

Nuwave[®] ELITE INFRARED OVEN



FOR HOUSEHOLD USE ONLY

Protected under U.S. Patents: 6,201,217; 6,617,554; 6,917,017; 6,936,795; D487,670; D490,648; 7,964,842B2.

International Patents: EP 1 446 981

Other U.S.A. and other International Patents Pending

Model 20541-20549: 120V, 60Hz, 1500Watts

Model 20551-20559: 120V, 60Hz, 1500Watts

Hearthware

Manufactured and Distributed by:
Hearthware, Inc.

1755 N. Butterfield Road, Libertyville, IL 60048
1.847.775.8126 or 1.888.NUWAVE1 (689.2831)

© 2011 Hearthware, Inc. All Rights Reserved.



Intertek
4004047



Nuwave[®] ELITE INFRARED OVEN

LIVE WELL FOR LESS[™]



Manual Model # 22076

The NuWave[®] Elite Infrared Oven
Complete Cookbook & Manual

IMPORTANT SAFEGUARDS

When using electrical products, especially when children are present, basic safety precautions should always be followed, including the following:

READ ALL INSTRUCTIONS BEFORE USING

DANGER – To reduce the risk of electrocution:

- Read all instructions, safeguards, and warnings before using the appliance.
- Do not place appliance where it can fall or be pulled into water or other liquids.
- Do not reach for an appliance that has fallen into water. Unplug immediately!
- Do not immerse cord, plug, or power head in water or other liquids.

WARNING – To reduce the risk of burns, electrocution, fire, or injury :

- This appliance should not be used by children. Close supervision is necessary when this product is used near children.
- Use this appliance for its intended purpose as described in this brochure.
- Do not use any other accessories or attachments not recommended by the manufacturer. They may result in fire, electrical shock, or personal injury.
- Never operate this appliance if it has a damaged cord or plug; not working properly; has been dropped or damaged; or dropped into water. Return the appliance to an authorized customer service center for inspection, repair, or adjustment. Any other servicing should be performed by an authorized service representative.
- Keep the cord away from heated surfaces.
- Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
- Always unplug power cord by pulling on the plug. DO NOT unplug by pulling on cord.
- Never force the plug into an outlet.
- Do not use outdoors.
- Do not use or operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not let cord hang over edge of table or counter, or touch hot surfaces.
- Do not place on or near a hot gas or electric burner or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- Use extreme caution when removing hot liner pan or cooking rack.
- To disconnect, turn any control to “off”, then remove plug from wall outlet.
- Do not use this appliance for anything other than it is intended.
- Check all electrical wiring. Beware of damaged cord or plug.

This appliance is for household use only; it is designed to process normal household quantities. It is not suitable for continuous or commercial operation.

- Do not disassemble the product. There are no user serviceable parts.
- Do not leave the appliance unattended while in use.
- Use the handles when lifting the dome from the base.
- Do not touch hot surfaces. Use the handles provided or use oven mitts.
- Stop or pause cooking before removing the dome to check or turn food. The dome and power head should be placed on the dome holder.
- Always remove the dome away from you so the escaping steam is channeled away from your face.
- If the power cord is damaged, it should be replaced by a special cord or assembly from the manufacturer or its service agent.
- Use caution when disposing of hot grease.
- Keep this manual handy for easy future reference.

• SAVE THESE INSTRUCTIONS

• Electrical Information:

The cord length of this appliance was selected to reduce Safety Hazards that may occur with a long cord. Extension cords are available and may be used if care is exercised in their use. If an extension cord is used: (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should be arranged so that it does not drape over the counter or table top where it could be accidentally pulled off the counter or table or tripped over.

Certain models of the appliance may have a polarized plug (one blade is wider than the other). This plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit properly, contact a qualified electrician. Do not attempt to modify the plug in any way.

WARNING

Electric shock hazard. Use with adequate electrical system. Do not use if cord or plug is damaged.

WARNING: All metal items in the oven, such as the liner pan and cooking rack can get very hot during cooking. Please be careful when removing these items from a hot oven. Always wear oven mitts or use pot holders. Allow liner pan and cooking rack to cool completely before cleaning. The dome opening may expand slightly when hot. In rare instances, the power head could detach itself from the dome completely thereby causing hot air to escape from between the dome and the power head.

Table of Contents

Introduction	6
Parts & Accessories	7-9
Owner's Manual	10-19
RoHS Compliant	20
NuWave Supreme Pizza Kit	21-23
Quick & Easy Cooking Guide	24-25
Complete Cookbook (General Tips)...	26
Breakfast	28
Low-Cal French Toast	29
Cinnamon Breakfast Twists	29
Easy Quiche Pie	29
Brown Sugar French Toast	29
Ham & Cheese Strata	30
Steak & Eggs	30
NuWave Muffin Sandwich	30
Oven Omelette	31
Ham & Eggs Scramble	31
Chorizo Sausage & Eggs	31
Nest Egg with Manchango	31
Appetizers	32
Tangy Mild Wings	32
Stuffed Italian Sausage Mushrooms ..	32
Sweet Party Mix	33
The Best Grilled Cheese Sandwich ...	33
Rumaki	33
Teriyaki Chicken	34
Bacon Wrapped Water Chestnuts	34
Ham & Cheese Pitas	34
Taco-Flavored Chicken Wings	34
Sweet & Sour Cocktail Meatballs	35
Pigs in a Blanket	35
Potato Skins	36
Jumbo Lump Crab Cakes	36
Shrimp with White Wine	37
Italian Purses	37
Roasted Pumpkin Seeds	37
Prosciutto Wrapped Shrimp Sticks ...	37
Spicy Grilled Shrimp Skewers	38
Chicken Nachos	38
Baked Party Sweet Onion Dip	38
Skinny Pigs in Blankets	39
Crab & Parmesan Wontons	39
Hot Artichoke Dip	39
Pizza	40
Pizza Boats	40
Cheesy French Bread	41
Mini Spinach Calzones	41
Calzones	41
Italian Pizza Patties	42
Meat Crust Pizza	42
Mexican Pizza	42
Pita Pizza	42
Goat Cheese Pizza	42
Poultry	43
Cornish Game Hens with Artichokes & Potatoes	44
Chicken Divan	44
Oven Fried Chicken Tenders	44
Cilantro Garlic Chicken Breast	45
BBQ Chicken	45

Poultry Cont.	
Breaded Chicken Breast	46
Nut Breeding Chicken Breast	46
Chicken Curry	46
Chicken Breast Italiano	46
Lemon Chicken	46
Thai Turkey Burgers	47
Rosemary Chicken	47
Buttery Chicken Breast	47
Chicken with Mushrooms & Peppers ..	47
Thai Chicken	47
Lemon Caper Chicken	48
Oven-Fried Chicken	48
Low-Fat Crunchy Filled Chicken	49
Turkey Breast Enchiladas	49
Caraway Duck with Raspberry Sauce ..	49
Chicken with Salsa	49
Vegetables	50
Zucchini & Onions Au-Gratin	51
Balsamic Glazed Carrots	51
Italian Onions	51
Green Beans Almandine	51
Corn Soufflé	51
Caramelized Onions	51
Asparagus with Parmesan Crust	52
Parmesan Fries	52
Parmesan Basil Tomatoes	52
Roasted Herb Potatoes	52
Sweet Potato Casserole	53
Roasted Asparagus	53
Eggplant Parmesan Casserole	53
Cauliflower, Chickpeas & Olives	53
Double Stuffed Potatoes	54
Potatoes Au-Gratin NuWave Style ...	54
Mixed Vegetables Casserole	54
Mexican Style Corn on the Cob	54
Cheese Stuffed Tomatoes	55
Home-Style Fries	55
Stuffed Baked Potatoes with Bacon ..	55
Beef	56
Baked Reuben Sandwich	56
Grilled Cheeseburgers	56
Cube Steak with Parsley Butter	56
Fool-proof Standing Rib Roast	57
Meatballs	57
London Broil in a Dish	57
Beef Kabobs	57
Beef & Andouille Burgers	58
Beef & Corn Casserole with Noodles ..	58
Spiced-Crusted New York Strip Steak ..	58
Homestyle Meatloaf	59
Jerk-Jerk London Broil	59
Yankee Pot Roast	59
Japanese Style Steak	59
Pepper Steak (Steak Au Poivre)	60
Glazed Beef Ribs	60
Mexican Dinner	60
German Style Beef Rollups	60
Beef Brisket	61
Corned Beef Brisket	61
Classic NuWave Pot Roast	61
Boneless Rump Roast	61

Pork	62
Asian Marinated Pork Chops	62
Italian Sausage with Peppers	62
Pork in Mole Sauce	63
Glazed Spare Ribs	63
Baked Ham in Cola	63
Air-Fried Pork Chops	64
Chilled Pork Chops	64
Thai Pork Tenderloin	65
Adobo Cutlets	65
Pork Chops with Mustard Sauce	65
Kielbasa Casserole with Rice	65
Seafood	66
Artichoke Topped Tilapia	67
Snapper with a Snap	67
Ancho Chili Crusted Salmon Tacos ...	67
Bass wih Fennel	67
Tuna with Fresh Orange Salsa	68
Simple Sole	68
Perrered Tuna with Hoisin Sauce	68
Cheesy Crab Melts	69
Sweet Chili Scallops	69
Quick Fish Fillets	69
Fish & Chips	70
Lemon Salmon with Mango Salsa	70
Shellfish Medley	70
Lobster Termidor	71
Shrimp with Lemon	71
Clams & Sausage	71
Steak & Lobster Tails	72
Shrimp Scampi	72
Tuna Noodle Casserole	72
Crunchy Fish Triangles	72
Sake-Glazed Tuna	73
Grilled Salmon & Fresh Basil	73
Vegetarian	74
Stuffed Peppers with Barley	75
Grilled Vegetables Quesadillas	75
Tomato & Olive Tart	76
Ricotta Spinach Rolls	76
Taco Pie	76
Peppers with Herbs & Tomatoes	77
Tofu Teriyaki	77
Lamb	78
Lamb & Ham	78
Herb Stuffed Lamb Chops	79
Lamb Kabobs	79
Lamb with Pesto	79
Moroccan Lamb Burgers	80
Curried Lamb	80
Lamb Chops with Feta & Tomatoes ...	80
Desserts	81
Chocolatey Chocolate Cake	81
White Chocolate Macadamia Cookies ..	82
White Cake	82
Marshmallow Strawberry Shortcake ..	83
Cinnamon Pecan Bites	83
Pumpkin Whoopie Cookies	83
Baked Apples	84
Caramelized Pineapple Sundæes	84

Desserts	
Country Road Bar Cookies	84
Angel Food Cake	84
Bread Pudding with Whiskey Sauce ..	85
Almond Tart	85
NuWave's Best Brownies	86
Latin Lace Florentines Cookies	86
Gold Ginger Nut Lemon Squares	87
Easy Lemon Cookies	87
Top Crust Only Pies	87
Chocolate Raspberry Cheesecake	88
Chocolate Peanut Butter Cupcakes ...	89
Apple Crisp	89
Bread	90
Hawaiian Cheese Bread	90
Traditional White Bread	90
Zucchini Bran Muffins	91
Garlic & Cheese Crostini	91
NuWave Cornbread	91
Wheat & Honey Bread	91
Dehydration	92
Dehydrating Fruit	92
Dehydrating Vegetables	92
Trail Mix	92
Dehydrated Beef	93
Spiced Pecans	93
Stage Cooking	94
Slow Roasted Pulled Pork	94
Yankee Pot Roast	95
The Perfect Roasted Chicken	95
Corn Beef & Cabbage	95
Beef Brisket	96
Braised Short Ribs	96
Contendio	
Introducción	104
Partes & Accesorios	105-107
Maual Del Usuario	108-117
Normas RoHS	118
Equipo Supremo para Pizza	119-121
Tabla de Preparación Rápida y Fácil.	122
Recetas	124
Huevos con Chorizo	126
Pollo al Romero	126
Enchiladas de Pechuga de Pavo	126
Pechuga de Pollo a la Mantequilla ...	127
Pollo al Limón	127
Muslos de Pollo Fritos	127
Camarones a la Cerveza	127
Camarones con Limón	127
Cangrejo Fundido	127
Elote Estilo Mexicano	128
Papas a la Parmesana	128
Tacos de Salmón Cubierto con Chile Ancho	128
Albóndigas	129
Carnitas	129
Cerdo en Mole	129
Cena Mexicana	129
Helado de Piña Caramelizado	130
Manzana Crujiente	130

Welcome to the NuWave of Cooking

Congratulations on the purchase of your NuWave® Elite Infrared Oven! This book contains detailed instructions and images to help you get started using this revolutionary product, designed to help individuals and families "Live Well for Less." It is also filled with great recipes and time-saving tips that empower you to prepare delicious gourmet meals in half the time it would take when using a regular oven. Cooking is fast and easy with the NuWave® Elite Infrared Oven from Hearthware®, Inc. This versatile countertop appliance combines infrared, conduction and convection heat to save time and energy, while cutting calories and fat from your diet. Cooking in the NuWave® requires neither preheating nor defrosting. Just place frozen food in the oven and press the buttons to program time and temperature. For added convenience, the oven utilizes a layered cooking system that enables multiple foods to cook at the same time without mixing or mingling flavors. Preparing foods with the NuWave® Elite Infrared Oven is a healthy choice. No butters or oils are required when cooking, and its unique design drains two to three times the amount of fat drippings when compared with a conventional oven. And because vegetables cook faster, they retain the essential nutrients that would have burned away with a standard oven.

We invite you to visit www.NuWaveElite.com for more cooking tips and shared recipes from NuWave Oven chefs all over the world, and for information on parts and accessories for your NuWave. Our mission is to exceed our expectations by providing innovative new products, using the most advanced technology that allows consumers to "Live Well for Less."



We value every NuWave Oven customer. You've purchased your oven because you want to save time, money and energy while enjoying healthier, great tasting meals. To show our gratitude and lifetime commitment to you, we have created the NuWaveCookingClub.com exclusively for our customers. This site will be hosted by our executive chef and will feature recipes, step-by-step instructional cooking videos, live chat and more. You can also visit www.hearthware.com to see more innovative products developed by the makers of the NuWave Oven. We hope you enjoy using your NuWave® Elite Infrared Oven.

Parts for the NuWave Elite Infrared Oven



Optional Extender Ring Kit

3-inch Stainless Steel Extender Ring increases the capacity up to 50%.

5-inch Stainless Steel Extender Ring increases the capacity up to 80%.

10-inch Enamel Baking Pan is easy to clean, eco-friendly, non-stick enamel with no PTFE or PFOA.

2-inch Cooking Rack is good for multi-layered cooking.

NuWave Elite Infrared Oven Parts and Accessories



Digital Power Head (IRC5) 22065
Black with silver accents



Base (IRC5) 22067
Black with silver accents



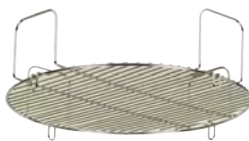
BPA-Free Dome 22069



Digital Power Head (IRC5) 22066
White with silver accents



Base (IRC5) 22068
White with silver accents



1-inch/3-inch Reversible
Cooking Rack 22070



12-inch Stainless Steel
Liner Pan 22072



Dome Holder 22020

Additional Components



2-inch Cooking Rack 22071



10-inch Enamel Baking Pan 22024



3-inch Stainless Steel
Extender Ring 22073



5-inch Stainless Steel
Extender Ring 22074

To order call our Customer service at:
1.888.689.2831 or order online at www.NuWaveElite.com.
Please provide the item name and number to ensure that
your purchase is processed accurately.

NuWave Elite Infrared Oven Parts and Accessories



Extender Ring Kit 22075
Kit includes
10-inch Enamel Baking Pan
2-inch Cooking Rack
3-inch Stainless Steel Extender Ring



NuWave Supreme Pizza Kit 22104
Kit includes
Stainless Steel Pizza Flipper 22042
Silicone Pizza Liner 22105
Stainless Steel Pizza Server 22106
100% Bamboo Cutting Board 22107



NuWave Baking Kit 22110
Kit includes
8x8-inch Silicone Baking Pan 22111
Silicone Baking Divider 22112
Silicone Cupcake Liner (set of 12) 22113
Silicone Baking Ring 22114
Whip It 22115



Dehydrator Kit 22100
Kit includes
Dehydration Adapter 22101
Dehydration Tray (Set of 4) 22102
Dehydration Base 22103



Carrying Case 22080



Quick & Easy
Cooking Guide 22978



Instructional
DVD 22079



Complete Cookbook
& Manual 22076



Registration Card 22082

NuWave Elite Infrared Oven Assembly Guide

Connecting Power Head to Dome

Place power head on the rim of the dome and lock it into place by rotating the power head clockwise until the locking lugs are engaged.



Assembling the Full NuWave Oven

Place base tray on a firm stable surface.

Place liner pan inside base tray. When doing so, make sure the handles are in the dropped down position. If the handles are not fully dropped, the dome may not fit over the base properly.

Place dual level cooking rack on the liner pan according to cooking requirements.

Place food on the rack.

Place dome over food, connecting to the base tray. The dome should fit evenly onto the base.

Set cook time and temperature according to recipe requirements.



BEFORE USING:

Prior to the first use of your NuWave Oven, wash dome, liner pan, base, and cooking rack in warm soapy water or run through a dishwasher cycle.

IMPORTANT - Do not wash or immerse power head in water or cycle through dishwasher. The outer surface may be cleaned by wiping carefully with a damp dishcloth or sponge.

How to Install and Use Dome Holder

Make sure the power head is tightly locked onto the dome. The whole assembly can be easily lifted and put aside as shown in steps 1, 2 and 3.

Step 1

Place dome holder under either side of base handle



Step 2

Make sure both feet of the dome holder are situated inside the handle, and the dome holder is resting horizontally on a flat surface.



Step 3

Place the assembled power head and dome at a 45° angle on the holder as shown.



Cooking Instruction

Lift dome only by the handles on the power head. Once the power head and the dome are assembled, the handles of the power head will allow you to lift both together when removing or checking food. When removing liner pan while it is still hot, be extremely careful and always use oven mitts.

For best results, follow the time, power, and cooking rack height instructions given in the cooking chart and the recipe book. **No pre-heating required.**



Models Containing 3-inch & 5-inch Extender Ring

If your NuWave Oven included a 3-inch Extender Ring and/or 5-inch Extender Ring, the Ring can be used for multi-level cooking or for oversized food items that may not fit under the standard dome. Generally, foods (such as a ham or turkey) that exceed 10 lbs. would require the use of the Extender Ring for optimal cooking.

Directions

The Extender Ring should be positioned between the original dome and the base. The addition of the Extender Ring will expand the NuWave Oven's available cooking space by approximately 440 cubic inches when using the 3-inch ring and 730 cubic inches using the 5-inch ring. When adding the Extender Ring to the NuWave Oven, make sure it fits snugly onto the dome. When the ring is placed under the dome incorrectly, the overlapping edges will not fit together properly. Please use caution when using the Ring. If improperly used, heat or steam could escape from the oven which could cause burns or alter the necessary cooking times of your foods. The Extender Ring should only be used as an accessory item for the NuWave Oven. It is not intended to serve as a replacement for the dome, base, or any other components of the NuWave Oven.



General Rules

- Place foods that require the longest cooking time on the rack closest to the heating element (ex. potatoes, carrots), and place soft vegetables on the lower racks (ex. mushrooms, tomatoes).
- When choosing the multi-level cooking option, use food combinations that take roughly the same amount of time to prepare. Examples: pork or chicken and potato wedges; fish and stewed tomatoes; or frozen beef with baked potatoes.
- Place tin foil under any foods that might drip onto other dishes.
- Remember that the infrared rays do not penetrate the aluminum as heat circulates throughout the oven.
- If top layer foods finish cooking earlier, remove rack(s) from above and continue cooking bottom foods until done.
- Use shallow dishes or light aluminum pans for cooking.
- To warm bread, place it on the bottom rack or liner pan and cover. To grill, place bread on the top rack.

Models Containing Extender Ring Kit

2-inch Rack

The 2-inch Rack for the NuWave Oven can be used in a variety of ways.

- 1] It can be the primary rack with or without the Extender Ring.
- 2] With the Extender Ring, it can be positioned on top of or under the 3-inch rack for more multi-level cooking space.
- 3] Without the Extender Ring, the 2-inch rack can also facilitate multi-level cooking by creating a third cooking surface between the liner pan and the bottom of the 3-inch rack.
- 4] You may use two extra 2-inch racks above and below the 3-inch rack, which is especially useful for dehydrating.



Note: The 2-inch rack is only to be used in the positions and purposes shown below. Any other uses may affect cooking time and quality.

Care and Use

Similar to the original dome, the Extender Ring is constructed from high-impact Stainless Steel. It should not be cleaned with any harsh abrasive, but it is dishwasher safe.



! CAUTION

Do not touch the dome or any surface on the cooking area during operation. The air inside the dome can reach 420°F (216°C) which makes the surface very hot and may cause burns. Do not open the dome or remove the power head while the NuWave Oven is operating. Turn off the power before removal.



Directions for the NuWave Elite Oven

Dehydration Kit Assembly



Place desired amount of dehydration trays on dehydration base and turn clockwise. This will lock the trays into place. Once the trays are locked in to the base, put the dehydration adapter on. The dehydration adapter will allow you to place the power head on and activate the dehydration switch. Now you are ready to dehydrate your favorite foods.

*Dehydration kit is only for dehydration. Any other use will damage kit and void the warranty.



Dehydration Switch

Once the power head is placed on to the dehydration adapter, the dehydration switch is activated. This switch will automatically activate the dehydrator temperature settings and prevent the power head from heating past 200°F.

General Use Instructions

Make sure the unit is plugged into a properly grounded outlet and that the cord is not touching any hot objects.

Be certain that the liner pan has been properly placed within the base.

Do not situate the liner pan directly on a stove burner or other direct heat source. Damage may result.

Metal or glass dishes, pans, and foil or any materials used in a conventional oven may be safely used in the NuWave.

Digital Control Panel on Power Head



Control Panel on Power Head

"0" should appear on LCD display when program is clear.

Easy Start

To start cooking, press the COOK TIME button, enter time required, press START. Default is programmed at 420°F. If cooking at any other temperature, Cook Temp button will be needed. See **Setting Temperature** for details.

Setting Cook Time

Press the COOK TIME Button. The MIN indicator will flash in the lower right corner of the display panel. Enter the required time in hours and minutes by pressing the corresponding numerals. For example, 1 hour and 30 minutes would be entered by pressing 1,3,0. The display panel will show 1:30. If the required time is in minutes, you only need to enter 1 or 2 numbers. For example, 5 minutes just push 5; for 46 minutes, push 46. If the number needs to be corrected, clear the entry by pressing pause/clear button twice. Then re-enter the correct numbers.

Setting Temperature

- Press the COOK TEMPERATURE button.
- "420F" flashes in the display panel.
- Press desired temperature.
- Temperature can be changed by 1°F increments.
- Temperature ranges from 100°F to 420°F.
- Dehydrator attachment temperature ranges from 100°F to 200°F.

Start Cooking

Set appropriate temperature and time, then press START to begin cooking. The remaining cooking time will appear in the display panel, and the colon symbol between the hours and minutes will blink ON and OFF. The oven will automatically stop cooking when the time has expired, and a "beep" will alert you to that fact.

Pause/Clear Cooking

To **PAUSE** the oven, press the PAUSE/CLEAR button once. The remaining cooking time will stay listed on the display panel but the colon will not blink.

To **CLEAR** the cooking time, press the PAUSE/CLEAR button twice. The remaining time will be fully cleared and a "0" will appear.

Advanced Functions

Delay Function

After programming your oven, you can delay the program before cooking starts. Press the Delay button. The DELAY and MIN functions on the LCD will blink. Input delay time and press START. DELAY will continue to blink. After time expires, DELAY stops blinking and remains on. It is possible to delay a program for up to 24 hours. If the delay countdown reaches 0, the oven will "beep" to signal the end.

Sear Function

This function will permit you to sear the outside portions of your food in a short period of time. The default setting is programmed at 450°F for 5 minutes. Press the SEAR button.

Sear Function

The SEAR and MIN fields on the LCD display will blink while the numeral 5 is displayed. To change the sear cooking time, press 3,4 or 5, then push START. SEAR, once selected, SEAR will always be the first stage in the program.

Reheat Function

The default setting is programmed at 420°F for 4 minutes. This function is perfect for reheating single portion-sized foods. To activate the reheat function, make sure programming is clear. The LCD display will read 0. Press the REHEAT button. This will activate the default setting. Press START. Alarm will “beep” once time has expired. For example, if you are warming leftover pizza, simply place the slice on the 3-inch rack, press REHEAT, then START. If you are warming a rice or noodle dish, place a single serving amount on an oven safe dish or a piece of foil. If you want the rice or noodles softer, cover with foil and add a sprinkle of water.

Warm Function

After the initial cooking time is complete, you may keep foods warm. The default setting is programmed at 155°F for 2 hours. Press the WARM button. The WARM and MIN FUNCTIONS on the LCD will blink. 2:00 will be displayed, then press START. To change the time, enter the desired time and proceed. You may program the oven to keep foods warm for up to 24 hours. Once the initial cooking cycle is finished, the oven will “beep” twice before switching to the WARM function.

Stage Cook Function

This function is used to program the NuWave Elite to cook at more than one consecutive setting of time and temperature. Press the STAGE button. STAGE will blink on the LCD display, as well as “1”, PROG, COOK, and MIN. For all of the stages, the default power setting is always registered at 420°F. To change the temperature, press the COOK TEMP button. The number in the display will blink. Enter the desired temperature. Press the COOK TIME button. On the LCD display, MIN will blink. Input the desired cooking time. You may start with the cook time, followed by the cook temperature, or vice versa. Press the STAGE button to move onto programming stage “2.” Repeat the process until all desired stages are programmed. The maximum number of programmable stages is 5. If at any time you'd like to edit an already programmed stage, press the STAGE button until desired one is displayed. At that point, you may change the power level, cook time or both. You may also edit the already programmed functions: DELAY, SEAR, and/or WARM functions by pressing the corresponding buttons on the keypad and reprogram as outlined above.

Saving Program into Memory

During initial programming or after your cooking process is complete, press the MEMORY button to save. PROG will blink on the LCD and “0” will be displayed. To save, input a number between 1 and 99. Press the MEMORY button again to save the entire program at the designated number. You can always edit or overwrite saved programs.

When using Dehydrator programming, the numbers that the memory can be stored at are between 1001 to 1020.

Recalling Program Memory

To recall a previously saved program, press the RECALL button. PROG will blink on the LCD and “0” will be displayed. Press a number between 1 and 99 (or 1001 and 1020) to

recall the stored program. If the program does not require editing, press the START button to activate. The total time of that program and the last stage will be displayed. In order to check the duration of functions such as DELAY, SEAR, STAGES or WARM, press the corresponding buttons on the control panel. For example, in order to see the fourth stage information, press the STAGE button, followed by 4.

To Dehydrate

The default setting is programmed for 200°F. This function can be used to dehydrate foods such as beef jerky, fruits, vegetables, spices, flowers, etc. To activate the dehydrator function, make sure the program is clear (press CLEAR button). The LCD display will read “0.” Press DEHYD button. If you have the dehydrator accessory attached to the power head, this will automatically activate the dehydrator temperature settings. Press the COOK TIME Button. “0” will be displayed in the lower right corner of the LCD. COOK and MIN fields will flash. Enter the required time in hours and minutes by pressing the corresponding numerals. For example, 1 hour and 30 minutes would be entered by pressing 1,3,0. The display panel will show 1:30. If the required time is in minutes, you need to enter 1 or 2 numbers. For example, for 5 minutes just push 5; 46 minutes, push 46. The maximum time that can be set for dehydrating is 99 hours and 59 minutes. If the number needs to be corrected, clear the entry by pressing the PAUSE/CLEAR button twice, then re-enter the correct numbers. Press START to start the dehydrating process. Alarm will “beep” when time has expired.

Additional Information

- When using the standard dome, the oven will operate at normal temperatures of up to 420°F.
- When the dehydrator dome is locked onto the Elite, this will prompt the oven to go into dehydration mode. DEHY will appear on the LCD and the oven will operate at the temperatures above.
- When releasing the dehydrator dome from the power head, this will disable the dehydration process.
- Dehydrator temperatures must be programmed and saved in order to become permanent memory.

CLEANING AND CARE INSTRUCTIONS

Unplug the unit before cleaning. The dome and all other parts, except the power head, are dishwasher safe. Protect the metal and plastic surfaces; do not use abrasive cleaners or scouring pads. Clean after each use. The outer surface of the power head can be cleaned by wiping with a damp cloth.



IMPORTANT - Do not wash or immerse power head in water or cycle through dishwasher. The outer surface may be cleaned by wiping carefully with a damp dishcloth or sponge.

IMPORTANT TIPS:

1. Check the power outlet to ensure proper operation. Do not operate the unit simultaneously with other major appliances plugged into the same outlet. Check the cooking temperature if the oven is cooking too slowly.
2. The electrical plug must be properly inserted into the outlet.
3. Always turn off and unplug the oven before washing.
4. Moisture may result inside the dome if food is not removed promptly after the cooking time has expired. Steam/moisture build up can be avoided by doing the following:
 - Remove food promptly after it is finished cooking.
 - If it is desirable to keep the food warm until served, reset cooking time to a lower temperature.

THE NUWAVE ELITE OVEN INFRARED COOKING SYSTEM

www.NuWaveElite.com

To obtain warranty service, contact the service department at this toll free number: 1-888-NUWAVE1 (689-2831) or Hearthware, Inc.

1755 N. Butterfield Road, Libertyville, IL 60048, U.S.A.

www.HEARTHWARE.com

THE MANUFACTURER WARRANTIES

The infrared cooking system including power head, dome, cooking rack, liner pan, base, and all electrical components are to be free from defects and workmanship under normal household use, when operated in accordance with the Manufacturer's written instructions provided with each unit for one (1) year from date of purchase. The Manufacturer will provide the necessary parts and labor to repair any part of the infrared cooking system at Hearthware, Inc. Service Department. After the expiration of the warranty, the cost of the labor and parts will be the responsibility of the owner.

THE WARRANTY DOES NOT COVER

The non-stick coating (if applicable) on any part of the cooking system. The Limited Warranty is voided if repairs are made by an unauthorized dealer or the serial number data plate is removed or defaced. Normal deterioration of finish due to use or exposure is not covered by this Warranty. This Limited Warranty does not cover failure, damages or inadequate performance due to accident, acts of God (such as lightning), fluctuations in electric power, alterations, abuse, misuse, misapplications, corrosive type atmospheres, improper installation, failure to operate in accordance with the Manufacturer's written instructions, abnormal use or commercial use.

TO OBTAIN SERVICE

The owner shall have the obligation and responsibility to:
Pay for all services and parts not covered by the warranty;
Prepay the freight to and from Service Department for any

part or system returned under this warranty; Carefully package the product using adequate padding material to prevent damage in transit. The original container is ideal for this purpose. Include in the package the owner's name, address, daytime telephone number, a detailed description of the problem, and your "RGA number." (Call 1-888-NUWAVE1(689-2831) or e-mail customerservice@nuwaveoven.com to obtain the RGA (Return Goods Authorization number). Provide the cooking system model & serial number and proof of date of purchase (a copy of the receipt) when making claims under this warranty.

MANUFACTURER'S OBLIGATION

The Manufacturer's obligation under this Limited Warranty is limited to repairing or replacing any part of the infrared cooking system expressly covered by this Limited Warranty which upon examination is found to be defective under normal use. The Limited Warranty is applicable only within the continental United States and only to the original purchaser of the manufacturer's authorized channels of distribution. THE LIMITED WARRANTY MAY NOT BE ALTERED, VARIED OR EXTENDED EXCEPT BY A WRITTEN INSTRUMENT EXECUTED BY THE MANUFACTURER. THE REMEDY OF REPAIR OR REPLACEMENT AS PROVIDED UNDER THIS LIMITED WARRANTY IS EXCLUSIVE. IN NO EVENT SHALL THE MANUFACTURER BE LIABLE FOR ANY CONSEQUENTIAL OR INCIDENTAL DAMAGES TO ANY PERSON, WHETHER OR NOT OCCASIONED BY NEGLIGENCE OF THE MANUFACTURER, INCLUDING WITHOUT LIMITATION, DAMAGES FOR LOSS OF USE, COSTS OF SUBSTITUTION, PROPERTY DAMAGE, OR OTHER MONEY LOSS.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation exclusions may not apply. This Limited Warranty gives specific legal rights, and there may also be other rights which vary from state to state. EXCEPT AS OTHERWISE EXPRESSLY PROVIDED ABOVE, THE MANUFACTURER MAKES NO WARRANTIES EXPRESSED OR IMPLIED ARISING BY LAW OR OTHERWISE, INCLUDING WITHOUT LIMITATION, THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE TO ANY OTHER PERSON. READ YOUR OWNER'S MANUAL. IF YOU STILL HAVE ANY QUESTIONS ABOUT OPERATION OR WARRANTY OF THE PRODUCT, PLEASE CONTACT HEARTHWARE, INC.

