

使用設備前，請務必閱讀隨附的 Ninja™ 使用者指南。



NINJA™ Foodi™ MAX 氣炸燒烤爐

15 款令人垂涎的食譜及指南
助您創造無限可能



Foodi 指南

帶您烤出大廚級美味

歡迎使用 Ninja™ Foodi™ Smart XL 氣炸燒烤爐食譜手冊。

透過接下來的數頁內容，您將掌握各種食譜、
提示、技巧和實用秘訣，讓您烤出完美熟度，每一次都不失手。

現在就打開蓋子，開始美味燒烤之旅吧。

食譜清單

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食譜小提示

我們為食譜加上了以下圖示，方便您快速找到適合的料理。



Cyclonic Grilling

技術

採用超高溫 Cyclonic Grilling 技術，讓食物內部達到完美熟度，表面則呈現炭烤般的焦香。260°C 高溫爐腔結合獨家高密度炙烤盤，以氣旋技術讓熱氣流環繞食物並迅速循環，快速烤出完美多汁又散發炭火焦香的料理。

全新智慧烹調系統加上 XL 超大容量，讓您輕鬆掌握完美熟度，並一次滿足全家需求。



人氣烤物

快速簡單料理

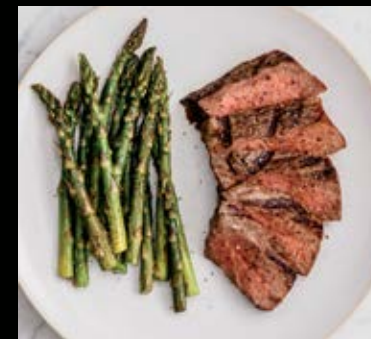
經典起司漢堡，第26頁



無需翻面

食材不再碎裂

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完美熟度

不再憑感覺

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驚喜烤物

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濃郁風味，清新無煙。

經過數百小時的食譜測試，我們的大廚為您最喜愛的食材精心搭配建議溫度設定，既能提升燒烤風味，又有效減少油煙產生。

請務必使用建議食用油

為了減少油煙，建議使用煙點較高的食用油，例如：芥花油、酪梨油、植物油或葡萄籽油，避免使用橄欖油。如果您選擇以高於建議溫度的設定烹調食材，可能會產生較多油煙，且食物可能帶有焦苦味。



LO (低溫) / 200°C

適合烹調培根、香腸，以及搭配濃稠燒烤醬時使用。



MED (中溫) / 230°C

適合烹調冷凍肉類與醃漬食材。



HI (高溫) / 250°C

適合烹調牛排、雞肉和漢堡排。



MAX (最高溫) / 可達 260°C

適合烹調蔬菜、水果、新鮮/冷凍海鮮以及披薩。



10
分鐘

香腸彩椒三明治



25
分鐘

冷凍雞胸肉



11
分鐘

烤紐約客牛排
佐蘆筍



8
分鐘

鳳梨與水蜜桃

使用 Foodi™ 智慧溫度探針， 掌握完美熟度。



雙感測技術

留置式 Foodi 智慧溫度探針會持續監測食物內部兩個部位的溫度，確保達到精準熟度。智慧烹調系統會提醒您何時應從烤爐中取出食物進行靜置。

如何放置溫度探針

選擇好烹調功能、溫度、蛋白質類型及所需熟度後，
在等待烤爐預熱時，將 Foodi™ 智慧溫度探針插入蛋白質食材最厚的部位。

食物類型	放置方式	正確	錯誤
牛排 豬排 羊排 雞胸 漢堡 豬菲力 魚菲力	- 將溫度探針水平插入蛋白質食材最厚部位的中心。 - 確保溫度探針尖端直探入肉類中心，不是從下方或上方斜插入。 - 確保溫度探針接近（但未接觸到）骨頭，且遠離脂肪或軟骨。 注意：菲力的最厚部位未必位於中心。務必將溫度探針末端插到最厚部位，才能得知是否到達所需熟度。		
全雞	- 將溫度探針水平插入雞胸最厚的部位，需與骨頭平行，但不會接觸到骨頭。 - 確定探針尖端接觸到雞胸最厚部位中心，並且避免貫穿胸腔。		

請勿將溫度探針用於冷凍食物或不到 2.5 公分厚的肉塊。

Ninja™ 牛肉 熟度指南

每個人對熟度的標題準各有不同。這份指南會說明以我們
對各種牛肉預設熟度設定烤出來的大致效果。



注意：牛肉熟度指南以紐約客牛排為基準。
牛排部位與大小不同，烹調效果也會有所差異。

餘熱烹調

你知道嗎？肉類離開烤爐後，餘熱仍會持續烹調喔！

為避免烹調過度，裝置會考量餘熱烹調的影響，在食物達到所需熟度前提前發出提示音。
將肉塊連同溫度探針一起移至餐盤，讓蛋白質食物靜置 3–5 分鐘並利用餘熱繼續烹調。

若略過餘熱烹調，立即切開食物，可能會導致熟度偏生。

肉類熟度差異的原因

每塊肉都不一樣，所以烤出來的熟度也不會完全相同。
因此，我們建議您仔細參考烹調指南中所列的肉類重量與大小。
以下提供更多小秘訣，讓您的烹調更加順利。



切塊大小

蛋白質食物的形狀和大小各異，因此需要不同的烹調時間。如果需要同時烹調不同大小的蛋白質食物，請先將溫度探針插入較小的肉塊，因為它會比較大的先熟。

對於厚度超過 5 公分的肉塊（例如：菲力牛排），建議選擇所需熟度區間內的較低溫度設定（例如：選擇「一分熟 1」而非「一分熟 2」）。



肉品溫度

為方便使用，我們的烹調指南是以直接從冰箱取出的冷凍肉品為基準製作的。

想要更鮮嫩多汁的口感

如果時間允許，建議在烹調前將肉品放在室溫下 30 分鐘，讓中心更加汁水豐富。

調味基礎教學

強化風味的醃料、爽口的辛香調味料 以及更添層次的沾醬

以下食譜只需將所有食材放入碗中
並充分混合即可。

這些醃料和辛香調味料需要使用粗粒猶太鹽，請務必跟隨該指示，
避免使用含碘細鹽。

充分塗抹辛香調味料。為肉類或蔬菜充分撒上調味料，
並於室溫下靜置 30 分鐘後再烤，
這樣能讓食材受熱更快且更均勻。

冷凍狀態直接燒烤

烤冷凍肉類時，請大量塗油
並持續塗抹您選用的醃料。

為了讓冷凍肉品達到最佳口感與風味，
烤前請撒上您喜愛的辛香調味料。

醃料

份量：約 240 毫升 | 醃製時間：2-12 小時
儲存方式：冷藏最多 4 天



日式 照燒醬

適用於禽肉、牛肉、豬肉、羊肉、
小牛肉、海鮮、蔬菜

80 毫升醬油
80 毫升水
80 毫升黑糖
3 湯匙米醋
1 湯匙蜂蜜
2 瓣大蒜，去皮切末



蒜香 醃料

適用於禽肉、豬肉、羊肉、海鮮、蔬菜

80 毫升芥花油
80 毫升蘋果醋
8 公克新鮮香草
(例如：巴西里、迷迭香、
奧勒岡、百里香或鼠尾草切碎)
5 瓣大蒜，去皮切末
1 顆檸檬，榨汁
(約 3 湯匙)
1 茶匙
黑胡椒粉
1 茶匙猶太鹽



簡易牛排 醃料

適用於牛肉、豬肉、羊肉、小牛肉、
白肉魚、蔬菜

80 毫升伍斯特醬
80 毫升醬油
80 毫升巴薩米可醋
2 湯匙第戎芥末醬
3 瓣大蒜，去皮切末
1 茶匙
黑胡椒粉
1 茶匙猶太鹽

小秘訣 使用「炙烤」功能處理醃製食材時，建議溫度等級選擇 MEDIUM (中)；若使用較濃稠的醃料或醬汁，則建議選擇 LOW (低)。

辛香調味料

份量：約 240 毫升 | 調味：充分
儲存方式：密封容器中，避光避熱可達 6 個月



簡易燒烤 辛香料

適用於禽肉、牛肉、蝦、花椰菜、青花菜、胡蘿蔔

- 60 毫升黑糖
- 60 毫升煙燻甜椒粉
- 3 湯匙黑胡椒粉
- 2 湯匙猶太鹽
- 2 茶匙大蒜粉
- 2 茶匙洋蔥粉



日常 辛香料

適用於禽肉、牛肉、豬肉、羊肉、小牛肉、海鮮、蔬菜

- 3 湯匙辣椒粉
- 2 湯匙白砂糖
- 1 湯匙猶太鹽
- 1 湯匙孜然粉
- 1 湯匙黑胡椒粉
- 1 湯匙乾奧勒岡



乾香草 調味料

適用於禽肉、豬肉、羊肉、海鮮、蔬菜

- 1 湯匙猶太鹽
- 1 湯匙乾百里香
- 1 湯匙乾迷迭香
- 1 湯匙乾奧勒岡
- 1 茶匙芥末粉
- 1 茶匙黑胡椒粉
- 1 茶匙碎紅辣椒



阿根廷 青醬

適用於禽肉、牛肉、豬肉、魚類、蔬菜

- $\frac{1}{2}$ 束新鮮香菜 (約 80 毫升)，切碎
- $\frac{1}{2}$ 束新鮮巴西里 (約 80 毫升)，切碎
- 5 瓣大蒜，去皮切末
- 1 顆小紅蔥頭，去皮切碎
- 1 顆檸檬，刨皮，榨汁 (約 80 毫升)
- 60 毫升特級初榨橄欖油
- 1 茶匙黑胡椒粉
- 適量猶太鹽

沾醬

份量：約 240 毫升 | 儲存方式：冷藏最多 4 天



檸檬蒜香 辣味美乃滋

適用於禽肉、牛肉、豬肉、羊肉、小牛肉、海鮮、蔬菜

- 240 毫升美乃滋
- $\frac{1}{2}$ 顆檸檬，榨汁 (約 2 湯匙)
- 1 湯匙紅椒粉
- 1 茶匙大蒜粉
- 適量猶太鹽



牙買加風味 蕃茄醬

適用於禽肉、牛肉、蝦

- 240 毫升蕃茄醬
- 3 湯匙牙買加乾香料
- 1 根熟香蕉，去皮壓成泥

新手食譜

烤紐約客牛排佐蘆筍

初級食譜 ●○○

準備：10 分鐘 | 預熱：約 10 分鐘 | 炙烤：依照所需熟度 | 份量：3-5 份



食材

- | | |
|-----------------------------|------------|
| 4 塊未烹飪的紐約客牛排
(每塊 280 公克) | 適量猶太鹽 |
| 3 湯匙芥花油，分開備用 | 適量黑胡椒粉 |
| | 2 把蘆筍，切除尾部 |

步驟



將溫度探針插入裝置。將炙烤盤放入裝置中並關閉上蓋。選擇「炙烤」功能。裝置預設使用 HI (高溫) 設定，正好適合這份食譜。選擇「預設」。裝置預設使用 BEEF (牛肉) 功能，正好適合這份食譜。使用螢幕左側的箭頭調整至所需熟度。按下 開始預熱。



在等待裝置預熱時，將每塊牛排所有表面刷上 1/2 湯匙芥花油，然後依個人口味撒上鹽和胡椒調味。將蘆筍與剩餘的芥花油拌勻，然後依個人口味撒上鹽和胡椒調味。



將溫度探針橫向插入其中一塊牛排的中心位置 (詳見第 7 頁的溫度探針放置說明)。



當裝置發出預熱完成的提示音時，將牛排放於炙烤盤上，輕輕按壓牛排以加深烤痕。蓋上上蓋，夾住溫度探針的電線。當裝置發出提示音且螢幕顯示「FLIP (翻面)」時，使用矽膠料理夾將牛排翻面。蓋上上蓋繼續烹調。



當裝置發出提示音，表示烹調牛排即將完成時，將牛排移至餐盤或砧板上，靜置約 5 分鐘。



在靜置牛排的同時，將蘆筍放於炙烤盤上。選擇「炙烤」功能，然後選擇 HI (高溫) 設定。使用螢幕右側的箭頭將時間設定為 4 分鐘。按下開始。按下「預熱」按鈕以略過預熱步驟。



烹調與靜置都完成後，將溫度探針從牛排中取出。切開牛排，與蘆筍一起享用。

新手食譜

豬菲力佐烤蔬菜

初級食譜 ●○○

準備：5 分鐘 | 醃製：1-3 小時 | 預熱：約 10 分鐘 | 炙烤：依照所需熟度 | 份量：4 份



食材

- | | |
|----------------------|-------------------------|
| 1 罐 170 公克羅勒青醬 | 1 顆中型甜椒，切成 5 公分塊狀 |
| 3 湯匙巴薩米可醋 | 1 顆中型洋蔥，去皮切成 5 公分塊狀 |
| 1 茶匙大蒜末 | 1 顆中型櫛瓜，切成 1.25 公分厚圓片 |
| 適量猶太鹽 | 1 顆中型黃夏南瓜，切成 1.25 公分厚圓片 |
| 適量黑胡椒粉 | 2 湯匙芥花油 |
| 2 塊未烹飪豬菲力（每塊 450 公克） | |

步驟



在大型容器或自封塑膠袋中，將羅勒青醬、巴薩米可醋、大蒜末、鹽和黑胡椒混合均勻。加入豬菲力，均勻裹上醃料，冷藏醃製 1 至 3 小時。



將溫度探針插入裝置。將炙烤盤放入裝置中並關閉上蓋。選擇「炙烤」功能，將溫度設定為 MED（中溫），然後選擇「預設」。使用螢幕右側的箭頭選擇 PORK（豬肉）功能。使用螢幕左側的箭頭調整至所需熟度。按下 開始預熱。



