

Read the Owner's Manual before using.

### **Table Of Contents**

Probe Temperature Guide	5
Measurement Chart	
Buffalo Chicken Wings	6-7
Apple-Glazed Pork Tenderloin	8-9
Lemon-Thyme Rotisserie Chicken	
Grilled Atlantic Salmon	
Roasted Root Vegetables	
Meats	
Prime Rib	16-17
Rotisserie Prime Rib of Beef with Fingerling Potatoes and Brussels Sprouts	18
Cuban Rotisserie Pork Loin with Peppers and Onions	19
Classic Bacon Cheeseburger	20-21
Chimichurri Skirt Steak	22-23
Spicy Rumaki	24-25
Grilled Ham and Cheese	26-27
Party Meatballs	28-29
Peppered Sirloin Brochette with Peppers and Onions	30-31
Philly Cheese Steak Braid	32-33
Smoked Bacon-Wrapped Pork Tenderloin with Roasted Granny Smith Apples	34
Poultry	
Spinach-Stuffed Chicken	36-37
Chicken Satay	38-39
Grilled Chicken Tenders	40-41
Parmesan Chicken Tenders	42-43
Butter-Infused Chicken	44-45
Rotisserie Game Hens with Roasted Carrots and Caraway	46-47
Southern Fried Chicken Thighs	48
Seafood	
Rotisserie Swordfish Steak with Charred Lemons	
Cajun Shrimp	52
Vegetables	
Home Fries	54-55
Rotisserie Roasted Summer Vegetables	56-57
Air-Fried Tortilla Chips	58-59
Citrus Green Beans	60-61
Pasta Bake	62-63
Roasted Tomatoes	64-65
Santa Fe Stuffed Bell Peppers	66-67
Kale Chips	68-69
Twice-Baked Potatoes	70-71

Roasted Brussels Sprouts	72
Dehydrate	
Dehydrated Vidalia Onions	74-75
Dried Roma Tomatoes	
Dried Raw Almonds	
Dehydrated Baby Banana Chips	80
Dessert	
Banana and Nutella® Wontons	82-83
Pineapple Crescents	84-85
Apple Pie Egg Rolls	86-87
Berry Cheesecake Egg Rolls	88-89
Apple Pie	90-91
Accessory Recipes	
Griddled Chicken and Pepper Quesadillas	92-93
Griddled Turkey Sandwich	94-95
Grilled Bluefin Tuna	96-97
Grilled Chicken Breast	98-99
Grilled Filet Mignon	100-101
Grilled Polish Sausage	102-103
Grilled Spice-Rubbed Pork Chops	104-105
100 Presets	106-109
Notes	110-111



# 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**

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	450	125	135	145*	150*	160*
Burgers ½lb.	450	125	135	145*	155*	160*
Roast Beef (bone-in), Roast Beef (boneless)	350	125	135	145*	150*	160*
Lamb (bone-in), Lamb (boneless)	350	125	135	145*	150*	160*
Pork (bone-in), Pork (boneless)	350			145*	150*	160*
Salmon, Tuna, Halibut, Swordfish	450			145*	150*	160*
Fish Steaks, 1-inch thick	450			145*	150*	160*
Sausage	450					160*

Note: Times may vary depending on cooking preference. Consuming raw or undercooked meats, poultry, or seafood may increase your risk of food borne illness. \*To reduce the risk, cook your food to USDA-safe temperatures.

### **. WARNING**



Any changes or modifications to this equipment or use not expressly approved by NuWave LLC may cause injury or damage to property, and will void your warranty.

### **Measurement Chart**

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

## **Buffalo Chicken Wings**

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

### Ingredients:

1lb. chicken wings (if needed, cut into drumettes and flats and separate)
1t canola oil
14t Freshly ground black pepper, to taste
Cooking spray, as needed
14c favorite wing sauce



Gather all of the ingredients needed for the Buffalo Chicken Wings recipe.



In a large mixing bowl, toss the wings in the oil and pepper to coat.



Press **Menu** and select Preset 29.



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. Spray the Mesh Tray with cooking spray. Place the wings on the Mesh Rack and slide it into Position 3





Close the Brio Door to start Stage 1 (300°F for 5 minutes), after which the Brio will beep once and move on to Stage 2 (400°F for 15 minutes). When finished, the Brio will beep three times and display "End".



Using a hand-held meat thermometer, check to see that the internal temperature of one of the wings has reached 165°F.



Once the wings have reached that temperature, remove them from the Brio and toss in the sauce to coat.



Serve with your favorite dipping sauce or enjoy them on their own.

## Apple-Glazed Pork Tenderloin

Serves: 4 | Prep Time: 30 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 Apple-Glazed Pork Tenderloin recipe.



Place the tenderloin in a resealable plastic bag. Add vinegar, broth, salt, pepper, and onion to bag, ensuring tenderloin is completely coated. Seal bag and place in refrigerator to marinate for at least 20 minutes.



Place the Grill/Griddle Plate, grill-side up, into the Brio in position 2. Press Menu and use the Up and Down arrows to select Menu Preset: 20 - Medium Well

21 - Well



Press **START/PAUSE** to begin preheating to 425°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





Remove the pork from marinade and place it onto the Grill/Griddle. Insert the Probe and season it with additional salt and pepper. Slide it into position 3. Close the Brio Door to begin Stage 1 (425°F to an internal Probe temperature of 80°F), after which the Brio will beep three times.



Open the Brio Door and flip the pork. Close the Brio Door to begin Stage 2 (350°F) to the desired internal Probe temperature: Medium Well - 135°F Well - 155°F The Brio will double beep 3 times.



Leave the Probe in to monitor carryover cooking to:
Medium Well - 145°F
Well - 165°F
When the carryover target temperature is reached, the Brio will beep three times and display "End". Let the pork rest for 3-5 minutes.



Place the remaining ingredients, including the apples, into a saucepan and simmer on medium heat for 4-5 minutes. Cut the tenderloin into ½-inch-thick slices and top it with the cooked apples and sauce.

## Lemon-Thyme Rotisserie Chicken

Serves: 2 | Prep Time: 5 minutes | Total Cook Time: 52 minutes

### Ingredients:

- 1 4lbs. chicken, whole, skin on
- 1 lemon
- 4 sprigs fresh thyme

2T extra-virgin olive oil

Sea salt. to taste

Freshly ground black pepper, to taste

### **Directions:**



Gather all of the ingredients needed for the Lemon-Thyme Rotisserie Chicken recipe.



Pat dry the chicken with paper towels. Tie up (truss) the chicken with kitchen twine and skewer it firmly onto the spit of the Rotisserie Skewer (See "Rotisserie Skewer Assembly" in the Owner's Manual for more details). Rub the chicken with lemon and squeeze the rest of the juice into the cavity.



Place the lemon and thyme inside the cavity of the chicken. Rub the chicken with olive oil and season it with salt and pepper. Let the chicken sit at room temperature for 45 minutes before cooking.



Press **Menu** and use the **Up and Down** arrows to select Menu Preset 28.





Press START/PAUSE to begin preheating to Stage 1 (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



Position the chicken into the Brio, placing one end of the Rotisserie into the hole and the other into the Bracket. Place the Drip Tray in the bottom of the Brio. Close the Brio Door to begin Stage 2 (375°F for 10 minutes), after which the Brio will beep three times and display "End".



Remove the chicken from the Brio, tent with foil, and insert the Probe to monitor the carryover cooking to 165°F. Press START/PAUSE then press Probe to start carryover cooking. When the carryover target temperature is reached, the Brio will beep three times and display "End".



Carve and serve!

### Grilled Atlantic Salmon

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

### Ingredients:

2 7oz. Atlantic salmon fillets Cooking spray, as needed Sea salt, to taste Freshly ground black pepper, to taste



Gather all of the ingredients needed for the Grilled Atlantic Salmon recipe.



Place the Grill/Griddle Plate, grill-side up, into the Brio in Position 2. Press Menu and use the Up and Down arrows to select Menu Preset 61.



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



While the Brio is preheating, season the salmon filets with salt and pepper.





Insert the Probe into the salmon filets and place them onto the hot Grill.



Close the Brio Door to begin Stage 1 (Sear 1 425°F to an internal Probe temperature of 60°F). The Brio will then move on to Stage 2 (375°F to an internal Probe temperature of 110°F), after which the Brio will beep twice.



Open the Brio Door and remove the salmon filets, leaving the Probe in to monitor carryover cooking to 145°F. When the carryover target temperature is reached, the Brio will beep three times and display "End".



Plate the salmon filets and enjoy!

### Roasted Root Vegetables

Serves: 4 | Prep Time: 5 minutes | Total Cook Time: 35 minutes

### Ingredients:

2 carrots, peeled, halved, cut into chunks 2 parsnips, peeled, halved, cut into chunks ½ butternut squash, seeds removed, peeled, cut into chunks 2 small celery roots, peeled, cut into chunks

1t ground cumin seeds

1t ground coriander

1T vegetable oil

1t garlic powder

Salt and pepper to taste



Gather all of the ingredients needed for the Roasted Root Vegetable recipe.



Place all of the vegetables and the squash into a bowl and drizzle them with vegetable oil.



Add cumin seeds, coriander, garlic powder, salt, and pepper to the bowl.



Toss the vegetables to evenly coat them with the olive oil and seasonings.





Press **Menu** and use the **Up and Down** arrows to select Menu Preset 47.



Press **START/PAUSE** to begin preheating to 330°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 Brio Door and place the vegetables and squash on the Mesh Tray, then slide it into position 3. Close the Brio Door to begin cooking at 330°F for 35 minutes, after which the Brio will beep three times and display "End".



Note that Time may need to be extended, depending on how well you like your vegetables cooked. Plate the vegetables and enjoy!



