

Ninja Speedi SOS: Your Beginner Bootcamp



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KitchenGadgetsClub.com

We're Sam, Dom & Kyle and thanks so much for grabbing our ebook. We have been helping people via the pages of our ebooks for so long now that Kyle was 3 when we started!



But we don't just do ebooks as we are also double Sunday Times Bestsellers thanks to our love for air fryers. [You can see all our books here.](#)

We have an oven-free kitchen and cook just with our gadget babies. We have more gadgets than I can name as whenever anyone asks me what I have on the radio I always seem to miss some!

But it's mainly a mix of air fryers, slow cookers, pressure cookers, which means the likes of the Speedi and the Ninja Foodi work well for us too as they combine a mixture of gadgets.

In this free ebook I wanted to give you a quick bootcamp lesson in learning how to use the Ninja Speedi. Its perfect for when you have just got a Speedi and wondering what to do with it, what you cant do with it and most importantly what all the buttons mean and when to use which of the buttons.

On social media I see the same questions asked everyday about the Speedi and I am here to help you and make sure you get an easy start to using your Speedi.

Love Sam, Dom & Kyle xx

Our Recipes Are Featured in Kitchen Gadgets Club!



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Sam & Dom's

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[Over at KGC we have more than 850 everyday kitchen gadget recipes](#) that you can access as part of the membership **including ninja speedi recipes.**

As we add at least 4 new ones every week by the time you hit the link there will be even more.

What is also amazing is that the recipes are ad free, ai free and you have our wealth of kitchen gadget experience to help you get confident with your kitchen gadgets. [So why not join here its as cheap as £1 a week!](#)

Plus, as a Speedi user you can not only use the Ninja Speedi recipes but also any air fryer, steamer, steam air fry, steam bake and slow cooker recipes too – giving you a big starting collection.

But before you head over for all those recipes let's dive into this Ninja Speedi ebook.....

CONGRATULATIONS On Getting Your Ninja Speedi...



Many of our air fryer friends and followers say that they have owned a lot of air fryers, but this is their favourite and the best one they have owned.

I have owned air fryers since 2012 (yes they have really been around that long lol) and the benefit for the Speedi is that you can go from slow cooking to air

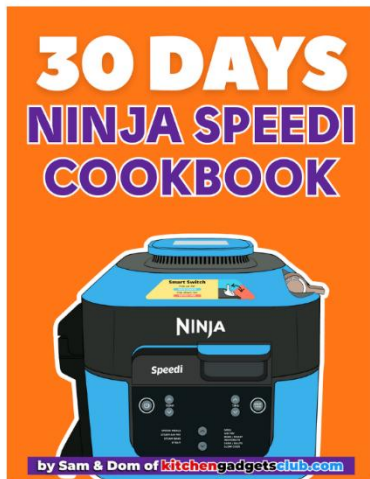
frying, air frying to slow cooking, air fry and then grill and of course it also steams and steam air fries too.

But with all these genius functions you're left wondering which buttons to use, how to use it, how long to cook your food for and if you should listen to all the talk that the slow cooker sucks on it.

Well, through this mini ebook I wanted to share with you the ins and outs of the Speedi, answer the top questions, share with you the mistakes people make and really get you started with the Speedi.

Get The Full Ebook Pack

GET THE NINJA SPEEDI BUNDLE



WHAT I WISH I HAD WHEN I GOT MY FIRST NINJA SPEEDI JUST £10 / \$12.99

If you have not grabbed it already, we also have our Ninja Speedi ebook bundle. It works brilliantly alongside this free ebook in teaching you the basics of the Ninja Speedi.

It includes:

30 Days Ninja Speedi Recipes – which includes a step by step recipe for each of our 30 day recipes dedicated to the Ninja Speedi. What we also did was include quick links to all the YouTube videos that go with the recipes. That way you can follow the recipe in the ebook and watch the video.

30 Days Ninja Speedi Your First Week – This gives you extra clarity in what to cook first, more information about the basics of the Ninja Speedi and what order you should learn your 30 day recipes in.

