50 mouthwatering recipes and charts for unlimited possibilities

Please make sure to read the enclosed Ninja® Owner’s Guide prior to using your unit.
Pressure, meet Crisp

You are about to experience the Ninja® Foodi™ Deluxe way of cooking. 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™ Deluxe is the ultimate pressure cooker. Transform the toughest ingredients into tender, juicy, and flavorful meals in an instant.

- **Pressure Cook**: Pressurized steam infuses moisture into ingredients and quickly cooks them from the inside out.
- **Steam**: Steam infuses moisture, seals in flavor, and maintains the texture of your food.
- **Slow Cook/Yogurt**: Cook low and slow to create your favorite chilis and stews. Create homemade yogurt with no artificial ingredients or sweeteners.
- **Sear/Sauté**: Five stovetop temperature settings allow you to build flavor by searing, sautéing, simmering, and more.

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**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 Crisp is for you.
- **Bake/Roast**: Don’t waste time waiting for your oven to preheat. Make your favorite casseroles and roasted veggies in way less time.
- **Broil**: Finish off your meals by sealing in flavor and giving them just the right amount of caramelizeation or crispiness.
- **Dehydrate**: Remove moisture from your favorite fruits, veggies, and meats to create delicious homemade chips and jerky.
Meet our most versatile Ninja® Foodi™ accessory, the Deluxe Reversible Rack

How to cook up to 2X the protein*

1. Place half your protein on the lower layer.
2. After 5+ minutes; place the rest of your protein on the top Deluxe Layer.

Double up on dehydrate
Place ingredients on the top and bottom layers to double the amount of your favorite jerky, dried fruit, or veggies.

How to make bigger, better 360 meals
Cook more of your favorite proteins, grains, and veggies at the same time to create flavorful, multi-textured meals in one pot.

1. Place rice and grains beneath the rack.
2. Roast vegetables on the lower layer.
3. Crisp protein on the top Deluxe Layer.

Your partner in party planning
Keep all your guests happy at your next party. Make 2 layers of chips to serve with a rich and creamy dip that’s cooking at the bottom of the pot.

*Versus original reversible rack sold with OP300 Series Ninja Foodi Pressure Cookers.
†May take 5–15 minutes depending on recipe.
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, veggies, or fish. You can prepare your favorite chili or stew, too. But when you TenderCrisp, you always finish with a crispy, delicious twist.
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 in 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 40 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 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 15 minutes. Select START/STOP to begin. Cook until desired level of crispness is reached.

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

INGREDIENTS

- 1 whole fresh (not frozen) uncooked chicken (6–7 pounds)
- Juice of 2 lemons
- 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
- 5 sprigs fresh thyme
- 5 cloves garlic, peeled, smashed
- 1 tablespoon canola oil
- 2 teaspoons ground black pepper

DIRECTIONS

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

*The Ninja roast lifters are sold separately on ninjaaccessories.com.
**TenderCrisp™ 101**

**Baked Macaroni & Cheese**

**BEGINNER RECIPE**

**PREP:** 10 MINUTES | **TOTAL COOK TIME:** 38 MINUTES | **MAKES:** 6-8 SERVINGS

**APPROX. PRESSURE BUILD:** 15 MINUTES | **PRESSURE COOK:** 0 MINUTES | **PRESSURE RELEASE:** 14 MINUTES

**QUICK RELEASE:** 2 MINUTES | **AIR CRISP:** 7 MINUTES

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**INGREDIENTS**

- 2 tablespoons baking soda
- 1 cup lemon juice
- 8 cups water
- 1½ boxes (24 ounces) dry elbow pasta
- 2 cups heavy cream
- 2 bags (32 ounces) shredded cheese
- 3 tablespoons kosher salt
- 1½ tablespoons ground black pepper
- 1½ tablespoons onion powder
- 1½ tablespoons garlic powder
- 1½ teaspoons mustard powder
- 1 ½ tablespoons bread crumbs
- 1 stick (1/2 cup) butter, melted

**DIRECTIONS**

1. Place baking soda and lemon juice in the pot. Stir until dissolved and bubbling has stopped. Add water and dry pasta, stirring to incorporate.

2. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to low (LO). Set time to 0 minutes (the time the unit takes to pressurize is long enough to cook the pasta). Select START/STOP to begin.

3. When pressure cooking is complete, allow pressure to natural release for 14 minutes. After 14 minutes, quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.

4. Add remaining ingredients, except bread crumbs and butter, to the pot. Stir well to melt cheese and ensure all ingredients are combined.

5. In a bowl, stir together bread crumbs and melted butter. Cover pasta evenly with bread crumb mixture.

6. Close the crisping lid. Select AIR CRISP, set temperature to 360°F, and set the time to 7 minutes. Select START/STOP to begin.

7. When cooking is complete, serve immediately.

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**TIP** To make this mac & cheese more kid friendly, remove onion powder, garlic powder, and mustard powder, and serve the kids before adding the bread crumb topping.

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**TenderCrisp 101 Questions? ninjakitchen.com**
TenderCrisp™ 101

Crispy Chicken Thighs with Carrots & Rice Pilaf

BEGINNER RECIPE • DELUXE RECIPE (Uses Deluxe Reversible Rack)

PREP: 15 MINUTES | TOTAL COOK TIME: 50 MINUTES | MAKES: 6–8 SERVINGS

APPROX. PRESSURE BUILD: 16 MINUTES | PRESSURE COOK: 4 MINUTES | PRESSURE RELEASE: QUICK | BROIL: 20–30 MINUTES

INGREDIENTS

- 2 box (6 ounces) rice pilaf
- 2 1/2 cups water
- 2 tablespoon butter
- 8 uncooked bone-in, skin-on, chicken thighs, 4–6 ounces each
- 2 tablespoons honey, warmed
- 1/2 teaspoon ground cumin
- 2 teaspoons kosher salt, divided
- 6 carrots, peeled, cut in quarters lengthwise
- 2 tablespoon extra virgin olive oil
- 4 teaspoons poultry spice

DIRECTIONS

Place rice pilaf, water, and butter in pot; stir to incorporate.

Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot. Place 4 chicken thighs on it. Then install the Deluxe Layer on the rack and place remaining chicken thighs on it.

Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 4 minutes. Select START/STOP to begin.

While chicken and rice are cooking, stir together warm honey, smoked paprika, cumin, and 1 teaspoon salt. Set aside.

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. Remove rack with chicken from pot. Remove chicken from rack and brush with olive oil, then season with poultry spice.

Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) back in the pot. Place carrots on the rack. Brush them with seasoned honey. Close crisping lid, elect Broil, and set time to 15 minutes. Press START/STOP to begin.

Once cooking is complete, install the Deluxe Layer on the rack and place all the chicken on it. Close crisping lid, select BROIL, and set time to 15 minutes. Select STOP/START to begin. If less crisping is desired, check after 10 minutes and remove when preferred crisping level is achieved.

When cooking is complete, serve chicken with carrots and rice.
Choose Your Own TenderCrisp™ Adventure

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

**Pick a Grain or Starch**
- 3 cups white rice with 3 cups stock
- 3 cups quinoa with 3 cups stock
- 1 1/2 lbs russet potatoes, cubed, with 1 cup water
- 2 1/2 cups pearled couscous with 2 1/2 cups stock

**Pick a Protein**
- 8 fresh boneless chicken breasts (6 oz each)
- 6 fresh Italian sausages
- 8 fresh bone-in, skin-on, chicken thighs (4-6 oz each)
- 1 lb frozen shrimp (about 32 shrimp)

**Add the Rack**
- Use rack in lower steam position, without Deluxe Layer installed
- Use rack with Deluxe Layer installed

**Pressure Cook**
- HIGH FOR 5 MINS

**Pressure Release**
- QUICK RELEASE
- PRESSURE; CAREFULLY REMOVE LID

**Pick a vegetable, oil and season to taste, then place on lower or Deluxe top layer depending on roasting or crisping desired**
- 2 medium zucchinis, cut in 3-in x 1/2-in sticks
- 6 carrots, cut in 3-in x 1/2-inch sticks
- 1 head cauliflower, cut in small florets

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

**Broil**
- Barbecue
- Teriyaki
- Sweet & sour
- Blackening seasoning
- Adobo spice rub
- Your favorite spice blend

**TIP**
If you want to keep meat drippings from falling off the Deluxe Reversible Rack and onto your starches and grains below, place a layer of aluminum foil under the meat to keep everything tidy and clean.

**NOTE:** The Ninja® Foodi™ Deluxe Cooker has an 8-qt. capacity. If you are using the 6.5-qt. Foodi model, however, most of the recipes in this book will still work. Some recipes may require a bit less cook time or fewer shakes of the Cook & Crisp™ Basket. For best results, check progress throughout cooking. As a good rule of thumb, you can scale down Pressure recipes like soups, stews, and chilis by 50% when using the 6.5-qt. unit. And for recipes that call for the basket, the one included with the 6.5-qt model fits 50% fewer ingredients.
TenderCrisp™ Frozen to Crispy

Procrastinators rejoice. With a Ninja® Foodi™ Deluxe on your counter, frozen is the new fresh. Pressure cook frozen meats to quickly defrost and tenderize them at the same time. Then use the crisping lid to crisp your meal the way you want.

**MISO-GLAZED SALMON & BOK CHOI**

**INTERMEDIATE RECIPE **

**PREP: 10 MINUTES | COOK: 7-9 MINUTES | MAKES: 8 SERVINGS**

**APPROX. PRESSURE BUILD: 5 MINUTES | PRESSURE RELEASE: QUICK**

**DIRECTIONS**

1. Place rice and 1 1/2 cups water in the pot. Stir to combine. Place the Deluxe Reversible Rack (in higher broil position, without Deluxe Layer installed), in the pot over the rice.

2. Season salmon with salt, then place on 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 2 minutes. Select START/STOP to begin.

4. While salmon and rice are cooking, stir together miso and butter to form a paste. Toss bok choy with mirin and sesame oil.

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 salmon from pot. Stir remaining 1/2 cup water into rice. Place rack with salmon back in pot.

7. Gently pat salmon dry with paper towel, then spread miso butter evenly on top of the fillets. Add bok choy to the rack.

8. Close crisping lid. Select BROIL and set time to 7 minutes. Select START/STOP to begin, checking for doneness after 5 minutes.

9. When cooking is complete, remove salmon from rack and serve with bok choy and rice. Garnish with sesame seeds, if desired.

**INGREDIENTS**

- 2 cups jasmine rice, rinsed
- 2 cups water, divided
- 8 frozen skinless salmon fillets (4 ounces, 1-inch thick each)
- 2 teaspoons kosher salt
- 1/4 cup red miso paste
- 1/2 stick (1/4 cup) butter, softened
- 4 heads baby bok choy, stems on, rinsed, cut in half
- 1/2 cup mirin
- 2 teaspoons sesame oil
- Sesame seeds, for garnish
BUFFALO CHICKEN WINGS

BEGINNER RECIPE

PREP: 10 MINUTES | COOK: 20 MINUTES | MAKES: 6–8 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | PRESSURE RELEASE: QUICK

DIRECTIONS

1. Pour water into pot. Place wings in the Cook & Crisp™ Basket and place basket in pot.
2. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set 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 canola oil in the basket.
5. Close crisping lid. Select AIR CRISP, set temperature to 390°F, 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 them 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.

INGREDIENTS

1/2 cup water
3 pounds frozen chicken wings, drums and flats separated
3 tablespoons canola oil
3 tablespoons Buffalo sauce
3 teaspoons kosher salt

TIP

Want to use fresh wings instead of frozen? Rather than pressure cooking, simply place fresh wings in the basket and toss with 2 tablespoons canola oil. Then Air Crisp at 390°F for 24–28 minutes.

Questions? ninjakitchen.com
CARNITAS TACOS
INTERMEDIATE RECIPE

PREP: 15 MINUTES | COOK: 40 MINUTES | MAKES: 12 TACOS
APPROX. PRESSURE BUILD: 7 MINUTES | PRESSURE RELEASE: QUICK

INGREDIENTS
3 pounds uncooked boneless pork shoulder, cut in 1-inch cubes
9 cloves garlic, peeled, crushed
Juice and zest of 1 orange
2 teaspoons dried oregano (or 20 leaves fresh)
1 tablespoon kosher salt
2 teaspoons ground black pepper
2 teaspoons chili powder
1/2 large onion, peeled
1/4 cup chicken stock or vegetable stock
3 tablespoons agave nectar
2 tablespoons fresh cilantro or parsley, chopped
18 (6-inch) corn or flour tortillas, for serving

TOPPINGS
Avocado, sliced
Red onion, thinly sliced
Hot sauce
Sour cream
Lime wedges

DIRECTIONS
1. Place pork, garlic, orange juice and zest, oregano, salt, pepper, and chili powder in pot. Stir to combine.
2. Place onion and stock in pot.
3. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 20 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. Using silicone-tipped tongs, remove onion from pot and shred pork. Then, select SEAR/SAUTÉ and set to MD:HI. Allow pork to simmer for 10 minutes, or until the liquid in pot is reduced, stirring occasionally.
6. Once liquid is reduced, stir agave nectar into the shredded pork. Close crisping lid. Select BROIL and set time to 8 minutes. Select START/STOP to begin.
7. When cooking is complete, stir in cilantro or parsley and add salt if needed. Place carnitas into tortillas and assemble with your favorite toppings.

TIP
Save remaining spice blend and use it for roasting vegetables or seasoning fish.

Questions? ninjakitchen.com
STUFFED PEPPERS

BEGINNER RECIPE

PREP: 10 MINUTES  |  COOK: 30 MINUTES  |  MAKES: 6 SERVINGS
APPROX. PRESSURE BUILD: 8 MINUTES  |  PRESSURE RELEASE: NATURAL 10 MINUTES

INGREDIENTS
1 tablespoon garlic powder
1 teaspoon black pepper
1 tablespoon ground cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon ground cumin
1 pound uncooked ground beef
1 small onion, peeled, finely chopped
1 cup brown rice
1 cup chicken stock
1/2 cup dry white wine
4 large bell peppers, seeds and stems removed, tops chopped
1 cup whole cashews, chopped
1/2 cup fresh parsley, chopped

DIRECTIONS
1 In a small mixing bowl, stir together the garlic powder, black pepper, cinnamon, cloves, 1 1/2 teaspoons salt, paprika, and cumin; set aside.
2 Add beef, onion, rice, stock, wine, and 2 tablespoons spice mix to the pot, breaking meat apart.
3 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 15 minutes. Select START/STOP to begin.
4 When pressure cooking is complete, naturally release the pressure for 10 minutes, then quick release any remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
5 Stir meat mixture, then add chopped pepper tops, cashews, fresh parsley, and remaining salt. Using a rubber or wooden spoon, stuff mixture into the 4 bell peppers.
6 Place stuffed peppers in the pot. Close crisping lid. Select BAKE/ROAST, set temperature to 360°F, and set time to 15 minutes. Select START/STOP to begin.
7 When cooking is complete, serve immediately.

TEX-MEX MEATLOAF

INTERMEDIATE RECIPE

PREP: 15 MINUTES  |  COOK: 30 MINUTES  |  MAKES: 6–8 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES  |  PRESSURE RELEASE: QUICK

INGREDIENTS
1 pound uncooked ground beef
1 egg
1 bell pepper, diced
1/2 jalapeño pepper, seeds removed, minced
1 small onion, peeled, diced
3 corn tortillas, roughly chopped
1 tablespoon garlic powder
2 teaspoons ground cumin
2 teaspoons chili powder
1 teaspoon cayenne pepper
2 teaspoons kosher salt
1/4 cup fresh cilantro leaves
1/4 cup barbecue sauce, divided
1 cup water
1 cup corn chips, crushed

DIRECTIONS
1 Stir together beef, egg, bell pepper, jalapeño pepper, onion, tortillas, spices, cilantro, and 2 tablespoons barbecue sauce in a large mixing bowl.
2 Place meat mixture in the Ninja® loaf pan* (or an 8 1/2-inch loaf pan) and cover tightly with aluminum foil.
3 Pour water into pot. Remove top tier of the 2-tier cooking rack and place on counter with the remaining rack in the low position. Place the loaf pan on the rack. Place the rack with pan in pot.
4 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 15 minutes. Select START/STOP to begin.
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 Carefully remove foil from loaf pan and close crisping lid. Select BAKE/ROAST, set temperature to 360°F, and set time to 15 minutes. Select START/STOP to begin.
7 While the meatloaf is cooking, stir together the crushed corn chips and 2 tablespoons barbecue sauce in a bowl.
8 After 7 minutes, open lid and top meatloaf with the corn chip mixture. Close lid to resume cooking.
9 When cooking is complete, remove meatloaf from pot and allow to cool for 10 minutes before serving.
POTATO WEDGES

BEGINNER RECIPE

PREP: 15 MINUTES | COOK: 15–21 MINUTES | MAKES: 4 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | PRESSURE RELEASE: QUICK

DIRECTIONS

1. Pour water into the pot. Place potatoes in the Cook & Crisp™ Basket and place basket in 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 400°F, and set time to 18 minutes. Select START/STOP to begin. Check potatoes after 12 minutes. Continue cooking for up to 18 minutes for desired crispiness.
7. When cooking is complete, remove potatoes from basket. Toss with oregano dressing and serve.

