

AIR FRYER RECIPE BOOK

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RECIPES ARE GUIDELINES FOR STANDARD PORTIONS. SHOULD YOU WISH TO MAKE MORE OR LESS,
PLEASE ADJUST YOUR QUANTITIES ACCORDINGLY

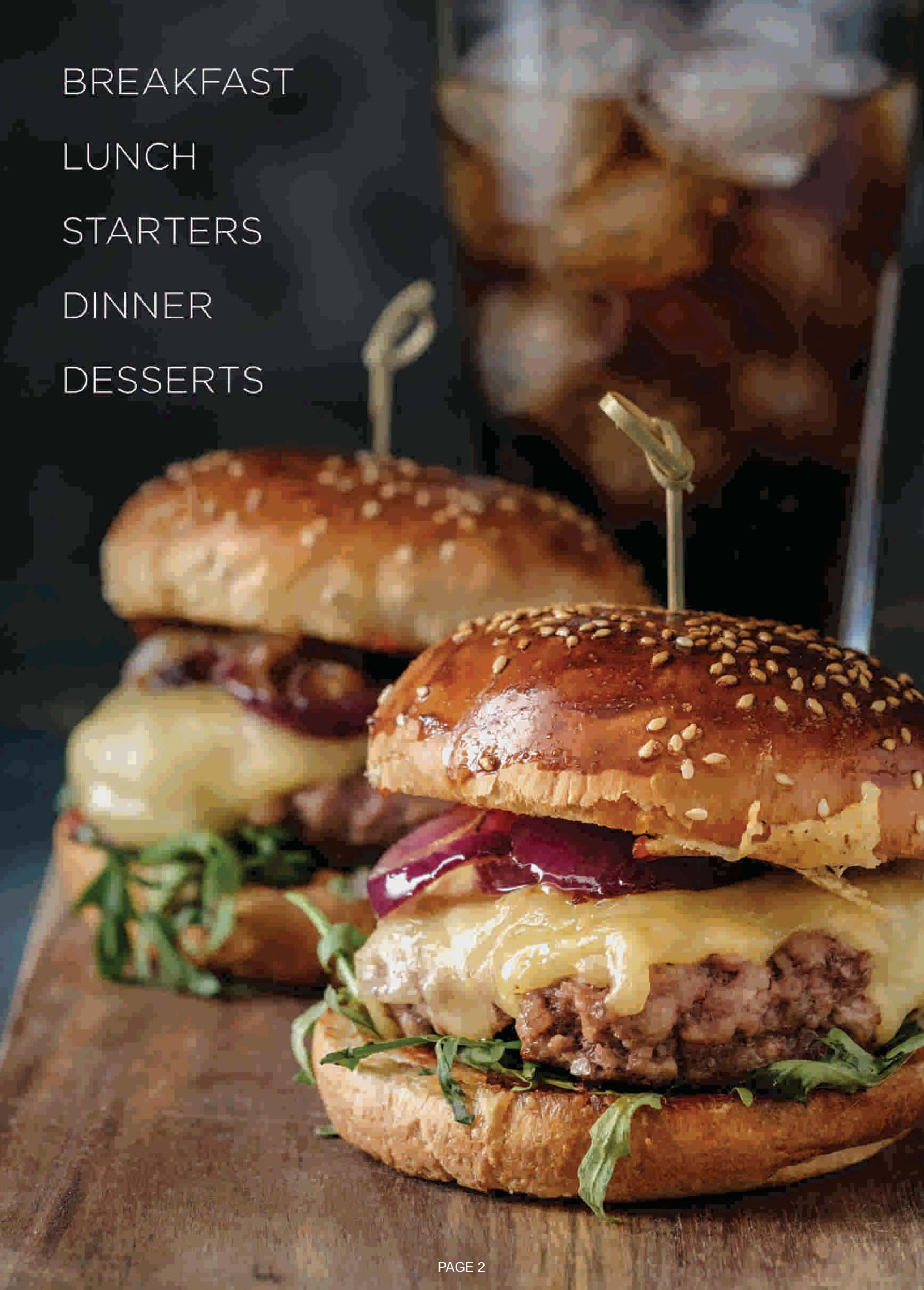
BREAKFAST

LUNCH

STARTERS

DINNER

DESSERTS



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BREAKFAST

HARD COOKED EGGS





HARD COOKED EGGS

INGREDIENTS

6 Large eggs

PROCESS

Carefully put the eggs in a single layer in the air fryer basket. Bake for at least 8 minutes for a slightly runny yolk, or 12 to 15 minutes for a firmer yolk. You may need to experiment with your air fryer to find the best time. Remove the eggs from the air fryer carefully, using tongs, and immediately place them in a bowl of very cold water. Let the eggs stand in the cold water for 5 minutes, then gently crack the shell under water. Let the eggs stand for another minute or two, then peel and eat.



PREPERATION TIME
1 MINUTE



TEMPERATURE
150°C



COOKING TIME
15 MINUTES



SERVING
SERVES 6

Ingredient tip: Make a lot of eggs in advance for a super quick and nutritious breakfast. They will keep in the refrigerator for three days. For food safety reasons, never ever store cooked eggs at room temperature.

BREAKFAST

ASPARAGUS STRATA





ASPARAGUS STRATA

INGREDIENTS

6 Asparagus spears, cut into pieces
2 Slices whole- wheat bread, cut into cubes
4 Eggs
3 Tablespoons whole milk
1/2 Cup grated Havarti or Swiss cheese
2 Tablespoons chopped flat leaf parsley
Pinch salt
Freshly ground black pepper

PROCESS

Place the asparagus spears and 1 tablespoon water in a 6-inch baking pan and place in the air fryer basket. Bake for 3 to 5 minutes or until crisp and tender. Remove the asparagus from the pan and drain it. Spray the pan with non-stick cooking spray. Arrange the bread cubes and asparagus into the pan and set aside. In a medium bowl, beat the eggs with the milk until combined. Add the cheese, parsley, salt, and pepper. Pour into the baking pan. Bake for 11 to 14 minutes or until the eggs are set and the top starts to brown.



PREPERATION TIME
12 MINUTES



TEMPERATURE
160°C



COOKING TIME
17 MINUTES



SERVING
SERVES 4

Substitution tip: Use other vegetables in place of the asparagus. Leftover veggies work well. Use cooked peas, broccoli, green beans, or zucchini in this flavorful recipe.

