

Get to know the control panel



- **POWER:** To turn the unit on and off, press the POWER button.
- **DIAL:** To select a cooking function or setting, turn the dial.
- **TEMP:** To select temperature, press the
- **TEMP** button and turn the dial to adjust.
- **TIME:** To select a cook time, press the
- **TIME** button and turn the dial to adjust.
- **MANUAL:** Switches the display screen so you can manually set the internal doneness with the dial.
- **PRESET:** When thermometer is plugged in, the display screen will allow you to select your food type. Turn the dial to select your protein.
- **DONENESS:** When preset is selected, press the DONENESS button and turn dial to choose desired doneness.
- **START/STOP:** Press the dial to start or stop the selected cooking function.
- **FUNCTION:** Press to clear all settings when programming unit or in thermometer "Rest" state (if cooking is not already in progress).
- **PREHEAT:** After you set function, time, and temperature then press the dial, the unit will automatically begin preheating. If preheat button is selected after pressing dial, the unit will skip preheating (not recommended).

Grilling, griddling & beyond



- Harness the direct high heat from the grate and cyclonic air for fast, char-grilled results, virtually smoke free.
- Achieve crispiness and crunch with little to no oil.
- Flat-top BBQ Griddle creates even, edge-to-edge heat to cook foods grills can't like tacos, cheesesteaks, nachos, and more.

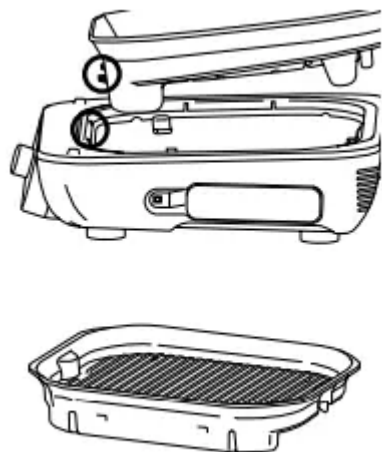


- Bake cakes, treats, desserts and more
- Extra versatility to roast or broil meats and make dehydrated snacks.

Let's get cooking

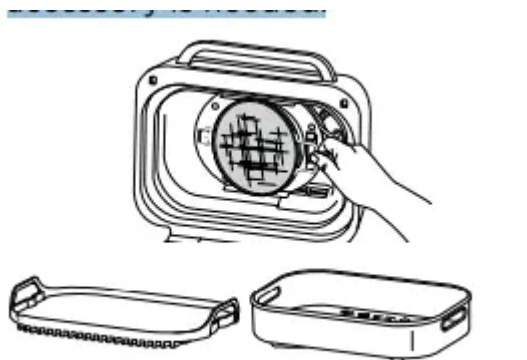
STEP 1 Set Up

- To install the powered grill grate, position it into the front of the base so it hooks in, then press down on the back of the grate until it clicks in place.



STEP 2 Add Accessories

- To install the splatter shield, hook the left side of the shield into place and then snap the right side into place, until you hear it click and it feels secure.
 - Place any accessory required in unit.
- Reference Foodi Function chart on adjacent page to determine if an accessory is needed.



STEP 3 Select Cook Function

- Turn dial to select desired cooking function (e.g., grill).
- The default temperature setting will display. To adjust temperature if desired, press TEMP button and turn dial.
- Press the TIME button and turn the dial to select desired time.

STEP 4 Preheat

- Close the hood and press dial to begin preheating. The progress bar will begin illuminating.
- Reference the Owner's Guide for approximate preheat times for each function.

STEP 5 Add Food

- Once unit has preheated, "ADD FOOD" will appear on the screen. Open the hood to add ingredients to unit.

- When batch cooking meats, close the hood between batches and run the programmed function for 2–3 minutes before adding more food.

STEP 6 Complete Cooking

- When cook time is complete, the unit will beep and "END" will appear on the display. Remove food and accessories from unit.
- Remove the grill grate by pressing the orange release button on the left side of the unit. The grate will pop up from the back then lift up.

Hood up

- Harnesses the direct, edge-to-edge high heat searing from the grill grate or BBQ griddle for even cooking, boosting flavors, and best-in-class char-grilled results.
- Grill Best for cooking delicate foods or lean proteins to develop char-grilled textures without overcooking.



Grilled steak tips

Grilled veggies

BBQ Griddle Best for food that requires flipping and constant attention while cooking.



Stir fry

Breakfast bar

Perfectly done with the Foodi™ Smart Thermometer.

Ninja Beef Doneness Guide

- Perception of what a specific internal doneness looks like differs from person to person, even restaurant to restaurant.

- This guide shows what to expect with each preset beef doneness level. We have provided a wide range of options so you can customize doneness to your liking.



