

**nuwave**<sup>®</sup>  
— LIVE WELL FOR LESS —

# PIC<sup>®</sup> GOLD



Owner's Manual & Complete Recipe Book

## Table of Contents

Introduction, Parts & Accessories	5-6	Grilled Sirloin with Mushrooms & Red Peppers	33
Important Safeguards	7-8	Beef Stroganoff over Buttered Noodles	34
Owner's Manual	9-13	Cajun Rib Eye	35
Troubleshooting	14-15	Bacon, Onion and Cheese Stuffed Burgers	35
Cooking Tips	16	<b>Pork &amp; Chicken</b>	36
<b>Breakfast</b>	17	Pan-Fried Pork Chops	37
Scrambled Eggs	18	Pork Marsala	37
Omelette	18	Sweet & Sour Pork with Pineapple	38
Homemade Yogurt	19	Black-Eyed Peas with Andouille	38
Breakfast Potatoes	19	Sautéed Pork Medallions with Lemon-Garlic Sauce	39
Fried Eggs	20	Pork Tenderloin with Sautéed Apples	39
Homemade Pancakes	20	Pork Chops with Red Onion Confit	40
Crepes	21	Pork Chops alla Pizzaiola	40
Garden Vegetable Frittata	21	Asian-Marinated Pork Chops	41
Poached Eggs Benedict	22	Chicken & Mushrooms	41
French Toast	22	Herb Chicken	42
<b>Vegetables</b>	23	Teriyaki Chicken	42
Green Beans Almondine	24	Parmesan Chicken	43
Grilled Japanese Eggplant with Feta & Sun-Dried Tomatoes	25	Fried Chicken PIC Style	43
Stir-Fried Tofu & Vegetables	25	Chicken Burgers	44
Broccoli & Carrot Stir-Fry	26	Chicken Fajitas	44
Artichokes with Butter Sauce	26	Chicken Fried Steak	45
Marinated Zucchini and Summer Squash	27	Chicken Breasts with Oregano Garlic Butter	45
Ratatouille Stew	27	<b>Seafood</b>	46
Sugar Snap Peas and Spinach with Ginger	28	Seafood Paella	47
Grilled Vegetable Medley	28	Ginger Shrimp	47
Grilled Vegetables with Balsamic -Garlic Sauce	29	Steamed Mussels in Tomato & Wine	48
<b>Beef</b>	30	Jumbo Louisiana Shrimp with Andouille & Grits	48
Bistro Beef & Mushrooms	31		
Hometown Chili	31		
Steak au Poivre	32		
Korean Beef	32		

Pan-Seared Red Snapper	49	Chicken Stock	66
Orange Roughy with Citrus Sauce	50	Beef Stock	67
Fish Tacos	50	Vegetable Beef Soup	67
Battered Fried Shrimp	51	Creamy Cheddar Soup	68
Fried Catfish	51	French Onion Soup	68
Pan-Seared Halibut	52	Shrimp & Tofu Soup	69
<b>Pasta</b>	53	Chunky White Bean-Tomato Soup	69
How to Cook Pasta	54	Thai Coconut Chicken Soup	70
Basic Pasta Dough	54	Chicken Tortilla Soup	70
Roasted Red Pepper Sauce over Tortellini	55	Chicken Noodle Soup	71
Mushroom Stroganoff	55	Butter Sauce	71
Fettuccine Alfredo	56	Hollandaise Sauce	72
Beans with Pesto Bulgur	56	Roux	72
Fresh Tomato, Sausage and Pecorino Pasta	57	Marinara Sauce	73
Bucatini with Mushrooms	57	Cheese Sauce	73
Mediterranean Orzo Salad with Feta Vinaigrette	58	Quick Brown Sauce	74
Sausage and Rice	58	Basic White Sauce	74
Quinoa Tabbouleh	59	Mushroom Duxelle	75
Mexican Green Quinoa	59	Mustard Marinade	75
Mediterranean Bulgur Wheat	59	<b>Fondues</b>	76
Barley with Bacon, Peas and Dill	60	Chocolate Fondue	77
Vegetable Fried Rice	60	Cheddar Cheese Fondue	77
Rice Pilaf	61	S'Mores Fondue	77
Spanish Rice	61	Cheddar Chipotle Fondue	77
Popcorn Rice with Pecans	62	Brie & Sun-Dried Tomato Fondue	78
Basic Fresh Herb Risotto	62	Shabu-Shabu	78
Risotto with Peas and Parmesan	63	Chicken Fondue	79
Saffron Rice	63	Beef Fondue	79
Coconut Rice	64	Three Cheese Fondue	80
Wheat Berry Salad	64	Creamy Vegetable Fondue	80
<b>Stocks, Soups &amp; Sauces</b>	65	<b>Deserts</b>	81
		Simple Fudge	82
		Classic Cherries Jubilee	82
		Peanut Brittle	83
		Chocolate Caramel Turtles	83

Bananas Foster	83
Pears in White Wine Caramel Sauce	84
Lollipops	84
Panna Cotta with Amber Crystals	85
Old Fashioned Hard Candy	85
<b>NuWave PIC Gold Bedienungsanleitung</b>	
Willkommen zum Induktions Präzisions Kochen mit NuWave	87
NuWave Präzisions Induk- tionskochfeld 2 Produkte und Zubehör:	88
Wichtige Sicherheitsmassnahmen	89-90
NuWave Präzisions Induktions Kochen	91
Induktionskochfeld-Kompatibles Kochgeschirr	92
Hinweise zum Anzeigefeld	94-95
Fehlerbehebung	96-98



# NuWave® Precision Induction Cooktop Gold Products and Accessories

## NuWave Precision Induction Cooktop:

(30280)~(30289) NuWave™ PIC® Gold	(32282) Quick Start Guide
(32281) Complete Cookbook / Manual	(32158) Registration Card
(32144) Instructional DVD	(31111) Custom-Made Carrying Case
(32285) 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)
10.5-inch	(32110)
12-inch	(32114)

### Lid (Optional):

(32012)
(32004)
(32014)

### Stainless Steel Plus Pans:

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

### Lid (Optional):

(32012)
(32004)
(32014)

### Stainless Steel Chef Series Pans:

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

### Lid (Optional):

(32012)
(32004)
(32013)

### Stainless Steel Stock Pots & Saucepans:

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

### Lid (Optional):

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

### Everyday Pan:

12-inch, 5.0-quart	(32018)
--------------------	---------

### Lid (Optional):

(32019)
---------

### Stainless Steel Grill Pan:

11-inch, 3.0-quart	(32024)
--------------------	---------

### Lid (Optional):

(32025)
---------

### 8.0-quart Steamer Pot Set:

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

### Lid (Optional):

(32403)
---------

## 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 – 7:00 PM (CST).

You may also order online at: [www.NuWaveNow.com](http://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 can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised.
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 spill overs 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.
20. If the surface is cracked, switch off the appliance to avoid the possibility of electric shock.
21. Metallic objects such as knives, forks, spoons and lids should not be placed on the hotplate since they can get hot.

## SAVE THESE INSTRUCTIONS

### Electrical Information

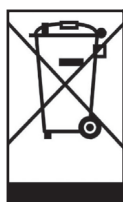
- The cord length of this appliance was selected to reduce Safety Hazards that may occur with a long cord. Extension cords are available and may be used if care is exercised in their use. If an extension cord is used: (1) the marked electrical rating of the extension cord should be at least as great 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.

	<b>! WARNING</b>
<p>Electric shock hazard. Use with adequate electrical system. Do not use if cord or plug is damaged.</p> <p><b>WARNING:</b> 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 Gold.
- 2 Surface:** The NuWave PIC Gold'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:** Electro-magnetic coils located below the glass surface transfer generated heat directly to induction-ready cookware.



### **! CAUTION**

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

## Induction Cooktop-Compatible Cookware

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

### ATTENTION:

The heating surface is located inside the thicker gold ring. You may use pans measuring up to the total width of the NuWave PIC Gold, which measures 12.3 inches, however in these situations, heat will transfer more slowly to the outer edges. Not recommended for pans larger than 12.3 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 Gold:

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 Gold.
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 Gold

### 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 Gold. Do not use caustic cleaning agents and water should not penetrate the interior of the induction cooktop.
- Never immerse the NuWave PIC Gold, 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 Gold, 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 Gold 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.

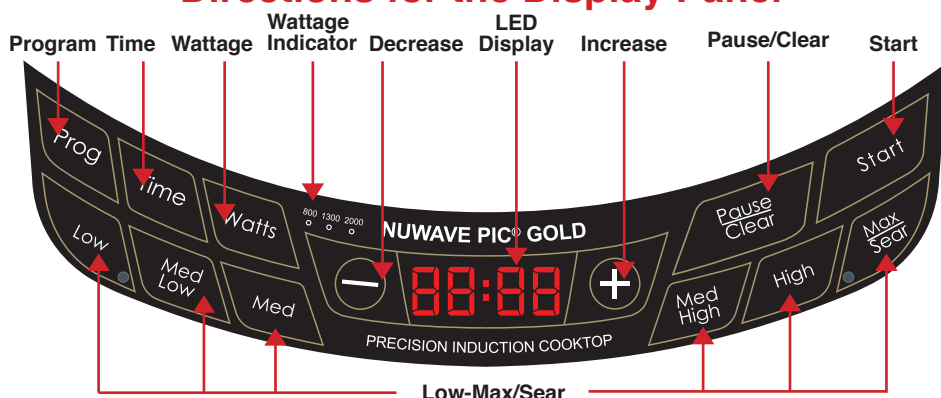
### IMPORTANT TIPS:

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 Gold.  
(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 Gold, 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 Gold from the power supply.

## Directions for the Display Panel



### Wattage Function:

The default wattage of the PIC Gold is 2000 watts. To change the cooktop's wattage, press "Watts" once. The red light will illuminate above "800" indicating that the PIC Gold is now set to 800 watts. Press "Watts" once more and the red light above "1300" will illuminate, indicating the PIC Gold is now set to 1300 watts. Press "Watts" again and the red light above "2000" will illuminate, indicating that the PIC Gold is now set to the default 2000 watts.

### Easy Start:

The NuWave PIC Gold is preset to cook on Med/High (190°C) 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 5°C increments. See the Panel Display Chart on the bottom of this page for more details.

### Control Panel:

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

### To Start Cooking:

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

- Press "Start." Default temperature is 190°C and 1 hour cooking.
- Set temperature and press "Start." Default is 1 hour cooking.
- Set cooking time and press "Start." Default temperature is 190°C.
- Set temperature and time, then press "Start."

The NuWave PIC Gold 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 (190°C). 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 5°C increments, press the "+" or "-" buttons until desired temperature is displayed. Refer to chart below for preset temperatures. The minimum is 40°C while the maximum temperature reaches 250°C.

**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.

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

Press Button	Range Temperature	Panel Display	Examples
Low	40°C	40C	Warm
Med/Low	80°C	80C	Simmer
Med	135°C	135C	Steam
Med/High	190°C	190C	Stir/Deep Fry
High	220°C	220C	Boil/Saute
Max/Sear	250°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 "C" will be blinking. To resume, press "Start."

To CLEAR the cooking mode or display while the NuWave PIC Gold is in operation, press the "Pause/Clear" button twice. The screen will be fully cleared, a "C" 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 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 Gold 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 Gold does not detect cookware on its surface. This can occur for one of two reasons.</p> <ol style="list-style-type: none"> <li>1. The induction coils contained within the NuWave PIC Gold 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.</li> <li>2. An E1 message may also occur if your chosen cookware is not induction-ready.</li> </ol>
E2	The unit is malfunctioning. Contact customer service.
E3	The unit's voltage is too low. Minimum = 160 volts
E4	The unit's voltage is too high. Maximum = 270 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 110°C, 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 10°C 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 Gold will turn off.

**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 Monday - Friday (CST)** or e-mail [help@nuwavenow.com](mailto: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 Monday - Friday (CST)** or e-mail [help@nuwavenow.com](mailto:help@nuwavenow.com).

## Cooking Tips

This recipe book contains valuable information designed to assist in the incorporation of the NuWave® PIC Gold 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 28°C and 36°C. 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 = 30 grams

4 pecks = 1 bushel

8 tablespoons = 40 grams

1 pound of chopped nuts = ½ kilogram

1/2 cup of butter = 1 stick

2 cups granulated sugar = ½ kilogram

2 cups butter = ½ kilogram

16 fluid oz = 1 pint

1 cup = ½ 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  
4.8 oz milk  
2 grams of salt  
1 gram black pepper  
14 grams 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 (135°C), 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  
5 ml cold water  
Salt and pepper to taste  
14 grams butter

Directions:

1. Whisk eggs in bowl with salt, pepper and cold water.
2. Heat small sauté pan on High (220°C). Add butter and cook until butter starts to melt.
3. Reduce heat to Medium (135°C) 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 liter or 8 Yogurt Jars

- 940 ml whole milk
- 1 packet (5 grams) yogurt starter (powdered culture)

Directions:

1. Pour milk into medium sauce pot.
2. Press High (220°C) to bring milk up to 80°C (or until milk starts to boil) then let milk cool down to 40-44°C.
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 (40°C) and then press "+" until display shows 54°C to heat water (this allows milk to maintain 43°C 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

- 16 oz coarsely chopped tiny new potatoes or round red potatoes
- 4 oz chopped onion
- 4 oz chopped green or red bell pepper
- 30 ml olive oil
- 2 grams salt
- 2 grams pepper
- 4 oz 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 (190°C) 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 (135°C).
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

50 ml olive oil, butter  
non-stick spray  
4 eggs  
5-10 ml water

Directions:

1. In large sauté pan, melt oil or butter on Medium (135°C).
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

12 oz self-rising flour  
5 grams baking powder  
30 grams white sugar  
2 eggs, lightly beaten  
8 oz milk  
2 oz 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 (190°C).
7. Pour 2 oz 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 4 oz shredded potatoes for potato pancakes.



## Crepes

Serves: 4

2 large eggs  
6 oz milk  
4 oz water  
8 oz flour  
2 oz 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 (135°C).
4. Pour 1 oz 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 1 gram salt and 60 grams chopped herbs to batter.

Tip: For sweet crepes, add 36 grams sugar, 5 ml vanilla extract and 30 ml liqueur to batter.

