

Please make sure to read the enclosed Ninja® Foodi® Instructions prior to using your unit.



# **NINJA** **Foodi** **MAX** **Multi-Cooker**

Mouthwatering recipes & charts  
for unlimited possibilities



# Table of Contents

|                                        |    |
|----------------------------------------|----|
| Pressure Lid                           | 2  |
| Crisping Lid                           | 3  |
| The 2-Tier Reversible Rack             | 4  |
| The Art of TenderCrisp®                | 5  |
| TenderCrisp®                           | 8  |
| Choose Your Own TenderCrisp® Adventure | 14 |
| TenderCrisp® Frozen to Crispy          | 16 |
| TenderCrisp® Roasts                    | 18 |
| TenderCrisp® 360 Meals                 | 20 |
| TenderCrisp® One-Pot Wonders           | 24 |
| Everyday Basics                        | 30 |
| Desserts                               | 42 |
| Cooking Charts                         | 46 |

## Pressure, meet Crisp

What you're about to experience is a way of cooking that's never been done before. TenderCrisp® Technology allows you to harness the speed of pressure cooking to quickly cook ingredients, then the revolutionary crisping lid gives your meals a crispy, golden finish that other pressure cookers can only dream of.

# Pressure Lid

With this lid on, the Foodi® is the ultimate pressure cooker. Transform the toughest ingredients into tender, juicy and flavoursome meals in an instant.



**PRESSURE COOK**

Pressurised steam infuses moisture into ingredients and quickly cooks them from the inside out.



**STEAM**

Steam infuses moisture, seals in flavour and maintains the texture of your food.



**SLOW COOK/YOGURT**

Cook low and slow to create your favourite chilli and stews. Create homemade yogurt with no artificial ingredients or sweeteners.



**SEAR/SAUTÉ**

Five temperature settings allow you to build flavour by searing, sautéing, simmering and more.

# Crisping Lid

Start or finish recipes by dropping this top to unleash super-hot, rapid-moving air around your food to crisp and caramelize to golden-brown perfection.



**AIR CRISP**

Want that crispy, golden, texture without all the fat and oil? Air Crisping is for you.



**BAKE/ROAST**

Don't waste time waiting for your oven to preheat. Make your favourite casseroles and roasted vegetables in less time.



**GRILL**

Finish off your meals by sealing in flavour and giving them just the right amount of caramelisation or crispiness.



**DEHYDRATE**

Remove moisture from your favourite fruits, vegetables and meats to create delicious homemade crisps and jerky.

# Meet our most versatile Ninja® Foodi® accessory, the 2-Tier Reversible Rack

## How to cook up to 2X the protein\*

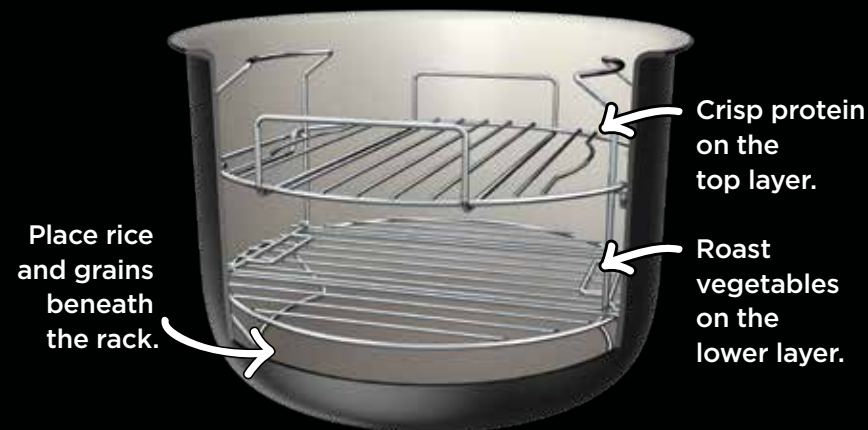


### Double up on dehydrate

Place ingredients on the top and bottom layers to double the amount of your favourite jerky, dried fruit or vegetables.

## How to make bigger, better 360 meals

Cook more of your favourite proteins, grains and vegetables at the same time to create flavourful, multi-textured meals in one pot.



### Your partner in party planning

Keep all your guests happy at your next party. Make 2 layers of chips to serve with a rich and creamy dip that's cooking at the bottom of the pot.

\*Versus original reversible rack sold with OP300UK Series Ninja Foodi Pressure Cookers.

†May take 5-15 minutes depending on recipe.

# The art of TenderCrisp®

Start with pressure cooking. Finish with the crisping method of your choice. That's how you get TenderCrisp® results.

The best part? There's more than one way to TenderCrisp®.

You can start with ingredients that are frozen or fresh.

You can cook chicken, vegetables or fish. You can prepare your favourite chilli or stew too. But when you TenderCrisp®, you always finish with a crispy, delicious twist.



**TenderCrisp®  
Frozen to Crispy**



**TenderCrisp®  
Roasts**



**TenderCrisp®  
360 Meals**



**TenderCrisp®  
One-Pot Wonders**

# TenderCrisp® Herb-Roasted Chicken

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 66 MINUTES | **MAKES:** 6 SERVINGS  
**APPROX. PRESSURE BUILD:** 26 MINUTES | **PRESSURE COOK:** 40 MINUTES | **PRESSURE RELEASE:** 1 MINUTE | **AIR CRISP:** 15 MINUTES

## INGREDIENTS

|                                                   |                                         |
|---------------------------------------------------|-----------------------------------------|
| 1 whole fresh uncooked chicken<br>(2.25kg-2.5kg)  | 1 tablespoon whole black<br>peppercorns |
| Juice of 2 lemons<br>(60ml lemon juice)           | 5 sprigs fresh thyme                    |
| 250ml hot water                                   | 5 garlic cloves, peeled, smashed        |
| 60ml honey                                        | 1 tablespoon vegetable oil              |
| 1 tablespoon plus 1 teaspoon<br>sea salt, divided | 2 teaspoons ground black pepper         |

## DIRECTIONS



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



In a small bowl, mix together lemon juice, hot water, honey, and 1 tablespoon salt. Pour mixture into the pot. Place whole peppercorns, thyme, and garlic in the pot.



Place chicken in 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 40 minutes. Select START/STOP to begin.



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



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



Close crisping lid. Select AIR CRISP, set temperature to 200°C, and set time to 15 minutes. Select START/STOP to begin. Cook until desired level of crispness is reached.



Cooking is complete when internal temperature reaches 75°C. Remove chicken from basket using the using 2 large serving forks (or Ninja roast lifters\*). Let rest 10 minutes before serving.

**TIP** Use cooking spray in place of oil to evenly coat large cuts of protein in the Cook & Crisp Basket.

# TenderCrisp®

## Baked Macaroni & Cheese

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 38 MINUTES | **MAKES:** 6-8 SERVINGS  
**APPROX. PRESSURE BUILD:** 15 MINUTES | **PRESSURE COOK:** 0 MINUTES | **PRESSURE RELEASE:** 14 MINUTES  
**QUICK RELEASE:** 2 MINUTES | **AIR CRISP:** 7 MINUTES

### INGREDIENTS

|                                  |                             |
|----------------------------------|-----------------------------|
| 2L water                         | 1 ½ teaspoon onion powder   |
| 700g dried macaroni pasta        | 1 ½ teaspoon garlic powder  |
| 480ml double cream               | 1 ½ teaspoon mustard powder |
| 880g cheddar cheese              | 200g panko breadcrumbs      |
| 3 teaspoons sea salt             | 230g butter, melted         |
| 1 ½ teaspoon ground black pepper |                             |

### DIRECTIONS



Add water to pasta, stirring to incorporate.



Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to low (LO). Set time to 0 minutes (the time the unit takes to pressurise is long enough to cook the pasta). Select START/STOP to begin.



When pressure cooking is complete, allow pressure to natural release for 14 minutes. After 14 minutes, quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.



Add remaining ingredients, except bread crumbs and butter, to the pot.



Stir well to melt cheese and ensure all ingredients are combined.



In a bowl, stir together bread crumbs and melted butter. Cover pasta evenly with bread crumb mixture.



Close the crisping lid. Select AIR CRISP, set temperature to 180°C, and set the time to 7 minutes. Select START/STOP to begin.



When cooking is complete, serve immediately.

**TIP** To make this mac & cheese more child friendly, remove onion powder, garlic powder and mustard powder, and serve the children before adding the bread crumb topping.

# TenderCrisp® Crispy Chicken Thighs with Carrots & Rice Pilaf

**PREP:** 15 MINUTES | **TOTAL COOK TIME:** 50 MINUTES | **MAKES:** 6-8 SERVINGS  
**APPROX. PRESSURE BUILD:** 16 MINUTES | **PRESSURE COOK:** 4 MINUTES | **PRESSURE RELEASE:** QUICK | **GRILL:** 15-30 MINUTES

## INGREDIENTS

|                                                         |                                               |
|---------------------------------------------------------|-----------------------------------------------|
| 170g rice                                               | ½ teaspoon ground cumin                       |
| 600ml water                                             | 2 teaspoons sea salt, divided                 |
| 2 tablespoon butter                                     | 6 carrots, peeled, cut in quarters lengthwise |
| 8 uncooked bone-in, skin-on, chicken thighs, 125 - 170g | 2 tablespoon extra virgin olive oil           |
| 2 tablespoons honey, warmed                             | 4 teaspoons chicken seasoning                 |
| ½ teaspoon smoked paprika                               |                                               |

## DIRECTIONS



Place rice pilaf, water, and butter in pot; stir to incorporate.