Marinades



Teriyaki Marinade

- Best for poultry, beef, pork, lamb, veal, seafood, vegetables cup soy sauce cup water cup dark brown sugar tablespoons rice wine vinegar tablespoon honey cloves garlic, peeled, minced

Garlic & Herb Marinade

- Best for beef, pork, lamb, veal, white fish, vegetables cup Worcestershire sauce cup soy sauce cup balsamic vinegar tablespoons
- Dijon mustard cloves garlic, peeled, minced teaspoon ground black pepper teaspoon kosher salt

Simple Steak

- Best for poultry, beef, pork, lamb, veal, seafood, vegetables cup soy sauce cup water cup dark brown sugar tablespoons rice wine vinegar tablespoon honey cloves garlic, peeled, minced

Spice Rubs



Easy BBQ Spice Rub

- Best for poultry, pork, lamb, seafood, vegetables cup canola oil cup cider vinegar cup fresh herbs like parsley, rosemary, oregano, thyme, or sage), finely chopped cloves garlic, peeled, minced
- Juice of 1 lemon about 3 tablespoons juice) teaspoon ground black pepper teaspoon kosher salt
- Best for poultry, beef, pork, lamb, veal, seafood, vegetables tablespoons chili powder tablespoons white sugar tablespoon kosher salt tablespoon ground cumin tablespoon ground black pepper tablespoon dried oregano

Spice Rub

- Best for poultry, pork, lamb, seafood, vegetables tablespoon kosher salt tablespoon dried thyme tablespoon dried rosemary tablespoon dried oregano teaspoon mustard powder teaspoon ground black pepper teaspoon crushed red pepper

Dry Herb

- Best for poultry, beef, shrimp, cauliflower, broccoli, carrots cup dark brown sugar cup smoked paprika tablespoons ground black pepper tablespoons kosher salt teaspoons garlic powder teaspoons onion powder

NY Strip Steaks with Grilled Asparagus



- Plug thermometer into unit. To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Close the hood.
- While unit is preheating, brush each steak on all sides with 1/2 tablespoon canola oil, then season with salt and pepper. Toss asparagus with remaining canola oil then season

with salt and pepper. Insert thermometer horizontally into the center of the thickest part of the largest steak (see thermometer placement instructions on page 10).

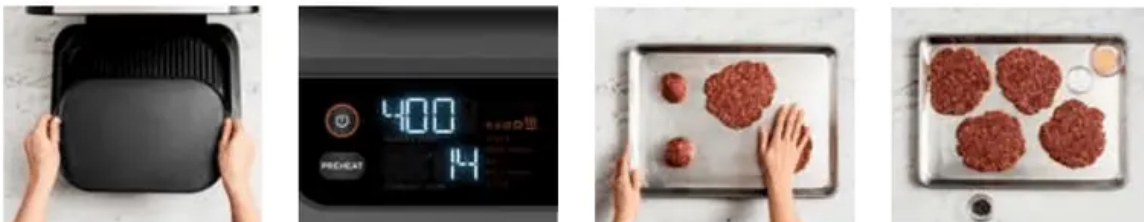
- When unit beeps to signify it has preheated, open hood and place steaks on grill grate, gently pressing them down to maximize grill marks. Close hood over thermometer cord to begin cooking.
- When unit beeps and the display reads FLIP, use silicone-tipped tongs to flip the steaks.
- Close hood to continue cooking.
- When unit beeps to signal the steaks are almost done cooking, transfer steaks to a plate or cutting board and allow to rest for minutes.



- While steaks are resting, place asparagus on grill grate and close the hood.
- Set time to 8 minutes.
- Press the dial to begin cooking. Skip preheat by pressing PREHEAT button.
- When the asparagus is done, remove from the grill and serve with steak.
- INGREDIENTS uncooked NY strip steaks ounces each) tablespoons canola oil, divided
- Kosher salt, as desired
- Ground black pepper, as desired bunches (2 pounds) thin asparagus, trimmed
- Kickstarter Recipe
- NY Strip Steaks with Grilled Asparagus

Kickstarter Recipe BBQ Griddled Smash Burgers

DIRECTIONS



- To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place griddle on top of grill grate so it sits flat.
- Separate ground beef into 4 equal portions.

- Shape the beef into flat, thin patties, approximately 5 inches wide and ¼-inch thick.
- Season the patties on both sides with salt, pepper, garlic powder, and onion powder.
- When unit beeps to signify it has preheated, open hood and use a non-metal spatula to add the burgers to the griddle. Firmly press each burger down for seconds. Leave hood open while cooking.
- When unit beeps and the display reads FLIP, flip the burgers and cook for 4 minutes.
- If a more well-done burger is desired, add an additional 2 to 3 minutes. Add the cheese and press down to adhere. Close the hood and cook until cheese is melted, about minutes.
- When cooking is done, remove the burgers.
- Add the burger buns to the griddle and toast for 2 minutes. Once toasted, remove the buns and build burgers with desired toppings.



Kickstarter Recipe

- BBQ Griddled Smash Burgers
- BEGINNER RECIPE
- PREP: 10 MINUTES | PREHEAT: APPROX. 10 MINUTES | BBQ GRIDDLE: 14 MINUTES | MAKES: 4 SERVINGS
- INGREDIENTS pound 90/10 ground beef blend
- Kosher salt, as desired
- Ground black pepper, as desired
- Garlic powder, as desired, optional
- Onion powder, as desired, optional slices cheese, American or cheddar hamburger buns

TOPPINGS (optional)

- Tomato, sliced
- Red onion, peeled, thinly sliced
- Iceberg lettuce
- Ketchup

Yellow mustard

- To achieve the perfect smash burger, place one portion of ground beef between two pieces of parchment paper. Then using a plate, gently press until 1/4-inch thick.

