











# Cooking Cheat Sheet






## PRESSURE

 <p><b>Fresh Boneless Chicken Breasts</b></p> <p>6 small or 4 large (2 lbs) 1 cup water <b>HIGH for 8-10 mins</b> Quick release</p>	 <p><b>Fresh Pork Shoulder</b></p> <p>4 lbs 1 cup water <b>HIGH for 1 hour 30 mins</b> Quick release</p>	 <p><b>Long-Grain White Rice*</b></p> <p>1 cup 1 cup water <b>HIGH for 2 mins</b> Natural release <small>*Rinse rice for best results.</small></p>	 <p><b>Brown Rice*</b></p> <p>1 cup 1 ¼ cups water <b>HIGH for 15 mins</b> Natural release <small>*Rinse rice for best results.</small></p>	 <p><b>Russet Potatoes (for mashing)</b></p> <p>2 lbs, peeled, cut in 1-inch thick slices ½ cup water <b>HIGH for 6 mins</b> Quick release</p>
--	---	---	--	---






## STEAM

 <p><b>Fresh Broccoli</b></p> <p>1 head, cut in florets Broil Rack 2 cups water <b>5-9 mins</b></p>	 <p><b>Fresh Corn on the Cob</b></p> <p>4 ears, whole, husks removed Broil Rack 2 cups water <b>4-9 mins</b></p>	 <p><b>Fresh Asparagus</b></p> <p>1 bunch, whole spears Broil Rack 2 cups water <b>7-15 mins</b></p>	 <p><b>Fresh Green Beans</b></p> <p>1 bag (12 oz) Broil Rack in steam position 2 cups water <b>6-12 mins</b></p>	 <p><b>Fresh Carrots</b></p> <p>1 lb, peeled, cut in 1-inch pieces Broil Rack 2 cups water <b>7-12 mins</b></p>
---	---	---	--	--

## AIR CRISP

 <p><b>Frozen Breaded Chicken Cutlets</b></p> <p>1 box (1 lb) Cook &amp; Crisp™ Plate <b>390°F for 20 mins</b> Flip halfway through</p>	 <p><b>Frozen Chicken Nuggets</b></p> <p>1 box (12 oz) Cook &amp; Crisp Plate <b>390°F for 12 mins</b> Shake halfway through</p>	 <p><b>Frozen Fries</b></p> <p>1 lb Cook &amp; Crisp Plate <b>360°F for 19 mins</b> Shake halfway through</p>	 <p><b>Fresh Burgers</b></p> <p>4 ground beef patties, 80% lean (¼ lb each) Cook &amp; Crisp Plate <b>375°F for 8-10 mins</b> Flip halfway through</p>	 <p><b>Fresh Brussels Sprouts</b></p> <p>1 lb, cut in half 1 tbsp oil Cook &amp; Crisp Plate <b>390°F for 15-18 mins</b> Shake halfway through</p>
--	---	--	--	---

