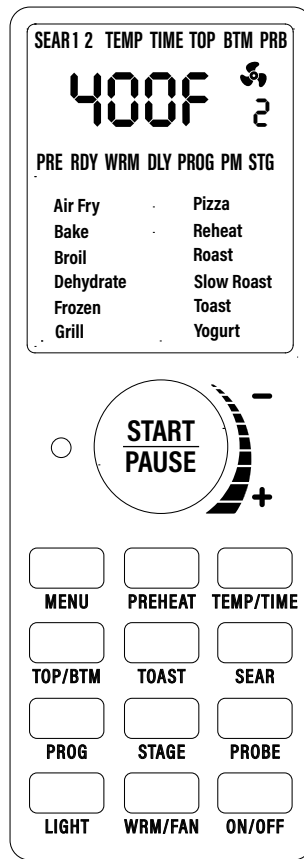


# nuwave®

## BRAVO® XL SMART OVEN

# Quick Start Guide

Model No. 20801, 20802



## Getting Started

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

**TEMP/TIME:** Turn the **START/PAUSE** Dial to set or adjust. Press **SEAR + TEMP/TIME** to switch from Fahrenheit to Celsius and repeat to switch back.

**CLOCK:** Press **PREHEAT** and **TEMP/TIME** at the same time. Adjust by turning **START/PAUSE**.

**LOCK:** Locks all buttons. Press **PROG** and **STAGE** at the same time.

**Turn the Bravo® ON and OFF.**

Press **ON/OFF**. This button also stops any cooking function. While cooking press **ON/OFF** to cancel.

**Choose between the 12 cooking menu options. Each menu has a preset cooking temperature and time.**

Press **MENU**. Turn **START/PAUSE** to choose desired menu.

**Start cooking. 350°F and 15 minutes are the defaults.**

Turn **START/PAUSE** to adjust cooking functions or to scroll through options. Press **START/PAUSE** to begin cooking. **Note: START/PAUSE** pauses cooking process. Press **START/PAUSE** during cooking to pause the Bravo. Press again to resume.

**Preheat for crispier results. 350°F is the default temperature.**

Press **START/PAUSE**. Once the preheat temperature is reached, the Bravo will beep, display "Rdy", and begin a 10-second countdown. Insert your food and press **START/PAUSE** to begin cooking or the Bravo will automatically return to its default settings. Press **PREHEAT** to cancel at any time.

**Sear your food before the initial cooking process. 450°F and 5 minutes are the defaults.**

Press **SEAR**. If preferred, adjust Sear temp and time and press **START/PAUSE**. **Note:** The Sear function can be set for before or after regular cooking cycle. Refer to owner's manual for details.

**WRM/FAN (WARM): Keeps your favorite leftovers warm. 140°F and 1 hour are the defaults.**

**FAN:** Press and hold down **WRM/FAN** for 2 seconds. Press **START/PAUSE** to begin. **Note:** Refer to the owner's manual for details.

**Use the Digital Probe for perfect results every time. 165°F is the default.**

Plug the Probe into Bravo unit (Jack). Press and hold down **PROBE** for 1 second and set the Probe target internal temperature for food using **START/PAUSE**. Insert the other end of the Probe into your food. Press **START/PAUSE** to begin cooking.

**Program gives you access to 100 cooking presets and allows you to store an additional 50 of your own. Refer to the 100 Presets on the back of the Quickstart Guide.**

Press **PROGRAM** and turn **START/PAUSE** to choose preset items (1-100) to cook. Temperatures and Times can be adjusted on all functions before and during the cooking process. Press **TEMP/TIME**, turn the **START/PAUSE** to adjust the temperature. Press **TEMP/TIME** again, turn the **START/PAUSE** to adjust time. Press **START/PAUSE** to begin the chosen program. **Note:** 1-100 can be adjusted but it will go back to the default temps and times after cooking has completed.

**Stage lets you cook at different temps and times throughout the cooking process. 350°F and 15 minutes are the defaults.**

To add a cooking stage, press **STAGE** once and adjust by turning **START/PAUSE**. **Note:** Refer to owner's manual to add additional Stages to your cooking process.

