

# NINJA®

## *3-in-1 Cooking System*

MC700 series

OWNER'S GUIDE



[www.ninjakitchen.com](http://www.ninjakitchen.com)

# IMPORTANT SAFETY INSTRUCTIONS

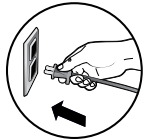
## For Household Use Only

WHEN USING ELECTRICAL APPLIANCES, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING:

READ ALL INSTRUCTIONS BEFORE USING YOUR **NINJA® 3-in-1 COOKING SYSTEM**.

### POLARIZED PLUG

**WARNING:** To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. **DO NOT modify the plug in any way.**



### WARNING:

**TO REDUCE THE RISK OF FIRE, ELECTRIC SHOCK OR INJURY:**

- 1 To protect against electrical shock, do not submerge the unit or allow the power cord to come into contact with water or any other liquid. If the unit falls into liquid, unplug the power cord from the electrical outlet immediately. **DO NOT reach into the liquid.**
- 2 Please note that the appliance may become hot during use. **DO NOT** touch hot surfaces; always use the handles. Always use oven mitts or pot holders when removing the pot.
- 3 **DO NOT** allow young children to operate the appliance or use as a toy. Close supervision is necessary when any appliance is used by or near children.
- 4 Remove the power cord from the electrical outlet when not in use, before assembling or disassembling parts and before cleaning. To unplug, grasp the plug and pull from the electrical outlet. Never pull from the power cord. Allow the appliance to cool before adding or removing parts.
- 5 **DO NOT** abuse the power cord. Never carry the appliance by the power cord or yank it to disconnect from electrical outlet; instead grasp the plug and pull to disconnect.
- 6 **DO NOT** operate any appliance with a damaged cord or plug, or after the appliance malfunctions, has been dropped or damaged in any manner. Return the appliance to EURO-PRO Operating LLC for examination, repair or adjustment.
- 7 Please refer to the Cleaning & Maintenance section for regular maintenance of the appliance. Return the appliance to EURO-PRO Operating LLC for any other servicing.
- 8 **DO NOT** let the power cord touch hot surfaces such as the stove.
- 9 Always use the appliance on a dry, level surface.

- 10 **Extreme caution must be used when moving an appliance containing hot oil or other hot liquids. Always use oven mitts or pot holders when moving the cooking system. Allow hot oil to cool prior to removal or cleaning the appliance.**
- 11 To avoid possible steam damage, place the cooking system away from walls and cabinets during use.
- 12 When using this appliance, provide adequate air space above and on all sides for air circulation. On surfaces where heat may cause a problem, use of an insulated heat pad or trivet is recommended.
- 13 Use extreme caution when removing the lid after cooking. Serious burns can result from the steam inside. Always lift and tilt the lid away from you when removing using care to ensure that water does not drip back into the appliance.
- 14 **DO NOT** use outdoors or anywhere the cord or unit housing might come into contact with water while in use.
- 15 Do not use the appliance for anything other than its intended use.
- 16 **DO NOT** obstruct the steam release vent during use.
- 17 Always position the steam vent hole in the back of the unit away from you.
- 18 **DO NOT** place or operate this appliance on or near any hot surfaces (such as gas or electric burner, stove or in a heated oven).
- 19 The use of attachments or accessories not recommended by the manufacturer may result in fire, electric shock or personal injury.
- 20 **DO NOT** use this appliance for deep frying.
- 21 **CAUTION: TO REDUCE THE RISK OF ELECTRIC SHOCK, COOK ONLY IN THE POT PROVIDED OR IN CONTAINERS RECOMMENDED BY EURO-PRO PLACED ON THE COOKING RACK IN THE PROVIDED POT. DO NOT USE THE APPLIANCE WITHOUT THE REMOVABLE COOKING POT INSIDE.**
- 22 To disconnect, turn the Function Dial to "Off", then remove the plug from the wall outlet.
- 23 This appliance has a cut off switch which will not allow the appliance to heat if the cooking pot is not inserted into the housing or removed while cooking.
- 24 **THIS PRODUCT IS INTENDED FOR HOUSEHOLD USE ONLY.** Do not use this appliance for anything other than its intended use. Do not use outdoors.
- 25 To avoid the possibility of the cooking system being accidentally being pulled off the counter top or tabletop, which could result in damage to the cooking system or personal injury, do not let the power cord hang over the edge of the counter or table.
- 26 Leaving food out too long at room temperature can cause bacteria to grow to dangerous levels that can cause illnesses. In the event of a loss of power, an error message will display on the unit. It is recommended to dispose of any food that has been at room temperature for more than an hour.

