

# nuwave<sup>®</sup>

## MEDLEY<sup>®</sup> XL DIGITAL SKILLET

**45** Easy To  
Follow Recipes



Read the Owner's Manual before using.

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# Probe Temperature Guide

Meats	Temp. °F / °C	Rare °F / °C	Med Rare °F / °C	Med °F / °C	Med Well °F / °C	Well °F / °C	Time Min.
Chicken, breast Turkey, breast Duck, breast	360°F /180°C					165°F /75°C*	6 - 8 per lb 7 - 9 per lb 5 - 7 per lb
Chicken, thigh Turkey, thigh Duck, thigh	360°F /180°C					165°F /75°C*	14 - 16 per lb 14 - 16 per lb 9 - 11 per lb
Steak 1" thick	350°F /175°C	125°F / 50°C	135°F / 60°C	145°F / 75°C*	150°F / 65°C*	160°F / 70°C*	3 - 8
Burgers ½ lb	350°F /175°C	125°F / 50°C	135°F / 60°C	145°F / 75°C*	150°F / 70°C*	160°F / 70°C*	5 - 7
Roast Beef (bone-in) Roast Beef (boneless)	325°F / 165°C	125°F / 50°C	135°F / 60°C	145°F / 75°C*	150°F / 70°C*	160°F / 70°C*	15 - 20 per lb 10 - 15 per lb
Lamb (bone-in) Lamb (boneless)	325°F / 165°C	125°F / 50°C	135°F / 60°C	145°F / 75°C*	150°F / 70°C*	160°F / 70°C*	15 - 20 per lb 10 - 15 per lb
Pork (bone-in) Pork (boneless)	350°F /175°C			145°F / 75°C*	150°F / 70°C*	160°F / 70°C*	15 - 20 per lb 10 - 15 per lb
Salmon, Tuna, Halibut, Swordfish				145°F / 75°C*	150°F / 70°C*	160°F / 70°C*	2 - 3
Fish Steaks 1" thick	350°F /175°C			145°F / 75°C*	150°F / 70°C*	160°F / 70°C*	5 - 7
Sausage	360°F /180°C					160°F / 70°C*	4 - 5
<p><b>Note:</b> Times may vary. 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>							

# Breakfast



## 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



# Bacon and Sausage

(Serves 2)

## Ingredients:

8 oz sliced bacon or 16 oz thick sliced bacon

8 (4-oz) sausage patties

## Directions:

1. Set Skillet to 300°F and add bacon and or sausage.
2. Cook for 6 min. per side, until bacon reaches desired crispiness and sausages have cooked through.

**Tip:** Ensure sausage patties have reached an internal temperature of 165°F with a hand-held thermometer.





# Breakfast Hash

(Serves 6)

## Ingredients:

1 lb. Yukon Gold potatoes, skin on, small dice  
1 lb. baby red potatoes, skin on, small dice  
2 T extra-virgin olive oil or butter  
1 medium white onion, small dice  
1 T minced garlic (optional)  
8 oz Cremini or Portobella mushrooms, diced  
1 green pepper, seeded, medium dice  
1 t dark chili powder (optional)  
Kosher salt, as needed  
Freshly ground black pepper, as needed  
2 T fresh Italian parsley, chopped

## Directions:

1. Blanch potatoes for 10 min. in boiling water. Drain; set aside.
2. Set Skillet to 375°F and add oil. Add onions, garlic and sauté until light brown.
3. Add mushrooms and sauté until they lightly sweat.
4. Turn up to 400°F add potato and peppers and season with chili powder, salt and pepper and give it a quick stir before placing on the lid.
5. Cook for about 8-10 min. or until potatoes are soft.
6. Stir in parsley and serve.

**Tips:** Poached eggs are a great final touch to Breakfast Hash. See “Poached Eggs”.



# Potato and Sausage Breakfast Skillet

(Serves 6)

## Ingredients:

2 lbs baby red or Yukon Gold potatoes, skin on, small  
4 large eggs  
2 T heavy cream  
Kosher salt, as needed  
Freshly ground black pepper, as needed  
2 T extra-virgin olive oil  
1 small red onion, small dice  
1 green pepper, seeded and small dice  
4 mild Italian sausage links, precooked, sliced into medallions  
2 T chives, chopped  
2 T fresh Italian parsley, chopped

## Directions:

1. Blanch potatoes for 10 min. in boiling water. Drain; set aside.
2. In a small bowl, whisk together eggs and cream. Season with salt and pepper; set aside.
3. Set Skillet to 400°F. Add oil. Add onions, potatoes, peppers and cook for 12 min. or until brown and crispy.
4. Add sausage, chives, parsley, salt, and pepper. Mix together and cook 4-6 min.
5. Pour egg mixture from bowl into the skillet. Reduce to 300°F, cover, and continue cooking for 3-4 min. or until set.



# Oatmeal with Blueberries, Cherries, and Apricots

(Serves 8)

## Ingredients:

7 c water

1 t sea salt

4 c oats

½ c agave

1 c dried fruit (blueberries, cherries, or apricots)

## Directions:

1. Pour water and salt in skillet, set to 300°F, and bring up to a boil.
2. Add oats and cook for 5 min., stirring occasionally.
3. Add agave and dried fruit, stir, and serve.

