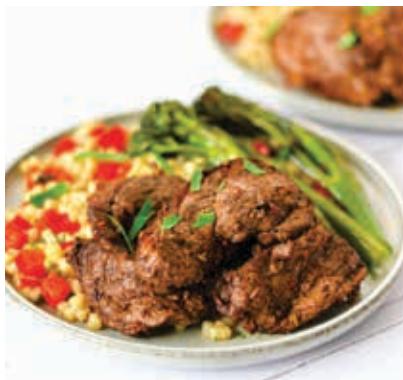


Please make sure to read the enclosed Ninja® Instructions prior to using your unit.



NINJA® Foodi® 11-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 Combi-STEAM AIR FRY and breads, TenderCrisp® chickens and make all your favourite guilt-free fried foods.

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Recipe Key

We've tagged recipes with these icons to help find the right one for you.



Vegetarian



SmartLid Slider™

3 modes under one lid

Pressure cooker. Combi-steamer. Air fryer.



Simply move the slider to effortlessly toggle between 11 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 Mode

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 caramelize and brown foods.

Dehydrate



Dehydrate meats, fruits and vegetables.

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 Bake

Bake fluffy cakes and sweet treats.

The juiciest way to cook

Steam Air Fry

Frozen or fresh chicken breast and salmon fillets and fresh root vegetables like potatoes and carrots. Perfect for large cuts of lean meats like a whole chicken or pork.



The choice is yours



Steam Air Fry
**Tender &
caramelised**

Air Fry
**Crunchy
& charred**

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

Making a COMBI-STEAM Complete Meal

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.

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)	Garlic and Chilli Marinade
4 prawn skewers (6 large prawns per skewer)	

2. Start with your bottom layer

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



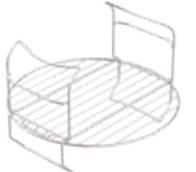
PASTA 350g-500g uncooked	SAUCE
Rigatoni	Tomato Sauce 2 500g jars tomato sauce 625ml stock
Cavatappi	
Elbows	Creamy Alfredo 120ml white cooking wine 480ml chicken stock 480ml whole milk 1 500g jar alfredo sauce
Penne	
Thin Linguini	
Large Shells	

OR

GRAIN 240g uncooked	VEGETABLE 100g mix & match
Rice & Beans Add water, oil and spices as directed on box/bag	Frozen Vegetable Medley
Rice Rinse. Add water, oil and spices as directed on box/bag	Onion diced
Rice Pilaf Add water, oil and spices as directed on box/bag	Bell Pepper up to 125g diced
Quinoa Rinse. Add water, oil and spices as directed on box/bag	Mushrooms sliced

3. Assemble rack

Place the reversible rack in the pot, making sure rack is in the higher position. Carefully place the protein on the rack. Select STEAM AIR FRY 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

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)

*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.

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 the Cook & Crisp™ basket and place into pot.



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



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 Cook & Crisp™ 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 crispier, 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.



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/SAUTÉ 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. 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:** 35 MINUTES | **MAKES:** 4 SERVINGS

APPROX. STEAM BUILD: 9 MINUTES

INGREDIENTS

1 unwaxed lemon, zested and juiced
3 sprigs fresh thyme, divided
3 sprigs rosemary, divided
1.6kg chicken
25g butter, soften
2 garlic cloves, minced
600g new potatoes
1 medium fennel bulb
1 tablespoon olive oil
2 garlic cloves, sliced
200ml chicken or vegetable stock
Salt and freshly ground black pepper to taste

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 rack in lower position over vegetables and place chicken on top of vegetables. Sprinkle over lemon zest, 2 tablespoons lemon juice and season to taste.
- 5 Close the lid and move slider to the middle position. Select STEAM AIR FRY, set temperature to 180°C and time to 25 minutes. Press START/STOP to begin cooking (this will STEAM for approximately 9 minutes before switching to STEAM AIR FRY).
- 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/SAUTE and set to Hi-5. Allow stock to reduce for 3-5 minutes, until thick.
- 8 Serve chicken with green vegetables and potatoes.

