

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



# NINJA Foodi

PRESSURE COOKER

The pressure cooker  
that crisps.

15 mouthwatering  
recipes and charts for  
unlimited possibilities



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## Pressure, meet Crisp

What you're about to experience is a way of cooking that's never been done before. Tendercrisp™ Technology allows you to harness the speed of pressure cooking to quickly cook ingredients, then the revolutionary crisping lid gives your meals a crispy, golden finish that other pressure cookers can only dream of.

# Pressure Lid

With this lid on, the Foodi® is the ultimate pressure cooker. Transform the toughest ingredients into tender, juicy, and flavorful meals in an instant.



**PRESSURE COOK**

Pressurized steam infuses moisture into ingredients and quickly cooks them from the inside out.



**STEAM**

Steam infuses moisture, seals in flavor, and maintains the texture of your food.



**SLOW COOK/YOGURT**

Cook low and slow to create your favorite chilis and stews. Create homemade yogurt with no artificial ingredients or sweeteners.



**SEAR/SAUTÉ**

Five stovetop temperature settings allow you to build flavor by searing, sautéing, simmering, and more.

# Crisping Lid

Start or finish recipes by dropping this top to unleash super-hot, rapid-moving air around your food to crisp and caramelize to golden-brown perfection.



**AIR CRISP**

Want that crispy, golden, texture without all the fat and oil? Air Crisping is for you.



**BAKE/ROAST**

Don't waste time waiting for your oven to preheat. Make your favorite casseroles and roasted veggies in way less time.



**BROIL**

Finish off your meals by sealing in flavor and giving them just the right amount of caramelization or crispiness.



**DEHYDRATE**

Remove moisture from your favorite fruits, veggies, and meats to create delicious homemade chips and jerky.



# The Art of Tendercrisp™

Start with pressure cooking. Finish with the crisping method of your choice. That's how you get TenderCrisp results.

The best part? There's more than one way to TenderCrisp. You can start with ingredients that are frozen or fresh. You can cook chicken, veggies, or fish. You can prepare your favorite chili or stew, too. But when you TenderCrisp, you always finish with a crispy, delicious twist.



Tendercrisp™  
Frozen to Crispy



TenderCrisp  
Apps & Entrees



TenderCrisp  
360 Meals



TenderCrisp  
One-Pot Wonders

# Tendercrisp™ 101 Herb-Roasted Chicken

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 30–41 MINUTES | **MAKES:** 4 SERVINGS

**APPROX. PRESSURE BUILD:** 6 MINUTES | **PRESSURE COOK:** 22 MINUTES | **PRESSURE RELEASE:** 5 MINUTES | **AIR CRISP:** 8–18 MINUTES

## INGREDIENTS

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

## DIRECTIONS



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 on the Cook & Crisp™ Plate in the 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 22 minutes. Select START/STOP to begin.



When pressure cooking is complete, allow pressure to natural release for 5 minutes. After 5 minutes, quickly 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 8 minutes. Select START/STOP to begin. Cook until desired level of crispness is reached, adding up to 10 additional minutes.



Let chicken rest for 5–10 minutes. Cooking is complete when internal temperature reaches 165°F. Remove chicken from the pot using the Ninja® roast lifters\* (or 2 large serving forks).

**TIP** Use cooking spray in place of oil to evenly coat large cuts of protein in the Cook & Crisp Plate.

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



# Tendercrisp™ 101 Sticky St. Louis Ribs

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 41 MINUTES | **MAKES:** 4 SERVINGS

**APPROX. PRESSURE BUILD:** 6 MINUTES | **PRESSURE COOK:** 19 MINUTES | **PRESSURE RELEASE:** 1 MINUTE | **AIR CRISP:** 15 MINUTES

## INGREDIENTS

1/4 cup barbecue spice rub  
2 tablespoons kosher salt  
2 tablespoons brown sugar

1 rack uncooked St. Louis ribs  
(3–3 1/2 pounds), cut in thirds  
(4 ribs per section)  
1/2 cup beer  
1 cup barbecue sauce

## DIRECTIONS



In a small bowl, stir together barbecue spice rub, salt, and brown sugar. Season ribs evenly with spice mix.



Pour beer into pot. Place ribs on Cook & Crisp™ Plate and place plate in pot.



Assemble pressure lid, making sure the pressure release valve is in the SEAL position.



Select PRESSURE and set to HIGH. Set time to 19 minutes. Select START/STOP to begin.



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



Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 15 minutes. Select START/STOP to begin.



After 10 minutes, open lid and liberally brush ribs with barbecue sauce. Close lid to resume cooking for 5 more minutes.



When internal temperature reaches 185°F, cooking is complete and ribs are ready to serve.

**TIP** The Ninja® roasting rack insert makes it easy to hold up the ribs while cooking. It is available for purchase on [ninjaaccessories.com](http://ninjaaccessories.com).

# Tendercrisp™ 101

## Panko-Crusted Cod with Quinoa

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 23 MINUTES | **MAKES:** 4-6 SERVINGS

**APPROX. PRESSURE BUILD:** 8 MINUTES | **PRESSURE COOK:** 2 MINUTES | **PRESSURE RELEASE:** 1 MINUTE | **BAKE/ROAST:** 12-14 MINUTES

### INGREDIENTS

1 1/2 cups white quinoa	1/4 cup fresh parsley, minced
3 teaspoons kosher salt, divided	Zest and juice of 2 lemons
1 1/2 cups water	4 fresh cod fillets (5-6 ounces each)
1 cup panko bread crumbs	1 bunch asparagus, stems trimmed
1/2 stick (1/4 cup) butter, melted	1 teaspoon extra virgin olive oil

### DIRECTIONS



Place the quinoa, 1 teaspoon salt, and water into the 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 2 minutes. Select START/STOP to begin.



