

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



# NINJA Foodi SMART

**XL** Pressure Cooker  
Steam Fryer

with SmartLid.



# Your guide to cooking with your Foodi®

Welcome to the Ninja® Foodi® SMART XL Pressure Cooker Steam Fryer recipe book. From here, you're just a few pages away from recipes, tips and tricks, and helpful hints that will help you SteamCrisp meals, vegetables, proteins, breads, and baked goods.



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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# SmartLid™ Slider

3 modes under one lid

Pressure cooker. Steam fryer. Air fryer.



Simply move the SmartLid Slider to effortlessly toggle between 13 cooking functions. The cooking environment will intelligently change as you slide from mode to mode.

## Opening and closing the lid

Use the lift tab above the SmartLid™ Slider to open and close the lid.



### **Pressure**

When SmartLid Slider is in the left position, lid cannot be opened for safety.

### **SteamCrisp**

When SmartLid Slider is in the middle position, steam will build. It is best to leave lid closed during SteamCrisp as steam and convection heat are working together.

### **Air Fry/Stovetop**

When SmartLid Slider is in the right position, open lid any time to check on food.

Always place the valve in SEAL when using the PRESSURE function. The position of the valve does not matter for all other functions.



An entirely new way of cooking

# SteamCrisp™

## TECHNOLOGY

**STEAM** + **CRISP** at the same time  
for juicier air frying,  
faster meals, and baking.\*

Best for full layered meals, baked goods,  
breads, leftovers, and delicate proteins.



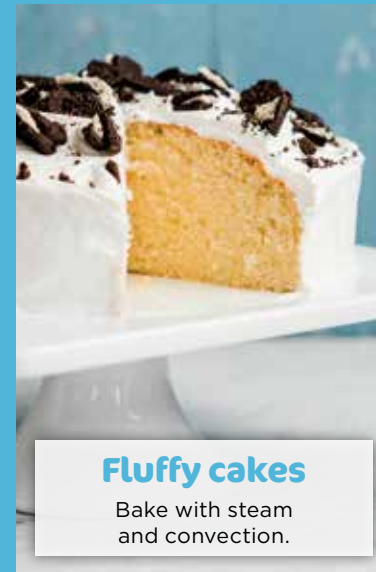
### The juiciest way to air fry\*

Crisp with steam-infused air for moist interiors and crispy exteriors.



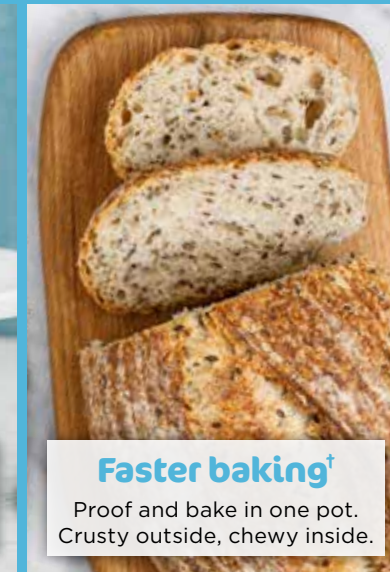
### Faster one-touch meals\*\*

Mains and sides all done at the same time.



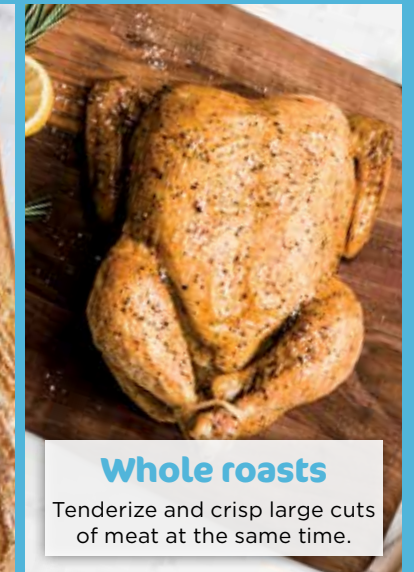
### Fluffy cakes†

Bake with steam and convection.



### Faster baking†

Proof and bake in one pot. Crusty outside, chewy inside.



### Whole roasts

Tenderize and crisp large cuts of meat at the same time.

\*Versus Ninja Foodi OL701 in dry mode only

\*\*Versus traditional cooking methods  
†Versus traditional ovens

# The juiciest way to air fry\*

## Steam & Crisp

Frozen or fresh chicken wings and salmon fillets, and fresh root vegetables like potatoes and carrots.



## The choice is yours



**Tip:** For frozen foods like breaded chicken nuggets or French fries, use the Air Fry function for best results.

# Perfect whole roasts

## Steam & Crisp

Great for large cuts of lean meats like a whole chicken or pork.



**Tenderize the inside. Crisp up the outside.  
All in one step.**



# Making a SteamCrisp One-Touch Meal

**Easy 2-part layered meals, done at the same time.**

STARCH + PROTEIN



For two layers of cooking, add either the bottom or top rack.

Stack your mains and sides and cook them at the same time with the Dual-Stack Racks.

**Easy 3-part layered meals, done at the same time.**

STARCH + VEGETABLE + PROTEIN



For three layers of cooking, add both racks. Nest delicate vegetables like broccoli in an aluminum foil pouch on the bottom rack.

# Faster bread-making\*

## Steam & Crisp

Perfect for homemade or store-bought dough.  
Plus, proof and cook in one pot.



**Steam allows for higher rise, chewy interior, and crusty exterior.**

# Fluffy cakes & baked goods

## Steam & Bake

Perfect for homemade batters, boxed cakes, quick breads, and turnovers.



**Steam allows for super-moist, super-fluffy, and super-repeatable results.**

---

**Tip:** For cookies and brownies, use the Bake/Roast function for best results.

# So many cooking functions.

## Pressure



Cook foods quickly while maintaining tenderness.

## Sear/Sauté



Brown meats, sauté vegetables, and simmer sauces.

## Steam



Gently cook delicate foods at a high temperature.

## Slow Cook



Cook at a lower temperature for longer periods of time.

## Yogurt



Make homemade yogurt.

## Sous Vide



Cook slowly in a temperature controlled water bath.

# Even more possibilities.

## Air Fry



Give foods crispiness and crunch with little to no oil.

## Bake/Roast



Prepare oven-tender meats, baked treats, and more using dry heat only.

## Broil



Cook at high heat to caramelize and brown foods.

## Dehydrate



Dehydrate meats, fruits, and vegetables.

## Proof



Create an environment for dough to rest and rise.



# Perfectly done with the Foodi® Smart Thermometer

## 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).



Beef doneness from Rare to Well works only with the SteamCrisp and Air Fry/Stovetop functions. For pressure cooking with the thermometer, ONLY the Well and Shred doneness levels are available.

Thermometer can be used for all functions except Steam & Bake, Dehydrate, Proof, Steam, Sous Vide, Slow Cook, and Yogurt.

**Replace the cap on the jack in the lid after every use.**

## How to place the thermometer

Insert the Foodi® Smart Thermometer into the thickest part of the protein. Then select a cook function, cook temperature, protein type, and desired level of doneness.

### FOOD TYPE

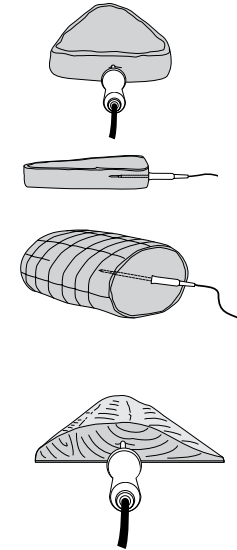
**Steaks**  
**Pork chops**  
**Lamb chops**  
**Chicken breasts**  
**Burgers**  
**Tenderloins**  
**Fish fillets**

### PLACEMENT

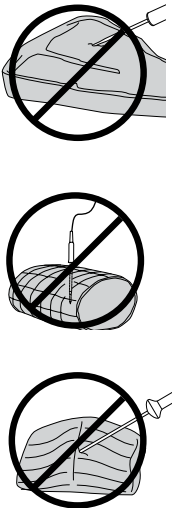
- Insert thermometer horizontally into the center of the thickest part of the meat.
- Make sure the tip of the thermometer is inserted straight into the center of the meat, not angled toward the bottom or top of it.
- Make sure the thermometer is close to (but not touching) the bone and away from any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

### CORRECT

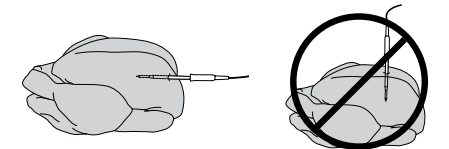


### INCORRECT



### 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.

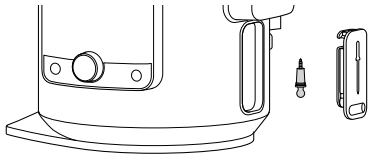
For complete thermometer instructions, see your Ninja® Owner's Guide.

# 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 Set up

- Remove thermometer from the storage compartment on the right side of the unit. Unwind the cord.



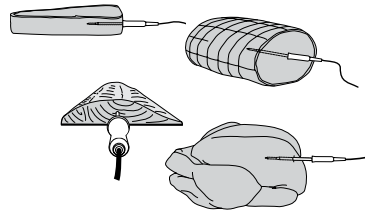
## STEP 2 Plug In Thermometer

- Remove cap from jack inside lid on bottom right, then put cap in thermometer storage compartment for safekeeping.
- Plug thermometer cord into jack.



## STEP 3 Place Thermometer

- Insert thermometer in protein using the guide on page 5.



## STEP 4 Add Food

- Add the food to the unit. Make sure the thermometer grip is fully inside the unit, then close the lid.

## STEP 5 Select Cook Function

- Move slider to PRESSURE, STEAMCRISP, or AIR FRY/STOVETOP.
- Use dial to select the desired cooking function.



**NOTE:** When using the thermometer with the Pressure function, ALWAYS set the pressure release to QUICK RELEASE to avoid overcooking the protein.

## STEP 6 Program Thermometer

- Press the PRESET button.
- Use the right arrows to choose the desired protein.
- Use the left arrows to choose the desired doneness.
- Press START/STOP to begin cooking.



## STEP 7 Carry-Over Cook & Rest

- After cooking in the unit, it's important to let proteins carry-over cook and rest on a plate for 3-10 minutes.
  - 3 minutes for fish fillets
  - 5 minutes for proteins under 1 lb like steaks, chicken breasts and thighs, and pork chops
  - 10 minutes for proteins over 1 lb like whole roasts and chickens
- Carry-over cooking is when food retains heat and continues to cook after being removed from the source of heat. Resting helps lock in the protein's natural juices.

- Did you know?** Meat keeps cooking when you remove it from the unit. To prevent overcooking, the unit will beep right before your food reaches desired doneness, taking carry-over cooking into account.

**NOTE:** Skipping carry-over cooking and cutting into food right away may result in a rarer level of doneness and may cause the protein's natural juices to run dry.

## STEP 8 Replace Cap

- When unit has cooled, replace the cap on the jack.



## Using the thermometer in different cooking scenarios

### SAME PROTEINS, SAME SIZE DIFFERENT DONENESS

- Set the Preset feature to the lower desired level of doneness.
- Insert the thermometer in the protein with the lower desired level of doneness.
- When the lower desired level of doneness is reached, remove the protein with the thermometer from the unit. Use oven mitts to transfer the thermometer to the remaining protein.
- Repeat steps 1 and 2 for the second protein.

### SAME PROTEINS DIFFERENT SIZES

- Set the Preset feature to the desired level of doneness for the smaller protein.
- Insert thermometer in the smaller protein. Then refer to steps 5 and 6 above.
- Using oven mitts, transfer thermometer to the larger protein, as thermometer is hot, and use the arrows to the left of the display to choose the level of doneness.

### 2+ DIFFERENT PROTEINS

- Insert thermometer in the protein with the lowest desired level of doneness.
- Use the Manual feature to choose the desired internal temperature (refer to Owner's Guide).
- Use oven mitts to transfer thermometer to the other protein, as thermometer is hot, and use the Manual feature to choose the desired internal temperature.



# Garlic Parmesan Chicken Wings

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **MAKES:** 4 SERVINGS  
**STEAM:** APPROX. 10 MINUTES | **COOK:** 20 MINUTES | **ACCESSORIES:** COOK & CRISP™ BASKET

## INGREDIENTS

½ cup water, for steaming	1 tablespoon minced garlic
2 pounds individually frozen chicken wings	Ground black pepper, as desired
1 tablespoon canola oil	Kosher salt, as desired
⅓ cup grated Parmesan cheese	¼ cup (½ stick) unsalted butter, melted
2 tablespoons fresh parsley, chopped	

## DIRECTIONS



Add ½ cup water to the pot.



In a medium bowl, toss the chicken wings and canola oil until evenly coated.



Place the wings in the Cook & Crisp Basket and place the basket in the pot.



Close the lid and move slider to STEAMCRISP.



Select STEAM & CRISP set temperature to 450°F, and set time to 20 minutes. Press START/STOP to begin cooking (PrE will display for approx. 10 minutes as the unit steams, then the timer will start counting down).



Place the remaining ingredients in a bowl and mix to combine.



When cooking is complete, carefully remove the basket from the pot. Transfer wings to the Parmesan mixture and toss to combine. Serve immediately.



Don't forget to add water or stock to create steam and cook your food.

**TIP** If using fresh chicken wings, set temperature to 450°F and time to 20 minutes (PrE will display for approx. 8 minutes as the unit steams, then the timer will start counting down).

**TIP** If you prefer crispier chicken wings, add an additional 5 minutes by pressing the up arrow when in STEAM & CRISP mode.

# Loaded Potato Wedges

BEGINNER RECIPE ●○○

**PREP:** 2 MINUTES | **SOAK:** 30 MINUTES | **TOTAL COOK TIME:** 31 MINUTES | **STEAM:** APPROX. 8 MINUTES  
**COOK:** 23 MINUTES | **MAKES:** 4 SERVINGS | **ACCESSORIES:** COOK & CRISP™ BASKET

## INGREDIENTS

1 gallon water, for soaking	<b>TOPPINGS</b> (optional)
3 tablespoons + 1 teaspoon kosher salt, divided	10 ounces cheese product, cubed
3 tablespoons distilled white vinegar	½ cup bacon bits
1½ pounds russet potatoes, cut in 1-inch wedges	3 tablespoons scallions, chopped
1 tablespoon canola oil	¼ cup sour cream
½ cup water, for steaming	

## DIRECTIONS



Combine 1 gallon water, 3 tablespoons salt, and white vinegar in a large bowl. Add the potato wedges and soak for 30 minutes, then strain and pat dry.



In a medium bowl, toss the dried potato wedges with canola oil and 1 teaspoon salt. Add ½ cup water to the pot.



Transfer the wedges to the Cook & Crisp Basket and place the basket in the pot.



Close the lid and move slider to STEAMCRISP. Select STEAM & CRISP, set temperature to 450°F, and set time to 23 minutes. Select START/STOP to begin cooking (PrE will display for approx. 8 minutes as the unit steams, then the timer will start counting down).



When the timer reads 12 minutes, open the lid, toss the potato wedges. Close lid and continue cooking. With 3 minutes remaining, open the lid and add the cheese. Close the lid to finish cooking.



When cooking is complete, carefully remove the basket and transfer the potato wedges to a serving plate. Top with bacon bits, scallions, and a dollop of sour cream.



Don't forget to add water or stock to create steam and cook your food.

**TIP** Substitute 2 cups shredded cheddar cheese for 1 pound cheese product and cook as instructed.



# Herb-Roasted Chicken

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** APPROX. 1 HOUR, 10 MINUTES | **STEAM:** APPROX. 15 MINUTES  
**COOK:** APPROX. 55 MINUTES | **MAKES:** 6 SERVINGS  
**ACCESSORIES:** FOODI® SMART THERMOMETER, COOK & CRISP™ BASKET

## INGREDIENTS

1 whole fresh chicken (6–7 pounds)	2 sprigs fresh rosemary
1/2 cup water	1 tablespoon canola oil
Juice of 2 lemons	Kosher salt, as desired
1 tablespoon whole black peppercorns	Ground black pepper, as desired
5 cloves garlic, peeled, smashed	

## DIRECTIONS



Remove packet of giblets, if included in cavity of the chicken. Tie legs together with cooking twine. Place the Foodi Smart Thermometer in the center of the thickest part of the meat (see thermometer placement instructions on page 15).



Add the water, lemon juice, peppercorns, garlic, and rosemary to the pot.



Brush the chicken with oil and season generously with salt and pepper.



Place chicken in the Cook & Crisp Basket and place the basket in the pot. Close the lid and move slider to STEAMCRISP.



Select STEAM & CRISP, set temperature to 365°F, then select PRESET. Use the arrows to the right of the display to select CHICKEN. Press START/STOP to begin cooking (PrE will display for approx. 15 minutes as the unit steams, then the timer will start counting down).



When cooking is complete, remove the basket from the pot and let rest for 5 to 10 minutes before cutting and serving.



Don't forget to add water or stock to create steam and cook your food.

# Beef Roast with Root Vegetables & Pan Gravy

BEGINNER RECIPE ●○○

**PREP:** 20 MINUTES | **TOTAL COOK TIME:** APPROX. 45 MINUTES | **STEAM:** APPROX. 15 MINUTES  
**COOK:** APPROX. 30 MINUTES FOR MEDIUM DONENESS | **MAKES:** 4 SERVINGS  
**ACCESSORIES:** FOODI® SMART THERMOMETER | BOTTOM DUAL-STACK RACK

## INGREDIENTS

### LEVEL 1 (BOTTOM OF POT)

4 cups beef stock  
 2 cloves garlic, peeled  
 1 sprig fresh rosemary  
 1 bay leaf  
 1 tablespoon whole peppercorns  
 3 tablespoons cornstarch, set aside  
 3 tablespoons water, set aside

### LEVEL 2 (BOTTOM RACK)

2 cups carrots, peeled, trimmed, cut in 2-inch pieces  
 1 medium yellow onion, peeled, cut in quarters  
 3 small russet potatoes, quartered

### LEVEL 2 (CONTINUED)

2 tablespoons canola oil, divided  
 Kosher salt, as desired  
 Ground black pepper, as desired  
 2 pounds bottom round roast or prime rib roast

## DIRECTIONS



Place all Level 1 ingredients, except the cornstarch and water in the pot and stir until combined.



In a large bowl, add the carrots, onions, potatoes, 1 tablespoon canola oil, salt, and pepper and toss until evenly combined.



Rub the remaining 1 tablespoon canola oil on the roast then season generously with salt and pepper. Place the Foodi Smart Thermometer in the center of the thickest part of the meat (see thermometer placement instructions on page 15).



Place the bottom rack in the pot. Place the roast in the center of the rack and surround with vegetables.



Select STEAM & CRISP and set temperature to 365°F, then select PRESET. The unit will default to BEEF. Then use the arrows to the left to select desired doneness. Press START/STOP to begin cooking (PrE will display for approx. 15 minutes as the unit steams, then the timer will start counting down).



When cooking is complete, carefully remove the vegetables and then the rack with the roast. Allow the roast to rest for 10 minutes.



In a small bowl, whisk together the cornstarch and water to make a slurry. Add the cornstarch slurry to the pot and stir to combine.



Return to a boil and continue to cook, stirring occasionally, until gravy reaches desired thickness. Strain the gravy and serve warm with the roast and vegetables.



Don't forget to add water or stock to create steam and cook your food.