[You can get them both together here at a special discount.](#)

Though we recommend reading this ebook first before you follow those recipes.

The BIGGEST EVER Ninja Speedi Mistakes & Myths

So, let's start at the beginning shall we, with the mistakes/myths that we see coming up when people get a Speedi for the first time. Though of course, because the Speedi is a multicooker, some of these mistakes would also apply to air fryer owners, slow cooker owners and such like.

#1 – Cooking the food for way too long

If I had £1 for each time someone said my food is overcooked, what did I do wrong, then I would be a billionaire. This has to be the biggest mistake of all time. You see an oven time, then someone tells you just knock off 20 degrees and cook for 10% less time and you will have perfect food. Its not as simple as that. For example, a whole chicken in an air fryer cooks in half the

cooking time, yet you would use the same temperature of 180c/360f.

Yet mozzarella sticks from frozen would work with the degree reduction and cooking time reduction.

So, in a nutshell the cooking time is not always equal. That is why we have both [our air fryer cooking times guide](#) and [our multicooker cooking guide](#) too. We literally went through every popular food and cooked them until just perfect.

A common one I have seen lately for Ninja Speedi Steam Meals is that you must cook them for between 15-20 minutes at 200c/400f. Well, the average for us (and we have cooked a lot of them) is 180c/360f for 10 minutes. So you can see why people's food is so off.

#2 – That the slow cooker sucks

OMG the amount of times people have said that the slow cooker is rubbish on the Speedi is unbelievable and it is definitely a **MYTH.**

We took our Speedi travelling we us around Europe and used it a lot of times. We have also made a lot of slow cooker meals at home too.

I have found it has only failed me once.

Overall, you will find that the slow cooker will just need slightly longer than a Crockpot. So, if you would normally cook in your Crockpot on high for 4 hours, then do 5 hours in the Speedi. You will also notice some steam leaving when slow cooking and this is normal too and won't affect your results.

Our go-to on the slow cooker is our pulled pork recipe which is also on our YouTube channel. This required the extra hour but was so lovely and we didn't mind at all.

[You can watch our pulled pork here to see how it went.](#)



But what happened with the **FAIL?** As I am sure that's what you really want to know! It was during the making of our new book *The Multicooker Cookbook* and it was our vegetable stew and dumplings. Yes, a vegetarian version of stew and dumplings. Because things are left out for ages for photos the lid was up for ages before the dumplings were added, this meant it had lost all heat and was like starting over.

The dumplings were added and an hour later (right near the end of a shoot day) they were not done. So, I improvised as you do and put them on grill and we had grilled dumplings over the stew. This was of course explained in the recipe that you could do either. When we tested them at home though they were fine, as they didn't have a delay before the dumplings went on. Plus, you might

prefer dinner quicker and want to actually grill them so you are not waiting ages.

This is what they look like all done and ready for serving and of course, [you can order The Multicooker Cookbook here.](#)

Plus, take a closer look at the photo and you can see what a lovely golden colour the grill setting does on the Ninja Speedi.

It's also another recipe win of how you can go from slow cooking to air frying or grilling.



#3 – Assuming pressure cooking and steaming is the same

Many people we know that get a Speedi have come from owning a Ninja Foodi which has a pressure cooker function, or have combined the uses of the instant pot and air fryer into one.

The Speedi doesn't have a pressure cooker and instead has a steamer. But the mistake people make is that they don't realise that steaming is not fast like pressure cooking is.

You have the same heating up before cooking and this is when you see the PRE on screen. But once its hot and has started steaming is much slower.

For example, if I cooked pasta in a pressure cooker it would take 3 minutes but steaming it would take 10. Or pressure-cooking mashed potatoes is 8 minutes vs 20 minutes with the steamer.

Though, it's important to remember most things you can pressure cook, you can steam too.

#4 – Not moving the air fryer crisp plate

So, your Ninja Speedi comes with what they call an air fryer crisp plate. I would have preferred a name such as air fryer tray as it confuses many people and leaves them overwhelmed.

It's basically an air fryer add on that you add to the cooking pot so that you can cook food above the cooking pot. Like how you have a grill in an oven rather than the oven shelves.