### Prime Rib

Serves: 4 | Prep Time: 3 minutes | Total Cook Time: 32-61 minutes

### Ingredients:

1 3 to 4lbs. rib roast 2T extra-virgin olive oil Sea salt to taste Fresh cracked black pepper to taste

- 1. Press **Menu** and use the **Up and Down** arrows to select one of the following Menu Presets:
  - 1- Rare
  - 2- Medium Rare
  - 3- Medium
  - 4- Medium Well
  - 5- Well
- 2. Press **START/PAUSE** to begin preheating to Stage 1 (Sear 1 425°F). Once preheated, the Brio will beep twice.
- 3. Season the rib roast with oil, salt and pepper. Once preheated, place the prime rib directly onto the Mesh Tray. Slide it into position 1 and insert the Probe into the prime rib.
- 4. Close the Brio Door to start cooking Stage 1 (Sear 1 425°F to an internal Probe temperature of 80°F).
- 5. The Brio will then move on to Stage 2 (325°F) to an internal Probe temperature of:
  - Rare 110°F
  - Medium Bare 120°F
  - Medium 125°F
  - Medium Well 135°F
  - Well 155°F
- 6. After Stage 2, the Brio will beep twice.
- 7. Open the Brio Door and remove the prime rib, leaving the Probe in to monitor carryover cooking:
  - Rare 120°F
  - Medium Rare 130°F
  - Medium -135°F
  - Medium Well 145°F
  - Well 165°F
- 8. When the carryover target temperature is reached, the Brio will beep three times and display "End".
- 9. When done, remove the prime rib, slice and serve.

# Rotisserie Prime Rib of Beef with Fingerling Potatoes and Brussels Sprouts

Serves: 4 | Prep Time: 9 minutes | Total Cook Time: 32-61 minutes

### Ingredients:

1 3lbs. boneless prime rib of beef 2T garlic, minced 2T fresh rosemary, rough chop ½c extra-virgin olive oil Sea salt, to taste
Freshly ground black pepper, to taste
1lb. fingerling potatoes, halved
4c extra-virgin olive oil
4lb. Brussels sprouts, halved

#### Directions:

Combine the garlic, rosemary, and olive oil in a bowl, and mix well. Tie the prime rib with kitchen twine, rub it with the
marinade, and then place it in a large resealable plastic bag with the remaining marinade. Place it in the refrigerator
to marinate for 2 hours. Press **Menu** and use the **Up and Down** arrows to select one of the following Menu Presets:

• 6- Rare

• 9 - Medium Well

• 7- Medium Rare

• 10 - Well

8- Medium

- 2. Press **START/PAUSE** to begin preheating Stage 1 (425°F). Once preheated, the Brio will beep twice. Skewer the prime rib firmly onto the Rotisserie Skewer and insert it into the Brio (See "Rotisserie Skewer Assembly" in the Owner's Manual for more details).
- 3. Close the Brio Door to begin Stage 1 (Sear 1 at 425°F for 15 minutes). The Brio will then go on to Stage 2 (325°F) for:
  - Rare 17 min. (Internal Probe Temperature of 110°F)
- Medium Well 35 min. (Internal Probe Temperature of 130°F)
- Medium Rare 23 min. (Internal Probe Temperature of 115°F)
- Well 46 min. (Internal Probe Temperature of 155°F)
- Medium 28 min. (Internal Probe Temperature of 120°F)
- 4. Toss the potatoes and Brussels sprouts with olive oil in a bowl to coat, then season with salt and pepper.
- 5. Halfway through Stage 2, place the potatoes and Brussels sprouts in the Drip Tray and slide it into the bottom of the Brio. When finished, the Brio will beep three times and display "End". Insert the Probe in the beef to monitor the carryover cooking. Press **START/PAUSE**, then press **Probe** to monitor the carryover cooking:
  - Rare 120°F

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

- Medium 135°F
- 6. Tent with foil. When the carryover target temperature is reached, the Brio will beep three times and display "End". Remove the vegetables and toss with chopped parsley. Return the vegetables to the Brio to keep warm. After the prime rib has rested, carve it and serve the warm potatoes and Brussels sprouts.

# Cuban Rotisserie Pork Loin with Peppers and Onions

Serves: 6 | Prep Time: 6 minutes | Total Cook Time: 55-65 minutes

### Ingredients:

1 3 to 31/2lbs. bone-in pork loin

12 garlic cloves, medium

1/₃c orange juice, freshly squeezed (from 1

medium orange)

2T lime juice, freshly squeezed (from 2 medium

limes)

2T extra-virgin olive oil

2T dried oregano

2T sea salt

1T freshly ground black pepper

4 medium red bell peppers, cored, seeded,

and halved

2 medium white onions, quartered

1T olive oil

Sea salt, to taste

Freshly ground black pepper, to taste

- 1. Place all ingredients except pork in a blender. Blend until smooth; set aside. Tie the pork loin with butcher's twine. Rub well with the marinade. Place into a large plastic bag and pour the remaining marinade over pork. Place in the refrigerator to marinate for 2 hours.
- 2. Press **Menu** and use the **Up and Down** arrows to select Menu Preset:
  - 11 Medium Well
  - 12 Well
- 3. Press **START/PAUSE** to begin preheating Stage 1 (Sear 1 375°F). Once preheated, the Brio will beep twice. Skewer pork onto the spit of the Rotisserie Skewer and insert it into the Brio (See "Rotisserie Skewer Assembly" in the Owner's Manual for more details).
- 4. Close the Brio door and begin Stage 1 (Sear 1 375°F for 11 minutes), after which the Brio will beep twice. In a bowl, place the peppers and onions with olive oil and toss. Season with salt and pepper. Place the vegetables on the Drip Tray. Slide it into the rack slot in the bottom of the Brio, underneath the pork to collect the juices.
- 5. Close the Brio door to begin Stage 2 (350°F for 10 minutes), after which the Brio will move on to Stage 3 (325°F) for:
  - Medium Well 34 minutes
  - Well 44 minutes
- 6. When finished, the Brio will beep three times and display "End". Remove the Pork Loin and insert the Probe to monitor the carryover cooking:
  - Medium Well 145°F
  - Well 165°F
- Press START/PAUSE and then press Probe, which engages and monitors carryover cooking.
  Tent with foil. When the carryover target temperature is reached, the Brio will beep three times and display "End". Serve with vegetables.



## Classic Bacon Cheeseburger

Serves: 4 | Prep Time: 6 minutes | Total Cook Time: 8-16 minutes

### Ingredients:

11/2lbs. ground beef

8 slices bacon

1 egg

2T Worcestershire sauce

1/2c fresh chopped onions

Sea salt and freshly ground black pepper, to taste

4 slices cheese

4 slices tomatoes

4 leaves lettuce

4 hamburger buns

#### **Directions:**

- Place ground beef in a mixing bowl. Add chopped onions, Worcestershire sauce, egg, and salt and pepper.
- 2. Form four (4) 6oz. hamburger patties.
- 3. Press **Menu** and use the **Up and Down** arrows to select one of the following Menu Presets:

• 13 - Rare

• 16 - Medium Well

• 14 - Medium Rare

• 17 - Well

• 15 - Medium

- 4. Place the Grill/Griddle Plate, grill-side up, into Position 2. Press **START/PAUSE** to begin preheating Stage 1 (Sear 1 425°F). Once preheated, the Brio will beep twice.
- 5. Open the Brio door. Place the patties on the Grill/Griddle Plate and slide it into position 2. Insert the Probe and close the Brio door.
- Cook the patties to an internal Probe temperature of 80°F. When the Brio beeps twice, open the Brio door and flip the burgers.
- 7. Close the Brio door to begin Stage 2 (350°F) to an internal Probe temperature of:

• Rare - 110°F

Medium Bare - 120°F

• Medium Well - 135°F

• Well - 155°F

• Medium - 125°F

8. When finished, the Brio will beep three times and display "End". Insert the Probe in the beef to monitor the carryover cooking. Press **START/PAUSE**, then press **Probe** to monitor the carryover cooking:

•Rare - 120°F

• Medium Well - 145°F

Medium Rare - 130°F

Well - 165°F

- Medium 135°F
- Place hamburger buns on a serving tray. Place one patty on each bun. Add cheese, tomato slice, bacon, and lettuce on each with choice of spread.



### Chimichurri Skirt Steak

Serves: 2 | Prep Time: 8 minutes | Total Cook Time: 7 minutes

### Sauce Ingredients:

1 bunch flat-leaf parsley, roughly chopped (about 1c, packed) 5 large garlic cloves, roughly chopped (about 3T) 1T dried oregano 1t crushed red pepper flakes 1/2c red wine vinegar

### Steak Ingredients:

1lb. skirt steak Sea salt and freshly ground black pepper, to taste

### Directions:

- Place all of the sauce ingredients in food processor or blender. Blend until they are just combined; then set aside. Place the steak in a bowl or container and spread 4T of Chimichurri sauce evenly on all sides of the steak. Let the steak marinate at room temperature for 1 hour, or in the refrigerator from 2 hours to overnight.
- Place the Grill/Griddle Plate, grill side-up, into position 3. Press Menu and use the Up and Down arrows to select Menu Preset 18 (Well). Press START/PAUSE to begin preheating Stage 1 (Sear 1 425°F). Once preheated, the Brio will beep twice.
- 3. Open the Brio Door and season the steak with salt and pepper and place it on the hot Grill/Griddle Plate. Close the Brio Door to begin Stage 1 (Sear 1 425°F for 4 minutes), after which the Brio will beep twice.
- 4. Open the Brio Door and flip the steak. Close the Door to begin Stage 2 (350°F for 3 minutes) until the steak is Well Done (internal Probe temperature of 165°F), after which the Brio will beep three times and display "End".
- 5. Remove the steak and allow it to rest for 5 minutes, and then slice it, going against the grain. Serve the steak with remaining Chimichurri sauce.

### Tips:

- Marinate the steak in a container made from non-reactive materials such as plastic, enamel, glass or stainless steel.
- When marinating the steak in the refrigerator, allow the meat to return to room temperature before cooking, about 30 minutes.
- Chimichurri sauce is best served at room temperature.

**Note:** Removing food when the Probe reads 10 degrees less than the target temperature and allowing to rest will bring internal temperature up to desired doneness.



