

DREO

Air Fryer

CookBook

100 RECIPES



DREO

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Mon - Fri, 9:00 am-5:00 pm PST/PDT

Cooking Time Reference Table

<i>Selection</i>	<i>Category</i>	<i>Thickness Of Ingredient</i>	<i>Ingredient</i>	<i>Suggested Temperature (°F)</i>	<i>Suggested Time (Min)</i>	<i>Adjustable Time (Min)</i>	<i>Shake/ Flip</i>
FRIES/ AIR FRY	French Fries	1/5 inch	Frozen Thin Fries	380	15~20	1~60	Shake
		1/3 inch	Frozen Thick Fries	380	18~23	1~60	Shake
		1/2 inch	Homemade French Fries	380	20~25	1~60	Shake
		1 inch	Homemade French Fries	380	22~28	1~60	Shake
POULTRY/ AIR FRY	Poultry	1/2 inch	Breaded Chick Breast	380	12~17	1~60	Flip
		1 1/2 inch	Drumstick	380	20~25	1~60	Flip
		1 inch	Breaded Chicken Strips	380	10~15	1~60	Shake
		1 inch	Wing	380	18~23	1~60	Flip
		1/2 inch	Frozen Chicken Nuggets	380	11~14	1~60	Shake
STEAK/ AIR FRY	Steak	1 inch	Medium-rare	400	10	1~60	\
			Medium	400	12	1~60	\
			Medium-well	400	14	1~60	\
SEAFOOD/ AIR FRY	Seafood	1 inch	Salmon Fillets	350	8~12	1~60	\
			Salmon Strips	350	8~12	1~60	\
		1/2 inch	Catfish fillets	350	8~12	1~60	\
		1 inch	Frozen Fish Fingers	350	10~15	1~60	Shake

<i>Selection</i>	<i>Category</i>	<i>Thickness Of Ingredient</i>	<i>Ingredient</i>	<i>Suggested Temperature (°F)</i>	<i>Suggested Time (Min)</i>	<i>Adjustable Time (Min)</i>	<i>Shake/ Flip</i>
SEAFOOD/ AIR FRY	Shrimp	\	Small shrimp	370	4	1~60	Shake
			Medium shrimp	370	6	1~60	Shake
			Jumbo shrimp	370	8	1~60	Shake
			Frozen Shrimp	370	8~10	1~60	Shake
BACON/ ROAST	Bacon	1 inch	Breaded Pork Chop	380	16~20	1~60	Flip
		\	Bacon	350	6~8	1~60	\
			Sausage	400	7~12	1~60	Shake
BAKE	Desserts	\	Cupcakes	350	8	1~60	\
		\	Egg tart	350	8	1~60	\
		\	Muffin	350	8	1~60	\
VEGETABLE	Vegetable	\	Cauliflower	300	10	1~60	Shake
		\	Broccoli	300	8	1~60	Shake
		\	Kale Chips	270	7	1~60	Shake
DEHYRATE	Dried Fruit	1/4 inch	Dried Apples	125	8 hour	1-72 hour	\
			Dried Orange Slices	125	6 hour	1-72 hour	\
			Dried Strawberries	125	6 hour	1-72 hour	\

i NOTE:

Cooking time varies depending on the thickness of the ingredient.

DREO

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BREAKFAST

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- 13** Casserole

BBQ Bacon



PREP TIME
5 min



COOK TIME
8 min



INGREDIENTS

- 4 slices bacon, halved
- 1 tbsp dark brown sugar (optional)
- ¼ tsp ground cumin (optional)
- ¼ tsp cayenne pepper (optional)

DIRECTIONS

1. Select PREHEAT, adjust to 350°F, and press START/PAUSE.
2. Cover the bacon in dark brown sugar, ground cumin, and cayenne pepper (optional).
3. Place bacon slices one next to the other in the preheated air fryer.
4. Select BACON at 350°F for 8 minutes and press START/PAUSE.

CHEF'S TIP:

If you are making a lot of bacon, the bacon slices can slightly overlap, as the bacon will shrink when baking.



Breakfast Potatoes



PREP TIME
35 min



COOK TIME
22 min

INGREDIENTS

- 5 medium potatoes, peeled and cut into 1-inch wedges
- 1 tbsp oil
- ½ tsp salt
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ¼ tsp black pepper

DIRECTIONS

1. Cut potatoes into 1-inch wedges and soak in water for 15 minutes.
2. Drain and pat dry with paper towels.
3. Toss all ingredients thoroughly before adding to air fryer for even cooking.
4. Select PREHEAT, adjust to 380°F, and press START / PAUSE.
5. Add all ingredients in the basket and select FRIES for 22 minutes.

CHEF'S TIP:

Follow the prompt and shake for even cooking.

French Toast Sticks



PREP TIME
10 min



COOK TIME
8 min



INGREDIENTS

- 2 slices of day-old bread, cut into thirds each
- 2 eggs
- 1/3 cup milk
- 1 tbsp butter, melted
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1 tsp confectioners' sugar, to taste

TOPPINGS

Maple syrup, chopped pistachios

DIRECTIONS

1. Mix eggs, milk, butter, vanilla extract, and cinnamon together in a bowl.
2. Line the air fryer basket with parchment paper.
3. Select PREHEAT, adjust to 350°F, and press START/PAUSE.
4. Dip each piece of the French toast into the milk mixture and spray each side of the French toast with cooking spray.
5. Place the French toast in the preheated air fryer, select BAKE, and adjust to 360°F and 8 minutes, and press START/PAUSE.
6. Sprinkle each stick with confectioners' sugar. Top with maple syrup and pistachios.



Breakfast Sausage



PREP TIME
5 min



COOK TIME
6 min

INGREDIENTS

- 1 pound breakfast sausage

DIRECTIONS

1. Select PREHEAT, adjust to 400°F and press START/PAUSE.
2. Brush sausage with olive oil and place them in the preheated air fryer.
3. Select STEAK. Adjust the temperature to 400°F, time to 6 minutes, and press START/PAUSE.

Hot Dogs



PREP TIME
5 min



COOK TIME
9 min



INGREDIENTS

- 2 dog buns
- 2 hot dogs
- ½ tsp olive oil
- 2 tbsps grated cheese (optional)

DIRECTIONS

1. Select PREHEAT, adjust to 360°F and press START/PAUSE.
2. Brush hot dogs with olive oil and place hot dogs in the preheated air fryer.
3. Select STEAK and adjust to 360°F and 5 min. Then press START/PAUSE and wait for finish.
4. Put hot dogs into the buns. Top with cheese, then place them into the air fryer.
5. Select STEAK, adjust to 360°F and 4 minutes, then press START/PAUSE.



Air Fryer Cheese Sandwich



PREP TIME
6 min



COOK TIME
8 min

INGREDIENTS

- 2 slices white bread
- 2 tsp melted butter
- 1 slice cheddar cheese

DIRECTIONS

1. Select PREHEAT, adjust to 350°F and press START/PAUSE.
2. Place the cheese in between the bread slices and brush butter on both outer sides of the sandwich.
3. Place the sandwich into the preheated air fryer. Select FRIES. Adjust to 350°F and 8 minutes, then press START/PAUSE.

CHEF'S TIP:

Follow the prompt and flip for even cooking.

Cranberry Cookies



PREP TIME
1H 10 min



COOK TIME
15 min



INGREDIENTS

4 oz unsalted butter
1 oz powdered sugar
1 egg yolk
1½ cake flour pinch of salt
a pinch of salt
1 oz dried cranberries, chopped

DIRECTIONS

1. Combine the butter, a pinch of salt, and powdered sugar. Mix until light and fluffy.
2. Beat 1 egg yolk in the butter mixture.
3. Mix in the flour, a little at a time, until combined.
4. Stir in dried cranberries.
5. Put the dough into a mold or shape the dough into a long log shape and wrap it in plastic wrap.
6. Place dough in the freezer for 1 hour.
7. After 1 hour, remove mold or plastic wrap and cut or slice the cookie dough about 1/8 inch in thickness.
8. Select PREHEAT, adjust to 305°F and press START/PAUSE.
9. Place the shortbread cookie dough into the preheated air fryer and select BAKE. Adjust to 305°F and 15 minutes, then press START/PAUSE.
10. Let cookies cool for several minutes on a baking sheet.

CHEF'S TIP:

Flipping is not required during cooking process.



Blueberry Muffin



PREP TIME
10 min



COOK TIME
15 min

INGREDIENTS 1

1 egg
½ cup olive oil
¼ cup milk
¼ tsp vanilla extract
1 tsp lemon zest

INGREDIENTS 2

½ cup sugar
¾ cup flour
½ tsp baking powder
a pinch of salt
3 oz blueberries

DIRECTIONS

1. Mix INGREDIENTS 1 together in a bowl. Set aside.
2. In a smaller bowl, whisk INGREDIENTS 2 together.
3. Mix two ingredients together.
4. Select PREHEAT, adjust to 350°F and press START/PAUSE.
5. Pour the mixture into muffin cups, place them into the preheated air fryer, select BAKE, adjust to 350°F and 15 minutes, then press START/PAUSE.

Omelette



PREP TIME
10 min



COOK TIME
8 min



INGREDIENTS

- 2 eggs
- ¼ cup milk
- ⅓ cup fresh meat and vegetables, diced (such as bacon, ham, mushroom, onion, bell pepper)
- ¼ cup cheddar cheese
- salt and pepper to taste

DIRECTIONS

1. Combine the eggs and milk in a small bowl.
2. Add the meat and vegetables in the mixture as well as salt and pepper to taste.
3. Pour the mixture into a well-greased 6x3 inch pan.
4. Select PREHEAT, adjust to 350°F, then press START/PAUSE.
5. Place the pan into the preheated air fryer, select BAKE, cook for 8 minutes at 350°F.

CHEF'S TIPS:

1. Sprinkle the cheese over the top halfway through cooking.
2. After the time is done, loosen the omelet from the sides of the pan and transfer it to a plate.



Pizza



PREP TIME
15 min



COOK TIME
6 min

INGREDIENTS

- 6-inch pizza crust
- 1 scrambled egg
- ½ oz chopped mushrooms
- ½ oz chopped peppers
- ⅓ cup mozzarella cheese

DIRECTIONS

1. Spray the 6-inch pizza pan with oil and put the pizza crust in the pan.
2. Preheat the air fryer to 340°F.
3. Top with scrambled egg, mushrooms, peppers, and cheese, or use your favorite toppings.
4. Select BAKE, adjust to 340°F and 6 minutes, then press START/PAUSE.

Sandwich



PREP TIME
15 min



COOK TIME
10 min



INGREDIENTS

- 1 cup reduced fat Bisquick
- 1/3 cup low-fat buttermilk
- 1/4 cup shredded cheddar cheese (more or less to taste)
- 1/2 tablespoon butter
- Pinch garlic powder
- Pinch salt
- 1/4 teaspoon dried parsley
- 2 eggs
- Splash white wine vinegar (for poaching eggs)
- 4 strips bacon (cooked)
- 1/2 tomato (sliced)
- 1/2 avocado (sliced)
- 1/2 cup fresh spinach (washed with stems removed)
- Salt and pepper (to taste)
- Splash hot sauce (optional)

DIRECTIONS

1. Preheat the air fryer to 390°F. Line a baking sheet with parchment paper or aluminum foil.
2. In a small mixing bowl, combine Bisquick, buttermilk, and shredded cheese. Use hands to mix thoroughly.
3. Divide dough in half and form two balls. Place on prepared baking sheet. BAKE until tops turn golden brown (approx. 8-10 minutes). Remove from the air fryer and cool completely.
4. In a small microwave-safe bowl or mug, microwave butter, garlic powder, and salt until melted (approx. 10 seconds). Brush the tops of the biscuits with butter mixture. Sprinkle with parsley.
5. Split biscuits in half and dress with poached eggs, tomato, avocado, and spinach. Season with salt and pepper to taste and top with hot sauce (optional).

