

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



NINJA® Foodi®

9-in-1 Multi-Cooker

Mouthwatering
recipes and charts for
unlimited possibilities



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Suitable for vegetarians.

For more recipes and inspiration visit ninjakitchen.co.uk

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.

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® Kickstarter Recipe

Herb-Roasted Chicken

PREP: 10 MINUTES | **TOTAL COOK TIME:** 30-40 MINUTES | **MAKES:** 4 SERVINGS

APPROX. PRESSURE BUILD: 6 MINUTES | **PRESSURE COOK:** 22 MINUTES | **PRESSURE RELEASE:** 5 MINUTES | **AIR CRISP:** 8-18 MINUTES

INGREDIENTS

1 whole fresh uncooked chicken
(2.25kg-2.5kg)

Juice of 2 lemons
(60ml lemon juice)

60ml hot water

60ml honey

1 tablespoon plus 1 teaspoon sea salt,
divided

1 tablespoon whole black
peppercorns

5 sprigs fresh thyme

5 garlic cloves, smashed

1 tablespoon vegetable oil

2 teaspoons ground black pepper

DIRECTIONS



Remove packet of giblets, if included in cavity of the chicken. 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 into the Cook & Crisp™ Basket and place basket in pot.



Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to high (HI). Set time to 22 minutes. Select START/STOP to begin.

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



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 release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.



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



Close crisping lid. Select AIR CRISP, set temperature to 200°C, and set time to 8 minutes. Select START/STOP to begin. Cook until desired level of crispness is reached, adding up to 10 additional minutes.



Cooking is complete when internal temperature reaches 75°C. Remove chicken from basket 2 large serving forks. Let it rest for 10 minutes before serving.

TenderCrisp® Kickstarter Recipe

Teriyaki Chicken, Broccoli & Rice

PREP: 10 MINUTES | **TOTAL COOK TIME:** 32 MINUTES | **MAKES:** 2 SERVINGS

APPROX. PRESSURE BUILD: 8 MINUTES | **PRESSURE COOK:** 2 MINUTES | **PRESSURE RELEASE:** 10 MINUTES | **GRILL:** 12 MINUTES

INGREDIENTS

200g long-grain white rice, rinsed	2 uncooked fresh boneless skinless chicken breasts (250g each)
310ml chicken stock	1 head broccoli (400g), cut in 5cm florets
70g frozen mixed vegetables	1 tablespoon extra virgin olive oil
1 teaspoon sea salt, divided	60ml teriyaki sauce
2 teaspoons ground black pepper, divided	
1 tablespoon garlic powder	

DIRECTIONS



Place rice, 240ml chicken stock, frozen vegetables, 1/2 teaspoon salt, 1 teaspoon pepper, and garlic powder into the pot; stir to combine.



Place chicken breasts on reversible rack, making sure rack is in the higher position. Place rack inside pot over rice mixture.



Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to high (HI). Set time to 2 minutes. Select START/STOP to begin.



While chicken and rice are cooking, toss broccoli in a bowl with the olive oil and remaining salt and pepper.



When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release any remaining pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.



Remove reversible rack from pot. Stir remaining 70ml chicken stock into rice mixture. Return reversible rack with chicken to pot. Brush tops of chicken breasts liberally with teriyaki sauce. Add broccoli to rack around chicken.



Close crisping lid. Select GRILL and set time to 12 minutes. Select START/STOP to begin.



Check after 10 minutes for desired crispiness. Cooking is complete when internal temperature of chicken reaches 75°C. Serve chicken with rice and broccoli.

TIP Chicken can be replaced by frozen salmon fillets

Choose Your Own TenderCrisp® Adventure

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

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

Pick a Grain or Starch and place with liquid in pot

200g white rice
with 250ml stock

200g quinoa
with 250ml stock

500g white potatoes,
cubed, with 125ml water

200g pearly couscous
with 250ml stock

Add the Rack

ADD THE
REVERSIBLE
RACK IN
THE HIGHER
POSITION



Pick a Protein and place on reversible rack

500g fresh
boneless skinless
chicken thighs

4 fresh boneless
chicken breasts
(185-250g each)

2 frozen steaks
(250-375g each, 2.5cm thick)

Pressure Cook

HIGH FOR 2 MINS



Pressure Release

QUICK RELEASE
PRESSURE;
CAREFULLY
REMOVE LID



Pick a vegetable, oil and season to taste, then place on rack around protein

1 large or 2 small courgette,
cut in 7.5cm x 1.2cm

4 carrots,
cut in 7.5cm x 1.2cm sticks

1/2 head (200g) cauliflower,
cut in small florets

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

Barbecue

Teriyaki

Sweet & sour

Blackening seasoning

Rosemary garlic spice rub

Your favourite spice blend

Grill

DROP THE
CRISPING LID
AND GRILL
FOR 10 MINS





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:** 4-6 SERVINGS | **APPROX. PRESSURE BUILD:** 6 MINUTES
PRESSURE RELEASE: QUICK

INGREDIENTS

125ml water
1kg frozen chicken wings and drums separated
2 tablespoons vegetable oil
2 tablespoons Buffalo sauce
1 teaspoon sea salt

