

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



NINJA Foodi

PRO PRESSURE
COOKER

The PRO pressure cooker
that crisps.

45+ mouthwatering
recipes and charts for
unlimited possibilities



Table of Contents

Pressure Lid	2
Crisping Lid	3
The Art of TenderCrisp™ Technology	4
TenderCrisp 101	6
Choose Your Own TenderCrisp Adventure	16
TenderCrisp Frozen to Crispy	18
TenderCrisp Apps & Entrees	21
TenderCrisp 360 Meals	28
TenderCrisp One-Pot Wonders	39
Everyday Basics	54
Cooking Charts	66

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® pressure cooker 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

Cook low and slow to create your favorite chilis and stews.



YOGURT

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.



SOUS VIDE

French for “under vacuum,” this function slow cooks food sealed in a plastic bag in an accurately regulated low-temp water bath.

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™ Technology

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™ Technology. 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 use TenderCrisp™ Technology, you always finish with a crispy, delicious twist.



TenderCrisp™ Technology
Frozen to Crispy



TenderCrisp™ Technology
Apps & Entrees



TenderCrisp™ Technology
360 Meals



TenderCrisp™ Technology
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 into the 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 (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, 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 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 plate 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.

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 pressure 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.

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. 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 the 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. 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



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** Pour water into pot. Place wings on the Cook & Crisp™ Plate and place plate in pot. Assemble the 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 plate.
- 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 lid, then lift plate and shake wings or toss them with silicone-tipped tongs. Lower plate back into pot 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 plate and toss with 2 tablespoons canola oil. Then Air Crisp at 390°F for 24-28 minutes.

FROZEN CHICKEN DINNER

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **COOK:** 37-40 MINUTES | **MAKES:** 2 SERVINGS
APPROX. PRESSURE BUILD: 8 MINUTES | **PRESSURE RELEASE:** NATURAL 10 MINUTES

INGREDIENTS

- 2 tablespoons olive oil, divided
- 1 small onion, peeled, diced
- 1 cup wild rice blend
- 3 teaspoons kosher salt, divided
- 1 tablespoon Moroccan seasoning “Ras el Hanout”
- 3/4 cup chicken stock

DIRECTIONS

- 1** Select SEAR/SAUTÉ and set to HIGH. Allow to preheat for 5 minutes.
- 2** After 5 minutes, add 1 tablespoon oil and onion. Cook, stirring occasionally, for 3 minutes, until onions are fragrant. Add wild rice, 2 teaspoons salt, and Moroccan seasoning. Cook, stirring frequently, until the rice is coated with oil and very shiny. Add chicken stock and stir to incorporate.
- 3** Place frozen chicken breasts on broil rack. Place rack inside pot over rice mixture.
- 4** Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 5** Select PRESSURE and set to HIGH. Set time to 22 minutes. Select START/STOP to begin.
- 6** While chicken and rice are cooking, toss green beans in a bowl with the remaining oil, salt, and pepper.

- 2 frozen chicken breasts (8-10 ounces each)
- 1 bag (12 ounces) green beans, trimmed
- 1 teaspoon black pepper, divided
- 1/4 cup fresh parsley, chopped
- 1/4 cup honey mustard sauce

- 7** When pressure cooking is complete, allow pressure to naturally 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.
- 8** Lift broil rack out of the pot. Stir parsley into rice, then add green beans directly on top of the rice.
- 9** Brush chicken breasts on all sides with honey mustard sauce, then return the rack to the pot over rice and green beans.
- 10** Close crisping lid. Select BROIL and set time to 10 minutes. Select START/STOP to begin.
- 11** Cooking is complete when internal temperature reaches 165°F. Serve chicken with green beans and rice.

TIP This recipe is for frozen chicken only. To use fresh chicken, see the Choose Your Own TenderCrisp™ Adventure chart on pages 16-17.

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
- ¾ 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
- ¼ 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.
- 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.



UPSIDE-DOWN LOADED CHICKEN NACHOS

ADVANCED RECIPE ●●●

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

INGREDIENTS

- 4 frozen boneless skinless chicken breasts (8-12 ounces each)
- 1 jar (16 ounces) red salsa
- 1 can (14 ounces) refried beans
- 1 tablespoon kosher salt
- 2 tablespoons taco seasoning
- ¼ bag (4 ounces) tortilla chips, divided
- 1½ bags (12 ounces) Mexican cheese blend, divided

TOPPINGS

- Guacamole
- Sour cream
- Fresh scallions, sliced

DIRECTIONS

- 1** Place frozen chicken and salsa 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 20 minutes. Select START/STOP to begin.
- 3** 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.
- 4** Using silicone-tipped utensils, 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 crisping lid. Select AIR CRISP, set temperature to 360°F, and set time to 5 minutes. Select START/STOP to begin. For crispier results, add additional time.
- 7** When cooking is complete, garnish nachos with guacamole, sour cream, and scallions and serve.

WHOLE ROASTED SICILIAN CAULIFLOWER

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **COOK:** 13 MINUTES | **MAKES:** 4 SERVINGS
APPROX. PRESSURE BUILD: 5 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

- 1/2 cup water
- 1 medium head cauliflower, leaves removed
- 1/4 cup olive oil
- 4 cloves garlic, peeled, minced
- 2 tablespoons capers, rinsed, minced
- 1 teaspoon crushed red pepper
- 1/2 cup grated Parmesan cheese
- 1 tablespoon fresh parsley, chopped, for garnish



DIRECTIONS

- 1 Place water and Cook & Crisp™ Plate in pot.
- 2 With a knife, cut an X into the head of cauliflower, slicing about halfway down. Place cauliflower on the plate.
- 3 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to LOW. Set time to 3 minutes. Select START/STOP to begin.
- 4 In a small bowl, stir together olive oil, garlic, capers, and crushed red pepper.
- 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 Spread the oil mixture evenly over the cauliflower, placing some of it into the center of the cauliflower. Sprinkle Parmesan cheese evenly over the cauliflower.
- 7 Close crisping lid. Select AIR CRISP, set temperature to 390°F, and set time to 10 minutes. Select START/STOP to begin.
- 8 When cooking is complete, transfer cauliflower to a serving platter using a large spatula. Garnish with fresh parsley.

TIP Since capers are briny, be sure to taste the cauliflower before adding salt to this dish.

POTATO WEDGES

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **COOK:** 15-21 MINUTES | **MAKES:** 4 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

- 1/2 cup water
- 4 Idaho potatoes, cut in 2-inch wedges
- 2 tablespoons extra virgin olive oil, divided
- 1 tablespoon fresh oregano leaves, minced
- 4 cloves garlic, peeled, minced
- Juice of 1 lemon
- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper



DIRECTIONS

- 1 Pour water into the pot. Place potatoes on the Cook & Crisp™ Plate and place plate into pot.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to LOW. Set time to 3 minutes. Select START/STOP to begin.
- 3 While potatoes are cooking, stir together 1 tablespoon olive oil with oregano, garlic, lemon juice, salt, and pepper in a small bowl. Set aside.
- 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 Pour remaining olive oil over the potatoes in the plate, shaking to coat evenly.
- 6 Close the crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 18 minutes. Select START/STOP to begin. Check potatoes after 12 minutes. Continue cooking for up to 18 minutes for desired crispiness.
- 7 When cooking is complete, remove potatoes from plate. Toss with oregano dressing and serve.

