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

NINJA® Foodi
The pressure cooker that crisps.

15 mouthwatering recipes and charts for unlimited possibilities.
Table of Contents

Pressure Lid 2
Crisping Lid 3
The Art of TenderCrisp™ 4
TenderCrisp 101 6
Choose Your Own TenderCrisp Adventure 16
TenderCrisp Frozen to Crispy 18
TenderCrisp 360 Meals 22
TenderCrisp One-Pot Wonders 27
Everyday Basics 34
Cooking Charts 38

Pressure, meet Crisp

What you’re about to experience is a way of cooking that’s never been done before. 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™ 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.
- **SLOW COOK**
  Cook low and slow to create your favorite chilis and stews.
- **STEAM**
  Steam infuses moisture, seals in flavor, and maintains the texture of your food.
- **SEAR/SAUTÉ**
  Five stovetop temperature settings allow you to build flavor by searing, sautéing, simmering, and more.

**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 Crisping 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 caramelization or crispiness.
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.
DIRECTIONS

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

In a small bowl, mix together lemon juice, hot water, honey, and 2 tablespoons salt. Pour mixture into the pot. Place whole peppercorns, thyme, and garlic in the pot. Place chicken into the Cook & Crisp™ Basket and place basket in pot.

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

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

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

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

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

INGREDIENTS

1 whole uncooked chicken (4 1/2–5 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

TenderCrisp™ 101
Herb-Roasted Chicken

BEGINNER RECIPE

PREP: 10 MINUTES  |  TOTAL COOK TIME: 30–41 MINUTES  |  MAKES: 4 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES  |  PRESSURE COOK: 22 MINUTES  |  PRESSURE RELEASE: 5 MINUTE  |  AIR CRISP: 8–18 MINUTES

INGREDIENTS

1 whole uncooked chicken (4 1/2–5 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

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**  
**Sticky St. Louis Ribs**  
INTERMEDIATE RECIPE

PREP: 10 MINUTES  |  TOTAL COOK TIME: 41 MINUTES  |  MAKES: 4 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES  |  PRESSURE COOK: 19 MINUTES  |  PRESSURE RELEASE: 1 MINUTE  |  AIR CRISP: 15 MINUTES

**INGREDIENTS**

- 1/4 cup barbecue spice rub
- 2 tablespoons kosher salt
- 2 tablespoons brown sugar
- 1 rack uncooked St. Louis ribs (3-3 1/2 pounds), cut in thirds (4 ribs per section)
- 1/2 cup beer
- 1 cup barbecue sauce

**DIRECTIONS**

- In a small bowl, stir together barbecue spice rub, salt, and brown sugar. Season ribs evenly with spice mix.
- Pour beer into pot. Place ribs into 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. Set time to 19 minutes. Select START/STOP to begin.
- When pressure cooking is complete, quick release pressure by turning the pressure release valve to the VENT position. Carefully remove pressure lid when unit has finished releasing pressure.
- Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 15 minutes. Select START/STOP to begin.
- After 10 minutes, open lid and liberally brush ribs with barbecue sauce. Close lid to resume cooking for 5 more minutes.
- When internal temperature reaches 185°F, cooking is complete and ribs are ready to serve.

**TIP**  
The Ninja® roasting rack insert makes it easy to hold up the ribs while cooking. It is available for purchase on ninjaaccessories.com.
DIRECTIONS

Place the quinoa, 1 teaspoon salt, and water into the 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 2 minutes. Select START/STOP to begin.

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. 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.

