



**nuwave®**  
**BRIO PLUS® 8QT**  
AIR FRYER  
**Recipe Book**



Read the Owner's Manual before using.

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## Measurement Chart

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

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

# Air-Fried Spinach Ravioli with Pesto Sauce

Serves: 2


## Ingredients:

1c Italian breadcrumbs  
1oz. Parmesan cheese  
½t extra-virgin olive oil  
½c buttermilk  
12 spinach ravioli, fresh

## For Pesto Sauce:

½c basil, fresh  
1½ cloves garlic  
1½T pine nuts, roasted  
3T Parmesan cheese, grated  
Sea salt, to taste  
Freshly ground black pepper, to taste  
1¾c 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 **Preset** and use the left  arrow to select Preset 21. 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 ravioli in the bottom of the Base Tray on the Air Circulation Riser. Do not overcrowd.
4. Close the Base tray to start cooking 375°F for 12 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 six minutes the Brio will emit 3 sets of triple beeps to alert you to flip the ravioli.
7. Once the cooking is complete the Brio will beep 3 times and display “End”. Serve your spinach ravioli hot with pesto sauce.





# Air-Fried Shrimp with Cocktail Sauce

Serves: 2


## Ingredients:

½lb. raw shrimp (30-40 count), peeled, deveined, tails left on  
½t garlic powder  
1/8t freshly ground black pepper  
½ egg, lightly beaten  
½c all-purpose flour  
Nonstick cooking spray, as needed  
Lemon wedges, (for serving)

## For Cocktail Sauce:

½c ketchup  
1T horseradish  
½T lemon juice  
¼t 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, salt, and black pepper. Refrigerate until needed.
2. Rinse the shrimp well and pat dry. Put them into a large bowl with 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. Press **Preset** and use the left  arrow to select Preset 44. Press **START/PAUSE** to begin preheating to 375°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 Air Circulation Riser with nonstick cooking spray. Arrange the shrimp in a single layer on the Air Circulation Riser. Spray the shrimp tops with nonstick cooking spray. Close the Brio Base Tray to begin cooking at 375°F for 6 minutes.
7. When the cooking is done 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: 2**

## **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. Press **Preset** and use the left  arrow to select Preset 45. 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. Spray the Air Circulation Riser with nonstick cooking spray. Arrange the scallops in a single layer on the Air Circulation Rise and close the Base Tray.
4. The Brio will cook at 400°F for 16 minutes.
5. The Brio emit 3 sets of triple beeps at eight minutes to alert you to flip the scallops.
6. When the cooking is done the Brio will beep 3 times and display “End”. Carefully remove the scallops from the Brio. Gently remove the toothpicks and place the scallops on a serving dish.



# BBQ Harina Chicharrones

Serves 2

## Ingredients:

½c Harina 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 **Preset** and use the left  arrow to select Preset 50. 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. Spray the base tray with nonstick cooking spray. Place the Harina pellets onto the base tray and spray well with nonstick cooking spray.
3. Close the Base Tray to begin cooking at 400°F for 6 minutes.
4. With 3 minutes left the Brio will emit 3 sets of triple beeps. Open the Base Tray and shake Harina pellets. Then, close the Base Tray to resume cooking.
5. Once finished, the Brio will beep 3 times and display “End”.
6. Remove the Chicharrones from the Base Tray and season them with additional barbecue seasoning.







# BBQ Wings with Pink Peppercorns

Serves 2

## Ingredients:

1lb. chicken wings

1t canola oil

¼t freshly ground black pepper


## For Sauce:

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 **Preset** and use the left  arrow to select Preset 33. Press **START/PAUSE** to begin to preheat 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. 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 cooking at 375°F for 20 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 ten minutes the Brio will emit 3 sets of triple beeps to alert you to flip the wings.
6. Once finished, the Brio will beep 3 times and display “End”.
7. Use a handheld meat thermometer and check to see that the internal temperature of one of the wings has reached 165°F.
8. 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

## 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  
¼c 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 they are 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, and 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.
5. Press **Preset** and use the left  arrow to select Preset 22. Press **START/PAUSE** to begin to preheat to 325°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. Once preheated open the base tray and place mushroom caps on the Air Circulation Riser, close base tray to begin cooking at 325°F for 12 minutes.
7. 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-Roasted Potatoes

Serves 4

## Ingredients:

2 russet potatoes


1T extra-virgin olive oil

½T Cajun spice

Sea salt, to taste

Freshly ground black pepper, to taste

## Directions:

1. Scrub the potatoes and cut them into wedges. Place these in a bowl and toss them with olive oil until each is completely covered.
2. Press **Preset** and use the left  arrow to 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.
3. Close the Brio Base Tray to begin cooking at 375°F for 22 minutes.
4. At 11 minutes the Brio will emit 3 sets of triple beeps. Open the Base Tray and shake the potatoes. Close the Base Tray to continue cooking.
5. When cooking is done it will beep 3 times and display “End”.
6. Place the potatoes in a bowl and toss them with Cajun spice, salt, and black pepper. Serve hot with your dipping sauce of choice.

