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

# NINJA Foodi SMART

## XL Pressure Cooker Steam Fryer

with SmartLid™

# Your guide to cooking with your Foodi®

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

**SCAN TO GET TO KNOW YOUR FOODI®**

EXPLORE RECIPES AND MORE.

## Looking for more recipe inspiration, tips, and tricks?

Join us and thousands of Foodi friends on the Official Ninja Foodi Family™ Community.

Facebook.com/groups/NinjaFoodiFamily

@NinjaKitchen youtube.com/EPNinjaKitchen

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# SmartLid Slider™

## 3 modes under one lid

**Pressure cooker. Steam fryer. Air fryer.**

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

## Opening and closing the lid

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

### Pressure

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

### SteamCrisp

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

### Air Fry/Stovetop

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

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

An entirely new way of cooking

# SteamCrisp™ TECHNOLOGY

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

---

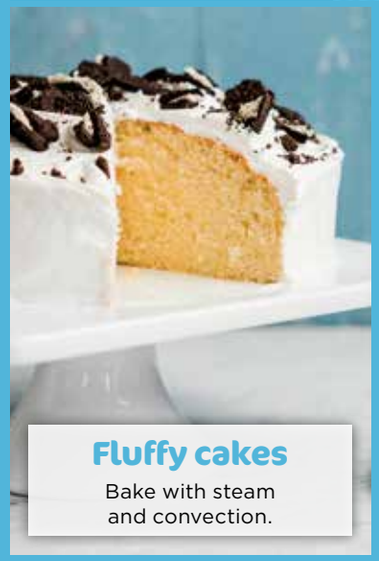
Best for full layered meals, baked goods, breads, leftovers, and delicate proteins.

### The juiciest way to air fry

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

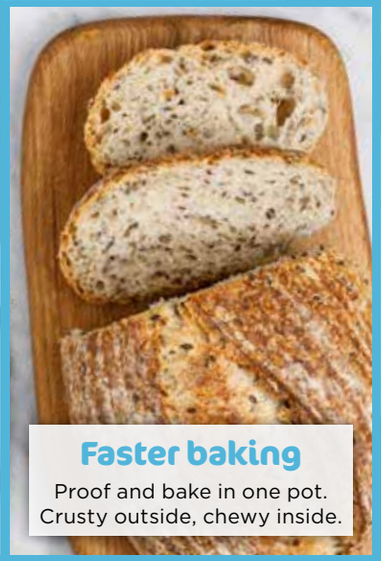
### Faster one-touch meals

Mains and sides all done at the same time.



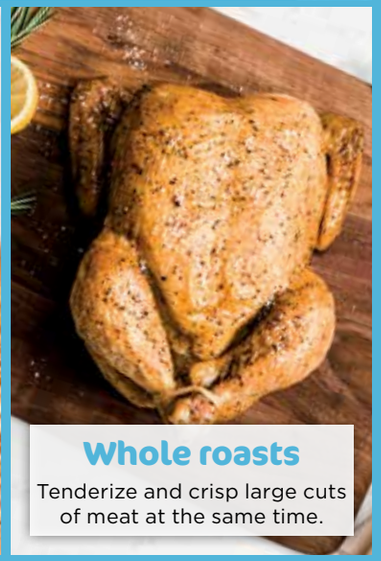
### Fluffy cakes

Bake with steam and convection.



### Faster baking

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



### Whole roasts

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

# The juiciest way to air fry

## Steam & Crisp

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

## The choice is yours

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



# Perfect whole roasts

## Steam & Crisp

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

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

# Making a SteamCrisp One-Touch Meal

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

**STARCH + PROTEIN**

Use the bottom layer of the Deluxe Reversible Rack in the lower or higher position when making 2-part meals.

Stack your mains and sides and cook them at the same time

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

**STARCH + VEGETABLE + PROTEIN**

Nest delicate vegetables like broccoli in an aluminum foil pouch on the bottom layer of the Deluxe Reversible Rack.

# Faster bread-making

## Steam & Crisp

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

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

# Fluffy cakes & baked goods

## Steam & Bake

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

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

---

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

# So many cooking functions.

### Pressure

Cook foods quickly while maintaining tenderness.

### Sear/Sauté

Brown meats, sauté vegetables, and simmer sauces.

### Steam

Gently cook delicate foods at a high temperature.

### Slow Cook

Cook at a lower temperature for longer periods of time.

### Yogurt

Make homemade yogurt.

### Sous Vide

Cook slowly in a temperature controlled water bath.



# Even more possibilities.

### Air Fry

Give foods crispiness and crunch with little to no oil.

### Bake/Roast

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

### Broil

Cook at high heat to caramelize and brown foods.

### Dehydrate

Dehydrate meats, fruits, and vegetables.

### Proof

Create an environment for dough to rest and rise.

# Perfectly done with the Foodi™ Smart Thermometer

## Ninja Beef Doneness Guide

Perception of what a specific internal doneness looks like differs from person to person, even restaurant to restaurant. This guide shows what to expect with each preset beef doneness level (we have provided a wide range of options so you can customize doneness to your liking).

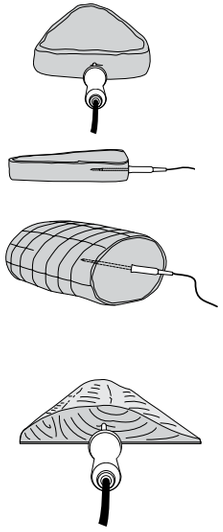
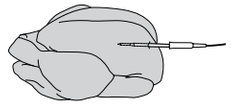
Beef doneness from Rare to Well works only with the SteamCrisp and Air Fry/Stovetop functions. For pressure cooking with the thermometer, ONLY the Well and Shred doneness levels are available.

Thermometer can be used for all functions except Steam & Bake, Dehydrate, Proof, Steam, Sous Vide, Slow Cook, and Yogurt.
**Replace the cap on the jack in the lid after every use.**



## How to place the thermometer

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

| FOOD TYPE | PLACEMENT | CORRECT | INCORRECT |
|---|---|---|---|
| **Steaks**<br>**Pork chops**<br>**Lamb chops**<br>**Chicken breasts**<br>**Burgers**<br>**Tenderloins**<br>**Fish fillets** | • Insert thermometer horizontally into the center of the thickest part of the meat.<br>• Make sure the tip of the thermometer is inserted straight into the center of the meat, not angled toward the bottom or top of it.<br>• Make sure the thermometer is close to (but not touching) the bone and away from any fat or gristle.<br><br>NOTE: *The thickest part of the fillet may not be the center. It is important that the end of the thermometer hits the thickest part so desired results are achieved.* |  | |
| **Whole chicken** | • Insert thermometer horizontally into the thickest part of the breast, parallel to, but not touching, the bone.<br>• Make sure the tip reaches the center of the thickest part of the breast and doesn't go all the way through the breast into the cavity. |  | |

DO NOT use the thermometer with frozen protein or for cuts of meat thinner than 1 inch.

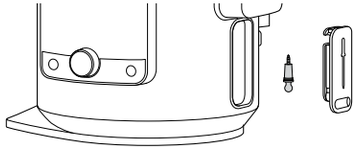
**For complete thermometer instructions, see your Ninja® Owner's Guide.**

# Cooking with the leave-in thermometer

The Foodi™ Smart Thermometer continues to monitor doneness throughout the cooking process, unlike a traditional instant-read thermometer.

### STEP 1
Set up

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

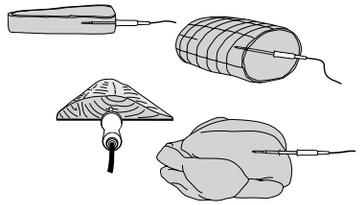


### STEP 2
Plug In Thermometer

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

### STEP 3
Place Thermometer

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



## Using the thermometer in different cooking scenarios

### SAME PROTEINS, SAME SIZE DIFFERENT DONENESS

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

### SAME PROTEINS DIFFERENT SIZES

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

### 2+ DIFFERENT PROTEINS

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

### STEP 4
Add Food

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

### STEP 5
Select Cook Function

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

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

### STEP 6
Program Thermometer

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

### STEP 7
Carry-Over Cook & Rest

- After cooking in the unit, it's important to let proteins carry-over cook and rest on a plate for 3–10 minutes.
  - 3 minutes for fish fillets
  - 5 minutes for proteins under 1 lb like steaks, chicken breasts and thighs, and pork chops
  - 10 minutes for proteins over 1 lb like whole roasts and chickens
- Carry-over cooking is when food retains heat and continues to cook after being removed from the source of heat. Resting helps lock in the protein's natural juices.
- **Did you know?** Meat keeps cooking when you remove it from the unit. To prevent overcooking, the unit will beep right before your food reaches desired doneness, taking carry-over cooking into account.

