

NINJA FOODI

Cooking Times

MEAT

<u>BEEF</u>	<u>TIME</u>	<u>CHICKEN</u>	<u>TIME</u>
STEW MEAT	15-20	BREASTS	8-10
BEEF DRESSED	20-25	WHOLE	20-25
POT ROAST	35-40	CUT UP W/BONES	10-15
STEAK	25-30	LEGS, DRUMSTICKS, OR THIGHS	10-15
RUMP ROAST	25-30		
BEEF ROUND	25-30	<u>TURKEY</u>	<u>TIME</u>
BEEF CHUCK	25-30	BREASTS BONELESS	15-20
BRISKET, LARGE	25-30	BREAST WHOLE W/BONES	25-30
BEEF, RIBS	25-30	DRUMSTICKS	15-20
BEEF SHANKS	25-30		
OXTAIL	40-50	<u>PORK</u>	<u>TIME</u>
		HAM SHOULDER	25-30
		PORK LOIN	55-60
		PORK BUTT ROAST	45-50
		PORK RIBS	20-25
		VEAL ROAST	35-45
<u>DUCK</u>	<u>TIME</u>		
DUCK CUT UP W/BONE	10-12		
WHOLE DUCK	25-30		

(CHART TIMES FOR MEAT IN YOUR NINJA FOODI ARE COOKED ON HIGH PRESSURE WITH NATURAL RELEASE FOR 10 MIN, THEN QUICK RELEASE.)

SEAFOOD

<u>ITEM</u>	<u>TIME</u>	<u>ITEM</u>	<u>TIME</u>
CRAB	3-4	LOBSTER	3-4
FROZEN	5-6	FROZEN	4-6
FISH WHOLE	5-6	SHRIMP	0-1
FROZEN	7-10	FROZEN	0-2
FISH FILLET	2-3	MUSSELS	2-3
FROZEN	3-4	FROZEN	4-5

(CHART TIMES FOR SEAFOOD IN YOUR NINJA FOODI ARE COOKED ON HIGH PRESSURE WITH A QUICK RELEASE.)

BEANS

BLACK BEANS	20-25	LIMA BEANS	20-25
BLACK EYED PEAS	20-25	KIDNEY BEANS, RED	25-30
CHICKPEAS	35-40	KIDNEY BEANS, WHITE	35-40
CANNELLINI BEANS	35-40	NAVY BEANS	25-30
LENTILS, FRENCH GREEN	15-20	PINTO BEANS	25-30
LENTILS, GREEN, MINI BROWN	15-20	PEAS	15-20
LENTILS, RED AND YELLOW SPLIT	15-18	SOY BEANS	25-30

(CHART TIMES FOR DRIED BEANS, USE DOUBLE THE WATER TO BEANS AMT. IN POT AND USE DESIGNATED TIME IN YOUR NINJA FOODI. COOK ON HIGH PRESSURE, NATURAL RELEASE 10 MIN, THEN QUICK RELEASE) TIMES BASED ON 1.5 C. DRY BEANS