

Bitte lesen Sie die beiliegende Ninja®-Anleitung, bevor Sie Ihr Gerät benutzen.
Please make sure to read the enclosed Ninja® instructions prior to using your unit.



NINJA[®] Foodi[®] MAX

Köstliche Rezepte und Diagramme
für unbegrenzte Möglichkeiten
Mouthwatering recipes and charts
for unlimited possibilities



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Pressure, meet Crisp

What you're about to experience is a way of cooking that's never been done before. TenderCrisp™ Technology allows you to harness the speed of pressure cooking to quickly cook ingredients, then the revolutionary crisping lid gives your meals a crispy, golden finish that other pressure cookers can only dream of.

Pressure Lid

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



PRESSURE COOK

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



STEAM

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



SLOW COOK/YOGURT

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



SEAR/SAUTÉ

Five temperature settings allow you to build flavour 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 favourite casseroles and roasted vegetables in way less time.



GRILL

Finish off your meals by sealing in flavour and giving them just the right amount of caramelisation or crispiness.



DEHYDRATE

Remove moisture from your favourite fruits, vegetables and meats to create delicious homemade crisps and jerky.

Meet our most versatile Ninja® Foodi® accessory, the 2-Tier Reversible Rack

How to cook up to 2X the protein*



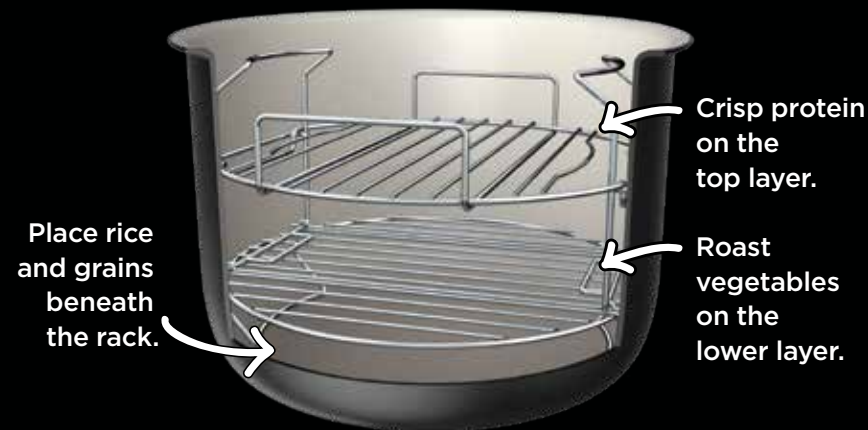
Double up on dehydrate

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

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

How to make bigger, better 360 meals

Cook more of your favourite proteins, grains and vegetables at the same time to create flavourful, 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.

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, vegetables, or fish. You can prepare your favourite chilli or stew, too. But when you TenderCrisp™, you always finish with a crispy, delicious twist.



TenderCrisp™ Herb-Roasted Chicken

PREP: 10 MINUTES | **TOTAL COOK TIME:** 66 MINUTES | **MAKES:** 6 SERVINGS
APPROX. PRESSURE BUILD: 26 MINUTES | **PRESSURE COOK:** 40 MINUTES | **PRESSURE RELEASE:** 1 MINUTE | **AIR CRISP:** 15 MINUTES

INGREDIENTS

1 whole fresh uncooked chicken (2.25kg-2.5kg)	1 tablespoon whole black peppercorns
Juice of 2 lemons (60ml lemon juice)	5 sprigs fresh thyme
250ml hot water	5 cloves garlic, peeled, smashed
60ml honey	1 tablespoon vegetable oil
1 tablespoon plus 1 teaspoon sea salt, divided	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, quickly 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 oil or spray with cooking spray. Season with salt and pepper.



Close crisping lid. Select AIR CRISP, set temperature to 200°C, 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 75°C. Remove chicken from basket using the 2 large serving forks (or Ninja roast lifters*). 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™

Baked Macaroni & Cheese

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 bicarbonate soda	1 ½ tablespoon ground black pepper
240ml lemon juice	1 ½ tablespoon onion powder
2L water	1 ½ tablespoon garlic powder
700g dry macaroni pasta	1 ½ teaspoon mustard powder
480ml double cream	200g panko breadcrumbs
880g cheddar cheese	230g butter, melted
3 tablespoons sea salt	

DIRECTIONS



Place bicarbonate 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 pressurise 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 the crisping lid. Select AIR CRISP, set temperature to 180°C, 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 child friendly, remove onion powder, garlic powder and mustard powder, and serve the children before adding the bread crumb topping.

Choose Your Own TenderCrisp™ Adventure

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

Pick a Grain or Carbohydrate and place with liquid in pot

750g white rice
with 750ml stock

750g quinoa
with 750ml stock

1.5kg russet potatoes,
cubed, with 250ml water

625g pearly couscous
with 625ml stock

Pick a Protein and place on Reversible Rack

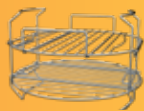
8 fresh boneless
chicken breasts (170g each)
Use rack in lower
steam position, without
top tier installed

6 fresh Italian sausages
Use rack in lower
steam position, without
top tier installed

8 fresh bone-in,
skin-on, chicken thighs
(110g-170g each)
Use rack with
top tier installed

500g frozen prawns
(about 32 prawns)
Use rack with
top tier installed

Add the Rack



Pressure Cook

HIGH FOR 5 MINS



Pressure Lid

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

Pressure Release

QUICK RELEASE
PRESSURE;
CAREFULLY
REMOVE LID

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

2 medium courgette,
cut in 7.5cm x 1.5cm in sticks

6 carrots,
cut in 7.5cm x 1.5cm 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 favourite spice blend

Grill

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



Crisping Lid

NOTE: The Ninja® Foodi® Max Cooker has an 7.5L capacity. If you are using 6L 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 unit. And for recipes that call for the basket, the one included with the 6L model fits 50% fewer ingredients.



TenderCrisp™ Frozen to Crispy

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

BUFFALO CHICKEN WINGS

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

INGREDIENTS

250ml water
1.5kg frozen chicken wings, drums and flats separated
3 tablespoons vegetable oil
3 tablespoons Buffalo sauce
3 teaspoons sea salt

TIP Want to use fresh wings instead of frozen? Rather than pressure cooking, simply place fresh wings in the basket and toss with 2 tablespoons vegetable oil. Then Air Crisp at 200°C for 24-28 minutes.

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 kitchen roll and toss with 2 tablespoons oil in the basket.
- 5 Close crisping lid. Select AIR CRISP, set temperature to 200°C, 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.





TenderCrisp™ Roasts

Roasts are no longer reserved for Sundays. Easily create complete roast dinners, cooked to perfection with a golden TenderCrisp finish.

