



NINJA
Speedi[™]
Rapid Cooker & Air Fryer



**Quick
Start
Guide**
& Recipe Book



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

Your guide to cooking with your *Speedi*

Welcome to the Ninja Speedi™ recipe book. From here, you're just a few pages away from recipes, tips and tricks, and helpful hints that will help you create nutritious, multi-layered meals and bowls.



Scan to
get to know
your Speedi

Explore recipes
and more.

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SmartSwitch™

Flip from Rapid Cooker
to Air Fry



Getting Started

What's a SmartSwitch™?

The SmartSwitch™ lets you effortlessly switch between Rapid Cooker mode and Air Fry/Stovetop mode. Choosing the right mode helps ensure the perfect cooking conditions for your specific dish or meal.

Rapid Cooker

Best for **whole roasts**, **fresh and frozen proteins**, **root vegetables**, and **two-part meals**. Use for foods that air fryers normally dry out.

Speedi Meals
Steam & Crisp
Steam & Bake

Steam
Proof

Air Fry/Stovetop

Best for **frozen prepared foods**, like chicken nuggets, frozen fries, and mozzarella sticks.

Air Fry
Bake/Roast

Broil
Dehydrate
Sear/Saute

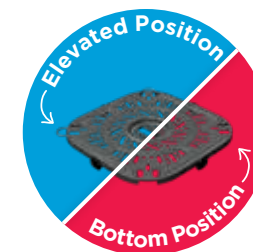
Slow Cook
Sous Vide

Included accessories



Cooking Pot

Always install cooking pot before adding accessories or ingredients.



Multi-Functional Crisper Tray

Pull out the legs for recipes that call for **Elevated Position**. Use for **Speedi Meals** and **Air Broil**

Push in the legs for recipes that call for **Bottom Position**. Use for **Air Fry**, **Dehydrate**, **Bake/Roast**, **Steam & Crisp**, **Steam & Bake**, **Proof**.



Looking for more?

Visit NinjaKitchen.com for additional accessories, tips, and tricks.

Air Fry/Stovetop Functions



AIR FRY

Give foods crispiness and crunch with little to no oil.

Reference charts starting on page 62 for time and temp recommendations



AIR BROIL

Cook at high heat to caramelize and brown foods.

Place the Crisper Tray in the elevated position in the pot.



DEHYDRATE

Dehydrate meats, fruits, and vegetables.



SLOW COOK

Cook at a lower temperature for longer periods of time.



SEAR & SAUTÉ

Brown meats, sauté vegetables, and simmer sauces.



BAKE & ROAST

Prepare baked treats, oven-tender meats, and more using dry heat only.



SOUS VIDE

Cook slowly in a temperature-controlled water bath.

For Slow Cook, Sear & Sauté, and Sous Vide, remove the crisper tray and cook directly in the pot.

Setting up an Air Fry recipe



Place the Crisper Tray in the bottom position in the pot,

then place ingredients on the tray.

To use the Crisper Tray in the bottom position, push in the legs, then place the tray in the pot.

Be sure to reference charts and recipes for crisper tray positioning as this may vary.



Close the lid and flip the SmartSwitch™ down.

Use the center arrows to select a function.

Only Air Fry/Stovetop functions will illuminate when switch is in downward position.

When using Air Fry and Bake & Roast functions, be sure to add an additional 5 minutes to your total cook time to allow for preheat. Add ingredients after the first 5 minutes



Set the temp and time. Press START/STOP to begin cooking.



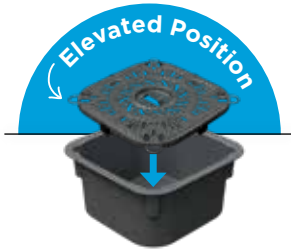
Open the lid to pause the cycle at any time.

Cooking will automatically pause when lid is open.

Setting up a Rapid Cooker recipe



Add liquid to the bottom of the pot
per recipe instructions.



Place the Crisper Tray in the elevated position in the pot,
then place ingredients on the tray.

To use the Crisper Tray in the elevated position, pull out the legs, then place the tray in the pot.



Close the lid and flip the SmartSwitch™ up.

Use the center arrows to select a function.
Only Rapid Cooker functions will illuminate when switch is in upward position.

Be sure to reference charts and recipes for Crisper Tray positioning as this may vary.



Set the temp and time. Press START/STOP to begin cooking.

Progress bars indicate unit is building steam. When unit switches to convection cooking, timer will start counting down.



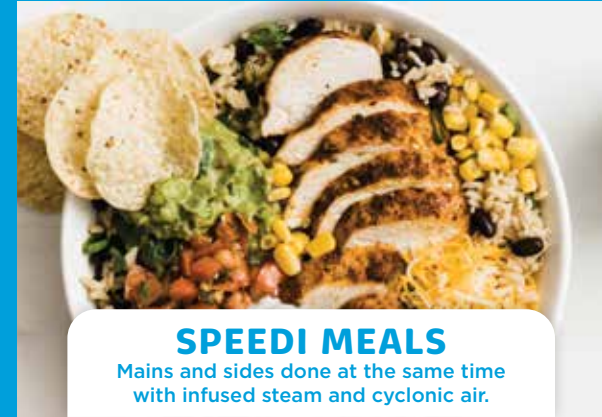
Keep the lid closed to allow steam and convection heat to work together.

Open the lid only if a recipe calls for it.

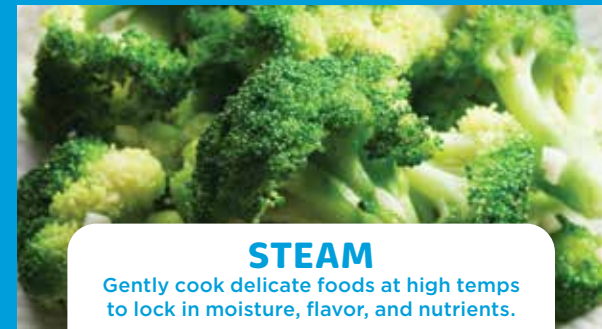
Rapid Cooker Functions



STEAM & CRISP
Evenly cook, brown, and crisp ingredients without drying them out.



SPEEDI MEALS
Mains and sides done at the same time with infused steam and cyclonic air.



STEAM
Gently cook delicate foods at high temps to lock in moisture, flavor, and nutrients.



STEAM & BAKE
Promote even rise when baking while retaining moisture and fluffy texture.



PROOF
Create an environment for dough to rest and rise.

Please refer to Rapid Cooker recipes and charts for recommended Crisper Tray position.

Speedi Meals 101

Your guide to easy, complete meals all in one pot in under 30 minutes

Crisper Tray layer

PROTEIN

Pick your favorite protein and season as desired. Place the Crisper Tray in the elevated position to create the perfect airflow.

Bottom layer

GRAINS & PASTA

Choose from a variety of grains or pasta. Add the desired amount to the bottom of the pot.



1. Pour in the grain or pasta

Start by pouring your grain or pasta into the bottom of the pot.



2. Add liquid

Now that your ingredients are in the bottom of the pot, add water, stock, or sauce and stir until combined.



3. Prep and season protein

Prepare your desired protein, then place protein on the Crisper Tray in the elevated position and close the lid.



4. Cook

Flip the SmartSwitch™ up to Rapid Cooker mode and select Speedi Meals. Set temp and time based on protein.

Tip: When cooking is complete, remove protein and/or vegetables from the Crisper Tray. Then use silicone tipped tongs to grab the center handle and remove the tray from the unit.



BUILD YOUR OWN *Speedi Meal*

Speedi Meal Builder
 Make thousands of recipes
ninjatestkitchen.com/speedimealbuilder



Makes 3-4 servings: To reduce servings for 1-2 people, half the base, veggies, and protein quantities and follow temperature and time recommendations as listed. Then, cover Crisper Tray with aluminum foil to protect base from additional heat.

For more information on building your meal and unit interaction, see SPEEDi BOWL 101 page.

Pick A Base

Start by adding your grain or pasta to the bottom of the pot. Add water, stock, or sauce and stir until combined.

Tip: If your base needs more time, switch to SEAR/SAUTE and continue to cook with the lid open until liquid is absorbed.
Tip: When using frozen veggies, remove 1/2 cup liquid from base for fluffier rice
Tip: Ensure pasta is covered by water or sauce. If not, add 1/4 cup additional water or sauce.

WHITE, INSTANT BROWN RICE (no need to rinse instant rice)
 1 cup rice, rinsed
 2 cups water or stock

QUINOA
 1 cup quinoa, rinsed
 1 1/2 cups water or stock

RISOTTO
 1 cup Arborio Rice
 4 cups water or stock

LENTILS
 1 cup lentils
 1 3/4 cups water or stock

RICED CAULIFLOWER
 2 bags (10 oz ea.) frozen cauliflower rice

BOXED RICE
 1 box rice & beans, Cajun-style, Spanish-style, or Rice pilaf with water, seasoning, and liquids per box instructions

Pick Your Vegetable

Season as desired. Mix in veggies (per recommended quantities) with base or place on Crisper Tray with protein.

FROZEN VEGETABLES OF CHOICE
 1 cup

FROZEN OR FRESH MUSHROOMS
 1 cup

FRESH BROCCOLI OR CAULIFLOWER
 2 cups, cut into 2-inch florets

CHERRY TOMATOES
 1 cup

FRESH SPINACH
 1 heaping cup

CANNED BEANS OF CHOICE
 1 cup, drained

NOTE: For tender results, add veggies to the base.
 For crispier results, add hearty veggies (carrots, sweet potato, Brussels sprouts) to the tray at the start of cooking and delicate veggies (broccoli, cauliflower, green beans) to the tray during the last 5-7 mins. of cooking.