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

### STEP 8
Replace Cap

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

# Garlic Parmesan Chicken Wings

BEGINNER RECIPE ●○○

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

## INGREDIENTS

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

## DIRECTIONS

Add ½ cup water to the pot.

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

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

Close the lid and move slider to STEAMCRISP.

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

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

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

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

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

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

# Loaded Potato Wedges

BEGINNER RECIPE ●○○

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

## INGREDIENTS

1 gallon water, for soaking
3 tablespoons + 1 teaspoon kosher salt, divided
3 tablespoons distilled white vinegar
1½ pounds russet potatoes, cut in 1-inch wedges
1 tablespoon canola oil
½ cup water, for steaming

**TOPPINGS** (optional)
10 ounces cheese product, cubed
½ cup bacon bits
3 tablespoons scallions, chopped
¼ cup sour cream

## DIRECTIONS

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

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

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

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

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

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

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

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

# Herb-Roasted Chicken

BEGINNER RECIPE ●○○

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

## INGREDIENTS

- 1 whole fresh chicken (6–7 pounds)
- ½ cup water
- Juice of 2 lemons
- 1 tablespoon whole black peppercorns
- 5 cloves garlic, peeled, smashed
- 2 sprigs fresh rosemary
- 1 tablespoon canola oil
- Kosher salt, as desired
- Ground black pepper, as desired

## DIRECTIONS

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

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

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

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

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

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

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

The Ninja Roast Lifters are available for purchase separately at ninjakitchen.com.

# Beef Roast with Root Vegetables & Pan Gravy

BEGINNER RECIPE ●○○

**PREP:** 20 MINUTES | **TOTAL COOK TIME:** APPROX. 45 MINUTES | **STEAM:** APPROX. 15 MINUTES
**COOK:** APPROX. 30 MINUTES FOR MEDIUM DONENESS | **MAKES:** 4 SERVINGS
**ACCESSORIES:** DELUXE REVERSIBLE RACK (BOTTOM LAYER ONLY)

## INGREDIENTS

**LEVEL 1** (BOTTOM OF POT)

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

**LEVEL 2** (BOTTOM LAYER OF RACK)

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

**LEVEL 2** (CONTINUED)

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

## DIRECTIONS

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

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

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

Place the bottom layer of the Deluxe Reversible Rack in the lower position, then place in the pot. Place the roast in the center of the rack and surround with vegetables.

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

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

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

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

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

# Herbed Chicken with Lemony Steamed Broccoli & Penne Marinara

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **STEAM:** APPROX. 20 MINUTES | **COOK:** 10 MINUTES
**MAKES:** 4 SERVINGS | **ACCESSORIES:** DELUXE REVERSIBLE RACK (BOTH LAYERS), ALUMINUM FOIL

## INGREDIENTS

**LEVEL 1** (BOTTOM OF POT)

2 jars (24 ounces each) marinara sauce

3 cups chicken stock

1 box (16 ounces) dry penne pasta

**LEVEL 2** (BOTTOM LAYER OF RACK)

3 heaping cups broccoli florets (approx. 10 ounces total)

3 cloves garlic, peeled, smashed

½ small lemon, thinly sliced

1 tablespoon olive oil

Kosher salt, as desired

Ground black pepper, as desired

**LEVEL 3** (TOP LAYER OF RACK)

4 chicken breasts, 1–inch thick

2 tablespoons canola oil

1 packet (3 tablespoons) ranch seasoning

Ground black pepper, as desired

**TOPPING** (optional)

¼ cup grated Parmesan cheese

## DIRECTIONS

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

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

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

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

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

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

Slide the Deluxe Layer through the lower layer's handles. Place the chicken breasts on the Deluxe Layer.

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

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

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

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

# Rosemary Focaccia

BEGINNER RECIPE ●○○

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

## INGREDIENTS

¼ cup water, for steaming

Nonstick cooking spray

1 package (16 ounces) store-bought pizza dough, room temperature

1 tablespoon extra-virgin olive oil

½ tablespoon chopped fresh rosemary leaves

Kosher salt, as desired

Ground black pepper, as desired

2 tablespoons shredded Parmesan cheese, for garnish

## DIRECTIONS

Add ¼ cup water to the pot.

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

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

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

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

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

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

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

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

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

# Easy Cookies & Cream Cake

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 45 MINUTES | **STEAM:** APPROX. 20 MINUTES
**BAKE:** 25 MINUTES | **MAKES:** 1 CAKE (8–10 SERVINGS)
**ACCESSORIES:** NINJA® MULTI-PURPOSE PAN* (OR 8" ROUND BAKING PAN), DELUXE REVERSIBLE RACK (BOTTOM LAYER ONLY)

## INGREDIENTS

3 cups water for steaming + ¾ cup water, divided

Nonstick cooking spray

2 tablespoons all-purpose flour, for dusting

1 box (16 ounces) white cake mix

¾ cup water, for cake batter

½ cup canola oil (or vegetable oil)

3 large eggs

1 container (14 ounces) whipped vanilla frosting

6 chocolate sandwich cookies, crushed

## DIRECTIONS

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

To make the cake, place the cake mix, ¾ cup water, oil, and eggs in a large bowl. Prepare according to the directions on the cake box. Pour the batter into the prepared pan.

Place the pan on the bottom layer of the Deluxe Reversible Rack in the lower position, then place the rack in the pot. Close the lid and move slider to STEAMCRISP.

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

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

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

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

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

*The Ninja Multi-Purpose Pan is sold separately on ninjaaccessories.com.

# Make a Steam & Crisp meal with Pasta

## 1. Start with the bottom layer

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

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

## 2. Assemble middle layer

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

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

- 1 pint cherry tomatoes
- 3 zucchini, cut in half lengthwise
- 1 head (10 oz) broccoli, cut in half
- 3 bell peppers, cut in 1-inch strips
- 10 oz cauliflower florets
- 1 bunch asparagus, trimmed

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



## 3. Assemble top layer

Select a protein and season as desired. Slide the Deluxe Layer through the lower layer's handles. Place protein on the top layer of the rack. Close lid, move slider to STEAMCRISP, and select STEAM & CRISP. Set time and temperature based on protein. Add finishing touches as desired.

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

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

# Make a Steam & Crisp meal with Grains

## 1. Start with the bottom layer

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

### GRAIN

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

## 2. Assemble middle layer

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

### VEGETABLE

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

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

## 3. Assemble top layer

Select a protein and season as desired. Slide the Deluxe Layer through the lower layer's handles. Place protein on the top layer of the rack. Close lid, move slider to STEAMCRISP, and select STEAM & CRISP. Set time and temperature based on protein. Add finishing touches as desired.

| PROTEIN<br>Fresh and frozen | SEASON | CRISPING TEMPERATURE & TIME | FINISHING TOUCHES |
|---|---|---|---|
| 4 chicken breasts, boneless, skinless (6–8 oz each) | BBQ seasoning | 390°F for 10–15 minutes | When cooking is complete, add finishing touches by stirring cheese, spinach, arugula or pesto into the grains. |
| 6 Italian sausages | Jerk seasoning | 390°F for 8–10 minutes | |
| 1 package seitan (8 oz), cut in 1-inch pieces | Seasoning salt | 425°F for 5–10 minutes | |
| 6 plant-based sausages | Garlic & herb seasoning | | |
| 1 package tempeh (8 oz), cut in ¼-inch strips or 1-inch cubes | Fajita seasoning | 450°F for 5–10 minutes | |
| 6 portobella mushroom caps, 6 (3 inches each) or 3 (4 inches each) | Seasoning of choice | | |
| 4 frozen chicken breasts, boneless skinless (6–8 oz each) | | 375°F for 10–15 minutes | |
| 4 frozen breaded eggplant cutlets | | 450°F for 8–10 minutes | |
| 4 frozen breaded chicken breast cutlets (5 oz each) | **TIP** Marinate proteins up to 6 hours or buy them pre-marinated to save time. | 450°F for 7–10 minutes | |
| 12 frozen meatballs | | 375°F for 10–15 minutes | |
| 6 frozen plant-based sausages | | 400°F for 5–10 minutes | |
| 12 frozen jumbo shrimp | | 425°F for 2–5 minutes | |

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

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

## 1. Customize your cake

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

## 2. Prepare batter & assemble

Prepare batter.