DIRECTIONS

- 1 Pour water into pot. Place wings into the Cook & Crisp™ basket and place basket in pot. Assemble the pressure lid, making sure the pressure release valve is in the SEAL position.
- 2 Select PRESSURE and set to 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 paper towels 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 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® 360 Meals

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

STEAK, MASHED POTATOES & ASPARAGUS

PREP: 10 MINUTES | **COOK:** 9-13 MINUTES | **MAKES:** 2 SERVINGS | **APPROX. PRESSURE BUILD:** 9 MINUTES
PRESSURE RELEASE: QUICK

INGREDIENTS

400g potatoes, cut in 2cm cubes
125ml water
2 frozen sirloin steaks (225g each, 2cm thick)
Salt and freshly ground black pepper to taste
25g butter
4 tablespoons single cream
100g asparagus spears, trimmed
1 tablespoon olive oil, plus a little extra for brushing

WANT TO USE FRESH STEAKS INSTEAD OF FROZEN

Don't pressure cook them—just add them to the rack over the mashed potatoes as instructed in step 7. Grill the fresh steaks until internal temperature is at least 55°C. Flip them over halfway through grilling.

DIRECTIONS

- 1 Place potatoes and water into the pot.
- 2 Place the reversible rack in the pot over potatoes, making sure rack is in the higher position. Season steaks with salt and pepper, then place them on the rack.
- 3 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 1 minute. Select START/STOP to begin.
- 4 While the unit is pressure cooking, toss the asparagus with olive oil, and season to taste.
- 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 has finished releasing pressure.
- 6 Remove rack with steaks from pot and pat steaks dry. Drain water from potatoes. Mash potatoes with butter, cream, and seasoning, using a nonstick mashing utensil.
- 7 Return rack with steaks to pot over mashed potatoes. Brush over with oil. Arrange asparagus on rack next to steaks. Close crisping lid. Select GRILL and set time to 5 minutes for medium steak or 8 minutes for well-done. Select START/STOP to begin.
- 8 When cooking is complete, remove steaks from rack and allow to rest for 5 minutes before serving with mashed potatoes and asparagus.





TenderCrisp® One-Pot Wonders

One pot does the lot from casseroles to curries, stews, pies and more...

MUSHROOM RISOTTO



PREP: 10 MINUTES | **COOK:** 16 MINUTES | **MAKES:** 4 SERVINGS | **APPROX. PRESSURE BUILD:** 5 MINUTES
PRESSURE RELEASE: NATURAL 2 MINUTES

INGREDIENTS

1 tablespoon olive oil
1 onion, diced
1 garlic clove, chopped
400g mixed mushrooms
300g risotto rice
1L hot vegetable stock
75ml white wine
75g grated vegetarian hard cheese
(or Parmesan for non vegetarians)

DIRECTIONS

- 1 Select SEAR/SAUTÉ and select HIGH. Press START/STOP and allow the pot to heat up for 3 minutes. Add the oil and onions, mix with a wooden spoon and cook for 2-3 minutes.
- 2 Add the garlic and mushrooms and cook for another 3-4 minutes until the mushrooms have softened.
- 3 Add the rice and allow to cook for a minute, then add the stock and wine and bring to the boil. Press START/STOP.
- 4 Assemble the pressure lid, making sure the pressure release valve is the SEAL position.
- 5 Select PRESSURE and set to HIGH and set the time to 8 minutes. Press START/STOP to begin.
- 6 When pressure cooking is complete, allow pressure to natural release for 2 minutes. After 2 minutes, quick release the pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 7 Stir in the hard cheese and serve immediately.



PENNE WITH CHILLI TOMATO SAUCE AND MOZZARELLA



PREP: 10 MINUTES | **COOK:** 42 MINUTES | **MAKES:** 4-5 SERVINGS | **APPROX. PRESSURE BUILD:** 5 MINUTES
PRESSURE RELEASE: NATURAL 10 MINUTES

INGREDIENTS

2 tablespoons olive oil
1 large onion, finely chopped
3 garlic cloves, crushed
2 sticks of celery, finely chopped
1 large aubergine, chopped
1/2 teaspoon of chilli flakes
3 x 400g cans of chopped tomatoes
2 tablespoons tomato puree
100g pitted black olives
500g penne pasta
200ml white wine
500ml water
125g mozzarella, roughly chopped
Salt and pepper
Handful of chopped basil + extra to serve



DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 1 minute.
- 2 Add onion and celery to pot and cook until softened, approximately 10 minutes. Add garlic, chilli and aubergine and cook for a further 5 minutes.
- 3 Add chopped tomatoes and tomato puree and allow to simmer for a further 5 minutes. Finally, add olives, wine, water and penne to the pot. 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, allow the pressure to naturally release for 10 minutes. After 10 minutes, quick release any remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 6 Stir chopped basil, salt and pepper into the paste, then evenly scatter mozzarella onto surface of pasta.
- 7 Close crisping lid. Select GRILL and set time for 8 minutes, Select START/STOP to begin.
- 8 Serve pasta scattered with basil.