While quinoa is cooking, in a bowl, stir together the bread crumbs with butter, parsley, lemon zest and juice, and 1 teaspoon salt. Press panko mixture evenly onto the top of each cod fillet.



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



Toss the asparagus with olive oil and 1 teaspoon salt. Lay asparagus evenly on top of quinoa.



Place the broil rack in the pot over the quinoa and asparagus, making sure it is in the higher position. Place the cod fillets on the rack, breading side up.



Close the crisping lid. Select BAKE/ROAST, set the temperature to 350°F, and set the time to 12 minutes. Select START/STOP to begin. Cook for up to an additional 2 minutes if necessary.



Cooking is complete when internal temperature reaches 145°F. Serve cod with quinoa and asparagus.



# Tendercrisp™ 101

## Baked Macaroni & Cheese

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 24 MINUTES | **MAKES:** 6-8 SERVINGS

**APPROX. PRESSURE BUILD:** 7 MINUTES | **PRESSURE COOK:** 0 MINUTES | **PRESSURE RELEASE:** 10 MINUTES | **AIR CRISP:** 7 MINUTES

### INGREDIENTS

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| 1 tablespoon baking soda          | 1 tablespoon ground black pepper     |
| 1/2 cup lemon juice               | 1 tablespoon onion powder            |
| 5 cups water                      | 1 tablespoon garlic powder           |
| 1 box (16 ounces) dry elbow pasta | 1 teaspoon mustard powder            |
| 1 cup heavy cream                 | 2 cups panko or Italian bread crumbs |
| 1 bag (16 ounces) shredded cheese | 1 stick (1/2 cup) butter, melted     |
| 2 tablespoons kosher salt         |                                      |

### DIRECTIONS



Place baking soda and lemon juice into the pot. Stir until dissolved and bubbling has stopped. Add the water and dry pasta, stirring to incorporate.



Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to low (LO). Set time to 0 minutes (the time the unit takes to pressurize is long enough to cook the pasta). Select START/STOP to begin.



When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.



Add remaining ingredients, except bread crumbs and butter, to the pot.



Stir well to melt cheese and ensure all ingredients are combined.



In a bowl, stir together the bread crumbs and melted butter. Cover pasta evenly with the mixture.



Close crisping lid. Select AIR CRISP, set the temperature to 360°F, and set the time to 7 minutes. Select START/STOP to begin.



When cooking is complete, serve immediately.

**TIP** To make this mac & cheese more kid friendly, remove onion powder, garlic powder, and mustard powder, and serve the kids before adding the bread crumb topping.



# Tendercrisp™ 101

## Teriyaki Chicken, Broccoli & Rice

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 32 MINUTES | **MAKES:** 2 SERVINGS

**APPROX. PRESSURE BUILD:** 8 MINUTES | **PRESSURE COOK:** 2 MINUTES | **PRESSURE RELEASE:** 10 MINUTES | **BROIL:** 12 MINUTES

### INGREDIENTS

1 cup long-grain white rice, rinsed	2 uncooked fresh boneless skinless chicken breasts (8 ounces each)
1 cup chicken stock	1 head broccoli, cut in 2-inch florets
1/2 cup frozen mixed vegetables	1 tablespoon extra virgin olive oil
2 teaspoons kosher salt, divided	1/4 cup teriyaki sauce
2 teaspoons ground black pepper, divided	
1 tablespoon Adobo seasoning	

### DIRECTIONS



Place rice, chicken stock, frozen vegetables, 1 teaspoon salt, 1 teaspoon pepper, and Adobo seasoning into the pot; stir to combine.



Place chicken breasts on broil rack, making sure rack is in the higher position. Place rack inside pot over rice mixture.



Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to high (HI). Set time to 2 minutes. Select START/STOP to begin.



While chicken and rice are cooking, toss broccoli in a bowl with the olive oil and remaining salt and pepper.



When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release any remaining pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.



Brush tops of chicken breasts liberally with teriyaki sauce. Add broccoli to rack around chicken.



Close crisping lid. Select BROIL and set time to 12 minutes. Select START/STOP to begin.



Check after 10 minutes for desired doneness. Cooking is complete when internal temperature of chicken reaches 165°F. Serve chicken with rice and broccoli.

# Choose Your Own Tendercrisp™ Adventure

Feeling adventurous? Simply choose an ingredient from each column to customize and create your very own TenderCrisp meals.

**TIP** If you want to keep meat drippings from falling off the broil rack and onto your starches and grains below, place a layer of aluminum foil under the meat to keep everything tidy and clean.

