

NINJA

Assembly, Hints & Tips

Get to know your Foodi

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

Pressure Cooking Tips



Time to pressure will vary based on quantity and temperature of ingredients, along with selected pressure level, and can take upwards of 20 minutes.



Natural release is used for large or delicate foods and any starchy ingredients.

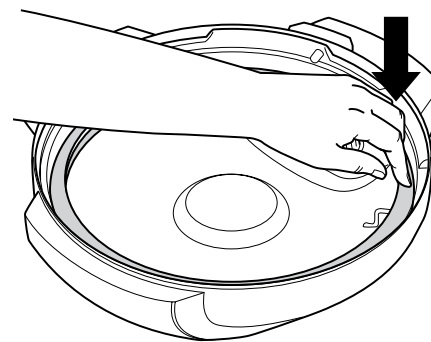


Quick release is used for smaller foods or ingredients that are sensitive to overcooking. **DO NOT** quick release pressure when cooking starchy or foamy foods. To quick release the pressure, turn the Pressure Release Valve to the VENT position and allow pressure to release until the float valve drops

Note: Steam exits from the top of the pressure release valve. **DO NOT** reach over the valve.



If the unit is not coming to pressure, check that the silicone ring is fully installed by pressing it into place all around the metal ring rack. (See image below.)



Why are there 2 lids?

We're glad you asked. The 2-lid design allows you to pressure cook and crisp in the same pot.

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



Pressure Cook
Steam
Slow Cook



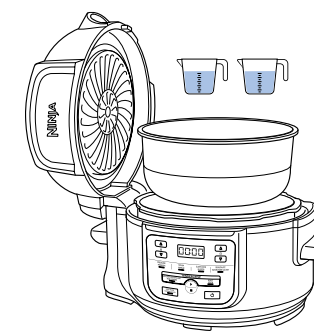
Air Crisp
Bake/Roast



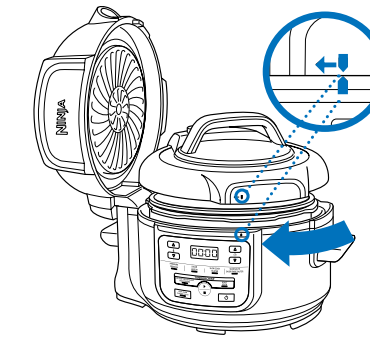
Sear/Sauté

First time pressure cooking?

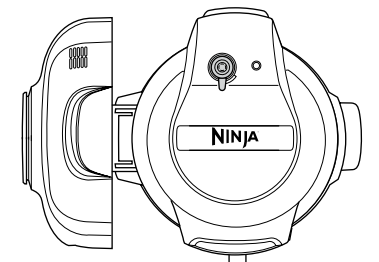
Try this water test to practice using pressure.



Add 2 cups water to cooking pot.

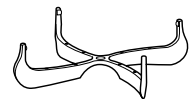


Install Pressure Lid by aligning the arrows on the lid and base, then turning clockwise until lid clicks into place.

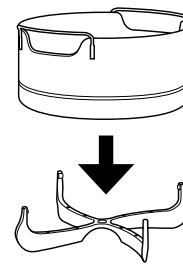


Pressure Lid is locked when it has clicked into place and the Ninja logo is facing you.

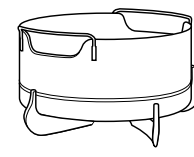
Cook & Crisp™ Basket Assembly



1. Place diffuser on a flat surface.



2. Place basket on diffuser.



3. Press down firmly.

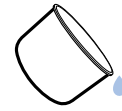
Helpful Hints



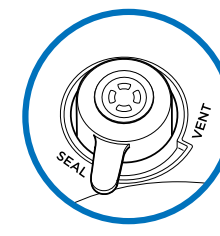
To convert oven recipes, use the Bake/Roast function and reduce the cook temperature by 25°F.



Any liquid can be used for pressure cooking. Use broths or sauces instead of water to infuse additional flavor. Always use at least 2 cups of liquid for pressure cooking.



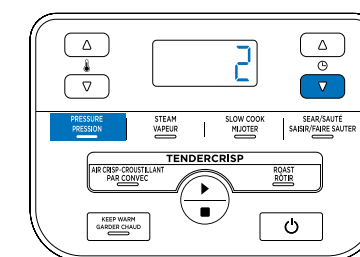
When switching from the pressure lid to the crisping lid after pressure cooking, empty the pot of any remaining liquid for best crisping results.