### Spicy Rumaki

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

### Ingredients:

½lb. chicken livers, cleaned and rinsed, each cut into ½-inch (13mm) cubes

1lb. bacon slices, each cut into thirds

1 5oz. 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 plastic resealable bag along with the soy sauce, ginger, and garlic. Marinate for 2 hours.
- 2. Remove the livers from the marinade and set 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 then place a piece of liver at one end of the bacon. Top with a piece of water chestnut and a slice of jalapeño.
- 4. Wrap the bacon around the liver, chestnut, and jalapeño stack by rolling it. Slightly stretch the bacon to ensure a tight wrap. Continue this until all the liver is used.
- 5. Place the Grill/Griddle Plate, grill-side up, into the Brio in position 2. Press **Menu** and use the **Up and Down** arrows to select Menu Preset 19. Press **START/PAUSE** to begin preheating Stage 1 (360°F). Once preheated, the Brio will beep twice.
- 6. Open the Brio Door. Place the Rumaki, seam-side down, onto the Grill/Griddle Plate, and slide it back into position 2. Brush them with more maple syrup.
- 7. Close the Brio Door to begin Stage 1 (360°F for 6 minutes), after which the Brio will move on to Stage 2 (400°F for 6 minutes). When finished, the Brio will beep three times and display "End".
- 8. Serve with sweet chili sauce (optional).

Note: Check with hand-held thermometer for an internal temperature of 165°F.



### Grilled Ham and Cheese

Serves: 2 | Prep Time: 3 minutes | Total Cook Time: 6 minutes

### Ingredients:

2 slices country or sourdough bread 3oz. ham 4 thin slices Swiss cheese 1oz. mayonnaise 1oz. Dijon mustard Cooking spray

#### **Directions:**

- 1. Place the Grill/Griddle Plate, griddle-side up, into the Brio in Position 2.
- Press Menu and use the Up and Down arrows to select Menu Preset 22. Press START/ PAUSE to begin preheating to 400°F. Once preheated, the Brio will beep twice.
- 3. While preheating, spread mayonnaise and mustard on the first slice of bread. Add 2 slices of cheese, ham, and then 2 additional slices of cheese. Top with the other slice of bread. Spray the sandwich with cooking spray.
- 4. Open the Brio Door and spray the Grill/Griddle with cooking spray. Then place the sandwhich on the Grill/Griddle Plate and close the Brio Door to begin cooking at 400°F for 6 minutes.
- 5. When done, remove the sandwich and place on a serving dish. Cut in half and serve.

**Tip:** Use precooked bacon or sliced turkey instead of ham for a different flavor.



### Party Meatballs

Serves: 4 | Prep Time: 6 minutes | Total Cook Time: 15 minutes

### Ingredients:

1lb. ground beef
%c tomato ketchup
1T Tabasco® sauce
2t Worcestershire sauce
%c vinegar
1T lemon juice
%c brown sugar
%t dry mustard
3 gingersnaps, crushed

- 1. Combine all of the seasonings in a large mixing bowl. Add the beef to the bowl and mix well.
- Press Menu and use the Up and Down arrows to select Menu Preset 23. Press START/ PAUSE to begin preheating to 400°F. Once preheated, the Brio will beep twice.
- 3. Form the beef mixture into 8 2oz. meatballs.
- Open the Brio Door and place the meatballs on the Mesh Rack, making sure to not overcrowd them. Slide it into position 2 and close the Brio Door to begin cooking at 400°F for 15 minutes.
- 5. Using a handheld meat thermometer, check to see that an internal temperature of 155°F has been reached.



# Peppered Sirloin Brochette with Peppers and Onions

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

### Ingredients:

1 12oz. beef sirloin, cut into 2-inch cubes
2T extra virgin olive oil
1 Medium red onion, large dice
1 large red bell pepper, large dice
2T freshly ground black pepper
1t sea salt
1t chili flakes (optional)

- 1. In a bowl, toss the beef, onions, bell peppers, chili flakes (optional), salt, and pepper.
- Press Menu and use the Up and Down arrows to select Menu Preset 24. Press START/ PAUSE to begin preheating Stage 1 (400°F). Once preheated, the Brio will beep twice.
- 3. Place the Beef Tenderloin in the Rotisserie Basket. Open the Brio Door and position the Rotisserie Basket in the Brio by placing one end of Basket into the hole and other into Bracket (See "Rotisserie Basket Assembly" in the Owner's Manual for more details).
- 4. Place the peppers and onions into the Drip Tray and slide it into the bottom of the Brio to catch the meat juices. Close the Brio Door to begin Stage 1 (400°F for 4 minutes), after which the Brio will move on to Stage 2 (375°F for 4 minutes). When finished, the Brio will beep three times and display "End".
- 5. Place the beef and vegetables in the bowl and toss to marry the flavors and serve.



## Philly Cheese Steak Braid

Serves: 8 | Prep Time: 25 minutes | Total Cook Time: 13 minutes

### Ingredients:

1lb. skirt steak, thinly sliced
2T melted butter
1T olive oil
½ onion, thinly sliced
½ green pepper, seeded, membrane removed, and thinly sliced
½ c mozzarella cheese, shredded
1 8oz. tube crescent dough
Pinch flour
Cooking spray, as needed

### Directions:

- 1. Add olive oil to a frying pan and sauté the sliced steak on medium heat for 4-6 minutes.
- 2. Add the onions and green peppers to the pan and cook for an additional 5 minutes; then set aside.
- 3. Dust a cutting board with flour. Unroll the crescent dough onto the cutting board. Shape the dough into one large rectangle that will fit onto Brio Mesh Tray.
- 4. Spoon the steak mixture in a strip down the center of the dough and top with cheese.
- 5. Using a sharp knife, make cuts 1½ inches apart lengthwise along the dough, within ½ inch of the steak mixture.
- 6. Twist each strip once, alternating while crossing over the filling. Tuck the short ends of the strips under and press together to seal.
- 7. Spray the Mesh Tray with cooking spray. Place the braid onto the Mesh Tray.
- 8. Press **Menu** and use the **Up and Down** arrows to select Menu Preset 25. Press **START/ PAUSE** to begin preheating Stage 1 (375°F). Once preheated the Brio will beep twice.
- 9. Open the Brio Door. Brush braid with melted butter and slide it into position 2. Close the Brio to begin cooking Stage 1 (375°F for 10 minutes), after which the Brio will move on to Stage 2 (400°F for 3 minutes). When finished, the Brio will beep three times and display "End".
- 10. Carefully remove the braid and place it on the cutting board or serving tray. Cut the braid crosswise.

**Tip:** Use any meat, cheese, or vegetable for a variety of fillings.

# Smoked Bacon-Wrapped Pork Tenderloin with Roasted Granny Smith Apples

Serves: 4-6 | Prep Time: 10 minutes | Total Cook Time: 55-65 minutes

### Ingredients:

1 16oz. pork tenderloin

6oz. thick-sliced applewood smoked bacon

1 Medium onion, small dice

16oz. Yukon Gold potatoes, quartered

2T extra-virgin olive oil

2 Granny Smith apples, cored, quartered, skin

left on

Sea salt to taste

Freshly ground black pepper, to taste

- Lay out the bacon on a clean, flat, washable surface. Center the tenderloin on the bacon. Wrap
  the bacon around the pork and secure it with toothpicks. In a bowl, toss the potatoes, onions,
  apples, salt, pepper, and oil.
- 2. Press Menu and use the Up and Down arrows to select Menu Preset:
  - •26 Medium Well
  - •27 Well
- 3. Press **START/PAUSE** to begin preheating Stage 1 (Sear 1 375°F). Once preheated, the Brio will beep twice. Skewer tenderloin firmly onto the spit of the Rotisserie Skewer and position it into Brio, placing one end of the Skewer into the hole and other into Bracket (See "Rotisserie Skewer Assembly" in the Owner's Manual for more details)
- 4. Close the Brio Door to begin Stage 1 (Sear 1 375°F for 11 minutes), after which the Brio will beep twice.
- 5. Place the tossed potatoes, onions, and apples on the Drip Tray and insert it to the bottom of the Brio.
- 6. Close the Brio Door to begin Stage 2 (350°F for 10 minutes), after which the Brio will move on to Stage 3 (325°F) for:
  - Medium Well: 34 minutes
  - Well: 44 minutes
- 7. When finished, the Rostisserie will stop, and the Brio will beep three times and display "End".
- 8. Remove the Pork Loin and tent with foil. Insert the Probe to monitor the carryover cooking to:
  - Medium Well 145°F
  - Well 165°F
- Press START/PAUSE, then press Probe to engage and monitor carryover cooking. Leave the vegetables in the Brio to keep them warm.
- 10. When the carryover target temperature is reached, serve with the potatoes and apples.





### Spinach-Stuffed Chicken

Serves: 2 | Prep Time: 15 minutes | Total Cook Time: 13 minutes

### Ingredients:

2 8oz. boneless, skinless chicken breasts

1c breadcrumbs

1T butter, melted

1T olive oil

1/4c chopped red pepper (optional)

1/4c chopped yellow pepper (optional)

1/4c chopped onions

2c fresh spinach

1T salt

1T black pepper

1/2c mozzarella cheese, shredded

Toothpicks

#### Directions:

- 1. Place the chicken breasts on a cutting board. Insert a knife in the middle of each and slice to make a pocket, then set the breasts aside.
- 2. Combine the breadcrumbs and butter in a bowl and set aside.
- 3. Add oil, the bell peppers, onion, salt, and black pepper to a frying pan. Sauté on Medium heat for 3-5 minutes.
- 4. Add the spinach to the frying pan and continue to cook until wilted.
- 5. Add the breadcrumb mixture and cheese to frying pan and combine them with the sautéed spinach mixture.
- 6. Stuff spinach mixture into the prepared chicken pockets and secure them with toothpicks.
- 7. Press **Menu** and use the **Up and Down** arrows to select Menu Preset 30. Press **START/PAUSE** to begin preheating Stage 1 (400°F). Once preheated, the Brio will beep twice.
- 8. Insert the Probe into one of the chicken breasts. Open the Brio Door and spray the Mesh Tray thoroughly. Place the breasts onto the Mesh Tray and spray them generously with cooking spray.
- 9. Slide it into position 2 and close the Brio Door.
- 10. Start cooking Stage 1 (400°F to an internal Probe temperature of 60°F), after which the Brio will beep twice. Open the Brio and flip the chicken.
- 11. Close the Brio Door to begin Stage 2 (360°F) to an internal Probe temperature of 155°F), after which the Brio will move on to Stage 3 (400°F) to an internal Probe temperature of 165°F). When finished, the Brio will beep three times and display "End".

