

# TODD ENGLISH

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## PRO-SMART™ GRILL

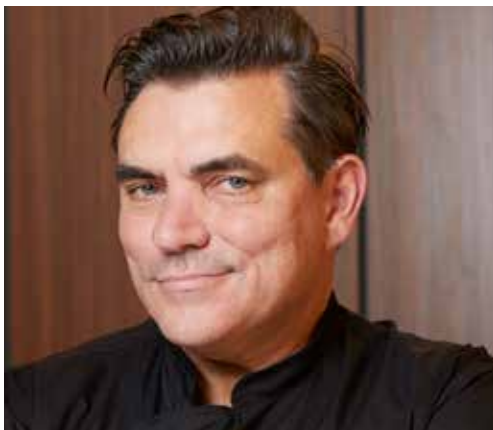
### Recipes

Model No:  
38051 / 38053 / 38052 / 38054



Read the Owner's Manual before using the Pro-Smart Grill.

Engineered by  
**nuwave®**



# WELCOME

## To The Todd English Family!

Congratulations on your Todd English Pro-Smart™ Grill! I am incredibly excited for you to join me as we explore healthy home cooking with your new Pro-Smart™ Grill, which was engineered by the great folks at NuWave, LLC.

They say it's the journey that counts. You can believe it. Cooking can take you around the corner or around the world, and so, to ensure that you get the most out of that journey, your Pro-Smart™ Grill comes with detailed instructions in the manual, a handy Quick Start Guide to get you cooking right away, and this Recipe Book loaded with delicious, chef-tested recipes that are already programmed into your Pro-Smart™ Grill!

Now, let's get cooking!

A handwritten signature in black ink that reads "Todd English".

# Probe Temperature Guide

Meats	Unit Temp Setting	Internal Probe Temp				
	Temp.	Rare	Med Rare	Med	Med Well	Well
Chicken, Turkey, Duck (breast)	360°F					165°F *
Chicken, Turkey, Duck (whole)	360°F					165°F *
Chicken, Turkey, Duck (thigh)	360°F					165°F *
Steak, 1-inch thick	450°F	125°F	135°F	145°F *	150°F*	160°F *
Burgers, ½lb.	450°F	125°F	135°F	145°F *	150°F*	160°F *
Roast Beef (bone-in), Roast Beef (boneless)	350°F	125°F	135°F	145°F *	150°F *	160°F *
Lamb (bone-in), Lamb (boneless)	350°F	125°F	135°F	145°F *	150°F *	160°F *
Pork (bone-in), Pork (boneless)	350°F			145°F *	150°F *	160°F *
Salmon, Tuna, Halibut, Swordfish	450°F			145°F *	150°F *	160°F *
Fish Steaks, 1-inch thick	450°F			145°F *	150°F *	160°F *
Sausage	450°F					160°F *

**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 this 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

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

# Table Of Contents

Probe Temperature Guide.....	3
Measurement Chart.....	3
<b>Quick Start Recipe</b>	
Buffalo Chicken Wings.....	6-7
Apple-Glazed Pork Tenderloin.....	8-9
Lemon-Thyme Chicken.....	10-11
Grilled Atlantic Salmon.....	12-13
Roasted Root Vegetables.....	14-15
<b>Meats</b>	
Prime Rib.....	16-17
Grilled New York Strip with Fingerling Potatoes and Brussels Sprouts.....	18
Cuban Pork Loin with Peppers and Onions.....	19
Classic Bacon Cheeseburger.....	20-21
Grilled Chimichurri Skirt Steak.....	22-23
Grilled Filet Mignon.....	24-25
Party Meatballs.....	26-27
Peppered Beef Tenderloin with Peppers and Onions.....	28-29
Philly Cheese Steak Braid.....	30-31
Grilled Turkey Sandwich.....	32-33
Grilled Polish Sausage.....	34-35
Grilled Spice-Rubbed Pork Chops.....	36-37
Spicy Rumaki.....	38-39
Grilled Ham and Cheese.....	40-41
Bacon-Wrapped Pork Tenderloin with Roasted Granny Smith Apples.....	42
<b>Poultry</b>	
Spinach-Stuffed Chicken.....	44-45
Chicken Satay.....	46-47
Grilled Chicken and Pepper Quesadillas.....	48-49
Grilled Chicken Tenders.....	50-51
Grilled Chicken Breast.....	52-53
Parmesan Chicken Tenders.....	54-55

Spatchcock Chicken .....	56-57
Roasted Game Hens with Roasted Carrots and Caraway .....	58-59
Southern Fried Chicken Thighs .....	60
<b>Seafood</b>	
Grilled Swordfish Steak with Charred Lemons .....	62-63
Grilled Bluefin Tuna .....	64-65
Cajun Shrimp .....	66
<b>Vegetables</b>	
Home Fries .....	68-69
Roasted Summer Vegetables .....	70-71
Air-Fried Tortilla Chips .....	72-73
Citrus Green Beans .....	74-75
Pasta Bake .....	76-77
Roasted Tomatoes .....	78-79
Santa Fe Stuffed Bell Peppers .....	80-81
Kale Chips .....	82-83
Twice-Baked Potatoes .....	84-85
Roasted Brussels Sprouts .....	86
<b>Dehydrate</b>	
Dehydrated Vidalia Onions .....	88-89
Dried Roma Tomatoes .....	90-91
Dried Raw Almonds .....	92-93
Dehydrated Baby Banana Chips .....	94
<b>Dessert</b>	
Banana and Nutella® Wontons .....	96-97
Pineapple Crescents .....	98-99
Apple Pie Egg Rolls .....	100-101
Berry Cheesecake Egg Rolls .....	102-103
Apple Pie .....	104-105
<b>100 Presets</b> .....	106-109
<b>Notes</b> .....	110-111
<b>Our Products</b> .....	112-114

## Quick Start Recipe

# Buffalo Chicken Wings

Rack  
Position

3

2

1

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

### Ingredients:

1lb. chicken wings (cut into drumettes and flats and separated, if needed)  
1t canola oil  
Freshly ground black pepper, to taste  
Cooking spray, as needed  
¼c favorite wing sauce

### Directions:



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 use the **START/PAUSE** dial to select Preset 29.



Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **"Ready"**, countdown for 10 seconds and then beep once to give you time to insert your food.



Spray the Air Fry Basket with cooking spray. Place the wings in the Air Fry Basket and slide it into Position 3.



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



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



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

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



## Quick Start Recipe

# Apple-Glazed Pork Tenderloin

Rack  
Position

3

2

1

**Serves:** 4 | **Prep Time:** 30 minutes | **Total Cook Time:** 16-21 minutes

### Ingredients:

- 1 pork tenderloin, 1½lb.
- ¼c apple cider vinegar
- ¼c chicken broth
- Sea salt and freshly ground black pepper, to taste
- 1 onion, chopped
- ½t cinnamon
- ½t brown sugar
- 2T maple syrup
- ½ Granny Smith apple, cored, cut into ½-inch slices

### 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 the bag, ensuring that the tenderloin is completely coated. Seal the bag and place it in the refrigerator to marinate for at least 20 minutes.



Plug the plug-in Grill into the unit in Position 1. Press **Menu** and use the **START/PAUSE** dial to select one of the following Menu Presets:

- Medium Well - 20
- Well - 21



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





While the unit is preheating, remove the pork from the marinade and place it onto the plug-in Grill. Insert the Probe and season the meat with additional salt and pepper. Close the door to begin Stage 1 (450°F to an internal Probe temperature of 80°F Medium Well, 90°F Well).

Once the desired temperature is reached, the unit will beep three times.

Open the door and give the pork a 1/3-roll. Close the door to begin Stage 2 (450°F to an internal Probe temperature of 105°F Medium Well, 115°F Well). Once the desired temperature is reached, the unit will beep three times.

Open the door and give the pork a 1/3-roll. Close the door to begin Stage 3 (450°F to the desired internal Probe temperature of 135°F Medium Well, 155°F Well).

Once the desired temperature is reached, the unit will double beep 3 times. Remove the pork tenderloin to a plate, leaving the Probe in to monitor carryover cooking to:

- Medium Well - 145°F
- Well - 165°F

When the carryover target temperature is reached, the unit will beep three times and display **“End”**.

Place the remaining ingredients, including the apples, into a saucepan and simmer on medium heat for 4-5 minutes. Cut the tenderloin into 1/2-inch-thick slices and top them with the cooked apples and sauce.

