



CHEFWAVE

1600W DIGITAL COUNTERTOP ROTISSERIE PRESSURE OVEN

With Micro-Pressure And Intelligent Control System



MODEL CW-PO01
120V, 50-60Hz, 1600W



FOR HOUSEHOLD USE, ONLY WORLWIDE PATENT PROTECTED.



WELCOME!

Dear ChefWave™ customer,

Congratulations on your purchase of the ChefWave™ Digital Countertop Rotisserie Pressure Oven. Thank you for your support. To ensure your safety and many years of trouble-free operation, please read this manual carefully before making any adjustments and keep it in a safe place for future reference.

Your pressure oven is built with precision and features a number of exciting technologies that combine the best elements of a pressure cooker and conventional oven all in one state-of-the-art appliance, allowing you to bake, roast, broil, or toast your favorite foods quickly and conveniently.

We hope you enjoy your new ChefWave™ pressure oven.

For technical assistance and warranty service, please email us at **cs@mychefwave.com**.



TABLE OF CONTENTS

Important Safeguards	1
Parts & Features	4
Control Panel	5
Cooking Accessories	7
Oven Door & Vent Release Valve	8
Oven Interior & Accessories	9
Using the Rotisserie	10
Anti-Block Nut	12
Oven Lamp	12
Cleaning the Pressure Oven	13
Quick Start Instructions	14
Function Capabilities & Default Settings	17
Cooking Chart	18
Troubleshooting	19
Important Notice	20
Recipe for Ribs	21
Recipe for Whole Chicken	22
Recipe for Pork Knuckle	24
Recipe for Pizza	26
Recipe for Chicken Wings	27

IMPORTANT SAFEGUARDS

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

- Read all instructions.
- To protect yourself from electric shock, do not immerse the cord or plugs in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug the oven from the outlet when not in use and before cleaning. Allow the oven to cool before putting on or taking off any parts.
- Do not operate any appliance with a damaged cord or plug. Do not operate any appliance if the appliance malfunctions or if it has been damaged in any manner. Return the appliance to the nearest authorized service facility for examination, repair, or adjustment.
- Do not use accessories that are not recommended by the oven manufacturer, as this may cause injury.
- Do not use the oven outdoors.
- Do not allow the cord to hang over the edge of the counter or table. Do not allow the cord to touch hot surfaces.
- Do not place the oven on or near a hot gas or electric burner, and do not place it inside a heated oven.
- Use extreme caution when moving an appliance containing hot oil or other hot liquids.
- Always attach the cord to the oven first and then plug the cord into the wall outlet. To disconnect, turn any controls to the “off” position and then remove the plug from the wall outlet.
- Do not use the oven for anything other than its intended use.
- The exterior of the oven will become very hot during use. Do not touch hot surfaces directly. Instead, use handles or knobs.



- When operating the oven, keep at least four inches of space on all sides of the oven to allow for adequate air circulation.
- Do not clean the oven with metal scouring pads. Pieces can break off the pad and touch electrical parts, creating a risk of electric shock.
- A fire may occur if the oven is covered or if it is touching or in close proximity to flammable materials such as curtains, draperies, walls, and the like while it is in operation. Do not store any item on top of the oven when it is in operation or before it cools down.
- Use extreme caution when using containers other than those made of metal or glass.
- Do not cover the crumb tray or any part of the oven with metal foil. This will cause overheating. Foil can be used to cover approved cooking containers.
- Do not place cardboard, plastic, paper, or anything similar inside the oven.
- Use extreme caution when removing trays or disposing of hot grease or other hot liquids.
- Do not store any materials other than the manufacturer's recommended accessories inside the oven when not in use.
- The oven should always remain unplugged from the wall outlet when not in use.
- Always wear protective, insulated oven mitts when inserting or removing items from the hot oven.
- This oven has a tempered, heat-resistant safety glass door. The glass is stronger than ordinary glass and is more resistant to breakage. Tempered glass can break, but the pieces will not have sharp edges.
- Do not place your eyes or face in close proximity to the tempered safety glass door in the event that the safety glass breaks.
- Avoid scratching the door surface or nicking its edges. If the door has a scratch or nick, contact our toll-free customer service line before using the oven.