# Cajun Salmon with Mustard Greens

Serves 2


## Ingredients:

2 (8oz.) salmon fillets  
½T extra-virgin olive oil  
⅛t smoked paprika  
⅛t seafood seasoning  
⅛t cayenne pepper  
Nonstick cooking spray, as needed

## For Mustard Greens:

½lb. mustard greens, washed, torn into large pieces  
1½ cloves garlic, minced  
1T extra-virgin olive oil  
½c white onions, thinly sliced  
2T chicken or vegetable stock  
Sea salt, to taste  
Freshly ground black pepper, to taste  
⅛t 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. Press **Preset** and use the left  arrow to select Preset 46. 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 Base tray and spray the Air Circulation Riser with nonstick cooking spray. Place the salmon on the top of the Riser and spray nonstick cooking spray on top of the salmon.
6. Close the Base Tray to begin cooking at 400°F for 15 minutes.
7. After seven and a half minutes the Brio will emit 3 sets of triple beeps. Open the Base Tray and flip the salmon.
8. When cooking is done the Brio will beep 3 times and display “End”.
9. When done, remove the fish from the Brio and plate them with the mustard greens.

# Char Siu

Serves: 2


## Ingredients:

1lb. pork belly, skin removed  
Char siu sauce (homemade)  
Sesame seeds, as needed (for garnish)

## Homemade Char Siu Sauce:

1T Shaoxing cooking wine  
1T oyster sauce  
3T sugar  
3T hoisin sauce  
2t honey  
¼t 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 **Preset** and use the left  arrow to select Preset 51. Press **START/PAUSE** to begin preheating to 325°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 cooking at 325°F for 35 minutes.
7. After seventeen and a half minutes the Brio will emit 3 sets of triple beeps. Open the Base Tray and baste the pork belly pieces with the remaining marinade and flip close the Base Tray.
8. When the cooking is done the Brio will beep 3 times and display “End”. Remove the pork belly pieces and set them aside to rest.
9. 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.
10. 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 2

## Ingredients:

4 beef hot dogs

4 poppy seed hot dog buns

## Condiments:

¼c yellow mustard

¼c neon-green relish

¼c yellow onions, diced


4 pickle spears

8 sport peppers

8 tomato wedges

½T celery salt

## Directions:

1. Press **Preset** and use the left  arrow to 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

## Ingredients:

2 chicken breasts, boneless	½c breadcrumbs
2 slice ham, divided	1T dried tarragon
2 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
	Nonstick 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 black pepper. Divide the minced garlic between the 2 breasts and place it in the center of each. Lay a 1 slice of ham in the middle of each breast and top that with a 1 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 **Preset** and use the left  arrow to select Preset 34. 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. Place the chicken breasts onto the Air Circulation Riser, presentation side down, and spray with nonstick cooking spray.
6. Close the Brio Base Tray to begin cooking at 350°F for 20 minutes.
7. After ten minutes the Brio will emit 3 sets of triple beeps. 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 resume cooking.
8. When the cooking is complete the Brio will beep 3 times and display “End”.
9. Remove the chicken breasts from the Brio and let it rest for 5 minutes.


# Chicken Parmesan with Marinara

Serves 2

## Ingredients:

- ½lb. chicken breasts, boneless, skinless, sliced horizontally (makes 4 pieces)
- ½c panko breadcrumbs
- ⅓c marinara sauce
- ¼c Mozzarella cheese
- ¼c Parmesan cheese, grated
- 1T egg whites
- 1t 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 ⅛- inch.
2. In a shallow dish, combine the breadcrumbs, 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 **Preset** and use the left  arrow to select Preset 35. 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.
5. Open the Brio Base Tray and place the chicken breasts onto the Air Circulation Riser and spray them with nonstick cooking spray. Close the Base Tray to begin cooking at 375°F for 14 minutes.
6. After 7 minutes the Brio will emit 3 sets of triple beeps. Open the Brio, flip the chicken. Close the Base Tray to resume cooking.
7. Once finished, 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 (the heat left inside the Brio from after the cooking ends).
9. Serve over a bed of pasta with garlic bread.






# Chicken Fajita Egg Rolls

Serves: 3

## Ingredients:

6 egg roll wrappers  
½ red bell pepper, small dice  
½ pkg. fajita seasoning (1.12oz.)  
4oz. black beans, rinsed, drained  
1oz. diced green chilies  
¼c chicken, cooked, shredded  
¼c Pepper Jack cheese, shredded  
¼c 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 **Preset** and use the left  arrow to select Preset 36. 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.
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 at 360°F for 10 minutes.
7. After five minutes the Brio will emit 3 sets of triple beeps, open the Brio and flip the egg rolls. Close the Base Tray to resume cooking until the egg rolls are crispy and golden brown.
8. When cooking is finished, the Brio will beep 3 times and display “End”. Serve with salsa or dip.



# Chili-Coffee-Rubbed NY Strip Steak


Serves 2

## Ingredients:

2 (14oz.) NY strip steak  
¼c espresso coffee powder  
¼c Ancho chile powder  
¼c brown sugar, packed

1T cumin  
2T smoked paprika  
2T sea salt  
Nonstick cooking spray, as needed

## Directions:

1. Press **Preset** and use the left  arrow to select one of the following Preset:
  - 62- Rare 11 minutes
  - 63- Medium Rare 12 minutes
  - 64- Medium 13 1/2 minutes
  - 65- Medium Well 14 minutes
  - 66- Well 17 minutes
2. 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. 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 Base Tray and spray the Air Circulation Riser with nonstick cooking spray. Place the steaks side by side in opposite directions. Close the Brio Base Tray to start cooking at 400°F.
4. Halfway through cooking the Brio will emit 3 sets of triple beeps.
5. Open the Brio Base Tray and flip the steaks. Close the Brio Base Tray to resume cooking.
6. Once finished, the Brio will beep 3 times and display “End”.
7. Serve and enjoy.






