

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



NINJA Foodi DELUXE

PRESSURE COOKER

**The deluxe pressure cooker
that crisps.**

50 mouthwatering
recipes and charts for
unlimited possibilities



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Pressure, meet Crisp

You are about to experience the Ninja® Foodi® Deluxe way of cooking. TenderCrisp™ Technology allows you to harness the speed of pressure cooking to quickly cook ingredients, then the revolutionary crisping lid gives your meals a crispy, golden finish that other pressure cookers can only dream of.

Pressure Lid

With this lid on, the Foodi® Deluxe is the ultimate pressure cooker. Transform the toughest ingredients into tender, juicy, and flavorful meals in an instant.



PRESSURE COOK

Pressurized steam infuses moisture into ingredients and quickly cooks them from the inside out.



STEAM

Steam infuses moisture, seals in flavor, and maintains the texture of your food.



SLOW COOK/YOGURT

Cook low and slow to create your favorite chilis and stews. Create homemade yogurt with no artificial ingredients or sweeteners.



SEAR/SAUTÉ

Five stovetop temperature settings allow you to build flavor by searing, sautéing, simmering, and more.

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.

Meet our most versatile Ninja® Foodi® accessory, the Deluxe Reversible Rack

How to cook up to 2X the protein*

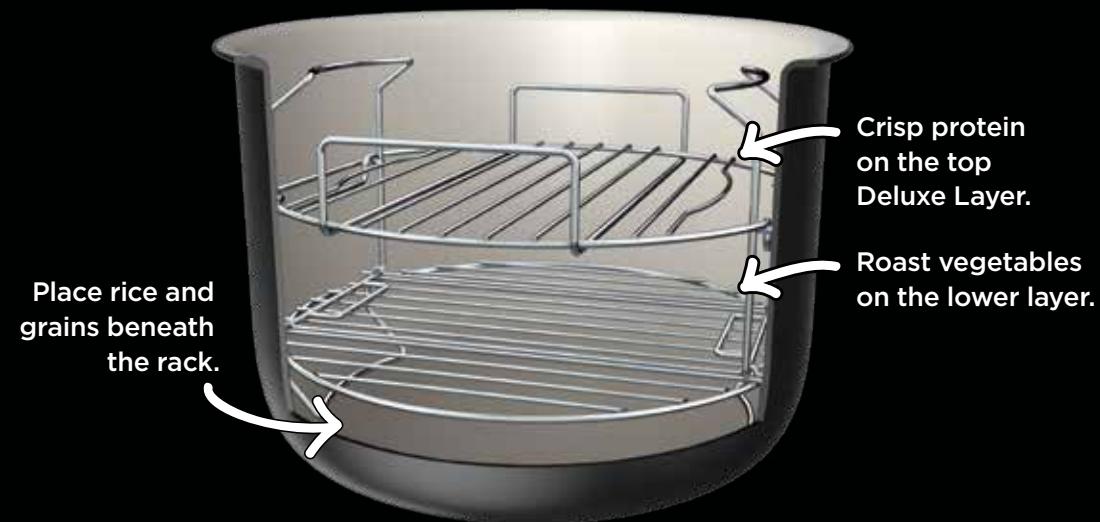


Double up on dehydrate

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

How to make bigger, better 360 meals

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



Your partner in party planning

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

*Versus original reversible rack sold with OP300 Series Ninja Foodi Pressure Cookers.
[†]May take 5-15 minutes depending on recipe.

The Art of TenderCrisp™

Start with pressure cooking. Finish with the crisping method of your choice. That's how you get TenderCrisp results.

The best part? There's more than one way to TenderCrisp. You can start with ingredients that are frozen or fresh. You can cook chicken, veggies, or fish. You can prepare your favorite chili or stew, too. But when you TenderCrisp, you always finish with a crispy, delicious twist.



TenderCrisp™
Frozen to Crispy



TenderCrisp
Apps & Entrees



TenderCrisp
360 Meals



TenderCrisp
One-Pot Wonders

TenderCrisp™ 101

Herb-Roasted Chicken

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 66 MINUTES | **MAKES:** 6 SERVINGS

APPROX. PRESSURE BUILD: 10 MINUTES | **PRESSURE COOK:** 40 MINUTES | **PRESSURE RELEASE:** 1 MINUTE | **AIR CRISP:** 15 MINUTES

INGREDIENTS

1 whole fresh (not frozen) uncooked chicken (6-7 pounds)

Juice of 2 lemons (1/4 cup lemon juice)

1/4 cup hot water

1/4 cup honey

2 tablespoons plus 2 teaspoons kosher salt, divided

1 tablespoon whole black peppercorns

5 sprigs fresh thyme

5 cloves garlic, peeled, smashed

1 tablespoon canola oil

2 teaspoons ground black pepper

DIRECTIONS



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



In a small bowl, mix together lemon juice, hot water, honey, and 2 tablespoons salt. Pour mixture into the pot. Place whole peppercorns, thyme, and garlic in the pot.



Place chicken in the Cook & Crisp™ Basket and place basket in pot.



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



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



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



Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 15 minutes. Select START/STOP to begin. Cook until desired level of crispness is reached.



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

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

TenderCrisp™ 101

Baked Macaroni & Cheese

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 38 MINUTES | **MAKES:** 6-8 SERVINGS
APPROX. PRESSURE BUILD: 15 MINUTES | **PRESSURE COOK:** 0 MINUTES | **PRESSURE RELEASE:** 14 MINUTES
QUICK RELEASE: 2 MINUTES | **AIR CRISP:** 7 MINUTES

INGREDIENTS

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

DIRECTIONS



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



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



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



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 bread crumbs and melted butter. Cover pasta evenly with bread crumb mixture.



Close crisping lid. Select AIR CRISP, set 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

Crispy Chicken Thighs with Carrots & Rice Pilaf

BEGINNER RECIPE ●○○

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

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

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

INGREDIENTS

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

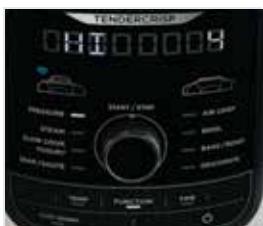
DIRECTIONS



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



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



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



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



When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the **VENT** position. Carefully remove lid when unit has finished releasing pressure. Remove rack with chicken from pot. Remove chicken from rack and brush with olive oil, then season with poultry spice.



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



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



When cooking is complete, serve chicken with carrots and rice.

