

Please make sure to read the enclosed Ninja® Owner's Guide prior to using your unit.



# NINJA Foodi Dual Heat AIR FRY OVEN

Quick Start Guide  
& Inspiration Guide



# Dual Heat

— TECHNOLOGY —

UP TO **500°F**  
DIRECTLY HEATED  
HIGH-DENSITY PAN



UP TO **500°F**  
RAPID, ALL-AROUND  
CYCLONIC AIR

**Sear & roast at the same time**

The proof is in the pizza crust



**Dual Heat**  
TECHNOLOGY  
Crispy crust edge  
to edge faster



Traditional  
full-size oven  
Unevenly cooked  
with soggy center

Both images based on 5 minute cook time

SCAN TO SEE  
HOW IT WORKS



500°F of **direct contact heat** and **rapid airflow** allow you to sear and roast thick-cut proteins and make restaurant-worthy pizzas

**Not preheating the high-density pan will lead to uneven results**

## Get to know the control panel and preheat requirements

### Using Dual Heat Mode

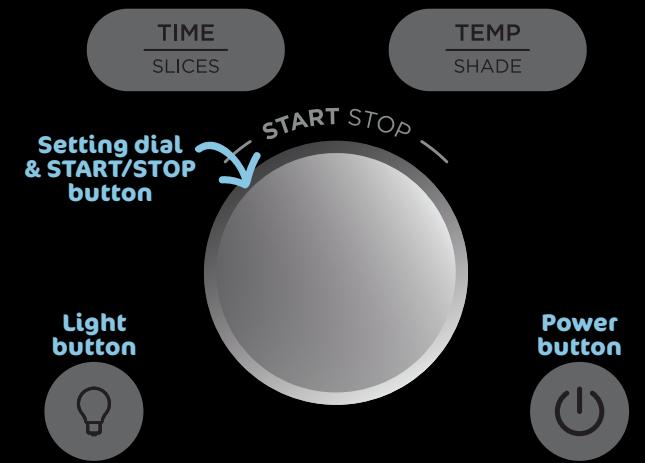
SEAR CRISP | RAPID BAKE | GRIDDLE | FRESH PIZZA | FROZEN PIZZA

### Preheating the high-density pan and setting temp and time

Like a cast iron pan, the high-density pan has to be preheated to sear and roast for best results.

- 1 Insert the pan into the bottom rails of the oven. Press the **Power button** to turn the oven on.
- 2 Press the **DUAL HEAT MODE button**, then rotate the **setting (START/STOP) dial** to scroll through functions.
- 3 Press the **TIME/SLICES button** and rotate the dial to adjust cook time. Press TIME/SLICES button again to set the time.
- 4 Press the **TEMP/SHADE button** and rotate the dial to adjust temperature. Press TEMP/SHADE button again to set the temperature.
- 5 Push the **setting (START/STOP) dial** to begin preheating. PREHEAT will illuminate and a progress bar in the display will let you know when preheat is almost complete. Preheating takes about 5-10 minutes.

Once the oven and high-density pan are preheated, time will start counting down immediately. While cooking, turn the dial to increase or decrease time. Press the dial to stop cooking.



### Using Air Oven Mode

AIR FRY | AIR ROAST | BAKE | BROIL | TOAST | BAGEL

Refer to Tips & Tricks on Page 8 before cooking.

With infrared heat, this mode is ideal for air frying, toasting, broiling, or roasting smaller cuts of proteins and delicate food loads.

- 1 Press the **Power button** to turn the oven on.
- 2 Press the **AIR OVEN MODE button**, then rotate the **setting (START/STOP) dial** to scroll through functions.
- 3 Press the **TIME/SLICES button** and rotate the dial to adjust cooktime. Press TIME/SLICES button again to set the time.
- 4 Press the **TEMP/SHADE button** and rotate the dial to adjust temperature. Press TEMP/SHADE button again to set the temperature.
- 5 Push the **setting (START/STOP) dial** to begin preheating. PREHEAT will illuminate and a progress bar in the display will let you know when preheat is almost complete. Preheating takes about 60 seconds.

Once the oven is preheated, time will start counting down immediately. While cooking, turn the dial to increase or decrease time. Press the dial to stop cooking.

**NOTE** Griddle, Reheat, and Dehydrate are not included on all models.

# Dual Heat Functions

Always slide crumb tray under bottom heating elements while cooking and clean after each use.

SCAN TO SEE  
HOW IT WORKS



Always preheat the high-density pan in bottom rails

The high-density pan is required for Dual Heat functions. Do not use another accessory without the pan installed for Dual Heat functions.



Always use a recommended oil to prevent smoke:  
Canola | Refined coconut | Avocado  
Vegetable | Grapeseed



Not recommended, may create smoke:  
Olive oil | Butter | Margarine

**TIP** Halfway through cooking with Sear Crisp, Air Roast, or Air Fry, pull high-density pan  $\frac{3}{4}$  out of the oven to flip ingredients for consistently crispy results.

## Sear Crisp

BEST FOR TENDERLOINS, THICK-CUT PROTEINS, AND HEARTY VEGETABLES



Recipe on page 10

Achieve crispy chicken skin, a crust on small whole roasts, and a golden exterior on hearty vegetables.

Sear Crisp Chart  
Pages 38-39

## Rapid Bake

BEST FOR FROZEN FOODS AND BAKED GOODS



Recipe on page 12

**COOKS 30%–50% FASTER**  
than average box instructions

Use contact cooking to jumpstart doughs for extra rise and external texture development.

Rapid Bake Chart  
Pages 42-43

## Griddle\*



Achieve light browning on breakfast foods, quesadillas, sandwiches, and more.

Griddle Chart  
Pages 46-47

## Fresh Pizza



Recipe on page 16

Quickly cook handmade pizza with evenness across top and bottom from thin to thick crust.

Fresh & Frozen Pizza Guide  
Pages 18-19

## Frozen Pizza



**COOKS 30%–50% FASTER**  
than average box instructions

Cook frozen pizza with a perfectly browned bottom and fluffy crust from thin to thick.

Follow temperature on box. Set time 30%–50% lower than box recommended time.



**NOTE:** Do not use wire rack. Preheat the high-density pan and place accessory or food directly on the pan.



**NOTE:** Regardless of box instructions, do not cook a fresh or frozen pizza on the wire rack. Preheat and cook on the high-density pan for even results.

# Air Oven Functions

Always slide crumb tray under bottom heating elements while cooking and clean after each use.



**Always use a recommended oil to prevent smoke:**  
Canola | Refined coconut | Avocado  
Vegetable | Grapeseed



**Not recommended, may create smoke:**  
Olive oil | Butter | Margarine

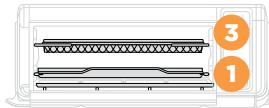
## Air Fry

BEST FOR FRENCH FRIES, CHICKEN WINGS OR NUGGETS, AND BREADED FOODS



Recipe on page 14

Get fast, extra-crispy results with little to no oil.



Air fry basket in top rails with or without high-density pan in bottom rails



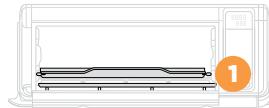
Spray air fry basket with nonstick cooking spray to minimize sticking.

## Air Roast

BEST FOR SHEET PAN MEALS, SMALL-CUT PROTEINS, AND DELICATE VEGETABLES



Evenly cook mains and sides at the same time.



High-density pan in bottom rails



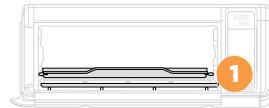
For best results, place all ingredients in one layer. For sheet pan meals, cut ingredients to the same size.

## Broil

BEST FOR NACHOS AND CASSEROLE FINISHING

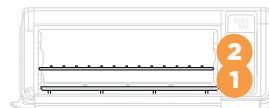


Use top-down heat for a crispy finish.



High-density pan or wire rack with other baking accessory in bottom rails

OR



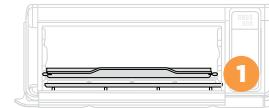
Wire rack on middle rails with or without pan in bottom rails.

## Bake

BEST FOR CAKES AND COOKIES



Achieve overall even cooking with light browning.



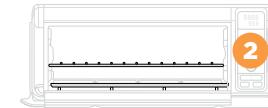
High-density pan or wire rack with other baking accessory on bottom rails

## Toast & Bagel

BEST FOR BREAD, BAGELS, AND FROZEN WAFFLES



Get quick and even browning on both sides.



Wire rack in middle rails



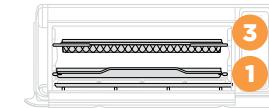
When using the Bagel function, place bagels cut-side up on the rack.

## Dehydrate\*

BEST FOR JERKY AND DRIED FRUIT



Removes moisture to make jerky and dried fruit.



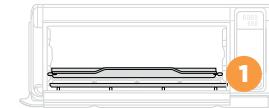
Air fry basket on top rails with or without high-density pan in bottom rails

## Reheat\*

BEST FOR LEFTOVERS



Reheat meals.



High-density pan or wire rack with other baking accessory in bottom rails

# Tips & Tricks

## PREHEAT



The unit preheats quickly in Air Oven Mode, so prep all ingredients before preheating. Time will start counting down immediately after the unit is preheated. To add time, simply turn the dial.

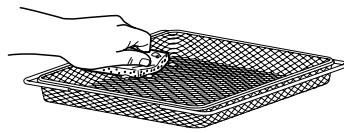
Food cooks faster with Rapid Bake, Frozen Pizza, and Air Roast, so for traditional oven recipes, lower the cook time and temperature. For Rapid Bake and Frozen Pizza, reduce cook time on recommended package instructions 30-50%.