## Garden Vegetable Frittata

Serves: 6

30 ml olive oil  
6 small red potatoes, sliced  
16 oz torn fresh spinach  
1 bunch green onions, sliced  
8 oz grape tomatoes, sliced  
8 oz asparagus, diced  
5 grams crushed garlic  
Salt and pepper to taste  
6 eggs  
5 oz milk  
8 oz shredded Asiago cheese

Directions:

1. Heat olive oil in medium sauté pan on Medium (135°C).
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 (40°C).
7. Cover pan and cook for 5-7 minutes.



## Poached Eggs Benedict

Serves: 4

Water, enough to fill fry pan

30 ml white vinegar

14 grams salt

8 slices Canadian bacon

8 large eggs

3 large egg yolks

15 grams fresh lemon juice

1 stick unsalted butter,  
melted and divided

10 ml hot water,  
plus extra as needed

5 grams cayenne pepper

Salt and pepper to taste

4 English muffins, split in half  
and toasted

2 oz chopped chives

Directions:

1. Cook bacon in large sauté pan on Medium (135°C) 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 (135°C).
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, 5 ml 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

5 grams ground cinnamon

1 gram ground nutmeg

30 grams sugar

60 grams butter

4 eggs

2 oz milk

2 ml vanilla extract

8 slices challah, brioche, or white bread

4 oz 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 (135°C).
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 7½ liter stock pot. Bring 16 oz water to boil while covered on Max/Sear. Cut temperature to medium-high (190°C) 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 1 cm pieces
Red, Yellow & Green Peppers	3 minutes	Cut into 1 cm strips
Carrots	5-6 minutes	Cut in 1 cm slices
Cabbage	10-12 minutes	Cut into 6 wedges
Parsnips	5-6 minutes	Cut into 1 cm pieces
Collard Greens & Spinach	2-3 minutes	Chopped
Kohlrabi	6-7 minutes	Peel & cut into 1 cm slices
Sugar Snap Peas	3-4 minutes	
Pea	2-3 minutes	
Leeks	3-4 minutes	Cut into 1 cm slices
Turnips	8-9 minutes	Peel & cut into 1 cm slices
Summer Squash	15 minutes	Cut in half & remove seeds

### Green Beans Almondine

Serves: 4

8 oz green beans  
1 oz slivered almonds  
1 oz butter  
15 ml 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 (135°C) 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
- 14 grams salt
- 2 oz oil-packed sun-dried tomatoes, chopped and drained
- 44 ml fresh lemon juice
- 44 ml olive oil, divided
- 30 ml olive oil for grilling
- 1 clove minced garlic
- 30 grams fresh-chopped Italian parsley
- 4 oz 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, 15 ml 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 (190°C).
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<sup>1/2</sup> cm strips

## Stir-Fried Tofu & Vegetables

Serves: 4

- 4 oz natural peanut butter
- 6 oz hot water
- 2 oz cider vinegar
- 2 oz soy sauce
- 30 ml molasses
- 30 grams crushed red pepper flakes
- 20 ml canola oil
- ½ kilograms firm tofu, cut into small pieces
- 30 grams garlic, minced
- 10 grams gingerroot, divided
- 1-1 kilogram broccoli
- 8 oz red onion
- 1 red pepper, cut in strips
- 1 yellow pepper, cut in strips
- 8 oz 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 10 ml oil to wok or large sauté pan and heat on High (220°C).
3. Add tofu and stir on High (220°C) 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 30 ml 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 (220°C).
10. Serve over rice.

## Broccoli & Carrot Stir-Fry

Serves: 4

- 2 oz vegetable broth or chicken stock
- 15 ml balsamic vinegar
- 5 grams cornstarch
- 15 ml cooking oil
- 5 grams grated fresh ginger
- 12 oz carrots, thinly sliced
- 16 oz broccoli florets
- 5 ml 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-oz) artichokes
- 1 full lemon plus 15 ml, juiced and separated
- 2 oz butter
- 5 grams herbs (dill, tarragon, or oregano)

Directions:

1. Wash artichokes, trim stems and remove loose outer leaves.
2. Cut off 2½ cm 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 (135°C).
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 (80°C) and stir in herbs and 15 ml lemon juice.
10. Transfer butter sauce to bowl and dip artichokes leaves in butter.





## Marinated Zucchini and Summer Squash

Serves: 4-6

- 30 ml white wine vinegar
- 30 ml fresh lemon juice
- 14 grams minced garlic
- 28 grams chopped, fresh thyme
- Salt and freshly ground black pepper to taste
- 5 oz extra-virgin olive oil
- ½ kilogram zucchini, trimmed and sliced diagonally into ½-cm slices
- ½ kilogram yellow crookneck squash, trimmed and sliced diagonally into ½-cm 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 (190°C).
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

- 30 ml 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
- 4 oz fresh basil leaves, chopped, plus extra for garnish
- 1 (15-oz) can diced tomatoes
- 8 oz chicken broth

Directions:

1. Heat oil in medium stock pot on Medium-High (190°C).
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 100°C 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

½ kilograms sugar snap peas stem end and strings removed

Extra-virgin olive oil

1 (1½-cm) piece of ginger, finely chopped

2 cloves garlic, smashed

1 scallion, thinly sliced

¼ kilogram 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 180°C 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

4 oz fresh basil leaves, chopped

2 oz 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 (190°C).
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

- 8 oz extra-virgin olive oil
- 2 oz balsamic vinegar
- 43 grams minced fresh Italian herbs
- 15 grams minced garlic
- 7 grams salt
- 4 grams freshly ground black pepper
- 1/2 kilograms yellow squash or zucchini, ends trimmed and sliced lengthwise into 1/2-cm slices
- 2 large red onions, sliced crosswise into 1-cm slices and secured with toothpicks
- 1 large eggplant, ends trimmed and sliced lengthwise into 1-cm slices
- 1-2 fennel bulbs, sliced lengthwise into 1/2-cm wedges
- Sea salt (optional)
- 5 oz finely grated Parmesan cheese (optional)

Directions:

1. Heat grill pan or large sauté pan on Medium-High (190°C).
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: 57°C - 60°C  
Medium-rare: 60°C - 65°C  
Medium: 65°C - 70°C  
Well-done: 70°C - 80°C
- 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.
- ½ kilogram of raw ground beef equals 16 oz of cooked meat.

\* A meat thermometer is essential for checking internal temperature.



# Beef

## Bistro Beef & Mushrooms

Serves: 4

- 4 beef sirloin steaks, cut 1-cm, thick
- 15 ml Dijon mustard or coarse grain brown mustard
- 2 oz dry red wine or sherry
- 15 ml Worcestershire sauce
- 4 oz beef broth
- 1 oz butter
- 1 oz all-purpose flour
- 2 (4-oz) packages sliced button, Shiitake or Portobello mushrooms
- 10 grams fresh thyme
- 12 grams salt
- 2 grams 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 (135°C) 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 1¼-cm 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 (80°C) heat to slow down the speed of the liquid reducing.

## Hometown Chili

Serves: 6-8

- 1 kilogram ground beef
- 8 oz chopped yellow onion
- 8 oz chopped celery
- 30 grams chopped garlic
- 2 cans light red kidney beans
- 4 (15-oz) whole tomatoes
- 40 grams chili seasoning
- 16 oz cold water
- 44 grams fresh parsley, minced
- 40 grams black pepper
- 2 grams salt
- 8 oz grated cheese (optional)
- 4 oz chopped green onions (optional)
- 8 oz crackers (optional)

Directions:

1. In large stock pot, cook ground beef and 15 ml chili seasoning on Medium High (190°C).
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 (220°C) and bring to boil.
6. Turn PIC down to Medium-Low (80°C) and let simmer for 45 minutes.
7. Serve with cheese, chopped onions, and crackers.

Tip: If you don't have fresh parsley, substitute 15 ml dry parsley.

## Steak au Poivre

Yield: 4

4 oz black peppercorns  
4 (6-oz) tenderloin steaks  
10 ml sunflower oil  
4 oz French brandy or cognac  
8 oz heavy cream  
1/2 oz 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 (190°C).
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 (190°C) 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

4 oz soy sauce  
2 oz rice vinegar  
3 scallions, finely chopped, plus additional chopped scallions for garnish  
30 ml firmly packed brown sugar  
1 (5-cm) piece fresh ginger, finely chopped  
22 ml toasted sesame oil  
10 ml red pepper flakes  
2 (1/3 kilogram) skirt steaks  
¼ kilograms skirt steak, in two pieces  
Vegetable oil  
1½ oz 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 2 oz 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 5 cm deep.
6. Heat medium stock pot Medium-High (190°C) until oil reaches 190°C.
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 22 ml oil on High (220°C).

12. Season meat with salt and pepper and add to skillet.
13. Reduce PIC to Medium-High (190°C) 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 (1½ kilogram) boneless chuck roast
- 30 ml olive oil
- 1 (16-oz) can tomatoes
- 13 oz cup water, divided
- 2 oz cup red wine
- 30 gams beef bouillon
- Salt to taste
- 2 cloves garlic, minced
- 1 (8-count) package refrigerated biscuits
- 15 ml minced parsley
- 30 grams cornstarch

Directions:

1. Trim excess fat from roast.
2. Heat oil in large stock pot on Medium (135°C).
3. Brown roast on all sides.
4. Add tomatoes, 3/4 oz water, red wine, bouillon, salt and garlic to large stock pot.
5. Cook on Medium-Low (80°C) 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 (80°C) 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 (190°C).
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-oz) sirloin steaks
- 15 ml olive oil
- 1 medium red bell pepper, cut into strips
- 6 oz sliced button mushrooms
- 1 small onion, thinly sliced
- 3 grams salt
- 3 grams 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

- 104 oz beef stock
- 1 carrot, chopped
- 6 sprigs fresh thyme, divided
- 1 bay leaf
- 1 kilogram chuck roast, cut into 5-cm cubes Kosher salt and freshly ground black pepper
- 90 ml extra-virgin olive oil, divided
- 1 medium onion, chopped
- 30 ml cognac
- 2½ oz unsalted butter, divided
- ½ kilogram mushrooms, sliced
- 3 cloves garlic, chopped
- 30 grams sour cream, plus more for garnish
- 15 grams Dijon mustard
- 30 grams chopped fresh parsley leaves, plus more for garnish
- 1 (½-kilogram) package wide egg noodles

### Directions:

1. Heat beef stock in a large stock pot on High (220°C) 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 44 ml olive oil and heat on High (220°C).
4. Cook meat in batches in pan until browned on all sides. Do not overcrowd the meat.
5. Lower temperature to Medium (135°C) 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 100°C for 1½-2 hours.
10. In separate large sauté pan, melt 1½ oz butter at 180°C 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

44 ml paprika  
30 grams granulated garlic  
30 grams kosher salt  
15 grams cayenne pepper  
15 grams onion powder  
15 grams dried oregano  
15 grams black pepper  
15 grams dried thyme  
1 (24-oz) 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 (220°C).
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

1/3 kilogram ground beef  
1 clove garlic, minced  
5 grams cayenne pepper sauce  
Salt and freshly ground black pepper to taste  
4 strips bacon, diced  
½ onion, chopped  
8 oz 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, 1¼-cm patties and set aside.
3. Heat large sauté pan on Medium (135°C) 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 (135°C) 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 (190°C) 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 75° - 80°C, or when juices run clear.
- Pork is ready to eat when the internal temperature\* approaches 70° - 80°C, or once juices run clear.
- To cut raw meat more easily, it may help to thoroughly chill it first.
- ½ kilogram of raw chicken equals 18 oz 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 2-cm thick
- 8 oz all-purpose flour
- 5 grams garlic powder
- 2 grams paprika
- 2 grams salt
- 2 grams pepper
- 2 grams cayenne (optional)
- 3 slices bacon, chopped
- ¼ oz vegetable oil or olive oil

Directions:

1. In medium sauté pan, cook bacon on Medium-High (190°C) 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 (190°C) for 2 minutes.
8. Cook chops for 5-7 minutes per side until well browned and the internal temperature has reached 80°C.

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

## Pork Marsala

Serves: 4

- ½ kilogram pork tenderloin, well trimmed
- 5 ml olive oil
- 14 grams minced garlic
- 5 ml tomato paste
- 4 oz dry Marsala
- 4 oz red wine
- 12 oz button mushrooms
- Salt and Pepper to taste
- 14 grams chopped fresh parsley

Directions:

1. Cut pork diagonally into cutlets ½-cm thick or pound cutlets to thickness of ½-cm.
2. Heat large sauté pan on High (220°C) 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 (135°C) 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 (80°C) heat and simmer for 3-5 minutes.
8. Return reserved cutlets to pan, and heat them through on Medium-Low (80°C) heat.
9. Before serving, sprinkle with parsley.