RATATOUILLE



PREP: 15 MINUTES | **COOK:** 9 MINUTES | **MAKES:** 4 SERVINGS | **APPROX. PRESSURE BUILD:** 8 MINUTES
PRESSURE RELEASE: QUICK

INGREDIENTS

1 red onion, diced
3 garlic cloves, chopped
1 small aubergine, diced
1 small red pepper, deseeded and diced
1 small green pepper, deseeded and diced
1 small yellow pepper, deseeded and diced
1 medium courgette, diced
300ml passata
Salt and freshly ground black pepper
Freshly chopped/ripped basil to serve

TIP Dice the aubergine at the very last moment (as you need it) as it will oxidise and discolour very quickly.



DIRECTIONS

- 1 Select SEAR/SAUTÉ, set to MD:HI and select START/STOP. Add the oil to the pot and let it heat for 2 minutes.
- 2 Place the chopped onion into the pot and fry for 4- 5 minutes until the onion is soft and translucent. Add the garlic and continue to cook for another 2 minutes before adding the diced aubergine. Stir to mix with the onion and garlic and add 200ml of the passata.
- 3 Assemble the pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 1 minute and 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 the lid when unit has finished releasing pressure.
- 5 Add the peppers, courgette and the remaining passata to the pot and stir to mix in. Season to taste.
- 6 Assemble the pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 1 minute and select START/STOP to begin.
- 7 When pressure-cooking is complete, quick release the pressure by moving the pressure release to the VENT position. Carefully remove the lid when unit has finished releasing pressure.
- 8 Mix in some freshly chopped basil, season with salt and freshly ground black pepper and serve.

COTTAGE PIE

PREP: 25 MINUTES | **COOK:** 27-29 MINUTES | **MAKES:** 6 SERVINGS | **APPROX. PRESSURE BUILD:** 13 MINUTES (TOTAL)
PRESSURE RELEASE: QUICK

INGREDIENTS

3 potatoes (750g), cut in 2.5cm chunks
125ml water
62g butter, melted
125ml double cream
2 teaspoons sea salt, divided
1 tablespoon vegetable oil
1 large onion, chopped
250g button mushrooms, stems removed, chopped
2 large carrots, and chopped
2 garlic cloves, minced
1 tablespoon tomato paste
1 tablespoon Worcestershire sauce
750g beef mince
130g frozen peas
250ml beef stock
5 tablespoons instant thickening granules
2 tablespoons fresh parsley, chopped
(or 2 teaspoons dried), for garnish

DIRECTIONS

- 1 Place potatoes and water into the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 2 Select PRESSURE and set to HIGH. Set time to 7 minutes. Select START/STOP to begin.

- 3 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.
- 4 Mash potatoes with butter, cream, and 1/2 teaspoon salt; transfer to bowl and cover to keep warm. Wipe out pot and return to unit.
- 5 Select SEAR/SAUTÉ and set to HIGH. Add oil and allow to heat for 3 minutes.
- 6 After 3 minutes, add the onion, mushrooms, carrots, and remaining 1 1/2 teaspoons salt. Sauté until mushrooms have released their liquid and onion is translucent, 5 to 7 minutes. Add garlic, tomato paste, and Worcestershire sauce and sauté for 1 minute. Stir in ground beef, peas, and broth. 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. 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.
- 8 Stir thickening granules into meat mixture, then spread mixture in an even layer in bottom of pot. Spread mashed potatoes evenly over the meat mixture.
- 9 Close the crisping lid; select GRILL. Set time to 5 minutes. Select START/STOP to begin.
- 10 When cooking is complete, allow to rest for 10 minutes. Top with fresh parsley and serve.

BEEF HOT POT

PREP: 15 MINUTES | **COOK:** 60 MINUTES | **MAKES:** 4 SERVINGS | **APPROX. PRESSURE BUILD:** 8 MINUTES
PRESSURE RELEASE: QUICK

INGREDIENTS

2 tablespoons vegetable oil
600g good-quality braising/stewing steak cut into 2.5-3cm dice
400ml beef stock
1 tablespoon plain flour
1 large bay leaf
1 teaspoon dried mixed herbs
Flaked sea salt and freshly ground pepper
250g carrots, cut into medium dice
1 large onion, sliced
400g potatoes, cut into 2-3 mm slices
Chopped parsley to serve

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to HIGH. Select START/STOP to begin. Add a tablespoon of oil and let it heat for 2 minutes.
- 2 Add the meat to the pot. Cook until browned, moving around to get an even colour. This may take 5 minutes. To retain the heat in the pan and get a good sear, this can be done in two batches.
- 3 Turn heat to LO:MD. Sprinkle the flour over the meat and continue stirring. Stir for approximately 1-2 minutes to coat.
- 4 Add the stock in batches (approximately 100ml at a time) to prevent clumping. Stir until the liquid starts to bubble gently. Then add the bay leaf and mixed herbs and combine into the sauce.