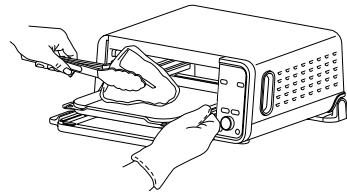
With Dual Heat functions, use only the high-density pan in the bottom rails. When adding or removing food from the hot high-density pan, you may place it on a trivet on top of the oven or other level surface. *Using other accessories in bottom rails will result in temperature inaccuracy.*



For marinades containing sugar, honey, or other sweeteners, brush onto proteins halfway through broiling to avoid burning.



For deep cleaning, let accessories soak in warm, soapy water overnight and scrub with a non-abrasive brush or sponge.



Halfway through cooking with Sear Crisp, Air Roast, or Air Fry, pull high-density pan  $\frac{3}{4}$  out of the oven to flip ingredients for consistently crispy results.



Spray air fry basket with nonstick cooking spray to minimize sticking.



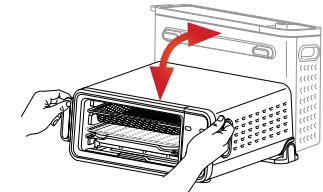
When using the Bagel function, place bagels cut-side up on the rack.



Use oven mitts rated for 500°F.



For best results, place all ingredients in one layer. For sheet pan meals, cut ingredients to the same size.



To flip up, hold handles on each side of the oven. Lift and flip the oven onto its side. Leave in the upright position when storing for extra counterspace.

## How to reduce smoke

When cooking greasy, drippy foods with the Air Fry Basket, place the high-density pan in the bottom rails to catch the drippings.

Avoid exceeding 400°F when using oils to limit smoke.

Clean all accessories from grease build up including crumb tray and clean interior of oven before each use.



**Recommended:**  
Canola | Refined coconut | Avocado | Vegetable | Grapeseed



**Not recommended:**  
Olive oil | Butter | Margarine

# Herbed Pork Tenderloin with Roasted Carrots & Parmesan Baby Potatoes

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **PREHEAT:** APPROX. 5-7 MINUTES | **COOK:** 30 MINUTES (INTERNAL TEMP 145°F) | **MAKES:** 4-6 SERVINGS

## INGREDIENTS

2 pork tenderloins (1 pound each)	1 1/2 pounds baby potatoes, halved
6 tablespoons canola oil, divided	2 tablespoons grated or shaved Parmesan cheese
Herb seasoning of choice, as desired	2 tablespoons chopped parsley
1 pound bag baby carrots	
Kosher salt, as desired	
Ground black pepper, as desired	

## DIRECTIONS



Install the high-density pan in the bottom level of the unit, then close door. Select SEAR CRISP, set temperature to 425°F, and set time to 30 minutes. Press the setting dial to begin preheating.



Coat each pork tenderloin with 1 tablespoon canola oil, then apply herb seasoning as desired.



In a medium bowl, toss the baby carrots with 2 tablespoons canola oil, salt, and pepper until evenly coated.



In a separate medium bowl, toss the halved baby potatoes in the remaining 2 tablespoons canola oil, salt, and pepper until evenly coated.



When unit has preheated, open door, carefully remove the pan with oven mitts and place on top of oven. Place the pork tenderloins on the left side, carrots in the center, and potatoes on the right.



Reinstall the pan in the bottom level of the unit and close the door to begin cooking.



When cooking is complete, make sure pork is cooked through with a thermometer. The internal temperature should read 145°F or higher. Remove the potatoes from the pan and toss with Parmesan cheese and parsley. Allow the pork tenderloin to rest for 5 minutes, then slice and serve with vegetables.

**TIP:** For guidance on other foods to cook with the Sear Crisp function, refer to the Sear Crisp Chart on page 24.



# Salted Chocolate Chip Cookies

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 5-7 MINUTES | **COOK:** 6-8 MINUTES | **MAKES:** 2 DOZEN COOKIES

## INGREDIENTS

1 stick (4 ounces) unsalted butter, melted, cooled	1/4 teaspoon baking powder
1/2 cup dark or light brown sugar, packed	1 large egg
1/4 cup granulated sugar	1 teaspoon vanilla extract
1/2 teaspoon kosher salt (plus additional for sprinkling)	1 1/4 cups all-purpose flour
1/4 teaspoon baking soda	3/4 cup semi-sweet chocolate chips

## DIRECTIONS



In a large bowl, add the butter, dark brown sugar, granulated sugar, salt, baking soda, and baking powder. Whisk until fully combined and slightly thick.



Add the egg and vanilla extract and whisk to combine. The mixture should appear lighter.



Add the flour and mix with a rubber spatula until loosely combined.



Add the chocolate chips and mix until evenly combined.

**TIP** The timer will start counting down as soon as the unit has preheated. Simply turn the dial to add time.



Install the high-density pan in the bottom level of the unit, then close door. Select RAPID BAKE, set temperature to 350°F, and set time to 6 to 8 minutes, depending on desired doneness. Press the setting dial to begin preheating.



Portion the dough into 24 balls, about 1 tablespoon each. Once the dough is divided, press the dough down to slightly flatten, then sprinkle with kosher salt. Use parchment for easy clean up or loading of cookies.



When unit has preheated, open door, carefully remove the pan with oven mitts and place on top of oven. Place 12 cookies on the tray in four rows of three, spaced about 1-inch apart. Reinstall the pan in the bottom level of the unit and close the door to begin cooking.



When baking is complete, remove pan and set aside to cool. Allow cookies to cool for 7 to 10 minutes before serving. The remaining cookie dough can be baked, refrigerated for up to a week, or frozen for up to a month.

# Creamy Parmesan Chicken Wings

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **MARINATE:** 1-24 HOURS | **PREHEAT:** 60 SECONDS | **COOK:** 25 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

2 tablespoons lemon pepper seasoning

Zest and juice of 2 lemons

2 1/2 pounds fresh uncooked chicken wings

Nonstick cooking spray

3/4 cups Caesar dressing

1 cup shredded Parmesan cheese

1 cup croutons, crushed

1/4 cup fresh chopped parsley to garnish

## DIRECTIONS



In a small bowl, prepare the marinade by whisking together lemon pepper seasoning, lemon zest, and lemon juice.



Place marinade along with chicken wings in a large resealable plastic bag, coating the chicken wings with the marinade. Let marinate in the refrigerator for at least 1 hour and up to 24 hours.



Install the high-density pan in the bottom level of the unit, then close door. Select AIR FRY, set temperature to 400°F, and set time to 25 minutes. Press the setting dial to begin preheating.

**TIP** The timer will start counting down as soon as the unit has preheated. Simply turn the dial to add time.



While unit is preheating, arrange wings in the Air Fry Basket, making sure they are not crowding each other. Lightly spray the chicken wings with nonstick spray. When unit has preheated, open door, and slide the basket into the top rails. Close door to begin cooking.



After 10 minutes, use silicone-tipped tongs to flip the wings. Close door and cook for an additional 10 to 15 minutes, or until desired level of crispiness is achieved.



When cooking is complete, carefully remove the basket from the oven. Toss wings in Caesar dressing, Parmesan cheese, and croutons. Garnish as desired with parsley.

# Margherita Pizza

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 7 MINUTES | **MAKES:** 4-6 SERVINGS

## INGREDIENTS

14 ounces pre-made raw  
pizza dough

1/4 cup marinara sauce

8 ounces fresh mozzarella slices

1/4 cup shredded  
Parmesan cheese

1 tablespoon extra virgin olive oil

Fresh basil leaves, chopped,  
for garnishing

## DIRECTIONS



Install high-density pan in the bottom level of the unit, then close door. Select FRESH PIZZA, set temperature to 500°F, and set time to 7 minutes. Press the setting dial to begin preheating.

*The timer will start counting down as soon as the unit has preheated. Simply turn the dial to add time, or prep ingredients beforehand.*



While unit is preheating, lightly coat a rolling pin with flour, then roll to flatten out dough into a 12-inch round circle about 1/4-inch thick. Use the Pizza Dough Guide on page 18 for how to best roll out your dough. Transfer pizza dough to a sheet of parchment paper.



Top the dough with marinara sauce, mozzarella, and Parmesan cheese. Then use a pastry brush or your fingers to gently rub olive oil onto the outer edge of the dough.

**TIP** Refer to page 18 for information on using parchment paper to cook homemade pizzas.



When unit has preheated, open door, then using the parchment paper, carefully transfer the pizza to hot pan. After 4 minutes of cooking, open door and carefully pull the parchment paper out from under the pizza, allowing the pizza to go directly onto the pan. Close door to finish cooking.



When cooking is complete, carefully remove pizza from the hot pan. Let pizza cool for 5 minutes, then garnish with fresh basil, and serve.

### Custom Options

This recipe contains just a portion of all possible preferences. If desired, try adding any combination of the toppings listed below.

- Sliced Pepperoni
- Crumbled Italian Sausage
- Chopped Bacon
- Sliced Onions
- Sliced Peppers
- Sliced Mushrooms
- Olives
- Diced Chicken

*Times and temperatures will vary based on added toppings.*

# Fresh & Frozen Pizza Guide

## Frozen pizza tips

### TEMP



Follow box temperature instructions.

### PREHEAT



Preheat the high-density pan in bottom rails for even results. Do not use wire rack.

