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NuWave Medley™ XL

16"x12" Digital Skillet



Owner's Manual

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Nuwave Brio® 6Q Digital Air Fryer



NuWave Oven® Pro Plus



NuWave Brio® 6Q Digital Air Fryer

Super-heated air cooks your food to crispy, tender perfection. The digital touch screen gives you precise temperature control.

NuWave Oven® Pro Plus

Cook healthier meals faster and more efficiently with Triple Combo Cooking Power.

NuWave PIC® (Precision Induction Cooktop)

Cook faster, safer, and more efficiently than you ever could on your gas or electric stovetop.

For more about our innovative products, visit:

**NuWave Nutri-Pot® 6Q
Digital Pressure Cooker**



**NuWave Medley™
12"x12" Digital Skillet**



NuWave PIC®



**NuWave Nutri-Pot® 6Q
Digital Pressure Cooker**

Easily cook rice, poultry, vegetables, and more all with the press of a button! The Nutri-Pot's safety release valve and hinged lid make for convenient and safe operation.

**NuWave Medley™
12" x12" Digital Skillet**

Coated with Duralon® Healthy Ceramic Non-Stick coating for easy cleanup. Includes a premium Vented Tempered Glass Lid.

NuWaveNow.com

 1-877-689-2838

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NuWave Flavor-Lockers® with Vacuum-Seal Technology



NuWave Flavor-Lockers® with Vacuum-Seal Technology

Keep food fresh for up to 21 days!
Slow the growth of mold by removing
trapped oxygen with a few easy pumps.

NuWave Duralon® Healthy Ceramic Non-Stick Cookware

Coated with Duralon Healthy
Ceramic Non-Stick coating for
easy cleanup, this versatile
cookware is perfect for use in
ovens or on gas, electric, and
even induction cooktops.

For more about our innovative products, visit:

Nutri-Master® Slow Juicer

**NuWave Duralon® Healthy Ceramic
Non-Stick Cookware**



NuWave Nutri-Master® Slow Juicer

The Nutri-Master, with a low 48 RPM, is both incredibly quiet and powerful enough to extract juice from nuts and hard vegetables.

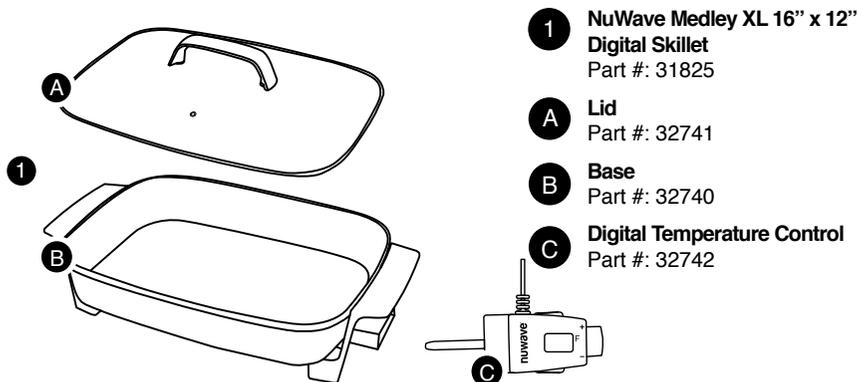
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 **1-877-689-2838**

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PARTS DESCRIPTION

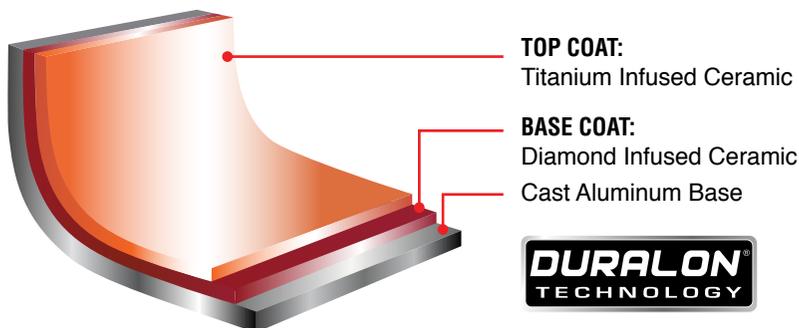


To order parts and accessories, call customer service at: **1-877-689-2838** or email at help@nuwavenow.com. You may also order online at www.NuWaveNow.com. Please provide the correct item name and number to ensure that your order is processed accurately.

What is Duralon Technology?

Congratulations on your NuWave Healthy Non-Stick Medley XL 16" x 12" Digital Skillet purchase! Our mission is to provide products that promote healthy living and improve the quality of your life. You now have cookware with technologically advanced Titanium and Diamond Infused Ceramic Non-Stick surface with Duralon® technology promotes easy food release and simple cleanup. This coating is extremely convenient because food easily slides off. Cleanup is simple because the cooked food easily washes clean.

Unlike other traditional cookware, cooking with NuWave Healthy Non-Stick Medley XL 16" x 12" Digital Skillet is healthier because unwanted fats and oils are not necessary. Ceramic coating, in general, is stronger and more resistant to abrasions than other non-stick materials. Other electric skillet may contain chemicals such as perfluorooctanoic acid ("PFOA") (which has been linked to certain types of cancer) or polytetrafluoroethylene ("PTFE") (which may start to degrade at temperatures over 500°F). Our NuWave Healthy Non-Stick Medley XL16" x 12" Digital Skillet does not contain either, and has been developed to provide many years of satisfaction and enjoyable cooking!



IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS

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

1. Do not touch hot surfaces; use the provided handles.
2. To protect against risk of electrical shock, do not immerse cord, plugs or temperature control probe in water or any other liquid.
3. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
4. Unplug from wall outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
5. Do not operate any appliance with a damaged cord or plug or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return appliance to authorized service facility for examination, repair or adjustment.
6. The use of attachments not recommended by our company may cause fire, electrical shock or risk of injury.
7. Do not use outdoors.
8. To avoid the possibility of the skillet being accidentally pulled off surface, do not let cord hang over edge of surface.
9. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
10. Always attach temperature probe to appliance first, then plug cord into the wall outlet. To disconnect, push and hold the temperature knob for 2 seconds until the display shows **"OFF"**, then remove plug from wall outlet.
11. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surfaces, including a stove.
12. When oil is heated to high temperature in any vessel, flammable gases are given off. Do not expose a flame to these gases as this could be dangerous. Never cover skillet when heating oil.
13. Do not place on or near a hot burner, or in a heated oven.
14. If this appliance has a polarized plug (one blade is wider than the other), To reduce the risk of electric shock, 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, contact a qualified electrician. Do not attempt to modify the plug in any way.
15. A short power-supply cord (or detachable power-supply cord) is to be provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.
16. Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.
17. If a long detachable power-supply cord or extension cord is used:
 - a. The marked electrical rating of the cord or extension cord should be at least as great as the electrical rating of the appliance.
 - b. If the appliance is of the grounded type, the extension cord should be a grounding 3-wire cord.
 - c. The longer cord should be arranged so that it does not drape over the countertop or table top where it can be pulled on by children or tripped over unintentionally.
18. Do not use appliance for other than intended use.

IMPORTANT SAFEGUARDS (Continued)

WARNING



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

WARNING: All items in the Skillet can get very hot during cooking. Please be careful when removing these items from the unit. Always wear oven mitts or use pot holders. Skillet may retain residual heat after food has been removed. Allow everything to cool completely before cleaning.

ADDITIONAL SAFEGUARDS

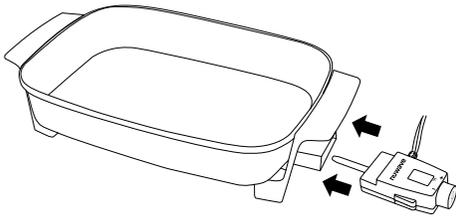
IMPORTANT INSTRUCTIONS:

1. Add only enough oil to coat the bottom of the skillet. Do not use larger amounts of oil.
2. The steam vent in the cover should always be position to the back of the skillet. Lift the lid from the back to the front to prevent steam burns.
3. Use pot holders to lift lid or move skillet.
4. Do not lift or move skillet while cooking.
5. Never immerse the temperature probe in water or any other liquid.
6. Temperature display must always shows “**OFF**” before the unit is unplugged.
7. Do not knock or drop the temperature probe as this can damage the probe.
NOTE: Probe can be hot.
8. Place the NuWave Digital Skillet on a stable, level surface.
9. Never use the NuWave Digital Skillet on a flammable surface (e.g. table cloth, carpet, etc.).
10. Maintain a minimum distance of 3-5 inches from walls and other objects, appliances, etc.
11. Do not use the NuWave Digital Skillet in the proximity of open fires, heaters or other heat sources.
12. Do not place on a stove top.
13. Ensure that the power cable is not damaged nor compressed beneath the NuWave Digital Skillet
14. The power cable must not come into contact with sharp edges and/or hot surfaces.
15. Before using the NuWave Digital Skillet confirm that the outlet’s voltage supply meets the unit voltage needs. Failure to do so may result in damage to the unit, physical damage or bodily harm.
16. In the event the is damaged, immediately disconnect the NuWave Digital Skillet from the power supply.

ASSEMBLY INSTRUCTIONS

1. Carefully unpack the skillet, make sure the support legs are secure in place.
2. Rinse the skillet base and glass lid in warm, soapy water. Rinse well and dry thoroughly.
3. Place skillet base on a clean, flat, dry surface.
4. Place the lid on top of the base according to directions.
5. Make sure the digital temperature control is facing upward. Insert temperature probe into the receptacle located on the side of the unit.
6. Plug in unit.
7. Your skillet is now ready for use.