## Pick a Grain or Starch and place with liquid in pot

1 cup white rice  
with 1 cup stock

1 cup quinoa  
with 1 cup stock

1 lb russet potatoes, cubed,  
with 1/2 cup water

1 cup pearled couscous  
with 1 cup stock

## Add the Rack

ADD THE  
BROIL RACK  
IN THE HIGHER  
POSITION



## Pick a Protein and place on broil rack

1 lb fresh  
boneless skinless  
chicken thighs

4 fresh boneless  
chicken breasts  
(6-8 oz each)

2 frozen  
New York strip steaks  
(8-12 oz each, 1-inch thick)

## Pressure Cook

HIGH FOR 2 MINS



## Pressure Release

QUICK RELEASE  
PRESSURE;  
CAREFULLY  
REMOVE LID



## Pick a vegetable, oil and season to taste, then place on rack around protein

1 large or 2 small zucchini,  
cut in 3-in x 1/2-in sticks

4 carrots,  
cut in 3-in x 1/2-inch sticks

1/2 head cauliflower,  
cut in small florets

## Finishing touch brush your protein with sauce or rub of your choice

Barbecue

Teriyaki

Sweet & sour

Blackening seasoning

Adobo spice rub

Your favorite spice blend

## Broil

DROP THE  
CRISPING LID  
AND BROIL  
FOR 10 MINS





# BUFFALO CHICKEN WINGS

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 4-6 SERVINGS  
**APPROX. PRESSURE BUILD:** 6 MINUTES | **PRESSURE RELEASE:** QUICK

## INGREDIENTS

- 1/2 cup water
- 2 pounds frozen chicken wings, drums and flats separated
- 2 tablespoons canola oil
- 2 tablespoons Buffalo sauce
- 2 teaspoons kosher salt

## DIRECTIONS

- 1 Place Cook & Crisp™ Plate into the pot and pour water into the pot. Place wings on to the Cook & Crisp Plate. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 2 Select PRESSURE and set HIGH. Set time to 5 minutes. Select START/STOP to begin.
- 3 When pressure cooking is complete, quick release the pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 4 Pat wings dry with paper towels and toss with 2 tablespoons oil in the pot.
- 5 Close crisping lid. Select AIR CRISP, set temperature to 390°F, and set time to 15 minutes. Select START/STOP to begin.
- 6 After 7 minutes, open crisping lid, then lift the pot and shake wings or toss them with silicone-tipped tongs. Lower the pot back into the unit and close lid to resume cooking.
- 7 While the wings are cooking, stir together Buffalo sauce and salt in a large mixing bowl.
- 8 When cooking is complete, transfer wings to the bowl with Buffalo sauce and toss to coat.

**TIP** Want to use fresh wings instead of frozen? Rather than pressure cooking, simply place fresh wings in the pot and toss with 2 tablespoons canola oil. Then Air Crisp at 390°F for 24-28 minutes.



# CHICKEN PARMESAN WITH PENNE & BROCCOLINI

INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **COOK:** 22 MINUTES | **MAKES:** 4 SERVINGS  
**APPROX. PRESSURE BUILD:** 6 MINUTES | **PRESSURE RELEASE:** QUICK

## INGREDIENTS

- 1 pound uncooked penne pasta
- 4 cups water
- 4 teaspoons kosher salt, divided
- 4 uncooked chicken cutlets (4 ounces each)
- 2 eggs, beaten
- 1 cup all-purpose flour
- 1 cup seasoned bread crumbs

- 1/2 cup grated Parmesan cheese, plus more for garnish
- 1 jar (24 ounces) marinara sauce, 1/4 cup reserved
- 2 tablespoons olive oil
- 1 bunch broccolini, cut in 1-inch pieces
- 1 cup mozzarella cheese
- Fresh parsley, minced, for garnish

## DIRECTIONS

- 1 Place pasta, water, and 2 teaspoons salt into the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 2 Select PRESSURE and set to HIGH. Set time to 2 minutes. Select START/STOP to begin.
- 3 While pasta is cooking, place flour and remaining salt in a shallow bowl and stir to combine. Add eggs and 2 tablespoons water to another bowl, whisking to combine. Place bread crumbs and Parmesan cheese into a third bowl.
- 4 Working in small batches, toss chicken in flour. Tap off excess, then coat chicken in egg wash. Transfer chicken to bread crumbs, tossing well to evenly coat. Set aside.
- 5 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.
- 6 Pour marinara sauce over the cooked penne, reserving 1/4 cup sauce. Add broccolini and stir to incorporate.
- 7 Place broil rack inside pot over the pasta, making sure rack is in the higher position. Place the breaded chicken on the rack and brush with oil.
- 8 Close crisping lid. Select AIR CRISP, set temperature to 325°F, and set time to 15 minutes. Press START/STOP to begin.
- 9 When cooking is complete, spread remaining 1/4 cup sauce on top of chicken. Top with mozzarella.
- 10 Close crisping lid. Select BROIL and set time to 5 minutes. Select START/STOP to begin.
- 11 When cooking is complete, top chicken with fresh parsley.

# MISO-GLAZED SALMON & BOK CHOY

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **COOK:** 7-9 MINUTES | **MAKES:** 4 SERVINGS  
**APPROX. PRESSURE BUILD:** 5 MINUTES | **PRESSURE RELEASE:** QUICK

## INGREDIENTS

1 cup jasmine rice, rinsed  
3/4 cup water  
4 frozen skinless salmon fillets  
(4 ounces, 1-inch thick each)  
1 teaspoon kosher salt  
2 tablespoons red miso paste  
2 tablespoons butter, softened  
2 heads baby bok choy, stems on, rinsed, cut in half  
1/4 cup mirin  
1 teaspoon sesame oil  
Sesame seeds, for garnish

## DIRECTIONS

- 1 Place rice and water into the pot. Stir to combine. Place broil rack in pot, making sure rack is in the higher position.
- 2 Season salmon with salt, then place on rack. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 3 Select PRESSURE and set to HIGH. Set time to 2 minutes. Select START/STOP to begin.
- 4 While salmon and rice are cooking, stir together miso and butter to form a paste. Toss bok choy with mirin and sesame oil.
- 5 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.
- 6 Gently pat salmon dry with paper towel, then spread miso butter evenly on top of the fillets. Add bok choy to the rack.
- 7 Close crisping lid. Select BROIL and set time to 7 minutes. Select START/STOP to begin, checking for doneness after 5 minutes.
- 8 When cooking is complete, remove salmon from rack and serve with bok choy and rice. Garnish with sesame seeds, if desired.