BREAKFAST

SHRIMP AND RICE FRITTATA





SHRIMP AND RICE FRITTATA

INGREDIENTS

4 Eggs
Pinch salt
1/2 Teaspoon dried basil
Nonstick cooking spray
1/2 Cup cooked rice
1/2 Cup chopped cooked shrimp
1/2 Cup baby spinach
1/2 Cup grated cheese

PROCESS

In a small bowl, beat the eggs with the salt and basil until frothy. Spray a pan with nonstick cooking spray. Combine the rice, shrimp, and spinach in the prepared pan. Pour the eggs in and sprinkle with the cheese. Bake for 14 to 18 minutes or until the frittata is puffed and golden brown.



PREPERATION TIME
15 MINUTES



TEMPERATURE
160°C



COOKING TIME
15 MINUTES



SERVING
SERVES 4

Substitution tip: This recipe can be changed to suit your taste. If you don't like shrimp, use cooked sausages or chopped cooked chicken. Or omit the spinach and use chopped bell peppers or frozen baby peas instead.

BREAKFAST

CRISPY BACON





CRISPY BACON

INGREDIENTS

2-4 Slices bacon

PROCESS

Lay bacon in single layer in your air fryer basket or tray. Don't let the bacon touch each other. Air fry the bacon to your desired crispiness - Here's our general guidelines; For crispy bacon 190 - 200°C for about 8-10 minutes, flip. For a less crispy soft bodied bacon 170 - 180°C, 10-12 minutes, flip halfway, if needed.



PREPERATION TIME
1 MINUTES



TEMPERATURE
190°C



COOKING TIME
8 - 10 MINUTES



SERVING
SERVES 6

Cooking tip: If you cook too much bacon at once, all the oil will cause splattering, thus smoking. Try not to cook more than 4-6 pieces at a time for a large air fryer.

BREAKFAST

MIXED BERRY MUFFINS



BREAKFAST



MIXED BERRY MUFFINS

INGREDIENTS

1 1/2 Cups plus 1 tablespoon flour
2 Teaspoons baking powder
1/4 Cup white sugar
2 Tablespoons brown sugar
2 Eggs
1/2 Cup whole milk
1/2 Cup sunflower oil
1 Cup mixed fresh berries

PROCESS

In medium bowl, combine the 1 1/2 cups flour, baking powder, white sugar, and brown sugar, and mix well. In a small bowl, combine the eggs, milk, and oil, and beat until combined. Stir the egg mixture into the dry ingredients just until combined. In another small bowl, toss the mixed berries with the remaining 1 tablespoon of flour until coated. Stir gently into the batter. Double up 16 foil muffin cups to make 8 cups. Put 4 cups into the air fryer and fill three-quarters full with the batter. Bake for 12 to 17 minutes or until the tops of the muffins spring back when lightly touched with your finger. Repeat with the remaining muffin cups and batter. Cool on a wire rack for 10 minutes before serving.



PREPERATION TIME
15 MINUTES



TEMPERATURE
160°C



COOKING TIME
15 MINUTES



SERVING
MAKES 8 MUFFINS

***Did You Know?** You can use frozen berries in this recipe, but don't thaw them before use. If frozen berries are thawed they will make the batter too wet, and the berries may stain the batter.*

BREAKFAST

DUTCH PANCAKE



BREAKFAST



DUTCH PANCAKE

INGREDIENTS

2 (scant) Tablespoons unsalted butter
3 Eggs
1/2 Cup flour
1/2 Cup milk
1/2 Teaspoon vanilla
1 1/2 Cups sliced fresh strawberries
2 Tablespoons powdered sugar

PROCESS

Preheat the air fryer with a pan in the basket. Add the butter and heat until the butter melts. Meanwhile, in a medium bowl, add the eggs, flour, milk, and vanilla, and beat well with an egg beater until combined and frothy. Carefully remove the basket with the pan from the air fryer and tilt so the butter covers the bottom of the pan. Immediately pour in the batter and put back in the fryer. Bake for 12 to 16 minutes or until the pancake is puffed and golden brown. Remove from the air fryer in which the puffed pancake will fall flat to form the dutch pancake. Top with strawberries and powdered sugar and serve immediately.



PREPERATION TIME
12 MINUTES



TEMPERATURE
160°C



COOKING TIME
15 MINUTES



SERVING
SERVES 4

***Substitution tip:** This pancake can be served with savory fillings, too. Add some crispy cooked bacon, hot cooked sausage, or cheese that will melt on the crisp and hot pancake.*

BREAKFAST

BREAKFAST POTATOES



BREAKFAST



BREAKFAST POTATOES

INGREDIENTS

5 Medium potatoes, peeled and cut into cubes
1 Tablespoon oil
1/2 Teaspoon kosher salt
1/2 Teaspoon smoked paprika
1/2 Teaspoon garlic powder
1/2 Teaspoon black ground pepper

PROCESS

Preheat the air fryer for about 2-3 minutes. This will give you the crispiest potatoes. Meanwhile, toss the potatoes with breakfast potato seasoning and oil until thoroughly coated. Spray the air fryer basket with a nonstick spray. Add the potatoes and cook for about 15 minutes, stopping and shaking the basket 2-3 times throughout to promote even cooking. Transfer to a plate and serve right away.



PREPERATION TIME
2 MINUTES



TEMPERATURE
200°C



COOKING TIME
17 MINUTES



SERVING
SERVES 2 - 3

Cooking tip: Season the potatoes right before cooking. Allowing the potatoes to sit with salt, this will draw the moisture out, which will inhibit the crisping process.

BREAKFAST

VEGETABLE EGG ROLLS





VEGETABLE EGG ROLLS

INGREDIENTS

1/2 Cup chopped mushrooms
1/2 Cup grated carrots
1/2 Cup chopped zucchini
2 Green onions, chopped
2 Tablespoons low-sodium soy sauce
8 Egg roll wrappers
1 Tablespoon cornstarch
1 Egg, beaten

PROCESS

In a medium bowl, combine the mushrooms, carrots, zucchini, green onions, and soy sauce, and stir together. Place the egg roll wrappers on a work surface. Top each with about 3 tablespoons of the vegetable mixture. In a small bowl, combine the cornstarch and egg and mix well. Brush some of this mixture on the edges of the egg roll wrappers. Roll up the wrappers, enclosing the vegetable filling. Brush some of the egg mixture on the outside of the egg rolls to seal. Air-fry for 7 to 10 minutes or until the egg rolls are brown and crunchy.