Place the reversible rack (in lower steam position, without lower tier installed) in the pot. Place 4 chicken thighs on it. Then install the top layer on the rack and place remaining chicken thighs on it.



Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select **PRESSURE** and set to **HIGH**. Set time to 4 minutes. Select **START/STOP** to begin.



While chicken and rice are cooking, stir together warm honey, smoked paprika, cumin, and 1 teaspoon salt. Set aside.



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.

Remove rack with chicken from pot. Remove chicken from rack and brush with olive oil, then season with chicken seasoning.



Place the reversible rack (in lower steam position, without top layer installed) back in the pot. Place carrots on the rack. Brush them with seasoned honey. Close crisping lid, select **GRILL**, and set time to 15 minutes. Press **START/STOP** to begin.



Once cooking is complete, install the top layer on the rack and place all the chicken on it. Close crisping lid, select **GRILL**, and set time to 15 minutes. Select **STOP/START** to begin. If less crisping is desired, check after 10 minutes and remove when preferred crisping level is achieved.



When cooking is complete, serve chicken with carrots and rice.

# Choose Your Own TenderCrisp® Adventure

Feeling adventurous? Simply choose an ingredient from each column to customise and create your very own TenderCrisp® meals.

## Pick a Grain or Carbohydrate and place with liquid in pot

750g white rice with 750ml stock

750g quinoa with 750ml stock

1.5kg Maris Piper potatoes, cubed, with 250ml water

625g pearly couscous with 625ml stock

## Pick a Protein and place on Reversible Rack

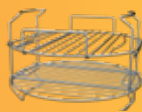
8 fresh boneless chicken breasts (170g each)  
Use rack in lower steam position, without top tier installed

6 fresh Italian sausages  
Use rack in lower steam position, without top tier installed

8 fresh bone-in, skin-on, chicken thighs (125-150g each)  
Use rack with top tier installed

500g frozen prawns (about 32 prawns)  
Use rack with top tier installed

## Add the Rack



## Pressure Cook

HIGH FOR 5 MINS



## Pressure Release

QUICK RELEASE PRESSURE; CAREFULLY REMOVE LID

## Pick a vegetable, oil and season to taste, then place on lower or top layer depending on roasting or crisping desired

300g courgette, cut in 7.5cm x 1.5cm in sticks

300g carrots, cut in 7.5cm x 1.5cm sticks

400g cauliflower, cut in small florets

## Finishing touch brush your protein with sauce or rub of your choice

Barbecue

Teriyaki

Sweet & sour

Blackening seasoning

Cajun spice rub

Your favourite spice blend

## Grill

DROP THE CRISPING LID AND GRILL FOR 10-15 MINUTES BASED ON LEVEL OF CRISPING DESIRED



**TIP** If you want to keep meat drippings from falling off the reversible rack and onto your carbohydrates and grains below, place a layer of aluminium foil under the meat to keep everything tidy and clean.

**NOTE:** The Ninja® Foodi® Max Cooker has an 7.5L. capacity. If you are using 6L. Foodi model, however, most of the recipes in this book will still work. Some recipes may require a bit less cook time or fewer shakes of the Cook & Crisp™ Basket. For best results, check progress throughout cooking. As a good rule of thumb, you can scale down pressure recipes like soups, stews, and chilis by 50% when using the unit. And for recipes that call for the basket, the one included with the 6L model fits 50% fewer ingredients.



## TenderCrisp® Frozen to Crispy

With a Ninja® Foodi® on your worktop, frozen is the new fresh. Pressure cook frozen meats to quickly defrost and tenderise them at the same time. Then use the crisping lid to crisp your meal the way you want.

# BUFFALO CHICKEN WINGS

**PREP:** 10 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 6-8 SERVINGS | **APPROX. PRESSURE BUILD:** 20 MINUTES  
**PRESSURE RELEASE:** QUICK

### INGREDIENTS

250ml water  
1.5kg frozen chicken wings, drums and flats separated  
3 tablespoons vegetable oil  
3 tablespoons Buffalo sauce  
1 teaspoon sea salt

### DIRECTIONS

- 1 Pour water into pot. Place wings in the Cook & Crisp™ Basket and place basket in pot.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set HIGH. Set time to 5 minutes. Select START/STOP to begin.
- 3 When pressure cooking is complete, quick release the pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 4 Pat wings dry with kitchen roll and toss with 2 tablespoons oil in the basket.
- 5 Close crisping lid. Select AIR CRISP, set temperature to 200°C, and set time to 15 minutes. Select START/STOP to begin.
- 6 After 7 minutes, open lid, then lift basket and shake wings or toss them with silicone-tipped tongs. Lower basket back into pot and close lid to resume cooking.
- 7 While the wings are cooking, stir together Buffalo sauce and salt in a large mixing bowl.
- 8 When cooking is complete, transfer wings to the bowl with Buffalo sauce and toss to coat.

**TIP** Want to use fresh wings instead of frozen? Rather than pressure cooking, simply place fresh wings in the basket and toss with 2 tablespoons vegetable oil. Then Air Crisp at 200°C for 24–28 minutes.





## TenderCrisp® Roasts

Roasts are no longer reserved for Sundays. Easily create complete roast dinners, cooked to perfection with a golden TenderCrisp finish.

# LARGE ROASTED CHICKEN WITH HARISSA PASTE

**PREP:** 5 MINUTES | **COOK:** 40-50 MINUTES | **AIR CRISP:** 10-15 MINUTES | **MAKES:** 6 SERVINGS

**APPROX. PRESSURE BUILD:** 16 MINUTES | **PRESSURE RELEASE:** NATURAL 5 MINUTES

### INGREDIENTS

1 chicken (2.5kg)  
200ml chicken stock or water  
3 tablespoons harissa paste  
2 tablespoon fresh lemon juice  
1 tablespoon runny honey  
2 tablespoon of olive oil  
Salt and pepper to taste

### TO SERVE

Yogurt  
Slices of lemon

### DIRECTIONS

- 1 Season the chicken with 1 teaspoon of salt. Add chicken stock to the pot. Next, place the chicken into the Cook & Crisp™ Basket and then into the pot.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HI. Set time for 30 minutes. Select START/STOP to begin.
- 3 When pressure cooking is complete, allow pressure to naturally release for 5 minutes. After 5 minutes, quick release any remaining pressure by moving the pressure valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 4 Pat chicken dry with kitchen roll. Mix harissa, lemon juice, honey and oil together with seasoning to form a paste. Next, brush chicken with half the harissa paste mixture.
- 5 Close the crisping lid. Select AIR CRISP, set temperature to 200°C and set time to 15 minutes. After 5 minutes, brush with remaining paste mixture. Cook 5-10 minutes or until nice and amber and crispy or until an instant read thermometer reads 75°C. Remove the basket from the bowl and set chicken aside on a board and cover with foil.
- 6 Carve chicken and serve on a platter with yogurt and lemon slices on side.



## TenderCrisp® 360 Meals

Take full advantage of the Foodi's cooking capabilities to create wholesome, delicious home-cooked meals.

# GRILLED LAMB CHOPS WITH RICE PILAF

**PREP:** 7 MINUTES | **COOK:** 25 MINUTES | **APPROX. PRESSURE BUILD:** 8 MINUTES

**PRESSURE RELEASE:** NATURAL 10 MINUTES | **MAKES:** 4-6 SERVINGS

## INGREDIENTS

### PILAF

1 tablespoon oil  
1 onion, diced  
3 garlic cloves, crushed  
400g basmati rice, rinsed until water runs clear  
500ml chicken stock  
Juice and zest of 1 orange  
100g pomegranate seeds  
50g toasted almonds, chopped roughly  
Salt and pepper to taste  
10g each fresh dill, mint, parsley  
chopped roughly

### LAMB

Olive oil for brushing  
12 fresh lamb chops  
Salt, to taste  
Pepper, to taste  
Pomegranate syrup to finish

## DIRECTIONS

- 1 Press SEAR/SAUTÉ and set to MD:HI to preheat for 5 minutes.
- 2 Add oil to pan and sauté onions for 5-8 minutes until golden. Next, add garlic and cook for 1 minute. Add rice and stock.

- 3 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to HI. Set time to 2 minutes. Select START/STOP to begin. Once finished let naturally release for 10 minutes. After 10 minutes, quick release any remaining pressure by moving the pressure valve to the VENT position.
- 5 Fluff rice and add the remaining ingredients, cover tightly and set aside whilst you cook the chops.
- 6 Clean pot and add back to machine. Place the reversible rack (in lower steam position, without the top tier installed) in the pot.
- 7 Brush lamb with olive oil and season on both sides. Place 6 lamb chops on the rack.
- 8 Close the crisping lid. Select GRILL and set time to 7 minutes. Select START/STOP to begin.
- 9 Grill chops for 3 minutes and flip. Next, install the top tier and place the remaining chops on it. When cooked how you like them, rest chops on a plate and cover loosely with foil.
- 10 Serve chops with pilaf and drizzle with glaze of your choice.