**TIP** Want to use fresh salmon instead of frozen? Pressure cook only the white rice. Add the fresh salmon fillets as instructed in step 6. At step 7, broil the salmon for up to 15 minutes, or until the internal temperature reaches 145°F.



# SHORT RIBS & ROOT VEGETABLES

INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **COOK:** 1 HOUR | **MAKES:** 4-6 SERVINGS  
**APPROX. PRESSURE BUILD:** 10 MINUTES | **PRESSURE RELEASE:** QUICK

## INGREDIENTS

6 uncooked bone-in beef short ribs  
(about 3 pounds), trimmed of excess  
fat and silver skin  
2 teaspoons kosher salt, divided  
2 teaspoons black pepper, divided  
2 tablespoons olive oil, divided  
1 onion, peeled, chopped  
1/4 cup Marsala wine  
1/4 cup beef broth  
2 tablespoons brown sugar  
3 cloves garlic, peeled, minced  
2 tablespoons fresh thyme, minced, divided  
3 carrots, peeled, cut in 1-inch pieces  
3 parsnips, peeled, cut in 1-inch pieces  
1 cup pearl onions  
1/4 cup fresh parsley, minced

## DIRECTIONS

- 1 Season short ribs on all sides with 1 teaspoon salt and 1 teaspoon pepper. Select SEAR/SAUTÉ and set to HIGH. Select START/STOP to begin. Heat 1 tablespoon oil in the pot for 3 minutes.
- 2 After 3 minutes, add short ribs to pot and cook until browned on all sides, about 10 minutes.
- 3 Add onion, wine, broth, brown sugar, garlic, 1 tablespoon thyme, 1/2 teaspoon salt, and 1/2 teaspoon pepper to pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to HIGH. Set time to 40 minutes. Select START/STOP to begin.
- 5 Toss carrots, parsnips, and pearl onions with remaining oil, thyme, salt, and pepper.
- 6 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.
- 7 Place the broil rack inside pot over ribs, making sure rack is in the higher position. Place vegetable mixture on rack.
- 8 Close crisping lid. Select BAKE/ROAST, set temperature to 350°F, and set time to 15 minutes. Select START/STOP to begin.
- 9 Once vegetables are tender and roasted, transfer them and the ribs to a serving tray and tent loosely with aluminum foil to keep warm.
- 10 Select SEAR/SAUTÉ and set to HIGH. Bring liquid in pot to simmer for 5 minutes. Transfer to bowl and let sit for 2 minutes, then spoon off top layer of fat. Stir in parsley.
- 11 When cooking is complete, serve sauce with vegetables and ribs.



# GRAINS, GREENS & TOFU BOWL

INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **MARINATE:** 15 MINUTES | **COOK:** 25 MINUTES | **MAKES:** 4-6 SERVINGS  
**APPROX. PRESSURE BUILD:** 6 MINUTES | **PRESSURE RELEASE:** QUICK

## INGREDIENTS

1/4 cup plus 2 tablespoons soy sauce, divided  
3 tablespoons mirin, divided  
1 tablespoon brown sugar  
1 tablespoon plus 2 teaspoons  
toasted sesame oil, divided  
1 teaspoon fish sauce  
1 teaspoon garlic powder  
1 block (14 ounces) super-firm tofu,  
drained, cut in 1/2-inch cubes  
1/2 cup farro, rinsed  
1/2 cup wild rice, rinsed  
1 cup vegetable stock or water  
1 bunch kale or collard greens, sliced

## TOPPINGS

Shredded carrots  
Pickled garden vegetables  
Kimchi  
Avocado, sliced  
Thai peanut dressing  
Steamed edamame

**TIP** You can swap out the tofu for a 3/4-pound chicken breast cut in 1/2-inch cubes.

## DIRECTIONS

- 1 In a large bowl, stir together 2 tablespoons soy sauce, 1 tablespoon mirin, brown sugar, 2 teaspoons sesame oil, fish sauce, and garlic powder. Add tofu and coat in the marinade. Let marinate for at least 15 minutes.
- 2 Place farro, wild rice, stock or water, kale, remaining soy sauce, mirin, and sesame oil to the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 3 Select PRESSURE and set to HIGH. Set time to 10 minutes. Select START/STOP to begin.
- 4 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.
- 5 Place broil rack inside pot over the rice, making sure rack is in the higher position. Cover rack with aluminum foil, then place tofu on rack.
- 6 Close crisping lid. Select AIR CRISP, set temperature to 325°F, and set time to 15 minutes. Select START/STOP to begin. Halfway through cooking, flip the tofu.
- 7 When cooking is complete, add tofu to the grains and greens and serve with your favorite toppings.

