nuwave™

LIVE WELL FOR LESS®

PIC® DOUBLE

Owner's Manual & Complete Recipe Book

Table of Contents

Introduction, Parts & Accessories	6-7
Important Safeguards	8-9
Owner's Manual	10-17
Troubleshooting	18-19
1800W/900W Cooking Times	20
Breakfast	21
Scrambled Eggs	22
Omelette	22
Homemade Yogurt	23
Breakfast Potatoes	23
Fried Eggs	24
Homemade Pancakes	24
Crepes	25
Garden Vegetable Frittata	25
Poached Eggs Benedict	26
French Toast	26
Vegetables	27
Green Beans Almondine	28
Grilled Japanese Eggplant with Feta & Sun-Dried Tomatoes	29
Stir-Fried Tofu & Vegetables	29
Broccoli & Carrot Stir-Fry	30
Artichokes with Butter Sauce	30
Marinated Zucchini and Summer Squash	31
Ratatouille Stew	31
Sugar Snap Peas and Spinach with Ginger	32
Grilled Vegetable Medley	32
Grilled Vegetables with Balsamic -Garlic Sauce	33
Beef	34
Bistro Beef & Mushrooms	35
Hometown Chili	35
Steak au Poivre	36
Grilled Sirloin with Mushrooms & Red Peppers	36
Korean Beef	36
Spiced Beef with Dumplings	37
Beef Stroganoff over Buttered Noodles	38
Cajun Rib Eye	39
Bacon, Onion and Cheese Stuffed Burgers	39
Pork & Chicken	40
Pan-Fried Pork Chops	41
Pork Marsala	41
Sweet & Sour Pork with Pineapple	42
Black-Eyed Peas with Andouille	42
Sautéed Pork Medallions with Lemon-Garlic Sauce	43
Pork Tenderloin with Sautéed Apples	43
Pork Chops with Red Onion Confit	44
Pork Chops alla Pizzaiola	44
Asian-Marinated Pork Chops	45
Chicken & Mushrooms	45
Herb Chicken	46
Teriyaki Chicken	46
Parmesan Chicken	47
Fried Chicken PIC Style	47
Chicken Burgers	48
Chicken Fajitas	48
Chicken Fried Steak	49
Chicken Breasts with Oregano Garlic Butter	49
Seafood	50
Seafood Paella	51
Ginger Shrimp	51
Steamed Mussels in Tomato & Wine	52
Jumbo Louisiana Shrimp with Andouille & Grits	52
Pan-Seared Tuna with Avocado	53

Pan-Seared Red Snapper	53
Orange Roughy with Citrus Sauce	54
Fish Tacos	54
Battered Fried Shrimp	55
Fried Catfish	55
Pan-Seared Halibut	56
Pasta	57
How to Cook Pasta	58
Basic Pasta Dough	58
Roasted Red Pepper Sauce over Tortellini	59
Mushroom Stroganoff	59
Fettuccine Alfredo	60
Beans with Pesto Bulgur	60
Fresh Tomato, Sausage and Pecorino Pasta	61
Bucatini with Mushrooms	61
Mediterranean Orzo Salad with Feta Vinaigrette	62
Sausage and Rice	62
Quinoa Tabbouleh	63
Mexican Green Quinoa	63
Mediterranean Bulgur Wheat	63
Barley with Bacon, Peas and Dill	64
Vegetable Fried Rice	64
Rice Pilaf	65
Spanish Rice	65
Popcorn Rice with Pecans	66
Basic Fresh Herb Risotto	66
Risotto with Peas and Parmesan	67
Saffron Rice	67
Coconut Rice	68
Wheat Berry Salad	68
Stocks, Soups & Sauces	69
Vegetable Stock	70
Chicken Stock	70
Beef Stock	71
Vegetable Beef Soup	71
Creamy Cheddar Soup	72
French Onion Soup	72
Shrimp & Tofu Soup	73
Chunky White Bean-Tomato Soup	73
Thai Coconut Chicken Soup	74
Chicken Tortilla Soup	74
Chicken Noodle Soup	75
Butter Sauce	75
Hollandaise Sauce	76
Roux	76
Marinara Sauce	77
Cheese Sauce	77
Quick Brown Sauce	78
Basic White Sauce	78
Mushroom Duxelle	79
Mustard Marinade	79
Fondues	80
Chocolate Fondue	81
Cheddar Cheese Fondue	81
S'Mores Fondue	81
Cheddar Chipotle Fondue	81
Brie & Sun-Dried Tomato Fondue	82
Shabu-Shabu	82
Chicken Fondue	83
Beef Fondue	83
Three Cheese Fondue	84
Creamy Vegetable Fondue	84
Deserts	85
Simple Fudge	86
Classic Cherries Jubilee	86
Peanut Brittle	87
Chocolate Caramel Turtles	87

Bananas Foster	87
Pears in White Wine Caramel Sauce	88
Lollipops	88
Panna Cotta with Amber Crystals	89
Old Fashioned Hard Candy	89
Pressure Cooker	90
#1 Texas Style Chili	91
#2 Short Ribs	91
#3 Corn on the Cob with Herb and Garlic Butter	92
#4 Italian Chickpea and Barley Stew	92
#5 Italian Sausage with Peppers and Onions	93
#6 Creamy Mashed Potatoes	93
#7 Fifteen Minute Risotto	94
#8 Spiced Tomato Rice Soup	95
#9 Beer-Braised Savoy Cabbage	96
#10 Roasted Bell Pepper Soup	96
#11 Old Fashioned Potato Soup	97
#12 Farmhouse Chicken Noodle Soup	97
#13 Balsamic and Fig Pork Chops	98
#14 Wild Mushroom Sauce	98
#15 Vegetarian Ragu	99
#16 Coconut Flavored Haddock	100
#17 Ratatouille	100
#18 Vegetarian Black Bean Chili	101
#19 Easy Beef Stew	102
#20 Chicken Masala	103
#21 Refried Beans	103
#22 Beer-Braised Chicken Thighs with Onions	104
#23 Golden Beets	104
#24 So So Simple Barbecue Beef Ribs	105
#25 Sloppy Joes	106
#26 Peppered Beef Marsala	106
#27 Beef Stroganoff	107
#28 Maple and Bourbon Beans	108
#29 Barbecue-Style Brisket Sandwiches	109
#30 Ciopino	110
5.5 Quart Pot	111
#31 BBQ Beef Brisket	112
#32 Chicken Corn Chowder	112
#33 Sausage and Cabbage	113
#34 Lemon Chicken Thighs with Olives	113
#35 One Pot Chicken Enchilada Soup	114
#36 One Pot Sicilian Beef	114
#37 Slow Cooker Pork Chops	115
#38 Peppers and Beef	116
#39 Potato Soup with Onions and Cheddar	116
#40 Easy Weeknight Chili	117
Everyday Pan	118
#41 One Bowl Mung Bean Meal	119
#42 One Pan Mexican Quinoa	119
#43 One Pot Zesty Macaroni	120
#44 Chicken Lo Mein	121
#45 Southwest Pasta	121
#46 Chicken Enchilada Bowls	122
#47 Vegetarian Tagine	122
#48 Rustic Tomato Soup	123
#49 Beef Stew	124
#50 Pot Roast	124
Contenido	125
Manual Del Usario	126-140

Recetas	141
Caldo de Pollo	141
Huevos Revueltos	141
Caldo de Res	142
Papas Para el Desayuno	142
Cardo Agridulce con Piña	143
Camarones Capeados	143
Chili Tradicional	144
Paella de Mariscos	144
Masa Básica para Pasta	145
Arroz Español	145
Arroz Frito con Verduras	146
Fettuccine Alfredo	146
Table de Matiéres	147
Manual D'Utilisation	148-161

Welcome to NuWave™ Precision Induction Cooking

Congratulations on purchasing your NuWave™ Precision Induction Cooktop (PIC®) Double. This book contains detailed instructions and images to help you get started using your cooktop. It is also filled with great recipes and time-saving tips to help you prepare delicious gourmet meals in a fraction of the time it would take when using a regular stovetop. Cooking is fast and easy with the Precision Induction Cooktop Double from NuWave, LLC. This versatile countertop appliance uses induction technology to save time, energy and money. The NuWave™ Precision Induction Cooktop is efficient, safe, fast and easy to clean. Also, because you can program times and temperatures from warm to sear, you can make almost any kind of food without the risk of under or overcooking.

What is Induction Cooking?

The NuWave™ PIC Double is comprised of induction coils (based on magnetic principles). These coils generate magnetic fields that produce a warming reaction in steel and iron-based pots and pans. In this way, heat is generated in the cookware and not on the cooktop surface, which is much more energy-efficient than traditional gas or electric ranges. Induction cooking is the most eco-friendly way to prepare meals because the method releases no gases into the environment. Induction cooking emits no flame, so less residual heat is produced in your kitchen. The NuWave™ Precision Induction Cooktop Double remains cool to the touch where the magnetic surface is not activated.

- Energy Conservation: The magnetic field, generated by each copper coil, causes invisible molecules in the cookware to begin vibrating rapidly, creating heat, so the cookware itself heats the food.
  The NuWave™ PIC Double is one of the most energy-efficient cooktops available today, which means that cooking with the NuWave™ PIC Double can translate into savings on your monthly utility bills.
- Safety: The NuWave™ PIC Double's design uses no red hot coils or open flames, essentially eliminating the risk of fire. Automatic shutoff features enhance the cooktop's safety. Simply Touch and Go! Users can also take the ice cube challenge! Induction technology warms the pan, but the surface remains cool to the touch.
- Fast Cooking: Heating is immediate and temperature is precise with the NuWave™ PIC Double. Features 6 different temperature settings that are adjustable in 5-degree increments. There's no guessing!
- Easy to Clean: Spills won't burn and stick to the cooktop surface. Just wipe and go!

NuWave™ Precision Induction Cooktop Double Products and Accessories

NuWave™ Precision Induction Cooktop:

(30602) NuWave™ PIC® Double
(32656) Complete Cookbook / Manual
(32659) Instructional DVD
(32660) Fact Sheet
(32657) Quick Start Guide
(32158) Registration Card

NuWave™ Ultimate Cookware Set:

(32003) 3.5-quart Stainless Steel Pot
(32004) 3.5-quart Pot Lid
(32005) Stainless Steel Steamer
(32007) Stainless Steel Fondue Insert
(32008) Set of 8 Fondue Forks
(32055) Ultimate Cookware Set Manual

NuWave™ Cast Iron:

(32021) Cast Iron Grill
(32022) Oil Drip Tray
(32056) Cast Iron Grill Manual
(31113) Cast Iron Griddle
(32060) Cast Iron Griddle Manual

NuWave™ Duralon® Ceramic Non-Stick Cookware:

(32100) NuWave™ Duralon® Ceramic Non-Stick Cookware Manual

Hard-Anodized Aluminum Pans:		**Lid (Optional):**
9-inch	(32109)/(32809)	(32012)
10.5-inch	(32110)/(32810)	(32004)
12-inch	(32114)/(32814)	(32014)
Stainless Steel Plus Pans:		**Lid (Optional):**
9-inch	(32015)	(32012)
10.5-inch	(32016)	(32004)
12-inch	(32017)	(32014)
Stainless Steel Chef Series Pans:		**Lid (Optional):**
9-inch	(32009)/(32709)	(32012)
10.5-inch	(32010)/(32710)	(32004)
11.5-inch	(32011)/(32711)	(32013)
Stainless Steel Stock Pots & Saucepans:		**Lid (Optional):**
1.5-quart	(32031)	(32036)
2.0-quart	(32032)	(32037)
3.0-quart	(32033)	(32038)
5.5-quart	(32039)	(32040)
9.0-quart	(32034)	(32004)
10-piece Set	(31250)	
Everyday Pan:		**Lid (Optional):**
12-inch, 5.0-quart	(32018)	(32019)
10.5-inch, 3.5-quart	(32020)	(32004)
Stainless Steel Grill Pan:		**Lid (Optional):**
11-inch, 3.0-quart	(32024)	(32025)
8.0-quart Steamer Pot Set:		**Lid (Optional):**
8.0-quart Stock Pot	(32400)	(32403)
7.0-quart Steamer Insert	(32401)	
Steamer Rack	(32402)	

NuWave™ Precision Pressure Cooker:

(31201) NuWave™ Precision Pressure Cooker
(32076) Nuwave™ Precision Pressure Cooker Manual

To order parts and accessories, call customer service at:
1-877-689-2838, Monday-Friday, 7:00 AM – 8:00 PM CST.
You may also order online at: www.NuWaveNow.com.
Please provide the correct item name and number to ensure that your order is processed accurately.

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

READ ALL INSTRUCTIONS BEFORE USING

DANGER – To reduce the risk of electrocution:

1. Read all instructions, safeguards and warnings before using the appliance.
2. Do not place appliance where it can fall or be pulled into water or other liquids.
3. Do not reach for an appliance that has fallen into water. Unplug immediately.
4. Do not immerse cord, plug, or any portion of appliance in water or other liquids.

WARNING – For individuals with pacemakers:

1. This appliance emits an electromagnetic field that is strongest within two feet of the cooking surface.
2. Scientific tests have proven inconclusive as to whether the electromagnetic field will disrupt the function of a pacemaker. Please consult your doctor or medical professional for guidance before use.

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

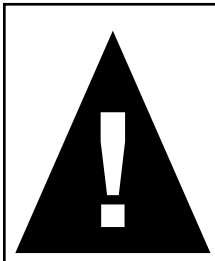
1. This appliance is not meant for continuous use.
2. This appliance includes a heating function. Surfaces may develop high temperatures. Do not touch hot surfaces. Cooktop may retain residual heat after cookware has been removed. The use of pot holders or alternative safety measures is highly recommended.
3. This appliance should not be used by children. Close supervision is necessary when this product is used near children.
4. Do not place on any gas or electric burner or in a heated oven.
5. Do not place metallic objects such as knives, forks, spoons, or lids on the cooktop as they may become hot.
6. This appliance is not intended for commercial use.
7. Use this appliance for its intended purpose as described in this manual. Do not use any other accessories or attachments not recommended by the manufacturer. They may result in fire, electrical shock, or personal injury.
8. Never operate this appliance if it has a damaged cord or plug, is not working properly, has been dropped or damaged, or dropped in water. Contact customer service for inspection, repair, or adjustment.
9. Do not operate broken cooktop. If cooktop should break, cleaning solutions and spillovers may penetrate the appliance and create a risk of electric shock.
10. Keep cord away from heated surfaces. Do not let the cord hang over the edge of the table or counter. Never force the plug into an outlet. Always unplug power cord by pulling on the plug. Turn the unit off before removing the plug from the wall.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. Use proper judgment and caution while using cooktop in outdoor environments and public areas. This appliance should never be set up around unattended children or those unaware of its presence. The appliance should be situated on flat, stable surfaces, away from water sources such as pools, spas, sprinklers, hoses, etc.

13. Do not move the appliance while hot.
14. This appliance is for household use only; it is designed to process normal household quantities. It is not suitable for continuous or commercial operation.
15. Do not disassemble the product. There are no user serviceable parts.
16. Do not leave the appliance unattended while in use.
17. This appliance is not intended for operation by means of an external timer.
18. Clean cooktop with caution. Cleaning a hot surface with wet applications can cause steam and some cleaners can produce dangerous fumes. Unplug from outlet before cleaning.
19. Use caution when disposing of hot grease.
20. Keep this manual handy for future reference.

SAVE THESE INSTRUCTIONS

Electrical Information

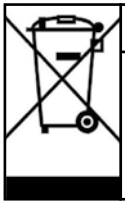
- The cord length of this appliance was selected to reduce Safety Hazards that may occur with a long cord. Extension cords are available and may be used if care is exercised in their use. If an extension cord is used: (1) the marked electrical rating of the extension cord should be at least as great 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 items on the cooktop can get very hot during cooking. Please be careful when removing these items from the unit. Always wear oven mitts or use pot holders. Cooktop may retain residual heat after cookware has been removed. Allow everything to cool completely before cleaning.

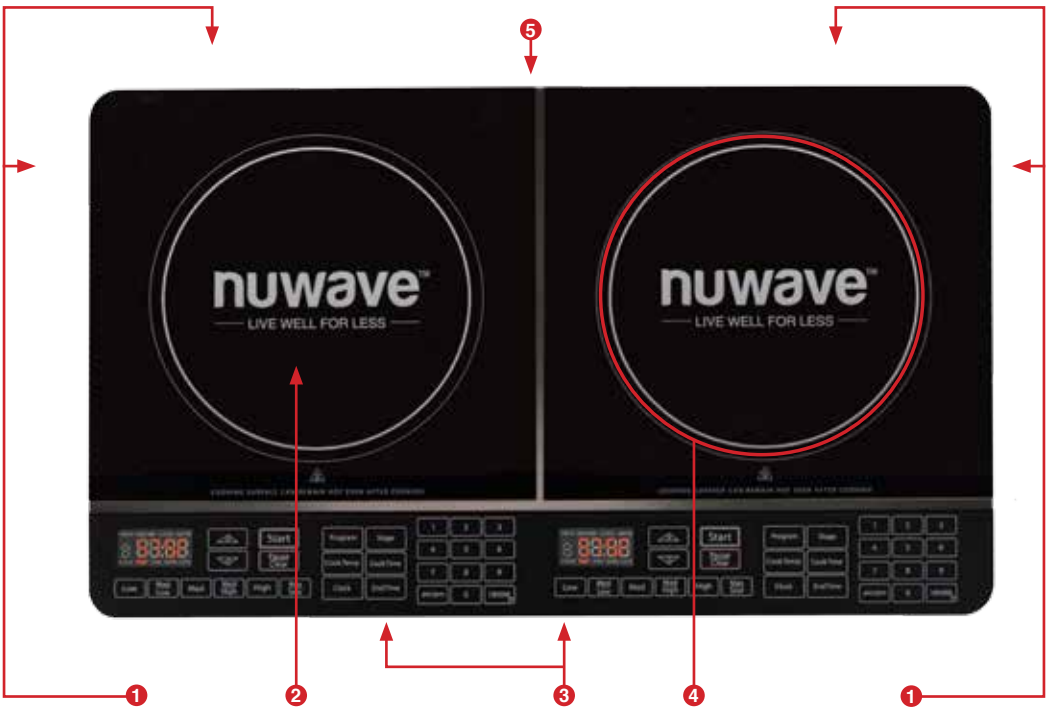
IMPORTANT – FCC Information:
Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
Note: The device complies with part 18 of the FCC Rules.



Correct Disposal of This Product

This marking indicates that this product should not be disposed of with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use return and collection systems or contact the retailer where the product was purchased. They can handle environmentally safe recycling.

NuWave™ Precision Induction Cooking



❶ **Ventilation:** Air vents are located on the sides and back of the product to allow any heat generated by the heating element to escape. This design feature prevents the unit from overheating and ensures efficient performance of the NuWave™ PIC Double.

❷ **Surface:** The NuWave™ PIC Double's heat-resistant glass surface stays cool to the touch and cleans easily with the simple wipe of a damp cloth.

❸ **Control Panel with LED Display:** Clearly lit, easy-to-read control panels.

❹ **Heat Source:** Located beneath each of the glass cooking surfaces is a copper electromagnetic coil that transfers heat directly to induction-ready cookware.

❺ **On/Off Switch:** The NuWave™ PIC Double has an on/off switch located on the back of the unit.

⚠ CAUTION

While the NuWave™ PIC Double is in operation, do not touch the appliance's surface as it may become very hot, leading to the risk of burns. Cooktop may retain residual heat after cookware has been removed.
Do not remove pots and pans during cooking process.
Push "Pause/Clear" button to turn off power before removal.

Induction Cooktop-Compatible Cookware

As induction technology is based on magnetic principles, compatible cookware must have a ferrous (iron-based, magnetic) bottom. Some types of cookware are made of naturally magnetic metals (such as pure iron), while others are rendered magnetic by “sandwiching” a thin layer of a ferrous metal within the base. This layer will be acted upon by the magnetic field of the induction cooktop to distribute heat. Tri-ply, high-quality stainless steel and cast iron cookware will work with induction cooktops. Copper, glass and aluminum cookware will not work unless they have a sandwiched magnetic base. Pots that function optimally with the NuWave™ PIC Double tend to be medium to heavy gauge.

ATTENTION:
Each heating coil is located inside the thicker silver ring. You may use pans measuring up to the total width of the NuWave™ PIC Double’s cooking surfaces, each of which measures 11.5 inches. It may accomodate pans up to 10.5 inches when using both sides and 12.0 inches when using a single side. However, in these situations, heat will transfer more slowly to the outer edges. Not recommended for pans larger than 12.0 inches.

Examples of compatible cookware:
• All NuWave™ Cookware • NuWave™ Duralon™ Ceramic Non-Stick Cookware
• Cast iron • Enameled iron and steel • Stainless steel with magnetic base

Non-induction-compatible cookware:
• Copper • Glass • Aluminum • Pottery type vessels

How do I check my cookware for induction compatibility?
Three simple ways to check if your existing pots and pans, or future cookware purchases, are compatible with the NuWave™ PIC Double:
1. A magnet is typically a great indicator. If it sticks to the bottom of a piece of cookware, this typically means the pot or pan is induction-ready. However be cautioned that there are instances when a cooking vessel’s magnetic properties may not be strong enough for the pot to work efficiently with the NuWave™ PIC Double.
2. Place a small amount of water in a particular pot or pan. If induction compatible, water will begin to boil.
3. An induction-ready symbol may be printed on the bottom of the cookware.

Induction

Cleaning & Care for Your NuWave™ PIC® Double

BEFORE USE:
Wipe surface with a cloth soaked in warm, soapy water.

IMPORTANT - Do not immerse unit in water or attempt to cycle through dishwasher. The outer surface may be cleaned by wiping carefully with a damp dishcloth or sponge. Make sure unit has cooled completely prior to cleaning.

General Cleaning Instructions:

- Clean after each use.
- Make sure unit has cooled completely prior to cleaning.
- The outer surface may be cleaned by wiping carefully with a damp dishcloth or sponge.
- Remove the power plug prior to cleaning the NuWave™ PIC Double. Do not use caustic cleaning agents and water should not penetrate the interior of the induction cooktop.
- Never immerse the NuWave™ PIC Double, its cables or plug in water or other liquids.
- Wipe the glass surface with a damp cloth or use a mild, non-abrasive soap solution. Make sure the unit has cooled completely before cleaning.
- Wipe casing and operating panel with a soft cloth dampened with water or a mild detergent.
- Do not use oil-based cleansing products as their use may damage plastic parts or the casing/operating panel.
- Do not use flammable, acidic or alkaline materials or substances near the NuWave™ PIC Double, as this may reduce the service life of the induction cooktop or pose a fire risk when the induction cooktop is in use.
- In order to keep your NuWave™ PIC Double looking like new, take measures to ensure that the bottom of cookware does not scrape the unit's glass surface, although a scratched surface will not impair the use of the induction cooktop.
- Make sure to properly clean the unit before storing it in a cool, dry place.

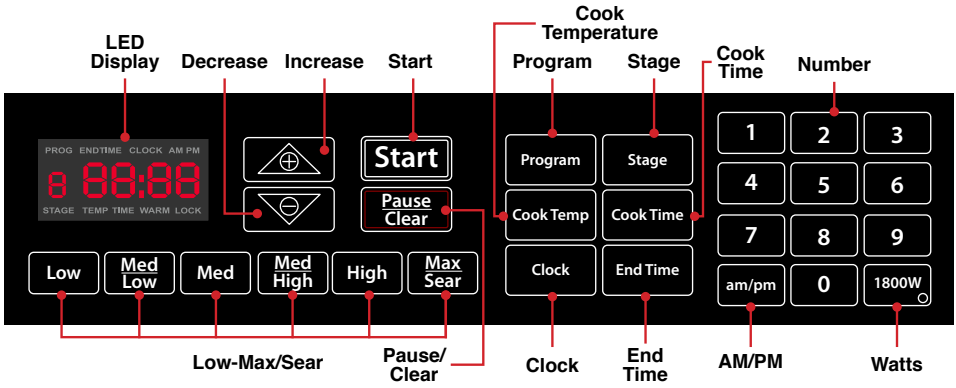
IMPORTANT TIPS:

1. Check power outlets to ensure proper operation. Do not use in an outlet where other major appliances are engaged. Check settings if the unit is cooking too slowly.
2. The electrical plug must be properly plugged into the outlet.
3. Always turn off and unplug the unit before wiping.

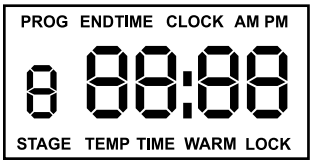
General Operating Instructions:

- Place the cooktop on a stable, level, non-metallic surface.
- Never use the cooktop on a flammable surface (e.g. table cloth, carpet, etc.).
- Do not block the ventilation slots of the induction cooktop. This may cause the unit to overheat. Maintain a minimum distance of 3-5 inches from walls and other objects, appliances, etc.
- Do not place devices or objects that are sensitive to magnetic fields on top of or next to the NuWave™ PIC Double. (e.g. credit cards, cell phones, radios, TVs, video recorders, etc.).
- Do not use the induction cooktop in the proximity of open fires, heaters or other heat sources.
- Do not place on stove top.
- Ensure that the power cable is not damaged or compressed beneath the induction cooktop.
- The power cable must not come into contact with sharp edges and/or hot surfaces.
- Prior to connecting the NuWave™ PIC Double, confirm that the voltage needs indicated in this manual correspond to the voltage supply in your home. A wrong connection may lead to the unit's damage and possible injury to persons.
- The cooktop's surface is designed from temperature-resistant glass. In the event that damage to the unit is observed, even a small crack on the glass surface, immediately disconnect the NuWave™ PIC Double from the power supply.

Directions for Each Display Panel



LED Display



To Start Cooking:

Note: Ensure that your NuWave PIC Double is turned on by flipping the on/off switch located on the back of the PIC.

Control Panel:

LED Display should read "0" when program is clear or power is on.

There are several ways to begin cooking with your NuWave™ PIC Double:

- Select one of the temperature functions (Low - Max/Sear) then press "**Start**". Default cooking time is 1 hour.
- Press "**Cook Temp**", then press "**Start**". Default cooking will be 375˚F for 1 hour.
- Press "**Cook Temp**" then set the cooking temperature using the numeric touchpad and press "**Start**". Default time is 1 hour.
- Press "**Cook Time**" then set the cooking time using the numeric touchpad and press "**Start**". Default cooking temperature is 375˚F.
- Set the temperature and time using the numeric touchpad, then press "**Start**".

The NuWave™ PIC Double will automatically stop cooking once time has expired and a "beep" sound will alert users. The display will always show the current temperature during the cooking cycle. To display time lapse, press "**Cook Time**" while cooking.

NOTE: After 3 seconds, the display will revert to the cooking temperature.

NOTE: Due to ETL regulations regarding touchpad control panels, pressing the "**Start**" button only will not begin the cooking process.

Pause/Clear Function:

1. To interrupt cooking time, press the "**Pause/Clear**" button once. This will pause the NuWave™ PIC Double at the current stage.
2. The temperature will remain listed in the display panel, but the "F" will be blinking.
3. To resume, press "**Start**."
4. To clear the cooking mode or display while the NuWave™ PIC Double is in operation, press the "**Pause/Clear**" button twice. The screen will be fully cleared and a "0" or the current time will appear and the unit will turn off.

Setting Clock And am/pm Button:

1. Press the "**Clock**" button. CLOCK indicator will flash on LED display and "00:00" will be displayed.
2. Enter digits to match the current time. For example, 1:25 would be entered by pressing "1,2,5".
3. Once entered, the time will be set as AM as a default.
4. To change to PM, press the "**am/pm**" button.
5. Press the "**Clock**" button again to set.

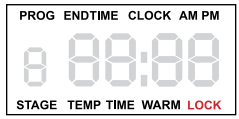
- **"End Time" feature will not work unless the clock is set on each control panel.**
- **If the NuWave™ PIC Double is cut from a power supply or turned off, the clock must be reprogrammed on each control panel.**

Fahrenheit to Celsius Conversion:

1. The NuWave™ PIC Double's LED display is defaulted to display cooking temperature in Fahrenheit (F) and the F will appear on display panel.
2. To switch the display to Celsius (C), press the **"Cook Temp"** and **"Cook Time"** buttons simultaneously.
3. To close out of the F/C conversion option, press the **"Pause/Clear"** button until "0" or the current time appears on the unit's screen.

• **Each control panel can be changed from Fahrenheit/Celsius individually.**

Lock And Unlock Function:



The PIC can be locked by pressing **"Low"** and **"Max/Sear"** simultaneously until "LOCK" is displayed on the LED display. To unlock, press **"Low"** and **"Max/Sear"** simultaneously until "LOCK" is no longer displayed on the LED display.

• **Each control panel locks and unlocks itself independently from the other.**

Wattage Function:

The PIC Double operates on a default of 1800 watts when using one plate.

1. To change the wattage to 900 watts, press the "**1800W**" button and light will turn off.
2. To change to 1800 watts, simply press the "**1800W**" button again and the light will turn on.

NOTE: EACH PLATE CAN USE UP TO 1800W INDIVIDUALLY. WHEN USING BOTH PLATES, THE PIC DOUBLE WILL AUTOMATICALLY SWITCH TO 900W ON EACH PLATE.

Setting Cooking Temperature:

The NuWave™ PIC Double is defaulted to cook on Med/High (375°F).

- To start, press temperature key "**Low**" - "**Max/Sear**," the TEMP indicator will flash, then press "**Start**." The temperature range will appear on the display panel.
- To start, press the "**Cook Temp**" button. The TEMP indicator will flash and 375F will be displayed. To raise or lower the temperature in 5°F increments, press the "**+**" and "**-**" buttons until desired temperature is displayed.

Refer to chart below for setting temperature and preset temperatures.
The minimum temperature is 100°F while the maximum temperature reaches 575°F.
NOTE: Display temperature represents temperature of 1.5L of oil in the NuWave™ 3.5-quart Stainless Steel Pot. Thermometer location for test at the origin (middle) of the NuWave™ 3.5-quart Stainless Steel Pot and an equidistant length between the pot base and top of the oil.

Press Button	Range Temperature	Panel Display	Examples
Low	100°F (38°C)	100F / 38C	Warm
Med Low	175°F (79°C)	175F / 79C	Simmer
Med	275°F (135°C)	275F / 135C	Steam
Med High	375°F (191°C)	375F / 191C	Stir/Deep Fry
High	425°F (218°C)	425F / 218C	Boil/Saute
Max/Sear	575°F (302°C)	SEAR	Sear

Setting Temperature Continued:

The desired cooking temperature can be set by pressing the numeric touchpad. See right for examples.

1. Press "**Cook Temp**" button.
2. Press a desired cooking temperature by using the numeric touchpad. If a number not ending in "5" or "0" is entered, the PIC Double will automatically set itself to the nearest temperature ending in a "5" or "0". For example, when you press "2,2,2" for cooking at 222°F, the LED display will read 220F.

Desired Temp	Display
220°F	220F
221°F	220F
222°F	220F
223°F	225F
224°F	225F
225°F	225F

press [2] three times, then press "**Start**" →

Setting Cooking Time:

1. Press the "**Cook Time**" button. The "TIME" indicator will flash.
2. Enter the time in hours and minutes using the numeric touchpad.
   - For example, 1 hour and 30 minutes would be entered by pressing "1,3,0". The display panel will show 1:30.
   - The time can be adjusted in 1 minute increments by pressing the "**-**" or "**+**" arrows.
   - To check the time during the cooking process, press the "**Cook Time**" button, the PIC will automatically revert to the temperature in 3 seconds.

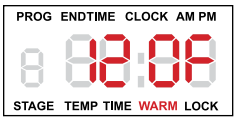
3. If the required time is in minutes, you only need to enter 1 or 2 numbers.
   - For example, for 5 minutes just enter "5"; for 46 minutes, enter "4,6".
4. If the number needs to be corrected, clear the entry by pressing "0" button four times.

- **The blinking TIME indicates that the time can be adjusted. The maximum amount of programmable time is 99 hours and 60 minutes.**
- **The display shows hours and minutes, but not seconds.**

Warm Function:

After the initial cooking is complete, the cooktop can be used to keep the food warm (between 100ºF - 200ºF). The default setting is programmed at 120ºF for 2 hours.

1. Press the "**Low**" and "**Med/Low**" buttons simultaneously. until the display flashes "WARM". The "WARM" indicator will blink.
2. 120F will be displayed, then press "**Start**".
3. The PIC can be programmed to keep foods warm for up to 100 hours.



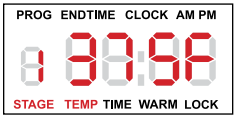
4. Once the initial cooking cycle is finished, the PIC will "beep" twice before switching to the WARM function. Warm will always be the last stage in the program.

- The temperature of the WARM function can be increased or decreased by pressing "**+**" or "**-**" buttons or using the numeric touchpad.
- To change the warm time press "**Cook Time**" button. You can increase/decrease the cooking time by pressing the "**+**" or "**-**" buttons or using the numeric touchpad.

Stage Cook Function:

This function is used when programming or cooking for more than one time and temperature setting.

1. Press the "**Stage**" button. "STAGE" will begin flashing on the display. All the stages have a default temperature of 375ºF.
2. To change the temperature, press the "**Cook Temp**" button. "TEMP" will flash on the display. Enter the desired temperature.
3. Press the "**Cook Time**" button. "TIME"will flash on the display. Enter the desired cooking time.



- You can also start with the "Cook Time", followed by the "Cook Temp".

5. Press the "**Stage**" button to move onto programming stage "2".
6. Repeat the process until all desired stages are programmed, then press the "**Start**" button.

- **There is a maximum number of 10 programmable stages. Stage 10 will be displayed as "0."**
- **If would like to edit an already programmed stage at any time, press the "Stage" button until desired stage is displayed. At that point, you may change the COOK TEMP, COOK TIME or both.**

End Time Function:
IMPORTANT: the correct "CLOCK" time must be set before "END TIME" function can be used (see "Setting Clock Time" on page 13). This feature is designed to allow cooking to end at a specific time. It is possible to delay the end of a program for up to 24 hours.

1. Press the "**End Time**" button, "END TIME" indicator will flash on LED display with AM and "00:00" being displayed.
2. Use the numeric touchpad to input the desired end time.
   - For example, 5:00 would be entered by pressing "5,0,0". Press "**am/pm**" button to change from "AM" default if appropriate.
3. After programming the cooking temperature and time, press "**Start**".

NOTE: "COOK TIME" cannot overlap with the "END TIME".

Programming Function:
NOTE: Numbers 1-50 are pre-programmed recipes.
NOTE: Numbers 51-200 are your own programmed recipes.
See Programmable Recipe Example.
NOTE: Programs 1-50 – wattage is automatically set for 1800 watts, if you are using programs 1-50 and you press the "**1800W**" button it will display "**Err**" and default back to cook temperature.
NOTE: Programs 51-200 – after you program your appropriate wattage, you are not able to change the wattage unless you override the programmed recipes. If you press the "**1800W**" button while cooking it will display "**Err**" and default back to cooking temperature.
The "**Program**" button represents a variety of functions available to users of the NuWave™ PIC Double, including Memory Entry (the storage of frequently used stage cooking programs), Memory Recall (retrieval of stage cooking sequences), and Stage Cooking Mode.

Using Pre-Programmed Recipes:

1. Press the "**Program**" button. "PROG" indicator will flash and "0" will appear on the display screen.
2. Enter the number associated with the pre-programed recipe using the numeric touchpad. Exp "3,1" is 31.
3. Then press "**Start**".

Programming Your Own Recipes:

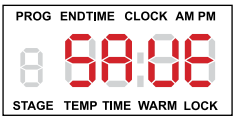
1. Enter your stages with temperatures and times, then press "**Program**". Enter the number you wish to save it as. Exp: "1,3,7" is 137.
2. Press the "**Program**" button to confirm the number you selected.
   - Up to 10 cooking functions can be stored with each Memory Entry (10 additional stages of cooking time and temperature).
   - If you are unsure of the remaining cooking time at the current stage while the NuWave™ PIC Double is cooking, press "**Cook Time**" to display the remaining time. The display will automatically revert to the cooking temperature after several seconds.

Total Cooking Time:
Before starting a programmed recipe, you can view the total number of cooking stages and total cooking time.
1. Press the "**Program**" button, then enter the appropriate recipe number on the numeric touchpad.
2. Then press the "**Program**" button again.
   - The total number of cooking stages will be displayed above "STAGE" and the total cooking time will be displayed on the LED display.

NOTE: Individual stages may also be edited and saved when displaying the total cooking time.
1. Press the "**Stage**" button to select which stage to edit.
2. To change the temperature press the "**Cook Temp**" button and enter the desired temperature using the numeral keys or the "**+**" and "**-**" buttons. To change the time, press the "**Cook Time**" button and enter the desired time using the numeral touchpad or the "**+**" and "**-**" buttons.
3. Press the "**Start**" button to begin your edited recipe.

NOTE: You can also save your edited recipe.
1. Press the "**Program**" button, and "PROG" will flash and a "0" will show on the screen.
2. Enter the desired number for your program using the numeral touchpad or the "**+**" and "**-**" buttons.
3. Press the "**Program**" button again to save your new program.

Save Function:
You can adjust and save the cooking time or temperature of an existing programmed recipe at any point during the cooking process. Once cooking is done, "SAVE" will be displayed on the LED display. At this point, you may choose to save your new recipe onto the NuWave™ PIC Double by pressing the " **Program**" button and entering your desired recipe number.



• If you choose to save the adjusted recipe in a slot that is already taken by another programmed recipe, the new recipe will override the old recipe.
THIS OPTION IS ONLY AVAILABLE FOR RECIPE SLOTS 51-200.

Golden Beets

Serves: 6-8
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 1 minute
Stage 2: 375°F - 20 minutes
Total Cook Time: 21 minutes

Ingredients:
4 large golden or red beets, washed and trimmed
1 quart water
1 teaspoon salt
½ teaspoon freshly ground black pepper

Prep Directions:
1. Add beets and water to Pressure Cooker.

Programming:

Stage 1: Max/Sear - 1 minute
1. Press "Stage" button. Stage will flash on the display panel.
2. Press "Cook Temp" button and press "5, 7, 5" buttons or "Max/Sear" button. "SEAR" will be displayed.
3. Press "Cook Time" button and press "1" to cook for 1 minute.

Stage 2: 375˚F - 20 minutes
1. Press "Stage" button again, Stage will flash on the display panel.
2. Press "Cook Temp" button and press "3, 7, 5" buttons or "Med/High" button. "375˚F" will be displayed.
3. Press "Cook Time" button and press "2,0" to cook for 20 minutes.

To save the recipe
1. After entering all your stages, press "Program".
2. Enter any number between 51-200 using the numeric touchpad. Exp: "1,3,7" is program 137.
3. Press Program again to set it.

Cooking Directions:

To cook immediately:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press "Start".

Troubleshooting

Error Message	Solution
E1	An E1 reading typically means that your NuWave™ PIC Double does not detect cookware on its surface. This can occur for one of two reasons. 1. The induction coils contained within the NuWave™ PIC Double will only work when they are in direct contact with a piece of cookware. To maintain your appliance's effectiveness, always ensure that it rests on a flat surface and that contact is consistent with your cookware. 2. An E1 message may also occur if your chosen cookware is not induction-ready.
E2	The unit is malfunctioning. Contact customer service.
E3	The unit's voltage is too low. Minimum = 85 volts
E4	The unit's voltage is too high. Maximum = 144 volts
E5	The unit is malfunctioning. Contact customer service.
E6	The unit is malfunctioning. Contact customer service.
E7	Overheating, or air ventilation is obstructed. If internal temperature exceeds 230°F, operation will cease and a "beep" noise will be produced. Press "Pause/Clear" twice. Wait for the unit to cool.
E8	Overheating, if unit exceeds a temperature 20°F higher than sear, the appliance will turn off. Contact customer service.
E9	The unit is malfunctioning. Contact customer service.
FULL	In programming mode, when the total entered time reaches the appliance's limit of 99:60, no additional stages can be inputted.

- When any of the above error messages display on the LED, the unit will "beep" at least once.
- The fan will run up to a maximum of 60 seconds after pressing the "Pause/Clear button once. Continue cooking by pressing the "Start" button within 45 minutes.
- The unit will turn off after 45 minutes if no buttons (such as "Start") are pressed. When the unit shuts off, it will clear all previous cooking history.
- After pressing the "Pause/Clear" button twice or cooking has stopped, the fan will run up to a maximum of 60 seconds until the unit cools. At that point the NuWave™ PIC Double will turn off.

After removing cookware	Beep sound	Display	Reference
Initial	Single beep	"F" or "C" or "Sear" Flashing	After returning the pot, NuWave™ PIC Double will automatically resume cooking.
< 10 seconds	None	"F" or "C" or "Sear" or ":" Flashing	
11- 70 seconds	Yes	E1	Resume cooking by pressing "Start" button.
After 70 seconds	None	0	Cooking stops.

THE MANUFACTURER WARRANTS: The induction cooktop and all electrical components 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 induction cooking system at NuWave, LLC 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: Any 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 shipping costs, 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: owner's name, address, daytime telephone number, a detailed description of the problem, and your **RETURN GOODS AUTHORIZATION NUMBER (RGA number):**
Call 1-877-689-2838 or e-mail help@nuwavenow.com to obtain the RGA 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 induction cooktop 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 manufacturer's authorized channels of distribution.
The Limited Warranty may not be altered, varied or extended except by 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 NuWave, LLC at
1-877-689-2838 or e-mail help@nuwavenow.com.

1800 Watt and 900 Watt Cooking Times

	Food	Cook Temp	Cook Time 1800 Watts	Cook Time 900 Watts
Breakfast	Pancakes	350˚F	3:00 Min (per side)	3:40 Min (per side)
	Raw Pork Sausge Patties	350˚F (covered)	3:50 Min (per side)	7:00 Min (per side)
	4 Raw Sausage Links	350˚F (covered)	8:15 Min	8:15 Min
	Bacon	350˚F (covered)	7:00 Min (per side)	7:00 Min (per side)
	2 Fried Eggs	275˚F (covered)	2:02 Min	2:46 Min
	4 Scrambled Eggs	275˚F (covered)	0:48 Sec	1:21 Min
Beef	Searing a Ribeye	575˚F/Sear (covered)	1:30 Min (per side)	5:50 Min (per side)
	8 oz. Hamburgers	375˚F (covered)	8:00 Min (per side)	8:00 Min (per side)
Chicken	2 Chicken Breasts	375˚F (covered)	8:00 Min (per side)	9:30Min (per side)
Fish	6 oz. Salmon	375˚F (covered)	3:00 Min (per side)	4:00Min (per side)
Stocks, Soups and Sauces	4 cups Chicken Broth	575˚F/Sear	3:46 Min	8:30 Min
	4 cups Beef Broth	575˚F/Sear	3:46 Min	8:30 Min
	Pre-Made Alfredo Sauce	275˚F	3:21 Min	4:45 Min
	Pre-Made Marinara Sauce	275˚F	3:00 Min	4:00 Min
	Cheese Sauce	175˚F	4:30 Min	5:09 Min
Sweets	12 oz. Semi Sweet Chocolate	140˚F	8:00 Min	10:00 Min
Others	1 Tbsp. Butter	275˚F	1:24 Min	1:44 Min
	1 Stick of Butter (8 Tbsp.)	275˚F	3:12 Min	3:44 Min
	1/2 cup of Diced Onions	375˚F (covered)	4:00 Min	6:43 Min
	1 Tbsp. of Garlic Sautéd	300˚F (covered)	0:55 Sec	1:20 Min
	Boiling 1 cup of Water	575˚F/Sear	1:30 Min	3:00 Min
	Boiling 2 cups of Water	575˚F/Sear	2:27 Min	4:50 Min
	Boiling 3 cups of Water	575˚F/Sear	3:33 Min	7:00 Min
	Boiling 4 cups of Water	575˚F/Sear	4:03 Min	9:24 Min
	4 cups Canloa Oil (375˚F)	575˚F/Sear	7:44 Min	16:25 Min

Please note: These are general guidelines only.
They are not meant to be recipes. Actual cooking times may vary.

