

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



NINJA
Foodi
SMART

XL GRILL

DUAL THERMOMETER

15+ mouthwatering recipes and 3 charts for unlimited possibilities



Your guide to grilling like a Foodi

Welcome to the Ninja Foodi Dual Thermometer Smart XL Grill recipe book. From here, you're just a few pages away from recipes, tips, and tricks that will help you achieve the perfect doneness on multiple proteins at the same time, every time.



SCAN TO
GET TO KNOW
YOUR FOODI
EXPLORE RECIPES
AND MORE.

Looking for more recipe inspiration, tips, and tricks?

Join us and thousands of Foodi friends on the Official Ninja Foodi Family™ Community.
[Facebook.com/groups/NinjaFoodiFamily](https://www.facebook.com/groups/NinjaFoodiFamily)

    @NinjaKitchen

 [youtube.com/EPNinjaKitchen](https://www.youtube.com/EPNinjaKitchen)

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Recipe Key

We've tagged recipes with these icons to help find the right one for you.



Foodi® Smart Thermometer



Frozen to char-grilled



Kid-friendly food



10 minutes or less



Gluten-free



Dairy-free



Keto



Vegetarian

Cyclonic Grilling

TECHNOLOGY

Perfectly cook food on the inside and char-grill every side with super-hot Cyclonic Grilling Technology. The 500° grilling chamber gives you the fast, juicy, char-grilled results you want by combining a unique, high-density grill grate with cyclonic air that circulates rapidly around food.



Grilled favorites

Quick and easy meals
Beef & Turkey Burgers, Page 30



Perfect doneness

No guesswork
Chicken & Steak Fajitas, page 16



No-flip grilling

No more falling apart
*Spicy Salmon with
Pineapple Salsa, page 32*



Beyond grilling

Grill the unexpected
Grilled Apple Tarts, page 40



Frozen to char-grilled

No thawing required
*Honey Mustard & Barbecue-Glazed
Chicken Breasts, page 18*

Perfectly done with 2 Foodi® Smart Thermometers

Now with the Smart Cook System Deluxe, you can achieve the perfect doneness on 2 proteins at the same time—without the guesswork.



Dual Sensor Technology
Each thermometer continuously monitors the internal temperature of food in two places for more accurate cooking results.



Use 2 thermometers at once

Different donenesses



Different meats



Different protein sizes



How to place the thermometer

Once you've selected your cooking function, cooking temperature, protein type, and desired level of doneness, **insert the Foodi® Smart Thermometer into the thickest part of your protein** while the grill is preheating.

FOOD TYPE

PLACEMENT

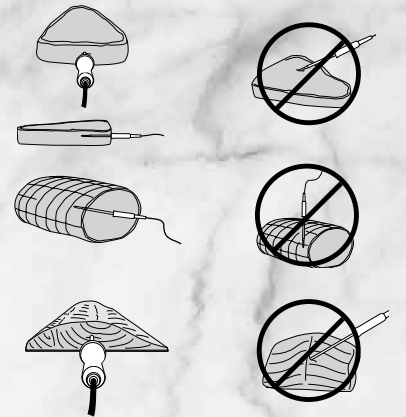
CORRECT

INCORRECT

- Steaks
- Pork chops
- Lamb chops
- Chicken breasts
- Burgers
- Tenderloins
- Fish fillets

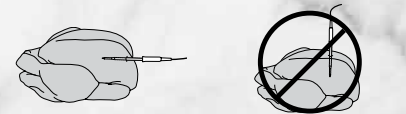
- Insert thermometer horizontally into the center of the thickest part of the meat.
- Make sure the tip of the thermometer is inserted straight into the center of the meat, not angled toward the bottom or top of it.
- Make sure the thermometer is close to (but not touching) the bone and away from any fat or gristle.

NOTE: 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.



Whole chicken

- Insert thermometer horizontally into the thickest part of the breast, parallel to, but not touching, the bone.
- Make sure the tip reaches the center of the thickest part of the breast and doesn't go all the way through the breast into the cavity.



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

For complete thermometer instructions, see your Ninja® Owner's Guide.

Ninja® Beef Doneness Guide

Everyone's idea of doneness differs. This guide shows you what you can expect from each of our preset beef doneness settings.



NOTE: Beef Doneness Guide is based on New York Strip Steak. Using different cuts of steak and different sizes can alter the outcome. Reference usda.gov for food-safe temperature recommendations.

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.

Carry-over cooking & resting



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

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

Protein Pairing Chart

Select 1-2 proteins

For best results, select proteins from within the same temperature column.

HIGH	MAX
Chicken breast boneless or bone-in	Cod or haddock fillet
Chicken thighs boneless or bone-in	Salmon fillet
NY strip steak	Lobster tail
Filet mignon	Mahi mahi steak
T-bone steak	Tuna steak
Beef tenderloin	Crab cake
Beef burgers	Swordfish steak
Turkey burgers	Halibut fillet
Pork chops boneless or bone-in	Flounder fillet

Select seasoning or marinade

optional

Salt & pepper Cajun seasoning BBQ seasoning Italian blend Seasoning salt Ranch seasoning Jerk seasoning Garam masala
MARINADES
BBQ sauce Teriyaki sauce Balsamic glaze Honey mustard Sesame garlic & ginger sauce Buffalo sauce Italian dressing Pesto

Cook

Cook proteins based on recommended temperatures and preferred doneness.

NOTE: If marinating proteins, reduce temperature to MED to avoid burning.

See Grill Charts on page 38 for additional options. Proteins cooked on LO are not recommended for probe use.



Cut size

Proteins come in different shapes and sizes, which require different cooking times. If you are cooking proteins that are different sizes, insert one thermometer into the smaller cut, and the other into the larger cut, and the grill will tell you when each one is done.

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).



Meat temperature

For your convenience, cooking charts were created for use with cold meat, straight from the fridge.

For even juicier results

If time permits, let meat come to room temperature for about 30 minutes before cooking for a more juicy center.

More flavor. Less smoke.

After hundreds of hours of recipe testing, our chefs have paired your favorite foods with recommended temperature settings to maximize grill flavors while minimizing smoke.



Always use recommended oils

For less smoke, use oils with a high smoke point—like canola, 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 and food having a burnt, acrid flavor.

LO / 400°F



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



10
MINS

Sausage & Pepper Grinders

MED / 450°F



Best for frozen meats and marinated ingredients.



25
MINS

Frozen Chicken Breasts

HI / 500°F



Best for steaks, chicken, and burgers.



11
MINS

Grilled New York Strip Steaks & Asparagus

MAX / up to 510°F



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



8
MINS

Pineapple & Peaches

Flavor-Building 101

Pumped-Up Marinades, Zesty Spice Rubs, and Elevated Dipping Sauces

For the following recipes, add all ingredients to a bowl and mix well.

These marinades and spice rubs call for coarse kosher salt—ensure you use that, and not fine-grain iodized salt.

Use spice rubs liberally. Season meat or vegetables generously and let sit at room temperature for 30 minutes before grilling—this will promote faster and even cooking.

Frozen to char-grilled

When grilling frozen meats, baste them liberally and consistently with the marinade of your choosing.

To get the best textures and flavors from frozen meat, season it with your favorite spice rub before grilling.

Marinades

YIELD: APPROX. 1 CUP | **MARINATING TIME:** 2-12 HOURS
STORE: REFRIGERATE FOR UP TO 4 DAYS



Teriyaki Marinade

Best for poultry, beef, pork, lamb, veal, seafood, vegetables

- 1/3 cup soy sauce
- 1/3 cup water
- 1/3 cup dark brown sugar
- 3 tablespoons rice wine vinegar
- 1 tablespoon honey
- 2 cloves garlic, peeled, minced



Garlic & Herb Marinade

Best for poultry, pork, lamb, seafood, vegetables

- 1/4 cup canola oil
- 1/4 cup cider vinegar
- 1/2 cup fresh herbs (like parsley, rosemary, oregano, thyme, or sage), finely chopped
- 5 cloves garlic, peeled, minced
- Juice of 1 lemon (about 3 tablespoons juice)
- 1 teaspoon ground black pepper
- 1 teaspoon kosher salt



Simple Steak Marinade

Best for beef, pork, lamb, veal, white fish, vegetables

- 1/4 cup Worcestershire sauce
- 1/4 cup soy sauce
- 1/4 cup balsamic vinegar
- 2 tablespoons Dijon mustard
- 3 cloves garlic, peeled, minced
- 1 teaspoon ground black pepper
- 1 teaspoon kosher salt

TIP When using marinated foods on the Grill function, we recommend using Medium and when using thicker marinades/sauces using Low.