Choose Your Own TenderCrisp™ Adventure

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

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

Pick a Grain or Starch and place with liquid in pot

3 cups white rice with 3 cups stock

3 cups quinoa with 3 cups stock

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

2 1/2 cups pearled couscous with 2 1/2 cups stock

Pick a Protein and place on Deluxe Reversible Rack

8 fresh boneless chicken breasts (6 oz each)
Use rack in lower steam position, without Deluxe Layer installed

6 fresh Italian sausages
Use rack in lower steam position, without Deluxe Layer installed

8 fresh bone-in, skin-on, chicken thighs (4-6 oz each)
Use rack with Deluxe Layer installed

1 lb frozen shrimp (about 32 shrimp)
Use rack with Deluxe Layer installed



Pressure Cook

HIGH FOR 5 MINS



Pressure Release

QUICK RELEASE PRESSURE; CAREFULLY REMOVE LID



Pick a vegetable, oil and season to taste, then place on lower or Deluxe top layer depending on roasting or crisping desired

2 medium zucchini, cut in 3-in x 1/2-in sticks

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

1 head cauliflower, cut in small florets

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

Barbecue

Teriyaki

Sweet & sour

Blackening seasoning

Adobo spice rub

Your favorite spice blend

Broil

DROP THE CRISPING LID AND BROIL FOR 10-15 MINUTES BASED ON LEVEL OF CRISPING DESIRED



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



TenderCrisp™ Frozen to Crispy

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

MISO-GLAZED SALMON & BOK CHOY

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **COOK:** 7-9 MINUTES | **MAKES:** 8 SERVINGS
APPROX. PRESSURE BUILD: 5 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

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

DIRECTIONS

- 1 Place rice and 1 1/2 cups water in the pot. Stir to combine. Place the Deluxe Reversible Rack (in higher broil position, without Deluxe Layer installed), in the pot over the rice.
- 2 Season salmon with salt, then place on rack.
- 3 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 2 minutes. Select START/STOP to begin.
- 4 While salmon and rice are cooking, stir together miso and butter to form a paste. Toss bok choy with mirin and sesame oil.
- 5 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 6 Remove rack with salmon from pot. Stir remaining 1/2 cup water into rice. Place rack with salmon back in pot.
- 7 Gently pat salmon dry with paper towel, then spread miso butter evenly on top of the fillets. Add bok choy to the rack.
- 8 Close crisping lid. Select BROIL and set time to 7 minutes. Select START/STOP to begin, checking for doneness after 5 minutes.
- 9 When cooking is complete, remove salmon from rack and serve with bok choy and rice. Garnish with sesame seeds, if desired.





BUFFALO CHICKEN WINGS

BEGINNER RECIPE ●○○

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

INGREDIENTS

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

DIRECTIONS

- 1 Pour water into pot. Place wings in the Cook & Crisp™ Basket and place basket in pot.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set HIGH. Set time to 5 minutes. Select START/STOP to begin.
- 3 When pressure cooking is complete, quick release the pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 4 Pat wings dry with paper towels and toss with 2 tablespoons oil in the basket.
- 5 Close crisping lid. Select AIR CRISP, set temperature to 390°F, and set time to 15 minutes. Select START/STOP to begin.
- 6 After 7 minutes, open lid, then lift basket and shake wings or toss them with silicone-tipped tongs. Lower basket back into pot and close lid to resume cooking.
- 7 While the wings are cooking, stir together Buffalo sauce and salt in a large mixing bowl.
- 8 When cooking is complete, transfer wings to the bowl with Buffalo sauce and toss to coat.

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



TenderCrisp™ Apps & Entrees

Pressure + crisp = unlimited flavor combinations.
Make everything from party favorites like nachos and wings
to tender, chewy BBQ-style ribs and authentic street tacos.

Want to TenderCrisp your way?
Jump to page 88 for the TenderCrisp chart.

CARNITAS TACOS

INTERMEDIATE RECIPE ●●○

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

INGREDIENTS

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

TOPPINGS

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

DIRECTIONS

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

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

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 meat apart.
- 3 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 15 minutes. Select START/STOP to begin.
- 4 When pressure cooking is complete, naturally release the pressure for 10 minutes, then quick release any remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 5 Stir meat mixture, then add chopped pepper tops, cashews, fresh parsley, and remaining salt. Using a rubber or wooden spoon, stuff mixture into the 4 bell peppers.
- 6 Place stuffed peppers in the pot. Close crisping lid. Select BAKE/ROAST, set temperature to 360°F, and set time to 15 minutes. Select START/STOP to begin.
- 7 When cooking is complete, serve immediately.

TEX-MEX MEATLOAF

INTERMEDIATE RECIPE ●●○

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

INGREDIENTS

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

DIRECTIONS

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



POTATO WEDGES

BEGINNER RECIPE ●○○

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

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 in- the Cook & Crisp™ Basket and place basket in pot.
- 2** Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to LOW. Set time to 3 minutes. Select START/STOP to begin.
- 3** While potatoes are cooking, stir together 1 tablespoon olive oil with oregano, garlic, lemon juice, salt, and pepper in a small bowl. Set aside.
- 4** When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 5** Pour remaining olive oil over the potatoes in the basket, shaking to coat evenly.
- 6** Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 18 minutes. Select START/STOP to begin. Check potatoes after 12 minutes. Continue cooking for up to 18 minutes for desired crispiness.
- 7** When cooking is complete, remove potatoes from basket. Toss with oregano dressing and serve.

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

UPSIDE-DOWN LOADED CHICKEN NACHOS

ADVANCED RECIPE ●●●

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

INGREDIENTS

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

TOPPINGS

Guacamole
Sour cream
Fresh scallions, sliced

DIRECTIONS

- 1 Place frozen chicken and salsa in the pot.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 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.

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™ Basket in pot.
- 2 With a knife, cut an X into the head of cauliflower, slicing about halfway down. Place cauliflower in the basket.
- 3 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to LOW. Set time to 3 minutes. Select START/STOP to begin.
- 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, carefully transfer cauliflower to a serving platter using a large spatula. Garnish with fresh parsley.



SWEET POTATO TOTS

INTERMEDIATE RECIPE ●●○

PREP: 20 MINUTES | **CHILL:** 1 HOUR | **COOK:** 23 MINUTES | **MAKES:** ABOUT 28 TOTS (5–6 SERVINGS)
APPROX. PRESSURE BUILD: 7 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

3 sweet potatoes (about 1 ¾ pounds), peeled, cut in 1-inch cubes
4 sprigs fresh thyme
¼ teaspoon ground garam masala or cinnamon
1 ½ tablespoons kosher salt, divided
1 ½ cups water

½ cup cornstarch, divided
4 cups panko bread crumbs
2 teaspoons ground cumin
1 teaspoon chili powder
1 teaspoon coarsely ground black pepper
Cooking spray

DIRECTIONS

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

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

MEATBALL PARMESAN SUB

INTERMEDIATE RECIPE ●●○

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

PREP: 15 MINUTES | **CHILL:** 30 MINUTES | **COOK:** 30 MINUTES | **MAKES:** 4 SERVINGS
APPROX. PRESSURE BUILD: 5 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

MEATBALLS

½ pound uncooked ground beef (80/20 blend)
1 cup shredded Parmesan cheese, divided
2 pieces white bread, cut in cubes
2 tablespoons whole milk
1 egg
2 teaspoons dried oregano
2 teaspoons dried basil
1 teaspoon garlic powder
1 teaspoon onion powder
2 teaspoons kosher salt
1 teaspoon ground black pepper
4 hoagie rolls, for serving

SAUCE

1 tablespoon vegetable oil
2 small onions, peeled, diced
2 tablespoons minced garlic
2 tablespoons tomato paste
½ cup red wine vinegar
½ cup water
2 cans (14.5 ounces each) diced tomatoes

TIP Serve meatballs on spaghetti or zucchini noodles if you don't want sandwiches.