Casserole



PREP TIME
10 min



COOK TIME
28 min



INGREDIENTS

- 1/2 lb ground breakfast sausage
- 4 large eggs
- 3 green onions, chopped
- 1/2 cup milk
- 3 frozen hash brown patties
- 1 1/4 cup shredded, colby jack cheese

DIRECTIONS

1. Crumble and brown the sausage in a skillet. Drain off excess grease and spoon the sausage into the bottom of a 9x9 baking dish. Sprinkle half of the green onions over the sausage.
2. Whisk together the eggs and milk, then pour over the sausage. Top with 1 cup of cheese. Place the hash brown patties on a plate and microwave for 30 seconds until soft enough to cut. Cut each patty into 6 pieces. Place on top of the cheese.
3. BAKE in the 350°F air fryer for 23 minutes. Remove and top with remaining cheese and green onions. Return to the air fryer for 5 minutes.

ENTRÉES

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- 48** Hamburgers
- 49** Baby Back Ribs
- 50** Steak Bites
- 51** Roasted Lamb
- 52** Cod
- 53** Pork Tenderloin

Lemon Pepper Chicken Wings



PREP TIME
10 min



COOK TIME
18 min



INGREDIENTS

- 6 chicken wings
- 2 tsp olive oil
- ½ tsp garlic salt
- ½ tsp lemon pepper

DIRECTIONS

1. Thoroughly pat dry chicken wings with paper towels and place them in a mixing bowl.
2. Coat chicken wings with oil and then sprinkle on salt and lemon pepper. Toss to evenly coat with seasoning.
3. Select PREHEAT, adjust to 380°F, and press START/PAUSE.
4. Place chicken wings into the preheated air fryer in a single layer, select POULTRY for 380°F and 18 minutes, then press START/PAUSE.

CHEF'S TIP:

Follow the prompt and flip for even cooking.



Turkey Breast



PREP TIME
15 min



COOK TIME
18 min

INGREDIENTS 2

- 3 fresh turkey breast fillets, 6oz each, skinless, boneless
- 1 tsp olive oil
- ½ tsp salt
- 1 tsp dry turkey or poultry seasoning

DIRECTIONS

1. Pound the breast to 1 inch at the thickest part for even cooking.
2. Brush the turkey breast with olive oil.
3. Coat both sides with salt and turkey seasoning.
4. Select PREHEAT, adjust to 380°F and press START/PAUSE.
5. Place the breast in the preheated air fryer, select POULTRY, adjust to 16-18 minutes and press START/PAUSE.

Pepper Chicken Thighs



PREP TIME
10 min



COOK TIME
22-28 min



INGREDIENTS

- 4 chicken thighs, skin-on
- 2 tsp olive oil
- ½ tsp salt
- ½ tsp ground black pepper
- ¾ tsp garlic powder
- 1 tsp smoked paprika

DIRECTIONS

1. Pat chicken thighs dry with a paper towel, brush it with olive oil, and coat with all other ingredients.
2. Select PREHEAT, adjust to 380°F and press START/PAUSE.
3. Place chicken thighs in the preheated air fryer in a single layer.
4. Select POULTRY for 22-28 minutes and press START/PAUSE.

CHEF'S TIP:

Follow the prompt and flip for even cooking.



Italian Meatball



PREP TIME
15 min



COOK TIME
10 min

INGREDIENTS

- 1 pound ground venison
- 1 tsp Italian seasoning
- salt to taste
- 2 cloves garlic, minced
- 1 egg, slightly beaten
- ½ cup grated Parmesan cheese
- ¼ cup Italian seasoned bread crumbs

DIRECTIONS

1. Select PREHEAT, adjust to 350°F and press START/PAUSE.
2. Put all ingredients in a large bowl and mix well.
3. Make the meatball the size of a golf ball and spray the meatball with cooking spray.
4. Place the meatballs in the preheated air fryer, select STEAK, adjust to 350°F and 10 minutes, and press START/PAUSE.

CHEF'S TIPS:

1. You may use beef, pork, or another meat mixture instead of venison.
2. Cooking time varies depending on the size of meatball.

Pepper Steak



PREP TIME
35 min



COOK TIME
10 min



INGREDIENTS

- 1 steak (16oz, 1 inch thick)
- 1 tsp salt, to taste
- 1 tsp black pepper, to taste
- 1 tbsp melted butter

DIRECTIONS

1. Allow the steak to sit at room temperature for 30 minutes before cooking.
2. Select PREHEAT, adjust to 400°F, and press START/PAUSE.
3. Season the steak with salt, pepper, and other desired seasonings.
4. Brush the steak with melted butter on both sides.
5. Place the steak in the preheated air fryer and select STEAK. Adjust to 10 minutes for medium-rare, then press START/PAUSE.

CHEF'S TIPS:

1. Cooking time varies depending on the thickness of the steak. Time can adjust as desired, see Cooking Time Reference Table for more information.
2. Use an instant-read thermometer to monitor the internal temperature of the thickest portion.



Marinated Flank Steak



PREP TIME
6H 10 min



COOK TIME
10 min

INGREDIENTS 1

- 1 pound flank steak
(1 inch thick)
- Olive oil spray

INGREDIENTS 2

- ½ cup vegetable oil
- ⅓ cup low sodium soy sauce
- ¼ cup balsamic vinegar
- 2 tbsp fresh lemon juice
- 1½ tsp Worcestershire sauce
- 1 tbsp Dijon mustard
- 2 cloves garlic, minced
- ½ teaspoon ground black pepper

DIRECTIONS

1. Mix INGREDIENTS 2 in a shallow glass dish well.
2. Place meat in the mixture, turning meat to coat thoroughly.
3. Cover the dish, and refrigerate for 6 hours at least.
4. Select PREHEAT, adjust to 400°F, and press START/PAUSE.
5. Spray both sides of the steak with olive oil, then place the steak in the preheated air fryer.
6. Select STEAK for 10 minutes for medium-rare.

CHEF'S TIPS:

1. Cooking time varies depending on the thickness of the steak. Time can adjust as desired, see Cooking Time Reference Table for more information.
2. Use an instant-read thermometer to monitor the internal temperature of the thickest portion.

Worcestershire Sauce Beefball



PREP TIME
15 min



COOK TIME
10 min



INGREDIENTS 1

- 1 pound ground beef
- 2¼ tsp Worcestershire sauce
- ½ small onion, diced
- 2 tbsp dry bread crumbs, or as needed
- 2 tbsp grated Parmesan cheese
- 1 egg, beaten
- 2 cloves garlic, minced

INGREDIENTS 2

- ½ tbsp dried oregano
- ½ tbsp dried basil
- ½ tsp dried thyme salt, to taste
- ¼ tsp ground black pepper
- cooking spray

DIRECTIONS

1. Select PREHEAT, adjust to 350°F, and press START/PAUSE.
2. Put all ingredients in a large bowl and mix well.
3. Make the meatball the size of a golf ball and spray the meatball with cooking spray.
4. Place the meatballs in the preheated air fryer, select STEAK. Adjust to 350°F and 10 minutes, then press START/PAUSE.

CHEF'S TIPS:

1. You may use venison, pork or mixture of them instead of beef.
2. Cooking time varies depending on the size of meatball.



Lemon Garlic Salmon



PREP TIME
5 min



COOK TIME
10 min

INGREDIENTS

- 2 fillets salmon fillets with skin, 1-inch thickness
- 1 tbsp butter, melted
- ½ tsp minced garlic
- ½ tsp lemon pepper
- ⅛ tsp dried parsley
- 3 thin slices lemon, cut in half
- cooking spray

DIRECTIONS

1. Select PREHEAT, adjust to 350°F, and press START/PAUSE.
2. Put butter and garlic in a small bowl and mix.
3. Pat dry salmon fillets with a paper towel, brush with butter mixture and sprinkle with lemon pepper and parsley.
4. Spray each side of the salmon fillets with cooking spray, and place salmon fillets in the preheated air fryer, skin-side down, and place 3 lemon halves on top.
5. Select SEAFOOD, adjust to 350°F and 10 minutes, and press START/PAUSE.

CHEF'S TIP:

Cooking time may be decreased or increased for a few minutes depending on your desired flavor. You may check the food during the cooking process.

Cajun Salmon



PREP TIME
6 min



COOK TIME
10 min



INGREDIENTS

- 2 salmon fillets, 1-inch thickness, skin-on
- 1 tbsp Olive oil
- 1 tbsp Cajun seasoning
- 1 tsp brown sugar

DIRECTIONS

1. Select PREHEAT, and adjust to 350°F.
2. Pat salmon fillets dry with a paper towel.
3. Brush the skin side of salmon fillets with olive oil.
4. Put Cajun seasoning and brown sugar in a small bowl and mix well. Brush the flesh sides of fillets with the mixture, and season for a half-hour.
5. Place the salmon fillets in the preheated air fryer, skin-side down.
6. Select SEAFOOD, adjust to 350°F and 10 minutes, then press START/PAUSE.

CHEF'S TIP:

Cooking time may be decreased or increased for a few minutes depending on your desired flavor. You may check the food during the cooking process.

Herbed Buttermilk Roast Chicken Breast



PREP TIME
25 min



COOK TIME
14-18 min



INGREDIENTS 1

- 1 pound chicken breast skinless, boneless
- 1 cup 1% buttermilk
- olive oil spray

INGREDIENTS 2

- 1½ tsp dried parsley
- 1½ tsp dried chives
- ¾ tsp kosher salt, to taste
- ½ tsp dried dill
- ½ tsp onion powder
- ¼ tsp garlic powder

DIRECTIONS

1. Place chicken breast between 2 sheets of parchment paper or plastic wrap, pound to ½ inch at the thickest part for even cooking.
2. Cut chicken into 4 cutlets, place the chicken in a bowl and pour the buttermilk over, covering completely. Set aside for 20 minutes at least.
3. Mix up INGREDIENTS 2.
4. Remove the chicken from the buttermilk, let the excess drip off, and coat the chicken on both sides with the mixture, set aside.
5. Spray the chicken with olive oil.
6. Select PREHEAT, adjust to 380°F, and press START/PAUSE.
7. Place the chicken in the preheated air fryer, select POULTRY, adjust to 14-18 minutes, and press START/PAUSE.

Chicken Milanese with Arugula



PREP TIME
15 min



COOK TIME
12-14 min



INGREDIENTS

- 1 pound chicken breast boneless, skinless
- $\frac{3}{4}$ tsp kosher salt
- $\frac{1}{2}$ ground black pepper
- $\frac{3}{4}$ cup dry bread crumbs
- 2 tbsp grated Parmesan cheese
- 1 large egg, beaten
- Olive oil spray

DIRECTIONS

- Place chicken breast between 2 sheets of parchment paper or plastic wrap, pound to $\frac{1}{2}$ inch at the thickest part for even cooking.
- Cut chicken into 4 cutlets and sprinkle both sides with salt and pepper.
- In a shallow plate, beat the egg and 1 tsp of water together.
- Combine breadcrumbs and Parmesan cheese in another shallow bowl.
- Dip the chicken into the egg, and shake off any residual egg.
- Dip chicken in crumb mixture until evenly and fully covered.
- Spray both sides with olive oil.
- Select PREHEAT, adjust to 380°F, and press START/PAUSE.
- Place chicken in the preheated air fryer, select POULTRY for 12-14 minutes, and press START/PAUSE. Serve chicken with arugula and top with a generous amount of lemon juice.

SERVE

- 2 cups arugula, or as desired
- 2 lemons, cut into wedges

CHEF'S TIP:

Follow the prompt and flip for even cooking.



Crumbed Chicken Strips



PREP TIME
10 min



COOK TIME
10-12 min

INGREDIENTS

- 1 pound chicken tenderloins, (inch thick cut into 1 inch long strips)
- 2 large egg, beaten
- 1 cup bread crumbs
- 2 tbsp olive oil
- $\frac{3}{4}$ tsp kosher salt, to taste
- $\frac{1}{2}$ ground black pepper

DIRECTIONS

- Mix bread crumbs and oil together in a bowl until the mixture becomes loose and crumbly.
- Coat the chicken strips with salt and pepper.
- Dip each chicken strip into the egg and shake off any residual egg.
- Dip chicken strips in crumb mixture until evenly and fully covered.
- Select PREHEAT, adjust to 380°F, and press START/PAUSE.
- Place the chicken strips into the preheated air fryer, select POULTRY for 10-12 minutes, and press START/PAUSE.