1-888-NUWAVE1(689.2831),
email: customerservice@nuwaveoven.com



At Hearthware, Inc., we have taken a great amount of care in ensuring that our products are safe and secure for every household. All Nuwave® Elite Infrared Ovens are built and manufactured in strict compliance with RoHS* standards. Although US manufacturers are not bound by law to follow RoHS standards, Hearthware has made a conscious decision to voluntarily follow this directive to preserve the safety of its consumers and the quality of our environment.

RoHS Restricted Materials

Material & Toxicological Profile	Maximum Concentration
Lead (Pb)	0.1% by weight
Mercury (Hg)	0.1% by weight
Cadmium (Cd)	0.01% by weight
Hexavalent Chromium (Cr-VI)	0.1% by weight
Polybrominated Biphenyls (PBB)	0.1% by weight
Polybrominated Diphenyl Ethers (PBDE)	0.1% by weight

*RoHS stands for "the Restriction Of the use of certain Hazardous Substances in electrical and electronic equipment".

If you want to find out more about the RoHS Directive, please visit <http://en.wikipedia.org/wiki/RoHS>



The NuWave Supreme Pizza Kit*

Frozen, Fresh, Thick or Thin...

We love baking pizza in the NuWave Oven so much we've created these tools so you can bake the best tasting pizza ever! Achieve hot, fresh, better than just delivered pizza at home...

AS EASY AS 1 - 2 - 3 when you use your NuWave Oven and the Supreme Pizza Kit! Whether you prefer your pizza thin, regular or deep dish...your NuWave Oven, along with the Supreme Pizza Kit will do the trick!

The NuWave Stainless Steel Pizza Server

Two great utensils rolled into one! The NuWave Pizza Server with multiple stainless steel cutting surfaces and easy grip handle will have you slicing and serving your pizza with ease.

The NuWave 100% Bamboo Cutting Board

The unique bamboo cutting board will spare damage to your countertops, save you money and help protect the environment. This board is multi-functional with a flat side for cutting pizzas and breads and a grooved side for cutting fruits, vegetables and other foods with juices.

The NuWave Stainless Steel Pizza Flipper

The spring-loaded, easy grip handle allows you to securely clamp the 10-inch stainless steel rings shut, safely letting you flip your pizzas, calzones, quesadillas and much more!

The NuWave Silicone Pizza Liner

Bake your pizza crust first without overcooking your cheese or favorite toppings. The slick surface will not stick to cheese, and also attracts unwanted grease (complies with FDA regulations).

*Your order may contain only some of the above items. To purchase this product, call Hearthware Customer Service at 1-888-689-2831 or order online at www.NuWaveElite.com

How to Use the NuWave Pizza Flipper & Pizza Liner with your NuWave Oven

Note

Make sure the reversible rack is positioned as the 3-inch rack in the NuWave Oven.

1. Place the Pizza Liner over the top of your pizza.
2. Place pizza upside down on the 3-inch rack. Cook at 420°F, until crust of pizza is a light brown in color.



3. When using Pizza Flipper, start with the Pizza Flipper open and slide under the Pizza Liner and over the top of the crust.



4. Using the handle, close the Pizza Flipper until pizza is securely held.

5. While gripping the handle, rotate the pizza and Pizza Liner completely around and set pizza back on the rack crust side down. The pizza should now be right side up.



6. Remove the Pizza Liner and cook at 420°F for 3-5 minutes or until cheese is melted to your preference.

Care & Use

The Pizza Flipper, Pizza Liner, Pizza Server and Bamboo Cutting board should be washed with mild soap and water. It should not be cleaned with harsh abrasives. Allow utensils to dry completely before using or storing,

Slicing & Serving with the NuWave Stainless Steel Pizza Server



Rolling Slicer

Hold handle so the Pizza Server is on top, permitting you to use the Pizza Cutter.



Serrated Slicer

Both the Pizza Cutter and the Pizza Server can be used to slice additional foods such as quesadillas, panini sandwiches, quiche and much more.



Server

To use the Pizza Server, simply point the edge of the spatula away from you, and with a scooping motion lift the pizza or food and place on a serving dish.



Perfect Pizza Every Time!

Pizza baked in the NuWave Oven is delicious without exception, so the only thing left to do is ENJOY!

CAUTION

The edges of the spatula and pizza cutter are sharp. Always cut away from your body. Serrated edges are sharp, and should not be used for support.

ELITE NuWave[®] Quick & Easy Cooking Guide

INFRARED OVEN



Beef & Lamb	Rack Height	Oven Temp.	Fresh	Frozen
Roasts 2-10 lbs	1 inch	Sear 5 min one side only then cook at 350°	13 min/lbs Rare 15 min/lbs Med. Rare 18 min/lbs Medium 20 min/lbs Well Done	23 min/lbs Rare 25 min/lbs Med. Rare 27 min/lbs Medium 30 min/lbs Well Done
Patties 1/2 inch thick	3 inch	420°	2 min/side	3 min/side
Patties 1 inch thick	3 inch	420°	3-4 min/side	5-6 min/side
Steaks 1 inch thick	3 inch	420° or Sear	2 min/side Rare 3 min/side Med. Rare 4 min/side Medium 5 min/side Well Done	6 min/side Med. Rare 7 min/side Medium 8 min/side Well Done
Steaks 2 inch thick	3 inch	420° or Sear	3-4 min/side Rare 5-6 min/side Med. Rare 7-8 min/side Medium 10-11 min/side Well Done	5-6 min/side Rare 7-8 min/side Med. Rare 9-10 min/side Medium 12-13 min/side Well Done

Pork	Rack Height	Oven Temp.	Fresh	Frozen
Ham	1 inch	375°	10 min per lb/side	12 min per lb/side
Sausage	3 inch	400°	3 min/side	4 min/side
Bacon	3 inch	400°	3 min/side	N/A
Patties	3 inch	400°	4 min/side	5 min/side
Italian, Bratwurst, Etc.	3 inch	400°	4-5 min/side	5-6 min/side
Chops	3 inch	375°	3-4 min/side	5-6 min/side
Roasts 3-7 lbs	1 inch	375°	15-17 min/side	22-24 min/side
Tenderloins	3 inch	Sear then cook at 375°	Sear 3 min/side 5-6 min/side	Sear 3 min/side 9-10 min/side
Spare Ribs	3 inch	Sear then cook at 375°	Sear 2 min/side 8-10 min/side	Sear 3 min/side 12-14 min/side
Country Style Ribs	1 inch	Sear then cook at 375°	Sear 2 min/side 10-12 min/side	Sear 2 min/side 12-14 min/side

Poultry	Rack Height	Oven Temp.	Fresh	Frozen
Chicken, [Bone-in] Pieces	3 inch	400°	7-8 min/side	10-13 min/side
Chicken, 1/2 inch Boneless/Skinless [Thicker add 2 mins per 1/2 inch]	3 inch	400°	4-5 min/side	6-7 min/side
Chicken, Whole	1 inch	375°	10-12 min/lbs	15-17 min/lbs
Cornish Hen, Whole 1 - 1 1/2 lbs	1 inch	400°	20 min/side	45 min/side
Duck, Whole 5-6 lbs	1 inch	400°	30 min/side	30 min/side
Turkey, Whole 8-10 lbs	No Extender Ring	375°	9-10 min per pound	12-14 min per pound
Turkey, Whole 11-16 lbs	(1) 3 inch Ring	375°	9-10 min per pound	12-14 min per pound
Turkey, Whole 17-24 lbs	(1) 3 or 5 inch Ring	375°	9-10 min per pound	12-14 min per pound
Turkey, Whole 25-30 lbs	(2) 3 or 5 inch Ring	375°	9-10 min per pound	12-14 min per pound
Turkey, Breasts	1 inch	375°	10 min per pound	12-14 min per pound
Turkey, Legs	1 inch	375°	15-17 min/side	18-20 min/side
Eggs	1 inch	400°	7-8 min total	N/A

Seafood	Rack Height	Oven Temp.	Fresh	Frozen
Fish, Fillets 1/2 inch thick	3 inch	375°	2 min/side	3 min/side
Fish, Steaks & Fillets 1 inch thick	3 inch	375°	3 min/side	4 min/side
Shrimp & Scallops	3 inch	400°	2 min/side	3 min/side
Lobster Tails 4 oz [Small]	3 inch	400°	2 min/side	3 min/side
Lobster Tails 10 oz [Large]	3 inch	400°	6-7 min/side	8-9 min/side
Lobster*, Whole [Claws & all]	3 inch	400°	10-12 min/side	13-14 min/side

[*Fresh Lobsters: Bring large pot of water to a boil. Drop in lobsters head first. Cook for 2 minutes before placing in NuWave Oven.]

ELITE NuWave[®] Quick & Easy Cooking Guide

INFRARED OVEN



Vegetables	Rack Height	Oven Temp.	Fresh	Frozen
Home Fries [wedges]	3 inch	400°	5 min/side	N/A
Potato, Whole Med. Size	3 inch	420°	27 mins total	N/A
Steamed Broccoli & Cauliflower [Oven Safe Dish with Glass lid or Foil]	1 inch	420°	10-12 mins total	N/A
Squash, Acron, Butternut & Spagetti	1 inch	420°	10 min/side	N/A
Corn, in Husk	1 inch	420°	10 min/side	N/A
Corn, Frozen on Cob	1 inch	375°	3 min/side	4-5 min/side
Roasted, Onion, Garlic, Red Bell Peppers, Zucchini, and Yellow Squash	1 inch	420°	5 min/side	N/A

Frozen Ready-Made Foods	Rack Height	Oven Temp.	Frozen
Single Serving T.V. Dinners	1 inch	400°	22-25 min/side
Individual Pot Pies	1 inch	375°	16-18 min/side
Chicken Tenders & Nuggets	3 inch	350°	6-8 min/side
Frozen Vegetables [In Oven Safe Dish]	1 inch	325°	12 min/side
All-Ready Baked Rolls	1 inch	350°	8 min/side
Bagel Bites	3 inch	350°	6-8 min/side
Hot Pockets	3 inch	375°	9 min/side
Poppers	3 inch	350°	6-8 min/side
Onion Rings	3 inch	350°	6-8 min/side
Stuffed Mushrooms	3 inch	350°	6-8 min/side
Mozzarella Sticks	3 inch	350°	6-8 min/side
Hot Wings	3 inch	375°	6-8 min/side
Frozen Pies	1 inch	325°	30 min/side

Non-Frozen Ready-Made Foods	Rack Height	Oven Temp.	Fresh
Toast	3 inch	375°	4 min/side
Cinnamon Rolls [In Oven Safe Pie Dish]	1 inch	350°	15-17 min/side
Canned Rolls/Crescent Rolls	Liner Pan	375°	10-13 min/side
Grilled Cheese	3 inch	375°	3-5 min/side
Pop Tarts	3 inch	400°	4 min total
Hot Dogs	3 inch	420°	1 min/side

Pizza & Quesadilla	Rack Height	Oven Temp.	Frozen
Thin Crust	3 inch	420° / 420°	7-9 min crust side up/ 3-4 min cheese side up
Regular Crust	3 inch	420° / 420°	9-11 min crust side up/ 3-5 min cheese side up
Thick Crust	3 inch	420° / 350°	12-16 min crust side up/ 3-5 min cheese side up
Deep Dish	3 inch	350° / 350°	25 min crust side up/ 10 min cheese side up
Quesadilla	3 inch	375° / 375°	2 min/side

Directions

- Place pizza, cheese side down, on NuWave Silicone Pizza Liner.
- Bake crust per time indications or until desired doneness.
- Flip pizza, cheese side up, and remove NuWave Silicone Pizza Liner.
- Bake pizza 3-5 more minutes or until desired doneness.

PLEASE READ BOOKLET FOR COMPLETE INSTRUCTIONS.
General Guidelines Only. These are not meant to be recipes. All cooking guidelines may vary.
Copyright ©2011 by Hearthware, Inc. All rights reserved. www.NuWaveElite.com

The NuWave Oven Complete Cookbook



[Photo: Almond Tart, page 81]

General Tips

This recipe book contains valuable information that will help you start incorporating the NuWave® Elite Infrared Oven into your daily life. We've provided easy-to-prepare recipes, along with helpful tips at the beginning of each section that will help you achieve perfect cooking results every time. Also visit NuWaveCookingClub.com for other great tips and instructional videos.

Metal containers, aluminum foil or any oven-safe dish can be used in the NuWave® Elite Infrared Oven. The infrared rays will not penetrate through these materials. Lightweight aluminum foil works best for lining shallow dishes and pans. Cover food with aluminum foil to protect from browning more than preferred. Keep in mind that heat will still circulate, but the foil may slow the cooking time of the food beneath.

Steam build up can occur when cooking foods that contain a lot of moisture, like vegetables or fish.

When your cooking cycle is complete, please remember to lift the dome so that steam is channeled away from your face.

To keep prepared foods crisp, such as egg rolls, chicken tenders or pizza, remove the dome immediately after cooking.

Timing is the key to perfection with the NuWave Oven. Keep in mind that all cooking guidelines are just that, and may need to be adjusted depending on the specific situation. When cooking larger dishes such as roasts or other foods with varying thickness, suggested cooking times may need to be extended. Cook in 2 minute increments and check after each interval.

[Photo: Tuna Noodle Casserole, page 68]



Tips for Breakfast

Bacon: Cook at 400 degrees for 3-4 minutes per side, on the 3-inch rack. For extra crispy bacon, flip and cook for an additional minute. Sprinkle on brown sugar for a sweet taste. For easy clean up, place aluminum foil on the liner pan. Once the grease solidifies, discard the foil.

There is no boiling water required to prepare hard boiled eggs: Place eggs on the 1-inch rack and cook at 400 degrees for 7 to 8 minutes. Remove the eggs promptly, letting them cool completely for 5 minutes. Run under cold water or

place in a bowl of cold water for easy shell removal. Egg substitutes can be used in any recipe.

Warm pre-made muffins, breads or pastries: Simply wrap in aluminum foil and place on the liner pan during the last 2 minutes of cooking time.

Place bagels, english muffins or bread on the 3-inch rack and cook at 400 degrees for about 3-5 minutes.

[Photo: Easy Quiche Pie]

**Everyday Breakfast Foods****Breakfast sausage links**

400 degrees for 3 minutes per side, on 3-inch rack.

Breakfast sausage patties

400 degrees for 3-4 minutes per side on the 3-inch rack.

Eggs, scrambled

Cook at 375 degrees for 5-6 minutes on 3-inch rack. Place in well greased dish, stirring halfway.

Eggs, sunny-side

Cook at 375 degrees for 3-4 minutes on 3-inch rack in small, buttered dish.

Eggs, baked eggs

Cook at 375 degrees for 7 minutes on 3-inch rack in large greased custard cup.

Low-Cal French Toast

Soak favorite bread in egg substitute and roll in corn flake crumbs. Place bread on 3-inch rack and bake at 375 degrees for 4 minutes per side. Top with low-calorie syrup or fruit and you have a crispy, healthy, and delicious breakfast!

Cinnamon Breakfast Twists

1 package refrigerated breadsticks
1/2 cup butter, melted
1 cup sugar
2 teaspoons cinnamon

Mix the sugar and cinnamon in a medium bowl. Set aside. Pour melted butter into a pie plate. Dredge breadsticks in butter one at a time and then place into the sugar mixture one at a time. Toss to coat. Hold breadstick by each end and twist. Set on 3-inch rack and bake at 350 degrees for 11 minutes, turning once; this will make the twists nice and crisp. Bake for 9 minutes if a softer twist is desired.
(4 servings)

Tips: Brush a beaten egg on breadstick and sprinkle with sesame seeds, poppy seeds, or grated cheese.

Easy Quiche Pie

1 cup chopped ham
4 large mushrooms, medium chopped
1 cup loosely packed spinach
1 cup shredded swiss cheese
1/2 cup Bisquick
1 cup milk
1/8 teaspoon pepper
2 eggs

Place ham, mushrooms and spinach in an oven safe dish, silicone liner or foil and place on the 3-inch rack. Cook at 400 degrees for about 4-5 minutes. While above is cooking, mix Bisquick, milk, pepper and two eggs. Pour in NuWave 8x8 silicone baking pan. Stir cooked ham, mushroom, and spinach in 8x8 baking pan. Sprinkle cheese on top. Place pan on 1-inch rack. Bake at 350 degrees for 18-20 minutes, or until a knife can be inserted and center comes out clean. Let stand 5 minutes before serving.
(6 servings)

Brown Sugar French Toast

1/2 cup packed brown sugar
1 tablespoon corn syrup
8 slices of white or white bread
6 large eggs
1/4 teaspoon cinnamon
3/4 cup half-and-half
1 teaspoon vanilla
1/2 cup chopped pecans

Combine all ingredients except the bread. Stir until smooth. Arrange bread slices in one layer in a baking dish. Pour 1/2 of liquid into the 8 x 8 silicone baking pan. Add the 4 remaining pieces of bread. Cover and refrigerate at least 30 minutes. Place baking dish on the 1-inch rack and bake at 375 degrees for 10 minutes. Cover with foil or parchment for the first 10 minutes, allowing foil to hang out from oven and cook for 8 minutes at 375 degrees. If you seal foil too tight the food will not cook correctly.
(2 - 4 servings)

Ham & Cheese Strata

10 slices of bread (white or wheat)
 1½ cups cubed ham
 6 ounces shredded Swiss cheese
 6 ounces shredded Cheddar cheese
 4 large eggs
 ½ teaspoon salt
 1 teaspoon onion powder
 ½ cup milk
 1 teaspoon dry mustard
 ¼ teaspoon red pepper
 1½ cups corn flakes
 4 tablespoons butter, melted

Trim crust from bread and layer the 10-inch NuWave pan, or an 8x8 pan silicone baking pan. Press bread to make it fit. If you have extra, that's fine. Layer ham and cheeses, alternating at least once. Mix eggs, milk, and seasonings together; pour over layers. Let liquid soak into bread for 2 minutes. Mix cornflakes and melted butter; sprinkle on top. Bake on 1-inch rack 400 degrees for 10 minutes. Cook at 375 degrees for 6-7 minutes. When strata starts to brown, cover with foil, loosely, and finish cooking for 10 minutes. When done, let sit for 1-2 minutes. Check readiness with toothpick.

[Photo: Ham & Cheese Strata]

**Steak & Eggs**

1 (4-ounce or 1/2-inch thick) sirloin steak seasoned salt
 2 large eggs
 1 scallion, thinly sliced
 1/2 tomato, seeds removed
 2 tablespoons grated Parmesan cheese

Crack the eggs in a shallow oven safe dish, break yolk and place on the liner pan. Place the steak and tomato on the 3-inch rack to the side of the eggs. Season the steak and add the cheese to the tomatoes. Cook at 420 degrees 4 minutes per side for medium doneness, for a 1-inch steak.
 (1 serving)

Tips: To prepare from frozen, place the frozen steak on the 3-inch rack and cook 420 degrees for 7 minutes, add the eggs and tomato and cook another 7 minutes.

NuWave Muffin Sandwich

2 large eggs
 2 English muffins, split
 2 slices Canadian bacon
 2 slices American cheese
 salt & pepper to taste

Spray two large custard cups with oil. Crack one egg into each cup. Gently break yolk. Salt & pepper with desired amount. Place the four English muffin halves on the liner pan and place the eggs on the 3-inch rack. Cook 375 degrees for about 4-5 minutes. When timer goes off place the slices of Canadian bacon on the rack next to the eggs. Finally, place cheese on top of muffins and cook for an additional 2 minutes. Assemble together & enjoy!
 (2 servings)

Tips: Replace Canadian bacon with frozen breakfast sausage patties. Consult your Quick & Easy Cooking Guide for correct cooking time.

Oven Omelette

10 eggs, beaten
 1/2 cup milk
 6 ounces shredded Cheddar cheese
 1 cup ham or bacon, finely chopped (can use sausage, cook and drain grease)
 1/2 cup green pepper, chopped
 1/4 cup onion, chopped
 1 tablespoon parsley

In a medium bowl, beat the eggs and milk until fluffy. Stir in the cheese, meat, green pepper, and onion. Pour into the NuWave 8x8-inch silicone pan. Bake on the 1-inch rack and cook at 350 for 12 to 15 minutes. Let sit with the dome on for 1 minute and then cut into desired sizes.

Ham & Eggs Scramble

2 large eggs
 3 ounces ham, chopped
 2 tablespoons parsley, chopped
 2 ounces shredded Cheddar cheese
 salt & pepper to taste

Mix everything in a shallow oven safe dish and place on the 3-inch rack. Cook at 375 degrees for about 6-7 minutes, stir, and continue to cook for 2 minutes.
 (1 serving)

Tips: For a spicy kick, add 3 ounces of crumbled Chorizo sausage.

Chorizo Sausage & Eggs

2 large eggs
 3 ounces chorizo sausage
 2 tablespoons salsa
 2 ounces shredded Monterey Jack cheese
 Hot sauce to taste

Press the sausage around the edge of a saucer. Crack the eggs in the center and top with the salsa and cheese. Place on the 1-inch rack and cook at 375 degrees for 6-7 minutes or until the eggs are set.
 (1 serving)

[Photo: Nest Egg with Manchango]

**Nest Egg with Manchango**

1 bread slice
 1 teaspoon butter or cooking spray
 1 egg
 3 tablespoons Manchango cheese
 (You may substitute)

Cut round out of a slice of bread (suggestion: use the bottom of a juice glass), flatten and press back into hole. Butter both sides of bread. Place bread in oven safe baking pan. Place onto 3-inch rack.

Crack egg into hole and top with black pepper and Manchango cheese. Bake at 375 degrees for 5-6 minutes. Serve with sliced bacon and fresh fruit.
 (1 serving)

Tip:
 You can use any kind of cheese. Manchango is salty and very flavorful. You don't need too much.

Tips for Appetizers

Prepared foods from your grocery's freezer section make great easy snacks for appetizers or entertaining, and these items are prepared to perfection in about 6-8 minutes per side at 350 degrees, with no defrosting required. Some of the most popular choices include:

- Hot wings
- Corn dogs
- Bagel bites
- Chicken tenders
- Poppers
- Potato skins
- Egg rolls
- Pot stickers
- French fries

Tangy Mild Wings

2 pounds of wings or drumettes

Sauce

- 1 cup ketchup
- 1/4 bead molasses
- 1/4 cup soy sauce
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 3 tablespoons worcestershire sauce
- 3 tablespoons white vinegar

Mix all the ingredients for sauce. Taste for salt content. If you like it spicy, add more cayenne pepper. Reserve extra sauce for dipping. Run your frozen wings under cold water. Add wings to the sauce and coat well. Place on the 3-inch rack and cook on 400 degrees for 3-4 minutes per side. If frozen, timing should be adjusted to 5-6 minutes per side. Serve with ranch or blue cheese dressing. Cut celery and carrots pieces and serve along with the wings.
(2-4 servings)

Stuffed Italian Sausage Mushrooms

- 24 medium or 12 large Button mushrooms; washed and cleaned with a mushroom brush, stems removed
- 1 lb. bulk Italian sausage
- 1 small onion, chopped
- 2 stalks celery, chopped
- 2 cloves garlic, chopped
- 1 cup mozzarella cheese
- salt & pepper to taste

Brown the sausage in the 12-inch liner pan for 5 minutes at 420 degrees. Drain the fat. Place the sausage back in the liner pan. Add all vegetables to the drained sausage and continue to cook at 420 degrees for 5 minutes. Let cool for 5 minutes and add the cheese. Stuff the mushrooms with the sausage mixture and place on the 3-inch rack for 3 minutes for medium size mushrooms, or 5 minutes for large mushrooms. Cook at 350 degrees. If the mushrooms are frozen, cook at 350 degrees for 6 to 8 minutes.

[Photo: Tangy Mild Wings]

**Sweet Party Mix**

- 2 cups bite-size corn square cereal
- 2 cups bite-size rice square cereal
- 1 cup pretzel knots
- 1/2 cup sliced almonds
- 1/4 cup packed brown sugar
- 1 1/2 tablespoons butter
- 1 1/2 tablespoons light-colored corn syrup
- 1/4 teaspoon baking soda
- 1/2 dried cranberries

In a large bowl combine corn cereal, rice cereal, pretzels, and almonds, then set aside. In a medium saucepan, combine brown sugar, butter, and corn syrup. Cook and stir over medium heat until mixture boils. Continue boiling at a moderate, steady rate, without stirring, for 3 additional minutes. Remove saucepan from heat; stir in baking soda. Pour over cereal mixture; stir gently to coat. Pour mixture in liner pan. Bake at 375 degrees for 5 minutes. Stir mix and cook for 5 additional minutes. Lay hot mix on large buttered foil. Once cool, break up pieces and stir in the dried fruit. Store in an air-tight container.
(Makes 6 cups)

[Photo: The Best Grilled Cheese Sandwich]

**The Best Grilled Cheese Sandwich**

- 2 slices wheat or white bread
- 1 tablespoon of margarine or butter
- 2 slices of american cheese

Spread butter or margarine on both sides of bread. Place one piece of bread on 3-inch rack, buttered side down. Place cheese on bread and top with remaining bread, butter side up. Grill at 375 degrees for 2-3 minutes per side.

Tip: Add some ham or turkey for extra protein, and cook 1 more minute per side.

Shrimp Rumaki

- 6 slices bacon
- 24 small shrimp or 12 jumbo shrimp cut in half
- 1/4 cup sliced water chestnuts

Cut the bacon into 4 equal pieces and lay on a piece of shrimp and a slice of chestnut. Roll and secure with a toothpick. Place on the 3-inch rack and cook at 400 degrees for 2-3 minutes per side.

Tips: Replace shrimp with tofu, chicken livers or mussels.

Teriyaki Chicken

4 large chicken breasts cut lengthwise into 10½-inch strips
 1/2 cup soy sauce
 1/2 cup water
 1 teaspoon garlic powder
 1 tablespoon lemon pepper
 2 tablespoons freshly grated ginger root

Mix everything and marinate for 30 minutes. Thread each strip on a skewer and place on the 3-inch rack. Cook at 400 degrees for about 7-8 minutes per side or until lightly browned and the chicken is cooked.
 (20 pieces)

Bacon Wrapped Water Chestnuts

1/4 cup soy sauce
 1/3 cup honey
 1 tablespoon oil
 1 tablespoon ketchup
 1/2 teaspoon garlic powder
 1 can (5-ounce) of whole water chestnuts
 10 strips of bacon

In a small bowl mix the first five ingredients. Set aside. Drain the water chestnuts and set them on a couple of paper towels for absorption. Cut each strip of bacon into three pieces. Wrap a piece of bacon around a water chestnut and secure with a toothpick. Place in a glass baking dish. Repeat until all of the water chestnuts are used. Pour soy sauce mixture on top and allow to marinate for 20 minutes. Place water chestnuts on the 3-inch rack. Bake at 400 degrees for 4 minutes, per side, or until bacon is crisp.
 (Makes 20 pieces)

Ham & Cheese Pitas

4 pita bread rounds (8-inch)
 4 thin slices of ham, cut in half
 4 slices sharp cheddar or swiss cheese, cut in half
 1 red onion, very thinly sliced
 2 ripe tomatoes, very thinly sliced
 1 tablespoon melted butter
 paprika for color

Cut the pita rounds across the center, making 8 half circles. Stuff each half with the ham, cheese, onions, and tomato. Using a pastry brush and lightly butter the outside of each pita sandwich. Sprinkle with paprika. Place directly on the 3-inch rack and cook at 375 degrees for 3 minutes per side.
 (4 servings)

Taco-Flavored Chicken Wings

1 pack taco seasoning
 3 tablespoons extra virgin olive oil
 2 tablespoons red wine vinegar
 2 teaspoons hot pepper sauce
 4 lbs. chicken wings
 1 cup guacamole or salsa

In a large resealable plastic bag, combine the taco seasoning, oil and vinegar and hot pepper sauce; add the chicken. Seal bag and turn to coat. Let the mixture sit in the refrigerator for 30 minutes. Place chicken on the 3-inch rack and cook at 400 degrees for 6-7 minutes per side.
 (Makes 2½ dozen)

Tips: The great thing about Nuwave is that you can be serving the first batch of wings and cooking the others and everything remains hot. Serve with either guacamole or salsa.

Sweet & Sour Cocktail Meatballs

4 slices hearty white sandwich bread, torn into pieces
 1/2 cup milk
 2 large eggs
 1/2 pound ground pork
 1/2 cup finely chopped fresh parsley
 2 garlic cloves, minced
 1 teaspoon salt
 2 teaspoons pepper
 2 ½ pounds 85 percent lean ground beef

Using a fork, mash bread, milk, and egg yolks in large bowl until smooth. Add pork, parsley, garlic, salt and pepper, then mix until incorporated. Add beef and knead until combined. Form mixture into 1 1/4 -inch meatballs (makes about 80). Place meatballs on 3-inch rack and bake at 350 degrees for 5-6 minutes per side. You will have to do this in stages unless you have the extender ring kit. In that case, then also place a layer on the 1-inch rack. Once cooked, place meatballs in sauce to coat, then place in chafing dish or in the liner pan and base. Keep meatballs warm in the NuWave Oven Elite by pushing the stage button, select the temperature (170 degrees), cook time (the amount of minutes or hours you want to keep meatballs warm), then start.
 (20 servings)

Sauce

1 tablespoon vegetable oil
 1 onion, minced
 1 (28-ounce) can tomato sauce
 2 ½ cups apricot preserves
 1/4 cup packed dark brown sugar
 3 tablespoons worcestershire sauce
 2 tablespoons dijon mustard
 1/4 teaspoon red pepper flakes

Place all above ingredients in sauce pan and mix well. Bring to one quick boil. Let simmer on medium for 15-20 minutes.



[Photo: Sweet & Sour Cocktail Meatballs]

Pigs in a Blanket

2 (8-ounce) canned and refrigerated crescent dinner rolls
 48 cocktail-sized sausages

Unroll both cans of the dough; separate into 16 triangles. Cut each triangle lengthwise into 3 narrow triangles. Place sausages on shortest side of each triangle. Roll up each, starting at shortest end and rolling to opposite point; place point side down on liner pan. Bake at 375 degrees for 10 -12 minutes or until golden brown. Serve warm.
 (Makes 48)

Potato Skins

2 baked potatoes, medium size
 1/4 cup low-fat sour cream
 1 packet of ranch seasoning
 1 cup (4-ounces) shredded cheddar cheese
 green onions
 cooked bacon pieces

Bake the potatoes at 420 degrees for 27-30 minutes on the 1-inch rack. Let cool for 5-10 minutes. Cut them half. Scoop potato out of skins; combine potatoes with sour cream and salad dressing seasoning mix. Fill skins with mixture. Sprinkle with cheese. Place on the 3-inch rack and bake at 400 degrees for 3 minutes or until cheese is melted. Add green onions and bacon (optional). (2 Servings)

Tip: You can use the same recipe, substituting a taco seasoning packet and/or pepper jack cheese.

[Photo: Potato Skins]

**Jumbo Lump Crab Cakes**

(16-ounce) jumbo lump crab meat
 2/3 cup fresh or canned bread crumbs
 2 teaspoons dijon mustard
 2 tablespoons mayonnaise
 2 tablespoons chopped chives
 2 tablespoons chopped parsley
 1 tablespoon lemon juice
 1/2 teaspoon cayenne pepper
 1 teaspoon Old Bay® seasoning
 salt & pepper to taste

Mix all ingredients other than the crab meat. Gently fold in the crab meat, leaving the meat in chunks. If your mix seems a little wet add more bread crumbs. If you like spicier food, add more cayenne. Form into desired crab cake sizes. Place on the 3-inch rack. Cook at 375 degrees for 5-6 minutes per side.

Tips: Place over gourmet greens, or with your favorite sauce.

Remoulaude Sauce

2 tablespoons pickle relish
 1/4 cup ketchup
 1/2 cup mayonnaise
 1 tablespoon lemon juice

Mix all ingredients and serve chilled.