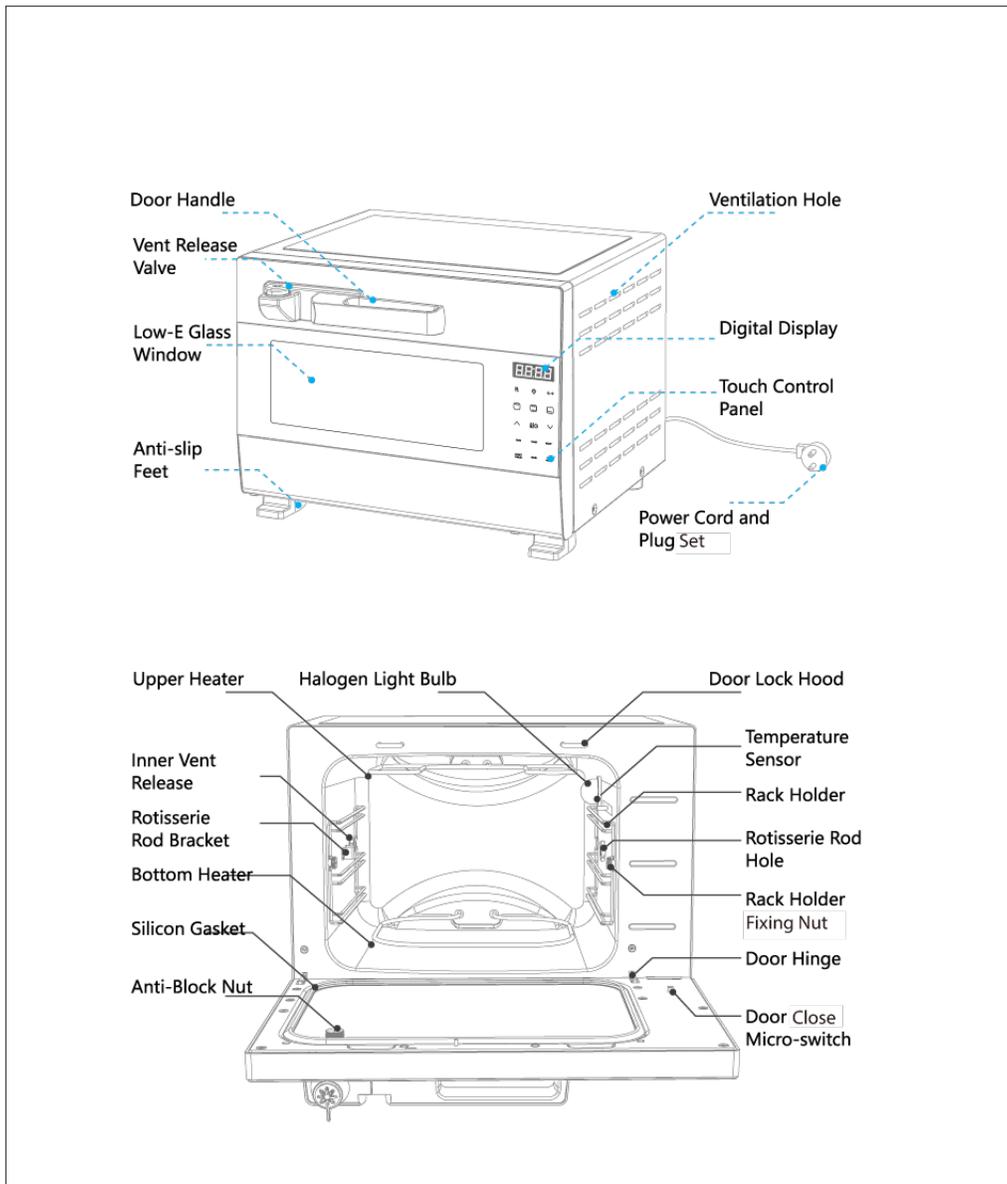
- Always inspect the vent release valve to make sure that it is clear of any food particles or other obstructions.
- Before opening the oven door, wait for the pressure to dissipate.
- Do not insert oversized food or metal utensils in the oven, as this may create a fire or a risk of electric shock.
- To ensure continued protection from the risk of electric shock, connect the oven only to properly grounded outlets.

SAVE THESE INSTRUCTIONS



PARTS AND FEATURES

Know your oven





CONTROL PANEL



Pressure mode.

Use this button to pressurize your food. This function works in combination with the rotisserie, roast, and broil settings, as well as alone with the three heating positions (upper, lower, or both). It does not work with the bake or toast settings.



Oven lamp.

Use this button to turn the interior light on and off.



Rotisserie setting.

Use this button to activate the rotisserie. This function works in combination with the roast setting.



Upper heater.

Use this button to activate the upper heating element.



Upper and lower heater.

Use this button to activate both the upper and lower heating elements.



Lower heater.

Use this button to activate the lower heating element.



Increase.

Use this button to increase the time or temperature.



Time/temperature mode.

Use this button to toggle between the time and temperature modes.



CONTROL PANEL (continued)



Decrease.

Use this button to decrease the time or temperature.

BAKE

Bake setting.

Use this function for cakes and more.

TOAST

Toast setting.

Use this function for breads and more.

ROAST

Roast setting.

Use this function for meat, vegetables, and more.

START/
CANCEL

Start/Cancel.

Use this button to start cooking or to cancel a function.

BROIL

Broil setting.

