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Nuwave Pro Plus 2

Nuwave Pro Plus 2 Infra-Red Oven User Manual

Model: Pro Plus 2 (20638)

INTRODUCTION

This manual provides essential information for the safe and efficient operation of your Nuwave Pro Plus 2 Infra-Red Oven. Please read all instructions carefully before initial use and retain this manual for future reference. The Nuwave Pro Plus 2 utilizes a unique triple combo cooking technology, combining conduction, convection, and infrared heat to cook food thoroughly and efficiently.

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and injury to persons, including the following:

- Read all instructions before operating the appliance.
- Do not touch hot surfaces. Use handles or knobs.
- To protect against electrical shock, do not immerse cord, plugs, or the appliance in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
- Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner.
- The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- Do not use outdoors.
- Do not let cord hang over edge of table or counter, or touch hot surfaces.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to 'off', then remove plug from wall outlet.
- Do not use appliance for other than intended household use.

PRODUCT OVERVIEW AND WHAT'S INCLUDED

The Nuwave Pro Plus 2 Infra-Red Oven is designed for versatile cooking. Familiarize yourself with the components before use.



Image: The Nuwave Pro Plus 2 Infra-Red Oven, showcasing its transparent dome and a whole roasted turkey on the cooking rack.

Components:

Cutting the Fat vs. Conventional Oven

3 LB. 9 Oz.

Country Style Pork Ribs



250%

More Fat Drippings

3 LB.

Chicken Quarters



125%

More Fat Drippings

2 LB. 4 Oz.

Beef Chuck Roast



120%

More Fat Drippings

Image: An exploded diagram illustrating the main components of the Nuwave Pro Plus 2 oven, including the Power Head, Dome, Cooking Rack, Non-Stick Liner Pan, Base, and Dome Holder.

- **Power Head:** Contains the heating element, fan, and digital controls.
- **Dome:** BPA-free, transparent, shatter-resistant cover for monitoring cooking.
- **Cooking Rack:** Reversible for 1-inch or 3-inch height adjustments.
- **Non-Stick Liner Pan:** Easy-to-clean, eco-friendly, non-stick enamel, free of PTFE and PFOA.
- **Base:** Cool-to-touch, also usable as a serving tray.
- **Dome Holder:** Securely holds the dome and power head assembly when not in use or during food preparation.

SETUP

1. **Unpacking:** Carefully remove all components from the packaging. Retain packaging for storage or shipping if needed.
2. **Initial Cleaning:** Before first use, wash the dome, cooking rack, non-stick liner pan, and base in warm, soapy water. Wipe the power head with a damp cloth. Ensure all parts are completely dry before assembly.
3. **Assembly:** Place the base on a stable, heat-resistant surface. Insert the non-stick liner pan into the base. Position the cooking rack inside the liner pan at the desired height (1-inch or 3-inch). Place the dome over the base, ensuring it sits securely. Finally, place the power head on top of the dome.
4. **Power Connection:** Plug the power cord into a standard electrical outlet. The display on the power head will illuminate.

OPERATING INSTRUCTIONS

Control Panel Overview:

Cool White Display



The easy-to-read cool white digital display is readable in any light, ensuring an extremely user-friendly and convenient control experience.

Image: A detailed view of the Nuwave Pro Plus 2's cool white digital control panel, showing temperature and time settings, number pad, and function buttons like Delay, Reheat, Menu, and Start/Pause.

- The control panel features a clear digital display and intuitive buttons for temperature, time, presets, and memory functions.
- Temperature can be adjusted from 50°F to 350°F in precise 1°F increments.

Basic Operation:

1. **Power On:** Press the Power button to turn on the oven.
2. **Set Temperature:** Press the 'Temp' button, then use the number pad to enter your desired temperature. Press 'Start/Pause' to confirm.
3. **Set Time:** Press the 'Time' button, then use the number pad to enter your desired cooking time in minutes. Press 'Start/Pause' to confirm.
4. **Start Cooking:** After setting temperature and time, press 'Start/Pause' to begin the cooking cycle.
5. **Using Presets:** The oven comes with 100 pre-programmed menu presets. Press the 'Menu' button to cycle through or enter a preset number directly.
6. **Saving Recipes:** The oven has 50 memory slots to save your favorite custom recipes. Refer to the full recipe guide for detailed instructions on saving and recalling recipes.
7. **Monitoring:** The transparent Power Dome allows you to monitor your food without opening the oven, maintaining consistent cooking temperatures.

