

Ninja Foodi Ninja Foodi Series

Ninja Foodi: Complete Cookbook for Beginners - User Manual

Your Expert Guide to Pressure Cook, Air Fry, Dehydrate, and More

INTRODUCTION

This guide serves as a companion to the "Ninja Foodi: The Pressure Cooker That Crisps: Complete Cookbook for Beginners." It is designed to help users maximize the utility of their Ninja Foodi appliance by following the recipes and techniques outlined in the cookbook. The Ninja Foodi is a versatile kitchen appliance capable of pressure cooking, air frying, dehydrating, and more, offering a wide range of culinary possibilities.

The cookbook provides straightforward instructions, quick and easy recipes, and helpful FAQs to assist both novice and experienced cooks in preparing delicious meals.

NINJA® Foodi™

The pressure cooker that crisps™

THE OFFICIAL
NINJA
Foodi
COMPANION

COMPLETE COOKBOOK FOR BEGINNERS

Your Expert Guide to Pressure Cook,
Air Fry, Dehydrate, and More

Kenzie Swanhart

Foreword by **Justin Warner**
chef, author, and winner
of *Food Network Star*

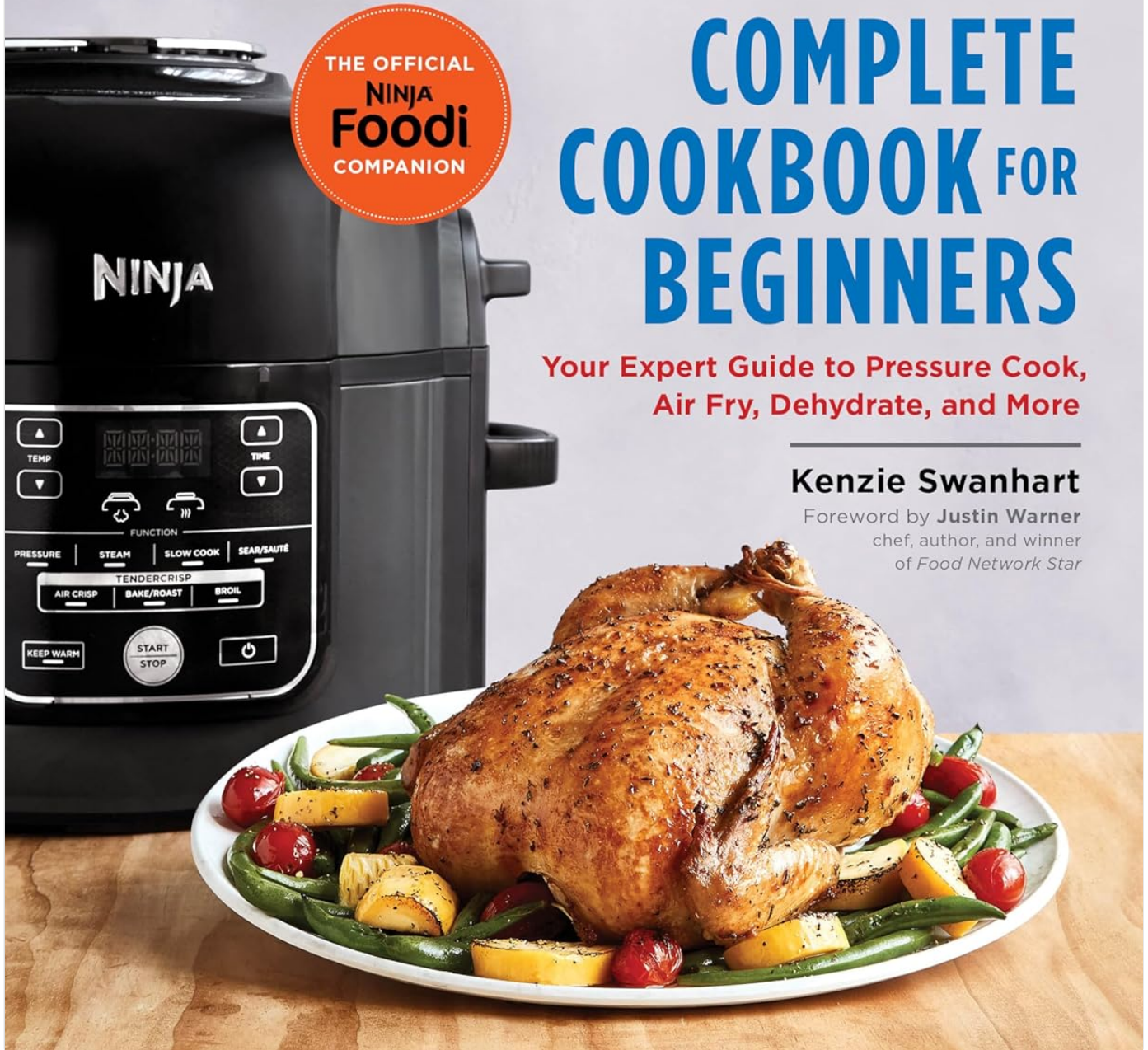


Figure 1: The official cover of the "Ninja Foodi: Complete Cookbook for Beginners," illustrating the product and its focus on versatile cooking methods.

UNDERSTANDING YOUR NINJA FOODI (AS PER COOKBOOK)

The cookbook is designed to guide you through the various functions and components of the Ninja Foodi. Familiarize yourself with the main parts and their functions as described in the cookbook's introductory sections.

Key Components

- **Pressure Lid:** Used for pressure cooking, steaming, and slow cooking. Ensures a sealed environment for efficient cooking.
- **Crisping Lid:** Used for air frying, baking, roasting, and broiling. Provides a crispy finish to food.
- **Cooking Pot:** The main vessel where food is cooked. Typically non-stick and easy to clean.
- **Cook & Crisp Basket:** Inserted into the cooking pot for air frying, dehydrating, and other functions requiring air circulation.