CHEF'S TIP:

Follow the prompt and flip for even cooking.

Fried Pork Chops



PREP TIME
8 min



COOK TIME
16-18 min



INGREDIENTS 1

3 pork chops (6oz each)
1 inch thick
Olive oil spray

INGREDIENTS 2

Italian seasoning to taste
salt to taste
ground black pepper to taste

DIRECTIONS

1. Spray both sides of pork chops with olive oil. then in a mixing bowl.
2. Mix INGREDIENTS 2 together.
3. Evenly coat both sides of pork chops with mixture.
4. Spray both sides of the pork chops with olive oil.
5. Select PREHEAT, adjust to 380°F, and press START/PAUSE.
6. Place the pork chops into the preheated air fryer, select ROAST at 380°F for 16-18 minutes, and press START/PAUSE.

CHEF'S TIPS:

1. Follow the prompt and flip for even cooking.
2. Cooking time varies depending on the thickness of the pork chop. Time can adjust as desired, see Cooking Time Reference Table for more information.



Crumbed Fish Fillet



PREP TIME
8 min



COOK TIME
10 min

INGREDIENTS

4 fish fillets, inch thick
1 cup dry bread crumbs
¼ cup vegetable oil
1 egg, beaten
1 lemon, sliced

DIRECTIONS

1. Mix bread crumbs and oil together in a bowl. Stir until the mixture becomes loose and crumbly.
2. Dip fish fillets into the egg. Shake off any excess.
3. Dip into the bread crumb mixture until coated evenly.
4. Select PREHEAT, and adjust to 350°F.
5. Place fish fillets in the preheated air fryer, select POULTRY at 350°F for 10 minutes, then press START/PAUSE.

CHEF'S TIPS:

1. Follow the prompt and flip for even cooking.
2. Cooking time varies depending on thickness of the fillet. Time can adjust as desired.

Buffalo Chicken Wings



PREP TIME
10 min



COOK TIME
18 min



Crispy Breaded Pork Chops



PREP TIME
15 min



COOK TIME
16-18 min



INGREDIENTS 1

- 6 chicken wings
- 2 tsp olive oil



INGREDIENTS 2

- ¼ cup butter
- ⅓ cup cayenne pepper sauce, to taste
- 1 tbsp vinegar, to taste
- ½ tsp garlic powder
- ¼ tsp cayenne pepper, to taste
- salt to taste



DIRECTIONS

- Pat chicken wings dry with a paper towel, then brush them with olive oil.
- Select PREHEAT at 380°F and press START/PAUSE.
- Place the wings in the preheated air fryer, select POULTRY at 380°F for 18 minutes, then press START/PAUSE.
- Place INGREDIENTS 2 in a small saucepan over medium heat. Stir and keep warm until the wings are done.
- Pour sauce over cooked wings and toss to coat. Serve hot.



INGREDIENTS 1

- 3 pork chops (6oz each), 1 inch thick
- Olive oil spray

- ½ tsp kosher salt
- 2 egg, beaten



INGREDIENTS 2

- 1 tsp kosher salt, to taste
- ½ cup pan ko bread crumbs
- ⅓ cup crushed cornflakes crumbs
- 2 tbsp grated parmesan cheese
- ⅓ cup crushed cornflakes crumbs

- 1¼ tsp sweet papri ka
- ½ tsp garlic powder
- 2 tsp onion powder
- ¼ tsp chili powder
- ⅓ tsp black pepper



DIRECTIONS

- Sprinkle both sides of the pork chops with ½ tsp kosher salt.
- Mix all INGREDIENTS 2 in a large shallow bowl together.
- Dip each pork chop into the egg and shake off any residual egg.
- Dip each pork chop into the crumb mixture, evenly and fully covered.
- Spray both sides of the pork chops with oil.
- Select PREHEAT, adjust to 380°F and press START/PAUSE.
- Place the pork chops into the preheated air fryer, select ROAST at 380°F for 16-18 minutes, then press START/PAUSE.



CHEF'S TIP:

Follow the prompt and shake for even cooking.



CHEF'S TIPS:

- Follow the prompt and flip for even cooking.
- Cooking time varies depending on the thickness of the pork chop. Time can adjust as desired.

Fried Herb Catfish Fillets



PREP TIME
8 min



COOK TIME
10 min



INGREDIENTS 1

4 catfish fillets, ½ inch thick
Olive oil spray

INGREDIENTS 3

¼ tsp garlic powder
juice of one lemon
2 tbsp butter, melted

INGREDIENTS 2

2 tbsp fresh parsley, minced
1 tsp salt
¾ tsp paprika
½ tsp dried thyme
½ tsp dried oregano
½ tsp dried basil
½ tsp ground black pepper

DIRECTIONS

1. Mix INGREDIENTS 2 together.
2. Coat both sides of the fillets with mixture.
3. Add INGREDIENTS 3 in a small bowl, mix well.
4. Drizzle the butter mixture over the fillets.
5. Select PREHEAT, adjust to 350°F.
6. Select SEAFOOD and press START/PAUSE to cook at 350°F for 10 minutes.

CHEF'S TIP:

Cooking time varies depending on the thickness of the fillet. Time can adjust as desired.

Cajun Shrimp With Vegetables



PREP TIME
10 min



COOK TIME
6 min



INGREDIENTS

12 oz med-sized shrimp, peeled and deveined
3 oz fully cooked Turkey or Chicken Andouille sausage, sliced
½ tsp Cajun or other seasonings as desired
¼ tsp kosher salt, to taste
1 tbsp olive oil
4 oz zucchini, sliced into ¼-inch thick half-moons
4 oz yellow squash, sliced into ¼ inch thick half-moons
1 red bell pepper, seeded and cut into thin 1-inch pieces
or other veggies as desired

CHEF'S TIPS:

1. Cooking time varies depending on the size of the shrimp. Time can adjust as desired, see Cooking Time Reference Table for more information.
2. Follow the prompt and flip for even cooking.

DIRECTIONS

1. Mix all INGREDIENTS in a bowl, toss to coat well.
2. Select PREHEAT, adjust to 370°F, and press START/PAUSE.
3. Place mixture in the preheated air fryer, select AIR FRY adjust to 370°F and 6 minutes, then press START/PAUSE.

Pork Riblets



PREP TIME
10 min



COOK TIME
18 min



INGREDIENTS

- ¾ cup water
- 1 pound bone-in St. Louis pork sparerib portions (cut 1 to 1½ inches thick)
- 1 tbsp Kansas City-style barbecue seasoning rub (or Homemade BBQ Seasoning, see recipe below)
- 1 Cooking spray
- ¾ cup barbecue sauce (bottled, heated)

DIRECTIONS

- Place water in bottom of air fryer pan (underneath the basket). Preheat your air fryer to 350°F
- Meanwhile, cut rib portions between the bones into 1- to 1½-inch pieces; place in a large bowl. Sprinkle barbecue seasoning over rib pieces; toss until evenly coated. Lightly spray rib pieces with cooking spray; toss.
- Lightly spray the air fryer basket with cooking spray. Place rib pieces in the basket. Lightly spray tops of pork pieces with cooking spray. Select POULTRY, adjust to 350°F and 15 minutes, shake rib pieces in basket or turn with tongs; lightly spray with cooking spray again. Cook for 10 minutes more, shaking basket or turning rib pieces after 6 minutes.
- Lightly brush rib pieces with some of the sauce; cook for 1 to 2 minutes or until sauce slightly caramelizes. Transfer rib pieces to a bowl and toss with remaining sauce. Let cool for 3 to 5 minutes before serving.
- HOMEMADE BBQ SEASONING:** In a small bowl combine 2 teaspoons packed dark brown sugar, ¾ teaspoon smoked paprika, ½ teaspoon garlic salt, and 1/8 teaspoon ground black pepper. Makes 1 tablespoon of seasoning.



Whole Chicken



PREP TIME
10 min



COOK TIME
45-55 min

INGREDIENTS

- 5 pounds chicken (giblets removed)
- 2 tbsp avocado oil
- 1 tbsp kosher salt
- 1 tsp freshly ground black pepper
- 1 tsp garlic powder
- 1 tsp paprika (smoked paprika is preferred)
- ½ tsp dried basil
- ½ tsp dried oregano
- ½ tsp dried thyme

CHEF'S TIPS:

- Cooking time varies depending on the size of the chicken. Time can adjust as desired, see Cooking Time Reference Table for more information.
- Follow the prompt and flip for even cooking.

DIRECTIONS

- Preheat your air fryer to 360°F.
- Combine all of the seasonings with the oil to make a paste. Spread all over the chicken.
- Spray the air fryer basket with cooking spray. Place the chicken in the basket breast side down and select POULTRY, adjust to 360°F and 35-45 minutes.
- Flip the chicken breast side up and cook for an additional 10 minutes.
- Check to make sure the breast meat has an internal temperature of 165° F. Carve and serve.

Baked Potato



PREP TIME
5 min



COOK TIME
40-50 min



INGREDIENTS

- 4 medium russet potatoes, scrubbed clean and dried
- 2 tsp olive oil
- 1 tsp kosher salt

DIRECTIONS

1. Preheat your air fryer to 380°F.
2. Pierce each of the potatoes with a fork or sharp knife several times. Rub the potatoes with olive oil and sprinkle with salt.
3. Arrange the potatoes in the air fryer basket, making sure to leave ample room around the potatoes for the air to circulate and cook the potatoes. Select AIR FRY, adjust to 380°F, and press START/PAUSE to cook for 30-40 minutes.
4. After 30-40 minutes, gently press on the sides of the potato. If it easily yields, the potato is done. If not, return it to the basket and cook for up to 10 more minutes.
5. Split open the baked potatoes with a knife and add your preferred toppings.

Garlic Toast Pizzas



PREP TIME
5 min



COOK TIME
6 min



INGREDIENTS

- 1 box Pepperidge Farm Garlic Toast (8 slices)
- 12 oz pizza sauce
- 2 cups shredded mozzarella cheese
- 24 slices pepperoni (or turkey pepperoni)

DIRECTIONS

1. Preheat your air fryer to 390°F.
2. Place 4 garlic toast slices in the air fryer. Select AIR FRY, adjust to 390°F, and press START/PAUSE to cook for 3 minutes.
3. Remove the garlic toast slices. Top each with pizza sauce, cheese, and 3 slices of pepperoni.
4. Return to air fryer and cook for 3 more minutes. Remove and repeat with remaining garlic toast slices.

Chicken Parmesan



PREP TIME
5 min



COOK TIME
12 min



INGREDIENTS

- 4 (8 oz) chicken breasts, sliced in half to make 4 thinner cutlets
- 6 tbsp seasoned breadcrumbs of your choice
- 2 tbsp grated parmesan cheese
- 1 tbsp butter, melted (or olive oil)
- 6 tbsp reduced fat mozzarella cheese
- ½ cup marinara
- Cooking spray

DIRECTIONS

1. Preheat your air fryer to 360°F.
2. Combine breadcrumbs and parmesan cheese in a bowl. Melt the butter in another bowl.
3. Lightly brush the butter onto the chicken, then dip into breadcrumb mixture.
4. Place the chicken in the basket 2 pieces at a time and spray the top with oil.
5. Select POULTRY, adjust to 360°F, and press START/PAUSE to cook for 9 minutes. flip, and top each with 2 tbsp sauce and 1 ½ tbsp of shredded mozzarella cheese.
6. Cook 3 more minutes or until cheese is melted.
7. Set aside and keep warm; repeat with the remaining 2 pieces.