Breakfast

When storing your eggs, keep refrigerated, as they can lose more freshness in one day at room temperature than they can in one week in the fridge. Eggs should be kept in their original cartons in order to keep their moisture and avoid getting odors from other foods. Keep them on the fridge shelf, not in the door to avoid frequent temperature fluctuations.

Tips for Eggs

- Add a teaspoon of water for each egg and whip for fluffier results. Heat pan on high for 1 minute to ensure fast cooking.
- Cool down boiled eggs by placing them in a bowl of ice cubes while running eggs under water. This will help peel eggs with ease.
- If, while cracking, a small egg shell fragment gets into the mix, take a larger piece of the shell and place it into the egg mixture. The larger shell will serve as a magnet, drawing the small fragment towards it.
- To prevent cheese from adhering to grater, spray utensil with non-stick cooking spray.
- Spilled egg on PIC surface? Wipe clean, in seconds with hot soapy water.

Scrambled Eggs
Serves: 2

4 eggs
1/3 cup milk
1/2 teaspoon of salt
1/4 teaspoon black pepper
1 tablespoon butter or
non-stick cooking spray

Directions:
1. In medium bowl, combine eggs, milk, salt and black pepper.
2. Beat eggs with rotary or electric beater.
3. Pour egg mixture into large sauté pan.
4. Cook eggs on Medium (275°F), without stirring, until mixture begins to set on bottom and around edges.
5. Using spatula or wooden spoon, lift and fold partially cooked egg mixture so that uncooked portion flows underneath.
6. Cook for 2-3 additional minutes until eggs are cooked through and still glossy.

Omelette
Serves: 1-2

2-3 eggs
1 tablespoon cold water
Salt and pepper to taste
1 tablespoon butter

Directions:
1. Whisk eggs in bowl with salt, pepper and cold water.
2. Heat small sauté pan on High (425˚F). Add butter and cook until butter starts to melt.
3. Reduce heat to Medium (275˚F) and add egg mixture all at once.
4. Swirl with rubber spatula and cook eggs until almost set.
5. Occasionally tilt pan and lift and fold partially cooked egg mixture so that uncooked portion flows underneath.
6. Using spatula fold the omelette in half or thirds.
7. Flip over onto plate to serve.

Tip: Sprinkle the omelette with shredded cheese, ham, bacon and vegetables.
- Make sure vegetables are small for even cooking.

Homemade Yogurt

Yield: 1 quart or 8 Yogurt Jars

1 quart whole milk
1 packet (5 grams) yogurt starter (powdered culture)

Directions:

1. Pour milk into medium sauce pot.
2. Press High (425°F) to bring milk up to 180°F (or until milk starts to boil) then let milk cool down to 108-112°F.
3. Dissolve powdered culture into milk, mix well.
4. Pour mixture into yogurt jars.
5. Place yogurt jars in pot then fill pot with water to ensure water covers at least ¼ of the jars throughout cooking process.
6. Press Low (100°F) and then press "+" until display shows 130°F to heat water (this allows milk to maintain 110°F inside yogurt jars).
7. Continue heating for 4-4½ hours or until yogurt has reached desired firmness.
8. Refrigerate to stop incubation.
9. Fruit and nuts can be added to yogurt before serving.

Tip: For the best results, use Jump-Start yogurt starter.

Breakfast Potatoes

Serves: 4

2 cups coarsely chopped tiny new potatoes or round red potatoes
½ cup chopped onion
½ cup chopped green or red bell pepper
2 tablespoons olive oil
½ teaspoons salt
½ teaspoon pepper
½ cup shredded cheddar cheese (optional)

Directions:

1. In medium sauce pot, add potatoes and enough water to cover.
2. Season with salt to taste and heat on Medium-High (375˚F) until water boils.
3. Once water boils, cook potatoes for an additional 4-5 minutes.
4. Drain potatoes to remove any excess water.
5. In large sauté pan, heat olive oil over Medium (275°F).
6. Add potatoes, onions, and bell peppers to skillet.
7. Cook for 15-20 minutes until tender, stirring occasionally.
8. Season with salt and pepper and sprinkle with cheese before serving.

Fried Eggs
Serves: 2

2 teaspoons olive oil, butter
non-stick spray
4 eggs
1-2 teaspoons water

Directions:
1. In large sauté pan, melt oil or butter on Medium (275°F).
2. Break eggs into skillet.
3. When whites are set, add water.
4. Cover skillet and cook eggs for 3-4 minutes or until yolks begin to thicken.

Homemade Pancakes
Serves: 4

1½ cups self-rising flour
1 teaspoon baking powder
2 tablespoons white sugar
2 eggs, lightly beaten
1 cup milk
2 ounces butter
Pinch salt
Maple syrup
Butter

Directions:
1. Sift flour, baking powder, and salt into bowl.
2. Make a well in center of bowl.
3. Mix eggs, milk, and melted butter in small bowl.
4. Pour egg mixture into well all at once, whisking to form smooth batter.
5. Cover the bowl and let sit for 10 minutes.
6. Lightly brush sauté pan or griddle with canola oil and heat on Medium-High (375°F).
7. Pour ¼ cup batter into pan. Swirl gently to form pancake.
8. Cook until bubbles form or bottom gets golden brown and ends begin to dry.
9. Flip pancake and cook other side for 30 seconds.
10. Transfer to plate and repeat with remaining batter.
11. Serve with butter and maple syrup.

Tip: Use buttermilk in place of regular milk for buttermilk pancakes.
- Add ½ cup shredded potatoes for potato pancakes.

Crepes
Serves: 4

2 large eggs
¾ cup milk
½ cup water
1 cup flour
3 tablespoons melted butter
Butter to coat the pan

Directions:
1. Combine eggs, milk, water, flour and melted butter in blender and pulse for 10 seconds.
2. Refrigerate batter for 1 hour.
3. Coat small non-stick pan with butter and heat on Medium (275°F).
4. Pour 1 ounce batter into center of pan and swirl to spread evenly.
5. Cook for 30 seconds and flip.
6. Cook for additional 10 seconds and transfer crepe to cutting board to cool.
7. Repeat steps 4-6 with remaining batter.
8. Once cool, you can store crepes in refrigerator for several days or in freezer for up to 2 months.

Tip: For savory crepes, add ¼ teaspoon salt and ¼ cup chopped herbs to batter.
Tip: For sweet crepes, add 2½ tablespoons sugar, 1 teaspoon vanilla extract and 2 tablespoons liqueur to batter.

Garden Vegetable Frittata
Serves: 6

2 tablespoons olive oil
6 small red potatoes, sliced
2 cups torn fresh spinach
1 bunch green onions, sliced
1 cup grape tomatoes, sliced
1 cup asparagus, diced
1 teaspoon crushed garlic
Salt and pepper to taste
6 eggs
⅓ cup milk
1 cup shredded Asiago cheese

Directions:
1. Heat olive oil in medium sauté pan on Medium (275°F).
2. Add potatoes to pan, cover and cook for 6-8 minutes.
3. Uncover pan and mix in spinach, green onions, tomatoes, asparagus and garlic.
4. Season vegetables with salt and pepper and cook for 1-2 minutes, until spinach is wilted.
5. In separate bowl, beat eggs and milk together and pour into sauté pan.
6. Sprinkle eggs with cheese and reduce PIC to Low (100°F).
7. Cover pan and cook for 5-7 minutes.

Poached Eggs Benedict

Serves: 4

Water, enough to fill fry pan
2 tablespoons white vinegar
1 tablespoon salt
8 slices Canadian bacon
8 large eggs
3 large egg yolks
1 tablespoon fresh lemon juice
1 stick unsalted butter, melted and divided
2 teaspoons hot water, plus extra as needed
½ teaspoon cayenne pepper
Salt and pepper to taste
4 English muffins, split in half and toasted
3 tablespoons chopped chives

Directions:

1. Cook bacon in large sauté pan on Medium (275°F) until well-browned on each side.
2. Transfer bacon to paper towel-lined plate and cover with foil to keep warm; set aside.
3. Fill large fry pan to brim with water.
4. Add vinegar and salt and bring to gentle simmer on Medium (275°F).
5. Crack egg into cup and carefully slide into simmering liquid. Quickly repeat with remaining eggs.
6. Using slotted spoon, carefully corral eggs whites around yolks.
7. Poach eggs for 3-5 minutes, turning them occasionally with slotted spoon, until whites are firm.
8. Using slotted spoon, remove eggs and transfer to kitchen towel.
9. Lightly dab eggs with towel to remove excess water.
10. Arrange English muffins on individual plates and top with bacon and eggs; keep warm and set aside until sauce is ready.
11. Blend egg yolks and lemon juice together in blender until smooth and frothy.
12. Add half melted butter and continue to blend for about 1½ minutes, until mixture thickens.
13. Blend in hot water and remaining butter for about 1 minute.
14. Blend additional water, 1 teaspoon at a time, as needed until sauce coats back of a spoon.
15. Stir in cayenne pepper and season with salt and pepper.
16. Top each muffin with sauce and garnish with chives.

French Toast

Serves: 4

1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg
2 tablespoons sugar
4 tablespoons butter
4 eggs
¼ cup milk
½ teaspoon vanilla extract
8 slices challah, brioche, or white bread
½ cup maple syrup, warmed

Directions:

1. In small bowl, combine cinnamon, nutmeg, and sugar and set aside.
2. Melt butter in large sauté pan on Medium (275°F).
3. Whisk together cinnamon mixture, eggs, milk and vanilla and pour into shallow dish.
4. Dip bread in egg mixture, coating both sides.
5. Cook slices on skillet for 3-4 minutes per side, until golden brown.
6. Serve with warm syrup.

Tips for Vegetables

- To avoid losing the vibrant colors of vegetables, those that grow above ground should not be covered during the cooking process.
- Store purchased vegetables in the same manner in which you bought them from the grocery. For example, potatoes should never be stored in the refrigerator.
- Do not cook with or eat potatoes that have roots growing from them. This usually means they are past their prime and could be detrimental to your health.
- Save vegetable scraps such as carrot peels, celery stalks and onions as ingredients for soup and stew stock. Freeze until needed.
- Steaming vegetables is a great way to retain their nutrients. It helps preserves color and ensures the intake of maximum vitamins. To steam, place water in a pot and bring it to boil. Insert steam basket in pot, situated above water line. Place vegetables in basket and cook until they reach al dente (firm to the bite) consistency.

Cooking at 1800W vs. 900W

	1/2 cup of Diced Onions	1 Tbsp. of Garlic Sautéd
Temp	375˚F (covered)	300˚F (covered)
1800W	4:00 Min	0:55 Sec
900W	6:43 Min	1:20 Min

These are general guidelines only.

Vegetables

Perfectly Cooked Vegetables in the Induction Steam Basket

Guidelines below are for al dente (firm to the bite). Place water in 8-quart stock pot. Bring 2 cups water to boil while covered on Max/Sear. Cut temperature to medium-high (375°F) once rolling boil has developed. Uncover and add Stainless Steel Steamer Basket. Place vegetables in basket. Cook vegetables for listed time, or add 2-4 minutes for softer vegetables.

Vegetables	Time	Special Preparations
Asparagus	3-5 minutes	
Broccoli	4-5 minutes for florets 6 minutes for stalks	
Cauliflower	4-5 minutes	
Zucchini	3 minutes	Cut into ½ inch pieces
Red, Yellow & Green Peppers	3 minutes	Cut into ½ inch strips
Carrots	5-6 minutes	Cut in ½ inch slices
Cabbage	10-12 minutes	Cut into 6 wedges
Parsnips	5-6 minutes	Cut into ½ inch pieces
Collard Greens & Spinach	2-3 minutes	Chopped
Kohlrabi	6-7 minutes	Peel & cut into ½ inch slices
Sugar Snap Peas	3-4 minutes	
Pea	2-3 minutes	
Leeks	3-4 minutes	Cut into ½ inch slices
Turnips	8-9 minutes	Peel & cut into ½ inch slices
Summer Squash	15 minutes	Cut in half & remove seeds

Green Beans Almondine

Serves: 4

8 ounces green beans
2 tablespoons slivered almonds
2 tablespoons butter
1 tablespoon lemon juice
Ice water bath

Directions:

1. Wash and trim green beans to desired length.
2. Blanch green beans in boiling salted water for 3-4 minutes or until still crisp, but not raw.
3. Drain beans and place in ice water bath to stop cooking process; set aside.
4. In large sauté pan, cook and stir almonds in melted butter on Medium (275°F) until almonds turn golden, while not letting butter brown.
5. Remove blanched beans from ice bath and add to almonds.
6. Continue to cook until green beans reach desired temperature.
7. Remove from heat and add lemon juice.

Grilled Japanese Eggplant with Feta & Sun-dried Tomatoes

Serves: 4

4 Japanese eggplants, stemmed and halved lengthwise
1 tablespoon salt
¼ cup oil-packed sun-dried tomatoes, chopped and drained
3 tablespoons fresh lemon juice
3 tablespoons olive oil, divided
2 tablespoons olive oil for grilling
1 clove minced garlic
1 tablespoon fresh-chopped Italian parsley
½ cup crumbled Feta cheese

Directions:

1. Place eggplant halves in large colander and toss with salt.
2. Let eggplant stand for 30 minutes then pat dry.
3. Meanwhile, stir tomatoes, lemon juice, 1 tablespoon oil, garlic and parsley in medium bowl.
4. Stir in Feta cheese and season with fresh ground pepper.
5. Prepare grill pan or sauté pan by placing on PIC and warm on Max/Sear for 3-5 minutes.
6. Turn PIC down to Medium-High (375°F).
7. Brush eggplant with oil and place on grill pan or sauté pan.
8. Grill eggplant for 3 minutes per side, until tender.
9. Place eggplant on platter and serve with prepared Feta topping.

Tip: Use a mandolin to cut the eggplant evenly into 1-inch strips

Stir-Fried Tofu & Vegetables

Serves: 4

½ cup natural peanut butter
¾ cup hot water
¼ cup cider vinegar
4 tablespoons soy sauce
2 tablespoons molasses
½ teaspoon crushed red pepper flakes
4 teaspoons canola oil
1 pound firm tofu, cut into small pieces
2 tablespoons garlic, minced
2 teaspoons gingerroot, divided
1-1½ pounds broccoli
1 cup red onion
1 red pepper, cut in strips
1 yellow pepper, cut in strips
1 cup peanuts, unsalted

Directions:

1. In bowl, mix peanut butter, hot water, vinegar, soy sauce, molasses and red pepper flakes until smooth; set aside.
2. Add 2 tablespoons oil to wok or large sauté pan and heat on High (425°F).
3. Add tofu and stir on High (425°F) for 5 minutes or until edges start to brown.
4. Transfer tofu to bowl using slotted spoon; set aside.
5. If wok or large sauté pan is dry, add 2 teaspoons oil.
6. Stir-fry garlic and ginger for 30 seconds, stirring constantly.
7. Add broccoli and stir-fry for 2 minutes.
8. Add peppers, peanuts and sauce.
9. Cook for 3-5 minutes on High (425°F).
10. Serve over rice.

Broccoli & Carrot Stir-Fry

Serves: 4

¼ cup vegetable broth or chicken stock
1 tablespoon balsamic vinegar
1 teaspoon cornstarch
1 tablespoon cooking oil
1 teaspoon grated fresh ginger
1½ cups carrots, thinly sliced
2 cups broccoli florets
1 teaspoon grated fresh garlic

Directions:

1. To make sauce, stir together broth, vinegar, and cornstarch in small bowl; set aside.
2. Pour oil into wok or large sauté pan and heat on Max/Sear.
3. Add ginger to pan and stir-fry for 15 seconds while constantly moving pan.
4. Add carrots and stir-fry for 1 minute.
5. Add broccoli and garlic and stir-fry for 3-4 minutes.
6. Add prepared sauce and cook until thick and bubbly, stirring constantly.
7. Serve with your favorite meat or over rice.

Artichokes with Butter Sauce

Serves: 2

2 (10-ounce) artichokes
1 full lemon plus 1 tablespoon, juiced and separated
¼ cup butter
1 teaspoon herbs (dill, tarragon, or oregano)

Directions:

1. Wash artichokes, trim stems and remove loose outer leaves.
2. Cut off 1 inch from top and snip off sharp leaf tips.
3. Brush cut leaves with lemon juice.
4. In large stock pot, bring large amount of water, enough to cover artichokes, to boil on Max/Sear.
5. Add salt and artichokes to boiling water.
6. Reduce heat to Medium (275°F).
7. Simmer covered artichokes for 20-25 minutes or until leaves pull out easily.
8. Drain artichokes upside down on paper towels.
9. Melt butter on Medium-Low (175°F) and stir in herbs and 1 tablespoon lemon juice.
10. Transfer butter sauce to bowl and dip artichokes leaves in butter.

Marinated Zucchini and Summer Squash

Serves: 4-6

2 tablespoons white wine vinegar
2 tablespoons fresh lemon juice
1 tablespoon minced garlic
2 teaspoons chopped, fresh thyme
Salt and freshly ground black pepper to taste
⅓ cup extra-virgin olive oil
1 pound zucchini, trimmed and sliced diagonally into ¼-inch slices
1 pound yellow crookneck squash, trimmed and sliced diagonally into ¼-inch slices

Directions:

1. Whisk vinegar, lemon juice, garlic, and thyme in large bowl and season with salt and pepper.
2. Gradually whisk oil into vinegar mixture.
3. Spoon 3 tablespoons marinade into small bowl and set aside.
4. Add zucchini and squash to remaining marinade and toss to coat.
5. Transfer vegetables to large baking dish.
6. Cover dish and let vegetables marinate at room temperature for 3 hours, or refrigerate for up to 1 day.
7. Heat large sauté pan on Medium-High (375°F).
8. Sauté vegetables for about 8 minutes, turning occasionally.
9. Transfer vegetables to serving platter and drizzle with reserved marinade.

Ratatouille Stew

Serves: 4-6

2 tablespoons extra-virgin olive oil
3 cloves garlic, minced
1 yellow onion, diced
1 small eggplant, diced
1 small yellow squash, diced
1 small zucchini, diced
Kosher salt and cracked black pepper to taste
½ cup fresh basil leaves, chopped, plus extra for garnish
1 (15-ounce) can diced tomatoes
1 cup chicken broth

Directions:

1. Heat oil in medium stock pot on Medium-High (375°F).
2. Add garlic and onions to pot and cook for 3-5 minutes, stirring constantly.
3. Add eggplant, squash and zucchini and season with salt and pepper.
4. Cook for 5 minutes, stirring frequently.
5. Stir in basil and cook for 1 additional minute.
6. Stir in tomatoes and chicken broth and bring to boil on Max/Sear.
7. Reduce PIC to 220°F and simmer for 10 minutes.
8. Remove pot from PIC and let cool slightly.
9. Garnish with chopped basil and serve with side of bread.

Sugar Snap Peas and Spinach with Ginger

Serves: 2

Kosher salt
Ice
Water
1 pound sugar snap peas stem end and strings removed
Extra-virgin olive oil
1 (1-inch) piece of ginger, finely chopped
2 cloves garlic, smashed
1 scallion, thinly sliced
½ pound baby spinach, washed but not dried, and stems removed

Directions:

1. Bring a medium stock pot of well-salted water to a boil on Max/Sear.
2. Set up bowl of well-salted ice water.
3. Blanch the snap peas in boiling water until they are cooked, but still crunchy and then immediately plunge them into the salted ice water.
4. Remove snap peas from ice water and reserve.
5. Coat large sauté pan with oil.
6. Add ginger, garlic, and scallions to pan and cook at 350°F until the scallions are soft and translucent.
7. Add snap peas to pan and toss to coat.
8. Add spinach and toss with the peas until the spinach starts to wilt.
9. Remove pan from the PIC and season vegetables with salt.
10. Toss or stir the spinach to finish wilting and transfer to a serving bowl.

Tip: Serve with Asian-Marinated Pork Chops

Grilled Vegetable Medley

Serves: 4-6

1 green bell pepper, sliced
1 red bell pepper, sliced
1 yellow bell pepper, sliced
10 small tomatoes, sliced
1 red onion, sliced
1 crookneck squash, sliced
1 zucchini, sliced
½ cup fresh basil leaves, chopped
¼ cup olive oil
Salt and black pepper to taste

Directions:

1. Add peppers, tomatoes, onion, squash, zucchini and basil to bowl and toss with olive oil.
2. Season vegetables with salt and pepper to taste.
3. Let vegetables sit for 10 minutes.
4. While vegetables marinate, heat grill pan or sauté pan on Medium-High (375°F).
5. Transfer vegetables to pan and cook for 8 minutes, or until tender, stirring occasionally.
6. Serve vegetables immediately.

Grilled Vegetables with Balsamic-Garlic Sauce

Serves: 6-8

1 cup extra-virgin olive oil
¼ cup balsamic vinegar
3 tablespoons minced fresh Italian herbs
1 tablespoon minced garlic
1½ teaspoons salt
¾ teaspoon freshly ground black pepper
1 pound yellow squash or zucchini, ends trimmed and sliced lengthwise into ¼-inch slices
2 large red onions, sliced crosswise into ⅞-inch slices and secured with toothpicks
1 large eggplant, ends trimmed and sliced lengthwise ⅓ to -inch slices
1-2 fennel bulbs, sliced lengthwise into ¼-inch wedges
Sea salt (optional)
⅓ cup finely grated Parmesan cheese (optional)

Directions:

1. Heat grill pan or large sauté pan on Medium-High (375°F).
2. Add olive oil, balsamic vinegar, herbs, garlic, salt and pepper to mixing bowl and whisk to combine.
3. Lightly brush zucchini slices on both sides with marinade.
4. Place zucchini on hot grill and cook for 3-4 minutes per side.
5. Transfer zucchini to serving platter and sprinkle with sea salt.
6. Repeat steps 3-5 with remaining vegetables, fitting as many onto grill as possible.
7. Garnish with Parmesan cheese and serve.

Tip: We recommend using oregano, basil, marjoram or parsley for your herbs.

Tips for Beef

- Internal meat temperature* according to taste preferences:
  Rare: 135°F-140°F
  Medium-rare: 140°F-150°F
  Medium: 150°F-160°F
  Well-done: 160°F-170°F
- Meat should be thawed in the refrigerator.
- Cut meat across the grain. If you're not sure how to do this, consult your butcher.
- Inexpensive cuts of meat may be marinated to promote tenderness.
- When it comes to searing meat, the cut is not ready to be flipped if it is sticking to pan.
- Let all meats (chicken, beef, lamb, pork, etc.) sit for 3-5 minutes after cooking time is complete, but before cutting.
- 1 pound of raw ground beef equals 2 cups of cooked meat.

* A meat thermometer is essential for checking internal temperature.

Cooking at 1800W vs. 900W

	Searing a Ribeye	8 oz. Hamburgers
Temp	575˚F/Sear (covered)	375˚F (covered)
1800W	1:30Min (per side)	8:00Min (per side)
900W	5:50Min (per side)	8:00Min (per side)

These are general guidelines only.

Beef

Bistro Beef & Mushrooms

Serves: 4

4 beef sirloin steaks, cut ½-inch thick
1 tablespoon Dijon mustard or coarse grain brown mustard
¼ cup dry red wine or sherry
1 tablespoon Worcestershire sauce
½ cup beef broth
2 tablespoons butter
2 tablespoon all-purpose flour
2 (4-ounce) packages sliced button, Shiitake or Portobello mushrooms
2 teaspoons fresh thyme
½ teaspoons salt
½ teaspoon pepper

Directions:

1. Trim fat from steaks. Spread mustard evenly over both sides.
2. In large sauté pan or grill pan, sear steak on both sides for 3-4 minutes on Max/Sear for medium-rare.
3. In medium saucepan, heat red wine and Worcestershire on Medium (275°F) heat for 3 minutes or until au sec.
4. Add broth and butter to sauce.
5. Once butter has melted, in small increments, pour in flour and stir with silicone spatula until sauce thickens.
6. Cook for 1 minute or until flour taste has been removed.
7. Add mushrooms, thyme, salt and pepper and cook for 2 minutes to incorporate flavors.
8. Slice beef in ½-inch slices on bias and add to mushroom sauce
9. Simmer for 5 minutes.
10. Serve with egg noodles or rice.

Tip: Au sec is a French culinary term meaning nearly dry. The liquid has been reduced until nearly gone. You may cut temperature down to Medium-Low (175°F) heat to slow down the speed of the liquid reducing.

Hometown Chili

Serves: 6-8

2 pounds ground beef
1 cup chopped yellow onion
1 cup chopped celery
2 tablespoons chopped garlic
2 cans light red kidney beans
4 (15-ounce) whole tomatoes
3 tablespoons chili seasoning
2 cups cold water
3 tablespoons fresh parsley, minced
½ teaspoon black pepper
½ teaspoon salt
1 cup grated cheese (optional)
½ cup chopped green onions (optional)
1 cup crackers (optional)

Directions:

1. In large stock pot, cook ground beef and 1 tablespoon chili seasoning on Medium High (375°F).
2. Drain any fat and add the meat back to large stock pot
3. Add onions, celery, and garlic. Sauté with ground beef for about 2 minutes until onions are translucent, stirring every 30 seconds.
4. Add kidney beans, tomatoes, remaining chili seasoning, water, parsley, salt and pepper.
5. Turn PIC to High (425°F) and bring to boil.
6. Turn PIC down to Medium-Low (175°F) and let simmer for 45 minutes.
7. Serve with cheese, chopped onions, and crackers.

Tip: If you don't have fresh parsley, substitute 1 tablespoon dry parsley.

Steak au Poivre
Yield: 4

½ cup black peppercorns
4 (6-ounce) tenderloin steaks
2 teaspoons sunflower oil
½ cup French brandy or cognac
1 cup heavy cream
1 tablespoon unsalted butter
Salt to taste

Directions:
1. Coarsely grind peppercorns and spread onto a plate.
2. Press meat into peppercorns, covering both sides completely.
3. Heat oil in large sauté pan on Medium-High (375°F).
4. Add steaks to pan and cook for 2-4 minutes per side.
5. Remove pan from PIC and add brandy.
6. Return pan to PIC and cook on Medium-High (375°F) for 1-2 minutes, until liquid has reduced by half.
7. Remove steaks from pan and set aside.
8. Add cream and butter to pan and cook until cream reduces to thick sauce.
9. Return steaks to pan and let sit until warm.
10. Serve steaks and cover in sauce.

Grilled Sirloin with Mushrooms & Red Peppers
Serves: 4

4 (6 – 7-ounce) sirloin steaks
1 tablespoon olive oil
1 medium red bell pepper, cut into strips
6 ounces sliced button mushrooms
1 small onion, thinly sliced
½ teaspoon salt
½ teaspoon pepper

Directions:
1. Add olive oil to grill pan or large sauté pan and heat on Max/Sear for 20 seconds or until it smokes.
2. Brush vegetables with olive oil and place on grill.
3. Grill vegetables for 2-3 minutes,
4. Season steak with black pepper and add to grill.
5. Sear on each side for 4-5 minutes for medium-rare, 6-7 minutes for medium or 8-10 minutes for well-done.
6. Serve steaks over grilled vegetables.

Tip: Create crosshatch marks by rotating steaks 90° halfway through cooking process on each side.

Korean Beef
Serves: 4-6

½ cup soy sauce
¼ cup rice vinegar
3 scallions, finely chopped, plus additional chopped scallions for garnish
2 tablespoons firmly packed brown sugar
1 (2-inch) piece fresh ginger, finely chopped
1½ tablespoons toasted sesame oil
2 teaspoons red pepper flakes
2 (¾ pound) skirt steaks
1½ pounds skirt steak, in two pieces
Vegetable oil
1½ ounces cellophane noodles
Kosher salt and freshly ground black pepper to taste

Directions:
1. Combine soy sauce, vinegar, scallions, sugar, ginger, sesame oil and pepper flakes in bowl, whisking well to blend.
2. Set aside ¼ cup marinade and pour rest into re-sealable plastic bag.
3. Add skirt steak to bag and seal.

4. Place bag in refrigerator and let steak marinate for at least 4 hours, or overnight, turning bag often.
5. Fill large, deep sauce pot with enough vegetable oil until it's 2 inches deep.
6. Heat medium stock pot Medium-High (375°F) until oil reaches 375°F.
7. Pull apart noodle clusters, forming clumps of about 10 strands.
8. Working in batches, fry noodles in oil for about 5 seconds per side, until they puff up and turn white.
9. Using slotted spoon, transfer cooked noodles to paper towels to drain.
10. Remove skirt steak from marinade and pat dry with paper towels.
11. In large sauté pan, heat 1½ tablespoons oil on High (425°F).
12. Season meat with salt and pepper and add to skillet.
13. Reduce PIC to Medium-High (375°F) for 2-3 minutes per side.
14. Transfer steak to platter and cover loosely with foil. Let steak rest for 5 minutes.
15. Repeat steps 11-14 with remaining oil and skirt steak.
16. Cut steak into thin slices, cutting against the grain.
17. Toss beef with reserved marinade until well coated.
18. Crumble fried noodles and divide equally onto plates and top with sliced beef.
19. Garnish with chopped scallions.

Spiced Beef with Dumplings

Serves: 4-6

1 (3-pound) boneless chuck roast
2 tablespoons olive oil
1 (16-ounce) can tomatoes
1¾ cup water, divided
¼ cup red wine
2 tablespoons beef bouillon
Salt to taste
2 cloves garlic, minced
1 (8-count) package refrigerated biscuits
1 tablespoon minced parsley
2 tablespoons cornstarch

Directions:
1. Trim excess fat from roast.
2. Heat oil in large stock pot on Medium (275°F).
3. Brown roast on all sides.
4. Add tomatoes, 1½ cups water, red wine, bouillon, salt and garlic to large stock pot.
5. Cook on Medium-Low (175°F) for 2-2½ hours or until tender.
6. Place biscuits on roast and sprinkle with parsley.
7. Cover and steam dumplings for on Medium-Low (175°F) 15 minutes, shaking pot occasionally.
8. Remove meat and dumplings and place on platter.
9. Bring cooking liquid and remaining water up to boil on Medium-High (375°F).
10. Gradually add cornstarch by continually stirring it into cooking liquid.
11. Continue to stir until gravy is thick.

Beef Stroganoff over Buttered Noodles

Serves: 4-6

13 cups beef stock
1 carrot, chopped
6 sprigs fresh thyme, divided
1 bay leaf
2 pounds chuck roast, cut into 2-inch cubes
Kosher salt and freshly ground black pepper
6 tablespoons extra-virgin olive oil, divided
1 medium onion, chopped
2 tablespoons cognac
5 tablespoons unsalted butter, divided
1 pound mushrooms, sliced
3 cloves garlic, chopped
2 tablespoons sour cream, plus more for garnish
1 tablespoon Dijon mustard
2 tablespoons chopped fresh parsley leaves, plus more for garnish
1 (1-pound) package wide egg noodles

Directions:

1. Heat beef stock in a large stock pot on High (425°F) heat with the carrot, 3 thyme sprigs, and bay leaf.
2. Pat the beef dry and season it with salt and pepper.
3. Coat large stock pot in 3 tablespoons olive oil and heat on High (425°F).
4. Cook meat in batches in pan until browned on all sides. Do not overcrowd the meat.
5. Lower temperature to Medium (275°F) and return all meat to stock pot.
6. Add onions and cook for about 5 minutes, until they soften.
7. Add cognac and continue cooking for about 5 minutes, until alcohol has burned off.
8. Add beef stock to pan, discarding carrot, thyme and bay leaf.
9. Partially cover stock pot and cook at 220°F for 1½-2 hours.
10. In separate large sauté pan, melt 3 tablespoons butter at 350°F and add remaining olive oil.
11. Add mushrooms, garlic and remaining thyme sprigs and cook until mushrooms are browned. Remove pan from heat and set aside.
12. Once meat is finished cooking, remove from heat and fold in cooked mushrooms, sour cream, mustard and parsley.
13. Taste beef mixture and add salt and pepper as needed.
14. Bring large stock pot of salted water to boil on Max/Sear and add noodles.
15. Cook noodles until tender, then drain and toss with remaining butter and season with salt and pepper.
16. Serve stroganoff over noodles and garnish with sour cream and parsley.

Cajun Rib Eye

Serves: 1

3 tablespoons paprika
2 tablespoons granulated garlic
2 tablespoons kosher salt
1 tablespoon cayenne pepper
1 tablespoon onion powder
1 tablespoon dried oregano
1 tablespoon black pepper
1 tablespoon dried thyme
1 (24-ounce) bone-in rib eye steak
1 yellow onion, cut into thick slices
10 cloves garlic
Vegetable oil, for marinating

Directions:

1. Combine paprika, granulated garlic, salt, cayenne pepper, onion powder, oregano, black pepper and thyme in medium bowl and mix well.
2. Place steak on a cutting board and make several punctures on both sides using a fork.
3. Coat steak with prepared spice blend and puncture steak again with fork, making as many holes as possible.
4. Combine remaining spice blend, onion, garlic and oil in deep container.
5. Add steak to container, ensuring it's fully immersed in marinade.
6. Cover container with plastic wrap and refrigerate for at least 24 hours.
7. Heat large sauté pan on High (425°F).
8. Remove steak from marinade, letting excess oil drip off, and place on hot grill pan.
9. Cook steak for 4 minutes per side for medium-rare.

Tip: Make sure you add enough oil to the marinade so that the steak can be completely submerged.

Bacon, Onion and Cheese Stuffed Burgers

Serves:8

1½ pounds ground beef
1 clove garlic, minced
1 teaspoon cayenne pepper sauce
Salt and freshly ground black pepper to taste
4 strips bacon, diced
½ onion, chopped
1 cup grated sharp cheddar cheese
4 burger buns
Lettuce, tomato, pickles for toppings

Directions:

1. Combine beef, garlic, hot sauce, salt and pepper in bowl and mix well.
2. Form beef mixture into 8 even, ½-inch patties and set aside.
3. Heat large sauté pan on Medium (275°F) and fry bacon until crispy.
4. Transfer bacon to paper towel-lined plate to drain and cool; set aside.
5. Sauté onions on same skillet on Medium (275°F) for about 5 minutes, until tender.
6. Transfer onions, bacon and cheese to bowl and mix well.
7. Form cheese mixture into 4 even balls and place in center of 4 beef patties.
8. Top each cheese-covered patty with additional beef patty and crimp edges together until sealed.
9. Cook burgers on Medium-High (375°F) for 4 minutes per side.
10. Serve in buns with your favorite toppings.

Tips for Pork & Chicken

- Poultry is ready to serve once the internal temperature* reaches 170-180°F, or when juices run clear.
- Pork is ready to eat when the internal temperature* approaches 160-170°F, or once juices run clear.
- To cut raw meat more easily, it may help to thoroughly chill it first.
- 1 pound of raw chicken equals 2 cups of cooked meat.
- When it comes to searing meat, the cut is not ready to be flipped if it is sticking to pan.
- When adding raw meat to hot oil, wear a hot pad or glove and/or use tongs to prevent burns.
- Let all meats (chicken, beef, lamb, pork, etc.) sit for 3-5 minutes after cooking time is complete before cutting.
- Meat should be thawed in the refrigerator.

* A meat thermometer is essential for checking internal temperature.

Cooking at 1800W vs. 900W

	2 Chicken Breasts	4 cups of Canola Oil
Temp	375˚F (covered)	575˚F/Sear
1800W	8:00Min (per side)	7:44 Min
900W	9:30Min (per side)	16:25 Min

These are general guidelines only.

Pork & Chicken

Pan-fried Pork Chops

Serves: 4

4 bone-in or center cut pork chops, about ¾-inch thick
1 cup all-purpose flour
1 teaspoon garlic powder
½ teaspoon paprika
½ teaspoon salt
½ teaspoon pepper
½ teaspoon cayenne (optional)
3 slices bacon, chopped
½ cup vegetable oil or olive oil

Directions:

1. In medium sauté pan, cook bacon on Medium-High (375°F) for 6 minutes or until fat renders and bacon is crisp.
2. While bacon cooks, mix all spices with flour.
3. Pat pork chops dry with paper towel.
4. Cut 2 slits at the ends to keep the chop from curling when cooked.
5. Season both sides with flour and spice mixture and shake off any excess.
6. Using slotted spoon, transfer bacon to paper towel and reserve for later use.
7. Add olive oil to bacon render and heat on Medium-High (375°F) for 2 minutes.
8. Cook chops for 5-7 minutes per side until well browned and the internal temperature has reached 160°F.

Tip: Boneless chicken cutlets or breasts can be used in place of pork chops.

Pork Marsala

Serves: 4

1 pound pork tenderloin, well trimmed
1 teaspoon olive oil
1 tablespoon minced garlic
1 teaspoon tomato paste
½ cup dry Marsala
½ cup red wine
12 ounces button mushrooms
Salt and Pepper to taste
1 tablespoon chopped fresh parsley

Directions:

1. Cut pork diagonally into cutlets ¼-inch thick or pound cutlets to thickness of ¼-inch.
2. Heat large sauté pan on High (425°F) for about 1 minute and add cutlets.
3. Sear on sides, sealing in juices and brown for about 1 minute and 30 seconds per side.
4. Remove cutlets from pan.
5. Heat oil on Medium (275°F) heat and add the garlic and sauté for 1 minute.
6. In separate container, combine tomato paste Marsala and red wine. Add mixture to pan.
7. Add mushrooms. Turn down to Medium-Low (175°F) heat and simmer for 3-5 minutes.
8. Return reserved cutlets to pan, and heat them through on Medium-Low (175°F) heat.
9. Before serving, sprinkle with parsley.

Sweet & Sour Pork with Pineapple

Serves: 4

6 tablespoon unsalted butter, divided
2 pounds celery root, peeled and cut into 1-inch cubes
2 cups water
1 tablespoon salt, divided
¼ cup milk
2 teaspoons garlic, minced
1 pound baby bok choy, trimmed and sliced crosswise
1½ pounds boneless pork loin, trimmed and cut into cubes
1 (10-ounce) can fresh pineapple chunks
1/3 cup honey
2 tablespoons sherry vinegar
White pepper to taste

Directions:
1. Melt 2 tablespoons butter in large sauté pan on Medium-High (375°F).
2. Add celery root and cook for 5 minutes, stirring to coat with butter.
3. Add water and ½ teaspoon salt. Bring to boil.
4. Reduce heat to a simmer on Medium–Low (175°F), let simmer for 30 minutes or until tender.
5. Strain, reserving ¼ cup cooking liquid.
6. Puree in food processor with reserved cooking liquid, milk and 1 tablespoon butter.
7. Return to pan to keep warm.
8. In large sauté pan heat 3 tablespoons butter on High (425°F).
9. Sauté garlic for 1 minute until tender, stirring constantly.
10. Add bok choy and ½ teaspoon salt and cook on Medium-High (375°F) for 4-5 minutes, stirring until just tender. Set aside and keep warm.
11. In same fry pan, add 1 tablespoon butter.
12. Cook pork on Medium-High (375°F) heat until brown and cooked through.
13. Remove pork with slotted spoon and add to bok choy.
14. In same fry pan, add pineapple with juice, honey, vinegar and remaining salt and cook on Medium-High (375°F).
15. Bring to a rolling boil.
16. Add pork and bok choy into sauce.
17. Serve with celery root puree along side.

Black-Eyed Peas with Andouille

Serves: 6

½ pound Andouille sausage, cut into ¼-inch thick slices
½ cup onion, diced
½ green bell pepper, diced
½ red bell pepper, diced
3 cups black-eyed peas, cooked
1 cup chicken stock or water
½ teaspoon kosher salt
½ teaspoon black pepper

Directions:
1. Heat large sauté pan on Medium-High (375°F).
2. Add sausage and cook for 5 minutes, or until browned on both sides.
3. Transfer sausage to bowl and set aside.
4. In same skillet, add onion and bell peppers and cook for 5 minutes, or until wilted.
5. Add peas, chicken stock, sausage, salt and pepper and cook for 5 minutes.
6. When completely cooked, serve with a bowl of rice.

Sautéed Pork Medallions with Lemon-Garlic Sauce

Serves: 4

1 (1-pound) pork tenderloin, trimmed
¼ teaspoon salt, divided
⅜ teaspoon black pepper, divided
2 teaspoons olive oil, divided
2 cloves garlic, minced
½ cup dry white wine
½ cup chicken broth, low-sodium
Grated zest from 1 lemon
1 tablespoon lemon juice
1 tablespoon fresh parsley, chopped

Directions:

1. Cut pork into 12 (1-inch) slices.
2. Season both sides of pork with ⅛ teaspoon salt and ¼ teaspoon pepper.
3. Heat 1 teaspoon oil in large sauté pan on Medium-High (375°F).
4. Add pork and cook for 1½ minutes per side, until internal temperature reaches 145°F.
5. Transfer pork to serving platter and cover to keep warm.
6. Heat remaining oil in pan on Medium-High (375°F).
7. Add garlic and cook for about 30 seconds, stirring constantly.
8. Add wine and broth to pan.
9. Increase temperature to High (425°F) and cook for about 5 minutes, stirring with wooden spoon until liquid reduces by ⅔ .
10. Turn off PIC and stir in lemon zest, lemon juice, parsley and remaining salt and pepper.
11. Drizzle sauce onto pork medallions and serve.

Tip: You can substitute 1½ teaspoons dried parsley if you don't have fresh available.

Tip: For a different flavor, use sage or rosemary instead of parsley.

Pork Tenderloin with Sautéed Apples

Serves: 4

¼ teaspoon ground coriander
¼ teaspoon freshly ground black pepper
⅛ teaspoon ground cinnamon
⅛ teaspoon ground nutmeg
½ teaspoon salt, divided
1 pound pork tenderloin, trimmed and cut crosswise into 12 pieces
Non-stick cooking spray
2 tablespoons butter
2 cups thinly sliced, unpeeled apples
⅓ cup thinly sliced shallots
¼ cup apple cider
1 teaspoon fresh thyme leaves

Directions:

1. Combine first 4 ingredients in a bowl along with ⅜ teaspoon salt and sprinkle evenly over pork.
2. Coat large sauté pan in non-stick cooking spray and heat on Medium-High (375°F).
3. Add pork to pan and cook for 3 minutes per side.
4. Remove pork from pan and keep warm.
5. Reduce temperature to Medium (275°F).
6. Melt butter in pan and add apple slices, shallots and ⅛ teaspoon salt and sauté for 4 minutes.
7. Add apple cider to pan and cook for 2 minutes.
8. Stir in thyme.
9. Serve pork with apples.