在等待裝置預熱時，將蔬菜、芥花油、鹽和黑胡椒放入調理碗中攪拌均勻。攪拌至蔬菜均勻裹上調味料為止。



將溫度探針橫向插入最大的菲力最厚部位的中心（詳見第 7 頁的溫度探針放置說明）。



當裝置發出預熱完成的提示音時，將菲力和蔬菜放上炙烤盤。蓋上上蓋，夾住溫度探針的電線。



當裝置發出提示音且螢幕顯示「FLIP（翻面）」時，使用矽膠料理夾將菲力翻面並翻動蔬菜。蓋上上蓋繼續烹調。



當裝置發出提示音，表示菲力即將達到所需熟度時，將里脊連同溫度探針一併轉移至餐盤或砧板上。靜置 10 分鐘，或直到溫度探針顯示已達最終溫度為止。



完成靜置後，將菲力搭配蔬菜一同享用。

蜂蜜芥末 與烤肉醬雞胸

中級食譜 ●●○

準備：5 分鐘 | 預熱：約 10 分鐘 | 烹調：27-30 分鐘 | 份量：6 份



食材

6 片冷凍去骨去皮
雞胸肉 (每片 225 公克)

3 湯匙芥花油，分開備用

適量猶太鹽

適量黑胡椒粉

240 毫升蜂蜜芥末醬

240 毫升燒烤醬

步驟

- 1 將炙烤盤放入裝置中並關閉上蓋。選擇「炙烤」功能，將溫度設定為 MED (中溫)，時間設定為 30 分鐘。選擇  開始預熱。
- 2 在等待裝置預熱時，在每塊雞胸肉上均勻刷上 1/2 湯匙芥花油。接著依個人口味撒上鹽和黑胡椒調味。
- 3 當裝置發出預熱完成的提示音時，將雞胸肉放上炙烤盤。蓋上上蓋，烹調 10 分鐘。
- 4 在烹調雞肉的同時，將兩種醬料混合，攪拌至完全融合。10 分鐘後，將雞胸肉翻面。蓋上上蓋，繼續烹調 5 分鐘。
- 5 5 分鐘後，為雞肉表面充分刷上混合醬料，翻面後再刷另一面。蓋上上蓋，繼續烹調 5 分鐘。
- 6 5 分鐘後，重複步驟 5。蓋上上蓋，烹調 7 分鐘。
- 7 如有需要，再次刷上醬料，然後繼續烹調 3 分鐘，或直到雞胸肉中心溫度達到 75°C。
- 8 完成烹調後，將雞胸肉取出，靜置 5 分鐘後即可享用。





香辣酪奶牧場風味炸雞

進階食譜 ●●●

準備：20 分鐘 | 醃製：8 小時 | 預熱：約 3 分鐘 | 氣炸：約 30 分鐘 | 份量：4-5 份

食材

120 公克牧場風味調味料，分開備用
120 公克水牛城風味調味料，分開備用
1 公升酪奶
2 塊未烹飪、帶骨帶皮雞腿
2 塊未烹飪、帶骨帶皮雞胸肉，
分別對切

240 公克中筋麵粉
120 毫升芥花油

選用

額外的水牛城風味調味料，用於擺盤
牧場風味醬，作沾醬

步驟

- 1 將牧場風味調味料與水牛城風味調味料混合並攪拌均勻。將混合調味料的一半放入大型密封袋或容器中。加入酪奶，與調味料混合均勻。將剩下的混合調味料放在旁邊備用。
- 2 將雞肉放入酪奶混合調味料中，冷藏醃製 8 小時或過夜。
- 3 從醃料中取出雞肉，瀝乾多餘汁水。將剩下的混合調味料與中筋麵粉放入調理碗中攪拌均勻。分批將雞肉放入麵粉混合物中，均勻裹粉。輕輕拍打雞肉，去除多餘的麵粉。
- 4 用 60 公克油均勻塗抹所有雞肉塊。
- 5 將溫度探針插入裝置。將酥脆籃放入裝置中，然後蓋上上蓋。選擇「氣炸」功能，將溫度設定為 180°C，然後選擇「預設」。使用螢幕右側的箭頭選擇 CHICKEN (雞肉) 功能。裝置預設使用「全熟」設定，確保雞肉達到可安全食用的溫度。按下  開始預熱。

- 6 將溫度探針橫向插入最大塊雞肉中心，接近（但未接觸到）骨頭，（詳見第 7 頁溫度探針放置說明）。
- 7 當裝置發出預熱完成的提示音時，將雞肉放入酥脆籃中。蓋上上蓋，夾住溫度探針的電線。
- 8 當裝置發出提示音，並顯示「FLIP (翻面)」時，使用矽膠料理夾將雞肉翻面，然後蓋上上蓋繼續烹調。
- 9 當裝置發出提示音，表示雞肉即將達到所需熟度時，將雞肉連同溫度探針一併轉移至餐盤或砧板上。靜置 10 分鐘，或直到溫度探針顯示已達最終溫度為止。

小秘訣 如果想減少辣味，可將水牛城風味調味料減量至 60 公克。

芥末醬雞肉

初級食譜 ●○○

準備: 10 分鐘 | 預熱: 約 3 分鐘 | 燒烤: 約 45 分鐘 | 份量: 6 份

食材

120 毫升第戎芥末醬

60 毫升芥花油

2 湯匙猶太鹽

1 茶匙黑胡椒粉

1 湯匙乾奧勒岡

3 茶匙義式乾香料

2 湯匙檸檬汁

1 隻未烹飪的全雞，對切
(或 1 隻去骨全雞)

步驟

- 1 將所有食材（雞肉除外）放入碗中混合均勻。將芥末醬均勻塗抹於雞肉表面，並擦去多餘的醬汁。
- 2 將溫度探針插入裝置。將深烤盤放入裝置中，然後蓋上上蓋。選擇「燒烤」功能，將溫度設定為 180°C，然後選擇「預設」。使用螢幕右側的箭頭選擇 CHICKEN（雞肉）功能。裝置預設使用「全熟」設定，確保雞肉達到可安全食用的溫度。按下  開始預熱。
- 3 在等待裝置預熱時，將溫度探針插入雞胸肉中心（詳見第 7 頁溫度探針放置說明）。
- 4 當裝置發出預熱完成的提示音時，將雞肉切面朝下放入深烤盤中。蓋上上蓋，夾住溫度探針的電線。
- 5 當裝置發出提示音，表示雞肉即將達到所需熟度時，將雞肉連同溫度探針一併轉移至餐盤或砧板上。靜置 10 分鐘，或直到溫度探針顯示已達最終溫度為止。



酥炸豬排佐酥脆烤薄皮馬鈴薯



中級食譜 ●●○

準備：10 分鐘 | 預熱：約 3 分鐘 | 氣炸：24 分鐘 | 份量：4 份

食材

- 680 公克迷你馬鈴薯，切成四等分
- 1 顆中型黃洋蔥，去皮，切成 2.5 公分塊狀
- 1 湯匙新鮮迷迭香，切碎
- 1 茶匙新鮮大蒜，去皮，切碎
- 適量猶太鹽
- 適量黑胡椒粉
- 2 湯匙芥末醬
- 3 湯匙蜂蜜
- 1 包 (70 公克) 調味麵包粉
- 4 片未烹飪豬排 (每片 115–170 公克，厚度約 1.25 公分)

步驟

- 1 在調理碗中，將馬鈴薯、洋蔥、迷迭香、大蒜、鹽和黑胡椒混合均勻。攪拌至馬鈴薯均勻裹覆調料，放在旁邊備用。
- 2 在另一個碗中，混合芥末和蜂蜜。將麵包粉放入淺盤中。為每片豬排均勻塗抹蜂蜜芥末醬，然後裹上麵包粉，輕輕按壓使麵包粉附著在豬排表面。接著輕輕搖晃豬排，抖落多餘的麵包粉。將豬排放在旁邊備用。
- 3 將酥脆籃放入裝置中，蓋上蓋子。選擇「氣炸」功能，將溫度設定為 200°C，時間設定為 24 分鐘。按下 開始預熱。
- 4 當裝置發出預熱完成的提示音時，將混合後的馬鈴薯放入酥脆籃中。蓋上上蓋，烹調 10 分鐘。
- 5 10 分鐘後，並將裹好麵包粉的豬排。將酥脆籃重新放回裝置中，並將裹好麵包粉的豬排放在馬鈴薯上方。蓋上上蓋，烹調 7 分鐘。
- 6 7 分鐘後，使用矽膠料理夾將豬排翻面。蓋上上蓋，繼續完成剩餘的 7 分鐘烹調。
- 7 當炸豬排中心溫度達到 65°C 或以上時，烹調就已完成。從裝置中取出豬排和馬鈴薯並享用。
- 8 10 分鐘後，搖晃馬鈴薯。將酥脆籃重新放回裝置中，並將裹好麵包粉的豬排放在馬鈴薯上方。蓋上上蓋，烹調 7 分鐘。

墨西哥烤牛肉三明治



中級食譜 ●●○

準備：15 分鐘 | 醃製：5–12 小時 | 預熱：約 10 分鐘 | 炙烤：11 分鐘 | 份量：4 份

食材

- 1 湯匙蒜末
- 1 湯匙新鮮香菜，切碎
- 2 湯匙醬油
- 3 茶匙孜然粉，分開備用
- 355 毫升柳橙汁
- 3 湯匙萊姆汁，分開備用
- 適量猶太鹽
- 適量黑胡椒粉
- 2 塊未烹飪裙帶牛排 (每塊約 450 公克，厚度為 1.25–2.5 公分)
- 3 顆波布拉諾辣椒，切成四等分，去籽
- 1 湯匙芥花油
- 120 毫升酸奶油
- 120 毫升美乃滋
- 4 個潛艇堡麵包

鋪料 (可選)：

- 1 顆酪梨，切成薄片
- 240 公克新鮮墨西哥莎莎醬 (可選)

步驟

- 1 將大蒜、香菜、醬油、2 茶匙孜然粉、柳橙汁、2 湯匙萊姆汁，以及鹽和黑胡椒放入容器或大型自封塑膠袋中混合均勻。放入牛排，醃製至少 5 小時或隔夜。
- 2 取出牛排並瀝乾醃料，放在旁邊備用。將炙烤盤放入裝置中並關閉上蓋。選擇「炙烤」功能。裝置預設使用 HI (高溫) 設定，正好適合這份食譜。將時間設定為 11 分鐘。按下 開始預熱。
- 3 在等待裝置預熱時，將波布拉諾辣椒用芥花油拌勻。依個人口味撒上鹽和黑胡椒調味。
- 4 當裝置發出預熱完成的提示音時，將牛排和辣椒放在炙烤盤上，然後蓋上上蓋。
- 5 同時，在小碗中混合酸奶油、美乃滋、剩餘的 1 湯匙萊姆汁和剩餘的 1 茶匙孜然粉，然後放在旁邊備用。
- 6 6 分鐘後，使用矽膠料理夾將牛排和辣椒翻面。蓋上上蓋繼續烹調。
- 7 5 分鐘後，打開上蓋，將牛排和辣椒從裝置中取出。將牛排轉移到餐盤或砧板上，靜置 5 到 10 分鐘。
- 8 如有需要烘烤麵包，請將麵包放在炙烤盤上，選擇「炙烤」功能，將溫度設定為 HI (高溫)，時間設定為 2 分鐘即可。蓋上上蓋，按下 開始。
- 9 靜置完成後，將牛排切成薄片，然後用切片牛排、烤辣椒、孜然萊姆醬、酪梨和墨西哥莎莎醬組合成三明治。

小秘訣 如果喜歡辣味，可以在醃料中加入切片的墨西哥辣椒增添辣度。

經典起司漢堡

初級食譜 ●○○

準備：10 分鐘 | 預熱：約 10 分鐘 | 炙烤：依照所需熟度 | 份量：6 份



食材

1 公斤未烹飪牛絞肉（80% 瘦肉）

適量猶太鹽

適量黑胡椒粉

6 片起司片

6 個漢堡麵包

適量醬料

步驟

- 1 將溫度探針插入裝置。將炙烤盤放入裝置中並關閉上蓋。選擇「炙烤」功能。裝置預設使用 HI（高溫）設定，正好適合這份食譜。選擇「預設」。裝置預設使用 BEEF（牛肉）功能，正好適合這份食譜。使用螢幕左側的箭頭調整至所需熟度。按下  開始預熱。
- 2 在等待裝置預熱時，將牛絞肉分成 6 等分，並大致塑形成直徑約 10 公分的漢堡排。用拇指在每塊漢堡排的中心壓出約 1.5 公分深的凹陷（這樣可以讓漢堡排在烹調時維持均勻的形狀）。依個人口味為漢堡排撒上鹽和黑胡椒調味。
- 3 將溫度探針橫向插入其中一塊漢堡排的中心位置（詳見第 7 頁的溫度探針放置說明）。
- 4 當裝置發出預熱完成的提示音時，將漢堡排放上炙烤盤。蓋上上蓋，夾住溫度探針的電線。
- 5 開始烹調漢堡排，過程中無需翻面，直到裝置發出提示音，表示已達到所需熟度。戴上隔熱手套，小心將溫度探針從漢堡排中取出，然後在每塊漢堡排上放一片起司。從裝置中取出漢堡排。
- 6 如有需要烘烤麵包，請將麵包放在炙烤盤上，選擇「炙烤」功能，將溫度設定為 HI（高溫），時間設定為 1 分鐘即可。將漢堡搭配您喜愛的醬料和鋪料一同享用。

小秘訣 如果想要更豐富的風味，可以烤一些洋蔥、甜椒或香菇等蔬菜作為漢堡的鋪料。



鮮蝦塔可餅

初級食譜 ●○○

準備：10 分鐘 | 預熱：約 10 分鐘 | 炙烤：3-5 分鐘 | 份量：6 份

食材

- 450 公克未烹飪新鮮大蝦，洗淨並去腸泥
- 2 湯匙芥花油
- 2 湯匙肯瓊調味料
- 適量猶太鹽
- 適量黑胡椒粉
- 6-8 張墨西哥薄餅或麵粉餅皮

鋪料（可選）：

- 切片酪梨
- 墨西哥莎莎醬
- 切絲高麗菜
- 萊姆角
- 切丁洋蔥
- 切碎香菜

步驟

- 將炙烤盤放入裝置中並關閉上蓋。選擇「炙烤」功能，將溫度設定為 MAX（最高溫），時間設定為 3 分鐘。按下  開始預熱。
- 在等待裝置預熱時，將鮮蝦放入中型尺寸的碗中，加入油、肯瓊調味料、鹽和黑胡椒，攪拌至鮮蝦均勻裹上調味料。
- 當裝置發出預熱完成的提示音時，使用矽膠料理夾將蝦均勻鋪在炙烤盤上，排成一層。關閉上蓋。
- 完成烹調後，將蝦從裝置中取出。
- 如有需要烘烤餅皮，可將墨西哥薄餅稍微重疊地放在炙烤盤上，選擇「炙烤」功能，將溫度設定為 HIGH（高），時間設定為 2 分鐘即可。蓋上上蓋，按下  開始。
- 完成烹調後，將墨西哥薄餅從裝置中取出，依喜好加上鋪料做成墨西哥捲餅，然後即可享用。