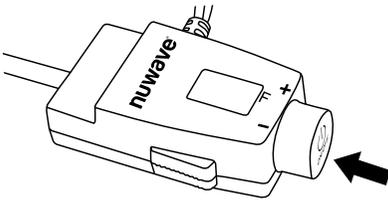
DIGITAL TEMPERATURE CONTROL INSTRUCTIONS



- 1 Insert temperature probe into the receptacle located on the side of the unit. Once the cord is plugged in, the screen will display “OFF” until you turn on the unit



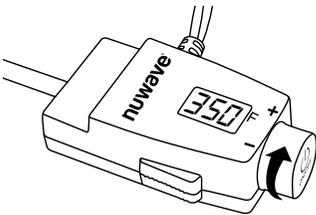
MAKE SURE THE DIGITAL TEMPERATURE CONTROL IS SECURELY INSERTED BEFORE YOU PLUG THE CORD INTO AN ELECTRICAL OUTLET.



2 ON/OFF

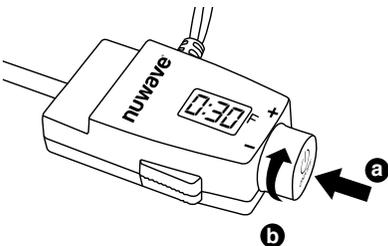
- **ON:** Push the knob once. The display will show “350” and will be flashing to indicate the unit is preheating to 350°F. Once the unit has reached the set temperature, the display will stop flashing.
- **OFF*:** Push and hold the knob for 2 seconds until the display shows “OFF”.

**Make sure the unit cools down completely before removing the digital temperature control from the Skillet.*



3 Temperature Setting

- To adjust the the temperature, turn the dial up/down to increase/decrease the temperature.
- 5-degree increments between 100°F and 425°F.



4 Time Setting

- Push the knob once (a), 0:30 will show as a default for 30 minutes.
- To adjust the time (b), turn the dial up/down.
- 1-minute increments with minimum 0:01 (1 minute) to 9:60 (9 hours and 60 minutes).

Note: Time and Temperature can be adjusted anytime during the cooking process.

OPERATING INSTRUCTIONS

1. Place your skillet on a clean, flat, dry surface.
2. Make sure the digital temperature control is facing upward. Insert temperature probe into the receptacle located on the side of the unit.
3. Plug cord into an electrical outlet.
4. Push temperature control knob and turn to desired setting.
5. Your skillet will preheat for approximately 3 minutes, depending on the desired temperature setting. For faster heating, cover the NuWave Digital Skillet with lid.
6. Place food in the skillet.

NOTE: After preheating, do not leave skillet on without any food inside; over time, this can damage the NuWave Digital Skillet.

7. Cook food as directed or until desired results are achieved.
8. After use, push the temperature knob for 2 seconds until the display shows “**OFF**” and unplug your skillet from the outlet.

NOTE: Probe may remain hot after use. Please use caution.

CARE & MAINTENANCE

CAUTION: To prevent personal injury or electric shock, always remove the temperature control probe before cleaning. Do not immerse temperature probe, cord or plug in water or other liquid.

1. Push the temperature knob for 2 seconds until the display shows “**OFF**” and unplug your skillet from the outlet.
2. Allow unit to cool before cleaning.
3. Once unit has cooled, remove the temperature control dial.
4. The temperature control dial is not immersible. Simply wipe it down with a clean cloth.
5. To clean the skillet, first remove excess food and oil with a clean cloth. Place the lid and base in the dishwasher or wash with warm soapy water, using a non-abrasive cloth.
6. Dry thoroughly before each use, including the area surrounding the digital control receivers.

NOTE: DO NOT USE HARSH ABRASIVES.

IMPORTANT - Make sure the NuWave Medley XL 16”x12” Digital Skillet cools down before you remove the temperature control dial. **DO NOT IMMERSE THE TEMPERATURE CONTROL DIAL** in the water or attempt to cycle through dishwasher. The temperature control dial may be cleaned when it is unplugged and completely cool before wiping carefully with a damp dishcloth.



PRODUCT FEATURES



- ❶ **Lid:** Comes with a premium vented tempered glass lid so you can cover your food and still see it while it cooks.
- ❷ **Duralon® Non-Stick Coating:** Made with Duralon® Healthy Ceramic Non-Stick Coating so there's no need to add any extra unhealthy fats or oils.
- ❸ **Digital Control Dial:** Includes a handy dial so you can easily set and adjust the cooking time and temperature.
- ❹ **Handles:** The heat-resistant handles allow for easy and safe handling of your skillet, even when hot.
- ❺ **Vent:** The premium lid includes a vent to allow steam to escape.
- ❻ **Heating Element:** The unique “M” shaped heating element ensures even heating across the skillet with no cool spots.

⚠ WARNING



While the NuWave Digital Skillet is in operation, do not touch the appliance's surface as it may become very hot, leading to the risk of burns. Temperature Probe may retain residual heat after it has been removed.

LIMITED WARRANTY

THE MANUFACTURER WARRANTIES

The NuWave Medley XL 16"x12" Digital Skillet, including the Base, the Lid, and the control knob are to be free from manufacturer defects. All electrical components are warranted for 1 year from the date of purchase, under normal household use, and when operated in accordance with the Manufacturer's written instructions.

The Manufacturer will provide the necessary parts and labor to repair any part of the NuWave Digital Skillet 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

The Limited Warranty is voided if repairs are made by an unauthorized dealer and/or the serial number data plate is removed and/or defaced. Normal deterioration of finish due to use or exposure is not covered by this Warranty. This Limited Warranty does not cover failure, damages or inadequate performance due to accident, acts of God (such as lightning), fluctuations in electric power, alterations, abuse, misuse, misapplications, corrosive type atmospheres, improper installation, failure to operate in accordance with the Manufacturer's written instructions, abnormal use or commercial use. NuWave, LLC reserves the right to void the Limited Warranty, where allowable by law, for products purchased from an unauthorized dealer.

TO OBTAIN SERVICE

The owner shall have the obligation and responsibility to: Pay for all services and parts not covered by the warranty; Prepay the freight to and from Service Department for any part or system returned under this warranty; Carefully package the product using adequate padding material to prevent damage in transit. The original container is ideal for this purpose. Include in the package the owner's name, address, day time telephone number, a detailed description of the problem, and your "RGA number." **Call 1-877-689-2838 or e-mail help@nuwavenow.com** to obtain the RGA number (Return Goods Authorization number). Provide the cooking system model & serial number and proof of date of purchase (a copy of the receipt) when making claims under this warranty.

MANUFACTURER'S OBLIGATION

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

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

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**.

BREAKFAST



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Bacon and Sausage (Serves 2)

Ingredients:

8 ounces sliced bacon or 16 ounces thick sliced bacon

8 (4-ounces each) sausage patties

Directions:

1. Set Skillet to 300°F and add bacon and or sausage.
2. Cook for 6 minutes per side, until bacon reach desired crispiness.

Tips:

Ensure sausage patties have internal temperature of 165°F.



Breakfast Hash (Serves 6-8)

Ingredients:

2 tablespoons extra virgin olive oil
or butter

1 medium white onion, small diced

1 tablespoon minced garlic (optional)

8 ounces Chimini or portabella
mushrooms, diced

1 pound Yukon gold potatoes, skin on
and small diced

1 pound baby red potatoes, skin on and
small diced

1 green pepper, seeded and medium diced

1 teaspoon dark chili powder (optional)

Salt and black pepper to taste

2 tablespoons fresh Italian parsley, chopped

Directions:

1. Blanch potatoes for 10 minutes in boiling water. Drain and set aside.
2. Set Skillet to 375°F and add oil followed by onion and garlic and sauté until lightly brown.
3. Add mushrooms and sauté until they lightly sweat.
4. Turn skillet up to 400°F and add the remaining ingredients except parsley and give it a quick stir before placing on the lid.
5. Let it cook for about 8-10 minutes or until potatoes are soft.
6. Stir in parsley and serve.

Tips:

Poached eggs are a great final touch to your Breakfast Hash. See page 21 for details.



Potato and Sausage Breakfast Skillet (Serves 6)

Ingredients:

- | | |
|--|--|
| 4 large eggs | 2 tablespoons chives, chopped |
| 2 tablespoons heavy cream | 2 tablespoons fresh Italian parsley, chopped |
| 2 pounds baby red or Yukon potatoes, skin on and small diced | 4 mild Italian sausage links, precooked and sliced into medallions |
| 2 tablespoons extra virgin olive oil | Salt and black pepper to taste |
| 1 green pepper, seeded and small diced | |
| 1 small red onion, small diced | |

Directions:

1. Blanch potatoes for 10 minutes in boiling water. Drain and set aside.
2. In a small bowl, whisk together eggs and cream. Season with salt and pepper and set aside.
3. Set Skillet to 400°F and add oil followed by onions, potatoes, and peppers and cook for 12 minutes or until brown and crispy.
4. Add in sausage, chives, parsley, salt, and pepper, mix together and cook 4-6 minutes.
5. Pour egg mixture in the skillet, reduce to 300°F and cover to continue baking for 3-4 minutes or until set.



Oatmeal with Blueberries, Cherries, and Apricots (Serves 8)

Ingredients:

- 7 cups water
- 1 teaspoon sea salt
- 4 cups oats
- ½ cup agave
- 1 cup dried fruit (blueberries, cherries, or apricots)

Directions:

1. Pour water and salt in skillet, set it to 300°F and bring to a boil.
2. Add oats and cook for 5 minutes, stirring occasionally.
3. Add agave and dried fruit, stir and serve.

Tips:

Hold Oatmeal at 120°F. If it is sitting after 4 hours, increase temperature up to 140°F.



Pain Perdue (Serves 4-6)

Ingredients:

3 large eggs

½ cup sugar

3 cups milk

1 teaspoon cinnamon

Pinch of nutmeg

1 loaf challah or brioche bread, cut 1-inch thick slices

¼ stick unsalted butter

Directions:

1. In a large bowl, whisk together eggs, sugar, and milk.
2. Add cinnamon and nutmeg, then whisk to combine.
3. Layer bread slices in a shallow baking dish and pour over egg mixture. Let stand 2-3 minutes or until bread begins to absorb. Turn bread and let bread absorb on the opposite side for 2-3 minutes more.
4. Set Skillet to 300°F and add butter and let melt.
5. Add 6 slices of bread to skillet and cook until golden and crisp.
6. Flip and cook until brown on the opposite side.
7. Serve immediately.

