

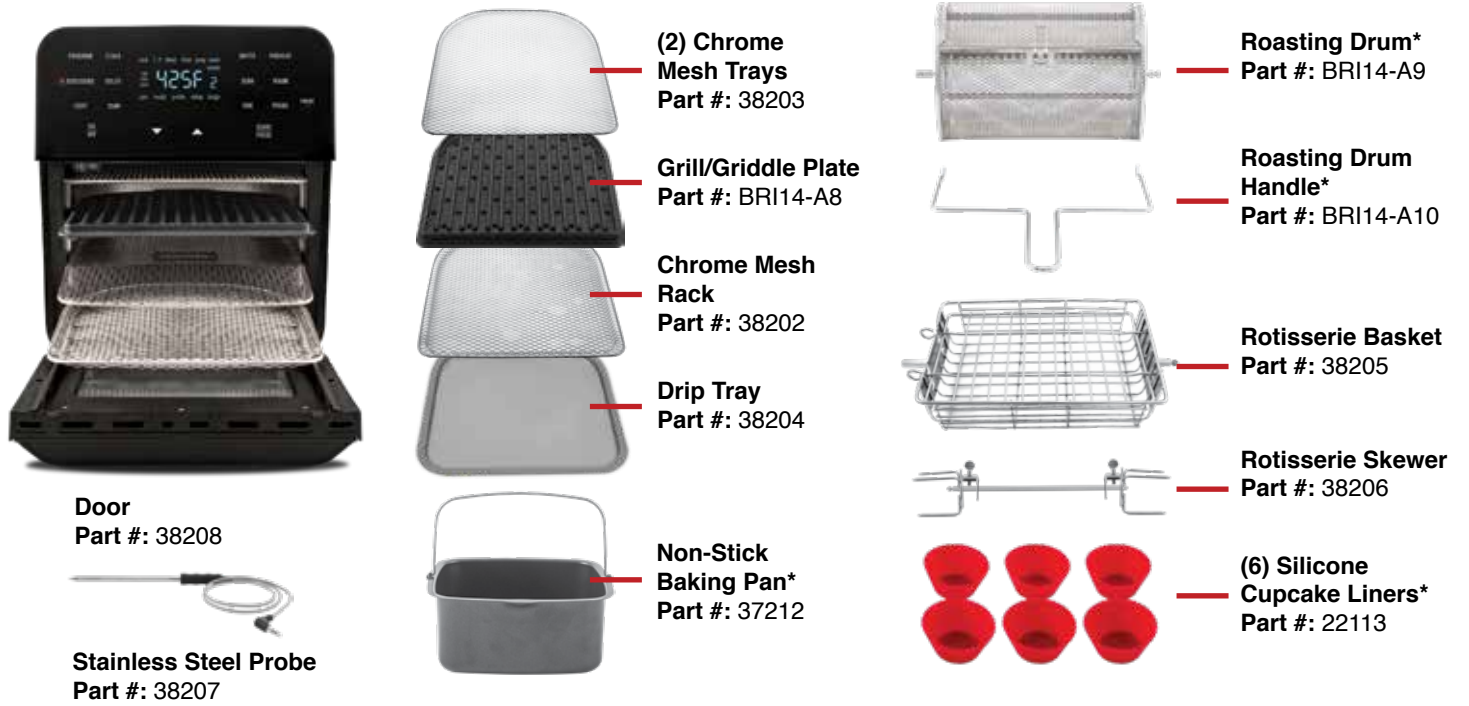
Note: Preset temperatures and times may need minor adjustments to best suit your desired results.
Temperature Format: Press and hold the PROGRAM and TEMP button to change the Temperature Format from °F (default) to °C (Celsius).
To convert from Fahrenheit to Celsius, press TEMP for1 second. Do the same to change again. Switching the Temperature Format can only be done during setting. it cannot be done while cooking. If the user switches to Celsius, the unit will stay Celsius even if unplugged until it is changed back.