Toss the asparagus with olive oil and 1 teaspoon salt. Lay asparagus evenly on top of quinoa. Place the reversible rack in the pot over the quinoa and asparagus, making sure it is in the higher position. Place the cod fillets on the rack, breading side up. Close the crisping lid. Select BAKE/ROAST, set the temperature to 350°F, and set the time to 12 minutes. Select START/STOP to begin. Cook for up to an additional 2 minutes if necessary. Cooking is complete when internal temperature reaches 145°F. Serve cod 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 cod fillets (5-6 ounces each)
1 bunch asparagus, stems trimmed
1 teaspoon extra virgin olive oil

TenderCrisp™ 101
Panko-Crusted Cod with Quinoa

BEGINNER RECIPE

PREP: 10 MINUTES | TOTAL COOK TIME: 23 MINUTES | MAKES: 4-6 SERVINGS
APPROX. PRESSURE BUILD: 8 MINUTES | PRESSURE COOK: 2 MINUTES | PRESSURE RELEASE: 1 MINUTE | BAKE/ROAST: 12-14 MINUTES

APPROX. PRESSURE BUILD: 8 MINUTES | PRESSURE COOK: 2 MINUTES | PRESSURE RELEASE: 1 MINUTE

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 cod fillets (5-6 ounces each)
1 bunch asparagus, stems trimmed
1 teaspoon extra virgin olive oil

DIRECTIONS

Place the quinoa, 1 teaspoon salt, and water into the 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 2 minutes. Select START/STOP to begin.

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. 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.

Toss the asparagus with olive oil and 1 teaspoon salt. Lay asparagus evenly on top of quinoa. Place the reversible rack in the pot over the quinoa and asparagus, making sure it is in the higher position. Place the cod fillets on the rack, breading side up. Close the crisping lid. Select BAKE/ROAST, set the temperature to 350°F, and set the time to 12 minutes. Select START/STOP to begin. Cook for up to an additional 2 minutes if necessary. Cooking is complete when internal temperature reaches 145°F. Serve cod with quinoa and asparagus.

TenderCrisp 101

Questions? ninjakitchen.com
**DIRECTIONS**

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

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.

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.

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

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

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

When cooking is complete, serve immediately.

**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.
**TenderCrisp™ 101**

**Teriyaki Chicken, Broccoli & Rice**

**BEGINNER RECIPE**

**PREP:** 10 MINUTES  |  **TOTAL COOK TIME:** 32 MINUTES  |  **MAKES:** 2 SERVINGS

**APPROX. PRESSURE BUILD:** 8 MINUTES  |  **PRESSURE COOK:** 2 MINUTES  |  **PRESSURE RELEASE:** 10 MINUTES  |  **BROIL:** 12 MINUTES

**INGREDIENTS**

1 cup long-grain white rice, rinsed
1 cup chicken stock
1/2 cup frozen mixed vegetables
2 teaspoons kosher salt, divided
2 teaspoons ground black pepper, divided
1 tablespoon Adobo seasoning

2 uncooked fresh boneless skinless chicken breasts (8 ounces each)
1 head broccoli, cut in 2-inch florets
1 tablespoon extra virgin olive oil
1/4 cup teriyaki sauce

**DIRECTIONS**

Place rice, chicken stock, frozen vegetables, 1 teaspoon salt, 1 teaspoon pepper, and Adobo seasoning into the pot; stir to combine.

Place chicken breasts on reversible rack, making sure rack is in the higher position. Place rack inside pot over rice mixture.

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.

While chicken and rice are cooking, toss broccoli in a bowl with the olive oil and remaining salt and pepper.

When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release any remaining pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.

Brush tops of chicken breasts liberally with teriyaki sauce. Add broccoli to rack around chicken.

Close crisping lid. Select BROIL and set time to 12 minutes. Select START/STOP to begin.

Check after 10 minutes for desired doneness. Cooking is complete when internal temperature of chicken reaches 165°F. Serve chicken with rice and broccoli.
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
and place with liquid in pot

1 cup white rice with 1 cup stock

1 cup quinoa with 1 cup stock

1 lb russet potatoes, cubed, with 1/2 cup water

1 cup pearled couscous with 1 cup stock

Add the Rack
and place on reversible rack

ADD THE REVERSIBLE RACK IN THE HIGHER POSITION

Pick a Protein
and place on reversible rack

1 lb fresh boneless skinless chicken thighs

4 fresh boneless chicken breasts (6-8 oz each)

2 frozen New York strip steaks (8-13 oz each, 1-inch thick)