## Quick Start Recipe

# Lemon-Thyme Chicken

Rack  
Position

3

2

1

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

### Ingredients:

1 chicken, whole, skin on, 5 lbs.  
1 lemon  
4 sprigs fresh thyme  
2T extra-virgin olive oil  
Sea salt and freshly ground black pepper, to taste

### Directions:



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



Pat dry the chicken with paper towels. Tie up (truss) the chicken with kitchen twine. 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 **START/PAUSE** dial to select Menu Preset 28.



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

Position the chicken in the Air Fry Basket, place it into the unit in Position 1, and insert the Probe. Place the Baking and Drip Pan in the bottom of the unit. Close the door to begin Stage 1 (350°F to an internal Probe temperature of 80°F), after which the unit will beep once and move onto Stage 2 (325°F to an internal Probe temperature of 155°F), after which the unit will double beep 3 times.

Remove the chicken from the unit and tent it with foil, leaving the Probe in to monitor carryover cooking to 165°F. When the temperature reaches that, the unit will beep three times and display **“End”**.

Carve and serve!

## Quick Start Recipe

# Grilled Atlantic Salmon

Rack  
Position

3

2

1

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

### Ingredients:

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

### Directions:



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



Place the plug-in Grill into the unit in Position 1. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 61.



Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display "**Ready**", countdown for 10 seconds and then beep once to give you time to insert your food.



While the unit is preheating, season the salmon fillets with salt and pepper.



Once preheating has finished, insert the Probe into one of the salmon filets and place them onto the hot plug-in Grill.



Close the door to begin Stage 1 (450°F to an internal Probe temperature of 80°F). The unit will then beep three times. Open the door, flip your salmon and close the door again to allow the unit to move on to Stage 2 (450°F to an internal Probe temperature of 110°F), after which the unit will double beep three times.



Open the door and remove the salmon filets, leaving the Probe in to monitor carryover cooking to 130°F. When the carryover target temperature is reached, the unit will beep three times and display “**End**”.



Plate the salmon filets and enjoy!

**Note:** Removing the food when the Probe reads 20 degrees less than the final internal Probe temperature and allowing it to rest will bring internal temperature up to the desired doneness. This is called *Carryover Cooking*.

## Quick Start Recipe

# Roasted Root Vegetables

Rack  
Position

3

2

1

**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  
4 celery roots, peeled, cut into chunks  
1T vegetable oil  
1t ground cumin seeds  
1t ground coriander  
1t garlic powder  
Sea Salt and freshly ground black pepper, to taste

### Directions:



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 **START/PAUSE** dial to select Menu Preset 47.



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



Open the door and place the vegetables and squash in the Air Fry Basket, then slide it into Position 3. Close the door to begin cooking at 330°F for 35 minutes, after which the unit will beep three times and display **“End”**.



Plate the vegetables and enjoy!





# Meats

# Prime Rib

Rack  
Position

3

2

1

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

## Ingredients:

1 rib roast, 3lb. to 4lb.

2T extra-virgin olive oil

Sea salt and freshly ground black pepper, to taste

## Directions:

1. Press **Menu** and use the **START/PAUSE** dial to select one of the following Menu Presets:
  - Rare - 1
  - Medium Rare - 2
  - Medium - 3
  - Medium Well - 4
  - Well - 5
2. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
3. Season the rib roast with oil, salt and black pepper. Once preheated, place the prime rib directly in the Air Fry Basket. Slide it into Position 1 and insert the Probe into the prime rib.
4. Close the door to start cooking Stage 1 (425°F to an internal Probe temperature of 80°F). The unit will beep once, then move on to Stage 2, which is 325°F to a carryover internal Probe temperature of:
  - Rare - 115°F • Medium Rare - 125°F • Medium - 135°F • Medium Well - 140°F • Well - 155°F
5. After Stage 2, the unit will double beep three times. Open the door and remove the prime rib, leaving the Probe in to monitor carryover cooking to:
  - Rare - 125°F • Medium Rare - 135°F • Medium - 145°F • Medium Well - 150°F • Well - 165°F
6. When the carryover target temperature is reached, the unit will beep three times and display **“End”**. Remove the prime rib, slice and serve.

# Grilled New York Strip Steaks with Fingerling Potatoes and Brussels Sprouts

Rack  
Position

3

2

1

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

## Ingredients:

2T garlic, minced	Sea salt and freshly ground black pepper, to taste
2T fresh rosemary, rough chop	1lb. fingerling potatoes, halved
½c extra-virgin olive oil	¾lb. Brussels sprouts, halved
4 boneless New York Strip Steaks, 12 oz. each	¼c extra-virgin olive oil

## Directions:

- Combine the garlic, rosemary, and olive oil in a bowl, and mix well. Rub the steaks with the marinade, and then place them in a large resealable plastic bag with the remaining marinade. Place the bag in the refrigerator to marinate for 2 hours.
- Press **Menu** and use the **START/PAUSE** dial to select one of the following Menu Presets:
  - Rare - 6
  - Medium Rare - 7
  - Medium - 8
  - Medium Well - 9
  - Well - 10
- Place the plug-in Grill into the unit in Position 1. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food. Insert the Probe into one of the steaks and season with salt and pepper and place them onto the hot plug-in Grill.
- Toss the potatoes and Brussels sprouts with olive oil in a bowl to coat, then season with salt and pepper. Place them in the Air Fry Basket in Position 3.
- Close the door to begin Stage 1 (450°F to an internal temperature of 80°F). The unit will beep 3 times, alerting you to flip the steaks and mix the potatoes and Brussels sprouts before it goes on to Stage 2, which is 450°F to an internal Probe temperature of:
  - Rare - 115°F • Medium Rare - 125°F • Medium - 135°F • Medium Well - 140°F • Well - 155°F
- After Stage 2, the unit will double beep 3 times. Open the door and remove the steaks. Tent with foil, leaving in the Probe to monitor carryover cooking.
  - Rare - 125°F • Medium Rare - 135°F • Medium - 145°F • Medium Well - 150°F • Well - 165°F
- When the carryover target temperature is reached, the Brio will beep three times and display **“End”**. Serve with warm potatoes and Brussels sprouts.

**Note:** When, regardless of cooking time, the Brussels sprouts and potatoes are cooked to your satisfaction, remove them to a bowl and keep them warm.

# Cuban Pork Loin with Peppers and Onions

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

**Rack  
Position**

## Ingredients:

1 bone-in pork loin, 3 to 3½lbs.  
4 medium red bell peppers, cored, seeded, and halved  
2 medium white onions, quartered  
1T olive oil  
Sea salt and freshly ground black pepper, to taste

## Marinade:

12 garlic cloves, medium-sized  
⅓c (orange juice, freshly squeezed)  
2T lime juice, freshly squeezed  
2T extra-virgin olive oil  
2T sea salt  
1T freshly ground black pepper

3

2

1

## Directions:

1. Place all ingredients except pork in a blender. Blend until smooth; set aside. Tie the pork loin with butcher's twine. Rub it well with the marinade. Place the pork into a large plastic bag and pour the remaining marinade over it. Place the bag into the refrigerator to marinate the pork for 2 hours.
2. Press **Menu** and use the **START/PAUSE** dial to select one of the following Menu Presets:
  - Medium Well - 11
  - Well - 12
3. Place the plug-in Grill into Position 1. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **"Ready"**, countdown for 10 seconds and then beep once to give you time to insert your food.
4. Close the door and begin Stage 1 (375°F 50% Top heat and 50% Bottom heat to an Internal temperature of 70°F Medium Well and 80°F Well), after which the unit will beep three times. Open the door and give the tenderloin a ⅓ roll.
5. Close the door to begin Stage 2, which is 375°F, 50% Top heat and 50% Bottom heat, to an internal temperature of:
  - Medium Well - 120°F
  - Well - 130°F
6. After Stage 2 has finished, the unit will beep three times. Open the unit and roll the pork another third. In a bowl, place the peppers and onions with olive oil and toss. Season with salt and pepper. Place the vegetables on the plug-in Grill around the pork.
7. Close the unit to begin Stage 3, which is 425°F, 50% Top heat and 50% Bottom heat, to a carryover Internal Probe Temperature of:
  - Medium Well - 135°F
  - Well - 155°F
8. After Stage 3, the unit will double beep 3 times. Open the door and remove the pork. Tent with foil, leaving in the Probe to monitor carryover cooking to:
  - Medium Well - 145°F
  - Well - 165°F
9. When the carryover temperature is reached, the unit will beep three times and display **"End"**.





