



RECIPES

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Breakfast

Strawberry Cream Scones

PREP TIME: 10 minutes

COOK TIME: 12 minutes

2 cups all-purpose flour
¼ cup granulated sugar
2 teaspoons baking powder
1/8 teaspoon salt
6 tablespoons butter, cold, cut into pieces
½ cup fresh strawberries, chopped
½ cup heavy cream
2 large eggs
2 teaspoons vanilla extract
1 teaspoon water

YIELDS 6 SCONES

1. **SIFT** together the flour, sugar, baking powder, and salt in a large bowl.
2. **CUT** the butter into the flour using a pastry blender or your hands until the mixture resembles coarse crumbs.
3. **MIX** the strawberries into the flour mixture. Set aside.
4. **WHISK** together the heavy cream, 1 egg, and the vanilla extract in a separate bowl.
5. **FOLD** the cream mixture into the flour mixture until it combines, then roll it out to a 1½-inch thickness.
6. **USE** a round cookie cutter to cut the scones.
7. **BRUSH** the scones with an egg wash made from 1 egg and the water. Set aside.
8. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Pause.
9. **LINE** the preheated air fryer baskets with parchment paper.
10. **PLACE** the scones on top of the parchment paper and cook for 12 minutes at 350° F, until golden brown.



Ginger Blueberry Scones

PREP TIME: 10 minutes

COOK TIME: 12 minutes

2 cups all-purpose flour
¼ cup granulated sugar
2 teaspoons baking powder
1/8 teaspoon salt
6 tablespoons butter, cold, cut into pieces
½ cup fresh blueberries
2 teaspoons fresh ginger, finely grated
½ cup heavy cream
2 large eggs
2 teaspoons vanilla extract
1 teaspoon water

YIELDS 6 SCONES



1. **SIFT** together the flour, sugar, baking powder, and salt in a large bowl.
2. **CUT** the butter into the flour using a pastry blender or by hand until the mixture resembles coarse crumbs.
3. **MIX** the blueberries and ginger into the flour mixture. Set aside.
4. **WHISK** together the heavy cream, 1 egg, and the vanilla extract in a separate bowl.
5. **FOLD** the cream mixture into the flour until it combines.
6. **FORM** the dough into a round shape with 1½-inch thickness and cut it into eighths.
7. **BRUSH** the scones with an egg wash made from 1 egg and the water. Set aside.
8. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Pause.
9. **LINE** the preheated air fryer baskets with parchment paper and place the scones on top.
10. **COOK** for 12 minutes at 350° F, until golden brown.

Baked Potted Egg

PREP TIME: 3 minutes

COOK TIME: 4 minutes

Nonstick cooking spray
3 eggs
6 slices smoked streaky bacon,
diced
2 cups baby spinach, washed
1/3 cup heavy cream
3 tablespoons Parmesan cheese,
grated
Salt & pepper, to taste

YIELDS 3 SERVINGS



1. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Pause.
2. **SPRAY** three 3-inch ramekins with nonstick cooking spray.
3. **ADD** 1 egg to each greased ramekin.
4. **COOK** the bacon in a pan until crispy, about 5 minutes.
5. **ADD** the spinach and cook until wilted, about 2 minutes.
6. **MIX** in the heavy cream and Parmesan cheese. Cook for 2 to 3 minutes.
7. **POUR** the cream mixture on top of the eggs.
8. **PLACE** the ramekins into the preheated air fryer and cook for 4 minutes at 350° F, until the egg white is fully set.
9. **SEASON** to taste with salt and pepper.

French Toast Sticks

PREP TIME: 5 minutes

COOK TIME: 10 minutes

4 slices white bread, 1½ inches thick, preferably stale
2 eggs
¼ cup milk
1 tablespoon maple syrup
½ teaspoon vanilla extract
Nonstick cooking spray
3 tablespoons sugar
1 teaspoon ground cinnamon
Maple syrup, for serving
Powdered sugar, for dusting



YIELDS 4 SERVINGS

1. **CUT** each slice of bread into thirds making 12 pieces. Set aside.
2. **WHISK** together the eggs, milk, maple syrup, and vanilla.
3. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Pause. Allow to heat up.
4. **DIP** the bread sticks into the egg mixture and arrange into the preheated air fryer. Spray the French toast sticks liberally with cooking spray.
5. **COOK** the French toast sticks for 10 minutes at 350° F. Flip the sticks halfway through cooking.
6. **MIX** together the sugar and cinnamon in a bowl. Set aside.
7. **COAT** the French toast sticks in the cinnamon sugar mixture when done cooking.
8. **SERVE** with maple syrup and dust with powdered sugar.

Muffin Breakfast Sandwich

PREP TIME: 2 minutes

COOK TIME: 10 minutes

Nonstick cooking spray
1 slice white cheddar cheese 1 slice Canadian
bacon
1 English muffin, split
1 tablespoon hot water
1 large egg
Salt & pepper, to taste



YIELDS 1 SERVING

1. **SPRAY** the inside of a 3-ounce ramekin with cooking spray and place into the Air Fryer.
2. **SELECT** Preheat, adjust to 320° F, and press Start/Pause.
3. **ADD** the cheese and Canadian bacon to 1 half of the English muffin.
4. **PLACE** both halves of the muffin into the preheated air fryer.
5. **POUR** the hot water and egg into the heated ramekin and season with salt and pepper.
6. **SELECT** Bread, adjust to 10 minutes, and press Start/Pause.
7. **TAKE** the English muffins out after 7 minutes, leaving the egg for the full time.
8. **ASSEMBLE** your sandwich by placing the cooked egg on top of the English muffin and serve.

Coffee Streusel Muffins

PREP TIME: 10 minutes

COOK TIME: 12 minutes

CRUMB TOPPING

1 tablespoon white sugar
1½ tablespoons light
brown sugar ¼ teaspoon
cinnamon
¼ teaspoon salt
1 tablespoon unsalted
butter, melted
3 tablespoons all-
purpose flour

MUFFINS

¾ cup all-purpose flour
¼ cup light brown sugar
1 teaspoon baking powder
1/8 teaspoon baking soda
½ teaspoon cinnamon
1/8 teaspoon salt
½ cup sour cream
3 tablespoons unsalted
butter, melted
1 egg
1 teaspoon vanilla
Nonstick cooking spray



YIELDS 6 MUFFINS

1. **MIX** all the crumb topping ingredients together until it forms coarse crumbs. Set aside.
2. **COMBINE** together the flour, brown sugar, baking powder, baking soda, cinnamon, and salt in a large bowl.
3. **WHISK** the sour cream, butter, egg, and vanilla together in a separate bowl until well combined.
4. **MIX** the wet ingredients into the dry until well combined.
5. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Pause.
6. **GREASE** muffin cups with cooking spray and pour batter in until cups are ¾ full.
7. **SPRINKLE** the top of the muffins with the crumb topping.
8. **PLACE** the muffin cups into the preheated air fryer. You may need to work in batches.
9. **COOK** the muffins at 350° F for 12 minutes.

Stuffed French Toast

PREP TIME: 4 minutes

COOK TIME: 10 minutes

1 slice brioche bread, 2½ inches thick, preferably stale
4 ounces cream cheese
2 eggs
2 tablespoons milk
2 tablespoons heavy cream
3 tablespoons sugar
1 teaspoon cinnamon
½ teaspoon vanilla extract
Nonstick cooking spray
Pistachios, chopped, for topping
Maple syrup, for serving



YIELDS 1 SERVING

1. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Pause.
2. **CUT** a slit in the middle of the brioche slice.
3. **STUFF** the inside of the slit with cream cheese. Set aside.
4. **WHISK** together the eggs, milk, heavy cream, sugar, cinnamon, and vanilla extract.
5. **SOAK** the stuffed French toast in egg mixture for 10 seconds on each side.
6. **SPRAY** each side of the French toast with cooking spray.
7. **PLACE** the French toast in the preheated air fryer and cook for 10 minutes at 350° F.
8. **REMOVE** the French toast carefully with a spatula when done cooking.
9. **SERVE** topped with chopped pistachios and maple syrup.

BBQ Bacon

PREP TIME: 2 minutes

COOK TIME: 8 minutes

1 tablespoon dark brown sugar
2 teaspoons chili powder
¼ teaspoon ground cumin
¼ teaspoon cayenne pepper
4 slices bacon, halved



YIELDS 2 SERVINGS

1. **MIX** together the seasonings until well combined.
2. **DREDGE** the bacon in the seasoning until fully coated. Set aside.
3. **SELECT** Preheat on the Air Fryer, adjust to 320° F, and press Start/Pause
4. **PLACE** the bacon into the preheated air fryer.
5. **SELECT** Bacon and press Start/Pause.

Breakfast Pizza

PREP TIME: 5 minutes

COOK TIME: 8 minutes

2 teaspoons olive oil
1 pre-made pizza dough (7 inches) 1
ounce low-moisture mozzarella cheese
2 slices smoked ham
1 egg
2 garlic cloves, minced
1½ tablespoons cilantro, chopped



YIELDS 1-2 SERVINGS

1. **BRUSH** olive oil on top of the premade pizza dough.
2. **ADD** mozzarella cheese and smoked ham onto the dough.
3. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Pause.
4. **PLACE** the pizza into the preheated air fryer and cook for 8 minutes at 350° F.
5. **REMOVE** baskets after 5 minutes and crack the egg on top of the pizza.
6. **REPLACE** baskets into the air fryer and finish cooking. Garnish with chopped cilantro and serve.



Entrees

Santa Maria Ribeye

PREP TIME: 11 minutes

COOK TIME: 6 minutes

- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{3}{4}$ teaspoon finely ground black pepper
- $\frac{3}{4}$ teaspoon garlic powder
- $\frac{3}{4}$ teaspoon onion powder
- $\frac{3}{4}$ teaspoon dried oregano
- A pinch dried rosemary
- A pinch cayenne pepper
- A pinch dried sage
- 1 ribeye (16 ounces), boneless
- 1 tablespoon olive oil

YIELDS 2 SERVINGS

1. **SELECT** Preheat on the Air Fryer and press Start/Pause.
2. **MIX** together the seasonings and sprinkle over the steak evenly.
3. **DRIZZLE** olive oil onto the steak.
4. **PLACE** the steak in the preheated air fryer.
5. **SELECT** Steak and press Start/Pause.
6. **SELECT** Steak and press Start/Pause.



Steak Sandwich

PREP TIME: 5 minutes

COOK TIME: 6 minutes

1 ribeye (16 ounces), boneless
1 tablespoon olive oil
1 teaspoon salt
 $\frac{1}{2}$ teaspoon black pepper
 $\frac{1}{2}$ cup sour cream
3 tablespoons prepared white horseradish, drained
2 teaspoons chives, freshly chopped 1 small shallot, minced
 $\frac{1}{2}$ teaspoon lemon juice
Salt & pepper, to taste
Toasted sesame seed buns, for serving
Baby arugula, for serving Shallots, sliced, for serving

YIELDS 2 SERVINGS



1. **SELECT** Preheat on the Air Fryer and press Start/Pause.
2. **COAT** your steak with olive oil and season with the salt and pepper.
3. **PLACE** the steak into the preheated air fryer.
4. **SELECT** Steak and press Start/Pause.
5. **MIX** together the sour cream, horseradish, chives, shallots, and lemon juice in a small bowl.
6. **SEASON** the horseradish cream with salt and pepper to taste.
7. **REMOVE** the meat from the air fryer when done cooking, and let rest for 5 to 10 minutes before slicing.
8. **ASSEMBLE** a sandwich by adding some of the horseradish cream to the bottom bun along with the baby arugula, sliced shallots, and the sliced steak.

New York Steak with Chimichurri

PREP TIME: 10 minutes

COOK TIME: 6 minutes

CHIMICHURRI SAUCE

¼ cup extra-virgin olive oil

¾ cup fresh basil

¾ cup cilantro

¾ cup parsley

4 anchovy fillets

1 small shallot

2 garlic cloves, peeled

1 lemon, juiced

A pinch crushed red pepper

STEAK

2 teaspoons vegetable oil

1 New York strip steak (16 ounces) Salt & pepper, to taste

YIELDS 2 SERVINGS



1. **COMBINE** all of the chimichurri sauce ingredients in a blender, and blend until your desired consistency is reached.
2. **SELECT** Preheat on the Air Fryer and press Start/Pause.
3. **RUB** vegetable oil onto the steak and season with salt and pepper.
4. **PLACE** the steak into the preheated air fryer. Select Steak, adjust time to 6 minutes (this will come out medium rare), and press Start/Pause.
5. **ALLOW** the steak to rest for 5 minutes when done. Then slice, top with chimichurri sauce, and serve.

Balsamic Mustard Flank Steak

PREP TIME: 2 hours 10 minutes

COOK TIME: 6 minutes

¼ cup olive oil
¼ cup balsamic vinegar
2 tablespoons Dijon mustard
16 ounces flank steak
Salt & pepper, to taste
4 basil leaves, sliced



YIELDS 2 SERVINGS

1. **COMBINE** olive oil, balsamic vinegar, and mustard. Whisk together to make a marinade.
2. **PLACE** steak directly into the marinade. Cover with plastic wrap and marinate in the fridge for 2 hours or overnight.
3. **REMOVE** from fridge and let it come to room temperature.
4. **SELECT** Preheat on the Air Fryer and press Start/Pause.
5. **PLACE** steak into the preheated air fryer, select Steak, and press Start/Pause.
6. **SLICE** at an angle to cut through the toughness of the muscle. Season with salt and pepper, then garnish with basil and serve.

