

nuwave[™]
— LIVE WELL FOR LESS[®] —

PIC[®] FLEX



Owner's Manual & Complete Recipe Book

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Welcome to NuWave™

Precision Induction Cooking

Congratulations on purchasing your NuWave™ Precision Induction Cooktop (PIC®) Flex. 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 Flex 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 Flex is comprised of a series 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 toxins into the environment. Induction cooking emits no flame, so less residual heat is produced in your kitchen. The NuWave™ Precision Induction Cooktop Flex remains cool to the touch where the magnetic surface is not activated.

Additional Benefits:

- **Energy Conservation:** The magnetic field, generated by the copper coils, causes invisible molecules in the cookware to begin vibrating rapidly, creating heat, so the cookware itself heats the food. The NuWave™ PIC Flex is one of the most energy-efficient cooktops available today, which means that cooking with the PIC Flex can translate into savings on your monthly utility bills.
- **Safety:** The NuWave™ PIC Flex's design uses no red hot coils or open flames, essentially eliminating the risk of fire. Automatic shut-off 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 Flex. Features 6 different temperature settings that are adjustable in 10-degree increments. There's no guessing!
- **Lightweight & Portable:** Because it weighs only 4.0 pounds, you can take the NuWave™ PIC Flex anywhere you go! Use it indoors or out - anywhere with a standard U.S. electrical outlet.
- **Easy to Clean:** Spills won't burn and stick to the cooktop surface. Just wipe and go!

NuWave™ Precision Induction Cooktop Flex Products and Accessories

NuWave™ Precision Induction Cooktop:

(30501~30532) NuWave™ PIC® Flex	(32557) Quick Start Guide
(32556) Complete Cookbook / Manual	(32158) Registration Card
(32559) Instructional DVD	(31115) Custom-Made Carrying Case
(32560) Fact Sheet	

NuWave™ Ultimate Cookware Set:

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

NuWave™ Cast Iron:

(32023) Cast Iron Grill	(31113) Cast Iron Griddle
(32022) Oil Drip Tray	(32060) Cast Iron Griddle Manual
(32056) Cast Iron Grill Manual	

NuWave™ Duralon® Ceramic Non-Stick Cookware:

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

Hard-Anodized Aluminum Pans:

9-inch	(32109)	Lid (Optional):	(32012)
10.5-inch	(32110)		(32004)
12-inch	(32114)		(32014)

Stainless Steel Plus Pans:

9-inch	(32015)	Lid (Optional):	(32012)
10.5-inch	(32016)		(32004)
12-inch	(32017)		(32014)

Stainless Steel Chef Series Pans:

9-inch	(32009)	Lid (Optional):	(32012)
10.5-inch	(32010)		(32004)
11.5-inch	(32011)		(32013)

Stainless Steel Stock Pots & Saucepans:

1.5-quart	(32031)	Lid (Optional):	(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:

12-inch, 5.0-quart	(32018)	Lid (Optional):	(32019)
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Stainless Steel Grill Pan:

11-inch, 3.0-quart	(32024)	Lid (Optional):	(32025)
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8.0-quart Steamer Pot Set:

8.0-quart Stock Pot	(32400)	Lid (Optional):	(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 electrical 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 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.
2. This appliance should not be used by children. Close supervision is necessary when this product is used near children.
3. Do not place on any gas or electric burner or in a heated oven.
4. Do not place metallic objects such as knives, forks, spoons, or lids on the cooktop as they may become hot.
5. This appliance is not intended for commercial use.
6. 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.
7. 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.
8. Do not operate a broken cooktop. If cooktop should break, cleaning solutions and spillovers may penetrate the appliance and create a risk of electric shock.
9. 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.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11. 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.

12. Do not move the appliance while hot.
13. This appliance is for household use only; it is designed to process normal household quantities. It is not suitable for continuous or commercial operation.
14. Do not disassemble the product. There are no user serviceable parts.
15. Do not leave the appliance unattended while in use.
16. This appliance is not intended for operation by means of an external timer or separate remote-control system.
17. 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.
18. Use caution when disposing of hot grease.
19. 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
<p>Electric shock hazard. Use with adequate electrical system. Do not use if cord or plug is damaged.</p> <p>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.</p>	

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



- 1 Ventilation:** Air vents are located on the back of the product to allow any heat generated by the heating element to escape. This design feature prevents heat transfer to the cooking surface and ensures efficient performance of the NuWave™ PIC Flex.
- 2 Surface:** The NuWave™ PIC Flex's heat-resistant glass surface stays cool to the touch and cleans easily with the simple wipe of a damp cloth.
- 3 Control Panel with LED Display:** Clearly lit, easy-to-read control panel.
- 4 Heat Source:** Electromagnetic coils located below the glass surface transfer generated heat directly to induction-ready cookware.

	⚠ CAUTION
	<p>While the NuWave™ PIC Flex 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.</p> <p>Do not remove pots and pans during cooking process. Push "Pause/Clear" button to turn off power before removal.</p>

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 Flex tend to be medium to heavy gauge.

ATTENTION:

The heating surface is located inside the thicker silver ring. You may use pans measuring up to the total width of the NuWave™ PIC Flex, which measures 10.3 inches, however in these situations, heat will transfer more slowly to the outer edges. Not recommended for pans larger than 10.3 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

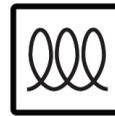
Non-induction-compatible cookware:

- 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 Flex:

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 Flex.
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® Flex

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:

- Unplug the unit before cleaning.
- 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™ Flex. Do not use caustic cleaning agents and water should not penetrate the interior of the induction cooktop.
- Never immerse the NuWave™ PIC Flex, 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 Flex, 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 Flex 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.

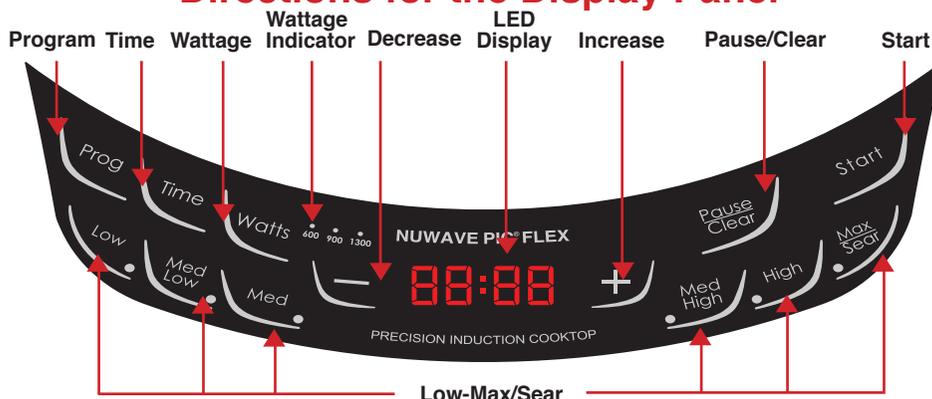
IMPORTANT TIPS:

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 Flex.
(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 Flex, 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 Flex from the power supply.

Directions for the Display Panel



Wattage Function:

The default wattage of the PIC Flex is 1300 watts. To change the cooktop's wattage, press "Watts" once. The red light will illuminate above "600" indicating that the PIC Flex is now set to 600 watts. Press "Watts" once more and the red light above "900" will illuminate, indicating the PIC Flex is now set to 900 watts. Press "Watts" again and the red light above "1300" will illuminate, indicating that the PIC Flex is now set to the default 1300 watts.

Easy Start:

The NuWave™ PIC Flex is preset to cook on Med/High (375°F) for 1 hour. To begin cooking, press "Start" button, after placing an induction-ready pot on the surface. If cooking at a power level other than "Med/High," press "Low," "Max/Sear" or press the "-" or "+" buttons to increase or decrease temperature in 10°F increments. See the Panel Display Chart on the bottom of this page for more details.

Control Panel:

"0" should appear when program is clear or power is on.

To Start Cooking:

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

- Press "Start." Default temperature is 375°F and 1 hour cooking.
- Set temperature and press "Start." Default is 1 hour cooking.
- Set cooking time and press "Start." Default temperature is 375°F.
- Set temperature and time, then press "Start."

The NuWave™ PIC Flex will automatically stop cooking once time has expired and a "beep" sound will alert users. The display will always show current temperature during the cooking cycle. To display time lapse, press "Time" and a countdown will appear, marking the duration before the cycle or stage is complete.

Setting Temperature:

This appliance is preset to cook on Med/High (375°F). To reset, press the desired temperature key then press "Start." The temperature range will appear on the display panel. To raise or lower the temperature in 10°F increments, press the "+" or "-" buttons until desired temperature is displayed. Refer to chart below for preset temperatures. The minimum is 100°F while the maximum temperature reaches 500°F.

NOTE: Display temperature represents the center 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.

F° to C°: The NuWave™ PIC Flex's LED screen is defaulted to display cooking temperature in Fahrenheit(F). To switch the display to Celsius(C), press the "Prog" button, followed by "-". Press "-" again to convert to Celsius. To return to Fahrenheit, press "-" once more. To close out of the F/C conversion option, press the "Pause/Clear" button until a "0" appears on the unit's screen.

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	500°F (260°C)	SEAR	Sear

Setting Cooking Time:

Press the "Time" button. A "0" will flash in the far right corner of the display panel. Press the "+" button until you reach the desired amount of time. Examples: To program 5 minutes press "Time" once, then press "+" until you see 00:05 on the display. Then press "Start." For 20 minutes, press "Time" twice, then press the "+" button until you see 00:20, then press "Start." For 2 hours and 30 minutes, press "Time" twice before pressing "+" until you reach 3, then press "Time" again. Press "+" until you reach 2 (the display will show 02:30), then press "Start."

