Please make sure to read the enclosed Ninja® Instructions prior to using your unit.









NINJA® Foodi® MAX

15 in 1 SmartLid™ Multi-Cooker









Your guide to cooking with SmartLid™

Welcome to the Ninja® Foodi® SmartLid™ Multi-Cooker recipe book. From here, you're just a few pages away from recipes, helpful tips that will help you Combi-Steam meals and breads, TenderCrisp chickens and make all your favourite guilt-free fried foods.

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NINJA
Cooking Circle.com
SCAN FOR MORE RECIPES

SmartLid Slider™

3 modes under one lid

Pressure cooker. Combi-steamer. Air fryer.



Simply move the slider to effortlessly toggle between 15 cooking functions. The cooking environment will intelligently change as you slide from mode to mode.

Opening and closing the lid

Use the lift tab above the SmartLid Slider™ to open and close the lid.



Pressure

When SmartSlider is in the left position, lid cannot be opened for safety.

Combi-Steam

When SmartSlider is in the middle position, steam will build. After progress bar has built, wait at least 5 minutes to lift lid to check on food.

Air Fry / Hob

When SmartSlider is in the right position, open lid any time to check on food.

All your favourite Ninja® Foodi®

Pressure



Cook foods quickly while maintaining tenderness.

Sear/Sauté



Brown meats, sauté vegetables and simmer sauces.

Steam



Gently cook delicate foods at a high temperature.

Slow Cook



Cook at a lower temperature for longer periods of time.

Yogurt



Make homemade yogurt.

These programs all cook by heating up the bottom of the pot.

Multi-Cooker functions

Air Fry



Give foods crispiness and crunch with little to no oil.

Bake



Use the unit like an oven for baked treats and more.

Grill



Cook at high heat to caramelise and brown foods.

Dehydrate



Dehydrate meats, fruits and vegetables.

Prove



Create an environment for dough to rest and rise.

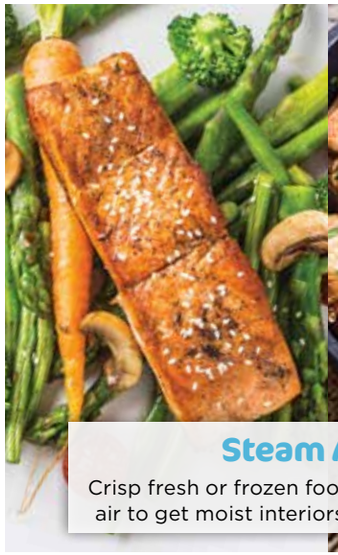
These programs all use the top heating element usually in combination with the fan to evenly distribute heat.

An entirely new way of cooking

Combi-Steam MODE

STEAM + CRISP at the same time at the touch of a button for faster, juicier, crispier results.

Best for meal times and cooking from scratch.
Even use it to elevate your baking too.



Steam Air Fry

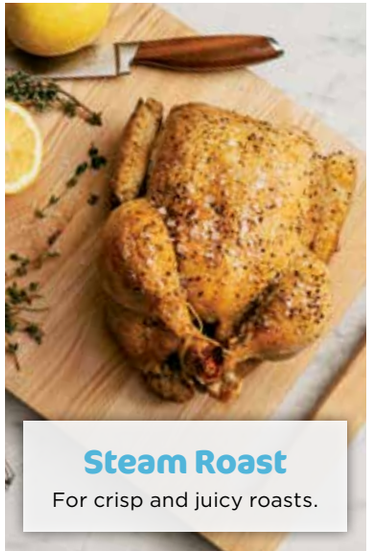
Crisp fresh or frozen foods with steam-infused air to get moist interiors and crispy exteriors.





Steam Meals

Cook full meals faster.



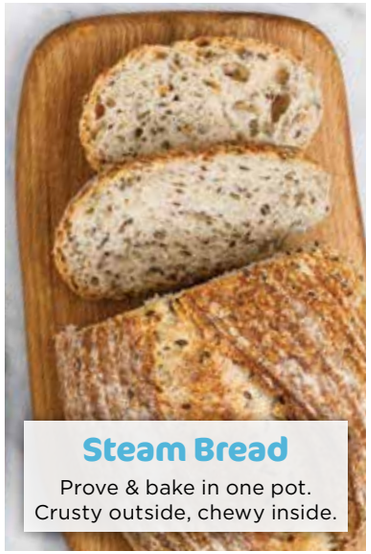
Steam Roast

For crisp and juicy roasts.



Steam Bake

Bake fluffier cakes faster.



Steam Bread

Prove & bake in one pot.
Crusty outside, chewy inside.

The juiciest way to air fry

Steam Air Fry

Frozen or fresh chicken breast and salmon fillets and fresh root vegetables like potatoes and carrots.



The choice is yours



Tip: For frozen foods like breaded chicken nuggets or French fries, use the Air Fry function. Refer to the charts at the back.

The juiciest way to roast

Steam Roast

Perfect for large cuts of lean meats like a whole chicken or pork.



Tenderise the inside. Crisp up the outside. All in one step.

Making a COMBI-STEAM Complete Meal

Stack your mains and sides and cook them at the same time

Easy 2-part meals at the same time

CARBOHYDRATE + PROTEIN



Use bottom or top of Reversible Rack when making
2-part meals incorporating carbohydrate or grain and protein.

Full 3-part meals at the same time

CARBOHYDRATE + PROTEIN + VEGETABLE



Nest delicate vegetables like broccoli in an aluminum foil pouch
on the bottom layer of the Reversible Rack.

Use FRESH protein to build a complete meal

Please use these charts as guides and adjust cook times as needed if your food load quantity varies.

1. Prep protein

Pick a protein and marinade and combine in a mixing bowl. Set aside.

PROTEIN	MARINADE
4 Chicken Cutlets 125-175g each 1.5cm thick	Rosemary Lemon Marinade
Extra-Firm Tofu 400g package pressed to remove moisture, cut in 4 x 1.5cm pieces	Cajun Spice Blend
4 Pork Cutlets 125-175g each 1.25-2cm thick	
2 Steaks 450g total 1.25-2cm thick	Dry Herb Rub
Portobello Mushrooms 6 (7.5cm diameter) or 3 (10cm diameter)	Mojo Marinade
4 prawn skewers (6 large prawns per skewer)	

2. Start with your bottom layer

In the cooking pot, combine pasta with sauce OR grain with vegetable. Stir until combined.



PASTA 350g-500g uncooked	SAUCE	OR	GRAIN 240g uncooked	VEGETABLE 100g mix & match
Rigatoni	Tomato Sauce 2 500g jars tomato sauce 625ml stock		Rice & Beans Add water, oil and spices as directed on box/bag	Frozen Vegetable Medley
Cavatappi			Rice Rinse. Add water, oil and spices as directed on box/bag	Onion diced
Elbows				
Penne	Creamy Alfredo 120ml white cooking wine 480ml chicken stock 480ml whole milk 1 500g jar alfredo sauce		Rice Pilaf Add water, oil and spices as directed on box/bag	Bell Pepper up to 125g diced
Thin Linguini				
Large Shells			Quinoa Rinse. Add water, oil and spices as directed on box/bag	Mushrooms sliced

Want to cook less pasta? Cut the sauces in half with 250g of pasta: **Tomato Sauce:** 700g jar marinara sauce, 480ml stock
Creamy Alfredo: 65ml white cooking wine, 240ml chicken stock, 240ml whole milk, 450g jar alfredo sauce, 100g grated Parmesan cheese (stir in to thicken sauce after cooking is complete)

3. Assemble middle layer

Place the Reversible Rack in the lower position into the cooking pot. Layer with foil and add vegetables.



VEGETABLE 200g mix & match
Broccoli cut in uniform 4cm florets
Medium Onions cut in quarters
Baby New Potatoes whole
Baby New Potatoes cut in half
Corn on the Cob peeled and cleaned
Cauliflower cut in uniform 4cm florets
Asparagus trimmed

4. Assemble top layer

Place top tier on the 2 Tier Rack. Place protein on rack and close lid. Select STEAM MEALS and adjust time and temp based on protein.



PROTEIN	CRISPING TIME AND TEMPERATURE
Breaded Chicken Cutlets	200°C for 5–9 mins steam build: up to 20 mins
Extra-Firm Tofu	200°C for 3–6 mins steam build: up to 20 mins
Pork Cutlets	200°C for 5–9 mins steam build: up to 20 mins
Sirloin Steaks	200°C for 5–9 mins steam build: up to 20 mins
Portobello Mushrooms	200°C for 3–6 mins steam build: up to 20 mins
Prawn Skewers	200°C for 3–6 mins steam build: up to 20 mins

*For thicker cuts of meat, lower temperature to 190°C and add 2–3 minutes to cook time. Note that in doing this you may run the risk of overcooking the other meal components so we recommend keeping meat thickness within the given guidelines.

Perfectly cooked with the Foodi® Digital Cooking Probe.



How do you like your steak?

Everyone's perception of levels of cook differs form person to person.
The below guide shows what each PRESET visually correlates to when selecting beef.
We have provided a range of options to allow for more customisation based on your preference.

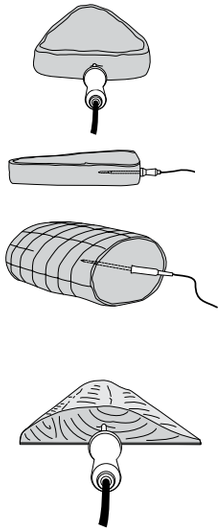
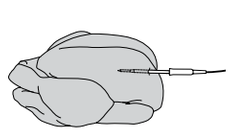


Probe can be used for all functions except Yogurt, Prove, Sear/Saute and Dehydrate.

Place the cap back into the socket in the lid after every use.

How to place the probe

Once you've selected your cooking function, cooking temperature, protein type, and desired level of doneness, **insert the Foodi® Digital Cooking Probe into the thickest part of your meat or fish** while the grill is preheating.

