



# Airfryer

## Recipe Book

**PHILIPS**

## Airfryer Introduction

We all love the taste of deep fried foods, but not the calories or the mess of cooking with so much oil. The Philips Airfryer was created to solve this dilemma as its unique design lets you fry food with just a tablespoon or two of oil and drains excess fat from food while cooking.

This recipe book features just some of the food that you will be able to cook in your Philips Airfryer. From French fries to spring rolls to even soufflés, the possibilities are limitless! The Airfryer lets you fry, bake, grill and steam healthier, faster and more conveniently.

We hope that you will enjoy using the Airfryer as many others have around the world, and the recipes inside inspire you to cook healthy, well-balanced meals for you and your family.



# 11 Tips for Using the Philips Airfryer

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



## Guide to times and temperatures

		Min-max amount (oz.)	Time (min.)	Temp. °F	Shake halfway	Extra information
Thin frozen fries		10-25	12-16	390	✓	
Thick frozen fries		10-25	12-20	390	✓	
Homemade fries		10-28	18-30	360	✓	Soak 30 min/dry/Tbsp of oil 1/2 Tbsp - 10oz 1 1/2 Tbsp - 28oz
Potato wedges		10-28	18-30	360	✓	Soak 30 min/dry/Tbsp of oil 1/2 Tbsp - 10oz 1 1/2 Tbsp - 28oz
Potato cubes		10-25	12-18	360	✓	Soak 30 min/dry/Tbsp of oil 1/2 Tbsp - 10oz 1 1/2 Tbsp - 28oz
Cheese sticks		4-16	8-10	360	✓	Use ovenbaked
Chicken nuggets		4-18	6-10	390	✓	Use ovenbaked
Fish sticks		4-16	6-10	390		Use ovenbaked
Steak		4-18	8-12	360		
Pork chops		4-18	10-14	360		
Hamburger		4-18	7-14	360		
Chicken wings		4-18	18-22	360		
Drumsticks		4-18	18-22	360		
Chicken breast		4-18	10-15	360		

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## Crispy Potato Skin Wedges

ACTIVE: 40 MIN | TOTAL: 1 HR 40 MIN | SERVES: 4

6 medium russet potatoes  
2 tablespoons canola oil  
1 teaspoon paprika  
¼ teaspoon black pepper  
¼ teaspoon salt

1. Scrub the potatoes under running water to clean. Boil potatoes in salted water for 40 minutes or until fork tender. Cool completely (approximately 30 minutes) in the refrigerator.
2. In a mixing bowl combine canola oil, paprika, salt and black pepper. Cut cooled potatoes into quarters and lightly toss in the mixture of oil and spices. Preheat the AirFryer to 390°F. Add half of the potato wedges to the cooking basket and place skin side down, being careful not to overcrowd. Cook each batch for 13-15 minutes or until golden, reddish brown.

# French Fries

ACTIVE: 10 MIN | TOTAL: 1 HR 15 MIN | SERVES: 4

6 medium russet potatoes, peeled  
2 tablespoons olive oil

1. Peel the potatoes and cut them into 1/2 inch by 3 inch strips. Soak the potatoes in water for at least 30 minutes, then drain thoroughly and pat dry with a paper towel.
2. Preheat the Airfryer to 360°F. Place the potatoes in a large bowl and mix in oil, coating the potatoes lightly. Add the potatoes to the cooking basket and cook for 30 minutes, until crisp. Shake 2-3 times during cooking.
3. Thicker cut potatoes will take longer to cook, while thinner cut potatoes will cook faster.





