

Please make sure to read the enclosed Ninja® Instructions prior to using your unit.



NINJA Foodi POSSIBLE COOKER

Recipes plus cooking charts
for unlimited possibilities



Your guide to cooking like a pro

Welcome to the Ninja® Foodi® Possible Cooker recipe book.

From here, you're just a few pages away from recipes, tips and tricks and helpful hints that unlock delicious possibilities. From slow-cooked classics to oven-to-table showstoppers, anything is possible.



Endless possibilities, all in one pot.



Sauté to perfection

From caramelised veggies to braised meat, the bottom of your pot sautés like your hob.

Set it and forget it

Just throw in all of your ingredients and come back to a beautifully cooked meal.

Oven safe pot up to 260°C

Add a pastry top to your stew or casserole and finish off in a conventional oven.

Serve straight from the pot

Elegantly designed, the inner pot makes the perfect serving dish.



Cooking functions

Slow Cook



Cook your food at a lower temperature for a longer period of time. Ideal for casserole, chilli and stew.

Sear/Sauté



Use the unit as a hob for browning meats and to sauté vegetables.

Steam



Gently cook delicate foods, such as fish and vegetables, using steam for a healthier way to cook. For best results use the steam rack.

Braise



Transform tougher cuts of meat by first browning at high heat (with a little oil or butter) and then simmering in liquid at a low heat.

Simmer



Preset temp to gently simmer water, soup or sauce at a consistent temperature.

Bake



Bottom and side heat only (no convection fan) means this function is best for upside down puddings, poached fruit, baked apples and egg custard.

Prove



Prepare doughs in a consistently warm and humid environment.

Keep Warm



Reheat or keep cooked food warm for longer periods of time.

Getting Started

Press the POWER button to turn the unit on

Press the TEMP arrows to set cook temperature

Use the dial to select a cooking function.



Press START/STOP to begin cooking

Press the TIME arrows to set cook time.

Cooking Tips

- For best results, don't remove the lid while your food is cooking.
- When steaming delicate foods like dumplings, it's best to add ingredients before preheating.
- The bake function can be used for foods like upside down puddings, poached fruits, it can also be used like a bain marie for gently baking custards, brûlées and cheesecakes.
- For best steam results use the steam rack.
- Use oven gloves, roasting forks or tongs when removing food, as the inner pot may be hot.

Product Tips

- Always use oven mitts to remove the glass lid and cooking pot as handles may get hot during cooking.
- Always use non-stick utensils in the cooking pot. Never use metal utensils as they may damage pot coating.
 - For longevity we recommend hand washing the cooking pot.
- The inner pot and glass lid are oven safe up to 260°C.
- The inner pot doubles as a serving dish - no need to transfer food.

For step by step instructions of how to use each function please refer to the Instruction Booklet.

STEAK & ALE PIE

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **COOK:** 3 HOURS AND 30 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

2 tablespoons olive oil
800g stewing or braising steak, cut into 4cm cubes
35g plain flour
Salt and pepper, to taste
2 medium onions, peeled, finely diced
2 carrots, peeled, sliced
200g chestnut mushrooms, cleaned, halved
2 celery sticks, sliced
1 garlic clove, peeled, crushed
1 tablespoon tomato purée
1 tablespoon Worcestershire sauce
1 teaspoon English mustard
500ml brown ale
2 teaspoons dried mixed herbs
2 bay leaves
350g puff pastry
1 large egg
1 tablespoon milk

DIRECTIONS

- 1 Remove the lid from the pot. Turn dial to SEAR/ SAUTÉ, set temperature to HI and press START/ STOP to begin preheating. Allow the unit to preheat for 5 minutes
- 2 In a large bowl, toss steak with flour, salt and pepper. Shake excess flour off steak and reserve for stirring in later. Place oil and steak in the pot. Cook uncovered for 10 minutes, stirring occasionally. When steak is browned, remove with a spoon and set aside.
- 3 Place all remaining ingredients except puff pastry, egg and milk in the pot. Add steak and any juices. Stir to combine, then cover with the lid.
- 4 Turn dial to SLOW COOK, set temperature to HI, set time to 3 hours and press START/STOP to begin cooking.
- 5 When cooking is complete, press START/STOP to end cooking. Remove lid and stir filling to ensure ingredients are not stuck to the bottom of the pot, then remove bay leaves and allow to cool slightly. Meanwhile, preheat oven to 220°C/fan 200°C.
- 6 Roll out puff pastry to fit the size of pot, then cut if necessary. Place the puff pastry over the top of the steak and ale filling. Crimp the edges of the crust along the sides of the pot. Then use a knife to cut 4 slits in the top of the crust.
- 7 In a small bowl, mix together egg and milk. Brush egg mixture over the top of the pastry. Place the entire pot (without the lid) into oven and bake for 30 minutes or until pastry is golden brown.
- 8 When cooking is complete, serve the pie immediately.