Tips:

Serve with powdered sugar, syrup, fresh fruit and bacon if desired.



Silver Dollar Pancakes (Serves 4)

Ingredients:

- 1½ cups flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1¼ cups milk
- 3 tablespoons canola oil or melted butter
- 2 eggs
- ¾ teaspoon salt
- 2 tablespoons extra virgin olive oil

Directions:

1. In a small bowl, whisk together flour, sugar, baking powder, and salt, set aside.
2. In a medium bowl, whisk together milk, oil or butter, and egg.
3. Add wet ingredients to dry ingredients; do not overmix.
4. Set Skillet to 250°F and 1-2 tablespoons oil.
5. Pour 3 tablespoons batter at a time into Skillet and cook until you see bubbles form on the pancakes. Flip, then continue to cook until golden brown.
6. Repeat steps 4 and 5 with remaining batter.

Tips:

Have fun with more than just your everyday pancakes:

- Buttermilk: add ½ teaspoon of baking soda and replace milk with buttermilk.
- Berry: add ½ cup mixed berries.
- Greek yogurt and whole grain: replace flour with ½ cup whole-wheat flour, ¼ cup cornmeal and ¼ cup wheat germ, and ½ teaspoon baking soda. Replace milk with ⅔ cup plain Greek yogurt and ⅓ cup low-fat milk.
- Chocolate chip: add ½ cup chocolate chips.
- Cinnamon raisin: add ½ teaspoon cinnamon to dry ingredients. Soak ½ cup raisins in milk that is in the recipe and add to wet ingredients.



Poached Eggs (Serves 4)

Ingredients:

1½ quarts water

2 tablespoons white vinegar

4 large eggs

Sea salt and fresh black pepper to taste

Directions:

1. Set Skillet to 420°F and add water so it is at least 3-inches deep. Bring to a boil.
2. Stir in vinegar. Reduce to 300°F
3. Break each egg into a small shallow bowl or cup.
4. Lower the bowl with the egg just to the edge of the simmering water and quickly empty egg into the water.
5. Use a spoon to keep the egg white together if needed. Simmer for 4 minutes or until yolk is set.
6. Remove eggs with slotted spoon and drain quickly with paper towel.
7. Season with salt and pepper and serve.



Scrambled Eggs (Serves 2)

Ingredients:

4 large eggs

2 tablespoons heavy cream

Sea salt and fresh ground black pepper to taste

2 tablespoons extra virgin olive oil

Directions:

1. In a small bowl, whisk together eggs and cream. Season with salt and pepper.
2. Set Skillet to 275°F and add oil.
3. Add eggs and using a rubber spatula, stir to create curds by pushing the eggs from the edge of the skillet towards the center.
4. Cook for 3-4 minutes or until set.



Sunny-Side Up Eggs (Serves 2)

Ingredients:

2 pads butter

4 large eggs

Sea salt and fresh ground black pepper to taste

Directions:

1. Set Skillet to 225°F and add butter.
2. Add eggs, cover with lid and cook for 6 minutes or until whites are set.
3. Remove lid, place on plate and season with salt and pepper.



Shrimp and Grits (Serves 4)

Ingredients:

4 cups water

1 cup grits

Sea salt to taste

1 pound peeled and deveined shrimp (16-20 count)

1 teaspoon Old Bay seasoning

Pinch of cayenne pepper (optional)

¼ cup scallions chopped

1 cup cheddar cheese, shredded

Directions:

1. Add water to Skillet and set to 400°F.
2. When it reaches a boil, reduce to 300°F, stir in grits and cook for 5 minutes.
3. Add shrimp and seasonings, reduce to 225°F, give it one more stir and cook for 5-8 minutes.
4. Add scallions and cheese, cover and turn off.

VEGETARIAN



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Au Gratin Potatoes (Serves 6-8)

Ingredients:

3 tablespoons butter

3 tablespoons all-purpose flour

1½ teaspoons salt

1/8 teaspoon black pepper

2 cups 2% milk

1 cup white cheddar or Gruyere cheese, shredded

5 cups thinly sliced peeled potatoes

½ cup chopped onion

Directions:

1. Set Skillet to 300°F and add butter. Stir in flour, salt, and pepper until smooth.
2. Set Skillet to 350°F, gradually add in milk and bring to a boil, stirring frequently.
3. Stir until thickened. Turn off and stir in cheese until melted.
4. Add potatoes and onion, and cover.
5. Reduce to 275°F and let bake for 1 hour or until fork tender.



Ratatouille (Serves 8-10)

Ingredients:

- | | |
|--|--|
| 1/8 cup extra virgin olive oil | 2 tablespoons fresh Italian parsley, chopped |
| 1 medium red onion, diced | Salt and pepper to taste |
| 2 tablespoons minced garlic | Juice and zest from 2 lemons |
| 2 large red peppers, seeded and diced | 1/2 cup white wine |
| 2 large green peppers, seeded and diced | 1 tablespoon fresh thyme (or 1 teaspoon dried thyme) |
| 3 medium zucchini, small diced | |
| 2 medium yellow squash, small diced | |
| 2 cups fresh tomatoes, small diced
(or 2 cups small whole tomatoes) | |

Directions:

1. Set Skillet to 425°F and add oil, onion, garlic, peppers, zucchini, squash, and tomatoes, then stir together.
2. Add in remaining ingredients and simmer for 30 minutes or until about half of the liquid has evaporated.
3. Make sure to stir occasionally.



Smashed Potatoes (Serves 6)

Ingredients:

3 quarts water

2 tablespoons salt

1½ pounds baby Yukon gold potatoes

2 tablespoons extra virgin olive oil or butter

Sea salt to taste

Directions:

1. Set Skillet to 420°F, add water and salt and bring to a boil.
2. Place in potatoes and let boil for 10 minutes or until fork tender.
3. Unplug Skillet and drain potatoes.
4. While potatoes are still warm, place potatoes one at a time on a cutting board and firmly mash down so the potato is flattened. Sprinkle sea salt on both sides of potato.
5. Plug in Skillet, set to 400°F and add oil or butter.
6. Place each potato in the Skillet with a spatula and brown on both sides.



Sourdough Grilled Cheese Sandwiches (Serves 2)

Ingredients:

- 2 tablespoons extra virgin olive oil
- 4 (½-inch thick) pieces of sourdough bread
- 4 slices Gruyere or Swiss Cheese

Directions:

1. Brush olive oil on one side of the bread.
2. Place cheese on other side of bread.
3. Sandwich together and set Skillet to 390°F. Place bread in Skillet and toast for 2-4 minutes a side and press down slightly.
4. Turn the Skillet off and cover if you wish to melt the cheese more.

Tips:

Use Prosciutto or ham for a non-vegetarian dish.



Vegetable Stir Fry (Serves 4-6)

Ingredients:

- | | |
|--|------------------------------------|
| 2 tablespoons sesame seed oil | 1 cup sliced baby bok choy |
| 1 medium white onion, peeled and sliced | 2 tablespoons rice vinegar |
| 1 teaspoon fresh garlic, chopped | 2 tablespoons soy sauce |
| 2 carrots, peeled and sliced $\frac{1}{8}$ -inch bias | 1 tablespoon sesame seeds |
| 3 stalks celery, rinsed and cut $\frac{1}{2}$ -inch bias | 1 teaspoon chili flakes (optional) |
| 1 red pepper, seeded and sliced into 1-inch strips | |
| 1 green pepper, seeded and sliced into 1-inch strips | |
| 1 yellow pepper, seeded and sliced into 1-inch strips | |
| 2 portabella mushrooms, cut into 1-inch cubes | |
| 1 medium green zucchini, thinly sliced | |

Directions:

1. Set Skillet to 420°F and add sesame seed oil followed by garlic and onions. Cook for 1-2 minutes or until fragrant.
2. Add in carrots and celery and sauté for 2 minutes.
3. Add in order, peppers, mushrooms, and zucchini and cook for 3-5 minutes or until vegetables are bright in color.
4. Add in the bok choy followed by rice vinegar, soy sauce, sesame seeds, and chili flakes. Stir to incorporate.
5. Continue cooking for 6 minutes stirring frequently.



Fonduta (Northern Italian Style Fondue) (Serves 4-6)

Ingredients:

- 1 tablespoon butter
- 1 shallot, finely minced
- 1 cup heavy cream
- 2 bay leaves
- ½ cup white wine
- 3½ cups grated Fontina
- Salt and white pepper to taste
- 5 thick slices of sourdough bread cut into cubes, slightly toasted

Directions:

1. Set Skillet to 400°F, add butter and shallot and sauté for 2-3 minutes, until translucent.
2. Add bay leaves, pour in wine and deglaze, stirring constantly.
3. Once all liquid is reduced, add cream and bring to a boil.
4. Reduce to 320°F, then add cheese, salt, and pepper and stir until cheese melts.
5. Reduce Skillet to 110°F and serve with bread cubes.

Tips:

- Use bamboo skewers for easy dipping.

BEEF



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Asian Style Braised Short Ribs (Serves 6-8)

Ingredients:

- 1 tablespoon canola oil
- 3 pounds short ribs, trimmed off fat, cut into 3-4-inch portions
- ¼ cup sesame seed oil
- 1½ ounces chopped ginger
- 2 tablespoons sesame seeds
- 8 ounces bottled teriyaki sauce
- 1 cup rice vinegar
- 1 quart water

Directions:

1. Set Skillet to 400°F and place oil in Skillet, followed by the beef. Sear on all sides until browned.
2. Add remaining ingredients.
3. Reduce to 300°F, cover and cook for 2 hours or until beef is fork tender.

Tips:

- You can strain and skim fat from source.
- Serve with your favorite Asian noodles such as Soba.