# CHICKEN POT PIE

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **COOK:** 25 MINUTES | **MAKES:** 6 SERVINGS  
**APPROX. PRESSURE BUILD:** 6 MINUTES | **PRESSURE RELEASE:** QUICK

## 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  
2 teaspoons kosher salt  
1/2 teaspoon black pepper  
1/2 cup heavy cream  
1/4 cup all-purpose flour  
1 refrigerated store-bought pie crust,  
room temperature

**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.

## DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow 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. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to HIGH. Set time to 5 minutes. Select START/STOP to begin.
- 5 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.
- 6 Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. 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 crisping lid. Select BROIL and set time to 10 minutes. Select START/STOP to begin.
- 9 When cooking is complete, remove pot from unit and place on a heat-resistant surface. Let rest 10 to 15 minutes before serving.

# BEEF CHILI & CORN BREAD CASSEROLE

INTERMEDIATE RECIPE ●●○

**PREP:** 20 MINUTES | **COOK:** 37-45 MINUTES | **MAKES:** 8 SERVINGS  
**APPROX. PRESSURE BUILD:** 8 MINUTES | **PRESSURE RELEASE:** QUICK

## INGREDIENTS

2 pounds uncooked ground beef  
3 cans (14 ounces each) kidney beans, rinsed, drained  
1 can (28 ounces) crushed tomatoes  
1 cup beef stock  
1 large white onion, peeled, diced  
1 green bell pepper, diced  
1 jalapeño pepper, diced, seeds removed  
4 cloves garlic, peeled, minced  
2 tablespoons kosher salt  
1 tablespoon ground black pepper  
2 tablespoons ground cumin  
1 tablespoon onion powder  
1 tablespoon garlic powder  
2 cups Cheddar Corn Bread batter, uncooked (see recipe page 61)  
1 cup shredded Mexican cheese blend  
Sour cream, for serving

## DIRECTIONS

- 1 Place beef, beans, tomatoes, and stock into the pot, breaking apart meat. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 15 minutes. Select START/STOP to begin.
- 2 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.
- 3 Select SEAR/SAUTÉ and set to MD. Select START/STOP. Add onion, green bell pepper, jalapeño pepper, garlic, and spices; stir to incorporate. Bring to a simmer and cook for 5 minutes, stirring occasionally.
- 4 Dollop corn bread batter evenly over the top of the chili.
- 5 Close crisping lid. Select BAKE/ROAST, set temperature to 360°F, and set time to 26 minutes. Select START/STOP to begin.
- 6 After 15 minutes, open lid and insert a wooden toothpick into the center of the corn bread. If toothpick comes out clean, skip to step 7. If corn bread is not done, close lid to resume cooking for another 8 minutes.
- 7 When corn bread is done, sprinkle it with cheese and close lid to resume cooking for 3 minutes, or until cheese is melted.
- 8 When cooking is complete, top with sour cream and serve.

**TIP** You can use the extra corn bread batter to make muffins. Cook 6 muffins at 350°F for 25-30 minutes.

# PEPPERONI PIZZA PASTA BAKE

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **COOK:** 28-30 MINUTES | **MAKES:** 6-8 SERVINGS  
**APPROX. PRESSURE BUILD:** 6 MINUTES | **PRESSURE RELEASE:** NATURAL 10 MINUTES

## INGREDIENTS

1 large onion, peeled, cut in half, sliced in half-moon shapes  
2 tablespoons extra virgin olive oil  
1 teaspoon kosher salt  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/4 teaspoon ground black pepper  
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 Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 2 After 5 minutes, place onion and olive oil into 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. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to HIGH. Set time to 6 minutes. Select START/STOP to begin.
- 5 When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 6 Stir the sauce with a wooden spoon, crushing tomatoes in the process.
- 7 Cover pasta mixture evenly with 3 cups shredded mozzarella. Lay pepperoni slices across mozzarella. Sprinkle remaining mozzarella over pepperoni slices.
- 8 Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 5 minutes. Select START/STOP to begin.
- 9 When cooking is complete, serve immediately.



# HOMEMADE VANILLA YOGURT

INTERMEDIATE RECIPE ●●○

**PREP:** 5 MINUTES | **INCUBATE:** 8 HOURS | **CHILL:** 8-12 HOURS | **MAKES:** 4-6 SERVINGS

## INGREDIENTS

- 1/2 gallon whole milk
- 3 tablespoons plain yogurt with active live cultures
- 1/2 teaspoon vanilla extract
- 1/2 cup honey (optional)

## DIRECTIONS

- 1 Pour the milk into the pot. Assemble pressure lid, making sure the pressure release valve is in the VENT position. Select YOGURT and set time to 8 hours. Select START/STOP to begin.
- 2 After the milk has boiled, the display will read “Cool”. Note that this process can take several hours.
- 3 Once cooled, the unit will beep and display “Add & Stir”. Remove lid. Add plain yogurt and whisk until fully incorporated.
- 4 Assemble pressure lid, making sure the pressure release valve is in the VENT position. Select START/STOP to begin the incubation process.
- 5 After incubating is complete (8 hours later), transfer the yogurt to a glass container or bowl, then cover and refrigerate for a minimum of 8 hours.
- 6 Once yogurt has cooled, add the vanilla and honey (if using) and stir until well combined. Cover and place the glass bowl back in the refrigerator or divide the yogurt among airtight glass jars. Yogurt may be refrigerated up to 2 weeks.

**TIP** If you prefer a thicker, Greek-style yogurt, strain the yogurt through a cheesecloth overnight in the fridge (be sure to place it over a large mixing bowl while draining).