## Potato Croquettes

ACTIVE: 30 MIN | TOTAL: 45 MIN | SERVES: 4

### FOR THE FILLING

- 2 medium russet potatoes, peeled and cubed
- 1 egg yolk
- ½ cup parmesan cheese, grated
- 2 tablespoons all-purpose flour
- 2 tablespoons chives, finely chopped
- 1 pinch salt
- 1 pinch black pepper
- 1 pinch nutmeg

### FOR THE BREADING

- 2 tablespoons vegetable oil
- 1 cup all-purpose flour
- 2 eggs, beaten
- ½ cup breadcrumbs

1. Boil the potato cubes in salted water for 15 minutes. Drain and mash finely in a large bowl using a potato masher or ricer. Cool completely. Mix in the egg yolk, cheese, flour and chives. Season with salt, pepper and nutmeg. Shape the potato filling into the size of golf balls and set aside.
2. Preheat the Airfryer to 390°F. Mix the oil and breadcrumbs and stir until the mixture becomes loose and crumbly. Place each potato ball into the flour; then the eggs and then the breadcrumbs and roll into a cylinder shape. Press coating to croquettes to ensure it adheres. Place half of the croquettes into the cooking basket, cooking each batch for 7-8 minutes or until golden brown.

# Potatoes au Gratin

ACTIVE: 10 MIN | TOTAL: 25 MIN | SERVES: 4

- 3 medium russet potatoes, peeled
- ¼ cup milk
- ¼ cup cream
- 1 teaspoon black pepper
- ½ teaspoon nutmeg
- ¼ cup Gruyère or semi-mature cheese, grated

1. Preheat the Airfryer to 390°F. Slice the potatoes wafer-thin. In a bowl, mix the milk and cream and season to taste with salt, pepper and nutmeg. Coat the potato slices with the milk mixture.
2. Transfer the potato slices to a 6-inch baking pan and pour the rest of the cream mixture from the bowl on top of the potatoes. Place the baking pan in the cooking basket and slide the basket into the Airfryer. Set the timer to 15 minutes and bake the gratin. Distribute the cheese evenly over potatoes. Set the timer for 10 minutes again and bake the gratin until it is nicely browned.





## Rosemary Russet Potato Chips

ACTIVE: 40 MIN | TOTAL: 1 HR 10 MIN | SERVES: 2

2 medium russet potatoes  
1 tablespoon olive oil  
1 teaspoon rosemary, chopped  
1 pinch salt

1. Scrub the potatoes under running water to clean. Cut the potatoes lengthwise and peel them into thin chips directly into a mixing bowl full of water. Soak the potatoes for 30 minutes, changing the water several times. Drain thoroughly and pat completely dry with a paper towel.
2. Preheat the Airfryer to 330°F. In a mixing bowl, toss the potatoes with olive oil. Place them into the cooking basket and cook for 30 minutes or until golden brown, shaking frequently to ensure the chips are cooked evenly. When finished and still warm, toss in a large bowl with rosemary and salt.

# Bacon Wrapped Shrimp

ACTIVE: 15 MIN | TOTAL: 35 MIN | SERVES: 4

1 pound tiger shrimp, peeled and deveined  
1 pound bacon, thinly sliced, room temperature

1. Take one slice of bacon and wrap it around the shrimp, starting from the head and finishing at the tail. Return the wrapped shrimp to the refrigerator for 20 minutes.
2. Preheat the Airfryer to 390°F. Remove the shrimp from the refrigerator and add half of them to the cooking basket, cooking each batch for 5-7 minutes. Drain on a paper towel prior to serving.





## Cheddar Bacon Croquettes

ACTIVE: 40 MIN | TOTAL: 50 MIN | SERVES: 6

### FOR THE FILLING

- 1 pound sharp cheddar cheese, block
- 1 pound bacon, thinly sliced, room temperature

### FOR THE BREADING

- 4 tablespoons olive oil
- 1 cup all-purpose flour
- 2 eggs, beaten
- 1 cup seasoned breadcrumbs

1. Cut the cheddar cheese block into 6 equally-sized portions, approximately 1-inch x 1¾-inch each. Take two pieces of bacon and wrap them around each piece of cheddar, fully enclosing the cheese. Trim any excess fat. Place the cheddar bacon bites in the freezer for 5 minutes to firm. Do not freeze.
2. Preheat the Airfryer to 390°F. Mix the oil and breadcrumbs and stir until the mixture becomes loose and crumbly. Place each cheddar block into the flour, then the eggs and then the breadcrumbs. Press coating to croquettes to ensure it adheres. Place the croquettes in the cooking basket and cook for 7-8 minutes or until golden brown.