INGREDIENTS

1/2 cup water
4 Idaho potatoes, cut in 2-inch wedges
2 tablespoons extra virgin olive oil, divided
1 tablespoon fresh oregano leaves, minced
4 cloves garlic, peeled, minced
Juice of 1 lemon
2 teaspoons kosher salt
1 teaspoon ground black pepper

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.
UPSIDE-DOWN LOADED CHICKEN NACHOS

INSTRUCTIONS

1. Preheat the air fryer to 350°F.
2. Place the chicken and salsa in the pot.
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 15 minutes. Select START/STOP to begin.
4. When pressure cooking is complete, quickly release the pressure by moving the pressure release valve to the VENT position. Carefully remove the lid when the unit has finished releasing pressure.
5. Using silicone-tipped utensils, shred the chicken in the pot. Add the refried beans, salt, and taco seasoning and stir well to incorporate.
6. Arrange half of the tortilla chips evenly on top of the chicken mixture, then cover with half of the cheese. Repeat with a second layer of the remaining tortilla chips topped with the remaining cheese.
7. Close the crisping lid. Select AIR CRISP, set temperature to 360°F, and set time to 5 minutes. Select START/STOP to begin. For crispier results, add additional time.
8. When cooking is complete, garnish the nachos with guacamole, sour cream, and scallions and serve.

INGREDIENTS

6 frozen boneless skinless chicken breasts (8–12 ounces each)
2 jars (16 ounces) red salsa
1 can (14 ounces) refried beans
1 tablespoon kosher salt
1/4 cup taco seasoning
1/4 bag (4 ounces) tortilla chips, divided
1/2 bags (12 ounces) Mexican cheese blend, divided

TOPPINGS

Guacamole
Sour cream
Fresh scallions, sliced

WHOLE ROASTED SICILIAN CAULIFLOWER

INSTRUCTIONS

1. Preheat the air fryer to 350°F.
2. Place water and Cook & Crisp™ Basket in pot.
3. With a knife, cut an X into the head of cauliflower, slicing about halfway down. Place the cauliflower in the basket.
4. Assemble the 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.
5. In a small bowl, stir together olive oil, garlic, capers, and crushed red pepper.
6. When pressure cooking is complete, quickly release the pressure by moving the pressure release valve to the VENT position. Carefully remove the lid when the unit has finished releasing pressure.
7. Spread the oil mixture evenly over the cauliflower, placing some of it into the center of the cauliflower. Sprinkle Parmesan cheese evenly over the cauliflower.
8. Close the crisping lid. Select AIR CRISP, set temperature to 390°F, and set time to 10 minutes. Select START/STOP to begin.
9. When cooking is complete, carefully transfer the cauliflower to a serving platter using a large spatula. Garnish with fresh parsley.

INGREDIENTS

1/2 cup water
1 medium head cauliflower, leaves removed
1/4 cup olive oil
4 cloves garlic, peeled, minced
2 tablespoons capers, rinsed, minced
1 teaspoon crushed red pepper
1/2 cup grated Parmesan cheese
1 tablespoon fresh parsley, chopped, for garnish
SWEET POTATO TOTS

INTERMEDIATE RECIPE

PREP: 20 MINUTES | CHILL: 1 HOUR | COOK: 13 MINUTES | MAKES: ABOUT 28 TOTS (5–6 SERVINGS)

APPROX. PRESSURE BUILD: 7 MINUTES | PRESSURE RELEASE: QUICK

INGREDIENTS

3 sweet potatoes (about 1 1/2 pounds), peeled, cut in 1-inch cubes
4 sprigs fresh thyme
1/2 teaspoon ground garam masala or cinnamon
1 1/2 tablespoons kosher salt, divided
1 1/2 cups water
1/4 teaspoon ground garam masala or cinnamon
3 sweet potatoes (about 1 3/4 pounds), peeled, cut in 1-inch cubes
4 sprigs fresh thyme
2 teaspoons ground cumin
1 teaspoon chili powder
1 teaspoon coarsely ground black pepper
Cooking spray
1/4 teaspoon coarsely ground black pepper

DIRECTIONS

1 Place sweet potatoes, thyme, garam masala or cinnamon, 1 teaspoon kosher salt, and water in the pot.
2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 8 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 Strain sweet potatoes in a colander. Rinse pot and wipe dry, then place the Cook & Crisp™ Basket in the pot.
5 Transfer potatoes to a mixing bowl and mash well. Add 2 tablespoons cornstarch and stir until smooth.
6 In a separate bowl, stir together remaining salt, cornstarch, bread crumbs, cumin, chili powder, and pepper.
7 Spray a large baking sheet with cooking spray. Form sweet potato mixture into 1-inch long cylindrical tots. Roll each tot in bread crumb mixture, coating evenly. Place tots on baking sheet and place in freezer for 1 hour to set.
8 Close crisping lid. Preheat unit by selecting AIR CRISP, setting the temperature to 400°F, and setting the time to 5 minutes. Select START/STOP to begin.
9 Once unit has preheated, spray the Cook & Crisp Basket with cooking spray. Place tots in basket in a single layer. Spray tots with cooking spray.
10 Select AIR CRISP, set temperature to 400°F, and set time to 15 minutes. Select START/STOP to begin.
11 After 10 minutes, check for doneness. Cooking is complete when tots are golden brown and crispy.
12 Repeat steps 9 through 11 with remaining tots.
13 When cooking is complete, tots are ready to serve.

TIP: These make a great poutine. After you make a batch, sprinkle with cheese curds or mozzarella, and pop back in the Foodi™ for a few minutes on Air Crisp. Then either drizzle with some gravy or a fresh herb vinaigrette.

MEATBALL PARMESAN SUB

INTERMEDIATE RECIPE

PREP: 15 MINUTES | CHILL: 50 MINUTES | COOK: 30 MINUTES | MAKES: 4 SERVINGS

APPROX. PRESSURE BUILD: 5 MINUTES | PRESSURE RELEASE: QUICK

INGREDIENTS

MEATBALLS

1/2 pound uncooked ground beef (80/20 blend)
1 cup shredded Parmesan cheese, divided
2 pieces white bread, cut in cubes
2 tablespoons whole milk
1 egg
2 teaspoons dried oregano
2 teaspoons dried basil
1 teaspoon garlic powder
1 teaspoon onion powder
2 teaspoons kosher salt
1 teaspoon ground black pepper
2 tablespoons red wine vinegar
2 cups (14.5 ounces each) diced tomatoes

SAUCE

1 tablespoon vegetable oil
2 small onions, peeled, diced
2 tablespoons minced garlic
2 tablespoons tomato paste
1/2 cup red wine vinegar
1/2 cup water
2 cups (14.5 ounces each) diced tomatoes

DIRECTIONS

1 In a large mixing bowl, combine the beef, 1/2 cup Parmesan, and white bread. Add milk, egg, oregano, basil, garlic powder, onion powder, salt, and black pepper. Mix until combined.
2 Using a 1-inch scoop or a spoon, scoop mixture into 20 meatballs and place on baking sheet. Refrigerate for 30 minutes.
3 Place all sauce ingredients into the pot and stir until heated through.
4 Assemble the pressure lid, making sure pressure release valve is in the SEAL position. Select PRESSURE and set to LOW. Set time to 20 minutes. Select START/STOP to begin.
5 When pressure cooking is complete, quick release pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
6 Stir sauce. Select SEAR/SAUTÉ and set to HI. Let sauce simmer for about 5 minutes, stirring frequently.
7 Spray the Deluxe Reversible Rack with cooking spray, then place it the pot (in lower steam position, without Deluxe Layer installed). Then place half the meatballs on the rack. Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 15 minutes. Select START/STOP to begin.
8 After 7 minutes, install the Deluxe Layer on the rack, and place remaining meatballs on it. Close lid to resume cooking.
9 When cooking is complete, remove meatballs from rack and place in the sauce. Divide meatballs and sauce between hoagie rolls. Top each with Parmesan cheese before serving.

TIP: Serve meatballs on spaghetti or zucchini noodles if you don’t want sandwiches.
HONEY TERIYAKI CHICKEN BREAST WITH BROCCOLI & MASHED SWEET POTATOES

INTERMEDIATE RECIPE  ●●○  DELUXE RECIPE (Uses Deluxe Reversible Rack)

PREP: 20 MINUTES  |  COOK: 20–25 MINUTES  |  MAKES: 6–8 SERVINGS
APPROX. PRESSURE BUILD: 10 MINUTES  |  PRESSURE RELEASE: QUICK

INGREDIENTS
- 4–5 medium sweet potatoes, peeled, cut in 1-inch cubes
- ¼ cup water
- ¼ cup unsweetened coconut milk
- 8 uncooked boneless, skinless chicken breasts (6–8 ounces each)
- 2 tablespoons kosher salt, divided
- 1 teaspoon ground white pepper, divided
- ½ cup teriyaki glaze
- ¼ cup honey
- ¼ cup soy sauce
- 2 tablespoons sesame oil (or olive oil)
- 2 teaspoons rice vinegar (or apple cider vinegar)
- 1 tablespoon toasted sesame seeds
- 1 head broccoli, cut in 1-inch florets
- ¼ cup unsalted butter
- 1 tablespoon ground ginger

DIRECTIONS
1. Place potatoes, water, and coconut milk in the pot. Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot over the potatoes.
2. Season chicken with salt and pepper and place 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 5 minutes. Select START/STOP to begin.
4. Meanwhile, whisk together teriyaki glaze and honey in a small bowl.
5. In a separate small bowl, whisk together soy sauce, oil, vinegar and sesame seeds. Toss broccoli in the mixture and set aside.
6. 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.
7. Remove chicken from rack and remove rack from pot. Mash potatoes with 1 tablespoon salt, 1/2 teaspoon pepper, butter, and ginger, using a mashing utensil that won’t scratch the nonstick surface of the pot.
8. Place rack back in pot in the lower steam position, and place broccoli on rack. Install the Deluxe Layer on the rack, then place chicken on it. Brush top of chicken liberally with half the teriyaki sauce mixture.
9. Close crisping lid. Select BROIL and set time to 15 minutes. Select START/STOP to begin.
10. After 10 minutes, flip chicken and brush with remaining teriyaki sauce mixture. Close lid to resume cooking.
11. After 5 more minutes, check chicken to see if your desired level of doneness is achieved. If not, cook up to 5 more minutes, checking frequently.
12. When cooking is complete, remove rack with chicken and allow to rest for 5 minutes before serving with broccoli and mashed sweet potatoes.
STEAK, MASHED POTATOES & ASPARAGUS

BEGINNER RECIPE

PREP: 10 MINUTES | COOK: 9–13 MINUTES | MAKES: 2–4 SERVINGS
APPROX. PRESSURE BUILD: 9 MINUTES | PRESSURE RELEASE: QUICK

INGREDIENTS

- 5 Russet potatoes, peeled, cut in ¼-inch pieces
- ½ cup water
- ½ stick (¼ cup) butter, divided
- ½ cup heavy cream
- 1 cup shredded cheddar cheese
- 1 tablespoon plus 2 teaspoons kosher salt, divided
- 3 teaspoons ground black pepper, divided
- 2 frozen New York strip steaks (12 ounces, 1 ½ inches thick each)
- 1 bunch asparagus, trimmed
- 1 tablespoon olive oil

DIRECTIONS

1. Place potatoes and water in the pot.
2. Place the Deluxe Reversible Rack (in higher broil position, without Deluxe Layer installed) in the pot over the potatoes. Season steaks with 1 tablespoon salt and 1 teaspoon 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, 1 teaspoon salt, and 1 teaspoon black pepper.
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. Mash potatoes with butter, cream, cheese, 1 teaspoon salt, and 1 teaspoon pepper, using a mashing utensil that won’t scratch the nonstick surface of the pot.
7. Return rack with steaks to pot over mashed potatoes. Place asparagus on rack next to steaks. Close crisping lid. Select BROIL and set time to 8 minutes for medium steak or 12 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.

TIP: 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. Broil the fresh steaks until internal temperature is at least 130°F. Flip them over halfway through broiling.
SHORT RIBS & ROOT VEGETABLES
INTERMEDIATE RECIPE

PREP: 15 MINUTES  |  COOK: 1 HOUR  |  MAKES: 4-6 SERVINGS
APPROX. PRESSURE BUILD: 10 MINUTES  |  PRESSURE RELEASE: QUICK

DIRECTIONS

1. Season short ribs on all sides with 1 teaspoon salt and 1 teaspoon pepper. Select SEAR/SAUTÉ and set to HIGH. Select START/STOP to begin. Heat 1 tablespoon oil in the pot for 3 minutes.

2. After 3 minutes, add short ribs to pot and cook until browned on all sides, about 10 minutes.

3. Add onion, wine, broth, brown sugar, garlic, 1 tablespoon thyme, 1/2 teaspoon salt, and 1/2 teaspoon pepper to pot.

4. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 40 minutes. Select START/STOP to begin.

5. Toss carrots, parsnips, and pearl onions with remaining oil, thyme, salt, and pepper.

6. 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.

7. Place the Deluxe Reversible Rack (in higher broil position, without Deluxe Layer installed) in the pot over the ribs. Place vegetable mixture on rack.

8. Close crisping lid. Select BAKE/ROAST, set temperature to 350°F, and set time to 15 minutes. Select START/STOP to begin.

9. Once vegetables are tender and roasted, transfer them and the ribs to a serving tray and tent loosely with aluminum foil to keep warm.

10. Select SEAR/SAUTÉ and set to HIGH. Bring liquid in pot to simmer for 5 minutes. Transfer to bowl and let sit for 2 minutes, then spoon off top layer of fat. Stir in parsley.

11. When cooking is complete, serve sauce with vegetables and ribs.

TIP If you want to ensure that vegetables do not fall through rack during cooking, cover reversible rack with tin foil in step 7 before adding vegetables.

INGREDIENTS

6 uncooked bone-in beef short ribs (about 3 pounds), trimmed of excess fat and silver skin
2 teaspoons kosher salt, divided
2 teaspoons black pepper, divided
2 tablespoons olive oil, divided
1 onion, peeled, chopped
1/4 cup Marsala wine
2 tablespoons brown sugar
3 cloves garlic, peeled, minced
2 tablespoons fresh thyme, minced, divided
3 carrots, peeled, cut in 1-inch pieces
3 parsnips, peeled, cut in 1-inch pieces
1 cup pearl onions
1/4 cup fresh parsley, minced
1/4 cup beef broth
DIRTY RICE WITH CHICKEN & SHRIMP

INTERMEDIATE RECIPE  •  DELUXE RECIPE (Uses Deluxe Reversible Rack)

PREP: 20 MINUTES  |  COOK: 30 MINUTES  |  MAKES: 4–6 SERVINGS
APPROX. PRESSURE BUILD: 10 MINUTES  |  PRESSURE RELEASE: QUICK

INGREDIENTS
3 tablespoons olive oil, divided
3 cloves garlic, peeled, minced
1 white onion, peeled, diced
3 celery stocks, diced
3 tablespoons kosher salt, divided
6 ounces smoked andouille sausage (approx. 2 sausages), quartered then diced
1 tablespoon dry oregano

1/4 cup Cajun seasoning blend, divided
1/2 cup long-grain rice
2 cups chicken stock
2 tablespoons tomato paste
1 can (15 ounces) crushed tomatoes
4 uncooked bone-in, skin-on chicken thighs
2 bell peppers, thinly sliced
1/2 pound frozen shrimp (about 16 shrimp)

DIRECTIONS
1 Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
2 After 5 minutes, add 2 tablespoons olive oil, garlic, onion, celery, and 1 tablespoon salt to the pot. Cook for 2 minutes, stirring occasionally.
3 Add the sausage, oregano, and 2 tablespoons Cajun seasoning. Cook for 2 minutes, stirring occasionally.
4 Add the rice, stirring gently to toast it for about 1 minute.
5 Select START/STOP to turn off SEAR/SAUTÉ. Add chicken stock, tomato paste, and crushed tomatoes. Stir to incorporate well.
6 Season the chicken thighs with 1 tablespoon kosher salt and 1 tablespoon Cajun seasoning. Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot over the rice mixture. Place chicken 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 5 minutes. Select START/STOP to begin.
8 Meanwhile, in a large bowl, toss together bell peppers and frozen shrimp with 1 tablespoon olive oil and 1 tablespoon Cajun seasoning.
9 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.
10 Use tongs to remove the chicken from the rack. Add chicken stock, tomato paste, and crushed tomatoes. Stir to incorporate well.
11 After 10 minutes, mix the shrimp and peppers. Install the Deluxe Layer on the rack, then place chicken on it. Close lid to resume cooking.
12 When cooking is complete, remove the rack and fluff the rice. Serve immediately.

