

# TODD ENGLISH

## PRO-SMART™ OVEN

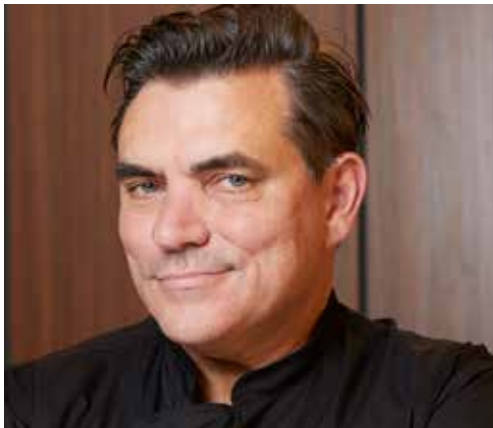
### Recipes

Model No:  
20901 / 20902 / 21901 / 21902



Read the Owner's Manual before using the Pro-Smart Oven.

Engineered By  
**nuwave**®



# WELCOME

To The Todd English Family!

Congratulations on your Todd English Pro-Smart Oven! I am incredibly excited for you to join me as we explore healthy home cooking with your new Pro-Smart Oven, which was engineered by the great folks at NuWave, LLC.

They say it's the journey that counts. You can believe it. Cooking can take you around the corner or around the world, and so, to ensure that you get the most out of that journey, your Pro-Smart Oven comes with detailed instructions in the manual, a handy Quick Start Guide to get you cooking right away, and this Recipe Book loaded with delicious, chef-tested recipes that are already programmed into your Pro-Smart Oven!


Now, let's get cooking!


A handwritten signature in black ink that reads 'Todd English'.

# Probe Temperature Guide

Meats	Unit Temp Setting	Internal Probe Temp				
	Temp. °F	Rare °F	Med Rare °F	Med °F	Med Well °F	Well °F
Chicken, Turkey, Duck (breast)	360					165
Chicken, Turkey, Duck (whole)	360					165
Chicken, Turkey, Duck (thigh)	360					165
Steak, 1-inch thick	450	120	130	135	145	165
Burgers, ½lb.	450	120	130	135	145	165
Roast Beef (bone-in), Roast Beef (boneless)	350	120	130	135	145	165
Lamb (bone-in), Lamb (boneless)	350	125	135	145	150	160
Pork (bone-in), Pork (boneless)	350			145	150	165
Salmon, Tuna, Halibut, Swordfish	450			145	150	160
Fish Steaks, 1-inch thick	450			145	150	160
Sausage	450					160

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.

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# Quick Start Recipe

## Grilled Sea Scallops

Serves: 2 | Prep Time: 5 minutes | Total Cook Time: 5 minutes

### Ingredients:

4 skewers  
10 extra-large sea scallops

### Marinade:

1 shallot, minced  
2 lemons, juiced  
¼c honey  
½c extra virgin olive oil  
Sea salt, to taste  
Freshly ground white pepper, to taste  
1T fresh parsley, minced

### Directions:



Gather all of the ingredients needed for the Grilled Sea Scallops recipe.



Skewer 5 scallops per set of skewers. Combine the shallot, lemon juice, honey and olive oil in a bowl and mix well. Then, place the skewered scallops into a shallow pan and pour the marinade over them. Allow the scallops to marinate in the refrigerator for 2 hours.



Place the Grill into the Grill/Griddle Rack and slide it into Position 4. Press **Menu** and turn the **Select** dial to Menu Preset 43 (Grill at 450°F with 20% Rear Heat, 80% Top Heat, 0% Bottom Heat, and Fan Speed 3) for 5 minutes. Press **START/PAUSE** to begin preheating.



Once preheated, the oven will beep twice, display "**Ready**", countdown for 10 seconds and then beep once to give you time to insert your food.



Open the oven Door and place the skewered scallops onto the Grill in Position 4. Close the oven Door to begin grilling under Menu Preset 43.



While the scallops are cooking, place the marinade into a sauté pan and heat it for 2 minutes over a medium-high heat. Then remove the marinade from the heat and add the parsley.



Once the 5 minutes are up, the oven will beep three times and display “END”.



Transfer the scallops to serving plates and drizzle them with the heated marinade sauce. Serve and enjoy!



## Quick Start Recipe

# Grilled Herbed Dijon Mustard Chicken Breast

Serves: 2 | Prep Time: 15 minutes | Total Cook Time: 12 minutes

### Ingredients:

2 boneless chicken breast, 8oz. each  
2oz. extra-virgin olive oil  
2oz. white wine vinegar  
1T brown sugar  
1T Dijon mustard  
1 lemon, juiced  
½t dried rosemary

½t dried thyme  
½t dried oregano  
1 clove garlic  
Sea salt, to taste  
Freshly ground black pepper, to taste  
Nonstick cooking spray, as needed

### Directions:



Gather all of the ingredients needed for the Grilled Herbed Dijon Mustard Chicken Breast recipe.



Place the olive oil, vinegar, Dijon mustard, lemon juice, and brown sugar into a mixing bowl and mix well. Add your spices and garlic to a mortar and pestle and grind them to a fine paste. Then, incorporate that paste into the brown sugar mixture.



Add the chicken breast. Let it marinate for 2 hours. Remove the chicken from the marinade, season it with salt and black pepper, and then insert the Probe into the side of one of the chicken breasts.



Open the oven Door. Place the Grill onto the Grill/Griddle Rack and slide it into Position 3. Press **Menu**, then turn the **Select** dial to Menu Preset 41 (Grill in 3 Stages). Press **START/PAUSE** to begin preheating.





Once preheated, the oven will beep twice, display **"Ready"**, countdown for 10 seconds and then beep once to give you time to place your food in the oven.



Spray the Grill with nonstick cooking spray and then place the chicken breasts on the Grill. Close the oven Door and begin Stage 1 (Grill at 450°F) for 2 minutes, after which the oven will beep once and move on to Stage 2.



The oven will remain in Stage 2 (Grill at 300°F) to an internal Probe temperature of 130°F. It will then beep once and move onto Stage 3 (Broil at 500°F) to an internal Probe temperature of 155°F, after which the oven will double beep 3 times.



Open the oven Door. Remove the chicken breasts and tent with foil, leaving the Probe in to monitor carryover cooking to 165°F. When the carryover target temperature is reached, the oven will beep three times and display **"END"**. Serve and enjoy.

## Quick Start Recipe

# Air-Roast Brussels Sprouts

Serves: 2 | Prep Time: 8 minutes | Total Cook Time: 15 minutes

### Ingredients:

1lb. Brussels sprouts, halved  
1T extra-virgin olive oil  
½t sea salt  
1 shallot, medium to small dice  
2t butter  
1t red wine vinegar

### Directions:



Gather all of the ingredients needed for the Brussels Sprout recipe.



Place the Brussels sprouts, olive oil, and salt in a mixing bowl and toss to coat well. Then, pour the Brussels sprouts onto the Air Fry Basket.



Press **Menu** and turn the **Select** dial to Menu Preset 83. Press **START/PAUSE** to begin preheating Stage 1 (Air Roast at 400°F with 40% Rear Heat, 30% Top Heat, 30% Bottom Heat, and Fan Speed 3).



Once preheated, the oven will beep twice, display **"Ready"**, countdown for 10 seconds, and then beep once to give you time to insert your food.



Open the oven Door and slide the Brussels sprouts into the oven at Position 3, then close the oven to begin cooking Stage 1 for 10 minutes. While the Brussels sprouts are Air Roasting, melt butter in a small saucepan. Add shallots and red wine vinegar. Stir to combine.



After Stage 1, the oven will beep 3 times. Open the oven and turn over your Brussels sprouts. Close it again to begin Stage 2 (Air Roast at 425°F with 40% Rear Heat, 30% Top Heat, 30% Bottom Heat, and Fan Speed 3) for 5 minutes.



After Stage 2 is finished, the oven will beep three times and display “END”. Remove the Brussels sprouts from the oven and pour them into a clean mixing bowl. Pour the shallot-butter mixture over the Brussels sprouts, toss and serve.

## Quick Start Recipe

# Grilled Curry Glazed Rib Eye Steaks

Serves: 2 | Prep Time: 5 minutes | Total Cook Time: 5-18 minutes

### Ingredients:

2 Rib Eye Steaks, 11oz. each  
2T soy sauce  
2T Dijon mustard  
1T red curry paste  
2T red wine  
3T brown sugar  
Nonstick cooking spray, as needed  
Sea salt, to taste  
Freshly ground black pepper, to taste

### Directions:



Gather all of the ingredients needed for the Grilled Curry Rib Eye Steak recipe.



Place the soy sauce, red wine, Dijon mustard, brown sugar, and curry in a mixing bowl and mix well. Add your rib eye steaks and allow them to marinate for 2 hours.



Open the oven. Place the Grill onto the Grill/Griddle Rack in position 3. Press **Menu**, turn the **Select** dial to one of the following Menu Presets:

- 51 – Rare 120°F
- 52 – Medium Rare 130°F
- 53 – Medium 135°F
- 54 – Medium Well 145°F
- 55 – Well 165°F



Press **START/PAUSE** to begin preheating Stage 1 (Grill at 450°F with 20% Rear Heat, 80% Top Heat, 0% Bottom Heat, and Fan Speed 3). Once preheated, the oven will beep twice, display **“Ready”**, hold 10-sec., and beep once to let you place your food.



Remove the Steaks from the marinade, season them with salt and pepper, then lightly coat them with cooking spray. Put them on the Grill, insert the Probe, and slide it all into the oven to cook at Stage 1 to an 80°F internal Probe temperature.



The oven will beep once and go to Stage 2 (Grill at 325°F with 20% Rear Heat, 80% Top Heat, Fan Speed 3) to an internal Probe temperature of:

- Rare 110°F
- Medium Rare 115°F
- Medium 120°F
- Medium Well 130°F
- Well 155°F



After Stage 2, the oven will double beep three times. Remove the steaks, leaving the Probe in to monitor carryover cooking to:

- Rare 120°F
- Medium Rare 130°F
- Medium 135°F
- Medium Well 145°F
- Well 165°F



When the carryover target temperature is reached, the oven will beep 3 times and display “END”. Serve and enjoy.



## Quick Start Recipe

# Grilled Teriyaki Hamburgers

**Serves:** 2 | **Prep Time:** 10 minutes | **Total Cook Time:** 4-12 minutes

### Ingredients:

1lb. ground sirloin, 90% lean  
2oz. Teriyaki sauce  
Sea salt, to taste  
Freshly ground black pepper, to taste  
2 hamburger buns, split and toasted  
Lettuce leaves (optional)  
Tomato slices (optional)  
Nonstick cooking spray, as needed

### Directions:



Gather all of the ingredients needed for the Grilled Teriyaki Hamburger recipe.



Form and season the patties. Place the Grill in the Grill/Griddle Rack in Position 3. Press **Menu**, turn the **Select** dial to one of these Menu Presets:

- 51- Rare
- 52- Medium Rare
- 53- Medium
- 54- Medium Well
- 55- Well



Press **START/PAUSE** to begin preheating Stage 1 (Grill at 450°F with 20% Rear Heat, 80% Top Heat, 0% Bottom Heat, and Fan Speed 3). Once preheated, the oven will beep twice, display **“Ready”**, hold for 10 sec., and beep once to let you insert your food.



