

nuwave®

PIC® Flex

Precision Induction Cooktop



40 Easy To
Follow Recipes

Read the Owner's Manual before using the PIC.

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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

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.

Temperature Guide

| Meats | Temp. °F | Rare °F | Med Rare °F | Med °F | Med Well °F | Well °F | Time Min. |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|---------|-------------|--------|-------------|---------|---------------------------------------------|
| Chicken, breast Turkey, breast Duck, breast | 360 | | | | | 165* | 6–8 per lb 7–9 per lb 5–7 per lb |
| Chicken, whole Turkey, whole Duck, whole | 360 | | | | | 165* | 8–10 per lb 11–13 per lb 10–13 per lb |
| Chicken, thigh Turkey, thigh Duck, thigh | 360 | | | | | 165* | 14–16 per lb 14–16 per lb 9–11 per lb |
| Steak 1" thick | 400 or 450 | 125 | 135 | 145* | 150* | 160* | 3–8 |
| Burgers ½ lb | 350 | 125 | 135 | 145* | 155* | 160* | 5–7 |
| Roast Beef (bone-in) Roast Beef (boneless) | 325 | 125 | 135 | 145* | 150* | 160* | 15–20 per lb 10–15 per lb |
| Lamb (bone-in) Lamb (boneless) | 325 | 125 | 135 | 145* | 150* | 160* | 15–20 per lb 10–15 per lb |
| Pork (bone-in) Pork (boneless) | 350 | | | 145* | 150* | 160* | 15–20 per lb 10–15 per lb |
| Salmon, Tuna, Halibut, Swordfish | | | | 145* | 150* | 160* | 2–3 |
| Fish Steaks 1" thick | 350 | | | 145* | 150* | 160* | 5–7 |
| Sausage | 360 | | | | | 160* | 4–5 |
| <p>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.</p> | | | | | | | |



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

Omelet

Serves: 1–2

Ingredients:

2–3 eggs

1T cold water

Salt and pepper, to taste

1T butter

Directions:

1. Whisk the eggs in a bowl with salt, pepper and cold water.
2. Heat a small sauté pan on High (425°F). Add the butter and cook until it starts to melt.
3. Reduce the heat to Medium (275°F) and add the egg mixture all at once.
4. Swirl the mixture with a rubber spatula and cook until the eggs are almost set.
5. Occasionally tilt the pan and lift and fold the partially-cooked egg mixture so that the uncooked portion flows underneath.
6. Using the spatula, fold the omelet in half or thirds. Flip it over, onto a plate, to serve.

Tips:

- Sprinkle shredded cheese, ham, bacon, and vegetables over the mixture in the pan.
- Make sure the vegetables are chopped small for even cooking.



Homemade Yogurt

Yield: 1qt. or 8 (4oz.) yogurt jars

Ingredients:

1qt. whole milk

1 pkg. yogurt starter (powdered culture)

Directions:

1. Pour the milk into a medium saucepan. Press High (425°F) to bring it up to a boil (180°F), then let the milk cool down to 108°F–112°F.
2. In a bowl, dissolve the powdered yogurt culture into the milk. Mix well.
3. Pour the mixture into your yogurt jars.
4. Place the yogurt jars in a pot then fill the pot with water. Ensure that the water reaches at least ¼ of the way up the jars throughout the cooking process.
5. Press Low (100°F) and then press + until the display shows 130°F to heat the water. (This allows the milk to maintain 110°F inside the yogurt jars.)
6. Continue heating for 8 hours, or until the yogurt has reached the desired firmness.
7. Refrigerate to stop incubation.

Tip: Fruit and nuts can be added to the yogurt before serving.



Breakfast Potatoes

Serves: 4

Ingredients:

| | |
|-----------------------------------------------------------------|----------------------------------------|
| 2c tiny new potatoes or round red potatoes, coarsely chopped | 2T olive oil |
| ½c onions, chopped | ½t salt |
| ½c green or red bell pepper, chopped | ½t pepper |
| | ½c cheddar cheese, shredded (optional) |

Directions:

1. In a medium saucepan, add the potatoes with enough water to cover them.
2. Season with salt, to taste, and heat on Medium-High (375°F) until the water boils.
3. Cook the potatoes for 4–5 min.
4. Drain the potatoes to remove any excess water.
5. In large sauté pan, heat the olive oil on Medium (275°F).
6. Add the potatoes, onions, and bell peppers to the sauté pan.
7. Cook for 15–20 min. until tender, stirring occasionally.
8. Season with salt and pepper and sprinkle with cheese before serving.



Homemade Pancakes

Serves: 4

Ingredients:

1½c flour
1t baking powder
2T white sugar
2 eggs, lightly beaten
1c milk
2oz. butter
Kosher salt, to taste
Maple syrup
Canola oil

Directions:

1. Sift the flour, baking powder, sugar, and salt into a bowl and make a well in center of the dry ingredients.
2. Mix the eggs, milk, and melted butter in a separate small bowl.
3. Pour the egg mixture all at once into the well in the middle of the dry ingredients, whisking to form a smooth batter.
4. Cover the bowl and let it sit for 10 min.
5. Lightly brush a sauté pan or griddle with canola oil and heat it on Medium-High (375°F).
6. Pour ¼c of batter into the pan. Swirl it gently to form one pancake.
7. Cook until bubbles form on top or the bottom gets golden brown and edges begin to dry.
8. Flip the pancake and cook the other side for 30 seconds.
9. Transfer it to a plate and repeat with the remaining batter.
10. Serve with butter and maple syrup.

Tips:

- Use buttermilk in place of regular milk for buttermilk pancakes.
- Add ½c of shredded potatoes for potato pancakes.