Spice Rubs

YIELD: APPROX. 1 CUP | **SEASON:** GENEROUSLY
STORE: UP TO 6 MONTHS IN AN AIRTIGHT CONTAINER AWAY FROM LIGHT AND HEAT



Easy BBQ Spice Rub

**Best for poultry, beef, shrimp,
cauliflower, broccoli, carrots**

- 1/4 cup dark brown sugar
- 1/4 cup smoked paprika
- 3 tablespoons ground black pepper
- 2 tablespoons kosher salt
- 2 teaspoons garlic powder
- 2 teaspoons onion powder



Everyday Spice Rub

**Best for poultry, beef, pork,
lamb, veal, seafood, vegetables**

- 3 tablespoons chili powder
- 2 tablespoons white sugar
- 1 tablespoon kosher salt
- 1 tablespoon ground cumin
- 1 tablespoon ground black pepper
- 1 tablespoon dried oregano



Dry Herb Rub

**Best for poultry, pork, lamb,
seafood, vegetables**

- 1 tablespoon kosher salt
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary
- 1 tablespoon dried oregano
- 1 teaspoon mustard powder
- 1 teaspoon ground black pepper
- 1 teaspoon crushed red pepper



Chimichurri Sauce

**Best for poultry, beef, pork,
fish, vegetables**

- 1/2 bunch fresh cilantro (about 1/3 cup), chopped
- 1/2 bunch fresh parsley (about 1/3 cup), chopped
- 5 cloves garlic, peeled, minced
- 1 small shallot, peeled, chopped
- Zest and juice of 1 lemon (about 1/3 cup juice)
- 1/4 cup extra virgin olive oil
- 1 teaspoon ground black pepper
- Kosher salt, as desired

Dipping Sauces

YIELD: APPROX. 1 CUP | **STORE:** REFRIGERATE FOR UP TO 4 DAYS



Lemony-Garlic Chili Mayo

**Best for poultry, beef, pork,
lamb, veal, seafood, vegetables**

- 1 cup mayonnaise
- Juice of 1/2 lemon (about 2 tablespoons juice)
- 1 tablespoon paprika
- 1 teaspoon garlic powder
- Kosher salt, as desired



Jamaican Jerk Ketchup

Best for poultry, beef, shrimp

- 1 cup ketchup
- 3 tablespoons dry jerk seasoning
- 1 ripe banana, peeled, mashed



Kickstarter Recipe

Grilled New York Strip Steaks with Asparagus

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES

GRILL: BASED ON DESIRED DONENESS (APPROX. 25 MINUTES) | **MAKES:** 4 SERVINGS

INGREDIENTS

4 uncooked NY strip steaks (10 ounces each)	Ground black pepper, as desired
3 tablespoons canola oil, divided	2 bunches (2 pounds) asparagus, trimmed
Kosher salt, as desired	

DIRECTIONS



1 Plug both thermometers into unit. Insert grill grate in unit and close hood. Select GRILL. The unit will default to HI, which is the correct temperature setting for this recipe.



2 Press THERMOMETER 1 button. Use right arrows to choose BEEF. Use left arrows to choose desired doneness. Repeat with THERMOMETER 2 (if using). Press START/STOP to begin preheating (preheating will take approximately 10 minutes).



3 While unit is preheating, brush each steak on all sides with 1/2 tablespoon oil, then season with salt and pepper. Toss asparagus with remaining oil, salt, and pepper. Insert each thermometer horizontally into the center of the two largest steaks.



4 When unit beeps to signify it has preheated, open hood and place steaks on grill grate, firmly pressing them down to maximize grill marks. Close the hood over the thermometer cords to begin cooking.

TIP See thermometer placement instructions on page 5.



5 When unit beeps and display reads FLIP, open hood, flip steaks corresponding to highlighted thermometer number. Close hood to continue cooking. When unit beeps again and display reads FLIP, repeat this process with remaining steaks.



6 When unit beeps to signal the first steaks are almost done cooking, open hood, transfer steaks to cutting board to rest. Close hood to continue cooking remaining steaks. When unit beeps again, repeat this process with the remaining steaks and allow to rest for 5 minutes.



7 While steaks are resting, place asparagus on grill grate. Close hood, select GRILL and set to HI. Use arrows to right of display to set time to 4 minutes. Press START/STOP to begin. Skip preheat by pressing PREHEAT button.



8 When cooking and resting are complete, open hood and remove asparagus. Remove thermometers from steaks, slice, and serve with asparagus.





Kickstarter Recipe Chicken & Steak Fajitas

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **PREHEAT:** APPROX. 10 MINUTES

GRILL: BASED ON DESIRED DONENESS (APPROX. 30 MINUTES) | **MAKES:** 4 SERVINGS

INGREDIENTS

2 uncooked NY strip steaks (10 ounces each)
2 boneless, skinless chicken breasts (8-10 ounces each)
4 tablespoons canola oil, divided
1 package (1 ounce) fajita seasoning

1 small red bell pepper, cut in 1-inch slices
1 small green bell pepper, cut in 1-inch slices
1 small yellow bell pepper, cut in 1-inch slices
1 large yellow onion, peeled, quartered

Kosher salt, as desired
Ground black pepper, as desired
8 small flour tortillas, warm

TOPPINGS (Optional)

Salsa
Sour cream
Black beans

DIRECTIONS



1 Plug both thermometers into unit. Insert grill grate in unit and close hood. Select GRILL. The unit will default to HI, which is the correct temperature setting for this recipe.



2 Press THERMOMETER 1 button. Use right arrows to choose CHICKEN. Press THERMOMETER 2 button. Use right arrows to choose BEEF. Use left arrows to choose desired doneness. Press START/STOP to begin preheating (preheating will take approximately 10 minutes).



3 While unit is preheating, brush each chicken and steak with 1/2 tablespoon oil, then evenly coat all sides with fajita seasoning. In a large bowl, toss peppers and onions with oil, salt, and pepper.



4 Insert thermometer 1 horizontally into the center of the largest piece of chicken. Repeat this process with thermometer 2 and the steaks.

TIP See thermometer placement instructions on page 5.



5 When unit beeps to signify it has preheated, open hood and place chicken on left side of grill grate, firmly pressing down to maximize grill marks. Place steak on right side of grill grate, firmly pressing down to maximize grill marks. Close hood over thermometer cords to begin cooking.



6 When unit beeps and display reads FLIP, open hood, flip protein corresponding to highlighted thermometer number. Close hood to continue cooking. When unit beeps again and display reads FLIP, repeat this process with remaining protein.



7 When unit beeps to signal first protein is almost done cooking, open hood and transfer to cutting board to rest. Close hood to continue cooking remaining protein. When unit beeps again, repeat this process with remaining protein and allow to rest for 5 minutes.



8 While proteins are resting, place vegetables on grill grate and close hood. Select GRILL and set to HI. Use arrows to right of display to set time to 8 minutes. Press START/STOP to begin cooking. Skip preheat by pressing PREHEAT button.



9 When cooking is complete, open hood and remove vegetables. Remove thermometers from chicken and steak. Slice and assemble fajitas with vegetables, warm tortillas, and desired toppings.



