

Cooking Cheat Sheet

PRESSURE



Fresh Boneless Chicken Breasts

6 small or 4 large (2 lbs)
1 cup water
HIGH for 8-10 mins
Quick release



Fresh Pork Shoulder

4 lbs
1 cup water
HIGH for 1 hour 30 mins
Quick release



Long-Grain White Rice*

1 cup
1 cup water
HIGH for 2 mins
Natural release
*Rinse rice for best results.



Brown Rice*

1 cup
1 ¼ cups water
HIGH for 15 mins
Natural release
*Rinse rice for best results.



Russet Potatoes (for mashing)

2 lbs, peeled, cut in 1-inch thick slices
½ cup water
HIGH for 6 mins
Quick release

STEAM



Fresh Broccoli

1 head, cut in florets
Reversible Rack in steam position
2 cups water
5-9 mins



Fresh Corn on the Cob

4 ears, whole, husks removed
Reversible Rack in steam position
2 cups water
4-9 mins



Fresh Asparagus

1 bunch, whole spears
Reversible Rack in steam position
2 cups water
7-15 mins



Fresh Green Beans

1 bag (12 oz)
Reversible Rack in steam position
2 cups water
6-12 mins



Fresh Carrots

1 lb, peeled, cut in 1-inch pieces
Reversible Rack in steam position
2 cups water
7-12 mins

AIR CRISP



Frozen Breaded Chicken Cutlets

1 box (1 lb)
Cook & Crisp™ Basket
390°F for 20 mins
Flip halfway through



Frozen Chicken Nuggets

1 box (12 oz)
Cook & Crisp Basket
390°F for 12 mins
Shake halfway through



Frozen Fries

1 lb
Cook & Crisp Basket
360°F for 19 mins
Shake halfway through



Fresh Burgers

4 ground beef patties,
80% lean (¼ lb each)
Cook & Crisp Basket
375°F for 8-10 mins
Flip halfway through



Fresh Brussels Sprouts

1 lb, cut in half
1 tbsp oil
Cook & Crisp Basket
390°F for 15-18 mins
Shake halfway through

TenderCrisp



Fresh Whole Roast Chicken

1 whole chicken (5 lbs)
Cook & Crisp Basket
½ cup water
Pressure HIGH for 22 mins
Natural release 5 minutes,
then quick release
Pat dry and brush with oil/sauce
Air Crisp 400°F for 8-18 mins



Fresh St. Louis Ribs

1 rack, cut in quarters
Cook & Crisp Basket
½ cup water
Pressure HIGH for 19 mins
Quick release
Pat dry and brush with oil/sauce
Air Crisp 400°F for 10-15 mins



Head of Cauliflower

1 medium head, leaves removed
Cook & Crisp Basket
½ cup water
Pressure LOW for 3 mins
Quick release
Pat dry and brush with oil/seasoning
Air Crisp 390°F for 10 mins



Frozen Chicken Wings

2 lbs frozen
Cook & Crisp Basket
½ cup water
Pressure HIGH for 5 mins
Quick release
Pat dry and brush with oil/sauce
Air Crisp 390°F for 15-20 mins
Shake halfway through



Frozen New York Strip Steaks

2 frozen NY strip steaks (12 oz each)
Reversible Rack in broil position
½ cup water
Pressure HIGH for 2 mins
Quick release
Pat dry and brush with oil/sauce
Broil for 13-16 mins

Please make sure to read the enclosed Ninja® Owner's Guide prior to using your unit.

NINJA

Get to know your Foodi

Welcome to the Foodi family. Follow this guide to create delicious TenderCrisp™ meals in no time.

Here's what's in the box

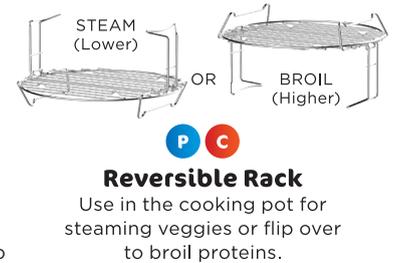


15-Recipe
Inspiration
Guide



Cooking
Cheat Sheet

Instruction
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Why are there 2 lids?

We're glad you asked. The two-lid design allows you to pressure cook and crisp in the same pot.

Use both lids to unlock a world of delicious, **TenderCrisp** meals.



Pressure Lid
Pressure Cook
Steam
Slow Cook
Sear/Sauté

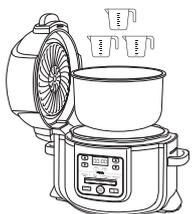


Crisping Lid
Air Crisp
Bake/Roast
Broil

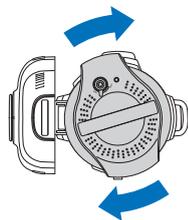


"Look Ma, No Lid"
Sear/Sauté

First time pressure cooking? Try this water test to practice with pressure.



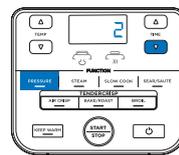
1. Add 3 cups water to cooking pot.



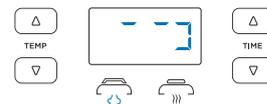
2. Lock Pressure Lid.