Garden Vegetable Frittata

Serves: 6

Ingredients:

2T olive oil
6 small red potatoes, sliced
2c fresh spinach, torn
1 bunch green onions, sliced
1c grape tomatoes, sliced
1c asparagus, diced
1t garlic, crushed
Salt and pepper, to taste
6 eggs
½c milk
1c Asiago cheese, shredded

Directions:

1. Heat the olive oil in a medium sauté pan on Medium (275°F).
2. Add the potatoes to the pan, cover, and cook for 6–8 min.
3. Uncover the pan and mix in the spinach, green onions, tomatoes, asparagus and garlic.
4. Season the vegetables with salt and pepper and cook for 1–2 min. until the spinach is wilted.
5. In a separate bowl, beat the eggs and milk together. Pour this into the sauté pan.
6. Sprinkle the eggs with cheese and reduce the heat to Low (100°F). Cover the pan and cook for 5–7 minutes.



Stir-Fried Tofu and Vegetables

Serves: 4

Ingredients:

½c natural peanut butter

¾c hot water

¼c cider vinegar

4T soy sauce

2T molasses

½t crushed red pepper flakes

4t canola oil, divided

1lb. firm tofu, cut into small pieces

2T garlic, minced

2t gingerroot, divided

1–1½lbs. broccoli

1c red onion

1 red pepper, cut into strips

1 yellow pepper, cut into strips

1c peanuts, unsalted

Directions:

1. In a bowl, mix the peanut butter, hot water, vinegar, soy sauce, molasses, and red pepper flakes until smooth; set aside.
2. Add 2T oil to a wok or large sauté pan and heat on High (425°F).
3. Add the tofu and stir on High (425°F) for 5 min. or until edges start to brown.
4. Transfer the tofu to a bowl using a slotted spoon; set aside.
5. If the wok or large sauté pan is dry, add the remaining 2T of oil.
6. Stir-fry the garlic and ginger for 30 seconds, stirring constantly.
7. Add the broccoli and stir-fry for 2 minutes.
8. Add the peppers, peanuts and sauce. Cook for 3–5 minutes on High (425°F).
9. Remove and serve over rice.



Artichokes with Butter Sauce

Serves: 2

Ingredients:

2 artichokes, 10oz. each
1 full lemon
1T lemon juice
¼c butter
1t herbs (dill, tarragon, or oregano)

Directions:

1. Wash the artichokes, trim their stems, and remove any loose outer leaves.
2. Cut off top, 1in. from the tip, and snip off the sharp leaf tips.
3. Brush the cut leaves with lemon juice.
4. In a large stock pot, bring enough water to cover the artichokes up to a boil on Max/Sear.
5. Add salt and the artichokes to the boiling water, reduce heat to Medium (275°F) and cover.
6. Simmer the artichokes for 20–25 min., or until the leaves pull out easily.
7. Drain the artichokes upside down on paper towels.
8. Melt the butter on Medium-Low (175°F) and stir in the herbs and 1T lemon juice.
9. Transfer the butter sauce to a bowl to dip the artichoke leaves.



Marinated Zucchini and Summer Squash

Serves: 4–6

Ingredients:

2T white wine vinegar
2T fresh lemon juice
1T garlic, minced
2t fresh thyme, chopped
Salt and black pepper, freshly ground, to taste
¼c extra-virgin olive oil
1lb. zucchini, trimmed and sliced diagonally into ¼in. slices
1lb. yellow crookneck squash, trimmed and sliced diagonally into ¼in. slices

Directions:

1. Whisk the vinegar, lemon juice, garlic, and thyme in a large bowl and season the mixture with salt and pepper.
2. Gradually whisk oil into the vinegar mixture to finish the marinade.
3. Spoon 3T of the marinade into small bowl; set aside.
4. Add the zucchini and squash to the remaining marinade and toss to coat. Transfer the vegetables to large baking dish.
5. Cover the dish and marinate the vegetables at room temperature for 3 hrs, or refrigerate for up to 1 day.
6. Heat a large sauté pan on Medium-High (375°F).
7. Sauté the vegetables for about 8 min., turning occasionally.
8. Transfer the vegetables to a serving platter and drizzle them with the reserved marinade.



Ratatouille Stew

Serves: 4–6

Ingredients:

2T extra-virgin olive oil
3 cloves garlic, minced
1 yellow onion, diced
1 small eggplant, diced
1 small yellow squash, diced
1 small zucchini, diced

Kosher salt and cracked black pepper,
to taste
½c fresh basil leaves, chopped,
plus extra (for garnish)
1 can diced tomatoes, 15oz.
1c chicken broth

Directions:

1. Heat the oil in a medium stock pot on Medium-High (375°F).
2. Add the garlic and onions to the pot and cook for 3–5 min., stirring constantly.
3. Add the eggplant, squash, and zucchini, and season with salt and pepper.
4. Cook for 5 min., stirring frequently.
5. Stir in the basil and cook for 1 additional minute.
6. Stir in the tomatoes and chicken broth and bring it all up to a boil on Max/Sear.
7. Reduce the heat to 220°F and simmer for 10 min.
8. Remove the pot from the heat and let it cool slightly.
9. Garnish with chopped basil and serve with side of bread.