CHICKEN & 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/SAUTÉ 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, 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/SAUTÉ 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 SATAY & VEGETABLE RICE

PREP: 10 MINUTES | **COOK:** 16 MINUTES | **MAKES:** 4 SERVINGS | **APPROX. STEAM BUILD:** 8-9 MINS MINUTES
ACCESSORY: REVERSIBLE RACK

INGREDIENTS

BOTTOM LAYER/COOKING POT

250g Jasmine rice, rinsed in water and strained
75g carrots, cut into ½ cm sticks
50g red pepper, cut into ½ cm sticks
50g baby corn, halved lengthways
375ml water
Salt and pepper, to taste
2 spring onions, finely sliced

REVERSIBLE RACK, HIGH LEVEL

600-650g skinless, boneless chicken thighs, cut into 5x2cm pieces (you will need 16)
2 teaspoons oil
½ teaspoon curry powder
1 tablespoon ginger puree, divided
1 tablespoon garlic puree, divided
4 teaspoons light soy sauce, divided
Peanut sauce to serve

TIP

You will need 8 x 18cm bamboo skewers for this recipe. If possible, marinate chicken for at least 30 minutes.

DIRECTIONS

- 1 In a bowl, place the chicken pieces, oil, curry powder, half the ginger, garlic puree and soy sauce. Season lightly, mix well and thread two pieces of chicken onto each skewer.
- 2 Add to the pot, rice, remaining ginger and garlic puree, carrots, red pepper, baby corn and water. Season to taste.
- 3 Place the reversible rack in the pot over rice and vegetables, making sure rack is in the higher position. Carefully place the chicken skewers on the rack.
- 4 Close the lid and move slider to the middle position. Select STEAM AIR FRY, set temperature to 200°C and time to 8 minutes. Press START/STOP to begin cooking (this will STEAM for approximately 8 minutes before switching to STEAM AIR FRY).
- 5 When cooking is complete, remove skewers and rack from pot. Stir the remaining soy sauce and spring onions into rice and vegetables.
- 6 Serve chicken satay with vegetable rice and peanut sauce.

TANDOORI CHICKEN WITH TIKKA MASALA VEGETABLE CURRY

PREP: 10 MINUTES | **COOK:** 21-23 MINUTES PLUS 30 MINUTES MARINATING | **MAKES:** 4 SERVINGS
APPROX. STEAM BUILD: 8 MINUTES

INGREDIENTS

BOTTOM LAYER/COOKING POT

1 teaspoon garlic puree
1 teaspoon ginger puree
100g tikka masala paste
250ml tomato passata
60ml double cream
100ml water
400g can chickpeas, drained
300g cauliflower florets
2 medium carrots, peeled and cut into ¾cm diagonal slices

REVERSIBLE RACK, HIGH LEVEL

4 200-225g bone in, skin-on chicken thighs, each slitted 3 times across top
2 tablespoons oil, divided
3 tablespoons tandoori paste
4 tablespoons plain full-fat yogurt, divided
Salt and pepper, to taste
2 tablespoons chopped coriander (leaves and stalks), plus extra leaves, to serve
Basmati rice or nan bread to serve

DIRECTIONS

- 1 In a bowl, place chicken thighs, 1 tablespoon oil, tandoori paste, 2 tablespoons yoghurt and seasoning. Mix well and leave to marinate for 30 minutes.
- 2 Move slider to right position. Select SEAR/SAUTÉ, set to Hi 5. Select START/STOP to begin. Add remaining oil to pot and preheat for 3-4 minutes.
- 3 Add remaining garlic and ginger puree to pot. Sauté for 1-2 minutes, stirring frequently. Stir in tikka masala paste and sauté for 30 seconds. Select START/STOP to turn off SEAR/SAUTÉ.
- 4 Add tomato passata, cream, water, chickpeas, cauliflower and carrots to pot. Season to taste.
- 5 Place the reversible rack in the pot over vegetables, making sure rack is in the higher position. Carefully place chicken thighs, skin side up, on the rack.
- 6 Close the lid and move slider to the middle position. Select STEAM AIR FRY, set temperature to 200°C and time to 15 minutes. Press START/STOP to begin cooking (this will STEAM for approximately 8 minutes before switching to STEAM AIR FRY). Check whether chicken is done after 13 minutes.
- 7 When cooking is complete, remove chicken and rack from pot and stir in remaining yoghurt and chopped coriander into vegetable curry.
- 8 Serve chicken with vegetable curry, garnished with extra coriander and basmati rice or naan bread.