Open the oven Door and pull the Grill out. Spray the Grill with non-stick cooking spray, then lightly brush 1oz. of teriyaki sauce on each burger top and bottom before lightly spraying them with nonstick cooking spray to prevent sticking.



Place the burgers on the Grill and insert the Probe into the middle of one of them. Brush leftover teriyaki sauce on the burgers. Then, slide everything back into the oven to begin Stage 1, cooking to an internal Probe temperature of 80°F.



After Stage 1, the oven will then beep once and begin Stage 2 (Grill at 325°F) to a internal Probe Temperature of:

- Rare 110°F
- Medium Rare 115°F
- Medium 120°F
- Medium Well 130°F
- Well 155°F



Remove the burgers, leaving the Probe in to monitor carryover cooking to:

- Rare - 120°F
- Medium Rare - 130°F
- Medium - 135°F
- Medium Well - 145°F
- Well - 165°F



When the carryover target temperature is reached, the oven will beep 3 times and display “END”

Place your burgers on the toasted buns and serve them with lettuce and tomato slices (optional).



**Air Fry**



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

# Air-Fried Buttermilk Chicken Wings

Serves: 2-4 | Prep Time: 10 minutes | Total Cook Time: 15 minutes

## Ingredients:

2lbs. fresh chicken wings (wingettes and drumettes)  
Nonstick olive oil spray, as needed  
1 jar honey, optional

## Marinade:

½qt. buttermilk  
2oz. Hidden Valley Ranch® dressing mix  
1½T cayenne pepper  
2T Cajun spice

## Seasoned Flour:

2qts. all-purpose flour  
2½T Cajun spice  
½t sea salt  
1oz. Hidden Valley Ranch® dressing mix

## Directions:

1. Wash the wings, pat them dry, and set them aside.
2. Place all of the ingredients for the marinade into a mixing bowl. Mix them well with a wire whisk so everything is well incorporated. Place the wings into the marinade and allow them to marinate for at least 2 hours and as long as 24 hours.
3. Place all of the ingredients for the chicken flour into a mixing bowl and mix well with a wire whisk so everything is well incorporated.
4. Press **Menu** and **Select** Preset 1 (Air Fry at 400°F with 80% Rear Heat, 10% Top Heat, 10% Bottom Heat, and Fan Speed 3). Then, press **START/PAUSE** to begin preheating.
5. Place 2c of the chicken flour into a gallon zip-lock plastic bag with a pair of tongs. Remove all the wings from the marinade, shaking each a few times to remove any excess marinade, and place them into the zip-lock bag. Seal the bag and shake the chicken and flour vigorously to coat all the wings.
6. Carefully transfer the wings to a clean plate and spray them generously with the nonstick olive oil cooking spray. Then, flip the wings and spray them again with the nonstick olive oil cooking spray. Once the wings are coated, thoroughly spray the Air Fry Basket with nonstick cooking spray to prevent sticking.
7. Once preheated, the oven will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food. Open the oven Door and slide the Air Fry Basket into the oven at position 3. Then, close the oven Door to begin air frying under Menu Preset 1, after which the oven will beep 3 times and display **“END”**.
8. Use a meat thermometer to check if the internal temperature of the largest wing has reached 165°F.
9. Remove the wings and enjoy them with honey.

**Note:** Place any leftover chicken flour into a zip-lock bag to use when you want to air fry.

Grill



# Grilled Breakfast Pork Sausage Links or Patties

Serves: 3 | Prep Time: 1 minutes | Total Cook Time: 8 minutes

## Ingredients:

9 breakfast pork sausage links or patties, 2 oz. each

## Directions:

1. Open the oven Door and place the Grill onto the Grill/Griddle Rack and slide it into position 3. Press **Menu** then turn the **Select** dial to Menu Preset 47 (Grill at 375°F 50% Rear Heat 25% Top Heat 25% Bottom Heat, and Fan Speed 3). Press **START/PAUSE** to begin preheating.
2. Once the oven has preheated, it will beep twice, display “**Ready**”, countdown for 10 seconds and then beep once to give you time to place your food in the oven. Open the oven Door and pull out the Grill/Griddle Rack and Grill. Lay the breakfast links or patties in 3 rows of 3, and then slide the Grill back into the oven. Close the oven Door to resume grilling 375°F for 8 minutes.
3. After the oven has finished, it will beep 3 times and display “**END**”.
4. Serve and enjoy.

**NOTE:** Check the Breakfast Patties or Links with a handheld meat thermometer to ensure that they are cooking to 160°F.



# Grilled Barbecue Chicken Legs

**Serves:** 4 | **Prep Time:** 5 minutes | **Total Cook Time:** 40-50 minutes

## Ingredients:

8 jumbo chicken legs  
¾c honey BBQ sauce  
Nonstick cooking spray, as needed

## Seasoning Mix

¼c brown sugar	½T garlic powder
¼c chili powder	½T freshly ground black pepper
½T Cajun spice	¼c smoked paprika
½T garlic salt	

## Directions:

1. Wash and pat dry the chicken legs before placing them into a large zip-lock bag. Then, thoroughly mix all the BBQ spice rub ingredients in a mixing bowl and then add that to the chicken in the zip-lock bag. Seal the bag and shake to coat all the chicken legs. Then, place the bag in the refrigerator and allow the chicken to marinate for 2 hours.
2. Place the Grill onto the Grill/Griddle Rack and slide it into position 4. Press **Menu** and turn the **Select** dial to **Select Preset 42** (Grill in 3 stages). Press **START/PAUSE** to begin preheating.
3. Once the oven has preheated, it will beep twice, display “**Ready**”, countdown for 10 seconds and then beep once to give you time to insert your food. Open the oven Door and pull out the Grill. Remove the chicken legs from the zip-lock bag and insert the Probe into the side of one of the chicken legs. Spray the Grill with nonstick cooking spray before placing the chicken legs on it. Then, slide the Grill back into oven.
4. Close the oven Door to begin Stage 1 (Grill at 450°F with 20% Rear Heat, 80% Top Heat, 0% Bottom Heat, and Fan Speed 3) for 2 minutes, after which the oven will beep once and move on to Stage 2 (Grill at 300°F with 20% Rear Heat, 80% Top Heat, 0% Bottom Heat, and Fan Speed 3) to an internal Probe temperature of 130°F. The oven will then beep three times. Open the oven and pull out the Grill with Silicone Oven Mitts\* and brush the chicken with the honey BBQ sauce. Then, slide the Grill back into the oven.
5. Close the oven Door to resume cooking with Stage 3 (Grill at 350°F with 20% Rear Heat, 80% Top Heat, 0% Bottom Heat, and Fan Speed 3) to an internal Probe temperature of 155°F, after which the oven will double beep 3 times.
6. Open the oven Door. Remove the chicken legs and tent with foil, leaving the Probe in to monitor carryover cooking to 165°F. When the carryover target temperature is reached, the oven will beep 3 times and display “**END**”.

# Grilled Shrimp

**Serves:** 2 | **Prep Time:** 5 minutes | **Total Cook Time:** 10 minutes

## Ingredients:

1½lbs. shrimp, peeled and deveined  
1 lemon, juice only  
2T butter, melted  
4 cloves garlic, minced  
Sea salt, to taste  
Freshly ground black pepper, to taste  
Pinch of chili flakes  
2T chives (for garnish)

## Directions:

1. Place the Grill/Griddle onto the Grill/Griddle Rack, and it slide into position 3.
2. Press **Menu** then turn the **Select** dial to **Menu Preset 44** (Grill/Griddle at 450°F with 20% Rear Heat, 80% Top Heat, 0% Bottom Heat, and Fan Speed 3). Press **START/PAUSE** to begin the preheating.
3. Combine all ingredients (except chives) in a bowl and mix.
4. Once the oven has preheated, it will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food. Open the oven Door and pull out the Grill/Griddle Rack with Silicone Oven Mitts\*. Lay the seasoned shrimp, on the Grill and push the Grill/Griddle Rack back into the oven.
5. Close the oven Door to begin cooking for 10 minutes.
6. After the oven has finished cooking, it will beep 3 times and display **“END”**.
7. Remove the shrimp from the oven, sprinkle chives over the top, serve and enjoy.

\*Silicone Oven Mitts (part#: 34837)

# Grilled Lemon Sesame Salmon

Serves: 2 | Prep Time: 5 minutes | Total Cook Time: 7 minutes

## Ingredients:

6 lemon wheels, cut into 1/8-inch slices  
2 salmon filets, skin on, 8oz. each  
Nonstick cooking spray, as needed  
1T fresh chives, minced

## Glaze:

2T honey  
1/2 lemon, juice only  
2T soy sauce  
1T sesame seeds  
2T sugar

## Directions:

1. Open the oven Door and place the Grill into the Grill/Griddle Rack before sliding it into position 3. Press **Menu** and turn the **Select** dial to Menu Preset 45 (Grill in 2 stages). Press **START/PAUSE** to begin preheating.
2. Once preheated, the oven will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to place your food into the oven. Sprinkle the lemons with sugar before opening the oven Door and placing the lemons on the Grill. Close the oven Door to begin Stage 1 (Broil at 500°F with 20% Rear Heat, 80% Top Heat, 0% Bottom Heat, and Fan Speed 3) for 3 minutes to caramelize the lemons. After this, the oven will beep 3 times.
3. Open the oven Door, remove the lemons and reserve. Coat the salmon with the sesame glaze, reserving the extra glaze for later use. Then, spray the Grill with nonstick cooking spray.
4. Place the salmon on the Grill, skin side up, after inserting the Probe in the middle of one of the filets. Slide it back into Position 3 and close the oven Door to begin Stage 2 (Grill at 400°F with 20% Rear Heat, 80% Top Heat, 0% Bottom Heat, and Fan Speed 3) to an internal Probe temperature of 110°F. Once Stage 2 has finished, the oven will double beep three times.
5. Open the oven Door and remove the salmon filets, leaving the Probe in to monitor carryover cooking to 130°F. When the carryover target temperature is reached, the oven will beep three times and display **“END”**.
6. Brush the salmon with the reserved glaze and serve it with caramelized lemons and fresh chives.



# Grilled Thick Sliced Bacon

Serves: 2 | Prep Time: 1 minutes | Total Cook Time: 10-11 minutes

## Ingredients:

6 pieces of thick-sliced bacon

## Directions:

1. Press **Menu** then turn the **Select** dial to Menu Preset 46 (Grill at 375°F with 50% Rear Heat, 25% Top Heat, 25% Bottom Heat, and Fan Speed 3). Press **START/PAUSE** to begin preheating.
2. While the oven is preheating, place the Grill onto the Grill/Griddle Rack and arrange the six (6) pieces of thick-cut bacon across it.
3. Once the oven has preheated, it will beep twice, display “**Ready**”, countdown for 10 seconds, and then beep once to give you time to insert your food. Open the oven Door and slide the Grill/Griddle Rack and Grill into Position 3. Close the oven Door to begin grilling under Menu Preset 46 for 10 minutes.
4. When the oven has finished, it will beep 3 times and the display will show “**END**”.
5. Serve and enjoy.

**Note:** If you enjoy crispier bacon, press **START/PAUSE** to pause the cooking at the 10-minute mark. Flip the bacon, press **START/PAUSE** again, and cook for an additional minute.

