

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



NINJA® Foodi

PRESSURE COOKER

45+ mouthwatering recipes and charts for unlimited possibilities



Table of Contents

Pressure Lid	2
Crisping Lid	3
The Art of TenderCrisp™	4
TenderCrisp 101	6
Breakfast	16
Lunch & Dinner	18
Snacks & Sides	41
Dessert	55
Cooking Charts	60

Pressure, meet Crisp

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.



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.

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.



DEHYDRATE

Remove moisture from your favorite fruits, veggies, and meats to create delicious homemade chips and jerky.

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.



**TenderCrisp™
Frozen to Crispy**



**TenderCrisp
Apps & Entrees**



**TenderCrisp
One-Pot Wonders**

TenderCrisp™ 101

Herb-Roasted Chicken

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 41 MINUTES | **MAKES:** 4 SERVINGS

APPROX. PRESSURE BUILD: 6 MINUTES | **PRESSURE COOK:** 20 MINUTES | **PRESSURE RELEASE:** QUICK | **AIR CRISP:** 15-20 MINUTES

INGREDIENTS

1 whole chicken (3 ½ to 4 pounds)
Juice of 2 lemons
(¼ cup lemon juice)
½ cup hot water
¼ 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



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 Cook & Crisp™ Plate in pot.



Place chicken on Cook & Crisp Plate. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.



Select PRESSURE and set to Lo. Set time to 20 minutes. Select START/STOP to begin.



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.



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



Close crisping lid. Select AIR CRISP, set temperature to 375°F, and set time to 15 minutes. Select START/STOP to begin. Cook until desired level of crispness is reached, adding up to 10 additional minutes if desired.



For best results, let chicken rest for 5 to 10 minutes before serving. Cooking is complete when internal temperature reaches 165°F. Remove chicken from plate and serve.

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

TenderCrisp™ 101

Baked Macaroni & Cheese

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 14 MINUTES | **MAKES:** 6-8 SERVINGS | **APPROX. PRESSURE BUILD:** 7 MINUTES
PRESSURE COOK: 0 MINUTES | **PRESSURE RELEASE:** NATURAL 10 MINUTES | **AIR CRISP:** 7 MINUTES

INGREDIENTS

1 tablespoon baking soda	1 tablespoon ground black pepper
1/2 cup lemon juice	1 tablespoon onion powder
5 cups water	1 tablespoon garlic powder
1 box (16 ounces) dry elbow pasta	1 teaspoon mustard powder
1 cup heavy cream	2 cups panko or Italian bread crumbs
1 bag (16 ounces) shredded cheese	1 stick (1/2 cup) butter, melted
2 tablespoons kosher salt	

DIRECTIONS



Place baking soda and lemon juice in 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 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

Buffalo Chicken Wings

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **TOTAL COOK TIME:** 35 MINUTES | **MAKES:** 4 SERVINGS

APPROX. PRESSURE BUILD: 10 MINUTES | **PRESSURE COOK:** 5 MINUTES | **PRESSURE RELEASE:** QUICK | **AIR CRISP:** 20 MINUTES

INGREDIENTS

1/2 cup water

1 1/2 pounds frozen uncooked chicken wings

2 tablespoons canola oil

1/4 cup Buffalo wing sauce

1 tablespoon unsalted butter, softened

1 tablespoon brown sugar

1 teaspoon kosher salt

DIRECTIONS



Place Cook & Crisp™ Plate in pot, then pour water into pot. Place wings on plate. Assemble the pressure lid, making sure the pressure release valve is in the SEAL position.



Select PRESSURE and set to Hi. Set time to 5 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.



Pat wings dry with paper towels and using silicone tipped tongs, toss with 2 tablespoons oil.



Close crisping lid. Select AIR CRISP, set temperature to 390°F, and set time to 20 minutes. Select START/STOP to begin.



After 10 minutes, open lid, then toss wings with silicone-tipped tongs. Close lid to resume cooking.



While the wings are cooking, stir together Buffalo wing sauce, butter, brown sugar, and salt together in a large mixing bowl. Stir well to combine.



When cooking is complete, transfer wings to the bowl with sauce and toss to coat. Serve immediately.

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

INGREDIENTS

1 1/2 cups white quinoa	1/4 cup fresh parsley, minced
3 teaspoons kosher salt, divided	Zest and juice of 2 lemons
1 1/2 cups water	4 fresh cod fillets (5-6 ounces each)
1 cup panko bread crumbs	1 bunch asparagus, stems trimmed
1/2 stick (1/4 cup) butter, melted	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 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 broil rack in the pot over the quinoa and asparagus. Place the cod fillets on the rack, breading side up.



Close 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.

Choose Your Own TenderCrisp™ Adventure

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

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

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



Pick a Protein and place on broil rack

1 lb fresh
boneless skinless
chicken thighs

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

2 frozen
New York strip steaks
(8-12 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



BREAKFAST BISCUITS & GRAVY

INTERMEDIATE RECIPE ●●○

PREP: 5 MINUTES | **TOTAL COOK TIME:** 25-30 MINUTES | **MAKES:** 5 SERVINGS
SEAR/SAUTÉ: 15 MINUTES | **BAKE/ROAST:** 15 MINUTES

INGREDIENTS

1 package (12 ounces) uncooked ground breakfast sausage
1 tablespoon kosher salt
2 teaspoons ground black pepper
2 tablespoons unsalted butter
1/4 cup all-purpose flour
3 cups whole milk
1 tube (16.3 ounces) refrigerated biscuit dough
5 eggs

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to 5 (Hi). Select START/STOP to begin. Allow to preheat for 3 minutes.
- 2 After 3 minutes, add the sausage, salt, and pepper to the pot. Allow meat to brown for 5 minutes, breaking apart sausage with a wooden spoon.
- 3 After 5 minutes, add butter and melt completely, then add flour and stir to combine. Cook for 2 minutes, then whisk in milk. Bring to a simmer, then cook for 5 minutes, or until thickened.
- 4 Separate the rounds of biscuit dough and place them on top of the gravy, spacing evenly.
- 5 Crack one egg into a small bowl. Pour egg on top of the biscuits. Repeat with remaining eggs, spacing evenly.
- 6 Select BAKE/ROAST, set temperature to 325°F, and set time to 15 minutes. Select START/STOP to begin.
- 7 After 10 minutes, check eggs for desired doneness. Continue cooking for up to 5 additional minutes, as desired.
- 8 Cooking is complete when eggs are set and biscuits are cooked through. Allow to cool slightly before serving.

BREAKFAST FRITTATA

INTERMEDIATE RECIPE ●●○

PREP: 5 MINUTES | **TOTAL COOK TIME:** 12 MINUTES | **MAKES:** 6-8 SERVINGS
SEAR/SAUTÉ: 8 MINUTES | **BAKE/ROAST:** 7 MINUTES

INGREDIENTS

2 tablespoons unsalted butter
1/4 cup onion, diced
1 cup honey ham, shredded or chopped
7 eggs, lightly beaten with 3 tablespoons water
1 cup Swiss or Gruyère cheese, shredded or diced

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to 4 (medium-high). Select START/STOP to begin. Allow to preheat for 3 minutes.
- 2 After 3 minutes, add butter and onion to pot and cook for about 3 minutes, stirring occasionally. Add onion and cook for about 3 minutes, stirring occasionally. Add ham and cook for another 2 minutes.
- 3 Add eggs and cheese, stirring with a rubber spatula to incorporate.
- 4 Close crisping lid. Select BAKE/ROAST, set temperature to 350°F, and set time to 7 minutes. Select START/STOP to begin.
- 5 When cooking is complete, allow to cool slightly before serving.



BREADED CHICKEN TENDERS WITH ROASTED BROCCOLI

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **COOK:** 12 MINUTES | **MAKES:** 4 SERVINGS
APPROX. PRESSURE BUILD: 7 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

1 cup all-purpose flour
2 eggs, beaten
1/2 cup plus 2 tablespoons water, divided
2 cups Italian bread crumbs
1 pound uncooked chicken tenderloins
1 large broccoli crown, cut in 2-inch florets
1 teaspoon kosher salt

FOR SERVING

Ketchup
Honey mustard
Ranch dressing

DIRECTIONS

- 1 Place flour in a shallow bowl or plate. Add eggs and 2 tablespoons water to another bowl, whisking to combine. Place bread crumbs into a third bowl or plate.
- 2 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.
- 3 Place broccoli and 1/2 cup water in the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to Lo. Set time to 0 minutes (the time the unit takes to pressurize is long enough to partially cook the broccoli). 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 Place broil rack in pot over the broccoli. Lay chicken tenders on rack, spacing out evenly without overlapping.
- 7 Close crisping lid. Select BAKE/ROAST, set temperature to 360°F, and set time to 12 minutes. Select START/STOP to begin.
- 8 When cooking is complete, season chicken and broccoli with salt and serve with your favorite condiments.

