

nuwave[™]
— LIVE WELL FOR LESS[®] —

Electric Skillet



Owner's Manual & Complete Recipe Book

Table of Contents

Introduction	3	Steak Au Poivre	13
Important Safeguards	4	Stir-Fry Beef and Broccoli	14
Owner's Manual	5-8	Swiss Steak	14
		Cajun Chicken with Pasta	15
		and Peppers	
Recipes	9	Chicken Cacciatore	15
Classic Pancakes	10	Shrimp Stir-Fry	16
Fried Potatoes with Chillies,	10	White Fish with Cream Sauce	16
Cheese and Bacon			
Denver Omelet	11		
Ham and Egg Scramble	11		
Vanilla French Toast	12		
Pork Chops with Spanish Rice	12		
Beef Fajitas	13		
		Contenido	16
		Introducción	17
		Manual Del Usuario	19-23

NuWave™ Products and Accessories

NuWave™ Electric Skillet:

- (31820) NuWave™ Electric Skillet
- (32720) NuWave™ Electric Skillet Base
- (32721) NuWave™ Electric Skillet Lid
- (32722) NuWave™ Electric Skillet Control Knob
- (32800) Complete Cookbook / Manual
- (32801) Registration Card

NuWave™ Flavor Lockers:

(24002) 10pc Flavor Lockers Set

(24003) 11pc Flavor Lockers Set

- (24101) 0.7 qt. Container
- (24102) 1.4 qt. Container
- (24201) 2.1 qt. Container
- (24202) 4.0 qt. Container
- (24205) 1.6 qt. Divided Container
- (24203) 2.1 qt. Tall Container
- (24204) 3.2 qt. Tall Container
- (24106) 1.0 qt. Vacuum Storage Bag
- (24207) 1 gal. Vacuum Storage Bag
- (24227) 2 gal. Vacuum Storage Bag
- (24103) Hand Pump
- (24209) Auto Pump
- (24226) Zip Clips
- (24104) Bottle-Lockers (2)

NuWave™ Ceramic Knives:

(25120) 4pc Ceramic Knife Set

- (25121) 3" Ceramic Knife
- (25122) 5" Ceramic Knife
- (25123) 6.5" Ceramic Knife
- (25124) 8" Ceramic Knife

NuWave™ Cutting Boards:

(31710) Black 3pc set

- (31711) Small Black (9.8" x 7.5")
- (31712) Medium Black (14.0" x 10.")
- (31713) Large Black (18.0" x 12.2")

(31720) Green 3pc set

- (31721) Small Green (9.8" x 7.5")
- (31722) Medium Green (14.0" x 10.")
- (31723) Large Green (18.0" x 12.2")

NuWave™ Utensil Set:

(31701) 4pc Box Set

(31702) 5pc Box Set

To order parts and accessories, call customer service at:
1-877-689-2838, Monday-Friday, 8:00 AM – 4:30 PM CST.
You may also order online at: www.NuWaveNow.com.

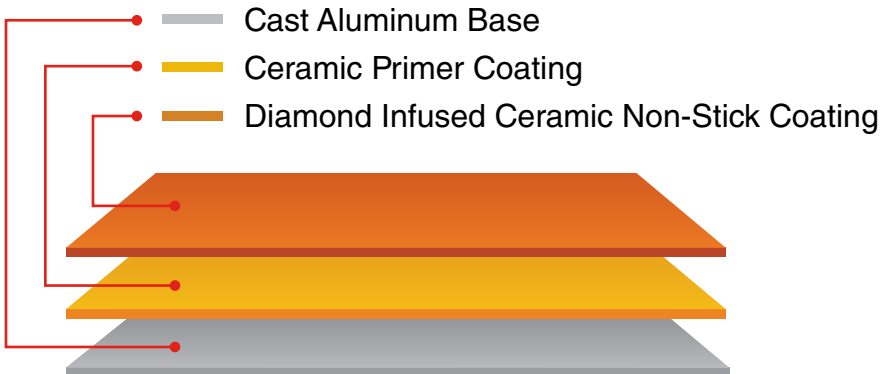
Please provide the correct item name and number to ensure that your order is processed accurately.

Welcome to NuWave™ Electric Skillet Cooking

Congratulations on your purchase of your NuWave™ Ceramic Non-Stick Electric Skillet! Our mission is to provide products that promote healthy living and improve the quality of your life. You now have an Electric Skillet with technologically advanced Duralon® Ceramic Non-Stick Coating. This coating is extremely convenient because food easily slides off. Cleanup is simple because the cooked food easily washes clean.

What is Duralon Technology?

Unlike other traditional skillets, cooking with NuWave™ Duralon® Ceramic Non-Stick coating is healthier because unwanted fats and oils are not necessary. Ceramic Coating, in general, is stronger and more resistant to abrasions than other non-stick materials. Other non-stick cookware may contain chemicals such as perfluorooctanoic acid (“PFOA”) (which has been linked to certain types of cancer) or polytetrafluoroethylene (“PTFE”) (which may start to degrade at temperatures over 500°F). Our NuWave™ Duralon™ Ceramic Non-Stick Coating does not contain either, and has been developed to provide many years of satisfaction and enjoyable cooking!




IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

READ ALL INSTRUCTIONS BEFORE USING

1. Read all instructions.
2. Do not touch hot surfaces; use the provided handles.
3. To protect against risk of electrical shock, do not immerse cord, plugs or temperature control probe in water or any other liquid.
4. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
5. Unplug from wall outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return appliance to authorized service facility for examination, repair or adjustment.
7. The use of attachments not recommended by our company may cause fire, electrical shock or risk of injury.
8. Do not use outdoors.
9. To avoid the possibility of the skillet being accidentally pulled off a work area, which could result in damage to the skillet or in personal injury, do not let cord hang over edge of table or counter.
10. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
11. Always attach temperature probe to appliance first, then plug cord into the wall outlet. To disconnect, turn temperature control to "OFF", then remove plug from wall outlet.
12. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surfaces, including a stove.
13. When oil is heated to high temperature in any vessel, flammable gases are given off. Do not expose a flame to these gases as this could be dangerous. Never cover skillet when heating oil.
14. Do not place on or near a hot gas or electric burner, or in a heated oven.
15. If this appliance has a polarized plug (one blade is wider than the other), To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.
16. A short power-supply cord (or detachable power-supply cord) is to be provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.
17. Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.