DIRECTIONS

- 1 In a large mixing bowl, combine the beef, ½ cup Parmesan, and white bread. Add milk, egg, oregano, basil, garlic powder, onion powder, salt, and black pepper. Mix until combined.
- 2 Using a 1-inch scoop or a spoon, scoop mixture into 20 meatballs and place on baking sheet. Refrigerate for 30 minutes.
- 3 Place all sauce ingredients into the pot and stir with a spatula or wooden spoon.
- 4 Assemble pressure lid, making sure pressure release valve is in the SEAL position. Select PRESSURE and set to LOW. Set time to 10 minutes. Select START/STOP to begin.
- 5 When pressure cooking is complete, quick release pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 6 Stir sauce. Select SEAR/SAUTÉ and set to HI. Let sauce simmer for about 5 minutes, stirring frequently.
- 7 Spray the Deluxe Reversible Rack with cooking spray, then place it the pot (in lower steam position, without Deluxe Layer installed). Then place half the meatballs on the rack. Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 15 minutes. Select START/STOP to begin.
- 8 After 7 minutes, install the Deluxe Layer on the rack, and place remaining meatballs on it. Close lid to resume cooking.
- 9 When cooking is complete, remove meatballs from rack and place in the sauce. Divide meatballs and sauce between hoagie rolls. Top each with Parmesan cheese before serving.



TenderCrisp™ 360 Meals

Take full advantage of the Foodi's cooking capabilities to create wholesome, delicious home-cooked meals. We're talking grains on the bottom, and your favorite protein and veggies roasting above them on the reversible rack. Browse our collection of recipes to serve a complete, flavorful, multi-textured meal in no time.

Feeling adventurous?

Go to page 16 to choose your own TenderCrisp adventure.

HONEY TERIYAKI CHICKEN BREAST WITH BROCCOLI & MASHED SWEET POTATOES

INTERMEDIATE RECIPE ●●○

DR DELUXE RECIPE (Uses Deluxe Reversible Rack)

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

INGREDIENTS

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

DIRECTIONS

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

STEAK, MASHED POTATOES & ASPARAGUS

BEGINNER RECIPE ●○○

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

INGREDIENTS

5 Russet potatoes, peeled, cut in 1/2-inch pieces
1/2 cup water
1/2 stick (1/4 cup) butter, divided
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, 1 1/2 inches thick each)
1 bunch asparagus, trimmed
1 tablespoon olive oil

DIRECTIONS

- 1 Place potatoes and water in the pot.
- 2 Place the Deluxe Reversible Rack (in higher broil position, without Deluxe Layer installed) in the pot over the potatoes. Season steaks with 1 tablespoon salt and 1 teaspoon pepper, then place them on the rack.
- 3 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 1 minute. Select START/STOP to begin.
- 4 While the unit is pressure cooking, toss the asparagus with olive oil, 1 teaspoon salt, and 1 teaspoon black pepper.
- 5 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 6 Remove rack with steaks from pot and pat steaks dry. Mash potatoes with butter, cream, cheese, 1 teaspoon salt, and 1 teaspoon pepper, using a mashing utensil that won't scratch the nonstick surface of the pot.
- 7 Return rack with steaks to pot over mashed potatoes. Place asparagus on rack next to steaks. Close crisping lid. Select BROIL and set time to 8 minutes for medium steak or 12 minutes for well-done. Select START/STOP to begin.
- 8 When cooking is complete, remove steaks from rack and allow to rest for 5 minutes before serving with mashed potatoes and asparagus.

TIP Want to use fresh steaks instead of frozen? Don't pressure cook them. Just add them to the rack over the mashed potatoes as instructed in step 7. Broil the fresh steaks until internal temperature is at least 130°F. Flip them over halfway through broiling.





SHORT RIBS & ROOT VEGETABLES

INTERMEDIATE RECIPE ●●○

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

INGREDIENTS

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

DIRECTIONS

- 1 Season short ribs on all sides with 1 teaspoon salt and 1 teaspoon pepper. Select SEAR/SAUTÉ and set to HIGH. Select START/STOP to begin. Heat 1 tablespoon oil in the pot for 3 minutes.
- 2 After 3 minutes, add short ribs to pot and cook until browned on all sides, about 10 minutes.
- 3 Add onion, wine, broth, brown sugar, garlic, 1 tablespoon thyme, 1/2 teaspoon salt, and 1/2 teaspoon pepper to pot.
- 4 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 40 minutes. Select START/STOP to begin.
- 5 Toss carrots, parsnips, and pearl onions with remaining oil, thyme, salt, and pepper.
- 6 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 7 Place the Deluxe Reversible Rack (in higher broil position, without Deluxe Layer installed) in the pot over the ribs. Place vegetable mixture on rack.
- 8 Close crisping lid. Select BAKE/ROAST, set temperature to 350°F, and set time to 15 minutes. Select START/STOP to begin.
- 9 Once vegetables are tender and roasted, transfer them and the ribs to a serving tray and tent loosely with aluminum foil to keep warm.
- 10 Select SEAR/SAUTÉ and set to HIGH. Bring liquid in pot to simmer for 5 minutes. Transfer to bowl and let sit for 2 minutes, then spoon off top layer of fat. Stir in parsley.
- 11 When cooking is complete, serve sauce with vegetables and ribs.

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

DIRTY RICE WITH CHICKEN & SHRIMP

INTERMEDIATE RECIPE ●●○

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

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

INGREDIENTS

3 tablespoons olive oil, divided	1/4 cup Cajun seasoning blend, divided
3 cloves garlic, peeled, minced	1 1/2 cup long-grain rice
1 white onion, peeled, diced	2 cups chicken stock
3 celery stalks, diced	2 tablespoons tomato paste
3 tablespoons kosher salt, divided	1 can (15 ounces) crushed tomatoes
6 ounces smoked andouille sausage (approx. 2 sausages), quartered then diced	4 uncooked bone-in, skin-on chicken thighs
1 tablespoon dry oregano	2 bell peppers, thinly sliced
	1/2 pound frozen shrimp (about 16 shrimp)

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 2 After 5 minutes, add 2 tablespoons olive oil, garlic, onion, celery, and 1 tablespoon salt to the pot. Cook for 2 minutes, stirring occasionally.
- 3 Add the sausage, oregano, and 2 tablespoons Cajun seasoning. Cook for 2 minutes, stirring occasionally.
- 4 Add the rice, stirring gently to toast it for about 1 minute.
- 5 Select START/STOP to turn off SEAR/SAUTÉ. Add chicken stock, tomato paste, and crushed tomatoes. Stir to incorporate well.
- 6 Season the chicken thighs with 1 tablespoon kosher salt and 1 tablespoon Cajun seasoning. Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot over the rice mixture. Place chicken on the rack.
- 7 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 5 minutes. Select START/STOP to begin.
- 8 Meanwhile, in a large bowl, toss together bell peppers and frozen shrimp with 1 tablespoon olive oil and 1 tablespoon Cajun seasoning.
- 9 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 10 Use tongs to remove the chicken from the rack, then place the peppers and shrimp on the rack. Close crisping lid. Select AIR CRISP, set temperature to 390°F, and set time to 20 minutes.
- 11 After 10 minutes, mix the shrimp and peppers. Install the Deluxe Layer on the rack, then place chicken on it. Close lid to resume cooking.
- 12 When cooking is complete, remove the rack and fluff the rice. Serve immediately.

