



nuwave
Brio® 8Q
Digital Air Fryer
with Temperature Probe
Recipes



Read the Owner's Manual before using the Brio Air Fryer.



Welcome Letter From Our Chef



Dear Valued NuWave Customer,

I couldn't be more excited for you to begin your culinary journey with your brand new healthy home cooking appliance from NuWave. My team and I have worked tirelessly testing and perfecting each and every one of our appliances to give you the best cooking experience possible and I truly hope you make the most of yours.

All of our NuWave products are made to be as flexible as possible to accommodate just about any cooking style and taste in foods.

My team and I have written recipes that range from simple everyday meals to complex gourmet creations fit for a celebration. I hope you explore all your options when cooking with your new NuWave appliance.

I speak for the whole NuWave team here at our Vernon Hills, IL headquarters when I say thank you for joining our NuWave family with your latest purchase. We really do hope that you live well for less.

Happy cooking!

Executive Chef David

Probe Temperature Guide

Meats	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	400	125	135	145	150	165
Burgers ½lb.	400	125	135	145	155	165
Roast Beef (bone-in), Roast Beef (boneless)	350	125	135	145	150	165
Lamb (bone-in), Lamb (boneless)	350	125	135	145	150	165
Pork (bone-in), Pork (boneless)	350			145	150	165
Salmon, Tuna, Halibut, Swordfish	400			145	150	165
Fish Steaks, 1-inch thick	400			145	150	165
Sausage	400					165
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

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Korean Wings

Serves: 2 | **Prep Time:** 9 minutes | **Total Cook Time:** 25 minutes

Ingredients:

1lb. chicken wings

1t canola oil

Freshly ground black pepper, to taste

For Sauce:

1½T sambal

1T Sriracha

1T black bean paste

Directions:



Gather all of the ingredients needed for the Korean Wings recipe.



In a large mixing bowl, add the wings, oil, and pepper. Toss to coat the wings.



Press **Menu** and select Preset 39.



Press **START/PAUSE** to begin preheating to 300°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once.



The Brio will begin Stage 1 (300°F for 5 minutes). Open the Base Tray and place the wings onto the Air Circulation Riser and cook for 5 minutes. The Brio will beep three times.



Open the Base Tray and shake it to evenly cook the wings. Close the Base Tray to begin Stage 2 (400°F for 15 minutes), after which the Brio will beep 3 times and display “End”.



Remove the wings and transfer them to the bowl containing the sauce and toss to coat.



Plate the coated chicken wings onto a plate and serve them with your favorite dipping sauce.

Mongolian Beef

Serves: 2 | **Prep Time:** 9 minutes | **Total Cook Time:** 10 minutes

Ingredients:

2lbs. beef tenderloin or beef chuck, cut into strips

¼c cornstarch

2T cooking oil

1T fresh ginger, minced

1T garlic, minced

½c rice vinegar

½c soy sauce

½c water

1t hoisin sauce

½c brown sugar

1t red pepper flakes

½c green onion, chopped into 1-inch pieces (for garnish)

Directions:



Gather all of the ingredients needed for the Mongolian Beef recipe.



Cut the beef tenderloin or chuck into strips. Then, coat the beef strips evenly with ¼c cornstarch.



Place the coated beef, oil, ginger, garlic, rice vinegar, soy sauce, water, hoisin sauce, brown sugar, and red pepper flakes in a resealable plastic bag. Allow it to marinate for 2 hours.



Press **Menu** and select Preset 73.



Press **START/PAUSE** to begin preheating to 300°F. Once preheated, the Brio will beep twice, display "Ready", countdown for 10 seconds and then beep once.



The Brio will begin Stage 1 (300°F for 5 minutes). Open the Base Tray and place the beef strips onto the Air Circulation Riser. The Brio will beep three times.



Open the Base Tray and shake the Base Tray to aide even cooking of the beef. Close the Base Tray and resume cooking with Stage 2 (400°F for 5 minutes), after which the Brio will beep 3 times and display "End".



Once cooked, place the beef on a plate and top it with the green onions.

Honey-Butter Pork Tenderloin

Serves: 6 | **Prep Time:** 5 minutes | **Total Cook Time:** 16-21 minutes

Ingredients:

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

Directions:



Gather all of the ingredients needed for the Honey-Butter Pork Tenderloin recipe.



In a skillet, melt the butter and honey over a medium heat. Rub Cajun seasoning and black pepper on the pork tenderloin. Add the pork to the honey butter and brown the pork tenderloin on all sides in the skillet. Sear the pork tenderloin over high heat.



Press **Menu** and select Preset 56 for Medium well or 57 for Well.



Press **START/PAUSE** to begin preheating to 360°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.



Insert the Probe into the tenderloin and then place it onto the Air Circulation Riser. Close the Base Tray to begin Stage 1 (360°F to an internal Probe temperature of 80°F for Medium Well or 115°F for Well), after which the Brio will beep three times. Flip the tenderloin.



Close the Brio to begin Stage 2 (400°F to a Probe temperature of 130°F for Medium Well or 140°F for Well). The Brio will double beep three times. Leave in the Probe for carryover cooking (Medium Well at 145°F or Well at 155°F). After, the Brio will beep 3 times and displays "End".



Brush the juices remaining in the Base Tray from cooking the tenderloin into a saucepan. Add water and heat over medium heat on a stove top. Slightly reduce the liquid for about 5 minutes. Slice the tenderloin and drizzle the reduced sauce.



Plate the sliced tenderloin and serve it with a drizzle of the remaining sauce from the saucepan.

Cajun-Roasted Potatoes

Serves: 4 | **Prep Time:** 10 minutes | **Total Cook Time:** 25 minutes

Ingredients:

4 russet potatoes

2T extra-virgin olive oil

1T Cajun spice

Sea salt, to taste

Freshly ground black pepper, to taste

Directions:



Gather all of the ingredients needed for the Cajun-Roasted Potatoes recipe.



Scrub the potatoes and cut them into wedges. Place these in a bowl and toss them with olive oil, Cajun spice, salt, and black pepper until each is completely covered.



Season the potatoes with Cajun spice, salt, and black pepper until each is completely covered.



Press **Menu** and select Preset 23.



Press **START/PAUSE** to begin preheating to 375°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio. Arrange the potatoes on the Air Circulation Riser.



Close the Brio Base Tray to begin Stage 1 (375°F for 10 minutes), after which the Brio will beep three times. Open the Base Tray and flip the potatoes. Close the Base Tray to continue cooking.



After Stage 1 is finished, the Brio will beep once and move on to Stage 2 (400°F for 15 minutes), after which it will beep 3 times and display “End”.



Place potatoes in a bowl and serve them with your favorite dipping sauce.

Devils on Horseback

Serves: 10 | **Prep Time:** 13 minutes | **Total Cook Time:** 10 minutes

Ingredients:

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

Directions:



Split the dates in half lengthwise and open each. Add 1t of blue cheese to the middle of each date and close the date around the cheese.



Lay a piece of bacon out on a flat surface and place the date at one end of the bacon. Roll up the date, wrapping the bacon around the date. Periodically, slightly stretch the bacon to ensure a tight wrap. Repeat for each date.



Press **Menu** and select Preset 55.



Press **START/PAUSE** to begin preheating to 400°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.



Place the wrapped dates onto the Air Circulation Riser, seam-side down, and start cooking Stage 1 (400°F for 5 minutes).



After Stage 1 is finished, the Brio will beep once and move onto Stage 2 (390°F for 5 minutes), after which the Brio will beep 3 times and display "End". Remove the Base Tray. The bacon should be brown and crispy, and the cheese should be melting and slightly oozing from each date.



Plate the dates with Hoisin sauce or the sauce of your choice. Garnish with chives and enjoy.

Air-Fried Spinach Ravioli with Pesto Sauce

Serves: 4 | **Prep Time:** 15 minutes | **Total Cook Time:** 14 minutes

Ingredients:

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

For Pesto Sauce:

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

Directions:

1. Combine the breadcrumbs, Parmesan cheese, and olive oil in one bowl and place buttermilk in another.
2. Dip the ravioli in the buttermilk and then cover it with the breadcrumb mixture and set aside.
3. Press **Menu** and select Preset 21. Press **START/PAUSE** to begin preheating to 360°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio. Arrange the ravioli in the bottom of the Base Tray on the Air Circulation Riser. Do not overcrowd.
4. Close the Base tray to start cooking Stage 1 (360°F for 7 minutes).
5. While the ravioli is cooking, add basil, garlic, pine nuts, Parmesan cheese, salt, and black pepper to a blender or food processor to make the Pesto Sauce. Pulse a couple of times and then leave it running while adding olive oil in a slow, steady stream until the mixture is emulsified.
6. After Stage 1 is finished, the Brio will beep once move on to Stage 2 (400°F for 7 minutes), after which the Brio will beep 3 times and display “End”. Serve your spinach ravioli hot with the pesto sauce.