# Herbed Chicken with Lemony Steamed Broccoli & Penne Marinara

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **STEAM:** APPROX. 20 MINUTES | **COOK:** 10 MINUTES  
**MAKES:** 4 SERVINGS | **ACCESSORIES:** DUAL-STACK RACKS, ALUMINUM FOIL

## INGREDIENTS

### LEVEL 1 (BOTTOM OF POT)

2 jars (24 ounces each)  
marinara sauce  
3 cups chicken stock  
1 box (16 ounces) dry penne pasta

### LEVEL 2 (BOTTOM RACK)

3 heaping cups broccoli florets  
(approx. 10 ounces total)  
3 cloves garlic, peeled, smashed  
½ small lemon, thinly sliced  
1 tablespoon olive oil  
Kosher salt, as desired  
Ground black pepper, as desired

### LEVEL 3 (TOP RACK)

4 chicken breasts, 1-inch thick  
2 tablespoons canola oil  
1 packet (3 tablespoons) ranch  
seasoning  
Ground black pepper, as desired

### TOPPING (optional)

¼ cup grated Parmesan cheese

## DIRECTIONS



Place all Level 1 ingredients in the pot and stir until combined.



Place all Level 2 ingredients in a medium bowl and toss until fully combined.



Pat the chicken breasts dry with a paper towel, then place in a medium bowl or casserole dish. Evenly coat each breast with canola oil, ranch seasoning, and pepper.



Place a 15-inch sheet of aluminum foil on a flat surface. Add the broccoli mixture to the center and fold the edges in to create a sealed packet. Place the foil packet on the bottom rack, then place the rack in the pot over the pasta mixture.



Place the top rack in the pot, then place the chicken breasts on it.



Close the lid and move slider to STEAMCRISP. Select STEAM & CRISP set temperature to 390°F, and set time to 10 minutes. Press START/STOP to begin cooking (PrE will display for approx. 20 minutes as the unit steams, then the timer will start counting down).



When cooking is complete, carefully remove the racks with the chicken and foil packet.



Stir the pasta and serve with chicken and broccoli. Garnish with Parmesan cheese as desired.

**TIP** For chicken breasts more than 8 ounces or 1-inch thick, add 2 to 5 minutes.

**TIP** For chicken breasts over 8 ounces add an additional 2-5 minutes to cook time.



Don't forget to add water or stock to create steam and cook your food.

# Rosemary Focaccia

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **TOTAL COOK TIME:** 60 MINUTES | **PROOF:** 30 MINUTES | **STEAM:** APPROX. 5 MINUTES  
**BAKE:** 25 MINUTES | **MAKES:** 1 LOAF | **ACCESSORIES:** PARCHMENT PAPER, COOK & CRISP™ BASKET

## INGREDIENTS

¼ cup water, for steaming	½ tablespoon chopped fresh rosemary leaves
Nonstick cooking spray	Kosher salt, as desired
1 package (16 ounces) store-bought pizza dough, room temperature	Ground black pepper, as desired
1 tablespoon extra-virgin olive oil	2 tablespoons shredded Parmesan cheese, for garnish

## DIRECTIONS



Add ¼ cup water to the pot.



Place an 8-inch circle of parchment paper in the bottom of the Cook & Crisp Basket and spray with cooking spray. Form the dough into a ball and place in the basket. Place the basket in the pot. Close the lid and move slider to AIR FRY/STOVETOP.



Select PROOF, set temperature to 95°F, and set time to 30 minutes. Press START/STOP to begin the rise.



When the rise is complete, remove the basket from the pot. Deflate the dough by gently pressing on it, then spread it with your fingertips into the bottom of the basket. Drizzle with olive oil and sprinkle with rosemary, salt, and pepper.



Return the basket to the pot. Close the lid and move the slider to STEAMCRISP.



Select STEAM & CRISP, set temperature to 335°F, and set time to 25 minutes. Press START/STOP to begin cooking (PrE will display for approx. 5 minutes as the unit steams, then the timer will start counting down).



When cooking is complete, the surface of the focaccia will be crusty and brown. Top with Parmesan cheese. Remove from the basket and allow to cool for 5 minutes before serving.

**TIP** If using frozen dough, allow frozen to sit and defrost before proofing. If using dough right from the refrigerator, PROOF for 1 hour at 95°F. See page 35 for more tips on dough.

**TIP** Create more customizable flavors by adding olives, cubed feta, fresh or sundried tomatoes or desired herbs before cooking.



Don't forget to add water or stock to create steam and cook your food.



# Easy Cookies & Cream Cake

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 45 MINUTES | **STEAM:** APPROX. 20 MINUTES

**BAKE:** 25 MINUTES | **MAKES:** 1 CAKE (8-10 SERVINGS)

**ACCESSORIES:** NINJA® MULTI-PURPOSE PAN\* (OR 8" ROUND BAKING PAN), BOTTOM DUAL-STACK RACK

## INGREDIENTS

3 cups water for steaming  
+  $\frac{3}{4}$  cup water, divided

Nonstick cooking spray

2 tablespoons all-purpose flour,  
for dusting

1 box (16 ounces) white cake mix

$\frac{3}{4}$  cup water, for cake batter

$\frac{1}{2}$  cup canola oil (or vegetable oil)

3 large eggs

1 container (14 ounces) whipped  
vanilla frosting

6 chocolate sandwich cookies,  
crushed

## DIRECTIONS



Pour 3 cups water into the pot. Spray the bottom of the Ninja Multi-Purpose Pan\* (or 8" round baking pan) with cooking spray and dust with flour.



To make the cake, place the cake mix,  $\frac{3}{4}$  cup water, oil, and eggs in a large bowl. Prepare according to the directions on the cake box. Pour the batter into the prepared pan.



Place the pan on the bottom rack, then place the rack in the pot. Close the lid and move slider to STEAMCRISP.



Select STEAM & BAKE, set temperature to 285°F, and set time to 25 minutes. Press START/STOP to begin cooking (PrE will display for approx. 20 minutes as the unit steams, then the timer will start counting down).



When cooking is complete, check doneness by inserting a wooden toothpick into the middle of the cake. If it comes out clean, remove the rack with the pan and let cool for at least 1 hour. If the toothpick comes out with moist crumbs stuck to it, continue to bake until the toothpick comes out clean.



When the cake has cooled, frost with the whipped vanilla frosting and top with crushed chocolate sandwich cookies.

**TIP** For more customizable cake options, reference the Cake Ninja Chart (page 36-37).



Don't forget to add water or stock to create steam and cook your food.

# Make a Steam & Crisp meal with Pasta

## 1. Start with the bottom layer

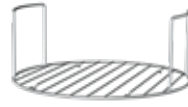
Add pasta and sauce to the pot and stir until combined.



PASTA 12-16-oz box	SAUCE
White pasta, uncooked	<b>Tomato sauce</b> 2 jars (24 oz each) marinara sauce 3 cups chicken or vegetable stock
Whole-wheat pasta, uncooked	<b>Blush sauce</b> 2 jars (24 oz each) marinara sauce 2 ½ cups chicken or vegetable stock 1 cup half & half
Gluten-free pasta, uncooked	<b>Creamy alfredo</b> 1 jar (16 oz) alfredo sauce 3 cups chicken stock 1 cup whole milk
	<b>Stock (plain pasta)</b> 4 cups chicken or vegetable
	<b>Water (sauceless)</b> 4 cups

## 2. Assemble middle layer

Cover the bottom rack with aluminum foil. Place the rack in the pot. Place prepared vegetables on top of the aluminum foil.



VEGETABLE 2 cups mix & match. Coat with 1 tbsp oil and season.
1 pint cherry tomatoes
3 zucchini, cut in half lengthwise
1 head (10 oz) broccoli, cut in half
3 bell peppers, cut in 1-inch strips
10 oz cauliflower florets
1 bunch asparagus, trimmed

## 3. Assemble top layer

Select a protein and season as desired. Place the top rack in the pot. Place protein on the rack. Close lid, move slider to STEAMCRISP, and select STEAM & CRISP. Set time and temperature based on protein. Add finishing touches as desired.



PROTEIN Fresh and frozen	SEASON	CRISPING TEMPERATURE & TIME	FINISHING TOUCHES
4 chicken breasts, boneless, skinless (6-8 oz each)	Italian seasoning	390°F for 10-15 minutes	When cooking is complete, add finishing touches by stirring cheese, spinach, arugula, or pesto into the pasta.
6 Italian sausages	Herbs de Provence	390°F for 8-10 minutes	
12 plant-based meatballs (fresh or frozen)	Lemon pepper seasoning	425°F for 5-10 minutes	
6 plant-based sausages	Seasoning salt	450°F for 5-10 minutes	
6 portobella mushroom caps, 6 (3 inches each) or 3 (4 inches each)	Garlic & herb seasoning	375°F for 10-15 minutes	
4 frozen chicken breasts, boneless skinless (6-8 oz each)	Seasoning of choice	450°F for 8-10 minutes	
4 frozen breaded eggplant cutlets		450°F for 7-10 minutes	
4 frozen breaded chicken breast cutlets (5 oz each)		375°F for 10-15 minutes	
12 frozen meatballs		400°F for 5-10 minutes	
6 frozen plant-based sausages		425°F for 2-5 minutes	
12 frozen jumbo shrimp			

**TIP** Marinate proteins up to 6 hours or buy them pre-marinated to save time.

**Too much pasta?** Cut the sauces in half with 8 oz of pasta: **Tomato Sauce:** 1 jar (24 oz) marinara sauce, 2 cups chicken stock  
**Creamy Alfredo:** 1 ½ cups chicken stock, 1 cup whole milk, 1 jar (15-oz ) alfredo sauce, ½ cup grated Parmesan cheese (stir in to thicken sauce after cooking is complete)

\*For thicker cuts of meat, add 2-3 minutes to cook time. Note that in doing this you may run the risk of overcooking the other meal components, so we recommend keeping meat thickness within the given guidelines.



# Make a Steam & Crisp meal with Grains

## 1. Start with the bottom layer

Add grain, water, and additional ingredients per box directions.



### GRAIN

2 cup white rice, rinsed 4 cups water or stock 2 tablespoons butter or oil
2 cups quinoa, rinsed 3 cups water or stock
2 cups Israeli couscous 3 cups water or stock 1 tablespoon butter or oil
1 cup Arborio rice 4 cups water or stock
1 cup instant brown rice 2 cups water or stock
Rice & beans, boxed Cajun-style rice, boxed Spanish-style rice, boxed Rice pilaf, boxed Add water, seasoning, and oil per box instructions

## 2. Assemble middle layer

Cover the bottom rack with aluminum foil. Place the rack in the pot. Place prepared vegetables on top of the aluminum foil.



### VEGETABLE

2 cups mix & match. Coat with 1 tbsp oil and season.

1 lb sweet potatoes, cut in 1-inch pieces
1 lb baby potatoes, cut in half
1 bunch asparagus, trimmed
2 small onions, peeled, cut in quarters
24 oz butternut squash, cut in cubes
10 oz cauliflower florets
3 parsnips, cut in 1-inch pieces
3 bell peppers, cut in 1-inch strips
1 head (10 oz) broccoli, cut in half
3 zucchini, cut in half lengthwise

## 3. Assemble top layer

Select a protein and season as desired. Place the top rack in the pot. Place protein on the rack. Close lid, move slider to STEAMCRISP, and select STEAM & CRISP. Set time and temperature based on protein. Add finishing touches as desired.



### PROTEIN

Fresh and frozen

4 chicken breasts, boneless, skinless (6-8 oz each)
6 Italian sausages
1 package seitan (8 oz), cut in 1-inch pieces
6 plant-based sausages
1 package tempeh (8 oz), cut in 1/4-inch strips or 1-inch cubes
6 portobella mushroom caps, 6 (3 inches each) or 3 (4 inches each)
4 frozen chicken breasts, boneless skinless (6-8 oz each)
4 frozen breaded eggplant cutlets
4 frozen breaded chicken breast cutlets (5 oz each)
12 frozen meatballs
6 frozen plant-based sausages
12 frozen jumbo shrimp

### SEASON

BBQ seasoning
Jerk seasoning
Seasoning salt
Garlic & herb seasoning
Fajita seasoning
Seasoning of choice
<b>TIP</b> Marinate proteins up to 6 hours or buy them pre-marinated to save time.

### CRISPING TEMPERATURE & TIME

390°F for 10-15 minutes
390°F for 8-10 minutes
425°F for 5-10 minutes
450°F for 5-10 minutes
375°F for 10-15 minutes
450°F for 8-10 minutes
450°F for 7-10 minutes
375°F for 10-15 minutes
400°F for 5-10 minutes
425°F for 2-5 minutes

### FINISHING TOUCHES

When cooking is complete, add finishing touches by stirring cheese, spinach, arugula or pesto into the grains.

# Bake a cake using your favorite cake batter and mix-ins

Don't forget to add water to create steam and cook your food.

## 1. Customize your cake

Mix and match cake mix, flavors, and mix-ins to get started.

CAKE MIX	ADD A FLAVOR optional	PICK A MIX-IN optional
White or yellow cake mix	1 teaspoon vanilla extract	1/2 cup shredded or toasted coconut
	1 teaspoon almond extract	
	1 teaspoon coconut extract	1/2 cup chopped nuts
	1 teaspoon lemon extract	
Chocolate cake mix	1 teaspoon mint extract	1/4 cup mini chocolate chips
	2 tablespoons concentrated espresso or coffee liquor	
	4-5 drops food coloring (Add red to chocolate for Red Velvet)	1/4 cup mini white chocolate chips
	1 teaspoon cinnamon	1/2 cup rainbow sprinkles
	1 teaspoon allspice	6 crushed chocolate sandwich cookies

## 2. Prepare batter & assemble

Prepare batter.  
Add 3 cups of water to the pot.  
Place the pan on the bottom rack, then place the rack in the pot.



### PREPARE BATTER

#### INGREDIENTS

Nonstick cooking spray  
4 tablespoons all-purpose flour, divided  
Boxed cake mix  
2 large eggs  
2 egg whites  
3/4 cup water  
1/2 cup canola or vegetable oil

#### DIRECTIONS

Spray the Ninja® Multi-Purpose Pan (or an 8-inch round baking pan) with cooking spray and dust with 2 tablespoons flour.  
Add the cake mix, and 2 tablespoons all-purpose flour to a large bowl and combine.  
In a separate large bowl, add 2 eggs, 2 egg whites, 3/4 cup water, and 1/2 cup oil. Combine.  
Combine the dry and wet ingredients, mix on low for 30 seconds. Then mix on medium for an additional 2 minutes and 30 seconds.  
If desired, add flavor and gently fold in mix-ins.  
Transfer batter to prepared baking pan.

## 3. Bake

Close the lid and move slider to the STEAMCRISP.  
Select STEAM & BAKE, set temperature to 285°F, and set time to 25 minutes.

### BAKE CAKE

When cooking is complete, check doneness by inserting a wooden toothpick into the middle of the cake.  
If it comes out clean, remove the rack with the pan and let cool for at least 1 hour.  
If the toothpick comes out with moist crumbs stuck to it, move the slider to STEAMCRISP, select STEAM & BAKE and set time to 10 minutes. Press START/STOP to continue cooking.  
After cooking is complete, remove the rack with the pan and let cool for 2 to 3 hours.

## 4. Frost, glaze or top your cake

When cake has cooled completely, remove from pan and place on a serving dish.

### PICK A FROSTING OR GLAZE

Pre-made frosting, sauce, or whipped topping

#### BASIC GLAZE

2 cups powdered sugar  
2 tablespoons butter, softened  
1 teaspoon extract of choice,  
3-4 tablespoons milk or half-and-half  
Whisk all ingredients together until desired consistency is achieved.

#### CHOCOLATE GANACHE

2 cups dark chocolate chips  
3/4 cup whipping cream  
1 tablespoon corn syrup (optional)  
In a microwave safe bowl, add dark chocolate chips and whipping cream and microwave on HIGH for 1 minute and 10 seconds. Whisk together until completely combined.

#### STRAWBERRY COMPOTE

1 pint strawberries, sliced  
2 tablespoons granulated sugar  
3 tablespoons lemon juice  
Add ingredients to a large bowl. Mash lightly until combined.

### FROST CAKE

**SINGLE LAYER CAKE**  
Place on serving dish.  
Frost, glaze or top with toppings of your choice.

#### 2 LAYER CAKE

Slice in half horizontally. Place 1 layer on a plate, rounded side down, and evenly cover with half of the frosting, glaze, or topping.  
Place second cake on top of the first, rounded side up and frost, glaze, or top.

#### WHOOPIE PIES

Slice in half horizontally. Place 1 cake layer on a serving plate, rounded side down, and frost.  
Place the second layer of the cake on top of the first, rounded side up and cover with ganache, powder sugar.

### PICK A TOPPING optional

1/2 cup shredded or toasted coconut

1/2 cup chopped nuts

1/4 cup mini chocolate chips

1/4 cup mini white chocolate chips

1/2 cup rainbow sprinkles

6 crushed chocolate sandwich cookies



# 5 keys to making the perfect dough



## PRECISE MEASUREMENTS

It's important that your measurements and ratios are as precise as possible.

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## TEMPERATURE

Temperature is a key factor to consider when making a dough. When recipes call for liquid ingredients to be at a specific temperature, it is very important to follow this instruction.

The best temperature for liquid ingredients is typically around 90-100°F. This temperature is ideal for instant yeast to dissolve, multiply, and feed—the process that leads to the perfect rise.

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## HUMIDITY

Excess humidity can result in overly wet dough, whereas a very dry environment can dry out your dough.

If your dough is too wet, try adding a tablespoon of flour at a time and mixing it in until the dough is no longer soggy.

If your dough is too dry, try adding a tablespoon of water at a time and mixing it in until the dough is smooth and soft.

The SteamCrisp Bread function gives breads a greater rise, retains moisture, and delivers the perfect color and crust. Baking is a science, and a recipe—in the professional world of baking—is referred to as a formula.



## TEXTURE

The texture of the dough may vary between recipes. A recipe may call for a soft and supple dough, a firm and tough dough, or a slightly wet and sticky one.

Regardless of which dough type the recipe calls for, the dough texture should visually appear smooth and held together (unless otherwise noted in the recipe).



You should be able to see that all ingredients are incorporated.



When transferring the dough, no ingredients should stick to the sides of the mixing bowl.

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## PROOFING

When it comes to proofing, there are a couple tricks for checking if a dough is fully proofed. The most accurate is the “poke test.”



PERFECTLY PROOFED

If you poke perfectly proofed dough with your finger, the indentation will hold its shape and disappear slowly. If more proofing is needed, the dough will spring back and not hold the indentation.

Besides the poke test, you can also judge the proofing by the size of the dough, which should double after proofing is complete.