TIP Use lid as a template for pastry. The steak and ale can be served without pastry topping.



BRAISED BEEF IN RED WINE WITH ROOT VEGETABLES



BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **COOK:** 3 HOURS AND 30 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

4 x 200g braising steaks
Salt and pepper, to taste
30g plain flour
2 tablespoons olive oil, divided
2 medium white onions, peeled, finely sliced
2 celery sticks, 1cm slices
200g chantenay carrots, peeled, cut in half if large
250g sweet potato, peeled, diced into 4cm chunks
300g parsnips peeled, diced into 4cm chunks
1 garlic clove, peeled, crushed
1 tablespoon tomato purée
1 teaspoon English mustard
250ml beef stock
250ml red wine
2 teaspoons dried thyme
1 bay leaf



DIRECTIONS

- 1 Season the beef on all sides with salt and pepper, then coat with flour. (This helps to thicken the sauce).
- 2 Remove the lid from the pot. Turn dial to SEAR/SAUTÉ, set temperature to HI and press START/STOP to begin preheating. Allow the unit to preheat for 5 minutes.
- 3 Add 1 tablespoon oil and steaks to the pot. Cook uncovered for 10 minutes, until browned on all sides. Remove steaks from pot and set aside.
- 4 Add remaining 1 tablespoon oil and all remaining ingredients to pot. Season with salt and pepper as desired. Stir to combine, then cover with the lid.
- 5 Turn dial to BRAISE, set temperature to HI, set time to 3 hours and press START/STOP to begin cooking.
- 6 When cooking is complete, press START/STOP to end cooking. Remove the lid, remove bay leaf and allow dish to cool slightly for 5 minutes before serving.

TIP If you prefer the sauce to be thicker, mix 1 tablespoon cornflour and a little water to a thin paste. Stir into hot sauce and wait for it to thicken.

SAUSAGE & BEAN HOT POT



BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **COOK:** 3 HOURS | **MAKES:** 6 SERVINGS

INGREDIENTS

130g lardon cubes
12 (800g) pork sausages
2 red onions, peeled, diced
2 celery sticks, sliced
2 garlic cloves, peeled, crushed
2 tablespoons sundried tomato purée
1 can (400g) chopped tomatoes
1 can (400g) butter beans, drained and rinsed
200ml red wine
1 tablespoon sweet paprika
1 teaspoon dried oregano
2 tablespoons fresh flat leaf parsley, chopped
2 bay leaves
Salt and pepper, to taste

DIRECTIONS

- 1 Add all ingredients to the pot. Stir to combine, then cover with the lid.
- 2 Turn dial to BRAISE, set temperature to HI, set time to 3 hours and press START/STOP to begin cooking.
- 3 When cooking is complete press START/STOP to end cooking. Remove lid. Remove bay leaves and stir ingredients to combine. Serve immediately.



TIP Add 1 can (340g) of sweetcorn 30 minutes before end. To make veggie, replace lardon and sausages with sweet potato and cauliflower florets cut into 3cm chunks.