New York Steak with Chimichurri

PREP TIME: 15 minutes

COOK TIME: 8 minutes

½ pound ground beef (75/25)

¼ cup panko breadcrumbs

1/8 cup milk

1 egg

1 teaspoon garlic powder

1 teaspoon onion powder

2 teaspoons dried oregano

1 tablespoon dried parsley

Salt & pepper, to taste

3 tablespoons Parmesan cheese,

grated, plus more for serving
Nonstick cooking spray

Marinara sauce, for serving

YIELDS 1-2 SERVINGS



1. **COMBINE** the ground beef, breadcrumbs, milk, egg, spices, salt, pepper, and Parmesan and mix well.
2. **ROLL** the meat mixture into medium-sized balls. Set aside in the fridge for 10 minutes.
3. **SELECT** Preheat on the Air Fryer and press Start/Pause.
4. **REMOVE** meatballs from the fridge and add to the preheated air fryer baskets. Spray the meatballs with cooking spray and cook at 400° F for 8 minutes.
5. **SERVE** with marinara sauce and more grated Parmesan.

Mediterranean Lamb Meatballs

PREP TIME: 35 minutes

COOK TIME: 10 minutes

1 pound ground lamb
3 garlic cloves, minced
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon black pepper
 $1\frac{1}{2}$ tablespoons mint, freshly

chopped

1 teaspoon ground cumin
 $\frac{1}{2}$ teaspoon hot sauce
 $\frac{1}{2}$ teaspoon chili powder
1 scallion, minced
2 tablespoons parsley, finely

chopped

1 tablespoon fresh lemon juice 1 teaspoon
lemon zest
2 teaspoons olive oil

YIELDS 3 SERVINGS



1. **MIX** together the lamb, garlic, salt, pepper, mint, cumin, hot sauce, chili powder, scallion, parsley, lemon juice, and lemon zest until well combined.
2. **FORM** the lamb into 9 balls and chill in the fridge for 30 minutes.
3. **SELECT** Preheat on the Air Fryer and press Start/Pause.
4. **COAT** the meatballs in olive oil and place in the preheated air fryer.
5. **SELECT** Steak, adjust time to 10 minutes, and press Start/Pause.

Japanese Meatballs

PREP TIME: 15 minutes

COOK TIME: 10 minutes

1 pound ground beef
1 tablespoon sesame oil
1 tablespoon Awase miso paste 10 fresh
mint leaves, finely chopped 4 scallions, finely
chopped
1 teaspoon salt
½ teaspoon black pepper
3 tablespoons soy sauce
3 tablespoons mirin
1 tablespoon sake
1 tablespoon water
½ teaspoon brown sugar

YIELDS 4 SERVINGS



1. **MIX** together the ground beef, sesame oil, miso paste, mint leaves, scallions, salt, and pepper until everything is well incorporated.
2. **ADD** a small amount of sesame oil to your hands and form mixture into 2-inch meatballs. You should have about 8 meatballs.
3. **ALLOW** the meatballs to set in the fridge for 10 minutes.
4. **CREATE** the glaze for the meatballs by mixing together the soy sauce, mirin, sake, water, and brown sugar. Set aside.
5. **SELECT** Preheat on the Air Fryer and press Start/Pause.
6. **ARRANGE** the chilled meatballs in the preheated air fryer.
7. **SELECT** Steak, adjust time to 10 minutes, and press Start/Pause.
8. **LIBERALLY BRUSH** the meatballs with the glaze every 2 minutes.

Roasted Garlic & Herb Chicken

PREP TIME: 35 minutes

COOK TIME: 20 minutes

3 chicken thighs, bone-in, skin on
3 chicken legs, skin on
2 tablespoons olive oil
2 tablespoons garlic powder
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon dried thyme
1/2 teaspoon dried rosemary
1/2 teaspoon dried tarragon

YIELDS 3 SERVINGS



1. **COAT** the chicken thighs and legs in olive oil and all seasonings. Allow to marinate for 30 minutes.
2. **SELECT** Preheat on the Air Fryer, adjust to 380° F, and press Start/Pause.
3. **PLACE** the chicken into the preheated air fryer.
4. **SELECT** Chicken, adjust time to 20 minutes, and press Start/Pause.

Barbeque Chicken

PREP TIME: 30 minutes

COOK TIME: 20 minutes

½ tablespoon smoked paprika ½ tablespoon garlic powder ½ tablespoon onion powder ½ tablespoon chili powder ½ tablespoon brown sugar 1 tablespoon kosher salt
1 teaspoon cumin
½ teaspoon cayenne pepper ½ teaspoon black pepper
½ teaspoon white pepper
1 pound chicken legs, skin on ½ pound chicken wings Barbecue sauce, for basting & serving

YIELDS 4 SERVINGS



1. **COMBINE** all the seasonings together in a small bowl.
2. **SPRINKLE** the seasoning over the chicken and allow to marinate for 30 minutes.
3. **SELECT** Preheat on the Air Fryer, adjust to 380° F, and press Start/Pause.
4. **PLACE** the wings in the preheated air fryer.
5. **SELECT** Chicken, adjust time to 20 minutes, and press Start/Pause.
6. **BRUSH** the chicken with some barbecue sauce every 5 minutes.
7. **REMOVE** the chicken from the air fryer when done cooking.
8. **SERVE** with some more barbecue sauce on the side.

Garlic Lemon Chicken Legs

PREP TIME: 3 minutes

COOK TIME: 20 minutes

2 tablespoons olive oil
1 lemon, juiced & zested
1 tablespoon garlic powder 2 teaspoons
paprika
1½ teaspoons salt
1 teaspoon dried oregano ½ teaspoon black
pepper ½ teaspoon brown sugar
6 chicken legs, skin on

YIELDS 3 SERVINGS



1. **MIX** together the olive oil, lemon juice, lemon zest, garlic powder, paprika, salt, oregano, black pepper, and brown sugar in a small bowl.
2. **COVER** the chicken legs in the marinade and let sit for 30 minutes.
3. **SELECT** Preheat on the Air Fryer, adjust to 380° F, and press Start/Pause.
4. **PLACE** the chicken thighs in the preheated air fryer.
5. **SELECT** Chicken, adjust time to 20 minutes, and press Start/Pause.

Mustard–Roasted Chicken Thighs

PREP TIME: 3 minutes

COOK TIME: 20 minutes

- 2 tablespoons Dijon mustard
- 1 tablespoon maple syrup
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon paprika
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 4 chicken thighs, bone-in, skin on



YIELDS 4 SERVINGS

1. **MIX** together the mustard, maple syrup, onion powder, garlic powder, paprika, salt, and black pepper in a small bowl.
2. **COAT** the chicken thighs in the mustard glaze and set aside.
3. **SELECT** Preheat on the Air Fryer, adjust to 380° F, and press Start/Pause.
4. **PLACE** the chicken thighs in the preheated air fryer and top with any left over glaze.
5. **SELECT** Chicken, adjust time to 20 minutes, and press Start/Pause.

Chicken Tikka Drumsticks

PREP TIME: 1 hour

COOK TIME: 20 minutes

1/3 cup coconut milk
1½ tablespoons tomato paste
1 teaspoon garam marsala 1 teaspoon cumin
1 teaspoon turmeric
1 teaspoon cardamom
1 teaspoon garlic powder
1 tablespoon ginger, grated 1 teaspoon salt
4 chicken drumsticks



YIELDS 2 SERVINGS

1. **COMBINE** everything except chicken into a bowl and mix.
2. **SOAK** chicken legs in the coconut marinade and toss until legs are well covered. Marinate for up to 1 hour.
3. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Pause.
4. **REMOVE** the chicken legs from the fridge and put them into the preheated air fryer.
5. **COOK** at 350° F for 20 minutes.
6. **SERVE** with steamed basmati rice.

Honey Lemon Chicken

PREP TIME: 1 hour

COOK TIME: 15 minutes

3 tablespoons honey, plus more for drizzle
1 tablespoon soy sauce
1 lemon, juiced
2 garlic cloves, minced
4 chicken thighs, bone-in, skin on Salt, to taste
Lemon slices, for garnish



YIELDS 2 SERVINGS

1. **COMBINE** honey, soy sauce, lemon juice, and garlic in a bowl and mix. Soak chicken thighs and marinate for up to 1 hour.
2. **SELECT** Preheat on the Air Fryer, adjust to 380° F, and press Start/Pause.
3. **PLACE** chicken thighs into the preheated air fryer.
4. **SELECT** Chicken, adjust time to 15 minutes, and press Start/Pause.
5. **REMOVE** the baskets from the air fryer when 5 minutes remain on the timer. Baste the chicken with more marinade and return baskets to finish cooking.
6. **SEASON** with salt, drizzle some honey, and garnish with lemon slices.

Five-Spice Sticky Chicken

PREP TIME: 2 hours 5 minutes

COOK TIME: 12 minutes

- 3 tablespoons hoisin sauce
- 1 tablespoon oyster sauce
- 3 garlic cloves, finely grated
- 2 teaspoons Chinese Five-Spice Powder
- 4 tablespoons honey, divided
- 2 tablespoons dark soy sauce, divided
- 4 chicken thighs, boneless, skin on



YIELDS 2 SERVINGS

1. **COMBINE** the hoisin, oyster sauce, garlic, Chinese Five-Spice Powder, 2 tablespoons honey, and 1 tablespoon dark soy sauce in a large bowl. Add the chicken thighs and mix until well coated. Marinate for at least 2 hours.
2. **SELECT** Preheat on the Air Fryer, adjust to 380° F, and press Start/Pause.
3. **PLACE** chicken thighs into the preheated air fryer baskets.
4. **SELECT** Chicken, adjust time to 12 minutes, and press Start/Pause.
5. **MIX** the remaining honey and soy sauce together in a small bowl.
6. **BRUSH** top of chicken with the honey-soy sauce after 8 minutes of cooking, then return to the air fryer and finish cooking for 4 minutes.
7. **SERVE** with steamed Chinese broccoli and rice.

“Fried” Chicken

PREP TIME: 2 hour

COOK TIME: 25 minutes

2 chicken legs
2 chicken thighs, bone-in, skin on 1 cup buttermilk
1½ cups all-purpose flour
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon paprika
½ teaspoon black or white pepper 1 teaspoon salt
2 tablespoons oil
Nonstick cooking spray



YIELDS 2 SERVINGS

1. **COMBINE** chicken legs, thighs, and buttermilk in a ziplock bag. Marinate for 1–1½ hours.
2. **MIX** flour, spices, and salt in a bowl.
3. **TAKE** chicken legs and thighs straight from the bag and dredge in flour. Make sure chicken is completely covered. Then place on a cooling rack for 15 minutes.
4. **SELECT** Preheat on the Air Fryer, adjust to 380° F, and press Start/Pause.
5. **DAB** a kitchen brush into the oil and gently brush onto the chicken legs and thighs on each side.
6. **PLACE** the legs and thighs into the preheated air fryer.
7. **SELECT** Chicken and press Start/Pause.
8. **FLIP** the chicken halfway through cooking and spray with cooking spray.
9. **ALLOW** to cool for 5 minutes when done cooking, then serve.

Chicken Parmesan

PREP TIME: 10 minutes

COOK TIME: 12 minutes

½ cup Italian style breadcrumbs ¼ cup
Parmesan cheese, grated 2 chicken breasts (1
pound), boneless, skinless
½ cup all-purpose flour
2 eggs, beaten
Nonstick cooking spray
2 slices mozzarella cheese Marinara sauce,
for serving
2 sprigs parsley, freshly chopped, for garnish



YIELDS 2 SERVINGS

1. **SELECT** Preheat on the Air Fryer, adjust to 360° F, and press Start/Pause.
2. **MIX** the breadcrumbs and Parmesan cheese in a bowl.
3. **DREDGE** each chicken breast in the flour, then dip in the beaten eggs, and then roll in breadcrumb mixture.
4. **SPRAY** the top of the chicken breasts and the inside of preheated air fryer with cooking spray and place chicken breasts in the baskets.
5. **COOK** the chicken breasts at 360° F for 12 minutes.
6. **PLACE** 1 slice of mozzarella cheese onto each breast when 2 minutes remain on the timer.
7. **SERVE** with marinara sauce and garnish with freshly chopped parsley.

North Carolina Style Pork Chops

PREP TIME: 5 minutes

COOK TIME: 15 minutes

2 pork chops, boneless
2 teaspoons vegetable oil
2 tablespoons dark brown sugar, packed
2 teaspoons Hungarian paprika 1 teaspoon
ground mustard
1 teaspoon freshly ground black pepper
1 teaspoon onion powder
1 teaspoon garlic powder
Salt & pepper, to taste



YIELDS 2 SERVINGS

1. **SELECT** Preheat on the Air Fryer and press Start/Pause.
2. **COAT** the pork chops with oil.
3. **COMBINE** all the spices and liberally season the pork chops, almost as if it were breading.
4. **PLACE** the pork chops into the preheated air fryer.
5. **SELECT** Steak, adjust to 10 minutes, and press Start/Pause.
6. **REMOVE** the pork chops when done cooking, allow to rest for 5 minutes, then serve.