Add 3 cups of water to the pot.

Place the pan on the bottom layer of the Deluxe Reversible Rack, then place the rack in the pot.

## 3. Bake

Close the lid and move slider to the STEAMCRISP.

Select STEAM & BAKE, set temperature to 285°F, and set time to 25 minutes.

## 4. Frost, glaze or top your cake

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

| CAKE MIX | ADD A FLAVOR optional | PICK A MIX-IN optional |
|---|---|---|
| White or yellow cake mix | 1 teaspoon vanilla extract | ½ cup shredded or toasted coconut |
| | 1 teaspoon almond extract | |
| | 1 teaspoon coconut extract | |
| | 1 teaspoon lemon extract | ½ cup chopped nuts |
| | 1 teaspoon mint extract | |
| Chocolate cake mix | 2 tablespoons concentrated espresso or coffee liquor | ¼ cup mini chocolate chips |
| | 4–5 drops food coloring (Add red to chocolate for Red Velvet) | ¼ cup mini white chocolate chips |
| | 1 teaspoon cinnamon | ½ cup rainbow sprinkles |
| | 1 teaspoon allspice | 6 crushed chocolate sandwich cookies |

### PREPARE BATTER

**INGREDIENTS**

Nonstick cooking spray

4 tablespoons all-purpose flour, divided

Boxed cake mix

2 large eggs

2 egg whites

¾ cup water

½ cup canola or vegetable oil

**DIRECTIONS**

Spray the Ninja® Multi-Purpose Pan (or an 8-inch round baking pan) with cooking spray and dust with 2 tablespoons flour.

Add the cake mix, and 2 tablespoons all-purpose flour to a large bowl and combine.

In a separate large bowl, add 2 eggs, 2 egg whites, ¾ cup water, and ½ cup oil. Combine.

Combine the dry and wet ingredients, mix on low for 30 seconds. Then mix on medium for an additional 2 minutes and 30 seconds.

If desired, add flavor and gently fold in mix-ins.

Transfer batter to prepared baking pan.

### BAKE CAKE

When cooking is complete, check doneness by inserting a wooden toothpick into the middle of the cake.

If it comes out clean, remove the rack with the pan and let cool for at least 1 hour.

If the toothpick comes out with moist crumbs stuck to it, move the slider to STEAMCRISP, select STEAM & BAKE and set time to 10 minutes. Press START/STOP to continue cooking.

After cooking is complete, remove the rack with the pan and let cool for 2 to 3 hours.

### PICK A FROSTING OR GLAZE

Pre-made frosting, sauce, or whipped topping

**BASIC GLAZE**

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

**CHOCOLATE GANACHE**

2 cups dark chocolate chips
¾ cup whipping cream
1 tablespoon corn syrup (optional)

In a microwave safe bowl, add dark chocolate chips and whipping cream and microwave on HIGH for 1 minute and 10 seconds. Whisk together until completely combined.

**STRAWBERRY COMPOTE**

1 pint strawberries, sliced
2 tablespoons granulated sugar
3 tablespoons lemon juice

Add ingredients to a large bowl. Mash lightly until combined.

### FROST CAKE

**SINGLE LAYER CAKE**

Place on serving dish.

Frost, glaze or top with toppings of your choice.

**2 LAYER CAKE**

Slice in half horizontally.

Place 1 layer on a plate, rounded side down, and evenly cover with half of the frosting, glaze, or topping.

Place second cake on top of the first, rounded side up and frost, glaze, or top.

**WHOOPIE PIES**

Slice in half horizontally.

Place 1 cake layer on a serving plate, rounded side down, and frost.

Place the second layer of the cake on top of the first, rounded side up and cover with ganache, powder sugar.

### PICK A TOPPING optional

½ cup shredded or toasted coconut

½ cup chopped nuts

¼ cup mini chocolate chips

¼ cup mini white chocolate chips

½ cup rainbow sprinkles

6 crushed chocolate sandwich cookies

*The Ninja Multi-Purpose Pan is sold separately on ninjaaccessories.com

# 5 keys to making the perfect dough

### PRECISE MEASUREMENTS

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

### TEMPERATURE

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

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

### HUMIDITY

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

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

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



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

### TEXTURE

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

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

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

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

### PROOFING

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

PERFECTLY PROOFED

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

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

# HAWAIIAN PULLED PORK SLIDERS

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 1 HOUR | **PRESSURE BUILD:** APPROX, 15 MINUTES | **COOK:** 45 MINUTES
**PRESSURE RELEASE:** QUICK | **MAKES:** 16 SLIDERS | **ACCESSORIES:** FOODI™ SMART THERMOMETER

## INGREDIENTS

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

## DIRECTIONS

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

# CARNITAS TACOS

INTERMEDIATE RECIPE ●●○

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

## INGREDIENTS

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

## TOPPINGS

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

## DIRECTIONS

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

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



# PULLED PORK WITH CRISPY BISCUITS

BEGINNER RECIPE ●○○

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

## INGREDIENTS

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

## DIRECTIONS

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

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

# PORK TENDERLOIN WITH AU GRATIN POTATOES

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **TOTAL COOK TIME:** 35 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 20 MINUTES
**MAKES:** 4 SERVINGS | **ACCESSORIES:** DELUXE REVERSIBLE RACK (BOTTOM LAYER ONLY)

## INGREDIENTS

**LEVEL 1** (BOTTOM OF POT)

3 cups hot water

2 tablespoons butter

2 cups whole milk

2 boxes (8 ounces each) au gratin potatoes

**LEVEL 2** (BOTTOM LAYER OF RACK)

2 pork tenderloins (1 pound each), marinated

## DIRECTIONS

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



# HAM & CHEESE TURNOVERS

BEGINNER RECIPE ●○○

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

## INGREDIENTS

½ cup water, for steaming

2 sheets frozen puff pastry dough, thawed

4 slices American cheese, cut in half

4 slices deli ham

1 tablespoon Dijon mustard, divided

## DIRECTIONS

1. Add ½ of cup water to the pot.
2. Lay the 2 sheets of puff pastry on top of each other. Remove the diffuser fin from the bottom of the Cook & Crisp Basket. Place the basket in the center of the dough and use it as a template to cut the pastry to size. Discard any excess dough. Separate the 2 circles.
3. Top half of each puff pastry circle with 2 slices of American cheese, 2 slices of ham, then the remaining 2 slices of cheese. Evenly spread the Dijon mustard on the top half. Fold the turnovers in half and press the edges together to seal closed.
4. Place the turnovers in the basket, then place the basket in the pot. Close the lid and move slider to STEAMCRISP.
5. Select STEAM & BAKE, set temperature to 350°F, and time to 15 minutes. Press START/STOP to begin cooking (PrE will display for approx. 20 minutes as the unit steams, then the timer will start counting down).
6. When cooking is complete, remove the basket. Allow turnovers to cool for 5 minutes before serving.