# Grilled New York Strip Steak with Marsala Mushrooms

**Serves:** 2 | **Prep Time:** 5 minutes | **Total Cook Time:** 8 to 18 minutes

## Ingredients:

2 New York strip steaks, 11oz. each  
2oz. Marsala wine  
2T molasses  
2T honey  
2T butter  
2t garlic, minced  
Sea salt, to taste  
Freshly ground black pepper, to taste

## Sauce:

2T butter  
6oz. small Cremini mushrooms (cut in half)  
4oz. shallots (julienne)  
8oz. Marsala wine  
4oz. beef broth  
2T corn starch  
2T water

## Sauce Directions:

1. Place butter into a saucepan and get it very hot over a medium-high heat. Add the mushrooms and brown them on both sides (about 2 minutes per side). Remove the mushrooms with a slotted spoon and set them aside. Add the shallots, brown them (about 3-4 minutes), remove them with a slotted spoon and set them aside.
2. Remove the pan from the heat and pour in the Marsala wine. Deglaze and decrease the heat to low, reducing the contents to  $\frac{1}{4}$ c. Add the beef broth and bring it to a boil. Make a slurry with corn starch and water and slowly whisk it into the broth-wine mixture. Lower the heat and add the mushrooms and shallots. Simmer the sauce for 20 minutes.
3. Pull the pan off the heat and set it aside.

## Steak Directions

Combine the Marsala wine, molasses, and honey in a mixing bowl and blend well. Add the steaks and allow them to marinate for 2 hours.

1. Open the oven Door. Place the Grill onto the Grill/Griddle Rack and slide into position 3. Press **Menu** and turn the **Select** dial to one of the following Menu Presets:

- Preset 51 - Rare 120°F
  - Preset 52 - Medium Rare 130°F
  - Preset 53 - Medium 135°F
  - Preset 54 - Medium Well 145°F
  - Preset 55 - Well 165°F
2. Press **START/PAUSE** to begin preheating to Stage 1 (Grill at 450°F with 20% Rear Heat, 80% Top Heat, 0% Bottom Heat, and Fan Speed 3).
  3. Melt your butter and stir in the minced garlic.
  4. Brush the steaks with the garlic butter and season them with salt and black pepper.
  5. Once the oven has preheated, it will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to place your food in the oven. Open the oven Door and pull out the Grill.
  6. Insert the Probe into the side of the one of the steaks.
  7. Place the steaks on the Grill and slide it back into the oven. Close the oven Door and begin to Grill with Stage 1 to an internal Probe temperature of 80°F.
  8. When the Probe reaches 80°F, the oven will beep once and move on to Stage 2 (Grill at 325°F with 20% Rear Heat, 80% Top Heat, 0% Bottom Heat, and Fan Speed 3) to a internal Probe Temperature of:
    - Rare 110°F
    - Medium Rare 115°F
    - Medium 120°F
    - Medium Well 130F
    - Well 155°F
  9. After Stage 2 has finished, the oven will double beep 3 times and pause. Open the oven Door and remove the steaks, leaving the Probe in to monitor carryover cooking to:
    - Rare 120°F
    - Medium Rare 130°F
    - Medium 135°F
    - Medium Well 145°F
    - Well 165°F
  10. When the carryover target temperature is reached, the oven will beep 3 times and display **“END”**.
  11. Place the steaks onto 2 platters. Spoon the Marsala Mushroom Sauce over them, then serve and enjoy.

# Grilled Bacon Wrapped Molasses Glazed Filet Mignon

Serves: 2 | Prep Time: 5 minutes | Total Cook Time: 5-14 minutes

## Ingredients:

2 Filet Mignon, 5oz. each  
2 slices Applewood smoked bacon  
2T molasses  
2 toothpicks  
Nonstick cooking spray, as needed  
Sea salt, to taste  
Freshly ground black pepper, to taste

## Directions:

1. Open the oven Door. Place the Grill on the Grill/Griddle Rack and slide them into position 3. Press Menu and turn the **Select** dial to one of the following Menu Presets:
  - Preset 51 - Rare 120°F
  - Preset 52 - Medium Rare 130°F
  - Preset 53 - Medium 135°F
  - Preset 54 - Medium Well 145°F
  - Preset 55 - Well 165°F
2. Press **START/PAUSE** to begin preheating Stage 1 (Grill at 450°F with 20% Rear Heat, 80% Top Heat, 0% Bottom Heat, and Fan Speed 3).
3. While the oven is preheating, prepare the filets for grilling. Wrap a piece of bacon around each filet, fastening the bacon with a toothpick. Brush each filet completely with 1T of molasses, spray both sides with nonstick cooking spray, and season them with salt and black pepper. Then, insert the Probe into one of the filets so the tip is in the center of the meat.
4. Once the oven has preheated, it will beep twice and display **“Ready”**, countdown for 10 seconds, and then beep once to give you time to insert your food. Open the oven Door and pull out the Grill. Place the filets on the Grill and slide everything back into the oven. Close the oven Door to begin cooking Stage 1 to an internal Probe temperature of 80°F.

5. The oven will beep once and then move onto Stage 2 (Grill at 325°F with 20% Rear Heat, 80% Top Heat, 0% Bottom Heat, and Fan Speed 3) to an internal probe of:
  - Rare 110°F
  - Medium Rare 115°F
  - Medium 120°F
  - Medium Well 130°F
  - Well 155°F
6. After Stage 2, the oven will double beep 3 times and pause. Open the oven Door and remove the filets, leaving the Probe in to monitor carryover cooking to:
  - Rare 120°F
  - Medium Rare 130°F
  - Medium 135°F
  - Medium Well 145°F
  - Well 165°F
7. When the carryover target temperature is reached, the oven will beep times and display **“END”**.
8. Serve and enjoy.

# Simplified Swiss Steak

Serves: 3 | Prep Time: 10 minutes | Total Cook Time: 2 hours and 30 minutes

## Ingredients:

2 green peppers, medium dice  
1 can diced tomatoes, 28oz.  
½c dried onion flakes  
2lbs. eye of round, cut into ½-inch steaks  
⅓c all-purpose flour  
1¼t sea salt  
½ freshly ground black pepper  
3T canola oil  
1c water

## Directions:

1. Open the oven Door and slide the Grill/Griddle Rack with the Griddle into Position 4 and close the oven Door. Press **Menu** and turn the **Select** dial to Menu Preset 60. Press **START/PAUSE** to begin preheating Stage 1 (Grill at 450°F with 20% Rear Heat, 80% Top Heat, 0% Bottom Heat, and Fan Speed 3).
2. While the oven is preheating, begin prepping the *mise en place* for the dish. In 3 storing bowls, place the diced green peppers in the smaller one and pour the diced tomatoes into the larger one. Add dried onion flakes to the tomatoes and stir to combine. In a third bowl, combine the flour, salt, and black pepper, mixing well. Using the coarse prong side of a meat tenderizer, slightly tap both sides of the round steaks. Then, coat both sides of the steaks with the flour mixture and reserve.
3. Once preheated, the oven will beep twice, display “**Ready**”, countdown for 10 seconds and then beep once to give you time to place your food in the oven. Open the oven Door, remove the Grill/Griddle Rack and Griddle, and place it on a trivet. Quickly brush the griddle with canola oil and lay the steaks on it, shaking off any excess flour before brushing the top of the steaks with the remaining canola oil.
4. Insert the Grill/Griddle Rack and Griddle back into the oven in position 4. Close the oven Door and begin to “Sear” with Stage 1 for 30 minutes, after which the oven will beep 3 times.
5. Open the oven Door and remove the Grill/Griddle Rack and Griddle and place them on a trivet. Slide the Wire Rack into the oven in position 2. Close the oven Door to keep it warm while you prepare the Swiss steaks.

6. Remove the steaks with tongs and place them into the bowl with the tomatoes and onions, tossing to coat. Place the Swiss steak mixture into a roasting pan and add water to cover. Open the oven Door and place the roasting pan onto the Wire Rack. Then close the oven Door to resume Stage 2 (Bake at 350°F with 20% Rear Heat, 40% Top Heat, 40% Bottom Heat, and Fan Speed 1) for 1 hour and 50 minutes. After Stage 2, the oven will beep 3 times.
7. Open the oven Door and move the roasting pan to the trivet and pour the Green peppers into the Swiss steak mixture. Carefully stir them in with a spoon. Cover and return the roasting pan to the oven on Position 2
8. Close the oven Door to begin Stage 3 (Bake at 350°F with 20% Rear Heat, 40% Top Heat, 40% Bottom Heat, and Fan Speed 1) for 10 minutes, after which the oven will beep 3 times and display “**END**”.
9. Remove the Swiss steaks and let them rest for 10 minutes to finish cooking the green peppers.
10. Serve and enjoy.

**Note:** *mise en place* - A French term referring to have all the ingredients necessary for a dish prepared and ready to combine up to the point of cooking.



**Bake**



# Ham and Potato Casserole

Serves: 4 | Prep Time: 20 minutes | Total Cook Time: 30 minutes

## Ingredients:

16oz. heavy whipping cream

Sea Salt, to taste

Freshly ground white pepper, to taste

¼t nutmeg, or to taste

1 ham steak, 8oz., medium dice

2 large potatoes, peeled, medium dice

1 bunch green onion, thinly sliced

4oz. Swiss cheese, grated

1 can butter flavored shortening, or as needed

1 bag French's® fried onions, optional, as needed

## Directions:

1. Open the oven Door, insert the Grill/Griddle Rack into Position 2, and close the oven Door again. Press **Menu** and turn the **Select** dial to Menu Preset 57. Press **START/PAUSE** to begin preheating Stage 1 (Bake at 350°F with 20% Rear Heat, 40% Top Heat, 40% Bottom Heat, and Fan Speed 1).
2. While the oven is preheating, mix the heavy whipping cream with salt, white pepper, and nutmeg in a large bowl. Stir well, tasting as you go to adjust the seasoning if needed. Then, add the diced ham, potatoes, and green onions. Stir the mixture well and set it aside.
3. Prepare a 9" X 5" glass baking dish by greasing the dish with the butter-flavored shortening. Ladle half of the ham and potato mixture into the glass dish, pressing down with a back of a spoon so the mixture is flat and even. Then sprinkle half of the Swiss cheese over it and top with the other half of the ham and potato mixture, again using the back of the spoon to make the mixture flat and even. Cover the dish with foil and place it onto the Baking Pan.
4. Once the oven has preheated, it will beep twice, display "**Ready**", countdown for 10 seconds and then beep once to give you time to place your food in the oven. Open oven Door and place the Baking Pan onto the Wire Rack in Position 2. Close the oven Door to begin Stage 1 for 15 minutes, after which the oven will beep 3 times.
5. Open the oven Door and remove the Baking Pan, placing the hot pan on a suitable work surface. Switch the Wire Rack from Position 2 to Position 4 and close the oven Door to begin Stage 2 (Broil at 350°F with 20% Rear Heat, 80% Top Heat, 0% Bottom Heat, and Fan Speed 3) for 15 minutes.
6. Remove the foil from the casserole and sprinkle with the remaining Swiss cheese over the top.
7. Open the oven Door and place the casserole onto the Grill/Griddle Rack in Position 4. Close the oven Door to begin cooking Stage 2 for 15 minutes, after which the oven will beep 3 times and display "**END**".
8. Transfer the baking dish from the oven to a trivet and allow it to cool for 5 minutes. Spoon it into a serving bowl and garnish it with French's® fried onions and enjoy.

