

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



NINJA Foodi POSSIBLE COOKER

11 recipes plus charts
for unlimited possibilities



Your guide to cooking like a Foodi

Welcome to the Ninja Foodi PossibleCooker 6 Litre recipe book. From here, you're just a few pages away from recipes, tips and tricks, and helpful hints for everything from slow cooked mains to hearty sides—the possibilities are endless.

Looking for more recipe inspiration, tips, and tricks?

Join us and thousands of Foodi friends on the Official Ninja Foodi Family Community.
[Facebook.com/groups/NinjaFoodiFamily](https://www.facebook.com/groups/NinjaFoodiFamily)



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Cooking Functions

Get to know the 10 cooking functions* that replace 10 different cooking tools and appliances.

Grains

White Rice



Fluffy white rice at the touch of a button.

Brown Rice



Prepare nutrient rich grains with the perfect texture.

Quinoa



Cook quinoa to perfection.

Oats



A morning staple made just how you like it.

Pasta



Al dente pasta in minutes—no draining necessary.

Mains

Slow Cooker



Set it and forget it while your meal cooks to perfection.

Sear/Sauté



Brown meats, sauté veggies, and simmer sauces.

Steam



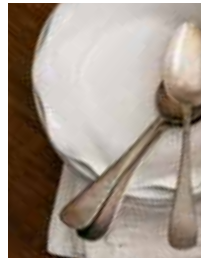
Bottom heat gently steams delicate foods for tender results.

Braise



Cook fork-tender meats filled with flavour.

Keep Warm



Keep food at a ready to eat temperature.

Everyday Cooking Made Easy



Expand your menu

From healthy to hearty, the meal possibilities are endless

Easy one-pot cooking

Put mains and grains together or cook them separately

Make a little or a lot

Perfect for single serve dishes or family sized meals



Getting Started



Measure Your Grains

Use the lines on the inside of the pot to cook perfect white rice, brown rice, and oats every time.



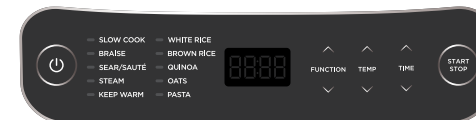
STEP 1

Using a dry measuring cup, add desired amount of grains to the cooking pot.



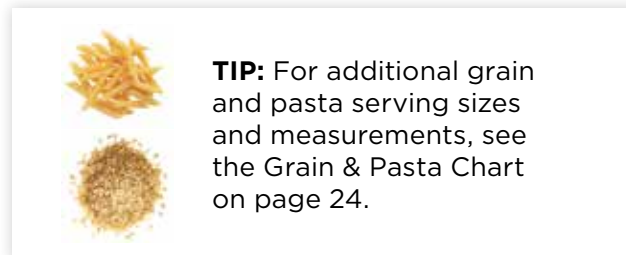
STEP 2

Add water or stock up to the corresponding marking on the pot.
Ex. For 2 cups of rice, add the rice to the pot, then fill pot with liquid to the 500ml line.



STEP 3

Select function, place lid on pot, and get cooking.



NOTE: Built in grain measurement lines **ONLY** work when using for white rice (short, medium or long grain), brown rice (short, long, or brown jasmine), and oats—**DO NOT** use the lines when cooking any other grain. See charts on page 24-27 for direction on additional grains and pasta.



BANANA, BERRIES & CREAM OATS

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **COOK:** APPROX. 5 MINUTES | **MAKES:** 4 SERVING

INGREDIENTS

160g rolled oats
600ml whole milk
120ml double cream
50g dark brown sugar
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
1 large bananas, peeled, sliced
Toast nuts, to serve
Strawberries, to serve
Blueberries, to serve

DIRECTIONS

- 1 Place all ingredients in pot, stir to combine, then cover with lid.
- 2 Select **OATS**, then press **START/STOP** to begin cooking. (Unit will display an animation while cooking is in progress; program will take approx. 5 minutes.)
- 3 When cooking is complete, unit will beep. Stir oats and serve warm.

TIP Substitute rolled oats for smooth cut if desired.
Dairy ingredients can be replaced with dairy alternatives to accommodate needs.