Air-Fried Shrimp with Cocktail Sauce

Serves: 4 | **Prep Time:** 10 minutes | **Total Cook Time:** 7 minutes

Ingredients:

1lb. raw shrimp (30-40 count), peeled,
deveined, tails left on
1t garlic powder
½t freshly ground black pepper
1t sea salt
2c panko breadcrumbs
2 eggs, lightly beaten
1c all-purpose flour
Nonstick cooking spray, as needed
Lemon wedges, (for serving)

For Cocktail Sauce:

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

Directions:

1. In a small bowl, mix together the ketchup, horseradish, lemon juice, Worcestershire sauce, sea salt, and black pepper. Refrigerate until needed.
2. Rinse the shrimp well and pat dry. Put them into a large bowl with sea salt, black pepper, and garlic powder. Toss to season the shrimp and set aside.
3. Use 3 shallow dishes: in dish #1 place the flour; in dish #2, lightly beaten eggs; and in dish #3, the panko breadcrumbs.
4. Flour the shrimp first, follow by dipping them in the egg, and then bread them with panko. Repeat until all shrimp are breaded.
5. Replace the Air Circulation Riser and place the Reversible Rack with the tall side up into the Base Tray. Press **Menu** and select Preset 44. Press **START/PAUSE** to begin preheating to 350°F.
6. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio. Spray the Reversible Rack with nonstick cooking spray. Arrange the shrimp in a single layer on the Reversible Rack. Spray the shrimp tops with nonstick cooking spray. Close the Brio Base Tray to begin Stage 1 (360°F for 5 minutes).
7. After Stage 1 is finished, the Brio will beep once move on to Stage 2 (400°F for 2 minutes), after which the Brio will beep 3 times and display “End”. The shrimp should be golden brown.
8. Serve with cocktail sauce and lemon slices.



Bacon-Wrapped Scallops

Serves: 4 | **Prep Time:** 8 minutes | **Total Cook Time:** 6 minutes

Ingredients:

20 raw sea scallops
10 slices bacon
1t paprika
20 toothpicks
Nonstick cooking spray, as needed

Directions:

1. Drain and rinse the scallops. Place them on paper towels to soak up the moisture.
2. Season the scallops with paprika and wrap each with a piece of bacon, using toothpicks to hold the bacon in place.
3. Replace the Air Circulation Riser with the Reversible Rack, tall side up, in the Base Tray. Press **Menu** and select Preset 45. Press **START/PAUSE** to begin preheating to 360°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio. Spray the Reversible Rack with nonstick cooking spray. Arrange the scallops in a single layer on the Reversible Rack and close the Base Tray.
4. The Brio will begin Stage 1 (360°F for 3 minutes), after which the Brio will beep three times. Open the Base Tray, flip the scallops, and close it again to resume cooking.
5. The Brio will move on to Stage 2 (400°F for 3 minutes), after which, the Brio will beep 3 times and display “End”.
6. Carefully remove the scallops from the Brio. Gently remove the toothpicks and place the scallops on a serving dish.



BBQ Chicharróns

Serves: 2 | **Prep Time:** 3 minutes | **Total Cook Time:** 15 minutes

Ingredients:

½c pork rind pellets

Nonstick cooking spray, as needed

BBQ Seasoning:

1T sea salt

2T sugar

2T smoked paprika

1½T freshly ground black pepper

1t onion powder

1t garlic powder

1t celery seeds

¼t cayenne pepper

Directions:

1. For the seasoning, place all of the barbecue seasoning ingredients in a mixing bowl and combine well.
2. Press **Menu** and then select Preset 50. Press **START/PAUSE** to begin preheating to 390°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio. Spray the Air Circulation Riser with nonstick cooking spray. Place the pork rind pellets onto the Air Circulation Riser and spray well with nonstick cooking spray.
3. Close the Base Tray to begin Stage 1 (390°F for 7 minutes), after which the Brio will beep three times. Open the Base Tray and toss and fluff the pork rind pellets. Then, close the Base Tray to resume cooking.
4. After Stage 1 is finished, the Brio will beep once and move on to Stage 2 (400°F for 8 minutes) until the pork rind pellets puff up to 3-4 times their normal size. Once finished, the Brio will beep 3 times and display “End”.
5. Remove the Chicharróns from the Base Tray and season them with additional barbecue seasoning.



BBQ Wings with Pink Peppercorns

Serves: 2 | **Prep Time:** 5 minutes | **Total Cook Time:** 20 minutes

Ingredients:

1lb. chicken wings
1t canola oil
¼t freshly ground black pepper
½c barbecue sauce
1T green onion, thinly sliced
1T pink peppercorns, slightly crushed

Directions:

1. In a large mixing bowl, toss the wings in the oil and pepper to coat.
2. Press **Menu** and select Preset 33. Press **START/PAUSE** to begin to preheat to 300°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio. Spray the Air Circulation Riser with nonstick cooking spray. Then, place the coated wings onto the Air Circulation Riser and spray them generously with nonstick cooking spray.
3. Close the Base Tray to begin Stage 1 (300°F for 5 minutes).
4. While the wings are cooking, in another mixing bowl, add the barbecue sauce, green onions, and peppercorns. To crush peppercorns, place them in the palm of your hand and use your fingers to crush each slightly. They will break apart easily.
5. After Stage 1 has finished, the Brio will beep once and move on to Stage 2 (400°F for 15 minutes). Once finished, the Brio will beep 3 times and display “End”.
6. Use a handheld meat thermometer and check to see that the internal temperature of one of the wings has reached 165°F.
7. Once the wings are cooked, remove them from the Brio and toss them in the sauce to coat. Serve with your favorite dipping sauce or enjoy them on their own.



Blue Cheese Bacon-Stuffed Mushrooms

Serves: 2 | **Prep Time:** 10 minutes | **Total Cook Time:** 15 minutes

Ingredients:

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

Directions:

1. Clean and remove the stems from the mushrooms. Mince the stems and put them in a bowl. Set aside.
2. Cook the bacon in a skillet until crispy. Then, transfer the bacon to paper towels, leaving the bacon fat in the skillet. Add the butter, the minced mushroom stems, onions, and garlic to the skillet and cook until the onions caramelize.
3. In a food processor or blender, add the bacon, blue cheese, cream cheese, the mixture from the skillet, and the breadcrumbs. Pulse a couple times until everything is incorporated. Do not blend.
4. Fill each mushroom cap with the cheese mixture. Replace the Air Circulation Riser with the Reversible Rack with the tall side up. Put the mushroom caps onto the Rack.
5. Press **Menu** and select Preset 22. Press **START/PAUSE** to begin Stage 1 (400°F for 2 minutes).
6. After Stage 1 is finished, the Brio will beep once and move on to Stage 2 (360°F for 13 minutes). Cook until the cheese is bubbling and the mushroom caps are light brown. The Brio will Beep 3 times and display “End” Serve hot.

Cajun Salmon with Mustard Greens

Serves: 2 | **Prep Time:** 3 minutes | **Total Cook Time:** 7 minutes

Ingredients:

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

For Mustard Greens:

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

Directions:

1. In a small bowl, mix together the olive oil, paprika, seafood seasoning, and cayenne pepper. Rub the mixture on the salmon and allow it to marinate for a couple of hours.
2. Meanwhile, to make the Mustard Greens, heat the remaining oil and add your onions in a skillet. Cook until the onions are soft and then add the garlic.
3. When the onions and garlic are caramelized, add the mustard greens and season with salt, black pepper, stock, and dark sesame oil. Mix everything together and cook until the mustard greens have softened.
4. Replace the Air Circulation Riser with the Reversible Rack with the tall side up. Press **Menu** and select Preset 46. Press **START/PAUSE** to begin preheating to 395°F. Insert the Probe so the tip is in the center of the salmon filet.
5. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio. Arrange the salmon on the Reversible Rack and spray nonstick cooking spray on top of the salmon.
6. Close the Base Tray to begin Stage 1 (395°F to an Internal Probe temperature of 60°F).
7. When the internal temperature reaches 60°F, the Brio will beep once and move on to Stage 2 (400°F to an internal Probe temperature of 110°F). When that temperature is reached, the Brio will double beep three times. Leave in the Probe to monitor carryover cooking to 145°F. When the carryover target temperature is reached, the Brio will beep 3 times and display “End”.
8. When done, remove the fish from the Brio and plate them with the mustard greens.