# HAWAIIAN PULLED PORK SLIDERS

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 1 HOUR | **PRESSURE BUILD:** APPROX. 15 MINUTES

**COOK:** APPROX. 45 MINUTES | **PRESSURE RELEASE:** QUICK | **MAKES:** 16 SLIDERS

**ACCESSORIES:** FOODI® SMART THERMOMETER

## INGREDIENTS

2 1/2 pounds boneless pork shoulder  
1 cup prepared barbecue sauce, divided  
1 can (8 ounces) pineapple chunks, juice reserved  
1/4 cup water  
1 bag (16 ounces) shredded slaw mix  
2 tablespoons apple cider vinegar  
1/2 cup mayonnaise  
Kosher salt, as desired  
Ground black pepper, as desired  
16 potato slider rolls

## DIRECTIONS

- 1 Rub pork shoulder with 1/2 cup barbecue sauce. Then place pork shoulder, pineapple chunks and juice, and water in pot.
- 2 Place the Foodi Smart Thermometer in the center of the thickest part of the meat (see thermometer placement instructions on page 15). Close lid and move slider to PRESSURE. Make sure the pressure release valve is in the SEAL position.
- 3 The temperature will default to HIGH, which is the correct setting. Select PRESET and choose the PORK setting. Use the arrows to the left of the display to select SHRED. Select PRESSURE RELEASE and then select QUICK RELEASE. Press START/STOP to begin cooking
- 4 Meanwhile, place the slaw mix, apple cider vinegar, and mayonnaise in a large bowl and toss until fully combined. Season to taste with salt and pepper.
- 5 When cooking is complete and the steam is released, select START/STOP and move slider to either STEAMCRISP or AIR FRY/STOVETOP to unlock the lid, then carefully open it.
- 6 Add remaining barbecue sauce to pot and use silicone-tipped tongs to shred the pork.
- 7 On the bottom half of each bun, layer pulled pork and slaw. Place the top half of each bun on the sliders and serve warm.



# CARNITAS TACOS

INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **TOTAL COOK TIME:** 53 MINUTES | **PRESSURE BUILD:** APPROX. 15 MINUTES | **COOK:** 38 MINUTES  
**PRESSURE RELEASE:** QUICK | **MAKES:** 12 TACOS

## INGREDIENTS

3 pounds uncooked boneless pork shoulder, cut in 1-inch cubes  
9 cloves garlic, peeled, crushed  
Juice and zest of 1 orange  
2 teaspoons dried oregano (or 20 leaves fresh)  
Kosher salt, as desired  
Ground black pepper, as desired  
2 teaspoons chili powder  
1/2 large onion, peeled  
3/4 cup chicken stock or vegetable stock  
3 tablespoons raw agave nectar  
2 tablespoons fresh cilantro or parsley, chopped  
18 (6-inch) corn or flour tortillas, for serving

## TOPPINGS

Avocado, sliced  
Red onion, thinly sliced  
Hot sauce  
Sour cream  
Lime wedges

**TIP** Save remaining spice blend and use it for roasting vegetables or seasoning fish.

## DIRECTIONS

- 1 Place pork, garlic, orange juice and zest, oregano, salt, pepper, and chili powder in pot. Stir to combine.
- 2 Place onion and stock in pot. Close lid and move slider to PRESSURE. Make sure the pressure release valve is in the SEAL position.
- 3 The temperature will default to HIGH, which is the correct setting. Select QUICK RELEASE. Set time to 20 minutes. Select START/STOP to begin cooking (the unit will build pressure for approx. 15 minutes before cooking begins).
- 4 When cooking is complete and the pressure automatically releases, select START/STOP and move slider to AIR FRY/STOVETOP to unlock the lid, then carefully open it.
- 5 Use silicone-tipped tongs to remove onion from pot, keeping pork in the pot. Keep slider in the AIR FRY/STOVETOP position. Select SEAR/SAUTÉ and set to 4. Allow pork to simmer for 10 minutes, or until the liquid in pot is reduced, stirring occasionally.
- 6 Once liquid is reduced, stir agave nectar into the shredded pork. Close lid and keep slider in the AIR FRY/STOVETOP position. Select BROIL and set time to 8 minutes. Select START/STOP to begin cooking.
- 7 When cooking is complete, stir in cilantro or parsley and add salt if needed. Place carnitas into tortillas and assemble with your favorite toppings.

# PULLED PORK WITH CRISPY BISCUITS

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 70 MINUTES | **PRESSURE BUILD:** APPROX. 15 MINUTES | **COOK:** 55 MINUTES  
**PRESSURE RELEASE:** QUICK | **MAKES:** 6-8 SERVINGS

## INGREDIENTS

3 1/2 pounds uncooked boneless pork shoulder, fat trimmed, cut in 2-inch cubes  
1/4 cup barbecue seasoning  
2 tablespoons garlic powder  
Kosher salt, as desired  
1 1/2 cups apple cider vinegar  
1 can (6 ounces) tomato paste  
1 tube (16.3 ounces) refrigerated biscuit dough

## DIRECTIONS

- 1 Place pork, spices, and vinegar in the pot. Close lid and move slider to PRESSURE. Make sure the pressure release valve is in the SEAL position.
- 2 The temperature will default to HIGH, which is the correct setting. Select QUICK RELEASE. Set time to 35 minutes. Select START/STOP to begin cooking (the unit will build pressure for approx. 15 minutes before cooking begins).
- 3 When cooking is complete and the pressure automatically releases, select START/STOP and move slider to AIR FRY/STOVETOP to unlock the lid, then carefully open it.
- 4 Select SEAR/SAUTÉ and set to 4. Select START/STOP to begin cooking.
- 5 Add tomato paste and stir to incorporate. Allow pork to simmer for 10 minutes, or until the liquid has reduced by half. Stir occasionally, using a wooden spoon or silicone-tipped tongs to shred the pork.
- 6 Tear each uncooked biscuit so that it is in two halves, like a hamburger bun. Place biscuit halves evenly across the surface of the pork.
- 7 Close lid and keep slider in the AIR FRY/STOVETOP position. Select BAKE/ROAST, set temperature to 350°F, and set time to 10 minutes. Select START/STOP to begin cooking. Check after 8 minutes, cooking for an additional 2 minutes if biscuits need more browning.
- 8 When cooking is complete, serve immediately.

**TIP** Air Fry any leftover biscuit dough at 360°F for 8 to 10 minutes.





# PORK TENDERLOIN WITH AU GRATIN POTATOES

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **TOTAL COOK TIME:** 35 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 20 MINUTES  
**MAKES:** 4 SERVINGS | **ACCESSORIES:** TOP DUAL-STACK RACK

## INGREDIENTS

### LEVEL 1 (BOTTOM OF POT)

- 3 cups hot water
- 2 tablespoons butter
- 2 cups whole milk
- 2 boxes (8 ounces each) au gratin potatoes

### LEVEL 2 (TOP RACK)

- 2 pork tenderloins (1 pound each), marinated

## DIRECTIONS

- 1 Add hot water, butter, milk, and the au gratin potatoes sauce packets to the pot and stir until fully combined. Add the dried potatoes and mix until incorporated.
- 2 Place the top rack in the pot.
- 3 Place the pork tenderloins on top of the rack. Close the lid and move slider to STEAMCRISP.
- 4 Select STEAM & CRISP, set temperature to 365°F, and set time to 20 minutes. Press START/STOP to begin cooking (PrE will display for approx. 15 minutes as the unit steams, then the timer will start counting down).
- 5 When cooking is complete, carefully remove the rack with the tenderloins. Allow meat to rest for 5 minutes. For extra crispy potatoes, close the lid after removing the meat, increase the temperature to 400°F, set time to 5 minutes and continue to cook while the meat is resting.
- 6 After 5 minutes, slice the pork and serve with the potatoes.

# HAM & CHEESE TURNOVERS

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **TOTAL COOK TIME:** 35 MINUTES | **STEAM:** APPROX. 20 MINUTES | **BAKE:** 15 MINUTES  
**MAKES:** 2 TURNOVERS | **ACCESSORIES:** COOK & CRISP™ BASKET

## INGREDIENTS

- 1/2 cup water, for steaming
- 2 sheets frozen puff pastry dough, thawed
- 4 slices American cheese, cut in half
- 4 slices deli ham
- 1 tablespoon Dijon mustard, divided

## DIRECTIONS

- 1 Add 1/2 of cup water to the pot.
- 2 Lay the 2 sheets of puff pastry on top of each other. Remove the diffuser fin from the bottom of the Cook & Crisp Basket. Place the basket in the center of the dough and use it as a template to cut the pastry to size. Discard any excess dough. Separate the 2 circles.
- 3 Top half of each puff pastry circle with 2 slices of American cheese, 2 slices of ham, then the remaining 2 slices of cheese. Evenly spread the Dijon mustard on the top half. Fold the turnovers in half and press the edges together to seal closed.
- 4 Place the turnovers in the basket, then place the basket in the pot. Close the lid and move slider to STEAMCRISP.
- 5 Select STEAM & BAKE, set temperature to 350°F, and time to 15 minutes. Press START/STOP to begin cooking (PrE will display for approx. 20 minutes as the unit steams, then the timer will start counting down).
- 6 When cooking is complete, remove the basket. Allow turnovers to cool for 5 minutes before serving.



Don't forget to add water or stock to create steam and cook your food.

# BRATWURST WITH BEER-BRAISED CABBAGE

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 10 MINUTES  
**MAKES:** 6 SERVINGS | **ACCESSORIES:** TOP DUAL-STACK RACK

## INGREDIENTS

### LEVEL 1 (BOTTOM OF POT)

- 6 cups shredded green cabbage
- 1 small white onion, peeled, sliced
- 2 tablespoons apple cider vinegar
- ½ teaspoon granulated sugar
- 2 teaspoons kosher salt
- ½ cup lager beer
- ½ cup chicken stock

### LEVEL 2 (TOP RACK)

- 6 fresh bratwurst
- Whole grain mustard, as desired (optional)

## DIRECTIONS

- 1 Place all Level 1 ingredients in the pot and stir until combined.
- 2 Place the top rack in the pot, then place the bratwursts on the rack. Close the lid and move slider to STEAMCRISP position.
- 3 Select STEAM & CRISP, set temperature to 345°F, and set time to 10 minutes. Press START/STOP to begin cooking (PrE will display for approx. 15 minutes as the unit steams, then the timer will start counting down).
- 4 When cooking is complete, remove the rack with the bratwurst. Stir the cabbage and serve with bratwurst and mustard as desired.



# CAPRESE CHICKEN BREAST WITH PESTO ORZO

BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **TOTAL COOK TIME:** 35 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 20 MINUTES  
**MAKES:** 4 SERVINGS | **ACCESSORIES:** BOTTOM DUAL-STACK RACK, ALUMINUM FOIL

## INGREDIENTS

### LEVEL 1 (BOTTOM OF POT)

- 1 box (16 ounces) orzo pasta
- 4 cups chicken stock
- 2 cups water
- Kosher salt, as desired
- 1 jar (8 ounces) basil pesto, divided, set aside

### LEVEL 2 (BOTTOM RACK)

- 3 tablespoons basil pesto, divided
- 1 tablespoon canola oil
- 4 chicken breasts (6–8 ounces each)
- 1 Roma tomato, thinly sliced
- 4 slices fresh mozzarella cheese

## DIRECTIONS

- 1 Place the orzo, stock, water, and salt in the pot and stir to combine.
- 2 In a small bowl, combine 3 tablespoons pesto and canola oil. Evenly coat all sides of the chicken breasts with the mixture.
- 3 Cover the bottom rack with aluminum foil, then place the rack in the pot. Place the marinated chicken on top of the rack, then layer 2 slices of tomato and a slice of mozzarella cheese on each chicken breast. Close the lid and move slider to STEAMCRISP.
- 4 Select STEAM & CRISP, set temperature to 350°F, and set time to 20 minutes. Press START/STOP to begin cooking (PrE will display for approx. 15 minutes as the unit steams, then the timer will start counting down).
- 5 When cooking is complete, remove the rack with the chicken and set aside. Add the remaining pesto to the orzo and stir to combine. Serve warm with the chicken.

# SHREDDED CHICKEN LETTUCE WRAPS

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 39 MINUTES | **PRESSURE BUILD:** APPROX. 14 MINUTES | **COOK:** 25 MINUTES  
**MAKES:** 5 SERVINGS

## INGREDIENTS

1 bottle (11 ounces) prepared peanut sauce  
1 pinch crushed red pepper (optional)  
1 cup chicken stock  
2 pounds frozen chicken breasts  
2 cups thin rice noodles, cooked  
1 cup red cabbage, shredded  
1 cup carrots, peeled, trimmed, shredded  
1/2 red bell pepper, thinly sliced  
1/4 cup green onions, chopped  
1/2 cup dry-roasted peanuts, chopped  
1 head bibb lettuce, leaves separated

## DIRECTIONS

- 1 Place the peanut sauce, crushed red pepper, and chicken stock in the pot and stir until combined. Add the chicken breasts. Close the lid and move the slider to **PRESSURE**. Make sure the pressure release valve is in the **SEAL** position.
- 2 Select **PRESSURE**. The temperature will default to **HIGH**, which is the correct setting. Select **PRESSURE RELEASE** and then select **QUICK RELEASE**. Set time to 25 minutes, and press **START/STOP** to begin cooking (the unit will build pressure for approx. 14 minutes before cooking begins).
- 3 When cooking is complete and the steam is released, select **START/STOP** and move slider to either **STEAMCRISP** or **AIR FRY/STOVETOP** to unlock the lid, then carefully open it. Remove the chicken from the pot and use silicone-tipped tongs to shred it.
- 4 Assemble the lettuce wraps by layering rice noodles, shredded chicken, cabbage, carrots, red bell pepper, green onions, and chopped peanuts over each leaf of lettuce. Roll lettuce leaves into wraps and serve.

**TIP** If using fresh chicken breasts, cook for 17 minutes instead of 25 minutes.

# ADOBO SPICED CHICKEN THIGHS WITH SPANISH RICE & CORN ON THE COB

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 40 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 25 MINUTES  
**MAKES:** 4 SERVINGS | **ACCESSORIES:** DUAL-STACK RACKS, ALUMINUM FOIL

## INGREDIENTS

### LEVEL 1 (BOTTOM OF POT)

1 box (14 ounces) Spanish-style rice plus ingredients called for in rice box directions  
1 cup frozen vegetable medley

### LEVEL 2 (BOTTOM RACK)

4 fresh ears of corn

### LEVEL 3 (TOP RACK)

2 teaspoons garlic powder  
2 teaspoons cumin  
1 teaspoon cayenne pepper  
1 teaspoon oregano  
1 teaspoon sweet paprika  
Kosher salt, as desired  
Ground black pepper, as desired  
4 bone-in skin-on chicken thighs  
2 tablespoons canola oil

## DIRECTIONS

- 1 Place all Level 1 ingredients in the pot and stir until evenly combined.
- 2 Cover the bottom rack with aluminum foil, then place the rack in the pot. Place the corn on top of the foil.
- 3 Prepare the chicken seasoning by placing all the spices in a small bowl and stirring until fully combined.
- 4 Evenly coat the chicken thighs with oil, then generously cover both sides with the prepared seasoning.
- 5 Place the top rack in the pot. Place the chicken thighs on the top rack. Close the lid and move slider to **STEAMCRISP**.
- 6 Select **STEAM & CRISP**, set temperature to 375°F, and set time to 25 minutes. Press **START/STOP** to begin cooking (PrE will display for approx. 15 minutes as the unit steams, then the timer will start counting down).
- 7 When cooking is complete, remove the rack with the chicken, then the rack with the corn.
- 8 Stir the rice and serve warm with chicken thighs and corn on the cob.



# TERIYAKI GLAZED CHICKEN BREAST & RICE

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **MARINATE:** 30 MINUTES-1 HOUR | **TOTAL COOK TIME:** 35 MINUTES | **STEAM:** APPROX. 15 MINUTES  
**COOK:** 20 MINUTES | **MAKES:** 4 SERVINGS | **ACCESSORIES:** BOTTOM DUAL-STACK RACK, ALUMINUM FOIL

## INGREDIENTS

### LEVEL 1 (BOTTOM OF POT)

- 2 cups medium-grain white rice, rinsed (until water runs clear)
- 1 cup frozen vegetables (optional)
- 4 cups water
- 2 tablespoons butter (or canola oil)

### LEVEL 2 (BOTTOM RACK)

- 4 chicken breasts (6-8 ounces each)
- 1 cup teriyaki marinade, divided



## DIRECTIONS

- 1 Pour  $\frac{3}{4}$  cup marinade into a large resealable plastic bag. Add chicken breasts to the bag and seal. Rub the outside of the bag until the chicken is evenly coated with the marinade. Place chicken in the refrigerator to marinate for 30 minutes to 1 hour. Take it out of the refrigerator 15 minutes before cooking.
- 2 Place the rinsed rice, frozen veggies (optional), water, and butter in the pot and stir until evenly combined.
- 3 Cover the bottom rack with aluminum foil, then place the rack in the pot. Place the marinated chicken on top of the rack. Close the lid and move slider to STEAMCRISP.
- 4 Select STEAM & CRISP, set temperature to 390°F, and set time to 15 minutes. Press START/STOP to begin cooking (PrE will display for approx. 15 minutes as the unit steams, then the timer will start counting down).
- 5 When cooking is complete, remove the rack with the chicken. Stir the rice and serve with the chicken. Top with  $\frac{1}{4}$  cup reserved marinade.

# CHICKEN BREAST WITH SPINACH, TOMATOES & PESTO CREAM FARFALLE

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 32 MINUTES | **STEAM:** APPROX. 17 MINUTES | **COOK:** 15 MINUTES  
**MAKES:** 4 SERVINGS | **ACCESSORIES:** DUAL-STACK RACKS, ALUMINUM FOIL

## INGREDIENTS

### LEVEL 1 (BOTTOM OF POT)

- 1 box (16 ounces) dry farfalle pasta
- 3 cups chicken stock
- $\frac{1}{2}$  cup whole milk
- 1 jar (16 ounces) alfredo sauce
- 1 jar (7 ounces) basil pesto, set aside
- 1 bag (6 ounces) baby spinach, set aside

### LEVEL 2 (BOTTOM RACK)

- 1 pint cherry tomatoes
- 1 tablespoon canola oil
- Kosher salt, as desired
- Ground black pepper, as desired

### LEVEL 3 (TOP RACK)

- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Kosher salt, as desired
- Ground black pepper, as desired
- 1 tablespoon canola oil
- 4 fresh uncooked chicken breasts (7-8 ounces each)

### TOPPING (optional)

- $\frac{1}{4}$  cup shredded Parmesan cheese

## DIRECTIONS

- 1 Place all Level 1 ingredients, except pesto and baby spinach, in the pot and stir until fully combined.
- 2 Place all Level 2 ingredients in a medium bowl and toss until fully combined.
- 3 Cover the bottom rack with aluminum foil, then place the rack in the pot. Place the tomatoes on top of the foil.
- 4 Prepare the chicken seasoning by combining garlic powder, onion powder, salt, and pepper in a small bowl. Stir until fully combined.
- 5 Evenly coat the chicken breasts with oil, then generously cover both sides with the prepared seasoning.
- 6 Place the top rack in the pot. Place the chicken breasts on the top rack. Close the lid and move slider to STEAMCRISP.
- 7 Select STEAM & CRISP, set temperature to 375°F, and set time to 15 minutes. Press START/STOP to begin cooking (PrE will display for approx. 17 minutes as the unit steams, then the timer will start counting down).
- 8 When cooking is complete, remove the rack with the chicken, then the rack with the tomatoes.
- 9 Add the cooked tomatoes, pesto, and spinach to the pasta mixture and stir until the spinach begins to wilt.
- 10 Transfer the pasta to a serving dish, top with Parmesan cheese, and serve with chicken breasts.

