

# More flavor. Less smoke.

FOR LESS SMOKE, WE RECOMMEND USING OILS WITH A HIGH SMOKE POINT—LIKE CANOLA, COCONUT, AVOCADO, VEGETABLE, OR GRAPESEED OIL—INSTEAD OF OLIVE OIL. If you choose to cook ingredients at a higher temperature than recommended or when using olive oil, it may result in more smoke and food having a burnt, acrid flavor.

LO (400°F) Best for bacon and sausages, and when using thicker barbecue sauces.	MED (450°F) Best for frozen meats and marinated ingredients.	HI (500°F) Best for steaks, chicken, and burgers.	MAX (up to 510°F) Best for veggies, fruit, fresh/frozen seafood, and pizza.
 <p><b>Sausages</b> 6 sausages (3-4 oz. each) Whole <b>LO, preset to PORK and set doneness</b> Frozen: <b>LO, 10-14 mins</b></p>	 <p><b>Boneless Marinated/Chicken Breast</b> 4 breasts (7-9 oz. each) <b>MED, preset to CHICKEN or set to LO if using a thick sauce</b> When using the grill function, for best results flip meats.</p>	 <p><b>New York Strip Steaks</b> 2 steaks (14-16 oz. each, 1 1/4 in. thick) Pat dry. Rub with canola oil and season. <b>HI, preset to BEEF and set doneness</b> Frozen: <b>MED, 18-24 mins</b></p>	 <p><b>Salmon</b> 4 fillets (5-6 oz. each) Pat dry. Rub with canola oil and season. <b>MAX, preset to FISH and set doneness</b> Frozen: <b>MAX, 10-12 mins</b></p>
 <p><b>Bone-In Barbecue Chicken Thighs</b> 4 thighs (7-9 oz. each) <b>LO, preset to CHICKEN</b> When using the grill function, for best results flip meats.</p>	 <p><b>Frozen Boneless Pork Chops</b> 4 chops (8 oz. each) Pat dry. Rub with canola oil and season. <b>MED, 20-23 mins</b> When cooking frozen protein, it is recommended to not use the thermometer.</p>	 <p><b>Boneless Chicken Breasts</b> 4 breasts (7-9 oz. each) <b>HI, preset to CHICKEN</b> Frozen: <b>MED, 20-25 mins</b></p>	 <p><b>Fresh Asparagus</b> (1 bunch) Toss with canola oil. Season with salt and pepper. <b>MAX, cook 5-7 mins</b> Spread evenly on grill grate. Do not flip.</p>
 <p><b>Bacon</b> 5 strips, thick cut <b>LO, 9-11 mins</b></p>	 <p><b>Frozen Pork Tenderloin</b> 1 whole tenderloin (1 lb.) Pat dry. Rub with canola oil and season. <b>MED, 20 mins</b> When cooking frozen protein, it is recommended to not use the thermometer.</p>	 <p><b>80% Lean Burgers</b> 4 patties (4 oz. each) <b>HI, preset to BEEF and set doneness</b> Frozen: <b>MED, 10-15 mins</b></p>	 <p><b>Fresh Corn on the Cob</b> (4 ears) Brush lightly with canola oil. Season with salt and pepper. <b>MAX, cook 10-12 mins</b></p>
 <p><b>Barbecue Marinated Pork Ribs</b> (store-bought, prepackaged) 1 rack (24 oz.), cut in half <b>LO, 13 mins</b></p>	 <p><b>Frozen Turkey Burgers</b> 4 patties (4-6 oz. each) Pat dry. Rub with canola oil and season. <b>MED, 11-13 mins</b> When cooking frozen protein, it is recommended to not use the thermometer.</p>	 <p><b>Fresh Bone-in Chicken Thighs</b> 4 thighs (7-9 oz. each) Pat dry. Rub with canola oil and season. <b>HI, preset to CHICKEN</b> Frozen: <b>MED, 25-28 mins</b></p>	 <p><b>Shrimp</b> 1 lb. jumbo (16-18 count) Pat dry. Rub with canola oil and season. <b>MAX, cook 3-5 mins</b></p>