Pork Chops with Red Onion Confit

Serves: 2

1 red onion, thinly sliced
1-2 tablespoons butter
Salt and pepper to taste
Splash balsamic or red wine vinegar
2 pork chops
Pinch sugar

Directions:

1. Melt butter in medium sauté pan at 150°F.
2. Add onions and season with salt and pepper.
3. Cook onions for about 15 minutes, stirring occasionally.
4. Add vinegar and cook for about 1 minute until liquid evaporates.
5. Remove pan from PIC and set sauce aside
6. Sprinkle pork chops with salt, pepper and sugar.
7. Cook chops in medium sauté pan on Medium (275°F) for about 5 minutes per side.
8. Serve chops and top with red onion confit.

Tip: If your pork chops do not have much fat, you may need to add some oil or butter to the pan when cooking.

Pork Chops alla Pizzaiola

Serves: 4

2 tablespoons olive oil
2 (12-ounce) bone-in pork chops
Salt and freshly ground black pepper to taste
1 small onion, thinly sliced
1 (15-ounce) can diced tomatoes
1 teaspoon Herbes de Provence
¼ teaspoon dried red pepper flakes
1 tablespoon chopped parsley

Directions:

1. Heat oil in large sauté pan on Medium (275°F).
2. Season pork chops with salt and pepper and add to fry pan.
3. Cook chops for about 3 minutes per side.
4. Transfer chops to plate and cover with foil to keep warm.
5. Add onion to same pan and sauté on Medium (275°F) for about 4 minutes.
6. Add tomatoes, with juices, Herbes de Provence and red pepper flakes.
7. Cover pan and simmer for about 15 minutes
8. If desired, season sauce with salt and more red pepper flakes and return chops to pan.
9. Coat chops with sauce and serve.
10. Pour sauce onto chops and season with parsley.

Tip: Cook pork until internal temperature reads 160°F.

Asian-Marinated Pork Chops

Serves: 2

¼ cup soy sauce
2 tablespoons rice wine vinegar
1 teaspoon Asian chili paste
2 teaspoons finely chopped ginger
1 clove garlic, minced fine
2 scallions, thin sliced
Zest from 1 orange
2 (¾-inch) boneless pork chops
Canola oil

Directions:

1. In large bowl, combine soy sauce, rice wine vinegar, chili paste, ginger, garlic, scallions, and orange zest.
2. Add pork chops to bowl and toss to coat.
3. Let the chops sit in the marinade for a few minutes.
4. Coat large sauté pan with oil and heat on High (425°F).
5. Remove the chops from the marinade, shaking off any excess and reserve the marinade.
6. Add chops to pan and sear on Max/Sear for 4-5 minutes per side.
7. Transfer pork chops to plate and drain any excess oil from pan.
8. Add remaining marinade to sauté pan and heat on Max/Sear until boiling.
9. Turn off PIC and spoon marinade onto pork chops.

Tip: Serve with Sugar Snap Peas and Spinach with Ginger.

Chicken & Mushrooms

Serves: 6

6 (6-ounce) boneless, skinless chicken breasts
½ cup flour
½ teaspoon salt
½ teaspoon black pepper
1 tablespoon olive oil
3-4 cloves garlic, peeled and roughly chopped
1 pound mushrooms, cut into slices
¼ cup balsamic vinegar
1 cup chicken broth/stock
¼ teaspoon thyme

Directions:

1. In large sauté pan, heat the oil on Medium-High (375°F).
2. Dredge chicken pieces in flour, mixed with salt and pepper, shaking off excess flour.
3. Add chicken to large sauté pan and cook for 3 minutes on each side or until brown.
4. Add garlic, turn chicken pieces over and scatter mushrooms over chicken.
5. Cook ingredients for about 3 minutes, shaking skillet to distribute mushrooms.
6. Add vinegar, broth, and thyme.
7. Cover large sauté pan and cook chicken on Medium-Low (175°F) for 10-12 minutes, turning chicken once as it cooks, until the center is fully cooked.
8. Remove chicken and place on platter; keep warm.
9. Cook mushrooms for additional 4-5 minutes on Medium-High (375°F) to thicken sauce.
10. Pour sauce over chicken and serve with rice.

Herb Chicken

Serves: 4

4 (6-ounce) boneless, skinless chicken breasts
¼ cup flour
¼ teaspoon salt
¼ teaspoon pepper
1 tablespoon fresh thyme
1 tablespoon fresh chopped rosemary
1 tablespoon fresh chopped oregano
2-3 cloves garlic, peeled and finely chopped
½ cup white wine
¾ cup chicken stock or broth
¼ cup fresh chopped Italian parsley or chervil

Directions:

1. Heat large sauté pan on Medium-High (375°F).
2. Dredge chicken in flour, which has been seasoned with salt and pepper; shake off the excess flour.
3. Add chicken to fry pan and brown on both sides for color; set aside.
4. Add herbs, garlic and wine to large sauté pan.
5. Bring cooking liquid to simmer on Medium-High (375°F).
6. When cooking liquid is brought back up to temperature, add chicken to fry pan.
7. Add chicken stock and bring back to simmer on Medium-Low (175°F).
8. Cover and cook chicken for about 10-12 minutes or until internal temperature reaches 170°F.
9. Before serving dish, sprinkle with fresh parsley or chervil.

Tip: If you don't have fresh thyme, rosemary or oregano, you can substitute with 1 teaspoon dried thyme, rosemary or oregano.

Teriyaki Chicken

Serves: 2-3

¾ cup low-sodium soy sauce
¼ cup honey
1¼ teaspoons peeled, grated fresh ginger
1 pound boneless, skinless chicken breasts or thighs
Freshly ground black pepper to taste
4 teaspoons vegetable oil
2 medium scallions, thinly sliced

Directions:

1. Add soy sauce and honey to small saucepan and simmer on Medium (275°F) for about 5 minutes, stirring often.
2. Add ginger and stir to combine.
3. Remove pan from PIC and set aside.
4. Heat vegetable oil in large sauté pan on High (425°F) until simmering.
5. Season chicken with pepper and add to pan.
6. Fry chicken for about 3 minutes per side, until both sides are browned.
7. Reduce PIC to Medium (275°F).
8. Slowly pour reserved sauce into pan, flipping chicken occasionally to coat, and cook for about 3 minutes.
9. Transfer chicken to cutting board, letting excess sauce drip back into pan.
10. Continue to cook sauce on Medium (275°F) for about 3 minutes, until sauce thickens.
11. Slice chicken crosswise into ½-inch pieces.
12. Transfer chicken to serving dish and pour sauce onto chicken.
13. Garnish with scallions and serve.

Tip: If you're using chicken breasts, pound the chicken until they're ½ inch thick.

Parmesan Chicken

Serves: 4-6

4-6 boneless, skinless chicken breasts
1 cup all-purpose flour
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
2 extra-large eggs
1 tablespoon water
1¼ cups seasoned dry bread crumbs
½ cup freshly grated parmesan, plus extra for garnish
1 tablespoon unsalted butter
1 tablespoon olive oil
Salad greens, washed and spun dry

Directions:

1. Using mallet or rolling pin, pound chicken breasts until they are ¼-inch thick and set aside.
2. Combine flour, salt, and pepper on dinner plate.
3. Beat eggs with water and transfer to second dinner plate.
4. Combine bread crumbs with parmesan on third plate.
5. Coat chicken breasts with flour mixture, then dredge in egg mixture, then coat in bread crumb mixture.
6. Heat butter and olive oil in large sauté pan on Medium-Low (175°F).
7. Add 2-3 chicken breasts and cook for 2-3 minutes per side.
8. Repeat step 7 with remaining chicken breasts, adding more butter and oil if necessary.
9. Top each chicken breast with parmesan cheese and serve with salad greens.

Tip: Toss the salad greens in ¼ cup freshly squeezed lemon juice, ½ cup olive oil, ½ teaspoon kosher salt and ¼ teaspoon black pepper.

Fried Chicken PIC Style

Serves: 1-2

1½ pounds bone-in chicken pieces (breasts, thighs, and drumsticks)
⅔ cup all-purpose flour
3 teaspoons poultry seasoning or paprika
3 teaspoons dried basil or marjoram
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon salt
1 teaspoon black or white pepper
7 cups canola or vegetable oil

Directions:

1. Combine flour and all spices in 4-quart plastic container. Shake to evenly mix ingredients.
2. Add canola or vegetable oil to medium stock pot.
3. Heat over Medium-High (375°F) for 12-15 minutes, until oil reaches 350˚F.
4. Add chicken pieces to seasoned flour, shaking plastic container each time to coat.
5. Cook chicken 10-12 minutes per side.
6. Cook chicken until internal temperature reaches 165-170˚F.

Tip: Be careful not to overcrowd pan. If necessary, cook in two or three batches.

- This recipe can be altered to fry 4 pounds of chicken. To do so, double the dry seasoning and increase flour to 3 cups.
- Ideal oil temperature for chicken is 350˚F and should be checked with a digital thermometer.

Chicken Burgers

Serves: 4-5

1 pound boneless, skinless chicken breasts or tenders
2 cups fresh bread crumbs, divided
½ cup low-fat milk
3 tablespoons grated sweet onion
¼ teaspoon cayenne pepper
¾ teaspoon kosher salt
Freshly ground black pepper
1 teaspoon olive oil

Directions:

1. Remove all excess fat and cartilage from chicken.
2. Cut chicken into 1-inch cubes and chop until coarsely ground and transfer to mixing bowl.
3. Using a rubber spatula, fold in milk, ½ cup bread crumbs, onion, cayenne, salt and pepper.
4. Place remaining bread crumbs on dinner plate or cookie sheet.
5. Divide chicken mixture into 4 or 5 even portions and shape into patties.
6. Coat each patty with bread crumbs and set aside.
7. Heat olive oil in large sauté pan on Medium-High (375°F).
8. Add patties to hot large sauté pan and cook for about 5 minutes per side, until golden brown.
9. Serve immediately.

Tip: You can use pulse the chicken using a blender to properly ground.

Chicken Fajitas

Serves: 6

4 tablespoons canola oil, divided
2 tablespoons lemon juice
1½ teaspoons seasoned salt
1½ teaspoons dried oregano
1½ teaspoons ground cumin
1 teaspoon garlic powder
½ teaspoon chili powder
½ teaspoon paprika
½ teaspoon crushed red pepper flakes (optional)
1½ pounds boneless skinless chicken breasts, cut into thin strips
½ medium red pepper, julienned
½ medium green pepper, julienned
4 green onions, thinly sliced
½ cup chopped onion
6 (8-inch) flour tortillas
Shredded cheddar cheese
Salsa
Guacamole
Sour cream

Directions:

1. Combine 2 tablespoons oil, lemon juice and spices in large, re-sealable plastic bag.
2. Add chicken to bag, ensuring all sides of chicken are coated in marinade, and seal.
3. Add oil to large sauté pan and sauté peppers and onions on Medium (275°F) until tender.
4. Remove vegetables and keep warm.
5. In same skillet, cook chicken on Medium (275°F) for 5-6 minutes.
6. Return vegetables to pan and continue cooking until heated through.
7. Add fajitas to tortillas and serve with cheese, salsa, guacamole and sour cream.

Chicken Fried Steak

Serves: 4

1½ cups, plus 2 tablespoons all-purpose flour
½ teaspoon freshly ground black pepper, divided
8 (4-ounce) tenderized beef round steaks (have butcher run them through cubing machine)
1 teaspoon house seasoning (¼ cup black pepper mixed with 1 cup salt)
1 teaspoon seasoned salt
¾ cup vegetable oil, divided
1½ teaspoons salt
4 cups hot water
1 bunch green onions or 1 medium yellow onion, sliced

Directions:

1. Combine 1½ cups flour and ¼ teaspoon pepper in a small bowl.
2. Sprinkle 1 side of the steaks with house seasoning and the other side with seasoned salt.
3. Dredge seasoned steaks through flour mixture and set aside.
4. Heat ½ cup oil in large sauté pan on Medium-High (375°F).
5. Add 2 steaks to pan and fry for 5-6 minutes per side until browned.
6. Transfer each cooked steak to paper towel-lined plate to drain.
7. Add remaining oil to skillet and repeat steps 5-6 with remaining steaks.
8. Cover steaks to keep warm and set aside.
9. Add remaining flour to oil in skillet, scraping bottom with a wooden spoon.
10. Stir in remaining black pepper and salt.
11. Reduce PIC to Medium (275°F) and cook, stirring frequently, for about 5-6 minutes until flour is medium brown.
12. Slowly add water, stirring constantly.
13. Return steaks to skillet and bring to boil on Medium-High (375°F).
14. Once boiling, reduce PIC to Low (100°F) and place onions atop steaks.
15. Cover pan and let steaks simmer for 30 minutes.

Chicken Breasts with Oregano Garlic Butter

Serves: 4

1 garlic clove, minced
¼ teaspoon salt
5 tablespoons unsalted butter, softened
1 tablespoon chopped fresh oregano
¼ teaspoon dried hot red pepper flakes
4 bone-in chicken breasts
1 tablespoon olive oil

Directions:

1. Mash garlic and salt into a paste in a bowl using a large, heavy knife.
2. Mash together garlic paste, butter, oregano, and red pepper flakes with a fork until well blended; set aside.
3. Pat chicken dry.
4. Cut 2-inch pocket horizontally in side of each chicken breast and fill each pocket with 2 teaspoons oregano garlic butter.
5. Season chicken with salt and pepper.
6. Heat oil in large sauté pan on Medium (275°F) until hot, but not smoking.
7. Add chicken to sauté pan, skin side down, and cook for 8-10 minutes.
8. Flip chicken and cover sauté pan. Cook for about 10 more minutes.
9. Spread remaining oregano garlic butter onto chicken skin and serve.

Seafood

Tips for Seafood

- Always smell seafood prior to purchase to ensure freshness.
- When buying whole fish, make sure eyes are clear. Cloudy eyes typically signify older fish.
- Rinse seafood prior to cooking.
- Thaw in refrigerator on lowest shelf. If there is a spill, other foods won't be contaminated.
- Peeling shrimp? Use fresh lemon juice to remove lingering smell from hands.
- The perfect temperature for melting butter is 100°F (Low).

Cooked Seafood Guidelines

Whole Fish
Flesh should be opaque and ready to flake.

Lobster Tails
Flesh turns opaque and outside shell turns red.

Shrimp
Flesh is opaque and shell turns from red to pink.

Scallops
Flesh turns opaque.

Cooking at 1800W vs. 900W

	6 oz. Salmon	4 cups of Canola Oil
Temp	375°F (covered)	575°F/Sear
1800W	3:00Min (per side)	7:44 Min
900W	4:00Min (per side)	16:25 Min

These are general guidelines only.

Seafood Paella

Serves: 6-8

2 teaspoons butter
1 cup onion, diced
Salt and black pepper to taste
1 cup long-grain rice
1 small green pepper, seeded and finely chopped
1 small red pepper, seeded and finely chopped
1 tablespoon garlic, minced
½ teaspoon saffron threads, crumbled
2 ½ cups fish stock or base
1 (6 – 8-ounce) lobster tail, removed from shell and chopped into large pieces
½ pound king crab legs, shelled, chopped into large pieces
12 ounces Tilapia fillets, cut into large pieces
4 ounces sea scallops, raw
4 ounces large shrimp, raw, pealed and deveined
4 ounces mussels, pre-cooked
4 ounces clams, pre-cooked
4 ounces squid, pre-cooked and pre-chopped
4 ounces octopus, pre-cooked and pre-chopped

Directions:

1. In medium stock pot, melt butter on Medium (275°F) for about 30 seconds.
2. Sauté onion in butter on Medium (275°F) for 2 minutes or until onion has softened.
3. Season with salt and pepper to taste.
4. Add rice and cook by stirring occasionally for 30 seconds.
5. Add bell peppers, garlic, saffron and 2 cups broth.
6. Bring mixture to boil on Medium-High (375°F) covered.
7. Once boiling, lower heat to Medium (275°F) and let simmer for 10-15 minutes.
8. Add seafood mix.
9. Cook for 15-20 more minutes uncovered, or until most liquid has been absorbed and rice is tender.

Tip: Do not brown rice.
Tip: You can use any type of bell pepper.

Ginger Shrimp

Serves: 4

1½ pounds shrimp, peeled and deveined
1 tablespoon olive oil, divided
2 tablespoons grated fresh ginger
1 cup chopped green onions
1½ cups chicken stock
2 tablespoons cold water
1 tablespoon cornstarch

Directions

1. Heat 1½ teaspoons oil in large sauté pan on High (375°F).
2. Sauté shrimp on High (375°F) for 4 minutes or until they turn pink.
3. Remove shrimp and set aside.
4. Heat remaining oil on Medium-Low (175°F).
5. Add ginger and onions, and sauté until the onions are tender.
6. Add chicken stock and bring to a boil on Max/Sear.
7. Mix together cold water and cornstarch and stir mixture into sauté pan.
8. Return shrimp to skillet and bring everything to temperature on Medium-High (375°F).
9. Serve over rice.

Steamed Mussels in Tomato & Wine

Serves: 4

2 pounds mussels
2 cups white wine
1 (14½-ounce) can Italian-style chopped tomatoes
½ stick butter, cut into quarters
4 cloves garlic, roughly chopped
¼ cup fresh basil leaves, loosely packed and roughly chopped
2 shallots, roughly chopped

Directions:
1. Rinse and scrub mussels in cold water.
2. Fill large stock pot 1-inch deep with water and add mussels.
3. Bring covered pot to boil on High (425°F) for 5-7 minutes, or until shells open.
4. Drain half cooking liquid and reserve remaining liquid in pot with mussels.
5. Discard any mussels that did not open.
6. Add remaining ingredients and cook on Medium-Low (175°F) for 15 minutes.
7. Serve mussels in large bowl with hot crusty bread and salad.

Tip: It is not necessary to remove the entire beard of the mussel, as they add flavor to the cooking stock.
Tip: You can sporadically shake the pot back and forth to help the mussels cook.

Jumbo Louisiana Shrimp with Andouille & Grits

Serves: 6

30 jumbo raw shrimp, peeled and deveined
2 tablespoons extra virgin olive oil
1 tablespoon Creole spice
½ teaspoon salt
6 tablespoons Andouille sausage, small diced
1 tablespoon shallot, minced
1 tablespoon garlic, minced
2 tablespoons paquillo peppers, small diced
1 tablespoon chopped thyme
4 cups shrimp stock or vegetable stock
2 tablespoons butter
1 teaspoon fresh lemon juice
2 cups tomatoes, diced
1 cup uncooked grits

Directions:
1. Cook grits according to package directions.
2. Add olive oil to large sauté pan and heat on Medium (275°F).
3. Season shrimp with Creole spice and salt.
4. Sauté shrimp in pan until they turn pink.
5. Remove shrimp and set aside.
6. Add Andouille, shallot, garlic, paquillo peppers and thyme to pan.
7. Sauté for 2 minutes, or until shallots become soft.
8. Add stock to pan and bring to simmer.
9. Add butter, shrimp, lemon juice and tomatoes and cook for additional 2-4 minutes.
10. Serve over grits.

Pan-Seared Tuna with Avocado

Serves: 1

2 big handfuls fresh cilantro leaves, finely chopped
½ jalapeño, sliced
1 teaspoon grated fresh ginger
1 garlic clove, grated
2 limes, juiced
2 tablespoons soy sauce
Pinch sugar
Sea salt and freshly ground black pepper to taste
¼ cup extra-virgin olive oil, divided
1 (6-ounce) block sushi-quality tuna
1 ripe avocado, halved, peeled, pitted and sliced

Directions:

1. Combine cilantro, jalapeño, ginger, garlic, lime juice, soy sauce, sugar, salt, pepper and 2 tablespoons olive oil in mixing bowl; set aside.
2. Heat remaining oil in medium sauté pan on Medium-High (375°F).
3. Season tuna generously with salt and pepper and transfer to hot pan.
4. Add half of the prepared sauce and cook tuna for 1 minute per side.
5. Serve seared tuna with sliced avocado and remaining sauce. (375°F) covered.

Pan-Seared Red Snapper

Serves: 1

1 orange, peeled and cut into segments
1 pink grapefruit, peeled and cut into segments
1 celery stalk, peeled and thinly sliced
1 tablespoon fresh mint, finely sliced
2 teaspoons chives, chopped
Coarse salt and ground white pepper to taste
2 teaspoons canola oil
2 (¾-pound) red snapper filets with skin

Directions:

1. Remove fish from refrigerator 15minutes before cooking.
2. Pat each filet dry on both sides with paper towel and score skin with sharp knife. Do not pierce the flesh.
3. Cut orange and grapefruit segments into thirds.
4. Add fruit and celery to bowl and toss with mint and herbs; set aside.
5. Heat large sauté pan on High (375°F).
6. Season flesh side of fish with salt and pepper.
7. Drizzle oil onto fish and transfer to pan, skin side down and cook for 2 minutes.
8. Season skin with salt and pepper and flip fish over.
9. Cook for additional 2 minutes and transfer fish to plates.
10. Top each filet with prepared citrus relish and garnish with fresh mint.

Orange Roughy with Citrus Sauce

Serves: 1

4 orange roughy filets
½ cup milk
¼ teaspoon salt
⅓ cup all-purpose flour
1½ tablespoons olive oil
1 tablespoon minced garlic
3 tablespoons fresh lime juice
2 tablespoons lemon juice
1 tablespoon orange juice
1 tablespoon chopped parsley
2 tablespoons thinly sliced green onion
1 tablespoon butter

Directions:

1. Pour milk into bowl and soak fish in milk for 10 minutes.
2. Remove fish from milk and sprinkle with salt.
3. Dredge fish in flour and set aside.
4. Heat 2 tablespoons oil in large sauté pan on Medium-High (375°F).
5. Once hot, add fish to pan and cook for about 3 minutes, until golden.
6. Flip fish and cook for 3-4 more minutes, until cooked through.
7. Remove fish from pan and transfer to serving platter.
8. Wipe fry pan clean and reduce PIC to Low (100°F).
9. Add remaining oil and garlic to pan and cook for 30 seconds.
10. Add lime juice, lemon juice, orange juice, parsley and green onions to pan.
11. Add butter and mix until creamy.
12. Pour sauce over fish and serve.

Fish Tacos

Serves: 6-8

1 pound white flaky fish, such as haddock or cod
¼ cup canola oil
1 lime, juiced
1 tablespoons ancho chili powder
1 jalapeño, coarsely chopped
¼ cup chopped fresh cilantro leaves
8 flour tortillas

Directions:

1. Place fish in medium dish.
2. Whisk together oil, lime juice, chili powder, jalapeño and cilantro and pour over fish.
3. Let fish marinate for 15-20 minutes.
4. While fish marinates, heat medium sauté pan on Medium-High (375°F).
5. Remove fish from marinade and place on hot grill, flesh side down.
6. Grill fish for 4 minutes, then flip and grill for additional 30 seconds.
7. Remove fish from grill and let rest for 5 minutes.
8. While fish rests, place tortillas on pan and grill for 20 seconds.
9. Divide fish among tortillas and garnish with your favorite toppings.

Tip: Top your tacos with tomato salsa, shredded cabbage, hot sauce, sour cream, and/or chopped cilantro.

Battered Fried Shrimp

Serves: 4-6

2 pounds uncooked shrimp, peeled and deveined, tails left on
1 cup all-purpose flour
½ teaspoon sugar
½ teaspoon salt
1 cup ice water
1 egg
1 large bottle vegetable oil, portioned into 6 cups and 2 tablespoons

Directions:

1. Heat oil in a large stock pot on Medium (350°F).
2. In large bowl, mix flour, sugar and salt.
3. Add ice water, egg and 2 tablespoons oil to flour mixture to make batter.
4. Dry shrimp thoroughly.
5. Holding shrimp by tails with tongs, dip them into batter one at a time.
6. Carefully place shrimp in pot and fry for about 2 minutes or until golden brown.
7. Transfer to paper towel to drain, keeping shrimp in a warm location.
8. Continue to cook remaining shrimp.
9. Serve immediately.

Tip: Test you oil by using a toothpick. Drop the toothpick in the oil; if it fries, then the oil is hot enough.

Fried Catfish

Serves: 4

8 (4-ounce) catfish filets
½ cup buttermilk
1/3 cup all-purpose flour
1/3 cup cornmeal
1 teaspoon black pepper
1 teaspoon salt
3 cups canola oil or olive oil

Directions:

1. Place catfish in medium, shallow bowl.
2. Pour buttermilk over fish and let sit for 15-20 minutes.
3. Meanwhile, in another medium bowl, add all dry ingredients and stir together.
4. Dip fish into cornmeal mixture to coat completely; place in single layer on plate, ensuring that they do not overlap.
5. Heat oil in medium stock pot on 350°F.
6. Place catfish in oil, being careful not to overcrowd, and cook for 5-6 minutes or until catfish turns golden brown.
7. Transfer to paper towel to drain and continue to cook remaining catfish.

Tip: If you don't have buttermilk, mix together regular milk and 1 tablespoon vinegar.

- Fry only 2-3 pieces at a time, so as to not overcrowd the pot.

Pan-Seared Halibut

Serves: 4

2 tablespoons grapeseed oil
4 (6-ounce) halibut filets
1 tablespoon salt
1 tablespoon cracked black pepper
2 sprigs fresh thyme
Juice from 1 lemon, divided
1 tablespoon olive oil
1½ cups halved heirloom tomatoes
1 teaspoon chopped garlic
2 tablespoons chopped parsley

Directions:

1. Heat grapeseed oil in large sauté pan on Medium-High (375°F).
2. Season fish with salt and pepper and place in hot pan.
3. Cook fish for 3-4 minutes per side.
4. Combine thyme with ½ lemon juice in small bowl and baste fish with sauce.
5. Transfer fish to serving platter to rest.
6. Add olive oil to same pan used to cook fish and stir in tomatoes, garlic and remaining lemon juice.
7. Cook sauce for 2 minutes.
8. Stir in parsley and pour sauce onto fish.

Tip: This procedure will work great with any type of white fish.

Tips for Pasta, Grains & Rice

- Under dry conditions, rice can be stored for up to 1 year at room temperature.
- Rinsing rice gives it a lighter consistency
- If you forget to presoak beans, place them in 3 cups water for every 1 cup of beans, then bring to a boil on Max/Sear for 2 minutes. Remove from heat, cover and soak beans for 1 hour.
- Fresh pasta cooks more quickly than dry pasta.
- Some pasta, such as lasagna, manicotti and cannelloni, can be used without being precooked. These are called no-bake pasta.
- Not sure which type of pasta will complement the dish? As a rule of thumb, small pastas, such as orzo, are ideal for clear or hearty soups. Curved, twisted or tube-shaped pastas, such as penne, are perfect for tomato sauces. Ridged pastas, such as rigatoni, are best used with meat sauces. Smooth pastas, such as fettuccine, complement cream sauces.

Cooking at 1800W vs. 900W

	Boiling 1 cup of Water	Boiling 2 cups of Water	Boiling 3 cups of Water	Boiling 4 cups of Water
Temp	575˚F/Sear	575˚F/Sear	575˚F/Sear	575˚F/Sear
1800W	1:30 Min	2:27 Min	3:33 Min	4:03 Min
900W	3:00 Min	4:50 Min	7:00 Min	9:24 Min

These are general guidelines only.

Pasta, Grains & Rice

How to Cook Pasta

Fill large saucepan or stock pot, with 3 quarts of water for every 4-8 ounces of pasta. Bring to a boil on “Sear.” You may add 1 teaspoon salt and 1 tablespoon olive or cooking oil to prevent pasta from sticking (optional). Add pasta a little at a time so water continues boiling. Reduce heat to Medium-High (375°) and continue boiling uncovered, stirring occasionally according to the specifications below, or until pasta is al dente (firm). Drain in colander. When cooking dry pasta, check package directions because they tend to vary by brand. When preparing pasta salad, cool noodles with cold water then add a small amount of oil to prevent from sticking.

To store noodles, spread on wire cooling rack; let noodles dry overnight or until completely dry. Place in an airtight container and refrigerate for up to 3 days or freeze up to 2 months. The time needed to dry pasta will vary, depending on size and shape of pasta.

Cooking Times for Homemade Pasta

- **Bow Ties** 2 - 3 minutes
- **Fettuccine** 1½ - 2 minutes
- **Lasagna** 2 - 3 minutes
- **Linguine** 1½ - 2 minutes
- **Spaghetti** 1½ - 2 minutes
- **Ravioli** 6 - 8 minutes
- **Tortellini** 8 - 10 minutes

Basic Pasta Dough

Yield: 1 pound

2 cup all-purpose flour, divided
½ teaspoon salt
2 egg yolks, beaten
1 egg, beaten
1/3 cup water
1 teaspoon olive oil

Directions:

1. In large bowl, stir together 1¾ cups of flour and salt.
2. Make well in center of flour mixture.
3. In separate bowl, beat egg yolks, egg, water and oil.
4. Pour egg mixture into bowl with flour, stirring to incorporate.
5. On clean surface, sprinkle remaining flour and remove dough from bowl.
6. Knead dough for 8-10 minutes, until smooth and elastic.
7. Cover and let dough rest for 30 minutes.
8. Flour working surface and divide dough into 4 equal portions.
9. Roll each portion into round shape and cut into your favorite pasta shape.
10. Let stand uncovered for 20 minutes.
11. Boil water on Max/Sear and cook according to guide, “How to Cook Pasta”.

Tip: 1 pound of uncooked pasta serves 6-8 people

Roasted Red Pepper Sauce over Tortellini

Serves: 6

2 (9-ounce) packages cheese or meat tortellini
4 red peppers, roasted
2 tablespoons butter
1 cup onion, small diced
4 cloves garlic, minced
1 tablespoon fresh thyme
1 tablespoon fresh oregano
2 teaspoons sugar

Directions:

1. In medium stock pot, cook tortellini according to package directions.
2. Meanwhile, using food processor, process red peppers until smooth; set aside.
3. In medium saucepan, heat butter until melted.
4. Sauté onion and garlic until fragrant and tender.
5. Add pureed pepper, thyme, oregano, and sugar.
6. Cook and stir until heated through.
7. Pour sauce over tortellini; toss and coat.

Tip: If you don't have freshly roasted red peppers, substitute with 2 jars of roasted red peppers.

- If you don't have fresh thyme, substitute with 1 teaspoon dried. If you don't have fresh oregano, substitute with ½ teaspoon dried.

Mushroom Stroganoff

Serves: 4

8 ounces wide egg noodles
2 tablespoons butter
2 medium onions, cut into ¼-inch slices
4½ cups mushrooms, sliced
1 clove garlic, minced
2 tablespoons all-purpose flour
1 vegetable bouillon cube, crumbled
¾ cup water
1 (8-ounce) carton sour cream
Salt & pepper to taste
1 tablespoon fresh chives (optional)

Directions:

1. In large stock pot, heat water for pasta.
2. Meanwhile, in large sauté pan, melt butter on Medium-High (375°F).
3. Sauté onion for 3-4 minutes until tender, stirring occasionally.
4. Stir in mushrooms and garlic.
5. Cook for 5 minutes, or until vegetables are tender, stirring occasionally.
6. Add flour to mushrooms; continue to cook to remove raw taste.
7. Deglaze with bouillon and water
8. Bring to simmer and lower temperature to Medium-Low (175°F); cook for 10 minutes.
9. Cook egg noodles according to package directions.
10. Add sour cream and season with salt and pepper.
11. Continue cooking for 2-3 minutes to incorporate flavors.
12. Pour sauce over pasta and sprinkle with chives.

Fettuccine Alfredo

Serves: 4

12 ounces dried fettuccine
¾ cup heavy whipping cream
½ cup butter
¾ cup grated Parmesan cheese
Salt & pepper to taste
Pinch nutmeg

Directions:

1. Cook fettuccine according to package directions.
2. Meanwhile, in separate saucepan, bring butter and cream to simmer on Medium (275°F) for 3 minutes, stirring sporadically.
3. Drain and return fettuccine to saucepan.
4. Remove sauce from heat.
5. Add warm sauce, cheese, salt, pepper and nutmeg to fettuccine; coat well.
6. Serve immediately.

Beans with Pesto Bulgur

Serves: 6

¾ cup dry cranberry beans, lima beans or pinto beans
2 tablespoons olive oil
6 cups water, divided
1 cup vegetable stock
¾ cup bulgur wheat
¾ cup red pepper, chopped
¼ cup green onion, thinly sliced
1/3 cup refrigerated pesto sauce

Directions:

1. Pour beans onto clean counter to sort. Remove any stones, debris and old beans.
2. Rinse beans.
3. Soak beans in 3 cups water and let soak for 6-8 hours or overnight.
4. In large stock pot, combine soaked beans, oil and 3 cups water.
5. Bring to boil on Max/Sear.
6. Reduce heat to Medium- Low (175°F) and let simmer.
7. Drain and rinse beans; set aside and keep warm.
8. In same large stock pot, bring stock to boil on Max/Sear.
9. Incorporate bulgur wheat into cooking liquid by stirring.
10. Cover and cook on Medium-low (175°F) for 15 minutes.
11. Add red pepper, green onions and pesto and cook for 5 minutes.
12. Pour out any excess water.
13. Add beans and bring back to temperature on Medium (275°F) until majority of water has been absorbed and heated through.

Tip: Cook beans for 1-1½ hours.

- If you are short on time, use 1 (15-ounce) can pinto beans, rinsed and drained instead of dry beans.

Fresh Tomato, Sausage and Pecorino Pasta

Serves: 3-4

8 ounces uncooked penne pasta
8 ounces sweet Italian sausage, casings removed
2 teaspoons olive oil
1 cup sliced onion
2 teaspoons minced garlic
1¼ pounds tomatoes, chopped
6 tablespoons grated Pecorino Romano cheese, divided
¼ teaspoon salt
⅛ teaspoon black pepper
¼ cup fresh basil

Directions:

1. Prepare pasta according to package directions, drain and set aside.
2. Heat large sauté pan on Medium-High (375°F).
3. Add sausage and olive oil to pan and cook for 4 minutes, stirring to crumble sausage.
4. Add garlic to pan and cook for 2 minutes.
5. Stir in tomatoes and cook for 2 minutes.
6. Remove pan from PIC.
7. Stir in prepared pasta, 2 tablespoons cheese, salt and pepper.
8. Top pasta with remaining cheese and garnish with basil.

Bucatini with Mushrooms

Serves: 4

½ cup dried porchini mushrooms
⅔ cup boiling water
8 ounces uncooked bucatini pasta, rinsed
3¼ teaspoons salt, divided
1 tablespoon canola oil
¼ cup finley chopped shalltos
2 (4-ounce) packages exotic mushroom blend, coarsely chopped
2 garlic cloves, minced
2 tablespoons dry sherry
2 ounces parmesan cheese, divided
¼ cup heavy whipping cream
1 teaspoon finely chopped fresh sage
½ teaspoon cracked black pepper
1 teaspoon truffle oil

Directions:

1. Combine porcini mushrooms and boiling water in medium bowl. Cover and let sttand for 30 minutes.
2. Drain mushrooms using a strainer, reserving ¼ cup of liquied.
3. Chop mushrooms and set aside.
4. Bring medium stock pot of water to boil on Max/Sear and add pasta, along with 1 tablespoon salt, and cook for 10 minutes.
5. Drain pasta and reserve ¼ cup cooking liquid.
6. Add oil to large sauté pan and heat on Medium-High (375˚F).
7. Add shallots, muchroom blend and garlic and ssauté for 5 minutes.
8. Add porcini mushrooms, sherry and ¼ teaspoon salt and cook for 1 minute, until liquid evaporates.
9. Stir in pasta, reserved porcini liquid, reserved cooking liquid, ¼ cup grated cheese, cream, sage and pepper.
10. Drizzle pasta with oil and toss.
11. Portion pasta evenly on each plate and top with remaining parmesan and garnish with sage sprigs.

Mediterranean Orzo Salad with Feta Vinaigrette

Serves: 4

1 cup uncooked orzo
2 cups baby spinach, chopped
½ cup sun-dried tomatoes, drained and chopped
3 tablespoons chopped red onion
3 tablespoons chopped, pitted Kalamata olives
¼ teaspoon salt
½ teaspoon freshly ground black pepper
1 (6-ounce) jar marinated artichoke hearts
¾ cup feta cheese, crumbled and divided

Directions:

1. Bring water to boil on Max/Sear in a medium sauté pan and cook orzo according to package directions.
2. Drain orzo and rinse with cold water.
3. Combine orzo, spinach, sun-dried tomatoes, red onion, olives, salt and pepper in large bowl and set aside.
4. Drain and coarsely chop artichokes, reserving liquid from can.
5. Add artichokes, artichoke liquid and ½ cup feta cheese to orzo mixture, tossing gently.
6. Serve orzo and garnish with remaining feta cheese.

Sausage and Rice

Serves: 4-6

1 (16-ounce) package smoked sausage
1 medium green bell pepper, chopped
1 small onion, chopped
1 garlic clove, minced
1 cup chicken broth
2 (3½-ounce) bags quick-cooking brown rice
½ teaspoon salt
¼ teaspoon pepper
Chopped parsley for garnish

Direction:

1. Cut sausage into ½-inch slices.
2. Sauté sausage in large sauté pan on Medium-High (375°F) for 8-10 minutes, until lightly browned.
3. Remove sausage and drain on paper towels, reserving 1 tablespoon drippings in pan. Set sausage aside.
4. Add bell pepper, onion and garlic to pan and sauté on Medium-High (375°F) for 4 minutes, until tender.
5. Add chicken broth to pan and bring to boil on Max/Sear.
6. Add rice, sausage, salt and pepper to pan and reduce PIC to Medium-Low (175°F).
7. Cover pan and cook for 5 minutes, until rice is tender.
8. Garnish with parsley and serve.

Quinoa Tabbouleh

Serves: 4

2 cups water
1 cup quinoa
1 pinch salt
¼ cup olive oil
½ teaspoon sea salt
¼ cup lemon juice
3 tomatoes, diced
1 cucumber, diced
2 bunches green onions, diced
2 carrots, grated
1 cup fresh parsley, chopped

Directions:

1. Bring water to boil in a medium sauce pot on Max/Sear.
2. Add quinoa and pinch of salt to water.
3. Reduce temperature to Low (100°F), cover pan and simmer for 15 minutes.
4. Remove pan from PIC and allow quinoa to come to room temperature.
5. While quinoa cools, combine remaining ingredients in large bowl and mix well.
6. Stir in cooled quinoa.

Mexican Green Quinoa

Serves: 4

1 cup quinoa
2 cups baby spinach
½ cup loosely packed fresh cilantro leaves
Juice of 1 lime
½ small jalapeño, seeded
1 tablespoon extra-virgin olive oil
1 clove garlic
¾ teaspoon kosher salt
2 tablespoons parmesan or Cotija cheese, divided

Directions:

1. Fill medium saucepan ⅔ full with water and bring to boil on Max/Sear.
2. Place quinoa in fine mesh strainer and rinse.
3. Add quinoa to boiling water and lower temperature to Medium (275°F) and simmer for about 12 minutes.
4. Strain quinoa and rinse under cold water.
5. Drain quinoa and set aside to dry.
6. Combine spinach, cilantro, lime juice, jalapeño, oil and garlic in food processor and pulse until finely chopped.
7. Combine quinoa, spinach mixture and salt in medium sauce pot and cook on Medium-Low (175°F) for about 3 minutes, stirring frequently.
8. Stir in 1 tablespoon cheese.
9. Transfer quinoa to serving dish and top with remaining cheese.

Mediterranean Bulgur Wheat

Serves: 2

1 cup bulgur wheat
2½ cups boiling water
Olive oil to taste
Chopped, dried apricots
Olives
Salt and pepper to taste

Directions:

1. Toast 1 cup bulgur in medium dry sauté pan on Medium (275°F) for about 5 minutes, until fragrant.
2. Transfer bulgur to heat-safe bowl.
3. Pour boiling water over bulgur wheat and cover bowl tightly with plastic wrap.
4. Let bulgur wheat stand for 15 minutes, then uncover and toss with olive oil, apricots, olives, salt and pepper.

Barley with Bacon, Peas and Dill

Serves: 4

¾ cup whole hulled barley, rinsed
3½ cups water
1¼ teaspoon kosher salt, divided
4 slices bacon, sliced into ½-inch strips
1 tablespoon unsalted butter
1 large yellow onion, quartered and thinly sliced
1½ cups frozen peas, thawed
1 tablespoon finely chopped fresh dill
2 teaspoons fresh lemon juice
½ teaspoon freshly ground black pepper

Directions:

1. Bring barley, water and ½ teaspoon salt to a boil in medium saucepan on High (425°F).
2. Once boiling, reduce heat to Medium-Low (175°F), cover and simmer for about 50 minutes, until barley is chewy but tender.
3. Add bacon in a single layer to large non-stick sauté pan on Medium (275°F) and cook for about 6 minutes, stirring occasionally, until golden brown and crisp.
4. Remove the skillet from the PIC and transfer the bacon with a slotted spoon to paper towels to drain; reserve the bacon drippings in the skillet.
5. Heat skillet on Medium (275°F) and melt butter in bacon drippings.
6. Add onion and ¼ teaspoon salt to pan and cook for about 25 minutes, stirring occasionally.
7. Add peas to skillet and stir for about 1 minute, until heated through.
8. Drain cooked barley and stir into pea mixture.
9. Stir in dill, lemon juice, ½ teaspoon each of salt and pepper.
10. Transfer to serving bowl and top with bacon.

Vegetable Fried Rice

Serves: 4

1 teaspoon toasted sesame oil or cooking oil
1 egg, beaten
1 tablespoon vegetable oil
½ pound fresh asparagus spears, cut into 1-inch pieces
¼ cup fresh mushrooms, sliced
¼ cup celery, cut on bias
2 tablespoons green onion, thinly sliced
2 cloves garlic, minced
3 tablespoons reduced-sodium soy sauce
2 tablespoons white wine or water
2 cups precooked brown rice, chilled
Dash red pepper

Directions:

1. In large sauté pan or wok, heat 1 teaspoon sesame oil on Medium (275°F).
2. Add egg and cook for 1 minute or until egg is set.
3. Remove and transfer egg to bowl; keep warm.
4. In same wok, heat vegetable oil on High (425°F).
5. Stir-fry asparagus, mushrooms, celery and garlic for about 3 minutes, stirring constantly.
6. Stir in soy sauce, wine and red pepper.
7. Add cooked rice and cook for about 2 minutes, stirring constantly.
8. Stir in eggs.
9. Portion fried rice evenly into each bowl.

