



EMERIL LAGASSE

## AIR FRIED BACON AND CORN PUDDING





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## AIR FRIED BACON AND CORN PUDDING

**Prep time: 10 minutes**

**Total time: 1 hour 40 minutes**

### Ingredients

- 4 strips bacon, cut into ½-inch pieces
- 2 ears corn, kernels removed (about 1½-2 cups corn kernels)
- ¾ cup small dice onion
- ½ cup small dice red bell pepper
- 1 teaspoon kosher salt
- ¾ teaspoon Emeril's Original Essence
- ¼ teaspoon cayenne pepper
- 2 teaspoons minced garlic
- 1 teaspoon fresh thyme leaves
- 1½ cups whole milk
- ½ cup heavy cream
- 3 large eggs
- 3 cups cubed, day-old bread
- 1 cup grated Monterey Jack cheese (about 4 ounces)
- 1 tablespoon butter, softened
- 3 tablespoons finely grated Parmesan cheese

**Yield: 6 to 8 servings**

Set a medium sauté pan over medium heat and add the bacon. Cook, stirring as needed until most of the fat has rendered, 3 to 4 minutes. Add the corn, onion, bell pepper, celery, salt, Essence, and cayenne to the pan and cook until softened, about 5 minutes. Add the garlic and thyme and remove from the heat.

Add the milk, cream and eggs to a medium bowl and whisk to combine. Fold in the bread, Monterey Jack cheese, and the onion mixture. Set aside for 5 minutes to allow the bread to absorb some of the liquid.

Grease the Barrel Pan with the butter and transfer the pudding mixture to the pan. Place the pan in the Air Fryer.

Set the temperature to 320 degrees Fahrenheit and the timer for 30 minutes. Once the timer goes off, open the Air Fryer, and sprinkle the Parmesan cheese evenly over top of the pudding. Close the Air Fryer, reduce the temperature to 300 degrees Fahrenheit, and set the timer for 15 minutes.

When the timer goes off, remove the pudding from the Air Fryer and allow it to cool for at least 30 minutes before serving.

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## AIR FRIED BUTTERMILK BISCUITS





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## AIR FRIED BUTTERMILK BISCUITS

**Prep time: 15 minutes**

**Total time: 35 minutes**

### Ingredients

- 1¼ cups all-purpose flour, plus more for dusting
- ½ cup cake flour
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- 1 teaspoon granulated sugar
- ¾ teaspoon salt
- 4 tablespoons cold unsalted butter, cut into cubes, plus 2 tablespoons melted
- ¾ cup buttermilk
- Softened butter, for serving (optional)
- Fruit preserves or honey, for serving (optional)

**Yield: 20 mini biscuits, 4 to 6 servings**

Sift the all-purpose flour, cake flour, baking powder, baking soda, sugar, and salt into a medium bowl. Using your fingers or a pastry cutter, work the cold butter into the flour until the pieces are pea-sized. Add the buttermilk and, with your hands or a rubber spatula, stir until the milk and flour come together to form a dough. Be careful not to over mix.

Lightly dust a work surface with flour and place the dough on top of the flour. Use your hands to press the dough into a 1/2-inch-thick disk about 8-inches in diameter. Using a 1¾-inch round cutter dusted with flour, cut out 10 dough rounds. Be sure to press straight down when cutting the dough - a twisting motion will prevent the dough from rising. Arrange the biscuits in the Pie Pan, in one layer, and brush with 1 tablespoon of the melted butter.

Place the Pie Pan the Air Fryer. Set the Air Fryer to 400 degrees Fahrenheit and the timer for 8 minutes, and cook the biscuits until they are golden brown.

While the biscuits are cooking, gather the dough scraps and pat together gently, then reroll and cut out as many additional biscuits as possible.

Once the timer goes off, remove the biscuits from the Air Fryer and serve with butter, preserves, or honey.

Bake additional biscuits once the Pie Pan has cooled, brushing the tops with the remaining tablespoon of butter.

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## AIR FRIED CREOLE BREAD PUDDING WITH BOURBON SAUCE





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# AIR FRIED CREOLE BREAD PUDDING WITH BOURBON SAUCE

**Prep time: 10 minutes**

**Total time: 1 hour 55 minutes**

## Ingredients

- 2 large eggs
- 2/3 cup whole milk
- 2/3 cup heavy cream
- ½ cup light brown sugar
- 2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon kosher salt
- 4 tablespoons unsalted butter plus 1 tablespoon softened
- ¼ cup chopped pecans
- 3 cups day-old bread, cut into ½-inch cubes
- 2 tablespoons raisins
- Bourbon Sauce, for serving

**Yield: 4 servings**

## Bourbon Sauce:

- 1 cup whole milk
- ¼ cup heavy cream
- ¼ cup sugar
- 4 teaspoons cornstarch
- 4 teaspoons bourbon
- Pinch of salt

**Yield: 1 ½ cups**

Combine the eggs, milk, cream, brown sugar, vanilla, cinnamon, nutmeg, and salt in a bowl with a whisk.

Melt the 4 tablespoons butter in a small sauté pan over medium heat. Add the pecans and toast 2 to 3 minutes. Remove from the heat.

Add the bread and raisins to a mixing bowl. Add the egg mixture and the pecan mixture to the bread and stir to combine. Set aside for 30 minutes.

Grease the Barrel Pan with the 1 tablespoon softened butter and add the bread pudding mixture.

Place the Barrel Pan in the Air Fryer. Set the Air Fryer to 285 degrees Fahrenheit and the timer for 30 minutes. Bake the bread pudding until golden. When the timer goes off, reset it for 15 minutes and continue to bake the bread pudding until it is set in the center.

Remove the bread pudding from the Air Fryer and allow it to cool on a wire rack for at least 30 minutes before serving.