TIP For crispier results, add another teaspoon of oil in step 5, and when Air Crisping, shake the plate or toss potatoes with silicone-tipped tongs every 6 minutes.

CARNITAS TACOS

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **COOK:** 40 MINUTES | **MAKES:** 12 TACOS
APPROX. PRESSURE BUILD: 7 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

2 pounds uncooked boneless pork shoulder, cut in 1-inch cubes
6 cloves garlic, peeled, crushed
Juice and zest of 1/2 orange
1 teaspoon dried oregano (or 20 leaves fresh)
2 teaspoons kosher salt
1 teaspoon ground black pepper
1 1/2 teaspoons chili powder
1/2 large onion, peeled
1/2 cup chicken stock or vegetable stock
2 tablespoons agave nectar
1 tablespoon fresh cilantro or parsley, chopped
12 (6-inch) corn or flour tortillas, for serving

TOPPING

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

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. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 3 Select PRESSURE and set to HIGH. Set time to 20 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 Select SEAR/SAUTE and set to MD:HI. Select START/STOP. Using silicone-tipped tongs, remove onion from pot and shred pork. 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 crisping lid. Select BROIL and set time to 8 minutes. Select START/STOP to begin.
- 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.

STUFFED PEPPERS

BEGINNER RECIPE ●○○

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

INGREDIENTS

1 tablespoon garlic powder
1 teaspoon black pepper
1 tablespoon ground cinnamon
1/2 teaspoon ground cloves
1 1/2 tablespoons kosher salt, divided
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
4 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, 1 1/2 teaspoons salt, paprika, and cumin; set aside.
- 2 Add beef, onion, rice, stock, wine, and 2 tablespoons spice mix to the pot, breaking apart meat. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 3 Select PRESSURE and set to HIGH. Set time to 15 minutes. Select START/STOP to begin.
- 4 When pressure cooking is complete, naturally release the pressure for 10 minutes, then quick release any remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 5 Stir meat mixture, then add chopped pepper tops, cashews, fresh parsley, and remaining salt. Using a rubber or wooden spoon, stuff mixture into the 4 bell peppers.
- 6 Place stuffed peppers in the pot. Close crisping lid. Select BAKE/ROAST, set temperature to 360°F, and set time to 15 minutes. Select START/STOP to begin.
- 7 When cooking is complete, serve immediately.

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

TEX-MEX MEATLOAF

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **COOK:** 30 MINUTES | **MAKES:** 6-8 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

1 pound uncooked ground beef
1 egg
1 bell pepper, diced
1/2 jalapeño pepper, seeds removed, minced
1 small onion, peeled, diced
3 corn tortillas, roughly chopped
1 tablespoon garlic powder
2 teaspoons ground cumin
2 teaspoons chili powder
1 teaspoon cayenne pepper
2 teaspoons kosher salt
1/4 cup fresh cilantro leaves
1/4 barbecue sauce, divided
1 cup water
1 cup corn chips, crushed

DIRECTIONS

- 1 Stir together beef, egg, bell pepper, jalapeño pepper, onion, tortillas, spices, cilantro, and 2 tablespoons barbecue sauce in a large mixing bowl.
- 2 Place meat mixture in the Ninja® loaf pan* (or an 8 1/2-inch loaf pan) and cover tightly with aluminum foil.
- 3 Pour water into pot. Place broil rack in pot, then place loaf pan on rack. Assemble the pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to HIGH. Set time to 15 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 Carefully remove foil from loaf pan and close crisping lid. Select BAKE/ROAST, set temperature to 360°F, and set time to 15 minutes. Select START/STOP to begin.
- 7 While the meatloaf is cooking, stir together the crushed corn chips and 2 tablespoons barbecue sauce in a bowl.
- 8 After 7 minutes, open lid and top meatloaf with the corn chip mixture. Close lid to resume cooking.
- 9 When cooking is complete, remove meatloaf from pot and allow to cool for 10 minutes before serving.

SEARED SIRLOIN STEAK & GREEN BEANS

INTERMEDIATE RECIPE ●●○

PREP: 20 MINUTES | **PREHEAT:** APPROX. 7 MINUTES | **TOTAL COOK TIME:** 2 HOURS, 20 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

3 New York strip steaks (12-14 oz each), trimmed
Kosher salt, as desired
Ground black pepper, as desired
3 sprigs fresh thyme
3 cloves garlic, peeled
1 shallot, peeled, cut in quarters
5 tablespoons unsalted butter, divided
1 pound green beans, ends trimmed
2 tablespoons honey
2 tablespoons canola oil

DIRECTIONS

- 1 Fill the cooking pot with 12 cups of water. Select SOUS VIDE, set temperature to 130°F, and set time to 2 hours. Assemble pressure lid, making sure the pressure release valve is in the VENT position. Press START/STOP to begin preheating.
- 2 While unit is preheating, pat steaks dry with paper towels and lightly season with salt and pepper. Place steaks in a large resealable plastic bag and add thyme, garlic, shallot, and 3 tablespoons butter. Place green beans, honey, and remaining 2 tablespoons butter in a separate large resealable plastic bag. Season with salt and pepper as desired.
- 3 When the unit indicates it has preheated, remove lid and place bags in the pot using the water displacement method. Partially zip seals on the bags, then place the bottom of the bags in the water, gently massaging out the air surrounding the contents. The pressure of the water will force all the air out of the bags as you slowly submerge them. When the water level is just below zip-line, completely seal the bags. Ensure the bags are fully zipped so no water can enter during cooking.
- 4 Assemble pressure lid, making sure the pressure release valve is in the VENT position.
- 5 When cooking is complete, use tongs to remove bags from pot. Empty water from pot and dry it thoroughly.
- 6 Return pot to unit. Select SEAR/SAUTÉ and set temperature to MED:HI. Press START/STOP and preheat for 5 minutes.
- 7 After the unit has preheated, add oil to pot. Remove steaks from bag and pat dry with paper towels. Working one at a time, place steak in pot and sear for 2 minutes per side. Remove from pot and allow to rest.
- 8 When steaks are done, transfer green beans from the bag to the pot and sauté for 5 minutes.
- 9 Remove green beans from pot. Serve immediately with steaks.

TIP This recipe works with filet, skirt or flat iron steak as well.