Beef Bourguignon (Serves 4-6)

Ingredients:

- | | |
|--|--|
| 2 tablespoons extra virgin olive oil | 2 bay leaves |
| 2 pounds large stew meat (top sirloin), cut into 1½-inch cubes | 2 tablespoons fresh Italian parsley, chopped |
| 1 large red onion, small diced | 1 cup pearl onions, peeled |
| 2 cups dry red wine | 1 quart (32 ounces) beef broth |
| 1 pound Yukon gold potatoes, skin on, medium diced | 1 tablespoon sea salt |
| 2 whole kohlrabi, peeled and diced | 1 tablespoon pepper |

Directions:

1. Set Skillet to 425°F and place oil in Skillet, followed by the beef. Sear on all sides until browned then set aside.
2. Sauté red onions, pearl onions, and kohlrabi for 8 minutes.
3. Add beef, then the wine and let it deglaze in the pan. Reduce wine by half.
4. Stir in beef broth and bring to a boil.
5. Reduce to 300°F, cover with lid, and let simmer for 35 minutes. Make sure to stir occasionally.
6. Add potatoes and continue to simmer at 300°F, cover with lid and cook for 30 minutes or until potatoes and beef are tender.
7. Season with salt and pepper.



Bolognese (Serves 6-8)

Ingredients:

- | | |
|--|-------------------------------------|
| 1/8 cup extra virgin olive oil | 2 cups white wine |
| 1 cup of very finely diced white onion | 2 (28-ounce) cans crushed tomatoes |
| 1/2 cup small diced celery | 2 tablespoons fresh Italian parsley |
| 1 cup shredded carrots | Salt and pepper |
| 1 tablespoon fresh garlic, minced | 1 tablespoon sugar |
| 2 pounds ground beef, chuck | |
| 1/2 pound ground pork or veal | |

Directions:

1. Set Skillet to 375°F and add oil followed by onions, carrots, celery, garlic and let sweat for 10-12 minutes then take veggies out and set aside.
2. Add beef and pork, set Skillet to 400°F and cook until brown. Leave the fat in.
3. Add veggie mix along with tomatoes, wine, and sugar. Season with salt and pepper. Stir to incorporate.
4. Reduce to 225°F, cover and let simmer for 45 minutes to 1 hour. Stir occasionally.
6. Top with parsley and serve over pasta.

Tips:

- Use a food processor to shred the carrots and celery.
- Use a potato masher to evenly break lumps of meat.
- Do not do skim off the fat while cooking, this is what makes it a true Bolognese.



Filet Medallions and Brussels Sprouts (Serves 4)

Ingredients:

- 4 tablespoons extra virgin olive oil, divided
- 4 (6-ounce) filets, seasoned with salt and pepper
- 1 pound Brussels sprouts, cut in half
- ½ cup chicken stock or water
- Sea salt and pepper to taste

Directions:

1. In a bowl, mix together Brussels sprouts, 2 tablespoons extra virgin olive oil, salt, and pepper.
2. Set Skillet to 400°F and add remaining oil followed by filets and sear 8 minutes per side.
3. When you flip the steaks, add in the Brussels sprouts to sear during the 8 minutes.
4. Take out filets and set aside.
5. Pour in chicken stock with Brussels sprouts and let simmer for 8 minutes.
6. Serve with filets.



Meatballs (Serves 6)

Meatball Ingredients:

2 pounds ground chuck
1½ pounds ground pork
2 eggs
½ cup parmesan cheese
2 tablespoons fresh Italian parsley, chopped
1 cup Japanese panko crumbs,
soaked in ¼ cup milk for 10 minutes
Salt and black pepper to taste

Braising Ingredients:

3 tablespoons extra virgin olive oil
2 tablespoons minced garlic
2 cups chicken stock
2 cups marinara sauce
Sea salt and pepper to taste

Directions:

1. Mix together meatball ingredients and form 3-4 ounce balls. This should make 12-16 meatballs.
2. Set Skillet to 375°F and add oil followed by the meatballs and sear all sides. Set meatballs aside.
3. Unplug the Skillet and pour out excess oil.
4. Plug Skillet back in and set to 240°F.
5. Add chicken stock and marinara sauce and stir to incorporate.
6. Carefully add in the meatballs, reduce to 225°F, cover and let simmer for 1 hour.

Tips:

If sauce bubbles too much, reduce the temperature.



Ribeye with Mushrooms and Peppers (Serves 2)

Ingredients:

- 2 tablespoons extra virgin olive oil
- 2 (8-ounce each) Ribeye steaks
- 1 pound Crimini mushrooms, whole
- 2 red bell peppers, seeded and quartered
- 2 teaspoons Kosher salt
- 2 tablespoons fresh cracked black pepper

Directions:

1. Season each side of the Ribeye steak with salt and pepper and set aside.
2. Set Skillet to 420°F and add oil.
3. Place in Ribeyes, followed by the mushrooms and peppers, skin side down, and cook for 6 minutes a side.
4. Remove Ribeyes to let rest for 5 minutes while peppers and mushrooms are still roasting.
5. Serve immediately.



Texas Chili (Serves 6)

Ingredients:

- | | |
|--|------------------------------------|
| 1 (3-4 pound) beef chuck roast, trim off fat and cut into 1-inch cubes | 2 jalapeños, minced (optional) |
| 2 tablespoons barbeque rub | 2 cloves garlic, peeled and minced |
| ¼ teaspoon cayenne pepper | 2 tablespoons tomato paste |
| ½ tablespoon dried oregano | 1 (28-ounce) can crushed tomatoes |
| ½ tablespoon ground cumin | ½ cup lager beer |
| Sea salt to taste | 32 ounces low sodium beef broth |
| 8 slices bacon, cut into small pieces | 2 cups water |
| 1 large white onion, diced | |

Directions:

1. In a bowl, mix dry spices to beef and let sit for a minimum of 10 minutes.
2. Set Skillet to 400°F, add bacon and cook until brown and crispy.
3. Reduce to 300°F and add in beef to brown all sides.
4. Add onion, garlic, and jalapeños and sauté for 8 minutes.
5. Add tomato paste and stir to incorporate.
6. Add beer and tomatoes, cover and let simmer for 10 minutes.
7. Add broth, stir to incorporate, cover and let simmer for 30 minutes or until beef is tender.

Tips:

Serve with shredded cheddar cheese, sour cream, or chopped chives.

PORK & POULTRY



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Beer Brats (Serves 4-6)

Ingredients:

- 1 pound brats
- 3 cans favorite beer
- 3 large white onions, thinly sliced
- 1 tablespoon minced garlic
- 1 tablespoon black pepper
- 1 teaspoon red pepper flakes (optional)

Directions:

1. Set Skillet to 400°F and add brats. Sear for 2-4 minutes per side.
2. Add in garlic, onion, and pepper, and continue cooking for 2 minutes.
3. Pour in beer, cover with lid and reduce to 275°F.
4. Simmer for 30 minutes or until brats have internal temperature of 165°F.

Tips:

Serve with sauerkraut.



Chicken and Roasted Carrots (Serves 4)

Ingredients:

2 tablespoons extra virgin olive oil

4 (6 ounce) boneless chicken breasts

1 pound whole baby carrots, peeled and sliced in half leaving small portion of greens on top

2 whole garlic cloves

Juice of 1 lemon

½ cup white wine

Salt and pepper to taste

Directions:

1. Set Skillet to 425°F and add oil, followed by the carrots and saute for 4 minutes.
2. Add chicken, then sear on all sides for 6 minutes per side.
3. Add lemon juice and wine, reduce to 350°F, cover with lid and cook for 10 minutes or until center of chicken reaches 165°F.



Chicken Tikka Masala (Serves 4)

Ingredients:

- 1 (3-pound) chicken, cut into pieces
- ¼ cup plain whole-milk Greek style yogurt
- 2 tablespoons peanut oil, divided
- 2 teaspoons fresh lime or lemon juice
- 1 clove garlic, peeled and minced

Sauce Ingredients:

- 5 teaspoons curry powder
- ½ teaspoon cayenne
- 1 tablespoon grated peeled fresh ginger
- 4 tablespoons unsalted butter
- 1 large white onion, finely chopped
- 1½ cups canned tomato puree
- ¾ cup water
- ½ cup heavy cream or half and half
- 1¼ teaspoons kosher salt
- ½ teaspoon freshly ground black pepper
- ½ cup chopped fresh cilantro
- Sprigs of cilantro for garnish

Directions:

1. In a small bowl, whisk together the yogurt, 1 tablespoon of the peanut oil, lime juice, and garlic. Add in the chicken to incorporate the marinade. Set aside.
2. In a separate bowl, whisk together the curry powder, cayenne, and grated ginger.
3. Set Skillet to 400°F and add 1 tablespoon peanut oil, followed by the chicken and cook for 6-8 minutes per side. Take chicken out of Skillet, let rest for at least 5 minutes and slice into 1½ inch slices.
4. Set Skillet to 375°F and add butter along with onion and cook for 5 minutes until light brown stirring frequently.
5. Reduce to 275°F and stir in the spice and ginger mixture.
6. Add tomato puree, water, heavy cream, and salt and bring to a boil.
7. Reduce to 250°F and simmer for 10 minutes or until thickened slightly.
8. Add in chicken and continue cooking for 5 minutes. Stir in black pepper, chopped cilantro, and salt.

Tips:

- Serve with Naan (Indian flatbread) or cooked basmati rice.
- Make sure chicken is 165°F in center.



Pork Tenderloin Medallions (Serves 4)

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 pound pork tenderloin, cut into 1½-inch medallions
- 1 pound Crimini mushrooms, quartered
- 3 whole cloves of garlic peeled
- Salt and pepper to taste
- 3 sprigs fresh rosemary
- ½ cup white wine

Directions:

1. Set Skillet to 400°F and add oil followed by pork tenderloin and sear for 6 minutes per side.
2. Add mushrooms, garlic, rosemary, and wine and continue cooking for 8 minutes until pork reaches 165°F.