Southern Style Shrimp with White Wine

2 lbs. 21/15 shrimp
 (peeled and deveined)
 1 medium onion, chopped
 1 teaspoon blackening spice
 1 can chopped plum tomatoes
 (15.5-ounce, you can also use fresh)
 1 tablespoon extra virgin olive oil
 3 tablespoons garlic, chopped
 1/2 cup dry white wine
 2 tablespoons lemon juice
 1/4 cup chopped flat leaf parsley
 salt & pepper to taste

Place peeled and deveined shrimp on the bottom of liner pan. Add all other ingredients on top of the shrimp and gently mix. Place dome lid on and cook at 400 degrees for 8-10 minutes. (6 servings for dinner or 12 servings for appetizer)

Italian Purses

2 (8-ounce) canned crescent rolls
 1/2 pound italian sausage or ground beef, cooked and crumbled
 1/2 cup mozzarella cheese (shredded)
 1/2 cup sliced onions
 1 tablespoon italian herb seasoning
 1 medium tomato, diced
 1/8 teaspoon garlic powder

Mix sausage, cheese, italian seasoning, tomato, and garlic powder in a small bowl. Set aside. Separate dough into 8 triangles. Place roughly a spoonful of mixture into center of triangles. Take each end of triangle and overlap the top. Pinch the edges to seal in the mixture. Place 8 crescent roll purses on the liner pan. Bake at 375 degrees for 10-12 minutes. Repeat for the other eight purses. (16 servings)

[Photo: Roasted Pumpkin Seeds]

**Roasted Pumpkin Seeds**

2 1/2 cups fresh pumpkin seeds
 2 teaspoons olive oil
 1/2 teaspoon black pepper
 1 tablespoon worcestershire sauce
 1 teaspoon all-season salt
 1 teaspoon smoked or plain paprika

Rinse seeds thoroughly; dry the seeds with a paper towel. Place all ingredients in large bowl and toss. Spread seeds on the liner pan (You will have to roast in two batches). Roast seeds at 375 degrees for 8 minutes. Stir the seeds and roast another 6-8 minutes. For extra crunch add more time. Cool and enjoy. Store in an airtight container. (Makes about 2 cups)

Prosciutto Wrapped Shrimp Sticks

48 uncooked medium shrimp, peeled, deveined and tail removed
 1/2 pound thinly sliced prosciutto
 3 tablespoons olive oil

You will need 8, 6-inch bamboo skewers. Peel, devein, wash, and remove tail of the shrimp. Uncurl shrimp and wrap a small slice of prosciutto neatly and snugly around each to cover. Place shrimp on 3-inch rack and using pastry brush, brush oil to coat each side. Cook at 375 degrees for 3-4 minutes per side. Sprinkle with black pepper. (6 servings)

Spicy Grilled Shrimp Skewers

1 ½ pounds extra-large shrimp, peeled and deveined
 4 tablespoons unsalted butter, melted
 1/4 teaspoon cayenne pepper
 1/2 teaspoon salt
 1/2 cup hot pepper jelly
 1 teaspoon grated zest
 2 tablespoons juice from 1 lime

Soak wooden skewers in oil, to prevent burning of the skewers.

Wash, then dry shrimp with a paper towel. Thread shrimp on skewers and brush with 1 tablespoon of melted butter. Season with salt and cayenne pepper. Warm jelly in saucepan over medium heat until bubbling. Remove from heat, whisk in remaining butter, lime zest, and lime juice. Cover and keep warm. Place shrimp on 3-inch rack. Cook at 400 degree for 2-3 minutes per side. Frozen: cook at 400 degrees for 4-5 minutes per side.
 (4 servings)

[Photo: Spicy Grilled Shrimp Skewers]

**Chicken Nachos**

2 chicken breast
 ½ cup red or green peppers, chopped
 ½ cup sliced onions
 1 large chopped tomatoes
 1 (7 ounce) can green chilies, drained and diced
 1 can small black olives, sliced

Place chicken breast on 3-inch rack and cook at 400 degrees for 4-6 per side if thawed. If frozen 8-9 minutes a side. Shred the chicken. Spray the liner pan with non-stick cooking spray. Place tortilla chips in liner pan and layer with shredded chicken, cheese and vegetables. Top with another layer of cheese. Cook at 400 degrees for 7-8 minutes or until cheese is melted. Serve with salsa.

Baked Party Sweet Onion Dip

2 large onions, chopped (medium dice)
 2 cups parmesan cheese
 2 cups low-fat mayonnaise
 1/2 teaspoon black pepper

Mix all ingredients in a 10-inch baking pan. Smooth the ingredients flat and place on the 1-inch rack. Bake at 375 degrees for 10-12 minutes or until the dish turns brown and bubbly. Serve with your favorite cracker or bread.

Skinny Pigs in Blankets

2 ½ cups reduced-fat all-purpose baking mix
 3/4 cup low-fat (1%) milk
 8 reduced-fat chicken or turkey hotdogs, cut in half

Spray the liner pan with non-stick spray. Combine the baking mix and milk in a bowl until a soft dough forms. Turn onto a surface lightly sprinkled with baking mix. Knead 10 times. Roll the dough into an 8x12-inch rectangle. Cut the dough into 8 squares. Cut each square in half to form 2 triangles. Starting from narrow end, wrap each triangle around a hot dog half. Place on liner pan. Bake for 10-12 minutes at 375 degrees. Serve with spicy mustard for added flavor.
 (16 servings)

Crab & Parmesan Wontons

24 wonton wrappers (produce section)
 4 ounces lump crab meat or sea legs, pre-cooked
 3 tablespoons sweet onion, grated
 2 tablespoons freshly grated parmesan cheese
 2 tablespoons chopped parsley
 1/4 teaspoon black pepper
 Small bowl of warm water

In a bowl, mix crab meat, sweet onion, parmesan, parsley, and pepper. Mix until all ingredients are incorporated. Lay 3 single won-ton wrappers on a dry, clean surface and place a tablespoon of crab mixture into center of wrapper. Using your finger or a pastry brush, lightly spread water on edges of wonton. Fold into envelope (point to point should match up). Press together and place on the 3-inch rack. Repeat process until all 24 are done. Cook first 12 at 375 degrees for 4 minutes per side. Remove and continue cooking the remaining 12.
 (4 servings)

Hot Artichoke Dip

1 cup mayonnaise
 1 package (8-ounce) cream cheese, softened
 1 cup of grated parmesan cheese, divided
 2 jars (6-ounce) artichokes hearts, drained and chopped

In medium bowl, mix the following ingredients thoroughly: mayonnaise, cream cheese, 3/4 cup parmesan cheese, artichokes. Place in oven safe pan. Place on the 1-inch rack. Sprinkle remaining parmesan cheese over top. Bake at 375 degrees for 10-12 minutes or until golden brown.
 (Makes 4 cups)

[Photo: Hot Artichoke Dip]



Tips For Pizza

To cook a regular crust frozen pizza, place a piece of parchment paper or the NuWave Silicone Pizza Liner pan on the bottom, place the pizza upside down on top of the NuWave Silicone Pizza Liner and then, cook according to directions. To finish, flip the pizza cheese side up and cook for an additional 3 to 5 minutes until the cheese melts.

Pizza Baking Recommendations

Thin Crust - Frozen

Estimated cooking time 7-9minutes upside down at 420 degrees and 3-4minutes right side up at 420 degrees

Regular Crust - Frozen

Estimated cooking time 9-11 minutes upside down at 420 degrees and 3-5 minutes right side up, at 420 degrees

Thick Crust - Frozen

Estimated cooking time 12-16 minutes upside down at 420 degrees and 3-5 minutes right side up on 350 degrees.

[Photo: Pizza Boats]



Pizza Baking Recommendations

Deep Dish - Frozen

Estimated cooking time 25 minutes upside down and about 10 minutes right side up on 350 degrees.

Pizza Boats

4 (1-inch thick) slices of french bread
 3/4 cup pizza sauce
 1/2 cup grated parmesan cheese
 4 slices provolone or mozzarella cheese
 one or more of the following:
 sliced pepperoni, mushroom,
 black olives, chopped bell
 peppers, etc.

Spray the bread with oil and spread on the sauce. Place on the 3-inch rack and toast 400 degrees for 3 minutes. Add the cheese and other ingredients and place on the 1-inch rack. Cook 400 degrees for about 2-3 minutes or until the cheese is melted and slightly browned.

Tips: Replace french bread with english muffins.

Cheesy French Bread

shredded cheddar cheese (8-ounce package)
 1/2 cup mayonnaise or pizza sauce
 1/2 cup broccoli
 1 cup ham, pepperoni, etc
 1/4 cup sliced black olives
 French loaf of bread cut in half.

Spread mayonnaise or pizza sauce on the bread. If you are using toppings, place on the bread. Top with cheese. Place bread on the 3-inch rack. Bake on 400 degrees for 3 minutes, or until cheese becomes bubbly and brown.

Mini Spinach Calzones

5 ounce package frozen spinach (thawed and well-drained)
 4 ounce package reduced-fat cream cheese (Neufchatel, softened)
 2 tablespoons parmesan cheese, grated
 2 tablespoon green onion, chopped
 1/4 teaspoon ground black pepper
 1 refrigerated pizza dough (13.8 ounce package)
 1 egg white
 1 tablespoon water
 1 tablespoon grated parmesan cheese

Spray the 3-inch rack with non-stick spray. For filling, stir together spinach, cream cheese, 2 tablespoons of Parmesan cheese, green onion, and pepper in a medium bowl. Set aside. Unroll pizza dough on a lightly floured surface. Roll the dough into a 15-inch square. Using a pizza cutter or sharp knife, cut into 25 (3-inch) squares. Spoon a slightly rounded teaspoon of filling onto the center of each square. In a small bowl, whisk together the egg white and water. Lift a corner of each square and stretch dough over to the opposite corner, making a triangle. Press edges together with the tine of the fork. Arrange the calzones on prepared 3-inch rack. Prick tops of calzones with fork. Brush tops of the calzones with egg white mixture. Cook at 375 degrees for 8-10 or until browned. For frozen, add 2-3 minutes or until browned and cooked in the middle. (25 servings)

Calzones

1 tube of refrigerated pizza dough
 1 cup shredded mozzarella or monterey jack cheese
 1/2 cup prepared spaghetti sauce
 3/4 lb. cooked italian sausage, or pepperoni
 1/4 cup onions and tomatoes or any of your favorite vegetables

Roll out the dough so you can cut two, 6-inch disks from it. Spray the two 10-inch square sheets of foil with oil and lay the dough on the foil. Place equal amounts of the ingredients on each piece of dough and fold over to form half moon shaped packets. Wrap with the foil and place on the 1-inch rack. Cook at 375 degrees for 6-7 minutes per side or until crust is crisp and browned.

Italian Pizza Patties

1 cup pizza sauce, divided
 1 egg, beaten
 1/2 cup dry bread crumbs
 2 teaspoons dried minced onion
 1/2 teaspoon dried oregano
 1/4 teaspoon salt
 1/8 teaspoon pepper
 1 1/2 lbs. ground beef
 3 slices mozzarella cheese, halved
 6 kaiser rolls, halved

Spread 1/2 of the pizza sauce on the bread. Set aside. Mix the next 7 ingredients and form 1/2-inch thick patties. Place patties on the 3-inch rack. Cook at 420 degrees for 3-4 minutes. Flip burgers cook for 3 minutes on 420 degrees. Add cheese and cook additional 1 minute. Top with extra sauce and top with bun.

Meat Crust Pizza

4 ounces italian sausage
 4 tablespoons prepared pizza sauce
 1 teaspoon dried Italian herbs
 1 scallion, thinly sliced
 1 large white mushroom, sliced
 2 ounces shredded mozzarella cheese
 1 tablespoon grated parmesan cheese

Press the sausage into a 6-inch disk on an oven safe dinner plate or pie plate. Spread on the sauce and spread the other ingredients over the sauce. Place on the 3-inch rack and cook at 375 degrees for 9-10 minutes.
 (1 serving)

Mexican Pizza

1 (8 to 9-inch) flour tortilla
 2 tablespoons salsa
 1/2 teaspoon taco seasoning or mexican spice blend
 1/8 cup fresh scallions, chopped
 1/2 cup shredded cheddar cheese
 sliced jalapeno peppers to taste

Place the tortilla on the 3-inch rack. Mix the salsa together with the Mexican spice blend and spread the top of the tortilla with the salsa. Arrange the jalapenos and scallions over the sauce. Top with cheese. Cook at 400 degrees for 3-4 minutes.

Pita Pizza

1 (8 to 9-inch) soft pita bread
 2 tablespoons tomato sauce
 1/4 cup fresh chopped parsley
 6-8 slices pepperoni
 1/2 cup shredded mozzarella cheese

Place the pita on 3-inch rack and spread the tomato sauce over the top. Top with parsley and pepperoni and then sprinkle cheese over the top. Cook 400 degrees for 3-4 minutes.
 (1 serving)

Goat Cheese Pizza

1 (8 to 10-inch) pre-baked pizza crust
 1/2 tablespoons pizza sauce
 1 tablespoon fresh chopped basil
 2 ounces crumbled goat cheese
 2 ounces shredded 4 cheese Italian blend

Cook crust on 3-inch rack at 400 degrees for 2-3 minutes. Spread the top of the crust with the sauce and top with basil and cheeses. Cook at 400 degrees for 3-4 minutes.
 (1-2 servings)

[Photo: Goat Cheese Pizza]

Tips for Poultry

Poultry should be turned halfway through the cooking time for even browning.

To use your favorite dry seasonings on frozen poultry, run meat under cold water. Then add seasoning, this will allow seasonings to adhere.

Brush sauces on fresh poultry so the seasonings bake right in.

To save time and for extra flavor, marinate poultry in a sealed bag or container and freeze into separate servings. When ready to prepare, refer to the cooking guide for appropriate cooking times.

To prevent poultry from browning too fast, place aluminum foil over the top. Be sure to secure the aluminum foil to the sides of the rack or extend the aluminum foil outside the oven to prevent the internal fan from moving the aluminum foil around during the cooking process.

Turkey Tip: Start cooking the turkey, breast side down for the first half of the cooking time. When you flip the turkey breast side up, if there are giblets in the turkey, the insides should be thawed enough to remove them at this time. During the last 20 to 30 minutes of cooking, stuff cavity with your favorite stuffing and resume cooking.

Poultry: White meat will be white; thigh meat near the bone will have no pink color, and the juices will run clear.

* Using a meat thermometer is essential for checking the internal temperature of the meat.

[Photo: Breaded Chicken Breast]



Cornish Game Hens with Artichokes & Potatoes

2 tablespoons of lemon juice
3 cloves of garlic
2 tablespoons extra-virgin olive oil
1 teaspoon oregano
1 teaspoon thyme
1/2 teaspoon kosher salt
2 cans of artichokes hearts-drained
8 ounces of small potatoes or tiny new potatoes, quartered
2 cornish game hens-washed and dried with paper towel (1-1 1/2 lbs.)

In a large bowl combine lemon juice, garlic, oil, oregano, thyme, salt and 1/4 teaspoon black pepper. Add artichokes hearts and potatoes; toss to coat. Using slotted spoons, transfer artichokes to a bowl. With reserved marinade brush the hens. Twist wing tips under back. Place hens on 1-inch rack and spread potatoes and artichokes around birds. Cook at 400 degrees for 20-22 minutes per side. Let hens rest for 5 minutes and cut down the middle and serve with potato and artichokes.
(4 servings)

Chicken Divan

4 whole chicken breasts, washed
1 package of frozen broccoli (10-ounce)
2 tablespoons flour
2 tablespoons butter
1 cup milk
1 teaspoon worcestershire sauce
1 cup grated cheddar or american cheese

Slice chicken in long pieces. Place on a 10-inch round baking pan or 8x8 pan. Pour cooked broccoli on top of chicken. In sauce pan, melt butter on medium-low, then add flour and blend. Add milk and worcestershire sauce and cook on medium-low heat until thickened, stirring constantly. Add grated cheese and heat until melted. Pour sauce over chicken. Place on the 1-inch rack and bake at 375 degrees for 20-22 minutes. Let sit for 5 minutes.
(4 servings)

Oven Fried Chicken Tenders with Wasabi Dipping Sauce

3 boneless, skinless chicken breasts (1 lb. each, cut crosswise into 1/2-inch strips)
2/3 cup white flour
1 teaspoon baking soda
1/2 cup Parmesan cheese
1/2 teaspoon garlic salt
1/2 teaspoon paprika
1/2 teaspoon black pepper
1 egg, slightly beaten
3 tablespoons extra virgin olive oil

Spray the 3-inch rack with non-stick cooking spray. In a 1 gallon food storage plastic bag, mix flour, baking soda, cheese, garlic salt, and paprika. Dip the chicken strips into the egg and place into bag. Seal bag, shake and coat chicken. Place chicken on the 3-inch rack. Repeat until all the chickens are coated. Drizzle the olive oil over the chicken (or you could spray with non-stick olive oil spray). Cook at 350 degrees for 12 minutes. Turn the chicken half way through the cook time (if using thicker chicken you will need to add a few more minutes per side).
(4 servings)

Wasabi Dipping Sauce

1/2 cup mayonnaise
2 teaspoons Wasabi (found in the refrigerator section at the local market)

Blend together.

Tips: If you like a spicier sauce, add more wasabi. I also use honey mustard and BBQ sauces. When the timer goes off, let the chicken sit in the oven with the dome on for 1 minute. This allows the meat to rest.

Cilantro Garlic Chicken Breast

6 boneless, skinless chicken breasts (about 6 ounces)
4 cloves garlic, peeled
1 small onion, peeled
1 cup loosely packed fresh cilantro leaves
1 tablespoon granulated sugar
1 tablespoon soy sauce
1 teaspoon black pepper
1/4 cup lemon or lime juice

Place one chicken breast between sheets of parchment paper or on plastic wrap. With a meat pounder or rolling pin, flatten the chicken until about 1/2-inch thick. Place in a large plastic bag. Repeat with remaining chicken breasts. In the NuWave Twister or blender, finely chop garlic, onions and cilantro. Blend in lemon juice, sugar, soy sauce and pepper. Pour over chicken. Refrigerate for 1 to 4 hours. You can also place in the freezer and have a meal ready at any time. To cook from the frozen state arrange chicken on the 3-inch rack. (If frozen, cook at 400 degrees for 6-7 minutes per side.) Cook at 400 degrees for 4-5 minutes per side. Keep in mind these are estimated cooking times depending on the size of the chicken breasts.
(6 servings)

BBQ Chicken

1 whole fryer chicken (2 breasts, 2 thighs, 2 wings, 2 legs)

Sauce

1 cup BBQ sauce (your favorite)
2 tablespoons honey mustard
1 tablespoon soy sauce
1 tablespoon worcestershire sauce
1 clove minced garlic

Season chicken with salt and pepper. Place chicken on the 3-inch rack. Mix all the ingredients for BBQ sauce. Baste on sauce. Grill at 400 degrees for 7-8 minutes per side, for fresh. For frozen, grill 9-11 minutes per side. When you flip chicken, baste remaining sauce on chicken.
(4 Servings)

[Photo: BBQ Chicken]



Breaded Chicken Breast

1 cup seasoned bread crumbs
2 tablespoons butter
1 egg, beaten
1 (4-6 ounces) boneless chicken breast
2 tablespoons chopped parsley

Place the breadcrumbs in a shallow oval dish. Dip the chicken in the egg and roll in the breadcrumbs. Place the chicken on the 3-inch rack. Place butter on top of the chicken and cook at 400 degrees for 4-5 minutes per side. Sprinkle with parsley and serve.
(1 serving)

Nut Breading Chicken Breast

1 egg, beaten or ¼ cup egg substitute
1/2 cup ground pecans
1 tablespoon wheat germ
1 teaspoon dried Italian seasoning blend
1 (4-6 ounces) chicken breast
2 tablespoons chopped parsley
salt & pepper to taste

Mix the nuts, wheat germ, and seasonings in a shallow oval dish. Dip the chicken in the egg and roll in the nut mixture. Place on the 3-inch rack and cook 400 degrees for 4-5 minutes per side. Sprinkle with parsley and serve.
(1 serving)

Chicken Curry

1 (4-6 ounces) chicken breast, cut into bite size pieces
1 scallion, cut into ½-inch pieces
1/2 green bell pepper, diced
2 cloves garlic, minced
2 tablespoons fresh ginger, grated
1 tablespoon curry powder or paste
1/4 cup sour cream
1 teaspoon coriander leaves, chopped
salt & pepper to taste

Mix everything, except the coriander and sour cream in a small oven safe bowl or pan. Place on the 3-inch rack and cook at 400 degrees for 7-8 minutes. Stir in the cream and sprinkle with coriander and serve.
(1 serving)

Chicken Breast Italiano

1 (5-ounce) boneless chicken breast
2 ounces pepperoni sausage, chopped
2 ounces shredded mozzarella or monterey jack cheese
1 ounce grated Parmesan cheese
1/4 cup prepared spaghetti sauce

Pound the chicken to 3/8-inch thick and lay on the sausage and cheese. Roll into a cylinder with the skin stretched over the top and secure with a toothpick. Place on the 3-inch rack and cook at 400 degrees for 4-5 minutes per side. While chicken is cooking, heat the sauce. Place the chicken roll in a serving dish and pour the sauce over.

Tips: To heat sauce in the NuWave, place sauce in an oven safe dish, place on liner pan or 1-inch rack and melt at 400 degrees for 2-3 minutes.
(1 serving)

Lemon Chicken

4 chicken breasts or thighs
juice of a lemon*
1 cup dry vermouth or white wine
lemon pepper seasoning
1 tablespoon cornstarch
salt & pepper to taste

Place the chicken in an appropriate size shallow pan on 3-inch rack. Pour the wine and lemon juice over the chicken. Sprinkle with the seasonings. Cook at 400 degrees for 7-9 minutes per side, if frozen 10-12 minutes per side. To make the sauce, pour juices into a bowl and stir in the cornstarch. Heat 1 to 2 minutes or until thickened.
(4 servings)

*1 lemon yields about 1/4 cup of juice.

Thai Turkey Burgers

1 small onion, minced
2 tablespoons chopped cilantro
1 1/2 teaspoons ground cumin
1 jalapeno, seeds removed, chopped
1/2 teaspoon salt
1 1/4 pounds ground turkey
1 teaspoon canola oil for brushing
8 teaspoons mayonnaise
4 whole-wheat buns, split
4 lettuce leaves

Place turkey in a medium bowl. Add minced onion, cilantro, cumin, chopped jalapeño and salt. Mix well. Form into 1/2-inch patties. Brush with oil. Place on the 3-inch rack. Grill burgers on sear for 4 minutes per side. Spread 2 teaspoons of mayonnaise on each bun. Top with lettuce and burger.
(4 servings)

Rosemary Chicken

1 (3-5 lbs.) whole chicken
4 tablespoons fresh chopped rosemary or 2 tablespoons dried
4 large cloves garlic minced
4 tablespoons olive oil
salt & pepper to taste

Loosen the skin of the chicken by running a chopstick or plastic spatula handle between the skin and flesh of the bird. Mix the rosemary, garlic and olive oil. Pour the mixture under the chicken's skin and massage to all areas of the bird. Place, breast side down, on the 1-inch rack and cook at 375 degrees for 10-12 minutes per pound.
(1 serving)

Buttery Chicken Breast

1 (4-6 ounces) boneless chicken breast
2 tablespoons butter
4 tablespoons chopped parsley
salt & pepper to taste

Place the chicken in a shallow oval dish and add the remaining ingredients. Place on the 3-inch rack and cook at 400 degrees for 4-5 minutes per side.
(1 serving)



[Photo: Thai Turkey Burgers]

Creamy Chicken Breast with Mushrooms & Peppers

1 (4-6 ounces) chicken breast
2 large mushrooms sliced
1/2 red, yellow, or green bell pepper, cut into 1-inch pieces
1/2 cup cream
salt & pepper to taste

Place the chicken in a shallow oval dish. Add mushrooms and peppers along the sides of the chicken. Pour sour cream and seasonings over all ingredients. Place dish on the 3-inch rack and cook at 400 degrees for 4-5 minutes for thawed. Cook 6-7 minutes for frozen.
(1 serving)

Thai Chicken

1 (4-6 ounces) chicken breast, cut into bite size pieces
2 tablespoons Thai green curry paste
2 tablespoons grated fresh ginger
2 tablespoons minced garlic
2 tablespoons olive oil
1/4 cup shredded raw coconut, unsweetened

Mix everything in a shallow oven safe pan and place on the 3-inch rack. Cook at 400 degrees for 7-8 minutes. Stir and serve.
(1 serving)

Lemon Caper Chicken

4 boneless chicken breasts, 1/2-inch juice of a lemon
 1 cup dry vermouth or white wine
 3 tablespoons of capers
 lemon pepper seasoning
 1 tablespoon cornstarch
 salt & pepper to taste

Place the chicken in an appropriate size shallow pan on the 3-inch rack. Pour the wine and lemon juice over the chicken. Sprinkle with capers and seasonings. Cook at 400 degrees for 4-5 minutes per side. To make the sauce, pour juices into a bowl and stir in cornstarch. Heat 1 to 2 minutes at 400 degrees or until thickened.
 (4 servings)

Tips: Never thaw poultry on your kitchen sink, or countertop. Bacteria that can cause food poisoning multiply rapidly at room temperature. The refrigerator is the best place to thaw poultry on a tray 1 day for every 5 pounds. But, the beautiful feature of the NuWave Oven is that it cooks frozen foods incredibly. It truly is my favorite feature on this oven.

[Photo: Oven Fried Chicken]

Oven-Fried Chicken

1/2 cup buttermilk
 1 tablespoon dijon mustard
 2 cloves garlic, minced
 1 teaspoon hot sauce
 2 1/2-3 pounds chicken, skins removed
 1/2 cup all-purpose flour
 1 1/2 teaspoons paprika
 1 teaspoon dried thyme
 1 teaspoon baking powder
 1/8 teaspoon salt (optional)
 1/8 teaspoon pepper to taste
 Olive oil cooking spray

Whisk butter, mustard, garlic, and hot sauce in a shallow glass dish until well blended. Add chicken and turn to coat. Cover and marinate in the refrigerator for at least 30 minutes, or for up to 8 hours. Whisk flour, paprika, thyme, baking powder, salt and pepper in a large sealable plastic bag. Shaking off excess marinade, place one or two pieces of chicken at a time in the bag and shake to coat. Shake off excess flour mixture. Place the chicken legs on the 1-inch rack that has been sprayed with cooking spray. Spray the chicken pieces with the spray as well. Bake at 400 degrees for 8-10 minutes per side, until no longer pink in the center.

Discard any leftover flour mixture and marinade.

Low-Fat Crunchy Filled Chicken

4 boneless chicken breasts
 3 ounces low-fat cheddar cheese
 1 tablespoon dijon mustard
 1 cup crushed corn flakes
 1 teaspoon dried parsley flakes
 1/2 cup non-fat buttermilk

Cut a deep 2-inch long slit in the side of the meaty portion of the breast. Slice cheese into 4 portions and brush with mustard. Place 1 piece of cheese into each slit and secure with wooden toothpicks. Combine cereal, seasoning, and parsley. Dip chicken into buttermilk and roll in cereal mixture. Place chicken in 8-inch x 8-inch silicone baking pan. Place pan on 1-inch rack. Cook at 375 degrees for 20-22 minutes.
 (4 servings)

Turkey Breast Enchiladas

4 (6-ounce) turkey cutlets
 4 slices mozzarella or mexican white cheese, (about 4 ounces)
 1/2 cup prepared salsa
 1/2 cup sour cream
 chopped cilantro
 Mexican style seasoning to taste

Pound the turkey cutlets to 3/8-inch thickness and place on top cheese and seasonings. Roll up and lay, seam side down, around the edge of a pie plate. Spray with cooking oil and place on the 3-inch rack. Cook at 375 degrees for 10-12 minutes per side. Meanwhile, heat the salsa. Pour the sauce over the turkey and sprinkle with cilantro.
 (4 servings)

Tips: To heat sauce in the NuWave, place sauce in an oven safe dish, on liner pan or 1-inch rack. Melt at 375 degree for about 2 to 3 minutes.

Caraway Duck with Raspberry Sauce

2 legs, 2 thighs, 2 wings,
 2 breasts, all cut in half
 1 tablespoon crushed caraway seed
 salt & pepper to taste

Pierce the skin of each piece of chicken several times with a fork or knife. Season on both sides of the pieces and lay on the 1-inch rack. Cook at 400 degrees for 20 minutes per side. While duck is roasting, prepare the raspberry sauce.

Raspberry Sauce

1 pint fresh raspberries
 1 tablespoon lime juice
 1/4 teaspoon ground ginger
 cayenne red pepper to taste
 sugar to taste

Purée raspberries in a food processor or blender. With a flexible spatula, push the berries thru a pasta strainer to remove the seeds. Mix raspberry puree, lime juice, ginger and cayenne until well blended. Taste and add sugar as desired. Simmer sauce on low and be careful not to over cook the sauce. If you cook too long it will taste more like jam. Serve immediately with duck.
 (2-3 servings)

Chicken with Salsa

2 chicken legs and thighs
 1 1/2 cups prepared salsa
 4 cloves whole garlic
 Mexican spice blend

Place the salsa in a shallow dish with the garlic and place the chicken on top. Sprinkle seasonings and place on the 3-inch rack. Cook at 400 degrees for 10 minutes.
 (2 servings)



Tips for Vegetables

Store vegetables at home how you bought them in the grocery. If bought in refrigerated section they would be stored in your refrigerator, potatoes and onions in cool dry area. Roasting vegetables on the 3-inch rack, closest rack to power head. For best results toss in Extra-Virgin Olive Oil. Steaming, place vegetables in oven safe pan/dish. Place on 1-inch rack. Cover with parchment paper or aluminum foil. Make sure there is and water in pan. (1/8-inch) If using foil, poke 8-10 slits in the foil. Refer to your Quick and Easy Cooking Chart times and temperatures. Also, you may make a tin foil purse and place the vegetables in the foil and cinch four corners to center. Pour 1/4 cup of water in foil purse (1/4 cup per 2 cups of vegetables) leaving a small opening at top of foil. For additional flavor, substitute vegetable broth or wine in place of water. For extra crispy french fries, sear for 1 minute after cooking time has finished.

[Photo: Balsamic Glazed Carrots]



Baking Recommendations

For baked potatoes or sweet potatoes, wash potatoes thoroughly and place potatoes on either rack and cook at 420 degrees on 1-inch or 3-inch rack for the times listed below or until a fork is easily inserted.

(Based on medium potatoes)

Whole potatoes	27-30 minutes
Half potatoes	18-20 minutes
Quarter potatoes	15-17 minutes

Zucchini & Onions Au-Gratin

1 large yellow onion
1 medium zucchini
1/2 teaspoon salt
1/8 teaspoon pepper
1 tablespoon olive oil
1/2 cup shredded cheddar cheese
salt & pepper to taste

Chop onion into 1/2-inch pieces. Place in liner pan. Drizzle with olive oil. Cook at 375 degrees for 6-7 minutes, stirring halfway through. Slice zucchini into 3/8-inch slices. Layer on top of onions. Season with salt and pepper. Cook at 375 degrees for 3 minutes. Sprinkle with cheese and cook for an additional 2 minutes at 375 degrees.

(2-4 servings)

Balsamic Glazed Carrots

1 lb. fresh carrots, washed
and cut into thin round slices
2 tablespoons olive oil
1 teaspoon salt
1/2 teaspoon black pepper
2 tablespoons balsamic vinegar
1 tablespoon brown sugar
salt & pepper to taste

Place all wet ingredients in a bowl and add the carrots. Season with salt and pepper. Place in an oven safe pan. Place baking pan on 1-inch rack. Cook at 375 degree for 8 minutes. Stir carrots and continue cooking for 2 minutes at 375 degrees.
(6 servings)

Caramelized Onions

1/2 lb. sweet onion
2 tablespoons extra virgin olive oil
3 tablespoons garlic cloves, minced
1 teaspoon brown sugar

Place all the ingredients for caramelized onions in an oven safe baking dish. Bake on 420 degrees for 5-6 minutes.

Green Beans Almandine

12 ounces french green beans,
trimmed and rinsed
2 tablespoons olive oil
juice from 2 fresh lemons
1/2 cup sliced almonds
2 tablespoons butter, melted

Place green beans in an 8x 8-inch shallow baking dish. Drizzle the oil and lemon juice over the beans. Cook at 400 degrees for 4-5 minutes, on the 1-inch rack. Top beans with almonds. Cook at 400 degrees for an additional 2 minutes. Serve immediately. (6-8 servings)

Corn Soufflé

1 package Jiffy corn mix
1 (15-ounce) can regular canned corn,
drained
1 (15 ounce) can cream-style corn,
drained
1½ cup shredded cheddar cheese
1 teaspoon salt
4 eggs, beaten
1/4 cup sugar

Mix all ingredients together. Pour into the 10-inch baking pan that has been sprayed with non-stick spray. Place on 1-inch rack. Cook at 375 degrees for 18-20 minutes. When timer goes off let sit with dome lid on for 2 minutes.

Notes: Use the 10-inch baking pan or a round casserole pan that fits in the NuWave. Keep in mind that if the pan is bigger, you need less cook time. If pan is deeper, you should cook longer.