### TIME



Reduce cook time by 30-50% from box instructions. Keep an eye on your food while it's cooking.

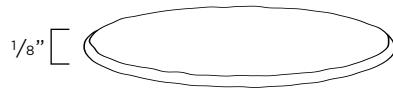
## BEFORE YOU START MAKING YOUR FRESH PIZZA

Read directions on pages 1-6. Thaw your dough to room temperature (68°F-70°F) for easy rolling and best results. Times and temperature are for a basic cheese pizza.

*Preheat the high-density pan or this will impact evenness and cooking results.*

### Thin Crust

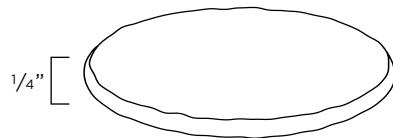
**DOUGH WEIGHT:** 10 OZ | **DIAMETER:** 12" | **THICKNESS OF DOUGH BEFORE BAKING:** 1/8" | **TEMPERATURE:** 500°F | **TIME:** 6 MINUTES



- 1 Use a rolling pin to roll dough into a 12" circle. This will create a 1/8" thickness that's perfect for a thin crust pizza.
- 2 When topping the dough with sauce, cheese, and other toppings, leave a 1"-1 1/2" rim around the edge of the dough for the crust to form.

### Medium Crust

**DOUGH WEIGHT:** 14 OZ | **DIAMETER:** 12" | **THICKNESS OF DOUGH BEFORE BAKING:** 1/4" | **TEMPERATURE:** 500°F | **TIME:** 7 MINUTES

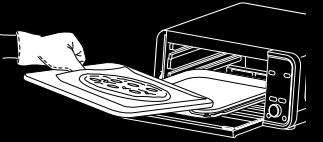


- 1 Use a rolling pin to roll dough into a 12" circle. This will create a 1/4" thickness that's perfect for a medium crust pizza.
- 2 When topping the dough with sauce, cheese, and other toppings, leave a 1"-1 1/2" rim around the edge of the dough for the crust to form.

## Tips & Tricks

For best results with raw dough use parchment paper with flour to build your pizza on a cutting board. Once the high-density pan is preheated, use a wooden cutting board to slide the fresh pizza with parchment paper onto the high-density pan. After 3-4 minutes of cook time, carefully remove the parchment paper from the bottom of the pizza.

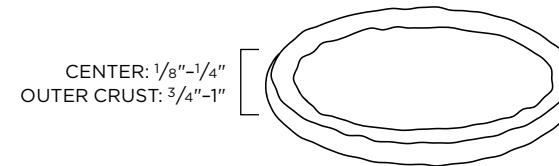
*Refer to the Owner's Guide for more detailed instructions on using parchment paper.*



**TIP:** If you do not have a rolling pin, lightly cover the dough in olive oil and with your hands, and stretch into a 12" circle.

## Thick Crust / "Dish-less Deep Dish"

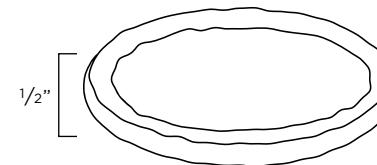
**DOUGH WEIGHT:** 24 OZ | **DIAMETER:** 12"  
**THICKNESS OF DOUGH BEFORE BAKING:** 1/8"-1/4" (CENTER); 3/4"-1" (OUTER CRUST)  
**TEMPERATURE:** 450°F | **TIME:** 6 MINUTES



- 1 Use a rolling pin to roll dough into a 10" circle. Then use your hands to push the dough in the center down to create "a well."
- 2 Continue pressing then pulling the well until the circle is 12" in diameter, the outer crust is 1"-1 1/2" wide and 3/4"-1" thick, and the rest of the dough in the well is 1/8"-1/4" thick.
- 3 When topping the dough with sauce, cheese, and other toppings, top only the well.

## Thick Crust / Deep Dish Using Pan

**DOUGH WEIGHT:** 24 OZ | **DIAMETER:** 12" | **THICKNESS OF DOUGH BEFORE BAKING:** 1/2" | **TEMPERATURE:** 450°F | **TIME:** 6 MINUTES



- 1 Use a rolling pin to roll dough into a 12" circle. This will create a 1/2" thickness that's perfect for a deep-dish pizza.
- 2 Press the dough into a 10" round spring form pan with 2" of the dough pressed up the sides of the pan. Fill the dough with toppings as desired.



# CHICAGO STYLE DEEP DISH-LESS PIZZA

ADVANCED RECIPE ●●●

**PREP:** 20 MINUTES | **REST:** 1 HOUR | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 12-15 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

### DOUGH

- 2 teaspoons dry yeast
- 1 cup warm water
- 2 1/2 cups all-purpose flour, plus more for coating
- 2 tablespoons olive oil
- 1 teaspoon granulated sugar
- 1 teaspoon kosher salt
- 1/2 cup cornmeal

### TOPPINGS

- 8 ounces fresh mozzarella, sliced
- 1 cup shredded mozzarella
- 1/2 cup pepperoni slices
- 1 cup crumbled Italian sausage, cooked
- 1 1/2 cups crushed tomatoes
- Shredded Parmesan cheese, as desired
- Fresh basil leaves or parsley leaves, chopped, as desired

## DIRECTIONS

- 1 In a medium bowl, stir yeast into warm water until dissolved. Add remaining dough ingredients and stir vigorously to combine, then cover and let rest for 1 hour.
- 2 Install the high-density pan in the bottom level of the unit, then close door. Select FRESH PIZZA, set temperature to 450°F, and set time to 12 to 15 minutes (depending on desired doneness). Press the setting dial to begin preheating.
- 3 While unit is preheating, lightly coat a rolling pin with flour, then roll dough into a 10-inch round circle. With your hands, push the center of the dough to create a well, then pull the center of the dough out to create a thicker than average crust. The center should be about 1-inch thick, while the crust should be about 1 1/2-inches thick. The final pizza should be 12 inches in diameter.
- 4 Transfer pizza dough to a sheet of parchment paper. Top the dough with sliced mozzarella, shredded mozzarella, pepperoni, and sausage. Evenly cover with crushed tomatoes.
- 5 When unit has preheated, open door, then transfer the pizza on the parchment paper to hot pan.
- 6 Remove parchment from bottom of pizza after 4 to 5 minutes of cooking, sliding pizza directly onto the pan. Continue cooking.
- 7 When cooking is complete, carefully remove pizza from the hot pan. Let pizza cool for 5 minutes, then garnish with Parmesan and fresh basil. Serve warm.

**TIP** No time to make your own dough? Buy it pre-made (1 1/2 pounds) at the supermarket for a quick weeknight meal.

# HOMEMADE THIN CRUST WHITE PIZZA

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **REST:** 1-2 HOURS | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 7 MINUTES | **MAKES:** 1-2 SERVINGS

## INGREDIENTS

10 ounces pre-made raw pizza dough, allow to come to room temperature  
2 tablespoons ricotta cheese  
2 tablespoons prepared Alfredo sauce  
1/2 cup shredded mozzarella cheese  
1/4 cup shredded Parmesan cheese  
1/2 teaspoon dried Italian seasoning  
2 teaspoons extra-virgin olive oil, divided

## DIRECTIONS

- 1 Thaw your dough to room temperature (68°F-70°F) for easy rolling and best results.
- 2 In a medium bowl, mix the ricotta and Alfredo sauce.
- 3 Install the high-density pan in the bottom level of the unit, then close door. Select FRESH PIZZA, set temperature to 500°F, and set time to 7 minutes. Press the setting dial to begin preheating.
- 4 While unit is preheating, lightly coat a rolling pin with flour, then roll to flatten out the dough into a 12-inch round circle. Transfer the pizza dough to a sheet of parchment paper.
- 5 Top the dough with Alfredo and ricotta mixture, mozzarella cheese, Parmesan cheese, and Italian seasoning. Then use a pastry brush or your fingers to gently rub olive oil onto the outer edge of the dough.
- 6 When unit has preheated, transfer the pizza on the parchment paper to hot pan (do not use metal utensils on the pan). Close door to begin cooking.
- 7 When cooking is complete, carefully remove pizza from the hot pan. Let pizza cool for 5 minutes, then serve.

# BUFFALO CHICKEN CALZONES

ADVANCED RECIPE ●●●

**PREP:** 15 MINUTES | **REST:** 1 HOUR | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 15-20 MINUTES  
**MAKES:** 2 CALZONES, 6-8 SERVINGS

## INGREDIENTS

### DOUGH

2 teaspoons dry yeast  
1 cup warm water  
2 1/2 cups all-purpose flour, plus more for coating  
2 tablespoons extra-virgin olive oil  
1 teaspoon granulated sugar  
1 teaspoon kosher salt

### TOPPINGS

3 cups (about 1 large 3-4 pound rotisserie chicken) shredded rotisserie chicken  
1/2 cup Buffalo sauce  
8 ounces shredded mozzarella cheese, divided  
4 ounces blue cheese crumbles, divided  
1 tablespoon extra-virgin olive oil

## DIRECTIONS

- 1 In a medium bowl, stir yeast into warm water until dissolved. Add remaining dough ingredients and vigorously stir until evenly mixed, then cover and let rest for 1 hour.
- 2 In a separate medium bowl, mix shredded chicken with Buffalo sauce until the chicken is evenly coated. Set aside.
- 3 Install the high-density pan in the bottom level of the unit, then close door. Select FRESH PIZZA, set temperature to 450°F, and set time to 15 to 20 minutes, depending on desired doneness. Press the setting dial to begin preheating.
- 4 While unit is preheating, evenly portion dough and roll into 2 dough balls, approximately 12-13 ounces each. Lightly coat a rolling pin with flour, then roll over each dough ball to flatten out dough into a 10-inch round circle. Transfer each dough to separate sheets of parchment paper.
- 5 Top half of each dough with shredded Buffalo chicken, mozzarella cheese, and blue cheese. Fold the other half of each dough over the filling. Moisten edges with water and crimp to seal. Cut 2-3 slits into the tops of each.
- 6 Use a pastry brush or your fingers to gently rub olive oil over the top of each calzone.
- 7 When unit has preheated, slide pan out partially with oven mitts, and transfer the calzones on the parchment paper to hot pan. (do not use metal utensils on the pan). Close door to begin cooking.
- 8 When cooking is complete, carefully remove both calzones from the hot pan. Let calzones cool for 5 minutes before cutting and serving. Serve with your favorite dipping sauce.