Char Siu

Serves: 4 | **Prep Time:** 12 minutes | **Total Cook Time:** 20 minutes

Ingredients:

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

Homemade Char Siu Sauce:

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

Directions:

1. To make the Char Siu Sauce, combine the wine, oyster sauce, sugar, hoisin sauce, honey, and 5-spice powder in a saucepan and bring the mixture to a boil over a medium heat. Lower the heat to a simmer and allow the sauce to thicken slightly, about 10 minutes.
2. Cut the pork belly into 4 equal pieces and rinse. Pat them dry with paper towels.
3. Place the belly pieces and the homemade Char Siu sauce in a resealable plastic bag. Marinate in the fridge for at least 24 hours.
4. Remove the bag from the fridge and let it sit at room temperature. About 1 to 1½ hours before cooking, remove the pork belly pieces from the marinade. Reserve the marinade.
5. Press **Menu** and select Preset 51. Press **START/PAUSE** to begin preheating to 400°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio. Place the pork belly pieces on the Air Circulation Riser and close the Base Tray.
6. The Brio will begin Stage 1 (400°F for 10 minutes). The Brio will beep three times. At that point, open the Base Tray and baste the pork belly pieces with the remaining marinade. Then, close the Base Tray to move on to Stage 2 (320°F for 10 minutes), after which the Brio will beep 3 times and display “End”. Remove the pork belly pieces and set them aside to rest.
7. While the pork belly pieces are resting, combine 3T of the homemade Char Siu sauce with 5T of water in a small saucepan and bring the mixture to a boil.
8. Slice the pork belly pieces and drizzle Char Siu over the pork belly. Then, top with sesame seeds and serve.



Chicago-Style Hot Dogs

Serves: 4 | **Prep Time:** 5 minutes | **Total Cook Time:** 5 minutes

Ingredients:

8 beef hot dogs

8 poppy seed hot dog buns

Condiments:

½c yellow mustard

½c neon-green relish

½c yellow onions, diced

8 pickle spears

16 sport peppers

16 tomato wedges

1T celery salt

Directions:

1. Press **Menu** and select Preset 61. Press **START/PAUSE** to begin preheating to 400°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
2. Place the hot dogs onto the Air Circulation Riser and cook them at 400°F for 5 minutes. The Brio will beep 3 times and display “End”.
3. Place the hot dogs in the buns and top with the condiments.

Chicken Cordon Bleu

Serves: 2 | **Prep Time:** 10 minutes | **Total Cook Time:** 28 minutes

Ingredients:

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

Directions:

1. Place the chicken breasts flat on a cutting board. With a sharp knife, slice each chicken breast from the side, cutting about $\frac{3}{4}$ the way through. Open up the chicken, exposing the inside of each breast.
2. Season all sides of the chicken with salt and pepper. Divide the minced garlic between the 2 breasts and place it in the center of each. Lay a $\frac{1}{2}$ slice of ham in the middle of each breast and top that with a $\frac{1}{2}$ slice of Swiss cheese. Close up the chicken. Repeat for the other chicken breast.
3. In a large bowl, combine the breadcrumbs, thyme, tarragon, and parsley.
4. Dip the chicken into the egg and then dip it into the breadcrumbs.
5. Press **Menu** and select Preset 34. Press **START/PAUSE** to begin preheating to 375°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio. Place the chicken breasts onto the Air Circulation Riser, presentation side down, and spray with nonstick cooking spray. Insert the Probe so the tip is in the center of the chicken breast.
6. Close the Brio Base Tray to begin Stage 1 (375°F to an internal Probe temperature of 80°F), after which the Brio will beep three times.
7. Open the Brio Base Tray and flip the chicken. Spray the breasts with nonstick cooking spray for crispier chicken. Close the Brio Base Tray to begin Stage 2 (375°F to an Internal Probe temperature of 130°F).
8. The Brio will beep once and move on to Stage 3 (400°F to an internal Probe temperature of 160°F), after which the Brio will double beep three times. Remove the chicken, but leave in the Probe to monitor carryover cooking to 165°F. Once the carryover target temperature is reached, the Brio will beep 3 times and display “End”.

Chicken Parmesan with Marinara

Serves: 4 | **Prep Time:** 15 minutes | **Total Cook Time:** 18 minutes

Ingredients:

1lb. chicken breasts, boneless, skinless,
sliced horizontally (makes 4 pieces)
1c panko breadcrumbs
¾c marinara sauce
½c mozzarella cheese
½c Parmesan cheese, grated

⅓c egg whites
2t Italian seasoning
Sea salt, to taste
Freshly ground black pepper, to taste
Nonstick cooking spray, as needed

Directions:

1. Place each halved chicken breast between 2 sheets of plastic wrap and pound the breast to flatten it to a thickness of ½- inch.
2. In a shallow dish, combine the breadcrumbs, mozzarella cheese, Parmesan cheese, Italian seasoning, salt, and black pepper.
3. Place the egg whites in another bowl. Dip the chicken into the egg whites then dredge it through the breadcrumbs, completely covering the chicken in both egg whites and breadcrumbs.
4. Press **Menu** and select Preset 35. Press **START/PAUSE** begin preheating to 400°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
5. Open the Brio Base Tray and place the chicken breasts onto the Air Circulation Riser and spray them with nonstick cooking spray. Insert the Probe into one of the chicken breasts so the Probe tip is in the center. Close the Base Tray to begin Stage 1 (400°F to an internal Probe temperature 100°F), after which the Brio will beep three times. Open the Brio, flip the chicken close the Base Tray to resume cooking.
6. The Brio will move on to Stage 2 (390°F to an internal Probe temperature of 140°F), after which it will beep once and go into Stage 3 (400°F to an internal Probe temperature of 160°F)
7. When the target temperature has reached 165°F, the Brio will beep 3 times and display “End”.
8. Open the Base Tray and top each chicken breast with Mozzarella cheese. Close the Base Tray and let the cheese melt for 2 minutes from ambient Brio heat.
9. Serve over a bed of pasta with garlic bread.



Chicken Fajita Egg Rolls

Serves: 6 | **Prep Time:** 15 minutes | **Total Cook Time:** 10 minutes

Ingredients:

12 egg roll wrappers
1 red bell pepper, small dice
1 pkg. fajita seasoning (1.12oz.)
8oz. black beans, rinsed, drained
2oz. diced green chilies
½c chicken, cooked, shredded
½c pepper jack cheese, shredded
½c cheddar cheese, shredded
Sea salt, to taste
Freshly ground black pepper, to taste
Nonstick cooking spray, as needed
1 egg, beaten (to seal egg roll)

Directions:

1. In a large mixing bowl, combine the bell pepper, fajita seasoning, black beans, green chilies, and chicken. Add salt, black pepper, and both cheeses. Mix well.
2. On a flat surface, lay out each egg roll wrapper and brush each of them with egg to seal the egg roll. Evenly divide the fajita mix and place on the bottom ⅓ of each wrapper.
3. Leave some space around the edges of each wrapper. Fold the sides of the wrapper toward the middle over the filling then roll the wrap into an egg roll shape. Repeat for each.
4. Press **Menu** and select Preset 36. Press **START/PAUSE** to begin preheating to 390°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
5. Open the Base Tray and lay the egg rolls onto the Air Circulation Riser, seam-side down, and spray them lightly with nonstick cooking spray. Close the Brio Base Tray.
6. Start cooking Stage 1 (390°F for 5 minutes).
7. After Stage 1 is finished, the Brio will beep once and move on to Stage 2 (400°F for 5 minutes), until the egg rolls are crispy and golden brown.
8. When Stage 2 is finished, the Brio will beep 3 times and display “End”. Serve with salsa or dip.