HONEY MUSTARD & BARBECUE-GLAZED CHICKEN BREASTS

INTERMEDIATE RECIPE ●●○

PREP: 5 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **COOK:** 27-30 MINUTES | **GRILL:** 6 SERVINGS

INGREDIENTS

6 frozen boneless, skinless chicken breasts (8 ounces each)
3 tablespoons canola oil, divided
Kosher salt, as desired
Ground black pepper, as desired
1 cup honey mustard sauce
1 cup barbecue sauce

DIRECTIONS

- 1 Insert grill grate in unit and close hood. Select GRILL, set temperature to MED, and set time to 30 minutes. Select START/STOP to begin preheating (preheating will take approximately 10 minutes).
- 2 While unit is preheating, evenly brush each chicken breast with a 1/2 tablespoon canola oil. Then season with salt and pepper, as desired.
- 3 When the unit beeps to signify it has preheated, place chicken breasts on grill grate. Close hood and cook for 10 minutes.
- 4 While chicken is cooking, combine the two sauces and mix until thoroughly incorporated. After 10 minutes, flip chicken. Close hood to continue cooking for 5 minutes.
- 5 After 5 minutes, liberally baste chicken with the sauce mixture, flip over, and liberally baste the other side. Close hood to continue cooking for 5 minutes.
- 6 After 5 minutes, repeat step 5. Close hood and cook for 7 more minutes.
- 7 If necessary, baste chicken again and cook for 3 more minutes or until centermost point of chicken reaches an internal temperature of 165°F.
- 8 When cooking is complete, remove chicken from unit and let rest for 5 minutes before serving.





SPICY BUTTERMILK RANCH FRIED CHICKEN



ADVANCED RECIPE ●●●

PREP: 20 MINUTES | **MARINATE:** 8 HOURS | **PREHEAT:** APPROX. 3 MINUTES
AIR CRISP: APPROX. 30 MINUTES | **MAKES:** 4-5 SERVINGS

INGREDIENTS

1/2 cup ranch seasoning, divided
1/2 cup buffalo-style seasoning, divided
1 quart (4 cups) buttermilk
2 uncooked bone-in, skin-on chicken thighs
2 uncooked bone-in, skin-on chicken breasts,
each split in half

2 cups all-purpose flour
1/2 cup canola oil

OPTIONAL

Extra buffalo seasoning for garnish
Ranch dressing for dipping

DIRECTIONS

- 1 Stir together ranch and buffalo-style seasoning. Place half the mixture in a large resealable plastic bag or container. Add buttermilk and combine with spice mixture. Set aside remaining spice mixture.
- 2 Place chicken in the buttermilk mixture and marinate in refrigerator for 8 hours or overnight.
- 3 Strain chicken from marinade. Combine remaining spice mixture with flour in a large mixing bowl. Working in batches, toss chicken in flour mixture until evenly coated. Gently tap chicken to remove excess flour.
- 4 Rub each piece of chicken with oil, using a total of 1/4 cup for all pieces.
- 5 Plug thermometer into unit. Insert crisper basket in unit and close hood. Select AIR CRISP, set temperature to 360°F, then select PRESET. Use the arrows to the right of the display to select CHICKEN. The unit will default to WELL to cook chicken to a food-safe temperature. Press START/STOP to begin preheating.
- 6 Insert thermometer horizontally into the center of the largest piece of chicken close to (but not touching) the bone (see thermometer placement instructions on page 7).
- 7 When unit beeps to signify it has preheated, place chicken in the basket. Close hood over the thermometer cord.
- 8 When unit beeps and the display reads FLIP, use silicone-tipped tongs to flip the chicken, then close hood to continue cooking.
- 9 When unit beeps to signal the chicken has almost reached its doneness, transfer to a plate or cutting board with thermometer still inserted. Allow to rest for 10 minutes or until thermometer indicates final temperature has been reached.

TIP If you want to cut back on the spice, reduce Buffalo seasoning to 1/4 cup.



MUSTARD-RUBBED CHICKEN



BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **ROAST:** APPROX. 45 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

- 1/2 cup Dijon mustard
- 1/4 cup canola oil
- 2 tablespoon kosher salt
- 1 teaspoon ground black pepper
- 1 tablespoon dry oregano
- 3 teaspoons dry Italian seasoning
- 2 tablespoons lemon juice
- 1 uncooked whole chicken, cut in half
(or 1 whole spatchcocked chicken)

DIRECTIONS

- 1** In a bowl, mix all ingredients except chicken. Coat chicken on all sides with mustard rub and wipe away excess.
- 2** Plug thermometer into unit. Insert pot into unit and close hood. Select ROAST, set temperature to 350°F, then select PRESET. Use the arrows to the right of the display to select CHICKEN. The unit will default to WELL to cook chicken to a food-safe temperature. Press START/STOP to begin preheating (preheating will take approximately 3 minutes).
- 3** While unit is preheating, insert thermometer into center of chicken breast (see thermometer placement instructions on page 7).
- 4** When unit beeps to signify it has preheated, place chicken, cut side down, in the pot. Close hood over thermometer cord.
- 5** When unit beeps to signal the chicken has almost reached the desired doneness, transfer to a plate or cutting board with thermometer still inserted. Allow to rest for 10 minutes or until thermometer indicates final temperature has been reached.

PORK TENDERLOIN & CHICKEN BREAST WITH GRILLED VEGETABLES



INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **MARINADE:** UP TO 3 HOURS | **PREHEAT:** APPROX. 10 MINUTES
GRILL: BASED ON DESIRED DONENESS (APPROX. 30 MINUTES) | **MAKES:** 4 SERVINGS

INGREDIENTS

- 1 jar (6 ounces) basil pesto
- 3 tablespoons balsamic vinegar
- 2 tablespoons Dijon mustard
- 2 uncooked chicken breasts (6-8 ounces each)
- 1 uncooked pork tenderloin (approx. 1 pound)
- 1 medium red bell pepper, cut in 2-inch pieces
- 1 medium yellow onion, peeled, cut in 2-inch pieces
- 1 medium zucchini, sliced in 1/2-inch-thick rounds
- 1 medium summer squash, sliced in 1/2-inch-thick rounds
- 1 tablespoon canola oil
- Kosher salt, as desired
- Ground black pepper, as desired

DIRECTIONS

- 1 In a small bowl, add pesto, balsamic vinegar, and Dijon mustard and whisk until fully combined.
- 2 Divide marinade between 2 large resealable plastic bags. Place chicken breasts in one bag and pork loin in the other bag. Massage the outside of the bags to work the marinade over all parts of the proteins, then place bags in the refrigerator for at least 30 minutes and up to 3 hours.
- 3 Remove pork tenderloin and chicken from the refrigerator 15 minutes before cooking. Place remaining ingredients in a large bowl and toss until evenly combined.
- 4 Plug both thermometers into unit. Insert grill grate in unit and close hood. Select GRILL and set temperature to MED.
- 5 Press THERMOMETER 1 button. Use right arrows to select CHICKEN.
- 6 Press THERMOMETER 2 button. Use right arrows to select PORK. Use the left arrows to select desired doneness. Press START/STOP button to begin preheating (preheating will take approximately 10 minutes).
- 7 While unit is preheating, insert thermometer 1 horizontally into the center of the largest chicken breast. Place thermometer 2 horizontally into the thickest part of the pork tenderloin (see thermometer placement instructions on page 5).



- 8 When unit beeps to signify it has preheated, open hood and place all chicken breasts on left side of grill grate, firmly pressing down to maximize grill marks. Place pork tenderloin on right side of the grill grate, firmly pressing down to maximize grill marks. Close hood over thermometer cords to begin cooking.
- 9 When unit beeps and the display reads FLIP, open hood, use silicon-tipped tongs to flip the protein corresponding to the highlighted thermometer number. Close hood to continue cooking. When unit beeps again and display reads FLIP, repeat this process with remaining protein.
- 11 When unit beeps to signal the first protein is almost done cooking, open hood, transfer protein to a cutting board to rest.