Bistro Beef and Mushrooms

Serves: 4

Ingredients:

4 beef sirloin steaks, each cut ½in. thick
1T Dijon mustard or coarse grain
brown mustard
¼c dry red wine or sherry
1T Worcestershire sauce
½c beef broth

2T butter
2T all-purpose flour
2 pkgs. sliced button, Shiitake or portobello
mushrooms, 8oz. each
2t fresh thyme
½t salt
½t black pepper, freshly ground

Directions:

1. Trim the fat from the steaks. Spread mustard evenly over both sides.
2. In a large sauté pan or grill pan, sear each steak on both sides for 3–4 min. on Max/Sear for medium-rare. Remove the steaks to a plate to rest, and cover.
3. In a medium saucepan, heat the red wine and Worcestershire sauce on Medium (275°F) for 3 min. or until it is *au sec*.*
4. Add the broth and butter to the sauce.
5. Once the butter has melted, add the flour in small increments and stir with a silicone spatula until the sauce thickens. Cook for 1 minute or until the flour taste has gone.
6. Add the mushrooms, thyme, salt and pepper and cook for 2 min. to incorporate the flavors.
7. Slice the beef into ½in. slices on a bias (diagonally) and add them to the mushroom sauce.
8. Simmer for 5 minutes.
9. Serve with egg noodles or rice.

Tip:

**Au sec* is a French culinary term meaning “nearly dry.” The liquid has been reduced until it is nearly gone. You may lower the temperature to Medium-Low (175°F) to slow down the reduction of the liquid.



Hometown Chili

Serves: 6–8

Ingredients:

| | |
|-----------------------------------|-------------------------------------|
| 2lbs. ground beef | 2c cold water |
| 1c yellow onion, chopped | 3T fresh parsley, minced |
| 1c celery, chopped | ½t black pepper, freshly ground |
| 2T garlic, chopped | ½t salt |
| 2 cans light red kidney beans | 1c grated cheese (optional) |
| 4 cans whole tomatoes, 15oz. each | ½c green onions, chopped (optional) |
| 3T chili seasoning, divided | Oyster crackers (optional) |

Directions:

1. In a large stock pot, cook the ground beef and 1T of chili seasoning on Medium-High (375°F). Drain any fat and return the meat to the stock pot.
2. Add the onions, celery, and garlic. Sauté them with the ground beef for about 2 min. until onions are translucent, stirring every 30 seconds.
3. Add the kidney beans, tomatoes, remaining chili seasoning, water, parsley, salt and pepper.
4. Turn the PIC to High (425°F) and bring everything up to a boil.
5. Turn down to Medium-Low (175°F) and let the chili simmer for 45 min.
6. Serve with cheese, chopped onions, and crackers.

Tip:

If you don't have fresh parsley, substitute with 1T dried parsley.



Korean Beef

Serves: 4–6

Ingredients:

½c soy sauce

¼c rice vinegar

3 scallions, finely chopped, plus additional chopped scallions (for garnish)

2T firmly packed brown sugar

1 piece of fresh ginger, 2in., finely chopped

1½T toasted sesame oil

2t red pepper flakes

2 skirt steaks, ¾lb. each

Vegetable oil

1½oz. cellophane noodles

Kosher salt and black pepper, freshly ground, to taste

Directions:

1. Combine the soy sauce, vinegar, scallions, brown sugar, ginger, sesame oil, and red pepper flakes in a bowl. Whisk well to blend the marinade.
2. Set aside ¼c of marinade in a bowl. Pour the rest into a resealable plastic bag. Add the skirt steak to the bag and seal it. Place the bag in the refrigerator and marinate the steak for at least 4 hrs., up to overnight, turning the bag often.
3. Fill a large, deep saucepan with vegetable oil 2in. deep.
4. Heat it on Medium-High (375°F) until the oil reaches 375°F.
5. Pull apart the noodle clusters, forming clumps of about 10 strands each.
6. Working in batches, fry the noodles in the oil for about 5 seconds per side until they puff up and turn white.
7. Using a slotted spoon, transfer the cooked noodles to paper towels to drain.
8. Remove the skirt steak from the marinade and pat it dry with paper towels.
9. In a large sauté pan, heat 1½T of sesame oil on High (425°F).
10. Season the meat with salt and pepper and add it to the pan.
11. Reduce the heat to Medium-High (375°F) and cook for 2–3 minutes per side.
12. Transfer the steak to a platter and cover loosely with foil. Let the steak rest for 5 min.
13. Cut the steak into thin slices, cutting against the grain. Toss the beef with the reserved marinade until the beef is well coated.
14. Crumble the fried noodles and divide them equally onto plates and top with sliced beef.
15. Garnish with chopped scallions.



Beef Stroganoff Over Buttered Noodles

Serves: 4–6

Ingredients:

| | |
|----------------------------------------------|-----------------------------------------------------------|
| 13c beef stock | 5T unsalted butter, divided |
| 1 carrot, chopped | 1lb. mushrooms, sliced |
| 6 sprigs fresh thyme, divided | 3 cloves garlic, chopped |
| 1 bay leaf | 2T sour cream, plus more for garnish |
| 2lbs. chuck roast, cut into 2in. cubes | 1T Dijon mustard |
| Kosher salt and black pepper, freshly ground | 2T chopped fresh parsley leaves, plus more for garnish |
| 6T extra-virgin olive oil, divided | 1 pkg. of wide egg noodles, 1lb. |
| 1 medium onion, chopped | |
| 2T cognac | |

Directions:

1. Heat the beef stock, carrot, 3 thyme sprigs, and the bay leaf in a large stock pot on the stovetop.
2. Pat the beef dry and season it with salt and pepper.
3. Coat another large stock pot in 3T of olive oil and heat it on High (425°F) using the PIC.
4. Cook the meat in batches in a pan until browned on all sides. Do not overcrowd the meat. When browned, remove the beef and set it aside.
5. Lower the temperature to Medium (275°F). Add the onions, cooking them about 5 min. until soft.
6. Add the cognac and continue cooking for another 5 min. until the alcohol has burned off. Return the beef to stock pot.
7. Add the beef stock to the stock pot with the beef, discarding the carrot, thyme, and bay leaf. Partially cover the stock pot and cook at 220°F for 1½–2 hours.
8. In a separate large sauté pan, on the stovetop, melt 3T of butter at 350°F and add the remaining olive oil.
9. Add the mushrooms, garlic, and the remaining thyme sprigs, cooking until the mushrooms are brown.
10. Remove the pan from the heat; set aside. Once finished, remove the stock pot from heat and fold in the cooked mushrooms, sour cream, mustard, and parsley. Add salt and pepper to taste.
11. Bring another large stock pot of salted water up to a boil on Max/Sear on the PIC and add noodles. Cook the noodles until tender, drain, toss with the remaining butter and season with salt and pepper. Serve over noodles and garnish with sour cream and parsley.