Pork Katsu

PREP TIME: 10 minutes

COOK TIME: 14 minutes

2 pork chops (6 ounces), boneless ½ cup
panko breadcrumbs
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon salt
¼ teaspoon white pepper
½ cup all-purpose flour
2 eggs, beaten
Nonstick cooking spray



YIELDS 2 SERVINGS

1. **PLACE** pork chops into a ziplock bag or cover with plastic wrap.
2. **POUND** the pork with a rolling pin or meat hammer until it has a ½ inch thickness.
3. **COMBINE** the breadcrumbs and seasonings in a bowl. Set aside.
4. **DREDGE** each pork chop in the flour, then dip in the beaten eggs, and roll in the breadcrumb mixture.
5. **SELECT** Preheat on the Air Fryer, adjust to 360° F, and press Start/Pause.
6. **SPRAY** both sides of the pork with cooking spray and place into the preheated air fryer.
7. **COOK** the pork chops at 360° F for 14 minutes.
8. **REMOVE** from air fryer when done cooking, and allow to rest for 5 minutes.
9. **SLICE** into pieces and serve.

Prosciutto–Wrapped Pork Roulade

PREP TIME: 10 minutes

COOK TIME: 9 minutes

6 pieces prosciutto, thinly sliced
1 pork tenderloin (1 pound), cut in half, butterflied & pounded flat
1 teaspoon salt
½ teaspoon black pepper
8 ounces fresh spinach leaves, divided
4 slices mozzarella cheese, divided
1/3 cup sun-dried tomatoes, divided
2 teaspoons olive oil, divided



YIELDS 4–5 SERVINGS

1. **LAY OUT** 3 pieces of prosciutto on parchment, slightly overlapping one another. Place 1 pork half on the prosciutto. Repeat with the other half.
2. **SEASON** the inside of the pork roulades with salt and pepper.
3. **LAYER** half the amounts of spinach, cheese, and sun-dried tomatoes atop the pork tenderloin, leaving a ½-inch border on all sides.
4. **ROLL** the tenderloin around the filling tightly and tie together with kitchen string to keep closed.
5. **REPEAT** the process for the other pork tenderloin. Place the roulades in the fridge.
6. **SELECT** Preheat on the Air Fryer and press Start/Pause.
7. **BRUSH** 1 teaspoon of olive oil onto each wrapped tenderloin and place the wrapped pork in the preheated air fryer.
8. **SELECT** Steak, adjust time to 9 minutes, and press Start/Pause.
9. **ALLOW** roulades to rest for 10 minutes before slicing.

Cajun–Blackened Catfish

PREP TIME: 3 minutes

COOK TIME: 7 minutes

2¼ teaspoons paprika
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon ground dried thyme
1 teaspoon ground black pepper
¼ teaspoon cayenne pepper
¼ teaspoon dried basil
¼ teaspoon dried oregano
2 catfish fillets (6 ounces)
Nonstick cooking spray



YIELDS 2 SERVINGS

1. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Pause.
2. **MIX** all of the seasonings together in a bowl.
3. **COAT** the fish liberally on each side with the seasoning mix.
4. **SPRAY** each side of the fish with cooking spray and place into the preheated air fryer.
5. **SELECT** Seafood and press Start/Pause.
6. **REMOVE** carefully when done cooking and serve over grits.

Chipotle Tuna Melt

PREP TIME: 5 minutes

COOK TIME: 8 minutes

- 1 can (5 ounces) tuna
- 3 tablespoons La Costeña Chipotle Sauce
- 4 slices white bread
- 2 slices pepper jack cheese



YIELDS 2 SERVINGS

1. **SELECT** Preheat on the Air Fryer, adjust to 320° F, and press Start/Pause.
2. **MIX** the tuna and chipotle sauce until combined.
3. **SPREAD** half of the chipotle tuna mixture onto each of 2 bread slices.
4. **ADD** a slice of pepper jack cheese onto each and top with the remaining 2 bread slices, making 2 sandwiches.
5. **PLACE** the sandwiches into the preheated air fryer.
6. **SELECT** Bread, adjust time to 8 minutes, and press Start/Pause.
7. **CUT** diagonally and serve.

Cornmeal-Crusted Fish Tacos

PREP TIME: 10 minutes

COOK TIME: 7 minutes

1 pound tilapia, cut into 1 1/3-inch thick strips

1/3 cup yellow cornmeal 1/2 teaspoon ground cumin

1/2 teaspoon chili powder 1/2 teaspoon garlic powder 1/2 teaspoon onion powder 1/2 teaspoon salt

1/4 teaspoon black pepper Nonstick cooking spray Corn tortillas, for serving Tartar sauce, for serving Lime wedges, for serving



YIELDS 4-5 SERVINGS

1. **CUT** the tilapia into 1 1/3-inch thick strips.
2. **MIX** the cornmeal and seasonings together in a shallow dish.
3. **COAT** the fish strips with the seasoned cornmeal. Set aside in the fridge.
4. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Pause.
5. **SPRAY** the coated fish liberally with cooking spray and place them in the preheated air fryer.
6. **SELECT** Seafood, adjust time to 7 minutes, and press Start/Pause.
7. **FLIP** the fish halfway through cooking.
8. **SERVE** the fish on corn tortillas with tartar sauce and a squeeze of lime.

Teriyaki–Glazed Salmon

PREP TIME: 10 minutes

COOK TIME: 8 minutes

TERIYAKI SAUCE

½ cup soy sauce

¼ cup sugar

¼ teaspoon grated ginger 1 garlic clove,
crushed

¼ cup orange juice

SALMON

2 salmon fillets (5 ounces) 1 tablespoon
vegetable oil Salt & white pepper, to taste



YIELDS 2 SERVINGS

1. **COMBINE** all teriyaki sauce ingredients in a small sauce pot.
2. **BRING** the sauce to a boil, reduce by half, then let cool.
3. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Pause.
4. **COAT** the salmon with oil and season with salt and white pepper.
5. **PLACE** the salmon into the preheated air fryer, skin-side down. Select Seafood, adjust to 8 minutes, and press Start/Pause.
6. **REMOVE** the salmon from the air fryer when finished. Let the salmon rest for 5 minutes, then glaze with teriyaki sauce.
7. **SERVE** over a bed of white rice or with grilled vegetables.

Lemon Butter Salmon

PREP TIME: 3 minutes

COOK TIME: 8 minutes

2 salmon fillets (6 ounces)

Salt & pepper, to taste
Nonstick cooking spray

2 tablespoons butter

2 tablespoons fresh lemon juice
1 garlic clove, grated

½ teaspoon Worcestershire sauce



YIELDS 2 SERVINGS

1. **SEASON** the salmon to taste with salt and pepper.
2. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Pause.
3. **SPRAY** the preheated air fryer baskets with cooking spray and place the fish inside.
4. **SELECT** Seafood and press Start/Pause.
5. **COMBINE** the butter, lemon juice, garlic, and Worcestershire sauce in a small sauce pan and melt on low heat, about 1 minute.
6. **SERVE** the salmon fillets with rice and top with the lemon butter sauce.

Cajun-Style Shrimp

PREP TIME: 3 minutes

COOK TIME: 5 minutes

1½ teaspoons salt
1 teaspoon smoked paprika
1 teaspoon garlic powder
1 teaspoon Italian seasoning 1 teaspoon chili powder
½ teaspoon onion powder
¼ teaspoon cayenne pepper ¼ teaspoon black pepper
¼ teaspoon dried thyme
1 pound large shrimp, peeled & deveined
1½ tablespoons olive oil Lime wedges, for serving



YIELDS 2-3 SERVINGS

1. **SELECT** Preheat on the Air Fryer, adjust to 370° F, and press Start/Pause.
2. **COMBINE** all the seasonings together in a large bowl. Set aside.
3. **TOSS** the shrimp with olive oil until the shrimp is evenly coated.
4. **SPRINKLE** the seasoning mix onto the shrimp and toss until well coated.
5. **PLACE** the shrimp into the preheated air fryer.
6. **SELECT** Shrimp, adjust time to 5 minutes, and press Start/Pause.
7. **SHAKE** the baskets halfway through cooking (the Shake Reminder function will let you know when!).
8. **SERVE** with lime wedges.

Crab Cakes

PREP TIME: 35 minutes

COOK TIME: 8 minutes

RÉMOULADE

¼ cup mayonnaise
1 teaspoon capers, washed & drained ½ tablespoon sweet pickles, minced ½ tablespoon red onion, finely diced
½ tablespoon lemon juice ½ teaspoon Dijon mustard Salt & pepper, to taste

CRAB CAKES

1 large egg, beaten 1¼ tablespoons mayonnaise
¾ teaspoon Dijon mustard 1 teaspoon Worcestershire sauce
1 teaspoon Old Bay seasoning ¼ teaspoon salt
A pinch white pepper
A pinch cayenne pepper
¼ cup celery, finely diced
¼ cup red bell pepper, finely diced 2 tablespoons fresh parsley, finely chopped
½ pound lump crab meat
1/3 cup panko breadcrumbs Nonstick cooking spray

1. **MIX** together rémoulade ingredients until everything is well incorporated. Set aside.
2. **WHISK** together the egg, mayonnaise, mustard, Worcestershire, Old Bay, salt, white pepper, cayenne pepper, celery, bell pepper, and parsley.
3. **GENTLY FLAKE** the crab meat into the egg mixture and fold together until well mixed.
4. **SPRINKLE** the breadcrumbs over the crab mixture and fold gently until breadcrumbs are well incorporated.
5. **FORM** the crab mixture into 4 cake patties and chill in the fridge for 30 minutes.
6. **SELECT** Preheat on the Air Fryer and press Start/Pause.
7. **LINE** the preheated cooking baskets with a sheet of parchment paper. Spray the crab cakes with cooking spray and lay them gently onto the paper.
8. **COOK** the crab cakes at 400°F for 8 minutes until golden brown.
9. **FLIP** the crab cakes halfway through cooking.
10. **SERVE** with the rémoulade.



YIELDS 4 CRAB CAKES

Crispy Tofu

PREP TIME: 15 minutes

COOK TIME: 18 minutes

8 ounces firm tofu, cut into 1-inch cubes
2 tablespoons soy sauce
2 teaspoons rice vinegar
2 teaspoons sesame oil
3 tablespoons cornstarch

YIELDS 2 SERVINGS



1. **TOSS** the tofu, soy sauce, rice vinegar, and sesame oil together in a shallow bowl. Allow to marinate for 10 minutes.
2. **SELECT** Preheat on the Air Fryer, adjust to 370° F, and press Start/Pause.
3. **DRAIN** the tofu of the marinade and then toss the tofu in cornstarch until evenly coated.
4. **PLACE** the tofu into the preheated air fryer.
5. **SELECT** Shrimp, adjust the time to 18 minutes, and press Start/Pause.
6. **SHAKE** the baskets halfway through cooking (the Shake Reminder function will let you know when!).

Eggplant Schnitzel

PREP TIME: 8minutes

COOK TIME: 8 minutes

1 egg, beaten
1 tablespoon milk
1 cup Italian style breadcrumbs ½ teaspoon salt
¼ teaspoon black pepper
1 Japanese eggplant, cut into
½–inch thick slices
½ cup all-purpose flour
Olive oil, for brushing



YIELDS 2 SERVINGS

1. **WHISK** together the egg and milk in a shallow dish. Combine the panko breadcrumbs, salt, and pepper in a separate dish.
2. **CUT** the eggplant into ½–inch thick slices.
3. **COAT** the eggplant slices with flour, then dip in egg, and roll in breadcrumbs. Dip in egg and breadcrumbs again.
4. **SELECT** Preheat on the Air Fryer and press Start/Pause.
5. **BRUSH** each side of the eggplant slices with olive oil.
6. **PLACE** the breaded eggplant into the preheated air fryer in a single layer and cook at 400° F for 8 minutes. You may need to work in batches.
7. **FLIP** the eggplant halfway through cooking.

Grilled Cheese

PREP TIME: 5 minutes

COOK TIME: 8 minutes

tablespoons butter, melted
4 slices white bread
½ cup sharp cheddar cheese, shredded,
divided



YIELDS 2 SERVINGS

1. **SELECT** Preheat on the Air Fryer, adjust to 320° F, and press Start/Pause.
2. **BRUSH** butter on each side of the bread slices.
3. **SPLIT** the cheese evenly on 2 slices of bread and top with remaining slices to make 2 sandwiches.
4. **PLACE** the grilled cheese sandwiches in the preheated air fryer.
5. **SELECT** Bread and press Start/Pause.
6. **CUT** diagonally and serve.

