

# Cooking Cheat Sheet

| PRESSURE   |  |  |  |   |
|--|--|--|--|---|
|  <p><b>Fresh Boneless Chicken Breasts</b></p> <p>6 small or 4 large (2 lbs)<br/>1 cup water<br/><b>HIGH for 8-10 mins</b><br/>Quick release</p>   |  <p><b>Pork Tenderloin</b></p> <p>2 pork tenderloins (1-1 1/2 lbs)<br/>1 cup water<br/><b>HIGH for 3-4 mins</b><br/>Quick release</p>   |  <p><b>Long-Grain White Rice*</b></p> <p>1 cup<br/>1 cup water<br/><b>HIGH for 2 mins</b><br/>Natural release<br/>*Rinse rice for best results.</p>   |  <p><b>Brown Rice*</b></p> <p>1 cup<br/>1 1/4 cups water<br/><b>HIGH for 15 mins</b><br/>Natural release<br/>*Rinse rice for best results.</p>  |  <p><b>Russet Potatoes (for mashing)</b></p> <p>1 lb, peeled, cut in 1-inch thick slices<br/>1/2 cup water<br/><b>HIGH for 6 mins</b><br/>Quick release</p>  |
| STEAM  |  |  |  |   |
|  <p><b>Fresh Broccoli</b></p> <p>1 head, cut in florets<br/>Broil Rack in steam position<br/>2 cups water<br/><b>5-9 mins</b></p>   |  <p><b>Fresh Corn on the Cob</b></p> <p>4 ears, whole, husks removed<br/>Broil Rack in steam position<br/>2 cups water<br/><b>4-9 mins</b></p>  |  <p><b>Fresh Asparagus</b></p> <p>1 bunch, whole spears<br/>Broil Rack in steam position<br/>2 cups water<br/><b>7-15 mins</b></p>  |  <p><b>Fresh Green Beans</b></p> <p>1 bag (12 oz)<br/>Broil Rack in steam position<br/>2 cups water<br/><b>6-12 mins</b></p>   |  <p><b>Fresh Carrots</b></p> <p>1 lb, peeled, cut in 1-inch pieces<br/>Broil Rack in steam position<br/>2 cups water<br/><b>7-12 mins</b></p>  |
| AIR CRISP  |  |  |  |   |
|  <p><b>FPO</b><br/>Please approve or provide another shutterstock image</p> <p><b>Frozen Fish Sticks</b></p> <p>1 box (14.8 oz)<br/>Cook &amp; Crisp™ Plate<br/><b>390°F for 9-11 mins</b><br/>Flip halfway through</p>                                    |  <p><b>Frozen Chicken Nuggets</b></p> <p>1 box (12 oz)<br/>Cook &amp; Crisp Plate<br/><b>390°F for 11-13 mins</b><br/>Shake halfway through</p>  |  <p><b>Frozen Fries</b></p> <p>1 lb<br/>Cook &amp; Crisp Plate<br/><b>360°F for 18-22 mins</b><br/>Shake halfway through</p>   |  <p><b>Fresh Burgers</b></p> <p>4 ground beef patties, 80% lean (1/4 lb each)<br/>Cook &amp; Crisp Plate<br/><b>375°F for 10-12 mins</b><br/>Flip halfway through</p>   |  <p><b>Fresh Brussels Sprouts</b></p> <p>1 lb, cut in half<br/>1 tbsp oil<br/>Cook &amp; Crisp Plate<br/><b>390°F for 15-18 mins</b><br/>Shake halfway through</p>  |
| TenderCrisp®   |  |  |  |   |
|  <p><b>Fresh Whole Roast Chicken</b></p> <p>1 whole chicken (6-7 lbs)<br/>Cook &amp; Crisp Plate<br/>1/2 cup water<br/><b>Pressure HIGH for 40 mins</b><br/>Quick release<br/>Pat dry and brush with oil/sauce<br/><b>Air Crisp 400°F for 15 mins</b></p> |  <p><b>Fresh St. Louis Ribs</b></p> <p>1 rack, cut in quarters<br/>Cook &amp; Crisp Plate<br/>1/2 cup water<br/><b>Pressure HIGH for 19 mins</b><br/>Quick release<br/>Pat dry and brush with oil/sauce<br/><b>Air Crisp 400°F for 10-15 mins</b></p> |  <p><b>Frozen Jumbo Shrimp</b></p> <p>16 raw, peeled and de-veined shrimp<br/>Broil Rack in broil position<br/>1/2 cup water<br/><b>Pressure HIGH for 0 mins</b><br/>Quick release<br/>Pat dry and brush with oil/sauce<br/><b>Air Crisp 400°F for 5 mins</b></p> |  <p><b>Frozen Chicken Wings</b></p> <p>1 lb frozen chicken wings<br/>Cook &amp; Crisp Plate<br/>1/2 cup water<br/><b>Pressure HIGH for 5 mins</b><br/>Quick release<br/>Pat dry and brush with oil/sauce<br/><b>Air Crisp 390°F for 15-20 mins</b><br/>Shake halfway through</p> |  <p><b>Frozen New York Strip Steaks</b></p> <p>2 frozen NY strip steaks (12 oz each)<br/>Broil Rack in broil position<br/>1/2 cup water<br/><b>Pressure HIGH for 2 mins</b><br/>Quick release<br/>Pat dry and brush with oil/sauce<br/><b>Broil for 13-16 mins</b></p> |

