Pressure Cook

Slow Cook

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

Get the most out of your 2 Tier Reversible Rack



Higher Position Grill chicken, steak, seafood and more.



Lower Position Steam vegetables and sides.



Full Assembly Increase capacity to cook up to 8 chicken breasts or salmon

fillets at once.

Time to pressure will vary based on quantity and temperature of ingredients, along with selected pressure level, and can take up to



Natural release is used for large or delicate foods and any starchy ingredients.

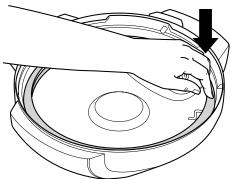


ingredients that are sensitive to overcooking. **DO NOT** quick release pressure when cooking starchy or foamy foods. To quick release the pressure, turn the Pressure Release Valve to the VENT position and allow pressure to release until the float valve drops

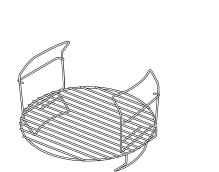
Valve. **DO NOT** reach over the valve.



that the silicone ring is fully installed by ring rack. (See image below.)



2 Tier Reversible Rack Assembly



1. Place the Reversible Rack in the pot in the lower position.

Create deluxe 360 meals by

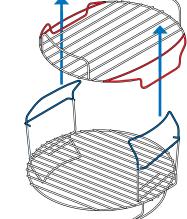
sides on the lower layer, and

placing proteins on the top layer,

grains on the bottom of the pot.

Note: For easier cleaning, coat the rack with cooking spray before placing food.

2 Tier Reversible Rack Usage



2. Drop top layer through reversible rack handles. Note: Place ingredients on the lower layer before adding the top layer.

For best results, use the

roasting, and bottom of the

pot for wetter ingredients.

top layer for crisping,

lower layer for oven



3. Top layer will fit securely into handle slots.

When air crisping 2 layers,

allow 5-15 minutes for the

lower layer to crisp before

adding the top layer.

Helpful Hints



1. Place diffuser on a flat surface.

To convert oven recipes, use the Bake/Roast function and reduce the cook temperature by 5°C.



2. Place basket on diffuser.

Any liquid can be used for pressure cooking. Use broths or sauces instead of water to infuse additional flavour. Always use a minimum of 250ml of liquid. Depending on your recipe, you may need up to 750ml.



3. Press down firmly

When switching from the pressure lid to the crisping lid after pressure cooking, empty the pot of any remaining liquid for best crisping results.

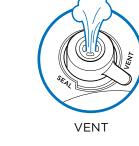
Press START/STOP button to begin.



Use the START/STOP dial to select PRESSURE. Press TEMP and set to HI. Press TIME and set to 2 minutes.



The display showing PRE and some steam release indicate pressure is building. When fully pressurised, countdown will begin.



When your Foodi® beeps and the display reads DONE, turn valve to VENT for quick release

Note: Valve will be loose when fully installed.

Basket Assembly, Hints & Tips

Pressure Cooking Tips



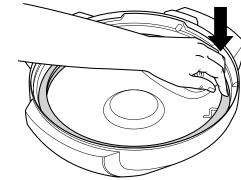
Quick release is used for smaller foods or

Note: Steam exits from the top of the Pressure Release

Cook & Crisp™ Basket Assembly



If the unit is not coming to pressure, check pressing it into place all around the metal



First time pressure cooking? Try this water test to practice using pressure.

Bake/Roast

Dehydrate

Let's get cooking

& crisping



MAX

Why are there 2 lids?

We're glad you asked. The 2-lid

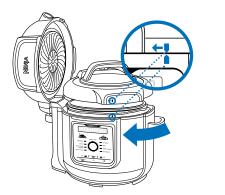
Use both lids to unlock a world

of delicious, TenderCrisp meals.

and crisp in the same pot.

design allows you to pressure cook

Add 750ml water to cooking pot.



Install Pressure Lid by aligning the arrows on the lid and base, then turning clockwise until lid clicks into place.

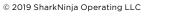


Pressure Lid is locked when it has clicked into place and the Ninja logo is facing you.