# Classic Bacon Cheeseburger

Rack  
Position

3

2

1

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

## Ingredients:

1½lbs. ground beef	4 hamburger buns
¼c fresh chopped onions	4 slices cheese
2T Worcestershire sauce	4 slices tomatoes
1 egg	8 slices cooked bacon
Sea salt and freshly ground black pepper, to taste	4 leaves lettuce
	Choice of Spread (optional)

## Directions:

1. Place the ground beef in a mixing bowl. Combine with the chopped onions, Worcestershire sauce, egg, and salt and pepper. Form 4 hamburger patties, 6oz. each.
2. Press **Menu** and use the **START/PAUSE** dial to select one of the following Menu Presets:
  - Rare -13
  - Medium Rare - 14
  - Medium - 15
  - Medium Well - 16
  - Well - 17
3. Place the plug-in Grill into Position 1. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
4. Open the door. Place the patties on the plug-in Grill in Position 1. Insert the Probe and close the door to begin Stage 1 (450°F 30% Top heat, 70% Bottom heat to an internal Probe temperature of 80°F).
5. When the unit beeps three times, open the door and flip the burgers.
6. Close the door to begin Stage 2, which is 450°F to a carryover internal Probe temperature of:
  - Rare - 115°F
  - Medium Rare - 125°F
  - Medium - 135°F
  - Medium Well - 140°F
  - Well - 155°F
7. Once the desired temperature is reached, the unit will double beep 3 times. Remove the patties, leaving in the Probe to monitor carryover cooking to:
  - Rare - 125°F
  - Medium Rare - 135°F
  - Medium - 145°F
  - Medium Well - 150°F
  - Well - 165°F
8. When the carryover target temperature is reached, the unit will beep three times and display **“End”**. Place the hamburger buns on a serving tray. Place one patty on each bun, and then add cheese, tomato slice, bacon, and lettuce on each with your choice of spread.





# Grilled Chimichurri Skirt Steak

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

**Rack  
Position**

3

2

1

## **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  
½c red wine vinegar

## **Steak Ingredients:**

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

## **Directions:**

1. Place all of the sauce ingredients into a 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.
2. Place the plug-in Grill into Position 1. Press Menu and use the **START/PAUSE** dial to select Menu Preset 18 (Well). Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
3. Open the door, season the steak with salt and pepper, and place it on the hot plug-in Grill. Close the door to begin Stage 1, (425°F, 30% Top heat and 70% Bottom heat, for 4 minutes) after which the unit will beep three times.
4. Open the door and flip the steak. Close the door to begin Stage 2 (350°F for 3 minutes) until the steak is Well Done (internal temperature of 165°F), after which the unit 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 the remaining Chimichurri sauce.

## **Note:**

- 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.



# Grilled Filet Mignon

Rack  
Position

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

3

2

1

## Ingredients:

2 filets mignon, 8oz. each  
Cooking spray, as needed  
Sea salt and freshly ground black pepper, to taste

## Directions:

1. Place the plug-in Grill into the unit in Position 1.
2. Press **Menu** and use the **START/PAUSE** dial arrows to select one of the following Menu Presets:
  - Rare - 64
  - Medium Rare - 65
  - Medium - 66
  - Medium Well - 67
  - Well - 68
3. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
4. Open the door and spray the plug-in Grill with cooking spray. Season each filet with salt and pepper and place them on the hot plug-in Grill.
5. Insert the Probe into one of the filets and close the door to begin cooking Stage 1 (450°F to an internal Probe temperature of 80°F).
6. The unit will beep 3 times, alerting you to flip the filets before it moves on to Stage 2, which is 450°F to the desired internal Probe temperature of:
  - Rare - 115°F
  - Medium Rare - 125°F
  - Medium - 135°F
  - Medium Well - 140°F
  - Well - 155°F
7. After Stage 2, the unit will beep twice. Open the door and remove the filets, leaving in the Probe to monitor carryover cooking:
  - Rare - 125°F
  - Medium Rare - 135°F
  - Medium - 145°F
  - Medium Well - 150°F
  - Well - 165°F
8. When the carryover target temperature is reached, the unit will beep three times and display **“End”**.



# Party Meatballs

Rack  
Position

3

2

1

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

## Ingredients:

¾c tomato ketchup  
1T Tabasco® sauce  
2t Worcestershire sauce  
¼c vinegar  
1T lemon juice  
½c brown sugar  
½t dry mustard  
3 gingersnaps, crushed  
1lb. ground beef

## Directions:

1. Combine all of the seasonings in a large mixing bowl. Add the beef to the bowl and mix well. Form the beef mixture into 8 meatballs, 2oz. each.
2. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 23. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
3. Open the door and place the meatballs in the Air Fry Basket, making sure to not overcrowd them. Slide it into Position 2 and close the door to begin cooking at 400°F for 15 minutes. When finished, the unit will beep three times and display **“End”**.
4. Using a handheld meat thermometer, check to see that an internal temperature of 155°F has been reached.





# Peppered Beef Tenderloin with Peppers and Onions

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

Rack  
Position

3

2

1

## Ingredients:

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

## Directions:

1. In a bowl, toss the beef, oil, onions, bell peppers, chili flakes (optional), salt, and black pepper.
2. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 24.
3. Plug the plug-in Grill into the unit in Position 1.
4. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once. Open the door and place the beef cubes, peppers, and onions on the hot plug-in Grill.
5. Close the door to begin Stage 1 (450°F 30% Top heat and 70% Bottom heat for 4 minutes), after which the unit will beep three times to alert you to stir the ingredients before the unit moves on to Stage 2 (425°F 30% Top heat and 70% Bottom heat for 5 minutes). When finished, the unit will beep three times and display **“End”**.
6. Place the beef and vegetables in the bowl, toss to marry the flavors, and serve.





# Philly Cheese Steak Braid

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

**Rack  
Position**

3

2

1

## Ingredients:

1T olive oil

1lb. skirt steak, thinly sliced

½ onion, thinly sliced

½ green pepper, seeded, membrane removed, and thinly sliced

Pinch flour

1 tube crescent roll dough, 8oz.

½c mozzarella cheese, shredded

Cooking spray, as needed

2T melted butter

## Directions:

1. Add olive oil to a frying pan and sauté the sliced steak over a 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, shaping the dough into one large rectangle that will fit into the Air Fry Basket.
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 on the long side of 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 Air Fry Basket with cooking spray. Place the braid in the Air Fry Basket.
8. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 25. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
9. Open the door. Brush the braid with melted butter and slide the Air Fry Basket into Position 2. Close the unit to begin cooking Stage 1 (375°F for 10 minutes), after which the unit will beep three times, alerting you to brush the braid again before the unit moves on to Stage 2 (400°F for 3 minutes). When finished, the unit 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.



# Grilled Turkey Sandwich

Rack  
Position

3

2

1

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

## Ingredients:

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

## Directions:

1. Place the plug-in Grill into Position 1.
2. Spread the mayonnaise on one slice of bread, then add 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 **START/PAUSE** dial to select Menu Preset 60. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
4. Open the door and spray the plug-in Grill with cooking spray. Place the sandwich onto the hot plug-in Grill.
5. Close the door to begin cooking Stage 1 (350°F for 2 minutes), after which the unit will beep three times to alert you to flip the sandwich over and cook Stage 2 (350°F for 3 minutes), after which unit will beep 3 times and display **“End”**.





# Grilled Polish Sausage

Rack  
Position

3

2

1

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

## Ingredients:

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

## Directions:

1. Place the plug-in Grill into the unit in Position 1.
2. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 69. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
3. Open the unit, spray the plug-in Grill with cooking spray, and place the sausage on the hot plug-in Grill. Insert the Probe.
4. Close the door to begin Stage 1 (425°F to an internal Probe temperature of 80°F). When the Probe reaches an internal temperature of 80°F, the unit will beep 3 times, alerting you to flip the sausage. It will then move on to Stage 2 (375°F to an internal Probe temperature of 150°F), after which the unit will double beep three times.
5. Open the door and remove the sausage, leaving in the Probe to monitor carryover cooking to 160°F. When the carryover target temperature is reached, the unit will beep three times and display **“End”**.







# Grilled Spice-Rubbed Pork Chops

Rack  
Position

3

2

1

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

## Ingredients:

2 pork chops, 8oz. each

## Spice Rub Mixture:

2T Sea salt

½c brown sugar

1T smoke paprika

1T dark chili powder

½T freshly ground black pepper

Cooking spray, as needed

## Directions:

1. Place the plug-in Grill into the unit in Position 1.
2. Press **Menu** and use the **START/PAUSE** dial arrows to select Menu Preset:
  - Medium Well - 70
  - Well - 71
3. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
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 door. Spray the plug-in Grill with cooking spray and place the chops on the hot plug-in Grill. Insert the Probe into one of the chops.
6. Close the door to begin Stage 1 (450°F to an internal Probe temperature of 80°F).
7. The unit will then beep 3 times, alerting you to flip the chops, and then move on to Stage 2, which is 450°F to the desired internal Probe temperature of:
  - Medium Well - 135°F
  - Well - 155°F
8. After Stage 2, the unit 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 unit will beep three times and display **“End”**.