18. If a long detachable power-supply cord or extension cord is used:
 - 1) The marked electrical rating of the cord or extension cord should be at least as great as the electrical rating of the appliance.
 - 2) If the appliance is of the grounded type, the extension cord should be a grounding 3-wire cord.
 - 3) The longer cord should be arranged so that it does not drape over the countertop or table top where it can be pulled on by children or tripped over unintentionally.
19. Do not use appliance for other than intended use.

	! WARNING
	<p>Electric shock hazard. Use with adequate electrical system. Do not use if cord or plug is damaged.</p> <p>WARNING: All items in the Skillet can get very hot during cooking. Please be careful when removing these items from the unit. Always wear oven mitts or use pot holders. Skillet may retain residual heat after food has been removed. Allow everything to cool completely before cleaning.</p>

SAVE THESE INSTRUCTIONS

IMPORTANT INSTRUCTION

1. Add only enough oil to coat the bottom of the skillet. Do not use larger amounts of oil.
2. The steam vent in the cover should always be placed to the back of the skillet. Lift the lid from the back to the front to prevent steam burns.
3. Use pot holders to lift lid or move skillet.
4. Do not lift or move skillet while cooking.
5. Never immerse the temperature probe in water or any other liquid.
6. Temperature probe must always be in the "OFF" position before the unit is unplugged.
7. Do not knock or drop the temperature probe as this can damage the probe.

NOTE: Probe can be hot.


ASSEMBLY INSTRUCTION

1. Carefully unpack the skillet, make sure the support legs are secure in place.
2. Rinse the skillet base and glass cover in warm, soapy water. Rinse well and dry thoroughly.
3. Place skillet base on a clean, flat, dry surface.
4. Place the cover on top of the base according to directions.
5. Make sure the control knob is facing upward and in the "OFF" position. Insert temperature probe into the receptacle located on the side of the unit.
6. Plug in unit.
7. Your skillet is now ready for use.

NuWave™ Electric Skillet



- ❶ **Lid:** The NuWave™ Electric Skillet's tempered vented glass lid cleans easily with the simple wipe of a damp cloth.
- ❷ **Duralon Coating:** NuWave™ Duralon® Non-Stick Coating.
- ❸ **Power Supply:** The NuWave™ Electric Skillet's temperature probe.
- ❹ **Handles:** Heat-resistant handles.
- ❺ **Steam Vent:** Allows steam to escape.
- ❻ **Heating Element:** Quickly bring the skillet up to temperature.

	⚠ CAUTION
	While the NuWave™ Electric Skillet is in operation, do not touch the appliance's surface as it may become very hot, leading to the risk of burns. Temperature Probe may retain residual heat after it has been removed.

General Operating Instructions:

- Place the NuWave™ Electric Skillet on a stable, level surface.
- Never use the NuWave™ Electric Skillet on a flammable surface (e.g. table cloth, carpet, etc.).
- Maintain a minimum distance of 3-5 inches from walls and other objects, appliances, etc.
- Do not use the NuWave™ Electric Skillet in the proximity of open fires, heaters or other heat sources.
- Do not place on a stove top.
- Ensure that the power cable is not damaged nor compressed beneath the NuWave™ Electric Skillet
- The power cable must not come into contact with sharp edges and/or hot surfaces.
- Prior to connecting the NuWave™ Electric Skillet, confirm that the voltage needs indicated in this manual correspond to the voltage supply in your outlet. A wrong connection may damage the unit and possible injury to persons.
- In the event that damage to the unit is observed, immediately disconnect the NuWave™ Electric Skillet from the power supply.

OPERATION

1. Place your skillet on a clean, flat, dry surface.
2. Make sure the control knob is facing upward and in the “OFF” position. Insert temperature probe into the receptacle located on the side of the unit.
3. Plug cord into an electrical outlet.
4. Turn temperature control knob to desired setting, the indicator light will illuminate.
5. Your skillet will preheat for approximately 3-8 minutes, depending on the desired temperature setting. For faster heating, cover the NuWave™ Electric Skillet with lid.
6. Place food in the skillet.
NOTE: After preheating, do not leave skillet on without any food inside; over time, this can damage the NuWave™ Electric Skillet.
7. Cook food as directed or until desired results are achieved.
8. After use, turn the temperature control knob to the “OFF” position and unplug your skillet.

NOTE: Probe may remain hot after use. Please use caution.

CLEANING AND MAINTENANCE

CAUTION: To prevent personal injury or electric shock, always remove the temperature control probe before cleaning. Do not immerse temperature probe, cord or plug in water or other liquid.

1. Turn the temperature probe to the “OFF” position and unplug unit from outlet.
2. Allow unit to cool before cleaning.
3. Once unit has cooled, remove the temperature probe.
4. The temperature probe and base are not immersible. Simply wipe it down with a clean cloth. Skillet is not dishwasher safe.
5. To clean skillet, first remove excess food and oil with a clean cloth. Place glass lid on the top shelf of a dishwasher or wash with warm soapy water, using a non abrasive cloth.
6. Dry thoroughly when clean.

NOTE: DO NOT USE HARSH ABRASIVES.

IMPORTANT - Do not immerse unit in water or attempt to cycle through dishwasher. The outer surface may be cleaned by wiping carefully with a damp dishcloth or sponge. Make sure unit has cooled completely prior to cleaning.



THE MANUFACTURER WARRANTS: The NuWave™ Skillet and all electrical components to be free from defects and workmanship under normal household use, when operated in accordance with the Manufacturer's written instructions provided with each unit for one (1) year from date of purchase. The Manufacturer will provide the necessary parts and labor to repair any part of the induction cooking system at NuWave, LLC Service Department. After the expiration of the warranty, the cost of the labor and parts will be the responsibility of the owner.

THE WARRANTY DOES NOT COVER: Any coating (if applicable) on any part of the cooking system. The Limited Warranty is voided if repairs are made by an unauthorized dealer or the serial number data plate is removed or defaced. Normal deterioration of finish due to use or exposure is not covered by this Warranty. This Limited Warranty does not cover shipping costs, failure, damages or inadequate performance due to accident, acts of God (such as lightning), fluctuations in electric power, alterations, abuse, misuse, misapplications, corrosive type atmospheres, improper installation, failure to operate in accordance with the Manufacturer's written instructions, abnormal use or commercial use.