# CHOCOLATE CHIP SKILLET COOKIE

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **COOK:** 23 MINUTES | **MAKES:** 4-6 SERVINGS

## 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
- 6 tablespoons granulated sugar
- 6 tablespoons packed brown sugar
- 1/2 teaspoon vanilla extract
- 1 large egg
- 1 cup semi-sweet chocolate chips
- 1/2 cup chopped walnuts, pecans, or almonds, if desired

## DIRECTIONS

- 1 Close crisping lid. Preheat the unit by selecting BAKE/ROAST, setting the temperature to 325°F, and setting the time to 5 minutes. Select START/STOP to begin.
- 2 While unit is preheating, whisk together flour, baking soda, and salt in a mixing bowl.
- 3 In a separate mixing bowl, beat together the butter, sugars, and vanilla until creamy. Add egg and beat until smooth and fully incorporated.
- 4 Slowly add the dry ingredients to the egg mixture, about 1/3 at a time. Use a rubber spatula to scrape down the sides so all dry ingredients get incorporated. Make sure not to over-mix, or the cookie will become dense when baked.
- 5 Fold the chocolate chips and nuts into the cookie dough until they are evenly distributed.
- 6 Generously grease the bottom of the Ninja® multi-purpose pan\* (or an 8-inch baking pan). Add the cookie dough to the pan, making sure it is evenly distributed.
- 7 Once unit has preheated, place the pan onto the broil rack, making sure rack is in the lower position. Place rack with pan in pot. Close crisping lid. Select BAKE/ROAST, set temperature to 325°F, and set time to 23 minutes. Select START/STOP to begin.
- 8 When cooking is complete, allow cookie to cool for 5 minutes. Then serve warm with toppings of your choice.

**TIP** For a softer, gooey center, shorten cooking time in step 7 to 20 minutes.

\*The Ninja multi-purpose pan is sold separately on [ninjaaccessories.com](http://ninjaaccessories.com).

# Pressure Cooking Chart

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

**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 ½ 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™ Plate	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)	½ cup	N/A	High	5 mins	Quick
Ground beef, pork, or turkey (frozen)	1-2 lbs	Frozen, ground (not in patties)	½ cup	N/A	High	20-25 mins	Quick
<b>RIBS</b>							
Pork baby back	2 ½-3 ½ 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 ½ hrs	Quick
Boneless beef chuck-eye roast	3-4 lbs	Whole	1 cup	N/A	High	1 ½ hrs	Quick
Boneless pork butt	4 lbs	Seasoned	1 cup	N/A	High	1 ½ hrs	Quick
Pork tenderloin	2 tenderloins (1-1 ½ lbs each)	Seasoned	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>HARD-BOILED EGGS</b>							
Eggs†	1-12 eggs	None	½ cup	N/A	High	4 mins	Quick

†Remove immediately when complete and place in ice bath.

# Pressure Cooking Chart, continued

INGREDIENT	AMOUNT	DIRECTIONS	WATER	ACCESSORY	PRESSURE	COOK TIME	RELEASE
<b>VEGETABLES</b>							
Beets	8 small or 4 large	Rinsed well, tops & ends trimmed; cool & peel after cooking	1/2 cup	N/A	High	15-20 mins	Quick
Broccoli	1 head or 4 cups	Cut in 1-2-inch florets, stem removed	1/2 cup	Broil rack in lower position	Low	1 min	Quick
Brussels sprouts	1 lb	Cut in half	1/2 cup	Broil rack in lower position	Low	1 min	Quick
Butternut squash (cubed for side dish or salad)	20 oz	Peeled, cut in 1-inch pieces, seeds removed	1/2 cup	N/A	Low	2 mins	Quick
Butternut squash (for mashed, puree, or soup)	20 oz	Peeled, cut in 1-inch pieces, seeds removed	1/2 cup	Broil rack in lower position	High	5 mins	Quick
Cabbage (braised)	1 head	Cut in half, core removed, sliced in 1/2-inch strips	1/2 cup	N/A	Low	3 mins	Quick
Cabbage (crisp)	1 head	Cut in half, core removed, sliced in 1/2-inch strips	1/2 cup	Broil rack in lower position	Low	2 mins	Quick
Carrots	1 lb	Peeled, cut in 1/2-inch pieces	1/2 cup	N/A	High	2-3 mins	Quick
Cauliflower	1 head	Cut in 1-2-inch florets, stem removed	1/2 cup	N/A	Low	1 min	Quick
Collard greens	2 bunches or 1 bag (16 oz)	Stems removed, leaves chopped	1/2 cup	N/A	Low	6 mins	Quick
Green Beans	1 bag (12 oz)	Whole	1/2 cup	Broil rack in lower position	Low	0 min*	Quick
Kale leaves/greens	2 bunches or 1 bag (16 oz)	Stems removed, leaves chopped	1/2 cup	N/A	Low	3 mins	Quick
Potatoes, red (cubed for side dish or salad)	2 lbs	Scrubbed, cut in 1-inch cubes	1/2 cup	N/A	High	1-2 mins	Quick
Potatoes, red (for mashed)	2 lbs	Scrubbed, whole, large potatoes cut in half	1/2 cup	N/A	High	15-20 mins	Quick
Potatoes, Russet or Yukon (cubed for side dish or salad)	2 lbs	Peeled, cut in 1-inch cubes	1/2 cup	N/A	High	1-2 mins	Quick
Potatoes, Russet or Yukon (for mashed)	2 lbs	Peeled, cut in 1-inch thick slices	1/2 cup	N/A	High	6 mins	Quick
Potatoes, sweet (cubed for side dish or salad)	1 lb	Peeled, cut in 1-inch cubes	1/2 cup	N/A	High	1-2 mins	Quick
Potatoes, sweet (for mashed)	1 lb	Peeled, cut in 1-inch thick slices	1/2 cup	N/A	High	6 mins	Quick

\*The time the unit takes to pressurize is long enough to cook this food.



