

# 100 Presets

Note: Presets 1-100 can be adjusted to create your own recipes using menu presets #101-150.

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

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

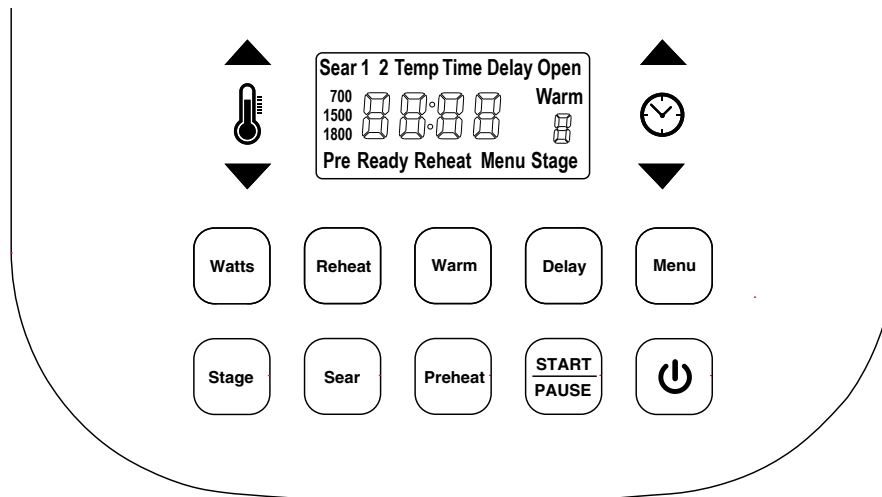
Quick Meals	Temp.	Time (Min.)	Pork / Lamb (Refer to Recipe Book for Presets #50-60)	Temp.	Time (Min.)
1. Bacon, 4oz.	400°F	8	50. BBQ Chicharrones*	390°F	15
2. Bake*, 8oz.	350°F	15	51. Char Siu*	400°F	20
3. Baked Eggs, 2oz.	300°F	10	52. Crispy Pork Chops with Roasted Broccoli Crowns* (Medium Well)	360°F	8
4. Baked Potato	390°F	35	53. Crispy Pork Chops with Roasted Broccoli Crowns* (Well)	360°F	10
5. Chicken Breast*, (any size) Flip Halfway	360°F	19	54. Croque Monsieur*	400°F	10
6. Chicken Thighs*, (any size) Flip Halfway	360°F	14	55. Devils on Horseback*	400°F	10
7. Dehydrate, 8oz.	250°F	2 hrs.	56. Honey-Butter Pork Tenderloin* (Medium Well)	360°F	16
8. Dessert*, 8oz.	350°F	15	57. Honey-Butter Pork Tenderloin* (Well)	360°F	21
9. Fish* (any size) Flip Halfway	395°F	7	58. Italian Sausage with Rigatoni Pasta*	390°F	13
10. Fries, Fresh*, 16oz. Shake Halfway	395°F	10	59. Polish Kielbasa with Peppers & Onions*	390°F	10
11. Fries, Frozen*, 16oz. Shake Halfway	395°F	11	60. Scotch Eggs*	360°F	10
12. Frozen Food*, 16oz.	350°F	14	<b>Beef</b> (Refer to Recipe Book for Presets #61-76)	<b>Temp.</b>	<b>Time (Min.)</b>
13. Pork* (any size)	360°F	14	61. Chicago-Style Hot Dogs*	400°F	5
14. Reheat, 8oz.	325°F	8	62. Chili-Coffee-Rubbed NY Strip Steak* (Rare)	395°F	10
15. Roast*, 32oz. (Medium)	375°F	19	63. Chili-Coffee-Rubbed NY Strip Steak* (Medium Rare)	395°F	11
16. Shrimp*, 8oz.	350°F	8	64. Chili-Coffee-Rubbed NY Strip Steak* (Medium)	395°F	12
17. Steak*, (any size) (Medium) Flip Halfway	375°F	17	65. Chili-Coffee-Rubbed NY Strip Steak* (Medium Well)	395°F	13
18. Sweet Potato, 32oz.	390°F	35	66. Chili-Coffee-Rubbed NY Strip Steak* (Well)	395°F	14
19. Pop-Tart*, 2pcs.	340°F	7	67. Crispy Beef *	360°F	8
20. Vegetables, 8oz.	360°F	10	68. Filet* (Rare)	395°F	12
<b>Vegetables</b> (Refer to Recipe Book for Presets #21-26,32)	<b>Temp.</b>	<b>Time (Min.)</b>	69. Filet* (Medium Rare)	395°F	13
21. Air-Fried Spinach Ravioli with Pesto Sauce*	360°F	14	70. Filet* (Medium)	395°F	15
22. Blue Cheese Bacon-Stuffed Mushrooms	400°F	15	71. Filet* (Medium Well)	395°F	17