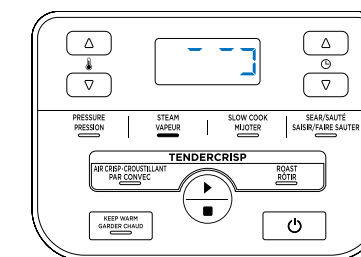
SEAL

Turn Pressure Release Valve to SEAL.

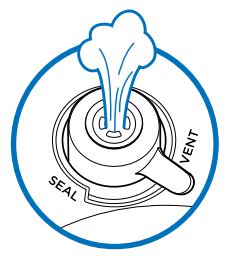
Note: Valve will be loose when fully installed.



Push **PRESSURE**, select **HI**, set time to 2 minutes, and press **▶■**.



The rotating lights and some steam release indicate pressure is building. When fully pressurized, countdown will begin.



VENT

When your Foodi beeps and the display reads **DONE**, turn valve to VENT for quick release

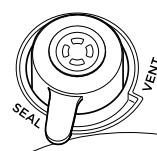
Note: Valve will be loose when fully installed.



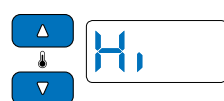
Using the Pressure Lid

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

PRESSURE Cook foods quickly while maintaining tenderness



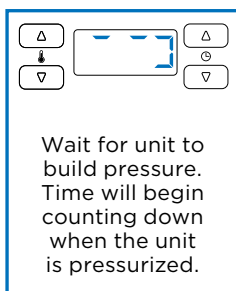
Lock Pressure Lid and turn valve to SEAL



HI or LO



1 minute to 4 hours



Wait for unit to build pressure. Time will begin counting down when the unit is pressurized.



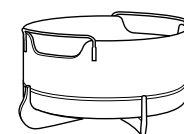
Turn valve to VENT for quick release. When complete, unit will switch to KEEP WARM and count up.



Using the Crisping Lid

ACCESSORY TEMP TIME CHECK FOOD SHAKE/TOSS

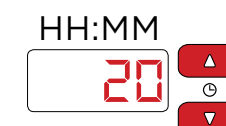
AIR CRISP Give foods crispiness and crunch with little to no oil



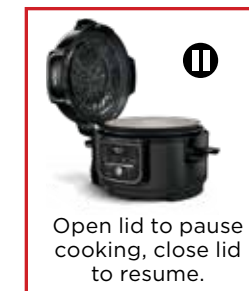
Cook & Crisp™ Basket



300°F to 400°F



1 minute to 4 hours

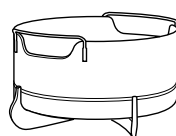


Open lid to pause cooking, close lid to resume.

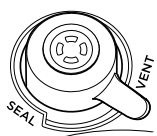


Shake basket or toss with silicone tipped-tongs for even browning.

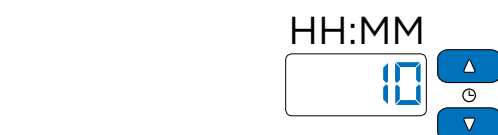
STEAM Gently cook delicate foods at a high temperature



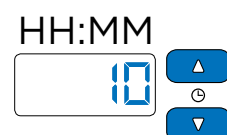
Cook & Crisp™ Basket



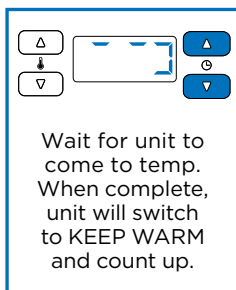
Lock Pressure Lid and turn valve to VENT



No temp adjustment available



1 minute to 30 minutes



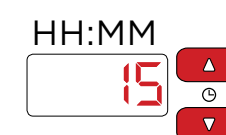
Wait for unit to come to temp. When complete, unit will switch to KEEP WARM and count up.

No pressure release

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



250°F to 400°F



1 minute to 4 hours

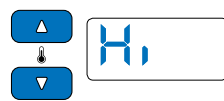


Open lid to pause cooking, close lid to resume.

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



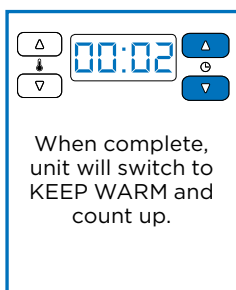
Lock Pressure Lid and turn valve to VENT



HI or LO



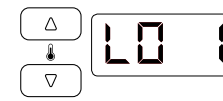
4 hours to 12 hours



When complete, unit will switch to KEEP WARM and count up.

No pressure release

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



No lid necessary

Lo 1 [low], 2 [low-medium], 3 [medium], 4 [medium-high], Hi 5 [high].

No time adjustment available