Nashville Chicken



PREP TIME
15 min



COOK TIME
12 min



Ingredients (sauce)

- 2 tbsp cayenne pepper
- 2 tbsp dark brown sugar
- 1 tsp chili powder
- ½ tsp garlic powder
- 1 tsp paprika
- ½ cup olive oil

INGREDIENTS(chicken)

- 2 pounds boneless chicken breast tenders
- 1 tsp salt
- ½ tsp coarsely ground black pepper
- 2 tbsp hot sauce
- 2 tbsp pickle juice
- 1 cup all purpose flour
- 1 large egg
- ½ cup buttermilk
- Cooking spray

DIRECTIONS

1. In a large bowl, toss together the chicken, 1 tbsp hot sauce, ½ tsp salt, ¼ tsp pepper, 1 tbsp of pickle juice until well combined.
2. Cover with plastic wrap and refrigerate for at least 1 hour.
3. Pour the flour into a bowl and mix in remaining ½ tsp of salt and ¼ tsp of pepper.
4. Whisk the eggs, buttermilk, and remaining tbsp of hot sauce in a separate bowl.
5. To dredge the chicken, first place it in the flour and toss each piece to evenly coat.
6. Then, place it into the buttermilk mixture, and then back into the flour.
7. Place the breaded chicken on a baking sheet in a single layer. Repeat with the other tenders until all are coated.
8. Let rest for 10 minutes.
9. Preheat your air fryer to 380°F.
10. Place the tenders in the air fryer basket (in batches) in a single layer and lightly coat with cooking spray.
11. Select POULTRY, adjust to 380°F, and press START/PAUSE to cook for 12 minutes.

Steak Bites & Mushrooms



PREP TIME
10 min



COOK TIME
10-12 min



INGREDIENTS

- 1 lb steaks, cut into 1" cubes and patted dry
- 8 oz mushrooms (cleaned, washed, and halved)
- 2 tbsp butter, melted (or olive oil)
- 1 tsp Worcestershire sauce
- ½ tsp garlic powder
- Salt and pepper (to taste)
- Parsley, minced (for garnish)
- Melted butter for finishing (optional)
- Chili flakes for finishing (optional)

DIRECTIONS

1. Combine the steak cubes and mushrooms. Coat with the melted butter and then season with Worcestershire sauce, garlic powder, salt and pepper.
2. Preheat your air fryer to 400°F.
3. Spread the steak and mushrooms in even layer in the air fryer basket.
4. Select POULTRY, adjust to 400°F, and press START/PAUSE to cook for 10 minutes.
5. Check the steak to see how well done it is. If you want the steak cooked more, add an extra 2-5 minutes to the cooking time.
6. Garnish with parsley and drizzle with optional melted butter and/or chili flakes. Season with additional salt and pepper if desired. Serve warm.



Bacon Wrapped Pork Tenderloin



PREP TIME
10 min



COOK TIME
20-25 min

INGREDIENTS

- 1 pound pork tenderloin (fat trimmed), 1 inch thickness
- 5 slices bacon
- 1 tsp salt
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ tsp smoked paprika
- ¼ tsp pepper
- Cooking spray

DIRECTIONS

1. Preheat your air fryer to 380°F.
2. In a small bowl, mix together salt, garlic powder, onion powder, paprika, and pepper. Season pork evenly on all sides with the seasoning mixture.
3. Wrap slices of bacon around the pork tenderloin and add to the air fryer basket.
4. Spray the top of the bacon wrapped pork tenderloin lightly with cooking spray.
5. Select POULTRY, adjust to 380°F, and press START/PAUSE to cook for 20-25 minutes.
6. Let rest 5 minutes. When ready to serve, slice the bacon wrapped pork tenderloin into 1-inch-thick rounds.

CHEF'S TIPS:

1. Flip halfway for even cooking.
2. Cooking time may vary based on thickness of the pork. Please refer to Cooking Time Table for reference.

Garlic and Parmesan Green Bean Fries



PREP TIME
5 min



COOK TIME
6 min



INGREDIENTS

- 1 pound fresh green beans
- ½ cup flour (optional)
- 1 cup panko bread crumbs
- ½ cup parmesan cheese
- 1 tbsp garlic powder
- 2 eggs
- ½ cup flour

DIRECTIONS

1. Preheat your air fryer to 390°F.
2. Rinse green beans. Toss to coat in flour (optional).
3. Whisk eggs and dip green beans in eggs.
4. Mix together parmesan cheese, panko bread crumbs, and garlic powder.
5. After dipping the green beans in eggs, place in panko mix and toss to coat.
6. Preheat the air fryer to 390°F.
7. Place in air fryer basket and select POULTRY, adjust to 390°F, and press START/PAUSE to cook for 6 minutes.
8. Sprinkle with additional parmesan cheese if desired.

CHEF'S TIP:

Flip halfway for even cooking.



Lobster Tails with Garlic Butter



PREP TIME
5 min



COOK TIME
6-9 min

INGREDIENTS

- 4 lobster tails (remove the meat from the shell, keeping it attached at the base and placed on top of the shell)
- 6 tbsp butter, melted
- 1 tbsp cilantro, packed (more for garnish)*cloves garlic
- 2 tsp Dijon mustard
- 1 tbsp lemon juice
- 2 tsp creole seasoning
- 1/8Salt and pepper (to taste)

DIRECTIONS

1. Using a blender, blend together all ingredients except lobster tails. Divide the sauce into 2 separate dishes.
2. Preheat your air fryer to 370°F.
3. Place lobster tails in the air fryer and evenly brush half of the garlic butter sauce over the lobsters.
4. Select AIR FRY, adjust to 370°F, and press START/PAUSE to cook for 6-9 minutes. or until lobster is cooked through.
5. Spread the other half of the garlic butter over the hot lobsters. Sprinkle with finely chopped cilantro. Serve with cucumber salad and mashed potatoes.

*Can be substituted for your favorite leafy herb, such as parsley.

Honey Mesquite Pork Chops



PREP TIME
25 min



COOK TIME
16 min



INGREDIENTS

- ½ 1/2 tbsp mesquite seasoning
- 2 2 tbsp honey
- ½ 1/2 tbsp olive oil
- ¼ 1/4 tsp black pepper
- 2 2 bone-in center-cut pork chops, 1 inch thickness
- Cooking spray

DIRECTIONS

1. Preheat your air fryer to 380°F.
2. Mix together the mesquite seasoning, honey, olive oil, and black pepper in a shallow plate. Add pork chops and turn to coat them well. The spice mixture will be a thick paste, so you may need to rub it into the pork chops.
3. Cover and let marinate for 20 minutes at room temperature.
4. Spray the pork chops with cooking spray and cook select POULTRY, adjust to 380°F, and press START/PAUSE to cook for 16 minutes.

CHEF'S TIP:

Flip halfway for even cooking.



Crab Cakes



PREP TIME
15 min



COOK TIME
10 min

INGREDIENTS

- 8 oz lump crab
- ¼ cup red bell pepper, chopped
- 2 green onion, chopped
- 2 tbsp mayonnaise
- 2 tbsp bread crumbs
- 1 tsp Dijon mustard
- 1 tsp Old Bay seasoning
- Cooking spray
- Squeeze of lemon

DIRECTIONS

1. Preheat your air fryer to 370°F.
2. Place crab, red bell pepper, green onion, bread crumbs, mayonnaise, Dijon mustard, and Old Bay seasoning in a bowl and stir until combined.
3. Gently form 4 patties with mixture.
4. Place patties in the air fryer basket and spray with oil.
5. Select POULTRY, adjust to 370°F, and press START/PAUSE to cook for 10 minutes. Squeeze lemon over the tops before serving.

*Can be substituted for your favorite leafy herb, such as parsley.

Vegan Hasselback Potatoes



PREP TIME
10 min



COOK TIME
35-40 min



INGREDIENTS

- 2 russet potatoes
- ¼ cup thinly sliced baby portabella mushrooms
- 2 tbsp olive oil
- ¼ cup vegan parmesan cheese
- Salt and pepper (to taste)

DIRECTIONS

1. Preheat your air fryer to 380°F.
2. Peel the potatoes and slice very thinly but not all the way through.
3. Slide a thin slice of mushroom into each slit and spray with olive oil on both sides.
4. Place the potatoes in the air fryer basket and select AIR FRY adjust to 380°F, and press START/PAUSE to cook for 35-40 minutes.
5. Remove from air fryer and sprinkle with salt and pepper if desired. Sprinkle liberally with vegan parmesan cheese. The nut-free version is great with these potatoes.

CHEF'S TIP:

Flip halfway for even cooking.

Chicken Legs



PREP TIME
10 min



COOK TIME
22 min



INGREDIENTS

- 6 chicken legs
- 2 tbsp brown sugar
- 1½ tsp kosher salt
- 1 tsp ground black pepper
- 1 tsp ground mustard
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp smoked paprika
- ¼ tsp cayenne pepper
- 1 tbsp olive oil

CHEF'S TIP:

Flip halfway for even cooking.

DIRECTIONS

1. Add all dry ingredients to a large zip-top bag and shake to mix well. Add chicken to bag with olive oil and shake until evenly coated.
2. Let chicken marinate in the refrigerator for at least 1 hour. The longer the better. Overnight is best!
3. Preheat your air fryer to 380°F.
4. Add chicken to air fryer and select POULTRY, adjust to 380°F, and press START/PAUSE to cook for 22 minutes.
5. Remove the chicken legs and serve.

Hamburgers



PREP TIME
5 min



COOK TIME
16 min



INGREDIENTS

- 1 pound ground beef
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp onion powder
- ¼ tsp black pepper
- 1 tsp Worcestershire sauce
- 4 burger buns

DIRECTIONS

1. Preheat your air fryer to 360°F.
2. Place the raw ground beef in a bowl and add in the seasonings. Use your hands to mix well, then form the mixture into a ball.
3. Score the ground beef mixture into 4 equal sections by making a "+" sign to divide it.
4. Scoop out each section and form each into a patty.
5. Place the patties into the air fryer, leaving plenty of space for each patty to cook (not touching).
6. Select ROAST, adjust to 360°F, and press START/PAUSE to cook for 16 minutes.

CHEF'S TIP:

Flip halfway for even cooking.



Baby Back Ribs



PREP TIME
5 min



COOK TIME
16 min

INGREDIENTS

- 1 pound baby back ribs, cut into sections to fit in the air fryer
- 1 tbsp olive oil
- ½ tsp kosher salt
- 1 tsp ground black pepper
- 1 tsp chili powder
- 1 tsp onion powder
- ½ tsp garlic powder
- ½ tsp brown sugar

DIRECTIONS

1. Preheat your air fryer to 380°F.
2. Pat the ribs dry with kitchen paper towel, then rub all over with oil.
3. Mix all the seasonings together and coat ribs with seasoning mixture.
4. Select POULTRY, adjust to 380°F, and press START/PAUSE to cook for 16 minutes.
5. After the ribs are done, allow to rest for 10 minutes to retain the juices.

Steak Bites



PREP TIME
10 min



COOK TIME
10 min



Ingredients (steak)

- 16 oz top sirloin, cut into bite size pieces
- ½ tbsp olive oil
- ½ tbsp brown sugar
- 1 tsp kosher salt
- 1 tsp black pepper
- 1 tsp chili powder
- ¼ tsp garlic powder
- ¼ tsp onion powder

Ingredients (herb butter)

- 1½ tbsp butter
- ¼ tsp garlic powder
- ¼ tsp red pepper flakes
- ¼ tsp parsley flakes

DIRECTIONS

1. Preheat your air fryer to 400°F.
2. Toss the steak pieces with olive oil. Mix the brown sugar and spices together and coat the steak in the seasoning. Set aside.
3. Add the steak to the basket and select STEAK, adjust to 400°F, and press START/PAUSE to cook for 10 minutes.
4. While the steak cooks, melt the butter and mix in the garlic powder, red pepper, and parsley.
5. Toss the finished steak in the garlic butter mixture before serving.



Roasted Lamb



PREP TIME
5 min



COOK TIME
15 min

INGREDIENTS

- 10 oz lamb leg
- 1 tbsp olive oil
- 1 tsp rosemary, fresh or dried
- 1 tsp thyme, fresh or dried
- ½ tsp black pepper
- ½ tsp salt

DIRECTIONS

1. Preheat your air fryer to 380°F.
2. On a plate, mix olive oil with rosemary and thyme.
3. Pat lamb roast dry and place in the herb oil mixture, turning it to ensure it is well coated.
4. Place lamb in the air fryer basket. Select POULTRY, adjust to 380°F, and press START/PAUSE to cook for 15 minutes.
5. Remove roasted lamb from the air fryer, cover with kitchen foil, and leave to rest for five minutes before serving.