TO OBTAIN SERVICE: The owner shall have the obligation and responsibility to: pay for all services and parts not covered by the warranty; prepay the freight to and from Service Department for any part or system returned under this warranty; carefully package the product using adequate padding material to prevent damage in transit. The original container is ideal for this purpose. Include in the package: owner's name, address, daytime telephone number, a detailed description of the problem, and your

RETURN GOODS AUTHORIZATION NUMBER (RGA number):

Call 1-877-689-2838 or e-mail help@nuwavenow.com to obtain the RGA number. Provide the cooking system **model & serial number and proof of date of purchase (a copy of the receipt)** when making claims under this warranty.

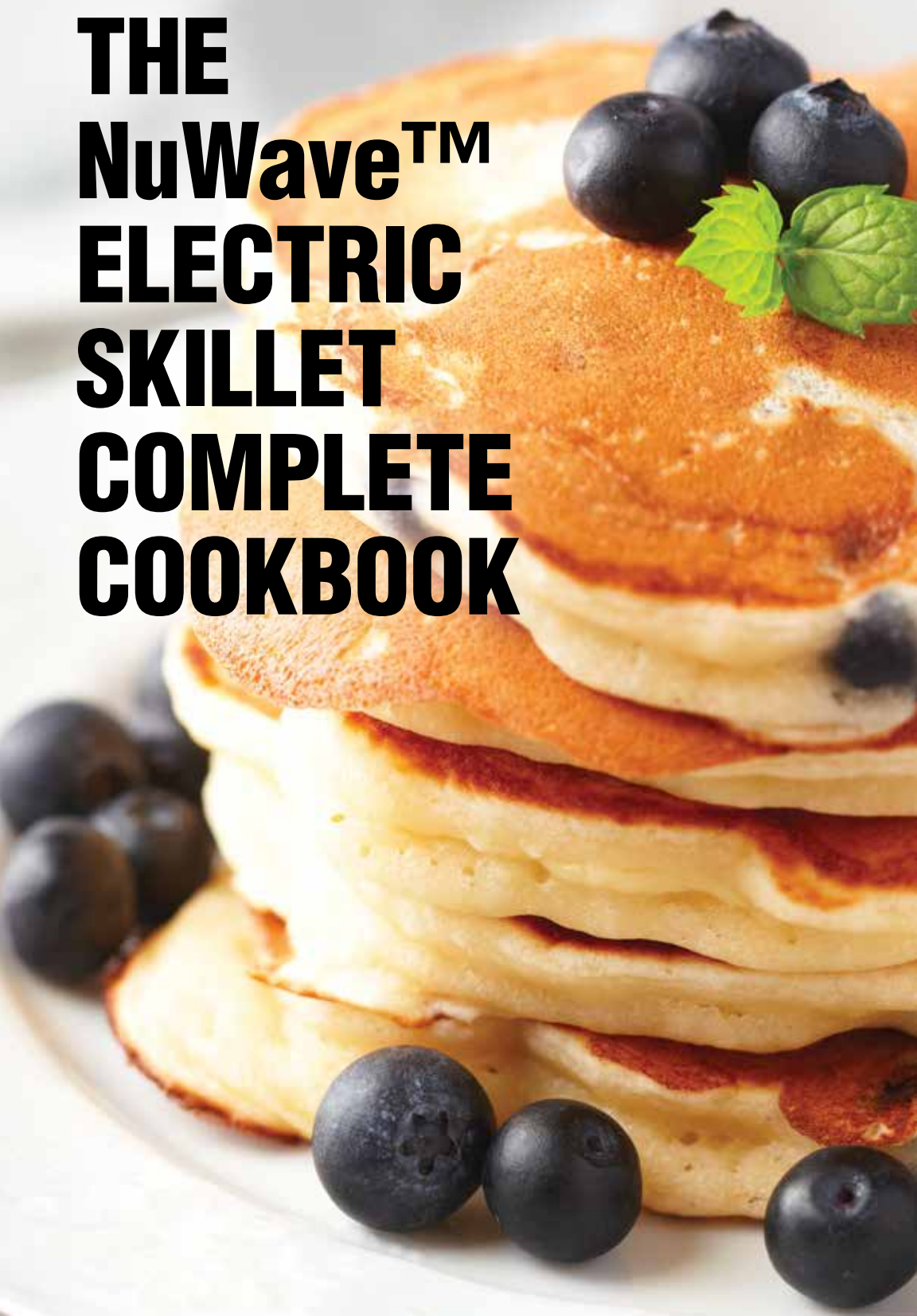
MANUFACTURER'S OBLIGATION:

The Manufacturer's obligation under this Limited Warranty is limited to repairing or replacing any part of the induction cooktop expressly covered by this Limited Warranty which upon examination is found to be defective under normal use. The Limited Warranty is applicable only within the continental United States and only to the original purchaser of manufacturer's authorized channels of distribution.

The Limited Warranty may not be altered, varied or extended except by written instrument executed by the manufacturer. The remedy of repair or replacement as provided under this limited warranty is exclusive. In no event shall the manufacturer be liable for any consequential or incidental damages to any person, whether or not occasioned by negligence of the manufacturer, including without limitation, damages for loss of use, costs of substitution, property damage, or other money loss. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation exclusions may not apply. This Limited Warranty gives specific legal rights, and there may also be other rights which vary from state to state. Except as otherwise expressly provided above, the manufacturer makes no warranties expressed or implied arising by law or otherwise, including without limitation, the implied warranties of merchantability and fitness for a particular purpose to any other person.

READ YOUR OWNER'S MANUAL: If you still have any questions about operation or warranty of the product, please contact NuWave, LLC at 1-877-689-2838 or e-mail help@nuwavenow.com.