## Sweet & Sour Pork with Pineapple

Serves: 4

- 3 oz unsalted butter, divided
- 1 kilogram celery root, peeled and cut into 2½-cm cubes
- 16 oz water
- 14 grams salt, divided
- 2 oz milk
- 10 grams garlic, minced
- ½ kilogram baby bok choy, trimmed and sliced crosswise
- 1/3 kilogram boneless pork loin, trimmed and cut into cubes
- 1 (10-oz) can fresh pineapple chunks
- 10 oz honey
- 30 ml sherry vinegar
- White pepper to taste

Directions:

1. Melt 1 oz butter in large sauté pan on Medium-High (190°C).
2. Add celery root and cook for 5 minutes, stirring to coat with butter.
3. Add water and 30 grams salt. Bring to boil.
4. Reduce heat to a simmer on Medium-Low (80°C), let simmer for 30 minutes or until tender.
5. Strain, reserving 2 oz cooking liquid.
6. Puree in food processor with reserved cooking liquid, milk and ½ oz butter.
7. Return to pan to keep warm.
8. In large sauté pan heat 1½ oz butter on High (220°C).
9. Sauté garlic for 1 minute until tender, stirring constantly.
10. Add bok choy and 2 grams salt and cook on Medium-High (190°C) for 4-5 minutes, stirring until just tender. Set aside and keep warm.
11. In same fry pan, add ½ oz butter.
12. Cook pork on Medium-High (190°C) 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 (190°C).
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

- ¼ kilogram Andouille sausage, cut into ½-cm thick slices
- 4 oz onion, diced
- ½ green bell pepper, diced
- ½ red bell pepper, diced
- 24 oz black-eyed peas, cooked
- 8 oz chicken stock or water
- 2 grams kosher salt
- 2 grams black pepper

Directions:

1. Heat large sauté pan on Medium-High (190°C).
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 (½-kilogram) pork tenderloin, trimmed
- 1 gram salt, divided
- 2 grams black pepper, divided
- 30 ml olive oil, divided
- 2 cloves garlic, minced
- 4 oz dry white wine
- 4 oz chicken broth, low-sodium
- Grated zest from 1 lemon
- 15 ml lemon juice
- 15 ml fresh parsley, chopped

Directions:

1. Cut pork into 12 (2½ cm) slices.
2. Season both sides of pork with 1¾ grams salt and 3½ grams pepper.
3. Heat 5 ml oil in large sauté pan on Medium-High (190°C).
4. Add pork and cook for 1½ minutes per side, until internal temperature reaches 60°C.
5. Transfer pork to serving platter and cover to keep warm.
6. Heat remaining oil in pan on Medium-High (190°C).
7. Add garlic and cook for about 30 seconds, stirring constantly.
8. Add wine and broth to pan.
9. Increase temperature to High (220°C) 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 21 grams 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

- 3½ grams ground coriander
- 3½ grams freshly ground black pepper
- 1¾ grams ground cinnamon
- 1¾ grams ground nutmeg
- 7 grams salt, divided
- ½ kilogram pork tenderloin, trimmed and cut crosswise into 12 pieces
- Non-stick cooking spray
- 1 oz butter
- 16 oz thinly sliced, unpeeled apples
- 5 oz thinly sliced shallots
- 2 oz apple cider
- 4¾ oz fresh thyme leaves

Directions:

1. Combine first 4 ingredients in a bowl along with 1¾ grams salt and sprinkle evenly over pork.
2. Coat large sauté pan in non-stick cooking spray and heat on Medium-High (190°C).
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 (135°C).
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  
½-1 oz 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 65°C.
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 (135°C) 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

30 ml olive oil  
2 (12-oz) bone-in pork chops  
Salt and freshly ground black pepper to taste  
1 small onion, thinly sliced  
1 (15-oz) can diced tomatoes  
15 ml Herbes de Provence  
5 grams dried red pepper flakes  
14 grams chopped parsley

Directions:

1. Heat oil in large sauté pan on Medium (135°C).
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 (135°C) 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 70°C.

## Asian-Marinated Pork Chops

Serves: 2

2 oz soy sauce  
1 oz rice wine vinegar  
5 ml Asian chili paste  
10 ml finely chopped ginger  
1 clove garlic, minced fine  
2 scallions, thin sliced  
Zest from 1 orange  
2 (2-cm) 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 (220°C).
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-oz) boneless, skinless  
chicken breasts  
4 oz flour  
2 grams salt  
2 grams black pepper  
15 ml olive oil  
3-4 cloves garlic, peeled and  
roughly chopped  
½ kilogram mushrooms, cut into slices  
2 oz balsamic vinegar  
8 oz chicken broth/stock  
1 gram thyme

Directions:

1. In large sauté pan, heat the oil on Medium-High (190°C).
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 (80°C) 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 (190°C) to thicken sauce.
10. Pour sauce over chicken and serve with rice.

## Herb Chicken

Serves: 4

4 (6-oz) boneless, skinless chicken breasts  
60 ml flour  
1¼ ml salt  
1¼ ml pepper  
15 ml fresh thyme  
15 ml fresh chopped rosemary  
15 ml fresh chopped oregano  
2-3 cloves garlic, peeled and finely chopped  
118 ml white wine  
156 ml chicken stock or broth  
60 ml fresh chopped Italian parsley or chervil

Directions:

1. Heat large sauté pan on Medium-High (190°C).
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 (190°C).
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 (80°C).
8. Cover and cook chicken for about 10-12 minutes or until internal temperature reaches 80°C.
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 5 ml dried thyme, rosemary or oregano.

## Teriyaki Chicken

Serves: 2-3

156 ml low-sodium soy sauce  
156 ml cup honey  
6 ml peeled, grated fresh ginger  
½ kilogram boneless, skinless chicken breasts or thighs  
Freshly ground black pepper to taste  
20 ml vegetable oil  
2 medium scallions, thinly sliced

Directions:

1. Add soy sauce and honey to small saucepan and simmer on Medium (135°C) 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 (220°C) 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 (135°C).
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 (135°C) for about 3 minutes, until sauce thickens.
11. Slice chicken crosswise into 1¼-cm 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 1¼ cm thick.

## Parmesan Chicken

Serves: 4-6

4-6 boneless, skinless chicken breasts  
8 oz all-purpose flour  
4¾ grams kosher salt  
2 grams freshly ground black pepper  
2 extra-large eggs  
15 ml water  
10 oz seasoned dry bread crumbs  
4 oz freshly grated parmesan, plus  
extra for garnish  
½ oz unsalted butter  
½ oz 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 (80°C).
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 2 oz freshly squeezed lemon juice, 4 oz olive oil, 4 oz kosher salt and 60 grams black pepper.

## Fried Chicken PIC Style

Serves: 1-2

1/3 kilogram bone-in chicken pieces  
(breasts, thighs, and drumsticks)  
16/24 oz all-purpose flour  
14 grams poultry seasoning or paprika  
14 grams dried basil or marjoram  
5 grams garlic powder  
5 grams onion powder  
5 grams salt  
5 grams black or white pepper  
56 oz canola or vegetable oil

Directions:

1. Combine flour and all spices in 4-liter plastic container. Shake to evenly mix ingredients.
2. Add canola or vegetable oil to medium stock pot.
3. Heat over Medium-High (190°C) for 12-15 minutes, until oil reaches 180°C.
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 74-80°C.

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

- This recipe can be altered to fry 2 kilograms of chicken. To do so, double the dry seasoning and increase flour to 24 oz.
- Ideal oil temperature for chicken is 180°C and should be checked with a digital thermometer.

## Chicken Burgers

Serves: 4-5

½ kilogram boneless, skinless chicken breasts or tenders  
16 oz fresh bread crumbs, divided  
4 oz low-fat milk  
1½ oz grated sweet onion  
1 gram cayenne pepper  
3½ grams kosher salt  
Freshly ground black pepper  
5 ml olive oil

Directions:

1. Remove all excess fat and cartilage from chicken.
2. Cut chicken into 2½-cm cubes and chop until coarsely ground and transfer to mixing bowl.
3. Using a rubber spatula, fold in milk, 118 ml 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 (190°C).
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

60 ml canola oil, divided  
30 ml lemon juice  
7 grams seasoned salt  
7 grams dried oregano  
7 grams ground cumin  
4¾ grams garlic powder  
4¾ grams chili powder  
2 grams paprika  
2 grams crushed red pepper flakes (optional)  
2/3 kilogram boneless skinless chicken breasts, cut into thin strips  
½ medium red pepper, julienned  
½ medium green pepper, julienned  
4 green onions, thinly sliced  
4 oz chopped onion  
6 (20 cm) flour tortillas  
Shredded cheddar cheese  
Salsa  
Guacamole  
Sour cream

Directions:

1. Combine 30 ml 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 (135°C) until tender.
4. Remove vegetables and keep warm.
5. In same skillet, cook chicken on Medium (135°C) 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

- 12 oz, plus 30 ml all-purpose flour
- 2 grams freshly ground black pepper, divided
- 8 (4-oz) tenderized beef round steaks (have butcher run them through cubing machine)
- 5 grams house seasoning (2 oz black pepper mixed with 8 oz salt)
- 5 grams seasoned salt
- 6 oz vegetable oil, divided
- 7 oz teaspoons salt
- 32 oz hot water
- 1 bunch green onions or 1 medium yellow onion, sliced

Directions:

1. Combine 12 oz flour and 1 gram 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 4 oz oil in large sauté pan on Medium-High (190°C).
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 (135°C) 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 (190°C).
14. Once boiling, reduce PIC to Low (40°C) 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
- 1 gram salt
- 2½ oz unsalted butter, softened
- 14 gram chopped fresh oregano
- 1 gram dried hot red pepper flakes
- 4 bone-in chicken breasts
- 15 ml 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 5-cm pocket horizontally in side of each chicken breast and fill each pocket with 10 ml oregano garlic butter.
5. Season chicken with salt and pepper.
6. Heat oil in large sauté pan on Medium (135°C) 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 40°C (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

- 10 grams butter
- 8 oz onion, diced
- Salt and black pepper to taste
- 8 oz long-grain rice
- 1 small green pepper, seeded and finely chopped
- 1 small red pepper, seeded and finely chopped
- ½ gram garlic, minced
- 2 grams saffron threads, crumbled
- 20 oz fish stock or base
- 1 (6 – 8-oz) lobster tail, removed from shell and chopped into large pieces
- ¼ kilogram king crab legs, shelled, chopped into large pieces
- 12 oz Tilapia fillets, cut into large pieces
- 4 oz sea scallops, raw
- 4 oz large shrimp, raw, peeled and deveined
- 4 oz mussels, pre-cooked
- 4 oz clams, pre-cooked
- 4 oz squid, pre-cooked and pre-chopped
- 4 oz octopus, pre-cooked and pre-chopped

Directions:

1. In medium stock pot, melt butter on Medium (135°C) for about 30 seconds.
2. Sauté onion in butter on Medium (135°C) 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 16 oz broth.
6. Bring mixture to boil on Medium-High (190°C) covered.
7. Once boiling, lower heat to Medium (135°C) 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

- ½ kilogram shrimp, peeled and deveined
- 15 ml olive oil, divided
- 1 oz grated fresh ginger
- 8 oz chopped green onions
- 13 oz chicken stock
- 30 ml cold water
- 14 grams cornstarch

Directions

1. Heat 7 ml oil in large sauté pan on High (190°C).
2. Sauté shrimp on High (190°C) for 4 minutes or until they turn pink.
3. Remove shrimp and set aside.
4. Heat remaining oil on Medium-Low (80°C).
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 (190°C).
9. Serve over rice.

## Steamed Mussels in Tomato & Wine

Serves: 4

- 1 kilogram mussels
- 10 oz white wine
- 1 (14½-oz) can Italian-style chopped tomatoes
- ½ stick butter, cut into quarters
- 4 cloves garlic, roughly chopped
- 2 oz 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 1½-cm deep with water and add mussels.
3. Bring covered pot to boil on High (220°C) 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 (80°C) 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
- 30 mls extra virgin olive oil
- 14 grams Creole spice
- 2 grams salt
- 3 oz Andouille sausage, small diced
- 3 oz shallot, minced
- 3 oz garlic, minced
- 30 ml paquillo peppers, small diced
- ½ oz chopped thyme
- 32 oz shrimp stock or vegetable stock
- 1 oz butter
- 5 ml fresh lemon juice
- 16 oz tomatoes, diced
- 8 oz uncooked grits

Directions:

1. Cook grits according to package directions.
2. Add olive oil to large sauté pan and heat on Medium (135°C).
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
- 5 grams grated fresh ginger
- 1 garlic clove, grated
- 2 limes, juiced
- 30 ml soy sauce
- Pinch sugar
- Sea salt and freshly ground black pepper to taste
- 2 oz extra-virgin olive oil, divided
- 1 (6-oz) 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 30 ml olive oil in mixing bowl; set aside.
2. Heat remaining oil in medium sauté pan on Medium-High (190°C).
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. (190°C) 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
- ½ oz fresh mint, finely sliced
- 10 grams chives, chopped
- Coarse salt and ground white pepper to taste
- 10 ml canola oil
- 2 (1/3-kilogram) 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 (190°C).
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
- 4 oz milk
- 10 grams salt
- 2 oz all-purpose flour
- 22 ml olive oil
- 15 grams minced garlic
- 44 ml fresh lime juice
- 30 ml lemon juice
- 15 grams orange juice
- 15 grams chopped parsley
- 30 grams thinly sliced green onion
- 14½ grams 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 30 ml oil in large sauté pan on Medium-High (190°C).
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 (40°C).
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

- ½ kilogram white flaky fish, such as haddock or cod
- 2 oz canola oil
- 1 lime, juiced
- 15 grams ancho chili powder
- 1 jalapeño, coarsely chopped
- 2 oz 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 (190°C).
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

- 1 kilogram uncooked shrimp, peeled and deveined, tails left on
- 8 oz all-purpose flour
- 2 grams sugar
- 2 grams salt
- 8 oz ice water
- 1 egg
- 1 large bottle vegetable oil, portioned into 50 oz and 30 ml

Directions:

1. Heat oil in a large stock pot on Medium (190°C).
2. In large bowl, mix flour, sugar and salt.
3. Add ice water, egg and 30 ml 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-oz) catfish filets
- 4 oz buttermilk
- 5 oz all-purpose flour
- 5 oz cornmeal
- 5 grams black pepper
- 5 grams salt
- 24 oz 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 190°C.
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

30 ml grapeseed oil  
4 (6-oz) halibut filets  
14 grams salt  
14 grams cracked black pepper  
2 sprigs fresh thyme  
Juice from 1 lemon, divided  
15 ml olive oil  
12 oz halved heirloom tomatoes  
5 grams chopped garlic  
30 grams chopped parsley

Directions:

1. Heat grape seed oil in large sauté pan on Medium-High (190°C).
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 24 oz water for every 8 oz 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.

A top-down photograph of a blue ceramic plate filled with pasta. The pasta is a wide, flat ribbon shape, likely farfalle or a similar variety, and is coated in a light sauce. It is garnished with several shavings of hard cheese, possibly Parmesan, and fresh green herbs. A wooden-handled knife is placed diagonally across the bottom of the plate. The plate sits on a dark, rustic wooden surface.

**Pasta, Grains  
& Rice**

## How to Cook Pasta

Fill large saucepan or stock pot, with 3 liters of water for every 4-8 oz of pasta. Bring to a boil on "Sear." You may add 5 ml salt and 15 ml 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 (190°C) 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: ½ kilogram

- 16 oz all-purpose flour, divided
- 16 oz salt
- 2 egg yolks, beaten
- 1 egg, beaten
- 5 oz water
- 5 ml olive oil

Directions:

1. In large bowl, stir together 14 ml 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: ½ kilogram of uncooked pasta serves 6-8 people



## Roasted Red Pepper Sauce over Tortellini

Serves: 6

- 2 (9-oz) packages cheese or meat tortellini
- 4 red peppers, roasted
- 1 oz butter
- 8 oz onion, small diced
- 4 cloves garlic, minced
- 15 grams fresh thyme
- 15 grams fresh oregano
- 10 grams 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 5 grams dried. If you don't have fresh oregano, substitute with 2½ grams dried.