Cod



PREP TIME
5 min



COOK TIME
10-12 min



INGREDIENTS

- 1 pound cod fillets
- 1 lemon, sliced
- ¼ cup butter
- 1 tsp salt
- 1 tsp Italian seasoning
- Olive oil

DIRECTIONS

1. Preheat your air fryer to 350°F.
2. Season cod fillets with salt and Italian seasoning.
3. Brush the air fryer basket with oil. Place fillets in the basket. Top fillets off with butter and lemon slices.
4. Select SEAFOOD, adjust to 350°F, and press START/PAUSE to cook for 10-12 minutes.



Pork Tenderloin



PREP TIME
10 min



COOK TIME
20-25 min

INGREDIENTS

- 1 pound pork tenderloin
- 2 tbsp brown sugar
- 1½ tsp salt
- 1 tsp ground mustard
- 1½ tsp onion powder
- ½ tsp ground black pepper
- ¼ tsp garlic powder
- ¼ tsp cayenne powder (optional)
- ½ tsp olive oil

DIRECTIONS

1. Preheat your air fryer to 380°F.
2. Mix all dry ingredients in a bowl.
3. Trim the pork tenderloin of any excess fat/silver skin. Coat with olive oil. Rub spice mixture on entire pork tenderloin.
4. Carefully place pork tenderloin in the air fryer and select POULTRY, adjust to 380°F, and press START/PAUSE to cook for 20-25 minutes.
5. When air fryer cycle is complete, carefully move pork tenderloin to a cutting board and let rest for 5 minutes before slicing. Save any juices to serve over sliced meat.

DESSERTS

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Churros



PREP TIME
15 min



COOK TIME
12 min

Ingredients (churros)

- 1 cup water
- $\frac{1}{3}$ cup unsalted butter, cubed
- 2 tbsp granulated sugar
- $\frac{1}{4}$ tsp salt
- 1 cup all-purpose flour
- 3 large eggs
- 1 tsp vanilla extract
- Cooking spray

Ingredients (topping)

- $\frac{1}{2}$ cup granulated sugar
- $\frac{3}{4}$ tsp ground cinnamon

DIRECTIONS

1. Place a silicone baking mat on a baking sheet and spray with oil spray.
2. In a medium saucepan, add water, butter, sugar, and salt. Bring to a boil over medium-high heat.
3. Reduce heat to medium-low and add flour to the saucepan. Stir constantly until the dough comes together and is smooth.
4. Remove from heat and transfer the dough to a mixing bowl. Let cool for 4 minutes.
5. Add eggs and vanilla extract to the mixing bowl and mix until smooth. Use your hands to shape dough into a ball and transfer to a large piping bag fitted with a large star-shaped tip.
6. Pipe churros onto the greased baking mat, into 4-inch logs.
7. Refrigerate piped churros on the baking sheet for 1 hour.
8. Preheat your air fryer to 375°F.
9. Carefully transfer churros to the air fryer basket, leaving about $\frac{1}{2}$ of an inch between each one. Spray tops of churros with cooking spray.
10. BAKE for 12 minutes or until golden brown.
11. While cooking, combine granulated sugar and cinnamon in a shallow bowl.
12. Immediately transfer baked churros to the bowl with the sugar mixture and toss to coat.

Chocolate Molten Lava Cake



PREP TIME
15 min



COOK TIME
8 min



INGREDIENTS

- 4 oz semi-sweet chocolate bar (broken into pieces)
- 3 oz unsalted butter (cut into pieces)
- 2 large eggs
- 2 egg yolks
- 4 tbsps white sugar
- 3 tbsps all-purpose flour
- 1 tsp vanilla extract (optional)

DIRECTIONS

- Grease 3pc 6-ounce ramekins and set aside.
- Melt butter and chocolate in a microwave-safe bowl for about 1.5 minutes until melted, stirring every 30 seconds. Set aside.
- In a separate large bowl, use an electric beater and beat eggs, egg yolks, vanilla extract, and sugar together until well blended.
- Add flour and the chocolate mixture and stir until combined. Pour the mixture into the ramekins, filling each one about halfway.
- Select PREHEAT, adjust to 350°F, and press START/PAUSE.
- Place in the air fryer basket and select BAKE for 350°F and 8 minutes, and press START/PAUSE.
- Once air frying is done, allow the cake to cool in a ramekin for about 1 minute. Use a butter knife to loosen the cake from the ramekin and turn it over onto a plate.
- Serve with fresh whipped cream, fresh berries, or topped with powdered sugar and enjoy.



Egg Tart



PREP TIME
10 min



COOK TIME
8 min

INGREDIENTS

- Egg tart filling
- 3 tbsps milk
- 4 tbsps whipping cream
- 1 tbsp sugar
- 1 big egg(or 2 egg yolks)
- 1 tbsp condensed milk(optional)
- 6 ready-made frozen custard tart crust

DIRECTIONS

- Add sugar into the milk and gently stir the mixture.
- Add the egg into the milk mixture and gently mix together.
- Add the whipping cream and condensed milk into the mixture and gently mix.
- Filter the mixture one or two times to make it smooth.
- Pour the mixture into the crust, but up to 80% full only.
- Select PREHEAT, adjust to 350°F and press START/PAUSE.
- Place the mixture in the preheated air fryer, select BAKE, adjust to 350°F and 8 minutes, then press START/PAUSE.

Banana Bread



PREP TIME
30 min



COOK TIME
30-35 min



INGREDIENTS

- 1 banana
- ¼ tsp salt
- ¾ cup all-purpose flour
- ¼ tsp baking soda
- ½ cup granulated sugar
- ¼ coconut oil
- ¼ cup yogurt
- 1 large egg
- ½ tsp vanilla extract (optional)
- ½ cup chopped walnuts (optional)

DIRECTIONS

1. In a large bowl, whisk together flour, salt, and baking soda.
2. Place banana in a medium bowl and mash until very smooth.
3. Whisk in sugar, oil, yogurt, vanilla, and egg, making sure all ingredients are completely smooth.
4. Fold into dry ingredients until just combined.
5. Gently stir in walnuts if desired.
6. Select PREHEAT, adjust to 310°F and press START/PAUSE.
7. Transfer the batter into a non-stick 6- 7" round baking pan and place the pan inside the air fryer basket.
8. Select BAKE for 310°F and cook for 30-35 minutes, or until the toothpick inserted into the bread comes out clean.
9. Allow cooling in the baking pan on a wire rack for at least 20 minutes before removing.

Yogurt



PREP TIME
4H 30 min



COOK TIME
8 hour



INGREDIENTS

- ½ gallon whole milk
- 2 tbsps plain yogurt with active live cultures
- 1 tbsp vanilla extract
- ½ cup honey

DIRECTIONS

1. Boil the milk to 180°F, checking the temperature regularly and stirring frequently so the milk does not burn at the bottom.
2. Let the milk cool to 110°F, using an instant-read thermometer to check the temperature often and stirring often.
3. Stir in the yogurt and whisk until combined.
4. Pour the mixture into the bowl with cover.
5. Put the bowl into the air fryer select DEHYDRATE and cook at 110°F for 8 hours.
6. After 8 hours of incubation, transfer the yogurt to refrigerate for 4 hours.
7. Add the vanilla and honey to the yogurt and stir until well blended. Cover and place the bowl back in the refrigerator or divide the yogurt among airtight glass jars.

Strawberry Cream Scones



PREP TIME
15 min



COOK TIME
12 min



INGREDIENTS

- 2 cups all-purpose flour
- ¼ cup white sugar
- 2 tsp baking powder
- 6 tbsps butter, cold, cut into pieces
- ½ whipping cream
- 2 large eggs
- 1 tsp milk
- ½ cup fresh strawberries, chopped
- 2 tsp vanilla extract(optional)

DIRECTIONS

1. Mix sugar, baking powder and flour in a bowl.
2. Let the milk cool to 110°F, using an instant-read thermometer to check the temperature often and stirring often.
3. Add the whipping cream, one egg and vanilla extract in a separate bowl.
4. Pour the cream mixture into the flour mixture until it combines, roll it out to a 1 1/2 inch thickness and fold it 5 or 6 times.
5. Use a round cookie cutter to cut the scones.
6. Make an egg wash which made from one egg and the milk, brush it on the scones.
7. Select PREHEAT, adjust to 400°F and press START/PAUSE.
8. Place the scones into the preheated air fryer and select BAKE at 400°F and 12 minutes. Cook until golden brown.



Donuts



PREP TIME
2H 30 min



COOK TIME
4 min



INGREDIENTS

- ⅔ cup milk, lukewarm (about 100°F)
- 2½ tsp active dry yeast
- ¼ cup granulated sugar, plus 1 tsp
- ½ tsp salt
- 1 large egg
- 4 tbsps unsalted butter, melted
- 3 cups all-purpose flour
- oil Spray
- 1 tsp vanilla extract (optional)

For the vanilla glaze

- 3 tbsps unsalted butter
- 1 cup powdered sugar
- 1 tsp vanilla extract
- 2 tbsps hot milk, or as needed

1. Microwave milk in a small, microwave-safe bowl for about 40 seconds or until lukewarm. Gently stir in 1 tsp of sugar and yeast together with lukewarm milk. Let it sit for about 10 minutes until foamy.
2. Transfer the milk mixture to a medium bowl and add sugar, salt, egg, melted butter, and 2 cups of flour. Mix on low speed until combined. With the mixer still running, slowly add the remaining cup of flour until the dough no longer sticks to the bowl. Increase speed to medium-low and knead for 5 minutes until the dough is elastic and smooth.
3. Place the dough into a greased bowl and cover it with plastic wrap. Let rise in a warm place until doubled. The dough is ready if you make a dent with your finger and the indent remains.
4. Transfer the dough onto a floured surface and knead until elastic, gently roll out to about inch thickness. Cut out 10-12 donuts using a 3-inch round cutter and a 1-inch round cutter to remove the center.
5. Place donuts and donut holes onto baking sheets and cover loosely with greased plastic wrap. Let donuts rise until doubled in volume, about 40 minutes to 1 hour more.
6. Preheat the air fryer at 350°F.
7. Spray the air fryer basket with oil spray, carefully transfer donuts to the basket in a single layer. Spray donuts with oil spray.
8. Select BAKE for 350°F and 4 minutes, then press START /PAUSE until golden brown.
9. Repeat with remaining donuts and holes.
10. While the donuts are in the air fryer, melt butter in a small saucepan over medium heat. Stir in powdered sugar and vanilla extract until smooth. Remove from heat and stir in hot milk one tablespoon at a time until the icing is somewhat thin, but not watery. Set aside.
11. Dip hot donuts and donut holes in the glaze using forks to submerge them. Place on a wire rack set over a rimmed baking sheet to allow excess glaze to drip off. Let sit until glaze hardens, about 10 minutes.

Homemade Cannoli



PREP TIME
1H 20 min



COOK TIME
12 min



Ingredients (filling)

- 1 (16 oz) container ricotta
- ½ cup mascarpone cheese
- ½ cup powdered sugar, divided
- ¾ cup heavy cream
- 1 tsp pure vanilla extract
- 1 tsp orange zest
- ¼ tsp kosher salt
- ½ cup mini chocolate chips, for garnish

Ingredients (shells)

- 2 cup all-purpose flour, plus more for surface
- ½ cup granulated sugar
- 1 tsp kosher salt
- ½ tsp cinnamon
- 4 tbsp cold butter, cubed
- 6 tbsp white wine
- 1 large egg
- 1 egg white, for brushing
- Cooking spray

Directions (filling):

1. Drain ricotta by placing it in a fine mesh strainer set over a large bowl. Let drain in refrigerator for at least an hour or up to overnight.
2. In a large bowl using a hand mixer, beat heavy cream and ¼ cup powdered sugar until stiff peaks form.
3. In another large bowl, combine ricotta, mascarpone, remaining ¼ cup powdered sugar, vanilla, orange zest, and salt. Fold in whipped cream. Refrigerate until ready to fill cannoli, at least 1 hour.

Directions (shells)

1. In a large bowl, whisk together flour, sugar, salt, and cinnamon. Cut butter into flour mixture with your hands or pastry cutter until pea-sized. Add wine and egg and mix until a dough forms. Knead a few times in bowl to help dough come together. Pat into a flat circle, then wrap in plastic wrap and refrigerate at least 1 hour or up to overnight.
2. On a lightly floured surface, divide dough in half. Roll one half out to 1/8" thick. Use a 4" circle cookie cutter to cut out dough. Repeat with remaining dough. Re-roll scraps to cut a few extra circles.
3. Wrap dough around cannoli molds and brush with egg whites where the dough will meet to seal together.