FOOD TYPE	PLACEMENT	CORRECT	INCORRECT
Steaks **Pork chops** **Lamb chops** **Chicken breasts** **Burgers** **Tenderloins** **Fish fillets**	• Insert probe horizontally into the centre of the thickest part of the meat. • Make sure the tip of the probe is inserted straight into the centre of the meat, not angled toward the bottom or top of it. • Make sure the probe is close to (but not touching) the bone and away from any fat or gristle. NOTE: *The thickest part of the fillet may not be the centre. It is important that the end of the probe hits the thickest part so desired results are achieved.*		
Whole chicken	• Insert probe horizontally into the thickest part of the breast, parallel to, but not touching, the bone. • Make sure the tip reaches the centre of the thickest part of the breast and doesn't go all the way through the breast into the cavity.		

DO NOT use the probe with frozen protein or for cuts of meat thinner than 1.5cm thick.

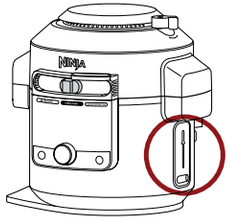
For complete probe instructions, see your Ninja® Instruction Booklet.

Cooking with the probe

The integrated Digital Cooking Probe continues to monitor temperature throughout the cooking process, unlike a traditional instant-read probe.

STEP 1
Set up

- Remove probe from the storage compartment on the right side of the unit. Unwind the cord.
- Remove the CAP from the socket inside the lid on the bottom right.
- Plug probe cord into socket.



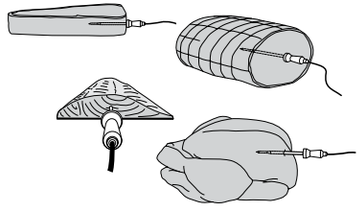
STEP 2
Plug in Probe

- Remove the cap from the socket inside the lid on the bottom right, then put the cap in probe storage compartment for safekeeping.
- Plug probe cord into socket.



STEP 3
Place probe

- Insert probe into meat or fish using the guide on page 15.



STEP 4
Add Food

- Add food with probe grip fully inside the unit, and close lid.

STEP 5
Select Cook Function

- Move slider mode to Pressure, Combi-Steam or Air Fry/Hob.
- Use dial to select the desired cooking function.



NOTE: When using the probe with the Pressure function, ALWAYS set the pressure release to QUICK RELEASE to avoid overcooking the protein.

STEP 6
Program Probe

- Press the PRESET button.
- Use the right arrows to choose the desired protein.
- Use the left arrows to choose the desired outcome.
- Press START/STOP to begin cooking.



Using the probe in different cooking scenarios

SAME MEAT OR FISH SAME SIZE DIFFERENT OUTCOMES

1. Set the preset feature to the highest desired level of outcome.
2. Insert the probe in the protein with the higher desired level of outcome.
3. When the lower desired level of outcome is reached, remove the protein with the probe from the unit. Use oven gloves to transfer the probe to the remaining protein.
4. Repeat steps 1 and 2 for the second protein.

SAME MEAT OR FISH DIFFERENT SIZES

1. Set the preset feature to the desired level of **outcome** for the smaller protein.
2. Insert probe in the smaller protein. Then refer to Steps 5 and 6 in the above chart.
3. As the probe does get hot, use oven gloves to transfer it to the larger protein. Then use the arrows to the left of the display to choose the level of **outcome**.

DIFFERENT MEAT OR FISH

1. Insert probe in the protein with the lower desired level of outcome.
2. Use the Manual feature to choose the desired internal temperature (refer to Instructions).
3. As the probe does get hot, use oven gloves to transfer it to the other protein. Then use the Manual feature to choose the desired internal temperature.

STEP 7
Carry-Over Cook & Rest

- After cooking in the unit, it's important to let proteins carry-over cook and rest on a plate for 3-5 minutes.
- Carry-over cooking is when food retains heat and continues to cook after being removed from the source of heat. Resting helps lock in the protein's natural juices.
- **Did you know? Meat keeps cooking when you remove it from the SmartLid™.** To prevent overcooking, the unit will beep right before your food reaches desired outcome, taking carry-over cooking into account.

NOTE: Skipping carry-over cooking and cutting into food right away may result in a rarer level of outcome.

STEP 8
Replace CAP

- When unit has cooled, replace the CAP inside the lid on the bottom right.



NOTE: When probe not in use this stopper must be installed. Otherwise an error message will appear on the display ADD CAP.

5 keys to making the perfect dough

PRECISE MEASUREMENTS

It's important that your measurements and ratios are as precise as possible.

TEMPERATURE

Temperature is a key factor to consider when making a dough. When recipes call for liquid ingredients to be at a specific temperature, it is very important to follow this instruction.

The best temperature for liquid ingredients is typically around 32-38°C. This temperature is ideal for instant yeast to dissolve, multiply, and feed—the process that leads to the perfect rise.

HUMIDITY

Excess humidity can result in overly wet dough, whereas a very dry environment can dry out your dough.

If your dough is too wet, try adding a tablespoon of flour at a time and mixing it in until the dough is no longer soggy.

If your dough is too dry, try adding a tablespoon of water at a time and mixing it in until the dough is smooth and soft.

The Steam Bread function gives breads a greater rise, retains moisture and delivers the perfect colour and crust. Baking is a science, and a recipe—in the professional world of baking—is referred to as a formula.

TEXTURE

The texture of the dough may vary between recipes. A recipe may call for a soft and supple dough, a firm and tough dough, or a slightly wet and sticky one.

Regardless of which dough type the recipe calls for, the dough texture should visually appear smooth and held together (unless otherwise noted in the recipe).



You should be able to see that all ingredients are incorporated.



When transferring the dough, no ingredients should stick to the sides of the mixing bowl.

PROVING

When it comes to proving, there are a couple tricks for checking if a dough is fully proved. The most accurate is the "poke test."





PERFECTLY PROOFED

If you poke perfectly proved dough with your finger, the indentation will hold its shape and disappear slowly. If more proving is needed, the dough will spring back and not hold the indentation.

Besides the poke test, you can also judge the proving by the size of the dough, which should double after proving is complete.

Crispy Rosemary and Parmesan Potato Wedges

PREP: 2 MINUTES | **SOAK:** 30 MINUTES | **TOTAL COOK TIME:** 26 MINUTES | **MAKES:** 4 SERVINGS
STEAM: 10 MINUTES | **COOK:** 16 MINUTES

INGREDIENTS

750g Maris Piper or King Edward potatoes with peel, cut into 2.5cm thick wedges, water for soaking
1-2 tablespoons oil
125ml water
2 teaspoons semolina, optional
1 teaspoon sea salt
30g grated Parmesan cheese or vegetarian equivalent
2 teaspoons rosemary, finely chopped
2 garlic cloves, minced
Sour cream and chopped chives to serve



DIRECTIONS



1 Place potatoes in a large bowl, cover with water and allow to soak for 30 minutes to remove excess starch. Rinse and pat potatoes dry.



2 In a clean bowl, toss the potatoes, oil, semolina and salt together. Add 125ml water to bottom of pot. Transfer wedges into basket and place into pot.



3 Close the lid and move slider to middle position to COMBI-STEAM.



4 Select STEAM AIR FRY, set temperature to 230˚C, and set time to 16 minutes. Select START/STOP to begin cooking, (the display will show PRE for approximately 10 minutes as the unit steams, then the timer will start counting down).



5 Stir Parmesan, rosemary and garlic together. When the timer reaches 9 minutes, open lid, sprinkle over Parmesan mix, toss potato wedges to coat and close lid to continue cooking. With 4 minutes remaining, open lid, rearrange wedges. Close lid to finish cooking.



6 When cooking is complete, carefully remove the basket and transfer wedges to a serving plate. Top with sour cream and chives.

Don't forget to add water or stock to create steam and cook your food.

NOTE If you prefer your wedges crisper, select AIR FRY and set temperature to 230˚C, set time to 5 minutes. Press START/STOP to begin cooking. Check towards end cook time if they are brown enough. The unit will automatically stop when the lid is opened.



ROAST BEEF AND ROAST POTATOES

PREP: 10 MINUTES | **TOTAL COOK TIME:** 55 MINUTES FOR MED BEEF | **STEAM BUILD:** 10 MINUTES
COOK: 35 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

700g topside of beef

2 tablespoons oil, divided

Salt and freshly ground black pepper

1 teaspoon mustard powder

250ml beef stock

500g King Edward potatoes

DIRECTIONS

1. Brush beef with 1 tablespoon oil, season with salt and pepper and mustard powder if desired. Then place beef in Cook & Crisp™ basket. Peel potatoes and cut into even sized pieces. Brush with remaining oil and season with salt. Place around beef in basket. Pour beef stock into pot and place basket on top.
2. Insert probe into the centre of the thickest part of the meat (see probe placement instructions on page 15). Close lid and move slider to COMBI-STEAM.
3. Select STEAM ROAST. Select PRESET and choose the BEEF setting. Use the arrows to the left of the display to select desired outcome. Press START/STOP to begin cooking (the display will show PRE for approximately 10 minutes as it steams, then the timer will start counting down).
4. When cooking is complete and the steam is released, move slider to the AIR FRY/HOB position, then carefully open the lid. Remove beef and leave to rest covered in foil.
5. If the potatoes need to be crisper, turn potatoes over, brush with oil. Select AIR FRY and set temperature to 200˚C, set time to 10 minutes. Press START/STOP to begin cooking. Check towards end cook time if they are brown enough.

TIP
The stock and meat juices in the pot can be used to make a gravy.