Bake



# Baked Halibut à la Provençal

Serves: 2 | Prep Time: 20 minutes | Total Cook Time: 8 minutes

## Ingredients:

4oz. butter, softened

4 cloves garlic

1c fresh parsley leaves, loosely packed

2c ice

4c water

1 tomato, cored

2 halibut filets, 7oz. each

Nonstick olive oil cooking spray, as needed

Sea salt, to taste

Freshly ground white pepper, to taste

1 lemon (juice and zest)

## Directions:

1. Place the Griddle into the Grill/Griddle Rack, slide it into position 3, and close the oven Door. Press **Menu** and turn the **Select** dial to Menu Preset 56 (Bake at 350°F with 20% Rear Heat, 40% Top Heat, 40% Bottom Heat, and Fan Speed 1). Press **START/PAUSE** to begin preheating.
2. Place the butter, garlic, and parsley into a blender or food processor and blend them on high speed for 3 minutes to make a bright green garlic flavored butter. Set it aside.
3. Boil 2c of water into a small, covered saucepan. Add 2c of ice and 2c of water to a bowl. Set it aside.
4. Cut an X in the bottom of the tomato and place it in the pot of boiling water, cooking until the skin begins to peel (about 40 to 50 seconds). Transfer the tomato to the bowl of ice water and let it sit for 2 minutes. When it is cool enough to handle, peel the skin and cut the tomato in half, crosswise, and remove and discard the seeds before dicing it into medium-sized pieces.
5. Spray both sides of the halibut with nonstick olive oil cooking spray and season the fish with salt and white pepper, making sure to season both sides. Then, insert the Probe into one of the filets.
6. Once preheated, the oven will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to place your food in the oven. Open the oven Door and place the halibut onto the Griddle. Close the oven Door to begin cooking Menu Preset 56 to an internal Probe temperature of 120°F.
7. While the halibut is cooking, melt the green garlic flavored butter in a small saucepan, then add the tomatoes to warm.
8. After the halibut reaches 120°F, the oven will double beep 3 times.
9. Open the oven Door and remove the halibut, leaving the Probe in to monitor carryover cooking to 145°F. Once that temperature is reached, the oven will beep 3 times and display **“END”**.
10. Transfer the halibut to serving plates. Then, pour lemon juice, spoon the warm tomatoes and parsley garlic butter, and sprinkle lemon zest over each filet.
11. Serve and enjoy.



**Bake**



# Baked Apricot Maple Mustard Glaze Ham

Serves: 10 | Prep Time: 15 minutes | Total Cook Time: 1 hour and 46 minutes

## Ingredients:

9lb. bone-in spiral ham

## Glaze:

½c Champagne vinegar

1c pure maple syrup

¾c country style Dijon mustard

2t apricot jam

Sea salt, to taste

Freshly ground black pepper, to taste

## Directions:

1. Press **Menu** and turn the **Select** dial to Menu Preset 58. Press **START/PAUSE** to begin preheating Stage 1 (Bake at 325°F with 20% Rear Heat, 40% Top Heat, 40% Bottom Heat, and Fan Speed 1).
2. While the oven is preheating, wrap the ham with parchment paper-lined foil. Place the Grill into the Grill/Gri ddle Rack and place the ham onto the Grill
3. Once preheated, the oven will beep twice, display “**Ready**”, countdown for 10 seconds and then beep once to give you time to place your food in the oven. Open the oven Door and slide everything into position 2. Close the oven Door to begin Stage 1.
4. Meanwhile, in a small sauce pot over a medium-high heat, reduce 2T of apricot jam (about 6 minutes), then add the maple syrup, mustard, vinegar, salt and black pepper. Cook, whisking until the ingredients are well combined (about 2 minutes). Set the glaze aside.
5. After the oven finishes Stage 1, it will beep three times. Open the oven Door and remove the ham and place it on to a trivet. Then, close the oven Door to it keep warm and begin Stage 2 (Bake at 350°F with 20% Rear Heat, 40% Top Heat, 40% Bottom Heat, and Fan Speed 2) for 8 minutes. Remove the ham from the Grill and brush it with ⅓ of the glaze. Return the ham to the Grill, open the oven Door and slide it into Position 2.
6. Close the oven Door to resume Stage 2, after which the oven will beep 3 times. Open the oven Door and brush the ham with remaining glaze. Close the oven Door to begin Stage 3 (Bake at 375°F with 20% Rear Heat, 40% Top Heat, 40% Bottom Heat, and Fan Speed 2) for 8 minutes.
7. When Stage 3 is finished, the oven will beep three time and display “**END**”. Transfer the ham to a cutting board and allow it to cool for 30 minutes before carving.

**Bake**





# Sunday Burger Casserole

Serves: 4 | Prep Time: 30 minutes | Total Cook Time: 1 hour and 15 minutes

## Ingredients:

1½lb. ground chunks (85% lean/15% fat)  
 1 packet Lipton® onion soup mix, 1 oz.  
 1 packet McCormick® meatloaf seasoning,  
 1½oz.  
 Nonstick cooking spray, as needed  
 1T canola oil

1 onion (medium dice)  
 1½lbs. red potato (quartered)  
 4 packets McCormick® gravy  
 4c water  
 8oz. baby carrots  
 10oz. frozen sweet peas

## Directions:

1. Place the ground chuck, onion soup mix, and meatloaf seasoning into a bowl and mix well.
2. Divide the beef mixture into 2oz. portions, forming the portions into patties.
3. Press **Menu** and turn the **Select** dial to Menu Preset 59 (Bake at 350°F with 20% Rear Heat, 40% Top Heat, 40% Bottom Heat, and Fan Speed 1). Press **START/PAUSE** to begin preheating.
4. In a frying pan, sear each patty for 1 minute on each side over a high heat, and place them in a roasting pan. Then, over a med-high heat, sauté the onions in canola oil for 5 minutes to soften them. When they are ready, spread the onions over the burgers and add the red potatoes.
5. In a medium saucepan, slowly pour the water over the brown gravy mix to dissolve the powder. Stirring frequently, cook the gravy over a medium heat until it comes to a boil, then reduce the heat and let it simmer for 1 minute. Pour the gravy over the burger and vegetables, stirring well, until everything is coated. Then, cover the roasting pan.
6. Once preheated, the oven will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to place your food in the oven. Open the oven Door and place the roasting pan onto the Wire Rack in position 1. Close the oven Door to begin cooking under Menu Preset 59 for 15 minutes.
7. After 15 minutes, the oven will beep 3 times. Open the oven Door and remove the roasting pan. Add the baby carrots and stir to incorporate them into the casserole. Cover the roasting pan again and place it back into the oven. Close the oven Door to resume cooking under Menu Preset 59 for another 58 minutes.
8. After 58 minutes, the oven will beep 3 times. Open the oven Door and remove the roasting pan. Stir in the frozen peas, cover the roasting pan and return it to its place in the oven. Close the oven Door to resume cooking under Menu Preset 59 for another 2 minutes, after which the oven will beep 3 times and display **“END”**.
9. Remove the roasting pan and let it sit for 5 minutes, covered, to finish cooking the peas.
10. Serve and enjoy.

Bake



# Queso Fundido

Serves: 8-10 | Prep Time: 15 minutes | Total Cook Time: 15 minutes

## Ingredients:

24oz. Mexican pork chorizo

2 red peppers, medium dice

4 jalapeños, seeds, removed and minced

2 bunches green onions, thinly sliced

8oz. white cheddar, grated

10oz. Velveeta Mexican style, sliced into 10 slabs, ¼-inch thick

1 bag tortilla chips, restaurant style

## Directions:

1. Brown the chorizo in a nonstick sauté pan over a medium-high heat for 5 minutes, stirring with a wooden spoon. Once finished, place a colander into a bowl and pour in the chorizo to drain off the grease.
2. Press **Menu** and turn the **Select** dial to Menu Preset 61 (Bake at 350°F with 20% Rear Heat, 80% Top Heat, 0% Bottom Heat, and Fan Speed 3). Press **START/PAUSE** to begin preheating.
3. Place the sauté pan back onto the medium-high heat and pour about 2T of the chorizo grease into the pan. Add the red peppers and sauté for 3 minutes, stirring a few times. Stir in the jalapeños and sauté the mixture for another 2 minutes. Remove the pan from the heat, add the green onions and the drained chorizo, and combine everything well.
4. Place half of the chorizo mixture into an oven-proof serving dish. Arrange 5 slabs of the Velveeta cheese on top of the chorizo mixture, and over that sprinkle half of the white cheddar. Repeat, making one more layer.
5. Once preheated, the oven will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food. Open the oven Door, place the chorizo into the oven on the Wire Rack at Position 3, and close the oven Door to begin cooking under Menu Preset 61 for 15 minutes, after which the oven will beep 3 times and display **“END”**.
6. Place the Chorizo Fundido onto a serving platter, arrange the tortilla chips around it.
7. Serve and enjoy.

**Notes:** For a spicier Fundido, don't remove the seeds and mince the jalapeños.

# Low Carb Keto Bacon Cheeseburger Casserole

**Serves:** 10 | **Prep Time:** 30 minutes | **Total Cook Time:** 33 minutes

## Ingredients:

### Casserole:

4c cauliflower rice  
½c all-purpose flour  
¼c sea salt  
6oz. Applewood smoke bacon  
1½lbs. ground chuck (80% lean)  
1T dried onion flakes  
1T dried oregano  
1T garlic powder  
2t sea salt  
1t freshly ground black pepper

### Sauce:

1T butter  
1T all-purpose flour  
1½c heavy whipping cream  
2T yellow mustard  
8oz. Cheddar cheese slices

## Directions:

1. Thoroughly mix the cauliflower rice, flour, and salt in a bowl and set aside.
2. Cook the bacon over a medium heat in a sauté pan until moderately cooked, but not crisp. Remove the bacon with tongs and place it on a paper towel-lined plate to cool. Then, chop it into pieces.
3. Add the ground chuck to the bacon fat and cook it until it browns. Then add the onion flakes, oregano, garlic powder, salt and black pepper. Mix well and then transfer the beef mixture with a slotted spoon to a bowl, discarding the drippings.
4. Place the Wire Rack into Position 3. Press **Menu** and turn the **Select** dial to Menu Preset 62. Press **START/PAUSE** to begin preheating Stage 1 (Bake at 350°F with 20% Rear Heat, 40% Top Heat, 40% Bottom Heat, and Fan Speed 1).
5. Make the sauce in the same sauté pan. Add the butter and stir in the flour over low heat. Cook until the flour has absorbed the butter, and then continue to cook the *roux* for 2 minutes more to cook out the starch.
6. Add cream and mustard and continue to cook the sauce over a low heat until it thickens.
7. Pour ½ of the sauce into a Baking Pan and then evenly spread the cauliflower mixture before covering the mixture with half of the cheddar slices (4oz.).

8. Spread the ground beef over the Cheddar slices and pour the remaining sauce over the beef. Place the remaining Cheddar slices over the sauced beef and top with the bacon. Cover the baking pan tightly with foil.
9. Once preheated, the oven will beep twice, display “**Ready**”, countdown for 10 seconds and then beep once to give you time to insert your food. Open the oven Door and place the Baking Pan onto the Wire Rack in Position 3. Close the oven Door to begin Stage 1 for 30 minutes.
10. After the oven finishes Stage 1, it will beep three times. Open the oven Door and remove the casserole to a trivet, close the oven Door to keep warm and begin Stage 2 (Bake at 375°F with 20% Rear Heat, 80% Top Heat, 0% Bottom Heat, and Fan Speed 2) for 3 minutes.
11. Remove the foil from the Baking Pan. Open the oven Door and place the casserole back into the oven in Position 3. Close the oven Door to resume Stage 2, after which the oven will beep three times and display “**END**”.
12. Remove the casserole from the oven and allow it to cool for 20 minutes before slicing and serving.