KICKSTARTERS

- Select BBQ GRIDDLE, set temperature to
- F, and set time to 14 minutes. Close hood and press the dial to begin preheating (preheating will take approximately 10 minutes)

NINJA BREAKFAST BAR



INGREDIENTS thin-cut uncooked bacon strips large eggs

- Kosher salt, as desired
- Ground black pepper, as desired jar (5 ounces) shake-and-pour pancake mix, prepared

- Maple syrup, for serving

DIRECTIONS

- To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place griddle on top of grill grate so it sits flat.
- Select BBQ GRIDDLE, set temperature to 375°F, and set time to 25 minutes. Close hood and press the dial to begin preheating (preheating will take approximately 10 minutes).
- When unit beeps to signify it has preheated, open hood and place bacon strips horizontally on the griddle. Cook for 5 minutes, use silicone-tipped tongs to flip the bacon and place vertically one side of the griddle.
- Continue cooking for another 5 to 7 minutes or until desired crispiness is achieved.
- While the bacon cooks, crack 2 eggs onto the griddle, where the bacon was originally. Season eggs with salt and pepper. Leave hood open.
- Cook for 4 minutes, then flip using a siliconecoated spatula. Cook for an additional 1 minute, or until desired doneness is achieved, then remove from griddle. Transfer the bacon to a plate lined with paper towels. Repeat with the remaining eggs.
- Pour the pancake batter onto the griddle to create 4 large (4-inch wide) pancakes. Cook for minutes on each side, flipping with a siliconecoated spatula.
- Remove pancakes from griddle and serve with maple syrup, bacon, and eggs.

SOY GARLIC MARINATED FLANK STEAK

INGREDIENTS

- Tablespoons fresh or dried rosemary cup soy sauce cup honey tablespoon minced ginger tablespoon minced garlic cup canola oil pounds trimmed flank steak

DIRECTIONS

- In a medium bowl, prepare the marinade by whisking together all ingredients except the steak. Then place the marinade and steak in a large resealable plastic bag. Massage the outside of the bag to work the marinade over all parts of the steak, then place the bag in the refrigerator for 8 or more hours to marinate.
- After the steak has marinated, install the grill grate by sliding it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place griddle on top of grill grate so it sits flat. Close the hood. Select BBQ
- GRIDDLE, set temperature to 400°F, and set time to 30 minutes. Press the dial to begin preheating (preheating will take approximately 10 minutes).
- When unit beeps to signify it has preheated, remove steak from marinade and place on griddle.

- Leave hood open while cooking. Cook steak for about 30 minutes, flipping every 7 minutes to ensure char development. When 10 minutes of cook time remains, begin checking steak using an instant-read thermometer to determine desired doneness.
- When cooking is complete, remove steak from griddle and let rest for 10 minutes before cutting and serving

PHILLY-STYLE CHEESESTEAKS

INGREDIENTS

- Tablespoons canola oil, divided pound thin shaved steak bell pepper, sliced, seeds removed medium onion, peeled, sliced
- Kosher salt, as desired
- Ground black pepper, as desired slices cheese (American, cheddar, or provolone) long sub or club rolls

DIRECTIONS

- To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place griddle on top of grill grate so it sits flat. Close the hood. Select
- BBQ GRIDDLE, set temperature to 400°F, and set time to 15 minutes. Press the dial to begin preheating (preheating will take approximately minutes).
- When unit beeps to signify it has preheated, open hood and place 1 tablespoon canola oil on the griddle. Leave hood open. Add the shaved steak in an even layer and cook steak for 2 minutes, using silicone-tipped tongs to flip at least once and break up into smaller pieces during cooking. Close the hood and cook for minutes. Remove from griddle and set aside.
- Add remaining oil to the griddle, then add the peppers and onions and use silicone-tipped tongs to toss them in the oil. Leave hood open.
- Sauté, tossing occasionally, until lightly browned, about 5 minutes.
- After 5 minutes, add the steak, salt, and pepper to the vegetables and toss to combine and cook for 1 minute.
- Separate the steak and veggies into four equal lines, top each line with two pieces of cheese.
- Close the hood and cook until cheese is melted, to 2 minutes.
- Once cheese is melted, transfer the steak and vegetables to the rolls and serve.

CRANBERRY-STUFFED CHICKEN THIGHS

INGREDIENTS

- 1 cup hot water box (6 ounces) dried stuffing mix with herbs cup sweetened dried cranberries tablespoons canola oil boneless, skinless chicken thighs, fat trimmed
- Kosher salt, as desired
- Ground black pepper, as desired

DIRECTIONS

- Combine the hot water and stuffing mix in a large bowl. Once combined, fold in the dried cranberries.
- Brush oil on both sides of the chicken and season with salt and pepper. Place chicken flat side down and top with 2 tablespoons stuffing, then fold over to seal. Insert thermometer horizontally into the center of the thickest part of the largest piece of chicken, making sure to not insert thermometer into stuffing (see thermometer placement instructions on page 10).
- Plug thermometer into unit. To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place and close the hood. Select ROAST and set temperature to 360°F, then select PRESET. Use the dial to select CHICKEN. Press the dial to begin preheating (preheating will take approximately 3 minutes).
- When unit beeps to signal it has preheated, place chicken thighs on the grill grate. Close hood over the thermometer cord to begin cooking. If all chicken thighs do not fit, cook in two batches.
- When unit beeps to signal the chicken has almost reached doneness, transfer to a plate or cutting board with the thermometer still inserted.
- Allow chicken to rest for 5–10 minutes or until thermometer indicates the final temperature has been reached. Repeat with remaining chicken.