23. Cajun-Roasted Potatoes*	375°F	25	72. Filet* (Well)	395°F	19
24. Fried Pickles*	390°F	10	73. Mongolian Beef*	300°F	10
25. Mozzarella Sticks*	390°F	10	74. Reuben Sandwich*	400°F	10
26. Spiced Avocado Fries with Creole Sauce*	350°F	20	75. Sesame Beef*	360°F	8
27. Jalapeño Poppers*	390°F	12	76. Stuffed Peppers*	360°F	12
28. Tofu Buffalo Bites with Honey Mustard Sauce*	390°F	12	<b>Frozen Food</b>	<b>Temp.</b>	<b>Time (Min.)</b>
29. Jalapeño Mashed Potatos Taquitos*	375°F	8	77. Butterfly Shrimp*, 8oz.	390°F	7
30. Air Fry Asparagus Wrapped in Thick Pepper Bacon*	400°F	19	78. Popcorn Shrimp*, 8oz.	350°F	5
31. Air Fry Asparagus Wrapped in Thick Pepper Extra Crispy*	400°F	21	79. Fish Sticks, 8oz.	390°F	11
32. Avocado Chocolate Brownie*	350°F	20	80. Chicken Tenders, 8oz.	390°F	15
<b>Poultry</b> (Refer to Recipe Book for Presets #33,42)	<b>Temp.</b>	<b>Time (Min.)</b>	81. Chicken Wings, 8oz.	300°F	21
33. BBQ Wings with Pink Peppercorns*	300°F	20	82. Chicken Breast, 2, 6oz.	390°F	19
34. Chicken Cordon Bleu*	375°F	28	83. Pizza*	390°F	5
35. Chicken Parmesan with Marinara*	400°F	18	84. Pizza Bites*, 8oz.	390°F	14
36. Chicken Fajita Egg Rolls*	390°F	10	85. Frozen Burrito*, 10oz.	300°F	12
37. Five-Spice Duck Breast*	400°F	8	86. Tator Tots, 8oz.	390°F	11
38. Homemade Chicken Tenders with Honey Mustard	400°F	15	87. Sweet Potato Tots, 8oz.	390°F	11
39. Korean Wings*	300°F	20	88. Fast Food Fries, ½ Bag	390°F	19
40. Southern Fried Chicken Thighs	400°F	15	89. Fast Food Fries, ½ Bag, extra crispy	390°F	21
41. Spicy Rumaki*	360°F	8	90. Fast Food Fries, Full Bag	390°F	14
42. Sweet & Sour Chicken*	360°F	24	91. Fast Food Fries, Full Bag, extra crispy	390°F	16
43. Slow Cook Air Broasted Herb Butter Whole Chicken*	400°F	35	92. Regular Fries, ½ Bag	390°F	21
<b>Fish / Seafood</b> (Refer to Recipe Book for Presets #44-49)	<b>Temp.</b>	<b>Time (Min.)</b>	93. Regular Fries, ½ Bag, extra crispy	390°F	23
44. Air-Fried Shrimp with Cocktail Sauce*	350°F	7	94. Regular Fries, Full Bag	390°F	16
45. Bacon-Wrapped Scallops*	360°F	6	95. Regular Fries, Full Bag, extra crispy	390°F	18
46. Cajon Salmon with Mustard Greens*	395°F	7	96. Pancakes	375°F	5
47. Jumbo Lump Crab Cakes*	390°F	8	97. French Toast	390°F	11
48. Crab Rangoon*	390°F	15	98. Waffle	390°F	5
49. Fish and Chips with Homemade Tartar Sauce*	390°F	15	99. Pretzels	390°F	4
			100. Churro*	375°F	10