小秘訣 不愛吃蝦的話，也可以換成其他蛋白質食物，例如：雞肉。

小秘訣 如果使用冷凍蝦，炙烤時間請延長至 4 分鐘（原本為 3 分鐘）。

鱈魚佐鳳梨莎莎

中級食譜 ●●○

準備：10 分鐘 | 預熱：約 10 分鐘 | 炙烤：16 分鐘 | 份量：4 份

食材

- 4 片冷凍鱈魚菲力（每片 170-200 公克）
- 4 湯匙芥花油，分開備用
- 適量猶太鹽
- 適量黑胡椒粉
- 60 毫升 + 3 湯匙新鮮萊姆汁，分開備用
- 2 湯匙新鮮香菜，切碎，分開備用
- 60 毫升蜂蜜
- 2 湯匙克里奧調味料
- 1 茶匙孜然粉
- 3 片新鮮鳳梨圈（厚約 2.5 公分），對切
- 1 顆紅甜椒（約 150 公克），切丁
- 1 顆小紅洋蔥（約 75 公克），去皮切丁
- 1 顆墨西哥辣椒，切細丁

小秘訣 如有需要，可任意將鱈魚換成劍旗魚或馬鮫魚。

小秘訣 用多餘的醬汁塗抹鳳梨以增添風味，並將部分醬汁倒入莎莎醬中。



步驟

- 將炙烤盤放入裝置中並關閉上蓋。選擇「炙烤」功能，將溫度設定為 MAX（最高溫），時間設定為 16 分鐘。選擇  開始預熱。
- 在等待裝置預熱時，用 2 湯匙芥花油均勻塗抹魚菲力，並撒上適量鹽和黑胡椒調味。
- 在一個小碗中，混合剩下的 2 湯匙油、3 湯匙萊姆汁、1 湯匙香菜、蜂蜜、克里奧調味料、孜然粉、鹽和黑胡椒。將所有食材攪拌至完全融合，放在旁邊作塗抹醬汁備用。
- 當裝置發出預熱完成的提示音時，將魚菲力和鳳梨圈放入炙烤盤。使用醬料刷將混合醬汁塗抹在每片魚菲力的表面，然後蓋上上蓋。
- 當裝置發出提示音且螢幕顯示「FLIP（翻面）」時，再次刷上混合醬汁，然後使用矽膠料理夾將魚菲力翻面，再一次刷上混合醬汁。將鳳梨片翻面，然後蓋上上蓋繼續烹調 6 分鐘。
- 與此同時，準備莎莎醬：將剩餘的 60 毫升萊姆汁、剩下的 1 湯匙香菜、紅甜椒、洋蔥、墨西哥辣椒、鹽和黑胡椒放入調理碗中混合，放在旁邊備用。
- 6 分鐘後，再次刷上醬汁，用矽膠料理夾翻面，然後再刷一次醬汁。蓋上上蓋，繼續烹調 2 分鐘，或直到魚菲力中心溫度達到至少 65°C。
- 完成烹調後，將魚菲力和鳳梨從裝置中取出。將鳳梨切成約 1 1/4 公分的塊狀，加入莎莎醬中拌勻。舀取莎莎醬淋到魚菲力上，即可享用。

整片鮭魚菲力佐蒜香鋪料

初級食譜 ●○○

準備：10 分鐘 | 預熱：約 10 分鐘 | 炙烤：20 分鐘 | 份量：5-6 份



食材

- 1 塊未烹飪整條帶皮鮭魚菲力 (680-910 公克)
- 1 湯匙芥花油
- 適量猶太鹽
- 適量黑胡椒粉
- 1/2 顆檸檬，切薄片
- 4 湯匙新鮮檸檬汁
- 80 毫升美乃滋
- 2 湯匙第戎芥末醬
- 4 茶匙蒜末
- 2 湯匙新鮮蒔蘿，切碎

步驟

- 將溫度探針插入裝置。將炙烤盤放入裝置中並關閉上蓋。選擇「炙烤」功能，將溫度設定為 MAX (最高溫)，然後選擇「預設」。使用螢幕右側的箭頭選擇 FISH (魚肉) 功能。使用螢幕左側的箭頭調整至所需熟度。按下  開始預熱。將溫度探針橫向插入鮭魚最厚的部位中心，並在等待裝置預熱時，將溫度探針插入右側插孔 (詳見第 7 頁的溫度探針放置說明)。
- 在等待裝置預熱時，將油塗抹在鮭魚皮上。翻面後，在魚肉一側撒上鹽和黑胡椒，然後在中央擺放檸檬片。
- 在中型尺寸的碗中，混合檸檬汁、美乃滋、芥末醬、大蒜、蒔蘿、鹽和黑胡椒。
- 當裝置發出預熱完成的提示音時，將鮭魚皮朝下放在炙烤盤上，並蓋上上蓋，夾住溫度探針的電線。
- 在烹調過程中，當裝置發出提示音且螢幕顯示「FLIP (翻面)」時，請勿將鮭魚翻面，而是用湯匙將混合後的美乃滋醬料均勻塗抹在魚菲力的魚肉一面 (上表面)，薄薄一層即可。蓋上上蓋繼續烹調。
- 當裝置發出提示音，表示魚肉即將達到所需熟度時，將魚肉連同溫度探針一併轉移至餐盤或砧板上。靜置 2 至 3 分鐘，或直到溫度探針顯示已達最終溫度為止。

小秘訣 不喜歡蒔蘿的話，不妨換成切碎的新鮮百里香或迷迭香。

楓糖蜜釀胡桃南瓜

初級食譜 ●○○

準備：15 分鐘 | 預熱：約 3 分鐘 | 燒烤：40-45 分鐘 | 份量：6-8 份



食材

- 2 顆中型奶油南瓜，縱向對切，去籽
- 1 湯匙 + 1 茶匙植物油
- 1/2 茶匙黑胡椒粉
- 1 茶匙猶太鹽，分開備用
- 4 湯匙紅糖
- 4 湯匙楓糖漿
- 2 湯匙無鹽奶油，軟化
- 2 茶匙新鮮百里香，擺盤用

步驟

- 將南瓜對切，抹上植物油，然後撒上黑胡椒和 1/2 茶匙鹽調味。
- 將深烤盤放入裝置中，然後蓋上上蓋。選擇「燒烤」功能，將溫度設定為 190°C，時間設定為 45 分鐘。按下  開始預熱。
- 當裝置發出預熱完成的提示音時，將半個南瓜皮朝下放入深烤盤中，果肉朝上。蓋上上蓋，烹調 20 分鐘。
- 同時，在一個小碗中混合紅糖、楓糖漿、奶油和剩餘的 1/2 茶匙鹽。
- 20 分鐘後，使用矽膠理夾將半個南瓜翻面，使果肉朝下。蓋上上蓋，烹調 15 分鐘。
- 再過 15 分鐘後，再次翻面，讓果肉朝上。舀取混合後的糖漿淋到南瓜表面。蓋上上蓋，烹調 5 分鐘。
- 5 分鐘後，確定南瓜的熟度。如果想要更焦香的效果，蓋上上蓋繼續烹調最多 5 分鐘，並不時確認狀態。
- 完成烹調後，將南瓜移至餐盤中。以新鮮百里香作點綴，趁熱享用。

小秘訣 如果需要減少這道食譜中的糖量，可以減至 2 湯匙。

小秘訣 如果南瓜太大，可以稍微削去邊緣，讓 4 片南瓜能一並放入深烤盤中。



香烤蔬菜薄餅

初級食譜 ●○○

準備：15 分鐘 | 預熱：約 10 分鐘 | 炙烤：10 分鐘 | 份量：4-6 份



食材

- 1 包 (450 公克) 市售披薩麵團
- 1 茶匙橄欖油
- 1 湯匙特級初榨橄欖油
- 1 茶匙蒜末
- 30 公克黃夏南瓜，切薄片
- 30 公克櫛瓜，切薄片
- 60 公克帕瑪森起司，刨絲 1/2 茶匙碎紅辣椒
- 6 公克新鮮羅勒，切碎

步驟

- 1 從包裝袋中取出披薩麵團，放在乾淨的料理台或砧板上。用手將 1 茶匙橄欖油均勻塗抹在麵團上，然後讓麵團在室溫下靜置 15 分鐘。
- 2 將炙烤盤放入裝置中並關閉上蓋。選擇「炙烤」功能，將溫度設定為 HI (高溫)，時間設定為 10 分鐘。按下  開始預熱。
- 3 在等待裝置預熱時，將麵團拉伸成約 22 公分 x 15 公分的長方形。
- 4 當裝置發出預熱完成的提示音時，將麵團放上炙烤盤。蓋上上蓋，烹調 3 分鐘。
- 5 3 分鐘後，使用矽膠料理夾將麵團翻面。蓋上上蓋，烹調 1 分鐘。
- 6 接著加上鋪料。先將特級初榨橄欖油和蒜末均勻塗抹在麵餅上。接著將南瓜和櫛瓜片整齊擺放，鋪滿整個麵餅。最後撒上帕瑪森起司粉和碎紅辣椒，完成麵餅的調味。
- 7 蓋上上蓋，再烹調 3 分鐘。
- 8 3 分鐘後確定鋪料是否達到熟度，若有需要，可再烹調最多 3 分鐘。
- 9 完成烹調後，撒上羅勒作點綴，即可享用。

墨西哥風味烤玉米

初級食譜 ●○○

準備：10 分鐘 | 預熱：約 10 分鐘 | 炙烤：12 分鐘 | 份量：6 根玉米



食材

- 6 根玉米，剝皮
- 3 湯匙芥花油，分開備用
- 適量猶太鹽
- 適量黑胡椒粉
- 150 公克科蒂哈起司，捏碎
- 120 毫升美乃滋
- 120 毫升酸奶油
- 3 顆萊姆，榨汁
- 2 茶匙大蒜粉
- 2 茶匙洋蔥粉
- 4 公克香菜，切碎，作點綴

步驟

- 1 將炙烤盤放入裝置中並關閉上蓋。選擇「炙烤」功能，將溫度設定為 MAX（最高溫），時間設定為 12 分鐘。按下  開始預熱。
- 2 在等待裝置預熱時，將每根玉米抹上 1/2 湯匙芥花油，然後依個人喜好撒上鹽和黑胡椒調味。
- 3 當裝置發出預熱完成的提示音時，將玉米放上炙烤盤。蓋上上蓋，炙烤 6 分鐘。
- 4 6 分鐘後將玉米翻面，蓋上上蓋，繼續烹調 6 分鐘。
- 5 同時，將所有剩餘材料放入碗中攪拌均勻。
- 6 完成烹調後，取出玉米，並在每根玉米上均勻塗抹大量混合後的美乃滋醬。按喜好點綴香菜，即可享用。

小秘訣 不喜歡科蒂哈起司的話，用菲達乳酪替代也很不錯喔。

小秘訣 如果想做成適口美味的沙拉，可以將烤好的玉米粒從玉米棒上切下，然後與一半美乃滋醬拌勻。





香烤蘋果塔

中級食譜 ●●○

準備：20 分鐘 | 預熱：約 10 分鐘 | 炙烤：9 分鐘 | 份量：8 份



食材

- 2 茶匙肉桂粉
- 4 湯匙白砂糖
- 8 茶匙紅糖，分開備用
- 4 顆中型蘋果，切薄片
- 1 1/2 茶匙檸檬汁
- 1/4 茶匙鹽
- 1 包 (8 片) 預製酥餅麵團
- 烹飪噴霧

步驟

- 1 將肉桂粉、白砂糖和紅糖放入小碗中混合，放在旁邊備用。
- 2 在中型調理碗中，將蘋果、檸檬汁、鹽和 1 1/2 湯匙肉桂糖混合均勻。攪拌至蘋果均勻裹上調味料。
- 3 將酥餅麵團分開，放在一張烘焙紙上或已抹油的料理台上。使用桿麵棍或雙手將麵團揉壓成約 5 x 10 公分、厚約 3 公釐的橢圓形。
- 4 將炙烤盤放入裝置中並關閉上蓋。選擇「炙烤」功能，將溫度設定為 LO (低溫)，時間設定為 9 分鐘。按下  開始預熱。
- 5 在等待裝置預熱時，將 120 公克蘋果餡放在每片橢圓形麵團上，左右各留 1.5 公分空位，上下各留 2.5 公分空位。
- 6 將麵團兩邊向上摺起，圍住蘋果餡，中間約留 2.5 公分開口，讓蘋果餡露出。用力捏緊麵團上下邊緣並順時針扭轉，將麵團做成類似獨木舟的造型。
- 7 在每個塔皮上均勻噴上大量烹飪噴霧，然後撒上剩餘的肉桂糖粉。
- 8 當裝置發出預熱完成的提示音時，將蘋果塔放上炙烤盤。蓋上上蓋，烹調 6 分鐘。
- 9 完成烹調後，取出蘋果塔。搭配香草冰淇淋或鮮奶油，趁熱享用。