## Mushroom Stroganoff

Serves: 4

- 8 oz wide egg noodles
- 1 oz butter
- 2 medium onions, cut into 2 cm slices
- 36 oz mushrooms, sliced
- 1 clove garlic, minced
- 1 oz all-purpose flour
- 1 vegetable bouillon cube, crumbled
- 6 oz water
- 1 (8-oz) carton sour cream
- Salt & pepper to taste
- 15 grams fresh chives (optional)

Directions:

1. In large stock pot, heat water for pasta.
2. Meanwhile, in large sauté pan, melt butter on Medium-High (190°C).
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 (80°C); 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 oz dried fettuccine  
6 oz heavy whipping cream  
4 oz butter  
6 oz 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 (135°C) 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

6 oz dry cranberry beans, lima beans  
or pinto beans  
30 ml olive oil  
50 oz water, divided  
8 oz vegetable stock  
6 oz bulgur wheat  
6 oz red pepper, chopped  
2 oz green onion, thinly sliced  
5 oz 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 24 oz water and let soak for 6-8 hours or overnight.
4. In large stock pot, combine soaked beans, oil and 24 oz water.
5. Bring to boil on Max/Sear.
6. Reduce heat to Medium- Low (80°C) 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 (80°C) 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 (135°C) 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-oz) can pinto beans, rinsed and drained instead of dry beans.

## Fresh Tomato, Sausage and Pecorino Pasta

Serves: 3-4

- 8 oz uncooked penne pasta
- 8 oz sweet Italian sausage, casings removed
- 10 ml olive oil
- 8 oz sliced onion
- 10 grams minced garlic
- ½ kilogram tomatoes, chopped
- 3 oz grated Pecorino Romano cheese, divided
- 4 ml salt
- 1/3 ml black pepper
- 6 oz fresh basil

Directions:

1. Prepare pasta according to package directions, drain and set aside.
2. Heat large sauté pan on Medium-High (190°C).
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, 30 grams cheese, salt and pepper.
8. Top pasta with remaining cheese and garnish with basil.

## Bucatini with Mushrooms

Serves: 4

- 4 oz dried porcini mushrooms
- 5 oz boiling water
- 8 oz uncooked bucatini pasta, rinsed
- 15 grams salt, divided
- 15 ml canola oil
- 2 oz finely chopped shallots
- 2 (4-oz) packages exotic mushroom blend, coarsely chopped
- 2 garlic cloves, minced
- 30 grams dry sherry
- 2 oz parmesan cheese, divided
- 2 oz ml heavy whipping cream
- 5 grams finely chopped fresh sage
- 2 grams cracked black pepper
- 5 ml 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 2 oz 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 14 grams salt, and cook for 10 minutes.
5. Drain pasta and reserve 2 oz cooking liquid.
6. Add oil to large sauté pan and heat on Medium-High (190°C).
7. Add shallots, mushroom blend and garlic and sauté for 5 minutes, stirring frequently.
8. Add porcini mushrooms, sherry and 4 ml salt and cook for 1 minute, until liquid evaporates.
9. Stir in pasta, reserved porcini liquid, reserved cooking liquid, 180 ml 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

- 8 oz uncooked orzo
- 16 oz baby spinach, chopped
- 4 oz sun-dried tomatoes, drained and chopped
- 1½ oz chopped red onion
- 1½ oz chopped, pitted Kalamata olives
- 1 grams salt
- 2 grams freshly ground black pepper
- 1 (6-oz) jar marinated artichoke hearts
- 6 oz 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 4 oz feta cheese to orzo mixture, tossing gently.
6. Serve orzo and garnish with remaining feta cheese.

## Sausage and Rice

Serves: 4-6

- 1 (16-oz) package smoked sausage
- 1 medium green bell pepper, chopped
- 1 small onion, chopped
- 1 garlic clove, minced
- 8 oz chicken broth
- 2 (3½-oz) bags quick-cooking brown rice
- 2 grams salt
- 1 gram pepper
- Chopped parsley for garnish

Direction:

1. Cut sausage into 1 cm slices.
2. Sauté sausage in large sauté pan on Medium-High (190°C) for 8-10 minutes, until lightly browned.
3. Remove sausage and drain on paper towels, reserving 15 ml drippings in pan. Set sausage aside.
4. Add bell pepper, onion and garlic to pan and sauté on Medium-High (190°C) 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 (80°C).
7. Cover pan and cook for 5 minutes, until rice is tender.
8. Garnish with parsley and serve.

## Quinoa Tabbouleh

Serves: 4

16 oz water  
8 oz quinoa  
1 pinch salt  
2 oz olive oil  
2 grams sea salt  
2 oz lemon juice  
3 tomatoes, diced  
1 cucumber, diced  
2 bunches green onions, diced  
2 carrots, grated  
8 oz 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 (40°C), 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

8 oz quinoa  
16 oz baby spinach  
4 oz loosely packed fresh cilantro leaves  
Juice of 1 lime  
½ small jalapeño, seeded  
15 ml extra-virgin olive oil  
1 clove garlic  
3½ grams kosher salt  
30 grams parmesan or Cotija cheese, divided

Directions:

1. Fill medium saucepan  $\frac{2}{3}$  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 (135°C) 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 (80°C) for about 3 minutes, stirring frequently.
8. Stir in ½ oz cheese.
9. Transfer quinoa to serving dish and top with remaining cheese.

## Mediterranean Bulgur Wheat

Serves: 2

8 oz bulgur wheat  
20 oz boiling water  
Olive oil to taste  
Chopped, dried apricots  
Olives  
Salt and pepper to taste

Directions:

1. Toast 8 oz bulgur in medium dry sauté pan on Medium (135°C) 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

6 oz whole hulled barley, rinsed  
30 oz water  
6 grams kosher salt, divided  
4 slices bacon, sliced into 1¼-cm strips  
5 grams unsalted butter  
1 large yellow onion, quartered  
and thinly sliced  
12 oz frozen peas, thawed  
14 grams finely chopped fresh dill  
10 ml fresh lemon juice  
3 grams freshly ground  
black pepper

Directions:

1. Bring barley, water and 2 ml salt to a boil in medium saucepan on High (220°C).
2. Once boiling, reduce heat to Medium-Low (80°C), 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 (135°C) 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 (135°C) and melt butter in bacon drippings.
6. Add onion and 1 gram 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, 2 grams each of salt and pepper.
10. Transfer to serving bowl and top with bacon.

## Vegetable Fried Rice

Serves: 4

5 ml toasted sesame oil or cooking oil  
1 egg, beaten  
15 ml vegetable oil  
¼ kilogram fresh asparagus spears,  
cut into 2½-cm pieces  
2 oz fresh mushrooms, sliced  
2 oz celery, cut on bias  
1 oz green onion, thinly sliced  
2 cloves garlic, minced  
1½ oz reduced-sodium  
soy sauce  
30 ml white wine or water  
16 oz precooked brown rice, chilled  
Dash red pepper

Directions:

1. In large sauté pan or wok, heat 5 ml sesame oil on Medium (135°C).
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 (220°C).
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

15 ml olive oil  
4 oz onion, finely chopped  
4 oz fresh mushrooms, thinly sliced  
2 oz celery, finely diced  
1 garlic clove, minced  
6 oz long grain rice, uncooked  
and parboiled  
7 ml instant chicken or  
vegetable bouillon  
3½ grams black pepper  
12 oz water

Directions:

1. In a medium saucepan, heat olive oil on High (220°C) 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 (135°C).
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

6 oz long-grain rice, uncooked  
15 ml olive oil  
8 oz onion, finely chopped  
8 oz green pepper, chopped  
1 clove garlic, minced  
5 grams chili powder  
1 (28-oz) can diced tomatoes,  
un-drained  
1 (4 oz) can diced green chili  
peppers, drained  
8 oz water  
3½ grams salt  
3½ grams black pepper  
14 ml bottled hot pepper sauce  
(optional)  
4 oz shredded Cheddar cheese  
(optional)

Directions:

1. In large sauté pan with lid, heat oil on Medium-High (190°C).
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 (80°C) 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

14 grams unsalted butter  
5 grams garlic, minced  
8 oz popcorn rice  
20 oz water  
2 grams salt  
8 oz pecans, chopped

Directions:

1. In medium saucepan, melt butter on Medium-Low (80°C).
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 (220°C).
5. Reduce heat to Medium-Low (80°C) 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

15 ml extra-virgin olive oil  
1 medium onion, chopped (4 oz)  
12 oz Arborio rice  
Freshly ground black pepper  
4 oz water  
32 oz chicken broth, kept warm in a saucepan  
½ oz butter, softened  
8 oz finely shredded Parmesan cheese  
4 oz parsley, basil, dill or mint, chopped

Directions:

1. Heat oil in medium stock pot on Medium (135°C).
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 4 oz 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 (190°C).



## Risotto with Peas and Parmesan

Serves: 4

- 15 ml olive oil
- 15 ml olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, finely chopped
- 8 oz uncooked Arborio rice
- 16 oz chicken broth or stock
- 8 oz low fat evaporated milk
- 4 oz frozen peas, thawed
- 1-2 grams lemon zest (optional)
- Salt and ground black pepper to taste
- 2 oz finely shredded Parmesan cheese

Directions:

1. Heat oil in medium sauce pot on Medium-High (190°C).
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 (135°C).
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

- 8 oz basmati rice
- 16 oz chicken stock
- 14 grams butter (optional)
- 14 grams dried onion flakes
- 7 grams 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 (135°C) 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 (135°C) 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

44 ml clarified butter or coconut oil  
8 oz finely chopped onion  
1 clove garlic, minced  
6 grams kosher salt  
½ gram cayenne  
16 oz basmati long grain rice  
4 oz grated, unsweetened coconut  
16 oz unsweetened coconut water\*  
14 oz 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 (80°C).
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 (135°C) and bring to simmer.
7. Cover pan and lower temperature to Low (40°C) 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

12 oz hard wheat berries  
6 oz chopped walnuts  
2 stalks celery, finely chopped  
4 oz tart dried cherries, chopped  
1 scallion, chopped  
4 oz finely chopped parsley leaves  
44 ml olive oil  
30 ml 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 5 cm.
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 (190°C) 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 5 grams 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.



## Stocks, Soups & Sauces

## Vegetable Stock

Yield: 56 oz

- 4 medium yellow onions, unpeeled
- 4 medium carrots
- 3 medium potatoes
- 2 medium parsnips, turnips or rutabagas, cut
- 1 small head cabbage
- 64 oz water
- 2 grams whole peppercorns
- 4 stems fresh parsley
- 4 bay leaves
- 2 grams basil,
- 2 grams marjoram
- 2 grams 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 (80°C) 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: 3 liters

- 1 (1½-kilogram) 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
- 10 grams fresh thyme
- 2 bay leaves
- 5 ml whole black peppercorns
- 3 liters 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 (135°C).
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 (80°C) 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: 4 liters

- 2 kilograms meaty beef bones
- 8 oz 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
- 4 liters and 12 oz 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 230°C 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 230°C for 15 minutes.
6. Transfer vegetables to stock pot.
7. Add 4 oz 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 (80°C) 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

- 1/3 kilogram boneless beef chuck roast, cubed
- 15 ml olive oil
- 32 oz water
- 3 (10 oz) can beef broth stock
- 5 grams dried oregano, crushed
- 2½ grams dried marjoram, crushed
- 1 grams black pepper
- 2 bay leaves
- 16 oz tomatoes, chopped and peeled
- 1 (10-oz) package frozen whole kernel corn
- 12 oz medium potatoes, peeled and medium diced
- 8 oz frozen green beans
- 8 oz sliced carrots
- 8 oz sliced celery
- 4 oz onion, medium diced

Directions:

1. In large stock pot, heat oil on High (220°C).
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 (220°C).
5. Reduce heat to Medium-Low (80°C) 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 220°C.
9. Reduce heat to Medium (135°C) and let simmer for 20 minutes, or until vegetables are tender.

## Creamy Cheddar Soup

Serves: 4

1 small onion, chopped  
2 large pimentos, chopped  
1½ oz butter  
1½ oz all-purpose flour  
12 oz chicken stock  
12 oz half-and-half  
6 oz grated sharp Cheddar cheese  
Salt and pepper to taste  
Dash cayenne pepper (optional)

Directions:

1. In medium sauté pan, melt butter on Medium-High (190°C).
2. Sauté onion and pimentos for 5-7 minutes.
3. Turn PIC down to Medium (135°C) 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 (80°C).
6. Add cheese and stir until melted.
7. Add salt, black pepper and cayenne pepper to taste.

## French Onion Soup

Serves: 4

1 oz butter or margarine  
16 oz yellow onion, thinly sliced  
1 oz flour  
32 oz beef stock or broth  
6 oz dry sherry  
5 ml Worcestershire sauce  
2 ml black pepper  
6 slices French bread, toasted  
8 oz shredded Swiss, Gruyere, or Jarlsberg cheese

Directions:

1. In medium stock pot, melt butter on Medium (135°C).
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 (80°C) 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 (135°C) 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 10-cm rack on Power Level HI for 4 minutes per side.





