

# Enjoy Fast and Healthy Meals and Snacks for You and All The Family



## Airfryer Recipes

***DID YOU KNOW HEALTHY & FAST  
AIRFRYER COOKING AT HOME  
HELPS TO SAVE YOU ENERGY***



***HELPS TO SAVE YOU MONEY***



# TABLE OF CONTENTS

## 1 *Tips For Airfyer Use*

## 2 *Airfryer Recipes For Side Dishes*

*Crispy Potato Skin Wedges*

*French Fries*

*Potato Croquettes*

*Potatoes au Gratin*

*Rosemary Russet Potato Chips*

*Roasted Winter Vegetables*

## 3 *Airfryer Recipes For Appetisers*

*Fried Meatballs in Tomato Sauce*

*Bacon Wrapped Shrimp*

*Crispy Fried Spring Rolls*

*Crab Croquettes*



*Feta Triangles*

*Korean BBQ Satay*

*Jerk Chicken Wings*

*Moroccan Meatballs with Mint Yogurt*

*Stuffed Garlic Mushrooms*

*Pigs in a Blanket*



## **4** *Airfryer Recipes For Entrees*

*Roasted Heirloom Tomato with Baked Feta*

*Chimichurri Skirt Steak*

*Mushroom, Onion and Feta Frittata*

*Portabella Pepperoni Pizza*

*Roasted Rack of Lamb with a Macadamia Crust*

*Salmon with Dill Sauce*

*Cajun Shrimp*

*Teriyaki Glazed Halibut Steak*

## 5 *Airfryer Recipes For Kids Meals*

*Country Chicken Tenders*

*Cod Fish Nuggets*

*Mini Cheeseburger Sliders*

*Grilled Cheese*

## 6 *Airfryer Recipes For Desserts*

*Chocolate Cake*

*Peanut Butter Marshmallow Fluff Turnovers*

*Vanilla Soufflé*

*Apricot Blackberry Crumble*

## 7 *Airfryer Frequently Asked Questions*

## 8 *Airfryer Cooking Times*





## Tips For Airfryer Use

1. When making smaller items such as fries, wings and croquettes, shake the basket once or twice during cooking. This ensures the food is cooked evenly.
2. Don't overcrowd the cooking basket. This impacts how well the air circulates around the food, increases cooking time and causes sub-optimal results.
3. Oil sprays and misters are excellent choices to evenly apply oil to food prior to cooking. They can also be used to spray the bottom of the mesh cooking basket to ensure food does not stick.
4. Preheat the Airfryer for 3 minutes. This is sufficient time for the Airfryer to reach the desired temperature.
5. To loosen any food particles that remain on the cooking basket after use, soak the cooking basket in soapy water prior to scrubbing or placing in the dishwasher.
6. When cooking foods that are naturally high in fat, such as chicken wings, occasionally empty fat from the bottom of the Airfryer during cooking to avoid excess smoke.
7. When cooking foods that have been marinated or soaked in liquid, pat food dry before cooking to avoid splattering and excess smoke.
8. For foods that require breading, coat in small batches to ensure even application. Press breading onto food to ensure it adheres. If breading is too dry, pieces may become airborne causing excess smoke or becoming trapped behind exhaust filter.
9. A variety of pre-made packaged foods can be cooked in the Airfryer. As a guide, lower the conventional oven temperature by 70 degrees and reduce the cooking time by half. Exact times and temperatures will vary by food.
10. When using parchment paper or foil, trim to leave a ½ inch space around bottom edge of the basket.
11. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

### AIRFRYER COOKING





## Crispy Potato Skin Wedges

ACTIVE: 40 MIN | TOTAL: 1 HR 25 MIN | SERVES: 6

### Directions:

6 medium russet potatoes

2 tablespoons canola oil

1½ teaspoon paprika

½ teaspoon black pepper

½ teaspoon salt



1. Scrub the potatoes under running water to clean. Boil potatoes in salted water for 40 minutes or until fork tender. Cool completely (approximately 30 minutes) in the refrigerator.

2. In a mixing bowl combine canola oil, paprika, salt and black pepper. Cut cooled potatoes into quarters and lightly Add the potato wedges to the cooking basket and place skin side down, being careful not to overcrowd. Cook wedges for 14-16 minutes or until golden brown. in the mixture of oil and spices. Preheat the AirFryer to 390°F.

## French Fries

ACTIVE: 10 MIN | TOTAL: 1 HR | SERVES: 4

### Directions:

6 medium russet potatoes, peeled

2 tablespoon olive oil



1. Peel the potatoes and cut them into 1/4 inch by 3 inch strips. Soak the potatoes in water for at least 30 minutes, then drain thoroughly and pat dry with a paper towel.

2. Preheat the Airfryer to 360°F. Place the potatoes in a large bowl and mix in oil, coating the potatoes lightly. Add the potatoes to the cooking basket and cook for 30 minutes or until golden brown and crisp. Shake 2-3 times during cooking.

**Note:** Thicker cut potatoes will take longer to cook, while thinner cut potatoes will cook faster.