ITALIAN SAUSAGE WITH ROASTED CARROTS, PEPPERS & ONIONS

INTERMEDIATE RECIPE  •  DELUXE RECIPE (Uses Deluxe Reversible Rack)

PREP: 10 MINUTES  |  COOK: 30 MINUTES  |  MAKES: 6 SERVINGS
APPROX. PRESSURE BUILD: 10 MINUTES  |  PRESSURE RELEASE: QUICK

INGREDIENTS
2 boxes rice pilaf, seasoning packets included
3 tablespoons olive oil
2 tablespoons unsalted butter
2 tablespoons olive oil
1 tablespoon honey
2 teaspoons dry oregano

1 tablespoon kosher salt, divided
2 teaspoons ground black pepper
1 white onion, peeled, thinly sliced
2 bell peppers, thinly sliced
3 carrots, peeled, juliened
6 uncooked mild Italian sausages

1 Place rice pilaf, pilaf seasoning, water, and butter in the pot.
2 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.
3 Meanwhile, mix together the olive oil, honey, oregano, salt, and black pepper in a bowl. Toss the onion, bell peppers, and carrots in the mixture.
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 Stir the rice, then place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot over the rice mixture. Place vegetables on rack.
6 Close crisping lid. Select AIR CRISP, set temperature to 375°F, and set time to 10 minutes. Press START/STOP to begin.
7 When cooking is complete, stir the vegetables. Then install the Deluxe Layer on the rack over the vegetables. Place sausages on the Deluxe Layer. Close lid. Select AIR CRISP; set temperature to 390°F, and set time to 15 minutes. Select START/STOP to begin.
8 After 7 minutes, flip the sausages, then close the lid to resume cooking.
9 When cooking is complete, serve immediately.
ASIAN-STYLE SPARE RIBS WITH FRIED RICE
PREP: 10 MINUTES  |  TOTAL COOK TIME: 25–27 MINUTES  |  MAKES: 4–6 SERVINGS
APPROX. PRESSURE BUILD: 8 MINUTES  |  PRESSURE COOK: 2 MINUTES  |  PRESSURE RELEASE: 1 MINUTE

DIRECTIONS
1. In a large bowl, stir together spices, sugar, salt, water, and 1/4 cup soy sauce. Whisk until combined. Add ribs and toss to combine, making sure ribs are coated evenly.
2. Place rice, broth, carrots, peas, red pepper, celery, onion, and 1/4 cup soy sauce into the pot.
3. Place Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot over rice mixture. Place 6 ribs on the rack. Then assemble the Deluxe Layer on the rack and place the other 6 ribs on it.
4. Assemble pressure lid, making sure pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 15 minutes. Select START/STOP to begin.
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. Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 5 minutes.
7. After 5 minutes, remove rack with ribs from the pot.
8. When cooking is complete, serve ribs with rice immediately.

INGREDIENTS
- 2 tablespoons paprika
- 1 tablespoon onion powder
- 2 teaspoons Chinese five spice powder
- 1 teaspoon chili powder
- 1 teaspoon sugar
- 1 teaspoon kosher salt
- 1/4 cup water
- 1/2 cup soy sauce, divided
- 1 rack uncooked pork spare ribs, cut in individual bones (12 pieces)
- 2 cups long grain rice
- 2 3/4 cups vegetable broth
- 2 carrots, peeled, thinly sliced
- 1/2 cup frozen peas
- 1 small red bell pepper, diced
- 1 rib celery, thinly sliced
- 1 small onion, peeled, diced

PANKO-CRUSTED COD WITH QUINOA
PREP: 10 MINUTES  |  TOTAL COOK TIME: 25–27 MINUTES  |  MAKES: 4–6 SERVINGS
APPROX. PRESSURE BUILD: 8 MINUTES  |  PRESSURE COOK: 2 MINUTES  |  PRESSURE RELEASE: 1 MINUTE

BEGINNER RECIPE

DIRECTIONS
1. Place the quinoa, 1 teaspoon salt, and water in the pot.
2. 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.
3. While quinoa is cooking, in a bowl, stir together the bread crumbs with butter, parsley, lemon zest and juice, and 1 teaspoon salt. Press panko mixture evenly onto the top of each cod fillet.
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. Toss the asparagus with olive oil and 1 teaspoon salt. Lay asparagus evenly on top of quinoa.
6. Place the Deluxe Reversible Rack (in higher broil position, without Deluxe Layer installed) in the pot over the quinoa and asparagus.
7. Close crisping lid. Select BAKE/ROAST, set temperature to 350°F, and set time to 14 minutes. Select START/STOP to begin.
8. Cooking is complete when internal temperature of fillets reaches 145°F. Cook for up to an additional 2 minutes if necessary, then serve cod fillets with quinoa and asparagus.

INGREDIENTS
- 1 1/2 cups white quinoa
- 3 teaspoons kosher salt, divided
- 1 1/2 cups water
- 1 cup panko bread crumbs
- 1/2 stick (1/4 cup) butter, melted
- 1/4 cup fresh parsley, minced
- Zest and juice of 2 lemons
- 4 fresh, uncooked cod fillets (5–6 ounces each)
- 1 bunch asparagus, stems trimmed
- 1 teaspoon extra virgin olive oil

INTERMEDIATE RECIPE

DIRECTIONS
1. In a large bowl, stir together spices, sugar, salt, water, and 1/4 cup soy sauce. Whisk until combined. Add ribs and toss to combine, making sure ribs are coated evenly.
2. Place rice, broth, carrots, peas, red pepper, celery, onion, and 1/4 cup soy sauce into the pot.
3. Place Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot over rice mixture. Place 6 ribs on the rack. Then assemble the Deluxe Layer on the rack and place the other 6 ribs on it.
4. Assemble pressure lid, making sure 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.
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. Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 5 minutes.
7. After 5 minutes, remove rack with ribs from the pot.
8. When cooking is complete, serve ribs with rice immediately.

INGREDIENTS
- 2 tablespoons paprika
- 1 tablespoon onion powder
- 2 teaspoons Chinese five spice powder
- 1 teaspoon chili powder
- 1 teaspoon sugar
- 1 teaspoon kosher salt
- 1/4 cup water
- 1/2 cup soy sauce, divided
- 1 rack uncooked pork spare ribs, cut in individual bones (12 pieces)
- 2 cups long grain rice
- 2 1/4 cups vegetable broth
- 2 carrots, peeled, thinly sliced
- 1/2 cup frozen peas
- 1 small red bell pepper, diced
- 1 rib celery, thinly sliced
- 1 small onion, peeled, diced
PORK CHOPS WITH BRAISED SWISS CHARD & ROASTED POTATOES

PREP: 15 MINUTES  |  COOK: 30 MINUTES  |  MAKES: 6 SERVINGS
APPROX. PRESSURE BUILD: 4 MINUTES  |  PRESSURE RELEASE: QUICK

INGREDIENTS
2 bunches green Swiss chard, stems removed, finely chopped
4 cloves garlic, peeled, thinly sliced
4 pieces bacon, thinly sliced
2 teaspoons crushed red pepper
1 cup chicken stock
1 cup white wine vinegar
1 large potato, peeled, sliced in 1/4-inch thick rounds
1 tablespoon oil
2 teaspoons kosher salt
1 teaspoon pepper
6 uncooked boneless pork chops (6 ounces each)
1/4 cup scallions, sliced, for garnish

DIRECTIONS
1. Place the Swiss chard, garlic, bacon, crushed red pepper, stock, and vinegar into the pot; stir to combine.
2. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 10 minutes. Select START/STOP to begin.
3. In a large bowl, toss potatoes with oil, salt, and pepper. Set aside.
4. When pressure cooking is complete, quick release pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
5. Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot over the Swiss chard mixture. Place pork chops on the rack. Install the Deluxe Layer on the rack and place potatoes on it in a single layer.
6. Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 20 minutes. Select START/STOP to begin.
7. When cooking is complete, serve pork over potatoes and Swiss chard. Garnish with scallions.

CHICKEN THIGH PAD THAI

PREP: 20 MINUTES  |  MARINATE: 10 MINUTES  |  COOK: 20 MINUTES  |  MAKES: 6–8 SERVINGS
APPROX. PRESSURE BUILD: 5 MINUTES  |  PRESSURE RELEASE: QUICK

INGREDIENTS
1 tablespoon vegetable oil
1 teaspoon fish sauce
1 tablespoon rice wine vinegar
1 tablespoon fresh lime juice
2 teaspoons kosher salt
2 teaspoons sugar
1/4 cup coconut milk
1 can (4 ounces) Thai red curry paste
1 bunch red onion, peeled, thinly sliced
1 bunch carrots, peeled, thinly sliced
1/2 package (7 ounces) stir-fry rice noodles
1/2 cup roasted salted peanuts
2 cups water
1 cup bean sprouts
1/4 cup chopped fresh mint leaves
1/4 cup chopped fresh cilantro

DIRECTIONS
1. In a bowl, stir together vegetable oil, fish sauce, rice wine vinegar, lime juice, salt, sugar, coconut milk, curry paste, and minced garlic. Whisk until combined.
2. Add thighs to marinade and toss to coat. Let marinate for 10 minutes.
3. Place sliced garlic, red pepper, red onion, and carrots in the pot. Place rice noodles and peanuts on top. Pour water into pot.
4. Place Deluxe Reversible Rack (in higher broil position, without Deluxe Layer installed) in the pot over the rice noodle mixture. Place half the chicken on the rack. Then install the Deluxe Layer and place the remainder of the chicken on it. Pour any extra marinade into the pot.
5. Assemble the pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 10 minutes. Select START/STOP to begin.
6. When pressure cooking is complete, quick release pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
7. Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot over the rice chard mixture. Place pork chops on the rack. Install the Deluxe Layer on the rack and place potatoes on it in a single layer.
8. Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 10 minutes. Select START/STOP to begin.
9. When cooking is complete, add bean sprouts, mint, and cilantro; stir to combine. Serve immediately with chicken thighs.
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PHILLY CHEESESTEAK CASSEROLE
BEGINNER RECIPE

PREP: 15 MINUTES | COOK: 22-25 MINUTES | MAKES: 6-8 SERVINGS

DIRECTIONS
1. Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
2. After 5 minutes, place oil, onion, and pepper in the pot. Cook until vegetables are soft, about 5 minutes. Season with salt. Add mushrooms and cook for another 5 minutes, until mushrooms are soft and have released most of their liquid.
3. Add shaved steak, garlic powder, onion powder, black pepper, and Worcestershire sauce. Cook for 5 minutes, or until steak is cooked through.
4. Fold in the cubed sub rolls, allowing them to soak up the juices from the steak. Evenly lay the cheese slices on top of mixture.
5. Close crisping lid. Select BAKE/ROAST, set temperature to 375°F, and set time to 10 minutes. Select START/STOP to begin. Check frequently to avoid burning the cheese.
6. When cooking is complete, serve immediately.

INGREDIENTS
- 2 tablespoons canola oil
- 2 large onions, peeled, thinly sliced
- 2 green bell peppers, thinly sliced
- 1 1/2 tablespoon kosher salt
- 1 package (8 ounces) button mushrooms, thinly sliced
- 2 1/2 pounds uncooked shaved steak or chuck roast, thinly sliced
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1/2 teaspoon ground black pepper
- 2 teaspoons Worcestershire sauce
- 3 sub rolls, cut in 1-inch cubes
- 10 slices American or provolone cheese

Questions? ninjakitchen.com
PULLED PORK WITH CRISPY BISCUITS

BEGINNER RECIPE

PREP: 10 MINUTES  |  COOK: 53–55 MINUTES  |  MAKES: 6–8 SERVINGS
APPROX. PRESSURE BUILD: 10 MINUTES  |  PRESSURE RELEASE: QUICK

**INGREDIENTS**
- 3 1/2 pounds uncooked boneless pork shoulder, fat trimmed, cut in 2-inch cubes
- 1/4 cup barbecue seasoning
- 2 tablespoons garlic powder
- 1 tablespoon kosher salt
- 1 1/2 cups apple cider vinegar
- 1 can (6 ounces) tomato paste
- 1 tube (16.3 ounces) refrigerated biscuit dough

**DIRECTIONS**
1. Place pork, spices, and vinegar in the pot.
2. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 35 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. Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin.
5. Add tomato paste and stir to incorporate. Allow pork to simmer for 10 minutes, or until the liquid has reduced by half. Stir occasionally, using a wooden spoon or silicone tongs to shred the pork.
6. Tear each uncooked biscuit so that it is in two halves, like a hamburger bun. Place biscuit halves evenly across the surface of the pork.
7. Close crisping lid. Select BAKE/ROAST, set temperature to 350°F, and set time to 10 minutes. Select START/STOP to begin. Check after 8 minutes, cooking for an additional 2 minutes if biscuits need more browning.
8. When cooking is complete, serve immediately.

TIP: Air Crisp any leftover biscuit dough at 360°F for 8–10 minutes.

CREAMY TOMATO SOUP WITH GRILLED CHEESE CROUTONS

BEGINNER RECIPE

PREP: 15 MINUTES  |  COOK: 25 MINUTES  |  MAKES: 6–8 SERVINGS
APPROX. PRESSURE BUILD: 8 MINUTES  |  PRESSURE RELEASE: QUICK

**INGREDIENTS**
- 2 tablespoons canola oil
- 2 white onions, peeled, diced
- 8 cloves garlic, peeled, minced
- 1 can (14 ounces) crushed tomatoes
- 1 can (28 ounces) tomato puree
- 2 cups heavy cream
- 1/2 cup water
- 1 tablespoon kosher salt
- 2 tablespoons Worcestershire sauce
- 1/2 teaspoon crushed red pepper
- 1/2 crusty French baguette, sliced in 16 rounds
- 1/2 cup shredded mozzarella cheese
- 1/2 cup shredded Parmesan cheese

**DIRECTIONS**
1. Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
2. Add canola oil, onions, and garlic to pot. Cook, stirring occasionally, for 5 minutes.
3. Add crushed tomatoes, tomato puree, heavy cream, water, 1 tablespoon salt, Worcestershire sauce, and crushed red pepper to pot. Continue cooking for another 5 minutes.
4. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 10 minutes. Select START/STOP to begin.
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. Allow the soup to stop boiling before proceeding to the next step.
6. Lay bread slices evenly across the top of the soup. Top bread slices liberally with both mozzarella and Parmesan cheeses.
7. Close crisping lid. Select BROIL and set time to 5 minutes. Select START/STOP to begin.
8. When cooking is complete, serve immediately.

TIP: If you don’t have a crusty French baguette, use lightly toasted sliced bread instead.
FRENCH ONION SOUP AU GRATIN

INTERMEDIATE RECIPE • • • O

PREP: 15 MINUTES | COOK: 43 MINUTES | MAKES: 4 SERVINGS

APPROX. PRESSURE BUILD: 4 MINUTES | PRESSURE RELEASE: QUICK

DIRECTIONS

1. Select SEAR/SAUTÉ and set to MD:HI. Allow to preheat for 5 minutes.
2. Add butter and onions to pot and cook, stirring occasionally, for 10 minutes.
3. Add tomato paste, soy sauce, and Worcestershire sauce to pot. Cook for 5 minutes. Add beef stock, salt, and pepper and cook for an additional 5 minutes.
4. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 15 minutes. Select START/STOP to begin.
5. When pressure cooking is complete, quick release pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
6. Arrange the French bread cubes over the surface of the soup, then place the cheese evenly on top of the bread.
7. Close crisping lid. Select BROIL and set time to 8 minutes. Select START/STOP to begin.
8. When cooking is complete, soup is ready to serve.