- **Reversible Rack:** Used to elevate food for steaming, broiling, or baking, allowing for multi-layer cooking.

Safety Features

The Ninja Foodi appliance incorporates multiple safety features to ensure safe operation. Always refer to your appliance's official manual for detailed safety guidelines. The cookbook's recipes are developed with these safety measures in mind.

- Pressure Release Valve
- Lid Interlock System
- Temperature Control
- Overheat Protection

How to Convert Recipes to the Ninja Foodi™ Deluxe

All of the recipes in this cookbook were developed using the 6.5-quart Ninja Foodi. The Ninja Foodi Deluxe has an 8-quart cooking pot. Most of the recipes in this book will work in either one. If using the 8-quart Ninja Foodi, know that these recipes may require a bit more cook time, or an extra shake of the Cook & Crisp™ Basket. For best results, check progress throughout cooking, and shake the basket frequently.

As a good rule of thumb, you can scale up Pressure recipes like soups, stews, and chilies by 50 percent when using the Ninja Foodi Deluxe. You can also fit 50 percent more in the Cook & Crisp Basket.

Cooking Pot

The Ninja Foodi's cooking pot was specifically designed with an extra-wide diameter so that you can sauté vegetables and sear meats without crowding the pot. Go from Sear/Sauté to Pressure or Slow Cook all in the same pot. Since it is covered in a nano ceramic coating, the cooking pot can handle whatever you want to cook in it. A word of caution, though: Be sure to use silicone or wooden utensils so as not to scratch the pot.

Cook & Crisp Basket

The Cook & Crisp Basket is designed to make sure that each bite comes out perfectly golden brown and crispy. Use it to Air Crisp crunchy French fries and crispy chicken wings without a ton of oil, or to Dehydrate mangos, apples, and beets. You can use the Cook & Crisp Basket when making any TenderCrisp™ recipe, like finger-licking barbecue or The Perfect Roast Chicken (page 17).