Add the milk, cream and sugar to a small sauce pot and bring to a simmer over medium heat. Combine the cornstarch and bourbon with a whisk in a small bowl and stir into the milk mixture. Continue to whisk until the milk comes to a boil and thickens, about 1 minute. Add the salt and remove from the heat. Serve with the Air Fried Creole Bread Pudding.

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## AIR FRIED FINGERLING POTATOES WITH CRISPY SAGE





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## AIR FRIED FINGERLING POTATOES WITH CRISPY SAGE

**Prep time: 10 minutes**

**Total time: 40 minutes**

### Ingredients

- 2 pounds fingerling potatoes, halved lengthwise
- 3 tablespoons olive oil
- 1 ½ teaspoons kosher salt
- ¼ teaspoon ground black pepper
- 10-12 fresh sage leaves, roughly chopped

**Yield: 2 to 4 servings**

In a medium bowl, toss the potatoes, olive oil, salt and pepper until evenly combined. Place the potatoes in the Air Fryer.

Set the Air Fryer to 400 degrees Fahrenheit and the timer for 15 minutes.

When the timer goes off, open the Air Fryer then add the sage, and stir the potatoes. Close the Air Fryer and set the timer for an additional 15 minutes and continue to cook the potatoes until golden brown and crisp.

Remove the potatoes from the Air Fryer and serve immediately.

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## AIR FRIED GREEN BEANS WITH SHALLOTS & ALMONDS



## AIR FRIED GREEN BEANS WITH SHALLOTS & ALMONDS

**Prep time: 5 minutes**  
**Total time: 30 minutes**

### Ingredients

- 1½ pounds French green beans, stems removed
- 1 tablespoon plus 1 teaspoon salt
- ½ pound shallots, peeled, stem end removed and cut into quarters
- ½ teaspoon ground white pepper
- 2 tablespoons olive oil
- ¼ cup slivered almonds, lightly toasted

**Yield: 4 to 6 servings**

Fill a large saucepan three-quarters full with water and bring to a boil over high heat. Once boiling, add the green beans and 1 tablespoon of the salt and cook for 2 minutes. Remove from the water and drain in a colander.

Place the green beans in a large bowl and add the shallots, the remaining teaspoon of salt, pepper and olive oil. Toss well to coat evenly and place in the Air Fryer.

Set the temperature of the Air Fryer to 400 degrees Fahrenheit and the timer for 20 minutes.

Cook the green beans, stirring them twice during the cooking process so they brown evenly. Once the beans are lightly browned and tender, remove them from the Air Fryer and transfer to a serving platter. Garnish with the almonds and serve immediately.



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## AIR FRIED MAC & CHEESE





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## AIR FRIED MAC & CHEESE

**Prep time: 10 minutes**

**Total time: 33 minutes**

### Ingredients

- 2 tablespoons, plus ½ teaspoon salt
- ½ pound elbow pasta, or your favorite pasta shape
- ¾ cup whole milk
- ¾ cup heavy cream
- ½ cup grated Fontina cheese
- ½ cup grated Gruyere cheese
- ½ cup grated sharp Cheddar cheese
- ½ teaspoon Emeril's Original Essence
- ¼ teaspoon ground black pepper
- ⅛ teaspoon ground nutmeg
- ¼ cup bread crumbs
- ¼ cup finely grated Parmesan cheese
- 1 tablespoon unsalted butter, melted

**Yield: 6 to 8 servings**

Fill a large saucepan three-quarters full with water and bring to a boil over high heat. Once boiling, add 2 tablespoons of the salt to the water and then the pasta. Cook the pasta until just al dente, according to the manufacturer's instructions. Remove from the water, drain well, and place in a medium bowl. Add the milk, heavy cream, Fontina, Gruyere, Cheddar, Essence, the remaining 1/2 teaspoon of salt, black pepper and nutmeg and stir well to combine. Transfer the pasta to the Barrel Pan and cover with aluminum foil.

Place the Barrel Pan in the Air Fryer. Set the temperature to 320 degrees Fahrenheit and the timer for 15 minutes.

In a separate, small bowl, combine the bread crumbs, Parmesan cheese and butter and stir to blend. When the timer goes off, remove the foil and sprinkle the crumb mixture over the pasta. Set the timer for 8 minutes longer, or until the crumbs are crispy and deep golden brown. Allow the mac and cheese to cool for at least 20 minutes before serving.

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## AIR FRIED PORK CHOPS WITH A FIG GLAZE





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## AIR FRIED PORK CHOPS WITH A FIG GLAZE

**Prep time: 10 minutes**

**Total time: 25 minutes**

### Ingredients

- 2 12- to 16-ounce thick cut bone-in pork chops
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 ½ tablespoons unsalted butter
- 1 tablespoon minced shallots
- 1 teaspoon minced garlic
- 1/3 cup fig preserves
- ¼ cup champagne vinegar
- Salt and pepper, to taste

**Yield: 2 servings, about ½ cup glaze**

Rub the pork chops with the olive oil and season with the kosher salt and black pepper. Place the pork chops in the Air Fryer, set the temperature to 400 degrees Fahrenheit and the timer for 15 minutes. Cook, checking after 12 minutes, until the pork chops are just cooked through or an instant read thermometer registers 140 degrees Fahrenheit.

While the pork chops are cooking, make the glaze. Set a small sauté pan over medium-high heat and add the butter. When it has melted, add the shallots and garlic and cook until fragrant, about 1 minute. Add the preserves and vinegar and season with salt and pepper. Cook until most of the liquid has evaporated and the sauce has a smooth glaze consistency.

When the timer goes off, transfer the pork chops to serving plates and drizzle with the glaze.