Rice Pilaf

Serves: 4

1 tablespoon olive oil
½ cup onion, finely chopped
½ cup fresh mushrooms, thinly sliced
¼ cup celery, finely diced
1 garlic clove, minced
¾ cup long grain rice, un-cooked and parboiled
1 ½ teaspoons instant chicken or vegetable bouillon
¼ teaspoon black pepper
1½ cups water

Directions:

1. In a medium saucepan, heat olive oil on High (425°F) for 45 seconds or until warm.
2. Sauté onion, mushrooms, celery and garlic for 2-3 minutes.
3. Carefully stir in rice, bouillon, pepper and water.
4. Bring rice to boil and reduce heat to Medium (275°F).
5. Cover and simmer for 12-14 minutes or until rice is tender and liquid is absorbed.
6. Portion pilaf evenly into each bowl.

Tip: Use the Stainless Steel Steamer Basket to steam your favorite vegetables while preparing rice, saving you time!

Spanish Rice

Serves: 6-8

¾ cup long-grain rice, uncooked
1 tablespoon olive oil
½ cup onion, finely chopped
½ cup green pepper, chopped
1 clove garlic, minced
1 teaspoon chili powder
1 (28-ounce) can diced tomatoes, un-drained
1 (4 ounce) can diced green chili peppers, drained
1 cup water
¼ teaspoon salt
¼ teaspoon black pepper
1 tablespoon bottled hot pepper sauce (optional)
½ cup shredded Cheddar cheese (optional)

Directions:

1. In large sauté pan with lid, heat oil on Medium-High (375°F).
2. Sauté onion, green pepper and garlic for 2-3 minutes.
3. Add chili powder and cook for 1 minute.
4. Stir in tomatoes, rice, chili peppers, water, salt, black pepper and hot sauce.
5. Bring to boil.
6. Reduce heat to Medium-Low (175°F) and let simmer, covered, for 20 minutes or until the rice is tender and most liquid has been absorbed.

Popcorn Rice with Pecans

Serves: 6

1 tablespoon unsalted butter
1 teaspoon garlic, minced
1 cup popcorn rice
2½ cups water
½ teaspoon salt
1 cup pecans, chopped

Directions:

1. In medium saucepan, melt butter on Medium-Low (175°F).
2. Add garlic and cook for 1 minute, stirring occasionally.
3. Add rice and cook for 1 minute, stirring constantly.
4. Add water and salt; bring to boil on High (425°F).
5. Reduce heat to Medium-Low (175°F) and cook, covered, for 18 minutes until tender.
6. Let stand for 5 minutes and stir in pecans.
7. Portion rice evenly into each bowl.

Tip: You can buy popcorn rice at specialty stores. If you can't find popcorn rice, you can use basmati as a substitute.

Basic Fresh Herb Risotto

Serves: 4

1 tablespoon extra-virgin olive oil
1 medium onion, chopped (½ cup)
1½ cups Arborio rice
Freshly ground black pepper
½ cup water
4 cups chicken broth, kept warm in a saucepan
1 tablespoon butter, softened
1 cup finely shredded parmesan cheese
½ cup fresh parsley, basil, dill or mint, chopped

Directions:

1. Heat oil in medium stock pot on Medium (275°F).
2. Once hot, add onions for about 3 minutes, stirring occasionally.
3. Add rice and cook for 2 minutes while stirring.
4. Add black pepper and water to pot and continue to cook, while stirring, until liquid has almost completely boiled away.
5. Ladle ½ cup of broth into pot and continue to cook, stirring frequently, until just about evaporated.
6. Repeat step 5 with remaining broth. This should take about 20 minutes.
7. Stir in butter, cheese and herbs.
8. Serve immediately.

Tip: If the broth isn't evaporating, turn the PIC up to Medium-High (375°F).

Risotto with Peas and Parmesan

Serves: 4

1 tablespoon olive oil
1 tablespoon olive oil
1 small onion, finely chopped
2 cloves garlic, finely chopped
1 cup uncooked Arborio rice
2 cups chicken broth or stock
1 cup low fat evaporated milk
½ cup frozen peas, thawed
¼-½ teaspoon lemon zest (optional)
Salt and ground black pepper to taste
¼ cup finely shredded parmesan cheese

Directions:

1. Heat oil in medium sauce pot on Medium-High (375°F).
2. Add onion and cook for about 3 minutes, stirring occasionally.
3. Stir in garlic and cook until aromatic.
4. Add rice and cook for 1 minute, stirring frequently.
5. Add broth and evaporated milk and reduce temperature to Medium (275°F).
6. Cook rice for 20-25 minutes, stirring frequently.
7. Remove pan from PIC and stir in peas and lemon zest.
8. Season with salt and pepper and top with parmesan.

Saffron Rice

Serves: 4

1 cup basmati rice
2 cups chicken stock
1 tablespoon butter (optional)
1 tablespoon dried onion flakes
½ teaspoon salt
1 pinch saffron, crumbled

Directions:

1. Rinse rice well and drain.
2. Add all ingredients to medium saucepan and bring to boil on Max/Sear.
3. Once boiling, reduce temperature to Medium (275°F) and simmer for 15-20 minutes.
4. In a medium sauce pot, add the rinsed rice and remaining ingredients.
5. Bring to a boil on Max/sear and reduce heat to simmer on (275°F) heat.
6. Simmer for 15 to 20 minutes or until stock is absorbed and rice is tender.
7. Fluff with fork and serve.

Tip: You can substitute long grain rice for basmati rice and minced onion for onion flakes.
Tip: Adjust the temperature as needed to ensure stock comes to simmer.

Coconut Rice

Serves: 4

3 tablespoons clarified butter or coconut oil
1 cup finely chopped onion
1 clove garlic, minced
1¼ teaspoons kosher salt
⅛ teaspoon cayenne
2 cups basmati long grain rice
½ cup grated, unsweetened coconut
2 cups unsweetened coconut water
1¾ cups water
3 cardamom pods
5 whole cloves
1 stick cinnamon

Directions:

1. Melt clarified butter or coconut oil in medium sauté pan on Medium-Low (175°F).
2. Add onion to pan and cook for 8-10 minutes, until golden.
3. Add garlic, cayenne and salt and cook for 1 minute.
4. Stir in rice and cook for 3 minutes, stirring occasionally.
5. Add grated coconut to rice and stir in coconut water and water.
6. Stir in cardamom pods, cloves and cinnamon and increase temperature to Medium (275°F) and bring to simmer.
7. Cover pan and lower temperature to Low (100°F) and simmer for 15 minutes.
8. Remove pan from PIC and let rice steam in residual heat, still covered, for 10 more minutes.
9. Uncover pan and remove cardamom pods, cloves and cinnamon stick from pan.
10. Fluff rice with fork and serve.

Wheat Berry Salad

Serves: 4

1½ cups hard wheat berries
¾ cup chopped walnuts
2 stalks celery, finely chopped
½ cup tart dried cherries, chopped
1 scallion, chopped
½ cup finely chopped parsley leaves
3 tablespoons olive oil
2 tablespoons lemon juice
Salt and freshly ground black pepper to taste

Directions:

1. Add wheat berries to a medium sauce pot with enough water to cover wheat berries by 2 inches.
2. Bring water to boil on Max/Sear and cook wheat berries for 1 hour.
3. Drain wheat berries and let cool.
4. Add walnuts to dry medium sauté pan and toast on Medium-High (375°F) for 2-3 minutes.
5. In large bowl, combine wheat berries, walnuts, celery, dried cherries, scallions, parsley, olive oil and lemon juice.
6. Season salad with salt and pepper and toss to combine.

Tips for Stocks, Soups & Sauces

- When preparing stocks, make double batches and freeze for later use.
- Freeze small amounts of prepared stock in ice cube trays for quick and easy seasonings.
- Over salted stocks, soups or sauces? Add 1 teaspoon sugar for every 2 liters of liquid. You may also peel a white potato and cut into chunks before adding to liquid. Allow potato to cook for 10 minutes.
- Stocks should be brought to a boil only once.
- Cloudy chicken stock? Add a froth of three egg whites to hot soup and let it form a raft. Skim raft for clear soup.
- To remove fat, place soup or stock in refrigerator. Fat will rise to the top for easy extraction.
- Save vegetable scraps such as carrot peels, celery stalks and onions as ingredients for soup and stew stock. Freeze until needed.

Cooking at 1800W vs. 900W

	4 cups of Chicken Broth	4 cups of Beef Broth	Pre-Made Alfredo Sauce	Pre-Made Marinara Sauce	Cheese Sauce
Temp	575˚F/Sear	575˚F/Sear	275˚F	275˚F	175˚F
1800W	3:46 Min	3:46 Min	3:21 Min	3:00 Min	4:30 Min
900W	8:30 Min	8:30 Min	4:45 Min	4:00 Min	5:09 Min

These are general guidelines only.

Stocks, Soups & Sauces

Vegetable Stock

Yield: 7 cups

4 medium yellow onions, unpeeled
4 medium carrots
3 medium potatoes
2 medium parsnips, turnips or rutabagas, cut
1 small head cabbage
8 cups water
½ teaspoon whole peppercorns
4 stems fresh parsley
4 bay leaves
½ teaspoon basil,
½ teaspoon marjoram
½ teaspoon rosemary
2 pieces cheesecloth
1 piece twine

Directions:

1. Wash all the vegetables and cut off root and stem ends.
2. Cut all vegetables in one large, rough chop.
3. Place vegetables in a large stock pot and add water.
4. Place peppercorns and herbs in cheesecloth and tie into bundle to make bouquet garni.
5. Tie bouquet garni to stock pot handle for easy removal.
6. Bring to boil on Max/Sear.
7. Turn down to Medium- Low (175°F) and let simmer for 1 hour.
8. Strain through colander, lined with cheesecloth.
9. Store in refrigerator for 3 days or freezer for up to 6 months.

Tip: Bouquet garni is a French cooking term, meaning a bunch of herbs tied together in a bundle for flavoring a dish as it cooks.

- Freeze stock in ice cube trays. Once frozen, place in a heavy freezer bag to store.

Chicken Stock

Yield: 3¼ quarts

1 (3½-pound) whole chicken, rinsed and giblets discarded
2 carrots, cut into large chunks
3 celery stalks, cut into large chunks
2 large white onions, quartered
1 head of garlic, halved
1 turnip, halved
2 teaspoons fresh thyme
2 bay leaves
1 teaspoon whole black peppercorns
3 quarts cold water, or just enough to cover chicken in large stock pot

Directions:

1. Place chicken and vegetables in large stock pot and heat on Medium (275°F).
2. Add enough water to pot to cover chicken.
3. Add thyme, bay leaves and peppercorns to pot and slowly cook until boiling.
4. Lower temperature to Medium-Low (175°F) and simmer for 1-1½ hours, partially covered, until chicken is cooked.
5. Carefully remove chicken and transfer to cutting board to cool.
6. Discard skin and bones and hand-shred meat and store in storage container.
7. Carefully strain stock through a fine sieve into a separate pot.
8. Use stock immediately, or cover and refrigerate stock for up to 1 week.

Tip: Skim any impurities that rise to the surface of the pot as it simmers.

Tip: Add more water as necessary to the pot to keep chicken completely covered while simmering.

Tip: Use the shredded chicken to make the Chicken Noodle Soup recipe.

Beef Stock

Yield: 1 gallon

4 pounds meaty beef bones
1 cup tomato paste
3 carrots, washed and cut into large pieces
2 stalks celery with leaves, washed and cut into large pieces
1 large onion, washed and cut into large pieces
1 gallon and 1½ cups cold water, divided
10 whole peppercorns
8 sprigs fresh parsley
4 bay leaves
2 pieces cheesecloth
1 piece twine

Directions:

1. Place bones in large shallow roasting pan.
2. Bake bones at 450°F for 30 minutes, or until well browned and charred, turning once.
3. Cover bone with tomato paste and cook for additional 15 minutes, or until paste chars.
4. Transfer bones to a large stock pot.
5. Add vegetables to roasting pan and cook at 450°F for 15 minutes.
6. Transfer vegetables to stock pot.
7. Add ½ cup water to roasting pan and scrape all brown bits off.
8. Pour liquid into the stock pot and add remaining water.
9. In cheesecloth, place peppercorns and herbs and tie with twine.
10. Tie cheesecloth to handle of stock pot and let bouquet garni cook with bones and vegetables.
11. Bring stock to boil on Max/Sear.
12. Turn PIC down to Medium-Low (175°F) and let stock simmer for 3½ hours covered.
13. Strain stock through strainer that has been covered with cheesecloth.
14. Cool in refrigerator. Once it solidifies, remove any remaining fat from top.

Vegetable Beef Soup

Serves: 8

1½ pounds boneless beef chuck roast, cubed
1 tablespoon olive oil
4 cups water
3 (10 ounce) can beef broth stock
1 teaspoon dried oregano, crushed
½ teaspoon dried marjoram, crushed
¼ teaspoon black pepper
2 bay leaves
2 cups tomatoes, chopped and peeled
1 (10-ounce) package frozen whole kernel corn
1½ cups medium potatoes, peeled and medium diced
1 cup frozen green beans
1 cup sliced carrots
1 cup sliced celery
½ cup onion, medium diced

Directions:

1. In large stock pot, heat oil on High (425°F).
2. In batches, brown meat on all sides, making sure not to overcrowd pot. Once browned, set aside and keep warm.
3. Return meat to pot and stir in water, beef stock, oregano, marjoram, pepper and bay leaves.
4. Bring to boil on High (425°F).
5. Reduce heat to Medium-Low (175°F) and let simmer for 1 hour, covered.
6. Discard bay leaves and skim fat if necessary.
7. Stir in tomatoes, corn, potatoes, green beans, carrots, celery, and onion.
8. Return to boil on High (425°F).
9. Reduce heat to Medium (275°F) and let simmer for 20 minutes, or until vegetables are tender.

Creamy Cheddar Soup
Serves: 4

1 small onion, chopped
2 large pimentos, chopped
3 tablespoons butter
3 tablespoons all-purpose flour
1½ cups chicken stock
1½ cups half-and–half
¾ cup grated sharp Cheddar cheese
Salt and pepper to taste
Dash cayenne pepper (optional)

Directions:
1. In medium sauté pan, melt butter on Medium-High (375°F).
2. Sauté onion and pimentos for 5-7 minutes.
3. Turn PIC down to Medium (275°F) and add stock and half and half.
4. Once heated, gradually add flour and cook for 2 minutes, or until raw flour taste has been removed.
5. Bring temperature down to Medium-Low (175°F).
6. Add cheese and stir until melted.
7. Add salt, black pepper and cayenne pepper to taste.

French Onion Soup
Serves: 4

2 tablespoons butter or margarine
2 cups yellow onion, thinly sliced
2 tablespoons flour
4 cups beef stock or broth
¼ cup dry sherry
1 teaspoon Worcestershire sauce
½ teaspoon black pepper
6 slices French bread, toasted
1 cup shredded Swiss, Gruyere, or Jarlsberg cheese

Directions:
1. In medium stock pot, melt butter on Medium (275°F).
2. Add onions and cook, covered, for 20 minutes or until onions are tender and caramelized, stirring sparsely.
3. Dust onions with flour and stir.
4. Bring temperature down to Medium-Low (175°F) and heat for 6 minutes to remove raw flour taste.
5. Stir in broth, sherry, Worcestershire sauce and pepper and bring to boil
6. Increase heat to Medium (275°F) and let simmer for 10 minutes, uncovered.
7. Meanwhile add cheese to bread and broil for 1-2 minutes, or until the cheese melts.
8. Serve onion soup with bread round on top.

Tip: Instead of using a broiler, you can toast bread using the NuWave® Oven. Cook on the 4-inch rack on Power Level HI for 4 minutes per side.

Shrimp & Tofu Soup

Serves: 4

8 ounces raw shrimp, cleaned, peeled and deveined
3½ cups shrimp or chicken stock
6 ounces mushrooms
¼ cup rice vinegar or white vinegar
½ tablespoon soy sauce
1 teaspoon sugar
1 teaspoon fresh ginger
½ teaspoon black pepper
8 ounces firm tofu, drained and cut into bite-size pieces
1 tablespoon cornstarch
1 tablespoon cold water
½ cup frozen peas
½ cup shredded carrot
2 tablespoons green onion, thinly sliced

Directions

1. Thaw shrimp if frozen; set aside.
2. In large sauté pan, combine chicken broth, mushrooms, vinegar, soy sauce, sugar, ginger, and pepper.
3. Bring to boil on High (425°F).
4. Once boil starts, reduce heat to Medium-Low (175°F) and simmer for 2 minutes, covered.
5. Stir in shrimp and tofu.
6. Return mixture to boil on High (425°F).
7. Once boil starts, reduce heat to Medium-Low (175°F) and let simmer for 3 minutes, or until shrimp turns pink.
8. In separate small container, stir together cornstarch and cold water to make slurry.
9. Stir slurry into soup and cook until slightly thick.
10. Stir in peas, carrots and green onions and cook for 2 minutes, or until heat thoroughly.

Tip: Slurry is a cold liquid mixed with cornstarch until smooth and glossy.

Chunky White Bean-Tomato Soup

Serves: 4

4 slices bacon, cut into 1-inch pieces
1 medium onion, chopped
3 cups reduced-sodium chicken broth
2 (15-ounce) cans navy or Great Northern beans, drained and rinsed
1 (15- ounce) can diced tomatoes
½ teaspoon dried thyme
½ teaspoon cumin
1 teaspoon salt
½ teaspoon black pepper

Directions:

1. Heat medium stock pot on Medium-High (375°F) until hot.
2. Add bacon and cook for 5 minutes or until it begins to brown, stirring frequently.
3. Add onion and cook for 5 minutes or until tender, stirring occasionally.
4. Remove any excess pan drippings.
5. Stir in remaining ingredients.
6. Turn PIC up to High (425°F) and bring to boil.
7. Reduce to Medium-Low (175°F) and simmer for 5-10 minutes to blend flavors.
8. With potato masher, mash beans about 15 times to slightly thicken soup.

Thai Coconut Chicken Soup

Yield: 2 quarts

4 cups chicken stock
3 kaffir lime leaves, fresh or dried, hand torn
2 small Thai chilies, halved lengthwise
2 cloves garlic, crushed
1 (3-inch) piece fresh ginger, peeled and cut into 4 chunks
1 stalk lemongrass, white part only, cracked open
1½ cups shredded cooked chicken
1 (13-ounce) can unsweetened coconut milk
1 (8-ounce) can straw mushrooms, rinsed
2 tablespoons Thai fish sauce
1½ teaspoons sugar
Juice of 4 limes
Kosher salt and freshly ground black pepper to taste
¼ cup chopped fresh cilantro leaves

Directions:

1. Add chicken stock to a medium stock pot and bring to boil on Medium (275°F).
2. Add lime leaves, chilies, garlic, ginger and lemongrass to pot and cover.
3. Lower temperature to Medium-Low (175°F) and simmer for 10 minutes.
4. Uncover pot and stir in chicken, coconut milk, mushrooms, fish sauce, sugar and lime juice.
5. Simmer soup for about 5 minutes, until chicken is heated through.
6. Season soup with salt and pepper.
7. Pour soup into bowls and garnish with cilantro.

Chicken Tortilla Soup

Serves: 4-6

2 tablespoons vegetable oil
1 small onion, diced
2 tablespoons minced garlic
2 jalapeños, finely diced
6 cups low-sodium chicken broth
1 (14.5-ounce) can fire roasted diced tomatoes
1 (14.5-ounce) can black beans, rinsed and drained
3 boneless, skinless chicken breasts
2 limes, juiced, plus wedges for garnish
Salt and freshly ground black pepper to taste
1 cup roughly chopped fresh cilantro leaves
1 (8-inch) flour tortilla, grilled and cut into thin strips
1 avocado, pitted and sliced
1 cup shredded Monterrey cheese

Directions:

1. Heat vegetable oil in large saucepan or pot on Medium (275°F).
2. Add onions to pan and cook for 2 minutes.
3. Add garlic and jalapeños and cook for 1 minute.
4. Add chicken broth, tomatoes and beans to large saucepan or pot and bring to boil on Max/Sear.
5. Once broth is boiling, lower temperature to Medium-Low (175°F) and add chicken.
6. Cook for 20-25 minutes and remove chicken from pot to cool.
7. Add lime juice and cilantro to pot and keep warm.
8. Shred chicken and portion into serving bowls.
9. Ladle soup into each bowl and garnish with lime wedge, tortilla strips, avocado and cheese.

Chicken Noodle Soup

Serves: 4

2 tablespoons extra-virgin olive oil
1 medium onion, chopped
3 garlic cloves, minced
2 medium carrots, cut diagonally into ½-inch slices
2 celery ribs, halved lengthwise and cut into ½-inch slices
4 fresh thyme sprigs
1 bay leaf
2 quarts chicken stock
8 ounces dried wide egg noodles
1½ cups shredded, cooked chicken
Kosher salt and freshly ground black pepper
1 handful fresh flat-leaf parsley, finely chopped

Directions:

1. Coat large stock pot with oil and heat on Medium (275°F).
2. Add onion, garlic, carrots, celery, thyme and bay leaf to pot and cook for about 6 minutes, stirring constantly.
3. Add chicken stock to pot and bring to a boil on Max/Sear.
4. Add noodles and reduce temperature to Medium-Low (175°F) to simmer for 5 minutes.
5. Fold in chicken and continue to simmer to about 2 minutes.
6. Season with salt and pepper and sprinkle with chopped parsley.

Butter Sauce

Yield: ¾ cup

¼ cup white wine vinegar
¼ cup dry white wine
2 purple shallots, peeled and finely chopped
4 whole black peppercorns
12 tablespoons unsalted butter, chilled and cubed
2 tablespoons fresh lemon juice
Salt and freshly ground white pepper to taste

Directions:

1. Combine vinegar, wine, shallots and peppercorns in small saucepan and bring to a boil on Medium (275°F), stirring occasionally.
2. Cook for about 3 minutes, or until liquid reduces to about 2 tablespoons.
3. Strain vinegar mixture into small sauté pan, discarding shallots and peppercorns.
4. Heat sauté pan on Low (100°F).
5. Add butter, 1 cube at a time, to pan, whisking constantly.
6. Once butter has melted, add another cube and repeat until all butter is incorporated.
7. Remove pan from PIC and whisk in lemon juice, salt and pepper.

Tip: It's important to chill the butter before adding it to the vinegar reduction. If the butter is warm it may melt too quickly, making it harder to incorporate into the liquid and causing the mixture to split

Tip: Do not use salted butter.

Hollandaise Sauce

Yield: 1 cup

4 egg yolks
½ cup butter
½ teaspoons salt
½ teaspoon hot sauce
1 tablespoon lemon juice

Directions:
1. In small or medium saucepan, melt butter on Medium (275°F); set aside.
2. Blend egg yolks in small saucepan on Low (100°F).
3. Increase temperature to Medium-Low (175˚F)
4. Pour hot butter into egg mixture in steady stream, whisking until sauce thickens.
5. Remove sauce from heat and add remaining ingredients.
6. Stir well until sauce cools a bit.

Tip: If the sauce curdles, beat in a little heavy cream.

Roux

Yield: 3-4 tablespoons

3 tablespoons unsalted butter
3 tablespoons flour

Directions:
1. In a small or medium sauté pan, melt butter on Medium (275°F).
2. Add flour in stages and mix with wooden spoon.
3. Continue stirring until it forms a slurry or clumps.
4. Cook roux for about 5 minutes to remove starch and nutty aroma.

Tip: If you want a medium colored roux, cook for 7-8 minutes. For a dark roux, cook for 10-12 minutes.
- To make a sauce, add 1 cup of warm milk or stock and whisk until smooth. If too thick, add small amounts of liquid.
- To make a cheese sauce, add 1 cup of grated cheese and 1 cup of warm milk or stock. Stir until smooth.

Marinara Sauce

Yield: 3 quarts

4 tablespoons olive oil
1 medium onion, diced
1 green pepper, diced
2 tablespoons garlic, minced
3 tablespoons fresh basil
1 tablespoon dried thyme
1 tablespoon dried oregano
½ cup red wine
2 (28-ounce) cans diced tomatoes
2 (29-ounce) cans tomato sauce
2 tablespoons sugar
1 teaspoon salt
½ teaspoon pepper

Directions:

1. Heat oil in large stock pot on Medium (275°F).
2. Add onions, bell pepper and garlic and cook until onion is translucent, stirring occasionally.
3. Add herbs and continue to stir for 30 seconds, allowing oils to release.
4. Add wine and cook for 1 minute until alcohol has evaporated.
5. Add diced tomatoes, tomato sauce, sugar, salt and pepper.
5. Turn PIC up to Medium-High (375°F) and bring to boil.
6. Reduce PIC to Medium-Low (175°F) and let simmer for 30 minutes, stirring occasionally.

Tip: You can brown Italian sausage or ground beef and add to sauce for a great meat sauce.

Cheese Sauce

Yield: 1 ½ cups

3 tablespoons butter
3 tablespoons flour
1 cup milk
½ teaspoon white pepper (optional)
½ teaspoon dry mustard (optional)
1 cup shredded cheese

Directions:

1. Melt butter in medium saucepan on Low (100°F).
2. Add flour and stir with spatula to make roux.
3. Change temperature to Medium-Low (175°F) and cook flour for about 5 minutes, or until starchy taste is gone.
4. Stir in liquid until mixture thickens.
5. Add white pepper and mustard; blend well.
6. Remove from heat and add cheese, stirring until melted.

Tip: Exchange the milk for a cup of chicken stock. It will pair better with chicken dishes.

Quick Brown Sauce
Yield: 1½ cups

3 tablespoon butter
3 tablespoons flour
1½ cups beef stock or beef bouillon
½ teaspoon thyme
1 teaspoon fresh parsley
Salt and pepper to taste

Directions:
1. Melt butter in a small sauce pot on Medium-Low (175°F).
2. Increase temperature to Medium (275°F) and gradually add flour to incorporate.
3. Reduce heat to Medium-Low (175°F) and simmer for several minutes to remove raw flour taste.
4. In separate saucepan, heat beef stock.
5. Gradually add beef stock to roux, continuing to stir until sauce thickens.
6. Add herbs, and simmer for 2-3 minutes.
7. Check sauce for seasoning and add salt and pepper if needed.

Basic White Sauce
Yield: 1 cup

3 tablespoons butter
3 tablespoons all-purpose flour
1 cup milk
¼ teaspoon salt
¼ teaspoon white pepper

Directions:
1. Melt butter in medium sauce pot on Medium-Low (175°F).
2. Stir in flour to make roux.
3. Cook on Medium-Low (175°F) for 5 minutes, stirring constantly. Do not allow roux to brown.
4. In separate 2-quart saucepan, heat milk to boiling point on Medium-High (375°F).
5. Stir milk into roux gradually, beating briskly until sauce is thick and smooth.
6. Simmer for 4 minutes, stirring occasionally.
7. Season with salt and pepper.

Tip: Keep sauce warm before serving by holding PIC on Low (100°F).

Mushroom Duxelle

Serves: 4

8 ounces sliced mushrooms
1 tablespoon olive oil
1 medium onion, sliced
2 cloves garlic, minced
¼ cup chopped Italian parsley
1 cup dry red wine
Salt and pepper to taste

Directions:

1. In medium sauté pan, heat the olive oil on Medium-High (375°F).
2. Add the onions and sauté for 2 minutes.
3. Add mushrooms, garlic and parsley; stir for 2 minutes, or until mushrooms soften.
4. Add wine and cook until wine is au sec or cooked into vegetables.
5. Season with salt and pepper.

Tip: This dish pairs perfectly with steak, chicken and rice.

Mustard Marinade

Serves: 6-8

¼ cup olive oil
¼ cup white wine vinegar
1-2 garlic cloves, grated
1 teaspoon dried oregano, sage or parsley
2 tablespoons Dijon mustard

Directions:

1. Combine all ingredients in medium saucepan.
2. Bring pan to slow boil on Medium-High (375°F).
3. Turn PIC down to Medium-Low (175°F) and let simmer for 10 minutes, stirring occasionally.
4. Let marinade cool completely.
5. Pour over meat and refrigerate for 2 hours or over night.

Tips for Fondues

- By setting the cooktop to “Low,” you can keep prepared fondue warm without the risk of scorching or burning.
- Prepare all fondue food dippers before melting fondue sauce.
- Remove cheese from refrigerator and let it warm to room temperature before melting on the PIC. This also lessens the amount of time the cheese will be exposed to heat.
- Cheese is optimally melted on Medium/Low (175°F), but can differ depending on the type of cheese.
- The temperature at which chocolate melts ranges between 110˚F -120°F. Once chocolate has melted, reduce heat to 110°F to hold at the perfect temperature for fondue dipping.
- If chocolate should become separated, add warm heavy whipping cream or 1 teaspoon melted butter per 4 ounces of chocolate, then stir to reintegrate.
- Water or any cold liquid should never come into contact with chocolate. It may harden and become grainy.
- When using a double boiler, make sure no steam or condensation seeps into chocolate.
- Get creative when coming up with ideas for dipping. Fruit, cakes, fresh coconut, mini cream puffs, mini donuts, and vanilla wafers are all delicious, and there are many more possibilities out there!

Cooking at 1800W vs. 900W

	12 oz. Semi Sweet Chocolate	4 cups of Canola Oil
Temp	140˚F	575˚F/Sear
1800W	8:00 Min	7:44 Min
900W	10:00 Min	16:25 Min

These are general guidelines only.

Fondues

Chocolate Fondue
Serves: 4-6

12 ounces milk, semi-sweet
or sweet cooking chocolate
½ cup half-and-half
¼ teaspoon cinnamon
4 cups of assorted dippers

Directions:
1. Heat chocolate and half-and-half in medium sauce pot/pan on Medium-Low (175°F), stirring constantly, until chocolate is melted and smooth.
2. Set PIC to low (100°F) and push "+" button twice.
3. Hold fondue at 120°F and add cinnamon.
4. If the chocolate becomes too thick, add more half and half to thin it out.

Cheddar Cheese Fondue
Yield: 2 cups

¾ cup chicken broth (or ¾ cup water)
2 tablespoons Dijon mustard
1 tablespoon cornstarch
2 cups shredded Cheddar cheese

Directions:
1. In medium sauce pot/pan, bring broth to boil on High (425°F).
2. Once broth is boiling, reduce heat to Medium (275°F).
3. In separate small bowl, mix mustard and cornstarch thoroughly.
4. Add mustard, cornstarch and cheese to hot broth; stir with wire whisk until well blended.
5. Cook for 10 minutes, or until cheese is completely melted and mixture is well blended, stirring constantly.
6. Pour cheese into fondue pot and place on Low (100°F).
7. Serve with bell peppers, cauliflower florets, apple chunks, pretzels and broccoli.

S'Mores Fondue
Yield: 4 cups

1½ cups milk
1 (12-ounce) bag semisweet chocolate chips
1½ cups marshmallow crème
1 cup graham cracker crumbs
3 red apples, sliced
3 green apples, sliced

Directions:
1. Heat milk in medium sauce pot/pan on Medium-Low (175°F) until just simmering.
2. Remove milk from heat.
3. Add chocolate chips and let stand for 1 minute; stir until melted.
4. Whisk in marshmallow crème.
5. Pour mixture into fondue pot and return to PIC on Low (100°F) to keep warm.
6. Place graham cracker crumbs in serving bowl.
7. Dip apple slices into warm chocolate mixture then dip apples in graham cracker crumbs.

Cheddar Chipotle Fondue
Yield: 2-3 cups

2 cups shredded sharp Cheddar cheese
½ cup dry white wine
½ cup whipping cream
2 tablespoons Dijon mustard
1 tablespoon chipotle peppers in adobo sauce, pureed

Directions:
1. Mix all ingredients in medium sauce pot/pan.
2. Cook on Medium–Low (175°F), stirring constantly.
3. Serve in fondue pot over Low (100°F) heat.
4. Serve with bread, meat or vegetables.

Brie & Sun-Dried Tomato Fondue

Serves: 4

3 tablespoons dry packed sun-dried tomatoes
8 ounces Brie cheese, trimmed of rind and cubed
1 tablespoon cornstarch
1 tablespoon butter
1 shallot, minced
½ cup dry white wine
1 tablespoon granulated sugar

Directions:

1. Soak sun-dried tomatoes in boiling water and cover for 10 minutes.
2. Drain tomatoes and pat dry.
3. Chop tomatoes into small pieces; set aside.
4. In bowl, toss cubed Brie with cornstarch until well coated; set aside.
5. In large saucepan, melt butter over Medium (275°F).
6. Add shallots and sauté until softened.
7. Add wine and heat until just simmering.
8. Reduce heat to Medium-Low (175°F).
9. Add Brie mixture by handfuls to saucepan, stirring constantly until cheese is melted.
10. Stir in sun-dried tomatoes and sugar; mix well.
11. Transfer to fondue pot and serve immediately.

Shabu-Shabu

Serves: 4-6

6 cups vegetable stock
5 green onions, thinly sliced
1 tablespoon grated ginger
2 cloves garlic, crushed
1 whole red chili pepper, seeded and thinly sliced
4 tablespoons soy sauce
6 cups assorted vegetables, cleaned and cut
Salt and pepper to taste

Directions

1. In large sauce pot/pan, warm the vegetable stock over Medium (275°F) heat.
2. Add chopped green onions, ginger, garlic, and chili pepper, and bring to boil on High (425°F).
3. Reduce heat to Medium-Low (175°F) and let simmer for 30 minutes.
4. Arrange vegetables on plate and keep refrigerated until fondue stock is ready.
5. Strain and transfer stock to sauce pot/pan and keep on Medium-Low (175°F) heat.
6. Dip vegetables using fork or skewer.
7. Serve with your favorite dip.

Tip: Shiitake mushrooms, green onions, firm tofu, tomato wedges, leafy dark green lettuce are ideal vegetables to dip.

Tip: Change up the recipe by adding beef, chicken, pork, lamb and seafood.

Chicken Fondue

Serves: 8

¼ cup Italian dressing
1 medium onion, small diced
2 cans chicken broth
½ cup apple juice
2 tablespoons corn starch
2 pounds boneless skinless chicken breasts, cut into thin strips
3 cups assorted vegetables
1 cup mayonnaise
1 small garlic clove, finely chopped
1 tablespoon lemon juice
1 tablespoon Italian dressing mix

Directions:

1. Heat ¼ cup Italian dressing in medium sauce pot/pan over Medium-High (375°F) heat.
2. Add onions and cook until crisp and tender, stirring occasionally.
3. Add broth, apple juice, and cornstarch; stir until well blended.
4. Bring mixture to boil over High (425°F).
5. Turn heat down to Medium-High (375°F).
6. Using long-handled fork or skewer, dip chicken and vegetables, in batches, into boiling broth mixture.
7. Cook chicken for 3 minutes and cook vegetables for 1-2 minutes.
8. Mix mayonnaise, garlic, lemon juice and Italian dressing mix to make sauce.
9. Remove chicken and vegetables from pot and dip in sauce.

Beef Fondue

Serves: 6-8

3 pounds boneless beef sirloin or tenderloin
Cooking oil (canola, olive oil, or vegetable)
½ pint low fat sour cream
½ cup low fat mayonnaise
¼ cup prepared mustard
1 tablespoon fresh horseradish
1 tablespoon finely chopped onion

Directions:

1. Trim any fat from meat and cut into bite-size cubes.
2. Keep beef refrigerated until 20 minutes before cooking.
3. Fill medium sauce pot/pan halfway with cooking oil.
4. Heat oil to 375°F over Medium-High heat.
5. While oil is heating, mix sour cream, mayonnaise, mustard, horseradish and onion in a small bowl to make sauce.
6. Place meat on spears or skewers and place in hot oil for 1-3 minutes, depending on desired doneness.
7. Dip beef into prepared sauce.

Three Cheese Fondue

Serves: 4-6

1 cup white wine
1 tablespoon butter
1 tablespoon all-purpose flour
7 ounces Gruyere cheese, cubed
7 ounces sharp Cheddar cheese, cubed
7 ounces Swiss cheese, cubed

Directions:

1. Bring wine to boil in small saucepan on Max/Sear.
2. In medium sauté pan, melt butter on Medium-Low (175˚F).
3. Whisk in flour and cook for about 5 minutes, stirring constantly.
4. Whisk wine into flour mixture, and stir slowly until smooth.
5. Slowly add cheese cubes, stirring until cheese is completely melted.
6. Lower temperature to 120˚F.

Creamy Vegetable Fondue

Serves: 4-6

¼ cup milk
¼ cup white wine
1 (8-ounce) package shredded Cheddar cheese
1 (8-ounce) package shredded Monterey Jack cheese
1 (8-ounce) package shredded cream cheese, softened
¼ cup chopped green onions
¼ cup frozen spinach, thawed and drained
1 teaspoon ground dry mustard
1 teaspoon ground cayenne pepper
1 teaspoon garlic powder
1 teaspoon coarsely ground black pepper

Directions:

1. Combine milk, white wine, and cheese in medium saucepan on Medium (275˚F).
2. Cook cheese mixture for about 10 minutes, stirring frequently, until melted.
3. Stir in green onions, spinach, mustard, cayenne, garlic powder and black pepper.
4. Continue cooking for about 10 minutes, until all ingredients are well blended.
5. Reduce temperature to 120˚F to keep warm.

Desserts

Tips for Desserts

- Water should never come contact with chocolate. It may harden and become grainy.
- Need buttermilk? Add 1 tablespoon of white vinegar to 8 ounces of milk and stir.
- 1 square of baker's chocolate = 1 ounce.

Cooking at 1800W vs. 900W

	1 Tbsp. Butter	1 Stick of Butter (8Tbsp.)
Temp	275˚F	275˚F
1800W	1:24 Min	3:12 Min
900W	1:44 Min	3:44 Min

These are general guidelines only.

Simple Fudge

Yield: 2 pounds

1½ cups sugar
1 (5-ounce) can evaporated milk
½ cup butter
2 cups small marshmallows
1 cup semi-sweet chocolate pieces
½ cup walnuts (optional)
½ teaspoon vanilla

Directions:

1. Line 8x8x2-inch baking pan with foil, extending foil over edges.
2. Butter foil; set pan aside.
3. Butter sides of medium saucepan.
4. In saucepan, combine sugar, evaporated milk, and butter.
5. Cook and stir on Medium-High (375°F) for 10 minutes until mixture boils.
6. Reduce heat to Medium (275°F) and cook for additional 6 minutes, stirring constantly.
7. Remove saucepan from heat.
8. Add marshmallows, vanilla, nuts and chocolate; melt until mixture is combined.
9. Beat by hand for 1 minute.
10. Spread fudge evenly in prepared pan.
11. Cover and chill for 2-3 hours or until firm.
12. When fudge is firm, use foil to lift fudge from pan.
13. Cut into squares.
14. Store tightly covered in refrigerator for up to 1 month.

Classic Cherries Jubilee

Serves: 6

½ cup white sugar
2 tablespoons cornstarch
¼ cup water
¼ cup orange juice
1 pound Bing or other dark, sweet cherries, rinsed and pitted (you may substitute frozen, pitted cherries)
½ teaspoon finely grated orange zest
½ teaspoon vanilla extract
¼ cup brandy
3 cups vanilla ice cream

Directions:

1. Whisk sugar and cornstarch in a medium sauce pot.
2. Stir in water and orange juice, bringing to boil on Medium (275°F), whisking until thickened.
3. Stir in cherries and orange zest, returning to boil before reducing heat.
4. Simmer for 10 minutes.
5. While cherries are cooking, spoon ice cream into serving bowls.
6. Remove cherries from heat and stir in cherry extract.
7. Pour in brandy and ignite with a long lighter.
8. Gently shake pan until blue flame has extinguished itself.
9. Spoon cherries atop ice cream.

Peanut Brittle

Yield: 2 pounds

2 cups raw peanuts
1 ½ cups sugar
2/3 cup Karo syrup, light
2 teaspoons baking soda
1 teaspoon vanilla
candy thermometer

Directions:

1. Place NuWave™ Silicone Pizza Liner on baking sheet pan or use buttered 9x13-inch baking dish; set aside.
2. In medium sauté pan, cook peanuts, syrup, and sugar on Medium (275°F) until candy thermometer reaches 296°F (147°C).
3. Remove from heat.
4. Stir in baking soda and vanilla.
5. Spread evenly in prepared pan to cool.
6. Once cool, break into desired pieces.

Tip: Peanuts will start to pop when ready.

Chocolate Caramel Turtles

Yield: 35 turtles

1 (16-ounce) package caramels
2 tablespoons water
¾ pound pecan halves
1 (6-ounce) package semi-sweet chocolate chips

Directions:

1. Melt caramels and water in medium sauce pot on Medium-Low (275°F), stirring until melted.
2. Arrange pecans in 36 groups 2 inches apart on greased cookie sheet or parchment paper.
3. Drop melted caramel by teaspoon onto nuts and let cool.
4. Melt chocolate chips and drizzle enough over nuts to coat caramel.
5. Let cool for 30 minutes.
6. Transfer to air-tight container and store in refrigerator for up to 1 month.

Bananas Foster

Serves: 6

6 firm, ripe bananas, peeled and sliced in half lengthwise
6 scoops vanilla ice cream
1 stick butter
¾ cup brown sugar
¾ cup rum
Dash cinnamon

Directions

1. In large sauté pan, melt brown sugar and butter on Medium (275°F).
2. Add bananas and roll in brown sugar and butter mixture.
3. Sprinkle bananas with cinnamon and sauté for about 2 minutes or until tender.
4. Add rum, wait a few seconds, then flambé.
5. Baste bananas until flame dies.
6. Remove from heat.
7. Place two slices over ice cream and spoon sauce on top.
8. Serve immediately.

Pears in White Wine Caramel Sauce

Serves: 4

2 pounds ripe pears
2 cups dry white wine
1 cup white sugar

Directions:

1. Peel pears and cut them lengthwise into 8 wedges.
2. Using small knife, remove pear seeds.
3. Place pears in large shallow serving dish and pour wine over pears.
4. Let marinate for 30 minutes at room temperature.
5. Place sugar in medium stock pot on Medium (275°F), stirring often.
6. Cook for 15 minutes until sugar melts completely into caramel sauce.
7. Pour caramel sauce over pears to cover completely.
8. Cover and refrigerate for at least 3 hours.
9. Using slotted spoon, place pears onto platter. Reserve liquid.
10. Place marinating liquid in small saucepan and reduce same sauce on Medium-High (375°F) to ¾ cup.
11. Drizzle warm sauce over pears and serve.

Lollipops

Yield: 18 lollipops

18 lollipop sticks
¼ stick butter
½ ounce light corn syrup
¾ ounce sugar
Few drops food coloring
Candy Decoration (optional)

Directions:

1. Lightly butter baking sheet and arrange lollipop sticks on baking sheet.
2. Combine butter, corn syrup, and sugar in small sauce pot.
3. Bring to boil on Medium-High (375°F) , stirring occasionally.
4. Reduce heat to Medium (275°F) and continue cooking, stirring frequently until mixture reaches 270°F internal temperature.
5. Stir in food coloring.
6. Drop mixture by tablespoonfuls over each lollipop stick at ends.
7. If desired, while lollipops are hot, press on candy decorations.
8. To decorate when cooled, crush candy decoration undersides with corn syrup and press onto lollipops.
9. Cool lollipops thoroughly before removing from baking sheet.