- 5 Add a little more stock, if necessary, and season with the flaked sea salt and freshly ground black pepper.
- 6 Assemble the pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 45 minutes. Select START/STOP to begin. While the pressure is building and before the timer starts counting down, steam will be released from the red button.
- 7 When pressure cooking is complete, quick release the pressure by moving the pressure release to the VENT position. Carefully remove the lid when unit has finished releasing pressure.
- 8 Add the carrots and onions and stir into the sauce. Layer the sliced potatoes on top and, using a plastic slice, gently press the potatoes down so they are flat and laying on top of the sauce and meat.
- 9 Assemble the pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 6 minutes. Select START/STOP to begin.
- 10 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove the lid when unit has finished releasing pressure.
- 11 Serve sprinkled with freshly chopped parsley and accompany with seasonal green vegetables.

TIP Hot Pot is traditionally made with lamb, but this recipe showcases this moreish dish using beef. Serve with braised red cabbage (pg 28).

THAI GREEN CHICKEN CURRY

PREP: 15 MINUTES | **COOK:** 13 MINUTES | **MAKES:** 4 SERVINGS | **APPROX. PRESSURE BUILD:** 5 MINUTES
PRESSURE RELEASE: NATURAL 2 MINUTES

INGREDIENTS

1/2 tablespoon vegetable oil
4 tablespoons Thai green curry paste
400g diced chicken breast
400ml can coconut milk
200ml hot chicken stock
1 tablespoon fish sauce
1 teaspoon brown sugar
1 courgette, sliced into thin rounds
1 red pepper, sliced
100g green beans



DIRECTIONS

- 1 Select SEAR/SAUTÉ and select HIGH. Press START/STOP and allow the pot to heat up for 3 minutes. Add the oil and curry paste and cook for 1 minute, stirring regularly.
- 2 Add the chicken, coconut milk, chicken stock, fish sauce and brown sugar and mix well. Press START/STOP.
- 3 Assemble the pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to HIGH and set the time to 5 minutes. Press START/STOP to begin.
- 5 When pressure cooking is complete, allow pressure to natural release for 2 minutes. After 2 minutes, quick release the remaining pressure by turning the pressure release valve to the VENT position.
- 6 Carefully remove lid when unit has finished releasing pressure. Select SEAR/SAUTÉ and select HIGH.
- 7 Add the courgette, red pepper and green beans and cook for 4 minutes until the vegetables have softened but still retain a little bite.
- 8 Serve immediately with cooked rice.

CHICKEN POT PIE

PREP: 10 MINUTES | **COOK:** 24 MINUTES | **MAKES:** 4-6 SERVINGS | **APPROX. PRESSURE BUILD:** 6 MINUTES
PRESSURE RELEASE: QUICK

INGREDIENTS

25g unsalted butter
1 medium onion, diced
1 large carrot, diced
1 stalk celery, diced
2 garlic cloves, minced
600g chicken breasts, cut in 2.5cm cubes
250ml chicken stock
100g frozen peas
1 1/2 teaspoons fresh thyme, finely chopped
1 tablespoon fresh parsley, finely chopped
1/2 teaspoon salt
1/2 teaspoon black pepper
125ml double cream
50g plain flour
320g ready rolled puff pastry, cut to round 2cm larger than pot.
1 beaten egg



DIRECTIONS

- 1 Select SEAR/SAUTE and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 2 After 5 minutes, add butter to pot. Once it melts, add onion, carrot, celery and garlic, and sauté until softened, for about 5 minutes. Stir a few times.
- 3 Add chicken and stock to the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 5 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 has finished releasing pressure.
- 5 Select SEAR/SAUTE and set to MD:HI. Select START/STOP to begin. Add remaining ingredients to pot, except pastry and egg. Stir until sauce thickens and bubbles for about 3 minutes. Turn off.
- 6 Lay pastry evenly on top of the filling mixture, tucking edges in if necessary. Make a small cut in center of pie crust so that steam can escape during baking. Brush top with egg. Wipe around pot with a paper towel to clean.
- 7 Close crisping lid. Select GRILL and set time to 6 minutes. Select START/STOP to begin.
- 8 When cooking is complete, remove pot from unit and place on a heat-resistant surface. Let rest 10 to 15 minutes before serving.



Everyday Basics

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

POTATO WEDGES



PREP: 5 MINUTES | **COOK:** 18-33 MINUTES | **MAKES:** 4 SERVINGS | **APPROX. PRESSURE BUILD:** 6 MINUTES
PRESSURE RELEASE: QUICK

INGREDIENTS

125ml water
4 King Edward or Maris Piper potatoes,
cut in 5cm wedges
2 tablespoons olive oil, divided
1 tablespoon fresh oregano leaves, chopped
4 garlic cloves, minced
Juice of 1 lemon
1 teaspoon sea salt
2 teaspoons ground black pepper

DIRECTIONS

- 1 Pour water into the pot. Place potatoes into the Cook & Crisp™ Basket and place basket into 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 30 minutes. Select START/STOP to begin. Check potatoes after 15 minutes. Continue cooking for up to 15 more 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.