GARLIC SHRIMP WITH RISOTTO PRIMAVERA

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **COOK:** 24 MINUTES | **MAKES:** 4-5 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | **PRESSURE RELEASE:** NATURAL 10 MINUTES

INGREDIENTS

2 tablespoons olive oil, divided
1 small onion, peeled, finely diced
4 cloves garlic, peeled, minced, divided
3 teaspoons kosher salt, divided
5 1/2 cups chicken or vegetable stock
2 cups Arborio rice
16 uncooked jumbo shrimp (fresh or defrosted), peeled, deveined
2 teaspoons garlic powder
1 teaspoon ground black pepper
1/2 teaspoon crushed red pepper (optional)
2 tablespoons butter
Juice of 1 lemon
1 bunch asparagus, trimmed, cut in 1-inch pieces
1 1/2 cups grated Parmesan cheese, plus more for serving

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to 4 (medium-high). Select START/STOP to begin. Allow to preheat for 5 minutes.
- 2 Add 1 tablespoon oil and onion to pot. Sauté until softened, about 5 minutes. Add half the garlic and cook until fragrant, about 1 minute. Season with 2 teaspoons salt.
- 3 Add stock and rice to pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to Hi. Set time to 7 minutes. Select START/STOP to begin.
- 5 While rice is cooking, toss shrimp in the remaining oil, garlic, salt, garlic powder, black pepper, and crushed red pepper in a mixing bowl.
- 6 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.
- 7 Stir butter, lemon juice, and asparagus into the rice until evenly incorporated.
- 8 Place broil rack inside pot over risotto. Place shrimp on rack.
- 9 Close crisping lid. Select BROIL and set time to 8 minutes. Select START/STOP to begin.
- 10 When cooking is complete, remove rack from pot. Stir Parmesan into the risotto. Top with shrimp and Parmesan and serve immediately.

TIP If you like to pile on the shrimp, double the amount and repeat steps 8-9 to cook in two batches.

FROZEN CHICKEN DINNER

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **COOK:** 37-40 MINUTES | **MAKES:** 2 SERVINGS
APPROX. PRESSURE BUILD: 8 MINUTES | **PRESSURE RELEASE:** NATURAL 10 MINUTES

INGREDIENTS

- 2 tablespoons olive oil, divided
- 1 small onion, peeled, diced
- 1 cup wild rice blend
- 3 teaspoons kosher salt, divided
- 1 tablespoon Moroccan seasoning "Ras el Hanout"
- 3/4 cup chicken stock
- 2 frozen chicken breasts (8-10 ounces each)
- 1 bag (12 ounces) green beans, trimmed
- 1 teaspoon black pepper, divided
- 1/4 cup fresh parsley, chopped
- 1/4 cup honey mustard sauce

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to 5 (Hi). Allow to preheat for 5 minutes.
- 2 After 5 minutes, add 1 tablespoon oil and onion. Cook, stirring occasionally, for 3 minutes, until onions are fragrant. Add wild rice, 2 teaspoons salt, and Moroccan seasoning. Cook, stirring frequently, until the rice is coated with oil and very shiny. Add chicken stock and stir to incorporate.
- 3 Place frozen chicken breasts on broil rack. Place rack inside pot over rice mixture.
- 4 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 5 Select PRESSURE and set to Hi. Set time to 22 minutes. Select START/STOP to begin.
- 6 While chicken and rice are cooking, toss green beans in a bowl with the remaining oil, salt, and pepper.
- 7 When pressure cooking is complete, allow pressure to naturally 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.
- 8 Lift broil rack out of the pot. Stir parsley into rice, then add green beans directly on top of the rice.
- 9 Brush chicken breasts on all sides with honey mustard sauce, then return the broil rack over rice and green beans.
- 10 Close crisping lid. Select BROIL and set time to 10 minutes. Select START/STOP to begin.
- 11 Cooking is complete when internal temperature reaches 165°F. Serve chicken with green beans and rice.

TIP This recipe is for frozen chicken only. To use fresh chicken, see the Choose Your Own TenderCrisp™ Adventure chart on pages 16-17.

CRISPY CHICKEN THIGHS WITH CARROTS & RICE PILAF

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **COOK:** 18 MINUTES | **MAKES:** 4 SERVINGS
APPROX. PRESSURE BUILD: 5 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

- 1 box (6 ounces) rice pilaf
- 1 3/4 cups water
- 1 tablespoon butter
- 4 carrots, peeled, cut in half, lengthwise
- 4 (4-6 oz) uncooked boneless skin on chicken thighs
- 2 tablespoons honey, warmed
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 2 teaspoons kosher salt, divided
- 1 tablespoon extra virgin olive oil
- 2 teaspoons poultry spice

DIRECTIONS

- 1 Place rice pilaf, water, and butter into pot; stir to incorporate.
- 2 Place broil rack in the pot, making sure rack is in the higher position. Place carrots in center of rack. Arrange chicken thighs, skin side up, around the carrots. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 3 Select PRESSURE and set to Hi. Set time to 4 minutes. Select START/STOP to begin.
- 4 While chicken and rice are cooking, stir together warm honey, smoked paprika, cumin, and 1 teaspoon salt. 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. Place broil rack into unit over rice.
- 6 Brush carrots with seasoned honey. Brush chicken with olive oil, then season evenly with poultry spice and remaining salt.
- 7 Close crisping lid. Select BROIL and set time to 14 minutes. Select START/STOP to begin.
- 8 When cooking is complete, serve chicken with carrots and rice.

MISO-GLAZED SALMON & BOK CHOY

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 14 MINUTES | **MAKES:** 4 SERVINGS | **APPROX. PRESSURE BUILD:** 5 MINUTES
PRESSURE COOK: 2 MINUTES | **PRESSURE RELEASE:** QUICK | **BROIL:** 12 MINUTES

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 quarters
1/4 cup mirin
1 teaspoon sesame oil
Sesame seeds, for garnish



DIRECTIONS

- 1 Place rice and water into the pot. Stir to combine. Place broil rack in pot.
- 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 Hi. 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 12 minutes. Select START/STOP to begin, checking for doneness after 7 minutes.
- 8 When cooking is complete, remove salmon from rack and serve with bok choy and rice.

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.

SWEDISH MEATBALLS

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 29-33 MINUTES | **MAKES:** 4-6 SERVINGS | **SEAR/SAUTÉ:** 16-20 MINUTES
PRESSURE BUILD: 6 MINUTES | **PRESSURE COOK:** 3 MINUTES | **PRESSURE RELEASE:** QUICK | **BAKE/ROAST:** 10 MINUTES

INGREDIENTS

1/2 pound uncooked ground beef
1/2 pound uncooked ground pork
1 medium yellow onion, peeled, grated
1/2 cup panko bread crumbs
1 egg, lightly beaten
1/2 teaspoon kosher salt
1/2 teaspoon ground black pepper
1/2 teaspoon garlic powder
1/2 teaspoon ground nutmeg
1/2 teaspoon ground allspice
1 tablespoon extra virgin olive oil
1/2 stick (1/4 cup) unsalted butter, divided
2 cups beef broth
1/2 package (8 ounces) dry wide egg noodles
1/2 cup sour cream
1 tablespoon fresh parsley, chopped, for garnish

DIRECTIONS

- 1 In a large bowl, combine beef, pork, onion, bread crumbs, egg, salt, pepper, garlic, nutmeg, and allspice. Form mixture into about 20 1-inch meatballs.
- 2 Select SEAR/SAUTÉ and set to 4 (medium-high). Select START/STOP to begin. Allow to preheat for 3 minutes.
- 3 After 3 minutes, add oil and half the meatballs to the pot. Cook meatballs for 8 to 10 minutes, turning occasionally until all sides are browned. Transfer browned meatballs to a plate; set aside.
- 4 Repeat step 3 with remaining meatballs.
- 5 Add 2 tablespoons butter, beef stock, and egg noodles to pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to Hi. Set time to 3 minutes. Select START/STOP to begin.
- 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. Add sour cream, remaining 2 tablespoons butter, and browned meatballs to the pot. Stir gently to combine.
- 7 Close crisping lid. Select BAKE/ROAST, set temperature to 350°F, and set time to 10 minutes. Select START/STOP to begin.
- 8 When cooking is complete, garnish with parsley and serve immediately.