PREPERATION TIME
15 MINUTES



TEMPERATURE
200°C



COOKING TIME
10 MINUTES



SERVING
MAKES 8 EGG ROLLS

***Substitution tip:** You can use spring roll wrappers for this recipe; they are thinner than the egg roll wrappers so they won't take as long to cook.*

BREAKFAST

JUMBO STUFFED
MUSHROOMS





JUMBO STUFFED MUSHROOMS

INGREDIENTS

4 Jumbo portobello mushrooms
1 Tablespoon olive oil
1/4 Cup ricotta cheese
5 Tablespoons Parmesan cheese, divided
1 Cup frozen chopped spinach, thawed and drained
1/3 Cup bread crumbs
1/4 Teaspoon minced fresh rosemary

PROCESS

Wipe the mushrooms with a damp cloth. Remove the stems and discard. Using a spoon, gently scrape out most of the gills. Rub the mushrooms with the olive oil. Put in the air fryer basket, hollow side up, and bake for 3 minutes. Carefully remove the mushroom caps, because they will contain liquid. Drain the liquid out of the caps. In a medium bowl, combine the ricotta, 3 tablespoons of Parmesan cheese, spinach, bread crumbs, and rosemary, and mix well. Stuff this mixture into the drained mushroom caps. Sprinkle with the remaining 2 tablespoons of Parmesan cheese. Put the mushroom caps back into the basket. Bake for 4 to 6 minutes or until the filling is hot and the mushroom caps are tender.



PREPERATION TIME
10 MINUTES



TEMPERATURE
200°C



COOKING TIME
20 MINUTES



SERVING
SERVES 4

***Did You Know?** The gills in large mushroom caps are edible, but they can be bitter when cooked. You can easily remove them with a spoon.*

LUNCH

MUSHROOM PITA PIZZAS





MUSHROOM PITA PIZZAS

INGREDIENTS

4 (3-inch) Pitas
1 Tablespoon olive oil
3/4 Cup pizza sauce
1 (100ml) Jar sliced mushrooms, drained
1/2 Teaspoons dried basil
2 Green onions, minced
1 Cup grated mozzarella or provolone cheese
1 Cup sliced grape tomatoes

PROCESS

Brush each piece of pita with oil and top with the pizza sauce. Add the mushrooms and sprinkle with basil and green onions. Top with the grated cheese. Bake for 3 to 6 minutes or until the cheese is melted and starts to brown. Top with the grape tomatoes and serve immediately.



PREPERATION TIME
 10 MINUTES



TEMPERATURE
 180°C



COOKING TIME
 5 MINUTES



SERVING
 SERVES 4

Substitution tip: Look for canned pizza sauce in the pasta aisle of the supermarket. Or substitute 1/4 cup pasta sauce mixed with a pinch each of dried basil, thyme, oregano, marjoram, and cayenne pepper.

LUNCH

SPINACH QUICHE



LUNCH



SPINACH QUICHE

INGREDIENTS

3 Eggs **1 cup frozen chopped spinach, thawed and drained**
1/3 Cup heavy cream
2 Tablespoons honey mustard
1/2 Cup grated Swiss or Havarti cheese
1/2 Teaspoon dried thyme
Pinch salt
Freshly ground black pepper
Nonstick baking spray with flour

PROCESS

In a medium bowl, beat the eggs until blended. Stir in the spinach, cream, honey mustard, cheese, thyme, salt, and pepper. Spray a baking pan with nonstick spray. Pour the egg mixture into the pan. Bake for 18 to 22 minutes or until the egg mixture is puffed, light golden brown, and set. Let cool for 5 minutes, then cut into wedges to serve.



PREPERATION TIME
10 MINUTES



TEMPERATURE
160°C



COOKING TIME
20 MINUTES



SERVING
SERVES 3

Substitution tip: You could use just about any cooked, leftover vegetable in this easy recipe as long as you keep the amounts about the same. Try adding cooked broccoli florets, steamed asparagus pieces, or cooked mushrooms.

LUNCH

YELLOW SQUASH FRITTERS



LUNCH



YELLOW SQUASH FRITTERS

INGREDIENTS

1 (85 grams) Package cream cheese, softened
1 Egg, beaten
1/2 Teaspoon dried oregano
Pinch salt
Freshly ground black pepper
1 Medium yellow summer squash, grated
1/3 Cup grated carrot
2/3 Cup bread crumbs
2 Tablespoons olive oil

PROCESS

In a medium bowl, combine the cream cheese, egg, oregano, salt and pepper. Add the squash and carrot, and mix well. Stir in the bread crumbs. Form about 2 tablespoons of this mixture into a patty about 1,5cm thick. Repeat with remaining mixture. Brush the fritters with olive oil. Air-fry until crisp and golden, about 7 to 9 minutes.



PREPERATION TIME
15 MINUTES



TEMPERATURE
170°C



COOKING TIME
7 MINUTES



SERVING
SERVES 4

Cooking tip: Yellow summer squash has a thin skin so you don't have to peel it before preparation. If you want to use zucchini in this recipe, peel it before grating, because the skin is tougher.

LUNCH

SHRIMP AND GRILLED CHEESE SANDWICHES



LUNCH



SHRIMP AND GRILLED CHEESE SANDWICHES

INGREDIENTS

- 1 1/4 cups shredded cheese**
- 1 (170 grams) Can tiny shrimp, drained**
- 3 Tablespoons mayonnaise**
- 2 Tablespoons minced green onion**
- 4 Slices whole grain or whole-wheat bread**
- 2 Tablespoons softened butter**

PROCESS

In a medium bowl, combine the cheese, shrimp, mayonnaise, and green onion, and mix well. Spread this mixture on two of the slices of bread. Top with the other slices of bread to make two sandwiches. Spread the sandwiches lightly with butter. Grill in the air fryer for 5 to 7 minutes or until the bread is browned and crisp and the cheese is melted. Cut in half and serve warm.