MORROCAN LAMB STEAKS, BULGUR WHEAT & VEGETABLES

PREP: 10 MINUTES | **MARINATE:** 30 MINUTES | **COOK TIME:** 17 MINUTES | **MAKES:** 4 SERVINGS
STEAM BUILD: 7 MINUTES | **STEAM AIR FRY:** 10 MINUTES

INGREDIENTS

BOTTOM LAYER/COOKING POT

150g coarse bulgur wheat
325ml vegetable or chicken stock
10g fresh coriander leaves and stalks, chopped
1 red pepper, deseeded and diced into 1cm cubes
1 small fennel bulb, cut into 1 cm wedges
1 medium courgette, halved lengthways and cut into 1cm slices

REVERSIBLE RACK, HIGH LEVEL

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 Place bulgur wheat, stock and coriander in pot and season to taste. Place vegetables on top and mix lightly together.
- 3 Place the reversible rack in the pot over bulgur wheat and vegetables, making sure rack is in the higher position. Carefully place the lamb steaks on the rack.
- 4 Close the lid and move slider to the middle position. Select STEAM AIR FRY. Set temperature to 180°C, and set time to 10 minutes. Press START/STOP to begin, (this will STEAM for approximately 7 minutes before switching to STEAM AIR FRY). Check after 10 minutes for doneness.
- 5 When cooking is complete, carefully remove the entire rack with the lamb.
- 6 Stir the bulgur wheat, then serve with lamb.

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 | **PRESSURE RELEASE:** QUICK

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. 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. 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.

ROAST PORK LOIN & VEGETABLES

PREP: 10 MINUTES | **COOK:** 48-53 MINUTES | **MAKES:** 4 SERVINGS | **APPROX. STEAM BUILD:** 8 MINUTES
ACCESSORY: REVERSIBLE RACK

INGREDIENTS

1.2 kg boneless pork loin roast, rind scored
Salt and pepper, to taste
3 tablespoons oil, divided
3-4 fresh bay leaves
800g roasting potatoes, cut in half or quarters if large
250g parsnips each cut into 3 large chunks
250g carrots each cut into 3 large chunks
8 unpeeled garlic cloves
Few sprigs rosemary
175ml water

DIRECTIONS

- 1 Season pork well with salt and pepper. Brush pork with 1 tablespoon oil. With the point of a knife, make a few incisions in rind and insert folded over bay leaves into incisions.
- 2 Place potatoes, parsnips, carrots, garlic cloves and rosemary in pot. Stir in remaining oil and season to taste. Remove the potatoes and set aside then pour water over vegetables in pot.
- 3 Place the reversible rack in the pot over vegetables, making sure rack is in the lower position. Carefully place pork loin on rack and surround with potatoes.
- 4 Close the lid and move slider to the middle position. Select STEAM AIR FRY, set temperature to 180°C and time to 45 minutes. Press START/STOP to begin cooking (this will STEAM for approximately 8 minutes before switching to STEAM AIR FRY).
- 5 After 25 minutes, turn potatoes over and continue cooking. Check whether pork is done after 40 minutes, it should read 70°C on an instant read thermometer.
- 6 When pork is cooked, remove from pot and rest, lightly covered with foil for 10 minutes.
- 7 Serve roast pork loin sliced with roast vegetables and any sauce left in pot.

TIP

For crispier crackling, leave pork uncovered in fridge overnight and take out up to one hour before cooking.