Pork Marsala

Serves: 4

Ingredients:

1lb. pork tenderloin, well trimmed
1t olive oil
1T garlic, minced
1t tomato paste
½c dry Marsala wine
½c red wine
12oz. button mushrooms
Salt and pepper, to taste
1T fresh parsley, chopped (for garnish)

Directions:

1. Cut the pork diagonally into cutlets ¼in. thick, or pound the cutlets to a thickness of ¼in.
2. Heat a large sauté pan on High (425°F) for 1 min. Add the cutlets. Sear on both sides to seal in the juices and brown, about 1 minute and 30 seconds per side.
3. Remove the cutlets from the pan.
4. Heat oil on Medium (275°F), add the garlic and sauté for 1 minute.
5. In a bowl, combine the tomato paste and the Marsala and red wines. Add the mixture to the pan.
6. Add the mushrooms and turn the heat down to Medium-Low (175°F). Simmer for 3–5 min.
7. Return the pork to the pan, and heat it through on Medium-Low (175°F). Before serving, sprinkle with parsley.



Pork Tenderloin with Sauteed Apples

Serves: 4

Ingredients:

| | |
|----------------------------------------------------------------|-----------------------------------------------------------|
| ¼t ground coriander | Non-stick cooking spray |
| ¼t black pepper, freshly ground | 2T butter |
| ¼t ground cinnamon | 2c thinly sliced, unpeeled apples, seeds and core removed |
| ¼t ground nutmeg | ¼c thinly sliced shallots |
| ½t salt, as needed. | ¼c apple cider |
| 1lb. pork tenderloin, trimmed and cut crosswise into 12 pieces | 1t fresh thyme leaves |

Directions:

1. Combine first 4 ingredients with salt, as needed, in a bowl and sprinkle the seasoning evenly over the pork tenderloin.
2. Coat a large sauté pan with non-stick cooking spray and heat it on Medium-High (375°F).
3. Add the pork to the pan and cook it for 3 min. per side. Remove the pork from the pan and keep it warm.
4. Reduce the temperature to Medium (275°F).
5. Melt the butter in the pan and add the apple slices, shallots and salt, as needed. Sauté for 4 min.
6. Add apple cider to the pan, continue cooking for 2 minutes, then stir in the thyme.
7. Serve the pork with apples.



Herb Chicken

Serves: 4

Ingredients:

| | |
|---------------------------------------------------|----------------------------------------------|
| Oil, as needed | 1T fresh oregano, chopped |
| 4 chicken breasts, 6oz. each., boneless, skinless | 2–3 cloves garlic, peeled and finely chopped |
| ¼c flour | ½c white wine |
| ¼t salt | ¾c chicken stock or broth |
| ¼t pepper | ¼c fresh Italian parsley or chervil, chopped |
| 1T fresh thyme | |
| 1T fresh rosemary, chopped | |

Directions:

1. Heat the oil in a large sauté pan on Medium-High (375°F).
2. Dredge the chicken in flour seasoned with salt and pepper. Shake off the excess flour.
3. Add the chicken to the pan and brown on both sides; set aside.
4. Add the herbs, garlic, and wine to the sauté pan and simmer on Medium-High (375°F).
5. When the mixture is brought back up to temperature, add the chicken to the pan.
6. Add the chicken stock and bring everything back to simmer on Medium-Low (175°F).
7. Cover and cook the chicken for about 10–12 min., or until its internal temperature reaches 170°F.
8. Before serving, sprinkle with fresh parsley or chervil.

Tip:

If you don't have fresh thyme, rosemary or oregano, you can substitute with 1t of dried thyme, rosemary, or oregano.



Teriyaki Chicken

Serves: 2–3

Ingredients:

¾c low-sodium soy sauce

¼c honey

1¼t fresh ginger, peeled and grated

1lb. boneless, skinless chicken breasts or thighs

Black pepper, freshly ground, to taste

4t vegetable oil

2 medium scallions, thinly sliced

Directions:

1. Add the soy sauce and honey to a small saucepan and simmer on Medium (275°F) for about 5 min., stirring often. Add the ginger and stir to combine.
2. Remove the pan from the PIC and set it aside.
3. Heat the vegetable oil in a large sauté pan on High (425°F) until simmering.
4. Season the chicken with pepper and add it to the pan.
5. Fry the chicken for about 3 min. per side until both sides are browned.
6. Reduce the temperature to Medium (275°F) and slowly pour the reserved sauce into the pan, flipping the chicken occasionally to coat. Cook for about 3 min. more.
7. Transfer the chicken to a cutting board, letting any excess sauce drip back into pan.
8. Continue to cook the sauce on Medium (275°F) until it thickens, about 3 min.
9. Slice the chicken crosswise into ½in. pieces and transfer them to a serving dish.
10. Pour the sauce over the chicken, garnish with scallions, and serve.

