

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



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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*

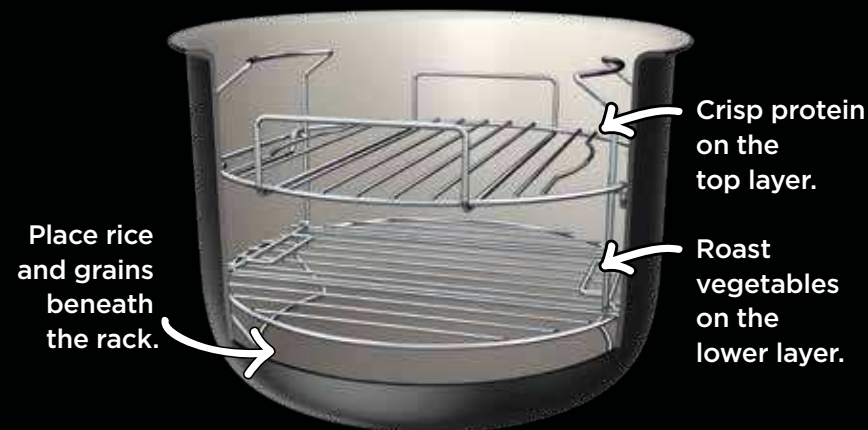


Double up on dehydrate

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® 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 (2.25kg-2.5kg)	1 tablespoon whole black peppercorns
Juice of 2 lemons (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 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

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.

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.





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)

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.



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).

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. Carefully remove lid. 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.

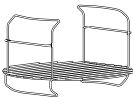
Air Crisp Cooking Chart for the Cook & Crisp™ Basket, continued

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

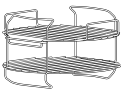
for the Reversible Rack



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.



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