**Tip:** To ensure the cheese does not run out, double coat the croquettes by dipping them a second time into the egg and then into the breadcrumbs.

# Crispy Fried Spring Rolls

ACTIVE: 20 MIN | TOTAL: 25 MIN | SERVES: 4

## FOR THE FILLING

- 4 oz. cooked chicken breast, shredded
- 1 celery stalk, sliced thin
- 1 medium carrot, sliced thin
- ½ cup mushrooms, sliced thin
- ½ teaspoon ginger, finely chopped
- 1 teaspoon sugar
- 1 teaspoon chicken stock powder

## FOR THE SPRING ROLL WRAPPERS

- 1 egg, beaten
- 1 teaspoon cornstarch
- 8 spring roll wrappers
- ½ teaspoon vegetable oil

1. Make the filling. Place the shredded chicken into a bowl and mix with the celery, carrot and mushrooms. Add the ginger, sugar and chicken stock powder and stir evenly.
2. Combine the egg with the cornstarch and mix to create a thick paste; set aside. Place some filling onto each spring roll wrapper and roll it up, sealing the ends with the egg mixture. Preheat the Airfryer to 390°F. Lightly brush the spring rolls with oil prior to placing in the cooking basket. Fry in two batches, cooking each batch for 3-4 minutes or until golden brown. Serve with sweet chilli sauce or soy sauce.





## Crab Croquettes

ACTIVE: 20 MIN | TOTAL: 35 MIN | SERVES: 6

### FOR THE FILLING

- 1 pound lump crab meat
- 2 egg whites, beaten
- 1 tablespoon olive oil
- ¼ cup red onion, finely chopped
- ¼ red bell pepper, finely chopped
- 2 tablespoons celery, finely chopped
- ¼ teaspoon tarragon, finely chopped
- ¼ teaspoon chives, finely chopped
- ½ teaspoon parsley, finely chopped
- ½ teaspoon cayenne pepper
- ¼ cup mayonnaise
- ¼ cup sour cream

### FOR THE BREADING

- 3 eggs, beaten
- 1 cup all-purpose flour
- 1 cup panko breadcrumbs
- 1 teaspoon olive oil
- ½ teaspoon salt

1. In a small sauté pan over medium-high heat, add olive oil, onions, peppers, and celery. Cook and sweat until translucent, about 4-5 minutes. Remove from heat and set aside to cool.
2. In a food processor; blend the panko breadcrumbs, olive oil and salt to a fine crumb. In three separate bowls, set aside panko mixture, eggs and flour. Combine remaining ingredients: crabmeat, egg whites, mayonnaise, sour cream, spices and vegetables in a large mixing bowl.
3. Preheat Airfryer to 390°F. Mold crab mixture to size of golf balls, roll each in flour; then in eggs and finally in panko. Press crumbs to croquettes to adhere. Place croquettes in basket, being careful not to overcrowd. Cook each batch for 8-10 minutes or until golden brown.

# Feta Triangles

ACTIVE: 20 MIN | TOTAL: 30 MIN | SERVES: 5

- 1 egg yolk
- 4 ounces feta cheese
- 2 tablespoons flat-leafed parsley, finely chopped
- 1 scallion, finely chopped
- 2 sheets of frozen filo pastry, defrosted
- 2 tablespoons olive oil
- Ground black pepper to taste

1. Beat the egg yolk in a bowl and mix in the feta, parsley and scallion; season with pepper to taste. Cut each sheet of filo dough into three strips. Scoop a full teaspoon of the feta mixture on the underside of a strip of pastry. Fold the tip of the pastry over the filling to form a triangle, folding the strip in a zigzag manner until the filling is wrapped in a triangle. Repeat until all the filo and feta has been used.
2. Preheat the Airfryer to 390°F. Brush the filo with a little oil and place three triangles in the cooking basket. Slide the basket into the Airfryer and cook for 3 minutes. Change temperature to 360°F and then cook 2 minutes until golden brown. Repeat the process with the remaining feta triangles and serve.