Chili-Coffee-Rubbed NY Strip Steak

Serves: 2 | **Prep Time:** 3 minutes | **Total Cook Time:** 5-14 minutes

Ingredients:

2 (7oz.) NY strip steak	1T cumin
¼c espresso coffee powder	2T smoked paprika
¼c Ancho chile powder	2T sea salt
¼c brown sugar, packed	Nonstick cooking spray, as needed

Directions:

1. Press **Menu** and select one of the following Preset:
 - 62- Rare
 - 63- Medium Rare
 - 64- Medium
 - 65- Medium Well
 - 66- Well
2. Press **START/PAUSE** to begin preheating to 395°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio. While preheating, mix together the espresso coffee powder, Ancho chili powder, brown sugar, salt, cumin, and smoked paprika in a small bowl. Sprinkle the mixture on both sides of the steaks.
3. Open the Brio Base Tray and spray the Air Circulation Riser with nonstick cooking spray. Place the steaks side by side in opposite directions and insert the Probe into one of the steaks so the tip is in the center of the steak. Close the Brio Base Tray to start cooking Stage 1 (395°F to an internal Probe temperature of 80°F), after which the Brio will beep three times.
4. Open the Brio Base Tray and flip the steaks. Close the Brio Base Tray to resume cooking with Stage 2 (400°F), cooking to the desired internal Probe temperature of:
 - Rare- 110°F
 - Medium Rare- 115°F
 - Medium- 120°F
 - Medium Well- 140°F
 - Well- 160°F
5. Once finished, the Brio will double beep three times. Remove the steaks from the Brio, but leave in the Probe to monitor the carryover cooking to:
 - Rare- 120°F
 - Medium Rare- 130°F
 - Medium- 135°F
 - Medium Well- 145°F
 - Well- 165°F
6. When the carryover target temperature is reached, the Brio will beep 3 times and display “End”.
7. Serve and enjoy.



Crab Rangoon

Serves: 4 | **Prep Time:** 15 minutes | **Total Cook Time:** 15 minutes

Ingredients:

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

Directions:

1. In a bowl, combine the cream cheese, crab meat, green onions, garlic, Worcestershire sauce, and soy sauce. Mix well.
2. Take one wonton wrapper and brush it with egg to aid in sealing the wonton. Add ½T crab mixture in the center of each.
3. Moisten the edges of the wonton wrapper with water. Fold it into a triangle and press to seal, removing any air from inside. Take the left and right unsealed sides, turning them up, and place them against the seal on top. Press along the edges to close the areas where the filling could be exposed. Repeat until all are done.
4. Replace the Air Circulation Riser with the Reversible Rack on the short-side up. Press **Menu** and select Preset 48. Press **START/PAUSE** to begin preheating to 390°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
5. Open the Base Tray, place your Crab Rangoon on the Reversible Rack and close the Base Tray to begin Stage 1 (390°F for 10 minutes).
6. After Stage 1 is finished, the Brio will beep once and move on to Stage 2 (400°F for 5 minutes), after which it will beep 3 times and display “End”.
7. Serve hot with sweet and sour sauce.



Crispy Beef

Serves: 4 | **Prep Time:** 6 minutes | **Total Cook Time:** 8 minutes

Ingredients:

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

Directions:

1. In a shallow dish, mix together the breadcrumbs, olive oil, and marjoram; set aside.
2. Pour cheese pasta sauce into a bowl and add the sirloin tip pieces. Toss until all the meat is coated.
3. Press **Menu** and select Preset 67. Press **START/PAUSE** to begin preheating to 360°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
4. Toss the meat in the breadcrumb mixture to coat thoroughly. Open the Base Tray and place the meat onto the Air Circulation Riser, cooking in batches, if necessary.
5. Close the Base Tray to begin Stage 1 (360°F for 4 minutes), after which the Brio will beep once and move on to Stage 2 (400°F for 4 minutes). When finished, the Brio will beep 3 times and display “End”. Serve the hot crispy beef.

Crispy Pork Chops with Roasted Broccoli Crowns

Serves: 2 | **Prep Time:** 9 minutes | **Total Cook Time:** 8-10 minutes

Ingredients:

2 pork chops, boneless (6oz. ea.)

2 eggs, beaten

½c panko breadcrumbs

⅓c corn flakes, crushed

1¼t paprika

½t onion powder

½t garlic powder

¼t chili powder

Freshly ground black pepper, to taste

Sea salt, to taste

Nonstick cooking spray, as needed

1lb. broccoli crowns

2T extra-virgin olive oil

2t lemon zest

Sea salt, to taste

¼c Parmesan cheese, grated, plus 2T extra (for breadcrumbs)

6qt. water

Directions:

1. For the broccoli, pour 6qt of water into a large pot and bring it to a boil. Blanch the broccoli in the boiling water for 3 minutes and remove. Drain well. Place the broccoli in a large bowl and add the oil, and 1t salt. Toss to coat the broccoli.
2. Season the pork chops with salt. Beat the eggs in a bowl. In another bowl, combine the breadcrumbs, corn flakes, paprika, onion powder, garlic powder, chili powder, black pepper, salt, and 2T of Parmesan cheese. Dip the pork chops in the bowl with the beaten eggs. Then, dip them into the breadcrumb mixture to coat.
3. Press **Menu** and select Preset 52 for Medium Well or 53 for Well. Press **START/PAUSE** to begin preheating to 400°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
4. Open the Base Tray and lightly spray the Air Circulation Riser with nonstick cooking spray. Place the pork chops onto the Air Circulation Riser and spray the chops with cooking spray. Insert the Probe so the tip is in the center of one of the chops. Close the Base Tray to begin Stage 1 (360°F to an internal Probe temperature of 80°F for Medium Well or 115°F for Well), after which the Brio will beep three times. Open the Brio Base Tray and flip the pork chops and arrange the broccoli around the pork chops.
5. Close the Base Tray to resume cooking Stage 2 (400°F to an Internal Probe temperature of 130°F for Medium Well or 140°F for Well). The Brio will double beep three times when that target temperature is reached. Remove the chops, but leave in the Probe to monitor carryover cooking (145°F medium well, or 155°F for well). When the carryover target temperature is reached, the Brio will beep 3 times and display “End”.
6. Toss the broccoli with lemon zest and Parmesan cheese. Enjoy with the pork chops.

Croque Monsieur

Serves: 2 | **Prep Time:** 13 minutes | **Total Cook Time:** 10 minutes

Ingredients:

Béchamel Sauce:

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

Sandwich:

4 slices hardy sourdough bread
3oz. Gruyère cheese, grated, divided
¼c Parmesan cheese, grated, divided
2½oz. ham, thinly sliced

Béchamel Sauce:

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

Sandwich Assembly:

1. Press **Menu** and select Preset 54. Press **START/PAUSE** to begin preheating to 400°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
2. Evenly spread the béchamel sauce across one side of each slice of bread. Arrange 2 bread slices, Béchamel sauce side up, and add the ham, and the Gruyère and Parmesan cheeses equally on the top of each slice, saving some cheese for the top of each. Place the remaining 2 slices of bread on top with the Béchamel sauce side facing up. Top the bread with the remaining Gruyère and Parmesan cheeses.
3. Open the Base Tray and place 1 sandwich into the Air Circulation Riser. Close the Base Tray to start cooking with Stage 1 (400°F for 5 minutes), until the cheese is melted and golden brown on top. The Brio will then beep three times.
4. Open the Brio Base Tray and replace the first sandwich on the Air Circulation Riser with the other sandwich. Close Brio Base Tray to resume cooking with Stage 2 (390°F for 5 minutes), after which the Brio will beep 3 times and display “End”.
5. Remove and serve.



Filet Mignon

Serves: 2 | **Prep Time:** 15 minutes | **Total Cook Time:** 12-19 minutes

Ingredients:

2 filet mignon steaks

2 slices thick bacon

Extra-virgin olive oil, as needed

Sea salt, to taste

Freshly ground black pepper, to taste

Toothpicks

Directions:

1. Press **Menu** and select one of the following Preset:
 - 68- Rare
 - 71- Medium Well
 - 69- Medium Rare
 - 72- Well
 - 70- Medium
2. Press **START/PAUSE** to begin preheating to 395°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
3. Rub olive oil on the filets and season each with salt and black pepper.
4. Wrap a slice of bacon around each Filet Mignon. Secure the bacon with a toothpick.
5. Open the Brio Base Tray and spray the Air Circulation Riser. Place the steaks side by side and insert the Probe into one of them so the tip is in the center of the steak. Close the Base Tray to begin Stage 1 (395°F to a internal Probe temperature of 80°F), after which the Brio will beep three times.
6. Open the Brio Base Tray and flip the steaks. Close the Base Tray to begin Stage 2 to reach the desired internal Probe Temperature of:
 - Rare- 110°F
 - Medium Well- 140°F
 - Medium Rare- 115°F
 - Well- 160°F
 - Medium- 120°F
7. Once finished, the Brio will double beep three times. Remove the steaks from the Brio, but leave in the Probe to monitor carryover cooking to:
 - Rare- 120°F
 - Medium Well- 145°F
 - Medium Rare- 130°F
 - Well- 165°F
 - Medium- 135°F
8. When carryover target temperature is reached, the Brio beeps 3 times and displays “End”.
9. Serve and enjoy.