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## AIR FRIED QUICHE LORRAINE





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## AIR FRIED QUICHE LORRAINE

**Prep time: 10 minutes**  
**Total time: 1 hour 15 minutes**

### Ingredients

- All-purpose flour, for dusting
- 1 prepared pie dough, store-bought or homemade, at room temperature
- 1 tablespoon unsalted butter
- 2 ounces button mushrooms (about 4), chopped
- 1/2 cup small diced yellow onions
- ¼ cup diced ham
- 1 large egg plus 1 egg yolk
- ¾ cup heavy cream
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ teaspoon ground nutmeg
- ½ teaspoon fresh thyme
- 1/2 cup grated Gruyere, Jarlsberg or Swiss cheese

**Yield: 2 to 4 servings**

Lightly dust your work surface with flour and lay the pie dough on top. Invert a 9 ½- or 10-inch plate on top of the pie dough and, using it as a template, cut around its edges to make a 9 ½ or 10-inch pie shell. Discard the remaining dough and lay the formed dough into the Pie Pan, easing it into the bottom so that it fits snugly against all edges.

Fold the edges of the dough under itself, so that the folded edges sit above the rim of the Pie Pan. Crimp the edges of the pie dough to form a decorative edge. Line the pie dough using aluminum foil and add pie weights or beans to weight the shell. Place the pie shell in the Air Fryer.

Set the temperature to 400 degrees Fahrenheit and the timer for 10 minutes. When the timer goes off, open the Air Fryer and remove the aluminum foil and pie weights from the pie shell. Return the crust to the Air Fryer and cook 1 to 2 minutes longer, until the bottom of the crust is lightly golden. Open the Air Fryer and allow the crust to cool.

Set a small sauté pan over medium heat and add the butter. Once melted, add the mushrooms and onions and cook, stirring often, until the mushrooms and onions are softened, 4-6 minutes. Add the ham, cook briefly, then remove from the heat and add to the baked pie shell.

In a medium mixing bowl, add the eggs, heavy cream, salt, pepper, nutmeg and thyme and whisk until well blended. Carefully pour into the pie crust, on top of the vegetables and ham. Sprinkle with the cheese and close the Air Fryer. Reduce the temperature to 300 degrees Fahrenheit, set the timer for 20 minutes, and cook until the crust is golden brown and the quiche is set.

When the timer goes off, carefully remove the quiche from the Air Fryer and allow it to cool for at least 20 minutes before cutting into wedges and serving.

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## AIR FRIED SHIRRED EGGS





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## AIR FRIED SHIRRED EGGS

**Prep time: 5 minutes**

**Total time: 17 minutes**

### Ingredients

- 2 teaspoons unsalted butter, softened
- 2 thin slices Black Forest ham, about 1½-2 ounces total
- 4 large eggs
- 2 tablespoons heavy cream
- ¾ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 3 tablespoons finely grated Parmesan cheese
- ⅛ teaspoon Pimenton or paprika for sprinkling
- 2 teaspoons chopped fresh chives
- Toasted bread, for serving (optional)

**Yield: 2 servings**

Grease the Pie Pan with the butter and line the pan with the ham slices.

Crack 1 of the eggs in a small bowl and add the heavy cream, ¼ teaspoon of the salt, and ⅛ teaspoon of the black pepper and whisk to combine. Pour the egg mixture into the Pie Pan, over the ham, and crack the remaining 3 eggs on top. Season with the remaining salt and pepper and sprinkle with the Parmesan cheese.

Add the Pie Pan to the Air Fryer. Set the temperature to 320 degrees Fahrenheit and the timer for 12 minutes.

When the timer goes off, remove the Pie Pan from the Air Fryer. Garnish with the Pimenton and chives. Use a spatula to remove the shirred eggs from the Pie Pan, and serve immediately.

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## AIR FRIED SWEET POTATO PIE





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## AIR FRIED SWEET POTATO PIE

**Prep time: 10 minutes**

**Total time: 55 minutes**

### Ingredients

- All-purpose flour, for dusting
- 1 9-inch prepared pie dough, store-bought or homemade, at room temperature
- 2/3 cup cooked, mashed sweet potato
- 2 large eggs
- ¼ cup heavy cream
- 2 tablespoons maple syrup
- 1 tablespoon light brown sugar
- 1 tablespoon melted butter
- ¾ teaspoon vanilla extract
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- Sweetened whipped cream, for serving (optional)

**Yield: 1 mini pie, 2-4 servings**

Lightly dust your work surface with flour and lay the pie dough on top. Invert a 9 ½- or 10-inch plate on top of the pie dough and, using it as a template, cut around its edges to make a 9 ½ or 10-inch pie shell. Discard the remaining dough and lay the formed dough into the Pie Pan, easing it into the bottom so that it fits snugly against all edges.

Fold the edges of the dough under itself, so that the folded edges sit above the rim of the Pie Pan. Crimp the edges of the pie dough to form a decorative edge. Line the pie dough using aluminum foil and add pie weights or beans to weight the shell. Place the pie shell in the Air Fryer.

Set the temperature to 400 degrees Fahrenheit and the timer for 10 minutes. When the timer goes off, open the Air Fryer and remove the aluminum foil and pie weights from the pie shell. Return the crust to the Air Fryer and cook 1 to 2 minutes longer, until the bottom of the crust is lightly golden. Open the Air Fryer and allow the crust to cool.

In a bowl combine the sweet potato, eggs, cream, maple syrup, sugar, butter, vanilla, salt, cinnamon and nutmeg and whisk well to combine. Pour the sweet potato batter into the pie shell and close the Air Fryer. Reduce the temperature to 320 degrees Fahrenheit and set the timer for 25 minutes. Cook the pie until the crust is golden brown, and the pie is just set.

Carefully remove the Pie Pan from the Air Fryer, and allow the pie to cool for about 20 minutes before serving. Serve with sweetened whipped cream, if desired.