CHILI LIME GRILLED CHICKEN CUTLETS

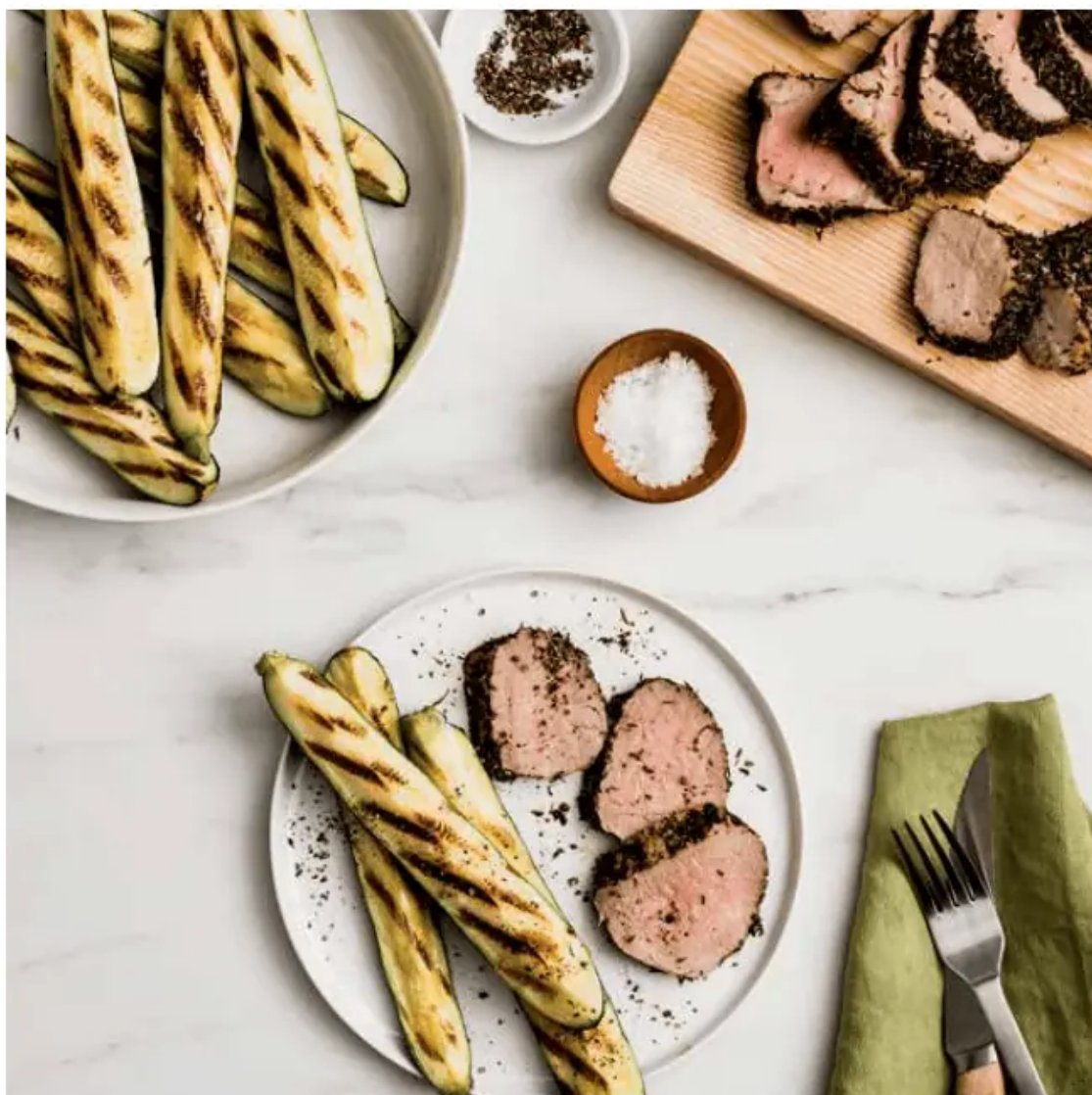
INGREDIENTS

- 1 cup sweet Thai chili sauce
- Zest and juice of 2 limes tablespoon minced garlic cup canola oil
- Kosher salt, as desired
- Ground black pepper, as desired boneless thin-cut chicken cutlets (4 ounces each)

DIRECTIONS

- Place the sweet Thai chili sauce, lime juice and zest, garlic, canola oil, salt, and pepper in a large bowl and whisk until combined. Place the chicken in the sauce and marinade for at least 1 hour or up to 8 hours.
- To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place and close the hood. Select GRILL, set temperature to MED, and set time to 15 minutes. Press the dial to begin preheating (preheating will take approximately 10 minutes).
- When unit beeps to signify it has preheated, open hood and place 4–5 cutlets on grill grate, gently pressing them down to maximize grill marks.
- Leave hood open while cooking.
- When unit beeps and the display reads FLIP, use silicone-tipped tongs to flip the chicken. Leave hood open and continue cooking.
- When cooking is complete, remove chicken and transfer to a plate or cutting board and allow to rest for 5 minutes before serving. Repeat steps with any remaining chicken cutlets.