**THE
NuWave™
ELECTRIC
SKILLET
COMPLETE
COOKBOOK**



Classic Pancakes

Serves: 2-3

2 tablespoons butter or
margarine, melted
½ cup plus 2 tablespoons
all-purpose flour
1½ teaspoons sugar
2 teaspoons baking powder
¼ teaspoon salt
¼ teaspoon cinnamon
Dash nutmeg
⅔ cup milk
1 egg
1 tablespoon oil or butter
Warm maple syrup

Directions:

1. In small bowl, combine flour, sugar, baking powder, salt and spices; set aside.
2. Add melted butter and egg to separate bowl and lightly beat to combine.
3. Whisk flour mixture into egg mixture until combined.
4. Heat skillet to 375°F and lightly brush with oil.
5. Add ¼ cup batter to skillet and cook for about 2 minutes per side, until bubbles come to surface.
6. Transfer pancake to serving platter and repeat step 6 with remaining batter.
7. Serve pancakes with warm maple syrup.

Tip: You can add ⅓ cup of your favorite nuts to the batter if desired

Fried Potatoes with Chilies, Cheese and Bacon

Serves: 4

6 slices bacon
4 large potatoes, thinly sliced
¼ cup onion, finely sliced
1 (4-ounce) can chopped green chilies
1½ cups cheddar cheese, shredded

Directions:

1. Arrange paper towels on baking sheet and set aside.
2. Lay bacon in skillet and heat to 375°F and fry bacon for 6-8 minutes until crisp.
3. Transfer bacon to prepared baking sheet to drain excess fat.
4. Reserve 1-2 tablespoons bacon fat in pan and quickly add sliced potatoes.
5. Cook potatoes for 15 minutes, turning as needed for even browning.
6. While potatoes cook, combine onions and chilies in small bowl and crumble bacon into bowl.
7. Once potatoes are finished cooking, sprinkle bacon mixture over potatoes, top with shredded cheese and cook for 5 minutes.

Denver Omelet

Serves: 2

1 tablespoon butter
½ cup diced, cooked ham
¼ cup chopped green bell pepper
¼ cup sliced fresh crimini mushrooms
1 green onion, thinly sliced
3 eggs
2 tablespoons water
Salt and pepper to taste
Cheddar cheese, shredded

Directions:

1. Heat skillet to 375°F and add butter.
2. Once butter has melted, add ham and vegetables to skillet and sauté for 2 minutes.
3. Beat water and eggs together and pour into skillet.
4. Season eggs with salt and pepper.
5. Cover skillet and cook for 4 minutes, or until eggs are set.
6. Sprinkle omelet with cheese, cover and cook for about 2 minutes, until cheese melts.
7. Slice omelet in half and fold each half over to make 2 and serve immediately.

Tip: Replace water with milk for a fluffier omelet.

Ham and Egg Scramble

Serves: 2

1 tablespoon butter
¼ cup chopped onion
¼ cup milk
4 eggs
½ cup chopped cooked ham
½ cup chopped fresh spinach
1 cup cheddar cheese, shredded

Directions:

1. Heat skillet to 375°F and add butter.
2. Once butter has melted, add onions, ham and spinach to skillet and sauté for 2 minutes.
3. Whisk together eggs and milk and pour into skillet.
4. Cook eggs for 3 minutes. Mixing eggs with rubber spatula throughout.
5. Add cheese, cover skillet and cook for 1-2 minutes, until cheese has melted.

Tip: Prepare ingredients a day ahead of time and store overnight in NuWave™ Flavor-Lockers Containers.



Vanilla French Toast

Serves: 2

1 egg, beaten
1/3 cup milk
1/4 teaspoon vanilla extract
Pinch cinnamon
1/2 teaspoon confectioners' sugar plus extra for garnish
1 tablespoon butter
2 slices Texas toast
Maple syrup

Directions:

1. Combine egg, milk, cinnamon, and sugar in shallow dish.
2. Heat skillet to 375°F and add butter to skillet.
3. Dip bread in egg mixture to coat both sides.
4. Transfer bread to skillet and cook for 2-3 minutes per side, until golden brown.
5. Dust with confectioners' sugar and serve with warm maple syrup.

Tip: If you don't have Texas toast, you can use your favorite bread instead.

Pork Chops with Spanish Rice

Serves: 4

4 center cut pork chops, 1/2-inch thick
1/3 cup diced onion
1/4 cup diced red pepper
1 (4-ounce) can diced green chilies
1/3 cup uncooked long grain rice
1/2 teaspoon chili powder
1 (14 1/2-ounce) can whole tomatoes

Directions:

1. Heat skillet to 375°F.
2. Add pork chops to skillet and cook for 5 minutes.
3. Flip pork chops and add onion, pepper and chilies to skillet.
4. Cook for 2 minutes, stirring vegetables constantly.
5. Reduce skillet temperature to 225°F and add rice, chili powder and tomatoes, stirring to combine.
6. Cover skillet and cook for 30 minutes, stirring occasionally.

Tip: You can use fresh tomatoes instead of canned if you have them available.



Beef Fajitas

Serves: 4

Ingredients:

Juice of 2 limes
2 tablespoons olive oil, divided
½ teaspoon ground cumin
¼ teaspoon salt
1 clove garlic, minced
1 tablespoon dark chili powder
Freshly ground black pepper, to taste
¾ pound top round steak, thinly sliced
½ red bell pepper, thinly sliced
1 small onion, thinly sliced
4 flour tortillas, warmed
½ cup Monterey jack cheese, shredded
Chopped tomatoes (optional)
Sour cream (optional)
Salsa (optional)
Avocado or guacamole (optional)

Directions:

1. In medium shallow dish, whisk together lime juice, 1 tablespoon olive oil, cumin, salt, garlic, dark chili powder and black pepper.
2. Add beef to seasoning and toss to coat.
3. Let beef sit at room temperature for 30 minutes.
4. Heat skillet to 375°F and add remaining olive oil, onions and peppers.
5. Cook onions and peppers for 2 minutes, stirring constantly.
6. Transfer vegetables to covered dish to keep warm.
7. Add beef to skillet and discard excess marinade.
8. Sauté beef for 7-9 minutes, or until cooked through.
9. Reduce skillet to 225°F and hold beef while assembling fajitas.
10. Add beef mixture, peppers and onions to tortillas, roll up and serve.
11. Top fajitas with tomatoes, sour cream, salsa, and/or avocado.

Tip: To warm tortillas, wrap them in aluminum foil and heat in a 350°F oven for 4-5 minutes. Keep covered until ready to use.