**Notes:** Roux - A mixture of flour and fat that after being cooked is used to thicken mixtures such as soups and sauces.

Net Carbs = 3.7 grams per serving

# Low Carb Keto French Onion Meatballs

**Serves:** 4 | **Prep Time:** 20 minutes | **Total Cook Time:** 33 minutes

## Ingredients:

### Meatball:

1lb. ground pork  
½c Mozzarella cheese, shredded  
½c pork rind crumbs  
1T fresh parsley, chopped  
1T fresh sage, chopped  
1 egg  
1t garlic, minced  
1T dried onion flakes  
Sea salt, to taste  
Freshly ground black pepper, to taste  
1c water  
Nonstick cooking spray, as needed

### Sauce:

2 onions medium, sliced  
2oz. butter  
4oz. Sherry vinegar  
16oz. beef broth  
1t garlic, minced  
Sea salt, to taste  
Freshly ground black pepper, to taste

### Topping:

½c Mozzarella cheese, shredded  
1T fresh parsley, chopped

## Directions:

1. Place the Wire Rack into position 3. Press **Menu** and turn the **Select** dial to Menu Preset 63. Press **START/PAUSE** to begin preheating to Stage 1 (Bake at 425°F with 20% Rear Heat, 40% Top Heat, 40% Bottom Heat, and Fan Speed 1).
2. Thoroughly mix all the meatball ingredients in a large mixing bowl with your hands. You should get approximately 20 golf ball-sized meatballs. Spray a Baking Pan with nonstick cooking spray and arrange the meatballs in 5 x 4 rows and add one cup of water.
3. Once preheated, the oven will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to place your food in the oven. Open the oven Door and pull out the Baking Pan onto the Wire Rack in position 2. Close the oven Door to begin Stage 1 for 30 minutes.
4. While the meatballs cook, place the butter and sliced onions into a deep saucepan. Over a medium-high heat, cook the onions until they are caramelized, then add the garlic and Sherry vinegar to deglaze the pan. Add the beef broth and continue cooking until the sauce has reduced and thickened, then season it with salt and black pepper. Pour the sauce into your serving dish and set it aside.

5. After the oven finishes Stage 1 the oven will beep three times. Open the oven Door and move the meatballs to a trivet. Close the oven Door to it keep warm and begin Stage 2 (Bake at 375°F with 20% Rear Heat, 80% Top Heat, 0% Bottom Heat, and Fan Speed 2) for 3 minutes.
6. Place the meatballs into the serving dish and top with a ½c Mozzarella cheese. Open the oven Door and place the serving dish back into the oven in Position 3 with the remaining time left for Stage 2. Close the oven Door to resume Stage 2 for 3 more minutes, after which the oven will beep three times and display “**END**”.
7. Remove the meatballs and garnish them with parsley.

**Note:** Net Carbs- 7 grams for 5 meatballs.



**Bake**





# Baked Italian Style Tomatoes

**Serves:** 8-10 | **Prep Time:** 20 minutes | **Total Cook Time:** 40 minutes

## Ingredients:

3T extra virgin olive oil  
3lbs. Roma tomatoes, thinly sliced  
1 onion, thinly sliced  
2T dried oregano  
Garlic salt, to taste  
Freshly ground black pepper, to taste  
1lb. Mozzarella cheese, grated

## Directions:

1. Line your Baking Pan with foil and coat it with 1T of olive oil.
2. Press **Menu** and turn the **Select** dial to Menu Preset 64. Press **START/PAUSE** to begin preheating Stage 1 (Bake at 350°F with 20% Rear Heat, 40% Top Heat, 40% Bottom Heat, and Fan Speed 1).
3. Start to lay out your tomatoes starting in the upper left-hand corner and working your way down, overlapping each tomato and filling in the entire Baking Pan. Sprinkle with the sliced onions, drizzle with 1T of olive oil, season with 1T of dried oregano, garlic salt and black pepper, and top with half of the Mozzarella cheese. Add another layer of tomatoes and onions. Drizzle with 1T of olive oil and season with 1T of dried oregano, garlic salt and black pepper. Cover tightly with foil.
4. Once preheated, the oven will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food. Open the oven Door and place the Baking Pan on the Wire Rack in position 2. Close the oven Door to begin Stage 1 for 35 minutes, after which the oven will beep three times.
5. Open the oven Door, remove the Baking Pan, and place it on a trivet. Move the Wire Rack from Position 2 to Position 4 and close the oven Door to begin Stage 2 (Broil at 350°F with 20% Rear Heat, 80% Top Heat, 0% Bottom Heat, and Fan Speed 3) for 5 minutes.
6. Remove the foil from the tomatoes and sprinkle the remaining half of the Mozzarella cheese on top of the tomatoes.
7. Open the oven Door and place the Baking Pan onto the Wire Rack in Position 4. Close the oven Door to resume Stage 2, after which the oven will beep 3 times and display **“END”**.
8. Serve and enjoy!

**Bake**



# Spinach Pie (Spanakopita)

Serves: 18 | Prep Time: 35 minutes | Total Cook Time: 50 minutes

## Ingredients:

¼c pine nuts

1T extra virgin olive oil

1 onion, 7oz.

3 boxes frozen spinach, 10oz. each, thawed, squeezed to remove excess water

¾t sea salt, or to taste

¾t freshly ground black pepper, or to taste

3 eggs, beaten

12oz. Feta cheese, crumble

2T dried dill

3T dried parsley

¼c butter, 1 stick, melted

12oz. Phyllo dough, 16 sheets, thawed

## Directions:

1. Open the oven Door and slide the Wire Rack into Position 3. Press **Function** and turn the **Select** dial to Bake. Press **Time** and use the **Select** dial to adjust the cooking time to 5 minutes. Press **START/PAUSE** to begin preheating. Pour the pine nuts onto a Baking Pan.
2. Once preheated, the oven will beep twice, display **“Ready”**, countdown for 10 seconds, and then beep once to give you time to insert your food. Open the oven Door and place the Baking Pan onto the Wire Rack in Position 3. Close the oven Door to begin to Bake (350°F with 20% Rear Heat, 40% Top Heat, 40% Bottom Heat, and Fan Speed 1) for 5 minutes, after which the oven will beep three times and display **“END”**.
3. Open the oven Door and remove the Baking Pan, placing it on a trivet to cool. Brush a new Baking Pan with the melted butter and set aside.
4. While the pine nuts are toasting, pour the olive oil in a large sauté pan. Add the onions and sweat them for 3 minutes. Then, add the spinach and season with salt and black pepper. Heat the spinach for 2 minutes before removing it from the heat and allowing it to cool.
5. Place the eggs, Feta cheese, parsley, and dill in a bowl and blend well.
6. Once spinach mixture has cooled, add it to the Feta mixture and the toasted pine nuts and mix well, tasting to adjust the seasoning, if needed.
7. Assemble the Spanakopita by placing 1 sheet of Phyllo dough onto the buttered Baking Pan and brushing it with melted butter. Repeat this process for a total of 8 sheets.
8. Press **Menu** and turn the **Select** dial to Menu Preset 65 (Bake at 350°F with 20% Rear Heat, 40% Top Heat, 40% Bottom Heat, and Fan Speed 1). Press **START/PAUSE** to begin preheating.
9. Return to assembling the Spanakopita, spread the spinach mixture onto the buttered Phyllo dough, flatten it evenly and top with the remaining 8 Phyllo dough sheets and brush on melted butter. Cut (or score) the Spanakopita into 18 squares.
10. Once preheated, the oven will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food. Open the oven Door and place the Baking Pan onto the Wire Rack in Position 3. Close the oven Door to begin to Bake for 50 minutes, after which the oven will beep three times and display **“END”**.
11. Remove the pie, place it on a trivet and allow it to cool for 10 minutes before serving.



**Bake**



# Reuben Calzones

Serves: 2 | Prep Time: 5 minutes | Total Cook Time: 12 minutes

## Ingredients:

16oz. tube refrigerated pizza crust  
4 slices Swiss cheese  
1c sauerkraut, rinsed and well drained, divided  
½lb sliced cooked corned beef  
Thousand Island salad dressing

## Directions:

1. On a lightly floured surface, unroll the pizza crust dough and pat it into a 12-inch square. Cut this into four, smaller squares. Layer with one slice of cheese, ¼c of the sauerkraut, and the corned beef diagonally over half of each square, coming within ½-inch of the edge. Top each with ½T of Thousand Island dressing.
2. Fold one corner over the filling to the opposite corner, forming a triangle. Press the edges with a fork to seal.
3. Open the oven Door. Place the Griddle on the Grill/Griddle Rack in position 2. Press **Menu** and turn the **Select** dial to **Select** Preset 86. Press **START/PAUSE** to begin preheating to 400°F with 30% Rear Heat, 0% Top Heat, 70% Bottom Heat, and Fan Speed 3.
4. Once the oven has preheated, it will beep twice, display “**Ready**”, countdown for 10 seconds and then beep once to give you time to place your food in the oven. Open the oven Door and pull out the Griddle. Place 2 calzones on the Griddle and slide everything back into the oven.
5. Close the oven Door to begin Baking Pizza for 6 minutes, after which the oven will beep three times. Open the oven Door and, with the Pizza Peel\*, rotate the pizza to brown evenly. Close the oven Door to resume cooking for 6 minutes.
6. When done, use the Pizza Peel\* to remove the first two calzones from the oven. Cover them to keep them warm while cooking the next pair of calzones by repeating the steps above.
7. Serve with additional Thousand Island salad dressing.

**Pizza Peel** (part#: 26822)



**Bake**



# Margherita Pizza

Serves: 2 | Prep Time: 20 minutes | Total Cook Time: 12 minutes

## Ingredients:

### Dough:

2½c “00” pizza flour  
1t sugar  
½t active dry yeast  
½t sea salt  
¾c warm water  
1T extra-virgin olive oil

### Topping:

1c sun-dried tomatoes  
½c tomato sauce  
3 cloves garlic, minced  
Sea salt, to taste  
Freshly ground black pepper, to taste  
3T grated Parmesan cheese  
8oz. fresh Mozzarella cheese  
6 basil leaves

## Directions:

1. In a bowl, combine the flour, sugar, yeast, and salt.
2. Add warm water and oil to the dry ingredients to form a dough.
3. Scrape the dough onto a floured surface and knead the dough until it becomes tacky.
4. Place the dough back into the bowl, cover, and set it in a warm place.
5. Allow the dough to rise for about 90 minutes, or until the dough has doubled in size.
6. Once the dough has doubled, place it on a floured surface and roll it out into a round shape.
7. Open the oven Door. Place the Griddle onto the Grill/Griddle Rack and place that into Position 2.
8. Press **Menu** then turn the **Select** dial to Menu Preset 86. Press **START/PAUSE** to begin preheating to Bake Pizza (400°F with 30% Rear Heat, 0% Top Heat, 70% Bottom Heat, and Fan Speed 3).
9. Brush olive oil onto the dough, and then spread the tomato sauce on top. Sprinkle Parmesan cheese, Mozzarella cheese, and basil onto the pizza and then top it with sun-dried tomatoes.
10. Once the oven has preheated, it will beep twice, display **“Ready”**, countdown for 10 seconds, and then beep once to give you time to insert your food. Open the oven Door and pull out the Griddle. Place the Pizza onto the Griddle and slide it back into the oven. Close the oven Door to begin Baking Pizza for 6 minutes, after which oven will beep three times.
11. Open the oven Door and, using the Pizza Peel\*, rotate the pizza so it browns evenly. Close the oven Door to resume cooking for another 6 minutes.
12. After the oven is finished, it will beep 3 times and display **“END”**.
13. Move the pizza to a cutting board with the Pizza Peel\* and let it rest for 3-4 minutes.
14. Cut the pizza into 4 pieces with Pizza Server/Cutter\* and serve.