**TIP** No time to make your own dough? Buy it pre-made (1 1/2 pounds) at the supermarket for a quick weeknight meal.



# KUNG PAO BRUSSELS SPROUTS

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 10 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 pound Brussels sprouts, trimmed, halved  
1 red bell pepper, seeded, cut in 1-inch pieces  
Kosher salt, as desired  
Ground black pepper, as desired  
1 tablespoon canola oil  
1/2 cup roasted peanuts, plus more chopped for garnish  
3 scallions, trimmed, chopped  
1/2 cup prepared Kung Pao sauce  
Sesame seeds for garnish

## DIRECTIONS

- 1** In a large bowl, combine Brussels sprouts, bell pepper, salt, pepper, and oil. Toss well.
- 2** Install high-density pan in the bottom level of the unit, then close door. Select SEAR CRISP, set temperature to 450°F, and set time to 10 minutes. Press the setting dial to begin preheating.
- 3** When unit has preheated, open door and use oven mitts to remove pan and place it on top of oven. Add Brussels sprouts and pepper mix to pan, then reinstall pan in bottom level of the unit. Close door to begin cooking.
- 4** When cooking is complete, carefully remove pan from the oven with oven mitts. Transfer Brussels sprouts and pepper mix to a bowl. Toss with peanuts, scallions, and Kung Pao sauce until evenly mixed.
- 5** Garnish Brussels sprouts and pepper mix with chopped peanuts and sesame seeds, then serve immediately.

**TIP** For best sear on Brussels sprouts, ensure each piece is placed cut-side down on the pan.

**TIP** For guidance on other foods to cook with the Sear Crisp function, refer to the Sear Crisp Chart on page 24.

# APPLE CROSTATA

BEGINNER RECIPE ●○○

**PREP:** 5-7 MINUTES | **PREHEAT:** APPROX. 6-7 MINUTES | **COOK:** 35 MINUTES | **MAKES:** 4-6 SERVINGS

## INGREDIENTS

- 1 large egg
- 1 tablespoon warm water
- 1 roll pre-made pie dough
- 1 can (16 ounces) prepared apple pie filling
- Granulated sugar, as desired

## DIRECTIONS

- 1 Install the high-density pan in the bottom level of the unit, then close the door. Select RAPID BAKE, set temperature to 350°F, and set time to 35 minutes. Press the setting dial to begin preheating.
- 2 In a small bowl, add the egg and lightly whisk with 1 tablespoon water to create an egg wash.
- 3 Prepare the crostata by unrolling the pie dough on a clean work surface. With fingers or a pastry brush, coat the pie dough with the egg wash.
- 4 Add the filling to the center of the dough, leaving a 2-inch rim around the perimeter free of filling. Fold the edges of the dough up and over the filling 6 times, leaving the center open.
- 5 With fingers or a pastry brush, lightly sprinkle the outer rim of the crostata with sugar.
- 6 When unit has preheated, open door and use oven mitts to remove pan and place it on top of the oven. With a large spatula, place the crostata in the center of the pan, then reinstall the pan in the bottom level of the unit. Close the door to begin cooking.
- 7 When baking is complete, carefully remove pan and place on top of oven. Allow the crostata to cool for 5 to 10 minutes and serve warm.

# BBQ CHICKEN BREASTS WITH GREEN BEANS & POTATO WEDGES

BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **PREHEAT:** APPROX. 3-5 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

- 4 uncooked fresh chicken breasts (6-8 ounces each)
- Canola oil, as desired
- Kosher salt, as desired
- Ground black pepper, as desired
- 10 ounces green beans, trimmed
- 2 small Russet potatoes (approx. 4 inches long), cut lengthwise into wedges
- 1/2 cup prepared barbeque sauce, divided

## DIRECTIONS

- 1 Install the high-density pan in the bottom level of the unit, then close the door. Select SEAR CRISP, set temperature to 400°F, and set time to 20 minutes. Press the setting dial to begin preheating.
- 2 Coat each chicken breast with canola oil, salt, and pepper.
- 3 In a large bowl, toss the green beans with canola oil, salt, and pepper until evenly coated.
- 4 In a separate large bowl, toss the potato wedges in canola oil, salt, and pepper.
- 5 When unit has preheated, open door and use oven mitts to remove pan and place it on top of the oven. Place the chicken on the left side, green beans in the center, and potatoes on the right. Reinstall the pan in the bottom level of the unit, then close the door and begin cooking.
- 6 After 10 minutes of cooking, open door and use oven mitts to remove pan and place it on top of the oven. Use a silicone brush or spoon to cover each chicken breast with 2 tablespoons of barbeque sauce. Reinstall the pan in the bottom level of the unit, then close the door and continue cooking.
- 7 Once cooking is finished, carefully remove pan and place on top of oven. Allow chicken to rest for 5 minutes before serving with green beans and potato wedges. Cooking is complete when the internal temperature of the chicken breasts reaches 165°F or higher.

# CARNE ASADA FAJITAS

INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **MARINATE:** 2- 24 HOURS | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 15 MINUTES

**MAKES:** 6 SERVINGS

## INGREDIENTS

- 1/2 cup packed chopped cilantro
- 1/4 cup plus 2 tablespoons extra-virgin olive oil, divided
- 2 tablespoons soy sauce
- Juice of 1 orange
- Juice of 1 lime
- 3 garlic cloves, peeled, minced
- 1 teaspoon cumin
- Kosher salt, as desired
- Ground black pepper, as desired
- 1 1/2 pounds flank steak
- 1 red bell pepper, seeded, cut in 1/2-inch strips
- 1 green bell pepper, seeded, cut in 1/2-inch strips
- 1 white onion, peeled, halved, cut in 1/2-inch strips
- 6 6-inch flour tortillas
- Condiments of your choice when serving

## DIRECTIONS

- 1 In a small bowl, prepare the marinade by stirring together the cilantro, 1/4 cup olive oil, soy sauce, orange juice, lime juice, garlic, cumin, a pinch of salt, and a pinch of pepper.
- 2 Place half the marinade along with the flank steak in a large resealable plastic bag, coating the steak with the marinade in the bag. Let marinate in the refrigerator for 2-24 hours. Save the remaining marinade for later.
- 3 In a large bowl, combine red bell pepper, green bell pepper, onion, remaining olive oil, salt, and pepper. Toss well to mix ingredients.
- 4 Install the high-density pan in the bottom level of the unit, then close door. Select SEAR CRISP, set temperature to 450°F, and set time to 15 minutes. Press the setting dial to begin preheating.
- 5 When unit has preheated, open door and use oven mitts to remove pan, then place it on top of oven. Remove flank steak from bag of marinade and place it in center of the pan, then surround the steak with peppers and onions. Reinstall pan in bottom level of the unit. Close door to begin cooking. After 10 minutes, begin to check steak for doneness. If further doneness is desired, leave in oven.
- 6 When cooking is complete, carefully remove pan from the oven. Place flank steak on a cutting board and allow to rest for 5 minutes. To keep peppers and onions warm, cover with aluminum foil until serving.
- 7 After flank steak has rested for 5 minutes, thinly slice. Warm tortillas quickly in oven or microwave. Serve flank steak with peppers and onions, tortillas, leftover marinade from step 2, and condiments of your choosing.