# Pressure Cooking 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	7 mins	Natural (10 mins) then Quick
Basmati rice	1 cup	1 cup	HIGH	2 mins	Natural (10 mins) then Quick
Brown rice, short/medium or long grain	1 cup	1 1/4 cups	HIGH	15 mins	Natural (10 mins) then Quick
Coarse grits/polenta*	1 cup	3 1/2 cups	HIGH	4 mins	Natural (10 mins) then Quick
Farro	1 cup	2 cups	HIGH	10 mins	Natural (10 mins) then Quick
Jasmine rice	1 cup	1 cup	HIGH	2-3 mins	Natural (10 mins) then Quick
Kamut	1 cup	2 cups	HIGH	30 mins	Natural (10 mins) then Quick
Millet	1 cup	2 cups	HIGH	6 mins	Natural (10 mins) then Quick
Pearl barley	1 cup	2 cups	HIGH	22 mins	Natural (10 mins) then Quick
Quinoa	1 cup	1 1/2 cups	HIGH	2 mins	Natural (10 mins) then Quick
Quinoa, red	1 cup	1 1/2 cups	HIGH	2 mins	Natural (10 mins) then Quick
Spelt	1 cup	2 1/2 cups	HIGH	25 mins	Natural (10 mins) then Quick
Steel-cut oats*	1 cup	3 cups	HIGH	11 mins	Natural (10 mins) then Quick
Sushi rice	1 cup	1 1/2 cups	HIGH	3 mins	Natural (10 mins) then Quick
Texmati® rice, brown**	1 cup	1 1/4 cups	HIGH	5 mins	Natural (10 mins) then Quick
Texmati® rice, light brown**	1 cup	1 1/4 cups	HIGH	2 mins	Natural (10 mins) then Quick
Texmati® rice, white**	1 cup	1 cup	HIGH	2 mins	Natural (10 mins) then Quick
Wheat berries	1 cup	3 cups	HIGH	15 mins	Natural (10 mins) then Quick
White rice, long grain	1 cup	1 cup	HIGH	2 mins	Natural (10 mins) then Quick
White rice, medium grain	1 cup	1 cup	HIGH	3 mins	Natural (10 mins) then Quick
Wild rice	1 cup	1 cup	HIGH	22 mins	Natural (10 mins) then Quick

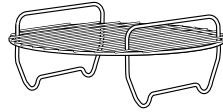
\*After releasing pressure, stir for 30 seconds to 1 minute, then let sit for 5 minutes.

\*\*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.

# Pressure Cooking Chart, continued

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	Natural (10 mins) then Quick
Black-eyed peas	1 lb, soaked 8-24 hrs	6 cups	LOW	5 mins	Natural (10 mins) then Quick
Cannellini beans	1 lb, soaked 8-24 hrs	6 cups	LOW	3 mins	Natural (10 mins) then Quick
Cranberry beans	1 lb, soaked 8-24 hrs	6 cups	LOW	3 mins	Natural (10 mins) then Quick
Garbanzo beans (chickpeas)	1 lb, soaked 8-24 hrs	6 cups	LOW	3 mins	Natural (10 mins) then Quick
Great northern bean	1 lb, soaked 8-24 hrs	6 cups	LOW	1 min	Natural (10 mins) then Quick
Lentils (green or brown)	1 cup dry	2 cups	LOW	5 mins	Natural (10 mins) then Quick
Lima beans	1 lb, soaked 8-24 hrs	6 cups	LOW	1 min	Natural (10 mins) then Quick
Navy beans	1 lb, soaked 8-24 hrs	6 cups	LOW	3 mins	Natural (10 mins) then Quick
Pinto beans	1 lb, soaked 8-24 hrs	6 cups	LOW	3 mins	Natural (10 mins) then Quick
Red kidney beans	1 lb, soaked 8-24 hrs	6 cups	LOW	3 mins	Natural (10 mins) then Quick

# Steam Chart for the Broil Rack



INGREDIENT	AMOUNT	PREPARATION	LIQUID	COOK TIME
<b>VEGETABLES</b>				
Asparagus	1 bunch	Whole spears	2 cups	7-15 mins
Broccoli	1 crown or 1 bag (12 oz) florets	Cut in 1-2-inch florets	2 cups	5-9 mins
Brussels sprouts	1 lb	Whole, trimmed	2 cups	8-17 mins
Butternut squash	24 oz	Peeled, cut in 1-inch cubes	2 cups	10-17 mins
Cabbage	1 head	Cut in half, sliced in 1/2-inch strips, core removed	2 cups	6-12 mins
Carrots	1 lb	Peeled, cut in 1-inch pieces	2 cups	7-12 mins
Cauliflower	1 head	Cut in 1-2-inch florets	2 cups	5-10 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	7-10 mins
Potatoes	1 lb	Peeled, cut in 1-inch pieces	2 cups	12-17 mins
Potatoes, sweet	1 lb	Cut in 1/2-inch cubes	2 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



# Air Crisp Cooking Chart for the Cook & Crisp™ Plate



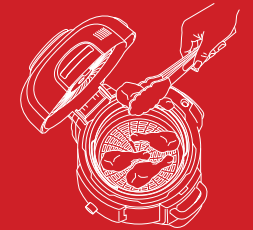
**TIP** Before using Air Crisp, allow the unit to preheat for 5 minutes as you would your conventional oven.

