

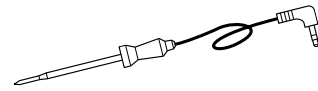
# Tips & Tricks

## Grill



### The oil matters

We recommend using oils with a high smoke point—like canola, coconut, avocado, vegetable, or grapeseed oil—instead of olive oil.



### Check food temp

The Foodi Pro Grill cooks quickly. Internal food temperature continues to rise as food rests, so set the TEMP iQ based on the chart temperatures on the second page.



### Don't overcrowd

Evenly arrange and space out ingredients to ensure consistent browning and even charring.



### Batch cooking

Empty the fat/oil from the bottom of the pot if batch cooking more than twice. For best results, allow the unit to run for 3 minutes between batches to reheat the grill grate.

## Air Crisp



### Shake, shake, shake

When air fry crisping, check food and shake crisper basket frequently for even browning. Remove food at desired level of brownness.



### Use oil for crispiness

For best results with fresh vegetables, use a light, even coating of canola oil.



### Don't overcrowd

Evenly arrange and space out ingredients to ensure consistent browning.



### Secure your food

Secure light food with toothpicks so it won't be blown around by the fan.

## Bake/Roast



### Convert traditional recipes

Use the Bake or Roast function to prepare foods typically cooked in the oven. Reduce the temperature by 25°F. Check food often to avoid overcooking.



### Prevent oxidation

Fruits like apples and pears brown quickly when cut. To prevent oxidation, soak them in water with a squeeze of lemon juice for 5 minutes.



### Trim the fat

Before dehydrating meat, make sure to trim off all fat, as it does not dry out and could spoil.

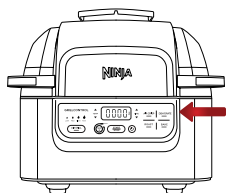


### Pasteurize jerky

Finish off dehydrated meats and fish by using the Roast function at 330°F for 1 minute.

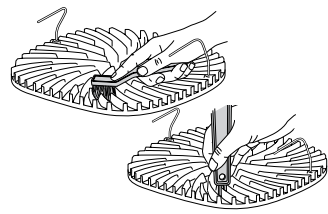
## Dehydrate

## Cleaning Instructions



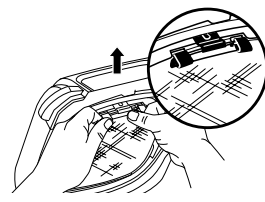
### Carefully clean temp probe socket

DO NOT use liquid cleaning solution on or near the socket to avoid accidental damage.



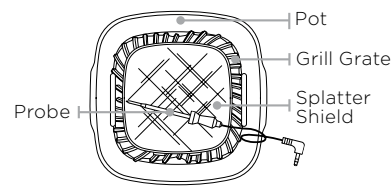
### Use cleaning brush

to easily clean the accessories. The opposite end of the brush is a scraper to help remove baked-on food.



### Remove splatter shield

after it cools and clean after each use. Soak overnight and use cleaning brush to help remove baked-on grease from the frame and front tabs.



### Deep Clean

by stacking the removable parts in the cooking pot and soaking them in the sink prior to washing. **All parts are dishwasher safe, except the temperature probe and main unit.**

# NINJA Foodi PRO GRILL

The grill that sears, sizzles, and air fry crisps

# Let's get grilling

## Here's what's in the box



Foodi Pro Grill



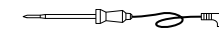
Recipe Book



Quick Start Guide



Owner's Guide



**Integrated Smart Temperature Probe**  
Use to cook proteins to your liking based on internal temp instead of a set time.



**Cleaning Brush**  
with Scraper Tip



**Splatter Shield**  
Must always be installed when unit is in use.



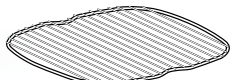
**Removable Cooking Pot**  
Must always be installed when unit is in use. Cook directly in the pot when roasting or baking.



**Grill Grate**  
Use in the cooking pot for best grilling results.



**Crisper Basket**  
Use in the cooking pot for best air crisping results.



**Roasting Rack**  
Use in the cooking pot to elevate proteins to achieve all-around char and caramelization.

## Preheat for better results

For best grilling results, preheat the Foodi Pro Grill before adding food. It may take about 8 minutes. Adding food before or during preheat may lead to overcooking.



## Sneak a Peek

Lift the hood while cooking to check on or flip food. Unit will automatically pause cooking when hood is lifted and resume when it is closed.