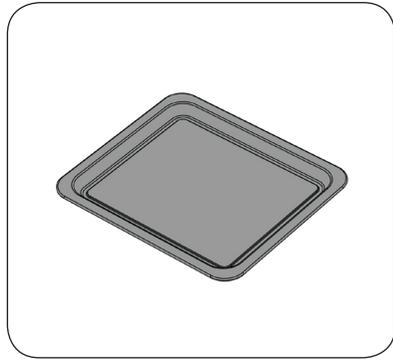
Use this function to brown the top of your food.

DIY
MENU

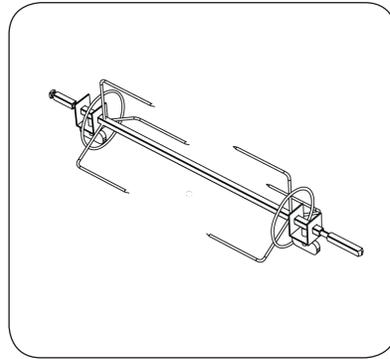
Do-It-Yourself.

Use this function to create customized settings.

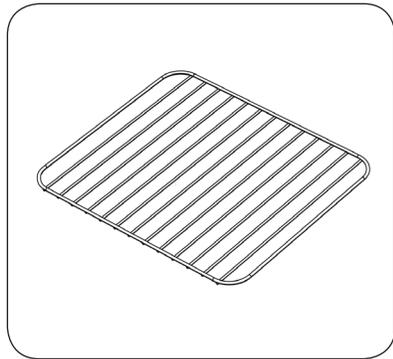
COOKING ACCESSORIES



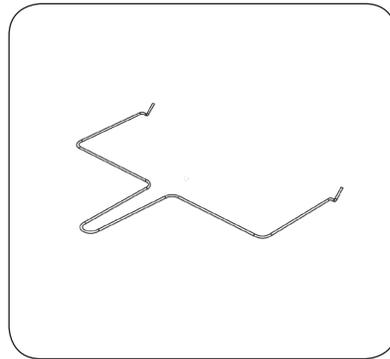
Pan



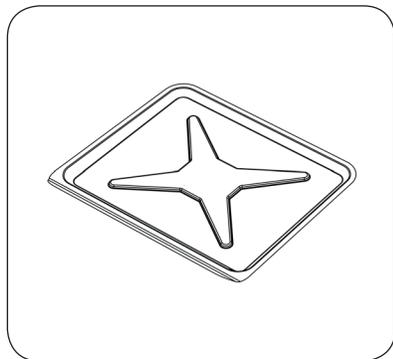
Rotisserie Tool



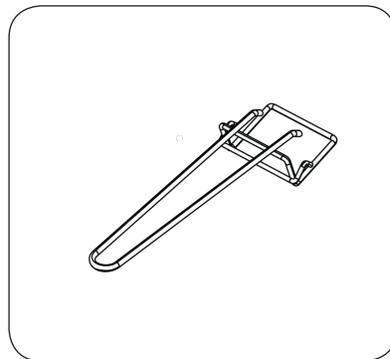
Wire Rack



Rotisserie Removal Tool



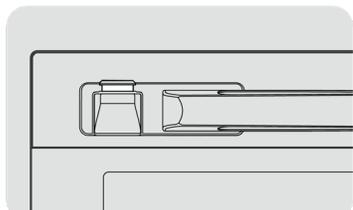
Crumb Tray



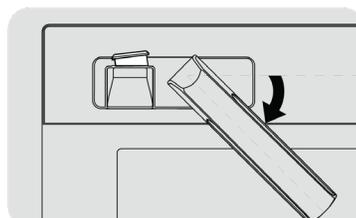
Pan/Rack/Tray Removal Tool



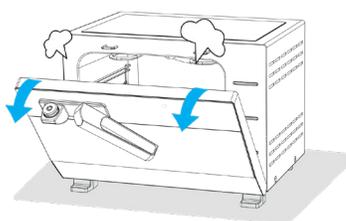
OVEN DOOR & VENT RELEASE VALVE



When the door handle is in a horizontal position, the oven door is locked and the vent release valve is closed.



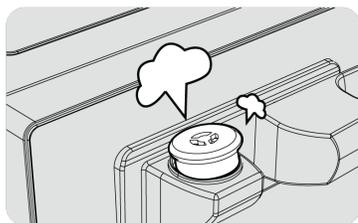
To unlock and open the door, rotate the door handle downward. The vent release valve will discharge the internal steam.



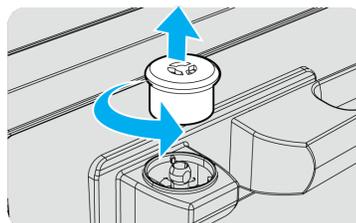
CAUTION: Before opening the oven door, be sure to wait until the steam is completely released in order to avoid hot steam injury. Do not open the oven door frequently during operation.