Pick A Seasoning

Season protein as desired with suggested or favorite seasoning.

Tip: Marinate proteins up to 6 hours ahead of time with favorite marinade or buy pre-marinated meats to save time.

BBQ SEASONING

ITALIAN SEASONING

TACO OR FAJITA SEASONING

GREEK SEASONING

FRESH CITRUS JUICE AND/OR ZEST

ASIAN-INSPIRED SEASONING

Pick Your Protein

Place protein on Crisper Tray in the elevated position. Be sure to follow suggested heights & weights.

CHICKEN
 4 breaded boneless skinless chicken breasts
 1 1/2-2-inch thick, 5-6 oz each
 4 boneless skinless chicken breasts
 1 1/2-2-inch thick, 5-6 oz ea.
 4 skin-on boneless chicken thighs
 5-6 oz ea.

BEEF
 Steak tips
 2 lbs marinated
 12 meatballs or plant-based meatballs 2 oz ea.

PORK
 4 boneless pork chops
 1-inch thick or less, 5-6 oz ea.
 6 pork or plant-based sausages

SEAFOOD
 24 jumbo shrimp
 4 salmon fillets 6 oz ea.

PLANT-BASED
 12 falafel
 1 oz ea.
 Tofu
 1 package (16 oz), cut in 1-2-inch cubes or sticks

Get Cooking

Close the lid, flip the SmartSwitch™ up to Rapid Cooker mode, and select Speedi Meals. Set temp and time based on protein.

Tip: For thicker cuts of meat, add 3-5 minutes to cook time. Note that this may overcook grains. We recommend sticking to suggested height and weight of proteins.

CHICKEN
 Breasts breaded
 375° for 10-15 minutes
 Breasts plain/thighs
 390° for 10-15 minutes

BEEF
 Steak tips, meatballs & plant-based meatballs
 350° for 10-15 minutes

PORK
 Chops, sausages or plant-based sausages
 375° for 10-15 minutes

SEAFOOD
 Shrimp or salmon
 350° for 10-15 minutes

PLANT-BASED
 Falafel or tofu
 350° for 10-15 minutes

NOTE: These temps and times are for WELL DONE proteins. Keep eye on food for desired preference. For removing the Crisper Tray, reference page 9.

Final Touches

Finish bowl with suggested or favorite toppings.

SALSA

SOUR CREAM

GUACAMOLE OR AVOCADO

DRESSING, VINAIGRETTE, OR HOT SAUCE

PICKLED VEGETABLES

HUMMUS

TOASTED NUTS OR SEEDS

CHEESE OF CHOICE

TZATZIKI


GREEK YOGURT

Your easy guide to weekly meal planning

BREAKFAST

MONDAY

Frittata-Lorraine



page 24

TUESDAY

Frozen Breakfast Sausage + Sweet Potato Hash

1 diced sweet potato
1 quartered yellow onion
Seasoning of choice
6-8 frozen breakfast sausage patties or links
Add ½ cup water to pot, place ingredients on Crisper Tray. Select STEAM & CRISP, set temp to 450°F, and cook for 20-25 minutes.

WEDNESDAY


Oatmeal with Fruit



Use Sear/Sauté and package recommendations

THURSDAY

Cheesy Grits and Eggs



page 23

FRIDAY


Double Chocolate Chunk Banana Bread



page 48


LUNCH

Chicken Breasts with Rice & Vegetables




Reference Build Your Own Chart on page 10 & 11

Leftover Day




Use leftover chicken to top a fresh green salad

Burrito Bowl




page 14

Frozen Plant-Based Meatballs with Chickpea Pasta & Tomato Sauce



Reference Build Your Own Chart on page 10 & 11

Frozen Potstickers



page 54


DINNER

Herb Crusted Salmon with Quinoa



page 28

Mediterranean Bowl




page 16

Chicken Cordon Bleu with Creamy Spinach Pasta



page 33

Chicken Sausage with Rice & Broccoli



Reference Build Your Own Chart on page 10 & 11

Turkey Meatloaf with Cheesy Riced Cauliflower



page 34

Keep in mind

See charts and recipes for recommended cook times and temperatures.

Freestyle with different marinades, sauces, and seasonings to make the meals your own.

Use the Build Your Own chart on page 10 to mix and match meals for your desired protein and starch.

Burrito Bowl

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **STEAM:** APPROX. 10 MINUTES | **COOK:** 15 MINUTES
MAKES: 4 SERVINGS | **ACCESSORIES:** CRISPER TRAY (ELEVATED POSITION)

INGREDIENTS

LEVEL 1 (BOTTOM OF POT)

1 cup white rice, rinsed
 1 cup canned black beans, drained
 2 cups water or stock

LEVEL 2 (TRAY)

4 boneless-skinless chicken breasts (5-6 ounces each)
 2 tablespoons taco seasoning
 Kosher salt, as desired
 Ground black pepper, as desired

TOPPINGS (optional)

Cheese of choice
 Fresh herbs
 Salsa
 Sour Cream
 Guacamole
 Tortilla chips

DIRECTIONS



Place all Level 1 ingredients in the pot and stir to combine.



Pull out the legs on the Crisper Tray, then place the tray in the elevated position in the pot. Season the chicken breasts on all sides with taco seasoning, salt, and pepper. Place the chicken on top of the tray.



Close the lid and flip the SmartSwitch™ to RAPID COOKER.

Prefer a different protein?

Swap in 2 pounds steak tips for chicken breasts and cook at 350°F for 10 to 15 minutes.

Prefer a different rice?

Swap in 1 cup instant brown rice and 2 cups water for white rice.



Don't forget to add liquid to create steam and cook food.



Select SPEEDI MEALS, set temperature to 390°F, and set time to 15 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 10 minutes before crisping).



When cooking is complete, transfer the chicken to a cutting board and slice. Then use silicone-tipped tongs to grab the center handle and remove the tray from the unit. Transfer the rice and beans to a bowl, then top with the chicken and desired toppings.

SCAN HERE
 for a step-
 by-step video
 of this recipe.



Mediterranean Bowl

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **STEAM:** APPROX. 10 MINUTES | **COOK:** 15 MINUTES
MAKES: 4 SERVINGS | **ACCESSORIES:** CRISPER TRAY (ELEVATED POSITION)

INGREDIENTS

LEVEL 1 (BOTTOM OF POT)

1 cup quinoa, rinsed
 1 heaping cup fresh spinach
 1½ cups water or stock
 Kosher salt, as desired
 Ground black pepper, as desired

LEVEL 2 (TRAY)

12 frozen or fresh chicken meatballs
 Greek seasoning, as desired

TOPPINGS (optional)

Fresh sliced vegetables of choice
 Pickled vegetables
 Hummus
 Tzatziki
 Fresh Herbs

DIRECTIONS



Place all Level 1 ingredients in the pot and stir to combine.



Pull out the legs on the Crisper Tray, then place the tray in the elevated position in the pot. Season the meatballs on all sides with the Greek seasoning. Place the meatballs on top of the tray.



Close the lid and flip the SmartSwitch™ to RAPID COOKER.



Select SPEEDI MEALS, set temperature to 350°F, and set time to 15 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 10 minutes before crisping).



When cooking is complete, transfer the meatballs to a plate. Then use silicone-tipped tongs to grab the center handle and remove the tray from the unit. Stir the quinoa and serve with meatballs and desired toppings.

Prefer a different protein?

Swap 4 chicken sausages for meatballs. Cook at 325°F for 10 to 15 minutes.

Prefer a different starch?

Swap 1 cup rinsed white rice and 2 cups water for quinoa.



Don't forget to add liquid to create steam and cook food.



BBQ Chicken Nuggets with Broccoli Mac & Cheese

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 27 MINUTES | **STEAM:** APROX. 15 MINUTES | **COOK:** 12 MINUTES
MAKES: 4 SERVINGS | **ACCESSORIES:** CRISPER TRAY (ELEVATED POSITION)

INGREDIENTS

LEVEL 1 (BOTTOM OF POT)

2 cups water
 1 box (7¹/₄ ounces) macaroni & cheese, cheese packets set aside
 1 bag (12 ounces) fresh broccoli florets
 2 tablespoons whole milk, set aside

LEVEL 2 (TRAY)

1 package (12 ounces) frozen chicken breast nuggets
 1/4 cup BBQ sauce

DIRECTIONS



Add the water, macaroni (set aside the cheese packets), and broccoli to the pot. Stir to combine.



Pull out the legs on the Crisper Tray, then place the tray in the elevated position in the pot, above the macaroni. Place the chicken on top of the tray.



Close the lid and flip the SmartSwitch™ to RAPID COOKER.

Don't want mac & cheese? Swap in any boxed rice mix. Add all contents of the box (grains + seasoning) and the instructed liquid or oil to the pot, then cook per recipe instructions.

Don't want chicken nuggets? Swap in 4 fresh chicken breasts (5-6 ounces each) and season as desired. Set temperature to 390°F and cook for 10-15 minutes.

 **Don't forget to add liquid to create steam and cook food.**



Select SPEEDI MEALS, set temperature to 375°F, and set time to 12 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 15 minutes before crisping).



When cooking is complete, transfer chicken to a large bowl and toss with BBQ sauce until evenly coated. Then use silicone-tipped tongs to grab the center handle and remove the tray from the unit.