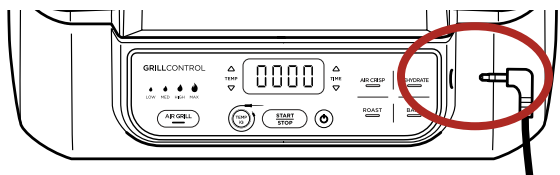
Go to [ninjakitchen.com](http://ninjakitchen.com) for how-to videos

# Cooking with precision

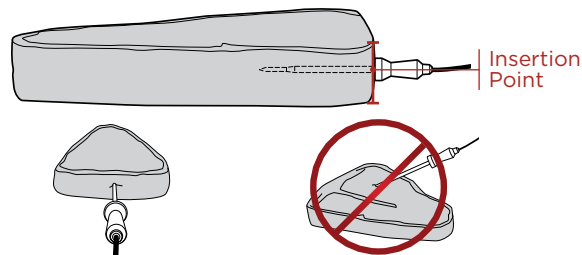
## Using the Integrated Smart Temperature Probe

No need to cut open your steak, split open your chicken, or guess when your burger is cooked to your liking. Simply use the integrated smart temperature probe when cooking anything from burgers to roasts, and the unit will let you know when food has reached your set cook temperature.

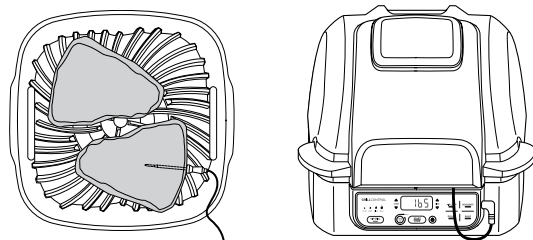
- 1 Select your function and corresponding cook temperature, then plug the probe into the unit. Press TEMP iQ and set desired food internal temp, then press START/STOP to begin preheating.



- 2 While the unit is preheating, insert the probe horizontally into the thickest part of the largest piece of protein, close to (but not touching) the bone.



- 3 When the unit beeps to signify it has preheated and "Add Food" flashes on the screen, add your ingredients and close the hood over the probe cord. The display will then show the temperature probe reading as the food cooks.



- 4 When the inside of the protein reaches the set temp, the unit will beep, the probe icon will blink, and the cooking function will turn off. Transfer the protein to a plate to rest for at least 5 minutes to carry-over cook. You can check the internal temp any time. Simply press the TEMP iQ button for 2 seconds and the probe reading will display.

**NOTE:** Temperature probe is **NOT** dishwasher safe. **Hand-wash only.** TEMP iQ is **NOT** available for the Dehydrate function.

**NOTE:** The recommended internal temperature settings are based on how the unit cooks and may seem lower than recommended temperature doneness found in other products. Internal food temp continues to rise as food rests at room temperature.

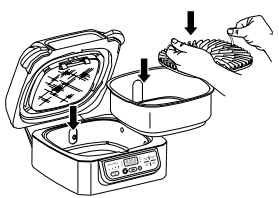
FOOD:	SET TEMP iQ TO:	ALLOW FOOD TO CARRY-OVER COOK TO:
<b>Fish</b>	140°F	145°F
<b>Poultry</b>	165°F	165°F or higher
<b>Pork</b>	140°F	145°F
<b>Beef</b>		
Rare	120°F	125°F
Medium Rare	130°F	135°F
Medium	140°F	145°F
Medium Well	145°F	150°F
Well Done	155°F	160°F
<b>Ground Pork</b>	155°F	160°F
<b>Ground Chicken/Turkey</b>	160°F	165°F

Carry-over cook temperatures are based on [foodsafety.gov charts: foodsafety.gov/keep/charts/mintemp.html](https://www.foodsafety.gov/keep/charts/mintemp.html)

Refer to the Owner's Guide for more detailed instructions.

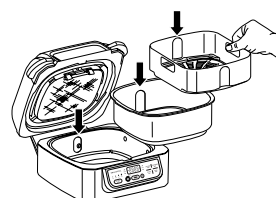
## Using your Foodi™ Grill's functions

When you are not using the integrated smart probe, select your desired function, cook time, and temperature. Then press START/STOP. The unit will begin preheating. **DO NOT add food before the unit is fully preheated.** **NOTE:** Dehydrate function does not include preheat.



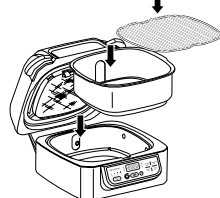
### GRILL

Grill indoors for juicy, charred results.



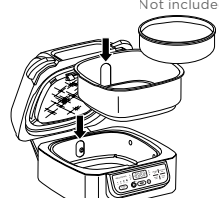
### AIR CRISP

Crisp without the guilt of deep frying.



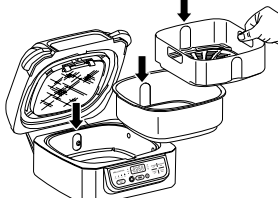
### ROAST

Roast your favorite foods right in the pot.



### BAKE

Make cakes and other baked goods quickly and easily.



### DEHYDRATE

Create delicious homemade chips and jerky.