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

# BRATWURST WITH BEER-BRAISED CABBAGE

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 10 MINUTES
**MAKES:** 6 SERVINGS | **ACCESSORIES:** DELUXE REVERSIBLE RACK (BOTTOM LAYER ONLY),

## INGREDIENTS

**LEVEL 1** (BOTTOM OF POT)

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

**LEVEL 2** (TOP LAYER OF RACK)

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

## DIRECTIONS

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



# CAPRESE CHICKEN BREAST WITH PESTO ORZO

BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **TOTAL COOK TIME:** 35 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 20 MINUTES
**MAKES:** 4 SERVINGS | **ACCESSORIES:** DELUXE REVERSIBLE RACK (BOTTOM LAYER ONLY), ALUMINUM FOIL

## INGREDIENTS

**LEVEL 1** (BOTTOM OF POT)

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

**LEVEL 2** (MIDDLE LAYER OF RACK)

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

## DIRECTIONS

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

# SHREDDED CHICKEN LETTUCE WRAPS

BEGINNER RECIPE ●○○

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

## INGREDIENTS

1 bottle (11 ounces) prepared peanut sauce
1 pinch crushed red pepper (optional)
1 cup chicken stock
2 pounds frozen chicken breasts
2 cups thin rice noodles, cooked
1 cup red cabbage, shredded
1 cup carrots, peeled, trimmed, shredded
½ red bell pepper, thinly sliced
¼ cup green onions, chopped
½ cup dry-roasted peanuts, chopped
1 head bibb lettuce, leaves separated

## DIRECTIONS

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

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



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

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 40 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 25 MINUTES
**MAKES:** 4 SERVINGS | **ACCESSORIES:** DELUXE REVERSIBLE RACK (BOTH LAYERS), ALUMINUM FOIL

## INGREDIENTS

**LEVEL 1** (BOTTOM OF POT)

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

**LEVEL 2** (BOTTOM LAYER OF RACK)

4 fresh ears of corn

**LEVEL 3** (TOP LAYER OF RACK)

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

## DIRECTIONS

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

# TERIYAKI GLAZED CHICKEN BREAST & RICE

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **MARINATE:** 30 MINUTES–1 HOUR | **TOTAL COOK TIME:** 35 MINUTES | **STEAM:** APPROX. 15 MINUTES
**COOK:** 20 MINUTES | **MAKES:** 4 SERVINGS | **ACCESSORIES:** DELUXE REVERSIBLE RACK (BOTTOM LAYER ONLY, ALUMINUM FOIL

## INGREDIENTS

**LEVEL 1** (BOTTOM OF POT)

2 cups medium-grain white rice, rinsed (until water runs clear)

1 cup frozen vegetables (optional)

4 cups water

2 tablespoons butter (or canola oil)

**LEVEL 2** (TOP LAYER OF RACK)

4 chicken breasts (6–8 ounces each)

1 cup teriyaki marinade, divided

## DIRECTIONS

1. Pour ¾ cup marinade into a large resealable plastic bag. Add chicken breasts to the bag and seal. Rub the outside of the bag until the chicken is evenly coated with the marinade. Place chicken in the refrigerator to marinate for 30 minutes to 1 hour. Take it out of the refrigerator 15 minutes before cooking.
2. Place the rinsed rice, frozen veggies (optional), water, and butter in the pot and stir until evenly combined.
3. Place the Deluxe Reversible Rack in the lower position and cover with aluminum foil, then place the rack in the pot. Place the marinated chicken on top of the rack. Close the lid and move slider to STEAMCRISP.
4. Select STEAM & CRISP, set temperature to 390°F, and set time to 15 minutes. Press START/STOP to begin cooking (PrE will display for approx. 15 minutes as the unit steams, then the timer will start counting down).
5. When cooking is complete, remove the rack with the chicken. Stir the rice and serve with the chicken. Top with ¼ cup reserved marinade.



# CHICKEN BREAST WITH SPINACH, TOMATOES & PESTO CREAM FARFALLE

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 32 MINUTES | **STEAM:** APPROX. 17 MINUTES | **COOK:** 15 MINUTES
**MAKES:** 4 SERVINGS | **ACCESSORIES:** DELUXE REVERSIBLE RACK (BOTH LAYERS), ALUMINUM FOIL

## INGREDIENTS

**LEVEL 1** (BOTTOM OF POT)

1 box (16 ounces) dry farfalle pasta

3 cups chicken stock

½ cup whole milk

1 jar (16 ounces) alfredo sauce

1 jar (7 ounces) basil pesto, set aside

1 bag (6 ounces) baby spinach, set aside

**LEVEL 2** (BOTTOM LAYER OF RACK)

1 pint cherry tomatoes

1 tablespoon canola oil

Kosher salt, as desired

Ground black pepper, as desired

**LEVEL 3** (TOP LAYER OF RACK)

1 teaspoon garlic powder

1 teaspoon onion powder

Kosher salt, as desired

Ground black pepper, as desired

1 tablespoon canola oil

4 fresh uncooked chicken breasts (7–8 ounces each)

**TOPPING** (optional)

¼ cup shredded Parmesan cheese

## DIRECTIONS

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

# CHICKEN POT PIE

INTERMEDIATE RECIPE ●●○

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

## INGREDIENTS

½ stick (¼ cup) unsalted butter

½ 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

½ cup frozen peas

1 ½ teaspoons fresh thyme, minced

1 tablespoon fresh Italian parsley, minced

Kosher salt, as desired

Ground black pepper, as desired

½ cup heavy cream

¼ cup all-purpose flour

1 refrigerated store-bought pie crust, room temperature

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

## DIRECTIONS

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

# BUFFALO MAC & CHEESE

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 28 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 13 MINUTES
**MAKES:** 4 SERVINGS | **ACCESSORIES:** DELUXE REVERSIBLE RACK (BOTTOM LAYER ONLY), ALUMINUM FOIL

## INGREDIENTS

**LEVEL 1** (BOTTOM OF POT)

4 cups water

2 boxes (7 ¼ ounces each) macaroni & cheese, cheese packets set aside

¼ cup whole milk, set aside

**LEVEL 2** (TOP LAYER OF RACK)

6–8 frozen chicken tenders

1 cup Buffalo sauce, set aside

## DIRECTIONS

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



# SALMON WITH RED QUINOA & STEAMED BRUSSELS SPROUTS

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 22 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 7 MINUTES
**MAKES:** 4 SERVINGS | **ACCESSORIES:** DELUXE REVERSIBLE RACK (BOTH LAYERS), ALUMINUM FOIL

## INGREDIENTS

**LEVEL 1** (BOTTOM OF POT)

1 cup red quinoa

1 ½ cups water

Kosher salt, as desired

**LEVEL 2** (BOTTOM LAYER OF RACK)

1 bag (12 ounces) frozen Brussels sprouts

**LEVEL 3** (TOP LAYER OF RACK)

4 fresh salmon fillets (6 ounces each)

Kosher salt, as desired

Ground black pepper, as desired

Additional seasonings, as desired

## DIRECTIONS

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

# SHRIMP WITH EDAMAME & FRIED RICE

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **TOTAL COOK TIME:** 19 MINUTES | **STEAM:** APPROX. 12 MINUTES | **COOK:** 7 MINUTES
**MAKES:** 4 SERVINGS | **ACCESSORIES:** DELUXE REVERSIBLE RACK (BOTH LAYERS), ALUMINUM FOIL

## INGREDIENTS

**LEVEL 1** (BOTTOM OF POT)

1 ½ cups water

1 tablespoon soy sauce

1 cup white rice, rinsed (until water runs clear)

1 cup frozen vegetable medley

**LEVEL 2** (BOTTOM LAYER OF RACK)

1 bag (12 ounces) frozen edamame in pods

**LEVEL 3** (TOP LAYER OF RACK)

1 box (10 ounces) frozen breaded shrimp

## DIRECTIONS

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



# STEAK FAJITAS

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 26 MINUTES | **STEAM:** APPROX. 16 MINUTES | **COOK:** 10 MINUTES
**MAKES:** 4 SERVINGS | **ACCESSORIES:** DELUXE REVERSIBLE RACK (BOTH LAYERS), ALUMINUM FOIL