# CHICKEN POT PIE

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 27 MINUTES | **PRESSURE BUILD:** APPROX. 6 MINUTES | **COOK:** 21 MINUTES  
**PRESSURE RELEASE:** QUICK | **MAKES:** 6 SERVINGS

## INGREDIENTS

1/2 stick (1/4 cup) unsalted butter  
1/2 large onion, peeled, diced  
1 large carrot, peeled, diced  
2 cloves garlic, peeled, minced  
2 pounds uncooked boneless skinless chicken breasts, cut in 1-inch cubes  
1 cup chicken broth  
1 stalk celery, diced  
1/2 cup frozen peas  
1 1/2 teaspoons fresh thyme, minced  
1 tablespoon fresh Italian parsley, minced  
Kosher salt, as desired  
Ground black pepper, as desired  
1/2 cup heavy cream  
1/4 cup all-purpose flour  
1 refrigerated store-bought pie crust, room temperature

## DIRECTIONS

- 1 Close lid and move slider to AIR FRY/STOVETOP. Select SEAR/SAUTÉ and set to 4I. Open lid and select START/STOP to begin preheating. Allow unit to preheat for 5 minutes.
- 2 After 5 minutes, add butter to pot. Once it melts, add onion, carrot, and garlic, and sauté until softened, about 3 minutes.
- 3 Add chicken and broth to the pot. Close lid and move slider to PRESSURE. Make sure the pressure release valve is in the SEAL position.
- 4 The temperature will default to HIGH, which is the correct setting. Select QUICK RELEASE. Set time to 5 minutes. Select START/STOP to begin cooking (the unit will build pressure for approx. 6 minutes before cooking begins).
- 5 When cooking is complete and the pressure automatically releases, move slider AIR FRY/STOVETOP.
- 6 Select SEAR/SAUTÉ and set to 4. Carefully open lid and select START/STOP to begin cooking. Add remaining ingredients to pot, except pie crust. Stir until sauce thickens and bubbles, about 3 minutes.
- 7 Lay pie crust evenly on top of the filling mixture, folding over edges if necessary. Make a small cut in center of pie crust so that steam can escape during baking.
- 8 Close lid and keep slider in the AIR FRY/STOVETOP position. Select BROIL and set time to 10 minutes. Select START/STOP to begin cooking.
- 9 When cooking is complete, remove pot from unit and place on a heat-resistant surface. Let rest 10 to 15 minutes before serving.

**TIP** If you don't have all the vegetables listed, you can substitute similar vegetables that you have on hand, like potatoes, frozen peas and carrots, and corn.



# BUFFALO MAC & CHEESE

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 28 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 13 MINUTES  
**MAKES:** 4 SERVINGS | **ACCESSORIES:** TOP DUAL-STACK RACK, ALUMINUM FOIL

## INGREDIENTS

### LEVEL 1 (BOTTOM OF POT)

- 4 cups water
- 2 boxes (7 ¼ ounces each) macaroni & cheese, cheese packets set aside
- ¼ cup whole milk, set aside

### LEVEL 2 (TOP RACK)

- 6–8 frozen chicken tenders
- 1 cup Buffalo sauce, set aside

## DIRECTIONS

- 1 Place water and macaroni in the pot (set aside the cheese packets). Stir to combine.
- 2 Cover the top rack with aluminum foil, then place the rack in the pot. Place the frozen chicken tenders on top of the rack. Close the lid and move slider to STEAMCRISP.
- 3 Select STEAM & CRISP, set temperature to 425°F, and set time to 13 minutes. Press START/STOP to begin cooking (PrE will display for approx. 15 minutes as the unit steams, then the timer will start counting down).
- 4 When cooking is complete, remove the rack with the chicken tenders. Add the cheese packets and milk to the cooked pasta. Stir until evenly combined.
- 5 Toss chicken tenders in Buffalo sauce and serve warm with mac & cheese.

# SALMON WITH RED QUINOA & STEAMED BRUSSELS SPROUTS

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 22 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 7 MINUTES  
**MAKES:** 4 SERVINGS | **ACCESSORIES:** DUAL-STACK RACKS, ALUMINUM FOIL

## INGREDIENTS

### LEVEL 1 (BOTTOM OF POT)

- 1 cup red quinoa
- 1 ½ cups water
- Kosher salt, as desired

### LEVEL 2 (BOTTOM RACK)

- 1 bag (12 ounces) frozen Brussels sprouts

### LEVEL 3 (TOP RACK)

- 4 fresh salmon fillets (6 ounces each)
- Kosher salt, as desired
- Ground black pepper, as desired
- Additional seasonings, as desired

## DIRECTIONS

- 1 Place all Level 1 ingredients in the pot and stir until evenly mixed.
- 2 Cover the bottom rack with aluminum foil, then place the rack in the pot. Place the Brussels sprouts on top of the foil. Place the top rack in the pot, then place the salmon fillets on the top rack and season as desired. Close the lid and move slider to STEAMCRISP.
- 3 Select STEAM & CRISP, set temperature to 450°F, and set time to 7 minutes. Press START/STOP to begin cooking (PrE will display for approx. 15 minutes as the unit steams, then the timer will start counting down).
- 4 When cooking is complete, carefully remove the rack with the salmon, then the rack with the Brussels sprouts.
- 5 Stir the quinoa and serve warm with salmon and Brussels sprouts.



# SHRIMP WITH EDAMAME & FRIED RICE

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **TOTAL COOK TIME:** 19 MINUTES | **STEAM:** APPROX. 12 MINUTES | **COOK:** 7 MINUTES  
**MAKES:** 4 SERVINGS | **ACCESSORIES:** DUAL-STACK RACKS, ALUMINUM FOIL

## INGREDIENTS

### LEVEL 1 (BOTTOM OF POT)

- 1 ½ cups water
- 1 tablespoon soy sauce
- 1 cup white rice, rinsed (until water runs clear)
- 1 cup frozen vegetable medley

### LEVEL 2 (BOTTOM RACK)

- 1 bag (12 ounces) frozen edamame in pods

### LEVEL 3 (TOP RACK)

- 1 box (10 ounces) frozen breaded shrimp

## DIRECTIONS

- 1 Place all Level 1 ingredients in the pot and stir until fully combined.
- 2 Cover the bottom rack with aluminum foil, then place rack in the pot. Place the edamame on top of the foil.
- 3 Place the top rack in the pot. Place the frozen shrimp on the top rack. Close the lid and move slider to STEAMCRISP.
- 4 Select STEAM & CRISP, set temperature to 450°F, and set time to 7 minutes. Press START/STOP to begin cooking (PrE will display for approx. 12 minutes as the unit steams, then the timer will start counting down).
- 5 When cooking is complete, remove the rack with the shrimp, then the rack with the edamame.
- 6 Transfer the rice to a serving dish and serve with edamame and fried shrimp.

# STEAK FAJITAS

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 26 MINUTES | **STEAM:** APPROX. 16 MINUTES | **COOK:** 10 MINUTES  
**MAKES:** 4 SERVINGS | **ACCESSORIES:** DUAL-STACK RACKS, ALUMINUM FOIL

## INGREDIENTS

### LEVEL 1 (BOTTOM OF POT)

- 1 package (6–8 ounces) dry seasoned rice and beans mix
- Amount of water called for in rice and beans mix instructions

### LEVEL 2 (BOTTOM RACK)

- 1 small red bell pepper, cut in ½-inch slices, seeds removed
- 1 small yellow bell pepper, cut in ½-inch slices, seeds removed
- 1 small orange bell pepper, cut in ½-inch slices, seeds removed
- 1 white onion, peeled, cut in ½-inch slices
- Kosher salt, as desired
- Ground black pepper, as desired

### LEVEL 3 (TOP RACK)

- 2 pounds skirt steaks or sirloin flaps, cut in 8-inch pieces, 1-inch thick
- 2 tablespoons canola oil
- 1 packet (1 ounce) fajita seasoning
- 2 tablespoons lime juice
- Ground black pepper, as desired

## TOPPING IDEAS

- 8 flour tortillas
- Salsa
- Avocado
- Sour cream
- Lime wedges

## DIRECTIONS

- 1 Place all Level 1 ingredients in the pot and stir until combined.
- 2 Place all Level 2 ingredients in a large bowl and stir until combined. Cover the bottom rack with aluminum foil, then place the rack in the pot. Place the peppers and onions on top of the foil. Place the top rack in the pot.
- 3 Place all Level 3 ingredients in a large bowl and stir until the steak is evenly coated. Place the steak on the top rack. It's ok if the pieces overlap—they will decrease in size as they cook. Close the lid and move slider to STEAMCRISP.
- 4 Select STEAM & CRISP, set temperature to 425°F, and set time to 10 minutes. Press START/STOP to begin cooking (PrE will display for approx. 16 minutes as the unit steams, then the timer will start counting down).
- 5 When cooking is complete, remove the rack with the steak, then the rack with the pepper mixture.
- 6 Let steak rest for 5 minutes. Stir the rice and beans and leave in the pot uncovered while steak rests. If there is water remaining in the pot, move the slider to AIR FRY/STOVETOP, select SEAR/SAUTÉ, and set temperature to 3 for 5 minutes, or until all water is absorbed.
- 7 Thinly slice steak. Assemble fajitas with steak, peppers, onions, and toppings of your choice. Serve with the rice and beans.

# ITALIAN BEEF SANDWICHES

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 1 HOUR 10 MINUTES | **PRESSURE BUILD:** 12 MINUTES | **SEAR/SAUTÉ:** 8 MINUTES  
**COOK:** 50 MINUTES | **MAKES:** 4 SERVINGS | **ACCESSORIES:** FOODI® SMART THERMOMETER

## INGREDIENTS

2 tablespoons canola oil  
2 1/2 pounds chuck roast  
1 1/2 cups beef stock  
4 small yellow onions, peeled, cut in quarters  
1 jar (16 ounces) whole pepperoncini peppers in liquid  
1 can (14 1/2 ounces) diced tomatoes  
8 slices pepper jack cheese  
2 baguettes (18 inches each), cut in half

## DIRECTIONS

- 1 Move slider to AIR FRY/STOVETOP. Select SEAR/SAUTÉ and set temperature to HI-5. Press START/STOP to preheat the unit. Place the Foodi Smart Thermometer in the center of the thickest part of the meat (see thermometer placement instructions on page 15).
- 2 When unit has preheated, add the canola oil and roast to the pot. Sear each side of the roast in the pot for about 4 minutes or until a crust is formed.
- 3 Add beef stock, onions, pepperoncini peppers, and diced tomatoes to the pot. Stir with a rubber or wooden spatula until combined. Gently scrape the bottom of the pot while stirring. After stirring, close the lid and move slider to the PRESSURE. Make sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE. The temperature will default to HIGH, which is the correct setting. Select PRESET. The unit will default to BEEF, which is the correct setting. Use the arrows to the left of the display to select SHRED. Select PRESSURE RELEASE and select QUICK. Then press START/STO to begin cooking (the unit will build pressure for approx. 12 minutes before cooking begins).
- 5 When cooking is complete and the steam is released, select START/STOP and move slider to either STEAMCRISP or AIR FRY/STOVETOP then carefully open the lid.
- 6 Use silicone-tipped tongs to shred the beef. Then assemble sandwiches, topping the shredded beef with sliced pepper jack cheese. Serve with a side of sauce from the pot for dipping.

**TIP** For extra flavor and crunch, add raw sliced green or red peppers, sliced mushrooms, or tomatoes.



# MEATLOAF WITH CHEDDAR MASHED POTATOES & HONEY CARROTS

INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **TOTAL COOK TIME:** 35 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 20 MINUTES  
**MAKES:** 4 SERVINGS | **ACCESSORIES:** BOTTOM DUAL-STACK RACK, ALUMINUM FOIL

## INGREDIENTS

### LEVEL 1 (BOTTOM OF POT)

- ¾ cups water
- ½ cup heavy cream
- 1 bag (24 ounces) baby yellow potatoes
- ¼ cup (½ stick) butter, cut in 4 pieces
- Kosher salt, as desired
- Ground black pepper, as desired
- 1 cup shredded cheddar cheese, set aside

### LEVEL 2 (BOTTOM RACK)

- 1 pound 80/20 ground beef
- 2 uncooked strips bacon, chopped (optional)
- 1 large egg
- ½ cup plain bread crumbs
- ½ cup shredded Parmesan cheese
- ½ cup ketchup, divided
- Kosher salt, as desired
- Ground black pepper, as desired
- 1-pound bag baby carrots
- 2 tablespoon honey, warmed
- 1 tablespoon extra-virgin olive oil

## DIRECTIONS

- 1 Place all Level 1 ingredients, except cheddar cheese, in the pot and stir until combined.
- 2 Place the ground beef, bacon (optional), egg, bread crumbs, Parmesan cheese, ¼ cup ketchup, salt, and pepper in a large bowl and mix until evenly combined. Form the mixture into two 4" x 2 ½" loaves, then brush the top of each loaf with 2 tablespoons ketchup.
- 3 Place the carrots, honey, oil, salt, and pepper in a large bowl and toss until evenly coated.
- 4 Cover the bottom rack with aluminum foil, then place the meatloaf on top of the foil in the center of the rack and surround with carrots. Place the rack in the pot. Close the lid and move slider to STEAMCRISP.
- 5 Select STEAM & CRISP, set temperature to 360°F, and set time to 20 minutes. Press START/STOP to begin cooking (PrE will display for approx. 15 minutes as the unit steams, then the timer will start counting down).
- 6 When cooking is complete, carefully remove the rack with the meatloaf and carrots.
- 7 Add the cheddar cheese to the potatoes, then use a potato masher or silicone spatula to mash the potatoes until smooth.
- 8 Serve the meatloaf with the potatoes and carrots.

# CREAMY MUSHROOM RISOTTO

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 10 MINUTES  
**MAKES:** 4 SERVINGS | **ACCESSORIES:** BOTTOM DUAL-STACK RACK, ALUMINUM FOIL

## INGREDIENTS

### LEVEL 1 (BOTTOM OF POT)

- 1 cup arborio rice
- 4 cups vegetable stock
- Kosher salt, as desired
- Ground black pepper, as desired
- 1 cup grated Parmesan cheese, divided, plus more for serving
- 2 tablespoons fresh parsley, chopped

### LEVEL 2 (BOTTOM RACK)

- 2 packages (8 ounces each) baby Bella mushrooms, remove stems, cut in quarters
- 1 tablespoon canola oil
- Kosher salt, as desired

## DIRECTIONS

- 1 Add the arborio rice, vegetable stock, salt, and pepper to the pot and stir until combined.
- 2 Place the mushrooms, canola oil, and salt in a large bowl and combine until the mushrooms are evenly coated.
- 3 Cover the bottom rack with aluminum foil, then place in the pot. Place the mushrooms on top of the foil. Close the lid and move slider to STEAMCRISP.
- 4 Select STEAM & CRISP, set temperature to 450°F, and set time to 10 minutes. Press START/STOP to begin cooking (PrE will display for approx. 15 minutes as the unit steams, then the timer will start counting down).
- 5 When cooking is complete, carefully remove the rack with the mushrooms. Add the mushrooms to the rice along with ½ cup Parmesan cheese and parsley and stir well to combine. If the mixture is too thick, stir in ¼ cup vegetable stock as needed.
- 6 Top risotto with remaining Parmesan cheese as desired and serve warm.





# MEDITERRANEAN CAULIFLOWER STEAKS WITH PEARLED COUSCOUS & CUCUMBER SALAD

BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 10 MINUTES  
**MAKES:** 2 SERVINGS | **ACCESSORIES:** TOP DUAL-STACK RACK

## INGREDIENTS

### LEVEL 1 (BOTTOM OF POT)

1 cup pearly couscous  
1 ¼ cups vegetable stock  
1 tablespoon olive oil  
1 ½ tablespoons Mediterranean spice blend, divided  
Kosher salt, as desired  
Ground black pepper, as desired

### LEVEL 2 (TOP RACK)

1 head cauliflower, cut in 2 steaks, 1-inch thick  
2 tablespoons canola oil

### CUCUMBER AND TOMATO SALAD (FOR SERVING)

3 Persian cucumbers, sliced  
2 heaping cups cherry tomatoes, cut in half  
½ small red onion, peeled, diced  
1 tablespoon fresh parsley, chopped  
1 tablespoon lemon juice  
3 tablespoons Greek-style dressing  
Kosher salt, as desired  
Ground black pepper, as desired

## DIRECTIONS

- 1 Place the couscous, vegetable stock, olive oil, ½ tablespoon Mediterranean seasoning, salt, and pepper in the pot and stir to combine.
- 2 Rub the cauliflower steaks with canola oil, then season with remaining Mediterranean spice blend, salt, and pepper. Place the top rack in the pot.
- 3 Place the cauliflower steaks on top of the rack. Close the lid and move slider to STEAMCRISP.
- 4 Select STEAM & CRISP, set temperature to 450°F, and set time to 10 minutes. Press START/STOP to begin cooking (PrE will display for approx. 15 minutes as the unit steams, then the timer will start counting down).
- 5 Meanwhile, add all cucumber salad ingredients to a medium bowl and toss until combined.
- 6 When cooking is complete, remove the rack with the cauliflower steaks and stir the couscous. Serve the couscous with cauliflower steaks and cucumber salad.

**TIP** Gluten sensitive? Replace couscous with 1 cup of quinoa and 1 ½ cups of stock and cook as instructed.

# BUILD YOUR OWN CALZONES

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **PROOF:** 20 MINUTES | **TOTAL COOK TIME:** 35 MINUTES | **STEAM:** APPROX. 5 MINUTES  
**BAKE:** 30 MINUTES | **MAKES:** 2 CALZONES | **ACCESSORIES:** NINJA\* MULTI-PURPOSE PAN\* (OR 8" ROUND BAKING PAN), BOTTOM DUAL-STACK RACK, COOK & CRISP™ BASKET

## INGREDIENTS

¼ cup water, for steaming

### DOUGH

1 store-bought pizza dough (16 ounces), divided and rolled into 2 balls

### SAUCE OPTIONS (¼ cup per calzone, divided)

Marinara  
Pesto  
Alfredo  
Buffalo

### CHEESES (mix and match, divided)

⅓ cup shredded mozzarella  
¼ cup shredded Parmesan  
3 tablespoons ricotta  
3 tablespoons goat cheese  
2 tablespoons feta  
2 tablespoons blue cheese

### FILLINGS (¼ cup, mix and match, divided)

Sliced pepperoni  
Sliced onion  
Cooked spinach, water pressed out  
Cooked mushrooms  
Sliced tomatoes  
Cooked sausage  
Diced bell peppers  
Black olives



Don't forget to add water or stock to create steam and cook your food.

## DIRECTIONS

- 1 Add ¼ cup water to the pot. Place the Ninja Multi-Purpose Pan\* (or 8" round baking pan) on top of the bottom rack, then place the rack in the pot. Place the dough balls in the pan. Close the lid and move the slider to AIR FRY/STOVETOP. Select PROOF, set temperature to 95°F, and set time to 30 minutes. Press START/STOP to begin proofing.
- 2 Once proofing is complete, carefully remove the rack and pan. Place the dough balls on a clean work surface and roll into 8-inch rounds.
- 3 To assemble calzones, add 2 tablespoons of desired sauce to half of each dough round, leaving a 1-inch border. Add desired cheese, fillings, and remaining 2 tablespoons of sauce.
- 4 Wet edges of dough with water and fold the dough over the toppings. Firmly press the edges of the dough to seal. Cut 3 vents on the top of each calzone.
- 5 Carefully transfer each calzone to the Cook & Crisp Basket with the flat sides touching in the center. Place the basket in the pot and close the lid. Move slider to the STEAMCRISP.
- 6 Select STEAM & CRISP, set temperature to 340°F, and set time to 30 minutes. Press START/STOP to begin (PrE will display for approx. 5 minutes as the unit steams, then the timer will start counting down).
- 7 When cooking is complete, remove calzones and enjoy warm.