Tips:

Smashed Potatoes is the perfect complement to your Pork Tenderloin Medallions. See page 28 for details.



Sausage and Peppers (Serves 4-6)

Ingredients:

- | | |
|---|-----------------------------|
| 2 tablespoons extra virgin olive oil | Juice of 1 lemon |
| 2 pounds Italian sausage (about 10 links) | ¼ cup fresh Italian parsley |
| 1 red onion, diced into 1-inch squares | Pinch of salt (optional) |
| 2 red peppers, seeded and large diced | Fresh cracked black pepper |
| 1 green pepper, seeded and large diced | |
| 2 cloves garlic, smashed and finely chopped | |
| 1 (28 ounce) can tomatoes | |
| 1 teaspoon oregano | |
| 1 teaspoon chili flakes (optional) | |
| ¼ cup white wine | |

Directions:

1. Set Skillet to 400°F and place oil in Skillet, followed by the Italian sausage. Sear on all sides, then set aside.
2. Add onion, peppers, and garlic and sauté for 5 minutes.
3. Cut links into 1-inch coins and place back in Skillet.
4. Add tomatoes, oregano, chili and wine, then reduce to 275°F.
5. Cover with lid and simmer for 35 minutes or until sausage is fully cooked.
6. Add lemon juice, parsley and top with salt and pepper.

SEAFOOD



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Paella (Serves 6)

Ingredients:

- | | |
|---|---|
| 4 tablespoons extra virgin olive oil, divided | 1 pinch saffron threads |
| 1 tablespoon paprika | 1 bay leaf |
| 2 teaspoons dried oregano | 1 teaspoon crushed red pepper flakes |
| Sea salt and black pepper to taste | 1-quart chicken stock |
| 2 pounds boneless skinless, chicken breasts, cut into 2-inch pieces | 2 lemons, zested |
| 3 cloves garlic, peeled and crushed | 1 pound shrimp, peeled and deveined |
| 1 Spanish onion, chopped | 1 pound of mussels |
| 1 red bell pepper, seeded and coarsely chopped | ½ cup fresh Italian leaf parsley, chopped |
| 2 cups uncooked short-grain white rice | |

Directions:

1. In a medium bowl, mix together 2 tablespoons olive oil, paprika, oregano, salt, and pepper.
2. Mix in chicken, cover and refrigerate overnight.
3. Set Skillet to 300°F and add 2 tablespoons olive oil then garlic, and bell pepper and sauté for 3 minutes.
4. Add rice, saffron, bay leaf, red pepper flakes, lemon zest, and stir to incorporate.
5. Set Skillet to 350°F, then add chicken and chicken stock and mix to incorporate.
6. Cover and let simmer for 10-15 minutes or until chicken reaches 165°F.
7. Add in shrimp and mussels and continue cooking for 8-10 minutes or until rice is tender. Stir frequently.
8. Add parsley and serve.



Salmon and Asparagus (Serves 2)

Ingredients:

2 tablespoons butter

1 lemon, cut in half

2 (6-ounce) salmon fillets (skin on)

6 pieces asparagus

Salt and pepper to taste

Directions:

1. Set Skillet to 400°F and add butter.
2. Once melted, place lemons open side down directly in Skillet.
3. Place salmon skin side down, and cook for 6 minutes.
4. Flip salmon, add asparagus, and sprinkle with salt and pepper.
5. Reduce to 350°F and continue cooking for 6 minutes.

PASTA, BEANS & RICE





Mac and Cheese with Bacon (Serves 6)

Ingredients:

8 ounces sliced bacon, cut into small pieces

2 pounds cooked cavatapi (12 ounces dried pasta)

½ cup butter

½ cup flour

4 cups whole milk

2 cups shredded cheddar cheese

2 cups shredded mozzarella cheese

½ teaspoon granulated garlic

½ teaspoon salt

2 cups toasted Japanese style breadcrumbs

Directions:

1. Set Skillet to 375°F, add bacon and cook until crispy.
2. Take out bacon and place on paper towels.
3. Set Skillet to 275°F and add butter and flour and stir until well combined.
4. Gradually whisk in milk. Bring to a gentle simmer and cook for 8 minutes, stirring continuously until thickened.
5. Add cheese, garlic, and salt and stir to combine.
6. Fold in cooked noodles and bacon, then cover with lid.
7. Cook at 275°F for 5 minutes.
8. Top with toasted breadcrumbs and serve.

Tips:

- To cook the noodles with ease, place 4-quarts of cold water and 1 pound of pasta to Skillet and set to 420°F to bring to a boil. Cook for 18 minutes with lid. Stir and toss with 1 tablespoon of olive oil and a pinch of salt.
- To toast breadcrumbs, set Skillet to 275°F, add 1 tablespoon butter, then mix breadcrumbs and stir continuously until evenly browned.



Boston Baked Beans (Serves 4-6)

Ingredients:

- | | |
|--|----------------------------------|
| 3 (28-ounce) cans northern beans, drained | 2 teaspoons dry mustard |
| 8 ounces sliced bacon, cut into small pieces | 4 ounces ketchup |
| 1 onion, finely diced | 2 teaspoons Worcestershire sauce |
| 2 ounces molasses | ½ cup packed brown sugar |
| 2 teaspoons salt | 1½ cups water |
| 1 teaspoon ground black pepper | |

Directions:

1. Set Skillet to 275°F and place in bacon and onion and cook for 3-4 minutes or until fat starts to render.
2. Add in remaining ingredients, stir to incorporate and cover.
3. Reduce to 205°F and cook for 1½ hours.

Tips:

If you want to make beans from the dry state, soak 1 pound of navy beans overnight in cold water. Place the water and beans in the Skillet, set the Skillet to 275°F and let simmer for 1½ hours or until tender. Drain beans, set aside and proceed with step 1.



Rice Pilaf (Serves 8)

Ingredients:

- 2 tablespoons butter
- 2 tablespoons extra virgin olive oil
- ½ white onion, chopped fine
- 2 cups long grain white rice
- 3 cups chicken stock
- 1½ teaspoons sea salt
- 2 cups frozen peas
- 2 cups chopped parsley
- ¼ teaspoon cayenne pepper (optional)

Directions:

1. Set Skillet to 400°F and add butter, olive oil then, onions and sauté for 7 minutes or until lightly browned.
2. Reduce to 300°F and rice and stir to incorporate.
3. Add chicken stock, salt, and cayenne pepper to Skillet and mix to incorporate.
4. Cover and continue cooking at 300°F for 35 minutes, then turn off.
5. Fold in peas, parsley and allow to rest for 10 minutes. Fluff with fork and serve.

STOCKS, SOUPS & SAUCES



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Chicken Tortilla Soup (Serves 4-6)

Ingredients:

1 large dried pasilla (ancho) chile, stemmed and seeded

1 (15-ounce) can diced tomatoes (preferably fire-roasted)

2 tablespoons extra virgin olive oil

1 medium white onion, cut into ¼-inch slices

3 garlic cloves, peeled

2 quarts chicken broth

1 large epazote sprig (optional)

Sea salt to taste

2 cups shredded cooked rotisserie chicken

1 large ripe avocado, pitted, flesh scooped from skin and cut into ¼-inch cubes

½ cup Mexican crema, sour cream, or crème fraîche for garnish

4 cups tortilla chips or tortillas dried overnight in an oven

1 large lime, cut into 6 wedges for garnish

Directions:

1. Set Skillet to 375°F and add oil along with onion and garlic and cook for 7 minutes until golden stirring frequently.
2. Scoop out onion and garlic and press down to keep in as much oil as possible. Transfer to a blender. Process until smooth.
3. Add onion puree back in and sauté for 6 minutes to form a paste, stirring continuously.
4. Reduce to 225°F, add broth, tomatoes, and epazote and simmer for 15 minutes. Add salt if needed.
5. Add chicken to the simmering broth and stir.
6. Divide tortillas between serving bowls, top with soup and serve with avocado, cream, and limes.



Gumbo (Serves 8)

Ingredients:

¾ cup extra virgin olive oil

1½ cups flour

1 cup chopped onion

1 teaspoon minced garlic

4 cups water

2 cups cut up andouille sausage

1 (2-3-pound) chicken, cut into small parts

2½ tablespoons Worcestershire sauce

1½ teaspoons Louisiana hot sauce

2½ teaspoons sea salt

4 cups white wine

½ teaspoon filé powder

Directions:

1. Set Skillet to 275°F and add oil and flour. Stir the mixture constantly for 10-12 minutes or until dark brown in color.
2. Add onion and continue cooking until onion is translucent. Next, add garlic along with the water stirring constantly.
3. Mix in Worcestershire and hot sauce, followed by the andouille sausage.
4. Place in chicken, followed by the wine and salt. Mix together and cover with lid.
5. Let simmer for 1½ hours or until chicken has reached 165°F.

Tips:

Serve with rice and filé powder.



Lentil Soup (Serves 6)

Ingredients:

- 1 cup bacon, cut into small pieces
- 1 small white onion, diced
- ½ cup diced celery
- ½ cup diced carrots
- 1 pound bag lentils
- 8 cups water or chicken stock
- Salt and pepper to taste

Directions:

1. Set Skillet to 375°F and add bacon and onion. Cook until bacon renders its fat.
2. Add in celery and carrots and mix together and cook until translucent.
3. Add in lentils, sauté together.
4. Pour in the liquid, season with salt and pepper, and bring to a boil.
5. Reduce the temperature to 275°F, cover with lid and cook for 45 minutes or until lentils are tender.