## INGREDIENTS

**LEVEL 1** (BOTTOM OF POT)

1 package (6–8 ounces) dry seasoned rice and beans mix

Amount of water called for in rice and beans mix instructions

**LEVEL 2** (BOTTOM LAYER OF RACK)

1 small red bell pepper, cut in ½-inch slices, seeds removed

1 small yellow bell pepper, cut in ½-inch slices, seeds removed

1 small orange bell pepper, cut in ½-inch slices, seeds removed

1 white onion, peeled, cut in ½-inch slices

Kosher salt, as desired

Ground black pepper, as desired

**LEVEL 3** (TOP LAYER OF RACK)

2 pounds skirt steaks or sirloin flaps, cut in 8-inch pieces, 1-inch thick

2 tablespoons canola oil

1 packet (1 ounce) fajita seasoning

2 tablespoons lime juice

Ground black pepper, as desired

**TOPPING IDEAS**

8 flour tortillas

Salsa

Avocado

Sour cream

Lime wedges

## DIRECTIONS

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

# ITALIAN BEEF SANDWICHES

INTERMEDIATE RECIPE ●●○

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

## INGREDIENTS

2 tablespoons canola oil
2 ½ pounds chuck roast
1 ½ cups beef stock
4 small yellow onions, peeled, cut in quarters
1 jar (16 ounces) whole pepperoncini peppers in liquid
1 can (14 ½ ounces) diced tomatoes
8 slices pepper jack cheese
2 baguettes (18 inches each), cut in half

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

## DIRECTIONS

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

# MEATLOAF WITH CHEDDAR MASHED POTATOES & HONEY CARROTS

INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **TOTAL COOK TIME:** 35 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 20 MINUTES
**MAKES:** 4 SERVINGS | **ACCESSORIES:** DELUXE REVERSIBLE RACK (BOTTOM LAYER ONLY), ALUMINUM FOIL

## INGREDIENTS

**LEVEL 1** (BOTTOM OF POT)

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

**LEVEL 2** (BOTTOM LAYER OF RACK)

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

## DIRECTIONS

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



# CREAMY MUSHROOM RISOTTO

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 10 MINUTES
**MAKES:** 4 SERVINGS | **ACCESSORIES:** DELUXE REVERSIBLE RACK (BOTTOM LAYER ONLY), ALUMINUM FOIL

## INGREDIENTS

**LEVEL 1** (BOTTOM OF POT)

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

**LEVEL 2** (BOTTOM LAYER OF RACK)

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

## DIRECTIONS

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

# MEDITERRANEAN CAULIFLOWER STEAKS WITH PEARLED COUSCOUS & CUCUMBER SALAD

INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 10 MINUTES
**MAKES:** 2 SERVINGS | **ACCESSORIES:** DELUXE REVERSIBLE RACK (BOTTOM LAYER ONLY)

## INGREDIENTS

**LEVEL 1** (BOTTOM OF POT)
1 cup pearled couscous
¼ cups vegetable stock
1 tablespoon olive oil
1 ½ tablespoons Mediterranean spice blend, divided
Kosher salt, as desired
Ground black pepper, as desired

**LEVEL 2** (TOP LAYER OF RACK)
1 head cauliflower, cut in 2 steaks, 1-inch thick
2 tablespoons canola oil

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

## DIRECTIONS

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

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



# BUILD YOUR OWN CALZONES

BEGINNER RECIPE ●○○

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

## INGREDIENTS

¼ cup water, for steaming

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

**SAUCE OPTIONS** (¼ cup per calzone, divided)
Marinara
Pesto
Alfredo
Buffalo

**CHEESES** (mix and match, divided)
⅓ cup shredded mozzarella
¼ cup shredded Parmesan
3 tablespoons ricotta
3 tablespoons goat cheese
2 tablespoons feta
2 tablespoons blue cheese

**FILLINGS** (¼ cup, mix and match, divided)
Sliced pepperoni
Sliced onion
Cooked spinach, water pressed out
Cooked mushrooms
Sliced tomatoes
Cooked sausage
Diced bell peppers
Black olives

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

## DIRECTIONS

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

*The Ninja Multi-Purpose Pan is sold separately on ninjaaccessories.com.

# PEPPERONI PIZZA PASTA BAKE

INTERMEDIATE RECIPE ●●○

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

## INGREDIENTS

1 large onion, peeled, cut in half, sliced in half-moon shapes

2 tablespoons extra-virgin olive oil

Kosher salt, as desired

½ teaspoon dried oregano

½ teaspoon dried basil

Ground black pepper, as desired

¼ teaspoon crushed red pepper

6 large cloves garlic, peeled, minced

1 can (28 ounces) peeled San Marzano tomatoes

1 can (28 ounces) San Marzano tomato puree

1 cup red wine

2 cups chicken stock

1 pepperoni sausage (about 8 inches), cut in small pieces

1 box (16 ounces) dry rigatoni pasta

4 cups shredded mozzarella cheese, divided

1 package (6 ounces) thin-sliced pepperoni

## DIRECTIONS

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

# CREAMY TOMATO SOUP WITH GRILLED CHEESE CROUTONS

BEGINNER RECIPE ●○○

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

## INGREDIENTS

2 tablespoons canola oil
2 white onions, peeled, diced
8 cloves garlic, peeled, minced
1 can (14 ounces) crushed tomatoes
1 can (28 ounces) tomato puree
2 cups heavy cream
½ cup water
Kosher salt, as desired
2 tablespoons Worcestershire sauce
½ teaspoon crushed red pepper
½ crusty French baguette, sliced in 16 rounds
½ cup shredded mozzarella cheese
½ cup shredded Parmesan cheese

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

## DIRECTIONS

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

# ROOT VEGETABLE MEDLEY

BEGINNER RECIPE ●○○

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

## INGREDIENTS

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

## DIRECTIONS

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

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





# TWICE-BAKED POTATOES

INTERMEDIATE RECIPE ●●○

**PREP:** 5 MINUTES | **TOTAL COOK TIME:** 43 MINUTES | **STEAM:** APPROX. 8 MINUTES | **COOK:** 35 MINUTES
**MAKES:** 4 SERVINGS | **ACCESSORIES:** DELUXE REVERSIBLE RACK (BOTTOM LAYER ONLY)

## INGREDIENTS

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

TIP Swap in American cheese for cheddar cheese.

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

## DIRECTIONS

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

# CRUSTY BREAD

INTERMEDIATE RECIPE ●●○

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

## INGREDIENTS

4 leveled cups all-purpose flour, divided
2 ½ teaspoons instant yeast
1 ¾ cups water, lukewarm, divided
1½ teaspoons kosher salt
2½ tablespoons extra-virgin olive oil
Nonstick cooking spray

## DIRECTIONS

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

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

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

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

BEGINNER RECIPE ●○○

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

## INGREDIENTS

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

## DIRECTIONS

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

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

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





# BEEF JERKY

BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **MARINATE:** 8 HOURS | **DEHYDRATE:** 6 HOURS | **MAKES:** 4 CUPS (8 OUNCES) DRIED JERKY
**ACCESSORIES:** DELUXE REVERSIBLE RACK (BOTH LAYERS)

## INGREDIENTS

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

## DIRECTIONS

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

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

# CORNED BEEF HASH

BEGINNER RECIPE ●○○

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

## INGREDIENTS

½ pound pre-cooked corned beef, diced
2 tablespoons vegetable oil
1 white onion, peeled, finely chopped
1 bell pepper, finely chopped
2 medium baking potatoes, peeled, diced
Ground black pepper, as desired
3 teaspoons kosher salt, divided
4–6 large eggs
Hot sauce, for serving

## DIRECTIONS

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





# SCALLION & BACON MASHED POTATOES

INTERMEDIATE RECIPE ●●○

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

## INGREDIENTS

5 medium russet potatoes, peeled, cut in quarters
2 sweet onions, peeled, thinly sliced
4 cloves garlic, peeled
1 stick (½ cup) butter
1 cup heavy cream
1 ½ cups whole milk
Kosher salt, as desired
2 cups green cabbage, shredded
½ cup bacon bits, for serving
½ cup scallions, sliced, for serving

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

## DIRECTIONS

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

# STUFFED PEPPERS

BEGINNER RECIPE ●○○

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

## INGREDIENTS

1 tablespoon garlic powder

Ground black pepper, as desired

1 tablespoon ground cinnamon

½ teaspoon ground cloves

Kosher salt, as desired

3 tablespoons paprika

1 ½ teaspoons ground cumin

1 pound uncooked ground beef

1 small onion, peeled, finely chopped

1 cup brown rice

1 cup chicken stock

¼ cup dry white wine

7 large bell peppers, seeds and stems removed, tops chopped

1 cup whole cashews, chopped

½ cup fresh parsley, chopped

## DIRECTIONS

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



# UPSIDE-DOWN LOADED CHICKEN NACHOS

ADVANCED RECIPE ●●●

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

## INGREDIENTS

6 frozen boneless skinless chicken breasts (8–12 ounces each)