# LEMON CHICKEN THIGHS WITH SMASHED BABY POTATOES AND BROCCOLI

**PREP:** 15 MINUTES | **COOK:** 10 MINUTES | **GRILL:** 15 MINUTES | **MAKES:** 4-6 SERVINGS

**PRESSURE BUILD:** 20-21 MINUTES | **PRESSURE RELEASE:** QUICK

## INGREDIENTS

750g whole baby potatoes, scrubbed clean  
8 chicken thighs, bone in, skin on (1kg)  
300ml water

## DRESSING FOR POTATOES

1 tablespoon olive oil  
3 tablespoons Pecorino Romano cheese, grated and divided  
3 teaspoons fresh rosemary, chopped  
1 teaspoon sea salt flakes  
1 teaspoon fresh cracked pepper

## MARINADE FOR CHICKEN

3 tablespoons olive oil  
2 teaspoons fresh lemon juice  
1 tablespoon finely grated lemon zest  
1 teaspoon sea salt  
Fresh cracked pepper to taste

200g tender stem broccoli, cleaned and cut into 3cm pieces  
1 lemon cut into wedges, for serving

## DIRECTIONS

- 1 Place potatoes and water in the pot.
- 2 Place lower rack on bottom with 4 thighs, place other rack on top with other 4 thighs.
- 3 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to HI. Set time to 10 minutes. Select START/STOP to begin.
- 5 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit is finished releasing pressure.
- 6 Remove racks carefully and drain any excess water, smash down potatoes with a masher just to break. Next, mix with potato dressing and broccoli.
- 7 Place reversible rack on high position over potatoes. Place pressure cooked thighs on the rack and brush with basting liquid.
- 8 Close the crisping lid. Select GRILL and set time to 15 minutes. Select START/STOP to begin.
- 9 Baste chicken with basting liquid every 3 minutes. Cook until skin is golden and crispy, 10 minutes. When done, carefully remove the rack and potatoes from the pot. Pour remaining basting liquid over chicken. Serve with vegetables and lemon wedges.





## TenderCrisp® One-Pot Wonders

Elevate your favourite casseroles, stews, chilli and pies  
with a crispy topping.

# PAELLA WITH CHORIZO AND ARTICHOKE HEARTS

**PREP:** 15 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **MAKES:** 4-6 SERVINGS

**APPROX. PRESSURE BUILD:** 8 MINUTES | **PRESSURE RELEASE:** QUICK

## INGREDIENTS

200g cooking chorizo, sliced into 1cm thick rounds  
1 tablespoon olive oil  
1 white onion, diced  
1 red pepper, diced  
3 garlic cloves, chopped  
2 teaspoons smoked paprika  
350g paella rice  
Pinch of saffron  
1L chicken stock  
1 (400g) can chopped tomatoes  
1 (400g) can artichoke hearts, cut into quarters  
200g frozen peas, thawed  
50g green olives, sliced  
1 lemon cut into wedges to garnish  
2 tablespoons flat leaf parsley, chopped

## DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 2 Add oil and sauté chorizo for 5 minutes. Remove with slotted spoon, keeping oil in pan.
- 3 Add the onion and pepper and sauté for 5 minutes. Next, add garlic and cook for another 1-2 minutes. Add paprika, rice, saffron, chicken stock and tomatoes to the pot.
- 4 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 5 Select PRESSURE and set to HIGH. Set time to 5 minutes. Select START/STOP to begin.
- 6 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit is finished releasing pressure.
- 7 Remove the lid and stir ingredients. Return chorizo to pot along with artichokes and olives and peas.
- 8 Close crisping lid and select BAKE/ROAST 200°C for 8 minutes.
- 9 When timer is complete, serve paella with lemon wedges and parsley.

**TIP** Turmeric can be used in place of saffron

# ROASTED VEGETABLES WITH PECORINO CHEESE

**PREP:** 5 MINUTES | **COOK:** 11-12 MINUTES | **MAKES:** 4-6 SERVINGS | **APPROX. PRESSURE BUILD:** 9 MINUTES  
**PRESSURE RELEASE:** QUICK

## INGREDIENTS

2 large heads fennel, cut in half and sliced  
2cm thick, fronds removed  
6 Echalion shallots, peeled and cut in half  
300g brussel sprouts, cut in half, ends trimmed  
1 bunch kale, tough stems removed and leaves torn  
into 2.5cm pieces  
2 tablespoons olive oil  
50g Pecorino Romano cheese, finely grated  
Salt, to taste  
1-2 teaspoons freshly ground pepper  
Balsamic vinegar, to drizzle  
150ml water

## DIRECTIONS

- 1 Place all vegetables except kale into the pot and add water.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 3 Select PRESSURE and set to HIGH. Set time to 1 minute. Select START/STOP to begin.
- 4 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit is finished releasing pressure.
- 5 Add kale to the vegetables and add olive oil, salt and pepper and cheese. Close the crisping lid and select BAKE/ROAST to 200°C and set time for 10 minutes, stirring with a wooden spoon every 3 minutes or so.
- 6 Remove vegetables from pot and drizzle with balsamic glaze. Serve immediately.

# PUTTANESCA BAKE

**PREP:** 15 MINUTES | **COOK:** 8 MINUTES | **AIR CRISP TIME:** 5-6 MINUTES | **MAKES:** 6 SERVINGS  
**APPROX. PRESSURE BUILD:** 9 MINUTES | **PRESSURE RELEASE:** NATURAL 10 MINUTES

## INGREDIENTS

2 tablespoons extra virgin olive oil  
4-5 canned anchovies in oil, drained and chopped  
4 garlic cloves, peeled, minced  
¼ teaspoon chili flakes  
2 tins (400g each) chopped tomatoes  
30g tomato puree  
250ml white wine  
500ml water  
500g penne pasta  
100g pitted Kalamata olives, cut in half  
2 tablespoons small capers, drained (if salted, rinsed)  
100g grated mozzarella cheese  
50g Parmesan cheese grated  
10g fresh parsley, chopped finely  
Freshly cracked pepper to taste.

## DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 2 After 5 minutes, place olive oil into the pot and add anchovies. Cook for 1 minute, breaking up with a wooden spoon. Next, add garlic and chili flakes and cook 1 minute more, stirring continuously until anchovies are dissolved. Add chopped tomatoes, tomato puree, wine, water and pasta.
- 3 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to HIGH. Set time to 6 minutes. Select START/STOP to begin.
- 5 When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 6 Stir the sauce with a wooden spoon, crushing tomatoes in the process. Add the olives and capers.
- 7 Cover pasta mixture evenly with shredded mozzarella.
- 8 Close crisping lid. Select AIR CRISP, set temperature to 200°C, and set time to 5 minutes. Select START/STOP to begin.
- 9 When cooking is complete, serve immediately and sprinkle with grated Parmesan and parsley and pepper.



## Everyday Basics

Elevating your weeknight meals is as easy as adding any of these appetisers, sides, or desserts to your menu.

## PUMPKIN SOUP

**PREP:** 25 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 15 SERVINGS

**APPROX. PRESSURE BUILD:** 5 MINUTES | **PRESSURE RELEASE:** NATURAL (10 MINUTES)

### INGREDIENTS

90g butter  
 150g shallots, peeled and finely chopped  
 60g fresh ginger, peeled and sliced  
 1.2kg pumpkin, peeled, seeded, and cubed (about 10 pumpkins)  
 450g potatoes, peeled and diced  
 450g carrots, peeled and diced  
 10 teaspoons paprika  
 10 teaspoons curry powder  
 10 teaspoon cayenne pepper  
 2 tablespoons bouillon powder  
 1.2L water  
 600ml single cream  
 3 teaspoons salt  
 10 teaspoon white pepper  
 10 teaspoon ground nutmeg



### DIRECTIONS

- 1 Select SEAR/SAUTE and set temperature to HI. Press START/STOP and allow preheating for 3 minutes.
- 2 After preheating is complete, place the butter, shallots, and ginger into the cooking pot and sauté until lightly browned, about 5 minutes.
- 3 Add pumpkin, potatoes, and carrots to the pot and stir.
- 4 Add paprika, curry powder, cayenne pepper, broth powder, and water to the pot and mix well.
- 5 Assemble the pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HI. Set time to 20 minutes. Select START/STOP to begin.
- 6 When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 7 Stir in cream, salt, white pepper, and nutmeg.
- 8 Allow to cool slightly. Carefully pour soup into a blender and mix in batches. Serve hot.
- 9 For an added touch, finish each bowl with a dollop of unsweetened whipped cream and a drizzle of pumpkin oil.

# CHICKEN BIRYANI

**PREP:** 15 MINUTES | **COOK:** 24-26 MINUTES | **MAKES:** 4-6 SERVINGS

**APPROX. PRESSURE BUILD:** 5 MINUTES | **PRESSURE RELEASE:** NATURAL 10 MINUTES

## INGREDIENTS

2 tablespoons coconut oil or ghee  
1 onion, sliced thinly  
3 garlic cloves, chopped  
1 teaspoon grated ginger  
5 chicken breasts, boneless, skinless, cut into 2.5cm pieces  
3 cardamom pods  
1 cinnamon stick  
1 teaspoon turmeric  
Pinch of saffron  
2 bay leaves  
4 tablespoons curry paste  
400g basmati rice, rinsed until water runs clear  
500ml chicken stock, warm  
50g sultanas

## TO SERVE

Coriander leaves  
Yogurt  
Chutney

## DIRECTIONS

- 1** Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 2** Add oil or ghee to pan and sauté onions, stirring until brown and crispy, about 7-8 minutes. Add chicken and stir frequently for 7-8 minutes. Next, add spices and then rice and stock to pot.
- 3** Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4** Select PRESSURE and set to HIGH. Set time to 5 minutes. Select START/STOP to begin.
- 5** When pressure cooking is complete, let release naturally for 10 minutes then quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit is finished releasing pressure. Stir in sultanas.
- 6** Serve in bowls with coriander yogurt and chutney.