PREPERATION TIME
10 MINUTES



TEMPERATURE
200°C



COOKING TIME
5 MINUTES



SERVING
SERVES 4

Substitution tip: Instead of the shrimp in this recipe, try using canned crabmeat, chicken, or tuna. Or for a vegetarian version, leave out the shrimp and replace with 1 cup of a different type of cheese.

LUNCH

BEEF AND BROCCOLI



LUNCH



BEEF AND BROCCOLI

INGREDIENTS

340 Grams round steak, cut into thin strips
450 Grams broccoli, stems removed and cut into florets
1/3 Cup oyster sauce
2 Tablespoons Sesame oil
1/3 cup Sherry
1 Tablespoons Soy sauce,
1 Tablespoons White sugar
1 Tablespoons Cornstarch
1 Tablespoons Olive oil
1 Slice fresh Ginger root
1 Clove garlic, minced

PROCESS

In a small bowl combine the oyster sauce, sesame oil, cornstarch, sherry, soy sauce and sugar. Stir until sugar has dissolved and cornstarch is evenly mixed. Place the steak strips in this mixture and marinate for a minimum of 45 minutes. When the steak has finished marinating add it and the broccoli to the air fryer. Add the ginger, garlic and olive oil on top. Cook 12 minutes.



PREPERATION TIME
50 MINUTES



TEMPERATURE
180°C



COOKING TIME
12 MINUTES



SERVING
SERVES 4

Serving tip: Best enjoyed with basmati rice

LUNCH

WHOLE CHICKEN



LUNCH



WHOLE CHICKEN

INGREDIENTS

2 Kilogram whole chicken
1/2 Fresh lemon
1/4 Whole onion
4 Sprigs of fresh thyme
4 Sprigs of fresh rosemary
Olive oil
1 Teaspoon ground thyme
1 Teaspoon onion powder
1 Teaspoon garlic powder
Kosher salt to taste
Pepper to taste

PROCESS

If your chicken still has the giblets inside of it, you will need to remove them prior to cooking. Stuff 1/2 of fresh cut lemon and 1/4 of a chopped onion inside the cavity of the chicken along with the fresh rosemary and thyme. Make sure the chicken is completely dry on the outside. Rub olive oil onto both sides of the chicken. Sprinkle the seasonings throughout and onto both sides of the chicken. Air fry the chicken for 30 minutes. Open the air fryer and flip the chicken. Air fry for an additional 20-25 minutes until the chicken reaches an internal temperature of 75°C degrees. Use a meat thermometer. Remove the chicken from the air fryer basket and place it on a plate to rest for at least 15 minutes before cutting into the chicken. This will allow the moisture to redistribute throughout the chicken before you cut into it.



PREPERATION TIME
15 MINUTES



TEMPERATURE
160°C



COOKING TIME
55 MINUTES



SERVING
SERVES 4

Cooking tip: Chicken size will depend on the size of your air fryer.



LUNCH

ITALIAN-STYLE
MEATBALLS

LUNCH



ITALIAN-STYLE MEATBALLS

INGREDIENTS

900 Grams of ground beef (choose your preferred cut)
2 Large eggs
1 1/4 cup bread crumbs
1/4 Cup chopped fresh parsley
1 Tablespoon dried oregano
1/4 Cup grated Parmesan cheese
1 Small clove garlic chopped
Salt and pepper to taste
1 Tablespoon light oil dabbed on a paper towel
to coat the air fryer basket

PROCESS

Place the meat and all the ingredients in a large mixing bowl. Mix all the ingredients together with your hands. You can use a wooden spoon to begin the mixing process but using your hands is the best way to blend everything together. Mix the ingredients just until everything is well blended. Scoop up a small handful of meat and roll in the palm of your hand to your desired size meatball (approximately 5cm round). Lightly coat the basket with avocado oil spread on with a paper towel. Cook them for 10-13 minutes until lightly browned. Turn them over and cook another 4-5 minutes. Remove to a plate when baked. When ready, place them into the tomato sauce to continue cooking. Serve with your favorite pasta.



PREPERATION TIME
6 MINUTES



TEMPERATURE
170°C



COOKING TIME
15 MINUTES



SERVING
12 MEATBALLS

Cooking tip: You can use a cookie scoop to scoop which will give you even size meatballs.

LUNCH

CRUMBED FISH



LUNCH



CRUMBED FISH

INGREDIENTS

1 Cup dry bread crumbs
1/4 Cup vegetable oil
4 Fish fillets
1 Egg beaten
1 Lemon, sliced

PROCESS

Mix bread crumbs and oil together in a bowl. Stir until mixture becomes loose and crumbly. Dip fish fillets into the egg; shake off any excess. Dip fillets into the bread crumb mixture; coat evenly and fully. Lay coated fillets gently in the preheated air fryer. Cook until fish flakes easily with a fork, about 12 minutes. Garnish with lemon slices.



PREPERATION TIME
10 MINUTES



TEMPERATURE
180°C



COOKING TIME
10 MINUTES



SERVING
SERVES 4

Cooking tip: Use any variety of fish you prefer.

A top-down view of several skewers of grilled beef and mango skewers. The skewers are arranged diagonally across the frame. Each skewer contains alternating pieces of cubed beef, mango, red bell pepper, yellow bell pepper, and red onion. The food is charred and sits on a white plate. Fresh cilantro leaves are scattered around the skewers, and a small bowl of dark sauce is visible in the bottom right corner.

STARTERS

BEEF AND
MANGO SKEWERS

STARTERS



BEEF AND MANGO SKEWERS

INGREDIENTS

340 Gram beef sirloin tip, cut into cubes
2 Tablespoons balsamic vinegar
1 Tablespoon olive oil
1 Tablespoon honey
1/2 Teaspoon dried Origanum
Pinch salt
Freshly ground black pepper
1 Mango

PROCESS

Put the beef cubes in a medium bowl and add the balsamic vinegar, olive oil, honey, origanum, salt, and pepper. Mix well, then massage the marinade into the beef with your hands. Set aside. To prepare the mango, stand it on end and cut the skin off, using a sharp knife. Then carefully cut around the oval pit to remove the flesh. Cut the mango into cubes. Thread metal skewers alternating with three beef cubes and two mango cubes. Grill the skewers in the air fryer basket for 4 to 7 minutes or until the beef is browned.