BEEF CASSEROLE

PREP: 20 MINUTES | **COOK:** 6 HOURS | **MAKES:** 4 SERVINGS
SEAR/SAUTÉ: 10-15 MINUTES | **SLOW COOK TIME:** 6 HOURS

INGREDIENTS

800g stewing beef, cut into 3cm cubes
2 tablespoons plain flour
Salt and pepper
3 tablespoons olive oil, divided
1 onion, sliced
2 large carrots, sliced
2 sticks celery, sliced
1 leek, sliced
1 garlic clove, crushed
300ml red wine
1 tablespoon tomato puree
1 tablespoon wholegrain mustard
500ml beef stock
1 bouquet garni



DIRECTIONS

1. Place beef, flour and seasoning into a plastic bag, seal and shake until all the meat is coated in flour. Select SEAR/SAUTÉ and set temperature to 4. Select START/STOP to preheat the unit for a few minutes. Add 2 tablespoons oil into pot.
2. Shake excess flour off beef and add half the beef to pot, colour on all sides. Remove beef with a slotted spoon and repeat with the remaining beef. This may take a few minutes.
3. Add remaining oil to pot, stir in onions, carrots, celery, leeks and garlic. Cook for a few minutes, then deglaze the pot with a little wine, scraping up any beef residue. Stir in tomato puree, mustard, remaining wine, stock and bouquet garni. Return beef and juices to pot and ensure the beef is covered with liquid. Cover with foil. Select START/STOP to turn off SEAR/SAUTÉ. Close the lid and move slider to the AIR FRY/HOB position. Turn the pressure release valve to the VENT position
4. Select SLOW COOK, set temperature to HIGH and time to 6 hours. Select START/STOP to begin. Check whether beef is cooked and tender after 5 hours.
5. When cooking is complete, carefully remove the pot and serve casserole hot.

ONE POT LASAGNE

PREP: 15 MINUTES | **PRESSURE COOK:** 15 MINUTES | **MAKES:** 4 SERVINGS
APPROX. STEAM BUILD: 8 MINUTES | **PRESSURE RELEASE:** QUICK | **AIR FRY:** 5 MINS

INGREDIENTS

2 tablespoons olive oil
500g minced beef
1 medium onion, diced
2 sticks celery, diced (optional)
1 carrot, diced into 1cm cubes
2 garlic cloves, minced
4 tablespoons tomato puree
2 400g can chopped tomatoes
1 teaspoon dried mixed herbs or Italian herbs
1 bay leaf
250ml red wine
350ml beef stock
Salt and freshly ground black pepper to taste
250g fresh lasagne sheets
250g ricotta cheese
1 egg
100g grated mozzarella
50g grated Parmesan cheese

DIRECTIONS

1. Move slider to right position. Select SEAR/SAUTÈ and set to 5. Select START/STOP to begin. Add oil to pot and preheat for 4 minutes.
2. Stir in minced beef and fry for a few minutes to brown, making sure the meat is broken down and not in clumps.
3. Stir a few times before adding onion, celery, carrot and garlic. Turn down the heat to 3 and fry for 5 minutes.
4. Stir in tomato puree, tomatoes, herbs, wine, stock and season to taste. Turn off unit.
5. Layer in lasagne sheets by poking under sauce.
6. Close the lid and move slider to left position. Select PRESSURE and set to HIGH. Set time to 15 minutes. Make sure the pressure release valve is in the SEAL position. Use the dial to select PRESSURE RELEASE and select QUICK RELEASE. Then press START/STOP to begin cooking (the unit will build pressure for approximately 8 minutes before cooking begins).
7. Carefully open lid when unit has finished releasing pressure.
8. Mix ricotta and egg together and spread over the top of lasagne. Sprinkle over with cheeses. Close lid and move slider to right position. Select AIR FRY and set temperature to 200°C time to 5 minutes. Select START/STOP to begin.
9. When cooking is complete, remove pot from unit and serve hot with fresh vegetables.

LEMON HERB ROASTED CHICKEN WITH GARLIC & FENNEL POTATOES

PREP: 10 MINUTES | **COOK:** 40 MINUTES | **MAKES:** 4 SERVINGS
APPROX. STEAM BUILD: 11-12 MINUTES

INGREDIENTS

1 unwaxed lemon
3 sprigs fresh thyme, divided
3 sprigs rosemary, divided
1.6kg chicken
25g butter, soften
2 garlic cloves, minced
750g new potatoes
1 fennel bulb
3 garlic cloves, sliced
350ml chicken or vegetable stock
Salt and freshly ground black pepper to taste

NOTE
The chicken will take approximately 40 minutes to cook. If time is shorter, re-insert probe.

TIP
If you prefer your potatoes browner, just air fry afterwards for a few minutes to crisp.



DIRECTIONS

1. Grate zest and juice lemon. Place lemon skin with a sprig of rosemary and thyme into chicken cavity. Tie legs of chicken together with cooking twine.
2. Remove leaves from herb sprigs and mix half with butter and garlic. Spread butter over chicken skin.
3. Cut potatoes lengthwise into quarters to make wedges. Slice fennel. Put into cooking pot with potatoes, remaining half of herbs and garlic. Pour over stock. Season to taste
4. Place top rack over vegetables and place chicken on top of vegetables. Sprinkle over lemon zest, 2 tablespoons lemon juice and season to taste. Insert probe into the centre of the thickest part of the chicken (see probe placement instructions on page 15).
5. Close the lid and move slider to the COMBI-STEAM position. Select STEAM ROAST, select PRESET and choose the CHICKEN setting. Press START/STOP to begin cooking (the unit PREHEAT for about approximately 11 minutes before cooking begins).
6. When cooking is complete, remove chicken from pot, cover with foil and allow to rest for 10-15 minutes. Remove rack.
7. Reduce stock in potatoes; move slider to the AIR FRY/HOB position, select SEAR/SAUTÈ and set to Hi-5. Allow stock to reduce for 5-10 minutes, until thick and syrupy.
8. Serve chicken with green vegetables and potatoes.

CHICKEN AND LEEK POT PIE

PREP: 10 MINUTES | **COOK:** 33-38 MINUTES | **MAKES:** 6 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | **PRESSURE RELEASE:** QUICK | **AIR FRY:** 10-15 MINUTES

INGREDIENTS

25g unsalted butter
1 medium onion, diced
400g leeks, sliced
2 slices bacon, chopped into strips
2 garlic cloves, minced
1 tablespoon Dijon mustard
800g boneless chicken breasts, cut in 2.5cm cubes
100g mushrooms, sliced
400ml chicken stock
250ml dry cider
Sprig of fresh thyme, finely chopped
1 bay leaf
½ teaspoon salt
½ teaspoon black pepper
100g frozen peas
125ml crème fraiche
75g plain flour
200g puff pastry, rolled to a round 2cm larger than pot.
Milk to glaze

DIRECTIONS

1. Move slider to right position. Select SEAR/SAUTÈ and set to 4. Select START/STOP to begin. Allow to preheat for 2 minutes, then add butter to pot.
2. Once butter has melted add onion, leeks, bacon, garlic and sauté until softened for about 5 minutes. Stir a few times.
3. Stir in mustard, chicken, mushrooms, stock, cider, thyme, bay leaf and season to taste.
4. Close the lid and move slider to left position. Select PRESSURE and set to HIGH. Set time to 6 minutes. Make sure the pressure release valve is in the SEAL position. Use the dial to select PRESSURE RELEASE and select QUICK RELEASE. Then press START STOP to begin cooking (the unit will build pressure for approximately 6 minutes before cooking begins).
5. Carefully remove lid when unit has finished releasing pressure. Remove thyme sprig and bay leaf.
6. Move slider to right position. Select SEAR/ SAUTÈ and set to 3 Select START/STOP to begin. Add remaining ingredients to pot, except pastry and milk. Stir until sauce thickens and bubbles for about 5 minutes. Turn off.
7. Lay pastry evenly on top of the filling mixture, tucking edges in if necessary. Make a small cut in centre of pie crust so that steam can escape during baking. Brush top with milk. Wipe around pot with a paper towel to clean.
8. Select AIR FRY and set temperature to 180°C time to 10-15 minutes. Select START/STOP to begin.
9. When cooking is complete, remove pot from unit and serve with fresh vegetables.

CHICKEN CORDON BLEU, GREEN BEANS, & MASHED POTATOES

PREP: 15 MINUTES | **TOTAL COOK:** 14 MINUTES | **STEAM:** 11 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

LEVEL 1

1kg potatoes, cut into 2cm cubes

300ml water

150ml milk

50g butter, cubed

1 teaspoon salt

LEVEL 2

200g fine green beans

LEVEL 3

4 chicken breasts (150g each)

4 slices smoked ham

60g Gruyère cheese, cut into rectangles 1cm thick x 4cm long

1-2 teaspoons Dijon mustard

2-4 tablespoons mayonnaise

2-4 tablespoons dried breadcrumbs

Salt and ground black pepper to taste

DIRECTIONS

1. Butterfly the chicken breasts by slicing horizontally ¾ through the breast and then opening like a book. Place between two pieces of cling film. Using a rolling pin, bash the chicken until it is ½ cm thick. Remove top layer of cling film. Place a slice of smoked ham and cheese on top, season to taste. Roll pointy end of chicken over cheese and tuck in. Roll chicken tightly to form a neat shape. Secure shape with a cocktail stick. Repeat with remaining chicken breasts. Spread each chicken breast with Dijon mustard and then a spoon of mayonnaise. Finally sprinkle a spoon of breadcrumbs over each chicken breast to coat the top. Press breadcrumbs firmly onto top.
2. Put potatoes, water, milk, butter and salt in the bottom of the pot. Stir together.
3. Place the bottom layer of the reversible rack in the lower position in the pot. Cover with foil, then cover with beans and drop the top layer through the reversible rack handles. Carefully place the chicken breasts on the top layer of the rack. Close the lid and move the slider to the COMBI-STEAM position.
4. Close the lid and move slider to the middle position. Select STEAM MEALS, set temperature to 160°C, and set time to 14 minutes. Press START/STOP to begin. (the will STEAM for approximately 11 minutes before switching to STEAM MEALS).
5. When cooking is complete, carefully remove the entire rack with the chicken and vegetables.
6. Mash potatoes. Then serve with chicken and beans immediately.

HONEY GLAZED GAMMON

PREP: 10 MINUTES | **COOK:** 60 MINUTES | **MAKES:** 4 SERVINGS
APPROX. PRESSURE BUILD: 12 MINUTES | **PRESSURE RELEASE:** QUICK | **AIR FRY:** 5-7 MINUTES

INGREDIENTS

1 onions, quartered

1 carrot, cut into 5cm pieces

1 celery stick, sliced

1 bouquet garni

6 black peppercorns

300ml water

1.6kg unsmoked boneless gammon joint, tied

FOR THE GLAZE

3 tablespoons runny honey

2 teaspoons English mustard

1 tablespoon brown sugar

10-15 cloves

> **TIP**
> The stock and meat juices in the pot can be used to make a gravy.