Panna Cotta with Amber Crystals

Serves: 4

1¾ cups heavy cream
7½ tablespoons sugar, divided
3 tablespoons cold water
1½ teaspoons powdered gelatin

Directions:

1. Place cream and 3½ tablespoons sugar in medium sauce pot.
2. Cook mixture on Medium-Low (175°F) for 3-4 minutes or until sugar is completely dissolved.
3. Place cold water in cup and sprinkle gelatin over water; let sit for 1 minute.
4. Add dissolved gelatin to warm cream mixture and beat well.
5. Cook on Medium-Low (175°F) for 2 minutes, stirring constantly.
6. Divide mixture evenly into 4 or 5-ounce ramekins.
7. Refrigerate for 2 hours.
8. To make crystals, place 4 tablespoons sugar in small non-stick sauté pan.
9. Cook on Medium-High (375°F) until sugar dissolves into smooth caramel-colored liquid. Stir with wooden spoon to prevent lumps.
10. Place 2 layers wax paper on flat surface.
11. Using long-handled spoon, drizzle hot caramel on wax paper in thin lines.
12. Once caramel hardens, place another wax paper piece on top and, using rolling pin, crush into crystals.
13. Sprinkle crystals over Panna Cotta.

Old Fashioned Hard Candy

Yield: 1½ pounds

2 cups white sugar
1 cup water
¾ cup light corn syrup
½ teaspoon peppermint extract
1 drop red food coloring (optional)
½ cup confectioners' sugar

Directions:

1. In medium stock pot, combine sugar, water and corn syrup.
2. Cook until sugar dissolves, stirring constantly.
3. Then, cook without stirring at 300°F for several minutes. If sugar crystals form on sides of pan, wipe them off with damp brush.
4. Remove from heat and add peppermint extract and enough food coloring to color; stir only to mix.
5. Pour into 2 well-buttered 9-inch pans.
6. Set one pan over saucepan containing hot water.
7. As soon as other pan is cool enough to handle, cut it with scissors into 1-inch strips, then snip strips into pieces.
8. Drop the pieces onto buttered baking sheet.
9. Toss in small amount of powdered sugar to keep from sticking together.
10. Repeat with the second pan of candy.

Pressure Cooker

#1 Texas Style Chili

Serves: 6
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 2 minutes
Stage 2: 375°F - 15 minutes
Total Cook Time: 17 minutes

Ingredients:
1½ pounds eye of round
2 tablespoons olive oil
1 medium onion, finely chopped
2 celery stalks, finely chopped
1 green bell pepper, finely chopped
3 cloves garlic, finely minced
¼ cup tomato paste
1 cup beef stock
1 bay leaf
3 tablespoons ground chili powder
1 tablespoon paprika
2 teaspoons ground cumin
1 teaspoon ground cinnamon
1 teaspoon ground coriander
1 teaspoon dry oregano leaves
1 (15½-ounce) can diced tomatoes with juice
1 (10½-ounce) can cannellini beans
3 tablespoons fresh parsley, chopped
Kosher salt & black pepper to taste

Prep Directions:
1. Pat meat dry and cut into 1-inch cubes; set aside.
2. In NuWave Pressure Cooker, heat oil on Medium-High (375°F).
3. Add meat and brown for 2-3 minutes per side.
4. Add celery, bell peppers, onions and garlic; cook for 5 minutes, or until soft.
5. Add tomato paste and beef stock; stir to incorporate.
6. Add bay leaf, remaining dry spices and tomatoes; stir to incorporate.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 1 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Remove and discard bay leaf and add parsley and beans.
9. Mix well and serve.

#2 Short Ribs

Serves: 4
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 3 minutes
Stage 2: 375°F - 45 minutes
Total Cook Time: 48 minutes

Ingredients:
4 short ribs, bone in
½ cup flour
Salt and pepper
½ cup carrots, roughly chopped
½ cup celery, roughly chopped
½ cup onion, diced
½ cup tomatoes, quartered
3 tiger peppers
1 tablespoon ginger, minced
¼ cup olive oil
10 cups chicken broth
1 cup red wine

Prep Directions:
1. Season ribs with salt and pepper and toss in flour.
2. Heat oil in Pressure Cooker on Max/Sear for 2 minutes.
3. Add 2 short ribs at a time to Pressure Cooker, browning all sides.
4. Remove browned short ribs and set aside, repeating process with remaining ribs.
5. Reduce temperature to Medium-High (375°F) and add all remaining ingredients, except chicken broth and wine, to Pressure Cooker and sauté for 5 minutes.
6. Add wine to deglaze bottom of Pressure Cooker.
7. Add ribs back to Pressure Cooker and add chicken broth.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 2 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Serve.

#3 Corn on the Cob with Herb and Garlic Butter

Serves: 4
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 3 minutes
Stage 2: 375°F - 45 minutes
Total Cook Time: 48 minutes

Ingredients:
¾ stick butter, softened
2 cloves garlic, peeled and crushed
1 tablespoon grated lemon zest
1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh thyme
1 tablespoon snipped fresh chives
4 whole corn on the cob
2 cups water

Prep Directions:
1. Mix butter with garlic, lemon zest and herbs.
2. Tear off 8-inch square piece of wax paper and transfer butter mixture to paper.
3. Roll butter into cylinder shape in wax paper and refrigerate for 30 minutes.
4. Place corn and water in Pressure Cooker.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 3 on numeric touchpad.
5. Press start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Serve with chilled butter

#4 Italian Chickpea and Barley Stew

Serves: 4-6
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 3 minutes
Stage 2: 375°F - 15 minutes
Total Cook Time: 18 minutes

Ingredients:
1 cup dry chickpeas, soaked
1 cup pearl barley
1 clove garlic, minced
2 carrots, diced
2 stalks celery, diced
1 large white onion, diced
4 cups water
2 tablespoons olive oil, divided
2 teaspoons salt
1 teaspoon white pepper

Prep Directions:
1. Add chickpeas, barley, garlic, carrots, celery, onion, water and 1 tablespoon olive oil to Pressure Cooker.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 4 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Add remaining ingredients.
9. Stir well and serve.

#5 Italian Sausage with Peppers and Onions

Serves: 6-8
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 3 minutes
Stage 2: 425°F - 5 minutes
Total Cook Time: 8 minutes

Ingredients:
2 tablespoons olive oil
3 pounds Italian sausage (hot or sweet)
2 medium onions, cut in half lengthwise and sliced crosswise
2 garlic cloves, crushed
½ large green bell pepper, large diced
½ large red bell pepper, large diced
½ large yellow bell pepper, large diced
1 (15-ounce) can whole plum tomatoes, crushed by hand
½ teaspoon sugar
1½ cups beef or chicken stock
½ teaspoon ground black pepper

Prep Directions:
1. Heat olive oil in Pressure Cooker on Max/Sear,
2. Add sausage and brown for about 4 minutes per side.
3. Reserve sausage on platter.
4. Add onions to Pressure Cooker; sauté for 1-2 minutes, stirring occasionally.
5. Add garlic and peppers; sauté for 3-4 minutes, stirring occasionally. Add sugar.
6. Season with black pepper and salt.
7. Return sausage to Pressure Cooker.
8. Add tomatoes and beef stock.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 5 on numeric touchpad.
5. Press Start.
6. Once cooking has finished quick release pressure cooker.
7. Unlock push plate and remove lid.
8. Serve.

#6 Creamy Mashed Potatoes

Serves: 6
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 4 minutes
Stage 2: 375°F - 18 minutes
Total Cook Time: 22 minutes

Ingredients:
3 large russet potatoes, peeled and cut into 2-inch chunks
6 cups water
½ teaspoon salt
2 tablespoons butter
½ cup heavy whipping cream

Prep Directions:
1. Add potatoes, water and salt to Pressure Cooker.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 6 on numeric touchpad.
5. Press start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Add butter and cream to Pressure Cooker and whisk vigorously to incorporate.
9. Season potatoes with salt and pepper to taste and serve.

#7 Fifteen Minute Risotto

Serves: 4-6
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 4 minutes
Stage 2: 375°F - 6 minutes
Total Cook Time: 10 minutes

Ingredients:
4 cups chicken stock
¼ cup olive oil
1 medium yellow onion, diced
Salt to taste
2 cups Arborio rice
½ cup white wine
2 tablespoons butter
1 cup parmesan cheese, grated
Fresh thyme or parsley (optional)

Prep Directions:
1. Add stock to Pressure Cooker and heat on Medium (275°F) for 12-15 minutes, until warm.
2. Once warm, transfer stock to bowl and cover to keep warm.
3. Add olive oil, onion and pinch of salt to Pressure Cooker and sauté, uncovered, at 300°F for about 2-3 minutes, until onions are translucent.
4. Stir in rice and continue to cook for about 3 minutes, until rice is lightly toasted.
5. Return stock to Pressure Cooker and add wine. Stir well.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 7 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Mix well and serve.

Tip: If you'd like mushrooms in your risotto, add 3 sliced, medium mushrooms to Pressure Cooker with olive oil, onion and salt.

#8 Spiced Tomato Rice Soup

Serves: 4
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 4 minutes
Stage 2: 425°F - 14 minutes
Total Cook Time: 18 minutes

Ingredients:
1 yellow onion, chopped
2 tablespoons olive oil
1 teaspoon ground ginger
1 teaspoon ground coriander
1 teaspoon paprika
Salt to taste
¼ teaspoon cayenne pepper
2 pounds diced tomatoes or 2 (10.5-ounce) cans diced tomatoes
¼ cup tomato paste
4 cups vegetable broth
⅓ cup white rice
1 bay leaf
Cilantro or parsley (optional)

Prep Directions:
1. Add oil to Pressure Cooker and heat on Medium (275°F).
2. Add onion and sauté for 2-3 minutes until golden brown.
3. Stir in ginger, coriander, paprika, salt and cayenne pepper.
4. Cook for 45 seconds or until it becomes aromatic.
5. Add tomatoes, tomato paste and vegetable broth. Mix well.
6. Add rice and bay leaf. Mix well.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 8 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Discard bay leaf.
9. Mix well and serve.

Tip: Add color by garnishing with a sprinkle of cilantro or parsley.

#9 Beer-Braised Savoy Cabbage

Serves: 6
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 3 minutes
Stage 2: 375°F - 5 minutes
Total Cook Time: 8 minutes

Ingredients:
1 medium savoy cabbage, halved and sliced in strips
1 tablespoon butter
1 medium onion, sliced
¾ cup light beer

Prep Directions:
1. Melt butter in Pressure Cooker on Medium-High (375°F).
2. Add onions and cook, stirring occasionally, for about 5 minutes.
3. Add cabbage and beer to Pressure Cooker.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 9 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Mix well and serve.

#10 Roasted Bell Pepper Soup

Serves: 6
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 4 minutes
Stage 2: 375°F - 6 minutes
Total Cook Time: 10 minutes

Ingredients:
4 tablespoons olive oil, divided
3 red bell peppers, seeded and quartered
3 garlic cloves, peeled and crushed
1 onion, peeled and chopped
1 ripe tomato, chopped
3 saffron strands
1 tablespoon basil leaves, shredded
4 cups vegetable or chicken broth
Salt and freshly ground black pepper
4 tablespoon light cream or crème fraiche
Croutons for garnish

Prep Directions:
1. Add 2 tablespoons olive oil to Pressure Cooker and heat on Max/Sear
2. Add bell peppers and sauté for 8 minutes, or until skins have begun to char.
3. Remove peppers from Pressure Cooker with slotted spoon and let cool.
4. Wipe Pressure Cooker clean.
5. Add remaining olive oil, garlic and onion, and sauté on Medium-Low (275°F) for 3 minutes, or until soft.
6. Return chopped bell peppers to Pressure Cooker.
7. Add tomatoes, saffron, shredded basil, and broth.
8. Add seasoning to taste and bring to boil on Max/Sear.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 10 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Transfer Pressure Cooker contents to emulsion blender, puree and strain.
9. Stir well, season to taste and drizzle with cream.
10. Garnish with fresh basil and croutons and serve.

#11 Old Fashioned Potato Soup

Serves: 4
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 6 minutes
Stage 2: 375°F - 8 minutes
Total Cook Time: 14 minutes

Ingredients:
1 tablespoon extra-virgin olive oil
1 onion, diced
1 stalk celery, diced
4 medium potatoes, peeled and diced
6 cups vegetable stock
2 teaspoons salt
½ teaspoon white pepper
1 cup whole plain yogurt
¼ cup fresh chives, chopped

Prep Directions:
1. Add olive oil to Pressure Cooker and heat on High (425°F)
2. Add onions and celery and sauté for about 5 minutes.
3. Add potatoes and vegetable stock.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 11 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Transfer Pressure Cooker contents to immersion blender and puree until smooth.
9. Mix in yogurt and season with salt and pepper.
10. Garnish with chives and serve.

#12 Farmhouse Chicken Noodle Soup

Serves: 4-6
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 8 minutes
Stage 2: 375°F - 20 minutes
Total Cook Time: 28 minutes

Ingredients:
1 tablespoon vegetable oil
1 onion, finely chopped
3 garlic cloves, minced
8 cups water
4 carrots, peeled and cut into ½-inch slices
2 stalks celery, ½ inch thick
2 tablespoons soy sauce
2 teaspoons fresh thyme, minced
1 whole chicken (up to 4 pounds)
¼ cup fresh parsley, minced
Salt and pepper to taste
8 ounces dried wide egg noodles, precooked

Prep Directions:
1. Heat oil in Pressure Cooker on Medium (275F).
2. Add onions and cook for about 5 minutes until soft.
3. Add garlic and stir for 30 seconds.
4. Stir in water, carrots, celery, soy sauce and thyme while scraping up any bits from bottom of Pressure Cooker.
5. Add chicken.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 12 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Carefully transfer chicken to work surface and remove and discard any skin.
9. Shred chicken and discard bones.
10. Transfer shredded chicken to mixing bowl and season with parsley, salt and pepper.
11. Heat stock on High (425°F).
12. Stir in noodles and cook for 5 minutes.
13. Add shredded chicken to Pressure Cooker and continue to cook until hot.
14. Mix well and serve.

Tip: Skim excess fat from surface of soup if desired.

#13 Balsamic and Fig Pork Chops

Serves: 4
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 3 minutes
Stage 2: 375°F - 8 minutes
Total Cook Time: 11 minutes

Ingredients:
4 bone-in pork loin chops
½ teaspoon salt
¼ teaspoon pepper
1 tablespoon butter
1 teaspoon olive oil
2 medium onions, peeled and minced
4 cloves garlic, peeled and minced
1 teaspoon fresh thyme
3 tablespoons balsamic vinegar
2 tablespoons dry white wine
½ cup chicken broth
1½ cups dried figs

Prep Directions:
1. Sprinkle chops with salt and pepper.
2. Add butter and oil to Pressure Cooker and heat on Medium-Low (175°F).
3. Working in batches, brown pork chops in Pressure Cooker, turning with tongs as necessary.
4. Transfer chops to plate once cooked.
5. Add onions, garlic and thyme to Pressure Cooker and sauté for about 5 minutes, until soft.
6. Add balsamic vinegar, wine, and broth and stir to deglaze Pressure Cooker.
7. Return pork chops to Pressure Cooker and top with figs.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 13 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Serve.

#14 Wild Mushroom Sauce

Yield: 3.5 cups
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 3 minutes
Stage 2: 375°F - 5 minutes
Total Cook Time: 8 minutes

Ingredients:
2 tablespoons olive oil
1 medium onion, chopped
2 garlic cloves, finely chopped
1 cup dried porcini mushrooms, washed and coarsely chopped
1 pound fresh white mushrooms, washed, sliced
1 cup boiling homemade chicken stock
1 (14.5-ounce) can tomatoes, drained and chopped
2 tablespoons tomato paste
¼ teaspoon dried rosemary
¼ teaspoon dried sage
¼ teaspoon freshly ground black pepper
Salt to taste
2 tablespoons chopped fresh parsley

Prep Directions:
1. Heat oil in Pressure Cooker on Medium (275°F).
2. Add onion and garlic and cook for about 2 minutes, stirring often, until vegetables begin to soften.
3. Add mushrooms and cook for about 5 minutes, stirring often, until soft.
4. Stir in broth, tomatoes, tomato paste, rosemary, sage, salt and pepper.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 14 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Stir in parsley and serve

#15 Vegetarian Ragu

Yield: 6 cups
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 4 minutes
Stage 2: 375°F - 40 minutes
Total Cook Time: 44 minutes

Ingredients:
2 tablespoons olive oil
1 onion, finely chopped
2 garlic cloves, minced
1 carrot, peeled and finely chopped
1 bell pepper, seeded and finely chopped
4 zucchinis, coarsely chopped
3 pounds ripe tomatoes, coarsely chop
1 bay leaf
½ teaspoon dried marjoram
½ teaspoon fresh basil, chopped
Salt to taste
10 cups vegetable stock

Prep Directions:
1. Heat oil in Pressure Cooker on Medium-High (375°F) until oil begins to smoke.
2. Add onions, garlic, carrot, bell pepper and zucchinis and cook, stirring occasionally for about10 minutes.
3. Stir in tomatoes, bay leaf, marjoram, basil, salt, and stock.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 15 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Mix well and serve.

#16 Coconut Flavored Haddock

Serves: 4
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 5 minutes
Total Cook Time: 5 minutes

Ingredients:
4 haddock filets
1 teaspoon melted butter
Saffron strands
3 scallions, trimmed and roughly chopped
1 red chili pepper, seeded and chopped
Salt to taste
Paprika to taste
1¼ cups coconut milk
2 cups boiling water
2 cups rice
¾ cup corn
¾ cup dried apricots, chopped
2 tablespoons chopped fresh cilantro

Prep Directions:
1. Melt butter in Pressure Cooker on Medium (275°F)
2. Add haddock to Pressure Cooker and brown for 3 minutes per side.
3. Sprinkle saffron, salt, paprika and red pepper onto haddock and add coconut milk.
4. Scatter chopped scallions atop fish.
5. Pour boiling water into Pressure Cooker.
6. Add rice and top with corn and apricots.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 16 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Flake fish into bite-size pieces and stir into rice.
9. Add cilantro, stir lightly and serve.

#17 Ratatouille

Serves: 6
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 4 minutes
Total Cook Time: 4 minutes

Ingredients:
3 tablespoons olive oil
1 (12-ounce) eggplant
1 onion, peeled and cut into wedges
1 fennel bulb, trimmed and sliced
2 acorn squash, peeled, seeded and chopped
½ dried chilies, crushed
4 garlic cloves, peeled and chopped
1 red bell pepper, seeded and cut in chunks

1 yellow bell pepper,
seeded and cut in chunks
10 ounces ripe tomatoes, chopped
2 tablespoons tomato paste
⅔ cup red wine
⅔ cup tomato juice
Salt and black pepper to taste
2 tablespoons fresh basil, shredded
Parmesan cheese for garnish

Prep Directions:
1. Heat oil in Pressure Cooker on Medium-High (375°F).
2. Add eggplant, onion, fennel, squash and chilies and sauté for 3 minutes.
3. Add bell peppers and tomatoes and sauté for 1 minute.
4. Blend tomato paste with red wine then stir in tomato juice and pour over vegetables.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 17 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Salt and pepper to taste.

#18 Vegetarian Black Bean Chili

Serves: 4-6
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 6 minutes
Stage 2: 200°F - 45 minutes
Stage 3: 175°F - 10 minutes
Total Cook Time: 1 hour and 1 minute

Ingredients:
3 tablespoons vegetable oil
9 garlic cloves, minced
1 onion, chopped
3 tablespoons chili powder
2 tablespoons ground cumin
1-3 teaspoons canned chipotle chili in adobo sauce, minced
2½ cups vegetable broth
2½ cups water
1 (28-ounce) can crushed tomatoes
2½ cups (1 pound) dried black beans, picked over and rinsed
1 pound white mushrooms, trimmed and quartered
2 bay leaves
2 red bell peppers, stemmed, seeded, and cut into ½-inch pieces
½ cup fresh cilantro, minced
Salt and pepper to taste
3 tablespoons tequila (optional)
1 tablespoon lime juice (optional)
1 tablespoon honey (optional)
Lime zest (optional)

Prep Directions:
1. Add oil to Pressure Cooker and heat on High (425°F)
2. Add onion and garlic and cook for 5 minutes, or until soft.
3. Stir in remaining ingredients, except cilantro and optional ingredients, and cook for 30 seconds, or until fragrant.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 18 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Add cilantro and season with salt and pepper to taste.
9. Stir in tequila, lime juice, honey and lime zest, if desired.
10. Serve.

#19 Easy Beef Stew

Serves: 4-6
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 6 minutes
Stage 2: 425°F - 15 minutes
Total Cook Time: 21 minutes

Ingredients:
2 cups cooked roast beef, cut into 1-inch chunks
1 medium onion, chopped
1 can (28 ounces) whole stewed tomatoes
¼ teaspoon onion powder
¼ teaspoon celery seeds
⅛ teaspoon paprika
2 tablespoons sea salt
1 teaspoon white pepper
1 tablespoon Worcestershire sauce
2 cups beef stock
1 (24-ounce) bag frozen mixed vegetables
2 pounds potatoes, diced
1 tablespoon all-purpose flour

Prep Directions:
1. Add all ingredients, except flour, to Pressure Cooker.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 19 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Stir in flour to thicken.
9. Serve.

#20 Chicken Masala

Serves: 4
Pre-Programmed Cooking Stages:
Stage 1: 375°F - 3 minutes
Stage 2: Max/Sear - 6 minutes
Stage 3: 425°F - 5 minutes
Stage 4: 175°F - 5 minutes
Total Cook Time: 19 minutes

Ingredients:
1 pound boneless, skinless chicken breasts, diced
1 tablespoon vegetable oil
1 onion peeled and diced
1 stalk celery, finely diced
1 large carrot, peeled and grated
1½ tablespoons garam masala
1 clove garlic, peeled and minced
½ cup chicken broth
3 tomatoes, chopped
1 cup coconut milk
⅓ cup flour plus more for dredging chicken
1 cup frozen peas
1 teaspoon salt
¼ teaspoon pepper

Prep Directions:
1. Dredge chicken breasts in flour and set aside.
2. Heat olive oil in Pressure Cooker on Medium-High (375°F).
3. Working in batches, cook chicken for 3 minutes per side, setting cooked chicken aside.
4. Add masala, celery, carrots, onions, and garlic to Pressure Cooker and sauté for 1 minute.
5. Add chicken stock, coconut milk and tomatoes and stir to combine.
6. Return chicken to Pressure Cooker.
7. Bring to boil on Max/Sear.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 20 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Add flour and peas to Pressure Cooker and stir to thicken.
9. Season with salt and pepper and serve.

#21 Refried Beans

Serves: 6
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 4 minutes
Stage 2: 375°F - 12 minutes
Total Cook Time: 16 minutes

Ingredients:
1 pound dried pinto beans, presoaked for 4 hours
¼ cup bacon fat
2 onions, finely chopped
2 garlic cloves, crushed
1 jalapeno chile, seeded and minced
½ cup packed cilantro stems and leaves, chopped
1 mild poblano, pasilla, or Anaheim chile, seeded and chopped
1½ teaspoons ground cumin

Prep Directions:
1. Add bacon fat, onions and garlic to Pressure Cooker and sauté on Medium-High (375°F) for 2-3 minutes.
2. Drain and rinse presoaked beans and add to Pressure Cooker.
3. Add remaining ingredients.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 21 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Season to taste and serve.

#22 Beer-Braised Chicken Thighs with Onions

Serves: 6
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 6 minutes
Stage 2: 375°F - 11 minutes
Total Cook Time: 17 minutes

Ingredients:
6 large bone-in chicken thighs, skin removed
2 tablespoons olive oil
1 tablespoon butter
2 thinly sliced yellow onions
1 tablespoon brown sugar
1 tablespoon all-purpose flour
1 bottle lager beer
2 tablespoons coarse-grain mustard
1 tablespoon tomato paste
1 bay leaf
Freshly ground pepper
Salt

Prep Directions:
1. Heat olive oil in Pressure Cooker on Medium-High (375°F).
2. Working in batches, cook chicken for about 3 minutes per side, setting aside cooked chicken for later.
3. Add butter to Pressure Cooker and melt on Medium-Low (175°F).
4. Add onions and sugar and cook for about 7 minutes, stirring occasionally.
5. Add remaining ingredients to Pressure Cooker.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 22 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Remove bay leaf.
9. Season to taste and serve.

#23 Golden Beets

Serves: 6-8
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 1 minutes
Stage 2: 375°F - 20 minutes
Total Cook Time: 21 minutes

Ingredients:
4 large golden or red beets, washed and trimmed
1 quart water
1 teaspoon salt
½ teaspoon freshly ground black pepper

Prep Directions:
1. Add beets and water to Pressure Cooker.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 23 on numeric touchpad.
5. Press start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Season with salt and pepper to taste and serve.

#24 So So Simple Barbecue Beef Ribs

Serves: 4
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 4 minutes
Stage 2: 375°F - 25 minutes
Total Cook Time: 29 minutes

Ingredients:
4 pounds beef ribs, trimmed of visible fat
1 cup barbecue sauce
8 cups water

Prep Directions:
1. Add ribs to Pressure Cooker
2. Cover with barbecue sauce and pour water over ribs.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 24 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Season to taste and serve.

#25 Sloppy Joes

Serves: 6
Pre-Programmed Cooking Stages:
Stage 1: 425˚F - 2 minutes
Stage 2: 375°F - 6 minutes
Total Cook Time: 8 minutes

Ingredients:
1 tablespoon peanut oil
1 onion, peeled and diced
2 carrots, thinly sliced
2 garlic cloves, peeled and minced
1½ pounds lean ground beef
½ cup beef stock
¼ cup tomato paste
1 teaspoon sugar
1 teaspoon salt
½ teaspoon pepper
⅛ teaspoon red pepper flakes
1 teaspoon mustard powder
1 tablespoon Worcestershire sauce
⅛ teaspoon ground cinnamon
⅛ teaspoon ground cloves
6 hamburger buns

Prep Directions:
1. Add oil, onion and carrots to Pressure Cooker and sauté on Medium-High (375°F) for 5 minutes, or until soft.
2. Add garlic and sauté for 1 minutes.
3. Add remaining ingredients, except buns.
4. Press Max/Sear and bring to a boil.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 25 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Reduce heat to Medium-Low (175°F) and summer until sauce thickens.
9. Serve on buns.

#26 Peppered Beef Marsala

Serves: 4
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 7 minutes
Stage 2: 375°F - 15 minutes
Total Cook Time: 22 minutes

Ingredients:
2 pounds round steak, cut into portions and pounded to ¼ inch thickness
2 teaspoons coarsely ground black pepper
½ cup all-purpose flour
½ teaspoon salt
2 tablespoons butter
1 onion, finely chopped
½ pound fresh mushrooms, washed and thickly sliced
1 green bell pepper, and thinly sliced
½ cup marsala wine
2 tablespoons tomato paste
3 cups water

Prep Directions:
1. Combine flour and salt in shallow dish and set aside.
2. Rub and press the coarsely ground black pepper into beef.
3. Coat each piece of meat in seasoned flour and set aside.
4. Melt butter in Pressure Cooker on Medium-High (375°F).
5. Add meat and cook for about 3 minutes per side, until browned on all sides.
6. Remove beef and set aside.
7. Add onions, mushrooms and peppers to Pressure Cooker and cook for 3 minutes, stirring constantly.
8. Add wine to deglaze bottom of Pressure Cooker.
9. Add tomato paste and water, stirring to blend.
10. Return meat to Pressure Cooker.
11. Press Max/Sear and bring to boil.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 26 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Season beef with salt and pepper to taste and serve.

#27 Beef Stroganoff

Serves: 3-4
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 7 minutes
Stage 2: 375°F - 18 minutes
Total Cook Time: 25 minutes

Ingredients:
1½ pounds beef bottom round, sliced into 1x½-inch strips
3 tablespoons canola oil, divided
½ cup finely chopped shallots
½ pound mushrooms
¼ cup dry sherry
1½ cups low-sodium beef broth
2 tablespoons tomato paste
½ cup sour cream, room temperature
1 pound egg noodles, cooked
Sweet paprika (optional)
Salt

Prep Directions:
1. Season beef strips lightly with salt.
2. Heat 2 tablespoons oil in Pressure Cooker on Medium-High (375°F).
3. Add seasoned beef to Pressure Cooker and brown until cooked.
4. Transfer cooked beef to plate and add shallots and remaining oil to Pressure Cooker.
5. Cook shallots for about 2 minutes, stirring often.
6. Add mushrooms and cook for about 5 minutes, until soft.
7. Add sherry and cook for 1 minute.
8. Add broth and tomato paste and stir to combine.
9. Return beef to Pressure Cooker.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 27 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Whisk in sour cream.
9. Divide noodles between serving bowls.
10. Season stroganoff to taste with salt, pepper and paprika and serve over noodles.

#28 Maple and Bourbon Beans

Serves: 8
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 6 minutes
Stage 2: 375°F - 3 minutes
Total Cook Time: 9 minutes

Ingredients:
4 bacon strips, coarsely chopped
1 large onion, chopped
2 garlic cloves, finely chopped
6 cups water
1 pound great northern beans, soaked and drained
1 tablespoon vegetable oil
½ cup ketchup
½ cup maple flavored syrup
3 tablespoons light brown sugar
3 tablespoons bourbon whiskey (optional)
Salt to taste

Prep Directions:
1. Add bacon to Pressure Cooker and cook on Medium (275°F) for about 6 minutes, stirring occasionally, until crispy and browned, about 6 minutes.
2. Carefully transfer bacon to paper towel, reserving any fat inside Pressure Cooker.
3. Add onions to Pressure Cooker and sauté on Medium (275°F) for about 30 seconds, just until fragrant.
4. Add water, beans and oil to Pressure Cooker

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 28 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Drain beans and return bacon to Pressure Cooker
9. Stir in ketchup, syrup and brown sugar.
10. Add bourbon and season with salt.
11. Stir until combined and serve.

#29 Barbecue-Style Brisket Sandwiches

Serves: 8
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 7 minutes
Stage 2: 375°F - 1 hour
Stage 3: 350°F - 30 minutes
Total Cook Time: 1 hour and 37 minutes

Ingredients:
3½ pound flat cut beef brisket
½ cup ketchup
¼ cup brown sugar
¼ cup Worcestershire sauce
¼ apple cider vinegar
1 tablespoon chili powder
1½ teaspoons sweet paprika
4 garlic cloves, minced
Freshly ground black pepper
1 yellow onion, chopped
1 tablespoon canola oil
8 Soft hamburger buns
Sliced red onions
2½ quarts water
Pickles and pickled hot peppers for garnish (optional)
Salt

Prep Directions:
1. Trim excess fat off meat and pat dry.
2. Season both sides with salt and cut meat in half, crosswise and set aside.
3. In bowl, whisk together ketchup, sugar, Worcestershire sauce, vinegar, chili powder, paprika, garlic and black pepper to make sauce.
4. Brush the brisket pieces on all sides with sauce.
5. Add onion to Pressure Cooker and sauté on Medium-Low (175°F) for about 3 minutes, until soft.
6. Add water to Pressure Cooker.
7. Place 1 brisket piece atop onions and pour half of the remaining sauce over the meat.
8. Place remaining brisket piece in Pressure Cooker and top with remaining sauce.
9. Bring to boil on Max/Sear.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 29 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Using tongs, lift out the meat and transfer to carving board and let it rest for 5 minutes.
9. Skim sauce with large spoon, removing as much fat as possible.
10. Thinly slice meat across the grain and divide it evenly amongst buns.
11. Garnish sandwiches with pickles and serve with remaining sauce.

#30 Cioppino

Serves: 4-6
Pre-Programmed Cooking Stages:
Stage 1: 425°F - 6 minutes
Total Cook Time: 6 minutes

Ingredients:
2 tablespoons olive oil
1 fennel, fronds removed and saved
½ medium onion, thinly sliced or julienned
1(15½-ounce) can whole peeled plum tomatoes, crushed by hand
½ cup white wine
½ cup vegetable juice
2 fresh bay leaves
2 sprigs fresh oregano, leaves only
2 sprigs fresh marjoram
2 sprigs fresh thyme
2 cloves garlic, smashed
3 clams
15 mussels
12 medium shrimp, peeled, cleaned and deveined
1 (4-ounce) fillet of cod
½ cup crab meat (optional)
Kosher salt & black pepper to taste

Prep Directions:
1. Cut fennel bulbs in quarters, remove core and thinly slice or julienne.
2. Add oil to Pressure Cooker and heat on High (425°F).
3. Add fennel and sauté for 2 minutes to start caramelization.
4. Add onion to fennel and continue to cook for additional 5 minutes, or until vegetables completely caramelize.
5. Add cracked pepper, pinch salt and garlic.
6. Add tomatoes, wine, vegetable juice, and fresh herbs.
7. Add clams, mussels, shrimp, cod and crab meat to Pressure Cooker.

Cooking Directions:
1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 30 on numeric touchpad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Remove bay leaf and transfer to soup terrine and serve.

5.5 Qt. Pot

#31 BBQ Beef Brisket

Serves: 8
Pre-Programmed Cooking Stages:
Stage 1: 200°F - 6 hours
Stage 2: 175°F - 1 hour
Total Cook Time: 7 hours

Ingredients:
4 medium onions, sliced and divided
5 pound beef brisket, trimmed of fat
2 cups barbecue sauce
1 quart water

Prep Directions:
1. Place 3 sliced onions in lightly oiled 5.5-quart stock pot.
2. Add brisket to pot and top with remaining onions.
3. Mix barbecue sauce with water and pour into pot.
4. Cover pot with lid.
5. Press Program.
6. Enter 31 on numeric touchpad.
7. Press Start.

Serving Directions:
1. Let brisket sit in pot for 15 minutes before slicing.
2. Skim fat from top of pot and reserve onion sauce.
3. Slice brisket and top with sauce.
4. Serve with beans.

#32 Chicken Corn Chowder

Serves: 4-6
Pre-Programmed Cooking Stages:
Stage 1: 220°F - 3 hours
Stage 2: 175°F - 2 hours
Stage 3: 160°F - 15 minutes
Total Cook Time: 5 hours and 15 minutes

Ingredients:
1 pound boneless, skinless chicken breasts, cut into 1-inch chunks
1 large potato, cut into 1-inch chunks
2 cups corn
4 scallions, chopped
½ red bell pepper
¼ teaspoon ground black pepper
1 teaspoon fresh garlic
1½ tablespoons chipotle seasoning
½ teaspoon chili powder (optional)
½ cup chicken broth
4 cups whole milk
⅓ cup dehydrated potato flakes
1 cup shredded sharp cheddar cheese

Prep Directions:
1. Add all ingredients, except potato flakes and cheese, to 5.5-quart stock pot.
2. Cover pot with lid.
3. Press Program.
4. Enter 32 on numeric touchpad
5. Press Start.
6. During stage 3, open lid and stir in potato flakes to thicken and replace lid.

Serving Directions:
1. Top with shredded cheese and serve.

#33 Sausage and Cabbage

Serves: 4-6
Pre-Programmed Cooking Stages:
Stage 1: 200°F - 6 hours
Stage 2: 175°F - 2 hours
Total Cook Time: 8 hours

Ingredients:
1 small head cabbage, coarsely shredded
1 large onion, coarsely chopped
2 cups apple juice
4 cups water
1 tablespoon Dijon mustard
1 tablespoon cider vinegar
3 large potatoes, diced
3 large carrots, diced
2 pounds kielbasa sausage
Salt and pepper to taste

Prep Directions:
1. Layer cabbage, onion, potatoes, carrots, and sausage in 5.5-quart stock pot.
2. Whisk together juice, water, mustard, vinegar and pour into pot.
3. Cover pot with lid.
4. Press Program.
5. Enter 33 on numeric touchpad.
6. Press Start.

Serving Directions:
1. Season with salt and pepper and serve.

#34 Lemon Chicken Thighs with Olives

Serves: 6
Pre-Programmed Cooking Stages:
Stage 1: 210°F - 2 hours
Stage 2: 175°F - 30 minutes
Total Cook Time:
2 hours and 30 minutes

Ingredients:
8 boneless, skinless chicken thighs
¾ teaspoon salt
¾ teaspoon pepper, divided
2 tablespoons olive oil, divided
1 lemon, sliced
6 cups chicken broth
2 tablespoons fresh lemon juice
¼ cup all-purpose flour
½ teaspoon ground cumin
¾ cup pitted green olives

Prep Directions:
1. Sprinkle chicken thighs evenly with salt and ½ teaspoon pepper; set aside.
2. Heat 1 tablespoon oil in 5.5-quart stock pot on Medium-High (375°F).
3. Working in batches, cook chicken for 3-5 minutes per side.
4. Return all cooked chicken to stock pot and add lemon slices.
5. In a small dish, whisk broth, juice, flour and cumin together and add to pot.
6. Top chicken with olives and remaining ¼ teaspoon pepper.
7. Cover pot with lid.
8. Press Program.
9. Enter 34 on numeric touchpad.
10. Press Start.

Serving Directions:
1. Season with salt and pepper and serve.

#35 One Pot Chicken Enchilada Soup

Serves: 8
Pre-Programmed Cooking Stages:
Stage 1: 200°F - 5 hours
Stage 2: 175°F - 1 hour
Total Cook Time: 6 hours

Ingredients:
1 medium yellow onion, diced
1 medium sweet bell pepper, diced
2 cloves garlic, minced
2 cups frozen corn
1 (10-ounce) can diced tomatoes and green chilies
1 (10-ounce) can enchilada sauce
4 cups chicken broth
1 tablespoon chili powder
½ teaspoon cumin
½ teaspoon salt
½ teaspoon ground black pepper
1 pound boneless, skinless chicken breasts, diced
1 (15-ounce) can black beans, drained and rinsed
½ cup light sour cream
Shredded cheese
Tortilla chips

Prep Directions:
1. Add all ingredients, except sour cream, cheese and chips, to 5.5-quart stock pot.
2. Cover pot with lid.
3. Press Program.
4. Enter 35 on numeric touchpad.
5. Press Start.

Serving Directions:
1. Top with sour cream, shredded cheese and tortilla chips and serve.

#36 One Pot Sicilian Beef

Serves: 6
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 6 minutes
Stage 2: 200°F - 2 hours
Total Cook Time: 2 hours and 6 minutes

Ingredients:
½ cup all-purpose flour
1 teaspoon salt, divided
¼ teaspoon black pepper
2½ pounds stew beef, trimmed
4 tablespoons vegetable oil, divided
1 pound fresh mushrooms, quartered
1 large green bell pepper, chopped
1 large onion, chopped
2 garlic cloves, minced
2¾ cups beef broth
1 (26-ounce) jar spaghetti sauce
1 (28-ounce) can diced tomatoes

Prep Directions:
1. In shallow dish, combine flour, ½ teaspoon salt and black pepper.
2. Roll beef in flour mixture, coating completely.
3. Heat 3 tablespoons oil in a 5.5-quart stock pot on High (425°F) until hot.
4. Add beef to pot and brown on all sides for about 5 minutes.
5. Remove beef from pot and set aside.
6. Add mushrooms, bell pepper, onion, garlic, and remaining 1 tablespoon oil to pot and cook 5 minutes, stirring occasionally, until onions are tender.
7. Add remaining ingredients and return beef to pot.
8. Cover pot with lid.
9. Press Program.
10. Enter 36 on numeric touchpad.
11. Press Start

Tip: Stir beef occasionally and check to see if it is fork tender.

#37 Slow Cooker Pork Chops

Serves: 4
Pre-Programmed Cooking Stages:
Stage 1: 220°F - 30 minutes
Stage 2: 200°F - 4 hours
Total Cook Time:
4 hours and 30 minutes

Ingredients:
4 thick cut pork chops
1 cup apple cider vinegar
8 medium red potatoes, diced and divided
3 (26-ounce) cans cream of mushroom soup
1 cup milk
1 pound fresh mushrooms, diced
1 small onion, diced
1 teaspoon garlic powder (or 2 garlic cloves, minced)
Fresh parsley, cut
Salt and pepper to taste

Prep Directions:
1. Marinate pork in apple cider vinegar overnight, or up to 24 hours.
2. Place 4 diced potatoes in 5.5-quart stock pot.
3. Place pork chops atop potatoes.
4. Add onions and mushrooms.
5. Add remaining potatoes to pot, placing them beside pork chops.
6. Pour in cream of mushroom soup and mix to coat.
7. Cover pot with lid.
8. Press Program.
9. Enter 37 on numeric touchpad.
10. Press Start.

Tip: Stir beef occasionally and check to see if it is fork tender.

#38 Peppers and Beef

Serves: 4
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 4 minutes
Stage 2: 175°F - 20 minutes
Total Cook Time: 24 minutes

Ingredients:
1 pound extra lean ground beef
½ cup uncooked rice
1 (15-ounce) can petite diced tomatoes
1 (8-ounce) can tomato sauce
1 cup beef broth
2 medium sweet bell peppers, seeded and chopped
1 small yellow onion, chopped
2 tablespoons packed brown sugar
1 teaspoon Italian seasoning
1 teaspoon salt
½ teaspoon ground black pepper
½ teaspoon minced garlic (1 clove)
1 cup shredded Italian cheese blend

Prep Directions:
1. Place beef in 5.5-quart stock pot and cook on Medium-High (375°F) for 8 minutes, breaking beef into small pieces with wooden spoon.
2. Drain excess fat and add rice to cooked beef.
3. Cook for 2-3 minutes, stirring occasionally, until rice is golden brown.
4. Add remaining ingredients, except cheese, and stir well.
5. Cover pot with lid.
6. Press Program.
7. Enter 38 on numeric touchpad.
8. Press Start.

Serving Directions:
1. Add cheese and serve.

Tip: Stir at least twice until the liquid is absorbed and the rice is tender.
Tip: If cooking with brown rice, add 20 minutes to cooking time.

#39 Potato Soup with Onions and Cheddar

Serves: 4
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 6 minutes
Stage 2: 225°F - 30 minutes
Stage 3: 175°F - 5 minutes
Total Cook Time: 41 minutes

Ingredients:
2 tablespoons unsalted butter or oil
1 garlic clove, finely minced
4 celery stalks, thinly sliced
3 scallions, thinly sliced
10 ounces pearl onions, peeled
2 pounds russet potatoes, cut into ¼-inch slices
6 cups vegetable broth
½ cup fresh parsley, finely minced
½ cup milk
1 cup sharp cheddar cheese, grated
Salt and freshly ground white pepper to taste

Prep Directions:
1. Heat butter in 5.5-quart stock pot on Medium (275°F).
2. Add garlic, celery and scallions and sauté for 1-2 minutes.
3. Stir in onions and potatoes, tossing to coat.
4. Add broth, milk, and parsley.
5. Cover pot with lid.
6. Press Program.
7. Enter 39 on numeric touchpad.
8. Press Start.

Serving Directions:
1. Season with salt and pepper and serve.

Tip: Put liquid into blender for a smoother soup.