Fish and Chips with Homemade Tartar Sauce

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

Ingredients:

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

For Tartar Sauce:

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

Directions:

1. Cut the fish fillets in half (for 4 pieces total). Season them with ¼t of salt and black pepper, then set them aside.
2. In a blender or food processor, add the bread, tortilla chips (optional), Parmesan cheese, onion powder, garlic powder, ½t of salt and black pepper. Pulse until a breadcrumb consistency is reached and then place the mixture into a shallow dish.
3. Take a piece of fish and wet it with the egg mixture. Then, coat it with the breadcrumb mixture and set it aside. Replace the Air Circulation Riser with the Reversible Rack with the tall side up in the Base Tray.
4. Press **Menu** and select Preset 49. Press **START/PAUSE** to begin preheating to 390°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
5. Spray the Reversible Rack with nonstick nonstick cooking spray and then arrange the breaded fish in a single layer on the Reversible Rack. Close the Base Tray to begin Stage 1 (390°F for 5 minutes).
6. While cooking, mix together the Tartar Sauce ingredients in a small bowl.
7. After Stage 1 has finished, the Brio will beep three times. Open Base Tray and flip the fish. Close the Base Tray to begin Stage 2 (400°F for 5 minutes), after which the Brio will beep 3 times and display “End”.
8. Serve the fish warm with potato or tortilla chips (optional) and your homemade tartar sauce.

Five-Spice Duck Breast

Serves: 2 | **Prep Time:** 3 minutes | **Total Cook Time:** 8 minutes

Ingredients:

2 duck breasts, boneless, skin on
6T soy sauce
1T Chinese five-spice
1T mirin
1T honey
Sea salt, to taste
Freshly ground black pepper, to taste
½c water

Directions:

1. Place the duck breasts on a cutting board and score the skin, making 3-4 diagonal cuts. Do not cut into the meat.
2. Place the duck into a resealable plastic bag and add soy sauce, Chinese five-spice, mirin, honey, salt, and pepper. Mix everything together to coat the duck breasts. Seal the bag and place it in the refrigerator so the duck can marinate for 24 hours.
3. Replace the Air Circulation Riser with the Reversible Rack with the tall side up in the Base Tray.
4. Press **Menu** and select Preset 37. Press **START/PAUSE** to begin preheating to 400°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio. Open the Base Tray and pour ½c of water in the bottom of the Base Tray. Place the duck breasts skin-side up on the Reversible Rack and insert the Probe into one of the Duck breasts so the tip is in the center of the breast.
5. Close the Base Tray to begin Stage 1 (400°F to an internal Probe temperature of 80°F).
6. The Brio will beep once and move on to Stage 2 (375°F to an internal Probe temperature of 105°F), after which the Brio will double beep three times.
7. Open the Brio and remove the duck, leaving in the Probe to monitor carryover cooking to 120°F for medium rare. When the carryover target temperature is reached, the Brio will beep 3 times and display “End”.
8. Serve and enjoy.



Fried Pickles

Serves: 4 | **Prep Time:** 7 minutes | **Total Cook Time:** 10 minutes

Ingredients:

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

Directions:

1. Slice the pickles on a bias, ¼-inch thick, and place the slices on paper towels to dry.
2. In a shallow bowl, combine the breadcrumbs, Parmesan cheese, and dill.
3. Dip each pickle slice into the beaten egg, then coat with the breadcrumbs. Repeat this until all the pickle slices are breaded.
4. Press **Menu** and select Preset 24. Press **START/PAUSE** to begin preheating to 400°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
5. Open the Brio Base Tray and arrange the breaded pickle slices onto the Air Circulation Riser. Do not overcrowd. Close the Brio to begin Stage 1 (390°F for 5 minutes), after which the Brio will beep three times to alert you to open the Brio and shake the Base Tray for even cooking.
6. Close the Brio to begin Stage 2 (400°F for 5 minutes), after which the Brio will beep 3 times and display “End”.
7. Serve hot with Ranch Dressing.



Homemade Buttermilk Chicken Tenders with Honey Mustard

Serves: 2 | **Prep Time:** 10 minutes | **Total Cook Time:** 15 minutes

Ingredients:

8 chicken tenderloins

Chicken Flour:

1qt. Flour

1¼T Cajun Spice

¼t sea salt

½T Cayenne Pepper

1T Ranch Dressing mix

Nonstick cooking spray, as needed

Buttermilk Marinade:

1c buttermilk

1T Ranch Dressing mix

¾T Cayenne Pepper

1¼T Cajun Spice

Honey-Mustard Sauce:

1T Dijon mustard

1T honey

1T white vinegar

1t cracked black pepper

Directions:

1. In a mixing bowl, combine the buttermilk marinade ingredients, mixing well. Add the chicken to the buttermilk mixture and marinate for at least 2 hours or as long as overnight. In a mixing bowl, combine the chicken flour ingredients and mix well. Reserve.
2. Press **Menu** and select Preset 38. Press **START/PAUSE** to begin preheating to 400°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
3. Remove the chicken from the marinade and place it into the chicken flour. Toss the chicken a few times to coat all of the tenderloins. Insert the Probe into the largest chicken tenderloin so the tip is in the center of the chicken.
4. Open the Base Tray and thoroughly spray the Air Circulation Riser with nonstick cooking spray. Place all the chicken in a single layer so they aren’t touching and spray the tenderloins generously with nonstick cooking spray so no dry spots are visible. Close the Brio Base Tray to begin Stage 1 (400°F to an internal Probe Temperature 60°F).
5. While the chicken is cooking, combine the Dijon mustard, honey, white vinegar, and pepper in a small mixing bowl.
6. After Stage 1 is finished, the Brio will beep once and move on to Stage 2 (375°F to an internal Probe temperature of 155°F).
7. The Brio will beep once and move on to Stage 3 (400°F to an internal Probe temperature of 165°F), after which the Brio will beep 3 times and display “End”. Serve the chicken with honey-mustard dipping sauce on the side.



Italian Sausage with Rigatoni Pasta

Serves: 2 | **Prep Time:** 10 minutes | **Total Cook Time:** 13 minutes

Ingredients:

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

Directions:

1. Cook the pasta according to the package directions. Then, strain the pasta and place it in a bowl. Add the sausage, bell pepper, tomatoes, Fontina cheese, half the Mozzarella cheese, salt, and marinara sauce. Stir the ingredients together.
2. Coat an oven safe baking dish that will fit into the Brio with nonstick cooking spray and add the pasta mixture.
3. Press **Menu** and select Preset 58. Press **START/PAUSE** to begin preheating to 390°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
4. The Brio will begin Stage 1 (390°F for 10 minutes). Open the Base Tray and place the pasta mixture dish onto the Air Circulation Riser. The Brio will beep three times to remind you to add the remaining mozzarella cheese to the top.
5. Open the Base Tray and top the pasta mixture with Mozzarella. Close the Brio Base Tray to begin Stage 2 (400°F for 3 minutes), after which the Brio will beep 3 times and display “End”. Top with fresh basil and serve.



Jumbo Lump Crab Cakes

Serves: 4 | **Prep Time:** 15 minutes | **Total Cook Time:** 8 minutes

Ingredients:

2c cooked crab meat
1T all-purpose flour
½c mayonnaise
3 green onions, finely chopped
1 yellow onion, medium, finely chopped
½c roasted bell pepper, finely chopped
1 egg
½c panko breadcrumbs plus 1c extra
½t garlic powder
½t sea salt
Freshly ground black pepper, to taste

Directions:

1. In a large bowl, combine the crab meat, flour, mayonnaise, onions, green onions, roasted pepper, egg, ½c of breadcrumbs, garlic powder, salt, and black pepper, but do not overwork the mixture. Divide the crab mixture into 8 equal portions and form them into small crab cakes.
2. In a shallow dish, add the remaining breadcrumbs. Pat each crab cake into the breadcrumbs then place each on a tray or plate. Put them in the freezer for 1 hour. (This will make them easier to handle).
3. Press **Menu** and select Preset 47. Press **START/PAUSE** to begin preheating to 390°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
4. The Brio will begin Stage 1 (390°F for 3 minutes). Open the Base Tray and place the crab cake onto the Air Circulation Riser. The Brio will beep three times to remind you to flip the crab cakes.
5. Open Base Tray and flip the crab cakes. Close the Base Tray to begin Stage 2 (400°F for 5 minutes), after which the Brio will beep 3 times and display “End”.
6. Serve hot with the dipping sauce of your choice.