**Bravo has top and bottom heat elements that are both adjustable.**

Press **TOP/BTM** to toggle between top heat adjustment and bottom heat adjustment. Turn the **START/PAUSE** to adjust the amount of power sent to each heat source.

**Make toasting easy with up to 10 levels.**

Press **TOAST** or select it from the menu. Default is level 5 (425F for 5 min.) Turn the **START/PAUSE** dial left for lighter toast, and right for darker toast.

**Delay cooking to your desired start time. 1 hour is the default.**

Press **PROG** and **TOP/BTM** and turn **START/PAUSE** to adjust Delay time. Adjustable up to 24 hours. After setting cooking function and Delay time, press **START/PAUSE**. Press **PROG** and **TOP/BTM** at any time to cancel Delay.

## Cooking Guide

**Note: Temperatures and times may need minor adjustments to best suit your desired results. TOP/BTM will be set to 100/100 but can be adjusted to the recipe needs or desired results.**

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

Beef/Lamb	Rack	Temp	Fresh (Min.)	Frozen (Min.)	Internal Temp. (Thermometer)
Patties (½-inch thick)	2 or 3	450°F	8	12 - 15	160°F
Patties (1-inch thick)	2 or 3	450°F	12 - 15	20 - 22	160°F
Steaks (1-inch thick)	2 or 3	450°F	8 - 10 10 - 2 12 - 15 15 - 18 18 - 20	12 - 14 14 - 16 16 - 18 18 - 21 21 - 25	<b>Rare:</b> 125°F - 134°F <b>Med. Rare:</b> 135°F - 144°F <b>Medium:</b> 145°F - 149°F <b>Med. Well:</b> 150°F - 159°F <b>Well:</b> 160°F
Steaks (2-inches thick)	2 or 3	450°F	12 - 14 14 - 16 16 - 18 18 - 21 21 - 25	25 - 30 30 - 34 34 - 38 38 - 42 42 - 45	<b>Rare:</b> 125°F - 134°F <b>Med. Rare:</b> 135°F - 144°F <b>Medium:</b> 145°F - 149°F <b>Med. Well:</b> 150°F - 159°F <b>Well:</b> 160°F
Roasts (3-5lbs.) Let rest 10 minutes before serving.	1	350°F	12 per lb. 15 per lb. 17 per lb. 20 per lb. 23 per lb.	22 per lb. 26 per lb. 28 per lb. 30 per lb. 32 per lb.	<b>Rare:</b> 125°F - 134°F <b>Med. Rare:</b> 135°F - 144°F <b>Medium:</b> 145°F - 149°F <b>Med. Well:</b> 150°F - 159°F <b>Well:</b> 160°F
Poultry	Rack	Temp	Fresh (Min.)	Frozen (Min.)	Internal Temp. (Thermometer)
Pieces: Breasts, Legs, Thighs	1 or 2	375°F	8 - 10	10 - 14	165°F
Whole Chicken	1	375°F	10 - 12 per lb.	20 - 24 per lb.	165°F
Boneless/Skinless Chicken Breasts	2 or 3	375°F	10 - 12	15 - 18	165°F
Cornish Hen (Whole 1-1.5lbs.)	1 or 2	375°F	28 - 33	50 - 55	165°F
Turkey (Whole, 10-12lbs.)	1	375°F	14 per lb	17 per lb	165°F
Turkey Breast (4-6lbs.)	1 or 2	375°F	14 per lb	17 per lb	165°F
Turkey Legs	1 or 2	375°F	50	55	165°F
Turkey Wings	1 or 2	375°F	33	44	165°F
Duck (Whole, 5lbs.)	1	375°F	50 - 55	1 hr. 5 min. - 1 hr 10 min.	165°F

\*When cooking with the Temperature Probe, there is no need to adjust cooking time. The Bravo will cook to the internal temperature of the food. Without the Probe, the default cooking time is 15 minutes. Adjust this according to your recipe.