# Crab Rangoon

Serves: 2

## Ingredients:

- 4oz. cream cheese
- ¼c crab meat, drained, and crumbled
- 1 green onions, thinly sliced
- 1t garlic, minced
- 1t Worcestershire sauce
- ¼t soy sauce
- ½ (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. Press **Preset** and use the left  arrow to select Preset 48. 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.
5. Open the Base Tray, place your Crab Rangoon on the Air Circulation Riser and close the Base Tray to begin cooking at 350°F for 8 minutes.
6. After four minutes the Brio will emit 3 sets of triple beeps, open the Brio Base Tray and flip.
7. When cooking is done the Brio will beep 3 times and display “End”.
8. Serve hot with sweet and sour sauce.



# Crispy Beef

Serves: 2

## Ingredients:

½lb. beef sirloin tip, cut into 1-inch strips


1 8oz. jar cheese pasta sauce

¾c soft breadcrumbs

1T extra-virgin olive oil

¼t 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 **Preset** and use the left  arrow to select Preset 67. 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. 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 cooking at 400°F for 10 minutes.
6. After 5 minutes the brio will emit 3 sets of triple beeps, open the base tray and flip the beef.
7. When the cooking is done the Brio will beep 3 times and display “End”. Serve the hot crispy beef.

# Crispy Pork Chops with Roasted Broccoli Crowns

Serves 2

## 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 **Preset** and use the left  arrow to 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. Close the Base Tray to begin cooking at 400°F 11 minutes for Medium Well or 13 minutes for Well,
5. Halfway through cooking the Brio will emit 3 sets of triple beeps. Open the Brio Base Tray and flip the pork chops and arrange the broccoli around the pork chops.
6. Close the Base Tray to resume cooking, when done the Brio will beep 3 times and display “End”.
7. Toss the broccoli with lemon zest and Parmesan cheese. Enjoy with the pork chops.



# Croque Monsieur

Serves 2

## Ingredients:

### Béchamel Sauce:

1½c milk  
¼c flour  
¼c butter  
¼t Dijon mustard  
Dash nutmeg, ground  
Sea salt, to taste  
Freshly ground 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 **Preset** and use the left  arrow to select Preset 54. 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.
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
3. 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.
4. Open the Base Tray and place the sandwiches on the Air Circulation Riser. Close the Base Tray to start cooking at 360°F for 9 minutes, until the cheese is melted and golden brown on top.
5. When cooking is done the Brio will beep 3 times and display “End”.
6. Remove and serve.




# Devils on Horseback

**Serves:** 5

## **Ingredients:**

20 dates, pitted, left whole  
¼c blue cheese, crumbled  
10 slices bacon, each cut in half  
Chives, thinly sliced (for garnish)  
Hoisin sauce, for dipping (optional)

## **Directions:**

1. 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.
2. 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.
3. Press **Preset** and use the left  arrow to 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 at 400°F for 10 minutes.
4. After 5 minutes, the Brio will emit 3 sets of triple beeps, open the Brio Base Tray and flip the wrapped dates.
5. When cooking is done 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.
6. Plate the dates with Hoisin sauce or the sauce of your choice. Garnish with chives and enjoy.







# Filet Mignon

Serves 2

## Ingredients:

2 filet mignon steaks

2 slices thick bacon


Extra-virgin olive oil, as needed

Sea salt, to taste

Freshly ground black pepper, to taste

Toothpicks

## Directions:

1. Press **Preset** and use the left  arrow to select one of the following Preset:
  - 68- Rare 16 minutes
  - 69- Medium Rare 18 minutes
  - 70- Medium 20 minutes
  - 71- Medium Well 21 minutes
  - 72- Well 25 minutes
2. 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. 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. Close the Base Tray to begin cooking at 400°F.
6. Halfway through cooking the Brio will emit 3 sets of triple beeps. Open the Brio Base Tray and flip the steaks.
7. Close the Base Tray to finish cooking.
8. Once finished, the Brio will beep 3 times and displays “End”.
9. Serve and enjoy.

# Fish and Chips with Homemade Tartar Sauce

Serves 2


## Ingredients:

2 (7oz.) cod 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.
4. Press **Preset** and use the left  arrow to select Preset 49. 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.
5. Spray the Air Circulation Riser with nonstick nonstick cooking spray and then arrange the breaded fish in a single layer on the Air Circulation Riser. Close the Base Tray to begin cooking 350°F for 15 minutes.
6. While cooking, mix together the Tartar Sauce ingredients in a small bowl.
7. After seven and a half minutes the Brio will emit 3 sets of triple beeps. Open Base Tray and flip the fish. Close the Base Tray to continue cooking, after which the Brio will beep 3 times and display “End”.
8. Serve the fish warm with potato chips and your homemade tartar sauce.


# Five-Spice Duck Breast

Serves 2

## 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 black 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. Press **Preset** and use the left  arrow to 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. Place the duck breasts skin- side up on the Air Circulation Riser.
4. Close the Base Tray to begin cooking at 400°F to for 6 minutes.
5. When done cooking the Brio will beep 3 times and display “End”.
6. Serve and enjoy.






