

Note: Preset temperatures and times may need minor adjustments to best suit your desired results. Presets 28-92 will have automatic preheat. To cancel automatic preheat, press PROG + PREHEAT, press the same buttons to reactivate.

Vegetables	Cook	Time	TOP/BTM
1. Artichoke (Hearts, 6-10 oz.) (170-283g)	425°F (218°C)	00:28	100/100
2. Artichoke (Whole, wrapped in foil, 6-10 pc.)	425°F (218°C)	01:00	100/100
3. Asparagus (10-16 oz.) (283-453g)	425°F (218°C)	00:08	100/100
4. Beets (Wrapped in foil, 2-4 pc.)	425°F (218°C)	00:45	100/100
5. Bell Peppers (8-12 oz.) (227 - 340g)	425°F (218°C)	00:16	100/100
6. Broccoli (8-12 oz.) (227 - 340g)	425°F (218°C)	00:10	100/100
7. Brussels Sprouts (8-12 oz.) (227 - 340g)	425°F (218°C)	00:23	100/100
8. Cabbage (Wedged, 8-12 oz.)(227-340g)	425°F (218°C)	00:22	100/100
9. Carrots (8-12 oz.) (227 - 340g)	425°F (218°C)	00:20	100/100
10. Cauliflower (8-12 oz.) (227 - 340g)	425°F (218°C)	00:20	100/100
11. Corn on the cob (Wrapped in foil, 2-4 pc.)	425°F (218°C)	00:30	100/100
12. Eggplant (Halved, 4-6 pc.)	425°F (218°C)	00:33	100/100
13. Fennel (6-10 pc.)	425°F (218°C)	00:35	100/100
14. Garlic (Wrapped in foil, 2-4 pc.)	425°F (218°C)	00:33	100/100
15. Green Beans (8-12 oz.) (227 - 340g)	425°F (218°C)	00:14	100/100
16. Mushrooms (8-12 oz.) (227 - 340g)	425°F (218°C)	00:11	100/100
17. Onions (Whole, wrapped in foil, 6-10 pc.)	425°F (218°C)	00:40	100/100
18. Parsnips (8-12 oz.) (227 - 340g)	425°F (218°C)	00:15	100/100
19. Potatoes (Baked, 2-4 pc.)	425°F (218°C)	00:55	100/100
20. Potatoes (Wedged, 8-12 oz.)(227-340g)	425°F (218°C)	00:35	100/100
21. Snap Peas (6-10 pc.)	425°F (218°C)	00:18	100/100
22. Summer Squash (Yellow, 6-10 oz.) (170-283g)	425°F (218°C)	00:15	100/100
23. Sweet Potatoes (Whole, 2-4 pc.)	425°F (218°C)	01:00	100/100
24. Sweet Potatoes (Cubed, 8-12 oz.) (227-340g)	425°F (218°C)	00:40	100/100
25. Tomatoes (8-12 oz.) (227 - 340g)	425°F (218°C)	00:10	100/100
26. Turnips (8-12 oz.) (227 - 340g)	425°F (218°C)	00:28	100/100
27. Zucchini (8-12 oz.) (227 - 340g)	425°F (218°C)	00:15	100/100
Meat & Poultry*	Cook	Probe	Time
28. Beef Steak (NY Rib Eye etc. rare)	450°F (232°C)	110°F (43°C)	00:04
29. Beef Steak (NY Rib Eye etc. med rare)	450°F (232°C)	120°F (49°C)	00:05
30. Beef Steak (NY Rib Eye etc. med)	450°F (232°C)	130°F (54°C)	00:06
31. Beef Steak (NY Rib Eye etc. med well)	450°F (232°C)	140°F (60°C)	00:07
32. Beef Steak (NY Rib Eye etc. well)	450°F (232°C)	150°F (66°C)	00:08
33. Beef Roast (Prime rib, rare)	350°F (177°C)	110°F (43°C)	02:15
34. Beef Roast (Prime rib, med rare)	350°F (177°C)	120°F (49°C)	02:30
35. Beef Roast (Prime rib, med)	350°F (177°C)	130°F (54°C)	02:45
36. Beef Roast (Prime rib, med well)	350°F (177°C)	140°F (60°C)	00:03
37. Beef Roast (Prime rib, well)	350°F (177°C)	150°F (66°C)	03:30
38. Beef Burger (Rare)	450°F (232°C)	110°F (43°C)	00:06
39. Beef Burger (Med rare)	450°F (232°C)	120°F (49°C)	00:08
40. Beef Burger (Med)	450°F (232°C)	130°F (54°C)	00:10
41. Beef Burger (Med well)	450°F (232°C)	140°F (60°C)	00:12
42. Beef Burger (Well)	450°F (232°C)	150°F (66°C)	00:14
43. Ham Steak (1.5-2 lbs.) (680-907g)	325°F (163°C)	145°F (63°C)	00:30
44. Ham, Boneless (5 lbs.) (2kg)	325°F (163°C)	145°F (63°C)	01:00
45. Pork Belly (2 lbs.) (907g)	325°F (163°C)	165°F (63°C)	01:45
46. Pork Chops	450°F (232°C)	145°F (63°C)	00:12
47. Pork Roast	350°F (177°C)	145°F (63°C)	00:50