CHICKEN & SPINACH CASSEROLE

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **TOTAL COOK TIME:** 28 MINUTES | **MAKES:** 4-6 SERVINGS | **APPROX. PRESSURE BUILD:** 7 MINUTES
PRESSURE COOK: 20 MINUTES | **PRESSURE RELEASE:** QUICK | **SEAR/SAUTÉ:** 2 MINUTES | **BAKE/ROAST:** 6 MINUTES

INGREDIENTS

1 1/2 pounds uncooked boneless, skinless chicken thighs
1 yellow onion, peeled, diced
3 cloves garlic, peeled, minced
1/2 cup chicken stock
2 teaspoons kosher salt
1 teaspoon ground black pepper
1 package (16 ounces) fresh baby spinach
1 tablespoon all-purpose flour
1 tablespoon fresh dill
1 bunch fresh scallions, chopped
1 container (6 ounces) feta cheese
6 sheets phyllo dough, thawed
1/2 stick (1/4 cup) unsalted butter, melted

DIRECTIONS

- 1 Place chicken, onion, garlic, stock, salt, and pepper in the pot; stir to combine.
- 2 Assemble the pressure lid, making sure the pressure release button is in the SEAL position. Select PRESSURE and set to Hi. Set time to 20 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 3 (medium). Select START/STOP to begin. Add spinach to pot, stirring to combine.
- 5 Add flour to pot; stir to combine. Continue stirring until sauce thickens, approximately 2 minutes. Once the sauce has thickened, select START/STOP to turn off SEAR/SAUTÉ. Add dill, scallions, and feta cheese. Stir to incorporate.
- 6 Place phyllo dough, 2 sheets at a time, evenly over the chicken mixture. Using a pastry brush, liberally brush each layer of dough sheets with melted butter.
- 7 Close crisping lid. Select BAKE/ROAST, set temperature to 350°F, and set time to 6 minutes. Select START/STOP to begin.
- 8 When cooking is complete, allow to cool for 5 minutes before serving.

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 5 (Hi). 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 Hi. 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 broil rack inside pot over 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 5 (Hi). 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.

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

2 1/2–3 pounds uncooked boneless pork shoulder, fat trimmed, cut in 2-inch cubes
3 tablespoons barbecue seasoning
1 tablespoon garlic powder
2 teaspoons kosher salt
1 cup 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. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 2 Select PRESSURE and set to Hi. 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 4 (medium-high). 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. Check after 8 minutes, cooking for an additional 2 minutes if biscuits need more browning.
- 8 When cooking is complete, serve immediately.

TIP If you prefer slightly sweeter BBQ, add 1 to 2 tablespoons brown sugar in step 5.



CHEESY CHICKEN CRUNCHADILLA

INTERMEDIATE RECIPE ●●○

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

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

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 on Cook & Crisp Plate. 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.)



SPAGHETTI PIE

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **COOK:** 15 MINUTES | **MAKES:** 8 SERVINGS
SEAR/SAUTÉ: 5 MINUTES | **APPROX. PRESSURE BUILD:** 10 MINUTES | **PRESSURE COOK:** 2 MINUTES
PRESSURE RELEASE: NATURAL 10 MINUTES | **AIR CRISP:** 8 MINUTES

INGREDIENTS

1 tablespoon canola oil
1 medium yellow onion, peeled, diced
3 cloves garlic, peeled, minced
Kosher salt, to taste
Ground black pepper, to taste
1 pound uncooked ground beef
2 cups water
1 jar (24 ounces) marinara sauce
1/2 box (8 ounces) angel hair pasta, broken in half
2 eggs
1 cup ricotta cheese
2 cups shredded mozzarella cheese, divided
1 cup grated Parmesan cheese, divided
1 bunch fresh basil, torn, for garnish

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to 4 (medium-high). Select START/STOP to begin. Allow to preheat for 2 minutes.
- 2 Add canola oil, onion, garlic, salt, and pepper and cook, stirring occasionally, for 2 to 3 minutes.
- 3 Add ground beef and stir to incorporate. Cook for 3 minutes, then add water, marinara sauce, and pasta. Stir again to combine.
- 4 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to Lo. Set time to 2 minutes. Select START/STOP to begin.
- 5 When pressure cooking is complete, allow pressure to naturally 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 In a mixing bowl, combine eggs, ricotta cheese, 1 cup mozzarella cheese, and 1/2 cup Parmesan cheese. Stir cheese mixture into the pasta. Then top pasta with remaining mozzarella and Parmesan cheeses.
- 7 Close crisping lid. Select AIR CRISP, set temperature to 375°F, and set time to 8 minutes. Select START/STOP to begin.
- 8 When cooking is complete, let pie cool for 10 minutes. Garnish with basil before serving.

CHICKEN POT PIE

INTERMEDIATE RECIPE ●●○

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

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

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to 4 (medium-high). 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 Hi. 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 4 (medium-high). 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 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.

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 STEW POT PIE

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **TOTAL COOK TIME:** 41 MINUTES | **MAKES:** 6 SERVINGS
SEAR/SAUTÉ: 8 MINUTES | **APPROX. PRESSURE BUILD:** 6 MINUTES | **PRESSURE COOK:** 20 MINUTES
PRESSURE RELEASE: NATURAL 10 MINUTES | **AIR CRISP:** 13 MINUTES

INGREDIENTS

2 tablespoons olive oil
1 yellow onion, peeled, diced
1 rib celery, diced
2 carrots, peeled, diced
2 cloves garlic, peeled, minced
1 ½ pounds uncooked stew meat or sirloin, cut in 1-inch cubes
1 teaspoon dried thyme
2 teaspoons kosher salt
1 teaspoon ground black pepper
2 russet potatoes, peeled, cut in ½-inch cubes
1 cup beef stock
2 tablespoons Worcestershire sauce
2 tablespoons milk
2 tablespoons cornstarch
½ cup frozen peas
1 store bought refrigerated pie crust, room temperature

TIP For an extra-golden crust, brush before and during cooking with ¼ cup heavy cream mixed with an egg yolk.

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to 4 (medium-high). Select START/STOP to begin. Allow to preheat for 3 minutes.
- 2 After 3 minutes, add oil, onions, celery, carrots, and garlic. Sauté for 5 minutes, or until softened.
- 3 Add meat and cook until browned on all sides, about 3 additional minutes.
- 4 Add seasonings, potatoes, stock, and Worcestershire. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to Hi. Set time to 20 minutes. Select START/STOP to begin.
- 5 When pressure cooking is complete, allow pressure to naturally 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 In a separate bowl, whisk together milk and cornstarch until combined. Select SEAR/SAUTÉ and set to 4 (medium-high). Select START/STOP to begin. Slowly incorporate milk mixture into stew. Allow sauce to thicken, then select START/STOP to turn off SEAR/SAUTÉ.
- 7 Lay the pie dough over the stew evenly, tucking the edges underneath. Close the crisping lid. Select AIR CRISP, set temperature to 400°F and set time to 7 minutes. Select START/STOP to begin.
- 8 When cooking is complete, allow to rest for 5 minutes before serving.



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 1/2-inch pieces
1/2 cup water
1/4 cup butter
1/2 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 each, 1 1/2 inches thick)
1/2 bunch asparagus, trimmed
1 tablespoon olive oil

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.

DIRECTIONS

- 1 Place potatoes and water into the pot.
- 2 Place the broil rack in the pot over 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 Hi. 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 1/4 cup 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. Press 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.

CREAMY TOMATO SOUP WITH GRILLED CHEESE CROUTONS

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **COOK:** 25 MINUTES | **MAKES:** 8-10 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 (28 ounces) crushed tomatoes
1 can (28 ounces) tomato puree
2 cups heavy cream
1 tablespoon kosher salt
2 tablespoons Worcestershire sauce
1 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 5 (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, 1 tablespoon salt, Worcestershire sauce, and crushed red pepper to pot. Continue cooking for another 5 minutes. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to Hi. 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 soup to stop boiling before proceeding to 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 ●●○

PREP: 15 MINUTES | **COOK:** 43 MINUTES | **MAKES:** 4 SERVINGS
APPROX. PRESSURE BUILD: 4 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

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

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to 4 (medium-high). 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. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to 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 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.