# GREEK STYLE BREADSTICKS

INTERMEDIATE RECIPE ●●○

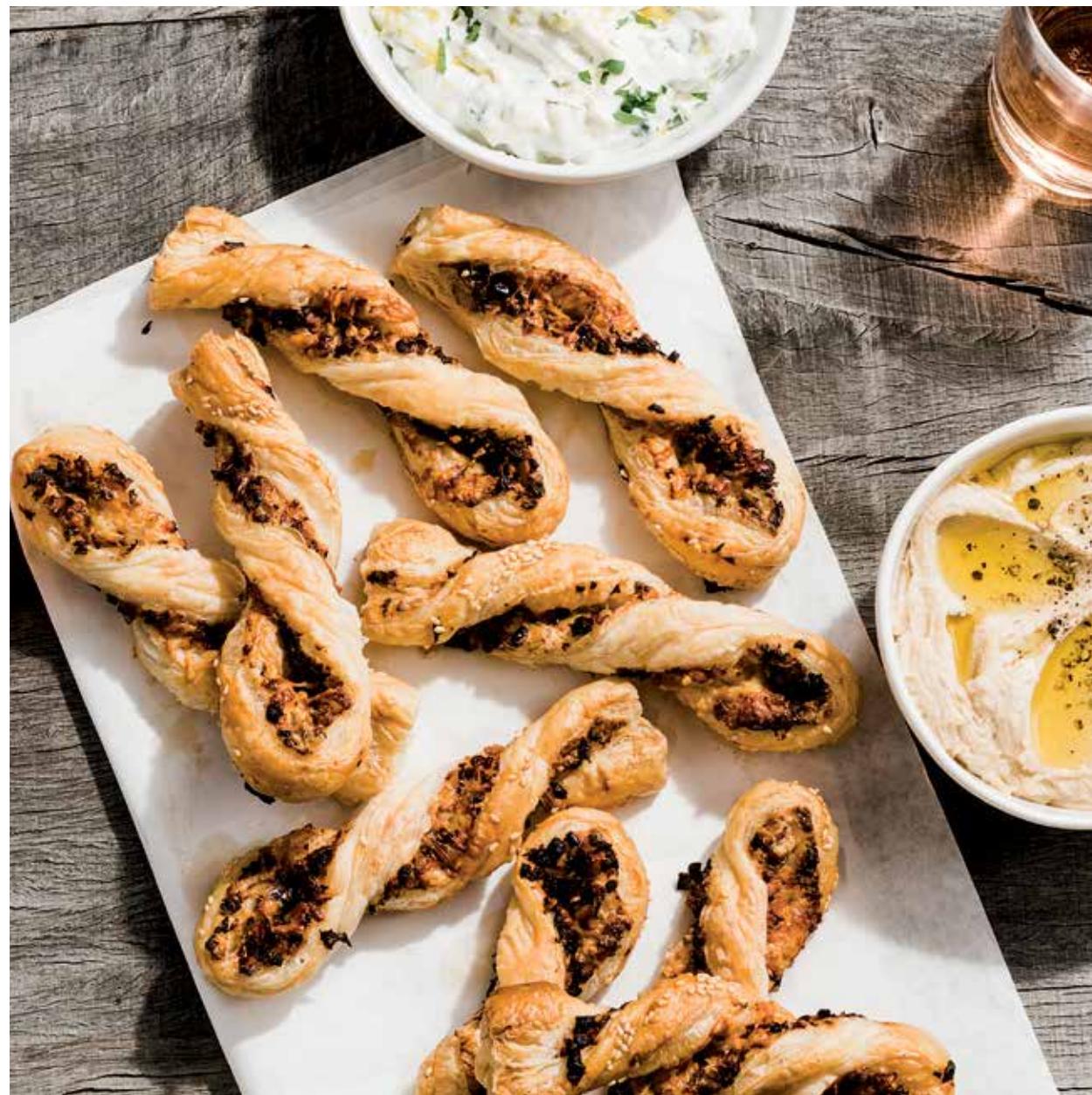
**PREP:** 20 MINUTES | **PREHEAT:** APPROX. 3-5 MINUTES | **COOK:** 15 MINUTES | **MAKES:** 16 BREADSTICKS

## INGREDIENTS

1/2 cup marinated artichoke quarters, drained  
1/4 cup Greek olives, pitted  
2 tablespoons sundried tomatoes  
6 ounces vegetable cream cheese spread  
2 frozen puff pastries, thawed  
2 tablespoons shredded Parmesan cheese  
1 large egg  
1/2 tablespoon water  
1 tablespoon toasted sesame seeds  
Nonstick cooking spray  
Hummus (optional)  
Tzatziki (optional)

## DIRECTIONS

- 1** In an electric food processor, add artichokes, olives, sundried tomatoes, and cream cheese and pulse until combined and smooth.
- 2** Unfold each puff pastry and lay flat. Spread 3 ounces of cream cheese onto half of each pastry and sprinkle with cheese. Top with the artichoke mixture and Parmesan cheese. Fold the pastry over and gently press edge to seal. Install the high-density pan in the bottom level of the unit, then close the door.
- 3** Whisk together the egg and water. Brush each pastry with the resulting egg wash, then sprinkle with sesame seeds. Cut each pastry in 1-inch strips. Twist each strip several times to achieve a braided appearance. Lightly spray each breadstick with nonstick spray. Place into freezer or fridge to chill.
- 4** Select RAPID BAKE, set temperature to 400°F, and set time to 15 minutes. Press the setting dial to begin preheating.
- 5** When unit has preheated, open door, and place about 10-12 breadsticks onto the preheated pan. Close door to begin cooking. Set aside the remaining breadsticks.
- 6** When cooking is complete, use silicone-tipped tongs to remove breadsticks from pan (do not use metal utensils on pan), then repeat Steps 4 and 5 to cook the remaining breadsticks.
- 7** When cooking is complete, serve immediately with your favorite Mediterranean dip, such as hummus or tzatziki.



# SWEET & SAVORY ROASTED CHICKEN

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 40 MINUTES | **MAKES:** 6 SERVINGS

## INGREDIENTS

1 tablespoon brown sugar  
1 tablespoon ginger powder  
2 teaspoons cinnamon  
1 teaspoon kosher salt  
1 teaspoon paprika  
1 teaspoon onion powder  
1 teaspoon garlic powder  
2 tablespoons canola oil  
2 tablespoons lime juice  
2 half chickens or 4 chicken quarters  
(approx. 2–2½ pounds each)

## DIRECTIONS

- 1 In a small bowl, prepare the seasoning by adding all ingredients except for the chicken and combine until a smooth paste forms.
- 2 Evenly coat chicken with seasoning.
- 3 Install high-density pan in the bottom level of the unit, then close door. Select SEAR CRISP, set temperature to 325°F, and set time to 40 minutes. Press the setting dial to begin preheating.
- 4 When unit has preheated, open door and carefully place chicken on pan, skin-side down. Close door to begin cooking.
- 5 Cook for 10 minutes, then flip chicken skin-side up and allow to cook for the remaining 30 minutes.
- 6 When cooking is complete, carefully remove pan with chicken. Allow chicken to rest for 5 minutes before serving. The internal temperature should read 165°F or higher.

**TIP** For guidance on other foods to cook with the Sear Crisp function, refer to the Sear Crisp Chart on page 24.

# COCONUT LIME AIR-FRIED SHRIMP

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **MARINATE:** 15 MINUTES | **FREEZE:** 15 MINUTES | **PREHEAT:** 1 MINUTE | **COOK:** 20–25 MINUTES  
**MAKES:** 4 SERVINGS

## INGREDIENTS

1 cup canned unsweetened coconut milk  
2 large eggs  
Zest of 1 lime  
½ teaspoon kosher salt  
¼ teaspoon ground black pepper  
1 pound raw shrimp, peeled, deveined, tails on  
¾ cup all-purpose flour  
1½ tablespoons cornstarch  
1¼ cup sweetened shredded coconut flakes  
1¼ cup panko bread crumbs  
Nonstick cooking spray  
Sweet Thai chili sauce, for serving

## DIRECTIONS

- 1 In a large bowl, stir together coconut milk, eggs, lime zest, salt, and pepper. Add shrimp and combine to evenly coat. Place in refrigerator for 15 minutes to marinate.
- 2 In a medium bowl, combine flour and cornstarch. In a separate medium bowl, combine coconut flakes and bread crumbs.
- 3 To batter the shrimp, work in batches. Toss shrimp in flour mixture, then dip back in coconut milk marinade, then dredge in the bread crumb mixture, pressing to evenly coat. Transfer shrimp to freezer for no more than 15 minutes.
- 4 Remove Air Fry Basket from oven. Select AIR FRY, set temperature to 400°F, and set time to 25 minutes. Press the setting dial to begin preheating.
- 5 While unit is preheating, arrange shrimp in the basket, making sure they are not crowding each other. Spray with nonstick spray.
- 6 When unit has preheated, open door, install the high-density pan in the bottom level of the unit and the basket in the top level of the unit. Close door to begin cooking.
- 7 After 10 minutes, use silicone-tipped tongs to flip shrimp. Return basket to oven and cook for an additional 10 to 15 minutes, until desired level of crispiness is achieved.
- 8 When cooking is complete, carefully remove basket from the oven. Squeeze lime juice over shrimp and serve with sweet Thai chili sauce for dipping.

# AIR-FRIED CHURROS

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **REST:** 1 HOUR | **PREHEAT:** 1 MINUTE | **COOK:** 15 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

1 cup water  
1/3 cup unsalted butter, cut in cubes  
1 cup granulated sugar, divided  
1/4 teaspoon kosher salt  
1 cup all-purpose flour  
2 large eggs  
2 tablespoons vanilla extract  
Nonstick cooking spray  
1 teaspoon ground cinnamon

## DIRECTIONS

- 1** In a small saucepan, add water, butter, 3 tablespoons sugar, and salt. Stir to combine and bring to a boil over medium-high heat.
- 2** Once boiling, reduce heat to low and add flour, stirring constantly with rubber spatula until smooth.
- 3** Remove from heat and transfer to a large bowl. Cool for 5 minutes. Add eggs and vanilla and beat by hand with a whisk or spatula until fully combined. Transfer to piping bag with a star tip or a large resealable plastic bag with one of the corners cut off.
- 4** Spray a sheet pan with nonstick spray. Pipe churros into 4-inch pieces. Use scissors or a paring knife to cut each one from piping bag. Place pan in refrigerator for 1 hour to set.
- 5** Place the high-density pan in bottom rails to catch any drippings from falling onto the bottom heating elements. Select AIR FRY, set temperature to 400°F, and set time to 15 minutes. Press the setting dial to begin preheating.
- 6** Transfer churros to Air Fry Basket, leaving about 1/2 inch between each. Spray with nonstick spray.
- 7** When unit has preheated, open door, and place basket in the top level of the oven. Close door to begin cooking.
- 8** While churros are cooking, mix cinnamon and remaining sugar together in a large bowl.
- 9** When cooking is complete, carefully remove basket from the oven. Spray churros with nonstick spray, toss in the cinnamon sugar mixture, and serve warm.

