

# Cooking Cheat Sheet

## PRESSURE



### Fresh Boneless Chicken Breasts

6 small or 4 large (2 lbs)  
1 cup water  
**HIGH for 8-10 mins**  
Quick release



### Fresh Pork Shoulder

4 lbs  
1 cup water  
**HIGH for 1 hour 30 mins**  
Quick release



### Long-Grain White Rice\*

1 cup  
1 cup water  
**HIGH for 2 mins**  
Natural release

\*Rinse rice for best results.



### Brown Rice\*

1 cup  
1 ¼ cups water  
**HIGH for 15 mins**  
Natural release

\*Rinse rice for best results.



### Russet Potatoes (for mashing)

2 lbs, peeled, cut in 1-inch thick slices  
½ cup water  
**HIGH for 6 mins**  
Quick release

## STEAM



### Fresh Broccoli

1 head, cut in florets  
Reversible Rack in steam position  
2 cups water  
**5-9 mins**



### Fresh Corn on the Cob

4 ears, whole, husks removed  
Reversible Rack in steam position  
2 cups water  
**4-9 mins**



### Fresh Asparagus

1 bunch, whole spears  
Reversible Rack in steam position  
2 cups water  
**7-15 mins**



### Fresh Green Beans

1 bag (12 oz)  
Reversible Rack in steam position  
2 cups water  
**6-12 mins**



### Fresh Carrots

1 lb, peeled, cut in 1-inch pieces  
Reversible Rack in steam position  
2 cups water  
**7-12 mins**

## AIR CRISP



### Frozen Breaded Chicken Cutlets

1 box (1 lb)  
Cook & Crisp™ Basket  
**390°F for 20 mins**  
Flip halfway through



### Frozen Chicken Nuggets

1 box (12 oz)  
Cook & Crisp Basket  
**390°F for 12 mins**  
Shake halfway through



### Frozen Fries

1 lb  
Cook & Crisp Basket  
**360°F for 19 mins**  
Shake halfway through



### Fresh Burgers

4 ground beef patties,  
80% lean (¼ lb each)  
Cook & Crisp Basket  
**375°F for 8-10 mins**  
Flip halfway through



### Fresh Brussels Sprouts

1 lb, cut in half  
1 tbsp oil  
Cook & Crisp Basket  
**390°F for 15-18 mins**  
Shake halfway through

## TenderCrisp



### Fresh Whole Roast Chicken

1 whole chicken (5 lbs)  
Cook & Crisp Basket  
½ cup water  
**Pressure HIGH for 22 mins**  
Natural release 5 minutes,  
then quick release  
Pat dry and brush with oil/sauce  
**Air Crisp 400°F for 8-18 mins**



### Fresh St. Louis Ribs

1 rack, cut in quarters  
Cook & Crisp Basket  
½ cup water  
**Pressure HIGH for 19 mins**  
Quick release  
Pat dry and brush with oil/sauce  
**Air Crisp 400°F for 10-15 mins**



### Head of Cauliflower

1 medium head, leaves removed  
Cook & Crisp Basket  
½ cup water  
**Pressure LOW for 3 mins**  
Quick release  
Pat dry and brush with oil/seasoning  
**Air Crisp 390°F for 10 mins**



### Frozen Chicken Wings

2 lbs frozen  
Cook & Crisp Basket  
½ cup water  
**Pressure HIGH for 5 mins**  
Quick release  
Pat dry and brush with oil/sauce  
**Air Crisp 390°F for 15-20 mins**  
Shake halfway through



### Frozen New York Strip Steaks

2 frozen NY strip steaks (12 oz each)  
Reversible Rack in broil position  
½ cup water  
**Pressure HIGH for 2 mins**  
Quick release  
Pat dry and brush with oil/sauce  
**Broil for 13-16 mins**

Please make sure to read the enclosed Ninja® Owner's Guide prior to using your unit.

# NINJA® Get to know your Foodi™

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

## Here's what's in the box

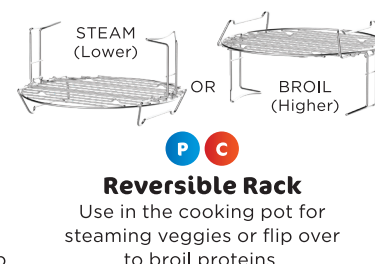


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**Cooking  
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**Instruction  
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## Why are there 2 lids?