**TIP:** When air crisping, shake ingredients or toss with silicone-tipped tongs for even browning.

# More flavor. Less smoke.

After countless hours of recipe testing, our chefs have paired your favorite foods with recommended temperature settings to maximize grill flavors while minimizing smoke. We've also created a list of popular ingredients with our recommended cooking directions.

**LOW (400°F)**  
Best for bacon, sausages, and calzones, and when using thicker sauces.

**MED (450°F)**  
Best for frozen meats and marinated ingredients.

**HIGH (500°F)**  
Best for steaks, chicken, and burgers.

**MAX (up to 510°F)**  
Best for veggies, fruit, fresh/frozen seafood, and pizza.

**FOR LESS SMOKE, WE RECOMMEND USING OILS WITH A HIGH SMOKE POINT—LIKE CANOLA, COCONUT, AVOCADO, VEGETABLE, OR GRAPESEED OIL—INSTEAD OF OLIVE OIL.**  
If you choose to cook ingredients at a higher temperature than recommended using olive oil, it may result in more smoke.

## Grilling Cheat Sheet



**New York Strip Steaks**  
2 steaks (14-16 oz. each, 1 1/4 in. thick)  
Pat dry. Rub with canola oil and season.  
**HIGH, set probe to preferred temp or 9-11 mins**  
Frozen: **MED, 18-24 mins**  
Flip halfway through cooking.



**Boneless Chicken Breasts**  
4 breasts (7-9 oz. each)  
Pat dry. Rub with canola oil and season.  
**HIGH, set probe 165°F or 14-18 mins**  
Frozen: **MED, 22-26 mins**  
Flip halfway through cooking.



**80% Lean Burgers**  
4 patties (4 oz. each)  
Season with salt and pepper.  
**HIGH, set probe to preferred temp or Store-bought: HIGH, 4-6 mins**  
Handmade: **HIGH, 5-9 mins**  
Frozen: **MED, 10-12 mins**



**Salmon**  
4 fillets (5-6 oz. each)  
Pat dry. Rub with canola oil and season.  
**MAX, set probe to 140°F or 7-9 mins**  
Frozen: **MAX, 10-13 mins**  
Do not flip during cooking.



**Fresh Bone-in Chicken Thighs**  
4 thighs (7-9 oz. each)  
Pat dry. Rub with canola oil and season.  
**HIGH, set probe to 165°F or 23-26 mins**  
Frozen: **MED, 25-28 mins**  
Flip halfway through cooking.



**Boneless Pork Chops**  
4 chops (8 oz. each)  
Pat dry. Rub with canola oil and season.  
**HIGH, set probe to 140°F or 14-16 mins**  
Frozen: **MED, 20-23 mins**  
Flip halfway through cooking.



**Hot Dogs**  
(4 hot dogs)  
Whole  
**HIGH, 3-5 mins**  
Flip halfway through cooking.



**Sausages**  
6 sausages (3-4 oz. each)  
Whole  
**LOW, set probe to 155°F or 8-12 mins**  
Frozen: **LOW, 10-14 min**  
Flip halfway through cooking.



**Shrimp**  
1 lb. Jumbo (16-18 count)  
Pat dry. Rub with canola oil and season.  
**MAX, 3-5 mins**  
Frozen: **MAX, 4-6 mins**  
Do not flip during cooking.



**Bone-In Marinated/Barbecue Chicken Thighs**  
4 thighs (7-9 oz. each)  
**MED, set probe to 165°F or 18-21 mins**  
**LOW, 20-25 mins if using a thick sauce**  
Flip 2 to 3 times while cooking.



**Boneless Marinated/Barbecue Chicken Breast**  
4 breasts (7-9 oz. each)  
**MED, set probe to 165°F or 16-19 mins**  
**LOW, 19-24 mins if using a thick sauce**  
Flip 2 to 3 times while cooking.



**Pineapple**  
(8 spears, 2 in. thick)  
**MAX, 7-9 mins**  
Flip gently several times during cooking.



**Pepper & Onion**  
(1 pepper, 1 onion)  
Cut in 1-in. slices  
**MAX, 11-13 mins**  
Stir gently several times during cooking.



**Yellow or Green Squash**  
3-4 squashes (24 oz.)  
Cut in quarters lengthwise. Toss with canola oil. Season with salt and pepper.  
**MAX, 12-16 mins**  
Flip several times during cooking.



**Fresh Corn on the Cob**  
(4 ears)  
Brush lightly with canola oil. Season with salt and pepper.  
**MAX, 5-7 mins**  
Flip halfway through cooking.



**Fresh Asparagus**  
(1 bunch)  
Toss with canola oil. Season with salt and pepper.  
**MAX, 5-7 mins**  
Spread evenly on grill grate. Do not flip.

For more charts, please reference the included Inspiration Guide.