- 12 Place the vegetable mixture on grill grate surrounding the remaining protein. Close hood to continue cooking.
- 13 When unit beeps to signal the second protein is done cooking, open hood, transfer protein to a cutting board and rest for 5 minutes. Close hood and continue cooking vegetables.
- 14 When cooking is complete, open hood, remove vegetables from grill. If more time is desired, Select GRILL and set to MED. Use arrows to right of display to set time to 5 to 8 minutes. Press START/STOP to begin. Skip preheat by pressing PREHEAT button.
- 15 When cooking and resting are complete, remove thermometers from chicken and pork. Slice and serve with vegetable mixture.

MAPLE PORK CHOPS WITH BAKED SWEET POTATOES



INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES

GRILL: BASED ON DESIRED DONENESS (APPROX. 25 MINUTES) | **MAKES:** 3 SERVINGS

INGREDIENTS

- 4 teaspoons maple syrup
- 3 tablespoons canola oil, divided
- 2 tablespoons Dijon mustard
- Kosher salt as desired
- Ground black pepper, as desired
- 4 bone-in pork chops (1 1/2-inches thick, 6-8 ounces each)
- 2 large sweet potatoes, pierced several times with a fork, cut in half lengthwise

TOPPINGS (optional)

- Butter
- Cinnamon
- Maple syrup
- Pinch of cayenne pepper

DIRECTIONS

- 1 In a small bowl, prepare marinade by whisking together the maple syrup, 2 tablespoons oil, Dijon mustard, salt, and pepper.
- 2 Place marinade and pork chops in a large resealable bag. Massage the outside of the bag to work the marinade over all parts of the pork chops, then place the bag in the refrigerator for at least 30 minutes and up to 3 hours. Remove pork chops from the refrigerator 15 minutes before cooking.
- 3 After pork chops are marinated, bush the cut sides of the sweet potatoes with remaining oil. Plug both thermometers into unit. Insert grill grate in unit and close hood. Select GRILL and set temperature to MED.
- 4 Press THERMOMETER 1 button twice to select MANUAL. Use left arrows to select 200°F. Press START/STOP to begin preheating (preheating will take approximately 10 minutes).
- 5 Press the THERMOMETER 2 button. Use right arrows to choose PORK. Use left arrows to choose desired doneness.
- 6 While unit is preheating, insert Thermometer 1 into the center of the thickest part of the largest sweet potato. Insert Thermometer 2 horizontally into the center of the thickest part of the largest pork chop (see thermometer placement instructions on page 5).



- 7 When unit beeps to signify it has preheated, open hood and place pork chops on the left side of grill grate, firmly pressing down to maximize grill marks. Place potatoes on right side of grill grate, firmly pressing down to maximize grill marks. Close hood over thermometer cord to begin cooking.
- 8 Note: The potatoes do not need to be flipped. When unit beeps and the display reads FLIP for THERMOMETER 1, open hood, use silicon-tipped tongs to flip the the pork chops. Close hood to continue cooking.

- 9 When unit beeps to signal the first item is almost done cooking, open hood, transfer to a plate or cutting board to rest. Close the hood to continue cooking. When unit beeps again, repeat this process with the remaining food load and allow to rest for 5 minutes.
- 10 When resting is complete, remove thermometers from food. Serve pork chops with baked sweet potatoes and desired toppings.

CHICKEN-FRIED PORK WITH CRISPY NEW POTATOES



INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **AIR CRISP:** 24 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 1/2 pounds baby new potatoes, cut in quarters
1 medium yellow onion, peeled, cut in 1-inch pieces
1 tablespoon fresh rosemary, chopped
1 teaspoon fresh garlic, peeled, chopped
Kosher salt, as desired
Ground black pepper, as desired
2 tablespoons mustard
3 tablespoons honey
1 package (2.5 ounces) seasoned bread crumb coating mix
4 uncooked pork cutlets (4–6 ounces each, 1/2 inch thick)

DIRECTIONS

- 1 In a mixing bowl, combine potatoes, onion, rosemary, garlic, salt, and pepper. Mix until evenly coated; set aside.
- 2 In a separate bowl, combine mustard and honey. Place bread crumb coating in a shallow dish. Coat each cutlet with honey-mustard mixture, then dredge in the bread crumb coating, pressing crumbs onto surface of the cutlets. Then shake cutlets gently to remove any excess crumbs. Set cutlets aside.
- 3 Place air crisp basket in unit and close hood. Select AIR CRISP, set temperature to 390°F and set time to 24 minutes. Press START/STOP to begin preheating (preheating will take approximately 3 minutes).
- 4 When unit beeps to signal it has preheated, place potato mixture in the basket. Close hood and cook for 10 minutes.
- 5 After 10 minutes, shake potatoes. Reinsert basket in unit and place breaded cutlets on top of the potato mixture. Close hood and cook for 7 minutes.
- 6 After 7 minutes, use silicone-tipped tongs to flip cutlets. Close hood and continue cooking for the remaining 7 minutes.
- 7 Cooking is complete when the cutlets have reached an internal temperature of 145°F or greater. Remove cutlets and potatoes from unit and serve.

BEEF ROAST WITH BAKED POTATOES



INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES
ROAST: BASED ON DESIRED DONENESS (APPROX. 45 MINUTES) | **MAKES:** 2 SERVINGS

INGREDIENTS

4 medium russet potatoes, pierced several times with a fork (up to 1 1/2-inches thick)
1 sirloin roast (2-3 pounds)
1 tablespoon canola oil, divided
Kosher salt, as desired
Ground black pepper, as desired

TOPPINGS (optional)

Butter
Sour cream
Sliced chives
Shredded cheese

DIRECTIONS

- 1 Plug both thermometers into unit. Insert pot into unit and close hood. Select ROAST and set temperature to 360°F.
- 2 Press THERMOMETER 1 button twice to select MANUAL. Use the left arrows to select 200°F.
- 3 Press THERMOMETER 2 button. The unit will default to BEEF which is the correct setting for this recipe. Use the left arrows to choose desired doneness. Press START/STOP button to begin preheating (preheating will take approximately 3 minutes).
- 4 While unit is preheating, brush roast on all sides with oil, then season with salt and pepper.
- 5 Insert Thermometer 1 horizontally into the center of the thickest part of the largest potato. Insert Thermometer 2 horizontally into the center of the thickest part of the roast (see thermometer placement instructions on page 5).
- 6 When unit beeps to signify it has preheated, open hood and place roast and potatoes in pot. Close hood over thermometer cord to begin cooking.
- 7 When unit beeps and the display reads FLIP, open hood, use silicon-tipped tongs to flip item corresponding to the highlighted thermometer number. Close hood to continue cooking. When unit beeps again and display reads FLIP, repeat this process with remaining food load.
- 8 When unit beeps to signal the first item is almost done cooking, open hood, and transfer to a cutting board to rest. Close the hood to continue cooking. When unit beeps again, repeat this process with the remaining food load and allow to rest for 5 minutes.
- 9 When cooking and resting are complete, remove thermometers from food and slice roast. Serve roast with baked potatoes and desired toppings.

BEEF & TURKEY BURGERS



INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **PREHEAT:** APPROX. 10 MINUTES

GRILL: BASED ON DESIRED DONENESS (APPROX. 30 MINUTES) | **MAKES:** 4 SERVINGS

INGREDIENTS

- 1 pound ground turkey
- ¼ cup bread crumbs
- ¼ cup mayonnaise
- Kosher salt, as desired
- Ground black pepper, as desired
- 1 pound ground beef (80% lean)
- 4 slices American cheese
- 4 large burger buns

TOPPINGS (optional)

- Tomato, sliced
- Red onion, peeled, thinly sliced
- Iceberg lettuce
- Ketchup
- Yellow mustard

DIRECTIONS

- 1 Plug both thermometers into unit. Insert grill grate in unit and close hood. Select GRILL. The unit will default to HI, which is the correct temperature setting for this recipe.
- 2 Press THERMOMETER 1 button. Use right arrows to choose CHICKEN.
- 3 Press THERMOMETER 2 button. Use right arrows to choose BEEF. Use the left arrows to choose desired doneness. Press START/STOP button to begin preheating (preheating will take approximately 10 minutes).
- 4 While unit is preheating prepare burgers. In a large bowl, add ground turkey, bread crumbs, mayonnaise, salt, and pepper and mix until combined. Separate mixture into 2 equal portions, then shape into patties, approximately 5-inches wide and 1-inch thick. Use your thumb to make a ½-inch indent in the center of each patty (this will help the burgers keep their shape uniform during cooking).
- 5 Divide the ground beef into 2 equal portions, then shape into patties, approximately 5-inches wide and 1-inch thick. Use your thumb to make a ½-inch indent in the center of each patty. Season patties on both sides with salt and pepper.
- 6 Insert thermometer 1 horizontally into the center of the largest turkey burger and thermometer 2 horizontally into the center of the largest beef burger (see thermometer placement instructions on page 5).



