











Cooking Cheat Sheet






PRESSURE

 <p>Fresh Boneless Chicken Breasts</p> <p>6 small or 4 large (900g) 250ml water HIGH for 8-10 mins Quick release</p>	 <p>Fresh Pork Shoulder</p> <p>1.8kg 250ml water HIGH for 1 hour 30 mins Quick release</p>	 <p>Long-Grain White Rice*</p> <p>250ml 250ml water HIGH for 2 mins Natural release <small>*Rinse rice for best results.</small></p>	 <p>Brown Rice*</p> <p>250ml 300ml water HIGH for 15 mins Natural release <small>*Rinse rice for best results.</small></p>	 <p>Russet Potatoes (for mashing)</p> <p>900g, peeled, cut in 2.5cm thick slices 125ml cup water HIGH for 6 mins Quick release</p>
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STEAM

 <p>Fresh Broccoli</p> <p>1 head, cut in florets Reversible Rack in steam position 500ml water 5-9 mins</p>	 <p>Fresh Corn on the Cob</p> <p>4 ears, whole, husks removed Reversible Rack in steam position 500ml water 4-9 mins</p>	 <p>Fresh Asparagus</p> <p>1 bunch, whole spears Reversible Rack in steam position 500ml water 7-15 mins</p>	 <p>Fresh Green Beans</p> <p>1 bag (340g) Reversible Rack in steam position 500ml water 6-12 mins</p>	 <p>Fresh Carrots</p> <p>450g, peeled, cut in 2.5cm pieces Reversible Rack in steam position 500ml water 7-12 mins</p>
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AIR CRISP

 <p>Frozen Breaded Chicken Cutlets</p> <p>1 box (450g) Cook & Crisp™ Basket 390°F for 20 mins Flip halfway through</p>	 <p>Frozen Chicken Nuggets</p> <p>1 box (340g) Cook & Crisp Basket 390°F for 12 mins Shake halfway through</p>	 <p>Frozen Fries</p> <p>450g Cook & Crisp Basket 360°F for 19 mins Shake halfway through</p>	 <p>Fresh Burgers</p> <p>4 ground beef patties, 80% lean (115g each) Cook & Crisp Basket 375°F for 8-10 mins Flip halfway through</p>	 <p>Fresh Brussels Sprouts</p> <p>450g, cut in half 1 tbsp oil Cook & Crisp Basket 390°F for 15-18 mins Shake halfway through</p>
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TenderCrisp

 <p>Fresh Whole Roast Chicken</p> <p>1 whole chicken (3.18kg) Cook & Crisp Basket 125ml water Pressure HIGH for 20 mins Quick release Pat dry and brush with oil/sauce Air Crisp 400°F for 30-35 mins</p>	 <p>Fresh St. Louis Ribs</p> <p>1 rack, cut in quarters Cook & Crisp Basket 125ml water Pressure HIGH for 19 mins Quick release Pat dry and brush with oil/sauce Air Crisp 400°F for 10-15 mins</p>	 <p>Head of Cauliflower</p> <p>1 medium head, leaves removed Cook & Crisp Basket 125ml water Pressure LOW for 3 mins Quick release Pat dry and brush with oil/seasoning Air Crisp 390°F for 10 mins</p>	 <p>Frozen Chicken Wings</p> <p>900g frozen Cook & Crisp Basket 125ml water Pressure HIGH for 5 mins Quick release Pat dry and brush with oil/sauce Air Crisp 390°F for 15-20 mins Shake halfway through</p>	 <p>Frozen New York Strip Steaks</p> <p>2 frozen NY strip steaks (340g each) Reversible Rack in broil position 125ml water Pressure HIGH for 2 mins Quick release Pat dry and brush with oil/sauce Broil for 13-16 mins</p>
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NINJA Get to know your Foodi pressure cooker

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

Here's what's in the box



15+ Recipe Inspiration Guide



Cooking Cheat Sheet



Instruction Booklet



P C

Removable Cooking Pot
Must always be inserted when Foodi is in use.



P C

Cook & Crisp™ Basket with Detachable Diffuser
Use in the cooking pot for best air crisping results, and with TenderCrisp recipes like whole roasted chicken.



P C

Reversible Rack and Cook & Crisp™ Layered Rack
Use in the cooking pot for steaming veggies or flip over to broil proteins.

Why are there 2 lids?

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

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



Pressure Lid
Pressure Cook
Steam
Slow Cook
Sear/Sauté
Yogurt



Crisping Lid
Air Crisp
Bake/Roast
Broil
Dehydrate

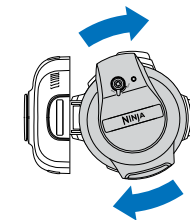


"Look Ma, No Lid"
Sear/Sauté

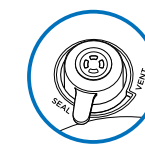
First time pressure cooking? Try this water test to practice with pressure.



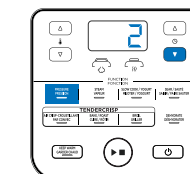
1. Add 750ml water to cooking pot.



2. Lock Pressure Lid.



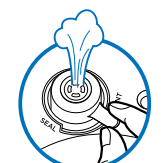
3. Turn valve to SEAL.



4. Push **PRESSURE**, select high (HI), set time to 2 minutes, and press **START/STOP**.



5. Moving lights and some steam release indicate pressure is building. When pressurized, countdown will begin.






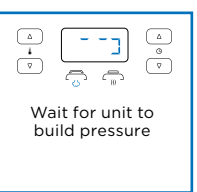
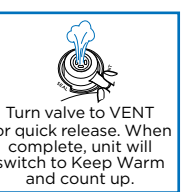


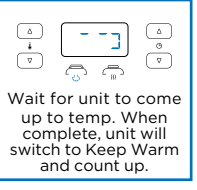






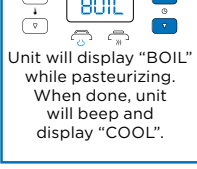
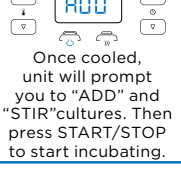


6. When your Foodi pressure cooker beeps, turn valve to **VENT** for quick release.









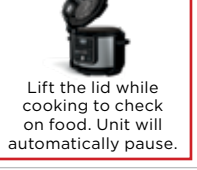


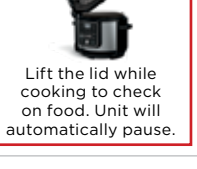



Go to ninjakitchen.ca for how-to videos

Now, let's get cooking 

Using the Foodi™ Pressure Cooker functions

KEY TIPS = 

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

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

TenderCrisp™ 101: Herb-Roasted Chicken

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

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

INGREDIENTS

- 1 whole fresh (not frozen) uncooked chicken (2.7-3.2kg)
- 60ml lemon juice
- 60ml hot water
- 60ml honey
- 2 tablespoons plus 2 teaspoons kosher salt, divided
- 1 tablespoon whole black peppercorns
- 5 sprigs fresh thyme
- 5 cloves garlic, peeled, smashed
- 1 tablespoon canola oil
- 2 teaspoons ground black pepper



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



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



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



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



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



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



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



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

*The Ninja roast lifters are sold separately onninjakitchen.ca.