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

Quick Items	Temp.	Probe Temp.	Time Min.
1. Bacon (4 oz) (113g)	400°F		00:08
2. Baked Potato (12oz) (340g)	400°F		00:35
3. Chicken Breast (6oz) (170g)	380°F	165°F	00:12
4. Dehydrate (8 oz) (227g)	120°F		12:00
5. Fish (6 oz) (170g)	350°F		00:06
6. French Fries (8 oz) (227g)	400°F		00:12
7. Frozen Food (12 oz) (340g)	400°F		00:15
8. Reheat (8 oz) (227g)	325°F		00:08
9. Roast (32 oz) (907g)	375°F	135°F*	00:45
10. Steak (8 oz) (227g)	375°F	135°F*	00:08
Grill	Temp.	Probe Temp.	Time Min.
Brio will automatically preheat at 425°F (218°C) for 10 min. with a 5-min. countdown. Press PREHEAT to cancel.			
11. Asparagus (8 oz, medium) (227g)	400°F		00:05
12. Bell Peppers (quartered)	400°F		00:06
13. Zucchini (¼", sliced) (6mm)	400°F		00:06
14. Beef Filet (8 oz) (227g)	400°F	145°F**	00:14
15. Beef Ribeye (12 oz) (340g)	400°F	145°F*	00:06
16. Beef Burger (8 oz) (227g)	400°F	155°F*	00:08
17. Polish Sausage, 4 (5-oz/142g links)	400°F	160°F*	00:06
18. Italian Sausage, 4 (5-oz/142g links)	400°F	160°F*	00:09
19. Hot Dogs (6 links)	400°F	160°F*	00:04
20. Pork Chop, boneless (10 oz) (283g)	400°F	145°F***	00:16
21. Lamb Chop, 4 (5 oz) (142g)	400°F	145°F***	00:06
22. Ham Steak (½" thick) (13mm)	400°F		00:05
23. Chicken Breast, 2 (10oz) (283g)	400°F	165°F*	00:09
24. Chicken Legs, 2 (8oz) (227g)	400°F	165°F*	00:10
25. Tuna Steak (1" thick) (25mm)	400°F	145°F***	00:04
26. Salmon (7 oz) (198g)	400°F	145°F***	00:09
27. Shrimp (U10/15ct.)	400°F		00:03
28. Scallops (U10/15ct.)	400°F		00:03
29. Quesadilla	350°F		00:02
30. Grilled Sandwich	400°F		00:06
Vegetables	Temp.	Probe Temp.	Time Min.
31. Beets (whole)	400°F		00:40
32. Broccoli (florets)	400°F		00:06
33. Brussels Sprouts (halved)	380°F		00:15
34. Carrots	380°F		00:15
35. Cauliflower (florets)	400°F		00:12
36. Corn on the Cob	390°F		00:12
37. Eggplant, 1 (½" cubes) (13mm)	400°F		00:15
38. Fennel (quartered)	370°F		00:15
39. Green Beans	400°F		00:05
40. Mushrooms	400°F		00:05
41. Onions (pearl)	400°F		00:10
42. Potatoes (small baby, 1 lb) (454g)	400°F		00:15
43. Potatoes (1" cubes, 8-12 oz) (25mm, 227-340g)	400°F		00:12
44. Potatoes (baked, whole)	400°F		00:40
45. Squash (½" cubes) (13mm)	400°F		00:12
46. Sweet Potato (baked, whole 1-2)	400°F		00:12
47. Tomatoes (cherry, 8-10 oz) (227-283g)	400°F		00:04
48. Tomatoes (halved)	400°F		00:10
Poultry	Temp.	Probe Temp.	Time Min.
49. Chicken Breast, bone-in (1.25 lbs) (567g)	400°F	165°F	00:25
50. Chicken Drums & Thighs, bone-in (1.75 lbs) (567g)	390°F	165°F	00:30
51. Chicken Tenders	360°F	165°F	00:09
52. Chicken Thighs, bone-in (2 lbs) (907g)	380°F	165°F	00:22