## TenderCrisp 101: Herb-Roasted Chicken

Use both lids to create a TenderCrisp take on this classic recipe. Recipe on page 6 of the enclosed Inspiration Guide.



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

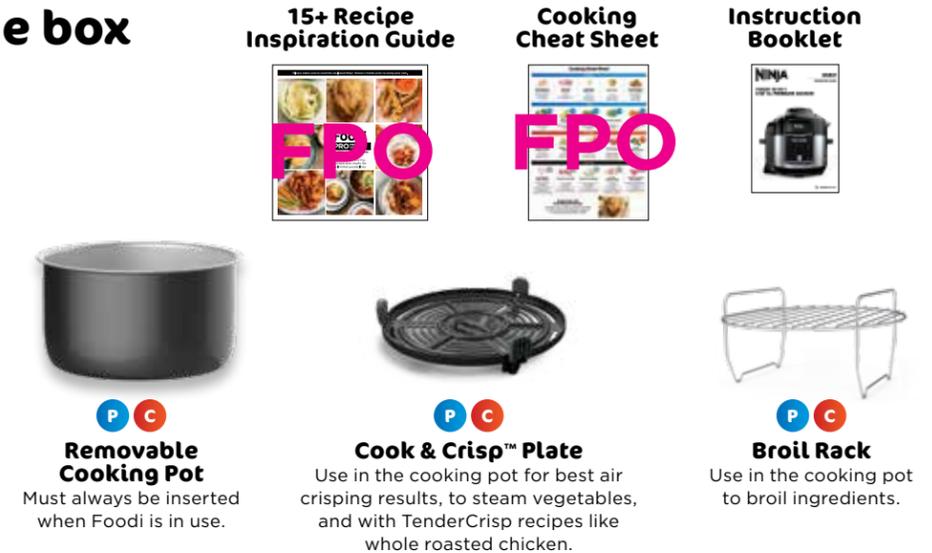
# NINJA Get to know your Foodi

Welcome to the Foodi Family!™ Follow this guide to create delicious TenderCrisp® meals in no time.

## Here's what's in the box



Foodi



## Why are there 2 lids?

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

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



**Pressure Lid**  
Pressure Cook  
Steam  
Slow Cook

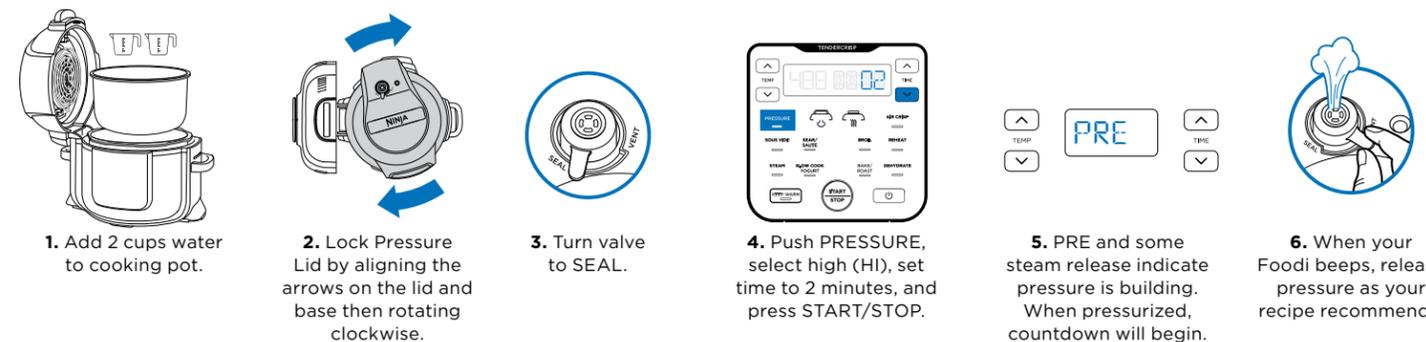
Sear/Sauté  
Sous Vide  
Yogurt

**Crisping Lid**  
Air Crisp  
Bake/Roast  
Broil  
Dehydrate

**"Look Ma, No Lid"**  
Sear/Sauté

## First time pressure cooking?

Try this water test to practice with pressure.



