











# Cooking Cheat Sheet






## PRESSURE

 <p><b>Fresh Boneless Chicken Breasts</b></p> <p>6 small or 4 large (2 lbs) 1 cup water <b>HIGH for 8-10 mins</b> Quick release</p>	 <p><b>Fresh Pork Shoulder</b></p> <p>4 lbs 1 cup water <b>HIGH for 1 hour 30 mins</b> Quick release</p>	 <p><b>Long-Grain White Rice*</b></p> <p>1 cup 1 cup water <b>HIGH for 2 mins</b> Natural release <small>*Rinse rice for best results.</small></p>	 <p><b>Brown Rice*</b></p> <p>1 cup 1 ¼ cups water <b>HIGH for 15 mins</b> Natural release <small>*Rinse rice for best results.</small></p>	 <p><b>Russet Potatoes (for mashing)</b></p> <p>2 lbs, peeled, cut in 1-inch thick slices ½ cup water <b>HIGH for 6 mins</b> Quick release</p>
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## STEAM

 <p><b>Fresh Broccoli</b></p> <p>1 head, cut in florets Reversible Rack in steam position 2 cups water <b>5-7 mins</b></p>	 <p><b>Fresh Corn on the Cob</b></p> <p>4 ears, whole, husks removed Reversible Rack in steam position 2 cups water <b>5-9 mins</b></p>	 <p><b>Fresh Asparagus</b></p> <p>1 bunch, whole spears Reversible Rack in steam position 2 cups water <b>7-13 mins</b></p>	 <p><b>Fresh Green Beans</b></p> <p>1 bag (12 oz) Reversible Rack in steam position 2 cups water <b>6-10 mins</b></p>	 <p><b>Fresh Carrots</b></p> <p>1 lb, peeled, cut in 1-inch pieces Reversible Rack in steam position 2 cups water <b>7-10 mins</b></p>
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## AIR CRISP

 <p><b>Frozen Breaded Chicken Cutlets</b></p> <p>1 box (1 lb) Cook &amp; Crisp™ Basket <b>390°F for 20 mins</b> Flip halfway through</p>	 <p><b>Frozen Chicken Nuggets</b></p> <p>1 box (12 oz) Cook &amp; Crisp Basket <b>390°F for 12 mins</b> Shake halfway through</p>	 <p><b>Frozen Fries</b></p> <p>1 lb Cook &amp; Crisp Basket <b>360°F for 19 mins</b> Shake halfway through</p>	 <p><b>Fresh Burgers</b></p> <p>4 ground beef patties, 80% lean (¼ lb each) Cook &amp; Crisp Basket <b>375°F for 8-10 mins</b> Flip halfway through</p>	 <p><b>Fresh Brussels Sprouts</b></p> <p>1 lb, cut in half 1 tbsp oil Cook &amp; Crisp Basket <b>390°F for 12-15 mins</b> Shake halfway through</p>
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## TenderCrisp

 <p><b>Fresh Whole Roast Chicken</b></p> <p>1 whole chicken (5 lbs) Cook &amp; Crisp Basket ½ cup water <b>Pressure HIGH for 25-30 mins</b> Quick release Pat dry and brush with oil/sauce <b>Air Crisp 360°F for 15 mins</b></p>	 <p><b>Fresh St. Louis Ribs</b></p> <p>1 rack, cut in quarters Cook &amp; Crisp Basket ½ cup water <b>Pressure HIGH for 19 mins</b> Quick release Pat dry and brush with oil/sauce <b>Air Crisp 360°F for 15 mins</b></p>	 <p><b>Head of Cauliflower</b></p> <p>1 medium head, leaves removed Cook &amp; Crisp Basket ½ cup water <b>Pressure LOW for 3 mins</b> Quick release Pat dry and brush with oil/seasoning <b>Air Crisp 390°F for 10 mins</b></p>	 <p><b>Frozen Chicken Wings</b></p> <p>2 lbs frozen Cook &amp; Crisp Basket ½ cup water <b>Pressure HIGH for 12 mins</b> Quick release Pat dry and brush with oil/sauce <b>Air Crisp 360°F for 20 mins</b> Shake halfway through</p>	 <p><b>Frozen New York Strip Steaks</b></p> <p>2 frozen NY strip steaks (12 oz each) Reversible Rack in broil position ½ cup water <b>Pressure HIGH for 2 mins</b> Quick release Pat dry and brush with oil/sauce <b>Broil for 10 mins</b></p>
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# 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



**Pressure Lid**  
**Crisping Lid**

**Foodi**

**45+ Recipe Inspiration Guide**

**Cooking Cheat Sheet**

**Instruction Booklet**

**Removable Cooking Pot**  
Must always be inserted when Foodi is in use.

**Cook & Crisp™ Basket with Detachable Diffuser**  
Use in the cooking pot for best air crisping results, and with TenderCrisp recipes like whole roasted chicken.

**Reversible Rack**  
Use in the cooking pot for steaming veggies or flip over to broil proteins.

## 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.

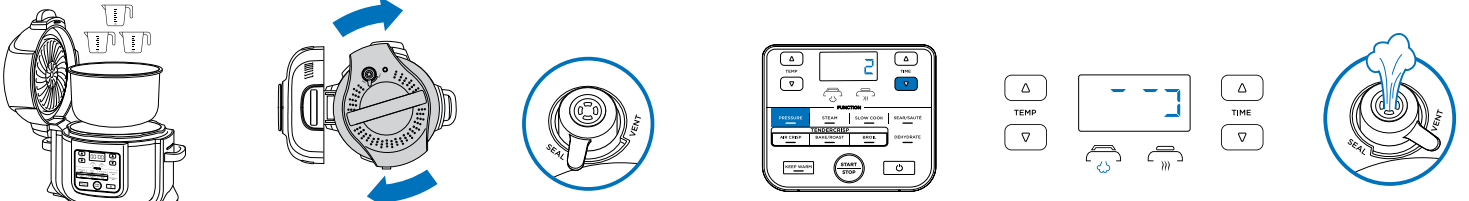


**Pressure Lid**  
Pressure Cook  
Steam  
Slow Cook  
Sear/Sauté

**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.

Now, let's get cooking

# Using your Foodi's functions

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. 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. 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. 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:** 37-42 MINUTES | **MAKES:** 4 SERVINGS  
**APPROX. PRESSURE BUILD:** 6 MINUTES | **PRESSURE COOK:** 15 MINUTES  
**PRESSURE RELEASE:** 1 MINUTE | **AIR CRISP:** 15-20 MINUTES

## INGREDIENTS

- 1 whole uncooked chicken (4 1/2-5 pounds)
- 5 sprigs fresh thyme
- 5 cloves garlic, peeled, smashed
- 1/4 cup lemon juice
- 1/4 cup hot water
- 1/4 cup honey
- 2 tablespoons plus 2 teaspoons kosher salt, divided
- 1 tablespoon whole black peppercorns
- 2 teaspoons ground black pepper



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 15 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.

Brush chicken with canola oil and season with salt and pepper.

Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 20 minutes. Select START/STOP to begin.

Check for doneness after 15 minutes. Cooking is complete when internal temp reaches 165°F. Carefully remove chicken from basket using the Ninja® roast lifters\* (or 2 large serving forks). Let rest 10 minutes before serving.

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