# Spicy Rumaki

Rack  
Position

3

2

1

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

## Ingredients:

½lb. chicken livers, cleaned and rinsed, each cut into ½-inch cubes  
3T soy sauce  
2t fresh ginger, minced  
2 cloves garlic, minced  
1lb. bacon slices, each cut into thirds  
4T maple syrup  
2T red pepper flakes  
1 can whole water chestnuts, quartered, 5oz.  
1 jalapeño pepper, thinly sliced  
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. Press **Menu** and select Menu Preset 19. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
6. Open the door. Place the Rumaki, seam-side down, in the Air Fry Basket and slide it back into Position 2. Brush with more maple syrup. Close the door.
7. Start cooking Stage 1 (360°F for 6 minutes), after which the unit will beep once and begin cooking Stage 2 (400°F for 6 minutes). When it is finished, the unit will beep three times and display **“End”**.
8. Serve with sweet chili sauce (optional).

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





# Grilled Ham and Cheese

Rack  
Position

3

2

1

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

## Ingredients:

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

## Directions:

1. Plug the plug-in Grill, griddle-side up, into the unit in Position 1.
2. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 22. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
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 door and spray the plug-in Grill with cooking spray. Then place the sandwich on the plug-in Grill and close the door to begin cooking at Stage 1 (350°F for 2 minutes).
5. The unit will beep three times. Open the unit and flip your sandwich. Close the door to resume cooking with Stage 2 (350°F for 3 minutes).
6. When finished, the unit will beep three times and display **“End”**, 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.



# Bacon-Wrapped Pork Tenderloin with Roasted Granny Smith Apples

Rack  
Position

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

3

2

1

## Ingredients:

6oz. thick-sliced applewood smoked  
bacon  
1 pork tenderloin, 16oz.  
16oz. Yukon Gold potatoes, quartered

1 medium onion, small dice  
2 Granny Smith apples, cored, quartered, skin left on  
Sea salt and freshly ground black pepper, to taste  
2T extra-virgin olive oil

## Directions:

1. 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 **START/PAUSE** dial to select one of the following Menu Presets:
  - Medium Well - 26 • Well - 27
3. Place the plug-in Grill into the unit in Position 1.
4. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food. Open the unit and insert the Probe into the pork and place the pork on the hot plug-in Grill.
5. Close the door to begin Stage 1 (375°F 50% Top heat and 50% Bottom heat to an Internal Probe temperature of 70°F Medium Well, 80°F Well), after which the unit will beep three times.
6. Open the unit, roll the pork over, and place the vegetables onto the hot plug-in Grill around the pork. Close the door to begin Stage 2, which is 375°F 50% Top heat and 50% Bottom heat to an internal Probe temperature of:
  - Medium Well - 105°F • Well - 115°F
7. The unit will beep 3 times. Open the door, roll the pork and vegetables over and continue to cook with Stage 3, which is 375°F 50% Top heat and 50% Bottom heat to an internal probe temperature of:
  - Medium Well - 135°F • Well - 155°F
8. Open the door and remove the pork, Tent with foil, leaving in the Probe to monitor carryover cooking:
  - Medium Well - 145°F • Well - 165°F
9. When the carryover target temperature is reached, the unit will beep three times and display **“End”**. Serve with warm vegetables.

# Poultry





# Spinach-Stuffed Chicken

Rack  
Position

3

2

1

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

## Ingredients:

2 boneless, skinless chicken breasts, 8oz. each	1/4c chopped yellow pepper (optional)
1c breadcrumbs	1/4c chopped onions
1T butter, melted	1T sea salt
1T olive oil	1T black pepper
1/4c chopped red pepper (optional)	2c fresh spinach
	1/2c mozzarella cheese, shredded
	Toothpicks, as needed

## 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 over a Medium heat for 3–5 minutes.
4. Add the spinach to the frying pan and continue to cook until the spinach is wilted.
5. Add the breadcrumb mixture and cheese to the frying pan and combine them with the sautéed spinach mixture.
6. Stuff the spinach mixture into the prepared chicken pockets and secure them with toothpicks.
7. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 30. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
8. Insert the Probe into one of the chicken breasts. Open the door and spray the Air Fry Basket thoroughly with cooking spray. Place the breasts in the Air Fry Basket and spray them generously with cooking spray as well.
9. Slide the Air Fry Basket into Position 2 and close the door.
10. Start cooking Stage 1 (400°F to an internal Probe temperature of 60°F), after which the unit will beep three times. Open the unit and flip the chicken.
11. Close the door to begin Stage 2 (360°F to an internal Probe temperature of 155°F), after which the unit will double beep three times. Open the door, remove the chicken, and tent it with foil until it reaches an internal Probe temperature of 165°F. When finished, the unit will beep three times and display **“End”**.

**Tip:** If chicken begins to brown too quickly, cover it with foil.







# Chicken Satay

Rack  
Position

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

3

2

1

## Ingredients:

½c soy sauce

½c pineapple juice

¼c sesame oil

4 garlic cloves, chopped fine

4 scallions, chopped

1T grated ginger

2t toasted sesame seeds

1 pinch black pepper

1lb. boneless chicken tenders

Metal or wooden skewers

Cooking spray, as needed

## Directions:

1. In a large mixing bowl, combine all the ingredients except the chicken.
2. Place the chicken onto wooden or metal skewers.
3. 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 **START/PAUSE dial** to select Menu Preset 31. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
6. Open the door and thoroughly spray the Air Fry Basket with cooking spray. Place the skewered chicken in the Air Fry Basket and spray the meat generously with cooking spray as well. Slide the Air Fry Basket into Position 2.
7. Close the door to begin cooking at 400°F for 7 minutes, after which the unit will beep three times and display **“End”**.
8. When done, using a handheld meat thermometer, check to see that the internal temperature of the chicken has reached 165°F.

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



# Grilled Chicken and Pepper Quesadillas

Rack  
Position

3

2

1

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

## Ingredients:

2 flour tortillas  
2oz. shredded mozzarella or Chihuahua cheese, divided  
1oz. bell pepper, cooked and diced  
½oz. cilantro, chopped  
½oz. diced jalapeno pepper, seeds removed  
1½oz. chicken, cooked, diced  
Sea salt and freshly ground black pepper, to taste  
Cooking spray, as needed

## Directions:

1. Plug the plug-in Grill into the unit in Position 1.
2. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 59. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display “**Ready**”, countdown for 10 seconds and then beep once to give you time to insert your food.
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 toppings on the tortilla with cooking spray.
5. Once preheated, open the door and spray the plug-in Grill with cooking spray. Place the quesadilla on the hot plug-in Grill and close door.
6. Close the door to begin cooking at 450°F, 50% Top heat, and 50% Bottom heat for 2 minutes, after which the unit will beep three times. Open the door and pull out the plug-in Grill, fold over the tortillas and spray them with cooking spray. Slide the plug-in Grill back into Position 1.
7. Close the door to resume cooking for 1 more minute, after which the unit will beep three times and display “**End**”.
8. When done, remove the quesadillas and enjoy.



# Grilled Chicken Tenders

Rack  
Position

3

2

1

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

## Ingredients:

1lb. boneless chicken tenders  
½c soy sauce  
½c pineapple juice  
¼c sesame oil  
4 garlic cloves, chopped fine  
4 scallions, chopped

1T grated ginger  
2t toasted sesame seeds  
1 pinch freshly ground black pepper  
1 pinch garlic powder  
Dried basil, to taste  
Dried minced onion, to taste  
Caesar dressing (optional)

## Directions:

1. Toss the chicken tenders with all of the other ingredients, except for the Caesar dressing, in a bowl.
2. Place the plug-in Grill into the unit in Position 1. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 32. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
3. Open the door. Insert the Probe into the largest tender, spray the plug-in Grill thoroughly with cooking spray. Place the tenders onto the hot plug-in Grill, spray them generously with cooking spray, too.
4. Close the door to begin Stage 1, (400°F to an internal Probe temperature of 80°F), after which the unit will beep three times. Open the door and flip the tenders.
5. Close the door to continue cooking with Stage 2 (360°F to an internal Probe temperature of 165°F). After this, the unit will beep three times and display **“End”**.
6. Serve with creamy Caesar dressing.





