











# Cooking Cheat Sheet






## PRESSURE

 <p><b>Fresh Boneless Chicken Breasts</b></p> <p>6 small or 4 large (900g) 240ml water <b>HIGH for 8-10 mins</b> Quick release</p>	 <p><b>Fresh Pork Shoulder</b></p> <p>1.8kg 240ml water <b>HIGH for 1 hour 30 mins</b> Quick release</p>	 <p><b>Long-Grain White Rice*</b></p> <p>200g 240ml water <b>HIGH for 2 mins</b> Natural release <small>*Rinse rice for best results.</small></p>	 <p><b>Brown Rice*</b></p> <p>200g 300ml cups water <b>HIGH for 15 mins</b> Natural release <small>*Rinse rice for best results.</small></p>	 <p><b>Potatoes (for mashing)</b></p> <p>900g, peeled, cut in 1-inch thick slices 120ml water <b>HIGH for 6 mins</b> Quick release</p>
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## STEAM

 <p><b>Fresh Broccoli</b></p> <p>1 head, cut in florets Reversible Rack in steam position 475ml water <b>5-9 mins</b></p>	 <p><b>Fresh Corn on the Cob</b></p> <p>4 cobs, whole, husks removed Reversible Rack in steam position 475ml water <b>4-9 mins</b></p>	 <p><b>Fresh Asparagus</b></p> <p>1 bunch, whole spears Reversible Rack in steam position 475ml water <b>7-15 mins</b></p>	 <p><b>Fresh Green Beans</b></p> <p>1 bag (340g) Reversible Rack in steam position 475ml water <b>6-12 mins</b></p>	 <p><b>Fresh Carrots</b></p> <p>450g, peeled, cut in 1-inch pieces Reversible Rack in steam position 475ml water <b>7-12 mins</b></p>
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## AIR CRISP

 <p><b>Frozen Breaded Chicken Breasts</b></p> <p>450g Cook &amp; Crisp Basket <b>200°C for 20 mins</b> Flip halfway through</p>	 <p><b>Frozen Chicken Nuggets</b></p> <p>340g Cook &amp; Crisp Basket <b>200°C for 12 mins</b> Shake halfway through</p>	 <p><b>Frozen Fries</b></p> <p>450g Cook &amp; Crisp Basket <b>200°C for 19 mins</b> Shake halfway through</p>	 <p><b>Fresh Burgers</b></p> <p>4 ground beef patties, 80% lean (1<sup>lb</sup>g) Cook &amp; Crisp Basket <b>190°C for 10-12 mins</b> Flip halfway through</p>	 <p><b>Fresh Brussels Sprouts</b></p> <p>450g, cut in half 1 tbsp oil Cook &amp; Crisp Basket <b>200°C for 15-18 mins</b> Shake halfway through</p>
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## TenderCrisp™