- 7 When unit beeps to signify it has preheated, open hood and gently place turkey burgers on the left side of the grill grate, firmly pressing them down to maximize grill marks. Place beef burgers on the right side of the grill grate, firmly pressing down to maximize grill marks. Close the hood over thermometer cords to begin cooking.
- 8 When unit beeps and display reads FLIP, open hood, use a non-metal spatula to flip the burger corresponding to highlighted thermometer number. Close hood to continue cooking. When unit beeps again and display reads FLIP, repeat this process with remaining burgers.

- 9 When unit beeps to signal the first burgers are almost done cooking, open hood, add cheese, then remove burgers. Close hood to continue cooking remaining burgers. When unit beeps again, repeat this process with the remaining burgers.
- 10 If desired, toast buns directly on grill grate by selecting GRILL, setting temperature to HI, and setting time to 1 minutes. Enjoy burgers with condiments and toppings of choice.

SPICY SALMON WITH PINEAPPLE SALSA



INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **PREHEAT:** APPROX. 10 MINUTES

GRILL: BASED ON DESIRED DONENESS (APPROX. 25 MINUTES) | **MAKES:** 2-4 SERVINGS

INGREDIENTS

- 2 tablespoons canola oil
- 1/4 cup plus 3 tablespoons fresh lime juice, divided
- 2 tablespoons fresh cilantro, chopped, divided
- 2 tablespoons raw agave nectar
- 2 tablespoons Cajun seasoning
- 1 teaspoon cumin
- 2-4 fresh salmon fillets, skin on (6-10 ounces each)
- 1/2 lime, thinly sliced
- Kosher salt, as desired
- Ground black pepper, as desired
- 3 fresh pineapple rings, cut in half (approx. 1-inch thick)
- 1 small red bell pepper, diced (approx. 1 cup)
- 1 small red onion, peeled, diced (approx. 1/2 cup)
- 1 small jalapeño pepper, finely diced

DIRECTIONS

- 1 In a small bowl, prepare marinade by adding oil, 3 tablespoons lime juice, 1 tablespoon cilantro, agave nectar, Cajun seasoning, and cumin. Stir until fully combined.
- 2 Season the salmon with salt and pepper, then place the salmon and marinade in a large resealable plastic bag. Massage the outside of the bag to work the marinade over all parts of the salmon, then place the bag in the refrigerator for 30 to 90 minutes to marinate. Remove salmon from refrigerator 10 minutes before cooking.
- 3 Plug both thermometers into unit. Insert grill grate in unit and close hood. Select GRILL and set temperature to MED.
- 4 Press THERMOMETER 1 button. Use right arrows to choose FISH. Use left arrows to choose desired doneness.
- 5 Press THERMOMETER 2 button. Use right arrows to choose FISH. Press START/STOP to begin preheating (preheating will take approximately 10 minutes).
- 6 While unit is preheating, remove salmon from marinade and insert each thermometer horizontally into the center of the two largest pieces of fish (see thermometer placement instructions on page 5).



- 7 When unit beeps to signify it has preheated, open hood and place salmon fillets on left and right side of the grill grate, skin side down. Add 2 slices of lime to the top of each piece, then place the pineapple rings in the center of the grill grate. Close hood over thermometer cords to begin cooking. Note that it is not necessary to flip the salmon or pineapple for this recipe.
- 8 When unit beeps to signal the first piece of salmon is almost done cooking, open hood and transfer salmon fillets to a cutting board to rest. Close the hood to continue cooking the remaining pieces. When unit beeps again, repeat this process with the remaining salmon and pineapple.

- 9 While the salmon rests, prepare the salsa in a medium bowl by combining the remaining 1/4 cup lime juice, remaining 1 tablespoon cilantro, red bell pepper, onion, jalapeño, salt, and pepper.
- 10 Cut pineapple into 1/4-inch pieces, add to the salsa, and toss to combine. When resting is complete, remove thermometers from salmon. Serve salmon topped with pineapple salsa.

SURF & TURF

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES

GRILL: BASED ON DESIRED DONENESS (APPROX. 20 MINUTES) | **MAKES:** 2-3 SERVINGS

INGREDIENTS

2-3 uncooked NY strip steaks (8-10 ounces each)
2-3 fresh lobster tails (4-5 ounces each)
2 tablespoons canola oil, divided
Kosher salt, as desired

Ground black pepper, as desired
1 metal skewers (6-inches long)
3 tablespoons melted butter, for dipping lobster (optional)

DIRECTIONS

- 1 Evenly coat steaks and lobster tails on all sides with oil. Then season steaks liberally with salt and pepper.
- 2 Plug both thermometers into unit. Insert grill grate in unit and close hood. Select GRILL and set temperature to HI.
- 3 Press THERMOMETER 1 button. The unit will default to BEEF which is the correct setting for this recipe. Use the left arrows to choose desired doneness.
- 4 Press THERMOMETER 2 button. Use right arrows to select FISH. Use left arrows to choose desired doneness. Press START/STOP button to begin preheating (preheating will take approximately 10 minutes).
- 5 While unit is preheating, insert Thermometer 1 horizontally into the center of the thickest part of the largest steak (see thermometer placement instructions on page 5).
- 6 Insert Thermometer 2 horizontally into the center of the thickest part of the largest lobster tail (start from the fan-shaped end of the tail so that the tip of the thermometer is at the base). Place the metal skewers through the center of the remaining lobster pieces to prevent curling while cooking.
- 7 When unit beeps to signify it has preheated, open hood and gently place steaks on left side of grill grate, firmly pressing down to maximize grill marks. Place lobster tails on right side of grill grate. Close the hood over thermometer cords to begin cooking.
- 8 When unit beeps and the display reads FLIP, open hood, use silicon-tipped tongs to flip the protein corresponding to the highlighted thermometer number. Close hood to continue cooking. When unit beeps again and display reads FLIP, repeat this process with remaining protein.
- 9 When unit beeps to signal the first item is almost done cooking, open hood, transfer to a cutting board to rest. Close the hood to continue cooking. When unit beeps again, repeat this process with the remaining protein and allow to rest for 5 minutes.
- 10 When cooking and resting are complete, remove thermometers and skewers from food. Remove shells from the lobster tails and serve with melted butter and steak.



MAPLE-GLAZED BUTTERNUT SQUASH



BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **ROAST:** 40-45 MINUTES | **MAKES:** 6-8 SERVINGS

INGREDIENTS

2 medium butternut squash, cut in half vertically, seeds removed
1 tablespoon plus 1 teaspoon vegetable oil
1/2 teaspoon ground black pepper
1 teaspoon kosher salt, divided
4 tablespoons brown sugar
4 tablespoons maple syrup
2 tablespoons unsalted butter, softened
2 teaspoons fresh thyme, for serving

DIRECTIONS

- 1 Rub the squash halves with vegetable oil, then season with pepper and 1/2 teaspoon salt.
- 2 Insert pot in unit and close hood. Select ROAST, set temperature to 375°F, and set time to 45 minutes. Press START/STOP to begin preheating (preheating will take approximately 3 minutes).
- 3 When unit beeps to signify it has preheated, place the squash halves skin side down in the pot, with the flesh sides facing up. Close hood and cook for 20 minutes.
- 4 Meanwhile, mix the brown sugar, maple syrup, butter, and remaining 1/2 teaspoon salt in a small bowl.
- 5 After 20 minutes, use silicone-tipped tongs to flip the squash halves so the flesh sides face down. Close hood and cook for 15 minutes.
- 6 After 15 minutes, flip the squash again so the flesh sides are up. Spoon the sugar mixture over the top of the squash. Close hood and cook for 5 minutes.
- 7 After 5 minutes, check on the squash. If more browning is desired, close hood and cook up to 5 more minutes, checking frequently.
- 8 When cooking is complete, transfer squash to a serving plate. Garnish with fresh thyme and serve immediately.