JACKET POTATOES



PREP: 5 MINUTES | **COOK:** 30-35 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

4 baking potatoes (750g)

1 tablespoon olive oil

1 teaspoon sea salt flakes

Serve with coleslaw, cheese, baked beans or tuna mayonnaise

DIRECTIONS

- 1 Prick potatoes all over with a fork. Using fingers, massage oil and sea salt onto the skin, making sure the potatoes are evenly coated. Place potatoes into the Cook & Crisp™ Basket, and place basket into pot.
- 2 Close crisping lid. Select AIR CRISP and set temperature to 200°C time to 8 minutes. Select START/STOP to begin. Check whether the potatoes are soft, by inserting a knife into center, if not cook for 5 more minutes.
- 3 When cooking is complete, serve immediately with your favourite topping.



ROASTED MEDITERRANEAN VEGETABLES



PREP: 15 MINUTES | **COOK:** 25-30 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 aubergine (300g) approx

2 courgettes (300g) approx

1 red pepper

1 yellow pepper

2 small red onions

2 tablespoons olive oil

1 tablespoon balsamic vinegar

2 garlic cloves, crushed

1 tablespoon fresh thyme leaves or oregano leaves

Salt and pepper to taste

DIRECTIONS

- 1 Roughly chop the vegetables into a 2.5cm dice. Add vegetables to pot with the remaining ingredients. Season to taste. Toss all together, making sure the vegetables are well coated.
- 2 Close crisping lid. Select BAKE/ROAST and set temperature to 180°C time to 25-30 minutes. Select START/STOP to begin. Stir after 15 minutes.
- 3 When cooking is complete, serve immediately.



BRAISED RED CABBAGE



PREP: 10 MINUTES | **COOK:** 15 MINUTES | **MAKES:** 8 SERVINGS | **APPROX. PRESSURE BUILD:** 4 MINUTES
PRESSURE RELEASE: NATURAL 2 MINUTES

INGREDIENTS

1/2 small red cabbage, (approximately 400g), cored and finely sliced
1 onion, finely sliced
1 tablespoon vegetable oil
150ml red wine
1 stock cube (optional for additional flavour, vegetable or chicken can be used)
Salt and freshly ground black pepper



DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to MD:HI and press START/STOP to begin. Add the vegetable oil and let it heat for 2 minutes.
- 2 Place the sliced onion into the cooking pot and fry, stirring regularly with a plastic spoon or spatula for 4 to 5 minutes until the onion softens. Add the sliced red cabbage and mix well. Add the crushed stock cube followed by the wine and a splash of water.
- 3 Assemble the pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to LO. Set time to 10 minutes and select START/STOP to begin. While the pressure is building and before the timer starts counting down, steam will be released from the red button. When pressurised, the red button will pop up and the timer will start.
- 4 When pressure-cooking is complete, allow pressure to naturally release for 2 minutes. After 2 minutes, quick release the remaining pressure by moving the pressure release to the VENT position. Carefully remove the lid when unit has finished releasing pressure. Season with salt and pepper, if required, and serve.

TIP For a fruity flavour, add a peeled, cored and diced cooking apple at the point the red cabbage is added. For an additional Christmas feel, a spoonful of cranberry sauce or jelly can be mixed in to the dish at the end of the cooking process.

EGG FRIED RICE



PREP: 2 MINUTES | **COOK:** 8 MINUTES | **MAKES:** 4 SERVINGS | **APPROX. PRESSURE BUILD:** 5 MINUTES
PRESSURE RELEASE: NATURAL 2 MINUTES

INGREDIENTS

350g easy cook long grain rice
700ml hot vegetable stock
1/2 teaspoon Chinese five spice
150g frozen peas and sweetcorn
2 spring onions, chopped
1 tablespoon sesame oil
2 medium eggs
1 tablespoon soy sauce



DIRECTIONS

- 1 Add the rice, hot vegetable stock and Chinese five spice to the pot, mix well. Assemble the pressure lid, making sure the pressure release valve is in the SEAL position.
- 2 Select PRESSURE and set to HIGH. Set time to 4 minutes. Press START/STOP to begin.
- 3 When pressure cooking is complete, allow pressure to naturally release for 2 minutes. After two minutes finish releasing pressure by moving the pressure release value to the VENT position.
- 4 Remove the lid, select SEAR/SAUTÉ and select HIGH.
- 5 Press START/STOP to begin, add the peas and corn and the chopped spring onion. Cook for 1 minute, stirring well.
- 6 Make a well in the middle of the rice and add the sesame oil. Crack in the eggs and whisk with a silicone ladle, cooking for a couple of minutes until they resemble scrambled eggs. Do not mix the eggs with the rice until the eggs are fully cooked.
- 7 Once the eggs have cooked add the soy sauce and mix well so that all the ingredients are well combined.
- 8 Press START/STOP and serve immediately.