The door detector device recognizes when the oven door is opened or closed. If the oven door is opened during operation, the oven will automatically stop all cooking functions and enter standby mode. When the door is closed, the oven will recover automatically and return to the previous cooking functions after five seconds.

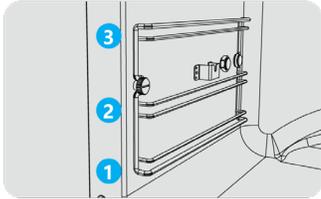


While cooking, the vent release valve will intermittently discharge steam to stabilize the pressure inside the oven. Never cover or block the vent release valve.

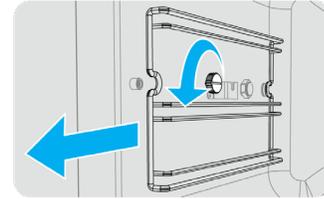


To remove the vent release valve, pinch the cap and gently raise it upward. Rotate counterclockwise until it is fully removed. To attach the vent release valve, align it and gently rotate in a clockwise motion until it is fully attached.

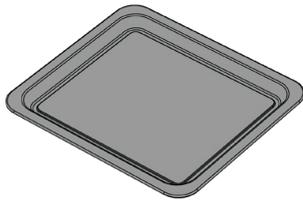
OVEN INTERIOR & ACCESSORIES



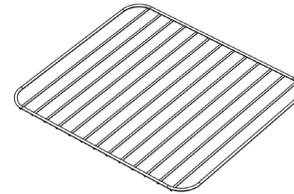
The pan or rack can be placed on one of three different levels, depending upon your specific needs. The upper level will produce extra heat from above, browning the top of your food. The lower level will produce extra heat from below, crisping the bottom of your food. The center level provides a standard amount of heat.



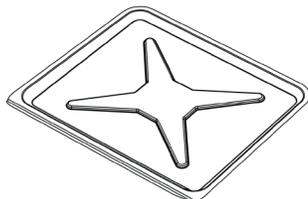
Insert the pan or rack horizontally between the guides on both sides of the oven. The guides should be cleaned regularly. To remove them for cleaning, loosen the fixing screw by turning counterclockwise and then pull the guides outward.



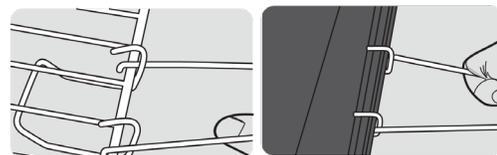
For easy clean up, cover the top of the pan with foil before cooking. When cooking meat or fish, wrap the food in foil and place it on the pan. Be cautious of any oil or food overflow. The pan can be immersed in water for soaking and cleaning.



When cooking meat, there may be scraps or fluids that drip from the wire rack. The crumb tray can be positioned in the bottom of the oven to collect it. The wire rack can be immersed in water for soaking and cleaning.



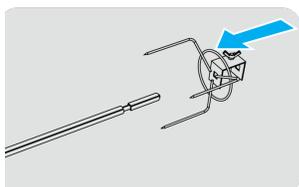
For easy clean up, cover the top of the pan with foil before cooking. When cooking meat or fish, wrap the food in foil and place it on the pan. Be cautious of any oil or food overflow. The pan can be immersed in water for soaking and cleaning.



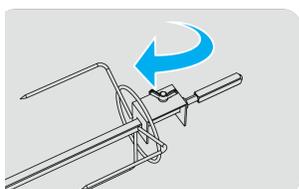
Always use the removal tool when removing the hot pan, rack, or tray from the oven in order to avoid burn injuries. Be cautious of any oil or food overflow.



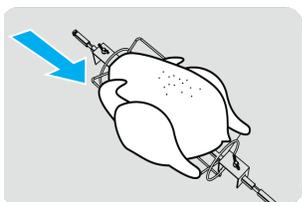
USING THE ROTISSERIE



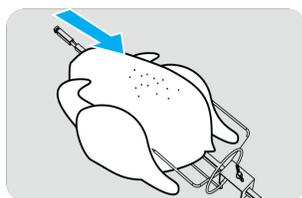
STEP 1:
Place the rotisserie rod in the hole on the rotisserie fork.



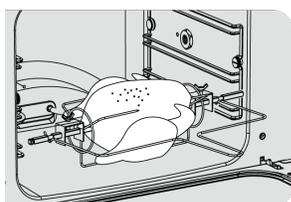
STEP 2:
To attach the fork to the rod, tighten the screw on the fork by turning clockwise.



STEP 3:
Slide the rod through the center of the meat and out the bottom end. Firmly attach the fork to the meat or chicken leg. Tighten the screw on the fork.