POT ROAST PORK WITH PEPPERS

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **COOK:** 5 HOURS AND 30 MINUTES | **MAKES:** 6 SERVINGS



INGREDIENTS

2 tablespoons olive oil
1 rolled and tied pork shoulder (2kg), fat trimmed
Salt and pepper, to taste
2 medium red onions, peeled, finely sliced
1 red chilli, deseeded and finely chopped
4 peppers, mixed colours, deseeded and quartered
1 tablespoon sweet smoked paprika
1 garlic clove, peeled, crushed
2 tablespoons tomato purée
1 can (400g) chopped tomatoes
400ml chicken stock
2 tablespoons fresh sage leaves
1 teaspoon dried fennel seeds
1 bay leaf

DIRECTIONS

- 1 Remove the lid from the pot. Turn dial to SEAR/SAUTÉ, set temperature to HI and press START/STOP to begin preheating. Allow the unit to preheat for 5 minutes.
- 2 Add oil to the pot. Season pork and place fat side down in the pot. Cook uncovered until browned on all sides, about 16 to 20 minutes. Then remove pork from pot and set aside.
- 3 Add onions, garlic, tomato purée, stock, herbs and season with salt and pepper as desired. Stir to combine and cook until softened, about 5 minutes. Place the pork on top of the vegetables, then spoon the sauce over top. Cover with the lid and press START/STOP to stop cooking.
- 4 Turn dial to SLOW COOK, set temperature to HI, set time to 5 hours and press START/STOP to begin cooking.
- 5 When 45 minutes remain, check pork to see if it's fully cooked. If not, turn pork over and resume cooking.
- 6 When cooking is complete, press START/STOP to end cooking. Remove lid, lid and allow pork to cool for 5 minutes before slicing and serving.

TIP If preferred, pork can be shredded. Cook for 30 minutes extra.



CREAMY CHICKEN CASSEROLE

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **COOK:** 2 HOURS | **MAKES:** 4-5 SERVINGS

INGREDIENTS

8 x 150g bone-in, skin-on chicken thighs
Salt and pepper, to taste
130g smoked pancetta cubes
150g shallots, peeled, cut in half (if large)
125g chestnut mushrooms, cleaned, halved
2 garlic cloves, peeled, crushed
200ml white wine
200ml chicken stock
1 teaspoon dried tarragon
2 teaspoons cornflour
1-2 tablespoons cold water
3-4 tablespoons crème fraîche
2 tablespoons fresh flat leaf parsley, chopped

DIRECTIONS

- 1 Turn dial to SEAR/SAUTÉ, set temperature to HI and press START/STOP to begin preheating. Allow the unit to preheat for 5 minutes.
- 2 While unit is preheating, season the chicken with salt and pepper on both sides.
- 3 When preheating is complete, place the pancetta and shallots in the pot. Cook uncovered, stirring occasionally until browned, about 5 minutes.
- 4 After 5 minutes, use a spoon to remove the pancetta and shallots from the pot and set aside.
- 5 Place the chicken in the pot, skin-side down and cook until browned on all sides, about 10 minutes. Add mushrooms, garlic, wine, stock, tarragon, salt and pepper, pancetta and shallots to the pot. Stir to combine. Stir to combine, then cover with the lid.
- 6 Turn dial to BRAISE, set temperature to HI, set time to 1 hour 45 mins and press START/STOP to begin cooking.
- 7 In a small bowl, add cornflour and water and mix until fully combined. When 15 minutes remain, remove lid and stir cornflour mixture into pot to thicken casserole. Cover with lid and finish cooking.
- 8 When cooking is complete, press START/STOP to end cooking. Remove lid, stir and allow chicken to cool for 5 minutes. Add crème fraîche and parsley to pot as stir to combine. Serve hot.

TIP In a hurry? Skip sautéing and browning in steps 3-5 and add all ingredients to the pot. Longer cook time may be required for BRAISE. Eating at different times? Use KEEP WARM to keep casserole hot at the right temperature.



THREE BEAN CHILLI

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **COOK:** 6 HOURS | **MAKES:** 12 SERVINGS



INGREDIENTS

1 onion, peeled, diced
2 carrots, peeled, chopped
3 celery stalks, chopped
3 cloves garlic, peeled, chopped
1 can (400g) chickpeas, drained and rinsed
1 can (400g) black beans, drained and rinsed
1 can (400g) kidney beans, drained and rinsed
1 packet (25g) taco seasoning
2 tablespoons adobo chilli paste
800g tomato passata
2 cans (800g) chopped tomatoes
1L water
Salt and pepper, to taste

TOPPINGS (OPTIONAL)

Sour cream
Grated Cheddar cheese
Fresh chopped coriander

TIP Use KEEP WARM to keep chilli hot at the right temperature.

TIP Swap out any of the canned beans in step 1 for other varieties, like cannellini, butter or pinto.