- **The blinking "0" indicates the digit you can adjust. The maximum time is 99 hours and 60 minutes.**
- **The display shows hours and minutes, but not seconds.**

Pause / Clear Function:

To interrupt cooking time, press the "Pause/Clear" button once. This will pause the NuWave™ PIC at whatever might be the current stage. The temperature will remain listed in the display panel, but the "F" will be blinking. To resume, press "Start."

To CLEAR the cooking mode or display while the NuWave™ PIC Flex is in operation, press the "Pause/Clear" button twice. The screen will be fully cleared, a "0" will appear and the unit will turn off.

Programming Function (Stage Cooking):

- Press the "Prog" button.
- "Pro" will appear in the display panel.
- 1. Input the desired set temperature, ranging from "Low" to "Max/Sear." If you need to increase or decrease the temperature, press the "-" or "+" buttons.
- 2. Press the "Time" button. 00:00 will appear on the display, then press the "-" or "+" buttons until you reach the desired time. See above section "SETTING TIME" for detailed information on how to enter minutes and hours.
- To add additional stages, repeat steps 1 and 2 and then press "Start" to begin your program. You may program up to 10 stages (delay is considered a stage).
- If you need to change any part of the program, press the "Pause/Clear" button twice to start over.

Example: In order to boil for 5 minutes before reducing to simmer for 20 minutes, press "Prog," then press the "Max/Sear" button. Press the "Time" button once, then press "+" until you reach 5. Press "Med/Low" next, then press "Time" twice, then "+" until you reach 20. Finally, press "Start."

NOTE: Maximum programmable cook time is 99 hours and 60 minutes.

Delay Function:

The purpose of this function is to allow for set programs to start at a later time. To delay a program, press "Prog," then press the "Time" button. A "0" will flash in the lower right corner of the display panel. Press the "+" button until the desired amount of time you wish to delay the program start is reached (for more information, review SETTING COOKING TIME on the top of this page). Then press "Prog" again to set cooking program. The amount of time selected for delay is included in the programmed stages. To continue to the next stage, enter the cooking temperature. Continue with step #2 from the "PROGRAMMING FUNCTION" instructions. Once ready for the countdown to begin, press "Start." When delay countdown reaches "0," the NuWave™ PIC Flex will beep twice to signal the end. At this point, the cooking time will start and the temperature will be displayed.

Troubleshooting

Error Message	Solution
E1	<p>An E1 reading typically means that your NuWave™ PIC Flex does not detect cookware on its surface. This can occur for one of two reasons.</p> <ol style="list-style-type: none"> 1. The induction coils contained within the NuWave™ PIC Flex 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 Flex will turn off.

After removing cookware	Beep sound	Display	Reference
Initial	Single beep	"F" or "C" or "Sear" or ":" Flashing	After returning the pot, NuWave™ PIC Flex 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.

Cooking Tips

This recipe book contains valuable information designed to assist in the incorporation of the NuWave™ PIC Flex into daily life. We've provided easy-to-prepare recipes along with helpful tips at the beginning of each section for perfect results every time.

Here are a few general suggestions to help you start cooking:

- Place a garbage bowl next to your cutting board for discarding food scraps.
- Flexible cutting boards are very convenient. Just chop and lift - no mess, no spills.
- Glass measuring cups are optimal for liquids while plastic measuring cups work well for dried ingredients.
- After you have juiced lemons, put them in the garbage disposal to freshen the surrounding air.
- Pay close attention to butter as it's melting. Butter melts when its internal temperature reaches a range between 82.4°F and 96.8°F. This means it melts fast, so be prepared to remove it from the PIC quickly.
- Some of the enclosed recipes suggest prepping and/or cooking items in the NuWave® Oven. Contact customer service for more information or to place an order.

Delicious Details!

1 square of baker's chocolate = 1 ounce

4 pecks = 1 bushel

8 tablespoons = 1/2 cup

1 pound of chopped nuts = 2 cups

1/2 cup of butter = 1 stick

2 cups granulated sugar = 1 pound

2 cups butter = 1 pound

16 fluid ounce = 1 pint

1 cup = 1/2 pint



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
1/8 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
1/4 teaspoon ground nutmeg
2 tablespoons sugar
4 tablespoons butter
4 eggs
1/4 cup milk
1/2 teaspoon vanilla extract
8 slices challah, brioche, or white bread
1/2 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 preserve 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.



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
½ 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 ⅓-inch slices and secured with toothpicks
- 1 large eggplant, ends trimmed and sliced lengthwise into ⅓-inch slices
- 1-2 fennel bulbs, sliced lengthwise into ¼-inch wedges
- Sea salt (optional)
- ½ 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.



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.

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.

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.

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.



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
¾ 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 ½ 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 ¾ 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)
2/3 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.

Shrimp

Flesh is opaque and shell turns from red to pink.

Scallops

Flesh turns opaque

Lobster Tails

Flesh turns opaque and outside shell turns red.

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, peeled 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 15 minutes 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.



**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 porcini mushrooms
⅔ cup boiling water
8 ounces uncooked bucatini pasta, rinsed
¾ teaspoon salt, divided
1 tablespoon canola oil
¼ cup finely chopped shallots
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
Fresh sage sprigs (optional)

Directions:

1. Combine porcini mushrooms and boiling water in medium bowl. Cover and let stand for 30 minutes.
2. Drain mushrooms using a strainer, reserving ¼ cup of liquid.
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, mushroom blend and garlic and sauté for 5 minutes, stirring frequently.
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
- ⅓ 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.

A rustic, dark brown ceramic bowl filled with a rich, dark brown soup. The soup is topped with a generous amount of melted, golden-yellow cheese. A small, fresh green herb garnish, possibly parsley, is placed in the center of the cheese. The bowl is set on a wooden surface, and a woven basket is visible in the background.

**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!



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 into 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.

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 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 $\frac{3}{4}$ cup.
11. Drizzle warm sauce over pears and serve.

Lollipops

Yield: 18 lollipops

18 lollipop sticks
 $\frac{1}{4}$ stick butter
 $\frac{1}{2}$ ounce light corn syrup
 $\frac{3}{4}$ 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)
⅛ 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.

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— LIVE WELL FOR LESS[®] —

PIC[®] FLEX



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® Flex. Este libro contiene instrucciones detalladas e imágenes que le ayudarán a 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 utilizando una estufa regular. Cocinar es rápido y fácil con el Precision Induction Cooktop Flex 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 preparará casi cualquier platillo sin el riesgo de cocinarlo de más o de menos.

¿Que es la Cocina por Induccion?

El NuWave™ PIC Flex está compuesto por una serie de bobinas de inducción (basada en principios magnéticos). Estas bobinas generan campos magnéticos que inducen una reacción cálida en las cacerolas y sartenes de acero o base de hierro. De esta manera el calor es generado en los utensilios 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 permanece frío al tocarlo donde la superficie magnética no es activada.

Beneficios Adicionales:

- **Conservación de Energía:** Ahora usted puede vivir bien por menos con el NuWave™ Precision Induction Cooktop Flex. El NuWave™ PIC Flex utiliza tecnología de inducción. El secreto está en una serie interna de bobinas de cobre. Estas bobinas generan un campo magnético dentro de sus cacerolas y sartenes. El campo magnético produce moléculas invisibles que comienzan a vibrar rápidamente, creando así el calor para que los recipientes por sí solos calienten los alimentos. El NuWave™ PIC Flex es uno de los cooktops más eficientes en energía que se encuentran disponibles hoy en día, lo que significa que cocinar con él resultará en ahorros en sus recibos mensuales de electricidad.
- **Seguridad:** El diseño del NuWave™ PIC Flex no requiere de bobinas o flamas abiertas, eliminando esencialmente así el riesgo de incendio. Sus características de apagado automático aumentan la seguridad del aparato. Solamente prográmelo y olvídense de él. Los usuarios también pueden hacer el reto del cubo de hielo. La tecnología de inducción calienta el sartén, pero la superficie del NuWave™ PIC permanece fría al tocarla.
- **Cocine Rápido:** Calienta inmediatamente y la temperatura es precisa en el NuWave™ PIC Flex. Cuenta con 6 ajustes de temperatura diferentes que se regulan en incrementos de 10°. ¡No tendrá que adivinar!
- **Ligero y Portátil:** Porque pesa sólo 4.0 libras, usted puede llevar el NuWave™ PIC Flex 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

Flex Productos y Accesorios

NuWave™ Precision Induction Cooktop:

(30501~30532) NuWave™ PIC® Flex
(32556) Recetario / Manual Completo
(32559) DVD Instructivo
(32560) Ficha Técnica

(32557) Guía de Inicio Rápido
(32158) Tarjeta de Registro
(31115) Estuche Portátil a la Medida

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

Parrilla 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:

9-pulgadas (32109)
10.5-pulgadas (32110)
12-pulgadas (32114)

Tapas (Opcional):

(32012)
(32004)
(32014)

Cacerolas de Acero Inoxidable :

9-pulgadas (32015)
10.5-pulgadas (32016)
12-pulgadas (32017)

Tapas (Opcional):

(32012)
(32004)
(32014)

Cacerolas de Acero Inoxidable de la Serie del Chef:

9-pulgadas (32009)
10.5-pulgadas (32010)
11.5-pulgadas (32011)

Tapas (Opcional):

(32012)
(32004)
(32013)

Ollas y Cacerolas de Acero Inoxidable:

1.5-quart (32031)
2.0-quart (32032)
3.0-quart (32033)
5.5-quart (32039)
9.0-quart (32034)
Juego de 10 piezas (31250)

Tapas (Opcional):

(32036)
(32037)
(32038)
(32040)
(32004)

Cacerola de Uso Diario:

12-inch, 5.0-quart (32018)

Tapas (Opcional):

(32019)

Cacerola con Parrilla de Acero Inoxidable:

11-inch, 3.0-quart (32024)

Tapas (Opcional):

(32025)

Juego de Olla de Vapor 8.0-quart:

Olla 8.0-quart (32400)
Inserto para vapor 7.0-quart (32401)
Rejilla para vapor (32402)

Tapas (Opcional):

(32403)

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 o la fuente de potencia 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 usarse.

