

Note: Preset temperatures and times may need minor adjustments to best suit your desired results.

Vegetables				Temp.	Time (Min.)	Probe	Pork/Lamb				Temp.	Time (Min.)	Probe
1.	Artichoke, whole, wrapped in foil, 4-6 pc.	400°F	1 hr. 3 min.		46.	Leg of Lamb, 3lbs.	325°F	50	145°F				
2.	Artichoke, hearts, 6-10oz.	400°F	28		47.	Pork Loin, 2lbs.	365°F	40	150°F				
3.	Asparagus, 10-16oz.	400°F	8		48.	Pork Roast, 3lbs.	325°F	50	145°F				
4.	Green Beans, 6-10oz.	400°F	14		49.	Pork Shoulder, slow roast, 3lbs.	300°F	1 hr. 20 min.	145°F				
5.	Beets, whole, wrapped in foil, 2-4 pc.	400°F	50		50.	Ham, bone-in, 3lbs.	325°F	1 hr. 20 min.					
6.	Broccoli, 8-12oz.	400°F	10		51.	Ham, boneless, 3lbs.	360°F	45					
7.	Brussels Sprouts, 8-12oz.	400°F	35		52.	Lamb, boneless, leg, 2lbs.	355°F	45	120°F				
8.	Cabbage, wedges, 8-12oz.	400°F	30		53.	Rack of Lamb, 2lbs., Medium-Rare	400°F	18	120°F				
9.	Carrots, 8-12oz.	400°F	40		54.	Pork Chops, 6oz., Medium-Rare	400°F	16	120°F				
10.	Cauliflower, 8-12oz.	400°F	35		55.	Sausage, 4 links	350°F	15					
Grilled Food				Temp.	Time (Min.)	Probe	Fish/Seafood				Temp.	Time (Min.)	Probe
*Preheat prior to cooking							56.	Salmon, 6-8oz. fillet	380°F	12			
11.	Grilled Terriyaki Burger*	425°F		125°F	57.	Scallops, large, ½oz. each	400°F	7	145°F				
12.	Grilled Terriyaki Burger*	425°F		165°F	58.	Tuna Steak, 6oz.	400°F	8	145°F				
13.	Grilled Herbed Dijon Chicken Breast*	400°F		155°F	59.	Swordfish Steak, 7oz.	400°F	10	145°F				
14.	Grilled Balsamic Glazed Chicken Breast*	400°F		155°F	60.	Shrimp, 16/20 ct.	400°F	7	145°F				
15.	Grilled Terriyaki Tilapia*	425°F	7		Frozen Food				Temp.	Time (Min.)	Probe		
16.	Grilled Smokey NY Strip Steak* (grassfed, all-natural)	425°F		115°F	61.	Frozen Chicken Patty	375°F	00:25					
17.	Grilled Chipotle Orange Pork Chops*	425°F		130°F	62.	Frozen Egg Rolls	400°F	00:15					
18.	Smokey Grilled Rib-Eye Steak* (grassfed, all-natural)	425°F		115°F	63.	Mozzarella Sticks	400°F	00:08					
19.	Grilled Bratwurst*	425°F	6		64.	Steak Fries	400°F	00:18					
20.	Grilled Turbinado Carmelized Hawaiian Pineapple with Rocky Road Ice-Cream*	425°F	7		65.	Frozen Fries	400°F	00:15					
21.	Grilled Frozen Honey-Garlic Glazed Chicken Thighs	360°F	18		Baking				Temp.	Time (Min.)	Probe		
