

# Choosing the right cook function

PRESSURE

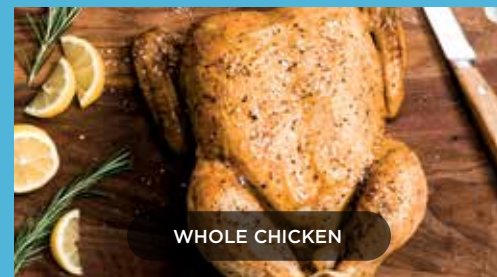
STEAM & CRISP

AIR FRY

CHICKEN 3 WAYS



PULLED CHICKEN



WHOLE CHICKEN



CHICKEN TENDERS

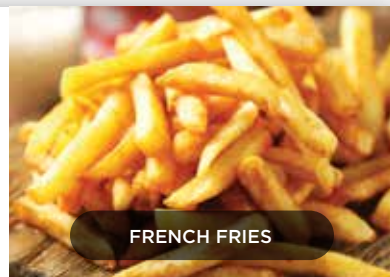
POTATOES 3 WAYS



MASHED POTATOES



POTATO WEDGES



FRENCH FRIES

## Juicy

Best for tenderizing large proteins, and cooking soups and stews.

## Juicy & crispy at the same time

Best for whole roasts, fresh & frozen proteins, root vegetables, and creating multi-tiered whole meals.

Use for foods that air fryers normally dry out.

## Crispy

Best for frozen prepared foods like chicken nuggets, frozen fries, and mozzarella sticks.

STEAM & BAKE

BAKE/ROAST



## Fluffy & moist

Best for cakes with fluffy, moist results.



## Rich & goopy

Best for cookies, brownies, and other dense baked goods.

Get cooking with kickstarter recipes

See pages 14-27 in the included Inspiration Guide



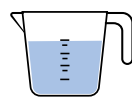
SCAN TO GET TO KNOW YOUR FOODI®  
EXPLORE RECIPES AND MORE.

# Helpful hints

When following a recipe, ALWAYS use the exact amount of liquid, even when scaling down proteins or vegetables. Refer to the Inspiration Guide for exact liquid measurements for beans, grains, starches, and more.



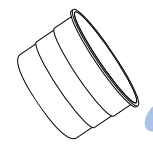
When using SteamCrisp™ functions, always add liquid to the pot.



Any liquid can be used for pressure cooking. Use broths or sauces instead of water to infuse additional flavor. Always use a minimum of 1 cup of liquid. Depending on the recipe, you may need up to 3 cups.

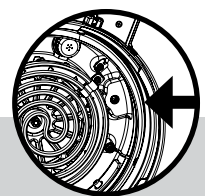


To convert oven recipes, use the Bake/Roast function and reduce the temperature by 25°F.

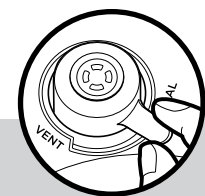


When switching from pressure cooking to crisping, after pressure cooking, empty any remaining liquid from the pot for best crisping results.

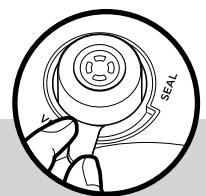
# Pressure cooking tips



If the unit is not coming to pressure, check that the silicone ring is fully installed by pressing it into place all around the metal ring rack. Make sure the ring is completely clean and undamaged.



Make sure the pressure release valve is in the SEAL position when pressure cooking. The unit will automatically release pressure naturally when the cook time ends; if you would like to quick release pressure, just move the valve to VENT when the cook time ends.



## Natural

The unit will naturally depressurize when cook time ends. The heat will turn off but the food inside will continue to cook with the steam. Use for recipes designed for this type of pressure release.

These recipes will likely have shorter cook times to account for gentle cooking during depressurization.



## Quick

To quick release, move the pressure release valve to VENT before you start pressure cooking. Best for smaller foods that are sensitive to overcooking. DO NOT use for starchy or foamy foods.

**NOTE:** Steam exits from the top of the Pressure Release Valve. DO NOT reach over the valve.

The time to build pressure will vary based on selected pressure, temp of the pot, and temp and quantity of ingredients (up to 20 minutes or more). Frozen and/or large amounts of ingredients will increase the time to pressure significantly (45 minutes or more).

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

NINJA Foodi

XL Pressure Cooker Steam Fryer with SmartLid.

Steam Fryer

Pressure Cooker

Air Fryer

# Getting to know the Foodi® and unlocking the SmartLid™

The slider will be in Position 1 (Pressure), which is also the lock position. To unlock, move the slider to Position 2 (SteamCrisp) or 3 (Air Fry/Stovetop).



## Open the lid with the Lift Tab

Always use the lift tab above the Slider to open and close the lid.