小秘訣 也可以用梨等其他水果替代蘋果喔。

炙烤指南

小秘訣 為減少油煙，建議每次使用後清潔雙層攔油網。

小秘訣 烹調下表中的蛋白質食材時，搭配使用 Foodi™ 智慧溫度探針，可監測熟度，無需為烹調時間擔心。

食材	數量	溫度	烹調時間	說明
禽肉	本指南的建議時間以將禽肉烹調至內部溫度達 75°C為準			
雞胸肉	4 塊帶骨雞胸肉 (每塊 340–400 公克)	HIGH (高)	18–22 分鐘	於烹調中途翻面
	6 塊無骨雞胸肉 (每塊 200–255 公克)	HIGH (高)	16–20 分鐘	於烹調中途翻面
手槍雞腿	3 塊帶骨手槍腿 (每塊 340–400 公克)	HIGH (高)	26–31 分鐘	於烹調中途翻面
預製雞肉腸	2 包 (8 根)	HIGH (高)	6–8 分鐘	無需翻面
雞菲力	9 塊無骨雞菲力 (每塊 60–85 公克)	HIGH (高)	8–11 分鐘	於烹調中途翻面
雞腿排	6 塊帶骨雞腿排 (每塊 200–255 公克)	HIGH (高)	23–28 分鐘	於烹調中途翻面
	6 塊無骨雞腿排 (每塊 115–200 公克)	HIGH (高)	10–12 分鐘	於烹調中途翻面
雞翅	1.25 公斤帶骨翅小腿與翅中	HIGH (高)	15–18 分鐘	於烹調中途翻面
火雞漢堡排	6 塊漢堡排 (每塊 115 公克)，厚 2.5 公分	HIGH (高)	11–13 分鐘	無需翻面
牛肉	本指南的建議時間以將牛肉烹調至五分熟，內部溫度達 65°C為準			
漢堡排	6 塊漢堡排 (每塊最多 200 公克)，厚 2.5– 3.75 公分	HIGH (高)	5–9 分鐘	無需翻面
菲力牛排	6 塊牛排 (每塊 170–230 公克)，厚 3.2–3.75 公分	HIGH (高)	12–15 分鐘	於烹調中途翻面
翼板牛排或法蘭克牛排	1 塊牛排 (每塊 500–680 公克)，厚 2.5–3.2 公分	HIGH (高)	11–15 分鐘	於烹調中途翻面
熱狗	9 根熱狗	LOW (低)	3–5 分鐘	於烹調中途翻面
紐約客牛排	4 塊牛排 (每塊 280–340 公克)，厚 3.2–3.75 公分	HIGH (高)	9–12 分鐘	於烹調中途翻面
肋眼排	3 塊牛排 (每塊 400–455 公克)，厚 3.2 公分	HIGH (高)	12–14 分鐘	於烹調中途翻面
裙帶牛排	4 塊牛排 (每塊 280–340 公克)，厚 2–2.5 公分	HIGH (高)	7–11 分鐘	於烹調中途翻面
三角肉	900 公克	MEDIUM (中)	13–16 分鐘	依喜好醃製 (詳見第 11 頁指南)
丁骨牛排	2 塊牛排 (每塊 400–510 公克)，厚 3.75 公分	HIGH (高)	9–12 分鐘	於烹調中途翻面
豬肉、羊肉和小牛肉	本指南的建議時間以將豬肉、羊肉和小牛肉烹調至內部溫度達 65°C為準			
上肋排	1 副，分成兩半 (10–13 根骨)	HIGH (高)	20–22 分鐘	於烹調中途翻面
培根	8 片，厚切	LOW (低)	7–9 分鐘	無需翻面
羊排	整副 (8 根骨)	HIGH (高)	20–25 分鐘	於烹調中途翻面
豬排	4 塊帶骨厚切 (每塊 280–340 公克)	HIGH (高)	15–19 分鐘	於烹調中途翻面
	6 塊無骨 (每塊 230 公克)	HIGH (高)	14–17 分鐘	於烹調中途翻面
豬菲力	2 塊完整菲力 (每塊 455–680 公克)	HIGH (高)	15–20 分鐘	於烹調中途翻面
香腸	9 根完整香腸 (每根 85–115 公克)	LOW (低)	7–10 分鐘	於烹調中途翻面
小牛肉扒	6 塊帶骨 (每塊 115–170 公克)	HIGH (高)	10–15 分鐘	於烹調中途翻面

炙烤指南 (續)

小秘訣 為減少油煙，建議每次使用後清潔雙層攔油網。

食材	數量	溫度	烹調時間	說明
海鮮	本指南的建議時間以將海鮮烹調至內部溫度達 65°C 為準			
鱈魚或黑線鱈	6 塊菲力 (每塊 140–170 公克)	MAX (最高溫)	8–12 分鐘	無需翻面
比目魚	3 塊菲力 (每塊 140–170 公克)	MAX (最高溫)	4–6 分鐘	無需翻面
大比目魚	6 塊菲力 (每塊 115–170 公克)	MAX (最高溫)	6–10 分鐘	無需翻面
牡蠣	12 隻	MAX (最高溫)	5–7 分鐘	剝去一半殼，帶殼面朝下放在炙烤盤上
鮭魚	6 塊菲力 (每塊 170 公克)	MAX (最高溫)	12–15 分鐘	無需翻面
扇貝	18 個 (690 公克)	MAX (最高溫)	5–8 分鐘	擦乾水分後調味
蝦	900 公克墨西哥白蝦 (約 30 隻)	MAX (最高溫)	1–3 分鐘	擦乾水分後調味
劍旗魚	2 塊魚排 (每塊 300–340 公克)	MAX (最高溫)	6–8 分鐘	無需翻面
鮪魚	4 塊魚排 (每塊 115–170 公克)	MAX (最高溫)	6–8 分鐘	無需翻面
冷凍禽肉	本指南的建議時間以將冷凍禽肉烹調至內部溫度達 75°C 為準			
雞胸肉	6 塊無骨雞胸肉 (每塊 200–255 公克)	MEDIUM (中)	20–25 分鐘	烹調中途翻面 2 至 3 次
雞腿排	6 塊帶骨雞腿排 (每塊 200–255 公克)	MEDIUM (中)	28–32 分鐘	烹調中途翻面 2 至 3 次
火雞漢堡排	6 塊漢堡排 (每塊 115–170 公克)	MEDIUM (中)	13–16 分鐘	按需要於烹調中途翻面
冷凍牛肉	本指南的建議時間以將冷凍牛肉烹調至內部溫度達 65°C 為準			
漢堡排	6 塊漢堡排 (每塊最多 200 公克)，厚 2.5 公分	MEDIUM (中)	10–12 分鐘	烹調中途翻面 2 至 3 次
菲力牛排	6 塊牛排 (每塊 170–230 公克)，厚 3.2–3.75 公分	MEDIUM (中)	15–20 分鐘	烹調中途翻面 2 至 3 次
紐約客牛排	4 塊牛排 (每塊 280–340 公克)，厚 3.2–3.75 公分	MEDIUM (中)	10–12 分鐘	烹調中途翻面 2 至 3 次
肋眼排	3 塊牛排 (每塊 400–455 公克)，厚 3.2 公分	MEDIUM (中)	18–24 分鐘	烹調中途翻面 2 至 3 次
冷凍豬肉	本指南的建議時間以將冷凍豬肉烹調至內部溫度達 65°C 為準			
豬排	6 塊無骨 (每塊 230 公克)	MEDIUM (中)	22–26 分鐘	烹調中途翻面 2 至 3 次
豬菲力	2 塊完整菲力 (每塊 450 公克)	MEDIUM (中)	22–28 分鐘	烹調中途翻面 2 至 3 次
未烹飪香腸	9 根完整香腸	LOW (低)	10–14 分鐘	烹調中途翻面 2 至 3 次
冷凍海鮮	本指南的建議時間以將冷凍海鮮烹調至內部溫度達 65°C 為準			
大比目魚	6 塊菲力 (每塊 170 公克)	MAX (最高溫)	14–16 分鐘	按需要於烹調中途翻面
鮭魚	6 塊菲力 (每塊 115 公克)	MAX (最高溫)	12–15 分鐘	按需要於烹調中途翻面
蝦	570 公克墨西哥白蝦 (約 30 隻)	MAX (最高溫)	3–4 分鐘	無需翻面
冷凍素食漢堡排				
素食漢堡排	6 塊漢堡排 (每塊 115 公克)	HIGH (高)	8–10 分鐘	按需要於烹調中途翻面

炙烤指南 (續)

小秘訣 為減少油煙，建議每次使用後清潔雙層攔油網。

食材	數量	準備工作	溫度	烹調時間	說明
蔬菜					
蘆筍	2 把	完整，切除尾部	MAX (最高溫)	5-7 分鐘	無需翻面
青江菜	680 公克	縱向對切後調味	MAX (最高溫)	9-13 分鐘	於烹調中途翻面
甜椒	4 顆	切成四等分後調味	MAX (最高溫)	6-9 分鐘	於烹調中途翻面
青花菜	2 棵 (790 公克)	切成 5 公分小朵	MAX (最高溫)	10-12 分鐘	無需翻面
孢子甘藍	1.25 公斤	完整，切除尾部	MAX (最高溫)	12-16 分鐘	於烹調中途翻面
胡蘿蔔	10 根 (900 公克)	削皮，切成 5 公分小塊後調味	MAX (最高溫)	12-14 分鐘	無需翻面
花椰菜	1 棵 (340-510 公克)	切成 5 公分小朵	MAX (最高溫)	10-12 分鐘	無需翻面
玉米	6 根	整根，剝皮	MAX (最高溫)	10-13 分鐘	於烹調中途翻面
褐蘑菇	680 公克	對切後調味	MAX (最高溫)	5-7 分鐘	無需翻面
茄子	2 個中型 (450-690 公克)	切成 5 公分小塊後調味	MAX (最高溫)	10-12 分鐘	於烹調中途翻面
四季豆	680 公克	修剪剝絲後調味	MAX (最高溫)	8-10 分鐘	無需翻面
白洋蔥或紅洋蔥 (對切)	6 個	剝皮，對切後調味	MAX (最高溫)	10-12 分鐘	於烹調中途翻面
白洋蔥或紅洋蔥 (切片)	3 個	剝皮，切成 2.5 公分片狀後調味	MAX (最高溫)	4-6 分鐘	於烹調中途翻面
波特菇	6 個	去梗，用湯匙刮除菌褶後調味	MAX (最高溫)	7-9 分鐘	於烹調中途翻面
夏南瓜或櫛瓜	2-3 個 (680 公克)	縱向切成四等分後調味	MAX (最高溫)	12-16 分鐘	於烹調中途翻面
馬鈴薯	6-10 個	對切後調味	MAX (最高溫)	8-10 分鐘	無需翻面
水果					
酪梨	最多 3 個酪梨	對切去核	MAX (最高溫)	4-5 分鐘	無需翻面
香蕉	4 根	去皮後縱向切成四等分	MAX (最高溫)	3 分鐘	使用矽膠料理夾或鍋鏟取出
檸檬或萊姆	5 個	縱向對切，放在炙烤盤上向下壓	MAX (最高溫)	4 分鐘	無需翻面
芒果	4 個	剝皮去核，放在炙烤盤上向下輕壓	MAX (最高溫)	4-6 分鐘	無需翻面
甜瓜	6 條 (每條 10-15 公分)	放在炙烤盤上向下輕壓	MAX (最高溫)	4-6 分鐘	無需翻面
鳳梨	6-8 片或條	切成 5 公分小塊	MAX (最高溫)	7-10 分鐘	在烹調中途輕輕翻面數次
核果 (例如：水蜜桃和李子)	4-6 個	對切去核，放在炙烤盤上向下壓	MAX (最高溫)	10-12 分鐘	無需翻面
麵包和起司					
麵包 (例如：法式長棍或巧巴達)	30.5-40.5 公分	手工切成 3.75 公分片狀，刷上芥花油	MAX (最高溫)	2-3 分鐘	無需翻面
哈羅米起司	680 公克-1 公斤	切成 2.5 公分片狀	MAX (最高溫)	2-4 分鐘	無需翻面

氣炸指南

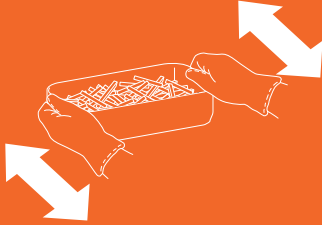
食材	數量	準備工作	食用油添加量	溫度	烹調時間
蔬菜					
蘆筍	2 把	完整，切除尾部	2 茶匙	200°C	12-14 分鐘
甜菜根	8 顆小型	不切開	無需加入	200°C	45-60 分鐘
甜椒（燒烤用）	4-5 個小甜椒	不切開	無需加入	210°C	20-25 分鐘
青花菜	2 棵（450-680 公克）	切成 2.5 公分小朵	1 湯匙	200°C	12-16 分鐘
抱子甘藍	900 公克	對切去梗	1 湯匙	200°C	15-18 分鐘
奶油南瓜	1.5 公斤	切成 2.5 公分塊狀	1 湯匙	200°C	26-28 分鐘
胡蘿蔔	900 公克	削皮後切成 2.5 公分塊狀	1 湯匙	200°C	18-22 分鐘
花椰菜	2 棵（450-680 公克）	切成 2.5 公分小朵	2 湯匙	200°C	20-25 分鐘
玉米	6 根	整根，剝皮	1 湯匙	200°C	11-15 分鐘
四季豆	900 公克	修剪剝絲	1 湯匙	200°C	11-13 分鐘
羽衣甘藍（製作脆片）	540 公克一包	去梗，撕成片狀	無需加入	150°C	10-12 分鐘
蘑菇	680 公克	洗淨後切成四等分	1 湯匙	200°C	11-13 分鐘
褐皮馬鈴薯	1.5 公斤	切成 2.5 公分角狀	1-3 湯匙芥花油	200°C	25-30 分鐘
	900 公克	手工細薯條*	1-3 湯匙芥花油	200°C	22-26 分鐘
	900 公克	手工粗薯條*	1-3 湯匙芥花油	200°C	24-29 分鐘
	完整 5 個（170-230 公克）	用餐叉刺 3 下	無需加入	200°C	38-45 分鐘
地瓜	680 公克	切成 2.5 公分大塊	1 湯匙	200°C	20-25 分鐘
	完整 6 個（170-230 公克）	用餐叉刺 3 下	無需加入	200°C	30-35 分鐘
櫛瓜	1.25 公斤	縱向切成四等分，再切成 2.5 公分小段	1 湯匙	200°C	16-19 分鐘
禽肉					
雞胸肉	3 塊雞胸肉（每塊 340-680 公克）	帶骨	刷油	190°C	25-35 分鐘
	4 塊雞胸肉（每塊 230-340 公克）	無骨	刷油	190°C	20-24 分鐘
雞腿排	6 塊雞腿排（每塊 170-285 公克）	帶骨	刷油	190°C	25-30 分鐘
	6 塊雞腿排（每塊 115-230 公克）	無骨	刷油	190°C	16-18 分鐘
雞翅	1.25 公斤翅小腿與翅中	帶骨	1.5湯匙	200°C	22-26 分鐘