PREPERATION TIME
10 MINUTES



TEMPERATURE
60°C



COOKING TIME
5 MINUTES



SERVING
SERVES 4

Substitution tip: You can substitute peaches or nectarines for the mango

STARTERS

CURRIED SWEET POTATO FRIES



STARTERS



CURRIED SWEET POTATO FRIES

INGREDIENTS

1/2 Cup sour cream
1/2 Cup mango chutney
3 Teaspoons curry powder, divided
4 Cups frozen sweet potato fries
1 Tablespoon olive oil
Pinch salt
Freshly ground black pepper

PROCESS

In a small bowl, combine sour cream, chutney, and 1½ teaspoons of the curry powder. Mix well and set aside. Put the sweet potatoes in a medium bowl. Drizzle with the olive oil and sprinkle with remaining 1½ teaspoons curry powder, salt, and pepper. Put the potatoes in the air fryer basket. Cook for 8 to 12 minutes or until crisp, hot, and golden brown, shaking the basket once during cooking time. Place the fries in a serving basket and serve with the chutney dip.



PREPERATION TIME
5 MINUTES



TEMPERATURE
200°C



COOKING TIME
8 - 12 MINUTES

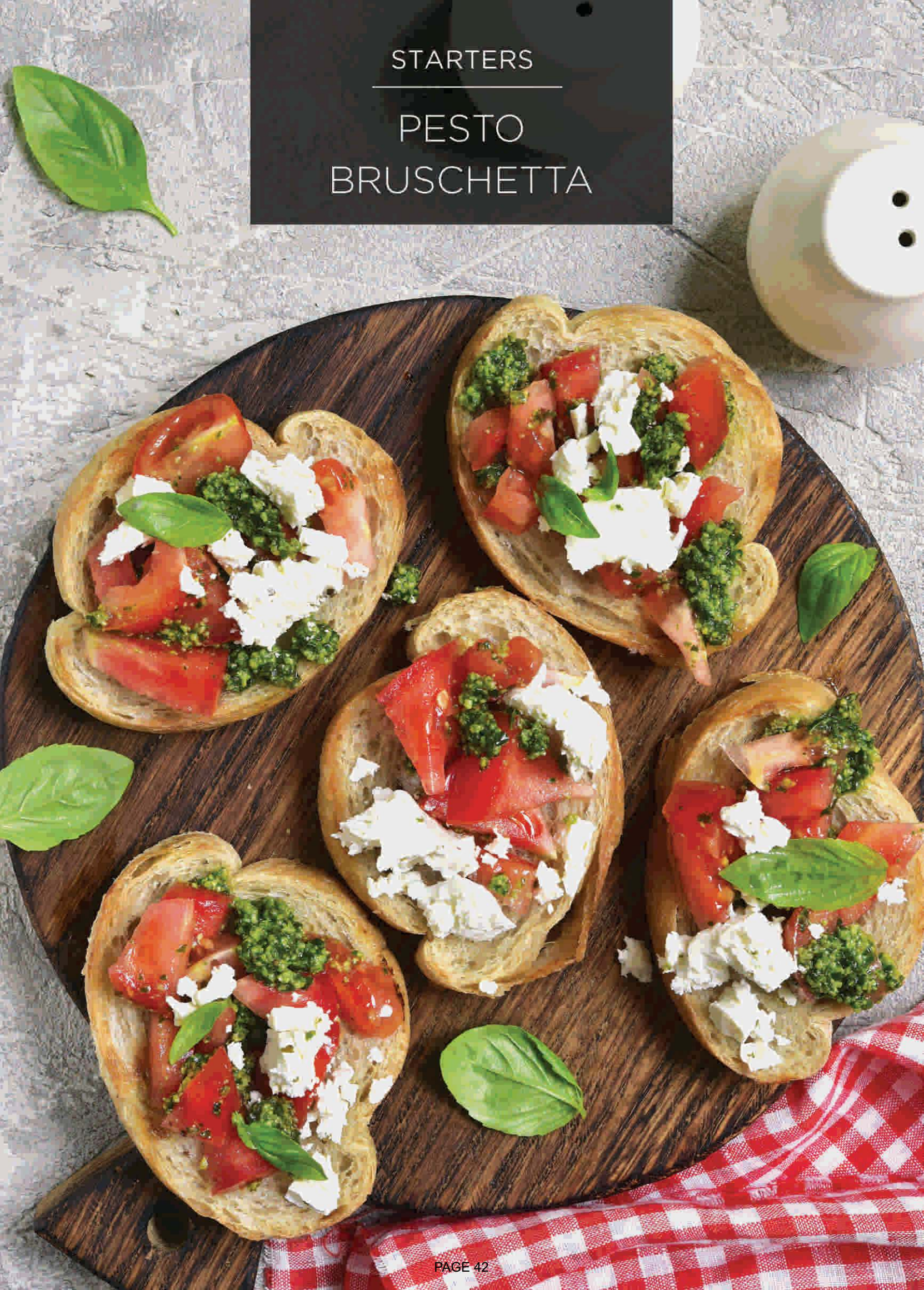


SERVING
SERVES 4

***Substitution tip:** You can use fresh sweet potatoes in place of the frozen precut fries.*

STARTERS

PESTO
BRUSCHETTA



STARTERS



PESTO BRUSCHETTA

INGREDIENTS

8 Slices French bread
2 Tablespoons softened butter
1 Cup shredded Mozzarella cheese
1/2 Cup basil pesto
1 Cup chopped cherry tomatoes
2 Green onions, thinly sliced

PROCESS

Spread the bread with the butter and place butter-side up in the air fryer basket. Bake for 3 to 5 minutes or until the bread is light golden brown. Remove the bread from the basket and top each piece with some of the cheese. Return to the basket in batches and bake until the cheese melts, about 1 to 3 minutes. Meanwhile, combine the pesto, tomatoes, and green onions in a small bowl. When the cheese has melted, remove the bread from the air fryer and place on a serving plate. Top each slice with some of the pesto mixture and serve.



PREPERATION TIME
10 MINUTES



TEMPERATURE
180°C



COOKING TIME
4 - 8 MINUTES



SERVING
SERVES 4

Ingredient tip: You can find basil pesto and other types of pesto, including a sauce made from sun-dried tomatoes, in the refrigerated section or the pasta aisle of any supermarket.