DIRECTIONS

1. Place onions, carrots, bouquet garni and peppercorns in cooking pot with stock or water. Place gammon in Cook & Crisp™ basket in pot.
2. Insert probe into the centre of the thickest part of the gammon (see probe placement instructions on page 15). Close lid and move slider to the PRESSURE position. Make sure the pressure release valve is in the SEAL position.
3. Select PRESSURE. The temperature will default to HIGH, which is the correct setting. Select PRESET and choose the PORK setting. Use the arrows to the left of the display to select well done. Select PRESSURE RELEASE and then select QUICK. Press START/STOP to begin cooking (the unit will build pressure for about approximately 12 minutes before cooking begins).
4. When cooking is complete and the steam is released, move slider to the AIR FRY/HOB position, then carefully open the lid. Remove gammon and basket. Discard liquid and vegetables in cooking pot, unless they are wanted for a gravy.
5. Rinse and dry the cooking pot then return to unit.
6. Carefully remove the top layer of gammon skin. Criss-cross cut the skin, making a diagonal pattern.
7. Mix honey, mustard and sugar together. Brush over gammon. Stud each diamond shape with a clove. Place gammon back in basket, then place back in cooking pot.
8. Close the lid; select AIR FRY, set temperature to 200°C. Set time to 5-7 minutes. Select START/STOP to begin.
9. Cooking is complete when the gammon is golden brown in colour. Rest for a few minutes before serving with green vegetables and potatoes.

PULLED BBQ PORK SHOULDER

PREP: 10 MINUTES | **TOTAL COOK TIME:** 1 HOUR 35 MINUTES | **PRESSURE BUILD:** 12 MINUTES
COOK: 1 HOUR 15 MINUTES | **MAKES:** 6-8 SERVINGS

INGREDIENTS

2 teaspoons smoked paprika
2 teaspoon ground cumin
1 teaspoon fennel seeds
2 teaspoon dark brown sugar
1 teaspoon salt
1.8kg boneless pork shoulder
350ml dry cider
100g barbecue sauce

Serve with brioche or white buns with coleslaw



DIRECTIONS

1. Mix together paprika, cumin, fennel, sugar and salt. Rub spices all over the pork shoulder. Then place pork shoulder, skin side up in cooking pot with cider.
2. Insert probe into the centre of the thickest part of the meat (see probe placement instructions on page 14). Close lid and move slider to the PRESSURE position. Make sure the pressure release valve is in the SEAL position.
3. Select PRESSURE. The temperature will default to HIGH, which is the correct setting. Select PRESET and choose the PORK setting. Use the arrows to the left of the display to select WELL. Select PRESSURE RELEASE and then select QUICK RELEASE. Press START/STOP to begin cooking (the unit will build pressure for about approximately 12 minutes before cooking begins).
4. When cooking is complete and the steam is released, move slider to the AIR FRY/HOB position, then carefully open the lid. Remove pork, drain off fat, remove liquid and keep for sauce. Rinse and dry cooking pot.
5. If you prefer the pork fat to be crisp, carefully remove skin, place pork into Cook & Crisp™ basket. Select AIR FRY and set temperature to 200˚C, time to 20 minutes. Press START/STOP to begin cooking. Turn pork over halfway to ensure even browning. Check whether brown and crispy after 15 minutes. When cooking is complete, let the pork stand for 10 minutes before shredding with two forks.
6. Meanwhile, heat barbecue sauce and meat juices together until hot. Pour sauce over shredded pork and mix in.
7. Serve in brioche or white buns with slaw on the side.

ASIAN STYLE ROAST DUCK

PREP: 15 MINUTES | **COOK:** 32 MINUTES | **MAKES:** 4 - 6 SERVINGS
APPROX. PRESSURE BUILD: 17 MINUTES | **PRESSURE RELEASE:** QUICK RELEASE | **AIR FRY:** 20 MINUTES

INGREDIENTS

1.3kg whole duck
1 tablespoon Chinese 5 Spice
1 small onion, cut into eights
6 peppercorns
1 star anise
4 tablespoons soy sauce
500ml water
1 tablespoon oil
Salt and pepper

SERVE WITH

Chinese pancakes
Hoisin sauce
Cucumber cut into matchsticks
Spring onions cut into matchsticks

DIRECTIONS

1. Remove packet of giblets, if included in cavity of the duck. Remove wing tips to prevent burning during cooking. Pat duck dry and tie legs together with cooking string. Season well with Chinese 5 Spice, salt and pepper.
2. Add all ingredients to the cooking pot except the duck and oil, then insert the reversible rack in the low position.
3. Insert probe into the centre of the thickest part of the meat (see probe placement instructions on page 15). Close lid and move slider to the PRESSURE position. Make sure the pressure release valve is in the SEAL position.
4. Select PRESSURE. The temperature will default to HIGH, which is the correct setting. Select PRESET and choose the CHICKEN setting. Select PRESSURE RELEASE and then select QUICK. Press START/STOP to begin cooking (the unit will build pressure for about approximately 17 minutes before cooking begins).
5. When cooking is complete and the steam is released, move slider to the AIR FRY/HOB position, then carefully open the lid. Remove duck and rack. Remove liquid in pot, rinse pot out, dry and place back in unit.
6. Pat duck dry, pouring out any liquid that has gathered in cavity. Prick skin of duck with a fork or a cocktail stick. Brush oil all over duck. Place in Cook & Crisp™ basket breast side down.
7. Select AIR FRY and set temperature to 200˚C, time to 20 minutes. Press START/STOP to begin cooking. Turn duck over halfway to ensure even browning. When cooking is complete, let the duck stand for 10 minutes before shredding with two forks.
8. Serve with pancakes, hoisin sauce, cucumber and spring onions.

LAMB TAGINE WITH COUSCOUS

PREP: 15 MINUTES | **COOK:** 69 MINUTES | **MAKES:** 4 SERVINGS | **SEAR/SAUTÉ:** 10-15 MINUTES
PRESSURE BUILD: 10 MINUTES | **PRESSURE COOK TIME:** 35 MINUTES

INGREDIENTS

2 tablespoons olive oil

1 large onion, peeled and finely sliced

600-800g boneless shoulder of lamb, cut into 2.5cm cubes

2 garlic cloves, crushed

1 teaspoon ground coriander

1 teaspoon ground ginger

1 teaspoon ground cumin

1 cinnamon stick

350ml lamb stock

400g can chopped tomatoes

1 bunch fresh coriander, chopped and divided

200g dates, stone-in

100g dried apricots

2 tablespoons split almonds

Salt and freshly ground black pepper

300g couscous

400ml hot vegetable stock or boiling water

15g chopped coriander

DIRECTIONS

1. Select SEAR/SAUTÉ and set temperature to 4. Select START/STOP, add oil and preheat for 2 minutes
2. Place the chopped onion into the cooking pot and fry for 5 minutes until the onion is soft and translucent. Add garlic and fry for one minute. Remove onions and garlic from pot before adding half the diced lamb. Set temperature to Hi-5 and cook for 5-7 minutes, until browned on all sides, remove and repeat with remaining lamb. Add onions and lamb back to pot and stir in spices and season to taste.
3. Deglaze the pot with some stock, scrapping up any lamb residue. Set temperature to 3. Stir in tomatoes and remaining stock.
4. Select START/STOP to turn off SEAR/SAUTÉ. Close the lid and move slider to the left position, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HI. Set time to 35 minutes and select START/STOP to begin. Use the arrows to the left of the display to select PRESSURE RELEASE and select QUICK RELEASE. Then press START/STOP to begin cooking (the unit will build pressure for approximately 10 minutes before cooking begins).
5. When cooking is complete, move slider to the right. Carefully open lid and stir in half the chopped coriander, dates and apricots. Close the lid and move slider to the left position, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HI. Set time to 4 minutes and select START/STOP to begin. Use the arrows to the left of the display to select PRESSURE RELEASE and select QUICK RELEASE. Then press START/STOP to begin cooking (the unit will build pressure for approximately 5 minutes before cooking begins).
6. Make couscous by placing in a bowl and adding hot stock or water. Stir and cover bowl with a clean tea towel and leave for 5 minutes. Fork through to fluff up couscous, and stir in chopped coriander and season to taste.
7. When cooking is complete, move slider to the right. Carefully open lid, remove the pot and serve tagine hot with couscous, sprinkled with almonds.

MORROCAN LAMB STEAKS, TENDERSTEM BROCCOLI, & WHOLEGRAIN GIANT COUSCOUS

PREP: 10 MINUTES | **MARINATE:** 30 MINUTES | **TOTAL COOK TIME:** 12 MINUTES | **STEAM:** 8 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

LEVEL 1

150g giant couscous

350ml vegetable or chicken stock

10g fresh coriander leaves and stalks, chopped

1 red pepper, deseeded and diced into 1cm cubes

LEVEL 2

200g Tenderstem broccoli

LEVEL 3

4 lamb steaks (150g each)

MARINADE

1 tablespoon oil

2 teaspoons Ras el hanout spice mix

Salt and ground black pepper to taste



DIRECTIONS

1. Make marinade for lamb steaks; in a shallow dish mix all the marinade ingredients together. Add steaks. Allow to marinate for at least 30 minutes.
2. Rinse couscous and drain. Place all Level 1 ingredients in the bottom of the pot and stir until combined.
3. Place the bottom layer of the reversible rack in the lower position in the pot. Cover with foil, then cover with broccoli and drop the top layer through the reversible rack handles. Carefully place the lamb steaks on the top layer of the rack.
4. Close the lid and move slider to the middle position. Select STEAM MEALS. Set temperature to 180°C, and set time to 12 minutes. Press START/STOP to begin, (this will STEAM for approximately 8 minutes before switching to STEAM MEALS). Check after 10 minutes for doneness.
5. When cooking is complete, carefully remove the entire rack with the lamb and vegetables.
6. Stir the couscous, then serve with lamb and broccoli.