# SLOW COOKED DUCK RAGU

**PREP:** 10 MINUTES | **COOK:** 6 HOURS 5 MINUTES | **MAKES:** 4 SERVINGS

**APPROX. PRESSURE BUILD:** 15 MINUTES | **PRESSURE RELEASE:** QUICK

## INGREDIENTS

1kg (4) legs of duck  
1 tablespoon oil  
1 large red onion, roughly chopped  
2 medium onions, roughly sliced  
2 garlic cloves, minced  
150ml dry red wine  
250g tomato passata  
1 chicken stock cube  
2 thyme springs  
4 allspice berries  
3 bay leaves  
½ teaspoon sugar  
Salt and pepper  
Parsley for garnish

## DIRECTIONS

- 1 Select SEAR/SAUTE and set temperature to HIGH. Press START/STOP and allow to preheat for 5 minutes.
- 2 After 5 minutes, add the oil, onion and garlic. Saute for 2 minutes. Add the wine and continue cooking for additional 3 minutes.
- 3 Season duck legs with salt and pepper from both sides and add to the pot along with all remaining ingredients.
- 4 Assemble pressure lid, making sure the pressure release valve is in the VENT position. Select SLOW COOK, set temperature to HI and time to 6 hours. Press START/STOP to begin cooking.
- 5 When cooking is complete, remove bay leaves, allspice berries and thyme springs. The duck should be falling off the bone at this point. Remove skin and bones, using two forks carefully pull the duck meat apart.
- 6 Serve hot over fresh pasta garnished with parsley.

# CAULIFLOWER MASH WITH CHEESE AND BACON

**PREP:** 5 MINUTES | **COOK:** 9 MINUTES | **MAKES:** 4-6 SERVINGS

**APPROX. PRESSURE BUILD:** 15 MINUTES | **PRESSURE RELEASE:** QUICK

## INGREDIENTS

700g cauliflower, cleaned and cut into 2.5cm florets  
250ml water  
3 tablespoons sour cream  
25g butter  
100g grated cheddar cheese  
4 rashers cooked bacon, chopped

## DIRECTIONS

- 1 Place cauliflower and water in pot.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 3 Select PRESSURE and set to HIGH. Set time to 4 minutes. Select START/STOP to begin.
- 4 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit is finished releasing pressure.
- 5 Remove the pot and be sure to drain any excess water, puree in a food processor. Add sour cream and butter, season to taste. Clean pot.
- 6 Butter a 20cm dish and add cauliflower mash to it. Top with cheddar and bacon.
- 7 Insert the reversible rack in the lower steam position (no top tier installed). Next, place the dish on the rack. Close the crisping lid. Select GRILL and set time to 5 minutes. Select START/STOP to begin.
- 8 Once timer is complete, remove from unit and serve immediately.

# SALMON BURGERS WITH THAI QUINOA SALAD

**PREP:** 45 MINUTES | **TOTAL COOK TIME:** 15 MINUTES | **CHILL TIME:** 3 HOURS  
**MAKES:** 6 SERVINGS | **APPROX PRESSURE BUILD:** 3-4 MINUTES | **PRESSURE RELEASE:** QUICK

## INGREDIENTS

### BURGER

600g skinless salmon fillet, finely diced  
3 spring onions, chopped finely  
1-2 red chillies, seeds removed, finely diced  
2 tablespoon lime juice  
Salt and pepper to taste  
3 tablespoons mayonnaise  
75g panko breadcrumbs

### FOR SERVING

6 broiche buns  
lettuce  
lime wedges  
Oil for brushing

### SRIRACHA AND GARLIC MAYONNAISE

2 garlic cloves, smashed into a paste  
100g mayonnaise  
1 tablespoon sriracha sauce  
2 teaspoons agave nectar (optional)

### FOR THE QUINOA SALAD

250g quinoa  
400ml water  
1 pink grapefruit, skin and pith sliced off and diced, reserve juice for dressing  
1 avocado, peeled, stone removed and diced  
½ cucumber, diced  
10g coriander, chopped  
10g parsley, chopped  
10g mint, chopped  
3-4 tablespoons fresh lime juice  
2 tablespoons grape seed oil  
1 ½ tablespoons fish sauce  
1 tablespoon agave nectar  
Salt and pepper to taste  
50g peanuts, crushed  
4 finely shredded lime leaves

## DIRECTIONS

- 1 In a medium bowl, mix all the ingredients for the burgers. Next divide into 6 even burgers on a tray and leave in the fridge for 3 hours to set firmly.
- 2 Rinse the quinoa in cold water until it runs clear. Place the quinoa in the pot with water and stir.
- 3 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to HI. Set time to 2 minutes. Select START/STOP to begin.
- 5 While quinoa is cooking, mix the mayonnaise ingredients together in a small bowl and set aside, covered in fridge.
- 6 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit is finished releasing pressure.
- 7 Fluff quinoa and place in large bowl. Let cool 15 minutes before adding the remaining ingredients for the salad. Set aside in fridge.
- 8 Place reversible rack in pot in grill position. Close lid and select GRILL for preheat for 5 minutes. Brush salmon burgers with oil and place on the rack once grill is heated.
- 9 Close the crisping lid. Select GRILL and set time to 8 minutes. Select START/STOP to begin.
- 10 Flip burgers after 4 minutes and grill until desired temperature. Check at 6 minutes for a rare burger. It is best to cook in 2 batches.
- 11 Remove burgers and serve over salad with a dollop of mayonnaise and lime wedges for a lower carb meal or serve on a brioche bun with lettuce and tomato.

# VEGETARIAN SHEPHERD'S PIE

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 51 MINUTES | **MAKES:** 4-5 SERVINGS

**APPROX. PRESSURE BUILD:** 12 MINUTES | **PRESSURE RELEASE:** QUICK

## INGREDIENTS

### FOR THE MASH

700g butternut squash  
700g sweet potato  
300ml water  
4 tablespoons butter, split  
50ml double cream  
Salt and pepper to taste  
1 tablespoon zaatar spice mix

### FILLING

4 tablespoons olive oil, split  
1 sweet onion, diced  
2 celery sticks, diced  
3 carrots, peeled and diced  
5 garlic cloves, minced  
1 teaspoon dried thyme  
250g chestnut mushrooms, cleaned and cut in half  
100g shitake mushrooms, cleaned and sliced  
400g ready made beluga or green lentils  
1 (400g) can chopped tomatoes  
2-3 tablespoons vegetarian gravy granules  
100g frozen peas

## DIRECTIONS

- 1 Add squash/sweet potato mixture to pot and add water.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 3 Select PRESSURE and set to HIGH. Set time to 6 minutes. Select START/STOP to begin.
- 4 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit is finished releasing pressure.
- 5 Drain any water if needed and mash vegetables. Next, add 2 tablespoons of butter and cream. Mix and set aside, covered whilst you cook the filling. Clean pot and return to machine.
- 6 Select SEAR/SAUTÉ and set to MD. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 7 Add 2 tablespoons olive oil to pan and cook onions, celery and carrots for about 9 minutes, stirring frequently. Next, add garlic and cook 1 minute.
- 8 Add remaining 2 tablespoons olive oil to pan and add mushrooms, stirring until golden and juices are released for about 10 minutes. Add thyme, lentils, tomatoes gravy granules stirring until incorporated and cook for another 10 minutes.
- 9 Stir in peas and top with mash. Smooth mash over entire filling and dot with remaining butter and sprinkle with zaatar.
- 10 Close crisping lid and select BAKE/ROAST 200°C for 10 minutes. Serve immediately.



# POTATO WEDGES

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

**PRESSURE RELEASE:** QUICK

## INGREDIENTS

250ml water  
4 white potatoes, cut in 5cm wedges  
2 tablespoons extra virgin olive oil, divided  
1 tablespoon fresh oregano leaves, chopped  
4 garlic cloves, peeled, chopped  
Juice of 1 lemon  
2 teaspoons sea salt  
1 teaspoon ground black pepper

## DIRECTIONS

- 1 Pour water into the pot. Place potatoes in- the Cook & Crisp™ Basket and place basket in pot.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to LOW. Set time to 3 minutes. Select START/STOP to begin.
- 3 While potatoes are cooking, stir together 1 tablespoon olive oil with oregano, garlic, lemon juice, salt, and pepper in a small bowl. Set aside.
- 4 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 5 Pour remaining olive oil over the potatoes in the basket, shaking to coat evenly.
- 6 Close the crisping lid. Select AIR CRISP, set temperature to 200°C, and set time to 18 minutes. Select START/STOP to begin. Check potatoes after 12 minutes. Continue cooking for up to 18 minutes for desired crispiness.
- 7 When cooking is complete, remove potatoes from basket. Toss with oregano dressing and serve.

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



# MAPLE BACON “JERKY”

**PREP:** 10 MINUTES | **COOK:** 10 MINUTES | **DEHYDRATE:** 3-6 HOURS | **MAKES:** 12 PIECES

## INGREDIENTS

180g smoked bacon rashers  
4 tablespoons pure maple syrup, save 1 tablespoon for brushing half way through cooking  
1 tablespoon brown sugar

## DIRECTIONS

- 1 Select SEAR/SAUTÉ to MD:HI. Let unit preheat for 5 minutes. Next, place 3 bacon rashers into the pot and render some of the fat, then repeat until all bacon is cooked, about 10 minutes.. You do not want to brown or cook at this point. Pat dry with kitchen roll. Clean pot and return to machine.
- 2 Mix maple syrup and sugar together. Brush both sides of bacon with maple mixture. Place the reversible rack in the lower steam position into the pot. Place half of the bacon on the rack. Next, install the top layer and place remaining bacon on it.
- 3 Lower lid and select DEHYDRATE to 60°C for 6 hours. Halfway through cooking, check bacon is dried to your preference. If further dehydrating is desired, continue to dehydrate for remaining 3 hours.
- 4 Once timer is complete, serve immediately.