22.	Grilled Frozen NY Strip Steak	360°F		110°F	66.	Cheesecake, 9-inch	345°F	1 hr.					
23.	Grilled Frozen Beef Burgers	360°F		110°F	67.	Pie	350°F	35					
24.	Grilled Wild Salmon Filet*	425°F		135°F	68.	Cake, 9-inch	350°F	30					
25.	Grilled Buffalo Chicken Wings*	425°F	15		69.	Cupcake	350°F	17					
26.	Grilled Frozen Wild Salmon Filet	360°F	12		70.	Brownies, 11x7-inch	360°F	25					
27.	Grilled Frozen Molasses-Glazed Bacon Wrapped Pork Filet Mignon	360°F	22		71.	Bread	350°F	40					
28.	Grilled Ground Chuck Beef Burgers*	425°F		125°F	72.	Cookies	350°F	12					
29.	Grilled Frozen Honey-Garlic Glazed Chicken Thighs	360°F	25		73.	Muffins	350°F	30					
30.	Grilled Frozen Buffalo Chicken Wings	360°F	19		74.	Scones	350°F	15					
Beef				Temp.	Time (Min.)	Probe	75.	Bread Pudding	350°F	45			
31.	Flank Steak, 12oz., Medium-Rare	400°F	10	125°F	76.	Pretzels	350°F	25					
32.	London Broil, 16oz., Medium-Rare	400°F	18	125°F	77.	Cinnamon Rolls	350°F	15					
33.	Burger, 4oz., Medium-Rare	375°F	7	125°F	78.	Biscuits	350°F	16					
34.	Beef Tenderloin, 3lbs., Medium-Rare	375°F	40	125°F	79.	Tart	350°F	22					
35.	NY Strip, ½-inch, Medium-Rare	400°F	12	125°F	80.	Crème Brûlée	325°F	40					
Poultry				Temp.	Time (Min.)	Probe	Dehydrated Food				Temp.	Time	Probe
36.	Turkey Breast, 2lbs.	360°F	45	165°F	81.	Orange	130°F	10 hrs					
37.	Chicken Breast, 8oz.	360°F	14	165°F	82.	Parsnips	160°F	4 hrs					
38.	Whole Chicken, 3lbs.	375°F	50	165°F	83.	Peaches	135°F	24 hrs					
39.	Cornish Hen, 18oz.	400°F	50	165°F	84.	Peanuts (soaked overnight in water)	100°F	24 hrs					
40.	Whole Duck, 3lbs.	350°F	1 hr	160°F	85.	Pineapple	135°F	12 hrs					
41.	Duck Breast	375°F	12	160°F	86.	Strawberry	115°F	10 hrs					
42.	Quail	400°F	14	165°F	87.	Sun-Dried Tomatoes	145°F	10 hrs					
43.	Chicken Thighs	375°F	35	165°F	88.	Turnip	160°F	4 hrs					
44.	Chicken Wings, 2lbs.	400°F	30	165°F	89.	Yucca	160°F	6 hrs					
45.	Chicken Drumsticks	375°F	40	165°F	90.	Apricot	130°F	12 hrs					
					91.	Kiwi	130°F	8 hrs					
					92.	Lemon	125°F	8 hrs					
					93.	Lime	125°F	8 hrs					
					94.	Apple	135°F	8 hrs					
					95.	Beef Jerky	165°F	4 hrs					
					96.	Turkey Jerky	165°F	4 hrs					
					97.	Chicken Jerky	165°F	4 hrs					
					98.	Candied Bacon	160°F	8 hrs					
					99.	Banana Chips	135°F	10 hrs					
					100.	Croutons	150°F	2 hrs					