CRISPY TOPPED SALMON, ASIAN STYLE VEGETABLES & NEW POTATOES

PREP: 15 MINUTES | **COOK:** 18 MINUTES PLUS 10 MINUTES MARINATING | **MAKES:** 4 SERVINGS
STEAM BUILD: 11 MINUTES | **STEAM MEALS:** 8 MINUTES

INGREDIENTS

LEVEL 1

700g baby new potatoes, cut into half or quarters if large

250ml water

1 teaspoon salt

LEVEL 2

200g carrots, cut into thin sticks 7cm by 0.5cm

2 sticks of celery, cut into thin sticks 7cm by 0.5cm

LEVEL 3

1 lime, zest and juice

1 tablespoon sesame seed oil

1 tablespoon soy sauce

2cm cube of ginger, grated

Pinch of chilli flakes

1 teaspoon caster sugar

4 salmon fillets (130g each)

20g dried breadcrumbs

Salt and ground black pepper to taste

DIRECTIONS

1. In a shallow dish, place lime zest, lime juice, oil, soy sauce, ginger, chilli and sugar. Stir well to combine. Add the salmon and turn to fully coat. Leave to marinate for 10 minutes. Remove salmon (reserve marinade) and sprinkle breadcrumbs over each fillet. Press breadcrumbs firmly into fish to coat. Season to taste.
2. Put potatoes, water and salt in the bottom of the pot. Stir together.
3. Place the bottom layer of the reversible rack in the lower position.
4. Cover with foil, add carrots and celery in the centre of foil and pour over fish marinade. Slide the top layer through the bottom layer's handles. Carefully place the salmon on the top rack layer
5. Close the lid and move slider to the middle position. Select STEAM MEALS, set temperature to 170°C, and set time to 8 minutes. Press START/STOP to begin, (this will STEAM for approximately 11 minutes before switching to STEAM MEALS).
6. When cooking is complete, carefully remove the entire rack with the salmon and vegetables.
7. Drain the new potatoes, then serve with salmon and vegetables.

RATATOUILLE

PREP: 20 MINUTES | **COOK:** 15 MINUTES | **MAKES:** 4 SERVINGS
APPROX. PRESSURE BUILD: 12 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

1 large onion, diced

3 garlic cloves, chopped

300g aubergine, diced

1 small red pepper, deseeded and diced

1 small green pepper, deseeded and diced

1 small yellow pepper, deseeded and diced

500g courgettes, diced

2 400g cans chopped tomatoes

300ml water

2 teaspoons dried mixed herbs

Salt and freshly ground black pepper

Freshly chopped basil leaves for garnish

TIP
If there is too much liquid, it can be reduced by cooking for a few minutes on SEAR/SAUTÉ.



DIRECTIONS

1. Select SEAR/SAUTÉ, set to 3 and press START. Add the oil to the pot and let it heat for 2 minutes.
2. Place the chopped onion into the cooking pot and fry for 4 to 5 minutes until the onion is soft and translucent. Add the garlic and continue to cook for another 2 minutes before adding the diced aubergine, peppers and courgettes. Select 4 and cook for 5 minutes, before stirring in chopped tomatoes, water, herbs and seasoning.
3. Close lid, move slider to the left position, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to HIGH. Set time to 5 minutes and select START/STOP to begin. Use the arrows to the left of the display to select PRESSURE RELEASE and select QUICK RELEASE. Then press START/STOP to begin cooking (the unit will build pressure for approximately 12 minutes before cooking begins).
4. Serve hot, garnished with fresh basil leaves.

ROASTED ROOT VEGETABLES

PREP: 10 MINUTES | **COOK:** 28 MINUTES | **STEAM:** 8 MINUTES | **MAKES:** 4 SERVINGS
STEAM ROAST: 15 MINS

INGREDIENTS

650g mixed root vegetables, (beetroots, carrots, parsnip, sweet potatoes or potatoes)

1-2 tablespoons oil

1 tablespoon fresh thyme leaves

Sea salt

250ml water

DIRECTIONS

1. Peel vegetables and cut into 3-4 cm even sized pieces.
2. In a bowl, add vegetables, oil, thyme leaves and salt. Toss together to make sure all the vegetables are coated in oil. Place into basket.
3. Add water to bottom of pot. Place basket on top. Close the lid and move slider to middle position COMBI-STEAM.
4. Select STEAM ROAST, set temperature to 200˚C, set time to 15 minutes. Press START/STOP to begin cooking (the display will show PRE for approximately 8 minutes as it steams, then the timer will start counting down).
5. Check to see if they're done after 13 minutes. When cooking is complete, carefully remove the basket and serve vegetables hot.



POTATO AND BACON GRATIN

PREP: 10 MINUTES | **COOK:** 28 MINUTES | **MAKES:** 4 SERVINGS
STEAM: 11 MINUTES | **COOK:** 20 MINUTES

INGREDIENTS

25g butter

1 medium onion, diced

190g lardons or bacon chopped into little pieces

1kg potatoes, peeled and cut into thin slices

1 garlic clove, minced

Salt and pepper

450ml vegetable or chicken stock

100g Gruyère cheese, grated

DIRECTIONS

1. Move slider to AIR FRY/HOB position. Select SEAR/SAUTÈ and set to 4. Select START/STOP to begin. Add butter to pot and preheat for 2 minutes.
2. Stir in onion and lardons fry for a few minutes to brown, remove from pot. Turn off unit. Allow to cool for a few minutes.
3. Layer potatoes into pot with onion, lardons, garlic and season to taste.
4. Pour over stock and top with a layer of grated Gruyère.
5. Close the lid and move slider to COMBI-STEAM position. Select STEAM ROAST and set temperature to 180˚C. Set time to 20 minutes. Press START/STOP to begin cooking (the display will show PRE for approximately 11 minutes as it steams, then the timer will start counting down).
6. When cooking is complete, remove pot from unit and serve gratin hot.



BRIOCHE

PREP: 40 MINS PLUS 1 HOUR 40 MINS PROVING | **TOTAL COOK TIME:** 28 MINUTES | **MAKES:** 1 LOAF (8-10 SERVINGS)
APPROX. STEAM BUILD: 15 MINUTES | **STEAM BREAD TIME:** 12 MINUTES

INGREDIENTS

375g strong white flour

5g instant yeast

40g caster sugar

5g salt

90ml warm whole milk

3 large eggs

150g salted butter, cubed and softened

250ml water

Soft butter for greasing

1 egg yolk beaten with 1 tablespoon water, for egg wash

DIRECTIONS

1. In a stand mixer, combine the flour, yeast, sugar, salt, milk and 3 eggs. Knead on a low speed until a smooth dough forms. Turn up the speed to medium and mix for 8-10 minutes.
2. Gradually add the softened butter on a medium speed, a few cubes at a time until all the butter is mixed in, this may take 5 minutes. Scrap down the sides of bowl to ensure all the butter is incorporated. The dough will be very soft.
3. Cover bowl and leave in fridge overnight or for 8-10 hours until it's firm.
4. Divide dough into 7 even pieces. Roll each piece into a ball. (The dough is sticky, and some extra flour may help roll out balls).
5. Grease Cook & Crisp™ basket. Cut baking parchment in a circle to fit and line bottom of basket. Arrange 6 buns around the sides of basket and 1 in middle. Add 250ml water to the pot. Place in pot. Close lid. Move slider to the AIR FRY/HOB position.
6. Select PROVE, set temp to 35°C and set time to 1 hour 40 mins. Press START/STOP to begin the rise. After 1 hour 40 minutes, check the dough to make sure it has doubled in size. Brush top of brioche with egg wash. Close the lid and move slider to the COMBI-STEAM position.
7. Select STEAM BREAD, set temperature to 160°C and set time to 12 minutes. Select START/STOP to begin cooking (the display will show PRE for approximately 15 minutes as it steams, then the timer will start counting down).
8. When cooking is complete, the surface of the bread will be crusty and brown. Carefully remove the basket from the pot. Allow the bread to cool for about 30 minutes before slicing.

WHITE BREAD

PREP: 15 MINS | **TOTAL COOK TIME:** 52-62 MINS | **MAKES:** 1 LOAF (8-10 SERVINGS)
APPROX. STEAM BUILD: 15 MINUTES | **BREAD TIME:** 20 MINUTES

INGREDIENTS

500g strong plain flour plus extra 2 tablespoons

7g instant yeast

300ml lukewarm water

1 teaspoon salt

2½ tablespoons olive oil

250ml water

Soft butter for greasing



DIRECTIONS

1. In a large mixing bowl, combine the flour, yeast, 300ml lukewarm water, salt, and olive oil. Knead until a smooth dough forms. If necessary, add extra flour ½ tablespoon at a time. Shape the dough into a ball.
2. Cut baking parchment in a circle to fit and line bottom of Cook & Crisp™ basket. Transfer the dough to the basket. Place in pot. Close lid. Move slider to the AIR FRY/HOB position. Select PROVE, set temperature to 35°C and set time to 60 minutes. Press START/STOP to begin the first rise. When the rise is complete, remove the basket.
3. Add 250ml water to the pot. Deflate the dough by gently pressing on it, then reshape it into a ball. Transfer the dough back to the Cook & Crisp™ basket, then place the basket in the pot. Close the lid.
4. Select PROVE, set temp to 35°C and set time to 50 minutes. Press START/STOP to begin the second rise. After 50 minutes, check the dough to make sure it has doubled in size. Once complete, close the lid and move slider to the COMBI-STEAM position.
5. Select STEAM BREAD, set temperature to 180°C and set time to 20 minutes. Select START/STOP to begin cooking (the display will show PRE for approximately 15 minutes as it steams, then the timer will start counting down).
6. When cooking is complete, the surface of the bread will be crusty and brown. Carefully remove the basket from the pot. Allow the bread to cool for about 30 minutes before slicing.