Cajun Chicken Tenders

PREP TIME: 5 hours 15 minutes

COOK TIME: 10 minutes

1 pound chicken tenderloins
1½ cups buttermilk
1 tablespoon Louisiana hot sauce 1½ cups
all-purpose flour
2½ teaspoons salt
1½ teaspoons black pepper
2 teaspoons garlic powder
2 teaspoons onion powder
2 teaspoons paprika
1½ teaspoons ground mustard
1 teaspoon cayenne pepper
1½ tablespoons cornstarch Nonstick cooking
spray



YIELDS 2-4 SERVINGS

1. **MARINATE** chicken tenders in buttermilk and hot sauce for 4 hours or overnight.
2. **ADD** all the remaining ingredients in a large bowl and mix well.
3. **DREDGE** the marinated chicken tenders in the breading mixture and shake off any excess.
4. **MIX** 1/3 of the marinade into the seasoned flour and mix well. This will create little flakes.
5. **ALLOW** the chicken to sit out for an hour until the coating gets tacky and dredge the tenders back in the flour. Set aside.
6. **SELECT** Preheat on the Air Fryer and press Start/Pause.
7. **SPRAY** a liberal coating of cooking spray on each side of the chicken tenders and place in the preheated air fryer.
8. **COOK** the tenders at 400° F for 10 minutes, until golden brown and crispy.

Stromboli

PREP TIME: 35 minutes

COOK TIME: 20 minutes

10–12 ounce pizza dough,
refrigerated

All-purpose flour, for dusting 8 slices ham,
cooked

3 slices provolone cheese

3 slices mozzarella cheese

½ cup roasted red bell peppers, chopped

1 teaspoon Italian seasoning 1 egg, beaten

1 tablespoon milk

¼ teaspoon salt

¼ teaspoon dried oregano

¼ teaspoon garlic powder

¼ teaspoon black pepper

YIELDS 4–5 SERVINGS



1. **ALLOW** the dough to rest at room temperature for 30 minutes.
2. **DUST** the dough with flour and roll the dough out to ¼-inch thickness.
3. **LAYER** the ham, cheeses, peppers, and Italian seasoning on half of the dough. Fold over to seal.
4. **MIX** the egg and milk together. Brush the top of the dough with egg wash.
5. **SPRINKLE** salt, oregano, garlic powder, and pepper over the top. Set aside.
6. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Pause.
7. **PLACE** the stromboli into the preheated air fryer.
8. **COOK** at 350° F for 20 minutes. Flip the stromboli every 5 minutes during cooking.

Crispy “Fried” Fish Nuggets

PREP TIME: 6 minutes

COOK TIME: 6 minutes

1 pound whitefish, or other mild fish, cut into 1½ x ½–inch long strips
¼ cup all-purpose flour
1 tablespoon Old Bay seasoning
2 eggs, beaten
2 cups panko breadcrumbs
Nonstick cooking spray
Tartar sauce, for servings



YIELDS 4 SERVINGS

1. **CUT** fish into 1½ x ½–inch long strips.
2. **MIX** together the flour and Old Bay seasoning in a bowl.
3. **COAT** each piece of fish with the seasoned flour, then dip in beaten eggs, and roll in breadcrumbs.
4. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Pause.
5. **SPRAY** the coated fish on both sides with cooking spray and place into the preheated air fryer.
6. **SELECT** Frozen Foods, adjust time to 6 minutes, and press Start/Pause.
7. **SHAKE** the baskets halfway through cooking (the Shake Reminder function will let you know when!).
8. **SERVE** with tartar sauce.

Fiesta Mini Pizzas

PREP TIME: 3 minutes

COOK TIME: 10 minutes

1 pre-made pizza crust (7 inches) Olive oil, for brushing
4 tablespoons salsa
3 ounces Mexican cheese blend, shredded
2 tablespoons frozen corn, thawed
2 tablespoons cooked black beans
1 tablespoon frozen peas, thawed



YIELDS 1 SERVING

1. **SELECT** Preheat on the Air Fryer, adjust to 320° F, and press Start/Pause.
2. **BRUSH** the top of the pizza crust with olive oil.
3. **PLACE** the pizza crust in the preheated air fryer, and cook for 10 minutes at 320° F.
4. **ADD** the salsa, cheese, corn, black beans, and peas 5 minutes before cooking is finished.

Pepperoni Mini Pizzas

PREP TIME: 3 minutes

COOK TIME: 10 minutes

1 pre-made pizza crust (7 inches) Olive oil, for brushing
3–4 tablespoons marinara sauce 5–6 slices pepperoni
3 ounces mozzarella cheese, shredded
1 tablespoon Parmesan cheese



YIELDS 1 SERVING

1. **SELECT** Preheat on the Air Fryer, adjust to 320° F, and press Start/Pause.
2. **BRUSH** the top of the pizza crust with olive oil.
3. **PLACE** the pizza crust in the preheated air fryer, and cook for 10 minutes at 320° F.
4. **ADD** the marinara sauce, pepperoni slices, mozzarella, and Parmesan 5 minutes before cooking is finished.

Cheeseburger Sliders

PREP TIME: 1 hour 5 minutes

COOK TIME: 8 minutes

1 pound ground beef (80/20)
½ teaspoon salt
½ teaspoon black pepper
1 teaspoon Worcestershire sauce 1 teaspoon
Dijon mustard
1 small onion, grated
1 egg, beaten
2 tablespoons olive oil
4 slices cheddar cheese
Slider buns, for serving



YIELDS 4 SERVINGS

1. **MIX** together the ground beef, salt, black pepper, Worcestershire sauce, Dijon mustard, grated onion, and egg until well combined.
2. **FORM** the beef into 4 even patties and chill in the fridge for 1 hour.
3. **SELECT** Preheat on the Air Fryer and press Start/Pause.
4. **RUB** the patties with olive oil and place the burgers into the preheated air.
5. **SELECT** Steak, adjust the time to 8 minutes, and press Start/Pause.
6. **FLIP** the burgers halfway through cooking to ensure even browning.
7. **ADD** the slices of cheddar cheese to each of the burgers with 1 minute of cooking left.
8. **SERVE** on mini slider buns.

Turkey Burgers with Asian Slaw

PREP TIME: 35 minutes

COOK TIME: 10 minutes

ASIAN SLAW

2½ cups cabbage, shredded
¼ small red onion, thinly sliced
½ carrot, grated
2 green onions, thinly sliced
2 tablespoons cilantro, chopped
2 tablespoons rice wine vinegar
2 tablespoons soy sauce
2 tablespoons brown sugar
1 tablespoon sesame oil
1 tablespoon mayonnaise
Salt & pepper, to taste

PATTY

1 pound ground turkey (85/15)
2 garlic cloves, minced
1-inch piece ginger, grated
2 green onions, chopped
2 tablespoons hoisin
1 tablespoon soy sauce
2 teaspoons sambal oelek
½ teaspoon salt
¼ teaspoon black pepper
1 cup panko breadcrumbs
brown sugar
1 tablespoon sesame oil
1 tablespoon mayonnaise
Salt & pepper, to taste



YIELDS 4 SERVINGS

ASIAN SLAW

1. **MIX** together the cabbage, onion, carrots, green onions, and cilantro in a large bowl.
2. **WHISK** together the vinegar, soy sauce, brown sugar, sesame oil, mayonnaise, salt, and pepper in a small bowl.
3. **TOSS** the vegetables with the vinegar dressing and let the Asian slaw marinate for 30 minutes.

PATTY

1. **MIX** all of the patty ingredients together in a large bowl until combined.
2. **FORM** the turkey mixture into 4 patties and set in the fridge to cool.
3. **SELECT** Preheat on the Air Fryer and press Start/Pause.
4. **PLACE** the turkey patties in the preheated air fryer.
5. **COOK** for 10 minutes at 400° F.
6. **SERVE** on buns with Asian slaw.



Appetizers

Prosciutto–Wrapped Asparagus

PREP TIME: 5 minutes

COOK TIME: 10 minutes

12 spears asparagus
2 teaspoons olive oil
Salt & pepper, to taste
12 slices prosciutto



YIELDS 3 SERVINGS

1. **SELECT** Preheat on the Air Fryer, adjust to 300° F, and press Start/Pause.
2. **CUT** off the woody ends of the asparagus spears and discard.
3. **DRIZZLE AND COAT** the asparagus spears with oil. Season with salt and pepper.
4. **WRAP** 1 slice of prosciutto around each asparagus spear, top to bottom, and place into the preheated air fryer.
5. **SELECT** Vegetables, set time for 10 minutes, and press Start/Pause.

Dry Rubbed Chicken Wings

PREP TIME: 5 minutes

COOK TIME: 30 minutes

1 tablespoon granulated garlic
1 chicken bouillon cube, reduced sodium
1 tablespoon salt-free garlic and herb seasoning blend
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon smoked paprika
1 teaspoon cayenne pepper
1 teaspoon Old Bay seasoning, less sodium
1 teaspoon onion powder
½ teaspoon dried oregano
1 pound chicken wings
Nonstick cooking spray
Ranch, for serving

YIELDS 4 SERVINGS



1. **SELECT** Preheat on the Air Fryer, adjust to 380° F, and press Start/Pause.
2. **COMBINE** seasonings in a bowl and mix well.
3. **SEASON** the chicken wings with half of the seasoning blend and spray liberally with cooking spray.
4. **PLACE** the chicken wings into the preheated air fryer.
5. **SELECT** Chicken, adjust time to 30 minutes, and press Start/Pause.
6. **SHAKE** the baskets halfway through cooking.
7. **TRANSFER** the wings into a bowl and sprinkle with the other half of the seasoning until they are well coated.
8. **SERVE** with a side of ranch.

Mongolian Chicken Wings

PREP TIME: 15 minutes

COOK TIME: 25 minutes

1½ pounds chicken wings

1½ tablespoons vegetable oil

Salt & pepper, to taste

¼ cup low-sodium soy sauce

¼ cup honey

2 tablespoons rice wine vinegar 1 tablespoon

Sriracha

3 garlic cloves, minced

1 tablespoon fresh ginger, grated 1 green
onion, chopped, for garnish



YIELDS 2-4 SERVINGS

1. **SELECT** Preheat on the Air Fryer, adjust to 380° F, and press Start/Pause.
2. **TOSS** chicken wings, oil, salt, and pepper together until well coated.
3. **PLACE** coated chicken wings into the preheated air fryer.
4. **SELECT** Chicken and press Start/Pause.
5. **COMBINE** soy sauce, honey, rice wine vinegar, Sriracha, garlic, and ginger in a saucepan.
6. **BRING** to a simmer until the flavors meld and the glaze reduces slightly, about 10 minutes.
7. **TRANSFER** wings, after 20 minutes, into a large bowl and toss with the glaze.
8. **RETURN** wings to the air fryer baskets and finish cooking for the remaining 5 minutes.
9. **GARNISH** with green onions and serve.

Honey–Sriracha Wings

PREP TIME: 5 minutes

COOK TIME: 30 minutes

½ teaspoon smoked paprika ½ teaspoon
garlic powder
½ teaspoon onion powder
½ teaspoon salt
¼ teaspoon black pepper
2 tablespoons cornstarch
1 pound chicken wings Nonstick
cooking spray
1/3 cup honey
1/3 cup Sriracha
1 tablespoon rice wine vinegar
¼ teaspoon sesame oil



YIELDS 2–4 SERVINGS

1. **MIX** together the smoked paprika, garlic powder, onion powder, salt, black pepper, and cornstarch.
2. **TOSS** the wings in the seasoned cornstarch until all the wings are evenly coated.
3. **SPRAY** the wings with cooking spray and mix around until all the wings are coated with oil. Set aside.
4. **SELECT** Preheat, adjust to 380° F, and press Start/Pause.
5. **PLACE** the wings in the preheated air fryer.
6. **SELECT** Chicken, adjust time to 30 minutes, and press Start/Pause.
7. **SHAKE** the baskets halfway through cooking.
8. **WHISK** together the honey, Sriracha, rice wine vinegar, and sesame oil in a large bowl.
9. **TOSS** the cooked wings in the sauce until they are well coated and serve.

Garlic Parmesan Chicken Wings

PREP TIME: 5 minutes

COOK TIME: 25 minutes

2 tablespoons cornstarch
4 tablespoons Parmesan, grated 1 tablespoon
garlic powder Salt & pepper, to taste
1½ pounds chicken wings Nonstick cooking
spray



YIELDS 3 SERVINGS

1. **SELECT** Preheat on the Air Fryer, adjust to 380° F, and press Start/Pause.
2. **COMBINE** the cornstarch, Parmesan, garlic powder, salt, and pepper in a bowl.
3. **TOSS** the chicken wings into the seasoning and dredge until the wings are well coated.
4. **SPRAY** the air fryer baskets with cooking spray and add the wings, spraying the top of the chicken wings as well.
5. **SELECT** Chicken and press Start/Pause. Make sure to shake the baskets halfway through cooking.
6. **SPRINKLE** with the leftover Parmesan mix and serve.