Marinara Sauce (Serves 6-8)

Ingredients:

- 3 tablespoons extra virgin olive oil
- 1 small white onion, diced
- 2 tablespoons minced garlic
- ½ cup fresh basil, finely chopped
- 1 (6-ounce) can tomato paste
- 5 (28-ounce) cans whole peeled tomatoes, crushed by hand
- 2 tablespoons sea salt
- 2 tablespoons sugar
- Fresh cracked black pepper to taste

Directions:

1. Set Skillet to 350°F and add oil, onion, and garlic, then sauté for 3-4 minutes.
2. Add tomato paste and stir to incorporate and darken slightly.
3. Reduce to 275°F and add crushed tomatoes, salt, sugar, and pepper then cover.
4. Simmer for 2 hours, stirring occasionally.
5. Fold in basil and let cool or serve immediately.

Tips:

If sauce bubbles too much, reduce the temperature.



Minestrone (Serves 6-8)

Ingredients:

- | | |
|--|--|
| 1/8 cup extra virgin olive oil | 4 cups tomato juice |
| 1 medium red onion, diced | 2 cups kale, chopped |
| 2 tablespoons minced garlic | 2 tablespoons fresh Italian parsley, chopped |
| 2 large red peppers, seeded and diced | Salt and pepper to taste |
| 2 large green peppers, seeded and diced | 1 tablespoon fresh thyme (or 1 teaspoon dried thyme) |
| 3 medium zucchini, small diced | |
| 2 medium yellow squash, small diced | |
| 2 cups cauliflower florets | |
| 2 cups fresh tomatoes, small diced
(or 2 cups small whole tomatoes) | |

Directions:

1. Set Skillet to 375°F and add oil, onion, garlic, peppers, zucchini, squash, cauliflower, and tomatoes, then stir together.
2. Add in remaining ingredients, reduce to 320°F and simmer for 30 minutes stirring occasionally.



Mole Sauce (Serves 8)

Ingredients:

2 cups chicken broth	¼ cup raisins
2 dried guajillo chilies, stemmed and seeded	2 tablespoons cumin seeds
2 dried ancho chilies, stemmed and seeded	1 tablespoon dried thyme
3 dried chipotle chilies, stemmed and seeded	3 cinnamon sticks
1 slice white bread, torn into pieces	5 whole cloves
2 corn tortillas, cut into 1-inch strips	6 whole allspice berries
2 tomatoes, cut in half crosswise	5 ounces dark chocolate, coarsely chopped (Mexican chocolate works the best)
5 tomatillos, cut in half crosswise	1 cup chicken broth
1 tablespoon lard	3 tablespoons white sugar
1 white onion, halved and thinly sliced	1 teaspoon sea salt
½ clove garlic, peeled and sliced	
⅓ cup chopped almonds	

Directions:

1. Set Skillet to 375°F and toast guajillo, ancho, and chipotle chilies directly in the Skillet stirring constantly for 4 minutes or until warm and aromatic.
2. Add bread and tortilla strips and brown for 3 minutes or until lightly browned.
3. Pour chicken broth into Skillet.
4. Let it soak for 5 minutes or until soft.
5. Place tomatoes and tomatillos in Skillet and continue cooking for 8 minutes or until soft. Place in blender. Reserve and set aside.
6. Add lard to Skillet along with onion, garlic, almonds, raisins, cumin seeds, thyme, cinnamon, cinnamon sticks, and allspice berries. Cook and stir 8 minutes or until onion are soft and golden. Remove cinnamon sticks and whole spices and add remaining onion mixture to blender and blend until smooth.
7. Pour chili puree back into Skillet and stir in chocolate, sugar, and salt. Bring mixture to a simmer and stir for 15 minutes or until chocolate is melted and sauce is thickened and slightly reduced.



Tomato Bisque (Serves 4)

Ingredients:

- 2 (28-ounce) cans peeled plum tomatoes
- 1 small bunch ($\frac{1}{8}$ ounce) fresh basil
- 1-2 cloves peeled garlic
- 2 tablespoons extra virgin olive oil
- $\frac{1}{4}$ cup Mascarpone cheese or heavy cream

Directions:

1. Blend all ingredients in a food processor and pour into Skillet.
2. Set Skillet to 225°F cover with lid and cook for 20 minutes.

Tips:

- Serve with toast, croutons, or Parmesan cheese.
- Pulse a few times in a food processor for a rustic bisque.

DESSERT



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Crème Brûlée (Serves 4-6)

Ingredients:

3 vanilla beans, split and scrapped (or 1 tablespoon vanilla extract)

1 quart milk or half and half

16 egg yolks

$\frac{3}{4}$ cup sugar

Directions:

1. Set Skillet to 190°F and add milk with vanilla. This will be just below a simmer.
2. In a separate bowl, whip yolks and sugar together until pale and foamy.
3. Unplug the skillet and temper yolk mixture by slowly adding hot milk to the egg mixture.
4. Return egg/milk mixture back into the Skillet with the remaining milk in the Skillet.
5. Set Skillet to 225°F and using a thermometer, bring milk temperature to 175°F stirring constantly.
6. Pour mixture into 4-ounce ramekins and fill to top.
7. Wipe skillet out and add water to make sure there is 2½ inches of water in the Skillet. Set Skillet to 220°F.
8. Place ramekins into Skillet.
9. Cover with lid and cook for 2½ hours or until they are set.

Tips:

Sprinkle sugar on the top and broil in the oven for a couple minutes to give a finishing touch.



Cinnamon Poached Pears (Serves 6)

Ingredients:

- 6 Bosc pears, peeled
- 2 cups cold water
- 1 (750-ml) bottle white wine
- 1 cup sugar
- 6 cinnamon sticks
- Pinch of salt

Directions:

1. Set Skillet to 420°F, add water, wine, and sugar and bring to a boil.
2. Add cinnamon sticks, then carefully add pears.
3. Reduce to 275°F, cover and cook for 45 minutes or until you can pierce all the way through with a skewer.
4. Turn Skillet off and let pears cool in liquid.
5. Serve with your favorite ice cream.

Tips:

Poached pears are a great compliment for any salad.



Bread Pudding (Serves 8-10)

Ingredients:

1 pound egg, challah or brioche bread, cut into 1-inch cubes

8 eggs, beaten

1 quart half and half

¼ cup sugar

1 teaspoon cinnamon

¼ teaspoon nutmeg

Pinch of salt

¼ cup shelled walnuts, chopped

½ cup dried fruit

1 tablespoon butter

Directions:

1. In a mixing bowl, mix together half and half and eggs.
2. Mix in cinnamon, salt, sugar, and nutmeg.
3. Fold bread, walnuts, and fruit into egg mixture and let rest for 10 minutes.
4. Set Skillet to 250°F and add butter.
5. Once melted, place bread mixture into skillet, pat down to ensure it's even at 1½-2 inches thick and to remove all air bubbles.
6. Let bread mixture sit for 1 minute, then press down again.
7. Set the Skillet to 275°F, cover with lid and cook for 45 minutes.
8. Uncover Skillet and cook for additional 5 minutes, or until toothpick comes out clean

Tips:

Blueberries, cherries, apricots, or even dried cranberries are great fruits to use.



Whoopie Pies (Yield 18 pies)

Ingredients:

- 1 cup all-purpose flour
- 1 cup sugar
- ¼ cup natural cocoa powder
- ½ teaspoon baking powder
- ¾ teaspoon fine salt
- ½ cup (1 stick) unsalted butter
- 1 cup semisweet chocolate chips, melted
- 3 large eggs
- 1 teaspoon vanilla extract
- 2 tablespoons canola oil

Filling Ingredients:

- 3 cups confectioners' sugar
- 1 cup butter
- 1 teaspoon vanilla extract
- 1-2 tablespoons whipping cream

Directions:

1. In a small bowl, whisk together flour, sugar, cocoa powder, baking powder, and salt; set aside.
2. In a medium bowl, whisk together butter, melted chocolate, eggs, and vanilla.
3. Gradually add wet ingredients to dry ingredients and mix together, being careful not to overmix.
4. Set Skillet to 250°F and add 1-2 tablespoons oil.
5. Pour 3 tablespoons batter at a time into Skillet and cook for 2-3 minutes, until they are spring form to the touch.
6. Once cooked, place pies on a cooling rack and let cool flat side up.
7. Repeat steps 5-6 with remaining batter.
8. While pies cool, prepare filling by adding sugar and butter to stand mixer and mix on low speed for 3 minutes, or until wet and blended.
9. Increase speed to medium and continue mixing for additional 3 minutes.
10. Add vanilla and cream and continue to beat on medium speed for 1 minute. Add more cream if necessary for the perfect spreading consistency.
11. Once pies are cool, spread filling onto flat side of half of the pies.
12. Top with remaining pies by pressing lightly to make each pie.



Chocolate Fondue (Serves 4)

Ingredients:

2 cups heavy cream

1 pound semisweet chocolate chips

1 tablespoon vanilla extract

1 tablespoon brandy

Directions:

1. Set Skillet to 120°F, add cream and heat for about 2 minutes, or until it is hot to the touch.
2. Add chocolate chips and whisk until smooth and completely melted.
3. Whisk in vanilla and brandy and continue cooking for 2-3 minutes.
4. Reduce Skillet to 100°F and serve.

Tips:

Use strawberries, pineapple pieces, brownies, marshmallows, and even cookies for dipping.