# WAFFLE FRY NACHOS

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **PREHEAT:** APPROX. 1 MINUTE | **COOK:** 30 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

1 bag (2 pounds) frozen waffle fries  
1 1/2 cups shredded Mexican cheese blend  
1 cup prepared guacamole  
1/2 cup sour cream  
1/2 cup prepared salsa  
1 can (4 ounces) chopped jalapeño peppers, drained  
1/4 cup chopped cilantro  
1/2 small red onion, chopped

## DIRECTIONS

- 1** Remove Air Fry Basket from oven. Place the high-density pan in bottom rails. Select AIR FRY, set temperature to 390°F, and set time to 30 minutes. Press the setting dial to begin preheating. While unit is preheating, arrange waffle fries in the Air Fry Basket.
- 2** When unit has preheated, open door, and place basket in top level of oven. Close door to begin cooking.
- 3** After 25 minutes, press the setting dial to pause cooking. Open door, remove basket, and evenly cover the waffle fries with shredded cheese. Return basket to oven, close door, and press the setting dial to resume cooking.
- 4** After 3 minutes, check to ensure that all cheese has melted on fries. If not, continue cooking for an additional 2 minutes, until cheese has completely melted.
- 5** When cooking is complete, carefully remove basket from oven. Dollop waffle fries with guacamole, sour cream, and salsa. Sprinkle with jalapeño peppers, cilantro, and red onion. Serve immediately.

# GNOCCHI CARBONARA CASSEROLE

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 1 MINUTE | **COOK:** 40 MINUTES | **MAKES:** 6 SERVINGS

## INGREDIENTS

2 large eggs  
1/4 cup bacon bits, divided  
1/2 cup heavy cream, plus more as desired  
1 jar (16 ounces) prepared Alfredo sauce  
Kosher salt, as desired  
Ground black pepper, as desired  
2 packages (16 ounces each) gnocchi pasta  
1 cup frozen peas  
1/2 cup shredded Parmesan cheese

## DIRECTIONS

- 1 In a large bowl, stir together eggs, 2 tablespoons bacon bits, heavy cream, Alfredo sauce, salt, and pepper. Add gnocchi and peas and stir until evenly mixed.
- 2 Transfer gnocchi mixture into a 11 x 7-inch baking dish. Sprinkle with Parmesan cheese and remaining bacon bits.
- 3 Install wire rack in the bottom level of the unit, then close the door. Select BAKE, set temperature to 375°F, and set time to 40 minutes. Press the setting dial to begin preheating.
- 4 When unit has preheated, open door, and place baking dish on rack in oven. Close door to begin cooking.
- 5 When cooking is complete, carefully remove baking dish from the oven. Serve immediately.

# OLIVE OIL CAKE WITH ROASTED STRAWBERRIES

ADVANCED RECIPE ●●●

**PREP:** 20 MINUTES | **PREHEAT:** APPROX. 3-5 MINUTES | **COOK:** 55 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

3/4 cups extra-virgin olive oil  
3 large eggs  
1 cup whole milk  
Zest and juice of 3 lemons  
1 box (15 ounces) white cake mix

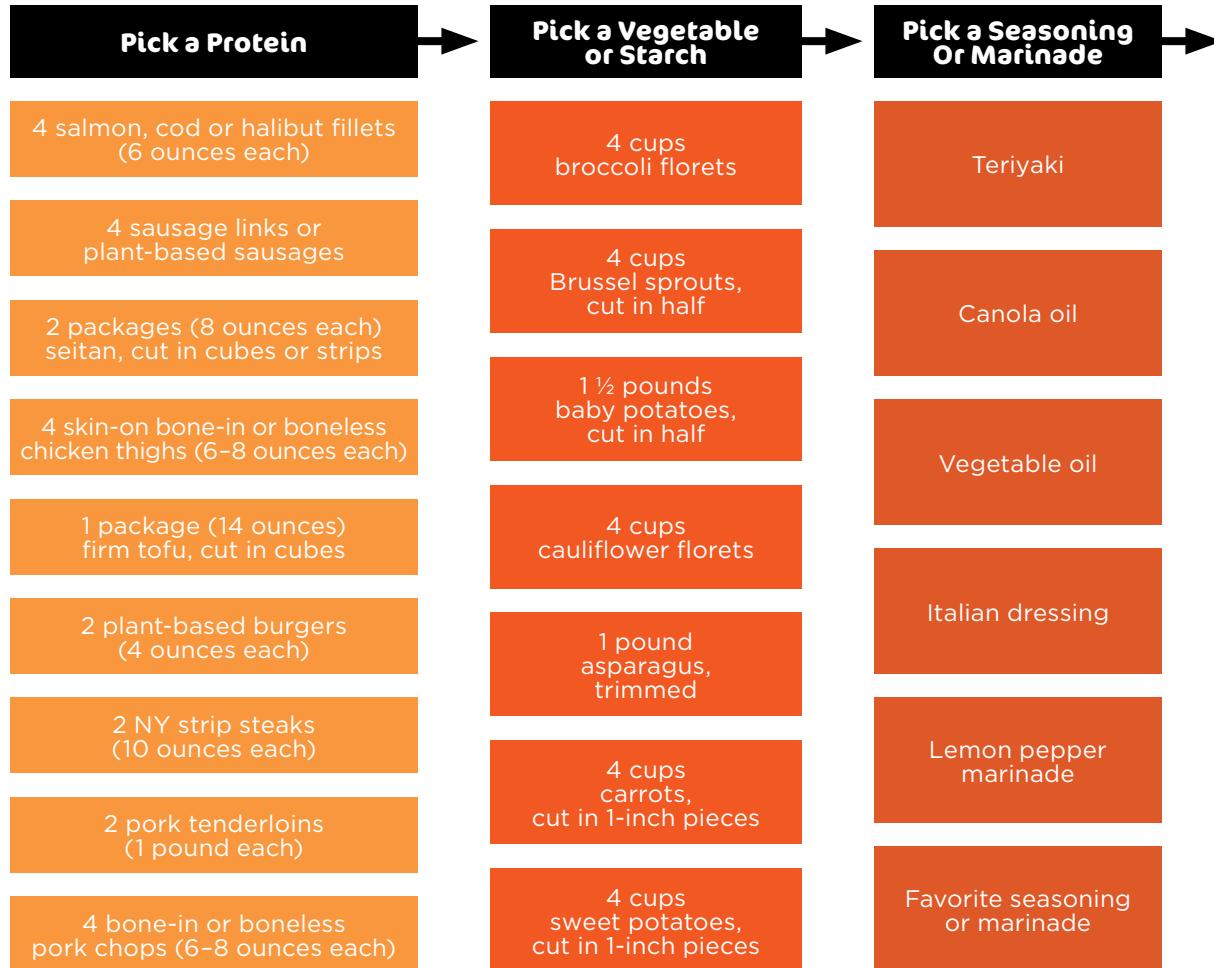
Nonstick cooking spray  
1/4 cup plus 2 tablespoons granulated sugar  
4 cups fresh strawberries, hulled, cut in halves  
1 teaspoon ground black pepper  
Whipped cream, for serving

## DIRECTIONS

- 1 In a medium bowl, add olive oil, eggs, milk, lemon zest and juice and allow to sit for 5 minutes. After 5 minutes, add the cake mix and using a whisk or spatula, combine until smooth.
- 2 Line a 9" x 9" bake pan with parchment paper, spray with nonstick spray, then sprinkle with 2 tablespoons sugar. Tilt around the pan to form an even coating.
- 3 Install rack in bottom position, then close door. Select BAKE, set temperature to 325°F, and set time to 50 minutes. Press the setting dial to begin preheating. While unit is preheating pour cake mix into the pan and spread evenly.
- 4 When unit has preheated, open door, and place pan onto the center of the rack. Close door to begin cooking.
- 5 After 45 minutes, check cake for doneness by sticking a toothpick in the center of the cake. If it comes out clean, remove from oven. When cooking is complete, carefully remove pan from the oven. Allow cake to cool for 15 minutes.
- 6 Select AIR ROAST, set temperature to 400°F, and set time to 5 minutes. Press the setting dial to begin preheating. While cake is cooling and unit is preheating, toss strawberries in a bowl with remaining sugar and pepper.
- 7 When unit has preheated, open door and place strawberries onto the high-density pan in the oven. Close door to begin cooking.
- 8 When cooking is complete, carefully remove the pan with the strawberries. Save the liquid from the strawberries. Allow to cool slightly.
- 9 To serve, slice the cake in portions, and top each piece with 1/4 cup strawberries, reserved liquid, and whipped cream.

# Let's Sear Crisp

Using the Sear Crisp function allows you to sear and roast at the same time for crispy crusts on proteins and perfectly roasted vegetables.