\*The Ninja Multi-Purpose Pan is sold separately on [ninjaaccessories.com](http://ninjaaccessories.com).



# PEPPERONI PIZZA PASTA BAKE

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 43 MINUTES | **PRESSURE BUILD:** APPROX. 15 MINUTES | **COOK:** 18 MINUTES  
**PRESSURE RELEASE:** DELAYED 10 MINUTES | **MAKES:** 6-8 SERVINGS

## INGREDIENTS

- 1 large onion, peeled, cut in half, sliced in half-moon shapes
- 2 tablespoons extra-virgin olive oil
- Kosher salt, as desired
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- Ground black pepper, as desired
- 1/4 teaspoon crushed red pepper
- 6 large cloves garlic, peeled, minced
- 1 can (28 ounces) peeled San Marzano tomatoes
- 1 can (28 ounces) San Marzano tomato puree
- 1 cup red wine
- 2 cups chicken stock
- 1 pepperoni sausage (about 8 inches), cut in small pieces
- 1 box (16 ounces) dry rigatoni pasta
- 4 cups shredded mozzarella cheese, divided
- 1 package (6 ounces) thin-sliced pepperoni

## DIRECTIONS

- 1 Close lid and move slider to AIR FRY/STOVETOP. Select SEAR/SAUTÉ and set to 4. Open lid and select START/STOP to begin preheating. Allow unit to preheat for 5 minutes.
- 2 After 5 minutes, place onion and olive oil in the pot. Cook for 2 minutes, then add salt, oregano, basil, black pepper, and crushed red pepper. Continue cooking, stirring occasionally, until onions are lightly browned and translucent, about 5 minutes.
- 3 Add remaining ingredients, except mozzarella and pepperoni slices, to pot. Close lid and move slider to PRESSURE. Make sure the pressure release valve is in the SEAL position.
- 4 The temperature will default to HIGH, which is the correct setting. Select DELAYED RELEASE. Set time to 6 minutes. Select START/STOP to begin cooking (the unit will build pressure for approx. 15 minutes before cooking begins).
- 5 When pressure cooking is complete, the unit will naturally release pressure for 10 minutes. After 10 minutes, quick release any remaining pressure by moving the pressure release valve to the VENT position. Select START/STOP and move slider to either STEAMCRISP or AIR FRY/STOVETOP to unlock the lid, then carefully open it.
- 6 Stir the sauce with a wooden spoon, crushing tomatoes in the process.
- 7 Cover pasta evenly with 3 cups mozzarella. Lay pepperoni across mozzarella. Sprinkle remaining mozzarella over pepperoni.
- 8 Close crisping lid. Select AIR FRY, set temperature to 400°F, and set time to 5 minutes. Select START/STOP to begin cooking.
- 9 When cooking is complete, serve immediately.





# CREAMY TOMATO SOUP WITH GRILLED CHEESE CROUTONS

BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **TOTAL COOK TIME:** 38 MINUTES | **PRESSURE BUILD:** APPROX. 13 MINUTES | **COOK:** 25 MINUTES  
**PRESSURE RELEASE:** QUICK | **MAKES:** 6-8 SERVINGS

## INGREDIENTS

2 tablespoons canola oil  
2 white onions, peeled, diced  
8 cloves garlic, peeled, minced  
1 can (14 ounces) crushed tomatoes  
1 can (28 ounces) tomato puree  
2 cups heavy cream  
1/2 cup water  
Kosher salt, as desired  
2 tablespoons Worcestershire sauce  
1/2 teaspoon crushed red pepper  
1/2 crusty French baguette, sliced in 16 rounds  
1/2 cup shredded mozzarella cheese  
1/2 cup shredded Parmesan cheese

**TIP** If you don't have a crusty French baguette, use lightly toasted sliced bread instead.

## DIRECTIONS

- 1 Close lid and move slider to AIR FRY/STOVETOP. Select SEAR/SAUTÉ and set to 4. Open lid and select START/STOP to begin preheating. Allow unit to preheat for 5 minutes.
- 2 Add canola oil, onions, and garlic to pot. Cook, stirring occasionally, for 5 minutes.
- 3 Add crushed tomatoes, tomato puree, heavy cream, water, salt, Worcestershire sauce, and crushed red pepper to pot. Continue cooking for another 5 minutes.
- 4 Close lid and move slider to PRESSURE. Make sure the pressure release valve is in the SEAL position. The temperature will default to HIGH, which is the correct setting. Select QUICK RELEASE. Set time to 10 minutes. Select START/STOP to begin cooking (the unit will build pressure for approx. 13 minutes before cooking begins).
- 5 When cooking is complete and the pressure automatically releases, select START/STOP and move slider to either STEAMCRISP or AIR FRY/STOVETOP to unlock the lid, then carefully open it.
- 6 Lay bread slices evenly across the top of the soup. Top bread slices liberally with both mozzarella and Parmesan cheeses.
- 7 Close lid and keep slider in the AIR FRY/STOVETOP position. Select BROIL and set time to 5 minutes. Select START/STOP to begin cooking.
- 8 When cooking is complete, serve immediately.



# ROOT VEGETABLE MEDLEY

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **STEAM:** APPROX. 10 MINUTES | **COOK:** 20 MINUTES  
**MAKES:** 4 SERVINGS | **ACCESSORIES:** COOK & CRISP™ BASKET

## INGREDIENTS

1 cup water, for steaming  
3 carrots, peeled, cut in 2-inch pieces  
2 parsnips, peeled, cut in 2-inch pieces  
3 small red potatoes, cut in quarters  
3 small purple potatoes, cut in quarters  
1 sweet potato, cut in 1-inch pieces  
1 tablespoon garlic, chopped  
1 tablespoon rosemary, chopped  
2 tablespoons extra-virgin olive oil  
Kosher salt, as desired  
Ground black pepper, as desired



## DIRECTIONS

- 1 Add 1 cup of water to the pot.
- 2 Place the remaining ingredients in a large bowl and toss until the vegetables are evenly coated with oil.
- 3 Place vegetables in the Cook & Crisp Basket and place the basket in the pot. Close the lid and move slider to STEAMCRISP.
- 4 Select STEAM & CRISP, set temperature to 390°F, and set time to 20 minutes. Press START/STOP to begin cooking (PrE will display for approx. 10 minutes as the unit steams, then the timer will start counting down).
- 5 After 10 minutes, open the lid and toss the vegetables. Close the lid to continue cooking.
- 6 When cooking is complete, remove the basket from the pot and serve vegetables immediately.



Don't forget to add water or stock to create steam and cook your food.

# TWICE-BAKED POTATOES

INTERMEDIATE RECIPE ●●○

**PREP:** 5 MINUTES | **TOTAL COOK TIME:** 43 MINUTES | **STEAM:** APPROX. 8 MINUTES | **COOK:** 35 MINUTES  
**MAKES:** 4 SERVINGS | **ACCESSORIES:** BOTTOM DUAL-STACK RACK

## INGREDIENTS

1 cup water, for steaming  
4 medium Russet potatoes, poked several times with a fork  
1 cup shredded cheddar, divided  
½ cup sour cream  
¼ cup bacon bits

## DIRECTIONS

- 1 Add 1 cup water to the pot, then place the bottom rack in the pot.
- 2 Place the Foodi Smart Thermometer in the center of the largest potato. Place the potatoes on the rack. Close the lid and move slider to STEAMCRISP.
- 3 Press STEAM & CRISP, set temperature to 400°F, then select MANUAL. Use the arrows to the left of the display to select 200°F. Press START/STOP to begin cooking (PrE will display for approx. 8 minutes as the unit steams, then the timer will start counting down).
- 4 When cooking is complete, remove the potatoes and allow to cool for about 5 minutes. Make a 2-inch cut on the top of each potato. Scoop out the inside contents and transfer to a large bowl, leaving the skins intact.
- 5 Add ½ cup of shredded cheddar, sour cream, bacon bits, salt, and pepper to the bowl and mash until fully mixed with the potatoes.
- 6 Stuff the potato mixture back inside the potato skins, then sprinkle the stuffed skins with the remaining shredded cheddar. Place the stuffed potatoes on the rack in the pot. Close the lid and move slider to the AIR FRY/STOVETOP.
- 7 Select BROIL, set temperature to 450°F, and time to 5 minutes. Press START/STOP to begin broiling.
- 8 When cooking is complete, remove the twice-baked potatoes and serve warm.

**TIP** Swap in American cheese for cheddar cheese.



Don't forget to add water or stock to create steam and cook your food.

# CRUSTY BREAD

INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **TOTAL COOK TIME:** 35 MINUTES | **PROOF:** 50 MINUTES (FIRST RISE) & 50 MINUTES (SECOND RISE)  
**STEAM:** APPROX. 5 MINUTES | **COOK:** 30 MINUTES | **MAKES:** 2 DOUGH BALLS | **ACCESSORIES:** COOK & CRISP™ BASKET, NONSTICK SILICONE BAKING MAT (OR PARCHMENT PAPER)

## INGREDIENTS

4 leveled cups all-purpose flour, divided  
2 ½ teaspoons instant yeast  
1 ¾ cups water, lukewarm, divided

1½ teaspoons kosher salt  
2½ tablespoons extra-virgin olive oil  
Nonstick cooking spray

## DIRECTIONS

- 1 In a stand mixer or large mixing bowl, combine 3 ½ cups flour, yeast, 1 ½ cup lukewarm water, salt, and olive oil. Knead until a smooth, sticky dough forms. If necessary, add extra flour ½ tablespoon at a time. Remove dough from bowl and knead by hand until dough becomes less sticky.
- 2 Cut dough into 2 equal sized portions. Reserve 1 dough ball for the recipe. Place the remaining ball in a sealed container with headspace and store in the refrigerator for up to 3 days.
- 3 Line the Cook & Crisp Basket with a nonstick silicone baking mat (or parchment paper), and spray with nonstick cooking spray. Transfer dough to basket.
- 4 Place the basket in the pot. Close the lid, then move the slider to AIR FRY/STOVE STOP.
- 5 Select PROOF, set temperature to 95°F, and set time to 50 minutes. Press START/STOP to begin the first rise. When the rise is complete, remove the basket.
- 6 Add remaining ¼ cup water to the pot. Deflate the dough by gently pressing on it, then reshape it into a ball. Transfer the dough to the basket, then place the basket in the pot. Close the lid.
- 7 Select PROOF, set temp to 95°F, and set time to 50 minutes. Press START/STOP to begin the second rise. After 30 minutes, check the dough to make sure it has doubled in size. If it has not doubled in size, close the lid and continue proofing for the remaining 20 minutes. Once complete, close the lid and move slider to STEAMCRISP.
- 8 Select STEAM & CRISP, set temperature to 350°F, and set time to 20 minutes. Press START/STOP to begin cooking (PrE will display for approx. 5 minutes as the unit steams, then the timer will start counting down).
- 9 When cooking is complete, the surface of the bread will be crusty and brown. Carefully remove the basket from the pot. Allow the bread to cool on a rack for about 30 minutes before serving.



Don't forget to add water or stock to create steam and cook your food.

**TIP** To cook the extra dough, remove from the refrigerator and follow steps 6–9.



# CRISPY TOFU BITES WITH CHILI-GARLIC & HOISIN DIPPING SAUCE

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **TOTAL COOK TIME:** 23 MINUTES | **STEAM:** APPROX. 8 MINUTES | **COOK:** 15 MINUTES  
**MAKES:** 4 SERVINGS | **ACCESSORIES:** COOK & CRISP™ BASKET

## INGREDIENTS

- 1 block (16 ounces) extra-firm tofu, packed in water, drained, patted dry, cut in 1-inch cubes
- 2 tablespoons cornstarch
- Canola oil spray
- 1/2 cup water, for steaming
- 1/3 cup prepared hoisin sauce
- 1 tablespoon prepared chili-garlic sauce

## DIRECTIONS

- 1 In a large bowl, add the cubed tofu and cornstarch. Toss until the tofu is fully coated. Then evenly spray tofu with canola oil.
- 2 Add 1/2 cup water to the pot. Spray the Cook & Crisp Basket with canola oil spray, then place the basket in the pot. Add the tofu to the basket, spreading it evenly across the basket. Close the lid and move slider to STEAMCRISP.
- 3 Select STEAM & CRISP, set temperature to 390°F, and set time to 15 minutes. Press START/STOP to begin cooking (PrE will display for approx. 8 minutes as the unit steams, then the timer will start counting down).
- 4 While the tofu cooks, whisk together the hoisin and chili-garlic sauces in a small bowl.
- 5 When the cooking is complete, remove the basket from pot. Serve warm with chili-garlic hoisin dipping sauce.

**TIP** For even crispier, crunchier results, wrap whole block of tofu in paper towels and press for 30 minutes under a 5-pound weight, rewrapping tofu with fresh paper towels every 10 minutes.



Don't forget to add water or stock to create steam and cook your food.

# BEEF JERKY

BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **MARINATE:** 8 HOURS | **DEHYDRATE:** 6 HOURS | **MAKES:** 4 CUPS (8 OUNCES) DRIED JERKY  
**ACCESSORIES:** DUAL-STACK RACKS

## INGREDIENTS

- 1/4 cup soy sauce
- 2 tablespoons Worcestershire sauce
- 2 tablespoons dark brown sugar
- 1 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 2 teaspoons kosher salt
- 1 1/2 pounds beef eye of round, sliced 1/4-inch thin

## DIRECTIONS

- 1 In a large bowl, prepare the marinade by whisking together all ingredients except the beef. Then place the marinade and beef slices in a large resealable plastic bag.
- 2 Massage the outside of the bag to work the marinade over all parts of the beef, then place the bag in the refrigerator for 8 hours or more to marinate.
- 3 After marinating, pour the meat and marinade into a colander in the sink. Push the beef around to allow excess marinade to drain.
- 4 Place the bottom rack in the pot. Lay half of the beef slices flat on the rack. Place the top rack in the pot. Lay the remaining beef slices flat on the top rack. Make sure none of the slices are touching one another.
- 5 Close the lid and move the slider to AIR FRY/STOVETOP. Select DEHYDRATE, set temperature to 165°F, and set time to 6 hours. Press START/STOP to begin cooking.
- 6 When cooking is complete, remove the racks with the jerky. Store in an airtight container.



**TIP** For chewier jerky, set Dehydrate time to 5 hours.



# CORNERED BEEF HASH

BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **TOTAL COOK TIME:** 30-35 MINUTES | **MAKES:** 4-6 SERVINGS

## INGREDIENTS

1/2 pound pre-cooked corned beef, diced  
2 tablespoons vegetable oil  
1 white onion, peeled, finely chopped  
1 bell pepper, finely chopped  
2 medium baking potatoes, peeled, diced  
Ground black pepper, as desired  
3 teaspoons kosher salt, divided  
4-6 large eggs  
Hot sauce, for serving



## DIRECTIONS

- 1 Close lid and move slider to AIR FRY/STOVE TOP. Select SEAR/SAUTÉ and set to HI-5. Open lid and select START/STOP to begin preheating. Allow unit to preheat for 5 minutes.
- 2 After 5 minutes, add corned beef to pot and sauté for 5 minutes, or until fat has rendered.
- 3 Add oil, onion, bell pepper, and potatoes to pot. Season with black pepper and 2 teaspoons salt. Sauté for 5 to 10 minutes, until onion is translucent and bell pepper has softened. Then let the hash mixture cook for another 5 minutes, without stirring, so a crust forms on the bottom.
- 4 After 5 minutes, stir mixture. Then let cook for another 5 minutes, without stirring.
- 5 Crack eggs onto the surface on the hash and season with remaining salt. Close lid and keep slider in the AIR FRY/STOVETOP position. Select BROIL and set time to 10 minutes. Select START/STOP to begin. Check eggs frequently, cooking until desired doneness is achieved.
- 6 When cooking is complete, serve eggs and hash immediately with hot sauce.

# SCALLION & BACON MASHED POTATOES

INTERMEDIATE RECIPE ●●○

**PREP:** 20 MINUTES | **TOTAL COOK TIME:** 41 MINUTES | **PRESSURE BUILD:** APPROX. 18 MINUTES | **COOK:** 23 MINUTES  
**PRESSURE RELEASE:** QUICK | **MAKES:** 4-6 SERVINGS

## INGREDIENTS

5 medium russet potatoes, peeled, cut in quarters  
2 sweet onions, peeled, thinly sliced  
4 cloves garlic, peeled  
1 stick (1/2 cup) butter  
1 cup heavy cream  
1 1/2 cups whole milk  
Kosher salt, as desired  
2 cups green cabbage, shredded  
1/2 cup bacon bits, for serving  
1/2 cup scallions, sliced, for serving

## DIRECTIONS

- 1 Place potatoes, onions, garlic, butter, heavy cream, milk, and salt in the pot. Close lid and move slider to PRESSURE. Make sure the pressure release valve is in the SEAL position.
- 2 The temperature will default to HIGH, which is the correct setting. Select QUICK RELEASE. Set time to 20 minutes. Select START/STOP to begin cooking (the unit will build pressure for approx. 18 minutes before cooking begins).
- 3 When cooking is complete and the pressure automatically releases, select START/STOP and move slider to either STEAMCRISP or AIR FRY/STOVETOP to unlock the lid, then carefully open it.
- 4 Mash potatoes, using a mashing utensil that won't scratch the nonstick surface of the pot.
- 5 Close lid and keep slider in the AIR FRY/STOVETOP position. Select SEAR/SAUTÉ and set to LOW. Open lid and select START/STOP to begin cooking.
- 6 Add cabbage and stir to combine. Sauté for 3 minutes, stirring continuously.
- 7 When cooking is complete, top mashed potatoes with bacon bits and scallions. Serve immediately.

**TIP** This side dish goes great with pork chops or corned beef.

# STUFFED PEPPERS

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 49 MINUTES | **PRESSURE BUILD:** APPROX. 9 MINUTES | **COOK:** 30 MINUTES  
**PRESSURE RELEASE:** DELAYED 10 MINUTES | **MAKES:** 6 SERVINGS

## INGREDIENTS

1 tablespoon garlic powder  
Ground black pepper, as desired  
1 tablespoon ground cinnamon  
1/2 teaspoon ground cloves  
Kosher salt, as desired  
3 tablespoons paprika  
1 1/2 teaspoons ground cumin  
1 pound uncooked ground beef  
1 small onion, peeled, finely chopped  
1 cup brown rice  
1 cup chicken stock  
1/4 cup dry white wine  
7 large bell peppers, seeds and stems removed, tops chopped  
1 cup whole cashews, chopped  
1/2 cup fresh parsley, chopped

## DIRECTIONS

- 1 In a small mixing bowl, stir together the garlic powder, black pepper, cinnamon, cloves, salt, paprika, and cumin; set aside.
- 2 Add beef, onion, rice, stock, wine, and 2 tablespoons spice mix to the pot, breaking meat apart. Close lid and move slider to PRESSURE. Make sure the pressure release valve is in the SEAL position.
- 3 The temperature will default to HIGH, which is the correct setting. Select DELAYED RELEASE. Set time to 10 minutes. Select START/STOP to begin cooking (the unit will build pressure for approx. 9 minutes before cooking begins).
- 4 When pressure cooking is complete the unit will naturally release pressure for 10 minutes. After 10 minutes, quick release any remaining pressure by moving the pressure release valve to the VENT position. Select START/STOP and move slider to either STEAMCRISP or AIR FRY/STOVETOP to unlock the lid, then carefully open it.
- 5 Stir meat mixture, then add chopped pepper tops, cashews, fresh parsley, and salt. Use a rubber or wooden spoon to stuff mixture into the 7 bell peppers.
- 6 Place stuffed peppers in the pot. Close lid and keep slider in the AIR FRY/STOVETOP position. Select BAKE/ROAST, set temperature to 360°F, and set time to 15 minutes. Select START/STOP to begin cooking.
- 7 When cooking is complete, serve immediately.