Pressure Cook

HIGH FOR 2 MINS

Pressure Release

QUICK RELEASE PRESSURE, CAREFULLY REMOVE LID

Pick a vegetable, oil and season to taste, then place on rack around protein

1 large or 2 small zucchini, cut in 3-in x 1/2-in sticks

4 carrots, cut in 3-in x 1/2-inch sticks

1/2 head cauliflower, cut in small florets

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

Barbecue

Teriyaki

Sweet & sour

Blackening seasoning

Adobo spice rub

Your favorite spice blend

Broil

DROP THE CRISPING LID AND BROIL FOR 10 MINS

TIP If you want to keep meat drippings from falling off the reversible rack and onto your starchy grains below, place a layer of aluminum foil under the meat to keep everything tidy and clean.

Choose Your Own TenderCrisp Adventure

Questions? ninjakitchen.com
Buffalo Chicken Wings

Prep: 10 minutes | Cook: 20 minutes | Makes: 4–6 servings
Approx. Pressure Build: 6 minutes | Pressure Release: Quick

Directions

1. Pour water into pot. Place wings into the Cook & Crisp™ Basket and place basket in pot. Assemble the pressure lid, making sure the pressure release valve is in the SEAL position.
2. 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 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 crisping 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
2 pounds frozen chicken wings, drums and flats separated
2 tablespoons canola oil
2 tablespoons Buffalo sauce
2 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.
MISO-GLAZED SALMON & BOK CHOY

INTERMEDIATE RECIPE

PREP: 10 MINUTES | COOK: 7–9 MINUTES | MAKES: 4 SERVINGS
APPROX. PRESSURE BUILD: 5 MINUTES | PRESSURE RELEASE: QUICK

DIRECTIONS

1. Place rice and water into the pot. Stir to combine. Place reversible rack in pot, making sure rack is in the higher position.
2. Season salmon with salt, then place on rack. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
3. 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. Gently pat salmon dry with paper towel, then spread miso butter evenly on top of the fillets. Add bok choy to the rack.
7. Close crisping lid. Select BROIL and set time to 7 minutes. Select START/STOP to begin, checking for doneness after 5 minutes.
8. When cooking is complete, remove salmon from rack and serve with bok choy and rice. Garnish with sesame seeds, if desired.

TIP

Want to use fresh salmon instead of frozen? Pressure cook only the white rice. Add the fresh salmon fillets as instructed in step 6. At step 7, broil the salmon for up to 15 minutes, or until the internal temperature reaches 145˚F.

INGREDIENTS

1 cup jasmine rice, rinsed
3/4 cup water
4 frozen skinless salmon fillets (4 ounces, 1-inch thick each)
1 teaspoon kosher salt
2 tablespoons red miso paste
2 tablespoons butter, softened
2 heads baby bok choy, stems on, rinsed, cut in half
1/4 cup mirin
1 teaspoon sesame oil
Sesame seeds, for garnish
**CHICKEN PARMESAN WITH PENNE & BROCCOLINI**

**INTERMEDIATE RECIPE • O • O**

**PREP:** 15 MINUTES  |  **COOK:** 22 MINUTES  |  **MAKES:** 4 SERVINGS

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

**INGREDIENTS**

- 1 pound uncooked penne pasta
- 4 cups water
- 4 teaspoons kosher salt, divided
- 4 uncooked chicken cutlets (4 ounces each)
- 2 eggs, beaten
- 1 cup all-purpose flour
- 1 cup seasoned bread crumbs
- ½ cup grated Parmesan cheese, plus more for garnish
- 1 jar (24 ounces) marinara sauce, ¼ cup reserved
- 2 tablespoons olive oil
- 1 bunch broccolini, cut in 1-inch pieces
- 1 cup mozzarella cheese
- Fresh parsley, minced, for garnish

**DIRECTIONS**

1. Place pasta, water, and 2 teaspoons salt into the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.

2. Select PRESSURE and set to HIGH. Set time to 2 minutes. Select START/STOP to begin.

3. While pasta is cooking, place flour and remaining salt in a shallow bowl and stir to combine. Add eggs and 2 tablespoons water to another bowl, whisking to combine. Place bread crumbs and Parmesan cheese into a third bowl.