ITALIAN SAUSAGE WITH ROASTED CARROTS, PEPPERS & ONIONS

INTERMEDIATE RECIPE ●●○

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

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

INGREDIENTS

2 boxes rice pilaf, seasoning packets included	1 tablespoon kosher salt, divided
2 1/2 cups water	2 teaspoons ground black pepper
3 tablespoon unsalted butter	1 white onion, peeled, thinly sliced
2 tablespoons olive oil	2 bell peppers, thinly sliced
1 tablespoon honey	3 carrots, peeled, julienned
2 teaspoons dry oregano	6 uncooked mild Italian sausages

DIRECTIONS

- 1 Place rice pilaf, pilaf seasoning, water, and butter in the pot.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 4 minutes. Select START/STOP to begin.
- 3 Meanwhile, mix together the olive oil, honey, oregano, salt, and black pepper in a bowl. Toss the onion, bell peppers, and carrots in the mixture.
- 4 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 5 Stir the rice, then place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot over the rice mixture. Place vegetables on rack.
- 6 Close crisping lid. Select AIR CRISP, set temperature to 375°F, and set time to 10 minutes. Press START/STOP to begin.
- 7 When cooking is complete, stir the vegetables. Then install the Deluxe Layer on the rack over the vegetables. Place sausages on the Deluxe Layer. Close lid. Select AIR CRISP, set temperature to 390°F, and set time to 15 minutes. Select START/STOP to begin.
- 8 After 7 minutes, flip the sausages, then close lid to resume cooking.
- 9 When cooking is complete, serve immediately.

PANKO-CRUSTED COD WITH QUINOA

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 25-27 MINUTES | **MAKES:** 4-6 SERVINGS
APPROX. PRESSURE BUILD: 8 MINUTES | **PRESSURE COOK:** 2 MINUTES | **PRESSURE RELEASE:** 1 MINUTE

INGREDIENTS

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

DIRECTIONS

- 1 Place the quinoa, 1 teaspoon salt, and water in the pot.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to high (HI). Set time to 2 minutes. Select START/STOP to begin.
- 3 While quinoa is cooking, in a bowl, stir together the bread crumbs with butter, parsley, lemon zest and juice, and 1 teaspoon salt. Press panko mixture evenly onto the top of each cod fillet.
- 4 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 5 Toss the asparagus with olive oil and 1 teaspoon salt. Lay asparagus evenly on top of quinoa.
- 6 Place the Deluxe Reversible Rack (in higher broil position, without Deluxe Layer installed) in the pot over the quinoa and asparagus.
- 7 Close crisping lid. Select BAKE/ROAST, set temperature to 350°F, and set time to 14 minutes. Select START/STOP to begin.
- 8 Cooking is complete when internal temperature of fillets reaches 145°F. Cook for up to an additional 2 minutes if necessary, then serve cod fillets with quinoa and asparagus.

ASIAN-STYLE SPARE RIBS WITH FRIED RICE

INTERMEDIATE RECIPE ●●○

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

PREP: 15 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 4-6 SERVINGS
APPROX. PRESSURE BUILD: 15 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

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

DIRECTIONS

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

CHICKEN THIGH PAD THAI

ADVANCED RECIPE ●●●

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

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

INGREDIENTS

1 tablespoon vegetable oil
1 teaspoon fish sauce
1 tablespoon rice wine vinegar
1 tablespoon fresh lime juice
2 teaspoons kosher salt
1 teaspoon sugar
1/4 cup coconut milk
1 can (4 ounces) Thai red curry paste
1 tablespoon minced garlic
8 uncooked bone-in, skin-on chicken thighs (6 to 8 ounces each)
4 cloves garlic, peeled, sliced
1 small red bell pepper, thinly sliced
1 small red onion, peeled, thinly sliced
2 carrots, peeled, thinly sliced
1/2 package (7 ounces) stir-fry rice noodles
1 cup roasted salted peanuts
2 cups water
1 cup bean sprouts
2 tablespoons fresh mint leaves, chopped
2 tablespoons fresh cilantro leaves, chopped

DIRECTIONS

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

PORK CHOPS WITH BRAISED SWISS CHARD & ROASTED POTATOES

INTERMEDIATE RECIPE ●●○

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

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

INGREDIENTS

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

DIRECTIONS

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



TenderCrisp™ One-Pot Wonders

Elevate your favorite casseroles, stews, chilis, and desserts with a crispy or bubbly layer of your favorite topping.

PHILLY CHEESESTEAK CASSEROLE

BEGINNER RECIPE ●○○

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

INGREDIENTS

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

DIRECTIONS

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

PULLED PORK WITH CRISPY BISCUITS

BEGINNER RECIPE ●○○

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

INGREDIENTS

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

DIRECTIONS

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

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

CREAMY TOMATO SOUP WITH GRILLED CHEESE CROUTONS

BEGINNER RECIPE ●○○

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

INGREDIENTS

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

DIRECTIONS

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

TIP If you don't have a crusty French baguette, use lightly toasted sliced bread instead.

FRENCH ONION SOUP AU GRATIN

INTERMEDIATE RECIPE ●●○

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

INGREDIENTS

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



DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to MD:HI. Allow to preheat for 5 minutes.
- 2 Add butter and onions to pot and cook, stirring occasionally, for 10 minutes.
- 3 Add tomato paste, soy sauce, and Worcestershire sauce to pot. Cook for 5 minutes. Add beef stock, salt, and pepper and cook for an additional 5 minutes.
- 4 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 15 minutes. Select START/STOP to begin.
- 5 When pressure cooking is complete, quick release 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.

QUESO FUNDIDO

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

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

INGREDIENTS

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



DIRECTIONS

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

TIP You can use spicy Italian sausage instead of chorizo.