# Fried Pickles

Serves 2

## 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 **Preset** and use the left  arrow to 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 cooking at 400°F for 6 minutes.
6. After three minutes the Brio will emit 3 sets of triple beeps to alert you to open the Brio and flip the pickle.
7. When cooking is done the Brio will beep 3 times and display “End”.
8. Serve hot with Ranch Dressing.



# Homemade Buttermilk Chicken Tenders with Honey Mustard

Serves 2

## 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 hrs. or as long as overnight. In a mixing bowl, combine the chicken flour ingredients and mix well. Reserve.
2. Press **Preset** and use the left  arrow to select Preset 38. 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.
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.
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 cooking at 375°F for 18 minutes.
5. While the chicken is cooking, combine the Dijon mustard, honey, white vinegar, and cracked black pepper in a small mixing bowl.
6. After nine minutes the Brio will emit 3 sets of triple beeps to alert you to open the Brio and flip the chicken tenders.
7. When the cooking is done the Brio will beep 3 times and display “End”.





# Honey-Butter Pork Tenderloin

Serves 2

## Ingredients:

2t butter

1t honey


¼t Cajun seasoning

¼t freshly ground black pepper

1 (1¾lb.) pork tenderloin, trimmed

½c water

## Directions:

1. In a skillet, melt the butter and honey over a medium heat.
2. 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.
3. Press **Preset** and use the left  arrow to select Preset 56 for Medium well 14 minutes or 57 for Well 16 minutes. Press **START/PAUSE** to begin preheating to 370°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 pork tenderloin onto the Air Circulation Riser.
5. Close the Base Tray to begin cooking at 370°F
6. Halfway through cooking the Brio will emit 3 sets of triple beeps. Open the Base Tray and flip the tenderloin.
7. Close the Brio to finish cooking, when done the Brio will beeps 3 times and display “End”.
8. Pour 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.
9. Slice the tenderloin and serve it with a drizzle of sauce from the saucepan.




# Italian Sausage with Rigatoni Pasta

Serves 2

## Ingredients:

- ½lb. rigatoni pasta
- ½lb. Italian sausage, cooked and crumbled
- ½ bell pepper, sliced into strips
- ½c grape tomatoes, each halved
- Sea salt, to taste
- 1T Fontina cheese, shredded
- 1T Mozzarella cheese, shredded
- ½c marinara sauce
- Nonstick cooking spray, as needed
- 1 basil leaf, 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, 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 **Preset** and use the left  arrow to select Preset 58. 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. The Brio will begin cooking at 400°F for 13 minutes. Open the Base Tray and place the pasta mixture dish onto the Air Circulation Riser.
5. When the cooking is done Brio will beep 3 times and display “End”.
6. Open the Base Tray and top the pasta mixture with Mozzarella Close the Base Tray and let the cheese melt for 2 minutes from ambient Brio heat (the heat left inside the Brio from after the cooking ends).
7. Once cheese is melted top with fresh basil and serve.








# Jumbo Lump Crab Cakes

**Serves: 2**

## **Ingredients:**

1c cooked crab meat  
½T all-purpose flour  
¼c mayonnaise  
3 green onions, finely chopped  
¼ yellow onion, medium, finely chopped  
¼ roasted bell pepper, finely chopped  
1 egg  
¼c panko breadcrumbs plus 1c extra  
¼t garlic powder  
¼t 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 **Preset** and use the left  arrow to select Preset 47. 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.
4. The Brio will begin cooking 375°F for 16 minutes. Open the Base Tray and place the crab cake onto the Air Circulation Riser.
5. After eight minutes the Brio will emit 3 sets of triple beeps to remind you to flip the crab cakes.
6. Open Base Tray and flip the crab cakes. Close the Base Tray to finish cooking, after which the Brio will beep 3 times and display “End”.
7. Serve hot with the dipping sauce of your choice.



# Korean Wings

Serves 2

## Ingredients:

½lb. chicken wings

½t canola oil

¼t Freshly ground black pepper, to taste


## For Sauce:

¾T sambal

½T Sriracha

½T black bean paste

## Directions:

1. In a large mixing bowl, add the wings, oil, and black pepper. Toss to coat the wings.
2. Press **Preset** and use the left  arrow to select Preset 39. 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.
3. The Brio will begin cooking at 375°F for 20 minutes. Open the Base Tray and place the wings onto the Air Circulation Riser.
4. After 10 minutes The Brio will emit 3 sets of triple beeps. Open the Base Tray and flip wings. Close the Base Tray to finish cooking, after which the Brio will beep 3 times and display “End”.
5. Remove the wings and transfer them to the bowl containing the sauce and toss to coat. Serve them with your favorite dipping sauce.

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








# Mongolian Beef

Serves 2

## Ingredients:

- 1lb. beef tenderloin or beef chuck, cut into strips
- 1/8c cornstarch
- 1T cooking oil
- 1/2T fresh ginger, minced
- 1/2T garlic, minced
- 1/4 c rice vinegar
- 1/4 c soy sauce
- 1/4 c water
- 1/2t hoisin sauce
- 1/4 c brown sugar
- 1/2t red pepper flakes
- 1/4 c green onion, chopped into 1-inch pieces (for garnish)

## Directions:

1. Place the beef, oil, ginger, garlic, rice vinegar, soy sauce, water, hoisin sauce, brown sugar, cornstarch, and red pepper flakes in a resealable plastic bag. Allow it to marinate for 2 hours.
2. Press **Preset** and use the left  arrow to select Preset 73. 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.
3. The Brio will begin cooking at 390°F for 10 minutes. Open the Base Tray and place the beef strips onto the Air Circulation Riser. The Brio will beep three times.
4. After five minutes the Brio will emit 3 sets of triple beeps. Open the Base Tray and stir the beef.
5. Close the Base Tray to finish cooking, after which the Brio will beep 3 times and display “End”.
6. Once cooked, place the beef on a plate and top it with the green onions.