This is what it looks like:



Then the corners can be in or out and out they can be in top position in your Ninja Speedi and in they go to low position. This is what top position looks like:



Then just remember top position is closest to the air fryer element which makes it more like a grill and then bottom position is more like you are cooking further away.

The big mistake people then make is not moving it around enough. I.e. always using it in low position, rather than seeing its potential when its moved higher up.

Just think crispier food higher – less crispy and not burnt on top – lower!

#5 – Not cooking more than one thing at once

There is a reason why these Ninja Sepedi's have a crisp plate and it's so that you can cook food directly in the cooking pot, as well as making use of the crisp plate up top.

Being able to cook the potatoes in the bottom and the chicken on the crisp plate so that you can have a full meal ready at the same time.

But you can do other types of meals with this method such as tomato soup in the cooking pot and grilled cheese at the top. Or rice and vegetables.



For example, this picture is from our salmon orzo which you can [find inside Kitchen Gadgets Club](#). We cook the orzo pasta at the bottom and then the salmon on the air fryer crisp plate at top.

#6 – Not using the accessories

Now this is a must when it comes to air frying and slow cooking too. Having a go to selection of accessories that you can use in your Speedi.

They don't have to be expensive or by the brand, just useful accessories that make your life easier.

And before you think I don't need any, just think with the oven you wouldn't just put food on the oven shelves it would go in things wouldn't it? Well the same applies to the Speedi.

Our go-to includes:

Paper liners – great for lining the crisp plate so that you can have food up top and it doesn't go through the holes and also it makes it easier for getting food in and out of the Speedi.



Foil – This can be used in the same way you use paper liners. But another amazing option is to wrap food in foil and cook it in the Speedi. This works well with Speedi meals when the veg is going to be done sooner than everything else. By wrapping it in foil you can slow down the veg cooking process.

Foil Trays – Very similar to using foil or paper liners but you can get foil trays that are a similar size to your Speedi. I find that 7 inch square ones are the perfect fit. You can then use them for sheet pan dinners/traybakes.

Ramekins – These are perfect for baked eggs, melting butter or chocolate in, and for different mini recipes. We used them [in our Multicooker cookbook](#) in the Speedi in some delicious baked eggs.

Silicone – You can get silicone cake tins/pans that will fit the Speedi. This is perfect for cake in the Speedi such as chocolate cake or for omelettes and other similar recipes.

#7 – Not weighing down your food

Whilst the likes of paper liners and sheets of foil are brilliant, what you can't do is put them in the Ninja Speedi or any air fryer for that matter without weighing them down with food.

Otherwise, they just fly off and can get stuck in the heating element and become a fire risk.

By weighing down we are talking about adding a layer of foil or paper or parchment and then adding your chicken breast to it. Such as this marinated chicken breast recipe we made when on holiday in France.



#8 Preheating your Ninja Speedi

It's a total waste of your time and doesn't achieve anything but overcooked food. Preheating is meant for ovens and low-quality air fryers. That need that extra heat to get themselves going and warm up the area.

But with the Ninja Speedi its such a small area that if you preheat it and then follow the correct cooking times its like your food will be 2-3 minutes overcooked.

#9 Not adding the right about of liquid



This applies to the steam, steam air fry and steam bake settings of your Ninja Speedi. This can be so difficult if you are going from just using an air fryer to using a steam air fry setting. You're just not used to it.

But you know what the liquid only really matters with rice. Because just like traditional rice you want the liquid to soak up into the rice.

But with other things like baking a cake in the Speedi, cooking a whole chicken, or even steam baking some potato wedges, then if you add too much it won't matter.

Generally speaking, the average to add because you are steaming not pressure cooking is 1-2 cups which is 240-480ml. But if a recipe would take quite a while you can then increase this to 3 cups/720ml.

We do have all the liquid measurements included in our [Multicooker Cooking Guide](#).

#10 – Cooking using the wrong function

Now this is the hardest part because you have all these different functions and it's like overwhelm should I air fry, should I bake, should I steam air fry, should I air fry?