## Shrimp & Tofu Soup

Serves: 4

- 8 oz raw shrimp, cleaned, peeled and deveined
- 30 oz shrimp or chicken stock
- 6 oz mushrooms
- 6 oz rice vinegar or white vinegar
- 4 oz soy sauce
- 5 grams sugar
- 5 grams fresh ginger
- 2½ grams black pepper
- 8 oz firm tofu, drained and cut into bite-size pieces
- 14 grams cornstarch
- 14 grams cold water
- 4 oz frozen peas
- 4 oz shredded carrot
- 1 oz 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 (220°C).
4. Once boil starts, reduce heat to Medium-Low (80°C) and simmer for 2 minutes, covered.
5. Stir in shrimp and tofu.
6. Return mixture to boil on High (220°C).
7. Once boil starts, reduce heat to Medium-Low (80°C) 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 2½ cm pieces
- 1 medium onion, chopped
- 24 oz reduced-sodium chicken broth
- 2 (15-oz) cans navy or Great Northern beans, drained and rinsed
- 1 (15-oz) can diced tomatoes
- 2 grams dried thyme
- 2 grams cumin
- 8 grams salt
- 2 grams black pepper

### Directions:

1. Heat medium stock pot on Medium-High (190°C) 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 (220°C) and bring to boil.
7. Reduce to Medium-Low (80°C) 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 liters

32 oz chicken stock  
3 kaffir lime leaves, fresh or dried,  
hand torn  
2 small Thai chilies, halved lengthwise  
2 cloves garlic, crushed  
1 (7½-cm) piece fresh ginger, peeled  
and cut into 4 chunks  
1 stalk lemongrass, white part only,  
cracked open  
12 oz shredded cooked chicken  
1 (13-oz) can unsweetened  
coconut milk  
1 (8-oz) can straw  
mushrooms, rinsed  
1 oz Thai fish sauce  
7 grams sugar  
Juice of 4 limes  
Kosher salt and freshly ground black  
pepper to taste  
6 oz chopped fresh cilantro leaves

### Directions:

1. Add chicken stock to a medium stock pot and bring to boil on Medium (135°C).
2. Add lime leaves, chilies, garlic, ginger and lemongrass to pot and cover.
3. Lower temperature to Medium-Low (80°C) 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

30 ml vegetable oil  
1 small onion, diced  
30 grams minced garlic  
2 jalapeños, finely diced  
50 oz low-sodium chicken broth  
1 (14.5-oz) can fire roasted  
diced tomatoes  
1 (14.5-oz) 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  
8 oz roughly chopped fresh  
cilantro leaves  
1 (20-cm) flour tortilla, grilled and cut  
into thin strips  
1 avocado, pitted and sliced  
8 oz shredded Monterrey cheese

### Directions:

1. Heat vegetable oil in large saucepan or pot on Medium (135°C).
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 (80°C) 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

- 30 ml extra-virgin olive oil
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 2 medium carrots, cut diagonally into 1¼-cm slices
- 2 celery ribs, halved lengthwise and cut into ½-inch slices
- 4 fresh thyme sprigs
- 1 bay leaf
- 2 liter chicken stock
- 8 oz dried wide egg noodles
- 12 oz 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 (135°C).
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 (80°C) 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: 6 oz

- 6 oz white wine vinegar
- 6 oz dry white wine
- 2 purple shallots, peeled and finely chopped
- 4 whole black peppercorns
- 6 oz unsalted butter, chilled and cubed
- 30 ml 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 (135°C), stirring occasionally.
2. Cook for about 3 minutes, or until liquid reduces to about 30 ml.
3. Strain vinegar mixture into small sauté pan, discarding shallots and peppercorns.
4. Heat sauté pan on Low (40°C).
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: 8 oz

4 egg yolks  
4 oz butter  
2 grams salt  
2 ml hot sauce  
15 ml lemon juice

Directions:

1. In small or medium saucepan, melt butter on Medium (135°C); set aside.
2. Blend egg yolks in small saucepan on Low (40°C).
3. Increase temperature to Medium-Low (80°C)
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: 1½-2 oz

½ oz unsalted butter  
½ oz flour

Directions:

1. In a small or medium sauté pan, melt butter on Medium (135°C).
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 8 oz of warm milk or stock and whisk until smooth. If too thick, add small amounts of liquid.
- To make a cheese sauce, add 8 oz of grated cheese and 8 oz of warm milk or stock. Stir until smooth.



## Marinara Sauce

Yield: 3 liters

- 2 oz olive oil
- 1 medium onion, diced
- 1 green pepper, diced
- 30 grams garlic, minced
- 43 grams fresh basil
- 14 grams dried thyme
- 14 grams dried oregano
- 4 oz red wine
- 2 (28-oz) cans diced tomatoes
- 2 (29-oz) cans tomato sauce
- 30 grams sugar
- 5 grams salt
- 2 grams pepper

Directions:

1. Heat oil in large stock pot on Medium (135°C).
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 (190°C) and bring to boil.
6. Reduce PIC to Medium-Low (80°C) 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: 12 oz

- 1½ oz butter
- 1½ oz flour
- 8 oz milk
- 2 grams white pepper (optional)
- 2 grams dry mustard (optional)
- 8 oz shredded cheese

Directions:

1. Melt butter in medium saucepan on Low (40°C).
2. Add flour and stir with spatula to make roux.
3. Change temperature to Medium-Low (80°C) 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: 12 oz

1½ oz butter  
1½ oz flour  
12 oz beef stock or beef bouillon  
2 grams thyme  
4 grams fresh parsley  
Salt and pepper to taste

Directions:

1. Melt butter in a small sauce pot on Medium-Low (80°C).
2. Increase temperature to Medium (135°C) and gradually add flour to incorporate.
3. Reduce heat to Medium-Low (80°C) 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: 8 oz

1½ oz butter  
1½ oz all-purpose flour  
8 oz milk  
1 gram salt  
1 gram white pepper

Directions:

1. Melt butter in medium sauce pot on Medium-Low (80°C).
2. Stir in flour to make roux.
3. Cook on Medium-Low (80°C) for 5 minutes, stirring constantly. Do not allow roux to brown.
4. In separate 2-liter saucepan, heat milk to boiling point on Medium-High (190°C).
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 (40°C).





## Mushroom Duxelle

Serves: 4

8 oz sliced mushrooms  
15 ml olive oil  
1 medium onion, sliced  
2 cloves garlic, minced  
2 oz chopped Italian parsley  
8 oz dry red wine  
Salt and pepper to taste

Directions:

1. In medium sauté pan, heat the olive oil on Medium-High (190°C).
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

2 oz olive oil  
2 oz white wine vinegar  
1-2 garlic cloves, grated  
6 grams dried oregano,  
sage or parsley  
10 grams Dijon mustard

Directions:

1. Combine all ingredients in medium saucepan.
2. Bring pan to slow boil on Medium-High (190°C).
3. Turn PIC down to Medium-Low (80°C) 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 (80°C), but can differ depending on the type of cheese.
- The temperature at which chocolate melts ranges between 40°C - 50°C. Once chocolate has melted, reduce heat to 40°C to hold at the perfect temperature for fondue dipping.
- If chocolate should become separated, add warm heavy whipping cream or 5 grams melted butter per 4 oz 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 oz milk, semi-sweet  
or sweet cooking chocolate  
4 oz half-and-half  
2 oz cinnamon  
32 oz of assorted dippers

Directions:

1. Heat chocolate and half-and-half in medium sauce pot/pan on Medium-Low (80°C), stirring constantly, until chocolate is melted and smooth.
2. Set PIC to low (40°C) and push "+" button twice.
3. Hold fondue at 50°C and add cinnamon.
4. If the chocolate becomes too thick, add more half and half to thin it out.

## Cheddar Cheese Fondue

Yield: 16 oz

6 oz chicken broth (or 6 oz water)  
1 oz Dijon mustard  
½ oz cornstarch  
16 oz shredded Cheddar cheese

Directions:

1. In medium sauce pot/pan, bring broth to boil on High (220°C).
2. Once broth is boiling, reduce heat to Medium (135°C).
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 (40°C).
7. Serve with bell peppers, cauliflower florets, apple chunks, pretzels and broccoli.

## S'Mores Fondue

Yield: 32 oz

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

Directions:

1. Heat milk in medium sauce pot/pan on Medium-Low (80°C) 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 (40°C) 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: 16-24 oz

16 oz shredded sharp Cheddar cheese  
4 oz dry white wine  
4 oz whipping cream  
1 oz Dijon mustard  
15 grams chipotle peppers in  
adobo sauce, pureed

Directions:

1. Mix all ingredients in medium sauce pot/pan.
2. Cook on Medium-Low (80°C), stirring constantly.
3. Serve in fondue pot over Low (40°C) heat.
4. Serve with bread, meat or vegetables.

## Brie & Sun-Dried Tomato Fondue

Serves: 4

- ½ oz dry packed sun-dried tomatoes
- 8 oz Brie cheese, trimmed of rind and cubed
- ½ oz cornstarch
- ½ oz butter
- 1 shallot, minced
- 4 oz dry white wine
- 14 grams 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 (135°C).
6. Add shallots and sauté until softened.
7. Add wine and heat until just simmering.
8. Reduce heat to Medium-Low (80°C).
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

- 48 oz vegetable stock
- 5 green onions, thinly sliced
- ½ oz grated ginger
- 2 cloves garlic, crushed
- 1 whole red chili pepper, seeded and thinly sliced
- 60 oz soy sauce
- 48 oz assorted vegetables, cleaned and cut salt and pepper to taste

Directions

1. In large sauce pot/pan, warm the vegetable stock over Medium (135°C) heat.
2. Add chopped green onions, ginger, garlic, and chili pepper, and bring to boil on High (220°C).
3. Reduce heat to Medium-Low (80°C) 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 (80°C) 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

2 oz Italian dressing  
1 medium onion, small diced  
2 cans chicken broth  
4 oz apple juice  
1 oz corn starch  
1 kilogram boneless skinless chicken breasts, cut into thin strips  
24 oz assorted vegetables  
8 oz mayonnaise  
1 small garlic clove, finely chopped  
15 ml lemon juice  
15 ml Italian dressing mix

Directions:

1. Heat 4 oz Italian dressing in medium sauce pot/pan over Medium-High (190°C) 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 (220°C).
5. Turn heat down to Medium-High (190°C).
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

1<sup>1</sup>/<sub>3</sub> kilogram boneless beef sirloin or tenderloin  
Cooking oil (canola, olive oil, or vegetable)  
8 oz low fat sour cream  
8 oz low fat mayonnaise  
6 oz prepared mustard  
14 grams fresh horseradish  
14 grams 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 190°C 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

8 oz white wine  
½ oz butter  
½ oz all-purpose flour  
7 oz Gruyere cheese, cubed  
7 oz sharp Cheddar  
cheese, cubed  
7 oz 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 (80°C).
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 50°C.

## Creamy Vegetable Fondue

Serves: 4-6

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

Directions:

1. Combine milk, white wine, and cheese in medium saucepan on Medium (135°C).
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 50°C to keep warm.





# Desserts

## Tips for Desserts

- Water should never come into contact with chocolate. It may harden and become grainy.
- Need buttermilk? Add 5 ml of white vinegar to 8 oz of milk and stir.
- 1 square of baker's chocolate = 1 oz.

## Simple Fudge

Yield: 1 kilogram

12 oz sugar  
1 (5-oz) can evaporated milk  
4 oz butter  
16 oz small marshmallows  
8 oz semi-sweet chocolate pieces  
4 oz walnuts (optional)  
2 grams vanilla

Directions:

1. Line 20x20x5-cm 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 (190°C) for 10 minutes until mixture boils.
6. Reduce heat to Medium (135°C) 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

4 oz white sugar  
30 grams cornstarch  
2 oz water  
2 oz orange juice  
½ kilogram Bing or other dark, sweet cherries, rinsed and pitted (you may substitute frozen, pitted cherries)  
2 grams finely grated orange zest  
2 grams vanilla extract  
2 oz brandy  
24 oz 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 (135°C), 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: 1 kilogram

16 oz raw peanuts  
12 oz sugar  
5 oz Karo syrup, light  
10 ml baking soda  
5 ml vanilla  
candy thermometer

Directions:

1. Place NuWave Silicone Pizza Liner on baking sheet pan or use buttered 23x33-cm baking dish; set aside.
2. In medium sauté pan, cook peanuts, syrup, and sugar on Medium (135°C) until candy thermometer reaches 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-oz) package caramels  
30 ml water  
1/3 kilograms pecan halves  
1 (6-oz) package semi-sweet chocolate chips

Directions:

1. Melt caramels and water in medium sauce pot on Medium-Low (135°C), stirring until melted.
2. Arrange pecans in 36 groups 5 cm 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  
6 oz brown sugar  
6 oz rum  
Dash cinnamon

Directions

1. In large sauté pan, melt brown sugar and butter on Medium (135°C).
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

1 kilogram ripe pears  
16 oz dry white wine  
8 oz 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 (135°C), 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 (190°C) to 6 oz.
11. Drizzle warm sauce over pears and serve.

## Lollipops

Yield: 18 lollipops

18 lollipop sticks  
¼ stick butter  
½ oz light corn syrup  
¾ oz 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 (190°C), stirring occasionally.
4. Reduce heat to Medium (135°C) and continue cooking, stirring frequently until mixture reaches 130°C 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

14 oz heavy cream  
3¼ oz sugar, divided  
1½ oz cold water  
7 grams powdered gelatin

Directions:

1. Place cream and 50 grams sugar in medium sauce pot.
2. Cook mixture on Medium-Low (80°C) 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 (80°C) for 2 minutes, stirring constantly.
6. Divide mixture evenly into 4 or 5-oz ramekins.
7. Refrigerate for 2 hours.
8. To make crystals, place 60 ml sugar in small non-stick sauté pan.
9. Cook on Medium-High (190°C) 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: ¼ kilograms

16 oz white sugar  
8 oz water  
6 oz light corn syrup  
2½ ml peppermint extract  
1 drop red food coloring (optional)  
30 grams 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 150°C 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 23 cm 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 2½ cm 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.



**nuwave**<sup>®</sup>  
— LIVE WELL FOR LESS —

**PIC**<sup>®</sup>  
**GOLD**



Bedienungsanleitung und komplettes Rezeptbuch

# Willkommen zum Induktions Präzisions Kochen mit NuWave®

Herzlichen Glückwunsch zum Kauf Ihres NuWave PIC Gold. Dieses Buch enthält detaillierte Anweisungen und Bilder, um Ihnen den Einstieg zum Gebrauch Ihrer Herdplatte zu erleichtern. Es ist auch mit tolle Rezepte und zeitsparende Tipps gefüllt, die Ihnen helfen köstliche Gourmet-Gerichte in einem Bruchteil der Zeit es dauern würde, wie mit einem normalen Herd. Kochen ist schnell und einfach mit der NuWave Präzisions Induktionskochfeld von Hearthware, Inc. Dieses vielseitige Arbeitsplattengerät verwendet Induktions-Technologie um Zeit, Energie und Geld zu sparen. Das NuWave Präzisions Induktionskochfeld ist effizient, sicher, schnell und einfach zu reinigen. Und weil man die Zeiten und Temperaturen von wärmen bis braten programmieren kann, können Sie fast jede Art von Lebensmitteln ohne das Risiko von Unter- oder Überkochen zubereiten.