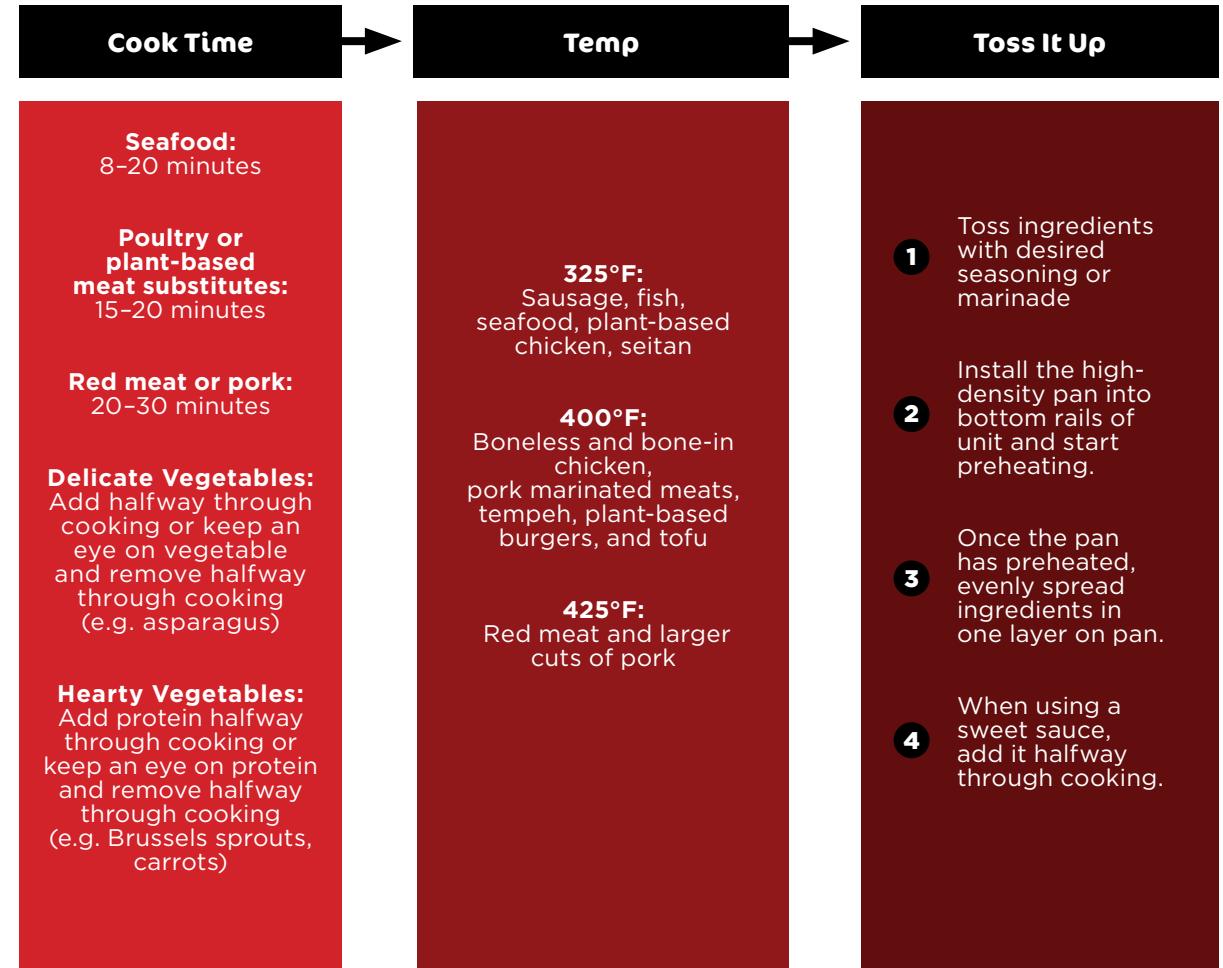
## Generic Recommendations:

**Seafood** 325°F for 10-20 minutes  
**Large cut poultry, pork, and red meat** 400°F for 20-30 minutes

## Internal Temperatures

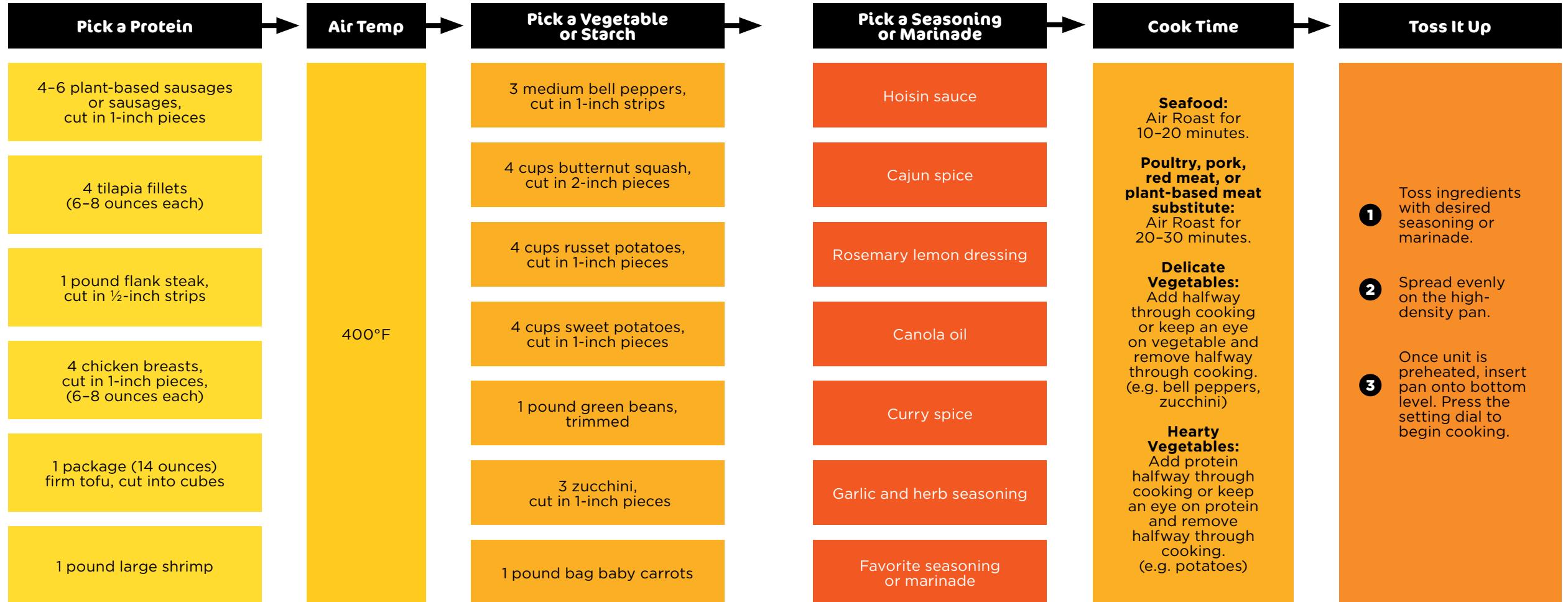
**Chicken:** 165°F | **Pork and Fish:** 145°F  
**Red Meat:** 135°F-160°F

**TIP** For less smoke, use oils with a high smoke point—like canola, avocado, vegetable, or grapeseed oil—instead of olive oil.



# Let's Air Roast

Using the air roast function, get a gentler roast on proteins and vegetables for family-sized sheet pan meals.



<p><b>Generic Recommendations:</b></p> <p><b>Seafood</b> 400°F for 10-20 minutes  <b>Smaller cut poultry, pork, and red meat</b> 400°F for 10-20 minutes</p>	<p><b>Internal Temperatures</b></p> <p><b>Chicken:</b> 165°F   <b>Pork and Fish:</b> 145°F  <b>Red Meat:</b> 135°F-160°F</p>
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# Rapid Bake Chart

INGREDIENT	AMOUNT	PREPARATION	ACCESSORY	TEMP	COOK TIME	PREHEAT HIGH-DENSITY PAN
Premade cinnamon rolls (refrigerated)	1 tube (8 rolls)	Follow directions on package	High-density pan on bottom level	Use recommended temperature on package	10-13 mins	<b>PREHEAT HIGH-DENSITY PAN</b>
Store-bought chocolate chip cookie dough	1 package (12 cookies)	Follow directions on package	High-density pan on bottom level	Use recommended temperature on package	6-8 mins	
Store-bought sugar cookie dough	1 package (12 cookies)	Follow directions on package	High-density pan on bottom level	Use recommended temperature on package	7-9 mins	
Store-bought biscuits (refrigerated)	1 tube (8 biscuits)	Follow directions on package	High-density pan on bottom level	Use recommended temperature on package	9-11 mins	
Boxed coffee cake mix	1 box	Follow directions on package	High-density pan, 8" x 8" square baking dish	Use recommended temperature on package	20-22 mins	
Crescent rolls (refrigerated)	1 tube (8 rolls)	Follow directions on package	High-density pan on bottom level	Use recommended temperature on package	6-9 mins	
9-inch apple pie (frozen)	1 pie	N/A	High-density pan on bottom level	Reduce recommended temperature on package by 25°F	28-32 mins	
Boxed cornbread mix	1 box	Follow directions on package	High-density pan, 8" x 8" square baking dish	Reduce recommended temperature on package by 25°F	15-20 mins	
Boxed brownie mix	1 box	Follow directions on package	High-density pan, 8" x 8" square baking dish	Reduce recommended temperature on package by 25°F	20-25 mins	
Boxed banana bread mix	1 box	Follow directions on package	Loaf pan	Reduce recommended temperature on package by 50°F	40-45 mins	
Individual frozen pot pie	1 pie	N/A	High-density pan on bottom level	Reduce recommended temperature on package by 25°F	15-25 mins	
Family-sized frozen pot pie	1 pie	N/A	High-density pan on bottom level	Reduce recommended temperature on package by 25°F	30-40 mins	
Dinner rolls (frozen)	8 rolls	N/A	High-density pan on bottom level	Use recommended temperature on package	5-8 mins	
Puff pastry shells (frozen)	6 shells	N/A	High-density pan on bottom level	Use recommended temperature on package	8-12 mins	
Turnovers (frozen)	4 turnovers	N/A	High-density pan on bottom level	Use recommended temperature on package	10-14 mins	
Sandwich pockets (frozen)	2 pockets	N/A	High-density pan on bottom level	Use recommended temperature on package	18-20 mins	

**Cooks 30%-50% faster than box instructions**

Refer to Temp and Cook Time columns for any recommended adjustments. Always keep an eye on food while cooking.