# DEHYDRATED PLUM TOMATOES

**PREP:** 5 MINUTES | **DEHYDRATE:** 4 HOURS | **MAKES:** 60G

## INGREDIENTS

14 (690g) sweet plum tomatoes, sliced thinly to 8mm-1cm thin, stem and ends trimmed

## DIRECTIONS

- 1 Place the reversible rack in the lower steam position into the pot. Place half of the tomatoes on the rack, starting with bottom and line tomatoes on it. Next, install the top tier. Place remaining tomatoes on it.
- 2 Select DEHYDRATE at 60°C and set for 4 hours.
- 3 Halfway through cooking, check tomatoes are cooked as desired. If further dehydrating is desired, continue to dehydrate for remaining 2 hours.



**TIP** These tomatoes can be kept in an air tight jar for 2 weeks in cupboard as they are a lovely soft texture that does not require reconstituting. Great for pasta, pizza and salads.



## Desserts

Fancy something sweet? Easily create delicious desserts, from comforting puddings to healthy yogurt.

# RICE PUDDING WITH MIXED BERRIES COMPOTE

**PREP:** 10 MINUTES | **PRESSURE BUILD:** 18 MINUTES | **COOK:** 12-13 MINUTES | **MAKES:** 6 SERVINGS  
**PRESSURE RELEASE:** NATURAL 20 MINUTES

## INGREDIENTS

### COMPOTE

800g frozen mixed berries or cherries, thawed  
250ml pomegranate juice or water  
2 tablespoons fresh lemon juice  
100g caster sugar  
1 tablespoon corn flour  
1 tablespoon water

### PUDDING

200g short-grained rice or pudding rice  
500ml water  
500ml whole milk  
75g caster sugar  
2 teaspoons vanilla paste  
¼ teaspoon salt  
200ml single cream

## DIRECTIONS

- 1 Place all the compote ingredients, except corn flour and water, in pot.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 3 Select PRESSURE and set to HIGH. Set time to 5 minutes. Select START/STOP to begin. Let naturally release for 10 minutes.
- 4 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit is finished releasing pressure.
- 5 Stir corn flour with 1 tablespoon of water and stir into compote to thicken. Set aside in a bowl to cool. Clean pot and return to unit.
- 6 Pour rice and water into pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 7 Select PRESSURE and set to HIGH. Set time to 3 minutes. Select START/STOP to begin. Let naturally release for 10 minutes. Next, quick release the pressure by moving the pressure release valve. Carefully remove lid when unit is finished releasing pressure.
- 8 Select SEAR/SAUTÉ to Med/High. Stir in milk, sugar, vanilla and salt. Stir in cream and cook until thick and creamy, about 4-5 minutes. Let cool or serve warm.

# HOMEMADE VANILLA YOGURT

**PREP:** 5 MINUTES | **INCUBATE:** 8 HOURS AND 4 HOURS BOILING AND COOLING | **CHILL:** 8-12 HOURS  
**MAKES:** 8 SERVINGS

## INGREDIENTS

2L whole milk  
3 tablespoon plain yogurt with active live cultures  
½ tablespoon vanilla extract  
60ml honey (optional)



**TIP** If you prefer a thicker, Greek yogurt style, strain the yogurt through a cheesecloth overnight in the fridge (be sure to place over large mixing bowl while draining).

## DIRECTIONS

- 1 Pour the milk into the pot. Assemble the pressure lid, making sure the pressure release valve is in the VENT position.
- 2 Select Yogurt and set time to 8 hours. Select START/STOP to begin.
- 3 After the milk has boiled and the display reads Add & Stir, remove pressure lid. Add in plain yogurt and whisk until fully incorporated (This may take several hours for the milk to boil and cool).
- 4 Assemble the pressure lid back onto the pot, making sure the pressure release valve is still in the VENT position. Hit START/STOP to resume the process. Let incubate for 8 hours.
- 5 After timer is complete (8 hours later), transfer your yogurt to a glass container or bowl and chill for a minimum of 8 hours in the refrigerator.
- 6 Add the vanilla and honey (if using) to the yogurt and stir until well combined. Cover and place the glass bowl back in the refrigerator or divide the yogurt among airtight glass jars. Refrigerate yogurt for up to 2 weeks.

# RHUBARB UPSIDE-DOWN CAKE

**PREP:** 15 MINUTES | **COOK:** 51-52 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

### FOR THE TOPPING

500g rhubarb, trimmed to 2cm lengths  
125g caster sugar  
50g unsalted butter  
Pinch of salt

### FOR THE CAKE

150g unsalted butter, softened  
150g caster sugar  
2 eggs  
Zest of 1 lemon  
100g plain flour  
1 ½ teaspoons baking powder  
100g ground almonds  
1 teaspoon almond extract  
120ml milk

### TO SERVE

Full-fat Greek yogurt

## DIRECTIONS

- 1 Slice the rhubarb into lengths that will fit into the pan, long and short lengths, 2 cm thick.
- 2 Select SEAR/SAUTÉ and set to MD. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 3 Add sugar and butter to pan, stirring until sugar starts to dissolve. Next, add the rhubarb and gently cook for 5-6 minutes until it releases juices and is slightly tender. Remove pot from machine and set aside on a cooling rack.
- 4 Cream the butter and sugar until pale and fluffy, add the zest then eggs one at a time, scraping down the sides.
- 5 In a separate bowl, sift flour and baking powder together. Add ground nuts to the dry mixture.
- 6 Add the almond extract to creamed eggs and butter, then the dry ingredients, alternating with the milk. Spoon the batter over the rhubarb and spread over evenly.
- 7 Place pot with batter back in machine. Close the crisping lid and press AIR CRISP 170°C for 40 minutes.
- 8 Once timer is complete, test with a skewer in the centre - it will come out clean when cooked.
- 9 Remove pot and place on cooling rack. Cool for 15 minutes. Place a plate over the cake and turn out. Slice and serve with yogurt.

# Pressure Cooking Chart

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

| INGREDIENT                            | WEIGHT                         | PREPARATION         | WATER | ACCESSORY | PRESSURE | TIME       | RELEASE |
|---------------------------------------|--------------------------------|---------------------|-------|-----------|----------|------------|---------|
| POULTRY                               |                                |                     |       |           |          |            |         |
| Chicken breasts                       | 1kg                            | Bone in             | 250ml | N/A       | High     | 15 mins    | Quick   |
|                                       | 6 small or 4 large (about 1kg) | Boneless            | 250ml | N/A       | High     | 8-10 mins  | Quick   |
| Chicken breasts (frozen)              | 4 large (1kg)                  | Boneless            | 250ml | N/A       | High     | 25 mins    | Quick   |
| Chicken thighs                        | 8 thighs (2kg)                 | Bone in/skin on     | 250ml | N/A       | High     | 20 mins    | Quick   |
|                                       | 8 thighs (1kg)                 | Boneless            | 250ml | N/A       | High     | 20 mins    | Quick   |
| Turkey breast                         | 1 breast (3-4kg)               | Bone in             | 250ml | N/A       | High     | 40-50 mins | Quick   |
| MINCED MEAT                           |                                |                     |       |           |          |            |         |
| Minced beef, pork, or turkey          | 500g-1kg                       | None                | 250ml | N/A       | High     | 5 mins     | Quick   |
| Minced beef, pork, or turkey (frozen) | 500g-1kg                       | None                | 250ml | N/A       | High     | 20-25 mins | Quick   |
| RIBS                                  |                                |                     |       |           |          |            |         |
| Pork ribs                             | 1.25kg-1.75kg                  | Cut in thirds       | 250ml | N/A       | High     | 20 mins    | Quick   |
| ROASTS                                |                                |                     |       |           |          |            |         |
| Beef brisket                          | 1.5kg-2kg                      | Whole               | 250ml | N/A       | High     | 60-90 mins | Quick   |
| Boneless beef silverside roast        | 1.5kg-2kg                      | Whole               | 250ml | N/A       | High     | 60 mins    | Quick   |
| Boneless pork shoulder                | 2kg                            | Seasoned            | 250ml | N/A       | High     | 60 mins    | Quick   |
| Pork tenderloin                       | 2 tenderloins (500g-750g each) | Seasoned            | 250ml | N/A       | High     | 3-4 mins   | Quick   |
| STEW MEAT                             |                                |                     |       |           |          |            |         |
| Boneless beef short ribs              | 1.5kg                          | Whole               | 250ml | N/A       | High     | 25 mins    | Quick   |
| Boneless leg of lamb                  | 1.5kg                          | Cut in 2.5cm pieces | 250ml | N/A       | High     | 30 mins    | Quick   |
| Boneless pork shoulder                | 1.5kg                          | Cut in 2.5cm pieces | 250ml | N/A       | High     | 30 mins    | Quick   |
| Chuck steak, for stew                 | 1kg                            | Cut in 2.5cm pieces | 250ml | N/A       | High     | 25 mins    | Quick   |
| Lamb shanks                           | 1.9kg                          | Whole               | 250ml | N/A       | High     | 35 mins    | Quick   |
| HARD-BOILED EGGS                      |                                |                     |       |           |          |            |         |
| Eggs†                                 | 1-12 eggs                      | None                | 250ml | N/A       | High     | 4 mins     | Quick   |

†Remove immediately when complete and place in cold water.

