

Baked/Dehydrated Foods		Oven Temp.	Set Time	Flip, Shake, Rotate	Probe Temp.	Carry-Over Temp.	Top/Btm
33.	Croutons	360°F	15 min.				
34.	Sun-Dried Tomatoes	140°F	8 hrs.				
35.	Dried Apricots	140°F	20 hrs.				
36.	Dinner Rolls*	275°F	20 min.				
37.	Italian Loaf*	400°F	18 min.				
38.	Frutti di Bosco*	300°F	1 hr 10 min.				
39.	Bread Pudding *	350°F	40 min.				
40.	Peach Cobbler*	350°F	40 min.				
41.	Griddled Cheese*	450°F	1 1/2 min.				30% 70%
42.	Air-Fried Pork Chops*, Medium Well	350°F	probe		130°F	145°F	
43.	Air-Fried Pork Chops*, Well	350°F	probe		155°F	165°F	
44.	Air-Fried Chicken Wings*	425°F	28 min.	flip			
45.	Air-Fried Fish and Chips*	425°F	20 min.				
46.	Air-Fried Chicken Breast*	325°F	probe		155°F	165°F	
47.	Air-Fried Brussels Sprouts*	400°F	15 min.	shake			
48.	Air-Fried Shrimp*	425°F	8 min.				
49.	Air-Fried Cinnamon Rolls*	350°F	10 min.				
Air-Fried Meals		Oven Temp.	Set Time	Flip, Shake, Rotate	Probe Temp.	Carry-Over Temp.	Top/Btm
50.	Air-Fried Beef Burger*, Rare	450°F	probe		110°F	120°F	
51.	Air-Fried Beef Burger*, Medium Rare	450°F	probe		120°F	130°F	
52.	Air-Fried Beef Burger*, Medium	450°F	probe		125°F	135°F	
53.	Air-Fried Beef Burger*, Medium Well	450°F	probe		135°F	145°F	
54.	Air-Fried Beef Burger*, Well	450°F	probe		155°F	165°F	
55.	Air-Fried Chocolate Chip Oatmeal Cookies*	350°F	10 min.				
56.	Air-Fried Lemon Slice Sugar Cookies*	325°F	10 min.				
57.	Air-Fried Meatballs*	400°F	15 min.				
58.	Air-Fried Salmon and Asparagus*	425°F	probe		110°F	130°F	
59.	Air-Fried Egg Rolls*	390°F	probe		155°F	165°F	
60.	Air-Fried Onion Rings*	375°F	11 min.				
61.	Air-Fried Sweet Potato Chips*	400°F	11 min.	flip			
62.	Air-Fried Turkey Breast*	375°F	probe		155°F	165°F	
63.	Air-Fried Buffalo Cauliflower*	400°F	14 min.	flip			
64.	Air-Fried Tandoori Chicken*	350°F	probe		155°F	165°F	
65.	Air-Fried Apple Chips*	300°F	18 min.				
Frozen Foods		Oven Temp.	Set Time	Flip, Shake, Rotate	Probe Temp.	Carry-Over Temp.	Top/Btm
66.	Regular French Fries*, half bag	400°F	17 min.	shake			

67.	Regular French Fries*, half bag, extra crispy	400°F	19 min.	shake			
68.	Regular French Fries*, 3/4 bag	400°F	19 min.	shake			
69.	Regular French Fries*, 3/4 bag, extra crispy	400°F	21 min.	shake			
70.	Fast Food French Fries*, half bag	400°F	13 min.	shake			
71.	Fast Food French Fries*, half bag, extra crispy	400°F	15 min.	shake			
72.	Fast Food French Fries*, 3/4 bag	400°F	18 min.	shake			
73.	Fast Food French Fries*, 3/4, extra crispy	400°F	20 min.	shake			
74.	Onion Rings*, half bag	400°F	9 min.	flip			
75.	Onion Rings*, full bag	400°F	12 min.	flip			
76.	Pot Pies*	325°F	50min.				25% 75%
77.	Hot Pockets*	350°F	17 min.				
78.	Burrito* (Chicken, Beef, Bean)	300°F	24 min.	flip			
79.	Corn Dogs*	300°F	25 min.				
80.	Lasagna*, party size	350°F	1 hr. 40 min.				
81.	Chicken Tenders*	400°F	18 min.	flip			
82.	Chicken Nuggets*	400°F	11 min.	flip			
83.	Chicken Wings*	400°F	20 min.	flip			
84.	Chicken Wings*, crispy	400°F	22 min.	flip			
85.	Pizza Bites*	400°F	7 min.				
86.	Fish Sticks*, half box	400°F	9 min.	flip			
87.	Fish Sticks*, full box	400°F	11 min.	flip			
88.	Popcorn Shrimp*, half box	425°F	12 min.				
89.	Popcorn Shrimp*, full box	425°F	13 min.				
90.	Frozen Fish Filet*	425°F	22 min.				
91.	Butterfly Shrimp*, half box	400°F	7 min.				
92.	Fruit Turnovers*	400°F	9 min.				
93.	Frozen Fruit Pie*	325°F	50 min.	rotate			
94.	Air-Fried Frozen Churro*	350°F	15 min.				
95.	French Toast Sticks*	375°F	10 min.	flip			
96.	Mini Pancake Bites*	375°F	4 min.				
97.	Waffles*	450°F	3 min.				
98.	Belgian Waffles*	375°F	3 min.				
99.	Mini Quiche*	375°F	11 min.				
100.	Breakfast Sandwich* (wrap with foil)	350°F	35 min.				