Mozzarella Sticks

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

Ingredients:

1lb. Mozzarella cheese, whole brick
2 eggs, beaten
3T nonfat milk
1c plain breadcrumbs
1T fresh basil, minced
1T fresh oregano, minced
1T parsley, minced
¼c all-purpose flour

1t garlic powder
1t onion powder
½t cayenne pepper
½t paprika, smoked
½t sea salt
¼t freshly ground black pepper
Nonstick cooking spray, as needed
Marinara sauce (for serving)

Directions:

1. Slice the cheese into 3-by-½-inch sticks.
2. In a bowl, whisk together the eggs and milk.
3. In a shallow dish, add the breadcrumbs, basil, oregano, and parsley. In a third bowl, place the flour, garlic powder, onion powder, cayenne pepper, paprika, salt, and black pepper. Mix well.
4. The assembly line should be flour-egg-breadcrumbs. Bread each piece of cheese in this order.
5. Place the breaded cheese sticks on a tray and freeze them for up to 2 hours or until they are solid.
6. Press **Menu** and select Preset 25. Press **START/PAUSE** to begin preheating to 390°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
7. The Brio will begin Stage 1 (390°F for 5 minutes), after which it will beep three times.
8. Open the Base Tray and flip the Mozzarella sticks. Close the Base Tray to begin Stage 2 (400°F for 5 minutes), after which the Brio will beep 3 times and display “End”.
9. Serve hot with marinara sauce.

Southern Fried Chicken Thighs

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

Ingredients:

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

Directions:

1. Place the chicken thighs and buttermilk in a resealable plastic bag. Seal the bag and place it in the refrigerator for at least 2-3 hours.
2. Combine the flour, spices, and dried herbs in a large bowl.
3. Remove the chicken from the bag, reserving the buttermilk in another large bowl.
4. Dredge the chicken in the seasoned flour. Then, dip it back into the buttermilk and dredge once again through the seasoned flour. Repeat for each piece.
5. Press **Menu** select Preset 40. Press **START/PAUSE** to begin preheating to 400°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
6. Open the Base Tray and spray the Air Circulation Riser with nonstick cooking spray. Insert the Probe into one of the chicken thighs, place them onto the Air Circulation Riser and generously spray the chicken with nonstick cooking spray.
7. Close the Base Tray to begin Stage 1 (400°F to a Probe Internal Temperature of 90°F), after which the Brio will beep three times. Open the Brio and flip the chicken.
8. Close the Brio to begin Stage 2 (375°F to a Probe Internal Temperature of 165°F), after which the Brio will beep 3 times and display “End”.
9. When ready, serve with corn on the cob and enjoy.



Polish Kielbasa with Peppers & Onions

Serves: 6 | **Prep Time:** 5 minutes | **Total Cook Time:** 10 minutes

Ingredients:

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

Directions:

1. Press **Menu** and select Preset 59. Press **START/PAUSE** to begin preheating to 390°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
2. Open the Base Tray and spray the Air Circulation Riser with nonstick cooking spray. In a bowl, combine the Kielbasa, peppers, and onions; season with salt and pepper; and top with nonstick cooking spray. Place the Kielbasa, bell peppers, and onions onto the Air Circulation Riser.
3. Close the Brio to begin Stage 1 (390°F for 5 minutes).
4. At the end of Stage 1, the Brio will beep three times.
5. Open the Base Tray and shake it to move the Kielbasa and veggies around. Close the Base Tray to begin Stage 2 (400°F for 5 minutes), after which the Brio will beep 3 times and display “End”.
6. Serve with rice or as a side dish.



Reuben Sandwich

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

Ingredients:

Butter-flavored nonstick cooking spray, as needed

4 slices rye bread

10 slices corned beef

3T of sauerkraut (with caraway seeds)

4T Thousand Island dressing

4 slices of Swiss cheese

Directions:

1. Spray the outer sides of each slice of rye bread with butter-flavored nonstick cooking spray.
2. Arrange the corned beef on two of the bread slices, evenly spread sauerkraut on top of the corned beef, and then drizzle on the Thousand Island dressing. Place Swiss cheese on the dressing and top each with another slice of rye bread.
3. Press **Menu** and select Preset 74. Press **START/PAUSE** to begin preheating to 400°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
4. Open the Base Tray and place the 2 sandwiches onto the Air Circulation Riser. Close the Base Tray to cook at 400°F for 5 minutes until the cheese is melted and golden brown on top. The Brio will beep three times. Open the Base Tray and flip the sandwiches.
5. Close the Base Tray to resume cooking at 400°F for another 5 minutes, after which the Brio will beep 3 times and display “End”.



Scotch Eggs

Serves: 6 | **Prep Time:** 5 minutes | **Total Cook Time:** 10 minutes

Ingredients:

6 hard-boiled eggs, peeled
3 eggs, raw, divided
1½c breadcrumbs, divided
1½lbs. pork sausage
½c flour
Nonstick cooking spray, as needed

Directions:

1. In a large mixing bowl, combine 1 raw egg, breadcrumbs, and the pork sausage.
2. In a shallow bowl, beat the remaining raw eggs. In another shallow bowl, add flour. Set these aside.
3. Divide the sausage mixture into six equal portions. Flatten each portion down into an oval shaped piece.
4. Roll each hard-boiled egg in the flour then place the egg in the middle of the oval sausage patty. Wrap the sausage around the egg so that it completely encloses the egg.
5. Now, roll the sausage-wrapped egg in the flour, dip it into the beaten eggs, and then roll it in the breadcrumbs. Repeat for each egg.
6. Press **Menu** and select Preset 60. Press **START/PAUSE** to begin preheating to 360°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
7. Open the Base Tray and place the eggs in a single layer onto the Air Circulation Riser and spray them with nonstick cooking spray. Close the Base Tray and start cooking Stage 1 (360°F for 5 minutes), after which the Brio will beep three times. Open the Brio, flip each egg over and spray the tops again with nonstick cooking spray.
8. Close the Brio Base Tray to resume cooking with Stage 2 (400°F for 5 minutes), after which the Brio will beep 3 times and display “End”.



Sesame Beef

Serves: 4 | **Prep Time:** 10 minutes | **Total Cook Time:** 8 minutes

Ingredients:

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

Directions:

1. In a resealable plastic bag, mix the beef strips with the remaining ingredients. Marinate the beef overnight in the refrigerator.
2. Press **Menu** and select Preset 75. Press **START/PAUSE** to begin preheating to 360°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
3. Open the Base Tray. Remove the strips of meat from the bag and reserve the marinade. Arrange the strips across the Air Circulation Riser.
4. Close the Base Tray to begin Stage 1 (360°F for 4 minutes).
5. While cooking, pour the remaining marinade into a saucepan. Bring the sauce up to a boil until it thickens.
6. After Stage 1 is finished, the Brio will beep once and move on to Stage 2 (400°F for 4 minutes), after which the Brio will beep 3 times and display “End”.
7. When done, serve the sesame beef with the heated marinade sauce on the side for dipping.

Spiced Avocado Fries with Creole Sauce

Serves: 2 | **Prep Time:** 5 minutes | **Total Cook Time:** 20 minutes

Ingredients:

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

For Creole Dipping Sauce:

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

Directions:

1. Cut the avocados in half and remove the skin and pit (seed) from each. Slice avocado halves into wedges.
2. Squeeze lime juice over the avocado wedges and season them with sea salt, black pepper, and coriander.
3. In a blender or food processor, add lime zest, oats, basil, and taco seasoning. Pulse until a breadcrumb consistency is reached. Put this mixture into a shallow dish.
4. Take the avocado slices and bread each with the oat mixture. Arrange the slices in the Base Tray. Do not overlap.
5. Press **Menu** and select Preset 26. Press **START/PAUSE** to begin preheating to 390°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
6. Open the Base Tray and arrange the slices on the Air Circulation Riser. Do not overlap. Close the Base Tray to begin Stage 1 (390°F for 5 minutes), after which the Brio will beep three times.
7. Open the Base Tray and flip the avocado, spray the tops again with nonstick cooking spray and close the Brio Base Tray to begin Stage 2 (300°F for 15 minutes).
8. While cooking, thoroughly mix the ingredients for the Creole Dipping Sauce in a small bowl. Pour this mixture into a dipping sauce container or small serving bowl.
9. After Stage 2 is finished, the Brio will beep 3 times and display “End”.
10. Before serving, squeeze any remaining lemon juice on top of your Creole dipping sauce and serve it on the side with the avocado fries.