# UPSIDE-DOWN LOADED CHICKEN NACHOS

ADVANCED RECIPE ●●●

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 45 MINUTES | **PRESSURE BUILD:** APPROX. 12 MINUTES | **COOK:** 25 MINUTES  
**PRESSURE RELEASE:** QUICK | **MAKES:** 8 SERVINGS

## INGREDIENTS

6 frozen boneless skinless chicken breasts (8-12 ounces each)  
2 jars (16 ounces) red salsa  
1 can (14 ounces) refried beans  
Kosher salt, as desired  
1/4 cup taco seasoning  
1/4 bag (4 ounces) tortilla chips, divided  
1 1/2 bags (12 ounces) Mexican cheese blend, divided

## TOPPINGS

Guacamole  
Sour cream  
Fresh scallions, sliced

## DIRECTIONS

- 1 Place frozen chicken and salsa in the pot. Close lid and move slider to PRESSURE. Make sure the pressure release valve is in the SEAL position.
- 2 The temperature will default to HIGH, which is the correct setting. Select QUICK RELEASE. Set time to 20 minutes. Select START/STOP to begin cooking (the unit will build pressure for approx. 20 minutes before cooking begins).
- 3 When cooking is complete and the pressure automatically releases, select START/STOP and move slider to either STEAMCRISP or AIR FRY/STOVETOP to unlock the lid, then carefully open it.
- 4 Use silicone-tipped tongs to shred the chicken in the pot. Add the refried beans, salt, and taco seasoning and stir well to incorporate.
- 5 Arrange half the tortilla chips evenly on top of the chicken mixture, then cover chips with half the cheese. Repeat with a second layer of the remaining tortilla chips topped with the remaining cheese.
- 6 Close lid and keep slider in the AIR FRY/STOVETOP position. Select AIR FRY, set temperature to 360°F, and set time to 5 minutes. Select START/STOP to begin cooking. For crispier results, add additional time.
- 7 When cooking is complete, garnish nachos with guacamole, sour cream, and scallions and serve.

# MAPLE PECAN SWEET POTATOES

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 32 MINUTES | **STEAM:** APPROX. 7 MINUTES | **COOK:** 25 MINUTES  
**MAKES:** 4 SERVINGS | **ACCESSORIES:** COOK & CRISP™ BASKET

## INGREDIENTS

- 1/2 cup water, for steaming
- 2 1/2 pounds sweet potatoes, cut in 1-inch pieces
- 1 tablespoon canola oil
- 1 cup pecans, chopped

## TOPPINGS

- 5 tablespoons butter, melted
- 1/4 cup maple syrup
- 1/2 teaspoon ground cinnamon
- Kosher salt, as desired
- 1/4 teaspoon cayenne pepper (optional)

## DIRECTIONS

- 1 Pour the 1/2 cup water into the pot.
- 2 Toss the sweet potatoes with oil in a medium bowl until evenly coated. Place the potatoes in the Cook & Crisp Basket and place the basket in the pot. Close the lid and move slider to STEAMCRISP.
- 3 Select STEAM & CRISP, set temperature to 450°F, and set time to 25 minutes. Press START/STOP to begin cooking (PrE will display for approx. 7 minutes as the unit steams, then the timer will start counting down).
- 4 After 15 minutes, open the lid, toss the sweet potatoes, and sprinkle with chopped pecans. Close the lid to continue cooking.
- 5 Place all topping ingredients in a medium bowl and mix until fully combined.
- 6 When cooking is complete, remove basket from pot. Transfer sweet potatoes to the bowl with the topping mixture and gently mix until potatoes are evenly coated. Serve warm.

# SPINACH & ARTICHOKE DIP

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 21 MINUTES | **STEAM:** APPROX. 6 MINUTES | **COOK:** 15 MINUTES  
**MAKES:** 12 SERVINGS | **ACCESSORIES:** NINJA® MULTI-PURPOSE PAN (OR 8" ROUND BAKING PAN), BOTTOM DUAL-STACK RACK

## INGREDIENTS

- 1 cup water, for steaming
- 1 package (12 ounces) cream cheese, softened
- 3/4 cup sour cream
- 3/4 cup mayonnaise
- 1/2 cup grated Parmesan cheese
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon black pepper
- 1 package (10 ounces) frozen chopped spinach, defrosted, strained
- 2 cans (14 ounces each) quartered artichoke hearts, strained
- Pita chips or crackers (for dipping)

## DIRECTIONS

- 1 Add 1 cup water to the pot.
- 2 In a large bowl, add the cream cheese, sour cream, mayonnaise, Parmesan cheese, and spices and combine until smooth. Add the spinach and artichoke hearts and stir until well combined. Transfer mixture to the Ninja Multi-Purpose Pan\* (or 8" round baking pan).
- 3 Place the pan on the bottom rack, then place the rack in the pot. Close the lid and move slider to STEAMCRISP.
- 4 Select STEAM & CRISP, set temperature to 350°F, and set time to 15 minutes. Press START/STOP to begin cooking (PrE will display for approx. 6 minutes as the unit steams, then the timer will start counting down).
- 5 When cooking is complete and the dip is bubbling and browned, remove the rack with the pan. Serve warm with pita chips or crackers.



Don't forget to add water or stock to create steam and cook your food.



Don't forget to add water or stock to create steam and cook your food.



# BANANA BREAD

BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **TOTAL COOK TIME:** 50 MINUTES | **STEAM:** APPROX. 20 MINUTES | **BAKE:** 30 MINUTES  
**MAKES:** 8-10 SERVINGS | **ACCESSORIES:** NINJA® LOAF PAN (OR 8 1/2" X 4 1/2" X 3" LOAF PAN), BOTTOM DUAL-STACK RACK

## INGREDIENTS

3 cups water, for steaming  
Nonstick cooking spray  
1 1/4 cups all-purpose flour, plus more for dusting  
3/4 cup over-ripe banana, mashed (approx. 2 bananas)  
1/4 cup canola oil  
1/4 cup milk  
1 large egg  
1/2 teaspoon vanilla extract  
1/2 cup + 2 tablespoons granulated sugar  
1/2 teaspoons ground cinnamon  
1/2 teaspoon baking soda  
1/2 teaspoon kosher salt  
1 teaspoon baking powder

**TIP** For more customizable flavor, add 1/4 cup chopped nuts, chocolate chips, shredded coconut, or dried fruit in step 2.

To make this a pumpkin bread recipe, substitute 3/4 cup canned pumpkin for banana.

Reference the Cake Ninja Chart (page 36-37) for frosting and glaze recipes.

**TIP** If using boxed quick breads or muffin mixes, use the ingredients listed on the box while following this recipe's directions for time, temperature, and pan.

## DIRECTIONS

- 1 Add 3 cups of water to the pot, then spray the bottom of the Ninja Loaf Pan with nonstick spray and dust with flour.
- 2 In a large bowl, whisk together the bananas, oil, milk, egg, vanilla, and sugar until smooth. Stir in the remaining ingredients until the mixture is evenly combined into a batter.
- 3 Pour the batter into the prepared loaf pan. Use a butter knife to create a subtle line down the center of the bread.
- 4 Place the pan on the bottom rack, then place the rack in the pot. Close the lid and move slider to STEAMCRISP.
- 5 Select STEAM & BAKE, set temperature to 300°F, and set time to 30 minutes. Select START/STOP to begin cooking (PrE will display for approx. 20 minutes as the unit steams, then the timer will start counting down).
- 6 When cooking is complete, remove the rack and pan and allow to cool for about 30 minutes before slicing.

\*The Ninja Loaf Pan is sold separately on [ninjaaccessories.com](http://ninjaaccessories.com).



# CHOCOLATE CHIP SKILLET COOKIE

BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **COOK:** 21 MINUTES | **MAKES:** 4-6 SERVINGS | **ACCESSORIES:** NINJA® MULTI-PURPOSE PAN\* (OR 8" ROUND BAKING PAN), BOTTOM DUAL-STACK RACK

## INGREDIENTS

1 cup + 2 tablespoons all-purpose flour  
1/2 teaspoon baking soda  
1/2 teaspoon kosher salt  
1 stick (1/2 cup) unsalted butter, softened,  
plus more for greasing  
1/3 cup granulated sugar  
1/3 cup packed brown sugar  
1/2 teaspoon vanilla extract  
1 large egg  
1/2 cup semi-sweet chocolate chips  
1/2 cup chopped walnuts, pecans, or almonds, optional  
Nonstick cooking spray



## DIRECTIONS

- 1 Close the lid and move slider to the AIR FRY/STOVETOP. Preheat the pot by selecting BAKE/ROAST, setting temperature to 325°F, and setting time to 5 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, prepare the cookie dough by placing the flour, baking soda, and salt in a large bowl. Stir until fully combined.
- 3 In a separate large bowl, beat together the butter, sugars, and vanilla extract until creamy. Add the egg and beat until smooth and fully incorporated into the mixture.
- 4 Slowly add the dry ingredients to the wet ingredients, 1/3 cup at a time, and use an electric mixer to combine. Use a rubber spatula to scrape down the sides of the bowl so all dry ingredients are incorporated. Make sure not to over-mix the dry ingredients, or the cookies will become dense when baked.
- 5 Stir the chocolate chips and nuts into the dough until they are evenly distributed.
- 6 Spray the Ninja Multi-Purpose Pan\* (or 8" round baking pan) with cooking spray, then add the cookie dough, pressing down to make sure it is evenly distributed.
- 7 Place the pan on the bottom rack. When the pot has preheated, place the rack with pan in the pot. Close the lid and make sure the slider is still in the AIR FRY/STOVETOP.
- 8 Select BAKE/ROAST, set temperature to 325°F, and set time to 21 minutes. Select START/STOP to begin cooking.
- 9 When cooking is complete, remove the rack with the pan and let cool for 5 minutes, then serve warm with ice cream or other toppings of your choice.

# BREAD PUDDING WITH BOURBON SAUCE

INTERMEDIATE RECIPE ●●○

**PREP:** 20 MINUTES | **TOTAL COOK TIME:** 40 MINUTES | **STEAM:** APPROX. 20 MINUTES | **BAKE:** 20 MINUTES  
**MAKES:** 8 SERVINGS | **ACCESSORIES:** NINJA® MULTI-PURPOSE PAN\* (OR 8" ROUND BAKING PAN),  
BOTTOM DUAL-STACK RACK

## INGREDIENTS

2 cups water, for steaming  
Nonstick cooking spray


## BREAD PUDDING

4 large eggs  
1 1/2 cups cream  
1 1/2 cups whole milk  
1 teaspoon vanilla extract  
1/2 cup granulated sugar  
1 teaspoon ground cinnamon  
1/2 teaspoon kosher salt  
1 loaf (1 pound) stale brioche bread,  
cut in 1-inch pieces

## BOURBON SAUCE

4 tablespoons butter  
1/2 cup granulated sugar  
1/4 cup brown sugar  
3/4 cup heavy cream  
1/2 cup bourbon  
1/4 teaspoon kosher salt

**TIP** Refrigerate any leftovers. To reheat, pour 1/2 cup water into the pot. Place the bread pudding in the pan, then place the pan on the bottom layer of the rack and place in the pot. Use the STEAM & CRISP function at 315°F for 6 minutes.

 Don't forget to add water or stock to create steam and cook your food.

## DIRECTIONS

- 1 Add 2 cups water to the pot, then spray the bottom of the Ninja Multi Purpose pan with nonstick cooking spray.
- 2 Whisk eggs, cream, milk, and vanilla in a large bowl until fully combined. Combine sugar, cinnamon, and salt in a small bowl, then add to the wet ingredients and mix until fully combined. Add brioche pieces and toss until evenly coated. Let sit for 5 to 10 minutes.
- 3 Place brioche mixture in the prepared pan and press into an even layer. Bread should be fully saturated with liquid. If more liquid is needed, pour 1/4 cup more cream over bread. Place pan on the bottom rack, then place the rack in the pot. Close the lid and move slider to STEAMCRISP.
- 4 Select STEAM & BAKE, set temperature to 335°F, and time to 20 minutes. Press START/STOP to begin cooking (PrE will display for approx. 20 minutes as the unit steams, then the timer will start counting down).
- 5 When cooking is complete, carefully remove the rack with the pan. Allow to cool and set for 20 to 30 minutes. Carefully empty any remaining water from the pot.
- 6 To make the bourbon sauce, move the slider to AIR FRY/STOVETOP, select SEAR/SAUTÉ, and set temperature to 2.
- 7 Add butter to the pot and stir until melted, then add remaining sauce ingredients (be extra cautious when adding the bourbon, as it could flare). Whisk until sugar is dissolved and sauce thickens, approx. 5 minutes. Transfer sauce to a bowl and allow to cool for 5 minutes.
- 8 Cut bread pudding into slices and drizzle with bourbon sauce. Serve warm.

# VANILLA CHEESECAKE WITH BERRY SAUCE

INTERMEDIATE RECIPE ●●○

**PREP:** 25 MINUTES | **TOTAL COOK TIME:** 55 MINUTES | **STEAM:** APPROX. 20 MINUTES | **BAKE:** 35 MINUTES  
**MAKES:** 1 CHEESECAKE (8-10 SERVINGS) | **ACCESSORIES:** NONSTICK SILICONE BAKING MAT (OR PARCHMENT PAPER), NINJA® MULTI-PURPOSE PAN\* (OR 8" ROUND BAKING PAN), BOTTOM DUAL-STACK RACK

## INGREDIENTS

### CRUST

- 1 cup graham cracker crumbs
- 2 tablespoons granulated sugar
- 5 tablespoons unsalted butter, melted
- 1/8 teaspoon kosher salt

### FILLING

- 2 pounds room temperature cream cheese
- 1 cup granulated sugar
- 1/2 cup sour cream
- 3 large eggs, room temperature
- 2 teaspoons vanilla extract

### BERRY SAUCE

- 3/4 cup water
- 4 cups frozen mixed berries
- 1/4 cup granulated sugar

**TIP** For easy removal from pan soak bottom of pan in hot water after chilling and before slicing.

## DIRECTIONS

- 1 Place all the crust ingredients in a large bowl and mix until fully combined. Transfer the mixture to the lined Ninja Multi-Purpose Pan\* (or 8" round baking pan) and press into an even layer on the bottom and sides of the pan. Make the crust on the bottom thicker than on the sides.
- 2 Place the cream cheese, sour cream, and sugar and sugar in a large bowl and whip until smooth. Add the eggs and vanilla and continue to mix until fully combined. If using a hand or stand mixer, use a medium speed to avoid over-beating the eggs. Pour the filling over the crust.
- 3 Add the berry sauce ingredients to the pot and stir until evenly combined.
- 4 Place the pan on the bottom rack, then place the rack in the pot. Close the lid and move slider to STEAMCRISP.
- 5 Select STEAM & BAKE, set temperature to 250°F, and set time to 35 minutes. Press START/STOP to begin cooking (PrE will display for approx. 20 minutes as the unit steams, then the timer will start counting down).
- 6 When cooking is complete, the cheesecake will still be jiggly in the center. Remove the rack with the pan and allow to cool for about 30 minutes. Refrigerate the cheesecake for at least 3 hours to give it a firmer texture before serving.
- 7 Take the cheesecake out the refrigerator, slice with a wet knife, and serve with the berry sauce.

# CINNAMON BUNS

BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **TOTAL COOK TIME:** 40 MINUTES | **STEAM:** APPROX. 20 MINUTES | **BAKE:** 20 MINUTES  
**MAKES:** 24 BUNS | **ACCESSORIES:** NINJA® MULTI-PURPOSE PAN\* (OR 8" ROUND BAKING PAN), BOTTOM DUAL-STACK RACK

## INGREDIENTS

- 3 cups water, for steaming
- Nonstick cooking spray

### CINNAMON BUNS

- 1 tablespoon cinnamon
- 1/2 cup dark brown sugar
- 3 tubes (8 ounces each) crescent sheet dough
- 1 stick (4 ounces) butter, melted

### GLAZE

- 3 cups powdered sugar
- 3 tablespoons butter, melted
- 3 teaspoons vanilla extract
- 1/4 cup whole milk

## DIRECTIONS

- 1 Pour the 3 cups of water into the pot. Spray the bottom of the Ninja Multi-Purpose Pan (or 8" round baking pan) with cooking spray, avoid\*ing the sides.
- 2 Combine the brown sugar and cinnamon in a small bowl.
- 3 Lay one sheet of crescent dough on a flat, clean work surface. Generously brush the dough with melted butter, then sprinkle with 3 tablespoons of the cinnamon-sugar mixture. Roll the dough into a log and slice into 8 equal pieces.
- 4 Place the pieces close together, cut side up, in the prepared pan.
- 5 Repeat steps 3 and 4 with the remaining crescent dough, melted butter, and cinnamon-sugar mixture.
- 6 Place the pan on the bottom rack, then place the rack in the pot. Close the lid and move slider to STEAMCRISP.
- 7 Select STEAM & BAKE, set temperature to 325°F, and set time to 20 minutes. Press START/STOP to begin cooking (PrE will display for approx. 20 minutes as the unit steams, then the timer will start counting down).
- 8 While the cinnamon buns are cooking, add the glaze ingredients to a large bowl and whisk until well combined.
- 9 When cooking is complete, remove the rack with the pan and let cool for at least 5 minutes.
- 10 Drizzle the glaze over the cinnamon buns, then serve them warm.



Don't forget to add water or stock to create steam and cook your food.



# Steam & Crisp Chart

Steaming & Crisping is a great way to get food that has a crispy exterior but is juicy inside. Before placing the food and accessory into the unit, ensure that you've added water to the bottom of the cooking pot. This is important to ensure that steam will be produced and get you those delicious results you desire.



 Don't forget to add water or stock to create steam and cook your food.


