

nuwave®

PIC® Flex

Precision Induction Cooktop

Quick Start Guide



PIC Flex
Part #: 30501

Getting Started

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

Start cooking. 375°F for 1 hour are the defaults.

Press Start to begin cooking.

Note: Press Pause/Clear during cooking to pause the PIC. Press Start to resume. Press Pause/Clear twice to clear.

Changing Fahrenheit to Celsius.

Press Prog. Press (-) once to display Fahrenheit (F). Press (-) again to display Celsius (C). Press Pause/Clear to finish.

Adjust cooking temperature.

Increase or decrease the temperature manually by selecting one of the six temperature settings or by pressing (+) or (-) to adjust the temperature by 10-degree increments.

Note: Refer to the owner's manual for details.

Adjust cooking Time.

Press Time twice. The number on the far right will flash. Use the (-) or (+) keys to adjust. Press Time for each number to be changed.

Note: The flashing digit is the number being altered.

Stage/Program cooking.

Program the PIC Flex to cook at different temperatures for different amounts of time. Ex: High for 5 min. then Low for 3 min.

Press Prog to set the stages. Press High, Time and then press (+) five times for 5 min. at High. Press Low, Time, and then press (+) three times for 3 min. at Low. Press Start to begin cooking.

Note: You can add additional stages by repeating steps.

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Delay cooking.

You can program the PIC to delay cooking. Ex: Delay cooking for 6 min., then cook on High for 3 min.

Press Prog to set the delay. Press Time then press (+) six times to delay for 6 min. Press Prog then press High. Press Time and then press (+) three times to cook for 3 min. Press Start to begin cooking.

Note: Refer to owner's manual for details.

Watts controls the power consumption of your PIC. The default wattage on the PIC is 1300W.

If you use the PIC in a location with limited wattage you can adjust the PIC's wattage. Press Watts until you reach the appropriate wattage.

Note: When cooking at lower wattages cooking times may increase slightly.

PIC Specs

Cooking Area

The heating surface is located inside the thicker silver ring. The minimum diameter of acceptable cookware is 3 inches. Always place cookware in the center of the heating circle. You may use pans measuring up to the total width of the PIC Flex, which measures 10 inches. However, in these situations heat will transfer more slowly to the outer edges. Not recommended for pans larger than 10 inches. There are no open flames or hot coils and the NuWave Precision Induction Cooktop Flex remains cool to the touch where not magnetically activated. The appliance can accommodate up to a 50-pound weight load.



Power & Temperature Setting	Wattage Setting*		
	600W 5.0 Amps	900W 7.5 Amps	1300W 10.8 Amps
Sear	600W	900W	1300W
High (425°F~490°F)	600W	900W	1200W
Med/High (375°F~420°F)	600W	900W	1000W
Med (275°F~370°F)	600W	800W	800W
Med/Low (175°F~270°F)	600W	600W	600W
Low (100°F~170°F)	600W	600W	600W

*Based on line voltages registering 120V.

PIC On The Go

For those cooking on the road or open water, operation of the NuWave PIC Flex requires up to 10.83 amps when used on an RV or boat. The cooktop uses up to 1300W of energy depending on the temperature and wattage setting. The appliance may be plugged into any standard electrical outlet, but cannot operate on batteries.