Add cheese packet and milk to cooked pasta. Stir until evenly combined. Serve warm with BBQ chicken.

Chicken Broccoli Alfredo

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **STEAM:** APPROX. 10 MINUTES | **COOK:** 15 MINUTES
MAKES: 3-4 SERVINGS | **ACCESSORIES:** CRISPER TRAY (ELEVATED POSITION)

INGREDIENTS

LEVEL 1 (BOTTOM OF POT)

1/2 box (8 ounces) ziti pasta or fettuccini, broken in half
 1 jar (15 ounces) alfredo sauce
 2 cups water or stock
 1 bag (12 ounces) fresh broccoli florets

LEVEL 2 (TRAY)

3-4 boneless-skinless chicken breasts (4-6 ounces each)
 Canola oil, as desired
 Kosher salt, as desired
 Ground black pepper, as desired

DIRECTIONS



Place all Level 1 ingredients in the pot and stir to combine. Pull out the legs on the Crisper Tray, then place the tray in the elevated position in the pot.



Coat chicken breasts on all sides with canola oil, salt, and pepper. Then place on top of tray.




Close the lid and flip the SmartSwitch™ to RAPID COOKER.



Select SPEEDI MEALS, set temperature to 390°F, and set time for 15 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 10 minutes before crisping).



When cooking is complete, transfer chicken to a cutting board and thinly slice. Then use silicone-tipped tongs to grab the center handle and remove the tray from the unit. Stir the pasta and serve warm with chicken.

 Don't forget to add liquid to create steam and cook food.

BLUEBERRY FRENCH TOAST CASSEROLE

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **TOTAL COOK TIME:** 35 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 20 MINUTES
MAKES: 8 SERVINGS | **ACCESSORIES:** NINJA® MULTI-PURPOSE PAN (OR 8-INCH ROUND BAKING PAN),
CRISPER TRAY (BOTTOM POSITION)

INGREDIENTS

2 cups water, for steaming
Nonstick cooking spray
5 large eggs
1 ½ cups heavy cream
1 ½ cups whole milk
½ cup maple syrup
(plus more for serving as desired)
1 teaspoon ground cinnamon
½ teaspoon kosher salt
1 teaspoon vanilla extract
1 loaf (1 pound) brioche bread,
cut in 1-inch pieces
1 cup frozen blueberries

DIRECTIONS

- 1 Pour 2 cups water into the pot. Spray the Ninja Multi-Purpose Pan (or 8-inch round baking pan) with cooking spray. Push in the legs on the Crisper Tray, then place the tray in the bottom position in the pot.
- 2 In a large bowl, whisk eggs, cream, milk, maple syrup, cinnamon, salt, and vanilla until fully combined. Add the brioche pieces and toss until evenly coated. Let the bread sit for 5 to 10 minutes to absorb cream mixture. Then add the blueberries and toss to combine.
- 3 Transfer the brioche mixture to the prepared pan and press into an even layer. Place the pan on the tray.
- 4 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select STEAM & BAKE, set temperature to 315°F, and set time to 20 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 15 minutes before baking).
- 5 When cooking is complete, carefully remove the pan and serve French toast casserole warm with additional maple syrup as desired.

 Don't forget to add liquid to create steam and cook food.

CHEESY GRITS AND EGGS

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 20 MINUTES | **STEAM:** APPROX. 7-10 MINUTES | **COOK:** 10 MINUTES
MAKES: 3-4 SERVINGS | **ACCESSORIES:** CRISPER TRAY (ELEVATED POSITION)

INGREDIENTS

LEVEL 1 (BOTTOM OF POT)
1 cup quick-cooking grits
2 cups whole milk
2 cups water
1 teaspoon kosher salt
1 cup shredded cheddar cheese
4 large eggs

LEVEL 2 (TRAY)

8 strips uncooked bacon

DIRECTIONS

- 1 Place all Level 1 ingredients, except the eggs, in the pot and stir to combine. Then crack the eggs directly onto the grits mixture, keeping the eggs spaced 1 to 2 inches apart.
- 2 Pull out the legs on the Crisper Tray, then place the tray in the elevated position in the pot above the grits.
- 3 Place the bacon strips on top of the tray in a single layer. It is okay if they overlap a little.
- 4 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select SPEEDI MEALS, set temperature to 375°F, and set time to 10 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 7 to 10 minutes before crisping).
- 5 When cooking is complete, remove the bacon from the tray. Then use silicone tipped tongs to remove the crisper tray. Remove eggs from grits and stir grits until smooth and combined. Serve warm with eggs and bacon.



 Don't forget to add liquid to create steam and cook food.

FRITTATA-LORRAINE

BEGINNER RECIPE ●○○


PREP: 10 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **STEAM:** APPROX. 20 MINUTES | **BAKE:** 10 MINUTES
MAKES: 1 CAKE (8-10 SERVINGS) | **ACCESSORIES:** CRISPER TRAY (BOTTOM POSITION), NINJA® MULTI-PURPOSE PAN (OR 8-INCH ROUND BAKING PAN)

INGREDIENTS

- 1 cup water, for steaming
- Nonstick cooking spray
- 6 large eggs
- 2 tablespoons whole milk
- 3/4 cup pre-cooked bacon, chopped
- 3/4 cup fresh or frozen onions, chopped, thawed
- 1/2 cup shredded Swiss cheese
- 1 teaspoon kosher salt
- 1/2 teaspoon ground white pepper
- 1 teaspoon dried thyme

DIRECTIONS

- 1 Pour 1 cup water into the pot. Push in the legs on the Crisper Tray, then place the tray in the bottom position in the pot. Spray the Multi-Purpose Pan (or 8-inch round baking pan) with cooking spray.
- 2 In a large bowl, add the eggs and milk. Whisk until evenly combined, then add all remaining ingredients and whisk until combined. Transfer the batter to the prepared pan, then place the pan on the tray.
- 3 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select STEAM & BAKE, set temperature to 350°F, and set time to 10 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 20 minutes before baking).
- 4 When cooking is complete, the center of the frittata will be puffed and jiggly. Carefully remove the pan and allow to cool for 5 minutes before slicing with a hot knife.
- 5 The frittata can be served warm or chilled and will keep for 2 to 3 days.

 Don't forget to add liquid to create steam and cook food.



ROASTED APPLE OATMEAL BOWL

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 20 MINUTES | **STEAM:** APPROX. 7-10 MINUTES | **BAKE:** 10 MINUTES
MAKES: 3-4 SERVINGS | **ACCESSORIES:** CRISPER TRAY (ELEVATED POSITION)

INGREDIENTS

LEVEL 1 (BOTTOM OF POT)

- 1 cup quick-cooking steel-cut oats
- 2 1/4 cups water
- 1/2 teaspoon kosher salt
- 3-4 tablespoons agave nectar or honey
- 1 teaspoon cinnamon

LEVEL 2 (TRAY)

- 2 apples of choice, peeled, cored, cut in 1-inch pieces
- 2 tablespoons sugar or sugar substitute
- 1/2 teaspoon ground cinnamon

TOPPINGS (optional)

- Agave nectar or honey
- Apple, sliced
- Crushed nuts
- Berries

DIRECTIONS

- 1 Place all Level 1 ingredients in the pot and stir to combine.
- 2 Pull out the legs on the Crisper Tray, then place the tray in the elevated position in the pot.
- 3 In a medium bowl, add all Level 2 ingredients and toss to evenly coat. Transfer the apples to the tray and arrange in an even layer.
- 4 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select SPEEDI MEALS, set temperature to 350°F, and set time to 10 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 7 to 10 minutes before crisping).
- 5 When cooking is complete, ensure apples are cooked to preference, adding more time as needed. Transfer apples to a plate. Then use silicone-tipped tongs to grab the center handle and remove the tray from the unit. Gently fold apples into oatmeal. Serve warm with desired toppings.

CHICKEN BACON RANCH MAC & CHEESE

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **STEAM:** APPROX. 10-15 MINUTES | **COOK:** 10 MINUTES
MAKES: 4-6 SERVINGS | **ACCESSORIES:** CRISPER TRAY (ELEVATED POSITION)

INGREDIENTS

LEVEL 1 (BOTTOM OF POT)

- 1 box (16 ounces) rotini pasta
- 2 3/4 cups chicken stock
- 1 1/2 cups whole milk
- 1 block (16 ounces) processed melting cheese, cut in cubes
- 2 packets (1 ounce each) ranch seasoning
- 1/2 cup bacon bits

LEVEL 2 (TRAY)

- 8 frozen breaded chicken tenderloins

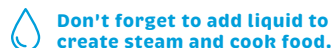
TOPPINGS (optional)

- Fresh chopped parsley, as desired
- Ranch, as desired

DIRECTIONS

- 1 Place all Level 1 ingredients in the pot and stir until combined.
- 2 Pull out the legs on the Crisper Tray, then place the tray in the elevated position in the pot, above the pasta. Place the chicken on top of the tray.
- 3 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select SPEEDI MEALS, set temperature to 375°F, and set time to 10 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 10 to 15 minutes before crisping).
- 4 When cooking is complete, transfer chicken to a cutting board. Then use silicone-tipped tongs to grab the center handle and remove the tray from the unit. Stir the mac & cheese and serve with chicken, parsley, and ranch as desired.

Tip: If you would like a bigger portion, simply double all ingredients and cook as instructed.