Tip:

Pound the chicken until each is ½in. thick.



Chicken Fajitas

Serves: 6

Ingredients:

4T canola oil, divided

2T lemon juice

1½t seasoned salt

1½t dried oregano

1½t ground cumin

1t garlic powder

½t chili powder

½t paprika

½t crushed red pepper flakes (optional)

1½lbs. boneless skinless chicken

breasts, cut into thin strips

½ medium red pepper, julienned

½ medium green pepper, julienned

4 green onions, thinly sliced

½c chopped onion

6 flour tortillas, 8in.

Shredded cheddar cheese

Salsa

Guacamole

Sour cream

Directions:

1. Combine 2T of oil, the lemon juice, and the spices in a large resealable plastic bag.
2. Add the chicken to the bag, ensuring all sides of chicken are coated in the marinade, and seal.
3. Add the remaining oil to a large sauté pan and sauté the peppers and onions on Medium (275°F) until tender.
4. Remove the vegetables and keep them warm.
5. In the same skillet, cook the chicken on Medium (275°F) for 5–6 min.
6. Return the vegetables to the pan and continue cooking until everything is heated through.
7. Add the fajitas to the tortillas and serve with cheese, salsa, guacamole, and sour cream.



Seafood Paella

Serves: 6–8

Ingredients:

2t butter
1c onion, diced
Salt and black pepper to taste
1c long-grain rice
1 small green pepper, seeded and finely chopped
1 small red pepper, seeded and finely chopped
1T garlic, minced
½t saffron threads, crumbled
2½c fish stock or base
1 lobster tail, 6oz.–8oz., removed from shell and chopped into large pieces
½lb. king crab legs, shelled, chopped into large pieces
12oz. Tilapia fillets, cut into large pieces
4oz. sea scallops, raw
4oz. large shrimp, raw, peeled and deveined
4oz. mussels, pre-cooked
4oz. clams, pre-cooked
4oz. squid, pre-cooked and pre-chopped
4oz. octopus, precooked and pre-chopped

Directions:

1. In a medium stock pot, melt the butter on Medium (275°F) for about 30 seconds.
2. Sauté the onions on Medium (275°F) for 2 min. or until soft. Season them with salt and pepper to taste.
3. Add the rice and cook, stirring occasionally for 30 seconds.
4. Add the bell peppers, garlic, saffron, and stock.
5. Bring the mixture up to a boil on Medium-High (375°F), covered.
6. Once boiling, lower heat to Medium (275°F) and let it simmer for 10–15 min.
7. Add the seafood to the mixture and cook uncovered for 15–20 additional min., or until most of the liquid has been absorbed and the rice is tender.

Tip:

- Do not brown the rice.
- You can use any type of bell pepper.



Ginger Shrimp

Serves: 4

Ingredients:

1½lbs. shrimp, peeled and deveined
1T olive oil, divided
2T grated fresh ginger
1c chopped green onions
1½c chicken stock
2T cold water
1T cornstarch

Directions:

1. Heat 1½t of oil in a large sauté pan on High (375°F).
2. Sauté the shrimp on High (375°F) for 4 min. or until they turn pink; set aside.
3. Heat the remaining oil on Medium-Low (175°F).
4. Add the ginger and onions and sauté until the onions are tender. Add the chicken stock and bring the mixture up to a boil on Max/Sear.
5. In a bowl, mix together cold water and cornstarch and stir this mixture into the sauté pan.
6. Return the shrimp to the pan and bring the temperature to Medium-High (375°F).
7. Serve over rice.



Fish Tacos

Serves: 6–8

Ingredients:

1lb. white flaky fish, such as haddock or cod
¼c canola oil
1 lime, juice only
1T ancho chili powder
1 jalapeño, coarsely chopped
¼c chopped fresh cilantro leaves
8 flour tortillas

Directions:

1. Place the fish in a medium dish.
2. In a bowl, whisk together the oil, lime juice, chili powder, jalapeño, and cilantro into a marinade and pour it over the fish.
3. Let the fish marinate for 15–20 min.
4. While the fish marinates, heat a medium sauté pan on Medium-High (375°F).
5. Remove the fish from the marinade and pat it dry on paper towels.
6. Place the fish in a saute pan, flesh side down. Saute the fish for 4 min., flip, and cook for an additional 30 seconds.
7. Remove the fish from the saute pan and let it rest for 5 min.
8. While the fish rests, place the tortillas on the pan for 20 seconds.
9. Divide the fish among the tortillas and garnish with your favorite toppings.

Tip:

Top your tacos with tomato salsa, shredded cabbage, hot sauce, sour cream, or chopped cilantro.



Batter-Fried Shrimp

Serves: 4–6

Ingredients:

2lbs. uncooked shrimp, peeled and deveined,
with tails

1c all-purpose flour

½t sugar

½t salt

1c ice water

1 egg

1 large bottle vegetable oil, divided into 6c and
2T portions

Directions:

1. Heat 6c of oil in a large stock pot on Medium (350°F).
2. In a large bowl, mix the flour, sugar, and salt.
3. Add the ice water, egg, and 2T of oil to the flour mixture to make a batter.
4. Dry the shrimp thoroughly.
5. Holding the shrimp by the tail with tongs, dip each shrimp into the batter and then carefully place it in the pot to fry for about 2 min. or until golden brown.
6. Transfer each fried shrimp to paper towels to drain and keep them warm as you cook the remaining shrimp.
7. Serve immediately.

Tip:

Test the temperature of the oil by using a toothpick: Drop the toothpick in the oil. If it the oil bubbles, then it is hot enough. Remove the toothpick with tongs.