# Grilled Chicken Breast

Rack  
Position

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

3

2

1

## Ingredients:

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

## Directions:

1. Place the plug-in Grill into the unit in Position 1.
2. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 63. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display “**Ready**”, countdown for 10 seconds and then beep once to give you time to insert your food.
3. Open the door. Insert the Probe into one of the chicken breasts and season them with salt and pepper. Spray the plug-in Grill with cooking spray and place the chicken breasts on the hot plug-in Grill.
4. Close the door to begin Stage 1 (450°F, to an internal Probe temperature of 80°F).
5. The unit will beep 3 times to alert you to turn over the chicken, then it will move on to Stage 2 (450°F to an internal Probe temperature of 155°F), after which the unit will emit three double beeps.
6. Open the 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 unit will beep three times and display “**End**”.



# Parmesan Chicken Tenders

Rack  
Position

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

## Ingredients:

¼c all-purpose flour	1lb. chicken tenders
2 large eggs	1T Italian seasoning
½c finely shredded Parmesan cheese	1t garlic powder
1c coarse dry breadcrumbs	¼t sea salt
	Cooking spray, as needed

## Directions:

1. Place the flour in a shallow dish.
2. Lightly beat the eggs in a second 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 **START/PAUSE** dial to select Preset 33. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display “**Ready**”, countdown for 10 seconds and then beep once to give you time to insert your food.
9. Insert the Probe into one of the largest chicken tenders.
10. Open the door and thoroughly spray the Air Fry Basket with cooking spray. Arrange the chicken tenders in a single layer so they are not touching. Generously spray the tenders with cooking spray as well, so that no dry spots are visible. Slide the Air Fry Basket it into Position 2.
11. Close the door to begin Stage 1 (400°F to an internal Probe temperature of 60°F), after which the unit will beep three times. Open the unit door and flip the chicken.
12. Close to door to begin Stage 2 (375°F to an internal Probe temperature of 145°F), after which the unit will beep once and move on to Stage 3 (400°F to an internal Probe temperature of 155°F), after which you will open the door and remove the chicken, leaving the Probe in to monitor carryover cooking until the chicken reaches 165°F. When finished, the unit will beep three times and display “**End**”.

3

2

1





# Spatchcock Chicken

Rack  
Position

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

3

2

1

## Butter Paste Ingredients:

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

## Directions:

1. Season the chicken with salt and pepper.
2. Plug the plug-in Grill into the unit in Position 1.
3. Press Menu and use the **START/PAUSE** dial to select Menu Preset 34. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once.
4. Open the door and place the chicken on the plug-in Grill, breast-side up. Insert the Probe into thickest part of breast.
5. Close the door to begin Stage 1 (400°F Top heat 50% and Bottom heat 50% to an internal Probe temperature of 80°F). Once the Probe target temperature is reached, the unit will beep three times. Open the unit and flip the chicken.
6. Close the door to begin Stage 2 (325°F Top heat 50% and Bottom heat 50% to an internal Probe temperature of 155°F), after which the unit will double beep three times.
7. Open the door and remove the chicken, leaving the Probe in to monitor carryover cooking. When the carryover target temperature of 165°F is reached, the unit will beep three times and display **“End”**.
8. Carve and serve.





# Roasted Game Hens with Roasted Carrots and Caraway

Rack  
Position

3

2

1

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

## Ingredients:

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

## Directions:

1. In a bowl, toss the carrots in oil, caraway seeds, white wine and sea salt. Place the carrots on the plug-in Grill.
2. Season the hens with olive oil, salt and pepper, and stuff each cavity with garlic and thyme. Insert the Probe into one of the hens and place them on the plug-in Grill.
3. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 35. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
4. Open the unit and plug the plug-in Grill in Position 1. Close the door to begin Stage 1, (350°F 50% Top heat and 50% Bottom heat to an internal Probe temperature of 110°F), after which the unit will beep and move on to Stage 2 (400°F 70% Top heat and 30% Bottom heat to an internal Probe temperature of 140°F), after which the unit will beep three times.
5. Open the unit and turn the hens. Remove the carrots, reserving and keeping them warm.
6. Close the unit to begin Stage 3 (450°F 70% Top heat and 30% Bottom heat to an internal Probe temperature of 155°F), after which the unit will double beep 3 times. Open the door and remove the hens. Tent them with foil, leaving in the Probe to monitor carryover cooking to 165°F.
7. When the carryover target temperature is reached, the unit will beep three times and display **“End”**. Carve and serve with carrots.



# Southern Fried Chicken Thighs

Rack  
Position

3

2

1

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

## Ingredients:

6-8 chicken thighs, bone-in, skin on	1t sea salt
1c buttermilk	1t onion powder
2c flour	1t cumin
1T garlic powder	½t cayenne pepper
1T freshly ground black pepper	½t dried oregano
1T paprika	Cooking spray, as needed
	Corn on the cob (optional)

## Directions:

1. Seal the chicken thighs and buttermilk in a resealable plastic bag and place it in the refrigerator for at least 2-3 hours.
2. Combine the flour and all the spices in a large bowl.
3. Remove the chicken from the bag, reserving the buttermilk in another large bowl.
4. Dredge the chicken in the seasoned flour. Then, dip it back into the buttermilk, and dredge once again through the seasoned flour. Repeat for each piece.
5. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 36. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
6. Open the door and spray the Air Fry Basket with cooking spray. Insert the Probe into one of the chicken thighs and place them in the Air Fry Basket with the serving presentation side down. Spray the chicken generously with cooking spray and slide the Air Fry Basket into Position 2.
7. Close the door to begin Stage 1 (400°F to an internal Probe temperature of 90°F), after which the unit will beep twice. Open the unit and flip the chicken.
8. Close the door to begin Stage 2 (375°F to an internal Probe temperature of 165°F), after which the unit will beep three times and display **“End”**.
9. When ready, serve with corn on the cob and enjoy.

**Seafood**





# Grilled Swordfish Steak with Charred Lemons

Rack  
Position

3

2

1

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

## Ingredients:

- 2 swordfish steaks, each at least  $\frac{3}{4}$ -inch thick
- 2t extra-virgin olive oil
- Sea salt and freshly ground white pepper, to taste
- 1 lemon, sliced into 8 thin slices

## Directions:

1. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 37. Plug the plug-in Grill into the unit in Position 1. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
2. Open the unit. Brush the swordfish steaks with olive oil and season with salt and pepper. Insert the Probe into one of the swordfish steaks. Place the swordfish onto the hot plug-in Grill. Close the unit to begin Stage 1 (450°F to an internal Probe temperature of 80°F), after which the unit will beep 3 times.
3. Open the door. Flip the swordfish and place the lemon slices on the hot plug-in Grill. Close the unit.
4. Begin Stage 2 (450°F 70% Top heat and 30% Bottom heat to an internal Probe temperature of 130°F).
5. The unit will double beep 3 times. Open the unit door and remove the lemons and place them on top of the swordfish. Tent the fish with foil, leaving in the Probe to monitor carryover cooking to 145°F.
6. When the carryover target temperature is reached, the unit will beep three times and display **“End”**.
7. Serve and enjoy.

**Note:** Removing food when the Probe reads 15 degrees less than the target internal temperature and allowing it to rest will bring internal temperature up to desired doneness. This is *Carryover Cooking*.





# Grilled Bluefin Tuna

Rack  
Position

3

2

1

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

## Ingredients:

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

## Directions:

1. Place the plug-in Grill into the unit in Position 1.
2. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 62. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
3. Open the door. Insert the Probe into one of the tuna steaks and season them with salt and pepper. Spray the plug-in Grill with cooking spray and then place the tuna steaks on the hot plug-in Grill.
4. Close the door to begin Stage 1 (450°F to an internal Probe temperature of 80°F).
5. The unit will beep 3 times to alert you to turn over the tuna, then it will move on to Stage 2 (450°F to an internal Probe temperature of 110°F), after which the unit will emit 3 double beeps.
6. Open the door and remove the tuna steaks, leaving in the Probe to monitor carryover cooking to 130°F. When the carryover target temperature is reached, the unit will beep three times and display **“End”**.

# Cajun Shrimp

Rack  
Position

3

2

1

**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

## Directions:

1. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 38. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
2. Once preheated, place the shrimp in the Air Fry Basket and then slide it into Position 2.
3. Close the door to begin cooking at 360°F for 3 minutes, at which point the unit will beep three times. Open the door and flip the shrimp. Close the door to continue cooking at 360°F for an additional 3 minutes. When finished, the unit will beep three times and display **“End”**.
4. Using a hand-held thermometer, check to see that the internal temperature of the shrimp has reached 145°F. Serve and enjoy.