#40 Easy Weeknight Chili

Serves: 4-6
Pre-Programmed Cooking Stages:
Stage 1: 175°F - 5 minutes
Stage 2: 350°F - 5 minutes
Stage 3: 220°F - 15 minutes
Stage 4: 175°F - 5 minutes
Total Cook Time: 30 minutes

Ingredients:
2 tablespoons vegetable oil
1 onion, chopped fine
2 tablespoons chili powder
2 teaspoons ground cumin
4 garlic cloves, minced
Salt and pepper
1 pound ground beef
1 (28-ounce) can crushed tomatoes
1 cup low-sodium chicken broth
2 (15-ounce) cans kidney beans, rinsed
Shredded cheese (optional)

Prep Directions
1. Heat oil in 5.5-quart stock pot on Medium-High (375°F) until simmering.
2. Press Program.
3. Enter 40 on numeric touchpad.
4. Press Start.
5. Add onion and cook for 5 minutes. (Stage 1)
6. Stir in chili powder, cumin, garlic, and salt and cook until fragrant.
7. Add beef and cook, breaking up meat with wooden spoon, for 5 minutes. (Stage 2)
8. Stir in tomatoes and broth, stir and scrape up any browned bits stuck to bottom of pan.
9. Cover pot with lid.

Serving Directions:
1. Top with cheese and serve.

Tip: Use 85% lean ground beef for best results.

Everyday Pan

#41 One Bowl Mung Bean Meal

Serves: 4
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 6 minutes
Stage 2: 100°F - 3 minutes
Total Cook Time: 9 minutes

Ingredients:
1 cup mung beans, sprouted
3 cups water or broth
4 green onions, white and pale green end only, chopped
2 ribs celery, trimmed and sliced cross-wise into c-shapes
1 apple, diced
1 ripe avocado, sliced
⅓ cup almonds, chopped
¼ cup olive oil
3 tablespoons Italian parsley, loosely packed and chopped
2 tablespoons lemon juice
Sea salt and freshly ground black pepper to taste

Prep Directions:
1. Pour water or broth into Everyday Pan and bring to boil on Max/Sear.
2. Add mung beans.
3. Cover pan with lid.
4. Press Program.
5. Enter 41 on numeric touchpad.
6. Press Start.

Serving Directions:
1. Remove Everyday Pan from heat and let beans sit for 6-8 minutes and drain.
2. Mix mung beans with green onions, celery, apple, avocado, almonds, olive oil, parsley, lemon juice and salt and pepper.
3. Toss well and serve.

#42 One Pan Mexican Quinoa

Serves: 4
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 3 minutes
Stage 2: 200°F - 20 minutes
Total Cook Time: 23 minutes

Ingredients:
1 tablespoon olive oil
2 cloves garlic, minced
1 jalapeños, minced
1 cup quinoa
1 cup vegetable broth
1 (15-ounce) can black beans, drained and rinsed
1 (14.5-ounce) can fire-roasted diced tomatoes
1 cup corn kernels
1 teaspoon chili powder
½ teaspoon cumin
Kosher salt and freshly ground black pepper to taste
Avocado, halved, seeded, peeled and diced for garnish
Juice of 1 lime for garnish
2 tablespoons fresh cilantro leaves, chopped for garnish

Prep Directions:
1. Heat olive oil in Everyday Pan on Medium-High (375°F).
2. Add garlic and jalapeño and cook, stirring frequently, for about 1 minute until fragrant.
3. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper to taste.
4. Cover pan with lid.
5. Press Program.
6. Enter 42 on numeric touchpad.
7. Press Start.

Serving Directions:
1. Stir in avocado, lime juice and cilantro.
2. Serve immediately.

#43 One Pot Zesty Macaroni

Serves: 6
Pre-Programmed Cooking Stages:
Stage 1: 350°F - 5 minutes
Stage 2: Max/Sear - 4 minutes
Stage 3: 220°F - 13 minutes
Stage 4: 175°F - 2 minutes
Total Cook Time: 24 minutes

Ingredients:
1 pound ground turkey
2 cups elbow pasta, uncooked
2 cups salsa
1½ cups chicken broth
1 (15-ounce) can tomato sauce
1 Roma tomato, diced
1 cup corn, frozen
1 cup canned black beans, rinsed
½ cup shredded cheddar cheese
2 tablespoons fresh cilantro leaves, chopped
1 avocado, halved, seeded, peeled and diced

Prep Directions:
1. Press Program.
2. Enter 43 on numeric touchpad.
3. Press Start.
4. Add oil to Everyday Pan
5. Add ground turkey and brown for 5 minutes (stage 1)
6. Add remaining ingredients, except for cheese, avocado and cilantro.
7. Cover pot with lid.

Serving Directions:
1. After final stage has finished, stir in tomatoes, corn, and black beans and gently toss to combine.
2. Stir in cheese until completely melted.
3. Top with avocado and cilantro and serve immediately.

#44 Chicken Lo Mein

Serves: 6
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 6 minutes
Stage 2: 175°F - 20 minutes
Total Cook Time: 26 minutes

Ingredients:
½ pound boneless skinless chicken breast, cut into small chunks
1 (14-16-ounce) box of linguini or fettuccini pasta
4 medium carrots, peeled and cut into thin 3-inch strips
1 medium red bell pepper, cut into thin 3-inch strips
1 bunch green onions, cut into 3-inch strips
4 cloves garlic, minced
¼ cup soy sauce
1 teaspoon garlic powder
1 teaspoon corn starch
1 tablespoon sugar
½ teaspoon red pepper flakes
4 cups chicken or vegetable broth
2 teaspoons extra-virgin olive oil

Prep Directions:
1. Add all ingredients to Everyday Pan and stir.
2. Cover Pan with lid.
3. Press Program.
4. Enter number 44 on numeric touchpad.
5. Press Start

Serving Directions:
1. Remove Everyday Pan from PIC.
2. Remove lid and cool for 5 minutes before serving.

Tip: Stir lo mein occasionally during cooking process.

#45 Southwest Pasta

Serves: 8
Pre-Programmed Cooking Stages:
Stage 1: 175°F - 14 minutes
Stage 2: 150°F - 5 minutes
Total Cook Time: 19 minutes

Ingredients:
1 (13.5-ounce) box of whole wheat rotini
2 cups corn kernels, frozen
1 medium green bell pepper, cut into thin strips
½ medium red onion, sliced
1 (15-ounce) can tomatoes and chilies
¼ cup taco seasoning
1 teaspoon salt
2 teaspoons extra-virgin olive oil
4 cups fat-free chicken (or vegetable) broth
1 (15-ounce) can black beans, drained and rinsed
¼ cup Mexican cheese blend, plus more for topping (Optional)

Prep Directions:
1. Add all ingredients, except beans and cheese, to Everyday Pan and stir.
2. Cover pan with lid.
3. Press Program.
4. Enter 45 on numeric touchpad.
5. Press Start.

Serving Directions:
1. Remove pan from PIC.
2. Remove lid and stir in black beans and cheese.
3. Let pasta rest for 5 minutes to warm beans, melt the cheese, and absorb excess liquid before serving.

Tip: If you use a different type of pasta you will need to adjust your cooking time.

#46 Chicken Enchilada Bowls

Serves: 6
Pre-Programmed Cooking Stages:
Stage 1: Max/Sear - 6 minutes
Stage 2: 175°F - 20 minutes
Total Cook Time: 26 minutes

Ingredients:
2 tablespoons olive oil
1 medium yellow onion, chopped
1 pound boneless, skinless chicken breasts, cut into chunks
½ teaspoon salt
½ teaspoon ground black pepper
1 cup rice, uncooked long grain white rice
2 cups chicken broth
1 (14.5-ounce) can diced tomatoes and chilies
1 (10-ounce) can enchilada sauce
1 cup corn, frozen
2 teaspoons cumin
1 (15-ounce) can black beans, drained and rinsed
1 cup Mexican blend cheese, shredded
Lettuce, shredded (optional)
Tomatoes, diced (optional)
Green onions, diced (optional)
Sour cream (optional)

Prep Directions:
1. Add oil to Everyday Pan and heat on Medium-High (375°F) for 1 minute.
2. Add onion, chicken, salt, and pepper to pan and cook for about 5 minutes, stirring occasionally, until onion softens and chicken is no longer pink.
3. Add rice to pan and cook for 3-4 minutes, stirring occasionally.
4. Add chicken broth, tomatoes and chilies, enchilada sauce, frozen corn, and cumin.
5. Stir well.
6. Cover pan with lid.
7. Press Program.
8. Enter 46 on numeric touchpad.
9. Press Start.

Serving Directions:
1. Remove Everyday Pan from PIC.
2. Add black beans and stir to combine.
3. Top with cheese.
4. Cover and let rest for 5 minutes.
5. Serve warm with optional toppings.

#47 Vegetarian Tagine

Serves: 6
Pre-Programmed Cooking Stages:
Stage 1: 225°F - 5 minutes
Stage 2: 200°F - 15 minutes
Stage 3: 175°F - 10 minutes
Total Cook Time: 30 minutes

Ingredients:
1 tablespoon olive oil
1 small onion, diced
1 garlic clove, minced
1 stalk celery, diced
1 carrot, diced
1 teaspoon paprika
½ teaspoon ground cinnamon
½ teaspoon ground cumin
½ teaspoon fresh ginger, grated (or ¼ teaspoon ground ginger)
2 teaspoons salt
1 (14.5-ounce) can diced tomatoes
1 small butternut squash, peeled and cut into chunks (2 cups)
2 cups cauliflower florets
2 cups low sodium vegetable broth
2 cups cooked chickpeas, rinsed and drained
¼ cup raisins or currants
3 cups cooked couscous

Prep Directions:
1. Heat oil in Everyday Pan on Medium (275°F).
2. Add onions and garlic and cook for 3 minutes.
3. Add celery, carrots, paprika, cinnamon, cumin, ginger and salt.

4. Cook for additional 5 minutes, until veggies are soft and spices are fragrant.
5. Add tomatoes, butternut squash, cauliflower, and vegetable broth, and stir to combine.
6. Cover pan with lid.
7. Press Program.
8. Enter 47 on numeric touchpad.
9. Press Start.
10. When Stage 3 begins, stir in chickpeas and raisins

Serving Directions:
1. Remove lid and stir well.
2. Serve over couscous.

#48 Rustic Tomato Soup

Yield: 8 cups
Pre-Programmed Cooking Stages:
Stage 1: 425°F - 6 minutes
Stage 2: 220°F - 4 hours
Total Cook Time: 4 hours and 6 minutes

Ingredients:
1 tablespoon olive oil
2 garlic cloves, peeled and smashed
1 medium onion, peeled and chopped
1 medium carrot, peeled and sliced
1 celery stalk, chopped
1 teaspoon kosher salt, divided
¾ teaspoons freshly ground black pepper, divided
2 pounds plum tomatoes, chopped
2 teaspoons dried basil
1 teaspoon marjoram
6 sun-dried tomatoes
¼ teaspoon baking soda
4 cups vegetable stock

Prep Directions:
1. Add oil to Everyday Pan and heat on 350°F.
2. Once oil is hot, add garlic, onion, carrot, celery and pinch of salt and pepper.
3. Sauté vegetables for 8-10 minutes, stirring occasionally, until soft and golden.
4. Add remaining ingredients and stir to combine.
5. Cover pan with lid.
6. Press Program.
7. Enter 48 on numeric touchpad.
8. Press Start.

Serving Directions:
1. Transfer Everyday Pan contents to emulsion blender and blend, in batches, until smooth.
2. Adjust seasoning to taste and serve.

#49 Beef Stew

Serves: 6
Pre-Programmed Cooking Stages:
Stage 1: 220°F - 2 hours
Stage 2: 175°F - 4 hours
Total Cook Time: 6 hours

Ingredients:
1½ pounds beef chuck, cut into 1-inch cubes
1 teaspoon kosher salt
¼ teaspoons freshly ground black pepper
1 small onion, peeled and finely chopped
1 carrot, peeled and cut into ½-inch rounds
1 celery stalk, thinly sliced
4 small red potatoes, quartered
4 garlic cloves, peeled
4 ounces crimini mushrooms, halved (or quartered)
1 teaspoon dried Herbes de Provence
1 bay leaf
½ cup dry red wine
¼ cup tomato paste
1½ cups beef stock
1½ tablespoons cornstarch
1 cup green peas
3 tablespoons fresh Italian parsley, chopped

Prep Directions:
1. Place all ingredients, except cornstarch, peas and parsley, in Everyday Pan
2. Cover pan with lid.
3. Press Program.
4. Enter 49 on numeric touchpad.
5. Press Start.

Serving Directions:
1. Remove lid and stir in cornstarch, peas and parsley.
2. Taste and adjust seasoning accordingly and serve.

#50 Pot Roast

Serves: 6
Pre-Programmed Cooking Stages:
Stage 1: 250°F - 30 minutes
Stage 2: 220°F - 3 hours
Total Cook Time: 3 hours and 30 minutes

Ingredients:
1 medium onion, peeled and sliced
1 leek, greens removed, thinly sliced
1 carrot, peeled and sliced
1 celery stalk, sliced
1 medium turnip, cut into wedges
4 cup beef broth
1 tablespoon red wine vinegar
1 (2½-pound) chuck roast
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper

Prep Directions:
1. Place onion, leek, carrot, celery and turnip in Everyday Pan.
2. Add broth and vinegar.
3. Season beef with salt and pepper and place atop vegetables.
4. Cover pan with lid.
5. Press Program.
6. Enter 50 on numeric touchpad.
7. Press Start.

Serving Directions:
1. Remove lid and transfer beef to serving platter.
2. Skim fat from top of cooking liquid, if necessary.
3. Slice beef and add back to Everyday Pan.
4. Let beef sit in liquid just long enough to heat through.

nuwave™

LIVE WELL FOR LESS®

PIC® DOUBLE

Manual de Instrucciones y Recetario Completo

Bienvenido a la Cocina del NuWave™ Precision Induction

Felicidades por la compra de su NuWave™ Precision Induction Cooktop (PIC®) Double. Este libro contiene instrucciones detalladas e imágenes que le ayudarán para empezar a utilizar su Cooktop. También está lleno de grandiosas recetas y consejos para ahorrar tiempo, los cuales le ayudarán a preparar deliciosas comidas gourmet en fracciones de tiempo de lo que le tomaría al utilizar una estufa regular. Cocinar es rápido y fácil con el Precision Induction Cooktop Double de NuWave, LLC Este versátil electrodoméstico de barra utiliza la tecnología de inducción para ahorrar tiempo, energía y dinero. El NuWave™ Precision Induction Cooktop es eficiente, seguro, rápido y fácil de limpiar. Y, ya que puede programar los tiempos y las temperaturas desde tibio hasta abrasador, usted puede preparar casi cualquier platillo sin el riesgo de cocinarlo de más o de menos.

¿Que es la Cocina por Induccion?

El Nuwave PIC está compuesto por una serie de bobinas de inducción (basada en principios magnéticos). Estas bobinas generan campos magnéticos que producen una reacción cálida en las cacerolas y sartenes de acero o base de fierro. De esta manera, el calor es generado en los recipientes y no en la superficie del cooktop, lo cual es mucho más eficiente en energía que las estufas tradicionales de gas o eléctricas. La cocina por inducción es la forma más ecológica de preparar alimentos porque este método no libera toxinas en el ambiente. La inducción no emite flama alguna, así que se produce menos calor residual en su cocina. El NuWave™ Precision Induction Cooktop Double permanece fresco al tocarlo donde la superficie magnética no es activada.

Beneficios Adicionales:

- Conservación de Energía: El campo magnético generado por las bobinas de cobre produce moléculas invisibles en los recipientes, las cuales comienzan a vibrar rápidamente creando calor, de tal forma que el recipiente por sí mismo calienta los alimentos. El NuWave™ PIC Double es uno de los cooktops más eficientes en energía disponibles en la actualidad, lo cual significa que cocinar con el PIC Double se puede traducir en ahorros en sus recibos mensuales.
- Seguridad: El diseño del NuWave™ PIC Double no requiere de bobinas o flamas abiertas, eliminando así el riesgo de incendio. Sus características de apagado automático aumentan la seguridad del aparato. Solamente prográmelo y ¡olvídese de él! Los usuarios también pueden hacer el reto del cubo de hielo. La tecnología de inducción calienta el sartén, pero la superficie permanece fría al tocarla.
- Cocine Rápido: Calienta inmediatamente y la temperatura es precisa en el NuWave™ PIC Double. Cuenta con 6 ajustes de temperatura diferentes que se regulan en incrementos de 5°. ¡No tendrá que adivinar!
- Ligero y Portátil: Porque pesa sólo 5.7 libras, usted puede llevar el NuWave™ PIC Double a donde sea que vaya. Utilícelo en interiores o exteriores- en cualquier lugar donde haya un contacto eléctrico estándar (E.U.A.)
- Fácil de Limpiar: Los derrames no se quemaran y pegarán en la superficie del cooktop. ¡Sólo límpielo y listo!

NuWave™ Precision Induction Cooktop Double Productos y Accesorios

NuWave™ Precision Induction Cooktop:

(30501~30532) NuWave™ PIC® Double
(32456) Recetario / Manual Completo
(32459) DVD Instructivo
(32460) Ficha Técnica
(32457) Guía de Inicio Rápido
(32158) Tarjeta de Registro
(31117) Estuche Portátil a la Medida
(32462) Mando a Distancia

NuWave™ El Último Juego de Utensilios:

(32003) Jarra de Acero Inoxidable de 3.5-quart
(32004) Tapa para la Jarra de 3.5-quart
(32005) Vaporera de Acero Inoxidable
(32007) Inserto para Fondue
(32008) Juego de 8 Tenedores para Fondue
(32055) Manual de lo Último Juego de Utensilios

Parrila de Hierro NuWave™:

(32023) Parrilla de Hierro Fundido
(32022) Charola para Drenar Aceite
(32056) Manual de la Parrilla de Hierro Fundido
(31113) Plancha de Hierro Fundido
(32060) Manual de la Plancha de Hierro Fundido

NuWave™ 2 Utensilios de Cerámica Antiadherente Duralon®:

(32100) Manual para los Utensilios de Cerámica Antiadherente NuWave™

Cacerolas de Aluminio Anodizado:		**Tapas (Opcional):**
9-pulgadas	(32109)	(32012)
10.5-pulgadas	(32110)	(32004)
12-pulgadas	(32114)	(32014)
Cacerolas de Acero Inoxidable :		**Tapas (Opcional):**
9-pulgadas	(32015)	(32012)
10.5-pulgadas	(32016)	(32004)
12-pulgadas	(32017)	(32014)
Cacerolas de Acero Inoxidable de la Serie del Chef:		**Tapas (Opcional):**
9-pulgadas	(32009)	(32012)
10.5-pulgadas	(32010)	(32004)
11.5-pulgadas	(32011)	(32013)
Ollas y Cacerolas de Acero Inoxidable:		**Tapas (Opcional):**
1.5-quart	(32031)	(32036)
2.0-quart	(32032)	(32037)
3.0-quart	(32033)	(32038)
5.5-quart	(32039)	(32040)
9.0-quart	(32034)	(32004)
Juego de 10 piezas	(31250)	
Cacerola de Uso Diario:		**Tapas (Opcional):**
12-inch, 5.0-quart	(32018)	(32019)
Cacerola con Parrilla de Acero Inoxidable:		**Tapas (Opcional):**
11-inch, 3.0-quart	(32024)	(32025)
Juego de Olla de Vapor 8.0-quart:		**Tapas (Opcional):**
Olla 8.0-quart	(32400)	(32403)
Inserto para vapor 7.0-quart	(32401)	
Rejilla para vapor	(32402)	

NuWave™Olla a Presión Precision:

(31201) Olla a Presión NuWave™ Precision
(32061) Manual de la Olla a Presión NuWave™ Precision

Para ordenar partes y accesorios llame a nuestro número de servicio al cliente al 1-877-689-2838 de Lunes a Viernes de 7:00 AM a 8:00 PM CST.
Usted también puede ordenar en línea en: www.NuWaveNow.com.
Por favor proporcione el nombre correcto del artículo y el número de unidades para asegurarse de que su compra sea procesada correctamente.

IMPORTANTES MEDIDAS DE SEGURIDAD

Cuando utilice aparatos eléctricos siempre se deben tomar precauciones básicas de seguridad, incluyendo las siguientes:

LEA TODAS LAS INSTRUCCIONES ANTES DE USARSE

PELIGRO – Para reducir el riesgo de electrocución:

1. Lea todas las instrucciones, medidas de seguridad y advertencias antes de utilizar el electrodoméstico.
2. No coloque el aparato donde se pueda caer o sumergir en agua u otros líquidos.
3. No trate de sacarlo si se ha sumergido en agua. Desconéctelo inmediatamente.
4. No sumerja el cable, la clavija ni ninguna parte del aparato en agua u otros líquidos.

ADVERTENCIA – Para personas con marcapasos:

1. Este aparato emite un campo electromagnético que es muy fuerte dentro de dos pies de la superficie del mismo.
2. Pruebas científicas han comprobado una indefinición de si el campo eléctrico afectará la función de un marcapasos. Por favor consulte a su médico antes de utilizarse.

ADVERTENCIA – Para reducir el riesgo de quemaduras, electrocución, incendio y lesiones:

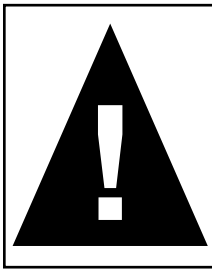
1. Este aparato no está diseñado para uso continuo.
2. Este aparato incluye una función de calentamiento. Las superficies pueden alcanzar temperaturas altas. No toque las superficies calientes. El aparato puede conservar calor residual después de retirar el recipiente. El uso de agarradores u otras medidas de seguridad alternativas son altamente recomendables.
3. Este electrodoméstico no deberá ser utilizado por niños. Tenga aún más cuidado cuando utilice el producto cerca de niños.
4. No lo coloque sobre ninguna parrilla de gas o eléctrica, o dentro de un horno caliente.
5. No coloque sobre el cooktop objetos metálicos como cuchillos, tenedores, cucharas o tapas, ya que se pueden calentar.
6. Este aparato no está diseñado para uso comercial.
7. Utilice este electrodoméstico para el propósito para el que está diseñado como se describe en este manual. No utilice otros accesorios o aditamentos no recomendados por el fabricante, ya que ello podría provocar un incendio, una descarga eléctrica o lesiones personales.
8. Nunca utilice este electrodoméstico si tiene el cable o la clavija dañados, si no funciona adecuadamente, si se cayó o ha sido dañado, o si se ha sumergido en agua. Contacte a servicio al cliente para su revisión, reparación o ajuste.
9. No utilice un aparato roto. En caso de una ruptura, los limpiadores o derrames pueden penetrar el aparato creando el riesgo de una descarga eléctrica.
10. Mantenga el cable lejos de superficies calientes. No deje el cable colgando de las orillas de mesas o barras. Nunca forcé la clavija en un contacto. Siempre desconecte jalando la clavija. Apague el aparato antes de desconectarlo del contacto.
11. No lo utilice donde se estén usando productos aerosoles, así como en lugares donde el oxígeno sea reducido.
12. Utilice un juicio apropiado y cuidado cuando utilice el aparato al aire libre o espacios públicos. Este aparato nunca deberá ser puesto donde haya niños sin cuidar o alguien que no sepa de su presencia. Debe ser colocado en una superficie plana y estable, lejos de fuentes de agua como albercas, spas, rociadores, mangueras, etc.
13. No mueva el aparato mientras esté caliente.

14. Este electrodoméstico es para uso doméstico únicamente; está diseñado para procesar cantidades normales de una casa. No es conveniente para un uso continuo u operación comercial.
15. No desarme el producto. Las partes no sirven por sí solas.
16. No deje el electrodoméstico desatendido si está en uso.
17. Este aparato no está diseñado para utilizarse por medio de un reloj externo.
18. Limpie el aparato con precaución. Al limpiar una superficie caliente con aplicaciones húmedas se puede provocar vapor y algunos limpiadores pueden producir humo peligroso. Desconecte del contacto antes de limpiar.
19. Tome precaución cuando deseche el aceite caliente.
20. Mantenga este manual a la mano para una referencia en el futuro

GUARDE ESTAS INSTRUCCIONES

Información Eléctrica

- El largo del cable de este electrodoméstico fue seleccionado para reducir los Riesgos de Seguridad que puedan ocurrir con un cable largo. Existen cables de extensión disponibles, los cuales pueden ser utilizados si esto se hace con cuidado. Si un cable de extensión es utilizado: (1) la clasificación eléctrica marcada deberá ser al menos tan alta como la del aparato y (2) el cable más largo deberá ser acomodado para que no cuelgue de la mesa o barra, de donde podría ser accidentalmente jalado o alguien podría tropezarse.
- Ciertos modelos de este aparato pueden tener una clavija polarizada (una cuchilla es más gruesa que la otra). Esta clavija está diseñada para ser usada en una entrada polarizada de una sola forma. Si la clavija no entra completamente en el contacto, voltéela. Si aún así no cabe apropiadamente, contacte a un electricista calificado. No intente modificar la clavija de ninguna manera.



⚠ ADVERTENCIA

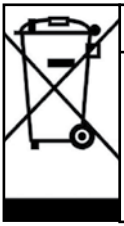
Riesgo de descarga eléctrica. Úsese con un sistema eléctrico adecuado. No se use si el cable o la clavija están dañados.

ADVERTENCIA: TTodos los productos en el aparato se pueden calentar mucho durante el uso. Por favor tenga cuidado cuando retire esos artículos de la unidad. Siempre utilice guantes para hornear o agarraderas. El aparato puede conservar calor residual después de retirar el recipiente. Permita que todo se enfríe completamente antes de limpiar.

IMPORTANT – Información de la FCC:

Advertencia: Los cambios y modificaciones a esta unidad que no sean aprobados explícitamente por la parte responsable podrían invalidar la autoridad del usuario para operar el equipo.

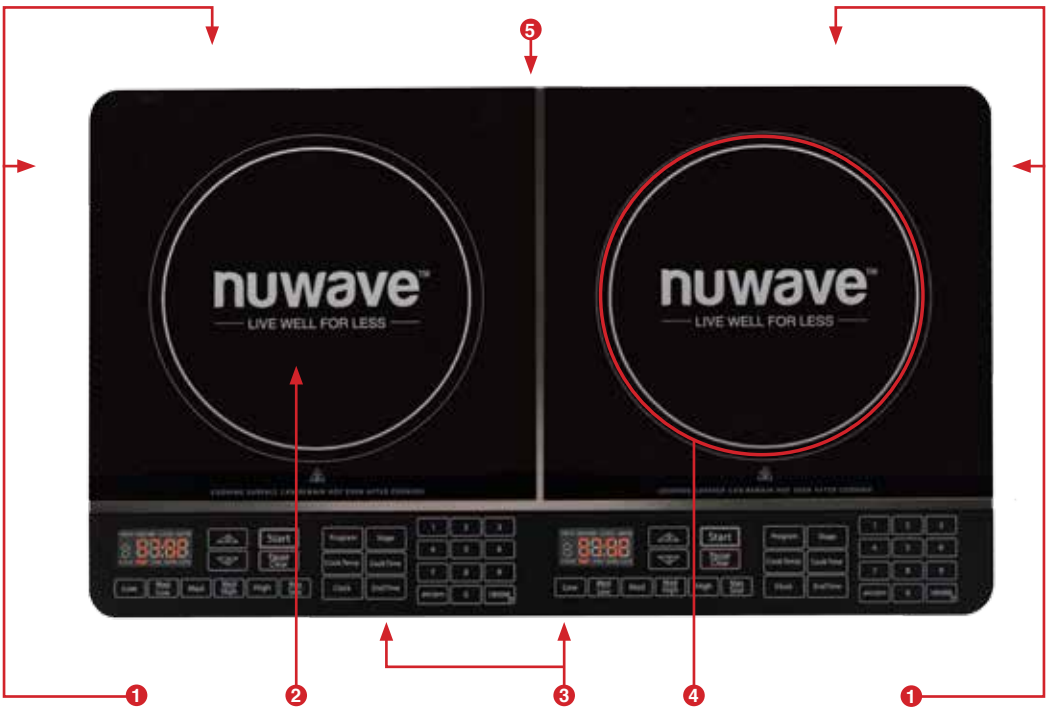
Nota: El equipo cumple con la parte 18 del Reglamento FCC.



Desecho Correcto del Producto

Esta marca indica que este producto no debe desecharse junto con otros residuos domésticos en los EUA. Para prevenir posibles daños al medio ambiente o la salud por parte de residuos descontrolados, recíclelo responsablemente para fomentar la reutilización sustentable de recursos materiales. Para devolver su aparato usado por favor utilice sistemas de recolección y devolución o contacte al detallista donde el producto fue comprado. Ellos pueden encargarse del reciclado seguro para el medio ambiente.

Cocinando con el NuWave™ Precision Induction



❶ **Ventilación:** Los respiraderos están localizados en la parte trasera del producto para permitir escapar cualquier calor generado por el elemento caliente. Esta característica del diseño impide que el calor se transfiera a la superficie, asegurando un desempeño eficiente del NuWave™ PIC Double.

❷ **Superficie:** La superficie de vidrio resistente al calor del NuWave™ PIC Double se mantiene fría al tacto y se limpia fácilmente con un simple trapo o paño húmedo

❸ **Panel de Control con Display:** Panel de control claro, luminoso y fácil de leer.

❹ **Superficie Caliente:** Las bobinas electromagnéticas localizadas debajo de la superficie de vidrio transfieren el calor generado directamente al recipiente de inducción.

❺ **Switch Encendido/Apagado:** El NuWave™ PIC Double tiene un switch de encendido/apagado localizado en el lado derecho del PIC.

⚠ PRECAUCIÓN

Mientras el NuWave™ PIC Double esté funcionando no toque la superficie del aparato ya que puede calentarse mucho y haber riesgo de quemaduras. El cooktop puede conservar calor residual después de retirar los utensilios. No quite las cacerolas o sartenes durante el proceso de cocinado. Oprima el botón “Pause/Clear” para apagar antes de retirarlos.

Recipientes Compatibles con el Induction Cooktop

Ya que la tecnología de inducción está basada en principios magnéticos, los recipientes compatibles deben tener un fondo ferroso (base de fierro, magnético). Algunos tipos de recipientes están hechos de metales magnéticos naturales (como fierro puro), mientras otros están diseñados para ser magnéticos al "hacer sándwich" una delgada capa de un metal ferroso entre la base. Esta capa actuará sobre el campo magnético del induction cooktop para distribuir el calor. Los utensilios de triple acero inoxidable de alta calidad y hierro fundido funcionan en los induction cooktops. Recipientes de cobre, vidrio y aluminio no funcionarán a menos de que tengan una base magnética de sándwich. Las cacerolas que funcionan de forma óptima en el NuWave™ PIC Double tienden a ser de un calibre mediano a pesado.

ATENCIÓN:

Las bobinas de calor están localizadas dentro del anillo dorado más grueso. Puede usar recipientes que midan hasta el ancho total del NuWave™ PIC Double, el cual es de 12.3 pulgadas; sin embargo, en estos casos el calor traspasará más lentamente a las orillas. No utilice recipientes que midan más de 12.3 pulgadas

Ejemplos de recipientes compatibles:

- Todos los recipientes NuWave™
- Hierro fundido
- Nu-Wave™ Duralon® Utensilios de Cocina de Cerámica Antiadherente
- Hierro y acero esmaltados
- Acero inoxidable con base magnética

Recipientes no compatibles con la inducción:

- Cobre
- Vidrio
- Aluminio
- Recipientes tipo cerámica

¿Cómo puedo comprobar la compatibilidad de mis recipientes con la inducción?

Existen tres sencillas formas de comprobar si sus cacerolas y sartenes actuales, o sus futuras compras, son compatibles con el NuWave™ PIC Double:

1. Un imán es por lo general un gran indicador. Si se adhiere a la parte de abajo de un recipiente quiere decir que la cacerola o sartén es regularmente para inducción. Sin embargo, tenga en cuenta que existen casos en los que las propiedades magnéticas de un recipiente pueden no ser suficientemente fuertes para que funcione eficientemente con el NuWave™ PIC Double.

2. Coloque una pequeña cantidad de agua en una cacerola o un sartén. Si son compatibles con la inducción, el agua comenzará a hervir.

3. Un símbolo de compatibilidad con inducción puede estar impreso en la parte de abajo del recipiente.

Instrucciones de Limpieza y Cuidado para su NuWave™ PIC® Double

ANTES DE USARSE:

Limpie la superficie con un trapo que haya sido humedecido en agua jabonosa tibia.

IMPORTANTE - No sumerja la unidad en agua ni intente utilizar el lavavajillas. La superficie exterior puede ser limpiada con cuidado con un paño húmedo o una esponja. Asegúrese de que la unidad se haya enfriado completamente antes de limpiarla.

Instrucciones Generales de Limpieza

Desconecte la unidad antes de limpiarla.

- Limpie después de cada uso.
- Asegúrese de que la unidad se haya enfriado completamente antes de limpiarla.
- La superficie exterior puede ser limpiada con cuidado con un trapo húmedo o esponja.
- Quite el cable de conexión antes de limpiar el NuWave™ PIC Double. No utilice ningún agente limpiador cáustico y asegúrese de que el agua no penetre al interior del induction cooktop.
- Nunca sumerja el NuWave™ PIC Double, sus cables o clavija en agua u otros líquidos.
- Limpie la superficie de vidrio con un trapo húmedo o detergente ligero sin soluciones jabonosas abrasivas. Asegúrese de que la unidad se haya enfriado completamente antes de limpiarla.
- Limpie la cubierta y el panel de operación con un trapo suave y humedecido con agua o detergente ligero.
- No utilice ningún producto limpiador con base de aceite para evitar dañar las partes plásticas o la cubierta/panel de operación.
- No utilice ningún material o sustancia inflamable, ácida o alcalina cerca del NuWave™ PIC Double, ya que puede reducir su tiempo de vida y representa un riesgo de incendio cuando el induction cooktop está siendo utilizado.
- Con el fin de mantener su NuWave™ PIC Double luciendo como nuevo, tome medidas para asegurarse de que la parte de abajo de sus recipientes no rayen el vidrio de la superficie del aparato, aunque una superficie rayada no afectará el funcionamiento del induction cooktop.
- Asegúrese de limpiar correctamente la unidad antes de guardarla en un lugar seco y fresco.

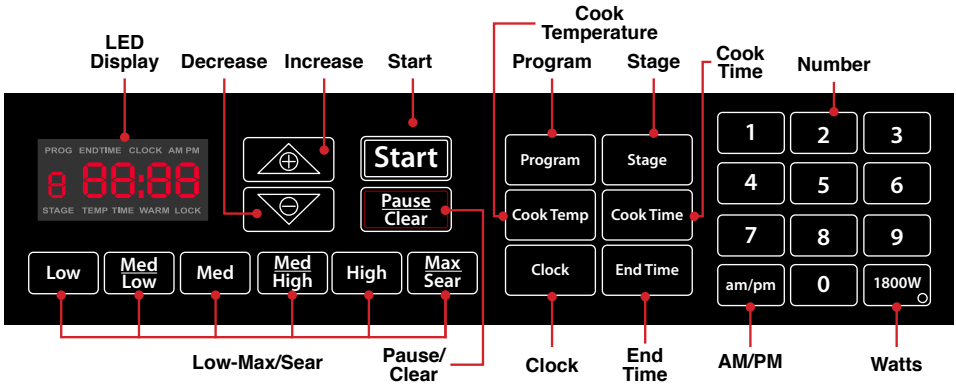
CONSEJOS IMPORTANTES:

1. Revise el contacto de energía para asegurar un funcionamiento adecuado. No opere la unidad con otros electrodomésticos grandes en el mismo contacto de energía. Revise los ajustes si la unidad está cocinando demasiado lento.
2. La clavija debe estar conectada correctamente en el contacto.
3. Siempre apague y desconecte la unidad antes de limpiarla.

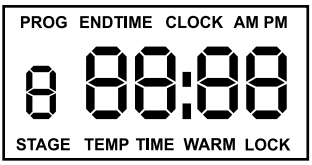
Instrucciones Generales de Operacion:

- Coloque el cooktop en una superficie estable, nivelada y no metálica.
- Nunca utilice el cooktop en una superficie inflamable (por ejemplo un mantel, alfombra, etc.)
- No bloquee las ranuras de ventilación del induction cooktop. De esa forma el aparato se sobrecalentaría. Manténgalo a una distancia mínima de 3-5 pulgadas de paredes, otros objetos o electrodomésticos, etc.
- No coloque aparatos u objetos que sean sensibles a los campos magnéticos sobre o junto al NuWave™ PIC Double
- No utilice el induction cooktop cerca de fuegos abiertos, calentadores u otras fuentes de calor.
- No lo coloque sobre una estufa.
- Asegúrese de que el cable de corriente no esté dañado o quede presionado debajo del induction cooktop.
- El cable de corriente no debe estar en contacto con orillas filosas y/o superficies calientes.
- Antes de conectar el NuWave™ PIC Double, confirme que el voltaje indicado en este manual corresponde al voltaje suministrado en su casa. Una conexión errónea podría dañar el aparato y posiblemente lesionar a alguien.
- La superficie del cooktop está hecha de vidrio resistente a la temperatura. En caso de observar un daño en la unidad, aún sea una pequeña grieta en la superficie de vidrio, desconecte inmediatamente el NuWave™ PIC Double del suministro de energía.

Direcciones Para el Panel de la Pantalla



LED Display



Para comenzar a cocinar:
NOTA: Asegúrese de encender el NuWave™ PIC Double oprimiendo el switch que está del lado zaga del aparato.

Panel de Control:
"0" deberá aparecer cuando el programa sea borrado o cuando se encienda.

Existen varias formas para comenzar a cocinar con su NuWave™ PIC Double:

- Seleccione una de las funciones de temperatura (Low - Max/Sear), luego presione "**Start**". El tiempo automático es de 1 hora.
- Presione "**Cook Temp**", luego presione "**Start**". El cocinado automático será a 375˚F por 1 hora.
- Presione "**Cook Temp**", luego programe la temperatura utilizando el teclado numérico touch y presione "**Start**". El tiempo automático es de 1 hora.
- Presione "**Cook Time**" luego programe el tiempo utilizando el teclado numérico touch y presione "**Start**". La temperatura automática es de 375˚F.
- Programe la temperatura y el tiempo utilizando el teclado numérico touch, luego presione "**Start**".

El NuWave™ PIC Double automáticamente dejará de cocinar una vez que el tiempo ha expirado y un pitido avisará al usuario. La pantalla siempre mostrará la temperatura corriente durante el ciclo de uso y cocción. Para mostrar lapso de tiempo, presioneé "**Cook Time**" mientras se cocina.

- **NOTA:** Después de 3 segundo, la pantalla revertirá a la temperatura de cocción.
- **NOTA:** Debido a las regulaciones de ETL en materia de controles táctiles, al presionar "**Start**" solamente no comenzará el proceso de cocción.

Función de Pausa/Borrar:

1. Para interrumpir el tiempo de cocinado, presione el botón "**Pause/Clear**" una vez. Esto pospondrá el NuWave™ PIC Double en el punto donde se encuentre.
2. La temperatura seguirá mostrándose en el panel del display, pero una "F" parpadeará.
3. Para reanudar presione "**Start**."
4. Para BORRAR el modo de cocinado o el display mientras el NuWave™ PIC Double está funcionando, presione el botón "**Pause/Clea**r" dos veces. La pantalla se borrará completamente, aparecerá un "0" o la hora actual, y la unidad se apagará.

Ajuste del Reloj y Botón AM/PM:

1. Presione el botón "**Clock**". El indicador CLOCK aparecerá en el display LED y aparecerá "00:00".
2. Ingrese los dígitos que correspondan a la hora actual. Por ejemplo, 1:25 se ingresaría presionando "1,2,5".
3. Una vez que la hora haya sido ingresada, un AM se mostrará automáticamente.
4. Para cambiarlo presione el botón "**am/pm**".
5. Presione el botón "**Clock**" una vez más para fijarlo.

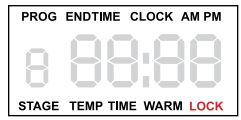
- **"End Time" no funcionará a menos que usted determine la hora actual y un "0" sea mostrado en el display.**
- **Si el NuWave™ PIC Double es desconectado, necesitará volver a programar el reloj.**

Conversión de Fahrenheit a Centígrados:

1. El display LED del NuWave™ PIC Double's está programado para mostrar automáticamente la temperatura en Fahrenheit(F). F aparecerá en el panel del display.
2. Para cambiar el display a Centígrados (C), presione los botones "**Cook Temp**" y "**Cook Time**" al mismo tiempo.
3. Para salir de la opción de conversión F/C, presione el botón "**Pause/Clear**" hasta que aparezca un "0" o la hora actual en la pantalla de la unidad.

Función de Bloquear y Desbloquear:

El PIC puede ser bloqueado al presionar "**Low**" y "**Sear/Max**" al mismo tiempo hasta que aparezca LOCK en el display LED. Para desbloquearlo, presione "**Low**" y "**Sear/Max**" al mismo tiempo hasta que LOCK ya no aparezca en el display LED.



• **Cada cerraduras del panel de control y desbloquea en sí independientemente de la otra.**

Función de Potencia en Watts:

El PIC Double funciona automáticamente a 1800 watts cuando utiliza un solo lado.

1. Para cambiar la potencia en watts a 900 watts, presione el botón "**1800W**".
2. Para cambiar a 1800 watts, solamente presione el botón "**1800W**" otra vez y la luz se encenderá.

NOTA: CADA LADO PUEDE UTILIZAR HASTA 1800W INDIVIDUALMENTE. CUANDO UTILICE AMBOS LADOS, EL PIC DOUBLE AUTOMÁTICAMENTE CAMBIARÁ A 900W EN CADA UNO.

Programando la Temperatura:

Este aparato está programado para cocinar en Med/High (375°F).

1. Para reiniciarlo presione la tecla de temperatura "**Low**" - "**Max/Sear**", el indicador TEMP aparecerá, luego oprima "**Start**". El rango de temperatura se mostrará en el panel del display.
2. Para iniciar, presione el botón "**Cook Temp**". El indicador TEMP aparecerá y mostrará 375F.
3. Para aumentar o disminuir la temperatura en rangos de 5°F, presione los botones "**+**" o "**-**" hasta que la temperatura deseada se muestre.

Utilice como referencia la tabla de abajo para establecer la temperatura y los niveles. La mínima es de 100°F mientras que la temperatura máxima alcanza 575°F.

NOTA: La temperatura en el Display representa la de1.5L de aceite en la Olla de Acero Inoxidable de 3.5-quart NuWave™. El termómetro para la prueba se colocó en el origen (mitad) de la Olla de Acero Inoxidable de 3.5-quart NuWave™ y a una medida equidistante entre la base de la olla y la superficie del aceite.

Botón a Presionar	Rango de Temperatura	Display	Ejemplos
Low	100°F (38°C)	100F / 38C	Tibio
Med Low	175°F (79°C)	175F / 79C	Fuego Lento
Med	275°F (135°C)	275F / 135C	Baño María
Med High	375°F (191°C)	375F / 191C	Mezclar/Freir
High	425°F (218°C)	425F / 218C	Hervir/Saltear
Max/Sear	575°F (302°C)	SEAR	Dorar

Programando la Temperatura (Continúa):

Como alternativa, la temperatura de cocción deseada puede programarse presionando las teclas numerales. Vea los ejemplos a la derecha.