Reversible Rack

In the lower position, the Reversible Rack allows you to steam veggies and fish quickly and easily. Flip the rack over, and in the higher position it can be used to broil steaks for a crisp crust, or to toast cheesy bread to a perfectly golden brown. In the higher position, the Reversible Rack enables 360 Meals: Place the rack on top of rice, quinoa, or even potatoes, and you can cook a full meal—protein, starch, and a vegetable—in one pot.

THE NINJA FOODI™



Figure 2: Exploded view of the Ninja Foodi appliance, illustrating its main components such as the pressure lid, crisping lid, cooking pot, and Cook & Crisp Basket. This diagram helps in understanding the assembly and function of each part.

SETUP (COOKBOOK USAGE)

Setting up for cooking with your Ninja Foodi, guided by this cookbook, involves preparing your ingredients and understanding the recipe instructions.

1. **Read the Recipe Thoroughly:** Before beginning, read the entire recipe from the cookbook to understand all steps, ingredients, and required equipment.
2. **Gather Ingredients:** Ensure all ingredients are measured and prepped as specified in the recipe (e.g., chopped, diced, measured).
3. **Prepare the Appliance:** Depending on the recipe, ensure the correct lid (pressure or crisping) and accessories (cooking pot, basket, rack) are clean and properly installed in your Ninja Foodi.
4. **Preheating:** Some recipes may require preheating the Ninja Foodi. Follow the cookbook's instructions for specific preheat times and temperatures.



Figure 3: A visual representation of recipe preparation, showing various ingredients like apples, dried cranberries, and spices, ready for use. This emphasizes the importance of ingredient preparation before cooking.

OPERATING (USING COOKBOOK RECIPES)

The cookbook provides detailed instructions for operating your Ninja Foodi for various cooking methods. Always adhere to the specific steps for each recipe.

Pressure Cooking

For pressure cooking recipes, ensure the pressure lid is securely locked and the pressure release valve is set to SEAL. The cookbook will specify cooking times and pressure release methods (natural or quick release).

Air Frying / Crisping

When air frying or crisping, use the crisping lid. The cookbook will guide you on temperature settings, cooking times, and whether to use the Cook & Crisp Basket or Reversible Rack.

CONTENTS

Foreword [viii](#)
Introduction [x](#)

1 Ninja® Foodi™ 101 [1](#)

2 Start Cooking! [11](#)

3 Breakfast [21](#)

Homemade Yogurt [22](#)
Hardboiled Eggs [23](#)
Easy Cheesy Egg Bake [24](#)
Crispy Bacon Hash and
Baked Eggs [25](#)
Upside-Down Broccoli
and Cheese Quiche [26](#)
Simple Strawberry Jam [28](#)
Apple-Cranberry Oatmeal [29](#)
Banana Bread French Toast [30](#)

4 Snacks & Appetizers [33](#)

Watermelon Jerky [34](#)
Dried Mango [35](#)
Beet Chips [36](#)
Maple Candied Bacon [37](#)
Chili-Ranch Chicken Wings [38](#)
Crispy Cheesy Arancini [39](#)
Buffalo Chicken Meatballs [41](#)
Loaded Smashed Potatoes [43](#)
Fried Dumplings [44](#)
Spinach-Artichoke Bites [46](#)
Loaded Cauliflower Soup [48](#)

5 Vegetarian Mains [51](#)

Potato and Crispy Leek Soup [52](#)
Chickpea, Spinach, and Sweet
Potato Stew [54](#)
Mushroom and Gruyère Tarts [56](#)
Stuffed Portobello Mushrooms [58](#)
Eggplant Parmesan and
Spaghetti [60](#)
Veggie Shepherd's Pie [62](#)
Lemon Risotto and
Roasted Carrots [64](#)
Crispy Tofu with Roasted Sweet
Potatoes and Rice [66](#)
Zucchini Boats with
Quinoa Stuffing [68](#)
Creamy Polenta and
Mushrooms [70](#)