Italian Onions

1 large red onion
italian dressing

Cut both ends of the red onion, peel skin of onion. Pour 1/4 cup of the Italian dressing over the onion and place on 1-inch rack. Cook at 400 degrees for 10 minutes. Use Italian dressing to dip onion in. Serve immediately.
(4-6 servings)

Asparagus with Parmesan Crust

1 lb. asparagus
 1 tablespoon extra virgin olive oil
 1 ounce parmesan cheese, shaved
 ¼ cup balsamic vinegar
 black pepper to taste

Wash and trim the asparagus. Toss the asparagus with olive oil. Place on the 3-inch rack. Arrange cheese on the asparagus and cook in the NuWave at 400 degrees for 3-4 minutes (Keep in mind that cooking times may vary a few minutes each way depending on the size of the vegetables). Drizzle balsamic vinegar over the asparagus and enjoy. (6 servings)

[Photo: Asparagus with Parmesan Crust]

**Parmesan Fries**

2 large baking potatoes
 1/2 cup parmesan cheese
 olive oil to taste
 salt & pepper to taste

Cut off ½-inch from the ends of two large baking potatoes. Cut ½-inch off the sides to make a square sided potato. Cut, lengthwise, into ½-inch fries. Toss with olive oil and salt and pepper. Lay on 3-inch rack and cook at 375 degrees for 5 minutes per side or until crisp, turning halfway. Before serving, toss with ½ cup of grated Parmesan cheese. (2-4 servings)

Parmesan Basil Tomatoes

4 red tomatoes
 2 tablespoons grated parmesan
 3 tablespoons fresh chopped basil
 2 tablespoons olive oil
 cracked pepper to taste

Trim top 1/3 of tomatoes and discard. Trim thin slices from the bottoms so the tomatoes sit securely. Mix together the remaining ingredients and divide on tops of the tomatoes. Place on foil on 3-inch rack and cook at 375 degrees for 4 to 6 minutes or until cheese bubbles and browns and tomatoes are warm. (4 servings)

Roasted Herb Potatoes

2 lbs. small new potatoes
 2 tablespoons olive oil
 1 tablespoon salt
 1/2 teaspoon black pepper
 2 tablespoons fresh rosemary, coarsely chopped or 1 teaspoon dried (or your favorite herb)
 4 cloves garlic, thinly sliced

Cut potatoes into quarters (if potatoes are small, cut in half.) and place in a large bowl. Toss with olive oil, salt, pepper, herbs and garlic. Place on the 3-inch rack and cook at 375 degrees for 15 to 17 minutes, depending on the size of your potatoes. Halfway through turn the potatoes then resume cooking. (6 servings)

Sweet Potato Casserole

4 sweet potatoes
 1/3 cup butter
 1/2 cup sugar
 (1/4 cup for less sweet)
 2 eggs, slightly beaten
 1/2 teaspoon salt
 1 teaspoon vanilla
 1 teaspoon flour

Place sweet potatoes on the 3-inch rack and cook at 420 degrees for 30-33 or until a fork is easily inserted. Allow to cool for about 15 minutes. Peel sweet potatoes. Place them in a medium bowl and mash. Add the butter, sugar, eggs, salt, vanilla and flour; mix well. Place in a 1½-quart casserole dish. Place on 1-inch rack and at 375 degrees for 15-17 minutes.

Streusel Topping

1/4 cup flour
 3 tablespoons butter, softened
 1/2 cup brown sugar
 (1/4 cup for less sweet)
 1/4 cup pecans, chopped

To make the streusel topping, combine flour, butter, sugar and pecans and blend with fork until crumbly. Remove dome and stir sweet potatoes. Spread streusel topping on casserole and continue baking for an additional 10 minutes. (4-6 servings)

Roasted Asparagus

1 pound trimmed asparagus
 2 tablespoons of extra-virgin olive oil
 1/2 teaspoon kosher salt
 1/2 teaspoon black pepper

Toss trimmed asparagus in olive oil, salt and pepper. Place on the 3-inch rack and roast at 420 degrees for 2-3 minutes per side. (4 Servings)

Eggplant Parmesan Casserole

1 large eggplant, thinly-sliced
 1 cup shredded parmesan cheese
 2-3 basil leaves, torn
 1½ tablespoons minced garlic
 1 large tomato, thinly sliced
 dash of sea salt
 1 cup mozzarella cheese
 olive oil

Use a 9 to 10-inch oven safe baking pan and spread a little olive oil on the bottom of the pan. Using at least 2 layers, start the layers with the eggplant and end with the cheese in the order above. Place dish on 1-inch rack and cook at 375 degrees for 15-17 minutes. Let sit for 5 minutes. Serve in slices. (4-6 servings)

Roasted Cauliflower, Chickpeas & Olives

5 ½ cups cauliflower florets (about 1 pound)
 1 cup pitted spanish green olives
 8 cloves garlic, coarsely chopped
 1 (15-ounce) can chickpeas (garbanzo beans), rinsed and drained
 3 tablespoons olive oil
 1/2 teaspoon crushed red pepper
 1/4 teaspoon salt
 3 tablespoons fresh flat leaf parsley

Toss all the ingredients in a large bowl and mix evenly to coat. Place on the liner pan. Roast at 400 degrees for 15-17 minutes. Serve with favorite fish or chicken if desired. Also, makes a wonderful vegetarian dish. (4-6 Servings)

Double Stuffed Potatoes

4 russet potatoes, skins thoroughly washed
 2 tablespoons butter
 1/2 teaspoon salt
 1/8 teaspoon pepper
 1/4 cup sour cream
 1/2 cup shredded cheddar cheese

Cook potatoes on 1-inch rack at 420 degrees for 27-30 minutes. Cool potatoes for about 15 minutes, or until you can handle them comfortably. Cut potatoes in half lengthwise. Carefully scoop out centers into a medium bowl leaving a durable shell. Smash the scooped out potatoes. Add the butter, salt, pepper, sour cream and 1/4 cup of cheese. Stir with spoon. Fill each potato shell with equal amounts. Place on 1-inch rack and cook at 375 degrees for 5-6 minutes. Sprinkle with remaining cheese and bake for an additional 1 minutes at 400 degrees. (4 servings)

Potatoes Au-Gratin NuWave Style

6 cups small red potatoes, washed and sliced very thinly
 1/2 cup diced red or white onion
 2 cloves chopped garlic
 4 tablespoons butter
 1/2 cup parmesan cheese
 1/2 cup heavy cream
 3 tablespoons chopped parsley (if dry add 1 tablespoon)
 salt & pepper to taste

Wash, slice and place potatoes in a bowl. Add chopped onion, butter, cheese, cream and spices. Mix and place in the 10-inch baking pan. Press the potatoes down into the pan. Place on the 1-inch rack and cook at 375 degrees for 18-20 minutes. Let sit for 2 minutes with dome lid on. (6 servings)

Mixed Vegetable Casserole

1 (15-ounce) can Veg-All®, drained vegetables
 1 (8-ounce) can sliced water chestnuts, drained
 1 cup grated sharp cheddar cheese
 1 cup celery, finely chopped
 3/4 cup mayonnaise
 1 small onion, finely chopped
 20 Ritz® crackers, crushed
 2 tablespoons melted butter

In a large bowl, mix the vegetables, chestnuts, cheese, celery, mayonnaise, and onion. Transfer to the 10-inch greased baking pan or a casserole pan that will fit into the NuWave Oven. Place on the 1-inch rack and cook at 350 degrees for 15 to 17 minutes. Combine the crackers and butter, and 2 minutes before casserole is done sprinkle with cracker mixture and continue to cook until brown. Let dome sit on the oven for 1 to 2 minutes before removing the pan.

Mexican Style Corn on the Cob (Elote)

4 ears of corn
 1/4 cup melted butter
 1/4 cup mayonnaise
 1/2 cup grated Cotija cheese or Queso Fresco cheese
 4 wedges of lime (optional)
 chili powder or paprika to taste
 salt & pepper to taste

Place ears of corn on 3-inch rack and roast at 375 degrees for 3-4 minutes per side. Take out the corn and immediately pour butter on each ear then spread mayonnaise on them. Sprinkle with cheese, chili powder, salt, and pepper to taste. Serve with lime wedges. (2-4 servings)

Cheese Stuffed Tomatoes

3 Roma tomatoes
 1 cup mozzarella cheese
 1/2 cup parmesan cheese
 1 tablespoon fresh thyme
 1 tablespoon fresh basil
 1/4 cup onion, chopped
 1 tablespoon garlic, chopped
 1/4 teaspoon black pepper

Arrange tomatoes cut side up in a single layer on the 3-inch rack. Place cheese and all other ingredients together and stuff into tomatoes. Bake at 375 degrees for 4-5 minutes. The cheese will be bubbly and brown. (6 servings)

Home-Style Fries

2 large potatoes
 1 1/2 tablespoons olive oil (optional)
 1/2 teaspoon salt (kosher)
 1/2 teaspoon paprika
 1/2 teaspoon black pepper

Cut fries in medium strips (1/2-inch thick pieces). Toss all seasonings in medium bowl. Place on 1-inch rack and air-fry for 6-8 minutes per side at 400 degrees. Flipping is optional.

Stuffed Baked Potatoes with Bacon

6 medium baking potatoes, washed, dried
 1 cup milk, slightly heated
 1 cup grated sharp cheddar cheese
 3 tablespoons butter or margarine
 salt and pepper to taste
 2 tablespoons chopped green onions
 6 slices bacon, fried crisp and crumbled (NuWave 3-inch rack at 400 degrees for 5 minutes per side)

Bake potatoes 3-inch rack at 420 degrees for 27 minutes. (Larger potatoes will take longer). Remove from oven. Cut off slice from top of each potato and scoop out the inside. Mash well. Add butter, cheese, salt, pepper and milk. Mix thoroughly. Spoon potato mixture back into potato. Place on 1-inch rack and bake at 400 degrees for 3-5 minutes. Top with bacon and green onions. (6 servings)

[Photo: Stuffed Baked Potatoes with Bacon]



Tips for Beef

Always turn beef halfway through cooking time for even browning.

To use your favorite dry seasonings on frozen meat, run meat under cold water. This will allow seasonings to adhere.

Brush sauces on fresh meats to infuse flavors. Rub with olive oil to achieve maximum browning.

To save time, marinate in a sealed bag or container and freeze into separate servings. For appropriate cooking times, refer to the guide.

* Using a meat thermometer is essential for checking the internal temperature of the meat.

Baked Reuben Sandwich

2-4 tablespoons butter, softened
2 slices rye bread
2 ounces thinly sliced corned beef
1/4 cup sauerkraut, squeezed dry
1 slice swiss or gruyere cheese
1 tablespoon thousand island dressing

Lightly butter one side of each slice of bread. On the unbuttered side, place corned beef, sauerkraut, and cheese. Spread with dressing. Top with second slice of bread, buttered side up. Cook at 375 degrees for 4-5 minutes per side. (1 serving)

[Photo: Baked Reuben Sandwich]

**Grilled Cheeseburgers**

1 pound lean ground beef
(may substitute 1/2 lb of ground beef mixed with 1/2 pound ground turkey)
1 tablespoon worcestershire sauce
1 egg
1/2 cup dry bread crumbs
1/2 package dry onion soup mix
4 hamburger buns
4 slices of american cheese
ketchup (optional)
mustard (optional)
sliced onions (optional)
pickle slices (optional)

Place ground beef in large mixing bowl. Add worcestershire sauce, egg, bread crumbs and onion soup, then mix together with hands. Be careful not to over mix, as this will result in tough burgers. Divide meat mixture into four equal amounts. Form into round patties approximately 1/4 inch thick. Place hamburger patties on 3-inch cooking rack. Cook at 420 degrees for 2-4 minutes per side for defrosted meat. Frozen timing should be adjusted to 4-6 minutes per side. Thicker burgers will take more time. Add 2 minute increments until desired tenderness is achieved. Place one slice of cheese on each hamburger. Cook for one additional minute to melt cheese. Remove cheeseburgers and place on buns. Add desired condiments. (4 Servings)

Cube Steak with Parsley Butter

1 cube steak
2 tablespoons butter
2 tablespoons minced parsley

Place the steak and butter in a shallow oven safe dish and place on the 3-inch rack. Cook at 400 degrees for 2-3 minutes per side. Sprinkle with parsley before serving. (1 serving)

Fool-proof Standing Rib Roast

1 (5 lbs.) standing rib roast,
if frozen, thaw
1 teaspoon onion powder
1 teaspoon kosher salt
1 teaspoon black pepper

Let thawed rib roast sit out for 30 minutes. Beef needs to be at room temperature. Rub roast with seasonings. Place on 1-inch rack with the rib side down. Cook on sear for 5 minutes. Cook at 350 degrees for 15 minutes per pound for rare, 18 minutes per pound for medium rare, 20 minutes per pound for medium, 23 minutes per pound for well done. (6-8 servings)

Meatballs

1 lb. ground beef
1 cup bread crumbs
1/2 cup prepared spaghetti sauce
2 cloves garlic, minced
1/2 medium yellow onion, minced
1 tablespoon dry Italian herbs
2 large eggs
1/4 cup grated parmesan cheese

Mix everything and form 2-inch balls. Place on the 3-inch rack and cook at 375 degrees for 8 to 10 minutes, turning halfway through. (6-8 servings)

London Broil in a Dish

1 (6-ounce) sirloin steak sliced
into 1/2-inch strips
2 large white mushrooms, sliced
1 tablespoon worcestershire sauce
1 tablespoon butter
salt & pepper to taste

Place everything in a shallow oven safe dish and cook on the 1-inch rack at 325 degrees for 15 minutes. (1 serving)



[Photo: Beef Kabobs]

Beef Kabobs

1 - 1 1/2 pound lean, boneless beef top round or sirloin steak, cut into 3/4 to 1-inch thick cubes (about 16 pieces)
fresh or canned pineapple chunks (about 16)
1 large green pepper (seeded and cut into 8, 1 1/2 inch chunks)
8 small mushrooms
2 onions cut into chunks
4 metal or wooden skewers (soak wood in water for 1/2 hour to avoid burning)

Marinade

1/2 cup soy sauce
1/4 cup water
3 tablespoons thinly sliced green onions
2 tablespoons lemon juice
2 tablespoons honey
2 teaspoons minced garlic

Mix all marinade ingredients in a large bowl. Add beef; cover and marinate in refrigerator at least 8 hours, stirring several times. Drain beef; reserve marinade for basting. Alternately thread pineapple, beef and vegetables on each skewer. Place kabobs on 3-inch cooking rack. Grill at 400 degrees for 5 minutes per side. Baste with reserved marinade when the beef is flipped. (4 Servings)

Beef & Andouille Burgers with Caramelized Onions & Spicy Mayonnaise

1/2 lb. andouille sausage, cut into 1/4-inch cubes (ask your butcher where to find the andouille sausage)
 1/2 lb. ground beef chuck or ground beef (20 percent fat)
 3/4 cup pecans, toasted, chopped
 1 teaspoon salt
 1/4 teaspoon black pepper

Mix all ingredients together and shape into 6, 1/2-inch thick patties. Put in refrigerator while preparing the rest of the burger ingredients.

Caramelized onions

1/2 lb. sweet onion
 2 tablespoons extra virgin olive oil (more to brush on rack)
 3 tablespoons garlic cloves, minced
 1 teaspoon brown sugar

Place all the ingredients for caramelized onions on the 12-inch liner pan and cook on 400 degrees for 6-7 minutes. Remove and keep warm.

Spicy Mayonnaise

3/4 cup mayonnaise
 1 tablespoon fresh lemon juice
 1 teaspoon cajun or creole seasoning blend
 1/4 teaspoon hot pepper sauce

Place your burger on the 3-inch rack (that has been sprayed or brushed with oil) and cook at 400 degrees for 3-4 minutes per side. Place burgers on bun, add onions and top with mayonnaise.

Beef & Corn Casserole with Noodles

1 lb ground beef
 1/2 cup chopped onions
 1 (15-ounce) can cream-style corn
 1 (11-ounce) can corn niblet, drained
 1 (8-ounce) can tomato sauce
 1 can tomato soup
 1 (12-ounce) package noodles (ex. macaroni)

Cook the noodles according to the package directions. Drain and rinse. Brown beef and onions until onions are cooked through. Add soup, tomato sauce and corn to beef mixture. Mix noodles with beef and sauce mixture. Pour into 12-inch liner pan. Bake at 375 degrees for 15-17 minutes. (4 servings)

Spiced-Crusted New York Strip Steaks

4 (6-ounce) beef New York strip steaks (1-inch steak)
 1 teaspoon cayenne pepper
 2 teaspoons of dry mustard
 2 teaspoons of ground cumin
 2 teaspoons of garlic powder
 1 teaspoon of kosher salt
 2 teaspoons of black pepper (freshly ground pepper has more kick)

In a small bowl, stir together all ingredients except steaks. Rub over both sides of steaks; let stand at room temperature for 15 minutes. Place 1-inch thick steaks on the 3-inch rack. For medium-rare: sear steaks for 3 minutes per side, then grill at 420 degrees 3 minutes per side. For medium: sear both sides for 4 minutes, then grill both sides for 4 minutes at 420 degrees. For well-done: sear for 5 minutes per side, then grill at 420 degrees for 5 minutes on each side. Let meat rest for 5 minutes to absorb all the juices. (4 servings)

Homestyle Meatloaf

1 tablespoon olive oil
 1 medium onion, chopped
 3 garlic cloves, finely chopped
 1½ lbs. lean ground beef
 1 large egg
 1/2 cup dry bread crumbs
 1/2 cup ketchup or chili sauce
 1 tablespoon worcestershire sauce
 1 tablespoon dijon mustard
 1 tablespoon dried italian seasonings

In a small skillet, heat oil over medium-high heat. Add onion and garlic. Cook until soft about 3 minutes. In a large bowl, combine all of the above ingredients except the topping ingredients. Mix well. Pack into a 4-inch x 8-inch loaf pan. For topping, combine the ketchup and mustard in a small bowl and spread over the top of the loaf. Place on the 1-inch rack and cook at 375 degrees for 30-35 minutes.

Jerk-Jerk London Broil

1½ lbs. top round for London Broil

Jerk Rub:

1 teaspoon garlic powder
 1 teaspoon onion powder
 1 teaspoon sugar
 1 teaspoon dried thyme
 1 teaspoon ground all-spice
 1 teaspoon black pepper
 1/2 teaspoon cayenne pepper
 1/2 teaspoon salt
 1/4 teaspoon ground cloves

Mix all the spices in large, resealable plastic bag. Press rub on both sides of the London Broil and place in a resealable plastic food storage bag. Refrigerate for 4 hours or overnight. Place meat on 3-inch rack, set temperature on 375 degrees and cook for 7-8 minutes per side. Let meat rest for 5 minutes before slicing across the grain. (6 servings)

Yankee Pot Roast

2 ½ - 3 lb. chuck or shoulder roast
 3 large potatoes, cleaned and peeled into quarters
 4 large carrots cut on the bias
 1 large onion cut in wedges
 2-3 sprigs of rosemary
 1 teaspoon black pepper
 1/2 cup red wine
 1 teaspoon pepper
 1 teaspoon salt

Low and Slow Method

Place all the vegetables in bag. Place meat on the vegetables and season with wine, salt and pepper and rosemary. Close bag with provided tie. Make a small slit in the top. With slit facing up, roast on 1-inch rack. Roast at 275 degrees for 4 hours. Remove and place on tray, then cut open bag to serve. You have a complete meal with hardly any mess.

Fast Method

Place all the vegetables in bag. Place meat on the vegetables and season with wine, salt and pepper and rosemary. Close bag with tie provided. With slit facing up, roast on 1-inch rack. Roast at 375 for 15 minutes per pound. Remove and place on tray, then cut open bag to serve. Once again, you have a complete meal with hardly any mess. (4-6 Servings)

Japanese Style Steak

1 (4-6 ounce) sirloin steak
 1/4 cup miso paste (available at Asian food stores)
 2 tablespoons sake or dry white wine
 2 tablespoons pickled ginger slices

Mix the miso and sake and spread over the steak and marinate for 1 hour in a shallow dish. Cook on the 3-inch rack and at 400 degrees for 3-4 minutes per side and serve with the ginger. (1 serving)

Pepper Steak (Steak Au Poivre)

1-2 lbs. sirloin steak
 1/2 cup crushed peppercorns
 4 ounces butter, melted
 1/4 teaspoon cayenne pepper
 3 tablespoons worcestershire sauce
 1 tablespoon lemon juice
 1 tablespoon parsley, chopped
 salt to taste

Place the butter pepper and Worcestershire sauce in a 10-inch pie plate on the liner pan. Salt the meat and press the pepper into both sides of the meat and lay on the 3-inch rack. Cook at 400 degrees for 4 minutes per side. Cut into 1-inch strips and serve with remaining sauce.
 (4-6 servings)

Glazed Beef Ribs

1 rack beef ribs, cut in half
 salt & pepper to taste
 1/2 cup orange marmalade
 2 teaspoons dijon mustard
 1 teaspoon lemon juice
 1 tablespoon worcestershire sauce

Mix marmalade, mustard, lemon juice and worcestershire sauce together in a bowl. Baste ribs with sauce. Place on 1-inch rack. Bake for 375 degrees for 12 minutes per side. Let the meat sit under the dome for 5 minutes.
 (2 Servings)

[Photo: Boneless Rump Roast]

**Mexican Dinner**

1 (10-ounce) flank steak, chicken, or pork
 1 large spanish onion
 1 green pepper
 1 red pepper
 1 yellow pepper
 1 package of taco or fajita seasoning mix
 8 ounces package shredded mexican or cheddar cheese
 1 package ready-made tortillas
 favorite salsa
 salt & pepper to taste

Cut all vegetables and meats into 3-inch x 1/4-inch long strips. Sprinkle or roll meats with seasoning mix. On 3-inch rack, place vegetables around outside and meats on the inside (can be in shallow piles to fit). Cook at 375 degrees for 8 minutes. Open the dome, turn vegetables and meats over, and place tortillas below on the liner pan wrapped well in aluminum foil. Cook 375 degrees for another 8 minutes or until meats are done. Carefully open foil and place meats and vegetables on warmed tortillas. Top with cheese and salsa. Roll up the tortilla's and enjoy.
 (2 servings)

German Style Beef Rollups (Mock Roladen)

1 (5-ounce) slice of sirloin pounded to 3/8" thick
 1 tablespoon course ground mustard
 1/4 cup white part only of a scallion, thinly sliced
 1 medium garlic pickle, sliced lengthwise in half
 1/2 cup chopped carrot

Spread the mustard over the meat and lay on the vegetables. Roll up and secure with a toothpick. Spray with vegetable oil and cook on the 3-inch rack and cook at 375 degrees for 5-6 minutes.
 (1 serving)

Corned Beef Brisket

2-3 lbs. frozen brisket
 1 cup beef stock
 10 peppercorns*
 1/8 teaspoon cloves*

Rinse off the meat and place everything in a plastic cooking bag.** Lay on the 1-inch rack. Cook at 300 degrees 1 1/2 hours. Carefully turn bag over and cook an additional 60 minutes or until meat is tender.
 (4-6 servings)

*Add cloves and peppercorns if your corned beef does not include seasoning packet.

**Note: Making slits in the cooking bag will result in juices escaping from the bag. Instead gather the open end of the bag, leave a thumb size opening and tie with string or ties.

Boneless Rump Roast

4-5 pound boneless rump roast
 4-6 cloves whole garlic
 1 teaspoon fresh cracked peppercorns
 1 large onion cut in slices
 4 large russet potatoes cut, quartered
 3 carrots peeled, cut into sticks
 1/2 cup dry red wine (optional)
 1/2 cup beef broth

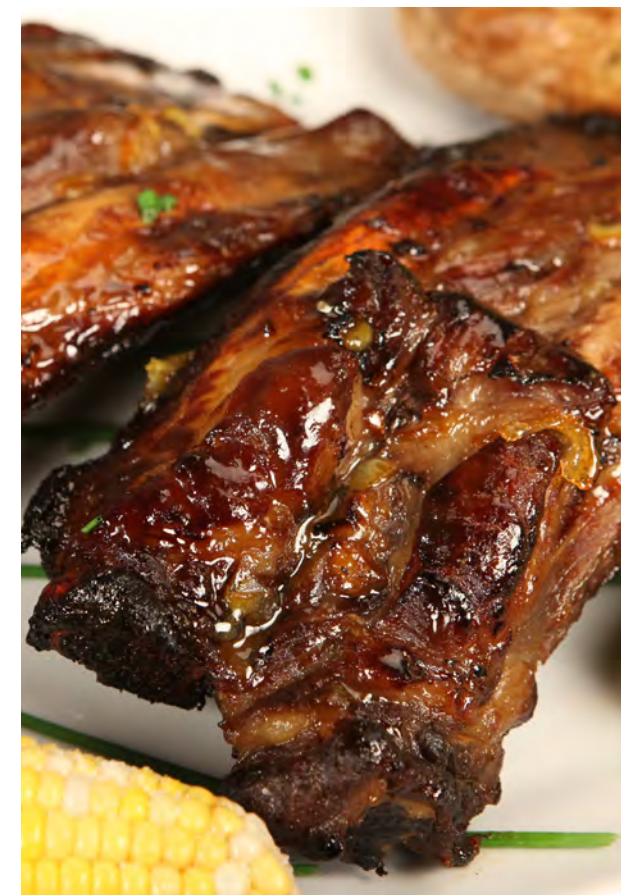
Make small slits in the top of the roast, place garlic in the slits (a little portion will show), then season with fresh cracked peppercorns. Place sliced onions on the 1-inch rack. Place roast on the onions, garlic side down. Roast at 350 degrees for 15 minutes per pound, to achieve medium rare - 18 minutes per pound for medium, 22 minutes per pound for well done. Flip roast half way through cooking process. Place carrots and potatoes around the roast and pour red wine and beef broth over roast and potatoes. Continue to roast to achieve desired level of tenderness. Pause the machine and turn carrots and potatoes. (optional) Let meat rest for 10 minutes before slicing.
 (4-6 servings)

Classic NuWave Pot Roast

2 1/2 lbs. chuck or shoulder roast
 1 tablespoon olive oil
 fajita seasoning mix
 2 potatoes, peeled and cut into quarters
 1 cup small carrots
 1 large yellow onion, peeled and cut into quarters

Brush roast with olive oil and season with fajita seasoning. Place roast on the 3-inch rack and sear both side of meat for 4-5 minutes per side. Flip rack and place roast on the 1-inch rack. Cook at 300 degrees for 1 hour. Brush remaining vegetables with oil and sprinkle fajita seasoning mix. Turn the roast and place the vegetables around the edge. Cook at 325 degrees for 45 minutes or until vegetables are done. Allow roast to sit for 5-10 minutes.
 (4-6 servings)

[Photo: Glazed Beef Ribs]



Tips for Pork

For even browning, turn pork halfway through the cooking process.

To use your favorite dry seasonings on frozen meat, run meat under cold water. This will allow seasonings to adhere.

Brush sauces on fresh meats to infuse flavors. To save time, and/or for extra flavor, marinate pork in a sealed bag or container and freeze into separate servings. For appropriate cooking times, refer to the guide.

Place aluminum foil or parchment paper over the top to prevent the pork from over browning. Be sure to secure the foil to the sides of the rack or extend it outside the oven to prevent the NuWave Elite Infrared Oven's internal fan from moving the foil around during the cooking process.

To Cook a Ham

The NuWave® Elite Infrared Oven can cook up to an 8 lb. ham without bone, or a 14 lb. ham if using the NuWave® Extender Ring.

Place the ham on the 1-inch rack. Add glaze during the last 20-30 minutes. If the ham is over browning place aluminum foil or parchment paper over the top. Cook 10 minutes per pound at 375 degrees.

* Using a meat thermometer is essential for checking the internal temperature of the meat.

Asian Marinated Pork Chops with Pineapple Relish

4 (1 to 1½-inch thick) pork chops
1 teaspoon ground ginger
¼ teaspoon black pepper
¼ cup soy sauce
¼ cup extra virgin olive oil
3 cloves chopped garlic
1 tablespoon brown sugar

Mix all ingredients in a freezer safe bag and marinate in your freezer or refrigerator for 2 hours. Place meat on 3-inch rack and cook at 400 degrees for 5-6 minutes per side. For frozen, cook for 8-9 minutes per side.

Pineapple Relish

1 cup Fresh or canned pineapple
(Drain juice from can)
¼ cup sliced red onion
3 tablespoons chopped flat leaf parsley
salt & pepper to taste.

Top pork chops with pineapple relish.
(4 servings)

Tips: Cook time frozen: 12 minutes per side. Thawed: 5-6 minutes per side. Please keep in mind these are estimates and depending on the size and thickness cooking time may vary.

Italian Sausage with Peppers

4 ounces italian sausage
1 red bell pepper, cored and sliced
3 scallions, cut into 1-inch pieces
2 cloves garlic, minced
1 tablespoon olive oil

Place everything in a shallow oven-safe dish and set on the 3-inch rack. Cook at 400 degrees for 3-4 minutes per side.
(1 serving)

Pork in Mole Sauce

1 (4-6 ounce) pork chop or cutlet,
1/2-inch thick
2 tablespoons mole sauce*
2 tablespoons sesame seeds

Spread the mole sauce over the surface of the pork and sprinkle on the seeds. Place on the 3-inch rack and cook at 375 degrees for 3-4 minutes, turn over and cook for another 3-4 minutes or until juices run clear.
(1 serving)

*Mole sauce is available in Mexican food stores and provides an interesting taste to pork and chicken recipes.

Glazed Spare Ribs

1 pork spareribs cut into pieces that will fit on the 1-inch rack
1 cup melted orange marmalade
2 teaspoons dijon mustard
1 teaspoon lemon juice
1 tablespoon worcestershire sauce
season with salt and pepper

Melt marmalade and add mustard, lemon juice, and worcestershire sauce. Baste ribs. Place on the 1-inch rack and cook on sear for 5 minutes per side. Then cook on 375 degrees for 8-10 minutes per side for thawed and 12-14 minutes per side for frozen. Let the meat sit under the dome for 5 minutes.
(4 servings)

Tips: Place your bake potatoes on the 2-inch rack* while cooking your ribs. Medium potatoes will be done when ribs are done.

*If you dont have a 2-inch rack it's available on our website:
www.nuwaveoven.com

Baked Ham in Cola

10 lb. ham with bone in.
1 can cola
1 cup brown sugar

Place the ham on the 1-inch rack, fat side down. Add half can of cola to cover the ham. Cook at 375 degrees for 10 minutes per pound. For frozen ham, cook for 12-14 minutes per pound. Add brown sugar for the last 15 minutes of cooking. Pat sugar on the ham and add the rest of cola. Pour slowly. Bake the ham for 15 minutes. Let rest with the dome lid on for 5 minutes.

Tips: For the better flavor, use a ham with the bone. The bone can be also used to make soup.

[Photo: Asian Marinated Pork Chops with Pineapple Relish]



Air-Fried Pork Chops

4 (3/4-inch thick) pork chops
 1/2 cup dijon mustard
 1/2 cup italian bread crumbs
 1 teaspoon salt (optional)
 1 teaspoon pepper
 1/2 teaspoon cayenne pepper

Spread dijon mustard thickly on both sides of pork chops. In a shallow bowl, combine bread crumbs and seasonings. Coat pork chops in crumbs. Pat bread crumbs lightly to allow them to stick. Place the pork chops on 3-inch rack and at 375 degrees air-fry for 8 minutes per side for 3/4 inch-thick chops, or 4-5 minutes for thin chops. Please see Quick and Easy Cooking guide for frozen times. (4 servings)

Tip: Spray the bread crumbs and rack with non-stick cooking spray. This will help the breading stay put, and decrease sticking issues.

[Photo: Air-Fried Pork Chops]

**Chilled Pork Chops**

4 loin pork chops (1-inch)
 6 tablespoons extra virgin olive oil
 2 cloves garlic, minced
 1 teaspoon oregano
 1 teaspoon cumin
 1 1/2 teaspoon salt
 2 tablespoons chili powder
 2 tablespoons green chilies
 2 tablespoons fresh cilantro

Place oil, all herbs and seasonings into a bowl and mix together. If you are freezing these, place them in plastic freezer bag. Place pork chops in mixture for 1 hour or overnight. Place chops on your 3-inch rack and cook at 375 degrees for 3-4 minutes per side. Frozen would be 5-6 minutes per side. When juices run clear the pork chops are cooked. Let meat rest for 5 minutes before cutting. Potatoes or vegetables are recommended as a side dish. (4 servings)

Tip
 Always date and label items for the freezer.

Thai Pork Tenderloin

2 pork tenderloins (about 12 ounces each)
 2 cloves garlic, minced
 1 tablespoon chopped ginger root (1 teaspoon dry ginger root)
 2 tablespoons chopped fresh cilantro
 3 tablespoons hoisin sauce
 2 tablespoons lime or lemon juice
 1 tablespoon soy sauce
 1 tablespoon sesame oil
 2 tablespoons sweet asian chili sauce

In a small bowl, combine garlic, ginger, cilantro, hoisin, lime juice, soy sauce, sesame oil, and chili sauce. Arrange the tenderloins in a single layer in a dish just large enough to hold them. Pour over the meat, turning to coat. Cover and refrigerate for 1 to 4 hours. If you plan to freeze, do in an appropriate plastic bag. Place tenderloins on the 3-inch rack and cook at 375 degrees for 15-17 minutes per side if thawed, 22 to 24 minutes per side if frozen (keep in mind these are estimates). When juices run clear the tenderloin is cooked (internal temperature of 170 degrees F). Let meat rest for 5 minutes before cutting. Slice meat on the diagonal. (6 servings)

Adobo Cutlets

1 (4-6 ounces) pork cutlet
 2 tablespoons white vinegar
 adobo seasoning (available in Mexican food stores)
 chopped radishes for garnish

Place the cutlet in a shallow oven safe dish and season with adobo, mixed with the vinegar. Place the dish on the 3-inch rack and cook at 400 degrees for 10 minutes, or until juices run clear. Sprinkle with radishes and serve. (1 serving)

Pork Chops with Mustard Sauce

2 tablespoons butter
 1 tablespoon prepared mustard
 1 tablespoon cream
 1/2 teaspoon dried tarragon
 1 (4-6 ounces) pork chop
 salt & pepper to taste

Mix the first five ingredients and spread over the surface of the pork. Place the chop in a shallow dish and Cook at 5-6 minutes per side on the 3-inch rack or until juices run clear. (1 serving)

Kielbasa Casserole with Rice & Vegetables

1 can (10 3/4 ounce) condensed cream of celery soup, undiluted
 3/4 cup water
 1 tablespoon butter or margarine
 1 1/2 cups instant rice
 1 lb. sausage, sliced into 1/2-inch pieces
 1 (10 ounce) package frozen peas, thawed
 1 (10 ounce) package frozen corn, thawed
 1 (4 ounce) cup shredded cheddar cheese

In a medium saucepan, combine soup, water, and butter. Bring to a boil, mixing until smooth. Stir rice into the soup mixture, cover and let stand 5 minutes. Stir in sausage, peas, and corn. Place rice mixture in oven safe dish to fit into the NuWave. Place dish on 1-inch rack and cook for 350 degrees for 18-20 minutes. Top with cheese and cook 1 to 2 minutes more or until cheese melts. (4-6 servings)

Tips for Seafood

Place fish fillets pretty side down, flipping halfway through cooking time.