53. Chicken Thighs, boneless (1.5 lbs) (680g)	380°F	165°F	00:19
54. Chicken Wings (2 lbs) (907g)	400°F	165°F	00:12
55. Duck Breast (1 lb) (454g)	400°F	165°F	00:25
56. Frozen Chicken Breast, bone-in (1 lb) (454g)	360°F	165°F	00:25
57. Frozen Chicken Breast, boneless (8 oz) (227g)	360°F	165°F	00:25
58. Frozen Whole Chicken (3 lbs) (1.360 kg)	360°F	165°F	01:15
59. Game Hen, halved (2 lbs) (907g)	390°F	165°F	00:20
60. Game Hen, frozen	390°F	165°F	00:50
61. Turkey Breast (2 lbs) (907g)	360°F	165°F	00:45
62. Turkey Breast, frozen	360°F	165°F	01:05
63. Whole Chicken, fresh (3 lbs) (1.360 kg)	360°F	165°F	01:00
Beef	Temp.	Probe Temp.	Time Min.
64. Beef Eye Round Roast (4 lbs) (1.814 kg)	390°F	145°F***	00:50
65. Flank Steak (1.5 lbs) (2.2 kg)	400°F	145°F***	00:12
66. Meatballs (1") (25mm)	380°F	155°F**	00:07
67. Meatballs (3") (76mm)	380°F	155°F**	00:10
68. Ribeye, bone-in (1", 8oz) (25mm, 227g)	400°F	145°F***	00:12
Pork/Lamb	Temp.	Probe Temp.	Time Min.
69. Loin (2 lbs) (907g)	360°F	145°F***	00:55
70. Bacon (regular)	400°F		00:06
71. Bacon (thick cut)	400°F		00:08
72. Pork Chops, bone-in (1", 6 oz) (25mm, 170g)	400°F	145°F***	00:12
73. Rack of Lamb (2 lbs) (907g)	380°F	145°F***	00:22
74. Tenderloin (1 lb) (454g)	370°F	145°F***	00:15
Fish/Seafood	Temp.	Probe Temp.	Time Min.
75. Calamari (8 oz) (227g)	400°F		00:04
76. Fish Fillet (1", 8 oz) (25mm, 227g)	400°F	145°F***	00:10
77. Swordfish Steak (8 oz) (227g)	400°F	145°F***	00:10
Frozen Foods	Temp.	Probe Temp.	Time Min.
78. Onion Rings (12 oz) (340g)	400°F		00:08
79. Breaded Shrimp (5-10, large)	400°F		00:09
80. Chicken Nuggets (8 oz) (227g)	400°F		00:10
81. Fish Fillets (1.2" thick, 10 oz) (25mm, 283g)	400°F		00:14
82. Fish Sticks (10 oz) (283g)	400°F		00:10
83. Frozen Burrito (10 oz) (283g)	400°F		00:15
84. Frozen Egg Rolls (8 oz) (227g)	400°F		00:12
85. Mozzarella Sticks (10 oz) (283g)	400°F		00:08
86. Pot Stickers (10 oz) (283g)	400°F		00:08
87. Steak Fries (12 oz) (340g)	400°F		00:18
Dehydrate	Temp.	Probe Temp.	Time Min.
88. Kale Chips	130°F		00:20
89. Apple	135°F		08:00
90. Banana	135°F		08:00
91. Beef Jerky	160°F*		06:00
92. Dried Herbs	100°F		02:00
93. Granola	220°F		00:40
94. Kiwi	130°F		08:00
95. Mango	135°F		10:00
96. Orange	130°F		10:00
97. Peaches	135°F		10:00
98. Pineapple	135°F		10:00
99. Strawberry	115°F		10:00
100. Sun-Dried Tomatoes	140°F		08:00
*MR: Medium-Rare **MW: Medium-Well ***Medium			

What you get



*Please note: The accessories shown above make up the complete collection of available Brio accessories. Not all listed accessories are included with all purchases. If there is an accessory listed above that was not included with your order, or if you misplaced any of your Brio parts or accessories, contact NuWave Customer Service to place an order – subject to availability.