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
<b>VEGETABLES</b>					
Asparagus	1 bunch	Halved, stems trimmed	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, stem removed	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 ears, husks removed	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	Torn in pieces, stems removed	None	300°F	9-12 mins
Mushrooms	8 oz	Rinsed, 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 and pat dry	1/2-3 Tbsp canola	390°F	24-27 mins
Potatoes, sweet	4 whole (6-8 oz)	Pierced 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)	Pierced 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 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 (3-5 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, toss or flip often.**

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

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



**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 Crisp Cooking Chart for the Cook & Crisp™ Plate, continued

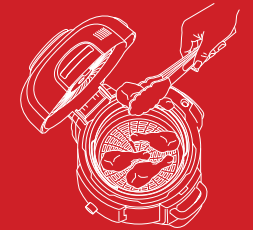
**TIP** Before using Air Crisp, allow the unit to preheat for 5 minutes as you would your conventional oven.

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 (16oz) package	Lay strips evenly over edge of plate	None	330°F	13-16 mins (no preheat)
Pork chops	2 thick-cut, bone-in chops (10-12 ounces each)	Bone in	Brushed with oil	375°F	15-17 mins
	4 boneless chops (6-8 ounces 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	8-12 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, peeled, 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	19-21 mins

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

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

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



**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™ Plate  
with the Cook & Crisp Layered Insert\*  
or Dehydrating 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	Core removed, cut in 1/8-inch slices, rinsed in lemon water, patted dry	135°F	7-8 hrs
Asparagus	Cut in 1-inch pieces, blanch	135°F	6-8 hrs
Bananas	Peeled, cut in 3/8-inch slices	135°F	8-10 hrs
Beet Chips	Peeled, cut in 1/8-inch slices	135°F	7-8 hrs
Eggplant	Peeled, cut in 1/4-inch slices, blanch	135°F	6-8 hrs
Fresh Herbs	Rinsed, patted dry, stems removed	135°F	4-6 hrs
Ginger Root	Cut in 3/8-inch slices	135°F	6 hrs
Mangoes	Peeled, cut in 3/8-inch slices, pit removed	135°F	6-8 hrs
Mushrooms	Cleaned with soft brush (do not wash)	135°F	6-8 hrs
Pineapple	Peeled, cored, cut in 3/8-1/2-inch slices	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 grated; steam if planning to rehydrate	135°F	6-8 hrs
<b>JERKY - MEAT, POULTRY, FISH</b>			
Beef Jerky	Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe page 60)	150°F	5-7 hrs
Chicken Jerky	Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe page 60)	150°F	5-7 hrs
Turkey Jerky	Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe page 60)	150°F	5-7 hrs
Salmon Jerky	Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe page 60)	165°F	5-8 hrs



# Tendercrisp™ Chart

PROTEIN	AMOUNT	ACCESSORY	WATER	PRESSURE COOK	PRESSURE RELEASE	CRISPING LID
Whole chicken	1 chicken (4-5 lbs)	Cook & Crisp™ Plate	1/2 cup	High for 22 mins	Natural release pressure 5 minutes. Quick release and carefully remove lid.	Air Crisp at 400°F for 8-18 mins
St. Louis ribs	1 rack, cut in quarters	Cook & Crisp Plate	1/2 cup	High for 19 mins	Quick release pressure. Carefully remove lid. Pat protein dry with paper towel and brush with oil or sauce.	Air Crisp at 400°F for 10-15 mins
Frozen chicken breasts	2 frozen breasts (6-8 oz each)	Broil rack in higher position	1/2 cup	High for 10 mins		Broil for 10 mins
Frozen New York strip steaks	2 frozen New York strip steaks (10 oz each)	Broil rack in higher position	1/2 cup	High for 1 min		Broil for 11-15 mins or until desired doneness
	2 frozen New York strip steaks (12 oz each)	Broil rack in higher position	1/2 cup	High for 2 mins		Broil for 13-16 mins or until desired doneness
	2 frozen New York strip steaks (16 oz each)	Broil rack in higher position	1/2 cup	High for 3 mins		Broil for 13-16 mins or until desired doneness
Frozen chicken wings	1 lb frozen chicken wings	Cook & Crisp Plate	1/2 cup	High for 5 mins		Air Crisp at 390°F for 15-20 mins
Bone-in skin-on chicken thighs	4 bone-in skin-on chicken thighs (6-8 oz)	Cook & Crisp Plate	1/2 cup	High for 2 mins		Air Crisp at 400°F for 10 mins
Frozen pork chops	4 boneless pork chops (6-8 oz)	Broil rack in higher position	1/2 cup	High for 2 mins		Air Crisp at 400°F for 10-15 mins
Frozen jumbo shrimp	16 raw, peeled and de-veined	Broil rack in higher position	1/2 cup	High for 0 mins	Air Crisp at 400°F for 5 mins	

# NINJA Foodi

PRESSURE COOKER

The pressure cooker  
that crisps.

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