CRISPY CHICKEN THIGHS WITH CARROTS & RICE PILAF

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **COOK:** 14 MINUTES | **MAKES:** 4 SERVINGS
APPROX. PRESSURE BUILD: 7 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

1 box (6 ounces) rice pilaf
1 ¾ cups water
1 tablespoon butter
4 carrots, peeled, cut in half, lengthwise
4 uncooked boneless skin-on chicken thighs
2 tablespoons honey, warmed
½ teaspoon smoked paprika
½ teaspoon ground cumin
2 teaspoons kosher salt, divided
1 tablespoon extra virgin olive oil
2 teaspoons poultry spice

DIRECTIONS

- 1 Place rice pilaf, water, and butter into pot; stir to incorporate.
- 2 Place broil rack in the pot. Place carrots in center of rack. Arrange chicken thighs, skin side up, around the carrots. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 3 Select PRESSURE and set to HIGH. Set time to 4 minutes. Select START/STOP to begin.
- 4 While chicken and rice are cooking, stir together warm honey, smoked paprika, cumin, and 1 teaspoon salt. 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 Brush carrots with seasoned honey. Brush chicken with olive oil, then season evenly with poultry spice and remaining salt.
- 7 Close crisping lid. Select BROIL and set time to 10 minutes. Select START/STOP to begin.
- 8 When cooking is complete, serve chicken with carrots and rice.

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

½ cup grated Parmesan cheese, plus more for garnish
1 jar (24 ounces) marinara sauce, ¼ 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 ¼ cup sauce. Add broccolini and stir to incorporate.
- 7 Place broil rack inside pot over the pasta. 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 ¼ 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.

STEAK, MASHED POTATOES & ASPARAGUS

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **COOK:** 9-13 MINUTES | **MAKES:** 2-4 SERVINGS
APPROX. PRESSURE BUILD: 9 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

- 5 Russet potatoes, peeled, cut in 1/2-inch pieces
- 1/2 cup water
- 1/4 cup butter
- 1/2 cup heavy cream
- 1 cup shredded cheddar cheese
- 1 tablespoon plus 2 teaspoons kosher salt, divided
- 3 teaspoons ground black pepper, divided
- 2 **frozen** New York strip steaks (12 ounces each, 1 1/2 inches thick)
- 1 bunch asparagus, trimmed
- 1 tablespoon olive oil

WANT TO USE FRESH STEAKS INSTEAD OF FROZEN?

Don't pressure cook them—just add them to the rack over the mashed potatoes as instructed in step 7. Broil the fresh steaks until internal temperature is at least 130°F. Flip them over halfway through broiling.

DIRECTIONS

- 1 Place potatoes and water into the pot.
- 2 Place the broil rack in the pot over potatoes. Season steaks with 1 tablespoon salt and 1 teaspoon pepper, then place them on the rack.
- 3 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to high (HI). Set time to 1 minute. Select START/STOP to begin.
- 4 While the unit is pressure cooking, toss the asparagus with olive oil, 1 teaspoon salt, and 1 teaspoon black pepper.
- 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 Remove rack with steaks from pot and pat steaks dry. Mash potatoes with 1/4 cup butter, cream, cheese, 1 teaspoon salt, and 1 teaspoon pepper, using a mashing utensil that won't scratch the nonstick surface of the pot.
- 7 Return rack with steaks to pot over mashed potatoes. Place asparagus on rack next to steaks. Close crisping lid. Select BROIL and set time to 8 minutes for medium steak or 12 minutes for well-done. Select START/STOP to begin.
- 8 When cooking is complete, remove steaks from rack and allow to rest for 5 minutes before serving with mashed potatoes and asparagus.



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

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. 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.

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

BREADED CHICKEN TENDERS WITH ROASTED BROCCOLI

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **COOK:** 12 MINUTES | **MAKES:** 4 SERVINGS
APPROX. PRESSURE BUILD: 7 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

1 cup all-purpose flour
2 eggs, beaten
1/2 cup plus 2 tablespoons water, divided
2 cups Italian bread crumbs
1 pound uncooked chicken tenderloins
1 large broccoli crown, cut in 2-inch florets
1 teaspoon kosher salt

FOR SERVING

Ketchup
Honey mustard
Ranch dressing

DIRECTIONS

- 1 Place flour in a shallow bowl or plate. Add eggs and 2 tablespoons water to another bowl, whisking to combine. Place bread crumbs into a third bowl or plate.
- 2 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.
- 3 Place broccoli and 1/2 cup water in the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to LOW. Set time to 0 minutes (the time the unit takes to pressurize is long enough to partially cook the broccoli). 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 Place broil rack in pot over the broccoli. Lay chicken tenders on rack, spacing out evenly without overlapping.
- 7 Close crisping lid. Select BAKE/ROAST, set temperature to 360°F, and set time to 12 minutes. Select START/STOP to begin.
- 8 When cooking is complete, season chicken and broccoli with salt and serve with your favorite condiments.

GARLIC SHRIMP WITH RISOTTO PRIMAVERA

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **COOK:** 24 MINUTES | **MAKES:** 4-5 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | **PRESSURE RELEASE:** NATURAL 10 MINUTES

INGREDIENTS

2 tablespoons olive oil, divided
1 small onion, peeled, finely diced
4 cloves garlic, peeled, minced, divided
3 teaspoons kosher salt, divided
5 1/2 cups chicken or vegetable stock
2 cups Arborio rice
16 uncooked jumbo shrimp (fresh or defrosted), peeled, deveined
2 teaspoons garlic powder
1 teaspoon ground black pepper
1/2 teaspoon crushed red pepper (optional)
2 tablespoons butter
Juice of 1 lemon
1 bunch asparagus, trimmed, cut in 1-inch pieces
1 1/2 cups grated Parmesan cheese, plus more for serving

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 2 Add 1 tablespoon oil and onion to pot. Sauté until softened, about 5 minutes. Add half the garlic and cook until fragrant, about 1 minute. Season with 2 teaspoons salt.
- 3 Add stock and rice 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 7 minutes. Select START/STOP to begin.
- 5 While rice is cooking, toss shrimp in the remaining oil, garlic, salt, garlic powder, black pepper, and crushed red pepper in a mixing bowl.
- 6 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.
- 7 Stir butter, lemon juice, and asparagus into the rice until evenly incorporated.
- 8 Place broil rack inside pot over risotto. Place shrimp on rack.
- 9 Close crisping lid. Select BROIL and set time to 8 minutes. Select START/STOP to begin.
- 10 When cooking is complete, remove rack from pot. Stir Parmesan into the risotto. Top with shrimp and Parmesan and serve immediately.

TIP If you like to pile on the shrimp, double the amount and repeat steps 8-9 to cook in two batches.