CARNITAS TACOS

INTERMEDIATE RECIPE ●●○

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

INGREDIENTS

2 pounds uncooked boneless pork shoulder, cut in 1-inch cubes
6 cloves garlic, peeled, crushed
Juice and zest of 1/2 orange
1 teaspoon dried oregano (or 20 leaves fresh)
2 teaspoons kosher salt
1 teaspoon ground black pepper
1 1/2 teaspoons chili powder
1/2 large onion, peeled
1/2 cup chicken stock or vegetable stock
2 tablespoons agave nectar
1 tablespoon fresh cilantro or parsley, chopped
12 (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. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 3 Select PRESSURE and set to H. 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 Select SEAR/SAUTE and set to 4 (medium-high). Select START/STOP. Using silicone-tipped tongs, remove onion from pot and shred pork. 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.

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 1/2 tablespoons kosher salt, divided
3 tablespoons paprika
1 1/2 teaspoons ground cumin
1 pound uncooked ground beef
1 small onion, peeled, finely chopped
1 cup brown rice
1 cup chicken stock
1/4 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 apart meat. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 3 Select PRESSURE and set to Hi. 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.

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

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

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
1 tablespoon ground black pepper
2 tablespoons ground cumin
1 tablespoon onion powder
1 tablespoon garlic powder
2 cups Cheddar Corn Bread batter, uncooked (see recipe page 59)
1 cup shredded Mexican cheese blend
Sour cream, for serving

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 Hi. 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 3 (medium). 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.

SHRIMP & GRITS

ADVANCED RECIPE ●●●

PREP: 10 MINUTES | **COOK:** 14 MINUTES | **MAKES:** 4 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | **PRESSURE RELEASE:** NATURAL 10 MINUTES

INGREDIENTS

3 cups water, divided
¾ cup grits (or coarse grind cornmeal)
3 teaspoons kosher salt, divided
16 frozen uncooked jumbo shrimp, peeled, deveined, patted dry
Juice of 1 lemon
1 teaspoon olive oil
2 cloves garlic, peeled, minced
1 teaspoon chili powder
1 teaspoon garlic powder
1 teaspoon black pepper
¼ cup butter, cut in 8 pieces
¼ cup grated Parmesan cheese
2 tablespoons fresh parsley, chopped, for garnish
2 scallions, thinly sliced, for garnish

DIRECTIONS

- 1 Pour ½ cup water into the pot.
- 2 Place grits, 2 teaspoons salt, and remaining 2 ½ cups water into the Ninja® multi-purpose pan* (or an 8-inch baking pan). Stir to combine.
- 3 Place pan onto the broil rack, making sure rack is in the lower position. Place rack with pan in 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 4 minutes. Select START/STOP to begin.
- 5 While grits are cooking, place shrimp in a medium bowl and toss them with lemon juice, olive oil, garlic, chili powder, garlic powder, pepper, and remaining salt. Coat thoroughly; set aside.
- 6 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.
- 7 Stir the butter and cheese into the grits until completely melted.
- 8 Lay shrimp on top of grits and close crisping lid.
- 9 Select BAKE/ROAST, set temperature to 375°F, and set time to 10 minutes. Select START/STOP to begin.
- 10 When cooking is complete, garnish with parsley and scallions and serve.

TUNA CASSEROLE

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **TOTAL COOK TIME:** 22 MINUTES | **MAKES:** 4-6 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | **PRESSURE COOK:** 3 MINUTES | **AIR CRISP:** 8 MINUTES

INGREDIENTS

2 tablespoons unsalted butter
½ pound button mushrooms, sliced
1 medium yellow onion, peeled, diced
½ red bell pepper, diced
1 teaspoon dried thyme
1 teaspoon kosher salt
½ teaspoon ground black pepper
¾ cup condensed cream of mushroom soup
1 ½ cups chicken broth
1 cup half & half
½ package (8 ounces) dry wide egg noodles
3 cans (4 ounces each) albacore tuna, drained
½ cup seasoned bread crumbs
1 tablespoon extra virgin olive oil
½ cup frozen peas
½ cup shredded Monterey Jack cheese

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to 4 (medium-high). Select START/STOP to begin. Allow to preheat for 3 minutes.
- 2 After 3 minutes, add mushrooms, onion, red pepper, thyme, salt, and pepper to pot. Cook for 5 minutes, stirring occasionally.
- 3 Add soup, broth, half & half, noodles, and tuna. Stir to combine.
- 4 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 3 minutes. Select START/STOP to begin.
- 5 Meanwhile, in a small bowl, stir together bread crumbs and oil. 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 Add peas and cheese to the pot. Stir to combine. Top evenly with bread crumb mixture.
- 8 Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 8 minutes. Select START/STOP to begin.
- 9 Cooking is complete when top is golden brown. Serve immediately.

PHILLY CHEESESTEAK CASSEROLE

BEGINNER RECIPE ●○○

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

INGREDIENTS

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

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 into 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 7-10 minutes. Select START/STOP to begin. Check frequently to avoid burning the cheese.
- 6 When cooking is complete, serve immediately.

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 4 (medium-high). 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 Hi. 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.

UPSIDE-DOWN LOADED CHICKEN NACHOS

ADVANCED RECIPE ●●●

PREP: 10 MINUTES | **COOK:** 25 MINUTES | **MAKES:** 8 SERVINGS
APPROX. PRESSURE BUILD: 12 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

4 frozen boneless skinless chicken breasts (8–12 ounces each)
1 jar (16 ounces) red salsa
1 can (14 ounces) refried beans
1 tablespoon kosher salt
2 tablespoons taco seasoning
¼ bag (4 ounces) tortilla chips, divided
1½ bags (12 ounces) Mexican cheese blend, divided

TOPPINGS

Guacamole
Sour cream
Fresh scallions, sliced

DIRECTIONS

- 1 Place frozen chicken and salsa into the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 2 Select PRESSURE and set to Hi. Set time to 20 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 Using silicone-tipped utensils, shred the chicken in the pot. Add the refried beans, salt, and taco seasoning and stir well to incorporate.
- 5 Arrange half the tortilla chips evenly on top of the chicken mixture, then cover chips with half the cheese. Repeat with a second layer of the remaining tortilla chips topped with the remaining cheese.
- 6 Close 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.
- 7 When cooking is complete, garnish nachos with guacamole, sour cream, and scallions and serve.

BUFFALO CAULIFLOWER BITES

ADVANCE RECIPE ●●●

PREP: 10 MINUTES | **CHILL:** 30 MINUTES | **COOK:** 42 MINUTES | **MAKES:** 6 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

2 heads cauliflower, trimmed, cut in 2-inch florets
1½ cups water, divided
1½ cups cornstarch
½ cup all-purpose flour
2 teaspoons baking powder
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon kosher salt
1 teaspoon ground black pepper
2 eggs
⅓ cup Buffalo wing sauce



DIRECTIONS

- 1 Place cauliflower and ½ cup water into the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 2 Select PRESSURE and set to LOW. Set time to 2 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. Drain cauliflower and chill in refrigerator until cooled, about 10 minutes.
- 4 Whisk together cornstarch, flour, baking powder, garlic powder, onion powder, salt, and pepper. Whisk in eggs and 1 cup water until batter is smooth. Add chilled cauliflower to bowl with batter and gently toss until well coated. Transfer coated cauliflower to baking sheet and chill in freezer for 20 minutes.
- 5 After 20 minutes, close crisping lid. Preheat the unit by selecting AIR CRISP, setting the temperature to 375°F, and setting the time to 5 minutes.
- 6 Meanwhile, arrange half the cauliflower in an even layer on the Cook & Crisp™ Plate. After 5 minutes, place basket into the pot.
- 7 Close crisping lid. Select AIR CRISP, set temperature to 375°F, and set time to 20 minutes. Select START/STOP to begin. When first batch of cauliflower is crisp and golden, transfer to a bowl. Repeat with remaining chilled cauliflower.
- 8 When cooking is complete, microwave Buffalo wing sauce for 30 seconds, then toss with cooked cauliflower. Serve immediately.