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## AIR FRIED ZUCCHINI, YELLOW SQUASH AND CARROTS



## AIR FRIED ZUCCHINI, YELLOW SQUASH AND CARROTS

**Prep time: 10 minutes**

**Total time: 35 minutes**

### Ingredients

- 1 pound carrots, cut into 1-inch pieces
- 3 tablespoons olive oil
- 1 pound zucchini, stem and root ends trimmed and cut into ¾-inch half moons
- 1 pound yellow squash, stem and root ends trimmed and cut into ¾-inch half moons
- 1 teaspoon kosher salt
- ½ teaspoon ground white pepper
- 1 tablespoon tarragon leaves, roughly chopped

**Yield: 4 to 6 servings**

In a small bowl, combine the carrots with 1 tablespoon of the olive oil and stir well to combine. Place the carrots in the Air Fryer. Set the temperature to 400 degrees Fahrenheit and the timer for 5 minutes.

While the carrots are cooking, place the zucchini and yellow squash in a medium bowl, drizzle with the remaining 2 tablespoons of olive oil, and season with the salt and pepper. Stir well so the vegetables are coated evenly. Once the timer goes off, add the zucchini and yellow squash to the Air Fryer.

Set the timer for 20 minutes and cook the vegetables, stirring two or three times throughout the cooking process to ensure even browning.

When the timer goes off, remove the vegetables from the Air Fryer and toss them with the tarragon. Serve warm.



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## AIR FRIED BRUSSELS SPROUTS WITH SLAB BACON





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## AIR FRIED BRUSSELS SPROUTS WITH SLAB BACON

**Prep time: 10 minutes**

**Total time: 35 minutes**

### Ingredients

- 2 pounds Brussels sprouts, ends trimmed, halved lengthwise
- 3 tablespoons olive oil
- 1 ½ teaspoons kosher salt
- ¾ teaspoon ground black pepper
- 2 ounces slab or thick-cut bacon, cut into ½-inch cubes
- 2 pounds Brussels sprouts, ends trimmed, halved lengthwise
- 3 tablespoons olive oil
- 1 ½ teaspoons kosher salt
- ¾ teaspoon ground black pepper
- 2 ounces slab or thick-cut bacon, cut into ½-inch cubes

**Yield: 4 to 6 servings**

Set the Emeril Air Fryer to 400 degrees Fahrenheit.

Add the Brussels sprouts to a large bowl with the olive oil, salt, and pepper and stir to coat evenly. Transfer the Brussel sprouts to the Air Fryer and add the cubed bacon on top. Set the temperature to 400 degrees Fahrenheit and the timer for 10 minutes and cook until the bacon begins to crisp.

When the timer goes off, open the Air Fryer and stir the Brussels sprouts. Set the timer for 15 minutes, and cook, stirring every 5 minutes, until the Brussels sprouts are golden brown and tender.

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## AIR FRIED SALMON WITH TOMATO PAN SAUCE



## AIR FRIED SALMON WITH TOMATO PAN SAUCE

**Prep time: 10 minutes**  
**Total time: 20 minutes**

### Ingredients

- 2 6-ounce salmon fillets, skin on (about 1-inch thick)\*
- 2 tablespoons olive oil
- 1 1/4 teaspoons kosher salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon minced shallot
- 1 teaspoon minced garlic
- 1 vine-ripe tomato, diced
- 2 tablespoons tomato puree
- 3 tablespoons white wine vinegar

**Yield: 2 servings**

Rub 1 tablespoon of the olive oil over the salmon, and season with  $\frac{3}{4}$  teaspoon of the salt and  $\frac{1}{4}$  teaspoon of the pepper. Place the salmon, skin-side up in the Air Fryer. Set the temperature to 320 degrees Fahrenheit and the timer for 10 minutes.

While the salmon cooks, prepare the sauce. In a small sauté pan set over medium-high heat, add the remaining 1 tablespoon olive oil. Once hot, add the shallot and garlic and stir until fragrant, about 30 seconds. Add the tomato, tomato puree, white wine vinegar, and remaining  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper to the pan and cook until the sauce has reduced and begins to thicken, 2 to 3 minutes. Set aside.

When the timer goes off, remove the salmon from the Air Fryer. Divide the sauce between two plates and serve the salmon on top of the sauce.

\*Note: Thinner fillets will require less cooking time.



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## AIR FRIED FILET MIGNON WITH A BLUE CHEESE CRUST





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## AIR FRIED FILET MIGNON WITH A BLUE CHEESE CRUST

**Prep time: 10 minutes**

**Total time: 35 minutes**

### Ingredients

- 4 6-ounce beef filets
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 4 ounces Gorgonzola or other blue cheese, crumbled
- 2 egg yolks
- 1 tablespoon heavy cream
- Juice from ½ lemon
- Dash of Worcestershire
- 4 tablespoons Panko bread crumbs

**Yield: 4 servings**

Rub the filets with the olive oil and season with the salt and pepper. Place in the Air Fryer.

Set the Air Fryer to 400 degrees and the timer for 7 minutes for medium rare or up to 12 minutes for medium well. Open the Air Fryer and allow the steaks to cool for 10 minutes.

While the steaks are cooling, add the blue cheese, egg yolks, bread crumbs, heavy cream, lemon juice, Worcestershire and bread crumbs to a bowl. Whisk until combined.

Top the filets with the blue cheese mixture and return to the Air Fryer. Set the timer for 5 minutes. Once the timer goes off, remove the steaks from the Air Fryer and allow the steaks to rest 5 minutes before serving.

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## AIR FRIED CORNISH GAME HEN





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## AIR FRIED CORNISH GAME HEN

**Prep time: 10 minutes**

**Total time: 40 minutes**

### Ingredients

- 1 1 ½ pound Cornish game hen
- 1 tablespoon olive oil
- 1 ½ teaspoons Emeril's Original Essence or Cajun seasoning
- ½ teaspoon kosher salt
- ½ lemon
- 5 sprigs fresh thyme

**Yield: 1 to 2 servings**

Rub the Cornish hen with the olive oil and season with the Essence and salt. Place the lemon half and thyme sprigs in the cavity of the hen. Tie the hen so that the wings are pinned behind the back and the legs are pushed together and up. Place the hen in the Air Fryer.