CARROT CAKE

PREP: 15 MINUTES | **TOTAL COOK TIME:** 1 HOUR 3 MINUTES | **MAKES**: 8 SERVINGS
STEAM: 18 MINUTES | **BAKE:** 45 MINUTES | **ACCESSORY:** 20cm ROUND SPRINGFORM BAKING PAN

INGREDIENTS

300g plain flour
15g baking powder
1 teaspoon cinnamon
½ teaspoon nutmeg
¼ teaspoon cardamom
250g caster sugar
125ml sunflower oil
3 eggs
250g carrots, finely grated
50g roasted pistachios, roughly chopped
50g walnuts, roughly chopped
Zest of 1 unwaxed orange

FOR ICING

300g cream cheese, room temperature
50g softened butter
100g icing sugar

ADDITIONAL

Cooking spray or oil for greasing
Walnut halves for decoration



DIRECTIONS

1. Pour 700ml water into the pot. Spray or grease the bottom of 20 cm round springform baking tin with cooking spray or oil and dust with flour. Line base with baking parchment.
2. Place flour, baking powder and spices into a medium bowl. Mix well and set aside.
3. In a large bowl, add sugar, oil and eggs and beat together, then gradually add flour mixture and mix until completely combined. Stir in carrots, nuts and orange zest until evenly combined. Pour the batter into prepared cake tin.
4. Place the pan on the reversible rack in the lower position, then place the rack in the pot. Close lid and move slider to COMBI-STEAM.
5. Select STEAM BAKE, set temperature to 160°C, and set time to 45 minutes. Press START/STOP to begin cooking (the display will show PRE for 20 minutes as the unit steams, then the timer will start counting down).
6. When cooking is complete, check doneness by inserting a wooden toothpick into the middle of the cake. If it comes out clean, remove the rack with the pan and let cool for at least 1 hour. If the toothpick comes out with moist crumbs or batter stuck to it, continue to bake until the toothpick comes out clean.
7. While cake is cooling, in a large bowl, add cream cheese, butter and sugar and beat until creamy and smooth.
8. When the cake has cooled, cut cake in half horizontally and sandwich together with third of the icing. Spread the remaining icing on top and decorate with walnut halves or slivers of carrots.

VANILLA CHEESECAKE WITH BERRY SAUCE

PREP: 35 MINUTES | **TOTAL COOK TIME:** 55 MINUTES | **MAKES:** 8-10 SERVINGS
STEAM: 20 MINUTES | **BAKE:** 35 MINUTES | **ACCESSORY:** 20cm ROUND SPRINGFORM CAKE TIN

INGREDIENTS

BISCUIT BASE

80g digestive biscuit crumbs
65g unsalted butter, melted
2 tablespoons granulated sugar
⅛ teaspoon salt
Zest of 1 unwaxed orange

FILLING

900g cream cheese, room temperature
175g granulated sugar
100g sour cream
2 teaspoons vanilla extract
3 eggs

BERRY SAUCE

145ml water
450g frozen mixed berries
45g granulated sugar

ADDITIONAL

Fresh berries and mint leaves for garnish (optional)



DIRECTIONS

1. In a large bowl, add the base ingredients and mix until fully combined. Transfer the mixture to the springform cake tin and press into an even layer on the bottom of the tin.
2. In a large bowl, add the cream cheese, sour cream, sugar and beat until smooth. Add the eggs and vanilla and continue to beat until fully combined. If using a hand or stand mixer, use a medium speed to avoid over-beating the eggs. Pour the filling over the base.
3. Add the berry sauce ingredients to the pot and stir until evenly combined.
4. Place the tin on the reversible rack in the lower position, then place the rack in the pot. Close the lid and move slider to the COMBI-STEAM position.
5. Select STEAM BAKE, set temperature to 120°C and set time to 35 minutes. Select START/STOP to begin cooking (the display will show PRE for approximately 20 minutes as it steams, then the timer will start counting down).
6. When cooking is complete, the cheesecake will still be wobbly in the centre. Remove the rack and tin and allow to cool for about 30 minutes. Refrigerate the cheesecake for at least 2 hours before serving to give it a firmer texture.
7. Take the cheesecake out the refrigerator, slice with a wet knife, and serve with berry sauce.

BASQUE CHEESECAKE

PREP: 10 MINS | **TOTAL COOK TIME:** 60 MINS | **MAKES:** 8-10 SERVINGS
STEAM TIME: 20 MINS | **BAKE TIME:** 30 MINS | **ACCESSORY:** NINJA CAKE TIN OR 20cm LOOSE BOTTOM TIN

INGREDIENTS

400ml water
Soft butter for greasing
600g cream cheese, at room temperature
175g caster sugar
3 large eggs, room temperature
300ml whipping cream, room temperature
1 tablespoon plain flour, sifted

TIP
Cut cheesecake with a hot wet knife for neater slices.

DIRECTIONS

1. Using some soft butter, grease a 20cm loose bottom cake tin. Line the base and side of tin with a layer of baking parchment, so it comes a few centimeters above the rim. Press paper into tin.
2. In a large bowl, or using a stand mixer, beat cheese and sugar together until smooth, beat in eggs, one at a time, making sure they are well incorporated. Then beat in cream and flour.
3. Pour the mixture into prepared tin.
4. Add water to cooking pot. Place top part of reversible rack in pan, turned so that it sits higher in pot. Place cake tin on the top, close the lid and move slider to the COMBI-STEAM position. Select STEAM BAKE and set time to 30 minutes and temperature to 150˚C. Press START/STOP to begin cooking (the display will show PRE for approximately 20 minutes as it steams, then the timer will start counting down).
5. It will still be very wobbly when cooked and should test approximately 65°C with a probe.
6. Allow the cheesecake to cool down in tin, (it may sink upon cooling). Chill in the refrigerator before serving.

NOTES

Steam Air Fry Chart

Steam Air Frying is a great way to get food to a crispy exterior and staying 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. Don't forget to add water or stock to create steam and cook your food.

NOTE: Steam will take approximately 8–15 minutes to build.

Please use these charts as guides and adjust cook times as needed if your food load quantity varies.

INGREDIENT	AMOUNT	PREPARATION	OIL *optional*	WATER	ACCESSORY	TEMP	COOK TIME
VEGETABLES							
Beetroot	1kg	Peel, cut in 1.25cm cubes	1 Tbsp	125ml	Cook & Crisp™ Basket	200°C	20 mins
Broccoli	400g	Whole, remove stem	1 Tbsp	125ml	Cook & Crisp™ Basket	210°C	15–20 mins
Brussels sprouts	1kg	Cut in half, trim ends	1 Tbsp	125ml	Cook & Crisp™ Basket	230°C	15-20mins
Butternut Squash	1kg	Cut in half, deseed	1 Tbsp	125ml	Cook & Crisp™ Basket	190°C	22-25 mins
Carrots	1kg	Peel, cut in 1.25cm rounds	1 Tbsp	125ml	Cook & Crisp™ Basket	200°C	22–28 mins
Parsnip	500g	Cut into 2.5cm pieces	1 Tbsp	125ml	Cook & Crisp™ Basket	200°C	15-20 mins
Potatoes, King Edward/Maris Piper/Russet	1kg	Cut into 2.5cm wedges	1 Tbsp	125ml	Cook & Crisp™ Basket	230°C	18-22 mins
	500g	Hand cut chips, soak 30 mins in cold water, then pat dry	1 Tbsp	125ml	Cook & Crisp™ Basket	200°C	20 mins
	4 (800g)	Whole	Brush with oil	125ml	Cook & Crisp™ Basket	200°C	30-35 mins
	1kg	Cut into 2.5cm cubes	1 Tbsp	125ml	Cook & Crisp™ Basket	200°C	20 mins
Sweet potatoes	1kg	Cut into 2.5cm cubes	1 Tbsp	125ml	Cook & Crisp™ Basket	200°C	20 mins
POULTRY							
Chicken breasts	2 (175g each)	None	Brushed with oil	125ml	Reversible Rack, higher position	190°C	15-20 mins
Chicken breasts, breaded	2 (160g each)	None	None	125ml	Reversible Rack, higher position	200°C	18–20 mins
Chicken drumsticks	1kg	None	2 Tbsp	125ml	Cook & Crisp™ Basket	210°C	25-30 mins
Chicken thighs (bone in)	1kg	None	Brushed with oil	125ml	Reversible Rack, higher position	200°C	20mins
Chicken thighs (boneless)	4 (100-125g each)	None	2 Tbsp	125ml	Reversible Rack, higher position	190°C	15-16 mins
Chicken wings	500g	None	2 Tbsp	125ml	Cook & Crisp™ Basket	230°C	15 mins
PORK AND LAMB							
Pork chops	2 thick-cut, bone-in (250g each)	Bone in	Brushed with oil	125ml	Reversible Rack, higher position	190°C	15-20 mins
Pork chops	4 boneless (100–125g each)	Bone in	Brushed with oil	125ml	Reversible Rack, higher position	190°C	20-25 mins
Lamb steaks	2 (300g)	None	Brushed with oil	125ml	Reversible Rack, higher position	190°C	10 mins

Steam Air Fry Chart, continued

NOTE: Steam will take approximately 8-15 minutes to build.