Spicy Rumaki

Serves: 8 | **Prep Time:** 9 minutes | **Total Cook Time:** 8 minutes

Ingredients:

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

Directions:

1. Place the chicken livers in a resealable plastic bag with the soy sauce, ginger, and garlic. Marinate the chicken livers for 2 hours.
2. Remove the chicken livers from the marinade and set them aside.
3. Lay the bacon slices on a flat surface. Brush one side of the bacon with maple syrup. Sprinkle some red pepper flakes over the bacon and then place a chicken liver at one end of each piece of bacon. Top with a piece of water chestnut and a slice of jalapeño.
4. Wrap the bacon slice around the liver, water chestnut, and jalapeño stack by rolling it up. Slightly stretch the bacon to ensure a tight wrap. Repeat this until all of the chicken liver has been wrapped.
5. Press **Menu** and select Preset 41. Press **START/PAUSE** to begin preheating to 360°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
6. Open the Base Tray. Place the Rumaki, seam-side down, onto the Air Circulation Riser. Brush them with more maple syrup.
7. Close the Base Tray to begin Stage 1 (360°F for 2 minutes).
8. After Stage 1 is finished, the Brio will beep once and move on to Stage 2 (400°F for 6 minutes), after which the Brio will beep 3 times and display “End”. Serve with sweet chili sauce (optional).

Note: Use a handheld meat thermometer to check that the internal temperature has reached 165°F.



Stuffed Peppers

Serves: 4 | **Prep Time:** 15 minutes | **Total Cook Time:** 12 minutes

Ingredients:

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

Directions:

1. Cut the bell peppers in half and remove the stems and seeds. Then, place the peppers in a pot of boiling water and cook them for 3 minutes. Remove them from the pot and set them aside.
2. In a skillet, heat the oil and add the onion and garlic. Season with salt and black pepper. Sauté until the onions are soft. Remove them from the heat and allow the mixture to cool.
3. In a large bowl, combine the ground beef, a ½c of tomato sauce, Worcestershire sauce, 1c of cheddar cheese, salt, black pepper, and the cooled onion mixture.
4. Fill each of the peppers with the beef filling and top them with the remaining tomato sauce and shredded cheese.
5. Press **Menu** and select Preset 76. Press **START/PAUSE** to begin preheating to 360°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
6. Open the Base Tray. Arrange the peppers on the Air Circulation Riser.
7. Close the Base Tray to begin Stage 1 (360°F for 6 minutes).
8. After Stage 1 is finished, the Brio will beep once and move on to Stage 2 (400°F for 6 minutes), after which the Brio will beep 3 times and display “End”. Serve hot with white rice (optional).

Sweet & Sour Chicken

Serves: 4 | **Prep Time:** 9 minutes | **Total Cook Time:** 14 minutes

Ingredients:

4 chicken breasts, boneless, skinless, large dice
2 cloves garlic, minced
1 red onion, large dice
1 red pepper, seeded, large dice
1 green pepper, seeded, large dice
1T extra-virgin olive oil

Sweet and Sour Sauce Ingredients:

1c sugar
½c apple cider vinegar
4T ketchup
2T cornstarch
1T soy sauce
1t red pepper flakes
Sea salt, to taste
Freshly ground black pepper, to taste

Directions:

1. In a large mixing bowl, add the garlic, onions, bell peppers and oil. Mix well to coat the vegetables before placing them in the Base Tray.
2. Press **Menu** select Preset 42. Press **START/PAUSE** to begin preheating to 360°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio.
3. Open the Base Tray and arrange the vegetables on the Air Circulation Riser.
4. Close the Base Tray to begin Stage 1 (360°F for 4 minutes), after which the Brio will beep three times.
5. Slide out the Base Tray and shake the vegetables. Insert the Probe into one of the chicken breasts so the tip is in the center of the breast and place them onto the Air Circulation Riser. Close the Base Tray to start Stage 2 (390°F to an internal Probe temperature of 160°F).
6. In the same large mixing bowl, combine the ingredients for the Sweet and Sour Sauce. Mix this well and set it aside.
7. After Stage 2 is finished, the Brio will beep three times. Open the Base Tray and transfer the chicken and vegetables to a Non-Stick Baking pan and pour the sauce on top. Stir to coat and then return the chicken and vegetables to the Base Tray.
8. Close the Base Tray to continue Stage 3 to an internal Probe temperature of 165°F, after which the Brio will beep 3 times and display “End”.
9. Remove and serve with rice.

Chocolate Avocado Brownie

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

Ingredients:

1 large ripe avocado	½c almond flour
2 large eggs	1t espresso powder
⅓c brown sugar	1t baking soda
⅓c pure maple syrup	Salt, pinch
3T butter	½c semi-sweet chocolate chips, divided
½c cocoa powder	Olive oil nonstick cooking spray, as needed
1t vanilla extract	1ea. small ripe avocado (sliced)

Directions:

1. In a mixing bowl, place the avocado, eggs, sugar, syrup, butter, cocoa powder, vanilla, almond flour, espresso powder, baking soda, salt and ¼c chocolate chips. On medium speed, blend for 2 minutes, stopping halfway to scrape the sides with a spatula to ensure that you blend everything well.
2. Spray a 7-inch round Springform Pan with olive oil nonstick cooking spray. Pour the batter into the Springform Pan. Tap Springform Pan on the tabletop to remove any air bubbles. Scatter ¼c of chocolate chips on top.
3. Use the Reversible Rack with the short side up. Press **Menu** and select Preset 32. Press **START/PAUSE** to begin preheating to 350°F. Once preheated, the Brio will beep twice, display “Ready”, countdown for 10 seconds and then beep once to give you time to place your food into the Brio. Open the Base Tray and place the Springform Pan onto the Reversible Rack.
4. Close the Base Tray to begin Stage 1 (350°F for 5 minutes).
5. After Stage 1 is finished, the Brio will beep once and move on to Stage 2 (300°F for 15 minutes), after which the Brio will beep 3 times and display “End”.
6. Remove your Brownie from the Brio and allow to cool for 15 minutes. Cut it into 8 wedges and serve with sliced avocado.

100 PRESETS

NOTE: Presets 1-100 can be adjusted to create your own recipes using menu presets #101-150.

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

Quick Meals		Stage 1		Stage 2		Stage 3		Final Probe Temp.
		Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	
1.	Bacon, 4oz.	400°F	2 min.	390°F	6 min.			
2.	Bake*, 8oz.	350°F	5 min.	340°F	10 min.			
3.	Baked Eggs, 2oz.	300°F	5 min.	290°F	5 min.			
4.	Baked Potato	390°F	30 min.	400°F	5 min.			
5.	Chicken Breast* (any size)	360°F	130°F	400°F	160°F			165°F
6.	Chicken Thighs* (any size)	360°F	130°F	400°F	160°F			165°F
7.	Dehydrate, 8oz.	250°F	2 hrs.					
8.	Dessert*, 8oz.	350°F	5 min.	340°F	10 min.			
9.	Fish*, (any size)	395°F	60°F	400°F	110°F			145°F
10.	Fries, Fresh*, 16oz.	395°F	5 min.	400°F	5 min.			
11.	Fries, Frozen*, 16oz.	395°F	5 min.	400°F	6 min.			
12.	Frozen Food*, 16oz.	350°F	8 min.	400°F	6 min.			
13.	Pork*, (any size)	360°F	80°F	400°F	130°F			145°F
14.	Reheat, 8oz.	325°F	4 min.	330°F	4 min.			
15.	Roast*, 32oz. (Medium)	375°F	80°F	340°F	120°F			135°F
16.	Shrimp*, 8oz.	350°F	4 min.	400°F	4 min.			
17.	Steak*, (any size) (Medium)	375°F	80°F	340°F	120°F			135°F
18.	Sweet Potato, 32oz.	390°F	30 min.	400°F	5 min.			
19.	Pop-Tart*, 2pcs.	340°F	2 min.	335°F	5 min.			
20.	Vegetables, 8oz.	360°F	5 min.	375°F	5 min.			