MINISTRONE SOUP

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **PREHEAT:** 4 MINUTES | **COOK:** 40 MINUTES | **MAKES:** 5-6 SERVINGS



INGREDIENTS

2 tablespoons extra virgin olive oil
2 carrots, peeled, cut in 1 cm pieces
2 medium stalks celery, trimmed, cut in 1 cm pieces
1 large onion, peeled, diced
3 garlic cloves, peeled, chopped
400g tin cannellini beans, drained, rinsed
2 x 400g tins chopped tomatoes
75g small pasta (orecchiette, elbow, or shells)
1.3L vegetable stock
1 teaspoon dried oregano
1 teaspoon dried thyme
Sea salt and ground black pepper, as desired
150g fine green beans, trimmed, cut in three

DIRECTIONS

- 1** Remove the lid from the pot. Using the function arrows, select SEAR/SAUTÉ, set temperature to HIGH, then press **START/STOP** to begin preheating. (Progress bar will display while unit preheats; preheating will take approx. 4 minutes).
- 2** When preheating is complete (unit will beep and display ADD FOOD), add the oil, carrots, celery, onion, and garlic to the pot. Cook uncovered until vegetables soften, stirring occasionally (about 8 minutes). When vegetables are softened, reduce temperature to LO.
- 3** Add the cannellini beans, tomatoes, pasta, stock, oregano, thyme, salt, and black pepper to pot. Stir to combine, then cover with lid and cook for 30 minutes. (Set an external timer if desired.)
- 4** When 5 minutes remain on the cook time, add the green beans to the pot and stir to combine. Cook uncovered for the remaining 5 minutes, or until green beans are tender.
- 5** When cooking is complete, press **START/STOP** to turn off the unit, and serve soup while warm.



VEGETARIAN CHILLI

BEGINNER RECIPE ●○○

PREP: 20 MINUTES | **PREHEAT:** 6-8 MINUTES | **COOK:** 3 HOURS | **MAKES:** 5-6 SERVINGS



INGREDIENTS

1 onion, peeled, diced
2 carrots, peeled, sliced
3 celery stalks, sliced
1 green capsicum, deseeded, cut into chunks
1 red capsicum, deseeded, cut into chunks
100g green beans, halved
1 tin (400g) cannellini beans, drained, rinsed
1 tin (400g) kidney beans, drained, rinsed
2 tins (400g) chopped tomatoes
400ml vegetable stock
2 tablespoons tomato purée
3 garlic cloves, peeled, minced
1 tablespoon coriander, chopped, optional
2 teaspoons chilli powder
2 teaspoons smoked paprika
2 teaspoons mixed herbs
1 teaspoon ground cumin
1 teaspoon ground coriander
1 bay leaf
Sea salt, and ground black pepper, as desired

TOPPINGS (optional)

Sour cream
Grated Cheddar cheese
Fresh chopped coriander

TIP You can swap chilli seasoning for chilli powder.

DIRECTIONS

- 1 Remove the lid from the pot. Place all ingredients in the pot. Stir to combine, then cover with the lid.
- 2 Using the function arrows, Select SLOW COOK, set temperature to HI, set time to 3 hours, and press **START/STOP** to begin cooking.
- 3 When cooking is complete, press **START/STOP** to turn off unit. Remove the lid and stir to combine ingredients. Serve chilli with desired toppings.



CHEESE FONDU

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** 5 MINUTES | **COOK:** 7 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

250g grated Gruyère cheese
250g grated Gouda cheese
200ml dry white wine
2 teaspoons cornflour
Grated nutmeg
2 tablespoons kirsch
Sea salt and ground black pepper, as desired



DIRECTIONS

- 1 Remove the lid from the pot. Using the function arrows select **SEAR/SAUTÉ**, set temperature to **MED**, then press **START/STOP** to begin preheating. (Progress bar will display while unit preheats; preheat will take approx. 5 minutes.)
- 2 When preheating is complete (unit will beep and display ADD FOOD), add garlic, cheeses and wine. Cook for 3 minutes to allow the cheeses to start melting.
- 3 Add the remaining ingredients to pot and stir well. Cook for 5 minutes until the cheeses are fully melted.
- 4 Select **START/STOP** to turn off **SEAR/SAUTÉ**. Use the function arrows to select **KEEP WARM**, then press **START/STOP** to keep fondue gently warm throughout serving. Serve warm with crusty bread, pickles or raw vegetables.