*馬鈴薯切好後，請將生薯條浸泡在冷水中至少 30 分鐘，以去除多餘的澱粉。將薯條擦乾。薯條越乾，成品越好。

為做出最佳成品，
請時常搖晃或翻動食物。

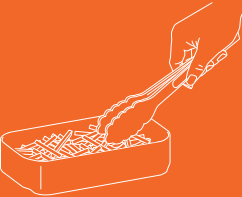
我們建議時常查看食物，
並搖晃或翻動，
以確保達到理想效果。

這些烹調時間僅供參考，
請根據自己的偏好進行調整。



搖晃食物

或者



使用矽膠料理夾
翻動食物

氣炸指南 (續)

小秘訣 食材份量不同，建議烹調 3-5 分鐘，口感會更酥脆。

食材	數量	準備工作	食用油添加量	溫度	烹調時間
豬肉和羊肉					
培根	5 片，對切	無需加入	無需加入	180°C	5-8 分鐘
豬排	3 塊帶骨厚切 (每塊 285-340 公克)	帶骨	刷油	190°C	17-20 分鐘
	6 塊無骨 (每塊 230 公克)	無骨	刷油	190°C	14-20 分鐘
豬菲力	2 條菲力 (每條 450-675 公克)	不切開	刷油	190°C	25-35 分鐘
香腸	6 根香腸	不切開	無需加入	200°C	9-11 分鐘
冷凍食物					
雞排	6 塊	無需加入	無需加入	200°C	18-21 分鐘
雞塊	2 盒 (680 公克)	無需加入	無需加入	200°C	11-14 分鐘
魚菲力	8 條菲力，裹粉	無需加入	無需加入	200°C	14-16 分鐘
魚條	30 根魚條 (625 公克，約 2 盒)	無需加入	無需加入	200°C	13-16 分鐘
薯條	450 公克	無需加入	無需加入	180°C	18-22 分鐘
	1125 公克	無需加入	無需加入	180°C	25-30 分鐘
莫札瑞拉起司條	2 盒 (310 公克)	無需加入	無需加入	190°C	10-12 分鐘
鍋貼	1 包 (570 公克，20 個)	無需加入	無需加入	200°C	12-15 分鐘
披薩捲	1 大包 (1135 公克，約 40 個)	無需加入	無需加入	200°C	12-15 分鐘
爆米花蝦球	1.5 盒 (約 680 公克)	無需加入	無需加入	200°C	10-13 分鐘
地瓜薯條	1 包 (約 680 公克)	無需加入	無需加入	190°C	20-24 分鐘
薯球	1 包 (約 680 公克)	無需加入	無需加入	180°C	15-18 分鐘

為做出最佳成品，請時常搖晃或翻動食物。

我們建議時常查看食物，並搖晃或翻動，以確保達到理想效果。

這些烹調時間僅供參考，請根據自己的偏好進行調整。



搖晃食物

或者



使用矽膠料理夾翻動食物

脫水指南

食材	準備工作	溫度	脫水時間
水果與蔬菜			
蘋果	去核，切成 3.2 公釐薄片，浸泡於檸檬水後擦乾	60°C	6–8 小時
蘆筍	切成 2.5 公分小段後汆燙	60°C	6–8 小時
香蕉	剝皮，切成 9.5 公釐薄片	60°C	6–8 小時
甜菜根	剝皮，切成 3.2 公釐薄片	60°C	6–8 小時
茄子	剝皮，切成 3.2 公釐薄片後汆燙	60°C	6–8 小時
新鮮香草	沖洗後擦乾，去梗	60°C	4 小時
生薑	切成 9.5 公釐薄片	60°C	6 小時
芒果	剝皮，去核後切成 9.5 公釐薄片	60°C	6–8 小時
蘑菇	用軟刷清潔（切勿水洗）	60°C	6–8 小時
鳳梨	剝皮去核，切成 3.2–12.75 公釐薄片	60°C	6–8 小時
草莓	對切或切成 1.25 公分片狀	60°C	6–8 小時
馬鈴薯	切成 9.5 公釐薄片，若日後需回復水分，請先汆燙	60°C	6–8 小時
肉類、禽類、魚類			
牛肉乾	切成 6.25 公釐薄片，醃製過夜	70°C	5–7 小時
雞肉乾	切成 6.25 公釐薄片，醃製過夜	70°C	5–7 小時
火雞肉乾	切成 6.25 公釐薄片，醃製過夜	70°C	5–7 小時
鮭魚乾	切成 6.25 公釐薄片，醃製過夜	70°C	3–5 小時



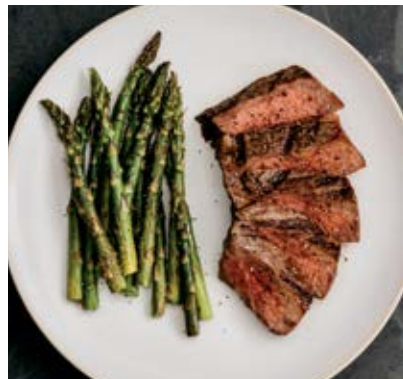
想要更多食譜靈感、
提示與技巧嗎？

請造訪 sharkninja.tw

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



NINJA™ Foodi™ MAX Health Grill & Air Fryer

15 mouthwatering recipes plus
charts for unlimited possibilities



Your guide to grilling like a Foodi

Welcome to the Ninja™ Foodi™ Smart XL Grill recipe book.

From here, you’re just a few pages away from recipes, tips and tricks, and helpful hints that will help you achieve the perfect doneness every time you grill.

Now open the hood and let’s get grilling in your kitchen.

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Recipe Key

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



Foodi™ Smart Thermometer



Frozen to char-grilled



Kid-friendly food



10 minutes or less



Gluten-free



Dairy-free



Keto



Vegetarian

Cyclonic Grilling

TECHNOLOGY

Perfectly cook food on the inside and char-grill every side with super-hot Cyclonic Grilling Technology. The 260°C grilling chamber gives you the fast, juicy, char-grilled results you want by combining a unique, high-density grill grate with cyclonic air that circulates rapidly around food.

Now with the Smart Cook System and an XL capacity, you can achieve the perfect doneness without the guesswork and feed the entire family.



Grilled favorites

Quick and easy meals

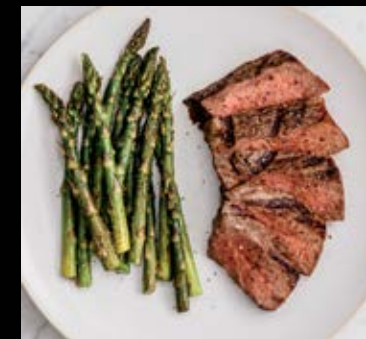
Classic Cheeseburgers, page 26



No-flip grilling

No more falling apart

Grilled Salmon Fillet, page 40



Perfect doneness

No guesswork

*Grilled New York Strip Steaks
with Asparagus, page 14*



Grilled thrills

Grill the unexpected

Grilled Apple Tarts, page 36



Frozen to char-grilled

No thawing required

*Honey Mustard & Barbecue-
Glazed Chicken Breasts, page 18*

More flavor. Less smoke.

After hundreds of hours of recipe testing, our chefs have paired your favorite foods with recommended temperature settings to maximize grill flavors while minimizing smoke.



LO / 200°C

Best for bacon and sausages and when using thicker barbecue sauces.



Sausage & Pepper Grinders



MED / 230°C

Best for frozen meats and marinated ingredients.



Frozen Chicken Breasts



HI / 250°C

Best for steaks, chicken, and burgers.



Grilled New York Strip Steaks
& Asparagus



MAX / up to 260°C

Best for veggies, fruit, fresh and frozen seafood, and pizza.



Pineapple & Peaches

Perfectly done with the Foodi™ Smart Thermometer.

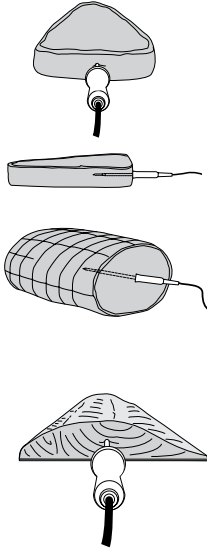
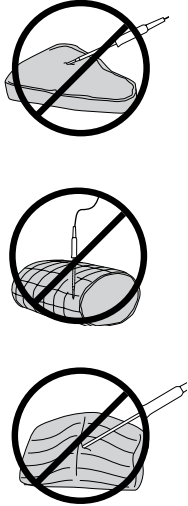
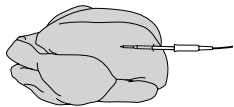


Dual Sensor Technology

The leave-in Foodi Smart Thermometer continuously monitors the internal temperature of food in two places for more accurate cooking results. The Smart Cook System lets you know when it's time to take your food off the grill and let it rest.

How to place the thermometer

Once you've selected your cooking function, cooking temperature, protein type, and desired level of doneness, **insert the Foodi™ Smart Thermometer into the thickest part of your protein** while the grill is preheating.

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

DO NOT use the thermometer with frozen protein or for cuts of meat thinner than 2 1/2 cm.

Ninja™ Beef Doneness Guide

Everyone's idea of doneness differs. This guide shows you what you can expect from each of our preset beef doneness settings.



NOTE: Beef Doneness Guide is based on New York Strip Steak. Using different cuts of steak and different sizes can alter the outcome.

Carry-over cooking

Did you know that meat keeps cooking when you remove it from the grill?

To prevent overcooking, the unit will beep right before your food reaches the desired doneness, taking carry-over cooking into account. Transfer meat to a plate with the thermometer still inserted and allow protein to carry-over cook and rest for 3–5 minutes. **Skipping carry-over cooking and cutting into food right away may result in a rarer level of doneness.**

Reasons meat cooks differently

No two pieces of protein are alike, and, for that reason, they'll never cook the same. That's why we recommend paying close attention to the sizes of meat listed in our cooking charts. Here are some more tips to ensure a great cooking experience.



Cut size

Proteins come in different shapes and sizes, which require different cooking times. If you are cooking proteins that are different sizes, insert thermometer into the smaller protein first, as it will cook faster than the larger one.

For cuts 5 cm or thicker (e.g., filet mignon) we recommend selecting the lower temperature setting within the desired doneness category (e.g., Rare 1 instead of Rare 2).



Meat temperature

For your convenience, cooking charts were created for use with cold meat, straight from the fridge.

For even juicier results

If time permits, let meat come to room temperature for about 30 minutes before cooking for a more juicy center.

Flavor-Building 101

Pumped-Up Marinades, Zesty Spice Rubs, and Elevated Dipping Sauces

For the following recipes, add all ingredients to a bowl and mix well.

These marinades and spice rubs call for coarse kosher salt—ensure you use that, and not fine-grain iodized salt.

Use spice rubs liberally. Season meat or vegetables generously and let sit at room temperature for 30 minutes before grilling—this will promote faster and even cooking.

Frozen to char-grilled

When grilling frozen meats, baste them liberally and consistently with the marinade of your choosing.

To get the best textures and flavors from frozen meat, season it with your favorite spice rub before grilling.

Marinades

YIELD: APPROX. 240ML | **MARINATING TIME:** 2-12 HOURS
STORE: REFRIGERATE FOR UP TO 4 DAYS



Teriyaki Marinade

Best for poultry, beef, pork, lamb, veal, seafood, vegetables

80ml soy sauce
80ml water
80ml dark brown sugar
3 tablespoons rice wine vinegar
1 tablespoon honey
2 cloves garlic, peeled, minced



Garlic & Herb Marinade

Best for poultry, pork, lamb, seafood, vegetables

80ml canola oil
80ml cider vinegar
8g fresh herbs (like parsley, rosemary, oregano, thyme, or sage), finely chopped
5 cloves garlic, peeled, minced
Juice of 1 lemon (about 3 tablespoons juice)
1 teaspoon ground black pepper
1 teaspoon kosher salt



Simple Steak Marinade

Best for beef, pork, lamb, veal, white fish, vegetables

80ml Worcestershire sauce
80ml soy sauce
80ml balsamic vinegar
2 tablespoons Dijon mustard
3 cloves garlic, peeled, minced
1 teaspoon ground black pepper
1 teaspoon kosher salt

TIP When using marinated foods on the Grill function, we recommend using Medium and when using thicker marinades/sauces using Low.

Spice Rubs

YIELD: APPROX. 240ML | **SEASON:** GENEROUSLY
STORE: UP TO 6 MONTHS IN AN AIRTIGHT CONTAINER AWAY FROM LIGHT AND HEAT



Easy BBQ Spice Rub

**Best for poultry, beef, shrimp,
cauliflower, broccoli, carrots**

- 60ml dark brown sugar
- 60ml smoked paprika
- 3 tablespoons ground
black pepper
- 2 tablespoons kosher salt
- 2 teaspoons garlic powder
- 2 teaspoons onion powder



Everyday Spice Rub

**Best for poultry, beef, pork,
lamb, veal, seafood, vegetables**

- 3 tablespoons chili powder
- 2 tablespoons white sugar
- 1 tablespoon kosher salt
- 1 tablespoon ground cumin
- 1 tablespoon ground
black pepper
- 1 tablespoon dried oregano



Dry Herb Rub

**Best for poultry, pork, lamb,
seafood, vegetables**

- 1 tablespoon kosher salt
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary
- 1 tablespoon dried oregano
- 1 teaspoon mustard powder
- 1 teaspoon ground
black pepper
- 1 teaspoon crushed red pepper

Dipping Sauces

YIELD: APPROX. 240ML | **STORE:** REFRIGERATE FOR UP TO 4 DAYS



Chimichurri Sauce

**Best for poultry, beef, pork,
fish, vegetables**

- 1/2 bunch fresh cilantro
(about 80ml), chopped
- 1/2 bunch fresh parsley
(about 80ml), chopped
- 5 cloves garlic, peeled, minced
- 1 small shallot, peeled, chopped
- Zest and juice of 1 lemon
(about 80ml juice)
- 60ml extra virgin olive oil
- 1 teaspoon ground
black pepper
- Kosher salt, as desired



Lemony-Garlic Chili Mayo

**Best for poultry, beef, pork,
lamb, veal, seafood, vegetables**

- 240ml mayonnaise
- Juice of 1/2 lemon
(about 2 tablespoons juice)
- 1 tablespoon paprika
- 1 teaspoon garlic powder
- Kosher salt, as desired



Jamaican Jerk Ketchup

Best for poultry, beef, shrimp

- 240ml ketchup
- 3 tablespoons
dry jerk seasoning
- 1 ripe banana,
peeled, mashed

Kickstarter Recipe

Grilled New York Strip Steaks with Asparagus

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** BASED ON DESIRED DONENESS | **MAKES:** 3-5 SERVINGS



INGREDIENTS

- | | |
|--|---------------------------------|
| 4 uncooked New York strip steaks (280g each) | Kosher salt, as desired |
| 3 tablespoons canola oil, divided | Ground black pepper, as desired |
| | 2 bunches asparagus, trimmed |

DIRECTIONS



Plug thermometer into unit. Insert grill grate in unit and close hood. Select GRILL. The unit will default to HI, which is the correct temperature setting for this recipe. Select PRESET. The unit will default to BEEF, which is the correct setting for this recipe. Use the arrows to the left of the display to set desired doneness. Press to begin preheating.