 <p><b>Fresh Whole Roast Chicken</b></p> <p>1 whole chicken (2-2.3kg) Cook &amp; Crisp Basket 120ml water <b>Pressure HIGH for 15 mins</b> Quick release Pat dry and brush with oil/sauce <b>Air Crisp 200°C for 15-20 mins</b></p>	 <p><b>Fresh Ribs</b></p> <p>1 rack, cut in quarters Cook &amp; Crisp Basket 120ml water <b>Pressure HIGH for 19 mins</b> Quick release Pat dry and brush with oil/sauce <b>Air Crisp 200°C for 10-15 mins</b></p>	 <p><b>Head of Cauliflower</b></p> <p>1 medium head, leaves removed Cook &amp; Crisp Basket 120ml water <b>Pressure LOW for 3 mins</b> Quick release Pat dry and brush with oil/seasoning <b>Air Crisp 200°C for 10 mins</b></p>	 <p><b>Frozen Chicken Wings</b></p> <p>900g frozen Cook &amp; Crisp Basket 120ml water <b>Pressure HIGH for 5 mins</b> Quick release Pat dry and brush with oil/sauce <b>Air Crisp 200°C for 15-20 mins</b> Shake halfway through</p>	 <p><b>Frozen Steaks</b></p> <p>2 frozen steaks (340g) Reversible Rack in grill position 120ml water <b>Pressure HIGH for 2 mins</b> Quick release Pat dry and brush with oil/sauce <b>Grill for 13-16 mins</b></p>
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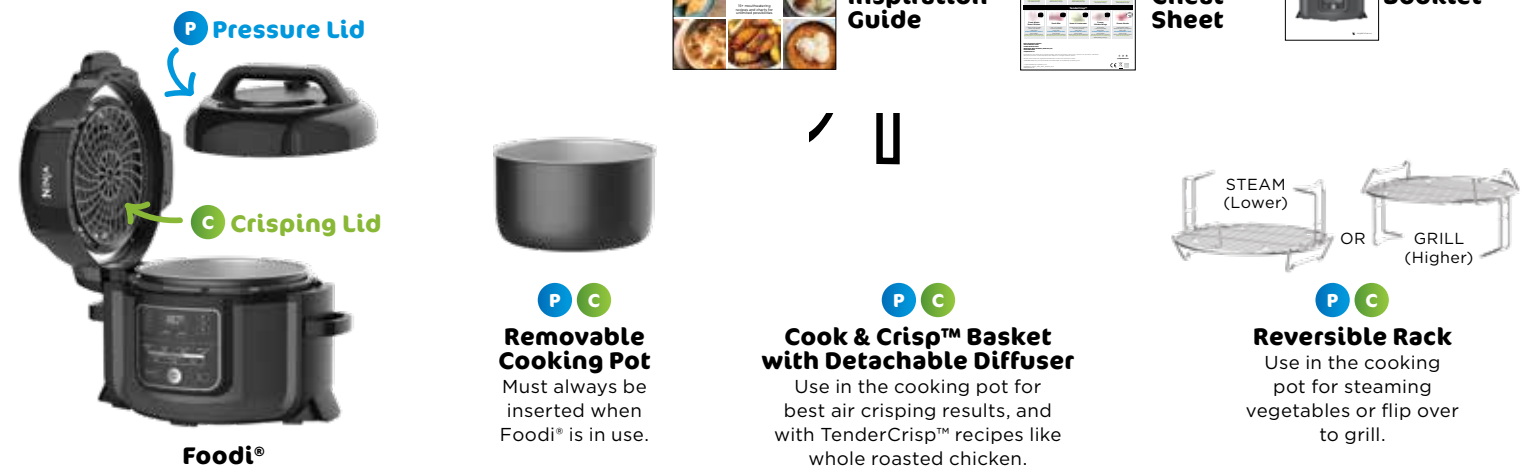


Please make sure to read the enclosed Ninja® Foodi® Instructions prior to using your unit.

# NINJA® Get to know your Foodi®

Welcome to the Foodi® family, follow this guide to create delicious TenderCrisp™ meals in no time.

## Here's what's in the box



## Why are there 2 lids?

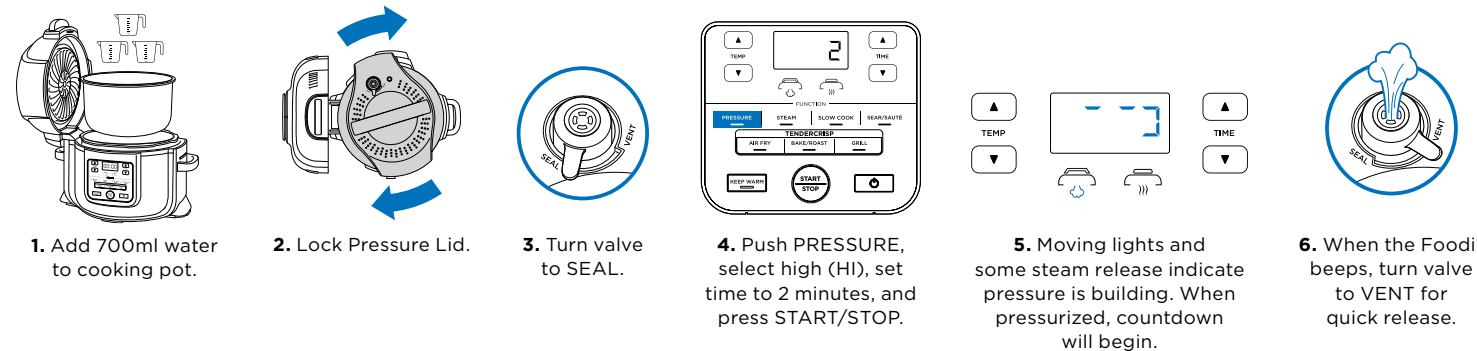
The two-lid design allows you to pressure cook and crisp in the same pot.