## Korean BBQ Satay

ACTIVE: 15 MIN | TOTAL: 30 MIN | SERVES: 4

- 1 pound boneless skinless chicken tenders
- ½ cup low sodium soy sauce
- ½ cup pineapple juice
- ¼ cup sesame oil
- 4 garlic cloves, chopped
- 4 scallions, chopped
- 1 tablespoon fresh ginger, grated
- 2 teaspoons sesame seeds, toasted
- 1 pinch black pepper

1. Skewer each chicken tender, trimming excess meat or fat. Combine all other ingredients in a large mixing bowl. Add the skewered chicken to the bowl, mix well and refrigerate, covered, for 2 hours up to 24 hours.
2. Preheat the Airfryer to 390°F. Pat chicken completely dry with a paper towel. Add half of the skewers to the cooking basket and cook each batch for 5-7 minutes.

# Jerk Chicken Wings

ACTIVE: 15 MIN | TOTAL: 45 MIN | SERVES: 6

4 pounds chicken wings  
2 tablespoons olive oil  
2 tablespoons soy sauce  
6 cloves garlic, finely chopped  
1 habanero pepper, seeds and ribs removed, finely chopped  
1 tablespoon allspice  
1 teaspoon cinnamon  
1 teaspoon cayenne pepper  
1 teaspoon white pepper  
1 teaspoon salt  
2 tablespoons brown sugar  
1 tablespoon fresh thyme, finely chopped  
1 tablespoon fresh ginger, grated  
4 scallions, finely chopped  
5 tablespoons lime juice  
½ cup red wine vinegar

1. In a large mixing bowl combine all the ingredients, covering the chicken thoroughly with the seasonings and marinade. Transfer to a 1 gallon re-sealable bag and refrigerate for 2 hours up to 24 hours.
2. Preheat the Airfryer to 390°F. Remove the wings from the bag and drain all liquid. Pat wings completely dry with a paper towel. Place half the wings in the cooking basket and cook each batch for 14-16 minutes, shaking halfway through. Serve with blue cheese dipping sauce or ranch dressing.





## Moroccan Meatballs with Mint Yogurt

ACTIVE: 25 MIN | TOTAL: 40 MIN | SERVES: 4

### FOR THE MEATBALLS

- 1 pound ground lamb
- 4 ounces ground turkey
- 1½ tablespoons parsley, finely chopped
- 1 tablespoon mint, finely chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon cayenne pepper
- 1 teaspoon red chili paste
- 2 garlic cloves, finely chopped
- ¼ cup olive oil
- 1 teaspoon salt
- 1 egg white

### FOR THE MINT YOGURT

- ½ cup non-fat greek yogurt
- ¼ cup sour cream
- 2 tablespoons buttermilk
- ¼ cup mint, finely chopped
- 1 garlic clove, finely chopped
- 2 pinches salt

1. Preheat the Airfryer to 390°F. In a large mixing bowl combine all ingredients for the meatballs. Roll the meatballs between your hands in a circular motion to smooth the meatball out to the size of a golf ball. Place half the meatballs into the cooking basket and cook each batch for 6-8 minutes.
2. While the meatballs are cooking add all of the ingredients for the mint yogurt to a medium mixing bowl and combine well. Serve with the meatballs and garnish with fresh mint and olives.

## Pigs in a Blanket

ACTIVE: 15 MIN | TOTAL: 30 MIN | SERVES: 4

- 1 12-ounce package cocktail franks
- 1 8-ounce can of crescent rolls

1. Remove the cocktail franks from the package and drain; pat dry on paper towels. Cut the dough into rectangular strips, approximately 1-inch x 1.5-inch. Roll the strips around the franks, leaving the ends visible. Place in the freezer for 5 minutes to firm.
2. Preheat the Airfryer to 330°F. Remove the franks from the freezer and place half of them in the cooking basket. Cook each batch for 6-8 minutes or until golden brown.