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

- 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.
- After 3 minutes, add short ribs to pot and cook until browned on all sides, about 10 minutes.
- 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.
- Select PRESSURE and set to HIGH. Set time to 40 minutes. Select START/STOP to begin.
- Toss carrots, parsnips, and pearl onions with remaining oil, thyme, salt, and pepper.
- 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.
- Place the broil rack inside pot over ribs. Place vegetable mixture on rack.
- Close crisping lid. Select BAKE/ROAST, set temperature to 350°F, and set time to 15 minutes. Select START/STOP to begin.
- Once vegetables are tender and roasted, transfer them and the ribs to a serving tray and tent loosely with aluminum foil to keep warm.
- 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.
- When cooking is complete, serve sauce with vegetables and ribs.

CHINESE BBQ PORK WITH GINGER COCONUT SWEET POTATOES

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **COOK:** 14-19 MINUTES | **MAKES:** 4 SERVINGS
APPROX. PRESSURE BUILD: 10 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

3 sweet potatoes, peeled, cut in 1-inch cubes
1/2 cup unsweetened coconut milk
4 frozen uncooked boneless pork chops (8 ounces each)
1/4 cup hoisin sauce
1/3 cup honey
1 1/2 tablespoons soy sauce
1 teaspoon Chinese five spice powder
1/2 stick (1/4 cup) butter
1 tablespoon fresh ginger, peeled, minced
1 teaspoon kosher salt
1/2 teaspoon white pepper

DIRECTIONS

- 1 Place potatoes and coconut milk into the pot. Place broil rack inside pot over potatoes.
- 2 Place pork chops 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 4 minutes. Select START/STOP to begin.
- 4 While pork chops and potatoes are cooking, whisk together hoisin sauce, honey, soy sauce, and Chinese five spice powder.
- 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 Remove rack with pork from pot. Mash sweet potatoes with butter, ginger, salt, and pepper, using a mashing utensil that won't scratch the nonstick surface of the pot. Place rack with pork back in pot and brush top of pork generously with 1/2 of sauce mixture.
- 7 Close crisping lid. Select BROIL and set time to 15 minutes. Select START/STOP to begin. After 5 minutes, open lid, flip pork chops, then brush them with remaining sauce. Close lid to resume cooking. Check after 10 minutes and remove if desired doneness is achieved. If not, cook up to 5 more minutes, checking frequently.
- 8 When cooking is complete, remove pork from rack and allow to rest for 5 minutes before serving with mashed potatoes.

PHILLY CHEESESTEAK CASSEROLE

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **COOK:** 22-25 MINUTES | **MAKES:** 6-8 SERVINGS

INGREDIENTS

2 tablespoons canola oil
1 large onion, peeled, thinly sliced
1 green bell pepper, thinly sliced
1 tablespoon kosher salt
1 package (8 ounces) button mushrooms, thinly sliced
1 1/2 pounds uncooked shaved steak or chuck roast, thinly sliced
2 teaspoons garlic powder
2 teaspoons onion powder
1/2 teaspoon ground black pepper
1 teaspoon Worcestershire sauce
3 sub rolls, cut in 1-inch cubes
10 slices American or provolone cheese

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 oil, onion, and pepper into the pot. Cook until vegetables are soft, about 5 minutes. Season with salt. Add mushrooms and cook for another 5 minutes, until mushrooms are soft and have released most of their liquid.
- 3 Add shaved steak, garlic powder, onion powder, black pepper, and Worcestershire sauce. Cook for 5 minutes, or until steak is cooked through.
- 4 Fold in the cubed sub rolls, allowing them to soak up the juices from the steak. Evenly lay the cheese slices on top of mixture.
- 5 Close crisping lid. Select BAKE/ROAST, set temperature to 375°F, and set time to 7-10 minutes. Select START/STOP to begin. Check frequently to avoid burning the cheese.
- 6 When cooking is complete, serve immediately.

PULLED PORK WITH CRISPY BISCUITS

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **COOK:** 53-55 MINUTES | **MAKES:** 6-8 SERVINGS
APPROX. PRESSURE BUILD: 10 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

2 1/2-3 pounds uncooked boneless pork shoulder, fat trimmed, cut in 2-inch cubes
3 tablespoons barbecue seasoning
1 tablespoon garlic powder
2 teaspoons kosher salt
1 cup 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. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 2 Select PRESSURE and set to HIGH. Set time to 35 minutes. Select START/STOP to begin.
- 3 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.
- 4 Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin.
- 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 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 crisping lid. Select BAKE/ROAST, set temperature to 350°F, and set time to 10 minutes. Check after 8 minutes, cooking for an additional 2 minutes if biscuits need more browning.
- 8 When cooking is complete, serve immediately.

TIP If you prefer slightly sweeter BBQ, add 1 to 2 tablespoons brown sugar in step 5.

BISCUITS & SAUSAGE GRAVY

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **COOK:** 30 MINUTES | **MAKES:** 6-8 SERVINGS

INGREDIENTS

1 package (12 ounces) uncooked ground breakfast sausage, crumbled
1 tablespoon kosher salt
2 teaspoons black pepper
2 tablespoons butter
1/4 cup all-purpose flour
3 cups whole milk
1/2 cup shredded cheddar cheese
1 tube (16.3 ounces) refrigerated biscuit dough

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to HIGH. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 2 After 5 minutes, add the sausage, salt, and pepper to the pot. Cook for 5 minutes, or until sausage browns, breaking it apart with a wooden spoon as it cooks.
- 3 Add the butter and melt completely. Then add flour and stir to combine. Cook for 2 minutes, then whisk in milk. Bring to a simmer, then cook for 5 minutes, or until thickened.
- 4 While gravy is cooking, gently separate biscuits and fill each with cheddar cheese, sandwich style.
- 5 Coat the broil rack with cooking spray, making sure rack is in the lower position. Place stuffed biscuits on rack. Once gravy has thickened, lower rack with biscuits into pot.
- 6 Close crisping lid. Select BAKE/ROAST, set temperature to 325°F, and set time to 15 minutes. Select START/STOP to begin.
- 7 When cooking is complete, remove rack and biscuits. Transfer biscuits to plates and top with gravy. Serve immediately.



CREAMY TOMATO SOUP WITH GRILLED CHEESE CROUTONS

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **COOK:** 25 MINUTES | **MAKES:** 8-10 SERVINGS
APPROX. PRESSURE BUILD: 8 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

2 tablespoons canola oil
2 white onions, peeled, diced
8 cloves garlic, peeled, minced
1 can (28 ounces) crushed tomatoes
1 can (28 ounces) tomato puree
2 cups heavy cream
1 tablespoon kosher salt
2 tablespoons Worcestershire sauce
1 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

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to HIGH. Select START/STOP to begin. Allow 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, 1 tablespoon salt, Worcestershire sauce, and crushed red pepper to pot. Continue cooking for another 5 minutes. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to HIGH. Set time to 10 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. Allow soup to stop boiling before proceeding to next step.
- 6 Lay bread slices evenly across the top of the soup. Top bread slices liberally with both mozzarella and Parmesan cheeses.
- 7 Close crisping lid. Select BROIL and set time to 5 minutes. Select START/STOP to begin.
- 8 When cooking is complete, serve immediately.