**Tip:** If chicken begins to brown too guickly cover with foil.



### Chicken Satay

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

### Ingredients:

1lb. boneless chicken tenders

½c soy sauce

1/2c pineapple juice

1/4c sesame oil

4 garlic cloves, chopped fine

4 scallions, chopped

1T grated ginger

2t toasted sesame seeds

1 pinch black pepper

Metal or wooden skewers

#### Directions:

- 1. Combine all the ingredients except the chicken into a large mixing bowl.
- 2. Place the chicken onto wooden or metal skewers.
- Add the skewered chicken to the mixing bowl and spoon the marinade onto the meat, coating all sides.
- 4. Cover and refrigerate the chicken for at least 2 hours (up to 24 hours).
- 5. Press **Menu** and use the **Up and Down** arrows to select Menu Preset 31. Press **START/ PAUSE** to begin preheating to 400°F. Once preheated, the Brio will beep twice.
- 6. Open the Brio Door and thoroughly spray the Mesh Tray. Place the skewers onto the Mesh Tray, and spray them generously with cooking spray. Slide it into position 2.
- 7. Close the Brio Door to begin cooking at 400°F for 7 minutes, after which the Brio will beep three times and display "End".
- 8. When done, using a handheld meat thermometer, check to see that the internal temperature has reached 165°F.

**Tip:** If using wooden skewers, soak the skewers in water 15-30 minutes before adding chicken to keep them from burning.



### Grilled Chicken Tenders

Serves: 4 | Prep Time: 25 minutes | Total Cook Time: 13-15 minutes

### Ingredients:

1lb. boneless chicken tenders

1/2c sov sauce

1/2c pineapple juice

1/4c sesame oil

4 garlic cloves, chopped fine

4 scallions, chopped

1T grated ginger

2t toasted sesame seeds

1 pinch freshly ground black pepper

Garlic powder

Dried basil to taste

Dried minced onion to taste

Caesar dressing (optional)

- 1. Toss the chicken tenders with sesame oil, a dash of garlic powder, dried basil leaves, dried minced onion, and a dash of pepper.
- Place the Grill/Griddle Plate, grill side-up, into the Brio in position 2. Press Menu and use the Up and Down arrows to select Menu Preset 32. Press START/PAUSE to begin preheating Stage 1 (400°F). Once preheated, the Brio will beep twice.
- 3. Open the Brio Door. Insert the Probe into the largest tender, spray the Grill/Griddle Plate thoroughly with cooking spray. Place the tenders onto the Grill, spray them generously with cooking spray.
- 4. Close the Brio Door to begin Stage 1 (400°F to an internal Probe temperature of 80°F), after which the Brio will beep twice. Open the Brio Door and flip tenders.
- 5. Close the Brio Door to continue cooking with Stage 2 (360°F to an internal Probe temperature of 165°F). After this, the Brio will beep three times and display "End".
- 6. Serve with creamy Caesar dressing.



### Parmesan Chicken Tenders

Serves: 4 | Prep Time: 15 minutes | Total Cook Time: 13 minutes

### Ingredients:

Cooking spray

1/4 c all-purpose flour

2 large eggs

1/2 c finely shredded Parmesan cheese

1 c coarse dry breadcrumbs

1 lb. chicken tenders

1 I Italian seasoning

1 garlic powder

1/4 salt

- 1. Place flour in a shallow dish.
- 2. Lightly beat the eggs in another separate shallow dish.
- 3. Combine the Parmesan and breadcrumbs in a third shallow dish.
- 4. In a medium bowl, toss the chicken tenders in Italian seasoning, garlic powder, and salt.
- 5. Coat each chicken tender in flour, shaking off any excess.
- 6. Dip each chicken tender in egg and let any excess drip off.
- 7. Roll each chicken tender in the breadcrumb mixture.
- 8. Press **Menu** and use the **Up and Down** arrows to select Preset 33. Press **START/PAUSE** to begin preheating Stage 1 (400°F). Once preheated, the Brio will beep twice.
- 9. Insert the Probe into one of the largest chicken tenders.
- 10. Open the Brio Door and thoroughly spray the Mesh Tray. Arrange the chicken tenders in a single layer so they are not touching. Spray generously so that no dry spots are visible, and slide it into position 3.
- 11. Close the Brio door to begin Stage 1 (400°F to an internal Probe temperature of 60°F), after which the Brio will beep twice. Open the Brio, and flip the chicken.
- 12. Close to Brio door to begin Stage 2 (375°F to an internal Probe temperature of 155°F), after which the Brio will move on to Stage 3 (400°F to an internal Probe temperature of 165°F). When finished, the Brio will beep three 3 and display "End".



### Butter-Infused Chicken

Serves: 6-8 | Prep Time: 25 minutes | Total Cook Time: 52 minutes

### **Butter Paste Ingredients:**

1 stick butter 4t garlic powder 2T dried oregano 1 onion, sliced

1 green pepper, sliced, seeds and membrane removed

### **Chicken Ingredients:**

1 (3 to 5lbs.) whole chicken 4t sea salt 3t freshly ground black pepper

- 1. Combine butter, oregano, and garlic powder in a small mixing bown, and set aside.
- 2. Gently separate the skin from the meat of the chicken without tearing the skin.
- 3. Carefully spread the butter paste mixture between the skin and the meat.
- 4. Place sliced onions and peppers on the Drip Tray and slide it into the bottom of the Brio, under the chicken.
- 5. Season the chicken with salt and pepper.
- Press Menu and use the Up and Down arrows to select Menu Preset 34. Press START/ PAUSE to begin preheating Stage 1 (375°F). Once preheated, the Brio will beep twice.
- 7. Open the Brio door and place the chicken on the Mesh Rack, breast-side up. Slide it into position 2. Insert the Probe into thickest part of breast.
- 8. Close the Brio Door to begin Stage 1 (375°F to an internal Probe temperature of 80°F), after which the Brio will move on to Stage 2 (360°F to an internal Probe temperature of 155°F), after which the Brio will beep twice.
- 9. Open the Brio Door and remove the chicken, leaving the Probe in to monitor carryover cooking. When the carryover target temperature of 165°F is reached, the Brio will beep three times and display "End".
- 10. Carve and serve.



# Rotisserie Game Hens with Roasted Carrots and Caraway

Serves: 4 | Prep Time: 15 minutes | Total Cook Time: 34 minutes

### Ingredients:

1T whole caraway seeds
4lbs. assorted carrots, peeled, cut into large pieces
2 1lb. game hens
4-6 fresh cloves garlic, peeled
2 sprigs fresh thyme
2oz. (4T) white wine
Extra-virgin olive oil, as needed
Sea salt, to taste
Freshly ground black pepper, to taste

- 1. In a bowl, toss carrots in oil, caraway seeds, and sea salt. Place the carrots on the Drip Tray and pour wine over them. Slide it into the bottom of the Brio.
- 2. Season the hens with olive oil, salt and pepper; and, stuff each cavity with garlic and thyme.
- 3. Skewer both hens firmly onto the spit of the Rotisserie Skewer. Position the hens with the Rostisserie Skewer in the Brio, placing one end into the hole and the other into the Bracket (See "Rotisserie Skewer Assembly" in the Owner's Manual for more details).
- Press Menu and use the Up and Down arrows to select Menu Preset 35. Press START/ PAUSE to begin preheating Stage 1 (350°F). Once preheated, the Brio will beep twice.
- 5. The Brio will begin Stage 1 (350°F for 25 minutes), after which the Brio will beep twice and continue to Stage 2 (375°F for 9 minutes). When finished, the Rotisserie Skewer will stop and the Brio will beep three times and display "End".
- 6. Remove the hens from the Brio and tent them with foil. Insert the Probe into one hen to monitor carryover cooking. Press **START/PAUSE** then press **Probe** to engage and monitor the carryover cooking to 165°F.
- 7. When the carryover target temperature is reached, the Brio will beep three times and display "End". Carve and serve.

### Southern Fried Chicken Thighs

Serves: 3 | Prep Time: 10 minutes | Total Cook Time: 13 minutes

### Ingredients:

6-8 chicken thighs, bone-in, skin on

2c flour

1c buttermilk

1T garlic powder

1T freshly ground black pepper

1T paprika

1t sea salt

1t onion powder

1t cumin

1/2t cayenne pepper

½t dried oregano

- Seal the chicken thighs and buttermilk in a reseable plastic bag and place it in the refrigerator for at least 2-3 hours.
- 2. Combine the flour and all the spices into a bowl large.
- 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** and use the **Up and Down** arrows to select Menu Preset 36. Press **START/ PAUSE** to begin preheating Stage 1 (400°F). Once preheated, the Brio will beep twice.
- 6. Open the Brio Door and spray the Mesh Tray with cooking spray. Insert the Probe into one of the chicken thighs and place them on the Mesh Tray, with the serving presentation side down. Spray the chicken generously with cooking spray and slide it into position 2.
- Close the Brio Door to begin Stage 1 (400°F to an internal Probe temperature of 90°F), after which the Brio will beep twice. Open the Brio and flip the chicken.
- 8. Close the Brio Door to begin Stage 2 (375°F to an internal Probe temperature of 165°F), after which the Brio will beep three times and display "End".
- 9. When ready, serve with corn on the cob and enjoy.





## Rotisserie Swordfish Steak with Charred Lemons

Serves: 2 | Prep Time: 5 minutes | Total Cook Time: 13 minutes

### Ingredients:

2 swordfish steaks (each at least ¾-inch thick) 2t extra-virgin olive oil Sea salt to taste Freshly ground white pepper 1 lemon, sliced into 8 thin slices

- Press Menu and use the Up and Down arrows to select Menu Preset 37. Press START/ PAUSE to begin preheating for Stage 1 (260°F). Once preheated, the Brio will beep twice.
- 2. Brush the swordfish steaks with olive oil and season with salt and pepper. Shingle 4 lemon slices in the bottom of Rotisserie Basket. Place the fish on top of the lemons in the Rotisserie Basket and top with the remaining lemons slices.
- 3. Adjust the lid of the Rotisserie Basket so it firmly fits on the fish.
- 4. Open the Brio Door. Position the fish with the Rotisserie Basket into the Brio, placing one end into the hole and the other end into Bracket (See "Rotisserie Basket Assembly" in the Owner's manual for more details).
- 5. Place the Drip Tray in the bottom of the Brio, beneath the Rotisserie Basket.
- 6. Close the Brio Door to begin Stage 1 (360°F for 6 minutes), after which the Brio will move on to Stage 2 (425°F for 7 minutes). When finished, the Rotisserie Skewer will stop and the Brio will beep three times and display "End".
- When done, insert a hand-held thermometer into thickest part of fillet. Check to see that the temperature has reached 145°F or more. Remove the fish from the Rotisserie Basket and serve the swordfish with charred lemons.