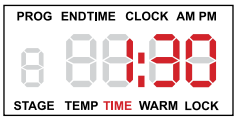
1. Presione el botón "**Cook Temp**".
2. Presione una temperatura deseada utilizando las teclas numerales. Tome en cuenta que el PIC Double se programará automáticamente a la temperatura más cercana que termine en un 5" o un "0". Por ejemplo, cuando usted presione 2,2,2 para cocinar a 222°F, la pantalla LED mostrará 220F.

presione [2] o tres veces a continuación, pulse "**Start**" → 220F

Temperatura Deseada	Visualización
220°F	220F
221°F	220F
222°F	220F
223°F	225F
224°F	225F
225°F	225F

Setting Cooking Time:

1. Presione el botón "**Cook Time**". El indicador TIME parpadeará.
2. Ingrese el tiempo en horas y minutos presionando los números correspondientes.
   - Por ejemplo, 1 hora y 30 minutos se ingresarían presionando "1,3,0". El panel del display mostrará 1:30.
   - Se puede ajustar el tiempo en i ncrementos de 1 minuto presionando las flechas "**+**" o "**-**".
   - Para revisar el tiempo durante la cocción presione el botón "**Cook Time**", el PIC regresará automáticamente a la temperatura en 3 segundos.
3. Si el tiempo requerido es en minutos sólo necesita ingresar 1 ó 2 números.
   - Por ejemplo, para 5 minutos sólo presione "5"; para 46 minutos presione "4,6".
4. Si necesita corregir el número, borre el que ingresó presionando el botón "0" cuatro veces.



- **TIME parpadeando indica que usted puede ajustar el tiempo. El tiempo máximo es de 99 horas y 60 minutos.**
- **El display muestra horas y minutos, pero no segundos**

Función de Mantener Caliente:

Después de que el tiempo de cocinado inicial sea completado, usted podrá utilizar su cooktop para mantener su comida caliente (100°F-200°F). La configuración automática está programada a 120°F por 2 horas.

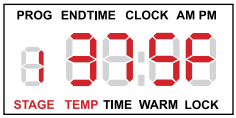
1. Presione los botones "**Low**" y "**Med/Low**" al mismo tiempo hasta que aparezca WARM. El indicador WARM parpadeará.
2. Se mostrará 120F, luego presione "**Start**".
3. Para cambiar el tiempo, ingrese el tiempo deseado y continúe. Usted podrá programar el PIC para mantener sus alimentos calientes hasta por 100 horas.
4. Cuando el ciclo de cocinado inicial se termine, el PIC "sonará" dos veces antes de cambiar a la función WARM. Esta función siempre será la última etapa en el programa.

- Para cambiar la temperatura de la función WARM, usted puede aumentarla o disminuirla presionando los botones "**+**" o "**-**" o utilizando el teclado numérico.
- Para cambiar el tiempo, presione el botón "Cook Time". Usted puede aumentar o disminuir el tiempo presionando los botones "**+**" o "**-**" o utilizando el teclado numérico.

Función de Cocción por Etapas:

Esta función se utiliza para guardar, programar o cocinar en más de una sola configuración consecutiva de tiempo y temperatura.

1. Presione el botón "**Stage**". "STAGE" se mostrará. Para todas las etapas la temperatura automática será siempre 375°F.
2. Para cambiar la temperatura, presione el botón "**Cook Temp**". "TEMP" parpadeará. Ingrese la temperatura deseada.
3. Presione el botón "**Cook Time**". TIME parpadeará en el display..
4. Ingrese el tiempo de cocción deseado. Puede comenzar por el "Tiempo" seguido por la "Temperatura".



5. Presione el botón "**Stage**" para ir a la etapa de programación "2".
6. Repita el proceso hasta que todas las etapas deseadas sean programadas.

- **El número máximo de etapas programables es de 10. La etapa 10 se mostrará como "0".**
- **Si en algún momento desea editar una etapa que ya fue programada, presione el botón "Stage" hasta que se muestre la que desea, en ese momento usted podrá cambiar la Temperatura (COOK TEMP), el Tiempo (COOK TIME), o ambos.**

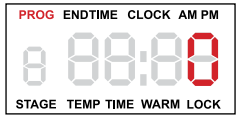
Función de Fin:
IMPORTANTE: la hora correcta (CLOCK) debe ser ajustada antes de que la función de Fin (END TIME) sea utilizada (vea "Setting Clock Time" en la página 13). Esta característica está diseñada para permitir que el cocinado pare en un futuro. Es posible retrasar el fin de un programa hasta por 24 horas.

1. Presione el botón "**End Time**", el indicador END TIME aparecerá en el display LED, se mostrarán AM y "00:00" también.
2. Utilice las teclas numerales para ingresar la hora deseada para finalizar.
   - Por ejemplo, 5:00 se ingresaría presionando "5,0,0".
   Presione el botón "**am/pm**" para cambiar del AM automático si fuera necesario
3. Después de programar la temperatura y tiempo, presione "**Start**".

NOTA: "COOK TIME" no puede ser mayor que "END TIME".

Función de Programación:
NOTA: Los números del 1 al 50 son recetas pre-programadas.
NOTA: Los números del 51 al 200 son sus propias recetas programadas.
Vea el ejemplo de Programación de Receta
NOTA: Programas 1-50 –La potencia en watts está automáticamente programada a 1800 watts, si usted utiliza programas del 1 al 50 y presiona el botón de Potencia en Watts se desplegará "Err" y regresará a Temperatura automáticamente.
NOTA: Programas 51-200 – Una vez programada la potencia en watts adecuada, usted no podrá cambiarla a menos de que elimine las recetas. Si usted presiona el botón de Potencia en Watts mientras esté cocinando, se desplegará "Err" y regresará a Temperatura automáticamente.
El botón "**Program**" representa una variedad de funciones disponibles para los usuarios del NuWave™ PIC Double, incluyendo la Memoria de Entrada (el almacenamiento de programas de cocción por etapas utilizados frecuentemente), la Memoria de Recuperación (recuperación de secuencias de cocción por etapas) y el Modo de Cocción por Etapas.

Uso de las Recetas Pre-Programadas:



1. Presione el botón "**Program**". El indicador "PROG" parpadeará y aparecerá un "0" en el área del display.
2. Luego ingrese el número asociado con la receta pre-programada utilizando el teclado numérico. Por ejemplo "3,1" es 31.
3. Luego presione "**Start**".

Programación de sus Propias Recetas:

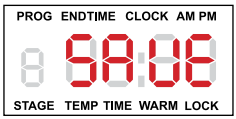
1. Ingrese sus etapas, cada una con sus temperaturas y tiempos, luego presione "**Program**". Ingrese el número con el que la desee guardar. Por ejemplo, "1,3,7" es 137.
2. Presione el botón "**Program**" para confirmar el número que seleccionó.
   - Se pueden almacenar hasta 10 funciones de cocción en cada Memoria de Entrada (10 etapas adicionales de tiempo de cocción y temperatura).
   - Si no está seguro del tiempo de cocción restante mientras el NuWave™ PIC Double está cocinando, presione "**Cook Time**" para mostrarlo. El display volverá a mostrar la temperatura automáticamente después de algunos segundos.

Tiempo Total:
Antes de comenzar con una receta programada usted podrá visualizar el número total de etapas y el tiempo total:
1. Presione el botón "**Program**" y luego ingrese en el teclado el número de receta asignado.
2. Presione el botón "**Program**" una vez más.
   - El número total de etapas se mostrará sobre "STAGE" y el tiempo total se mostrará en el display LED.

NOTA: Las etapas individuales también podrán cambiarse y guardarse al mostrarse el tiempo total.
1. Presione el botón "**Stage**" para seleccionar la etapa a cambiar.
2. Para cambiar la temperatura presione el botón "**Cook Temp**" e ingrese la temperatura deseada utilizando las teclas numéricas o los botones "**+**" y "**-**".Para cambiar el tiempo presione el botón "**Cook Time**" e ingrese el tiempo deseado utilizando las teclas numéricas o los botones "**+**" y "**-**".
3. Presione el botón "**Start**" para comenzar con su receta editada.

NOTA: Usted también puede guardar su receta editada.
1. Presione el botón "**Program**". Aparecerá PROG y se mostrará un 0 en la pantalla.
2. Ingrese el número deseado para su programa utilizando las teclas numéricas o los botones "**+**" y "**-**".
3. Presione el botón "**Program**" nuevamente para guardar su nuevo programa.

Función de Guardar:
Usted puede modificar y guardar el tiempo o temperatura de una receta programada ya existente en cualquier momento durante su proceso de cocción. Una vez que haya cocinado, aparecerá SAVE en el display LED. En ese momento usted podrá guardar su receta en el NuWave PIC Double presionando el botón "**Program**" e ingresando el número de receta deseado.



Si usted decide guardar la receta modificada en un espacio que ya está siendo ocupado por otra receta programada, la nueva receta anulará la anterior.
ESTA OPCIÓN SÓLO ESTÁ DISPONIBLE PARA LOS ESPACIOS DEL 51 AL 200.

Ejemplo de Programación de Receta.

Betabel

Porciones: 6-8
Etapas de Cocción Pre.Programadas:
Etapa 1: Max/Sear - 1 minuto
Etapa 2: 375°F - 20 minutos
Tiempo de Cocción Total: 21 minutos

Ingredientes:
4 betabeles grandes amarillos o rojos, lavados y limpiados
1 litro de agua
1 cucharadita de sal
½ cucharadita de pimienta negra recién molida

Instrucciones:
1. Ponga los betabeles y el agua en la olla de presión.

Programación:

Etapa1: Max/Sear - 1 minuto
1. Presione el botón "Stage". Aparecerá Stage en el panel del display.
2. Presione el botón "Cook Temp" y presione los botones "5,7,5" o el botón "Max/Sear". Se mostrará "SEAR".
3. Presione el botón "Cook Time" y presione "1" para cocinar por un minuto.

Etapa 2: 375˚F - 20 minutos
1. Presione el botón "Stage" una vez más. Aparecerá Stage en el panel del display.
2. Presione el botón "Cook Temp" y presione los botones "3,7,5" o el botón "Med/High". Se mostrará "375°F".
3. Presione el botón "Cook Time" y presione "2,0" para cocinar por 20 minutos.

Para guarder la receta:
1. Después de ingresar todas las etapas presione "Program".
2. Ingrese cualquier número entre 51 y 200 utilizando el teclado numérico. Por ejemplo: "1,3,7" programan 137.
3. Presione "Program" una vez más para establecerlo.

Instrucciones para Cocinar:

Para cocinar inmediatamente:
1. Tape y asegure.
2. Gire el regulador de presión al 2 para una presión alta.
3. Presione "Start".

Solución de Problemas

Mensaje de Error	Solución
E1	Un E1 por lo regular significa que el NuWave™ PIC Double no detecta algún recipiente en su superficie. Esto puede ocurrir por una de dos razones: 1. Las bobinas de inducción que contiene el NuWave™ PIC Double trabajarán sólo cuando estén en contacto directo con un recipiente. Para mantener la efectividad del aparato, siempre asegúrese de que esté sobre una superficie plana y que el contacto con el recipiente sea consistente. 2. Un mensaje de E1 también puede aparecer si su recipiente elegido no es para inducción.
E2	Mal funcionamiento de la unidad. Contacte a servicio al cliente.
E3	El voltaje de la unidad es demasiado bajo. El mínimo es 85 volts.
E4	El voltaje de la unidad es demasiado alto. El máximo es 144 volts.
E5	Mal funcionamiento de la unidad. Contacte a servicio al cliente.
E6	Mal funcionamiento de la unidad. Contacte a servicio al cliente.
E7	Sobrecalentamiento o ductos de ventilación obstruidos. Si la temperatura interna excede 230°F, cualquier operación se detendrá y se producirá un sonido. Presione “Pause/Clear” dos veces. Espere a que la unidad se enfríe.
E8	Sobrecalentamiento. Si el aparato excede una temperatura de 20°F arriba de la de Dorar, éste se apagará automáticamente. Contacte a servicio al cliente.
E9	La unidad no funciona correctamente. Contacte a servicio al cliente.
FULL	En el modo de programación si el tiempo seleccionado excede el límite del aparato, que es de 99:59, entonces no se podrán programar más fases.

- Cuando cualquiera de los mensajes de error anteriores aparezcan en el LED, la unidad sonará al menos una vez.
- El ventilador trabajará por 60 segundos adicionales después de presionar el botón “Pause/Clear” una vez. Para continuar cocinando presione el botón “Start” dentro de los siguientes 45 minutos.
- La unidad se apagará después de 45 minutos si ningún botón (como “Start”) es presionado. Cuando el aparato se apague se borrará toda la historia de cocinado previa.
- Después de presionar el botón “Pause/Clear” dos veces, el ventilador trabajará por 60 segundos adicionales hasta que la unidad se enfríe. En ese momento el NuWave™ PIC Double se apagará.

Después de retirar el recipiente	Sonido	Pantalla	Referencia
Inicial	Uno solo	“F” o “C” o “Sear” o “:” Intermitente	Al colocar nuevamente el recipiente, el NuWave™ PIC Double reanudará el cocinar.
< 10 segundos	Ninguno	“F” o “C” o “Sear” o “:” Intermitente	
11- 70 segundos	Sí	E1	Reanude presionando “Start”
Después de 70 segundos	Ninguno	0	El tiempo de cocinado ha concluido

EL FABRICANTE GARANTIZA: Que el induction cooktop y todos sus componentes eléctricos estarán libres de defectos y mano de obra bajo un uso doméstico normal siempre y cuando sea manejado de acuerdo a las instrucciones escritas proporcionadas por el Fabricante en cada unidad por un (1) año a partir de la fecha de compra. El Fabricante proporcionará las partes necesarias y mano de obra para reparar cualquier parte del sistema de cocción por inducción en el Departamento de Servicio de NuWave, LLC. Después de la expiración de la garantía, el costo de la mano de obra y las partes será responsabilidad del propietario.

LA GARANTÍA NO CUBRE: Ninguna cubierta (si aplica) ni ninguna parte del sistema de cocinado. La Garantía Limitada se invalida si se realiza alguna reparación por un representante no autorizado o si la placa de número de serie es retirada o dañada. El deterioro normal del acabado debido al uso o la exposición no es cubierto por esta Garantía. Esta Garantía Limitada no cubre los gastos de envio, fallas, daños o desempeños inadecuados ocasionados por algún accidente, catástrofe natural (como un rayo), fluctuaciones en la corriente de energía, alteraciones, abusos, mal empleo o aplicación, ambientes de tipo corrosivo, instalación incorrecta, falla al operarlo de acuerdo a las instrucciones escritas del Fabricante, o uso anormal o comercial.

PARA OBTENER SERVICIO: El propietario tendrá la obligación y responsabilidad de: pagar por todos los servicios y partes que no estén cubiertas por la garantía; pre-pagar el envío hacia y desde el Departamento de Servicio para cualquier parte o sistema devuelto bajo esta garantía; empacar cuidadosamente el producto utilizando material de relleno adecuado para prevenir algún daño durante el tránsito. El empaque original es ideal para este propósito. Contenido del Paquete: nombre del propietario, dirección, número de teléfono durante el día, una descripción detallada del problema y su Número de Autorización de Devolución de Producto (Número RGA):
Llame al 1-877-689-2838 o envíe un correo a help@nuwavenow.com para obtener su número RGA. Proporcione el modelo del sistema de cocinado y el número de serie así como una prueba de la fecha de compra (una copia del recibo) cuando solicite la aplicación de esta garantía.

OBLIGACIÓN DEL FABRICANTE: La obligación del Fabricante bajo esta Garantía Limitada se limita a reparar o cambiar cualquier parte del induction cooktop expresamente cubierta por esta Garantía Limitada, la cual, previa inspección sea detectada como defecto por uso normal. La Garantía Limitada es aplicada sólo dentro de USA continental y únicamente para el comprador original en los canales de distribución autorizados por el fabricante. La Garantía Limitada no puede ser alterada, variada o extendida excepto por un instrumento escrito y suscrito por el fabricante. La forma de reparación o sustitución proporcionada bajo esta garantía limitada es exclusiva. En ningún caso el fabricante será responsable por algún daño incidental o consecuente a alguna persona, ocasionado o no por la negligencia del fabricante, incluyendo, sin limitación, daños por merma de uso, costos de sustitución, daños a la propiedad, u otras pérdidas de dinero. Algunos estados no permiten la exclusión o limitación de daños incidentales o consecuentes, así que las exclusiones limitantes mencionadas pueden no aplicar. Esta Garantía Limitada otorga derechos legales específicos y podría haber otros derechos que varíen de estado a estado. Excepto por lo estipulado anteriormente, el fabricante no hace garantías expresas o implícitas surgidas de la ley u otros, incluyendo sin limitación, las garantías implícitas de comercialización y aptitud para un propósito particular a cualquier otra persona.

LEA SU MANUAL DEL USUARIO: Si usted tiene aún cualquier pregunta sobre el manejo o garantía del producto, contacte a NuWave, LLC al 1-877-689-2838 o envíe un correo a help@nuwavenow.com

1800 Watt and 900 Watt Cooking Times

	Food	Cook Temp	Cook Time 1800 Watts	Cook Time 900 Watts
Breakfast	Pancakes	350˚F	3 Min	3:40 Min
	Raw Pork Sausge Patties	350˚F	5:00 Min	7:00 Min
	4 Raw Sausage Links	350˚F	8:15 Min	8:15 Min
	Bacon	350˚F	7:00 Min	7:00 Min
	2 Fried Eggs	275˚F	2:02 Min	2:46 Min
	4 Scrambled Eggs	275˚F	0:48 Sec	1:21 Min
Beef	Searing a Ribeye	575˚F/Sear	1:30 Min	5:50 Min
	8 oz. Hamburgers	375˚F	8:00 Min	8:00 Min
Chicken	2 Chicken Breasts	375˚F	8:00 Min	9:30 Min
Fish	4 oz. Salmon	575˚F/Sear	8:50 Min	12:45 Min
Stocks, Soups and Sauces	4 cups Chicken Broth	575˚F/Sear	3:46 Min	8:30 Min
	4 cups Beef Broth	575˚F/Sear	3:46 Min	8:30 Min
	Pre-Made Alfredo Sauce	275˚F	3:21 Min	4:45 Min
	Pre-Made Marinara Sauce	275˚F	3:00 Min	4:00 Min
	Cheese Sauce	175˚F	4:30 Min	5:09 Min
Sweets	12 oz. Semi Sweet Chocolate	140˚F	8:00 Min	10:00 Min
Others	1 Tbsp. Butter	275˚F	1:24 Min	1:44 Min
	1 Stick of Butter (8 Tbsp.)	275˚F	3:12 Min	3:44 Min
	1/2 cup of Diced Onions	375˚F	4:00 Min	6:43 Min
	1 Tbsp. of Garlic Sautéd	300˚F	0:55 Sec	1:20 Min
	1 cup of Water Boiled	575˚F/Sear	1:30 Min	3:00 Min
	2 cups of Water Boiled	575˚F/Sear	2:27 Min	4:50 Min
	3 cups of Water Boiled	575˚F/Sear	3:33 Min	7:00 Min
	4 cups of Water Boiled	575˚F/Sear	4:03 Min	9:24 Min
	4 cups Canloa Oil (375˚F)	575˚F/Sear	7:44 Min	16:25 Min

Please note: These are general guidelines only.
They are not meant to be recipes. Cook times may vary.

Caldo de Pollo

Rinde ½ galón

3 libras de pollo con hueso (no pellejos)
3 tallos de apio con hojas, en trozos
2 zanahorias en trozos
1 cebolla grande con cáscara en trozos
½ cucharadita de pimientas negras enteras
4 ramitas de perejil
2 hojas de laurel
½ galón de agua más una taza
1 papel filtro
1 cordón

Coloque los huesos de pollo lavados en una caldera grande. Agregue las verduras y el agua. Haga el bouquet (papel filtro amarrado con las pimientas y las hierbas adentro), lo amarra al asa de la olla para sacarlo más fácilmente.

Cocine el caldo a fuego alto hasta que hierva (SEAR) al inicio de la cocción. Baje el fuego (175º) y déjelo cocer a fuego lento hasta completar 2½ horas.

Cuélelo en papel filtro y escurridor. Déjelo enfriar en el refrigerador y retire la grasa si lo desea. No agregue sal al caldo, eso se hará cuando prepare una salsa o sopa.

Consejos: Sólo hierva el caldo una vez, esto previene que quede turbio. Refrigere hasta por 3 días o congele hasta por 6 meses.

Huevos Revueltos

Porciones:4

8 huevos
1/3 taza de leche, crema light, o mitad y mitad
½ cucharadita de sal
¼ cucharadita de pimienta negra
1 cucharada de mantequilla o aceite antiadherente en aerosol

En un tazón mediano mezcle todos los ingredientes excepto la mantequilla. Mezcle en una batidora el eltrica o mesclelos manualmente. En un sartén grande derrita la mantequilla a fuego alto (425º) y luego vierta la mezcla de huevo. Cocine a esa temperatura sin mover hasta que la mezcla se comience a cocer por la parte de abajo y en las orillas.

Con una espátula o cuchara de madera levante y doble a la mitad la mezcla de tal manera que la parte cruda se vaya al interior. Cocine por 2 ó 3 minutos hasta que el huevo esté bien cocido pero aún brilloso.

Caldo de Res
Rinde ½ galón

4 libras de carne de res con hueso (corte de pierna de res)
½ taza de agua
3 zanahorias en trozos
2 tallos de apio con hojas, en trozos
10 pimientas enteras
8 ramitas de perejil fresco
4 hojas de laurel
1 galón de agua fría más una taza
1 papel filtro
1 cordón
Coloque la carne en una cacerola grande para horno. Hornee a 450º por 45 minutos o hasta que estén bien dorada, volteándo la carne una vez. Coloque luego los huesos en una olla grande. Vierta la ½ taza de agua en la cacerola en que horneo los huesos y raspe todos los restos del dorado. Agregue la mezcla de agua a la caldera. Añada las verduras y agua.

En el papel filtro coloque las pimientas y las hierbas y amarre con el cordón. Sujételo al asa de la olla y deje que las hierbas se cocinen junto con los huesos y las verduras. Cocine a fuego alto hasta que hierva (SEAr) y luego baje a fuego lento y termine de cocinar hasta completar 3½ horas. Si el caldo hierve durante el fuego lento baje más la llama (100º).
Cuele el caldo en un colador cubierto con papel filtro.
Enfríe en el refrigerador y quite la capa de grasa formada si así lo desea.

El caldo se mantiene en buenas condiciones por 3 días en el refrigerador o por 6 meses en el congelador.
Consejos:
Congélelo en charolas de cubos de hielo y saque uno cuando desee dar un poco de sabor extra a sus verduras o salsas.

Papas Para el Desayuno
Porciones:4

2 tazas de papas cambray frescas o papas rojas, en trozos
½ taza de cebolla picada
½ taza de pimiento verde o rojo picado
2 cucharadas de aceite de olivo
½ taza de queso cheddar rayado (opcional)
½ cucharadita de sal
½ cucharadita de pimienta

En un sartén grande antiadherente cocine las papas, la cebolla y el pimiento con el aceite de olivo a fuego medio (275º) tapado por 20-25 minutos moviendo ocasionalmente hasta que se suavicen. Sazone con sal y pimienta y añada el queso encima para servir.

Consejo: Usted puede reemplazar las papas frescas por 1½ taza de hash browns congeladas o refrigeradas.

Cerdo Agridulce con Piña

Porciones: 4

6 onzas de mantequilla sin sal, dividida
3 libras de tallo de apio, pelado y cortado en pedacitos de 1 pulgada
2 tazas de agua
1 cucharada de sal, dividida
¼ taza de leche
2 cucharaditas de ajo picado
1 libra (4) de col china pequeña, limpias y rebanadas
11/2 libras de lomo de cerdo sin hueso, limpio y cortado en cubos
10 onzas de piña en trozos
1/3 taza de miel
2 cucharadas de vinagre de jerez
Pimienta blanca al gusto

Derrita 2 cucharadas de mantequilla en una cacerola mediana a temperatura media-alta (375º). Agregue el tallo de apio y cocine por 5 minutos moviéndolo para cubrirlo con la mantequilla. Añada agua y 1½ cucharadita de sal y déjelo hervir. Baje el fuego (175º) y tápelo por 30 minutos o hasta que estén suaves. Cuele y guarde ¼ de taza del líquido. Hágalo puré en el procesador de alimentos con el líquido que guardó, la leche y una cucharada de mantequilla. Regréselo a la cacerola y manténgalo caliente. En un sartén grande caliente 3 cucharadas de aceite de olivo a fuego alto (425º) y salteé el ajo hasta que se suavice moviéndolo por un minuto, agregue la col china y ½ cucharadita de sal; cocine a fuego medio (375º) moviendo hasta que se suavice, de 4 a 5 minutos. Manténgalo caliente. En otro sartén grande agregue 1 cucharadita de aceite de olivo y cocine la carne de cerdo a fuego medio (375º) hasta que se dore y esté cocida. Sáquela con una cuchara calada y añádala a la col china. En el sartén de la carne agregue la piña con su jugo, la miel, el vinagre y la sal restante y a fuego medio (375º) déjelo hervir. Agregue el cerdo y la col china a la misma salsa. Sirva con el puré de tallo de apio.

Camarones Capeados

Porciones: 4-6

1 taza de harina sin preparar
½ cucharadita de azúcar
½ cucharadita de sal
1 taza de agua helada
2 cucharadas de manteca derreti da o aceite de olivo
2 libras de camarones sin cocinar, pelados y desvenados, con cola
1 botella grande de aceite vegetal para freir

En un tazón grande revuelva la harina con el azúcar y la sal. Bata con agua helada, huevo y 2 cucharadas de aceite. Seque los camarones perfectamente.

Caliente el aceite para freír en una olla grande y pesada hasta que marque usando el botón medio/alto (375º), toma 2½ minutos para calentarse. Tomando los camarones de la cola, sumérjalos en la mezcla que batió. Con cuidado colóquelos en la olla y fríalos hasta que se doren. No los cocine de más; el truco es 2 minutos. Escúrralos en toallas de papel y sírvalos de inmediato.

Chili Tradicional

2 libras de carne de res molida (sirloin)
1 taza de cebolla amarilla picada
1 taza de apio picado
2 cucharadas de ajo picado
2 latas de frijoles rojos ligeros
4 (15 onzas) de tomate entero con jugo
2 tazas de agua fría
3 cucharadas de sazonador para chilli McCormick
3 cucharadas de perejil fresco picado o 1 cucharada del seco
½ cucharadita de pimienta negra
½ cuharadita de sal
1 taza de queso rayado (opcional)
½ taza de cebollitas cambray picadas (opcional)
1 taza de galletas saladas

En una caldera grande a fuego alto (SEAr) dore la carne molida con una cucharada del sazonador para chili. Escurra toda la grasa. Agregue la cebolla, el apio y el ajo y saltéelos junto con la carne molida a temperatura media (375º) hasta que la cebolla esté transparente, moviendo cada 30 segundos. Esto llevará alrededor de 2 minutos. Agregue las dos latas de frijoles rojos, los tomates, el sazonador para chili, el agua, el apio, sal y pimienta. Suba la temperatura a fuego alto (425º) y espere a que hierva, luego baje la flama y cocine a fuego lento por 45 minutos. Sirva con queso, cebolla picada y galletas saladas.

Paella de Mariscos

Porciones: 6-8

2 cucharaditas de mantequilla
1 taza de cebolla picada
Sal y pimienta negra al gusto
1 taza de arroz de grano grande
1 pimiento verde pequeño, sin semilla y picado finamente
1 pimiento rojo pequeño, sin semilla y picado finamente
1 cucharada de ajo picado
½ cucharadita de hilos de azafrán desmoronados
2 ½ tazas de caldo o fondo de pescado
1 (6 – 8-onzas) cola de langosta sin concha, partida en trozos grandes
½ libra de patas de cangrejo King Crab, desconchadas y partidas en trozos grandes
12 onzas de filetes de Tilapia cortados en trozos grandes
4 onzas de vieira cruda
4 onzas de camarones grandes crudos, pelados y desvenados
4 onzas de mejillones precocidos
4 onzas de almejas precocidas
4 onzas de calamar precocido y prepicado
4 onzas de pulpo precocido y prepicado

Modo de preparación:
1. Derrita la mantequilla en una cacerola de 3.5 cuartos a temperatura media (275°F) por 30 segundos.
2. Salteé la cebolla en la mantequilla a la misma temperatura por 2 minutos o hasta que la cebolla se haya suavizado.
3. Sazone con sal y pimienta al gusto.
4. Agregue el arroz y cocine moviéndolo ocasionalmente cada 30 segundos.
5. Agregue los pimientos, el ajo, el azafrán y las 2 tazas de caldo.
6. Ponga esta mezcla a hervir en Medium-High (375°F) tapándola.
7. Una vez que hierva, baje la temperatura a 275° y déjela a fuego lento por 10-15 minutos.
8. Agregue la mezcla de mariscos.
9. Cocine por otros 15-20 minutos sin tapar o hasta que la mayoría del líquido se haya absorbido y el arroz esté blando.

Masa Básica para Pasta
Rinde 1 Libra

2 tazas de harina sin preparar
½ cucharadita de sal
2 yemas de huevo batidas
1 huevo batido
1/3 taza de agua
1 cucharadita de aceite de olivo

En un tazón grande mezcle 1¾ taza de la harina y la sal. Haga un hueco en el centro de la mezcla de harina. En un tazón pequeño revuelva las yemas de huevo y el huevo completo, el agua y el aceite. Agregue la mezcla de huevo a la mezcla de harina; mezcle bien.

Espolvoree la superficie para amasar con el ¼ de taza de harina restante. Ponga la masa sobre la superficie. Amase la masa hasta que quede suave y elástica (De 8 a 10 minutos). Cúbrala y déjela reposar por 10 minutos.

Divida la masa en 4 porciones iguales. En una superficie ligeramente harinada extienda cada porción de masa en un área de 12x9 pulgadas hasta que quede aproximadamente 1/16 de pulgada. Déjela reposar sin cubrir por 20 minutos. Espolvoree ligeramente la masa con harina. Suavemente enrolle la masa en espiral; corte tiras de ¼ de pulgada de ancho. Mueva las hebras para separarlas; córtelas en largos de 2 a 3 pulgadas.

Hierva agua a fuego alto (425º) y cocine de acuerdo a la guía.

Para guardar los fideos cortados, espárzalos en una rejilla para enfriarlos. Déjelos enfriar toda la noche o hasta que se sequen por completo. Colóquelos en un recipiente al vacío y refrigérelos hasta por tres días o congélelos hasta por 8 meses.

Consejos: Usted no necesita una máquina para pasta. Enrolle la masa al grosor deseado y luego corte a mano.

Arroz Español
Porciones: 6-8

½ taza de cebolla finamente picada
½ taza de pimiento verde picado (dulce)
1 diente de ajo picado
1 cucharada de aceite de olivo
1 cucharadita de chili en polvo
1 28 onzas de tomates enlatados cortados y sin escurrir
¾ taza de arroz de grano grande sin cocinar
1 4 onzas lata de chiles verdes en cubos sin escurrir
1 cucharada de salsa picante de botella (opcional)
½ taza de queso cheddar rayado (opcional)

En un sartén grande cocine la cebolla con el pimiento y el ajo a fuego alto (425º) por 2-3 minutos. Agregue el chili en polvo y cocine por un minuto más. Revuelva con los tomates enlatados, arroz, chiles, y la salsa picante, 1 taza de agua, ¼ cucharadita de sal y 1/8 cucharadita de pimienta negra. Deje hervir y luego reduzca la flama y cocine a fuego lento, tapándolo, por alrededor de 20 minutos o hasta que el arroz esté tierno y la mayoría del líquido se haya absorbido.
Consejos:
Cambie el chili en polvo por algún curry y cúrcuma y obtendrá un gran arroz estilo Hindú.

Arroz Frito con Verduras
Porciones: 4

1 cucharadita de aceite de ajonjolí tostado o aceite para cocinar
1 huevo batido
½ libra de espárragos frescos cortados en pedazos de 1 pulgada
¼ taza de champiñones frescos rebanados
¼ taza de apio cortado en diagonal (1 ramo)
2 cucharadas de cebolla verde rebanada finamente
2 dientes de ajo picados
1 cucharada de aceite de olivo
3 cucharadas de salsa de soya baja en sodio
2 cucharadas de vino blanco o agua
Un poquito de pimiento rojo
2 tazas de arroz cocido frío

En un sartén o wok grande caliente 1 cucharada del aceite de ajonjolí a temperatura media (275º). Agregue el huevo levantando e inclinando el sartén o wok hasta formar una capa delgada en el fondo del recipiente (tal vez el huevo no alcance a cubrir todo el recipiente).
Cocine por 1 minuto o hasta que el huevo se cuaje, voltee el recipiente sobre una charola para hornear y corte en tiras delgadas y cortas. Póngalo a un lado.
En el mismo recipiente caliente el aceite restante a fuego alto (425º) y saltee los espárragos con los champiñones, el apio y el ajo por 3 minutos, moviendo las verduras todo el tiempo. Revuelva con la salsa de soya, el vino y el pimiento rojo. Agregue el arroz cocido. Cocine y mueva por alrededor de 2 minutos. Añada y revuelva también el huevo.
Consejos: Asegúrese de que el arroz cocido esté totalmente frío antes de comenzar para que los granos de arroz no se peguen mientras saltea. Agregue el arroz cocido. Cocine y mueva por alrededor de 2 minutos. Añada y revuelva también el huevo.

Consejos: Asegúrese de que el arroz cocido esté totalmente frío antes de comenzar para que los granos de arroz no se peguen mientras saltea.

Fettuccine Alfredo
Porciones: 4

½ taza de crema entera para batir
1 cucharada de mantequilla
6 onzas de fetuchini seco
¾ taza de queso Parmesano rayado
½ cucharadita de pimienta negra

Es muy importante que deje la crema y la mantequilla a temperatura ambiente por 30 minutos. Mientras tanto, cueza el fetuchini siguiendo las instrucciones del empaque. Escúrralo y regréselo a la cacerola.

En otra cacerola a fuego lento (175º) cocine la mantequilla y la crema (hasta que aparezcan pequeñas burbujas alrededor de la cacerola), no deje que se sobre caliente o la salsa se cortará. Mueva la salsa de crema constantemente por 2 minutos. Agregue la salsa caliente, el queso parmesano y la pimienta negra al Fetuchini cubriéndolo bien. Sirva de inmediato.

nuwave™

LIVE WELL FOR LESS®

PIC® DOUBLE

Mode d’emploi et Livre de recettes complet

Bienvenue dans la cuisson à induction de précision NuWave™

Nous vous félicitons d'avoir acheté la plaque de cuisson à induction Double NuWave™ (PIC®). Ce manuel contient des images et des instructions détaillées pour vous aider à vous familiariser avec votre plaque de cuisson. Il renferme également de bonnes recettes et des astuces de gain de temps pour vous aider à préparer de délicieux repas gastronomiques en bien moins de temps qu'il ne vous en faudrait avec une cuisinière classique. Cuisiner devient simple et rapide avec la plaque de cuisson à induction de précision Double de NuWave, LLC. Cet appareil portable aux fonctions multiples utilise la technologie de l'induction pour économiser du temps, de l'énergie et de l'argent. La plaque de cuisson à induction de précision NuWave™ est efficace, sûre, rapide et facile à nettoyer. De plus, grâce aux fonctions de programmation des temps et des températures de « réchauffer » à « saisir », vous pouvez préparer presque tout type de nourriture sans risquer de la faire trop ou pas assez cuire.

Qu'est-ce que la cuisson à induction?

La PIC Double NuWave™ se compose d'une série de bobines d'induction (basées sur les principes magnétiques). Ces bobines génèrent des champs magnétiques qui produisent une réaction de chaleur dans les poêles et casseroles à base d'acier et de fer. De cette façon, la chaleur est générée dans les ustensiles et non à la surface de la plaque de cuisson, ce qui consomme beaucoup moins d'énergie qu'avec des appareils électriques ou à gaz classiques. La cuisson à induction est la manière la plus écologique de préparer des repas car cette méthode de libère pas de toxines dans l'environnement. La cuisson à induction n'émet pas de flamme, elle produit donc moins de chaleur résiduelle dans votre cuisine. La plaque de cuisson à induction de précision Double NuWave™ reste froide au toucher quand la surface magnétique n'est pas activée.

Avantages complémentaires :

- Économies d'énergie : Le champ magnétique, généré par les bobines de cuivre, pousse les molécules invisibles dans l'ustensile de cuisine à vibrer rapidement, créant de la chaleur afin que l'ustensile lui-même réchauffe la nourriture. La PIC Double NuWave™ est l'une des plaques de cuisson les plus éco-énergétiques disponibles aujourd'hui, ce qui signifie que la cuisson avec la PIC Double peut se traduire par des économies sur vos factures mensuelles.
- Sécurité : La PIC Double NuWave™ est conçue sans bobines chaudes rouges ni flammes apparents, ce qui élimine presque entièrement le risque d'incendie. Les fonctions d'arrêt automatique améliorent encore la sécurité de la plaque de cuisson. Un clic suffit ! Les utilisateurs peuvent également relever de défi du seau de glace ! La technologie de l'induction réchauffe la poêle, mais la surface reste froide au toucher.
- Cuisson rapide : La plaque chauffe immédiatement et la température est précise avec la PIC Double NuWave™. Elle présente 6 réglages différents pour la température, ajustables par paliers de 5 degrés. Plus de perte de temps!
- Légère et portative : La PIC Double NuWave™ ne pèse que 2,5 kg, vous pouvez donc l'emmener partout avec vous ! Utilisation en intérieur ou en extérieur - partout avec une prise de courant standard américaine.
- Facile à nettoyer : Les projections ne brûleront pas et ne colleront pas à la surface de la plaque de cuisson. Un coup de chiffon suffit!

Produits et accessoires Double de la plaque de cuisson à induction de précision NuWave™

Plaque de cuisson à induction de précision NuWave™ :

(30501~30532) NuWave™ PIC® Double
(32456) Guide / livre de cuisine complet
(32459) DVD d'instructions
(32460) Fiche d'informations
(32457) Guide démarrage rapide
(32158) Carte d'enregistrement
(31117) Boîte de transport sur mesure
(32462) Télécommande

Batterie cuisine Ultimate NuWave™ :

32003) Casserole acier inoxydable 3,5 litres
(32004) Couvercle de casserole 3,5 litres
(32005) Cuiseur vapeur acier inoxydable
(32007) Insert fondue acier inoxydable
(32008) Jeu de 8 fourchettes à fondue
(32055) Manuel batterie de cuisine Ultimate

Fonte de NuWave™:

(32023) Gril en fonte
(32022) Bac récepteur d'huile
(32056) Manuel gril en fonte
((31113) Gril en fonte
(32060) Manuel guide en fonte

Ustensiles de cuisine antiadhésifs en céramique Duralon® NuWave™:

(32100) Manuel ustensiles de cuisine antiadhésifs en céramique Duralon® NuWave™

Poêles aluminium hautement anodisé :		**Couvercles (Option):**
9-inch	(32109)	(32012)
10.5-inch	(32110)	(32004)
12-inch	(32114)	(32014)
Poêles acier inoxydable Plus :		**Couvercles (Option):**
9-inch	(32015)	(32012)
10.5-inch	(32016)	(32004)
12-inch	(32017)	(32014)
Poêles acier inoxydable série Chef :		**Couvercles (Option):**
9-inch	(32009)	(32012)
10.5-inch	(32010)	(32004)
11.5-inch	(32011)	(32013)
Poêles et casseroles acier inoxydable		**Couvercles (Option):**
1.5-quart	(32031)	(32036)
2.0-quart	(32032)	(32037)
3.0-quart	(32033)	(32038)
5.5-quart	(32039)	(32040)
9.0-quart	(32034)	(32004)
10-piece set	(31250)	
Poêle Quotidienne:		**Couvercles (en option):**
12-inch, 5.0-quart	(32018)	(32019)
Poêle À Frire Acier Inoxydable:		**Couvercles (en option):**
11-in, 3.0-quart	(32024)	(32025)
Ensemble cuiseur vapeur 8 litres:		**Couvercles (en option):**
8.0-quart Stock Pot	(32400)	(32403)
7.0-quart Steamer Insérer	(32401)	
Steamer Rack	(32402)	

Cocotte-minute de précision NuWave™ :

(31201) Cocotte-minute de précision NuWave™
(32061) Manuel cocotte-minute de précision NuWave™

Pour commander des pièces et des accessoires, appelez le service client au 1-877-689-2838, lundi - vendredi, 7h00 - 20h00 UTC-6.
Vous pouvez également commander en ligne sur : www.NuWaveNow.com.
Veuillez fournir les noms et numéros d'articles corrects afin d'assurer un traitement précis de votre commande.

MESURES DE PROTECTION IMPORTANTES

Lors de l'utilisation d'appareils électriques, veillez à toujours suivre les consignes de sécurité élémentaires, y compris:

LIRE TOUTES LES INSTRUCTIONS AVANT UTILISATION

DANGER – Pour réduire le risque d'électrocution:

1. Lisez toutes les instructions, consignes de sécurité et mises en garde avant d'utiliser l'appareil.
2. Ne placez pas l'appareil dans un endroit où il peut tomber ou glisser dans l'eau ou d'autres liquides..
3. Ne touchez pas un appareil tombé dans l'eau. Débranchez-le immédiatement.
4. N'immergez pas le cordon, la prise ni aucune partie de l'appareil dans l'eau ou d'autres liquides

AVERTISSEMENT – Pour les personnes portant un pacemaker:

1. Cet appareil émet un champ électromagnétique plus fort dans les 60 cm autour de la surface de cuisson.
2. Les textes scientifiques n'ont pas prouvé qu'un champ électromagnétique puisse perturber le fonctionnement d'un pacemaker. Veuillez consulter votre médecin ou un professionnel de santé avant utilisation.