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

1. 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 son altamente recomendables.
2. Este electrodoméstico no deberá ser utilizado por niños. Tenga más cuidado cuando utilice el producto cerca de niños.
3. No lo coloque sobre o cerca de parrillas de gas o eléctricas, o dentro de un horno caliente.
4. No coloque en la superficie objetos metálicos como cuchillos, tenedores, cucharas o tapas ya que se pueden calentar.
5. Este aparato no está diseñado para uso comercial.
6. 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.
7. 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.
8. 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.
9. 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.
10. No lo utilice donde se estén usando productos aerosoles, así como en lugares donde el oxígeno sea reducido.
11. 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.

12. No mueva el aparato mientras esté caliente.
13. 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.
14. No desarme el producto. Las partes no sirven por sí solas.
15. No deje el electrodoméstico desatendido si está en uso.
16. Este aparato no está diseñado para utilizarse por medio de un contador externo o un sistema de control remoto por separado.
17. 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.
18. Tome precaución cuando deseche el aceite caliente.
19. Mantenga este manual a la mano para una referencia en el futuro.

GUARDE ESTAS INSTRUCCIONES

Información Eléctrica

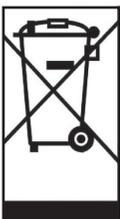
- El largo del cable de este electrodoméstico fue seleccionado para reducir los Riesgos de Seguridad que puedan ocurrir con un cable largo. Existen cables de extensión disponibles, los cuales pueden ser utilizados si esto se hace con cuidado. Si un cable de extensión es utilizado: (1) la clasificación eléctrica marcada deberá ser al menos tan grande como la del aparato y (2) el cable más largo deberá ser arreglado para que no se doble sobre la mesa o barra donde podría ser accidentalmente jalado o tropezarse.
- Ciertos modelos de electrodomésticos 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
<p>Riesgo de descarga eléctrica. Úsese con un sistema eléctrico adecuado. No se use si el cable o la clavija están dañados.</p> <p>ADVERTENCIA: Todos 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.</p>	

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, reciclelo 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 el calor generado por cualquier elemento caliente. Esta característica del diseño impide que el calor se transfiera a la superficie para cocinar, asegurando un desempeño eficiente del NuWave™ PIC Flex.
- ❷ **Superficie:** La superficie de vidrio resistente al calor del NuWave™ PIC Flex se mantiene fría al tacto y se limpia fácilmente con un simple trapo o paño húmedo.
- ❸ **Panel de Control con Display LED:** Panel de control claro, luminoso y fácil de leer.
- ❹ **Superficie Caliente:** Las bobinas electro magnéticas localizadas debajo de la superficie de vidrio transfieren el calor generado directamente al utensilio de inducción.

	⚠ PRECAUCIÓN
	<p>Mientras el NuWave™ PIC Flex 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.</p>

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 hierro, magnético). Algunos tipos de recipientes están hechos de metales magnéticos naturales (como hierro 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 Flex tienden a ser de un calibre mediano a pesado.

ATENCIÓN:

La superficie térmica está localizada dentro del anillo plateado mayor. Puede usar recipientes que midan hasta el ancho total del NuWave™ PIC Flex, el cual es de 12.3 pulgadas; sin embargo, en estos casos el calor traspasará más lentamente a las orillas. No recomendado 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 Flex:

1. Un imán es por lo general un gran indicador. Si se adhiere a la parte de abajo de un recipiente significa que la cacerola o sartén es 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 Flex.
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® Flex

ANTES DE USARSE:

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

IMPORTANTE - No sumerja la unidad en agua o utilice el lavavajillas. La superficie exterior puede ser limpiada con cuidado con un trapo 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 Flex. No utilice ningún agente limpiador cáustico y asegúrese de que el agua no penetre al interior del induction cooktop.
- Nunca sumerja el NuWave™ PIC Flex, sus cables o la 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 Flex, 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 Flex luciendo como nuevo, asegúrese 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.

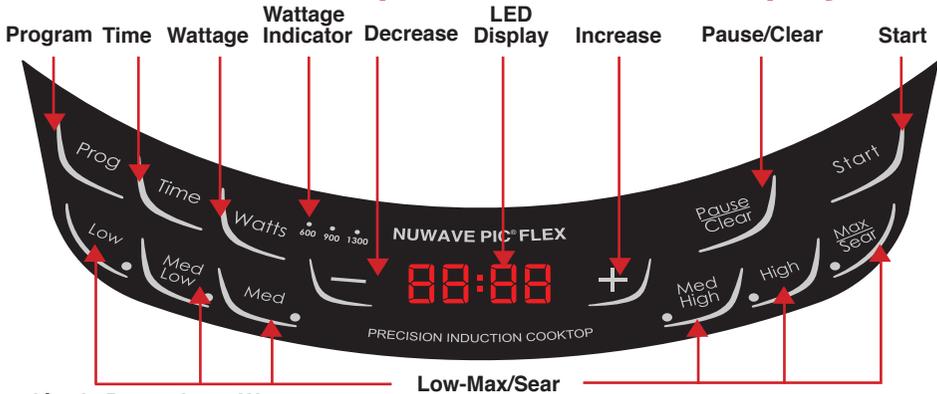
CONSEJOS IMPORTANTES:

1. Revise el contacto de energía para un funcionamiento apropiado. No opere la unidad con otros electrodomésticos grandes en el mismo contacto de energía. Revise el nivel de potencia si la unidad cocina demasiado lento.
2. Revise que la clavija esté correctamente conectada en el contacto.
3. Siempre apague y desconecte la unidad antes de limpiarla.

Instrucciones Generales de Operación:

- 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 se sobrecalentaría el cooktop. 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 PIC Flex (p.e., tarjetas de crédito, teléfonos celulares, radios, TVs, grabadoras de video, etc.).
- No coloque el induction cooktop junto a fuegos abiertos, calentadores u otras fuentes de calor.
- No coloque en la parte superior de la 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 Flex, 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 Flex del suministro de energía.

Instrucciones para el Panel del Display



Función de Potencia en Watts:

La potencia en watts automática para el PIC Flex es de 1300 watts. Para cambiarla presione "Watts" una vez. La luz roja se iluminará sobre el "600" indicando que el PIC Flex está ahora programado a 600 watts. Presione "Watts" una vez más y la luz roja se iluminará sobre el "900", indicando que el PIC Flex está ahora programado a 900 watts. Presione "Watts" otra vez y la luz roja se iluminará sobre el "1300", indicando que el PIC Flex está ahora programado a 1300 watts.

Comienzo Rápido:

El NuWave™ PIC Flex está pre-programado para cocinar a temperatura med/alta (375°F) por 1 hora. Para empezar a cocinar presione el botón de "Start" después de colocar un recipiente para inducción en la superficie. Si desea cocinar a cualquier otro nivel de potencia que no sea Alto necesitará presionar "Low" o "Max/Sear" u oprimir los botones "-" ó "+" para aumentar o disminuir la temperatura en rangos de 10°F. Vea la Tabla del Panel del Display en la parte inferior de esta página para más detalles.

Panel de Control:

"0" deberá aparecer cuando el programa sea borrado o cuando se encienda.

Para Empezar a Cocinar:

Hay varias maneras de comenzar a cocinar con su NuWave™ PIC Flex:

- Presione "Start" con una temperatura preprogramada de 375°F y una hora como tiempo.
- Programe la temperatura y presione "Start". El tiempo estándar es de 1 hora.
- Programe el tiempo y presione "Start". La temperatura estándar es de 375°F.
- Programe la temperatura y el tiempo, luego presione "Start".

EL NuWave™ PIC Flex dejará de cocinar automáticamente una vez que el tiempo haya concluido y avisará a los usuarios por medio de un sonido. El display siempre mostrará la temperatura actual durante el ciclo de cocción. Para mostrar el tiempo faltante, presione "Time" y un contador regresivo aparecerá, marcando la duración antes del ciclo o si la etapa es completada.

Programando la Temperatura:

Este electrodoméstico está pre-programado para cocinar a temperatura med/alta (375°F). Para restablecer, presione la tecla de la temperatura deseada y pulse "Start". El rango de temperatura se mostrará en el panel del display. Para subir o bajar la temperatura en incrementos de 10°F presione los botones "+" ó "-" hasta que la temperatura deseada se muestre. Utilice como referencia la tabla de abajo para establecer las temperaturas. La mínima es de 100°F mientras que la temperatura máxima alcanza 500°F.

NOTA: La temperatura mostrada representa la temperatura de 1.5 L de aceite en el recipiente de NuWave™ Olla de Acero Inoxidable de 3.5-quart. La posición del termómetro para prueba es al inicio (en medio) del recipiente de NuWave™ Olla de Acero Inoxidable de 3.5-quart y una distancia equidistante entre la base del recipiente y la parte de arriba del aceite.