LAMB SHOULDER WITH HERB AND NUT CRUST

PREP: 15 MINUTES | **COOK:** 52 MINUTES | **MAKES:** 6 SERVINGS

APPROX. PRESSURE BUILD: 9 MINUTES | **PRESSURE RELEASE:** NATURAL 5 MINUTES + QUICK RELEASE

INGREDIENTS

30ml vegetable oil
15 garlic cloves (5 peeled, 10 with skin)
1.3kg-1.5kg lamb shoulder
Salt and pepper to taste
240ml water
2 fresh Thyme sprigs
2 bay leaves
5g mint leaves
15g chervil
5g tarragon
25g parsley
40g Dijon mustard
2 slices of white bread
50g crushed almonds

DIRECTIONS

- 1 Select SEAR/SAUTE and set temperature to MD-HI. Press START/STOP and allow to preheat for 5 minutes.
- 2 Season the lamb with salt and pepper. With the tip of a knife, make 5 incisions around the lamb shoulder to place the peeled cloves of garlic inside.
- 3 After 5 minutes preheating, add the vegetable oil and allow to heat for 1 minute. Add the lamb shoulder and brown on all sides for around 10 minutes.

- 4 Next, remove the shoulder from the cooking pot and place it on the 2 tier rack in the lower position.
- 5 Add the water, skin on garlic, thyme and bay leaves to the cooking pot. Lower the rack with the lamb shoulder into the cooking pot. Assemble the pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 11 minutes. Select START/STOP to begin.
- 6 Meanwhile, prepare the green paste by chopping all the herbs (mint, chervil, tarragon, parsley) along with the mustard and bread in a food processor.
- 7 When pressure cooking is complete, allow pressure to natural release for 5 minutes then quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure. Remove the lamb from the pot and set aside, covered.
- 8 Pour 60ml water in the cooking pot. Spread the paste over the lamb shoulder and cover it with the crushed almonds. Place the lamb shoulder on the 2 tier cooking rack in the lower steam position and place inside of the cooking pot.
- 9 Close the Crisping Lid. Select GRILL, set the temperature to 240°C, and set the time to 15 minutes. Select START/STOP to begin.
- 10 Once the lamb is browned, remove from pot and leave it to rest 3 minutes on the side before serving.

TIP Allergic to nuts? Remove from the crust, the herbs, bread and mustard still provide a delicious result.



TenderCrisp™ 360 Meals

Take full advantage of the Foodi's cooking capabilities to create wholesome, delicious home-cooked meals.

GRILLED LAMB CHOPS WITH RICE PILAF

PREP: 7 MINUTES | **COOK:** 25 MINUTES | **APPROX. PRESSURE BUILD:** 8 MINUTES
PRESSURE RELEASE: NATURAL 10 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

PILAF

1 onion, diced
3 garlic cloves, crushed
400g basmati rice, rinsed until water runs clear
500ml chicken stock
Juice and zest of 1 orange
100g pomegranate seeds
50g toasted almonds, chopped roughly
Salt and pepper to taste
10g each fresh dill, mint, parsley
chopped roughly

LAMB

Olive oil for brushing
12 fresh lamb chops
Salt, to taste
Pepper, to taste
Pomegranate syrup to finish

DIRECTIONS

- 1 Press SEAR/SAUTÉ and set to MD:HI to preheat for 5 minutes.
- 2 Add oil to pan and sauté onions for 5-8 minutes until golden. Next, add garlic and cook for 1 minute. Add rice and stock.
- 3 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to HI. Set time to 2 minutes. Select START/STOP to begin. Once finished let naturally release for 10 minutes. After 10 minutes, quick release any remaining pressure by moving the pressure valve to the VENT position.
- 5 Fluff rice and add the remaining ingredients, cover tightly and set aside whilst you cook the chops.
- 6 Clean pot and add back to machine. Place the reversible rack (in lower steam position, without the top tier installed) in the pot.
- 7 Brush lamb with olive oil and season on both sides. Place 6 lamb chops on the rack.
- 8 Close the crisping lid. Select GRILL and set time to 7 minutes. Select START/STOP to begin.
- 9 Grill chops for 3 minutes and flip. Next, install the top tier and place the remaining chops on it. When cooked how you like them, rest chops on a plate and cover loosely with foil.
- 10 Serve chops with pilaf and drizzle with glaze of your choice.

CRISPY CHICKEN THIGHS WITH CARROTS & RICE PILAF

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

APPROX. PRESSURE BUILD: 16 MINUTES | **PRESSURE COOK:** 4 MINUTES | **PRESSURE RELEASE:** QUICK

GRILL: 20-30 MINUTES

INGREDIENTS

170g rice pilaf
600ml water
2 tablespoon butter
8 uncooked bone-in, skin-on, chicken thighs, 150 - 170g
2 tablespoons honey, warmed
½ teaspoon smoked paprika
½ teaspoon ground cumin
2 teaspoons sea salt, divided
6 carrots, peeled, cut in quarters lengthwise
2 tablespoon extra virgin olive oil
4 teaspoons poultry spice

DIRECTIONS

- 1 Place rice pilaf, water, and butter in pot; stir to incorporate.
- 2 Place the reversible rack (in lower steam position, without lower tier installed) in the pot. Place 4 chicken thighs on it. Then install the top layer on the rack and place remaining chicken thighs on it.
- 3 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to HIGH. Set time to 4 minutes. Select START/STOP to begin.

- 5 While chicken and rice are cooking, stir together warm honey, smoked paprika, cumin, and 1 teaspoon salt. 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 rack with chicken from pot. Remove chicken from rack and brush with olive oil, then season with poultry spice.
- 8 Place the reversible rack (in lower steam position, without top layer installed) back in the pot. Place carrots on the rack. Brush them with seasoned honey. Close crisping lid, select GRILL, and set time to 15 minutes. Press START/STOP to begin.
- 9 Once cooking is complete, install the top layer on the rack and place all the chicken on it. Close crisping lid, select GRILL, 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.
- 10 When cooking is complete, serve chicken with carrots and rice.



GRILLED SOLES WITH FRIED POTATOES AND ZUCCHINIS

PREP: 10 MINUTES | **COOK:** 35 MINUTES | **GRILL:** 24 MINUTES | **MAKES:** 2-4 SERVINGS

PRESSURE BUILD: 10 MINUTES | **PRESSURE COOKING:** 1 MINUTE

INGREDIENTS

800g charlotte potatoes, peeled and cubed (4 cm)
125ml water
2 small zucchinis, sliced 1.5-2cm wide
2 teaspoons vegetable oil
Salt and pepper to taste
50g butter + 25g melted butter
4 teaspoons olive oil
50g shallot (peeled and cubed very small)
2 tablespoons wheat flour
2 soles without skin (200g each)

DIRECTIONS

- 1 Pour the water and the potatoes in the cooking pot. Assemble the pressure lid making sure the pressure release valve is in the SEAL position.
- 2 Select PRESSURE and set to HI. Set time to 1 minute. Select START/STOP to begin.
- 3 Meanwhile in a large mixing bowl, combine the zucchinis with the vegetable oil, salt and pepper. Stir until all is coated.
- 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 Drain the potatoes and place them back in the pot. Add the butter, olive oil and shallots. Stir well to coat the potatoes and close the Crisping Lid. Select GRILL, set the temperature to 240°C, and set the time to 24 minutes.
- 6 Dredge the 2 soles in the flour, then shake off any excess.
- 7 After 6 minutes, open the Crisping Lid and using silicone tipped tongs, gently stir the potatoes. Next, place the coated zucchinis on the lower level of the 2 tier cooking rack. Add the top layer of 2 tier cooking rack and place the soles side by side on the rack. Brush them with melted butter and close the crisping lid to resume cooking.
- 8 When cooking is complete, you can top the soles with a little bit of fresh lemon juice before serving.





