



## Cooking Chart

Flip & Cook Air Fryer,  
Grill, & Dehydrator - 5.8Qt.



Model: AF2154

## 8 Presets - Default Times and Temperatures

ICON	FUNCTION	DEFAULT COOK TIME	DEFAULT COOK TEMP	ADJUSTABLE TEMP RANGE	ADJUSTABLE TIME RANGE
	Fries	25 min	400°F	150 – 400°F	1 – 60 min
	Reheat	15 min	300°F	150 – 400°F	1 – 60 min
	Chicken	20 min	370°F	150 – 400°F	1 – 60 min
	Bake	25 min	320°F	150 – 400°F	1 – 60 min
	Dehydrate	6 hours	130°F	120-170°F	1 – 12 hours
	Steak	12 mins	380°F	150 – 400°F	1 – 60 min
	Fish	10 mins	360°F	150 – 400°F	1 – 60 min
	Vegetables	20 min	390°F	150 – 400°F	1 – 60 min

## Cooking Chart

Food	Temp °F	Time Minutes	
Fries Frozen - Thin - Thick	400	10 – 12 15 – 18	Shake halfway through cooking for both thin and thick
Fries – Fresh	400	25 – 28	Shake halfway through cooking
Hash Browns	350	15 – 18	
Pizza – frozen thin	400	12 – 14	
Pizza – frozen thick	400	20 - 22	
Potatoes - Baked			
Russet Potatoes	400	40 – 45	
Sweet Potatoes	400	35 – 40	
Spring Roll	350	8 – 11	

<b>Meat, Poultry &amp; Fish</b>			
Chicken – whole 2.5 lbs	400	35 - 40	Cook breast side down for 30 minutes. Turn to breast side up for 10 minutes or until internal temperature reads 165°F on a meat thermometer.
Chicken Breast	350	14 – 16	
Chicken Leg	350	18 – 25	
Chicken Nuggets – frozen	400	10 – 12	Shake or turn halfway through cooking
Chicken Wings	400	20 – 22	Shake or turn halfway through cooking
Hamburger	350	9 – 11	
Steak	380	8 – 12	1” thick steaks. Turn halfway through.
Pork Chops	360	10 – 14	
Skewered Meat	400	10 – 13	
Fish - frozen	400	8 – 10	
Shrimp	350	6 – 8	

**NOTE:** All times are approximate, depending on the size and weight of food.

**PLEASE NOTE:**

It is recommended that meat and poultry be cooked to the following internal temperatures to be sure any harmful bacteria has been killed. Always check the results with an instant read thermometer before serving, especially when cooking larger pieces of meat.

- Ground Turkey/Chicken - 165°F/74°C
- Ground Lamb, Pork, Veal - 160°F/71°C
- Fresh Beef, Veal, Lamb - 145°F/63°C
- Fresh Pork - 160°F/71°C
- Re-heating meat & poultry - 165°F/74°C

## Dehydrator Chart

Fruits	Temp °F	Time Hours	Preparation
Apple Slices	130	7 – 8	Remove core and slice into 1/8" slices. Rinse in lemon water and dry on a paper towel.
Banana	130	8 – 10	Peel and slice into 1/2" slices
Mango	130	6 – 7	Peel and remove pit. Slice 3/8" thick.
Pineapple	130	6 – 8	Remove outer skin, core and slice 3/8" thick.
Strawberries	130	6 – 8	Wash and dry. Cut into 1/2" slices.
Vegetables	Temp °F	Time Hours	Preparation
Asparagus	130	6 – 8	Wash and dry. Cut into 1 inch pieces.
Fresh Herbs	130	4 – 6	Rinse and pat dry. Remove stems.
Ginger	130	6	Cut into 1/2" slices.
Tomatoes	130	6 – 8	Cut into 1/4" slices.
Meat Jerky	Temp °F	Time/ Hours	Preparation
Beef	150	6 – 7	Cut into 1/8" to 1/4" slices against the grain. Marinate for several hours or overnight.
Chicken or Turkey	150	6 – 7	Cut into 1/8" to 1/4" slices against the grain. Marinate for several hours or overnight.
Salmon	165	6 – 8	Cut into 1/4" slices.

## HELPFUL HINTS

- Smaller foods require a shorter cooking time than larger items.
- Shaking or turning ingredients halfway through will improve results. If food is intended to be crispy, air fry in smaller batches rather than large amounts at one time.
- Wiping excess moisture from food before cooking encourages browning and avoids excess smoke.
- **DO NOT** use aerosol cooking sprays as they may damage the non-stick coating.
- Air Fry freshly breaded items in small batches to ensure food does not touch, which allows even air flow.
- For best results, when cooking naturally high fat foods, such as chicken wings or sausages, it may be necessary to empty excess oil or fat from the frying basket drawer between batches.
- To make homemade French fries:
  - Cut potatoes into strips and soak in water for 30 minutes.
  - Drain then dry on a kitchen towel.
  - Pour ½ tablespoon of olive oil into a bowl, add the potato strips and stir until coated with oil.
  - Fry, in a single layer, on the Fries Preset Function.
  - Shake halfway through cooking.
- For consistent browning, arrange food in an even layer. If foods overlap, shake them halfway through cooking.
- To convert recipes from a conventional oven, lower the temperature by 30 degrees and check food often to avoid overbrowning.
- The air fryer can be preheated for 1 - 3 minutes to help food cook faster and obtain crispier results. Reduce cooking time by 2 or 3 minutes.
- **DO NOT** use loose batters that would normally be used in a traditional fryer.

## Grill Cooking Chart

Food	Temp °F	Time/ Minutes	DONENESS
<b>Beef</b>			
Beef Burgers	375	10 – 12	Medium
Sirloin Steak	450	14 – 16	Medium
<b>Chicken</b>			
Chicken Breast -boneless	425	14 – 16	Well done
Chicken Thigh - boneless	400	12 – 14	Well done
<b>Pork</b>			
Pork Chop - boneless	350	14 - 16	Well done
Sausages	375	20 – 22	Well done
<b>Fish/Seafood</b>			
Shrimp	350	6 – 8	Well done
Filet of Sole	375	7 - 9	Well done
Salmon	425	12 - 14	Well done

**NOTE:** All times are approximate, depending on the size and weight of food.

### IMPORTANT:

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Ground Turkey/Chicken - 165°F/74°C  
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 Re-heating meat & poultry - 165°F/74°C