Pork	Rack	Temp	Fresh (Min.)	Frozen (Min.)	Internal Temp. (Thermometer)
Bacon	ANY	400°F	12 - 18*		
*For extra crispy.					
Ham	1	325°F	13 - 15 per lb.	Glaze*	
*Apply glaze before the last 5 minutes of the cooking time.					
Sausage Links	ANY	350°F	7	10	165°F
Sausage Patties	ANY	350°F	10	13 - 14	165°F
Italian, Bratwurst, etc.	ANY	375°F	10	19	160°F
Chops	1 or 2	450°F	12	20 - 22	145°F
Roasts (3-7lbs.)	1 or 2	350°F	24 per lb.	33 - 35 per lb.	145°F
Tenderloins	1 or 2	450°F	20	31 - 35	145°F
Spare Ribs	1 or 2	375°F	28 - 33	50 - 55	160°F
Country-Style Ribs	1 or 2	375°F	25 - 30	40 - 45	160°F
Hot Dogs	ANY	350°F	2 - 3	10 - 12	140°F
Seafood	Rack	Temp	Fresh (Min.)	Frozen (Min.)	Internal Temp. (Thermometer)
Fish: Fillets (½-inch thick)	1 or 2	400°F	6 - 7	10	145°F
Fish: Steaks and Fillets (1-inch thick)	1 or 2	400°F	8 - 9	15 - 16	145°F
Whole Fish (3-4-inches thick)	1 or 2	380°F	28	50	145°F
Shrimp	ANY	400°F	5 - 6	7 - 8	Cooking time may vary with size.
Scallops (Sea)	ANY	400°F	8 - 9	10	130°F (Scallops and/or Lobster turn opaque when cooking is complete)
Scallops (Bay)	ANY	400°F	6 - 7	8 - 9	
Lobster Tails (8oz.)	1 or 2	360°F	10 - 15		
Vegetables	Rack	Temp	Fresh (Min.)	Frozen (Min.)	
Corn on the Cob (Wrapped in foil, 2-4pc.)	1 or 2	425°F	9 - 10	10-12 (4-6oz.)	
Root Vegetables (8-12oz.)	1 or 2	425°F	20 - 30	25-35 (Cut into 2-inch cubes)	
Potatoes: Whole (8 oz. pc.)	1 or 2	425°F	45	1 hr.	
½ Lengthwise			30	40	
French Fries			20	25	
Roasted Onion (Wrapped in foil, 2-4pc.)	1 or 2	425°F	30	45 (Cut ½ inch off top)	
Roasted Garlic (Wrapped in foil, 2-4pc.)	1 or 2	425°F	22	30	
Broccoli (8-12oz.)	1 or 2	425°F	10	18 (Varies with thickness)	
Squash (8-12oz.)	1 or 2	425°F	30 - 35	40-45 (Cut in half, remove seeds and membrane, place in shallow dish, brush with oil)	
Eggplant (Whole)	1 or 2	350°F	50		
Eggplant (½-inch slices)	1 or 2	425°F	10 - 15		
Baked Apples (2 to 6pc.)	1 or 2	350°F	30	35 (Cut in half and remove core)	
Baked Pears (2 to 6pc.)	1 or 2	425°F	25	30 (Cut in half and remove core)	
Pizza/Quesadillas	Rack	Temp	Fresh (Min.)	Frozen (Min.)	Internal Temp. (Thermometer)
Thin Crust	1 or 2	450°F	12 - 15	15 - 18	Temperatures and times are for your guidance. You may need to adjust to your preferred doneness. Use position 1 for crispier results.
Regular Crust	1 or 2	450°F	12 - 15	15 - 18	
Thick Crust	1 or 2	400°F	13 - 17	20 - 25	
Quesadillas	1 or 2	350°F	6		

# nuwave®

## BRAVO® XL SMART OVEN

Visit [nuwavenow.com](http://nuwavenow.com) to see more of our NuWave products and accessories.