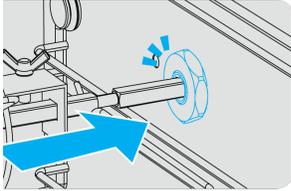


STEP 4:
Attach the other fork to the end of the rod. Firmly attach the fork to the meat or chicken wing. Tighten the screw on the fork. Be sure that the meat is centered and evenly balanced on the rod.



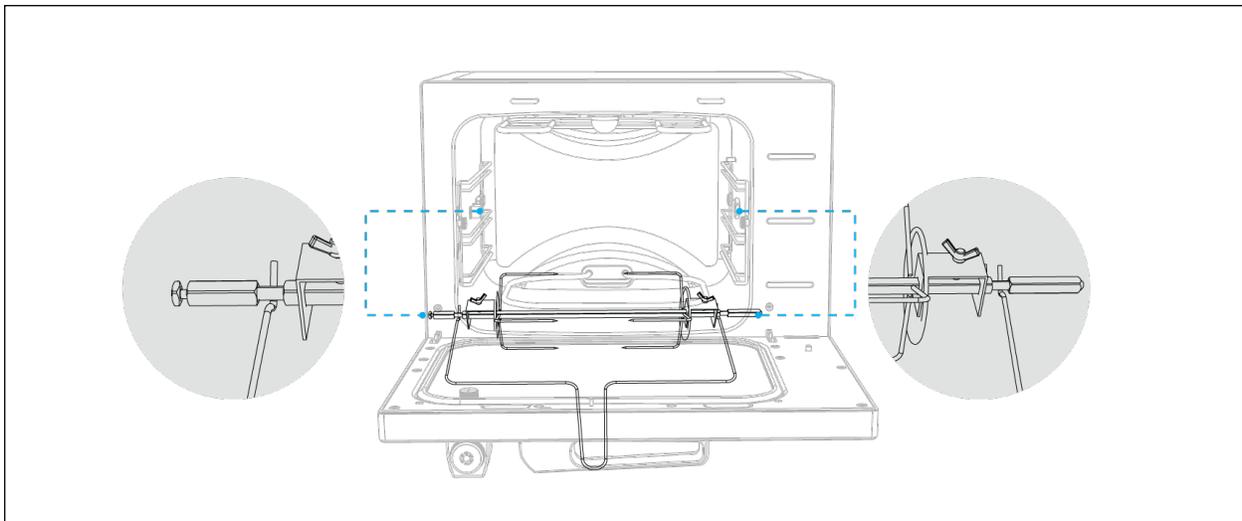
STEP 5:
Using the rotisserie removal tool, carefully place the meat inside the oven.

USING THE ROTISSERIE (continued)



STEP 6:

Insert the pointed end of the rod into the hole at the right side of the oven. Place the other end of the rod on the support bracket at the left side of the oven.



IMPORTANT NOTES

- When cooking chicken and other poultry, it is recommended that you first truss the bird by securing the legs and wings with kitchen twine. A loose leg or wing may be burned by the heater.
- Before cooking, always place the crumb tray below the lower heater to catch the drippings.
- When cooking is complete, use the rotisserie removal tool to remove the rotisserie from the oven.

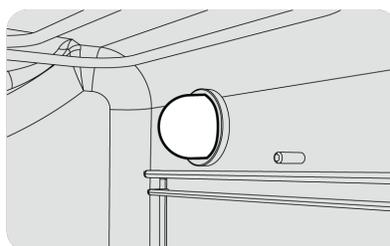


ANTI-BLOCK NUT



The anti-block nut is located on the inside of the oven door. Never block it or allow it to become clogged. It should be cleaned regularly. To remove it for cleaning, loosen the nut by turning it counterclockwise.

OVEN LAMP



Use the oven lamp button on the control panel to turn on the interior light. When you turn on the light, it will turn off automatically after two minutes have elapsed. Press the oven lamp button to turn on the light again, if desired.

The light bulb is sealed tightly to the oven with a special material. Do not attempt to disassemble the light bulb yourself. If the light bulb is not working, please contact customer service. (Contact information is provided on the Important Information page in this manual.)

CLEANING THE PRESSURE OVEN

Please clean your pressure oven regularly to ensure that it provides lasting service.



CAUTION – To avoid electric shock or burns:

- Unplug the oven before cleaning
- Allow the oven to cool down before cleaning
- Never immerse the oven in water
- Never allow water or cleaning fluid to run into the oven

To clean the oven, use a damp cloth with mild dish liquid to clean the inside and outside. Do not use the oven again until it is fully dry.

To clean the accessories, wash them by hand in warm water with mild dish liquid. If they are heavily soiled, allow them to soak for 20-30 minutes. Carefully dry all parts after cleaning. The accessories are all dishwasher safe, including the rotisserie tools, wire rack, and handle, baking pan, and drip tray.