## Was ist Induktion kochen?

Die NuWave Gold besteht aus einer Reihe von Induktionsspulen (basierend auf magnetischen Prinzipien). Diese Spulen erzeugen Magnetfelder, die eine Erwärmungsreaktion in Stahl und Eisen-basierte Töpfe und Pfannen produzieren. Auf diese Weise wird die Wärme in dem Kochgeschirr und nicht auf der Kochfläche erzeugt, was sehr viel energieeffizienter als herkömmliche Gas oder Elektroherde ist. Kochen mit Induktion ist der umweltfreundlichste Weg, um Mahlzeiten zuzubereiten, weil die Methode keine Giftstoffe in die Umwelt freisetzt. Beim Kochen mit Induktion gibt es keine Flamme, so dass weniger Restwärme in Ihrer Küche produziert wird. Das NuWave Präzisions Induktionskochfeld bleibt kühl, wo die magnetische Oberfläche nicht aktiviert ist.

### Weitere Vorteile:

- **Energieeinsparung:** Durch die Verwendung von nur 2.000 Watt spart die NuWave PIC Gold bis zu 90% der Energie die durch traditionelle Gas-oder Elektroherd Kochmöglichkeiten verschwendet wird. Die monatlichen Einsparungen bei der Stromrechnung allein reichen um das Gerät zu bezahlen.
- **Sicherheit:** Das NuWave PIC Gold-Design benötigt keine Spulen oder offene Flammen und beseitigt somit die Brandgefahr. Automatische die Abschaltungsfunktionen verbessert die Herdplattensicherheit. Einfach einstellen und vergessen Sie es! Benutzer können auch die Eiswürfel Herausforderung annehmen! Die Induktions-Technologie wärmt die Pfanne, aber die PIC Gold Oberfläche bleibt kühl.
- **Schnelles Kochen:** Erwärmung ist unmittelbar und Temperatur präzise mit der NuWave PIC Gold. Verfügt über 6 unterschiedliche Temperatur-Einstellungen, die in 5-Grad-Schritten einstellbar sind. Sie brauchen nicht zu raten!
- **Leicht und tragbar:** Weil es nur 2,4 kg wiegt, können Sie die NuWave PIC Gold mitnehmen wohin Sie gehen! Verwenden Sie sie drinnen oder draußen-überall mit einer Standard-US-Steckdose.
- **Leicht zu reinigen:** Verschüttetes verbrennt und verklebt nicht an der Kochfläche. Einfach abwischen und fertig!

# NuWave® Präzisions Induktionskochfeld

## Produkte und Zubehör:

### NuWave Präzisions Induktionskochfeld:

(30280)~(30289) NuWave PIC Gold	(32282) Kurzanleitung
(32281) Komplettes Kochbuch / Handbuch	(32158) Registrierungskarte
(32144) DVD mit Bedienungshinweisen	(31111) Maßgeschneiderter Koffer
(32285) Datenblatt	

### NuWave Ultimates Kochgeschirr-Set:

(32003) 3,5 Qt Edelstahltopf	(32007) Fondue-Einsatz
(32004) 3,5 Topfdeckel	(32008) 8tlg. Fondue-Gabel-Set
(32005) Edelstahl-Dämpfer	(32055) Ultimates Kochgeschirr-Set Bedienungsanleitung

### NuWave Gusseisen:

(32023) Gusseisen-Grill	(31113) Gusseiserne Grillplatte
(32022) Ölauffangwanne	(32060) Gusseiserne Grillplatte
(32056) Gusseisen-Grill Bedienungsanleitung	Bedienungsanleitung

### NuWave Duralon® Duralon Kochgeschirr mit keramischer Antihafbeschichtung:

(32100) NuWave Duralon® Kochgeschirr mit keramischer Antihafbeschichtung  
Bedienungsanleitung

### Hartanodisierte Aluminiumpfannen:

9-Inch	(32109)
10,5-Inch	(32110)
12-Inch	(32114)

### Edelstahl-Pfannen Plus:

9-Inch	(32015)
10,5-Inch	(32016)
12-Inch	(32017)

### Edelstahl-Pfannen Chef Serie:

9-Inch	(32009)
10,5-Inch	(32010)
11,5-Inch	(32011)

### Edelstahl-Hockerkocher und Kochtöpfe:

1,5 Quart	(32031)
2,0 Quart	(32032)
3,0 Quart	(32033)
5,5 Quart	(32039)
9,0 Quart	(32034)
10 Piece Set Set	(31250)

### Alltags-Pfanne:

12 Inch, 5,0 Quart	(32018)
--------------------	---------

### Edelstahl Grillpfanne:

11 Inch, 3,0 Quart	(32024)
--------------------	---------

### 8.0-Quart Dämpfer-Set:

8.0-Quart Hockerkocher	(32400)
7.0-Quart Dämpfereinsatz	(32401)
Dämpfer-Ablage	(32402)

### NuWave Precision Pressure Cooker:

(31201) NuWave Präzisions-Schnellkochtopf

(32076) Nuwave Präzisions-Schnellkochtopf Bedienungsanleitung

Um Teile und Zubehör zu bestellen, rufen Sie den Kundendienst unter folgender Nummer an:  
1-877-689-2838, Montag-Freitag, 7:00 AM – 7:00 PM CST.

Sie können auch online bestellen über [www.NuWaveNow.com](http://www.NuWaveNow.com).

Geben Sie bitte die korrekte Artikelbezeichnung- und Nummer an, um sicherzustellen, dass Ihre Bestellung korrekt bearbeitet wird.

### Deckel (Optional):

(32012)
(32004)
(32014)

### Deckel (Optional):

(32012)
(32004)
(32013)

### Deckel (Optional):

(32012)
(32004)
(32013)

### Deckel (Optional):

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

### Deckel (Optional):

(32036)
---------

(32037)

### Deckel (Optional):

(32403)
---------

## **WICHTIGE SICHERHEITSMASSNAHMEN**

Bei der Benutzung elektrischer Geräte sollten stets grundlegende Vorsichtsmaßnahmen befolgt werden, darunter:

### **LESEN SIE VOR GEBRAUCH SÄMTLICHE HINWEISE DURCH**

#### **ACHTUNG – Zur Verringerung des Stromschlagrisikos:**

1. Lesen Sie vor Gebrauch des Geräts alle Hinweise, Schutzmaßnahmen und Warnhinweise durch.
2. Stellen Sie das Gerät nicht an einem Platz auf, wo es herabfallen oder in Wasser oder andere Flüssigkeiten gezogen werden kann.
3. Versuchen Sie nicht nach dem Gerät zu greifen, nachdem es in Wasser gefallen ist. Ziehen Sie auf der Stelle den Stecker heraus.
4. Tauchen Sie auf keinen Fall das Kabel, den Stecker oder irgendein Teil des Geräts in Wasser oder andere Flüssigkeiten.

#### **WARNHINWEIS – Für Personen mit Herzschrittmacher:**

1. Dieses Gerät strahlt ein elektromagnetisches Feld ab, das innerhalb 60 cm Abstand von der Kochfläche am stärksten ist.
2. In wissenschaftlichen Tests konnte nicht eindeutig nachgewiesen werden, ob das elektrische Feld die Funktion eines Herzschrittmachers beeinträchtigt. Bitte konsultieren Sie diesbezüglich vor Gebrauch Ihren Arzt oder eine medizinische Fachkraft.


#### **WARNHINWEIS – Zur Vermeidung des Risikos von Verbrennung, Stromschlag, Brand oder Verletzung:**

1. Dieses Gerät verfügt über eine Heizfunktion. Auf den Oberflächen können sich hohe Temperaturen entwickeln. Heiße Oberflächen nicht berühren! Das Kochfeld kann auch nach dem Entfernen des Kochgeschirrs noch eine hohe Restwärme aufweisen. Es wird dringend zur Benutzung von Topflappen oder alternativen Sicherheitsvorrichtungen geraten.
2. Dieses Gerät kann von Kindern ab 8 Jahren und Personen mit eingeschränkten physischen, sensorischen oder geistigen Fähigkeiten oder Mangel an Erfahrung und Wissen verwendet werden, wenn sie eine angemessene Aufsicht haben oder eine ausführliche Anleitung zur Benutzung des Gerätes erhalten haben und die damit einhergehenden Gefahren verstehen. Kinder dürfen nicht mit dem Gerät spielen. Reinigungs- und Wartungsarbeiten die durch den Benutzer notwendig sind dürfen nicht von Kindern unter 8 Jahren ausgeführt werden. Die Kinder sind dabei zu beaufsichtigen und anzuleiten.
3. Das Gerät darf nicht an oder in der Nähe eines Gas- oder Elektrobrenners oder in einem beheizten Ofen aufgestellt werden.
4. Legen Sie keine Metallgegenstände wie Messer, Gabeln, Löffel oder Deckel auf das Kochfeld, da diese heiß werden können.
5. Dieses Gerät ist nicht zur kommerziellen Nutzung gedacht.
6. Nutzen Sie dieses Gerät nur zu dem in dieser Betriebsanleitung beschriebenen Zweck. Verwenden Sie kein Zubehör und keine Zusatzgeräte, die nicht vom Hersteller empfohlen werden. Diese können Brand, Stromschlag oder Körperverletzung verursachen.
7. Benutzen Sie dieses Gerät auf keinen Fall, wenn dessen Kabel oder Stecker beschädigt sind, wenn es nicht ordnungsgemäß funktioniert, wenn es fallen gelassen oder beschädigt oder in Wasser getaucht wurde. Wenden Sie sich an den Kundendienst zur Inspektion, Reparatur oder Wartung.
8. Benutzen Sie das Kochfeld auf keinen Fall, wenn es gebrochen ist. Im Fall eines Bruches können Reinigungslösungen und verschüttete oder übergelaufene Flüssigkeiten in das Gerät eindringen und ein Stromschlagrisiko verursachen.
9. Halten Sie das Kabel fern von den beheizten Flächen. Das Kabel darf nicht über die Tischkante oder die Theke hängen. Auf keinen Fall den Stecker mit Gewalt in die Steckdose stecken. Ziehen Sie das Kabel aus der Steckdose, indem Sie es am Stecker greifen. Schalten Sie das Gerät ab, bevor Sie es aus der Steckdose ziehen.
10. Benutzen Sie das Gerät nicht an Plätzen, an denen Aerosol-Produkte (Sprays) verwendet werden oder Sauerstoff verabreicht wird.
11. Gehen Sie mit Umsicht und Vorsicht vor, wenn Sie das Kochfeld im Freien und in öffentlichen Bereichen verwenden. Dieses Gerät darf nicht in der Nähe von unbeaufsichtigten Kindern oder Personen aufgestellt werden, die sich dessen Präsenz nicht bewusst sind. Das Gerät ist auf ebenen, stabilen Flächen fern von Wasserquellen wie Pools, SPAs, Berieselungsanlagen, Schläuchen usw. aufzustellen.


12. Bewegen Sie das Gerät nicht solange es heiß ist.
13. Dieses Gerät ist nur für Haushaltszwecke bestimmt; es wurde für normale Haushaltsmengen entwickelt. Es ist nicht für den Dauerbetrieb oder für die kommerzielle Nutzung geeignet.
14. Zerlegen Sie das Produkt nicht. Es enthält keine Teile, die vom Benutzer gewartet werden können.
15. Lassen Sie das Gerät während des Betriebes nicht unbeaufsichtigt.
16. Dieses Gerät ist nicht für den Betrieb mit einem externen Timer oder einem separaten Fernbedienungssystem gedacht.
17. Reinigen Sie das Kochfeld mit Vorsicht. Das Reinigen einer heißen Fläche mit feuchten Mitteln kann zu Dampfentwicklung führen und einige Reinigungsmittel können gefährliche Dämpfe entwickeln. Ziehen Sie vor dem Reinigen den Stecker aus der Steckdose.
18. Gehen Sie beim Umgang mit heißem Fett mit Vorsicht vor.
19. Bewahren Sie diese Betriebsanleitung zur späteren Konsultation griffbereit auf.
20. Achtung! Ist die Oberfläche gerissen, ist das Gerät abzuschalten, um einen möglichen elektrischen Schlag zu vermeiden.
21. Gegenstände aus Metall, wie z.B. Messer, Gabeln, Löffel und Deckel, sollten nicht auf die Kochebene abgelegt werden, da sie heiß werden können.

## BEWAHREN SIE DIESE BETRIEBSANLEITUNG AUF Elektrische Informationen

- Die Kabellänge dieses Geräts wurde so gewählt, dass sie die von einem langen Kabel ausgehenden Sicherheitsrisiken reduziert. Verlängerungskabel sind erhältlich und dürfen verwendet werden solange bei deren Benutzung auf Vorsicht geachtet wird. Bei Verwendung eines Verlängerungskabels: (1) sollte der angegebene Spannungswert mindestens demjenigen des Geräts entsprechen, und (2) das verlängerte Kabel so angeordnet sein, dass es nicht von der Theke oder der Tischkante hängt, um ein versehentliches Herunterreißen oder ein durch Stolpern verursachtes Mitreißen von der Theke oder vom Tisch zu vermeiden.
- Einige Gerätemodelle sind eventuell mit einem gepolten Stecker ausgestattet (ein Kontakt ist breiter als der andere). Dieser Stecker passt nur in einer bestimmten Position in die polarisierte Steckdose. Wenn der Stecker nicht vollständig in die Steckdose passt, dann führen Sie ihn in umgekehrter Position ein. Wenn er dann immer noch nicht perfekt passt, dann wenden Sie sich an einen Elektriker. Versuchen Sie auf keinen Fall, den Stecker zu verändern.

	<b>⚠️ WARNUNG</b>
<p>Stromschlaggefahr. Mit adäquatem elektrischem System betreiben. Nicht mit beschädigtem Kabel oder Stecker benutzen.</p> <p><b>WARNUNG:</b> Alle sich während des Kochens auf dem Kochfeld befindenden Gegenstände können sehr heiß werden. Seien Sie vorsichtig, wenn Sie diese vom Kochfeld nehmen. Verwenden Sie stets Topfhandschuhe- oder Lappen. Nach dem Entfernen des Kochgeschirrs kann auf dem Kochfeld noch eine Restwärme zurückbleiben. Warten Sie mit dem Reinigen bis alles vollständig abgekühlt ist.</p>	

**WICHTIG – FCC-Informationen:** **Warnhinweis:** Änderungen oder Modifizierungen dieses Geräts, die nicht ausdrücklich von der für Konformität zuständigen Stelle genehmigt wurden, können dazu führen, dass der Benutzer das Recht der Benutzung des Geräts verliert. **Zu beachten:** Das Gerät ist konform mit Teil 18 der FCC-Bestimmungen.

