

Wait, there's more!

In addition to our 100 pre-programmed presets on the unit, we have over 1000 chef-approved recipes in our NuWave App and online in the NuWave's Cooking Club. Check out our favorite recipes that came with your Brio or other NuWave products!

Visit www.nuwavenow.com under *Cooking Club* for recipes.



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Brio® **8Q**

Model No: 37380, 37381
Rev. 1

Quick Start Guide

Getting Started

Refer to the Owner's Manual for more details

Button	Function	Use
	Turns the Brio® on and off.	The Power button turns the Brio on and off and stops all cooking functions.
START/PAUSE	Starts and pauses the cooking process.	Select a cooking function, press START/PAUSE to begin, pause, or resume cooking.
Menu	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 Menu and use the Up or Down arrows to choose preset programs (1-100) to cook. Once you have chosen one, the temperature and time can be adjusted. Press START/PAUSE to begin the chosen program. Note: Presets 1-100 can be adjusted, but they will return to the default temperatures and times after cooking has finished.
Probe	Helps to accurately cook your food to your preferred internal temperature.	The default is 165°F. Plug the Probe into the jack in your Brio. Press and hold Probe for 1 second to set the Probe target internal temperature for your food using the Up and Down arrows. Insert the other end of the Probe into your food. Press START/PAUSE to begin cooking.
Preheat	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 START/PAUSE 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 Menu + Preheat prior to cooking. Repeat to reactivate automatic preheat.
Warm	Keep your food warm until you are ready to serve.	The defaults are 140°F for 1 hour. Press and hold down Warm for 1 second. The Brio will activate automatically.
Reheat	Quickly warm through your favorite leftovers.	The defaults are 350°F for 4 minutes. To reheat, press and hold down Reheat for 1 second. The Brio will activate automatically.
Sear	Sear your food before and/or after the cooking process.	The defaults are 400°F for 5 minutes. Press Sear . Then, adjust the Sear temperature and time, if desired, and press START/PAUSE to begin cooking.
Stage	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.
Watts	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 Watts to adjust from 1800W to 700W or 1500W. Note: Lower wattages may affect cooking times.

100 Presets Quick Meals

Adjust Presets 1-100 to create your own recipes

- Press **Menu** and find the preset number to edit. Edit the temperature and time.
- Once your edits have been made, press and hold **Menu** for 1 second and select the slot number (between #101-150) for your edited preset.
- Press **Menu** again to save the edits.

*Preheat prior to cooking. Refer to the Recipe Book for more details of each preset.

<p>1 Bacon</p> <p>Temp: 400F Time: 00:08</p>	<p>2 Bake*</p> <p>Temp: 350F Time: 00:15</p>	<p>3 Baked Eggs</p> <p>Temp: 300F Time: 00:10</p>	<p>4 Baked Potato</p> <p>Temp: 390F Time: 00:35</p>	<p>5 Chicken Breast*</p> <p>Temp: 360F Time: 165F</p> <p><small>*Final Probe Temperature</small></p>
<p>6 Chicken Thighs*</p> <p>Temp: 360F Time: 165F</p> <p><small>*Final Probe Temperature</small></p>	<p>7 Dehydrate</p> <p>Temp: 250F Time: 02:00</p>	<p>8 Desserts*</p> <p>Temp: 350F Time: 00:15</p>	<p>9 Fish*</p> <p>Temp: 395F Time: 145F</p> <p><small>*Final Probe Temperature</small></p>	<p>10 Fries, fresh*</p> <p>Temp: 395F Time: 00:10</p>
<p>11 Fries, frozen*</p> <p>Temp: 395F Time: 00:11</p>	<p>12 Frozen Foods*</p> <p>Temp: 350F Time: 00:14</p>	<p>13 Pork*</p> <p>Temp: 360F Time: 145F</p>	<p>14 Reheat Leftovers</p> <p>Temp: 325F Time: 00:08</p>	<p>15 Roast*</p> <p>Temp: 375F Time: 135F</p> <p><small>*Final Probe Temperature</small></p>
<p>16 Shrimp*</p> <p>Temp: 350F Time: 00:08</p>	<p>17 Steak</p> <p>Temp: 375F Time: 135F</p> <p><small>*Final Probe Temperature</small></p>	<p>18 Sweet Potato</p> <p>Temp: 390F Time: 00:35</p>	<p>19 Pop-Tart*</p> <p>Temp: 340F Time: 00:07</p>	<p>20 Vegetables</p> <p>Temp: 360F Time: 00:10</p>