6 Fish & Seafood Mains [73](#)

Bang Bang Shrimp [74](#)
Chile-Lime Salmon with
Broccoli and Brown Rice [76](#)
Garlic Butter Salmon with
Green Beans [78](#)
Cod over Couscous [80](#)
Corn Chowder with
Spicy Shrimp [82](#)
Cajun Stew [84](#)
Fisherman's Paella [86](#)
Crispy Fish Tacos [88](#)
Fish and Chips [90](#)
Seafood Pasta all'Arrabbiata [92](#)

7 Poultry Mains [95](#)

Smoked Paprika Whole Roasted
Chicken [96](#)
Crispy Chicken Thighs with
Roasted Carrots [98](#)
Chicken Fried Rice [100](#)
Orange Chicken and Broccoli [102](#)
Chicken Pho [104](#)
Chicken and Crispy
Dumplings [106](#)
Cheesy Chicken Enchilada
Casserole [108](#)
Arroz con Pollo [110](#)
Turkey Potpie [112](#)
Turkey Chili and Biscuits [114](#)

8 Beef, Pork & Lamb Mains [117](#)

French Dip Sandwich [118](#)
Beef Empanadas [120](#)
Pork Teriyaki with Rice [122](#)
Mongolian Beef and Broccoli [124](#)
Pita Bread Pizza with Sausage
and Peppers [126](#)
Barbecue Pork Chops [128](#)
Baked Ziti with Meat Sauce [130](#)
Short Ribs with Roasted
Sweet Potatoes [132](#)
Steak and Baked Sweet Potatoes [134](#)
Barbecue Baby Back Ribs [136](#)
Rosemary-Braised
Lamb Shanks [138](#)

9 Desserts, Breads & Rolls [141](#)

Dinner Rolls [142](#)
Garlic Bread [144](#)
Zucchini Bread [145](#)
Cinnamon-Sugar Bites [146](#)
Apple Hand Pies [148](#)
Strawberry Toaster Pastries [150](#)
Campfire S'Mores [151](#)
Black and Blue Berry Crumble [152](#)
New York Cheesecake [154](#)
Peanut Butter and Chocolate
Lava Cakes [156](#)

Ninja® Foodi™ Cooking Time
Charts [159](#)
Measurements and
Conversions [172](#)
"The Dirty Dozen" and
the Clean Fifteen™ [174](#)
Index [175](#)

Figure 4: An example of a finished dish, crispy chicken wings, demonstrating the results achievable with the air frying function of the Ninja Foodi as guided by the cookbook's recipes.

Dehydrating

The cookbook includes recipes for dehydrating, such as fruits. Follow the instructions for preparing the food, arranging it in the Cook & Crisp Basket, and setting the appropriate temperature and time for dehydration.

Watermelon Jerky (Example)

The cookbook provides detailed steps for recipes like Watermelon Jerky. This typically involves:

1. Arranging watermelon cubes in the Cook & Crisp Basket.
2. Setting the temperature to 135°F (57°C).
3. Dehydrating for 12 hours.

Refer to page 34 of the cookbook for full details.

Dried Mango (Example)

Another dehydration example is Dried Mango. The process generally includes:

1. Slicing mangoes into thin pieces.
2. Arranging slices in the Cook & Crisp Basket.
3. Setting the temperature to 135°F (57°C).
4. Dehydrating for 6-8 hours.

Refer to page 35 of the cookbook for full details.

