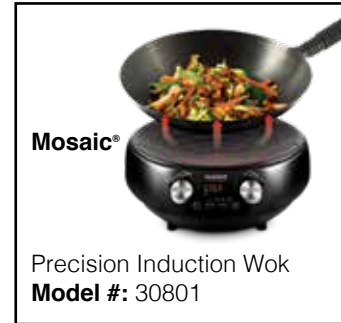
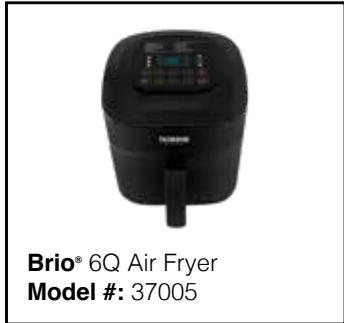
75.	<b>Rack of Lamb</b> (2 lbs.)	360°F	22 min.
76.	<b>Sausage</b> (4 oz links)	360°F	10 min.
77.	<b>Tenderloin</b> (1 lb.)	370°F	15 min.
<b>Fish/Seafood</b>		<b>Cooking Temp.</b>	<b>Time</b>
78.	<b>Cajun Shrimp</b> (8 oz, medium size)	400°F	4 min.
79.	<b>Fish Fillet</b> (1-inch, 8 oz)	400°F	10 min.
80.	<b>Salmon, fillet</b> (6 oz)	360°F	12 min.
81.	<b>Scallops</b>	400°F	6 min.
82.	<b>Swordfish Steak</b> (8 oz)	400°F	10 min.
83.	<b>Tuna Steak</b> (8 oz)	400°F	8 min.
<b>Frozen Food</b>		<b>Cooking Temp.</b>	<b>Time</b>
84.	<b>Onion Rings</b> (12 oz)	400°F	8 min.
85.	<b>Breaded Shrimp</b> (5-10, large)	400°F	9 min.
86.	<b>Chicken Nuggets</b> (8 oz)	400°F	10 min.
87.	<b>Fish Sticks</b> (10 oz)	400°F	10 min.
88.	<b>Frozen Burrito</b> (10 oz)	400°F	15 min.
89.	<b>Frozen Chicken Patty</b> (4 oz)	400°F	8 min.
90.	<b>Mozzarella Sticks</b> (10oz)	400°F	8 min.
<b>Dehydrated Food</b>		<b>Cooking Temp.</b>	<b>Time</b>
91.	<b>Kale Chips</b>	125°F	2½ hours
92.	<b>Fruit Leather</b>	150°F	12 hours
93.	<b>Apple</b>	135°F	8 hours
94.	<b>Banana</b>	135°F	8 hours
95.	<b>Beef Jerky</b>	160°F	8 hours
96.	<b>Granola</b>	115°F	8 hours
97.	<b>Kiwi</b>	135°F	6 hours
98.	<b>Mango</b>	135°F	10 hours
99.	<b>Orange</b>	125°F	10 hours
100.	<b>Sun-Dried Tomatoes</b>	145°F	8 hours

**NOTES**

Food	Cooking Temp.	Time

Food	Cooking Temp.	Time

## OUR PRODUCTS



## OUR PRODUCTS



**PIC Double (Induction Cooktop)**  
**Model #: 30602**



**BruHub® 3-in-1 Coffee Maker**  
**Model #: 45011**



**Moxie® Vacuum High-Performance Blender**  
**Model #: 28101**



**Moxie® Pro High-Performance Blender**  
**Model #: 28202**



**12-Piece Duralon® Non-Stick Cookware**  
**Model #: 31424**



**10-Piece Duralon® Non-Stick Cookware**  
**Model #: 31422**



**7-Piece Duralon® Non-Stick Cookware**  
**Model #: 31420**



**10.5-inch Duralon® Non-Stick Everyday**  
**Model #: 31434**



**11-inch Duralon® Non-Stick Fry Pan**  
**Model #: 32708**



**9.5-inch Duralon® Non-Stick Fry Pan**  
**Model #: 32707**



**8-inch Duralon® Non-Stick Fry Pan**  
**Model #: 32706**



**3-Quart Duralon® Non-Stick Grill Pan**  
**Model #: 31438**



**OxyPure® Smart Air Purifier**  
**Model #: 47001**



**nuwave**  
**Brio® 7.25Q**  
**Digital Air Fryer**

**FOR HOUSEHOLD USE ONLY**

Model: 37061

**NuWave LLC**

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