INGREDIENTS

1 1/2 stick (1/4 cup) butter
4 large white onions, peeled, cut in 1/4-inch slices
2 tablespoons tomato paste
2 tablespoons soy sauce
2 tablespoons Worcestershire sauce
2 boxes (32 ounces) beef stock
2 teaspoons kosher salt
2 teaspoons ground black pepper
6-8 cups crusty French bread, cut in 1-inch cubes
3 cups shredded Mozzarella (or Gruyère) cheese

QUESO FUNDIDO

INTERMEDIATE RECIPE • • • O  DELUXE RECIPE (Uses Deluxe Reversible Rack)

PREP: 15 MINUTES | COOK: 15 MINUTES | MAKES: 4-6 SERVINGS

APPROX. PRESSURE BUILD: 4 MINUTES | PRESSURE RELEASE: QUICK

DIRECTIONS

1. Place chorizo, onion, and garlic in the pot. Pour broth over the top.
2. 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.
3. While chorizo is cooking, toss tortilla pieces with oil and taco seasoning until coated. Set aside.
4. When pressure cooking is complete, quick release pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
5. Stir chorizo mixture, then sprinkle mozzarella and cheddar cheese into pot. Mix together. Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot over the chorizo mixture.
6. Place half the tortilla wedges on the rack. Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 10 minutes. Select START/STOP to begin.
7. After 5 minutes, install the Deluxe Layer on the rack. Place remaining tortilla wedges on it, then close lid to continue cooking for the remaining 5 minutes.
8. When cooking is complete, remove rack with tortilla chips from pot. Top queso with cilantro and serve immediately with chips.

INGREDIENTS

4 large Mexican-style chorizo sausages (8 ounces each)
1 cup onion, diced
4 cloves garlic, peeled, minced
1 cup low-sodium beef broth
8 small flour tortillas, cut in 6 wedges each
2 tablespoons vegetable oil
3 teaspoons taco seasoning
4 cups shredded mozzarella cheese
4 cups shredded cheddar cheese
2 tablespoons fresh cilantro, chopped, for serving

TIP You can use spicy Italian sausage instead of chorizo.


**CHICKEN POT PIE**

**INTERMEDIATE RECIPE**

**PREP:** 10 MINUTES  |  **COOK:** 25 MINUTES  |  **MAKES:** 6 SERVINGS

**APPROX. PRESSURE BUILD:** 6 MINUTES  |  **PRESSURE RELEASE:** QUICK

**DIRECTIONS**

1. Select SEAR/SAUTÉ 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, and garlic, and sauté until softened, about 3 minutes.

3. Add chicken and broth to the pot.

4. 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.

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. Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Add remaining ingredients to pot, except pie crust. Stir until sauce thickens and bubbles, about 3 minutes.

7. Lay pie crust evenly on top of the filling mixture, folding over edges if necessary. Make a small cut in center of pie crust so that steam can escape during baking.

8. Close the crisping lid. Select BROIL and set time to 10 minutes. Select START/STOP to begin.

9. When cooking is complete, remove pot from unit and place on a heat-resistant surface. Let rest 10 to 15 minutes before serving.

**INGREDIENTS**

- 1/2 stick (1/4 cup) unsalted butter
- 1/2 large onion, peeled, diced
- 1 large carrot, peeled, diced
- 2 cloves garlic, peeled, minced
- 2 pounds uncooked boneless skinless chicken breasts, cut in 1-inch cubes
- 1 cup chicken broth
- 1 stalk celery, diced
- 1/2 cup frozen peas
- 1 1/2 teaspoons fresh thyme, minced
- 1 tablespoon fresh Italian parsley, minced
- 2 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 1/2 cup heavy cream
- 1/4 cup all-purpose flour
- 1 refrigerated store-bought pie crust, room temperature

**TIP**

If you don’t have all the vegetables listed, you can substitute similar vegetables that you have on hand, like potatoes, frozen peas and carrots, and corn.
BEEF CHILI & CORN BREAD CASSEROLE

INTERMEDIATE RECIPE

PREP: 20 MINUTES  |  COOK: 31–39 MINUTES  |  MAKES: 8 SERVINGS
APPROX. PRESSURE BUILD: 8 MINUTES  |  PRESSURE RELEASE: QUICK

INGREDIENTS
2 pounds uncooked ground beef
3 cans (14 ounces each) kidney beans, rinsed, drained
1 1/2 cans (42 ounces) crushed tomatoes
2 cups beef stock
2 large white onions, peeled, diced
2 green bell peppers, diced
2 jalapeño peppers, diced, seeds removed
4 cloves garlic, peeled, minced
2 tablespoons kosher salt
1 tablespoon ground black pepper
3 tablespoons ground cumin
2 tablespoons onion powder
2 tablespoons garlic powder
2 cups Cheddar Corn Bread batter, uncooked (see recipe page 61)
1 cup shredded Mexican cheese blend
Sour cream, for serving

TIP: You can use the extra corn bread batter to make muffins. Cook 6 muffins on BAKE/ROAST at 350°F for 25–30 minutes.

DIRECTIONS
1. Place beef, beans, tomatoes, and stock in the pot, breaking apart meat.
2. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 15 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. Select SEAR/SAUTÉ and set to MD. Select START/STOP. Add onion, green bell pepper, jalapeño pepper, garlic, and spices; stir to incorporate. Bring to a simmer and cook for 5 minutes, stirring occasionally.
5. Dollop corn bread batter evenly over the top of the chili.
6. Close crisping lid. Select BAKE/ROAST, set temperature to 350°F, and set time to 20 minutes. Select START/STOP to begin.
7. After 15 minutes, open lid and insert a wooden toothpick into the center of the corn bread. If toothpick comes out clean, skip to step 7. If corn bread is not done, close lid to resume cooking for another 8 minutes.
8. When corn bread is done, sprinkle it with cheese and close lid to resume cooking for 3 minutes, or until cheese is melted.
9. When cooking is complete, top with sour cream and serve.
PEPPERONI PIZZA PASTA BAKE
INTERMEDIATE RECIPE

PREP: 10 MINUTES | COOK: 28–30 MINUTES | MAKES: 6–8 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | PRESSURE RELEASE: NATURAL 10 MINUTES

INGREDIENTS
1 large onion, peeled, cut in half, sliced in half-moon shapes
2 tablespoons extra virgin olive oil
1 teaspoon kosher salt
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/4 teaspoon ground black pepper
1/4 teaspoon crushed red pepper
6 large cloves garlic, peeled, minced
1 can (28 ounces) peeled San Marzano tomatoes
1 can (28 ounces) San Marzano tomato puree
1 cup red wine
2 cups chicken stock
1 pepperoni sausage (about 8 inches), cut in small pieces
1 box (16 ounces) dry rigatoni pasta
4 cups shredded mozzarella cheese, divided
1 package (6 ounces) thin-sliced pepperoni

DIRECTIONS
1. Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
2. After 5 minutes, place onion and olive oil in the pot. Cook for 2 minutes, then add salt, oregano, basil, black pepper, and crushed red pepper. Continue cooking, stirring occasionally, until onions are lightly browned and translucent, about 5 minutes.
3. Add remaining ingredients, except mozzarella and pepperoni slices, to pot.
4. Assemble 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.
5. 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.
6. Stir the sauce with a wooden spoon, crushing tomatoes in the process.
7. Cover pasta mixture evenly with 3 cups shredded mozzarella. Lay pepperoni slices across mozzarella. Sprinkle remaining mozzarella over pepperoni slices.
8. Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 5 minutes. Select START/STOP to begin.
9. When cooking is complete, serve immediately.
BUFFALO CHICKEN DIP WITH SPICED PITA CHIPS

INTERMEDIATE RECIPE  ●●  DELUXE RECIPE (Uses Deluxe Reversible Rack)

PREP: 15 MINUTES  |  COOK: 15 MINUTES  |  MAKES: 4–6 SERVINGS
APPROX. PRESSURE BUILD: 4 MINUTES  |  PRESSURE RELEASE: QUICK

INGREDIENTS
2 packets (0.87 ounce each) queso dip seasoning mix
1 cup water
1 1/2 pounds uncooked chicken tenders, cut in 1-inch cubes
2 pieces pita bread, cut in 8 wedges each
2 teaspoons vegetable oil
1 teaspoon kosher salt
1 teaspoon ground cumin

DIRECTIONS
1 In a small bowl, stir together queso mix with water. Place chicken and queso mixture in the pot, stirring to coat.
2 Assemble the 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.
3 While chicken is cooking, toss together pita and oil. Season with salt, cumin, and coriander; set aside.
4 When pressure cooking is complete, quick release pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure. Stir mixture.
5 Add cheddar, mozzarella, cream cheese, sour cream, and butter to the pot, stirring to combine.
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 5 minutes. Select START/STOP to begin.
7 When pressure cooking is complete, quick release pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure. Stir mixture.
8 Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot over the chicken mixture, and place half the pita wedges evenly on it. Then install the Deluxe Layer on the rack, and place remaining pita wedges on it.
9 Close crisping lid. Select AIR CRISP, set temperature to 390°F, and set time to 5 minutes. Select START/STOP to begin.
10 When cooking is complete, remove rack with pita chips from the pot. Stir cornstarch into the dip, until fully combined. Serve dip immediately with pita chips.
11 Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot over the chicken mixture, and place half the pita wedges evenly on it. Then install the Deluxe Layer on the rack, and place remaining pita wedges on it.
12 Closing the crispers lid. Select AIR CRISP, set temperature to 390°F, and set time to 5 minutes. Select START/STOP to begin.
13 When pressure cooking is complete, quickly release pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
14 Select SEAR/SAUTÉ and set to MD:HI. Allow liquid to simmer for about 10 minutes, until it begins to thicken and look syrupy.
15 Remove pot from unit and place on a heat-resistant surface. Let cool for 15 minutes.

BERRY UPSIDE-DOWN CAKE

INTERMEDIATE RECIPE  ●●  DELUXE RECIPE

PREP: 15 MINUTES  |  COOK: 55 MINUTES  |  MAKES: 6–8 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES  |  PRESSURE RELEASE: NATURAL 5 MINUTES

INGREDIENTS
1 bag (12 ounces) frozen cherries
1 bag (12 ounces) frozen blueberries
1 stick (1/2 cup) butter, divided
2 tablespoons lemon juice
2 teaspoons cornstarch
1 cup plus 3 tablespoons sugar, divided
2 cups all-purpose flour
1/4 teaspoon kosher salt
1 cup plus 3 tablespoons sugar, divided
2 cups all-purpose flour
1/4 teaspoon baking soda
2 teaspoons baking powder

DIRECTIONS
1 Place frozen fruit, 3 tablespoons butter, lemon juice, cornstarch, and 3 tablespoons sugar in the pot; stir to combine.
2 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.
3 When pressure cooking is complete, allow pressure to natural release for 5 minutes. After 5 minutes, quickly release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
4 Select SEAR/SAUTÉ and set to MD:HI. Allow liquid to simmer for about 10 minutes, until it begins to thicken and look syrupy.
5 Remove pot from unit and place on a heat-resistant surface. Let cool for 15 minutes.
6 Meanwhile, place all-purpose flour, remaining sugar, baking soda, baking powder, and salt in a mixing bowl. Whisk to incorporate.
7 Melt remaining 5 tablespoons butter in a separate mixing bowl, then whisk in eggs and sour cream.
8 Slowly add flour mixture to egg mixture. Beat until batter is thick and smooth.
9 Gently dollop and smooth batter evenly over the top of the cooled berry mixture. Select START/STOP to begin.
10 When cooking is complete, remove pot from unit and place on a heat-resistant surface. Let cool for 15 to 20 minutes before serving with toppings of your choice.
Everyday Basics

Elevating your go-to weeknight meals is as easy as adding any of these appetizers, sides, or desserts to your menu.

HOMEMADE VANILLA YOGURT

INTERMEDIATE RECIPE

PREP: 5 MINUTES | INCUBATE: 8 HOURS | CHILL: 8–12 HOURS | MAKES: 4–6 Servings

INGREDIENTS

1/2 gallon whole milk
3 tablespoons plain yogurt with active live cultures
1/2 tablespoon vanilla extract
1/2 cup 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. Select YOGURT and set time to 8 hours. Select START/STOP to begin.

2. After the milk has boiled, the display will read “Cool”. Note that this process can take several hours.

3. Once cooled, the unit will beep and display “Add & Stir”. Remove pressure lid. Add plain yogurt and whisk until fully incorporated.

4. After incubating is complete (8 hours later), transfer the yogurt to a glass container or bowl, cover, and chill for a minimum of 8 hours in the refrigerator.

5. Once yogurt has cooled, add the vanilla and honey (if using) and stir until well combined. Cover and place the glass bowl back in the refrigerator or divide the yogurt among airtight glass jars. Yogurt may be refrigerated up to 2 weeks.

TIP: If you prefer a thicker, Greek-style yogurt, strain the yogurt through a cheesecloth overnight in the fridge (be sure to place it over large mixing bowl while draining).
PEACH CHERRY CRUMBLE

BEGINNER RECIPE

PREP: 10 MINUTES  |  COOK: 22 MINUTES  |  MAKES: 4 SERVINGS

APPROX. PRESSURE BUILD: 6 MINUTES  |  PRESSURE RELEASE: QUICK

INGREDIENTS
1 package (16 ounces) frozen peaches
1 cup frozen cherries
2 tablespoons cornstarch
1 1/2 cups water, divided
1 teaspoon fresh lemon juice
3 tablespoons sugar

TOPPING
1/2 cup flour
1/2 cup rolled oats
2/3 cup brown sugar
2 tablespoons granulated sugar
1/2 cup butter, cut in pieces
1 teaspoon ground cinnamon

DIRECTIONS
1 Place peaches and cherries in the Ninja® multi-purpose pan* (or a 1 1/2-quart round ceramic baking dish). In a separate bowl, stir together the cornstarch, 1/2 cup water, lemon juice, and sugar; pour over the fruit. Cover pan with foil.
2 Pour 1 cup water into pot. Then place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot. Place pan with fruit 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 10 minutes. Select START/STOP to begin.
4 In a separate bowl, combine all topping ingredients until incorporated.
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 foil and evenly spread topping over the fruit. Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 12 minutes. Select START/STOP to begin. Cook until top is browned and fruit is bubbling.
7 When cooking is complete, remove rack with pan from pot and serve.

TIP: To mix it up, use your favorite frozen fruit in place of the frozen peaches or cherries.

CORNED BEEF HASH

BEGINNER RECIPE

PREP: 15 MINUTES  |  COOK: 30–35 MINUTES  |  MAKES: 4–6 SERVINGS

INGREDIENTS
1/2 pound pre-cooked corned beef, diced
2 tablespoons vegetable oil
1 white onion, peeled, finely chopped
1 bell pepper, finely chopped
2 medium baking potatoes, peeled, diced
1/2 teaspoon ground black pepper
3 teaspoons kosher salt, divided
4–6 large eggs
Hot sauce, for serving

DIRECTIONS
1 Select SEAR/SAUTÉ and set to HIGH. Select START/STOP to begin. Allow to preheat for 5 minutes.
2 After 5 minutes, add corned beef to pot and sauté for 5 minutes, or until fat has rendered.
3 Add oil, onion, bell pepper, and potatoes to pot. Season with black pepper and 2 teaspoons salt. Sauté for 5 to 10 minutes, until onion is translucent and bell pepper has softened. Then let the hash mixture cook for another 5 minutes, without stirring, so a crust forms on the bottom.
4 After 5 minutes, stir mixture. Then let cook for another 5 minutes, without stirring.
5 Crack eggs onto the surface on the hash and season with remaining salt. Close the crisping lid. Select BROIL and set time to 10 minutes. Select START/STOP to begin. Check eggs frequently, cooking until desired doneness is achieved.
6 When cooking is complete, serve eggs and hash immediately with hot sauce.