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

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



**Pressure Lid**  
Pressure Cook  
Steam  
Slow Cook  
Sear/Sauté

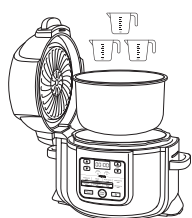


**Crisping Lid**  
Air Crisp  
Bake/Roast  
Broil  
Dehydrate

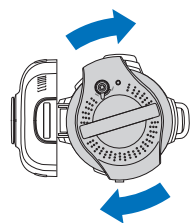


**"Look Ma, No Lid"**  
Sear/Sauté

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



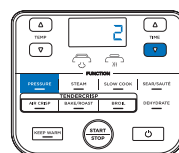
**1.** Add 3 cups water  
to cooking pot.



**2.** Lock Pressure Lid.



**3.** Turn valve  
to SEAL.



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



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



































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

Go to [ninjakitchen.com](http://ninjakitchen.com) for how-to-videos

Now, let's get cooking →

# Using your Foodi's functions

KEY TIPS = 

FUNCTION	ACCESSORY REQUIRED	LID	TEMP/PRESSURE	TIME	BUILDING PRESSURE/TEMP	PRESSURE RELEASE
<b>PRESSURE</b>		 Lock Pressure Lid and turn valve to SEAL	 Adjust pressure from LO to HI as needed	 Set time, in minutes, and press START/STOP	 Wait for unit to build pressure	 Turn valve to VENT for quick release. When complete, unit will switch to Keep Warm and count up.
<b>STEAM</b>	 Reversible Rack in lower position	 Lock Pressure Lid and turn valve to VENT	No temp adjustment available	 Set time, in minutes, and press START/STOP	 Wait for unit to come up to temp. When complete, unit will switch to Keep Warm and count up.	
<b>SLOW COOK</b>		 Lock Pressure Lid and turn valve to VENT	 Adjust temp from LO to HI as needed	 Set time, in minutes, and press START/STOP. When complete, unit will switch to Keep Warm and count up.		
<b>SEAR/SAUTÉ</b>		 No lid necessary. If using Pressure Lid, turn valve to VENT	 Adjust temp from LO to HI as needed	No time adjustment available. Press START/STOP		
FUNCTION	ACCESSORY REQUIRED	LID	TEMP	TIME	SNEAK A PEEK	SHAKE/TOSS
<b>AIR CRISP</b>	 Cook & Crisp™ Basket	 Crisping Lid down	 Adjust temp from 300°F to 400°F as needed	 Set time, in minutes, and press START/STOP	 Lift the lid while cooking to check on food. Unit will automatically pause.	 Shake basket or toss with silicone tipped-tongs for even browning.
<b>BAKE/ROAST</b>		 Crisping Lid down	 Adjust temp from 250°F to 400°F as needed	 Set time, in minutes, and press START/STOP	 Lift the lid while cooking to check on food. Unit will automatically pause.	
<b>BROIL</b>	 Reversible Rack in higher position	 Crisping Lid down	No temp adjustment available	 Set time, in minutes, and press START/STOP	 Lift the lid while cooking to check on food. Unit will automatically pause.	
<b>DEHYDRATE</b>	 Cook & Crisp™ Basket	 Crisping Lid down	 Adjust temp from 105°F to 195°F as needed	 Set time, in minutes, and press START/STOP		



# TenderCrisp™ 101: Herb-Roasted Chicken

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

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 30-41 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 (not frozen) uncooked chicken (4 1/2-5 pounds)	1 tablespoon whole black peppercorns
1/4 cup lemon juice	5 sprigs fresh thyme
1/4 cup hot water	5 cloves garlic, peeled, smashed
1/4 cup honey	1 tablespoon canola oil
2 tablespoons plus 2 teaspoons kosher salt, divided	2 teaspoons ground black pepper



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



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



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



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



When pressure cooking is complete, allow pressure to natural release for 5 minutes. After 5 minutes, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.



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



Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 8 minutes. Select START/STOP to begin. Cook until desired level of crispness is reached, adding up to 5-10 additional minutes.



Let chicken rest for 5-10 minutes. Cooking is complete when internal temperature reaches 165°F. Remove chicken from basket using the Ninja® roast lifters\* (or 2 large serving forks).

\*The Ninja roast lifters are sold separately on [ninjaaccessories.com](https://ninjaaccessories.com).