To use your favorite dry seasonings on frozen meat, run meat under cold water. This will allow seasonings to adhere. Brush sauces on fresh meats to infuse flavors.

To steam fish, place aluminum foil or parchment paper over the top. Be sure to secure the foil to the sides of the rack or extend it outside the oven to prevent the NuWave® Elite Infrared Oven's internal fan from moving foil around during the cooking process. Roll lemon on countertop to loosen juices.

[Photo: Bass with Fennel]

**Steaming Recommendations****Whole Fish**

Flesh should be opaque and almost ready to flake

Shrimp

Flesh turns opaque and outside shell turns pink to red

Scallops

Flesh turns opaque

Lobster Tails

Flesh turns opaque and outside shell turns to red

* Using a meat thermometer is essential for checking the internal temperature of the meat.

Artichoke Topped Tilapia

4 (6-8 ounce) tilapia filets, rinsed
2 tablespoons olive oil
1 tablespoon italian herb seasoning
1 teaspoon soy sauce
1 cup prepared artichoke antipasto from jar, drained
1/2 cup grated parmesan cheese
8 pieces of parchment paper

Place each tilapia filet on a piece of parchment paper. Set the remaining pieces of parchment paper aside. Mix together the olive oil, italian herb seasoning and soy sauce. Brush the exposed side of each filet with the olive oil mixture and place on 3-inch rack. Cook at 400 degrees for 5-6 minutes. Place the remaining parchment sheets over each filet and turn over filets on the rack, discarding the original 4 pieces of parchment paper. Cook at 400 degrees for 2 minutes more or until fish is just barely cooked. Mix the artichoke topping with the cheese. Divide this mixture in an even layer over each filet. Cook at 400 degrees for 1 minute. Serve filets on parchment paper.
(4 servings)

Snapper with a Snap

4 red snapper filets, about 1 1/2 lbs.
4 cloves garlic, minced
1/2 teaspoon dried pepper flakes
1 teaspoon olive oil
1 teaspoon ground cumin
juice of 1 lemon
chopped cilantro

Place fish in single layer in shallow oven safe dish. Mix other ingredients except cilantro and pour over fish. Place dish on NuWave 3-inch rack and cook at 375 degrees for 3 minutes per side for thawed and 4-5 minutes per side for frozen. Sprinkle with cilantro and serve.
(4 servings)

Ancho Chili Crusted Salmon Tacos

4-6 ounce salmon filets
1 tablespoon canola oil
1 teaspoon ground ancho chili powder
1 tablespoon cumin
2 tablespoons brown sugar
1 teaspoon soy sauce
6 ounces shredded cabbage
1/2 cup jalapeno ranch dressing
8 to 12 corn tortillas

Rinse the salmon filets and drain on paper towel. Brush oil on both sides of the fish. Place salmon on parchment paper, skin side up, on 3-inch rack. Cook at 375 degrees for 5 minutes. Meanwhile stir together the chili powder, cumin and brown sugar. Turn the salmon when the 5 minutes are up and drizzle the soy sauce over the top. Sprinkle the brown sugar mixture over the top of the salmon. Cook at 375 degrees for 5-6 minutes or to desired tenderness. While the salmon is cooking, toss together the cabbage and the dressing. Warm the tortillas wrapped in foil in the bottom of the oven for the last 5 minutes while the salmon cooks. Serve the salmon with the warm tortillas and cabbage mixture.
(4 servings)

Tip

Salmon is a fleshy meaty fish that could take longer, depending on size.

Bass with Fennel

6 ounces stripped or black bass, (1-inch thick)
1 teaspoon fennel seeds, crushed
1 tablespoon olive oil
1 tablespoon lemon juice
salt & pepper to taste

Mix the ingredients except the fish. Place the fish on the 3-inch rack and spread the fennel mixture. Cook at 375 degrees for 3 minutes per side.
(1 serving)

Tuna with Fresh Orange Salsa

4 fresh or frozen tuna steaks, rinse steaks and pat dry
 1 teaspoon orange peel, finely shredded
 4 medium oranges, peeled, sectioned, and coarsely chopped
 1 large tomato, seeded and chopped
 1/4 cup snipped fresh cilantro
 2 tablespoons green onion, chopped
 2 tablespoons walnuts, chopped
 1 tablespoon lime juice
 1/2 teaspoon ground cumin
 1 tablespoon olive oil

In a small bowl combine cumin, 1/2 teaspoon of salt, and 1/4 teaspoon black pepper. Brush fish with olive oil and sprinkle with cumin mixture. Place fish on the 3-inch rack and cook at 375 degrees for 3 minutes per side or thawed and 4-5 per side for frozen. Spoon salsa over the fish, and serve.

Salsa

In a medium bowl combine the orange peel, chopped oranges, tomato, cilantro, green onion, walnuts, lime juice, 1/4 teaspoon salt, and 1/4 teaspoon black pepper. Set aside.
 (4 servings)

Simple Sole

1 (5-ounce) filet of sole
 1 tablespoon lemon juice
 2 tablespoons butter
 salt & pepper to taste

Place the fish in a shallow oven safe dish and add the other ingredients. Place on the 3-inch rack and cook at 375 degrees for 5 minutes. No flipping.
 (1 serving)

Peppered Tuna with Hoisin Sauce

4 (5-6 ounces) pieces of tuna
 1 teaspoon szechuan
 1 teaspoon peppercorns, crushed
 1 teaspoon black pepper, crushed
 2 tablespoons soy sauce
 3 tablespoons sesame oil
 1 tablespoon lemon juice

Mix the above spices and spread over tuna.

Hoisin Sauce

2 tablespoons soy sauce
 2 tablespoons hoisin Sauce
 1 tablespoon honey or molasses
 1 clove garlic, minced
 2 tablespoons fresh lime Juice
 1/2 teaspoon grated fresh ginger
 1/2 teaspoon chili paste, more to taste
 2 tablespoons peanut oil or sesame oil

In a small bowl mix ingredients for dipping sauce. Place tuna pieces on the 3-inch rack that have been spread with the oil and pepper mixture. Cook at 375 degrees for 3 minutes per side (if you use thicker pieces (1-inch) cook for 4 to 5 minutes per side). Place the Hoisin sauce in a small dipping bowl.
 (4 servings)

Cheesy Crab Melts

7 ounces jumbo lump crab meat
 1/2 cup shredded cheddar, brie or asiago cheese
 1/4 cup celery, finely chopped
 1/4 cup red bell pepper, finely chopped
 1/4 cup green onion, finely chopped
 1/4 cup mayonnaise
 1 teaspoon russian-style mustard or dijon
 1/2 teaspoon salt
 1/4 teaspoon black pepper
 3 english muffins

Pick through crab to make sure there are no shells. Squeeze out any extra liquid from crab meat. Combine all other ingredients except english muffins. Gently fold all together. Cut english muffins in half horizontally. Place on the 3-inch rack. Spread crab mixture evenly over muffins. Bake at 375 degrees for 3-4 minutes per side, or until cheese is bubbly.
 (6 pieces)

Sweet Chili Scallops

16 to 18 ounces sea scallops
 1/8 cup olive oil
 1 tablespoon soy sauce
 1 tablespoon sweet chili powder
 1 tablespoon ground cumin

Rinse the scallops and drain on paper towel. Mix together the olive oil, soy sauce, chili powder and cumin. Just prior to cooking, toss the scallops in the marinade. Place the scallops on the 3-inch rack. Cook at 400 degrees for 2 minutes per side, or to desired readiness.
 (4 servings)

Quick Fish Fillets

4 (6-ounce) orange roughly fillets
 1/4 cup fine, dry breadcrumbs
 1 teaspoon fresh chopped parsley
 1/2 teaspoon paprika
 1/4 cup plain yogurt
 1 teaspoon fry mustard
 non-stick cooking spray

Combine breadcrumbs, parsley, and paprika in shallow dish. Combine yogurt and mustard. Dip fish in yogurt mixture, and dredge in breadcrumb mix. Spray 3-inch rack and place fish on top. For fresh fish, cook on 400 degrees for 3-4 minutes per side; 5-7 minutes if frozen. The fish should be flaky and moist. Squeeze fresh lemon over cooked dish.
 (4 servings)

[Photo: Quick Fish Fillets]



Fish & Chips**Fries**

1 tablespoon olive oil
2 large russet potatoes
kosher salt, sprinkle

Batter

1 cup flour
1/2 cup fine chopped corn flakes or bread crumbs
1 tablespoon baking powder
1 teaspoon kosher salt
1/4 teaspoon cayenne pepper
dash old bay seasoning
1/2 bottle brown beer, cold (you may substitute for any preferred beer variety)
1 1/2 pounds firm-fleshed white fish (tilapia, pollock, cod), cut into 1-ounce strips

Slice the potatoes with the skin on to prepare thin fries about 1/2-inch thick. Toss with oil and sprinkle kosher salt on fries. Place on the 3-inch rack and cook for 4 minutes at 400 degree per side. While fries are cooking, prepare the fish. In a bowl, whisk together the flour, baking powder, corn flakes, salt, cayenne pepper, and old bay seasoning. Whisk in the beer until the batter is completely smooth and free of any lumps. Refrigerate for 15 minutes. Note: The batter can be made up to 1 hour ahead of time. Dredge the fish in batter and shake off excess. Remove the fries (keep warm with foil) and place fish on the 3-inch rack, cooking at 400 degrees for 8-9 minutes per side. When fish is done cooking, place fries on top of it and cook for 2 more minutes at 400 degrees to give the fries a good zap. Serve with malt vinegar. (Serves 2)

Tips: If batter is extra thick or fish is extra thick you may have to cook longer in 2 minute increments.

Lemon Salmon with Mango Salsa

4-6 ounces salmon fillets
2 tablespoons lemon juice
1 tablespoon olive oil
1 tablespoon grated lemon zest
2 teaspoon dijon mustard
1/2 teaspoon black pepper

In a small bowl, whisk together lemon juice, olive oil, lemon zest, mustard, and pepper. Place fish in a baking dish and pour marinade over fish. Marinate and refrigerate for 20 minutes. While fish is marinating prepare salsa.

Mango Salsa

1 ripe and peeled mango, diced
2 green onions, finely chopped
1/4 cup red bell pepper, chopped
2 tablespoons fresh cilantro, chopped
2 tablespoons lime juice

Place salmon on the 3-inch rack and cook at 375 degrees for 3-4 minutes per side, for thawed. Frozen is 4-6 minutes per side for medium rare. For well done, add 2 minutes. Place mango salsa over the salmon and enjoy. (4 servings)

Shellfish Medley

4 littleneck clams
4 large shrimp
4 mussels
2 squid, cleaned and cut into 1-inch rings
2 cloves garlic, minced
2 tablespoons olive oil
1/4 cup clam juice
1 tablespoon hot sauce
dash of minced parsley

Scrub the clams and mussels. Mix everything in a pie plate and place on the 3-inch rack. Cook at 400 degrees for 10 minutes or until the clams and mussels are opened. (2 servings)

Lobster Thermidor

1 (4-6 ounces) lobster tail, remove from shell and cut into 1-inch pieces
2 tablespoons butter
2 tablespoons heavy cream
2 tablespoons minced shallot
1/2 teaspoon dry mustard
chopped parsley

Mix everything in a shallow dish and place on the 3-inch rack. Cook at 375 degrees for 6-7 minutes. (1 serving)

Shrimp with Lemon

12 large shrimp, peeled and deveined
juice of half lemon
2 tablespoons olive oil
1 teaspoon lemon pepper

Place everything in a shallow oven safe dish and set on the 3-inch rack. Cook at 400 degrees for 6 minutes, stirring halfway. (2 servings)

Clams & Sausage

1 sausage, crumbled
8 littleneck clams or
1 can (8 ounces) whole clams
1 clove garlic, minced
chopped cilantro
lemon slices
tabasco sauce to taste

Scrub the clams in the shell and mix with the other ingredients except for the lemon slices. Place lemon slices in a shallow bowl. Place in the liner pan and cook at 420 degrees for 8-10 minutes or until the clams open and the sausage is cooked. Serve with the lemon slices. (1 serving)

[Photo: Fish & Chips]



Steak & Lobster Tails

2 rib-eye steaks (6-8 ounces)
 1 tablespoon olive oil
 1/2 teaspoon black pepper
 2 4-5-ounce lobster tails
 3 tablespoons butter
 1 teaspoon fresh parsley

Brush steaks with olive oil and sprinkle with pepper (no salt – it dries out steak). Place on 3-inch rack and cook 1-inch steaks on sear for 3 minutes per side for medium rare. (Refer to Quick and Easy Cooking Guide for other times and temperatures). When you turn steak add lobster tails and cook for 6-7 minutes. Remove steak and let rest for 5 minutes. In the meantime, place butter in oven safe dish and melt for 1-2 minutes, leaving lobster on the 3-inch rack. When lobster and butter are done, steak will be rested.
 (2 servings)

Shrimp Scampi

2lbs shrimp, peeled and deveined
 2 tbsp. chopped garlic
 4 tbsp. unsalted butter
 1/2 cup dry white wine
 1/2 lemon juice, squeezed
 2 tbsp. chopped flat leaf parsley
 salt to taste
 pepper to taste

Place peeled and deveined shrimp on the bottom of liner pan. Add all other ingredients on top of shrimp and gently mix. Place dome lid on and cook at 400 degrees for 9 minutes. At 4 or 5 minutes, pause the oven and stir recipe, then resume cooking. Have some nice crusty bread on the side to soak up butter sauce.
 (Entree, 4-6 servings)
 (Appetizer, 12 servings)

Tuna Noodle Casserole

1 can tuna, drained
 1 can cream of mushroom soup
 6 ounces cooked egg noodles
 1/2 cup of peas or green beans
 1/2 cup sour cream
 1 cup cheddar cheese, shredded
 1/4 cup bread crumbs

Cook egg noodles, drain, rinse and reserve. In medium bowl add tuna, cream of mushroom soup, sour cream, peas or green beans, and egg noodles. Place mixture in 8x8-inch square pan or 10-inch baking pan. Top with cheese and breadcrumbs. Place on 1-inch rack and bake at 375 for 20-22 minutes. If cheese and breadcrumbs are getting too brown, cover with foil or parchment paper. Let casserole cool for 5-10 minutes. Enjoy!
 (4-6 Servings)

Crunchy Fish Triangles

1/2 pounds tilapia fillets,
 cut into triangles
 3 tablespoons of milk
 1/2 cup seasoned bread crumbs
 1 1/2 tablespoons of dry ranch salad
 dressing mix
 parchment paper

Wash and cut fillet into triangles. Dip in milk. Mix breadcrumbs and ranch dressing. Dip fillets in breadcrumbs and cover both sides. Place on the 3-inch rack that has been lined with parchment paper. Spray the fillet with non-stick cooking spray. Cook on 400 degrees for 3-4 minutes per side. If you use thicker fish, set timing according to cooking guide.
 (4 servings)

Sake-Glazed Tuna

3 tablespoons of sake or white wine
 1 tablespoon rice wine vinegar
 1 tablespoon reduced-sodium soy sauce
 1 tablespoon honey
 1 teaspoon of fresh grated ginger
 2 teaspoons wasabi
 4 (5-ounce) tuna steaks
 1/2 teaspoon salt
 1/4 teaspoon pepper
 3 scallions, sliced thin

To make sauce, bring sake, vinegar, soy sauce, honey, ginger, and wasabi to a boil in small pan. Reduce heat and simmer, stirring occasionally, until sauce thickens, about 5 minutes. Keep sauce warm. Sprinkle tuna with salt and pepper. Spray 3-inch rack with non-stick cooking spray. Place tuna on rack and sear for 3 minutes each side, for medium rare; 4 minutes per side for medium; 5 minutes per side for well done. Top with sauce and scallions.
 (4 Servings)

Grilled Salmon & Fresh Basil

3 tablespoons lemon juice
 1/4 cup fresh basil leaves, minced
 1 tablespoon olive oil
 1 tablespoon soy sauce
 1 teaspoon worcestershire sauce
 1 garlic clove, minced
 1/4 teaspoon black pepper
 1 1/2 pounds salmon filets

Combine all ingredients except salmon in a zip-top plastic bag. Stir well. Add salmon and seal bag. Marinate in refrigerator 30-60 minutes. Remove salmon from bag, discard marinade. Place salmon on 3-inch rack. Grill at 375 degrees for 4 minutes per side, for medium rare, or 5 minutes per side for medium.
 (4 servings)

[Photo: Grilled Salmon & Fresh Basil]



Tips for Vegetarian Dishes

Egg substitutes may be used in all recipes.

To prepare rice, place appropriate amounts of rice, hot boiling water, butter and salt in a covered dish according to directions. Place the dish on the liner pan. Cook at 420 degrees for around 20-25 minutes until tender

To prepare instant rice, use twice the amount that the recipe stipulates. Put the instant rice in a pan, bringing the recommended amount of water to a boil. Pour over the rice, cover and let stand for 5 minutes. Proceed with the recipe, assuming about 30 percent less cooking time will be needed. To check for readiness, examine rice in the center-bottom area. This is typically the last to be cooked.

When cooking casseroles, prepare them in an oven-safe dish, cover and place on the 1-inch rack. Cook for roughly 30 percent less time than stipulated in the original recipe. If melting or

broiling, remove the foil and bake for an additional 5 to 10 minutes according to preference. Casseroles cook best when less than 3 inches deep. If they need to be cooked more than 20 minutes, cover with aluminum foil or parchment paper to avoid over-browning.

TVP Note

Textured Vegetable Protein (TVP) is a soy product that comes in a variety of forms and flavors. It is high in protein and has little or no carbohydrates. To bread poultry, meat or vegetables, place the TVP in a food processor or blender and grind until fine. Add 2 tablespoons of butter to 1 cup of fine TVP and cook in the NuWave for 5 to 6 minutes or until crunchy. Refrigerate until used as breading, or simply sprinkle over recipes to create a crunchy texture. TVP also comes in small dice-sized chunks that can be used as croutons in salads and soups. Keep a supply on hand to use as a replacement for bread crumbs, crackers, corn flakes or other high carbohydrate ingredients.

[Photo: Grilled Vegetable Quesadillas]

**Stuffed Peppers with Barley**

1 cup reduced-sodium chicken or vegetable broth
 1 cup sliced fresh mushrooms
 2/3 cups quick-cooking barley
 2 large red, yellow, or green peppers (about 1lb.)
 1 egg, beaten
 3/4 cup shredded mozzarella cheese
 1 large tomato, peeled, seeded, and chopped
 1/2 cup shredded zucchini
 1/3 cup soft bread crumbs
 1/2 teaspoon dried basil, crushed
 1/8 teaspoon dried rosemary, crushed
 1/8 teaspoon onion salt
 several dashes bottled hot pepper sauce

In a medium saucepan combine the broth, mushrooms, and barley. Bring to boiling; reduce heat. Simmer, covered, for 12 to 15 minutes or until barley is tender. Drain thoroughly. Cut peppers in half lengthwise; remove seeds and membranes. In a medium mixing bowl stir together the egg, 1/2 cup of the cheese, the tomato, zucchini, bread crumbs, basil, rosemary, onion salt, and bottled hot pepper sauce. Stir in cooked barley mixture. Place peppers, cut side up, on the 1-inch rack. Spoon barley mixture into the pepper halves. Cook at 375 degrees for 10-12 minutes. Sprinkle remaining cheese over the peppers. Bake at (sear) 420 degrees for 1 minute. (4 servings)

Tip: Try eggplant as a substitute for the peppers.

Grilled Vegetable Quesadillas

8 flour tortillas (6-inch)
 1 small zucchini, sliced lengthwise into 4 slices
 1 small yellow squash, sliced lengthwise into 4 slices
 1 red bell pepper seeded and cut into 8 pieces
 1 green bell pepper, seeded and cut into 8 pieces
 1 small red onion cut into slices
 2 cloves garlic, sliced
 1 cup shredded pepper-jack cheese
 1/4 cup cilantro, chopped
 1/4 cup olive oil
 kosher salt and black pepper to taste

Cut the vegetables and place in the bowl. Toss them with olive oil, salt and pepper. Spread on the 3-inch rack and cook at 375 degrees for 3-5 minutes. Turn vegetables and cook an additional 3-5 minutes. Remove and arrange the vegetables on four of the flour tortillas. Top with cheese and cilantro and the remaining tortillas. Lightly spray the tortilla tops with non-stick cooking spray. Place two tortillas at a time on the 3-inch rack and cook for an additional 2 minutes or until the cheese is melted. Cook the remaining two and serve with your favorite salsa. (4 servings)

Tomato & Olive Tart

15 small oil-cured black olives, pitted and chopped
 1 large shallot, minced
 1 tablespoon thyme, minced or 1 teaspoon dried
 1 tablespoon fennel seeds, finely crushed
 1 tablespoon olive oil
 4 (12x17-inch) sheets phyllo (at room temperature)
 1/2 cup shredded havarti cheese
 1/4 cup basil, chopped

Place tomato slices on 2-3 layers of paper towels. Cover with more paper towels and blot gently. Let stand for 10 minutes. Combine the olives, shallot, thyme, fennel, and olive oil in a small bowl. Spray the 10-inch baking pan with non-stick spray, or use an 8 x 8-inch square pan sprayed. Lay one layer of Phyllo dough in pan and spray with olive oil. Repeat for the next three layers. Roll the edges of the phyllo in to make a rim and spray olive oil. Arrange the tomatoes across the phyllo. Sprinkle the olive mixture on top of the tomatoes evenly. Bake on the 1-inch rack and cook at 375 degrees for 7-8 minutes or until the edges become brown and tomatoes are soft. Sprinkle the cheese over tart and bake at 400 degrees for 1-2 minutes. Remove and add basil. Cut tart into 6 pieces. Serve hot.

Ricotta Spinach Rolls

8 lasagna noodles, cooked and drained

Sauce

1 medium onion, finely chopped
 2 cloves garlic, minced
 1 tablespoon olive oil
 3 cups tomato sauce
 1 teaspoon oregano
 1/2 teaspoon thyme leaves
 1/2 teaspoon basil
 1/4 cup chopped mushrooms (optional)

Filling

1 (10 ounce) package frozen chopped spinach
 1 cup ricotta or cottage cheese
 2 tablespoons parmesan cheese
 dash pepper

Sauce

Sauté onion and garlic in olive oil until vegetables are tender. Add tomato sauce, seasonings, mushrooms, and simmer. Cook spinach according to package directions. Drain and squeeze out excess water. Blend together spinach, cheeses and pepper. Spread mixture evenly along entire length of each noodle. Roll each one and place on its side in the liner pan, which has been lightly greased. Cover with sauce. Bake at 375 degrees for 10-12 minutes or until heated through.
 (4-6 servings)

Taco Pie

2 cups prepared mashed potatoes, (cooled)
 4 veggie burgers
 1 cup salsa
 1 1/2 cups mexican blend shredded cheese

Frost the inside of a 8-9-inch pie dish with the potatoes. Crumble the veggie burgers evenly over the bottom. Spoon the salsa evenly over the crumbled burgers. Sprinkle the cheese over that. Tent the dish with foil and cook on 3-inch rack and cook at 350 degrees for 10 minutes. Remove the foil tent and continue cooking for 3 to 5 minutes or until cheese is bubbling and golden brown.
 (4-6 servings)

Summer Fresh Peppers with Fresh Herbs & Tomatoes

3 red or yellow bell peppers, halved lengthwise and seeded
 3 medium tomatoes, cored and cut in wedges
 1 tablespoon capers
 3 cloves of garlic, thinly sliced
 1/4 cup fresh basil, shredded
 1/2 cup dry bread crumbs
 1/2 teaspoon salt
 1/4 teaspoon black pepper
 2 tablespoons olive oil

Arrange peppers cut side up in a single layer on the 3-inch rack. Place tomatoes, capers and garlic in pepper cavities. Sprinkle with basil, bread crumbs, salt and pepper. Drizzle olive oil over top. Cook at 375 degrees for 10 minutes. Keep in mind the cooking time could be a couple minutes more or less depending on the size of the peppers.
 (6 servings)

Tofu Teriyaki

12 ounces firm tofu
 1/4 cup each of honey & soy sauce
 1 teaspoon ginger powder
 hot sauce of choice, to taste
 1 clove fresh minced garlic
 1 tablespoon sesame oil
 3 drops liquid smoke

Slice the tofu like a loaf of bread in about 3/4-inch thick slices. Place the slices in a single layer on paper towel to drain. Mix together the honey, soy sauce, ginger, hot sauce, garlic, sesame oil and liquid smoke. Brush the tops of the tofu slices with the marinade. Place brushed side down on the 3-inch rack. Brush the tops of the slices with the marinade. Cook at 350 degrees for 10 minutes per side.
 (4-6 servings)

[Photo: Tomato & Olive Tart]



Tips for Lamb

To use your favorite dry seasonings on frozen meat, run meat under cold water. This will allow seasonings to adhere.

Brush sauces on fresh meats to infuse flavors. To save time, marinate in a sealed bag or container and freeze into separate servings. When ready to use, refer to the cooking guide.

Soak lamb in 1 cup milk, 1 cup to tone down gameness. Use a meat thermometer to be sure the lamb is properly cooked.

When the lamb roast is within 41° F (5° C) of its internal temperature (see internal temperatures below) remove from the oven, and allow the meat to rest for 15 to 20 minutes. While doing so, the meat's internal temperature will increase by several degrees.

[Photo: Herb Stuffed Lamb Chops]



Roasting Recommendations

(Temperatures listed below are based on internal temperatures)

Lamb Cuts	135°-145°F (63°C)
Lamb Roasts (Boneless)	145°-150°F (66°C)
Rare	120°-140°F (60°C)
Medium-Rare	140°-150°F (66°C)
Medium-Well	150°-160°F (71°C)

* Using a meat thermometer is essential for checking the internal temperature of the meat.

Lamb & Ham

6 ounces leg of lamb
cut into 1-inch cubes
2 ounces smoked ham, diced
1/2 green pepper, cored and chopped
1 clove garlic, minced
2 tablespoons olive oil
salt & pepper to taste

Mix everything in a shallow dish and place on the 3-inch rack. Cook at 400 degrees for 5-6 minutes, stir and cook another 5-6 minutes.
(1 serving)

Herb Stuffed Lamb Chops

6 lamb chops (2-inch thick)
1 stick soft un-salted butter
3 cloves garlic, minced
1 tablespoon fresh parsley, chopped
1 tablespoon fresh tarragon, chopped
or 1 1/2 teaspoons dried
1 large shallot, chopped
1/4 teaspoon ground black pepper
1 teaspoon salt

Mix garlic, herbs, shallots, salt, and pepper with the softened butter. Place butter mixture in 3/4-inch cut pockets of the lamb. Secure with toothpicks. Place the lamb chops on the 3-inch rack. Cook at 420 degrees for 5-6 minutes per side for thawed. If frozen cook for 5-6 minutes per side, for medium rare lamb. Follow the "Quick and Easy Cooking Guide" for additional times and temperatures.
(6 servings)

Lamb Kabobs

2 lbs. leg of lamb, trimmed of fat,
and cut into 2-inch cubes
1 large green bell pepper, cored
and cut into 8 equal pieces
1 red onion quartered
8 large white mushrooms
4 roma style tomatoes, cut in half
and seeded
barbecue sauce

Divide ingredients into four servings and slide onto metal or bamboo skewers, alternating meat and vegetables. Place on the 3-inch rack and brush with sauce or seasoning. Cook at 375 degrees for 7-8 minutes, then turn and brush the other side with sauce or seasoning and cook an additional 7-8 minutes.
(4 servings)

Lamb with Pesto

1 (6-ounce) lamb steak from
the leg (1-inch thick)
3 tablespoons pesto sauce

Place the steak on the 3-inch rack and spread on half the pesto sauce. Cook at 400 degrees for 4 minutes. Turn over and spread on the remaining sauce and cook for another 4 minutes.

Pesto Sauce

2 cups packed fresh, basil leaves
1/3 cup pine nuts
2 cloves garlic
1/2 cup olive oil
salt to taste

Place the basil, nuts, and garlic in your food processor or blender. With the machine running slowly pour in the oil until it forms into a thick paste. Add more oil if too thick. Season and store in a jar with a thin film of mayonnaise on top to prevent discoloration. Reserve left over pesto for future cooking.
(1 serving)

[Photo: Lamb Kabobs]



Moroccan Lamb Burgers

1 1/3 lbs. ground lamb (you can use beef or turkey)
 1 clove garlic, minced
 1 jalapeno chile, seeded and minced
 2 tablespoons fresh cilantro, chopped
 1 large shallot
 3/4 teaspoon ground black pepper
 1 teaspoon salt
 1/2 teaspoon paprika
 1/2 teaspoon ground cumin

Salsa

2 tablespoons extra virgin olive oil
 1 tablespoon fresh lemon juice
 1 tablespoon honey
 2 large orange, peel and pith cut away (cut oranges into 1/3-inch cubes)
 1 cup chopped red onion
 1/4 cup chopped pitted green olives

Mix all the ingredients in the lamb section and form into four 4-inch burgers. You can make these the day ahead, if you want. This helps to infuse flavors. Spray non-stick cooking spray on the 3-inch rack and place burgers on the rack. Cook at 400 degree for 4 to 5 minutes per side. If you want well-done, cook for 7 to 8 minutes. Place on your favorite bun and place salsa on burger along with mayonnaise.
 (4 servings)

[Photo: Curried Lamb]

**Curried Lamb**

6 ounces leg of lamb cut into 1-inch cubes
 1/2 green pepper, sliced thick
 2 cloves garlic, minced
 2 tablespoons fresh ginger, grated
 2 tablespoons curry paste (available at Asian markets)
 1 tablespoon lemon juice
 4 tablespoons sour cream

Mix everything, except the juice and sour cream, in a shallow oven safe dish. Place on the 1-inch rack and cook at 375 degrees for 8 minutes. Stir and cook for another 8 minutes. Stir in the juice and sour cream and serve.
 (1 serving)

Lamb Chops with Feta & Tomatoes

2 tablespoons olive oil
 1 clove garlic
 1 tablespoon lemon juice
 4 lamb chops, 1-inch thick
 4 ounces feta cheese, crumbled
 1/4 cup chopped ripe tomatoes
 4-6 pitted kalamata olives
 1 tablespoon chopped parsley
 salt & pepper to taste

In shallow dish, mix olive oil, garlic and lemon juice. Add the lamb chops and turn to coat on all sides. Place in refrigerator for 60 minutes. In a small bowl, mix feta, tomatoes, olives, and parsley. Set aside. Place lamb chops directly on 3-inch rack, sprinkle with salt and pepper. Cook at 400 degrees for 5-6 minutes, turning over halfway. When chops are done, spoon equal portion of feta mixture on each chop and cook at 420 degrees (sear) for 1 minute or until cheese melts.
 (4 servings)

Tips for Desserts

When converting your own recipe to NuWave oven methods always use the extender ring, 1-inch rack and bake at 300 degrees the first time. You can always adjust from there. Keep in mind the heating element is at the top, so crust will need to be baked first. With that in mind, certain recipes may have two steps, like a bar cookie for example. The use of glass and ceramic pans will increase cooking time. Recipes in this book have been tested in silicone and metal pans. For multi-layer baking using the silicone baking ring, recipe temperatures will typically need to be set at 250 degrees rather than 300. Remember to adjust accordingly when using your own recipes. Because the NuWave retains the moisture in baked goods, your recipe will stay fresh and moist longer than recipes made in conventional ovens when stored properly. For converting recipes requiring a 9x13-inch pan, you can usually substitute two pans using our 8x8-inch square silicone baking pan, with divider in place, slicing into finger size bars.

For cakes, cookies, muffins and more adding the extender ring will control even browning. Depending on the recipe directions, place cookies around perimeter of the liner pan (try not to place directly under power head). For bottom crust pies, bake crust alone for 15 to 20 minutes, at 350 degrees. Add the pie filling and cook remaining time as directed. If a recipe calls for a glaze, spread it on during the last 5 minutes to prevent overcooking. For better results while preparing desserts and breads, reduce the temperature to 300 degrees. Place the dish on the 1-inch rack. Revert to the original directions instead of decreasing the time by 20 percent.