F° a C°: La Pantalla está programada para mostrar la temperatura en Fahrenheit (F). Para cambiarla a Centígrados (C) presione el botón "Prog" seguido de "-". Presione "-" nuevamente para convertir a Centígrados. Para regresar a Fahrenheit presione "-" una vez más. Para cerrar la opción de conversión de temperature presione el botón "Pause/Clear" hasta que aparezca un "0" en la pantalla.

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	500°F (260°C)	SEAR	Dorar

Programando el Tiempo:

Presione el botón de "Time". Un "0" parpadeará en la esquina inferior derecha del panel de display. Presione el botón "+" hasta encontrar el tiempo deseado. Por ejemplo, para 5 minutos presione "Time" una vez, luego presione "+" hasta ver 00:05 luego "Start". Para 20 minutos, presione "Time" dos veces luego presione "+" hasta ver 00:20 luego presione "Start". Para 2 horas y 30 minutos, presione "Time" dos veces luego presione "+" hasta encontrar 3, luego presione "Time" otra vez. Presione "+" hasta encontrar 2 (el display mostrará 02:30), luego presione "Start".

- **El "0" parpadeando indica el dígito que se puede ajustar. El tiempo máximo es 99 horas y 60 minutos.**
- **El display muestra horas y minutos, pero no segundos.**

Función de Pausa/Borrar:

Para interrumpir el tiempo de cocinado, presione el botón "Pause/Clear" una vez. Esto pospondrá el NuWave™ PIC Flex en el punto donde se encuentre. La temperatura permanecerá mostrándose en el panel de display, pero una "F" parpadeará. Para reanudar presione "Start". Para BORRAR el modo de cocinado o el display mientras el NuWave™ PIC Flex está funcionando, presione el botón "Pause/Clear" dos veces. La pantalla se borrará completamente, aparecerá un "0" y la unidad se apagará.

Función de Programación (Fase de Cocinado):

- Presione el botón "Prog".
- "Pro" aparecerá en el panel de display.
- 1. Ingrese la temperatura deseada desde "Low" hasta "Max/Sear". Si necesita aumentar o disminuir la temperatura presione los botones de "-" o "+".
- 2. Presione el botón de "Time" y 00:00 aparecerá en el display, presione los botones de "-" o "+" hasta encontrar el tiempo deseado. Vea la sección de arriba "PROGRAMANDO EL TIEMPO" para información detallada de cómo ingresar los minutos y las horas.
- Para añadir diferentes etapas, repita los pasos 1 y 2 y luego presione "Start" para comenzar su programa. Usted podrá programar hasta 10 fases (Demora es considerada una fase).
- Si necesita cambiar cualquier parte del programa presione el botón "Pause / Clear" dos veces y empiece de nuevo.

Ejemplo: Para hervir por 5 minutos baje a fuego lento (simmer) por 20 minutos, presione "Prog", luego presione el botón "Max/Sear". Presione el botón de "Time" una vez, luego presione "+" hasta llegar a 5. Presione "Low", luego presione "Time" dos veces y "+" hasta llegar a 20, luego presione "Start"

NOTA: El tiempo máximo para programar es de 99 horas con 60 minutos.

Función de Demora:

El propósito de esta función es permitirle establecer programas que comiencen más tarde. Para demorar un programa presione "Prog", luego presione el botón "Time". Un "0" se mostrará en la esquina inferior derecha del panel de display. Presione el botón "+" hasta encontrar el tiempo deseado en demorar (para más información revise Programando el Tiempo en la parte de arriba de esta página). Luego presione "Prog" otra vez para establecer el programa de cocinado. El tiempo seleccionado para la demora es incluido en las fases programadas. Para continuar con la siguiente etapa, introduzca la temperatura de cocción. Continúe con el paso #2 de las instrucciones de "Función de Programación". Una vez que esté listo para empezar la cuenta regresiva presione "Start". Cuando la cuenta regresiva de demora llega a 0, el NuWave™ PIC Flex suena dos veces para avisar el fin. En este momento el tiempo de cocinado comenzará y la temperatura será mostrada en el display.

Solución de Problemas

Mensaje de Error	Solución
E1	<p>Un E1 por lo regular significa que el NuWave™ PIC Flex no detecta algún recipiente en su superficie. Esto puede ocurrir por una de dos razones:</p> <ol style="list-style-type: none"> 1. Las bobinas de inducción que contiene el NuWave™ PIC Flex 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 Flex 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 Flex 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 envío, 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

Consejos para la Cocina

Este recetario contiene información valiosa diseñada para ayudarle a incorporar el NuWave™ Precision Induction Cooktop Flex a su vida diaria. Hemos proporcionado recetas fáciles de preparar así como consejos útiles al inicio de cada sección para resultados perfectos siempre.

Aquí están algunas sugerencias generales para ayudarle a comenzar a cocinar:

- Coloque un tazón para residuos junto a su tabla de cortar para los desechos de comida.
- Las tablas de cortar flexibles son muy prácticas. Sólo corte y retire- sin ensuciar ni derramar.
- Las tazas para medir de vidrio son óptimas para líquidos mientras que la de plástico funcionan bien para ingredientes secos.
- Después de exprimir limones, póngalos en el triturador para refrescar el aire del ambiente.
- Ponga especial atención a la mantequilla ya que se derrite. La mantequilla se derrite cuando su temperatura interna alcanza un rango entre 82.4°F y 96.8°F. Esto significa que se derrite pronto, así que esté listo para quitarla de la estufa rápidamente.
- Algunas de las recetas incluidas sugieren preparar y/o cocinar en el NuWave® Oven. Contacte a nuestro Servicio al Cliente para mayor información o para colocar un pedido.

¡Detalles Deliciosos!

1 cuadro de chocolate para hornear = 1 onza

4 pecks= 1 bushel

8 cucharadas= ½ taza

1 libra de nueces picadas= 2 tazas

½ taza de mantequilla= 1 barra

2 tazas de azúcar granulada= 1 libra

2 tazas de mantequilla= 1 libra

16 onzas líquidas= 1 pinta

1 taza= ½ pinta



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 (175°) 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 (425°) 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 brillante.

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 450° por 45 minutos o hasta que estén bien dorada, volteando 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 (100°).

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 pimienta 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 pimienta con el aceite de olivo a fuego medio (275°) 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 (375°). 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 (175°) 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 (425°) 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 (375°) 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 (375°) 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 (375°) 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 derretida o aceite de olivo
2 libras de camarones sin cocinar, pelados y desvenados, con cola
1 botella grande de aceite vegetal para freír

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 (375°), 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 sívalos 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 sazónador para chilli McCormick
- 3 cucharadas de perejil fresco picado o 1 cucharada del seco
- ½ cucharadita de pimienta negra
- ½ cucharadita 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 sazónador para chili. Escorra toda la grasa. Agregue la cebolla, el apio y el ajo y saltéelos junto con la carne molida a temperatura media (375°) 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 sazónador para chili, el agua, el apio, sal y pimienta. Suba la temperatura a fuego alto (425°) 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 pimienta verde pequeño, sin semilla y picado finamente
- 1 pimienta 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.

Hiera agua a fuego alto (425°) 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 (425°) 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 pimienta roja
2 tazas de arroz cocido frío

En un sartén o wok grande caliente 1
cucharada del aceite de ajonjolí a
temperatura media (275°). 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, volteo 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 (425°) 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 pimienta roja.

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.

Fetuchini 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 (175°)
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.

nuwaveTM
— LIVE WELL FOR LESS[®] —

PIC[®] FLEX



Mode d'emploi et Livre de recettes complet

Bienvenue a la Cuisson a Induction de Precision de NuWave™

Félicitations pour l'achat de votre NuWave™ Plaque de cuisson à induction Précision (PIC®) Flex. Ce livre contient des instructions et des images détaillées pour vous aider à commencer à utiliser votre Table de Cuisson. Il est également inclut d'excellentes recettes et des conseils pour gagner du temps pour vous aider à préparer de délicieux repas gastronomiques en une fraction de temps qu'il faudrait lors de l'utilisation d'une cuisinière ordinaire. La cuisine est facile et rapide avec la Table de Cuisson à Induction de Précision de NuWave, LLC. Cet appareil de comptoir polyvalent utilise la technologie de l'induction pour économiser du temps, de l'énergie et de l'argent. La Table de Cuisson à Induction de Précision NuWave™ est efficace, sûre, rapide et facile à nettoyer. Et comme vous pouvez programmer les temps et les températures pour chauffer et griller, vous pouvez faire n'importe quel type de plat sans risque de cuisson trop prolongée ou insuffisante.

Qu'est-ce que la Cuisson a Induction?

La Table de Cuisson à Induction de Précision (PIC) NuWave™ est constituée d'une série de bobines d'induction (sur la base de principes magnétiques). Ces bobines génèrent des champs magnétiques qui produisent une réaction de réchauffement dans des pots et des casseroles en acier et à base de fer. De cette façon, la chaleur est générée dans l'ustensile de cuisson et non sur sa surface, ce qui est beaucoup plus efficace énergétiquement que les cuisinières à gaz ou électriques traditionnelles. La cuisson par induction est la manière la plus écologique pour préparer les repas car cette méthode ne libère pas de toxines dans l'environnement. La cuisson à induction ne dégage aucune flamme, donc moins de chaleur résiduelle est produite dans votre cuisine. La Table de Cuisson à Induction de Précision NuWave™ reste froide au toucher, où la surface magnétique n'est pas activée.