HERB CRUSTED SALMON WITH QUINOA

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **STEAM:** APPROX. 10 MINUTES | **COOK:** 15 MINUTES
MAKES: 4 SERVINGS | **ACCESSORIES:** CRISPER TRAY (ELEVATED POSITION)

INGREDIENTS

LEVEL 1 (BOTTOM OF POT)

1 cup quinoa, rinsed
1 cup frozen peas
1 teaspoon herb seasoning
1¼ cups vegetable stock
Kosher salt, as desired
Ground black pepper, as desired

LEVEL 2 (TRAY)

2 tablespoons herb seasoning
¼ cup panko bread crumbs
4 frozen salmon fillets
(approx. 6 ounces each)
2 tablespoons canola oil
Kosher salt, as desired
Ground black pepper, as desired

DIRECTIONS

- 1 Place all Level 1 ingredients in the pot and stir to combine.
- 2 Pull out the legs on the Crisper Tray, then place the tray in the elevated position in the pot, above the quinoa.
- 3 On a plate, combine the herb seasoning and panko until combined. Evenly coat each salmon fillet on all sides with canola oil, salt, and pepper, then press the top of each salmon fillet into the panko mixture. Place the salmon panko-side up on the tray.
- 4 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select SPEEDI MEALS, set temperature to 350°F, and set time to 15 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 10 minutes before crisping).
- 6 When cooking is complete, transfer salmon to a cutting board. Then use silicone-tipped tongs to grab the center handle and remove the tray from the unit. Stir the quinoa and serve with salmon.

Looking for a different starch? Swap in brown rice. Add 1 cup instant brown rice and 2 cups water or stock to the pot, then cook per recipe instructions.

Prefer a different seafood? Swap in 24 fresh or frozen jumbo shrimp and season as desired, then cook per recipe instructions.



Reference the Build your own Speedi Meal chart for more starch and protein swaps. Be sure to follow recommended quantity, temp, and time for best results.

CHICKEN PARMESAN & PENNE

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **STEAM:** APPROX. 10-15 MINUTES | **COOK:** 15 MINUTES
MAKES: 4 SERVINGS | **ACCESSORIES:** CRISPER TRAY (ELEVATED POSITION)

INGREDIENTS

LEVEL 1 (BOTTOM OF POT)

1 box (8 ounces) penne pasta
1½ cups water or chicken stock
1 jar (24 ounces) pasta sauce of choice

LEVEL 2 (TRAY)

½ cup all-purpose flour
1 large egg, beaten
½ cup seasoned panko bread crumbs
4 boneless-skinless chicken breasts (5–6 ounces each)
Kosher salt, as desired
Ground black pepper, as desired
½ cup shredded mozzarella, divided

TOPPING (optional)

Parmesan cheese, as desired

DIRECTIONS

- 1 Place all Level 1 ingredients in the pot and stir to combine. Pull out the legs on the Crisper Tray, then place the tray in the elevated position in the pot.
- 2 To prepare a breading station, place the flour, egg, and panko in three separate medium bowls. Season the panko with salt and pepper and stir to combine.
- 3 One at a time, dip the top of each chicken breast in the flour, then the egg, and then the panko mixture. Place the chicken breaded-side-up on the tray in the pot.
- 4 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select SPEEDI MEALS, set temperature to 375°F, and set time to 15 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 10 to 15 minutes before crisping).
- 5 With 5 minutes remaining, open the lid and sprinkle an even amount of mozzarella on each chicken breast. Close the lid to continue cooking.
- 6 When cooking is complete, transfer the chicken to a plate. Then use silicone-tipped tongs to grab the center handle and remove the tray from the unit. Stir the pasta and serve warm with the chicken.



BACON-WRAPPED PORK LOIN WITH BABY POTATOES

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 34 MINUTES | **STEAM:** APPROX. 3-4 MINUTES | **COOK:** 30 MINUTES
MAKES: 6-8 SERVINGS | **ACCESSORIES:** CRISPER TRAY (BOTTOM POSITION)


INGREDIENTS

- 1/2 cup water, for steaming
- 2 pork tenderloins (1 pound each)
- 4 tablespoons canola oil, divided
- Kosher salt, as desired
- Ground black pepper, as desired
- 8-10 strips uncooked bacon
- 1 1/2 pounds baby potatoes
- 1/4 cup fresh parsley, chopped
- 1/4 cup shaved Parmesan cheese

DIRECTIONS

- 1 Pour the water into the pot. Push in the legs on the Crisper Tray, then place the tray in the bottom position in the pot.
- 2 Evenly coat the pork tenderloins on all sides with 1 tablespoon each canola oil, salt, and pepper. Then wrap in bacon to cover.
- 3 Place the tenderloins on the tray and ensure they are not overlapping (touching is fine).
- 4 In a medium bowl, add the baby potatoes, 2 tablespoons canola oil, salt, and pepper and toss to evenly coat. Transfer the potatoes to the tray and arrange in between and around tenderloins.
- 5 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select STEAM & CRISP, set temperature to 375°F, and set time to 30 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 3 to 4 minutes before crisping).
- 6 Cooking is complete when the internal temperature of the tenderloins reads at least 145°F on an instant-read food thermometer. Transfer the tenderloins to a cutting board and allow to rest for 5 minutes before cutting.
- 7 While tenderloins are resting, transfer potatoes to a medium bowl and toss with parsley and Parmesan cheese. Serve with the bacon-wrapped tenderloins.



 Don't forget to add liquid to create steam and cook food.

GREEK CHICKEN MEATBALLS WITH ORZO & ZUCCHINI

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **STEAM:** APPROX. 10-15 MINUTES | **COOK:** 10 MINUTES
MAKES: 4 SERVINGS | **ACCESSORIES:** CRISPER TRAY (ELEVATED POSITION)

INGREDIENTS

LEVEL 1 (BOTTOM OF POT)

- 1 box (16 ounces) orzo pasta
- 4 cups chicken or vegetable Stock
- 8 ounces whipped chive cream cheese
- 2 cups fresh spinach
- 2 medium zucchini, trimmed, cut in half lengthwise
- Kosher salt, as desired
- Ground black pepper, as desired

LEVEL 2 (TRAY)

- 1 pound ground chicken
- Kosher salt, as desired
- Ground black pepper, as desired
- 1 container (6 ounces) feta cheese crumbles
- 1 large egg
- 2 tablespoons olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon dried parsley
- 1/4 cup panko bread crumbs

TOPPING (optional)

- Tzatziki sauce

DIRECTIONS

- 1 Place all Level 1 ingredients, except the zucchini, in the pot and stir to combine. Then place the zucchini on top of the pasta and season with salt and pepper.
- 2 Pull out the legs on the Crisper Tray, then place the tray in the elevated position in the pot above the pasta and zucchini.
- 3 In a medium bowl, combine all Level 2 ingredients. Using your hands, evenly portion the mixture into 12 meatballs, approximately 2 to 3 tablespoons each. Place the meatballs on the tray.
- 4 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select SPEEDI MEALS, set temperature to 350°F, and set time to 10 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 10 to 15 minutes before crisping).
- 5 When cooking is complete, transfer the meatballs to a plate. Then use silicone-tipped tongs to grab the center handle and remove the tray from the unit. Remove zucchini and stir orzo to combine. Serve orzo with meatballs, zucchini, and tzatziki sauce.

Prefer a different protein? Swap ground pork or ground beef for the chicken.

Prefer rice instead of pasta? Swap 1 cup white rice and 2 cups water for the pasta and stock.

 Don't forget to add liquid to create steam and cook food.

CHICKEN CORDON BLEU WITH CREAMY SPINACH PASTA

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 15 MINUTES
MAKES: 4-6 SERVINGS | **ACCESSORIES:** CRISPER TRAY (ELEVATED POSITION)

INGREDIENTS

LEVEL 1 (BOTTOM OF POT)

- 1 box (16 ounces) ziti
- 1 jar (15 ounces) alfredo sauce
- 3 cups chicken stock
- 1 cup whole milk
- 2 cups fresh baby spinach
- Kosher salt, as desired
- Ground black pepper, as desired

LEVEL 2 (TRAY)

- 6 thinly sliced chicken breasts
- Kosher salt, as desired
- Ground black pepper, as desired
- 6 slices Swiss cheese
- 6 slices deli ham
- 1/2 cup all-purpose flour
- 1 large egg, whisked
- 1/2 cup panko bread crumbs


Want a different pasta? Swap in gluten-free or vegetable-based pasta of the same shape, then cook per recipe instructions.

Prefer a different protein? Swap in chicken, then cook per recipe instructions.

Make it gluten-free: Swap in gluten-free flour and bread crumbs.

DIRECTIONS

- 1 Pour all Level 1 ingredients into the pot and stir to combine.
- 2 Pull out the legs on the Crisper Tray, then place the tray in the elevated position in the pot, above the pasta.
- 3 Evenly coat the chicken with salt and pepper. Place a slice of cheese on top of a slice of ham, then roll up and place inside 1 chicken breast. Repeat with the remaining cheese, ham, and chicken.
- 4 To prepare a breading station, place the flour, egg, and panko with salt and pepper in three separate small bowls.
- 5 One at a time, dip the top of each chicken cordon bleu in the flour, then the egg, and then the panko mixture. Transfer the chicken to the tray.
- 6 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select SPEEDI MEALS, set temperature to 375°F, and set time to 15 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 15 minutes before crisping).
- 7 When cooking is complete, transfer the chicken to a cutting board. Then use silicone-tipped tongs to grab the center handle and remove the tray from the unit. Stir the pasta and serve with the chicken cordon bleu.

 **Don't forget to add liquid to create steam and cook food.**

Reference the Build your own Speedi Meal chart for more starch and protein swaps. Be sure to follow recommended quantity, temp, and time for best results.