Jerk Chicken Wings

PREP TIME: 5 minutes

COOK TIME: 25 minutes

2 teaspoons ground thyme 2 teaspoons dried rosemary 2 teaspoons allspice
2 teaspoons ground ginger 1 teaspoon garlic powder 1 teaspoon onion powder 1 teaspoon cinnamon
1 teaspoon paprika
1 teaspoon chili powder
½ teaspoon nutmeg
1/3 teaspoon salt
¼ cup vegetable oil
1–2 pounds chicken wings 1 lime, juiced



YIELDS 2–3 SERVINGS

1. **SELECT** Preheat on the Air Fryer, adjust to 380° F, and press Start/Pause.
2. **COMBINE** all spices and oil together in a bowl to make a marinade.
3. **TOSS** the chicken wings in the marinade until wings are well coated.
4. **PLACE** the chicken wings into the preheated air fryer.
5. **SELECT** Chicken and press Start/Pause.
6. **SHAKE** the baskets halfway through cooking.
7. **REMOVE** the wings and place on a serving platter.
8. **SQUEEZE** fresh lime juice over wings and serve.

Homemade Tortilla Chips

PREP TIME: 2 minutes

COOK TIME: 8 minutes

3 corn tortillas (6-inch), cut into 8 pieces each

1 tablespoon olive oil

½ teaspoon salt

Salsa, for serving



YIELDS 2-3 SERVINGS

1. **CUT** the tortillas in half, then each half into quarters, making a total of 8 pieces per tortilla.
2. **SELECT** Preheat on the Air Fryer, adjust to 300° F, and press Start/Pause.
3. **TOSS** the tortillas in the olive oil and salt until all the chips are well coated.
4. **PLACE** the tortilla chips in the preheated air fryer and cook for 8 minutes at 300° F.
5. **SHAKE** the baskets halfway through cooking.
6. **SERVE** with salsa.

Pigs in a Blanket

PREP TIME: 5 minutes

COOK TIME: 10 minutes

½ sheet puff pastry, thawed
16 cocktail-size smoked link sausages
1 tablespoon milk



YIELDS 4 SERVINGS

1. **SELECT** Preheat on the Air Fryer and press Start/Pause.
2. **CUT** the puff pastry into $2\frac{1}{2} \times 1\frac{1}{2}$ -inch strips.
3. **PLACE** a cocktail sausage on one end of the puff pastry and wrap the dough around the sausage, sealing the dough together with some water.
4. **BRUSH** the upside (seam-side down) of the wrapped sausages with milk and place in the preheated air fryer.
5. **COOK** at 400° F for 10 minutes, or until golden brown.

Sausage–Stuffed Mushrooms

PREP TIME: 5 minutes

COOK TIME: 23 minutes

6 extra–large crimini mushrooms 3
tablespoons olive oil, divided
¼ large onion, diced
1 garlic clove, minced
4 ounces sweet Italian sausage,
casing removed
2 tablespoons Italian style
breadcrumbs
½ cup mozzarella cheese, shredded,
plus more for topping
¼ cup Parmesan cheese, grated
1 tablespoon parsley, freshly chopped
Salt & pepper, to taste



YIELDS 3 SERVINGS

1. **REMOVE** the mushroom stems from the caps. Mince the stems and set aside.
2. **SPOON** out the insides of the mushroom caps to create more room for the stuffing. Set aside.
3. **HEAT** a pan on medium–high heat and allow to heat up.
4. **ADD** 1 tablespoon olive oil, minced mushrooms stems, and diced onions. Cook for 5 minutes.
5. **ADD** the garlic and cook for 1 minute.
6. **ADD** in the Italian sausage and cook until brown, about 5 minutes. Set aside.
7. **MIX** the sausage with the breadcrumbs, mozzarella, Parmesan, and parsley.
8. **SEASON** to taste with salt and pepper.
9. **STUFF** the mushrooms until full and top with more mozzarella cheese.
10. **DRIZZLE** the rest of the oil on the mushrooms.
11. **SELECT** Preheat on the Air Fryer, adjust to 320° F, and allow to heat up.
12. **PLACE** the stuffed mushrooms into the preheated air fryer.
13. **COOK** the mushrooms at 320° F for 12 minutes until cheese is golden brown and bubbly.

“Fried” Pickles

PREP TIME: 10 minutes

COOK TIME: 8 minutes

4 large dill pickles
½ cup all-purpose flour
2 eggs, beaten
½ cup breadcrumbs
1 teaspoon paprika
1/8 teaspoon cayenne pepper
Nonstick cooking spray Salt & pepper, to taste



YIELDS 4 SERVINGS

1. **DRY** the dill pickles very well with a clean kitchen towel and cut into spears.
2. **SET UP** a dredging station using 3 shallow bowls. Fill the first shallow dish with flour. Beat the egg in the second dish. Then combine the breadcrumbs and spices until well incorporated in the last dish.
3. **SELECT** Preheat on the Air Fryer, adjust to 360° F, and press Start/Pause.
4. **COAT** the pickles by dredging them first in the flour, then the egg, and then the breadcrumbs, pressing the crumbs on gently with your hands. Set the coated pickles on a tray and spray them on all sides with cooking spray.
5. **ADD** the pickles to the preheated air fryer and cook at 360° F for 10 minutes, turning them over halfway through cooking and spraying lightly again, if necessary.
6. **SERVE** with your favorite dipping sauce.

“Fried” Pickles

PREP TIME: 10 minutes

COOK TIME: 8 minutes

4 large dill pickles
½ cup all-purpose flour
2 eggs, beaten
½ cup breadcrumbs
1 teaspoon paprika
1/8 teaspoon cayenne pepper
Nonstick cooking spray Salt & pepper, to taste



YIELDS 4 SERVINGS

1. **DRY** the dill pickles very well with a clean kitchen towel and cut into spears.
2. **SET UP** a dredging station using 3 shallow bowls. Fill the first shallow dish with flour. Beat the egg in the second dish. Then combine the breadcrumbs and spices until well incorporated in the last dish.
3. **SELECT** Preheat on the Air Fryer, adjust to 360° F, and press Start/Pause.
4. **COAT** the pickles by dredging them first in the flour, then the egg, and then the breadcrumbs, pressing the crumbs on gently with your hands. Set the coated pickles on a tray and spray them on all sides with cooking spray.
5. **ADD** the pickles to the preheated air fryer and cook at 360° F for 10 minutes, turning them over halfway through cooking and spraying lightly again, if necessary.
6. **SERVE** with your favorite dipping sauce.

Bacon-Wrapped Stuffed Jalapeños

PREP TIME: 10 minutes

COOK TIME: 16 minutes

6 medium jalapeños, halved lengthwise & deseeded
¼ pound ground pork
2 ounces cheddar cheese
Salt & pepper, to taste
6 strips bacon, halved



YIELDS 2 SERVINGS

1. **CUT** the jalapeños in half, lengthwise, and remove all seeds. Set aside.
2. **COMBINE** ground pork, cheddar, salt, and pepper in a bowl and mix until well combined.
3. **SPOON** about 1 tablespoon of pork mixture into each jalapeño half.
4. **PUT** the jalapeño halves back together and wrap each jalapeño with bacon.
5. **SELECT** Preheat on the Air Fryer, adjust to 320° F, and press Start/Pause.
6. **PLACE** the bacon-wrapped jalapeños into the preheated air fryer.
7. **SELECT** Bacon, adjust time to 16 minutes, and press Start/Pause.
8. **SERVE** with your favorite dipping sauce.

Bacon-Wrapped Shrimp

PREP TIME: 5 minutes

COOK TIME: 16 minutes

16 jumbo shrimp, peeled & deveined
1 teaspoon garlic powder
1 teaspoon paprika
1 teaspoon onion powder
¼ teaspoon ground black pepper
8 strips bacon, sliced lengthwise



YIELDS 4-5 SERVINGS

1. **PLACE** the jumbo shrimp in a bowl and season with spices.
2. **WRAP** the bacon around the shrimp, starting at the top and finishing at the tail, and secure them with toothpicks.
3. **SELECT** Preheat on the Air Fryer, adjust to 320° F, and press Start/Pause.
4. **ADD** half the shrimp to the preheated air fryer.
5. **SELECT** Bacon and press Start/Pause. When cooking finishes, set aside.
6. **REPEAT** with the other batch of shrimp.
7. **DRAIN** any excess grease on a paper towel and serve.

Coconut Shrimp

PREP TIME: 8 minutes

COOK TIME: 8 minutes

¼ cup all-purpose flour
1 teaspoon salt, divided
½ teaspoon black pepper, divided
½ teaspoon garlic powder, divided
½ teaspoon paprika, divided
2 large eggs, beaten
1 tablespoon milk
¼ cup panko breadcrumbs
½ cup unsweetened flaked coconut
½ pound large shrimp, peeled (tails left on) & deveined
Nonstick cooking spray

YIELDS 3 SERVINGS



1. **MIX** together the flour and half of the seasonings and spices in one bowl. Whisk together the eggs and milk in a separate bowl.
2. **COMBINE** the panko breadcrumbs, coconut, and the other half of the seasonings and spices in an additional bowl.
3. **COAT** each shrimp with flour, then dip in egg, and then roll in breadcrumbs and coconut. Dip in egg and crumbs again. Set aside.
4. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Pause.
5. **ADD** the shrimp evenly into the preheated air fryer and spray with nonstick cooking spray.
6. **SELECT** Frozen Foods, adjust time to 8 minutes, and press Start/Pause.
7. **FLIP** the shrimp halfway through cooking (the Shake Reminder function will let you know when!).

Scotch Egg

PREP TIME: 10 minutes

COOK TIME: 15 minutes

10 ounces ground pork sausage ½ teaspoon
garlic powder
½ teaspoon onion powder
½ teaspoon dried sage
½ teaspoon salt
¼ teaspoon black pepper
4 eggs, medium boiled, peeled ½ cup all-
purpose flour
1 egg, beaten
¾ cup Italian style breadcrumbs Nonstick
cooking spray



YIELDS 4 SERVINGS

1. **MIX** together the sausage, garlic powder, onion powder, sage, salt, and pepper. Divide into four balls.
2. **WRAP** the sausage around each of the peeled medium boiled eggs until the egg is fully covered.
3. **COAT** each sausage-covered egg with flour, then dip in beaten egg, and roll in breadcrumbs. Dip in the egg and breadcrumbs again.
4. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Pause.
5. **SPRAY** the scotch eggs liberally with cooking spray.
6. **PLACE** the scotch eggs in the preheated air fryer.
7. **SELECT** Frozen Foods, adjust time to 15 minutes, and press Start/Pause. Make sure to flip the eggs halfway through cooking (the Shake Reminder function will let you know when!).

Garlic & Herb Chicken Skewers

PREP TIME: 1 hour 5 minutes

COOK TIME: 10 minutes

3 tablespoons olive oil
3 garlic cloves, grated
1 teaspoon dried oregano
½ teaspoon dried thyme
½ teaspoon salt
¼ teaspoon black pepper
1 lemon, juiced
1 pound chicken thighs, boneless,
skinless, cut into 1½-inch pieces
2 wooden skewers, halved.



YIELDS 2-4 SERVINGS

1. **MIX** together the olive oil, garlic, oregano, thyme, salt, black pepper, and lemon juice together in a large bowl.
2. **ADD** the chicken to the marinade and marinate for 1 hour.
3. **SELECT** Preheat, adjust to 380° F, and press Start/Pause.
4. **CUT** the marinated chicken into 1½-inch pieces and skewer them onto the halved skewers.
5. **PLACE** the skewers in the preheated air fryer.
6. **SELECT** Chicken, set time for 10 minutes, and press Start/Pause.

Korean-Style Beef Skewers

PREP TIME: 1 hour 5 minutes

COOK TIME: 6 minutes

- 1 tablespoon ssamjang
- 1 tablespoon gochujang
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon honey
- 1 teaspoon rice wine vinegar
- 1 pound beef flap meat, cut into
1½-inch pieces
- 2 wooden skewers, halved



YIELDS 2-4 SERVINGS

1. **MIX** the ssamjang, gochujang, soy sauce, sesame oil, honey, and vinegar in a bowl.
2. **TOSS** the cut beef into the marinade and marinate for 1 hour.
3. **SELECT** Preheat on the Air Fryer and press Start/Pause.
4. **SKEWER** the pieces of beef onto the halved skewers and place the skewers into the preheated air fryer.
5. **SELECT** Steak and press Start/Pause.

Yogurt Chicken Skewers

PREP TIME: 4 hour 10 minutes

COOK TIME: 10 minutes

½ cup plain whole milk Greek

yogurt

1 tablespoon olive oil

1 teaspoon paprika

¼ teaspoon cumin

½ teaspoon crushed red pepper

1 lemon, juiced & zested

1 teaspoon salt

¼ teaspoon freshly ground black pepper

4 garlic cloves, minced

1 pound chicken thighs, boneless, skinless,
cut into

1½-inch pieces

wooden skewers, halved
Nonstick cooking spray

YIELDS 2-4 SERVINGS



1. **MIX** together the yogurt, olive oil, paprika, cumin, red pepper, lemon juice, lemon zest, salt, pepper, and garlic in a large bowl.
2. **ADD** the chicken to the marinade and marinate in the fridge for at least 4 hours.
3. **SELECT** Preheat and press Start/Pause.
4. **CUT** the marinated chicken thighs into 1½-inch pieces and skewer them onto the halved skewers.
5. **PLACE** skewers into the preheated air fryer and spray with cooking spray.
6. **COOK** at 400° F for 10 minutes.