NuWave Customer Service can be reached by calling 1-877-689-2838 or emailing help@nuwavenow.com Monday-Friday 7:30am-4:30pm CST.

Getting Started

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

Turn the Brio® ON and OFF. Press ON/OFF. This button also stops any cooking function. While cooking, press ON/OFF to cancel.

Start cooking. 350F (177C) for 00:15 minutes are the defaults. Select a cooking function, press START/PAUSE to begin cooking. Note: Press START/PAUSE during cooking to pause the Brio. Press again to resume.

Quickly warm your favorite leftovers. 140F (60C) for 1 hour are the defaults. Press and hold down WARM for 1 second. The Brio will start automatically when WARM is pressed for 1 second. START/PAUSE does not need to be pressed when WARM is being used as an independent function. Note: Refer to the owner’s manual for details.

Preheat for crispier results. 350F (177C) is the default. Press PREHEAT. The temp and time is adjustable using the Up and Down Arrows. To begin, press START/PAUSE. Once it has reached the set temperature your Brio will beep and a 5-minute countdown will begin. Place your food into the Brio. The unit will begin automatically when the door is closed after adding food. Note: Press PREHEAT to cancel at any time.

Sear your food before the initial cooking process. 425F (218C) for 5 minutes are the defaults. Press SEAR. If preferred, adjust Sear temp and time and press START/PAUSE. When using SEAR the max SEAR time is 15 min. regardless of temperature set. Note: The Sear function can be set for before or after regular cooking cycle. Refer to owner’s manual for details.

Getting Started

Cooking Guide

Use the Digital Probe for perfect results every time. 160F (71C) is the default. Plug the Probe into your Brio unit (Jack). Press PROBE and set the Probe target internal temperature for food using the Up and Down Arrows. Insert the other end of the Probe into your food. Press START/PAUSE to begin cooking.
Use the Rotisserie feature when roasting large meats, seafood, or other items. Holds up to a 10-pound (4.5kg) chicken. 350F (177C) for 30 minutes are the defaults. After placing food on Skewer or in Basket and into your Brio, press ROTISSERIE. Use the Up and Down Arrows to adjust temp and time. Press START/PAUSE to automatically turn spit and begin cooking. Note: Refer to owner’s manual for details.
Program gives you access to 100 cooking presets and can store an additional 100 of your own. Refer to the 100 Presets on the back of the Quickstart Guide. Press PROGRAM and press up or down arrows to choose presets (1-100) to cook. Press up or down arrows when in each cooking function to adjust temps and times. Press START/PAUSE to begin the chosen program. Note: 1-100 can be adjusted but will go back to the default temps and times when preset is recalled once again.
Delay cooking to your desired start time. 1 hour is the default. Set your temp and time. Press DELAY and press up or down arrows to adjust delay time. Adjustable up to 24 hours. After setting the cooking function and delay time press START/PAUSE. Press DELAY at any time to cancel.
Stage lets you cook at different temps and times throughout the cooking process. 350F (177C) for 15 minutes are the defaults. To add a cooking stage press STAGE once and adjust by pressing the up or down arrows. Note: Repeat this step to set up to 5 stages.
Watts controls the power consumption of your Brio. The default wattage on the Brio is 1800W. The lower wattage will consume less energy, ideal if your home does not take 1800 watts. Press WATTS to adjust from 1800W to 900W to 1500W. Note: Lower wattages may affect cooking times.