Never use abrasive, corrosive, or caustic cleaning materials, as they could damage the oven. Do not clean the oven with metal scouring pads. Pieces can break off the pad and touch electrical parts, creating a risk of electric shock.



QUICK START INSTRUCTIONS

STEP 1:

PREPARE FOR COOKING

- Insert the pan, wire rack, and/or crumb tray inside the oven as needed.
- Place the food inside the oven and close the oven door.
- Plug in the oven by connecting the plug to the power source.

STEP 2:

SELECT THE FUNCTION

- Select the desired function on the control panel by pressing either the Bake, Toast, Roast, or Broil button. NOTE: The default time and temperature settings for each of these 4 functions can be found in the “Function Capabilities & Default Settings” chart.
- If you do not wish to use these pre-set functions, you can choose whether you’d like to use the upper heater, lower heater, or both heaters by pressing the appropriate button on the control panel.
- If you would like to use the DIY function to create customized settings or select from your previously created customized settings, see Step 4.
- If you would like to utilize additional options, see Step 3. If you are ready to begin cooking, skip to Step 5.

STEP 3:

SELECT ADDITIONAL OPTIONS

- If desired, press the Pressure Mode button to pressurize your food. The oven door must be closed with the handle in a horizontal position in order to use the pressure mode. This function works in combination with the rotisserie, roast, and broil settings, as well as alone with the three heating positions (upper, lower, or both). It does not work with the bake or toast settings.

NOTE: To cancel the pressure setting, press the Pressure Mode button again.

- If desired, press the Rotisserie button to activate the rotisserie. This function works in combination with the roast setting. **NOTE:** To cancel the rotisserie setting, press the Rotisserie button again.
- If desired, press the Time/Temperature button once to adjust the default temperature setting. Use the increase and decrease buttons to adjust the temperature.
- After setting the temperature, if desired, press the Time/Temperature button again to adjust the default time setting. Use the increase and decrease buttons to adjust the time.
- If you are ready to begin cooking, skip to Step 5.

STEP 4:

UTILIZE THE DIY FUNCTION

The DIY function allows you to create up to 10 customized setting combinations that you can tailor to suit your specific needs.

- Press the DIY Menu button to enter DIY mode. The digital display will show “01,” indicating that you are viewing the first of the 10 possible setting combinations. The corresponding function buttons will light up on the control panel.

NOTE: The default settings for DIY mode are upper and lower heater, no pressure mode, no rotisserie mode, time of 10 minutes, and temperature of 392 degrees Fahrenheit.

- Customize the settings as desired. You can select from upper heater, lower heater, both heaters, pressure, rotisserie, temperature, and time.
- After you have selected your desired settings, press the DIY Menu button to store the settings. The digital display will show “02” and allow you to customize the second setting combination. Repeat this process as desired for each of the 10 possible setting combinations.

NOTE: To exit the DIY function, press the Start/Cancel button.



STEP 5:

COOKING

- To begin cooking, press the Start/Cancel button. NOTE: To stop cooking at any point, press the Start/Cancel button.
- When cooking is complete, the oven will beep three times.
- To open the oven door, rotate the door handle downward.
- Use the removal tool to take the food out of the oven. In order to avoid hot steam injury, be sure to wait until the steam and is completely released and be cautious of any lingering steam inside the oven when opening the oven door. If using pressure mode, be sure that all pressure has released before opening the oven door.

FUNCTION CAPABILITIES & DEFAULT SETTINGS

FUNCTION	PRESSURE	ROTISSERIE	DEFAULT TIME	TIME RANGE	DEFAULT TEMPERATURE (°F)	TEMPERATURE RANGE (°F)	UPPER HEATER	BOTTOM HEATER
BAKE	No	No	40 min	1 min-1 hr	356	303-428	Yes	Yes
TOAST	No	No	5 min	1 min-12 min	392	320-464	Yes	Yes
ROAST	No	No	45 min	1 min-2 hr	480	356-480	Yes	Yes
	Yes	No	45 min	1 min-2 hr	480	356-480	Yes	Yes
ROAST & ROTISSERIE	No	Yes	45 min	1 min-2 hr	480	356-480	Yes	Yes
	Yes	Yes	45 min	1 min-2 hr	480	356-480	Yes	Yes
BROIL	No	No	20 min	1 min-1.5 hr	428	356-464	Yes	Yes
	Yes	No	20 min	1 min-1.5 hr	428	356-464	Yes	Yes
UPPER HEATER	Yes	No	20 min	1 min-2 hr	320	140-464	Yes	No
BOTTOM HEATER	Yes	No	20 min	1 min-2 hr	392	140-464	No	Yes
UPPER & BOTTOM HEATER	Yes	No	20 min	1 min-2 hr	446	140-464	Yes	Yes