Well, it can vary depending on the food you're cooking and it's easy to make the mistake of using the wrong setting.

I recommend asking yourself these questions:

- Without the Speedi how do I prefer the food?
- Do you want a crispy texture? (air fry or grill)
- Would the food normally be cooked fast or does it take ages to cook? (longer cooking = steam air fry)
- Would I normally give it a head start in the microwave? (steam air fry)

As these kinds of questions help you separate between the settings and knowing which one to use.

The setting choices you may struggle with include:

- Bake/Roast
- Air Fry
- Grill
- Steam
- Steam Bake
- Steam Air Fry

And this is what I would use for each:

Bake/Roast – These are very similar to air frying. The fans are just very slightly slower. I recommend watching our chips video where we compare bake vs roast vs air fryer chips. As this just shows how similar they all are. I know many that own Ninja air fryers that have never cooked beyond air frying as they find this setting pointless. I like it for reducing food such as our [Diet Coke Chicken recipe](#). Or like the classic oven cooking that time in a recipe when you reduced down the temperature to just finish cooking your food. Or a flaw I have found with the Ninja is you can only do a

120/250f temperature with bake not air fry so if you are melting butter, chocolate etc you will need to use this setting.

Air Fry – I don't think this needs much of an explanation as this is your standard air fryer button. Perfect for any food you want to air fry. From a whole chicken to roast potatoes to frozen chicken nuggets to homemade chips.

Grill – Whilst bake/roast is perfect for the lower temps and for lightly cooking, grill is the opposite. Perfect for your morning toast, crisping up the skin of your chicken, your crispy bacon and anything you would put on a barbecue.

Steam – This is just like a classic steamer, and you can add the liquid to the bottom of your cooking pot, then crisp plate and then the food you want to steam. This is perfect for anything you would traditionally steam such as fish, chicken, potatoes and rice.

Steam Bake – This combines the steaming and the baking setting. I like this for roasting such as roast lamb, roast beef, and its also great for baking. I have used it for a key lime pie, cheesecake, chocolate cake etc.

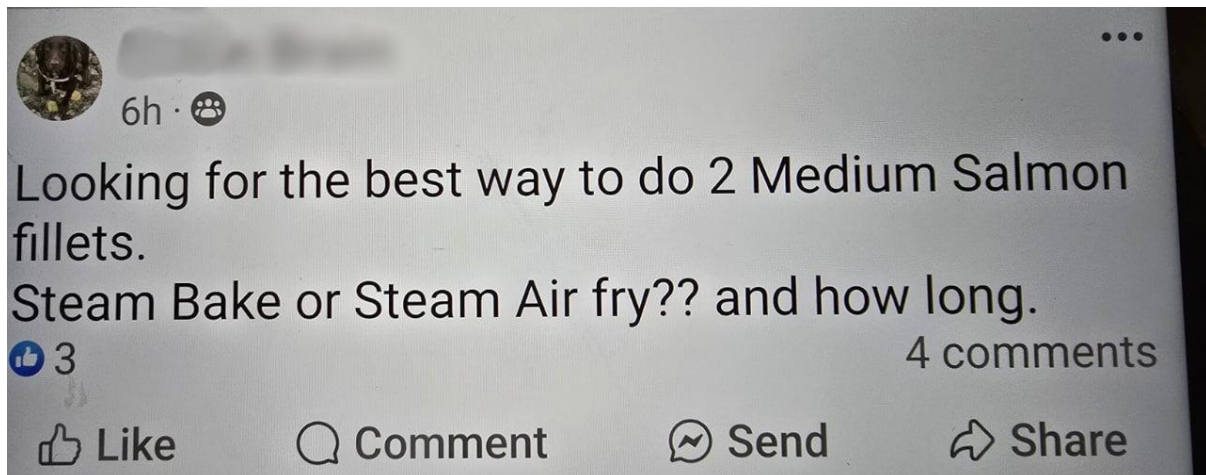
Steam Air Fry – This is perfect for food that would take longer to cook, and you want it to steam the food and air fry at the same time. A whole chicken, jacket potatoes, roast potatoes, potato wedges, longer cooking veg such as carrots and parsnips.

