

# Tips & Tricks

## Grill



### The oil matters

For less smoke, we recommend using oils with a high smoke point—like canola, coconut, avocado, vegetable, or grapeseed oil—instead of olive oil.



### Don't overcrowd

Evenly arrange and space out ingredients in a single layer to ensure consistent browning and even charring.



### Batch cooking

Empty the fat/oil from the bottom of the pot if batch cooking more than twice. For best results, allow the unit to run for three minutes between batches to reheat the grill grate.



### Check your food temp

The Foodi Grill cooks quickly, so monitor doneness with a food thermometer. Internal food temperature continues to rise as food rests, so remove it 5°F before target temperature is reached.

## Air Crisp



### Shake, shake, shake

When air fry crisping, check food and shake crisper basket frequently for even browning. Remove food at desired level of brownness.



### Use oil for crispiness

For best results with fresh vegetables, use an even, light coating of canola oil.



### Don't overcrowd

Evenly arrange and space out ingredients to ensure consistent browning.



### Secure your food

Secure light food with toothpicks so it won't be blown around by the fan.

## Bake/Roast



### Convert traditional recipes

Use the Bake or Roast function to prepare foods typically cooked in the oven. Reduce the temperature by 25°F. Check food often to avoid overcooking.



### Prevent oxidation

Fruits like apples and pears brown quickly when cut. To prevent oxidation, soak them in water with a squeeze of lemon juice for 5 minutes.



### Trim the fat

Before dehydrating meat, make sure to trim off all fat, as it does not dry out and could spoil.

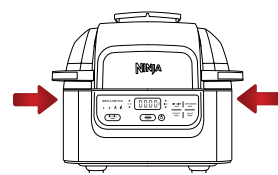


### Pasteurize jerky

Finish off dehydrated meats and fish by using the Roast function at 330°F for 1 minute.

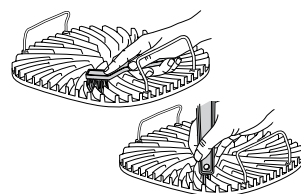
## Dehydrate

## Cleaning Instructions



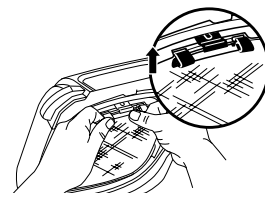
### Allow base to cool

before moving the unit, as the sides will be hot after cooking.



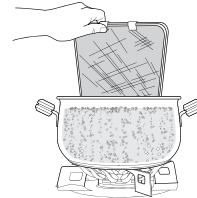
### Use cleaning brush

to help clean the accessories. The opposite end of the brush is a scraper to help remove baked-on food.



### Remove splatter shield

after it cools and clean after each use. Soak overnight and use cleaning brush to help remove baked-on grease from the frame and front tabs.



### Deep clean

the splatter shield by putting it directly into a pot of water. Once water comes to a boil, leave inserted for 10 minutes. **All parts, except the main unit, are dishwasher safe.**

# NINJA Foodi GRILL

The grill that sears, sizzles, and air fry crisps...

# Let's get grilling

## Here's what's in the box



Foodi Grill



Recipe Book



Quick Start Guide



Owner's Guide



Splatter Shield

Must always be installed when unit is use.



Removable Cooking Pot

Must always be installed when unit is in use. Cook directly in the pot when roasting or baking.



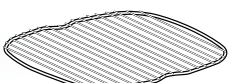
Grill Grate

Use in the cooking pot for best grilling results.



Crisper Basket

Use in the cooking pot for best air crisping results.



Roasting Rack

Use in the cooking pot to elevate proteins to achieve all-around char and caramelization.



Cleaning Brush

with scraper tip



Kebab Skewers

Use when grilling meat and vegetable kebabs.

## Preheat for better results

For best grilling results, preheat the Foodi Grill before adding food. It may take about 8 minutes. Adding food before or during preheat may lead to overcooking.



## Grilling 101

Use your Ninja Foodi Grill to grill indoors—to get even char, grill marks, and juicy flavor.