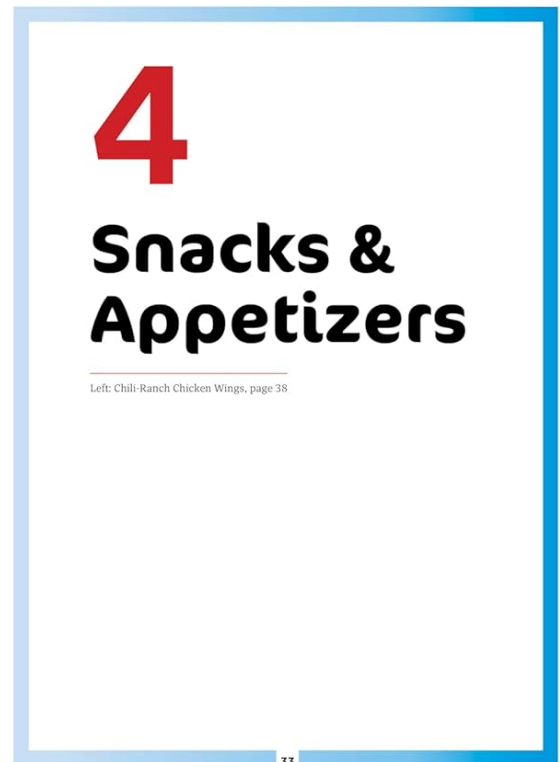


Figure 5: A sample page from the cookbook detailing recipes for dehydrated items like Watermelon Jerky and Dried Mango, illustrating the clear, step-by-step instructions provided for various functions.

MAINTENANCE (COOKBOOK CARE & APPLIANCE CLEANING)

Proper care of your cookbook and regular cleaning of your Ninja Foodi appliance will ensure longevity and optimal performance.

Cookbook Care

- Keep the cookbook clean and dry. Avoid spills and moisture.
- Store in a cool, dry place away from direct sunlight.
- Handle pages carefully to prevent tearing.

Appliance Cleaning (General Guidelines)

While the cookbook focuses on recipes, maintaining a clean appliance is crucial for food safety and performance. Always refer to your Ninja Foodi appliance's specific user manual for detailed cleaning instructions.

- **After Each Use:** Unplug the appliance and allow it to cool completely. Wash the cooking pot, Cook & Crisp Basket, and reversible rack with warm, soapy water.
- **Lids:** Wipe the pressure lid and crisping lid with a damp cloth. Ensure all seals and valves are clean and free of food debris.
- **Exterior:** Wipe the main unit with a damp cloth. Do not immerse the main unit in water.

TROUBLESHOOTING (COOKBOOK & APPLIANCE RELATED)

This section addresses common issues you might encounter while using the cookbook or operating your Ninja Foodi appliance, offering general advice. For specific appliance errors, consult your Ninja Foodi's official manual.

Recipe-Related Issues

- **Dish Not Cooked Through:** Double-check ingredient measurements and cooking times. Ensure the correct function and pressure release method were used. Verify your appliance is functioning correctly.
- **Flavor Discrepancy:** Ensure all spices and seasonings are fresh and measured accurately. Adjust to personal preference on subsequent attempts.
- **Conversion Issues:** The cookbook primarily uses American units. If converting to metric, ensure accuracy. The cookbook may offer conversion tips or FAQs.