SALTED CARAMEL POPCORN



PREP: 5 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 1-6 SERVINGS | **PROGRAM:** SEAR/SAUTÉ

INGREDIENTS

130g popping corn
3 tablespoons vegetable oil
200g butter cut into squares (Dairy Free butter can be used)
200g light brown sugar
2 teaspoons flaked sea salt
2 teaspoons vanilla extract
1 teaspoon bicarbonate of soda



DIRECTIONS

- 1 Place vegetable oil in pot, select SEAR/SAUTÉ and set to MD:HI, select STAR/STOP and allow oil to heat for 2 minutes.
- 2 Pour popping corn into heated pot, and close crisping lid.
- 3 The popping corn will begin to pop after a minute or so. The corn will continue to pop until there are no kernels left to pop. You will know when the popcorn is ready when you hear the popping slow to 1-2 seconds between pops. This will take between 5-8 minutes.
- 4 Pour the popcorn into a baking pan and allow to cool. Clean the pot.
- 5 Select SEAR/SAUTÉ and set to MD:HI, select START/STOP. Place butter into pot and allow to melt. Add light brown sugar to melted butter and stir until sugar is melted. Bring sugar and butter mix up to a boil, and allow to simmer for 5 minutes without stirring.
- 6 After simmering for 5 minutes add the vanilla extract, and the sea salt. Then add the bicarbonate of soda.
- 7 Pour the caramel over the cooked popcorn, and using a spoon gently fold the popcorn into the caramel until the popcorn is all covered.
- 8 Spread the caramel covered popcorn evenly over the baking pan and allow to cool. Now try not to eat it all at once!

NOTE You will need to use a lid from another cooking pot that fits over the top of the Foodi pot.

SPICY BEEF JERKY

PREP: 10 MINUTES | **COOK:** 8 HOURS | **MAKES:** 3-4 SERVINGS

INGREDIENTS

150g skirt steak – thinly sliced into 2mm thick slices
1/2 teaspoon chilli flakes
1/2 teaspoon cayenne pepper
1/2 teaspoon salt
1/2 teaspoon pepper

DIRECTIONS

- 1 In a medium sized bowl add all ingredients and mix well. Spread meat slices on a chopping board and very lightly pound out. This will work the spice into the meat and tenderise it slightly. When finished the meat slices should be about 1mm thin.
- 2 Install pot and place the reversible rack in the pot in the lower position. Place half of the beef on the rack and then add top tier by dropping it through the reversible rack handles. Add rest of the beef and close the crisping lid.
- 3 Select DEHYDRATE and set time to 8 hours. Press START/STOP to begin.
- 4 Store in air tight container for up to 1 week.



TIP You can experiment and change the seasoning.



Desserts

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

HOMEMADE VANILLA YOGURT



PREP: 5 MINUTES | **INCUBATE:** 8 HOURS | **CHILL:** 8-12 HOURS | **MAKES:** 8 SERVINGS

INGREDIENTS

2L whole milk
2 tablespoons bio natural yogurt with active live cultures
1/2 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.
- 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 leftovers for up to 2 weeks.



CRÈME CARAMEL



PREP: 20 MINUTES | **COOK:** 24 MINUTES, PLUS CHILL FOR 4-12 HOURS | **MAKES:** 8 SERVINGS
APPROX. PRESSURE BUILD: 5 MINUTES | **PRESSURE RELEASE:** NATURAL 10 MINUTES

INGREDIENTS

300g caster sugar, divided
310ml water, divided
5 eggs
1/4 teaspoon salt
720ml whole milk
1 teaspoon vanilla extract

DIRECTIONS

- 1 Place 200g sugar and 60ml water into the pot. Gently swirl until sugar looks like wet sand.



- 2 Select SEAR/SAUTÉ and set to HIGH. Do not disturb the pot for 5 minutes.
- 3 After 5 minutes, remove the pot and swirl the sugar-water gently. Repeat every 2 minutes for the remaining 10 minutes, until sugar has caramelized and browned. Working quickly, pour caramel from the pot into 8 ramekins and allow to cool for 3 minutes.
- 4 Place eggs, salt, and remaining sugar into a bowl. Using a stand mixer, beat on low for 5 minutes. Add milk and vanilla and continue mixing for an additional 2 minutes.
- 5 Pour mixture into ramekins with caramel, then cover each individual ramekin with cling film.
- 6 Place the reversible rack into the pot, making sure the rack it's in the lower position. Pour 250ml water into pot, then place ramekins onto reversible rack. If necessary, stack ramekins on top of one another so they are able to fit inside the pot on the rack.
- 7 Assemble pressure lid, making sure the Pressure Release valve is in the seal position. Select PRESSURE and set to HIGH. Set time to 9 minutes. Select START/STOP to begin.
- 8 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.
- 9 Remove ramekins from pot and allow to cool in the refrigerator for at least 4 hours to overnight.

BANANA CAKE



PREP: 10 MINUTES | **COOK:** 40-50 MINUTES | **MAKES:** 1 CAKE

INGREDIENTS

175g butter (room temp)
175g light brown sugar
3 eggs, beaten
200g self-raising flour
½ teaspoon mixed spice
2-3 ripe bananas, approx. 360g weight with skins on, peeled and mash

DIRECTIONS

- 1 Grease a 20cm baking tin (or Ninja® multipurpose tin) and line bottom with a piece of baking parchment cut to size.
- 2 Cream butter and sugar together in a bowl until light in colour and fluffy in texture. Gradually beat in the eggs at little at a time with a tablespoon of flour until all incorporated. Sift the flour and mixed spice into bowl and fold in with the mashed bananas taking care not to over mix. Spoon into prepared cake tin and place into the pot.
- 3 Close crisping lid. Select BAKE/ROAST, setting temperature to 160°C and set time to 40-50 minutes. Select START/STOP to begin. If the cake is starting too brown much, cover with a piece of foil.
- 4 Test cake is cooked by inserting a skewer into center, if it comes out clean, the cake is cooked. When cooking is complete, carefully remove pan from pot and allow cake to cool in tin for 10 minutes before turning out a cooling rack. Allow cake to cool before serving.