# Pressure Cooking Chart, continued

| INGREDIENT                                      | AMOUNT             | DIRECTIONS                                                  | WATER | ACCESSORY                            | PRESSURE | COOK TIME  | RELEASE |
|-------------------------------------------------|--------------------|-------------------------------------------------------------|-------|--------------------------------------|----------|------------|---------|
| VEGETABLES                                      |                    |                                                             |       |                                      |          |            |         |
| Beetroot                                        | 8 small or 4 large | Rinsed well, tops & ends trimmed; cool & peel after cooking | 250ml | N/A                                  | High     | 15-20 mins | Quick   |
| Broccoli                                        | 400g               | Cut in 2.5-5cm florets, stem removed                        | 250ml | Reversible rack in lower position    | Low      | 1 min      | Quick   |
| Brussel Sprouts                                 | 500g               | Cut in half                                                 | 250ml | Reversible rack in lower position    | Low      | 1 min      | Quick   |
| Butternut squash (cubed for side dish or salad) | 600g               | Peeled, cut in 2.5cm pieces, seeds removed                  | 250ml | N/A                                  | Low      | 2 mins     | Quick   |
| Butternut squash (for mashed, puree, or soup)   | 600g               | Peeled, cut in 2.5cm pieces, seeds removed                  | 250ml | Reversible rack in lower position    | High     | 5 mins     | Quick   |
| Cabbage (braised)                               | 500g               | Cut in half, core removed, sliced in 1.25cm strips          | 250ml | N/A                                  | Low      | 3 mins     | Quick   |
| Cabbage (crisp)                                 | 500g               | Cut in half, core removed, sliced in 1.25cm strips          | 250ml | Reversible rack in lower position    | Low      | 2 mins     | Quick   |
| Carrots                                         | 500g               | Peeled, cut in 1.25cm pieces                                | 250ml | N/A                                  | High     | 2-3 mins   | Quick   |
| Cauliflower                                     | 400g               | Cut in 2.5-5cm florets, stem removed                        | 250ml | N/A                                  | Low      | 1 min      | Quick   |
| Green Beans                                     | 375g               | Whole                                                       | 250ml | Reversible rack in lower position    | Low      | 0 min*     | Quick   |
| Kale leaves/greens                              | 200g               | Stems removed, leaves chopped                               | 250ml | N/A                                  | Low      | 3 mins     | Quick   |
| Potatoes, red (cubed for side dish or salad)    | 1kg                | Scrubbed, cut in 2.5cm cubes                                | 250ml | N/A                                  | High     | 1-2 mins   | Quick   |
| Potatoes, red (for mashed)                      | 1kg                | Scrubbed, whole, large potatoes cut in half                 | 250ml | N/A                                  | High     | 15-20 mins | Quick   |
| Potatoes, white (cubed for side dish or salad)  | 1kg                | Peeled, cut in 2.5cm cubes                                  | 250ml | N/A                                  | High     | 1-2 mins   | Quick   |
| Potatoes, white (for mashed)                    | 1kg                | Peeled, cut in 2.5cm thick slices                           | 250ml | N/A                                  | High     | 6 mins     | Quick   |
| Potatoes, sweet (cubed for side dish or salad)  | 500g               | Peeled, cut in 2.5cm cubes                                  | 250ml | N/A                                  | High     | 1-2 mins   | Quick   |
| Potatoes, sweet (for mashed)                    | 500g               | Peeled, cut in 2.5cm thick slices                           | 250ml | N/A                                  | High     | 6 mins     | Quick   |
| DOUBLE-CAPACITY VEGETABLES                      |                    |                                                             |       |                                      |          |            |         |
| Broccoli                                        | 800g               | Cut in 2.5-5cm florets, remove stem                         | 250ml | 2 Tier Reversible Rack (both layers) | Low      | 1 min      | Quick   |
| Brussel sprouts                                 | 1kg                | Cut in half, remove stem                                    | 250ml | 2 Tier Reversible Rack (both layers) | Low      | 1 min      | Quick   |
| Butternut squash                                | 1.4kg              | Peel, cut in 2.5cm pieces                                   | 250ml | 2 Tier Reversible Rack (both layers) | High     | 3 mins     | Quick   |
| Cabbage                                         | 750g               | Cut in half, remove core                                    | 250ml | 2 Tier Reversible Rack (both layers) | Low      | 5 mins     | Quick   |
| Green beans                                     | 700g               | Whole                                                       | 250ml | 2 Tier Reversible Rack (both layers) | Low      | 0 mins*    | Quick   |

# Pressure Cooking Chart, continued

TIP For best results, rinse rice and grains thoroughly before pressure cooking.

| INGREDIENTS                            | AMOUNT | WATER | PRESSURE | COOK TIME | RELEASE                      |
|----------------------------------------|--------|-------|----------|-----------|------------------------------|
| GRAINS                                 |        |       |          |           |                              |
| Arborio rice*                          | 200g   | 750ml | HIGH     | 7 mins    | Natural (10 mins) then Quick |
| Basmati rice                           | 200g   | 250ml | HIGH     | 2 mins    | Natural (10 mins) then Quick |
| Brown rice, short/medium or long grain | 200g   | 310ml | HIGH     | 15 mins   | Natural (10 mins) then Quick |
| Coarse/polenta*                        | 200g   | 875ml | HIGH     | 4 mins    | Natural (10 mins) then Quick |
| Farro                                  | 200g   | 500ml | HIGH     | 10 mins   | Natural (10 mins) then Quick |
| Jasmine rice                           | 200g   | 250ml | HIGH     | 2–3 mins  | Natural (10 mins) then Quick |
| Kamut                                  | 200g   | 500ml | HIGH     | 30 mins   | Natural (10 mins) then Quick |
| Millet                                 | 200g   | 500ml | HIGH     | 6 mins    | Natural (10 mins) then Quick |
| Pearl barley                           | 200g   | 500ml | HIGH     | 22 mins   | Natural (10 mins) then Quick |
| Quinoa                                 | 200g   | 375ml | HIGH     | 2 mins    | Natural (10 mins) then Quick |
| Quinoa, red                            | 200g   | 375ml | HIGH     | 2 mins    | Natural (10 mins) then Quick |
| Spelt                                  | 200g   | 625ml | HIGH     | 25 mins   | Natural (10 mins) then Quick |
| Steel-cut oats*                        | 200g   | 750ml | HIGH     | 11 mins   | Natural (10 mins) then Quick |
| Sushi rice                             | 200g   | 310ml | HIGH     | 3 mins    | Natural (10 mins) then Quick |
| Rice, brown                            | 200g   | 310ml | HIGH     | 5 mins    | Natural (10 mins) then Quick |
| White rice, long grain                 | 200g   | 250ml | HIGH     | 2 mins    | Natural (10 mins) then Quick |
| White rice, medium grain               | 200g   | 250ml | HIGH     | 3 mins    | Natural (10 mins) then Quick |
| Wild rice                              | 200g   | 250ml | HIGH     | 22 mins   | Natural (10 mins) then Quick |

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

# Pressure Cooking Chart, continued

| INGREDIENTS                                                            | AMOUNT                | WATER     | PRESSURE | COOK TIME | RELEASE                      |
|------------------------------------------------------------------------|-----------------------|-----------|----------|-----------|------------------------------|
| LEGUMES                                                                |                       |           |          |           |                              |
| All beans, except lentils, should be soaked 8-24 hours before cooking. |                       |           |          |           |                              |
| Black beans                                                            | 500g, soaked 8-24 hrs | 1.5 litre | LOW      | 5 mins    | Natural (10 mins) then Quick |
| Black-eyed peas                                                        | 500g, soaked 8-24 hrs | 1.5 litre | LOW      | 5 mins    | Natural (10 mins) then Quick |
| Cannellini beans                                                       | 500g, soaked 8-24 hrs | 1.5 litre | LOW      | 3 mins    | Natural (10 mins) then Quick |
| Borlotti beans                                                         | 500g, soaked 8-24 hrs | 1.5 litre | LOW      | 3 mins    | Natural (10 mins) then Quick |
| Chickpeas                                                              | 500g                  | 1.5 litre | LOW      | 3 mins    | Natural (10 mins) then Quick |
| White Beans                                                            | 500g                  | 1.5 litre | LOW      | 1 min     | Natural (10 mins) then Quick |
| Lentils (green or brown)                                               | 200g dry              | 500ml     | LOW      | 5 mins    | Natural (10 mins) then Quick |
| Butter beans                                                           | 500g, soaked 8-24 hrs | 1.5 litre | LOW      | 1 min     | Natural (10 mins) then Quick |
| Red kidney beans                                                       | 500g, soaked 8-24 hrs | 1.5 litre | LOW      | 3 mins    | Natural (10 mins) then Quick |
| This section does not require beans to be soaked.                      |                       |           |          |           |                              |
| Black beans                                                            | 1kg                   | 3.8 litre | HIGH     | 25 mins   | Natural (15 mins) then Quick |
| Black-eyed peas                                                        | 1kg                   | 3.8 litre | HIGH     | 25 mins   | Natural (15 mins) then Quick |
| Cannellini beans                                                       | 1kg                   | 3.8 litre | HIGH     | 40 mins   | Natural (15 mins) then Quick |
| Borlotti beans                                                         | 1kg                   | 3.8 litre | HIGH     | 40 mins   | Natural (15 mins) then Quick |
| Chickpeas                                                              | 1kg                   | 3.8 litre | HIGH     | 40 mins   | Natural (15 mins) then Quick |
| White Beans                                                            | 1kg                   | 3.8 litre | HIGH     | 1 min     | Natural (15 mins) then Quick |
| Lentils (green or brown)                                               | 3.8 litre             | 3.8 litre | HIGH     | 5 mins    | Natural (15 mins) then Quick |
| Butter beans                                                           | 1kg                   | 3.8 litre | HIGH     | 1 min     | Natural (15 mins) then Quick |