	<p><b>Sachgerechte Entsorgung dieses Produkts</b></p> <p>Die Kennzeichnung verweist darauf, dass dieses Produkt innerhalb der EU nicht mit dem normalen Haushaltsmüll entsorgt werden darf. Um Umweltschäden oder Gesundheitsschäden am Menschen durch unkontrollierte Müllentsorgung zu vermeiden, recyceln Sie dieses Gerät sachgerecht, um eine nachhaltige Wiederverwendung der Materialressourcen zu fördern. Um Ihr gebrauchtes Gerät zu entsorgen, verwenden Sie die bestehenden Rückgabe- oder Sammelsysteme oder kontaktieren Sie den Händler, bei dem Sie das Gerät gekauft haben. Dieser weiß, wie man umweltfreundlich recycelt.</p>
---	--



## NuWave® Präzisions Induktions Kochen



- 1 Lüftung:** Lüftungsschlitze befinden sich auf der Rückseite des Produkts, damit Wärme die durch das Heizelement erzeugt wird, entweichen kann. Diese Konstruktion verhindert die Wärmeübertragung auf das Kochfeld und sorgt für eine effiziente Leistung des NuWave PIC Gold.
- 2 Oberfläche:** Die NuWave PIC Gold's hitzebeständigem Glas Oberfläche bleibt kühl und ist leicht mit einem feuchten Tuch durch Abwischen zu reinigen.
- 3 Bedienfeld mit LED-Display:** Klar leuchtendes einfach lesbares Bedienfeld.
- 4 Wärmerquelle:** Electro-magnetischen Spulen unterhalb der Glasoberfläche erzeugen Wärme direkt an Induktions-geeignetem Kochgeschirr.



### ⚠ VORSICHT

Während die NuWave PIC Gold in Betrieb ist, berühren Sie nicht Oberfläche des Geräts, da es sehr heiß werden kann, wodurch die Gefahr von Verbrennungen entsteht. Die Herdplatte kann Restwärme behalten nachdem das Kochgeschirr entfernt wurde. Entfernen Sie nicht Töpfen und Pfannen während des Kochens. Drücken Sie die "Pause/Clear"-Taste, um die Stromversorgung auszuschalten, bevor Sie das Gerät entfernen.

## Induktionskochfeld-Kompatibles Kochgeschirr:

Da Induktionstechnik auf magnetischen Prinzipien beruht, muss kompatibles Kochgeschirr eine Eisen (Eisen-Basis, magnetisch) Unterseite haben. Einige Arten von Kochgeschirr werden durch natürliche magnetische Metalle (wie Reineisen) hergestellt, während andere durch die Verwendung von magnetischen dünne Schicht aus einem Eisenmetall in der Basis die "sandwichartig" eingearbeitet sind hergestellt. Auf diese Schicht wirkt das Magnetfeld der Induktion Kochmulde ein und verteilt Wärme. Dreilagiges, aus hochwertigen Edelstahl und Gusseisen gefertigtes Kochgeschirr kann mit Induktionskochfelder verwendet werden. Kupfer, Glas und Aluminium-Kochgeschirr funktioniert nicht, ausser es hat einen Sandwich Magnetfuß. Töpfe, die optimal mit der PIC Gold funktionieren sind tendenziell von mittel-bis schwere Qualität.

### ACHTUNG:

Die Heizfläche befindet sich innerhalb des größeren roten Rings. Sie können Pfannen mit Massen bis zur Gesamtbreite des PIC Gold, die 30,5 cm beträgt, verwenden, aber in diesem Fall wird die Wärme langsamer zu den äußeren Kanten übertragen. Verwenden Sie keine Pfannen größer als 30,5 cm.

### Examples of compatible cookware:

- Alle NuWave Präzisions Kochgeschirr • NuWave Duralon® Bratpfannen
- Grauguss • Emaillierte Eisen und Stahl • Edelstahl mit Magnetfuß

### Nicht Induktions-kompatibles Kochgeschirr:

- Kupfer • Glas • Aluminium • Töpferei

### Wie überprüfe ich meinen Kochgeschirr auf Induktions-Kompatibilität?

Drei einfache Wege, um zu überprüfen, ob Ihre vorhandenen Töpfe und Pfannen, oder zukünftiges Kochgeschirr, mit dem NuWave PIC Gold kompatibel sind:

1. Ein Magnet ist in der Regel ein guter Indikator. Wenn es an der Unterseite eines Kochgeschirrs haftet, bedeutet dies in der Regel, dass der Topf oder die Pfanne induktionsfähig ist. Allerdings wird darauf hingewiesen, dass es Fälle gibt, in denen die magnetischen Eigenschaften eines Kochgefäßes möglicherweise nicht stark genug sind, um effizient mit der PIC Gold zu arbeiten.
2. Fügen Sie eine kleine Menge Wasser in einen bestimmten Topf oder Pfanne. Wenn er induktionskompatibel ist, wird das zu kochen Wasser beginnen.
3. Ein Induktionsfähigkeits Symbol kann auf dem Boden des Kochgeschirrs gedruckt sein.

## Reinigung & Pflege für Ihre NuWave PIC Gold

### VOR DEM GEBRAUCH:

Wischen Sie die Oberfläche mit einem in warmem Seifenwasser getränkten Tuch ab.

**WICHTIG** - Tauchen Sie die PIC nicht in Wasser oder versucht sie im Geschirrspüler zu reinigen. Die äußere Oberfläche kann durch Abwischen vorsichtig mit einem feuchten Geschirrtuch oder Schwamm gereinigt werden. Stellen Sie sicher, dass das Gerät komplett vor der Reinigung abgekühlt ist.



Induction



## Allgemeine Hinweise zur Reinigung:

- Stecken Sie das Gerät vor der Reinigung aus.
- Reinigen Sie nach jedem Gebrauch.
- Achten Sie darauf, dass das Gerät vollständig vor der Reinigung abgekühlt ist.
- Die äußere Oberfläche kann durch Abwischen vorsichtig mit einem feuchten Geschirrtuch oder Schwamm gereinigt werden.
- Ziehen Sie den Netzstecker vor der Reinigung der NuWave PIC Gold aus der Dose. Verwenden Sie keine ätzenden Reinigungsmittel und Wasser sollte nicht in das Innere des Induktions-Kochfeld eindringen.
- Tauchen Sie das PIC Gold, die Kabel oder Stecker nicht in Wasser oder andere Flüssigkeiten.
- Wischen Sie die Glasfläche mit einem feuchten Tuch oder mit milder, nicht-abrasiver Seifenlösung ab. Achten Sie darauf, das Gerät vor der Reinigung vollständig abgekühlt ist.
- Wischen Sie Gehäuse und Bedienfeld mit einem weichen Tuch, das mit Wasser oder einem milden Reinigungsmittel getränkt ist ab.
- Verwenden Sie keine Öl-basierten Reinigungsmittel, da ihre Verwendung Kunststoffteilen oder das Gehäuse / Bedienfeld beschädigen kann.
- Verwenden Sie keine brennbaren, sauren oder alkalischen Materialien oder Stoffe in der Nähe der PIC Gold, da dies die Lebensdauer des Induktionskochfelds reduzieren oder eine Brandgefahr darstellen kann wenn das Induktionskochfeld in Gebrauch ist.
- Um Ihre PIC Gold wie neu zu erhalten, ergreifen Sie Maßnahmen, um sicherzustellen, dass der Boden des Kochgeschirrs nicht Glasoberfläche des Geräts zerkratzen. Dennoch beeinträchtigt eine verkratzte Oberfläche nicht die Verwendung des Induktions Kochfelds.
- Vergewissern Sie sich, der richtigen Reinigung des Geräts, bevor sie an einem kühlen, trockenen Ort aufbewahren.

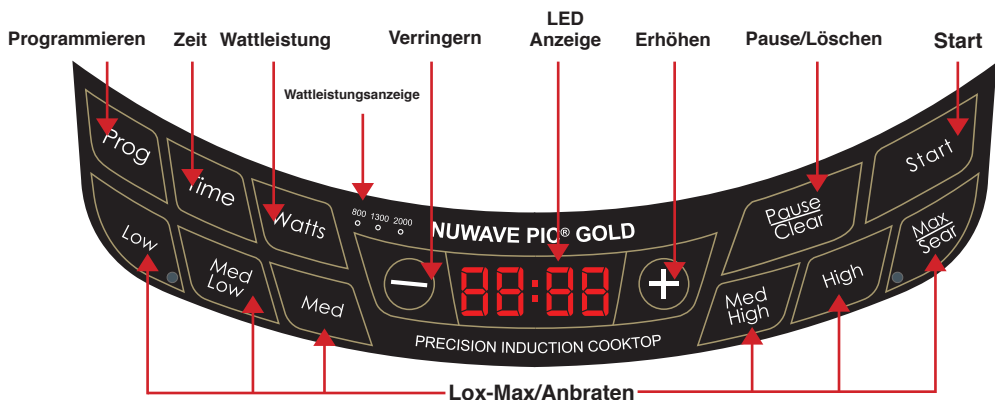
### WICHTIGE HINWEISE:

1. Überprüfen Sie Steckdosen um einen ordnungsgemäßen Betrieb zu gewährleisten. Nicht in eine Steckdose, wo andere große Geräte angeschlossen sind anschliessen. Überprüfen Sie die Einstellungen, wenn das Gerät zu langsam kocht.
2. Der elektrische Stecker muss ordnungsgemäß in die Steckdose eingesteckt werden.
3. Das Gerät ist vor dem Abwischen immer auszuschalten und auszustecken.

## Allgemeine Betriebsanleitung:

- Stellen Sie das Kochfeld auf eine stabile, ebene, nicht-metallische Oberfläche.
- Benutzen Sie das Kochfeld nicht auf einem brennbaren Untergrund (wie zB: Tischdecke, Teppich, etc.).
- Blockieren Sie nicht die Lüftungsschlitze des Induktions-Kochfelds. Dadurch kann das Gerät überhitzen. Halten Sie einen Mindestabstand von 7-12 cm von Wänden und anderen Objekten, Geräten, etc ein.
- Stellen Sie die PIC Gold nicht in die Nähe von Geräten oder Gegenständen, die empfindlich auf Magnetfelder reagieren (zB Radios, Fernseher, Videorecorder, etc.).
- Verwenden Sie das Induktions-Kochfeld nicht in der Nähe von offenem Feuer, Heizkörpern oder anderen Wärmequellen.
- Stellen Sie sicher, dass das Netzkabel nicht beschädigt oder unter dem Induktionskochfeld eingeklemmt ist.
- Das Netzkabel darf nicht in Kontakt mit scharfen Kanten und / oder heiße Oberflächen kommen.
- Vor dem Anschließen der PIC Gold, versichern Sie sich, dass die Spannungsversorgung in Ihrem Haus der Spannung wie Sie diesem Handbuch angegeben ist entspricht. Ein falscher Anschluss kann zu Geräteschäden und möglichen Verletzungen von Personen führen.
- Die Kochfeld-Oberfläche ist aus temperaturbeständigem Glas. In dem Fall, dass Schäden am Gerät beobachtet wird, auch ein kleiner Riss auf der Glasoberfläche, ziehen Sie sofort den PIC Gold von der Stromversorgung.

# Hinweise zum Anzeigefeld



## Wattleistungsfunktion:

Die Standard-Wattleistung des PIC Gold beträgt 2000 Watt. Um die Wattleistung des Kochfelds zu ändern, drücken Sie einmal auf "Watts". Das rote Licht leuchtet für "800" auf und weist darauf hin, dass der PIC Gold nun auf 800 Watt eingestellt ist. Bei einem weiteren Drücken auf "Watts" leuchtet das rote Licht für "1300" auf und weist darauf hin, dass der PIC Gold nun auf 1300 Watt eingestellt ist. Bei einem erneuten Drücken von "Watts" leuchtet das rote Licht für "2000" auf, um anzuzeigen, dass der PIC Gold nun auf den Standardwert von 2000 Watt eingestellt ist.

## Leicht Staste:

Das NuWave PIC Gold Kochfeld ist für ein 1-stündiges Kochen mit Med/High-Einstellung (mittlerer/hoher Temperatur) (190°C) voreingestellt. Um mit dem Kochen zu beginnen, drücken Sie auf die "Start"-Taste, nachdem Sie einen induktionsfähigen Topf auf die Kochfläche gestellt haben. Wenn Sie eine andere Einstellung als "Med/High" wählen möchten, drücken Sie "Low" (niedrige Temperatur), "Max/Sear" (maximale Temperatur/scharf anbraten) oder die "-" oder "+" Tasten, um die Temperatur in 10°F-Schritten zu verringern oder zu erhöhen. Ausführlichere Informationen finden Sie in der Anzeigefeld-Tabelle am unteren Rand dieser Seite.

## Bedienfeld:

"C" wird angezeigt, wenn kein Programm eingegeben oder das Gerät eingeschaltet wurde.

## Um den Kochprozess zu starten:

Es stehen mehrere Methoden zur Auswahl, um mit Ihrem NuWave PIC Gold den Kochprozess zu starten::

- Auf "Start" drücken. Standard-Temperatur ist 190°C und 1 Stunde Kochzeit.
- Temperatur einstellen und auf "Start" drücken. Standard-Kochzeit ist 1 Stunde.
- Kochzeit einstellen und dann auf „Start“ drücken. Standard-Temperatur ist 190°C.
- Temperatur und Zeit einstellen und dann auf "Start" drücken.

Der NuWave™ PIC Gold beendet nach Ablauf der eingestellten Zeit automatisch den Kochprozess mit einem für den Benutzer hörbaren Piepton. Das Display zeigt während des Kochprozesses stets die augenblickliche Temperatur an. Um die verbleibende Kochzeit anzuzeigen, drücken Sie auf "Time", worauf ein Countdown der bis zum Kochende verbleibenden Zeit angezeigt wird.

## Temperatureinstellung:

Dieses Gerät ist für das Kochen bei Med/High (190°C) (mittlere/hohe Temperatur) voreingestellt. Um diese Einstellung auf einen anderen Temperaturwert zu ändern, drücken Sie die Temperatur-Taste und dann auf "Start". Der Temperaturbereich wird auf dem Display angezeigt. Um die Temperatur in 5°C-Schritten zu erhöhen oder zu verringern, drücken Sie solange die "+" oder "-" Tasten bis die gewünschte Temperatur angezeigt wird. Die Temperaturvoreinstellungen finden Sie in nachfolgender Tabelle. Mindesttemperatur ist 40°C, Maximaltemperatur ist 250°C.