TURKEY MEATLOAF WITH CHEESY RICED CAULIFLOWER

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **STEAM:** APPROX. 15 MINUTES | **COOK:** 15 MINUTES
MAKES: 4-6 SERVINGS | **ACCESSORIES:** CRISPER TRAY (ELEVATED POSITION)

INGREDIENTS

LEVEL 1 (BOTTOM OF POT)

- 2 bags (10 ounces each) frozen riced cauliflower
- 1 cup shredded cheddar cheese
- 1 cup fresh spinach
- 4 tablespoons salted butter, cubed
- Ground black pepper, as desired
- Kosher salt, as desired

LEVEL 2 (TRAY)

- 1 pound ground turkey
- Kosher salt, as desired
- Ground black pepper, as desired
- 1 cup shredded cheddar cheese
- 1/4 cup seasoned bread crumbs
- 1 large egg
- 1 small yellow onion, peeled, diced
- 1 teaspoon garlic powder
- 1/4 cup ketchup, plus additional for brushing


Looking for a different starch? Swap in risotto. Add 1 cup arborio rice, 4 cups water or stock, and desired seasoning to the pot, then cook per recipe instructions.

Prefer a different protein? Swap in ground chicken or beef. Cooking is complete when the internal temperature reaches 165°F.

DIRECTIONS

- 1 Place all Level 1 ingredients in the pot and stir to combine.
- 2 Pull out the legs on the Crisper Tray, then place the tray in the elevated position in the pot, above the rice mixture.
- 3 In a large bowl, add all Level 2 ingredients and stir until combined. Divide the mixture into 6 equal servings and shape into rectangular loaves. Transfer the turkey meatloaves to the tray and brush with ketchup, if desired.
- 4 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select SPEEDI MEALS, set temperature to 350°F, and set time to 15 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 15 minutes before crisping).
- 5 When cooking is complete, transfer meatloaves to a cutting board. Then use silicone-tipped tongs to grab tray's center handle and remove it from the unit. Stir the cauliflower rice and serve with the meatloaves.

Tip: To use fresh cauliflower rice, swap 4 cups fresh cauliflower rice and 1 cup water for frozen, then cook per recipe instructions.

 **Don't forget to add liquid to create steam and cook food.**



Reference the Build your own Speedi Meal chart for more starch and protein swaps. Be sure to follow recommended quantity, temp, and time for best results.

PARMESAN CHIVE POTATO WEDGES

BEGINNER RECIPE ●○○


PREP: 10 MINUTES | **TOTAL COOK TIME:** 35 MINUTES | **STEAM:** APROX. 10 MINUTES | **COOK:** 25 MINUTES
MAKES: 8 SERVINGS | **ACCESSORIES:** CRISPER TRAY (BOTTOM POSITION)

INGREDIENTS

1/2 cup water, for steaming
4 large russet potatoes, rinsed, cut into 1/2-inch wedges
1/4 cup canola oil
3 tablespoons dried chives
1/2 teaspoon garlic powder
2 teaspoons kosher salt
1/2 teaspoon ground black pepper
1/4 cup grated Parmesan cheese
1/4 cup sour cream (optional)

DIRECTIONS

- 1 Pour 1/2 cup water into the pot. Push in the legs on the Crisper Tray, then place the tray in the bottom position in the pot.
- 2 In a small bowl, toss the potato wedges in the oil, garlic, chives, salt, pepper, and Parmesan until evenly coated. Transfer the wedges to the tray.
- 3 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select STEAM & CRISP, set temperature to 450°F, and set time to 25 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 10 minutes before crisping).
- 4 With 15 minutes remaining, open the lid and toss the potato wedges with tongs. Close the lid to continue cooking. Repeat this process when 5 minutes remain.
- 5 When cooking is complete, use tongs to remove the potato wedges from the tray and serve with sour cream, if desired.

 **Don't forget to add liquid to create steam and cook food.**

PIZZA DOUGH PRETZEL BITES WITH HONEY MUSTARD

INTERMEDIATE RECIPE ●●○

PREP: 20 MINUTES | **PROOF:** 15 MINUTES | **TOTAL COOK TIME:** 12 MINUTES | **STEAM:** APPROX. 3-4 MINUTES
COOK: 8 MINUTES | **MAKES:** 4 SERVINGS | **ACCESSORIES:** CRISPER TRAY (BOTTOM POSITION)

INGREDIENTS

1/2 cup water, for steaming
Coarse salt, as needed

PRETZELS


2 tablespoons all-purpose flour
8 ounces prepared pizza dough, room temperature
1/2 cup warm water
Nonstick cooking spray
1 tablespoon baking soda
1 tablespoon unsalted butter, melted
Coarse salt, as needed

HONEY MUSTARD

1/2 cup Dijon or yellow mustard
2 tablespoons honey

DIRECTIONS

- 1 Pour 1/2 cup water into the pot. Push in the legs of the Crisper Tray, then place the tray in the bottom position in the pot and spray with cooking spray.
- 2 Lightly dust a flat clean work surface with flour. Roll the dough out into a 12-inch-long rope, then cut the rope into 12 1-inch pieces.
- 3 In a medium bowl, combine water and baking soda until dissolved. Dip each piece of dough in the mixture, then place on the tray spaced evenly apart.
- 4 Close the lid and flip the SmartSwitch™ to RAPIDCOOKER. Select PROOF, set temperature to 95°F, and set time for 15 minutes. Press START/STOP to begin proofing.
- 5 When proofing is complete, open lid to ensure pretzel bites are puffy and rounded. Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select STEAM & CRISP, set temperature to 350°F, and set time to 8 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 3 to 4 minutes before crisping).
- 6 While pretzels are cooking, whisk together the mustard and honey until evenly combined.
- 7 When cooking is complete, brush pretzel bites with melted butter and sprinkle with coarse salt. Serve warm with honey mustard.

 **Don't forget to add liquid to create steam and cook food.**

Tip: If using cold dough from the fridge, double proofing time.

PULL-APART GARLIC KNOTS

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **PROOF:** 30 MINUTES | **TOTAL COOK TIME:** 12 MINUTES | **STEAM:** APPROX. 4 MINUTES
COOK: 8 MINUTES | **MAKES:** 12 KNOTS | **ACCESSORIES:** CRISPER TRAY (BOTTOM POSITION), NINJA® MULTI-PURPOSE PAN (OR 8-INCH ROUND BAKING PAN)

INGREDIENTS

- 1 cup water, for steaming
- Nonstick cooking spray
- 1 pound store-bought pizza dough, room temperature
- 2 tablespoons fresh parsley, chopped
- 2 teaspoons minced garlic
- 2 tablespoons grated Parmesan cheese
- ½ teaspoons kosher salt
- ¼ cup extra-virgin olive oil

DIRECTIONS

- 1 Pour 1 cup water into the pot. Push in the legs on the Crisper Tray, then place the tray in the bottom position in the pot. Spray the Ninja Multi-Purpose Pan (or 8-inch round baking pan) with cooking spray.
- 2 Divide dough into 12 pieces. Roll each piece into a 6-inch rope, then tie it into a knot. Place knots in the prepared pan and spray with cooking spray. Place the pan on the tray.
- 3 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select PROOF, set temperature to 95°F, and set time to 30 minutes. Press START/STOP to begin proofing.
- 4 In a small bowl, prepare the sauce while the rolls proof. Add garlic, parsley, Parmesan, salt, and olive oil. Whisk until fully combined.
- 5 When proofing is complete, open lid and use half of the prepared Parmesan sauce to generously cover each roll.
- 6 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select STEAM & CRISP, set temperature to 350°F, and set time to 8 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 4 minutes before crisping).
- 7 When the cooking is complete, carefully remove the tray. Brush the rolls with the remaining Parmesan sauce and serve warm.

Tip: For extra flavor, double the garlic Parmesan sauce and add to the bottom of the pan before cooking.

 **Don't forget to add liquid to create steam and cook food.**



PIZZA DOUGH DINNER ROLLS

BEGINNER RECIPE ●○○

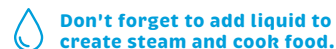
PREP: 10 MINUTES | **PROOF:** 1 HOUR | **TOTAL COOK TIME:** 12 MINUTES | **STEAM:** APPROX. 4 MINUTES | **BAKE:** 8 MINUTES
MAKES: 8 DINNER ROLLS | **ACCESSORIES:** CRISPER TRAY (BOTTOM POSITION), NINJA® MULTI-PURPOSE PAN (8-INCH ROUND BAKING PAN), OR 8-INCH ROUND ALUMINUM FOIL

INGREDIENTS

1 cup water, for steaming
Nonstick cooking spray
1 pound store-bought pizza dough, room temperature
2½ tablespoons extra-virgin olive oil
Kosher salt, as desired
Dried Italian seasoning, as desired

DIRECTIONS

- 1 Pour 1 cup water into the pot. Push in the legs on the Crisper Tray, then place the tray in the bottom position in the pot. Spray the Ninja Multi-Purpose Pan (or an 8-inch-round baking pan) with cooking spray.
- 2 Divide dough into 8 equal portions, then roll each into a ball.
- 3 Arrange dough balls in the prepared pan, leaving a 1-inch space in between each one. Place the pan on the tray.
- 4 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select PROOF, set temperature to 95°F, and set time to 1 hour. Select START/STOP to begin proofing.
- 5 When proofing is complete, brush the rolls with olive oil and sprinkle with salt and Italian seasoning as desired.
- 6 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select STEAM & CRISP, set to temperature to 350°F, and set time to 8 minutes. Select START/STOP to begin cooking (the unit will steam for approx. 4 minutes before crisping).
- 7 When cooking is complete, the surface of the rolls will be crusty and brown. Carefully remove the pan from the tray and serve the rolls warm.