Avantages supplémentaires:

- Conservation de l'énergie: Maintenant vous pouvez vivre bien pour moins cher avec le NuWave™ Precision Cuisson à Induction Flex. Le NuWave™ PIC Flex utilise la technologie d'induction. Le secret est une série interne de bobines de cuivre. Ces bobines génèrent un champ magnétique dans vos pots et casseroles métalliques. Le champ magnétique provoque molécules invisibles dans les ustensiles de cuisine pour commencer vibrer rapidement, créant de la chaleur, de sorte que la batterie de cuisine se réchauffe la nourriture. Le NuWave™ PIC Flex est l'une des tables de cuisson les plus éconergétiques disponibles aujourd'hui, ce qui signifie que la cuisson avec le PIC Flex se traduira par des économies sur vos factures mensuelles de services publics.
- Sécurité: La conception de la NuWave™ PIC Flex ne requiert pas de bobines ou de flammes nues, ce qui élimine essentiellement le risque d'incendie. Les fonctions d'arrêt automatique améliorent la sécurité de la table de cuisson. Il suffit de la régler et oublier! Les utilisateurs peuvent également relever le défi de ce cube de glace! La technologie à induction chauffe la casserole, mais la surface de NuWave™ PIC reste froide au toucher.
- Cuisine rapide: Le chauffage est immédiat et la température est précise avec la NuWave™ PIC Flex. Elle dispose de 6 différents réglages de température qui sont réglables par incréments de 10 degrés. Vous ne perdez plus de temps à deviner!
- Léger et Portable: Parce qu'elle ne pèse que 4.0 livres, vous pouvez prendre la NuWave™ PIC Flex partout où vous allez! Utilisez-la à l'intérieur ou à l'extérieur - n'importe où tant qu'il y a une prise électrique de norme américaine.
- Facile à nettoyer: Les renversements ne brûlent pas et ne collent pas à la surface de cuisson. Il suffit de l'essuyer et allez!

Produits et Accessoires de la Table de Cuisson à Induction de Precision NuWave™ Flex

Table de Cuisson à Induction de Précision NuWave™:

(30501~30532) NuWave™ PIC® Flex	(32557) Guide de Démarrage Rapide
(32556) Manuel / Livre de Recettes Complet	(32158) Carte d'Inscription
(32559) DVD d'instruction	(31115) Mallette de transport sur mesure
(32560) Fiche	

Batterie de Cuisine Ultime de NuWave™:

(32003) Chaudron en Acier Inoxydable 3.5-quart	(32007) Fondue Insert
(32004) Couvercle de Chaudron 3.5-quart	(32008) Ensemble de 8 Fourchettes à Fondue
(32005) Cuiseur à Vapeur en Acier Inoxydable	(32055) Manuel de Batterie de Cuisine Ultime

Grille en Fonte de NuWave™:

(32023) Grille en Fonte	(31113) Plaque de Cuisson en Fonte
(32022) Bac Collecteur d'Huile	(32060) Manuel de Plaque de Cuisson en Fonte
(32056) Manuel de la Parrilla de Hierro Fundido	

NuWave™ Duralon® Céramique Ustensiles Antiadhésifs:

(32100) Manual de NuWave™ Duralon® de Ceramica Antiadherente

Anodisé dur casserole en aluminium à frire:

9-inch	(32109)
10.5-inch	(32110)
12-inch	(32114)

Couvercles (Option):

(32012)
(32004)
(32014)

Acier Inoxydable Poêle à Frire Plus:

9-inch	(32015)
10.5-inch	(32016)
12-inch	(32017)

Couvercles (Option):

(32012)
(32004)
(32014)

Poêles Acier Inoxydable Série Chef:

9-inch	(32009)
10.5-inch	(32010)
11.5-inch	(32011)

Couvercles (Option):

(32012)
(32004)
(32013)

Acier Inoxydable Marmites & Casseroles:

1.5-quart	(32031)
2.0-quart	(32032)
3.0-quart	(32033)
5.5-quart	(32039)
9.0-quart	(32034)
10-piece set	(31250)

Couvercles (Option):

(32036)
(32037)
(32038)
(32040)
(32004)

Poêle Quotidienne:

12-inch, 5.0-quart	(32018)
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Couvercles (Option):

(32019)

Poêle À Frire Acier Inoxydable:

11-in, 3.0-quart	(32024)
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Couvercles (Option):

(32025)

Set Cuiseur Vapeur 8.0-quart

8.0-quart Stock Pot	(32400)
7.0-quart Steamer Insérer	(32401)
Steamer Rack	(32402)

Couvercles (Option):

(32403)

NuWave™ Precision Cuisinière Pression:

(31201) NuWave™ Precision Cuisinière Pression
(32061) Manuel de NuWave™ Precision Cuisinière Pression

Pour commander des pièces et des accessoires, appelez le service à la clientèle au:

1-877-689-2838, du Lundi au Vendredi, 7:00 AM – 8:00 PM CST.

Vous pouvez également commander en ligne à l'adresse: www.NuWaveNow.com.

Veuillez fournir le correct nom et numéro de l'article pour vous assurer que votre commande est traitée avec précision.

MISES EN GARDE IMPORTANTES

Lors de l'usage d'appareils électriques, il convient de suivre scrupuleusement certaines mesures de sécurité essentielles, incluant les précautions suivantes :

LISEZ TOUTES LES INSTRUCTIONS AVANT UTILISATION

DANGER – Para réduire le risque d'électrocution:

1. Lisez l'ensemble des instructions, des mises en garde et des avertissements avant d'utiliser l'appareil.
2. Ne placez pas l'appareil dans un endroit où il pourrait tomber ou entrer en contact avec de l'eau ou tout autre liquide.
3. Ne récupérez pas un appareil qui est tombé dans l'eau. Commencez par le débrancher immédiatement.
4. Ne plongez pas le cordon électrique, la prise ou toute autre partie de l'appareil dans l'eau ou dans tout autre liquide.

AVERTISSEMENT – A l'attention des individus porteurs d'un pacemaker:

1. Cet appareil émet un champ électromagnétique qui est plus puissant dans l'espace de 600 m situé au-dessus de la surface de cuisson.
2. Les tests scientifiques visant à déterminer si le champ électrique entravait le fonctionnement d'un pacemaker se sont avérés peu concluants. Veuillez consulter votre médecin ou un professionnel de santé être conseillé avant l'utilisation.

AVERTISSEMENT – Pour réduire le risque brûlure, d'électrocution, d'incendie ou de blessure:

1. Cet appareil est doté d'une fonction de chauffage. Ses surfaces peuvent chauffer à des températures élevées. Ne pas toucher les surfaces chaudes. La table de cuisson peut garder une chaleur résiduelle même après que les récipients ont été retirés du feu. L'usage de maniques ou de mesures de sécurité alternatives est fortement recommandé.
2. Cet appareil ne doit pas être utilisé par les enfants. Une surveillance étroite est nécessaire lorsque ce produit est utilisé en présence d'enfants.
3. Ne pas placer sur un brûleur au gaz ou électrique ni dans un four chauffé.
4. Ne pas placer d'objets métalliques tels que couteaux, fourchettes, petites cuillères ou couvercles sur la table de cuisson où ils sont susceptibles de chauffer.
5. Cet appareil n'est pas destiné à un usage commercial.
6. Utiliser cet appareil uniquement pour l'usage auquel il est destiné, conformément à ce qui est indiqué dans ce manuel. Afin d'éviter tout risque d'incendie, de choc électrique ou de blessure grave, aucun accessoire ou équipement autre que ceux qui sont conseillés par le fabricant ne doit être utilisé.
7. Ne jamais utiliser cet appareil si son cordon électrique ou sa prise sont endommagés, s'il ne fonctionne pas bien, s'il a subi un choc ou est endommagé, ou s'il est tombé dans l'eau. Veuillez contacter le service clientèle pour toute vérification, réparation ou réglage.
8. Ne pas faire fonctionner une table de cuisson cassée. Si la table de cuisson est cassée, les produits d'entretiens et les débordements peuvent s'infiltrer dans l'appareil et provoquer un risque de choc électrique.
9. Maintenir le cordon électrique à distance des surfaces chaudes. Ne pas laisser le cordon pendre au-dessus du coin de la table ou du comptoir. Ne jamais forcer pour introduire la fiche dans la prise. Toujours débrancher le cordon d'alimentation en tirant sur la prise. Eteindre l'appareil avant de débrancher la prise du mur.
10. Ne pas faire fonctionner dans des lieux où des produits aérosols (sprays) sont utilisés ou dans des lieux où l'oxygène est administré.
11. Faire preuve de prudence et de bon sens lorsque la table de cuisson est

utilisée dans des environnements extérieurs et des espaces publics. Cet appareil ne doit jamais être laissé sans surveillance en présence d'enfants ou de personnes non averties de sa présence. L'appareil doit être posé sur des surfaces planes et stables, à distance de sources d'eau telles que les piscines, les spas, les arroseurs automatiques, les tuyaux d'arrosage etc.

12. Ne pas déplacer l'appareil lorsqu'il est chaud.
13. Cet appareil est exclusivement à usage domestique; il est conçu pour un usage classique d'un ménage. Il n'est pas destiné à un usage en continu ou un usage commercial.
14. Ne pas démonter le produit. Aucune pièce interne ne peut être réparée par l'utilisateur.
15. Ne pas laisser l'appareil sans surveillance lorsqu'il est en marche.
16. Cet appareil n'est pas conçu pour fonctionner avec un minuteur extérieur ou un système de télécommande distinct.
17. Nettoyer la table de cuisson avec précaution. Nettoyer une surface chaude avec des linges humides peut provoquer de la fumée et certains produits peuvent générer des fumées dangereuses. Débrancher avant le nettoyage.
18. Procéder avec précaution pour éliminer les graisses chaudes.
19. Garder ce manuel à portée de main pour référence future.