Grill Grate

Unique design promotes optimal airflow for even cooking, crisping, and charring.



### Want juicier meat?

After grilling, remove meat and let rest at least 5 minutes before cutting it.

# More flavor. Less smoke.

After countless hours of recipe testing, our chefs have paired your favorite foods with a recommended temperature setting that will maximize grill flavors while minimizing smoke. We've also created a list of popular ingredients with our recommended cooking directions.



## LOW (400°F)

Best for bacon, sausages, and calzones, and when using thicker barbecue sauces.



## MED (450°F)

Best for frozen meats and marinated food.



## HIGH (500°F)

Best for steaks, chicken, and burgers.



















## MAX (up to 510°F)

Best for veggies, fruit, fresh/frozen seafood and pizza.



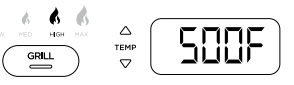





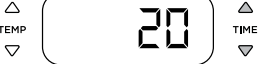


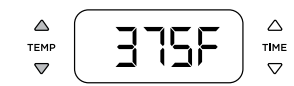




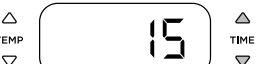
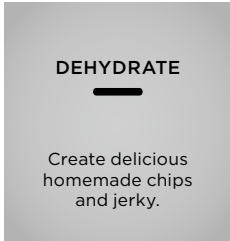



FOR LESS SMOKE, WE RECOMMEND USING OILS WITH A HIGH SMOKE POINT—LIKE CANOLA, COCONUT, AVOCADO, VEGETABLE, OR GRAPESEED OIL—INSTEAD OF OLIVE OIL. If you choose to cook ingredients at a higher temperature than recommended, it may result in more smoke.

## Grilling Cheat Sheet

 <p><b>New York Strip Steaks</b> 2 steaks (14-16 oz. each, 1 ¼ in. thick)</p> <p>Pat dry. Rub with 1 teaspoon canola oil. Season with salt and pepper. <b>HIGH 9-11 mins</b> Frozen: <b>MED 18-24 mins</b> Flip halfway through cooking.</p>	 <p><b>Boneless Chicken Breasts</b> 4 breasts (7-9 oz. each)</p> <p>Pat dry. Rub with 1 teaspoon canola oil. Season with salt and pepper. <b>HIGH 14-18 mins</b> Frozen: <b>MED 22-26 mins</b> Flip halfway through cooking.</p>	 <p><b>80% Lean Burgers</b> 4 patties (4 oz. each)</p> <p>Season with salt and pepper. Store-bought: <b>HIGH 4-6 mins</b> Handmade: <b>HIGH 5-9 mins</b> Frozen: <b>MED 10-15 mins</b> Flipping not necessary.</p>	 <p><b>Salmon</b> 4 fillets (5-6 oz. each)</p> <p>Pat dry. Rub with 1 teaspoon canola oil. Season with salt and pepper. <b>MAX 7-9 mins</b> Frozen: <b>MAX 10-13 mins</b> Do not flip during cooking.</p>
 <p><b>Fresh Bone-in Chicken Thighs</b> 4 thighs (7-9 oz. each)</p> <p>Pat dry. Rub with 1 teaspoon canola oil. Season with salt and pepper. <b>HIGH 23-26 mins</b> Frozen: <b>MED 25-28 mins</b> Flip halfway through cooking.</p>	 <p><b>Boneless Pork Chops</b> 4 chops (8 oz. each)</p> <p>Pat dry. Rub with 1 teaspoon canola oil. Season with salt and pepper. <b>HIGH 14-16 mins</b> Frozen: <b>MED 20-23 mins</b> Flip halfway through cooking.</p>	 <p><b>Hot Dogs</b> (4 hot dogs)</p> <p>Whole <b>HIGH 3-5 mins</b> Flip halfway through cooking.</p>	 <p><b>Sausages</b> 6 sausages (3-4 oz. each)</p> <p>Whole <b>LOW 8-12 mins</b> Frozen: <b>LOW 10-14 min</b> Flip halfway through cooking.</p>
 <p><b>Shrimp</b> 1 lb Jumbo (16-18 count)</p> <p>Pat dry. Rub with 1 teaspoon canola oil. Season with salt and pepper. <b>MAX 3-5 mins</b> Frozen: <b>MAX 4-6 mins</b> Do not flip during cooking.</p>	 <p><b>Bone-In Marinated/Barbecue Chicken Thighs</b> 4 thighs (7-9 oz. each)</p> <p><b>MED 18-21 mins</b> <b>LOW 20-25 mins if using a thick sauce</b> Flip 2 to 3 times while cooking.</p>	 <p><b>Boneless Marinated/Barbecue Chicken Breast</b> 4 breasts (7-9 oz. each)</p> <p><b>MED 16-19 mins</b> <b>LOW 19-24 mins if using a thick sauce</b> Flip 2 to 3 times while cooking.</p>	 <p><b>Pineapple</b> (6-8 slices or spears, 2 in. thick)</p> <p><b>MAX 7-9 mins</b> Flip gently several times during cooking.</p>
 <p><b>Peppers &amp; Onions</b> (1 pepper, 1 onion)</p> <p>Cut in 1-in. slices <b>MAX 11-13 mins</b> Stir gently several times during cooking.</p>	 <p><b>Yellow or Green Squash</b> 3-4 each</p> <p>Cut in quarters lengthwise. Toss with canola oil. Season with salt and pepper. <b>MAX 12-16 mins</b> Flip several times during cooking.</p>	 <p><b>Fresh Corn on the Cob</b> (4 ears)</p> <p>Brush lightly with canola oil. Season with salt and pepper. <b>MAX 10-13 mins</b> Flip halfway through cooking.</p>	 <p><b>Fresh Asparagus</b> (1 bunch)</p> <p>Toss with canola oil. Season with salt and pepper. <b>MAX 5-7 mins</b> Spread evenly on grill grate. Do not flip.</p>