COOKING CHART

TYPE	Weight	Rack	Pressure Mode		Standard Mode		Recommended Internal Temp (U.S. FDA, °F)
			Temp (°F)	Time	Temp (°F)	Time	
POULTRY							
Chicken - Whole	2-3 lbs.	Rotisserie	480	30 min	350	2 hr	165
Chicken - Whole	4-5 lbs.	Middle	480	40 min	350	2 hr to 2 hr 15 min	165
Chicken - Whole	6-7 lbs.	Middle	480	45 min	350	2 hr to 2 hr 15 min	165
Chicken - Whole	7-8 lbs.	Bottom	480	50 min	350	2 hr to 2 hr 30 min	165
Chicken - 8 pc. Barbecue	3-4 lbs.	Middle	480	20 min	350	1 hr	165
Chicken - Butterflied	4 lbs.	Middle	480	25 min	350	1 hr	165
Chicken Breast - Boneless	<1 lb.	Middle	480	10 min	350	30-40 min	165
Chicken Breast - Boneless	1-2 lbs.	Middle	480	15 min	350	40-45 min	165
Chicken - Legs, Thighs	3 lbs.	Middle	480	30 min	350	45 min	165
Chicken - Legs, Thighs	5 lbs.	Middle	480	35 min	350	50 min	165
Turkey Breast	4-5 lbs.	Middle	480	35 min	350	1 hr 40 min	165
Turkey Breast	6-7 lbs.	Middle	480	45 min	350	2 hr 20 min	165
BEEF							
Roast Beef - Eye Round	2-3 lbs	Bottom	480	50 min	325	2 hr	145
Roast Beef - Eye Round	4-5 lbs.	Bottom	480	70 min	325	2 hr 30 min	145
Prime Rib	6.5 lbs.	Bottom	480	80 min	400	2 hr 20 min	145
Braised Beef	4-5 lbs.	Middle	375	2 hr 30 min	325	3 hr 30 min	145
Ribeye Steak	10 oz.	Upper	480	10 min	480	15 min	145
PORK							
Pork Roast - Knuckle	1-2 lbs.	Rotisserie	480	60 min	350	2 hr 50 min	145 ¹
FISH							
Salmon Filet	<1 lb.	Middle	480	6 min	400	10-12 min	As desired
Salmon Filet	1-2 lbs.	Middle	480	8 min	400	18-20 min	As desired

According to the U.S. FDA, cook pork, roasts, and chops to 145°F as measured with a food thermometer before removing meat from the heat source, with a 3-minute rest time before carving or consuming. This will result in a product that is both safe and at its best quality – juicy and tender. Visit www.foodsafety.gov for more tips.

TROUBLESHOOTING

PROBLEM	CAUSE	SOLUTION
Oven does not turn on	Oven is not plugged in	Connect oven to power outlet
	Faulty fuse or power outlet	Check fuse or use a different power outlet
	Oven is broken	Contact customer service
Oven is not working	Faulty function button	Contact customer service
	Incorrect operation	Refer to the operating instructions in this manual
Heater is not working	Internal wire terminal is loose	Contact customer service
	Heating element is broken	Contact customer service
Strange odor	Grease or food particles are inside the oven	Clean the oven to remove all grease and food particles
	First use	The first time the oven is used, a small amount of smoke and/or a light odor may exist. This is not harmful and will stop shortly. Ensure that there is sufficient ventilation.
Oven lamp is not working	Light bulb is broken	Contact customer service
Control panel shows code E1, oven beeps 10 times	Temperature sensor open circuit	Contact customer service
Control panel shows code E2, oven beeps 10 times	Temperature sensor short circuit	Contact customer service
Control panel shows code E4, oven beeps 10 times	Temperature sensor has failed	Contact customer service



IMPORTANT NOTICE

DO NOT RETURN TO RETAIL STORE

If you experience problems with this oven, contact Consumer Relations at **cs@mychefwave.com**.

Please save original box and packing materials in case service is required.

RECIPES



RIBS

INGREDIENTS

- Ribs (3 pieces, approx. 11 oz)
 - Barbecue sauce
 - Corn starch
 - Cumin (as desired)
 - Salt (as desired)
 - Pepper (as desired)
-

STEP 1:

- Rinse the ribs under cold water. Pat dry.
- Mix the barbecue sauce, corn starch, salt, cumin, and pepper. Apply to the ribs.
- Let sit 30-60 minutes.

STEP 2:

- Press the Roast button.
- Set the temperature to 450° F.
- Be sure that the Upper and Lower Heater function is selected.
- Allow oven to preheat for 10 minutes.

STEP 3:

- Place the ribs on the wire rack. Use the rack removal tool to place the rack and ribs inside the oven. Close the oven door.
- Press the Broil button.
- Be sure that the temperature is set to 450° F.
- Be sure that the cooking time is set to 20 minutes.
- Press the Pressure Mode button.
- Press the Start/Cancel button to begin cooking.