TenderCrisp™ One-Pot Wonders

Elevate your favourite casseroles, stews, chilli and pies
with a crispy topping.

PAELLA WITH CHORIZO AND ARTICHOKE HEARTS

PREP: 15 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **MAKES:** 4-6 SERVINGS

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

INGREDIENTS

200g cooking chorizo, sliced into 1cm thick rounds
1 tbsp olive oil
1 white onion, diced
1 red pepper, diced
3 garlic cloves, chopped
2 teaspoons smoked paprika
350g paella rice
Pinch of saffron
1 litre chicken stock
1 (400g) tin chopped tomatoes
1 (400g) tin artichoke hearts, cut into quarters
200g frozen peas, thawed
50g green olives, sliced
1 lemon cut into wedges to garnish
2 tablespoons flat leaf parsley, chopped

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 2 Add oil and sauté chorizo for 5 minutes. Remove with slotted spoon, keeping oil in pan.
- 3 Add the onion and pepper and sauté for 5 minutes. Next, add garlic and cook for another 1-2 minutes. Add paprika, rice, saffron, chicken stock and tomatoes to the pot.
- 4 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 5 Select PRESSURE and set to HIGH. Set time to 5 minutes. Select START/STOP to begin.
- 6 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit is finished releasing pressure.
- 7 Remove the lid and stir ingredients. Return chorizo to pot along with artichokes and olives and peas.
- 8 Close crisping lid and select BAKE/ROAST 200°C for 8 minutes.
- 9 When timer is complete, serve paella with lemon wedges and parsley.

TIP Turmeric can be used in place of saffron

DOUBLE VEAL RIBS WITH CARAMELIZED TURNIPS

PREP: 15 MINUTES | **COOK:** 41 MINUTES | **MAKES:** 6 SERVINGS | **PRESSURE BUILD:** 12 MINUTES

INGREDIENTS

200ml + 150ml water separated
7g + 7g + 30g butter separated
Seasoning (salt + pepper to taste)
2 Veal ribs, 700g each
100ml soy sauce
1 kg turnips, peeled and cubed (4cm)
2 fresh Thyme sprigs
2 bay leaves
2 tablespoons honey

DIRECTIONS

- 1 Pour 200ml of water into the cooking pot. Select SEAR/SAUTÉ and set temperature to HI. Press START/STOP and allow to preheat for 5 minutes.
- 2 Season both ribs with salt and pepper to cover and set aside at room temperature.
- 3 When the water is boiling, remove it from the pot and place 7g butter to melt.
- 4 Once butter is melted, add one of the veal ribs to the pot. Flip after 4 minutes and continue cooking for another 4 to sear on all sides. Remove rib from pot and set aside.
- 5 Add 7g butter in the pot and repeat step 4 with the second veal rib.

- 6 Next, deglaze the pot by adding the soy sauce. Add 150ml water, turnips and the herbs to the cooking pot.
- 7 Assemble the 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.
- 8 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.
- 9 Drain the turnips and keep 100ml of the cooking liquid in the pot. Add 30g butter and the honey.
- 10 Place the turnips back in the cooking pot. Remove the veal ribs from the aluminum foil and place one both on the bottom layer of the 2 tier cooking rack in the lower position.
- 11 Place the rack over the turnips in the pot and close the Crisping Lid. Select GRILL, set the temperature to 240°C, and set the time to 20 minutes. Select START/STOP to begin.
- 12 After 10 minutes, open the Crisping lid and flip the veal ribs using tongs. Close the Crisping Lid and continue to cook for 10 minutes.
- 13 Once cooking is complete, remove the food from the cooking pot, and allow the veal to rest for 3 minutes before serving with turnips and sauce.

TIP Purchase veal ribs with the same thickness for even cooking.



ROASTED VEGETABLES WITH ROMANO CHEESE

PREP: 5 MINUTES | **COOK:** 11-12 MINUTES | **MAKES:** 4-6 SERVINGS | **APPROX. PRESSURE BUILD:** 9 MINUTES
PRESSURE RELEASE: QUICK

INGREDIENTS

2 large heads fennel, cut in half and sliced 2cm thick, fronds removed
6 Echalion shallots, peeled and cut in half
300g Brussel sprouts, cut in half, ends trimmed
1 bunch kale, tough stems removed and leaves torn into 2.5cm pieces
2 tablespoons olive oil
50g Pecorino Romano, finely grated
Salt, to taste
1-2 teaspoons freshly ground pepper
Balsamic vinegar, to drizzle
150ml water

DIRECTIONS

- 1 Place all vegetables except kale into the pot and add water.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 3 Select PRESSURE and set to HIGH. Set time to 1 minute. 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 is finished releasing pressure.
- 5 Add kale to the vegetables and add olive oil, salt and pepper and cheese. Close the crisping lid and select BAKE/ROAST to 200°C and set time for 10 minutes, stirring with a wooden spoon every 3 minutes or so.
- 6 Remove vegetables from pot and drizzle with balsamic glaze. Serve immediately.

PUTTANESCA BAKE

PREP: 15 MINUTES | **COOK:** 8 MINUTES | **AIR CRISP TIME:** 5-6 MINUTES | **MAKES:** 6 SERVINGS
APPROX. PRESSURE BUILD: 9 MINUTES | **PRESSURE RELEASE:** NATURAL 10 MINUTES

INGREDIENTS

2 tablespoons extra virgin olive oil
4-5 tinned anchovies in oil, drained and chopped
4 cloves garlic, peeled, minced
¼ teaspoon chili flakes
2 tins (400g each) chopped tomatoes
30g tomato puree
250ml white wine
500ml water
500g penne pasta
100g pitted Kalamata olives, cut in half
2 tablespoons small capers, drained (if salted, rinsed)
100g shredded mozzarella cheese
50g Parmesan cheese grated
10g fresh parsley, chopped finely
Freshly cracked pepper to taste.

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 olive oil into the pot and add anchovies. Cook for 1 minute, breaking up with a wooden spoon. Next, add garlic and chili flakes and cook 1 minute more, stirring continuously until anchovies are dissolved. Add chopped tomatoes, tomato puree, wine, water and pasta.
- 3 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to HIGH. Set time to 6 minutes. Select START/STOP to begin.
- 5 When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 6 Stir the sauce with a wooden spoon, crushing tomatoes in the process. Add the olives and capers.
- 7 Cover pasta mixture evenly with shredded mozzarella.
- 8 Close crisping lid. Select AIR CRISP, set temperature to 200°C, and set time to 5 minutes. Select START/STOP to begin.
- 9 When cooking is complete, serve immediately and sprinkle with grated Parmesan and parsley and pepper.