# ***Vegetables***







# Home Fries

Rack  
Position

3

2

1

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

## Ingredients:

6 medium russet potatoes

Salted water, as needed

2T oil

½T garlic powder

1½t paprika

½t freshly ground black pepper

½t sea salt

## Directions:

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 **START/PAUSE** dial to select Menu Preset 39. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
5. Once preheated, place the potato wedges in the Air Fry Basket, skin side down. Do not overcrowd. Slide the Air Fry Basket into Position 3 and close the door.
6. The unit will cook at 390°F for 7 minutes, at which point it will beep three times. Open the door and flip the potato wedges to ensure even cooking. Close the door to continue cooking at 390°F for an additional 7 minutes, or until they are golden brown. When finished, the unit will beep three times and display **“End”**.
7. Serve and enjoy.



# Roasted Summer Vegetables

Rack  
Position

3

2

1

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

## Ingredients:

1 small heirloom zucchini, sliced ¼-inch, lengthwise  
1 small heirloom eggplant, sliced ¼-inch, lengthwise  
1 organic yellow pepper, quartered, seeds removed  
1 organic red pepper, quartered, seeds removed  
1 red onion, quartered  
¼c extra-virgin olive oil  
4 sprigs fresh rosemary  
Sea salt and freshly ground black pepper, to taste  
Balsamic vinegar glaze (bottle), as needed

## Directions:

1. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 40. Place the plug-in Grill into the unit in Position 1. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
2. While the unit is preheating, in a bowl, mix the vegetables, rosemary, olive oil, salt and pepper.
3. Open the door and arrange the vegetables on the hot plug-in Grill. Close the door to begin Stage 1 (450°F for 5 minutes). The unit will then beep 3 times.
4. Open the unit and flip the vegetables. Close the door so the unit will move on to Stage 2 (450°F for 5 minutes, or until the vegetables are slightly soft and lightly charred). When finished, the unit will beep three times and display **“End”**.
5. Remove the vegetables from the plug-in Grill and place them on a serving platter. Drizzle with balsamic glaze and then serve and enjoy.

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





# Air-Fried Tortilla Chips

Rack  
Position

3

2

1

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

## Ingredients:

8 corn tortillas  
1t olive oil  
Sea salt, to taste

## Directions:

1. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 41. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display “**Ready**”, countdown for 10 seconds and then beep once to give you time to insert your food.
2. Brush the tortillas with olive oil, then cut them into triangles.
3. Open the door and place the tortilla triangles in the Air Fry Basket and slide it into Position 3.
4. Close the door to begin cooking at 425°F for 3 minutes, after which the unit will beep three times and display “**End**”.
5. When done, remove the tortilla triangles from the unit, season with salt, and enjoy.

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



# Citrus Green Beans

Rack  
Position

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

3

2

1

## Ingredients:

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

## Directions:

1. Toss the green beans in a bowl with olive oil, salt and pepper.
2. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 42. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
3. Open the door and place the green beans in the Air Fry Basket. Slide it into Position 3.
4. Close the door to begin cooking at 425°F for 10 minutes, after which the unit will beep three times and display **“End”**.
5. When done, squeeze lemon juice onto the green beans.
6. Serve and enjoy.





# Pasta Bake

Rack  
Position

3

2

1

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

## Ingredients:

5 slices chopped Canadian bacon	1c shredded sharp cheese
1c chopped broccoli	1c shredded mozzarella cheese
½ box cooked penne pasta noodles	1T sea salt
1c heavy whipping cream	1T freshly ground black pepper
¼c milk	1t garlic powder

## Directions:

1. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 43. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display “**Ready**”, countdown for 10 seconds and then beep once to give you time to insert your food.
2. Combine the Canadian bacon and broccoli in a mixing bowl, and then add in the remaining ingredients.
3. Pour the pasta mixture into an oven-safe dish and cover with foil.
4. Open the door and place the oven-safe dish in the Air Fry Basket, then slide it into Position 2.
5. Close the door to begin cooking at 390°F for 10 minutes, after which the unit 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

Rack  
Position

3

2

1

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

## Ingredients:

2 tomatoes

1T extra-virgin olive oil

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, to taste

Cooking spray, as needed

## Directions:

1. Wash the tomatoes and then cut each one in half.
2. Toss the tomato halves with the olive oil and all the seasoning, making sure that each tomato half is coated.
3. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 44. Press **START/PAUSE** to begin preheating to 390°F. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
4. Open the door and place the seasoned tomato halves in the Air Fry Basket. Slide it into Position 2.
5. Close the door to begin cooking at 390°F for 20 minutes, after which the unit will beep three times and display **“End”**.





# Santa Fe Stuffed Bell Peppers

Rack  
Position

3

2

1

Serves: 4 | Prep Time: 15 minutes | Total Cook Time: 20 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  
Sea salt and freshly ground black pepper, to taste

## Directions:

1. Boil water in a stock pot. While waiting for the water to boil, slice off the top 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 the frying pan and set it aside.
4. Add the 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, then fill each pepper with the beef mixture.
5. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 45. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
6. Open the door and place the filled peppers in the Air Fry Basket and slide it into Position 2. Insert the Probe into the side of one side of the peppers so that the Probe tip is in the center of the beef mixture.
7. Close the door to begin Stage 1 (360°F to an internal Probe temperature of 145°F).
8. The unit will beep once, and then move on to Stage 2 (425°F to an internal Probe temperature of 165°F). When finished, the unit will beep three times and display **“End”**.
9. Once cooked, transfer the peppers to a serving plate and cap them with the reserved pepper tops.



# Kale Chips

Rack  
Position

3

2

1

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

## Ingredients:

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

## Directions:

1. Wash the kale pieces and dry them thoroughly.
2. Remove the center stems from each piece of kale and cut the leaves into 1½-inch pieces.
3. Toss the kale with the olive oil and soy sauce.
4. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 46. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display “**Ready**”, countdown for 10 seconds and then beep once to give you time to insert your food.
5. Open the door and arrange the kale leaves in the Air Fry Basket, then slide it into Position 3.
6. Close the door to begin cooking at 390°F for 2 minutes, after which the unit will beep three times, Open the door and flip the kale.
7. Close the door to resume cooking at 390°F for an additional 2 minutes. When finished, the unit will beep three times and display “**End**”.





# Twice-Baked Potatoes

Rack  
Position

3

2

1

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

## Ingredients:

2 russet potatoes	1T freshly ground black pepper
1½c sour cream, plus extra (for garnish)	1T butter
½c chopped broccoli	¾c milk
5 slices chopped bacon, cooked	¾c sharp cheddar cheese, shredded
1T sea salt	2T chopped chives (for garnish)

## Directions:

1. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 48. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to place your food into the unit and start Stage 1 (390°F for 40 minutes). Place the potatoes in the Air Fry Basket and slide it into Position 1.
2. While the potatoes are baking, combine the sour cream, broccoli, bacon, salt, pepper, butter, and milk in a medium bowl and set aside.
3. The unit will beep 3 times, Open the door, remove the fully baked potatoes and let them cool. While the potatoes are cooling, close the door and the unit will move to Stage 2 (140°F for 30 minutes) to keep the unit warm.
4. 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, then put the potato mixture back into the skins and sprinkle them with cheddar cheese.
5. When the unit beeps three times to begin Stage 3 (350°F for 8 minutes), open the door and return the potatoes to the Air Fry Basket and slide it into Position 1.
6. Close the door to begin Stage 3. When finished, the unit will beep three times and display **“End”**.
7. Transfer the potatoes to a serving tray and top them with sour cream and chives.

# Roasted Brussels Sprouts

Rack  
Position

3

2

1

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

## Ingredients:

- 1lb. fresh Brussels sprouts
- ½t sea salt
- ½t freshly ground black pepper
- ½t garlic powder
- 2t olive oil

## Directions:

1. 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 **START/PAUSE** dial to select Menu Preset 49. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display “**Ready**”, countdown for 10 seconds and then beep once to give you time to insert your food.
6. Open the door and put the Brussels sprouts in the Air Fry Basket and slide it into Position 2.
7. Close the door to begin Stage 1 (390°F for 9 minutes). The unit will beep three times to prompt you to open the door.
8. With a pair of tongs, stir the Brussels sprouts to ensure even cooking. Close the door to continue cooking for 2 minutes. When finished, the unit 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.