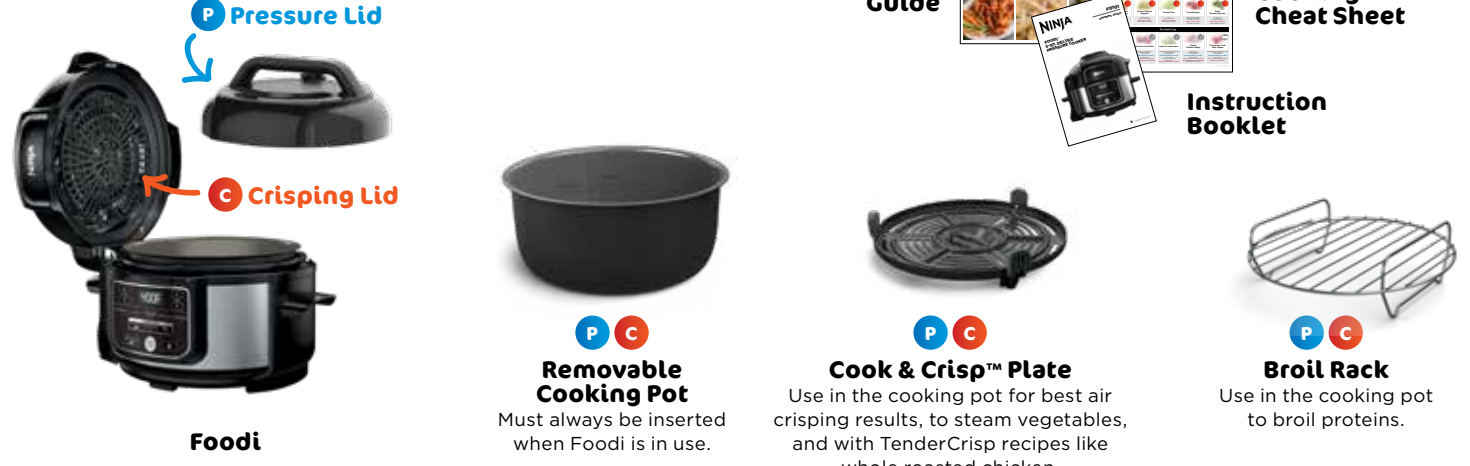
## TenderCrisp

 <p><b>Fresh Whole Roast Chicken</b></p> <p>1 whole chicken (4 lbs) Cook &amp; Crisp Plate ½ cup water <b>Pressure HIGH for 22 mins</b> Natural release 5 minutes, then quick release Pat dry and brush with oil/sauce <b>Air Crisp 400°F for 8-18 mins</b></p>	 <p><b>Fresh St. Louis Ribs</b></p> <p>1 rack, cut in quarters Cook &amp; Crisp Plate ½ cup water <b>Pressure HIGH for 19 mins</b> Quick release Pat dry and brush with oil/sauce <b>Air Crisp 400°F for 10-15 mins</b></p>	 <p><b>Head of Cauliflower</b></p> <p>1 medium head, leaves removed Cook &amp; Crisp Plate ½ cup water <b>Pressure LOW for 3 mins</b> Quick release Pat dry and brush with oil/seasoning <b>Air Crisp 390°F for 10 mins</b></p>	 <p><b>Frozen Chicken Wings</b></p> <p>2 lbs frozen Cook &amp; Crisp Plate ½ cup water <b>Pressure HIGH for 5 mins</b> Quick release Pat dry and brush with oil/sauce <b>Air Crisp 390°F for 15-20 mins</b> Shake halfway through</p>	 <p><b>Frozen New York Strip Steaks</b></p> <p>2 frozen NY strip steaks (12 oz each) Cook &amp; Crisp Plate ½ cup water <b>Pressure HIGH for 2 mins</b> Quick release Pat dry and brush with oil/sauce <b>Broil for 13-16 mins</b></p>
--	--	--	---	---

# 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



**Pressure Lid**

**Crisping Lid**

**Foodi**

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

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

**Broil Rack**  
Use in the cooking pot to broil proteins.

**15-Recipe Inspiration Guide**

**Cooking Cheat Sheet**

**Instruction Booklet**

## Why are there 2 lids?

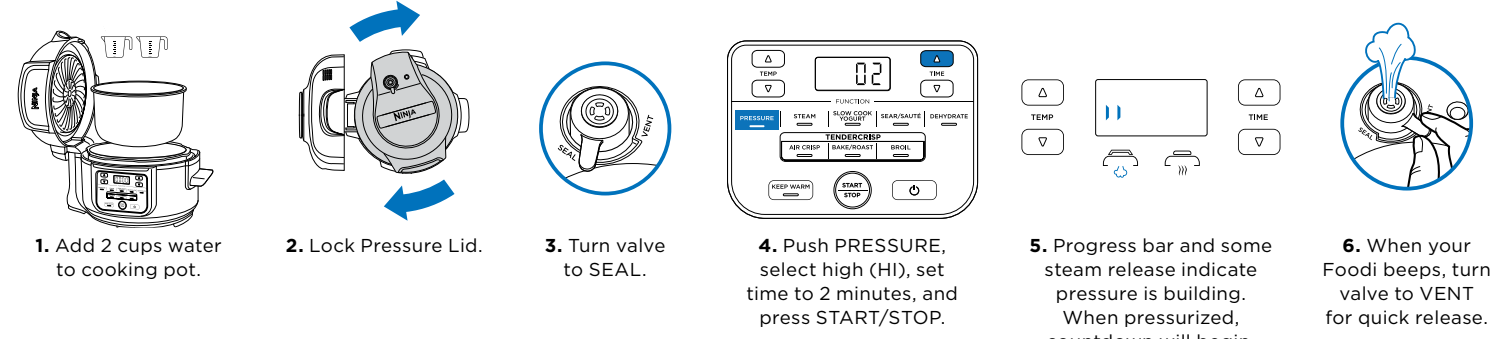
We're glad you asked. The two-lid design allows you to pressure cook and crisp in the same pot.

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

 <p><b>Pressure Lid</b> Pressure Cook Yogurt Steam Slow Cook Sear/Sauté</p>	 <p><b>Crisping Lid</b> Air Crisp Bake/Roast Broil Dehydrate</p>	 <p><b>"Look Ma, No Lid"</b> Sear/Sauté</p>
---	--	---

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

1. Add 2 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. Progress bar 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.



# Using your Foodi's functions

KEY TIPS =

FUNCTION	ACCESSORY REQUIRED	LID	TEMP/PRESSURE	TIME	BUILDING PRESSURE/TEMP	PRESSURE RELEASE
<b>PRESSURE</b>			 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.
<b>STEAM</b>			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.	
<b>SLOW COOK</b>			 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.		
<b>YOGURT</b>			Press SLOW COOK/YOGURT twice for YOGURT	 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.
<b>SEAR/SAUTÉ</b>			 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
<b>AIR CRISP</b>			 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
<b>BAKE/ROAST</b>			 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.	
<b>BROIL</b>			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.	
<b>DEHYDRATE</b>			 Adjust temp from 105°F to 195°F as needed	 Set time, in minutes, and press START/STOP		

# TenderCrisp™ 101: Herb-Roasted Chicken

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

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 41 MINUTES  
**MAKES:** 4 SERVINGS | **APPROX. PRESSURE BUILD:** 6 MINUTES  
**PRESSURE COOK:** 20 MINUTES | **AIR CRISP:** 15 MINUTES

## INGREDIENTS

- 1 whole fresh (not frozen) uncooked chicken (3 1/2-4 pounds)
- 1/4 cup lemon juice
- 1/2 cup hot water
- 1/4 cup honey
- 2 tablespoons plus 2 teaspoons kosher salt, divided
- 1 tablespoon whole black peppercorns
- 5 sprigs fresh thyme
- 5 cloves garlic, peeled, smashed
- 1 tablespoon canola oil
- 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 on the Cook & Crisp™ Plate and place plate in pot.



Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to 1 (Lo). Set time to 20 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 375°F, and set time to 15 minutes. Select START/STOP to begin. Cook until desired level of crispness is reached, adding up to 10 additional minutes.



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

\*The Ninja roast lifters are sold separately on [ninjaaccessories.com](http://ninjaaccessories.com).