VEGAN CURRY LENTILS WITH EGGPLANTS AND CAULIFLOWER

PREP: 15 MINUTES | **COOK:** 32 MINUTES | **MAKES:** 4 SERVINGS

APPROX. PRESSURE BUILD: 11 MINUTES | **PRESSURE RELEASE:** NATURAL (15 MINUTES)

INGREDIENTS

- ½ cup vegetable oil
- ½ teaspoon mustard seeds
- ½ teaspoon ground cumin
- 1 ½ teaspoons paprika
- 2 tablespoons dry unsweetened shredded coconut
- 1 teaspoon dried curry
- 1 teaspoon salt
- 135g red lentils
- 100g green lentils
- 300g Eggplants, cubed
- 250g Cauliflower, cut in 2cm florets
- 30ml lime juice
- 1 teaspoon sugar
- 2 garlic cloves, crushed
- 2 firm tomatoes, cut in 8ths, (3cm long)
- 375ml water
- 10g fresh coriander leaves, chopped

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set temperature to MD-HI. Press START/STOP and allow to preheat for 5 minutes.
- 2 After preheating is complete, place the oil, mustard seeds, cumin, paprika, shredded coconut, curry and salt into the cooking pot and saute for 5 minutes.
- 3 When coconut begins to brown, add the eggplants and the carrots to the pot and stir to coat with the spice mix.
- 4 Add remaining ingredients, except the fresh coriander, to the pot and stir to incorporate. Assemble the pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to LO. Set time to 1 minute. Select START/STOP to begin.
- 5 When pressure cooking is complete, allow pressure to natural release for 15 minutes. After 15 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 in the fresh coriander and serve warm.

TIP You can mix and match vegetable combinations in this dish such as zucchinis or bell peppers.



VEGETARIAN SHEPHERD'S PIE

PREP: 10 MINUTES | **TOTAL COOK TIME:** 36 MINUTES | **BAKE/ROAST:** 10 MINUTES | **MAKES:** 4-5 SERVINGS
APPROX. PRESSURE BUILD: 12 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

FOR THE MASH

700g butternut squash
700g sweet potato
300ml water
4 tablespoons butter, split
50ml double cream
Salt and pepper to taste
1 tablespoon zaatar spice mix

FILLING

4 tablespoons olive oil, split
1 sweet onion, diced
2 celery sticks, diced
3 carrots, peeled and diced
5 cloves garlic, minced
1 teaspoon dried thyme
250g chestnut mushrooms, cleaned and cut in half
100g shitake mushrooms, cleaned and sliced
400g ready made beluga or green lentils
1 (400g) tin of chopped tomatoes
2-3 tablespoons vegetarian gravy granules
100g frozen peas

DIRECTIONS

- 1 Add squash/sweet potato mixture to pot and add water.
- 2 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 3 Select PRESSURE and set to HIGH. Set time to 6 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 is finished releasing pressure.
- 5 Drain any water if needed and mash vegetables. Next, add 2 tablespoons of butter and cream. Mix and set aside, covered whilst you cook the filling. Clean pot and return to machine.
- 6 Select SEAR/SAUTÉ and set to MD. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 7 Add 2 tablespoons olive oil to pan and cook onions, celery and carrots for about 9 minutes, stirring frequently. Next, add garlic and cook 1 minute.
- 8 Add remaining 2 tablespoons olive oil to pan and add mushrooms, stirring until golden and juices are released for about 10 minutes. Add thyme, lentils, tomatoes gravy granules stirring until incorporated and cook for another 10 minutes.
- 9 Stir in peas and top with mash. Smooth mash over entire filling and dot with remaining butter and sprinkle with zaatar.
- 10 Close crisping lid and select BAKE/ROAST 200°C for 10 minutes. Serve immediately.





Everyday Basics

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

POTATO WEDGES

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

INGREDIENTS

250ml water
4 white potatoes, cut in 5cm wedges
2 tablespoons extra virgin olive oil, divided
1 tablespoon fresh oregano leaves, chopped
4 cloves garlic, peeled, chopped
Juice of 1 lemon
2 teaspoons sea 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 the crisping lid. Select AIR CRISP, set temperature to 200°C, 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.

SALMON BURGERS WITH THAI QUINOA SALAD

PREP: 45 MINUTES | **TOTAL COOK TIME:** 10 MINUTES | **CHILL TIME:** 3 HOURS | **GRILL:** 6 MINUTES
MAKES: 6 SERVINGS | **APPROX PRESSURE BUILD:** 3-4 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

BURGER

600g skinless salmon fillet, finely diced
3 spring onions, chopped finely
1-2 red chillies, seeds removed, finely diced
2 tablespoon lime juice
Salt and pepper to taste
3 tablespoons mayonnaise
75g panko breadcrumbs
6 brioche buns
Lettuce
Oil for brushing

SRIRACHA AND GARLIC MAYONNAISE

2 garlic cloves, smashed into a paste
100g mayonnaise
1 tablespoon sriracha sauce
2 teaspoons agave nectar (optional)

FOR THE QUINOA SALAD

250g quinoa
400ml water
1 pink grapefruit, skin and pith sliced off and diced, reserve juice for dressing
1 avocado, peeled, pitted and diced
½ cucumber, diced
10g coriander, chopped
10g parsley, chopped
10g mint, chopped
3-4 tablespoons fresh lime juice
2 tablespoons grape seed oil
1 ½ tablespoons fish sauce
1 tablespoon agave nectar
Salt and pepper to taste
50g peanuts, crushed
4 finely shredded lime leaves
2 garlic cloves chopped finely
100g mayonnaise
1 tablespoons sriracha sauce
2 teaspoons agave nectar
limes wedges to serve

DIRECTIONS

- 1 In a medium bowl, mix all the ingredients for the burgers. Next divide into 6 even burgers on a tray and leave in the fridge for 3 hours to set firmly.
- 2 Rinse the quinoa in cold water until it runs clear. Place the quinoa in the pot with water and stir.
- 3 Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- 4 Select PRESSURE and set to HI. Set time to 2 minutes. Select START/STOP to begin.
- 5 While quinoa is cooking, mix the mayonnaise ingredients together in a small bowl and set aside, covered in fridge.
- 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 is finished releasing pressure.
- 7 Fluff quinoa and place in large bowl. Let cool 15 minutes before adding the remaining ingredients for the salad. Set aside in fridge.
- 8 Place reversible rack in pot in grill position. Close lid and select GRILL for preheat for 5 minutes. Brush salmon burgers with oil and place on the rack once grill is heated.
- 9 Close the crisping lid. Select GRILL and set time to 8 minutes. Select START/STOP to begin.
- 10 Flip burgers after 4 minutes and grill until desired temperature. Check at 6 minutes for a rare burger. It is best to cook in 2 batches.
- 11 Remove burgers and serve over salad with a dollop of mayonnaise and lime wedges for a lower carb meal or serve on a brioche bun with lettuce and tomato.