BRAISED RED CABBAGE WITH APPLE

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **PREHEAT:** 6 MINUTES | **COOK:** 2 HOURS 5 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

1 tablespoons vegetable oil
1 large red onion, peeled, finely sliced
400g red cabbage, cored, finely sliced
2 apples, peeled, cored, diced
3 tablespoons brown sugar
200ml red wine
100ml water
1 vegetable stock cube, crumbled
2 bay leaves
1 cinnamon stick
Sea salt and ground black pepper, as desired



DIRECTIONS

- 1 Remove the lid from the pot. Using the function arrows select **SEAR/SAUTÉ**, set temperature to **HIGH**, then press **START/STOP** to begin preheating. (Progress bar will display while unit preheats; preheat will take approx. 6 minutes.)
- 2 When preheating is complete (unit will beep and display ADD FOOD), add oil and onions. Sauté for 5 minutes, stirring a few times until the onion softens.
- 3 Add the remaining ingredients to pot and stir well. Select **START/STOP** to turn off **SEAR/SAUTÉ**.
- 4 Cover with lid. Select **SLOW COOK**, set temperature to **HI**, and time to 2 hours. Select **START/STOP** to begin cooking.
- 5 When cooking is complete, press **START/STOP**, remove bay leaves, cinnamon stick and serve hot.



TIP For a richer and deeper flavour, replace red wine for port.



SPICY PULLED PORK

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** 4 MINUTES | **COOK:** 5 HOURS | **MAKES:** 6 SERVINGS

INGREDIENTS

2 teaspoons smoked paprika
2 teaspoons ground cumin
2 teaspoons brown sugar
1 teaspoon chilli powder
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon dried sage
1 teaspoon oregano
Sea salt and ground black pepper, as desired
300ml stock
1.6kg rolled pork shoulder, unrolled, fat trimmed
500ml barbecue sauce

TO SERVE:

Brioche buns
Coleslaw
Salad

DIRECTIONS

- 1** In a small bowl, mix all dry ingredients together. Rub pork with dried ingredients. Remove lid from pot. Place pork in pot skin side up and pour stock over pork.
- 2** Using the function arrows, select SLOW COOK, set temperature to LO, set time to 8 hours, then press **START/STOP** to begin cooking. If possible, flip pork about halfway through cooking.
- 3** When cooking is complete, remove pork and place into a shallow dish and drain off any juices from pot. Leave to rest for 10 minutes before shredding with 2 forks.
- 4** Pour barbecue sauce over pork and mix together. Return shredded pulled pork to pot.
- 5** Using the function arrows, select SEAR/SAUTÉ, set temperature to HIGH, then press **START/STOP** to begin preheating. (Progress bar will display while unit preheats; preheating will take approx. 4 minutes).
- 6** When preheating is complete, cook uncovered until heated through, stirring occasionally (about 5 minutes).
- 7** When cooking is complete. Serve in buns with coleslaw and salad.

TIP Substitute 300ml stock for cola for a more caramelised flavour.





CAJUN RICE

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **PREHEAT:** 8-10 MINUTES | **COOK:** 1 HOUR 35 MINUTES | **MAKES:** 8-10 SERVINGS



INGREDIENTS

360g brown rice, rinsed
1L water
Sea salt, as desired
1 tablespoon vegetable oil
450g minced beef
450g minced pork sausage
1 red capsicum, seeded, cut in 1.5cm pieces
50g onion, peeled, cut in 1.5cm pieces
50g celery, chopped, cut in 1.5cm pieces
1 garlic clove, peeled, minced
30g plain flour
1 teaspoon dried thyme
1 teaspoon chilli powder
1/2 teaspoon ground black pepper
1/2 teaspoon cayenne pepper
500ml chicken stock
2 tablespoons fresh parsley, chopped