*The Ninja multi-purpose pan is sold separately on ninjaaccessories.com.
BANANA BREAD
INTERMEDIATE RECIPE

PREP: 15 MINUTES | COOK: 40 MINUTES | MAKES: 1 (2-POUND) LOAF

INGREDIENTS
1 3/4 cups all-purpose flour
1/2 teaspoon baking soda
1/8 teaspoon kosher salt
1/2 stick (1/4 cup) butter, softened
1/2 cup dark brown sugar
2 eggs, beaten
2 medium ripe bananas, mashed

DIRECTIONS
1. In a mixing bowl, stir together flour, baking soda, and salt.
2. In a separate mixing bowl, beat together butter and brown sugar. Add eggs and bananas and stir to combine.
3. Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot. Close crisping lid. Preheat the unit by selecting BAKE/ROAST, setting the temperature to 325°F, and setting the time to 5 minutes. Select START/STOP to begin.
4. Slowly add dry mixture to wet mixture, stirring until just combined.
5. While the unit is preheating, grease the Ninja ® loaf pan* (or an 8-inch baking pan) with cooking spray. Pour egg mixture into pan.
6. Once unit has preheated, place pan on the rack in the Bake position. Close crisping lid. Select BAKE/ROAST, set temperature to 325°F, and set time to 40 minutes. Select START/STOP to begin.
7. When cooking is complete, remove pan from pot and place on a cooling rack. Allow bread to cool 30 minutes before serving.

BAKED WESTERN OMELET
BEGINNER RECIPE

PREP: 10 MINUTES | COOK: 35 MINUTES | MAKES: 6–8 SERVINGS

INGREDIENTS
8 eggs
1/2 cup milk
Kosher salt and pepper, to taste
1 cup shredded cheddar cheese
1 cup cooked ham, diced
1/2 cup red bell pepper, diced
1/2 cup green bell pepper, diced
1/2 cup fresh chives, diced

DIRECTIONS
1. Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot. Close crisping lid. Preheat the unit by selecting BAKE/ROAST, setting the temperature to 315°F, and setting the time to 5 minutes. Select START/STOP to begin.
2. Meanwhile, in a large bowl, whisk together eggs, milk, salt, and pepper. Then add remaining ingredients and stir to combine.
3. Generously grease the bottom of the Ninja® multi-purpose pan* (or an 8-inch baking pan) with cooking spray. Pour egg mixture into pan.
4. Once unit has preheated, place pan on the rack in the pot. Close crisping lid. Select BAKE/ROAST, set temperature to 315°F, and set time to 35 minutes. Select START/STOP to begin.
5. When cooking is complete, omelet is ready to serve.

* The Ninja loaf pan is sold separately on ninjaaccessories.com.
* The Ninja multi-purpose pan is sold separately on ninjaaccessories.com.
CHILI-RUBBED CHICKEN & CHIMICHURRI

BEGINNER RECIPE

PREP: 15 MINUTES | COOK: 25–35 MINUTES | MAKES: 2 SERVINGS

DIRECTIONS

1. In a small mixing bowl, stir together all the spices in the main ingredients list.
2. Pat chicken breasts dry. Coat each one with 1/2 tablespoon canola oil, then season them liberally on all sides with the spice mixture.
3. Place the Cook & Crisp™ Basket in the pot and close the crisping lid. Preheat unit by selecting AIR CRISP, setting the temperature to 375°F, and setting the time to 5 minutes. Select START/STOP to begin.
4. After 5 minutes, place chicken in the basket. Close crisping lid. Select AIR CRISP, set temperature to 375°F, and set time to 35 minutes.
5. While chicken is cooking, combine all chimichurri ingredients in the bowl of a food processor and process until finely minced, being careful not to over-blend.
6. After 25 minutes, check chicken for doneness. Cooking is complete when internal temperature reaches 165°F. Cook for up to 35 minutes. When cooking is complete, allow chicken to cool for 5 minutes, then serve with a generous amount of chimichurri.

INGREDIENTS

2 teaspoons kosher salt
1 tablespoon ground paprika
1 tablespoon chili powder
1 tablespoon ground fennel
1 teaspoon fresh cracked black pepper
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon ground cumin
2 uncooked bone-in, skin-on chicken breasts (3/4–1 1/4 pounds each)
1 tablespoon canola oil, divided

CHIMICHURRI

1/4 cup olive oil
1/2 bunch fresh cilantro
1/2 bunch fresh parsley
1 shallot, peeled, cut in quarters
4 cloves garlic, peeled
Zest and juice of 1 lemon
1 teaspoon kosher salt

CHILI-RUBBED CHICKEN & CHIMICHURRI

PREP: 15 MINUTES | COOK: 25–35 MINUTES | MAKES: 2 SERVINGS

DIRECTIONS

1. In a small mixing bowl, stir together all the spices in the main ingredients list.
2. Pat chicken breasts dry. Coat each one with 1/2 tablespoon canola oil, then season them liberally on all sides with the spice mixture.
3. Place the Cook & Crisp™ Basket in the pot and close the crisping lid. Preheat unit by selecting AIR CRISP, setting the temperature to 375°F, and setting the time to 5 minutes. Select START/STOP to begin.
4. After 5 minutes, place chicken in the basket. Close crisping lid. Select AIR CRISP, set temperature to 375°F, and set time to 35 minutes.
5. While chicken is cooking, combine all chimichurri ingredients in the bowl of a food processor and process until finely minced, being careful not to over-blend.
6. After 25 minutes, check chicken for doneness. Cooking is complete when internal temperature reaches 165°F. Cook for up to 35 minutes. When cooking is complete, allow chicken to cool for 5 minutes, then serve with a generous amount of chimichurri.

INGREDIENTS

2 teaspoons kosher salt
1 tablespoon ground paprika
1 tablespoon chili powder
1 tablespoon ground fennel
1 teaspoon fresh cracked black pepper
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon ground cumin
2 uncooked bone-in, skin-on chicken breasts (3/4–1 1/4 pounds each)
1 tablespoon canola oil, divided

CHIMICHURRI

1/4 cup olive oil
1/2 bunch fresh cilantro
1/2 bunch fresh parsley
1 shallot, peeled, cut in quarters
4 cloves garlic, peeled
Zest and juice of 1 lemon
1 teaspoon kosher salt
ZUCCHINI FRIES WITH MARINARA SAUCE

INTERMEDIATE RECIPE

PREP: 20 MINUTES | CHILL: 30–45 MINUTES | COOK: 20–25 MINUTES | MAKES: 8 SERVINGS

DIRECTIONS
1. Place the zucchini sticks onto a plate and sprinkle with salt. Allow to sit at room temperature for 15 minutes to remove excess liquid. Pat dry.
2. Place flour in a bowl. Place beaten eggs in another bowl. Combine bread crumbs, Parmesan, garlic powder, and onion powder in a third bowl.
3. First, dredge fries in the flour, then shake off any excess and coat in the egg. Then coat in bread crumb mixture and return to a clean plate. Repeat with remaining zucchini. Cover plate with plastic wrap and place in the freezer for 30 to 45 minutes.
4. Once coating has hardened, place the Cook & Crisp™ Basket in the pot. Close crisping lid. Preheat the unit by selecting AIR CRISP, setting the temperature to 360°F, and setting the time to 5 minutes. Press START/STOP to begin.
5. After 5 minutes, place zucchini fries in basket. Close lid. Select AIR CRISP, set temperature to 360°F, and set time to 24 minutes. Press START/STOP to begin.
6. After 12 minutes, open lid, then lift basket and shake zucchini fries or toss them with silicone-tipped tongs. Lower basket back into pot and close lid to resume cooking.
7. After 20 minutes, check fries for desired doneness. Cook for up to 5 more minutes for crispier results. When cooking is complete, serve fries immediately with marinara sauce.

INGREDIENTS
2 large zucchini, cut in sticks 3-inches long and ¼-inch thick
2 teaspoons kosher salt
2 cups all-purpose flour
3 eggs, beaten
3 cups seasoned bread crumbs
1/4 cup grated Parmesan cheese
1 tablespoon garlic powder
2 teaspoons onion powder
Marinara sauce, for serving

CHEESY CHICKEN CRUNCHADILLA

INTERMEDIATE RECIPE

PREP: 15 MINUTES | COOK: 8 MINUTES | MAKES: 2 SERVINGS

DIRECTIONS
1. Lay flour tortilla onto a clean surface. Place 1/2 cup shredded chicken onto center of tortilla. Sprinkle half of the cubed cheese evenly on top of shredded chicken, then sprinkle with half the tomatoes and half the scallions.
2. Place one tostada on top. Repeat step 1 with layers of remaining chicken, cubed cheese, tomatoes, and scallions. Top with second tostada and shredded cheese.
3. Gently fold flour tortilla over the layers in a concentric pattern, about 4 folds, until the crunchadilla is securely wrapped.
4. Using a broken piece of tostada or a torn piece of tortilla, cover the center opening of the crunchadilla so all contents remain secure during cooking.
5. Gently flip crunchadilla over, seam-side down, and coat the top with cooking spray.
6. Place crunchadilla in Cook & Crisp Basket. Select AIR CRISP, set temperature to 360°F, and set time to 8 minutes. Select START/STOP to begin.
7. When cooking is complete, crunchadilla is ready to serve.

TIP
If you can’t find tostadas at your grocery store, use layers of round tortilla chips instead. (Triangular chips could poke holes in the flour tortilla.)

INGREDIENTS
1 flour tortilla (12 inches)
1 cup cooked chicken meat, shredded, divided
1/2 package (4 ounces) prepared cheese product, cut in 1/2-inch cubes, divided
1 Roma tomato, diced, divided
2 scallions, thinly sliced, divided
2 corn tostadas, divided
1/4 cup shredded Mexican cheese blend

65 Questions? ninjakitchen.com

Everyday Basics
### BEEF JERKY

**BEGINNER RECIPE**

**PREP:** 15 MINUTES  |  **MARINATE:** 8 HOURS  |  **COOK:** 5–7 HOURS  |  **MAKES:** 4 CUPS (8 OUNCES) DRIED JERKY

**DELUXE RECIPE (Uses Deluxe Reversible Rack)**

**PREP:** 15 MINUTES  |  **MARINATE:** 8 HOURS  |  **COOK:** 5–7 HOURS  |  **MAKES:** 4 CUPS (8 OUNCES) DRIED JERKY

#### INGREDIENTS

- 1/4 cup soy sauce
- 2 tablespoons Worcestershire sauce
- 2 tablespoons dark brown sugar
- 1 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 2 teaspoons kosher salt
- 1 1/2 pounds (24 ounces) uncooked beef eye of round, cut in 1/4-inch slices

#### DIRECTIONS

1. Whisk together all ingredients, except beef.
   Place mixture into a large resealable plastic bag.
2. Place sliced beef in bag with marinade and rub to coat. Marinate in refrigerator for at least 8 hours or overnight.
3. Strain meat; discard excess liquid.
4. Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot. Lay half the meat slices on it, making sure they are flat, in a single layer, and not touching each other.
5. Install the Deluxe Layer on the rack, then lay the remaining meat slices on it, making sure they are flat, in a single layer, and not touching each other.
6. Close crisping lid. Select DEHYDRATE, set temperature to 155°F, and set time to 7 hours. Select START/STOP to begin.
7. Jerky will be pliable and soft after 5 hours, but continue cooking up to 7 hours if crispier jerky is desired.
8. When cooking is complete, remove rack with jerky from pot. Transfer jerky to an airtight container.

#### TIP

When dehydrating meat or poultry, make sure to trim off all fat before dehydrating. Fat does not dry out and could turn rancid.

### PARKER HOUSE DINNER ROLLS

**ADVANCED RECIPE**

**PREP:** 10 MINUTES  |  **RISE:** 1 HOUR  |  **COOK:** 50–55 MINUTES  |  **MAKES:** 12 ROLLS

#### INGREDIENTS

- 1/4 cup plus 3 1/2 tablespoons warm water, divided
- 3 large eggs, divided
- 1/4 teaspoon kosher salt
- 3 cups plus 1 tablespoon all-purpose flour
- Coarse sea salt, for sprinkling

#### DIRECTIONS

1. Turn the dough out onto a floured surface. Punch down the dough, then divide evenly into 12 pieces. Shape each piece into a small ball and place in a greased Ninja® multi-purpose pan* or an 8-inch baking pan. Rolls should be touching with visible gaps in between.
2. Beat remaining egg with 1 teaspoon water. Gently brush tops of rolls with egg wash. Add 3 tablespoons water to the pot. Place pan on the reversible rack, making sure rack is in the lower position. Then place rack with pan in pot.
3. Select SEAR/SAUTÉ and set to LO. Select START/STOP to begin. After 5 minutes, place rack with pan in pot. Sprinkle rolls with coarse sea salt, then close lid. Select BAKE/ROAST, set temperature to 325°F, and set time to 25 minutes. Select START/STOP to begin.
4. Wipe out the pot, then lightly grease it with butter. Place kneaded dough in pot. Cover dough with plastic wrap and let rise in a warm place, until doubled in size, about 1 hour.
CHEDDAR CORN BREAD

INTERMEDIATE RECIPE: ●●○

PREP: 10 MINUTES | COOK: 20–25 MINUTES | MAKES: 8 SERVINGS

DIRECTIONS
1. Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot. Then place the Ninja® multi-purpose pan* (or an 8-inch baking pan) on the rack. Close crisping lid. Preheat the unit and pan by selecting BROIL and setting the time to 10 minutes. Select START/STOP to begin.
2. In a medium bowl, whisk together the flour, cornmeal, sugar, baking powder, and salt.
3. Add egg, milk, and oil to the dry ingredients and whisk to combine. Add cheese and stir to incorporate.
4. Once unit and pan have preheated for 10 minutes, open lid and spray pan with cooking spray. Pour batter into pan.
5. Close crisping lid. Select BAKE/ROAST, set temperature to 350°F, and set time to 25 minutes. Select START/STOP to begin. Bake at least 20 minutes, until corn bread is golden brown, and a wooden toothpick inserted in center comes out clean.
6. When cooking is complete, remove rack with pan from unit and let cool on a cooling rack for 5 minutes before serving. If desired, toast thick slices of corn bread in butter using the SEAR/SAUTÉ (MD:HI) setting.

INGREDIENTS
1 1/4 cups all-purpose flour
1/4 cup cornmeal
1/4 cup sugar
2 teaspoons baking powder
2 teaspoons kosher salt
1 egg
1 cup whole milk
1/4 cup canola oil
1 cup shredded cheddar cheese

*The Ninja multi-purpose pan is sold separately on ninjaaccessories.com.

CHOCOLATE CHIP SKILLET COOKIE

INTERMEDIATE RECIPE: ●●○

PREP: 10 MINUTES | COOK: 23 MINUTES | MAKES: 4–6 SERVINGS

DIRECTIONS
1. Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot. Close crisping lid. Preheat the unit by selecting BAKE/ROAST, setting the temperature to 325°F, and setting the time to 5 minutes. Select START/STOP to begin.
2. While unit is preheating, whisk together flour, baking soda, and salt in a mixing bowl.
3. In a separate mixing bowl, beat together the butter, sugars, and vanilla until creamy. Add egg and beat until smooth and fully incorporated.
4. Slowly add the dry ingredients to the egg mixture, about 1/3 at a time. Use a rubber spatula to scrape down the sides so all dry ingredients get incorporated. Make sure not to over-mix, or the cookie will become dense when baked.
5. Fold the chocolate chips and nuts into the cookie dough until they are evenly distributed.
6. Generously grease the bottom of the Ninja® multi-purpose pan* (or an 8-inch baking pan). Add the cookie dough to the pan, making sure it is evenly distributed.
7. Once unit has preheated, place pan on the rack. Close crisping lid. Select BAKE/ROAST, set temperature to 325°F, and set time to 23 minutes. Select START/STOP to begin. When cooking is complete, allow cookie to cool for 5 minutes. Serve warm with your choice of toppings.

TIP For a softer, gooey center, shorten cooking time in step 7 to 20 minutes.

INGREDIENTS
1 cup + 2 tablespoons all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon kosher salt
1 stick (1/2 cup) unsalted butter, softened, plus more for greasing
6 tablespoons granulated sugar
6 tablespoons packed brown sugar
1/2 teaspoon vanilla extract
1 large egg
1 cup semi-sweet chocolate chips
1/2 cup chopped walnuts, pecans, or almonds, if desired

*The Ninja multi-purpose pan is sold separately on ninjaaccessories.com.
**ROASTED SQUASH**

**BEGINNER RECIPE**  
**DELUXE RECIPE (Uses Deluxe Reversible Rack)**

**PREP:** 10 MINUTES  
**COOK:** 20 MINUTES  
**MAKES:** 4 SERVINGS

**APPROX. PRESSURE BUILD:** 6 MINUTES  
**PRESSURE RELEASE:** QUICK

**DIRECTIONS**

1. Pour water into pot. Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot. Place one squash half, cut-side up, on the rack. Then install the Deluxe Layer on the rack and place the other squash half on it, cut-side up.

2. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 10 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. Drizzle oil and vinegar over squash halves, then sprinkle with salt, pepper, and thyme or sage. Close crisping lid. Select ROAST, set temperature to 400°F, and set time to 10 minutes. Select START/STOP to begin.

5. When cooking is complete, remove rack with squash from pot. Cut squash in 1-inch slices, then drizzle with additional balsamic vinegar and sprinkle with pistachios. Season with salt and pepper to taste; serve warm.

**INGREDIENTS**

1/2 cup water  
1 medium butternut or acorn squash (1 1/2–2 pounds), cut  
2 tablespoons extra virgin olive oil  
2 tablespoons balsamic vinegar, plus more for serving  
teaspoon kosher salt, plus more for seasoning  
1 1/2 teaspoon ground black pepper, plus more for seasoning  
2 teaspoons fresh thyme or sage leaves (or 1 teaspoon dried), chopped  
2 tablespoons roasted, salted pistachios, chopped

**TIP** Look for squash that is short enough to fit in the pot. You can substitute different types of squash for the butternut or acorn, but they will require different pressure cooking times. Smaller squash like honeynut and delicata take only about 3 minutes. For all squash, cut in half and scrape out seeds before cooking.

---

**BOSTON BROWN BREAD**

**BEGINNER RECIPE**  
**DELUXE RECIPE (Uses Deluxe Reversible Rack)**

**PREP:** 10 MINUTES  
**COOK:** 1 HOUR  
**MAKES:** 1 ROUND LOAF (8 INCHES)

**APPROX. PRESSURE BUILD:** 8 MINUTES  
**PRESSURE RELEASE:** QUICK

**DIRECTIONS**

1. Spray the Ninja® multi purpose pan* (or an 8-inch baking pan) with cooking spray. Set aside.

2. In a large bowl, stir together flours, cornmeal, baking powder, baking soda, salt, nutmeg, and cloves.

3. Place molasses, buttermilk, and vanilla in a separate bowl. Whisk to combine, then fold in raisins.

4. Add wet ingredients to dry ingredients, stirring to combine. Pour batter into the pan.

5. Pour water into pot. Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot. Place pan on rack.

6. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 1 hour. Select START/STOP to begin.

7. 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. Remove pan from unit and let rest for 10 minutes before serving.

**INGREDIENTS**

Cooking spray  
1/2 cup all-purpose flour  
1/2 cup rye flour  
1/2 cup finely ground cornmeal  
2 tablespoons baking powder  
2 tablespoons baking soda  
teaspoon kosher salt  
teaspoon ground nutmeg  
teaspoon ground cloves  
1/2 cup molasses  
cup buttermilk  
2 teaspoons vanilla extract  
1/2 cup raisins

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*The Ninja multi purpose pan is sold separately on ninjaaccessories.com.*
SCALLION & BACON MASHED POTATOES

INTERMEDIATE RECIPE 

PREP: 20 MINUTES | COOK: 23 MINUTES | MAKES: 4–6 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | PRESSURE RELEASE: QUICK

DIRECTIONS
1. Place potatoes, onions, garlic, butter, heavy cream, milk, and salt in the pot.
2. Assemble the pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 20 minutes. Select STOP/START to begin.
3. When pressure cooking is complete, quick release pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
4. Mash potatoes, using a mashing utensil that won’t scratch the nonstick surface of the pot.
5. Select SEAR/SAUTÉ and set to LOW. Select START/STOP to begin.
6. Add cabbage and stir to combine. Sauté for 3 minutes, stirring continuously.
7. When cooking is complete, top mashed potatoes with bacon bits and scallions. Serve immediately.

INGREDIENTS
- 5 medium russet potatoes, peeled, cut in quarters
- 2 sweet onions, peeled, thinly sliced
- 4 cloves garlic, peeled
- 1 stick (1/2 cup) butter
- 1 cup heavy cream
- 1 1/2 cups whole milk
- 2 tablespoons kosher salt
- 2 cups green cabbage, shredded
- 1/2 cup bacon bits, for serving
- 1/2 cup scallions, sliced, for serving

TIP: This side dish goes great with pork chops or corned beef.

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## Pressure Cook Chart

### INGREDIENT WEIGHT PREPARATION WATER ACCESSORY PRESSURE TIME RELEASE

#### POULTRY

<table>
<thead>
<tr>
<th>INGREDIENT</th>
<th>WEIGHT</th>
<th>PREPARATION</th>
<th>WATER</th>
<th>ACCESSORY</th>
<th>PRESSURE</th>
<th>TIME</th>
<th>RELEASE</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Chicken breasts</em></td>
<td>2 lbs</td>
<td>Bone in</td>
<td>1 cup</td>
<td>N/A</td>
<td>High</td>
<td>15 mins</td>
<td>Quick</td>
</tr>
<tr>
<td><em>6 small or 4 large</em> (about 2 lbs)</td>
<td>Boneless</td>
<td>1 cup</td>
<td>N/A</td>
<td>High</td>
<td>8-10 mins</td>
<td>Quick</td>
<td></td>
</tr>
<tr>
<td><em>Chicken breasts (frozen)</em></td>
<td>4 large (2 lbs)</td>
<td>Boneless</td>
<td>1 cup</td>
<td>N/A</td>
<td>High</td>
<td>25 mins</td>
<td>Quick</td>
</tr>
<tr>
<td><em>Chicken thighs</em></td>
<td>8 thighs (4 lbs)</td>
<td>Bone in/skin on</td>
<td>1 cup</td>
<td>N/A</td>
<td>High</td>
<td>20 mins</td>
<td>Quick</td>
</tr>
<tr>
<td>*8 thighs (2 lbs)</td>
<td>Boneless</td>
<td>1 cup</td>
<td>N/A</td>
<td>High</td>
<td>20 mins</td>
<td>Quick</td>
<td></td>
</tr>
<tr>
<td><em>Chicken, whole</em></td>
<td>4-5 lbs</td>
<td>Bone in/legs tied</td>
<td>1 cup</td>
<td>N/A</td>
<td>High</td>
<td>25-30 mins</td>
<td>Quick</td>
</tr>
<tr>
<td><em>Turkey breast</em></td>
<td>1 breast (6-8 lbs)</td>
<td>Bone in</td>
<td>1 cup</td>
<td>N/A</td>
<td>High</td>
<td>40-50 mins</td>
<td>Quick</td>
</tr>
</tbody>
</table>

#### GROUND MEAT

<table>
<thead>
<tr>
<th>INGREDIENT</th>
<th>WEIGHT</th>
<th>PREPARATION</th>
<th>WATER</th>
<th>ACCESSORY</th>
<th>PRESSURE</th>
<th>TIME</th>
<th>RELEASE</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Ground beef, pork, or turkey</em></td>
<td>1-2 lbs</td>
<td>Ground (not in patties)</td>
<td>½ cup</td>
<td>N/A</td>
<td>High</td>
<td>5 mins</td>
<td>Quick</td>
</tr>
<tr>
<td><em>Ground beef, pork, or turkey (frozen)</em></td>
<td>1-2 lbs</td>
<td>Frozen, ground (not in patties)</td>
<td>½ cup</td>
<td>N/A</td>
<td>High</td>
<td>20-25 mins</td>
<td>Quick</td>
</tr>
</tbody>
</table>

#### RIBS

<table>
<thead>
<tr>
<th>INGREDIENT</th>
<th>WEIGHT</th>
<th>PREPARATION</th>
<th>WATER</th>
<th>ACCESSORY</th>
<th>PRESSURE</th>
<th>TIME</th>
<th>RELEASE</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Pork baby back</em></td>
<td>2 ½–3 ½ lbs</td>
<td>Cut in thirds</td>
<td>1 cup</td>
<td>N/A</td>
<td>High</td>
<td>20 mins</td>
<td>Quick</td>
</tr>
</tbody>
</table>

#### ROASTS

<table>
<thead>
<tr>
<th>INGREDIENT</th>
<th>WEIGHT</th>
<th>PREPARATION</th>
<th>WATER</th>
<th>ACCESSORY</th>
<th>PRESSURE</th>
<th>TIME</th>
<th>RELEASE</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Beef brisket</em></td>
<td>3-4 lbs</td>
<td>Whole</td>
<td>1 cup</td>
<td>N/A</td>
<td>High</td>
<td>1 ½ hrs</td>
<td>Quick</td>
</tr>
<tr>
<td><em>Boneless beef chuck-eye roast</em></td>
<td>3-4 lbs</td>
<td>Whole</td>
<td>1 cup</td>
<td>N/A</td>
<td>High</td>
<td>1 ½ hrs</td>
<td>Quick</td>
</tr>
<tr>
<td><em>Boneless pork butt</em></td>
<td>4 lbs</td>
<td>Season as desired</td>
<td>1 cup</td>
<td>N/A</td>
<td>High</td>
<td>1 ½ hrs</td>
<td>Quick</td>
</tr>
<tr>
<td><em>Pork tenderloin</em></td>
<td>2 tenderloins (1-1 ½ lbs each)</td>
<td>Season as desired</td>
<td>1 cup</td>
<td>N/A</td>
<td>High</td>
<td>3-4 mins</td>
<td>Quick</td>
</tr>
</tbody>
</table>

#### STEW MEAT

<table>
<thead>
<tr>
<th>INGREDIENT</th>
<th>WEIGHT</th>
<th>PREPARATION</th>
<th>WATER</th>
<th>ACCESSORY</th>
<th>PRESSURE</th>
<th>TIME</th>
<th>RELEASE</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Boneless beef short ribs</em></td>
<td>6 ribs (3 lbs)</td>
<td>Whole</td>
<td>1 cup</td>
<td>N/A</td>
<td>High</td>
<td>25 mins</td>
<td>Quick</td>
</tr>
<tr>
<td><em>Boneless leg of lamb</em></td>
<td>3 lbs</td>
<td>Cut in 1-inch pieces</td>
<td>1 cup</td>
<td>N/A</td>
<td>High</td>
<td>30 mins</td>
<td>Quick</td>
</tr>
<tr>
<td><em>Boneless pork butt</em></td>
<td>3 lbs</td>
<td>Cut in 1-inch pieces</td>
<td>1 cup</td>
<td>N/A</td>
<td>High</td>
<td>30 mins</td>
<td>Quick</td>
</tr>
<tr>
<td><em>Chuck roast, for stew</em></td>
<td>2 lbs</td>
<td>Cut in 1-inch pieces</td>
<td>1 cup</td>
<td>N/A</td>
<td>High</td>
<td>25 mins</td>
<td>Quick</td>
</tr>
</tbody>
</table>

#### HARD-BOILED EGGS

<table>
<thead>
<tr>
<th>INGREDIENT</th>
<th>WEIGHT</th>
<th>PREPARATION</th>
<th>WATER</th>
<th>ACCESSORY</th>
<th>PRESSURE</th>
<th>TIME</th>
<th>RELEASE</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Eggs</em></td>
<td>1-12 eggs</td>
<td>None</td>
<td>½ cup</td>
<td>N/A</td>
<td>High</td>
<td>4 mins</td>
<td>Quick</td>
</tr>
</tbody>
</table>

---

*TIP* Use hot water for pressure cooking to build pressure quicker.

*Remove immediately when complete and place in ice bath.*
<table>
<thead>
<tr>
<th>INGREDIENT</th>
<th>AMOUNT</th>
<th>PREPARATION</th>
<th>WATER</th>
<th>ACCESSORY</th>
<th>PRESSURE</th>
<th>COOK TIME</th>
<th>RELEASE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VEGETABLES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beets</td>
<td>8 small or 4 large</td>
<td>Rinse well, trim tops and ends; cool and peel after cooking</td>
<td>1/2 cup</td>
<td>N/A</td>
<td>High</td>
<td>15–20 mins</td>
<td>Quick</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1 head or 4 cups</td>
<td>Cut in 1-2-inch florets, remove stem</td>
<td>1 cup</td>
<td>Reversible rack in lower position</td>
<td>Low</td>
<td>1 min</td>
<td>Quick</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>1 lb</td>
<td>Cut in half</td>
<td>1 cup</td>
<td>Reversible rack in lower position</td>
<td>Low</td>
<td>1 min</td>
<td>Quick</td>
</tr>
<tr>
<td>Butternut squash (cubed for side dish or salad)</td>
<td>20 oz</td>
<td>Peel, cut in 1-inch pieces, remove seeds</td>
<td>1 cup</td>
<td>N/A</td>
<td>Low</td>
<td>2 mins</td>
<td>Quick</td>
</tr>
<tr>
<td>Butternut squash (for mashed, puree, or soup)</td>
<td>20 oz</td>
<td>Peel, cut in 1-inch pieces, remove seeds</td>
<td>1 cup</td>
<td>Reversible rack in lower position</td>
<td>High</td>
<td>2 mins</td>
<td>Quick</td>
</tr>
<tr>
<td>Cabbage (braised)</td>
<td>1 head</td>
<td>Cut in half, slice in 1/4-inch strips, remove core</td>
<td>1 cup</td>
<td>N/A</td>
<td>Low</td>
<td>3 mins</td>
<td>Quick</td>
</tr>
<tr>
<td>Cabbage (crisp)</td>
<td>1 head</td>
<td>Cut in half, slice in 1/4-inch strips, remove core</td>
<td>1 cup</td>
<td>Reversible rack in lower position</td>
<td>Low</td>
<td>2 mins</td>
<td>Quick</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 lb</td>
<td>Peel, cut in 1/2-inch pieces</td>
<td>1/2 cup</td>
<td>N/A</td>
<td>High</td>
<td>2–3 mins</td>
<td>Quick</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1 head</td>
<td>Cut in 1-2-inch florets, remove stem</td>
<td>1/2 cup</td>
<td>N/A</td>
<td>Low</td>
<td>1 min</td>
<td>Quick</td>
</tr>
<tr>
<td>Collard greens</td>
<td>2 bunches or 1 bag (16 oz)</td>
<td>Remove stems, chop leaves</td>
<td>1/2 cup</td>
<td>N/A</td>
<td>Low</td>
<td>6 mins</td>
<td>Quick</td>
</tr>
<tr>
<td>Green beans</td>
<td>1 bag (12 oz)</td>
<td>Whole</td>
<td>1 cup</td>
<td>Reversible rack in lower position</td>
<td>Low</td>
<td>0 mins*</td>
<td>Quick</td>
</tr>
<tr>
<td>Kale leaves/greens</td>
<td>2 bunches or 1 bag (16 oz)</td>
<td>Remove stems, chop leaves</td>
<td>1/2 cup</td>
<td>N/A</td>
<td>Low</td>
<td>3 mins</td>
<td>Quick</td>
</tr>
<tr>
<td>Potatoes, red (cubed for side dish or salad)</td>
<td>2 lbs</td>
<td>Scrub, cut in 1-inch cubes</td>
<td>1/2 cup</td>
<td>N/A</td>
<td>High</td>
<td>1-2 mins</td>
<td>Quick</td>
</tr>
<tr>
<td>Potatoes, red (for mashed)</td>
<td>2 lbs</td>
<td>Scrub, whole, large potatoes cut in half</td>
<td>1/2 cup</td>
<td>N/A</td>
<td>High</td>
<td>15-20 mins</td>
<td>Quick</td>
</tr>
<tr>
<td>Potatoes, russet or Yukon (cubed for side dish or salad)</td>
<td>2 lbs</td>
<td>Peel, cut in 1-inch cubes</td>
<td>1/2 cup</td>
<td>N/A</td>
<td>High</td>
<td>1-2 mins</td>
<td>Quick</td>
</tr>
<tr>
<td>Potatoes, russet or Yukon (for mashed)</td>
<td>2 lbs</td>
<td>Peel, cut in 1-inch thick slices</td>
<td>1/2 cup</td>
<td>N/A</td>
<td>High</td>
<td>6 mins</td>
<td>Quick</td>
</tr>
<tr>
<td>Potatoes, sweet (cubed for side dish or salad)</td>
<td>1 lb</td>
<td>Peel, cut in 1-inch cubes</td>
<td>1/2 cup</td>
<td>N/A</td>
<td>Low</td>
<td>1-2 mins</td>
<td>Quick</td>
</tr>
<tr>
<td>Potatoes, sweet (for mashed)</td>
<td>1 lb</td>
<td>Peel, cut in 1-inch thick slices</td>
<td>1/2 cup</td>
<td>N/A</td>
<td>Low</td>
<td>6 mins</td>
<td>Quick</td>
</tr>
<tr>
<td><strong>DOUBLE-CAPACITY VEGETABLES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>2 heads or 8 cups</td>
<td>Cut in 1-2-inch florets, remove stem</td>
<td>1 cup</td>
<td>Deluxe Reversible Rack (both layers)</td>
<td>Low</td>
<td>1 min</td>
<td>Quick</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>2 lbs</td>
<td>Cut in half, remove stem</td>
<td>1 cup</td>
<td>Deluxe Reversible Rack (both layers)</td>
<td>Low</td>
<td>1 min</td>
<td>Quick</td>
</tr>
<tr>
<td>Butternut squash</td>
<td>48 oz</td>
<td>Peel, cut in 1-inch pieces</td>
<td>1 cup</td>
<td>Deluxe Reversible Rack (both layers)</td>
<td>High</td>
<td>3 mins</td>
<td>Quick</td>
</tr>
<tr>
<td>Cabbage</td>
<td>1 1/2 heads</td>
<td>Cut in half, remove core</td>
<td>1 cup</td>
<td>Deluxe Reversible Rack (both layers)</td>
<td>Low</td>
<td>5 mins</td>
<td>Quick</td>
</tr>
<tr>
<td>Green beans</td>
<td>2 bags (24 oz)</td>
<td>Whole</td>
<td>1 cup</td>
<td>Deluxe Reversible Rack (both layers)</td>
<td>Low</td>
<td>0 mins*</td>
<td>Quick</td>
</tr>
</tbody>
</table>