For more charts, please reference the included Inspiration Guide.

# Using your grill's functions

FUNCTION	ACCESSORY USED	TEMP	TIME	PREHEAT
<b>GRILL</b>  <p>Grill indoors for juicy, charred flavor.</p>		 <p>Adjust temp between Low and Max. Refer to the previous page or the Inspiration Guide for which settings to use.</p>	 <p>Set time, in minutes, and press START/STOP.</p>	 <p>PRE will appear, and the blinking bars will show preheating progress. Once preheated, "Add Food" will display.</p> <p><b>Do not add food before preheating is complete.</b></p> <p>Grill preheat can take approximately 8 minutes because of the grill grate's high density.</p> <p>Air Crisp, Roast, and Bake preheat takes approximately 3 minutes.</p> <p>If you just used a different function, and the grill grate is at room temperature when you place it in the unit, "Add Food" may appear on the screen immediately. We recommend allowing the grill grate to heat up for at least 6 minutes before placing ingredients on it.</p>
<b>AIR CRISP</b>  <p>Crisp without the guilt of deep frying.</p>		 <p>Adjust temp between 300°F-450°F.</p>	 <p>Set time, in minutes, and press START/STOP.</p>	
<b>ROAST</b>  <p>Roast your favorite foods right in the pot.</p>		 <p>Adjust temp between 250°F-500°F.</p>	 <p>Set time, in minutes, and press START/STOP.</p>	
<b>BAKE</b>  <p>Make cakes and other baked goods easily and quickly.</p>	 <p>Not included</p>	 <p>Adjust temp between 250°F-400°F.</p>	 <p>Set time, in minutes, and press START/STOP.</p>	
<b>DEHYDRATE</b>  <p>Create delicious homemade chips and jerky.</p>		 <p>Adjust temp between 105°F-195°F.</p>	 <p>Add food, set time, in hours, and press START/STOP. There is no preheat.</p>	

## Sneak a Peek

Lift the hood while cooking to check on or flip food. Unit will automatically pause cooking when hood is lifted and resume when it is closed.