4. Working in small batches, toss chicken in flour. Tap off excess, then coat chicken in egg wash. Transfer chicken to bread crumbs, tossing well to evenly coat. Set aside.

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. Pour marinara sauce over the cooked penne, reserving ¼ cup sauce. Add broccolini and stir to incorporate.

7. Place reversible rack inside pot over the pasta, making sure rack is in the higher position. Place the breaded chicken on the rack and brush with oil.

8. Close crisping lid. Select AIR CRISP, set temperature to 325°F, and set time to 15 minutes. Press START/STOP to begin.

9. When cooking is complete, spread remaining ¼ cup sauce on top of chicken. Top with mozzarella.

10. Close crisping lid. Select BROIL and set time to 5 minutes. Select START/STOP to begin.

11. When cooking is complete, top chicken with fresh parsley.

---

**Questions? ninjakitchen.com**
SHORT RIBS & ROOT VEGETABLES

INTERMEDIATE RECIPE

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

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
1/4 cup beef broth
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

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. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
4  Select PRESSURE and set to HIGH. Set time to 40 minutes. Select START/STOP to begin.
5  Place the reversible rack inside pot over ribs, making sure rack is in the higher position. Place vegetable mixture on rack.
6  Close crisping lid. Select BAKE/ROAST, set temperature to 350°F, and set time to 15 minutes. Select START/STOP to begin.
7  Once vegetables are tender and roasted, transfer them and the ribs to a serving tray and tent loosely with aluminum foil to keep warm.
8  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.
9  When cooking is complete, serve sauce with vegetables and ribs.
GRAINS, GREENS & TOFU BOWL

INTERMEDIATE RECIPE

PREP: 15 MINUTES | MARINATE: 15 MINUTES | COOK: 25 MINUTES | MAKES: 4–6 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | PRESSURE RELEASE: QUICK

INGREDIENTS
1/4 cup plus 2 tablespoons soy sauce, divided
3 tablespoons mirin, divided
1 tablespoon brown sugar
1 tablespoon plus 2 teaspoons toasted sesame oil, divided
1 teaspoon fish sauce
1 teaspoon garlic powder
1 block (14 ounces) super-firm tofu, drained, cut in 1/2-inch cubes
1/2 cup farro, rinsed
1/2 cup wild rice, rinsed
1 cup vegetable stock or water
1 bunch kale or collard greens, sliced

Toppings
Shredded carrots
Pickled garden vegetables
Kimchi
Avocado, sliced
Thai peanut dressing
Steamed edamame

DIRECTIONS
1. In a large bowl, stir together 2 tablespoons soy sauce, 1 tablespoon mirin, brown sugar, 2 teaspoons sesame oil, fish sauce, and garlic powder. Add tofu and coat in the marinade. Let marinate for at least 15 minutes.

2. Place farro, wild rice, stock or water, kale, remaining soy sauce, mirin, and sesame oil to the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.

3. Select PRESSURE and set to HIGH. Set time to 10 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. Place reversible rack inside pot over the rice, making sure rack is in the higher position. Cover rack with aluminum foil, then place tofu on rack.

6. Close crisping lid. Select AIR CRISP, set temperature to 325°F, and set time to 15 minutes. Select START/STOP to begin. Halfway through cooking, flip the tofu.

7. When cooking is complete, add tofu to the grains and greens and serve with your favorite toppings.

TIP: You can swap out the tofu for a 3/4-pound chicken breast cut in 1/2-inch cubes.
CHICKEN POT PIE

INTERMEDIATE RECIPE

PREP: 10 MINUTES | COOK: 25 MINUTES | MAKES: 6 SERVINGS
APPXR. 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. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
4. 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: 37-45 MINUTES | MAKES: 8 SERVINGS
APPROX. PRESSURE BUILD: 8 MINUTES | PRESSURE RELEASE: QUICK

DIRECTIONS
1. Place beef, beans, tomatoes, and stock into the pot, breaking apart meat. 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.
2. 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.
3. 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.
4. Dollop corn bread batter evenly over the top of the chili.
5. Close crisping lid. Select BAKE/ROAST, set temperature to 360°F, and set time to 26 minutes. Select START/STOP to begin.
6. 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.
7. When corn bread is done, sprinkle it with cheese and close lid to resume cooking for 3 minutes, or until cheese is melted.
8. When cooking is complete, top with sour cream and serve.