## Stuffed Garlic Mushrooms

ACTIVE: 10 MIN | TOTAL: 20 MIN | SERVES: 4

12 button mushrooms

### FOR THE STUFFING

1 slice of white bread

1 garlic clove, crushed

1 tablespoon flat-leafed parsley, finely chopped

Ground black pepper to taste

1 tablespoon olive oil

1. Preheat the Airfryer to 390°F. In a food processor, grind the slices of bread into fine crumbs and mix in the garlic, parsley and pepper to taste. When fully mixed, stir in the olive oil.
2. Cut off the mushroom stalks and fill the caps with the breadcrumbs. Pat crumbs into caps to ensure loose crumbs do not get pulled up into fan. Place the mushroom caps in the cooking basket and slide it into the Airfryer. Cook the mushrooms for 10 minutes or until they are golden and crispy.

# Chimichurri Skirt Steak

ACTIVE: 15 MIN | TOTAL: 35 MIN | SERVES: 2

1 pound skirt steak

## FOR THE CHIMICHURRI

- 1 cup parsley, finely chopped
- ¼ cup mint, finely chopped
- 2 tablespoons oregano, finely chopped
- 3 garlic cloves, finely chopped
- 1 teaspoon crushed red pepper
- 1 tablespoon ground cumin
- 1 teaspoon cayenne pepper
- 2 teaspoons smoked paprika
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ¾ cup olive oil
- 3 tablespoons red wine vinegar

1. Combine the ingredients for the chimichurri in a mixing bowl. Cut the steak into 2 8-ounce portions and add to a re-sealable bag, along with ¼ cup of the chimichurri. Refrigerate for 2 hours up to 24 hours. Remove from the refrigerator 30 minutes prior to cooking.
2. Preheat the Airfryer to 390°F. Pat steak dry with a paper towel. Add the steak to the cooking basket and cook for 8-10 minutes for medium-rare. Garnish with 2 tablespoons of chimichurri on top and serve.

Tip: The time will vary depending upon the size of the steak and the degree of doneness you prefer.





## Roasted Heirloom Tomato with Baked Feta

ACTIVE: 20 MIN | TOTAL: 35 MIN | SERVES: 4

### FOR THE TOMATO

- 1 heirloom tomato
- 1 8-ounce block of feta cheese
- ½ cup red onions, sliced paper thin
- 1 tablespoon olive oil
- 1 pinch salt

### FOR THE BASIL PESTO

- ½ cup parsley, roughly chopped
- ½ cup basil, rough chopped
- ½ cup parmesan cheese, grated
- 3 tablespoons pine nuts, toasted
- 1 garlic clove
- ½ cup olive oil
- 1 pinch salt

1. Make the pesto. In a food processor, add parsley, basil, parmesan, garlic, toasted pine nuts and salt. Turn on the food processor and slowly add the olive oil. Once all of the olive oil is incorporated into the pesto, store and refrigerate until ready to use.
2. Preheat the Airfryer to 390°F. Slice the tomato and the feta into ½ inch thick circular slices. Pat tomato dry with a paper towel. Spread 1 tablespoon of the pesto on top of each tomato slice and top with the feta. Toss the red onions with 1 tablespoon of olive oil and place on top of the feta.
3. Place the tomatoes/feta into the cooking basket and cook for 12-14 minutes or until the feta starts to soften and brown. Finish with a pinch of salt and an additional spoonful of basil pesto.

# Portabella Pepperoni Pizza

ACTIVE: 5 MIN | TOTAL: 10 MIN | SERVES: 1

- 1 portabella mushroom cap, cleaned and scooped
- 1 tablespoon olive oil
- 1 tablespoon tomato sauce
- 1 tablespoon mozzarella, shredded
- 4 slices pepperoni
- 1 pinch salt
- 1 pinch dried Italian seasonings

1. Preheat the Airfryer to 330°F. Drizzle olive oil on both sides of the portabella, then season the inside of the portabella with salt and the Italian seasonings. Spread the tomato sauces evenly around the mushroom and then top with cheese.
2. Place the portabella into the cooking basket and slide into the Airfryer. After 1 minute, remove the cooking basket from the Airfryer and place the pepperoni slices on top of the portabella pizza. Cook for an additional 3 to 5 minutes. Finish with freshly grated parmesan cheese and crushed red pepper flakes.