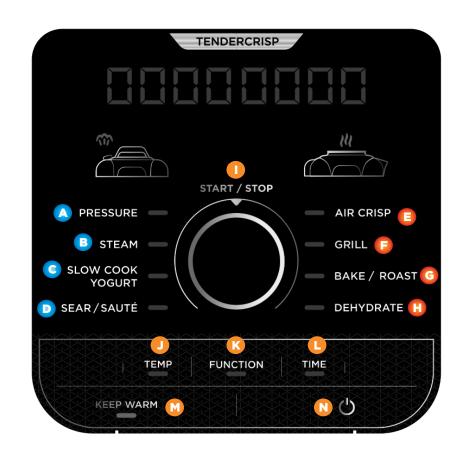
Turn Pressure Release Valve to SEAL.

Note: Valve will be loose when fully installed.





Using the Control Panel



COOKING FUNCTIONS

TENDERISING FUNCTIONS









CRISPING FUNCTIONS

OPERATING BUTTONS

- **START/STOP dial/button:** Turn the dial to choose a cooking function, cook temperature and cook time. Press the button to start cooking. Pressing the button while the unit is cooking will stop the current cooking function.
- **TEMP:** Press TEMP and turn the START/STOP dial to adjust cook temperature in 5-degree increments or to adjust pressure level.
- **FUNCTION:** Press FUNCTION and turn the START/STOP dial to choose a cooking function.

TIME: Press TIME and turn the START/STOP dial to adjust the cook time.

G H

- Note: To adjust settings while cooking, press the TEMP or TIME button, then use the START/STOP dial to choose desired temperature or time.
- KEEP WARM: After pressure cooking, steaming, or slow cooking, the unit will automatically switch to Keep Warm mode and start counting up. Keep Warm will stay on for 12 hours, or you may press KEEP WARM to turn it off.
- N POWER: The Power button turns the unit on and off and stops all cooking functions.



turn valve to VENT

Using the Pressure Lid

PRESSURE BUILDING ACCESSORY TEMP/PRESSURE PRESSURE/TEMP RELEASE **PRESSURE** Cook foods quickly while maintaining tenderness HH:MM PRE Wait for unit to Turn valve to VENT build pressure. Time for quick release. When complete. will begin counting Lock Pressure HI or LO 1 minute to 4 hours down when the unit unit will switch to Lid and turn is pressurised. KEEP WARM and valve to SEAL count up. **STEAM** Gently cook delicate foods at a high temperature HH:MM PRE \bigcirc Wait for unit to come to temp. When complete, Reversible Rack Lock Pressure Lid 1 minute to 30 minutes No temp unit will switch No pressure release in lower position and turn valve adjustment available to KEEP WARM to VENT and count up. **SLOW COOK** Cook foods at a lower temperature for longer periods of time HH:MM WARM 00:02 04:00 \triangle When complete. unit will switch to KEEP WARM and 4 hours to 12 hours Lock Pressure Lid HI or LO No pressure release and turn valve to VENT YOGURT Make homemade yogurt HH:MM BOIL. ADD 08:00 YGRI 88:88 Once cooled, Unit will display "BOIL" while unit will prompt you to "ADD" and pasteurising. "STIR"cultures. When done, unit Lock Pressure Lid YGRT or FMNT 8 hours to 12 hours Then press will beep and and turn valve display "COOL". START/STOP to to VENT start incubating. **SEAR/SAUTÉ** Brown meats, sauté vegetables and simmer sauces LO, LO-MED, MED, No lid necessary No time adjustment MED-HI, or HI available If using Pressure Lid,



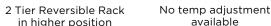
Using the Crisping Lid

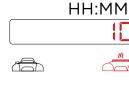
CHECK FOOD SHAKE/TOSS AIR CRISP Give foods crispiness and crunch with little to no oil Shake basket or Open lid to pause toss with silicone cooking, close lid tipped-tongs for Cook & Crisp™ Basket 150°C to 200°C 1 minute to 4 hours to resume. even browning. BAKE/ROAST Oven-tender meats, baked treats and more HH:MM

GRILL Cook at high heat to caramelise and brown foods

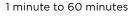
120°C to 200°C







1 minute to 4 hours





Open lid to pause

to resume.

cooking, close lid

DEHYDRATE Dehydrate meats, fruits and vegetables







2 Tier Reversible Rack with top layer installed

Adjust temp from 30°C to 90°C

4 hours to 12 hours