100 Presets

Vegetables (Refer to Recipe Book for Presets #21-26,32)				Temp.	Time (Min.)	Probe
21.	Air-Fried Spinach Ravioli with Pesto Sauce*	360°F	14			
22.	Blue Cheese Bacon-Stuffed Mushrooms	400°F	15			
23.	Cajun-Roasted Potatoes*	375°F	25			
24.	Fried Pickles*	390°F	10			
25.	Mozzarella Sticks*	390°F	10			
26.	Spiced Avocado Fries with Creole Sauce*	350°F	20			
27.	Jalapeño Poppers*	390°F	12			
28.	Tofu Buffalo Bites with Honey Mustard Sauce*	390°F	12			
29.	Jalapeño Mashed Potatos Taquitos*	375°F	8			
30.	Air Fry Asparagus Wrapped in Thick Pepper Bacon*	400°F	19			
31.	Air Fry Asparagus Wrapped in Thick Pepper Extra Crispy*	400°F	21			
32.	Avocado Chocolate Brownie*	350°F	20			
Poultry (Refer to Recipe Book for Presets #33,42)				Temp.	Time (Min.)	Probe
33.	BBQ Wings with Pink Peppercorns*	300°F	20			
34.	Chicken Cordon Bleu*	375°F		165°F		
35.	Chicken Parmesan with Marinara*	400°F		165°F		
36.	Chicken Fajita Egg Rolls*	390°F	10			
37.	Five-Spice Duck Breast*	400°F		120°F		
38.	Homemade Chicken Tenders with Honey Mustard	400°F		165°F		
39.	Korean Wings*	300°F	20			
40.	Southern Fried Chicken Thighs	400°F		165°F		
41.	Spicy Rumaki*	360°F	8			
42.	Sweet & Sour Chicken*	360°F		165°F		
43.	Slow Cook Air Broasted Herb Butter Whole Chicken*	400°F		165°F		
Fish / Seafood (Refer to Recipe Book for Presets #44-49)				Temp.	Time (Min.)	Probe
44.	Air-Fried Shrimp with Cocktail Sauce*	350°F	7			
45.	Bacon-Wrapped Scallops*	360°F	6			
46.	Cajon Salmon with Mustard Greens*	395°F		145°F		
47.	Jumbo Lump Crab Cakes*	390°F	8			
48.	Crab Rangoon*	390°F	15			
49.	Fish and Chips with Homemade Tartar Sauce*	390°F	15			
Pork / Lamb (Refer to Recipe Book for Presets #50-60)				Temp.	Time (Min.)	Probe
50.	BBQ Chicharrones*	390°F	15			
51.	Char Siu*	400°F	20			
52.	Crispy Pork Chops with Roasted Broccoli Crowns* (Medium Well)	360°F		145°F		
53.	Crispy Pork Chops with Roasted Broccoli Crowns* (Well)	360°F		155°F		
54.	Croque Monsieur*	400°F	10			
55.	Devils on Horseback*	400°F	10			
56.	Honey-Butter Pork Tenderloin* (Medium Well)	360°F		145°F		
57.	Honey-Butter Pork Tenderloin* (Well)	360°F		155°F		
Beef (Refer to Recipe Book for Presets #61-76)				Temp.	Time (Min.)	Probe
58.	Italian Sausage with Rigatoni Pasta*	390°F	13			
59.	Polish Kielbasa with Peppers & Onions*	390°F	10			
60.	Scotch Eggs*	360°F	10			
61.	Chicago-Style Hot Dogs*	400°F	5			
62.	Chili-Coffee-Rubbed NY Strip Steak* (Rare)	395°F		120°F		
63.	Chili-Coffee-Rubbed NY Strip Steak* (Medium Rare)	395°F		130°F		
64.	Chili-Coffee-Rubbed NY Strip Steak* (Medium)	395°F		135°F		
65.	Chili-Coffee-Rubbed NY Strip Steak*(Medium Well)	395°F		145°F		
66.	Chili-Coffee-Rubbed NY Strip Steak* (Well)	395°F		165°F		
67.	Crispy Beef *	360°F	8			
68.	Filet* (Rare)	395°F		120°F		
69.	Filet* (Medium Rare)	395°F		130°F		
70.	Filet* (Medium)	395°F		135°F		
71.	Filet* (Medium Well)	395°F		145°F		
72.	Filet* (Well)	395°F		165°F		
73.	Mongolian Beef*	300°F	10			
74.	Reuben Sandwich*	400°F	10			
75.	Sesame Beef*	360°F	8			
76.	Stuffed Peppers*	360°F	12			
Frozen Food				Temp.	Time (Min.)	Probe
77.	Butterfly Shrimp*, 8oz.	390°F	8			
78.	Popcorn Shrimp*, 8oz.	350°F	6			
79.	Chicken Nuggets, 8oz.	350°F	20			
80.	Chicken Tenders, 8oz.	390°F	16			
81.	Chicken Wings, 8oz.	300°F	22			
82.	Chicken Breast, 2, 6oz.	390°F	20			
83.	Pizza*	390°F	5			
84.	Pizza Bites*, 8oz.	390°F	14			
85.	Frozen Burrito*, 10oz.	300°F	12			
86.	Tator Tots, 8oz.	390°F	12			
87.	Sweet Potato Tots, 8oz.	390°F	11			
88.	Fast Food Fries, ½ Bag	390°F	20			
89.	Fast Food Fries, ½ Bag, extra crispy	390°F	22			
90.	Fast Food Fries, Full Bag	390°F	23			
91.	Fast Food Fries, Full Bag, extra crispy	390°F	24			
92.	Regular Fries, ½ Bag	390°F	22			
93.	Regular Fries, ½ Bag, extra crispy	390°F	24			
94.	Regular Fries, Full Bag	390°F	26			
95.	Regular Fries, Full Bag, extra crispy	390°F	28			
96.	Pancakes	375°F	8			
97.	French Toast	390°F	12			
98.	Waffle	390°F	5			
99.	Pretzels	390°F	4			
100.	Churro*	375°F	11			