Chocolatey Chocolate Cake

2 cups sugar
 1 3/4 cups all-purpose flour
 3/4 cup cocoa
 1 1/2 teaspoons baking powder
 1 1/2 teaspoons baking soda
 1 teaspoon salt
 2 eggs
 1 cup milk
 1/2 cup vegetable oil
 2 teaspoons vanilla extract
 1 cup boiling water

Combine sugar, flour, cocoa, baking powder, baking soda and salt in large bowl. Add eggs, milk, oil and vanilla. Beat on medium speed for 2 minutes. Stir in boiling water (batter will be thin). Divide batter into two 8 x 8 silicone baking pans. Place one cake pan on 1 inch rack. Bake 350 degrees for 30 to 32 minutes. Insert toothpick. Cake is done if toothpick is removed cleanly. Remove cake, and cool on wire rack. Repeat with 2nd layer.
 (8-10 servings)

Frosting

1 stick (1/2 cup) butter
 1/3 cup cocoa
 3 cups powdered sugar
 1/3 cup milk
 1 1/4 teaspoon vanilla extract

Melt butter. Stir in cocoa. Alternately add powdered sugar and milk. Beat with mixer to spreading consistency. Add vanilla and mix well. May add small amount of additional milk if needed, for desired consistency.

[Photo: Chocolatey Chocolate Cake]



White Chocolate Macadamia Cookies

2/3 cup sugar
1 egg
1/2 cup butter, softened
1 teaspoon vanilla extract
1 cup plus 2 tablespoons all-purpose flour
1/2 teaspoon baking soda
1 jar (3½ ounces) macadamia nuts, chopped
1 cup vanilla or white chocolate chips

Chop macadamia nuts, add to vanilla chips and set aside. Combine sugar and butter until creamy. Beat in the egg and vanilla. In a separate bowl combine flour and baking soda; gradually add to creamed ingredients and mix well. Stir in macadamia nuts and vanilla chips. Place 1-inch rack in liner pan and place the extender ring on base tray. Place silicone baking ring on 1-inch rack. Drop dough by heaping teaspoonfuls on silicone ring. Place 3-inch extender ring on base. Bake at 350 degrees for 14 minutes. Open dome and let the cookies sit for 1 minute then remove to wire rack for cooling. (54 servings)

[Photo: Cinnamon Pecan Bites]



White Cake

1/4 cup butter, softened
1/4 cup shortening
1½ cups sugar
4 egg whites
1½ teaspoons vanilla extract
2¼ cups cake flour
1 teaspoon baking powder
1 teaspoon salt
1 cup buttermilk

In a small bowl, cream butter, shortening and sugar until light and fluffy. Gradually add egg whites, beating well after each addition. Beat in vanilla. In a separate bowl combine the flour, baking powder and salt. Add to creamed mixture alternately with buttermilk. Pour into two 8x8-inch silicone baking pans. Place 3-inch ring on base. Bake at 300 degrees for 35 minutes or until a toothpick inserted near the center comes out clean. Cool on wire rack. Repeat with 2nd layer. (8-10 servings)

Pumpkin Whoopie Cookies

1 cup vegetable oil
2 cups packed light brown sugar
2 large eggs
1 cup pumpkin puree, canned or fresh
1 tablespoon pumpkin pie spice
1 teaspoon pure vanilla extract
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
3 cups all-purpose flour

Spray liner pan with non-stick cooking spray. In a large bowl mix together vegetable oil and brown sugar until smooth. Add in eggs until blended. Add in pumpkin puree, pumpkin pie spice, vanilla, baking powder, baking soda and salt. Whip until light and fluffy. Gently fold in the flour with a rubber spatula. Be careful not to over mix. Using small cookie scoop, drop pieces on liner pan about 2 inches apart. Place 3-inch extender ring on base. Bake at 350 degrees for 10-12 minutes, or until cookies spring back when lightly touched. Cool completely before filling. (24 servings)

Cream Cheese Filling

1 (8-ounce) package cream cheese, softened
1 cup butter, softened
4 1/2 cups powdered sugar
2 teaspoons pure vanilla extract

In a large bowl of an electric mixer, cream butter and cream cheese on medium speed, scraping sides of bowl. Mix on low speed and add powdered sugar and vanilla, then beat until light and fluffy. Spread the flat side of the cookies with cookies filling. Top with another pumpkin cookie, pressing down very lightly to seal.

Tips: If you don't have pumpkin pie spice on hand, mix 1 1/2 teaspoon cinnamon, 1 teaspoon nutmeg, 1 teaspoon ginger and 1/2 teaspoon allspice.

Cinnamon Pecan Bites

2/3 cup milk
2 tablespoons cream
4 tablespoons unsalted butter, melted
1 cup brown sugar
1 small tube cinnamon roll dough
1/2 cup chopped pecans

Mix the milk, cream, butter and sugar and place in a 9-inch cake pan. Place pan on the 1-inch rack and cook at 375 degrees for 3 minutes. Cut the cinnamon rolls into quarters and distribute the pieces in the warm caramel in the pan leaving space in between each piece. Cook at 375 degrees for 7-8 minutes. Sprinkle the pecans over the pan and cook for an additional 2-3 minutes. (8 servings)

[Photo: Bread Pudding with Whiskey Sauce]



Baked Apples

4 medium apples (Use any of your favorite apples)
 1/4 cup maple syrup
 1/4 cup apricot jam or your favorite jam
 1/4 cup apple juice or water
 2 tablespoons lemon juice
 1/4 teaspoon ground nutmeg

Core apples using an apple corer or melon ball scoop. Using a sharp knife, score and peel about a third of the way down the apples (this prevents the apples from bursting). Arrange the apples in a 10" baking pan. In a small bowl combine all of the rest of the ingredients and mix. Spoon into the center of the apples, letting the remainder drizzle over. Place on the 3-inch rack and bake at 400 degrees for 10-12 minutes. Let cool for 5 minutes. The jelly will be very hot. Check to make sure the apples are tender (cooking times vary depending on the size of apples).

Caramelized Pineapple Sundæes

4 (1-inch thick) slices fresh pineapple, trimmed leaving in the core
 1/2 cup brown sugar
 1/2 teaspoon cinnamon
 2 tablespoons heavy cream
 4 scoops vanilla bean ice cream or vanilla frozen yogurt
 1 cup hot fudge sauce, warmed

Place the pineapple on the 3-inch rack. Sprinkle the tops of each slice with sugar and cinnamon. Drizzle a little cream over the tops. Cook at 400 degrees for 2-3 minutes or until sugar bubbles and turns golden. Place the pineapple slices on serving dishes and top with ice cream and warm fudge sauce.
 (4 servings)

Country Road Bar Cookies

2 cups graham cracker crumbs
 1/3 cup melted butter
 1/4 cup granulated sugar
 1/4 cup chopped macadamia nuts
 1/2 cup white chocolate chips
 1/2 cup sweetened flaked coconut
 1 (14-ounce) can sweetened condensed milk

Combine first 3 ingredients in a medium bowl. Press mixture onto bottom of 8x8-inch silicone baking pan. Place 3-inch extender ring on base tray. Place pan on 1-inch rack. Bake at 350 degrees for 15 minutes. Remove from oven. Sprinkle macadamia nuts, white chocolate morsels, and coconut over hot crust. Pour condensed milk evenly over top. Bake additional 20 to 25 minutes or until lightly browned and edges are bubbly. Let cool 1 hour on a wire rack. Slice each loaf into finger size bars.
 (12 servings)

Tip: Place silicone divider in 8x8-inch pan and slice into finger size bars. If macadamia nuts are not available, try butter toffee peanuts.

Angel Food Cake (Box)

1 box mix (prepared)
 metal tube pan

Follow directions on Angel Food box then pour batter into ungreased tube pan. Cut through batter with sharp knife to remove large air bubbles.

Place 3-inch Extender Ring on base tray. Place the 1-inch rack in the liner pan. Place tube pan on rack. Bake 350 degrees for 20 minutes, then lower the temperature to 300 and bake for additional 20 minutes. Remove pan from oven and hang upside down on top of wine bottle until completely cool. Loosen cake from tube and sides of pan using a knife or spatula with up and down strokes. Gently remove cake.

Bread Pudding with Whiskey Sauce

10 slices white bread (day old)
 4 tablespoons white sugar
 3½ cups milk
 4 eggs, separated
 1 tablespoon vanilla
 1 tablespoon salt
 2 sticks butter
 1 cup raisins

Break bread into the oven safe casserole dish, no bigger than 1½ qt. Soften bread with a small amount of milk. Beat sugar and egg yolks. Add milk and stir well. Add vanilla and salt. Pour milk mixture over the bread. Fold in raisins. Cut butter into chunks and fold in. Place pan of bread pudding on the 1-inch rack. Bake on 375 degrees for 10 minutes with foil loosely covering the top. (allowing air to get in sides) remove foil and bake for another 8 minutes at 375 degrees. Check by sticking knife in center; if it comes out clean it's done.

Whiskey Sauce

1/2 cup sugar
 1/4 cup water
 1/4 cup butter
 1 shot glass whiskey

Mix all the ingredients and cook until dissolved. Remove from heat and add whiskey to individual taste.
 (6 servings)

Almond Tart

10-12 ounces ginger snaps, broken into pieces
 1 stick unsalted butter, cut into pieces
 12 ounces chopped almonds
 4 eggs
 3/4 cup light corn syrup
 1/4 cup honey
 1/2 cup sugar
 1 tablespoon rum
 1 teaspoon pure vanilla extract
 dash of salt

Process the cookie pieces and butter pieces together in the bowl of a food processor fitted with a steel blade until the crumbs begin to soften together. Press into a 9-inch tart pan, along the sides and bottom. Sprinkle the almonds evenly over the bottom of the crust. Beat together the eggs, corn syrup and honey until pale in color. Beat in the sugar, rum, vanilla and salt. Pour over the almonds and bake on 1-inch rack at 350 degrees for 5 minutes. Tent the tart with foil and bake at 350 degrees for 30 minutes. Remove the foil tent and bake at 350 degrees for an additional 15 minutes. Serve warm with sweetened whipped topping if desired.
 (8 servings)

[Photo: Angel Food Cake]



NuWave's Best Brownies

1/2 cup (1 stick) butter or margarine, melted
 1 cup sugar
 1 teaspoon vanilla extract
 2 eggs
 1/2 cup all-purpose flour plus 3 tablespoons
 1/3 cup cocoa
 1/4 teaspoon baking powder
 1/4 teaspoon salt
 1/2 cup chopped nuts (optional)

Stir together butter, sugar and vanilla in bowl. Add eggs; beat well with spoon. Stir together flour, cocoa, baking powder and salt in separate bowl. Gradually add dry ingredients to egg mixture, beating until well blended. Stir in nuts, if desired. Spread batter evenly in 8x8-inch silicone baking pan. Place 3-inch extender ring on base. Place pan on 1-inch rack. (12 servings)

Brownie Chocolate Frosting:

3 tablespoons butter or margarine, softened
 3 tablespoons cocoa
 1 tablespoon light corn syrup or honey
 1/2 teaspoon vanilla extract
 1 cup powdered sugar
 1 to 2 tablespoons milk

Beat butter, cocoa, corn syrup and vanilla in small bowl until blended. Add powdered sugar and milk. Beat to spreading consistency. Frost brownies when completely cooled.

Latin Lace Florentines Cookies

3/4 cup quick-cooking oats
 3/4 cup all-purpose flour
 3/4 cup granulated sugar
 1 teaspoon ground cinnamon
 3/4 teaspoon chili powder
 1/2 teaspoon baking soda
 1/2 teaspoon salt
 1 1/2 cups sliced almonds
 10 tablespoons (1 1/4 sticks) unsalted butter, melted
 1/4 cup half & half cream or whole milk
 1/4 cup light corn syrup
 1 teaspoon pure vanilla extract
 4 ounces fine-quality bittersweet chocolate, chopped (Look for bittersweet chocolate with a minimum of 60% cocoa solids)

In a large bowl, whisk together the oats, flour, sugar, cinnamon, chili powder, baking soda and salt. Stir in almonds. In a separate bowl, combine butter, half-and-half (or milk), corn syrup and vanilla extract. Add wet ingredients to dry ingredients a little at a time until combined. Place heaping teaspoons of batter onto liner pan about 3 inches apart. Bake on 350 degrees for 14 minutes or until crisp around the edges. While cookies are cooling, melt the chocolate in a metal bowl set over a pan of simmering water. Drizzle the chocolate in a zigzag pattern over the tops of the cooled cookies. (48 servings)

[Photo: NuWave's Best Brownies]

**Gold Ginger Nut Lemon Squares**

2 cups all-purpose flour
 1/2 cup powdered sugar
 1/2 teaspoon baking soda
 1/4 teaspoon salt
 3/4 cup cold butter
 1/2 cup golden raisins
 1 1/2 cups white chocolate chips
 1 cup coarsely ground almonds, divided
 10-ounce lemon curd
 3 tablespoons finely chopped crystallized (candied) ginger

Prepare lemon curd and set aside. Combine flour, sugar, baking soda and salt in a large bowl; cut in butter with a pastry blender until crumbly. Toss in half the almonds. Reserve 1 cup flour mixture. Place remaining flour mixture onto bottom of 8X8-inch silicone baking pan and press evenly. Place 3-inch extender ring on base. Bake at 350 degrees for 20 minutes or until lightly browned. Remove from oven. Spread lemon curd over crust, leaving a 1/4-inch border. Mix raisins, almonds and ginger with reserved flour mixture and sprinkle evenly over the top. Bake additional 15 to 20 minutes or until lightly browned. Cut into squares. (16 servings)

Lemon curd Ingredients

1/2 cup fresh lemon juice
 1 tablespoon grated lemon zest
 1/2 cup sugar
 2 eggs
 1/2 cup unsalted butter, cubed

In a 2-quart saucepan, combine lemon juice, lemon zest, sugar, eggs, and butter. Cook over medium-low heat until thick enough to hold marks from whisk, and first bubble appears on surface.

Tip: Make lemon curd ahead of time and store up to one week.

Easy Lemon Cookies

1 (18 1/4-ounce) package lemon cake mix
 2 eggs
 1/3 cup vegetable oil
 1 tablespoon lemon juice
 grated zest from 1 lemon
 powdered sugar for decoration

Pour cake mix into a large bowl. Stir in eggs, oil, lemon juice and lemon zest until well blended. Refrigerate at least 15 minutes, and up to overnight to make the dough easier to handle. Roll heaping teaspoons of dough into balls and roll in powdered sugar. Place cookie dough around perimeter of liner pan, with pieces about 1 inch apart. Bake at 300 degrees for 10 minutes. Once the cookies have cooled, completely dust with powdered sugar one more time. (36 servings)

Tip: For multi-level baking Place 3-inch Extender Ring on NuWave Oven base. Place cookies in liner pan as directed above. Place the 3-inch rack over the cookies on the liner pan. Place silicone baking ring on 3-inch rack and place over cookies on liner pan. Arrange cookies around edge of rack. Bake at 250 degrees for 15 minutes. Do not place cookies directly under heating element.

Chocolate Raspberry Cheesecake**Crust Ingredients**

1½ cups graham cracker crumbs
5 tablespoons butter
1 teaspoon honey
¼ cup sugar

Filling Ingredients

5 (8-ounce) bars cream cheese, room temperature
2 tablespoon flour
1 tablespoon confectioners' sugar
½ cups sugar
¾ teaspoon vanilla
2 egg yolks at room temperature
4 eggs, room temperature
1 cup fresh raspberries (divided in half)
1 (10-ounce) chocolate bar broken into bite-size pieces

Crust Directions

Mix ingredients together with hands until well blended and crumbs appear moist. Heavily coat 10-inch spring form pan with cooking spray. Pour crust into pan. With hands, spread evenly across the bottom and pat down firmly.

Baking Directions

Place first four ingredients in large mixing bowl and beat on high until they are completely blended. Add vanilla and 2 yolks, beat again. Add eggs one at a time, beating well. Fold in ½ cup raspberries. Pour half the batter into greased 10-inch spring form pan. Sprinkle ½ cup raspberries and chocolate pieces and top with remaining batter. Place 3-inch extender ring on NuWave Oven base tray. Place the cake on the 1-inch rack and bake at 225 degrees until center is set. When done, cake feels bouncy to the touch and a toothpick tests clean. Let cool in oven. Do not remove the dome. This will prevent the top from cracking. Cool to room temperature, then refrigerate for 3 hours.

[Photo: Chocolate Raspberry Cheesecake]

**Chocolate Peanut Butter Cupcakes**

2/3 cup powdered sugar
1/2 cup creamy peanut butter
10 tablespoons (1¼ sticks) butter or margarine, softened
1 1/4 teaspoons vanilla extract (divided)
1 2/3 cups all-purpose flour
3/4 cup unsweetened cocoa
1 teaspoon baking soda
1/2 teaspoon salt
1 cup sour cream
2 tablespoons milk
1½ cups granulated sugar
2 eggs

Cupcake Batter

In a small bowl, combine sour cream, and 1 teaspoon vanilla; set aside. In separate bowl; combine flour, cocoa powder, baking soda, and salt; set aside. In large bowl, blend granulated sugar and remaining 8 tablespoons butter until just blended. Add eggs, 1 at a time, beating well after each addition. Beat 1 to 2 minutes more or until light and fluffy. Add flour mixture alternately with sour cream mixture. Beat just until ingredients are combined. Fill 1 heaping measuring tablespoon batter into each silicone cupcake liner. Top with 1 rolled peanut butter ball and remaining batter. Place cupcakes around perimeter of liner pan. Place 3 inch extender ring on base. Bake cupcakes at 300 degrees for 20 minutes or until toothpick inserted in cupcake comes out clean. Cool on wire rack.

(24 servings)

Peanut Butter Filling

In bowl, with mixer on medium speed, mix confectioners' sugar, peanut butter, 2 tablespoons butter, and 1/4 teaspoon vanilla until blended. Roll into 24 balls using two teaspoons or small cookie scoop. Place balls on waxed paper; cover and set aside.

Frosting

8 ounces cream cheese, room temperature
4 tablespoons butter, softened
1/2 cup peanut butter
3¼ cups powdered sugar
1 cup Cool Whip

Cream together the butter, cream cheese and peanut butter until light and fluffy. Add powdered sugar in small increments until creamy.

Apple Crisp

4 apples peeled, cored, and sliced
1/8-inch thick
1/2 cup flour
1/2 cup brown sugar, firmly packed
1/2 cup quick cooking oatmeal
1/4 cup butter, softened
1/4 cup granulated sugar
3/4 teaspoon cinnamon

Grease a 9-inch round cake pan. Place sliced apples in the pan. In a medium bowl, combine flour, brown sugar, oatmeal, and softened butter until well mixed. Set aside. In a small dish mix granulated sugar and cinnamon. Sprinkle over the apples. Pat the oatmeal mixture on top. Place on the 1-inch rack and cook at 350 degrees for 20 minutes, or until apples are tender and juices are bubbly. (8 servings)

Tips for Bread**Dough Does Not Rise**

Is the yeast you're using too old? You may need a fresh stock.

The water used may have been too cool to activate the yeast or so hot that it killed it. Water should be room temperature.

If the dough is too stiff, it may require further softening.

The rising point may be too cool. Keep in mind that mixing or kneading for too long causes tough dough, and results in bread not rising.

Bread Falls While Cooking in The Oven

It is possible that the dough rose too much or became too light.

Tops of the Bread Loaves Are Cracked

This can occur when bread cools too rapidly, usually the result of a draft.

Your dough may also be too stiff or not mixed well.

Bread Is Doughy On the Bottom

This is a common occurrence when loaves are not removed from pans and allowed to cool on racks after baking. Make this a habit.

Bread Has Holes in It

Your loaves may develop holes if air was not completely pressed out of dough when loaves were shaped. Be sure to do so prior to baking.

Bread Smells & Tastes of Yeast

It is possible that expected rising periods were simply too long.

Your bread may need some buttermilk. Mix 1 tablespoon of vinegar to 8 ounces of milk.

Hawaiian Cheese Bread

1 loaf hawaiian sweet bread
1 block swiss cheese (8 ounce)
1 small red onion, sliced
½ stick butter, melted
1 tablespoon garlic, minced
1 teaspoon salt

Cut bread diagonally into 1-inch slices to within 1-inch of the bottom. Repeat in opposite direction. Cut swiss cheese into 1/4-inch slices; cut slices into small pieces. Insert into bread. Combine the onion, butter, garlic, and salt and spoon over bread. Wrap in foil and place on 1-inch rack and cook at 400 degrees bake for 10-12 minutes. The cheese should be melted and onions softened. (10-12 servings)

Traditional White Bread

1 (1/4-ounce) package active dry yeast
1½ tablespoons white sugar
1¼ cups warm
1½ tablespoon butter
1½ teaspoons salt
3¼ cups bread flour

In a large bowl, dissolve yeast and sugar in warm water. Stir in melted butter and salt. Mix well. Stir in flour a little at a time and mix. When the dough has pulled together, turn it out onto a lightly floured surface. Knead until smooth and elastic, about 8 minutes. Lightly oil a bread pan, place the dough in the pan. Seam side down. Place on liner pan. Proof at 150 degrees until doubled in size. Bake at 325 degrees for 27 minutes. Bake until golden brown and the bottom of the loaf sounds hollow when tapped. (1 loaf)

Zucchini Bran Muffins

1¾ cups flour
3 teaspoons baking powder
1/2 teaspoon salt
1/2 cup brown sugar
1 cup All-Bran® cereal
1 cup milk
1 cup grated zucchini

Mix the cereal and milk, let stand until soggy. Mix all remaining ingredients, then pour into the greased muffin tins. Place on liner pan and bake at 350 degrees for 20 minutes.

Tips: Add 2 tablespoons of cocoa powder and 1/2 cup chocolate chips for a sweet touch.

Garlic & Cheese Crostini

24 (1/3-inch thick) baguette slices (from a baguette at least 14 inches long)
1/4 cup olive oil, divided
3/4 cup of grated pecorino romano (other cheese can be used)
5 large cloves garlic, minced
2 tablespoons finely chopped flat-leaf parsley

Arrange bread slices on 3-inch rack, brush tops with olive oil (3 tablespoons). Stir together remaining olive oil, cheese, garlic, and ½ teaspoon black pepper in a small bowl. Sprinkle each slice with 1 teaspoon of cheese mixture, mounding it slightly. Cook at 375 degrees for 4-5 minutes until cheese starts to melt. Sprinkle with parsley and serve. (24 servings)

NuWave Cornbread

2 Jiffy Cornbread mix
1 10-inch NuWave Liner Pan
Non-stick spray

Spray 10-inch pan with non-stick spray. Prepare 2 box mixes as per directions on box. Pour into 10-inch pan and tap to bring air bubbles to surface. Bake at 350 degrees on 1-inch rack for 20 minutes. Let bread rest for 1-2 minutes with dome lid on. (12 servings)

Wheat & Honey Bread

1/2 cup water
1 teaspoon sugar
1 pinch ground ginger (optional)
2 packages active dry yeast
1/3 cup honey
3 cups whole wheat flour
3-4 cups all-purpose flour
1 tablespoon of favorite herb
2 teaspoons salt
1/4 cup vegetable oil
1¾ cups warm water
1/4 cup raisins

Place the 1/2 cup water, sugar and ginger in a large bowl. Sprinkle the yeast, and stir the mixture to dissolve the ingredients. Let the mixture stand for 10 minutes or until it becomes bubbly. Stir in honey, salt, and oil, the 1¾ cups of water, and whole-wheat flour. Beat the ingredients until smooth. Stir in enough of the all-purpose flour to make a dough that is easy to handle. Turn the dough onto a lightly floured surface and knead for 6-10 minutes, or until it becomes elastic. Form the dough into a ball, and place it in an oiled bowl, turning dough over. Place bowl on the liner pan and allow to proof on power level 2 for 45 minutes. Dough should double in size. Punch down dough, and divide it in half. Flatten each half into a rectangle measuring about 9 x 18-inches. At this point, add the raisins or herbs. Fold the rectangle in thirds to make another rectangle that measures 9 x 6 inches. Starting from the longer side with the unsealed end, roll into 9-inch cylinder, taking care not to trap air bubbles. Place dough in a 9x5-inch greased bread pan. Let the bread rise on power level 2 for 45 minutes in the bread pan. Bread dough should double in size. Place loaf pan on 1-inch rack and bake for 25-27 minutes or until golden brown. If the top becomes overly brown, you may have to cover with foil or parchment paper. (2 loaves)

Tips for Dehydrating

Nuts: Use pan on 3-inch rack and cook at 350 degrees.

Pecan or almond pieces - 3-4 minutes.
Coconut
Unsweetened and shredded 1-2 minutes

Whole nuts can be roasted on two layers: For example, start one layer on the liner pan for 6 minutes and then place another pan, filled with nuts, on the 3-inch rack and continue for another 5 minutes. This doubles the capacity!

Alternate all foods when dehydrating. Non-stick cooking spray will help avoid sticking. When dehydrating, keep the dome open slightly to let moisture escape. Do not let the dome stay on when the oven is off, this will cause moisture build up.

If using the dehydrating kit, no need for non-stick cooking spray. You will use the same times and temperatures you will just be able to do triple the amount. Store all dehydrated foods in air-tight container in cool pantry.

Dehydrating Fruits

These are my favorite fruits to dehydrate. Please keep in mind that fruits should be washed (minus bananas) and patted dry. I rub fresh lemon over apples to avoid browning. You have to alternate fruits from racks.

Bananas

1/4-inch thick, 150 degrees for 4 hours

Pineapple

1/4-inch thick, 120 degrees for 8 hours

Apples

1/4-inch thick, 150 degrees for 4 hours

Apricots

Pit and halve, 150 degrees for 4.5 to 5 hours

Strawberries

Cut in half, 150 degrees for 2.5 to 3 hours

Dehydrating Vegetables

Asparagus

Dehydrate at 120 degrees for 4.5 hours

Green beans

Dehydrate at 120 degrees for 5.5 hours

Mushrooms

Dehydrate at 120 degrees for 4 to 5.5 hours

Summer squash

Cut 1/4-inch slices, dehydrate at 120 degrees for 4.5 to 5 hours

Tomatoes

Cut in half and remove seeds, dehydrate at 120 degree for 7.5 to 8 hours

Sweet Peppers

Cut into 1/2-inch long strips, dehydrate at 120 degrees for 7 hours

Herbs

Wash and dry. Leave on stems and place on racks. Place herbs on racks and dehydrate at 120 degrees for 1 hour for more delicate herbs like thyme, and cook for 1.5 hours for hardier herbs like rosemary. Place rack over herbs to avoid herbs from flying around.

Trail Mix

1 cup dried cranberries
1 cup dried blueberries
1 cup dried pineapple
1 cup dried apple pieces
1 cup peanuts
1 cup cashews
1 cup almonds
1 cup mini marshmallows
1 cup chocolate chips
1 cup peanut butter chips
1 cup white chocolate chips

Use NuWave to dehydrate the fruit. Mix all ingredients together in a large bowl. Great to take along on hikes, a day in the park or on road trips.

To store, place in sandwich bags or airtight containers.
ENJOY!

Dehydrated Beef

1 lb. lean beef sliced thin
(no more than 1/4-inch thick)
1/4 cup soy sauce
3 tablespoons worcestershire sauce
1 tablespoon garlic powder
3 tablespoons liquid smoke
cayenne pepper to taste

Place all ingredients in plastic bag and marinate overnight. Place pieces of meat on liner pan and 3-inch rack. Do not allow meat to touch or it will slow the dehydrating. Dehydrate at 175 degrees for about 3 hours (about 2 hours and 45 minutes if less than 1/4-inch thick). Tent the dome during the last 5 minutes. Pat excess moisture with paper towel, cool, and store.

Spiced Pecans

1 package taco seasoning mix
5 tablespoons sugar
2 teaspoons cinnamon
1/4 teaspoon cayenne pepper
1/4 cup orange juice
2 cups pecan halves

Spray liner pan with oil. In small saucepan, combine 1 tablespoon of the seasoning mix, 4 tablespoons sugar, the cinnamon and 1/8 teaspoon cayenne pepper; mix well. Stir in orange juice. Bring to a boil over medium heat. Remove from heat. Add pecans. Stir until the pecans are well coated. Spread evenly in liner pan. Cook at 350 degrees for 7-8 minutes. Immediately remove dome and stir pecans. Continue cooking at 350 degrees for 7-8 minutes. Meanwhile, in small bowl, combine remaining seasoning mix, remaining tablespoon of sugar, and remaining 1/8 teaspoon cayenne. Remove pecans from oven. Place pecans in bowl and toss. Some pecans will stick together. Gently break them apart; continue to toss. Spread out pecans over a cooling rack. Gently shake to remove any residual seasoning mixture. Store in an airtight container.

[Photo: Spiced Pecans]



Stage Cooking Tips

Remove any visible fat from meats before adding them to the slow cooker. If meat has been browned, be sure to drain off any rendered fat first.

Refrigerate leftovers within 2 hours of cooking completion.

Alternatively, prepare everything the day before, cover and refrigerate overnight, and wait until morning to start slow cooking.

Stage cooking tends to mellow seasoning so be sure to taste your dish to see if you need to add salt and pepper. Add fresh herbs near the end, as they have a tendency to blacken when cooked for any length of time.

Do not lift the dome until you are flipping food. Otherwise, heat will escape and cooking time will be prolonged.

A roast with the bone in will cook faster than a boneless roast. The bone carries the heat to the inside of the roast.

It's important to let a roast (beef, pork, lamb, or poultry) sit for a period before carving. This will allow juices to absorb back into the meat. If you carve a roast too soon, much of its natural juices will spill out onto the carving board.

*When mincing garlic add small amount of salt, this stops the garlic from rolling around the cutting board.

Slow Roasted Pulled Pork

1 (5 -7 lb.) pork butt roast
Brining Solution
1/2 cup salt
1/2 cup light brown sugar
2 quarts cold water
3 tablespoon dry rub mix
2 bay leaves

Add salt to cold water and stir very well until all the salt is completely dissolved. Then add the brown sugar and dry rub and stir well to combine. Rinse the pork shoulder in cold water and place into a 2 gallon Ziploc bag (or a container big enough so the shoulder is completely covered in brine solution). Let sit covered over night. Drain pork from brine and pat dry.

Dry Rub

1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon chili powder
1 tablespoon salt
1 tablespoon ground pepper
1 tablespoon paprika
1/2 cup brown sugar

Mix all dry rub together. Pat the rub on both sides of the pork. Place pork butt on the 1-inch rack.

Stage 1

Cook temperature: 250 degrees.
Cook time: 1.5 hours per pound.
Push stage button.

Stage 2

Cook temperature: 300 degrees.
Cook time: 1 hour.
Push stage button.
Let the pork sit for 30-45 minutes before pulling apart.

Tip

You want the meat to be at 200 degrees. This allows the pork to shred at its best. Normally, you would only cook pork to 170-180 degrees for a slicing roast.

Yankee Pot Roast

1 (2½-3 lb.) chuck or shoulder roast
3 large potatoes, peeled and in quarters
4 large carrots cut on the bias
1 large onion cut in wedges
2-3 sprigs of rosemary
1 teaspoon black pepper
1/2 cup red wine
1 teaspoon pepper
1 teaspoon salt
1 cup water

Low and Slow Method

Season with wine, salt, pepper, rosemary, and water. Let sit overnight. Drain liquid.

Stage 1

Place meat on the 1-inch rack.
Cook temperature: 175 degrees.
Cook time: 3 hours.
Press stage button.

Stage 2

Cook temperature: 225 degrees.
Cook time: 1 hour.
Press stage button.
Place all cut vegetables around the roast.

Stage 3

Cook temperature: 300 degrees.
Cook time: 1 hour.
Press stage button.
(4-6 Servings)

The Perfect Roasted Chicken

1 (3½-4 lb.) whole chicken, rinsed and patted dry
3 tablespoons olive oil
1 teaspoon paprika
1/2 teaspoons black pepper
1/2 teaspoons kosher salt
2 sprigs of fresh thyme or 1 teaspoon dry
1 lemon cut in half
1 onion-quartered
3 cloves garlic

Place garlic, squeezed lemon, and onion in the cavity of the bird. Rub chicken with all seasonings and oil. Place on 1-inch rack, breast side up. Fold wings under legs.

The Perfect Roasted Chicken Cont.**Stage 1**

Cook temperature: 175 degrees.
Cook time: 4 hours.
Press stage button.

Stage 2

Cook temperature: 225 degrees.
Cook time: 1 hour.
Push stage button.

Stage 3

Cook temperature: 325 degrees.
Cook time: 45 minutes.
Press stage button.

Corn Beef & Cabbage

1 (3½-4 lb) corn beef (pack of seasoning comes with the corn beef)
6 small red potatoes cut in half
1 head cabbage cut in wedges
1 cup water
1 bouillon cup
1 large cooking bag

Place the corn beef fatty side up in cooking bag. Add seasoning packet, water, bouillon cube, and potatoes. Secure bag with a twist tie. Place on the 1-inch rack.

Stage 1

Cook temperature: 175 degrees.
Cook time: 3 hours.
Press stage button.