STEP 4:

- When cooking is complete, wait until the steam is completely released before opening the oven door.
- Use the rack removal tool to remove the rack and ribs from the oven.

RECIPES



WHOLE CHICKEN

INGREDIENTS

- Whole chicken (4½-6½ lbs.)
- Your favorite sauce
- Salt (as desired)
- Pepper (as desired)

STEP 1:

- Rinse the chicken under cold water. Pat dry.
- Apply the sauce, salt, and pepper to the chicken.
- Let sit 30-60 minutes.
- Truss the chicken by securing the legs and wings with kitchen twine.
- Skewer the chicken with the rotisserie tool. (For more information, see the page “Using the Rotisserie.”)

STEP 2:

- Press the Roast button.

- Set the temperature to 480° F.
- Be sure that the Upper and Lower Heater function is selected.
- Allow oven to preheat for 10 minutes.

STEP 3:

- Use the rotisserie removal tool to place the chicken and rotisserie inside the oven. Close the oven door.
- Press the Roast button.
- Be sure that the temperature is set to 480° F.
- Be sure that the cooking time is set to 20 minutes.
- Press the Pressure Mode button.
- Press the Rotisserie button.
- Press the Start/Cancel button to begin cooking.

RECIPES

STEP 4:

- When cooking is complete, wait until the steam is completely released before opening the oven door.
- Use the rotisserie removal tool to remove the chicken and rotisserie from the oven.



RECIPES



PORK KNUCKLE

INGREDIENTS

- Pork knuckle (3 lbs.)
 - Your favorite sauce
 - Salt (as desired)
 - Pepper (as desired)
-

STEP 1:

- Rinse the pork knuckle under cold water. Pat dry.
- Prick holes in the skin.
- Apply the sauce, salt, and pepper to the pork knuckle.
- Let sit 60 minutes.
- Truss the pork knuckle by securing it with kitchen twine.
- Skewer the pork knuckle with the rotisserie tool. (For more information, see the page “Using the Rotisserie.”)
- Press the Roast button.
- Set the temperature to 480° F.

STEP 2:

- Press the Roast button.
- Set the temperature to 480° F.
- Be sure that the Upper and Lower Heater function is selected.
- Allow oven to preheat for 10 minutes.

STEP 3:

- Use the rotisserie removal tool to place the pork knuckle and rotisserie inside the oven. Close the oven door.
- Press the Roast button.
- Be sure that the temperature is set to 480° F.
- Be sure that the cooking time is set to 60 minutes.
- Press the Pressure Mode button.
- Press the Rotisserie button.
- Press the Start/Cancel button to begin cooking.

RECIPES

STEP 4:

- When cooking is complete, wait until the steam is completely released before opening the oven door.
- Use the rotisserie removal tool to remove the pork knuckle and rotisserie from the oven.



RECIPES



PIZZA

INGREDIENTS

- Pizza crust (6"-12")
 - Pizza sauce
 - Mozzarella cheese
 - Your favorite toppings
-

STEP 1:

- Wash and prepare the pizza toppings as necessary.
- Place the pizza crust on the pan. Apply pizza sauce, mozzarella cheese, and toppings

STEP 2:

- Press the Roast button.
- Set the temperature to 425° F.
- Be sure that the Upper and Lower Heater function is selected.
- Allow oven to preheat for 10 minutes

STEP 3:

- Place the pizza pan on the wire rack. Use the rack removal tool to place the rack and pizza inside the oven. Close the oven door.
- Press the Bake button.
- Be sure that the temperature is set to 425° F.
- Be sure that the cooking time is set to 20 minutes.
- Press the Start/Cancel button to begin cooking.

STEP 4:

- When cooking is complete, wait until the steam is completely released before opening the oven door.
- Use the rack removal tool to remove the rack and pizza from the oven.

RECIPES



Chicken Wings

INGREDIENTS

- Chicken Wings (10-16 pieces)
 - Your favorite sauce
 - Salt (as desired)
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-

STEP 1:

- Rinse the chicken wings under cold water. Pat dry.
- Apply the sauce and salt to the chicken wings.
- Let sit 30 minutes.

STEP 2:

- Press the Roast button.
- Set the temperature to 450° F.
- Be sure that the Upper and Lower Heater function is selected.
- Allow oven to preheat for 10 minutes.

STEP 3:

- Place the chicken wings on the wire rack. Use the rack removal tool to place the rack and chicken wings inside the oven. Close the oven door.
- Press the Broil button.
- Be sure that the temperature is set to 450° F.
- Be sure that the cooking time is set to 20 minutes.
- Press the Pressure Mode button.
- Press the Start/Cancel button to begin cooking.

STEP 4:

- When cooking is complete, wait until the steam is completely released before opening the oven door.
- Use the rack removal tool to remove the rack and chicken wings from the oven.



CHEFWAVE