**Tip:** Hold oatmeal at 120°F. If still sitting after 4 hrs, increase temperature up to 140°F.



# Pain Perdue

(Serves 4)

## Ingredients:

3 large eggs  
½ c sugar  
3 c milk  
1 t cinnamon  
Pinch of nutmeg  
1 loaf challah or brioche bread, cut into 1-in-thick slices  
¼ stick unsalted butter

## Directions:

1. In a large bowl, whisk together eggs, sugar, and milk.
2. Add cinnamon and nutmeg, then whisk to combine.
3. Layer bread slices in a shallow baking dish and pour egg mixture on top. Let sit for 2-3 min. or until bread begins to absorb. Turn bread and let bread absorb on the opposite side for an additional 2-3 min.
4. Set Skillet to 300°F and add butter and melt.
5. Add 6 slices of bread to skillet and cook until golden and crisp.
6. Flip and cook until brown on the opposite side.
7. Serve immediately.

**Note:** Serve with powdered sugar, syrup, fresh fruit and bacon, if desired.





# Silver Dollar Pancakes

(Serves 4)

## Ingredients:

1½ c flour  
2 T sugar  
2 t baking powder  
¾ t salt  
1¼ c milk  
3 T canola oil or melted butter  
2 eggs  
2 T extra-virgin olive oil

## Directions:

1. In a small bowl, whisk together flour, sugar, baking powder, and salt; set aside.
2. In a medium bowl, whisk together milk, canola oil or butter, and eggs.
3. Add wet ingredients to dry ingredients; do not over mix.
4. Set Skillet to 250°F and add 1-2T oil.
5. Pour 3 T of batter at a time into the Skillet and cook until bubbles form on pancakes. Flip, then continue to cook until golden brown.
6. Repeat steps 4 and 5 with remaining batter.

## Tips:

**Have fun with more than just your everyday pancakes:**

**Buttermilk:** add ½t of baking soda and replace milk with buttermilk.

**Berry:** add ½c mixed berries.

**Greek yogurt and whole grain:** replace flour with ½c whole-wheat flour, ¼c cornmeal, ¼c wheat germ, and ½t baking soda. Replace milk with ¾c plain Greek yogurt and ¼c low-fat milk.

**Chocolate chip:** add ½c chocolate chips.

**Cinnamon raisin:** add ½t cinnamon to dry ingredients. Soak ½c raisins in milk (that is in the recipe) and add to wet ingredients.



# Poached Eggs

(Serves 4)

## Ingredients:

1½ qt water  
2 T white vinegar  
4 large eggs  
Sea salt, as needed  
Fresh black pepper to taste, as needed

## Directions:

1. Set Skillet to 420°F and add water, at least 3-in deep. Bring up to a boil.
2. Stir in vinegar. Reduce heat down to 300°F.
3. Break each egg into a separate, small, shallow bowl or cup.
4. Lower the bowl with the one egg just to the edge of the simmering water and quickly empty egg into the water.
5. Use a spoon to keep the egg white together, if needed. Simmer for 4 min. or until yolk is set.
6. Remove eggs with slotted spoon and drain quickly with paper towel.
7. Season with salt and pepper and serve.



# Scrambled Eggs

(Serves 2)

## Ingredients:

4 large eggs  
2 T heavy cream  
Sea salt, as needed  
Freshly ground black pepper to taste  
2 T extra-virgin olive oil

## Directions:

1. In a small bowl, whisk together eggs and cream. Season with salt and pepper.
2. Set Skillet to 275°F and add oil.
3. Add eggs. Using a rubber spatula, stir to create curds by pushing the eggs from the edge of the skillet toward the center.
4. Cook for 3-4 min. or until set.



# Sunny-Side Up Eggs

(Serves: 2)

## Ingredients:

2 T butter

4 large eggs

Sea salt, as needed

Freshly ground black pepper, as needed

## Directions:

1. Set Skillet to 225°F and add butter.
2. Add eggs, cover with lid, and cook for 6 min. or until whites are set.
3. Remove lid, place on plate, and season with salt and pepper.

***Vegetarian***





# Au Gratin Potatoes

(Serves 6-8)

## Ingredients:

3 T butter  
3 T all-purpose flour  
1½ t salt  
¼ t Freshly ground black pepper  
2 c 2% milk  
1 c white cheddar or Gruyère cheese, shredded  
5 c thinly sliced peeled potatoes  
½ c chopped onions

## Directions:

1. Set Skillet to 300°F and add butter. Stir in flour, salt, pepper, and mix until smooth.
2. Set Skillet to 350°F. Gradually add in milk and bring up to a boil, stirring frequently.
3. Stir until thickened. Turn off and stir in cheese until melted.
4. Add potatoes and onions and cover.
5. Reduce to 275°F. Bake for 1 hr or until fork-tender.



# Ratatouille

(Serves 8-10)

## Ingredients:

⅓ c extra-virgin olive oil  
1 medium red onion, diced  
2 T minced garlic  
2 large red peppers, seeded and diced  
2 large green peppers, seeded and diced  
3 medium zucchini, small diced  
2 medium yellow squash, small dice  
2 c fresh tomatoes, small dice (or 2 c small whole tomatoes)  
2 T fresh Italian parsley, chopped  
Sea salt, as needed  
Freshly ground pepper, as needed  
2 lemons, juice and zest  
½ c white wine  
1 T fresh thyme (or 1 T dried thyme)

## Directions:

1. Set Skillet to 425°F and add oil. Add onions, garlic, peppers, zucchini, squash, and tomatoes, then stir together.
2. Add in remaining ingredients and simmer for 30 min. or until about half of the liquid has evaporated, stirring occasionally.