**Pizza Peel** (part#: 26822)



**Bake**



# Coconut Buttercream Cake

**Serves:** 8 | **Prep Time:** 30 minutes | **Total Cook Time:** 50 minutes

## Ingredients:

½c butter, softened  
1c sugar  
2 eggs  
1½c all-purpose flour  
½t sea salt  
1t baking powder  
½t baking soda  
½c buttermilk

1t vanilla extract  
Butter flavored shortening, as needed  
All-purpose flour (to coat a 7-inch springform pan)

## Frosting:

8oz. butter  
2c powdered sugar  
1c coconut flakes (garnish)

## Directions:

1. In a blender or mixer, cream the butter and sugar at medium speed for 5 minutes, adding 1 egg at a time as you go.
2. Combine and sift the dry ingredients and add them to the batter. Then, add the buttermilk and vanilla, alternating between the two as you go.
3. Place the Wire Rack into position 2. Press **Menu** and turn the **Select** dial to Menu Preset 66 (Bake at 325°F with 20% Rear Heat, 40% Top Heat, 40% Bottom Heat, and Fan Speed 1). Press **START/PAUSE** to begin preheating.
4. Prepare the 7-inch Springform Baking Pan by spreading the butter flavored shortening around the inside of the pan and then dusting it with the flour.
5. Pour the batter into the bottom of the prepared 7-inch Springform Baking Pan.
6. Once preheated, the oven will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food. Open the oven Door and place the 7-inch Springform Baking Pan onto the Wire Rack. Close the oven Door to begin to Bake for 50 minutes.
7. Meanwhile, mix the butter, powdered sugar, and vanilla for the frosting in a mixer or blender on medium-high speed for 6 to 7 minutes. Set the frosting aside to decorate the cake later.
8. When the cooking cycle has ended, the oven will beep three times and display **“END”**.
9. Remove the cake from the oven and allow it to cool for 15 minutes. Then, remove it from the 7-inch Springform Baking Pan and let it cool on a wire Grill/Griddle Rack for 30 minutes. Spread the frosting all over the cake and press the coconut flakes into the frosting all around the sides.
10. Cut, serve, and enjoy

**Note:** It may be easier to use your hands to press the coconut flakes all around the cake, cupping the flakes in your hand and then applying them to the frosting.

**Bake**



# Frutti di Bosco

Serves: 8 | Prep Time: 20 minutes | Total Cook Time: 34 minutes

## Ingredients:

$\frac{3}{4}$ c butter, melted

$1\frac{1}{4}$ c sugar

8 large eggs, yolks, whites separated

$\frac{1}{2}$  lemon, zest only

1t cinnamon

$\frac{1}{4}$ t sea salt

$2\frac{1}{2}$ c all-purpose flour

$4\frac{1}{2}$ c mixed berries (blueberries, strawberries, raspberries), divided

## Directions:

1. Spray a 7-inch Springform Pan with nonstick cooking spray.
2. Using a mixer, cream the butter and sugar in a large mixing bowl, adding egg yolks, one at a time, and continue mixing until smooth. Then, add lemon zest and cinnamon.
3. In a separate bowl, whip the egg whites with the salt until stiff peaks form.
4. Gently fold the egg whites into the yolk mixture, followed by the flour, until everything is blended.
5. Pour the batter into the Springform Pan and spread it evenly.
6. Top with 2c of the mixed berries, pressing them into the mixture.
7. Press **Menu** and turn the **Select** dial to **Select** Menu Preset 67. Press **START/PAUSE** to begin preheating.
8. Once the oven has preheated, it will beep twice, display “**Ready**”, countdown for 10 seconds and then beep once to give you time to place your food in the oven. Open the oven Door and place the Springform Pan on the Grill/Griddle Rack in position 2.
9. Close the oven Door and begin to bake under Menu Preset 67 for 34 minutes.
10. When done, remove the Springform Pan from the oven and let the contents cool for 15 minutes before topping it with the remaining mixed berries.
11. Remove the Frutti di Bosco from the Springform pan and serve warm. Enjoy.



Bake



# Baked Cinnamon Rolls

Serves: 8 | Prep Time: 3 minutes | Total Cook Time: 12 minutes

## Ingredients:

12.4oz. pkg. refrigerated cinnamon rolls with icing

Nonstick butter-flavored cooking spray, as needed

## Directions:

1. Press **Menu** then turn the **Select** dial to Menu Preset 68 (Bake at 350°F with 80% Rear Heat, 10% Top Heat, 10% Bottom Heat, and Fan Speed 1). Press **START/PAUSE** to begin preheating.
2. While the oven is preheating. Separate the dough into eight spirals and set aside the icing packet. Unroll the 8 dough spirals into flat, 6 x 1-inch strips, patting them down as needed. Now, re-roll the strips into 8 rolls, pinching each end to seal. Spray the Griddle with butter-flavor nonstick cooking spray, then arrange the rolls on the Griddle in 2 rows of 4 and put the Griddle on the Grill/Griddle Rack.
3. Once the oven has preheated, it will beep twice, display “**Ready**”, countdown for 10 seconds and then beep once to give you time to insert your food. Open the oven Door and slide the Grill/Griddle Rack and Griddle into Position 2. Close the oven Door to begin cooking under Menu Preset 68 for 12 minutes.
4. After the oven has finished baking, it will beep 3 times and display “**END**”.
5. Remove the cinnamon rolls and place them on a serving plate. Drizzle icing over them, serve and enjoy.

Air Roast





# Air Roasted Chicken

Serves: 4 | Prep Time: 20 minutes | Total Cook Time: 50-55 minutes

## Ingredients:

4lb. whole chicken, giblets and neck removed  
3T extra-virgin olive oil  
1 lemon, juice only  
Sea salt, to taste  
Freshly ground black pepper, to taste  
5 cloves garlic  
4 sprigs rosemary

## Directions:

1. Pat the chicken dry with paper towels before placing it in a bowl and coating it in oil. Season the chicken with salt, black pepper, and lemon juice, then fill the cavity of the chicken with the garlic and rosemary. Place the Grill on the Grill/Griddle Rack and then place the prepared chicken on the Grill.
2. Press **Menu**, then turn the **Select** dial to Menu Preset 75. Press **START/PAUSE** to begin preheating Stage 1 (Air Roast at 375°F with 40% Rear Heat, 30% Top Heat, 30% Bottom Heat, and Fan Speed 2).
3. Once the oven has preheated, it will beep twice, display “**Ready**”, countdown for 10 seconds, and then beep once to give you time to insert your food. Open the oven Door and slide the Grill/Griddle Rack into Position 1. Insert the Probe into the thickest part of the chicken breast and close the oven Door begin Stage 1 to an internal Probe temperature of 80°F. Once the oven has finished Stage 1 it will beep once and move on to Stage 2 (Air Roast at 350°F with 40% Rear Heat, 30% Top Heat, 30% Bottom Heat, and Fan Speed 2) to an internal Probe temperature of 155°F. Once Stage 2 has finished the oven will double beep three times.
4. Open the oven Door and remove the chicken, leaving the Probe in to monitor carryover cooking to 165°F. When the carryover target temperature is reached, the oven will beep three times and display “**END**”.
5. Carve the chicken and serve.

# Air Roast



# Air Roasted Cornish Hens

Serves: 2 | Prep Time: 5 minutes | Total Cook Time: 40 minutes

## Ingredients:

2 Cornish hens  
1 yellow onion, quartered  
4 stalks celery, large dice  
3T extra-virgin olive oil  
4T parsley, chopped (for garnish)  
4 cloves garlic

## Seasoning Mixture

Sea salt, to taste  
Freshly ground black pepper, to taste  
2T chili powder

## Directions:

1. In a small bowl, combine all of the dry seasoning ingredients.
2. Rub the hens with oil and then season them with the dry seasoning mixture.
3. Stuff the cavities with the onion, celery, and garlic.
4. Press **Menu** then turn the **Select** dial to Menu Preset 76. Press **START/PAUSE** to begin preheating Stage 1 (Air Roast at 350°F with 40% Rear Heat, 30% Top Heat, 30% Bottom Heat, and Fan Speed 2).
5. Once the oven has preheated, it will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food. Open the oven Door. Place the Grill onto the grill/Griddle Rack and place hens on the Grill, then insert the Probe into the breast of the largest bird before sliding them into Position 1. Close the oven Door to begin cooking Stage 1 to an internal Probe temperature of 130°F.
6. Once Stage 1 is finished, the oven will move on to Stage 2 (Air Roast at 375°F with 40% Rear Heat, 30% Top Heat, 30% Bottom Heat, and Fan Speed 2) to an internal Probe temperature of 155°F, at which point the oven will double beep three times and pause.
7. Open the oven Door and remove the hens, leaving the Probe in to monitor carryover cooking to 165°F. When the carryover target temperature is reached, the oven will beep three times and display **“END”**.
8. Garnish with parsley and serve.

# Air Roasted Prime Rib

Serves: 4 | Prep Time: 15 minutes | Total Cook Time: 32 minutes to 1 hour

### Ingredients:

3lb. boneless prime rib of beef  
½c extra-virgin olive oil  
Sea salt, to taste  
Freshly ground black pepper, to taste  
2T garlic, minced  
2T fresh rosemary, rough chop

### Directions:

1. Press **Menu** and use the **Select** dial to **Select** one of the following Menu Presets:
  - 77 - Rare
  - 78 - Medium Rare
  - 79 - Medium
  - 80 - Medium Well
  - 81 - Well
2. Press **START/PAUSE** to begin preheating Stage 1 (Air Roast at 425°F with 40% Rear Heat, 30% Top Heat, 30% Bottom Heat, and Fan Speed 2). Once preheated, the oven will beep twice, display “**Ready**”, countdown for 10 seconds and then beep once to give you time to insert your food.
3. Season the prime rib with oil, salt, and pepper. Once preheated, place the prime rib on the Grill, slide it into position 1, and insert the Probe into the prime rib.
4. Close the oven Door and begin cooking Stage 1 to an internal Probe temperature of 80°F.
5. The oven will beep once and move on to Stage 2 (Air Roast at 325°F with 40% Rear Heat, 30% Top Heat, 30% Bottom Heat, and Fan Speed 2) to an internal Probe temperature of:
  - Rare 110°F
  - Medium Rare 120°F
  - Medium 125°F
  - Medium Well 135°F
  - Well 155°F

6. After Stage 2, the oven will double beep 3 times. Open the oven Door and remove the prime rib, leaving the Probe in to monitor carryover cooking to:
  - Rare 120°F
  - Medium Rare 130°F
  - Medium 135°F
  - Medium Well 145°F
  - Well 165°F
7. When the carryover target temperature is reached, the oven will beep three times and display **“END”**.
8. When done, let the Prime Rib rest for approximately 10 minutes. Remove it, slice and serve.