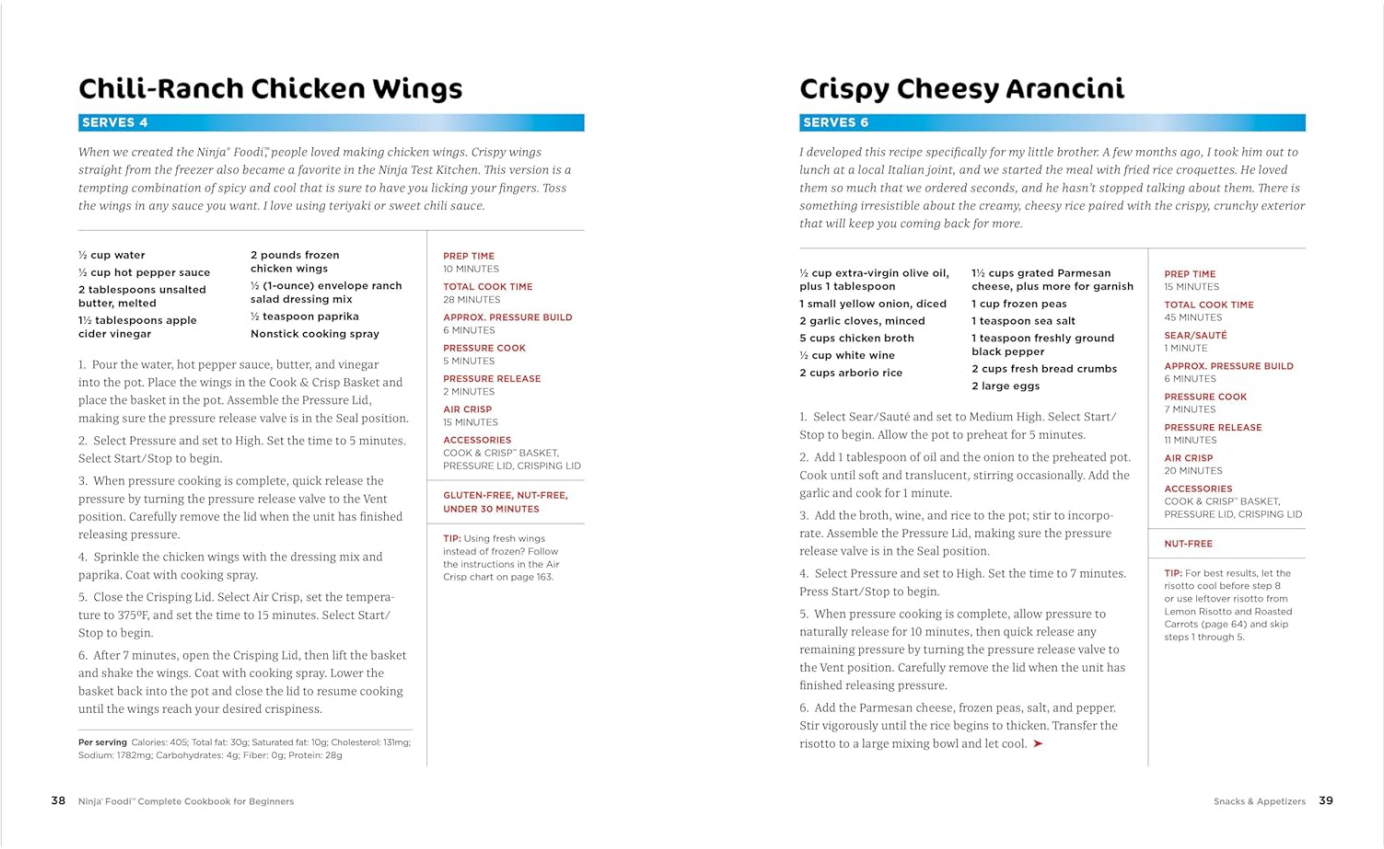


Figure 6: A sample page from the cookbook addressing common cooking questions and providing a conversion table for conventional oven recipes, which can assist in troubleshooting recipe outcomes.

Appliance-Related Issues (General)

- **Pressure Not Building:** Check that the pressure lid is properly sealed and the pressure release valve is set to SEAL. Ensure the silicone ring is correctly installed and free of damage.
- **Food Not Crispy:** Ensure the crisping lid is fully closed. Do not overcrowd the basket, as this can impede air circulation.
- **Error Codes:** If your Ninja Foodi displays an error code, consult the appliance's dedicated user manual for specific troubleshooting steps.

SPECIFICATIONS (COOKBOOK)

This section details the specifications of the "Ninja Foodi: The Pressure Cooker That Crisps: Complete Cookbook for Beginners."