Pan-Seared Halibut

Serves: 4

Ingredients:

2T grapeseed oil
4 halibut fillets, 6oz. each
1T salt
1T cracked black pepper
2 sprigs fresh thyme
Juice from 1 lemon, divided
1T olive oil
1½c halved heirloom tomatoes
1t chopped garlic
2T chopped parsley

Directions:

1. Heat the grapeseed oil in a large sauté pan on Medium-High (375°F).
2. Season the fish with salt and pepper and place it in the hot pan to cook for 3–4 min. per side.
3. Combine the thyme with ½ of the lemon juice in a small bowl. Baste fish with this mixture.
4. Transfer the fish to a serving platter to rest.
5. Add olive oil to the same pan used to cook the fish and stir in the tomatoes, garlic, and the remaining lemon juice.
6. Cook the sauce for 2 minutes.
7. Stir in the parsley and pour the sauce over the fish.

Tip:

This recipe works great with any type of white-fleshed fish.



Roasted Red Pepper Sauce Over Tortellini

Serves: 6

Ingredients:

2 pkgs. cheese or meat tortellini, 9oz. each
4 red peppers, freshly roasted
2T butter
1c onion, small dice
4 cloves garlic, minced
1T fresh thyme
1T fresh oregano
2t sugar

Directions:

1. In a medium stock pot, cook the tortellini according to the package on High (375°F). Drain and reserve, keeping the pasta warm in a covered serving bowl.
2. Using a blender or food processor, process the red peppers until smooth; set aside.
3. In a medium saucepan, melt the butter on Medium (350°F), then add the onions and garlic and sauté them until they are fragrant and tender.
4. Add the pureed red pepper, the thyme, the oregano, and the sugar.
5. Cook the sauce and stir it until it is heated through.
6. Pour the sauce over the tortellini. Toss to coat and serve.

Tip:

If not using freshly roasted red peppers, substitute with 2 jars of roasted red peppers. Substitute 1t dried thyme for fresh, and substitute ½t dried oregano for fresh.



Mushroom Stroganoff

Serves: 4

Ingredients:

1 pkg. wide egg noodles, 8oz.
2T butter
2 medium onions, cut into ¼in. slices
4½c mushrooms, sliced
1 clove garlic, minced
2T all-purpose flour
1 vegetable bouillon cube, crumbled
¾c water
1 carton sour cream, 8oz.
Salt and black pepper, freshly ground to taste
1T fresh chives (optional)

Directions:

1. In a large stock pot, heat water for the pasta on a stovetop.
2. Meanwhile, in large sauté pan, melt the butter on Medium-High (375°F).
3. Sauté the onions for 3–4 min. until tender, stirring occasionally.
4. Stir in the mushrooms and garlic.
5. Cook for 5 min., or until the vegetables are tender, stirring occasionally.
6. Add the flour to the mushrooms and continue to cook to remove the raw flour taste.
7. Deglaze the pan with the bouillon and water.
8. Bring everything to a simmer and lower the temperature to Medium-Low (175°F); cook for 10 min.
9. Cook the egg noodles according to package. Place the cooked egg noodles in a serving bowl.
10. Add sour cream to the mushroom sauce and season it with salt and pepper. Continue cooking for 2–3 min. to incorporate the flavors.
11. Pour the sauce over the pasta and sprinkle with chives.



Fettuccine Alfredo

Serves: 4

Ingredients:

1 pkg. dried fettuccine, 12oz.
¾c heavy whipping cream
½c butter
¾c grated Parmesan cheese
Salt and black pepper, freshly ground, to taste
Pinch of nutmeg

Directions:

1. Cook the fettuccine according to the package on a stovetop.
2. Meanwhile, in a saucepan, bring the butter and cream to a simmer on Medium (275°F) for 3 min., stirring sporadically.
3. Drain and add the cooked fettuccine to the butter and cream in the saucepan.
4. Remove the sauce from heat.
5. Add the cheese, salt, pepper, and nutmeg to the fettuccine. Coat well and serve immediately.



Fresh Tomato, Sausage, and Pecorino Pasta

Serves: 3-4

Ingredients:

1 pkg. uncooked penne pasta, 8oz.
Sweet Italian sausage, 8oz., casings removed
2t olive oil
1c onion, sliced
2t garlic, minced
1¼lbs. tomatoes, chopped
6T grated pecorino Romano cheese, divided
¼t salt
¼t black pepper, freshly ground
¼c fresh basil, for garnish

Directions:

1. Prepare the pasta according to the package. Drain and set aside.
2. Heat a large sauté pan on Medium-High (375°F).
3. Add the sausage and olive oil to the pan and cook for 4 min., stirring to crumble the sausage.
4. Add the garlic and onions to the pan and cook for 2 min.
5. Stir in the tomatoes and cook for 2 min. Remove the pan from the PIC.
6. Stir in the prepared pasta, 2T of cheese, the salt, and the pepper.
7. Top the pasta with the remaining cheese and garnish with the basil.



Vegetable Beef Soup

Serves: 8

Ingredients:

1½ lbs. boneless beef chuck roast, cubed
1T olive oil
4c water
3 cans beef broth stock, 10oz. each
1t dried oregano, crushed
½t dried marjoram, crushed
¼t black pepper
2 bay leaves

2c tomatoes, chopped and peeled
1 pkg. frozen whole kernel corn, 10oz.
1½c medium potatoes, peeled and medium
diced
1c frozen green beans
1c carrots, sliced
1c celery, sliced
½c onion, medium diced

Directions:

1. In a large stock pot, heat the oil on High (425°F).
2. In batches, brown the meat on all sides. Do not overcrowd the meat in the pot. Set aside and keep warm.
3. Add the water to the pot and add the beef stock, oregano, marjoram, pepper, and bay leaves.
4. Bring everything up to a boil on High (425°F).
5. Reduce the heat to Medium-Low (175°F) and return the beef to the pot. Simmer for 1 hour or until the beef is tender.
6. Discard the bay leaves and skim any fat, if necessary.
7. Stir in the tomatoes, corn, potatoes, green beans, carrots, celery, and onions.
8. Return the soup to a boil on High (425°F).
9. Reduce the heat to Medium (275°F) and let the soup simmer for 20 min. or until the vegetables are tender.