©2022 NuWave LLC • All Rights Reserved. • Customer Service: 1-877-689-2838 • [help@nuwavenow.com](mailto:help@nuwavenow.com)  
Model No. 20801, 20802 • Rev. 02 • Item No: BQ20801-20802 • CB03 • 11-28-22

**nuwave®**  
— LIVE WELL FOR LESS —

# 100 Presets

Note: Presets 1-100 can be adjusted to create your own recipes using menu preset #101-150.  
 Refer to the Recipe Book for more details for each preset.  
 \*Preheat prior to cooking. Halfway through cooking, shake or flip your food.

Simple Meals (Refer to Recipe Book for Recipe)					Rack	Temp	Time (Min.)	Probe
1.	Baked Eggs in Hell	1	375°F	18				
2.	Homemade Granola	3	120°F	5 hrs.				
3.	Pork Sausage*	3	375°F	8				
4.	Sunny Side-Up Eggs*	1	300°F	3				
5.	Thick Bacon*	3	375°F	10				
6.	Baked Shrimp*	3	425°F	10				
7.	Lemon Sesame Salmon*	3	450°F		130°F			
8.	Crab Cakes*	3	375°F	15				
9.	Whole Roasted Chicken*	1	375°F		165°F			
10.	Turkey Legs*	1	375°F		165°F			
11.	Roasted Cornish Hens*	1	350°F		165°F			
12.	Turkey Sliders*	1	450°F		165°F			
Meats (Refer to Recipe Book for Recipe)					Rack	Temp	Time (Min.)	Probe
13.	Baked Chicken Breast*	3	450°F		165°F			
14.	Seared Beef Steak* (Rare)	3	450°F		120°F			
15.	Seared Beef Steak* (Medium-Rare)	3	450°F		130°F			
16.	Seared Beef Steak* (Medium)	3	450°F		135°F			
17.	Seared Beef Steak* (Medium-Well)	3	450°F		145°F			
18.	Seared Beef Steak* (Well)	3	450°F		165°F			
19.	Reuben Sandwich*	3	500°F	4				
20.	Roast Pork*	1	400°F		165°F			
21.	Baked Frozen Pork Chops (Medium-Well)	3	300°F		145°F			
22.	Baked Frozen Pork Chops (Well)	3	300°F		165°F			
Vegetables/Pizza (Refer to Recipe Book for Recipe)					Rack	Temp	Time (Min.)	Probe
23.	Baked Root Vegetables*	1	425°F	35				
24.	Grilled Asparagus*	1	425°F	8				
25.	Sweet Potato Fries*	2	425°F	20				
26.	Goat Cheese-Stuffed Mushrooms*	2	425°F	15				
27.	Baked Sweet Potatoes*	2	425°F	45				
28.	Cajun-Roasted Potatoes*	2	450°F	40				
29.	Pizza*	2	400°F	12				
Baked and Dehydrated Foods (Refer to Recipe Book for Recipe)					Rack	Temp	Time (Min.)	Probe
30.	Beef Jerky	2	170°F	9 hrs.				
31.	Banana Chips	2	135°F	8 hrs.				
32.	Candied Bacon	2	150°F	1 hr. 15 min.				
33.	Croutons	3	360°F	10				
34.	Sun-Dried Tomatoes	3	140°F	8 hrs.				
35.	Dried Apricots	2	140°F	20 hrs.				
36.	Buttery Dinner Rolls*	2	275°F	30				
37.	Italian Loaf*	2	400°F	17				
38.	Frutti di Bosco*	2	350°F	45				
39.	Bread Pudding*	2	350°F	40				
40.	Homestyle Peach Cobbler*	2	375°F	40				
Air-Fried Meals (Refer to Recipe Book for Recipe)					Rack	Temp	Time (Min.)	Probe
41.	Griddled Cheese*	1	450°F	2				
42.	Air-Fried Pork Chops* (Medium Well)	2	400°F		145°F			
43.	Air-Fried Pork Chops* (Well)	3	400°F		165°F			
44.	Air-Fried Chicken Wings*	3	400°F	14				
45.	Air-Fried Fish and Chips*	3	400°F	20				
46.	Air-Fried Chicken Breast*	3	360°F		165°F			