HERB-RUBBED PORK TENDERLOIN WITH ZUCCHINI SPEARS



INGREDIENTS

- Pork tenderloins 1/4 cup canola oil, divided tablespoons dried herbs de Provence
- Kosher salt, as desired
- Ground black pepper, as desired zucchini, cut lengthwise into 4 spears spears total)

DIRECTIONS

- 1 Brush each pork tenderloin with 1 tablespoon canola oil, then season with herbs de Provence, salt, and pepper. Toss the zucchini with the remaining canola oil then season with salt and pepper.
- Plug thermometer into unit. To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place and close the hood. Select GRILL, set temperature to HI, then select PRESET. Turn the dial to select PORK. Then

select DONENESS and use dial to set desired doneness. Press the dial to begin preheating (preheating will take approximately 10 minutes).

- Insert thermometer horizontally into the center of the thickest part of the largest pork tenderloin (see thermometer placement instructions on page 11).
- When unit beeps to signify it has preheated, open hood and place both tenderloins on grill grate, gently pressing them down to maximize grill marks. Close hood over thermometer cord to begin cooking.
- When unit beeps and the display reads FLIP, use silicone-tipped tongs to flip the tenderloins. Close hood and continue cooking.
- When unit beeps to signal the tenderloins are almost done cooking, transfer to a plate or cutting board and allow to rest for 5 minutes before cutting.
- While the tenderloins are resting, place zucchini spears on grill grate, flesh side down, and close the hood. Select GRILL, set temperature to MAX, and set time to 5 minutes. Press the dial to begin cooking. Since the grill will already be hot, skip preheating by pressing the PREHEAT button and leave hood open.
- Flip spears throughout cooking to ensure there are grill marks on all sides. When cooking is complete, remove the zucchini from the grill and serve with slices of the pork tenderloin.

HONEY ROSEMARY PORK CHOPS WITH CHARRED CARROTS



INGREDIENTS

- Tablespoons honey 3/4 cup balsamic vinegar 1/2 cup canola oil, divided tablespoon minced garlic tablespoons fresh or dried rosemary
- Kosher salt, as desired
- Ground black pepper, as desired boneless pork chops (4–6 ounces each) pound bag baby carrots teaspoon garlic powder 1/2 teaspoon ground cinnamon teaspoon smoked paprika

DIRECTIONS

- 1 In a large bowl, prepare the marinade by whisking together the honey, balsamic vinegar, cup canola oil, minced garlic, rosemary, salt, and pepper.

- Remove 3 tablespoons of the marinade and set aside in a small bowl. Place the pork chops in the large bowl of marinade for at least 1 hour or up to 8 hours.
- After the chops have marinated, remove from the bowl and shake off the excess marinade. Plug thermometer into the unit.
- To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place and close the hood. Select GRILL, set temperature to HI, then select PRESET. Turn the dial to select PORK. Then select DONENESS and use dial to set desired doneness. Press the dial to begin preheating (preheating will take approximately 10 minutes).
- Place the carrots, remaining canola oil, garlic powder, cinnamon, paprika, salt, and pepper in a large bowl and toss until evenly combined.
- Insert thermometer horizontally into the center of the thickest part of the largest pork chop (see thermometer placement instructions on page 10).
- When unit beeps to signify it has preheated, open hood and place chops on grill grate, gently pressing them down to maximize grill marks.
- Leave hood open while cooking.
- When unit beeps and the display reads FLIP, use silicone-tipped tongs to flip the chops. Brush the reserved marinade on the pork chops. Leave hood open and continue cooking.
- When unit beeps to signal the chops are almost done cooking, transfer chops to a plate or cutting board and allow to rest for 5 minutes.
- While the pork chops are resting, place carrots on grill grate and close the hood. Select GRILL, set temperature to HI, and set time to 8 minutes.
- Close hood and press the dial to begin cooking.
- Since the grill will already be hot, skip preheating by pressing the PREHEAT button.
- When cooking is complete, remove carrots from the grill and serve with pork chops.

GRILLED CAESAR SALAD WITH GRILLED CROUTONS



INGREDIENTS

- Tablespoons canola oil, divided heads romaine lettuce, washed, trimmed, cut in half lengthwise
- Kosher salt, as desired
- Ground black pepper, as desired 1/4 French baguette or sourdough bread, cut in inch slices lemon, cut in wedges 1/4 cup prepared Caesar dressing 1/4 cup shaved or shredded Parmesan cheese

DIRECTIONS

- 1 To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place and close the hood.

- Select GRILL, set temperature to MAX, and set time to 10 minutes. Press the dial to begin preheating (preheating will take approximately minutes).
- While unit is preheating, drizzle tablespoon canola oil on each romaine half, then season with salt and pepper. Drizzle bread slices with remaining canola oil, then season with salt and pepper.
- When unit beeps to signify it has preheated, open hood and place romaine cut side down on the grill grate and gently press down to maximize grill marks. Leave hood open and grill for 3 to 4 minutes.
- Place bread slices and lemon wedges on the grill grate and grill for 2 minutes per side. Repeat with any remaining bread slices. Remove from grill and allow to cool for 1 minute before cutting into cubes.
- Place romaine halves on a platter and drizzle with lemon juice and Caesar dressing. Top with
- Parmesan cheese and grilled croutons. Serve with any remaining lemon wedges.