# Mozzarella Sticks


Serves 2

## 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 **Preset** and use the left  arrow to select Preset 25. 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.
7. The Brio will begin cooking at 375°F for 8 minutes,
8. After four minutes the brio will emit 3 sets of triple beeps. Open the Base Tray and flip the Mozzarella sticks. Close the Base to finish cooking, after which the Brio will beep 3 times and display “End”.
9. Serve hot with marinara sauce.


# Southern Fried Chicken Thighs

Serves 2

## Ingredients:

- 4 chicken thighs, bone-in
- ½c buttermilk
- ½c flour
- ½T garlic powder
- ½T freshly ground black pepper
- ½T paprika
- ½t sea salt
- ½t onion powder
- ½t cumin
- ¼t cayenne pepper
- ¼t dried oregano
- ¼t 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 **Preset** and use the left  arrow to select Preset 40. 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.
6. Open the Base Tray and spray the Air Circulation Riser with nonstick cooking spray. Place the chicken thighs onto the Air Circulation Riser and generously spray the chicken with nonstick cooking spray.
7. Close the Base Tray to begin cooking at 375°F for 22 minutes,
8. After 11 minutes the Brio will emit 3 sets of triple beeps. Open the Brio and flip the chicken. Close the Brio to finish cooking , 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 3

## Ingredients:

½ red bell pepper, sliced into strips  
1½ green bell pepper, sliced into strips  
½ red onion, sliced into strips  
1lbs. Polish kielbasa, cut into 1-inch coins  
Sea salt, to taste  
Freshly ground black pepper, to taste  
Nonstick cooking spray, as needed

## Directions:

1. Press **Preset** and use the left  arrow to select Preset 59. 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. Open the Base Tray and spray the Air Circulation Riser with nonstick cooking spray. In a bowl, combine the Kielbasa, bell peppers, and onions; season with salt and black pepper; and top with nonstick cooking spray. Place the Kielbasa, peppers, and onions onto the Air Circulation Riser.
3. Close the Brio to begin cooking at 400°F for 10 minutes,
4. After 5 minutes the Brio will emit 3 sets of triple beeps. Open the Base Tray and stir Kielbasa and veggies around.
5. Close the Base Tray to finish cooking, after which the Brio will beep 3 times and display “End”.
6. Serve with rice or as a side dish.



# Reuben Sandwich

Serves 1

## Ingredients:

Butter-flavored nonstick cooking spray, as needed

2 slices rye bread


5 slices corned beef

1½T of sauerkraut (with caraway seeds)

2T Thousand Island dressing

2 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 one 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 with another slice of rye bread.
3. Press **Preset** and use the left  arrow to 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 sandwich onto the Air Circulation Riser. Close the Base Tray to cook at 400°F for 10 minutes until the cheese is melted and golden brown on top.
5. After five minutes the Brio will emit 3 sets of triple beeps. Open the Base Tray and flip the sandwich.
6. Close the Base Tray to resume cooking until the cheese is melted and bread is golden brown on top, after which the Brio will beep 3 times and display “End”.








# Scotch Eggs

Serves 3

## Ingredients:

3 hard-boiled eggs, peeled  
2 eggs, raw, divided  
 $\frac{3}{4}$ c breadcrumbs, divided  
 $\frac{3}{4}$ lbs. pork sausage  
 $\frac{1}{4}$ c flour  
Nonstick cooking spray, as needed

## Directions:

1. In a large mixing bowl, combine 1 raw egg,  $\frac{1}{4}$  c 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 remaining breadcrumbs. Repeat for each egg.
6. Press **Preset** and use the left  arrow to select Preset 60. 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.
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 375°F for 10 minutes.
8. After 5 minutes the Brio will emit 3 sets of triple beeps. Open the Brio, flip each egg over and spray the tops again with nonstick cooking spray.
9. Close the Brio Base Tray to resume cooking. When cooking is done the Brio will beep 3 times and display “End”.



# Sesame Beef

Serves 2

## Ingredients:

½lb. beef strips, any cut of choice

⅓c soy sauce

1oz. ketchup


1T honey

1t sesame seed oil

½T sesame seeds

1t 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 **Preset** and use the left  arrow to select Preset 75. Press **START/PAUSE** to begin preheating to °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 cooking 390°F for 12 minutes.
5. While cooking, pour the remaining marinade into a saucepan. Bring the sauce up to a boil until it thickens.
6. After six minutes the Brio will emit 3 sets of triple beeps. Open the Brio base tray and stir.
7. When the cooking is complete the Brio will beep 3 times and display “End”.
8. When done, serve the sesame beef with the heated marinade sauce on the side for dipping.