# Air Roast





# Air Roasted Yukon Gold Potatoes

Serves: 4 | Prep Time: 3 minutes | Total Cook Time: 18 minutes

## Ingredients:

1lb. baby Yukon gold potatoes, halved  
1T extra-virgin olive oil  
1T garlic salt  
1T Italian seasoning  
1T Cajun seasoning  
½T freshly ground black pepper  
1T fresh parsley, minced  
1T fresh lemon juice

## Directions:

1. Press **Menu** and turn the **Select** dial to Menu Preset 82. Press **START/PAUSE** to begin preheating Stage 1 (Air Roast at 400°F with 40% Rear Heat, 30% Top Heat, 30% Bottom Heat, and Fan Speed 3).
2. Combine the olive oil, garlic salt, Italian seasoning, Cajun seasoning, and black pepper in a mixing bowl. Add the potatoes and toss to coat well. Arrange the potatoes across the Air Fry Basket. Set the mixing bowl aside in case you wish to toss the potatoes again in step 4.
3. Once preheated, the Pro Smart Oven will beep twice, display “**Ready**”, countdown for 10 seconds and then beep once to give you time to insert your food. Open the Door and slide the Air Fry Basket into the oven at Position 3. Close the Door to begin cooking Stage 1 for 10 minutes, after which the oven will beep 3 times.
4. Open the oven Door and turn over the potatoes. You may toss them in the seasoning again if you wish.
5. Close the oven Door to begin Stage 2 (Air Roast at 425°F with 40% Rear Heat, 30% Top Heat, 30% Bottom Heat, and Fan Speed 3) for 8 minutes, after which the oven will beep three times and display “**END**”.
6. Transfer the potatoes from the oven to a serving bowl and add lemon juice and parsley to garnish.

# Air-Roast Brussels Sprouts and Yukon Gold Potatoes

Serves: 4 | Prep Time: 10 minutes | Total Cook Time: 30 minutes

### Ingredients:

1lb. Brussels sprouts, halved  
1T extra-virgin olive oil  
½t sea salt  
1 shallot, medium to small dice  
2t butter  
1t red wine vinegar  
1lb. baby Yukon gold potatoes, halved

1T extra-virgin olive oil  
1T garlic salt  
1T Italian seasoning  
1T Cajun seasoning  
½T freshly ground black pepper  
1T fresh parsley, minced  
1T fresh lemon juice

### Directions:

1. Press **Menu** and turn the **Select** dial to Menu Preset 84. Press **START/PAUSE** to begin preheating to Stage 1 (Air Roast at 400°F with 40% Rear Heat, 30% Top Heat, 30% Bottom Heat, and Fan Speed 3).
2. Place the Brussels sprouts, olive oil, and salt into a mixing bowl and toss to coat well. Then pour the Brussels sprouts into the Air Fry Basket.
3. Place the potatoes, olive oil, garlic salt, Italian seasoning, Cajun seasoning, and black pepper into a mixing bowl and toss to coat well. Put the potatoes on the Grill/Griddle Rack.
4. Once preheated, the oven will beep twice, display “**Ready**”, countdown for 10 seconds, and then beep once to give you time to insert your food. Open the oven Door and slide the Grill/Griddle Rack into the oven at Position 2, and the Air Fry Basket into Position 4, and close the oven Door to begin cooking Stage 1 for 15 minutes, after which the oven will beep 3 times.
5. Open the oven Door and turn over your potatoes and Brussels sprouts. Close the oven Door again to begin cooking Stage 2 (Air Roast at 425°F with 40% Rear Heat, 30% Top Heat, 30% Bottom Heat, and Fan Speed 3) for 15 minutes.

6. As the potatoes and Brussels sprouts are Air Roasting, melt the butter in a small saucepan, add the shallots and red wine vinegar, and stir to combine. After the oven finishes Stage 2, it will beep three times and display “**END**”.
7. Remove the Brussels sprouts and potatoes from the oven and pour each into a clean mixing bowl. Then, pour the shallot-butter mixture over the Brussels sprouts and toss the potatoes in lemon juice and parsley.
8. Serve and enjoy.

Dehydrate



# Beef Jerky

Serves: 20 | Prep Time: 10 minutes | Total Cook Time: 9 hours

## Ingredients:

1lb. flank steak, sliced into strips

## Marinade:

½c soy sauce

Sea salt, to taste

Freshly ground black pepper, to taste

1½T liquid smoke

1T garlic powder

## Directions:

1. In a bowl, combine the marinade ingredients. Then, add the beef strips and coat them in the marinade before placing them into a zip-lock bag and storing them overnight in the refrigerator.
2. When they are ready, lay the beef strips on the Grill/Griddle Rack and place that in Position 2. Press **Menu** then turn the **Select** dial to Menu Preset 96. Press **START/PAUSE** to begin. Dehydrate (170°F 0% Rear Heat 50% Top Heat 50% Bottom Heat Fan Speed 1 for 9 hours).
3. After the oven is finished dehydrating, it will beep 3 times and display “**END**”. Carefully remove the jerky from the oven and let it cool for 10 minutes.
4. Enjoy right away, or store your jerky in a resealable container.

# Candied Bacon

**Serves:** 6 | **Prep Time:** 5 minutes | **Total Cook Time:** 1 hour 15 minutes

### Ingredients:

12 slices bacon  
½c brown sugar  
4T maple syrup  
Freshly ground black pepper, to taste

### Directions:

1. Top the bacon strips with maple syrup, lay them on the Grill/Griddle Rack, and place it into Position 2. Press **Menu** then turn the **Select** dial to Menu Preset 98. Press **START/PAUSE** to begin Dehydrate (150°F 0% Rear Heat 50% Top Heat 50% Bottom Heat Fan Speed 1 for 1 hour and 15 minutes).
2. After the oven is finished dehydrating, it will beep 3 times and display “**END**”. Carefully remove the Candied Bacon from the oven and let it cool.
3. Enjoy right away or store your candied bacon in a resealable container.



# Sun-Dried Tomatoes

**Serves:** 2 | **Prep Time:** 5 minutes | **Total Cook Time:** 8 hours

## Ingredients:

2lbs. Roma tomatoes, halved  
Sea salt, to taste  
Freshly ground black pepper, to taste  
½c extra-virgin olive oil  
2 sprigs rosemary, needles only

## Directions:

1. In a bowl, toss the tomato halves in the olive oil and season them with salt and black pepper.
2. Lay each tomato half on the Grill/Griddle Rack and scatter rosemary needles over each tomato half before placing them in Position 3.
3. Press **Menu** then turn the **Select** dial to Menu Preset 99. Press **START/PAUSE** to begin Dehydrate (140°F with 0% Rear Heat, 50% Top Heat, 50% Bottom Heat, and Fan Speed 1 for 8 hours).
4. After the oven is finished dehydrating, it will beep 3 times and display “**END**”. Carefully remove the tomatoes from the oven and let them cool for 5 minutes.
5. Enjoy right away or store them in a resealable container.

**Dehydrate**



# Banana Chips

Serves: 4 | Prep Time: 30 minutes | Total Cook Time: 1 hour 15 minutes

## Ingredients:

2 bananas, sliced into rounds

## Directions:

1. Lay the banana slices on the Grill/Griddle Rack and place that into Position 2. Press **Menu** then turn the **Select** dial to Menu Preset 97. Press **START/PAUSE** to begin Dehydrate (135°F 0% Rear Heat 50% Top Heat 50% Bottom Heat Fan Speed 1 for 8 hours).
2. After the oven is finished dehydrating, it will beep 3 times and display “**END**”. Carefully remove the banana chips from the oven and let them cool for 5 minutes.
3. Enjoy right away or store your banana chips in a resealable container.

**Dehydrate**



# Dried Apricots

Serves: 12 | Prep Time: 20 minutes | Total Cook Time: 20 hours

## Ingredients:

2lbs. apricot, halved, stones removed  
Sea salt, to taste  
Freshly ground black pepper, to taste  
1gal. hot water  
½c fresh lemon juice

## Directions:

1. Soak the apricots for 10 minutes in 1 gallon of hot water. Drain and blot them dry.
2. In a bowl, mix the apricots with lemon juice.
3. Lay each the apricots on the Grill/Griddle Rack and place that in Position 3. Press **Menu** then turn the **Select** dial to Menu Preset 100. Press **START/PAUSE** to begin Dehydrate (140°F with 0% Rear Heat, 50% Top Heat, 50% Bottom Heat, and Fan Speed 1 for 20 hours).
4. After the oven is finished dehydrating, it will beep 3 times and display “**END**”. Carefully remove the apricots from the oven and let them cool for 5 minutes.
5. Enjoy right away or store them in a resealable container.



# 100 PRESETS

NOTE: Presets 1-100 can be adjusted to create your own recipes and saved under Preset numbers #101-150.

\*Preheat prior to cooking. Halfway during cooking, shake or flip your food.

Air Fry		Rack	Stage 1		Stage 2		Stage 3		Final Probe Temp.
			Oven Temp.	Time/Temp.	Oven Temp.	Time/Temp.	Oven Temp.	Time/Temp.	
1.	<b>Fresh Buttermilk Chicken Wings</b>	3	400°F	15 min.					
2.	<b>Frozen Chicken Tenders</b>	2 or 3	400°F	9 min.	425°F	9 min.			
3.	<b>Frozen Chicken Nuggets</b>	2 or 3	360°F	9 min.	425°F	2 min.			
4.	<b>Frozen Chicken Wings</b>	2 or 3	425°F	9 min.	450°F	9 min.			
5.	<b>Regular Frozen French Fries, 1/2 bag</b>	2 or 3	400°F	7 min.	400°F	7 min.			
6.	<b>Regular Frozen French Fries, 1/2 bag, extra crispy</b>	2 or 3	400°F	9 min.	400 °F	9 min.			
7.	<b>Regular Frozen French Fries, 3/4 bag</b>	2 or 3	400°F	8 min.	400°F	8 min.			
8.	<b>Regular Frozen French Fries, 3/4 bag, extra crispy</b>	2 or 3	400°F	10 min.	400°F	10 min.			
9.	<b>Fast Food Frozen French Fries, 1/2 bag</b>	2 or 3	400°F	5.5 min.	400°F	5.5 min.			
10.	<b>Fast Food Frozen French Fries, 1/2 bag, extra crispy</b>	2 or 3	400°F	7.5 min.	400°F	7.5 min.			
11.	<b>Fast Food Frozen French Fries, 3/4 bag</b>	2 or 3	400°F	7 min.	400°F	7 min.			
12.	<b>Fast Food Frozen French Fries, 3/4 bag, extra crispy</b>	2 or 3	400°F	9 min.	400°F	9 min.			
13.	<b>Frozen Tator Tots, 1/2 bag</b>	2	425°F	19 min.					
14.	<b>Frozen Tator Tots, full bag</b>	2	425°F	22 min.					
15.	<b>Frozen Onion Rings, 1/2 bag</b>	2 or 3	400°F	8 min.	425°F	3 min.			