48. Pork Tenderloin	450°F (232°C)	145°F (63°C)	00:22
49. Pork Loin	350°F (177°C)	145°F (63°C)	00:50
50. Pork Ribs	375°F (191°C)		00:45
51. Sausage	350°F (177°C)	145°F (63°C)	00:50
52. Bacon (2-6 pc.)	400°F (204°C)		00:13
53. Lamb Chops (Rare)	450°F (232°C)	110°F (43°C)	00:10
54. Lamb Chops (Med rare)	450°F (232°C)	120°F (49°C)	00:12
55. Lamb Chops (Med)	450°F (232°C)	130°F (54°C)	00:14
56. Lamb Chops (Med well)	450°F (232°C)	140°F (60°C)	00:16
57. Lamb Chops (Well)	450°F (232°C)	150°F (66°C)	00:18
58. Lamb Roast (Rack, leg, rare)	350°F (177°C)	110°F (43°C)	00:45
59. Lamb Roast (Rack, leg, med rare)	350°F (177°C)	120°F (49°C)	01:00
60. Lamb Roast (Rack, leg, med)	350°F (177°C)	130°F (54°C)	01:15
61. Lamb Roast (Rack, leg, med well)	350°F (177°C)	140°F (60°C)	01:20
62. Lamb Roast (Rack, leg, well)	350°F (177°C)	150°F (66°C)	01:30
63. Poultry (Chicken, turkey)	375°F (191°C)	165°F (74°C)	00:50
64. Chicken Wings (2 lbs.) (907g)	350°F (177°C)		00:30
Fish/Seafood	Cook	Time	TOP/BTM
65. Cod (Fillets)	350°F (177°C)	00:12	100/100
66. Lobster Tails (8 oz.) (227g)	360°F (182°C)	00:10	100/100
67. Salmon (6 oz fillets)	380°F (193°C)	00:12	100/100
68. Salmon Steak (1" thick) (25mm)	350°F (177°C)	00:15	100/100
69. Scallops (2 lbs.) (907g)	400°F (204°C)	00:12	100/100
70. Shrimp (2 lbs.) (907g)	400°F (204°C)	00:10	100/100
71. Tuna Steak (1" thick) (25mm)	400°F (204°C)	00:08	100/100
Frozen Food	Preheat Temp.	Total Time	TOP/BTM
72. Chicken Breast (6 oz.) (170g)	325°F (163°C)	00:25	100/100
73. Chicken Nuggets (12 oz.) (340g)	370°F (188°C)	00:11	100/100
74. Chicken Strips	400°F (204°C)	00:12	100/100
75. Chicken Wings (2 lbs.) (907g)	350°F (177°C)	00:50	100/100
76. Chicken (Whole, 5 lbs.) (2kg)	375°F (191°C)	01:08	100/100
77. Egg Rolls	400°F (204°C)	00:15	100/100
78. Fish Fillets (10 oz.) (283g)	400°F (204°C)	00:14	100/100
79. French Fries (Thick)	400°F (204°C)	00:18	100/100
80. French Fries (Thin)	400°F (204°C)	00:17	100/100
81. Meatballs (1 lb) (453g)	400°F (204°C)	00:12	100/100
82. Mozzarella Sticks	400°F (204°C)	00:08	100/100
83. Onion Rings (12 oz.) (340g)	400°F (204°C)	00:08	100/100
84. Shrimp (Breaded)	400°F (204°C)	00:09	100/100
Baking	Cook	Time	TOP/BTM
85. Biscuits	360°F (182°C)	00:16	100/100
86. Brownies	360°F (182°C)	00:25	100/100
87. Cake	360°F (182°C)	00:30	100/100
88. Cheesecake	345°F (174°C)	00:40	100/100
89. Cookies	350°F (177°C)	00:12	100/100
90. Cupcakes	360°F (182°C)	00:17	100/100
91. Muffins	360°F (182°C)	00:30	100/100
92. Pie	360°F (182°C)	00:25	100/100
Dehydrated Food	Cook	Time	TOP/BTM
93. Apples	135°F (57°C)	07:00	100/100
94. Apricots	140°F (60°C)	20:00	100/100
95. Banana Chips	135°F (57°C)	10:00	100/100
96. Beef Jerky	170°F (77°C)	07:00	100/100
97. Kiwis	135°F (57°C)	07:30	100/100
98. Lemons	200°F (93°C)	02:30	100/100
99. Oranges	200°F (93°C)	04:30	100/100
100. Strawberries	135°F (57°C)	08:00	100/100