## Mushroom, Onion and Feta Frittata

ACTIVE: 15 MIN | TOTAL: 25 MIN | SERVES: 2

3 eggs  
2 cups button mushrooms, cleaned  
½ red onion  
1 tablespoon olive oil  
3 tablespoons feta cheese, crumbled  
1 pinch salt

1. Peel and slice half a red onion into ¼ inch thin slices. Clean button mushrooms; then cut into ¼ inch thin slices. In a sauté pan with olive oil, sweat onions and mushrooms under a medium flame until tender. Remove from heat and place on a dry kitchen towel to cool.
2. Preheat the Airfryer to 330°F. In a mixing bowl crack 3 eggs and whisk thoroughly and vigorously, adding a pinch of salt. In a 6-ounce ramekin, coat the outside and bottom with a light coating of pan spray. Pour eggs into the ramekin, then the onion and mushroom mixture and then the cheese. Place the ramekin in the cooking basket and cook in the Airfryer for 10 to 12 minutes. The frittata is done when you can stick a knife into the middle, and the knife comes out clean.

# Roasted Cornish Game Hen

ACTIVE: 15 MIN | TOTAL: 30 MIN | SERVES: 4

1 cornish hen (approximately 2 pounds)

## FOR THE MARINADE

½ cup olive oil  
¼ teaspoon crushed red pepper flakes  
1 teaspoon chopped thyme  
1 teaspoon chopped rosemary  
¼ teaspoon salt  
¼ teaspoon sugar  
zest of 1 lemon

1. Set the Cornish hen upright on a cutting board and with the back of the hen facing you, use a boning knife or a chef's knife to cut from the top of the back bone to the bottom of the back bone, making 2 cuts. Remove the back bone. Split the hen lengthwise, cutting through the breastplate. Take the two halves of the hen and set them aside.
2. In a mixing bowl combine all ingredients for the marinade, then add the hens. Refrigerate for 1 hour up to 24 hours.
3. Preheat the Airfryer to 390°F. Remove the hens from the marinade, draining any additional liquid with a strainer. Pat dry with a paper towel. Add the hens to the cooking basket and cook for 14-16 minutes or until the leg is at an internal temperature of 165°F.





## Salmon with Dill Sauce

ACTIVE: 15 MIN | TOTAL: 25 MIN | SERVES: 2

### FOR THE SALMON

12 ounces salmon  
2 teaspoons olive oil  
1 pinch salt

### FOR THE DILL SAUCE

½ cup non-fat greek yogurt  
½ cup sour cream  
1 pinch salt  
2 tablespoons dill, finely chopped

1. Preheat the Airfryer to 270°F. Cut the salmon into two 6-ounce portions and drizzle 1 teaspoon of olive oil over each piece. Season with a pinch of salt. Place the salmon into the cooking basket and cook for 15-17 minutes.
2. Make the dill sauce. In a mixing bowl combine the yogurt, sour cream, chopped dill and salt. Top the cooked salmon with the sauce and garnish with an additional pinch of chopped dill.

# Teriyaki Glazed Halibut Steak

ACTIVE: 30 MIN | TOTAL: 39-41 MIN | SERVES: 3

1 pound halibut steak

## FOR THE MARINADE:

- $\frac{2}{3}$  cup soy sauce (low sodium)
- $\frac{1}{2}$  cup mirin (Japanese cooking wine)
- $\frac{1}{4}$  cup sugar
- 2 tablespoons lime juice
- $\frac{1}{4}$  cup orange juice
- $\frac{1}{4}$  teaspoon crushed red pepper flakes
- $\frac{1}{4}$  teaspoon ginger ground
- 1 each garlic clove (smashed)

1. In a sauce pan combine all ingredients for the teriyaki glaze/marinade.
2. Bring to a boil and reduce by half, then cool.
3. Once cooled pour half of the glaze/marinade into a resealable bag with the halibut.
4. Refrigerate for 30 minutes.
5. Preheat the Airfryer to 390°F.
6. Place marinated halibut into the Airfryer and cook for 9-11 minutes.
7. When finished brush a little of the remaining glaze over the halibut steak.
8. Serve over a bed of white rice with basil/mint chutney.