FOR AIR FRYER

1. Preheat your air fryer to 350°F.
2. Working in batches, place molds in basket of air fryer and BAKE at 350°F for 12 minutes, or until golden.
3. When cool enough to handle or by using a kitchen towel to hold, gently twist shells off of molds to remove.
4. Place filling in a pastry bag fitted with an open star tip. Pipe filling into shells, then dip ends in mini chocolate chips.

Air Fryer S'mores



PREP TIME
5 min



COOK TIME
5 min



INGREDIENTS

- 4 whole graham crackers
- 2 marshmallows
- 4 pieces chocolate (such as Hershey's)

DIRECTIONS

1. Preheat your air fryer to 390°F.
2. Break all graham crackers in half to create 8 squares. Cut marshmallows in half crosswise with a pair of scissors.
3. Place marshmallows cut side down on 4 graham squares. Place marshmallow side up in the basket of the air fryer and BAKE at 390°F for 4 to 5 minutes, or until golden.
4. Remove from the air fryer and place a piece of chocolate and graham square on top of each toasted marshmallow and serve.



Apple Fritters



PREP TIME
10 min



COOK TIME
6 min

Ingredients (fritters)

- 2 apples, cored and diced
- 1 cup all-purpose flour
- 2 tbsp sugar
- 1 tsp baking powder
- ½ tsp salt
- ½ tsp ground cinnamon
- ⅓ cup milk
- 2 tbsp butter, melted
- 1 egg
- ½ tsp lemon juice

Ingredients (glaze)

- ½ cup confectioners sugar
- 2 tbsp milk
- ½ tsp ground cinnamon
- Pinch of salt

DIRECTIONS

1. Dice the apples into small cubes and set aside. Peel them if desired.
2. Add the flour, sugar, baking powder, salt, and ground cinnamon to a large mixing bowl and stir to combine.
3. In a separate bowl, mix the milk, butter, egg, and lemon juice.
4. Add the wet ingredients into the dry ingredients and stir until just combined. Stir in the apples and chill the mixture for 1 hour (covered).
5. Preheat your air fryer to 370°F. Line the bottom of the air fryer basket with parchment paper.
6. Scoop dough into air fryer in 2-tablespoon balls. BAKE at 370°F for 6 minutes.
7. While apple fritters are cooking, whisk together the confectioners sugar, milk, cinnamon, and salt to make the glaze. Toss apple fritters in glaze to coat.
8. Remove the apple fritters from the air fryer, place them on a wire rack, and immediately pour the glaze over top and enjoy!

Brownies



PREP TIME
10 min



COOK TIME
15 min



INGREDIENTS

- ½ cup all-purpose flour
- 6 tbsp unsweetened cocoa powder
- ¾ cup sugar
- ¼ cup unsalted butter, melted
- 2 large eggs
- 1 tbsp vegetable oil
- ½ tsp vanilla extract
- ¼ tsp salt
- ¼ tsp baking powder

DIRECTIONS

1. Prepare a 7-inch baking pan by generously greasing with butter on the bottom and all sides. Set aside.
2. Preheat your air fryer at 330°F.
3. Add all-purpose flour, cocoa powder, sugar, butter, eggs, vegetable oil, vanilla extract, salt, and baking powder into a large bowl and stir until thoroughly combined.
4. Add the mixture to the prepared baking pan and smooth out the top.
5. Place in the preheated air fryer and BAKE at 330°F for 15 minutes.
6. Allow to cool in the pan before removing and cutting.

CHEF'S TIP:

With a 6.8qt air fryer, you can bake a 9-inch pizza and increase ingredients by 50% and still cook them at the same temperature and time.

Cheesecake



PREP TIME
20 min



COOK TIME
60 min



INGREDIENTS

- 9 oz cream cheese
- 2 oz unsalted butter
- 2 eggs, beaten
- ½ cup icing sugar
- 1 tsp lemon juice

INGREDIENTS

- 2 oz digestive biscuits
- 1½ oz unsalted butter

DIRECTIONS

1. Melt the butter in a container set in hot water. Crush the digestive biscuits with a rolling pin or grind them in a blender. Mix the biscuits with the butter.
2. Brush some melted butter on a 6-inch cake pan. Line the basket with parchment paper. Place the digestive biscuit and butter mixture into the round cake pan. Press with spoon and chill until set.

DIRECTIONS

1. Preheat your air fryer to 300°F.
2. Whisk the eggs and set aside. Melt the butter in a container set in hot water.
3. Melt the cream cheese in a container set in hot water. Add the icing sugar and whisk with hand mixer until smooth.
4. Add the lemon juice to the cream cheese. Mix well.
5. Add the eggs in thirds and mix well until combined. Add the melted butter and mix well.
6. Pour the cream cheese mixture into the prepared crust. Tap lightly to get air bubbles out.
7. Put the cake pan into the air fryer and BAKE at 300°F for 15 minutes. Turn the air fryer down to 240°F and BAKE for an additional 45 minutes.
8. Remove the cake and allow it to cool slightly before refrigerating it to set.

Bread Pudding



PREP TIME
30 min



COOK TIME
13 min



INGREDIENTS

- 2 oz semisweet chocolate, chopped
- ½ cup whipping cream
- ¼ cup sugar
- ½ cup milk
- 1 large egg, room temperature
- 1 tsp vanilla extract
- ¼ tsp salt
- 3 slices day-old bread, crusts removed and cut into cubes



DIRECTIONS

1. Preheat your air fryer to 325°F.
2. In a small microwave-safe bowl, melt chocolate and stir until smooth. Stir in cream; set aside.
3. In a large bowl, whisk together sugar, milk, egg, vanilla, and salt. Stir in chocolate mixture. Add bread cubes and toss to coat. Let stand 15 minutes.
4. Spoon bread mixture into 2 greased 7-oz ramekins. Place them in the air fryer basket and BAKE at 325°F for 13 minutes.
5. If desired, top with confectioners' sugar and whipped cream.

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Parmesan Shrimp



PREP TIME
5 min



COOK TIME
6 min

INGREDIENTS

- 2 pounds shrimp
- 4 cloves of garlic
- $\frac{2}{3}$ cup grated parmesan cheese
- tsp pepper
- 1 tsp oregano
- $\frac{1}{2}$ tsp basil
- 1 tsp onion powder
- 1 Juice of one lemon, freshly squeezed
- Cooking spray

CHEF'S TIP:

Shake halfway for even cooking.

DIRECTIONS

1. Preheat your air fryer to 350°F.
2. In a large bowl, combine garlic, parmesan, pepper, oregano, basil, and onion powder.
3. Gently toss shrimp in mixture until evenly coated.
4. Place the shrimp in the air fryer basket and spray with cooking spray.
5. Select AIR FRY, adjust to 350°F, and press START/PAUSE to cook for 6 minutes.
6. Remove and place the shrimp on a plate. Squeeze lemon over the shrimp before serving.

French Toast Roll-Ups



PREP TIME
10 min



COOK TIME
6 min



INGREDIENTS

- 8 slices white sandwich bread
- ¼ cup peanut butter
- 2 large egg s
- 2 tbsps milk
- 2 tbsps sugar
- ½ tsp cinnamon
- 1 tsp vanilla extract (optional)
- ½ tbsps powdered sugar (optional)

CHEF'S TIP:

Follow the prompt and flip for even cooking.

DIRECTIONS

1. Roll each slice of bread flat with a rolling pin and cut off the crust.
2. Spread a spoonful of peanut butter on the bread and roll-up.
3. Mix cinnamon and sugar in a bowl and then sprinkle onto a plate.
4. Combine eggs, milk, and vanilla in a larger bowl.
5. Dip each roll-up into the egg mixture making sure all sides are coated.
6. Roll in the cinnamon-sugar mixture.
7. Preheat the air fryer on 360°F and then spray it with non-stick cooking spray.
8. Place roll-ups in the air fryer.
9. Select ROAST, adjust to 360°F and 6 minutes, then press START/PAUSE.
10. Remove and place, sprinkle lightly with powdered sugar.



Roasted Peanuts



PREP TIME
5 min



COOK TIME
12-15 min

INGREDIENTS

- 2 cups raw peanuts
- Salt (optional)

DIRECTIONS

1. Spread the peanuts in a single layer in the bottom of your air fryer basket.
2. Select AIR FRY and set the temperature to 300°F. Cook for 12-15 minutes.
3. Plate, serve, and enjoy!

Chicken Tenders



PREP TIME
15 min



COOK TIME
10 min



INGREDIENTS

- ½ pound chicken breasts, cut into 1 inch thick and 1½ inch long strips
- 1 egg
- ½ cup flour
- ½ cup panko breadcrumbs
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp paprika(optional)
- Salt and pepper to taste

CHEF'S TIP:

Follow the prompt and shake for even cooking.

DIRECTIONS

- Set up the breading station with 3 shallow bowls:
Bowl 1: the flour.
Bowl 2: the eggs.
Bowl 3: the breadcrumbs and add onion powder, garlic powder, paprika and salt, and pepper to taste. Mix to combine.
- Dip chicken breasts into flour, then eggs, and lastly the breadcrumbs mixture.
- Preheat the air fryer to 380°F.
- Place coated chicken in the preheated air fryer, select POULTRY at 380°F for 10 minutes, then press START/PAUSE.

Onion Rings



PREP TIME
5 min



COOK TIME
10 min



INGREDIENTS

- 1 large sweet onion
- ½ cup all-purpose flour
- 1 egg
- 1 tsp milk
- 1 cup panko breadcrumbs
- ¼ tsp onion powder
- ¼ tsp garlic powder
- 1 tsp salt

DIRECTIONS

- Cut off both ends of the onion and peel off the skin.
- Slice the onion into thick rings, separate the rings from each other. Set aside.
- Set up the breading station with 3 shallow bowls:
Bowl 1: the flour. Bowl 2: thoroughly whisk together the egg, milk. Bowl 3: the breadcrumbs.
And in a separate small bowl, mix the onion powder, garlic powder, and salt then divide themixture evenly among each of the above bowls. Whisk each bowl to disperse the seasonings.Dip the onion rings in the flour mixture first.
- Completely coat both sides of the ring and the inner portion.
- Dip the flour-coated rings into the egg mixture. Make sure to completely coat them with the egg.
- Dip the rings in the breadcrumb mixture. To thoroughly coat them, use your fingers to press the breadcrumbs onto the rings.
- Generously spray the inside of the air fryer with cooking spray and preheat on 375°F for 5 minutes.
- Carefully place a single layer of the onion rings into the air fryer and spray the tops with cooking spray.
- Select FRIES, adjust to 375°F and 10 minutes, then press START/PAUSE.
- Transfer the onion rings to a plate and serve with any sauces you like.

Lemon Pepper Shrimp



PREP TIME
5 min



COOK TIME
6 min



INGREDIENTS 1

12 oz med-sized shrimp,
peeled and deveined

INGREDIENTS 2

1 tbsp olive oil
1 lemon, juiced
1 tsp lemon pepper
¼ tsp paprika
¼ tsp garlic powder

DIRECTIONS

1. Mix INGREDIENTS 2 together in a bowl.
2. Add shrimp to the bowl and toss until evenly coated.
3. Select PREHEAT, adjust to 370°F, and press START/PAUSE.
4. Place shrimp in the preheated air fryer, select AIR FRY, adjust to 370°F and 6 minutes, and press START/PAUSE.
5. Serve with sliced lemon.

CHEF'S TIPS:

1. Cooking time varies depending on the size of the shrimp. Time can adjust as desired, see Cooking Time Reference Table for more information.
2. Follow the prompt and shake for even cooking.