DIRECTIONS

- 1 Combine brown rice, water, and salt in the pot (if referencing lines within the pot, add rice to the pot first, then fill to 500ml line with liquid). Place lid on the pot. Using the function arrows, select BROWN RICE, then press **START/STOP** to begin program. (Unit will display an animation while cooking; program will take approx. 50 to 60 minutes.)
- 2 When cooking is complete, remove rice from the pot and set aside. Rinse pot clean.
- 3 Place pot back in the unit's base and set lid aside. Using the function arrows, select SEAR/SAUTÉ, set temperature to HIGH, then press **START/STOP** to begin preheating. (Progress bar will display while unit preheats; preheating will take approx. 8 to 10 minutes.)
- 4 When preheating is complete (unit will beep and display ADD FOOD), add vegetable oil, ground beef, and pork sausage to the pot. Cook until browned, breaking meat up with a spoon or spatula (about 10 minutes).
- 5 Add the capsicum onion, celery, and garlic to the pot and cook for 10 minutes or until vegetables are softened, stirring occasionally.
- 6 Add the flour, thyme, chilli powder, black pepper, and cayenne pepper, and stir to combine. Add chicken stock, bring to a boil, and cook for 5 minutes.
- 7 Fold in the reserved brown rice and parsley and allow to warm through. Season with additional salt and pepper, if desired. When cooking is complete, press **START/STOP** to turn off the unit and serve rice while warm.

CHICKPEA CURRY

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** 5 MINUTES | **COOK:** 30 MINUTES | **MAKES:** 5-6 SERVINGS

INGREDIENTS

2 tablespoons vegetable oil
1 large onion, peeled, sliced
3 garlic cloves, peeled, minced
¾ teaspoon chilli flakes
2 tablespoons curry powder
1 teaspoon ground cumin
1 teaspoon ground coriander
1 tin (400g) chopped tomatoes
400ml tin coconut milk
2 tins (400g) chickpeas, drained, rinsed
Sea salt and ground black pepper, as desired
Chopped coriander, for garnish

DIRECTIONS

- 1 Remove the lid from the unit. Using the function arrows, select SEAR/SAUTÉ, set temperature to MEDIUM, then press **START/STOP** to begin preheating. (Progress bar will display while unit preheats; preheating will take approx. 5 minutes.)
- 2 When preheating is complete (unit will beep and display ADD FOOD), add the oil, onion, garlic, chilli flakes, and salt to the pot. Cook, stirring occasionally, until golden brown and tender (about 15 minutes).
- 3 Add the curry powder and spices to the vegetables and stir for 1 minute. Then add the crushed tomatoes and liquid. Cook for 5 minutes, stirring constantly.
- 4 Add the coconut milk and chickpeas to the pot. Cook for 10 minutes, stirring occasionally. Season with additional salt and pepper as desired.
- 5 When cooking is complete, press **START/STOP** to turn off unit. Serve curry warm, alongside favourite grain and garnished with chopped coriander, if desired.

TIP To serve with rice or grain of choice, see the Measure Your Grains instructions on page 5, or the Pasta & Grain Chart on page 24.



BEEF IN RED WINE

INTERMEDIATE RECIPE ●●○

PREP: 20 MINUTES | **PREHEAT:** 6 MINUTES | **COOK:** 5 HOURS 20 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

1kg braising steak, cut into 3cm cubes
Sea salt and ground black pepper, as desired
2 tablespoons plain flour
3 tablespoons olive oil, divided
180-200g streaky bacon, chopped
400g shallots, peeled
2 garlic cloves, peeled, crushed
2 tablespoon tomato purée
500ml good quality red wine
200ml beef stock
1 bouquet garni
2 bay leaves
100g button mushrooms