2 jars (16 ounces) red salsa

1 can (14 ounces) refried beans

Kosher salt, as desired

¼ cup taco seasoning

¼ bag (4 ounces) tortilla chips, divided

1 ½ bags (12 ounces) Mexican cheese blend, divided

## TOPPINGS

Guacamole

Sour cream

Fresh scallions, sliced

## DIRECTIONS

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

# MAPLE PECAN SWEET POTATOES

BEGINNER RECIPE ●○○

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

## INGREDIENTS

½ cup water, for steaming
2 ½ pounds sweet potatoes, cut in 1-inch pieces
1 tablespoon canola oil
1 cup pecans, chopped

## TOPPINGS

5 tablespoons butter, melted
¼ cup maple syrup
½ teaspoon ground cinnamon
Kosher salt, as desired
¼ teaspoon cayenne pepper (optional)

## DIRECTIONS

1. Pour the ½ cup water into the pot.
2. Toss the sweet potatoes with oil in a medium bowl until evenly coated. Place the potatoes in the Cook & Crisp Basket and place the basket in the pot. Close the lid and move slider to STEAMCRISP.
3. Select STEAM & CRISP, set temperature to 450°F, and set time to 25 minutes. Press START/STOP to begin cooking (PrE will display for approx. 7 minutes as the unit steams, then the timer will start counting down).
4. After 15 minutes, open the lid, toss the sweet potatoes, and sprinkle with chopped pecans. Close the lid to continue cooking.
5. Place all topping ingredients in a medium bowl and mix until fully combined.
6. When cooking is complete, remove basket from pot. Transfer sweet potatoes to the bowl with the topping mixture and gently mix until potatoes are evenly coated. Serve warm.

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





# SPINACH & ARTICHOKE DIP

BEGINNER RECIPE ●○○

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

## INGREDIENTS

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

## DIRECTIONS

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

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

*The Ninja Multi-Purpose Pan is sold separately on ninjaaccessories.com.

# BANANA BREAD

BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **TOTAL COOK TIME:** 50 MINUTES | **STEAM:** APPROX. 20 MINUTES | **BAKE:** 30 MINUTES
**MAKES:** 8–10 SERVINGS | **ACCESSORIES:** NINJA® LOAF PAN (OR 8 ½" X 4 ½" X 3" LOAF PAN), DELUXE REVERSIBLE RACK (BOTTOM LAYER ONLY)

## INGREDIENTS

3 cups water, for steaming
Nonstick cooking spray
1 ¼ cups all-purpose flour, plus more for dusting
¾ cup over-ripe banana, mashed (approx. 2 bananas)
¼ cup canola oil
¼ cup milk
1 large egg
½ teaspoon vanilla extract
½ cup + 2 tablespoons granulated sugar
½ teaspoons ground cinnamon
½ teaspoon baking soda
½ teaspoon kosher salt
1 teaspoon baking powder

**TIP** For more customizable flavor, add ¼ cup chopped nuts, chocolate chips, shredded coconut, or dried fruit in step 2.

To make this a pumpkin bread recipe, substitute ¾ cup canned pumpkin for banana.

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

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

## DIRECTIONS

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

*The Ninja Loaf Pan is sold separately on ninjaaccessories.com.

# CHOCOLATE CHIP SKILLET COOKIE

BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **COOK:** 21 MINUTES | **MAKES:** 4–6 SERVINGS | **ACCESSORIES:** NINJA® MULTI-PURPOSE PAN* (OR 8" ROUND BAKING PAN), DELUXE REVERSIBLE RACK (BOTTOM LAYER ONLY)

## INGREDIENTS

1 cup + 2 tablespoons all-purpose flour
½ teaspoon baking soda
½ teaspoon kosher salt
1 stick (½ cup) unsalted butter, softened, plus more for greasing
⅓ cup granulated sugar
⅓ cup packed brown sugar
½ teaspoon vanilla extract
1 large egg
½ cup semi-sweet chocolate chips
½ cup chopped walnuts, pecans, or almonds, optional
Nonstick cooking spray

## DIRECTIONS

1. Close the lid and move slider to the AIR FRY/STOVETOP. Preheat the pot by selecting BAKE/ROAST, setting temperature to 325°F, and setting time to 5 minutes. Select START/STOP to begin preheating.
2. While unit is preheating, prepare the cookie dough by placing the flour, baking soda, and salt in a large bowl. Stir until fully combined.
3. In a separate large bowl, beat together the butter, sugars, and vanilla extract until creamy. Add the egg and beat until smooth and fully incorporated into the mixture.
4. Slowly add the dry ingredients to the wet ingredients, ⅓ cup at a time, and use an electric mixer to combine. Use a rubber spatula to scrape down the sides of the bowl so all dry ingredients are incorporated. Make sure not to over-mix the dry ingredients, or the cookies will become dense when baked.
5. Stir the chocolate chips and nuts into the dough until they are evenly distributed.
6. Spray the Ninja Multi-Purpose Pan* (or 8" round baking pan) with cooking spray, then add the cookie dough, pressing down to make sure it is evenly distributed.
7. Place the pan on the bottom layer of the Deluxe Reversible Rack in the lower position. When the pot has preheated, place the rack with pan in the pot. Close the lid and make sure the slider is still in the AIR FRY/STOVETOP.
8. Select BAKE/ROAST, set temperature to 325°F, and set time to 21 minutes. Select START/STOP to begin cooking.
9. When cooking is complete, remove the rack with the pan and let cool for 5 minutes, then serve warm with ice cream or other toppings of your choice.

*The Ninja Multi-Purpose Pan is sold separately on ninjaaccessories.com.





# BREAD PUDDING WITH BOURBON SAUCE

INTERMEDIATE RECIPE ●●○

**PREP:** 20 MINUTES | **TOTAL COOK TIME:** 40 MINUTES | **STEAM:** APPROX. 20 MINUTES | **BAKE:** 20 MINUTES
**MAKES:** 8 SERVINGS | **ACCESSORIES:** NINJA® MULTI-PURPOSE PAN* (OR 8" ROUND BAKING PAN), NONSTICK SILICONE BAKING MAT (OR ALUMINUM FOIL), DELUXE REVERSIBLE RACK (BOTTOM LAYER ONLY)

## INGREDIENTS

2 cups water, for steaming
Nonstick cooking spray

### BREAD PUDDING

4 large eggs
1 ½ cups cream
1 ½ cups milk
1 teaspoon vanilla extract
½ cup granulated sugar
1 teaspoon ground cinnamon
½ teaspoon kosher salt
1 loaf (1 pound) stale brioche bread, cut in 1-inch pieces

### BOURBON SAUCE

4 tablespoons butter
½ cup granulated sugar
¼ cup brown sugar
¾ cup heavy cream
½ cup bourbon
¼ teaspoon kosher salt

**TIP** Refrigerate any leftovers. To reheat, pour ½ cup water into the pot. Place the bread pudding in the pan, then place the pan on the bottom layer of the rack and place in the pot. Use the STEAM & CRISP function at 315°F for 6 minutes.

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

*The Ninja Multi-Purpose Pan is sold separately on ninjaaccessories.com.

## DIRECTIONS

1. Pour 2 cups of water into the pot. Line the Ninja Multi-Purpose Pan* (or 8" round baking pan) with a nonstick silicone baking mat or aluminum foil and spray with cooking spray.
2. Whisk eggs, cream, milk, and vanilla in a large bowl until fully combined. Combine sugar, cinnamon, and salt in a small bowl, then add to the wet ingredients and mix until fully combined. Add brioche pieces and toss until evenly coated. Let sit for 5 to 10 minutes.
3. Place brioche mixture in the prepared pan and press into an even layer. Bread should be fully saturated with liquid. If more liquid is needed, pour ¼ cup more cream over bread. Place pan on the bottom layer of the Deluxe Reversible Rack in the lower position, then place the rack in the pot. Close the lid and move slider to STEAMCRISP.
4. Select STEAM & BAKE, set temperature to 335°F, and time to 20 minutes. Press START/STOP to begin cooking (PrE will display for approx. 20 minutes as the unit steams, then the timer will start counting down).
5. When cooking is complete, carefully remove the rack with the pan. Allow to cool and set for 20 to 30 minutes. Carefully empty any remaining water from the pot.
6. To make the bourbon sauce, move the slider to AIR FRY/STOVETOP, select SEAR/SAUTÉ, and set temperature to 2.
7. Add butter to the pot and stir until melted, then add remaining sauce ingredients (be extra cautious when adding the bourbon, as it could flare). Whisk until sugar is dissolved and sauce thickens, approx. 5 minutes. Transfer sauce to a bowl and allow to cool for 5 minutes.
8. Cut bread pudding into slices and drizzle with bourbon sauce. Serve warm.