CHICKEN POT PIE

INTERMEDIATE RECIPE ●●○

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

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 MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 2 After 5 minutes, add butter to pot. Once it melts, add onion, carrot, and garlic, and sauté until softened, about 3 minutes.
- 3 Add chicken and broth to the pot.
- 4 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 5 minutes. Select START/STOP to begin.
- 5 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 6 Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Add remaining ingredients to pot, except pie crust. Stir until sauce thickens and bubbles, about 3 minutes.
- 7 Lay pie crust evenly on top of the filling mixture, folding over edges if necessary. Make a small cut in center of pie crust so that steam can escape during baking.
- 8 Close 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 CHILI & CORN BREAD CASSEROLE

INTERMEDIATE RECIPE ●●○

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

INGREDIENTS

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

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

DIRECTIONS

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





PEPPERONI PIZZA PASTA BAKE

INTERMEDIATE RECIPE ●●○

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

INGREDIENTS

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

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 2 After 5 minutes, place onion and olive oil in the pot. Cook for 2 minutes, then add salt, oregano, basil, black pepper, and crushed red pepper. Continue cooking, stirring occasionally, until onions are lightly browned and translucent, about 5 minutes.
- 3 Add remaining ingredients, except mozzarella and pepperoni slices, to pot.
- 4 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 6 minutes. Select START/STOP to begin.
- 5 When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 6 Stir the sauce with a wooden spoon, crushing tomatoes in the process.
- 7 Cover pasta mixture evenly with 3 cups shredded mozzarella. Lay pepperoni slices across mozzarella. Sprinkle remaining mozzarella over pepperoni slices.
- 8 Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 5 minutes. Select START/STOP to begin.
- 9 When cooking is complete, serve immediately.

BUFFALO CHICKEN DIP WITH SPICED PITA CHIPS

INTERMEDIATE RECIPE ●●

DR DELUXE RECIPE (Uses Deluxe Reversible Rack)

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

INGREDIENTS

2 packets (0.87 ounce each) queso dip seasoning mix	1 teaspoon ground coriander
1 cup water	2 cups shredded cheddar cheese
1 1/2 pounds uncooked chicken tenders, cut in 1-inch cubes	2 cups shredded mozzarella cheese
2 pieces pita bread, cut in 8 wedges each	1 package (8 ounces) cream cheese, cut in 1-inch cubes
2 teaspoons vegetable oil	1 cup sour cream
1 teaspoon kosher salt	2 tablespoons butter
1 teaspoon ground cumin	1 tablespoon cornstarch

DIRECTIONS

- 1 In a small bowl, stir together queso mix with water. Place chicken and queso mixture in the pot, stirring to coat.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 5 minutes. Select START/STOP to begin.
- 3 While chicken is cooking, toss together pita and oil. Season with salt, cumin, and coriander; set aside.
- 4 When pressure cooking is complete, quick release pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 5 Add cheddar, mozzarella, cream cheese, sour cream, and butter to the pot, stirring to combine.
- 6 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 5 minutes. Select START/STOP to begin.
- 7 When pressure cooking is complete, quick release pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure. Stir mixture.
- 8 Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot over the chicken mixture, and place half the pita wedges evenly on it. Then install the Deluxe Layer on the rack, and place remaining pita wedges on it.
- 9 Close crisping lid. Select AIR CRISP, set temperature to 390°F, and set time to 5 minutes. Select START/STOP to begin.
- 10 When cooking is complete, remove rack with pita chips from the pot. Stir cornstarch into the dip, until fully combined. Serve dip immediately with pita chips.

BERRY UPSIDE-DOWN CAKE

INTERMEDIATE RECIPE ●●○

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

INGREDIENTS

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

TOPPINGS

Crème Fraiche
Mascarpone
Whipped Cream
Vanilla Ice Cream

DIRECTIONS

- 1 Place frozen fruit, 3 tablespoons butter, lemon juice, cornstarch, and 3 tablespoons sugar in the pot; stir to combine.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 5 minutes. Select START/STOP to begin.
- 3 When pressure cooking is complete, allow pressure to natural release for 5 minutes. After 5 minutes, quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 4 Select SEAR/SAUTÉ and set to MD:HI. Allow liquid to simmer for about 10 minutes, until it begins to thicken and look syrupy.
- 5 Remove pot from unit and place on a heat-resistant surface. Let cool for 15 minutes.
- 6 Meanwhile, place all-purpose flour, remaining sugar, baking soda, baking powder, and salt in a mixing bowl. Whisk to incorporate.
- 7 Melt remaining 5 tablespoons butter in a separate mixing bowl, then whisk in eggs and sour cream.
- 8 Slowly add flour mixture to egg mixture. Beat until batter is thick and smooth.
- 9 Gently dollop and smooth batter evenly over the top of the cooled berry mixture.
- 10 Close crisping lid. Select AIR CRISP, set temperature to 325°F, and set time to 40 minutes. Select START/STOP to begin.
- 11 When cooking is complete, remove pot from unit and place on a heat-resistant surface. Let cool for 15 to 20 minutes before serving with toppings of your choice.

Everyday Basics

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



HOMEMADE VANILLA YOGURT

INTERMEDIATE RECIPE ●●○

PREP: 5 MINUTES | **INCUBATE:** 8 HOURS | **CHILL:** 8-12 HOURS | **MAKES:** 4-6 SERVINGS

INGREDIENTS

- 1/2 gallon whole milk
- 3 tablespoons plain yogurt with active live cultures
- 1/2 teaspoon vanilla extract
- 1/2 cup honey (optional)

DIRECTIONS

- 1 Pour the milk into the pot. Assemble pressure lid, making sure the pressure release valve is in the VENT position. Select YOGURT and set time to 8 hours. Select START/STOP to begin.
- 2 After the milk has boiled, the display will read "Cool". Note that this process can take several hours.
- 3 Once cooled, the unit will beep and display "Add & Stir". Remove lid. Add plain yogurt and whisk until fully incorporated.
- 4 Assemble pressure lid, making sure the pressure release valve is in the VENT position. Select START/STOP to begin the incubation process.
- 5 After incubating is complete (8 hours later), transfer the yogurt to a glass container or bowl, then cover and refrigerate for a minimum of 8 hours.
- 6 Once yogurt has cooled, add the vanilla and honey (if using) and stir until well combined. Cover and place the glass bowl back in the refrigerator or divide the yogurt among airtight glass jars. Yogurt may be refrigerated up to 2 weeks.



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

PEACH CHERRY CRUMBLE

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **COOK:** 22 MINUTES | **MAKES:** 4 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

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

TOPPING

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

DIRECTIONS

- 1 Place peaches and cherries in the Ninja® multi-purpose pan* (or a 1 1/2-quart round ceramic baking dish). In a separate bowl, stir together the cornstarch, 1/2 cup water, lemon juice, and sugar; pour over the fruit. Cover pan with foil.
- 2 Pour 1 cup water into pot. Then place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot. Place pan with fruit on the rack.
- 3 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 10 minutes. Select START/STOP to begin.
- 4 In a separate bowl, combine all topping ingredients until incorporated.
- 5 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 6 Remove foil and evenly spread topping over the fruit. Close crisping lid. Select AIR CRISP, set temperature to 400°F, and set time to 12 minutes. Select START/STOP to begin. Cook until top is browned and fruit is bubbling.
- 7 When cooking is complete, remove rack with pan from pot and serve.