# Smashed Potatoes

(Serves 6)

## Ingredients:

3 qt water  
2 T sea salt  
1½ lbs baby Yukon Gold potatoes  
2 T extra-virgin olive oil or butter  
Sea salt, as needed

## Directions:

1. Set Skillet to 420°F, add water, salt, and bring up to a boil.
2. Place in potatoes and boil for 10 min. or until fork-tender.
3. Unplug Skillet and remove digital temperature control. Drain potatoes.
4. While potatoes are still warm, place potatoes one at a time on a cutting board.
5. Firmly mash down each potato until flat. Sprinkle sea salt on both sides of potato.
6. Reassemble digital temperature control. Plug in Skillet. Set to 400°F and add oil or butter.
7. Using a spatula, place each potato in Skillet with a spatula and brown on both sides.



# Sourdough Grilled Cheese Sandwiches

(Serves 2)

## Ingredients:

2 T extra-virgin olive oil  
4 (½-in-thick) pieces sourdough bread  
4 slices Gruyère or Swiss cheese

## Directions:

1. Brush olive oil on one side of the bread slices.
2. Place cheese on other side of slices.
3. Bring both slices together for each sandwich. Set Skillet to 390°F. Place in Skillet and toast for 2-4 min. per side, pressing down slightly.
4. Turn the Skillet off. Cover, if needed, to melt the cheese more.

**Tips:** Use prosciutto or ham for a non-vegetarian sandwich.





# Vegetable Stir-Fry

(Serves 4)

## Ingredients:

2 T sesame seed oil  
1 medium white onion, peeled and sliced  
1 t fresh garlic, chopped  
2 carrots, peeled, sliced on a ¼-in bias (diagonally)  
3 stalks celery, rinsed, cut on a ½-in bias (diagonally)  
1 red pepper, seeded, sliced into 1-in-thick strips  
1 green pepper, seeded, sliced into 1-in-thick strips  
1 yellow pepper, seeded, sliced into 1-in-thick strips  
2 Portobella mushrooms, cut into 1-in cubes  
1 medium green zucchini, thinly sliced  
1 c sliced baby bok choy  
2 T rice vinegar  
2 T soy sauce  
1 T sesame seeds  
1 t chili flakes (optional)

## Directions:

1. Set Skillet to 420°F and add sesame seed oil. Add onion and garlic. Cook for 1-2 min. or until fragrant.
2. Add in carrots and celery and sauté for 2 min.
3. Add, in order: peppers, mushrooms, and zucchini. Cook for 3-5 min. or until vegetables are bright in color.
4. Add bok choy. Pour in rice vinegar, soy sauce, sesame seeds, and add chili flakes (optional). Stir to incorporate.
5. Continue cooking for 6 min., stirring frequently.



# Fonduta (Northern Italian-Style Fondue)

(Serves 4)

## Ingredients:

1 T butter  
1 shallot, finely minced  
2 bay leaves  
½ c white wine  
1 c heavy cream  
3½ c grated Fontina  
Black pepper, as needed  
Sea salt, as needed  
5 thick slices of sourdough bread, cut into cubes, slightly toasted

## Directions:

1. Set Skillet to 400°F and add butter. Add shallot and sauté for 2-3 min. until translucent.
2. Add bay leaves, pour in wine, and deglaze, stirring constantly.
3. Once all liquid is reduced, add cream and bring up to a boil.
4. Reduce to 320°F. Add cheese, salt, and pepper and stir until cheese melts.
5. Reduce Skillet to 110°F. Serve with bread cubes.

**Tip:** Place bread cubes on bamboo skewers for easy dipping.



# Rice Pilaf

(Serves 8)

## Ingredients:

2 T butter  
2 T extra-virgin olive oil  
½ white onion, chopped fine  
2 c long-grain white rice  
3 c chicken stock  
¼ Sea salt, as needed  
1 t of cayenne pepper (optional)  
2 c frozen peas  
2 c chopped parsley

## Directions:

1. Set Skillet to 400°F and add butter and olive oil. Add onions and sauté for 7 min. or until lightly browned.
2. Reduce to 300°F and add rice. Stir to incorporate.
3. Add chicken stock, salt, and cayenne pepper. Mix well to incorporate.
4. Cover and continue cooking at 300°F for 35 min.
5. When done turn off Skillet. Fold in peas, parsley, and allow to rest for 10 min. Afterward, fluff with fork and serve.



**Beef**

# Asian-Style Braised Short Ribs

(Serves 6)

## Butter Paste Ingredients:

1 T canola oil  
3 lbs short ribs, fat trimmed off, cut into 3- to 4-in pieces  
¼ c sesame seed oil  
1½ oz chopped ginger  
2 T sesame seeds  
8 oz bottled teriyaki sauce  
1 c rice vinegar  
1 qt water

## Directions:

1. Set Skillet to 400°F and add oil. Add beef and sear on all sides until browned.
2. Add remaining ingredients.
3. Reduce to 300°F, cover, and cook for 2 hrs or until beef is fork-tender.

## Tips:

- If preferred, strain and skim fat from source: First, unplug and then remove digital temperature control. Remove (or pour out) fat. Reassemble digital temperature control and then plug in. Add remaining ingredients and finish recipe.
- Serve with Asian noodles, such as Soba.





# Beef Bourguignon

(Serves 4)

## Ingredients:

- 2 T extra-virgin olive oil
- 2 T large stew meat (top sirloin), cut into 1½-inch cubes
- 1 large red onion, small dice
- 1 c pearl onions, peeled
- 2 whole kohlrabi, peeled and diced
- 2 c dry red wine
- 1 qt (32 oz) beef broth
- 2 bay leaves
- 1 lb. Yukon Gold potatoes, skin on, medium dice
- 1 T sea salt
- 1 T freshly ground black pepper
- 2 T fresh Italian parsley, chopped (for garnish)

## Directions:

1. Set Skillet to 425°F and add oil. Add beef and sear on all sides until browned; set aside.
2. In Skillet, sauté red onions, pearl onions, and kohlrabi for 8 min.
3. Return beef to Skillet, then add wine and deglaze the pan. Reduce wine by half.
4. Pour in beef broth, add bay leaves, and bring up to a boil.
5. Reduce to 300°F, cover with lid, and simmer for 35 min., stirring occasionally.
6. Add potatoes and continue to simmer at 300°F. Cover with lid and cook for 30 min. or until potatoes and beef are tender.
7. Remove bay leaves. Season with salt and pepper. Garnish with parsley.