MAPLE BACON “JERKY”

PREP: 10 MINUTES | **COOK:** 10 MINUTES | **DEHYDRATE:** 6 HOURS | **MAKES:** 12 PIECES

INGREDIENTS

4 tablespoons pure maple syrup, save 1 tablespoon for brushing half way through cooking

1 tablespoon brown sugar

180g smokey bacon rashers

DIRECTIONS

- 1 Select SEAR/SAUTÉ to MD:HI. Let unit preheat for 5 minutes. Next, place 6 bacon rashers into the pot and render some of the fat, then repeat until all bacon is cooked, about 10 minutes.. You do not want to brown or cook at this point. Pat dry with kitchen roll. Clean pot and return to machine.
- 2 Brush both sides of bacon with maple mixture. Place the reversible rack in the lower steam position into the pot. Place half of the bacon on the rack. Next, install the top layer and place remaining bacon on it.
- 3 Lower lid and select DEHYDRATE to 60°C for 6 hours. Halfway through cooking, check bacon is cooked to your preference. If further dehydrating is desired, continue to dehydrate for remaining 3 hours.
- 4 Once timer is complete, serve immediately.

DEHYDRATED PLUM TOMATOES

PREP: 5 MINUTES | **DEHYDRATE:** 4 HOURS | **MAKES:** 60G

INGREDIENTS

14 (690g) sweet plum tomatoes, sliced thinly to 8mm-1cm thin, stem and ends trimmed

DIRECTIONS

- 1 Place the reversible rack in the lower steam position into the pot. Place half of the tomatoes on the rack, starting with bottom and line tomatoes on it. Next, install the top tier. Place remaining tomatoes on it.
- 2 Select DEHYDRATE at 60°C and set for 4 hours.
- 3 Halfway through cooking, check tomatoes are cooked as desired. If further dehydrating is desired, continue to dehydrate for remaining 2 hours.

TIP These tomatoes can be kept in an air tight jar for 2 weeks in cupboard as they are a lovely soft texture that does not require reconstituting. Great for pasta, pizza and salads.



APPLE STRUDEL SPRING ROLLS

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

INGREDIENTS

- 375ml cup water
- 125ml brown rum
- 1 teaspoon ground cinnamon
- 3 apples (approx. 500g) peeled, core removed, cut in 8 pieces
- 2 tablespoons granulated sugar
- 20g diced raisins
- 60g melted butter
- 8 round filo sheets (approx 30cm dia.)
- 4 teaspoons heavy cream
- 2 teaspoons icing sugar (optional)

DIRECTIONS

- 1 Pour the water, rum and cinnamon into the cooking pot.
- 2 Add the 2 tier cooking rack into the pot and place the pieces of apple horizontally on the rack.
- 3 Assemble pressure lid, making sure the pressure release valve is in the VENT position. Select STEAM for 6 minutes and press START/STOP.
- 4 Once the steam cooking is complete, carefully remove lid and place the apple in a bowl. Coat the apples with the granulated sugar.
- 5 Pour the water, rum and cinnamon mixture from the cooking pot in a smaller bowl to let the raisins soak in and rehydrate.
- 6 On a cutting board or your counter, place one of the sheets of filo and brush the entire sheet with the melted butter. Add another layer of filo and repeat.
- 7 Place a teaspoon of heavy cream on the filo dough in the lower center of the sheet. Add the apple and raisin mixture on top of it. Bring the left and right corners in towards each other. Next, fold the bottom edge up and then roll the dough away from you to create a spring roll shape. Repeat until all filo sheets are used to create 4 rolls.
- 8 Place Cook and Crisp basket into the Foodi. Select AIRCRISP, set temperature to 200°C and time to 20 minutes. Allow to preheat for 5 minutes.
- 9 After the unit has preheated, open the Crisping Lid and place the spring rolls in the Cook and Crisp basket.
- 10 After 5 minutes, using silicone tipped tongs, open the Crisping Lid and flip the spring rolls. Close the Crisping Lid and continue the flipping process every 5 minutes.
- 11 When cooking is complete, plate the spring rolls and coat them with a teaspoon of icing sugar before serving.

TIP When wrapping the spring rolls, you can use melted butter to help the filo sheets stick together.

HOMEMADE VANILLA YOGURT

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

INGREDIENTS

2 litres whole milk
3 tablespoon plain yogurt with active live cultures
½ tablespoon vanilla extract
60ml honey (optional)



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

DIRECTIONS

- 1 Pour the milk into the pot. Assemble the pressure lid, making sure the pressure release valve is in the VENT position.
- 2 Select Yogurt and set time to 8 hours. Select START/STOP to begin.
- 3 After the milk has boiled and the display reads Add & Stir, remove pressure lid. Add in plain yogurt and whisk until fully incorporated.
- 4 Assemble the pressure lid back onto the pot, making sure the pressure release valve is still in the VENT position. Hit START/STOP to resume the process. Let incubate for 8 hours.
- 5 After timer is complete (8 hours later), transfer your yogurt to a glass container or bowl and chill for a minimum of 8 hours in the refrigerator.
- 6 Add the vanilla and honey (if using) to the yogurt and stir until well combined. Cover and place the glass bowl back in the refrigerator or divide the yogurt among airtight glass jars. Refrigerate leftovers for up to 2 weeks.

RHUBARB UPSIDE-DOWN CAKE

PREP: 15 MINUTES | **COOK:** 45-46 MINUTES | **MAKES:** 8 SERVINGS | **AIR CRISP:** 40 MINUTES

INGREDIENTS

FOR THE TOPPING

500g rhubarb, trimmed to 2cm lengths
125g caster sugar
50g unsalted butter
Pinch of salt

FOR THE CAKE

150g unsalted butter, softened
150g caster sugar
2 eggs
Zest of 1 lemon
100g plain flour
1 ½ teaspoons baking powder
100g ground almonds
1 teaspoon almond extract
120ml milk

TO SERVE

Full-fat Greek yogurt

DIRECTIONS

- 1 Slice the rhubarb into lengths that will fit into the pan, long and short lengths, 2 cm thick.
- 2 Select SEAR/SAUTÉ and set to MD. Select START/STOP to begin. Allow to preheat for 5 minutes.
- 3 Add sugar and butter to pan, stirring until sugar starts to dissolve. Next, add the rhubarb and gently cook for 5-6 minutes until it releases juices and is slightly tender. Remove pot from machine and set aside on a cooling rack.
- 4 Cream the butter and sugar until pale and fluffy, add the zest then eggs one at a time, scraping down the sides.
- 5 In a separate bowl, sift flour and baking powder together. Add ground nuts to the dry mixture.
- 6 Add the almond extract to creamed eggs and butter, then the dry ingredients, alternating with the milk. Spoon the batter over the rhubarb and spread over evenly.
- 7 Place pot with batter back in machine. Close the crisping lid and press AIR CRISP 170°C for 40 minutes.
- 8 Once timer is complete, test with a skewer in the centre - it will come out clean when cooked.
- 9 Remove pot and place on cooling rack. Cool for 15 minutes. Place a plate over the cake and turn out. Slice and serve with yogurt.