Teriyaki Pork Skewers

PREP TIME: 35 minutes

COOK TIME: 8 minutes

1 tablespoon cornstarch
1/2 cup water
1/4 cup soy sauce
1/4 cup light brown sugar, lightly packed
1 garlic clove, minced
1/2 teaspoon grated ginger Black pepper, to taste
1 pound pork loin chop, cut into 1 1/2-inch cubes
2 wood skewers, halved Nonstick cooking spray
Salt & pepper, to taste

YIELDS 2-4 SERVINGS



1. **WHISK** the cornstarch and water together.
2. **COMBINE** the cornstarch slurry, soy sauce, brown sugar, garlic, and ginger in a small saucepan. Cook the sauce on high heat until it boils and thickens, about 5 minutes.
3. **SEASON** the sauce to taste with black pepper and allow to cool.
4. **SKEWER** the pork evenly between the wooden skewers.
5. **MARINATE** the skewered pork in some of the teriyaki sauce for 30 minutes.
6. **SELECT** Preheat on the Air Fryer and press Start/Pause.
7. **PLACE** the skewers in the preheated air fryer and spray with cooking spray.
8. **SELECT** Steak, adjust to 8 minutes, and press Start/Pause.
9. **BRUSH** the skewers with the teriyaki sauce every 2 minutes during cooking.
10. **SEASON** to taste with salt and pepper, and serve.

Lamb Shawarma Skewers

PREP TIME: 12 minutes

COOK TIME: 8 minutes

- ¾ pound ground lamb
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon cinnamon
- ½ teaspoon turmeric
- ½ teaspoon fennel seeds
- ½ teaspoon ground coriander seed ½
- teaspoon salt
- 4 bamboo skewers (9 inches)

YIELDS 2 SERVINGS

1. **COMBINE** all ingredients in a bowl and mix well.
2. **SKEWER** 3 ounces of meat onto each stick, then place in the fridge for 10 minutes.
3. **SELECT** Preheat on the Air Fryer and press Start/Pause.
4. **PLACE** skewers into the preheated air fryer, select Steak, adjust time to 8 minutes, and press Start/Pause.
5. **SERVE** with lemon yogurt dressing or by itself.





Sides

Onion Rings

PREP TIME: 10 minutes

COOK TIME: 20 minutes

1 small white onion, cut into ½-inch thick rounds & separated into rings
1 cup panko breadcrumbs
1 teaspoon smoked paprika
1 teaspoon salt
2 eggs
1 cup buttermilk
½ cup all-purpose flour
Nonstick cooking spray



YIELDS 2 SERVINGS

1. **SLICE** the onion into ½-inch thick rounds and separate the layers into rings.
2. **COMBINE** the breadcrumbs, paprika, and salt in a bowl. Set aside.
3. **WHISK** the eggs and buttermilk together until fully mixed.
4. **DREDGE** each onion ring into the flour, then dip in the beaten eggs, and then the breadcrumb mixture.
5. **SELECT** Preheat on the Air Fryer, adjust to 370° F, and press Start/Pause.
6. **SPRAY** the onion rings liberally with cooking spray.
7. **PLACE** onion rings in a single layer in the preheated air fryer baskets, and cook in batches at 370° F for 10 minutes until golden brown. Be sure to use cooking spray in between to make sure they are uniformly cooked.
8. **SERVE** with your favorite dipping sauce.

Homemade French Fries

PREP TIME: 30 minutes

COOK TIME: 28 minutes

2 russet potatoes, cut into
3 x 1/2-inch strips
1 liter cold water, for soaking

potatoes

2 tablespoons oil

1 teaspoon garlic powder

1 teaspoon paprika

Salt & pepper, to taste Ketchup or ranch, for
serving



YIELDS 4 SERVINGS

1. **CUT** the potatoes into 3 x 1/2-inch strips and soak in the water for 15 minutes.
2. **DRAIN** the potatoes, rinse with cold water, and pat dry with paper towels.
3. **ADD** oil and spices to the potatoes, tossing until they are coated evenly.
4. **SELECT** Preheat on the Air Fryer, adjust to 380° F, and press Start/Pause.
5. **ADD** the potatoes to the preheated air fryer.
6. **SELECT** French Fries, adjust the time to 28 minutes, and press Start/Pause. Make sure to shake the baskets halfway through cooking (the Shake Reminder function will let you know when!).
7. **REMOVE** the baskets from the air fryer when done cooking, and season the fries with salt and pepper.
8. **SERVE** with ketchup or ranch.

Sweet Potato Fries

PREP TIME: 5 minutes

COOK TIME: 10 minutes

2 large sweet potatoes, cut into
1/2-inch thick strips
2 tablespoons oil
2 teaspoons salt
1/2 teaspoon black pepper
1/2 teaspoon paprika
1/2 teaspoon garlic powder
1/2 teaspoon onion powder

YIELDS 4 SERVINGS



1. **CUT** the sweet potatoes into 1/2-inch thick strips.
2. **SELECT** Preheat on the Air Fryer and press Start/Pause.
3. **ADD** the cut sweet potatoes to a large bowl and toss with the oil until the sweet potatoes are all coated evenly.
4. **SPRINKLE** in the salt, black pepper, paprika, garlic powder, and onion powder. Mix well.
5. **PLACE** fries in the preheated baskets and cook for 10 minutes at 400° F. Make sure to shake the baskets halfway through cooking.

Cajun French Fries

PREP TIME: 30 minutes

COOK TIME: 28 minutes

2 russet potatoes, peeled & cut into
3 x ½-inch strips
1 liter cold water
2 tablespoons oil
1 tablespoon Cajun seasoning
¼ teaspoon cayenne pepper
Ketchup or ranch, for serving



YIELDS 4 SERVINGS

1. **CUT** the potatoes into 3 x ½-inch strips and soak them in the water for 15 minutes.
2. **DRAIN** them, rinse with cold water, and pat dry with paper towels.
3. **SELECT** Preheat on the Air Fryer, adjust to 380° F, and press Start/Pause.
4. **ADD** oil to the potato slices, and toss until they are coated evenly.
5. **ADD** the potatoes to the preheated air fryer.
6. **SELECT** French Fries, change the time to 28 minutes, and press Start/Pause. Make sure to shake the baskets halfway through cooking (the Shake Reminder function will let you know when!).
7. **REMOVE** the baskets from the air fryer when done cooking, and season the fries with the Cajun seasoning and cayenne pepper.
8. **SERVE** with ketchup or ranch.

Zucchini Fries

PREP TIME: 10 minutes

COOK TIME: 8 minutes

2 medium zucchini, cut into $\frac{3}{4}$ -inch thick strips
 $\frac{1}{2}$ cup all-purpose flour
2 teaspoons salt
 $\frac{1}{2}$ teaspoon black pepper
2 eggs, beaten
1 tablespoon milk
 $\frac{3}{4}$ cup Italian seasoned panko breadcrumbs
 $\frac{1}{4}$ cup Parmesan cheese, grated
Nonstick cooking spray
Ranch, for serving

YIELDS 4 SERVINGS

1. **CUT** the zucchini into $\frac{3}{4}$ -inch thick strips.
2. **MIX** together the flour, salt, and pepper in a dish. Whisk together the eggs and milk in a separate dish. Combine the breadcrumbs and Parmesan cheese in another dish.
3. **COAT** each piece of zucchini with flour, then dip in egg, and roll in breadcrumbs. Set aside.
4. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Pause.
5. **PLACE** the coated zucchini evenly into the preheated air fryer and spray with nonstick cooking spray.
6. **SELECT** Frozen Foods, adjust time to 8 minutes, and press Start/Pause.
7. **SHAKE** the baskets halfway through cooking (the Shake Reminder function will let you know when!).
8. **SERVE** with a side of ranch.



Avocado Fries

PREP TIME: 15 minutes

COOK TIME: 10 minutes

2 avocados, cut into 1–inch thick

wedges

1 cup panko breadcrumbs

½ teaspoon garlic powder

½ teaspoon onion powder

½ teaspoon smoked paprika

¼ teaspoon cayenne

Salt & pepper, to taste

½ cup all-purpose flour

2 eggs, beaten

Nonstick cooking spray Ketchup or ranch, for serving

YIELDS 2 SERVINGS



1. **CUT** the avocados into 1–inch thick wedges.
2. **COMBINE** the breadcrumbs, garlic powder, onion powder, smoked paprika, cayenne, salt, and pepper in a bowl.
3. **DREDGE** each avocado wedge in the flour, then dip in the beaten eggs, and roll in the breadcrumb mixture.
4. **SELECT** Preheat on the Air Fryer and press Start/Pause.
5. **PLACE** avocado fries into the preheated air fryer baskets, spray with cooking spray, and cook at 400° F for 10 minutes.
6. **FLIP** the avocado fries halfway through cooking time and spray with more cooking spray.
7. **SERVE** with ketchup or ranch for dipping.

Greek Fries

PREP TIME: 30 minutes

COOK TIME: 28 minutes

2 russet potatoes, cut into
3 x ½-inch strips
1 liter cold water, for soaking

potatoes

2 tablespoons oil

1 teaspoon garlic powder

1 teaspoon paprika

2 ounces feta cheese, crumbled

1 tablespoon flat leaf parsley, chopped

1 tablespoon fresh oregano
Salt & pepper, to taste
Lemon wedges, for serving



YIELDS 4 SERVINGS

1. **CUT** the potatoes into 3 x ½-inch strips and soak in the water for 15 minutes.
2. **DRAIN** the potatoes, rinse with cold water, and pat dry with paper towels.
3. **ADD** the oil, garlic powder, and paprika to the potatoes, tossing until they are coated evenly.
4. **SELECT** Preheat on the Air Fryer, adjust to 380° F, and press Start/Pause.
5. **ADD** the potatoes to the preheated air fryer.
6. **SELECT** French Fries, adjust the time to 28 minutes, and press Start/Pause. Make sure to shake the baskets halfway through cooking (the Shake Reminder function will let you know when!).
7. **REMOVE** the baskets from the air fryer when done cooking, and top the fries with feta cheese, parsley, oregano, salt, and pepper.
8. **SERVE** with lemon wedges.

Potato Wedges

PREP TIME: 3 minutes

COOK TIME: 20 minutes

2 large russet potatoes, rinsed & cut into 4-inch long wedges
1½ tablespoons olive oil
1 teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon salt
¼ teaspoon black pepper
1 tablespoon Parmesan cheese, grated
Ketchup or ranch, for serving



YIELDS 4 SERVINGS

1. **CUT** the potatoes into 4-inch long wedges.
2. **SELECT** Preheat on the Air Fryer, adjust to 380° F, and press Start/Pause.
3. **COAT** the potatoes in olive oil and toss with the seasonings and Parmesan cheese until well coated.
4. **ADD** the potatoes to the preheated air fryer.
5. **SELECT** French Fries, set time to 20 minutes, and press Start/Pause.
6. **SHAKE** the baskets halfway through cooking (the Shake Reminder function will let you know when!).
7. **SERVE** with ketchup or ranch.

Potato Chips

PREP TIME: 40 minutes

COOK TIME: 25 minutes

2 liters water
1 tablespoon salt
2 large russet potatoes, thinly sliced
1 tablespoon olive oil
Salt & pepper, to taste



YIELDS 4 SERVINGS

1. **MIX** together the water and salt in a large bowl until all the salt dissolves.
2. **THINLY SLICE** the potatoes. Using a mandolin is highly recommended (use a 1.5 mm blade).
3. **SOAK** the potatoes in the salt water for 30 minutes.
4. **DRAIN** the potatoes and pat them dry.
5. **SELECT** Preheat on the Air Fryer, adjust to 330° F, and press Start/Pause.
6. **COAT** the potato slices with olive oil.
7. **LAYER** the oil-coated potatoes in the preheated air fryer.
8. **COOK** the potatoes at 330° F for 25 minutes. Make sure to shake the baskets halfway through cooking.
9. **SEASON** the potatoes with salt and pepper when done cooking.

Blooming Onion

PREP TIME: 2 hours 15 minutes

COOK TIME: 25 minutes

1 large onion
1 cup all-purpose flour
1 tablespoon paprika
2 teaspoons salt
2 teaspoons garlic powder
1 teaspoon chili powder
½ teaspoon black pepper
½ teaspoon dried oregano
1¼ cups water
½ cup Italian style breadcrumbs
Nonstick cooking spray



YIELDS 3 SERVINGS

1. **PEEL** onion and cut off the top. Place cut-side down onto a cutting board.
2. **CUT** downward, from the center outward, all the way to the cutting board. Repeat to make 8 evenly spaced cuts around the onion. Make sure your slit cuts through all of the layers, but leave the onion connected in the center. Set aside.
3. **COVER** the onion in ice water for at least 2 hours, then dry.
4. **MIX** together the flour, paprika, salt, garlic powder, chili powder, black pepper, oregano, and water until it forms a batter.
5. **SELECT** Preheat on the Air Fryer and press Start/Pause.
6. **COAT** the onion with the batter, spreading out the layers and making sure every layer is covered with the batter. Then sprinkle the top and bottom of the onion with breadcrumbs.
7. **SPRAY** the bottom of the air fryer with cooking spray and place the onion inside, cut-side up. Spray the upside of the onion liberally with cooking spray.
8. **COOK** the onion at 400° F for 10 minutes, then cook for an additional 15 minutes at 350° F.