# Bolognese

(Serves 6)

## Ingredients:

1 c extra-virgin olive oil  
1 c of very finely diced white onions  
1 c shredded carrots  
½ c celery, small dice  
1 T fresh garlic, minced  
2 lbs. ground beef, chuck  
½ lb. ground pork or veal  
2 (28-oz) cans crushed tomatoes  
2 c white wine  
1 T sugar  
Sea salt, as needed  
Freshly ground black pepper, as needed  
2 T fresh Italian parsley

## Directions:

1. Set Skillet to 375°F and add oil. Add onions, carrots, celery, garlic and let sweat for 10-12 min. Remove vegetables; set aside.
2. Add beef and pork, set Skillet to 400°F, and cook until browned. Leave the fat in the Skillet.
3. Return vegetables and garlic to Skillet. Add tomatoes, wine, and sugar and mix well. Season with salt and pepper. Stir to incorporate.
4. Reduce to 225°F, cover, and let simmer for 45 min. to 1 hr, stirring occasionally.
5. Top with parsley and serve over pasta.

## Tips:

- Use the Infinity Blender or a food processor to shred the carrots and celery.
- Use a potato masher to evenly break lumps of meat.
- Do not skim off the fat while cooking; this is what makes it a true Bolognese.



# Filet Medallions and Brussels Sprouts

(Serves 4)

## Ingredients:

1 lb Brussels sprouts, each, cut in half  
4 T extra-virgin olive oil, divided  
Sea salt, as needed  
Freshly ground black pepper, as needed  
4 (6-oz) filets, seasoned with salt and pepper  
½ c chicken stock or water

## Directions:

1. In a bowl, mix together Brussels sprouts, 2T olive oil, salt, and pepper.
2. Set Skillet to 400°F. Add remaining oil, filets, and sear 8 min. per side. When flipping the medallions, add Brussels sprouts to sear during the 8 min.
3. Take out filets; set aside to rest.
4. Pour in chicken stock. Simmer with the Brussels sprouts for 6 min.
5. When done, serve immediately with filets.



# Meatballs

(Serves 6)

## Ingredients:

3 T extra-virgin olive oil  
2 T minced garlic  
2 c chicken stock  
2 c marinara sauce  
Sea salt, as needed  
Freshly ground black pepper, as needed

## Meatballs:

2 lbs. ground chuck  
1½ lbs. ground pork  
2 eggs  
½ c Parmesan cheese  
2 T fresh Italian parsley, chopped  
1 c Japanese-style panko bread crumbs, soaked in  
¼ Salt and black pepper to taste

## Directions:

1. Mix together meatball ingredients and form 3- to 4-oz balls. Makes 12-16 meatballs.
2. Set Skillet to 375°F and add oil. Add meatballs and sear all sides; set aside.
3. Unplug the Skillet and pour out excess oil.
4. Plug Skillet back in and set to 240°F.
5. Add chicken stock, marinara sauce, and garlic. Stir to incorporate.
6. Carefully add in meatballs. Reduce to 225°F, cover, and simmer for 1 hr. When done, add salt and pepper to taste.

**Tip:** If sauce bubbles too much, reduce the temperature using the Digital Temperature Control.





# Ribeye with Mushrooms and Peppers

(Serves 2)

## Curry Sauce Ingredients:

2 (8-oz) ribeye steaks  
2 t kosher salt  
2 T freshly cracked black pepper  
2 T extra-virgin olive oil  
1 lb. Cremini mushrooms, whole  
2 red bell peppers, seeded and quartered

## Directions:

1. Season each side of ribeye steaks with salt and pepper; set aside.
2. Set Skillet to 420°F and add oil.
3. Place in ribeyes. Add mushrooms and peppers (skin side down), and cook for 6 min. a side.
4. Remove steak. Let rest for 5 min. while peppers and mushrooms are cooking.
5. When done, serve immediately with steaks.



# Texas Chili

(Serves 6)

## Ingredients:

2 dry barbecue rub  
¼ t cayenne pepper  
½ T dried oregano  
½ T ground cumin  
Sea salt, as needed  
8 slices bacon, cut into small pieces  
1 (3- to 4-lbs.) beef chuck roast, fat trimmed, cut into 1-inch cubes  
1 large white onion, diced  
2 cloves garlic, peeled and minced  
2 jalapeños, minced (optional)  
2 T tomato paste  
½ c lager beer  
1 (28-oz) can crushed tomatoes  
32 oz low-sodium beef broth

## Directions:

1. In a bowl, mix all dry spices. Add beef and coat. Let sit in rub for at least 10 min.
2. Set Skillet to 400°F. Add bacon and cook until brown and crispy.
3. Reduce to 300°F. Add in beef and brown on all sides.
4. Add onions, garlic, and jalapeños and sauté for 8 min.
5. Add tomato paste and stir to incorporate.
6. Add beer and tomatoes, cover, and let simmer for 10 min.
7. Add broth, stir to incorporate, cover, and let simmer for 30 min. or until beef is tender.