Pressure Cooking Chart

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

INGREDIENT	WEIGHT	PREPARATION	WATER	ACCESSORY	PRESSURE	TIME	RELEASE
POULTRY							
Chicken breasts	1kg	Bone in	250ml	N/A	High	15 mins	Quick
	6 small or 4 large (about 1kg)	Boneless	250ml	N/A	High	8-10 mins	Quick
Chicken breasts (frozen)	4 large (1kg)	Boneless	250ml	N/A	High	25 mins	Quick
Chicken thighs	8 thighs (2kg)	Bone in/skin on	250ml	N/A	High	20 mins	Quick
	8 thighs (1kg)	Boneless	250ml	N/A	High	20 mins	Quick
Turkey breast	1 breast (3-4kg)	Bone in	250ml	N/A	High	40-50 mins	Quick
MINCED MEAT							
Minced beef, pork, or turkey	500g-1kg	None	250ml	N/A	High	5 mins	Quick
Minced beef, pork, or turkey (frozen)	500g-1kg	None	250ml	N/A	High	20-25 mins	Quick
RIBS							
Pork baby back	1.25kg-1.75kg	Cut in thirds	250ml	N/A	High	20 mins	Quick
ROASTS							
Beef brisket	1.5kg-2kg	Whole	250ml	N/A	High	1 ½ hrs	Quick
Boneless beef chuck-eye roast	1.5kg-2kg	Whole	250ml	N/A	High	1 hrs	Quick
Boneless pork shoulder	2kg	Seasoned	250ml	N/A	High	1 ½ hrs	Quick
Pork tenderloin	2 tenderloins (500g-750g each)	Seasoned	250ml	N/A	High	3-4 mins	Quick
STEW MEAT							
Boneless beef short ribs	Boneless beef short ribs	Boneless beef short ribs	250ml	N/A	High	25 mins	Quick
Boneless leg of lamb	1.5kg	Cut in 2.5cm pieces	250ml	N/A	High	30 mins	Quick
Boneless pork butt	1.5kg	Cut in 2.5cm pieces	250ml	N/A	High	30 mins	Quick
Chuck steak, for stew	1kg	Cut in 2.5cm pieces	250ml	N/A	High	25 mins	Quick
HARD-BOILED EGGS							
Eggs [†]	1-12 eggs	None	250ml	N/A	High	4 mins	Quick

[†]Remove immediately when complete and place in cold water.

Pressure Cooking Chart, continued

INGREDIENT	AMOUNT	DIRECTIONS	WATER	ACCESSORY	PRESSURE	COOK TIME	RELEASE
VEGETABLES							
Beetroot	8 small or 4 large	Rinsed well, tops & ends trimmed; cool & peel after cooking	250ml	N/A	High	15-20 mins	Quick
Broccoli	1 head	Cut in 2.5-5cm florets, stem removed	250ml	Reversible rack in lower position	Low	1 min	Quick
Brussels sprouts	500g	Cut in half	250ml	Reversible rack in lower position	Low	1 min	Quick
Butternut squash (cubed for side dish or salad)	630g	Peeled, cut in 2.5cm pieces, seeds removed	250ml	N/A	Low	2 mins	Quick
Butternut squash (for mashed, puree, or soup)	630g	Peeled, cut in 2.5cm pieces, seeds removed	250ml	Reversible rack in lower position	High	5 mins	Quick
Cabbage (braised)	1 head	Cut in half, core removed, sliced in 1.25cm strips	250ml	N/A	Low	3 mins	Quick
Cabbage (crisp)	1 head	Cut in half, core removed, sliced in 1.25cm strips	250ml	Reversible rack in lower position	Low	2 mins	Quick
Carrots	500g	Peeled, cut in 1.25cm pieces	250ml	N/A	High	2-3 mins	Quick
Cauliflower	1 head	Cut in 2.5-5cm florets, stem removed	250ml	N/A	Low	1 min	Quick
Green Beans	1 bag (375g)	Whole	250ml	Reversible rack in lower position	Low	0 min*	Quick
Kale leaves/greens	2 bunches or 1 bag (500g)	Stems removed, leaves chopped	250ml	N/A	Low	3 mins	Quick
Potatoes, red (cubed for side dish or salad)	1kg	Scrubbed, cut in 2.5cm cubes	250ml	N/A	High	1-2 mins	Quick
Potatoes, red (for mashed)	1kg	Scrubbed, whole, large potatoes cut in half	250ml	N/A	High	15-20 mins	Quick
Potatoes, white (cubed for side dish or salad)	1kg	Peeled, cut in 2.5cm cubes	250ml	N/A	High	1-2 mins	Quick
Potatoes, white (for mashed)	1kg	Peeled, cut in 2.5cm thick slices	250ml	N/A	High	6 mins	Quick
Potatoes, sweet (cubed for side dish or salad)	500g	Peeled, cut in 2.5cm cubes	250ml	N/A	High	1-2 mins	Quick
Potatoes, sweet (for mashed)	500g	Peeled, cut in 2.5cm thick slices	250ml	N/A	High	6 mins	Quick
DOUBLE-CAPACITY VEGETABLES							
Broccoli	2 heads	Cut in 2.5-5cm florets, remove stem	250ml	Deluxe Reversible Rack (both layers)	Low	1 min	Quick
Brussels sprouts	1kg	Cut in half, remove stem	250ml	Deluxe Reversible Rack (both layers)	Low	1 min	Quick
Butternut squash	1.4kg	Peel, cut in 2.5cm pieces	250ml	Deluxe Reversible Rack (both layers)	High	3 mins	Quick
Cabbage	1½ heads	Cut in half, remove core	250ml	Deluxe Reversible Rack (both layers)	Low	5 mins	Quick
Green beans	700g	Whole	250ml	Deluxe Reversible Rack (both layers)	Low	0 mins*	Quick

Pressure Cooking Chart, continued

INGREDIENTS	AMOUNT	WATER	PRESSURE	COOK TIME	RELEASE
LEGUMES					
All beans, except lentils, should be soaked 8-24 hours before cooking.					
Black beans	500g, soaked 8-24 hrs	1.5 litre	LOW	5 mins	Natural (10 mins) then Quick
Black-eyed peas	500g, soaked 8-24 hrs	1.5 litre	LOW	5 mins	Natural (10 mins) then Quick
Cannellini beans	500g, soaked 8-24 hrs	1.5 litre	LOW	3 mins	Natural (10 mins) then Quick
Borlotti beans	500g, soaked 8-24 hrs	1.5 litre	LOW	3 mins	Natural (10 mins) then Quick
Chickpeas	500g	1.5 litre	LOW	3 mins	Natural (10 mins) then Quick
White Beans	500g	1.5 litre	LOW	1 min	Natural (10 mins) then Quick
Lentils (green or brown)	200g dry	500ml	LOW	5 mins	Natural (10 mins) then Quick
Butter beans	500g, soaked 8-24 hrs	1.5 litre	LOW	1 min	Natural (10 mins) then Quick
Red kidney beans	500g, soaked 8-24 hrs	1.5 litre	LOW	3 mins	Natural (10 mins) then Quick
This section does not require beans to be soaked.					
Black beans	1kg	3.8 litre	HIGH	25 mins	Natural (15 mins) then Quick
Black-eyed peas	1kg	3.8 litre	HIGH	25 mins	Natural (15 mins) then Quick
Cannellini beans	1kg	3.8 litre	HIGH	40 mins	Natural (15 mins) then Quick
Borlotti beans	1kg	3.8 litre	HIGH	40 mins	Natural (15 mins) then Quick
Chickpeas	1kg	3.8 litre	HIGH	40 mins	Natural (15 mins) then Quick
White Beans	1kg	3.8 litre	HIGH	1 min	Natural (15 mins) then Quick
Lentils (green or brown)	3.8 litre	3.8 litre	HIGH	5 mins	Natural (15 mins) then Quick
Butter beans	1kg	3.8 litre	HIGH	1 min	Natural (15 mins) then Quick
Red kidney beans	1kg	3.8 litre	HIGH	3 mins	Natural (15 mins) then Quick

