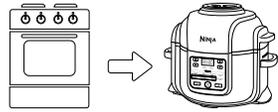


# NINJA® Foodi Tips & Tricks

for the OP300 Series Ninja® Foodi™

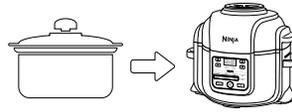


## Traditional Oven to Foodi™

Convert oven recipes by using the Bake/Roast function and reducing the cooking temperature by 25°F.

Check food frequently to avoid overcooking.

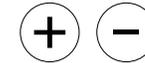
We recommend using an instant-read or digital thermometer to check the internal temperature of your food to ensure it is fully cooked before consuming.



## Slow Cooker to Foodi™

For recipes traditionally cooked in a slow cooker for 8 hours on Low or 4 hours on High, try cooking them on HI pressure in your Foodi™ for 25–30 minutes with at least 1 cup of liquid.

Please reference your Foodi™ cooking charts for more information on pressure cooking specific ingredients.



## Adjusting the Recipe Quantity

If you are cooking fewer ingredients than the recipe calls for, remember to reduce the cook time.

If you're cooking a bit more, increase the cook time.

Always check ingredients frequently, and test the internal temperature of your food to ensure it is fully cooked before consuming.

## Cooking functions

### PRESSURE

- Use hot water when pressure cooking to help your Foodi™ build pressure faster.

### AIR CRISP

- Evenly coating your vegetables with a little oil before air crisping will help achieve a perfect level of crispiness.
- Arrange ingredients as evenly as possible in the Cook & Crisp™ Basket for consistent browning.

### DEHYDRATE

- Fruits and vegetables should be patted as dry as possible before being placed in the Cook & Crisp™ Basket.
- Lay ingredients flat and close together to optimize space, but individual pieces should not overlap or be stacked.
- Most fruits and veggies take 6–8 hours, while jerky takes 5–7 hours. The longer you dehydrate ingredients, the crispier they will get.
- To finish off dehydrated meats and fish, we recommend using the Roast function at 330°F for 1 minute to fully pasteurize ingredients.

### STEAM

- To add another layer of texture to steamed veggies, steam them in the Cook & Crisp™ Basket, toss with oil afterward, then Air Crisp with the Crisping Lid.

### BAKE/ROAST

- If you are cooking something you would typically cook in a baking dish, use the Ninja® Multi-Purpose Pan, which can be purchased on [ninjaaccessories.com](http://ninjaaccessories.com).

### SEAR/SAUTÉ

- Using the Sear/Sauté function is just like using your stovetop. Use LO for simmering, MED for sautéing, and HI for boiling or searing meats.
- When searing meats, leave them out at room temperature for 20–30 minutes, and pat dry before searing for best results.
- Sear before pressure cooking or slow cooking to build caramelization and flavor in your meals.

### BROIL

- This function can be used as the second step in combo-cooking recipes to finish off meals with a crispy topping. Don't forget to sneak a peek throughout cooking to check on the crispiness of your food.

### KEEP WARM

- This function can be used on its own to keep your ingredients at a food-safe temperature and is great for items that are cooked in the Foodi™ like pulled pork and dips.