TIP If you'd like to cut back on the sugar in this recipe, reduce to 2 tablespoons.

TIP If your squash are too large, trim the sides off a bit in order to fit all 4 pieces in the pot.

VEGETABLE FLATBREAD

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 7-10 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

- 1 bag (1 pound) store-bought pizza dough
- 1 teaspoon olive oil
- 1 tablespoon extra virgin olive oil
- 1 teaspoon garlic, minced
- 1/4 cup yellow squash, thinly sliced
- 1/4 cup zucchini, thinly sliced
- 1/2 cup Parmesan cheese, grated
- 1/2 teaspoon crushed red pepper
- 1/4 cup fresh basil, chopped

DIRECTIONS

- 1 Remove pizza dough from the bag and place on a clean counter or cutting board. Use your hands to coat the dough with 1 teaspoon olive oil, then let dough rest for 15 minutes at room temperature.
- 2 Insert grill grate in unit and close hood. Select GRILL, set temperature to HI, and set time to 10 minutes. Press START/STOP to begin preheating. (preheating will take approximately 10 minutes).
- 3 While unit is preheating, stretch out the dough into a rectangle roughly 9" x 6" in size.
- 4 When unit beeps to signify it has preheated, place dough on the grill grate. Close hood and cook for 3 minutes.
- 5 After 3 minutes, use silicone-tipped tongs to flip the dough. Close hood and cook for 1 more minute.
- 6 Next, add toppings. First, spread the extra virgin olive oil and minced garlic over the flatbread. Then lay the squash and zucchini slices in rows, covering the entire flatbread. Finish by sprinkling the flatbread with grated Parmesan and crushed red pepper.
- 7 Close hood and cook for 3 more minutes.
- 8 After 3 minutes, check toppings for desired doneness, cooking up to 3 more minutes if desired.
- 9 When cooking is complete, garnish flatbread with basil and serve.





MEXICAN STREET CORN



BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 12 MINUTES | **MAKES:** 6 EARS OF CORN

INGREDIENTS

6 ears corn, husks removed
3 tablespoons canola oil, divided
Kosher salt, as desired
Ground black pepper, as desired
1 1/4 cups cotija cheese, crumbled
1/2 cup mayonnaise
1/2 cup sour cream
3 limes, juiced
2 teaspoons garlic powder
2 teaspoons onion powder
1/4 cup cilantro, chopped, for serving

DIRECTIONS

- 1 Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 12 minutes. Press START/STOP to begin preheating (preheating will take approximately 10 minutes).
- 2 While unit is preheating, rub each ear of corn with 1/2 tablespoon canola oil, then season with salt and pepper as desired.
- 3 When unit beeps to signify it has preheated, place corn on grill grate. Close hood and grill for 6 minutes.
- 4 After 6 minutes, flip corn, then close hood and continue cooking for 6 more minutes.
- 5 Meanwhile, mix all remaining ingredients in a bowl.
- 6 When cooking is complete, remove corn and cover each ear liberally with mayonnaise mixture. Garnish with cilantro, if desired, and serve.

TIP If you don't care for cotija cheese, feta is a great alternative.

TIP For an easier-to-eat salad, cut the grilled corn off the cob, then combine with half the mayo mixture.

GRILLED APPLE TARTS



INTERMEDIATE RECIPE ●●○

PREP: 20 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 9 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

- 2 teaspoons ground cinnamon
- 4 tablespoons granulated sugar
- 8 teaspoons brown sugar, divided
- 4 medium apples, thinly sliced
- 1½ teaspoons lemon juice
- ¼ teaspoon kosher salt
- 1 package (8 rounds) premade biscuit dough
- Cooking spray

DIRECTIONS

- 1 Combine cinnamon, granulated sugar, and brown sugar in a small mixing bowl and set aside.
- 2 In a medium mixing bowl, combine apples, lemon juice, salt, and 1½ tablespoons cinnamon-sugar mixture. Mix until apples are evenly coated.
- 3 Separate biscuit dough and place on a piece of parchment paper or greased countertop. Use a rolling pin or your hands to form the pieces of dough into 5 x 4-inch ovals approximately ⅛ inch thick.
- 4 Insert grill grate and close hood. Select GRILL, set temperature to LO, and set time to 9 minutes. Press START/STOP to begin preheating (preheating will take approximately 10 minutes).
- 5 While unit is preheating, place ½ cup apple mixture on each oval of dough, leaving a ½-inch space on either side, and a 1-inch space on the top and bottom.
- 6 Fold the sides up around the apple mixture, leaving an inch of apples exposed in the center. Seal the top and bottom of the dough by pinching exposed portion firmly and twisting clockwise to form a canoe-like shape.
- 7 Coat each tart liberally with cooking spray and sprinkle with the remaining cinnamon-sugar mixture.
- 8 When unit beeps to signify it has preheated, place tarts on grill grate. Close hood and cook for 6 minutes.
- 9 When cooking is complete, remove tarts. Serve immediately with vanilla ice cream or whipped cream.

TIP Other fruits, such as pears, can be substituted for the apples.



Grill Chart

TIP For less smoke, we recommend cleaning splatter shield after every use.

TIP Use the Foodi® Smart Thermometer with the proteins in the charts below to cook to doneness without worrying about cooktimes.

INGREDIENT	AMOUNT	TEMP	COOK TIME	INSTRUCTIONS
POULTRY Chart times are intended to cook poultry all the way through to an internal temperature of 165°F				
Chicken breasts	4 bone-in breasts (12-24 oz each)	HIGH	18-22 mins	Flip halfway through cooking
	6 boneless breasts (7-9 oz each)	HIGH	16-20 mins	Flip halfway through cooking
Chicken, leg quarters	3 bone-in leg quarters (12-14 oz each)	HIGH	26-31 mins	Flip halfway through cooking
Chicken sausages, prepared	2 packages (8 sausages)	HIGH	6-8 mins	Flipping not necessary
Chicken tenderloins	9 boneless tenderloins (2-3 oz each)	HIGH	8-11 mins	Flip halfway through cooking
Chicken thighs	6 bone-in thighs (7-9 oz each)	HIGH	23-28 mins	Flip halfway through cooking
	6 boneless thighs (4-7 oz each)	HIGH	10-12 mins	Flip halfway through cooking
Chicken wings	2 1/2 lbs, bone-in (drumettes & flats)	HIGH	15-18 mins	Flip halfway through cooking
Turkey burgers	6 patties (1/4 lb each), 1-inch thick	HIGH	11-13 mins	Flipping not necessary
BEEF Chart times are intended to cook beef to medium doneness with an internal temperature of 145°F				
Burgers	6 patties (up to 7 oz each), 1-1 1/2 inches thick	HIGH	5-9 mins	Flipping not necessary
Filet mignon	6 steaks (6-8 oz each), 1 1/4-1 1/2 inches thick	HIGH	12-15 mins	Flip halfway through cooking
Flat iron or flank steak	1 steaks (18-24 oz each), 1-1 1/4 inches thick	HIGH	11-15 mins	Flip halfway through cooking
Hot dogs	9 hot dogs	LOW	3-5 mins	Flip halfway through cooking
NY strip	4 steaks (10-12 oz each), 1 1/4-1 1/2 inches thick	HIGH	9-12 mins	Flip halfway through cooking
Ribeye	3 steaks (14-16 oz each), 1 1/4 inches thick	HIGH	12-14 mins	Flip halfway through cooking
Skirt	4 steaks (10-12 oz each), 3/4-1 inch thick	HIGH	7-11 mins	Flip halfway through cooking
Steak tips	2 lbs	MEDIUM	13-16 mins	Marinate as desired (see page 11 for inspiration)
T-bone	2 steaks (14-18 oz each), 1 1/2 inches thick	HIGH	9-12 mins	Flip halfway through cooking
PORK, LAMB & VEAL Chart times are intended to cook pork, lamb & veal all the way through to an internal temperature of 145°F				
Baby back ribs	1 rack, divided in half (10-13 bones)	HIGH	20-22 mins	Flip halfway through cooking
Bacon	8 strips, thick cut	LOW	7-9 mins	Flipping not necessary
Lamb rack	Full rack (8 bones)	HIGH	20-25 mins	Flip halfway through cooking
Pork chops	4 thick-cut, bone-in chops (10-12 oz each)	HIGH	15-19 mins	Flip halfway through cooking
	6 boneless chops (8 oz each)	HIGH	14-17 mins	Flip halfway through cooking
Pork tenderloins	2 whole tenderloins (1-1 1/2 lbs each)	HIGH	15-20 mins	Flip halfway through cooking
Sausages	9 whole sausages (3-4 oz each)	LOW	7-10 mins	Flip halfway through cooking
Veal chops	6 bone-in chops (4-6 oz each)	HIGH	10-15 mins	Flip halfway through cooking