Creamy Cheddar Soup

Serves: 4

Ingredients:

1 small onion, chopped
2 large pimentos, chopped
3T butter
3T all-purpose flour
1½c chicken stock
1½c half-and-half
¾c grated sharp cheddar cheese
Salt and black pepper, freshly ground, to taste
Dash cayenne pepper (optional)

Directions:

1. In a medium sauté pan, melt the butter on Medium-High (375°F).
2. Sauté the onions and pimentos for 5–7 min.
3. Reduce the heat to Medium (275°F) and add the stock and the half and half.
4. Once heated, gradually add the flour and cook for 2 min. or until raw flour taste is gone.
5. Lower the temperature to Medium-Low (175°F). Add the cheese and stir until it is melted.
6. Add the salt, black pepper, and cayenne pepper to taste.



French Onion Soup

Serves: 4

Ingredients:

2T butter or margarine
2c yellow onion, thinly sliced
2T flour
4c beef stock or broth
¼c dry sherry
1t Worcestershire sauce
½t black pepper, freshly ground
6 slices French bread, toasted
1c shredded Swiss, gruyere, or Jarlsberg cheese

Directions:

1. In a medium stock pot, melt the butter on Medium (275°F).
2. Add the onions and cook, covered, for 20 min. or until the onions are tender and caramelized, stirring sparsely.
3. Dust the onions with flour, and stir.
4. Bring the temperature down to Medium-Low (175°F) and heat for 6 min. to remove any raw flour taste.
5. Stir in broth, sherry, Worcestershire sauce, and pepper, and bring it all up to a boil.
6. Increase the heat to Medium (275°F) and let the soup simmer for 10 minutes, uncovered.
7. Meanwhile, place the cheese on the bread and broil in an oven for 1–2 min. or until the cheese melts.
8. Serve the onion soup with the bread round on top.

Tip:

Instead of using a broiler, you can toast bread using one of NuWave's fine line of countertop ovens. Visit www.nuwarennow.com to see them all.



Chunky White Bean-Tomato Soup

Serves: 4

Ingredients:

4 slices bacon, cut into 1in. pieces
1 medium onion, chopped
3c reduced-sodium chicken broth
2 cans navy or Great Northern beans, 15oz.
each, drained and rinsed
1 can tomatoes, 15oz., diced
½t dried thyme
½t cumin
1t salt
½t black pepper

Directions:

1. Heat a medium stock pot on Medium-High (375°F) until hot.
2. Add the bacon and cook for 5 min. or until the slices begin to brown, stirring frequently.
3. Add the onions and cook for another 5 min. or until the onions are tender, stirring occasionally. Remove any excess pan drippings.
4. Stir in the remaining ingredients.
5. Increase the heat to High (425°F) and bring the soup up to a boil.
6. Reduce heat to Medium-Low (175°F) and simmer for 5–10 min. to blend the flavors.
7. Using a potato masher, mash beans to slightly thicken soup.



Chicken Tortilla Soup

Serves: 4–6

Ingredients:

2T vegetable oil
1 small onion, diced
2T garlic, minced
2 jalapeños, finely diced
6c low-sodium chicken broth
1 can tomatoes, 14.5oz., fire-roasted, diced
1 can black beans, 14.5oz., rinsed and drained
3 chicken breasts, boneless, skinless
2 limes, juiced, plus wedges (for garnish)
Salt and black pepper, freshly ground, to taste
1c fresh cilantro leaves, roughly chopped
1 flour tortilla, 8in., grilled and cut into thin strips
1 avocado, pitted and sliced
1c Monterrey cheese, shredded

Directions:

1. Heat the vegetable oil in a large saucepan or pot on Medium (275°F).
2. Add the onions to the pan and cook for 2 min.
3. Add the garlic and jalapeños, and cook for 1 min.
4. Add the chicken broth, tomatoes, and beans to a large saucepan or pot and bring the broth to a boil on Max/Sear.
5. Once the broth is boiling, lower the temperature to Medium-Low (175°F) and add the chicken.
6. Cook for 20-25 minutes, then remove the chicken from the pot to cool.
7. Add the lime juice, cilantro, and the salt and pepper (to taste) to the pot. Keep the soup warm.
8. Shred the chicken and portion it out into the serving bowls.
9. Ladle the soup from the pot into each bowl and garnish with a lime wedge, tortilla strips, avocado, and cheese.



Chocolate Fondue

Serves: 4–6

Ingredients:

12oz. cooking chocolate; milk, semi-sweet, or sweet
½c half-and-half
¼t cinnamon
4c assorted dippers

Directions:

1. Heat the chocolate and half-and-half in a medium saucepan on Medium-Low (175°F), stirring constantly, until the chocolate is melted and the mixture is smooth.
2. Reduce heat to Low (100°F) and push the + button twice to reach 120°F.
3. Hold the fondue at 120°F and add cinnamon. Serve with dippers on the side.

Tip: If the chocolate becomes too thick add more half and half to thin it out.