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

INGREDIENTS
2 pounds uncooked ground beef
3 cans (14 ounces each) kidney beans, rinsed, drained
1 can (28 ounces) crushed tomatoes
1 cup beef stock
1 large white onion, peeled, diced
1 green bell pepper, diced
1 jalapeño pepper, diced, seeds removed
4 cloves garlic, peeled, minced
2 tablespoons kosher salt
2 tablespoons ground black pepper
1 tablespoon ground cumin
1 tablespoon onion powder
1 tablespoon garlic powder
2 cups Cheddar Corn Bread batter, uncooked (see recipe page 61)
1 cup shredded Mexican cheese blend
Sour cream, for serving

Questions? ninjakitchen.com
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

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 into 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. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
4. 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.

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
EVERYDAY BASICS

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

CHEDDAR CORN BREAD

INTERMEDIATE RECIPE

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

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

DIRECTIONS

1. Place the Ninja® multi-purpose pan* (or an 8-inch baking pan) on the reversible rack, making sure rack is in the lower position. Place rack in pot. 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 for 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.

*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. 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 the pan onto the reversible rack, making sure rack is in the lower position. Place rack with pan in pot. Close crisping lid. Select BAKE/ROAST, set temperature to 325°F, and set time to 23 minutes. Select START/STOP to begin.

8. When cooking is complete, allow cookie to cool for 5 minutes. Then serve warm with toppings of your choice.

**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.

**TIP** For a softer, gooey center, shorten cooking time in step 7 to 20 minutes.
### Pressure Cooking Chart

<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><strong>POULTRY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken breasts</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>Chicken breasts (frozen)</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>Chicken thighs</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>Chicken, whole</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>Turkey breast</td>
<td>1 breast (6-8 lbs)</td>
<td>Bone in</td>
<td>1 cup</td>
<td>Cook &amp; Crisp™ Basket</td>
<td>High</td>
<td>40-50 mins</td>
<td>Quick</td>
</tr>
<tr>
<td><strong>GROUND MEAT</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ground beef, pork, or turkey</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>Ground beef, pork, or turkey (frozen)</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>
<tr>
<td><strong>RIBS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pork baby back</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>
<tr>
<td><strong>ROASTS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef brisket</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>Boneless beef chuck-eye roast</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>Boneless pork butt</td>
<td>4 lbs</td>
<td>Seasoned</td>
<td>1 cup</td>
<td>N/A</td>
<td>High</td>
<td>1 ½ hrs</td>
<td>Quick</td>
</tr>
<tr>
<td>Pork tenderloin</td>
<td>2 tenderloins (1-1 ½ lbs each)</td>
<td>Seasoned</td>
<td>1 cup</td>
<td>N/A</td>
<td>High</td>
<td>3-4 mins</td>
<td>Quick</td>
</tr>
<tr>
<td><strong>STEW MEAT</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boneless beef short ribs</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>Boneless leg of lamb</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>Boneless pork butt</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>Chuck roast, for stew</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>
<tr>
<td><strong>HARD-BOILED EGGS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs†</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>

†Remove immediately when complete and place in ice bath.