**NOTE:** This unit has a short power supply cord to reduce the risk resulting from becoming entangled in or tripping over a long cord. A longer extension cord may be used if you are careful in its use.

1. If using a longer extension cord, the electrical rating of the extension cord should be rated at least 15 amperes. Extension cords rated for less amperage may overheat.
2. A longer extension cord must be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally.

## SAVE THESE INSTRUCTIONS

Thank you for  
purchasing the  
**Ninja**® 3-in-1  
Cooking System.

Getting to Know Your **Ninja**® 3-in-1 Cooking System ..... 5  
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**THIS BOOK COVERS MODEL NUMBERS:**

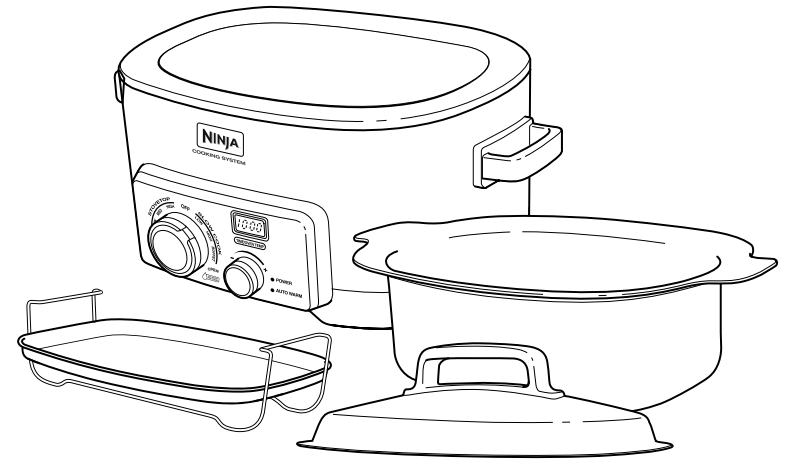
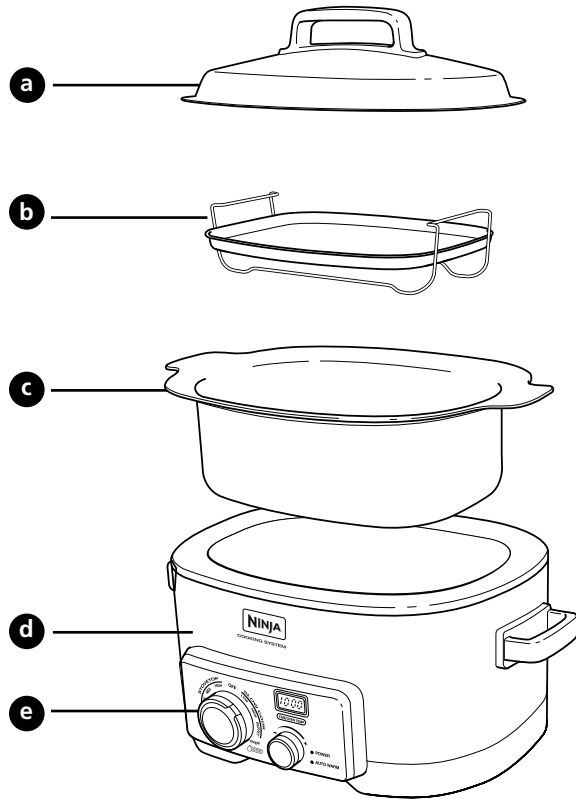
- MC700 15
- MC701 15
- MC702 15
- MC703 15
- MC703CO 15
- MC701W 15