Air Fry		Rack	Stage 1		Stage 2		Stage 3		Final Probe Temp.
			Oven Temp.	Time/Temp.	Oven Temp.	Time/Temp.	Oven Temp.	Time/Temp.	
16.	Frozen Onion Rings, full bag	2 or 3	400°F	9 min.	425°F	3 min.			
17.	Frozen Crescent Rolls	2 or 3	350°F	12 min.					
18.	Frozen Mini Quiche	2 or 3	375°F	11 min.					
19.	Frozen Pot Pie	2	400°F	30 min.					
20.	Frozen Hot Pockets	3	350°F	20 min.					
21.	Frozen Burrito	3	350°F	15 min.					165°F
22.	Frozen Corn Dogs	2	350°F	15 min.					
23.	Frozen Party Lasagna	2	375°F	1 hr 40 min.	375°F	15 min.			
24.	Frozen Fish Sticks, 1/2 box	3	375°F	12 min.	425°F	8 min.			
25.	Frozen Fish Sticks, full box	3	375°F	12 min.	425°F	10 min.			
26.	Frozen Popcorn Shrimp, 1/2 box	3	425°F	4 min.	425°F	10 min.			
27.	Frozen Popcorn Shrimp, full box	3	425°F	4 min.	400°F	12 min.			
28.	Frozen Butterfly Shrimp, 1/2 box	3	425°F	4 min.	400°F	6 min.			
29.	Frozen Butterfly Shrimp, full box	3	425°F	4 min.	400°F	7 min.			
30.	Frozen Fish Filet	3	450°F	8 min.	400°F	8 min.			
31.	Frozen Calamari Rings	3	350°F	8 min.					
32.	Frozen Toaster Strudel	3	350°F	9 min.					
33.	Frozen Doughnuts	2	300°F	8 min.					
34.	Frozen Churro	2	350°F	8 min.	400°F	7 min.			
35.	Frozen Pretzel	2	400°F	4 min.					
36.	Frozen French Toast Sticks	3	375°F	10 min.					
37.	Frozen Mini Pancake Bites	3	375°F	8 min.					

Air Fry		Rack	Stage 1		Stage 2		Stage 3		Final Probe Temp.
			Oven Temp.	Time/Temp.	Oven Temp.	Time/Temp.	Oven Temp.	Time/Temp.	
38.	Frozen Waffle	3	450°F	5 min.					
39.	Frozen Belgian Waffle	3	425°F	7 min.					
40.	Frozen Breakfast Sandwich	2	350°F	20 min.					

Grilled		Rack	Stage 1		Stage 2		Stage 3		Final Probe Temp.
			Oven Temp.	Time/Temp.	Oven Temp.	Time/Temp.	Oven Temp.	Time/Temp.	
41.	Grilled Herbed Dijon Chicken Breast	4	450°F	2 min.	300°F	130°F	500°F	155°F	165°F
42.	BBQ Chicken Legs	4	450°F	2 min.			300°F	155°F	165°F
43.	Grilled Sea Scallops	4	450°F	5 min.					
44.	Grilled Shrimp	4	450°F	10 min.					
45.	Sesame Salmon	4	500°F	3 min.	400°F	130°F			130°F
46.	Grilled Thick Bacon*	3	375°F	10 min.					
47.	Grilled Breakfast Sausage Link and Patties	3	375°F	8 min.					
48.	Griddled Cheese	1	450°F	1 min.	400°F	1 min.			
49.	Pork, Medium Well	4	450°F	110°F	300°F	130°F			145°F
50.	Pork, Well	4	450°F	130°F	300°F	155°F			165°F
51.	Beef Burger or Steak, Rare	4	450°F	80°F	325°F	110°F			120°F
52.	Beef Burger or Steak, Medium Rare	4	450°F	80°F	325°F	115°F			130°F
53.	Beef Burger or Steak, Medium	4	450°F	80°F	325°F	120°F			135°F
54.	Beef Burger or Steak, Medium Well	4	450°F	80°F	325°F	130°F			145°F
55.	Beef Burger or Steak, Well	4	450°F	80°F	325°F	155°F			165°F

Bake		Rack	Stage 1		Stage 2		Stage 3		Final Probe Temp.
			Oven Temp.	Time/ Temp.	Oven Temp.	Time/ Temp.	Oven Temp.	Time/ Temp.	
56.	Halibut a la Provençal	3	350°F	120°F					145°F
57.	Ham and Potato Casserole	3	350°F	15 min.	350°F	15 min.			
58.	Maple Mustard Glazed Ham	2	325°F	1 hr 46 min.	380°F	8 min.	375°F	8 min.	
59.	Sunday Burger Casserole	2	350°F	15 min.	350°F	58 min.	350°F	2 min.	
60.	Swiss Steak	4 than 2	450°F	30 min.	350°F	1 hr 50 min.	350°F	10 min.	
61.	Queso Fundido	3	350°F	15 min.					
62.	Keto Low Carb Burger Casserole	3	350°F	30 min.	375°F	3 min.			
63.	Keto Low Carb Meatballs	3	425°F	30 min.	375°F	3 min.			
64.	Italian Style Tomatoes	3	350°F	35 min.	350°F	5 min.			
65.	Spinach Pie	3	350°F	50 min.					
66.	Coconut Buttercream Cake	3	325°F	50 min.					
67.	Frutti di Bosco	3	350°F	34 min.					
68.	Cinnamon Rolls	3	350°F	12 min.					
69.	Frozen Pie	2	400°F	20 min.	350°F	12 min.			

Broil		Rack	Stage 1		Stage 2		Stage 3		Final Probe Temp.
			Oven Temp.	Time/Temp.	Oven Temp.	Time/Temp.	Oven Temp.	Time/Temp.	
70.	<b>Broil Beef Burger or Steak, Rare</b>	4	500°F	80°F	325°F	110°F			120°F
71.	<b>Broil Beef Burger or Steak, Medium Rare</b>	4	500°F	80°F	325°F	115°F			130°F
72.	<b>Broil Beef Burger or Steak, Medium</b>	4	500°F	80°F	325°F	120°F			135°F
73.	<b>Broil Beef Burger or Steak, Medium Well</b>	4	500°F	80°F	325°F	130°F			145°F
74.	<b>Broil Beef Burger or Steak, Well</b>	4	500°F	80°F	325°F	155°F			165°F

Air Roast		Rack	Stage 1		Stage 2		Stage 3		Final Probe Temp.
			Oven Temp.	Time/Temp.	Oven Temp.	Time/Temp.	Oven Temp.	Time/Temp.	
75.	<b>Whole Chicken</b>	4	375°F	80°F	350°F	155°F			165°F
76.	<b>Cornish Game Hen</b>	2	350°F	80°F	350°F	155°F			165°F
77.	<b>Beef Roast, Rare</b>	2	425°F	80°F	325°F	110°F			120°F
78.	<b>Beef Roast, Medium Rare</b>	2	425°F	80°F	325°F	115°F			130°F
79.	<b>Beef Roast, Medium</b>	2	425°F	80°F	325°F	120°F			135°F
80.	<b>Beef Roast, Medium Well</b>	2	425°F	80°F	325°F	130°F			145°F
81.	<b>Beef Roast, Well</b>	2	425°F	80°F	325°F	155°F			165°F
82.	<b>Yukon Gold Potatoes</b>	2	400°F	10 min.	425°F	8 min.			
83.	<b>Brussels Sprouts</b>	3	400°F	10 min.	425°F	5 min.			
84.	<b>Brussels Sprouts and Potatoes</b>	2 & 4	400°F	15 min.	425°F	15 min.			



Pizza		Rack	Stage 1		Stage 2		Stage 3		Final Probe Temp.
			Oven Temp.	Time/ Temp.	Oven Temp.	Time/ Temp.	Oven Temp.	Time/ Temp.	
85.	Frozen Garlic Bread	3	350°F	8 min.					
86.	Fresh Pizza	2	400°F	6 min.	400°F	6 min.			
87.	Frozen Pizza, 10-inch	2	400°F	8 min.	400°F	8 min.			
88.	Frozen Deep Dish	2	375°F	20 min.	375°F	20 min.			
89.	Frozen Pizza Bites	2 or 3	390°F	8 min.	400°F	7 min.			
90.	Frozen Pizza Bread	2 or 3	375°F	8 min.	375°F	10 min.			
Proof		Rack	Stage 1		Stage 2		Stage 3		Final Probe Temp.
			Oven Temp.	Time/ Temp.	Oven Temp.	Time/ Temp.	Oven Temp.	Time/ Temp.	
91.	Pizza Dough	2 or 3	80°F	1 hr	75°F	90 min.			
92.	Bagels	2 or 3	85°F	20 min.	80°F	10 min.			
93.	Pretzels	2 or 3	85°F	1 hr.					
94.	Crescent Rolls	2 or 3	80°F	2 hr.	85°F	40 min.			
95.	Soft Yeast Dinner Rolls	2 or 3	85°F	1 hr.	85°F	2 min.	80°F	30 min.	
Dehydrate		Rack	Stage 1		Stage 2		Stage 3		Final Probe Temp.
			Oven Temp.	Time/ Temp.	Oven Temp.	Time/ Temp.	Oven Temp.	Time/ Temp.	
96.	Beef Jerky	All	170°F	9 hrs.					
97.	Banana Chips	All	135°F	8 hrs.					
98.	Candied Bacon	All	150°F	1 hr. 15 min.					
99.	Sun-Dried Tomatoes	All	140°F	8 hrs.					
100.	Dried Apricot	All	140°F	20 hrs.					





## OUR PRODUCTS

### COOKING APPLIANCES



**Primo®** Combo Grill & Oven  
**Model #:** 20701



**Brio®** 34Q Pro-Smart Oven  
**Model #:** 20902  
**Color:** Stainless Steel



**Brio®** 34Q Pro-Smart Oven  
**Model #:** 20901  
**Color:** Black



**Brio®** 15Q Pro-Smart Grill  
**Model #:** 38051



**Brio®** 8 Q Air Fryer  
**Model #:** 37090



**Brio®** 15.5Q

The Ultimate Air Fryer Oven  
**Model #:** 38020



**Bravo™** XL Air Fryer & Oven  
**Model #:** 20801



**Bravo®** Toaster Oven & Air Fryer  
**Model #:** 20831



**Duet®** Pressure Cooker  
& Air Fryer Combo  
**Model #:** 33801

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**PIC Gold** (Induction Cooktop)  
**Model #:** 30242



**PIC Flex** (Induction Cooktop)  
**Model #:** 30532



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



**PIC Pro Chef** (Induction Cooktop)  
**Model #:** 30702



**Mosaic**<sup>®</sup>  
Precision Induction Wok  
**Model #:** 30802



**Infinity Blender**<sup>®</sup>  
High-Performance  
Blender  
**Model #:** 28202

## AIR PURIFIERS



**OxyPure**<sup>®</sup>  
Smart Air Purifier  
**Model #:** 47001



**OxyPure**<sup>®</sup>  
Air Purifier  
**Model #:** 47201



**E1000**  
**OxyPure**<sup>®</sup> **ZERO**<sup>™</sup>  
Air Purifier  
**Model #:** 47251



**E500**  
**OxyPure**<sup>®</sup> **ZERO**<sup>™</sup>  
Air Purifier  
**Model #:** 47351



**OxyPure**  
Air Purifier  
**Model #:** 47501



**OxyPure Portable**  
Air Purifier  
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# TODD ENGLISH

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For patent information please go to:

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BC20901

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