Cooking Guide

Note: Temperatures and times may need minor adjustments to best suit your desired results.					
Prepackaged Foods: Follow the directions on the package and reduce temps and times by 15%. Check periodically.					
Beef/Lamb	Rack Position	Temp	Fresh - Min	Frozen - Min	Internal Temp. (Thermometer)
Patties (½” thick) (12mm)	1 or 2	400F (204C)	7	10 - 13	125F - 160F (52C-71C)
Patties (1” thick) (25mm)	1 or 2	400F (204C)	8 - 10	18 - 20	125F - 160F (52C-71C)
Steaks (1” thick) (25mm)	1 or 2	375F (191C)	7 - 9	11 - 12	Rare: 125F - 134F (52C-57C)
			9 - 10	12 - 14	Med. Rare: 135F - 144F (57C-62C)
			10 - 13	14 - 16	Medium: 145F - 149F (63C-65C)
			13 - 16	16 - 19	Med. Well: 150F - 159F (66C-71C)
			16 - 18	19 - 23	Well: 160F (71C)
Steaks (2” thick) (50mm)	1 or 2	400F (204C)	11 - 12	21 - 27	Rare: 125F - 134F (52C-57C)
			12 - 14	27 - 31	Med. Rare: 135F - 144F (57C-62C)
			14 - 16	31 - 34	Medium: 145F - 149F (63C-65C)
			16 - 19	34 - 38	Med. Well: 150F - 159F (66C-71C)
			19 - 23	38 - 41	Well: 160F (71C)
Roasts (3-5 lbs) (1.3-2kg)	1 or 2	375F (191C)	10 per lb/22 per kg	22 per lb/48 per kg	Rare: 125F - 134F (52C-57C)
			15 per lb/33 per kg	22 per lb/48 per kg	Med. Rare: 135F - 144F (57C-62C)
			15 per lb/33 per kg	24 per lb/53 per kg	Medium: 145F - 149F (63C-65C)
			18 per lb/40 per kg	26 per lb/57 per kg	Med. Well: 150F - 159F (66C-71C)
			20 per lb/44 per kg	27 per lb/59 per kg*	Well: 160F (71C)
*Let rest 10 minutes before serving.					
Poultry	Rack Position	Temp	Fresh - Min	Frozen - Min	Internal Temp. (Thermometer)
Chicken Breasts, Legs, Thighs	1 or 2	370F (188C)	7 - 9 per lb 15 - 20 per kg	9 - 13 per lb 20 - 29 per kg	165F (74C)
Whole Chicken	1	360F (182C)	9 - 11 per lb 20 - 24 per kg	18 - 22 per lb 40 - 48 per kg	165F (74C)
Cornish Hen (Whole 1-1.5 lbs.) (680g)	1 or 2	390F (199C)	20 - 25 per lb 44 - 55 per kg	45 - 50	165F (74C)
Turkey (Whole, 10-12 lbs.) (4-5kg)	1	360F (182C)	12 per lb/26 per kg	15 per lb/33 per kg	165F (74C)
Turkey Breast (4-6 lbs.) (2-3kg)	1 or 2	360F (182C)	12 per lb/26 per kg	15 per lb/33 per kg	165F (74C)
Turkey Legs	1 or 2	360F (182C)	45	50	165F (74C)
Turkey Wings	1 or 2	360F (182C)	30	40	165F (74C)
Duck (Whole, 5 lbs) (2kg)	1	400F (204C)	20 per lb/44 per kg	25 per lb/55 per kg	160F (71C)