While unit is preheating, brush each steak on all sides with 1/2 tablespoon canola oil, then season with salt and pepper, as desired. Toss asparagus with remaining canola oil, then season with salt and pepper, as desired.



Insert thermometer horizontally into the center of one of the steaks (see thermometer placement instructions on page 7).



When unit beeps to signify it has preheated, place steaks on grill grate, gently pressing them down to maximize grill marks. Close hood over the thermometer cord. 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 5 minutes.



While steaks are resting, place asparagus on grill grate. Select GRILL and set to HI. Use the arrows to the right of the display to set the time to 4 minutes. Press to begin. Skip preheat by pressing the PREHEAT button.



When cooking and resting are complete, remove thermometer from steaks. Slice steaks and serve with asparagus.

Kickstarter Recipe

Pork Loin Fillets with Grilled Vegetables

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **MARINATE:** 1-3 HOURS | **PREHEAT:** APPROX. 10 MINUTES
GRILL: BASED ON DESIRED DONENESS | **MAKES:** 4 SERVINGS



INGREDIENTS

- | | |
|--|--|
| 1 170g jar pesto | 1 medium bell pepper, cut in 5 cm pieces |
| 3 tablespoons balsamic vinegar | 1 medium onion, peeled, cut in 5 cm pieces |
| 1 teaspoon garlic, minced | 1 medium zucchini, sliced in 1 1/4 cm-thick rounds |
| Kosher salt, as desired | 1 medium yellow summer squash, sliced in 1 1/4 cm-thick rounds |
| Ground black pepper, as desired | 2 tablespoons canola oil |
| 2 uncooked pork loin fillets (450g each) | |

DIRECTIONS



In a large container or resealable plastic bag, combine pesto, balsamic, garlic, salt, and pepper. Add pork loin fillets, coat with the marinade, and marinate in the refrigerator for 1 to 3 hours.



Plug thermometer into unit. Insert grill grate in unit and close hood. Select GRILL, set temperature to MED, then select PRESET. Use the arrows to the right of the display to select PORK. Use the arrows to the left of the display to set desired doneness. Press  to begin preheating.



While unit is preheating, combine vegetables, canola oil, salt, and pepper in a mixing bowl. Mix until evenly coated.



Insert thermometer horizontally into the center of the thickest part of the largest fillet (see thermometer placement instructions on page 7).



When unit beeps to signal it has preheated, place fillets and vegetables on grill grate. Close hood over the thermometer cord.



When unit beeps and the display reads FLIP, use silicone-tipped tongs to flip the fillets and vegetables. Close hood to continue cooking.



When unit beeps to signal the fillets have almost reached the desired doneness, transfer fillets to a plate or cutting board with thermometer still inserted. Allow to rest for 10 minutes or until thermometer indicates final temperature has been reached.



When resting is complete, serve fillets with vegetables.

HONEY MUSTARD & BARBECUE-GLAZED CHICKEN BREASTS

INTERMEDIATE RECIPE ●●○

PREP: 5 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **COOK:** 27-30 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

6 frozen boneless, skinless chicken breasts (225g each)
3 tablespoons canola oil, divided
Kosher salt, as desired
Ground black pepper, as desired
240ml honey mustard sauce
240ml barbecue sauce

DIRECTIONS

- 1 Insert grill grate in unit and close hood. Select GRILL, set temperature to MED, and set time to 30 minutes. Select  to begin preheating.
- 2 While unit is preheating, evenly brush each chicken breast with a 1/2 tablespoon canola oil. Then season with salt and pepper, as desired.
- 3 When the unit beeps to signify it has preheated, place chicken breasts on grill grate. Close hood and cook for 10 minutes.
- 4 While chicken is cooking, combine the two sauces and mix until thoroughly incorporated. After 10 minutes, flip chicken. Close hood to continue cooking for 5 minutes.
- 5 After 5 minutes, liberally baste chicken with the sauce mixture, flip over, and liberally baste the other side. Close hood to continue cooking for 5 minutes.
- 6 After 5 minutes, repeat step 5. Close hood and cook for 7 more minutes.
- 7 If necessary, baste chicken again and cook for 3 more minutes or until centermost point of chicken reaches an internal temperature of 75°C.
- 8 When cooking is complete, remove chicken from unit and let rest for 5 minutes before serving.





SPICY BUTTERMILK RANCH FRIED CHICKEN



ADVANCED RECIPE ●●●

PREP: 20 MINUTES | **MARINATE:** 8 HOURS | **PREHEAT:** APPROX. 3 MINUTES
AIR CRISP: APPROX. 30 MINUTES | **MAKES:** 4-5 SERVINGS

INGREDIENTS

120g ranch seasoning, divided
120g buffalo-style seasoning, divided
1L buttermilk
2 uncooked bone-in, skin-on chicken thighs
2 uncooked bone-in, skin-on chicken breasts,
each split in half

240g all-purpose flour
120ml canola oil

OPTIONAL

Extra buffalo seasoning for garnish
Ranch dressing for dipping

DIRECTIONS

- 1 Stir together ranch and buffalo-style seasoning. Place half the mixture in a large resealable plastic bag or container. Add buttermilk and combine with spice mixture. Set aside remaining spice mixture.
- 2 Place chicken in the buttermilk mixture and marinate in refrigerator for 8 hours or overnight.
- 3 Strain chicken from marinade. Combine remaining spice mixture with flour in a large mixing bowl. Working in batches, toss chicken in flour mixture until evenly coated. Gently tap chicken to remove excess flour.
- 4 Rub each piece of chicken with oil, using a total of 60g for all pieces.
- 5 Plug thermometer into unit. Insert crisper basket in unit and close hood. Select AIR CRISP, set temperature to 180°C, then select PRESET. Use the arrows to the right of the display to select CHICKEN. The unit will default to WELL to cook chicken to a food-safe temperature. Press  to begin preheating.
- 6 Insert thermometer horizontally into the center of the largest piece of chicken close to (but not touching) the bone (see thermometer placement instructions on page 7).
- 7 When unit beeps to signify it has preheated, place chicken in the basket. Close hood over the thermometer cord.
- 8 When unit beeps and the display reads FLIP, use silicone-tipped tongs to flip the chicken, then close hood to continue cooking.
- 9 When unit beeps to signal the chicken has almost reached its doneness, transfer to a plate or cutting board with thermometer still inserted. Allow to rest for 10 minutes or until thermometer indicates final temperature has been reached.

TIP If you want to cut back on the spice, reduce Buffalo seasoning to 60g.

MUSTARD-RUBBED CHICKEN



BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **ROAST:** APPROX. 45 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

120ml Dijon mustard
60ml canola oil
2 tablespoon kosher salt
1 teaspoon ground black pepper
1 tablespoon dry oregano
3 teaspoons dry Italian seasoning
2 tablespoons lemon juice
1 uncooked whole chicken, cut in half
(or 1 whole spatchcocked chicken)

DIRECTIONS

- 1** In a bowl, mix all ingredients except chicken. Coat chicken on all sides with mustard rub and wipe away excess.
- 2** Plug thermometer into unit. Insert pot into unit and close hood. Select ROAST, set temperature to 180°C, then select PRESET. Use the arrows to the right of the display to select CHICKEN. The unit will default to WELL to cook chicken to a food-safe temperature. Press  to begin preheating.
- 3** While unit is preheating, insert thermometer into center of chicken breast (see thermometer placement instructions on page 7).
- 4** When unit beeps to signify it has preheated, place chicken, cut side down, in the pot. Close hood over thermometer cord.
- 5** When unit beeps to signal the chicken has almost reached the desired doneness, transfer to a plate or cutting board with thermometer still inserted. Allow to rest for 10 minutes or until thermometer indicates final temperature has been reached.



CHICKEN-FRIED PORK WITH CRISPY NEW POTATOES



INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **AIR CRISP:** 24 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

680g baby new potatoes, cut in quarters
1 medium yellow onion, peeled, cut in 2 1/2 cm pieces
1 tablespoon fresh rosemary, chopped
1 teaspoon fresh garlic, peeled, chopped
Kosher salt, as desired
Ground black pepper, as desired
2 tablespoons mustard
3 tablespoons honey
1 package (70g) seasoned bread crumb coating mix
4 uncooked pork cutlets (115g–170g each, 1 1/4 cm thick)

DIRECTIONS

- 1 In a mixing bowl, combine potatoes, onion, rosemary, garlic, salt, and pepper. Mix until evenly coated; set aside.
- 2 In a separate bowl, combine mustard and honey. Place bread crumb coating in a shallow dish. Coat each cutlet with honey-mustard mixture, then dredge in the bread crumb coating, pressing crumbs onto surface of the cutlets. Then shake cutlets gently to remove any excess crumbs. Set cutlets aside.
- 3 Place air crisp basket in unit and close hood. Select AIR CRISP, set temperature to 200°C and set time to 24 minutes. Press to begin preheating.
- 4 When unit beeps to signal it has preheated, place potato mixture in the basket. Close hood and cook for 10 minutes.
- 5 After 10 minutes, shake potatoes. Reinsert basket in unit and place breaded cutlets on top of the potato mixture. Close hood and cook for 7 minutes.
- 6 After 7 minutes, use silicone-tipped tongs to flip cutlets. Close hood and continue cooking for the remaining 7 minutes.
- 7 Cooking is complete when the cutlets have reached an internal temperature of 65°C or greater. Remove cutlets and potatoes from unit and serve.

CARNE ASADA SANDWICHES



INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **MARINATE:** 5–12 HOURS | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 11 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 tablespoon garlic, minced
1 tablespoon fresh cilantro, chopped
2 tablespoons soy sauce
3 teaspoons cumin, divided
355ml orange juice
3 tablespoons lime juice, divided
Kosher salt, as desired
Ground black pepper, as desired
2 uncooked skirt steaks (about 450g each, 1 1/4 cm–2 1/2 cm thick)
3 poblano peppers, cut in quarters, seeds removed
1 tablespoon canola oil
120ml sour cream
120ml mayonnaise
4 sub rolls

TOPPINGS (OPTIONAL)

1 avocado, thinly sliced
240g fresh pico de gallo (optional)

DIRECTIONS

- 1 Combine garlic, cilantro, soy sauce, 2 teaspoons cumin, orange juice, 2 tablespoons lime juice, salt, and pepper in a container or large resealable plastic bag. Add steaks and marinate a minimum of 5 hours or overnight.
- 2 Strain steaks from marinade and set aside. Insert grill grate in unit and close hood. Select GRILL. The unit will default to HI, which is the correct temperature setting for this recipe. Set time to 11 minutes. Press to begin preheating.
- 3 While unit is preheating, toss poblano peppers in canola oil. Season with salt and pepper, as desired.
- 4 When unit beeps to signify it has preheated, place steaks and peppers on grill grate and close hood.
- 5 Meanwhile, in a small bowl, combine sour cream, mayonnaise, remaining 1 tablespoon lime juice, and remaining 1 teaspoon cumin, and set aside.
- 6 After 6 minutes, use silicone-tipped tongs to flip the steaks and peppers. Close hood to continue cooking.
- 7 After 5 minutes, open hood and remove steaks and peppers from unit. Transfer steaks to a plate or cutting board and allow to rest for 5 to 10 minutes.
- 8 If desired, toast rolls by placing them on the grill grate, selecting GRILL, setting temperature to HI, and setting time to 2 minutes. Close hood and press to begin.
- 9 When resting is complete, slice steak thinly, then assemble sandwiches with sliced steak, grilled peppers, cumin-lime spread, avocado, and pico de gallo.

TIP Add sliced jalapeño peppers to the marinade for some extra heat.

CLASSIC CHEESEBURGERS



BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** BASED ON DESIRED DONENESS | **MAKES:** 6 SERVINGS

INGREDIENTS

1kg uncooked ground beef (80% lean)
Kosher salt, as desired
Ground black pepper, as desired
6 slices American cheese
6 burger buns
Condiments, as desired

DIRECTIONS

- 1** Plug thermometer into unit. Insert grill grate in unit and close hood. Select GRILL. The unit will default to HI, which is the correct temperature setting for this recipe. Select PRESET. The unit will default to BEEF, which is the correct function for this recipe. Use the arrows to the left of the display to set desired doneness. Press  to begin preheating.
- 2** While unit is preheating, divide ground beef into 6 portions and form each into a loosely formed 10 cm patty. Use your thumb to make a 1.5 cm indent in the center of each patty (this will help the burgers keep their shape uniform during cooking). Season patties with salt and pepper, as desired.
- 3** Insert thermometer horizontally into the center of one of the patties (see thermometer placement instructions on page 7).
- 4** When unit beeps to signify it has preheated, place patties on grill grate. Close hood over the thermometer cord.
- 5** Cook burgers, without flipping, until the unit beeps to signal they have reached your desired doneness. Use oven mitts to remove thermometer from burger, then top each burger with a slice of cheese. Remove burgers from unit.
- 6** If desired, toast the buns directly on the grill grate by selecting GRILL, setting temperature to HI, and setting time to 1 minute. Enjoy burgers with condiments and toppings of your choice.

TIP For extra flavor, grill vegetables like onions, peppers, or mushrooms and use as burger toppings.