**NOTE:**  
Cookies and baked goods will take longer to cool, so may appear softer during cooking.

**NOTE:**  
Use recommended temperature on packaging for nonstick pans when applicable.

# Air Fry Cooking Chart



**TIP:** Place high-density pan in the bottom rails to catch grease and crumbs.

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
<b>FROZEN FOOD</b>					
Chicken nuggets	2 boxes (24 oz)	None	None	400°F	25-30 mins
Chicken thighs	8 thighs (8-10 oz each)	None	Toss with 2 tbsp oil	390°F	25-30 mins
Chicken wings	2 lbs	None	Toss with 2 tbsp oil	400°F	30-35 mins
Egg Rolls	Up to 2 lbs	None	None	360°F	15-20 mins
Fish fillets (breaded)	1 package (10 fillets)	None	None	400°F	15-20 mins
Fish sticks	1 box (16 oz)	None	None	400°F	10-15 mins
French fries	16 oz	None	None	390°F	20-25 mins
Mozzarella sticks	Up to 2 lbs	None	None	375°F	10-15 mins
Pizza Rolls	Up to 2 lbs	None	None	375°F	10-15 mins
Popcorn shrimp	Up to 2 lbs	None	None	390°F	10-15 mins
Pot stickers	3 bag (30 count)	None	Toss with 1 tbsp	390°F	15-20 mins
Tater tots	2 lbs	None	None	360°F	25-30 mins
<b>MEAT, POULTRY, FISH</b>					
Bacon	1/2 package (8 oz)	None	None	390°F	10-15 mins
Burgers	5 1/4-lb patties, 80% lean	1 inch thick	None	375°F	10-15 mins
Chicken drumsticks	6 drumsticks	Pat dry	Brush with oil	400°F	30-35 mins
Chicken thighs ,bone in, skin on	5 thighs (4-6 oz each)	Pat dry	Brush with oil	390°F	30-35 mins
Chicken wings	2 lbs	Pat dry	1 tbsp	400°F	30-35 mins
Crab cakes	8 cakes (6-8 oz each)	None	Brush with oil	400°F	10-15 mins
Salmon fillets	6-8 fillets (6-8 oz each)	None	Toss with 2 tbsp oil	400°F	15-20 mins
Sausages	10 sausages (3 oz each)	None	None	390°F	15-20 mins
Shrimp, peeled	2 lbs	Pat dry	None	390°F	5-10 mins
<b>VEGETABLES</b>					
Asparagus	Up to 2 lbs	Trim stems	Toss with 2 tbsp oil	400°F	5-10 mins
Beets	1.5 lbs	Peel, cut in 1/2-inch cubes	Toss with 1 tbsp oil	390°F	25-30 mins
Bell peppers (for roasting)	4 peppers	Cut in quarters, remove seeds	Toss with 1 tbsp oil	425°F	15-20 mins
Broccoli	Up to 2 lbs	Cut in 1-2-inch florets	Toss with 1 tbsp oil	375°F	15-20 mins
Carrots	1 lb	Peel, cut in 1/4-inch rounds	Toss with 1 tbsp oil	425°F	15-20 mins
Cauliflower	Up to 2 lbs	Cut in 1-2-inch florets	Toss with 2 tbsp oil	390°F	15-20 mins
Corn on the cob	7 ears	Whole ears, remove husks	Toss with 1 tbsp oil	400°F	15-20 mins

**For best results, flip with tongs**

We recommend frequently checking your food and shaking, rotating, or flipping it to ensure desired results.

Use these cook times as a guide, adjusting to your preference.



**Flip with silicone-tipped tongs**

Remove food immediately after cook time is complete and your desired level of doneness is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

# Air Fry Cooking Chart – Continued

**TIP:** Place high-density pan in the bottom rails to catch grease and crumbs.

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
<b>VEGETABLES</b>					
Green beans	Up to 2 lbs	Stems trimmed	Toss with 2 tbsp oil	425°F	15-20 mins
Kale (for chips)	4 oz	Tear into pieces, remove stems	None	325°F	10-15 mins
Mushrooms	16 oz	Rinse, slice thinly	Toss with 1 tbsp oil	390°F	20-25 mins
Potato Wedges	Up to 2 lbs	Cut in 1-inch wedges	Toss with 2 tbsp oil	390°F	25-30 mins
Potatoes, russet	1 lb	Hand-cut fries, soak 20 mins in cold water, then pat dry	Toss with 2 tbsp oil	410°F	25-30 mins
Potatoes, sweet	1 lb	Hand-cut fries, soak 30 mins in cold water, then pat dry	Toss with 2 tbsp oil	400°F	25-30 mins
Yellow Squash	2 lbs	Cut in 1/4 lengthwise then in 1-inch pieces	None	400°F	10-15 mins
Zucchini	2 lbs	Cut in 1/4 lengthwise then in 1-inch pieces	1 Tbsp	400°F	10-15 mins

## Griddle\* Chart

INGREDIENT	AMOUNT	PREPARATION	ACCESSORY	FLIP/STIR	TEMP	COOK TIME	PREHEAT HIGH-DENSITY PAN
Griddled cheese sandwich	1 sandwich	As desired	High-density pan on bottom level	Flip halfway through cooking	375°F	5-7 mins	<b>PREHEAT HIGH-DENSITY PAN</b>
Pancakes	4 pancakes (4 inches wide)	As desired	High-density pan on bottom level	Flip halfway through cooking	375°F	4-6 mins	
French toast	4 slices	As desired	High-density pan on bottom level	Flip halfway through cooking	375°F	5-7 mins	
Over-easy eggs	6 eggs	As desired	High-density pan on bottom level	Flip halfway through cooking	375°F	2-6 mins	
Quesadillas	1 quesadilla	As desired	High-density pan on bottom level	Flip halfway through cooking	375°F	5-7 mins	
Pre-cut fajita vegetables	12 ounces	Pre-cut, thin strips	High-density pan on bottom level	Stir as necessary	375°F	10-15 mins	
Crab cakes (refrigerated)	4 cakes (10 oz total)	N/A	High-density pan on bottom level	Flip halfway through cooking	425°F	8-10 mins	
Crab cakes (frozen)	2 cakes (6 oz total)	N/A	High-density pan on bottom level	Flip halfway through cooking	425°F	15-18 mins	
Hash browns (frozen)	About 4 cups	N/A	High-density pan on bottom level	Stir as necessary	425°F	10-15 mins	
Pot stickers (frozen)	1 bag (5 oz)	Place flat on tray with 1/2 cup water	High-density pan on bottom level	Stir as necessary	425°F	8-12 mins	
Hot dogs	8 hot dogs	N/A	High-density pan on bottom level	Flip as necessary	425°F	5-8 mins	

**NOTE:** For easy flipping, remove the High-density pan from oven and set on trivet on top of oven or other level surface.

# Dehydrate Chart

**TIP:** Place high-density pan in the bottom rails to catch grease and crumbs.

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
<b>FRUITS &amp; VEGETABLES</b>			
Apples	Cut in 1/8-inch slices, remove core, rinse in lemon water, pat dry	135°F	7-8 hrs
Asparagus	Cut in 1-inch pieces, blanch	135°F	6-8 hrs
Bananas	Peel, cut in 3/8-inch slices	135°F	8-10 hrs
Beets	Peel, cut in 1/8-inch slices	135°F	7-8 hrs
Eggplant	Peel, cut in 1/4-inch slices, blanch	135°F	6-8 hrs
Fresh herbs	Rinse, pat dry, remove stems	135°F	4-6 hrs
Ginger root	Cut in 3/8-inch slices	135°F	6 hrs
Mangoes	Peel, cut in 3/8-inch slices, remove pit	135°F	6-8 hrs
Mushrooms	Cleaned with soft brush (do not wash)	135°F	6-8 hrs
Pineapple	Peel, cut in 3/8-1/2-inch slices, remove core	135°F	6-8 hrs
Strawberries	Cut in half or in 1/2-inch slices	135°F	6-8 hrs
Tomatoes	Cut in 3/8-inch slices or grate; steam if planning to rehydrate	135°F	6-8 hrs
<b>MEAT, POULTRY, FISH</b>			
Beef jerky	Cut in 1/4-inch slices, remove all fat, marinate 8-24 hours	150°F	5-7 hrs
Chicken jerky	Cut in 1/4-inch slices, marinate overnight	150°F	5-7 hrs
Salmon jerky	Cut in 1/4-inch slices, marinate overnight	150°F	5-7 hrs
Turkey jerky	Cut in 1/4-inch slices, marinate overnight	150°F	5-8 hrs

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