CONSERVEZ CES INSTRUCTIONS

Information électrique

- La longueur du cordon de cet appareil a été sélectionnée pour réduire les risques de dangers que pourrait représenter un cordon plus long. Des cordons de rallonges sont disponibles et peuvent être utilisés avec précaution. Si une rallonge est utilisée: (1) la puissance électrique figurant sur la rallonge doit être au moins aussi forte que la puissance électrique de l'appareil, et (2) la rallonge doit être positionnée de telle sorte qu'elle ne passe pas au-dessus du comptoir ou de la table pour éviter qu'on ne tire dessus ou qu'on ne trébuche dessus accidentellement.
- Certains modèles peuvent avoir une fiche polarisée (une lame est plus large que l'autre). Cette fiche ne peut être insérée que dans un sens dans une prise polarisée. Si la fiche ne s'insère pas entièrement dans la prise, retournez la fiche. Si elle ne s'insère toujours pas correctement, contactez un électricien qualifié. Ne tentez pas de modifier la prise de quelque façon que ce soit.

	⚠ ATTENTION
	<p>Danger d'électrocution. Utiliser avec un système électrique adéquat. Ne pas utiliser si le cordon ou la prise sont endommagés.</p> <p>AVERTISSEMENT: l'ensemble des éléments de la table de cuisson peuvent devenir très chauds lors de la cuisson. Veuillez prendre toutes les précautions nécessaires lorsque vous retirez ces éléments de l'appareil. Veuillez à porter en permanence des gants de cuisine ou des maniques. La table de cuisson peut garder une chaleur résiduelle même après que les récipients ont été retirés du feu. Laissez tous les éléments refroidir avant de nettoyer.</p>

IMPORTANT – Information FCC:

Avertissement: Tout changement ou modification apportés à cet appareil non expressément approuvés par la partie responsable peut annuler l'autorité de l'utilisateur à utiliser l'équipement.

Note: Cet appareil est conforme à la section 18 des dispositions de la FCC.



Comment éliminer ce produit

Ce marquage indique que ce produit doit être séparé des autres déchets ménagers dans l'ensemble de l'UE. L'élimination incontrôlée des déchets pouvant nuire à l'environnement ou à la santé humaine, recyclez ce produit de manière responsable afin de promouvoir la réutilisation durable des ressources matérielles. Pour retourner votre matériel usagé, veuillez utiliser les systèmes de retour et de collecte ou contactez le détaillant chez qui le produit a été acheté, qui pourra procéder au recyclage du produit en toute sécurité.

Cuisson par Induction de Precision NuWave™



- 1 Ventilation:** Les événements d'aération se trouvent à l'arrière du produit pour permettre à toute la chaleur dégagée par l'élément chauffant de s'échapper. Cette caractéristique de conception empêche le transfert de chaleur à la surface de cuisson et assure une performance efficace de la NuWave™ PIC Flex.
- 2 Surface:** La surface en verre résistant à la chaleur de la NuWave™ PIC Flex reste froide au toucher et facile à nettoyer avec un simple coup de chiffon humide.
- 3 Panneau de Commande avec Affichage LED:** Panneau de commande bien éclairé, facile à lire.
- 4 Source de Chaleur:** Les bobines électromagnétiques sont situées sous la surface du verre transfèrent la chaleur dégagée directement une batterie de cuisine pour cuisson par induction.

	! ATTENTION
	<p>Alors que la NuWave™ PIC Flex est en marche, ne touchez pas la surface de l'appareil car elle peut devenir très chaude, entraînant risque de brûlures. La Table de cuisson peut conserver la chaleur résiduelle après que l'ustensile de cuisson a été supprimé.</p> <p>Ne pas enlever les casseroles et les poêles pendant le processus de cuisson. Appuyez sur le bouton "Pause/Clear" pour couper le courant avant de les enlever.</p>

Batterie de Cuisine Compatible avec Table de Cuisson a Induction

Comme la technologie d'induction est basée sur des principes magnétiques, les ustensiles compatibles doivent avoir un fond en matériau ferreux (à base de fer, magnétique). Certains types de batteries de cuisine sont faits en métaux naturellement magnétiques (tel que le fer pur), tandis que d'autres sont rendus magnétiques en prenant en "sandwich" d'une mince couche d'un métal ferreux à l'intérieur de la base. Cette couche sera exécutée par le champ magnétique de la table de cuisson à induction pour répartir la chaleur. L'acier inoxydable de haute qualité, tri-plis et la batterie de cuisine en fonte de fer travailleront de concert avec les tables de cuisson à induction. L'ustensile en cuivre, en verre et en aluminium ne fonctionne pas à moins d'avoir d'une base magnétique en sandwich. Les casseroles qui fonctionnent de façon optimale avec la NuWave™ PIC Flex ont tendance à avoir une épaisseur moyenne et forte.

ATTENTION:

La surface chauffante est situé à l'intérieur de la grande bague argent. Vous pouvez utiliser des casseroles à la mesure de la largeur totale de la NuWave™ PIC Flex, qui mesure 12.3 pouces, mais dans ces situations, la chaleur transfère plus lentement vers les bords extérieurs. Non recommandé pour les casseroles de plus de 12.3 pouces.

Exemples de casseroles compatibles:

- Toutes les Batteries de cuisson de NuWave™
- En Fonte
- En acier et fonte émaillée
- En acier inoxydable avec base magnétique
- NuWave™ Duralon® Céramique Antiadhésive batterie de cuisine

Batterie de cuisine compatible non induction:

- En Cuivre
- En verre
- En Aluminium
- Vases en Poterie

Comment puis-je vérifier la compatibilité de l'induction de ma batterie de cuisson ?

Trois façon simples de vérifier si vos casseroles et poêles existantes ou de futurs achats d'ustensiles, sont compatibles avec la NuWave™ PIC Flex:

1. Un aimant est généralement un excellent indicateur. S'il colle au fond d'une pièce d'ustensiles de cuisine, cela signifie généralement que la casserole ou la poêle est compatible avec l'induction. Cependant, soyez informés du fait qu'il y a des cas où les propriétés magnétiques d'un récipient de cuisson peuvent ne pas être assez fortes pour la casserole de fonctionner efficacement avec la NuWave™ PIC Flex.
2. Placez une petite quantité d'eau dans une casserole ou une poêle particulière. Si l'induction est compatible, l'eau commence à bouillir.
3. Un symbole prête à induction peut être imprimé sur le fond de la batterie de cuisine.

Nettoyage & Entretien pour Votre NuWave™ PIC® Flex

AVANT L'UTILISATION:

Essuyer la surface avec un chiffon imbibé d'eau chaude savonneuse.

IMPORTANT – Ne pas tremper l'appareil dans l'eau ou ne pas essayer de le passer au lave-vaisselle. La surface extérieure peut être nettoyée en l'essuyant soigneusement avec un chiffon humide ou une éponge. Assurez-vous que l'appareil soit complètement refroidi avant de le nettoyer.



Instructions Generales de Nettoyage

- Débrancher l'appareil avant le nettoyage.
- Nettoyer l'appareil après chaque utilisation.
- Laisser refroidir complètement l'appareil avant de le nettoyer.
- La surface extérieure peut être nettoyée en essuyant soigneusement avec un chiffon humide ou une éponge.
- Retirer la prise d'alimentation avant de nettoyer la NuWave™ PIC Flex. Ne pas utiliser de produit de nettoyage corrosifs et l'eau ne doit pas pénétrer à l'intérieur de la table de cuisson à induction.
- Ne jamais plonger la NuWave™ PIC Flex, ses câbles ou prises électrique dans l'eau ou autres liquides.
- Essuyer la surface du verre avec un chiffon humide ou utiliser une solution de savon doux, non abrasif. Laisser refroidir complètement l'appareil avant de le nettoyer.
- Essuyer le boîtier ou le panneau de commande avec un chiffon doux imbibé d'eau ou d'un détergent doux.
- Ne pas utiliser de produits nettoyants à base d'huile car leur utilisation pourrait endommager les pièces en plastique ou le boîtier/panneau de commande.
- Ne pas utiliser de matériaux inflammables, acides ou alcalins ou des substances à proximité de la NuWave™ PIC Flex, car cela peut réduire la durée de vie de la table de cuisson à induction ou présenter un risque d'incendie lorsque la table de cuisson à induction est en cours d'utilisation.
- Afin de préserver l'aspect neuf de votre NuWave™ PIC Flex, prenez des mesures pour veiller à ce que le fond de la table de cuisson ne frotte pas la surface du verre de l'appareil, même si une surface rayée ne nuira pas à l'utilisation de la table de cuisson à induction.
- Veillez à bien nettoyer l'appareil avant de le ranger dans un endroit frais et sec.