Use both lids to unlock a world of delicious, **TenderCrisp™** meals.



## Getting started with pressure cooking?

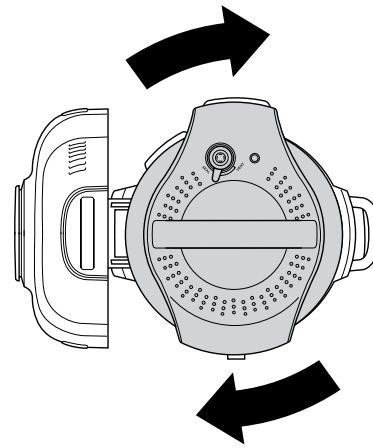
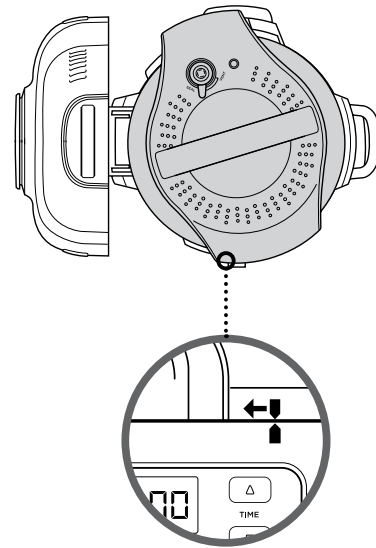
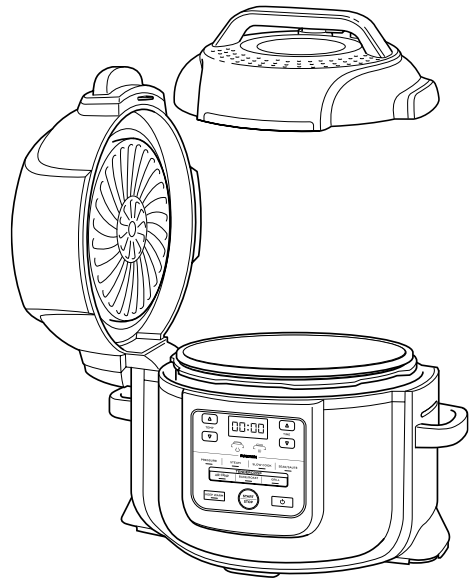
Try this water test to practice with pressure.



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

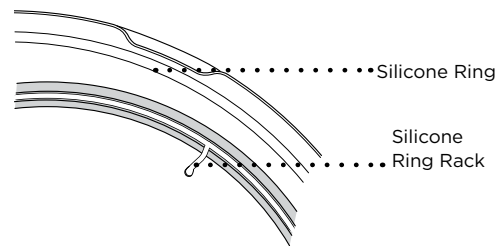
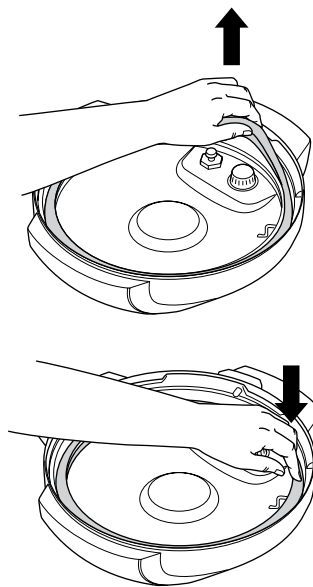
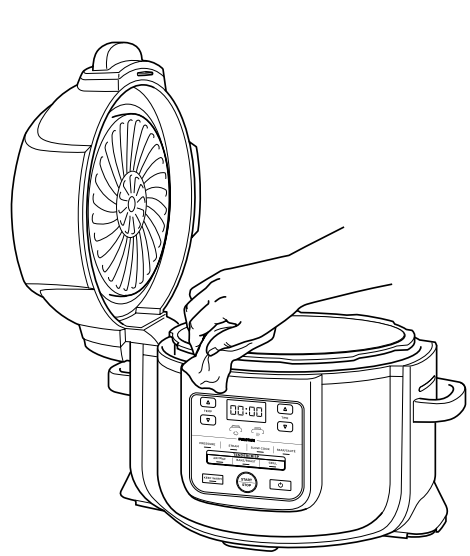
## Installing and removing the pressure lid