SAVORY SPINACH ARTICHOKE PASTRIES

INGREDIENTS

- Block (4 ounces) cream cheese, softened tablespoons sour cream tablespoons mayonnaise cup shredded Parmesan cheese cup shredded mozzarella cheese can (14 ounces) artichoke hearts, drained, chopped box (10 ounces) frozen chopped spinach, thawed, drained
- Kosher salt, as desired
- Ground black pepper, as desired boxes (4 sheets) frozen puff pastry, thawed large egg, beaten tablespoon dried Italian seasoning

DIRECTIONS

- To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place and close hood. Select
- BAKE, set temperature to 350°F, and set time to 15 minutes. Press the dial to begin preheating (preheating will take approximately 3 minutes).
- While unit is preheating, place cream cheese, sour cream, mayonnaise, Parmesan cheese, mozzarella cheese, artichoke hearts, spinach, salt, and pepper in a medium bowl, and mix until thoroughly combined.
- Unfold 2 sheets of puff pastry into a large square.
- Use a rolling pin to roll into a 10"x12" rectangle.
- Cut the pastry into thirds vertically and then in half once horizontally. You should have 6 pieces.

- Repeat with second sheet of puff pastry.
- Spoon 2 tablespoons of the spinach artichoke mixture onto the center of 3 pastry squares.
- Brush the beaten egg around the edges. Then top with the remaining empty pastry squares. Press down along the edges to release any air. Use a fork to press down along the edges to seal and create a pattern. Gently press down center of pastry to flatten and evenly distribute filling.
- Brush the top of the pastries with remaining beaten egg and sprinkle with Italian seasoning and salt.
- Repeat steps 4 and 5 with the remaining 2 sheets of puff pastry and filling.
- When unit beeps to signify it has preheated, open hood and place 5 pastries on the grill grate.
- Close hood to begin cooking. Repeat with remaining pastries.
- When cooking is complete, remove pastries and serve warm.

Grill Chart (Closed-Hood Cooking)

Season as desired	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
CHICKEN					
Chicken breast, boneless	4-6 breasts (7-9 oz each)	Season as desired	HI	16-20 mins	Flip 2 or 3 times during cooking
Chicken breast, bone in	3-4 breasts (12-24 oz each)	Season as desired	HI	19-24 mins	Flip 2 or 3 times during cooking
Chicken, leg quarters	3 bone-in leg quarters	Season as desired	HI	26-31 mins	Flip 2 or 3 times during cooking
Chicken sausages, prepared	2 packs (8 sausages)	Season as desired	HI	6-8 mins	Flip 2 or 3 times during cooking
Chicken tenderloins	9 tenderloins	Season as desired	HI	8-11 mins	Flip 2 or 3 times during cooking
Chicken thighs, boneless	2 lbs	Season as desired	HI	10-12 mins	Flip 2 or 3 times during cooking
Chicken thighs, bone in	6 (4-7 oz each)	Season as desired	HI	23-28 mins	Flip 2 or 3 times during cooking
Chicken wings	2 lbs	Season as desired	HI	15-19 mins	Flip 2 or 3 times during cooking
Turkey burgers	4-6 patties	Season as desired	HI	11-14 mins	Flip halfway through cooking
BEEF					
Beef burgers	6 patties, 1-inch thick	Season as desired	HI	9-13 mins	Flip halfway through cooking
Filet mignon	6 steaks (6-8 oz each), 1 1/2-1 1/4-inch thick	Season as desired	HI	14-17 mins	Flip halfway through cooking
New York strip	4 steaks (10-12 oz each), 1 1/2-1 1/4-inch thick	Season as desired	HI	12-18 mins	Flip halfway through cooking
Ribeye	3 steaks (14-16 oz each), 1 1/2-inch thick	Season as desired	HI	20-25 mins	Flip halfway through cooking
Skirt steak	3-4 steaks (10-12 oz each), 1/2-1-inch thick	Season as desired	HI	12-18 mins	Flip halfway through cooking
PORK					
Baby back ribs	1 rack, divided in half	Season as desired	HI	1 hour+	Turn frequently during cooking
Pork chops, boneless	6 boneless chops (8 oz each)	Season as desired	HI	14-18 mins	Flip halfway through cooking
Pork chops, bone in	3-4 thick-cut, bone-in chops (10-12 oz each)	Season as desired	HI	23-27 mins	Flip halfway through cooking
Pork tenderloins	2 whole tenderloins (1-1 1/2 lbs each)	Season as desired	HI	25-35 mins	Turn frequently during cooking
Sausages	8-10 sausages	N/A	LO	11-16 mins	Turn frequently during cooking
LAMB					
Lamb rack	1 full rack (8 bones)	N/A	HI	25-30 mins	Turn frequently during cooking