### Cajun Shrimp

Serves: 2 | Prep Time: 3 minutes | Total Cook Time: 6 minutes

### Ingredients:

1lb. shrimp, peeled and deveined 2T Cajun seasoning 1T olive oil Sea salt, as needed

- 1. Press **Menu** and use the **Up and Down** arrows to select Menu Preset 38. Press **START/ PAUSE** to begin preheating to 360°F. Once preheated, the Brio will beep twice.
- 2. Combine all the ingredients in a bowl, mixing until the shrimp are completely coated.
- 3. Once preheated, place shrimp on the Mesh Tray, and then slide it into position 2.
- 4. Close the Brio Door to begin cooking at 360°F for 3 minutes, at which the Brio will beep twice. Open the Brio Door and flip the shrimp. Close the Brio Door to continue cooking at 360°F for an additional 3 minutes. When finished, the Brio will beep three times and display "End".
- 5. Using a hand-held thermometer, check to see that the internal temperature of the shrimp has reached 145°F. Serve and enjoy.





### **Home Fries**

Serves: 6 | Prep Time: 25 minutes | Total Cook Time: 14 minutes

### Ingredients:

6 medium russet potatoes 2T oil ½T garlic powder 1½t paprika ½t freshly ground black pepper ½t salt

- 1. Boil the potatoes in salted water for 20 minutes. or until they are fork-tender, then remove them from the water to allow them to cool completely.
- 2. Combine the oil, garlic powder, paprika, pepper, and salt in a mixing bowl.
- 3. Cut the cooled potatoes into quarters and lightly toss them in the mixture from the bowl.
- 4. Press **Menu** and use the **Up and Down** arrows to select Menu Preset 39. Press **START/ PAUSE** to begin preheating to 390°F. Once preheated, the Brio will beep twice.
- 5. Once preheated, place the potato wedges on the Mesh Tray, skin side down. Do not overcrowd. Slide it into position 3 and close the Brio Door.
- 6. The Brio will continue to cook at 390°F for 7 minutes, at which the Bravo will beep twice. Open the Brio Door and flip the potato wedges to ensure even cooking. Close the Brio Door to continue cooking at 390°F for an additional 7 minutes, until they are golden brown. When finished, the Brio will beep three times and display "End".
- 7. Serve and enjoy.



### Rotisserie Roasted Summer Vegetables

Serves: 4 | Prep Time: 5 minutes | Total Cook Time: 6 minutes

### Ingredients:

2 heirloom zucchinis, sliced 1/4-inch, lengthwise

2 heirloom carrots, sliced 1/4-inch, lengthwise

1 heirloom eggplant, sliced 1/4-inch, lengthwise

1 organic yellow pepper, quartered, seeds removed

1 organic red pepper, quartered, seeds removed

1 red onion, quartered

1/4c extra-virgin olive oil

4 sprigs fresh rosemary

Sea salt to taste

Freshly ground black pepper

Balsamic vinegar glaze (bottle)

#### Directions:

- Press Menu and use the Up and Down arrows to select Menu Preset 40. Press START/ PAUSE to begin preheating Stage 1 (Sear 1 425°F). Once preheated, the Brio will beep twice.
- 2. Brush the vegetables and rosemary with olive oil, seasoning with salt and pepper. Shingle them into the bottom of the Rotisserie Basket.
- 3. Adjust the lid of Rotisserie Basket to fit firmly over the vegetables.
- 4. Open the Brio Door and position the Rotisserie Basket into Brio, placing the one end into the hole and the other into the Bracket (See "Rotisserie Basket Assembly" in the Owner's manual for more details.)
- 5. Close the Brio Door to begin Stage 1 (Sear 1 425°F for 3 minutes), after which the Brio will move on to Stage 2 (400°F for 3 minutes), or until the vegetables are slightly soft and lightly charred. When finished, the Brio will beep three times and display "End".
- 6. Remove the vegetables from the Rotisserie Basket, and place them on a serving platter. Drizzle with balsamic glaze and serve and enjoy.

Note: Times may need to be extended depending on how you like your vegetables cooked.



### Air-Fried Tortilla Chips

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

### Ingredients:

8 corn tortillas 1t olive oil Salt to taste

#### Directions:

- Press Menu and use the Up and Down arrows to select Menu Preset 41. Press START/ PAUSE to begin preheating Sear 1 (425°F). Once preheated, the Brio will beep twice.
- 2. Brush the tortillas with olive oil.
- 3. Cut the tortillas into triangles.
- 4. Open the Brio Door and place the tortilla triangles on the Mesh Tray and slide it into position 3.
- 5. Close the Brio Door to begin Sear 1 (425°F for 3 minutes), after which the Brio will beep three times and display "End".
- 6. When done, remove the tortilla triangles from the Brio and season with salt and enjoy.

**Tip:** Serve with your favorite salsa or guacamole.



### Citrus Green Beans

Serves: 4 | Prep Time: 3 minutes | Total Cook Time: 10 minutes

### Ingredients:

1lb. green beans, washed, stems removed ¼t extra virgin olive oil 1 lemon, juiced Sea salt, to taste Black pepper, to taste

- 1. Toss the green beans in a bowl with olive oil, salt and pepper.
- Press Menu and use the Up and Down arrows to select Menu Preset 42. Press START/ PAUSE to begin preheating Sear 1 (425°F). Once preheated, the Brio will beep twice.
- 3. Open the Brio Door and place the green beans on the Mesh Tray. Slide it into position 3.
- 4. Close the Brio door to begin Sear 1 (425°F for 10 minutes), after which the Brio will beep three times and display "End".
- 5. When done, squeeze lemon juice onto green beans.
- 6. Serve and enjoy.



### Pasta Bake

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

### Ingredients:

½ box cooked penne pasta noodles
1c heavy whipping cream
½c milk
1c shredded sharp cheese
1c shredded mozzarella cheese
1T salt
1T pepper
1t garlic powder
5 slices chopped Canadian bacon
1c chopped broccoli

#### Directions:

- Press Menu and use the Up and Down arrows to select Menu Preset 43. Press START/ PAUSE to begin preheating to 390°F. Once preheated, the Brio will beep twice.
- 2. Combine the Canadian bacon and broccoli in a mixing bowl, then add in the remaining ingredients.
- 3. Pour the pasta mixture into an oven-safe dish and cover with foil.
- 4. Open the Brio Door and place the oven-safe dish onto the Mesh Tray, then slide it into position 2.
- 5. Close the Brio Door to begin cooking at 390°F for 10 minutes, after which the Brio will beep three times and display "End".
- 6. When done, remove the foil, stir the pasta, and let the dish rest for about 3-5 minutes before serving.

**Tip:** Use any type of cheese, meat, or vegetable with this dish.



### **Roasted Tomatoes**

Serves: 4 Prep Time: 3 minutes Total Cook Time: 20 minutes

### Ingredients:

2 tomatoes
Dried parsley to taste
Dried oregano to taste
Dried basil to taste
Dried thyme to taste
Dried rosemary to taste
Dried sage to taste
Freshly ground black pepper

Cooking spray
1T extra-virgin olive oil

- 1. Wash the tomatoes and then cut each one in half.
- 2. Toss the tomatoes with the olive oil and all the seasoning, making sure that each tomato half is coated.
- Press Menu and use the Up and Down arrows to select Menu Preset 44. Press START/ PAUSE to begin preheating to 390°F. Once preheated, the Brio will beep twice.
- 4. Open the Brio Door and place the seasoned tomatoes on the Mesh Tray. Slide it into position 2.
- 5. Close the Brio Door to begin cooking at 390°F for 20 minutes, after which the Brio will beep three times and display "End".



### Santa Fe Stuffed Bell Peppers

Serves: 4 | Prep Time: 23 minutes | Total Cook Time: 3 minutes

### Ingredients:

1½c cooked rice

1 red pepper

1 yellow pepper

1 green pepper

1 orange pepper

2lbs. ground beef

2c fresh spinach

1c mozzarella cheese, shredded

1c frozen corn medley

1T cayenne pepper

Salt and pepper to taste

- 1. Boil water in a stock pot. While waiting for water to boil, slice off the tops of each pepper. Remove the membrane and seeds, and set the tops aside.
- 2. Once the water is boiling, lightly drop in the peppers and cook them for up to 3 minutes. Drain them on paper towels, upside down.
- 3. Brown the ground beef in a frying pan over medium-high heat until the meat is cooked through. Drain the fat from frying pan and set it aside.
- 4. Add spinach, cheese, corn, cooked rice, salt, and pepper to the browned beef in the frying pan. Cook the mixture until the spinach begins to wilt. Fill each pepper with the beef mixture.
- Press Menu and use the Up and Down arrows to select Menu Preset 45. Press START/ PAUSE to begin preheating 360°F. Once preheated, the Brio will beep twice.
- 6. Open the Brio Door and place the filled peppers onto the Mesh Tray and slide it into position 2. Insert the Probe into one side of the peppers so that the Probe tip is in the center of the beef mixture.
- 7. Close the Brio door to begin Stage 1 (360°F to an internal Probe temperature of 145°F).
- 8. The Brio will then move on to Stage 2 (425°F to an internal Probe temperature of 165°F). When finished, the Brio will beep three times and display "End".
- 9. Once cooked, transfer the peppers to serving plate and top them with reserved pepper tops.