**Dehydrate** 







# Dehydrated Vidalia Onions

Rack  
Position

3

2

1

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

## Ingredients:

2 Vidalia onions, each sliced into  $\frac{1}{8}$ -inch-thick rings

## Directions:

1. Separate each onion ring.
2. Place the onion rings onto both the Air Fry Basket and Wire Rack and slide them into positions 2 and 3.
3. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 50. Press **START/PAUSE** to begin dehydrating the onions at 120°F for 10 hours, until crisp.
4. After 10 hours the unit will beep three times and display “**End**”.

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



# Dried Roma Tomatoes

Rack  
Position

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

3

2

1

## Ingredients:

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

## Directions:

1. In a bowl, toss the tomatoes in olive oil and sea salt.
2. Place the tomato halves onto both the Air Fry Basket and Wire Rack and slide them into positions 2 and 3.
3. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 51. Press **START/PAUSE** to begin dehydrating at 145°F for 10 hours, until dry and pliable.
4. After 10 hours the unit will beep three times and display “**End**”.





# Dried Raw Almonds

Rack  
Position

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

3

2

1

## Ingredients:

4c almonds

Warm water, as needed

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 both the Air Fry Basket and Wire Rack.
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 **START/PAUSE** dial to select Menu Preset 52. Press **START/PAUSE** to begin dehydrating at 150°F for 12–24 hours, turning the almonds occasionally.
6. After 24 hours the unit will beep three times and display “**End**”.

**Note:** Most almonds that are available have been pasteurized or otherwise treated. If they are no longer raw, soak the almonds. Check after 12 hours to determine if they need more time.

# Dehydrated Baby Banana Chips

Rack  
Position

3

2

1

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

## Ingredients:

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

## Directions:

1. Place the banana slices onto both the Air Fry Basket and Wire Rack and slide them into positions 2 and 3.
2. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 53. Press **START/PAUSE** to begin dehydrating at 135°F for 8 hours, until the chips are crisp.
3. After 8 hours the unit will beep three times and display “**End**”.

**Dessert**







# Banana and Nutella® Wontons

Rack  
Position

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

3

2

1

## Ingredients:

- 1 egg
- 1t water
- 8t Nutella®
- 8 wonton wrappers
- 1 banana
- Cinnamon sugar or powdered sugar (for garnish)

## Directions:

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.
6. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 54. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
7. Open the door and place the wontons in the Air Fry Basket and slide it into Position 2.
8. Close the door to begin cooking at 350°F for 7 minutes, after which the unit will beep three times and display **“End”**.
9. Once the wontons have sufficiently browned, carefully remove them from the unit and dust them with cinnamon or powdered sugar.



# Pineapple Crescents

Rack  
Position

3

2

1

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

## Ingredients:

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

## Directions:

1. Cut the pineapple into ½-inch (12.5mm)-thick slices then cut these slices in half and remove the core.
2. Dip the pineapple slices in the shredded coconut.
3. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 55. Press **START/PAUSE** to begin preheating. Once preheated, the unit will beep twice, display “**Ready**”, countdown for 10 seconds and then beep once to give you time to insert your food.
4. Open the door and gently place the pineapple slices in the Air Fry Basket and slide it into Position 2.
5. Close the door to begin cooking at 350°F for 10 minutes, after which the unit will beep three times and display “**End**”.

**Note:** While the pineapple cooks, finely dice the mint leaves and stir them into the vanilla yogurt. Serve the pineapple crescents with your yogurt.





# Apple Pie Egg Rolls

Rack  
Position

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

3

2

1

## Ingredients:

8T unsalted butter	Pinch of salt
3 Granny Smith apples, peeled, cored, cut into ¼-inch cubes	2T all-purpose flour
½T vanilla extract	2T lemon juice
½t cinnamon	6 egg roll wrappers
½c sugar	¼ stick butter, melted
	Powdered sugar (optional)
	Cooking Spray, as needed

## Directions:

1. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 56. Press **START/PAUSE** to begin preheating.
2. 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.
3. Reduce the heat to medium-low and continue simmering for an additional 2-3 minutes.
4. Remove the saucepan from the heat and set the apple mixture aside to cool.
5. Lay out the egg roll wrappers on a cutting board in a diamond shape.
6. Brush the melted butter along the edges of each egg roll wrapper.
7. Place about 2T of the apple mixture in the center of each wrapper, leaving about 1 inch of space along the edges.
8. 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.
9. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food. Spray the Air Fry Basket with cooking spray. Place the egg rolls in the Air Fry Basket and slide it into Position 2. Begin cooking at 390°F for 10 minutes, after which the unit will beep three times and display **“End”**.
10. When done, remove the egg rolls from the unit and sprinkle them with powdered sugar (optional).



# Berry Cheesecake Egg Rolls

Rack  
Position

3

2

1

**Serves:** 6 | **Prep Time:** 8 minutes | **Total Cook Time:** 10 minutes

## Ingredients:

4oz. cream cheese, softened  
3T sugar  
2T lemon juice  
½c mixed berries

6 egg roll wrappers  
¼ stick butter, melted  
Cooking Spray, as needed  
Powdered sugar (optional)

## Directions:

1. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 57. Press **START/PAUSE** to begin preheating.
2. Combine the cream cheese, sugar, and lemon juice in a small mixing bowl.
3. Add and lightly mix in the berries and set the mixture aside.
4. Lay out the egg roll wrappers on a cutting board in a diamond shape.
5. Brush melted butter along the edges of each egg roll wrapper.
6. Place about 2T of the berry mixture in 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 sides over and roll the wrapper into a tight cylinder shape.
8. Once preheated, the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food. Spray the Air Fry Basket with cooking spray. Place the egg rolls in the Air Fry Basket and slide it into Position 2. Begin cooking at 390°F for 10 minutes, after which the unit will beep three times and display **“End”**.
9. When done, remove the egg rolls from the unit and sprinkle them with powdered sugar (optional).





# Apple Pie

Rack  
Position

3

2

1

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

## Ingredients:

2 premade 9-inch pie crusts, frozen	2T sugar
2 large apples, cored and chopped	½t vanilla extract
2t lemon juice	1T butter, cut into 6 small cubes
1T ground cinnamon	1 egg, beaten
	1T sugar

## Directions:

1. Defrost the pie crusts according to the package directions.
2. Combine the chopped apple, lemon juice, cinnamon, sugar, and vanilla extract in a small bowl.
3. Pour the apple mixture into one of the prepared pie crusts.
4. Evenly arrange the 6 small cubes of butter over the apple mixture.
5. Top the pie with the other pie crust and pinch the edges closed. Make a few slits in the top of the dough.
6. Spread the beaten egg onto the pie crust and sprinkle on sugar.
7. Press **Menu** and use the **START/PAUSE** dial to select Menu Preset 58. Press **START/PAUSE** to begin preheating, after which the unit will beep twice, display **“Ready”**, countdown for 10 seconds and then beep once to give you time to insert your food.
8. Open the door, place the apple pie on the Wire Rack, and slide it into Position 1.
9. Close the door to begin cooking at 320°F for 30 minutes, after which the unit will beep three times and display **“End”**.

# 100 PRESETS

No.	Presets	Position	Temp.	Time	Probe
1.	Prime Rib - Rare	1	450F	--	125F
2.	Prime Rib - Medium Rare	1	450F	--	135F
3.	Prime Rib - Medium	1	450F	--	145F
4.	Prime Rib - Medium Well	1	450F	--	150F
5.	Prime Rib - Well	1	450F	--	165F
6.	New York Strip - Rare	1	450F	--	125F
7.	New York Strip - Medium Rare	1	450F	--	135F
8.	New York Strip - Medium	1	450F	--	145F
9.	New York Strip - Medium Well	1	450F	--	150F
10.	New York Strip - Well	1	450F	--	165F
11.	Cuban Pork Loin-Medium Well	1	375F	--	145F
12.	Cuban Pork Loin-Well	1	375F	--	165F
13.	Classic Bacon Cheeseburger-Rare	1	450F	--	125F
14.	Classic Bacon Cheeseburger-Medium Rare	1	450F	--	135F
15.	Classic Bacon Cheeseburger-Medium	1	450F	--	145F
16.	Classic Bacon Cheeseburger-Medium Well	1	450F	--	150F
17.	Classic Bacon Cheeseburger-Well	1	450F	--	165F
18.	Grilled Chimichurri Skirt Steak-Well	1	425F	00:07	--
19.	Spicy Rumaki	2	360F	00:12	--
20.	Apple Glazed Pork Tenderloin-Medium Well	1	450F	--	145F
21.	Apple Glazed Pork Tenderloin-Well	1	450F	--	165F
22.	Grilled Ham and Cheese	1	350F	00:05	--
23.	Party Meatballs	2	400F	00:15	--
24.	Peppered Beef Tenderloin with peppers and onions	1	450F	00:09	--
25.	Philly Cheese Steak Braid	2	375F	00:13	--
26.	Bacon Wrapped Pork Tenderloin Medium-Well	1	375F	--	145F
27.	Bacon Wrapped Pork Tenderloin-Well	1	375F	--	165F
28.	Whole Lemon Chicken	1	350F	--	165F
29.	Buffalo Chicken Wings	3	300F	00:20	--
30.	Spinach-Stuffed Chicken	2	400F	--	165F

