

100 Presets

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

Temperature Format: Press and hold the PROGRAM and TEMP button to change the Temperature Format from °F (default) to °C (Celsius).

To convert from Fahrenheit to Celsius, press TEMP for 1 second. Do the same to change again. Switching the Temperature Format can only be done during setting. It cannot be done while cooking. If the user switches to Celsius, the unit will stay Celsius even if unplugged until it is changed back.

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

Quick Items	Rack	Temp.	Time (Min.)	Probe
1. Bacon (4oz.)	3	400°F	8	
2. Baked Potato (12oz.)	2	400°F	35	
3. Chicken Breast (6oz.)	1, 2 or 3	380°F	12	165°F
4. Dehydrate (8oz.)	ANY	120°F	12 hr.	
5. Fish (6oz.)	1, 2, 3	350°F	6	
6. French Fries (8oz.)	2 or 3	400°F	12	
7. Frozen Food (12oz.)	2 or 3	400°F	15	
8. Reheat (8oz.)	1, 2, 3	325°F	8	
9. Roast (32oz.)	1 or 2	375°F	45	135°F*
10. Steak (8oz.)	3	375°F	8	135°F*
Grill: Brio will automatically preheat at 425°F for 10 min. with a 5-min. countdown. Press PREHEAT to cancel.				
11. Asparagus (8oz., medium)	3	400°F	5	
12. Bell Peppers (quartered)	3	400°F	6	
13. Zucchini (¼-inch, sliced)	3	400°F	6	
14. Beef Filet (8oz.)	3	400°F	14	145°F**
15. Beef Ribeye (12oz.)	3	400°F	6	145°F*
16. Beef Burger (8oz.)	3	400°F	8	155°F*
17. Polish Sausage, 4 (5oz.)	3	400°F	6	160°F*
18. Italian Sausage, 4 (5oz.)	3	400°F	9	160°F*
19. Hot Dogs (6 links)	3	400°F	4	160°F*
20. Pork Chop, boneless (10oz.)	3	400°F	16	145°F***
21. Lamb Chop, 4 (5oz.)	3	400°F	6	145°F***
22. Ham Steak (½-inch thick)	3	400°F	5	
23. Chicken Breast, 2 (10oz.)	3	400°F	9	165°F*
24. Chicken Legs, 2 (8oz.)	3	400°F	10	165°F**
25. Tuna Steak (1-inch thick)	3	400°F	4	145°F***
26. Salmon (7oz.)	3	400°F	9	145°F***
27. Shrimp (U10)	3	400°F	3	
28. Scallops (U10)	3	400°F	3	
29. Quesadilla	2 or 3	350°F	2	
30. Grilled Sandwich	2 or 3	400°F	6	
Vegetables				
31. Beets (whole)	1 or 2	400°F	40	
32. Broccoli (florets)	2 or 3	400°F	6	
33. Brussels Sprouts (halved)	2 or 3	380°F	15	
34. Carrots	2 or 3	380°F	15	
35. Cauliflower (florets)	2 or 3	400°F	12	
36. Corn on the Cob	2 or 3	390°F	12	
37. Eggplant, 1 (½-inch cubes)	2 or 3	400°F	15	
38. Fennel (quartered)	2 or 3	370°F	15	
39. Green Beans	2 or 3	400°F	5	
40. Mushrooms	2 or 3	400°F	5	
41. Onions (pearl)	2 or 3	400°F	10	
42. Potatoes (small baby, 1lb.)	2 or 3	400°F	15	
43. Potatoes (1-inch cubes, 8-12oz.)	2 or 3	400°F	12	
44. Potatoes (baked, whole)	1 or 2	400°F	40	
45. Squash (½-inch cubes)	2 or 3	400°F	12	