**Tip:** Serve with shredded cheddar cheese, sour cream, or chopped chives.

# ***Poultry & Pork***



# Beer Brats

(Serves 4)

## Ingredients:

- 1 lb. brats
- 1 T minced garlic
- 3 large white onions, thinly sliced
- 1 T freshly ground black pepper
- 1 t red pepper flakes (optional)
- 3 cans favorite beer

## Directions:

1. Set Skillet to 400°F and add brats. Sear for 2-4 min. per side.
2. Add in garlic, onions, black pepper, and red pepper flakes (optional). Continue cooking for 2 min.
3. Pour in beer, cover with lid, and reduce to 275°F.
4. Simmer for 30 min. or until brat has reached an internal temperature of 160°F.

**Tip:** Serve with sauerkraut.



# Chicken and Roasted Carrots

(Serves 4)

## Ingredients:

2 T extra-virgin olive oil

1 lb. whole baby carrots, peeled, sliced in half, leaving small portion of greens on top

4 (6-oz) boneless chicken breasts

Juice of 1 lemon

½ c white wine

2 whole garlic cloves

Sea salt, as needed

Freshly ground black pepper, as needed

## Directions:

1. Set Skillet to 425°F and add oil. Add carrots and saute for 4 min.
2. Add chicken. Sear on all sides, 6 min. per side.
3. Add lemon juice, wine, garlic, salt and pepper. Cover with lid and reduce to 350°F.
4. Cook until center of each chicken breast reaches 165°F.





# Chicken Tikka Masala

(Serves 4)

## Ingredients:

3-lb chicken, boneless, skinless  
¼ c plain whole-milk, Greek-style yogurt  
2 T peanut oil, divided  
2 t fresh lime or lemon juice  
1 clove garlic, peeled and minced

1 T grated peeled fresh ginger  
4 T unsalted butter  
1 large white onion, finely chopped  
1½ c canned tomato puree  
¾ c water  
½ c heavy cream or half and half  
1¼ t kosher salt  
½ t freshly ground black pepper  
½ c chopped fresh cilantro  
Sprigs of cilantro (for garnish)

## Sauce Ingredients:

5 t curry powder  
½ t cayenne

## Directions:

1. In a small bowl, whisk together yogurt, 1T of the peanut oil, lime juice (or lemon juice), and garlic. Add chicken into the marinade. Mix well; set aside.
2. In a separate bowl, whisk together the curry powder, cayenne, and grated ginger; set aside.
3. Set Skillet to 400°F and add 1T peanut oil. Add marinated chicken and cook 6-8 min. per side. Remove chicken. Let rest for at least 5 min. Slice into 1½-in pieces.
4. Set Skillet to 375°F and add butter. Add onions and cook for 5 min. until light brown, stirring frequently.
5. Reduce to 275°F and stir in ginger-spice mixture.
6. Add tomato puree, water, heavy cream, and salt. Bring up to a boil.
7. Reduce to 250°F and simmer for 10 min. or until thickened slightly.
8. Return chicken to skillet and continue cooking for 5 min. Add black pepper and salt, and chopped cilantro. Garnish with cilantro sprigs.

**Tip:** Serve with naan (Indian flatbread) and cooked basmati rice.



# Pork Tenderloin Medallions

(Serves 4)

## Ingredients:

2 T extra-virgin olive oil  
1 lb pork tenderloin, cut into 1½-in medallions  
1 lb cremini mushrooms, quartered  
3 whole cloves of garlic, peeled  
3 sprigs fresh rosemary  
½ c white wine  
Sea salt, as needed  
Freshly ground black pepper, as needed

## Directions:

1. Set Skillet to 400°F and add oil. Add pork tenderloin medallions and sear 4-6 min. per side.
2. Add mushrooms, garlic, rosemary, wine, salt, and pepper. Continue cooking for 8 min. until center of each medallion reaches 145°F.

**Tip:** See “Smashed Potatoes” for the perfect complement to Pork Tenderloin Medallions.



# Sausage and Peppers

(Serves 4-6)

## Ingredients:

2 T extra-virgin olive oil  
2 lbs Italian sausage (about 10 links)  
1 red onion, diced into 1-in squares  
2 red peppers, seeded and large diced  
1 green pepper, seeded and large diced  
2 cloves garlic, minced  
1 (28-oz) can tomatoes  
1 t oregano  
1 t chili flakes (optional)  
¼ c white wine  
Juice of 1 lemon  
¼ c fresh Italian parsley  
Pinch of salt (optional)  
Fresh cracked black pepper

## Directions:

1. Set Skillet to 400°F and add oil. Add Italian sausage and sear on all sides; set aside.
2. Add onions, peppers, and garlic and sauté for 5 min.
3. Cut links into 1-in coins. Return sausage to Skillet.
4. Add tomatoes, oregano, chili flakes, and wine. Reduce to 275°F.
5. Cover with lid and simmer for 35 min. or until sausage is fully cooked.
6. Add lemon juice, parsley, and add salt and pepper.



# Mac and Cheese with Bacon

(Serves 6)

## Ingredients:

8 oz sliced bacon, cut into small pieces  
½ c butter  
½ c flour  
4 c whole milk  
2 c shredded cheddar cheese  
2 c shredded mozzarella cheese  
½ t granulated garlic, powder  
½ t salt  
2 lbs cooked cavatappi (12 oz dried pasta)  
2 c toasted panko Japanese-style breadcrumbs

## Directions:

1. Set Skillet to 375°F, add bacon, and cook until crispy.
2. Take out bacon and drain on paper towels.
3. Set Skillet to 275°F and add butter and flour. Stir until combined well.
4. Gradually whisk in milk. Bring up to a gentle simmer and cook for 8 min., stirring continuously until thickened.
5. Add cheese, garlic powder, and salt and stir to combine.
6. Fold in cooked noodles and bacon, then cover with lid.
7. Cook at 275°F for 5 min.
8. Top with toasted breadcrumbs and serve.