# Spiced Avocado Fries with Creole Sauce

Serves 2


## Ingredients:

2 avocados  
1T ground coriander  
3 limes, juice and zest  
2c Italian breadcrumb  
1T dried or fresh basil  
2T taco seasoning  
Sea salt, to taste  
Freshly ground black pepper, to taste  
Nonstick cooking spray, as needed

## 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 salt, black pepper, and coriander.
3. In a medium bowl add lime zest, breadcrumbs, coriander, basil, taco seasoning, salt, and pepper mix well.
4. Take the avocado slices and bread each with the breadcrumbs. Arrange the slices in the Base Tray. Do not overlap. Spray with nonstick cooking spray.
5. Press **Preset** and use the left  arrow to select Preset 26. 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.
6. Open the Base Tray and arrange the slices on the Air Circulation Riser. Do not overlap. Close the Base Tray to begin cooking at 350°F for 20 minutes.
7. After 10 minutes the Brio will emit 3 sets of triple beeps. Open the Base Tray and flip the avocado, spray the tops again with nonstick cooking spray.
8. Close the Base Tray to finish cooking.
9. 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.
10. When cooking is done the Brio will beep 3 times and display “End”.




# Spicy Rumaki

Serves 4

## Ingredients:

¼lb. chicken livers, cleaned and rinsed, each cut into ½-inch cubes  
½lb. bacon slices, each cut into thirds  
1 2½ oz. can whole water chestnuts, each quartered  
½ jalapeño pepper, thinly sliced  
1 clove garlic, minced  
1t fresh ginger, minced  
2T maple syrup, divided  
1½T soy sauce  
1T 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 **Preset** and use the left  arrow to select Preset 41. 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. Place the Rumaki, seam-side down, onto the Air Circulation Riser. Brush them with more maple syrup.
7. Close the Base Tray to begin cooking at 390°F for 12 minutes.
8. After six minutes the Brio will emit 3 sets of triple beeps. Open the Base Tray and flip Rumaki then close base tray to finish cooking. When cooking is finished 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 2

## Ingredients:

2 red bell peppers  
1lb. ground beef  
½ white onion, minced  
2 cloves of garlic, minced  
½c tomato sauce, divided  
1t extra-virgin olive oil  
Sea salt, to taste  
Freshly ground black pepper, to taste  
1t Worcestershire sauce  
1c cheddar cheese, shredded, divided

## Directions:

1. Cut the bell peppers in half and remove the stems and seeds. Then, place the bell 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 1/4c of tomato sauce, Worcestershire sauce, 1/2c of Cheddar cheese, salt, black pepper, and the cooled onion mixture.
4. Fill each the bell peppers with the beef filling and top them with the remaining tomato sauce and shredded cheese.
5. Press **Preset** and use the left  arrow to select Preset 76. 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.
6. Open the Base Tray. Arrange the stuffed peppers on the Air Circulation Riser.
7. Close the Base Tray to begin cooking at 375°F for 25 minute.
8. When cooking is done the Brio will beep 3 times and display “End”. Serve hot with white rice (optional).

# Sweet & Sour Chicken

Serves 2


## Ingredients:

2 lb. chicken breasts, boneless, skinless, large dice  
½ cloves garlic, minced  
½ red onion, large dice  
½ red pepper, seeded, large dice  
½ green pepper, seeded, large dice  
½T extra-virgin olive oil

## Sweet and Sour Sauce Ingredients:

½c sugar  
¼c apple cider vinegar  
2T ketchup  
½T cornstarch  
½T soy sauce  
½t 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 **Preset** and use the left  arrow to select Preset 42. 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. Open the Base Tray and arrange the chicken and vegetables on the Air Circulation Riser.
4. Close the Base Tray to begin cooking at 400°F for 22 minutes.
5. After 11 minutes the Brio will emit 3 sets of triple beeps. Slide out the Base Tray and stir the chicken and vegetables. Close the Base Tray to finish cooking.
6. In the same medium pot, combine the ingredients for the Sweet and Sour Sauce. Mix this well and set it aside.
7. After cooking is finished the Brio will beep three times and display “End”. Open the Base Tray and transfer the chicken and vegetables to medium pot with the sweet and sour sauce. Stir to coat and then bring to a simmer on the stove.
8. Serve with rice.



# Chocolate Avocado Brownie


Serves 4

## Ingredients:

½ large ripe avocado  
1 large eggs  
2T brown sugar  
3T pure maple syrup  
1½T butter  
¼c cocoa powder  
½t vanilla extract

¼c almond flour  
1t espresso powder  
1t baking soda  
Salt, pinch  
¼c semi-sweet chocolate chips, divided  
Olive oil nonstick cooking spray, as needed  
1ea. small ripe avocado (sliced)

## Directions:

1. In a mixing bowl, place the avocado, eggs, brown sugar, syrup, butter, cocoa powder, vanilla, almond flour, espresso powder, baking soda, salt, and half of the 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 the remaining chocolate chips on top.
3. Press **Preset** and use the left  arrow to select Preset 32. Press **START/PAUSE** to begin preheating to 325°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 Air Circulation Riser.
4. Close the Base Tray to begin cooking at 325°F for 11 minutes after which the Brio will beep 3 times and display “End”.
5. Remove your Brownie from the Brio and allow it to cool for 15 minutes. Cut it into 8 wedges and serve with sliced avocado.

## PRESETS - 150 TOTAL




**There are 100 pre-programmed presets and 50 user presets.** The 100 presets can be adjusted but not changed. All 100 presets are set to preheat, see the listing in the Quick Start Guide or in the Recipe Book. When selecting presets 1-100, the Brio will display the preset number and the name of the recipe. Notifications in a preset cannot be deleted. Recipe names cannot be added to user presets.