## Cajun Shrimp

ACTIVE: 5 MIN | TOTAL: 10 MIN | SERVES: 2

½ pound tiger shrimp (16-20 count)

¼ teaspoon cayenne pepper

½ teaspoon old bay seasoning

¼ teaspoon smoked paprika

1 pinch of salt

1 tablespoon olive oil

1. Preheat the Airfryer to 390°F. In a mixing bowl combine all of the ingredients, coating the shrimp with the oil and the spices. Place the shrimp into the cooking basket and cook for 5 minutes. Serve over rice.

# Cod Fish Nuggets

ACTIVE: 15 MIN | TOTAL: 35 MIN | SERVES: 4

1 pound cod

## FOR THE BREADING

2 tablespoons olive oil

1 cup all-purpose flour

2 eggs, beaten

$\frac{3}{4}$  cup panko breadcrumbs

1 pinch salt

1. Preheat the Airfryer to 390°F. Cut the cod into strips approximately 1-inch by 2.5-inches in length. In a food processor, blend the panko breadcrumbs, olive oil and salt to a fine crumb. In three separate bowls, set aside panko mixture, eggs and flour.
2. Place each piece of cod into the flour; then the eggs and then the breadcrumbs. Press the fish firmly into breadcrumbs to ensure that they adhere to the fish. Shake off any excess breadcrumbs. Add half of the cod nuggets to the cooking basket, cooking each batch for 8-10 minutes or until golden brown.





## Country Chicken Tenders

ACTIVE: 15 MIN | TOTAL: 35 MIN | SERVES: 4

1 pound chicken tenders

### FOR THE BREADING

3 eggs, beaten

½ cup seasoned breadcrumbs

½ cup all-purpose flour

½ teaspoon salt

1 teaspoon black pepper

2 tablespoons olive oil

1. Preheat the Airfryer to 330°F. In three separate bowls, set aside the breadcrumbs, eggs and flour. Season the breadcrumbs with salt and pepper. Add olive oil to the breadcrumbs and mix well. Place the chicken in the flour; then dip into the eggs and finally coat with the breadcrumbs. Press to ensure breadcrumbs are coated securely and evenly to the chicken. Shake off any excess breading prior to placing in the cooking basket. Cook half of the chicken tenders at a time, with each batch cooking for 10 minutes or until golden brown.

# Grilled Cheese

ACTIVE: 10 MIN | TOTAL: 15 MIN | SERVES: 2

4 slices of brioche or white bread

½ cup sharp cheddar cheese

¼ cup butter, melted

1. Preheat the Airfryer to 360°F. Place cheese and butter in separate bowls. Brush the butter on each side of the 4 slices of bread. Place the cheese on 2 of the 4 pieces of bread. Put the grilled cheese together and add to the cooking basket. Cook for 4-5 minutes or until golden brown and the cheese has melted.





## Mini Cheeseburger Sliders

ACTIVE: 5 MIN | TOTAL: 15 MIN | SERVES: 2

8 ounces ground beef  
2 slices cheddar cheese  
2 dinner rolls  
salt  
black pepper

1. Preheat the Airfryer to 390°F. Form the ground beef into 2 4-ounce patties and season with salt and pepper. Add the burgers to the cooking basket and cook for 10 minutes. Remove from the Airfryer; place the cheese on top of the burgers and return to the Airfryer to cook for one more minute.

# Peanut Butter Marshmallow Fluff Turnovers

ACTIVE: 15 MIN | TOTAL: 20 MIN | SERVES: 4

- 4 sheets filo pastry, defrosted
- 4 tablespoons chunky peanut butter
- 4 teaspoons marshmallow fluff
- 2 ounces butter, melted
- 1 pinch sea salt

1. Preheat the Airfryer to 360°F. Brush 1 sheet of filo with butter. Place a second sheet of filo on top of the first and also brush with butter. Repeat until you have used all 4 sheets. Cut the filo layers into 4 3-inch x 12-inch strips.
2. Place 1 tablespoon of peanut butter and 1 teaspoon of marshmallow fluff on the underside of a strip of filo. Fold the tip of the sheet over the filling to form a triangle and fold repeatedly in a zigzag manner until the filling is fully wrapped. Use a touch of butter to seal the ends of the turnover. Place the turnovers into the cooking basket and cook for 3-5 minutes, until golden brown and puffy. Finish with a touch of sea salt for a sweet and salty combination.