46. Sweet Potato (baked, whole 1-2)	1 or 2	400°F	12	
47. Tomatoes (cherry, 8-10oz.)	2 or 3	400°F	4	
48. Tomatoes (halved)	2 or 3	400°F	10	
Poultry				
49. Chicken Breast, bone-in (1.25lbs.)	1, 2, 3	400°F	25	165°F
50. Chicken Drums & Thighs, bone-in (1.75lbs.)	1, 2, 3	390°F	30	165°F
Beef				
51. Chicken Tenders	3	360°F	9	165°F
52. Chicken Thighs, bone-in (2lbs.)	1, 2, 3	380°F	22	165°F
53. Chicken Thighs, boneless (1.5lbs.)	1, 2, 3	380°F	19	165°F
54. Chicken Wings (2lbs.)	1, 2, 3	400°F	12	165°F
55. Duck Breast (1lb.)	1, 2, 3	400°F	25	165°F
56. Frozen Chicken Breast, bone-in (1lb.)	1, 2, 3	360°F	25	165°F
57. Frozen Chicken Breast, boneless (8oz.)	1, 2, 3	360°F	25	165°F
58. Frozen Whole Chicken (3lbs.)	1, 2, 3	360°F	01:15	165°F
59. Game Hen, halved (2lbs.)	1, 2, 3	390°F	20	165°F
60. Game Hen, frozen	1, 2	390°F	50	165°F
61. Turkey Breast (2lbs.)	1 or 2	360°F	45	165°F
62. Turkey Breast, frozen	1 or 2	360°F	01:05	165°F
63. Whole Chicken, fresh (3lbs.)	1	360°F	1 hr.	165°F
64. Beef Eye Round Roast (4 lbs.)	1	390°F	50	145°F***
65. Flank Steak (1.5lbs.)	2 or 3	400°F	12	145°F***
66. Meatballs (1-inch)	1, 2, 3	380°F	7	155°F**
67. Meatballs (3-inch)	1 or 2	380°F	10	155°F**
68. Ribeye, bone-in (1-inch, 8oz.)	3	400°F	12	145°F***
Pork/Lamb				
69. Loin (2lbs.)	2 or 3	360°F	55	145°F***
70. Bacon (regular)	3	400°F	6	
71. Bacon (thick cut)	3	400°F	8	
72. Pork Chops, bone-in (1-inch, 6oz.)	2 or 3	400°F	12	145°F***
73. Rack of Lamb (2lbs.)	2 or 3	380°F	22	145°F***
74. Tenderloin (1lb.)	2 or 3	370°F	15	145°F***
Fish/Seafood				
75. Calamari (8oz.)	3	400°F	4	
76. Fish Fillet (1-inch, 8oz.)	1, 2, 3	400°F	10	145°F***
77. Swordfish Steak (8oz.)	3	400°F	10	145°F***
Frozen Foods				
78. Onion Rings (12oz.)	3	400°F	8	
79. Breaded Shrimp (5-10, large)	3	400°F	9	
80. Chicken Nuggets (8oz)	3	400°F	10	
81. Fish Fillets (1.2-inch thick, 10oz.)	3	400°F	14	
82. Fish Sticks (10oz.)	3	400°F	10	
83. Frozen Burrito (10oz.)	3	400°F	15	
84. Frozen Egg Rolls (8oz.)	3	400°F	12	
85. Mozzarella Sticks (10oz.)	3	400°F	8	
86. Pot Stickers (10oz.)	3	400°F	8	
87. Steak Fries (12oz.)	3	400°F	18	
Dehydrate				
88. Kale Chips	ANY	130°F	20	
89. Apple	ANY	135°F	8 hr.	
90. Banana	ANY	135°F	8 hr.	
91. Beef Jerky	ANY	160°F*	6 hr.	
92. Dried Herbs	ANY	100°F	2 hr.	
93. Granola	ANY	220°F	40	
94. Kiwi	ANY	130°F	8 hr.	
95. Mango	ANY	135°F	10 hr.	
96. Orange	ANY	130°F	10 hr.	
97. Peaches	ANY	135°F	10 hr.	
98. Pineapple	ANY	135°F	10 hr.	
99. Strawberry	ANY	115°F	10 hr.	
100. Sun-Dried Tomatoes	ANY	140°F	8 hr.	