DIRECTIONS

- 1 Place all ingredients in the pot. Stir to combine, then cover with the lid.
- 2 Select SLOW COOK, set temperature to HI, set time to 6 hours and press START/STOP to begin cooking.
- 3 When cooking is complete, press START/STOP to end cooking. Remove the lid and stir to combine ingredients. Serve chilli immediately with desired toppings.



BUTTERNUT SQUASH RISOTTO

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **COOK:** 40 MINUTES | **MAKES:** 4 SERVINGS



INGREDIENTS

1 tablespoon olive oil
1 small onion, peeled, chopped
2L vegetable stock
200g arborio rice
225g frozen butternut squash chunks
1/4 teaspoon dried sage leaves
100g Parmesan cheese or vegetarian equivalent

DIRECTIONS

- 1 Turn dial to SEAR/SAUTÉ set temperature to HI and press START/STOP to begin preheating. Allow the unit to preheat for 5 minutes.
- 2 When preheating is complete, add the oil and onion to the pot and cook uncovered, stirring occasionally, about 5 minutes.
- 3 Add the stock, rice, squash and sage to the pot. Stir the ingredients until well combined, then cover with the lid.
- 4 Cook the rice mixture for 35 minutes, stirring occasionally.
- 5 When cooking is complete, press START/STOP to end cooking. Remove the lid, then add the Parmesan cheese and mix to combine. Allow the risotto to sit, uncovered, for 5 minutes. Serve hot.



TIP Meat lovers: use chicken stock instead of vegetable stock and sauté 200g chopped bacon before cooking onion in step 2.

CARROT & CORIANDER SOUP

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **COOK:** 25 MINUTES | **MAKES:** 6 SERVING

INGREDIENTS

2 tablespoons olive oil
1 large onion, peeled, finely sliced
15g bunch fresh coriander, chopped, divided
2 teaspoons ground coriander
1 teaspoon ground cumin
1 garlic clove peeled, crushed
250g potato peeled, diced
750g carrots, peeled, sliced
1.4L vegetable stock
Salt and pepper, to taste
6 tablespoons crème fraîche



DIRECTIONS

- 1 Remove the lid from the pot. Turn dial to SEAR/SAUTÉ, set temperature to HI and press START/STOP to begin preheating. Allow the unit to preheat for 5 minutes.
- 2 Add the oil and onion to the pot. Cook covered for 5 minutes, stirring occasionally.
- 3 Remove lid. Add half of the fresh coriander and all remaining ingredients except crème fraîche to the pot. Stir to combine, then cover with the lid. Cook until the carrots and potatoes are tender, about 10 to 15 minutes.
- 4 When cooking is complete, press START/STOP to end cooking. Remove lid and allow soup to cool slightly. Transfer cooled soup to a blender and purée until smooth. Add puréed soup back to pot. Select KEEP WARM until ready to serve.
- 5 Stir in remaining coriander, reserving a few leaves for garnish. Serve in soup bowls garnished with crème fraîche and coriander.



ROSEMARY & SEA SALT FOCACCIA

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **PROVE:** 1 HOUR | **COOK:** 18 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

450g prepared bread dough
Cooking spray or oil
2 tablespoons extra virgin olive oil, plus more for serving
2 sprigs fresh rosemary, chopped
Salt and pepper, to taste
Balsamic vinegar, to serve



DIRECTIONS

- 1 Roll the bread dough into a ball, then flatten the ball into a 10cm disc. Lightly spray the top of the dough and the inside of the pot with cooking spray or oil.
- 2 Place the dough in the pot, then cover with the lid.
- 3 Turn dial to PROVE, set time to 60 minutes and set temperature to 35°C. Press START/STOP to begin proving.
- 4 While the dough is proving, preheat oven to 210°C/fan 190°C.
- 5 When proving is complete, remove the lid. Use fingers to spread dough evenly across surface area of pot. Gently press fingers into dough multiple times to create dimples in the dough.
- 6 Sprinkle the oil, rosemary, salt and pepper evenly over the dough.
- 7 Place the entire pot (without the lid) in the oven and bake for 18 minutes, until focaccia is lightly golden.
- 8 When cooking is complete, remove the pot from the oven and place on a heat resistant surface. Serve hot or cooled to room temperature with additional olive oil and balsamic vinegar as desired.