Stage 2

Cook temperature: 225 degrees.
Cook time: 2 hours
Press stage button.
Add cabbage to bag. Re- tie.

Stage 3

Cook temperature: 325 degrees.
Cook time: 1 hour.
Press stage button.
Allow beef to sit for 15 minutes before slicing.

Stage Cooking

Beef Brisket

1 (2-3 lb.) frozen brisket
2 bay leaves
5 garlic cloves
1 cup beef stock
salt & pepper to taste

Place brisket on the 1-inch rack. Pour all ingredients over beef.

Stage 1

Cook temperature: 175 degrees.
Cook time: 120 minutes.
Press stage button. Flip after this stage.

Stage 2

Cook temperature: 250 degree.
Cook time: 120 minutes.
Press stage button.

Stage 3

Cook temperature: 300 degrees.
Cook time: 60 minutes.
Press stage button.
(4-6 servings)

[Photo: Beef Brisket]



Braised Short Ribs

4½ lbs. of 3-inch long beef short ribs
1/2 teaspoon kosher salt
1/2 teaspoon black pepper
1 1/2 cups red wine
1 14.5-ounce can of diced tomatoes in juice
1 6-ounce package of sliced button mushrooms
1/2 cup finely chopped onion
4 garlic cloves, peeled whole
6 fresh thyme sprigs or 1 teaspoon dry thyme
1 tablespoon dry parsley
Egg noodles - optional

Sprinkle ribs with salt and pepper in the liner pan. Add all other ingredients and stir.

Stage 1

Sear for 5 minutes.

Stage 2

Turn oven down to 200 degrees and braise for 3 hours.

Stage 3

Flip the ribs. Cook an additional 3 hours at 225 degrees until meat is tender.

Serve over boiled egg noodles with sauce.
(4 servings)



ELITE
Nuwave[®]
INFRARED OVEN

LIVE WELL FOR LESS™



Horno Infrarrojo de The NuWave Elite
Libro de recetas & Manual Completos

IMPORTANTES MEDIDAS PREVENTIVAS

Al utilizar productos eléctricos, especialmente cuando los niños están presentes, las precauciones básicas de seguridad deberán ser siempre seguidas, incluyendo las siguientes

LEER TODAS LAS INSTRUCCIONES ANTES DEL USO

PELIGRO – Para reducir el riesgo de electrocución:

- Leer todas las instrucciones, medidas preventivas, y advertencias antes del uso del dispositivo.
- No ubicar dispositivos donde pueden caerse o pueden ser tirados al agua u otros líquidos.
- No alcanzar dispositivos que se hayan caído al agua. ¡Desenchufar inmediatamente!
- No sumergir el cable, el enchufe o cabeza de energía en el agua u otros líquidos.

ADVERTENCIA – Para reducir el riesgo de quemaduras, electrocución, fuego o lesiones:

- Este dispositivo no deberá ser utilizado por niños. Una supervisión cercana será necesaria cuando este producto esté cerca de niños.
- Usar este dispositivo para su propósito intencionado como se describe en este folleto.
- No usar ningún otro accesorio no recomendado por el fabricante. Esto puede resultar en fuego, choque eléctrico o lesiones personales.
- Nunca operar este dispositivo si tiene un cable o enchufe dañado; si no está funcionando apropiadamente; si se ha caído o se ha dañado; o si se ha caído al agua. Devolver el dispositivo a un centro autorizado de servicio al cliente para la inspección, la reparación o el ajuste. Cualquier otro tipo de mantenimiento deberá ser realizado por un representante autorizado de servicio.
- Mantener el cable fuera de las superficies calientes.
- Desenchufar de la salida cuando no está en uso y antes de la limpieza. Permitir enfriarse antes de ensamblar o sacar partes.
- Siempre desenchugar el cable de energía tirando el enchufe. NO desenchufar tirando el cable.
- Nunca forzar el enchufe en una salida.
- No usar a la intemperie.
- No usar u operar donde se estén utilizando productos de aerosol (spray) o donde el oxígeno esté siendo administrado.
- No dejar que el cable se cuelgue sobre el borde de una mesa o escritorio, o que toque superficies calientes.
- No ubicar sobre o cerca de un quemador eléctrico o de gas o en un horno calentado.
- Una precaución extrema debe ser usada al mover un dispositivo que contenga aceite caliente u otros líquidos calientes.
- Tener extrema precaución al remover una olla o parrilla de cocción caliente.
- Para desconectar, girar cualquier control a "off", luego remover el enchufe de la salida de pared.
- No usar este dispositivo para cualquier otra que no sea su intención.
- Revisar todo el cableado eléctrico. Tener cuidado de cables o enchufes dañados. Este dispositivo es solamente para el uso residencial; está diseñado para procesar cantidades residenciales normales. No es apropiado para una operación continua o comercial.
- No desensamblar el producto. No hay partes reparables por el usuario.
- No dejar el dispositivo desatendido durante el uso.
- Usar las manijas al levantar la cúpula de la base.
- No tocar superficies calientes. Usar las manijas provistas o usar guantes para el horno.

- Detener o interrumpir la cocción antes de remover la cúpula para revisar o dar vuelta la comida. La cúpula y la cabeza de energía deberán estar ubicadas en el soporte de la cúpula.
- Siempre remover la cúpula lejos de usted para que el vapor de escape esté canalizado lejos de su cara.
- Si el cable de energía está dañado, deberá ser reemplazado por un cable o ensamblaje especial del fabricante o su agente de servicio.
- Tener precaución al desechar aceite caliente.
- Mantener este manual a mano para futuras referencias

GUARDAR ESTAS INSTRUCCIONES

Información Eléctrica

El largo del cable de este dispositivo fue seleccionado para reducir los Peligros de Seguridad que pueden ocurrirse con un cable largo. Los cables de extensión están disponibles y pueden ser utilizados si se ejerce el cuidado en su uso. Si un cable de extensión está siendo utilizado: (1) el valor eléctrico marcado del cable de extensión deberá ser al menos como el valor eléctrico del dispositivo, y (2) un cable más largo deberá ser conectado para que no se cuelgue del mostrador o del borde de la mesa donde podría ser tirado accidentalmente y uno podría tropezar con él.

Algunos modelos del dispositivo pueden tener un enchufe polarizado (un filo es más ancho que el otro). Este enchufe está intencionado para encajar en una salida polarizada solamente de un sentido. Si el enchufe no encaja completamente en la salida, revertir el enchufe. Si aún no encaja adecuadamente, contactarse con un electricista calificado. No intentar modificar el enchufe de ninguna manera.

WARNING

Peligro de descarga eléctrica. Usar con el sistema eléctrico adecuado. No usar si el cable o el enchufe está dañado.

ADVERTENCIA: Todos los ítems en el horno, tales como la olla y la parrilla de cocción, pueden volverse muy calientes durante la cocción. Por favor tener cuidado al remover estos ítems de un horno caliente. Siempre utilizar los guantes para el horno o usar los soportes de olla. Permitir que la olla y la parrilla de cocción se enfríen completamente antes de la limpieza. La abertura de la cúpula puede expandirse ligerante al estar caliente. En casos excepcionales, la cabeza de energía puede separarse completamente de la cúpula para escaparse de entre la cúpula que genera aire caliente y la cabeza de energía.

Bienvenido al Horno NuWave Elite

¡Felicidades en la compra de tu Horno Infrarrojo NuWave Elite! Este libro contiene instrucciones e imágenes detalladas para ayudarte a empezar a usar este producto revolucionario, diseñado para ayudar a individuos y familias a “Vivir Bien por Menos”. También está lleno con excelentes recetas y consejos que ahorran tiempo que te permiten preparar comida deliciosa gourmet en la mitad del tiempo que podría tomarse al utilizar un horno regular. Cocinar es rápido y fácil con el Horno Infrarrojo de NuWave Elite de Hearthware, Inc. Este dispositivo versátil de mostrador combina calor infrarrojo, de conducción y de convección para ahorrar tiempo y energía, disminuyendo calorías y grasa de su dieta. Cocinar en el NuWave no requiere ni precalentamiento ni descongelamiento. Solo colocar la comida congelada en el horno y presionar los botones para programar el tiempo y la temperatura. Para mayor conveniencia, el horno utiliza un sistema de capas de cocción que permite que múltiples tipos de comida se cocinen al mismo tiempo sin que se mezclen o que se fundan los sabores. Preparar comida con el Horno Infrarrojo NuWave Elite es una selección sana. No se requiere ni manteca ni aceite al cocinar, y su único diseño desecha la cantidad de grasa dos o tres veces mayor que un horno convencional. Y, como las verduras se cocinan más rápido, retienen los nutrientes esenciales que podrían haberse quemado con un horno estándar.

Nosotros te invitamos a visitar www.NuWaveElite.com para más consejos de cocina y recetas compartidas de los chefs del Horno NuWave en todo el mundo, y para la información sobre partes y accesorios para tu NuWave. Nuestra misión es la de exceder nuestras expectativas proviendo nuevos productos innovadores, usando la tecnología más avanzada que permite a los consumidores a “Vivir Bien por Menos”.

Nosotros valoramos a cada cliente del Horno NuWave. Tú has comprado tu horno porque quieres ahorrar tiempo, dinero y energía disfrutando de comida más sana y de excelentes sabores. Para mostrarte nuestra gratitud y compromiso de toda la vida, hemos creado el nuwavecookingclub.com exclusivamente para nuestros clientes. Este sitio será presentado por nuestro chef ejecutivo y contendrá recetas, videos de cocina instructivo de paso a paso, chat vivo y más. También puedes visitar www.hearthware.com para ver más productos innovadores desarrollados por los inventores del Horno NuWave. Esperamos que disfrutes del uso de tu Horno Infrarrojo NuWave Elite.



Partes para el Horno Infrarrojo NuWave Elite



- **Cabeza de Energía** con controles digitales fáciles de usar y programables.
 - **Cúpula** es libre de BPA, transparente y de peso liviano. Está hecho de polifenilsulfona (PPSU), que la hace altamente durable.
 - **Parrilla de Cocción** es reversible para las alturas de 1 pulgada o 3 pulgadas.
 - **Olla** es ecológica, acero inoxidable con no PTFE o PFOA.
 - **Base** es fresca para tocar para que pueda servir como una bandeja de servicio.
- Soporte de Cúpula** está únicamente diseñado para soportar con seguridad la cúpula y el ensamblaje de la cabeza de energía de tu Horno NuWave.



Equipo de Anillo Extendedor (Opcional)

Anillo Extendedor de Acero Inoxidable de 3 Pulgadas aumenta la capacidad hasta 50%.

Anillo Extendedor de Acero Inoxidable de 5 Pulgadas aumenta la capacidad hasta 80%

Olla de Horno Esmaltada de 10 Pulgadas es fácil de limpiar, ecológica, con esmalte no pegajoso con no PTFE o PFOA.

Parrilla de Cocción de 2 Pulgadas es buena para la cocción de multi-capas.

Horno Infrarrojo NuWave Elite Partes y Accesorios



Cabeza de Energía Digital (IRC5) 22065
Negro con acentos plateados



Base (IRC5) 22067
Negro con acentos plateados



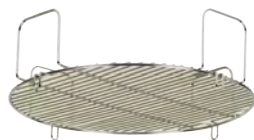
Cúpula libre de BPA 22069



Cabeza de Energía Digital (IRC5) 22066
Blanco con acentos plateados



Base (IRC5) 22068
Blanco con acentos plateados



Parrilla de Cocción Reversible
de 1 Pulgada / 3 Pulgadas
22070



Olla de Acero Inoxidable de
12 Pulgadas 22072



Soporte de Cúpula 22020

Componentes Adicionales



Parrilla de Cocción de 2
Pulgadas 22071



Olla de Horno Esmaltada de 10
Pulgadas 22024



Anillo Extendedor de Acero
Inoxidable de 3 Pulgadas 22073



Anillo Extendedor de
Acero Inoxidable de 5
Pulgadas 22074

Para ordenar, llamar a nuestro servicio de cliente a:
1.888.689.2831 o pedir online en www.NuWaveElite.com
Por favor proveer el nombre y el número del producto para
asegurar que su compra se procese adecuadamente.

Horno Infrarrojo NuWave Elite Partes y Accesorios



Equipo de Anillo Extendedor 22075
El equipo incluye
Olla de Horno Esmaltada de 10 Pulgadas
Parrilla de Cocción de 2 Pulgadas
Anillo Extendedor de Acero Inoxidable de 3
Pulgadas



Equipo de NuWave Supreme Pizza 22104
El equipo incluye
Pinza para Pizza de acero inoxidable 22042
Forno para Pizza 22105
Servidor para Pizza de acero inoxidable 22106
La 100% nueva Tabla para cortar de Bambo 22107



Equipo de Horno NuWave 22110
El equipo incluye
Olla de Horno Siliconada de 8x8 Pulgadas 22111
Divisor de Horno Siliconado 22112
Molde de Cupcake Siliconado (juego de 12) 22113
Anillo de Horno Siliconado 22114
Batidora 22115



Equipo de Deshidratadora 22100
El equipo incluye
Adaptador de Deshidratación 22101
Bandeja de Deshidratación (juego de 4) 22102
Base de Deshidratación 22103



Estuche de transporte 22080



Guía de Cocina
Rápida & Fácil 22978



DVD Instructivo
22079



Libro de Cocina & Manual
Completos 22076



Tarjeta de Registro 22082

Horno Infrarrojo NuWave Elite Guía de Ensamblaje

Conectar la Cabeza de Energía con la Cúpula

Colocar la cabeza de energía en el borde de la cúpula y cerrarla en el sitio rotando la cabeza de energía en el sentido de las agujas del reloj hasta que los arrastres de cierre encajen entre sí.



Ensamblar todo el Horno NuWave

Colocar la bandeja de base en una superficie firme y estable

Colocar la olla dentro de la bandeja de base. Al hacer esto, asegurarse de que las manijas estén en la posición de hacia abajo si las manijas no están completamente hacia abajo, la cúpula no podrá encajar adecuadamente en la base.

Colocar la parrilla de cocción de doble nivel en la olla según los requisitos de cocción.

Colocar comida en la parrilla.

Colocar la cúpula sobre la comida, conectándola con la bandeja de base. La cúpula deberá encajar equitativamente en la base.

Configurar el tiempo y la temperatura de cocción según los requisitos de receta.



ANTES DE USO:

Anteriormente al primer uso de tu Horno NuWave, limpiar la cúpula, la olla, la base y la parrilla de cocción en agua tibia enjabonada o mediante el ciclo de lavavajillas.

IMPORTANTE - No limpiar o sumergir la cabeza de energía en agua o en el ciclo de lavavajillas. La superficie exterior debe ser limpiada pasando cuidadosamente un trapo húmedo o esponja.

Cómo Instalar y Usar el Soporte de la Cúpula

Asegurarse de que la cabeza de energía esté bien cerrada en la cúpula. Todo el ensamblaje puede ser fácilmente levantado y dejarse de lado como se muestra en los pasos 1, 2 y 3.

Paso 1

Colocar el soporte de la cúpula debajo de cualquier lado de la manija de la base.



Paso 2

Asegurarse de que ambos pies del soporte de cúpula estén situados dentro de la manija, y que el soporte de la cúpula esté horizontal sobre una superficie llana.



Paso 3

Coloque la cabeza de energía y la cúpula ensambladas a un ángulo de 45° en el soporte como se muestra.



Instrucciones de Cocción

Levantar la cúpula solamente de las manijas en la cabeza de energía. Una vez que la cabeza de energía y la cúpula estén ensambladas, las manijas de la cabeza de energía te permitirán levantar ambas juntas al remover o revisar la comida. Al remover la olla mientras está caliente, tener extremo cuidado y siempre usar los guantes de horno.

Para mejores resultados, cumplir con las instrucciones del tiempo, la potencia y la altura de la parrilla de cocción dadas en la tabla de cocina y el libro de recetas. No se requiere el pre-calentamiento.



Modelos que Contienen el Anillo Extendedor de 3 Pulgadas & 5 Pulgadas

Si tu Horno NuWave incluye un Anillo de Extendedor de 3 Pulgadas o de 5 Pulgadas, el Anillo puede ser usado para la cocción de multi-nivel o para los productos de comida sobredimensionados que pueden no encajar debajo de la cúpula estándar. Generalmente, la comida (tales como jamón y pavo) que exceden 10 libras podrían requerir el uso del Anillo Extendedor para una cocción óptima.

Direcciones

El Anillo Extendedor deberá estar ubicado entre la cúpula original y la base. La adición del Anillo Extendedor expandirá el espacio de cocción disponible del Horno NuWave por aproximadamente 440 pulgadas cuadradas al usar el anillo de 3 pulgadas y 730 pulgadas cuadradas al usar el de 5 pulgadas. Al añadir el Anillo Extendedor al Horno NuWave, asegurarse de que encaje exactamente en la cúpula. Cuando el anillo está ubicado incorrectamente bajo la cúpula, los bordes superpuestos no se encajarán adecuadamente. Por favor tener precaución al usar el Anillo. Si se utiliza inadecuadamente, el calor o el vapor puede escaparse del horno que podría causar quemaduras o alterar el tiempo de cocción necesario para tu comida. El Anillo Extendedor deberá ser usado solamente como un ítem de accesorio para el Horno NuWave. No está intencionado para servir como un reemplazo para la cúpula, o cualquier otro componente del Horno NuWave.

Reglas Generales

- Colocar la comida que requiera el mayor tiempo de cocción en la parrilla, lo más cerca posible al elemento de calor (ej. papas, zanahorias), y colocar verduras suaves en las parrillas inferiores (ej. hongos, tomates).
- Al seleccionar la opción de cocción de multi-nivel, usar las combinaciones de comida que toma aproximadamente la misma cantidad de tiempo para



prepararse. Ejemplos: cerdo o pollo y patatas; pescado y tomates estofados; o carne congelada con papas horneadas.

- Colocar en papel de aluminio cualquier comida que podrá gotear en otros platos.
- Recordar que los rayos infrarrojos no penetran el aluminio mientras que el calor circula en todo el horno.
- Si la comida de la capa superior termina de cocinarse antes, remover la(s) parrilla(s) de arriba y continuar la cocción de la comida de abajo hasta que se finalice.
- Usar platos poco profundos u ollas ligeras de aluminio para la cocción.
- Para calentar pan, colocarlo en la parrilla inferior o la olla y cubrir. Para asar, colocar el pan sobre la parrilla superior.

Modelos que Contienen el Equipo de Anillo Extendedor

Parrilla de 2 Pulgadas

La Parrilla de 2 pulgadas para el Horno NuWave puede ser usada en una variedad de maneras.

- 1] Puede ser la parrilla principal con o sin el Anillo Extendedor.
- 2] Con el Anillo Extendedor, puede estar ubicada en la parte superior o debajo de la parrilla de 3 pulgadas para mayor espacio de cocción de multi-nivel.
- 3] Sin el Anillo Extendedor, la parrilla de 2 pulgadas también puede facilitar la cocción de multi-nivel creando una tercera superficie de cocción entre la olla y la parte inferior de la parrilla de 3 pulgadas.
- 4] Puedes usar dos parrillas de 2 pulgadas por arriba y debajo de la parrilla de 3 pulgadas, que es especialmente útil para la deshidratación.



Nota: La parrilla de 2 pulgadas debe ser usada solamente en las posiciones y para los propósitos mostrados abajo. Cualquier otro tipo de uso puede afectar el tiempo y la calidad de cocción.

Cuidado y Uso

Similar a la cúpula original, el Anillo Extendedor está construido con el Acero Inoxidable de alto impacto. No deberá ser limpiado con un abrasivo áspero, pero es apto para la lavavajillas.



Parrilla de Cocción de 3 pulgadas



Parrilla de Cocción de 1 pulgada



Parrilla de Cocción de 2 pulgadas & 1 pulgada



Parrilla de Cocción de 2 pulgadas & 3 pulgadas



Parrilla de Cocción de 3 pulgadas & 2 pulgadas



! PRECAUCIÓN

No tocar la cúpula o cualquier superficie en el área de cocción durante la operación. El aire dentro de la cúpula puede llegar a 420°F (216°C) que hace que la superficie esté muy caliente y puede causar quemaduras. No abrir la cúpula o remover la cabeza de energía mientras que el Horno NuWave esté operando. Apagar la cabeza de energía antes de remover.

Direcciones para el Horno NuWave Elite

Panel de Control en la Cabeza de Energía

Debe aparecer un "0" en la pantalla LCD cuando el programa está desconfigurado.

Inicio Fácil

Para comenzar a cocinar, presionar el botón de TIEMPO DE COCCIÓN (COOK TIME), ingresar el tiempo requerido, presionar INICIO (START). Por defecto, está programado a 420°F. Para cocinar a cualquier otra temperatura, se necesitará el botón de Temperatura de Cocción (Cook Temp). Ver Configuración de Temperatura para los detalles.

Configuración de Tiempo de Cocción

Presionar el Botón de TIEMPO DE COCCIÓN (COOK TIME). El indicador MIN brillará en la esquina inferior derecha del panel visualizador. Ingresar el tiempo requerido en horas y minutos presionando los numerales correspondientes. Por ejemplo, 1 hora y 30 minutos se ingresa presionando 1,3,0. El panel visualizador mostrará 1:30. Si el tiempo requerido es en minutos, solo necesitas ingresar 1 o 2 números. Por ejemplo, para 5 minutos solo ingresar 5; para 46 minutos, ingresar 46. Si el número necesita ser corregido, borrar la entrada presionando dos veces el botón de pausar/limpiar (pause/clear). Luego re-ingresar los números correctos.

Configuración de Temperatura

- Presionar el botón de TEMPERATURA DE COCCIÓN (COOK TEMPERATURE).
- Brillará un "420F" en el panel visualizador.
- Presionar la temperatura deseada
- La temperatura puede ser cambiada por incrementos de 1°F.
- El rango de la temperatura es entre 100°F y 420°F.
- El rango de la temperatura de los accesorios de deshidratación es entre 100°F y 200°F.

Empezar a Cocinar

Configurar la temperatura y el tiempo apropiados, luego presionar INICIO (START) para empezar a cocinar. El tiempo restante de cocción aparecerá en el panel visualizador, y el símbolo de dos puntos entre las horas y los minutos parpadeará ON y OFF. El horno detendrá automáticamente la cocción cuando expire el tiempo, y un "bip" te alertará sobre el hecho.

Pausar/Borrar Cocción

Para PAUSAR (PAUSE) el horno, presionar el botón PAUSAR/BORRAR (PAUSE/CLEAR) una sola vez. El tiempo restante de cocción se mantendrá en el panel visualizador pero el símbolo de dos puntos no parpadeará. Para BORRAR (CLEAR) el tiempo de cocción, presionar el botón PAUSAR/BORRAR (PAUSE/CLEAR) dos veces. El tiempo restante se borrará completamente y aparecerá un "0".

Funciones Avanzadas

Función de Aplazamiento

Después de programar tu horno, puedes aplazar el programa antes de que comience la cocción. Presionar el botón de Aplazamiento (Delay). Parpadearán las funciones de APLAZAMIENTO (DELAY) y MIN en la pantalla LCD. Ingresar el tiempo de aplazamiento y presionar INICIO (START). Continuará parpadearando el APLAZAMIENTO (DELAY). Cuando el tiempo expire, el APLAZAMIENTO (DELAY) dejará de parpadear y se mantendrá prendido. Es posible aplazar un programa hasta 24 horas. Si la cuenta regresiva llega a 0, el horno emitirá un "bip" para señalar el final. Esta función te permitirá dorar las porciones restantes de tu comida en un período corto

Ensamblaje del Equipo de Deshidratación



Colocar la cantidad deseada de bandejas de deshidratación en la base de deshidratación y girar en el sentido de las agujas del reloj. Esto encajará las bandejas en el lugar. Una vez que las bandejas estén encajadas en la base, encender el adaptador de deshidratación. El adaptador de deshidratación te permitirá colocar la cabeza de energía y activar el interruptor de deshidratación. Ahora estás listo para deshidratar tu comida favorita.

*El equipo de deshidratación es solamente para la deshidratación. Cualquier otro uso dañará el equipo y invalidará la garantía.

Interruptor de Deshidratación

Una vez que la cabeza de energía esté ubicada en el adaptador de deshidratación, el interruptor de deshidratación está activado. Este interruptor activará automáticamente la configuración de la temperatura de deshidratación y prevendrá la cabeza de energía del calor superior a 200°F.

Digital Control Panel on Power Head



Instrucciones Generales de Uso

Asegurarse de que la unidad esté enchufada a una salida adecuadamente puesta a tierra y que el cable no esté tocando ningún objeto caliente.

Estar seguro de que la olla haya sido adecuadamente colocada dentro de la base.

No ubicar la olla directamente en un hornillo y otra fuente de calor directo. Esto dará lugar a daños.

Los platos metálicos o de vidrio, las ollas, el aluminio u otros materiales utilizados en un horno convencional pueden ser usados con seguridad en el NuWave.

Función de Dorar Rápidamente a Fuego muy Vivo

de tiempo. La configuración por defecto está programada a 450°F durante 5 minutos. Presionar el botón de DORAR (SEAR). Las áreas de DORAR (SEAR) y MIN parpadearán mientras que el numeral 5 esté visualizado. Para cambiar el tiempo de cocción para dorar, presionar 3, 4 o 5, luego presionar INICIO (START). Una vez que está seleccionado el DORAR (SEAR), éste siempre será la primera etapa en el programa.

Función de Recalentamiento

La configuración por defecto está programada a 420°F durante 4 minutos. Esta función es perfecta para recalentar comida de tamaño de una porción. Para activar la función de recalentamiento, asegurarse de que la programación esté limpia. La pantalla LCD leerá un 0. Presionar el botón de RECALENTAMIENTO (REHEAT). Esto activará la configuración por defecto. Presionar INICIO (START). La alarma emitirá un "bip" una vez que el tiempo expire. Por ejemplo, si estás calentando una pizza sobrante, simplemente colocar la porción en la parrilla de 3 pulgadas, presionar RECALENTAMIENTO (REHEAT), luego INICIO (START). Si estás calentando un plato de arroz o fideo, colocar una cantidad pequeña en un plato seguro para horno o una pieza de aluminio. Si quieres que el arroz o el fideo esté mas suave, cubrir con aluminio y añadir una pizca de agua.

Función de Mantener Cálido

Después de que el tiempo inicial de cocción esté completo, podrías mantener cálida la comida. La configuración por defecto está programada a 155°F durante 2 horas. Presionar el botón de MANTENER (WARM). Las FUNCIONES DE MANTENER (WARM) y MIN parpadearán en la pantalla LCD. Se visualizará un 2:00, luego presionar INICIO (START). Para cambiar el tiempo, ingresar el tiempo deseado y proceder. Podrás programar el horno para mantener cálida la comida de hasta 24 horas. Una vez que se termine el ciclo inicial de cocción, el horno emitirá un "bip" dos veces antes de pasar a la función de MANTENER (WARM).

Función de Cocción por Etapas

Esta función se utiliza para programar el NuWave Elite para cocinar en más de una sola configuración consecutiva de tiempo y temperatura. Presionar el botón de ETAPA (STAGE). Parpadeará el ETAPA (STAGE) en la pantalla LCD, junto con un "1", PROG, COCCIÓN (COOK), y MIN. Para todas las etapas, la configuración de potencia por defecto está siempre registrada a 420°F. Para cambiar la temperatura, presionar el botón de TEMPERATURA DE COCCIÓN (COOK TEMP). Parpadeará el número en la pantalla. Ingresar la temperatura deseada. Presionar el botón de TIEMPO DE COCCIÓN (COOK TIME). Parpadeará el MIN en la pantalla LCD. Ingresar el tiempo deseado de cocción. Podrás empezar con el tiempo de cocción, seguido por la temperatura de cocción, o vice versa. Presionar el botón ETAPA (STAGE) para moverse a la etapa de programación "2". Repetir el proceso hasta que todas las etapas deseadas estén programadas. El número máximo de etapas programables es de 5. Si en algún momento te gustaría editar una etapa ya programada, presionar el botón ETAPA (STAGE) hasta que se visualice la etapa deseada. En ese punto, podrás cambiar el nivel de potencia, el tiempo de cocción o ambos. También podrás editar las funciones ya programadas: funciones de APLAZAMIENTO (DELAY), DORAR (SEAR), y/o MANTENER (WARM) presionando los botones correspondientes en el teclado y reprogramar como se ha mostrado arriba.

Guardar Programa en la Memoria

Durante la programación inicial o después de que el proceso de cocción esté completo, presionar el botón de MEMORIA (MEMORY) para guardar. Parpadeará el PROG en la

pantalla LCD y se visualizará un "0". Para guardar, ingresar un número entre 1 y 99. Presionar de nuevo el botón de MEMORIA (MEMORY) para guardar el programa entero en el número designado. Siempre puedes editar o sobrescribir programas guardados. Al usar la programación de deshidratación, los números que la memoria puede almacenar son entre 1001 y 1020.

Recordar la Memoria del Programa

Para recordar un programa previamente guardado, presionar el botón RECORDAR (RECALL). Parpadeará el PROG en la pantalla LCD y se visualizará un "0". Preseionar un número entre 1 y 99 (o 10012 y 1020) para recordar un programa almacenado. Si el programa no requiere edición, presionar el botón INICIO (START) para activarlo. Se visualizarán el tiempo total y la última etapa de ese programa. Para revisar la duración de las funciones tales como APLAZAMIENTO (DELAY), DORAR (SEAR), ETAPA (STAGE) o MANTENER (WARM), presionar los botones correspondientes en el panel de control. Por ejemplo, para ver la información de la cuarta etapa, presionar el botón ETAPA (STAGE), seguido por 4.

Para Deshidratar

La configuración por defecto está programada para 200°F. Esta función puede ser usada para deshidratar comida tales como carne seca, frutas, verduras, especias, flores, etc. Para activar la función de deshidratación, asegurarse de que el programa esté limpia (presionar el botón BORRAR (CLEAR)). La pantalla LCD leerá un "0". Presionar el botón DESHID (DEHYD). Si tienes algún accesorio de deshidratación añadido a la cabeza de energía, esto activará automáticamente la configuración de la temperatura de deshidratación. Presionar el botón TIEMPO DE COCCIÓN (COOK TIME). Se visualizará un "0" en la esquina inferior derecha de la pantalla. Parpadearán las áreas de COCCIÓN (COOK) y MIN. Ingresar el tiempo requerido en horas y minutos presionando los numerales correspondientes. Por ejemplo, 1 hora y 30 minutos se ingresará presionando 1,3,0. El panel visualizador mostrará 1:30. Si el tiempo requerido es en minutos, necesitas ingresar 1 o 2 números. Por ejemplo, para 5 minutos solamente ingresar 5; para 46 minutos, 46. El tiempo máximo que puede ser configurado para la deshidratación es de 99 horas y 59 minutos. Si el número necesita ser corregido, borrar la entrada presionando dos veces el botón PAUSAR/BORRAR (PAUSE/CLEAR), luego re-ingresar los números correctos. Presionar INICIO (START) para comenzar el proceso de deshidratación. La alarma emitirá un "bip" cuando expire el tiempo.

Información Adicional

- Al usar la cúpula estándar, el horno operará a temperaturas normales de hasta 420°F.
- Cuando la cúpula de deshidratación esté encajada en el Elite, esto hará que el horno vaya en el modo de deshidratación. Aparecerá el DESHID (DEHYD) en la pantalla LCD y el horno operará a temperaturas más altas.
- Al desensamblar la cúpula de deshidratación de la cabeza de energía, esto desactivará el proceso de deshidratación.
- Las temperaturas de deshidratación deben ser programadas y guardadas para permanecer en la memoria

INSTRUCCIONES DE LIMPIEZA Y CUIDADO

Desenchufar la unidad antes de limpiar. La cúpula y todas las otras partes, excepto la cabeza de energía, son aptas para la lavavajillas. Proteger las superficies metálicas y plásticas; no usar limpiadores abrasivos o estropajos. Limpiar después de cada uso. La superficie exterior de la cabeza de energía puede ser limpiada pasando un trapo húmedo.



IMPORTANTE - No limpiar o sumergir la cabeza de energía en agua o el ciclo de lavavajillas. La superficie exterior puede ser limpiada pasando cuidadosamente un trapo húmedo o esponja.

CONSEJOS IMPORTANTES:

1. Revisar la salida de energía para asegurar una operación correcta. No operar la unidad simultáneamente con otros dispositivos mayores enchufados en la misma salida. Revisar la temperatura de cocción si el horno está cocinando demasiado lento.
2. El enchufe eléctrico debe estar correctamente insertado en la salida.
3. Siempre apagar y desenchufar el horno antes de limpiar.
4. Puede generarse humedad dentro de la cúpula si la comida no se remueve inmediatamente después de que haya expirado el tiempo de cocción. La acumulación de vapor / humedad puede evitarse haciendo lo siguiente:
 - Remover la comida inmediatamente después de que haya finalizado la cocción.
 - Si se desea mantener cálida la comida hasta que se sirva, reconfigurar el tiempo de cocción a una temperatura menor.