Go to [ninjakitchen.com](http://ninjakitchen.com) for how-to-videos

Now, let's get cooking



# Using the Pressure Lid

**ACCESSORY**    **VALVE**    **TEMP/PRESSURE**    **TIME**    **BUILDING PRESSURE/TEMP**    **PRESSURE RELEASE**

**PRESSURE** Cook foods quickly while maintaining tenderness



Lock Pressure Lid and turn valve to SEAL.



Adjust temp from LO to HI as needed.



Set time, in minutes, and press START/STOP.



Wait for unit to build pressure



Turn valve to VENT for quick release. When complete, unit will switch to Keep Warm and count up.

**STEAM** Gently cook delicate foods at a high temperature



Broil Rack



Lock Pressure Lid and turn valve to VENT.



No temp adjustment available.



Set time, in minutes, and press START/STOP.



Wait for unit to come up to temp. When complete, unit will switch to Keep Warm and count up.



When the cooking time is complete the unit will switch to Keep Warm and the time will count up.

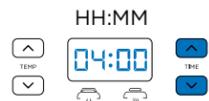
**SLOW COOK** Cook foods at a lower temperature for longer periods of time



Lock Pressure Lid and turn valve to VENT.



Adjust temp from LO to HI as needed.



Set time, in minutes, and press START/STOP.



When the cooking time is complete, unit will switch to Keep Warm and count up.

**YOGURT** Make homemade yogurt



Lock Pressure Lid and turn valve to VENT.



Press YOGURT. Switch from YGRT to FER using temp UP and DOWN arrows.



Set time, in 30-minute increments, and press START/STOP.



Unit will display "BOIL" while pasteurizing. When done, unit will beep and display "COOL".



Once cooled, unit will prompt you to "ADD" and "STIR" cultures. Then press START/STOP to start incubating.

**SOUS VIDE** Cook foods slowly in a low-temperature water bath



Lock Pressure Lid and turn valve to VENT.



Press SOUS VIDE. Adjust temp in 5-degree increments.

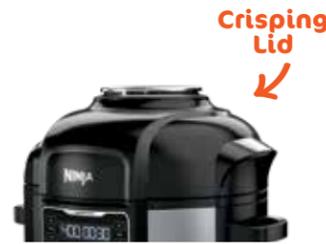


Set time, in 15-minute increments, and press START/STOP.



Unit will display PRE while preheating. When done, unit will beep, indicating it is time to add food.

Place each portion in a resealable plastic bag, releasing as much air as possible, then submerge bags in water, keeping seals above the water line. Reinstall pressure lid and turn valve to VENT.



# Using the Crisping Lid

**ACCESSORY**    **TEMP**    **TIME**    **CHECK FOOD**    **SHAKE/TOSS**

**AIR CRISP** Give foods crispiness and crunch with little to no oil



Cook & Crisp™ Plate



Adjust temp from 300°F to 400°F as needed.



Set time, in minutes, and press START/STOP.



Lift the lid while cooking to check on food. Unit will automatically pause.



Toss with silicone-tipped tongs for even browning

**BAKE/ROAST** Oven-tender meats, baked treats, and more



Adjust temp from 250°F to 400°F as needed.



Set time, in minutes, and press START/STOP.



Lift the lid while cooking to check on food. Unit will automatically pause.

**BROIL** Cook at high heat to caramelize and brown foods



Broil Rack



No temp adjustment available.



Set time, in minutes, and press START/STOP.



Lift the lid while cooking to check on food. Unit will automatically pause.

**DEHYDRATE** Dehydrate meats, fruits, and vegetables



Cook & Crisp™ Plate



Adjust temp from 80°F to 195°F as needed.



Set time, in minutes, and press START/STOP.

**SEAR/SAUTÉ** Brown meats, sauté vegetables, and simmer sauces



No lid necessary. If using Pressure Lid, turn valve to VENT.



Adjust temp from LO to HI as needed.



No time adjustment available. Press START/STOP.