*MR: Medium-Rare **MW: Medium-Well ***Medium

nuwave Brio® 14Q

Quick Start Guide

What you get



Removable Door
Part #: 38208



(2) Stainless-Steel Mesh Rack
Part #: 38203



Stainless-Steel Mesh Tray
Part #: 38202



Drip Tray
Part #: 38204



Stainless-Steel Rotisserie Basket
Part #: 37254



Stainless-Steel Rotisserie Skewer
Part #: 38206



Stainless-Steel Probe
Part #: 38207

*Only these items are included in your Brio purchase. Visit www.nuwarenaw.com to see additional cooking kits and accessories available for purchase.

Getting Started

Temperatures and times can be adjusted on all functions before and during the cooking process. Press TEMP or TIME and press the Up and Down Arrows to set or adjust.

Turn the Brio® ON and OFF.

Press ON/OFF. This button also stops any cooking function. While cooking, press ON/OFF to cancel.

Start cooking. 350°F for 15 minutes are the defaults.

Select a cooking function, press START/PAUSE to begin cooking. **Note:** Press START/PAUSE during cooking to pause the Brio. Press again to resume.

Quickly warm your favorite leftovers. 140°F for 1 hour are the defaults.

Press and hold down WARM for 1 second. The Brio will start automatically when WARM is pressed for 1 second. START/PAUSE does not need to be pressed when WARM is being used as an independent function. **Note:** Refer to the owner's manual for details.

Preheat for crispier results. 350°F is the default.

Press PREHEAT. The temp and time is adjustable using the Up and Down Arrows. To begin, press START/PAUSE. Once it has reached the set temperature your Brio will beep and a 5-minute countdown will begin. Place your food into the Brio. The unit will begin automatically when the door is closed after adding food. **Note:** Press PREHEAT to cancel at any time.

Sear your food before the initial cooking process. 425°F for 5 minutes are the defaults.

Press SEAR. If preferred, adjust Sear temp and time and press START/PAUSE. When using SEAR the max SEAR time is 15 min. regardless of temperature set. **Note:** The Sear function can be set for before or after regular cooking cycle. Refer to owner's manual for details.

Use the Digital Probe for perfect results every time. 160°F is the default.

Plug the Probe into your Brio unit (Jack). Press PROBE and set the Probe target internal temperature for food using the Up and Down Arrows. Insert the other end of the Probe into your food. Press START/PAUSE to begin cooking.

Use the Rotisserie feature when roasting large meats, seafood, or other items. Holds up to a 10-pound chicken. 350°F for 30 minutes are the defaults.

After placing food on Skewer or in Basket and into your Brio, press ROTISSERIE. Use the Up and Down Arrows to adjust temp and time. Press START/PAUSE to automatically turn spit and begin cooking. **Note:** Refer to owner's manual for details.

Program gives you access to 100 cooking presets and can store an additional 100 of your own. Refer to the 100 Presets on the back of the Quick Start Guide.

Press PROGRAM and press up or down arrows to choose presets (1-100) to cook. Press up or down arrows when in each cooking function to adjust temps and times. Press START/PAUSE to begin the chosen program. **Note:** 1-100 can be adjusted but will go back to the default temps and times when preset is recalled once again.

Delay cooking to your desired start time. 1 hour is the default.

Set your temp and time. Press DELAY and press up or down arrows to adjust delay time. Adjustable up to 24 hours. After setting the cooking function and delay time press START/PAUSE. Press DELAY at any time to cancel.

Stage lets you cook at different temps and times throughout the cooking process. 350°F for 15 minutes are the defaults.

To add a cooking stage press STAGE once and adjust by pressing the up or down arrows. **Note:** Repeat this step to set up to 5 stages.

Watts controls the power consumption of your Brio. The default wattage on the Brio is 1800W.

The lower wattage will consume less energy, ideal if your home does not take 1800 watts. Press WATTS to adjust from 1800W to 900W to 1500W. **Note:** Lower wattages may affect cooking times.

Cooking Guide

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	Rack Position	Temp	Fresh (Min.)	Frozen (Min.)	Internal Temp. (Thermometer)
Patties (½-inch thick)	1 or 2	400°F	7	10 - 13	125°F - 160°F
Patties (1-inch thick)	1 or 2	400°F	8 - 10	18 - 20	125°F - 160°F
Steaks (1-inch thick)	1 or 2	375°F	7 - 9 9 - 10 10 - 13 13 - 16 16 - 18	11 - 12 12 - 14 14 - 16 16 - 19 19 - 23	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-inch thick)	1 or 2	400°F	11 - 12 12 - 14 14 - 16 16 - 19 19 - 23	21 - 27 27 - 31 31 - 34 34 - 38 38 - 41	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 (3-5 lbs)	1 or 2	375°F	10 per lb. 15 per lb. 15 per lb. 18 per lb. 20 per lb.	22 per lb. 22 per lb. 24 per lb. 26 per lb. 27 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

*Let rest 10 minutes before serving.