# nuwave®

## BRAVO® XL PRO

### SMART OVEN & AIR FRYER WITH GRILL

Customer Service:

For Amazon Purchases: [support@nuwavenow.com](mailto:support@nuwavenow.com)

For All Other Purchases: [help@nuwavenow.com](mailto:help@nuwavenow.com)

Model No: 20855

Item No: BQ20855

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## BRAVO® XL PRO

### SMART OVEN & AIR FRYER WITH GRILL

# Quick Start Guide















Model No: 20855

Refer to the Owner's Manual for more details



RECIPE BOOK QR Code

Visit [www.nuwavenow.com/bravo-xl-pro-recipe-book-20855](http://www.nuwavenow.com/bravo-xl-pro-recipe-book-20855)

Button	Function
 ON/OFF	Turns the Bravo® XL <b>On</b> and <b>Off</b> . This also cancels any cooking function.
	Press <b>START/PAUSE</b> to begin cooking. Press again to pause cooking. Press again to resume the cooking. Turn the dial to adjust the settings for the selected function.
 MENU	Press <b>MENU</b> and turn the <b>START/PAUSE</b> dial to select the 12 Menu functions. Press <b>START/PAUSE</b> to begin cooking the selected function.
 TEMP	Press <b>TEMP</b> and turn the <b>START/PAUSE</b> dial to adjust the cooking temperature.
 TIME	Press <b>TIME</b> and turn the <b>START/PAUSE</b> dial to adjust the cooking time.
 PREHEAT	Press <b>PREHEAT</b> to have the Bravo XL Pro preheat before you begin cooking. Press and hold <b>Preheat</b> to enable auto preheat. Repeat to disable auto preheat.
 PROBE	Press and hold <b>PROBE</b> to view the target internal temperature. The default is 165°F. Adjust the target temperature with the <b>START/PAUSE</b> dial. Press <b>PROBE</b> at any time to see the current probe temperature.
 SEAR	Press <b>SEAR</b> to cook food at high heat. The default Sear setting is 500°F for 5 minutes.
 PRESET	Press <b>PRESET</b> to access 100 pre-programmed recipes. Turn the <b>START/PAUSE</b> dial to select your preset and press <b>START/PAUSE</b> to begin cooking. The temperature and time can be adjusted.
 WARM	Press <b>WARM</b> to keep food warm after cooking. The default Warm setting is 140°F for 1 hour.
 TOP/BOTTOM (MUTE)	Press <b>TOP/BOTTOM</b> to view the power distribution between the top and bottom heating elements. Turn the <b>START/PAUSE</b> dial to adjust the heating distribution.  To <b>mute</b> the Bravo® XL Pro beep sounds, press and hold <b>Top/Bottom</b> until you hear 2 beeps. Repeat to unmute
 LIGHT	Press <b>LIGHT</b> to turn the internal light on or off at any time.
 FAN	Press <b>FAN</b> to lower the fan speed. Fan speed 3 is the default setting and the highest fan speed. Once the fan is off at 0, press <b>Fan</b> again to return to fan speed 3.
	Press and hold <b>LIGHT</b> and <b>FAN</b> simultaneously to <b>lock</b> the control panel. Repeat to unlock.

**Consult your Owner's Manual for more detailed instructions.**

**Preset gives you access to 100 cooking presets. Refer to the 100 Presets on the back of the Quickstart Guide.**

Press **Preset** 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 **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.

**Make toasting easy with 10 power level options.**

Select **Toast** from the Menu. The default setting is level 5, 425°F for 5 minutes. Turn the **START/PAUSE** dial counter-clockwise for a lighter toast and clockwise for a darker toast.

Note: Temperatures and times may need minor adjustments to best suit your desired results. TOP/BTM will be set to 50/50 but can be adjusted to the recipe needs or desired results.