Coconut Shrimp



PREP TIME
5 min



COOK TIME
6 min

INGREDIENTS

12 oz med-sized shrimp, peeled and
deveined
½ tsp salt, to taste
½ cup unsweetened coconut flakes
1 large egg, beaten
½ cup bread crumbs
2 tbsp all-purpose flour Olive oil spray
Olive oil spray

DIPPING SAUCE(Optional)
½ cup apricot preserves
1 tbsp rice wine vinegar
¾ tsp crushed red
pepper flakes

DIRECTIONS

1. Combine coconut flakes, bread crumbs in a bowl.
2. Mix the flour and salt on a small disk.
3. Coat each shrimp in the flour mixture, then dip in egg, and then roll in crumbs mixture, spray with olive oil, set aside.
4. Select PREHEAT, adjust to 370°F, and press START/PAUSE.
5. Place the shrimps in the preheated air fryer, select AIR FRY, adjust to 370°F and 6 minutes, and press START/PAUSE.
6. Meanwhile, mix DIPPING SAUCE together.
7. Dip with dipping sauce to serve.

CHEF'S TIPS:

1. Cooking time varies depending on the size of the shrimp. Time can adjust as desired.
2. Follow the prompt and shake for even cooking.
3. You may use your preferred sauce for dipping.

Fried Shrimp



PREP TIME
10 min



COOK TIME
6 min



INGREDIENTS

12 oz med-sized shrimp, peeled and deveined, tails on salt and pepper to taste
½ tsp garlic powder
½ tsp paprika(optional)
⅓ cup all-purpose flour
1 egg
⅓ cup breadcrumbs

CHEF'S TIPS:

1. Cooking time varies depending on the size of the shrimp.
2. Follow the prompt and shake for even cooking.

DIRECTIONS

1. Pat the shrimp dry with a couple of paper towels, then season with garlic powder, paprika, salt, and pepper.
2. Set up the breeding station with 3 shallow bowls:
Bowl 1: the flour.
Bowl 2: crack the eggs and whisk them well to combine.
Bowl 3: the breadcrumbs
3. Dip each shrimp in flour, shake off the excess.
4. Dip it into the eggs again shaking off any excess and coat it in the breadcrumbs.
5. Preheat the air fryer to 350°F
6. Place the shrimps in a single layer in the fryer basket, then spray with cooking spray, select AIR FRY at 350°F for 6 minutes, then press START/PAUSE.

Homemade French Fries



PREP TIME
20 min



COOK TIME
22 min



INGREDIENTS

2 large potatoes, cut into 3½-inch strips
2 tbsps oil
2 tsps salt
½ tsp black pepper
½ tsp paprika
½ tsp garlic powder
½ tsp onion powder

DIRECTIONS

1. Soak the potato strips in water for 15 minutes, then pat dry with paper towels.
2. Select PREHEAT, adjust to 380°F, and press START/PAUSE.
3. Add the potatoes to a large bowl and toss with the oil until the potatoes are all coated evenly.
4. Sprinkle in the salt, black pepper, paprika, garlic powder, and onion powder. Mix well.
5. Add the potatoes into the preheated basket, select FRIES for 22 minutes, then press START/PAUSE.

CHEF'S TIP:

Follow the prompt and shake for even cooking.

Fried Tofu



PREP TIME
35 min



COOK TIME
10 min



INGREDIENTS

12-oz block extra-firm tofu
2 tbsps soy sauce
1 tbsp toasted sesame oil
1 tbsp olive oil
1 clove garlic minced
½ tsp paprika

DIRECTIONS

1. Using a heavy pan to press the tofu for at least 15 minutes, letting the moisture drain. After finished, cut tofu into bite-sized blocks and transfer to a bowl.
2. Combine all remaining ingredients in a small bowl. Drizzle over tofu and toss to coat. Let marinate for an additional 15 minutes.
3. Select PREHEAT, adjust to 375°F, then press START/PAUSE.
4. Place tofu blocks in the preheated air fryer in a single layer, select AIR FRY, adjust to 375°F and 10 minutes, then press START/PAUSE.

CHEF'S TIP:

Follow the prompt and flip for even cooking.

Taquitos



PREP TIME
10 min



COOK TIME
12 min



INGREDIENTS

2 large eggs
¼ cup breadcrumbs
2 tablespoons taco seasoning
¼ pound lean ground beef (90% lean)
5 corn tortillas (6 inches), warmed
cooking spray

DIRECTIONS

1. Combine eggs, breadcrumbs, taco seasoning, and beef, mix lightly but thoroughly.
2. Spoon ¼ cup beef mixture down the center of each tortilla.
3. Roll up tightly and secure with toothpicks.
4. Preheat the air fryer at 350°F.
5. Place taquitos in a single layer in the air fryer basket, spray with cooking oil. Select BAKE, adjust to 350°F and 12 minutes, then press START/PAUSE.

Fried Eggplant



PREP TIME
8 min



COOK TIME
10 min



INGREDIENTS

1 eggplant (about 10oz)
2 eggs, beaten
¼ cup all-purpose flour
½ cup breadcrumbs
½ cup grated parmesan cheese
2 tbsp Italian seasoning
Olive oil cooking spray
salt to taste

DIRECTIONS

1. Thinly slice the eggplant, about ¼ inch slices, and set aside.
2. Add the flour to a small bowl.
3. In another small bowl, crack the eggs and whisk them well to combine.
4. Lastly, mix together the breadcrumbs, cheese, and seasoning in a third bowl.
5. Dip each eggplant slice in flour mixture, shake off the excess.
6. Dip it into the eggs again shaking off any excess and coat it in the breadcrumb mixture.
7. Preheat the air fryer to 375°F.
8. Place a single layer of the eggplant in the air fryer and coat it with olive oil spray.
9. Select VEGETABLE, adjust to 375°F and and press START/PAUSE to cook for 10 minutes.

CHEF'S TIP:

Follow the prompt and flip for even cooking.



Stuffed Mushrooms



PREP TIME
12 min



COOK TIME
8 min

INGREDIENTS

5oz whole white button mushrooms
2 tbsp diced scallions
2oz cream cheese
2 tbsp grated parmesan cheese
¼ tsp ground paprika
salt to taste
Olive oil cooking spray

DIRECTIONS

1. Gently clean the mushrooms, remove stems and discard.
2. Combine cream cheese, parmesan cheese, the white parts from the scallions, paprika, and salt in a small bowl.
3. Preheat the air fryer to 360°F.
4. Stuff filling into the mushrooms, pressing it in to fill the cavity with the back of a small spoon.
5. Spray the air fryer basket with cooking spray and set mushrooms inside.
6. Select VEGETABLE, adjust to 360°F, and press START/PAUSE to cook for 8 minutes.
7. Sprinkle mushrooms with scallion greens and let cool for 5 minutes before serving.

Kale Chips



PREP TIME
5 min



COOK TIME
7 min



INGREDIENTS

4oz kale
salt and pepper to taste
¼ tbsp olive oil

DIRECTIONS

1. In a large bowl, combine the kale and olive oil and sprinkle the salt and pepper throughout.
2. Preheat the air fryer at 270°F.
3. Place the kale in the preheated air fryer.
4. Select VEGETABLE, adjust to 270°F, and press START/PAUSE to cook for 7 minutes.



Buffalo Cauliflower



PREP TIME
5 min



COOK TIME
10 min

INGREDIENTS

1 large head cauliflower, cut into 1-inch florets (about 1 1/2 to 2 pounds)
3 garlic cloves, minced
1 tbsp olive oil
1 tsp turmeric
½ tsp cumin
½ tsp paprika
¼ tsp coriander
¼ tsp red pepper flakes (optional)
1 tsp kosher salt
½ tsp ground black pepper

CHEF'S TIP:

Flip halfway for even cooking.

DIRECTIONS

1. Preheat your air fryer to 400°F.
2. Place cauliflower in a large bowl and mix with the minced garlic.
3. In a small bowl, combine the olive oil, turmeric, cumin, paprika, coriander, crushed red pepper (optional), salt, and pepper and stir. Drizzle the olive oil mixture over the cauliflower and toss to coat.
4. Add the cauliflower to the air fryer basket. select VEGETABLE, adjust to 400°F, and press START/PAUSE to cook for 10 minutes.
5. Serve warm with chopped cilantro.

Corn on the Cob



PREP TIME
5 min



COOK TIME
15 min



INGREDIENTS

2 ears of corn, shucked and cleaned
Cooking spray
Salt and pepper (to taste)
Butter and fresh herbs for garnish (optional)

CHEF'S TIP:

Flip halfway for even cooking.

DIRECTIONS

1. Preheat your air fryer to 400°F.
2. Spray the entire cob with cooking spray. Season with salt and pepper.
3. Lay the cobs flat in the basket in a single layer.
4. Select VEGETABLE, adjust to 400°F, and press START/PAUSE to cook for 15 minutes or until kernels are tender and lightly browned.
5. Add butter and herbs to taste.



Asparagus



PREP TIME
5 min



COOK TIME
10-12 min

INGREDIENTS

1 lb Asparagus
1 tbsp olive oil
½ tsp sea salt
1 tbsp butter or ghee, melted
2 tbsp coconut aminos
1 tbsp balsamic vinegar

CHEF'S TIPS:

1. Shake halfway for even cooking.
2. Cooking time may vary due to different sizes of asparagus stalks.

DIRECTIONS

1. Preheat your air fryer to 350°F.
2. Trim the ends of your asparagus stalks and cut each asparagus stalk in half. Brush oil on the asparagus and ensure it's evenly coated. Sprinkle with sea salt.
3. Add the asparagus to the air fryer basket. Select VEGETABLE, adjust to 350°F, and press START/PAUSE to cook for 10-12 minutes.
4. While asparagus is cooking, make your sauce. Stir together butter, coconut aminos, and balsamic.
5. Pour the sauce over the hot asparagus and serve!

Roasted Bananas



PREP TIME
5 min



COOK TIME
10 min



INGREDIENTS

- 1 banana, cut into 1/8-inch thick diagonal slices
Avocado oil cooking spray

DIRECTIONS

1. Line air fryer basket with parchment paper.
2. Preheat your air fryer to 375°F.
3. Spray banana slices with avocado oil cooking spray and then place in the air fryer basket in a single layer.
4. Select AIR FRY, adjust to 375°F, and press START/PAUSE to cook for 15 minutes or until banana slices are browning and caramelized.

CHEF'S TIP:

Flip halfway for even cooking.



Roasted Chestnuts



PREP TIME
15 min



COOK TIME
20 min

INGREDIENTS

- 1 lb chestnuts

DIRECTIONS

1. Preheat your air fryer to 375°F.
2. Bring a large pot of water to a boil. Remove from heat.
3. Wash and dry the chestnuts. Place flat side down on a cutting board. Using a paring knife, score a large "X" in the rounded side, covering at least half of the chestnut. Make sure the knife goes through the outer skin and the brown layer underneath. This will help with peeling after being roasted.
4. Soak chestnuts in the hot water for 1 to 5 minutes, depending on how big the chestnuts are. Remove chestnuts with a slotted spoon and immediately place them in the air fryer basket. Place 1 cup of hot water inside the basket.
5. Select VEGETABLE, adjust to 375°F, and press START/PAUSE to cook for 10 minutes. Shake well. Check to see if there is still water inside. If not, add another 1/2 cup. Continue cooking until the shells have peeled away and exposed flesh has browned, for 5 to 10 minutes more. Remove and allow to cool enough to be handled. Peel away the shells and serve.

CHEF'S TIPS:

1. Shake halfway for even cooking.
2. Cooking time may vary due to different sizes of chestnuts.

Roasted Chickpeas



PREP TIME
5 min



COOK TIME
20-25 min



INGREDIENTS

- 1 (15 oz) can chickpeas, rinsed and drained
- 1 tbsp nutritional yeast
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp granulated garlic
- ½ tsp salt
- Pinch cumin

DIRECTIONS

1. Spread chickpeas on a double layer of paper towels, cover with another layer of paper towels, and let dry for 30 minutes.
2. Preheat your air fryer to 355°F.
3. Combine dry chickpeas, nutritional yeast, olive oil, smoked paprika, garlic, salt, and cumin in a bowl; toss to coat.
4. Add chickpeas to the air fryer basket and select VEGETABLE, adjust to 355°F, and press START/PAUSE to cook for 20-25 minutes or until crispy, shaking them every 4 minutes.