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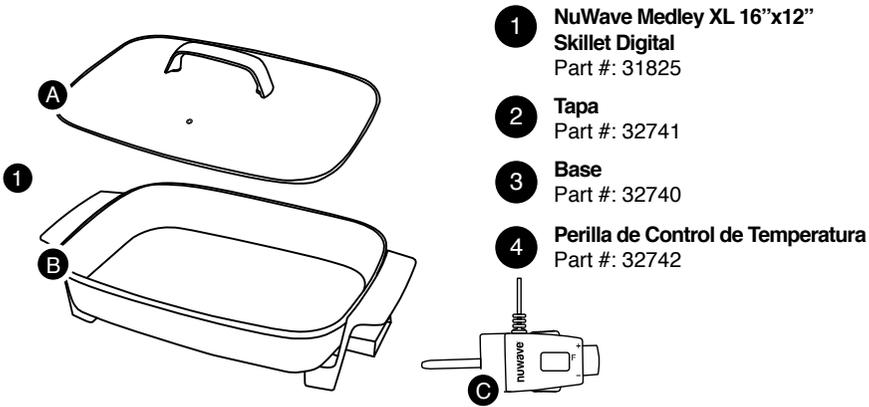
NuWave Medley™ XL

16" x 12" Skillet Digital



El Manual del Propietario

DESCRIPCIONES DE PIEZAS

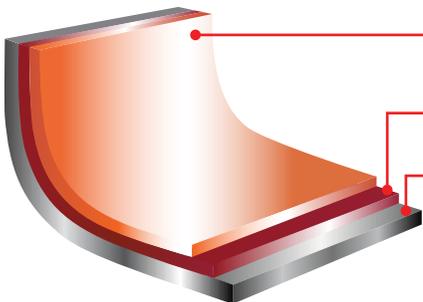


Para ordenar partes y accesorios llame a Servicio al Cliente: **1-877-689-2838** o escriba a **help@nuwavenow.com**. También puede ordenar en línea en **www.NuWaveNow.com**. Proporcione por favor el nombre y número correctos del artículo para asegurarnos de que su orden sea tomada de forma precisa.

¿Qué es la Tecnología Duralon?

¡Felicidades por la compra de su NuWave Healthy Medley XL 16" x 12" Skillet Digital! Nuestra misión es proveer productos que promuevan una vida sana y mejoren la calidad de la misma. Usted tiene ahora un utensilio de cocina con tecnología avanzada y superficie con Duralon antiadherente de Cerámica con Titanio y Diamante inyectados, esta tecnología logra una comida más fácil y una limpieza sencilla. Este recubrimiento es realmente cómodo porque los alimentos se deslizan fácilmente. La limpieza es sencilla porque los mismos alimentos ayudan.

A diferencia de otros utensilios tradicionales, cocinar con el NuWave Healthy Medley XL 16" x 12" Skillet Digital Antiadherente es más sano, ya que no son necesarios grasas o aceites. La cubierta de cerámica, en general, es más fuerte y resistente a las abrasiones que otros materiales antiadherentes. Otros Skillets eléctricos pueden contener químicos como el ácido perfluorooctanoico ("PFOA"), el cual ha sido relacionado con algunos tipos de cáncer. O el politetrafluoretileno ("PTFE"), el cual se puede comenzar a degradar a temperaturas arriba de 500°F. Nuestro NuWave Healthy Medley XL 16" x 12" Skillet Digital Antiadherente no contiene ninguno de ellos y ha sido desarrollado para dar muchos años de satisfacción y cocina para disfrutar.



CUBIERTA DE ARRIBA:
Cerámica con Titanio Inyectado

CUBIERTA DE LA BASE:
Cerámica con Diamante Inyectado
Base de aluminio fundido

DURALON
TECHNOLOGY

IMPORTANTES MEDIDAS DE SEGURIDAD

LEA TODAS LAS INSTRUCCIONES ANTES DE USARSE

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

1. No toque las superficies calientes. Utilice las agarraderas.
2. Para evitar una descarga eléctrica, no sumerja el cable, las clavijas o la sonda de control de temperatura en agua o algún otro líquido.
3. Es necesaria una supervisión de cerca cuando el aparato sea utilizado por o cerca de un niño, para evitar así posibles lesiones por accidente.
4. Desconecte del contacto de pared cuando no esté en uso y antes de limpiarlo. Deje enfriar antes de armar o quitar las partes.
5. No utilice ningún aparato con un cable o clavija dañados o después de que haya fallado, se haya caído o dañado de cualquier forma o no esté funcionando debidamente. Devuelva el aparato a un centro de servicio autorizado para una revisión, reparación o ajuste.
6. El uso de accesorios no recomendados por nuestra compañía podría provocar un incendio, descarga eléctrica o riesgo de lesión.
7. No lo utilice en exteriores.
8. No deje el cable colgar de una mesa o barra para evitar la posibilidad de que la sartén sea tirada accidentalmente resultando en un daño a la sartén o una lesión personal.
9. Se deben extremar precauciones cuando mueva aparatos que contengan aceite u otros líquidos calientes.
10. Siempre Conecte la sonda de temperatura al aparato primero y luego conecte el enchufe de la pared. Para desconectar, empuje y sostenga la perilla de temperatura por 2 segundos hasta que la pantalla muestre “OFF”, luego quite el enchufe de la toma de corriente.
11. Para evitar daños al cable y un posible incendio o riesgo de electrocución, no permita que el cable tenga contacto con superficies calientes, incluyendo la estufa.
12. Cuando el aceite se calienta a alta temperatura, en cualquier recipiente, emite gases inflamables. No exponga una flama a estos gases ya que podría ser peligroso. Nunca tape la sartén cuando caliente aceite.
13. Nunca lo coloque sobre o cerca de un quemador caliente de gas o eléctrico, ni dentro de un horno caliente.
14. Si este aparato tiene una clavija polarizada (un lado es más ancho que el otro), entonces está diseñado para caber en un contacto polarizado de una sola forma. Si la clavija no entra completamente, inténtelo al revés. Si aún así no entra, contacte a un electricista calificado. No intente modificar la clavija de ninguna manera.
15. Se puede utilizar un cable de alimentación más corto (o un cable de alimentación desmontable) para reducir el riesgo de que se enrede o alguien se tropiece con el cable largo.
16. Existen cables desmontables más largos o extensiones que pueden utilizarse cuidadosamente.

IMPORTANTES MEDIDAS DE SEGURIDAD (Continuación)

17. Si se utiliza una extensión para el cable :
 - a. EL rango eléctrico marcado de la extensión deberá ser al menos tan grande como el rango del aparato.
 - b. Si el aparato es de tipo tierra, la extensión deberá ser de tierra de 3 cables.
 - c. La extensión larga deberá ser arreglada de tal forma que no cuelgue y pueda ser jalada por niños o alguien pueda tropezarse.
18. No utilice el aparato para otros fines que no sean para los que está diseñado.

ADVERTENCIA



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

ADVERTENCIA: Todos los productos en el Skillet 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.

SALVAGUARDAS ADICIONALES

INSTRUCCIONES IMPORTANTES

1. Agregue solamente aceite suficiente para cubrir el fondo del sartén, no utilice grandes cantidades de aceite.
2. La ventilación de vapor en la cubierta deberá ser siempre posicionada hacia atrás del Skillet. Levante la tapa de atrás hacia adelante para prevenir quemaduras con vapor.
3. Utilice agarradores para retirar la tapa o mover la sartén.
4. No levante o mueva la sartén mientras esté cocinando.
5. Nunca sumerja la sonda de temperatura en agua ni en ningún otro líquido.
6. La sonda de Temperatura siempre debe mostrar “OFF” antes de que la unidad sea desconectada.
7. No golpee o deje caer la sonda de temperatura, ya que puede dañarse.
NOTA: La sonda puede calentarse.
8. Coloque el NuWave Electric Skillet en una superficie estable, nivelada y no metálica.
9. Nunca utilice el NuWave Electric Skillet en una superficie inflamable (por ejemplo un mantel, alfombra, etc.)
10. Manténgalo a una distancia mínima de 3-5 pulgadas de paredes, otros objetos o electrodomésticos, etc.
11. No utilice el NuWave Electric Skillet cerca de fuegos abiertos, calentadores u otras fuentes de calor.
12. No lo coloque sobre una estufa.
13. Asegúrese de que el cable de corriente no esté dañado o quede presionado debajo del induction cooktop.
14. El cable de corriente no debe estar en contacto con orillas filosas y/o superficies calientes.

SALVAGUARDAS ADICIONALES (Continuación)

15. Antes de utilizar el NuWave Skillet Eléctrico confirme que el voltaje de salida del contacto alcance el voltaje requerido. El no hacerlo podría dañar la unidad o lastimar a alguien.
16. En el caso de que se observe daños en la unidad, desconecte inmediatamente el NuWave - Electric Skillet de la red eléctrica.

LIMPIEZA Y MANTENIMIENTO

PRECAUCIÓN: Para prevenir lesiones personales o una descarga eléctrica, siempre retire la sonda de temperatura antes de limpiar. No sumerja la sonda de temperatura, el cable o la clavija en agua u otro líquido.

1. Empuje la perilla de temperatura por 2 segundos hasta que la pantalla muestre “OFF” y desenchufe su sartén de la toma de corriente. Permita que se enfríe antes de limpiar.
2. Una vez que el aparato se ha enfriado retire la perilla de control de temperatura.
3. La perilla de control de temperatura no es sumergible. Simplemente límpiela con un trapo.
4. El control de temperatura no es sumergible. Simplemente Limpie con un paño limpio.
5. Seque completamente antes de cada uso. Para limpiar la sartén, primero quite el exceso de alimentos y aceite con un paño limpio. Coloque la tapa y la base en el lavavajillas o lave con agua tibia jabonosa con un paño no abrasivo.
6. Seque completamente antes de cada uso, incluyendo el área alrededor de los receptores de control digital.

NOTA: NO UTILICE ABRASIVOS FUERTES.

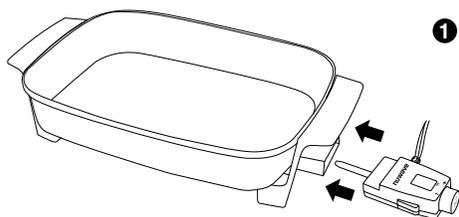
IMPORTANTE – Asegúrese de que el NuWave Medley XL 16”x12” Skillet Digital se enfríe bien antes de retirar la perilla de control de temperatura. **NO SUMERJA LA PERILLA DE CONTROL DE TEMPERATURA en agua ni intente lavarlo en el lavavajillas.** La perilla de control de temperatura puede ser limpiada cuando esté desconectada y completamente fría antes de limpiarla con un trapo.



