

What is Triple Combo Cooking?

The NuWave Pro Plus Oven cooks using three methods of cooking simultaneously.

Conduction is the heat that is applied directly to the food.

Convection is circulated hot air, produced by a quiet motor and a specially designed fan. This allows the heat to distribute evenly for faster cooking and even browning.

Infrared is a gentle, invisible, radiant heat that penetrates food, thereby reducing cooking time and allowing you to cook from frozen.

How do I set the temperature and cook time on my NuWave Pro Plus Oven?

Refer to the cooking instructions in the cookbook or NuWave's Quick and Easy Cooking Guide for the suggested time and temperature for your food. Push the "Cook Temp" button and enter the temperature recommended. Then, push the "Cook Time" button and enter the number of minutes recommended.

Does the NuWave Pro Plus Oven cook frozen foods without defrosting?

Yes. Nuwave's infrared penetrates the food, allowing you to cook frozen foods without having to defrost them.

Does the Nuwave Pro Plus Oven cook faster than a conventional oven?

Yes. The NuWave Pro Plus Oven uses 1500 Watts of energy; it cooks faster than a conventional oven because it requires no pre-heating and uses three different heating methods at once: conduction, convection and infrared.

Do I need to turn my food during cooking?

We do recommend that you rotate most foods halfway through the cooking process, but this is more for presentation. Since the heating element is located at the top of the oven, the conduction method of cooking will not be able to brown the bottom of the food evenly.

How do I clean the NuWave Pro Plus Oven?

All parts except the power head are dishwasher safe.

Will the NuWave Pro Plus Oven heat up my kitchen?

The NuWave doesn't require any pre-heating or defrosting of foods and it does not heat the air surrounding the oven, making it ideal for year-round use in any climate.

What types of pans and dishes can be used in the NuWave Pro Plus Oven?

Any cooking vessels or materials that can be used in a conventional oven can also be used in the NuWave Pro Plus Oven. Items made of foil, metals, Pyrex, oven-safe cooking bags and even prepared entrées are safe for use in the NuWave Pro Plus Oven.

Do the tastes and smells of different foods mix in the NuWave Oven Pro Plus?

No. You can cook different foods such as fish and vegetables at the same time and the smells and tastes will not mix.

What size turkey can fit in the NuWave Pro Plus Oven?

With the included extender ring, you can cook up to a 16-lb turkey or 14-lb ham. If you choose not to use the extender ring, the NuWave Pro Plus Oven will accommodate a 10-lb turkey or 8-lb ham.

How do you season frozen foods in the NuWave Pro Plus Oven?

If you are using a dry seasoning, you can sprinkle a little water over the frozen food so the seasoning will adhere to it.

Will it take longer to cook several items at the same time?

No. A benefit of the NuWave Pro Plus Oven Triple Combo Cooking technology means you can cook multiple items in the same amount of time as it take to cook a single item. For example, four chicken breasts would cook in the same amount of time as a single chicken breast.

Does the NuWave Pro Plus Oven create smoke?

Due to the NuWave Pro Plus Oven Triple Combo Cooking technology, foods cook quickly and produce very little to no smoke. The little smoke that may be generated is confined to the inside of the oven. With normal household use, no ventilation is needed.

What do the recipes and charts mean by 1" and 3" rack?

The cooking rack that is included with your NuWave Pro Plus Oven can be flipped to be used at a height of either 1" or 3" from the bottom of the liner pan. The 3" height accommodates smaller foods such as chicken breasts while the 1" height accommodates larger foods such as turkeys or roasts.

What are the dimensions of the NuWave Pro Plus Oven?

16-1/2"H x 15"W (including handles) x 14"Diam, weighs 10 lbs 5 oz. The inside from the bottom of the liner pan to the bottom of the power head is 6-1/4"D and 12"Diam. The cooking power is 1500 Watts and can be plugged into a standard household outlet.

How do I remove the giblets when I cook in frozen turkey?

When cooking a frozen turkey, you can remove the giblets halfway through the cooking process. If the giblets are not thawed enough to remove by that point, continue cooking in 10-minute increments until you are able to extract them.

How can I keep the skin of my turkey from getting too browned?

If the turkey browns too fast, simply cover it with aluminum foil.

Information provided by NuWave.