**NOTE:** Steam will take approximately 8-12 minutes to build.

INGREDIENT	AMOUNT	PREPARATION	OIL <i>optional</i>	WATER	ACCESSORY	TEMP	COOK TIME	FLIP/SHAKE <i>optional</i>	
<b>VEGETABLES</b>									
Acorn squash	1	Cut in half, placed face down	1 tbsp	½ cup	Cook & Crisp™ Basket	390°F	15 mins	10 mins	
Beets	2½ lbs	Cut in 1-in pieces	1 tbsp	½ cup	Cook & Crisp Basket	400°F	30-35 mins	10 mins	
Broccoli	1 head	Whole, remove stem	1 tbsp	½ cup	Cook & Crisp Basket	425°F	15-20 mins		
Brussels sprouts	2 lbs	Cut in half, trim ends	2 tbsp	½ cup	Cook & Crisp Basket	450°F	20-25 mins	15 mins	
Carrots	2½ lbs	Cut in 1-in pieces	1 tbsp	½ cup	Cook & Crisp Basket	400°F	22-28 mins	10 mins	
Cauliflower	1 head	Whole, remove stem	1 tbsp	½ cup	Cook & Crisp Basket	425°F	23-25 mins		
Parsnip	2½ lbs	Cut in 1-in pieces	1 tbsp	½ cup	Cook & Crisp Basket	400°F	30-35 mins	20 mins	
Potatoes, russet	2 lbs	Cut in 1-inch wedges	1 tbsp	½ cup	Cook & Crisp Basket	450°F	25-30 mins	20 mins	
	2 lbs	Hand-cut fries, soak 30 mins in cold water then pat dry	1 tbsp	½ cup	Cook & Crisp Basket	450°F	30-35 mins	25 mins	
	4	Whole (medium), poked several times with a fork			1 cup	Cook & Crisp Basket	400°F	30-35 mins	
		Whole (large), poked several times with a fork			1 cup	Cook & Crisp Basket	400°F	40-48 mins	
	2½ lbs	Cut in 1-inch pieces	1 tbsp	½ cup	Cook & Crisp Basket	450°F	30-35 mins	20 mins	
Spaghetti squash	1 small squash	Cut in half, remove seeds, puncture with fork about 10 times	1 tbsp	2 cups	Bottom Dual-Stack Rack	375°F	25-30 mins		
Sweet potatoes	2½ lbs	Cut in 1-in pieces	1 tbsp	½ cup	Cook & Crisp Basket	450°F	30-35 mins	10 mins	
<b>FRESH BEEF</b>									
Roast beef	2-3 lbs	None	2 Tbsp	1 cup	Bottom Dual-Stack Rack	365°F	45 minutes for Medium Rare		
Tenderloin	2-3 lbs	None	2 Tbsp	1 cup	Bottom Dual-Stack Rack	365°F	25-30 minutes for Medium Rare		

# Steam & Crisp Chart, continued

Steaming & Crisping is a great way to get food that has a crispy exterior but is juicy inside. Before placing the food and accessory into the unit, ensure that you've added water to the bottom of the cooking pot. This is important to ensure that steam will be produced and get you those delicious results you desire.



 Don't forget to add water or stock to create steam and cook your food.

**NOTE:** Steam will take approximately 8-12 minutes to build.

INGREDIENT	AMOUNT	PREPARATION	OIL <i>optional</i>	WATER	ACCESSORY	TEMP	COOK TIME	FLIP/SHAKE <i>optional</i>
<b>POULTRY</b>								
Whole chicken	5-7 lbs	Trussed	Brushed with oil	1 cup	Cook and Crisp™ Basket	365°F	60-80 mins	
Turkey drumsticks	2 lbs	None	Brushed with oil	1 cup	Cook and Crisp Basket	400°F	32-38 mins	
Turkey breast	1 (3-5 lbs)	None	Brushed with oil	1 cup	Cook and Crisp Basket	365°F	45-55 mins	
Chicken breasts (boneless)	4 breasts, 6-8 oz each	Brush with oil	2 tbsp	½ cup	Top Dual-Stack Rack	385°F	15-20 mins	
Chicken breasts (bone in, skin on)	4 breasts, ¾-1 ½ lbs each	Brush with oil	2 tbsp	½ cup	Top Dual-Stack Rack	375°F	20-25 mins	
Chicken thighs (bone in)	4 thighs, 6-10 oz each	Brush with oil	2 tbsp	½ cup	Top Dual-Stack Rack	400°F	20-25 mins	
Chicken thighs (boneless)	6 thighs, 4-8 oz each	Brush with oil	2 tbsp	½ cup	Top Dual-Stack Rack	375°F	15-18 mins	
Chicken drumsticks	2 lbs	Brush with oil	2 tbsp	½ cup	Cook & Crisp Basket	425°F	20-25 mins	15 mins
Hand-breaded chicken breasts	4 breasts, 6 oz each			½ cup	Top Dual-Stack Rack	385°F	18-20 mins	
Chicken wings	1 lb (approx. 21 pieces)			½ cup	Cook & Crisp Basket	450°F	20-25 mins	
<b>PORK</b>								
Fresh pork tenderloins	2 (1 lb each)	None	2 Tbsp	1 cup	Bottom Dual-Stack Rack	375°F	25-30 mins	
Pork loin	1 (2 lbs)	None	2 Tbsp	1 cup	Bottom Dual-Stack Rack	365°F	35-40 mins	
Spiral ham, bone in	1 (3 lbs)	None	2 Tbsp	1 cup	Bottom Dual-Stack Rack	325°F	45-50 mins	
Pork chops, boneless	4 chops, 6-8 oz each		2 tbsp	½ cup	Cook & Crisp Basket	385°F	20-25 mins	
Pork chops (bone in, thick cut)	2 chops, 10-12 oz each		2 tbsp	½ cup	Cook & Crisp Basket	375°F	25-30 mins	
<b>FISH</b>								
Cod	4 fillets, 6 oz each		1 tbsp	½ cup	Top Dual-Stack Rack	450°F	9-12 mins	
Salmon	4 fillets, 6 oz each		1 tbsp	¼ cup	Top Dual-Stack Rack	450°F	7-10 mins	
Scallops	1 lb (approx. 21 pieces)		1 tbsp	¼ cup	Top Dual-Stack Rack	400°F	4-6 mins	

# Steam & Crisp Chart, continued

Steaming & Crisping is a great way to get food that has a crispy exterior but is juicy inside. Before placing the food and accessory into the unit, ensure that you've added water to the bottom of the cooking pot. This is important to ensure that steam will be produced and get you those delicious results you desire.



 Don't forget to add water or stock to create steam and cook your food.

**NOTE:** Steam will take approximately 8-12 minutes to build.

INGREDIENT	AMOUNT	PREPARATION	OIL <i>optional</i>	WATER	ACCESSORY	TEMP	COOK TIME	FLIP/SHAKE <i>optional</i>
<b>FROZEN BEEF</b>								
Frozen NY Strip Steak	2 steaks, 10-14 oz each	2 tbsp canola oil, salt, pepper		¾ cup	Bottom Dual-Stack Rack	400°F	22-28 mins	20 mins
Frozen pork chops, boneless	4, 6-8 oz each		2 tbsp	½ cup	Top Dual-Stack Rack	375°F	15-20 mins	
<b>FROZEN FISH</b>								
Frozen Salmon	4 fillets, 6 oz each		2 tbsp	½ cup	Top Dual-Stack Rack	450°F	11-15 mins	
Frozen Shrimp	18 shrimp, 1 lb		2 tbsp	½ cup	Cook & Crisp Basket	450°F	2-5 mins	
Frozen Cod	4 fillets, 6 oz each		2 tbsp	½ cup	Top Dual-Stack Rack	450°F	10-15 mins	
Frozen Lobster tails	4		2 tbsp	½ cup	Top Dual-Stack Rack	450°F	5-7 mins	
<b>FROZEN PORK</b>								
Frozen pork tenderloins	2 (1 lb each)	None	2 Tbsp	1½ cups	Bottom Dual-Stack Rack	365°F	30-35 mins	
Pork loin	1 (2 lbs)	None	2 Tbsp	None	Bottom Dual-Stack Rack	360°F	37-40 mins	
Frozen pork chops, boneless	4, 6-8 oz each		2 tbsp	½ cup	Top Dual-Stack Rack	375°F	15-20 mins	
Frozen Pork Chops, bone-in, thick cut	2, 10-12 oz each		2 tbsp	¾ cup	Top Dual-Stack Rack	365°F	23-28 mins	
Frozen Italian sausages	6 uncooked		2 tbsp	½ cup	Top Dual-Stack Rack	375°F	10-12 mins	
<b>FROZEN PREPARED FOODS</b>								
Dumplings/Pot stickers	16 oz bag		2 tbsp	½ cup	Cook & Crisp Basket	400°F	12-16 mins	8 mins
Ravioli	25 oz bag		2 tbsp	½ cup	Cook & Crisp Basket	385°F	12-16 mins	
Eggrolls	10 oz pkg			½ cup	Cook & Crisp Basket	400°F	15-20 mins	

 Don't forget to add water or stock to create steam and cook your food.



# TenderCrisp® Chart

PROTEIN	AMOUNT	ACCESSORY	WATER	PRESSURE COOK	PRESSURE RELEASE	
Whole chicken	1 chicken (6-7 lbs)	Cook & Crisp™ Basket	1 cup	High for 40 mins	After quick release, move slider to AIR FRY/STOVETOP position and open lid.	Air Fry at 400°F for 15 mins
St. Louis ribs	1 rack, cut in quarters	Cook & Crisp Basket	1 cup	High for 19 mins, quick release		Air Fry at 400°F for 10-15 mins
Frozen chicken breasts	2 breasts (6-8 oz each)	Top Dual-Stack Rack	1 cup	High for 10 mins, quick release	Pat protein dry with paper towel, brush with oil or sauce and season as desired.	Broil for 10 mins
Frozen New York strip steaks	2 steaks (12 oz each)	Top Dual-Stack Rack	1 cup	High for 1 min, quick release		Broil for 8-10 mins
	2 steaks (14 oz each)	Top Dual-Stack Rack	1 cup	High for 2 mins, quick release		Broil for 8-10 mins
Frozen New York strip steaks	2 steaks (16 oz each)	Top Dual-Stack Rack	1 cup	High for 3 mins, quick release	Close lid and continue to cook as instructed.	Broil for 8-10 mins
	Frozen chicken wings	1 lb	Cook & Crisp Basket	1 cup		High for 5 mins, quick release
Frozen pork chops	4 chops (6-8 oz each)	Top Dual-Stack Rack	1 cup	High for 2 mins, quick release		Air Fry at 400°F for 8-12 mins
Frozen jumbo shrimp	28 uncooked, peeled, deveined	Dual-Stack Racks (with shrimp on both racks)	1 cup	High for 0 mins, quick release		Air Fry at 400°F for 5 mins



Don't forget to add water or stock to create steam and cook your food.

# Pressure Cook Chart

**TIP** Use hot water for pressure cooking to build pressure quicker.



**Don't forget to add water or stock to create steam and cook your food.**

**TIPS** When freestyling with foods in these charts, keep the following tips in mind:

**If food volume increases and size stays the same** (e.g., increasing from one to two 1-lb pork tenderloins), cook time should remain the same.

**If food size increases** (e.g., increasing from a 2-lb pork shoulder to a 5-lb one), the cook time must increase.

**The amount of water can remain the same for all food volumes**—but always use at least 1 cup water so the unit can build pressure.

INGREDIENT	WEIGHT	PREPARATION	WATER	ACCESSORY	PRESSURE	TIME	RELEASE
<b>POULTRY</b>							
Chicken breasts	2 lbs	Bone in	1 cup	N/A	High	15 mins	Quick
	6 small or 4 large (about 2 lbs)	Boneless	1 cup	N/A	High	8-10 mins	Quick
Chicken breasts (frozen)	4 large (2 lbs)	Boneless	1 cup	N/A	High	25 mins	Quick
Chicken thighs	8 thighs (4 lbs)	Bone in/skin on	1 cup	N/A	High	20 mins	Quick
	8 thighs (2 lbs)	Boneless	1 cup	N/A	High	20 mins	Quick
Chicken, whole	4-5 lbs	Bone in/legs tied	1 cup	Cook & Crisp™ Basket	High	25-30 mins	Quick
Turkey breast	1 breast (6-8 lbs)	Bone in	1 cup	N/A	High	40-50 mins	Quick
<b>GROUND MEAT</b>							
Ground beef, pork, or turkey	1-2 lbs	Ground (not in patties)	1 cup	N/A	High	5 mins	Quick
Ground beef, pork, or turkey (frozen)	1-2 lbs	Frozen, ground (not in patties)	1 cup	N/A	High	20-25 mins	Quick
<b>RIBS</b>							
Pork baby back	2 1/2-3 1/2 lbs	Cut in thirds	1 cup	N/A	High	20 mins	Quick
<b>ROASTS</b>							
Beef brisket	3-4 lbs	Whole	1 cup	N/A	High	1-1 1/2 hrs	Quick
Boneless beef chuck-eye roast	3-4 lbs	Whole	1 cup	N/A	High	1-1 1/2 hrs	Quick
Boneless pork butt	4 lbs	Season as desired	1 cup	N/A	High	1 1/2 hrs	Quick
Pork tenderloin	2 tenderloins (1-1 1/2 lbs each)	Season as desired	1 cup	N/A	High	3-4 mins	Quick
<b>STEW MEAT</b>							
Boneless beef short ribs	6 ribs (3 lbs)	Whole	1 cup	N/A	High	25 mins	Quick
Boneless leg of lamb	3 lbs	Cut in 1-inch pieces	1 cup	N/A	High	30 mins	Quick
Boneless pork butt	3 lbs	Cut in 1-inch pieces	1 cup	N/A	High	30 mins	Quick
Chuck roast, for stew	2 lbs	Cut in 1-inch pieces	1 cup	N/A	High	25 mins	Quick
<b>EGGS</b>							
Hard-boiled eggs†	1-12 eggs	None	1 cup	N/A	High	4 mins	Quick

# Pressure Cook Chart, continued



Don't forget to add water or stock to create steam and cook your food.

INGREDIENT	AMOUNT	PREPARATION	WATER	ACCESSORY	PRESSURE	COOK TIME	RELEASE
<b>VEGETABLES</b>							
Beets	8 small or 4 large	Rinse well, trim tops and ends; cool and peel after cooking	1 cup	N/A	High	15–20 mins	Quick
Broccoli	1 head or 4 cups	Cut in 1–2-inch florets, remove stem	1 cup	Bottom Dual-Stack Rack	Low	1 min	Quick
Brussels sprouts	1 lb	Cut in half	1 cup	Bottom Dual-Stack Rack	Low	1 min	Quick
Butternut squash (cubed for side dish or salad)	32 oz (2 lbs)	Peel, cut in 1-inch pieces, remove seeds	1 cup	Cook & Crisp™ Basket	Low	2 mins	Quick
Butternut squash (for mashed, puree, or soup)	32 oz	Peel, cut in 1-inch pieces, remove seeds	1 cup	N/A	High	2 mins	Quick
Cabbage (braised)	1 head	Cut in half, slice in 1/2-inch strips, remove core	1 cup	N/A	Low	3 mins	Quick
Cabbage (crisp)	1 head	Cut in half, slice in 1/2-inch strips, remove core	1 cup	Cook & Crisp Basket	Low	2 mins	Quick
Carrots	1 lb	Peel, cut in 1/2-inch pieces	1 cup	N/A	High	2–3 mins	Quick
Cauliflower	1 head	Cut in 1–2-inch florets, remove stem	1 cup	Cook & Crisp Basket	Low	1 min	Quick
Collard greens	2 bunches or 1 bag (16 oz)	Remove stems, chop leaves	1 cup	N/A	Low	6 mins	Quick
Green beans	1 bag (12 oz)	Whole	1 cup	Cook & Crisp Basket	Low	0 mins*	Quick
Kale leaves/greens	2 bunches or 1 bag (16 oz)	Remove stems, chop leaves	1 cup	N/A	Low	3 mins	Quick
Potatoes, red (cubed for side dish or salad)	2 lbs	Scrub, cut in 1-inch cubes	1 cup	Cook & Crisp Basket	High	1–2 mins	Quick
Potatoes, red (for mashed)	2 lbs	Scrub, whole, large potatoes cut in half	1 cup	N/A	High	15–20 mins	Quick
Potatoes, russet or Yukon (cubed for side dish or salad)	2 lbs	Peel, cut in 1-inch cubes	1 cup	Cook & Crisp Basket	High	1–2 mins	Quick
Potatoes, russet or Yukon (for mashed)	2 lbs	Peel, cut in 1-inch thick slices	1 cup	N/A	High	6 mins	Quick
Potatoes, sweet (cubed for side dish or salad)	2 lbs	Peel, cut in 1-inch cubes	1 cup	Cook & Crisp Basket	High	1–2 mins	Quick
Potatoes, sweet (for mashed)	2 lbs	Peel, cut in 1-inch thick slices	1 cup	N/A	High	6 mins	Quick
<b>DOUBLE-CAPACITY VEGETABLES</b>							
Broccoli	2 heads or 8 cups	Cut in 1–2-inch florets, remove stem	1 cup	Dual-Stack Racks	Low	1 min	Quick
Brussels sprouts	2 lbs	Cut in half, remove stem	1 cup	Dual-Stack Racks	Low	1 min	Quick
Butternut squash	48 oz	Peel, cut in 1-inch pieces	1 cup	Dual-Stack Racks	High	3 mins	Quick
Cabbage	1 1/2 heads	Cut in half, remove core	1 cup	Dual-Stack Racks	Low	5 mins	Quick
Green beans	2 bags (24 oz)	Whole	1 cup	Dual-Stack Racks	Low	0 mins*	Quick



# Pressure Cook Chart, continued

**TIP** For best results, rinse rice and grains thoroughly before pressure cooking. When increasing the amount of rice, use the same rice-to-water ratio in the chart below.

INGREDIENTS	AMOUNT	WATER	PRESSURE	COOK TIME	RELEASE
<b>GRAINS</b>					
Arborio rice*	1 cup	3 cups	High	4 mins	Delayed (10 mins)
Basmati rice	1 cup	1 cup	High	2 mins	Delayed (10 mins)
Brown rice, short/medium or long grain	1 cup	1 1/4 cups	High	15 mins	Delayed (10 mins)
Coarse grits/polenta*	1 cup	5 1/2 cups	High	4 mins	Delayed (10 mins)
Farro	1 cup	2 cups	High	10 mins	Delayed (10 mins)
Jasmine rice	1 cup	1 cup	High	2-3 mins	Delayed (10 mins)
Kamut	1 cup	2 cups	High	30 mins	Delayed (10 mins)
Millet	1 cup	2 cups	High	6 mins	Delayed (10 mins)
Pearl barley	1 cup	2 cups	High	22 mins	Delayed (10 mins)
Quinoa	1 cup	1 1/2 cups	High	2 mins	Delayed (10 mins)
Quinoa, red	1 cup	1 1/2 cups	High	2 mins	Delayed (10 mins)
Spelt	1 cup	2 1/2 cups	High	25 mins	Delayed (10 mins)
Steel-cut oats*	1 cup	3 cups	High	11 mins	Delayed (10 mins)
Sushi rice	1 cup	1 1/2 cups	High	3 mins	Delayed (10 mins)
Texmati® rice, brown**	1 cup	1 1/4 cups	High	5 mins	Delayed (10 mins)
Texmati® rice, light brown**	1 cup	1 1/4 cups	High	2 mins	Delayed (10 mins)
Texmati® rice, white**	1 cup	1 cup	High	2 mins	Delayed (10 mins)
Wheat berries	1 cup	3 cups	High	15 mins	Delayed (10 mins)
White rice, long grain	1 cup	1 cup	High	2 mins	Delayed (10 mins)
White rice, medium grain	1 cup	1 cup	High	3 mins	Delayed (10 mins)
Wild rice	1 cup	2 cups	High	22 mins	Delayed (10 mins)

\*After releasing pressure, stir for 30 seconds to 1 minute, then let sit for 5 minutes.

\*\*TEXMATI is a registered trademark of Riviana Foods, Inc. Use of the TEXMATI trademark does not imply any affiliation with or endorsement by Riviana Foods, Inc.



**Don't forget to add water or stock to create steam and cook your food.**

# Pressure Cook Chart, continued

**TIP** Cover beans with 3 inches of water, soak overnight, then drain and rinse thoroughly. Return the beans to pot and cover with the amount of water designated in the chart below.