Set the temperature of the Air Fryer to 320 degrees Fahrenheit and the timer for 30 minutes.

The hen is done when an instant-read thermometer registers 165 degrees Fahrenheit. Let it rest for 5 minutes before carving.

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## AIR FRIED CHICKEN POT PIE





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## AIR FRIED CHICKEN POT PIE

**Prep time: 15 minutes**

**Total time: 55 minutes**

### Ingredients

- 1 tablespoon butter
- ½ cup chopped button mushrooms
- ½ cup chopped onion
- ¼ cup chopped celery
- ¼ cup chopped carrot
- ¾ teaspoon chopped garlic
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons flour, plus more for dusting
- ¾ pound boneless, skinless chicken thighs, chopped into bite-size pieces
- 1 cup chicken broth
- ¼ cup frozen green peas
- 1 ½ teaspoons chopped parsley
- 1 sheet puff pastry, thawed
- 1 egg, lightly whisked

**Yield: 2 servings**

Melt the butter in a 2-quart pot set over medium heat. Add the mushrooms, onion, celery, carrot and garlic to the pan and cook, stirring as needed, until softened, about 3 minutes. Add the salt, pepper and the 2 tablespoons flour and stir, about 2 minutes. Add the chicken and cook for 5 minutes until lightly browned. Add the chicken broth, bring to a simmer, and cook for 20 minutes longer. Remove from the heat and stir in the peas and parsley.

Dust a work surface lightly with flour and roll out the puff pastry. Invert the Pie Pan over the puff pastry and use a small knife to cut around the dish 1-inch wider than the pan, about an 8-inch circle.

Whisk the egg with 1 tablespoon water. Fill the Pie Pan with the pot pie filling. Loosely place the puff pastry round on top. Cut a small circle in the center of the puff pastry to act as a vent, then brush the top with the egg mixture. Place the Pie Pan in the Air Fryer.

Set the Air Fryer to 400 degrees Fahrenheit and the timer for 10 minutes to cook the pot pie until the puff pastry is golden brown and the filling is bubbling. When the timer goes off, carefully remove the pot pie and serve immediately.

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## AIR FRIED BANANA BREAD





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## AIR FRIED BANANA BREAD

**Prep time: 10 minutes**

**Total time: 1 hour 40 minutes**

### Ingredients

- 4 tablespoons plus 1 teaspoon unsalted butter, softened
- $\frac{3}{4}$  cup all-purpose flour, plus more for dusting
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{4}$  teaspoon ground nutmeg
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  cup light brown sugar
- $\frac{1}{4}$  cup granulated sugar
- 1 large egg
- $\frac{3}{4}$  teaspoon vanilla extract
- 1 ripe banana, mashed or cut into chunks
- $\frac{1}{2}$  cup chopped pecans, lightly toasted

**Yield: 1 mini loaf, 4 servings**

Grease a 5  $\frac{3}{4}$ -inch x 3-inch x 2  $\frac{1}{8}$ -inch loaf pan (or 2 cup capacity), with 2 teaspoons of the butter. Lightly dust the interior of the pan with flour, tapping out any excess. Set aside.

Sift the flour with the cinnamon, baking powder, nutmeg and salt into a bowl and set aside.

Add the butter to a bowl along with the brown sugar and granulated sugar and stir until combined. Stir in the egg, vanilla, and banana. Stir in the flour mixture and pecans. Transfer the batter to the prepared loaf pan.

Place the loaf pan in the Air Fryer. Set the Air fryer to 285 degrees Fahrenheit and the timer for 30 minutes. When the timer goes off, reset it for 30 minutes longer. Bake the banana bread until it is cooked through, and a toothpick inserted into its center comes out clean.

Remove the banana bread from the Air Fryer and place on a cooling rack for 10 minutes. Invert the loaf, remove the pan, and then turn the banana bread right side up. Allow it to continue to cool on the rack for 20 minutes before serving.

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## AIR FRIED BROCCOLI





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## AIR FRIED BROCCOLI

**Prep time: 10 minutes**

**Total time: 30 minutes**

### Ingredients

- 2 ½ pounds broccoli crowns, stems removed and trimmed into 1 1/2-inch florets
- 3 tablespoons olive oil
- 1 tablespoon plus 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1/3 cup halved and pitted Kalamata olives
- 2 teaspoons finely grated lemon zest
- ¼ cup grated or shaved Parmesan cheese

**Yield: 4 servings**

Bring a large saucepan filled three-quarters full with water to a boil over high heat. Add the tablespoon of salt, then add the broccoli and cook for 1 to 2 minutes. Drain the broccoli and transfer to a large bowl. Toss with the olive oil, remaining teaspoon of salt, and pepper then place the broccoli in the Air Fryer.

Set the Air Fryer to 400 degrees Fahrenheit and the timer for 20 minutes. Cook until crisp-tender and golden around the edges, stirring the broccoli twice during cooking to ensure even browning. Transfer the broccoli to a serving bowl and garnish with the olives, lemon zest and Parmesan.

Serve immediately.

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## AIR FRIED CARROTS WITH PESTO SAUCE





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## AIR FRIED CARROTS WITH PESTO SAUCE

**Prep time: 20 minutes**

**Total time: 35 minutes**

### Ingredients

- 3 ½ pounds mixed baby carrots, stem ends trimmed
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- ½ teaspoon ground white pepper
- Pesto Sauce, for serving

**Yield: 2 to 4 servings**

In a medium bowl, combine the carrots, olive oil, salt, and pepper and toss well. Place in the Air Fryer and set the temperature to 400 degrees Fahrenheit and the timer for 15 minutes. Cook, stirring once midway during cooking to ensure even browning. While the carrots cook, prepare the Pesto Sauce.