## Vanilla Soufflé

ACTIVE: 20 MIN | TOTAL: 1 HR 30 MIN | SERVES: 4

- ¼ cup all-purpose flour
- ¼ cup butter, softened
- 1 cup whole milk
- ¼ cup sugar
- 2 teaspoons vanilla extract
- 1 vanilla bean
- 5 egg whites
- 4 egg yolks
- 1 ounce sugar
- 1 teaspoon cream of tartar

1. Mix the flour and butter until it is a smooth paste. In a sauce pan heat the milk and dissolve the sugar. Add the vanilla bean and bring to a boil. Add the flour and butter mixture to the boiling milk. With a wire whisk, beat vigorously to ensure there are no lumps. Simmer for several minutes until the mix thickens. Remove from the heat, discard the vanilla bean and cool for 10 minutes in an ice bath.
2. While the mix is cooling, take 6 3-ounce ramekins or soufflé dishes. Coat with butter and sprinkle with a pinch of sugar. In another mixing bowl quickly beat the egg yolks and vanilla extract and combine with the milk mixture.
3. Separately beat the egg whites, sugar and cream of tartar until the egg whites form medium stiff peaks. Fold the egg whites into the soufflé base and pour into the prepared baking dishes and smooth off the tops.
4. Preheat the Airfryer to 330°F. Place 2 or 3 soufflé dishes into the cooking basket and cook each batch for 12-15 minutes. Serve with powdered sugar on top of the soufflé and with chocolate sauce on the side.

## Frequently Asked Questions

Problem	Possible Cause	Solution
The Airfryer does not work.	The appliance is not plugged in/turned on.	Put the power plug in a grounded wall outlet. Turn appliance on.
	You have not set the timer.	Set the timer to the required preparation time to turn on the appliance.
The ingredients fried with the Airfryer are not done.	The amount of ingredients in the basket is too big.	Put smaller batches of ingredients in the basket. Smaller batches are cooked more evenly. Do not exceed MAX indication.
	The set temperature is too low.	Set the temperature control to the required temperature setting.
The ingredients are fried unevenly in the Airfryer.	The cooking time is too short.	Set the timer to the required cooking time.
	Certain types of ingredients need to be shaken halfway through the cooking time.	Ingredients that lie on the top of or across each other (e.g. fries) need to be shaken halfway through the cooking time.
I cannot slide the pan into the appliance properly.	There are too many ingredients in the basket.	Do not fill basket beyond MAX indication.
	The basket is not placed in the pan correctly.	Make sure the pan and basket are placed correctly.
White smoke comes out of the appliance.	You are cooking greasy ingredients.	When you fry greasy ingredients, a large amount of oil or rendered fat leaks into the pan. The oil or fat causes white smoke and the pan may heat up more than usual. This does not affect the appliance or the end result. Midway through the cooking process you can carefully pour off any excess oil or rendered fat from the pan wearing oven-safe gloves then continue cooking.
	The pan still contains grease residues from previous use.	White smoke is caused by greasy residue heating up in the pan. Be sure you clean the pan properly after each use.
	Marinade, liquid or meat juices are splattering in the rendered fat or grease.	Pat food dry before placing in basket. Occasionally pour off rendered fat or grease from pan during cooking.
	Breading or coating did not adhere properly to food.	White smoke can be caused by tiny pieces of airborne breading. Press breading or coating to food to ensure it sticks.
Home made fries are fried unevenly in the Airfryer.	You did not soak the potato sticks properly before you fried them.	Soak potato sticks in bowl for at least 30 minutes, take them out, dry with paper towel.
	You did not use the right potato type.	Use fresh floury potatoes and be sure they stay firm during frying.
Home made fries are not crispy when they come out of the Airfryer.	The crispiness of the fries depends on the amount of oil and water in the fries.	Be sure you dry the potato sticks properly before you add the oil. Cut potato sticks smaller for crispier result. Add slightly more oil for a crispier result.

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