TIP For more variety, top the focaccia dough in step 6 with sliced onions, chopped sun-dried tomatoes, and/or green olives.



CHOCOLATE SPONGE PUDDING

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

225g butter, softened, plus extra for greasing
300g soft light brown sugar, divided
4 large eggs
1 teaspoon vanilla extract
75ml milk
175g self-raising flour
75g cocoa powder, divided, plus extra for dusting
2 teaspoon baking powder
250ml boiling water
Whipped cream or ice cream, to serve



DIRECTIONS

- 1 Grease inside of pot with butter.
- 2 In a large bowl, add butter, 225g brown sugar, eggs, vanilla extract and milk. Sift in flour, 40g cocoa and baking powder together.
- 3 Beat all ingredients together for 2 to 3 minutes by hand or 1 to 2 minutes if using a hand mixer on a medium speed.
- 4 Spoon mixture into pot and level mixture flat with a spatula.
- 5 In a small bowl, sift 35g cocoa powder, add 75g sugar and boiling water. Stir to mix. Spoon chocolate mixture over the top of the pudding mixture. Cover with lid.
- 6 Turn dial to BAKE, set temperature to 180°C, set time to 20 minutes and press START/STOP to begin cooking.
- 7 Cooking is complete when a cocktail stick inserted in middle comes out clean, press START/STOP to end cooking. Remove lid. Dust sponge pudding with extra cocoa powder and serve hot with whipped cream or ice cream.



STEAM CHART USING THE STEAM RACK

Small vegetables can be placed on a sheet of baking parchment to prevent them falling through rack.

VEGETABLE	SIZE/PREPARATION	WATER	SEASONING IDEAS	STEAMING TIME
Artichokes	Whole	1L	Olive oil, lemon zest	25-40 minutes
Asparagus	Whole spears	250ml	Olive oil	7-13 minutes
Green beans	Whole	250ml	Garlic, minced	6-10 minutes
Beetroot	Whole, unpeeled	1L	Garlic, minced	35-50 minutes
Broccoli	Long stem, trimmed	250ml	Olive oil	1-5 minutes
Broccoli	Florets	250ml	Olive oil	5-7 minutes
Brussels sprouts	Whole, trimmed	250ml	Thyme	8-15 minutes
Butternut squash	Peeled, 1.5cm cubes	250ml	Honey	7-10 minutes
Cabbage	Cut in 3cm wedges	250ml	Lemon juice	6-10 minutes
Carrots	0.5cm slices	250ml	Honey	7-10 minutes
Chantenay carrots	Whole	250ml	Honey and orange	7-10 minutes
Cauliflower	Florets	250ml	Cumin	5-10 minutes
Corn on the cob	Whole, husks removed	500ml	Garlic butter	15-20 minutes
Courgette	2.5cm slices	250ml	Olive oil and italian seasoning	5-8 minutes
Kale	Trimmed	250ml	Olive oil and garlic	5-8 minutes
Okra	Whole, trimmed	250ml	Sea salt	6-8 minutes
Parsnips	Peeled, 1.5cm slices	250ml	Italian seasoning	7-10 minutes
Green peas	Fresh or frozen shelled	250ml	Mint and lemon juice	2-4 minutes
Sugar snap peas	Whole pods, trimmed	250ml	Mint and lemon juice	5-6 minutes
Potatoes	1.5cm slices	250ml	Parsley or dill	8-12 minutes
New potatoes	Whole	1L	Parsley or mint	15-20 minutes
Sweet potatoes	1.5cm chunks	250ml	Olive oil and garlic	8-12 minutes
Shallots	Whole	250ml	Lemon juice	8-12 minutes
Spinach	Whole leaves	250ml	Olive oil and garlic	3-5 minutes
Swiss Chard	Coarsely chopped	250ml	Olive oil and garlic	3-5 minutes
Turnips	1.5cm slices	250ml	Italian seasoning	8-12 minutes

NINJA
Foodi

POSSIBLE
COOKER

MC1001UK_IG_QSG_MP_220804_MV1

FOODI and NINJA are registered trademarks in the United Kingdom of SharkNinja Operating LLC.
POSSIBLE COOKER is an unregistered trademark in the United Kingdom for SharkNinja Operating LLC.

© 2022 SharkNinja Operating LLC.