## Tips:

- To cook the noodles beforehand, place 4-qt of cold water and 1 lb of pasta to Skillet and set to 420°F to bring up to a boil. Cook for 18 min. with lid. To drain: First unplug and then remove digital temperature control. Drain. Reassemble temperature control and plug back in. Stir and toss with 1T of olive oil and a pinch of salt. Remove pasta. Continue on with recipe and step 1.
- To toast breadcrumbs, set Skillet to 275°F, add 1T butter, then mix breadcrumbs and stir continuously until evenly browned.



# ***Seafood***



# Paella

(Serves 6)

## Ingredients:

4 T extra-virgin olive oil, divided	2 c uncooked short-grain white rice
1 T paprika	1 pinch saffron threads
2 t dried oregano	1 bay leaf
Sea salt and black pepper to taste	1 t crushed red pepper flakes
2 lbs boneless, skinless chicken breasts, cut into 2-in pieces	1-qt chicken stock
3 cloves garlic, peeled and crushed	2 lemons, zest only
1 Spanish onion, chopped	1 lb shrimp, peeled and deveined
1 red bell pepper, seeded and coarsely chopped	1 lb of mussels, beards removed (discard any opened shellfish)
	½ c fresh Italian flat-leaf parsley, chopped

## Directions:

1. In a medium bowl, mix together 2T olive oil, paprika, oregano, salt, and pepper.
2. Mix in chicken, cover, and refrigerate overnight.
3. Set Skillet to 300°F and add 2T olive oil. Add garlic, onion and bell pepper and sauté for 3 min.
4. Add rice, saffron, bay leaf, red pepper flakes, lemon zest, and stir to incorporate.
5. Set Skillet to 350°F, add chicken, chicken stock, and mix to incorporate.
6. Cover and let simmer for 10-15 min. or until chicken reaches an internal temperature of 165°F.
7. Add in shrimp and mussels and continue cooking for 8-10 min. or until rice is tender. Stir frequently.
8. Discard any mussels that are unopened. Add parsley, remove bay leaf, and serve.



# Salmon and Asparagus

(Serves 2)

## Ingredients:

2 T butter

1 lemon, cut in half

2 (6-oz) salmon fillets (skin on)

6 pieces asparagus

Salt and pepper to taste

## Directions:

1. Set Skillet to 400°F and add butter.
2. Once melted, place lemons, open side down, directly on surface of Skillet.
3. Place salmon skin side down and cook for 6 min.
4. Flip salmon, add asparagus, and sprinkle with salt and pepper.
5. Reduce to 350°F and continue cooking for an additional 6 min.



# Baked Beans

(Serves 4-6)

## Ingredients:

8 oz sliced bacon, cut into small pieces  
1 onion, finely diced  
3 (28-oz) cans Great Northern beans, drained  
2 oz molasses  
2 t salt  
1 t ground black pepper  
2 t dry mustard  
4 oz ketchup  
2 t Worcestershire sauce  
½ c packed brown sugar  
1½ c water

## Directions:

1. Set Skillet to 275°F and place in bacon and onions. Cook for 3-4 min. or until fat starts to render.
2. Add in remaining ingredients, stir to incorporate, and cover.
3. Reduce to 205°F and cook for 1½ hrs.

## Tips:

- To make beans from the dry state beforehand, soak 1 lb of beans overnight in cold water.
- Pour the water and beans in the Skillet.
- Set the Skillet to 275°F and let simmer for 1½ hrs or until tender. When done, unplug first and then remove digital temperature control.
- Drain beans; set aside. Reassemble temperature control and plug in unit.
- Proceed with step 1 and rest of recipe.



# Shrimp and Grits

(Serves 4)

## Ingredients:

4 c water

1 c grits

1 lb peeled and deveined shrimp (16-20 count)

Sea salt, as needed

1 t Old Bay<sup>®</sup> seasoning

Pinch of cayenne pepper (optional)

¼ c scallions, chopped

1 c cheddar cheese, shredded

## Directions:

1. Add water to Skillet and set to 400°F.
2. When boiling, reduce to 300°F. Stir in grits and cook for 5 min.
3. Add shrimp, salt and seasonings, reduce to 225°F, give one more stir, and cook for an additional 5-8 min.
4. Add scallions and cheese, cover, and turn off.

# ***Stocks, Soups & Sauces***





# Chicken Tortilla Soup

(Serves: 4-6)

## Ingredients:

- 2 T extra virgin olive oil
- 1 medium white onion, cut into ¼-in slices
- 3 garlic cloves, peeled
- 1 large dried pasilla (ancho) chile, stemmed and seeded
- 2 qt chicken broth
- 1 (15-oz) can diced tomatoes (preferably fire-roasted)
- Sea salt, as needed
- 2 c shredded, cooked rotisserie chicken
- 1 large ripe avocado, pitted, flesh scooped from skin and cut into ¼-in cubes
- ½ c Mexican crema, sour cream, or crème fraîche (for garnish)
- 4 c tortilla chips (or tortillas dried overnight in an oven)
- 1 large lime, cut into 6 wedges (for garnish)

## Directions:

1. Set Skillet to 375°F and add oil. Add onions and garlic and cook for 7 min. until golden, stirring frequently.
2. Remove onions and garlic, first pressing down on garlic and onion to keep as much oil in Skillet as possible. Transfer to a blender or food processor. Add dried chile. Blend until smooth.
3. Add blended mixture back into Skillet. Set to 375°F. Sauté for 6 min., stirring continuously until a paste is formed.
4. Reduce heat down to 225°F, add broth, tomatoes, and simmer for 15 min.
5. Add salt, if needed.
6. Add shredded chicken to simmering broth and stir. Add salt to taste.
7. Divide tortillas between serving bowls, top with soup, and serve each with avocado, cream, and a lime.