### Using the 100 Presets:

1. Press PRESET one time, the 1 and the preset name will appear in the display.
2. Use the Up and Down arrows on the left to select the preset number.
3. Once the selection has been made, press the Up and Down arrows on the right once, and the temperature and time will display.
4. The temperature and time can be adjusted. Notifications can be added if not part of the preset. ( When the cooking begins 🔔 flashing means notifications are turned on. For presets without notifications, when cooking the 🔔 will not display.)
5. Press ▶|| to begin the cooking cycle. When finished the screen will display "END" and beep 3 times (if not muted).

## PRESETS - 50 USER PRESETS

### Making Your Own User Presets 101-150:

1. Press PRESET twice, 101 will appear on the screen.
2. Use the Up and Down arrows on the left to select the user preset number from 101-150.
3. Once the selection has been made, press the Up and Down arrows on the right once, and the temperature and time will display.
4. The temperature and time can be adjusted. Notifications and preheat can be added. (  will flash if notifications are on, if notifications are off  will not display.)
5. Press and hold PRESET, until 2 beeps are heard and the selected preset number and “SAVE” is shown on the screen.
6. Press  to begin the cooking cycle. When finished the screen will display “END” and beep 3 times (if not muted).

### Note:

- Presets can be saved before, during, and after the cooking cycle.
- Saved user presets (101-150) can be overridden.
- If selected prior to cooking, the notifications cannot be turned off during the cooking cycle.

## PRESETS - 100 PRE-PROGRAMMED

Note: Presets 1-100 can be adjusted to create your own recipes using menu presets #101-150. All 100 Presets preheat prior to cooking. \*Follow directions on 8Q screen for halfway through cooking: flip, shake, stir, or turn food action.

Quick Meals		Temp.	Time (Min.)
1.	Bacon, 4oz.	390°F	8
2.	Cookies	325°F	10
3.	Baked Eggs, 2oz.	300°F	10
4.	Baked Potato*	400°F	40
5.	Chicken Breast*, 8oz.	380°F	14
6.	Chicken Thighs, (any size)	400°F	20
7.	Dehydrate, 8oz.	180°F	2 hrs.
8.	Dessert, 8oz.	350°F	20
9.	Fish*, 8oz.	400°F	15
10.	Fries, Fresh*, 16oz.	400°F	25
11.	Fries, Frozen*, 16oz.	400°F	12
12.	Frozen Food*, 16oz.	400°F	14
13.	Pork* (any size)	375°F	15
14.	Vegetables*	360°F	14
15.	Roast*, 32oz. (Medium)	350°F	48
16.	Shrimp*, 8oz.	375°F	6
17.	Steak*, (8oz.) (Medium)	375°F	17
18.	Sweet Potato, 8oz.	390°F	40
19.	Pop-Tart, 2pcs.	335°F	5
20.	Broccoli*, 8oz.	360°F	11
Vegetables (Refer to Recipe Book for Presets #21-26,32)		Temp.	Time (Min.)
21.	Air-Fried Spinach Ravioli with Pesto Sauce*	375°F	12
22.	Blue Cheese Bacon-Stuffed Mushrooms	325°F	12
23.	Cajun-Roasted Potatoes*	375°F	22
24.	Fried Pickles*	400°F	6
25.	Mozzarella Sticks*	375°F	8
26.	Spiced Avocado Fries with Creole Sauce*	350°F	20
27.	Jalapeño Poppers*	390°F	12
28.	Tofu Buffalo Bites with Honey Mustard Sauce	390°F	12



## PRESETS - 100 PRE-PROGRAMMED

Note: Presets 1-100 can be adjusted to create your own recipes using menu presets #101-150. All 100 Presets preheat prior to cooking. \*Follow directions on 8Q screen for halfway through cooking: flip, shake, stir, or turn food action.

Vegetables (Refer to Recipe Book for Presets #21-26,32)		Temp.	Time (Min.)
29.	Vegan Cheese and Jalapeño Mashed Potatoes Taquitos with Homemade Salsa	375°F	5
30.	Air Fry Large Asparagus Wrapped in Thick Pepper Bacon*	390°F	9
31.	Air Fry Asparagus Wrapped in Thick Pepper Bacon* (Extra Crispy)	390°F	11
32.	Avocado Chocolate Brownie	325°F	11
Poultry (Refer to Recipe Book for Presets #33-43)		Temp.	Time (Min.)
33.	BBQ Wings with Pink Peppercorns*	375°F	20
34.	Chicken Cordon Bleu*	350°F	20
35.	Chicken Parmesan with Marinara*	375°F	14
36.	Chicken Fajita Egg Rolls*	360°F	10
37.	Five-Spice Duck Breast	400°F	6
38.	Homemade Chicken Tenders with Honey Mustard*	375°F	18
39.	Korean Wings*	375°F	20
40.	Southern Fried Chicken Thighs*	375°F	22
41.	Spicy Rumaki*	390°F	12
42.	Sweet & Sour Chicken*	400°F	22
43.	Slow Cook Air Broasted Herb Butter Whole Cornish Hen	350°F	30
Fish / Seafood (Refer to Recipe Book for Presets #44-49)		Temp.	Time (Min.)
44.	Air-Fried Shrimp with Cocktail Sauce	375°F	6
45.	Bacon-Wrapped Scallops*	400°F	16
46.	Cajon Salmon with Mustard Greens*	400°F	15
47.	Jumbo Lump Crab Cakes*	375°F	16
48.	Crab Rangoon*	350°F	8
49.	Fish and Chips with Homemade Tartar Sauce*	350°F	15

## PRESETS - 100 PRE-PROGRAMMED

Note: Presets 1-100 can be adjusted to create your own recipes using menu presets #101-150. All 100 Presets preheat prior to cooking. \*Follow directions on 8Q screen for halfway through cooking: flip, shake, stir, or turn food action.