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

---

38 Cooking Charts

Questions? ninjakitchen.com

39
<table>
<thead>
<tr>
<th>INGREDIENT</th>
<th>AMOUNT</th>
<th>DIRECTIONS</th>
<th>WATER</th>
<th>ACCESSORY</th>
<th>PRESSURE</th>
<th>COOK TIME</th>
<th>RELEASE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beets</td>
<td>8 small or 4 large</td>
<td>Rinsed well, tops &amp; ends trimmed; cool &amp; peel after cooking</td>
<td>½ 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, stem removed</td>
<td>½ 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>½ 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>Peeled, cut in 1 inch pieces, seeds removed</td>
<td>½ 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>Peeled, cut in 1 inch pieces, seeds removed</td>
<td>½ cup</td>
<td>Reversible rack in lower position</td>
<td>High</td>
<td>5 mins</td>
<td>Quick</td>
</tr>
<tr>
<td>Cabbage (braised)</td>
<td>1 head</td>
<td>Cut in half, core removed, sliced in ½ inch strips</td>
<td>½ 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, core removed, sliced in ½ inch strips</td>
<td>½ 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>Peeled, cut in ½ inch pieces</td>
<td>½ 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, stem removed</td>
<td>½ 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>Stems removed, leaves chopped</td>
<td>½ 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>½ cup</td>
<td>Reversible rack in lower position</td>
<td>Low</td>
<td>0 min*</td>
<td>Quick</td>
</tr>
<tr>
<td>Kale leaves/greens</td>
<td>2 bunches or 1 bag (16 oz)</td>
<td>Stems removed, leaves chopped</td>
<td>½ 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>Scrubbed, cut in 1 inch cubes</td>
<td>½ 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>Scrubbed, whole, large potatoes cut in half</td>
<td>½ 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>Peeled, cut in 1 inch cubes</td>
<td>½ 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>Peeled, cut in 1 inch thick slices</td>
<td>½ 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>Peeled, cut in 1 inch cubes</td>
<td>½ cup</td>
<td>N/A</td>
<td>High</td>
<td>1-2 mins</td>
<td>Quick</td>
</tr>
<tr>
<td>Potatoes, sweet (for mashed)</td>
<td>1 lb</td>
<td>Peeled, cut in 1 inch thick slices</td>
<td>½ cup</td>
<td>N/A</td>
<td>High</td>
<td>6 mins</td>
<td>Quick</td>
</tr>
</tbody>
</table>

*The time the unit takes to pressurize is long enough to cook this food.
**Texas Mati** is a registered trademark of Riviana Foods, Inc. Use of the **Texas Mati** trademark does not imply any affiliation with or endorsement by Riviana Foods, Inc.

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

TIP: For best results, rinse rice and grains thoroughly before pressure cooking.

<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><strong>Grains</strong></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>5 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>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 1/2 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</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><strong>Texas Mati</strong> 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><strong>Texas Mati</strong> rice, light brown**</td>
<td>1 cup</td>
<td>1 1/4 cups</td>
<td>HIGH</td>
<td>2 mins</td>
<td>Natural (10 mins) then Quick</td>
</tr>
<tr>
<td><strong>Texas Mati</strong> 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>
### Pressure Cooking Chart, continued

All beans, except lentils, should be soaked 8–24 hours before cooking.

<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>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>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>INGREDIENT</td>
<td>AMOUNT</td>
<td>PREPARATION</td>
<td>LIQUID</td>
<td>COOK TIME</td>
<td></td>
</tr>
<tr>
<td>-----------------------</td>
<td>--------------</td>
<td>-----------------------------------------</td>
<td>--------</td>
<td>------------</td>
<td></td>
</tr>
<tr>
<td><strong>VEGETABLES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td>1 bunch</td>
<td>Whole spears</td>
<td>2 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 1-2-inch 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>2 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 half, sliced in 1/2-inch strips, core removed</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 1-2-inch florets</td>
<td>2 cups</td>
<td>5–10 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>7–10 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, sweet</td>
<td>1 lb</td>
<td>Cut in 1/2-inch cubes</td>
<td>2 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>
</tbody>
</table>
## INGREDIENT AMOUNT PREPARATION OIL TEMP COOK TIME