# Gumbo

(Serves 8)

## Ingredients:

¾ c extra-virgin olive oil  
1½ c flour  
1 c chopped onion  
1 t minced garlic  
4 c water  
2½ T Worcestershire sauce  
½ t filé powder  
1½ t Louisiana Hot Sauce™  
2 c andouille sausage, cut into coins  
1 (2- to 3-lb) chicken, cut into smaller parts, then into pieces  
4 c white wine  
2½ t sea salt

## Directions:

1. Set Skillet to 275°F and add oil and flour. Stir the mixture constantly for 10-12 min. or until dark brown in color to make a roux.
2. Add onions and continue cooking until onions are translucent. Add garlic and water, stirring constantly.
3. Mix in Worcestershire, filé powder, hot sauce, and andouille sausage.
4. Place in chicken pieces. Pour in wine and add salt. Mix together and cover with lid.
5. Let simmer for 1½ hrs or until chicken has reached 165°F.

## Tips:

- Serve with cooked white rice.
- When chicken is done, if preferred, scoop out pieces and transfer to cutting board. Separate cooked meat from bones and return chicken to gumbo and mix.



# Lentil Soup

(Serves 6)

## Ingredients:

1 c bacon, cut into small pieces  
1 small white onion, diced  
½ c diced celery  
½ c diced carrots  
1 (1-lb) bag lentils  
8 c water or chicken stock  
Salt and pepper to taste

## Directions:

1. Set Skillet to 375°F and add bacon and onions. Cook until bacon renders its fat.
2. Add in celery and carrots and mix together. Cook until translucent.
3. Add in lentils and sauté together.
4. Pour in water chicken stock. Season with salt and pepper, and bring up to a boil.
5. Reduce the temperature to 275°F, cover with lid, and cook for 45 min. or until lentils are tender.



# Marinara Sauce

(Serves 6-8)

## Ingredients:

3 T extra-virgin olive oil  
1 small white onion, diced  
2 T minced garlic  
1 (6-oz) can tomato paste  
5 (28-oz) cans whole peeled tomatoes, crushed by hand  
2 T sea salt  
2 T sugar  
Fresh cracked black pepper to taste  
½ c fresh basil, finely chopped

## Directions:

1. Set Skillet to 350°F and add oil. Add onions and garlic and sauté for 3-4 min.
2. Add tomato paste and stir to incorporate. Cook until paste darkens slightly.
3. Reduce to 275°F and add crushed tomatoes, salt, sugar, and pepper. Cover.
4. Simmer for 2 hrs, stirring occasionally.
5. Fold in basil and let cool or serve immediately.

**Tip:** If sauce bubbles too much, reduce the temperature using the Digital Temperature Control.





# Minestrone

(Serves 6-8)

## Ingredients:

½ c extra virgin olive oil  
1 medium red onion, diced  
2 T minced garlic  
2 large red peppers, seeded and diced  
2 large green peppers, seeded and diced  
3 medium zucchini, small dice  
2 medium yellow squash, small dice  
2 c cauliflower florets  
2 c fresh tomatoes, small dice (or 2 c small whole tomatoes)  
4 c tomato juice  
2 c kale, chopped  
2 T fresh Italian parsley, chopped  
Salt and pepper to taste  
1 T fresh thyme (or 1 t dried thyme)

## Directions:

1. Set Skillet to 375°F and add oil. Add onions, garlic, peppers, zucchini, squash, cauliflower, and tomatoes. Stir.
2. Add in remaining ingredients, reduce to 320°F, and simmer for 30 min., stirring occasionally.



# Mole Sauce

(Serves 8)

## Ingredients:

2 dried guajillo chilies, stemmed and seeded  
2 dried ancho chilies, stemmed and seeded  
3 dried chipotle chilies, stemmed and seeded  
1 slice white bread, torn into pieces  
2 corn tortillas, cut into 1-in-wide strips  
2 tomatoes, cut in half, crosswise  
5 tomatillos, cut in half, crosswise  
1 T lard  
1 white onion, halved and thinly sliced  
½ clove garlic, peeled and sliced

⅓ c chopped almonds  
¼ c raisins  
2 T cumin seeds  
1 T dried thyme  
3 cinnamon sticks  
6 whole allspice berries  
5 oz dark chocolate, coarsely chopped  
(Mexican chocolate is preferred)  
1 c chicken broth  
3 T white sugar  
1 t sea salt

## Directions:

1. Set to 375°F and toast guajillo, ancho, and chipotle chilies, stirring constantly for 4 min. or until warm and aromatic.
2. Add bread and tortilla strips and brown for 3 min. or until lightly browned.
3. Pour chicken broth into Skillet.
4. Let soak for 5 min. or until soft.
5. Place tomatoes and tomatillos in Skillet and continue cooking for 8 min. or until soft. Place in blender or food processor and mix; reserve and set aside.
6. Add lard to Skillet along with onions, garlic, almonds, raisins, cumin seeds, thyme, Cinnamon sticks, and allspice berries.
7. Cook and stir 8 min. or until onions are soft and golden.
8. Remove cinnamon sticks and whole spices. Using a spoon, remove onion mixture and transfer to blender with the chile mixture. Blend until smooth.
9. Pour chile mixture back into Skillet and stir in chocolate, sugar, and salt. Stir. Bring mixture up to a simmer, and cook for 15 min. or until chocolate is melted and sauce is thickened and slightly reduced.