Hasselback Potatoes

PREP TIME: 3 minutes

COOK TIME: 40 minutes

4 medium russet potatoes, washed & scrubbed
2 tablespoons olive oil
2 teaspoons salt
½ teaspoon black pepper
¼ teaspoon garlic powder
2 tablespoons butter, melted
2 tablespoons freshly chopped parsley, for garnish



YIELDS 4 SERVINGS

1. **WASH AND SCRUB** the potatoes. Pat them dry with a paper towel.
2. **CUT** slits, ¼-inch apart, into the potato, stopping just before you cut all the way through, so that the slices stay connected by about ½ inch at the bottom of the potato.
3. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Pause.
4. **COVER** the potatoes with olive oil, and season evenly with the salt, black pepper, and garlic powder.
5. **ADD** the potatoes into the preheated air fryer, and cook for 30 minutes at 350° F.
6. **BRUSH** the melted butter onto the potatoes and cook for another 10 minutes at 350° F.
7. **GARNISH** with freshly chopped parsley.

Roasted Potatoes

PREP TIME: 3 minutes

COOK TIME: 20 minutes

1½ pounds of small new potatoes,
cleaned & halved
2 tablespoons olive oil
½ teaspoon salt
¼ teaspoon black pepper
½ teaspoon garlic powder
¼ teaspoon dried thyme
¼ teaspoon dried rosemary

YIELDS 4 SERVINGS



1. **SELECT** Preheat on the Air Fryer, adjust to 380° F, and press Start/Pause.
2. **COAT** the halved potatoes in olive oil and toss with the seasonings.
3. **PLACE** the potatoes into the preheated air fryer.
4. **SELECT** French Fries, set time for 20 minutes, and press Start/Pause. Make sure to shake the baskets halfway through cooking (the Shake Reminder function will let you know when!).

Honey-Roasted Carrots

PREP TIME: 5 minutes

COOK TIME: 12 minutes

1 pound heirloom rainbow carrots,
peeled & washed
1 tablespoon olive oil
2 tablespoons honey
2 sprigs fresh thyme
Salt & pepper, to taste



YIELDS 2-4 SERVINGS

1. **PAT DRY** the carrots with a paper towel. Set aside.
2. **SELECT** Preheat on the Air Fryer and press Start/Pause.
3. **TOSS** the carrots in a bowl with olive oil, honey, thyme, salt, and pepper.
4. **ADD** the carrots to the preheated air fryer.
5. **SELECT** Root Vegetables and press Start/Pause. Make sure to shake the baskets halfway through cooking (the Shake Reminder function will let you know when!).
6. **SERVE** hot.

Roasted Garlic Broccoli

PREP TIME: 3 minutes

COOK TIME: 10 minutes

- 1 large head broccoli, cut into florets
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper



YIELDS 3 SERVINGS

1. **SELECT** Preheat on the Air Fryer, adjust to 300° F, and press Start/Pause.
2. **DRIZZLE** the broccoli with olive oil and toss together until evenly coated.
3. **TOSS** the broccoli with the seasonings.
4. **ADD** the broccoli to the preheated air fryer.
5. **SELECT** Vegetables and press Start/Pause.

Honey–Soy Carrots

PREP TIME: 5 minutes

COOK TIME: 12 minutes

1 pound young carrots (6–inch),
rinsed, scrubbed clean & patted dry
1 tablespoon olive oil
1 teaspoon honey
1 teaspoon soy sauce
Salt & pepper, to taste



YIELDS 4 SERVINGS

1. **SELECT** Preheat on the Air Fryer and press Start/Pause.
2. **COAT** the carrots in olive oil and toss in the honey and soy sauce.
3. **PLACE** the carrots in the preheated air fryer.
4. **SELECT** Root Vegetables and press Start/Pause. Make sure to shake the baskets halfway through cooking (the Shake Reminder function will let you know when!).
5. **SEASON** with salt and pepper when done cooking.

Roasted Cauliflower

PREP TIME: 2 minutes

COOK TIME: 10 minutes

10 ounces cauliflower florets

2 teaspoons olive oil

½ teaspoon salt

¼ teaspoon black pepper



YIELDS 2-3 SERVINGS

1. **SELECT** Preheat on the Air Fryer, adjust to 300° F, and press Start/Pause.
2. **PLACE** the cauliflower florets into a bowl, drizzle with olive oil, and season with salt and pepper, tossing to coat the florets evenly.
3. **ADD** the cauliflower into the preheated air fryer.
4. **SELECT** Vegetables, then press Start/Pause.

Roasted Turmeric Cauliflower

PREP TIME: 2 minutes

COOK TIME: 10 minutes

10 ounces cauliflower florets 2 teaspoons olive oil
1 teaspoon turmeric powder $\frac{1}{2}$ teaspoon garlic powder $\frac{1}{2}$ teaspoon onion powder $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon black pepper



YIELDS 2-3 SERVINGS

1. **SELECT** Preheat on the Air Fryer, adjust to 300° F, and press Start/Pause.
2. **PLACE** the cauliflower florets into a bowl and drizzle with olive oil until all the cauliflower is well coated.
3. **TOSS** the cauliflowers with the seasonings.
4. **ADD** the cauliflower into the preheated air fryer.
5. **SELECT** Vegetables, then press Start/Pause.

Roasted Corn

PREP TIME: 2 minutes

COOK TIME: 10 minutes

1 ear of corn, husks & silks removed,
cut in half
1 tablespoon butter, melted $\frac{1}{4}$
teaspoon salt



YIELDS 2 SERVINGS

1. **SELECT** Preheat on the Air Fryer, adjust to 400° F, and press Start/Pause.
2. **BRUSH** the melted butter all over the corn and season with salt.
3. **PLACE** the corn in the preheated air fryer.
4. **SELECT** Root Vegetables, adjust time to 10 minutes, and press Start/Pause.
5. **FLIP** the corn halfway through cooking (the Shake Reminder function will let you know when!).

Roasted Butternut Squash

PREP TIME: 10 minutes

COOK TIME: 12 minutes

1 butternut squash, peeled, seeded
& cut into 1-inch cubes
2 tablespoons olive oil, plus more
for drizzling
1½ teaspoons thyme leaves
1 teaspoon salt
½ teaspoon black pepper



YIELDS 2-4 SERVINGS

1. **SELECT** Preheat on the Air Fryer and press Start/Pause.
2. **COAT** the butternut squash cubes with olive oil and season with thyme, salt, and pepper.
3. **ADD** the seasoned squash to the preheated air fryer.
4. **SELECT** Root Vegetables and press Start/Pause. Make sure to shake the baskets halfway through cooking (the Shake Reminder function will let you know when!).
5. **DRIZZLE** with olive oil when done cooking and serve.

Roasted Eggplant

PREP TIME: 5 minutes

COOK TIME: 10 minutes

- 1 Japanese eggplant, peeled & cut into 1/2-inch thick slices
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon ground cumin

YIELDS 1-2 SERVINGS



1. **SELECT** Preheat on the Air Fryer and press Start/Pause.
2. **CUT** the peeled eggplant into 1/2-inch thick slices.
3. **COMBINE** the oil and seasonings in a large bowl until well combined and toss the eggplant until all pieces are well coated.
4. **PLACE** the eggplant into the preheated air fryer and cook at 400° F for 10 minutes.

Garlic Bread

PREP TIME: 5 minutes

COOK TIME: 8 minutes

1 French baguette (12 inches), cut
lengthwise & widthwise
4 garlic cloves, minced
3 tablespoons butter, room
temperature
1 tablespoon olive oil
2 tablespoons Parmesan cheese,
grated
2 tablespoons parsley, freshly chopped

YIELDS 4 SERVINGS

1. **SLICE** the baguette in half lengthwise, then each piece in half widthwise, creating four 6-inch long slices.
2. **SELECT** Preheat on the Air Fryer, adjust to 320° F, and press Start/Pause.
3. **COMBINE** garlic, butter, and olive oil together to form a paste.
4. **SPREAD** the paste evenly onto the bread and sprinkle with Parmesan cheese.
5. **PLACE** the bread into the preheated air fryer.
6. **SELECT** Bread and press Start/Pause.
7. **GARNISH** with freshly chopped parsley when done cooking.



Cheesy Cornbread Muffins

PREP TIME: 8 minutes

COOK TIME: 15 minutes

½ cup all-purpose flour
½ cup cornmeal
3 tablespoons white sugar
1 teaspoon salt
1½ teaspoons baking powder ½ cup milk
3 tablespoons butter, melted
1 egg
1 cup corn
3 scallions, chopped
3 ounces cheddar cheese, grated Nonstick cooking spray

YIELDS 6 MUFFINS



1. **COMBINE** flour, cornmeal, sugar, salt, and baking powder in a bowl. Mix together.
2. **WHISK** together milk, butter, and egg until well combined.
3. **MIX** dry ingredients into wet ingredients. Fold in corn, scallions, and grated cheddar cheese.
4. **SELECT** Preheat on the Air Fryer, adjust to 320° F, and press Start/Pause.
5. **GREASE** muffin cups with cooking spray and pour batter in until cups are ¾ full.
6. **ADD** the muffins into the preheated air fryer.
7. **SELECT** Bread, adjust time to 15 minutes, and press Start/Pause.
8. **SERVE** muffins with more butter, or enjoy as is.

Cheddar Buttermilk Biscuits

PREP TIME: 10 minutes

COOK TIME: 12 minutes

1¼ teaspoons baking powder 1 teaspoon
kosher salt
1 teaspoon sugar
1/8 teaspoon baking soda
1¾ cups all-purpose flour, plus
more for surface
½ cup (1 stick) unsalted butter,
chilled, cut into ¼-inch pieces ½ cup
cheddar cheese, shredded ½ cup buttermilk,
chilled Butter, melted, for brushing



YIELDS 4 MUFFINS

1. **SIFT** together the baking powder, salt, sugar, baking soda, and flour.
2. **CUT** in the chilled butter by using a pastry blender or food processor until it resembles coarse crumbs.
3. **MIX** in the cheddar cheese and buttermilk until it combines into dough. The dough should look dry.
4. **FORM** dough into a 1-inch thick square.
5. **SELECT** Preheat, adjust to 350° F, and press Start/Pause.
6. **CUT** biscuits using a round biscuit/cookie cutter.
7. **LINE** the preheated air fryer baskets with parchment paper.
8. **BRUSH** top of the biscuits with melted butter and place atop the parchment paper.
9. **COOK** the biscuits at 350° F for 12 minutes.

Brussel Sprouts with Pancetta

PREP TIME: 5 minutes

COOK TIME: 8 minutes

10 ounces brussel sprouts, halved
2 strips pancetta, diced
1 tablespoon olive oil
½ teaspoon garlic powder
Salt & pepper, to taste
1 tablespoon Parmesan cheese, freshly grated



YIELDS 2-4 SERVINGS

1. **SELECT** Preheat on the Air Fryer and press Start/Pause.
2. **CUT** the stems off of the brussel sprouts, then cut in half.
3. **COMBINE** brussel sprout halves, diced pancetta, olive oil, garlic powder, salt, and pepper in a bowl and mix together.
4. **ADD** mixture to the preheated air fryer.
5. **SELECT** Root Vegetables, adjust time to 10 minutes, then press Start/Pause. Make sure to shake the baskets halfway through cooking (the Shake Reminder function will let you know when!).
6. **GRATE** Parmesan cheese for garnish, then serve.



Desserts

Orange Cranberry Muffins

PREP TIME: 10minutes

COOK TIME: 15 minutes

1 cup all-purpose flour
1/3 cup sugar
1 teaspoon baking powder
1/4 teaspoon baking soda 1/4 teaspoon salt
1 cup cranberries
1 egg
1/3 cup orange juice
1/4 cup vegetable oil
1 orange, zested
Nonstick cooking spray



YIELDS 6-8 MUFFINS

1. **MIX** together the flour, sugar, baking powder, baking soda, salt, and cranberries in a large bowl.
2. **WHISK** the egg, orange juice, oil, and orange zest in a separate bowl.
3. **MIX** the wet ingredients into the dry until combined.
4. **GREASE** the muffin cups with cooking spray and pour batter in until cups are $\frac{3}{4}$ full.
5. **SELECT** Preheat on the Air Fryer, adjust to 300° F, and press Start/Pause.
6. **PLACE** the muffin cups carefully into the preheated air fryer. You may need to work in batches.
7. **SELECT** Desserts, adjust time to 15 minutes, and press Start/Pause.