**TECHNICAL SPECIFICATIONS**

- Voltage: 120V., 60Hz.
- Power: 1150 Watts

## Getting To Know Your *Ninja*® 3-in-1 Cooking System

The *Ninja*® 3-in-1 Cooking System Steam Oven offers a revolutionary new way to cook your foods faster, healthier and easier. The easy 1-2-3 electronic controls allow you the flexibility for true one pot cooking.



**a** Roasting Lid with Handle

**b** Roasting Rack

**c** Cooking Pot

**d** Main Housing

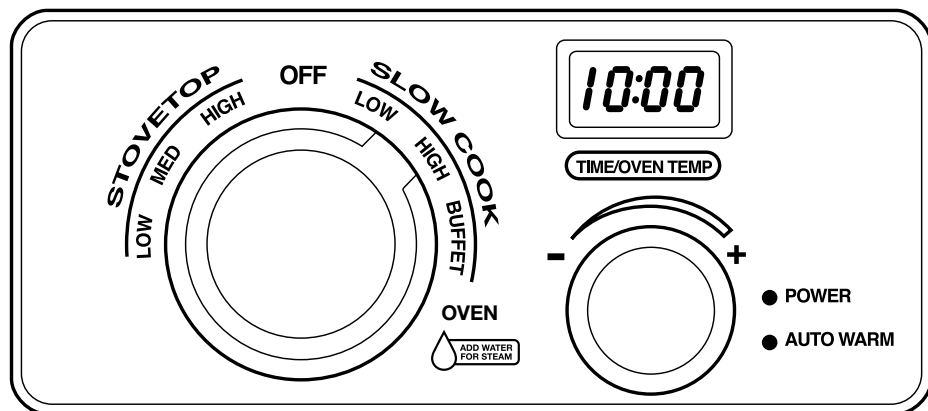
**e** Control Panel

**f** Power Cord (not shown)

### FEATURES:

- **Stovetop Settings:** Low (simmer), Med (sauté), High (sear)
- **Slow Cooker Settings:** High, Low
- **Buffet Settings**
- **Oven Function:** 250°F - 425°F
- **Digital Oven Controls with Timer**
- **Auto Warm for Slow Cook function only**

## Getting to Know the *Ninja*® 3-in-1 Cooking System Control Panel



### Function Dial

Turn the dial to select Stovetop, Slow Cook or Oven mode.

**Stovetop** - Use the Ninja® 3-in-1 Cooking System as you would a stovetop. You can simmer, sauté, or sear.

**Slow Cook** - Use the Ninja® 3-in-1 Cooking System as a slow cooker. Select the temperature - low or high and let the cooking system do all the work. When it has finished cooking, it will automatically switch to Auto Warm.

**Buffet** - Use the Buffet mode after cooking is completed to keep food warm from 30 minutes up to 12 hours.

**Oven** - Use the Ninja® 3-in-1 Cooking System instead of the regular oven. You can roast, bake or even cook with steam.

### LED Display Screen

The LED screen displays the timer settings for the Slow Cook, Buffet and Oven modes. It also displays the oven temperature settings for the Oven mode.

### Time/Oven Temp. Button

Use the Time/Oven Temp. button to toggle between the Time and Temperature when using the Oven mode.

### Adjustment Dial

Use the Adjustment dial to set the count down timer in Slow Cook mode or to change the time and temperature when using the Oven mode.

### Auto Warm

The Ninja® 3-in-1 Cooking System will go into auto warm when the set cooking time in Slow Cook mode is over.