### Pesto Sauce:

- 1 cup packed fresh basil leaves
- 2 tablespoons finely grated Parmesan cheese
- 1 tablespoon toasted pine nuts
- 1 teaspoon minced garlic
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ cup extra-virgin olive oil

**Yield: about ½ cup**

Combine the basil, Parmesan, pine nuts, garlic, salt and pepper in a food processor and pulse until finely chopped. While the machine is running, add the oil in a steady stream, processing until combined. Pesto can be stored in the refrigerator for up to 3 days.

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EMERIL LAGASSE

## AIR FRIED CHICKEN WINGS WITH A LEMON, HONEY AND BLACK PEPPER DRIZZLE





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## AIR FRIED CHICKEN WINGS WITH A LEMON, HONEY AND BLACK PEPPER DRIZZLE

**Prep time: 5 minutes**

**Total time: 30 minutes**

### Ingredients

- 2 ½ pounds chicken wings (separated at joints, wing tips removed)
- 1 tablespoon pimentón or smoked paprika
- 1 ½ teaspoons kosher salt
- ½ teaspoon cayenne pepper
- 1 tablespoon olive oil
- ¼ cup honey
- 1 ½ tablespoons freshly squeezed lemon juice
- 1 teaspoon coarsely ground black pepper

**Yield: 2 to 4 servings**

In a medium bowl, combine the chicken wings, pimentón, salt and cayenne and toss well to combine. Drizzle with the olive oil and toss to coat. Place the chicken wings in the Air Fryer and set the temperature to 400 degrees Fahrenheit and the timer for 25 minutes. Cook the wings, tossing them twice throughout the cooking process to ensure even browning.

While the chicken cooks, combine the honey, lemon juice and black pepper in a small bowl and stir to combine.

When the timer goes off, transfer the wings to a bowl, toss with the honey-lemon drizzle, and serve immediately.

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## AIR FRIED PECAN PIE





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## AIR FRIED PECAN PIE

**Prep time: 20 minutes**

**Total time: 1 hour**

### Ingredients

- All-purpose flour, for dusting
- 1 prepared pie dough, store-bought or homemade, at room temperature
- ½ cup chopped pecans
- 2 large eggs
- 2/3 cup light corn syrup
- 1/3 cup light brown sugar
- 1 tablespoon unsalted butter, melted
- ¾ teaspoon vanilla extract
- ½ teaspoon salt
- Vanilla ice cream, for serving (optional)

**Yield: 1 mini pie, 2 to 4 servings**

Lightly dust your work surface with flour and lay the pie dough on top. Invert a 9 ½- or 10-inch plate on top of the pie dough and, using it as a template, cut around its edges to make a 9 ½ or 10-inch pie shell. Discard the remaining dough and lay the formed dough into the Pie Pan, easing it into the bottom so that it fits snugly against all edges.

Fold the edges of the dough under itself, so that the folded edges sit above the rim of the Pie Pan. Crimp the edges of the pie dough to form a decorative edge. Line the pie dough using aluminum foil and add pie weights or beans to weight the shell. Place the pie shell in the Air Fryer.

Set the temperature to 400 degrees Fahrenheit and the timer for 10 minutes. When the timer goes off, open the Air Fryer and remove the aluminum foil and pie weights from the pie shell. Allow shell to cool.

Place the chopped pecans in the cooled pie shell. In a small mixing bowl, combine the eggs, corn syrup, brown sugar, melted butter, vanilla and salt and whisk until smooth. Pour the egg mixture over the nuts in the pie shell. Reduce the temperature to 320 degrees Fahrenheit and set the timer for 30 minutes.

When the timer goes off, reset the timer for an additional 10 minutes and cook until the pie is set and the pecans and crust are golden brown. Cool for at least 20 minutes before serving with vanilla ice cream, if desired

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## AIR FRIED CAULIFLOWER WITH ROMESCO SAUCE



## AIR FRIED CAULIFLOWER WITH ROMESCO SAUCE

**Prep time: 20 minutes**

**Total time: 1 hour**

### Ingredients

- 1 2 ½-pound head of cauliflower, stemmed and cut into 1½- to 2-inch florets
- 2 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon ground white pepper
- 3 tablespoons golden raisins
- 2 tablespoons nonpareil capers, finely chopped

**Yield: 2 to 4 servings**

### Romesco Sauce:

- 1 large red bell pepper
- 1 teaspoon olive oil
- 1 clove garlic, smashed
- 1/2 cup toasted slivered almonds
- ¼ cup tomato sauce
- 2 tablespoons chopped parsley
- 2 tablespoons chopped fresh basil or mint
- 2 teaspoons chopped fresh oregano
- 2 tablespoons Sherry vinegar
- ¾ teaspoon cayenne pepper
- 2/3 cup extra virgin olive oil
- Salt and black pepper, to taste

**Yield: about 2/3 cup**

In a medium mixing bowl, combine the cauliflower, olive oil, salt and pepper and stir to combine. Place in the Air Fryer and set the temperature to 400 degrees Fahrenheit and the timer for 20 minutes. Cook, stirring the cauliflower twice during cooking and adding the raisins after 15 minutes. The cauliflower is done when it is golden brown and tender. Transfer to a serving dish, sprinkle with the chopped capers and serve with the Romesco Sauce.

Rub the bell pepper all over with the olive oil and place in the Air Fryer. Set the temperature to 400 degrees Fahrenheit and the timer for 15 minutes. Cook, turning occasionally, until pepper is charred and tender. Place in a plastic bag and seal; set aside to cool until cool enough to handle. Remove and discard the skin and seeds.

Place the roasted bell pepper, garlic, almonds, tomato sauce, parsley, basil, oregano, vinegar, and cayenne in the bowl of a food processor and process until mostly smooth. Season to taste with salt and pepper and serve with the cauliflower.