*The time the unit takes to pressurize is long enough to cook this food.
### Pressure Cook Chart, continued

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>AMOUNT</th>
<th>WATER</th>
<th>PRESSURE</th>
<th>COOK TIME</th>
<th>RELEASE</th>
</tr>
</thead>
<tbody>
<tr>
<td>GRAINS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arborio rice*</td>
<td>1 cup</td>
<td>3 cups</td>
<td>High</td>
<td>7 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Basmati rice</td>
<td>1 cup</td>
<td>1 cup</td>
<td>High</td>
<td>2 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Brown rice, short/medium or long grain</td>
<td>1 cup</td>
<td>1 1/4 cups</td>
<td>High</td>
<td>15 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Coarse grits/polenta*</td>
<td>1 cup</td>
<td>3 1/2 cups</td>
<td>High</td>
<td>4 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Farro</td>
<td>1 cup</td>
<td>2 cups</td>
<td>High</td>
<td>10 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Jasmine rice</td>
<td>1 cup</td>
<td>1 cup</td>
<td>High</td>
<td>2–3 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Kamut</td>
<td>1 cup</td>
<td>2 cups</td>
<td>High</td>
<td>30 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Millet</td>
<td>1 cup</td>
<td>2 cups</td>
<td>High</td>
<td>6 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Pearl barley</td>
<td>1 cup</td>
<td>2 cups</td>
<td>High</td>
<td>22 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Quinoa</td>
<td>1 cup</td>
<td>1 1/2 cups</td>
<td>High</td>
<td>2 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Quinoa, red</td>
<td>1 cup</td>
<td>1 1/2 cups</td>
<td>High</td>
<td>2 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Spelt</td>
<td>1 cup</td>
<td>2 1/4 cups</td>
<td>High</td>
<td>25 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Steel-cut oats*</td>
<td>1 cup</td>
<td>3 cups</td>
<td>High</td>
<td>11 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Sushi rice, brown**</td>
<td>1 cup</td>
<td>1 1/2 cups</td>
<td>High</td>
<td>3 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Texmati® rice, brown**</td>
<td>1 cup</td>
<td>1 1/4 cups</td>
<td>High</td>
<td>5 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Texmati® rice, light brown**</td>
<td>1 cup</td>
<td>1 1/2 cups</td>
<td>High</td>
<td>2 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Texmati® rice, white**</td>
<td>1 cup</td>
<td>1 cup</td>
<td>High</td>
<td>2 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Wheat berries</td>
<td>1 cup</td>
<td>3 cups</td>
<td>High</td>
<td>15 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>White rice, long grain</td>
<td>1 cup</td>
<td>1 cup</td>
<td>High</td>
<td>2 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>White rice, medium grain</td>
<td>1 cup</td>
<td>1 cup</td>
<td>High</td>
<td>3 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Wild rice</td>
<td>1 cup</td>
<td>1 cup</td>
<td>High</td>
<td>22 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
</tbody>
</table>

*After releasing pressure, stir for 30 seconds to 1 minute, then let sit for 5 minutes.

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Questions? ninjakitchen.com
This section does not require beans to be soaked.

### LEGUMES

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>AMOUNT</th>
<th>WATER</th>
<th>PRESSURE</th>
<th>COOK TIME</th>
<th>RELEASE</th>
</tr>
</thead>
<tbody>
<tr>
<td>All beans, except lentils, should be soaked 8–24 hours before cooking.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Black beans</td>
<td>1 lb, soaked 8–24 hrs</td>
<td>6 cups</td>
<td>Low</td>
<td>5 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Black-eyed peas</td>
<td>1 lb, soaked 8–24 hrs</td>
<td>6 cups</td>
<td>Low</td>
<td>5 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Cannellini beans</td>
<td>1 lb, soaked 8–24 hrs</td>
<td>6 cups</td>
<td>Low</td>
<td>3 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Cranberry beans</td>
<td>1 lb, soaked 8–24 hrs</td>
<td>6 cups</td>
<td>Low</td>
<td>3 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Garbanzo beans (chickpeas)</td>
<td>1 lb, soaked 8–24 hrs</td>
<td>6 cups</td>
<td>Low</td>
<td>3 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Great northern bean</td>
<td>1 lb, soaked 8–24 hrs</td>
<td>6 cups</td>
<td>Low</td>
<td>1 min</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Lentils (green or brown)</td>
<td>1 cup dry</td>
<td>2 cups</td>
<td>Low</td>
<td>5 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Lima beans</td>
<td>1 lb, soaked 8–24 hrs</td>
<td>6 cups</td>
<td>Low</td>
<td>1 min</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Navy beans</td>
<td>1 lb, soaked 8–24 hrs</td>
<td>6 cups</td>
<td>Low</td>
<td>3 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Pinto beans</td>
<td>1 lb, soaked 8–24 hrs</td>
<td>6 cups</td>
<td>Low</td>
<td>3 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>Red kidney beans</td>
<td>1 lb, soaked 8–24 hrs</td>
<td>6 cups</td>
<td>Low</td>
<td>3 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td>This section does not require beans to be soaked.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Black beans</td>
<td>2 lbs</td>
<td>4 quarts (16 cups)</td>
<td>High</td>
<td>25 mins</td>
<td>Natural (15 mins) then Quick</td>
</tr>
<tr>
<td>Black-eyed peas</td>
<td>2 lbs</td>
<td>4 quarts (16 cups)</td>
<td>High</td>
<td>25 mins</td>
<td>Natural (15 mins) then Quick</td>
</tr>
<tr>
<td>Cannellini beans</td>
<td>2 lbs</td>
<td>4 quarts (16 cups)</td>
<td>High</td>
<td>40 mins</td>
<td>Natural (15 mins) then Quick</td>
</tr>
<tr>
<td>Cranberry beans</td>
<td>2 lbs</td>
<td>4 quarts (16 cups)</td>
<td>High</td>
<td>40 mins</td>
<td>Natural (15 mins) then Quick</td>
</tr>
<tr>
<td>Garbanzo beans (chickpeas)</td>
<td>2 lbs</td>
<td>4 quarts (16 cups)</td>
<td>High</td>
<td>40 mins</td>
<td>Natural (15 mins) then Quick</td>
</tr>
<tr>
<td>Great northern bean</td>
<td>2 lbs</td>
<td>4 quarts (16 cups)</td>
<td>High</td>
<td>30 mins</td>
<td>Natural (15 mins) then Quick</td>
</tr>
<tr>
<td>Lima beans</td>
<td>2 lbs</td>
<td>4 quarts (16 cups)</td>
<td>High</td>
<td>30 mins</td>
<td>Natural (15 mins) then Quick</td>
</tr>
<tr>
<td>Navy beans</td>
<td>2 lbs</td>
<td>4 quarts (16 cups)</td>
<td>High</td>
<td>30 mins</td>
<td>Natural (15 mins) then Quick</td>
</tr>
<tr>
<td>Pinto beans</td>
<td>2 lbs</td>
<td>4 quarts (16 cups)</td>
<td>High</td>
<td>30 mins</td>
<td>Natural (15 mins) then Quick</td>
</tr>
<tr>
<td>Red kidney beans</td>
<td>2 lbs</td>
<td>4 quarts (16 cups)</td>
<td>High</td>
<td>40 mins</td>
<td>Natural (15 mins) then Quick</td>
</tr>
<tr>
<td>INGREDIENT</td>
<td>AMOUNT</td>
<td>PREPARATION</td>
<td>LIQUID</td>
<td>COOK TIME</td>
<td></td>
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<td>--------</td>
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<tr>
<td><strong>VEGETABLES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Artichokes</td>
<td>4</td>
<td>Whole</td>
<td>4 cups</td>
<td>25-42 mins</td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td>1 bunch</td>
<td>Whole spears</td>
<td>3 cups</td>
<td>7-15 mins</td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>1 crown or 1 bag (12 oz) florets</td>
<td>Cut in florets</td>
<td>2 cups</td>
<td>5-9 mins</td>
<td></td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>1 lb</td>
<td>Whole, trimmed</td>
<td>3 cups</td>
<td>8-17 mins</td>
<td></td>
</tr>
<tr>
<td>Butternut squash</td>
<td>24 oz</td>
<td>Peeled, cut in 1-inch cubes</td>
<td>2 cups</td>
<td>10-17 mins</td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td>1 head</td>
<td>Cut in wedges</td>
<td>2 cups</td>
<td>6-12 mins</td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>1 lb</td>
<td>Peeled, cut in 1-inch pieces</td>
<td>2 cups</td>
<td>7-12 mins</td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1 head</td>
<td>Cut in florets</td>
<td>2 cups</td>
<td>5-12 mins</td>
<td></td>
</tr>
<tr>
<td>Corn on the cob</td>
<td>4 ears</td>
<td>Whole, husks removed</td>
<td>2 cups</td>
<td>4-9 mins</td>
<td></td>
</tr>
<tr>
<td>Green beans</td>
<td>1 bag (12 oz)</td>
<td>Whole</td>
<td>2 cups</td>
<td>6-12 mins</td>
<td></td>
</tr>
<tr>
<td>Kale</td>
<td>1 bag (16 oz)</td>
<td>Trimmed</td>
<td>2 cups</td>
<td>5-10 mins</td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td>1 lb</td>
<td>Peeled, cut in 1-inch pieces</td>
<td>2 cups</td>
<td>12-17 mins</td>
<td></td>
</tr>
<tr>
<td>Potatoes, new</td>
<td>1 lb</td>
<td>Whole</td>
<td>4 cups</td>
<td>15-22 mins</td>
<td></td>
</tr>
<tr>
<td>Potatoes, sweet</td>
<td>1 lb</td>
<td>Cut in 1/2-inch cubes</td>
<td>3 cups</td>
<td>8-14 mins</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td>1 bag (16 oz)</td>
<td>Whole leaves</td>
<td>2 cups</td>
<td>3-7 mins</td>
<td></td>
</tr>
<tr>
<td>Sugar snap peas</td>
<td>1 lb</td>
<td>Whole pods, trimmed</td>
<td>2 cups</td>
<td>5-8 mins</td>
<td></td>
</tr>
<tr>
<td>Summer Squash</td>
<td>1 lb</td>
<td>Cut in 1-inch slices</td>
<td>2 cups</td>
<td>5-10 mins</td>
<td></td>
</tr>
<tr>
<td>Zucchini</td>
<td>1 lb</td>
<td>Cut in 1-inch slices</td>
<td>2 cups</td>
<td>5-10 mins</td>
<td></td>
</tr>
<tr>
<td><strong>EGGS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poached eggs</td>
<td>4</td>
<td>In ramekins or silicone cups</td>
<td>1 cup</td>
<td>3-6 mins</td>
<td></td>
</tr>
<tr>
<td>INGREDIENT</td>
<td>AMOUNT</td>
<td>PREPARATION</td>
<td>WATER</td>
<td>COOK TIME</td>
<td></td>
</tr>
<tr>
<td>------------------------</td>
<td>-----------------------------</td>
<td>--------------------------------------------------</td>
<td>-------</td>
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<tr>
<td><strong>VEGETABLES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td>2 bunches</td>
<td>Whole, trim ends</td>
<td>2 cups</td>
<td>8-12 mins</td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>2 heads or 2 bags (24 oz)</td>
<td>Cut in 1-2-inch florets</td>
<td>2 cups</td>
<td>7-10 mins</td>
<td></td>
</tr>
<tr>
<td>Brussel sprouts</td>
<td>2 lbs</td>
<td>Whole, trim ends</td>
<td>2 cups</td>
<td>10-12 mins</td>
<td></td>
</tr>
<tr>
<td>Butternut squash</td>
<td>48 oz</td>
<td>Peel, cut into 1-inch cubes</td>
<td>2 cups</td>
<td>18-22 mins</td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td>1 ½ heads</td>
<td>Cut in half, sliced in ½-inch strips, core removed</td>
<td>2 cups</td>
<td>20-22 mins</td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>2 lbs</td>
<td>Peeled, cut into 1-inch pieces</td>
<td>2 cups</td>
<td>15-18 mins</td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td>2 heads</td>
<td>Cut in 1-2-inch florets</td>
<td>2 cups</td>
<td>12-15 mins</td>
<td></td>
</tr>
<tr>
<td>Corn on the cob</td>
<td>4 ears</td>
<td>Whole, remove husks</td>
<td>2 cups</td>
<td>7-9 mins</td>
<td></td>
</tr>
<tr>
<td>Green beans</td>
<td>2 bags (24 oz)</td>
<td>Whole</td>
<td>2 cups</td>
<td>12-15 mins</td>
<td></td>
</tr>
<tr>
<td>Kale</td>
<td>2 bags (32 oz)</td>
<td>Trim</td>
<td>2 cups</td>
<td>10-14 mins</td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td>2 lbs</td>
<td>Peel, cut in 1-inch pieces</td>
<td>2 cups</td>
<td>16-18 mins</td>
<td></td>
</tr>
<tr>
<td>Potatoes, sweet</td>
<td>2 lbs</td>
<td>Cut into 1-inch cubes</td>
<td>2 cups</td>
<td>18-22 mins</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td>2 bags (32 oz)</td>
<td>Whole leaves</td>
<td>2 cups</td>
<td>8-12 mins</td>
<td></td>
</tr>
<tr>
<td>Sugar snap peas</td>
<td>2 lbs</td>
<td>Whole pods, trimmed</td>
<td>2 cups</td>
<td>10-12 mins</td>
<td></td>
</tr>
<tr>
<td>Summer squash</td>
<td>2 lbs</td>
<td>Cut into 1-inch slices</td>
<td>2 cups</td>
<td>16-18 mins</td>
<td></td>
</tr>
<tr>
<td>Zucchini</td>
<td>2 lbs</td>
<td>Cut into 1-inch slices</td>
<td>2 cups</td>
<td>14-16 mins</td>
<td></td>
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</table>
# Cooking Charts