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	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	Mince (not in patties)	125ml	N/A	High	5 mins	Quick
Minced beef, pork, or turkey (frozen)	500g-1kg	Frozen, mince (not in patties)	125ml	N/A	High	20-25 mins	Quick
RIBS							
Pork baby back	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	50-90 mins	Quick
Boneless beef chuck or pot roast	1.5kg-2kg	Whole	250ml	N/A	High	1 hrs	Quick
Gammon joint	1.6kg	Whole	250ml	N/A	High	50 mins	Quick
Lamb shoulder	1.1kg	Whole	250ml	N/A	High	30 mins	Quick
Boneless pork shoulder	2kg	Seasoned	250ml	N/A	High	50-60 mins	Quick
Pork tenderloin	2 tenderloins (350-500g each)	Seasoned	250ml	N/A	High	3-4 mins	Quick
STEW MEAT							
Boneless beef short ribs	1kg	Boneless beef short ribs	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
Braising steak, for stew	1kg	Cut in 2.5cm pieces	250ml	N/A	High	25 mins	Quick
HARD-BOILED EGGS							
Eggs [†]	1-12 eggs	None	125ml	N/A	High	4 mins	Quick

[†]Remove immediately when complete and place in ice bath.

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	125ml	N/A	High	15-20 mins	Quick
Broccoli	1 head (350g)	Cut in 2.5-5cm florets, stem removed	125ml	Reversible rack in lower position	Low	1 min	Quick
Brussel sprouts	500g	Cut in half	125ml	Reversible rack in lower position	Low	1 min	Quick
Butternut squash (cubed for side dish or salad)	630g	Peeled, cut in 2.5cm pieces, seeds removed	125ml	N/A	Low	2 mins	Quick
Butternut squash (for mashed, puree, or soup)	630g	Peeled, cut in 2.5cm pieces, seeds removed	125ml	Reversible rack in lower position	High	5 mins	Quick
Cabbage (braised)	1 head (500g)	Cut in half, core removed, sliced in 1.25cm strips	125ml	N/A	Low	3 mins	Quick
Cabbage (crisp)	1 head (500g)	Cut in half, core removed, sliced in 1.25cm strips	125ml	Reversible rack in lower position	Low	2 mins	Quick
Carrots	500g	Peeled, cut in 1.25cm pieces	125ml	N/A	High	2-3 mins	Quick
Cauliflower	1 head (400g)	Cut in 2.5-5cm florets, stem removed	125ml	N/A	Low	1 min	Quick
Green Beans	1 bag (375g)	Whole	125ml	Reversible rack in lower position	Low	0 min*	Quick
Kale leaves/greens	2 bunches or 1 bag (500g)	Stems removed, leaves chopped	125ml	N/A	Low	3 mins	Quick
Potatoes, red (cubed for side dish or salad)	1kg	Scrubbed, cut in 2.5cm cubes	125ml	N/A	High	1-2 mins	Quick
Potatoes, red (for mashed)	1kg	Scrubbed, whole, large potatoes cut in half	125ml	N/A	High	15-20 mins	Quick
Potatoes, white (cubed for side dish or salad)	1kg	Peeled, cut in 2.5cm cubes	125ml	N/A	High	1-2 mins	Quick
Potatoes, white or Yukon (for mashed)	1kg	Peeled, cut in 2.5cm thick slices	125ml	N/A	High	6 mins	Quick
Potatoes, sweet (cubed for side dish or salad)	500g	Peeled, cut in 2.5cm cubes	125ml	N/A	High	1-2 mins	Quick
Potatoes, sweet (for mashed)	500g	Peeled, cut in 2.5cm thick slices	125ml	N/A	High	6 mins	Quick

*The time the unit takes to pressurise is long enough to cook this food.

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
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

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	1 bag (340g)	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 (175–355g each)	Bone in	Brushed with oil	190°C	25–35 mins	N/A
	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	4 rashers (120g)	Lay strips evenly over basket	None	200°C	6–8 mins	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	12–14 mins	Halfway through cooking
	4 boneless chops (185–250g each)	Boneless	Brushed with oil	190°C	15–18 mins	Halfway through cooking
Pork tenderloins	2 tenderloins (350–500g each)	Whole	Brushed with oil	190°C	25–35 mins	Halfway through cooking
Sausages	6 sausages (400g)	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	4 (150g each)	None	Brushed with oil	200°C	12–14 mins	Halfway through cooking
Cod fillets	3 (400g)	None	Brushed with oil	200°C	10 mins	N/A
Salmon fillets	4 fillets (130g 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	379g	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	10 (280g)	None	None	200°C	19 mins	Halfway through cooking
	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	345g	None	None	180°C	8 mins	Halfway through cooking