Grill Chart, continued

TIP For less smoke, we recommend cleaning splatter shield after every use.

INGREDIENT	AMOUNT	TEMP	COOK TIME	INSTRUCTIONS
SEAFOOD Chart times are intended to cook seafood all the way through to an internal temperature of 145°F				
Cod or haddock	6 fillets (5–6 oz each)	MAX	8–12 mins	Flipping not necessary
Flounder	3 fillets (5–6 oz each)	MAX	4–6 mins	Flipping not necessary
Halibut	6 fillets (4–6 oz each)	MAX	6–10 mins	Flipping not necessary
Oysters	12	MAX	5–7 mins	Shuck and place on grill, shell-side down
Salmon	6 fillets (6 oz each)	MAX	12–15 mins	Flipping not necessary
Scallops	18 (1 1/2 lbs)	MAX	5–8 mins	Pat dry, season
Shrimp	2 lbs jumbo (approx. 30 count)	MAX	1–3 mins	Pat dry, season
Swordfish	2 steaks (11–12 oz each)	MAX	6–8 mins	Flipping not necessary
Tuna	4 steaks (4–6 oz each)	MAX	6–8 mins	Flipping not necessary
FROZEN POULTRY Chart times are intended to cook poultry all the way through to an internal temperature of 165°F				
Chicken breasts	6 boneless breasts (7–9 oz each)	MEDIUM	20–25 mins	Flip 2 or 3 times while cooking
Chicken thighs	6 bone-in thighs (7–9 oz each)	MEDIUM	28–32 mins	Flip 2 or 3 times while cooking
Turkey burgers	6 patties (4–6 oz each)	MEDIUM	13–16 mins	Flip halfway through cooking, if desired
FROZEN BEEF Chart times are intended to cook beef all the way through to an internal temperature of 145°F				
Burgers	6 patties (up to 7 oz each), 1 inch thick	MEDIUM	10–12 mins	Flip 2 or 3 times while cooking
Filet mignon	6 steaks (6–8 oz each), 1 1/4–1 1/2 inches thick	MEDIUM	15–20 mins	Flip 2 or 3 times while cooking
NY strip	4 steaks (10–12 oz each), 1 1/4–1 1/2 inches thick	MEDIUM	18–26 mins	Flip 2 or 3 times while cooking
Ribeye	3 steaks (14–16 oz each), 1 1/4 inches thick	MEDIUM	18–24 mins	Flip 2 or 3 times while cooking
FROZEN PORK Chart times are intended to cook pork all the way through to an internal temperature of 145°F				
Pork chops	6 boneless chops (8 oz each)	MEDIUM	22–26 mins	Flip 2 or 3 times while cooking
Pork tenderloin	2 whole tenderloins (1 lb each)	MEDIUM	22–28 mins	Flip 2 or 3 times while cooking
Sausage, uncooked	9 whole sausages	LOW	10–14 mins	Flip 2 or 3 times while cooking
FROZEN SEAFOOD Chart times are intended to cook seafood all the way through to an internal temperature of 145°F				
Halibut	6 fillets (6 oz each)	MAX	14–16 mins	Flip halfway through cooking, if desired
Salmon	6 fillets (4 oz each)	MAX	12–15 mins	Flip halfway through cooking, if desired
Shrimp	20 oz jumbo (approx. 30 count)	MAX	3–4 mins	Flipping not necessary
FROZEN VEGGIE BURGERS				
Veggie burgers	6 patties (4 oz each)	HIGH	8–10 mins	Flip halfway through cooking, if desired

Grill Chart, continued

TIP For less smoke, we recommend cleaning splatter shield after every use.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
VEGETABLES					
Asparagus	2 bunches	Whole, trim stems	MAX	5-7 mins	Flipping not necessary
Baby bok choy	1 1/2 lbs	Cut in half lengthwise, season	MAX	9-13 mins	Flip halfway through cooking
Bell peppers	4	Cut in quarters, season	MAX	6-9 mins	Flip halfway through cooking
Broccoli	2 heads (1 3/4 lbs)	Cut in 2-inch florets	MAX	10-12 mins	Flipping not necessary
Brussels sprouts	2 1/2 lbs	Whole, trim stems	MAX	12-16 mins	Flip halfway through cooking
Carrots	10 (2 lbs)	Peel, cut in 2-inch pieces, season	MAX	12-14 mins	Flipping not necessary
Cauliflower	1 head (12-18 oz)	Cut in 2-inch florets	MAX	10-12 mins	Flipping not necessary
Corn on the cob	6	Whole ears, remove husks	MAX	10-13 mins	Flip halfway through cooking
Crimini mushrooms	1 1/2 lbs	Cut in half, season	MAX	5-7 mins	Flipping not necessary
Eggplant	2 medium (16-24 oz)	Cut in 2-inch pieces, season	MAX	10-12 mins	Flip halfway through cooking
Green Beans	24 oz	Trim stems, season	MAX	8-10 mins	Flipping not necessary
Onions, white or red (cut in half)	6	Peel, cut in half, season	MAX	10-12 mins	Flip halfway through cooking
Onions, white or red (sliced)	3	Peel, cut in 1-inch slices, season	MAX	4-6 mins	Flip halfway through cooking
Portobella mushrooms	6	Remove stems, scrape out gills with spoon, season	MAX	7-9 mins	Flip halfway through cooking
Squash or Zucchini	2-3 (24 oz)	Cut in quarters lengthwise, season	MAX	12-16 mins	Flip halfway through cooking
Tomatoes	6-10	Cut in half, season	MAX	8-10 mins	Flipping not necessary
FRUIT					
Avocado	Up to 3 avocados	Cut in half, remove pit	MAX	4-5 mins	Flipping not necessary
Bananas	4	Peel, cut in half lengthwise	MAX	3 mins	Remove using silicone tipped tongs or spatula
Lemons & Limes	5	Cut in half lengthwise, press down on grill grate	MAX	4 mins	Flipping not necessary
Mango	4	Skin and pit removed, press down gently on grill grate	MAX	4-6 mins	Flipping not necessary
Melon	6 spears (4-6 inches each)	Press down gently on grill grate	MAX	4-6 mins	Flipping not necessary
Pineapple	6-8 slices or spears	Cut in 2-inch pieces	MAX	7-10 mins	Flip gently several times during cooking
Stone fruit (such as peaches & plums)	4-6	Cut in half, remove pit, press down on grill grate	MAX	10-12 mins	Flipping not necessary
BREAD & CHEESE					
Bread (such as baguette or ciabatta)	12-16 inch loaf	Hand-cut, 1 1/2-inch slices, brushed with canola oil	MAX	2-3 mins	Flipping not necessary
Halloumi cheese	24-36 oz	Cut in 1-inch slices	MAX	2-4 mins	Flipping not necessary