## AIR FRIED J.K.'S CHOCOLATE SOUFFLES WITH CHOCOLATE GRAND MARNIER SAUCE



# AIR FRIED J.K.'S CHOCOLATE SOUFFLES WITH CHOCOLATE GRAND MARNIER SAUCE

**Prep time: 15 minutes**  
**Total time: 30 minutes**

## Ingredients

- 1 teaspoon unsalted butter, softened
- 2 tablespoons plus 2 teaspoons sugar
- 4 ounces semisweet chocolate, finely chopped
- 2 large egg whites
- 2 tablespoons Grand Marnier
- 2 large egg yolks
- Confectioners' sugar for dusting

**Yield: 2 servings**

### \* Chocolate Grand Marnier Sauce:

- ¼ cup heavy cream
- 1 teaspoon Grand Marnier
- 2 teaspoons sugar
- 2 ½ ounces semisweet chocolate, finely chopped

**Yield: ¾ cup**

Grease two 6-ounce ceramic ramekins. Sprinkle with the 2 teaspoons sugar, tilting the ramekins to coat the inside completely. Tap out any excess sugar and set aside.

Add the chocolate to a medium heat-proof bowl and set over a small saucepan of simmering water. Stir the chocolate until melted. Remove the bowl from the heat and set aside.

Add the whites to a medium bowl and with a hand held mixer, beat the whites until they begin to stiffen. Add the remaining 2 tablespoons sugar to the whites and continue to beat until stiff peaks form.

Add the Grand Marnier to the chocolate mixture then whisk in the yolks one at a time. Using a rubber spatula, fold 1/3 of the egg whites into the chocolate. Fold in the remaining egg whites in two separate additions. Divide the batter between the two prepared ramekins and place them in the Air Fryer.

Set the temperature to 285 degrees Fahrenheit and the timer for 15 minutes. After 10 minutes, reduce the temperature to 250 degrees Fahrenheit. While the soufflés cook, make the Chocolate Grand Marnier Sauce.

When the timer goes off, remove the soufflés from the Air Fryer and dust with the confectioners' sugar. Use a spoon to pierce a hole in the center of the soufflés and pour some of the Chocolate Grand Marnier sauce inside. Serve immediately.

Place all the ingredients in a small glass bowl and microwave for 1 minute. Stir to melt the chocolate and serve immediately.



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## AIR FRIED ZUCCHINI BREAD





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## AIR FRIED ZUCCHINI BREAD

**Prep time: 10 minutes**

**Total time: 1 hour 40 minutes**

### Ingredients

- Pan spray
- 2 large eggs
- 1/3 cup vegetable oil
- ½ cup sugar
- ½ cup coarsely grated unpeeled zucchini
- 1 teaspoon vanilla extract
- ¾ cup all-purpose flour
- ½ teaspoon ground cinnamon
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1/8 teaspoon baking powder
- ¼ cup chopped walnuts or pecans, lightly toasted
- Cream cheese, at room temperature, for serving (optional)

**Yield: 1 mini loaf, 4 servings**

Grease a 5 3/4-inch x 3-inch x 2 1/8-inch loaf pan (or 2 cup capacity) with Pan spray.

In a medium bowl, beat the eggs until foamy. Add the vegetable oil, sugar, zucchini, and vanilla and stir to combine. Add the flour, cinnamon, baking soda, salt, and baking powder, and mix until well blended. Stir in the nuts. Pour the batter into the prepared loaf pan and tap gently on the counter to release any air bubbles.

Place the loaf pan in the Air Fryer. Set the Air Fryer to 285 degrees Fahrenheit and set the timer for 30 minutes. When the timer goes off, reset it for 30 minutes longer. Bake the zucchini bread until it is cooked through, and a toothpick inserted into its center comes out clean.

Remove the bread from the Air Fryer and place on a cooling rack for 10 minutes. Invert the loaf, remove the pan, and then turn the Zucchini Bread right side up. Allow it to continue to cool on the rack for 20 minutes before serving. Slice the bread and serve with cream cheese spread on top, if desired.

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## AIR FRIED ACORN SQUASH





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## AIR FRIED ACORN SQUASH

**Prep time: 5 minutes**

**Total time: 15 minutes**

### Ingredients

- 1 1-pound Acorn squash, seeded and cut into eighths
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon ground white pepper

Set the Air Fryer to 400 degrees Fahrenheit and the timer for 3 minutes to preheat.

While the Air Fryer is preheating, add the squash to a small bowl and drizzle with the olive oil, turning to coat evenly. Sprinkle with the salt and pepper and transfer to the Air Fryer. Set the timer for 15 minutes and cook, turning once midway through cooking. Serve immediately.

**Yield: 2 to 4 servings**

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# AIR FRIED CHICKEN TENDERS WITH HONEY MUSTARD SAUCE





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## AIR FRIED CHICKEN TENDERS WITH HONEY MUSTARD SAUCE

**Prep time: 10 minutes**

**Total time: 25 minutes**

### Ingredients

- $\frac{3}{4}$  pound chicken tenders\*
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground black pepper
- $\frac{1}{2}$  cup flour
- 1 tablespoon Emeril's Original Essence or Creole seasoning
- 2 tablespoons milk
- 1 large egg
- 1 cup panko breadcrumbs
- 2 tablespoons vegetable oil

**Yield: 2 servings**

### Honey Mustard Sauce

- 3 tablespoons Dijon or whole grain mustard
- 2 tablespoons honey
- $\frac{1}{2}$  teaspoon lime juice
- Pinch of salt

**Yield:  $\frac{1}{4}$  cup**

Season the chicken tenders with the salt and pepper and set aside.

Combine the flour and 1 teaspoon of the Essence in a small bowl. Combine the milk, egg, and 1 teaspoon of Essence in another small bowl. Combine the panko breadcrumbs and the remaining teaspoon of the Essence in a third small bowl.

Dredge the chicken in the flour, turning to coat evenly. Then dip the chicken in the milk mixture, turning to coat evenly. Remove the chicken from the milk mixture, allowing the excess to drip off, then dredge the chicken in the breadcrumbs. Set aside on a small plate. Drizzle the oil over the chicken and turn to coat evenly.