# nuwave Brio® 7.25Q

# Quick Start Guide

Digital Air Fryer

Model No: 37062



## Getting Started

Refer to the Owner's Manual for more details

Button	Function	Use
	Turns the Brio® on and off.	The <b>Power</b> button turns the Brio on and off and stops all cooking functions.
<b>START/PAUSE</b>	Starts and pauses the cooking process.	Select a cooking function, press <b>START/PAUSE</b> to begin, pause, or resume cooking.
<b>Menu</b>	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 Quick Start Guide.	Press <b>Menu</b> and use the <b>Up</b> or <b>Down</b> arrows to choose preset programs (1-100) to cook. Once you have chosen one, the temperature and time can be adjusted. Press <b>START/PAUSE</b> to begin the chosen program. <b>Note:</b> Presets 1-100 can be adjusted, but they will return to the default temperatures and times after cooking has finished.
<b>Preheat</b>	Ensures the Brio is at the set cooking temperature when you insert your food, giving you crispier results.	The default is 350°F (default cooking temperature). To begin, press <b>START/PAUSE</b> and adjust the cooking temperature and time. The Brio will preheat at the set cooking temperature. Once the Brio has reached the set temperature, the Brio will beep twice, countdown for 10 seconds, beep once more, and then start cooking automatically. To deactivate automatic preheat, press <b>Menu + Preheat</b> prior to cooking. Repeat to reactivate automatic preheat.
<b>Warm</b>	Keep your food warm until you are ready to serve.	The defaults are 140°F for 1 hour. Press and hold down <b>Warm</b> for 1 second. The Brio will activate automatically.
<b>Delay</b>	Delay your cooking start time.	Press <b>Delay</b> and use the <b>Up</b> or <b>Down</b> arrows to adjust the Delay time. The time is adjustable up to 24 hours. Press <b>Delay</b> at any time to cancel the Delay function.
<b>Reheat</b>	Quickly warm through your favorite leftovers.	The defaults are 350°F for 4 minutes. To reheat, press and hold down <b>Reheat</b> for 1 second. The Brio will activate automatically.
<b>Sear</b>	Sear your food before and/or after the cooking process.	The defaults are 400°F for 5 minutes. Press <b>Sear</b> . Then, adjust the Sear temperature and time, if desired, and press <b>START/PAUSE</b> to begin cooking.
<b>Stage</b>	Lets you cook at different temperatures and times throughout the cooking process.	The defaults are 350°F for 15 minutes, and 350°F for 0 minutes for all subsequent stages. You can program up to 5 stages. To use them, put in a time value for the stage you need. To skip them, leave the time at 0 minutes.
<b>Watts</b>	Control the power consumption of your Brio.	The default wattage on the Brio is 1800W. Using a lower wattage will lower your energy consumption, and is ideal if your home does not allow 1800 watts. Press <b>Watts</b> to adjust from 1800W to 700W or 1500W. <b>Note:</b> Lower wattages may affect cooking times.

**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 (Min.)	Frozen (Min.)	Internal Temp. (Thermometer)	
Patties (½-inch thick)	370°F	7	10 - 13	125°F - 160°F	
Patties (1-inch thick)	370°F	8 - 10	18 - 20	125°F - 160°F	
Steaks (1-inch thick)	400°F	7 - 9	11 - 12	<b>Rare:</b>	125°F - 134°F
		9 - 10	12 - 14	<b>Med. Rare:</b>	135°F - 144°F
		10 - 13	14 - 16	<b>Medium:</b>	145°F - 149°F
		13 - 16	16 - 19	<b>Med. Well:</b>	150°F - 159°F
		16 - 18	19 - 23	<b>Well:</b>	160°F
Steaks (2-inch thick)	400°F	11 - 12	21 - 27	<b>Rare:</b>	125°F - 134°F
		12 - 14	27 - 31	<b>Med. Rare:</b>	135°F - 144°F
		14 - 16	31 - 34	<b>Medium:</b>	145°F - 149°F
		16 - 19	34 - 38	<b>Med. Well:</b>	150°F - 159°F
		19 - 23	38 - 41	<b>Well:</b>	160°F
Roasts (3-5lbs.)	390°F	10 per lb.	22 per lb.	<b>Rare:</b>	125°F - 134°F
		15 per lb.	22 per lb.	<b>Med. Rare:</b>	135°F - 144°F
		15 per lb.	24 per lb.	<b>Medium:</b>	145°F - 149°F
		18 per lb.	26 per lb.	<b>Med. Well:</b>	150°F - 159°F
		20 per lb.	27 per lb.*	<b>Well:</b>	160°F

\*Let rest 10 minutes before serving.