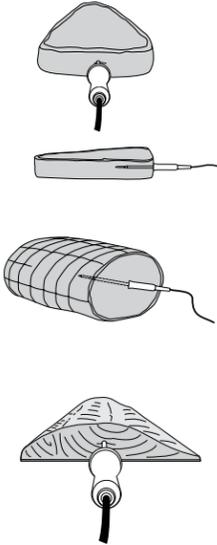
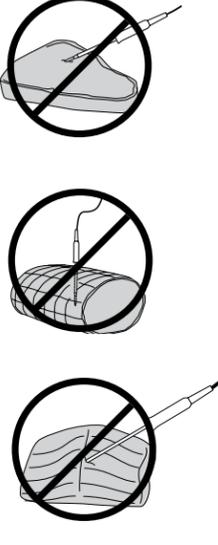
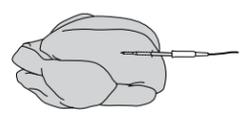
For more charts and individual cook times, refer to the Inspiration Guide.

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



# QUICK START GUIDE

## How to place the thermometer

FOOD TYPE	PLACEMENT	CORRECT	INCORRECT
<b>Steaks</b> <b>Pork chops</b> <b>Lamb chops</b> <b>Chicken breasts</b> <b>Burgers</b> <b>Tenderloins</b> <b>Fish fillets</b>	<ul style="list-style-type: none"> <li>Insert thermometer horizontally into the center of the thickest part of the meat.</li> <li>Make sure the tip of the thermometer is inserted straight into the center of the meat, not angled toward the bottom or top of it.</li> <li>Make sure the thermometer is close to (but not touching) the bone and away from any fat or gristle.</li> </ul> <p><b>NOTE:</b> The thickest part of the fillet may not be the center. It is important that the end of the thermometer hits the thickest part so desired results are achieved.</p>		
<b>Whole chicken</b>	<ul style="list-style-type: none"> <li>Insert thermometer horizontally into the thickest part of the breast, parallel to, but not touching, the bone.</li> <li>Make sure the top reaches the center of the thickest part of the breast and doesn't go all the way through the breast into the cavity.</li> </ul>		

**DO NOT** use the thermometer with frozen protein or for cuts of meat 1 inch thick or thinner.

Turn for instructions on cooking with the thermometer

### Preheat for better results

For best grilling results, preheat the Foodi Smart Grill before adding food. It will take approximately 8 minutes. Adding food before preheating is complete may lead to overcooking and smoke.



### How to turn off Preheat

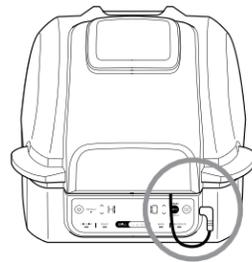
We do not recommend skipping preheating, as it will impact cooking results, but if you would like to not preheat the unit, press the START/STOP button and the preheat button.

# Cooking with the leave-in thermometer

The Foodi™ Smart Thermometer continues to monitor doneness throughout the cooking process, unlike a traditional instant-read thermometer.

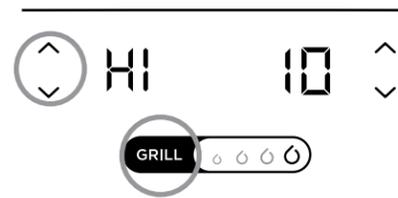
## STEP 1 Setup

- Remove magnetic storage compartment from unit.
- Note: The storage compartment is magnetic and can be placed on either side of the unit.**
- Unwind cord and remove thermometer.
- Plug thermometer into the socket of the right side of the control panel.



## STEP 2 Select Cook Function

- Press the desired cooking function (eg. Grill).
- Use the left arrows to select desired cook temperature (setting a time is not necessary when using the thermometer).



## STEP 3 Program Thermometer

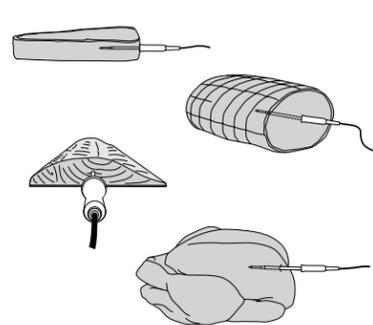
- Press the thermometer button. PRESET will fully illuminate.
- Use the right arrows to choose the desired protein.
- Use the left arrows to choose the desired doneness.