nuwave
Primo[®]
Grill & Oven

Quickstart Guide

What you get



Power Head
Part #: 26701

Power Dome
Part #: 26702

Non-Stick Grill Plate
Part #: 26704

Base
Part #: 26705



Probe
Part #: 26706



Dome Holder
Part #: 26707



Getting Started

Refer to the Owner's Manual for more details

<p>Temperatures and times can be adjusted on all functions before and during the cooking process. (Press TEMP or TIME and press the up and down arrows to set or adjust.)</p> <p>Turn the Primo[®] ON and OFF. Press ON/OFF. This button also stops any cooking function. While cooking, press ON/OFF to cancel.</p> <p>Start cooking. The defaults are 350°F for 15 minutes. Select a cooking function, press START/PAUSE to begin cooking.</p> <p>Note: Press START/PAUSE during cooking to pause the Primo. Press again to resume.</p> <p>WARM/REHEAT- Quickly warm or reheat your favorite leftovers. The defaults are 140°F for 1 hour. The defaults for REHEAT are 350°F for 4 minutes. For WARM, press WARM/REHEAT. Press START/PAUSE to begin. For REHEAT, press and hold down WARM/REHEAT for 1 second. The Primo will begin automatically.</p> <p>PREHEAT- Preheat for crispier results. The defaults are 350°F for 10 minutes. Press PREHEAT. The temperature and time is adjustable using the Up and Down arrows. To begin, press START/PAUSE. Once it has reached the set temperature, the Primo will beep twice and automatically begin cooking.</p> <p>SEAR- Sear your food before the initial cooking process. The defaults are 450°F for 5 minutes. Press SEAR. If preferred, adjust Sear temp and time and press START/PAUSE.</p> <p>Note: The Sear function can be set for before or after regular cooking cycle.</p> <p>PROBE- Use the Digital Probe for perfect results every time. The default is 165°F. Plug the Probe into the Primo (Jack). Press PROBE. Set Probe target internal temperature for food using the Up and Down arrows. Bring through hole, lift up Power Head with Dome, and insert the other end of the Probe into your food. Close down Power Head with Dome and press START/PAUSE to begin cooking.</p>
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Getting Started

Program gives you access to 100 cooking presets and can store an additional 100 of your own. Refer to the 100 Presets on the back of the Quickstart Guide.

Press PROG and press up or down arrows to choose preset items (1-100) to cook. Press the Up or Down arrows when in each cooking function to adjust the temperatures and times. Press START/PAUSE to begin the chosen program.

Note: 1-100 can be adjusted, the presets will go back to the default temps and times after cooking has completed.

STAGE- Stage lets you cook at different temperatures and times throughout the cooking process. The defaults are 350°F for 15 minutes.

To add a cooking stage, press STAGE once and adjust by using the Up or Down arrows.

Note: Repeat this step to set up to 5 stages.

TOP/BTM- Adjusts the amount of heat coming from the top and bottom heating elements. The defaults are Top 30% and Bottom 70%.

Press TOP/BTM and use the Up or Down arrows to adjust the TOP percentage. As the TOP percentage changes, so will the BTM. Press TOP/BTM again to adjust BTM. As the BTM percentage changes, so will the TOP.

Cooking Guide

Note: Temperatures and times may need minor adjustments to best suit your desired results.

Note: For best results, preheat Grill Plate before placing foods directly on grill.

Prepackaged Foods: Follow the directions on the package and reduce temps and times by 15%. Check periodically.

Beef/Lamb	Top/Bottom	Temp.	Fresh (Min.)	Frozen (Min.)	Internal Temp. (Thermometer)
Patties (¼lb.)	70/30	375°F	7	10 - 11	125 - 160°F*
*To get grill marks on both sides of food, flip halfway through cooking.					
Patties (½lb. inch thick)	70/30	375°F		15 - 18	125 - 160°F*
*To get grill marks on both sides of food, flip halfway through cooking.					
Steaks (1-inch thick)	60/40	400°F	6 - 8	10 - 12	Rare: 125°F - 134°F Med. Rare: 135°F - 144°F Medium: 145°F - 149°F Well: 160°F
			8 - 9	12 - 13	
			9 - 12	13 - 15	
			12 - 14	15 - 17	
			14 - 16	17 - 21*	
*To get grill marks on both sides of food, flip halfway through cooking.					
Steaks (2-inches thick)	60/40	400°F	10 - 12	19 - 24	Rare: 125°F - 134°F Med. Rare: 135°F - 144°F Medium: 145°F - 149°F Well: 160°F
			12 - 13	24 - 28	
			13 - 15	28 - 31	
			15 - 17	31 - 34	
			17 - 21	34 - 37*	
*To get grill marks on both sides of food, flip halfway through cooking.					
Roasts (3-5lbs.)	60/40	375°F	20 per lb.	30 per lb.	Rare: 125°F - 134°F Med. Rare: 135°F - 144°F Medium: 145°F - 149°F Well: 160°F
			25 per lb.	35 per lb.	
			30 per lb.	40 per lb.	
			35 per lb.	45 per lb.	
			40 per lb.	50 per lb.*	
*Let rest 10 minutes before serving.					
Poultry	Top/Bottom	Temp.	Fresh (Min.)	Frozen (Min.)	Internal Temp. (Thermometer)
Chicken Breasts, Legs, Thighs	70/30	375°F	35 - 45	45 - 1 hr. 30 min.	165°F
Whole Chicken	70/30	375°F	14 - 15 per lb.	18 - 26 per lb.	165°F
Boneless/Skinless Chicken Breasts (8oz.)	70/30	360°F	14-15	15 - 20	165°F
Cornish Hen, Whole (1-1.5lbs.)	70/30	400°F	50-55	1hr. 15 min.	165°F