DIRECTIONS

- 1 Remove the lid from the pot. Using the function arrows select SEAR/SAUTÉ, set temperature to HIGH, then press **START/STOP** to begin preheating. (Progress bar will display while unit preheats; preheat will take approx. 6 minutes.)
- 2 Season the steak on all sides with salt and pepper, then coat with flour.
- 3 When preheating is complete (unit will beep and display ADD FOOD), add 2 tablespoons oil and half the beef to pot and brown on all sides. When beef is browned, remove with a slotted spoon and repeat with the remaining beef. This may take 10-15 minutes.
- 4 Add remaining oil to pot, stir in chopped bacon and shallots. Cook for a few minutes, then add garlic, cook for another few minutes. Stir in tomato purée, wine, stock, bouquet garni and bay leaves. Return beef and juices to pot and ensure the beef is covered with liquid. Select **START/STOP** to turn off SEAR/SAUTÉ.
- 5 Cover with lid. Select SLOW COOK, set temperature to HI and time to 5 hours. Select **START/STOP** to begin cooking.
- 6 After 3 hours add mushrooms.
- 7 Check whether beef is cooked and tender after 4 hours, if not cook for another hour.
- 8 When cooking is complete, press **START/STOP**, remove bay leaves and bouquet garni and serve casserole hot.



ONE POT PASTA

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **COOK:** 18 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

400g spaghetti
800ml water
1 tablespoon Nduja paste
1 small onion, peeled, halved, finely sliced
2 garlic cloves, peeled, finely sliced
200g cherry tomatoes, halved if large
10g basil leaves
50g black olives
2 tablespoons olive oil, plus extra for drizzling
Sea salt and ground black pepper
25g shaved Parmesan cheese, or vegan equivalent, divided

DIRECTIONS

- 1 Remove the lid from the pot. Add spaghetti, water, Nduja paste, onion and 1 tablespoon oil to the pot, stir and place lid on top. Using the function arrows, select **PASTA**, then press **START/STOP** to begin program (unit will display an animation while cooking; program will take approx. 18 to 19 minutes to complete). Note that the lid will need to be removed when water comes to a boil. If desired, set an external time for 6 minutes as a reminder.
- 2 Remove the lid when the water comes to a boil (water will come to a boil in approx. 6 to 8 minutes after function has started). Stir the pasta several times and allow function to finish cooking, around 18 minutes.
- 3 Serve hot sprinkled with Parmesan shavings and drizzled with oil.

TIP If you want to keep this vegetarian, remove the Nduja paste, add ½ teaspoon chilli flakes and substitute water for vegetable stock.





STICKY TOFFEE PUDDING

BEGINNER RECIPE ●○○



PREP: 20 MINUTES | **SOAK:** 30 MINUTES | **COOK:** 2 HOURS | **MAKES:** 8 SERVINGS

INGREDIENTS

250g chopped pitted dates
700ml boiling water
1 teaspoon bicarbonate soda
250g butter, softened, divided
plus extra for greasing
40g caster sugar
130g brown sugar, divided
3 large eggs, beaten
2 tablespoons treacle
225g self raising flour
Ice cream or double cream, to serve

DIRECTIONS

- 1** In a large bowl, place dates, boiling water and bicarbonate soda and leave to soak for 30 minutes.
- 2** With butter, grease pot base and halfway up sides.
- 3** In a large bowl, cream 175g butter, caster sugar and 80g brown sugar together until light and fluffy. Gradually add in eggs a little at a time and beat well. Beat in treacle. Fold in flour.
- 4** After 30 minutes, drain the dates into a bowl and keep the liquid. Fold dates into pudding mixture and then spoon mixture into the pot. Level top with a spoon. Cover with lid.
- 5** Using the function arrows, select SLOW COOK, set temperature to HI, set time to 2 hours, then press **START/STOP** to begin cooking.
- 6** When cooking is complete, the pudding will be soft with a gooey centre.
- 7** Serve hot with ice cream or cream.

TIP You can also serve with extra caramel sauce.

