



BUFFALO CHICKEN WINGS

NINJA
Foodi

PREP: 10 MINUTES | **COOK TIME:** 20 MINUTES

MAKES: 4-6 SERVINGS APPROX. | **PRESSURE BUILD:** 6 MINUTES

PRESSURE RELEASE: QUICK BEGINNER RECIPE

INGREDIENTS

- ½ cup water
- 2 pounds frozen chicken wings, drums and flats separated
- 2 tablespoons canola oil
- 2 tablespoons Buffalo sauce
- 2 teaspoons kosher salt

DIRECTIONS

- 1 Pour water into pot. Place wings into the Cook & Crisp™ Basket and place basket in pot. Assemble the pressure lid, making sure the pressure release valve is in the SEAL position.
- 2 Select PRESSURE and set HIGH. Set time to 5 minutes. Select START/STOP to begin.
- 3 When pressure cooking is complete, quick release the pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 4 Pat wings dry with paper towels and toss with 2 tablespoons oil in the basket.
- 5 Close crisping lid. Select AIR CRISP, set temperature to 390°F, and set time to 15 minutes. Select START/STOP to begin.
- 6 After 7 minutes, open lid, then lift basket and shake wings or toss them with silicone-tipped tongs. Lower basket back into pot and close lid to resume cooking.
- 7 While the wings are cooking, stir together Buffalo sauce and salt in a large mixing bowl.
- 8 When cooking is complete, transfer wings to the bowl with Buffalo sauce and toss to coat.



PEPPERONI PIZZA PASTA BAKE

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PREP: 10 MINUTES | **COOK TIME:** 28-30 MINUTES

MAKES: 6-8 SERVINGS APPROX. | **PRESSURE BUILD:** 6 MINUTES

PRESSURE RELEASE: NATURAL 10 MINUTES

INGREDIENTS

1 large onion, peeled, cut in half, sliced in half-moon shapes	200 grams tomato puree
2 tablespoons extra virgin olive oil	225ml red wine
1 teaspoon fine sea salt	500ml chicken stock or water
½ teaspoon dried oregano	1 450gram bag of dry rigatoni pasta
½ teaspoon dried basil	350g shredded mozzarella cheese, divided
¼ teaspoon crushed red pepper	100grams of thinly sliced pepperoni or spicy salami
6 large cloves garlic, peeled, minced	
2 cans finely diced tomatoes, 400 grams each	

DIRECTIONS

1. Select SEAR/SAUTÉ and set to MD:HI. Select START/STOP to begin. Allow to preheat for 5 minutes.
2. After 5 minutes, place onion and olive oil into the pot. Cook for 2 minutes, then add salt, oregano, basil, black pepper, and crushed red pepper. Continue cooking, stirring occasionally, until onions are lightly browned and translucent, about 5 minutes.
3. Add remaining ingredients, except mozzarella and pepperoni slices, to pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
4. Select PRESSURE and set to HIGH. Set time to 6 minutes. Select START/STOP to begin.
5. When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
6. Stir the sauce with a wooden spoon, crushing tomatoes in the process.
7. Cover pasta mixture evenly with 250g shredded mozzarella. Lay pepperoni slices across mozzarella. Sprinkle remaining mozzarella over pepperoni slices.
8. Close crisping lid. Select AIR CRISP, set temperature to 200°C, and set time to 5 minutes. Select START/STOP to begin
9. When cooking is complete, serve immediately.



PRAWN, CHARRED ARTICHOKE AND TOMATO RISOTTO WITH HERBS

NINJA Foodi

PREP: 10 MINUTES | **COOK TIME:** 13-14 MINUTES

SERVES: 4 AS A MAIN OR 6 AS AN APPETIZER

INGREDIENTS

2 tablespoons olive oil plus ½ tablespoon

2 shallots or 1 small onion, finely diced

3 garlic cloves, finely diced

300g arborio risotto rice

70ml white wine or dry vermouth

750-800ml seafood or vegetable stock, hot 600ml for pressure cooking, remaining for finishing

2 large vine tomatoes, diced

300g raw, large tiger prawns, peeled and deveined

180g charred artichokes, drained and sliced

salt and pepper to taste

zest and juice of one lemon

28g unsalted butter

2 tablespoons fresh parsley, chopped

2 tablespoons fresh basil leaves, sliced thinly

DIRECTIONS

1. Press SEAR/SAUTEE button to Medium/High and press START/STOP button, preheat for 5 minutes.
2. Pour olive oil into foodi bowl and add shallots or onions, cook for 3 minutes stirring constantly, add garlic and cook 1 minutes, add remaining 1/2tablespoon of olive oil and rice and stir until all coated and shiny. It is very important the rice is well coated otherwise the rice will be very pasty, add wine or vermouth and cook 1 minute.
3. Add 600ml of the warm stock and place the pressure lid on. Close the pressure valve and
4. press PRESSURE on HIGH (Hi) for 5 minutes. When done press START/STOP button and press quick release valve. Stir the rice, it should still have 'bite or tooth' to it as the Italians say 'al dente'.
5. Press SEAR/SAUTEE Medium High and add the tomatoes, prawns and as much remaining stock as needed to be creamy in consistency. Cook for 2 minutes, add the artichokes and cook 1 minute. Adjust seasoning and Stir in lemon juice, zest, butter and add herbs. Press START/STOP button and serve in shallow bowls.