# TenderCrisp® Chart

| PROTEIN                        | AMOUNT                       | ACCESSORY                          | WATER | PRESSURE COOK    | PRESSURE RELEASE                                                                                                          | CRISPING LID                                     |
|--------------------------------|------------------------------|------------------------------------|-------|------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|
| Whole chicken                  | 1 chicken (2-2.5kg)          | Cook & Crisp™ Basket               | 250ml | High for 30 mins | Quick release pressure.<br><br>Carefully remove lid.<br><br>Pat protein dry with paper towel and brush with oil or sauce. | Air Crisp @ 200°C for 15-20 mins                 |
| Pork ribs                      | 1 rack, cut in quarters      | Cook & Crisp™ Basket               | 250ml | High for 19 mins |                                                                                                                           | Air Crisp @ 200°C for 10-15 mins                 |
| Gammon                         | 1 gammon (1.3kg)             | Cook & Crisp™ Basket               | 250ml | High for 50 mins |                                                                                                                           | Air Crisp @ 200°C for 10-15 mins                 |
| Lamb shoulder                  | 1 shoulder (1.1kg)           | Cook & Crisp™ Basket               | 250ml | High for 30 mins |                                                                                                                           | Air Crisp @ 200°C for 10-15 mins                 |
| Frozen chicken breasts         | 2 (185-250g each)            | Reversible rack in higher position | 250ml | High for 10 mins |                                                                                                                           | Grill for 10 mins                                |
| Frozen sirloin                 | 2 (315g each)                | Reversible rack in higher position | 250ml | High for 1 min   |                                                                                                                           | Grill for 11-15 mins or until desired crispiness |
|                                | 2 (375g each)                | Reversible rack in higher position | 250ml | High for 2 mins  |                                                                                                                           | Grill for 13-16 mins or until desired crispiness |
|                                | 2 (500g each)                | Reversible rack in higher position | 250ml | High for 3 mins  |                                                                                                                           | Grill for 13-16 mins or until desired crispiness |
| Frozen chicken wings           | 500g                         | Cook & Crisp Basket                | 250ml | High for 5 mins  |                                                                                                                           | Air Crisp @ 200°C for 15-20 mins                 |
| Bone-in skin-on chicken thighs | 4 (185-250g)                 | Cook & Crisp Basket                | 250ml | High for 2 mins  |                                                                                                                           | Air Crisp @ 200°C for 10 mins                    |
| Frozen pork chops              | 4 (185-250g)                 | Reversible rack in higher position | 250ml | High for 2 mins  |                                                                                                                           | Air Crisp @ 200°C for 10-15 mins                 |
| Frozen Lamb chops              | 3 chops, (300g)              | Reversible rack in higher position | 250ml | High for 2 mins  |                                                                                                                           | Air Crisp @ 200°C for 10 mins                    |
| Frozen jumbo prawns            | 16 raw, peeled and de-veined | Reversible rack in higher position | 250ml | High for 0 mins  |                                                                                                                           | Air Crisp @ 200°C for 5 mins                     |

# Air Crisp Cooking Chart for the Cook & Crisp™ Basket



**TIP** For best results, check progress throughout cooking, and shake basket or toss ingredients with silicone-tipped tongs frequently. Remove food immediately after cook time is complete and your desired level of crispiness is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

| INGREDIENT       | AMOUNT                         | PREPARATION                                          | OIL                  | TEMP  | COOK TIME  | TOSS/FLIP CONTENTS IN BASKET |
|------------------|--------------------------------|------------------------------------------------------|----------------------|-------|------------|------------------------------|
| VEGETABLES       |                                |                                                      |                      |       |            |                              |
| Asparagus        | 1 bunch (250g)                 | Halved, stems trimmed                                | 2 tsp                | 200°C | 8-10 mins  | Halfway through cooking      |
| Beetroot         | 6 small or 4 large (about 1kg) | Whole                                                | None                 | 200°C | 45-60 mins | N/A                          |
| Bell peppers     | 4 peppers                      | Whole                                                | None                 | 200°C | 25-30 mins | N/A                          |
| Broccoli         | 1 head (350g)                  | Cut in 2.5-5cm florets                               | 1 Tbsp               | 200°C | 10-13 mins | Halfway through cooking      |
| Brussel sprouts  | 500g                           | Cut in half, stem removed                            | 1 Tbsp               | 200°C | 15-18 mins | Halfway through cooking      |
| Butternut squash | 500g-750g                      | Cut in 2.5-5cm pieces                                | 1 Tbsp               | 200°C | 20-25 mins | Halfway through cooking      |
| Carrots          | 500g                           | Peeled, cut in 1.25cm pieces                         | 1 Tbsp               | 200°C | 14-16 mins | Halfway through cooking      |
| Cauliflower      | 1 head (400g)                  | Cut in 2.5-5cm florets                               | 2 Tbsp               | 200°C | 15-20 mins | Halfway through cooking      |
| Corn on the cob  | 4 ears, cut in half            | Whole ears, husks removed                            | 1 Tbsp               | 200°C | 12-15 mins | Halfway through cooking      |
| Courgette        | 500g                           | Cut in quarters lengthwise, then cut in 2.5cm pieces | 1 Tbsp               | 200°C | 15-20 mins | Halfway through cooking      |
| Green beans      | 350g                           | Trimmed                                              | 1 Tbsp               | 200°C | 7-10 mins  | Halfway through cooking      |
| Kale (for chips) | 375g                           | Torn in pieces, stems removed                        | None                 | 150°C | 9-12 mins  | Halfway through cooking      |
| Mushrooms        | 250g                           | Rinsed, cut in quarters                              | 1 Tbsp               | 200°C | 7-8 mins   | Halfway through cooking      |
| Potatoes, white  | 750g                           | Cut in 2.5cm wedges                                  | 1 Tbsp               | 200°C | 20-25 mins | Halfway through cooking      |
|                  | 500g                           | Hand-cut chips*, thin                                | 1/2-3 Tbsp vegetable | 200°C | 20-25 mins | Frequently                   |
|                  | 500g                           | Hand-cut chips*, thick                               | 1/2-3 Tbsp vegetable | 200°C | 24-27 mins | Frequently                   |
|                  | 4 whole (185g-250g)            | Pierced with fork 3 times                            | None                 | 200°C | 35-40 mins | N/A                          |
| Potatoes, sweet  | 1kg                            | Cut in 2.5cm chunks                                  | 1 Tbsp               | 200°C | 15-20 mins | Halfway through cooking      |
|                  | 4 whole (185g-250g)            | Pierced with fork 3 times                            | None                 | 200°C | 35-40 mins | N/A                          |
| POULTRY          |                                |                                                      |                      |       |            |                              |
| Chicken breasts  | 2 breasts (150-250g each)      | Boneless                                             | Brushed with oil     | 190°C | 15-22 mins | N/A                          |
| Chicken thighs   | 4 thighs (125-150g each)       | Bone in                                              | Brushed with oil     | 200°C | 22-28 mins | N/A                          |
|                  | 4 thighs (100-125g each)       | Boneless                                             | Brushed with oil     | 200°C | 18-22 mins | N/A                          |
| Chicken wings    | 1kg                            | Drumettes & flats                                    | 1 Tbsp               | 200°C | 24-28 mins | Halfway through cooking      |

\* After cutting potatoes, allow raw chips to soak in cold water for at least 30 minutes to remove unnecessary starch. Pat chips dry. The drier the chips the better the results.