GRAIN & PASTA CHART

When referencing the lines inside the pot, always place grain in first, then add water/liquid up to the corresponding measurement line, select function, and press START/STOP to being cooking. **See Page 5 for more information.**

NOTE: Built in grain measurement lines **ONLY** work when using for white rice (short, medium or long grain), brown rice (short, long, or brown jasmine), and oats—**DO NOT** use the lines when cooking any other grain. See chart below

INGREDIENT	DRY INGREDIENT AMOUNT		LIQUID AMOUNT (water or stock unless otherwise noted)		FUNCTION	TIPS
	GRAMMES	CUPS	ML	CUPS		
Oats: Rolled, steel cut, or quick	80g	1 cup	360ml	Match cups used to levels in cooking pot	OATS	When cooking is complete, stir oats and allow to sit for 4–5 minutes before serving to ensure all liquid is absorbed.
	160g	2 cups	790ml			
	240g	3 cups	1.35L			
	320g	4 cups	1.54L			
Brown rice: short, long, or brown jasmine	80g	1 cup	480ml	Match cups used to levels in cooking pot.	BROWN RICE	Rinse rice before cooking. Fluff before serving and season as desired.
	360g	2 cups	960ml			
	540g	3 cups	1.44L			
	720g	4 cups	1.92L			
White rice: Short, medium or long grain	200g	1 cup	360ml	Match cups used to levels in cooking pot.	WHITE RICE	Rinse rice before cooking. Fluff before serving and season as desired.
	400g	2 cups	730ml			
	600g	3 cups	1.2L			
	800g	4 cups	1.92L			
Basmati rice	200g	1 cup	480ml	2 cups	WHITE RICE	Rinse rice before cooking. Fluff before serving and season as desired.
	400g	2 cups	960ml	4 cups		
	600g	3 cups	1.44L	6 cups		
	800g	4 cups	1.92L	8 cups		
Jasmine rice	190g	1 cup	300ml	1¼ cups	WHITE RICE	Rinse rice before cooking. Fluff before serving and season as desired.
	380g	2 cups	730ml	3 cups		
	570g	3 cups	960ml	4½ cups		
	760g	4 cups	1.44L	6 cups		
Arborio rice	200g	1 cup	480ml	2 cups	WHITE RICE	After cooking, season as desired. For a “risotto” style dish, add additional stock, Parmesan cheese, and herbs until desired consistency is achieved.
	400g	2 cups	960ml	4 cups		
	600g	3 cups	1.44L	6 cups		
	800g	4 cups	1.92L	8 cups		

TIP When using a grain/pasta function, unit will display an animation while cooking and then automatically switch to the Keep Warm function while displaying a count up timer.

GRAIN & PASTA CHART, continued

When referencing the lines inside the pot, always place grain in first, then add water/liquid up to the corresponding measurement line, select function, and press **START/STOP** to begin cooking. **See Page 5 for more information.**

NOTE: Built in grain measurement lines **ONLY** work when using for white rice (short, medium or long grain), brown rice (short, long, or brown jasmine), and oats—**DO NOT** use the lines when cooking any other grain. See chart below

INGREDIENT	DRY INGREDIENT AMOUNT		LIQUID AMOUNT (water or stock unless otherwise noted)		FUNCTION	TIPS
	GRAMMES	CUPS	ML	CUPS		
Sushi rice	200g	1 cup	300ml	1¼ cups	Water, milk, or milk alternative WHITE RICE	Rinse rice before cooking. Fluff before serving and season as desired.
	400g	2 cups	600ml	2½ cups		
	600g	3 cups	600ml	3¾ cups		
	800g	4 cups	1.2L	5 cups		
Wild or red rice	185g	1 cup	300ml	1¼ cups	BROWN RICE	Fluff before serving and season as desired.
	370g	2 cups	600ml	2½ cups		
	560g	3 cups	325ml	3¾ cups		
	740g	4 cups	1.2L	5 cups		
Farro, spelt, or freekeh	170g	1 cup	480ml	2 cups	BROWN RICE	Fluff before serving and season as desired.
	340g	2 cups	960ml	4 cups		
	510g	3 cups	1.44L	6 cups		
	380g	4 cups	1.92L	8 cups		
Quinoa	180g	1 cup	480ml		BROWN RICE	Fluff before serving and season as desired.
	360g	2 cups	960ml			
	540g	3 cups	1.44L			
	720g	4 cups	1.92L			
White pasta: Short pasta: macaroni, orecchiette Medium pasta: penne, rigatoni Long pasta: spaghetti, fettuccine	250g		480ml		PASTA	Remove lid when water comes to a boil. When cooking is complete, stir pasta and season as desired. To add sauce, pour sauce over pasta and warm using the SEAR/SAUTÉ function.
	500g		840ml			Alternative pastas, such as whole wheat, gluten free, or chick pea, will NOT work with the PASTA function.