CHEESY BACON BROCCOLI BITES

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 10 MINUTES | **MAKES:** 12-15 BITES
ACCESSORIES: CRISPER TRAY (BOTTOM POSITION)

INGREDIENTS

Nonstick cooking spray
1 bag (10.8 ounces) frozen broccoli florets, defrosted
1 large egg, whisked
1 cup shredded cheddar cheese
¾ cup panko bread crumbs
¼ cup bacon bits
1 teaspoon onion powder
1 teaspoon garlic powder
1 tablespoon all-purpose flour
1½ teaspoon kosher salt
¼ teaspoon ground black pepper

DIRECTIONS

- 1 Push in the legs on the Crisper Tray, then place the tray in the bottom of the pot. Spray the tray with cooking spray.
- 2 In a medium bowl, add the broccoli and egg and mix until evenly coated. Add the remaining ingredients and mix with your hands until fully combined. Form the mixture into 12 to 15 bite-sized balls, approximately 1 to 2 tablespoons each. Ensure at least 1 piece of broccoli is in each bite.
- 3 Close the lid and flip the SmartSwitch™ to AIRFRY/STOVETOP. Select AIRFRY, set temperature to 350°F, and set time to 15 minutes (unit will need to preheat for 5 minutes, so set an external timer if desired). Press START/STOP to begin cooking.
- 4 When the unit is preheated and the time reaches 10 minutes, place the broccoli bites on the tray. Close the lid to begin cooking.
- 5 After 5 minutes, open the lid and toss the broccoli bites with silicone-tipped tongs to ensure even cooking. Close the lid to continue cooking.
- 6 When cooking is complete, serve broccoli bites hot.





CRISPY BUFFALO TOFU BITES

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 18-19 MINUTES | **STEAM:** APPROX. 3-4 MINUTES | **COOK:** 15 MINUTES

MAKES: 2-4 SERVINGS | **ACCESSORIES:** CRISPER TRAY (BOTTOM POSITION)

INGREDIENTS

1/2 cup water, for steaming
Nonstick cooking spray
1 package (16 ounces) extra-firm tofu,
drained, patted dry, cut in 1-inch cubes
2 tablespoons cornstarch
1/2 cup Buffalo sauce

TOPPINGS (optional)

Blue cheese
Carrots sticks
Celery sticks

DIRECTIONS

- 1 Pour 1/2 cup water into the pot. Push in the legs of the Crisper Tray, then place the tray in the bottom position in the pot. Spray the tray with cooking spray.
- 2 In a medium bowl, add the tofu and cornstarch and gently toss until evenly coated. Then evenly spray the tofu with cooking spray. Transfer the tofu to the tray.
- 3 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select STEAM & CRISP, set temperature to 390°F, and set time to 15 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 3 to 4 minutes before crisping).
- 4 When cooking is complete, ensure tofu is crispy. If necessary, add more time to unit for crispier tofu. Transfer tofu bites to a medium bowl and toss with Buffalo sauce. Serve hot with blue cheese and vegetable sticks as desired.

 Don't forget to add liquid to create steam and cook food.

PROSCIUTTO WRAPPED GREEN BEANS

INTERMEDIATE RECIPE ●●○


PREP: 10 MINUTES | **TOTAL COOK TIME:** 14 MINUTES | **STEAM:** APPROX. 4 MINUTES | **COOK:** 10 MINUTES
MAKES: 4 SERVINGS | **ACCESSORIES:** CRISPER TRAY (BOTTOM POSITION)

INGREDIENTS

1/2 cup water, for steaming
Nonstick cooking spray
1 bag (12 ounces) green beans, trimmed
2 tablespoons olive oil, divided
Kosher salt, as desired
Ground black pepper, as desired
8 slices prosciutto
2 tablespoons brown sugar

DIRECTIONS

- 1 Pour 1/2 cup water into the pot. Push in the legs on the Crisper Tray, then place the tray in the bottom position and spray with cooking spray.
- 2 In a medium bowl, toss green beans with 1 tablespoon of olive oil, salt, and pepper.
- 3 Divide the green beans into 4 equal portions and arrange in piles with all green beans going the same direction.
- 4 On a clean work surface, place two slices of prosciutto, slightly overlapping each other. Place one pile of green beans in the center of the prosciutto and wrap tightly to seal (prosciutto will stick to itself to hold bundles together). Repeat until all green bean bundles are wrapped.
- 5 Brush the prosciutto with the remaining olive oil and sprinkle with brown sugar.
- 6 Transfer bundles of green beans to the tray.
- 7 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select STEAM & CRISP, set temperature to 375°F, and set time to 10 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 4 minutes before crisping).
- 8 When cooking is complete, remove prosciutto wrapped green beans and serve hot.

 Don't forget to add liquid to create steam and cook food.



EVERYDAY BIRTHDAY CAKE

BEGINNER RECIPE ●○○


PREP: 10 MINUTES | **TOTAL COOK TIME:** 37 MINUTES | **STEAM:** APROX. 20 MINUTES | **BAKE:** 17 MINUTES
MAKES: 1 CAKE (8-10 SERVINGS) | **ACCESSORIES:** CRISPER TRAY (BOTTOM POSITION), NINJA® MULTI-PURPOSE PAN (OR 8-INCH ROUND BAKING PAN)

INGREDIENTS

2 cups water, for steaming
Nonstick cooking spray
2 tablespoons all-purpose flour, for dusting pan
1 box (16¹/₄ ounces) white cake mix, prepared per box instructions
1 container (14 ounces) vanilla frosting
Rainbow sprinkles, for topping as desired

DIRECTIONS

- 1 Pour 2 cups water into the pot. Push in the legs on the Crisper Tray, then place the tray in the bottom position in the pot. Spray the Multi-Purpose Pan (or 8-inch round baking pan) with cooking spray, then dust the bottom and sides of the pan with a thin layer of flour.
- 2 To make the cake batter, prepare according to the directions on the cake mix box. Transfer the batter to the prepared pan and place the pan on the tray.
- 3 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select STEAM & BAKE, set temperature to 315°F, and set time to 17 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 20 minutes before baking).
- 4 When cooking is complete, check doneness by inserting a wooden toothpick into the middle of the cake. If it comes out clean, carefully remove the tray with pan and let cool for at least 1 hour. If the toothpick comes out with moist crumbs stuck to it, continue to bake until cooked all the way through.
- 5 When the cake is cooled, frost with vanilla frosting and top with rainbow sprinkles.

 Don't forget to add liquid to create steam and cook food.

COOKIES & CREAM CHEESECAKE PIE

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **STEAM:** APPROX. 20 MINUTES | **BAKE:** 5 MINUTES
MAKES: 6-8 SERVINGS | **ACCESSORIES:** CRISPER TRAY (ELEVATED POSITION), HAND OR STAND MIXER

INGREDIENTS

1 cup water, for steaming
2 packages (2 cups) cream cheese, room temperature
³/₄ cup granulated sugar
2 large eggs, room temperature
2 tablespoons vanilla extract
12 chocolate crème cookie sandwiches, crushed, plus more for topping as desired
9-inch prepared chocolate cookie crust, room temperature
1 container (8 ounces) whipped topping



DIRECTIONS

- 1 Pour 1 cup water in the pot. Pull out the legs on the Crisper Tray, then place the tray in the elevated position in the pot.
- 2 In a large bowl, add the cream cheese and sugar to make the filling. With a hand or stand mixer, beat until smooth. Add the eggs and vanilla extract and continue to beat on medium speed until fully combined, then fold in the crushed cookies. Add the filling to the crust, then place the cheesecake pie on the tray.
- 3 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select STEAM & BAKE, set temperature to 300°F, and set time to 5 minutes. Select START/STOP to begin cooking (the unit will steam for approx. 20 minutes before baking).
- 4 When cooking is complete, the cheesecake will still be jiggly in the center. Carefully remove the tray and let the cheesecake pie cool for about 30 minutes. To give the cheesecake a firmer texture, refrigerate for 4 to 8 hours.
- 5 When cheesecake is cool, top with whipped topping and decorate with more crushed cookies if desired.

 Don't forget to add liquid to create steam and cook food.

DOUBLE CHOCOLATE CHUNK BANANA BREAD

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 45 MINUTES | **STEAM:** APPROX. 20 MINUTES | **BAKE:** 25 MINUTES
MAKES: 1 LOAF (8-10 SERVINGS) | **ACCESSORIES:** CRISPER TRAY (BOTTOM POSITION), 8" X 4" LOAF PAN


INGREDIENTS

- 3 cups water, for steaming
- Nonstick cooking spray
- 2 tablespoons all-purpose flour, for dusting pan
- 1 box (14 ounces) banana bread mix, prepared according to box instructions
- 1/4 cup cocoa powder
- 1 cup chocolate chips of choice

DIRECTIONS

- 1 Pour 3 cups water into the pot. Push in the legs of the Crisper Tray, then place the tray in the bottom position. Spray the 8" X 4" loaf pan with cooking spray, then dust the bottom and sides of the pan with a thin layer of flour.
- 2 To make the banana bread, prepare the batter according to the directions on the box. Then add the cocoa powder and chocolate chips and stir until evenly combined. Transfer the batter to the prepared pan and place the pan on the tray.
- 3 Close the lid and flip the SmartSwitch™ to Rapid Cooker. Select STEAM & BAKE, set temperature to 315°F, and set time to 20 minutes. Press START/STOP to begin cooking (the unit will steam for approx. 25 minutes before baking).
- 4 When cooking is complete, check doneness by inserting a wooden toothpick into the middle of the bread. If it comes out clean, carefully remove the tray with pan and let cool for at least 1 hour. If the toothpick comes out with moist crumbs stuck to it, continue to bake until cooked all the way through.
- 5 Once the bread has cooled, slice and serve.