Steak Au Poivre

Serves: 2

Ingredients:

2 (6-8-ounce) strip steaks
2 teaspoons tri-color peppercorns
1 tablespoon butter
1 green onion, sliced
3 tablespoons bourbon or beef stock
3 tablespoons water

Directions:

1. Place peppercorns in plastic bag and crack with rolling pin.
2. Press peppercorns evenly onto both sides of steak.
3. Heat skillet to 300°F.
4. Add steak to skillet and cook for 7 minutes per side for medium-rare.
5. Transfer steak to covered dish to keep warm.
6. Add butter and green onion to skillet and sauté for 1 minute.
7. Pour bourbon and water into skillet and cook for about 2 minutes, stirring constantly until sauce thickens.
8. Return steak to skillet and spoon sauce over steak.
9. Heat steak in sauce for 1 minutes.

Tip: If you don't have a rolling pin to crush peppercorns, you can use a food processor, mallet and even the back of a sauté pan.

Tip: If you don't have tri-color peppercorns, use freshly ground black pepper instead.

Stir-Fry Beef and Broccoli

Serves: 2-4

Ingredients:

¾ pound top round steak, thinly sliced
1 clove garlic, minced
Dash ground ginger
2 tablespoons soy sauce, divided
2 tablespoons dry sherry, divided
2 tablespoons sesame oil, divided
½ cup beef stock
1½ teaspoons cornstarch
¼ teaspoon sugar
Salt to taste
¾ cup broccoli florets
2 medium carrots, sliced
½ onion, thin sliced
1 cup julienne sliced red peppers
2 cups cooked rice

Directions:

1. Place beef slices, garlic, ginger, 1 tablespoon soy sauce, 1 tablespoon sherry and 1 tablespoon sesame oil in shallow dish and toss to coat.
2. Allow beef to stand at room temperature for 30 minutes.
3. While beef sits, combine remaining soy sauce, sherry, sesame oil, stock, cornstarch, sugar and salt in separate dish; set aside.
4. Heat skillet to 375°F.
5. Add oil to skillet and heat 1 minute.
6. Add beef to skillet and stir-fry for 7-9 minutes, until beef is cooked through.
7. Transfer beef to covered dish to keep warm.
8. Add broccoli, carrots and onion to skillet.
9. Cover skillet and cook for about 3 minutes, stirring occasionally.
10. Reduce skillet temperature to 300°F and return beef to skillet.
11. Add stock mixture, stirring to combine.
12. Serve over rice.

Tip: Slice meat against the grain for a tenderer piece of meat.

Tip: This recipe also works great with chicken instead of beef.

Swiss Steak

Serves: 6

Ingredients:

1 (1½-pounds) round steak, 1-inch thick
¼ cup plus 1 tablespoon flour
¾ teaspoon salt
¼ teaspoon ground black pepper
2 tablespoons olive oil
1 (14½-ounce) can stewed tomatoes, drained
¼ cup cold water
1 can tomato sauce
1 onion, sliced
1 stalk celery, sliced
1 carrot, thinly sliced
½ teaspoon Worcestershire sauce

Directions:

1. Slice meat into 6 equal portions; set aside.
2. In small shallow dish, combine ¼ cup flour, salt and pepper.
3. Coat meat with seasoned flour; set aside.
4. Add olive oil to skillet and heat to 300°F.
5. Add steaks to skillet and brown meat for 4-5 minutes per side.
6. In separate bowl, combine cold water with 1 tablespoon flour, tomato sauce, onion, celery, carrot and Worcestershire.
7. Add tomato mixture to skillet and cook for about 5 minutes, stirring constantly, until sauce has thickened.

Tip: Serve with white rice or brown for healthier option.

Cajun Chicken with Pasta and Peppers

Serves: 2

Ingredients:

1 clove garlic, minced
1 tablespoon olive oil
1 whole boneless, skinless chicken breast, cut into ½x2-inch strips
2 tablespoons Cajun seasoning, divided
1 cup sliced bell peppers
½ teaspoon basil
Pinch ground red pepper
Salt and black pepper to taste
1½ teaspoons cornstarch
¾ cup chicken stock
4 ounces linguine or fettuccine, cooked according to package directions.

Directions:

1. Heat skillet to 375°F.
2. Add garlic and oil to skillet and cook for 2 minutes.
3. Toss chicken in 1 tablespoon Cajun seasoning, then add to skillet.
4. Cook chicken for 5 minutes, tossing to brown all sides evenly.
5. Add bell peppers and cook for 2 minutes, until chicken is cooked through.
6. Lower skillet temperature to 300°F.
7. In small dish, mix remaining Cajun seasoning, cornstarch and chicken stock until smooth.
8. Pour stock mixture over chicken and stir until thickened.
9. Serve over hot pasta.

Tip: This recipe also works great with beef instead of chicken.

Chicken Cacciatore

Serves: 4

Ingredients:

2 tablespoons vegetable oil
4 bone-in chicken pieces
1 medium onion, thinly sliced
1 clove garlic, minced
1 (14½-ounce) can peeled, diced tomatoes
⅓ cup chopped green bell pepper
1 can (4-ounces) sliced mushrooms, drained
1 bay leaf
1 teaspoon Italian seasoning
Salt and freshly ground black pepper to taste

Directions:

1. Heat skillet to 375°F.
2. Add oil to skillet and arrange chicken pieces in skillet, skin side down.
3. Cook chicken for about 5 minutes.
4. Turn chicken over and add onion and garlic to skillet and cook for 3 minutes, until onion softens.
5. Reduce skillet temperature to 225°F and add remaining ingredients.
6. Cover skillet and cook for 35-40 minutes.
7. Remove bay leaf and serve.

Shrimp Stir-Fry

Serves: 2

Ingredients:

2 tablespoons light soy sauce
2 tablespoons dry sherry
2 teaspoons cornstarch
1 teaspoon grated ginger
¾ pound shrimp, peeled and deveined
1 tablespoon vegetable oil
2 stalks celery, thinly sliced
1 small red bell pepper, thinly sliced
1 cup broccoli
½ medium onion, thinly sliced
1 cup sliced fresh mushrooms
1 (8-ounce) can water chestnuts
½ (6-ounce) package frozen snow peas, thawed

Directions:

1. In mixing bowl, combine soy sauce, sherry, cornstarch and ginger.
2. Add shrimp to bowl and toss until completely coated in sauce; set aside.
3. Heat skillet to 425°F and add oil.
4. Add celery, red bell pepper, broccoli and onions to skillet and stir-fry for 2 minutes.
5. Add shrimp and marinade to skillet and cook for 2 minutes, until shrimp turns pink.
6. Add mushrooms and peas and continue to stir-fry for 3-4 minutes, until heated through.