SHRIMP TACOS

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 3-5 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

450g fresh uncooked large shrimp, cleaned and deveined
2 tablespoons canola oil
2 tablespoons Cajun seasoning
Kosher salt, as desired
Ground black pepper, as desired
6-8 corn or flour tortillas

TOPPINGS (OPTIONAL)

Sliced avocado
Pico de gallo
Shredded cabbage
Lime wedges
Diced onion
Chopped cilantro

DIRECTIONS

- 1 Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 3 minutes. Press  to begin preheating.
- 2 While unit is preheating, toss shrimp in a medium bowl with oil, Cajun seasoning, salt, and pepper until evenly coated.
- 3 When unit beeps to signal it has preheated, use silicone-tipped tongs to evenly distribute shrimp on the grill grate in a single layer. Close hood.
- 4 When cooking is complete, remove shrimp from unit.
- 5 If desired, grill tortillas by placing them slightly overlapping each other on the grill grate, selecting GRILL, setting temperature to HIGH, and setting time to 2 minutes. Close hood and press  to begin.
- 6 When cooking is complete, remove tortillas from unit, assemble tacos with desired toppings, and serve.



TIP Not a fan of shrimp? Swap out for another protein, such as chicken.

TIP If using frozen shrimp, grill for 4 minutes instead of 3.

COD WITH PINEAPPLE SALSA

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 16 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

4 frozen cod fillets (170g-200g each)
4 tablespoons canola oil, divided
Kosher salt, as desired
Ground black pepper, as desired
60ml plus 3 tablespoons fresh lime juice, divided
2 tablespoons fresh cilantro, chopped, divided
60ml honey
2 tablespoons creole seasoning
1 teaspoon cumin
3 fresh pineapple rings (2 1/2 cm thick), cut in half
1 red bell pepper (about 150g), diced
1 small red onion (about 75g), peeled, diced
1 small jalapeño pepper, finely diced

TIP Easily substitute the cod with sword fish or mahi mahi, if desired.

TIP Use extra basting mixture to add additional flavor to baste the pineapple and pour some into the salsa.

DIRECTIONS

- 1 Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 16 minutes. Select  to begin preheating.
- 2 While unit is preheating, liberally coat fillets with 2 tablespoons canola oil, salt, and pepper.
- 3 In a small bowl, combine remaining 2 tablespoons oil, 3 tablespoons lime juice, 1 tablespoon cilantro, honey, creole seasoning, cumin, salt, and pepper. Stir until ingredients are fully incorporated and set aside for basting.
- 4 When unit beeps to signify it has preheated, place fillets and pineapple rings on grill grate. Use a pastry brush to moisten the top of each fillet with basting liquid, then close hood.
- 5 When unit beeps and the display reads FLIP, brush fillets with basting mixture, then use silicone-tipped tongs to flip them. Brush again with basting mixture. Flip pineapple slices, then close hood to continue cooking for 6 minutes.
- 6 Meanwhile, prepare the salsa by combining the remaining 60ml lime juice, remaining 1 tablespoon cilantro, red bell pepper, onion, jalapeño pepper, salt, and pepper in a mixing bowl; set aside.
- 7 After 6 minutes, brush fillets with basting liquid again, flip with rubber-tipped tongs, and brush again. Close hood to continuing cooking for 2 minutes or until center of fillets reaches at least 65°C.
- 8 When cooking is complete, remove fillets and pineapple from unit. Cut pineapple into 1 1/4 cm chunks and add to the salsa. Spoon salsa on top of fillets and serve.



WHOLE FILLET OF SALMON WITH GARLIC TOPPING



BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 20 MINUTES | **MAKES:** 5-6 SERVINGS

INGREDIENTS

1 uncooked whole salmon fillet
(680g–910g), skin on
1 tablespoon canola oil
Kosher salt, as desired
Ground black pepper, as desired
1/2 lemon, thinly sliced
4 tablespoons fresh lemon juice
80ml mayonnaise
2 tablespoons Dijon mustard
4 teaspoons garlic, minced
2 tablespoons fresh dill, finely chopped

DIRECTIONS

- 1 Plug thermometer into unit. Insert grill grate into the unit and close hood. Select GRILL, set temperature to MAX, then select PRESET. Use the arrows to the right of the display to select FISH. Use the arrows to the left of the display to set desired doneness. Press to begin preheating. Insert thermometer horizontally into the center of the thickest part of the salmon and place on the right side of the unit while it preheats (see thermometer placement instructions on page 7).
- 2 While unit is preheating, coat salmon skin with oil. Flip and season the flesh with salt and pepper, then place lemon slices in a row down the center.
- 3 In a medium bowl, combine lemon juice, mayonnaise, mustard, garlic, dill, salt, and pepper.
- 4 When unit beeps to signify it has preheated, place salmon on grill grate skin side down, and close hood over thermometer cord.
- 5 When unit beeps and the display reads FLIP halfway through cooking, do not flip the salmon. Instead, spoon the mayonnaise mixture in a thin layer over the top (flesh side) of the fillet. Close hood to continue cooking.
- 6 When unit beeps to signal the fish has almost reached the desired doneness, transfer to a plate or cutting board with thermometer still inserted. Allow to rest for 2 to 3 minutes or until thermometer indicates final temperature has been reached.

TIP Don't like dill? Swap out for minced fresh thyme or rosemary.

MAPLE-GLAZED BUTTERNUT SQUASH

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **ROAST:** 40-45 MINUTES | **MAKES:** 6-8 SERVINGS

INGREDIENTS

2 medium butternut squash,
cut in half vertically, seeds removed
1 tablespoon plus 1 teaspoon vegetable oil
1/2 teaspoon ground black pepper
1 teaspoon kosher salt, divided
4 tablespoons brown sugar
4 tablespoons maple syrup
2 tablespoons unsalted butter, softened
2 teaspoons fresh thyme, for serving

DIRECTIONS

- 1 Rub the squash halves with vegetable oil, then season with pepper and 1/2 teaspoon salt.
- 2 Insert pot in unit and close hood. Select ROAST, set temperature to 190°C, and set time to 45 minutes. Press to begin preheating.
- 3 When unit beeps to signify it has preheated, place the squash halves skin side down in the pot, with the flesh sides facing up. Close hood and cook for 20 minutes.
- 4 Meanwhile, mix the brown sugar, maple syrup, butter, and remaining 1/2 teaspoon salt in a small bowl.
- 5 After 20 minutes, use silicone-tipped tongs to flip the squash halves so the flesh sides face down. Close hood and cook for 15 minutes.
- 6 After 15 minutes, flip the squash again so the flesh sides are up. Spoon the sugar mixture over the top of the squash. Close hood and cook for 5 minutes.
- 7 After 5 minutes, check on the squash. If more browning is desired, close hood and cook up to 5 more minutes, checking frequently.
- 8 When cooking is complete, transfer squash to a serving plate. Garnish with fresh thyme and serve immediately.

TIP If you'd like to cut back on the sugar in this recipe, reduce to 2 tablespoons.

TIP If your squash are too large, trim the sides off a bit in order to fit all 4 pieces in the pot.



VEGETABLE FLATBREAD



BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 7-10 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

1 bag (450g) store-bought pizza dough
1 teaspoon olive oil
1 tablespoon extra virgin olive oil
1 teaspoon garlic, minced
30g yellow squash, thinly sliced
30g zucchini, thinly sliced
60g parmesan cheese, grated
½ teaspoon crushed red pepper
6g fresh basil, chopped

DIRECTIONS

- 1** Remove pizza dough from the bag and place on a clean counter or cutting board. Use your hands to coat the dough with 1 teaspoon olive oil, then let dough rest for 15 minutes at room temperature.
- 2** Insert grill grate in unit and close hood. Select GRILL, set temperature to HI, and set time to 10 minutes. Press  to begin preheating.
- 3** While unit is preheating, stretch out the dough into a rectangle roughly 22 cm x 15 cm in size.
- 4** When unit beeps to signify it has preheated, place dough on the grill grate. Close hood and cook for 3 minutes.
- 5** After 3 minutes, use silicone-tipped tongs to flip the dough. Close hood and cook for 1 more minute.
- 6** Next, add toppings. First, spread the extra virgin olive oil and minced garlic over the flatbread. Then lay the squash and zucchini slices in rows, covering the entire flatbread. Finish by sprinkling the flatbread with grated parmesan and crushed red pepper.
- 7** Close hood and cook for 3 more minutes.
- 8** After 3 minutes, check toppings for desired doneness, cooking up to 3 more minutes if desired.
- 9** When cooking is complete, garnish flatbread with basil and serve.

MEXICAN STREET CORN

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 12 MINUTES | **MAKES:** 6 EARS OF CORN

INGREDIENTS

6 ears corn, husks removed
3 tablespoons canola oil, divided
Kosher salt, as desired
Ground black pepper, as desired
150g cotija cheese, crumbled
120ml mayonnaise
120ml sour cream
3 limes, juiced
2 teaspoons garlic powder
2 teaspoons onion powder
4g cilantro, chopped, for serving

DIRECTIONS

- 1** Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 12 minutes. Press  to begin preheating.
- 2** While unit is preheating, rub each ear of corn with 1/2 tablespoon canola oil, then season with salt and pepper as desired.
- 3** When unit beeps to signify it has preheated, place corn on grill grate. Close hood and grill for 6 minutes.
- 4** After 6 minutes, flip corn, then close hood and continue cooking for 6 more minutes.
- 5** Meanwhile, mix all remaining ingredients in a bowl.
- 6** When cooking is complete, remove corn and cover each ear liberally with mayonnaise mixture. Garnish with cilantro, if desired, and serve.

TIP If you don't care for cotija cheese, feta is a great alternative.

TIP For an easier-to-eat salad, cut the grilled corn off the cob, then combine with half the mayo mixture.





GRILLED APPLE TARTS



INTERMEDIATE RECIPE ●●○

PREP: 20 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 9 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

2 teaspoons ground cinnamon
4 tablespoons granulated sugar
8 teaspoons brown sugar, divided
4 medium apples, thinly sliced
1 1/2 teaspoons lemon juice
1/4 teaspoon kosher salt
1 package (8 rounds) premade biscuit dough
Cooking spray

DIRECTIONS

- 1 Combine cinnamon, granulated sugar, and brown sugar in a small mixing bowl and set aside.
- 2 In a medium mixing bowl, combine apples, lemon juice, salt, and 1 1/2 tablespoons cinnamon-sugar mixture. Mix until apples are evenly coated.
- 3 Separate biscuit dough and place on a piece of parchment paper or greased countertop. Use a rolling pin or your hands to form the pieces of dough into 5 x 10 cm ovals approximately 3 mm thick.
- 4 Insert grill grate and close hood. Select GRILL, set temperature to LO, and set time to 9 minutes. Press  to begin preheating.
- 5 While unit is preheating, place 120g apple mixture on each oval of dough, leaving a 1.5 cm space on either side, and a 2 1/2 cm space on the top and bottom.
- 6 Fold the sides up around the apple mixture, leaving about 2 1/2 cm of apples exposed in the center. Seal the top and bottom of the dough by pinching exposed portion firmly and twisting clockwise to form a canoe-like shape.
- 7 Coat each tart liberally with cooking spray and sprinkle with the remaining cinnamon-sugar mixture.
- 8 When unit beeps to signify it has preheated, place tarts on grill grate. Close hood and cook for 6 minutes.
- 9 When cooking is complete, remove tarts. Serve immediately with vanilla ice cream or whipped cream.

TIP Other fruits, such as pears, can be substituted for the apples.

Grill Chart

TIP For less smoke, we recommend cleaning splatter shield after every use.

TIP Use the Foodi™ Smart Thermometer with the proteins in the charts below to cook to doneness without worrying about cooktimes.

INGREDIENT	AMOUNT	TEMP	COOK TIME	INSTRUCTIONS
POULTRY	Chart times are intended to cook poultry all the way through to an internal temperature of 75°C			
Chicken breasts	4 bone-in breasts (340–400g each)	HIGH	18–22 mins	Flip halfway through cooking
	6 boneless breasts (200–255g each)	HIGH	16–20 mins	Flip halfway through cooking
Chicken, leg quarters	3 bone-in leg quarters (340–400g each)	HIGH	26–31 mins	Flip halfway through cooking
Chicken sausages, prepared	2 packages (8 sausages)	HIGH	6–8 mins	Flipping not necessary
Chicken tenderloins	9 boneless tenderloins (60–85g each)	HIGH	8–11 mins	Flip halfway through cooking
Chicken thighs	6 bone-in thighs (200–255g each)	HIGH	23–28 mins	Flip halfway through cooking
	6 boneless thighs (115–200g each)	HIGH	10–12 mins	Flip halfway through cooking
Chicken wings	1 ¼kg, bone-in (drumettes & flats)	HIGH	15–18 mins	Flip halfway through cooking
Turkey burgers	6 patties (115g each), 2 ½ cm thick	HIGH	11–13 mins	Flipping not necessary
BEEF	Chart times are intended to cook beef to medium doneness with an internal temperature of 65°C			
Burgers	6 patties (up to 200g each), 2 ½– 3 ¾ cm thick	HIGH	5–9 mins	Flipping not necessary
Filet mignon	6 steaks (170–230g each), 3 ⅓– 3 ¾ cm thick	HIGH	12–15 mins	Flip halfway through cooking
Flat iron or flank steak	1 steaks (500–680g each), 2 ½– 3 ⅓ cm thick	HIGH	11–15 mins	Flip halfway through cooking
Hot dogs	9 hot dogs	LOW	3–5 mins	Flip halfway through cooking
NY strip	4 steaks (280–340g each), 3 ⅓– 3 ¾ cm thick	HIGH	9–12 mins	Flip halfway through cooking
Ribeye	3 steaks (400–455g each), 3 ⅓ cm thick	HIGH	12–14 mins	Flip halfway through cooking
Skirt	4 steaks (280–340g each), 2– 2 ½ cm thick	HIGH	7–11 mins	Flip halfway through cooking
Steak tips	900g	MEDIUM	13–16 mins	Marinate as desired (see page 11 for inspiration)
T-bone	2 steaks (400–510g), 3 ¾ cm thick	HIGH	9–12 mins	Flip halfway through cooking
PORK, LAMB & VEAL	Chart times are intended to cook pork, lamb & veal all the way through to an internal temperature of 65°C			
Baby back ribs	1 rack, divided in half (10–13 bones)	HIGH	20–22 mins	Flip halfway through cooking
Bacon	8 strips, thick cut	LOW	7–9 mins	Flipping not necessary
Lamb rack	Full rack (8 bones)	HIGH	20–25 mins	Flip halfway through cooking
Pork chops	4 thick-cut, bone-in chops (280–340g each)	HIGH	15–19 mins	Flip halfway through cooking
	6 boneless chops (230g each)	HIGH	14–17 mins	Flip halfway through cooking
Pork tenderloins	2 whole tenderloins (455–680g each)	HIGH	15–20 mins	Flip halfway through cooking
Sausages	9 whole sausages (85–115g each)	LOW	7–10 mins	Flip halfway through cooking
Veal chops	6 bone-in chops (115–170g each)	HIGH	10–15 mins	Flip halfway through cooking

Grill Chart, continued

TIP For less smoke, we recommend cleaning splatter shield after every use.