## Kale Chips

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

### Ingredients:

1 head kale, separated into leaves 1t olive oil 1t soy sauce

- Press Menu and use the Up and Down arrows to select Menu Preset 46. Press START/ PAUSE to begin preheating to 390°F. Once preheated, the Brio will beep twice.
- 2. Remove the center stems from each piece of kale and cut the leaves into 1½-inch pieces.
- 3. Wash the kale pieces and dry thoroughly.
- 4. Toss the kale with the olive oil and soy sauce.
- 5. Open the Brio Door and arrange the kale leaves onto the Mesh Tray, then slide it into position 3.
- 6. Close the Brio Door to begin cooking at 390°F for 2 minutes, after which the Brio will beep twice. Open the Brio Door and flip the kale.
- 7. Close the Brio Door to resume cooking at 390°F for an additional 2 minutes. When finished, the Brio will beep three times and display "End".



### Twice-Baked Potatoes

Serves: 2 | Prep Time: 45 minutes | Total Cook Time: 38 minutes

### Ingredients:

2 russet potatoes

½c of sour cream, plus extra (for garnish)

½c of chopped broccoli

5 slices of chopped bacon, cooked

1T salt

1T black pepper

1T butter

¾c milk

¾c sharp cheddar cheese, shredded

2T chopped chives (for garnish)

- 1. Place the potatoes on the Mesh Tray and slide it into position 1.
- Press Menu and use the Up and Down arrows to select Menu Preset 48. Press START/ PAUSE to begin preheating Stage 1 (390°F). Once preheated, the Brio will beep twice, and start Stage 1 for 40 minutes.
- 3. While the potatoes are baking, combine the sour cream, broccoli, bacon, salt, pepper, butter, and milk in a medium bowl and it set aside.
- 4. Open the Brio Door and remove the fully baked potatoes from the Brio and let them cool. While the potatoes are cooling, the Brio will move on to Stage 2 (140°F for 30 minutes), after which the Brio will beep twice and begin preheating for Stage 3 (350°F).
- 5. When the potatoes are cool to the touch, cut each in half lengthwise and scoop the inside of the potato into the bowl with the sour cream mixture. Stir to combine. Once combined, put the potato mixture back into the skins and sprinkle them with cheddar cheese.
- 6. Once preheated, the Brio will beep twice. Open the Brio Door and return the potatoes to the Mesh Tray and slide it into position 3.
- 7. Close the Brio Door to begin Stage 3 (350°F for 8 minutes). When finished, the Brio will beep three times and display "End".
- 8. Transfer the potatoes to a serving tray and top them with sour cream and chives.

### Roasted Brussels Sprouts

Serves: 4 | Prep Time: 8 minutes | Total Cook Time: 11 minutes

### Ingredients:

1lb. fresh Brussels sprouts 2t olive oil ½t kosher salt ½t black pepper ½t garlic powder

#### Directions:

- Trim the stems and remove any tough or bruised leaves from the outer portions of the Brussels sprouts.
- 2. Rinse the sprouts, shake them dry, and set them aside.
- 3. Combine salt, pepper, garlic powder, and olive oil in a bowl.
- 4. Add the sprouts to the bowl and toss them to coat.
- 5. Press **Menu** and use the **Up and Down** arrows to select Menu preset 49. Press **START/ PAUSE** to begin preheating Stage 1 (390°F). Once preheated, the Brio will beep twice.
- 6. Open the Brio Door and put the Brussels sprouts on the Mesh Rack and slide it into position 2.
- 7. Close the Brio Door to begin Stage 1 (390°F for 11 minutes). At 9 minutes, the Brio will beep twice to prompt you to open the Brio Door.
- 8. With a pair of tongs, move and stir the Brussels sprouts to ensure even cooking. Close the Brio Door to resume cooking for the remaining 2 minutes. When finished, the Brio will beep three times and display "End".

**Tip:** The Brussels sprouts are done when their centers are tender, and the outsides are caramelized and a bit crispy. If the Brussels sprouts are large, cut them in half beforehand to ensure proper cooking.





# Dehydrated Vidalia Onions

Serves: 4 | Prep Time: 3 minutes | Total Dehydrate Time: 10 hours

## Ingredients:

2 Vidalia onions, each sliced into 1/8-inch-thick rings

#### Directions:

- 1. Separate each onion ring.
- 2. Place the onion rings onto both Mesh Racks and slide them into positions 2 and 3.
- 3. Press **Menu** and use the **Up and Down** arrows to select Menu Preset 50. Press **START/ PAUSE** to begin dehydrating the onions at 120°F for 10 hours, until crisp.

**Note:** Time may be longer depending on your specific preference.



## **Dried Roma Tomatoes**

Serves: 6 | Prep Time: 3 minutes | Total Dehydrate Time: 10 hours

## Ingredients:

15 Roma tomatoes, each halved 3T extra-virgin olive oil Sea salt to taste

- 1. In a bowl, toss the tomatoes in olive oil and sea salt.
- 2. Place the tomato halves on the Mesh Racks and slide them into position 2 and 3.
- 3. Press **Menu** and use the **Up and Down** arrows to select Menu Preset 51. Press **START/ PAUSE** to begin dehydrating at 145°F for 10 hours, until dry and pliable.



## **Dried Raw Almonds**

Serves: 6 | Prep Time: 3 minutes | Total Dehydrate Time: 12-24 hours

## Ingredients:

4c almonds Sea salt, as needed Honey (optional)

#### Directions:

- 1. Soak 4c of almonds in warm water with 1T of sea salt for 24 hrs.
- 2. Rinse the almonds and place them onto the Mesh Racks
- 3. Sprinkle the almonds with salt, honey, or other flavorings, if desired.
- 4. Slide them into positions 2 and 3.
- 5. Press **Menu** and use the **Up and Down** arrows to select Menu Preset 52. Press **START/ PAUSE** to begin dehydrating at 150°F for 12-24 hours, turning the almonds occasionally.

**Note:** Most almonds that are available have been pasteurized or otherwise treated. If they are no longer raw, soak the almonds.

# Dehydrated Baby Banana Chips

Serves: 6 | Prep Time: 3 minutes | Total Dehydrate Time: 8 hours

## Ingredients:

8 bananas, peeled, sliced lengthwise, into 1/8-inch-thick slices

- 1. Place the banana slices onto the Mesh Racks and slide them into positions 2 and 3.
- 2. Press **Menu** and use the **Up and Down** arrows to select Menu Preset 53. Press **START/ PAUSE** to begin dehydrating at 135°F for 8 hours, until the chips are crisp.





## Banana and Nutella® Wontons

Serves: 4 | Prep Time: 9 minutes | Total Bake Time: 7 minutes

### Ingredients:

8 wonton wrappers

8t Nutella®

1 banana

1 egg

1t water

Cinnamon sugar or powdered sugar (for garnish)

- 1. Combine the egg and water to a small bowl, mixing well to make an egg wash.
- 2. Place 1t of Nutella® in the center of a wonton wrapper.
- 3. Place a slice of banana on the top of the Nutella®.
- 4. Brush the egg wash along two sides of the wonton wrapper and seal it folding the sides together.
- 5. Repeat until all the wontons are used.
- Press Menu and use the Up and Down arrows to select Menu Preset 54. Press START/ PAUSE to begin preheating to 350°F. Once preheated, the Brio will beep twice.
- 7. Open the Brio Door and place the wontons on the Mesh Tray and slide it into position 2.
- 8. Close the Brio Door to begin cooking at 350°F for 7 minutes, after which the Brio will beep three times and display "End".
- 9. Once wontons have sufficiently browned, carefully remove them from the Brio and dust them with cinnamon or powdered sugar.



# Pineapple Crescents

Serves: 4 | Prep Time: 3 minutes | Total Bake Time: 10 minutes

### Ingredients:

1 whole pineapple ½c shredded coconut 1 small sprig fresh mint 1c vanilla yogurt

- 1. Cut the pineapple into ½-inch-thick slices, then cut these slices in half and remove the core.
- 2. Dip the pineapple slices in the shredded coconut.
- Press Menu and use the Up and Down arrows to select Menu Preset 55. Press START/ PAUSE to begin preheating to 350°F. Once preheated, the Brio will beep twice.
- 4. Open the Brio Door and gently place the pineapple slices on the Mesh Tray and slide it into position 2.
- 5. Close the Brio Door to begin cooking at 350°F for 10 minutes, after which the Brio will beep three times and display "End".
- 6. While the pineapple cooks, finely dice the mint leaves and stir them into the vanilla yogurt.
- 7. Serve the pineapple crescents with your yogurt dip.



# Apple Pie Egg Rolls

Serves: 6 | Prep Time: 15 minutes | Total Bake Time: 10 minutes

## Ingredients:

8T unsalted butter

3 Granny Smith apples, peeled, cored, cut into 1/4-inch cubes

1/2T vanilla extract

½t cinnamon

½c sugar

Pinch salt

2T all-purpose flour

2T lemon juice

6 egg roll wrappers

1/4 stick melted butter

Cooking spray

Powdered sugar (optional)

- 1. Combine the unsalted butter, apple cubes, vanilla, cinnamon, sugar, salt, flour, and lemon juice in a saucepan and bring the mixture up to a simmer for 2-3 minutes over a medium-high heat.
- 2. Reduce the heat to medium-low and continue simmering for an additional 2-3 minutes.
- 3. Remove the saucepan from the heat and set the apple mixture aside to cool.
- 4. Lay out the egg roll wrappers on a cutting board and cut each into a diamond shape.
- 5. Brush the melted butter along the edges of the egg roll wrappers.
- 6. Place about 2T of the apple mixture in the center of each wrapper, leaving about 1 inch of space along the edges.
- 7. Fold the end of the wrapper nearest to you over the filling to seal. Fold the sides over and roll the wrapper into a tight cylinder shape.
- 8. Spray the Mesh Tray with cooking spray.
- 9. Place the egg rolls on the Mesh Tray and slide it into position 2.
- 10. Press Menu and use the Up and Down arrows to select Menu Preset 56. Press START/ PAUSE to begin cooking at 390°F for 10 minutes, after which the Brio will beep three times and display "End".
- 11. When done, remove the egg rolls from the Brio and sprinkle them with powdered sugar (optional).