GARLIC PARMESAN HAND-CUT FRENCH FRIES

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **SOAK:** 30 MINUTES | **AIR CRISP:** 24-26 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 pound russet potatoes
(about 3 medium potatoes), cut in thin matchsticks
2 tablespoons canola oil, divided
2 cloves garlic, peeled, minced
1 teaspoon garlic powder
1 teaspoon kosher salt
2 tablespoons fresh parsley, chopped
1/4 cup grated Parmesan cheese



DIRECTIONS

- 1 Soak raw fries in cold water for 30 minutes to remove excess starch. After 30 minutes, strain fries and pat completely dry. The drier the fries are, they better they will crisp.
- 2 Place fries and 1 tablespoon canola oil in a large mixing bowl; toss to combine.
- 3 Place Cook & Crisp™ Plate in pot. Close crisping lid. Preheat unit by selecting AIR CRISP, setting the temperature to 360°F, and setting the time to 5 minutes. Select START/STOP to begin.
- 4 After 5 minutes, open lid and add fries to the pot. Select AIR CRISP, set temperature to 360°F, and set time to 26 minutes. Select START/STOP to begin.
- 5 After 12 minutes, open lid, and toss fries with silicone-tipped tongs. Close lid to resume cooking.
- 6 While fries are cooking, in a large mixing bowl, combine remaining canola oil, minced garlic, garlic powder, salt, parsley, and Parmesan.
- 7 Check fries after 24 minutes. For crispier fries, continue cooking up to an additional 2 minutes.
- 8 When cooking is complete, toss cooked fries in bowl with garlic-Parmesan mix and serve immediately.

TIP For best results (and best-looking fries), use a French fry cutter to cut the potatoes.

BEEF JERKY

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **MARINATE:** 8 HOURS | **COOK:** 5-7 HOURS 15 MINUTES | **MAKES:** 3 CUPS (6 OUNCES) DRIED JERKY
DEHYDRATE: 5-7 HOURS | **ROAST:** 15 MINUTES

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 pounds (16 ounces) beef eye of round,
cut in 1/4-inch slices



DIRECTIONS

- 1 Whisk together all ingredients, except beef. Place mixture into large re-sealable plastic bag.
- 2 Place sliced beef into bag with seasonings and rub to coat beef. Marinate in refrigerator for at least 8 hours or overnight.
- 3 Strain meat; discard excess liquid.
- 4 Lay half of the meat slices flat on the bottom of the pot. Place the remaining meat slices on the Ninja Dehydrating Rack* or Cook & Crisp™ Plate. Arrange them in a single layer, without any slices touching one another.
- 5 Place multi-tier accessory or plate in pot and close crisping lid.
- 6 Press DEHYDRATE, set temperature to 155°F and set time to 7 hours. Select START/STOP to begin. If chewier jerky is desired, stop dehydrating at 5 hours.
- 7 When dehydrating is complete, select AIR CRISP, set temperature to 350°F, and set time to 15 minutes. Select START/STOP to begin.
- 8 When cooking is complete, remove multi-tier accessory or plate. Transfer jerky to an airtight container.

ZUCCHINI FRIES WITH MARINARA SAUCE

INTERMEDIATE RECIPE ●●○

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

INGREDIENTS

2 large zucchini, cut in sticks 3-inches long and 1/4-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

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 into 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™ Plate 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, open lid and add zucchini fries to pot. 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, toss zucchini fries with silicone-tipped tongs. 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.



CRISPY BRUSSELS SPROUTS WITH SRIRACHA MAYO

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **COOK:** 12-15 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 pound Brussels sprouts, cut in half
2 tablespoons extra virgin olive oil
1 teaspoon kosher salt
1/2 teaspoon ground black pepper
2 tablespoons sriracha mayo, for serving

DIRECTIONS

- 1 Place Cook & Crisp™ Plate in pot. Close crisping lid. Preheat the unit by selecting AIR CRISP, setting the temperature to 390°F, and setting the time to 5 minutes. Select START/STOP to begin.
- 2 Meanwhile, in a bowl, toss Brussels sprouts with olive oil, salt, and pepper.
- 3 After 5 minutes, place Brussels sprouts on Cook & Crisp Plate. Close crisping lid. Select AIR CRISP, set temperature to 390°F, and set time to 12 minutes. Select START/STOP to begin.
- 4 After 6 minutes, open lid, toss Brussels sprouts with silicone-tipped tongs, and close the lid to resume cooking.
- 5 Check Brussels sprouts for desired doneness; for crispier results, add up to 3 more minutes. When cooking is complete, remove Brussels sprouts from pot. Toss with sriracha mayo and serve.



TIP For more tender Brussels sprouts, steam with 2 cups of water for 4 minutes before Air Crisping.

WHOLE ROASTED SICILIAN CAULIFLOWER

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **COOK:** 13 MINUTES | **MAKES:** 4 SERVINGS
APPROX. PRESSURE BUILD: 5 MINUTES | **PRESSURE RELEASE:** QUICK

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



DIRECTIONS

- 1 Place water and Cook & Crisp™ Plate in pot.
- 2 With a knife, cut an X into the head of cauliflower, slicing about halfway down. Place cauliflower into the pot.
- 3 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to Lo. Set time to 3 minutes. Select START/STOP to begin.
- 4 In a small bowl, stir together olive oil, garlic, capers, and crushed red 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 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.
- 7 Close crisping lid. Select AIR CRISP, set temperature to 390°F, and set time to 10 minutes. Select START/STOP to begin.
- 8 When cooking is complete, transfer cauliflower to a serving platter using a large spatula. Garnish with fresh parsley.

TIP Since capers are briny, be sure to taste the cauliflower before adding salt to this dish.

BANANA BREAD

INTERMEDIATE RECIPE ●●○

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

INGREDIENTS

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



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 Meanwhile, in a bowl, stir together flour, baking soda, and salt.
- 3 In a separate bowl, beat together butter and brown sugar. Add eggs and bananas and stir to combine.
- 4 Slowly add dry mixture to wet mixture, stirring until just combined.
- 5 Grease the Ninja® loaf pan* (or an 8-inch baking pan) and add batter to pan.
- 6 Once unit has preheated, place pan in cooking pot. 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.

CREAMY SPINACH GRATIN

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 18 MINUTES | **MAKES:** 6 SERVINGS
APPROX. PRESSURE BUILD: 8 MINUTES | **PRESSURE COOK:** 1 MINUTE
PRESSURE RELEASE: QUICK | **SEAR/SAUTÉ:** 3 MINUTES | **AIR CRISP:** 7 MINUTES

INGREDIENTS

2 bags (16 ounces each) frozen spinach
1/2 cup water
2 tablespoons unsalted butter
1 large shallot, peeled, diced
2 cloves garlic, peeled, minced
1/2 package (4 ounces) cream cheese, softened
1/2 cup whole milk
1/4 teaspoon kosher salt
1/4 teaspoon ground nutmeg
1 cup Swiss or Gruyère cheese, grated



DIRECTIONS

- 1 Place frozen spinach and water in pot.
- 2 Assemble the pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to Lo. Set time to 1 minute. 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 Transfer spinach to a colander and press to release as much liquid as possible; set aside. Wipe out pot.
- 5 Select SEAR/SAUTÉ and set to 3 (medium). Select START/STOP to begin. Allow to preheat for 3 minutes. After 3 minutes, add butter and melt. Once butter is melted, add shallot and garlic. Cook until softened, about 3 minutes.
- 6 Select START/STOP to turn off SEAR/SAUTÉ. Whisk in cream cheese and milk until cream cheese is melted and smooth. Stir in drained spinach, salt, and nutmeg, spreading in an even layer.
- 7 Sprinkle grated cheese on top of spinach mixture.
- 8 Close crisping lid. Select AIR CRISP, set temperature to 400°F and set time to 7 minutes. Select START/STOP to begin.
- 9 Cooking is complete when cheese is golden brown. Allow to cool slightly before serving.

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 Hi. 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 broil rack inside pot over the rice. 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.

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

POTATO WEDGES

BEGINNER RECIPE ●○○

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

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

DIRECTIONS

- 1 Pour water into the pot. Place potatoes onto the Cook & Crisp™ Plate.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to Lo. 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 pot using tongs to coat evenly.
- 6 Close 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 crisping plate. Toss with oregano dressing and serve.

TIP For crispier results, add another teaspoon of oil in step 5, and when Air Crisping, shake the pot or toss potatoes with silicone-tipped tongs every 6 minutes.