Pork	Rack Position	Temp	Fresh - Min	Frozen - Min	Internal Temp. (Thermometer)
Bacon	ANY	400F (204C)	8	Extra crispy.*	
*For extra crispy cook an additional 2-3 minutes.					
Ham	1	350F (177C)	12 - 13 per lb 26 - 29 per kg	Glaze*	
*Apply glaze before the last 5 minutes of the cooking time.					
Sausage Links	ANY	350F (177C)	6	9	165F (74C)
Sausage Patties	ANY	350F (177C)	9	12	165F (74C)
Italian, Bratwurst, etc.	ANY	400F (204C)	9	17	160F (71C)
Chops	1 or 2	400F (204C)	10 - 12	18 - 20	160F (71C)
Roasts (3-7 lbs.) (1.4 - 3 kg)	1 or 2	400F (204C)	22 per lb/48 per kg	30 per lb/66 per kg	160F (71C)
Tenderloins	1 or 2	400F (204C)	18	28	160F (71C)
Spare Ribs	1 or 2	350F (177C)	25 - 30	45 - 50	160F (71C)
Country-Style Ribs	1 or 2	350F (177C)	23 - 28	36 - 42	160F (71C)
Hot Dogs	ANY	400F (204C)	03 - 05	10 - 12	150F (66C)
Seafood	Rack Position	Temp	Fresh - Min	Frozen - Min	Internal Temp. (Thermometer)
Fish: Fillets, ½ inch thick (13mm)	1 or 2	350F (177C)	6 - 10	10 - 15	150F (66C)
Fish: Steaks and Fillets, 1 inch thick (25mm)	1 or 2	400F (204C)	8 - 10	14 - 16	150F (66C)
Whole Fish, 3-4 inches thick (76mm - 102mm)	1 or 2	380F (193C)	25	45	150F (66C)
Shrimp	ANY	400F (204C)	3 - 8	7 - 9	Cooking time may vary with size.
Scallops, Sea	ANY	400F (204C)	4 - 8	10 - 12	Scallops and/or lobster turn opaque when cooking is complete.
Scallops, Bay	ANY	400F (204C)	4 - 8	10 - 12	
Lobster Tails, 4oz (113g)	1 or 2	360F (182C)	6 - 10	8 - 12	
Lobster, Live Maine	1 or 2	360F (182C)	14 per lb/28 per kg	Large pot*	
*Bring a large pot of water up to a boil. Drop in the lobsters headfirst. Cook for 2 minutes before placing in the Brio®.					
Vegetables	Rack Position	Temp	Fresh - Min	Frozen - Min	
Corn on the Cob	1 or 2	390F (199C)	9 - 12	Alternative, season to taste and wrap in foil. (4-6 oz.) (113-170g)	
Root Vegetables	1 or 2	400F (204C)	18 - 27	Cut into 2-inch (50mm) cubes and spray with oil. (8-10 oz.) (227-283g)	
Potatoes: Whole Cut in ½ lengthwise French Fries	1 or 2	400F (204C)	40 27 18	(8 oz. pc.) (227g)	
Roasted Onion	1 or 2	400F (204C)	18	Cut ½ inch (13mm) off the top, brush with oil.	
Roasted Garlic	1 or 2	400F (204C)	22		
Broccoli	1 or 2	400F (204C)	6 - 10	Varies with thickness.	
Squash	1 or 2	400F (204C)	27 - 32	Cut in half, remove seeds and membrane, place in shallow dish, brush with oil. (8-12 oz.) (227 - 340g)	
Eggplant, Whole	1 or 2	400F (204C)	36		
Eggplant, ½-inch slices (13mm)	1 or 2	400F (204C)	10 - 14		
Baked Apples	1 or 2	400F (204C)	18	Remove core.	
Baked Pears	1 or 2	400F (204C)	23	Cut in half and remove core.	
Pizza/Quesadillas	Rack Position	Temp	Fresh - Min	Frozen - Min	
Thin Crust	1 or 2	350F (177C)	15	Temperatures and times are for your guidance. You may need to adjust to your preferred doneness.	
Regular Crust	1 or 2	350F (177C)	18	Use position 1 for crispier crust.	
Thick Crust	1 or 2	350F (177C)	20		
Quesadilla	1 or 2	350F (177C)	2 - 6		