Add the chicken to the Air Fryer. Set the temperature to 400 degrees Fahrenheit and the timer for 15 minutes. Turn the chicken over midway through cooking to ensure even browning. While the chicken is cooking, make the honey mustard sauce.

When the timer goes off, remove the chicken and serve immediately.

\*Note: you can substitute chicken tenders with  $\frac{3}{4}$  pound boneless skinless chicken breast that has been cut into 4- to 5-inch lengths and 1-inch width

Combine all the ingredients in a small bowl with a whisk.

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## AIR FRIED SHRIMP





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## AIR FRIED SHRIMP

**Prep time: 5 minutes**

**Total time: 15 minutes**

### Ingredients

- 6 to 8 ounces peeled, deveined medium or large shrimp
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 teaspoons lemon juice
- ¼ cup buttermilk
- 1 cup panko breadcrumbs
- 2 tablespoons vegetable oil
- Lemon wedges, for serving
- Cocktail sauce, for serving

**Yield: 2 servings**

Season the shrimp with the salt and pepper and add to a small bowl. Add the lemon juice and toss to combine. Set aside for 2 minutes. Add the buttermilk to the shrimp and stir to combine.

Set the Air Fryer to 400 degrees Fahrenheit and set the timer for 3 minutes to preheat.

While the Air Fryer is preheating, add the panko crumbs to a small bowl. Dredge the shrimp in the crumbs, tossing to combine, and then set aside on a small plate. Drizzle the oil over the shrimp, turning to coat evenly.

Add the shrimp to the preheated Air Fryer, set the timer for 6 minutes, and cook until golden brown and just cooked through.

Serve with lemon wedges and cocktail sauce.

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## AIR FRIED CATFISH





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## AIR FRIED CATFISH

**Prep time: 10 minutes**

**Total time: 20 minutes**

### Ingredients

- 1 ½ teaspoons Emeril's Original Essence or Creole seasoning
- ½ cup buttermilk
- ½ to ¾ pound catfish fillets, cut into 2-inch strips if fillets are large
- ½ cup all-purpose flour
- 1/3 cup cornmeal
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 2 tablespoons vegetable oil
- Lemon wedges, for serving
- Tartar sauce, for serving

**Yield: 2 servings**

Add the Essence and buttermilk to a small bowl and stir to combine. Add the fish fillets and turn to coat evenly.

Add the flour, cornmeal, salt and pepper to a small container or bowl and stir to combine. Dredge the fillets in the cornmeal mixture, turning to coat evenly, and set aside on a plate. Drizzle the fillets with the oil, turning to coat evenly.

Set the Air Fryer to 400 degrees Fahrenheit and the timer for 3 minutes to preheat.

When the timer goes off, add the fillets to the Air Fryer and set the timer for 10 minutes. Cook the fillets, checking for doneness after 7 minutes. (The thickness of the fillets will determine the cook time.) The fish is done when it flakes easily when pierced with a fork or the tip of a knife.

Serve the catfish with lemon wedges and tartar sauce.

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## AIR FRIED FRENCH FRIED WITH PAPRIKA-PARMESAN SALT



## AIR FRIED FRENCH FRIED WITH PAPRIKA-PARMESAN SALT

**Prep time: 35 minutes**

**Total time: 1 hour 10 minutes**

### Ingredients

- 2 pounds russet potatoes
- 2 tablespoons finely grated Parmesan cheese
- 1 ½ teaspoons paprika
- ¼ teaspoon garlic powder
- 1/8 teaspoon onion powder
- ¾ teaspoon salt
- 2 tablespoons vegetable oil

**Yield: 2 to 4 servings**

Peel the potatoes and cut them lengthwise into ½-inch thick slices. Turn each side flat and slice again lengthwise into even ½-inch thick fries. Place the potatoes in a bowl and cover with cool water. Let them soak at least 30 minutes and up to overnight.

Combine the Parmesan, paprika, garlic powder, onion powder and ½ teaspoon of the salt in a small bowl and set aside.

Set the Air Fryer to 400 degrees Fahrenheit and the timer for 3 minutes to preheat.

While the Air Fryer is preheating, drain the potatoes and pat dry. Add them to a bowl and season with the remaining ¼ teaspoon salt. Add the vegetable oil and toss until the potatoes are evenly coated.

Place the potatoes in the Air Fryer, set the timer to 30 minutes, and cook, carefully re-arranging the potatoes a couple of times to ensure even browning. If necessary, reset the timer for 5 to 10 minutes longer, cooking the potatoes until golden brown and crispy.

Serve the fries sprinkled with the Paprika-Parmesan salt.



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## AIR FRIED BABY BEETS WITH RICOTTA CHEESE AND CRUSHED PISTACHIOS





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## AIR FRIED BABY BEETS WITH RICOTTA CHEESE AND CRUSHED PISTACHIOS

**Prep time: 20 minutes**

**Total time: 1 hour**

### Ingredients

- 3 ½ to 4 pounds baby beets\*, peeled and tops removed
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 teaspoon chopped fresh tarragon
- 1 teaspoon chopped fresh mint
- 1/3 cup fresh ricotta cheese
- 1 tablespoon honey, or to taste
- 3 tablespoons chopped toasted pistachios

In a medium bowl, combine the beets, olive oil, salt and pepper and toss well to combine. Place the beets in the Air Fryer and set the temperature to 400 degrees Fahrenheit and the timer for 30 minutes. Cook the beets until tender, stirring every 10 minutes to ensure even browning.

Transfer the beets to a serving dish and sprinkle with the tarragon, mint, and ricotta cheese. Drizzle with the honey and sprinkle the pistachios over all.

\*Note: If you cannot source baby beets, simply cut regular beets into uniform sized wedges or chunks. You may need to adjust the cook time slightly.

**Yield: 4 servings**

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