SISTEMA DE COCCIÓN INFRARROJA DEL HORNO NUWAVE ELITE

www.NuWaveElite.com

Para obtener el servicio de garantía, contactarse al departamento de servicio a este número gratuito: 1-888-NUWAVE1 (689-2831) o Hearthware, Inc. 1755 N. Butterfield Road, Libertyville, IL 60048, U.S.A. www.HEARTHWARE.com

GARANTÍAS DEL FABRICANTE

El sistema de cocción infrarroja que incluye la cabeza de energía, cúpula, parrilla de cocción, olla, base y todos los componentes eléctricos debe estar libre de defectos y trabajado bajo un uso residencial normal, al operarse de acuerdo con las instrucciones escritas del Fabricante provistas con cada unidad para un (1) año de la fecha de la compra. El Fabricante proveerá las partes y labor necesarias para reparar cualquier parte del sistema de cocción infrarroja en el Departamento de Servicio de Hearthware, Inc. Después de la expiración de la garantía, el costo del trabajo y las partes serán la responsabilidad del propietario.

LA GARANTÍA NO CUBRE

La cobertura no pegajosa (si se aplica) de cualquier parte del sistema de cocción. La Garantía Limitada se invalidará si se hacen reparaciones por un comerciante no autorizado o la placa de los datos del número serial está removida o desfigurada. El deterioro normal debido al uso o la exposición no se cubre con esta Garantía. Esta Garantía Limitada no cubre falla, daños o funcionamiento incorrecto debidos a accidentes, actos de Dios (tales como relámpagos), fluctuaciones en la potencia

eléctrica, alteraciones, abuso, mal uso, mal aplicaciones, atmósferas de tipo corrosivo, instalación inadecuada, falla en operar de acuerdo a las instrucciones escritas del Fabricante, uso anormal o uso comercial.

PARA OBTENER EL SERVICIO

El propietario debe tener la obligación y la responsabilidad de: Pagar por todos los servicios y las partes no cubiertas por la garantía; Prepagar el transporte al y desde el Departamento de Servicio para la parte o el sistema devuelto bajo esta garantía; envolver cuidadosamente el producto usando el material adecuado de relleno para prevenir daños en el tránsito. El contenedor original es ideal para este propósito.

Incluir en el paquete el nombre, domicilio, número de teléfono del propietario, una descripción detallada del problema, y tu "número RGA". (Llamar a 1-888-NUWAVE1 (689-2831) o e-mail a customerservice@nuwaveoven.com para obtener el RGA (Return Goods Authorization number – número de Autorización de Devolución de Bienes). Proveer el modelo y el número serial del sistema de cocción y la prueba de la fecha de la compra (una copia del recibo) al realizar reclamos bajo esta garantía.

OBLIGACIÓN DEL FABRICANTE

La obligación del Fabricante bajo esta Garantía Limitada está limitada a reparar o reemplazar cualquier parte del sistema de cocción infrarroja expresamente cubierta por esta Garantía Limitada que, después de una examinación, resulta defectuosa bajo el uso normal. La Garantía Limitada es aplicable solamente dentro de los Estados Unidos continentales y solamente para el comprador original de los canales autorizados de distribución del fabricante. LA GARANTÍA LIMITADA NO PODRÁ SER ALTERADA, VARIADA O EXTENDIDA EXCEPTO POR UN INSTRUMENTO ESCRITO EJECUTADO POR EL FABRICANTE. EL REMEDIO DE REPARACIONES O REEMPLAZOS COMO SE PROVEE BAJO ESTA GARANTÍA LIMITADA ES EXCLUSIVO. EN NINGÚN CASO EL FABRICANTE DEBERÁ SER RESPONSABLE DE DAÑOS CONSIGUIENTES O INCIDENTALES A CUALQUIER PERSONA, HAYAN SIDO OCASIONADOS O NO POR NEGLIGENCIA DEL FABRICANTE, INCLUYENDO SIN LIMITACIÓN, DAÑOS POR PÉRDIDO DE USO, COSTOS DE SUSTITUCIÓN, DAÑO DE PROPIEDAD, U OTRA PÉRDIDA DE DINERO.

Algunos estados no permiten la exclusión o limitación de daños incidentales o consiguientes, por lo tanto las exclusiones de limitación de arriba pueden no aplicarse. Esta Garantía Limitada genera derechos legales específicos, y puede haber otros derechos que varíen de estado a estado. EXCEPTO QUE SE PROVEA EXPRESAMENTE DE OTRA MANERA ARRIBA, EL FABRICANTE NO REALIZA GARANTÍAS EXPRESAS O IMPLÍCITAS LEVANTADAS POR LEY O DE ALGUNA OTRA MANERA, INCLUYENDO SIN LIMITACIÓN, LAS GARANTÍAS IMPLÍCITAS DE COMERCIABILIDAD Y APTITUD PARA UN PROPÓSITO PARTICULAR PARA CUALQUIER OTRA PERSONA. LEER SU MANUAL DE PROPIETARIO. SI AÚN TIENE CUALQUIER TIPO DE CUESTIONES SOBRE LA OPERACIÓN O LA GARANTÍA DEL PRODUCTO, POR FAVOR CONTACTARSE A HEARTHWARE, INC.

1-888-NUWAVE1(689.2831),
email: customerservice@nuwaveoven.com



En Hearthware, Inc., hemos tomado una gran cantidad de cuidado para asegurarnos de que nuestros productos estén aptos y seguros para todo el uso residencial. Todos los Hornos Infrarrojos NuWave Elite están contruidos y fabricados en estricto cumplimiento con los estándares RoHS*. Aunque los fabricantes US no están atados por ley para cumplir con los estándares RoHS, Hearthware ha tomado una decisión consciente para seguir voluntariamente este directivo para preservar la seguridad de sus consumidores y la calidad de nuestro medio ambiente.

Materiales Restringidos de RoHS

Material & Perfill Toxicológico	Concentración Máxima
Plomo (Pb)	0.1% por peso
Mercurio (Hg)	0.1% por peso
Cadmio (Cd)	0.01% por peso
Cromo Hexavalente (Cr-VI)	0.1% por peso
Bifeniles Polibrominados (PBB)	0.1% por peso
Éteres Difenílicos Polibrominados (PBDE)	0.1% por peso

*RoHS significa "the Restriction Of the use for certain Hazardous Substances in electrical and electronic equipment" (la Restricción del Uso para algunos Sustancias Peligrosas en equipos eléctricos o electrónicos)

Si quieres encontrar más información sobre el Directivo de RoHS, por favor visitar <http://en.wikipedia.org/wiki/RoHS>



Equipo Supremo de Pizza NuWave*

Congelada, Fresca, Gruesa o Fina...

Como nos encanta hornear pizza en el Horno NuWave, hemos creado estas herramientas para que ¡tú puedas hornear la pizza del mejor sabor! Puedes lograr pizza caliente, fresca, mucho mejor que una pizza solamente repartida a domicilio...

TAN FÁCIL COMO 1 – 2 – 3, ¡al usar tu Horno NuWave y el Equipo Supremo de Pizza! Si prefieres que tu pizza sea fina, regular o de plato hondo... ¡tu Horno NuWave, junto con el Equipo Supremo de Pizza hará todo el truco!trick!

Servidor de Pizza NuWave de Acero Inoxidable

¡Dos excelentes utensilios en uno solo! El Servidor de Pizza NuWave con múltiples superficies de corte de acero inoxidable y manija fácil de agarrar te permitirá cortar y servir tu pizza con facilidad.

Tabla de Corte NuWave de 100% Bambú

La única tabla de corte de bambú reducirá daños a tu mostrador, ahorrar dinero y ayudarte a proteger el medio ambiente. Esta tabla es multi-funcional con un lado llano para cortar pizzas y pan y un lado acanalado para cortar frutas, verduras y otros tipos de comida con jugo.

*Tu pedido puede contener solamente algunos de los productos mencionados anteriormente. Para comprar este producto, llamar al Servicio al Cliente de Hearthware a 1-888-689-2831 o pedir online en www.NuWaveElite.com

Aleta de Pizza NuWave de Acero Inoxidable

La manija fácil de agarrar, con carga de resorte, te permite sujetar con seguridad los anillos de acero inoxidable de 10 pulgadas, haciendo que ¡puedas aletear tus pizzas, calzones, quesadillas y mucho más!

Protector de Pizza NuWave de Silicona

Hornear tu masa de pizza primero sin sobrecocinar tu queso o tus favoritos ingredientes. La superficie pulida no se pegará al queso, y también atrerá la grasa no deseada (cumple con las regulaciones FDA).

Cómo usar la Aleta de Pizza & el Protector de Pizza NuWave con tu Horno NuWave

Nota

Asegurarse de que la parrilla reversible esté colocada como la parrilla de 3 pulgadas en el Horno NuWave.

1. Colocar el Protector de Pizza sobre la parte superior de tu pizza.
2. Colocar la pizza al revés en la parrilla de 3 pulgadas. Cocinar a 420°F, hasta que la masa de la pizza tome un color de marrón claro.



3. Al usar la Aleta de Pizza, empezar abriendo la Aleta de Pizza y deslizar por debajo del Protector de Pizza y sobre la parte superior de la masa.



4. Usando la manija, cerrar la Aleta de Pizza hasta que la pizza esté seguramente contenida.

5. Agarrando la manija, rotar la pizza y el Protector de Pizza completamente y colocar la pizza de nuevo sobre la parrilla con el lado de la masa hacia abajo. La pizza debe estar ahora correctamente con el lado superior hacia arriba.



6. Remover el Protector de Pizza y cocinar a 420°F durante 3-5 minutos o hasta que el queso se derrita a tu gusto.

Cuidado & Uso

La Aleta de Pizza, el Protector de Pizza, el Servidor de Pizza y la tabla de Corte de Bambú deberán ser limpiados con jabón suave y agua. No deben limpiarse con abrasivos ásperos. Permitir que los utensilios se sequen completamente antes del uso o almacenamiento.

Cortar & Servir con el Servidor de Pizza NuWave de Acero Inoxidable



Cortador Rodante

Sujetar la manija para que el Servidor de Pizza esté en la parte superior, permitiendo que puedas usar el Cortador de Pizza.



Cortador Dentado

Tanto el Cortador de Pizza como el Servidor de Pizza pueden ser usados para cortar comida adicional tales como quesadillas, sandwiches de panini, quiche y mucho más.



Servidor

Para usar el Servidor de Pizza, simplemente apuntar el borde de la espátula lejos de ti, y con un movimiento de pala levantar la pizza o comida y colocar en un plato para servir.



¡Pizza Perfecta para Todo el Tiempo!

La pizza horneada en el Horno NuWave es deliciosa sin excepciones, por lo tanto ¡lo único que queda es DISFRUTAR!

PRECAUCIÓN

Los bordes de la espátula y el cortador de pizza son filosos. Siempre cortar lejos de tu cuerpo. Los bordes dentados son filosos y no deberán ser usados como soporte.



Tabla de Preparación Rápida y Fácil



Res & Cordero

	Altura de la Parrilla	Temp. del Horno	Fresca	Congelada
Roasts 2-10 lbs	3 pulg	Dorar (Sear) despues cocinar a 350°	13 min/lbs Rare 15 min/lbs Med. Rare 18 min/lbs Medium 20 min/lbs Well Done	23 min/lbs Rare 25 min/lbs Med. Rare 27 min/lbs Medium 30 min/lbs Well Done
Trozo de 1/2 pulgada de grueso	3 pulg	420°	2 min c/lado	3 min/side
Trozo de 1 pulgada de grueso	3 pulg	420°	3-4 min c/lado	5-6 min/side
Bistec de 1 pulgada de grueso	3 pulg	420° or Sear	2 min c/lado Rare 3 min c/lado Med. Rare 4 min c/lado Medium 5 min c/lado Well Done	5 min/side Rare 6 min/side Med. Rare 7 min c/lado Medium 8 min c/lado Well Done
Bistec de 2 pulgada de grueso	3 pulg	420° or Sear	3-4 min c/lado Rare 5-6 min c/lado Med. Rare 7-8 min c/lado Medium 10-11 min c/lado Well Done	5-6 min c/lado Rare 7-8 min c/lado Med. Rare 9-10 min c/lado Medium 12-13 min c/lado Well Done

Puerco

Jamón	1 pulg	375°	10 min/lbs	12 min/lbs
Salchicas	3 pulg	400°	3 min c/lado	4 min c/lado
Tocino	3 pulg	400°	3 min c/lado	N/A
Trozo	3 pulg	400°	4 min c/lado	5 min c/lado
Salchica Italiana, Bratwurst, Ect.	3 pulg	400°	4-5 min c/lado	5-6 min c/lado
Chuleta	3 pulg	375°	3-4 min c/lado	5-6 min c/lado
Asada 3-7 lbs	1 pulg	375°	15-17 min c/lado	22-24 min c/lado
Lomo	3 pulg	Dorar (Sear) despues cocinar a 375°	Dorar (Sear) 3 min c/lado 5-6 min c/lado	Dorar (Sear) 3 min c/lado 9-10 min c/lado
Costilla al gusto	3 pulg	Dorar (Sear) despues cocinar a 375°	Dorar (Sear) 2 min c/lado 8-10 min c/lado	Dorar (Sear) 3 min c/lado 12-14 min c/lado
Costilla Estilo Country	1 pulg	Dorar (Sear) despues cocinar a 375°	Dorar (Sear) 2 min c/lado 10-12 min c/lado	Dorar (Sear) 2 min c/lado 12-14 min c/lado

Aves

Pollo, [Con Hueso] Piezas	3 pulg	400°	7-8 min c/lado	10-13 min c/lado
Pollo, 1/2 pulgada Sin Hueso/Sin Piel [Si es mas gruesa agregue 2 min. por 1/2 pulg]	3 pulg	400°	4-5 min c/lado	6-7 min c/lado
Pollo, Completo	1 pulg	375°	10-12 min/lbs	15-17 min/lbs
Godomiz, Completo 1 - 1 1/2 lbs	1 pulg	400°	20 min c/lado	45 min c/lado
Pato, Completo 5-6 lbs	1 pulg	400°	30 min c/lado	30 min c/lado
Pavo, Completo 8-10 lbs	Sin el Anillo Extendor	375°	9-10 min/lbs	12-14 min/lbs
Pavo, Completo 11-16 lbs	(1) 3 pulg Anillo Extendor	375°	9-10 min/lbs	12-14 min/lbs
Pavo, Completo 17-24 lbs	(1) 3 o 5 pulg Anillo Extendor	375°	9-10 min/lbs	12-14 min/lbs
Pavo, Completo 25-30 lbs	(2) 3 o 5 pulg Anillo Extendor	375°	9-10 min/lbs	12-14 min/lbs
Pavo, Pechuga	1 pulg	375°	10 min/lbs	12-14 min/lbs
Pavo, Piernas	1 pulg	375°	15-17 min c/lado	18-20 min c/lado
Huevos	1 pulg	400°	7-8 min total	N/A

Mariscos

Pescado, Filetes 1/2 pulgada de grueso	3 pulg	375°	2 min c/lado	3 min c/lado
Pescado, Steaks & Filets 1 inch thick	3 pulg	375°	3 min c/lado	4 min c/lado
Camarones & Callos de Hacha	3 pulg	400°	2 min c/lado	3 min c/lado
Cola de Langosta 4 onzas [Pequeño]	3 pulg	400°	2 min c/lado	3 min c/lado
Cola de Langosta 10 onzas [Grande]	3 pulg	400°	6-7 min c/lado	8-9 min c/lado
Langosta*, Entera	3 pulg	400°	10-12 min c/lado	13-14 min c/lado

*Las langostas frescas: Traiga una olla grande de agua a hervir. Meta de cabeza Primero. Cocine por 2 minutos antes de colocarlo en NuWave Oven]



Tabla de Preparación Rápida y Fácil



Vegetales

	Altura de la Parrilla	Temp. del Horno	Fresca	Congelada
Papas Fritas	3 pulg	400°	5 min c/lado	N/A
Papas, Entera Mediana	3 pulg	420°	27 mins total	N/A
Broccoli y Coliflor al Vapor [Un plato apto para horno con tapa de vidrio o lámina]	1 pulg	420°	10-12 mins total	N/A
Calabacín	1 pulg	420°	10 min c/lado	N/A
Elote, en Cascara	1 pulg	420°	10 min c/lado	N/A
Elote, Entero	1 pulg	375°	3 min c/lado	4-5 min/side
Asado, Cebolla, Ajo, Chile Morron Rojo, Calabacín, y Calabacín Amarillo	1 pulg	420°	5 min c/lado	N/A

Alimentos Congelados ya Preparados

	Altura de la Parrilla	Temp. del Horno	Congelada
Comidas Preparadas para una Persona	1 pulg	400°	22-25 min c/lado
Pot Pies Individual	1 pulg	375°	16-18 min c/lado
Chicken Tenders & Nuggets	3 pulg	350°	6-8 min c/lado
Vegetales Frisados [En un Plato para Horno]	1 pulg	325°	12 min c/lado
Rollos de Pan ya Horniados	1 pulg	350°	8 min c/lado
Bagel Bites	3 pulg	350°	6-8 min c/lado
Hot Pockets	3 pulg	375°	9 min c/lado
Poppers - Chiles Enpanizados	3 pulg	350°	6-8 min c/lado
Onion Rings	3 pulg	350°	6-8 min c/lado
Champiñones Rellenos	3 pulg	350°	6-8 min c/lado
Mozzarella Sticks	3 pulg	350°	6-8 min c/lado
Hot Wings - Alitas de Pollo	3 pulg	375°	6-8 min c/lado
Pies Congelados	1 pulg	325°	30 min c/lado

Alimentos ya Preparados

	Altura de la Parrilla	Temp. del Horno	Fresca
Pan Tostado	3 pulg	375°	4 min c/lado
Rollitos de Canela [En un Plato para Horno]	1 pulg	350°	15-17 min c/lado
Rollitos en Bote [Crudo]	La Cacerola	375°	10-13 min c/lado
Pan Tostado con Queso	3 pulg	375°	3-5 min c/lado
Pop Tarts	3 pulg	350°	4 min total
Hot Dogs	3 pulg	420°	1 min c/lado

Pizza & Quesadilla

	Altura de la Parrilla	Temp. del Horno	Congelada
Corteza Delgada	3 pulg	420° / 420°	7-9 min costra hacia arriba/ 3-4 min queso hacia arriba
Corteza Regular	3 pulg	420° / 420°	9-11 min costra hacia arriba/ 3-5 min queso hacia arriba
Corteza Gruesa	3 pulg	420° / 350°	12-16 min costra hacia arriba/ 3-5 min queso hacia arriba
Deep Dish	3 pulg	350° / 350°	25 min costra hacia arriba/ 10 min queso hacia arriba
Quesadilla	3 pulg	375° / 375°	2 min c/lado

Direcciones

- 1) Coloque la pizza en el sartén de silicon en su nuwave oven.
- 2) Hornée el, pan por tiempo indicado o hasta su preferencia.
- 3) Voltée la pizza con el queso bocariba y remueva el sartén de silicon.
- 4) Hornée la pizza 3-5 munitos más o nasta su preferencia.

LEA EL INSTRUCTIVO PARA INSTRUCCIONES COMPLETAS.
Estas son instrucciones únicamente. No utilizar como recetas. Las instrucciones pueden variar.
Copyright ©2011 by Hearthware, Inc. All rights reserved. www.NuWaveElite.com

Libro de Cocina Completo del Horno NuWave

[Foto: Manzana Crujiente, página 130]



Consejos Generales

Este libro de recetas contiene información valiosa que te ayudará a empezar a incorporar el Horno Infrarrojo de NuWave Elite en tu vida diaria. Hemos provisto recetas fáciles de preparar, junto con consejos útiles en el comienzo de cada sección que te ayudarán a lograr los resultados perfectos de cocción en todo momento. También visitar NuWaveCookingClub.com para otros excelentes consejos y videos instructivos.

Los contenedores metálicos, papel de aluminio o cualquier plato apto para el horno pueden ser usados en el Horno Infrarrojo NuWave Elite. Los rayos infrarrojos no penetrarán a través de estos materiales. El papel de aluminio de peso liviano trabaja mejor para proteger platos poco profundos y ollas. Cubrir la comida con papel de aluminio para proteger del oscurecimiento más que preferido. Tener en cuenta que el calor circulará de todas maneras, pero el aluminio hará que el tiempo de cocción de la comida abajo sea más lento.

Consejos Generales

Puede generarse la acumulación de vapor al cocinar comida que contenga mucha humedad, como verduras o pescado.

Cuando tu ciclo de cocción está completo, por favor acordarse de levantar la cúpula para que el vapor se canalice lejos de tu cara.

Para mantener crujiente la comida preparada, tales como rollos de huevo, pollo o pizza, remover la cúpula inmediatamente después de la cocción.

El tiempo es la clave para la perfección con el Horno NuWave. Tener en cuenta que todas las pautas son solamente pautas, y puede ser necesario ajustarlas dependiendo de la situación específica. Al cocinar platos más grandes tales como asado u otros tipos de comida con grosor variante, los tiempos sugeridos de cocción pueden necesitar ser extendidos. Cocinar con incrementos de 3-4 minutos y revisar después de cada intervalo.

[Foto: Albóndigas, página 129]



Huevos con Chorizo

2 huevos grandes
3 onzas de chorizo
2 cucharadas de salsa
2 onzas de queso monterrey jack rayado
salsa picante al gusto

Comprima el chorizo en las orillas de un plato. Rompa los huevos al centro y añada la salsa y el queso en la parte de arriba. Coloque el plato en la rejilla de 1-pulgada y cocine a 350 grados por 10 minutos o hasta que los huevos estén listos.
(1 porción)

[Foto: Pollo al Romero]



Pollo al Romero

4 cucharadas de romero
4 cabezas grandes de ajo, molidas
4 cucharadas de mantequilla
un pollo de 3 libras
sal y pimienta al gusto

Afloje el pellejo utilizando un palillo chino o una espátula de plástico, introduciéndola entre la piel y la carne. Mezcle el romero, el ajo y la mantequilla hasta que se derrita. Vierta la mezcla de mantequilla debajo del pellejo y de masaje a todo el pollo. Colóquelo, con la pechuga boca abajo, en la rejilla de 1-pulgada y cocine a nivel alto por 20 minutos. Después voltee y bañe con el jugo, colóquelo en la cacerola y cocine por otros 25 minutos.

Alternativa

Para derretir mantequilla en el NuWave colóquela en un recipiente apto para hornear y póngalo en la cacerola o en la rejilla de 1-pulgada. Hornee a 350 grados por alrededor de 3-4 minutos.
(4-6 porciones)

Enchiladas de Pechuga de Pavo

4.4 onzas de chuletas de pechuga de pavo
4 rebanadas de queso mozzarella o queso blanco mexicano, alrededor de 4 onzas
sazonador estilo mexicano al gusto
½ taza de salsa preparada
½ taza de crema agria
cilantro picado

Aplane las chuletas hasta alcanzar un grosor de 3/8" y coloque sobre ellas el queso y el sazón. Enróllelas y colóquelas, con la abertura hacia abajo, alrededor de la orilla de un plato para pay. Rocíe con aceite de cocina, coloque en la rejilla de 3" y cocine a 350 grados 10 minutos. Mientras tanto, caliente la salsa por un minuto. Vierta la salsa sobre el pavo y espolvoree el cilantro.
(4 porciones)

Pechuga de Pollo a la Mantequilla

4-6 onzas de pechuga
2 cucharadas de mantequilla
4 cucharaditas de perejil picado
sal y pimienta al gusto

Coloque el pollo en un plato ovalado no profundo y agregue los otros ingredientes. Coloque el plato en la rejilla de 3-pulgada y cocine a 350 grados 8 minutos.
(1 porción)

Pollo al Limón

4 pechugas o muslos de pollo
jugo de un limón
1 taza de vermouth seco o vino blanco
sazonador de pimienta limón
sal y pimienta al gusto
1 cucharada de maizena

Coloque el pollo en un recipiente de tamaño adecuado sobre la rejilla de 3-pulgada. Agregue el vino y el jugo de limón sobre él. Espolvoree con el sazón. Hornee a 350 grados por 35 minutos volteándolo una vez. Para hacer la salsa ponga los jugos en un tazón y revuelva con la maizena. Caliente por 1-2 minutos o hasta que espese.
(4 porciones)

Muslos de Pollo Fritos

4 muslos grandes u 8 pequeños
1/3 taza de leche descremada
½ taza de pan rallado
2-4 cucharadas de margarina

Sumerja cada muslo en la leche y luego páselo por el pan. Colóquelos expandidos en una cacerola engrasada y rocíe con mantequilla. Coloque la cacerola en la rejilla de 1-pulgada y hornee a 350 grados por 15 minutos. Voltee el pollo y cocine por otros 15 minutos o hasta que el jugo se seque.
(4 porciones)

Camarones a la Cerveza

1 libra de camarones crudos*
4 dientes de ajo machacados
1 taza de cerveza
1 cucharada de sazón Old Bay

Coloque todos los ingredientes en un plato para pay y póngalo en la rejilla de 3-pulgadas. Hornee a 350 grados por 7 minutos. Congelado: 12 minutos

*El tiempo de cocción puede variar de acuerdo al tamaño de los camarones. Camarones grandes: pelados y limpios. Sírvalos calientes o fríos. Camarones pequeños para pelarse y comerse: Sin pelar, sírvalos frescos.
(4 porciones)

Camarones con Limón

12 camarones grandes, pelados y limpios
jugo de medio limón
2 cucharadas de aceite de oliva
1 cucharadita de pimienta-limón

Coloque todo en un tazón y póngalo en la rejilla de 3-pulgada. Cocine a 350 grados por 6 minutos, revuelva levemente.
(2 porciones)

Cangrejo Fundido

2 tazas de cangrejo cocido (atún o camarón)
¼ taza de mayonesa
½ taza de apio picado
¼ taza de cebollitas picadas
1 cucharadita de jugo de limón
sal y pimienta al gusto
4 rebanadas de pan blanco ligeramente tostadas
½ taza de queso monterrey gratinado

Mezcle el cangrejo, la mayonesa, el apio, las cebolletas y el jugo de limón. Agregue sal y pimienta al gusto. Divida la mezcla entre las 4 rebanadas de pan y ponga también el queso encima de cada una de ellas. Colóquelas directamente en la rejilla de 3-pulgadas y hornee a 350 grados por 4 minutos o hasta que se calienten bien y el queso se derrita.
(4 porciones)

Elote Estilo Mexicano

4 elotes
¼ taza de mantequilla derretida
¼ taza de mayonesa
½ taza de queso cotija rallado o queso fresco
4 cuartos de limón (opcional)
chile en polvo o pimentón dulce al gusto
sal y pimienta al gusto

Coloque los elotes en la rejilla de 3-pulgada yáselos a 350 grados por 5 minutos de cada lado. Saque los elotes e inmediatamente úntelos la mantequilla y la mayonesa. Espolvoree el queso, el chile en polvo, sal y pimienta al gusto. Sirva con trozos de limón.
(2-4 porciones)

[Foto: Cena Mexicana]



Papas a la Parmesana

2 papas para hornear grandes
aceite de oliva al gusto
sal y pimienta al gusto
½ taza de queso parmesano

Corte ½ pulgada a los cuatro extremos de las papas para hacerlas en forma rectangular. Corte (a lo largo) papas de ½-pulgada y agrégueles aceite de oliva, sal y pimienta. Colóquelas en la rejilla de 3-pulgada y hornee a 350 grados por 20 minutos o hasta que queden crujientes (voltéelas a la mitad del tiempo). Antes de servir las agrégueles el queso parmesano.
(2-4 porciones)

Tacos de Salmón Cubierto con Chile Ancho

24 onzas de filete de salmón
1 cucharada de aceite canola
1 cucharadita de chile ancho en polvo
1 cucharada de comino
2 cucharadas de azúcar morena
1 cucharadita de salsa de soya
6 onzas de col rayada
½ taza de aderezo ranch con jalapeño
8 a 12 tortillas de maíz

Enjuague los filetes de salmón y séquelos con una toalla de papel. Cepíllelos con el aceite por ambos lados. Coloque los filetes sobre papel pergamino en la rejilla de 3-pulgadas con la piel hacia arriba. Cocine por 5 minutos a 350 grados. Mientras tanto, revuelva el chile en polvo con el comino y el azúcar. Voltee el salmón cuando pasen los 5 minutos y agregue la salsa de soya encima. Rocíe encima la mezcla de azúcar y cocine a potencia alta nuevamente hasta el que alcance el cocimiento que se desee, alrededor de 8 ó 10 minutos más. Mientras el salmón se cocina, mezcle la col con el aderezo. Caliente las tortillas envueltas en papel aluminio colocándolas en la parte de abajo del horno en los últimos 5 minutos de cocinado del salmón. Sirva el salmón con las tortillas y la mezcla de col.
(4 porciones)

Albóndigas

1 libra de carne molida
1 taza de crutones
½ taza de salsa de spaghetti preparada
2 dientes de ajo picados
½ cebolla amarilla mediana, picada
1 cucharada de hierbas italianas secas
2 huevos grandes
¼ taza de queso parmesano rayado

Mezcle todos los ingredientes y forma bolitas de 1-pulgada. Colóquelas en la rejilla de 3-pulgada y hornee a 350 grados por 10-12 minutos (volteándolas si lo desea).

(6-8 porciones)

Carnitas

2 (4 onzas) de chuletas de cerdo o bistec de paleta
1 cucharadita de orégano en polvo
1 cucharadita de sal de ajo
1 cucharadita de comino en polvo

Unte las chuletas con las especies y colóquelas dentro de un plato no profundo en la rejilla de 3-pulgada. Hornee a 350 grados por 15 minutos por libra. Pase la carne a una tabla de cortar y macháquela con un mazo hasta que queden como tiritas. Regrese la carne al plato y cocine por otros 8 minutos.
(2 porciones)

Cerdo en Mole

1 chuleta de cerdo de 4-6 onzas
2 cucharadas de mole
2 cucharadas de semillas de ajonjolí

Puede encontrar el mole en tiendas de comida mexicana, éste da un succulento e interesante sabor a la carne de cerdo y a las recetas de pollo. Extienda el mole sobre la superficie de la chuleta y espolvoree el ajonjolí. Colóquela en la rejilla de 3-pulgada y cocine a 350 grados por 5 minutos, voltee y cocine por otros 5 minutos.
(1 porción)

Cena Mexicana

1 onzas de arrachera, pollo o cerdo
1 cebolla española grande
1 pimiento verde
1 pimiento rojo
1 pimiento amarillo
sal y pimienta al gusto
1 paquete de sazónador mezclado para tacos o fajitas
8 onzas de queso mexicano o cheddar rayado
1 paquete de tortillas
salsa de su elección

Corte todos los vegetales y la carne en tiras de 3-pulgada x 1/4-pulgada. Espolvoree la carne con el sazónador. Coloque en la rejilla de 4-pulgadas los vegetales alrededor y la carne al centro, puede encimarlos un poco. Hornee a 350 grados por 8 minutos. Quite el domo y voltee las verduras y la carne. Coloque las tortillas debajo en la cacerola bien envueltas en papel aluminio. Hornee nuevamente a 350 grados por otros 8 minutos o hasta que la carne esté lista. Con cuidado abra el papel aluminio y coloque las verduras y la carne en las tortillas calientes, agregue queso y salsa. Enróllelas y disfrute.

Alternativa

Las Quesadillas se pueden preparar de forma similar: Coloque la tortilla en papel aluminio y ponga encima los ingredientes de la receta que más le gusten. Ponga otra tortilla encima y cierre el papel aluminio. Coloque en la cacerola o en la rejilla de 1-pulgada y hornee a 350 grados por 8 minutos. Si desea preparar más al mismo tiempo, vaya cambiando paquetes de tortillas en los diferentes niveles durante el tiempo de cocción.
(2 porciones)

Helado de Piña Caramelizado

4 rebanadas de piña fresca sin hueso (de 1" de grosor)
½ taza de azúcar morena
½ cucharadita de canela
2 cucharadas de crema espesa
4 bolas de helado de vainilla o de yogurt de vainilla
1 taza de salsa de caramelo tibia

Coloque la piña en la rejilla de 3-pulgada. Espolvoree cada rebanada con azúcar y canela. Ponga un poco de crema sobre ellas. Cocine a 350 grados por 4 ó 5 minutos o hasta que el azúcar burbujee y se dore. Coloque las rebanadas en platos para servir y póngales encima el helado y la salsa de caramelo.
(4 porciones)

Manzana Crujiente

4 manzanas peladas, sin hueso y rebanadas a un grosor de 1/8-pulgada
½ taza de harina
½ taza de azúcar morena
½ taza de avena instantánea
¼ taza de mantequilla suavizada
¼ taza de azúcar granulada
¾ cucharadita de canela

Engrase un recipiente redondo para pastel de 9"y coloque en él las rebanadas de manzana. En un tazón mediano ponga la harina, el azúcar morena, la avena y la mantequilla y mezcle bien. Por otro lado, en otro plato pequeño mezcle el azúcar granulada y la canela y espolvoréelas sobre las manzanas. Coloque la mezcla de avena encima. Ponga el recipiente en la rejilla de 1-pulgada y hornee a 350 grados por 40 minutos o hasta que las manzanas queden suaves y el jugo esté burbujeante.
(8 porciones)

[Foto: Helado de Piña Caramelizado]