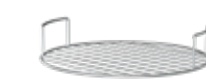
## Here's what's included



**Complete Meal Pot**  
Always install Complete Meal Pot before adding accessories or ingredients.



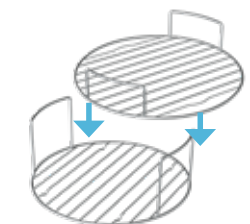
**Cook & Crisp™ Basket**  
Place diffuser on flat surface. Place basket on diffuser and press down firmly.



**Top Rack**  
Broil chicken, steak, seafood, and more.



**Dual-Stack Racks**  
**Bottom Rack**  
Steam vegetables and sides.



**Dual Assembly**  
Increase capacity by cooking on both racks.

## Turn on the Foodi

Move the slider to switch between Pressure Mode, SteamCrisp Mode, and Air Fry/Stovetop Mode.

Pressure Mode



Pressure to lock in juices.

SteamCrisp Mode



Simultaneous steam and convection cooking for faster, juicier, crispy results.

Air Fry / Stovetop Mode



Convection and stovetop cooking.

Turn the page to get to know the control panel and all the cooking functions.

## Using the control panel



**A SMARTLID™ SLIDER:** There are 3 positions to the SmartLid Slider. Each position controls a different set of functions.

- 1 PRESSURE**
- 2 STEAMCRISP™**
- 3 AIR FRY/STOVETOP**

**B Left arrows:** Use the up and down arrows to the left of the display to adjust the cook temperature.

**C Right arrows:** Use the up and down arrows to the right of the display to adjust the cook time.

**D START/STOP button:** Press to start cooking. Pressing this button while the unit is cooking will stop and end the current function.

**E KEEP WARM:** After pressure cooking, steaming, or slow cooking, the unit will automatically switch to Keep Warm mode and start counting up. Keep Warm will stay on for 12 hours. You may press the Keep Warm button or the START/STOP button to turn it off.

**F Dial:** As soon as the SmartLid Slider is in 1 of the 3 available positions, the available functions will illuminate. Use the dial to select one of the available functions.

**G Power button:** The Power button turns the unit on and off and stops all cooking functions.

## Using your Foodi's functions

When can I open the lid?

### 1 Pressure Mode

"PrE ---" will display while pressure builds, then the timer will start counting down.

- 1.** Place ingredients on the required accessory or in the pot. Add liquid according to recipe.
- 2.** Close lid. Move slider to the PRESSURE position to lock lid. *Slider will move only when lid is closed.*
- 3.** Turn pressure release valve to SEAL.
- 5.** Set temperature (HI or LO) and time. Press START/STOP.
- 6.** "PrE" and progress bars indicate pressure is building. When unit comes to pressure, cook time will start counting down.
- 7.** When cooking is complete, unit will beep. Unit will then switch to Keep Warm and count up. *Turn valve to VENT for quick release.*
- 8.** You may open lid as soon as "OPN Lid" appears on the display.

Lid remains locked during cooking.

### 2 SteamCrisp™ Mode

"PrE ---" will display while steam builds, then the timer will start counting down for convection cooking.

- 1.** Add the required water or stock specified by the recipe.
- 2.** Place ingredients on the required accessory.
- 3.** Close lid and move slider to the STEAMCRISP position. Turn dial to select a function.
- 4.** Turn pressure release valve on lid to SEAL or VENT (the position does not matter in this mode).
- 5.** Set temperature and time for convection cooking. Steam temperature and time are auto-detected and don't need to be set. Press START/STOP.
- 6.** "PrE" and progress bars indicate unit is coming to steam temp. When unit switches to convection cooking, timer will start counting down.








Keep lid closed to allow steam and convection heat to work together. Open lid only if recipe calls for it, as cooking will pause when lid is open, and this could impact results.

### 3 Air Fry/ Stovetop Mode

Cooking will start when you press START/STOP.

- 1.** Place ingredients on the required accessory or in the pot.
- 2.** Close the lid and move slider to the right (AIR FRY/STOVETOP). Turn dial to select a function.
- 3.** Turn pressure release valve on lid to SEAL or VENT (the position does not matter in this mode).
- 4.** Set temperature and time. Press START/STOP.
- 5.** Open lid to pause Air Crisp, Bake/Roast, Broil, or Proof. Close lid to resume.

Lid can be opened at any time to check on food.  
**NOTE:** Cooking will automatically pause when lid is open.

<b>Air Fry</b>	<b>Bake/Roast</b>	<b>Broil</b>	<b>Dehydrate</b>	<b>Proof</b>	<b>Sear/Sauté</b>	<b>Steam</b>	<b>Slow Cook</b>	<b>Yogurt</b>	<b>Sous Vide</b>
									
Give foods crispiness and crunch with little to no oil.	Prepare oven-tender meats, baked treats, and more using dry heat only.	Cook at high heat to caramelize and brown foods.	Dehydrate meats, fruits, and vegetables.	Create an environment for dough to rest and rise.	Brown meats, sauté vegetables, and simmer sauces.	Gently cook delicate foods at a high temperature.	Cook at a lower temperature for longer periods of time.	Make homemade yogurt.	Cook slowly in a temperature-controlled water bath.