











# Cooking Cheat Sheet






## PRESSURE

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

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

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

 <p><b>Fresh Whole Roast Chicken</b></p> <p>1 whole chicken (7 lbs) Cook &amp; Crisp Basket ½ cup water <b>Pressure HIGH for 20 mins</b> Quick release Pat dry and brush with oil/sauce <b>Air Crisp 400°F for 30-35 mins</b></p>	 <p><b>Fresh St. Louis Ribs</b></p> <p>1 rack, cut in quarters Cook &amp; Crisp Basket ½ cup water <b>Pressure HIGH for 19 mins</b> Quick release Pat dry and brush with oil/sauce <b>Air Crisp 400°F for 10-15 mins</b></p>	 <p><b>Head of Cauliflower</b></p> <p>1 medium head, leaves removed Cook &amp; Crisp Basket ½ cup water <b>Pressure LOW for 3 mins</b> Quick release Pat dry and brush with oil/seasoning <b>Air Crisp 390°F for 10 mins</b></p>	 <p><b>Frozen Chicken Wings</b></p> <p>2 lbs frozen Cook &amp; Crisp Basket ½ cup water <b>Pressure HIGH for 5 mins</b> Quick release Pat dry and brush with oil/sauce <b>Air Crisp 390°F for 15-20 mins</b> Shake halfway through</p>	 <p><b>Frozen New York Strip Steaks</b></p> <p>2 frozen NY strip steaks (12 oz each) Reversible Rack in broil position ½ cup water <b>Pressure HIGH for 2 mins</b> Quick release Pat dry and brush with oil/sauce <b>Broil for 13-16 mins</b></p>
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# NINJA Get to know your Foodi pressure cooker

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

## Here's what's in the box



**Foodi**

- Pressure Lid** (P)
- Crisping Lid** (C)
- Removable Cooking Pot** (P, C)  
Must always be inserted when Foodi is in use.
- Cook & Crisp™ Basket with Detachable Diffuser** (P, C)  
Use in the cooking pot for best air crisping results, and with TenderCrisp recipes like whole roasted chicken.
- Reversible Rack** (P, C)  
Use in the cooking pot for steaming veggies or flip over to broil proteins.
- Cook & Crisp Layered Insert** (P, C)  
Use in Cook & Crisp Basket to increase capacity when air crisping or dehydrating.

45+ Recipe Inspiration Guide, Cooking Cheat Sheet, Instruction Booklet

## Why are there 2 lids?

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

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



**Pressure Lid**  
Pressure Cook  
Steam  
Slow Cook  
Sear/Sauté  
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.

- Add 3 cups water to cooking pot.
- Lock Pressure Lid.
- Turn valve to SEAL.
- Push PRESSURE, select high (HI), set time to 2 minutes, and press START/STOP.
- Moving lights and some steam release indicate pressure is building. When pressurized, countdown will begin.
- When your Foodi pressure cooker beeps, turn valve to VENT for quick release.




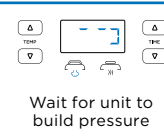




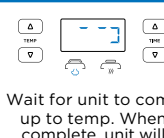






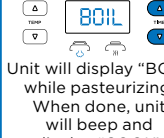
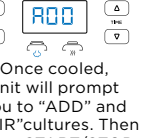


Go to [ninjakitchen.com](http://ninjakitchen.com) for how-to videos





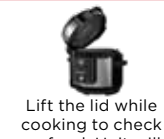













Now, let's get cooking 



# Using the Foodi® Pressure Cooker functions

KEY TIPS = 

FUNCTION	ACCESSORY REQUIRED	LID	TEMP/PRESSURE	TIME	BUILDING PRESSURE/TEMP	PRESSURE RELEASE
<b>PRESSURE</b>		 Lock Pressure Lid and turn valve to SEAL	 Adjust pressure from LO to HI as needed	HH:MM  Set time, in minutes, and press START/STOP	 Wait for unit to build pressure	 Turn valve to VENT for quick release. When complete, unit will switch to Keep Warm and count up.
<b>STEAM</b>	 Reversible Rack	 Lock Pressure Lid and turn valve to VENT	No temp adjustment available	HH:MM  Set time, in minutes, and press START/STOP	 Wait for unit to come up to temp. When complete, unit will switch to Keep Warm and count up.	
<b>SLOW COOK</b>		 Lock Pressure Lid and turn valve to VENT	 Adjust temp from LO to HI as needed	HH:MM  Set time, in minutes, and press START/STOP. When complete, unit will switch to Keep Warm and count up.		
<b>YOGURT</b>		 Lock Pressure Lid and turn valve to VENT	 Press SLOW COOK/YOGURT twice for YOGURT	HH:MM  Set time, in 30-minute increments, and press START/STOP	 Unit will display "BOIL" while pasteurizing. When done, unit will beep and display "COOL".	 Once cooled, unit will prompt you to "ADD" and "STIR" cultures. Then press START/STOP to start incubating.
<b>SEAR/SAUTÉ</b>		 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		

FUNCTION	ACCESSORY REQUIRED	LID	TEMP	TIME	SNEAK A PEEK	SHAKE/TOSS
<b>AIR CRISP</b>	 Cook & Crisp™ Basket	 Crisping Lid down	 Adjust temp from 300°F to 400°F as needed	HH:MM  Set time, in minutes, and press START/STOP	 Lift the lid while cooking to check on food. Unit will automatically pause.	 Shake basket or toss with silicone-tipped tongs for even browning
<b>BAKE/ROAST</b>		 Crisping Lid down	 Adjust temp from 250°F to 400°F as needed	HH:MM  Set time, in minutes, and press START/STOP	 Lift the lid while cooking to check on food. Unit will automatically pause.	
<b>BROIL</b>	 Reversible Rack	 Crisping Lid down	No temp adjustment available	HH:MM  Set time, in minutes, and press START/STOP	 Lift the lid while cooking to check on food. Unit will automatically pause.	
<b>DEHYDRATE</b>	 Cook & Crisp™ Basket	 Crisping Lid down	 Adjust temp from 105°F to 195°F as needed	HH:MM  Set time, in minutes, and press START/STOP		

# TenderCrisp™ 101: Herb-Roasted Chicken

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

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 56 MINUTES | **MAKES:** 6 SERVINGS  
**APPROX. PRESSURE BUILD:** 10 MINUTES | **PRESSURE COOK:** 20 MINUTES  
**PRESSURE RELEASE:** 1 MINUTE | **AIR CRISP:** 25-30 MINUTES

## INGREDIENTS

- 1 whole fresh (not frozen) uncooked chicken (6-7 pounds)
- 1/4 cup lemon juice
- 1/4 cup hot water
- 1/4 cup honey
- 2 tablespoons plus 2 teaspoons kosher salt, divided
- 1 tablespoon whole black peppercorns
- 5 sprigs fresh thyme
- 5 cloves garlic, peeled, smashed
- 1 tablespoon canola oil
- 2 teaspoons ground black pepper



Remove packet of giblets, if included in cavity of the chicken. Rinse chicken and tie legs together with cooking twine.



In a small bowl, mix together lemon juice, hot water, honey, and 2 tablespoons salt. Pour mixture into the pot. Place whole peppercorns, thyme, and garlic in the pot.



Place chicken into the Cook & Crisp™ Basket and place basket in pot.



Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to high (HI). Set time to 20 minutes. Select START/STOP to begin.



When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.



Brush chicken with canola oil or spray with cooking spray. Season with salt and pepper.



Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 30 minutes. Select START/STOP to begin. Cook until desired level of crispness is reached, checking when 5 minutes remains on the timer.



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

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