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
SEAFOOD					
Cod/Haddock	6 filets (5-6 oz each)	Coat lightly with canola oil, season as desired	MAX	8-12 mins	Flip halfway through cooking
Flounder	3 filets	Coat lightly with canola oil, season as desired	MAX	4-8 mins	Flip halfway through cooking
Haddock	6 filets (5-6 oz each)	Coat lightly with canola oil, season as desired	MAX	6-10 mins	Flip halfway through cooking
Salmon	6 filets (6 oz each)	Coat lightly with canola oil, season as desired	MAX	7-11 mins	Flip halfway through cooking
Swordfish	2 steaks (11-12 oz each)	Coat lightly with canola oil, season as desired	MAX	6-8 mins	Flip halfway through cooking
Tuna	4 steaks (6-8 oz each)	Coat lightly with canola oil, season as desired	MAX	6-8 mins	Flip halfway through cooking
VEGETABLES					
Asparagus	1-2 bunches	Coat lightly with canola oil, season as desired	MAX	6-9 mins	Toss frequently during cooking
Baby bok choy	1.5 lb	Coat lightly with canola oil, season as desired	MAX	9-13 mins	Toss frequently during cooking
Bell peppers	4	Coat lightly with canola oil, season as desired	MAX	9-13 mins	Toss frequently during cooking
Broccoli	1-2 heads	Cut in 1-inch pieces, coat lightly with canola oil, season as desired	MAX	10-13 mins	Toss frequently during cooking
Brussels sprouts	2 lbs	Trim, cut in half, coat lightly with canola oil, season as desired	MAX	12-16 mins	Toss frequently during cooking
Carrots	2 lbs	Peel, cut in 1-inch pieces, coat lightly with canola oil, season as desired	MAX	20-25 mins	Toss frequently during cooking
Cauliflower	1-2 heads	Cut in 1-inch pieces, coat lightly with canola oil, season as desired	MAX	25-30 mins	Flip 2 or 3 times during cooking
Corn on the cob	4 cobs	Coat lightly with canola oil, season as desired	MAX	10-13 mins	Toss frequently during cooking
Crimini mushrooms	1 lb	Clean, coat lightly with canola oil, season as desired	MAX	5-7 mins	Toss frequently during cooking
Eggplant	2 medium	Cut in 1/2-inch slices, coat lightly with canola oil, season as desired	MAX	8-11 mins	Flip halfway through cooking
Green beans	1-1 1/2 lbs	Trim, coat lightly with canola oil, season as desired	MAX	15-20 mins	Flip halfway through cooking
Onions, white or red (cut in half)	3	Peel, cut in half, coat lightly with canola oil, season as desired	MAX	10-12 mins	Flip halfway through cooking
Onions, white or red (sliced)	6	Peel, slice, coat lightly with canola oil, season as desired	MAX	4-6 mins	Flip halfway through cooking
Portobello mushrooms	6	Clean, coat lightly with canola oil, season as desired	MAX	7-9 mins	Flipping not necessary
Squash or zucchini	1 lb	Cut in quarters lengthwise, coat lightly with canola oil, season as desired	MAX	6-10 mins	Flip halfway through cooking
Tomatoes	6	Cut in half, coat lightly with canola oil, season as desired	MAX	8-10 mins	Flip halfway through cooking

BBQ Griddle Chart

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
GRIDDLE BASICS					
Bacon	6 strips	N/A	375°F	10-15 mins	Flip at least once during cooking
Eggs	6 eggs	As desired (fried, scrambled, sunny-side up, etc.)	400°F	5-8 mins	(Depends on preparation)
French toast	4-6 slices	Dip in egg batter	375°F	5 mins per side	Flip halfway through cooking
Grilled cheese	4 sandwiches	As desired	400°F	6 mins per side	Flip halfway through cooking
Pancakes	4 pancakes (4 inches wide) or 6 pancakes (3 inches wide)	Follow pancake mix instructions	375°F	3 mins per side	Flip halfway through cooking
Frozen shredded potatoes	2 lbs	2 Tbsp oil on griddle	400°F	24-26 mins	Toss frequently
SEAFOOD					
Scallops	15-20 scallops	1 Tbsp oil on griddle	400°F	4-8 mins	Flip halfway through cooking
Shrimp	16-20 shrimp	1 Tbsp oil on griddle	400°F	4-5 mins	Flip halfway through cooking
Tilapia	4-5 fillets (3-4 oz each)	1 Tbsp oil on griddle	400°F	6-9 mins	Flip halfway through cooking
POULTRY					
Chicken cutlets	1 lb	1 Tbsp oil on griddle	400°F	15-20 mins	Flip halfway through cooking
Ground chicken/Turkey	1 lb	N/A	400°F	5-10 mins	Toss frequently
Turkey bacon	5 slices	N/A	400°F	4-8 mins	Flip halfway through cooking
Turkey/chicken burgers	4 patties	N/A	400°F	10-15 mins	Flip halfway through cooking
Frozen chicken burgers	4 patties	N/A	400°F	25-30 mins	Flip halfway through cooking
BEEF/PORK					
Beef burgers	6 patties (3-4 oz each)	N/A	400°F	10-15 mins	Flip halfway through cooking
Bratwurst	2 lbs (8 bratwurst)	N/A	375°F	20-25 mins	Flip 2 or 3 times during cooking
Shaved steak	1 lb	1 Tbsp oil on griddle	400°F	8-10 mins	Toss frequently
Frozen shaved steak	4 slices	Break into pieces	400°F	1-3 mins	Toss frequently
Ground beef	1 lb	1 Tbsp oil on griddle	400°F	5-10 mins	Toss frequently
Ground pork	1 lb	1 Tbsp oil on griddle	400°F	7-10 mins	Toss frequently
Ham steak	8 oz (2 steaks)	N/A	400°F	7-9 mins	Flip halfway through cooking
Sausage, precooked	12 oz (12 links)	N/A	350°F	7-9 mins	Flip 2 or 3 times during cooking