3. Turn valve to SEAL.



4. Push **PRESSURE**, select high (HI), set time to 2 minutes, and press **START/STOP**.



5. Moving lights and some steam release indicate pressure is building. When pressurized, countdown will begin.



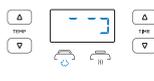
6. When your Foodi beeps, turn valve to **VENT** for quick release.

Go to ninjakitchen.com for how-to-videos

Now, let's get cooking

Using your Foodi's functions

KEY TIPS = 

FUNCTION	ACCESSORY REQUIRED	LID	TEMP	TIME	BUILDING PRESSURE/TEMP	PRESSURE RELEASE
PRESSURE		 Lock Pressure Lid and turn valve to SEAL	 Adjust temp from LO to HI as needed	 Set time, in minutes, and press START/STOP	 Wait for unit to build pressure	 Turn valve to VENT for quick release. When complete, unit will switch to Keep Warm and count up.
STEAM	 Reversible Rack in lower position	 Lock Pressure Lid and turn valve to VENT	No temp adjustment available	 Set time, in minutes, and press START/STOP	 Wait for unit to come up to temp. When complete, unit will switch to Keep Warm and count up.	
SLOW COOK		 Lock Pressure Lid and turn valve to VENT	 Adjust temp from LO to HI as needed	 Set time, in minutes, and press START/STOP. When complete, unit will switch to Keep Warm and count up.		
SEAR/SAUTÉ		 No lid necessary. If using Pressure Lid, turn valve to VENT	 Adjust temp from LO to HI as needed	No time adjustment available. Press START/STOP		
FUNCTION	ACCESSORY REQUIRED	LID	TEMP	TIME	SNEAK A PEEK	SHAKE/TOSS
AIR CRISP	 Cook & Crisp™ Basket	 Crisping Lid down	 Adjust temp from 300°F to 400°F as needed	 Set time, in minutes, and press START/STOP	 Lift the lid while cooking to check on food. Unit will automatically pause.	 Shake basket or toss with silicone tipped-tongs for even browning.
BAKE/ROAST		 Crisping Lid down	 Adjust temp from 250°F to 400°F as needed	 Set time, in minutes, and press START/STOP	 Lift the lid while cooking to check on food. Unit will automatically pause.	
BROIL	 Reversible Rack in higher position	 Crisping Lid down	No temp adjustment available	 Set time, in minutes, and press START/STOP	 Lift the lid while cooking to check on food. Unit will automatically pause.	

TenderCrisp™ 101: Herb-Roasted Chicken

Use both lids to create a TenderCrisp take on this classic recipe.

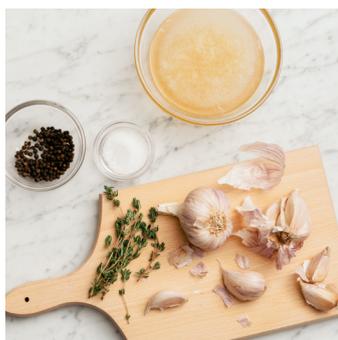
PREP: 10 MINUTES | **TOTAL COOK TIME:** 30-41 MINUTES | **MAKES:** 4 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | **PRESSURE COOK:** 22 MINUTES
PRESSURE RELEASE: 5 MINUTES | **AIR CRISP:** 8-18 MINUTES

INGREDIENTS

1 whole fresh (not frozen) uncooked chicken (4 1/2-5 pounds)	1 tablespoon whole black peppercorns
1/4 cup lemon juice	5 sprigs fresh thyme
1/4 cup hot water	5 cloves garlic, peeled, smashed
1/4 cup honey	1 tablespoon canola oil
2 tablespoons plus 2 teaspoons kosher salt, divided	2 teaspoons ground black pepper



Remove packet of giblets, if included in cavity of the chicken. Rinse chicken and tie legs together with cooking twine.



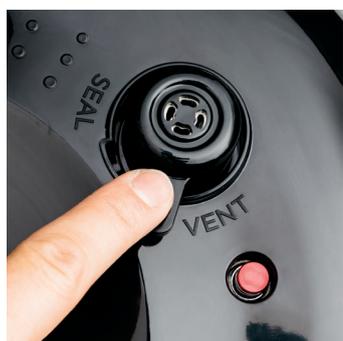
In a small bowl, mix together lemon juice, hot water, honey, and 2 tablespoons salt. Pour mixture into the pot. Place whole peppercorns, thyme, and garlic in the pot.



Place chicken into the Cook & Crisp™ Basket and place basket in pot.



Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to high (HI). Set time to 22 minutes. Select START/STOP to begin.



When pressure cooking is complete, allow pressure to natural release for 5 minutes. After 5 minutes, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.



Brush chicken with canola oil or spray with cooking spray. Season with salt and pepper.



Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 8 minutes. Select START/STOP to begin. Cook until desired level of crispness is reached, adding up to 5-10 additional minutes.



Let chicken rest for 5-10 minutes. Cooking is complete when internal temperature reaches 165°F. Remove chicken from basket using the Ninja® roast lifters* (or 2 large serving forks).

*The Ninja roast lifters are sold separately on ninjaaccessories.com.