# Cooking Guide

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	Rare: 125°F - 134°F Med. Rare: 135°F - 144°F Medium: 145°F - 149°F Med. Well: 150°F - 159°F Well: 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	Rare: 125°F - 134°F Med. Rare: 135°F - 144°F Medium: 145°F - 149°F Med. Well: 150°F - 159°F Well: 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.	Rare: 125°F - 134°F Med. Rare: 135°F - 144°F Medium: 145°F - 149°F Med. Well: 150°F - 159°F Well: 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
Pork	Rack	Temp	Fresh (Min.)	Frozen (Min.)	Internal Temp. (Thermometer)
Bacon	ANY	375°F	10 - 16*		
*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		
<b>Vegetables</b>	<b>Rack</b>	<b>Temp</b>	<b>Fresh (Min.)</b>	<b>Frozen (Min.)</b>	
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.) ½ Lengthwise French Fries	1 or 2	425°F	45 30 20		
Roasted Onion (Wrapped in foil, 2-4pc.)	1 or 2	425°F	30		
Roasted Garlic (Wrapped in foil, 2-4pc.)	1 or 2	425°F	22		
Broccoli (8-12oz.)	1 or 2	425°F	10	18 (Varies with thickness)	
Squash (8-12oz.)	1 or 2	425°F	30 - 35		
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		
Baked Pears (2 to 6pc.)	1 or 2	425°F	25		
<b>Pizza/Quesadillas</b>	<b>Rack</b>	<b>Temp</b>	<b>Fresh (Min.)</b>	<b>Frozen (Min.)</b>	<b>Internal Temp. (Thermometer)</b>
Thin Crust	1 or 2	400°F	8 - 15	8 - 15	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	400°F	8 - 15	8 - 15	
Thick Crust	1 or 2	375°F	13 - 17	20 - 25	
Quesadillas	1 or 2	350°F	6		

Refer to the Recipe Book for more details for each preset.

\*Preheat prior to cooking. Halfway through cooking, shake or flip your food.

## 100 Presets

Simple Meals		Initial		Half-way	Final		Heat
		Oven Temp.	Set Time	Flip, Shake, Rotate	Probe Temp.	Carry-Over Temp.	Top/Btm
1.	Baked Eggs in Hell	360°F	18min.				
2.	Homemade Granola	120°F	5 hrs				
3.	Pork Sausage*	375°F	8 min.				
4.	Sunny Side-Up Egg*	300°F	7 min.				20% 80%
5.	Thick Bacon*	375°F	10 min.				
6.	Baked Shrimp*	425°F	8 min.				
7.	Lemon Sesame Salmon*	450°F	probe		110°F	130°F	
8.	Crab Cakes*	375°F	15 min.				
9.	Whole Roasted Chicken *	350°F	probe		155°F	165°F	
10.	Turkey Legs*	350°F	probe		155°F	165°F	
11.	Roasted Cornish Hens*	350°F	probe		155°F	165°F	
12.	Turkey Sliders*	450°F	probe		155°F	165°F	
Meats		Oven Temp.	Set Time	Flip, Shake, Rotate	Probe Temp.	Carry-Over Temp.	Top/Btm
13.	Baked Chicken Breast*	450°F	probe		155°F	165°F	
14.	Beef Steak*, Rare	450°F	probe		110°F	120°F	
15.	Beef Steak*, Medium Rare	450°F	probe		115°F	130°F	
16.	Beef Steak*, Medium	450°F	probe		120°F	135°F	

17.	Beef Steak*, Medium Well	450°F	probe		130°F	145°F	
18.	Beef Steak*, Well	450°F	probe		155°F	165°F	
19.	Reuben Sandwich*	450°F	4 min.				
20.	Roast Pork	325°F	probe		155°F	165°F	
21.	Grilled Pork Chops*, Medium Well	450°F	probe		130°F	145°F	
22.	Grilled Pork Chops*, Well	450°F	probe		155°F	165°F	
Vegetables/Pizza		Oven Temp.	Set Time	Flip, Shake, Rotate	Probe Temp.	Carry-Over Temp.	Top/Btm
23.	Grilled Vegetables*	425°F	26 min.				
24.	Grilled Asparagus*	425°F	7 min.				30% 70%
25.	Sweet Potato Fries*	425°F	15 min.				
26.	Stuffed Mushrooms*	425°F	10 min.				
27.	Baked Sweet Potatoes*	425°F	45 min.				
28.	Roasted Potatoes*	450°F	23 min.				
29.	Pizza*	400°F	11 min.				30% 70%
Baked/Dehydrated Foods		Oven Temp.	Set Time	Flip, Shake, Rotate	Probe Temp.	Carry-Over Temp.	Top/Btm
30.	Beef Jerky	170°F	9 hrs.				
31.	Banana Chips	135°F	8 hrs.				
32.	Candied Bacon	150°F	1 hr. 15 min.				