## Ingredients

### Vegetables

<table>
<thead>
<tr>
<th>INGREDIENT</th>
<th>AMOUNT</th>
<th>PREPARATION</th>
<th>OIL</th>
<th>TEMP</th>
<th>COOK TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>1 bunch</td>
<td>Cut in half, trim stems</td>
<td>2 tsp</td>
<td>390°F</td>
<td>8-10 mins</td>
</tr>
<tr>
<td>Beets</td>
<td>6 small or 4 large (about 2 lbs)</td>
<td>Whole</td>
<td>None</td>
<td>390°F</td>
<td>45-60 mins</td>
</tr>
<tr>
<td>Bell peppers (for roasting)</td>
<td>4 peppers</td>
<td>Whole</td>
<td>None</td>
<td>400°F</td>
<td>25-30 mins</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1 head</td>
<td>Cut in 1-2-inch florets</td>
<td>1 Tbsp</td>
<td>390°F</td>
<td>10-13 mins</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>1 lb</td>
<td>Cut in half, remove stems</td>
<td>1 Tbsp</td>
<td>390°F</td>
<td>15-18 mins</td>
</tr>
<tr>
<td>Butternut squash</td>
<td>1-1/2 lbs</td>
<td>Cut in 1-2-inch pieces</td>
<td>1 Tbsp</td>
<td>390°F</td>
<td>20-25 mins</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 lb</td>
<td>Peeled, cut in 1/2-inch pieces</td>
<td>1 Tbsp</td>
<td>390°F</td>
<td>14-16 mins</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1 head</td>
<td>Cut in 1-2-inch florets</td>
<td>2 Tbsp</td>
<td>390°F</td>
<td>15-20 mins</td>
</tr>
<tr>
<td>Corn on the cob</td>
<td>4 ears, cut in half</td>
<td>Whole, remove husks</td>
<td>1 Tbsp</td>
<td>390°F</td>
<td>12-15 mins</td>
</tr>
<tr>
<td>Green beans</td>
<td>1 bag (12 oz)</td>
<td>Trimmer</td>
<td>1 Tbsp</td>
<td>390°F</td>
<td>7-10 mins</td>
</tr>
<tr>
<td>Kale (for chips)</td>
<td>6 cups, packed</td>
<td>Tear in pieces, remove stems</td>
<td>None</td>
<td>300°F</td>
<td>8-11 mins</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>8 oz</td>
<td>Rinse, cut in quarters</td>
<td>1 Tbsp</td>
<td>390°F</td>
<td>7-8 mins</td>
</tr>
<tr>
<td>Potatoes, russet</td>
<td>1 1/2 lbs</td>
<td>Cut in 1-inch wedges</td>
<td>1 Tbsp</td>
<td>390°F</td>
<td>20-25 mins</td>
</tr>
<tr>
<td>Potatoes, sweet</td>
<td>2 lbs</td>
<td>Cut in 1-inch chunks</td>
<td>1 Tbsp</td>
<td>390°F</td>
<td>15-20 mins</td>
</tr>
<tr>
<td>Zucchini</td>
<td>1 lb</td>
<td>Cut in quarters lengthwise, then cut in 1-inch pieces</td>
<td>1 Tbsp</td>
<td>390°F</td>
<td>15-20 mins</td>
</tr>
<tr>
<td>Potatoes, sweet</td>
<td>4 whole (6-8 oz)</td>
<td>Pierce with fork 3 times</td>
<td>None</td>
<td>390°F</td>
<td>35-40 mins</td>
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</table>

### Poultry

<table>
<thead>
<tr>
<th>INGREDIENT</th>
<th>AMOUNT</th>
<th>PREPARATION</th>
<th>OIL</th>
<th>TEMP</th>
<th>COOK TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken breasts</td>
<td>2 breasts (1/4-1 1/2 lbs each)</td>
<td>Bone in</td>
<td>Brushed with oil</td>
<td>375°F</td>
<td>25-35 mins</td>
</tr>
<tr>
<td>Chicken thighs</td>
<td>2 breasts (1/2-3/4 lb each)</td>
<td>Boneless</td>
<td>Brushed with oil</td>
<td>375°F</td>
<td>22-25 mins</td>
</tr>
<tr>
<td>Chicken wings</td>
<td>4 thighs (6-10 oz each)</td>
<td>Bone in</td>
<td>Brushed with oil</td>
<td>390°F</td>
<td>22-28 mins</td>
</tr>
<tr>
<td>Chicken wings</td>
<td>4 thighs (4-8 oz each)</td>
<td>Boneless</td>
<td>Brushed with oil</td>
<td>390°F</td>
<td>18-22 mins</td>
</tr>
<tr>
<td>Chicken wings</td>
<td>2 lbs</td>
<td>Drumettes &amp; flats</td>
<td>1 Tbsp</td>
<td>390°F</td>
<td>24-28 mins</td>
</tr>
<tr>
<td>Chicken, whole</td>
<td>1 chicken (4-6 lbs)</td>
<td>Trussed</td>
<td>Brushed with oil</td>
<td>375°F</td>
<td>55-75 mins</td>
</tr>
<tr>
<td>Chicken drumsticks</td>
<td>2 lbs</td>
<td>None</td>
<td>1 Tbsp</td>
<td>390°F</td>
<td>20-22 mins</td>
</tr>
</tbody>
</table>

TIP: Before using Air Crisp, allow the unit to preheat for 5 minutes as you would your conventional oven.

---

**For best results, shake, toss, or flip often.**

We recommend frequently checking your food and shaking, tossing, or flipping it to ensure desired results. Use these cook times as a guide, adjusting to your preference.

**Shake your food OR Toss or flip with silicone-tipped tongs**

Remove food immediately after cook time is complete and your desired level of doneness is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.
## Air Crisp Chart for the Cook & Crisp™ Basket, continued

### INGREDIENT

<table>
<thead>
<tr>
<th>INGREDIENT</th>
<th>AMOUNT</th>
<th>PREPARATION</th>
<th>OIL</th>
<th>TEMP</th>
<th>COOK TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BEEF</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Burgers</td>
<td>4 quarter-pound patties, 80% lean</td>
<td>1-inch thick</td>
<td>None</td>
<td>375°F</td>
<td>10–12 mins</td>
</tr>
<tr>
<td>Steaks</td>
<td>2 steaks (8 oz each)</td>
<td>Whole</td>
<td>None</td>
<td>390°F</td>
<td>10–20 mins</td>
</tr>
<tr>
<td><strong>PORK &amp; LAMB</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td>1 strip to 1 (16 oz) package</td>
<td>Lay strips evenly over edge of basket</td>
<td>None</td>
<td>330°F</td>
<td>13–16 mins (no preheat)</td>
</tr>
<tr>
<td>Pork chops</td>
<td>2 thick-cut, bone-in chops (10–12 oz each)</td>
<td>Bone in</td>
<td>Brushed with oil</td>
<td>375°F</td>
<td>15–17 mins</td>
</tr>
<tr>
<td>Pork tenderloins</td>
<td>2 tenderloins (1-1/2 lbs each)</td>
<td>Whole</td>
<td>Brushed with oil</td>
<td>375°F</td>
<td>25–35 mins</td>
</tr>
<tr>
<td>Sausages</td>
<td>4 sausages</td>
<td>Whole</td>
<td>None</td>
<td>390°F</td>
<td>8–10 mins</td>
</tr>
<tr>
<td><strong>FISH &amp; SEAFOOD</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crab cakes</td>
<td>2 cakes (6-8 oz each)</td>
<td>None</td>
<td>Brushed with oil</td>
<td>350°F</td>
<td>8–12 mins</td>
</tr>
<tr>
<td>Lobster tails</td>
<td>4 tails (3-4 oz each)</td>
<td>Whole</td>
<td>None</td>
<td>375°F</td>
<td>7–10 mins</td>
</tr>
<tr>
<td>Salmon fillets</td>
<td>2 fillets (4 oz each)</td>
<td>None</td>
<td>Brushed with oil</td>
<td>390°F</td>
<td>10–13 mins</td>
</tr>
<tr>
<td>Shrimp</td>
<td>16 jumbo</td>
<td>Raw, whole, peel, keep tails on</td>
<td>1 Tbsp</td>
<td>390°F</td>
<td>7–10 mins</td>
</tr>
<tr>
<td><strong>FROZEN FOODS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken nuggets</td>
<td>1 box (12 oz)</td>
<td>None</td>
<td>None</td>
<td>390°F</td>
<td>11–13 mins</td>
</tr>
<tr>
<td>Fish fillets</td>
<td>1 box (6 fillets)</td>
<td>None</td>
<td>None</td>
<td>390°F</td>
<td>13–15 mins</td>
</tr>
<tr>
<td>Fish sticks</td>
<td>1 box (14.8 oz)</td>
<td>None</td>
<td>None</td>
<td>390°F</td>
<td>9–11 mins</td>
</tr>
<tr>
<td>French fries</td>
<td>1 lb</td>
<td>None</td>
<td>None</td>
<td>360°F</td>
<td>18–22 mins</td>
</tr>
<tr>
<td>Mozzarella sticks</td>
<td>1 box (11 oz)</td>
<td>None</td>
<td>None</td>
<td>375°F</td>
<td>6–9 mins</td>
</tr>
<tr>
<td>Pot stickers</td>
<td>1 bag (10 count)</td>
<td>None</td>
<td>Toss with 1 tsp canola oil</td>
<td>390°F</td>
<td>11–14 mins</td>
</tr>
<tr>
<td>Pizza Rolls</td>
<td>1 bag (20 oz, 40 count)</td>
<td>None</td>
<td>None</td>
<td>390°F</td>
<td>12–15 mins</td>
</tr>
<tr>
<td>Popcorn shrimp</td>
<td>1 box (16 oz)</td>
<td>None</td>
<td>None</td>
<td>390°F</td>
<td>8–10 mins</td>
</tr>
<tr>
<td>Tater Tots</td>
<td>1 lb</td>
<td>None</td>
<td>None</td>
<td>360°F</td>
<td>19–22 mins</td>
</tr>
</tbody>
</table>

**TIP** Before using Air Crisp, allow the unit to preheat for 5 minutes as you would your conventional oven.
## Dehydrate Chart

for the Cook & Crisp™ Basket
with the Cook & Crisp Layered Insert,*

**Dehydrating Rack** or Deluxe Reversible Rack

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>PREPARATION</th>
<th>TEMP</th>
<th>DEHYDRATE TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FRUITS &amp; VEGETABLES</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple chips</td>
<td>Cut in 1/8-inch slices (remove core), rinse in lemon water, pat dry</td>
<td>135°F</td>
<td>7–8 hrs</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Cut in 1-inch pieces, blanch</td>
<td>135°F</td>
<td>6–8 hrs</td>
</tr>
<tr>
<td>Bananas</td>
<td>Peel, cut in 1/2-inch slices</td>
<td>135°F</td>
<td>8–10 hrs</td>
</tr>
<tr>
<td>Beet chips</td>
<td>Peel, cut in 1/8-inch slices</td>
<td>135°F</td>
<td>7–8 hrs</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Peel, cut in 1/4-inch slices, blanch</td>
<td>135°F</td>
<td>6–8 hrs</td>
</tr>
<tr>
<td>Fresh herbs</td>
<td>Rinse, pat dry, remove stems</td>
<td>135°F</td>
<td>4–6 hrs</td>
</tr>
<tr>
<td>Ginger root</td>
<td>Cut in 1/4-inch slices</td>
<td>135°F</td>
<td>6 hrs</td>
</tr>
<tr>
<td>Mangoes</td>
<td>Peel, cut in 1/3-inch slices, remove pits</td>
<td>135°F</td>
<td>6–8 hrs</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Clean with soft brush (do not wash)</td>
<td>135°F</td>
<td>6–8 hrs</td>
</tr>
<tr>
<td>Pineapple</td>
<td>Peel, cut in 1/8-inch slices, core removed</td>
<td>135°F</td>
<td>6–8 hrs</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Cut in half or in 1/2-inch slices</td>
<td>135°F</td>
<td>6–8 hrs</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Cut in 1/8-inch slices or grate, steam if planning to rehydrate</td>
<td>135°F</td>
<td>6–8 hrs</td>
</tr>
<tr>
<td><strong>JERKY – MEAT, POULTRY, FISH</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef jerky</td>
<td>Cut in 1/4-inch slices, marinate overnight (refer to Beef Jerky recipe page 66)</td>
<td>150°F</td>
<td>5–7 hrs</td>
</tr>
<tr>
<td>Chicken jerky</td>
<td>Cut in 1/4-inch slices, marinate overnight (refer to Beef Jerky recipe page 66)</td>
<td>150°F</td>
<td>5–7 hrs</td>
</tr>
<tr>
<td>Turkey jerky</td>
<td>Cut in 1/4-inch slices, marinate overnight (refer to Beef Jerky recipe page 66)</td>
<td>150°F</td>
<td>5–7 hrs</td>
</tr>
<tr>
<td>Salmon jerky</td>
<td>Cut in 1/4-inch slices, marinate overnight (refer to Beef Jerky recipe page 66)</td>
<td>165°F</td>
<td>5–8 hrs</td>
</tr>
</tbody>
</table>

*If the Ninja Cook & Crisp Layered Insert is not included with your unit, it can be purchased on ninjaaccessories.com.

**The Ninja dehydrating rack is sold separately on ninjaaccessories.com.

**TIP:** Most fruits and vegetables take between 6 and 8 hours (at 135°F) to dehydrate; meats take between 5 and 7 hours (at 150°F). The longer you dehydrate your ingredients, the crispier they will be.
<table>
<thead>
<tr>
<th>PROTEIN</th>
<th>AMOUNT</th>
<th>ACCESSORY</th>
<th>WATER</th>
<th>PRESSURE COOK</th>
<th>PRESSURE RELEASE</th>
<th>CRISPING LID</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole chicken</td>
<td>1 chicken (6-7 lbs)</td>
<td>Cook &amp; Crisp™ Basket</td>
<td>½ cup</td>
<td>High for 40 mins</td>
<td>Quick release pressure.</td>
<td>Air Crisp at 400° F for 15 mins</td>
</tr>
<tr>
<td>St. Louis ribs</td>
<td>1 rack, cut in quarters</td>
<td>Cook &amp; Crisp Basket</td>
<td>½ cup</td>
<td>High for 19 mins</td>
<td>Air Crisp at 400° F for 15 mins</td>
<td>Broil for 2 mins</td>
</tr>
<tr>
<td>Frozen chicken breasts</td>
<td>2 breasts (6-8 oz each)</td>
<td>Deluxe Reversible Rack, in higher broil position</td>
<td>1 cup</td>
<td>High for 10 mins</td>
<td>Air Crisp at 400° F for 10-15 mins</td>
<td>Broil for 2 mins</td>
</tr>
<tr>
<td>Frozen New York strip steaks</td>
<td>2 steaks (12 oz each)</td>
<td>Deluxe Reversible Rack, in higher broil position</td>
<td>1 cup</td>
<td>High for 1 min</td>
<td>Broil for 8-10 mins</td>
<td>Broil for 2 mins</td>
</tr>
<tr>
<td></td>
<td>2 steaks (14 oz each)</td>
<td>Deluxe Reversible Rack, in higher broil position</td>
<td>1 cup</td>
<td>High for 2 mins</td>
<td>Broil for 11-15 mins</td>
<td>Broil for 2 mins</td>
</tr>
<tr>
<td></td>
<td>2 steaks (16 oz each)</td>
<td>Deluxe Reversible Rack, in higher broil position</td>
<td>1 cup</td>
<td>High for 3 mins</td>
<td>Broil for 11-15 mins</td>
<td>Broil for 2 mins</td>
</tr>
<tr>
<td>Frozen chicken wings</td>
<td>1 lb</td>
<td>Cook &amp; Crisp Basket</td>
<td>½ cup</td>
<td>High for 5 mins</td>
<td>Air Crisp at 390° F for 15-20 mins</td>
<td>Air Crisp at 400° F for 10 mins</td>
</tr>
<tr>
<td>Bone-in skin-on chicken thighs</td>
<td>4 thighs (6-8 oz each)</td>
<td>Cook &amp; Crisp Basket</td>
<td>½ cup</td>
<td>High for 2 mins</td>
<td>Air Crisp at 400° F for 10 mins</td>
<td>Air Crisp at 400° F for 8-12 mins</td>
</tr>
<tr>
<td>Frozen pork chops</td>
<td>4 chops (6-8 oz each)</td>
<td>Deluxe Reversible Rack, in higher broil position</td>
<td>1 cup</td>
<td>High for 2 mins</td>
<td>Air Crisp at 400° F for 10 mins</td>
<td>Air Crisp at 400° F for 5 mins</td>
</tr>
<tr>
<td>Frozen jumbo shrimp</td>
<td>28 uncooked, peeled, deveined</td>
<td>Deluxe Reversible Rack, Deluxe Layer installed, place shrimp on both layers</td>
<td>1 cup</td>
<td>High for 0 mins</td>
<td>Air Crisp at 400° F for 5 mins</td>
<td>Air Crisp at 400° F for 5 mins</td>
</tr>
</tbody>
</table>

Carefully remove lid.

Pat protein dry with paper towel and brush with oil or sauce.