Please use these charts as guides and adjust cook times as needed if your food load quantity varies

INGREDIENT	AMOUNT	PREPARATION	OIL *optional*	WATER	ACCESSORY	TEMP	COOK TIME
FISH							
Cod	4 (150g each)	Brushed with oil	1 Tbsp	125ml	Reversible Rack, higher position	225°C	9-12 mins
Salmon	4 (150g each)	Brushed with oil	1 Tbsp	65ml	Reversible Rack, higher position	225°C	7-10 mins
Scallops	500g	Brushed with oil	1 Tbsp	65ml	Reversible Rack, higher position	200°C	4-6 mins
FROZEN POULTRY							
Chicken breasts	4 (175g each)	None	Brushed with oil	250ml	Reversible Rack, higher position	200°C	15-20 mins
Chicken drumsticks	1kg	None	Brushed with oil	125ml	Cook & Crisp™ Basket	180°C	20-25 mins
Chicken thighs with bone	1kg	None	Brushed with oil	125ml	Reversible Rack, lower position	200°C	20 -22 mins
Chicken wings	500g	None	2 Tbsp	125ml	Reversible Rack, lower position	230°C	15 mins
FROZEN BEEF							
Steak	2 (225g each)	None	2 Tbsp	250ml	Reversible Rack, lower position	180°C	22-28 mins
FROZEN FISH							
Cod	4 (140g each)	Brushed with oil	1 Tbsp	125ml	Reversible Rack, lower position	225°C	10-15 mins
Salmon	4 (120g each)	Brushed with oil	1 Tbsp	65ml	Reversible Rack, lower position	225°C	7-10 mins
FROZEN PORK							
Pork chops with bone	2 (250g each)	None	2 Tbsp	125ml	Reversible Rack, lower position	190°C	23-28 mins
Sausages	344g	None	1 Tbsp	125ml	Reversible Rack, lower position	190°C	12-14 mins

Steam Roast

Please use these charts as guides and adjust cook times as needed if your food load quantity varies

INGREDIENT	AMOUNT	PREPARATION	OIL	WATER	ACCESSORY	TEMP	COOK TIME
FRESH POULTRY							
Whole chicken	2-2.5kg	Trussed	Brushed with oil	250ml	Cook & Crisp™ Basket	180°C	45-55 mins
Turkey breast	1.4-2.4kg	None	Brushed with oil	250ml	Cook & Crisp™ Basket	180°C	45-55 mins
FRESH BEEF							
Topside	1.5kg	None	2 Tbsp	250ml	Reversible Rack, lower position	180°C	45 mins for Medium Rare
Rolled rib	1.5kg	None	2 Tbsp	250ml	Reversible Rack, lower position	180°C	25-30 mins for Medium Rare
FRESH PORK							
Pork loin	800g	None	2 Tbsp	250ml	Reversible Rack, lower position	180°C	35-40 mins
Pork tenderloin	350-500g	None	Brushed with oil	250ml	Reversible Rack, lower position	180°C	14-19 mins
FRESH LAMB							
Leg of lamb	1.5kg	None	2 Tbsp	250ml	Reversible Rack, lower position	180°C	37-40 mins

TenderCrisp® Chart

PROTEIN	AMOUNT	ACCESSORY	WATER	PRESSURE COOK	PRESSURE RELEASE	CONVECTION COOKING
Whole chicken	1 chicken (2–2.5kg)	Cook & Crisp™ Basket	250ml	High for 20 mins	After quick release, move slider to AIR FRY/HOB position and open lid. Pat protein dry with paper towel, brush with oil or sauce and season as desired. Close lid and continue to cook as instructed.	Air Fry @ 200°C for 15–20 mins
Pork ribs	1 rack, cut in quarters	Cook & Crisp™ Basket	250ml	High for 19 mins		Air Fry @ 200°C for 10–15 mins
Gammon	1 gammon (1.3kg)	Cook & Crisp™ Basket	250ml	High for 50 mins		Air Fry @ 200°C for 10–15 mins
Pork shoulder	1 shoulder (2kg)	Cook & Crisp™ Basket	250ml	High for 60 mins		Air Fry @ 200°C for 15–20 mins
Lamb shoulder	1 shoulder (1.1kg)	Cook & Crisp™ Basket	250ml	High for 30 mins		Air Fry @ 200°C for 15-20 mins

Don't forget to add water or stock to create steam and cook your food.

Pressure Cooking Chart

Don't forget to add water or stock to create steam and cook your food.

TIPS When freestyling with foods in these charts, keep the following tips in mind:

If food volume increases and size stays the same (e.g., increasing from one to two 500g pork tenderloins), cook time should remain the same.

If food size increases (e.g., increasing from a 1kg pork shoulder to a 2kg one), the cook time must increase.

The amount of water can remain the same for all food volumes—but always use at least 125ml water so the unit can build pressure.

INGREDIENT	AMOUNT	DIRECTIONS	WATER	ACCESSORY	PRESSURE	COOK TIME	RELEASE
VEGETABLES							
Beetroot	6 small or 4 large (about 1kg)	Whole	250ml	N/A	High	15–20 mins	Quick
Broccoli	400g	Cut in 2.5–5cm florets	250ml	Reversible rack, lower position	Low	1 min	Quick
Brussels sprouts	500g	Cut in half, stem removed	250ml	Reversible rack, lower position	Low	1 min	Quick
Butternut Squash (cubed for side dish or salad)	500-750g	"Peel, deseed and cut into 3cm chunks"	250ml	N/A	Low	2 mins	Quick
Butternut Squash (for mashed, puree or soup)	600g	Peel, cut in 1.25cm rounds	250ml	Reversible rack, lower position	High	5 mins	Quick
Cabbage (braised)	500g	Cut in half, core removed, sliced in 1.25cm strips	250ml	N/A	Low	3 mins	Quick
Cabbage (crisp)	500g	Cut in half, core removed, sliced in 1.25cm strips	250ml	Reversible rack, lower position	Low	2 mins	Quick
Carrots	1 head (400g)	Peel, cut in 1.25cm rounds	250ml	N/A	High	2-3 mins	Quick
Cauliflower	1 head (600g)	Cut in 2.5-5cm florets	250ml	N/A	Low	1 min	Quick
Green beans	375g	Whole	250ml	Reversible rack, lower position	Low	0*min	Quick
Kale leaves/greens	200g	Stems removed, leaves chopped	250ml	N/A	Low	3 mins	Quick
Potatoes, red (cubed for side dish or salad)	1kg	Peeled, cut in 2.5cm cubes	250ml	N/A	High	1-2 mins	Quick
Potatoes, red (for mash)	1kg	Scrubbed, whole, large potatoes cut in half	250ml	N/A	High	15-20 mins	Quick
Potatoes, white (cubed for side dish or salad)	1kg	Scrubbed, cut in 2.5cm cubes	250ml	N/A	High	1 min	Quick
Potatoes, white (for mash)	1kg	Peeled, cut in 2.5cm cubes	250ml	N/A	High	7 mins	Quick
Potatoes, sweet	500g	Peeled, cut in 2.5cm cubes	250ml	N/A	High	1 min	Quick
DOUBLE-CAPACITY VEGETABLES							
Broccoli	800g	Cut in 2.5–5cm florets	250ml	2 Tier Reversible Rack (both layers)	Low	1 min	Quick
Brussels sprouts	1kg	Cut in half, stem removed	250ml	2 Tier Reversible Rack (both layers)	Low	3 mins	Quick
Butternut Squash	1.4kg	Peel, deseed and cut into 2.5cm chunks	250ml	2 Tier Reversible Rack (both layers)	Low	2 mins	Quick
Cabbage	750g	Cut in half, core removed	250ml	2 Tier Reversible Rack (both layers)	High	5 mins	Quick
Green beans	700g	Whole	250ml	2 Tier Reversible Rack (both layers)	Low	0 mins*	Quick

Pressure Cooking Chart, continued

TIP Use hot water for pressure cooking to build pressure quicker

†Remove immediately when complete and place in cold water.
*The time the unit takes to pressurise is long enough to cook this food.

Don't forget to add water or stock to create steam and cook your food.

INGREDIENT	WEIGHT	PREPARATION	WATER	ACCESSORY	PRESSURE	TIME	RELEASE
POULTRY							
Chicken breasts	6 small or 4 large (about 1kg)	Boneless	250ml	N/A	High	8-10 mins	Quick
Chicken breasts (frozen)	1kg	Boneless	250ml	N/A	High	25 mins	Quick
Chicken thighs	1kg	Bone in/skin on	250ml	N/A	High	20 mins	Quick
	600g	Boneless	250ml	N/A	High	20 mins	Quick
Turkey breast	1 (3-4kg)	Bone in	250ml	N/A	High	40–50 mins	Quick
MINCED MEAT							
Minced beef, pork or turkey	500g-1kg	None	250ml	N/A	High	5 mins	Quick
Minced beef, pork or turkey	500g-1kg	None	250ml	N/A	High	20-25 mins	Quick
RIBS							
Pork ribs	1.25kg-1.75kg	Cut in thirds	250ml	N/A	High	20 mins	Quick
ROASTS							
Beef brisket	1.5kg-2kg	Whole	250ml	N/A	High	50-90 mins	Quick
Boneless beef silverside	1.5kg-2kg	Whole	250ml	N/A	High	60 mins	Quick
Boneless pork shoulder	2kg	Seasoned	250ml	N/A	High	50-60 mins	Quick
Pork tenderloin	2 (350-500g each)	Seasoned	250ml	N/A	High	3-4 mins	Quick
STEW MEAT							
Boneless beef short ribs	1.5kg	Whole	250ml	N/A	High	25 mins	Quick
Boneless leg of lamb	1.5kg	Cut into 2.5cm cubes	250ml	N/A	High	30 mins	Quick
Boneless pork shoulder	1.5kg	Cut into 2.5cm cubes	250ml	N/A	High	30 mins	Quick
Braising steak	1.5kg	Cut into 2.5cm cubes	250ml	N/A	High	25 mins	Quick
Lamb shanks	1.9kg	Whole	250ml	N/A	High	35 mins	Quick
HARD-BOILED EGGS							
Eggs†	1-12 eggs	None	250ml	N/A	High	4 mins	Quick