Cooking Guide

Turkey, Whole (10-12lbs.)	70/30	350°F	15 per lb.	25 - 30 per lb.	165°F
Turkey Breast (4-6lbs.)	70/30	360°F	20 - 25 per lb.	35 - 45 per lb.	165°F
Turkey Legs	50/50	360°F	45	55 - 60	165°F
Chicken Wings (2lbs.)	50/50	400°F	30 - 35	40 - 45	165°F
Duck, Whole (3-4lbs.)	70/30	350°F	20-25 per lb.	40 per lb.	160°F
Pork	Top/Bottom	Temp	Fresh (Min.)	Frozen (Min.)	Internal Temp. (Thermometer)
Bacon	60/40	400°F	15	30	
Ham, bone-in	50/50	325°F	20 per lb	40 per lb	165°F
Sausage Links	50/50	350°F	12 - 15	20 - 25	165°F
Sausage Patties	50/50	350°F	9	13	165°F
Italian, Bratwurst, etc.	60/40	375°F	10 - 14	25 - 30	155°F
Pork Chops	60/40	400°F	16 - 20	22 - 25	160°F
Pork Roasts, 3-7lbs.	50/50	325°F	15 - 25	40 - 45	155°F
Pork Tenderloins	50/50	365°F	20 - 25	35 - 40	155°F
Spare Ribs (Covered)	50/50	275°F	1 hr. 30 min. - 2 hrs	3 - 3 hrs. 30 min.	160°F
Country-Style Ribs	50/50	275°F	1 hr. 30 min. - 2 hrs	3 - 3 hrs. 30 min.	160°F
Hot Dogs	70/40	400°F	5 - 8	10 - 12	140°F
Seafood	Top/Bottom	Temp	Fresh (Min.)	Frozen (Min.)	Internal Temp. (Thermometer)
Salmon	70/30	380°F	12 - 15	20 - 25	145°F
Tuna Steak, 6oz.	70/30	400°F	8 - 10	12 - 14	145°F
Shrimp	70/30	400°F	5 - 7	7 - 12	145°F
Scallops, Large, ½oz. each	70/30	400°F	7	9	130°F
Swordfish Steak	70/30	400°F	8 - 10	15	
Lobster Tails 4 oz	70/30	360°F	8 - 12	15	
Vegetables	Top/Bottom	Temp	Fresh (Min.)	Frozen (Min.)/Notes	
Corn on the Cob (Wrapped in foil 2-4 pc.)	50/50	350°F	40	Alternative, season to taste and wrap in foil.	
Root Vegetables, Whole	60/40	400°F	45 - 55	Cut into 2-inch cubes and spray with oil.	
Baked Potato	50/50	400°F	1 hr	8oz. each	
Roasted Onion (Wrapped in foil, 2-4 pc.)	50/50	400°F	45 - 55	Cut ½-inch off the top, brush with oil.	
Frozen Mix Vegetables (Wrapped in foil, 2-4 pc.)	50/50	400°F		6-7	
Broccoli	60/40	400°F	10	Varies with thickness.	
Squash, Acorn/Butternut	60/40	400°F	45 - 55	Cut in half, remove seeds and membrane, place in shallow dish, brush with oil.	
Sweet Potato, Whole	60/40	400°F	50		
Whole Beets	70/30	400°F	40 - 50		
Cauliflower (8-12 oz.)	70/30	400°F	30 - 35		
Pizza/Quesadillas	Top/Bottom	Temp	Fresh (Min.)	Frozen (Min.)	
Thin Crust	30/70	400°F	12 - 15	18-20	
Regular Crust	30/70	400°F	12 - 15	18-20	
Thick Crust	30/70	400°F	12 - 15	18-20	
Quesadilla	30/70	400°F	8 - 10	12-15	



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