## BEACHTEN SIE:

Die angezeigte Temperatur bezieht sich auf die Temperatur im Mittelpunkt von 1,5 l Öl im NuWave™ 3,5-Quart Edelstahltopf. Die Position des Thermometers beim Test liegt am Ursprung (Mittelpunkt) des NuWave 3,5-Quart Edelstahltopfes bei äquidistantem Abstand zwischen dem Boden des Topfes und der Oberfläche des Öls.

**C° in F°:** Der LED-Bildschirm des NuWave™ PIC Gold zeigt die Kochtemperatur standardmäßig in Celsius (C) an. Um die Anzeige auf Fahrenheit (F) umzuschalten, drücken Sie auf die "Prog" Taste und dann auf "-". Drücken Sie erneut auf "-", um auf Fahrenheit (F) umzuschalten. Um auf Celsius zurückzukehren, drücken Sie noch einmal auf "-". Um den F/C-Umschaltmodus zu verlassen, drücken Sie die "Pause/Clear" Taste solange bis auf dem Display "C" angezeigt wird.

### Einstellen der Kochzeit:

Drücken Sie die "Time" Taste. Daraufhin blinkt "0" in der äußeren rechten Displayrand. Drücken Sie die Taste "+" solange bis die gewünschte Zeit angezeigt wird. Beispiele: Um 5 Minuten zu programmieren, drücken Sie einmal auf "Time", dann solange auf "+" bis Sie 00:05 auf dem Display sehen. Drücken Sie danach auf "Start." Um 20 Minuten zu programmieren, drücken Sie zweimal auf "Time", dann solange auf die "+" Taste bis Sie 00:20 sehen und drücken Sie dann auf "Start." Um 2 Stunden und 30 Minuten zu programmieren, drücken Sie zweimal auf "Time" und dann solange auf "+" bis 3 angezeigt wird und drücken Sie dann erneut auf "Time". Drücken Sie auf "+" bis Sie 2 sehen (das Display zeigt 02:30 an) und drücken Sie dann auf "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-Funktion (Pause/Löschen):

Um die Kochzeit zu unterbrechen, drücken Sie einmal die "Pause/Clear" Taste. Dies stellt unabhängig von der Kochphase den NuWave PIC auf Pause. Die Temperatur wird weiterhin am Display angezeigt, während "F" blinkt. Um den Kochprozess fortzusetzen, drücken Sie auf "Start." Um den Kochmodus zu LÖSCHEN oder anzuzeigen, während der NuWave PIC Gold in Betrieb ist, drücken Sie zweimal die "Pause/Clear" Taste.

Die Displayanzeige wird vollständig gelöscht, eine "0" wird angezeigt und das Gerät schaltet sich ab.

### Programmierungsfunktion (mehrphasiges Kochen):

- Drücken Sie die "Prog" Taste.
- "Pro" wird auf dem Display angezeigt.
  1. Geben Sie die gewünschte Temperatur zwischen "Low" und "Max/Sear" ein. Wenn Sie die Temperatur erhöhen oder verringern möchten, drücken Sie die "-" oder "+" Tasten.
  2. Drücken Sie die "Time" Taste. Nachdem 00:00 am Display angezeigt wird, drücken Sie die "-" oder "+" Tasten solange bis die gewünschte Zeit angezeigt wird. Im vorangehenden Abschnitt "SETTING TIME" (Einstellen der Kochzeit) wird ausführlich erklärt, wie Sie die Minuten und Stunden einstellen.
- Um zusätzliche Kochphasen einzustellen, wiederholen Sie die Schritte 1 und 2 und drücken Sie dann "Start", um Ihr Programm zu starten. Sie können bis zu 10 Phasen einstellen (eine Verzögerung wird als Phase betrachtet).
- Wenn Sie irgendeine Programmphase ändern möchten, drücken Sie die "Pause/Clear" Taste, um neu zu beginnen.

**Beispiel:** Um 5 Minuten aufzukochen bevor Sie 20 Minuten köcheln lassen, drücken Sie auf die "Prog", dann auf die "Max/Sear" Taste. Drücken Sie einmal die "Time" Taste, dann auf "+" bis Sie 5 sehen. Drücken Sie dann auf "Med/Low", dann zweimal auf "Time" und schließlich solange auf "+" bis Sie 20 sehen. Zum Schluss drücken Sie auf "Start."

**BEACHTEN SIE: Die maximal programmierbare Kochzeit beträgt 99 Stunden und 60 Minuten.**

### Verzögerungsfunktion:

Diese Funktion dient dazu, eingestellte Programme zu einem späteren Zeitpunkt zu starten. Um ein Programm zu verzögern, drücken Sie auf die "Prog" und dann auf die "Time" Taste. Eine "0" beginnt in der unteren rechten Ecke des Displays zu blinken. Drücken Sie die "+" Taste solange bis die gewünschte Zeitverzögerung des Programmstarts angezeigt wird (ausführlichere Informationen finden Sie im Abschnitt EINSTELLEN DER KOCHZEIT am oberen Ende dieser Seite). Drücken Sie dann erneut "Prog", um das Kochprogramm einzustellen. Der Zeitbetrag der gewählten Startverzögerung wird in die programmierten Phasen aufgenommen. Um zur nächsten Phase zu gehen, geben Sie die Kochtemperatur ein. Fahren Sie mit Schritt 2 ausgehend von der Anleitung zur "PROGRAMMIERFUNKTION" fort. Nachdem Sie für den Countdown für den Start bereit sind, drücken Sie auf "Start." Wenn der Verzögerungs-Countdown die "0" erreicht, gibt der NuWave™ PIC Gold zweimal einen Piepton von sich, um das Ende des Countdowns anzuzeigen. An diesem Punkt beginnt die Kochzeit und die Temperatur wird angezeigt.

Tastendruck	Temperaturbereich	Displayanzeige	Beispiele
Low (Niedrig)	40°C	40C	Warm
Med/Low (Mittel/Niedrig)	80°C	80C	Köcheln
Med (Mitte)	135°C	135C	Dampf
Med/High (Mittel/Hoch)	190°C	190C	Umrühren/Frittieren
High (Hoch)	220°C	220C	Kochen/Anbraten
Max/Sear (Max./Scharf anbr.)	250°C	SCHARF ANBRATEN	Scharf anbraten



## Fehlerbehebung

Fehler Nachricht	Lösung
E1	Ein E1 Meldung bedeutet normalerweise, dass Ihre PIC Gold nicht erkanntes Kochgeschirr auf seiner Oberfläche hat. Dies kann zum einen von zwei Gründen auftreten. 1 Haben Sie einen Topf oder eine Pfanne auf dem Gerät? Die innerhalb der PIC Gold enthaltenen Induktionsspulen funktionieren nur, wenn sie in direktem Kontakt mit einem Stück Kochgeschirr sind. Um die Wirksamkeit Ihres Geräts aufrecht zu erhalten, achten Sie immer darauf, dass es auf einer ebenen Fläche ruht und dass beständiger Kontakt zu dem Kochgeschirr besteht. 2 Ein E1 Meldung kann auch auftreten, wenn das von Ihnen ausgewählte Kochgeschirr nicht Induktionsgeeignet ist.
E2	Das Gerät ist defekt. Kontaktieren Sie den Kundendienst.
E3	Die Einheitsspannung ist zu niedrig. Minimum = 160 Volt
E4	Die Einheitsspannung ist zu hoch. Maximum = 270 Volt
E5	Das Gerät ist defekt. Kontaktieren Sie den Kundendienst.
E6	Das Gerät ist defekt. Kontaktieren Sie den Kundendienst.
E7	Überhitzung oder Belüftung ist behindert. Wenn die interne Temperatur über 110 ° C steigt, wird der Betrieb eingestellt und ein "Piep" Ton erzeugt. Drücken Sie die "Pause/Löschen" zweimal. Warten, bis das Gerät abkühlt.
E8	Überhitzung, wenn das Gerät über eine Temperatur 10 ° C höher als Anbraten steigt, schaltet sich das Gerät aus. Kontaktieren Sie den Kundendienst.
FULL	Im Programmier-Modus, wenn die gesamte eingegebene Zeit die Gerätsgrenze von 99:60 erreicht, können keine weiteren Stufen eingegeben werden.

- Wenn eine der oben genannten Fehlermeldungen auf dem LED-Display erscheint, wird das Gerät mindestens einmal "piepen".
- Der Ventilator wird bis zu 60 Sekunden nach einmaligem Drücken der "Pause/Clear"-Taste weiter laufen. Kochen Sie weiter, indem Sie die Schaltfläche "Start" innerhalb von 45 Minutendrücken.
- Das Gerät schaltet sich nach 1 Stunde aus, wenn keine Tasten (z. B. "Start") gedrückt werden. Wenn das Gerät abgeschaltet wird, löscht es alle bisherigen Kochprogramme.
- Nach dem Drücken der "Pause/Clear"-Taste zweimal, läuft das Gebläse zusätzlich bis zu 60 Sekunden, bis das Gerät abgekühlt ist. Zudiesem diesem Punkt schaltet sich die PIC Gold aus.

**DER HERSTELLER GARANTIERT:** Die Verarbeitung und Freiheit von Mängeln das Induktionskochfeld und aller elektrischen Komponenten unter normalen Hausgebrauch, solange es in Übereinstimmung mit dem schriftlichen Anweisungen des Herstellers die jedem Gerät beiliegen verwendet wird für ein (1) Jahr ab Kaufdatum. Der Hersteller liefert die notwendigen Teile und Arbeitsleistung, um jegliche Teil des Infrarot-Kochsystems bei der Service-Abteilung von Hearthware Inc. zu reparieren. Nach Ablauf der Garantie, werden die Kosten der Arbeitszeit und Teile die Verantwortung des Eigentümers.

**DIE GARANTIE BEEINHALTET NICHT:** beliebige Beschichtung (falls zutreffend) auf einem beliebigen Teil des Kochsystem. Die Garantie erlischt, wenn Reparaturen durch nicht autorisierte Händler erfolgen oder das Seriennummer-Typenschild entfernt oder unkenntlich gemacht wurde. Normaler Verschleiss der Oberfläche durch die Nutzung oder Lichtaussetzung wird nicht durch die Garantie abgedeckt. Diese beschränkte Garantie gilt nicht für Fehler, Schäden oder unzureichende Leistung aufgrund von Unfällen, höherer Gewalt (z. B. Blitzschlag), Schwankungen in der Strom-, Änderungen, Missbrauch, falsche Anwendung, ätzende Atmosphären, unsachgemäße Installation, Versagen das Ger Drücken t in Übereinstimmung mit den schriftlichen Anweisungen des Herstellers zu betreiben, unsachgemäßen Gebrauch oder gewerbliche Nutzung.

**ZUR INANSPRUCHNAHME:** Der Eigentümer hat die Verpflichtung und Verantwortung: Bezahlung aller angebotenen Dienste und Teilen, die nicht von der Garantie abgedeckt werden zu tragen; Vorauszahlung der Fracht von und zur Service-Abteilung für einen Teil oder das System im Rahmen dieser Garantie zurückgegeben, das Produkt mit ausreichendem Polstermaterial zu verpacken, um Transportschäden zu vermeiden. Die Originalverpackung ist ideal für diesen Zweck. Enthalten im Paket müssen sein Eigen-tümer Name, Adresse, Telefonnummer tagsüber, eine detaillierte Beschreibung des Problems, und Ihr Return Goods **AUTHORIZATION NUMBER** (RGA-Nummer): Rufen Sie **1-877-689-2838 Montag Freitag 7.00 Uhr bis 19.00 Uhr (CST)** an oder per E-Mail **help@nuwavenow.com** zum Erhalt der RGA-Nummer. Geben Sie den Kochsystem Modellnamen und Seriennummer und den Nachweis des Kaufdatums (eine Kopie des Kaufbelegs) bri der Inanspruchnahme dieser Garantie an.

#### **VERPFLICHTUNGEN DES HERSTELLERS:**

Die Verpflichtung des Herstellers im Rahmen dieser Garantie ist auf die Reparatur oder den Ersatz eines Teils des Induktionskochfelds ist begrenzt auf Defekte bei normaler Verwendung die ausdrücklich von dieser Garantie abgeckt sind und die bei der Untersuchung festgestellt worden sind. Die Garantie gilt nur innerhalb der kontinentalen Vereinigten Staaten und nur für den ursprünglichen Käufer via durch den Herstellers genehmigte Vertriebswege. Die Garantie kann nicht verändert, variiert oder erweitert werden, außer durch schriftliche Urkunde vom Hersteller. Die Nachbesserung oder Ersatzlieferung die unter dieser eingeschränkten Garantie vorgesehen ist sind exklusiv. In keinem Fall ist der Hersteller haftbar für Folgeschäden oder mittelbare Schäden jeder Person, ob durch Fahrlässigkeit des Herstellers verursacht, einschließlich, ohne

Einschränkung, Schäden für entgangene Nutzung, Kosten der Substitution, Sachschäden oder anderen Verlust von Geld. Einige Staaten erlauben den Ausschluss oder die Beschränkung von Begleit-oder Folgeschäden nicht; dort finden die oben genannten Einschränkungen Ausschlüsse keine Anwendung. Diese beschränkte Garantie gibt Ihnen bestimmte Rechte, und es können auch andere Rechte, die von Staat zu Staat unterschiedlich sein. Sofern nicht anderweitig ausdrücklich angegeben, gibt der Hersteller keine ausdrücklichen oder stillschweigenden Garantien weder beim Gesetz noch anderweitig, einschließlich und ohne Einschränkung macht die stillschweigende Gewährleistung der Marktgängigkeit und der Eignung für einen bestimmten Zweck auf eine andere Person.

**LESEN SIE DIE BEDIENUNGSANLEITUNG:** Wenn Sie noch Fragen zu Betrieb oder Garantie des Produktes wenden Sie sich bitte Hearthware Inc. bei **1-877-689-2838 Montag - Freitag 7.00 Uhr bis 19.00 Uhr (CST)** oder per E-Mail **[help@nuwavenow.com](mailto: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 Gold 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](http://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](http://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

Model 3028X: AC 230V, 50Hz, 2000 Watts, 8.7A, Class I

For patent information please visit: [www.nuwarennow.com/legal/patent](http://www.nuwarennow.com/legal/patent)



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

Customer Service Hours:  
1-877-689-2838 Monday-Friday: 7:00 AM - 7:00 AM (CST)  
[www.NuWaveNow.com](http://www.NuWaveNow.com) • [help@nuwarennow.com](mailto:help@nuwarennow.com)