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

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME	TOSS/FLIP CONTENTS IN BASKET
FROZEN FOODS CONTINUED						
Potato wedges	650g	None	None	190°C	18-19 mins	Halfway through cooking
Roast potatoes	700g	None	None	200°C	20 mins	Halfway through cooking
Scampi in breadcrumbs	14 pieces (220g)	None	None	190°C	7-8 mins	Halfway through cooking
Sweet potato fries	500g	None	None	190°C	15-16 mins	Halfway through cooking
Veggie burgers	4, (454g)	None	None	200°C	16-18 mins	Halfway through cooking
Veggie nuggets	1 pack (476g)	None	None	200°C	15 mins	Halfway through cooking
Veggie sausages	6 (270g)	None	None	190°C	8 mins	Halfway through cooking

TenderCrisp® Chart

PROTEIN	AMOUNT	ACCESSORY	WATER	PRESSURE COOK	PRESSURE RELEASE	CRISPING LID
Whole chicken	1 chicken (2-2.3kg)	Cook & Crisp™ Basket	125ml	High for 15 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
Gammon joint	1.3kg	Cook & Crisp™ Basket	125ml	High for 50 mins		Air Crisp @ 200°C for 10-15 mins
Lamb shoulder	1kg	Cook & Crisp™ Basket	125ml	High for 30 mins		Air Crisp @ 200°C for 15-20 mins
Pork ribs	1 rack, cut in quarters	Cook & Crisp™ Basket	125ml	High for 19 mins		Air Crisp @ 200°C for 10-15 mins
Pork shoulder	2kg	Cook & Crisp™ Basket	125ml	High for 50-60 mins		Air Crisp @ 200°C for 10-15 mins
Frozen chicken breasts	2 frozen breasts (185-250g each)	Reversible rack in higher position	125ml	High for 10 mins		Grill for 10 mins
Frozen Sirloin steaks	2 frozen Sirloin steaks (315g each)	Reversible rack in higher position	125ml	High for 1 min		Grill for 11-15 mins or until desired crispiness
	2 frozen Sirloin steaks (225g each)	Reversible rack in higher position	125ml	High for 2 mins		Grill for 13-16 mins or until desired crispiness
	2 frozen Sirloin steaks (500g each)	Reversible rack in higher position	125ml	High for 3 mins		Grill for 13-16 mins or until desired crispiness
Frozen chicken wings	500g frozen chicken wings	Cook & Crisp™ Basket	125ml	High for 5 mins		Air Crisp @ 200°C for 15-20 mins
Bone-in skin-on chicken thighs	4 bone-in skin-on chicken thighs (50-175g)	Cook & Crisp™ Basket	125ml	High for 2 mins		Air Crisp @ 200°C for 10 mins
Frozen pork chops	4 boneless pork chops (185-250g)	Reversible rack in higher position	125ml	High for 2 mins		Air Crisp @ 200°C for 10-15 mins
Frozen jumbo prawns	16 raw, peeled and de-veined	Reversible rack in higher position	125ml	High for 0 mins		Air Crisp @ 200°C for 5 mins

Steam Chart

for the Reversible Rack

INGREDIENT	AMOUNT	PREPARATION	LIQUID	COOK TIME
VEGETABLES				
Asparagus	1 bunch (250g)	Whole spears	500ml	2-4 mins
Broccoli	1 head (400g)	Cut in 2.5–5cm florets	500ml	3-5 mins
Brussel sprouts	500g	Whole, trimmed	500ml	3-6 mins
Butternut squash	750g	Peeled, cut in 2.5cm cubes	500ml	10–17 mins
Cabbage	1 head (600g)	Cut in half, sliced in 1.25cm strips, core removed	500ml	6–12 mins
Carrots	500g	Peeled, cut in 2.5cm pieces	500ml	7-12 mins
Cauliflower	1 head (400g)	Cut in 2.5–5cm florets	500ml	3-6 mins
Corn on the cob	4 ears	Whole, husks removed	500ml	4–9 mins
Courgette	500g	Cut in 2.5cm slices	500ml	5–10 mins
Green beans	1 bag (375g)	Whole	500ml	3-6 mins
Kale	1 bag (500g)	Trimmed	500ml	7–10 mins
Potatoes	500g	Peeled, cut in 2.5cm pieces	500ml	12–17 mins
Potatoes, sweet	500g	Cut in 1.25cm cubes	500ml	8–14 mins
Spinach	1 bag (500g)	Whole leaves	500ml	3–7 mins
Sugar snap peas	500g	Whole pods, trimmed	500ml	5–8 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

Dehydrate Chart

for the Cook & Crisp™ Basket
with the 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
Aubergine	Peel, cut in 0.3mm slices, blanch	60°C	6-8 hrs
Bananas	Peel, cut in 0.3mm slices	60°C	8-10 hrs
Beet chips	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 (do not wash)	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.

NINJA®

Foodi®

9-in-1 Multi-Cooker

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