White Fish with Cream Sauce

Serves: 2

Ingredients:

2 (8-ounce) orange roughy filets
¼ pound fresh mushrooms, sliced
2 green onions, thinly sliced
2 tablespoons butter
1½ teaspoons all-purpose flour
¼ cup milk
2 tablespoons water
1 tablespoon white wine
1 tablespoon lemon juice
⅓ teaspoon dill weed
¼ teaspoon salt
Ground black pepper to taste
¼ cup heavy cream

Directions:

1. Heat skillet to 375°F.
2. Add mushrooms, onions and butter to skillet and sauté, for about 2 minutes.
3. Add flour and cook, stirring constantly, for 1 minute.
4. Blend in wine, lemon juice and seasonings.
5. Add fish filets to skillet, spooning sauce over fish.
6. Cover skillet and cook for 8-10 minutes.
7. Transfer fish to shallow tray, keeping sauce in skillet.
8. Add cream to skillet and whisk for about 2 minutes, until sauce has thickened.
9. Pour sauce over fish and serve.

Tip: If you don't have orange roughy, any white fish will work.

nuwave[™]
— LIVE WELL FOR LESS[®] —

Electric Skillet



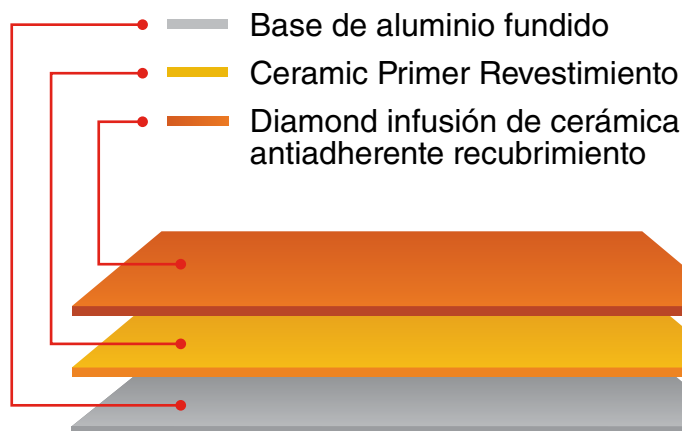
Manual de Instrucciones y Recetario Completo

Bienvenido a la Cocina con el NuWave™ Electric Skillet

¡Felicidades por la compra de su NuWave™ Ceramic Non-Stick Electric Skillet! Nuestra misión es proveer de productos que promuevan una vida saludable y mejoren la calidad de la misma. Usted tiene ahora un Sartén Eléctrico con una Cubierta tecnológicamente avanzada de Cerámica Antiadherente Duralon®. Esta cubierta es verdaderamente práctica porque la comida puede retirarse fácilmente. Limpiar es simple porque los restos de comida se quitan con facilidad.

¿Qué es la Tecnología Duralon?

A diferencia de otros sartenes tradicionales, cocinar con el NuWave™ Duralon® Ceramic Non-Stick es más saludable porque las indeseadas grasas y aceites no serán necesarios. La cubierta de cerámica, en general, es más fuerte y más resistente al desgaste que otros materiales antiadherentes. Otros recipientes antiadherentes pueden contener químicos como ácido perfluorooctanoico ("PFOA") (el cual ha sido vinculado con ciertos tipos de cáncer) o politetrafluoretileno ("PTFE") (el cual puede comenzar a deteriorarse a temperaturas arriba de 500°F). Nuestra cubierta de cerámica antiadherente NuWave™ Duralon™ no contiene ninguno de ellos y ha sido desarrollada para proporcionar muchos años de satisfacción y una cocina para disfrutar.




IMPORTANTES MEDIDAS DE SEGURIDAD

Cuando utilice aparatos eléctricos siempre se deben tomar precauciones básicas de seguridad, incluyendo las siguientes:

LEA TODAS LAS INSTRUCCIONES ANTES DE USARSE

1. Lea todas las instrucciones.
2. No toque las superficies calientes. Utilice las agarraderas.
3. Para evitar una descarga eléctrica, no sumerja el cable, las clavijas o la sonda de control de temperatura en agua o algún otro líquido.
4. Es necesaria una supervisión de cerca cuando el aparato sea utilizado por o cerca de un niño, para evitar así posibles lesiones por accidente.
5. Desconecte del contacto de pared cuando no esté en uso y antes de limpiarlo. Deje enfriar antes de armar o quitar las partes.
6. No utilice ningún aparato con un cable o clavija dañados o después de que haya fallado, se haya caído o dañado de cualquier forma o no esté funcionando debidamente. Devuelva el aparato a un centro de servicio autorizado para una revisión, reparación o ajuste.
7. El uso de accesorios no recomendados por nuestra compañía podría provocar un incendio, descarga eléctrica o riesgo de lesión.
8. No lo utilice en exteriores.
9. No deje el cable colgar de una mesa o barra para evitar la posibilidad de que la sartén sea tirada accidentalmente resultando en un daño a la sartén o una lesión personal.
10. Debe tener una precaución extrema cuando mueva un aparato que contenga aceite u otros líquidos calientes.
11. Siempre inserte la sonda de temperatura al aparato primero, luego conecte el cable al contacto de pared. Para desconectarlo, gire el control de temperatura hasta "OFF", luego desconecte la clavija del contacto de pared.
12. Para evitar daños al cable y un posible incendio o riesgo de electrocución, no permita que el cable tenga contacto con superficies calientes, incluyendo la estufa.
13. Cuando el aceite se calienta a alta temperatura, en cualquier recipiente, emite gases inflamables. No exponga una flama a estos gases ya que podría ser peligroso. Nunca tape la sartén cuando caliente aceite.
14. Nunca lo coloque sobre o cerca de un quemador caliente de gas o eléctrico, ni dentro de un horno caliente.
15. Este aparato tiene una clavija polarizada (una terminal es más ancha que la otra). Para reducir el riesgo de una descarga eléctrica, esta clavija está diseñada para encajar en una salida polarizada sólo de una forma. Si la clavija no entra completamente en el contacto, voltéela. Si de todas formas no entra, contacte un electricista calificado. No intente modificar la clavija de ninguna manera.
16. Se puede utilizar un cable de alimentación más corto (o un cable de alimentación desmontable) para reducir el riesgo de que se enrede o alguien se tropiece con el cable largo.
17. Existen cables desmontables más largos o extensiones que pueden utilizarse cuidadosamente.