Tip: Additional batter can be frozen for 1 month, refrigerated for 1 week, or baked immediately.

 **Don't forget to add liquid to create steam and cook food.**



Steam & Crisp Chart


Steaming & Crisping is a great way to get food that has a crispy exterior but is juicy inside. Before placing the food and accessory into the unit, ensure that you've added water to the bottom of the cooking pot. This is important to ensure that steam will be produced and get you those delicious results you desire.

NOTE: Crisper tray position varies, as specified in chart

NOTE: Steam will take approximately 4-8 minutes to build.

INGREDIENT	AMOUNT	PREPARATION	OIL <i>optional</i>	WATER
VEGETABLES				
Acorn squash	1	Cut in half, placed face down	1 tbsp	½ cup
Beets	2½ lbs	Cut in 1-in pieces	1 tbsp	½ cup
Broccoli	1 head	Whole, stem removed	1 tbsp	½ cup
Brussels sprouts	2 lbs	Cut in half, ends trimmed	2 tbsp	½ cup
Carrots	1 lb	Cut in 1-in pieces	1 tbsp	½ cup
Cauliflower	1 head	Whole, stems removed	1 tbsp	½ cup
Parsnip	2½ lbs	Cut in 1-in pieces	1 tbsp	½ cup
	2 lbs	Cut in 1-in wedges	1 tbsp	½ cup
	2 lbs	Hand-cut fries, soaked 30 mins in cold water then patted dry	1 tbsp	½ cup
Potatoes, russet	4	Whole (medium), poked several times with a fork		1 cup
		Whole (large), poked several times with a fork		1 cup
	2½ lbs	Cut in 1-in pieces	1 tbsp	½ cup
Spaghetti squash	1 small squash	Cut in half, deseeded, punctured with fork about 10 times	1 tbsp	2 cups
Sweet potatoes	2½ lbs	Cut in 1-in pieces	1 tbsp	½ cup

ACCESSORY / ORIENTATION	TEMP	COOK TIME	FLIP/SHAKE <i>optional</i>
Crisper Tray, Bottom Position	390°F	15 mins	10 mins
Crisper Tray, Bottom Position	400°F	30-35 mins	10 mins
Crisper Tray, Bottom Position	400°F	10-15 mins	
Crisper Tray, Bottom Position	450°F	15-20 mins	15 mins
Crisper Tray, Bottom Position	400°F	20-25 mins	10 mins
Crisper Tray, Bottom Position	425°F	20-25 mins	
Crisper Tray, Bottom Position	400°F	30-35 mins	20 mins
Crisper Tray, Bottom Position	450°F	25-30 mins	20 mins
Crisper Tray, Bottom Position	450°F	30-35 mins	25 mins
Crisper Tray, Bottom Position	400°F	30-35 mins	
Crisper Tray, Bottom Position	400°F	40-48 mins	
Crisper Tray, Bottom Position	450°F	30-35 mins	20 mins
Crisper Tray, Bottom Position	375°F	25-30 mins	
Crisper Tray, Bottom Position	450°F	20-25 mins	10 mins


Don't forget to add liquid to create steam and cook your food.

Steam & Crisp Chart, Continued


Steaming & Crisping is a great way to get food that has a crispy exterior but is juicy inside. Before placing the food and accessory into the unit, ensure that you've added water to the bottom of the cooking pot. This is important to ensure that steam will be produced and get you those delicious results you desire.

NOTE: Crisper tray position varies, as specified in chart

NOTE: Steam will take approximately 4-8 minutes to build.

INGREDIENT	AMOUNT	PREPARATION	OIL <i>optional</i>	WATER
POULTRY				
Whole chicken	4½-5 lbs	Trussed	Brushed with oil	1 cup
Turkey drumsticks	2 lbs	None	Brushed with oil	1 cup
Turkey breast	1 (3-5 lbs)	None	Brushed with oil	1 cup
Chicken breasts (boneless)	4 breasts, 6-8 oz each	Brush with oil	2 tbsp	½ cup
Chicken breasts (bone in, skin on)	4 breasts, ¾-1 ½ lbs each	Brush with oil	2 tbsp	½ cup
Chicken thighs (bone in)	4 thighs, 6-10 oz each	Brush with oil	2 tbsp	½ cup
Chicken thighs (boneless)	6 thighs, 4-8 oz each	Brush with oil	2 tbsp	½ cup
Chicken drumsticks	2 lbs	Brush with oil	2 tbsp	½ cup
Hand-breaded chicken breasts	4 breasts, 6 oz each			½ cup
Chicken wings	2 lbs			½ cup
PORK				
Pork tenderloins	2 (1 lb each)	None	2 Tbsp	1 cup
Pork loin	1 (2 lbs)	None	2 Tbsp	1 cup
Spiral ham, bone in	1 (3 lbs)	None	2 Tbsp	1 cup
Pork chops, boneless	4 chops, 6-8 oz each		2 tbsp	½ cup
Pork chops (bone in, thick cut)	2 chops, 10-12 oz each		2 tbsp	½ cup
FISH				
Cod	4 fillets, 6 oz each		1 tbsp	½ cup
Salmon	4 fillets, 6 oz each		1 tbsp	¼ cup
Scallops	1 lb (approx. 21 pieces)		1 tbsp	¼ cup
BEEF				
Roast beef	2-3 lbs	None	2 Tbsp	1 cup
Tenderloin	2-3 lbs	None	2 Tbsp	1 cup

ACCESSORY / ORIENTATION	TEMP	COOK TIME	FLIP/SHAKE <i>optional</i>
Crisper Tray, Bottom Position	400°F	40-50 mins	
Crisper Tray, Bottom Position	400°F	32-38 mins	
Crisper Tray, Bottom Position	365°F	45-55 mins	
Crisper Tray, Elevated Position	390°F	15-20 mins	
Crisper Tray, Elevated Position	375°F	20-25 mins	
Crisper Tray, Elevated Position	400°F	20-25 mins	
Crisper Tray, Elevated Position	375°F	15-18 mins	
Crisper Tray, Elevated Position	425°F	20-25 mins	15 mins
Crisper Tray, Elevated Position	385°F	18-20 mins	
Crisper Tray, Bottom Position	450°F	20-25 mins	
Crisper Tray, Elevated Position	375°F	25-30 mins	
Crisper Tray, Elevated Position	365°F	35-40 mins	
Crisper Tray, Elevated Position	325°F	45-50 mins	
Crisper Tray, Bottom Position	375°F	15-20 mins	
Crisper Tray, Bottom Position	375°F	25-30 mins	
Crisper Tray, Elevated Position	450°F	9-12 mins	
Crisper Tray, Elevated Position	450°F	7-10 mins	
Crisper Tray, Elevated Position	400°F	4-6 mins	
Crisper Tray, Bottom Position	360°F	45 minutes for medium rare	
Crisper Tray, Bottom Position	365°F	25-30 minutes for medium rare	

 Don't forget to add liquid to create steam and cook your food.

Steam & Crisp Chart, continued


Steaming & Crisping is a great way to get food that has a crispy exterior but is juicy inside. Before placing the food and accessory into the unit, ensure that you've added water to the bottom of the cooking pot. This is important to ensure that steam will be produced and get you those delicious results you desire.

NOTE: Crisper tray position varies, as specified in chart

NOTE: Steam will take approximately 4-8 minutes to build.

INGREDIENT	AMOUNT	PREPARATION	OIL <i>optional</i>	WATER
FROZEN CHICKEN				
Chicken Breasts, Boneless, Skinless	4 breasts, 4-6 oz each	As desired	2 tbsp	½ cup
Chicken Thighs, Boneless, Skinless	6 thighs, 4-8 oz each	As desired	2 tbsp	½ cup
Chicken Thighs, Bone-in Skin on	4 thighs, 8-10 oz each	As desired	2 tbsp	½ cup
Pre-Breaded Chicken Breasts	3-4 breasts, 10-16 oz each	As desired	2 tbsp	½ cup
Chicken Wings	2 lbs	As desired	2 tbsp	½ cup
FROZEN BEEF				
NY Strip Steak	2 steaks, 10-14 oz each	2 tbsp canola oil, salt, pepper		¾ cup
FROZEN FISH				
Salmon	4 fillets, 6 oz each		2 tbsp	½ cup
Shrimp	18 shrimp, 1 lb		2 tbsp	½ cup
Cod	4 fillets, 6 oz each		2 tbsp	½ cup
Lobster tails	4		2 tbsp	½ cup
FROZEN PORK				
Pork tenderloins	2 (1 lb each)	None	2 Tbsp	1 ½ cups
Pork loin	1 (2 lbs)	None	2 Tbsp	None
Pork chops, boneless	4, 6-8 oz each		2 tbsp	½ cup
Pork Chops, bone-in, thick cut	2, 10-12 oz each		2 tbsp	¾ cup
Italian sausages	6 uncooked		2 tbsp	½ cup
FROZEN PREPARED FOODS				
Dumplings/Pot stickers	16 oz bag		2 tbsp	½ cup
Ravioli	25 oz bag		2 tbsp	½ cup
Eggrolls	10 oz pkg			½ cup