# Tomato Bisque

(Serves 4)

## Ingredients:

2 (28-oz) cans peeled plum tomatoes  
1 small bunch ( $\frac{1}{8}$  oz) fresh basil  
1-2 cloves garlic, peeled  
2 T extra-virgin olive oil  
 $\frac{1}{4}$  c Mascarpone cheese or heavy cream

## Directions:

1. Blend all ingredients in a food processor or blender. Pour into Skillet.
2. Set to 225°F, cover with lid, and cook for 20 min.

***Dessert***



# Crème Brûlée

(Serves 4)

## Ingredients:

- 1 qt milk or half and half
- 3 vanilla bean pods, split, beans scraped out (or 1 T vanilla extract)
- 16 egg yolks
- $\frac{3}{4}$  c sugar (for caramelizing tops)

## Directions:

1. Set Skillet to 190°F and add milk and vanilla beans or extract. Bring up to just below a simmer.
2. In a bowl, whip yolks and sugar together until pale and foamy.
3. Unplug the Skillet. Temper yolk mixture by slowly adding hot milk to the egg yolk mixture.
4. Pour egg/milk mixture into Skillet with the remaining milk.
5. Set Skillet to 225°F. Using a thermometer, bring milk temperature to 175°F, stirring constantly.
6. Pour mixture into 4-oz ramekins and fill to the tops.
7. Wipe Skillet out and add water to make sure depth is 2½ in of water. Set Skillet to 220°F.
8. Place ramekins into Skillet in the water. Cover with lid and cook 2½ hrs or until set.
9. Sprinkle sugar on the tops of each. Broil in an oven for a couple min., or, using a culinary torch, caramelize the tops.





# Cinnamon Poached Pears

(Serves 6)

## Ingredients:

2 c cold water  
1 (750-ml) bottle white wine  
1 c sugar  
Pinch of salt  
6 cinnamon sticks  
6 Bosc pears, peeled

## Directions:

1. Set Skillet to 420°F, add water, wine, salt, and sugar. Bring up to a boil.
2. Add cinnamon sticks. Carefully add pears.
3. Reduce to 275°F, cover, and cook for 45 min. or until flesh of pears are soft. When done, knife or skewer will pierce all the way through.
4. Turn Skillet off and let pears cool in liquid.
5. Serve with your favorite ice cream.

**Tip:** Poached pears are a great complement for any salad.



# Bread Pudding

(Serves 8-10)

## Ingredients:

1 qt half and half  
8 eggs, beaten  
¼ c sugar  
Pinch of salt  
1 t cinnamon  
¼ t nutmeg  
1 lb egg, challah, or brioche bread, cut into 1-in cubes  
¼ c shelled walnuts, chopped  
½ c dried fruit  
1 T butter

## Directions:

1. In a bowl, mix together half and half and eggs.
2. Mix in cinnamon, salt, sugar, and nutmeg.
3. Fold in bread cubes, walnuts, and fruit into egg mixture. Let rest for 10 min.
4. Set Skillet to 250°F and add butter.
5. Once melted, place bread mixture into skillet. Pat down to ensure it's even (at 1½ to 2 in thick) and to remove all air bubbles.
6. Let bread mixture sit for 1 minute, then press down again.
7. Set the Skillet to 275°F, cover with lid, and cook for 45 min.
8. Uncover Skillet and cook for an additional 5 min. or until toothpick comes out clean.

**Tip:** Blueberries, cherries, apricots, or dried cranberries are great fruits to use in mixture.



# Whoopie Pies

(Yield: 18 pies)

## Ingredients:

1 c all-purpose flour  
1 c sugar  
¼ c natural cocoa powder  
½ t baking powder  
¾ t fine salt  
½ c (1 stick) unsalted butter  
1 c semisweet chocolate chips, melted  
3 large eggs  
1 t vanilla extract  
2 T canola oil

## Filling Ingredients:

3 c confectioners' sugar  
1 c butter  
1 t vanilla extract  
1-2 T whipping cream

## Directions:

1. In a small bowl, whisk together flour, sugar, cocoa powder, baking powder, and salt; set aside.
2. In a medium bowl, whisk together butter, melted chocolate, eggs, and vanilla.
3. Gradually add wet ingredients to the dry ingredients and mix together, being careful not to overmix.
4. Set Skillet to 250°F and add 1-2T canola oil.
5. Pour 3T batter at a time into the Skillet, in small batches, cooking for 2-3 min. or until each have spring on top when touched.
6. Once cooked, place pie shells on a cooling rack and let cool flat side up. Repeat steps 5-6 with remaining batter.
7. While pie shells cool, prepare filling by adding sugar and butter to a stand mixer. Mix on low speed for 3 min. or until wet and blended.
8. Increase speed to medium and continue mixing for an additional 3 min.
9. Add vanilla and cream and continue to beat on medium for 1 minute. Add more cream, if necessary, for the perfect spreading consistency.
10. Once pie shells have cooled, spread filling onto flat side of pie shell.
11. Top with remaining unfilled pie shell by pressing down lightly to make each Whoopie Pie. Repeat for each.



# Chocolate Fondue

(Serves 4)

## Ingredients:

2 c heavy cream  
1 lb semisweet chocolate chips  
1 T vanilla extract  
1 T brandy

## Directions:

1. Set Skillet to 120°F, add heavy cream, and heat for about 2 min. or until hot to the touch.
2. Add chocolate chips and whisk until smooth and completely melted.
3. Whisk in vanilla and brandy and continue cooking for 2-3 min.
4. Reduce Skillet to 100°F and serve.

**Tip:** Use strawberries, pineapple pieces, brownies, marshmallows, or cookies for dipping.











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