18. Si utiliza un cable desmontable de alimentación o una extensión largos:
 - 1) La clasificación eléctrica marcada del cable o extensión deberá ser al menos tan alta como la clasificación eléctrica del aparato.
 - 2) Si el aparato es tipo tierra, el cable de extensión deberá ser de 3 alambres de tierra.
- 2) El cable más largo deberá ser arreglado para que no cuelgue de la mesa o barra donde podría ser accidentalmente jalado por un niño o alguien pudiera tropezarse.
19. No utilice el aparato para otros fines que no sean para los que está diseñado.

	⚠ ADVERTENCIA
<p>Riesgo de descarga eléctrica. Úsese con un sistema eléctrico adecuado. No se use si el cable o la clavija están dañados.</p> <p>ADVERTENCIA: Todos los productos en el skillet se pueden calentar mucho durante el uso. Por favor tenga cuidado cuando retire esos artículos de la unidad. Siempre utilice guantes para hornear o agarraderas. El aparato puede conservar calor residual después de retirar el recipiente. Permita que todo se enfríe completamente antes de limpiar.</p>	

SAVE THESE INSTRUCTIONS

INSTRUCCIONES IMPORTANTES

1. Agregue solamente aceite suficiente para cubrir el fondo del sartén, no utilice grandes cantidades de aceite.
2. La ventilación de vapor en la tapa siempre deberá ser colocada hacia atrás. Levante la tapa de atrás para adelante para prevenir quemarse con el vapor.
3. Utilice agarradores para retirar la tapa o mover la sartén.
4. No levante o mueva la sartén mientras esté cocinando.
5. Nunca sumerja la sonda de temperatura en agua ni en ningún otro líquido.
6. La sonda de temperatura siempre debe estar en la posición “OFF” antes de desconectar la unidad.
7. No golpee o deje caer la sonda de temperatura, ya que puede dañarse.

NOTA: La sonda puede calentarse.


INSTRUCCIONES DE ENSAMBLE

1. Desempaque la sartén con cuidado y asegúrese de que las patas de la base estén seguras.
2. Enjuague la base de la sartén y la tapa de vidrio en agua jabonosa tibia.
3. Coloque la base de la sartén en una superficie limpia, plana y seca.
4. Coloque la cubierta encima de la base de acuerdo a las instrucciones.
5. Asegúrese de que la perilla de control esté hacia arriba y en posición “OFF”. Inserte la sonda de temperatura en el enchufe localizado a un lado de la unidad.
6. Conecte el aparato.
7. Su sartén está ahora listo para utilizarse.

NuWave™ Electric Skillet



- ① **Tapa:** La tapa de vidrio templado del NuWave™ Electric Skillet se limpia fácilmente con un simple trapo húmedo.
- ② **Cubierta Duralon:** Cubierta Antiadherente NuWave™ Duralon®.
- ③ **Suministro De Energía:** La sonda de temperatura del NuWave™ Electric Skillet.
- ④ **Agarraderas:** Agarraderas resistentes al calor.
- ⑤ **Orificio de Ventilación:** Permite que el vapor salga.
- ⑥ **Elemento de Calor:** Provee de temperatura a la sartén de forma rápida.

	⚠ CAUTION
	No toque la superficie del NuWave™ Electric Skillet mientras esté funcionando, ya que puede estar muy caliente y provocar quemaduras. La Sonda de la sartén puede conservar calor residual después de que haya sido retirada.

Instrucciones Generales de Operacion:

- Coloque el NuWave™ Electric Skillet en una superficie estable, nivelada y no metálica.
- Nunca utilice el NuWave™ Electric Skillet en una superficie inflamable (por ejemplo un mantel, alfombra, etc.)
- Manténgalo a una distancia mínima de 3-5 pulgadas de paredes, otros objetos o electrodomésticos, etc.
- No utilice el NuWave™ Electric Skillet cerca de fuegos abiertos, calentadores u otras fuentes de calor.
- No lo coloque sobre una estufa.
- Asegúrese de que el cable de corriente no esté dañado o quede presionado debajo del induction cooktop.
- El cable de corriente no debe estar en contacto con orillas filosas y/o superficies calientes.
- Antes de conectar el NuWave™ Electric Skillet, confirme que el voltaje indicado en este manual corresponde al voltaje suministrado en su casa. Una conexión errónea podría dañar el aparato y posiblemente lesionar a alguien.
- En el caso de que se observe daños en la unidad, desconecte inmediatamente el NuWave™ Electric Skillet de la red eléctrica.

FUNCIONAMIENTO

1. Coloque su sartén en una superficie limpia, plana y seca.
2. Asegúrese de que la perilla de control esté hacia arriba y en posición "OFF". Inserte la sonda de temperatura en el enchufe localizado a un lado del aparato.
3. Conecte el cable a un contacto eléctrico.
4. Gire la perilla de control de temperatura hasta donde lo desee, la luz del indicador permanecerá encendida.
5. Su sartén se precalentará de 3 a 8 minutos aproximadamente, dependiendo de la temperatura elegida.
Para calentarla más rápido, coloque la tapa de vidrio sobre la base.
6. Coloque la comida en la sartén.
NOTA: Después de precalentarla, no deje la sartén encendida sin comida dentro; después de un tiempo podría dañarse.
7. Cocine el platillo como se indica o hasta alcanzar los resultados deseados.
8. Después de utilizarse, gire la perilla de control de temperatura hasta la posición "OFF" y desconecte su sartén.

NOTA: La sonda puede continuar caliente después de usarse. Tome precaución.

LIMPIEZA Y MANTENIMIENTO

PRECAUCIÓN: Para prevenir lesiones personales o una descarga eléctrica, siempre retire la sonda de temperatura antes de limpiar. No sumerja la sonda de temperatura, el cable o la clavija en agua u otro líquido.