Cooking Features:

- **Triple Combo Cooking:** The Pro Plus 2 utilizes conduction, convection, and infrared heat for efficient and even cooking.
- **360° Surround Heat:** A robust 4.5-inch convection fan promotes cyclonic heat circulation for thorough cooking.
- **Cook from Frozen:** No defrosting or preheating is required, allowing you to cook meals directly from the freezer.
- **One-Oven Meals:** Prepare multiple dishes simultaneously, optimizing your time in the kitchen.



Healthy Cooking

The Pro Plus 2 cooks your meats, poultry, salmon, and vegetables to perfection bringing out the natural flavors while removing excess fat drippings.

Triple combo cooking technology cooks from the inside and outside at the same time to locks in flavor and juiciness but actively renders out unhealthy fat drippings.

Image: The Nuwave Pro Plus 2 oven illustrating its 360-degree surround cooking technology, with arrows depicting the flow of infrared, convection, and conduction heat around a cooking item.

Adjustable Cooking Temps

The cooking temperatures range from **50°F** to **350°F** adjustable in precise **1°F increments**. Fine-tune your cooking to perfection with precise temperatures.



Rawgetarian



Dehydrate



Roast



Bake



Air Sou Vide



Air Fry

50°F

350°F

Image: A collage demonstrating the 'Freezer to the Table' capability, showing different foods like hamburgers, steak, salmon, shrimp, chicken breast, and pork tenderloin with their respective quick cooking times.

HEALTHY COOKING BENEFITS

The Nuwave Pro Plus 2 is designed to promote healthier cooking by reducing unhealthy fats.

- Fat Reduction:** The cooking process actively renders out excess fat drippings, which collect in the liner pan. This method aligns with recommendations from health organizations to reduce saturated fats in meats.
- Cholesterol Management:** Studies have shown that cooking with the Nuwave Oven can contribute to decreased cholesterol levels.

Tender & Flavorful

Pro Plus 2 brings out the natural flavors while removing excess fat drippings. The food is crispy on the outside and tender inside, full of juices and flavor.

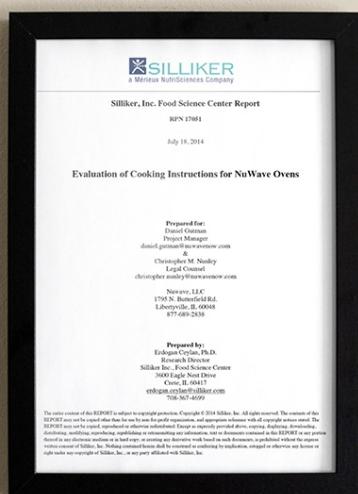


Image: A collage depicting various individuals and families enjoying cooking and meals, accompanied by text detailing the positive results of a 60-day cholesterol challenge, including decreased total cholesterol and increased HDL values.

MAINTENANCE AND CLEANING

Proper maintenance ensures the longevity and performance of your Nuwave Pro Plus 2 oven.

- 1. Unplug Before Cleaning:** Always ensure the appliance is unplugged and completely cooled before cleaning.
- 2. Dishwasher Safe Parts:** All parts, with the exception of the Power Head, are dishwasher safe for easy cleaning.
- 3. Power Head Cleaning:** Wipe the Power Head with a damp cloth. Do not immerse it in water or any other liquid.
- 4. Dome Cleaning:** The shatter-resistant dome can be washed by hand or in the dishwasher.
- 5. Liner Pan:** The non-stick liner pan is designed for easy cleaning and can be washed by hand or in the dishwasher.



Independent 3rd Party Test Results

Tests have proven that Nuwave Oven cooks up to 50% faster and uses up to 85% less energy than a conventional oven.

Image: A woman loading components of the Nuwave Pro Plus 2 oven into a dishwasher, demonstrating the effortless cleaning process for dishwasher-safe parts.

TROUBLESHOOTING

If you encounter issues with your Nuwave Pro Plus 2, refer to the following common troubleshooting tips:

- Appliance Not Turning On:** Ensure the power cord is securely plugged into a functional electrical outlet. Check if the outlet is receiving power.