Vegetables (Refer to Recipe Book for Presets #21-26, 32)		Stage 1		Stage 2		Stage 3		Final Probe Temp.
		Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	
21.	Air-Fried Spinach Ravioli with Pest Sauce*	360°F	7 min.	400°F	7 min.			
22.	Blue Cheese Bacon -Stuffed Mushrooms	400°F	2 min.	360°F	13 min.			
23.	Cajun-Roasted Potatoes*	375°F	10 min.	400°F	15 min.			
24.	Fried Pickles*	390°F	5 min.	400°F	5 min.			
25.	Mozzarella Sticks*	390°F	5 min.	400°F	5 min.			
26.	Spiced Avocado Fries with Creole Sauce*	350°F	5 min.	300°F	15 min.			
27.	Jalapeño Poppers*	390°F	2 min.	400°F	10 min.			
28.	Tofu Buffalo Bites with Honey Mustard Sauce*	390°F	7 min.	400°F	5 min.			
29.	Vegan Cheese and Jalapeño Mashed Potatos Taquitos with Homemade Salsa*	375°F	5 min.	400°F	3 min.			
30.	Air Fry Asparagus Wrapped in Thick Pepper Bacon*	400°F	6 min.	350°F	13 min.			
31.	Air Fry Asparagus Wrapped in Thick Pepper Extra Crispy*	400°F	6 min.	350°F	15 min.			
32.	Avocado Chocolate Brownie*	350°F	5 min.	300°F	15 min.			
Poultry (Refer to Recipe Book for Presets #33, 34)		Stage 1		Stage 2		Stage 3		Final Probe Temp.
		Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	
33.	BBQ Chicken Wings Pink Peppercorns*	300°F	5 min.	400°F	15 min.			
34.	Chicken Cordon Bleu*	375°F	80°F	375°F	130°F	400°F	160°F	165°F
35.	Chicken Parmesan with Marinara	400°F	100°F	390°F	140°F	400°F	165°F	

Poultry (Refer to Recipe Book for Presets #33, 34)		Stage 1		Stage 2		Stage 3		Final Probe Temp.
		Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	
36.	Chicken Fajita Egg Rolls*	390°F	5 min.	400°F	5 min.			
37.	Five-Spice Duck Breast*	400°F	80°F	375°F	105°F			120°F
38.	Homemade Chicken Tenders with Honey Mustard	400°F	60°F	375°F	155°F	400°F	165°F	
39.	Korean Wings*	300°F	5 min.	400°F	15 min.			
40.	Southern Fried Chicken Thighs	400°F	90°F	375°F	165°F			
41.	Spicy Rumaki*	360°F	2 min.	400°F	6 min.			
42.	Sweet & Sour Chicken*	360°F	4 min.	390°F	160°F	390°F	165°F	
43.	Slow Cook Air Broasted Herb Butter Whole Chicken*	400°F	2 min.	300°F	165°F			
Fish/Seafood (Refer to Recipe Book for Presets #44, 49)		Stage 1		Stage 2		Stage 3		Final Probe Temp.
		Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	
44.	Air-Fried Shrimp with Cocktail Sauce*	350°F	5 min.	400°F	2 min.			
45.	Bacon-Wrapped Scallops*	360°F	3 min.	400°F	3 min.			
46.	Cajon Salmon with Mustard Greens*	395°F	60°F	400°F	110°F			145°F
47.	Jumbo Lump Crab Cakes*	390°F	3 min.	400°F	5 min.			
48.	Crab Rangoon*	390°F	10 min.	400°F	5 min.			
49.	Fish and Chips with Homemade Tartar Sauce*	390°F	5 min.	400°F	5 min.	400°F	5 min.	
Pork/Lamb (Refer to Recipe Book for Presets #50-60)		Stage 1		Stage 2		Stage 3		Final Probe Temp.
		Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	
50.	BBQ Chicharoons*	390°F	7 min.	400°F	8 min.			
51.	Char Siu*	400°F	10 min.	320°F	10 min.			

Pork/Lamb (Refer to Recipe Book for Presets #50-60)		Stage 1		Stage 2		Stage 3		Final Probe Temp.
		Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	
52.	Crispy Pork Chops with Roasted Broccoli Crowns* (Medium Well)	360°F	80°F	400°F	130°F			145°F
53.	Crispy Pork Chops with Roasted Broccoli Crowns* (Well)	360°F	115°F	400°F	140°F			155°F
54.	Croque Monsieur*	400°F	5 min.	390°F	5 min.			
55.	Devils on Horseback*	400°F	5 min.	390°F	5 min.			
56.	Honey-Butter Pork Tenderloin* (Medium Well)	360°F	80°F	400°F	130°F			145°F
57.	Honey-Butter Pork Tenderloin* (Well)	360°F	115°F	400°F	140°F			155°F
58.	Italian Sausage with Rigatoni Pasta*	390°F	10 min.	400°F	3 min.			
59.	Polish Kielbasa with Peppers & Onions*	390°F	5 min.	400°F	5 min.			
60.	Scotch Eggs*	360°F	5 min.	400°F	5 min.			
Beef (Refer to Recipe Book for Presets #61-76)		Stage 1		Stage 2		Stage 3		Final Probe Temp.
		Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	
61.	Chicago-Style Hot Dogs*	400°F	5 min.					
62.	Chili-Coffee-Rubbed NY Strip Steak* (Rare)	395°F	80°F	400°F	110°F			120°F
63.	Chili-Coffee-Rubbed NY Strip Steak* (Medium Rare)	395°F	80°F	400°F	115°F			130°F
64.	Chili-Coffee-Rubbed NY Strip Steak* (Medium)	395°F	80°F	400°F	125°F			135°F
65.	Chili-Coffee-Rubbed NY Strip Steak* (Medium Well)	395°F	80°F	400°F	140°F			145°F
66.	Chili-Coffee-Rubbed NY Strip Steak* (Well)	395°F	80°F	400°F	160°F			165°F

Beef (Refer to Recipe Book for Presets #61-76)		Stage 1		Stage 2		Stage 3		Final Probe Temp.
		Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	
67.	Crispy Beef*	360°F	4 min.	400°F	4 min.			
68.	Filet* (Rare)	395°F	80°F	400°F	110°F			120°F
69.	Filet* (Medium Rare)	395°F	80°F	400°F	115°F			130°F
70.	Filet* (Medium)	395°F	80°F	400°F	125°F			135°F
71.	Filet* (Medium Well)	395°F	80°F	400°F	140°F			145°F
72.	Filet* (Well)	395°F	80°F	400°F	160°F			165°F
73.	Mongolian Beef*	300°F	5 min.	400°F	5 min.			
74.	Reuben Sandwich*	400°F	5 min.	400°F	5 min.			
75.	Sesame Beef*	360°F	4 min.	400°F	4 min.			
76.	Stuffed Peppers*	360°F	6 min.	400°F	6 min.			
Frozen		Stage 1		Stage 2		Stage 3		Final Probe Temp.
		Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	
77.	Butterfly Shrimp, 8oz.	390°F	4 min.	400°F	4 min.			
78.	Popcorn Shrimp*, 8oz.	350°F	3 min.	360°F	3 min.			
79.	Chicken Nuggets*, 8oz.	350°F	5 min.	400°F	15 min.			
80.	Chicken Tenders*, 8oz.	390°F	8 min.	400°F	8 min.			
81.	Chicken Wings, 8oz.	300°F	5 min.	400°F	17 min.			
82.	Chicken Breast, 2, 6oz.	390°F	10 min.	400°F	10 min.			
83.	Pizza*	390°F	2 min.	400°F	3 min.			
84.	Pizza Bites*, 8 oz.	390°F	8 min.	400°F	6 min.			
85.	Frozen Burrito*, 10 oz.	300°F	5 min.	375°F	7 min.			
86.	Tator Tots, 8 oz.	390°F	5 min.	400°F	7 min.			
87.	Sweet Potato Tots, 8 oz.	390°F	5 min.	400°F	6 min.			
88.	Fast Food Fries, ½ Bag	390°F	10 min.	400°F	10 min.			
89.	Fast Food Fries, ½ Bag, extra crispy	390°F	10 min.	400°F	12 min.			
90.	Fast Food Fries, Full Bag	390°F	12 min.	400°F	11 min.			

Frozen		Stage 1		Stage 2		Stage 3		Final Probe Temp.
		Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	Oven Temp.	Time/ Probe Temp.	
91.	Fast Food Fries , Full Bag extra crispy	390°F	12 min.	400°F	12 min.			
92.	Regular Fries , ½ Bag	390°F	11 min.	400°F	11 min.			
93.	Regular Fries , ½ Bag, extra crispy	390°F	12 min.	400°F	12 min.			
94.	Regular Fries , Full Bag	390°F	13 min.	400°F	13 min.			
95.	Regular Fries , Full Bag, extra crispy	390°F	14 min.	400°F	14 min.			
96.	Pancakes	375°F	5 min.	400°F	3 min.			
97.	French Toast	390°F	6 min.	400°F	6 min.			
98.	Waffle	390°F	2 min.	400°F	3 min.			
99.	Pretzels	390°F	1 min.	400°F	3 min.			
100.	Churro*	375°F	4 min.	400°F	7 min.			

NOTES

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Model: 37380, 37381
Rev.1

120V, 60Hz, 1800 Watts

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Designed & Developed in USA by:

NuWave LLC

560 E. Bunker Ct.
Vernon Hills, IL 60061, U.S.A.

Made in China

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Questions or Concerns?

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