Pressure Cooking Chart, continued

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

INGREDIENTS	AMOUNT	WATER	PRESSURE	COOK TIME	RELEASE
GRAINS					
Arborio rice*	200g	500ml	HIGH	3 mins	Delayed (10 mins)
Basmati rice	200g	250ml	HIGH	2 mins	Delayed (10 mins)
Brown rice, short/medium or long grain	200g	310ml	HIGH	7 mins	Delayed (10 mins)
Farro	200g	500ml	HIGH	10 mins	Delayed (10 mins)
Jasmine rice	200g	250ml	HIGH	2 mins	Delayed (10 mins)
Kamut	200g	500ml	HIGH	30 mins	Delayed (10 mins)
Millet	200g	500ml	HIGH	6 mins	Delayed (10 mins)
Pearl barley	200g	500ml	HIGH	22 mins	Delayed (10 mins)
Quinoa	200g	375ml	HIGH	2 mins	Delayed (10 mins)
Quinoa, red	200g	375ml	HIGH	2 mins	Delayed (10 mins)
Spelt	200g	625ml	HIGH	25 mins	Delayed (10 mins)
Steel-cut oats*	200g	750ml	HIGH	11 mins	Delayed (10 mins)
Sushi rice	200g	310ml	HIGH	2-3 mins	Delayed (10 mins)
Rice, brown	200g	310ml	HIGH	5 mins	Delayed (10 mins)
White rice, long grain	200g	250ml	HIGH	2 mins	Delayed (10 mins)
LEGUMES					
All beans, except lentils, should be soaked 8–24 hours before cooking.					
Cannellini beans	200g	1 litre	LOW	4 mins	Delayed (10 mins)
Chickpeas	200g	1 litre	LOW	3 mins	Delayed (10 mins)
Lentils (green or brown)	500g	1.5 litre	LOW	5 mins	Delayed (10 mins)
This section does not require beans to be soaked.					
Black beans	500g	3.8 litre	HIGH	22 mins	Delayed (15 mins)
Black-eyed peas	200g	1.5 Litre	HIGH	15 mins	Delayed (15 mins)
Cannellini beans	200g	1.5 Litre	HIGH	40 mins	Delayed (15 mins)
Borlotti beans	200g	1.5 Litre	HIGH	5 mins	Delayed (15 mins)
Chickpeas	200g	1.5 Litre	HIGH	40 mins	Delayed (15 mins)
Butter beans	200g	1.5 Litre	HIGH	10 mins	Delayed (15 mins)

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

Air Fry Cooking Chart for the Cook & Crisp™ Basket



Please use these charts as guides and adjust cook times as needed if your food load quantity varies

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	250g	Trim stems	2 tsp	200°C	7-8 mins
Bell peppers	4 (750g)	Whole	None	200°C	18-20 mins
Cauliflower	1 head (400g)	Cut in 2.5-5cm florets	1 Tbsp	200°C	12-14 mins
Corn on the cob	4 ears (1kg)	Whole ears, husk removed	1 Tbsp	200°C	12-15 mins
Courgette	500g	Cut in quarters lengthwise, then in 2.5cm pieces	1 Tbsp	200°C	11-12 mins
Green beans	350g	Trimmed	1 Tbsp	200°C	7-10 mins
Kale for chips	400g	Torn in pieces, stems removed	None	150°C	8-12 mins
Mushrooms	300g	Wipe, quarter	1 Tbsp	200°C	7-8 mins
Potatoes, King Edward/Maris Piper/Russets	750g	Cut into 2.5cm *wedges	1 Tbsp	200°C	20-25 mins
	500g	Hand cut chips, *thin	1/2-3 Tbsp	200°C	18-22 mins
	500g	Hand cut chips,* thick	1/2-3 Tbsp	200°C	20-22 mins
Potatoes, sweet	1kg	Cut into 2.5cm cubes	1 Tbsp	200°C	14-16 mins
200°C 14-16 MINS FREQUENTLY					
Burgers	4 (113g each)	2.5cm thick	None	190°C	10 mins
Steak	2 (225g each)	None	Brushed with oil	200°C	8-12 mins
PORK					
Bacon	6 rashers, (200g)	Lay rashers evenly over edge of basket	None	170°C	10 mins
Gammon steak	1 (225g)	Whole	None	200°C	10-12 mins
Sausages	8 (450g)	None	None	200°C	7-8 mins

TIP For best results, check progress throughout cooking, and shake basket or toss ingredients with silicone-tipped tongs frequently. Remove food immediately after cook time is complete and your desired level of crispiness is achieved. We recommend using an instant-read probe to monitor the internal temperature of proteins.

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

Air Fry Cooking Chart for the Cook & Crisp™ Basket, continued

TIP Before using Air Fry, allow the unit to preheat for 5 minutes as you would your conventional oven.

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
FISH & SEAFOOD					
Fishcakes	2 (150g each)	None	None	200°C	8-10 mins
Prawns	16 jumbo	Raw, whole, tails on	1 Tbsp	200°C	7-10 mins
FROZEN FOODS					
Chicken nuggets	380g	None	None	200°C	10 mins
Fish fillets (battered)	440g	None	None	200°C	14 mins
Fish fingers	10 (280g)	None	None	200°C	9-10 mins
Hash browns	8 (360g)	None	None	200°C	14 mins
Roast potatoes	700g	None	None	200°C	22 mins
Mozzarella sticks	360g	None	None	200°C	6-7 mins
Onion rings	300g	None	None	200°C	10-12 mins
Scampi	9 jumbo pieces (230g)	None	None	200°C	7 mins
Sweet potato fries	500g	None	None	200°C	15 mins
Veggie burgers	4 (350g)	None	None	190°C	14 mins
Veggie sausages	6 (270g)	None	None	200°C	7-8 mins
FROZEN CHIPS					
Light straight chips	500g	None	None	200°C	14 mins
Chunky chips	500g	None	None	200°C	17 mins
Crinkle cut chips	500g	None	None	200°C	16 mins
French fries	500g	None	None	180°C	14 mins
Gastro chips	700g	None	None	200°C	18-20 mins
Potato wedges	650g	None	None	200°C	15 mins
Skin on chips	500g	None	None	200°C	16-17 mins

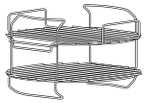
Steam Chart for the Reversible Rack



Please use these charts as guides and adjust cook times as needed if your food load quantity varies

INGREDIENT	AMOUNT	PREPARATION	WATER	COOK TIME
VEGETABLES				
Asparagus	250g	Whole spears	750ml	4-7 mins
Broccoli	400g	Cut in 2.5–5cm florets	500ml	5-9 mins
Brussels sprouts	500g	Whole, trimmed	750ml	4-8 mins
Butternut squash	750g	Peeled, cut in 2.5cm cubes	500ml	10–17 mins
Cabbage	600g	Cut in half, sliced in 1.25cm strips, core removed	500ml	6–12 mins
Carrots	500g	Peeled, cut in 2.5cm pieces	500ml	5-10 mins
Cauliflower	500g	Cut in 2.5–5cm florets	500ml	10–17 mins
Corn on the cob	4 ears	Whole, husks removed	500ml	7-9 mins
Courgette	500g	Cut in 2.5cm slices	500ml	8-10 mins
Green beans	200g	Whole	500ml	5-10 mins
Kale	200g	Trimmed	500ml	4–9 mins
Potatoes	500g	Peeled, cut in 2.5cm pieces	500ml	3-8 mins
Potatoes, sweet	500g	Cut in 1.25cm cubes	750ml	5-10 mins
Spinach	1 bag (500g)	Whole leaves	500ml	3-7 mins
Sugar snap peas	500g	Whole pods, trimmed	500ml	12–17 mins
Summer Squash	500ml	Cut in 2.5cm slices	500ml	5-10 mins
EGGS				
Poached eggs	4	In ramekins or silicone cups	250ml	3–6 mins

Steam Chart for the 2 Tier Reversible Rack



Please use these charts as guides and adjust cook times as needed if your food load quantity varies

INGREDIENT	AMOUNT	PREPARATION	WATER	COOK TIME
VEGETABLES				
Asparagus	500g	Whole spears	500ml	8-12 mins
Broccoli	800g	Cut in 2.5–5cm florets	500ml	10-12 mins
Brussels sprouts	1kg	Whole, trimmed	500ml	16-18 mins
Butternut squash	1.5kg	Peeled, cut in 2.5cm cubes	500ml	10–17 mins
Cabbage	600g	Cut in half, sliced in 1.25cm strips, core removed	750ml	18-20 mins
Carrots	500g	Peeled, cut in 2.5cm pieces	500ml	12-15 mins
Cauliflower	500g	Cut in 2.5–5cm florets	750ml	20-22 mins
Corn on the cob	4 ears	Whole, husks removed	500ml	7-9 mins
Courgette	500g	Cut in 2.5cm slices	500ml	9-12 mins
Green beans	375g	Whole	500ml	14-16 mins
Kale	200g	Trimmed	500ml	10-14 mins
Potatoes	500g	Peeled, cut in 2.5cm pieces	1 litre	25-30 mins
Potatoes, sweet	500g	Cut in 1.25cm cubes	750ml	18-20 mins
Spinach	1 bag (500g)	Whole leaves	500ml	6-8 mins
Sugar snap peas	1kg	Whole pods, trimmed	500ml	6-8 mins
EGGS				
Poached eggs	4	In ramekins or silicone cups	250ml	3-6 mins

Dehydrate Chart for the Cook & Crisp™ Basket with the 2-Tier Reversible Rack or the Dehydrating Rack**

TIP Most fruits and vegetables take between 6 and 8 hours (at 60°C) to dehydrate; meats take between 5 and 7 hours (at 70°C). The longer you dehydrate your ingredients, the crispier they will be.

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRUITS & VEGETABLES			
AppleChips	Cut in 3mm slices, remove core, rinse in lemon water, pat dry	60°C	7–8 hrs
Asparagus	Cut in 2.5cm pieces, blanch	60°C	6-8 hrs
Bananas	Peel, cut in 3mm slices	60°C	8-10 hrs
Beetroot	Peel, cut in 3mm slices	60°C	7–8 hrs
Fresh herbs	Rinse, pat dry, remove stems	60°C	4-6 hrs
Ginger root	Cut in 3mm slices	60°C	6 hrs
Mangos	Peel, cut in 3mm slices, remove stone	60°C	6-8 hrs
Mushrooms	Clean with soft brush or wipe with damp kitchen paper	60°C	6-8 hrs
Pineapple	Peel, cut in 3mm - 1.25cm slices, core removed	60°C	6-8 hrs
Strawberries	Cut in half or in 1.25cm slices	60°C	6-8 hrs
Tomatoes	Cut in 3mm slices; steam if planning to rehydrate	60°C	6-8 hrs
MEAT, POULTRY, FISH			
Beef jerky	Cut in 6mm slices, marinate overnight	70°C	5-7 hrs
Chicken jerky	Cut in 6mm slices, marinate overnight	70°C	5-7 hrs
Salmon jerky	Cut in 6mm slices, marinate overnight	70°C	5-7 hrs
Turkey jerky	Cut in 6mm slices, marinate overnight	70°C	5-8 hrs

**The Ninja dehydrating rack is sold separately on ninjakitchen.co.uk.



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