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

FRENCH ONION SOUP AU GRATIN

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **COOK:** 43 MINUTES | **MAKES:** 4 SERVINGS
APPROX. PRESSURE BUILD: 4 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

2 tablespoons butter
2 large white onions, peeled, cut in 1/4-inch slices
1 tablespoon tomato paste
1 tablespoon soy sauce
1 tablespoon Worcestershire sauce
1 box (32 ounces) beef stock
1 teaspoon kosher salt
1 teaspoon ground black pepper
4 cups crusty French bread, cut in 1-inch cubes
2 cups shredded Mozzarella (or Gruyère) cheese

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to MD:HI. Allow to preheat for 5 minutes.
- 2 Add butter and onions to pot and cook, stirring occasionally, for 10 minutes.
- 3 Add tomato paste, soy sauce, and Worcestershire sauce to pot. Cook for 5 minutes. Add beef stock, salt, and pepper and cook for an additional 5 minutes. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to HIGH. Set time to 15 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 Arrange the French bread cubes over the surface of the soup, then place the cheese evenly on top of the bread.
- 7 Close crisping lid. Select BROIL and set time to 8 minutes. Select START/STOP to begin.
- 8 When cooking is complete, soup is ready to serve.

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

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 the 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.

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.



MEATBALL PASTA BAKE

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **COOK:** 25-30 MINUTES | **MAKES:** 10 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | **PRESSURE RELEASE:** NATURAL 10 MINUTES

INGREDIENTS

2 pounds uncooked ground beef
2 large eggs
1/2 cup shredded (or 1/4 cup grated) Parmesan cheese
1/4 cup milk
1/2 cup seasoned bread crumbs
1/2 cup fresh parsley, chopped
2 teaspoons granulated garlic
2 teaspoons kosher salt
3 tablespoons olive oil
2 jars (24 ounces each) marinara sauce
1 cup water
1 cup dry red wine
1 box (16 ounces) dry cavatappi pasta
1 cup ricotta cheese
1 cup shredded mozzarella

DIRECTIONS

- 1 In a large mixing bowl, stir together ground beef, eggs, Parmesan cheese, milk, bread crumbs, parsley, garlic, and salt. Mix until fully incorporated.
- 2 Form mixture into 20 meatballs; set aside.
- 3 Select SEAR/SAUTÉ and set to HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 4 After 5 minutes, add oil to pot, then add half the meatballs in one layer. Brown meatballs on all sides. Transfer meatballs to a bowl. Repeat with remaining meatballs.
- 5 Add marinara sauce, water, wine, and pasta to the pot; stirring to incorporate.
- 6 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to LOW. Set time to 2 minutes. Select START/STOP to begin.
- 7 When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release any remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 8 Select SEAR/SAUTÉ and set to MD. Select START/STOP to begin. Stir ingredients, then add meatballs and simmer for 10 minutes. Turn down heat if sauce comes to a boil.
- 9 After 10 minutes, stir in ricotta. Cover pasta mixture with mozzarella.
- 10 Select BAKE/ROAST, set temperature to 325°F, and set time to 5 minutes, or until cheese is melted, bubbly, and slightly browned.
- 11 When cooking is complete, serve immediately.

PENNE & SAUSAGE RAGU

INTERMEDIATE RECIPE ●●○

PREP: 20 MINUTES | **COOK:** 18 MINUTES | **MAKES:** 6 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

2 tablespoons canola oil
1 pound raw Italian sausage, casings removed
1 pound smoked sausage, diced
2 carrots, peeled, diced
4 stalks celery, diced
1 large white onion, peeled, diced
4 cloves garlic, peeled, minced
2 jars (24 ounces each) roasted red peppers, strained, pureed
1 cup chicken stock
1 cup heavy cream
1 tablespoon kosher salt
1 tablespoon fresh rosemary, minced
1 box (16 ounces) dry penne pasta
1/2 block (4 ounces) whole-milk mozzarella cheese, diced
1 cup shredded mozzarella cheese

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to HIGH. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 2 Add canola oil and both sausages to the pot. Cook for 5 minutes, stirring occasionally to break up the meat.
- 3 Add carrots, celery, onion, and garlic to pot and cook for an additional 5 minutes, stirring occasionally.
- 4 Add pureed red peppers, stock, cream, salt, rosemary, and pasta. Stir well to combine. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 5 Select PRESSURE and set to LOW. Set time to 3 minutes. Select START/STOP to begin.
- 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 Stir pasta mixture, then spread diced mozzarella evenly over the top.
- 8 Close crisping lid. Select BROIL and set time to 5 minutes. Select START/STOP to begin.
- 9 When cooking is complete, serve immediately.



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 57)
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.



BERRY UPSIDE-DOWN CAKE

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **COOK:** 55 MINUTES | **MAKES:** 6-8 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | **PRESSURE RELEASE:** NATURAL 5 MINUTES

INGREDIENTS

1 bag (12 ounces) frozen cherries
1 bag (12 ounces) frozen blueberries
1 stick (1/2 cup) butter, divided
2 tablespoons lemon juice
2 tablespoons cornstarch
1 cup plus 3 tablespoons sugar, divided
2 cups all-purpose flour
1/4 teaspoon baking soda
2 teaspoons baking powder

1/2 teaspoon kosher salt
3 large eggs
1 cup sour cream

TOPPINGS

Crème Fraiche
Mascarpone
Whipped Cream
Vanilla Ice Cream

DIRECTIONS

- 1 Place frozen fruit, 3 tablespoons butter, lemon juice, cornstarch, and 3 tablespoons sugar in the pot; stir to combine. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 2 Select PRESSURE and set to HIGH. Set time to 5 minutes. Select START/STOP to begin.
- 3 When pressure cooking is complete, allow pressure to natural release for 5 minutes. After 5 minutes, quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 4 Select SEAR/SAUTÉ and set to MD:HI. Allow liquid to simmer for about 10 minutes, until it begins to thicken and look syrupy.
- 5 Remove pot from unit and place on a heat-resistant surface. Let cool for 15 minutes.
- 6 Meanwhile, place all-purpose flour, remaining sugar, baking soda, baking powder, and salt into a mixing bowl. Whisk to incorporate.
- 7 Melt remaining 5 tablespoons butter in a separate mixing bowl, then whisk in eggs and sour cream.
- 8 Slowly add flour mixture to egg mixture. Beat until batter is thick and smooth.
- 9 Gently dollop and smooth batter evenly over the top of the cooled berry mixture.
- 10 Close crisping lid. Select AIR CRISP, set temperature to 325°F, and set time to 40 minutes. Select START/STOP to begin.
- 11 When cooking is complete, remove pot from unit and place on a heat-resistant surface. Let cool for 15 to 20 minutes before serving with toppings of your choice.