- **Food Not Cooking Evenly:** Verify that the cooking rack is positioned correctly and that food is not overcrowding the cooking area. Ensure the dome is properly seated.
- **Smoke or Odor During Operation:** A slight odor may occur during initial use. If excessive smoke or unusual odors persist, unplug the unit immediately and contact customer support. Ensure all parts are clean and free of food residue.
- **Error Codes:** If an error code appears on the display, unplug the unit, wait a few minutes, and plug it back in. If the error persists, consult the Nuwave customer support.

For more complex issues or if troubleshooting steps do not resolve the problem, please contact Nuwave customer support.

SPECIFICATIONS

Feature	Detail
Brand	Nuwave
Model Name	Pro Plus 2
Item Model Number	20638
Color	Black
Product Dimensions	14.5"D x 15.5"W x 12.88"H
Item Weight	11.82 pounds
Special Feature	360 Surround Cooking
Control Type	Button Control
Door Style	Dropdown Door
Included Components	1"/3" Reversible Rack
Door Material Type	Tempered Glass
Power Source	Corded Electric
Temperature Range	50 - 350 Degrees Fahrenheit
UPC	652185901001

WARRANTY AND SUPPORT

For warranty information, product registration, or technical support, please refer to the official Nuwave website or contact their customer service department. Contact details are typically provided in the product packaging or on the manufacturer's website. Please have your model number (Pro Plus 2, 20638) and purchase date available when contacting support.

Related Documents - Pro Plus 2

 NuWave Brio Healthy Digital 10Q Air Fryer <i>Owner's Manual & Complete Recipe Book</i>	<p><u>NuWave Brio Healthy Digital 10Q Air Fryer Owner's Manual and Recipe Book</u></p> <p>Comprehensive guide for the NuWave Brio Healthy Digital 10Q Air Fryer, including operating instructions, safety precautions, maintenance, troubleshooting, and a complete recipe book. Learn how to use your air fryer for optimal results and explore various cooking options.</p>
 NuWave Brio Digital Air Fryer <i>Owner's Manual & Complete Recipe Book</i>	<p><u>NuWave Brio Digital Air Fryer: Owner's Manual & Recipe Book for Healthy Cooking</u></p> <p>Master your NuWave Brio Digital Air Fryer with this official owner's manual and recipe book. Find detailed operating instructions, safety guidelines, troubleshooting tips, and a collection of delicious recipes for everyday meals and special occasions.</p>
 NuWave Pro Plus Infrared Oven <i>Owner's Manual</i>	<p><u>NuWave Pro Plus Infrared Oven Owner's Manual</u></p> <p>Learn to use the NuWave Pro Plus Infrared Oven with this comprehensive owner's manual. Discover fast, healthy cooking, recipes, and tips for this versatile countertop appliance.</p>
	<p><u>The NuWave Oven Complete Cookbook: Recipes, Tips, and More</u></p> <p>Discover the revolutionary NuWave Pro Infrared Cooking System with this comprehensive cookbook. Learn how to prepare delicious meals quickly and healthily, explore various cooking techniques, and find helpful tips and recipes for your NuWave oven.</p>
 NuWave Brio 3Q Digital Air Fryer <i>Owner's Manual & Complete Recipe Book</i>	<p><u>NuWave Brio 3Q Digital Air Fryer Owner's Manual & Recipe Book</u></p> <p>Comprehensive guide for the NuWave Brio 3Q Digital Air Fryer, covering operation, safety, troubleshooting, and including a full recipe book for healthy cooking.</p>
 NuWave Bravo XL Smart Oven <i>Quick Start Guide</i>	<p><u>NuWave Bravo XL Smart Oven Quick Start Guide and Cooking Guide</u></p> <p>Comprehensive quick start guide and cooking instructions for the NuWave Bravo XL Smart Oven (Model No. 20801, 20802). Features include operation, advanced functions, and detailed cooking tables for various foods.</p>



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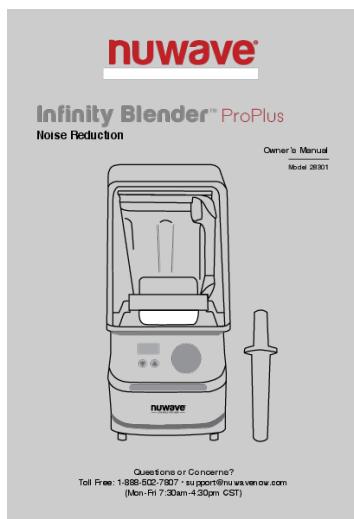
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..... 19 Meet your Nuwave **Pro Plus 2TM** Infrared Oven and its unique combination of conduction, convection and infrared heat th...