# VANILLA CHEESECAKE WITH BERRY SAUCE

INTERMEDIATE RECIPE ●●○

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

## INGREDIENTS

### CRUST

1 cup graham cracker crumbs
2 tablespoons granulated sugar
5 tablespoons unsalted butter, melted
⅛ teaspoon kosher salt

### FILLING

2 pounds room temperature cream cheese
1 cup granulated sugar
½ cup sour cream
3 large eggs, room temperature
2 teaspoons vanilla extract

### BERRY SAUCE

¾ cup water
4 cups frozen mixed berries
¼ cup granulated sugar

## DIRECTIONS

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

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





*The Ninja Multi-Purpose Pan is sold separately on ninjaaccessories.com.

# CINNAMON BUNS

BEGINNER RECIPE ●○○

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

## INGREDIENTS

3 cups water, for steaming
Nonstick cooking spray

### CINNAMON BUNS

1 tablespoon cinnamon
½ cup dark brown sugar
3 tubes (8 ounces each) crescent sheet dough
1 stick (4 ounces) butter, melted

### GLAZE

3 cups powdered sugar
3 tablespoons butter, melted
3 teaspoons vanilla extract
¼ cup whole milk

## DIRECTIONS

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

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



*The Ninja Multi-Purpose Pan is sold separately on ninjaaccessories.com.

# Steam & Crisp Chart

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

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

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

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

# Steam & Crisp Chart, continued

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

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

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

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

# Steam & Crisp Chart, continued

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

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

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

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

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

# TenderCrisp® Chart

| PROTEIN | AMOUNT | ACCESSORY | WATER | PRESSURE COOK | PRESSURE RELEASE | |
|---|---|---|---|---|---|---|
| Whole chicken | 1 chicken (6–7 lbs) | Cook & Crisp™ Basket | 1 cup | High for 40 mins | After quick release, move slider to AIR FRY/STOVETOP position and open lid.<br><br>Pat protein dry with paper towel, brush with oil or sauce and season as desired.<br><br>Close lid and continue to cook as instructed. | Air Fry at 400°F for 15 mins |
| St. Louis ribs | 1 rack, cut in quarters | Cook & Crisp Basket | 1 cup | High for 19 mins, quick release | | Air Fry at 400°F for 10–15 mins |
| Frozen chicken breasts | 2 breasts (6–8 oz each) | Deluxe Reversible Rack, higher position | 1 cup | High for 10 mins, quick release | | Broil for 10 mins |
| Frozen New York strip steaks | 2 steaks (12 oz each) | Deluxe Reversible Rack, higher position | 1 cup | High for 1 min, quick release | | Broil for 8–10 mins |
| | 2 steaks (14 oz each) | Deluxe Reversible Rack, higher position | 1 cup | High for 2 mins, quick release | | Broil for 8–10 mins |
| | 2 steaks (16 oz each) | Deluxe Reversible Rack, higher position | 1 cup | High for 3 mins, quick release | | Broil for 8–10 mins |
| Frozen chicken wings | 1 lb | Cook & Crisp Basket | 1 cup | High for 5 mins, quick release | | Air Fry at 390°F for 15–20 mins |
| Frozen pork chops | 4 chops (6–8 oz each) | Deluxe Reversible Rack, higher position | 1 cup | High for 2 mins, quick release | | Air Fry at 400°F for 8–12 mins |
| Frozen jumbo shrimp | 28 uncooked, peeled, deveined | Deluxe Reversible Rack, Deluxe Layer installed, place shrimp on both layers | 1 cup | High for 0 mins, quick release | | Air Fry at 400°F for 5 mins |

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

# Pressure Cook Chart

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

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

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

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

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

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

| INGREDIENT | WEIGHT | PREPARATION | WATER | ACCESSORY | PRESSURE | TIME | RELEASE |
|---|---|---|---|---|---|---|---|
| **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™ Basket | 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) | 1 cup | N/A | High | 5 mins | Quick |
| Ground beef, pork, or turkey (frozen) | 1–2 lbs | Frozen, ground (not in patties) | 1 cup | N/A | High | 20–25 mins | Quick |
| **RIBS** | | | | | | | |
| Pork baby back | 2 1/2–3 1/2 lbs | Cut in thirds | 1 cup | N/A | High | 20 mins | Quick |
| **ROASTS** | | | | | | | |
| Beef brisket | 3–4 lbs | Whole | 1 cup | N/A | High | 1–1 1/2 hrs | Quick |
| Boneless beef chuck-eye roast | 3–4 lbs | Whole | 1 cup | N/A | High | 1–1 1/2 hrs | Quick |
| Boneless pork butt | 4 lbs | Season as desired | 1 cup | N/A | High | 1 1/2 hrs | Quick |
| Pork tenderloin | 2 tenderloins (1–1 1/2 lbs each) | Season as desired | 1 cup | N/A | High | 3–4 mins | Quick |
| **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 |
| **EGGS** | | | | | | | |
| Hard-boiled eggs† | 1–12 eggs | None | 1 cup | N/A | High | 4 mins | Quick |

†Remove immediately when complete and place in ice bath.

# Pressure Cook Chart, continued

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

| INGREDIENT | AMOUNT | PREPARATION | WATER | ACCESSORY | PRESSURE | COOK TIME | RELEASE |
|---|---|---|---|---|---|---|---|
| **VEGETABLES** | | | | | | | |
| Beets | 8 small or 4 large | Rinse well, trim tops and ends; cool and peel after cooking | 1 cup | N/A | High | 15–20 mins | Quick |
| Broccoli | 1 head or 4 cups | Cut in 1–2-inch florets, remove stem | 1 cup | Deluxe Reversible Rack, lower position | Low | 1 min | Quick |
| Brussels sprouts | 1 lb | Cut in half | 1 cup | Deluxe Reversible Rack, lower position | Low | 1 min | Quick |
| Butternut squash (cubed for side dish or salad) | 32 oz (2 lbs) | Peel, cut in 1-inch pieces, remove seeds | 1 cup | Cook & Crisp™ Basket | Low | 2 mins | Quick |
| Butternut squash (for mashed, puree, or soup) | 32 oz | Peel, cut in 1-inch pieces, remove seeds | 1 cup | N/A | High | 2 mins | Quick |
| Cabbage (braised) | 1 head | Cut in half, slice in ½-inch strips, remove core | 1 cup | N/A | Low | 3 mins | Quick |
| Cabbage (crisp) | 1 head | Cut in half, slice in ½-inch strips, remove core | 1 cup | Cook & Crisp Basket | Low | 2 mins | Quick |
| Carrots | 1 lb | Peel, cut in ½-inch pieces | 1 cup | N/A | High | 2–3 mins | Quick |
| Cauliflower | 1 head | Cut in 1–2-inch florets, remove stem | 1 cup | Cook & Crisp Basket | Low | 1 min | Quick |
| Collard greens | 2 bunches or 1 bag (16 oz) | Remove stems, chop leaves | 1 cup | N/A | Low | 6 mins | Quick |
| Green beans | 1 bag (12 oz) | Whole | 1 cup | Cook & Crisp Basket | Low | 0 mins* | Quick |
| Kale leaves/greens | 2 bunches or 1 bag (16 oz) | Remove stems, chop leaves | 1 cup | N/A | Low | 3 mins | Quick |
| Potatoes, red (cubed for side dish or salad) | 2 lbs | Scrub, cut in 1-inch cubes | 1 cup | Cook & Crisp Basket | High | 1–2 mins | Quick |
| Potatoes, red (for mashed) | 2 lbs | Scrub, whole, large potatoes cut in half | 1 cup | N/A | High | 15–20 mins | Quick |
| Potatoes, russet or Yukon (cubed for side dish or salad) | 2 lbs | Peel, cut in 1-inch cubes | 1 cup | Cook & Crisp Basket | High | 1–2 mins | Quick |
| Potatoes, russet or Yukon (for mashed) | 2 lbs | Peel, cut in 1-inch thick slices | 1 cup | N/A | High | 6 mins | Quick |
| Potatoes, sweet (cubed for side dish or salad) | 2 lbs | Peel, cut in 1-inch cubes | 1 cup | Cook & Crisp Basket | High | 1–2 mins | Quick |
| Potatoes, sweet (for mashed) | 2 lbs | Peel, cut in 1-inch thick slices | 1 cup | N/A | High | 6 mins | Quick |
| **DOUBLE-CAPACITY VEGETABLES** | | | | | | | |
| Broccoli | 2 heads or 8 cups | Cut in 1–2-inch florets, remove stem | 1 cup | Deluxe Reversible Rack (both layers) | Low | 1 min | Quick |
| Brussels sprouts | 2 lbs | Cut in half, remove stem | 1 cup | Deluxe Reversible Rack (both layers) | Low | 1 min | Quick |
| Butternut squash | 48 oz | Peel, cut in 1-inch pieces | 1 cup | Deluxe Reversible Rack (both layers) | High | 3 mins | Quick |
| Cabbage | 1 ½ heads | Cut in half, remove core | 1 cup | Deluxe Reversible Rack (both layers) | Low | 5 mins | Quick |
| Green beans | 2 bags (24 oz) | Whole | 1 cup | Deluxe Reversible Rack (both layers) | Low | 0 mins* | Quick |