BBQ Griddle Chart, continued

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
VEGETABLE					
Asparagus	1 lb	Trim ends; 1 Tbsp oil on griddle	400°F	10-15 mins	Flip 2 or 3 times during cooking
Bell peppers	2 peppers	Slice thinly; 1 Tbsp oil on griddle	400°F	6-9 mins	Toss frequently
Onions	2 onions	Slice thinly; 1 Tbsp oil on griddle	400°F	6-9 mins	Toss frequently
Fresh shredded potatoes	1 lb	2 Tbsp oil or butter on griddle	400°F	20-25 mins	Toss frequently
Frozen hash brown potatoes	1 lb	2 Tbsp oil on griddle	400°F	27-30 mins	Toss frequently
Fresh hash brown potatoes	1 lb	2 Tbsp oil on griddle	400°F	20-25 mins	Toss frequently
Fresh diced sweet potatoes	1 lb	Cut in 1/2-inch pieces; 2 Tbsp oil on griddle	400°F	20-25 mins	Toss frequently
Squash or zucchini	1 1/2 lbs	Slice; 1 Tbsp oil on griddle	400°F	6-10 mins	Flip 2 or 3 times during cooking
FRUIT					
Bananas	3	Cut in half lengthwise	400°F	7-10 mins	Flip halfway through cooking
Peaches	4	Cut in quarters, remove pits	350°F	12-16 mins	Flip at least once during cooking
Pineapple	6 rings	(1-1 1/2 inches thick)	400°F	12-16 mins	Flip at least once during cooking
Apples	2	Cut in 1/2-inch slices	400°F	5-8 mins	Flip at least once during cooking

Air Crisp Chart

FROZEN FOODS					
Chicken cutlets	6 cutlets	N/A	390°F	15-18 mins	Flip halfway through cooking
Chicken nuggets	2 boxes (24 oz)	N/A	390°F	13-15 mins	Shake frequently during cooking
Fish filets	10 filets, breaded	N/A	390°F	14-16 mins	Flip halfway through cooking
Fish sticks	2 boxes (approx. 22 oz, 30 count)	N/A	390°F	13-16 mins	Flip halfway through cooking
French fries	1 lb	N/A	350°F	20-23 mins	Shake frequently during cooking
French fry	2 1/2 lbs	N/A	360°F	30-33 mins	Shake frequently during cooking
Mozzarella sticks	1 large box (33 oz)	N/A	375°F	7-9 mins	Flip halfway through cooking
Pot stickers	1 bag (20 oz, 30 count)	N/A	390°F	13-15 mins	Flip halfway through cooking
Pizza rolls	1 large bag (40 oz, approx. 40 count)	N/A	390°F	8-10 mins	Shake frequently during cooking
Popcorn shrimp	1 1/2 boxes (24 oz)	N/A	390°F	10-13 mins	Shake frequently during cooking
Sweet potato fries	1 bag (approx. 24 oz)	N/A	375°F	17-21 mins	Shake frequently during cooking
Tater tots	1 bag (approx. 24 oz)	N/A	390°F	15-18 mins	Shake frequently during cooking
VEGETABLES					
Asparagus	2 bunches	Keep whole, trim stems, toss with 2 tsp oil	390°F	12-14 mins	Shake frequently during cooking
Beets	8 small or 6 large	Keep whole	390°F	45-60 mins	Shake frequently during cooking
Bell peppers (for roasting)	5 peppers	Keep whole	400°F	20-25 mins	Shake frequently during cooking
Broccoli	2 heads	Cut in 1-inch florets, toss with 1 Tbsp oil	390°F	12-16 mins	Shake frequently during cooking
Brussels sprouts	2 lbs	Cut in half, remove stems, toss with 1 Tbsp oil	390°F	15-18 mins	Shake frequently during cooking
Butternut squash	3 lbs	Cut in 1-inch pieces, toss with 1 Tbsp oil	390°F	28-32 mins	Shake frequently during cooking
Carrots	2 lbs	Peel, cut in 1-inch pieces, toss with 1 Tbsp oil	390°F	22-27 mins	Shake frequently during cooking
Cauliflower	2 heads	Cut in 1-inch florets, toss with 1 Tbsp oil	390°F	18-22 mins	Shake frequently during cooking
Corn on the cob	6 ears	Keep whole, remove husks, brush with 1 Tbsp oil (total)	390°F	11-15 mins	Shake frequently during cooking
Green beans	2 lbs	Trim, toss with 1 Tbsp oil	390°F	15-18 mins	Shake frequently during cooking
Kale (for chips)	8 cups, packed	Tear in pieces, remove stems	390°F	12-15 mins	Shake frequently during cooking
Mushrooms	1 lb	Rinse, keep whole or cut in quarters, toss with 1 Tbsp oil	390°F	8-10 mins	Shake frequently during cooking
	3 lbs	Cut in 1-inch wedges, toss with 1-3 Tbsp oil	390°F	25-30 mins	Shake frequently during cooking
Potatoes, russet	2 lbs	Hand-cut fries*, thin, toss with 1-3 Tbsp oil	390°F	22-26 mins	Shake frequently during cooking
	2 lbs	Hand-cut fries*, thick, toss with 1-3 Tbsp oil	390°F	25-30 mins	Shake frequently during cooking
Potatoes, sweet	2 lbs	Cut in 1-inch chunks, toss with 1-3 Tbsp oil	390°F	20-25 mins	Shake frequently during cooking
	6 whole	Pierce with fork 3 times	390°F	30-35 mins	Turn frequently during cooking
Zucchini	2 lbs	Cut in half, then cut in quarters lengthwise, toss with 1 Tbsp oil	390°F	18-20 mins	Shake frequently during cooking

Warning

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