Poultry	Rack Position	Temp	Fresh (Min.)	Frozen (Min.)	Internal Temp. (Thermometer)
Chicken Breasts, Legs, Thighs	1 or 2	370°F	7 - 9 per lb.	9 - 13 per lb.	165°F
Whole Chicken	1	360°F	9 - 11 per lb.	18 - 22 per lb.	165°F
Cornish Hen (Whole 1-1.5 lbs.)	1 or 2	390°F	20 - 25 per lb.	45 - 50	165°F
Turkey (Whole, 10-12 lbs.)	1	360°F	12 per lb.	15 per lb.	165°F
Turkey Breast (4-6 lbs.)	1 or 2	360°F	12 per lb.	15 per lb.	165°F
Turkey Legs	1 or 2	360°F	45	50	165°F
Turkey Wings	1 or 2	360°F	30	40	165°F
Duck (Whole, 5 lbs)	1	400°F	20 per lb.	25 per lb.	160°F

Pork	Rack Position	Temp	Fresh (Min.)	Frozen (Min.)	Internal Temp. (Thermometer)
Bacon	ANY	400°F	8	Extra crispy.*	
*For extra crispy cook an additional 2-3 minutes.					
Ham	1	350°F	12 - 13 per lb	Glaze*	
*Apply glaze before the last 5 minutes of the cooking time.					
Sausage Links	ANY	350°F	6	9	165°F
Sausage Patties	ANY	350°F	9	12	165°F
Italian, Bratwurst, etc.	ANY	400°F	9	17	160°F
Chops	1 or 2	400°F	10 - 12	18 - 20	160°F
Roasts (3-7lbs.)	1 or 2	400°F	22 per lb.	30 per lb.	160°F
Tenderloins	1 or 2	400°F	18	28	160°F
Spare Ribs	1 or 2	350°F	25 - 30	45 - 50	160°F
Country-Style Ribs	1 or 2	350°F	23 - 28	36 - 42	160°F
Hot Dogs	ANY	400°F	03 - 05	10 - 12	150°F

Seafood	Rack Position	Temp	Fresh (Min.)	Frozen (Min.)	Internal Temp. (Thermometer)
Fish: Fillets, ½-inch thick	1 or 2	350°F	6 - 10	10 - 15	150°F
Fish: Steaks and Fillets, 1-inch thick	1 or 2	400°F	8 - 10	14 - 16	150°F
Whole Fish, 3-4 inches thick	1 or 2	380°F	25	45	150°F
Shrimp	ANY	400°F	3 - 8	7 - 9	Cooking time may vary with size.
Scallops, Sea	ANY	400°F	4 - 8	10 - 12	Scallops and/or lobster turn opaque when cooking is complete.
Scallops, Bay	ANY	400°F	4 - 8	10 - 12	
Lobster Tails, 4oz.	1 or 2	360°F	6 - 10	8 - 12	
Lobster, Live Maine	1 or 2	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	Rack Position	Temp	Fresh (Min.)	Frozen (Min.)
Corn on the Cob (Wrapped in foil, 2-4 pc.)	1 or 2	390°F	9 - 12	10-12 (4-6oz.)
Root Vegetables (8-12oz.)	1 or 2	400°F	18 - 27	25-35 (Cut into 2-inch cubes)
Potatoes: Whole (8 oz. pc.)	1 or 2	400°F	40	1 hr.
½ Lengthwise			27	40
French Fries			18	25
Roasted Onion (Wrapped in foil, 2-4 pc.)	1 or 2	400°F	18	45 (Cut ½ inch off top)
Roasted Garlic (Wrapped in foil, 2-4 pc.)	1 or 2	400°F	22	30
Broccoli (8-12oz.)	1 or 2	400°F	6 - 10	18 (Varies with thickness)
Squash (8-12oz.)	1 or 2	400°F	27 - 32	40-45 (Cut in half, remove seeds and membrane, place in shallow dish, brush with oil)
Eggplant (Whole)	1 or 2	400°F	36	
Eggplant (½-inch slices)	1 or 2	400°F	10 - 14	
Baked Apples (2 to 6 pc.)	1 or 2	400°F	18	35 (Cut in half and remove core)
Baked Pears (2 to 6 pc.)	1 or 2	400°F	23	30 (Cut in half and remove core)

Pizza/Quesadillas	Rack Position	Temp	Fresh (Min.)	Frozen (Min.)
Thin Crust	1 or 2	350°F	15	Temperatures and times are for your guidance. You may need to adjust to your preferred doneness.
Regular Crust	1 or 2	350°F	18	Use position 1 for crispier crust.
Thick Crust	1 or 2	350°F	20	
Quesadilla	1 or 2	350°F	2 - 6	