Attribute	Detail
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Title	Ninja Foodi: The Pressure Cooker That Crisps: Complete Cookbook for Beginners: Your Expert Guide to Pressure Cook, Air Fry, Dehydrate, and More
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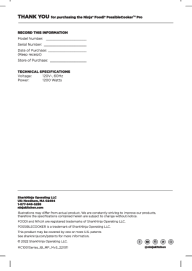
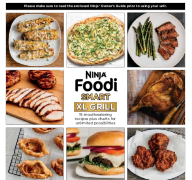
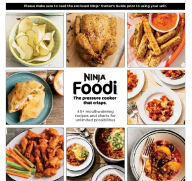

SUPPORT & ADDITIONAL RESOURCES

For further assistance or information regarding your Ninja Foodi appliance or the cookbook, please refer to the following resources:

- **Official Ninja Foodi Appliance Manual:** Always consult the manual that came with your specific Ninja Foodi appliance for detailed operational instructions, safety warnings, and troubleshooting specific to the device.
- **Publisher Information:** For inquiries related to the cookbook content or publication, contact Callisto, the publisher.
- **Author's Resources:** Kenzie Swanhart, the author, also maintains a food blog, [Cave Girl in the City](#), which may offer additional recipes or tips.
- **Online Communities:** Many online communities and forums exist for Ninja Foodi users, offering a platform to share tips, recipes, and troubleshooting advice.

WARRANTY INFORMATION

This cookbook itself does not come with a warranty. For warranty information pertaining to your Ninja Foodi appliance, please refer to the warranty documentation provided by the manufacturer (Ninja/SharkNinja) with your appliance purchase. Warranty terms typically cover manufacturing defects and vary by region and product model.

	<p>Ninja Foodi Smart XL Pressure Cooker Steam Fryer with SmartLid™ OL701 Series Owner's Guide</p> <p>Comprehensive owner's guide for the Ninja Foodi Smart XL Pressure Cooker Steam Fryer with SmartLid™ (OL701 Series). This guide provides detailed instructions on safety precautions, parts and accessories, control panel operation, usage of all cooking functions (Pressure, SteamCrisp, Air Fry, Bake/Roast, Dehydrate, Sear/Sauté, Steam, Sous Vide, Slow Cook, Yogurt), smart thermometer functionality, cleaning and maintenance procedures, troubleshooting common issues, helpful cooking tips, and warranty information.</p>
	<p>Ninja Foodi ST200UK Series 3-in-1 Toaster, Grill, and Panini Press Instructions</p> <p>The Ninja Foodi ST200UK Series is a versatile 3-in-1 appliance functioning as a toaster, grill, and panini press. This instruction manual provides essential safeguards, operational details for vertical (toast, bagel, defrost) and horizontal (grill, panini, bake, reheat) modes, maintenance tips, and troubleshooting FAQs for models ST200UK and ST202UK.</p>
	<p>Ninja Foodi PossibleCooker Pro MC1001 Series: User Manual, Safety, and Warranty</p> <p>Comprehensive guide for the Ninja Foodi PossibleCooker Pro MC1001 Series, covering safety instructions, operating functions, cleaning, troubleshooting, and warranty information.</p>
	<p>Ninja Foodi Smart XL Grill: 15 Mouthwatering Recipes & Cooking Charts</p> <p>Explore delicious recipes and comprehensive cooking charts for your Ninja Foodi Smart XL Grill. Master grilling, air crisping, and more with this essential guide to achieving perfect results.</p>
	<p>Ninja Foodi TenderCrisp Recipes: Pressure Cooking & Crisping Guide</p> <p>Explore delicious recipes and cooking charts for the Ninja Foodi with TenderCrisp™ technology, combining pressure cooking speed with a crispy finish. Discover meals from appetizers to desserts.</p>
	<p>Ninja Foodi SmartLid OL650: 5 One Pot Wonders Recipes</p> <p>Discover easy and delicious one-pot recipes for the Ninja Foodi SmartLid Multi-Cooker OL650, created in collaboration with Brent Draper. Perfect for quick weeknight meals and impressive desserts.</p>