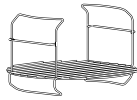
Pressure Cooking Chart, continued

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

INGREDIENTS	AMOUNT	WATER	PRESSURE	COOK TIME	RELEASE
GRAINS					
Arborio rice*	200g	750ml	HIGH	7 mins	Natural (10 mins) then Quick
Basmati rice	200g	250ml	HIGH	2 mins	Natural (10 mins) then Quick
Brown rice, short/medium or long grain	200g	310ml	HIGH	15 mins	Natural (10 mins) then Quick
Coarse/polenta*	200g	875ml	HIGH	4 mins	Natural (10 mins) then Quick
Farro	200g	500ml	HIGH	10 mins	Natural (10 mins) then Quick
Jasmine rice	200g	250ml	HIGH	2-3 mins	Natural (10 mins) then Quick
Kamut	200g	500ml	HIGH	30 mins	Natural (10 mins) then Quick
Millet	200g	500ml	HIGH	6 mins	Natural (10 mins) then Quick
Pearl barley	200g	500ml	HIGH	22 mins	Natural (10 mins) then Quick
Quinoa	200g	375ml	HIGH	2 mins	Natural (10 mins) then Quick
Quinoa, red	200g	375ml	HIGH	2 mins	Natural (10 mins) then Quick
Spelt	200g	625ml	HIGH	25 mins	Natural (10 mins) then Quick
Steel-cut oats*	200g	750ml	HIGH	11 mins	Natural (10 mins) then Quick
Sushi rice	200g	310ml	HIGH	3 mins	Natural (10 mins) then Quick
Rice, brown	200g	310ml	HIGH	5 mins	Natural (10 mins) then Quick
Light brown rice	200g	310ml	HIGH	2 mins	Natural (10 mins) then Quick
White rice	200g	250ml	HIGH	2 mins	Natural (10 mins) then Quick
Wheat berries	200g	750ml	HIGH	15 mins	Natural (10 mins) then Quick
White rice, long grain	200g	250ml	HIGH	2 mins	Natural (10 mins) then Quick
White rice, medium grain	200g	250ml	HIGH	3 mins	Natural (10 mins) then Quick
Wild rice	200g	250ml	HIGH	22 mins	Natural (10 mins) then Quick

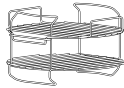
*After releasing pressure, stir for 30 seconds to 1 minute, then let sit for 5 minutes.

Steam Chart for the Reversible Rack



INGREDIENT	AMOUNT	PREPARATION	LIQUID	COOK TIME
VEGETABLES				
Asparagus	1 bunch	Whole spears	750ml	7-15 mins
Broccoli	1 head	Cut in 2.5-5cm florets	500ml	5-9 mins
Brussels sprouts	500g	Whole, trimmed	750ml	8-17 mins
Butternut squash	750g	Peeled, cut in 2.5cm cubes	500ml	10-17 mins
Cabbage	1 head	Cut in half, sliced in 1.25cm strips, core removed	500ml	6-12 mins
Carrots	500g	Peeled, cut in 2.5cm pieces	500ml	7-12 mins
Cauliflower	1 head	Cut in 2.5-5cm florets	500ml	5-10 mins
Corn on the cob	4 ears	Whole, husks removed	500ml	4-9 mins
Green beans	1 bag (375g)	Whole	500ml	6-12 mins
Kale	1 bag (500g)	Trimmed	500ml	7-10 mins
Potatoes	500g	Peeled, cut in 2.5cm pieces	500ml	12-17 mins
Potatoes, sweet	500g	Cut in 1.25cm cubes	750ml	8-14 mins
Spinach	1 bag (500g)	Whole leaves	500ml	3-7 mins
Sugar snap peas	500g	Whole pods, trimmed	500ml	5-8 mins
Summer Squash	500g	Cut in 2.5cm slices	500ml	5-10 mins
Courgette	500g	Cut in 2.5cm slices	500ml	5-10 mins
EGGS				
Poached eggs	4	In ramekins or silicone cups	250ml	3-6 mins

Steam Chart for the 2 Tier Reversible Rack



INGREDIENT	AMOUNT	PREPARATION	WATER	COOK TIME
VEGETABLES				
Asparagus	2 bunches	Whole, trim ends	500ml	8-12 mins
Broccoli	2 heads	Cut in 2.5cm - 5cm florets	500ml	7-10 mins
Brussel sprouts	1kg	Whole, trim ends	500ml	10-12 mins
Butternut squash	1.5kg	Peel, cut into 2.5cm cubes	500ml	18-22 mins
Cabbage	1 ½ heads	Cut in half, sliced in 1.25cm strips, core removed	500ml	20-22 mins
Carrots	1kg	Peeled, cut into 2.5cm pieces	500ml	15-18 mins
Cauliflower	2 heads	Cut in 2.5cm - 5cm florets	500ml	12-15 mins
Corn on the cob	4 ears	Whole, remove husks	500ml	7-9 mins
Green beans	2 bags (700g)	Whole	500ml	12-15 mins
Kale	2 bags (1kg)	Trim	500ml	10-14 mins
Potatoes	1kg	Peel, cut in 2.5cm pieces	500ml	16-18 mins
Potatoes, sweet	1kg	Cut into 2.5cm cubes	500ml	18-22 mins
Spinach	2 bags (1kg)	Whole leaves	500ml	8-12 mins
Sugar snap peas	1kg	Whole pods, trimmed	500ml	10-12 mins
Summer squash	1kg	Cut into 2.5cm slices	500ml	16-18 mins
Zucchini	1kg	Cut into 2.5cm slices	500ml	14-16 mins