nuwave Bravo[®] XL

Quickstart Guide

What you get



2 Heavy-Duty Cooking Racks
Part #: 26802



Enamel Baking Pan and Enamel Broiler Rack
Part #: 26804



Air Fry Basket
Part #: 26806



Probe
Part #: 26808

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 TOP/BTM 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. 350F (177C) and 00:15 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. 350F (177C) is the default temperature.
Press PREHEAT. To begin, press START/PAUSE. Once it has reached the set temperature the Bravo will beep and a 5-minute countdown will begin. Place your food into the Bravo. **Note:** Press PREHEAT to cancel at any time.

Sear your food before the initial cooking process. 450F (232C) 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. 140F (60C) 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. 165F (74C) 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. 350F (177C) 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/218C 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.

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" thick) (12mm)	2 or 3	450°F (232°C)	8	00:12 - 00:15	160°F (71°C)
Patties (1" thick) (25mm)	2 or 3	450°F (232°C)	12 - 15	00:20 - 00:22	160°F (71°C)
Steaks (1" thick) (25mm)	2 or 3	450°F (232°C)	8 - 10 10 - 12 12 - 15 15 - 18 18 - 20	00:12 - 00:14 00:14 - 00:16 00:16 - 00:18 00:18 - 00:21 00:21 - 00:25	Rare: 125°F - 134°F (51°C - 57°C) Med. Rare: 135°F - 144°F (57°C - 62°C) Medium: 145°F - 149°F (63°C - 65°C) Med. Well: 150°F - 159°F (66°C - 71°C) Well: 160°F (71°C)
Steaks (2" thick) (50mm)	2 or 3	450°F (232°C)	12 - 14 14 - 16 16 - 18 18 - 21 21 - 25	00:25 - 00:30 00:30 - 00:34 00:34 - 00:38 00:38 - 00:42 00:42 - 00:45	Rare: 125°F - 134°F (51°C - 57°C) Med. Rare: 135°F - 144°F (57°C - 62°C) Medium: 145°F - 149°F (63°C - 65°C) Med. Well: 150°F - 159°F (66°C - 71°C) Well: 160°F (71°C)
Roasts (3-5 lbs) (1.3-2kg) Let rest 10 minutes before serving.	1	350°F (177°C)	12 per lb/24 per kg 15 per lb/30 per kg 17 per lb/34 per kg 20 per lb/40 per kg 23 per lb/46 per kg	22 per lb/44 per kg 26 per lb/52 per kg 28 per lb/56 per kg 30 per lb/1 hr per kg 32 per lb/1.04 per kg	Rare: 125°F - 134°F (51°C - 57°C) Med. Rare: 135°F - 144°F (57°C - 62°C) Medium: 145°F - 149°F (63°C - 65°C) Med. Well: 150°F - 159°F (66°C - 71°C) Well: 160°F (71°C)
Poultry	Rack	Temp	Fresh - Min	Frozen - Min	Internal Temp. (Thermometer)
Pieces: Breasts, Legs, Thighs	1 or 2	375°F (191°C)	8 - 10	10 - 14	165°F (74°C)
Whole Chicken	1	375°F (191°C)	10 - 12 per lb 20 - 24 kg	20 - 24 per lb 40 - 48 kg	165°F (74°C)
Boneless/Skinless Chicken Breasts	2 or 3	375°F (191°C)	10 - 12	15 - 18	165°F (74°C)
Cornish Hen (Whole 1-1.5 lbs.) (680g)	1 or 2	375°F (191°C)	28 - 33	50 - 55	165°F (74°C)
Turkey (Whole, 10-12 lbs.) (4-5kg)	1	375°F (191°C)	14 per lb/28 kg	17 per lb/34 kg	165°F (74°C)
Turkey Breast (4-6 lbs.) (2-3kg)	1 or 2	375°F (191°C)	14 per lb/28 kg	17 per lb/34 kg	165°F (74°C)
Turkey Legs	1 or 2	375°F (191°C)	50	55	165°F (74°C)
Turkey Wings	1 or 2	375°F (191°C)	33	44	165°F (74°C)
Duck (Whole, 5 lbs) (2kg)	1	375°F (191°C)	50 - 55	1:05 - 1:10	165°F (74°C)

*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 10 minutes. Adjust this according to your recipe.