PEACH CHERRY CRUMBLE

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **COOK:** 22 MINUTES | **MAKES:** 4 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

1 package (16 ounces) frozen peaches
1 cup frozen cherries
2 tablespoons cornstarch
1 cup water, divided
1 teaspoon fresh lemon juice
3 tablespoons sugar

TOPPING

1/2 cup flour
1/2 cup rolled oats
2/3 cup brown sugar
2 tablespoons granulated sugar
1/3 cup butter, cut in pieces
1 teaspoon ground cinnamon

DIRECTIONS

- 1 Place peaches and cherries into the Ninja® multi-purpose pan* (or a 1 1/2-quart round ceramic baking dish). In a separate bowl, stir together the cornstarch, 1/2 cup water, lemon juice, and sugar; pour over the fruit.
- 2 Place pan on broil rack, and cover pan with foil. Pour 1/2 cup water into pot and add rack 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 In a separate bowl, combine all topping ingredients until incorporated.
- 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 Remove foil and evenly spread topping over the fruit. Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 12 minutes. Select START/STOP to begin. Cook until top is browned and fruit is bubbling.
- 7 When cooking is complete, remove rack with pan from pot and serve.

TIP To mix it up, use your favorite frozen fruit in place of the frozen peaches or cherries.

*The Ninja multi-purpose pan is sold separately on ninjaaccessories.com.

BEEF JERKY

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **MARINATE:** 8 HOURS | **COOK:** 5-7 HOURS 15 MINUTES | **MAKES:** 4 CUPS (8 OUNCES) DRIED JERKY

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 (24 ounces) uncooked beef eye of round, cut in 1/4-inch slices

DIRECTIONS

- 1 Whisk together all ingredients, except beef. Place mixture into a large resealable plastic bag.
- 2 Place sliced beef in bag with seasonings and rub to coat. Marinate in refrigerator for at least 8 hours or overnight.
- 3 Strain meat; discard excess liquid.
- 4 Lay meat slices flat on the Ninja® dehydrating rack* or Ninja Cook & Crisp™ Layered Insert**. Arrange them in a single layer, without any slices touching each another.
- 5 Place dehydrating rack or Cook & Crisp Layered Insert in Cook & Crisp Plate. Place plate in pot and close crisping lid.
- 6 Press DEHYDRATE, set temperature to 155°F, and set time to 7 hours. Select START/STOP to begin.
- 7 Jerky will be pliable and soft after 5 hours, continue cooking for up to 7 hours if crispier jerky is desired.
- 8 When cooking is complete, remove dehydrating rack or Cook & Crisp Layered Insert from pot. Transfer jerky to an airtight container.

TIP When dehydrating meat or poultry, make sure to trim off all fat before dehydrating. Fat does not dry out and could turn rancid.

*The Ninja dehydrating rack is sold separately on ninjaaccessories.com.
**If the Ninja Cook & Crisp Layered Insert is not included with your unit, it can be purchased on ninjaaccessories.com.

ZUCCHINI FRIES WITH MARINARA SAUCE

INTERMEDIATE RECIPE ●●○

PREP: 20 MINUTES | **CHILL:** 30-45 MINUTES | **COOK:** 20-25 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

2 large zucchini, cut in sticks 3-inches long and 1/4-inch thick
2 teaspoons kosher salt
2 cups all-purpose flour
3 eggs, beaten
3 cups seasoned bread crumbs
1/4 cup grated Parmesan cheese
1 tablespoon garlic powder
2 teaspoons onion powder
Marinara sauce, for serving

DIRECTIONS

- 1 Place the zucchini sticks onto a plate and sprinkle with salt. Allow to sit at room temperature for 15 minutes to remove excess liquid. Pat dry.
- 2 Place flour into a bowl. Place beaten eggs in another bowl. Combine bread crumbs, Parmesan, garlic powder, and onion powder in a third bowl.
- 3 First, dredge fries in the flour, then shake off any excess and coat in the egg. Then coat in bread crumb mixture and return to a clean plate. Repeat with remaining zucchini. Cover plate with plastic wrap and place in the freezer for 30 to 45 minutes.
- 4 Once coating has hardened, place the Cook & Crisp™ Plate in the pot. Close crisping lid. Preheat the unit by selecting AIR CRISP, setting the temperature to 360°F, and setting the time to 5 minutes. Press START/STOP to begin.
- 5 After 5 minutes, open lid and add zucchini fries to plate. Close lid. Select AIR CRISP, set temperature to 360°F, and set time to 24 minutes. Press START/STOP to begin.
- 6 After 12 minutes, open lid, then lift plate and shake zucchini fries or toss them with silicone-tipped tongs. Lower plate back into pot and close lid to resume cooking.
- 7 After 20 minutes, check fries for desired doneness. Cook for up to 5 more minutes for crispier results. When cooking is complete, serve fries immediately with marinara sauce.



CHEESY CHICKEN CRUNCHADILLA

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **COOK:** 8 MINUTES | **MAKES:** 2 SERVINGS

INGREDIENTS

1 flour tortilla (12 inches)
1 cup cooked chicken meat, shredded, divided
1/2 package (4 ounces) prepared cheese product, cut in 1/2-inch cubes, divided
1 Roma tomato, diced, divided
2 scallions, thinly sliced, divided
2 corn tostadas, divided
1/4 cup shredded Mexican cheese blend

DIRECTIONS

- 1 Lay flour tortilla onto a clean surface. Place 1/2 cup shredded chicken onto center of tortilla. Sprinkle half of the cubed cheese evenly on top of shredded chicken, then sprinkle with half the tomatoes and half the scallions.
- 2 Place one tostada on top. Repeat step 1 with layers of remaining chicken, cubed cheese, tomatoes, and scallions. Top with second tostada and shredded cheese.
- 3 Gently fold flour tortilla over the layers in a concentric pattern, about 4 folds, until the crunchadilla is securely wrapped.
- 4 Using a broken piece of tostada or a torn piece of tortilla, cover the center opening of the crunchadilla so all contents remain secure during cooking.
- 5 Gently flip crunchadilla over, seam-side down, and coat the top with cooking spray.
- 6 Place crunchadilla in Cook & Crisp Plate. Select AIR CRISP, set temperature to 360°F, and set time to 8 minutes. Select START/STOP to begin.
- 7 When cooking is complete, crunchadilla is ready to serve.

TIP If you can't find tostadas at your grocery store, use layers of round tortilla chips instead. (Triangular chips could poke holes in the flour tortilla.)

