NINJA Foodi Tips & Tricks
for the OP300 Series Ninja® Foodi™

Traditional Oven to Foodi™
Convert oven recipes by using the Bake/Roast function and reducing the cooking temperature by 25°F.
Check food frequently to avoid overcooking.
We recommend using an instant-read or digital thermometer to check the internal temperature of your food to ensure it is fully cooked before consuming.

Slow Cooker to Foodi™
For recipes traditionally cooked in a slow cooker for 8 hours on Low or 4 hours on High, try cooking them on Hi pressure in your Foodi™ for 25–30 minutes with at least 1 cup of liquid.
Please reference your Foodi™ cooking charts for more information on pressure cooking specific ingredients.

Cooking functions

PRESSURE
• Use hot water when pressure cooking to help your Foodi™ build pressure faster.

STEAM
• To add another layer of texture to steamed veggies, steam them in the Cook & Crisp™ Basket, toss with oil afterward, then Air Crisp with the Crisping Lid.

SEAR/SAUTÉ
• Using the Sear/Sauté function is just like using your stovetop. Use LO for simmering, MED for sautéing, and HI for boiling or searing meats.
• When searing meats, leave them out at room temperature for 20–30 minutes, and pat dry before searing for best results.
• Sear before pressure cooking or slow cooking to build caramelization and flavor in your meals.

AIR CRISP
• Evenly coating your vegetables with a little oil before air crisping will help achieve a perfect level of crispiness.
• Arrange ingredients as evenly as possible in the Cook & Crisp™ Basket for consistent browning.

BAKE/ROAST
• If you are cooking something you would typically cook in a baking dish, use the Ninja® Multi-Purpose Pan, which can be purchased on ninjaaccessories.com.

DEHYDRATE
• Fruits and vegetables should be patted as dry as possible before being placed in the Cook & Crisp™ Basket.
• Lay ingredients flat and close together to optimize space, but individual pieces should not overlap or be stacked.
• Most fruits and veggies take 6–8 hours, while jerky takes 5–7 hours. The longer you dehydrate ingredients, the crispier they will get.
• To finish off dehydrated meats and fish, we recommend using the Roast function at 330°F for 1 minute to fully pasteurize ingredients.

BROIL
• This function can be used as the second step in combo-cooking recipes to finish off meals with a crispy topping. Don’t forget to sneak a peek throughout cooking to check on the crispiness of your food.

KEEP WARM
• This function can be used on its own to keep your ingredients at a food-safe temperature and is great for items that are cooked in the Foodi™ like pulled pork and dips.

Additional accessories are available for purchase at ninjaaccessories.com.

Adjusting the Recipe Quantity
If you are cooking fewer ingredients than the recipe calls for, remember to reduce the cook time.
If you’re cooking a bit more, increase the cook time.
Always check ingredients frequently, and test the internal temperature of your food to ensure it is fully cooked before consuming.