Chocolate Chip Muffins

PREP TIME: 10 minutes

COOK TIME: 12 minutes

¼ cup granulated sugar
½ cup coconut milk or soy milk
3 tablespoons coconut oil,

liquidated

½ teaspoon vanilla extract
1 cup all-purpose flour
2 tablespoons cocoa powder
1 teaspoon baking powder
¼ teaspoon baking soda
¼ teaspoon salt
½ cup dark chocolate chips
¼ cup pistachios, cracked (Optional)
Nonstick cooking spray

YIELDS 6-8 SERVINGS



1. **COMBINE** sugar, coconut milk, coconut oil, and vanilla extract in a small bowl, then set aside.
2. **MIX** together flour, cocoa powder, baking powder, baking soda, and salt in a separate bowl and set aside.
3. **MIX** your dry ingredients into your wet, gradually, until smooth. Then fold in chocolate chips and pistachios.
4. **SELECT** Preheat on the Air Fryer, adjust to 300° F, and press Start/Pause.
5. **GREASE** muffin cups with cooking spray and pour batter in until cups are ¾ full.
6. **PLACE** the muffin cups carefully into the preheated air fryer. Select Desserts, adjust time to 15 minutes, then press Start/Pause.
7. **REMOVE** muffins when done cooking and let them cool down for 10 minutes before serving.

Coconut Macaroons

PREP TIME: 10 minutes

COOK TIME: 15 minutes

1/3 cup sweetened condensed milk 1 egg white

1/4 teaspoon almond extract

1/4 teaspoon vanilla extract

1/8 teaspoon salt

1 3/4 cups shredded, unsweetened coconut



YIELDS 5-6 SERVINGS

1. **MIX** together condensed milk, egg white, almond extract, vanilla extract, and salt in a bowl.
2. **ADD** in 1 1/2 cups shredded coconut and mix until well combined. Mixture should be able to hold its shape.
3. **FORM** 1 1/2-inch balls with your hands. On a separate plate, add 1/4 cup of shredded coconut.
4. **ROLL** the coconut macaroons into the shredded coconut until covered.
5. **SELECT** Preheat on the Air Fryer, adjust to 300° F, and press Start/Pause.
6. **ADD** the coconut macaroons to the preheated air fryer.
7. **SELECT** Desserts, adjust time to 15 minutes, and press Start/Pause.
8. **LET** macaroons cool for 5 to 10 minutes when done, then serve.

Chocolate Espresso Muffins

PREP TIME: 10 minutes

COOK TIME: 15 minutes

1 cup all purpose flour
½ cup cocoa powder
¾ cup light brown sugar
½ teaspoon baking powder
½ teaspoon espresso powder ½ teaspoon
baking soda
¼ teaspoon salt
1 large egg
¾ cup milk
1 teaspoon vanilla extract
1 teaspoon apple cider vinegar
1/3 cup vegetable oil Nonstick cooking spray



YIELDS 8 MUFFINS

1. **MIX** together the flour, cocoa powder, sugar, baking powder, espresso powder, baking soda, and salt in a large bowl.
2. **WHISK** the egg, milk, vanilla, vinegar, and oil in a separate bowl.
3. **MIX** the wet ingredients into the dry until combined.
4. **GREASE** the muffin cups with cooking spray and pour batter in until cups are ¾ full.
5. **SELECT** Preheat on the Air Fryer, adjust to 300° F, and press Start/Pause.
6. **PLACE** the muffin cups carefully into the preheated air fryer. You may need to work in batches.
7. **SELECT** Desserts, adjust time to 15 minutes, and press Start/Pause.

Blueberry Lemon Muffins

PREP TIME: 10 minutes

COOK TIME: 15 minutes

½ teaspoon lemon juice
½ cup coconut milk or soy milk 1 cup all-
purpose flour
1 teaspoon baking powder
¼ teaspoon baking soda
¼ teaspoon salt
¼ cup granulated sugar
3 tablespoons coconut oil,
liquidated
1 lemon, zested
½ teaspoon vanilla extract
1 cup fresh blueberries Nonstick cooking
spray

YIELDS 6–8 SERVINGS



1. **COMBINE** lemon juice and coconut milk in a small bowl, then set aside.
2. **MIX** together flour, baking powder, baking soda, and salt in a separate bowl and set aside.
3. **BLEND** together sugar, coconut oil, lemon zest, and vanilla extract in an additional bowl. Then, combine with coconut–lemon mixture and stir to combine.
4. **MIX** your dry mixture into your wet, gradually, until smooth. Gently fold in blueberries.
5. **SELECT** Preheat on the Air Fryer, adjust to 300° F, and press Start/Pause.
6. **GREASE** muffin cups with cooking spray and pour batter in until cups are ¾ full.
7. **PLACE** the muffin cups carefully into the preheated air fryer. Select Desserts, adjust time to 15 minutes, then press Start/Pause.
8. **REMOVE** muffins when done cooking and let them cool down for 10 minutes. Then serve.

Lemon Pound Cake

PREP TIME: 10 minutes

COOK TIME: 30 minutes

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 6 tablespoons unsalted butter, softened
- 2/3 cup granulated sugar
- 1 large egg
- 1 tablespoon fresh lemon juice 1 lemon, zested
- 1/4 cup buttermilk



YIELDS 1 MINI LOAF

1. **MIX** together the flour, baking powder, and salt in a bowl. Set aside.
2. **ADD** the softened butter to an electric mixer and beat until light and fluffy, about 3 minutes.
3. **BEAT** the sugar into the whipped butter for 1 minute.
4. **BEAT** the flour mixture into the butter until fully incorporated, about 1 minute.
5. **ADD** in the egg, lemon juice, and lemon zest. Mix on low until fully incorporated.
6. **POUR** in the buttermilk slowly while mixing at medium speed.
7. **ADD** the batter to a greased mini loaf pan all the way to the top. You may have some batter left over.
8. **SELECT** Preheat on the Air Fryer, adjust to 320° F, and press Start/Pause.
9. **PLACE** the pound cake into the preheated air fryer.
10. **SELECT** Bread, adjust time to 30 minutes, and press Start/Pause.

Rustic Pear Tart with Walnuts

PREP TIME: 1 hour 10 minutes

COOK TIME: 45 minutes

PASTRY

- ¾ cup all-purpose flour, plus ½ tablespoon
- ¼ teaspoon salt
- 1 tablespoon granulated sugar
- 6 tablespoons unsalted butter, cold, cut into ½-inch pieces
- 2 tablespoons water, ice-cold
- 1 egg, beaten
- 1 tablespoon turbinado sugar
- Nonstick cooking spray
- 1 tablespoon honey
- 1½ teaspoons water
- Toasted walnuts, chopped, for garnish

FILLING

- 1 large pear, peeled, quartered & thinly sliced
- 1½ teaspoons cornstarch
- 2 tablespoons brown sugar
- ¼ teaspoon ground cinnamon
- A pinch salt



YIELDS 4 SERVINGS

1. **MIX** the ¾ cup flour, salt, and granulated sugar in a large bowl until well combined.
2. **CUT** the butter into the mixture using a pastry blender or food processor until it forms coarse crumbs.
3. **ADD** the cold water and mix until it combines.
4. **FORM** the dough in a bowl, cover with plastic wrap, and chill in the fridge for 1 hour.
5. **MIX** together the filling ingredients in a bowl until well combined.
6. **ROLL** out your chilled dough until it is 8½ inches in diameter.
7. **ADD** the ½ tablespoon flour onto the top of the pastry leaving 1½ inches unfloured.
8. **LAY** the pear slices in decorative, overlapping circles on top of the floured part of the crust. Spoon any remaining pear juice over the slices. Fold the border over the filling.
9. **COVER** the borders with beaten egg and sprinkle the turbinado sugar all over the tart. Set aside.
10. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Pause.
11. **SPRAY** the preheated air fryer with cooking spray and place the tart inside.
12. **SELECT** Bread, adjust time to 45 minutes, and press Start/Pause.
13. **MIX** together the honey and water and brush the tart when it is done cooking.
14. **GARNISH** with toasted chopped walnuts.

Mini Apple Pies

PREP TIME: 35 minutes

COOK TIME: 10 minutes

1 medium apple, peeled & diced
into bite-sized pieces
2½ tablespoons granulated sugar
1 tablespoon unsalted butter
½ teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1/8 teaspoon ground allspice
1 sheet pre-made pie dough
1 egg, beaten
1 teaspoon milk



YIELDS 2 SERVINGS

1. **COMBINE** the diced apples, granulated sugar, butter, cinnamon, nutmeg, and allspice together in a medium saucepan or skillet over low-medium heat. Bring to a simmer.
2. **SIMMER** for 2 minutes, then remove from heat.
3. **ALLOW** the apples to cool, uncovered at room temperature, for 30 minutes.
4. **CUT** the pie dough into 5-inch circles.
5. **ADD** the filling to the center of each pie crust circle and use your finger to apply water to the outer ends. Some filling will be left over.
6. **CRIMP** the pie shut and cut a small slit on the top.
7. **SELECT** Preheat on the Air Fryer, adjust to 350° F, and press Start/Press.
8. **MIX** together the egg and milk to make an egg wash and brush the tops of each pie.
9. **PLACE** the pies into the preheated air fryer and cook at 350° F for 10 minutes, until pies are golden brown.

Chocolate Soufflé

PREP TIME: 10 minutes

COOK TIME: 13 minutes

Butter, for greasing

Sugar, for coating

3 ounces bittersweet chocolate,
chopped

$\frac{1}{4}$ cup unsalted butter

2 eggs, yolks separated from
whites

$\frac{1}{2}$ teaspoon pure vanilla extract 2 tablespoons

all-purpose flour 3 tablespoons sugar

Powdered sugar, for dusting



YIELDS 2 SERVINGS

1. **GREASE** two 6-ounce ramekins with butter. Sprinkle sugar into the ramekins, shaking to spread around, then dumping out the excess.
2. **MELT** chocolate and butter together in the microwave in 30 second intervals until the chocolate is fully melted, about 30 seconds to 1 minute.
3. **WHISK** the egg yolks and vanilla extract vigorously into the melted chocolate to prevent scrambling. Stir in the flour until there are no lumps and set aside to cool.
4. **BEAT** the egg whites in a large bowl with an electric mixer at medium speed until they just hold soft peaks.
5. **ADD** the sugar, a little at a time, continuing to beat at medium speed, then increasing to high speed until whites just hold stiff peaks. Set aside.
6. **SELECT** Preheat on Air Fryer, adjust to 330° F, and press Start/Pause.
7. **STIR** about $\frac{1}{2}$ cup of the whites into chocolate mixture to lighten. Then, add chocolate mixture to the remaining whites, folding gently but thoroughly.
8. **SPOON** batter into the ramekins and place into the preheated air fryer.
9. **BAKE** the soufflés at 330° F for 13 minutes.
10. **DUST** the soufflés with powdered sugar and serve immediately.

Banana Nut Bread

PREP TIME: 10 minutes

COOK TIME: 40 minutes

¼ cup unsalted butter, softened ½ cup sugar
1 egg, beaten
2 overripe bananas, mashed ¼ teaspoon
vanilla extract
¾ cups all-purpose flour
½ teaspoon baking soda
½ teaspoon salt
1/3 cup chopped walnuts Nonstick cooking
spray



YIELDS 1 MINI LOAF

1. **CREAM** together the butter and sugar.
2. **MIX** in the egg, mashed bananas, and vanilla. Set aside.
3. **SELECT** Preheat on the Air Fryer, adjust to 300° F, and press Start/Pause.
4. **SIFT** together the flour, baking soda, and salt.
5. **FOLD** the dry ingredients into the wet until combined. Mix in the chopped walnuts.
6. **GREASE** 1 mini loaf pan and then fill with batter. Place into the preheated air fryer.
7. **SELECT** Desserts, adjust to 40 minutes, and press Start/Pause.

Cinnamon Rolls

PREP TIME: 1 hour 20 minutes

COOK TIME: 12 minutes

CREAM CHEESE FROSTING

½ cup cream cheese, room temperature

1 cup powdered sugar

½ cup unsalted butter, room temperature

½ teaspoon vanilla extract CINNAMON ROLLS

1 cup milk, warm

¼ cup unsalted butter, melted

¼ cup white sugar

½ packet active dry yeast

2⅓ cups all-purpose flour, plus more for dusting

½ teaspoon baking powder

1 teaspoon salt

¼ cup unsalted butter, softened

½ cup dark brown sugar

2½ teaspoons ground cinnamon



YIELDS 8-10 CINNAMON ROLLS

1. **MIX** together all the frosting ingredients until well combined and there are no lumps. Set aside.
2. **COMBINE** the warm milk, melted butter, white sugar, and active dry yeast in a large bowl and allow to bloom for 1 minute.
3. **MIX** in 2 cups all-purpose flour until well combined and cover with a towel for 1 hour and place in a warm area of your house.
4. **MIX** in the remaining flour, baking powder, and salt.
5. **KNEAD** the dough on a floured surface and roll out to a ¼-inch thickness.
6. **SPREAD** the softened butter on the dough, and sprinkle the dark brown sugar and cinnamon on top.
7. **ROLL** the cinnamon rolls tightly beginning at the long edge, until a log of dough has been formed.
8. **CUT** the dough into 1 to 1½-inch slices, place onto a lightly buttered sheet pan, and cover with a towel for 30 minutes.
9. **SELECT** Preheat on the Air Fryer, adjust to 330° F, and press Start/Pause.
10. **PLACE** the cinnamon rolls on parchment paper and into the preheated air fryer.
11. **COOK** the cinnamon rolls at 330° F for 12 minutes.
12. **SPREAD** the cream cheese frosting on top when done cooking.

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T31 食谱

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内页 80g 铜版纸 **封装要求：胶装**

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