Place the pressure lid on top of the unit with the on the lid and the on the base lined up evenly. Turn the lid clockwise until it locks in place. To unlock the pressure lid, turn it anticlockwise. Lift it up and away from you, as some steam will remain in the unit and escape when the lid is opened.



**NOTE:** The pressure lid will not unlock until the unit is completely depressurised.

## Cleaning and Maintenance



### Cleaning: Dishwasher & Hand-Washing

The unit should be cleaned thoroughly after every use.

### Removing & Reinstalling the Silicone Ring

To remove the silicone ring, pull it outward, section by section, from the silicone ring rack. The ring can be installed with either side facing up. To reinstall, press it down into the rack section by section. After use, remove any food debris from the silicone ring and anti-clog cap.

### Keep the silicone ring clean to avoid odour.

Washing it in warm, soapy water or in the dishwasher can remove odour. However, it is normal for it to absorb the smell of certain acidic foods. It is recommended to have more than one silicone ring on hand. You can purchase additional silicone rings on [ninjakitchen.eu](http://ninjakitchen.eu).

**NEVER** pull out the silicone ring with excessive force, as that may deform it and the rack and affect the pressure-sealing function. A silicone ring with cracks, cuts, or other damage should be replaced immediately.

**NEVER** clean the cooker base or pressure lid in the dishwasher. Inspect the pressure lid to ensure there is no debris blocking the valves.

## Using your Foodi® functions

FUNCTION	ACCESSORY REQUIRED	LID	TEMP/PRESSURE	TIME	BUILDING PRESSURE/TEMP	PRESSURE RELEASE
<b>PRESSURE</b>		Lock Pressure Lid and turn valve to SEAL	Adjust pressure from LO to HI as needed	Set time, in minutes, and press START/STOP	Wait for unit to build pressure	Turn valve to VENT for quick release. When complete, unit will switch to Keep Warm and count up.
<b>STEAM</b>	Reversible Rack in lower position	Lock Pressure Lid and turn valve to VENT	No temp adjustment available	Set time, in minutes, and press START/STOP	Wait for unit to come up to temp. When complete, unit will switch to Keep Warm and count up.	
<b>SLOW COOK</b>		Lock Pressure Lid and turn valve to VENT	Adjust temp from LO to HI as needed	Set time, in minutes, and press START/STOP. When complete, unit will switch to Keep Warm and count up.		
<b>SEAR/SAUTÉ</b>		No lid necessary. If using Pressure Lid, turn valve to VENT	Adjust temp from LO to HI as needed	No time adjustment available. Press START/STOP		

FUNCTION	ACCESSORY REQUIRED	LID	TEMP	TIME	SNEAK A PEEK	SHAKE/TOSS
<b>AIR CRISP</b>	Cook & Crisp™ Basket Removable Diffuser	Crisping Lid down	Adjust temp as needed	Set time, in minutes, and press START/STOP	Lift the lid while cooking to check on food. Unit will automatically pause.	Shake basket or toss with silicone tipped-tongs for even browning.
<b>BAKE/ROAST</b>		Crisping Lid down	Adjust temp as needed	Set time, in minutes, and press START/STOP	Lift the lid while cooking to check on food. Unit will automatically pause.	
<b>GRILL</b>	Reversible Rack in higher position	Crisping Lid down	No temp adjustment available	Set time, in minutes, and press START/STOP	Lift the lid while cooking to check on food. Unit will automatically pause.	