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

CORNERED BEEF HASH

BEGINNER RECIPE ●○○

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

INGREDIENTS

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

DIRECTIONS

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

BANANA BREAD

INTERMEDIATE RECIPE ●●○

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

INGREDIENTS

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

DIRECTIONS

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

BAKED WESTERN OMELET

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **COOK:** 35 MINUTES | **MAKES:** 6-8 SERVINGS

INGREDIENTS

8 eggs
1/2 cup milk
Kosher salt and pepper, to taste
1 cup shredded cheddar cheese
1 cup cooked ham, diced
1/3 cup red bell pepper, diced
1/3 cup green bell pepper, diced
1/2 cup fresh chives, diced

DIRECTIONS

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

CHILI-RUBBED CHICKEN & CHIMICHURRI

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **COOK:** 25-35 MINUTES | **MAKES:** 2 SERVINGS

INGREDIENTS

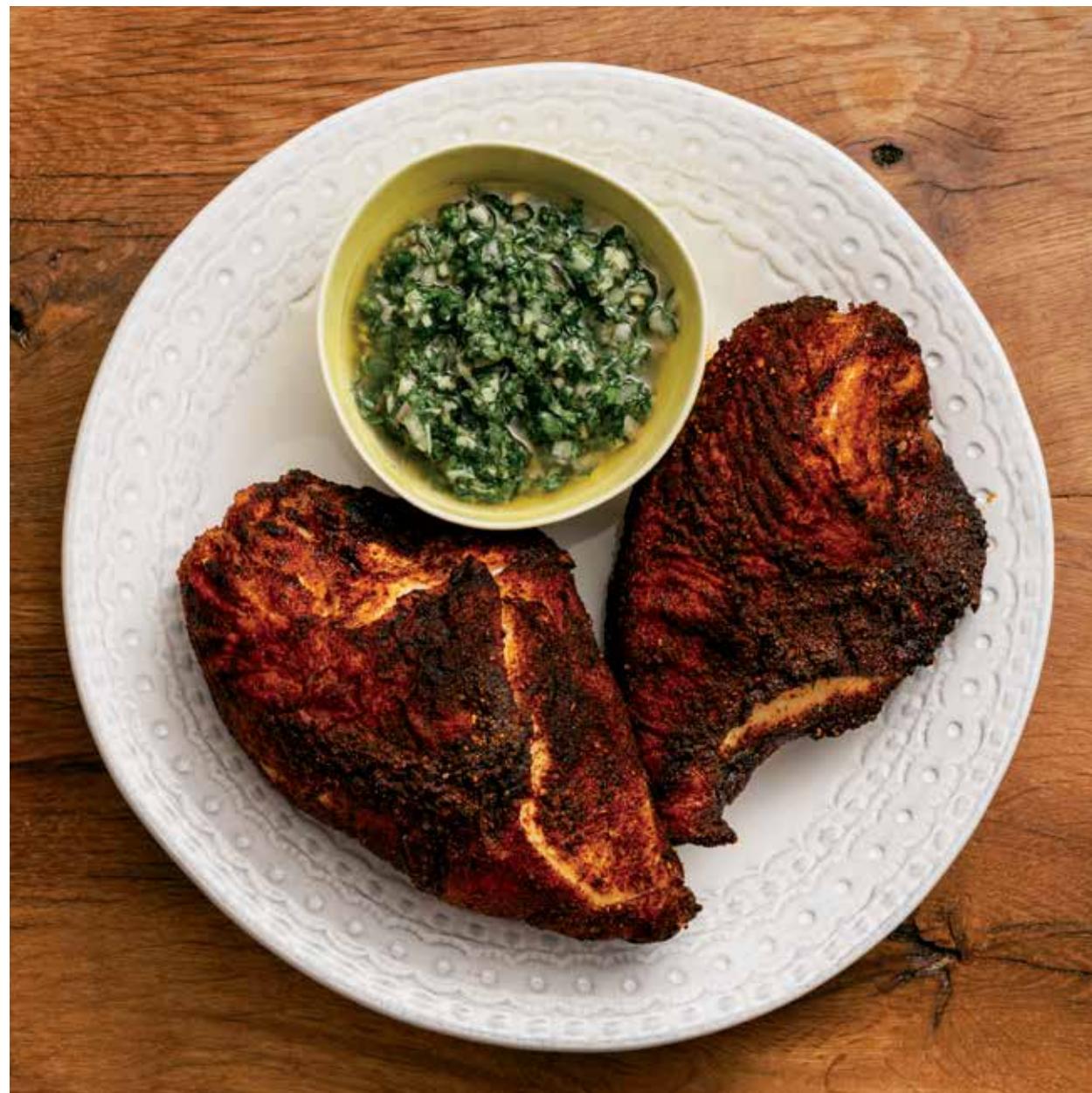
2 teaspoons kosher salt
1 tablespoon ground paprika
1 tablespoon chili powder
1 tablespoon ground fennel
1 teaspoon fresh cracked black pepper
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon ground cumin
2 uncooked bone-in, skin-on chicken breasts (¾-1¼ pounds each)
1 tablespoon canola oil, divided

CHIMICHURRI

¼ cup olive oil
½ bunch fresh cilantro
½ bunch fresh parsley
1 shallot, peeled, cut in quarters
4 cloves garlic, peeled
Zest and juice of 1 lemon
1 teaspoon kosher salt

DIRECTIONS

- 1** In a small mixing bowl, stir together all the spices in the main ingredients list.
- 2** Pat chicken breasts dry. Coat each one with ½ tablespoon canola oil, then season them liberally on all sides with the spice mixture.
- 3** Place the Cook & Crisp™ Basket in the pot and close crisping lid. Preheat unit by selecting AIR CRISP, setting the temperature to 375°F, and setting the time to 5 minutes. Select START/STOP to begin.
- 4** After 5 minutes, place chicken in the basket. Close crisping lid. Select AIR CRISP, set temperature to 375°F, and set time to 35 minutes.
- 5** While chicken is cooking, combine all chimichurri ingredients in the bowl of a food processor and process until finely minced, being careful not to over-blend.
- 6** After 25 minutes, check chicken for doneness. Cooking is complete when internal temperature reaches 165°F. Cook for up to 35 minutes. When cooking is complete, allow chicken to cool for 5 minutes, then serve with a generous amount of chimichurri.



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 in Cook & Crisp Basket. Select AIR CRISP, set temperature to 360°F, and set time to 8 minutes. Select START/STOP to begin.
- 7 When cooking is complete, crunchadilla is ready to serve.

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



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



BEEF JERKY

BEGINNER RECIPE ●○○

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

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

INGREDIENTS

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

DIRECTIONS

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

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

PARKER HOUSE DINNER ROLLS

ADVANCED RECIPE ●●●

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

INGREDIENTS

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 MD:HI. 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 on the reversible rack, making sure rack is in the lower position. Then place rack with pan in 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 rack and pan 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, place rack with pan in pot. Sprinkle rolls with coarse sea salt, then close lid. Select BAKE/ROAST, set temperature to 325°F, and set time to 25 minutes. Select START/STOP to begin.
- 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.