PARKER HOUSE DINNER ROLLS

ADVANCED RECIPE ●●●

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

INGREDIENTS

- 3/4 cup milk
- 1/2 stick (1/4 cup) unsalted butter, cut in pieces, plus more for greasing
- 1/4 cup sugar
- 1/2 package (1 1/8 teaspoons) active dry yeast

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

DIRECTIONS

- 1 Place milk into the pot. Select SEAR/SAUTÉ and set to 4 (medium-high). Select START/STOP to begin. Bring to a gentle simmer, then press the START/STOP button to turn off SEAR/SAUTÉ.
- 2 Remove pot from unit, stir in the butter and sugar, and let cool until below 110°F.
- 3 In a small bowl, stir together yeast and 1/4 cup warm water. Let sit until foamy, about 10 minutes.
- 4 Once milk mixture is cooled, add 2 eggs, yeast mixture, salt, and 1 1/2 cups flour to a mixer fitted with a dough attachment. Mix until a smooth paste has formed. Add the remaining flour, 1/2 cup at a time, and stir until a smooth ball forms. Add additional flour, 1/2 tablespoon at a time, if dough appears too sticky.
- 5 Remove dough from the bowl and knead by hand on a floured surface for about 5 minutes.
- 6 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.
- 7 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.
- 8 Beat remaining egg with 1 teaspoon water. Gently brush tops of rolls with egg wash. Add 3 tablespoons water to the pot. Place pan in cooking pot.
- 9 Select SEAR/SAUTÉ and set to Lo. Select START/STOP to begin. Cook for 5 minutes, then press the START/STOP button to turn off SEAR/SAUTÉ. Allow rolls to rise for another 15 minutes in the warm pot.
- 10 Remove from 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.
- 11 After 5 minutes, 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.
- 12 When cooking is complete, allow the rolls to cool, then pull apart and serve.

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

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. Press YOGURT. Set time to 8 hours and 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 When the milk has cooled, the unit will beep and display ADD and STIR. Remove pressure lid. Add plain yogurt and whisk until fully incorporated. Install the pressure lid, making sure the pressure release valve is in the VENT position. Press START/STOP to begin incubation process.
- 4 After incubation is complete (8 hours later), transfer the yogurt to a glass container or bowl, then cover and refrigerate for a minimum of 8 hours.
- 5 Once yogurt has cooled, add the vanilla and honey (if using) and stir until well combined. Cover the container and refrigerate, or spoon the yogurt into airtight glass jars. Yogurt may be refrigerated up to 2 weeks.

TIP For a thicker, Greek-style yogurt, strain the yogurt through a cheesecloth into a large bowl while refrigerating it overnight.



CHOCOLATE CHIP SKILLET COOKIE

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **COOK:** 23 MINUTES | **MAKES:** 4-6 SERVINGS

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

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 in the cooking 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.

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



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 cup 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
- 1/3 cup butter, cut in pieces
- 1 teaspoon ground cinnamon

DIRECTIONS

- 1 Place peaches and cherries into 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.
- 2 Place pan in cooking pot and cover pan with foil. Pour 1/2 cup water into pot and add rack to the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 3 Select PRESSURE and set to Hi. 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 pan from pot and serve.

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

FROZEN CHERRY PIE

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **MAKES:** 4-6 SERVINGS
APPROX. PRESSURE BUILD: 5 MINUTES | **PRESSURE COOK:** 10 MINUTES
PRESSURE RELEASE: QUICK | **BAKE/ROAST:** 15 MINUTES

INGREDIENTS

- 1 bag (32 ounces) frozen cherries
- 2 cups water, divided
- 1/4 cup brown sugar
- 1 tablespoon lemon juice
- 1/4 cup cornstarch
- 1 refrigerated store-bought pie crust
- 1 egg, lightly beaten
- 2 tablespoons raw sugar

DIRECTIONS

- 1 In a large mixing bowl, stir together the cherries, 1/2 cup water, brown sugar, lemon juice, and cornstarch. Pour into the Ninja® multi-purpose pan* (or an 8-inch baking pan); set aside.
- 2 Roll a sheet of aluminum foil to create a ring about 6 inches in diameter; place ring in center of pot.
- 3 Pour remaining 1 1/2 cups water into pot. Cover pan with aluminum foil and place it inside pot, on top of foil circle.
- 4 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to H. 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.
- 6 Remove foil cover from pan and top cherries with the pie crust. Fold corners of the crust to ensure it sits directly on top of the pan. Cut a slit in the center of the crust to vent, then brush with egg and sprinkle evenly with raw sugar.
- 7 Close crisping lid. Select BAKE/ROAST, set temperature to 375°F, and set time to 15 minutes. Select START/STOP to begin.
- 8 When cooking is complete, allow pie to cool completely before serving.



AIR-FRIED CAKE BATTER COOKIES

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **FREEZE:** 1-2 HOURS | **COOK:** 15 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

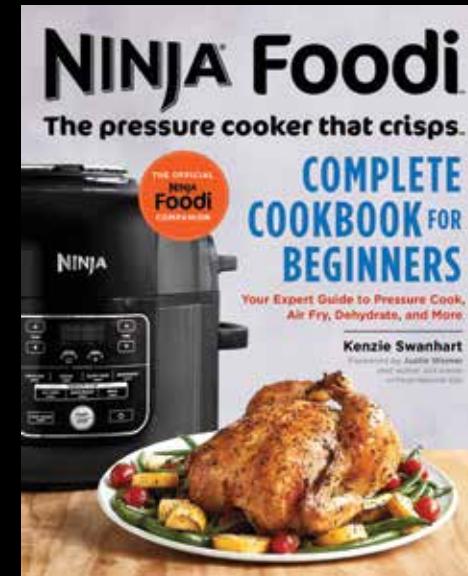
Cooking spray
1 box (16 ounces) white cake mix
3 egg whites
1 whole egg
1/3 cup canola oil
1 cup water
12 chocolate sandwich cookies

DIRECTIONS

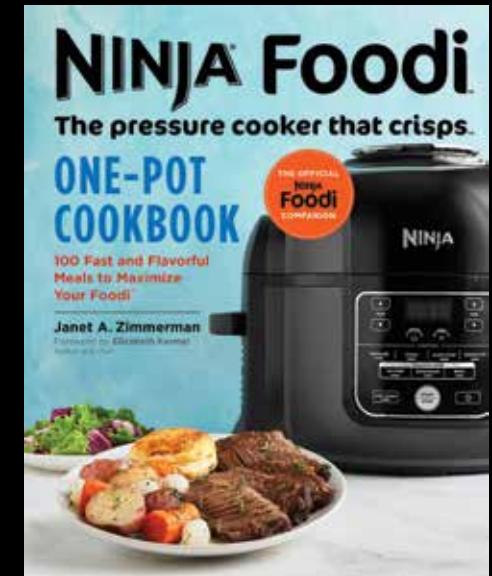
- 1 Liberally coat a sheet pan with cooking spray; set aside.
- 2 In a bowl, whisk together the cake mix, egg whites, whole egg, oil, and water until well incorporated and all cake mix has dissolved.
- 3 Working one at a time, dunk cookies in cake batter until coated. Quickly transfer to prepared sheet pan. Repeat with remaining cookies.
- 4 Freeze coated cookies up to 2 hours, until cake batter is tacky and beginning to solidify.
- 5 Place Cook & Crisp™ Plate in pot. Preheat unit by selecting AIR CRISP, setting temperature to 390°F, and setting time to 5 minutes.
- 6 Once unit has preheated, spray Cook & Crisp Plate with cooking spray. Quickly place 4 cookies on the Cook & Crisp Plate.
- 7 Select AIR CRISP, set temperature to 390°F, and set time to 20 minutes. Select START/STOP to begin.
- 8 After 5 minutes, remove cookies from the Cook & Crisp Plate. Repeat with remaining cookies.
- 9 When cooking is complete, serve immediately. Cookies are best served warm.

TIP To make these even more fun, add up to 1 cup of rainbow sprinkles in step 1.

Want even more recipes?



Created by Ninja's Culinary
Marketing & Innovation Director



100 fast and flavorful one-pot recipes

Visit ninjacookbooks.com
for a library of officially licensed Foodi-themed
cookbooks created and designed by Ninja.

Pressure Cook Chart

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

TIPS When freestyling with foods in these charts, keep the following tips in mind:

If food volume increases and size stays the same (e.g., increasing from one to two 1-lb pork tenderloins), cook time should remain the same.