Air Crisp Chart

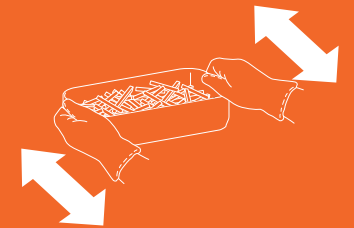
INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	2 bunches	Whole, trim stems	2 tsp	390°F	12-14 mins
Beets	8 small	Whole	None	390°F	45-60 mins
Bell peppers (for roasting)	4-5 small peppers	Whole	None	400°F	20-25 mins
Broccoli	2 heads (1-1 1/2 lbs)	Cut in 1-inch florets	1 Tbsp	390°F	12-16 mins
Brussels sprouts	2 lbs	Cut in half, remove stems	1 Tbsp	390°F	15-18 mins
Butternut squash	3 lbs	Cut in 1-inch pieces	1 Tbsp	390°F	26-28 mins
Carrots	2 lbs	Peel, cut in 1-inch pieces	1 Tbsp	390°F	18-22 mins
Cauliflower	2 heads (1-1 1/2 lbs)	Cut in 1-inch florets	2 Tbsp	390°F	20-25 mins
Corn on the cob	6 ears	Whole ears, remove husks	1 Tbsp	390°F	11-15 mins
Green beans	2 lbs	Trim	1 Tbsp	390°F	11-13 mins
Kale (for chips)	8 cups, packed	Tear in pieces, remove stems	None	300°F	10-12 mins
Mushrooms	1 1/2 lbs	Rinse, cut in quarters	1 Tbsp	390°F	11-13 mins
Potatoes, russet	3 lbs	Cut in 1-inch wedges	1-3 Tbsp, canola	390°F	25-30 mins
	2 lbs	Hand-cut fries*, thin	1-3 Tbsp, canola	390°F	22-26 mins
	2 lbs	Hand-cut fries*, thick	1-3 Tbsp, canola	390°F	24-29 mins
	5 whole (6-8 oz)	Pierce with fork 3 times	None	390°F	38-45 mins
Potatoes, sweet	1 1/2 lbs	Cut in 1-inch chunks	1 Tbsp	390°F	20-25 mins
	6 whole (6-8 oz)	Pierce with fork 3 times	None	390°F	30-35 mins
Zucchini	2 1/2 lbs	Cut in quarters lengthwise, then cut in 1-inch pieces	1 Tbsp	390°F	16-19 mins
POULTRY					
Chicken breasts	3 breasts (3/4-1 1/2 lbs each)	Bone in	Brushed with oil	375°F	25-35 mins
	4 breasts (1/2-3/4 lb each)	Boneless	Brushed with oil	375°F	20-24 mins
Chicken thighs	6 thighs (6-10 oz each)	Bone in	Brushed with oil	375°F	25-30 mins
	6 thighs (4-8 oz each)	Boneless	Brushed with oil	375°F	16-18 mins
Chicken wings	2 1/2 lbs (drumettes & flats)	Bone in	1 1/2 Tbsp	390°F	22-26 mins

*After cutting potatoes, allow raw fries to soak in cold water for at least 30 minutes to remove unnecessary starch. Pat fries dry. The drier the fries, the better the results.

For best results, shake or toss often.

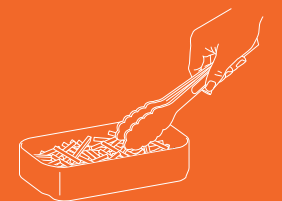
We recommend frequently checking your food and shaking or tossing it to ensure desired results.

Use these cook times as a guide, adjusting to your preference.



Shake your food

OR



Toss with silicone-tipped tongs

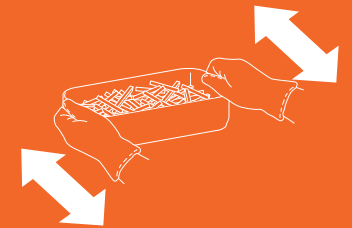
Air Crisp Chart, continued

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
PORK & LAMB					
Bacon	5 strips, cut in half	None	None	350°F	5-8 mins
Pork chops	3 thick-cut, bone-in chops (10-12 oz each)	Bone in	Brush with oil	375°F	17-20 mins
	6 boneless chops (8 oz each)	Boneless	Brush with oil	375°F	14-20 mins
Pork tenderloins	2 tenderloins (1-1 1/2 lbs each)	Whole	Brush with oil	375°F	25-35 mins
Sausages	6 sausages	Whole	None	390°F	9-11 mins
FROZEN FOODS					
Chicken cutlets	6 cutlets	None	None	390°F	18-21 mins
Chicken nuggets	2 boxes (24 oz)	None	None	390°F	11-14 mins
Fish fillets	8 fillets, breaded	None	None	390°F	14-16 mins
Fish sticks	30 fish sticks (22 oz; approx. 2 boxes)	None	None	390°F	13-16 mins
French fries	1 lb	None	None	350°F	18-22 mins
	2 1/2 lbs	None	None	360°F	25-30 mins
Mozzarella sticks	2 boxes (11 oz)	None	None	375°F	10-12 mins
Pot stickers	1 bag (20 oz, 20 count)	None	None	390°F	12-15 mins
Pizza rolls	1 large bag (40 oz, approx. 40 count)	None	None	390°F	12-15 mins
Popcorn shrimp	1 1/2 boxes (approx. 24 oz)	None	None	390°F	10-13 mins
Sweet potato fries	1 bag (approx. 24 oz)	None	None	375°F	20-24 mins
Tater tots	1 bag (approx. 24 oz)	None	None	360°F	15-18 mins

For best results, shake or toss often.

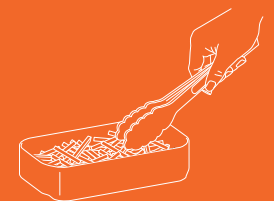
We recommend frequently checking your food and shaking or tossing it to ensure desired results.

Use these cook times as a guide, adjusting to your preference.



Shake your food

OR



Toss with silicone-tipped tongs

Dehydrate Chart

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRUITS & VEGETABLES			
Apples	Cut in 1/8-inch slices, remove core, rinse in lemon water, pat dry	135°F	6-8 hours
Asparagus	Cut in 1-inch pieces, blanch	135°F	6-8 hours
Bananas	Peel, cut in 3/8-inch slices	135°F	6-8 hours
Beets	Peel, cut in 1/8-inch slices	135°F	6-8 hours
Eggplant	Peel, cut in 1/4-inch slices, blanch	135°F	6-8 hours
Fresh herbs	Rinse, pat dry, remove stems	135°F	4 hours
Ginger root	Cut in 3/8-inch slices	135°F	6 hours
Mangoes	Peel, cut in 3/8-inch slices, remove pit	135°F	6-8 hours
Mushrooms	Clean with soft brush (do not wash)	135°F	6-8 hours
Pineapple	Peel, cut in 3/8-1/2-inch slices, remove core	135°F	6-8 hours
Strawberries	Cut in half or in 1/2-inch slices	135°F	6-8 hours
Tomatoes	Cut in 3/8-inch slices; blanch if planning to rehydrate	135°F	6-8 hours
MEAT, POULTRY, FISH			
Beef jerky	Cut in 1/4-inch slices, marinate overnight	150°F	5-7 hours
Chicken jerky	Cut in 1/4-inch slices, marinate overnight	150°F	5-7 hours
Turkey jerky	Cut in 1/4-inch slices, marinate overnight	150°F	5-7 hours
Salmon jerky	Cut in 1/4-inch slices, marinate overnight	150°F	3-5 hours

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