Air Crisp Cooking 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	Halved, stems trimmed	2 tsp	200°C	8-10 mins
Beetroot	6 small or 4 large (about 1kg)	Whole	None	200°C	45-60 mins
Bell peppers (for roasting)	4 peppers	Whole	None	200°C	25-30 mins
Broccoli	1 head	Cut in 2.5-5cm florets	1 tbsp	200°C	10-13 mins
Brussels sprouts	500g	Cut in half, stem removed	1 tbsp	200°C	15-18 mins
Butternut squash	500g-750g	Cut in 2.5-5cm pieces	1 tbsp	200°C	20-25 mins
Carrots	500g	Peeled, cut in 1.25cm pieces	1 tbsp	200°C	14-16 mins
Cauliflower	1 head	Cut in 2.5-5cm florets	2 tbsp	200°C	15-20 mins
Corn on the cob	4 ears, cut in half	Whole ears, husks removed	1 tbsp	200°C	12-15 mins
Green beans	1 bag (340g)	Trimmed	1 tbsp	200°C	7-10 mins
Kale (for chips)	375g	Torn in pieces, stems removed	None	150°C	9-12 mins
Mushrooms	250g	Rinsed, cut in quarters	1 tbsp	200°C	7-8 mins
Potatoes, white	750g	Cut in 2.5cm wedges	1 tbsp	200°C	20-25 mins
	500g	Hand-cut chips*, thin	½-3 tbsp vegetable	200°C	20-25 mins
	500g	Hand-cut chips*, thick	½-3 tbsp vegetable	200°C	24-27 mins
Potatoes, sweet	4 whole (185g-250g)	Pierced with fork 3 times	None	200°C	35-40 mins
	1kg	Cut in 2.5cm chunks	1 tbsp	200°C	15-20 mins
Courgette	4 whole (185g-250g)	Pierced with fork 3 times	None	200°C	35-40 mins
	500g	Cut in quarters lengthwise, then cut in 2.5cm pieces	1 tbsp	200°C	15-20 mins
POULTRY					
Chicken breasts	2 breasts (375-750g each)	Bone in	Brushed with oil	190°C	25-35 mins
	2 breasts (250-375g each)	Boneless	Brushed with oil	190°C	22-25 mins
Chicken thighs	4 thighs (185-315g each)	Bone in	Brushed with oil	200°C	22-28 mins
	4 thighs (125-250g each)	Boneless	Brushed with oil	200°C	18-22 mins
Chicken wings	1kg	Drumettes & flats	1 tbsp	200°C	24-28 mins

* After cutting potatoes, allow raw chips to soak in cold water for at least 30 minutes to remove unnecessary starch. Pat chips dry. The drier the chips the better the results.

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

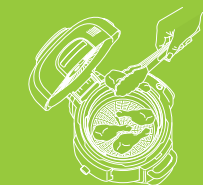
We recommend frequently checking your food and shaking, tossing, or flipping it to ensure desired results.

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 crispness is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

Air Crisp Cooking 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 (125g each), 80% lean	None	None	190°C	10–12 mins
Steaks	2 (250g each)	Whole	None	200°C	10–20 mins
PORK & LAMB					
Bacon	1 rasher to 1 (500g) package	Lay rashers evenly over edge of basket	None	170°C	13–16 mins (no preheat)
Pork chops	2 thick-cut, bone-in chops (315–375g each)	Bone in	Brushed with oil	190°C	15–17 mins
	4 boneless chops (185–250g each)	Boneless	Brushed with oil	190°C	15–18 mins
Pork tenderloins	2 (500–750g each)	Whole	Brushed with oil	190°C	25–35 mins
Sausages	4	Whole	None	200°C	8–10 mins
FISH & SEAFOOD					
Crab cakes	2 (185–250g each)	None	Brushed with oil	180°C	8–12 mins
Lobster tails	4 (90–125g each)	Whole	None	190°C	7–10 mins
Salmon fillets	2 (125g each)	None	Brushed with oil	200°C	10–13 mins
Prawns	16 jumbo	Raw, whole, peeled, tails on	1 tbsp	200°C	7–10 mins
FROZEN FOODS					
Chicken nuggets	1 box (375g)	None	None	200°C	12 mins
Fish fillets	1 box (6 fillets)	None	None	200°C	14 mins
Fish	18 (345g)	None	None	200°C	10 mins
French fries	500g	None	None	180°C	19 mins
	1kg	None	None	180°C	30 mins
Mozzarella sticks	345g	None	None	190°C	8 mins
Pizza rolls	1 bag (630g, 40 count)	None	None	200°C	12–15 mins

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

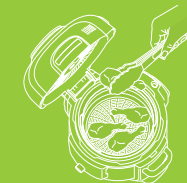
We recommend frequently checking your food and shaking, tossing, or flipping it to ensure desired results.

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 crispness 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 60°C) to dehydrate; meats take between 5 and 7 hours (at 70°C). The longer you dehydrate your ingredients, the crispier they will be.

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRUITS & VEGETABLES			
Apple chips	Cut in 0.3mm slices (remove core), rinse in lemon water, pat dry	60°C	7-8 hrs
Asparagus	Cut in 0.3mm pieces, blanch	60°C	6-8 hrs
Bananas	Peel, cut in 0.3mm slices	60°C	8-10 hrs
Beet chips	Peel, cut in 0.3mm slices	60°C	7-8 hrs
Eggplant	Peel, cut in 0.3mm slices, blanch	60°C	6-8 hrs
Fresh herbs	Rinse, pat dry, remove stems	60°C	4-6 hrs
Ginger root	Cut in 0.3mm slices	60°C	6 hrs
Mangoes	Peel, cut in 0.3mm slices, remove pits	60°C	6-8 hrs
Mushrooms	Clean with soft brush (do not wash)	60°C	6-8 hrs
Pineapple	Peel, cut in 3mm - 1.25cm slices, core removed	60°C	6-8 hrs
Strawberries	Cut in half or in 1.25cm slices	60°C	6-8 hrs
Tomatoes	Cut in 0.3mm slices or grate; steam if planning to rehydrate	60°C	6-8 hrs
JERKY - MEAT, POULTRY, FISH			
Beef jerky	Cut in 0.6mm slices, marinate overnight	70°C	5-7 hrs
Chicken jerky	Cut in 0.6mm slices, marinate overnight	70°C	5-7 hrs
Turkey jerky	Cut in 0.6mm slices, marinate overnight	70°C	5-7 hrs
Salmon jerky	Cut in 0.6mm slices, marinate overnight	70°C	5-8 hrs

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

**The Ninja dehydrating rack is sold separately on ninjakitchen.eu.

TenderCrisp™ Chart

PROTEIN	AMOUNT	ACCESSORY	WATER	PRESSURE COOK	PRESSURE RELEASE	CRISPING LID
Whole chicken	1 chicken (2-2.5kg)	Cook & Crisp™ Basket	250ml	High for 15 mins	Quick release pressure. Carefully remove lid. Pat protein dry with paper towel and brush with oil or sauce.	Air Crisp @ 200°C for 15-20 mins
St. Louis ribs	1 rack, cut in quarters	Cook & Crisp™ Basket	250ml	High for 19 mins		Air Crisp @ 200°C for 10-15 mins
Frozen chicken breasts	2 (185-250g each)	Reversible rack in higher position	250ml	High for 10 mins		Grill for 10 mins
Frozen steaks	2 (315g each)	Reversible rack in higher position	250ml	High for 1 min		Grill for 11-15 mins or until desired crispiness
	2 (375g each)	Reversible rack in higher position	250ml	High for 2 mins		Grill for 13-16 mins or until desired crispiness
	2 (500g each)	Reversible rack in higher position	250ml	High for 3 mins		Grill for 13-16 mins or until desired crispiness
Frozen chicken wings	500g	Cook & Crisp Basket	250ml	High for 5 mins		Air Crisp @ 200°C for 15-20 mins
Bone-in skin-on chicken thighs	4 (185-250g)	Cook & Crisp Basket	250ml	High for 2 mins		Air Crisp @ 200°C for 10 mins
Frozen pork chops	4 (185-250g)	Reversible rack in higher position	250ml	High for 2 mins		Air Crisp @ 200°C for 10-15 mins
Frozen jumbo prawns	16 raw, peeled and de-veined	Reversible rack in higher position	250ml	High for 0 mins	Air Crisp @ 200°C for 5 mins	

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