AVERTISSEMENT – Pour réduire les risques de brûlure, d'électrocution, d'incendie ou de blessure:

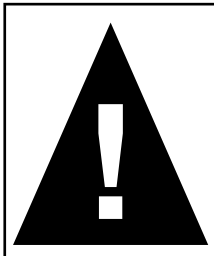
1. Cet appareil n'est pas destiné à un usage continu
2. Cet appareil comprend une fonction chauffage. Les surfaces peuvent atteindre de hautes températures. Ne touchez pas les surfaces chaudes. La plaque peut présenter une chaleur résiduelle après que vous ayez ôté les ustensiles de cuisine. L'utilisation de maniques ou d'autres mesures de sécurité est fortement conseillée.
3. Cet appareil ne doit pas être utilisé par des enfants. Il est très important d'être très attentif lors de l'utilisation de ce produit à proximité des enfants
4. Ne pas placer sur un brûleur à gaz ou électrique ni dans un four chaud.
5. Ne pas poser d'objets métalliques comme des couteaux, fourchettes, cuillères ou couvercles sur la plaque de cuisson, car ils peuvent chauffer.
6. Cet appareil n'est pas destiné à un usage commercial.
7. Utiliser cet appareil aux fins prévues comme décrit dans ce manuel. Ne pas utiliser pas d'autres accessoires ou pièces qui ne soient pas recommandées par le fabricant. Cela peut causer un incendie, une décharge électrique ou des blessures corporelles.
8. Ne jamais faire fonctionner cet appareil si le cordon ou la prise sont endommagés, s'il ne fonctionne pas correctement, s'il est tombé ou abîmé, ou s'il est tombé dans l'eau. Contacter le service client pour un contrôle, une réparation ou un réglage.
9. Ne pas faire fonctionner une plaque de cuisson cassée. Si la plaque de cuisson est cassée, les solutions nettoyantes et les projections peuvent pénétrer l'appareil et créer un risque de décharge électrique.
10. Maintenir le cordon à l'écart des surfaces chauffées. Ne pas laisser le cordon pendre de la table ou du comptoir. Ne jamais forcer la fiche dans une prise de courant. Toujours débrancher le cordon électrique en tirant sur la prise. Éteindre l'unité avant d'ôter la fiche du mur.
11. Ne pas utiliser dans les endroits où des produits aérosols (sprays) sont utilisés ou en cas d'administration d'oxygène.
12. Utiliser prudence et discernement lors de l'utilisation de la plaque de cuisson en extérieur et dans les endroits publics. Cet appareil ne doit jamais être disposé à proximité d'enfants non surveillés ou non conscients de sa

présence. L'appareil doit être placé sur une surface plane et stable, à l'écart de toute source d'eau comme piscine, spa, arroseur, tuyau, etc.
13. Ne pas déplacer l'appareil quand il est chaud
14. Cet appareil est à usage domestique uniquement ; il est conçu pour traiter des quantités domestiques normales. Il ne convient pas à une utilisation continue ou commerciale.
15. Ne pas démonter le produit. Aucune pièce n'est réparable par l'utilisateur.
16. Ne pas laisser l'appareil sans surveillance pendant l'utilisation.
17. Cet appareil n'est pas destiné à fonctionner avec un minuteur externe.
18. Nettoyer la plaque de cuisson avec précaution. Nettoyer une surface chaude avec un chiffon humide peut former de la vapeur et certains nettoyants peuvent produire des émanations dangereuses. Débrancher l'alimentation avant de nettoyer.
19. Faire attention lors de l'élimination de graisse chaude.
20. Garder ce manuel à portée de main pour référence ultérieure.

CONSERVER CES INSTRUCTIONS

Informations électriques

- La longueur du cordon de cet appareil a été décidée pour réduire les risques de sécurité pouvant survenir avec un cordon long. Des rallonges sont disponibles et peuvent être utilisées avec précaution. En cas d'utilisation d'une rallonge: (1) la puissance électrique de la rallonge doit être au moins aussi haute que la puissance électrique de l'appareil, et (2) la rallonge doit être arrangée de manière à ne pas s'enrouler autour du comptoir ou de la table, où l'on pourrait accidentellement le tirer ou trébucher dessus.
- Certains modèles d'appareils peuvent présenter une fiche polarisée (une broche est plus large que l'autre). Cette fiche est destinée à entrer dans une prise polarisée dans un seul sens. Si la fiche n'entre pas correctement dans la prise, inverser la fiche. Si elle n'entre toujours pas correctement, contacter un électricien qualifié. Ne pas essayer de modifier la fiche.



⚠ AVERTISSEMENT

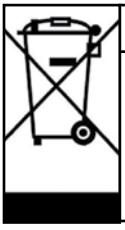
Danger de choc électrique. Utiliser avec un système électrique adéquat. Ne pas utiliser si le cordon ou la prise sont endommagés.

AVERTISSEMENT: Tous les articles placés sur la plaque peuvent devenir très chauds pendant la cuisson. Soyez prudent quand vous ôtez ces articles de l'unité. Portez toujours des gants de cuisine ou utiliser des maniques. La plaque peut présenter une chaleur résiduelle après que vous ayez ôté les ustensiles de cuisine. Laissez tout refroidir complètement avant de nettoyer.

IMPORTANT – Informations FCC:

Avertissement: Les changements ou modifications apportés à cette unité et non approuvés expressément par le service responsable de la conformité peuvent annuler l'autorité de l'utilisateur à exploiter l'équipement.

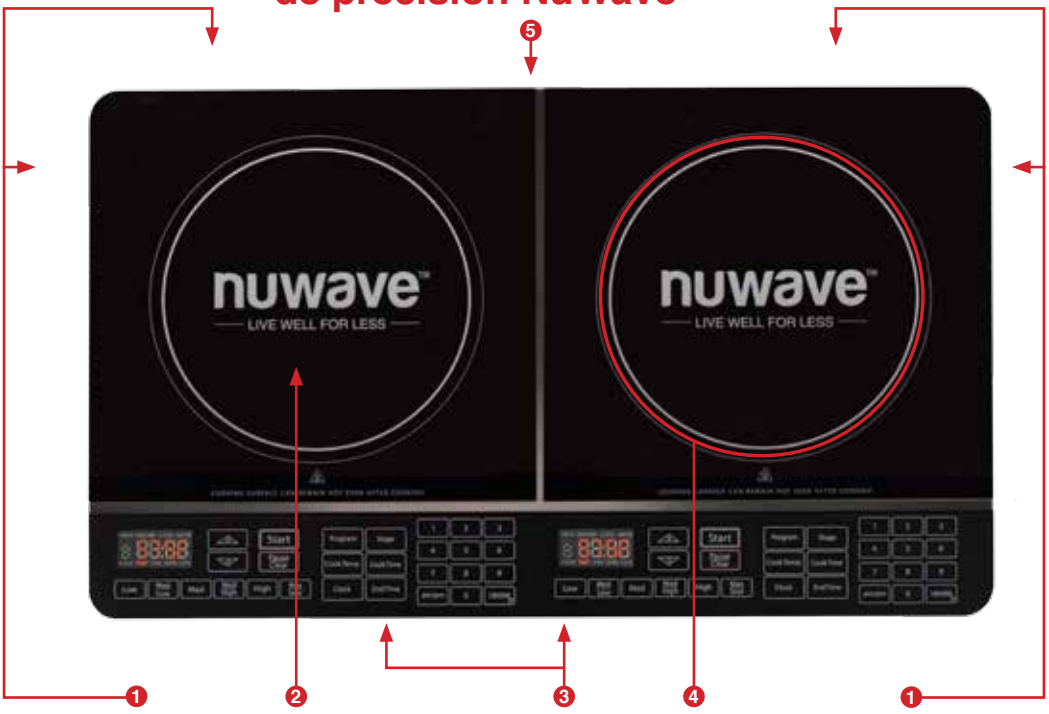
Note : L'appareil est conforme à la partie 18 de la réglementation FCC.



Élimination appropriée de ce produit

Ce signe indique que ce produit ne doit pas être jeté avec les autres déchets ménagers aux États-Unis. Par mesure de prévention pour l'environnement et pour la santé humaine des dommages liés à l'élimination incontrôlée des déchets, il doit être recyclé de manière responsable afin d'encourager la réutilisation durable des ressources matérielles. Pour renvoyer votre appareil usagé, veuillez utiliser les systèmes de retour et de ramassage ou contacter le commerçant chez qui le produit a été acheté. Il peut se charger du recyclage écologique.

Plaque de cuisson à induction de précision NuWave™



❶ **Ventilation:** Les ventilateurs sont situés à l'arrière du produit afin de permettre à toute chaleur générée par l'élément chauffant de s'échapper. Cette caractéristique empêche le transfert de chaleur vers la surface de cuisson et assure une performance efficace de la PIC Double NuWave™.

❷ **Surface:** La surface en verre résistant à la chaleur de la PIC Double NuWave™ reste froide au toucher et se nettoie facilement et simplement à l'aide d'un chiffon humide.

❸ **Affichage LED:** Panneau de commande bien éclairé, facile à lire.

❹ **Source de Chaleur:** Les bobines électromagnétiques situées sous la surface de verre transfèrent la chaleur générée directement vers l'ustensile de cuisine à induction.

❺ **Interrupteur marche / arrêt:** La PIC Double NuWave™ possède un interrupteur marche / arrêt situé sur son côté droit.

⚠ MISE EN GARDE

Quand la PIC Double NuWave™ est en fonctionnement, ne touchez pas la surface de l'appareil car elle peut devenir très chaude et provoquer des risques de brûlures. La plaque peut présenter une chaleur résiduelle après que vous ayez ôté les ustensiles de cuisine.
Ne pas ôter les poêles et casseroles pendant la cuisson. Appuyer sur le bouton « Pause / Effacer » pour couper l'alimentation avant de les ôter.

Ustensiles de cuisine compatibles avec la plaque de cuisson à induction

La technologie à induction étant basée sur des principes magnétiques, les ustensiles de cuisine compatibles doivent avoir un fond ferreux (à base d'acier, magnétique). Certains ustensiles sont fait de métaux naturellement magnétiques (comme l'acier pur), d'autres sont rendus magnétiques en insérant une fine couche de métal ferreux dans leur base. Le champ magnétique de la plaque de cuisson à induction agira sur cette couche pour distribuer la chaleur. Les ustensiles en fonte et en acier inoxydable trois couches de haute qualité fonctionneront avec les plaques de cuisson à induction. Les ustensiles en cuivre, verre et aluminium ne fonctionneront pas, à moins de posséder une base magnétique. Les casseroles qui fonctionnent de manière optimale avec la PIC Double NuWave™ ont tendance à être de taille moyenne à grande.

ATTENTION:
Les bobines chauffantes sont situées à l'intérieur du cercle doré le plus épais. Vous pouvez utiliser des poêles mesurant jusqu'à la largeur totale de la PIC Double NuWave™, c'est-à-dire 31 centimètres, mais la chaleur sera dans ce cas transmise plus lentement aux bords extérieurs. Non conseillé pour les poêles de plus de 31 centimètres de diamètre.

Exemples d'ustensiles compatibles:
- Tous les ustensiles de cuisine NuWave™
- Les ustensiles de cuisine antiadhésifs en céramique Duralon® NuWave™
- La fonte • L'acier et le fer émaillés • L'acier inoxydable avec base magnétique

Batterie de cuisine compatible non induction:
• En Cuivre • En verre • En Aluminium • Vases en Poterie

Comment vérifier la compatibilité avec l'induction de mes ustensiles de cuisine ?
Il existe trois façons simples de vérifier si vos poêles et vos casseroles, ou vos futurs achats, sont compatibles avec la PIC Double NuWave™ :
1. Vous pouvez la plupart du temps utiliser un aimant. S'il se colle sur le fond d'un ustensile decuisine, cela veut généralement dire que la poêle ou la casserole est utilisable avec l'induction. Soyez prudent cependant, car il existe des cas dans lesquels les propriétés magnétiques des récipients ne sont pas assez fortes pour fonctionner efficacement avec la Pic Double NuWave™.
2. Mettez un peu d'eau dans une poêle ou une casserole. Si elle est compatible avec l'induction, l'eau va commencer à bouillir.
3. Un symbole « adapté à l'induction » peut être imprimé sur le fond de l'ustensile.

Induction

Nettoyer et entretenir votre PIC® Double NuWave™

AVANT UTILISATION
Essuyez la surface avec un chiffon trempé dans de l'eau tiède et savonneuse.

IMPORTANT - N'immergez pas l'unité dans l'eau, n'essayez pas de la faire passer au lave-vaisselle. La surface externe peut être nettoyée en l'essuyant avec précaution à l'aide d'une éponge ou d'une lavette humide. Assurez-vous que l'unité ait entièrement refroidi avant de la nettoyer.

Instructions Generales de Nettoyage

- Nettoyez après chaque utilisation.
- Assurez-vous que l'unité ait entièrement refroidi avant de la nettoyer.
- La surface externe peut être nettoyée en l'essuyant avec précaution à l'aide d'une éponge ou d'une lavette humide.
- Ôtez la prise d'alimentation avant de nettoyer la Double NuWave™. N'utilisez pas d'agents nettoyants, l'eau ne doit pas pénétrer à l'intérieur de la plaque de cuisson à induction.
- N'immergez jamais la PIC Double NuWave™, ses câbles ni sa prise dans de l'eau ni d'autres liquides.
- Essuyez la surface avec un chiffon humide ou utilisez une solution savonneuse douce et non abrasive. Assurez-vous que l'unité ait entièrement refroidi avant de la nettoyer.
- Essuyez le revêtement et le tableau de commande à l'aide d'un chiffon doux imbibé d'eau ou de détergent doux.
- N'utilisez pas de produits d'entretien à base d'huile car cela pourrait endommager les parties en plastique ou le tableau de commande/revêtement.
- N'utilisez pas de matière ni de substance inflammable, acide ou alcaline à proximité de la PIC Double NuWave™, cela peut raccourcir la durée de vie de la plaque de cuisson à induction ou créer un risque d'inflammation lors de l'utilisation de la plaque de cuisson.
- Pour que votre PIC Double NuWave™ ait toujours l'air neuve, assurez-vous que le fond des ustensiles n'érafle pas la surface en verre de l'unité, bien qu'une surface éraflée n'empêche pas l'utilisation de la plaque de cuisson à induction.
- Assurez-vous de nettoyer correctement l'unité avant de la ranger dans un endroit frais et sec.

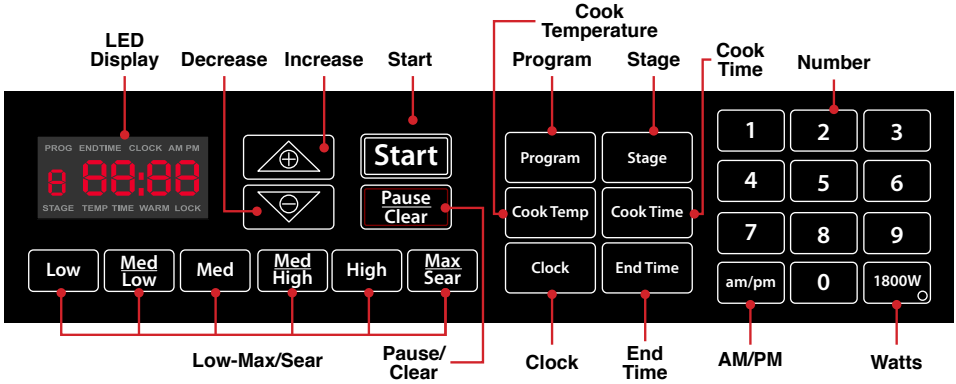
CONSEILS IMPORTANTS:

1. Vérifier les prises de courant pour assurer un bon fonctionnement. Ne pas utiliser sur une prise où d'autres appareils majeurs sont branchés. Vérifier les réglages si l'unité fonctionne trop lentement.
2. La prise électrique doit être correctement connectée à la prise de courant.
3. Toujours éteindre et débrancher l'unité avant de la nettoyer.

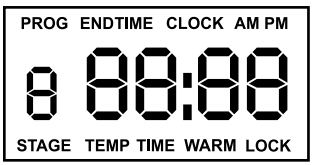
Instructions Générales d'Utilisation

- Placez la plaque de cuisson sur une surface plane, stable et non métallique.
- N'utilisez jamais la plaque de cuisson sur une surface inflammable (par ex. nappe, tapis, etc.).
- N'obstruez pas les fentes de ventilation de la plaque de cuisson à induction. Cela pourrait entraîner une surchauffe. Maintenez une distance minimum de 7 à 12 centimètres des murs et autres objets, appareils, etc.
- Ne placez pas d'appareils ni d'objets sensibles aux champs magnétiques au-dessus ou près de la PIC Double NuWave™. (par ex. cartes de crédits, téléphones mobiles, radios, télévisions, magnétoscopes, etc.).
- N'utilisez pas la plaque de cuisson à induction à proximité de feux ouverts, de radiateurs ni d'autres sources de chaleur.
- Ne la placez pas sur la cuisinière.
- Assurez-vous que le câble d'alimentation ne soit pas endommagé ni compressé sous la plaque de cuisson à induction.
- Le câble d'alimentation ne doit pas entrer en contact avec des arêtes tranchantes ni des surfaces chaudes.
- Avant de brancher la PIC Double NuWave™, vérifiez que le besoin en voltage indiqué dans ce manuel corresponde à l'apport en voltage de votre domicile. Un mauvais branchement peut entraîner l'endommagement de l'unité et d'éventuelles blessures corporelles.
- La surface de la plaque de cuisson est conçue à partir de verre résistant à de hautes températures. En cas de dommage à l'unité, même une petite fissure sur la surface du verre, déconnectez immédiatement la PIC Double NuWave™ de l'alimentation électrique.

Indications Pour le Panneau d'affichage



Affichage LED



Démarrage facile:
NOTE : assurez-vous que votre PIC Double NuWave soit allumée en touchant le bouton marche/arrêt à l'arrière de l'unité.

Panneau de contrôle:
« 0 » doit s'afficher quand aucun programme n'est sélectionné ou que l'unité est allumée.

Il existe plusieurs moyens de cuisiner avec votre NuWave™ PIC Double :

- Sélectionnez l'une des fonctions de température (Minimum - Maximum/Saisir), puis appuyez sur « **Démarrer** ». Le délai de cuisson par défaut est d'une heure.
- Appuyez sur « **Cook Temp** » (Température de caisson), puis sur « **Start** » (Démarrer). La cuisson par défaut se fait pendant 1 heure à 375˚F.
- Appuyez sur « **Cook Temp** », puis réglez la température de caisson à l'aide du pavé numérique et appuyez sur « **Start** » (Démarrer). Le délai de cuisson par défaut est d'une heure.
- Appuyez sur « **Cook Time** » (Délai de cuisson), puis réglez le délai de cuisson à l'aide des touches numériques et appuyez sur « **Start** » (Démarrer).La température par défaut est de 375˚F.
- Réglez la température et l'heure à l'aide du pavé numérique et appuyez sur « **Start** » (Démarrer).

La double plaque de cuisson à induction NuWave™ cessera automatiquement de chauffer lorsque le temps s'épuisera et qu'un bip sonore alertera les utilisateurs. L'affichage montrera toujours la température courante pendant le cycle de cuisson. Pour voir le laps de temps, appuyer sur « **Temps de cuisson** » (Cooking time) pendant la cuisson.
NOTE : Après 3 secondes, l'affichage reviendra à la température de cuisson.
NOTE : En raison des règlements d'ETL relativement aux panneaux de contrôle tactiles, appuyer uniquement sur le bouton « **Démarrer** » (Start) ne débutera pas le processus de cuisson.

Fonction Pause / Effacer :

1. Pour interrompre le temps de cuisson, appuyez sur le bouton « **Pause / Effacer** » une fois. Cela arrêtera la PIC Double NuWave™ quelle que soit l'étape en cours.
2. La température restera affichée sur le tableau, mais le F clignotera.
3. Pour reprendre, appuyez sur « **Démarrer** ».
4. Pour effacer le mode de cuisson ou pour afficher pendant que la PIC Double NuWave™ est en fonctionnement, appuyez sur le bouton « **Pause / Effacer** » deux fois. L'écran sera entièrement effacé, un 0 ou l'heure actuelle s'afficheront et l'unité s'éteindra.

Régler l'horloge et bouton matin / soir:

1. Appuyez sur le bouton « **Horloge** ». L'indicateur HORLOGE va clignoter sur l'affichage LED et 00:00 va apparaître.
2. Entrez les chiffres correspondant à l'heure actuelle. Par exemple, pour 1h25, tapez "1,2,5".
3. Une fois l'heure entrée, le réglage SOIR s'affiche par défaut.
4. Pour modifier le réglage, appuyez sur le bouton « **matin/soir** ».
5. Appuyez à nouveau sur le bouton « **Horloge** » pour faire le réglage.

- **« L'heure de fin » ne fonctionnera pas tant que vous n'aurez pas réglé l'heure actuelle et que « 0 » ne sera pas affiché.**
- **Si la PIC Double NuWave™ est éteinte ou débranchée de l'alimentation électrique, vous devrez reprogrammer l'horloge.**

Conversion Fahrenheit / Celsius:

1. La PIC Double NuWaveTM affiche par défaut la température de cuisson en degrés Fahrenheit (F). F apparaît sur le tableau d'affichage.
2. Pour passer l'affichage en degrés Celsius (C), appuyez sur les boutons « **Température de cuisson** » et sur « **Temps de cuisson** » en même temps.
3. Pour fermer l'option conversion F/C, appuyez sur « **Pause / Effacer** » jusqu'à ce que 0 ou l'heure actuelle s'affiche sur l'écran.

Fonction verrouillage et déverrouillage :

La PIC peut être verrouillée en appuyant sur « **Doux** » et « **Saisir/Max** » ensemble jusqu'à ce que VERROUILLAGE s'affiche sur le tableau. Pour déverrouiller, appuyez sur « **Doux** » et « **Saisir/Max** » ensemble jusqu'à ce que VERROUILLAGE disparaisse.

• Chaque verrous du panneau de commande et se déverrouille indépendamment de l'autre.

Fonction puissance :

Le PIC Double fonctionne par défaut sur 1 800 watts lorsqu'une seule plaque est utilisée.

1. Pour changer la puissance à 900 watts, appuyez sur le bouton « 1800W ».
2. Pour régler sur 1 800 watts, appuyez simplement une nouvelle fois sur le bouton « 1800W». Le voyant se met à clignoter.

NOTE : CHAQUE PLAQUE PEUT UTILISER JUSQU'À 1800 W INDIVIDUELLEMENT. LORSQUE VOUS DEVEZ UTILISER LES DEUX PLAQUES, LE PIC DOUBLE PASSE AUTOMATIQUEMENT À 900 W SUR CHAQUE PLAQUE.

Régler la température:

Cet appareil est réglé pour cuire à feu moyen/fort (375°F).

1. Pour refaire le réglage, appuyez sur la touche « **Doux - Max/Saisir** », l'indicateur TEMP va clignoter, puis appuyez sur « Démarrer ». La plage de température va apparaître à l'écran.
2. Pour démarrer, appuyez sur le bouton « **Cuisson/Température** ». L'indicateur TEMP va | clignoter et 375F va s'afficher
3. Pour augmenter ou réduire la température par paliers de 5°F, appuyez sur les boutons « **+** » et « **-** » jusqu'à affichage de la temperature désirée

Reportez-vous au tableau ci-dessous pour le réglage de la température et pour les températures préréglées. Le minimum est 100°F, la température maximum atteint 575°F.
NOTE : La température affichée représente la température d'1,5 L d'huile dans la casserole en acier inoxydable 3,5 litres NuWave™. Le thermomètre du test est placé à l'origine (milieu) de la casseroleen acier inoxydable 3,5 litres NuWave™ à équidistance de la base de la casserole et de la surface de l'huile.

Appuyer sur	Plage de température	Affichage tableau	Exemples
Doux	100°F (38°C)	100F / 38C	Chaud
Moyen Doux	175°F (79°C)	175F / 79C	Mijoter
Moyen	275°F (135°C)	275F / 135C	Vapeur
Moyen Fort	375°F (191°C)	375F / 191C	Mélanger/Frire
Fort	425°F (218°C)	425F / 218C	Bouillir/Sauter
Max/Sasir	575°F (302°C)	SEAR	Saisir

Suite des réglages de température:

La température de cuisson peut également se régler à l'aide des touches numériques. Voir ci-contre pour les exemples.

1. Appuyez sur le bouton « **Température de cuisson** ».
2. Tapez la température de cuisson désirée à l'aide des touches numériques. Gardez en tête que la PIC Double se réglera automatiquement sur la température la plus proche finissant par « 5 » ou par « 0 ». Par exemple, si vous tapez 2,2,2 pour cuisiner à 222°F, l'écran LED affichera 220F.

Appuyez sur [2] ttrois fois, puis sur « **Démarrer** » → 220F

Température désirée	Affichage
220°F	220F
221°F	220F
222°F	220F
223°F	225F
224°F	225F
225°F	225F

Régler le temps de cuisson:

1. Appuyez sur le bouton **Temps de cuisson**. L'indicateur TEMPS va clignoter.
2. Entrez le temps en heures et en minutes en vous servant des touches numériques.
   - Par exemple, pour 1 heure et 30 minutes, entrez 1,3,0. L'écran affichera 1:30.
   - Avec les flèches « **-** » ou « **+** », le temps peut s'ajuster par tranches d'1 minute.

   - Pour vérifier le temps en cours de cuisson, appuyez sur le bouton **Temps de cuisson**, la PIC reviendra à la température en 3 secondes.
3. Si le temps requis est en minutes, vous n'avez qu'un ou deux chiffres à entrer.
   - Par exemple, pour 5 minutes vous n'appuyez que sur 5 ; pour 46 sur 4,6 .
4. Si les chiffres doivent être corrigés, effacez en appuyant sur « 0 » quatre fois.

- **Le TEMPS clignotant indique que vous pouvez régler le temps. Le temps maximum est 99 heures et 60 minutes.**
- **Les heures et les minutes sont affichées, mais pas les secondes.**

Fonction Chaud:

Après avoir terminé la cuisson, vous pouvez utiliser votre plaque de cuisson pour garder votre nourriture au chaud (100°F - 200°C). Le réglage par défaut est programmé à 120°F pour 2 heures.

1. Appuyez sur les boutons « **Doux** » et « **Moyen/Doux** » en même temps jusqu'à ce que CHAUD apparaisse. L'indicateur CHAUD va clignoter
2. 120F va s'afficher, appuyez ensuite sur « **Démarrer** ».
3. Pour modifier le temps, entrez le temps désiré et continuez. Vous pouvez programmer la PIC pour garder votre nourriture au chaud jusqu'à 100 heures.

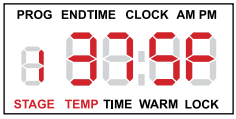
4. Une fois le cycle initial de cuisson terminé, la PIC va biper deux fois avant de passer en mode CHAUD. Le mode Chaud sera toujours la dernière étape du programme..

- Pour modifier la température du mode CHAUD, vous pouvez augmenter / réduire la température à l'aide des boutons « **+** » et « **-** » ou des touches numériques.
- Pour modifier le temps de cuisson, appuyez sur le bouton Temps de cuisson, puis augmenter / réduisez le temps de cuisson à l'aide des boutons « **+** » et « **-** » ou des touches numériques.

Fonction étapes de cuisson:

Cette fonction est utilisée pour stocker, programmer ou cuire pour plus d'un réglage de temps et de température consécutif.

1. Appuyez sur le bouton « **Étape** ». « ÉTAPE » va se mettre à clignoter. Pour toutes les étapes, la température par défaut est toujours de 375°F.
2. Pour modifier la température, appuyez sur le bouton « **Température de cuisson** », « TEMP » va clignoter. Entrez la température désirée.
3. Appuyez sur le bouton « **Temps de cuisson** ». Sur l'affichage LED, TEMPS va clignoter.
4. Entre le temps de cuisson désiré. Vous pouvez commencer avec le Temps de cuisson, suivi de la Température de cuisson.



5. Appuyez sur le bouton « **Étape** » pour passer à la programmation de l'étape 2.
6. Répétez la procédure jusqu'à avoir programmé toutes les étapes désirées.

- **Le nombre maximum d'étapes programmables est de 10. L'étape 10 s'affichera sous « 0 ».**
- **Si, à tout moment, vous souhaitez modifier une étape déjà programmée, appuyez sur le bouton « Étape » jusqu'à ce que l'étape désirée apparaisse. Là, vous pourrez changer la TEMPÉRATURE DE CUISSON, le TEMPS DE CUISSON ou les deux.**

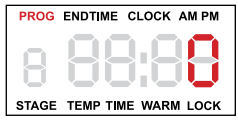
Fonction Heure de fin:
IMPORTANT: l'heure exacte à l'HORLOGE doit être réglée avant de pouvoir utiliser la fonction HEURE DE FIN (voir Réglage de l'horloge en page 152). Cette fonction est conçue pour pouvoir mettre fin à la caisson à un moment ultérieur. Il est possible de repousser la fin d'un programme jusqu'à 24 heures.

1. Appuyez sur le bouton « **Heure de fin** », l'indicateur HEURE DE FIN va clignoter sur le tableau LED et SOIR et 00:00 vont apparaître.
2. Utilisez les touches numériques pour entrer l'heure de fin désirée.
   • Par exemple, pour 5h00, tapez 5,0,0
   Appuyez sur le bouton « **matin/soir** » pour modifier le réglage SOIR par défaut si nécessaire.
3. Après avoir programmé le temps et la température de cuisson, appuyez sur « **Démarrer** ».

NOTE : Le **TEMPS DE CUISSON** et **l'HEURE DE FIN** ne peuvent pas se chevaucher.

Fonction Programmation:
NOTE : Les numéros 1-50 sont des recettes préprogrammées.
NOTE : Les numéros 51-200 sont vos propres recettes programmées.
Voir un exemple de recette programmable.
NOTE: Programmes 1-50 – la puissance est automatiquement configurée sur 1800 watts,si vous utilisez les programmes 1-50 et que vous appuyez sur la touche de la puissance, le message « ERR » s'affiche et la puissance se configure par défaut sur la température de cuisson.
NOTE: Programmes 51-200 – après avoir configuré le niveau de puissance de votre choix, vous ne pourrez plus revenir en arrière à moins de passer outre les recettes programmées. Si vous appuyez sur la touche de la puissance pendant une cuisson, le message « ERR » s'affiche et la puissance se configure par défaut sur la température de cuisson.
Le bouton « **Programme** » représente une variété de fonctions disponibles aux utilisateurs de la PIC Double NuWave™, y compris l'Entrée mémoire (le stockage de programmes de cuisson à étapes fréquemment utilisés), le Rappel en mémoire (récupération des séquences de cuisson par étapes) et le Mode de cuisson par étapes.

Utiliser des recettes préprogrammées:



1. Appuyez sur le bouton « **Programme** ». L'indicateur « PROG » va clignoter et « 0 » va apparaître dans la zone d'affichage.
2. Ensuite, entrez le numéro associé à la recette préprogrammée à l'aide du pavé numérique. Par ex. 3,1 pour 31.
3. Puis appuyez sur « **Démarrer** ».

Programmer vos propres recettes :

1. Entrez vos étapes ainsi que les temps et températures, puis appuyez sur « **Programme** ». Entrez le numéro sous lequel vous souhaitez sauvegarder la recette. Ex. : 1, 3,7 pour 137.
2. Appuyez sur le bouton « **Programme** » pour confirmer le numéro sélectionné.

• Jusqu'à 10 modes de cuissons peuvent être stockés dans chaque Entrée mémoire (10 étapes supplémentaires de temps de cuisson et de température).
• Si vous n'êtes pas certain du temps de cuisson restant à l'étape actuelle au cours de la cuisson avec la PIC Double NuWave™, appuyez sur « **Temps de cuisson** » pour afficher le temps restant. L'affichage reviendra automatiquement à la température de cuisson après quelques secondes.

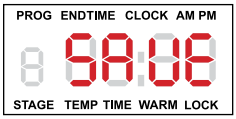
Temps de cuisson total :
Avant de commencer une recette programmée, vous pouvez afficher le nombre total d'étapes de cuisson et le temps total de cuisson.
1. Appuyez sur le bouton « **Programme** », puis saisissez le numéro de recette approprié sur le pavé numérique.
2. Puis appuyez à nouveau sur le bouton « **Programme** ».

• Le nombre total d'étapes de cuisson s'affiche au-dessus de « STAGE » et le temps total de cuisson s'affiche sur l'écran LED.

NOTE: Les différentes étapes peuvent aussi être modifiées et enregistrées séparément lors de l'affichage du temps de cuisson total.
1. Appuyez sur le bouton « **Stage** » pour sélectionner quelle étape modifier.
2. Pour changer la température, appuyez sur le bouton « **Cook Temp** » et saisissez la température désirée avec les touches chiffrées ou les boutons « **+** » et « **–** ». Pour modifier le temps de cuisson, appuyez sur le bouton « **Cook Time** » et saisissez la durée désirée avec les touches chiffrées ou les boutons « **+** » et « **–** ».
3. Appuyez le bouton « **Start** » pour commencer la recette que vous avez modifiée.

NOTE: Vous pouvez également enregistrer votre recette modifiée.
1. Appuyez sur le bouton « **Program**» et « PROG » clignotera et un « 0 » s'affichera à l'écran.
2. Saisissez le numéro désiré de votre programme en utilisant les touches chiffrées ou les boutons « **+** » et « **–** ».
3. Appuyez à nouveau sur le bouton « **Program** » pour enregistrer votre nouveau programme.

Fonction Save:
Vous pouvez régler et enregistrer la durée cuisson ou la température d'une recette programmée existante à tout moment pendant la cuisson. Une fois la cuisson terminée, « SAVE » s'affichera sur l'écran LED. À ce stade, vous pouvez choisir d'enregistrer votre nouvelle recette dans le NuWave™ PIC Double en appuyant sur le bouton « **Program** » et en saisissant le numéro de la recette que vous souhaitez.



• Si vous choisissez d'enregistrer la recette ajustée à un emplacement de la mémoire déjà pris par un autre programme de recette, la nouvelle recette remplacera l'ancienne recette. CETTE OPTION EST DISPONIBLE UNIQUEMENT POUR LES EMPLACEMENTS MEMOIRE DES RECETTES 51 A 200.

Exemple de recette programmable

Betteraves dorées

Pour : 6-8 personnes
Étapes de cuisson préprogrammées :
Étape 1 : Max/Saisir - 1 minute
Étape 2 : 375°F - 20 minutes
Temps de cuisson total : 21 minutes

Ingrédients :
4 grosses betteraves rouges ou dorées, lavées et coupées
1 litre d'eau
1 cuillère à café de sel
½ cuillère à café de poivre noir fraîchement moulu

Préparation :
1. Mettez les betteraves et l'eau dans votre cocotte-minute.

Programmer:

Étape 1 : Max/Saisir - 1 minute
1. Appuyez sur le bouton « Étape ». Étape va clignoter sur l'écran.
2. Appuyez sur le bouton « Température de cuisson » puis sur « 5, 7, 5 » ou « Max/Saisir ». « SAISIR » va apparaître.
3. Appuyez sur « Temps de cuisson » puis sur « 1 » pour faire cuire 1 minute

Étape 2 : 375˚F - 20 minutes
1. Appuyez à nouveau sur « Étape », Étape va clignoter sur l'écran.
2. Appuyez sur le bouton « Température de cuisson » puis sur « 3, 7, 5 » ou « Moyen/Fort ». « 375°F » va apparaître.
3. Appuyez sur « Temps de cuisson » puis sur « 2,0 » pour faire cuire 20 minutes.

Pour sauvegarder la recette
1. Après avoir entré toutes vos étapes, appuyez sur « Programmes ».
2. Entrez n'importe quel nombre entre 51 et 200 à l'aide du pavé numérique. Ex. : « 1, 3,7 » est le programme 137.
3. Appuyez à nouveau sur Programme pour l'enregistrer.

Cuissson:

Pour cuire immédiatement :
1. Couvrez et verrouillez le couvercle.
2. Réglez le régulateur de pression à 2, pour une forte pression.
3. Appuyez sur « Démarrer ».

Résolution des problèmes

Message d'erreur	Solution
E1	Un affichage E1 signifie en général que votre PIC Double NuWaveTM ne détecte pas d'ustensile sur sa surface. Cela peut se produire pour deux raisons. 1. Les bobines d'induction à l'intérieur de la PIC Double NuWaveTM ne fonctionneront que si elles sont en contact direct avec un ustensile de cuisine. Pour maintenir l'efficacité de votre appareil, placez-le toujours sur une surface plane et assurez-vous que la surface soit bien en contact avec votre ustensile. 2. Un message E1 peut également apparaître si votre ustensile n'est pas compatible pour la cuisson à induction.
E2	L'unité ne fonctionne pas correctement. Contactez le service client.
E3	Le voltage de l'unité est trop faible. Minimum = 85 volts
E4	Le voltage de l'unité est trop fort. Maximum = 144 volts
E5	L'unité ne fonctionne pas correctement. Contactez le service client.
E6	L'unité ne fonctionne pas correctement. Contactez le service client.
E7	Surchauffe, ou système de ventilation obstrué. Si la température interne excède 230°F, l'appareil va cesser de fonctionner et produire un bip. Appuyez sur « Pause / Effacer » deux fois. Attendez que l'unité refroidisse.
E8	Surchauffe, si l'unité dépasse une température de plus de 20°F que la température de saisie, l'appareil s'éteindra. Contactez le service client.
E9	L'unité ne fonctionne pas correctement. Contactez le service client.
PLEIN	En mode programmation, quand le total des temps entrés atteint la limite de 99h60 de l'appareil, il n'est plus possible d'ajouter d'autres étapes.

- Si l'un des messages d'erreur ci-dessus s'affiche, l'unité émettra un « bip » au moins une fois.
- Le ventilateur tournera au maximum 60 secondes après avoir appuyé une fois sur le bouton « Pause / Effacer ». Continuez la cuisson en appuyant sur « Démarrer » dans les 45 minutes suivantes.
- L'unité s'éteindra après 45 minutes si aucun bouton (comme « Démarrer ») n'a été touché. Quand elle s'éteindra, l'unité effacera toute l'historique de cuisson
- Après avoir appuyé deux fois sur le bouton « Pause / Effacer » ou après l'arrêt de la cuisson, le ventilateur tournera au maximum 60 secondes jusqu'à ce que l'unité refroidisse. À ce moment-là, la PIC Double NuWave™ s'arrêtera.

Après avoir ôté les ustensiles	Bip sonore	Affichage	Référence
Initial	Bip unique	« F », « C » ou « Saisir »	Après avoir reposé la casserole, la PIC Double NuWaveTM reprendra automatiquement la cuisson.
< 10 secondes	Aucun	« F », « C », « Saisir » ou « : » clignotant	
11-70 secondes	Oui	E1	Reprise de la cuisson en appuyant sur le bouton « Démarrer ».
Après 70 secondes	Aucun	0	La cuisson s'arrête.

LES GARANTIES DU FABRICANT: La plaque de cuisson à induction et tous les composants électriques sont exempts de tout défaut et sont de qualité dans des conditions d'utilisation domestique normales, selon les instructions écrites fournies par le fabricant avec chaque unité, pour un (1) an à partir de la date d'achat. Le fabricant fournira les pièces et la main d'œuvre nécessaires à la réparation de toute partie du système de cuisson à induction via le service après-vente de NuWave, LLC.
Après expiration de la garantie, le prix de la main d'œuvre et des pièces relèvera de la responsabilité du propriétaire.
LA GARANTIE NE COUVRE PAS: Tout revêtement (le cas échéant) sur toute partie du système de cuisson. La garantie limitée est annulée si des réparations sont effectuées par un vendeur non autorisé ou si la plaque de données du numéro de série est ôtée ou déformée. La détérioration normale de la finition due à l'usure ou à l'exposition n'est pas couverte par cette garantie. Cette garantie limitée ne couvre pas les frais d'envoi, les pannes, dommages ou performances inadéquates dues à des accidents, intempéries (comme la foudre), fluctuations de l'alimentation électrique, altérations, abus, mauvaises utilisations, mauvaises applications, atmosphères de type corrosives, mauvaises installations, incapacités d'utilisation selon les instructions écrites du fabricant, utilisations anormales ou utilisations commerciales.
POUR FAIRE HONORER LA GARANTIE: Le propriétaire aura l'obligation et la responsabilité de : prendre en charge tous les services et pièces non couverts par la garantie ; prépayer le port vers et depuis le service après-vente pour tout système ou pièce retourné dans le cadre de cette garantie, emballer avec soin le produit à l'aide de matériaux de rembourrage adéquats afin d'empêcher des dommages pendant le transport. Le carton d'origine du produit est idéal. Inclure dans le paquet : nom du propriétaire, adresse, numéro de téléphone en journée, description détaillée du problème et votre NUMÉRO D'AUTORISATION DE RETOUR DE BIENS (numéro RGA) :
Appelez le 1-877-689-2838 ou envoyez un e-mail à help@nuwavenow.com pour obtenir un numéro RGA. Fournissez le modèle, le numéro de série et une preuve de la date d'achat (copie du reçu) du système de cuisson lorsque vous déposer une réclamation dans le cadre de cette garantie..
OBLIGATION DU FABRICANT:
L'obligation du fabricant dans le cadre de cette garantie se limite aux réparations ou au remplacement de toute pièce de la plaque de cuisson expressément couverte par cette garantie limitée qui, lors d'un examen, se révèlera défectueuse dans le cadre d'une utilisation normale. La garantie limitée n'est applicable qu'aux États-Unis continentaux et seulement pour l'acheteur original dans les canaux de distribution autorisés du fabricant. La garantie limitée ne peut être altérée, variée ni prolongée sauf par autorisation écrite du fabricant. Le recours de réparation ou de remplacement fourni dans le cadre de cette garantie limitée est exclusif. En aucun cas le fabricant ne peut être tenu pour responsable de tout dommage, par conséquence ou incident sur toute personne, occasionné ou non par négligence du fabricant, y compris mais sans s'y limiter, les dommages pour perte d'utilisation, coûts de substitution, dommages matériels ou autres pertes d'argent. Certains états n'autorisent pasl'exclusion ou la limitation des dommages par conséquence ou incident, les exclusions de limitation ci-dessus peuvent donc ne pas s'appliquer. Cette garantie limitée donne des droits juridiques spécifiques, et éventuellement d'autres droits pouvant varier d'un état à un autre. Sauf si expressément exprimé autrement ci-dessus, le fabricant ne fait aucune garantie explicite ou implicite découlant de la loi ou d'autres sources, y compris mais sans s'y limiter, les garanties tacites de commercialisation et de compatibilité d'utilisation pour un objectif particulier pour toute autre personne.

LECTURE DE VOTRE GUIDE DE L'UTILISATEUR: Si vous avez encore des questions sur le fonctionnement ou la garantie du produit, veuillez contacter NuWave, LLC au 1-877-689-2838 ou par e-mail à l'adresse help@nuwavenow.com.

nuwave™

LIVE WELL FOR LESS®

Thank you for your purchase! We value every NuWave™ customer. You've made the decision to buy the NuWave™ Precision Induction Cooktop Double because you want to save time, money and energy while enjoying great tasting meals cooked to perfection.

Our mission is to exceed customers' expectations by providing innovative new products using the most advanced technology available today.

To show our gratitude and lifetime commitment to you, we have created www.nuwavecookingclub.com exclusively for our customers. This site is hosted by our culinary team and features recipes, step-by-step instructional cooking videos, helpful tips, tricks and more.

You can also visit www.NuWaveNow.com to learn more about the revolutionary products developed by the makers of the NuWave® Oven line, the NuWave™ Precision Induction Cooktop line, the NuWave™ Flavor-Lockers Storage System, NuWave™ Duralon™ Fry Pans, NuWave™ Duralon™ Cookware, ALSET™ LED lighting, and other great accessories.

FOR HOUSEHOLD USE ONLY

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Model 30602: 120V, 60Hz, 1800 Watts
For patent information please visit: www.nuwavenow.com/legal/patent

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