Pork / Lamb (Refer to Recipe Book for Presets #50-60)		Temp.	Time (Min.)
50.	<b>BBQ Chicharrones*</b>	400°F	6
51.	<b>Char Siu*</b>	325°F	35
52.	<b>Crispy Pork Chops with Roasted Broccoli Crowns*</b> (Medium Well)	400°F	11
53.	<b>Crispy Pork Chops with Roasted Broccoli Crowns*</b> (Well)	400°F	13
54.	<b>Croque Monsieur</b>	360°F	9
55.	<b>Devils on Horseback*</b>	400°F	10
56.	<b>Honey-Butter Pork Tenderloin*</b> (Medium Well)	370°F	14
57.	<b>Honey-Butter Pork Tenderloin*</b> (Well)	370°F	16
58.	<b>Italian Sausage with Rigatoni Pasta</b>	400°F	13
59.	<b>Polish Kielbasa with Peppers &amp; Onions*</b>	400°F	10
60.	<b>Scotch Eggs*</b>	375°F	10
Beef (Refer to Recipe Book for Presets #61-76)		Temp.	Time (Min.)
61.	<b>Chicago-Style Hot Dogs</b>	400°F	5
62.	<b>Chili-Coffee-Rubbed NY Strip Steak*</b> (Rare)	400°F	11
63.	<b>Chili-Coffee-Rubbed NY Strip Steak*</b> (Medium Rare)	400°F	12
64.	<b>Chili-Coffee-Rubbed NY Strip Steak*</b> (Medium)	400°F	13½
65.	<b>Chili-Coffee-Rubbed NY Strip Steak*</b> (Medium Well)	400°F	14
66.	<b>Chili-Coffee-Rubbed NY Strip Steak</b> (Well)	400°F	17
67.	<b>Crispy Beef*</b>	400°F	10
68.	<b>Filet*</b> (Rare)	400°F	16
69.	<b>Filet*</b> (Medium Rare)	400°F	18
70.	<b>Filet*</b> (Medium)	400°F	20

## PRESETS - 100 PRE-PROGRAMMED

Note: Presets 1-100 can be adjusted to create your own recipes using menu presets #101-150. All 100 Presets preheat prior to cooking. \*Follow directions on 8Q screen for halfway through cooking: flip, shake, stir, or turn food action.

<b>Beef</b> (Refer to Recipe Book for Presets #61-76)		<b>Temp.</b>	<b>Time</b> (Min.)
71.	<b>Filet*</b> (Medium Well)	400°F	21
72.	<b>Filet*</b> (Well)	400°F	25
73.	<b>Mongolian Beef*</b>	390°F	10
74.	<b>Reuben Sandwich*</b>	400°F	10
75.	<b>Sesame Beef*</b>	390°F	12
76.	<b>Stuffed Peppers*</b>	375°F	25
<b>Frozen Food</b>		<b>Temp.</b>	<b>Time</b> (Min.)
77.	<b>Butterfly Shrimp*</b> , 8oz.	400°F	7
78.	<b>Popcorn Shrimp*</b> , 8oz.	400°F	6
79.	<b>Fish Sticks*</b> , 8oz.	400°F	9
80.	<b>Chicken Tenders*</b> , 8oz.	400°F	20
81.	<b>Chicken Wings*</b> , 8oz.	400°F	21
82.	<b>Chicken Breast*</b> , 2, 6oz.	400°F	23
83.	<b>Pizza</b>	375°F	6
84.	<b>Pizza Bites</b> , 8oz.	400°F	8
85.	<b>Frozen Burrito*</b> , 10oz.	325°F	12
86.	<b>Tator Tots*</b> , 8oz.	400°F	11
87.	<b>Sweet Potato Tots*</b> , 8oz.	400°F	11
88.	<b>Fast Food Fries*</b> , ½ Bag	400°F	12
89.	<b>Fast Food Fries*</b> , ½ Bag, extra crispy	400°F	14
90.	<b>Fast Food Fries*</b> , ¼ Bag	400°F	10
91.	<b>Fast Food Fries*</b> , ¼ Bag, extra crispy	400°F	12
92.	<b>Regular Fries*</b> , ½ Bag	400°F	17
93.	<b>Regular Fries*</b> , ½ Bag, extra crispy	400°F	19
94.	<b>Regular Fries*</b> , ¼ Bag	400°F	15
95.	<b>Regular Fries*</b> , ¼ Bag, extra crispy	400°F	17
96.	<b>Pancakes</b>	375°F	5
97.	<b>French Toast*</b>	390°F	11
98.	<b>Waffle*</b>	390°F	5
99.	<b>Pretzels</b>	400°F	4
100.	<b>Churro*</b>	375°F	8

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## FOR HOUSEHOLD USE ONLY

**Model:** 37401, 37402, 37403, 37404, 37405

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