1. Gire la sonda de temperatura hasta la posición "OFF" y desconecte el aparato del contacto.
2. Deje enfriar antes de limpiar.
3. Una vez que se haya enfriado, retire la sonda de temperatura.
4. La sonda de temperatura y la base no son sumergibles, simplemente límpielos con un trapo limpio. La sartén no es apta para el lavavajillas.
5. Para limpiar la sartén, primero quite el exceso de comida y aceite con un trapo limpio. Coloque la tapa de vidrio en la parte superior del lavavajillas o lávela con agua jabonosa tibia y un trapo no abrasivo.
6. Séquela completamente cuando la limpie.

NOTA : NO UTILICE ABRASIVOS FUERTES.

IMPORTANTE - No sumerja la unidad en agua ni intente utilizar el lavavajillas. La superficie exterior puede ser limpiada con cuidado con un paño húmedo o una esponja. Asegúrese de que la unidad se haya enfriado completamente antes de limpiarla.



EL FABRICANTE GARANTIZA: Que el NuWave™ Skillet y todos sus componentes eléctricos estarán libres de defectos y mano de obra bajo un uso doméstico normal siempre y cuando sea manejado de acuerdo a las instrucciones escritas proporcionadas por el Fabricante en cada unidad por un (1) año a partir de la fecha de compra. El Fabricante proporcionará las partes necesarias y mano de obra para reparar cualquier parte del sistema de cocción por inducción en el Departamento de Servicio de NuWave, LLC. Después de la expiración de la garantía, el costo de la mano de obra y las partes será responsabilidad del propietario.

LA GARANTÍA NO CUBRE: Ninguna cubierta (si aplica) ni ninguna parte del sistema de cocinado. La Garantía Limitada se invalida si se realiza alguna reparación por un representante no autorizado o si la placa de número de serie es retirada o dañada. El deterioro normal del acabado debido al uso o la exposición no es cubierto por esta Garantía. Esta Garantía Limitada no cubre los gastos de envío, fallas, daños o desempeños inadecuados ocasionados por algún accidente, catástrofe natural (como un rayo), fluctuaciones en la corriente de energía, alteraciones, abusos, mal empleo o aplicación, ambientes de tipo corrosivo, instalación incorrecta, falla al operarlo de acuerdo a las instrucciones escritas del Fabricante, o uso anormal o comercial.

PARA OBTENER SERVICIO: El propietario tendrá la obligación y responsabilidad de: pagar por todos los servicios y partes que no estén cubiertas por la garantía; pre-pagar el envío hacia y desde el Departamento de Servicio para cualquier parte o sistema devuelto bajo esta garantía; empacar cuidadosamente el producto utilizando material de relleno adecuado para prevenir algún daño durante el tránsito. El empaque original es ideal para este propósito. Contenido del Paquete: nombre del propietario, dirección, número de teléfono durante el día, una descripción detallada del problema y su Número de Autorización de Devolución de Producto (Número RGA):

Llame al **1-877-689-2838** o envíe un correo a help@nuwavenow.com para obtener su número RGA. Proporcione el modelo del sistema de cocinado y el número de serie así como una prueba de la fecha de compra (una copia del recibo) cuando solicite la aplicación de esta garantía.

OBLIGACIÓN DEL FABRICANTE: La obligación del Fabricante bajo esta Garantía Limitada se limita a reparar o cambiar cualquier parte del induction cooktop expresamente cubierta por esta Garantía Limitada, la cual, previa inspección sea detectada como defecto por uso normal. La Garantía Limitada es aplicada sólo dentro de USA continental y únicamente para el comprador original en los canales de distribución autorizados por el fabricante. La Garantía Limitada no puede ser alterada, variada o extendida excepto por un instrumento escrito y suscrito por el fabricante. La forma de reparación o sustitución proporcionada bajo esta garantía limitada es exclusiva. En ningún caso el fabricante será responsable por algún daño incidental o consecuente a alguna persona, ocasionado o no por la negligencia del fabricante, incluyendo, sin limitación, daños por merma de uso, costos de sustitución, daños a la propiedad, u otras pérdidas de dinero. Algunos estados no permiten la exclusión o limitación de daños incidentales o consecuentes, así que las exclusiones limitantes mencionadas pueden no aplicar. Esta Garantía Limitada otorga derechos legales específicos y podría haber otros derechos que varíen de estado a estado. Excepto por lo estipulado anteriormente, el fabricante no hace garantías expresas o implícitas surgidas de la ley u otros, incluyendo sin limitación, las garantías implícitas de comercialización y aptitud para un propósito particular a cualquier otra persona.

LEA SU MANUAL DEL USUARIO: Si usted tiene aún cualquier pregunta sobre el manejo o garantía del producto, contacte a NuWave, LLC al **1-877-689-2838** o envíe un correo a help@nuwavenow.com



Thank you for your purchase! We value every NuWave™ customer. You've made the decision to buy the NuWave™ Ceramic Non-Stick Electric Skillet because you want to save time, money and energy while enjoying great tasting meals cooked to perfection.

Our mission is to exceed customers' expectations by providing innovative new products using the most advanced technology available today.

To show our gratitude and lifetime commitment to you, we have created www.precisioncookingclub.com exclusively for our customers. This site is hosted by our culinary team and features recipes, step-by-step instructional cooking videos, helpful tips, tricks and more.

You can also visit www.NuWaveNow.com to learn more about the revolutionary products developed by the makers of the NuWave® Oven line, the NuWave™ Precision Induction Cooktop line, the NuWave™ Flavor-Lockers Storage System, NuWave™ Duralon™ Fry Pans, NuWave™ Duralon™ Cookware, ALSET™ LED lighting, and other great accessories.

FOR HOUSEHOLD USE ONLY

Designed and Developed in U.S.A. by:
NuWave, LLC
1755 N. Butterfield Rd.
Libertyville, IL 60048, U.S.A.

Customer Service Hours:
Monday-Friday: 8:00 AM - 4:30 PM (CST)
1-877-689-2838 (1-877-NUWAVE8)
help@nuwavenow.com
www.NuWaveNow.com

Model 31820: 120V, 60Hz, 1250 Watts

© 2015 NuWave, LLC All Rights Reserved

32800
L-YYMM-01-AA