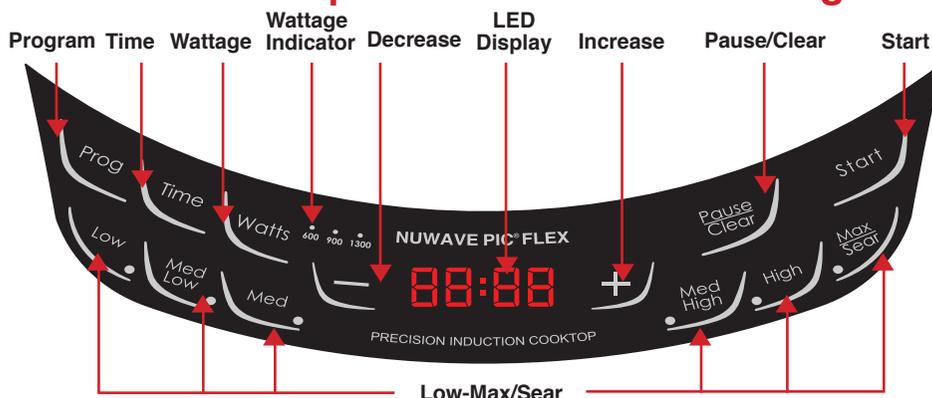
CONSEILS IMPORTANTS:

1. Vérifier les prises de courant pour assurer un fonctionnement correct. Ne pas brancher dans une prise où sont engagés les principaux appareils ménagers. Vérifier les paramètres si l'appareil fait cuire trop lentement.
2. La prise de courant doit être correctement branchée dans une prise.
3. Toujours éteindre ou débrancher l'appareil avant de l'essuyer.

Instructions Generales d'Exploitation

- Placer la table de cuisson sur une surface stable, plane, non métallique.
- Ne jamais utiliser la table de cuisson sur une surface inflammable (par exemple, linge de table, tapis, etc.).
- Ne pas couvrir les fentes de ventilation de la table de cuisson à induction. Cela peut entraîner une surchauffe. Maintenir une distance minimum de 3-5 pouces des murs et d'autres objets, appareils, etc.
- Ne pas placer d'appareils ou d'objets sensibles aux champs magnétiques sur ou à proximité de la NuWave™ PIC Flex (ex. cartes de crédit, téléphones portables, radios, TVs, caméras vidéo, etc.).
- Ne pas utiliser la table de cuisson à induction à proximité de feux ouverts, des radiateurs ou d'autres sources de chaleur.
- Ne placez pas sur la cuisinière.
- Assurez-vous que le câble d'alimentation n'est pas endommagé ou comprimé sous la table de cuisson à induction.
- Le câble d'alimentation ne doit pas entrer en contact avec des bords tranchants et/ou des surfaces chaudes.
- Avant de brancher la NuWave™ PIC Flex, veuillez confirmer que les besoins de tension indiqués dans ce manuel correspondent à la tension d'alimentation dans votre maison. Un mauvais branchement peut conduire à des dommages de l'appareil et d'éventuelles blessures à des personnes.
- La surface de la table de cuisson est conçue à partir de verre résistant à la température. En cas de dommages à l'appareil, même une petite fissure sur la surface du verre, débranchez immédiatement la NuWave™ PIC Flex de la source d'énergie.

Instructions pour le Panneau d’Affichage



Fonction de Puissance:

La puissance électrique par défaut du PIC Flex est de 1300 watts. Pour changer la puissance électrique de la plaque de cuisson, appuyez une fois sur "Watts". La lumière rouge s'allumera au-dessus de "600", ce qui indiquera que le PIC Flex est désormais réglé sur 600 watts. Appuyez à nouveau sur "Watts", et la lumière rouge s'allumera au-dessus de "900", ce qui indiquera que le PIC Flex est désormais réglé sur 900 watts. Appuyez à nouveau sur "Watts", et la lumière rouge s'allumera au-dessus de "1300", ce qui indiquera que le PIC Flex est désormais réglé par défaut sur 1300 watts.

Démarrage facile:

La NuWave™ PIC Flex est préprogrammée pour faire cuire à med/haute température (375°F) pendant 1 heure. Pour commencer la cuisson, appuyez sur le bouton "Start", après avoir placé une casserole prête à induction sur la surface. Si vous cuisez à un niveau de puissance autre que "Haut", appuyez sur "Bas", "Max/Griller" ou la touche "-" ou "+" pour augmenter ou diminuer la température par tranche de 10°F. Voir le Tableau d’Affichage de Panneau au bas de cette page pour plus de détails.

Panneau de Commande:

"0" doit s'afficher lorsque le programme est clair ou quand l'appareil est opérationnel.

Pour commencer la cuisson:

Il ya plusieurs façons de commencer la cuisson avec votre NuWave™ PIC Flex:

- Appuyez sur "Start". Température par défaut est de 375°F et 1 heure de cuisson.
- Réglez la température et appuyez sur "Start". Par défaut est la cuisson 1 heure.
- Réglez le temps de cuisson et appuyez sur "Start". Température par défaut est de 375°F.
- Réglez la température et l'heure, puis appuyez sur "Start".

Le NuWave™ PIC Flex s'arrête automatiquement une fois la cuisson de temps a expiré et un son "bip" sera alerter les utilisateurs. L'écran affiche toujours la température au cours du dernier cycle de cuisson. Pour afficher laps de temps, appuyez sur "Time" et un compte à rebours apparaît, marquant la durée avant le cycle ou le stade est complet.

Réglage de la Température:

Cet appareil est réglé pour cuire à température élevée (Med/High) (375°F). Pour réinitialiser, appuyez sur la touche correspondant à la température désirée, puis appuyez sur "Start". Le champ de température s'affiche sur le panneau d'affichage. Pour relever ou abaisser la température par tranche de 10°F, appuyez sur les boutons "+" ou "-" jusqu'à ce que la température désirée s'affiche. Veuillez consulter le Tableau ci-dessous pour les températures pré-réglées. La température minimale est de 100°F, alors que la maximale atteint 500°F.

NOTE: Affichage de la température représente la température de 1.5L d'huile dans le NuWave™ 3.5-quart Acier Inoxydable Poêle à Frir Pot. Lieu de thermomètre pour le test à l'origine (milieu) de la NuWave™ 3.5-quart Acier Inoxydable Poêle à Frir Pot et une longueur égale distance entre le fond de pot et la partie supérieure de l'huile.

F° C° à: Écran LED du commandant de bord est par défaut pour afficher la température de cuisson en degrés Fahrenheit (F). Pour changer l'affichage en degrés Celsius (C), appuyez sur la touche "PROG", suivi par "-". Appuyez sur "-" à nouveau pour convertir en degrés Celsius. Pour revenir à Fahrenheit, appuyez sur "-" une fois de plus. Pour clore l'option de conversion F/C, appuyez sur la touche "Pause/Clear" jusqu'à ce que le chiffre "0" apparaît sur l'écran de l'appareil.

Appuyer sur le Bouton	Plage de température	Affichage de Panneau	Exemples
Low	100°F (38°C)	100F / 38C	Réchauffer
Med/Low	175°F (79°C)	175F / 79C	Mijoter
Med	275°F (135°C)	275F / 135C	Etuver
Med/High	375°F (191°C)	375F / 191C	Rissoler/Frire
High	425°F (218°C)	425F / 218C	Faire bouillir
Max/Sear	500°F (260°C)	SEAR	Griller

Réglage du chronomètre:

Appuyer sur le bouton "TIME". Un "0" clignotera dans le coin droit de l'écran. Appuyer sur le bouton "+" jusqu'à atteindre la durée désirée. Exemples: Pour programmer 5 minutes, appuyer sur "Time" une seule fois, puis appuyer sur "+" jusqu'à ce que 00:05 s'affiche sur l'écran. Ensuite, appuyer sur "Start." Pour 20 minutes, appuyer sur "Time" à deux reprises, puis appuyer sur le bouton "+" jusqu'à ce que 00:20 s'affiche, ensuite, appuyez sur "Start." Pour 2 heures 30 minutes, appuyer sur "Time" à deux reprises, ensuite appuyer sur "+" jusqu'à atteindre 3, puis appuyer sur "Time" à nouveau. Appuyer sur "+" jusqu'à atteindre 2 (l'écran affichera 02:30), puis appuyer sur "Start."

• **Le clignotement "0" indique le chiffre que vous pouvez régler. La durée maximale est de 99 heures et 60 minutes.**

• **L'écran affiche les heures et les minutes, mais pas les secondes.**

Fonctions de Pause/Annuler:

Pour interrompre le temps de cuisson, appuyer sur la touche "Pause/Clear" une fois. Cela va mettre la NuWave™ PIC Flex en pause à une étape donnée. La température restera inscrite dans le panneau d'affichage, mais le "F" clignotera. Pour reprendre, appuyer sur "Démarrer" ("Start"). Pour EFFACER (CLEAR) le mode de cuisson ou l'affichage alors que la CIP est en marche, appuyer deux fois sur la touche "Pause/Clear". L'écran sera entièrement effacé, un "0" s'affichera et l'appareil s'éteindra.

Fonction de Programmation (Cuisson par étapes):

• Appuyer sur le bouton "Prog".

• "Pro" s'affiche dans le panneau d'affichage.

1. Entrer la température désirée, allant de "Baisse" ("Low") à "Max/Griller" ("Max/Sear").

Si vous avez besoin d'augmenter ou de diminuer la température, appuyer sur les boutons "-" ou "+".

2. Appuyer sur le bouton "Time". 00:00 s'affiche à l'écran, puis appuyer sur les boutons "-" ou "+" boutons jusqu'à attendre l'heure souhaitée. Voir la section "REGLAGE DU CHRONOMETRE" ("SETTING TIME") ci-dessus pour les informations détaillées sur la méthode d'entrer les minutes et les heures.

• Pour ajouter des étapes supplémentaires, répéter les étapes 1 et 2, puis appuyer sur "Start" pour commencer votre programme. Vous pouvez programmer jusqu'à 10 étapes (le retardement est considéré comme une étape).