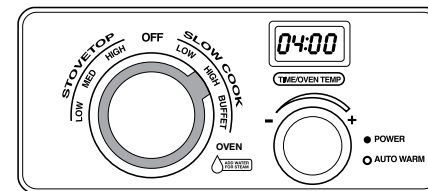
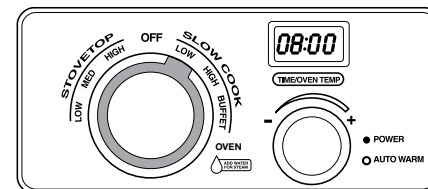
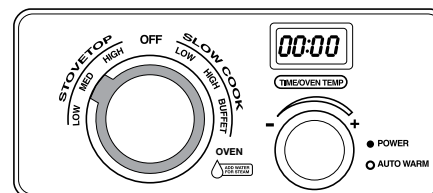
## Preparing to Use the *Ninja*® 3-in-1 Cooking System

Before using the cooking system for the first time:

- Carefully remove all the parts from the box. Wash the cooking pot, roasting rack and the roasting lid with warm, soapy water. The cooking pot may also be washed in the dishwasher. The roasting lid and roasting rack are not dishwasher safe. Do not place the main housing in water or in the dishwasher. Wipe it clean with a damp cloth.
- When ready to use, place the cooking pot inside the main housing. **Never** use the cooking system without the cooking pot inserted into the housing.

- Plug the unit into the wall outlet.
- The cooking system will not turn "On" as long as the Function Dial is in the "Off" position.
- When ready to start the appliance, turn the Function Dial to the function that you want. The red Power light will light up indicating that the appliance is on.
- Follow instructions on the following pages on how to use the different functions.

## Using the Different Functions



### Stovetop:

- Place the cooking pot inside the housing.
- Place the food that you wish to cook inside the pot in an even layer for best results.
- Set the Function Dial to the desired Stovetop mode to get the appliance heated. The LED Display will show "On" and the Power light will turn on.
- When you have finished using the unit, turn the Function Dial to "Off" and then unplug the unit and allow it to cool completely before handling.

**NOTE:** The appliance will not function if the cooking pot is not inside the main housing.

**TIP:** When you want to sear meats, set the Stovetop to "High".

To sauté vegetables, set the Stovetop to "Med" or "High".

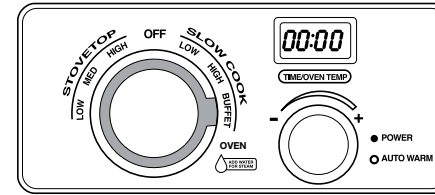
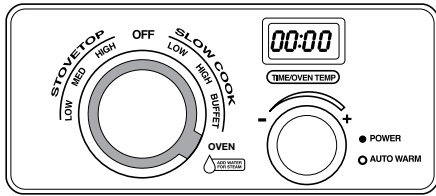
### Slow Cook:

The 6 qt. capacity makes this an ideal slow cooker for the entire family. The Low and High settings automatically switch to Auto Warm after the cooking is complete to keep the food warm. Use the Stovetop function on "High" to sear meats and vegetables before slow cooking to enhance flavors and create gourmet meals.

Do not exceed the top of the cooking pot when filling with food. This could result in the food boiling over.

- Place the ingredients into the cooking pot and place the lid on top.
- Plug the unit into the electrical outlet.
- Turn the Function Dial to either Low or High under Slow Cook depending on the recipe instructions. The LED Display will show "On" and the Power light will turn on.
- The Display Screen will show "8:00" hours for Low setting and "4:00" hours for High setting. Turn the Adjustment Dial to set the desired time. The time will increase or decrease in 30 minute increments for up to 12 hours. The timer will begin counting down after 1 minute. Do not lift the lid continuously while cooking.
- After the cooking process is done, the unit will switch to Auto Warm for up to 12 hours.
- When you have finished using the unit, turn the Function Dial to "Off" and then unplug the unit and allow it to cool completely before handling.