CHEDDAR CORN BREAD

INTERMEDIATE RECIPE ●●○

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

INGREDIENTS

1 1/4 cups all-purpose flour
3/4 cup cornmeal
1/4 cup sugar
2 teaspoons baking powder
2 teaspoons kosher salt
1 egg
1 cup whole milk
1/4 cup canola oil
1 cup shredded cheddar cheese

DIRECTIONS

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

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



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

ROASTED SQUASH

BEGINNER RECIPE ●○○

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

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

INGREDIENTS

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

DIRECTIONS

- 1 Pour water into pot. Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot. Place one squash half, cut-side up, on the rack. Then install the Deluxe Layer on the rack and place the other squash half on it, cut-side up.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 10 minutes. Select START/STOP to begin.
- 3 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 4 Drizzle oil and vinegar over squash halves, then sprinkle with salt, pepper, and thyme or sage.
- 5 Close crisping lid. Select ROAST, set temperature to 400°F, and set time to 10 minutes. Select START/STOP to begin.
- 6 When cooking is complete, remove rack with squash from pot. Cut squash in 1-inch slices, then drizzle with additional balsamic vinegar and sprinkle with pistachios. Season with salt and pepper to taste; serve warm.

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

BOSTON BROWN BREAD

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **COOK:** 1 HOUR | **MAKES:** 1 ROUND LOAF (8 INCHES)
APPROX. PRESSURE BUILD: 8 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

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

DIRECTIONS

- 1 Spray the Ninja® multi purpose pan* (or an 8-inch baking pan) with cooking spray. Set aside.
- 2 In a large bowl, stir together flours, cornmeal, baking powder, baking soda, salt, nutmeg, and cloves.
- 3 Place molasses, buttermilk, and vanilla in a separate bowl. Whisk to combine, then fold in raisins.
- 4 Add wet ingredients to dry ingredients, stirring to combine. Pour batter into the pan.
- 5 Pour water into pot. Place the Deluxe Reversible Rack (in lower steam position, without Deluxe Layer installed) in the pot. Place pan on rack.
- 6 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 1 hour. Select START/STOP to begin.
- 7 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 8 Remove pan from unit and let rest for 10 minutes before serving.

SCALLION & BACON MASHED POTATOES

INTERMEDIATE RECIPE ●●○

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

INGREDIENTS

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

DIRECTIONS

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

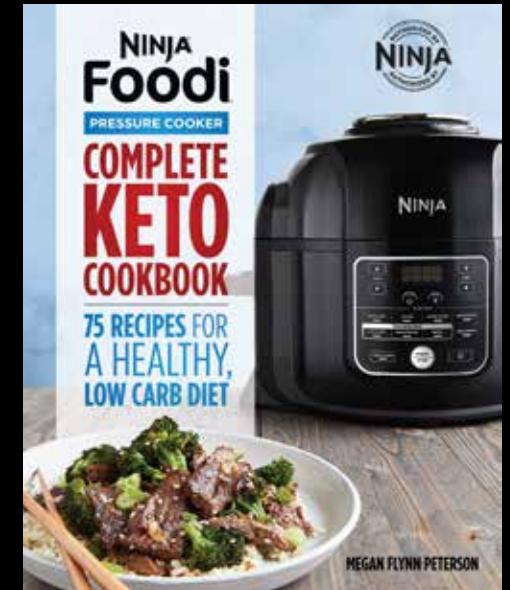
Complete Keto Cookbook
Healthy Low Carb Diet

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

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Complete Keto Cookbook
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Pressure Cook Chart

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

INGREDIENT	WEIGHT	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	4-5 lbs	Bone in/legs tied	1 cup	Cook & Crisp™ Basket	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)	1/2 cup	N/A	High	5 mins	Quick
Ground beef, pork, or turkey (frozen)	1-2 lbs	Frozen, ground (not in patties)	1/2 cup	N/A	High	20-25 mins	Quick
RIBS							
Pork baby back	2 1/2-3 1/2 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 1/2 hrs	Quick
Boneless beef chuck-eye roast	3-4 lbs	Whole	1 cup	N/A	High	1 1/2 hrs	Quick
Boneless pork butt	4 lbs	Season as desired	1 cup	N/A	High	1 1/2 hrs	Quick
Pork tenderloin	2 tenderloins (1-1 1/2 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	1/2 cup	N/A	High	4 mins	Quick

Pressure Cook Chart, continued

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

Pressure Cook Chart, continued

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

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.

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Pressure Cook Chart, continued

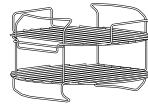
INGREDIENTS	AMOUNT	WATER	PRESSURE	COOK TIME	RELEASE
LEGUMES					
All beans, except lentils, should be soaked 8-24 hours before cooking.					
Black beans	1 lb, soaked 8-24 hrs	6 cups	Low	5 mins	Natural (10 mins) then Quick
Black-eyed peas	1 lb, soaked 8-24 hrs	6 cups	Low	5 mins	Natural (10 mins) then 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 bean	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
Red kidney beans	1 lb, soaked 8-24 hrs	6 cups	Low	3 mins	Natural (10 mins) then Quick
This section does not require beans to be soaked.					
Black beans	2 lbs	4 quarts (16 cups)	High	25 mins	Natural (15 mins) then Quick
Black-eyed peas	2 lbs	4 quarts (16 cups)	High	25 mins	Natural (15 mins) then Quick
Cannellini beans	2 lbs	4 quarts (16 cups)	High	40 mins	Natural (15 mins) then Quick
Cranberry beans	2 lbs	4 quarts (16 cups)	High	40 mins	Natural (15 mins) then Quick
Garbanzo beans (chickpeas)	2 lbs	4 quarts (16 cups)	High	40 mins	Natural (15 mins) then Quick
Great northern bean	2 lbs	4 quarts (16 cups)	High	30 mins	Natural (15 mins) then Quick
Lima beans	2 lbs	4 quarts (16 cups)	High	30 mins	Natural (15 mins) then Quick
Navy beans	2 lbs	4 quarts (16 cups)	High	30 mins	Natural (15 mins) then Quick
Pinto beans	2 lbs	4 quarts (16 cups)	High	30 mins	Natural (15 mins) then Quick
Red kidney beans	2 lbs	4 quarts (16 cups)	High	40 mins	Natural (15 mins) then Quick