And this gives you a general idea. Though next I am going to use salmon as an example and then you can imagine the difference.

The MANY WAYS To Cook Salmon Fillets In The Ninja Speedi

I saw this on Facebook about salmon, and I thought that salmon was a brilliant example of how people just don't know which setting to use.

I have blurred out his name for privacy but kept the question as it is.



He wants to cook 2 salmon fillets and wants to know if steam bake or steam air fry would be best.

My thoughts are as follows:

Steam bake and steam air fry – They are very similar settings so it won't change much between doing one to doing the other.

Though, I wouldn't use either of these settings for salmon as this is more for food that takes a long time to cook such as potato wedges.

Steam – If you would normally have your salmon steamed in your steamer and then served with a little butter and some salt and pepper, then steam is perfect. It's also really quick too.

Air Fry – I have cooked salmon more using air fry than any other setting or any other machine. It just works well and you have a lovely crisp on the salmon too. Think of it like if you pan fried your salmon.

Grill – I also love grilled salmon for that ultimate crisp as it is cooking it at a higher temperature. This is similar to what salmon is like if you cooked it on the barbecue.

The function we use the most at home for our salmon is either steam or air fry. If we want it nice and flaky with butter on top and some light seasoning, then its team steam. However, if we would like our salmon crispy then air fry works well.

In a nutshell for your salmon – grill for a barbecue texture, air fry for pan fried or steam if you would poach or steam your salmon.

Then this same rule would apply to some other foods you want to cook in the Ninja Speedi. Such as chicken breast, other fish fillets, bacon, sausages, cheese toasties (grilled cheese) or even your summer veg.

It's a wrap

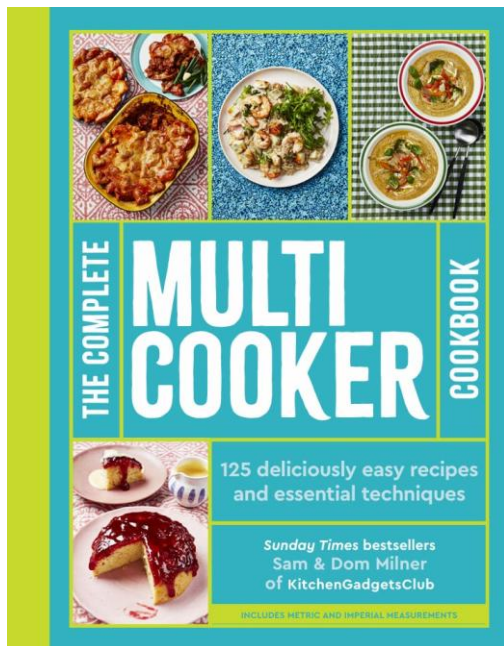
Thank you for reading our mini ebook about using the Ninja Speedi for the first time and we hope you are now much more confident in getting started with this great kitchen gadget.

[We recommend having a binge read of our Ninja Speedi bundle](#) and having your first week cooking with this great gadget. It has fast become our favourite multicooker and we look forward to each time we use it.

We also have a multicooker cookbook and details for it are below:



**Did You Know We Have Made A Ninja
Speedi Cookbook?**



Well, I say **SPEEDI** but **MULTICOOKER** is a better word. A kitchen gadget cookbook that has recipes in it for the Ninja Speedi, Instant Pot, Slow Cooker, and the Ninja Foodi.

Including functions like steam and steam air fry as well as air fry and grill its perfect for the Speedi and a lot of the recipes were made in the Speedi.

It has 125 recipes, has both metric and imperial and is the first ever

professionally made multicooker cookbook.

[You can get it here.](#)

More Great Recipes

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[Our Cookbooks \(so far\)](#) – We are also the authors of The Complete Air Fryer Cookbook, Air Fryer Easy Everyday and our time and temp chart which shares the cooking times for more than 275 everyday foods. [You can get them all here.](#)



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Enjoy your recipe love Sam, Dom & Kyle xx