CRISPY TOPPED SALMON, NEW POTATOES & BROCCOLI

PREP: 15 MINUTES | **COOK:** 17 MINUTES PLUS 10 MINUTES MARINATING | **MAKES:** 4 SERVINGS
STEAM BUILD: 9 MINUTES | **STEAM AIR FRY:** 8 MINUTES

INGREDIENTS

BOTTOM LAYER/COOKING POT
500g baby new potatoes, cut into half or quarters if large
300g large broccoli florets
4 spring onions, cut in half
175ml water
½ teaspoon salt

REVERSIBLE RACK, HIGH LEVEL

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, broccoli, spring onions, water and salt in the bottom of the pot. Stir together.
- 3 Place the reversible rack in the pot over potatoes, making sure rack is in the higher position. Carefully place the salmon on the rack.
- 4 Close the lid and move slider to the middle position. Select STEAM AIR FRY, set temperature to 170°C, and set time to 8 minutes. Press START/STOP to begin, (this will STEAM for approximately 9 minutes before switching to STEAM AIR FRY).
- 5 When cooking is complete, carefully remove the entire rack with the salmon.
- 6 Drain the new potatoes, then serve with salmon and vegetables.

THAI GREEN COD & VEGETABLE CURRY

PREP: 10 MINUTES | **COOK:** 18 MINUTES | **MAKES:** 4 SERVINGS | **APPROX. STEAM BUILD:** 10 MINUTES
STEAM AIR FRY: 8 MINUTES

INGREDIENTS

BOTTOM LAYER/COOKING POT

2 tablespoons oil, divided
4 tablespoons Thai green curry paste, divided
330g sweet potato, cut into 2.5cm pieces
1 yellow pepper, cut into 2.5cm pieces
125g trimmed thick green beans, cut in half
400ml can coconut milk
1½ teaspoons light brown sugar
2 teaspoons fish sauce
Salt and pepper to taste
Handful Thai basil leaves, plus extra for garnish
1 red chilli, seeded and finely sliced
Jasmine rice and lime wedges to serve

REVERSIBLE RACK, HIGH LEVEL

4 frozen skin-on cod fillets, 140g each

DIRECTIONS

- 1 Move slider to right position. Select SEAR/SAUTÉ and set to Hi 5. Select START/STOP to begin. Add 1 tablespoon oil to pot and preheat for 3-4 minutes.
- 2 Add 3 tablespoons green curry paste to pot and sauté for 2 minutes, stirring. Select START/STOP to turn off SEAR/SAUTÉ.
- 3 Stir in sweet potatoes, peppers, green beans, coconut milk, brown sugar and fish sauce to pot. Season to taste.
- 4 In a small bowl, mix remaining oil and curry paste. Place the reversible rack in the pot over vegetables, making sure rack is in the higher position. Carefully place cod fillets, skin side down, on the rack and brush tops with the curry paste mixture. Season to taste.
- 5 Close the lid and move slider to the middle position. Select STEAM AIR FRY, set temperature to 225°C and time to 8 minutes. Press START/STOP to begin cooking (this will STEAM for approximately 10 minutes before switching to STEAM AIR FRY). When cooking is complete, remove cod and rack from pot. Stir in Thai basil leaves and chilli into curry.
- 6 Serve cod with vegetable curry, garnished with extra Thai basil leaves, lime wedges and Jasmine rice.

CARAMELISED ONION TARTE TATIN



PREP: 5 MINUTES | **COOK:** 30-35 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

45g unsalted butter, softened
2 teaspoons caster sugar
5-6 small onions, peeled and halved horizontally
Salt and pepper, to taste
Few sprigs thyme, roughly torn
300ml water
320g ready-rolled all butter puff pastry, cut into roughly 26cm circle

DIRECTIONS

- 1 Spread butter in base of pot. Sprinkle over caster sugar. Place onion halves cut side up in pot in an even layer and squeeze in as many pieces as possible as they will shrink once cooked. Season to taste.
- 2 Move slider to right position. Select SEAR/SAUTÉ and set temperature to 4. Select START/STOP to begin. Heat until the butter and sugar melt together and turn a golden-brown colour, (approximately 3 minutes).
- 3 Reduce temperature to 3, add 150ml water and thyme sprigs. Close lid and allow to simmer occasionally opening lid to check until water has evaporated and there is a golden caramel forming again. Select START/STOP to turn off SEAR/SAUTÉ.
- 4 Carefully turn the onion halves over and add remaining water to pot. Select SEAR/SAUTÉ and set temperature to 3. Select START/STOP to begin cooking again. Close lid and allow to simmer, opening lid to check when onions are tender, water has evaporated and there is a deep golden brown caramel forming. The onions will take 15-20 minutes to cook altogether. Select START/STOP to turn off SEAR/SAUTÉ.
- 5 Place puff pastry circle over onions and use a wooden spoon or silicone spatula to tuck pastry in around edges. Prick pastry a few times all over with a fork.
- 6 Close lid and select AIR FRY, set temperature to 200°C and time to 15 minutes. Press START/STOP to begin cooking.
- 7 When cooking is complete, let rest for one minute. Remove pot form unit and place a plate larger than pot over it. Carefully and quickly turn over to turn out tarte tatin.
- 8 Serve onion tarte tatin hot with salad and new potatoes.