Steam Chart for the Deluxe Reversible Rack



INGREDIENT	AMOUNT	PREPARATION	LIQUID	COOK TIME
VEGETABLES				
Artichokes	4	Whole	4 cups	25-42 mins
Asparagus	1 bunch	Whole spears	3 cups	7-15 mins
Broccoli	1 crown or 1 bag (12 oz) florets	Cut in florets	2 cups	5-9 mins
Brussels sprouts	1 lb	Whole, trimmed	3 cups	8-17 mins
Butternut squash	24 oz	Peeled, cut in 1-inch cubes	2 cups	10-17 mins
Cabbage	1 head	Cut in wedges	2 cups	6-12 mins
Carrots	1 lb	Peeled, cut in 1-inch pieces	2 cups	7-12 mins
Cauliflower	1 head	Cut in florets	2 cups	5-12 mins
Corn on the cob	4 ears	Whole, husks removed	2 cups	4-9 mins
Green beans	1 bag (12 oz)	Whole	2 cups	6-12 mins
Kale	1 bag (16 oz)	Trimmed	2 cups	5-10 mins
Potatoes	1 lb	Peeled, cut in 1-inch pieces	2 cups	12-17 mins
Potatoes, new	1 lb	Whole	4 cups	15-22 mins
Potatoes, sweet	1 lb	Cut in 1/2-inch cubes	3 cups	8-14 mins
Spinach	1 bag (16 oz)	Whole leaves	2 cups	3-7 mins
Sugar snap peas	1 lb	Whole pods, trimmed	2 cups	5-8 mins
Summer Squash	1 lb	Cut in 1-inch slices	2 cups	5-10 mins
Zucchini	1 lb	Cut in 1-inch slices	2 cups	5-10 mins
EGGS				
Poached eggs	4	In ramekins or silicone cups	1 cup	3-6 mins

Steam Chart for the Deluxe Reversible Rack with Deluxe Layer



INGREDIENT	AMOUNT	PREPARATION	WATER	COOK TIME
VEGETABLES				
Asparagus	2 bunches	Whole, trim ends	2 cups	8-12 mins
Broccoli	2 heads or 2 bags (24 oz)	Cut in 1-2-inch florets	2 cups	7-10 mins
Brussel sprouts	2 lbs	Whole, trim ends	2 cups	10-12 mins
Butternut squash	48 oz	Peel, cut into 1-inch cubes	2 cups	18-22 mins
Cabbage	1 1/2 heads	Cut in half, sliced in 1/2-inch strips, core removed	2 cups	20-22 mins
Carrots	2 lbs	Peeled, cut into 1-inch pieces	2 cups	15-18 mins
Cauliflower	2 heads	Cut in 1-2-inch florets	2 cups	12-15 mins
Corn on the cob	4 ears	Whole, remove husks	2 cups	7-9 mins
Green beans	2 bags (24 oz)	Whole	2 cups	12-15 mins
Kale	2 bags (32 oz)	Trim	2 cups	10-14 mins
Potatoes	2 lbs	Peel, cut in 1-inch pieces	2 cups	16-18 mins
Potatoes, sweet	2 lbs	Cut into 1-inch cubes	2 cups	18-22 mins
Spinach	2 bags (32 oz)	Whole leaves	2 cups	8-12 mins
Sugar snap peas	2 lbs	Whole pods, trimmed	2 cups	10-12 mins
Summer squash	2 lbs	Cut into 1-inch slices	2 cups	16-18 mins
Zucchini	2 lbs	Cut into 1-inch slices	2 cups	14-16 mins

Air Crisp Chart for the Cook & Crisp™ Basket



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, remove stems	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	Peeled, 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, remove husks	1 Tbsp	390°F	12-15 mins
Green beans	1 bag (12 oz)	Trimmed	1 Tbsp	390°F	7-10 mins
Kale (for chips)	6 cups, packed	Tear in pieces, remove stems	None	300°F	8-11 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 (4-6 lbs)	Trussed	Brushed with oil	375°F	55-75 mins
Chicken drumsticks	2 lbs	None	1 Tbsp	390°F	20-22 mins

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

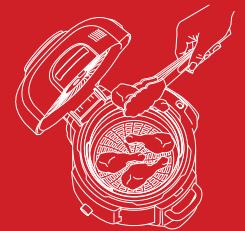
We recommend frequently checking your food and shaking, tossing, or flipping it to ensure desired results.

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



Shake your food

OR



Toss or flip with silicone-tipped tongs

Remove food immediately after cook time is complete and your desired level of doneness is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

Air Crisp Chart for the Cook & Crisp™ Basket, continued

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	4 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 basket	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 box (6 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	19-22 mins

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

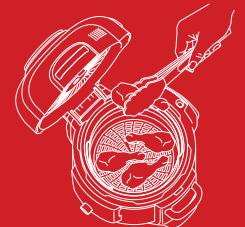
We recommend frequently checking your food and shaking, tossing, or flipping it to ensure desired results.

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



Shake your food

OR



Toss or flip with silicone-tipped tongs

Remove food immediately after cook time is complete and your desired level of doneness is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

Dehydrate Chart

for the Cook & Crisp™ Basket
with the Cook & Crisp Layered Insert,*
Dehydrating Rack** or Deluxe Reversible Rack

TIP Most fruits and vegetables take between 6 and 8 hours (at 135°F) to dehydrate; meats take between 5 and 7 hours (at 150°F). The longer you dehydrate your ingredients, the crispier they will be.

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

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

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

TenderCrisp™ Chart

PROTEIN	AMOUNT	ACCESSORY	WATER	PRESSURE COOK	PRESSURE RELEASE	CRISPING LID
Whole chicken	1 chicken (6-7 lbs)	Cook & Crisp™ Basket	1/2 cup	High for 40 mins	Quick release pressure. Carefully remove lid. Pat protein dry with paper towel and brush with oil or sauce.	Air Crisp at 400°F for 15 mins
St. Louis ribs	1 rack, cut in quarters	Cook & Crisp Basket	1/2 cup	High for 19 mins		Air Crisp at 400°F for 10-15 mins
Frozen chicken breasts	2 breasts (6-8 oz each)	Deluxe Reversible Rack, in higher broil position	1 cup	High for 10 mins		Broil for 10 mins
Frozen New York strip steaks	2 steaks (12 oz each)	Deluxe Reversible Rack, in higher broil position	1 cup	High for 1 min		Broil for 8-10 mins
	2 steaks (14 oz each)	Deluxe Reversible Rack, in higher broil position	1 cup	High for 2 mins		Broil for 11-15 mins
Frozen New York strip steaks	2 steaks (16 oz each)	Deluxe Reversible Rack, in higher broil position	1 cup	High for 3 mins		Broil for 11-15 mins
	Frozen chicken wings	1 lb	Cook & Crisp Basket	1/2 cup		High for 5 mins
Bone-in skin-on chicken thighs	4 thighs (6-8 oz each)	Cook & Crisp Basket	1/2 cup	High for 2 mins		Air Crisp at 400°F for 10 mins
Frozen pork chops	4 chops (6-8 oz each)	Deluxe Reversible Rack, in higher broil position	1 cup	High for 2 mins		Air Crisp at 400°F for 8-12 mins
Frozen jumbo shrimp	28 uncooked, peeled, deveined	Deluxe Reversible Rack, Deluxe Layer installed, place shrimp on both layers	1 cup	High for 0 mins		Air Crisp at 400°F for 5 mins

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that crisps.**

FD402_IG_50Recipe_REV_Mv6

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