TIP When using a grain/pasta function, unit will display an animation while cooking and then automatically switch to the Keep Warm function while displaying a count up timer.

SLOW COOK CHART

Cook proteins low and slow for flavourful and tender results.

PROTEIN	AMOUNT	PREPARATION	WATER/STOCK	COOK TIME LOW	COOK TIME HIGH
BEEF					
Silverside Brisket	1.25-1.35kg	Season as desired	480ml	7-9 hours	3 ½-4 hours
Braising/casserole/chuck steak	1.35-1.8kg	Season as desired	480ml	6-8 hours	3-4 hours
Short ribs (bone in)	1.35kg (approx. 5-6 ribs)	Season as desired	480ml	6-8 hours	3 ½-4 ½ hours
Top round	1.35-1.8kg	Season as desired	480ml	9-10 hours	3-4 hours
PORK					
Baby back ribs	1 rack, cut in half (1.35kg)	Season as desired	480ml	4-6 hours	2-3 hours
Gammon	1.25-1.35kg	Season as desired	480ml	6-8 hours	2-3 hours
Pork shoulder	1.25-1.35kg	Season as desired	480ml	5-8 hours	4-6 hours
CHICKEN					
Chicken breasts (bone in)	1.35kg (approx. 4-5 breasts)	Season as desired	480ml	6-7 hours	3-4 hours
Chicken breasts (boneless, skinless)	1.35kg (approx. 6-7 breasts)	Season as desired	480ml	6-7 hours	3-4 hours
Chicken thighs (bone in)	1.35kg (approx. 6-7 thighs)	Season as desired	480ml	6-7 hours	3-4 hours
Chicken thighs (boneless, skinless)	1.35kg (approx. 6-7 thighs)	Season as desired	480ml	6-7 hours	3-4 hours
Chicken wings	1.25-1.35kg	Season as desired	480ml	6-7 hours	3-4 hours
Whole chicken	1.25-1.35kg	Season as desired	480ml	6-7 hours	3-4 hours
LAMB					
Half leg of lamb	1kg	Season as desired	480ml	4-6 hours	2-3 hours
Shanks	1kg	Season as desired	480ml	6-7 hours	3-4 hours

TIP For a great all purpose seasoning, combine 1 tablespoon onion powder, 1/4 teaspoon garlic powder, and 2 tablespoons of salt, then generously season protein before slow cooking.

STEAM CHART

Place water in pot, vegetables in a single layer on rack.

VEGETABLE	WEIGHT	SIZE/PREPARATION	WATER	SEASONING IDEAS	STEAMING TIME
Asparagus	250g	Whole spears	240ml	Olive oil	3-5 minutes
Beans, fine green	300g	Whole, trimmed	240ml	Garlic, peeled, minced	5-8 minutes
Broccoli	400g	5cm florets	240ml	Olive oil	7-9 minutes
Brussels sprouts	200g	Whole, trimmed	240ml	Thyme	7-10 minutes
Carrots	500g	4cm lengths	240ml	Honey	6-10 minutes
Cauliflower	500g	5cm florets	240ml	Cumin	5-10 minutes
Zucchini	500g	2.5cm slices	240ml	Olive oil and Italian seasoning	5-10 minutes
Potatoes	800g	2.5-3cm chunks	240ml	Parsley or dill	12-15 minutes
Potatoes, new	500g	Whole, or halved if large	240ml	Parsley or mint	9-14 minutes
Potatoes, sweet	800g	3cm chunks	240ml	Olive oil and garlic, peeled, minced	10-15 minutes
Spinach	200g	Whole leaves	240ml	Olive oil and garlic, peeled, minced	3-5 minutes
Tenderstem broccoli	200g	Whole	240ml	Olive oil, sea salt	7-9 minutes

NOTES

[illegible]



NOTES

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

NINJA Foodi POSSIBLE COOKER

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tips, and tricks?**

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