### 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>Halved, stems trimmed</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, stem removed</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>2 Tbsp</td>
<td>390°F</td>
<td>15–20 mins</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1 head</td>
<td>Cut in 1-2-inch florets</td>
<td>1 Tbsp</td>
<td>390°F</td>
<td>12–15 mins</td>
</tr>
<tr>
<td>Corn on the cob</td>
<td>4 ears, cut in half</td>
<td>Whole ears, husks removed</td>
<td>1 Tbsp</td>
<td>390°F</td>
<td>7–10 mins</td>
</tr>
<tr>
<td>Green beans</td>
<td>1 bag (12 oz)</td>
<td>Torn in pieces, stems removed</td>
<td>None</td>
<td>300°F</td>
<td>9–12 mins</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>8 oz</td>
<td>Washed, 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>None</td>
<td>390°F</td>
<td>15–20 mins</td>
</tr>
</tbody>
</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>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>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 (3-5 lbs)</td>
<td>Trussed</td>
<td>Brushed with oil</td>
<td>375°F</td>
<td>55–70 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.

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.

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

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.
<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 (16oz) 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 ounces 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, peeled, 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>Potstickers</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>19-21 mins</td>
</tr>
</tbody>
</table>

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

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.

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

Or

Shake your food

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.
<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 (4-5 lbs)</td>
<td>Cook &amp; Crisp™ Basket</td>
<td>½ cup</td>
<td>High for 22 mins</td>
<td>Natural release pressure 5 minutes. Quick release and carefully remove lid</td>
<td>Air Crisp at 400°F for 8-18 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></td>
<td>Air Crisp at 400°F for 10-15 mins</td>
</tr>
<tr>
<td>Frozen chicken breasts</td>
<td>2 frozen breasts (6-8 oz each)</td>
<td>Reversible rack in higher position</td>
<td>½ cup</td>
<td>High for 10 mins</td>
<td></td>
<td>Broil for 10 mins</td>
</tr>
<tr>
<td>Frozen New York strip steaks</td>
<td>2 frozen New York strip steaks (10 oz each)</td>
<td>Reversible rack in higher position</td>
<td>½ cup</td>
<td>High for 1 min</td>
<td>Quick release pressure. Carefully remove lid.</td>
<td>Broil for 11-15 mins or until desired doneness</td>
</tr>
<tr>
<td>Frozen New York strip steaks</td>
<td>2 frozen New York strip steaks (12 oz each)</td>
<td>Reversible rack in higher position</td>
<td>½ cup</td>
<td>High for 2 mins</td>
<td></td>
<td>Broil for 13-16 mins or until desired doneness</td>
</tr>
<tr>
<td>Frozen New York strip steaks</td>
<td>2 frozen New York strip steaks (16 oz each)</td>
<td>Reversible rack in higher position</td>
<td>½ cup</td>
<td>High for 3 mins</td>
<td>Pat protein dry with paper towel and brush with oil or sauce.</td>
<td>Broil for 13-16 mins or until desired doneness</td>
</tr>
<tr>
<td>Frozen chicken wings</td>
<td>1 lb frozen chicken wings</td>
<td>Cook &amp; Crisp Basket</td>
<td>½ cup</td>
<td>High for 5 mins</td>
<td></td>
<td>Air Crisp at 390°F for 15-20 mins</td>
</tr>
<tr>
<td>Bone-in skin-on chicken thighs</td>
<td>4 bone-in skin-on chicken thighs (6-8 oz)</td>
<td>Cook &amp; Crisp Basket</td>
<td>½ cup</td>
<td>High for 2 mins</td>
<td></td>
<td>Air Crisp at 400°F for 10 mins</td>
</tr>
<tr>
<td>Frozen pork chops</td>
<td>4 boneless pork chops (6-8 oz)</td>
<td>Reversible rack in higher position</td>
<td>½ cup</td>
<td>High for 2 mins</td>
<td></td>
<td>Air Crisp at 400°F for 10-15 mins</td>
</tr>
<tr>
<td>Frozen jumbo shrimp</td>
<td>16 raw, peeled and de-veined</td>
<td>Reversible rack in higher position</td>
<td>½ cup</td>
<td>High for 0 mins</td>
<td></td>
<td>Air Crisp at 400°F for 5 mins</td>
</tr>
</tbody>
</table>