No.	Presets	Position	Temp.	Time	Probe
31.	Chicken Satay	2	400F	00:07	--
32.	Grilled Chicken Tenders	1	400F	--	165F
33.	Parmesan Chicken Tenders	2	400F	--	165F
34.	Spatchcock Chicken	1	400F	--	165F
35.	Roasted Game Hens with Carrots and Caraway	1	350F	--	165F
36.	Southern Fried Chicken Thighs	2	400F	--	165F
37.	Grilled Swordfish Steak with Charred Lemons	1	450F	--	145F
38.	Cajun Shrimp	2	360F	00:06	--
39.	Home Fries	3	390F	00:14	--
40.	Roasted Summer Vegetables	1	450F	00:10	--
41.	Air Fry Tortillas	3	425F	00:03	--
42.	Citrus Green Beans	3	425F	00:10	--
43.	Pasta Bake	2	390F	00:10	--
44.	Roasted Tomatoes	2	390F	00:20	--
45.	Santa Fe Stuffed Bell Peppers	2	360F	--	165F
46.	Kale Chips	3	390F	00:04	--
47.	Roasted Root Vegetables	3	330F	00:35	--
48.	Twice Baked Potatoes	1	390F	01:18	--
49.	Roasted Brussels Sprouts	2	390F	00:11	--
50.	Dehydrated Vidalia Onions	2 and 3	120F	10:00	--
51.	Dried Roma Tomatoes	2 and 3	145F	10:00	--
52.	Dried Raw Almonds	2 and 3	150F	24:00	--
53.	Dehydrated Baby Banana Chips	2 and 3	135F	08:00	--
54.	Banana and Nutella® Wontons	2	350F	00:07	--
55.	Pineapple Crescent	2	350F	00:10	--
56.	Apple Pie Egg Rolls	2	390F	00:10	--
57.	Berry Cheesecake Egg Rolls	2	390F	00:10	--
58.	Apple Pie	1	320F	00:30	--
59.	Grilled Chicken and Pepper Quesadillas	1	450F	00:03	--
60.	Grilled Turkey Sandwich	1	350F	00:05	--



# 100 PRESETS

No.	Presets	Position	Temp.	Time	Probe
61.	Grilled Atlantic Salmon	1	450F	--	130F
62.	Grilled Bluefin Tuna	1	450F	--	130F
63.	Grilled Chicken Breast	1	450F	--	165F
64.	Grilled Filet Mignon-Rare	1	450F	--	125F
65.	Grilled Filet Mignon Medium-Rare	1	450F	--	135F
66.	Grilled Filet Mignon-Medium	1	450F	--	145F
67.	Grilled Filet Mignon-Medium Well	1	450F	--	150F
68.	Grilled Filet Mignon-Well	1	450F	--	165F
69.	Grilled Polish Sausage	1	425F	--	160F
70.	Grilled Spiced-Rubbed Pork Chops-Medium Well	1	450F	--	145F
71.	Grilled Spiced-Rubbed Pork Chops-Well	1	450F	--	165F
72.	Frozen Pot Pie (Chicken, Turkey OR Beef)	2	350F	--	165F
73.	Frozen Mozzarella Sticks	2	400F	00:04	--
74.	Frozen Onion Rings-Half Bag	2	350F	00:10	--
75.	Frozen Onion Rings-Full Bag	2	350F	00:12	--
76.	Frozen Pork Eggrolls	2	350F	00:14	--
77.	Frozen Butterfly Shrimp - 8oz.	2	390F	00:07	--
78.	Frozen Popcorn Shrimp - 8oz.	2	360F	00:05	--
79.	Frozen Fish Sticks - 8oz.	2	390F	00:11	--
80.	Frozen Chicken Tenders - 8oz.	2	390F	00:14	--
81.	Frozen Chicken Wings - 8oz.	2	300F	00:21	--
82.	Frozen Chicken Breast 2 - 6oz. each	2	390F	00:19	--
83.	Frozen Pizza	1	400F	00:10	--
84.	Pizza Bites - 8oz.	2	390F	00:14	--
85.	Frozen Burrito	3	300F	00:12	--
86.	Frozen Tater Tots - 8oz.	2	390F	00:11	--
87.	Frozen Sweet Potato Tots 8 oz	2	390F	00:11	--
88.	Frozen FAST FOOD Fries - ½ Bag	2	390F	00:14	--
89.	Frozen FAST FOOD Fries ½ Bag extra crispy	2	390F	00:16	--
90.	Frozen FAST FOOD Fries Full Bag	2	390F	00:17	--

No.	Presets	Position	Temp.	Time	Probe
91.	Frozen FAST FOOD Fries-Full Bag extra crispy	2	390F	00:19	--
92.	Frozen Regular Fries-½ Bag Level	2	390F	00:16	--
93.	Frozen Regular Fries-½ Bag extra crispy	2	390F	00:18	--
94.	Frozen Regular Fries-Full Bag	2	390F	00:19	--
95.	Frozen Regular Fries-Full Bag extra crispy	2	390F	00:21	--
96.	Frozen Pancakes Mini	2	375F	00:05	--
97.	Frozen French Toast	2	390F	00:09	--
98.	Frozen Waffle-Level	2	390F	00:05	--
99.	Frozen Pretzels	2	390F	00:04	--
100.	Frozen Churro	2	375F	00:08	--



# NOTES

Food	Cooking Temp.	Internal Temp.	Time



## OUR PRODUCTS

### COOKING APPLIANCES



Primo<sup>®</sup> Combo Grill & Oven  
**Model #:** 20701



Pro-Smart Oven  
**Model #:** 20902  
Color: Stainless Steel



Pro-Smart Oven  
**Model #:** 20901  
Color: Black



Pro-Smart Grill  
**Model #:** 38051



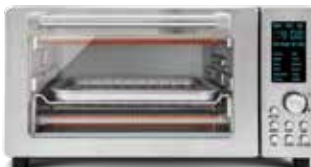
Brio<sup>®</sup> 8 Q Air Fryer  
**Model #:** 37090



Brio<sup>®</sup> 15.5Q Air Fryer  
**Model #:** 38020



Bravo<sup>™</sup> XL Air Fryer & Oven  
**Model #:** 20801



Bravo<sup>™</sup> Toaster Oven & Air Fryer  
**Model #:** 20831



Duet<sup>®</sup> Pressure Cooker  
& Air Fryer Combo  
**Model #:** 33801

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## OUR PRODUCTS



PIC Gold (Induction Cooktop)  
**Model #: 30242**



PIC Flex (Induction Cooktop)  
**Model #: 30532**



PIC Double (Induction Cooktop)  
**Model #: 30602**



PIC Pro Chef (Induction Cooktop)  
**Model #: 30702**



Mosaic®  
Precision Induction Wok  
**Model #: 30802**



Medley® Digital Skillet  
**Model #: 31825**

Infinity Blender®  
High-Performance  
Blender  
**Model #: 28202**



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## OUR PRODUCTS

### AIR PURIFIERS



OxyPure®  
Smart Air Purifier  
**Model #:** 47001



OxyPure®  
Air Purifier  
**Model #:** 47201



E1000  
OxyPure® ZERO™  
Air Purifier  
**Model #:** 47251



OxyPure®  
Air Purifier  
**Model #:** 47301



E500  
OxyPure® ZERO™  
Air Purifier  
**Model #:** 47351



OxyPure HEPA  
Air Purifier  
**Model #:** 47451



OxyPure Portable  
Air Purifier  
**Model #:** 47401

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# There's more!

In addition to the 100 pre-programmed Presets on the unit, and the recipes here in this book, there are over 1,000 chef-approved recipes in the NuWave Cooking Club App!

**The app is available on the Google Play Store or Apple App Store.**



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# TODD ENGLISH

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## PRO-SMART™ GRILL

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120V, 60Hz, 1800 Watts

**Model:** 38051 / 38053 / 38052 / 38054

**For patent information please go to:**

[www.nuwavenow.com/legal/patent](http://www.nuwavenow.com/legal/patent)

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