47.	Air-Fried Brussels Sprouts*	3	400°F	17				
48.	Air-Fried Shrimp*	2	400°F	8				
49.	Air-Fried Cinnamon Rolls*	2	350°F	12				
50.	Air-Fried Beef Burger* (Rare)	3	450°F		120°F			
51.	Air-Fried Beef Burger* (Medium-Rare)	2	450°F		130°F			
52.	Air-Fried Beef Burger* (Medium)	2	450°F		135°F			
53.	Air-Fried Beef Burger* (Medium Well)	2	450°F		145°F			
54.	Air-Fried Beef Burger* (Well)	2	450°F		165°F			
55.	Air-Fried Chocolate Chip Oatmeal Cookies*	2	350°F	12				
56.	Air-Fried Lemon Slice Sugar Cookies*	2	325°F	12				
57.	Air-Fried Meatballs*	2	400°F	9				
58.	Air-Fried Salmon and Asparagus*	2	400°F		130°F			
59.	Air-Fried Egg Rolls*	2	390°F		165°F			
60.	Air-Fried Onion Rings*	2	375°F	11				
61.	Air-Fried Sweet Potato Chips*	2	400°F	13				
62.	Air-Fried Turkey Breast*	2	400°F		165°F			
63.	Air-Fried Buffalo Cauliflower*	2	365°F	14				
64.	Air-Fried Tandoori Chicken*	2	360°F		165°F			
65.	Air-Fried Apple Chips*	2	390°F	9				
Frozen Foods					Rack	Temp	Total Time (Min.)	Probe
66.	French Fries, regular, half bag	2	450°F	14				
67.	French Fries*, regular, half bag, extra crispy	3	450°F	16				
68.	French Fries*, regular, 3/4 bag	3	450°F	15				
69.	French Fries*, regular, 3/4 bag, extra crispy	3	450°F	19				
70.	Frozen French Fries*, fast food, half bag	3	450°F	11				
71.	Frozen French Fries*, fast food, half bag, extra crispy	3	450°F	13				
72.	Frozen French Fries*, fast food, 3/4 bag	2	450°F	14				
73.	Frozen French Fries*, fast food, 3/4 bag, extra crispy	2	450°F	16				
74.	Onion Rings*, half bag	2	400°F	11				
75.	Onion Rings*, full bag	2	400°F	12				
76.	Frozen Pot Pies*	2	400°F	41				
77.	Frozen Hot Pockets*	2	350°F	20				
78.	Frozen Burrito* (Chicken, Beef, Bean)	2	350°F		165°F			
79.	Frozen Corn Dogs*	2	350°F	15				
80.	Frozen Lasagna*, party size	2	375°F	1 hr. 55 min.				
81.	Frozen Chicken Tenders*	2	400°F	18				
82.	Frozen Chicken Nuggets (16-20 pcs.)	2	360°F	11				
83.	Frozen Chicken Wings* (6-12 pcs.)	3	425°F	18				
84.	Frozen Chicken Wings* (6-12 pcs.), extra crispy	2	425°F	20				
85.	Frozen Pizza Bites*	2	390°F	14				
86.	Frozen Fish Sticks*, half box	3	375°F	20				
87.	Frozen Fish Sticks*, full box	3	375°F	22				
88.	Frozen Popcorn Shrimp*, half box	3	425°F	14				
89.	Frozen Popcorn Shrimp*, full box	3	425°F	16				
90.	Frozen Fish Filet*	3	450°F	16				
91.	Frozen Butterfly Shrimp*, half box	3	425°F	10				
92.	Frozen Fruit Turnovers*	3	400°F	20				
93.	Frozen Fruit Pie*	2	400°F	32				
94.	Frozen Churro*	2	350°F	15				
95.	Frozen French Toast Sticks*	3	375°F	10				
96.	Frozen Mini Pancake Bites*	3	375°F	8				
97.	Frozen Waffles*	3	450°F	5				
98.	Frozen Belgian Waffles*	3	425°F	7				
99.	Frozen Assorted Mini Quiche*	3	375°F	11				
100.	Frozen Breakfast Sandwiches* (wrap with foil)	2	350°F	20				