Cheddar Cheese Fondue

Yield: 2 cups

Ingredients:

$\frac{3}{4}$ c chicken broth (or $\frac{3}{4}$ c water)

2T Dijon mustard

1T cornstarch

2c cheddar cheese, shredded

Directions:

1. In a medium saucepan, bring the broth up to a boil on High (425°F).
2. Once the broth is boiling, reduce the heat to Medium (275°F).
3. In a small bowl, thoroughly mix the mustard and cornstarch.
4. Add the mustard-cornstarch mixture and the cheese to the hot broth, whisking until blended.
5. Cook for 10 min. or until the cheese is completely melted and the mixture is blended well, stirring constantly. Pour the cheese into a fondue pot and heat on Low (100°F).
6. Serve with bell peppers, cauliflower florets, apple chunks, pretzels, and broccoli.



Cheddar Chipotle Fondue

Yield: 2–3 cups

Ingredients:

2c shredded sharp cheddar cheese
½c dry white wine
½c whipping cream
2T Dijon mustard
1T chipotle peppers in adobo sauce, pureed

Directions:

1. Mix all of the ingredients in a medium saucepan.
2. Cook on Medium–Low (175°F), stirring constantly.
3. Serve in a fondue pot over Low (100°F) heat with bread, meat, or vegetables.



Creamy Vegetable Fondue

Serves: 4–6

Ingredients:

¼c milk
¼c white wine
1 pkg. cheddar cheese, 8oz., shredded
1 pkg. Monterey Jack cheese, 8oz., shredded
1 pkg. cream cheese, 8oz., softened
¼c green onions, chopped
¼c frozen spinach, thawed and drained
1t dry mustard, ground
1t cayenne pepper, ground
1t garlic powder
1t black pepper, coarsely ground

Directions:

1. Combine the milk, white wine, and cheeses in a medium saucepan heated on Medium (275°F).
2. Cook the cheese mixture for about 10 min., stirring frequently until melted.
3. Stir in the green onions, spinach, mustard, cayenne, garlic powder, and black pepper.
4. Continue cooking for about 10 min. until all ingredients are blended.
5. Reduce temperature to 120°F to keep it warm.



Simple Fudge

Yield: 2 pounds

Ingredients:

1½c sugar
1 can evaporated milk, 5oz.
½c butter
2c small marshmallows
1c semi-sweet chocolate pieces
½c walnuts (optional)
½t vanilla

Directions:

1. Line an 8x8x2in. baking pan with foil, extending the foil over the edges. Butter the foil then set the pan aside.
2. Butter the sides of a medium saucepan. Add the sugar, evaporated milk, and butter and combine.
3. Cook on Medium-High (375°F) for 10 min., stirring constantly until the mixture boils.
4. Reduce the heat to Medium (275°F) and cook for an additional 6 min., stirring constantly.
5. Remove the saucepan from the heat.
6. Add marshmallows, walnuts (optional), and chocolate. Melt until the mixture is combined.
7. Beat by hand for 1 minute.
8. Spread the fudge evenly in the prepared baking pan. Cover and chill for 2–3 hrs or until firm.
9. When fudge is firm, use foil to lift fudge up and out from pan.
10. Cut into squares and serve. Store, tightly covered, in the refrigerator for up to 1 month.



Peanut Brittle

Yield: 2 pounds

Ingredients:

2c raw peanuts

1½c sugar

¾c Karo® syrup, light

2t baking soda

1t vanilla extract

Candy thermometer

Directions:

1. Place the NuWave Silicone Pizza Liner on a baking sheet or use a buttered 9x13in. baking pan; set aside.
2. In a medium sauté pan, cook the peanuts, syrup, and sugar on Medium (275°F) until the candy thermometer reaches 296°F (147°C).
3. Remove the mixture from the heat.
4. Stir in the baking soda and vanilla extract.
5. Spread the mixture evenly in the prepared pan or baking sheet to cool.
6. Once cooled, break the peanut brittle into pieces.

Tip: The peanuts will start to pop when ready.



Chocolate Caramel Turtles

Yield: 35 turtles

Ingredients:

1 pkg. caramels, 16oz.
2T water
¾lb. pecan halves
1 pkg. semi-sweet chocolate chips, 6oz.

Directions:

1. Heat the caramels and water in a medium saucepan on Medium-Low (275°F), stirring until the caramels are melted.
2. Arrange the pecans in 36 groups, 2in. apart, on a greased cookie sheet or parchment paper.
3. Drop 1t melted caramel onto each nut cluster and let it cool. Repeat until all of the caramel is used.
4. Place chocolate chips in a saucepan on Medium-Low (275F), stirring until melted and smooth. Drizzle enough over each nut and caramel cluster to coat the caramel.
5. Let the turtles cool for 30 min.
6. Transfer the turtles to an airtight container and store them in the refrigerator for up to 1 month.



Pears in White Wine Caramel Sauce

Serves: 4

Ingredients:

2lbs. ripe pears
2c dry white wine
1c white sugar

Directions:

1. Peel the pears and cut each lengthwise into 8 wedges. Using a small knife, remove any pear seeds.
2. Place the pears in a large shallow serving dish and pour wine over them.
3. Marinate for 30 min. at room temperature.
4. Heat the sugar in a medium stock pot on Medium (275°F), stirring often.
5. Cook for 15 min. until the sugar melts completely into a dark caramel sauce.
6. Pour the caramel sauce over the pears to cover completely.
7. Cover and refrigerate for at least 3 hours.
8. Using a slotted spoon, place the pears onto a platter. Reserve the liquid.
9. Place the reserved marinating liquid in a small saucepan and heat it on Medium-High (375°F), reducing the sauce down to $\frac{3}{4}$ c.
10. Drizzle the warm sauce over the pears and serve.

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