# Air Crisp Cooking Chart

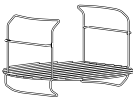
for the Cook & Crisp™ Basket, continued

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

| INGREDIENT          | AMOUNT                                 | PREPARATION                            | OIL              | TEMP  | COOK TIME               | TOSS/FLIP CONTENTS IN BASKET |
|---------------------|----------------------------------------|----------------------------------------|------------------|-------|-------------------------|------------------------------|
| BEEF                |                                        |                                        |                  |       |                         |                              |
| Burgers             | 4 patties (125g each), 80% lean        | 2.5cm thick                            | None             | 190°C | 10–12 mins              | Halfway through cooking      |
| Steaks              | 2 steaks (225g each)                   | Whole                                  | None             | 200°C | 10–20 mins              | N/A                          |
| PORK & LAMB         |                                        |                                        |                  |       |                         |                              |
| Bacon               | 1 rasher to 1 (500g) package           | Lay rashers evenly over edge of basket | None             | 170°C | 13–16 mins (no preheat) | N/A                          |
| Gammon steak        | 1 steak (225g)                         | Whole                                  | Brushed with oil | 190°C | 6–8 mins                | N/A                          |
| Pork chops          | 2 thick-cut, bone-in chops (250g each) | Bone in                                | Brushed with oil | 190°C | 12–15 mins              | Halfway through cooking      |
|                     | 4 boneless chops (185–250g each)       | Boneless                               | Brushed with oil | 190°C | 12–17 mins              | Halfway through cooking      |
| Pork tenderloins    | 2 (350–500g each)                      | Whole                                  | Brushed with oil | 190°C | 25–35 mins              | Halfway through cooking      |
| Sausages            | 4                                      | Whole                                  | None             | 200°C | 8–10 mins               | Halfway through cooking      |
| Lamb chops          | 4 (300g)                               | Whole                                  | Brushed with oil | 190°C | 10–12 mins              | Halfway through cooking      |
| FISH & SEAFOOD      |                                        |                                        |                  |       |                         |                              |
| Fishcakes           | 2 (150g each)                          | None                                   | Brushed with oil | 180°C | 8–12 mins               | Halfway through cooking      |
| Cod fillets         | 3 (400g)                               | None                                   | Brushed with oil | 200°C | 10 mins                 | N/A                          |
| Salmon fillets      | 2 (125g each)                          | None                                   | Brushed with oil | 200°C | 10–13 mins              | N/A                          |
| Seabass fillets     | 2 (220g)                               | None                                   | Brushed with oil | 200°C | 4–6 mins                | N/A                          |
| Prawns              | 16 jumbo                               | Raw, whole, peeled, tails on           | 1 Tbsp           | 200°C | 7–10 mins               | N/A                          |
| FROZEN FOODS        |                                        |                                        |                  |       |                         |                              |
| Breaded onion rings | 400g                                   | None                                   | None             | 200°C | 12 mins                 | Halfway through cooking      |
| Chicken nuggets     | 380g                                   | None                                   | None             | 200°C | 12 mins                 | Halfway through cooking      |
| Chunky chips        | 500g                                   | None                                   | None             | 180°C | 20 mins                 | Halfway through cooking      |
| Fish fillets        | 4 (440g)                               | None                                   | None             | 180°C | 14 mins                 | Halfway through cooking      |
| Fish fingers        | 20 (560g)                              | None                                   | None             | 200°C | 10 mins                 | Halfway through cooking      |
| French fries        | 500g                                   | None                                   | None             | 180°C | 19 mins                 | Halfway through cooking      |
|                     | 1kg                                    | None                                   | None             | 180°C | 30 mins                 | Frequently (at least twice)  |
| Hash browns         | 8 pieces (360g)                        | None                                   | None             | 200°C | 15 mins                 | Halfway through cooking      |
| Mozzarella sticks   | 360g                                   | None                                   | None             | 180°C | 8 mins                  | Halfway through cooking      |
| Pizza rolls         | 1 bag (630g, 40 count)                 | None                                   | None             | 200°C | 12–15 mins              |                              |

# Steam Chart

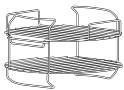
for the Reversible Rack



| INGREDIENT       | AMOUNT       | PREPARATION                                        | LIQUID | COOK TIME  |
|------------------|--------------|----------------------------------------------------|--------|------------|
| VEGETABLES       |              |                                                    |        |            |
| Asparagus        | 250g         | Whole spears                                       | 750ml  | 4-7 mins   |
| Broccoli         | 400g         | Cut in 2.5-5cm florets                             | 500ml  | 3-4 mins   |
| Brussel sprouts  | 500g         | Whole, trimmed                                     | 750ml  | 4-8 mins   |
| Butternut squash | 750g         | Peeled, cut in 2.5cm cubes                         | 500ml  | 10-17 mins |
| Cabbage          | 600g         | Cut in half, sliced in 1.25cm strips, core removed | 500ml  | 6-12 mins  |
| Carrots          | 500g         | Peeled, cut in 2.5cm pieces                        | 500ml  | 5-10 mins  |
| Cauliflower      | 500g         | Cut in 2.5-5cm florets                             | 500ml  | 5-10 mins  |
| Corn on the cob  | 4 ears       | Whole, husks removed                               | 500ml  | 4-9 mins   |
| Courgette        | 500g         | Cut in 2.5cm slices                                | 500ml  | 3-8 mins   |
| Green beans      | 375g         | Whole                                              | 500ml  | 5-10 mins  |
| Kale             | 200g         | Trimmed                                            | 500ml  | 3-7 mins   |
| Potatoes         | 500g         | Peeled, cut in 2.5cm pieces                        | 500ml  | 12-17 mins |
| Potatoes, sweet  | 500g         | Cut in 1.25cm cubes                                | 750ml  | 8-14 mins  |
| Spinach          | 1 bag (500g) | Whole leaves                                       | 500ml  | 3-5 mins   |
| Sugar snap peas  | 500g         | Whole pods, trimmed                                | 500ml  | 5-6 mins   |
| Summer Squash    | 500g         | Cut in 2.5cm slices                                | 500ml  | 5-10 mins  |
| EGGS             |              |                                                    |        |            |
| Poached eggs     | 4            | In ramekins or silicone cups                       | 250ml  | 3-6 mins   |

# Steam Chart

for the 2 Tier Reversible Rack



| INGREDIENT       | AMOUNT | PREPARATION                                        | WATER | COOK TIME  |
|------------------|--------|----------------------------------------------------|-------|------------|
| VEGETABLES       |        |                                                    |       |            |
| Asparagus        | 500g   | Whole, trim ends                                   | 500ml | 8-12 mins  |
| Broccoli         | 800g   | Cut in 2.5cm - 5cm florets                         | 500ml | 7-10 mins  |
| Brussel sprouts  | 1kg    | Whole, trim ends                                   | 500ml | 10-12 mins |
| Butternut squash | 1.5kg  | Peel, cut into 2.5cm cubes                         | 500ml | 16-18 mins |
| Cabbage          | 900g   | Cut in half, sliced in 1.25cm strips, core removed | 500ml | 18-20 mins |
| Carrots          | 1kg    | Peeled, cut into 2.5cm pieces                      | 500ml | 12-15 mins |
| Cauliflower      | 1kg    | Cut in 2.5cm - 5cm florets                         | 500ml | 12-15 mins |
| Corn on the cob  | 4 ears | Whole, remove husks                                | 500ml | 7-9 mins   |
| Courgette        | 1kg    | Cut into 2.5cm slices                              | 500ml | 10-12 mins |
| Green beans      | 700g   | Whole                                              | 500ml | 12-15 mins |
| Kale             | 400g   | Trim                                               | 500ml | 10-14 mins |
| Potatoes         | 1kg    | Peel, cut in 2.5cm pieces                          | 500ml | 16-18 mins |
| Potatoes, sweet  | 1kg    | Cut into 2.5cm cubes                               | 500ml | 18-22 mins |
| Spinach          | 500g   | Whole leaves                                       | 500ml | 6-10 mins  |
| Sugar snap peas  | 1kg    | Whole pods, trimmed                                | 500ml | 6-8 mins   |
| Summer squash    | 1kg    | Cut into 2.5cm slices                              | 500ml | 16-18 mins |

# Dehydrate Chart

for the Cook & Crisp™ Basket  
with the 2 Tier Reversible Rack or the Dehydrating Rack\*\*

TIP Most fruits and vegetables take between 6 and 8 hours (at 60°C) to dehydrate; meats take between 5 and 7 hours (at 70°C). The longer you dehydrate your ingredients, the crispier they will be.

| INGREDIENTS                 | PREPARATION                                                      | TEMP | DEHYDRATE TIME |
|-----------------------------|------------------------------------------------------------------|------|----------------|
| FRUITS & VEGETABLES         |                                                                  |      |                |
| Apple chips                 | Cut in 0.3mm slices (remove core), rinse in lemon water, pat dry | 60°C | 7-8 hrs        |
| Asparagus                   | Cut in 0.3mm pieces, blanch                                      | 60°C | 6-8 hrs        |
| Bananas                     | Peel, cut in 0.3mm slices                                        | 60°C | 8-10 hrs       |
| Beetroot                    | Peel, cut in 0.3mm slices                                        | 60°C | 7-8 hrs        |
| Fresh herbs                 | Rinse, pat dry, remove stems                                     | 60°C | 4-6 hrs        |
| Ginger root                 | Cut in 0.3mm slices                                              | 60°C | 6 hrs          |
| Mangoes                     | Peel, cut in 0.3mm slices, remove pits                           | 60°C | 6-8 hrs        |
| Mushrooms                   | Clean with soft brush or wipe with damp kitchen paper            | 60°C | 6-8 hrs        |
| Pineapple                   | Peel, cut in 3mm - 1.25cm slices, core removed                   | 60°C | 6-8 hrs        |
| Strawberries                | Cut in half or in 1.25cm slices                                  | 60°C | 6-8 hrs        |
| Tomatoes                    | Cut in 0.3mm slices or grate; steam if planning to rehydrate     | 60°C | 6-8 hrs        |
| JERKY - MEAT, POULTRY, FISH |                                                                  |      |                |
| Beef jerky                  | Cut in 0.6mm slices, marinate overnight                          | 70°C | 5-7 hrs        |
| Chicken jerky               | Cut in 0.6mm slices, marinate overnight                          | 70°C | 5-7 hrs        |
| Turkey jerky                | Cut in 0.6mm slices, marinate overnight                          | 70°C | 5-7 hrs        |
| Salmon jerky                | Cut in 0.6mm slices, marinate overnight                          | 70°C | 5-8 hrs        |

\*\*The Ninja dehydrating rack is sold separately on [ninjakitchen.co.uk](http://ninjakitchen.co.uk).



For more recipes [cookingcircle.com](https://www.cookingcircle.com)



© 2020 SharkNinja Operating LLC.

FOODI, NINJA and TENDERCRISP are registered trademarks of SharkNinja Operating LLC.

THE PRESSURE COOKER THAT CRISPS and COOK & CRISP BASKET are trademarks of SharkNinja Operating LLC.

OP500UK\_IG\_RECIPE\_REV\_MP\_201110\_MV1