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

# Pressure Cook Chart, continued

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

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

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

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

# Pressure Cook Chart, continued

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

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

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

# Sous Vide 101

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

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

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

# 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 |
| | | 130°F Medium Rare | 1–5 hrs |
| Boneless ribeye | 3 steaks, 14 oz each, 1–2 inches thick | 135°F Medium | 1–5 hrs |
| Porterhouse | 2 steaks, 14 oz each, 1–2 inches thick | 145°F Medium Well | 1–5 hrs |
| Filet mignon | 4 steaks, 8 oz each, 1–2 inches thick | 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 prok 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 |

# 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 & Drummettes | 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 |

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

# Steam Chart for the Deluxe Reversible Rack

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

# Steam Chart for the Deluxe Reversible Rack with Deluxe Layer

| INGREDIENT | AMOUNT | PREPARATION | WATER | COOK TIME |
|---|---|---|---|---|
| **VEGETABLES** | | | | |
| Asparagus | 2 bunches | Whole, trim ends | 2 cups | 8–12 mins |
| Broccoli | 2 heads or 2 bags (24 oz) | Cut in 1–2-inch florets | 2 cups | 7–10 mins |
| Brussel sprouts | 2 lbs | Whole, trim ends | 2 cups | 10–12 mins |
| Butternut squash | 48 oz | Peel, cut into 1-inch cubes | 2 cups | 18–22 mins |
| Cabbage | 1 ½ heads | Cut in half, sliced in ½-inch strips, core removed | 2 cups | 20–22 mins |
| Carrots | 2 lbs | Peeled, cut into 1-inch pieces | 2 cups | 15–18 mins |
| Cauliflower | 2 heads | Cut in 1–2-inch florets | 2 cups | 12–15 mins |
| Corn on the cob | 4 ears | Whole, remove husks | 2 cups | 7–9 mins |
| Green beans | 2 bags (24 oz) | Whole | 2 cups | 12–15 mins |
| Kale | 2 bags (32 oz) | Trim | 2 cups | 10–14 mins |
| Potatoes | 2 lbs | Peel, cut in 1-inch pieces | 2 cups | 16–18 mins |
| Potatoes, sweet | 2 lbs | Cut into 1-inch cubes | 2 cups | 18–22 mins |
| Spinach | 2 bags (32 oz) | Whole leaves | 2 cups | 8–12 mins |
| Sugar snap peas | 2 lbs | Whole pods, trimmed | 2 cups | 10–12 mins |
| Summer squash | 2 lbs | Cut into 1-inch slices | 2 cups | 16–18 mins |
| Zucchini | 2 lbs | Cut into 1-inch slices | 2 cups | 14–16 mins |

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

# Air Fry Chart for the Cook & Crisp™ Basket

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

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

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

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

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

Shake your food

OR

Toss or flip with silicone-tipped tongs

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

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

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

| INGREDIENT | AMOUNT | PREPARATION | OIL | TEMP | COOK TIME |
|---|---|---|---|---|---|
| **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 (16 oz) package | Lay strips evenly over edge of basket | None | 330°F | 13–16 mins (no preheat) |
| Pork chops | 2 thick-cut, bone-in chops (10–12 oz each) | Bone in | Brushed with oil | 375°F | 15–17 mins |
| | 4 boneless chops (6–8 oz each) | Boneless | Brushed with oil | 375°F | 15–18 mins |
| Pork tenderloins | 2 tenderloins (1–1 1/2 lbs each) | Whole | Brushed with oil | 375°F | 25–35 mins |
| Sausages | 4 sausages | Whole | None | 390°F | 8–10 mins |
| **FISH & SEAFOOD** | | | | | |
| Crab cakes | 2 cakes (6–8 oz each) | None | Brushed with oil | 350°F | 10–13 mins |
| Lobster tails | 4 tails (3–4 oz each) | Whole | None | 375°F | 7–10 mins |
| Salmon fillets | 2 fillets (4 oz each) | None | Brushed with oil | 390°F | 10–13 mins |
| Shrimp | 16 jumbo | Raw, whole, peel, keep tails on | 1 Tbsp | 390°F | 7–10 mins |
| **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 | 19–22 mins |

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

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

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

### Shake your food

**OR**

### Toss or flip with silicone-tipped tongs

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

# Dehydrate Chart for the Cook & Crisp™ Basket with the Cook & Crisp Layered Insert,* Dehydrating Rack** or Deluxe Reversible 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 | Cut in 1/8-inch slices (remove core), rinse in lemon water, pat dry | 135°F | 7–8 hrs |
| Asparagus | Cut in 1-inch pieces, blanch | 135°F | 6–8 hrs |
| Bananas | Peel, cut in 3/8-inch slices | 135°F | 8–10 hrs |
| Beet chips | Peel, cut in 1/8-inch slices | 135°F | 7–8 hrs |
| Eggplant | Peel, cut in 1/4-inch slices, blanch | 135°F | 6–8 hrs |
| Fresh herbs | Rinse, pat dry, remove stems | 135°F | 4–6 hrs |
| Ginger root | Cut in 3/8-inch slices | 135°F | 6 hrs |
| Mangoes | Peel, cut in 3/8-inch slices, remove pits | 135°F | 6–8 hrs |
| Mushrooms | Clean with soft brush (do not wash) | 135°F | 6–8 hrs |
| Pineapple | Peel, cut in 3/8–1/2-inch slices, core removed | 135°F | 6–8 hrs |
| Strawberries | Cut in half or in 1/2-inch slices | 135°F | 6–8 hrs |
| Tomatoes | Cut in 3/8-inch slices or grate; steam if planning to rehydrate | 135°F | 6–8 hrs |
| **JERKY – MEAT, POULTRY, FISH** | | | |
| Beef jerky | Cut in 1/4-inch slices, marinate overnight (refer to Beef Jerky recipe page 66) | 150°F | 5–7 hrs |
| Chicken jerky | Cut in 1/4-inch slices, marinate overnight (refer to Beef Jerky recipe page 66) | 150°F | 5–7 hrs |
| Turkey jerky | Cut in 1/4-inch slices, marinate overnight (refer to Beef Jerky recipe page 66) | 150°F | 5–7 hrs |
| Salmon jerky | Cut in 1/4-inch slices, marinate overnight (refer to Beef Jerky recipe page 66) | 165°F | 5–8 hrs |

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

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