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

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

Beef/Lamb	Temp	Fresh - Minutes	Frozen - Minutes	Internal Temp. (Thermometer)
Patties 1 inch thick	370°F	00:10	00:18 - 00:20	160°F
Steaks 1 inch thick*	400°F	00:02 - 00:03 00:03 - 00:04 00:04 - 00:05 00:05 - 00:06 00:06 - 00:07	00:08 - 00:10 00:10 - 00:12 00:12 - 00:14 00:14 - 00:16 00:16 - 00:18	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
Beef Stew	325°F	03:00 - 04:00 hours	04:00 - 05:00 hours	Well: 160°F and higher
*Let rest 10 minutes before serving.				
Poultry	Temp	Fresh - Minutes	Frozen - Minutes	Internal Temp. (Thermometer)
Chicken Breasts, Legs, Thighs, Bone-In	380°F	00:30 - 00:40	00:45 - 00:55	165°F
Boneless/Skinless Chicken Breasts, 2 (6-8 oz)	380°F	00:09 - 00:11	00:14 - 00:16	165°F
Turkey Breast (cutlet)	360°F	00:05 - 00:08	00:10 - 00:15	165°F
Duck Breast 6 to 10 oz	360°F	00:10 - 00:14	00:15 - 00:18	165°F
Chicken Sausage	360°F	00:10 - 00:15	00:15 - 00:20	165°F
Pork	Temp	Fresh - Minutes	Frozen - Minutes	Internal Temp. (Thermometer)
Bacon	400°F	00:08 - 00:10	Extra crispy.*	
*For extra crispy cook an additional 2-3 minutes.				
Sausage Links (1-oz links)	375°F	00:12 - 00:16	00:14 - 00:16	160°F
Sausage Patties (2 oz)	175°F	00:12 - 00:14	00:15 - 00:16	160°F
Italian Sausage, Bratwurst, etc.	375°F	00:09 - 00:13	00:17 - 00:21	160°F
Chops, 2-3, (6-oz pork chops)	375°F	00:10 - 00:12	00:18 - 00:21	145°F
Tenderloins (1½-2 lbs)	350°F	00:18 - 00:20	00:28 - 00:30	145°F
Hot Dogs (boiled in water)	350°F	00:05	00:05	140°F
Seafood	Temp	Fresh - Minutes	Frozen - Minutes	Internal Temp. (Thermometer)
Fish: Fillets, ½ inch thick	400°F	00:05 - 00:07	00:10 - 00:12	145°F
Fish: Steaks and Fillets, 1 inch thick	400°F	00:10 - 00:12	00:14 - 00:18	145°F
Shrimp (6-12 large, boiled)	400°F	00:03 - 00:05	00:14 - 00:17	Cooking time may vary with size.
Scallops, Sea (6-12, large)	400°F	00:04 - 00:05	00:10 - 00:14	Scallops and/or lobster turn opaque when cooking is complete.
Scallops, Bay (6-12, large)	400°F	00:06 - 00:08	00:08 - 00:10	
Vegetables	Temp	Fresh - Minutes	Frozen - Minutes	
Corn on the Cob (2-4 pc., boiled in water)	350°F	00:05 - 00:06	Alternative, season to taste.	
Potatoes: Pancakes Cut in ½ lengthwise French Fries	350°F	00:05 - 00:06 00:05 - 00:08 00:03 - 00:06	8 oz each	
Broccoli (6-12 oz, boiled in water)	350°F	00:04 - 00:05	Varies with thickness.	
Squash (¼-inch)	350°F	00:02 - 00:04	Cut in half, remove seeds and membrane, place in shallow dish, brush with oil.	
Eggplant, ½-inch slices (1 pc., sliced)	350°F	00:04 - 00:06		

Compatible Cookware

Three simple ways to check if your existing pots and pans or future cookware purchases are compatible with the NuWave PIC Flex:

1. A magnet is typically a great indicator. If it sticks to the bottom of a piece of cookware this typically means the pot or pan is induction-ready. However, be cautioned that there are instances when a cooking vessel's magnetic properties may not be strong enough for the pot to work efficiently with the PIC Flex.
2. Place a small amount of water in a pot or pan. If induction compatible, water will begin to boil.
3. An induction-ready symbol may be printed on the bottom of the cookware.



Induction Symbol



Troubleshoot Guide

E1 Error

An E1 reading typically means that your PIC Flex does not detect cookware on its surface. This can occur for one of two reasons:

1. The induction coils contained within the PIC Flex will only work when they are in direct contact with a piece of cookware. To maintain your appliance's effectiveness, always ensure that it rests on a flat surface and set the cookware on the PIC Flex before pressing Start.
2. An E1 message may also occur if your chosen cookware is not induction-ready.

When an E1 error occurs the PIC will beep every 2 seconds until it detects a pot. If the PIC has not detected a pot after 1 minute, it will shut off automatically. In order to resume cooking, place induction-ready cookware on the PIC's surface then press Start.

E7 Error & Cooking Fan

An E7 error is displayed when the PIC becomes overheated. This is typically caused by obstruction of the PIC's underside Cooling Fan. Always ensure that the PIC Flex is placed on a flat, level surface with the cooling fan unobstructed. Typical interferences include tablecloths, wooden cutting boards, placemats, etc.

PIC & Pacemakers

Scientific tests are inconclusive as to whether the electrical field created by the PIC Flex will disrupt the function of a pacemaker. Please consult your doctor or medical professional for guidance before use.