• Si vous avez besoin de changer n'importe quelle partie du programme, appuyer sur le bouton "Pause/Clear" deux fois pour recommencer.

Exemple: Pour faire bouillir pendant 5 minutes avant de réduire à feux doux pendant 20 minutes, appuyer sur "Prog," puis appuyer sur le bouton "Max/Sear". Appuyer sur le bouton "Time" une fois, puis appuyer sur "+" jusqu'à atteindre 5. Ensuite, appuyer sur "Low", puis appuyer sur "Time" deux fois, puis "+" jusqu'à ce que vous atteigniez 20. Enfin, appuyer sur "Start." (Démarrer)

REMARQUE: Le temps de cuisson programmable maximale est de 99 heures et 60 minutes.

Fonction de Retardement:

Le but de cette fonction consiste à permettre à des programmes de commencer à une date ultérieure. Pour retarder un programme, appuyer sur appuyer "Prog," puis appuyer sur le bouton "Time". Un "0" clignotera dans le coin inférieur droit du panneau d'affichage. Appuyer sur le bouton "+" jusqu'à ce que la quantité de temps que vous souhaitez retarder pour la démarrage de l'appareil soit atteint (pour plus d'informations, revoir RÉGLAGE DU CHRONOMETRE (SETTING TIME) sur le haut de cette page). Ensuite, appuyer de nouveau sur "Prog" pour régler le programme de cuisson. La quantité de temps de retard sélectionné est inclus dans les étapes programmées. Pour passer à l'étape suivante, saisissez la température de cuisson. Passez à l'étape # 2 avec les instructions de "PROGRAMMATION DES FONCTIONS" ("PROGRAMMING FUNCTION"). Une fois prête pour le compte à rebours à commencer, appuyer sur "Start." Lorsque le compte à rebours de retard atteint "0," la NuWave™ PIC Flex émet deux bips pour signaler la fin du retardement. A ce stade, le temps de cuisson commencera et la température sera affichée.

Dépannage

Message d'erreur	Solution
E1	<p>Une lecture E1 signifie généralement que votre NuWave™ PIC Flex ne détecte aucun ustensile de cuisson sur sa surface. Cela peut se produire pour une des deux raisons.</p> <ol style="list-style-type: none"> 1. Les bobines d'induction contenues dans la NuWave™ PIC Flex ne fonctionnent que quand elles sont en contact direct avec un morceau de l'ustensile de cuisine. Pour maintenir l'efficacité de votre appareil, veillez à ce qu'il repose sur une surface plane et que le contact est compatible avec votre ustensile de cuisine. 2. Un message E1 peut également se produire si votre batterie de cuisine choisie n'est pas prête à induction.
E2	L'appareil est défectueux. Contactez le service de clientèle.
E3	La tension de l'unité est trop faible. Minimum = 85 volts
E4	La tension de l'unité est trop élevée. Maximum = 144 volts
E5	L'appareil est défectueux. Contactez le service de clientèle.
E6	L'appareil est défectueux. Contactez le service de clientèle.
E7	La surchauffe ou la ventilation d'air est obstruée. Si la température interne est supérieure à 230°F, le fonctionnement cessera et un "bip" sonore sera émis. Appuyez deux fois sur "Pause/Clear". Attendez que l'appareil refroidisse.
E8	La surchauffe, si la température de l'appareil est supérieure à 20°F plus élevée pour griller, l'appareil s'éteint. Contactez le service de clientèle.
E9	L'unité ne fonctionne pas correctement. Contactez le service de clientèle.
FULL	En mode de programmation, si la durée totale d'entrée atteint la limite de l'appareil de 99:59, aucune étape supplémentaire ne peut être entrée.

- Lorsque l'un des messages d'erreur ci-dessus s'affiche sur l'écran LED, l'appareil émet un "bip" au moins une fois.
- Le ventilateur peut fonctionner jusqu'à 60 secondes supplémentaires après avoir appuyé sur le bouton "Pause/Clear" une fois. Poursuivre la cuisson en appuyant sur le bouton "Start" dans les 45 minutes.
- L'appareil s'éteint après 45 minutes si aucun bouton (tel que "Start") n'est appuyé. Lorsque l'appareil s'arrête, il effacera tous les antécédents de cuisson.
- Après avoir appuyé sur le bouton "Pause/Clear" deux fois, le ventilateur peut fonctionner jusqu'à 60 secondes jusqu'à ce que l'appareil refroidisse. A ce stade, la NuWave™ PIC Flex s'éteint.

Après avoir sorti pot	Bip sonore	Display	Référence
Initiale	Bip	"F" ou "C" ou "Sear" ou ":", clignotant	Après le retour du pot, NuWave™ PIC Flex reprendra automatiquement cuisine.
< 10 secondes	Aucun	"F" ou "C" ou "Sear" or ":", clignotant	
11-70 secondes	Oui	E1	Reprendre la cuisson par le bouton "Start" en appuyant sur.
Après 70 secondes	Aucun	0	La cuisson terminée.

LES GARANTIES DE FABRICANT: La table de cuisson à induction et tous les composants électriques doivent être exempts de tout défaut et de fabrication sous réserve de conditions normales d'usage résidentiel, lorsqu'elle est utilisée conformément aux instructions écrites du Fabricant, fournies avec chaque unité pour un (1) an à compter de la date d'achat. Le Fabricant fournira les pièces nécessaires et la main-d'œuvre pour réparer toute pièce du système de cuisson à induction au Service Technique de NuWave, LLC. Après l'expiration de la garantie, le coût de la main-d'œuvre et des pièces seront 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 les réparations sont effectuées par un revendeur non autorisé ou le numéro de série sur la plaque signalétique est enlevé ou déformé. La détérioration normale de la finition due à l'utilisation ou l'exposition n'est pas couverte par cette Garantie. Cette Garantie Limitée ne couvre pas les frais de port, défauts, les dommages ou la performance insuffisante à cause d'accident, de force majeure (telle que la foudre), les fluctuations du courant électrique, les altérations, les abus, une mauvaise utilisation, de mauvaises applications, les atmosphères de type corrosif, une installation incorrecte, le défaut de fonctionnement conformément aux instructions écrites, à l'utilisation anormale et à l'utilisation commerciale du Fabricant.

POUR OBTENIR LE SERVICE: Le propriétaire a l'obligation et la responsabilité de: payer pour tous les services et les pièces qui ne sont pas couverts par la garantie; de prépayer les frais de transport au et du Service Technique pour toute partie ou tout système retourné par cette garantie; d'emballer soigneusement le produit à l'aide de matériaux de protection pour empêcher que l'appareil ne soit endommagé pendant le transit. L'emballage d'origine est idéal à cette fin. Inclure dans le paquet: le nom du propriétaire, l'adresse, le numéro de téléphone de jour, une description détaillée du problème et, votre NUMÉRO D'AUTORISATION DE RETOUR DE MARCHANDISES (numéro ARM):

Appelez **1-877-689-2838** ou par e-mail help@nuwavenow.com pour obtenir le numéro ARM. Fournir le modèle & le numéro de série du système de cuisson et la preuve de la date d'achat (une copie de la facture) afin de pouvoir vous prévaloir de la présente Garantie.

OBLIGATION DU FABRICANT:

L'obligation du Fabricant en vertu de cette Garantie Limitée est limitée à la réparation ou au remplacement de toute pièce de la table de cuisson à induction expressément couverte par cette Garantie Limitée qui, après examen, s'avère défectueuse dans des conditions normales d'utilisation. La Garantie Limitée n'est applicable que dans la zone continentale des Etats-Unis ou seulement à l'acheteur d'origine ou aux canaux autorisés du fabricant de la distribution. La Garantie Limitée ne peut être modifiée, variée ni prolongée, sauf par acte écrit signé par le fabricant. Le recours de réparation ou de remplacement prévus en vertu de cette Garantie limitée est exclusif. Dans aucun cas, le fabricant ne peut être tenu responsable de tout dommage consécutif ou indirect à toute personne, qu'il soit ou non attribuable à la négligence du fabricant, y compris sans s'y limiter, les dommages pour perte d'usage, les coûts de substitution, des dommages matériels ou toute autre perte d'argent. Certains États ne permettent pas l'exclusion ou la limitation des dommages indirects ou consécutifs, les exclusions de limitation ci-dessus peuvent ne pas s'appliquer. Cette Garantie Limitée donne des droits légaux spécifiques et, il peut y avoir d'autres droits qui varient d'un état à l'autre. Sauf pour ce qui est expressément prévu ci-dessus, le fabricant n'accorde aucune garantie expresse ou implicite découlant de la loi ou autrement, y compris et sans limitation, toutes les garanties de commercialisation et de compatibilité à une fin particulière, à toute autre personne.

LIRE LE MANUEL DU PROPRIÉTAIRE: Si vous avez encore des questions sur le fonctionnement ou la garantie du produit, veuillez contacter NuWave, LLC à **1-877-689-2838** ou par courriel help@nuwavenow.com.



Thank you for your purchase! We value every NuWave™ customer. You've made the decision to buy the NuWave™ Precision Induction Cooktop Flex 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.precisioncookingclub.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

Designed and Developed in U.S.A. by:
NuWave, LLC
1755 N. Butterfield Rd.
Libertyville, IL 60048, U.S.A.

Customer Service Hours:
Monday-Friday: 7:00 AM - 8:00 PM (CST)
1-877-689-2838 (1-877-NUWAVE8)
help@nuwavenow.com
www.NuWaveNow.com

Model 30501~30532: 120V, 60Hz, 1300 Watts
For patent information please visit: www.nuwavenow.com/legal/patent