Pork	Rack	Temp	Fresh - Min	Frozen - Min	Internal Temp. (Thermometer)
Bacon	ANY	400°F (204°C)	00:12 - 00:18*		
*For extra crispy.					
Ham	1	325°F (163°C)	13 - 15 per lb 26 - 30 kg	Glaze*	
*Apply glaze before the last 5 minutes of the cooking time.					
Sausage Links	ANY	350°F (177°C)	00:07	00:10	165°F (74°F)
Sausage Patties	ANY	350°F (177°C)	00:10	00:13 - 00:14	165°F (74°F)
Italian, Bratwurst, etc.	ANY	375°F (191°C)	00:10	00:19	160°F (71°C)
Chops	1 or 2	450°F (232°C)	00:12	00:20 - 00:22	145°F (63°C)
Roasts (3-7 lbs.) (1.3 - 3kg)	1 or 2	350°F (177°C)	24 per lb/48 kg	33 - 35 per lb 66 - 70 kg	145°F (63°C)
Tenderloins	1 or 2	450°F (232°C)	00:20	00:31 - 00:35	145°F (63°C)
Spare Ribs	1 or 2	375°F (191°C)	00:28 - 00:33	00:50 - 00:55	160°F (71°C)
Country-Style Ribs	1 or 2	375°F (191°C)	00:25 - 00:30	00:40 - 00:45	160°F (71°C)
Hot Dogs	ANY	350°F (177°C)	00:02 - 00:03	00:10 - 00:12	140°F (60°C)

Seafood	Rack	Temp	Fresh - Min	Frozen - Min	Internal Temp. (Thermometer)
Fish: Fillets (½" thick) (12mm)	1 or 2	400°F (204°C)	00:06 - 00:07	00:10	145°F (63°C)
Fish: Steaks and Fillets (1" thick) (25mm)	1 or 2	400°F (204°C)	00:08 - 00:09	00:15 - 00:16	145°F (63°C)
Whole Fish (3-4" thick) (76 - 102mm)	1 or 2	380°F (193°C)	00:28	00:50	145°F (63°C)
Shrimp	ANY	400°F (204°C)	00:05 - 00:06	00:07 - 00:08	Cooking time may vary with size.
Scallops (Sea)	ANY	400°F (204°C)	00:08 - 00:09	00:10	130°F (57°C) Scallops and/or Lobster turn opaque when cooking is complete.
Scallops (Bay)	ANY	400°F (204°C)	00:06 - 00:07	00:08 - 00:09	
Lobster Tails (8 oz.) (227g)	1 or 2	360°F (182°C)	00:10 - 00:15		

Vegetables	Rack	Temp	Fresh - Min	Frozen - Minutes
Corn on the Cob (Wrapped in foil, 2-4 pc.)	1 or 2	425°F (218°C)	00:09 - 00:10	Alternative, season to taste and wrap in foil. (4-6 oz.) (113-170g)
Root Vegetables (8-12 oz.) (227 - 340g)	1 or 2	425°F (218°C)	00:20 - 00:30	Cut into 2-inch (50mm) cubes and spray with oil. (8-10 oz.) (227-283g)
Potatoes: Whole (8 oz. pc.) (227g)	1 or 2	425°F (218°C)	00:45 00:30	(8 oz. pc.) (227g)
½ Lengthwise French Fries			00:20	
Roasted Onion (Wrapped in foil, 2-4 pc.)	1 or 2	425°F (218°C)	00:30	Cut ½ inch (12mm) off top, brush with oil. Wrap in foil. (4-6 pc.)
Roasted Garlic (Wrapped in foil, 2-4 pc.)	1 or 2	425°F (218°C)	00:22	
Broccoli (8-12 oz.) (227 - 340g)	1 or 2	425°F (218°C)	00:10	Varies with thickness.
Squash (8-12 oz.) (227 - 340g)	1 or 2	425°F (218°C)	00:30 - 00:35	Cut in half, remove seeds and membrane, place in shallow dish, brush with oil. (8-12 oz.) (227 - 340g)
Eggplant (Whole)	1 or 2	350°F (177°C)	00:50	
Eggplant (½" slices) (12mm)	1 or 2	425°F (218°C)	00:10 - 00:15	
Baked Apples (2 to 6 pc.)	1 or 2	350°F (177°C)	00:30	Cut in half and remove core.
Baked Pears (2 to 6 pc.)	1 or 2	425°F (218°C)	00:25	Cut in half and remove core.

Pizza/Quesadillas	Rack	Temp	Fresh - Min	Frozen - Min	Internal Temp. (Thermometer)
Thin Crust	1 or 2	450°F (232°C)	00:12 - 00:15	00:15 - 00:18	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 (232°C)	00:12 - 00:15	00:15 - 00:18	
Thick Crust	1 or 2	400°F (204°C)	00:13 - 00:17	00:20 - 00:25	
Quesadillas	1 or 2	350°F (177°C)	00:06		