## Using the Different Functions - cont.



### Oven

Variable temperatures from 250° to 425° make this an ideal oven for roasting meats and vegetables and for baking. The programmable timer can be set in 5 minute intervals for up to 6 hours.

#### Using the Oven mode for Roasting:

- 1 Place the food on the Roasting rack and lower into the cooking pot. Cover with the lid.
  - 2 Plug the unit into the electrical outlet.
  - 3 Turn the Function Dial to Oven. The Power light will illuminate.
  - 4 The Display Screen will show "350". Turn the Adjustment Dial to set the temperature. The temperature will adjust in 25° increments up to 425°. Press the Time/Oven Temp button once and then turn the Adjustment Dial to set the cooking time. The time is pre-set at "1:00" hour and will increase in 5 minute increments up to a total of 6 hours.
  - 5 The timer will begin counting down after 1 minute. The time and temperature can be adjusted during the cooking cycle. Press the Time/Oven Temp button and then turn the Adjustment Dial to change the time or the temperature.
  - 6 Once cooking is complete the timer will blink for 2 minutes. At the end of the 2 minutes, the power will shut off.
- ⚠ IMPORTANT:** Use caution when handling hot foods.
- 7 When you have finished using the unit, turn the Function Dial to "Off", unplug the unit and allow it to cool completely before handling.

### Steam Infused Cooking:

Steam Infused Cooking cooks foods fast and healthy all by the introduction of steam during the cooking process. The Steam Roasting technique can be applied to a variety of meats you would traditionally roast in your oven. Some cuts of meat benefit from searing **BEFORE** roasting while other cuts benefit from searing **AFTER** roasting, refer to the recipes in the included Inspiration Guide.

- 1 No preheating is required when searing before roasting.
  - 2 Most meats can be seared for less than 10 minutes. You do not want to cook the meat, simply brown the meat to add color.
  - 3 Add water to the bottom of the cooking pot. In general, 1 cup of water equals 10 minutes of steam time.
  - 4 If additional water is required during the cooking process, cautiously lift the lid away from you and add room temperature water. Water should **NOT** exceed the roasting rack or touch the food as that will result in poaching.
- ⚠** Use caution when placing hot meats on roasting rack.
- ⚠ CAUTION: DO NOT** add any liquids to the base of the main housing of the appliance.

### Buffet

Use the Ninja® 3-in-1 Cooking System Buffet mode to keep food warm from 30 minutes up to 12 hours.

- 1 Place the cooked food inside the cooking pot and cover with the lid.
- 2 Plug the unit into the electrical outlet.
- 3 Turn the Function Dial to Buffet.
- 4 Time is pre-set to "6:00" hours. Turn the Adjustment Dial to set the desired time that you want the food kept warm.
- 5 When you have finished using the unit, turn the Function Dial to "Off" and unplug the unit. Allow it to cool completely before handling.

### Hints & Tips

- 1 Cooking times may vary based on the selected temperature, the current temperature of the cooking pot and the temperature of the ingredients.
- 2 Always use nonstick utensils in the cooking pot. Metal utensils will damage the non-stick coating.
- 3 For even browning, make sure that the food is in an even layer on the bottom of the cooking pot or roasting rack.
- 4 Cooking time and temperature can be adjusted at any time during the cooking cycle in Slow Cook and Oven. Press the Time/Oven Temp button and turn the Adjustment Dial to adjust.
- 5 Cooked foods may not brown or crisp on top as much as in a conventional oven. Instead foods will brown on the bottom and crisp on the bottom and sides.
- 6 If you do not manually set a temperature and time, the unit will automatically start at the preset temperature and time.
- 7 Multiple modes may be required to cook recipes. To change modes during cooking cycles, simply turn the Function Dial to select the new desired mode. Once the new mode is selected, begin the programming process.
- 8 If the cooking pot is removed during the cooking cycle and then placed back into the unit, the cooking process will continue as though it was not interrupted.







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