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. 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:** 23 MINUTES | **STEAM BUILD:** 8 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

650g mixed root vegetables, (beetroot, carrot, parsnip, sweet potatoes or potatoes)
1-2 tablespoons oil
1 tablespoon fresh thyme leaves
Sea salt, season to taste
250ml water

DIRECTIONS

- 1 Peel vegetables and cut into 3-4cm 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 Cook & Crisp™ basket.
- 3 Add water to bottom of pot. Place basket on top. Close the lid and move slider to middle position.
- 4 Select STEAM AIR FRY, set temperature to 200°C, set time to 15 minutes. Press START/STOP to begin cooking (the unit will build pressure for approximately 8 minutes before cooking begins).
- 5 Check vegetables after 13 minutes to see if they are cooked to your preference. When cooking is complete, carefully remove the basket and serve vegetables hot.



POTATO & BACON GRATIN

PREP: 10 MINUTES | **COOK:** 35 MINUTES | **MAKES:** 4 SERVINGS | **STEAM BUILD:** 11 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, season to taste
450ml vegetable or chicken stock
100g Gruyère cheese, grated

DIRECTIONS

- 1** Move slider to AIR FRY/HOB position. Select SEAR/SAUTÉ 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 middle position. Select STEAM AIR FRY and set temperature to 180°C. Set time to 20 minutes. Press START/STOP to begin cooking (this will STEAM for approximately 11 minutes before switching to STEAM AIR FRY).
- 6** When cooking is complete, remove pot from unit and serve gratin hot.



CARROT CAKE

PREP: 15 MINUTES | **TOTAL COOK TIME:** 1 HOUR 3 MINUTES | **MAKES:** 8 SERVINGS

STEAM BUILD: 20 MINUTES | **BAKE:** 45 MINUTES | **ACCESSORY:** 20cm ROUND SPRINGFORM BAKING TIN

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 tin on the reversible rack in the lower position, then place the rack in the pot. Close lid and move slider to middle mode position.
- 5 Select STEAM BAKE, set temperature to 160°C, and set time to 45 minutes. Press START/STOP to begin cooking (this will STEAM for approximately 20 minutes before switching to STEAM BAKE).
- 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
¼ 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 middle mode position.
- 5** Select STEAM BAKE, set temperature to 120°C and set time to 35 minutes. Select START/STOP to begin cooking (this will STEAM for approximately 20 minutes before switching to STEAM BAKE).
- 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.



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 <i>optional</i>	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
	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
Potatoes, King Edward/Maris Piper/Russet	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	20 mins
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 <i>optional</i>	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 Air Fry Chart, continued

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 250ml 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	500g	Peel, cut in 1.25cm rounds	250ml	N/A	High	1-2 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	2 mins	Quick
Potatoes, red (for mash)	1kg	Scrubbed, whole, large potatoes cut in half	250ml	N/A	High	18-22 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

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	18-20 mins	Quick
	600g	Boneless	250ml	N/A	High	14-16 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
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)
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	15 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
BEEF					
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 Cook & Crisp™ 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.

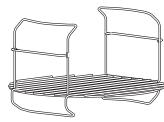
* After cutting potatoes, allow raw chips to soak in cold water for at least 30 minutes to remove unnecessary starch. Pat chips dry. The drier the chips the better the results.

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
EGGS				
Poached eggs	4	In ramekins or silicone cups	250ml	3-6 mins

Dehydrate Chart for the Cook & Crisp™ Basket

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

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