STARTERS

BUFFALO
CHICKEN BITES



STARTERS



BUFFALO CHICKEN BITES

INGREDIENTS

2/3 Cup sour cream
1/4 Cup creamy blue cheese salad dressing
1/4 Cup crumbled blue cheese
1 Celery stalk, finely chopped
450 Grams chicken wings cut into thirds crosswise
3 Tablespoons Buffalo chicken wing sauce
1 Cup crumbs
2 Tablespoons olive oil

PROCESS

In a small bowl, combine the sour cream, salad dressing, blue cheese, and celery, and set aside. In a medium bowl, combine the chicken pieces and Buffalo wing sauce and stir to coat. Let it sit while you get the bread crumbs ready. Combine the bread crumbs and olive oil on a plate and mix. Coat the chicken pieces in the bread crumb mixture, patting each piece so the crumbs stick. Air-fry in batches for 7 to 9 minutes, shaking the basket once, until the chicken is cooked and golden brown. Serve with the blue cheese sauce on the side.



PREPARATION TIME
10 MINUTES



TEMPERATURE
180°C



COOKING TIME
14 - 18 MINUTES



SERVING
SERVES 4

Did You Know? Buffalo chicken wings were first invented in the Anchor Bar in Buffalo, New York, when the owner needed to serve a lot of appetizers in a hurry. They became an immediate hit and the flavor - a combination of a spicy hot sauce with cool blue cheese - is now a classic.

STARTERS

SWEET AND HOT CHICKEN WINGS



STARTERS



SWEET AND HOT CHICKEN WINGS

INGREDIENTS

8 Chicken wings
1 Tablespoon olive oil
1/3 Cup brown sugar
2 Tablespoons honey
1/3 Cup apple cider vinegar
2 Cloves garlic, minced
1/2 Teaspoon dried red pepper flakes
1/4 Teaspoon salt

PROCESS

In a medium bowl, toss the wings with the oil. Transfer to the air fryer basket and cook for 20 minutes, shaking the basket twice while cooking. Meanwhile, in a small bowl, combine the sugar, honey, vinegar, red pepper flakes, and salt, and whisk until combined. Remove the wings from the air fryer basket and put into a pan. Pour the sauce over the wings and toss. Return to the air fryer and cook for 5 minutes or until the wings are glazed.



PREPERATION TIME
5 MINUTES



TEMPERATURE
200°C



COOKING TIME
25 MINUTES



SERVING
MAKES 16 WINGS

Ingredient tip: You can sometimes buy "chicken drummettes" in the meat section. They are made from the meaty part of the chicken wing. If you want to use those instead of the cut-up whole wings, use about 10 in this recipe.

DINNER

FISH AND CHIPS





FISH AND CHIPS

INGREDIENTS

4 (150 Grams) Fish fillets
Pinch salt
Freshly ground black pepper
1/2 Teaspoon dried thyme
1 Egg white
3/4 Cup crushed potato chips
2 Tablespoons olive oil, divided
2 Russet potatoes, peeled and cut into strips

PROCESS

Pat the fish fillets dry and sprinkle with salt, pepper, and thyme. Set aside. In a shallow bowl, beat the egg white until foamy. In another bowl, combine the potato chips and 1 tablespoon of olive oil and mix until combined. Dip the fish fillets into the egg white, then into the crushed potato chip mixture to coat. Toss the fresh potato strips with the remaining 1 tablespoon olive oil. The chips will take about 20 minutes; the fish will take about 10 to 12 minutes to cook.



PREPERATION TIME
10 MINUTES



TEMPERATURE
200°C



COOKING TIME
20 MINUTES



SERVING
SERVES 4

Ingredient tip: To make tartar sauce, combine cup mayonnaise with 3 tablespoons chopped sweet pickles, 1 tablespoon lemon juice, and 1 tablespoon chopped fresh parsley.

DINNER

BUTTERMILK
FRIED CHICKEN





BUTTERMILK FRIED CHICKEN

INGREDIENTS

6 Chicken pieces: drumsticks, breasts, and thighs
1 Cup flour
2 Teaspoons paprika
Pinch salt
Freshly ground black pepper
1/3 Cup buttermilk
2 Eggs
2 Tablespoons olive oil
1 1/2 Cups bread crumbs

PROCESS

Pat the chicken dry. In a shallow bowl, combine the flour, paprika, salt, and pepper. In another bowl, beat the buttermilk with the eggs until smooth. In a third bowl, combine the olive oil and bread crumbs until mixed. Dredge the chicken in the flour, then into the eggs to coat, and finally into the bread crumbs, patting the crumbs firmly onto the chicken skin. Air-fry the chicken for 20 to 25 minutes, turning each piece over halfway during cooking, until the meat registers 75°C on a meat thermometer and the chicken is brown and crisp. Let it cool for 5 minutes, then serve.



PREPERATION TIME
7 MINUTES



TEMPERATURE
190°C



COOKING TIME
20 TO 25 MINUTES



SERVING
SERVES 4

Variation tip: You can marinate the chicken in buttermilk and spices such as cayenne pepper, chili powder, or garlic powder overnight before you cook it. This makes the chicken even more moist and tender and adds flavor.

DINNER

CHICKEN
CORDON BLEU





CHICKEN CORDON BLEU

INGREDIENTS

4 Chicken breast fillets
1/4 Cup chopped ham
1/3 Cup grated Swiss cheese
1/4 Cup flour
Pinch salt
Freshly ground black pepper
1/2 Teaspoon dried Origanum
1 Egg
1 Cup bread crumbs

PROCESS

Put the chicken breast filets on a work surface and gently press them with the palm of your hand to make them a bit thinner. Don't tear the meat. In a small bowl, combine the ham and cheese. Divide this mixture among the chicken filets. Wrap the chicken around the filling to enclose it, using toothpicks to hold the chicken together. In a shallow bowl, mix the flour, salt, pepper, and Origanum. In another bowl, beat the egg. Spread the bread crumbs out on a plate. Dip the chicken into the flour mixture, then into the egg, then into the bread crumbs to coat thoroughly. Put the chicken in the air fryer basket and mist with olive oil. Bake for 13 to 15 minutes or until the chicken is thoroughly cooked to 75°C. Carefully remove the toothpicks and serve.