CHEDDAR CORN BREAD

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **COOK:** 20-25 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

1 1/4 cups all-purpose flour
3/4 cup cornmeal
1/4 cup sugar
2 teaspoons baking powder
2 teaspoons kosher salt
1 egg
1 cup whole milk
1/4 cup canola oil
1 cup shredded cheddar cheese

DIRECTIONS

- 1 Place the Ninja® multi-purpose pan* (or an 8-inch baking pan) on the broil rack, making sure rack is in the lower position. Place rack in pot. Close crisping lid. Preheat the unit and pan by selecting BROIL and setting the time to 10 minutes. Select START/STOP to begin.
- 2 In a medium bowl, whisk together the flour, cornmeal, sugar, baking powder, and salt.
- 3 Add egg, milk, and oil to the dry ingredients and whisk to combine. Add cheese and stir to incorporate.
- 4 Once unit and pan have preheated for 10 minutes, open lid and spray pan with cooking spray. Pour batter into pan.
- 5 Close crisping lid. Select BAKE/ROAST, set temperature to 350°F, and set time to 25 minutes. Select START/STOP to begin. Bake for at least 20 minutes, until corn bread is golden brown, and a wooden toothpick inserted in center comes out clean.
- 6 When cooking is complete, remove rack with pan from unit and let cool on a cooling rack for 5 minutes before serving. If desired, toast thick slices of corn bread in butter using the SEAR/SAUTÉ (MD:HI) setting.

*The Ninja multi-purpose pan is sold separately on ninjaaccessories.com.

CRISPY BRUSSELS SPROUTS WITH SRIRACHA MAYO

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **COOK:** 12-15 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 pound Brussels sprouts, cut in half
2 tablespoons extra virgin olive oil
1 teaspoon kosher salt
1/2 teaspoon ground black pepper
2 tablespoons sriracha mayo, for serving

DIRECTIONS

- 1 Place Cook & Crisp™ Plate in pot. Close crisping lid. Preheat the unit by selecting AIR CRISP, setting the temperature to 390°F, and setting the time to 5 minutes. Select START/STOP to begin
- 2 Meanwhile, in a bowl, toss Brussels sprouts with olive oil, salt, and pepper.
- 3 After 5 minutes, add Brussels sprouts to plate. Close crisping lid. Select AIR CRISP, set temperature to 390°F, and set time to 12 minutes. Select START/STOP to begin.
- 4 After 6 minutes, open lid, then lift plate and shake Brussels sprouts or toss them with silicone-tipped tongs. Lower plate back into pot and close lid to resume cooking.
- 5 Check Brussels sprouts for desired doneness; for crispier results, add up to 3 more minutes. When cooking is complete, remove Brussels sprouts from plate. Toss with sriracha mayo and serve.

TIP For more tender Brussels sprouts, steam with 2 cups of water for 4 minutes before Air Crisping.

PARKER HOUSE DINNER ROLLS

ADVANCED RECIPE ●●●

PREP: 10 MINUTES | **RISE:** 1 HOUR | **COOK:** 50-55 MINUTES | **MAKES:** 12 ROLLS

INGREDIENTS

3/4 cup milk
1/2 stick (1/4 cup) unsalted butter, cut in pieces, plus more for greasing
1/4 cup sugar
1/2 package (1 1/8 teaspoons) active dry yeast

1/4 cup plus 3 1/2 tablespoons warm water, divided
3 large eggs, divided
1/2 teaspoon kosher salt
3 cups plus 1 tablespoon all-purpose flour
Coarse sea salt, for sprinkling

DIRECTIONS

- 1 Place milk into the pot. Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Bring to a gentle simmer, then press the START/STOP button to turn off SEAR/SAUTÉ.
- 2 Remove pot from unit, stir in the butter and sugar, and let cool until below 110°F.
- 3 In a small bowl, stir together yeast and 1/4 cup warm water. Let sit until foamy, about 10 minutes.
- 4 Once milk mixture is cooled, add 2 eggs, yeast mixture, salt, and 1 1/2 cups flour to a mixer fitted with a dough attachment. Mix until a smooth paste has formed. Add the remaining flour, 1/2 cup at a time, and stir until a smooth ball forms. Add additional flour, 1/2 tablespoon at a time, if dough appears too sticky.
- 5 Remove dough from the bowl and knead by hand on a floured surface for about 5 minutes.
- 6 Wipe out the pot, then lightly grease it with butter. Place kneaded dough in pot. Cover dough with plastic wrap and let rise in a warm place, until doubled in size, about 1 hour.
- 7 Turn the dough out onto a floured surface. Punch down the dough, then divide evenly into 12 pieces. Shape each piece into a small ball and place in a greased Ninja® multi-purpose pan* (or an 8-inch baking pan). Rolls should be touching with visible gaps in between.
- 8 Beat remaining egg with 1 teaspoon water. Gently brush tops of rolls with egg wash. Add 3 tablespoons water to the pot. Place pan on the broil rack. Then place rack with pan in pot.
- 9 Select SEAR/SAUTÉ and set to LO. Select START/STOP to begin. Cook for 5 minutes, then press the START/STOP button to turn off SEAR/SAUTÉ. Allow rolls to rise for another 15 minutes in the warm pot.
- 10 Remove rack and pan from pot. 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.
- 11 After 5 minutes, place rack with pan in pot. Sprinkle rolls with coarse sea salt, then close lid. Select BAKE/ROAST, set temperature to 325°F, and set time to 25 minutes. Select START/STOP to begin.
- 12 When cooking is complete, allow the rolls to cool, then pull apart and serve.

*The Ninja multi-purpose pan is sold separately on ninjaaccessories.com.

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 the 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 pressure lid. Add plain yogurt and whisk until fully incorporated.
- 4 Assemble the 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, cover, and chill for a minimum of 8 hours in the refrigerator.
- 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 large mixing bowl while draining).

CHILI-RUBBED CHICKEN & CHIMICHURRI

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **COOK:** 25-35 MINUTES | **MAKES:** 2 SERVINGS

INGREDIENTS

- 2 teaspoons kosher salt
- 1 tablespoon ground paprika
- 1 tablespoon chili powder
- 1 tablespoon ground fennel
- 1 teaspoon fresh cracked black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 2 uncooked bone-in, skin-on chicken breasts (3/4-1 1/4 pounds each)
- 1 tablespoon canola oil

CHIMICHURRI

- 1/4 cup olive oil
- 1/2 bunch fresh cilantro
- 1/2 bunch fresh parsley
- 1 shallot, peeled, cut in quarters
- 4 cloves garlic, peeled
- Zest and juice of 1 lemon
- 1 teaspoon kosher salt

DIRECTIONS

- 1 In a small mixing bowl, stir together all the dried spices.
- 2 Pat chicken breasts dry. Coat with canola oil, then season them liberally on all sides with the spice mixture.
- 3 Preheat unit by selecting AIR CRISP, setting the temperature to 375°F, and setting the time to 5 minutes. Select START/STOP to begin.
- 4 After 5 minutes, add chicken to Cook & Crisp™ Plate. Close crisping lid. Select AIR CRISP, set temperature to 375°F, and set time to 35 minutes.
- 5 While chicken is cooking, combine the chimichurri ingredients in the bowl of a food processor and process until finely minced, being careful not to over-blend.
- 6 After 25 minutes, check chicken for doneness. Cooking is complete when internal temperature reaches 165°F. Cook for up to 35 minutes. When cooking is complete, allow chicken to cool for 5 minutes, then serve with a generous amount of chimichurri.