SAUSAGE AND ROASTED ONIONS AND MASH

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PREP: 10 MINUTES | **COOK TIME:** 12-14 MINUTES
SERVES: 2 PEOPLE

INGREDIENTS

500g Maris Piper or King Edwards
½ teaspoon sea salt
60ml full-fat milk
50g unsalted butter
1 small yellow onion, quartered, root end intact
2 teaspoons olive oil
4 sausage 260g
1 sprig of thyme, leaves picked
Gravy to serve

DIRECTIONS

1. Peel and dice potatoes into 2cm and place in foodi bowl with 120ml warm water and ½ teaspoon of sea salt.
2. Place pressure lid on top and push VALVE into seal position. Select PRESSURE and set to high (Hi). Set time to 4 minutes. When finished cooking, press quick release valve. Remove lid and mash potatoes with non stick masher, add milk and butter and mix. Remove and place in a bowl covered to keep warm.
3. Clean the bowl and place back into the machine along with AIR CRISP basket. Place the sausages and onions in the basket, drizzle oil on onions and close lid. Press Air CRISP and set temperature to 200 Celsius for 8-10 minutes turning the sausage half way through and the onions every 2 minutes. Remove when golden and sausage is cooked through.
4. Stop machine and serve sausage and onions over the mash with gravy and thyme leaves.



STICKY TOFFEE PUDDING

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PREP: 20 MINUTES | **COOK TIME:** 35-45 MINUTES
SERVES: 6-8 PEOPLE

Grease one 20cm round 4cm deep cake tin and set aside.

INGREDIENTS

150g pitted date, chopped
150ml hot water
1 tsp bicarbonate soda
50g unsalted butter, softened
50g white sugar
50g dark muscovado sugar
1 large eggs, beaten
150g self rising flour
1 tsp ground ginger
pinch of sea salt

SAUCE

100g unsalted butter
100g dark muscovado sugar
200ml double cream
pinch of sea salt

DIRECTIONS

Vanilla ice cream to serve

1. Preheat machine for 5 minutes on BAKE/ROAST- 170 Celsius.
2. Place dates in hot water with bicarbonate soda and soak for 10 minutes, when soft puree in a processor and set aside.
3. Meanwhile, cream butter and sugars together on medium high speed until mixed with hand mixer or stand mixer. Add the eggs and incorporate, scrape down the sides of bowl. Turn speed to low and add the flour, ginger and pinch of salt. Scrape down the bowl and add the dates, mix until incorporated.
4. Pour into the cake tin and smooth out with spatula. Place on inverse rack low and place in foodi bowl.
5. Press BAKE/ROAST and set to 170 degrees for 35 minutes, check if not cooked bake 5-10 minutes more. Cover with some foil after 10 minutes so as not to burn the surface.
6. Remove when finished baking and set aside. Press SEAR/SAUTE on high and press START/STOP add your butter and sugar and whisk until incorporated, add cream and cook



STICKY ST. LOUIS RIBS

PREP: 10 MINUTES | **COOK TIME:** 41 MINUTES | **SERVES:** 4 PEOPLE

PRESSURE BUILD: 6 MINUTES | **PRESSURE COOK:** 19 MINUTES

PRESSURE RELEASE: 1 MINUTE | **AIR CRISP:** 15 MINUTES

RECIPE SUGGESTION: The Ninja® roasting rack insert makes it easy to hold up the ribs while cooking. It is available for purchase on ninjaaccessories.com.

INGREDIENTS

30grams of barbecue spice rub

1 tablespoon fine sea salt

2 tablespoons brown sugar

1.5 kilo pork rib racks, uncooked

120ml Pale Ale

200grams of barbecue sauce, some left over for serving

DIRECTIONS

1. In a small bowl, stir together barbecue spice rub, salt, and brown sugar. Season ribs evenly with spice mix.
2. Pour beer into pot. Place ribs into Cook & Crisp™ Basket and place basket in pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
3. Select PRESSURE and set to HIGH. Set time to 19 minutes. Select START/STOP to begin.
4. When pressure cooking is complete, quick release pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
5. Close the crisping lid. Select AIR CRISP, set temperature to 200°C, and set time to 15 minutes. Select START/STOP to begin.
6. After 10 minutes, open the convection lid and liberally brush ribs with barbecue sauce. Close lid to resume cooking for 5 more minutes.
7. When internal temperature reaches 185°F, cooking is complete and ribs are ready to serve.