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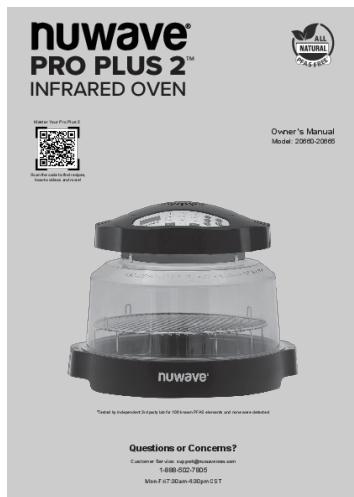


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Infinity Blender™ Noise Reduction Owner's Manual Model 28301 Questions or Concerns Toll Free: 1-888-502-7807 support nuwavenow.com Mon-Fri 7:30am-4:30pm CST RNEGOISWTER As a special thank-you for registering your NuWave Infinity Blender™ Pro Plus, you'll automatically receive an addition...

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Pro Plus Manual 26013 HQ 1604 04 C Otto Nuwave 2 Infra Red Oven Countertop Convection Cook

Fresh or Frozen No Defrosting Preheating Healthy 360 Surround Heat Adjustable Temps 100 Presets 50

Memory Tough Power Dome up to a 10lb Turkey Cool Gray 20639 User Gray B0D51SK5L8

B0CVD49MDN B0CVD9NG6C B0CVCX8968 B0CVD2BXZC B0CVCVTKHK B0CVCVRCPXA1

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PRO PLUS 2TM INFRARED OVEN Master Your **Pro Plus 2** Scan the code to find recipes, how-to videos and more ALL PFA S F REE* Owner's Manual Model: 20660-20665 *Tested by independent 3rd party lab for 106 known PFAS elements and none were detected. Questions or Concerns Customer Service: support nuwa...

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GENERAL RULES OPERATING 2-KEY BUTTONS

2-KEY BUTTONS

Lock: Disables the control panel when in use or not in use to prevent accidental button selection.
Press and hold PAUSE and DELAY until you hear 2 beeps. Repeat to unlock.

Mute: Turns off all beeping.
Press and hold DELAY and REHEAT until you hear 2 beeps. Repeat to unmute.

GENERAL RULES

- While cooking, the dome must be placed completely level to the Base Tray.
- DO NOT tilt the Dome or leave the dome open.
- To avoid moisture/steam build up inside the oven, remove food when done.
- To keep cooked food warm set at a low temperature.
- Only lift Dome by the handles on the Power Head.
- When removing Liner Pan after cooking, be extremely careful and always use oven mitts.
- Use only oven-safe dishes for cooking, same as in a conventional oven may be used in the Nuwave Pro Plus 2 OvenTM.
- For even cooking, flip or turn food halfway through the cooking.
Place foods that require the longest cooking time on the 5-inch reversible rack side, closest to the heating element (ex. potatoes, carrots), and place soft vegetables on the lower 1-inch side (ex. mushrooms, tomatoes).
- When choosing the multi-level cooking option, use food combinations on the reversible rack and liner pan underneath that take roughly the same amount of time to prepare. Examples: potatoes and potato wedges; fish and steamed tomatoes; or from-beefsteak-like potatoes.
- If top layer foods finish cooking earlier, remove the reversible rack with food from above and continue cooking bottom foods in the liner pan until done.
- To warm bread, place it on the 1-inch side of the reversible rack or Liner Pan and cover. To bake bread, place bread on the 3-inch reversible rack side.
- For best results, follow the time, temperature, and Cooling Rack height instructions provided in the cooking chart and recipe book.

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GENERAL RULES OPERATING 2-KEY BUTTONS 2-KEY BUTTONS Lock: Disables the control panel when in use or not in use to prevent accidental button selection. Use only oven-safe dishes for cooking, same as in a conventional oven may be used in the Nuwave **Pro Plus 2** OvenTM. For even cooking, flip or turn food halfway through the cooking.. Place foods to...

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