PREPERATION TIME
15 MINUTES



TEMPERATURE
195°C



COOKING TIME
13 TO 15 MINUTES



SERVING
SERVES 4

Ingredient tip: You can find chicken fillets, which are cut from the chicken breast, in most large grocery stores. If you can't find them, you can cut one chicken breast in half, holding your knife parallel to the work surface, to make two thin slices.

DINNER

THAI BURGERS





THAI BURGERS

INGREDIENTS

1/2 Cup soft bread crumbs
1/4 Cup Thai chili sauce
2 Minced green onions
2 Cloves garlic, minced
560 Grams lean ground beef
4 Onion rolls, split in half
1 Large tomato, sliced
1/3 Cup commercial Peanut sauce

PROCESS

In a large bowl, combine the bread crumbs, Thai chili sauce, green onions, and garlic, and mix well. Add the ground beef and mix gently but thoroughly until combined. Form the beef mixture into four patties. Make an indentation in the center of each patty with your thumb so the burgers don't puff up when they cook. Cook for 12 minutes, and then test the burgers. If they aren't at least 70°C, cook for 3 minutes until they reach that temperature. Assemble burgers with the onion rolls, sliced tomato, and peanut sauce.



PREPERATION TIME
10 MINUTES



TEMPERATURE
190°C



COOKING TIME
15 MINUTES



SERVING
SERVES 4

Substitution tip: You can make these burgers with ground pork or a combination of ground pork and ground beef. You could also add sliced onions and lettuce to the burgers when you assemble them.

DINNER

TEX-MEX STEAK





TEX-MEX STEAK

INGREDIENTS

450 Gram Skirt steak
1 Chipotle pepper in adobo sauce, minced
2 Tablespoons adobo sauce
1/2 Teaspoon salt
1/8 Teaspoon pepper
1/8 Teaspoon crushed red pepper flakes

PROCESS

Cut the steak into four pieces and place them on a plate. In a small bowl, combine the minced chipotle pepper, adobo sauce, salt, pepper, and crushed red pepper flakes. Spread over the steaks on both sides. Let the steaks stand at room temperature for at least 20 minutes, or refrigerate up to 12 hours. Grill the steaks, two at a time, in the air fryer basket for 10 minutes until the steaks register an internal temperature of at least 60°C. Repeat with remaining steaks while the first ones rest, covered with foil. Add the just-cooked steaks to the ones that have been resting and let rest for another 5 minutes. Slice thinly across the grain to serve.



PREPERATION TIME
25 MINUTES



TEMPERATURE
200°C



COOKING TIME
20 MINUTES



SERVING
SERVES 4

Ingredient tip: Chipotles in adobo are jalapeño peppers that are cooked and jarred in a spicy red sauce. Many adobo sauces contain gluten, so read the labels carefully or opt for gluten-free La Costena brand.

DINNER

GARLIC AND
SESAME CARROTS



DINNER



GARLIC AND SESAME CARROTS

INGREDIENTS

450 Grams baby carrots
1 Tablespoon sesame oil
1/2 Teaspoon dried dill
Pinch salt
Freshly ground black pepper
6 Cloves garlic, peeled
3 Tablespoons sesame seeds

PROCESS

Place the baby carrots in a medium bowl. Drizzle with sesame oil, add the dill, salt, and pepper, and toss to coat well. Place the carrots in the basket of the air fryer. Roast for 8 minutes, shaking the basket once during cooking time. Add the garlic to the air fryer. Roast for 8 minutes, shaking the basket once during cooking time, or until the garlic and carrots are lightly browned. Transfer to a serving bowl and sprinkle with the sesame seeds before serving.



PREPERATION TIME
5 MINUTES



TEMPERATURE
200°C



COOKING TIME
16 MINUTES



SERVING
SERVES 4 TO 6

Variation tip: You can cook large carrots, cut into chunks, in place of the baby carrots in this recipe. Or you can try roasting other root vegetables, such as parsnips or rutabagas.

DINNER

ROASTED
BRUSSELS SPROUTS





ROASTED BRUSSELS SPROUTS

INGREDIENTS

450 Grams fresh Brussels sprouts
1 Tablespoon olive oil
1/2 Teaspoon salt
1/8 Teaspoon pepper
1/4 Cup grated Parmesan cheese

PROCESS

Trim the bottoms from the Brussels sprouts and pull off any discolored leaves. Toss with the olive oil, salt, and pepper, and place in the air fryer basket. Roast for 20 minutes, shaking the air fryer basket twice during cooking time, until the Brussels sprouts are dark golden brown and crisp. Transfer the Brussels sprouts to a serving dish and toss with the Parmesan cheese. Serve immediately.



PREPERATION TIME
8 MINUTES



TEMPERATURE
165°C



COOKING TIME
20 MINUTES



SERVING
SERVES 4

***Did You Know?** Brussels sprouts were cultivated in Roman times and introduced into the United States in the 1880s. Most Brussels sprouts in this country are grown in California.*

DINNER

SAVORY ROASTED SWEET POTATOES





SAVORY ROASTED SWEET POTATOES

INGREDIENTS

2 Sweet potatoes, peeled and cut into 2 cm cubes
1 Tablespoon olive oil
Pinch salt
Freshly ground black pepper
1/2 Teaspoon dried thyme
1/2 Teaspoon dried Origanum
1/4 Cup grated Parmesan cheese

PROCESS

Put the sweet potato cubes in the air fryer basket and drizzle with the olive oil. Toss gently. Sprinkle with the salt, pepper, thyme, and Origanum, and toss again. Roast for 20 minutes, shaking the air fryer basket once during cooking time. Remove the basket from the air fryer and shake the potatoes again. Sprinkle evenly with the Parmesan cheese and return to the air fryer. Roast for 5 minutes or until the potatoes are tender.



PREPERATION TIME
5 MINUTES



TEMPERATURE
165°C



COOKING TIME
25 MINUTES



SERVING
SERVES 4

Did You Know? Sweet potatoes and yams are two different types of root vegetable. A true yam is a starchy white root vegetable used in Caribbean cooking. Sweet potatoes are high in vitamin A and are usually bright orange in color.