BLUEBERRY CHEESECAKE

ADVANCED RECIPE ●●●

PREP: 20 MINUTES | PREHEAT: APPROX. 10 MINUTES | TOTAL COOK TIME: 90 MINUTES | MAKES: 8-10 SERVINGS

INGREDIENTS

- 1 pound whipped cream cheese
- 1 cup granulated sugar
- 3 eggs
- 1/2 tablespoon vanilla extract
- 1/4 cup sour cream
- 1/4 cup heavy cream
- 1/2 package graham crackers, crushed
- 3 tablespoons unsalted butter, melted
- 4 ounces blueberry jam

DIRECTIONS

- 1 Fill the cooking pot with 12 cups of water. Select SOUS VIDE, set temperature to 170°F, and set time to 90 minutes. Assemble pressure lid, making sure the pressure release valve is in the VENT position. Press START/STOP to begin preheating.
- 2 While unit is preheating, use a stand mixer with paddle attachment or a hand mixer to beat together cream cheese and sugar until light and fluffy. Slowly add eggs one at a time until well incorporated. Whisk in sour cream and heavy cream until a smooth, even consistency with no lumps is reached.
- 3 Using 4-ounce mason jars, fill each jar up $\frac{2}{3}$ of the way with cream cheese mixture. Seal each jar, but do not screw lids on too tightly.
- 4 When the unit indicates it has preheated, use tongs to carefully place jars in the pot. Assemble pressure lid, making sure the pressure release valve is in the VENT position.
- 5 While cakes are cooking, mix together cracker crumbs and melted butter; set aside.
- 6 After 90 minutes, remove lid and use tongs to carefully remove jars from the pot and allow to cool. Once cooled, transfer to the refrigerator for 3 to 4 hours or overnight to allow cakes to fully set. Once set, top with graham cracker crumbs and blueberry jam and serve.

TIP These cheesecakes are versatile and can be made with all sorts of toppings. Try strawberry jam, chocolate cookies or even peanut butter cups!



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. 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.



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
POULTRY							
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
GROUND MEAT							
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
RIBS							
Pork baby back	2 ½-3 ½ lbs	Cut in thirds	1 cup	N/A	High	20 mins	Quick
ROASTS							
Beef brisket	3-4 lbs	Whole	1 cup	N/A	High	1½ hrs	Quick
Boneless beef chuck-eye roast	3-4 lbs	Whole	1 cup	N/A	High	1½ hrs	Quick
Boneless pork butt	4 lbs	Seasoned	1 cup	N/A	High	1½ hrs	Quick
Pork tenderloin	2 tenderloins (1-1½ lbs each)	Seasoned	1 cup	N/A	High	3-4 mins	Quick
STEW MEAT							
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

*Remove immediately when complete and place in ice bath.

Pressure Cooking Chart, continued

INGREDIENT	AMOUNT	DIRECTIONS	WATER	ACCESSORY	PRESSURE	COOK TIME	RELEASE
HARD-BOILED EGGS							
Eggs [†]	1-12 eggs	None	1/2 cup	N/A	High	4 mins	Quick
VEGETABLES							
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
GRAINS					
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
LEGUMES					
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

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.

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.

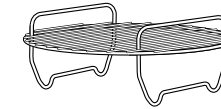
INGREDIENT	AMOUNT	TEMP	COOK TIME
BEEF			
Boneless Ribeye	2 steaks, 14 oz each, 1-2 inches thick	125°F Rare	1-5 hrs
Boneless Ribeye	3 steaks, 14 oz each, 1-2 inches thick	130°F Medium Rare	1-5 hrs
Porterhouse	2 steaks, 14 oz each, 1-2 inches thick	135°F Medium	1-5 hrs
Filet Mignon	4 steaks, 8 oz each, 1-2 inches thick	145°F Medium Well	1-5 hrs
		155°F Well Done	1-5 hrs
Flank	3 steaks, 12 oz each, 1-2 inches thick	125°F Rare	2-5 hrs
		130°F Medium Rare	2-5 hrs
		135°F Medium	2-5 hrs
Flat Iron	2 steaks, 10 oz each, 1-2 inches thick	145°F Medium Well	2-5 hrs
		155°F Well Done	2-5 hrs
Beef Brisket	3 lbs, 3-4 inches thick	145°F	24-48 hrs
PORK			
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

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

Sous Vide Chart, continued

INGREDIENT	AMOUNT	TEMP	COOK TIME
CHICKEN			
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 & Drumettes	2 lbs	165°F	1-3 hrs
Half Chicken	2½-3 lbs	165°F	2-3 hrs
SEAFOOD			
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
VEGETABLES			
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 Broil Rack



INGREDIENT	AMOUNT	PREPARATION	LIQUID	COOK TIME
VEGETABLES				
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 ½-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 ½-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
EGGS				
Poached eggs	4	In ramekins or silicone cups	1 cup	3-6 mins

Air Crisp Cooking Chart for the Cook & Crisp™ Plate

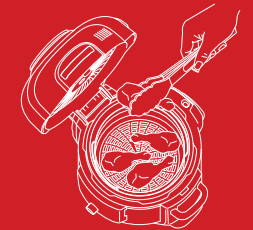


TIP Before using Air Crisp, allow the unit to preheat for 5 minutes as you would your conventional oven.

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
VEGETABLES					
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
POULTRY					
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 (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.

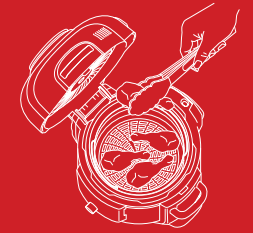
Air Crisp Cooking Chart for the Cook & Crisp™ Plate, continued

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
BEEF					
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
PORK & LAMB					
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
FISH & SEAFOOD					
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
FROZEN FOODS					
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
FRUITS & VEGETABLES			
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
JERKY - MEAT, POULTRY, FISH			
Beef Jerky	Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe page 54)	150°F	5-7 hrs
Chicken Jerky	Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe page 54)	150°F	5-7 hrs
Turkey Jerky	Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe page 54)	150°F	5-7 hrs
Salmon Jerky	Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe page 54)	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.

**The Ninja dehydrating rack is sold separately on ninjaaccessories.com.

TenderCrisp™ Cooking 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


PRO PRESSURE
COOKER

**The PRO pressure cooker
that crisps.™**

**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)

© 2020 SharkNinja Operating LLC.

FOODI and NINJA are registered trademarks of SharkNinja Operating LLC.
COOK & CRISP, NINJA FOODI FAMILY, and TENDERCRISP are trademarks of SharkNinja Operating LLC.

FD302_IG_45Recipe_REV_Mv4