Cooking Cheat Sheet

AIR CRISP



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
Broil Rack in steam position
2 cups water
5–9 mins



Fresh Corn on the Cob

4 ears, whole, husks removed
Broil Rack in steam position
2 cups water
4–9 mins



Fresh Asparagus

1 bunch, whole spears
Broil Rack in steam position
2 cups water
7–15 mins



Fresh Green Beans

1 bag (12 oz)
Broil Rack in steam position
2 cups water
6–12 mins



Fresh Carrots

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

AIR CRISP



Frozen Breaded Chicken Cutlets

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



Frozen Chicken Nuggets

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



Frozen Fries

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



Fresh Burgers

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



Fresh Brussels Sprouts

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

TenderCrisp™



Fresh Whole Roast Chicken

1 whole chicken (4 lbs)
Cook & Crisp Plate
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 Plate
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 Plate
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 Plate
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)
Broil 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

TenderCrisp 101: Herb-Roasted Chicken

Use both lids to create a TenderCrisp take on this classic recipe. Recipe on page 6 of the enclosed Inspiration Guide.



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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



Foodi



45 Recipe Inspiration Guide



Cooking Cheat Sheet



Instruction Booklet



P C

Removable Cooking Pot
Must always be inserted when Foodi is in use.



P C

Cook & Crisp™ Plate
Use in the cooking pot for best air crisping results, to steam vegetables, and with TenderCrisp recipes like whole roasted chicken.



P C

Broil Rack
Use in the cooking pot to broil ingredients.

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
Dehydrate
Sous Vide
Yogurt



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.



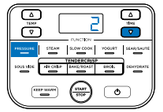
1. Add 2 cups water to cooking pot.



2. Lock Pressure Lid by aligning the arrows on the lid and base then rotating clockwise.



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, release pressure as your recipe recommends.

Go to ninjakitchen.com for how-to-videos

Now, let's get cooking



Using the Pressure Lid

PRESSURE Cook foods quickly while maintaining tenderness

ACCESSORY	VALVE	TEMP/PRESSURE	TIME	BUILDING PRESSURE/TEMP	PRESSURE RELEASE
	 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 Gently cook delicate foods at a high temperature

ACCESSORY	VALVE	TEMP/PRESSURE	TIME	BUILDING PRESSURE/TEMP	PRESSURE RELEASE
 Broil Rack	 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.	 When the cooking time is complete the unit will switch to Keep Warm and the time will count up.

SLOW COOK Cook foods at a lower temperature for longer periods of time

VALVE	TEMP/PRESSURE	TIME	BUILDING PRESSURE/TEMP
 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 the cooking time is complete, unit will switch to Keep Warm and count up.

YOGURT Make homemade yogurt

VALVE	TEMP/PRESSURE	TIME	BUILDING PRESSURE/TEMP	PRESSURE RELEASE
 Lock Pressure Lid and turn valve to VENT	 Press YOGURT. Switch from Ygrt to FEr using temp UP and DOWN arrows	 Set time, in 30-minute increments, and press START/STOP	 Unit will display “BOIL” while pasteurizing. When done, unit will beep and display “COOL”.	 Once cooled, unit will prompt you to “ADD” and “STIR” cultures. Then press START/STOP to start incubating.

SOUS VIDE Cook foods slowly in a low-temperature water bath

VALVE	TEMP/PRESSURE	TIME	BUILDING PRESSURE/TEMP	PRESSURE RELEASE
 Lock Pressure Lid and turn valve to VENT	 Press SOUS VIDE. Adjust temp in 5-degree increments.	 Set time, in 15-minute increments, and press START/STOP	 Unit will display progress bars while preheating. When done, unit will beep, indicating it is time to add food.	Place each portion in a resealable plastic bag, releasing as much air as possible, then submerge bags in water, keeping seals above the water line.



Using the Crisping Lid

AIR CRISP Give foods crispiness and crunch with little to no oil

ACCESSORY	TEMP	TIME	CHECK FOOD	SHAKE/TOSS
 Cook & Crisp™ Plate	 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.	 Toss with silicone-tipped tongs for even browning

BAKE/ROAST Oven-tender meats, baked treats, and more

TEMP	TIME	CHECK FOOD
 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 Cook at high heat to caramelize and brown foods

ACCESSORY	TEMP	TIME	CHECK FOOD
 Broil Rack	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.

DEHYDRATE Dehydrate meats, fruits, and vegetables

ACCESSORY	TEMP	TIME
 Cook & Crisp™ Plate	 Adjust temp from 105°F to 195°F as needed	 Set time, in minutes, and press START/STOP

SEAR/SAUTÉ Brown meats, sauté vegetables, and simmer sauces

ACCESSORY	TEMP	TIME
 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.