# Berry Cheesecake Egg Rolls

Serves: 6 Prep Time: 8 minutes Total Bake Time: 10 minutes

### Ingredients:

4oz. cream cheese, softened 3T sugar 2T lemon juice ½c mixed berries 6 egg roll wrappers ¼ stick butter, melted Powdered sugar (optional)

- 1. Combine the cream cheese, sugar, and lemon juice, in a small mixing bowl.
- 2. Lightly mix in the berries and set the mixture aside.
- 3. Lay out the egg roll wrappers on a cutting board and cut each into a diamond shape.
- 4. Brush the melted butter along the edges of the egg roll wrappers.
- 5. Place about 2T of the berry mixture in center of each wrapper, leaving about 1 inch of space along the edges.
- 6. Fold the end of the wrapper nearest to you over the filling to seal. Fold sides over and roll the wrapper into a tight cylinder shape.
- 7. Spray the Mesh Tray with cooking spray.
- 8. Place the egg rolls on Mesh Tray and slide it into position 2.
- Press Menu and use the Up and Down arrows to select Menu Preset 57. Press START/ PAUSE to begin cooking at 390°F for 10 minutes, after which the Brio will beep three times and display "End".
- 10. When done, remove the egg rolls from the Brio and sprinkle them with powdered sugar (optional).



# Apple Pie

**Serves:** 2-3 | **Prep Time:** 15 minutes | **Total Bake Time:** 30 minutes

## Ingredients:

1 premade frozen pie crust Cooking spray 2 large apples, cored and chopped 2t lemon juice 1T ground cinnamon

2T sugar

½t vanilla extract

1T butter

1 beaten egg

1T sugar

#### Directions:

- Defrost the pie crust according to the package directions.
- 2. Cut enough dough from the premade pie crust to fit 1/2 inch larger than a small pie tin. Use the remaining dough to form a smaller top crust and set it aside.
- 3. Spray the baking tin with cooking spray then place the larger-cut crust inside the baking pan or pie tin; set aside.
- 4. Combine the chopped apple, lemon juice, cinnamon, sugar, and vanilla extract in a small
- 5. Pour the apple mixture into prepared pie crust.
- 6. Top the apples with butter, spreading evenly.
- 7. Top the pie with the second pie crust and pinch the edges closed. Make a few slits in the top of the dough.
- 8. Spread the beaten egg onto pie crust and sprinkle on sugar.
- 9. Press Menu and use the Up and Down arrows to select Menu Preset 58. Press START/ **PAUSE** to begin preheating 320°F, after which the Brio will beep twice.
- 10. Open the Brio Door, place the apple pie on the Mesh Tray, and slide it into position 1.
- 11. Close the Brio Door to begin cooking at 320°F for 30 minutes, after which the Brio will beep three times and display "End".

Tip: If necessary, roll the larger crust with a rolling pin to stretch it to a uniform thickness. Any baking tin 7 inches wide or smaller will fit in Brio.



# Griddled Chicken and Pepper Quesadillas

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

### Ingredients:

2 flour tortillas

2oz. shredded mozzarella or Chihuahua cheese, divided

1oz. cooked, diced bell pepper

<sup>1</sup>/<sub>2</sub>oz. cilantro, chopped

<sup>1</sup>/<sub>2</sub>oz. diced jalapeno pepper, seeds removed

11/20z. chicken, cooked, diced

Sea salt, to taste

Freshly ground black pepper, to taste

Cooking spray, as needed

- 1. Place the Grill/Griddle Plate, griddle-side up, into the Brio in Position 2.
- Press Menu and use the Up and Down arrows to select Menu Preset 59. Press START/ PAUSE to begin preheating to 425°F. Once preheated, the Brio will beep twice.
- 3. While preheating, build the quesadilla: On one tortilla, place half of the cheese, and half of the peppers, cilantro, chicken, salt and pepper to taste. Repeat with the second tortilla using the other half of the ingredients.
- 4. Spray the tortillas with cooking spray.
- Once preheated, open the Brio Door and spray the Griddle with cooking spray. Place the quesadilla on the hot Griddle plate and close door.
- 6. Close the Brio Door to begin cooking at 425°F for 2 minutes, after which the Brio will beep twice. Open the Brio Door and pull out the Grill/Griddle Plate, fold over the tortillas and spray them with cooking spray. Slide it into position 2.
- 7. Close the Brio Door to resume cooking at 425°F for 1 more minute, after which the Brio will beep three times and display "End".
- 8. When done, remove the quesadillas and enjoy.



# Griddled Turkey Sandwich

Serves: 1 Prep Time: 5 minutes Total Cook Time: 2 minutes

### Ingredients:

2 slices sourdough bread 4 thin slices Swiss cheese 3oz. turkey, cooked, sliced thin 6 sun-dried tomato halves 2oz. mayonnaise Cooking spray, as needed 2 pieces bacon, cooked crispy

- 1. Place the Grill/Griddle Plate, griddle-side up, into the Brio in Position 2.
- Spread the mayonnaise on one slice of bread, then place on 2 slices of cheese, sun-dried tomatoes, turkey, bacon, the 2 remaining cheese slices, and the second piece of bread. Spray the sandwich with cooking spray.
- 3. Press **Menu** and use the **Up and Down** arrows to select Menu Preset 60. Press **START/ PAUSE** to begin preheating to 350°F. Once preheated, the Brio will beep twice.
- 4. Open the Brio Door and spray the Grill/Griddle Plate with cooking spray. Place the sandwich onto the hot Griddle Plate.
- 5. Close the Brio Door to begin cooking at 350°F for 2 minutes, after which the Brio will beep three times and display "End".



## Grilled Bluefin Tuna

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

### Ingredients:

2 8oz.Bluefin tuna steaks Cooking spray, as needed Sea salt, to taste Freshly ground black pepper, to taste

- 1. Place the Grill/Griddle Plate, grill-side up, into the Brio in Position 2.
- Press Menu and use the Up and Down arrows to select Menu Preset 62. Press START/ PAUSE to begin preheating Stage 1 (Sear 1 425°F). Once preheated, the Brio will beep twice.
- 3. Open the Brio Door. Insert the Probe into one of the tuna steaks and season them with salt and pepper. Spray the Grill/Griddle Plate with cooking spray and then place the tuna steaks on the hot Grill.
- 4. Close the Brio Door to begin Stage 1 (Sear 1 425°F to an internal Probe temperature of 60°F).
- 5. The Brio will then move on to Stage 2 (375°F to an internal Probe temperature of 115°F), after which the Brio will beep twice.
- 6. Open the Brio Door and remove the tuna steaks, leaving in the Probe to monitor carryover cooking to 145°F. When the carryover target temperature is reached, the Brio will beep three times and display "End".



## Grilled Chicken Breast

Serves: 2 | Prep Time: 5 minutes | Total Cook Time: 13-15 minutes

### Ingredients:

2 10oz. chicken breasts, boneless, skinless Cooking spray, as needed Sea salt, to taste Freshly ground black pepper, to taste

- 1. Place the Grill/Griddle Plate, grill-side up, into the Brio in Position 2.
- Press Menu and use the Up and Down arrows to select Menu Preset 63. Press START/ PAUSE to begin preheating Stage 1 (Sear 1 425°F). Once preheated, the Brio will beep twice.
- 3. Open the Brio Door. Insert the Probe into one of the chicken breasts and season them with salt and pepper. Spray the Grill/Griddle Plate with cooking spray and place the chicken breasts on the hot Grill.
- 4. Close the Brio Door to begin Stage 1 (425°F to an internal Probe temperature of 60°F).
- 5. The Brio will then move on to Stage 2 (375°F to an internal Probe temperature of 155°F), after which the Brio will beep twice.
- 6. Open the Brio Door and remove the chicken breasts, leaving in the Probe to monitor carryover cooking to 165°F. When the carryover target temperature is reached, the Brio will beep three times and display "End".



# Grilled Filet Mignon

Serves: 2 | Prep Time: 5 minutes | Total Cook Time: 10-18 minutes

## Ingredients:

2 8oz. filets mignon Cooking spray Sea salt, to taste Freshly ground black pepper, to taste

#### Directions:

- 1. Place the Grill/Griddle Plate, grill-side up, into the Brio in Position 2.
- 2. Press **Menu** and use the **Up and Down** arrows to select one of the following Menu Presets:
  - 64 Rare
  - 65 Medium Rare
  - 66 Medium
  - 67 Medium Well
  - 68 Well
- 3. Press **START/PAUSE** to begin preheating Stage 1 (Sear 1 425°F). Once preheated, the Brio will beep twice.
- 4. Open the Brio Door and spray the Grill/Griddle Plate with cooking spray. Season each filet with salt and pepper and place them on the hot Grill.
- 5. Insert the Probe into one of the filets and close the Brio Door to begin cooking Stage 1 (Sear 1 to an internal Probe temperature of 80°F).
- 6. The Brio will then move on to Stage 2 (375°F) to the desired internal Probe temperature:
  - Rare 110°F
  - Medium Rare 115°F
  - Medium 120°F
  - Medium Well 130°F
  - Well 155°F
- 7. After Stage 2, the Brio will beep twice. Open the Brio Door and remove the filets, leaving in the Probe to monitor carryover cooking:
  - Rare 120°F
  - Medium Rare 130°F
  - Medium 135°F
  - Medium Well 145°F
  - Well 165°F
- 8. When the carryover target temperature is reached, the Brio will beep three times and display "End".

**Note:** Removing food when the Probe reads 10 degrees less than the final internal temperature and allowing to rest will bring internal temperature up to desired doneness (carryover cooking).





# Grilled Polish Sausage

Serves: 2 | Prep Time: 0 minutes | Total Cook Time: 5-8 minutes

## Ingredients:

2 7oz. Polish sausage links Cooking spray, as needed

- 1. Place the Grill/Griddle Plate, grill-side up, into the Brio in Position 2.
- 2. Press **Menu** and use the **Up and Down** arrows to select Menu Preset 69. Press **START/ PAUSE** to begin preheating Stage 1 (Sear 1 425°F). Once preheated, the Brio will beep twice.
- 3. Open the Brio Door and spray the Grill/Griddle Plate with cooking spray, and place the sausage on the hot Grill. Insert the Probe.
- 4. Close the Brio Door to begin Stage 1 (Sear 1 425°F to an internal Probe temperature of 80°F).
- 5. The Brio will then move on to Stage 2 (375°F to an internal Probe temperature of 150°F), after which the Brio will beep twice.
- 6. Open the Brio Door and remove the sausage, leaving in the Probe to monitor carryover cooking to 160°F. When the carryover target temperature is reached, the Brio will beep three times and display "End".