Apple Chips



PREP TIME
20 min



COOK TIME
10 min



INGREDIENTS

1-2 medium-sized apples (Red Delicious or Honeycrisp work best)
Cinnamon (optional)

DIRECTIONS

1. Preheat your air fryer to 300°F.
2. Use a mandolin on the thinnest setting (2.5mm) and slice the apples.
3. Place apples in the air fryer basket. Sprinkle with cinnamon if desired. Use a metal rack to cover the apple slices so they don't fly into the fan while cooking.
4. Select VEGETABLE, adjust to 300°F, and press START/PAUSE to cook for 10 minutes. Flip and rotate the apples after 5 minutes.
5. Remove the apples and allow to cool for 5-10 minutes until crispy.

Garlic-Rosemary Brussel Sprouts



PREP TIME
5 min



COOK TIME
12 min



INGREDIENTS

- 3 tbsp olive oil
- 2 garlic cloves, minced
- ½ tsp salt
- ¼ tsp pepper
- 1 pound brussel sprouts, trimmed and halved
- ½ cup panko bread crumbs
- 1 tsp fresh rosemary, minced

DIRECTIONS

1. Preheat your air fryer to 350°F.
2. Place olive oil, garlic, salt, and pepper in a small microwave-safe bowl. Microwave on high for 30 seconds.
3. Toss brussel sprouts with 2 tablespoons of the oil mixture. Place all the brussel sprouts in the air fryer and select VEGETABLE, adjust to 350 and 4 minutes, Stir, then cook for another 4 minutes.
4. Toss bread crumbs with rosemary and remaining oil mixture; sprinkle over brussel sprouts. Continue cooking 4 minutes. Serve immediately.



Bacon Wrapped Avocado



PREP TIME
5 min



COOK TIME
15 min

INGREDIENTS

- 2 large, firm avocados (pick two that are almost ripe, but not quite)
- 8 strips bacon
- ¼ tsp chili powder
- ¼ tsp cumin
- ¼ tsp salt

DIRECTIONS

1. Preheat your air fryer to 400°F.
2. Stretch the bacon to elongate the strips. Then, cut them in half longways to create 16 strips. Cut both avocados into 8 wedges each. Gently remove the peel.
3. Wrap a piece of bacon around each avocado wedge. Make sure you start wrapping on the under side, then end on the under side. Lay the avocado wedges on the baking sheet with the ends tucked underneath.
4. Sprinkle the wedges lightly with chili powder, cumin, and salt to taste. BAKE at 400°F for 15 minutes until the bacon is crispy.

Wasabi Crab Cakes



PREP TIME
5 min



COOK TIME
12 min



INGREDIENTS

- 8 oz lump crab
- ¼ cup red bell pepper chopped
- 1½ oz green onion chopped
- 2 tbsp mayonnaise
- 2 tbsp bread crumbs
- 1 tsp Dijon mustard
- 1 tsp old bay seasoning
- Cooking spray
- Squeeze of lemon

DIRECTIONS

1. Preheat your air fryer to 370°F.
2. Place crab, red bell pepper, green onion, bread crumbs, mayonnaise, Dijon mustard, and old bay in a bowl and stir until combined.
3. Gently form 4 patties with mixture.
4. Place in the air fryer basket and lightly spray tops with cooking spray.
5. AIR FRY at 370°F for 12 minutes. Squeeze lemon over the tops before serving.



Radishes



PREP TIME
5 min



COOK TIME
16 min

INGREDIENTS

- 1 pound fresh radishes
- 1 tbsp olive oil
- ½ tsp dried oregano
- ½ tsp kosher salt
- ¼ tsp garlic powder
- ¼ tsp onion powder
- Dash of ground black pepper

DIRECTIONS

1. Preheat your air fryer to 380°F.
2. Wash and trim the radishes, scrubbing off any dirt and cutting off any dark spots. Pat dry with a paper towel.
3. Slice the radishes in half so they are roughly 1-inch pieces, or quarter them if they are larger.
4. Place the radishes in a large bowl and evenly coat with oil. Add the seasonings and toss to combine.
5. Place radishes in the air fryer basket and AIR FRY at 380°F for 16 minutes. Shake or stir the radishes after about 10 minutes.
6. Remove the radishes and serve.

Carrot Fries



PREP TIME
5 min



COOK TIME
20 min



INGREDIENTS

- 2 tsp cumin
- 1 pound carrots, peeled and cut into 2x1/3-inch sticks
- 1 tbsp melted coconut oil
- 2 garlic cloves, minced
- 1/4 tsp salt
- 1/8 tsp pepper
- Fresh cilantro, minced (optional)

DIRECTIONS

1. Preheat your air fryer to 325°F.
2. Place carrots in a large bowl. Add all ingredients and toss to coat.
3. Place the mixture in the air fryer basket.
4. Select VEGETABLE, adjust to 325°F, and press START/PAUSE to cook for 18-20 minutes. Stir occasionally. If desired, sprinkle with cilantro.



Green Beans



PREP TIME
5 min



COOK TIME
10 min

INGREDIENTS

- 1 pound fresh green beans
- 1 (trimmed)
- 1 tbsp olive oil
- 1 tsp garlic powder
- Salt and pepper (to taste)

DIRECTIONS

1. Preheat air fryer to 370° F.
2. Drizzle the green beans with olive oil. Sprinkle the seasonings throughout and toss to coat.
3. Place the green beans in the air fryer basket.
4. Select VEGETABLE, adjust to 370° F, and press START/PAUSE to cook for 10 minutes.
5. Remove the green beans and serve.

CHEF'S TIP:

Shake halfway for even cooking.

Roasted Acorn Squash Slices



PREP TIME
10 min



COOK TIME
15 min



INGREDIENTS

- 1 acorn squash (about 1 pound)
- 2 tbsp unsalted butter, melted
- 4 tbsp honey
- $\frac{1}{4}$ tsp kosher salt

CHEF'S TIP:

Shake halfway for even cooking.

DIRECTIONS

1. Preheat your air fryer to 400°F.
2. Rinse, dry, and cut acorn in half. Remove the seeds. Cut the squash into desired pieces or slices. Place the pieces in a bowl.
3. Pour the melted butter over the squash, then add the honey and salt. Mix well to combine.
4. Place the squash pieces in the air fryer basket.
5. Select VEGETABLE, adjust to 400°F and 15 minutes, and press START/PAUSE.. Serve warm and enjoy.



Tater Tots



PREP TIME
5 min



COOK TIME
15 min

INGREDIENTS

- 2 cups frozen tater tots
- Seasonings of choice (optional)

CHEF'S TIP:

Shake halfway for even cooking.

DIRECTIONS

1. Preheat your air fryer to 400°F. Spray the air fryer basket with cooking spray.
2. Place frozen tater tots in an even layer in the air fryer basket.
3. Select AIR FRY, adjust to 400°F, and press START/PAUSE to cook for 15 minutes.

Popcorn Chicken



PREP TIME
10 min



COOK TIME
10 min



INGREDIENTS

- 1 pound chicken breasts, cut into bite-sized pieces
- ½ cup cornstarch
- 1 egg, for egg wash
- 2 tsp garlic powder
- 1 tsp onion powder
- 2 tsp paprika
- 1 tsp salt
- ½ cup flour
- Cooking spray
- ¼ cup buttermilk (or ¼ cup of milk + 1 tbsp of lemon juice)

CHEF'S TIP:

Shake halfway for even cooking.

DIRECTIONS

1. Cut the chicken breasts into bite-sized pieces and add to buttermilk. Let marinade for 20 minutes.
2. Add cornstarch to a small bowl. In another small bowl, beat the egg.
3. In a large bowl, combine the garlic powder, onion powder, paprika, salt, and flour. Line the bowls with buttermilk, cornstarch, egg wash, and flour mixture up in that order.
4. Working in batches, remove chicken from buttermilk and shake of the excess. Toss in cornstarch until coated, then toss in egg wash. Add to the flour mixture and coat well. Shake off excess. Repeat until all chicken is coated.
5. Spray the tops of the chicken with cooking spray lightly, coating evenly.
6. Preheat your air fryer to 380°F.
7. Add the chicken to the air fryer and Select POULTRY, adjust to 380°F, and press START/PAUSE to cook for 10 minutes.
8. Serve with desired dipping sauces.

Calamari



PREP TIME
5 min



COOK TIME
10 min



INGREDIENTS

- 1 pound squid rings
- 1 cup all-purpose flour
- 2 cups panko breadcrumbs
- 2 tbsp salt
- 2 tbsp cracked pepper
- 1 egg
- ½ cup buttermilk (or ⅓ cup milk + 1 tbsp lemon juice)

DIRECTIONS

1. Preheat your air fryer to 400°F.
2. Combine buttermilk and egg in a medium-sized bowl and mix well.
3. Combine breadcrumbs, salt, pepper, and flour in a second bowl.
4. Dip squid rings into buttermilk mixture, then roll in breadcrumb mixture.
5. In a single layer, place coated calamari along the bottom of the air fryer basket.
6. Select VEGETABLE, adjust to 400°F, and press START/PAUSE to cook for 10 minutes.
7. Serve with your favorite dipping sauce. Enjoy!

Okra



PREP TIME
10 min



COOK TIME
10 min



INGREDIENTS

- ½ pound okra, ends trimmed and pods sliced
- 1 tsp olive oil
- ¼ tsp salt
- ⅛ tsp ground black pepper



DIRECTIONS

1. Preheat your air fryer to 350°F.
2. Combine okra, olive oil, salt, and pepper in a bowl and stir gently. Place in a single layer in the basket of the air fryer.
3. Select VEGETABLE, adjust to 350°F, and press START/PAUSE to cook for 10 minutes.

CHEF'S TIP:

Shake halfway for even cooking.

DEHYDRATED FRUIT

- 104** Dried Apples
- 105** Dried Kiwi Fruit
- 106** Dried Orange Slices
- 107** Dried Bananas
- 108** Dried Strawberries

Dried Apples



PREP TIME
10 min



COOK TIME
8 hour



INGREDIENTS

2 fresh apples
Fruit juice (lemon, lime, orange, pineapple) to reduce browning

DIRECTIONS

1. Slice the apples into 1/8 to 1/4 inch thick. Remove the core in the center.
2. Dip slices into fruit juice to reduce browning.
3. Place the slices in a single layer on the plate.
4. Select DEHYDRATE on the air fryer, adjust time to 8 hours, and press START/PAUSE.
5. Leave the slices to cool down and serve. Store in an airtight container or bag.



Dried Kiwi Fruit



PREP TIME
8 min



COOK TIME
6 hour

INGREDIENTS

4 fresh kiwis

DIRECTIONS

1. Peel and cut the kiwis to into 1/4 inch thick.
2. Place the slices in a single layer on the plate.
3. Select DEHYDRATE, adjust to 6 hours, and press START/PAUSE.
4. Leave the dried kiwis to cool down and serve. Store in an airtight container or bag.

Dried Orange Slices



PREP TIME
10 min



COOK TIME
6 hour



INGREDIENTS

3 fresh oranges

DIRECTIONS

1. Slice the oranges into ¼ inch thick
2. Place the slices in a single layer on the plate.
3. Select DEHYDRATE, adjust to 6 hours, and press START/PAUSE.
4. Leave the dried orange slices to cool down and serve. Store in an airtight container or bag.



Dried Bananas



PREP TIME
10 min



COOK TIME
6 hour

INGREDIENTS

3 fresh bananas
Cinnamon or other flavorings
to taste

DIRECTIONS

1. Peel and cut the bananas into ¼-⅓ inch slices.
2. Sprinkle with cinnamon or other flavorings if desired.
3. Place the slices in a single layer on the plate.
4. Select DEHYDRATE, adjust to 6 hours, and press START/PAUSE.
5. Leave the dried bananas to cool down and serve. Store in an airtight container or bag.

Dried Strawberries



PREP TIME
14 min



COOK TIME
6 hour



INGREDIENTS

15 fresh strawberries, hulled

DIRECTIONS

1. Slice the strawberries into 1/8 inch.
2. Place the slices in a single layer on the plate.
3. Select DEHYDRATE, adjust to 6 hours, and press START/PAUSE.
4. Leave the dried strawberries to cool down and serve. Store in an airtight container or bag.



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