INGREDIENT	AMOUNT	TEMP	COOK TIME	INSTRUCTIONS
SEAFOOD	Chart times are intended to cook seafood all the way through to an internal temperature of 65°C			
Cod or haddock	6 fillets (140-170g each)	MAX	8-12 mins	Flipping not necessary
Flounder	3 fillets (140-170g each)	MAX	4-6 mins	Flipping not necessary
Halibut	6 fillets (115-170g each)	MAX	6-10 mins	Flipping not necessary
Oysters	12	MAX	5-7 mins	Shuck and place on grill, shell-side down
Salmon	6 fillets (170g each)	MAX	12-15 mins	Flipping not necessary
Scallops	18 (690g)	MAX	5-8 mins	Pat dry, season
Shrimp	900g jumbo (approx. 30 count)	MAX	1-3 mins	Pat dry, season
Swordfish	2 steaks (300-340g each)	MAX	6-8 mins	Flipping not necessary
Tuna	4 steaks (115-170g each)	MAX	6-8 mins	Flipping not necessary
FROZEN POULTRY	Chart times are intended to cook poultry all the way through to an internal temperature of 75°C			
Chicken breasts	6 boneless breasts (200-255g each)	MEDIUM	20-25 mins	Flip 2 or 3 times while cooking
Chicken thighs	6 bone-in thighs (200-255g each)	MEDIUM	28-32 mins	Flip 2 or 3 times while cooking
Turkey burgers	6 patties (115-170g each)	MEDIUM	13-16 mins	Flip halfway through cooking, if desired
FROZEN BEEF	Chart times are intended to cook beef all the way through to an internal temperature of 65°C			
Burgers	6 patties (up to 200g each), 2 1/2 cm thick	MEDIUM	10-12 mins	Flip 2 or 3 times while cooking
Filet mignon	6 steaks (170-230g each), 3 1/5-3 3/4 cm thick	MEDIUM	15-20 mins	Flip 2 or 3 times while cooking
NY strip	4 steaks (280-340g each), 3 1/5-3 3/4 cm thick	MEDIUM	10-12 mins	Flip 2 or 3 times while cooking
Ribeye	3 steaks (400-455g each), 3 1/5 cm thick	MEDIUM	18-24 mins	Flip 2 or 3 times while cooking
FROZEN PORK	Chart times are intended to cook pork all the way through to an internal temperature of 65°C			
Pork chops	6 boneless chops (230g each)	MEDIUM	22-26 mins	Flip 2 or 3 times while cooking
Pork tenderloin	2 whole tenderloins (450g each)	MEDIUM	22-28 mins	Flip 2 or 3 times while cooking
Sausage, uncooked	9 whole sausages	LOW	10-14 mins	Flip 2 or 3 times while cooking
FROZEN SEAFOOD	Chart times are intended to cook seafood all the way through to an internal temperature of 65°C			
Halibut	6 fillets (170g each)	MAX	14-16 mins	Flip halfway through cooking, if desired
Salmon	6 fillets (115g each)	MAX	12-15 mins	Flip halfway through cooking, if desired
Shrimp	570g jumbo (approx. 30 count)	MAX	3-4 mins	Flipping not necessary
FROZEN VEGGIE BURGERS				
Veggie burgers	6 patties (115g each)	HIGH	8-10 mins	Flip halfway through cooking, if desired

Grill Chart, continued

TIP For less smoke, we recommend cleaning splatter shield after every use.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
VEGETABLES					
Asparagus	2 bunches	Whole, trim stems	MAX	5-7 mins	Flipping not necessary
Baby bok choy	680g	Cut in half lengthwise, season	MAX	9-13 mins	Flip halfway through cooking
Bell peppers	4	Cut in quarters, season	MAX	6-9 mins	Flip halfway through cooking
Broccoli	2 heads (790g)	Cut in 5 cm florets	MAX	10-12 mins	Flipping not necessary
Brussels sprouts	1 1/4kg	Whole, trim stems	MAX	12-16 mins	Flip halfway through cooking
Carrots	10 (900g)	Peel, cut in 5 cm pieces, season	MAX	12-14 mins	Flipping not necessary
Cauliflower	1 head (340-510g)	Cut in 5 cm florets	MAX	10-12 mins	Flipping not necessary
Corn on the cob	6	Whole ears, remove husks	MAX	10-13 mins	Flip halfway through cooking
Crimini mushrooms	680g	Cut in half, season	MAX	5-7 mins	Flipping not necessary
Eggplant	2 medium (450-690g)	Cut in 5 cm pieces, season	MAX	10-12 mins	Flip halfway through cooking
Green Beans	680g	Trim stems, season	MAX	8-10 mins	Flipping not necessary
Onions, white or red (cut in half)	6	Peel, cut in half, season	MAX	10-12 mins	Flip halfway through cooking
Onions, white or red (sliced)	3	Peel, cut in 2 1/2 cm slices, season	MAX	4-6 mins	Flip halfway through cooking
Portobella mushrooms	6	Remove stems, scrape out gills with spoon, season	MAX	7-9 mins	Flip halfway through cooking
Squash or Zucchini	2-3 (680g)	Cut in quarters lengthwise, season	MAX	12-16 mins	Flip halfway through cooking
Tomatoes	6-10	Cut in half, season	MAX	8-10 mins	Flipping not necessary
FRUIT					
Avocado	Up to 3 avocados	Cut in half, remove pit	MAX	4-5 mins	Flipping not necessary
Bananas	4	Peel, cut in half lengthwise	MAX	3 mins	Remove using silicone tipped tongs or spatula
Lemons or Limes	5	Cut in half lengthwise, press down on grill grate	MAX	4 mins	Flipping not necessary
Mango	4	Skin and pit removed, press down gently on grill grate	MAX	4-6 mins	Flipping not necessary
Melon	6 spears (10-15cm each)	Press down gently on grill grate	MAX	4-6 mins	Flipping not necessary
Pineapple	6-8 slices or spears	Cut in 5 cm pieces	MAX	7-10 mins	Flip gently several times during cooking
Stone fruit (such as peaches & plums)	4-6	Cut in half, remove pit, press down on grill grate	MAX	10-12 mins	Flipping not necessary
BREAD & CHEESE					
Bread (such as baguette or ciabatta)	30 1/2-40 1/2 cm loaf	Hand-cut, 3 3/4 cm slices, brushed with canola oil	MAX	2-3 mins	Flipping not necessary
Halloumi cheese	680g-1kg	Cut in 2 1/2 cm slices	MAX	2-4 mins	Flipping not necessary

Air Crisp Chart

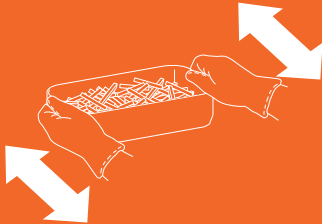
INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	2 bunches	Whole, trim stems	2 tsp	200°C	12-14 mins
Beets	8 small	Whole	None	200°C	45-60 mins
Bell peppers (for roasting)	4-5 small peppers	Whole	None	210°C	20-25 mins
Broccoli	2 heads (450-680g)	Cut in 2 1/2 cm florets	1 Tbsp	200°C	12-16 mins
Brussels sprouts	900g	Cut in half, remove stems	1 Tbsp	200°C	15-18 mins
Butternut squash	1 1/2kg	Cut in 2 1/2 cm pieces	1 Tbsp	200°C	26-28 mins
Carrots	900g	Peel, cut in 2 1/2 cm pieces	1 Tbsp	200°C	18-22 mins
Cauliflower	2 heads (450-680g)	Cut in 2 1/2 cm florets	2 Tbsp	200°C	20-25 mins
Corn on the cob	6 ears	Whole ears, remove husks	1 Tbsp	200°C	11-15 mins
Green beans	900g	Trim	1 Tbsp	200°C	11-13 mins
Kale (for chips)	540g, packed	Tear in pieces, remove stems	None	150°C	10-12 mins
Mushrooms	680g	Rinse, cut in quarters	1 Tbsp	200°C	11-13 mins
Potatoes, russet	1 1/2kg	Cut in 2 1/2 cm wedges	1-3 Tbsp, canola	200°C	25-30 mins
	900g	Hand-cut fries*, thin	1-3 Tbsp, canola	200°C	22-26 mins
	900g	Hand-cut fries*, thick	1-3 Tbsp, canola	200°C	24-29 mins
	5 whole (170-230g)	Pierce with fork 3 times	None	200°C	38-45 mins
Potatoes, sweet	680g	Cut in 2 1/2 cm chunks	1 Tbsp	200°C	20-25 mins
	6 whole (170-230g)	Pierce with fork 3 times	None	200°C	30-35 mins
Zucchini	1 1/4kg	Cut in quarters lengthwise, then cut in 2 1/2 cm pieces	1 Tbsp	200°C	16-19 mins
POULTRY					
Chicken breasts	3 breasts (340-680g each)	Bone in	Brushed with oil	190°C	25-35 mins
	4 breasts (230-340g each)	Boneless	Brushed with oil	190°C	20-24 mins
Chicken thighs	6 thighs (170-285g each)	Bone in	Brushed with oil	190°C	25-30 mins
	6 thighs (115-230g each)	Boneless	Brushed with oil	190°C	16-18 mins
Chicken wings	1 1/4kg (drumettes & flats)	Bone in	1 1/2 Tbsp	200°C	22-26 mins

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

For best results,
shake or toss often.

We recommend frequently
checking your food
and shaking or tossing it
to ensure desired results.

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



Shake your food

OR



Toss with
silicone-tipped tongs

Air Crisp Chart, continued

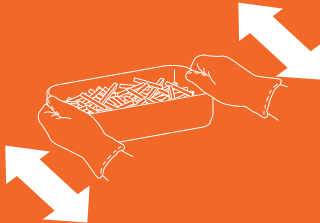
TIP Food load varies, cook 3-5 minutes for crispier results.

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
PORK & LAMB					
Bacon	5 strips, cut in half	None	None	180°C	5-8 mins
Pork chops	3 thick-cut, bone-in chops (285-340g each)	Bone in	Brush with oil	190°C	17-20 mins
	6 boneless chops (230g each)	Boneless	Brush with oil	190°C	14-20 mins
Pork tenderloins	2 tenderloins (450-675g each)	Whole	Brush with oil	190°C	25-35 mins
Sausages	6 sausages	Whole	None	200°C	9-11 mins
FROZEN FOODS					
Chicken cutlets	6 cutlets	None	None	200°C	18-21 mins
Chicken nuggets	2 boxes (680g)	None	None	200°C	11-14 mins
Fish fillets	8 fillets, breaded	None	None	200°C	14-16 mins
Fish sticks	30 fish sticks (625g; approx. 2 boxes)	None	None	200°C	13-16 mins
French fries	450g	None	None	180°C	18-22 mins
	1125g	None	None	180°C	25-30 mins
Mozzarella sticks	2 boxes (310g)	None	None	190°C	10-12 mins
Pot stickers	1 bag (570g, 20 count)	None	None	200°C	12-15 mins
Pizza rolls	1 large bag (1135g, approx. 40 count)	None	None	200°C	12-15 mins
Popcorn shrimp	1 1/2 boxes (approx. 680g)	None	None	200°C	10-13 mins
Sweet potato fries	1 bag (approx. 680g)	None	None	190°C	20-24 mins
Tater tots	1 bag (approx. 680g)	None	None	180°C	15-18 mins

For best results, shake or toss often.

We recommend frequently checking your food and shaking or tossing it to ensure desired results.

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



Shake your food

OR



Toss with silicone-tipped tongs

Dehydrate Chart

INGREDIENT	PREPARATION	TEMP	DEHYDRATE TIME
FRUITS & VEGETABLES			
Apples	Cut in 3 1⁄5 mm slices, remove core, rinse in lemon water, pat dry	60°C	6-8 hours
Asparagus	Cut in 2 1⁄2 cm pieces, blanch	60°C	6-8 hours
Bananas	Peel, cut in 9 1⁄2 mm slices	60°C	6-8 hours
Beets	Peel, cut in 3 1⁄5 mm slices	60°C	6-8 hours
Eggplant	Peel, cut in 3 1⁄5 mm slices, blanch	60°C	6-8 hours
Fresh herbs	Rinse, pat dry, remove stems	60°C	4 hours
Ginger root	Cut in 9 1⁄2 mm slices	60°C	6 hours
Mangoes	Peel, cut in 9 1⁄2 mm slices, remove pit	60°C	6-8 hours
Mushrooms	Clean with soft brush (do not wash)	60°C	6-8 hours
Pineapple	Peel, cut in 3 1⁄5 mm–12 3⁄4 mm slices, remove core	60°C	6-8 hours
Strawberries	Cut in half or in 1 1⁄4 cm slices	60°C	6-8 hours
Tomatoes	Cut in 9 1⁄2 mm slices; blanch if planning to rehydrate	60°C	6-8 hours
MEAT, POULTRY, FISH			
Beef jerky	Cut in 6 1⁄4 mm slices, marinate overnight	70°C	5-7 hours
Chicken jerky	Cut in 6 1⁄4 mm slices, marinate overnight	70°C	5-7 hours
Turkey jerky	Cut in 6 1⁄4 mm slices, marinate overnight	70°C	5-7 hours
Salmon jerky	Cut in 6 1⁄4 mm slices, marinate overnight	70°C	3-5 hours



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