If food size increases (e.g., increasing from a 2-lb pork shoulder to a 5-lb one), the cook time must increase.

The amount of water can remain the same for all food volumes—but always use at least ½ cup water so the unit can build pressure.

INGREDIENT	AMOUNT	PREPARATION	WATER	ACCESSORY	PRESSURE	TIME	RELEASE
POULTRY							
Chicken breasts	2 lbs	Bone in	1 cup	N/A	High	15 mins	Quick
	6 small or 4 large (about 2 lbs)	Boneless	1 cup	N/A	High	8–10 mins	Quick
Chicken breasts (frozen)	4 large (2 lbs)	Boneless	1 cup	N/A	High	25 mins	Quick
Chicken thighs	8 thighs (4 lbs)	Bone in/skin on	1 cup	N/A	High	20 mins	Quick
	8 thighs (2 lbs)	Boneless	1 cup	N/A	High	20 mins	Quick
Chicken, whole	Up to 5 lbs	Bone in/legs tied	1 cup	Cook & Crisp™ Plate	High	25–30 mins	Quick
Turkey breast	1 breast (6–8 lbs)	Bone in	1 cup	N/A	High	40–50 mins	Quick
GROUND MEAT							
Ground beef, pork, or turkey	1–2 lbs	Ground (not in patties)	½ cup	N/A	High	5 mins	Quick
Ground beef, pork, or turkey (frozen)	1–2 lbs	Frozen, ground (not in patties)	½ cup	N/A	High	20–25 mins	Quick
RIBS							
Pork baby back	2 ½–3 ½ lbs	Cut in thirds	1 cup	N/A	High	20 mins	Quick
ROASTS							
Beef brisket	3–4 lbs	Whole	1 cup	N/A	High	1 ½ hrs	Quick
Boneless beef chuck-eye roast	3–4 lbs	Whole	1 cup	N/A	High	1 ½ hrs	Quick
Boneless pork butt	4 lbs	Season as desired	1 cup	N/A	High	1 ½ hrs	Quick
Pork tenderloin	2 tenderloins (1–1 ½ lbs each)	Season as desired	1 cup	N/A	High	3–4 mins	Quick
STEW MEAT							
Boneless beef short ribs	6 ribs (3 lbs)	Whole	1 cup	N/A	High	25 mins	Quick
Boneless leg of lamb	3 lbs	Cut in 1-inch pieces	1 cup	N/A	High	30 mins	Quick
Boneless pork butt	3 lbs	Cut in 1-inch pieces	1 cup	N/A	High	30 mins	Quick
Chuck roast, for stew	2 lbs	Cut in 1-inch pieces	1 cup	N/A	High	25 mins	Quick
HARD-BOILED EGGS							
Eggs†	1–12 eggs	None	½ cup	N/A	High	4 mins	Quick

†Remove immediately when complete and place in ice bath.

Pressure Cook Chart, continued

INGREDIENT	AMOUNT	DIRECTIONS	WATER	ACCESSORY	PRESSURE	COOK TIME	RELEASE
VEGETABLES							
Beets	8 small or 4 large	Rinse well, trim tops and ends; cool and peel after cooking	1 cup	N/A	High	15–20 mins	Quick
Broccoli	1 head or 4 cups	Cut in 1-2-inch florets, remove stem	1 cup	Broil rack	Low	1 min	Quick
Brussels sprouts	1 lb	Cut in half	1 cup	Broil rack	Low	1 min	Quick
Butternut squash (cubed for side dish or salad)	20 oz	Peel, cut in 1-inch pieces, remove seeds	1 cup	N/A	Low	2 mins	Quick
Butternut squash (for mashed, puree, or soup)	20 oz	Peel, cut in 1-inch pieces, remove seeds	1 cup	Broil rack	High	5 mins	Quick
Cabbage (braised)	1/2 head	Cut in half, slice in 1/2-inch strips, remove core	1 cup	N/A	Low	3 mins	Quick
Cabbage (crisp)	1/2 head	Cut in half, slice in 1/2-inch strips, remove core	1 cup	Broil rack	Low	2 mins	Quick
Carrots	1 lb	Peel, cut in 1/2-inch pieces	1 cup	N/A	High	2–3 mins	Quick
Cauliflower	1 head	Cut in 1-2-inch florets, remove stem	1 cup	N/A	Low	1 min	Quick
Collard greens	2 bunches or 1 bag (16 oz)	Remove stems, chop leaves	1 cup	N/A	Low	6 mins	Quick
Green beans	1 bag (12 oz)	Whole	1 cup	Broil rack	Low	0 min*	Quick
Kale leaves/greens	2 bunches or 1 bag (16 oz)	Remove stems, chop leaves	1 cup	N/A	Low	3 mins	Quick
Potatoes, red (cubed for side dish or salad)	2 lbs	Scrub, cut in 1-inch cubes	1 cup	N/A	High	1–2 mins	Quick
Potatoes, red (for mashed)	2 lbs	Scrub, whole (cut large potatoes in half)	1 cup	N/A	High	15–20 mins	Quick
Potatoes, russet or Yukon (cubed for side dish or salad)	2 lbs	Peel, cut in 1-inch cubes	1 cup	N/A	High	1–2 mins	Quick
Potatoes, russet or Yukon (for mashed)	2 lbs	Peel, cut in 1-inch thick slices	1 cup	N/A	High	6 mins	Quick
Potatoes, sweet (cubed for side dish or salad)	1 lb	Peel, cut in 1-inch cubes	1 cup	N/A	High	1–2 mins	Quick
Potatoes, sweet (for mashed)	1 lb	Peel, cut in 1-inch thick slices	1 cup	N/A	High	6 mins	Quick

*The time the unit takes to pressurize is long enough to cook this food.

Pressure Cook Chart, continued

TIP For best results, rinse rice and grains thoroughly before pressure cooking. When increasing the amount of rice, use the same rice-to-water ratio in the chart below.

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

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

**TEXMATI is a registered trademark of Riviana Foods, Inc. Use of the TEXMATI trademark does not imply any affiliation with or endorsement by Riviana Foods, Inc.

Pressure Cook Chart, continued

INGREDIENTS	AMOUNT	WATER	PRESSURE	COOK TIME	RELEASE
LEGUMES					
All beans, except lentils, should be soaked 8-24 hours before cooking.					
Black beans	1 lb, soaked 8-24 hrs	6 cups	Low	5 mins	Natural (10 mins) then Quick
Black-eyed peas	1 lb, soaked 8-24 hrs	6 cups	Low	5 mins	Natural (10 mins) then Quick
Cannellini beans	1 lb, soaked 8-24 hrs	6 cups	Low	3 mins	Natural (10 mins) then Quick
Cranberry beans	1 lb, soaked 8-24 hrs	6 cups	Low	3 mins	Natural (10 mins) then Quick
Garbanzo beans (chickpeas)	1 lb, soaked 8-24 hrs	6 cups	Low	3 mins	Natural (10 mins) then Quick
Great northern beans	1 lb, soaked 8-24 hrs	6 cups	Low	1 min	Natural (10 mins) then Quick
Lentils (green or brown)	1 cup dry	2 cups	Low	5 mins	Natural (10 mins) then Quick
Lima beans	1 lb, soaked 8-24 hrs	6 cups	Low	1 min	Natural (10 mins) then Quick
Navy beans	1 lb, soaked 8-24 hrs	6 cups	Low	3 mins	Natural (10 mins) then Quick
Pinto beans	1 lb, soaked 8-24 hrs	6 cups	Low	3 mins	Natural (10 mins) then Quick
BEANS & LEGUMES					
This section does not require beans to be soaked.					
Black beans	1 lb	6 cups	High	20 mins	Natural (10 mins) then Quick
Black-eyed peas	1 lb	6 cups	High	20 mins	Natural (10 mins) then Quick
Cannellini beans	1 lb	6 cups	High	20 mins	Natural (10 mins) then Quick
Cranberry beans	1 lb	6 cups	High	20 mins	Natural (10 mins) then Quick
Garbanzo beans (chickpeas)	1 lb	6 cups	High	20 mins	Natural (10 mins) then Quick
Great northern beans	1 lb	6 cups	High	20 mins	Natural (10 mins) then Quick
Lima beans	1 lb	6 cups	High	20 mins	Natural (10 mins) then Quick
Navy beans	1 lb	6 cups	High	35 mins	Natural (10 mins) then Quick
Pinto beans	1 lb	6 cups	High	22 mins	Natural (10 mins) then Quick
Red kidney beans	1 lb	6 cups	High	35 mins	Natural (10 mins) then Quick