INSTRUCCIONES DE ENSAMBLE

1. Desempaque la sartén con cuidado y asegúrese de que las patas de la base estén seguras.
2. Enjuague la base de la sartén y la tapa de vidrio en agua jabonosa tibia.
3. Coloque la base de la sartén en una superficie limpia, plana y seca.
4. Coloque la cubierta encima de la base de acuerdo a las instrucciones.
5. Asegúrese de que el control de temperatura digital este hacia arriba. Inserte la sonda de temperatura en el recipiente ubicado en el lado de la unidad
6. Conecte el aparato.
7. Su sartén está ahora listo para utilizarse.

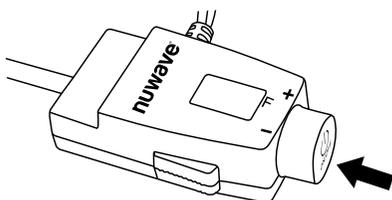
INSTRUCCIONES DEL CONTROL DE TEMPERATURA DIGITAL



- 1 Inserte el dispositivo de temperatura en el orificio localizado de un lado del aparato. Una vez que conecte la clavija, la pantalla mostrará "OFF" hasta que la unidad sea encendida.

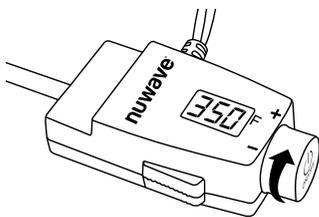


ASEGÚRESE DE HABER INSTERTADO BIEN EL CONTROL DE TEMPERATURA ANTES DE CONECTAR EL APARATO A LA CORRIENTE ELÉCTRICA.

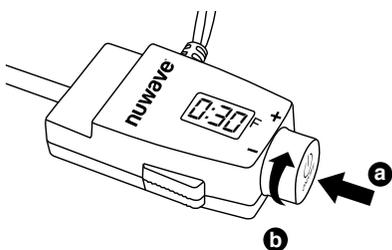


- 2 **ON/OFF**
 - **ON:** Presione la perilla una vez. El display mostrará 350 (350°F) para indicar que la unidad está ahora encendida.
 - **OFF*:** Presione la perilla y sostenga por 2 segundos hasta que el display esté completamente apagado .

**Asegúrese de la unidad se enfríe completamente antes de retirarlo de que el control de temperatura digital.*



- 3 **Ajuste de Temperatura**
 - Para ajustar la temperatura gire la perilla para aumentarla o disminuirla.
 - Incrementos de 5-grados entre 100°F y 425°F.



- 4 **Ajuste de Tiempo**
 - Presione la perilla una vez (a), se mostrará automáticamente 0:30 de 30 minutos.
 - Para ajustar el tiempo (b), gire la perilla.
 - Incrementos de 1 minuto con un mínimo de 0:01 (1 minuto) hasta 9:60 (9 horas y 60 minutos).

INSTRUCCIONES DE OPERACION

1. Coloque su sartén en una superficie limpia, plana y seca.
2. Asegúrese de que el control de temperatura digital este hacia arriba. Inserte la sonda de temperatura en el recipiente ubicado en el lado de la unidad
3. Conecte el cable a un contacto eléctrico.
4. Gire la perilla de control de temperatura hasta donde lo desee, la luz del indicador permanecerá encendida.
5. Su sartén se precalentará de 3 minutos aproximadamente, dependiendo de la temperatura elegida. Para calentarla más rápido, coloque la tapa de vidrio sobre la base.
6. Coloque la comida en la sartén.
NOTA: Después de precalentarla, no deje la sartén encendida sin comida dentro; después de un tiempo podría dañarse.
7. Cocine el platillo como se indica o hasta alcanzar los resultados deseados.
8. Después de uso, empuje la perilla de temperatura por 2 segundos hasta que la pantalla muestre “OFF” y desenchufe su sartén de la toma de corriente.
NOTA: La sonda puede continuar caliente después de usarse. Tome precaución.

CARACTERÍSTICAS DEL PRODUCTO



- 1 **Tapa:** Viene con una tapa ventilada de vidrio templado premium para que usted pueda tapar sus alimentos y ver como se cocinan.
- 2 **Cubierta Antiadherente de Duralon®:** Hecha con Cerámica Saludable Antiadherente Duralon para que no haya necesidad de añadir ningún aceite o grasa extra.
- 3 **Parilla de Control Digital:** Incluye una perilla manual para que pueda determinar y ajustar la tiempo y temperatura fácilmente.
- 4 **Manijas:** Las manijas resistentes al calor permiten un manejo fácil y seguro de su Skillet aún cuando esté caliente.
- 5 **Ventilación:** La tapa premium incluye una ventilación para permitir que el vapor salga.
- 6 **Elemento Caliente:** El elemento caliente único con forma "M" asegura que el calor se reparta en todo el Skillet sin puntos fríos.



⚠ CAUTION

No toque la superficie del NuWave Digital Skillet mientras esté funcionando, ya que puede estar muy caliente y provocar quemaduras. La Sonda de la sartén puede conservar calor residual después de que haya sido retirada.

GARANTÍA LIMITADA

LAS GARANTÍAS DEL FABRICANTE

El NuWave Medley XL de 16"x12" Skillet Digital, incluyendo la base, tapa, perilla de control de temperatura debe estar libre de defectos del fabricante. Todos los componentes eléctricos están garantizados por un año a partir de la fecha de compra, bajo uso doméstico normal y cuando son operados de acuerdo con las instrucciones escritas del fabricante.

El fabricante proporcionará las piezas y mano de obra necesarias para reparar cualquier parte de la Freidora de Aire Digital en el Departamento de Servicio de NuWave, LLC. Después de la expiración de la garantía, el costo de la mano de obra y las piezas serán responsabilidad del propietario.

LO QUE LA GARANTÍA NO CUBRE

La Garantía Limitada se invalida si hay una reparación hecha por un distribuidor no autorizado o si se retira o maltrata la placa del número de serie. El deterioro normal del acabado, por uso o exposición, no está cubierto por esta Garantía. Esta Garantía Limitada tampoco cubre fallas, daños o desempeño inadecuado por accidentes, desastres naturales (como relámpagos), variaciones en la potencia eléctrica, alteraciones, abuso, mal uso, ambientes corrosivos, instalación inadecuada, o falla en la operación de acuerdo con las instrucciones escritas por el Fabricante, uso no normal o comercial.

PARA OBTENER SERVICIO

El propietario tendrá la obligación y responsabilidad de: Pagar por todos los servicios y partes no cubiertas por la garantía; Prepagar el envío al y desde el Departamento de Servicio para cualquier parte o sistema devuelto bajo esta garantía; Empacar cuidadosamente el producto utilizando el material de relleno adecuado para prevenir cualquier daño durante el tránsito. El empaque original es ideal para este propósito. Incluya en el empaque el nombre del propietario, dirección, teléfono durante el día, una descripción detallada del problema y su "número RGA" escriba a help@nuwavenow.com para obtener el RGA (Número de Autorización de Devolución del Producto). Proporcione el modelo del producto, el número de serie y comprobante de la fecha de compra (una copia del recibo) cuando reclame su garantía.

OBLIGACIONES DEL FABRICANTE

Las obligaciones del Fabricante bajo esta Garantía Limitada están restringidas a la reparación o reemplazo de cualquier parte cubierta por esta Garantía Limitada que sea encontrada defectuosa, una vez revisada, bajo un uso normal. La Garantía Limitada aplica únicamente en los Estados Unidos y sólo para el comprador original en los canales de distribución autorizados por el fabricante. LA GARANTÍA LIMITADA NO PUEDE SER ALTERADA, CAMBIADA O EXTENDIDA EXCEPTO POR UN INSTRUMENTO POR ESCRITO REALIZADO POR EL FABRICANTE. LA SOLUCIÓN DE REPARACIÓN O REEMPLAZO INCLUIDA EN ESTA GARANTÍA ES EXCLUSIVA. EN NINGÚN CASO EL FABRICANTE SERÁ RESPONSABLE DE NINGÚN DAÑO RELEVANTE O FORTUITO A ALGUNA PERSONA, SEA O NO OCASIONADO POR LA NEGLIGENCIA DEL FABRICANTE, INCLUYENDO SIN LÍMITE DAÑOS POR PÉRDIDA POR USO, COSTO DE REEMPLAZO, DAÑO A LA PROPIEDAD, U OTRAS PÉRDIDAS MONETARIAS.

Algunos estados no permiten la exclusión o limitación de daños relevantes o fortuitos, así que la exclusión mencionada podría no aplicar. Esta Garantía Limitada proporciona derechos legales específicos y podrían haber otros derechos que varíen entre estado y estado. EXCEPTO POR LO QUE YA SE EXPRESÓ DE FORMA DIFERENTE, EL FABRICANTE NO GARANTIZA EXPRESA O IMPLÍCITAMENTE POR LEY U OTRAS, INCLUYENDO SIN LIMITACIONES, LAS GARANTÍAS IMPLÍCITAS DE COMERCIALIZACIÓN Y EJERCICIO PARA UN PROPÓSITO PARTICULAR A CUALQUIER OTRA PERSONA. LEA EL MANUAL DEL USUARIO. SI TUVIERA ALGUNA DUDA SOBRE EL FUNCIONAMIENTO O LA GARANTÍA DEL PRODUCTO, CONTACTE A NUWAVE, LLC.

LEA EL MANUAL DEL PROPIETARIO: Si aún tiene alguna pregunta sobre el funcionamiento o la garantía del producto, comuníquese con NuWave, LLC al: **1-877-689-2838** o por correo electrónico help@nuwavenow.com.



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**NuWave Nutri-Pot® 6Q
Digital Pressure Cooker**



**NuWave Brio® 6Q
Digital Air Fryer**

**Nutri-Master®
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Model 31825, 120V, 60Hz, 1500 Watts

Designed & Develop in U.S.A. by:

NuWave, LLC

1755 N. Butterfield Rd.

Libertyville, IL 60048, U.S.A.

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