# Grilled Spice-Rubbed Pork Chops

Serves: 2 | Prep Time: 5 minutes | Total Cook Time: 14-18 minutes

### Ingredients:

2 8oz. pork chops
Spice rub Mixture
2T Sea salt

1/2c brown sugar
1T smoke paprika
1T dark chili powder

1/2T freshly ground black pepper
Cooking spray, as needed

#### Directions:

- 1. Place the Grill/Griddle Plate, grill-side up, into the Brio in Position 2.
- 2. Press **Menu** and use the **Up and Down** arrows to select Menu Preset:
  - •70 Medium Well
  - •71 Well
- 3. Press **START/PAUSE** to begin preheating Stage 1 (Sear 1 425°F). Once preheated, the Brio will beep twice.
- 4. While preheating, combine the spice mixture ingredients in a bowl. Spray each chop with cooking spray and then season with the spice rub.
- 5. Open the Brio Door. Spray the Grill/Griddle Plate with cooking spray and place the chops on the hot Grill. Insert the Probe into one of the chops.
- 6. Close the Brio Door to begin Stage 1 (Sear 1 425°F to an internal Probe temperature of 80°F).
- 7. The Brio will then move on to Stage 2 (375°F) to the desired internal Probe temperature:
  - Medium Well 130°F
  - •Well 155°F
- 8. After Stage 2, the Brio will beep twice. Remove the chops, leaving in the Probe to monitor carryover cooking to:
  - •Medium Well 145°F
  - •Well 165°F
- 9. When the carryover target temperature is reached, the Brio will beep three times and display "End".

105

## **100 PRESETS**

Beef/F (Refer	Pork to Recipe Book for Preset #1-27)	Rack Position	Temp.	Time (Min.)	Probe
1.	Prime Rib* (Rare)	2	425°F		120°F
2.	Prime Rib* (Medium Rare)	2	425°F		130°F
3.	Prime Rib* (Medium)	2	325°F		135°F
4.	Prime Rib* (Medium Well)	2	425°F		145°F
5.	Prime Rib* (Well)	2	425°F		165°F
6.	Rotisserie Prime Rib* (Rare)		425°F		120°F
7.	Rotisserie Prime Rib* (Medium Rare)		425°F		130°F
8.	Rotisserie Prime Rib* (Medium)		425°F		135°F
9.	Rotisserie Prime Rib* (Medium Well)		425°F		145°F
10.	Rotisserie Prime Rib* (Well)		425°F		165°F
11.	Rotisserie Cuban Pork Loin* (Medium Well)		375°F		145°F
12.	Rotisserie Cuban Pork Loin* (Well)		375°F		165°F
13.	Classic Bacon Cheeseburger* (Rare)	2	425°F		120°F
14.	Classic Bacon Cheeseburger* (Medium Rare)	2	425°F		130°F
15.	Classic Bacon Cheeseburger* (Medium)	2	425°F		135°F
16.	Classic Bacon Cheeseburger* (Medium Well)	2	425°F		145°F
17.	Classic Bacon Cheeseburger* (Well)	2	425°F		165°F
18.	Grilled Chimichurri Skirt Steak* (Well)	2	425°F		165°F
19.	Spicy Rumaki*	2	360°F	12	
20.	Apple Glazed Pork Tenderloin* (Medium Well)	2	425°F		145°F
21.	Apple Glazed Pork Tenderloin* (Well)	2	425°F		165°F
22.	Grilled Ham and Cheese*	2	400°F	6	
23.	Party Meatballs*	2	400°F	15	
24.	Peppered Beef Tenderloin*		400°F	8	
25.	Philly Cheese Steak Braid*	2	375°F	13	
26.	Rotisserie Smoked Bacon-Wrapped Pork Tenderloin* (Medium Well)		375°F		145°F
27.	Rotisserie Smoked Bacon-Wrapped Pork Tenderloin* (Well)		375°F		165°F
Poultr (Refer	ry to Recipe Book for Presets #28-36)	Rack Position	Temp.	Time Min.	Probe
28.	Lemon-Thyme Rotisserie Chicken*		350°F		165°F
29.	Buffalo Chicken Wings*	3	300°F	20	
30.	Spinach-Stuffed Chicken*	2	400°F		165°F

31.	Chicken Satay*	2	400°F	7	
32.	Grilled Chicken Tenders*	2	400°F		165°F
33.	Parmesan Chicken Tenders*	2	400°F		165°F
34.	Butter-Infused Chicken*	2	375°F		165°F
35.	Rotisserie Game Hens with Roasted Carrots and Caraway*		350°F		165°F
36.	Southern Fried Chicken Thighs*	2	400°F		165°F
	Seafood r to Recipe Book for Presets #37-38)	Rack Position	Temp.	Time (Min.)	Probe
37.	Rotisserie Swordfish Steak with Charred Lemons*		360°F		145°F
38.	Cajun Shrimp*	2	360°F	6	
Veget (Refe	ables r to Recipe Book for Presets #39-51)	Rack Level	Temp.	Time (Min.)	Probe
39.	Home Fries*	3	390°F	14	
40.	Rotisserie Roasted Summer Vegetables*		425°F	6	
41.	Air Fry Tortillas*	3	425°F	3	
42.	Green Beans*	3	425°F	10	
43.	Pasta Bake*	2	390°F	10	
44.	Roasted Tomatoes	2	390°F	20	
45.	Santa Fe Stuffed Bell Peppers*	2	360°F		165°F
46.	Kale Chips*	3	390°F	4	
47.	Roasted Root Vegetables*	3	330°F	35	
48.	Twice Baked Potatoes*	1	390°F	48	
49.	Roasted Brussels Sprouts*	2	390°F	11	
50.	Dehyrated Vidalia Onions	2	120°F	10 hrs	
51.	Dried Roma Tomatoes	2	145°F	10 hrs	
Desse (Refe	erts r to Recipe Book for Presets #52-58)	Rack Position	Temp.	Time (Min.)	Probe
52.	Dried Raw Almonds	2 or 3	150°F	24 hrs	
53.	Dehydrated Baby Banana Chips	2 or 3	135°F	8 hrs	
54.	Banana and Nutella Wontons*	2	350°F	7	
55.	Pineapple Crescent*	2	350°F	10	
56.	Apple Pie Egg Rolls*	2	390°F	10	
57.	Berry Cheesecake Egg Rolls*	2	390°F	10	
58.	Apple Pie*	1	320°F	30	

## **100 PRESETS**

	d Foods	Rack	Temp.	Time	Probe
	to Recipe Book for Presets #59-71)	Position		(Min.)	
59.	Griddled Chicken and Pepper Quesadillas*	2	425°F	3	
60.	Griddled Turkey Sandwich*	2	350°F	2	
61.	Grilled Atlantic Salmon*	2	425°F		145°F
62.	Grilled Bluefin Tuna*	2	425°F		145°F
63.	Grilled Chicken Breast*	2	425°F		165°F
64.	Grilled Filet Mignon* (Rare)	2	425°F		120°F
65.	Grilled Filet Mignon* (Medium Rare)	2	425°F		130°F
66.	Grilled Filet Mignon* (Medium)	2	425°F		135°F
67.	Grilled Filet Mignon* (Medium Well)	2	425°F		135°F
68.	Grilled Filet Mignon* (Well)	2	425°F		165°F
69.	Grilled Polish Sausage*	2	425°F		160°F
70.	Grilled Spiced-Rubbed Pork Chops*	2	425°F		145°F
	(Medium Well)	_			
71.	Grilled Spiced-Rubbed Pork Chops* (Well)	2	425°F		165°F
Froze	n Foods	Rack Position	Temp.	Time (Min.)	Probe
72.	Pot Pie* (Chicken, Turkey, or Beef)	2	350°F		165°F
73.	Mozzerella Sticks*	2	400°F	4	
74.	Onion Rings*, half bag	2	350°F	10	
75.	Onion Rings*, full bag	1	350°F	12	
76.	Pork Eggrolls*	2	350°F	14	
77.	Butterfly Shrimp (8oz.)	2	390°F	7	
78.	Popcorn Shrimp (8oz.)	2	350°F	5	
79.	Fish Sticks (8oz.)	2	390°F	11	
80.	Chicken Tenders (8oz.)	2	390°F	15	
81.	Chicken Wings (8oz.)	2	300°F	21	
82.	Chicken Breast, 2 (6oz.)	2	390°F	19	
83.	Pizza* (10oz.)	2	350°F	8	
84.	Pizza Bites* (8oz.)	2	390°F	14	
85.	Burrito	3	300°F	12	
86.	Tatar Tots (8oz.)	2	390°F	11	
87.	Sweet Potato Tots (8 oz)	2	390°F	11	
88.	Fast Food Fries, 1/2 bag	2	390°F	9	
89.	Fast Food Fries, 1/2 bag, extra crispy	2	390°F	21	
90.	Fast Food Fries, full bag	2	390°F	22	

91.	Fast Food Fries, full bag, extra crispy	2	390°F	24	
92.	Regular Fries, 1/2 bag	2	390°F	21	
93.	Regular Fries, 1/2 bag, extra crispy	2	390°F	23	
94.	Regular Fries, full bag	2	390°F	24	
95.	Regular Fries, full bag, extra crispy	2	390°F	26	
96.	Mini Pancakes	2	375°F	5	
97.	French Toast	2	390°F	11	
98.	Waffle	2	390°F	5	
99.	Pretzels	2	390°F	4	
100.	Churro	2	375°F	10	

## **NOTES**

Food	Cooking Temp.	Internal Temp.	Time

Food	Cooking Tem	p. Internal Temp.	Time





## FOR HOUSEHOLD USE ONLY

Model: 38020, 38021

#### **NuWave LLC**

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

**Customer Service:** 

For Amazon Purchases: support@nuwavenow.com For All Other Purchases: help@nuwavenow.com

Visit www.nuwavenow.com to see our other NuWave products and accessories.

Made in China
©2023 NuWave LLC • All Rights Reserved

Item No:BC38020 Rev.1-V1-JD 08-17-23