DESSERT

BLACK AND
WHITE BROWNIES





BLACK AND WHITE BROWNIES

INGREDIENTS

1 Egg
1/4 Cup brown sugar
2 Tablespoons white sugar
2 Tablespoons sunflower oil
1 Teaspoon vanilla
1/4 Cup cocoa powder
1/3 Cup all-purpose flour
1/4 Cup white chocolate chips
Non-stick baking spray

PROCESS

In a medium bowl, beat the egg with the brown sugar and white sugar. Beat in the oil and vanilla. Add the cocoa powder and flour, and stir just until combined. Fold in the white chocolate chips. Spray a baking pan with nonstick spray. Spoon the brownie batter into the pan. Bake for 20 minutes or until the brownies are set when lightly touched with a finger. Let them cool for 30 minutes before slicing to serve.



PREPERATION TIME
 10 MINUTES



TEMPERATURE
 170°C



COOKING TIME
 20 MINUTES



SERVING
 MAKES 1 DOZEN

Cooking tip: You measure cocoa powder just like you measure flour: spoon it lightly into a measuring cup and level off the top with the back of a knife. Never scoop flour or dry ingredients into a measuring cup because that adds too much to the recipe and your cookies, cakes, and bars will be dense and heavy.

DESSERT

BIG CHOCOLATE
CHIP COOKIE





BIG CHOCOLATE CHIP COOKIE

INGREDIENTS

Non-stick baking spray
3 Tablespoons softened butter
1/3 Cup plus 1 tablespoon brown sugar
1 Egg yolk
1/2 Cup flour
2 Tablespoons ground white chocolate
1/4 Teaspoon baking soda
1/2 Teaspoon vanilla
3/4 Cup chocolate chips

PROCESS

In medium bowl, beat the butter and brown sugar together until fluffy. Stir in the egg yolk. Add the flour, white chocolate, baking soda, and vanilla, and mix well. Stir in the chocolate chips. Line a baking pan with parchment paper. Spray the parchment paper with nonstick baking spray with flour. Spread the batter into the prepared pan, leaving a border on all sides. Bake for about 9 minutes or until the cookie is light brown and just barely set. Remove the pan from the air fryer and let them cool for 10 minutes. Remove the cookie from the pan, remove the parchment paper, and let them cool on a wire rack.



PREPARATION TIME
7 MINUTES



TEMPERATURE
150°C



COOKING TIME
9 MINUTES



SERVING
SERVES 4

Substitution tip: You can use other types of chocolate chips in this recipe. Try milk chocolate chips or butterscotch chips. Or add about 1/4 cup chopped pecans or cashews when you stir in the chocolate chips.

DESSERT

CHOCOLATE PEANUT BUTTER
MOLTEN CUPCAKES





CHOCOLATE PEANUT BUTTER MOLTEN CUPCAKES

INGREDIENTS

Non-stick baking spray with flour
1 1/3 Cups chocolate cake mix
1 Egg
1 Egg yolk
1/4 Cup sunflower oil
1/4 Cup hot water
1/3 Cup sour cream
3 Tablespoons peanut butter
1 Tablespoon powdered sugar

PROCESS

Double up 16 foil muffin cups to make 8 cups. Spray each lightly with non-stick spray; set aside. In a medium bowl, combine the cake mix, egg, egg yolk, sunflower oil, water, and sour cream, and beat until combined. In a small bowl, combine the peanut butter and powdered sugar and mix well. Form this mixture into 8 balls. Spoon about 1/4 cup of the chocolate batter into each muffin cup and top with a peanut butter ball. Spoon remaining batter on top of the peanut butter balls to cover them. Arrange the cups in the air fryer basket, leaving some space between each. Bake for 10 to 13 minutes or until the tops look dry and set. Let the cupcakes cool for about 10 minutes, then serve warm.



PREPERATION TIME
10 MINUTES



TEMPERATURE
160°C



COOKING TIME
10 - 13 MINUTES



SERVING
MAKES 8 CUPCAKES

Ingredient tip: Save the rest of the chocolate cake mix in a sealed heavy-duty plastic bag. Be sure to mark it with the date that you used it. Use it within two weeks - maybe to make more batches of this recipe!

DESSERT

MARBLE
CHEESECAKE



DESSERT



MARBLE CHEESECAKE

INGREDIENTS

Non-stick baking spray
3 Tablespoons softened butter
1/3 Cup plus 1 tablespoon brown sugar
1 Egg yolk
1/2 Cup flour
2 Tablespoons ground white chocolate
1/4 Teaspoon baking soda
1/2 Teaspoon vanilla
3/4 Cup chocolate chips

PROCESS

In medium bowl, beat the butter and brown sugar together until fluffy. Stir in the egg yolk. Add the flour, white chocolate, baking soda, and vanilla, and mix well. Stir in the chocolate chips. Line a baking pan with parchment paper. Spray the parchment paper with nonstick baking spray with flour. Spread the batter into the prepared pan, leaving a border on all sides. Bake for about 9 minutes or until the cookie is light brown and just barely set. Remove the pan from the air fryer and let cool for 10 minutes. Remove the cookie from the pan, remove the parchment paper, and let cool on a wire rack.



PREPERATION TIME
7 MINUTES



TEMPERATURE
150°C



COOKING TIME
9 MINUTES



SERVING
SERVES 4

Substitution tip: You can use other types of chocolate chips in this recipe. Try milk chocolate chips or butterscotch chips. Or add about 1/4 cup chopped pecans or cashews when you stir in the chocolate chips.

DESSERT

FRENCH TOAST
STICKS



DESSERT



FRENCH TOAST STICKS

INGREDIENTS

2 large eggs
1/3 Cup heavy cream
1/3 Cup whole milk
3 Tablespoon granulated sugar
1/4 Tablespoon ground cinnamon
1/2 Tablespoon pure vanilla extract
Kosher salt
6 Thick slices white bread, each slice cut into thirds
Maple syrup, for serving

PROCESS

Beat eggs, cream, milk, sugar, cinnamon, vanilla, and a pinch of salt in a large shallow baking dish. Add bread, turn to coat a few times. Arrange french toast in basket of air fryer, working in batches as necessary to not overcrowd basket. Cook until golden, about 8 minutes, tossing halfway through. Serve toast warm, drizzled with maple syrup.



PREPERATION TIME
5 MINUTES



TEMPERATURE
190°C



COOKING TIME
30 MINUTES



SERVING
SERVES 6

Cooking tip: Aim for thick sliced of bread for sturdier french toast that's perfectly dunkable.