ACCESSORY / ORIENTATION	TEMP	COOK TIME	FLIP/SHAKE <i>optional</i>
FROZEN CHICKEN			
Crisper Tray, Elevated Position	390°F	20-25 mins	
Crisper Tray, Elevated Position	375°F	15-20 mins	
Crisper Tray, Elevated Position	400°F	20-25 mins	
Crisper Tray, Elevated Position	375°F	10-15 mins	
Crisper Tray, Bottom Position	450°F	25-30 mins	15 mins
FROZEN BEEF			
Crisper Tray, Bottom Position	400°F	22-28 mins	15 mins
FROZEN FISH			
Crisper Tray, Elevated Position	450°F	11-15 mins	
Crisper Tray, Bottom Position	450°F	2-5 mins	
Crisper Tray, Elevated Position	450°F	10-15 mins	
Crisper Tray, Elevated Position	450°F	5-7 mins	
FROZEN PORK			
Crisper Tray, Bottom Position	365°F	30-35 mins	
Crisper Tray, Bottom Position	360°F	37-40 mins	
Crisper Tray, Elevated Position	375°F	15-20 mins	
Crisper Tray, Elevated Position	365°F	23-28 mins	
Crisper Tray, Elevated Position	375°F	10-12 mins	
FROZEN PREPARED FOODS			
Crisper Tray, Bottom Position	400°F	12-16 mins	8 mins
Crisper Tray, Bottom Position	385°F	12-16 mins	
Crisper Tray, Bottom Position	375°F	15-20 mins	


Don't forget to add liquid to create steam and cook your food.

Steam Chart

for the Crisper Tray, bottom position

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

Sous Vide 101

- French for “under vacuum,” sous vide slow-cooks food sealed in a plastic bag in an accurately regulated low-temperature water bath.
- Use 12 cups of room-temperature water when filling the cooking pot. Install the pressure lid and turn the pressure release valve to the VENT position.
- Use single-use resealable plastic bags only.
- Use the water displacement method when submerging the bags: Working with one bag at a time, leave a corner of the bag unzipped—as you slowly lower the bag into the water, the pressure of the water will force the air out of the bag. When just the bag’s seal is above the water line, finish closing the bag, making sure no water gets inside. Keep the bag’s seal just above the water line.
- For cook times of 4+ hours, double-bag each portion of food or wrap food in plastic wrap before placing in the bags. This will help protect food during the long period of submersion.
- After sous vide cooking is complete, use the liquid in the bags as the base for a sauce to accompany your proteins. Pour the liquid into a saucepan, season as desired, bring to a boil, then simmer until desired thickness is achieved.
- If the food you have cooked is not going to be consumed immediately, plunge the bags into ice water to reduce temperature quickly, then keep food refrigerated.
- When reheating food that has been cooked using the Sous Vide function, use the Sous Vide function again. After preheating the water, add food in the resealable bags and cook approximately 15-20 minutes using the desired cook temperature.
- Sous vide is almost always the first step in the cooking process. Foods should be finished by using a dry heat method such as broiling, sautéing, roasting, or air frying.

For detailed instructions on using the Sous Vide function, refer to your Owner’s Guide.

Sous Vide Chart Crisper Tray not used

Please note the time ranges in this chart include the minimum cook time and the maximum cook time, after which food will start to degrade.

Cook time is dependent on the weight as well as the thickness of food, so thicker cuts of meat will require longer cook times. If your ingredients are thicker than 2½ inches, add more time.

INGREDIENT	AMOUNT	TEMP	COOK TIME
BEEF			
Boneless ribeye	2 steaks, 14 oz each, 1-2 inches thick	125°F Rare	1-5 hrs
Boneless ribeye	3 steaks, 14 oz each, 1-2 inches thick	130°F Medium Rare	1-5 hrs
Porterhouse	2 steaks, 14 oz each, 1-2 inches thick	135°F Medium	1-5 hrs
Filet mignon	4 steaks, 8 oz each, 1-2 inches thick	145°F Medium Well	1-5 hrs
		155°F Well Done	1-5 hrs
Flank	3 steaks, 12 oz each, 1-2 inches thick	125°F Rare	2-5 hrs
		130°F Medium Rare	2-5 hrs
		135°F Medium	2-5 hrs
Flat iron	2 steaks, 10 oz each, 1-2 inches thick	145°F Medium Well	2-5 hrs
		155°F Well Done	2-5 hrs
Beef brisket	3 lbs, 3-4 inches thick	145°F	24-48 hrs
PORK			
Boneless pork chops	5 chops, 6-8 oz each, 2½ inches thick	145°F	1-4 hrs
Bone-In pork chops	2 chops, 10-12 oz each, 2½ inches thick	145°F	1-4 hrs
Tenderloin	1 tenderloin, 1-½ lbs, 2½ inches thick	145°F	1-4 hrs
Sausages	6 sausages, 2-3 oz each	165°F	2-5 hrs
Boneless pork shoulder	3 lbs, 3-4 inches thick	165°F	12-24 hrs

 **Don't forget to add liquid to create steam and cook food.**

Sous Vide Chart, continued

INGREDIENT	AMOUNT
CHICKEN	
Chicken Breast	6 breasts, 6-8 oz each, 1-2 inches thick
Boneless Chicken Thighs	6 thighs, 4-6 oz each, 1-2 inches thick
Bone-In Chicken Thighs	4 thighs, 4-6 oz each, 1-2 inches thick
Chicken Leg Quarters	2 quarters, 12-14 oz each, 1-2 inches thick
Chicken Wings & Drumettes	2 lbs
Half Chicken	2½-3 lbs
SEAFOOD	
Whitefish (Cod, Haddock, Whiting, Pollock)	2 portions, 6-10 oz each, 1-2 inches thick
Salmon	4 portions, 6-10 oz each, 1-2 inches thick
Shrimp	2 lbs
VEGETABLES	
Asparagus	1-2 lbs
Broccoli	1-1½ lbs
Brussels Sprouts	1-2 lbs
Carrots	1-1½ lbs
Cauliflower	1-1½ lbs
Green Beans	1-1½ lbs
Squash	1-1½ lbs
Sweet Potatoes	1-1½ lbs
Potatoes	1-2 lbs


Don't forget to add liquid to create steam and cook your food.

TEMP	COOK TIME
165°F	1-3 hrs
165°F	1-3 hrs
165°F	1½-4 hrs
165°F	1½-4 hrs
165°F	1-3 hrs
165°F	2-3 hrs
SEAFOOD	
130°F	1 hr-1½ hrs
130°F	1 hr-1½ hrs
130°F	30 mins-2 hrs
VEGETABLES	
180°F	30 mins
180°F	30 mins
180°F	45 mins
180°F	45 mins
180°F	30 mins
180°F	30 mins
185°F	1 hr
185°F	1 hr
190°F	1 hr

Air Fry Chart for the Crisper Tray, bottom position

TIP When using Air Fry, add 5 minutes to the suggested cook time for the unit to preheat before you add ingredients.

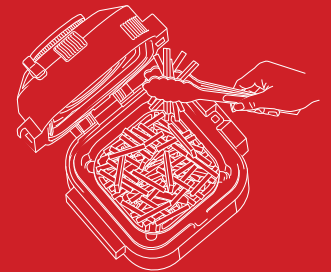
INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	1 bunch	Cut in half, trim stems	2 tsp	390°F	8-10 mins
Beets	6 small or 4 large (about 2 lbs)	Whole	None	390°F	45-60 mins
Bell peppers (for roasting)	4 peppers	Whole	None	400°F	25-30 mins
Broccoli	1 head	Cut in 1-2-inch florets	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
	4 whole (6-8 oz)	Pierce with fork 3 times	None	390°F	35-40 mins
Potatoes, sweet	2 lbs	Cut in 1-inch chunks	1 Tbsp	390°F	15-20 mins
	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	15-20 mins
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/toss food 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 Fry Chart for the Crisper Tray, bottom position

TIP When using Air Fry, add 5 minutes to the suggested cook time for the unit to preheat before you add ingredients.

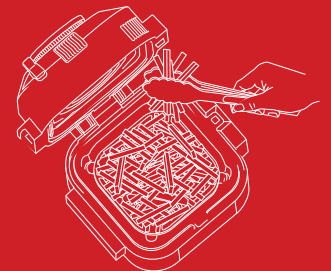
INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
BEEF					
Burgers	4 quarter-pound patties, 80% lean	1-inch thick	None	375°F	10-12 mins
Steaks	2 steaks (8 oz each)	Whole	None	390°F	10-20 mins
PORK & LAMB					
Bacon	1 strip to 1 (16 oz) package	Lay strips evenly over the plate	None	330°F	13-16 mins (no preheat)
Pork chops	2 thick-cut, bone-in chops (10-12 oz each)	Bone in	Brushed with oil	375°F	15-17 mins
	4 boneless chops (6-8 oz each)	Boneless	Brushed with oil	375°F	15-18 mins
Pork tenderloins	2 tenderloins (1-1 1/2 lbs each)	Whole	Brushed with oil	375°F	25-35 mins
Sausages	4 sausages	Whole	None	390°F	8-10 mins
FISH & SEAFOOD					
Crab cakes	2 cakes (6-8 oz each)	None	Brushed with oil	350°F	10-13 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/toss food 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 Crisper Tray, bottom position

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

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.

Notes

Notes

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