Steam Chart

INGREDIENT	AMOUNT	PREPARATION	LIQUID	COOK TIME
VEGETABLES				
Asparagus	1 bunch	Whole spears, trim ends	2 cups	5-7 mins
Broccoli	1 crown or 1 bag (12 oz) florets	Cut in 1-2-inch florets	2 cups	5-7 mins
Brussels sprouts	1 lb	Whole, trim ends	2 cups	8-10 mins
Butternut squash	24 oz	Peel, cut in 1-inch cubes	2 cups	10-12 mins
Cabbage	1/2 head	Cut in half, sliced in 1/2-inch strips, core removed	2 cups	8-10 mins
Carrots	1 lb	Peel, cut in 1-inch pieces	2 cups	7-9 mins
Cauliflower	1 head	Cut in 1-2-inch florets	2 cups	5-7 mins
Corn on the cob	4 ears	Whole, remove husks	2 cups	4-7 mins
Green beans	1 bag (12 oz)	Whole	2 cups	6-8 mins
Kale	1 bag (16 oz)	Trim	2 cups	5-7 mins
Potatoes	1 lb	Peel, cut in 1-inch pieces	2 cups	12-18 mins
Potatoes, sweet	1 lb	Cut in 1/2-inch cubes	2 cups	8-12 mins
Spinach	1 bag (16 oz)	Whole leaves	2 cups	3-5 mins
Sugar snap peas	1 lb	Whole pods, trim ends	2 cups	3-5 mins
Summer squash	1 lb	Cut in 1-inch slices	2 cups	3-5 mins
Zucchini	1 lb	Cut in 1-inch slices	2 cups	3-5 mins
EGGS				
Poached eggs	4	In ramekins or silicone cups	1 cup	3-6 mins

Air Crisp Chart for the Cook & Crisp™ Plate



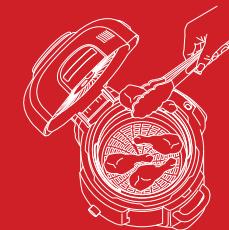
TIP Before using Air Crisp, allow the unit to preheat for 5 minutes as you would your conventional oven.

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	1 bunch	Cut in half, trim stems	2 tsp	390°F	8-10 mins
Beets	6 small or 4 large (about 2 lbs)	Whole	None	390°F	45-60 mins
Bell peppers (for roasting)	4 peppers	Whole	None	400°F	25-30 mins
Broccoli	1 head	Cut in 1-2-inch florets	1 Tbsp	390°F	10-13 mins
Brussels sprouts	1 lb	Cut in half, trim ends	1 Tbsp	390°F	15-18 mins
Butternut squash	1-1½ lbs	Cut in 1-2-inch pieces	1 Tbsp	390°F	20-25 mins
Carrots	1 lb	Peel, cut in ½-inch pieces	1 Tbsp	390°F	14-16 mins
Cauliflower	1 head	Cut in 1-2-inch florets	2 Tbsp	390°F	15-20 mins
Corn on the cob	4 ears, cut in half	Whole ears, remove husks	1 Tbsp	390°F	12-15 mins
Green beans	1 bag (12 oz)	Trim ends	1 Tbsp	390°F	7-10 mins
Kale (for chips)	4 cups, packed	Tear in pieces, remove stems	None	300°F	7-10 mins
Mushrooms	8 oz	Rinse, cut in quarters	1 Tbsp	390°F	7-8 mins
Potatoes, russet	1½ lbs	Cut in 1-inch wedges	1 Tbsp	390°F	20-25 mins
	1 lb	Hand-cut fries, thin	½-3 Tbsp canola	390°F	20-25 mins
	1 lb	Hand-cut fries, soak 30 mins in cold water then pat dry	½-3 Tbsp canola	390°F	24-27 mins
Potatoes, sweet	4 whole (6-8 oz)	Pierce with fork 3 times	None	390°F	35-40 mins
	2 lbs	Cut in 1-inch chunks	1 Tbsp	390°F	15-20 mins
Potatoes, sweet	4 whole (6-8 oz)	Pierce with fork 3 times	None	390°F	35-40 mins
	Zucchini	1 lb	Cut in quarters lengthwise, then cut in 1-inch pieces	1 Tbsp	390°F
POULTRY					
Chicken breasts	2 breasts (¾-1½ lbs each)	Bone in	Brushed with oil	375°F	25-35 mins
	2 breasts (½-¾ lb each)	Boneless	Brushed with oil	375°F	22-25 mins
Chicken thighs	4 thighs (6-10 oz each)	Bone in	Brushed with oil	390°F	22-28 mins
	4 thighs (4-8 oz each)	Boneless	Brushed with oil	390°F	18-22 mins
Chicken wings	2 lbs	Drumettes & flats	1 Tbsp	390°F	24-28 mins
Chicken, whole	1 chicken (3-5 lbs)	Season as desired	Brushed with oil	360°F	45-60 mins
Chicken drumsticks	2 lbs	None	1 Tbsp	390°F	20-22 mins

For best results, toss or flip often.

We recommend frequently checking your food and tossing or flipping it to ensure desired results.

Use these cook times as a guide, adjusting to your preference.



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™ Plate, continued

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

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
BEEF					
Burgers	2 quarter-pound patties, 80% lean	1-inch thick	None	375°F	10-12 mins
Steaks	2 steaks (8 oz each)	Whole	None	390°F	10-20 mins
PORK & LAMB					
Bacon	1 strip to 1 (16 oz) package	Lay strips evenly over edge of plate	None	330°F	13-16 mins (no preheat)
Pork chops	2 thick-cut, bone-in chops (10-12 oz each)	Bone in	Brushed with oil	375°F	15-17 mins
	4 boneless chops (6-8 oz each)	Boneless	Brushed with oil	375°F	15-18 mins
Pork tenderloins	2 tenderloins (1-1 1/2 lbs each)	Whole	Brushed with oil	375°F	25-35 mins
Sausages	4 sausages	Whole	None	390°F	8-10 mins
FISH & SEAFOOD					
Crab cakes	2 cakes (6-8 oz each)	None	Brushed with oil	350°F	8-12 mins
Lobster tails	4 tails (3-4 oz each)	Whole	None	375°F	7-10 mins
Salmon fillets	2 fillets (4 oz each)	None	Brushed with oil	390°F	10-13 mins
Shrimp	16 jumbo	Raw, whole, peel, keep tails on	1 Tbsp	390°F	7-10 mins
FROZEN FOODS					
Chicken nuggets	1 box (12 oz)	None	None	390°F	11-13 mins
Fish fillets	1/2 box (3 fillets)	None	None	390°F	13-15 mins
Fish sticks	1 box (14.8 oz)	None	None	390°F	9-11 mins
French fries	1 lb	None	None	360°F	18-22 mins
	2 lbs	None	None	360°F	28-32 mins
Mozzarella sticks	1 box (11 oz)	None	None	375°F	6-9 mins
Pot stickers	1 bag (10 count)	None	Toss with 1 tsp canola oil	390°F	11-14 mins
Pizza Rolls	1 bag (20 oz, 40 count)	None	None	390°F	12-15 mins
Popcorn shrimp	1 box (16 oz)	None	None	390°F	8-10 mins
Tater Tots	1 lb	None	None	360°F	19-21 mins

For best results, toss or flip often.

We recommend frequently checking your food and tossing or flipping it to ensure desired results.

Use these cook times as a guide, adjusting to your preference.



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.



**Looking for more recipe inspiration,
tips, and tricks?**

Join us and thousands of Foodi friends
on the Official Ninja Foodi Family™ Community.

[Facebook.com/groups/NinjaFoodiFamily](https://www.facebook.com/groups/NinjaFoodiFamily)

    @NinjaKitchen

 [youtube.com/EPNinjaKitchen](https://www.youtube.com/EPNinjaKitchen)

FD101_IG_45Recipe_MP_Mv7

© 2020 SharkNinja Operating LLC

FOODI, NINJA, and THE PRESSURE COOKER THAT CRISPS are registered trademarks of SharkNinja Operating LLC.

COOK & CRISP, NINJA FOODI FAMILY, and TENDERCRISP are trademarks of SharkNinja Operating LLC.