**NOTE:** To use MANUAL, select the thermometer button again. Use the internal cook temperatures recommended in the Owner's Guide.

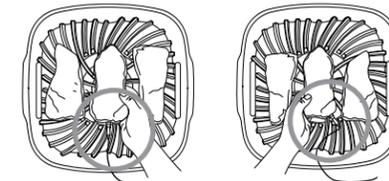
## STEP 4 Thermometer Placement

- Press the START/STOP button to begin preheating.
- Wait until unit is fully preheated before adding food.
- Insert thermometer in protein **using the guide on the front page.**



## STEP 5 Add Food

- Once unit has preheated, "ADD FOOD" will appear on the screen.
- Add the food with thermometer grip fully inside the unit, and close hood over cord to begin cooking (images below).



## STEP 6 Track Progress

- The progress bar at the top of the display will track doneness.
- Flashing doneness indicates progression to that doneness.
- When using Roast and Grill, the unit will beep and display FLIP. Flipping is optional, but recommended.



## STEP 7 Carry-Over Cook & Rest

- Unit will beep and show "GET FOOD", indicating it's time to carry-over cook and rest food on a plate for 3-5 minutes.
- Carry-over cooking is when food retains heat and continues to cook after being removed from the source of heat.

## Ninja Beef Doneness Guide

Perception of what a specific internal doneness looks like differs from person to person, even restaurant to restaurant. This guide shows what to expect with each preset beef doneness level (we have provided a wide range of options so you can customize doneness to your liking).



**Note:** This guide is based on New York strip steak. Using different cuts and/or sizes of beef can alter outcome. For cuts 2 inches or thicker (e.g., filet mignon), we recommend selecting the lower temperature setting within the desired doneness category (e.g., Rare 1 instead of Rare 2).

## Using the thermometer in different cooking scenarios

### SAME PROTEINS & SIZE DIFFERENT DONENESS

- Use PRESET to the highest desired level of doneness.
- Insert the thermometer in the protein with the higher desired level of doneness.
- When the lesser level of doneness is reached, remove the protein without thermometer.
- Continue cooking until the next level of doneness is reached.

### SAME PROTEINS DIFFERENT SIZES

- Use PRESET to the desired level of doneness for the smaller protein.
- Then refer to steps 4-7 above.
- Using oven mitts, transfer thermometer to the larger protein and use the arrows to the left of the display to choose the other protein's doneness. Select Start/Stop to begin.

### 2+ DIFFERENT PROTEINS

- Insert thermometer in the protein with the lowest desired level of doneness.
- Use MANUAL to choose the desired internal temperature (refer to Owner's Guide).
- Using oven mitts, transfer thermometer to the other protein, and use the arrows to the left of the display to change the desired internal temperature.

## Did you know?

### Meat keeps cooking when you remove it from the grill.

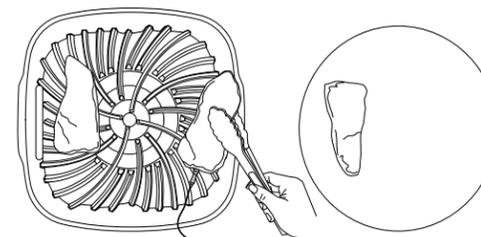
To prevent overcooking, the unit will beep right before your food reaches desired doneness, taking carry-over cooking into account.

#### Removing your food



Transfer meat to a plate using silicone-tipped tongs with the thermometer still inserted.

**WARNING:** Thermometer and grip will be hot.

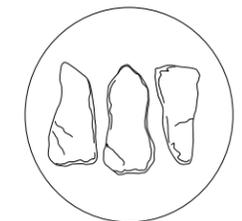


**NOTE:** Skipping carry-over cooking and cutting into food right away may result in a rarer level of doneness.

#### Carry-over cooking & resting



Allow protein to carry-over cook and rest for 3-5 minutes. "REST" will appear and timer will count up.



**To check the internal temperature of other pieces of protein, press and hold the thermometer button and insert the thermometer into each piece of meat.**

For more instructions on cleaning the unit, refer to your Owner's Guide.