INGREDIENTS	AMOUNT	WATER	PRESSURE	COOK TIME	RELEASE
<b>LEGUMES</b>					
All beans, except lentils, should be soaked 8-24 hours before cooking.					
Black beans	1 lb, soaked 8-24 hrs	6 cups	Low	5 mins	Delayed (10 mins)
Black-eyed peas	1 lb, soaked 8-24 hrs	6 cups	Low	5 mins	Delayed (10 mins)
Cannellini beans	1 lb, soaked 8-24 hrs	6 cups	Low	3 mins	Delayed (10 mins)
Cranberry beans	1 lb, soaked 8-24 hrs	6 cups	Low	3 mins	Delayed (10 mins)
Garbanzo beans (chickpeas)	1 lb, soaked 8-24 hrs	6 cups	Low	3 mins	Delayed (10 mins)
Great northern bean	1 lb, soaked 8-24 hrs	6 cups	Low	1 min	Delayed (10 mins)
Lentils (green or brown)	1 cup dry	2 cups	Low	5 mins	Delayed (10 mins)
Lima beans	1 lb, soaked 8-24 hrs	6 cups	Low	1 min	Delayed (10 mins)
Navy beans	1 lb, soaked 8-24 hrs	6 cups	Low	3 mins	Delayed (10 mins)
Pinto beans	1 lb, soaked 8-24 hrs	6 cups	Low	3 mins	Delayed (10 mins)
Red kidney beans	1 lb, soaked 8-24 hrs	6 cups	Low	3 mins	Delayed (10 mins)
This section does not require beans to be soaked.					
Black beans	2 lbs	4 quarts (16 cups)	High	25 mins	Delayed (15 mins)
Black-eyed peas	2 lbs	4 quarts (16 cups)	High	25 mins	Delayed (15 mins)
Cannellini beans	2 lbs	4 quarts (16 cups)	High	40 mins	Delayed (15 mins)
Cranberry beans	2 lbs	4 quarts (16 cups)	High	40 mins	Delayed (15 mins)
Garbanzo beans (chickpeas)	2 lbs	4 quarts (16 cups)	High	40 mins	Delayed (15 mins)
Great northern bean	2 lbs	4 quarts (16 cups)	High	30 mins	Delayed (15 mins)
Lima beans	2 lbs	4 quarts (16 cups)	High	30 mins	Delayed (15 mins)
Navy beans	2 lbs	4 quarts (16 cups)	High	30 mins	Delayed (15 mins)
Pinto beans	2 lbs	4 quarts (16 cups)	High	30 mins	Delayed (15 mins)
Red kidney beans	2 lbs	4 quarts (16 cups)	High	40 mins	Delayed (15 mins)



Don't forget to add water or stock to create steam and cook your food.

# Sous Vide 101

- French for “under vacuum,” sous vide slow-cooks food sealed in a plastic bag in an accurately regulated low-temperature water bath.
- Use 12 cups of room-temperature water when filling the cooking pot. Install the pressure lid and turn the pressure release valve to the VENT position.
- Use single-use resealable plastic bags only.
- Use the water displacement method when submerging the bags: Working with one bag at a time, leave a corner of the bag unzipped—as you slowly lower the bag into the water, the pressure of the water will force the air out of the bag. When just the bag’s seal is above the water line, finish closing the bag, making sure no water gets inside. Keep the bag’s seal just above the water line.
- For cook times of 4+ hours, double-bag each portion of food or wrap food in plastic wrap before placing in the bags. This will help protect food during the long period of submersion.
- After sous vide cooking is complete, use the liquid in the bags as the base for a sauce to accompany your proteins. Pour the liquid into a saucepan, season as desired, bring to a boil, then simmer until desired thickness is achieved.
- If the food you have cooked is not going to be consumed immediately, plunge the bags into ice water to reduce temperature quickly, then keep food refrigerated.
- When reheating food that has been cooked using the Sous Vide function, use the Sous Vide function again. After preheating the water, add food in the resealable bags and cook approximately 15-20 minutes using the desired cook temperature.
- Sous vide is almost always the first step in the cooking process. Foods should be finished by using a dry heat method such as broiling, sautéing, roasting, or air frying.

For detailed instructions on using the Sous Vide function, refer to your Owner’s Guide.

# Sous Vide Chart

Please note the time ranges in this chart include the minimum cook time and the maximum cook time, after which food will start to degrade.

Cook time is dependent on the weight as well as the thickness of food, so thicker cuts of meat will require longer cook times. If your ingredients are thicker than 2½ inches, add more time.

INGREDIENT	AMOUNT	TEMP	COOK TIME
<b>BEEF</b>			
Boneless ribeye	2 steaks, 14 oz each, 1-2 inches thick	125°F Rare	1-5 hrs
Boneless ribeye	3 steaks, 14 oz each, 1-2 inches thick	130°F Medium Rare	1-5 hrs
Porterhouse	2 steaks, 14 oz each, 1-2 inches thick	135°F Medium	1-5 hrs
Filet mignon	4 steaks, 8 oz each, 1-2 inches thick	145°F Medium Well	1-5 hrs
Flank	3 steaks, 12 oz each, 1-2 inches thick	125°F Rare	2-5 hrs
Flat iron	2 steaks, 10 oz each, 1-2 inches thick	130°F Medium Rare	2-5 hrs
Beef brisket	3 lbs, 3-4 inches thick	135°F Medium	2-5 hrs
		145°F Medium Well	2-5 hrs
		155°F Well Done	2-5 hrs
		145°F	24-48 hrs
<b>PORK</b>			
Boneless pork chops	5 chops, 6-8 oz each, 2½ inches thick	145°F	1-4 hrs
Bone-In pork chops	2 chops, 10-12 oz each, 2½ inches thick	145°F	1-4 hrs
Tenderloin	1 tenderloin, 1-½ lbs, 2½ inches thick	145°F	1-4 hrs
Sausages	6 sausages, 2-3 oz each	165°F	2-5 hrs
Boneless pork shoulder	3 lbs, 3-4 inches thick	165°F	12-24 hrs



Don't forget to add water or stock to create steam and cook your food.



## Sous Vide Chart, continued

INGREDIENT	AMOUNT	TEMP	COOK TIME
<b>CHICKEN</b>			
Chicken Breast	6 breasts, 6-8 oz each, 1-2 inches thick	165°F	1-3 hrs
Boneless Chicken Thighs	6 thighs, 4-6 oz each, 1-2 inches thick	165°F	1-3 hrs
Bone-In Chicken Thighs	4 thighs, 4-6 oz each, 1-2 inches thick	165°F	1½-4 hrs
Chicken Leg Quarters	2 quarters, 12-14 oz each, 1-2 inches thick	165°F	1½-4 hrs
Chicken Wings & Drummettes	2 lbs	165°F	1-3 hrs
Half Chicken	2½-3 lbs	165°F	2-3 hrs
<b>SEAFOOD</b>			
Whitefish (Cod, Haddock, Whiting, Pollock)	2 portions, 6-10 oz each, 1-2 inches thick	130°F	1 hr-1½ hrs
Salmon	4 portions, 6-10 oz each, 1-2 inches thick	130°F	1 hr-1½ hrs
Shrimp	2 lbs	130°F	30 mins-2 hrs
<b>VEGETABLES</b>			
Asparagus	1-2 lbs	180°F	30 mins
Broccoli	1-1½ lbs	180°F	30 mins
Brussels Sprouts	1-2 lbs	180°F	45 mins
Carrots	1-1½ lbs	180°F	45 mins
Cauliflower	1-1½ lbs	180°F	30 mins
Green Beans	1-1½ lbs	180°F	30 mins
Squash	1-1½ lbs	185°F	1 hr
Sweet Potatoes	1-1½ lbs	185°F	1 hr
Potatoes	1-2 lbs	190°F	1 hr

## Steam Chart for the Bottom Dual-Stack Rack



INGREDIENT	AMOUNT	PREPARATION	LIQUID	COOK TIME
<b>VEGETABLES</b>				
Artichokes	4	Whole	4 cups	25-42 mins
Asparagus	1 bunch	Whole spears	3 cups	7-15 mins
Broccoli	1 crown or 1 bag (12 oz) florets	Cut in florets	2 cups	5-9 mins
Brussels sprouts	1 lb	Whole, trimmed	3 cups	8-17 mins
Butternut squash	24 oz	Peeled, cut in 1-inch cubes	2 cups	10-17 mins
Cabbage	1 head	Cut in wedges	2 cups	6-12 mins
Carrots	1 lb	Peeled, cut in 1-inch pieces	2 cups	7-12 mins
Cauliflower	1 head	Cut in florets	2 cups	5-12 mins
Corn on the cob	4 ears	Whole, husks removed	2 cups	4-9 mins
Green beans	1 bag (12 oz)	Whole	2 cups	6-12 mins
Kale	1 bag (16 oz)	Trimmed	2 cups	5-10 mins
Potatoes	1 lb	Peeled, cut in 1-inch pieces	2 cups	12-17 mins
Potatoes, new	1 lb	Whole	4 cups	15-22 mins
Potatoes, sweet	1 lb	Cut in 1/2-inch cubes	3 cups	8-14 mins
Spinach	1 bag (16 oz)	Whole leaves	2 cups	3-7 mins
Sugar snap peas	1 lb	Whole pods, trimmed	2 cups	5-8 mins
Summer Squash	1 lb	Cut in 1-inch slices	2 cups	5-10 mins
Zucchini	1 lb	Cut in 1-inch slices	2 cups	5-10 mins
<b>EGGS</b>				
Poached eggs	4	In ramekins or silicone cups	1 cup	3-6 mins



Don't forget to add water or stock to create steam and cook your food.

# Steam Chart for Dual Rack Assembly



INGREDIENT	AMOUNT	PREPARATION	WATER	COOK TIME
<b>VEGETABLES</b>				
Asparagus	2 bunches	Whole, trim ends	2 cups	8-12 mins
Broccoli	2 heads or 2 bags (24 oz)	Cut in 1-2-inch florets	2 cups	7-10 mins
Brussel sprouts	2 lbs	Whole, trim ends	2 cups	10-12 mins
Butternut squash	48 oz	Peel, cut into 1-inch cubes	2 cups	18-22 mins
Cabbage	1 1/2 heads	Cut in half, sliced in 1/2-inch strips, core removed	2 cups	20-22 mins
Carrots	2 lbs	Peeled, cut into 1-inch pieces	2 cups	15-18 mins
Cauliflower	2 heads	Cut in 1-2-inch florets	2 cups	12-15 mins
Corn on the cob	4 ears	Whole, remove husks	2 cups	7-9 mins
Green beans	2 bags (24 oz)	Whole	2 cups	12-15 mins
Kale	2 bags (32 oz)	Trim	2 cups	10-14 mins
Potatoes	2 lbs	Peel, cut in 1-inch pieces	2 cups	16-18 mins
Potatoes, sweet	2 lbs	Cut into 1-inch cubes	2 cups	18-22 mins
Spinach	2 bags (32 oz)	Whole leaves	2 cups	8-12 mins
Sugar snap peas	2 lbs	Whole pods, trimmed	2 cups	10-12 mins
Summer squash	2 lbs	Cut into 1-inch slices	2 cups	16-18 mins
Zucchini	2 lbs	Cut into 1-inch slices	2 cups	14-16 mins



Don't forget to add water or stock to create steam and cook your food.

# Air Fry Chart for the Cook & Crisp™ Basket



**TIP** Before using Air Fry, allow the unit to preheat for 5 minutes as you would your conventional oven.

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
<b>VEGETABLES</b>					
Asparagus	1 bunch	Cut in half, trim stems	2 tsp	390°F	8-10 mins
Beets	6 small or 4 large (about 2 lbs)	Whole	None	390°F	45-60 mins
Bell peppers (for roasting)	4 peppers	Whole	None	400°F	25-30 mins
Broccoli	1 head	Cut in 1-2-inch florets	1 Tbsp	390°F	10-13 mins
Brussels sprouts	1 lb	Cut in half, remove stems	1 Tbsp	390°F	15-18 mins
Butternut squash	1-1 1/2 lbs	Cut in 1-2-inch pieces	1 Tbsp	390°F	20-25 mins
Carrots	1 lb	Peeled, cut in 1/2-inch pieces	1 Tbsp	390°F	14-16 mins
Cauliflower	1 head	Cut in 1-2-inch florets	2 Tbsp	390°F	15-20 mins
Corn on the cob	4 ears, cut in half	Whole, remove husks	1 Tbsp	390°F	12-15 mins
Green beans	1 bag (12 oz)	Trimmed	1 Tbsp	390°F	7-10 mins
Kale (for chips)	6 cups, packed	Tear in pieces, remove stems	None	300°F	8-11 mins
Mushrooms	8 oz	Rinse, cut in quarters	1 Tbsp	390°F	7-8 mins
Potatoes, russet	1 1/2 lbs	Cut in 1-inch wedges	1 Tbsp	390°F	20-25 mins
	1 lb	Hand-cut fries, thin	1/2-3 Tbsp canola	390°F	20-25 mins
	1 lb	Hand-cut fries, soak 30 mins in cold water then pat dry	1/2-3 Tbsp canola	390°F	24-27 mins
Potatoes, sweet	4 whole (6-8 oz)	Pierce with fork 3 times	None	390°F	35-40 mins
	2 lbs	Cut in 1-inch chunks	1 Tbsp	390°F	15-20 mins
Zucchini	4 whole (6-8 oz)	Pierce with fork 3 times	None	390°F	35-40 mins
	1 lb	Cut in quarters lengthwise, then cut in 1-inch pieces	1 Tbsp	390°F	15-20 mins
<b>POULTRY</b>					
Chicken breasts	2 breasts (3/4-1 1/2 lbs each)	Bone in	Brushed with oil	375°F	25-35 mins
	2 breasts (1/2-3/4 lb each)	Boneless	Brushed with oil	375°F	22-25 mins
Chicken thighs	4 thighs (6-10 oz each)	Bone in	Brushed with oil	390°F	22-28 mins
	4 thighs (4-8 oz each)	Boneless	Brushed with oil	390°F	18-22 mins
Chicken wings	2 lbs	Drumettes & flats	1 Tbsp	390°F	24-28 mins
Chicken, whole	1 chicken (4-6 lbs)	Trussed	Brushed with oil	375°F	55-75 mins
Chicken drumsticks	2 lbs	None	1 Tbsp	390°F	20-22 mins

**For best results, shake, toss, or flip often.**

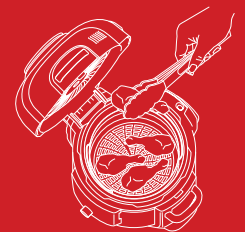
We recommend frequently checking your food and shaking, tossing, or flipping it to ensure desired results.

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



Shake your food

OR



Toss or flip with silicone-tipped tongs

Remove food immediately after cook time is complete and your desired level of doneness is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.



# Air Fry Chart for the Cook & Crisp™ Basket, continued

**TIP** Before using Air Fry, allow the unit to preheat for 5 minutes as you would your conventional oven.

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
<b>BEEF</b>					
Burgers	4 quarter-pound patties, 80% lean	1-inch thick	None	375°F	10-12 mins
Steaks	2 steaks (8 oz each)	Whole	None	390°F	10-20 mins
<b>PORK &amp; LAMB</b>					
Bacon	1 strip to 1 (16 oz) package	Lay strips evenly over edge of basket	None	330°F	13-16 mins (no preheat)
Pork chops	2 thick-cut, bone-in chops (10-12 oz each)	Bone in	Brushed with oil	375°F	15-17 mins
	4 boneless chops (6-8 oz each)	Boneless	Brushed with oil	375°F	15-18 mins
Pork tenderloins	2 tenderloins (1-1 1/2 lbs each)	Whole	Brushed with oil	375°F	25-35 mins
Sausages	4 sausages	Whole	None	390°F	8-10 mins
<b>FISH &amp; SEAFOOD</b>					
Crab cakes	2 cakes (6-8 oz each)	None	Brushed with oil	350°F	10-13 mins
Lobster tails	4 tails (3-4 oz each)	Whole	None	375°F	7-10 mins
Salmon fillets	2 fillets (4 oz each)	None	Brushed with oil	390°F	10-13 mins
Shrimp	16 jumbo	Raw, whole, peel, keep tails on	1 Tbsp	390°F	7-10 mins
<b>FROZEN FOODS</b>					
Chicken nuggets	1 box (12 oz)	None	None	390°F	11-13 mins
Fish fillets	1 box (6 fillets)	None	None	390°F	13-15 mins
Fish sticks	1 box (14.8 oz)	None	None	390°F	9-11 mins
French fries	1 lb	None	None	360°F	18-22 mins
	2 lbs	None	None	360°F	28-32 mins
Mozzarella sticks	1 box (11 oz)	None	None	375°F	6-9 mins
Pot stickers	1 bag (10 count)	None	Toss with 1 tsp canola oil	390°F	11-14 mins
Pizza Rolls	1 bag (20 oz, 40 count)	None	None	390°F	12-15 mins
Popcorn shrimp	1 box (16 oz)	None	None	390°F	8-10 mins
Tater Tots	1 lb	None	None	360°F	19-22 mins

**For best results, shake, toss, or flip often.**

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

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



**Shake your food**

**OR**



**Toss or flip with silicone-tipped tongs**

Remove food immediately after cook time is complete and your desired level of doneness is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

# Dehydrate Chart

for the Cook & Crisp™ Basket  
with the Cook & Crisp Layered Insert,\*  
Dehydrating Rack,\*\* or Bottom Dual-Stack Rack

**TIP** Most fruits and vegetables take between 6 and 8 hours (at 135°F) to dehydrate; meats take between 5 and 7 hours (at 150°F). The longer you dehydrate your ingredients, the crispier they will be.

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
<b>FRUITS &amp; VEGETABLES</b>			
Apple chips	Cut in 1/8-inch slices (remove core), rinse in lemon water, pat dry	135°F	7-8 hrs
Asparagus	Cut in 1-inch pieces, blanch	135°F	6-8 hrs
Bananas	Peel, cut in 3/8-inch slices	135°F	8-10 hrs
Beet chips	Peel, cut in 1/8-inch slices	135°F	7-8 hrs
Eggplant	Peel, cut in 1/4-inch slices, blanch	135°F	6-8 hrs
Fresh herbs	Rinse, pat dry, remove stems	135°F	4-6 hrs
Ginger root	Cut in 3/8-inch slices	135°F	6 hrs
Mangoes	Peel, cut in 3/8-inch slices, remove pits	135°F	6-8 hrs
Mushrooms	Clean with soft brush (do not wash)	135°F	6-8 hrs
Pineapple	Peel, cut in 3/8-1/2-inch slices, core removed	135°F	6-8 hrs
Strawberries	Cut in half or in 1/2-inch slices	135°F	6-8 hrs
Tomatoes	Cut in 3/8-inch slices or grate; steam if planning to rehydrate	135°F	6-8 hrs
<b>JERKY - MEAT, POULTRY, FISH</b>			
Beef jerky	Cut in 1/4-inch slices, marinate overnight (refer to Beef Jerky recipe page 66)	150°F	5-7 hrs
Chicken jerky	Cut in 1/4-inch slices, marinate overnight (refer to Beef Jerky recipe page 66)	150°F	5-7 hrs
Turkey jerky	Cut in 1/4-inch slices, marinate overnight (refer to Beef Jerky recipe page 66)	150°F	5-7 hrs
Salmon jerky	Cut in 1/4-inch slices, marinate overnight (refer to Beef Jerky recipe page 66)	165°F	5-8 hrs

\*If the Ninja Cook & Crisp Layered Insert is not included with your unit, it can be purchased on [ninjaaccessories.com](http://ninjaaccessories.com).

\*\*The Ninja dehydrating rack is sold separately on [ninjaaccessories.com](http://ninjaaccessories.com).

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