Poultry	Temp.	Fresh (Min.)	Frozen (Min.)	Internal Temp. (Thermometer)	
Chicken Breasts, Legs, Thighs	380°F	7 - 9	9 - 13	165°F	
Whole Chicken (5lb.)	375°F	9 - 11 per lb.	18 - 22 per lb.	165°F	
Boneless/Skinless Chicken Breasts	380°F	9 - 11	14 - 16	165°F	
Cornish Hen, Whole (1-1.5lbs.)	360°F	25 - 30	45 - 50	165°F	
Turkey Breast (4-6lbs.)	360°F	12 per lb.	15 per lb.	165°F	
Turkey Legs	360°F	45	50	165°F	
Turkey Wings	360°F	30	40	165°F	
Duck, Whole (5lbs.)	375°F	45 per lb.	1 hr per lb.	160°F	

Pork	Temp.	Fresh (Min.)	Frozen (Min.)	Internal Temp. (Thermometer)	
Bacon	400°F	8	Extra crispy*		

\*For extra crispy cook an additional 2-3 minutes.

Ham	350°F	12 - 13 per lb.	Glaze*		
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\*Apply glaze before the last 5 minutes of the cooking time.

Sausage Links	350°F	6	9	165°F	
Sausage Patties	350°F	9	12	165°F	
Italian, Bratwurst, etc.	375°F	9	17	160°F	
Chops	400°F	10	18 - 20	160°F	
Roasts (3-7lbs.)	400°F	22 per lb.	30 per lb.	160°F	
Tenderloins	400°F	18	28	160°F	
Spare Ribs	350°F	25 - 30	45 - 50	160°F	
Country-Style Ribs	350°F	23 - 28	36 - 42	160°F	
Hot Dogs	350°F	2	10 - 12	150°F	

# Cooking Guide

Seafood	Temp	Fresh (Min.)	Frozen (Min.)	Internal Temp. (Thermometer)
<b>Fish-Fillets</b> , ½-inch thick	400°F	6 - 10	10 - 15	150°F
<b>Fish-Steaks and Fillets</b> , 1-inch thick	400°F	8 - 10	14 - 16	150°F
<b>Whole Fish</b> , 3-4 inches thick	380°F	25	45	150°F
<b>Shrimp</b>	400°F	5	7	Cooking time may vary with size.
<b>Scallops, Sea</b>	400°F	8	10	Scallops and/or lobster turn opaque when cooking is complete.
<b>Scallops, Bay</b>	400°F	6	8	
<b>Lobster Tails</b> , 4oz.	360°F	6	8	
<b>Lobster</b> , Live Maine	360°F	14 per lb.	Large pot*	

\*Bring a large pot of water up to a boil. Drop in the lobsters headfirst. Cook for 2 minutes before placing in the Brio®.

Vegetables	Temp	Fresh (Min.)	Frozen (Min.)
<b>Corn on the Cob</b> (Wrapped in foil, 2-4 pc.)	390°F	9 - 12	10-12 (4-6oz.)
<b>Root Vegetables</b> (8-12oz.)	400°F	18 - 27	25-35 (Cut into 2-inch cubes)
<b>Potatoes: Whole</b> (8oz. pc.)		40	1 hr.
<b>½ Lengthwise</b>	400°F	27	40
<b>French Fries</b>		18	25
<b>Roasted Onion</b> (Wrapped in foil, 2-4 pc.)	400°F	18	45 (Cut ½-inch off top)
<b>Roasted Garlic</b> (Wrapped in foil, 2-4 pc.)	400°F	22	30
<b>Broccoli</b> (8-12oz.)	400°F	6 - 10	18 (Varies with thickness)
<b>Squash</b> (8-12oz.)	400°F	27 - 32	40-45 (Cut in half, remove seeds and membrane, place in shallow dish, brush with oil)
<b>Eggplant</b> (Whole)	400°F	36	
<b>Eggplant</b> (½-inch slices)	400°F	10 - 14	
<b>Baked Apples</b> (2 to 6 pc.)	400°F	18	35 (Cut in half and remove core)
<b>Baked Pears</b> (2 to 6 pc.)	400°F	23	30 (Cut in half and remove core)
Pizza Slices/Quesadillas	Temp	Fresh (Min.)	Frozen (Min.)
<b>Thin Crust</b>	350°F	15	Temperatures and times are for your guidance. You may need to adjust to your preferred doneness.
<b>Regular Crust</b>	350°F	18	
<b>Thick Crust</b>	350°F	20	
<b>Quesadilla</b>	350°F	6	

## Notes

Food	Cooking Temp.	Internal Temp.	Time



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